

COVID-19 Remains a Community Concern



by Lonnie Baker
In the month of June, COVID-19 cases in Riley County skyrocketed. On June 1, the county had 66 cases of the novel

coronavirus and as of Tuesday, June 30, there were 233 cases. This increase coincided with the lowering of restrictions around the community and the return of some student athletes.

Since the onset of COVID-19 precautions at Meadowlark, the organization has had four positive cases. One Bramlage guest tested positive for COVID-19 and three staff members. These cases were all unrelated to each other. No one who was in contact with the guest or staff members contracted the virus.

Although we have good systems in place currently to combat COVID

-19, challenges still lie ahead. Since there is increased community spread now, Meadowlark is taking a step back from some of the precautions that were relaxing. The salon will remain open with current limitations in place; maintenance orders will only be executed for health and safety needs; and cottage visitation has been suspended at this time. It is expected that precautions will fluctuate as the risk level changes.

What makes a significant difference is the use of masks, good hand hygiene, social distancing, and proper use of PPE (personal protective equipment). One study showed that face mask use, cloth or surgical, decreased the chance of infections or transmission of the virus by more than 80-percent.

Governor Laura Kelly has initiated a statewide mask mandate for public places beginning at midnight Friday, July 3. Face masks have become a politically divisive issue recently, however, the virus

doesn't care about politics. The science says that mask work. We support doing all we can to prevent the spread of COVID-19 amongst those who are at the greatest risk.

It is important to keep in mind that although your mask may provide you some protections, is designed to help the people around you. If you are in a mask and those around you are not, then they are putting you at risk. If you choose to put yourself in higher risk situations like being in crowded places and out in the greater community without a mask, then limit your contact with others. In fairness to each of us, please do not create an opportunity to potentially pass on COVID-19.

Editor's Note: As of the morning of Friday, July 3, Riley County's total cases rose to 261. On July 2, Riley County Commissioners chose to uphold to the Governor's mask mandate. Geary and Pottawatomie County elected to opt out.

New Programming: Channel 1960

Our Planet: High Seas

In this episode, venture into the deep, dark, and desolate oceans that are home to an abundance of beautiful—and downright strange—creatures.

Disney's Aladdin: A Musical Spectacular!

A performance from the Hyperion Theater at Disney California Adventure will air on Channel 1960 at 7 p.m. Friday, July 10. The musical was originally performed on Jan. 8, 2016.

On Electricity

submitted by Helen Roser

We had moved to the city, to a house with electricity. Electricity was like magic. You pushed a button and lights came on. Mama had a new washing machine. Standing on the chair by the washtub, I saw the clothes going through the wringer without Mama cranking it. I really wanted to check that out.

Mama took the clothes out to hang them up in the backyard. She told me: "Don't touch anything." But I couldn't reach the wringer. Mama saw my feet sticking out of the washtub where I fell in.

See ELECTRICITY, Page 2

recipe

COOKING WITH LISA: FRUIT SALAD

INGREDIENTS

- 2 tbsp honey
- 2 tbsp freshly squeezed lime juice
- 1 pint fresh strawberries
- 1/2 pint fresh blueberries
- 1 large peach (or canned)
- 1 cup seedless grapes, halved
- 1 tbsp fresh mint leaves, chopped

DIRECTIONS

- Whisk the honey and lime juice together in a large bowl until combined.
- Add the strawberries, blueberries, peaches, and grapes.
- Toss gently until evenly mixed.
- Sprinkle with mint just before serving. Enjoy!

FIESTA TO REMEMBER

TASTES & TUNES FOR A REASON 

During these uncertain times prompted by a global pandemic, Meadowlark Memory Program is grateful to know that the generosity of others IS certain. Central National Bank again is partnering with Coco Bolos for an awareness and fundraising event to benefit the memory program. The 2020 Fiesta to Remember has been organized with COVID-19 precautions in mind, so the venue has changed, but loud food and spicy music are still on the day's menu.

This year's event is set for 11 a.m. to 9 p.m. Saturday, Aug. 1, at Central National Bank, at the corner of Claflin and College avenues. Coco Bolos is donating 10% of event proceeds to the memory program.

Menu items are:

- ~ Steak or chicken fajita dinners, served with Navajo rice, bolo beans and condiments, \$14
- ~ Fajita taco, \$5
- ~ Fajita skewer, \$5. Your choice of chicken or steak teamed with grilled peppers and onions.
- ~ Drink options include beer selection, Sangria, and Pepsi products.

Limited edition Fiesta tumblers are available with a minimum donation to Meadowlark Memory Program of \$10, or visit the memory program's information station at the Fiesta on Aug. 1.

Residents and Meadowlark employees may call the Hospitality Desk at (785) 323-3847 to request delivery of a tumbler. A donation may be made with cash, by writing a check to Meadowlark Foundation, or residents may add this donation to a monthly statement. Employees may donate with payroll deduction.

Donations to Meadowlark Memory Program help ensure the continuation of FREE education and enrichment opportunities to persons affected by cognition changes. The program is available to anyone in the Flint Hills region. For more information about the program, contact Michelle Haub at (785) 323-3899.

ELECTRICITY, from Page 1

Mama dried me off and put clean clothes on me and said: "Don't touch the electricity." But there was so much to check out, I needed a nap.

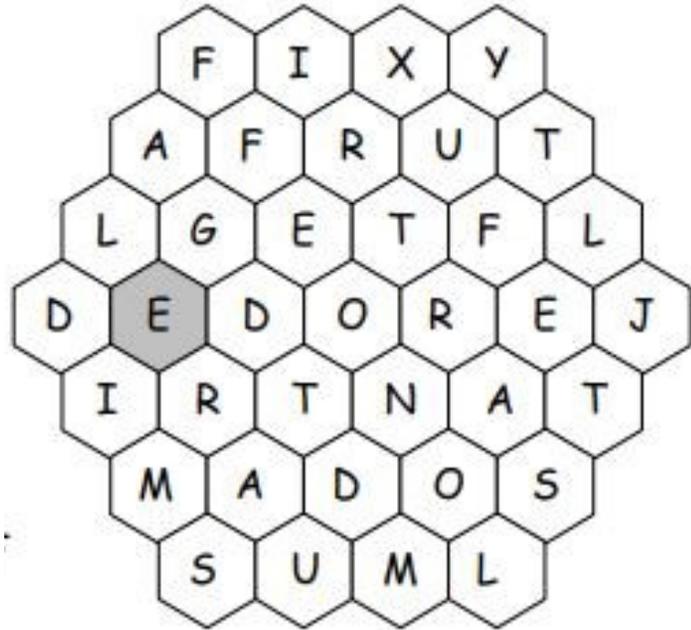
Next thing I knew, a man I didn't know was carrying me. He told me he was a policeman and Mama called him because she couldn't find me and thought someone had kidnapped me.

The nice man carried me to our new front porch where Mama was sitting on the porch swing, crying. He told her he found me in my new special place, which was under the bed.

I thought that was so nice of Mama, that she would cry because she thought someone took me. It was nice to think Mama would think anyone would want me.

So Mama and I sat on our new front porch swing, in our new house, with electricity.

Work That Brain!



BUZZWORD Clue: Showy display

The shaded E and the six letters surrounding it spell GRIDDLE, which matched one of the clues below. Find 7-letter words for the remaining clues. Shade the center letter of each word.

1. flat cooking pan __griddle—E__
2. Wave gently _____
3. Betrayal _____
4. Spicy condiment _____
5. Long-necked mammal _____
6. Swirling windstorm _____
7. Something permanently attached _____

LEADER OF THE PACK



Congratulations to Meadowlark's July Leader of the Pack Aric Sapp, Housekeeping and Laundry Supervisor! Aric has been committed to his position and team. He will gladly help with difficult,

messy, or unfamiliar situations. Through the day, Aric will also keep the jokes going and create a positive atmosphere. Thank you Aric for all your hard work!

Sudoku is played on a grid of 9x9 spaces. Each row, column, and square needs to be filled out with the numbers 1-9 without repeating any numbers within

						6		
						7		
		9			7	1		
	4							8
		6	8					
1		3		4		6		
						8		5
3			1		2		4	
	7				5			2



Meadowlark Entertainment

Tuesday, July 7

10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Aerobics Exercise
2:00 p.m.	Steady Yourself Exercise Class
3:00 p.m.	MEOW (Memory Program)
7:00 p.m.	Our Planet: <i>High Seas</i>

Wednesday, July 8

9:00 a.m.	Comedy Club: Wake Up Funny
9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Sunday Church Service <i>Re-run episode from 7/5</i>
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny
4:15 p.m.	Cooking with Lisa: <i>Fruit Salad</i> <i>Re-run episode from 7/6</i>

Prairie Star Restaurant: Ice Cream Treat

Substitute the weekly ice cream treat for your dessert when you order a special or order it at anytime for just \$2! This week enjoy a Cookies & Cream Ice Cream Sandwich.

Limited Menu, starts today!

Due to construction in the kitchen area, Prairie Star Restaurant will have a limited regular menu available beginning today, July 6. Daily and lunch specials with a starter and dessert will still be available.

Items are listed in the July 2 edition of the Messenger. In addition to the specials, these include: grilled cheese and tomato soup, hamburger/cheeseburger with choice of side, and cranberry feta salad. Side options are potato chips, potato salad, cottage cheese, corn, green beans, and broccoli salad. Call (785) 323-3820 to place your order.

Thursday, July 9

9:00 a.m.	MEOW (Memory Program) <i>Re-run episode from 7/7</i>
10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Aerobics Exercise
2:00 p.m.	Steady Yourself Exercise Class
4:30 p.m.	Happy Hour with J-Mix: <i>Royal Coffee</i>

Friday, July 10

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:45 a.m.	Cooking with Lisa: <i>Fruit Salad</i> <i>Re-run episode from 7/6</i>
12:00 p.m.	Channel 1960 News
12:30 p.m.	Update from Lonnie Baker, CEO
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
5:00 p.m.	Channel 1960 News <i>Re-run episode from Noon, 7/10</i>
5:30 p.m.	Update from Lonnie Baker, CEO <i>Re-run from 12:30 p.m., 7/10</i>
7:00 p.m.	Friday Night Program: <i>Disney's Aladdin—A Musical Spectacular!</i>

MYSTERY REVEALED!



The masked staff member was Jana Armfield, Volunteer Specialist and Hospitality Team Member! Did you guess correctly?