

CLARIFICATIONS!

According to several reports, the July 10th episode of Channel 1960 News didn't air at any of the scheduled times. Hmpf! The news and Lonnie Baker's update have been rescheduled for four additional showings this week. See the Entertainment Guide on page four of this Messenger for dates and times. The news consisted mostly of "clarifications" and one hysterical weather joke. Here is a synopsis of the report.

As we reported last week, Meadowlark has seen four positive cases since the onset of COVID-19 precautions on our campus. One Bramlage guest tested positive and three staff members. These cases were all unrelated to each other and no one who was in contact with the guest or staff members contracted the virus.

CLARIFICATION: When Meadowlark uses the term "guest in reference to Bramlage House, we are referring to people who are temporary residents in that area receiving rehab care. Bramlage *guests* are not having visitors as they are subject to the same restrictions as the rest of the Meadowlark campus.

Because of the kitchen shutdown time period, which is part of the current renovation project, Prairie Star Restaurant meal service and grocery orders are operating out of Verna Belle's Café.

CLARIFICATION: The phone number and order process remains the same. Please call (785) 323-3820 to place your meal and

grocery orders.

Fiesta to Remember, a fundraiser and awareness event for Meadowlark Memory Program, is scheduled for Aug. 1, 2020 as a parking lot party at Central National Bank. **CLARIFICATION:** This is designed as a go-go and socially distant party. Although we are encouraging residents to stay away from high risk situations like crowds and restaurants, this is set up so that to-go meals are the only option. Furthermore, if you are utilizing masks to cover your nose and mouth and maintaining distance between you and others, then this activity is lower risk. However, the option to support the cause without picking up a meal is available through purchasing a Fiesta to Remember tumbler. See more information on this opportunity on page 2.

Pizazz Salon is open for cuts, colors, nails, and more. Current COVID-19 requirements remain in place. Please wear a face mask at all times and appointments will be staggered to limit foot traffic in the salon at any given time.

CLARIFICATION: You are now able to book appointments by calling the salon directly at (785) 537-6189. Kathy will take appointments on Mondays, Tuesdays, and Wednesdays. Shannon will take appointments on Thursdays, Fridays, and Saturdays.

Quarantine? Self Isolate? But, when?

~ If you go to the hospital through the emergency room or are admitted for a stay, you will need to quarantine for 14 days upon your return.

~ All new move-ins will be administered a COVID-19 test and quarantined for the first 14 days.

~ If you *choose* to put yourself in higher risk situations—for example, being in public places where six-foot distancing isn't possible and/or people around you aren't masked—then Meadowlark requests that you limit your contact with others on the Meadowlark campus. This is a request to self-isolate when you are home at Meadowlark *if you choose* to go out in public where risk levels of contracting COVID-19 are higher. Self-isolate simply means to **limit your interaction with other residents and staff.**

~ If you have questions about potential quarantine requirements or self-isolation, please contact Jayme Minton at (785) 313-1034.



MYSTERY REVEALED!
The masked staff is Bill Tompkins, Maintenance team member! Did you guess correctly?

recipe

COOKING WITH LISA: NO BAKE!

PINA COLADA LUSH

INGREDIENTS

20 golden Oreo cookies

3 Tbsp melted unsalted butter

8 oz. cream cheese, room temp.

1/4 cup powder sugar

8 oz. crushed pineapple, drained

8 oz. whipped topping

3.4 oz. instant coconut pudding

1 cup milk

1/2 cup toasted coconut

Cherries for garnish

DIRECTIONS

Crush golden Oreos and mix with 3 Tbsp of melted

unsalted butter. Press into the bottom of an 8x8 glass

baking dish. In a large bowl, mix 8 oz. cream cheese at

room temperature, 4 oz. whipped topping, powdered

sugar, and pineapple until fully combined. Then evenly

spread over the Oreo crust. Mix together milk and

coconut instant pudding. Let sit for a few minutes

before evenly spreading over the cream cheese layer.

Top with remaining 4 oz. of whipped topping and then

sprinkle toasted coconut. Refrigerate for about 3 hours

before serving. Enjoy!

Featured 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 Nuttin' Better Peanut Butter Ice Cream Bar.

Sip & Support!

Limited edition Fiesta tumblers are available with a minimum donation to



Meadowlark Memory Program of \$10. Residents and Meadowlark employees may call the Hospitality Desk 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.

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 the row, column, or square.

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

The Star Spangled Banner

submitted by Ron J. Williams

I was on pastoral internship in Baltimore, Maryland, and two, maybe three times we visited Fort McHenry, which has stood over 200 years, guarding the Baltimore harbor. When Francis Scott Key wrote the Star Spangled Banner poem the fort was protecting Baltimore from the British, September 14, 1814. Fort Mc Henry is on the edge of a peninsula reaching out into Patapsco Bay forming a narrow neck of water that you have to pass thru to get to Baltimore. Fort Mc Henry stands there at the narrow neck and in the War of 1812 it was protecting Baltimore from the British. Grab an atlas and turn to Maryland, and then to the city of Baltimore, and you can see what I mean.

Key's fear had probably been increased by the fact that he had personally witnessed in August 1814 just a few weeks before, the embarrassing total defeat of the Americans at the Battle of Bladensburg, just before the burning of the White House and other Washington D.C. This was in September before the war ended in December 1814, with the treaty of Ghent, signed in Belgium, and a year before Andrew Jackson and the Battle of New Orleans. He had reason to be afraid.

I stood on that shore and imagined this young lawyer, a Sunday School Chorister and poet, after spending a restless night on a British ship. (He had gone out to the ship for the successful negotiation to free an American captive of the

British.). I imagine him laying there all night, on a cot below deck, maybe cringing at every exploding bomb he heard, hurrying up to the deck at the first light of dawn to see if there was anything left of the fort. His brother-in-law commanded the fort. It was raining somewhat.

When I view a display of fireworks, I am not in Manhattan, or Wamego, or on the West parking lot of Meadowlark Hills, I am standing beside young Francis Scott Key and I find myself cringing at every exploding shell.

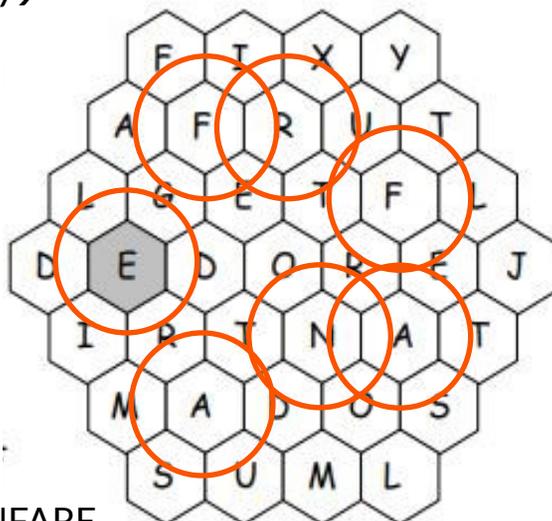
The survival of Fort Mc Henry was the singular victory for the Americans in the War of 1812. I cannot exaggerate the importance of the survival of Fort McHenry to the American nation. No wonder Key's heart and imagination flew to such great heights.

I see myself looking through the morning haze and rain and smoke from the rockets, and then I see it, that huge flag, which was not the British Union Jack, but the Stars and Stripes. I hear Francis say "It's a miracle." And then he grabs an old envelope and begins to write, "O, say can you see by dawns early light...."

Then, for me, the shelling stops, the British give up, and silently their ships turn and go out into Patapsco Bay, and back to Canada, and Francis finishes the poem he wrote, and he gets into his dingy with the freed prisoner he had negotiated for, and rows back to the shore of Fort McHenry to greet his brother-in-law, and the defenders rushing out of the redoubts of the fort, relieved that they have won the battle.

Solutions from 7/9

1. Griddle—E
2. Flutter—F
3. Treason—A
4. Mustard—A
5. Giraffe—F
6. Tornado—N
7. Fixture—R



Buzzword: FANFARE

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



Meadowlark Entertainment

Monday, July 13

6:00 p.m.	Channel 1960 News <i>(dated July 10)</i>
6:18 p.m.	Update from Lonnie Baker, CEO <i>(dated July 10)</i>

Tuesday, July 14

9:00 a.m.	Channel 1960 News <i>(dated July 10)</i>
9:18 a.m.	Update from Lonnie Baker, CEO <i>(dated July 10)</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
2:45 p.m.	Cooking with Lisa: <i>Pina Colada Lush, Re-run from 7/13</i>
3:00 p.m.	MEOOW (Memory Program)
5:00 p.m.	Channel 1960 News <i>(dated July 10)</i>
5:18 p.m.	Update from Lonnie Baker, CEO <i>(dated July 10)</i>
7:00 p.m.	Abstract: The Art of Design <i>Christoph Niemann—Illustration</i>

Wednesday, July 15

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 7/12</i>
12:00 p.m.	Channel 1960 News <i>(dated July 10)</i>
12:18 p.m.	Update from Lonnie Baker, CEO <i>(dated July 10)</i>
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny

Thursday, July 16

9:00 a.m.	MEOOW (Memory Program) <i>Re-run episode from 7/14</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
2:45 p.m.	Cooking with Lisa: <i>Pina Colada Lush, Re-run from 7/13</i>
4:30 p.m.	Happy Hour with J-Mix: <i>Blackberry Jam Cocktail</i>

Friday, July 17

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:45 a.m.	Cooking with Lisa: <i>Pina Colada Lush, Re-run from 7/13</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, 7/17</i>
5:30 p.m.	Update from Lonnie Baker, CEO <i>Re-run from 12:30 p.m., 7/17</i>
7:00 p.m.	Friday Night Program <i>Rachmaninoff: Piano Concerto No. 2 with Anna Fedorova</i>



Motivational Mondays brought to you by Jana Armfield, Volunteer Engagement Specialist and current Hospitality Desk team member. Look for these notes in the Mini Monday Messenger and in your Monday deliveries!