

## COVID-19 & Campus Update



During his video update, which premiered Friday, July 24, CEO Lonnie Baker shared that COVID-19 cases on the Meadowlark campus had stabilized and there are not any new numbers to report.

The Meadowlark team is also revisiting the slower loosening of restrictions for Meadowlark. Starting tomorrow, July 28, **independent living residents living outside of the main building** (2121 Meadowlark Road), **can have limited visitors in their homes.**

At this time, limitations will include the following: one scheduled and consistent person per duplex or garden apartment per week; visiting person cannot change from week to week; visitors must arrive between 7 a.m. and 7 p.m. and complete a screening questionnaire at the Check Point Station. **Residents may choose to have a different consistent visitor than they had before (in June).**

To schedule a visitor, residents should contact the Hospitality Desk at (785) 323-3847 **by 10 p.m. the day prior to the visit.**

Visitor allowances may change at any time based on local novel coronavirus numbers and guidance from local and state officials.

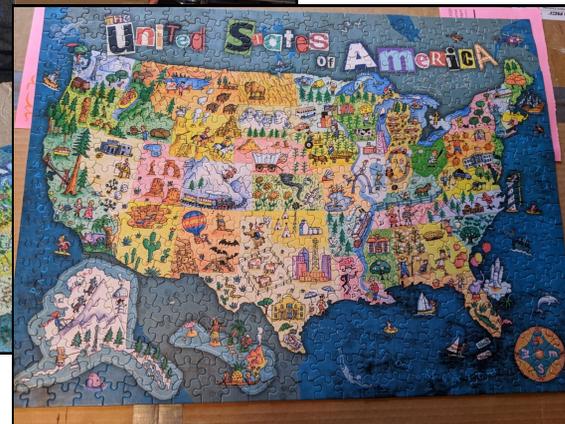
The kitchen renovation and restaurant expansion is almost complete. Once it is done, the team is looking to put together some socially-distant even opportunities in our large brand new space.

Lonnie reminded everyone to continue practicing precautions like washing your hands, wearing a mask, and keeping your distance from others. Lonnie's next update will air at 12:30 p.m. Friday, July 31.

## Pandemic Puzzling



Recently, John Schlup completed a 550 piece puzzle of the United States! This puzzle was one that his daughter, Bonnie, had given him as a gift. Have you completed a puzzle during the pandemic?



## Meadowlark Bill Pay Options

The Meadowlark Finance department has expanded your bill paying options! Choose any of the following to submit your monthly payment.

~ If you live in the main building, you may place your payment in your hallway mailbox after 1:30 p.m. Monday through Friday for pick up.

~ Cottage and duplex residents can clip their bill payment to the front of their USPS mailbox after 2 p.m. on Mondays or after 8 a.m. on Thursdays.

~ If you are wearing a mask, you can bring your payment to the Hospitality Desk.

~ Residents can also sign up for automatic payments through a bank account withdrawal or pay online through the payment portal. For assistance with the online options, please call the Finance team at (785) 323-3819.

## Pig Out for Parkinson's

Because restaurants were closed in April to prevent the spread of COVID-19, this year's 10th anniversary Pig Out for Parkinson's was moved to 11 a.m. to

9 p.m. Thursday, Aug. 13, with virus precautions in place. As in year's prior, 10 percent of the day's earnings will benefit Meadowlark Parkinson's Program

Pulled pork and chicken sliders with sides and a drink are available from 11 a.m. to 2 p.m. for \$10, and a pig roast buffet with beans, potato salad, coleslaw, and bread pudding will be available from 5 to 8 p.m. for \$13. The Cox Bros. BBQ full menu also is available all day.

Cox Bros. BBQ is committed to providing a safe environment as they will follow COVID-19 precautions as restaurant staff will wear gloves and masks to serve customers in the buffet lines rather than customers serving themselves. Carry-out and drive-thru orders will also go towards the day's fundraising total. Customers will be required to wear masks unless eating, and not all of the restaurant tables will be in use to promote social distancing between groups.



## Sip & Support!

Limited edition Fiesta to Remember 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.

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, providing the event's food, is donating 10% of event proceeds to the memory program.

## New Programming: Channel 1960

### Song Performance: "I Won't Mind"

Enjoy a vocal performance by Brianna Borger, granddaughter of IL resident, Donna Alexander. Brianna will sing "I Won't Mind," from the unfinished musical, *The Other Franklin*. Her performance will air at 6:45 p.m. Tuesday, July 28. Re-runs are scheduled throughout the week and into the weekend.

### Abstract: Stage Design

Step inside the minds of the most innovative designers in a variety of disciplines and learn how design impacts every aspect of life. On Tuesday, July 28, stage designer Es Devlin crafts evocative sets for concerts, operas, plays, and runway shows using light, film, sculpture—and even rain.

### Chasing Coral: Netflix Documentary

Enjoy *Chasing Coral* at 7 p.m. Friday, July 31, on Channel 1960. This documentary taps into the collective will and wisdom of an ad man, a self-proclaimed coral nerd, top-notch camera designers, and renowned marine biologists as they invent the first time-lapse camera to record bleaching events as they happen.

Unfortunately, the effort is anything but simple, and the team doggedly battles technical malfunctions and the force of nature in pursuit of the golden fleece: documenting the indisputable and tragic transformation below the waves. With its breathtaking photography, nail-biting suspense, and startling emotion, *Chasing Coral* is a dramatic revelation that won't have audiences sitting idle for long.

### The Celts: Episode 5, Legend and Reality

Tune into the fifth episode of *The Celts* at 10:05 a.m. Saturday, Aug. 1, on Channel 1960. The program looks at the 8th century onwards when the Celts were hammered by invasions by the Vikings then the Normans. Following the Reformation in the 16th century, Celtic communities in Wales, Ireland, and Brittany were marginalized in the push for political and religious unity in England and France.

### Osher Class: STEM Projects for Adults

The final session of the Osher Institute class *STEM Projects for Adults* will air on Channel 1960 at 6 p.m. Saturday, Aug. 1. A re-run of the final installment will air at 9 a.m. Tuesday, Aug. 4.



## MASKED MYSTERY REVEALED!

The masked staff is Angela Gerena, Home Health Office Manager! Did you guess correctly?



## recipe

## Cooking with Lisa!

### INGREDIENTS

- 1/4 cup flour
- 1/4 tsp dried oregano
- 1/8 tsp baking powder
- 1/8 tsp baking soda
- 1/8 tsp salt
- 1/8 tsp garlic powder
- 1 Tbsp olive oil
- 1 Tbsp pizza sauce
- 2 Tbsp shredded mozzarella
- Mini pepperoni slices

### DIRECTIONS *Pizza in a Mug*

Combine flour, oregano, baking powder, baking soda, salt, and garlic powder in a microwave-safe mug. Add the olive oil and 3 Tbsps of water then stir until a batter comes together. Pour the pizza sauce on top of the batter and sprinkle the cheese, then add pepperoni slices. Cook in microwave until cheese is melted and dough is crispy around the edges (about 1 min. 30 secs. Let cool then enjoy!

# Work That Brain!

**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.

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

## Begin & End

Each phrase below is a clue for an answer that *begins and ends* with the same letter.

An amount over & above what is needed:

\_\_\_\_\_

A great work of art or literature:

\_\_\_\_\_

A ray of moonlight:

\_\_\_\_\_

An edible seed of a bean plant:

\_\_\_\_\_

Accepting of others:

\_\_\_\_\_

Handwriting skill:

\_\_\_\_\_

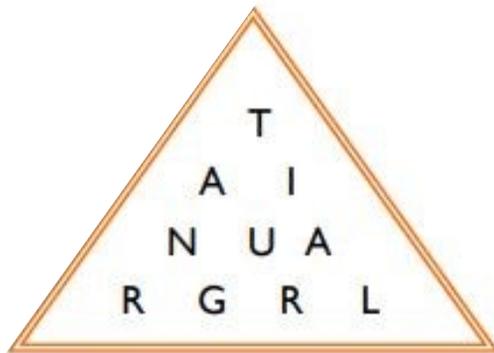
Blue-green:

\_\_\_\_\_

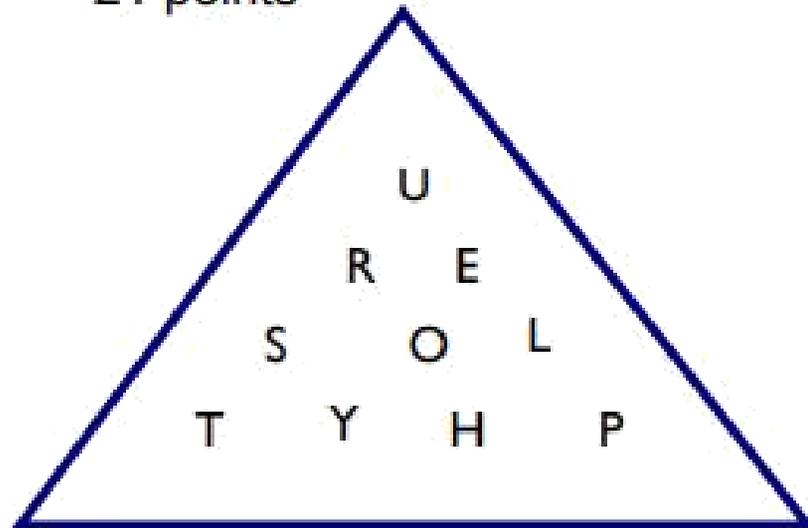
## Triangular Word Scramble

In this fun new word puzzle using a separate piece of paper, you must face two challenges: 1) Spell 4-letter words that use one letter from each row. You may use the letters in any order. Score 1 point for each 4-letter word you form. 2) Spell one 10-letter word that begins with the top letter in the triangle and uses every letter in the triangle. Score 5 points for this word.

*\*In this example, you can form these 4-letter words, for 7 points: gait, gnat, lint, rant, tail, tang, tarn. The 10-letter word beginning with T is TRIANGULAR, for 5 points. Total score: 12 points*



21 points

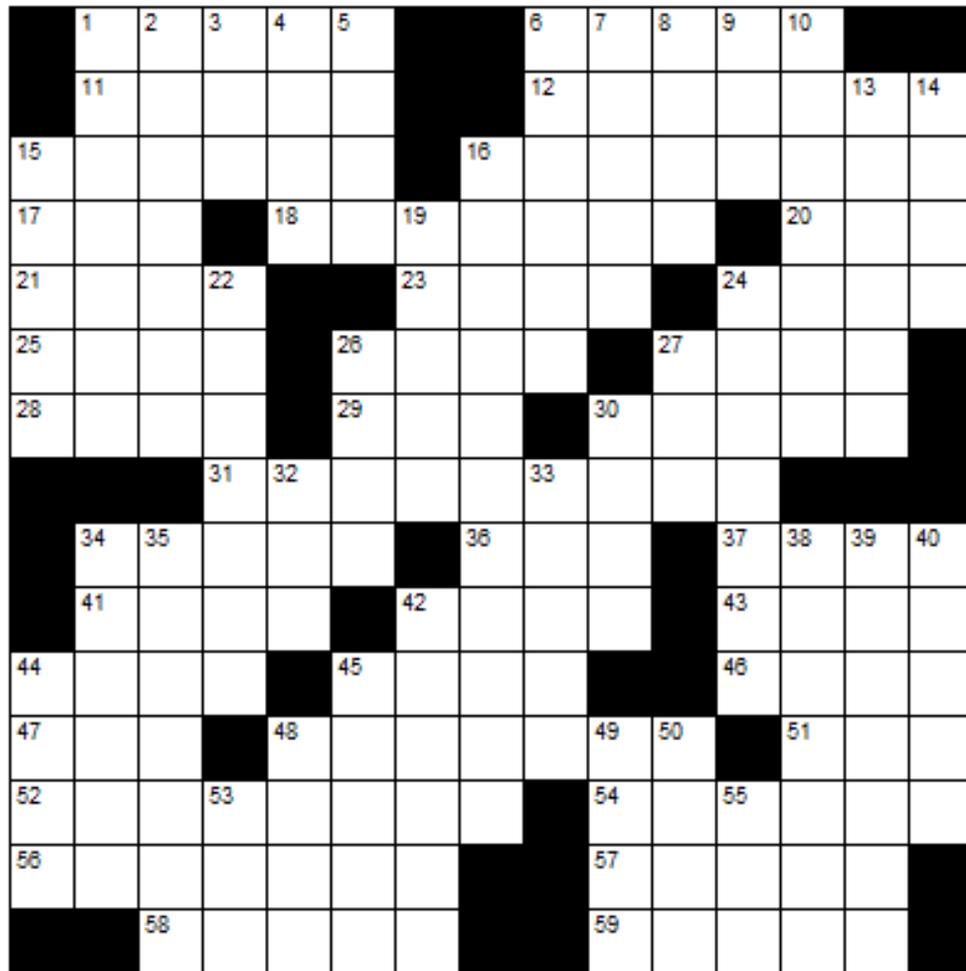


**ACROSS**

1. Not tall
6. Unit of capacitance
11. Praise
12. City on San Francisco Bay
15. Movie house
16. Envisages
17. Altitude (abbrev.)
18. Hype
20. Faucet
21. Radar signal
23. Disgorge
24. Evergreen trees
25. Focusing glass
26. Air force heroes
27. Where the sun rises
28. Jittery
29. Knave
30. After ninth
31. Courses of study
34. Fall color
36. Unruly crowd
37. Backside
41. Wreckage
42. Lairs
43. Within
44. After-bath powder
45. A region of SE Pakistan
46. Paper holder
47. Play a role
48. Polish remover
51. Mineral rock
52. Uninformed
54. Thespians
56. Terrestrial
57. Stage
58. Artist's workstand
59. Scattered, as seed

**DOWN**

1. Experienced
2. Seeking
3. Lyric poem
4. Cavort
5. Russian emperor
6. Renowned
7. Winged
8. Anger
9. French for "Friend"
10. Tooth doctor
13. Paucity
14. Vipers

**DOWN, cont.**

15. A steel wire rope
16. Hindrances
19. Academy award
22. Clairvoyant
24. Overzealous
26. Unit of land
27. Snake-like fish
30. Vats
32. A large vase
33. Condominium
34. Seer
35. Tastes in art & manners
38. Release
39. Roiled
40. Aspirations
42. Internal-combustion engine
44. Diplomacy
45. Display
48. Beers
49. Short sleeps
50. Reflected sound
53. Historic period
55. A Hebrew letter





# Meadowlark Entertainment Guide

## Tuesday, July 28

9:00 a.m.	Osher Class: STEM Projects <i>Session Two Re-run from 7/25</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>Pizza in a Mug</i> <i>Re-run episode from 7/27</i>
3:00 p.m.	MEOW (Memory Program)
6:45 p.m.	"I Won't Mind" <i>performed by Brianna Borger</i>
7:00 p.m.	Abstract: The Art of Design <i>Es Devlin—Stage Design</i>

## Wednesday, July 29

9:00 a.m.	Comedy Club: Wake Up Funny
9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:15 a.m.	"I Won't Mind" <i>performed by Brianna Borger</i>
11:30 a.m.	Sunday Church Service <i>Re-run episode from 7/26</i>
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny

## Thursday, July 30

9:00 a.m.	MEOW (Memory Program) <i>Re-run episode from 7/28</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>Pizza in a Mug</i> <i>Re-run episode from 7/27</i>

## Thursday, July 30

2:45 p.m.	Cooking with Lisa: <i>Pizza in a Mug</i> <i>Re-run episode from 7/27</i>
4:30 p.m.	Happy Hour with J-Mix: <i>White Russian</i>

## Friday, July 31

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:45 a.m.	Cooking with Lisa: <i>Pizza in a Mug</i> <i>Re-run episode from 7/27</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, 7/31</i>
5:30 p.m.	Update from Lonnie Baker, CEO <i>Re-run from 12:30 p.m., 7/31</i>
6:45 p.m.	"I Won't Mind" <i>performed by Brianna Borger</i>
7:00 p.m.	Chasing Coral <i>Netflix Documentary, full feature</i>

## Saturday, August 1

9:00 a.m.	Comedy Club: Wake Up Funny <i>Re-run from 7/29</i>
9:15 a.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 7/31</i>
9:30 a.m.	Band Bust Exercise Class
10:05 a.m.	The Celts, Episode Five: <i>Legend and Reality</i>
2:00 p.m.	Band Bust Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny <i>Re-run episode from 7/29</i>
3:15 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 7/31</i>
4:30 p.m.	Happy Hour with J-Mix <i>Re-run episode from 7/30</i>
6:00 p.m.	Osher Class: STEM Projects <i>Session Three</i>