

## COVID-19 & Campus Update



During his most recent video update, which premiered Friday, July 31, CEO Lonnie Baker shared that there are no new cases of COVID-19 on the Meadowlark campus. This speaks to the effectiveness of the current systems that are in place and the diligent work and care provided

by staff members in the outbreak area.

Sadly, Lonnie reported one COVID-associated death, which occurred Wednesday, July 29. Risk still exists, especially for those who are most ill are the most likely to suffer serious consequences with the novel coronavirus.

The Kitchen Renovation and Restaurant Expansion project is nearly complete and opportunities for independent living residents to tour the space are available this week. Call the Hospitality Desk at (785) 323-3847 to schedule an appointment.

Meadowlark staff are exploring ways to start having limited events in the new large space and those opportunities will be shared as they are finalized.

Independent living residents living outside of the main building (2121 Meadowlark Road), can continue to have limited visitors in their homes.

Limitations 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.

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 limitations are in place to reduce the opportunity for transmission of COVID-19 by controlling the number of people coming to campus.

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, Aug. 7.

## Video Chat Fatigue: Ways to Reinvigorate Your Family Conversations

*by Kathleen Spearman, LMSW*

It is probably safe to assume that this pandemic has continued much longer than any of us expected. At first, many of us learned new ways to stay in touch: frequent phone calls, video chatting, emailing, texting, etc. However, that can be exhausting over time!

When spending time with a friend or family member in person, one can usually socialize quietly, such as watching TV together or listening to music and simply enjoying each other's company. When socializing "virtually," you may feel pressured to fill every second with words. Over time, you may even run out of things to say because we are in contact so often!

Here are some simple ideas to help with your video

chats and/or phone calls. Remember, it is normal to feel exhausted with constant virtual communication. Give yourself some space to feel that frustration and develop a socializing plan that works for YOU. While these ideas are fun, it also is completely acceptable to decline a video chat invitation if you need some quiet time away from your screen.

Ask specific questions that spark interesting conversations! Here are a few you can try this week:

- ~ "What was your favorite subject in school? Why?"
- ~ "What was the best piece of advice you have ever received?"
- ~ "If you could go anywhere in the world where would you go and what food would you try?"

see Video Chat, page 4

<b>recipe</b>	<b>Cooking with Lisa!</b> <b>Homemade Lemonade</b>
<b>INGREDIENTS</b>	<b>DIRECTIONS</b>
Lemons	Squeeze desired amount of fresh lemon juice into
Simple syrup	your cup. Remove lemon seeds. Add simple syrup,
Water & ice	then top with water and ice

## Meadowlark Reports First COVID-Associated Death

The Meadowlark family is deeply saddened to share a long-time resident passed away Wednesday, July 29. This is the first COVID-19 associated death as a result of the recent outbreak identified within Meadowlark, a not-for-profit continuing care retirement community in Manhattan.

During this difficult time for family and Meadowlark caregivers, the organization thanks the Manhattan community for their continued support. Meadowlark leadership is pleased and appreciative to see members of our community utilizing masks when they are out in public. Mask usage will continue to aid in decreasing the number of positive results in Riley County each day.

Nursing home residents are at an incredibly high risk when faced with the novel coronavirus and the frailest of those are at the greatest risk. Other individuals who were positive in relation to the July 17 report have since tested negative and the individuals who displayed symptoms are improving.

The organization will continue to follow recommendations from the Kansas Department of Health and Environment (KDHE), the Centers for Disease Control and Prevention (CDC), the Centers for Medicare and Medicaid Services (CMS), and local health officials to ensure best practices.

## New Programming: Channel 1960

### Abstract: Architecture

At 7 p.m. Tuesday, Aug. 4, Architect Bjarke Ingels unites function, fantasy, and sustainability in “pragmatic utopian” designs like a clean power plant topped with a ski slope.

### Full Concert: Celebrating Ella Fitzgerald

The Jazz at Lincoln Center Orchestra celebrates Ella Fitzgerald, a vocalist whose legacy and influence define a classic era of jazz singing. Through diverse repertoire arranged by the Jazz at Lincoln Center Orchestra, the band and guest vocalists demonstrate why the “First Lady of Song” remains a case study in succinct phrasing and uncompromising musicality. Tune in at 7 p.m. Friday, Aug. 7, to enjoy the show on Channel 1960!

### The Celts: Episode 6, A Dead Song?

The final episode of The Celts will air at 10:05 a.m. Saturday, Aug. 8, on Channel 1960. The program examines the emergence, history, meaning, and threats to the Celtic identity. Today the struggle to define an identity continues.

### Osher Class: Identity Theft & Travel Safety

Today’s world presents a lot of dangers. Learn how to protect yourself from identity theft. Identify common exploitations, email, and phone scams and learn how to get on the “Do Not Call List” and home security tips. This course is led by Bill Eckert, an author, educator, and national speak on philanthropy. Session one of this three-part course will premiere at 6 p.m. Saturday, Aug. 8, on Channel 1960. Re-runs of each session will air the following Tuesday at 9 a.m.

## Virtual Programming Opportunities

### LIVE Change & Loss Support Group

Join Bridget Larkin, LMSW, and Kathleen Spearman, LMSW, for the live and virtual Change and Loss Support Group during the COVID-19 Pandemic. Attendees will be able to process their thoughts and feelings about the different forms of loss experienced during this time, as well as discussing other personal grief experiences in a supportive environment. The group meets from 2 to 3 p.m. each Monday via the online platform, *Zoom*.

If you would like to participate, please email Kathleen Spearman at call (864) 624-6224 for the meeting link and password. If you are unfamiliar with the Zoom platform, let us know and we can provide a quick tutorial. Zoom can be accessed via a smartphone; tablet, such as an iPad; or a laptop or desktop computer. This group is only for Meadowlark residents at this time.

### Let's Talk Art

Let's Talk Art is a new livestreamed conversation opportunity offered by the Marianna Kistler Beach Museum of Art. The next offering is at 5:30 p.m. Thursday, Aug. 6, via the online platform, *Zoom*.

Driven by empathy and addressing cultural and environmental issues of today, artist Jacqueline

Bishop will speak a bout her current work. She will also discuss her artwork, *Samauma*, in the museum's current *Inspirations: Art for Storytelling* exhibition.

This program is free to participate in, but requires advance registration. To register, visit [www.beach.k-state.edu](http://www.beach.k-state.edu) and click on *Events*.

### Parkinson's Education Group

Join the Parkinson's Education Group for their monthly meeting from the comfort of your own home! Kathleen Spearman, Bridget Larkin, and Michelle Haub will share strategies and techniques for welcoming wellness into your world during these new and difficult times. To join with video visit <https://us02web.zoom.us/j/5301584508> or by phone at (312) 626-6799. The meeting ID is **530 158 4508**. Call Michelle at (785) 323-3899 with questions.

## Mystery Revealed!

The masked staff member is Gabby Lopez, Lyle House Nurse.



### Solutions from 7/27

#### Begin & End

An amount over & above what is needed:  
*Surplus*

A great work of art or literature: *Classic*

A ray of moonlight:  
*Moonbeam*

An edible seed of a bean plant: *Lentil*

Accepting of others:  
*Tolerant*

Handwriting skill:  
*Penmanship*

Blue-green: *Aqua*

	S	H	O	R	T		F	A	R	A	D	
	K	U	D	O	S		A	L	A	M	E	D
C	I	N	E	M	A		I	M	A	G	I	N
A	L	T		P	R	O	M	O	T	E		T
B	L	I	P		S	P	U	E		F	I	R
L	E	N	S		A	C	E	S		E	A	S
E	D	G	Y		C	A	D		T	E	N	T
				C	U	R	R	I	C	U	L	A
	O	C	H	R	E		M	O	B		T	U
	R	U	I	N		D	E	N	S		I	N
T	A	L	C		S	I	N	D		C	L	I
A	C	T		A	C	E	T	O	N	E		O
C	L	U	E		L	E	S	S		A	C	T
T	E	R	R	E	N	E			P	H	A	S
		E	A	S	E	L			S	O	W	E

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

### TRIANGULAR Word Game Answers:

hour, hues, hurl, lute, pour, purl, rout, rush, rust, ruts, spue, spur, suet, tour, your, yule; UPHOLSTERY

## Video Chat, from page 1

Start a family book club. There could be lots to discuss, and BONUS, you have a built in weekly reading task! A virtual dance party! Dancing relieves stress and does not require talking. Have one of your family members be the music player. If you are video chatting, too many people playing a tune will get too loud and overwhelming. Once one person is playing the music, dance away!

Spend one of your video meetings planning a trip. It does not matter if the trip ever comes to fruition. The simple act of planning it can be exciting. Pick which hotel you would stay in, the restaurants you would go to, and the main sites you would see. Who knows ... maybe when it is safe to travel again, you and your family/friends can revisit the idea!

Host a virtual cooking show. Assign one of your family members/friends to pick a recipe. That person can send the ingredient list the week before. Once everyone has the ingredients (obtained safely by using a delivery or pick up service of course!), have that family member/friend lead the others in a live cooking class. Compare your creations and enjoy a virtual meal together at the end. This could be done with baking, too!

## 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.

## Tour the NEW Prairie Star Restaurant

Meadowlark independent living residents will have the opportunity to receive a behind-the-scenes tour of the finished kitchen renovation and restaurant expansion project! Schedule a tour time between Monday, Aug. 3, and Thursday, Aug. 6, and see first-hand the bar, event space, new kitchen, and updated kitchen. Tour times are at 9 a.m., 9:30 a.m., 10 a.m., 3 p.m., 3:30 p.m., and 4 p.m. All tour groups will leave from the Game Room.

All tour appointments must be pre-scheduled by calling the Hospitality Desk at (785) 323-3847 and groups are limited to a maximum of four people. A mask, hairnet, and gloves will be provided to each participant. Closed-toe shoes must be worn.

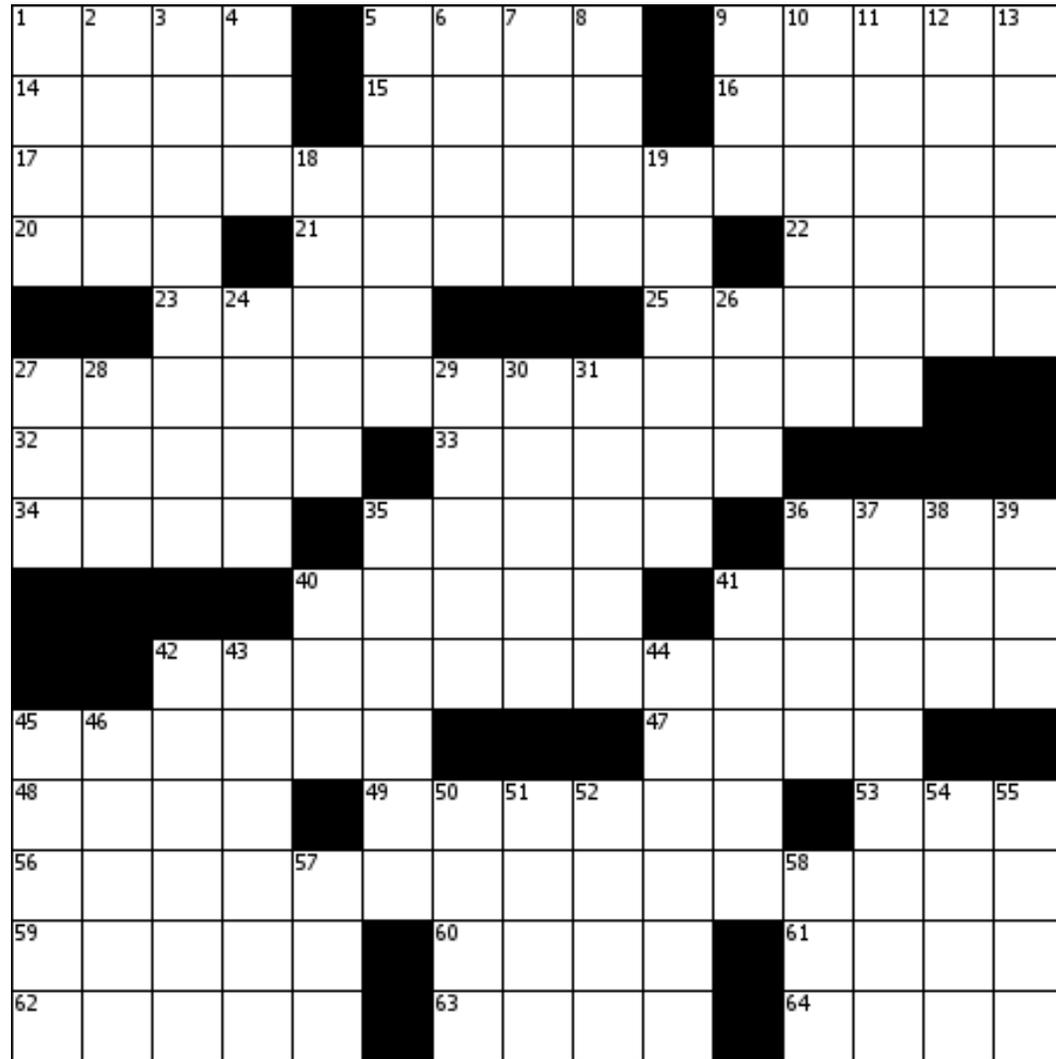
Tours will be facilitated by a Meadowlark team member. Discussion topics will include some of the rationale behind design decisions, functionality of the equipment, and an opportunity to "test drive" the new dining chairs. There will be activity in the kitchen during the tours, so participants will have the unique opportunity to see our awesome Prairie Star Restaurant staff in action.



# Work That Brain!

## Across

1. Big name in stereo speakers
5. Plus-size supermodel
9. Diver's tank
14. "What's \_ pleasure?"
15. At no time, poetically
16. Selects carefully
17. Ringling Brothers offering
20. Vt. hours
21. "Take your time"
22. Flowerless plant
23. Landlocked Asian sea
25. "Red" warnings
27. Dinnertime TV fare
32. Top of a wave
33. Trousers
34. Corned beef concoction
35. Ram of astrology
36. Grounded fliers, for short
40. "\_ you to cross that line!"
41. Fake
42. Modest golf outing
45. "Daniel Boone" actor
47. Dupe
48. Hefty volume
49. Informant's warning
53. Disorderly crowd
56. Chromatic basis of much modern music
59. Stage digression
60. Utility abbr.
61. To \_: exactly
62. Attack
63. Castle fortification
64. Broadway light



## Down

1. Mega- or giga- ending
2. Partners of aahs
3. Additional levies
4. Before, to Shakespeare
5. Matriculate
6. Golda of Israel
7. List of options
8. Work units
9. Bill Nye subj.
10. Teen's witching hour
11. Stomach problems
12. Speak rashly, with "out"
13. AARP and NAACP
18. Put on the books
19. "USA! USA!" and others
24. \_ Hashanah
26. "\_ Miz"
27. Acad. or coll.
28. Lyricist Gershwin
29. TV personality with a book club
30. Egypt's capital
31. Prepare to pray
35. Carol starter
36. "Skedaddle!"
37. One and only
38. Former "Grand Ole Opry Live" network
39. Guitarist Barrett
42. "Whatever you say!"
40. Suffix with hero
41. Tenured coll. employees
43. Noted shoe owner
44. Cause consequence
45. James and Kett
46. Look for water
50. Gossipy bit
51. Game on horseback
52. Most eligible to serve
54. Butter substitute
55. "\_ there, done that"
57. Dog doc
58. Something to recycle



# Meadowlark Entertainment Guide

## Tuesday, August 4

9:00 a.m.	Osher Class: STEM Projects <i>Session Three Re-run from 8/1</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>Homemade Lemonade, Re-run episode from 8/3</i>
3:00 p.m.	MEOW (Memory Program)
7:00 p.m.	Abstract: The Art of Design <i>Bjarke Ingels—Architecture</i>

## Wednesday, August 5

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 8/2</i>
1:00 p.m.	Change & Loss Group with <i>Bridget Larkin, LMSW, &amp; Kathleen Spearman, LMSW</i>
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny

## Thursday, August 6

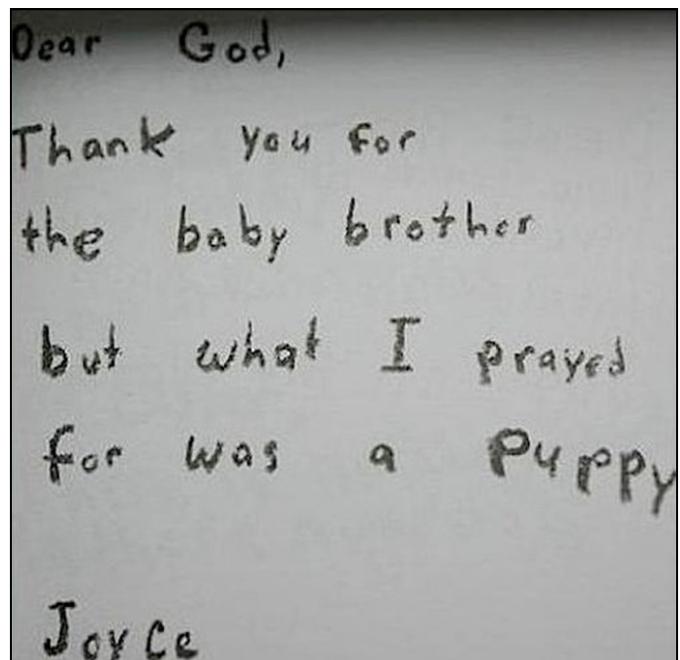
9:00 a.m.	MEOW (Memory Program) <i>Re-run episode from 8/4</i>
10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Aerobics Exercise
2:00 p.m.	Steady Yourself Exercise Class
2:45 p.m.	Cooking with Lisa: <i>Homemade Lemonade, Re-run episode from 8/3</i>

## Thursday, August 6

4:30 p.m.	Happy Hour with J-Mix: <i>Best Whiskey Sour</i>
-----------	--

## Friday, August 7

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:45 a.m.	Cooking with Lisa: <i>Homemade Lemonade, Re-run from 8/3</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, 8/7</i>
5:30 p.m.	Update from Lonnie Baker, CEO <i>Re-run from 12:30 p.m., 8/7</i>
7:00 p.m.	Celebrating Ella Fitzgerald, <i>Full Concert</i>



### 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 Chocolate Chip Cookie Sandwich!