

Meadowlark Update



Meadowlark CEO Lonnie Baker's most recent video update aired on Channel 1960 at Meadowlark on Friday, Aug. 28. K-State students

have returned to our community and with their return the concerns of increased COVID-19 cases in Riley County remains. Riley County has seen the total cases and testing numbers increase, however, hospitalizations remain low. The average age of those testing positive for the novel coronavirus is 28.

With the increase in cases in Riley County, Meadowlark's risk rises. The resumption of K-12 school is also a risk factor for Meadowlark staff as their children return to limited in-person learning.

Meadowlark continues to push forward in the phased re-opening plan. The team will continue adding activities and visitation back as we move through the next few weeks. It is important to remember that if there is spread of COVID-19 at Meadowlark at any point in the re-opening, the campus will have to return to the beginning of the re-opening plan.

Please continue consistent and proper mask wearing when outside of your home. The mask should be clean, and cover your nose and mouth.

A Puzzlin' Pandemic



More of the puzzlin' pandemic! Joan and Skip Jones picked out a puzzle from the recent donations to complete together. The before and after pictures are above and left. Send your puzzlin' pandemic photos to Sarah at sguge@meadowlark.org.

NEW on Channel 1960

Abstract: Interior Design

At 7 p.m. Tuesday, Aug. 31, watch the final episode of Abstract: The Art of Design, season one. Learn about interior designer, Ilse Crawford who creates spaces and objects that engage the senses and promote well-being, from high-end hotels to Ikea furniture.



Ice Cream Treat!

Substitute a Nuttin' Better Bar for your dessert when you order a special or order it at anytime for just \$2!

I'll stop the world
and melt with you

Virtual Programming

Virtual Programming Opportunities are available through the online platform Zoom. If you are unfamiliar with Zoom, let us know and we can provide a quick tutorial. Use Zoom via a smartphone; tablet; or a laptop or desktop computer.

LIVE Change & Loss Support Group

Join Bridget Larkin, LMSW, and Kathleen Spearman, LMSW, for the live and virtual Change and Loss Support Group. The group meets from 2 to 3 p.m. each Monday via the online platform, Zoom. To participate, please email Kathleen at kspearman@meadowlark.org or call (864) 624-6224 for the meeting link and password. This group is only for Meadowlark residents at this time.

LIVE Parkinson's Exercise Class

Michelle Haub, Special Programs Leader, is teaching Parkinson's Exercise class LIVE via the online platform Zoom each week! To participate, sit in a table chair (without chair arms is best) in front of your computer, tablet, or smartphone with video capability. The class meets each Friday from 1 to 1:45 p.m. To receive the log-in link, call Michelle at (785) 323-3899.

LIVE Memory Care Partner Group

Join the weekly Zoom meeting for the Memory Care Partner Support Group from 10 to 11 a.m. each Wednesday. This is a live opportunity to connect with other care partners and receive support. The group is led by Bridget Larkin, LMSW. Contact Bridget for the log-in information by calling (785) 323-3837.

Face-to-Face Programming

Face-to-Face Programming Opportunities are available in the new Prairie Star Restaurant Event Center. Reservations are required. **Note: There will not be any face-to-face exercise classes on Monday, Sept. 7, due to the Labor Day holiday. Channel 1960 exercise opportunities will run with the typical schedule.**

Exercise Classes: Same-day/next-day sign ups by calling the Hospitality Desk at (785) 323-3847.

Staff Spotlight: Sign up for your weekly day/time by calling (785) 323-3847.

Dinner Theater: Make your reservation by calling Prairie Star Restaurant at (785) 323-3820.

Tuesday, Sept. 1

9:30 a.m.	Sit & Be Fit Exercise Class
11:00 a.m.	Steady Yourself Exercise Class
1:00 p.m.	Staff Spotlight: ML Home Health

Wednesday, Sept. 2

9:30 a.m.	Seated Strength Exercise
11:00 a.m.	Weights 101 Exercise Class
1:00 p.m.	Staff Spotlight: ML Home Health
2:00 p.m.	Staff Spotlight: ML Home Health

Thursday, Sept. 3

9:30 a.m.	Sit & Be Fit Exercise Class
11:00 a.m.	Steady Yourself Exercise Class
1:00 p.m.	Staff Spotlight: ML Home Health
5:30 p.m.	Dinner Theater

Friday, Sept. 4

9:30 a.m.	Seated Strength Exercise
11:00 a.m.	Weights 101 Exercise Class
1:00 p.m.	Staff Spotlight: ML Home Health

Monday, Sept. 7

1:00 p.m.	Staff Spotlight: ML Sales Team
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recipe

Cooking with Lisa!
Homemade Hummus

INGREDIENTS

- 1 can of chickpeas
- 1/3 cup tahini
- 1 garlic clove, minced
- 1 lemon, zested & squeezed
- Salt & pepper to taste
- Ice cubes or cold water

DIRECTIONS

Heat chickpeas in pan for five minutes on medium heat then drain (or microwave for one minute). Place minced garlic, lemon zest, lemon juice in a blender and let sit for five minutes. Add remaining ingredients to the blender. Blend until smooth; adjust seasonings & consistency as desired.

Work That Brain!

Farm Animals

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

BISON

CHICKEN

TURKEY

LLAMA

BEEES

ANIMALS

SHEEP

COW

HORSE
- BIRDS

GOOSE

FOAL

DOG

GOAT

BUFFALO

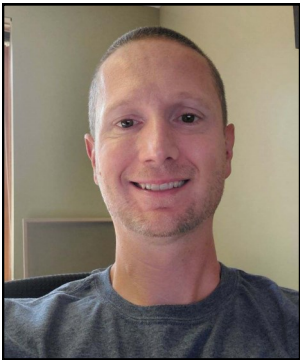
DUCK

HEN

FISH

ROOSTER

MYSTERY REVEALED!



The masked staff member from the 8/24 Messenger was Chris Nelson, Finance Director!

Solution from 8/24
Not in any place: nowhere—W / Ruler: Emperor (R) /
Treatment: Therapy (E) / Sports official: Referee (E) Celestial
attraction: Gravity (G) / Cents in a dollar: Hundred (D)
Tutor: Teacher (A) / Buzzword: RAGWEED



Meadowlark Entertainment Guide

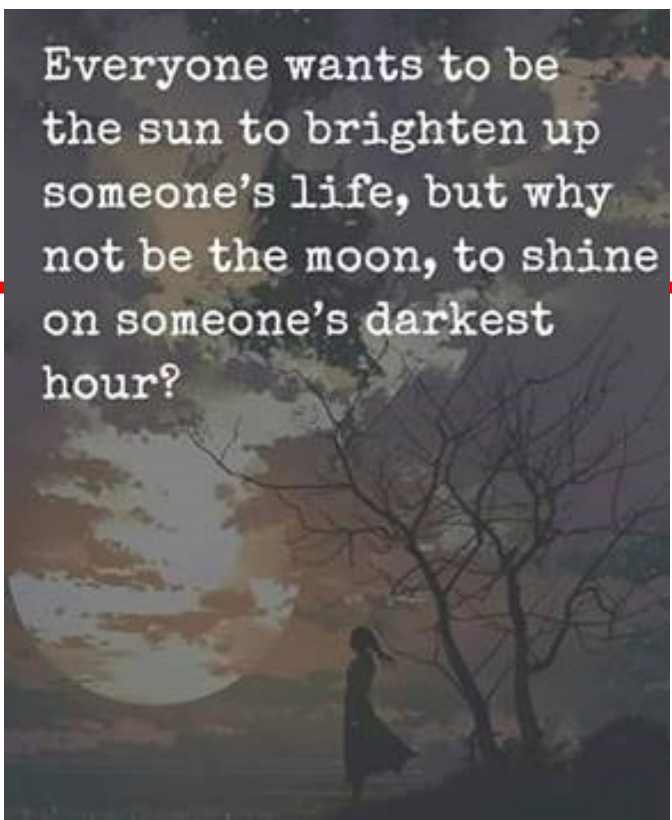
All programs air on Channel 1960
Your window to the world!

Tuesday, September 1

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 Hummus, Re-run episode from 8/31</i>
3:00 p.m.	MEOW (Memory Program)
7:00 p.m.	Abstract: The Art of Design: <i>Interior Design</i>

Wednesday, September 2

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 8/30</i>
2:00 p.m.	Weights 101 Exercise Class



Thursday, September 3

9:00 a.m.	MEOW (Memory Program) <i>Re-run episode from 9/1</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 Hummus, Re-run from 8/31</i>

Friday, September 4

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:45 a.m.	Cooking with Lisa: <i>Homemade Hummus, Re-run from 8/31</i>
12:00 p.m.	Channel 1960 News
12:30 p.m.	Update with 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 from 12:00, 9/4</i>
5:30 p.m.	Update with Lonnie Baker, CEO <i>Re-run from 12:30, 9/4</i>
7:00 p.m.	Artes de Cuba: <i>Kennedy Center Stage Performance</i>

Meadowlark Director of Nursing, Jennifer Schoenhofer, is a recent graduate of the **2020 Leadership Manhattan Class**. This class is organized by the Manhattan Area Chamber of Commerce. The participant selection process begins in the fall of each year and includes a nomination, application, and interview. Congrats, Jennifer!

