

Phased Re-Opening Continues at Meadowlark



Meadowlark CEO Lonnie Baker's most recent video update aired on Channel 1960 at Meadowlark on Friday, Sept. 4. COVID-19 cases in the Manhattan area continue to climb. Most of the people affected are young and healthy individuals. The good news about that is most young, healthy people are able to recover from the illness without complications or hospitalizations.

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NEW on Channel 1960

Explained: Music

Channel 1960 will kick off a new series at 7 p.m. Tuesday, Sept. 8! IN partnership with Vox Media Studios and Vox, this enlightening series titled, *Explained*, will take viewers deep inside a wide range of culturally relevant topics, questions, and ideas. Each episode will explore current events and social trends pulled from the zeitgeist, touching topics across politics, science, history, and pop culture—featuring interviews with some of the most authoritative experts in their respective fields.

In the first episode, experts explore when sound becomes music and why humans are so uniquely able to master musically. Researchers talk rhythm, octaves, and the magic of song and dance.

Ice Cream Treat!

Substitute a Chocolate Éclair Ice Cream Bar for your dessert when you order a special or order it at anytime for just \$2!

However, this is the demographic that many of our employees fall into. Lonnie said he expects that the spike the Manhattan community is experiencing will end up affecting

Meadowlark is some way in the upcoming weeks.

In the past six months, we've learned some really good lessons, and one important one is that masks work. Mask wearing is a big part of what our team members are doing to make sure that people remain safe. Lonnie encourages residents to continue wearing masks when outside of your home and when six feet of separation between you and others cannot be met. If we work together and maintain consistent mask wearing, then our plans of continuing to reintroduce activities, events, and eventually more visitors, will be able to stay on track.

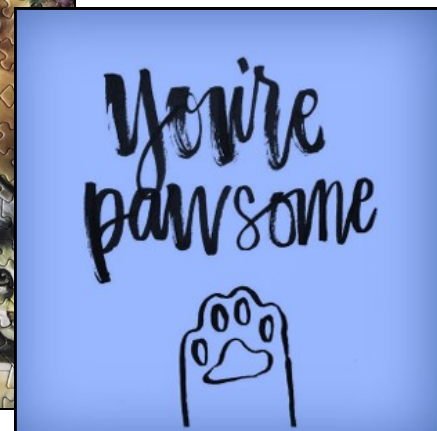
Fitness classes are up and going, and the team has received positive feedback about this opportunity.

At this time, the Monarch and Wellness Center projects remain on hold. Meadowlark plans to keep them on hold until the election cycle is over. Sometime in November, the Meadowlark team will start ramping up evaluations of where we are at in the projects. The Sales Team members will continue to reach out to those who are on the Priority Member List for the Monarch.

More of the puzzlin' pandemic! Joanne Barykoumb has been pandemic puzzling! She recently completed the puzzle [pictured to



left] Send your puzzlin' pandemic photos to Sarah Duggan at sguge@meadowlark.org.

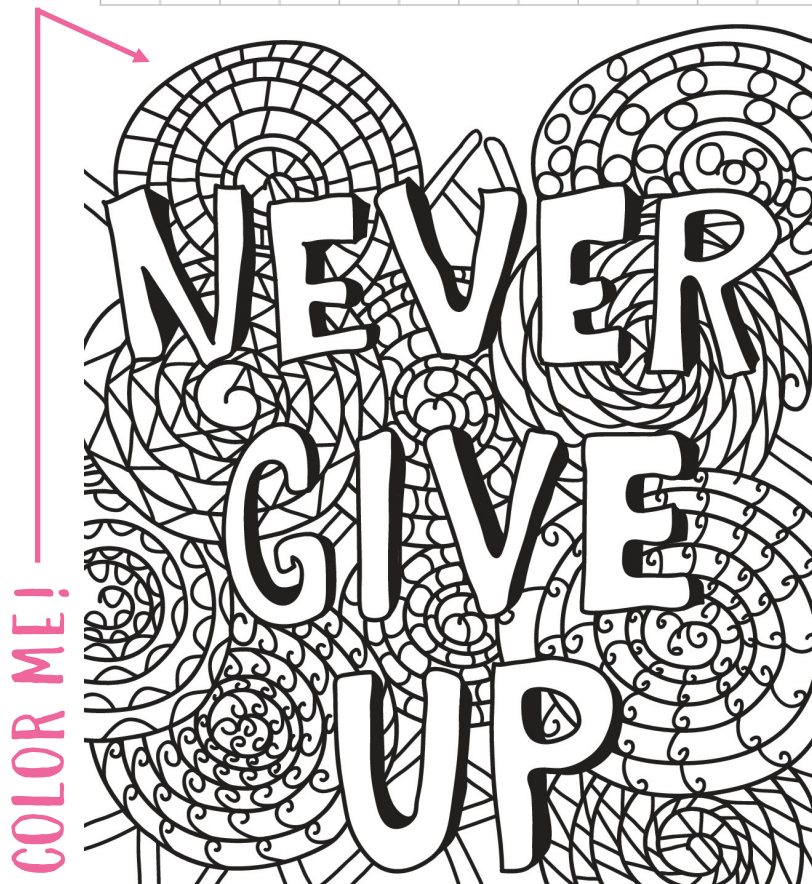


Work That Brain!

Moon Phases

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

- WAXING CRESCENT
- MONTH
- LUNAR ECLIPSE
- FULL MOON
- NIGHT
- REVOLUTION
- SOLAR ECLIPSE
- ORBIT
- LAST QUARTER
- DAY
- NEW MOON
- AXIS
- FIRST QUARTER
- CRATERS
- WAXING GIBBOUS
- ROTATE
- SUN



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.

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

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.

Let's Talk Art: Livestream Conversation with Doug Barrett

Join the Beach Museum of art from 5:30 to 6 p.m. Thursday, Sept. 10, for a livestreamed conversation with Doug Barrett. The program is free and can be accessed via Zoom. To register in advance, visit the Beach Museum's website and click on the event on the right side of the home page. After registering for the program, you will receive a confirmation e-mail with the information on how to join the event.

Parkinson's Voice Class

Michelle Haub, Special Programs Leader, is conducting a voice class each Monday from 1:30 to 2:30 p.m. During class, participants will engage in breathing, resonance, voice and body, and voicing exercises, as well as some reading and conversation. **The class will not meet on Labor Day, Sept. 7.**

To log into the class, use the following URL:

URL: <https://us02web.zoom.us/j/82844488642>

Meeting ID: 828 4448 8642

Memory Café

Join Michelle Haub, Special Programs Leader, for a live Zoom opportunity focused on reminiscing and social interaction. The next Memory Cafe will take place on Wednesday, Sept. 16, at 11 a.m. To join the meeting, use the following URL and Meeting ID.

URL: <https://us02web.zoom.us/j/88903923826>

Meeting ID: 889 0392 3826

Change & Loss Support Group

Join Bridget Larkin, LMSW, and Kathleen Spearman, LMSW, for the live and virtual Change and Loss Support Group each Monday from 2 to 3 p.m. To participate, please email Kathleen at kspearman@meadowlark.org for the log-in information.

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 electronic device 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.

Memory Care Partner Group

Join the weekly Zoom meeting for the Memory Care Partner Support Group from 10 to 11 a.m. each Wednesday. 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 air as scheduled.

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

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

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

Tuesday, Sept. 8

9:30 a.m.	Sit & Be Fit Exercise
11 a.m.	Steady Yourself Exercise
1 p.m.	Spotlight: ML Sales Team

Wednesday, Sept. 9

9:30 a.m.	Seated Strength Exercise
11 a.m.	Weights 101 Exercise
1 p.m.	Spotlight: ML Sales Team
2 p.m.	Spotlight: ML Sales Team

Thursday, Sept. 10

9:30 a.m.	Sit & Be Fit Exercise
11 a.m.	Steady Yourself Exercise
1 p.m.	Staff : ML Sales Team
5:30 p.m.	Dinner Theater

Friday, Sept. 11

9:30 a.m.	Seated Strength Exercise
11 a.m.	Weights 101 Exercise
1 p.m.	Spotlight: ML Sales Team



Fall Catalog, 2020

MEADOWLARK SWAG SHOP

NEW FEATURED ITEMS

FRONT



\$15

BACK



Uncle Sam T-Shirt
Super soft unisex t-shirt
Sizes: Small to 3XL

My Mask is For Meadowlark Masks
Navy or Black



\$8



\$8

To order, email sguge@meadowlark.org
or call (785) 323-3878.

Orders can be paid for
with cash, check, or
via payroll deduction.

BACK



FRONT



\$30

Make Meadowlark Home
Super soft crew neck sweatshirt
Sizes: Small to 3XL

Has COVID-19 forced you to wear
glasses and a mask at the same
time?

If so, you may be entitled to
condensation.


MEADOWLARK SWAG SHOP
LIMITED AVAILABILITY ITEMS

FRONT



\$20

LIMITED AVAILABILITY

40th Celebration Tee
60% cotton/40% poly, unisex
Sizes: *XL & 2XL*



\$20

40th Celebration Tee
Scoop Neck Ladies Tee
Sizes: *Large or XL*

BACK



\$20



LIMITED AVAILABILITY

Mask for Meadowlark Tee
Softstyle unisex, poly/cotton blend
Sizes: *XL—ONLY 3 LEFT!*

\$5



LYW Pint Glass

To order, email sguge@meadowlark.org or call (785) 323-3878. Orders can be paid for with cash, check, or via payroll deduction.



Fall Catalog, 2020

MEADOWLARK SWAG SHOP

NEW RED TAG CLEARANCE



Wake Up Your Way
Coffee mug

\$5

To order, email sguge@meadowlark.org or call (785) 323-3878. Orders can be paid for with cash, check, or via payroll deduction.



JIM GARREY ONCE SAID

I always feel happy. You know why? Because I don't expect anything from anyone. Expectations always hurt. Life is short. So love your life. Be Happy. And keep smiling. Just live for yourself & before you speak, listen. Before you write think. Before you spend, earn. Before you pray, forgive. Before you hurt, feel. Before you hate. love. Before you quit, try. Before you die. live.

Drink Your Way & Cheers Your Way Coaster Set
Four-piece coaster set, two Drink Your Way & two Cheers Your Way



\$8



W(H)INE Your Way
Drink tumbler with lid

\$5





MEADOWLARK SWAG SHOP

LIMITED RED TAG CLEARANCE

FRONT

LIVE YOUR WAY EVERY DAY

\$5

BACK

MEADOWLARK

LYW Every Day Tee
Scoop neck ladies Tee
Sizes: XL—**ONLY 4 LEFT**

LIMITED AVAILABILITY

Live Your Way Hoodie
Comfort colors, green
80% cotton/20% poly
Sizes: Medium—**ONLY 1 LEFT**

FRONT

LIVE YOUR WAY

LIMITED AVAILABILITY

\$15

FRONT

LIVE YOUR WAY

\$5

LIMITED AVAILABILITY

BACK

MEADOWLARK

LYW Heart Tee
Softstyle ladies cut, poly/cotton blend
Sizes: Sm, Med, & Large

BACK

MEADOWLARK

\$5

LIMITED AVAILABILITY

FRONT

GAME DAY YOUR WAY

Game Day Your Way
Purple unisex tee
Sizes: XL—**ONLY 2 LEFT**



Meadowlark Entertainment Guide

All programs air on Channel 1960 **Thursday, September 10**
Your window to the world!

Tuesday, September 8

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.	Crazy Cooks: <i>Rice Krispie Treats</i> , <i>Re-run episode from 9/7</i>
3:00 p.m.	MEOW (Memory Program)
7:00 p.m.	Explained: <i>Music</i>

Wednesday, September 9

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 9/6</i>
1:00 p.m.	Change & Loss Support Group with <i>Bridget Larkin, LMSW & Kathleen Spearman, LMSW</i>
2:00 p.m.	Weights 101 Exercise Class

Farm Animals

Solution from 8/31

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

9:00 a.m.	MEOW (Memory Program) <i>Re-run episode from 9/8</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.	Crazy Cooks: <i>Rice Krispie Treats</i> , <i>Re-run episode from 9/7</i>

Friday, September 11

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:45 a.m.	Crazy Cooks: <i>Rice Krispie Treats</i> , <i>Re-run episode from 9/7</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, 9/11</i>
5:30 p.m.	Update with Lonnie Baker, CEO <i>Re-run from 12:30, 9/11</i>
7:00 p.m.	Timeline Documentary: <i>Remembering the Heroes of the 9/11 Aftermath</i>



MYSTERY REVEALED!

The masked staff member from the 9/3 Messenger was Abby Cavender, Community Sales Leader!