

Updates: Precautions & Procedures

Local cases of COVID-19 are rising; remaining vigilant to safety precautions and procedures is imperative. Please consider the ramifications of the novel coronavirus being introduced to the Meadowlark campus and other places like it. The number of nursing home clusters in the state of Kansas has grown from 108 to 143 since Lonnie Baker's update on Nov. 6.

Meadowlark is updating its current precautions and practices in response to the increasing number of COVID-19 positive tests in the Manhattan area and around the state. The safety Meadowlark's residents and staff is top priority. Please see below for updates on Meadowlark's COVID-19 response.

- ~ Visitation to duplexes, cottages, and garden apartments will be suspended effective Monday, Nov. 23.
- ~ All in-person programming, including movies in Grosh Cinema, worship service, exercise classes, bingo, and live entertainment will be canceled beginning Friday, Nov. 20.
- ~ The limited in-person dining option for lunch on Thanksgiving Day has been removed.
- ~ Personal training and massage sessions have been suspended.
- The exercise equipment located in the Community Room can still be reserved by calling the Hospitality Desk at (785) 323-3847.**
- ~ Special Programs (Memory Program and Parkinson's Program) will return to virtual options only. Watch future Messengers for dates and times.
- ~ Salon services will remain the same continuing with current limitations.
- ~ If you go to the hospital for any reason, please contact Jayme Minton, Support Services Director, at (785) 313-0454. Anyone who has a hospital visit will be asked to quarantine for ten days.

Lonnie Baker, CEO, will share a special video update at 9:30 a.m. tomorrow, Nov. 17, on Channel 1960. See page eight of this Messenger for re-run dates and times.

Meadowlark Announces Temporary Closure of Satellite Facility

As of Thursday, Nov. 12, Meadowlark temporarily closed its Manhattan Home Plus location, Meadowlark Scenic House, located on Scenic Drive.

The healthcare system remains under intense staffing pressure due to the current COVID-19 pandemic situation. Lonnie Baker, Meadowlark's CEO, said the temporary closing is necessary to address the health and safety of staff and residents.

"Recruitment is tough," said Baker. "The increased staffing burden on our organization is significant. We anticipate an increase in local cases which has a very real potential to affect our caregiving staff."

Meadowlark is dedicated to its mission to provide high-quality and safe services to residents and community members, especially amid circumstances of a global pandemic.

"Our teams continue to request the public's support in the effort of caring for the wellbeing of our community's healthcare professionals and older adults," Baker said. "Please continue to practice recommended precautions including proper and frequent handwashing, social distancing, and consistent mask wearing."

Meadowlark is a local not-for-profit continuing care retirement community located in Manhattan, Kan. For more than 40 years, Meadowlark has met the community's needs and will continue to be a resource during this uncertain time.

Sigma Kappa Sorority Pen Pals

Members from Sigma Kappa, a sorority at K-State, would like to create connections with interested residents during a pen pal opportunity through the remaining Fall semester and next Spring semester. Interested residents can expect a letter or two each month from their sorority pen pal starting this month through May 2021.

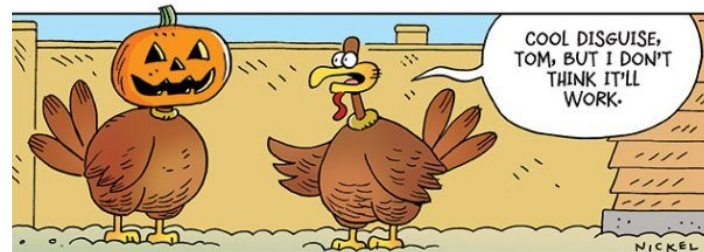
If you are interested in this opportunity, and getting to know someone new, please contact the Hospitality Desk at (785) 323-3847 to sign up. Sign up by Nov. 18, to be matched with a pen pal. Please direct any questions to Jana Armfield, Volunteer Engagement Specialist.

Thursday Entertainment: November

Dave 'Zerf' Zervas will be this month's Thursday night entertainment featuring old time Kansas, Cowboy and classic ballads. The next time to hear from Zerf is Nov. 19, at 6 p.m. in the Prairie Star Event Center. These Thursday Entertainment's will not include a meal. Please call the Hospitality Desk at (785) 323-3847 to reserve your spot.

Ice Cream Treat

Substitute a "Big Bobber" Chocolate Chip Cookie ice Cream Sandwich for your dessert this week when you order a special or order it anytime for just \$2!



Turkey Day Meals

Prairie Star Restaurant will offer a traditional Thanksgiving meal for lunch on Thursday, Nov. 26, delivered between 11:30 a.m. and 1 p.m. The regular full restaurant menu will not be available on Thanksgiving Day. Breakfast will still be offered from 7 to 10 a.m.

The Thanksgiving lunch menu includes: a choice of green salad or butternut squash soup; roast turkey, mashed potatoes and gravy, dressing, and green beans; and a choice of pumpkin or pecan pie.

For dinner, a boxed meal option will be available and delivered between 2 to 3 p.m. The boxed dinner will include a Ham Sandwich, Potato Chips, Pasta Salad, Mixed Fruit, and a slice of Apple Pie.

To sign up for delivered lunch, and/or boxed dinner, please call Prairie Star Restaurant at (785) 323-3820. Please sign up by Monday, Nov. 23.

The socially-distanced in-person option is no longer available.

Who You Gonna Call?

Finance Department	(785) 323-3819
Food & Grocery Delivery	(785) 323-3820
Hospitality Desk	(785) 323-3847
Housekeeping Request	(785) 323-3847
IT Help Request	(785) 323-3847
Maintenance Request	(785) 323-3847
Meadowlark Home Health	(785) 537-9497

If you are sick, please contact your doctor via phone for further instruction. After contacting your doctor, please call Jayme Minton at (785) 313-0454 to update the Meadowlark team on your status.



MEADOWLARK
Holiday Classic
2020

Friday, December 4, at 4 p.m.

A special dessert will be delivered to your door!
Tune in to Channel 1960 for a community holiday variety show,
with performances by:

Linda Uthoff, Joe Braun, Jane Boys, and Thom Jackson

First United Methodist Bells

Little Apple Chorus

Bourbon and Baker

Manhattan Arts Center MAC Academy Youth Theater Students

Manhattan High School Choir

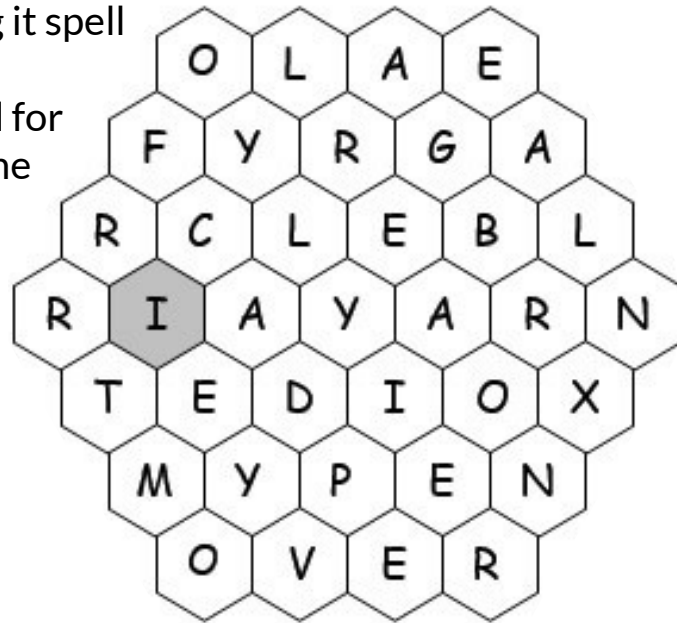
Manhattan High School Chamber Orchestra

Hosted by



Work That Brain!

The shaded I and the six letters surrounding it spell ERRATIC, which matches one of the clues below. In the same way, find a 7-letter word for each of the remaining clues. Keep track of the center letter for each answer you find.



1. unpredictable erratic-I
2. innovator _____
3. hours of daylight _____
4. hypersensitivity _____
5. trash _____
6. make clear _____
7. branch of mathematics _____

Unscramble all 7 of the center letters to find the BUZZWORD:

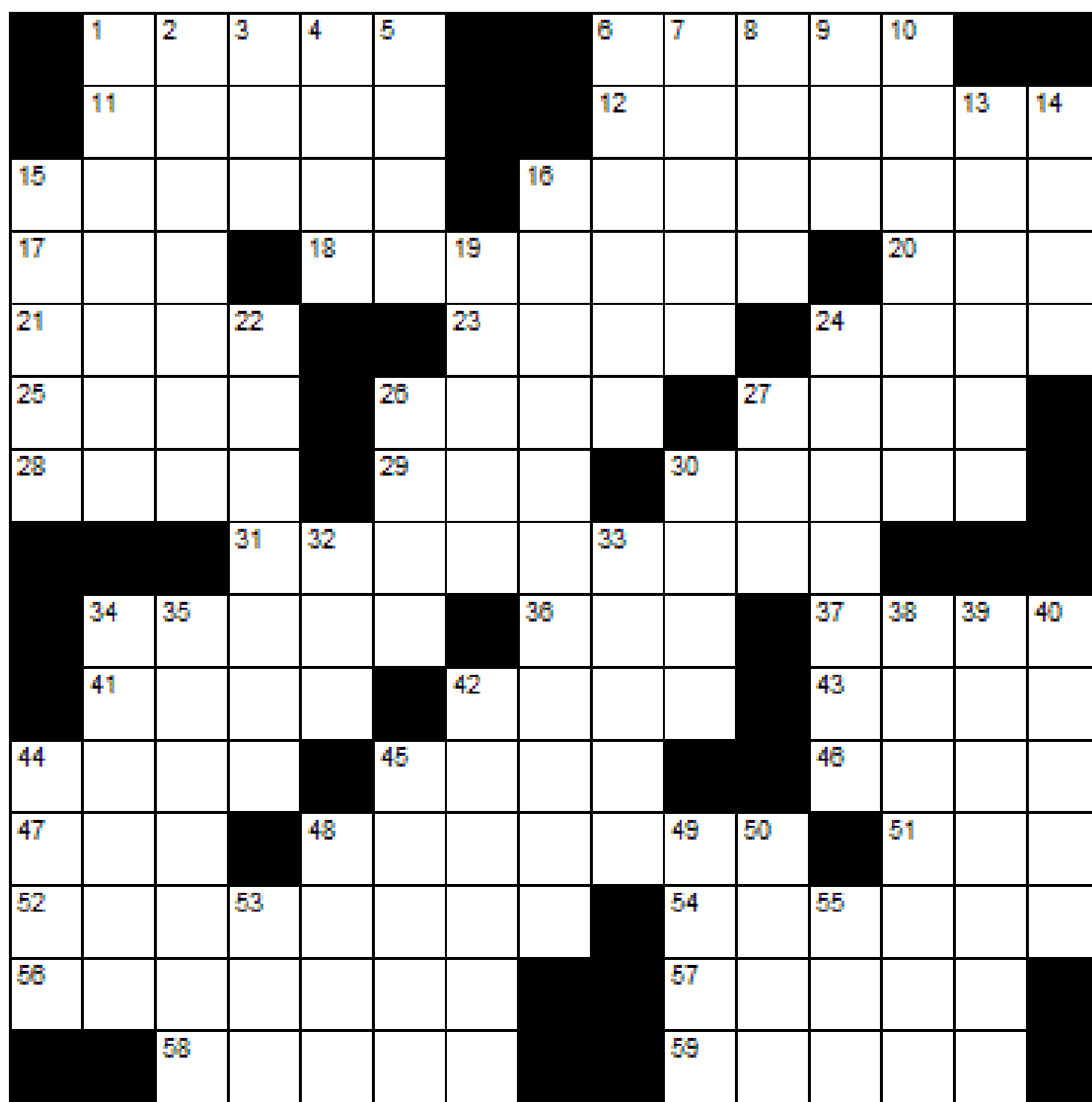
mass of floating ice: _____

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

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.

Solution from 11/9

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



ACROSS

1. Flow control device
6. An ancient Assyrian city
11. Encore
12. Bravery
15. Cold
16. Mynah
17. Petroleum
18. Variant of an element
20. Japanese apricot
21. Hairdo
23. Extremely
24. Wreaths
25. Countertenor
26. Dines
27. Puts on
28. Puts down
29. European peak
30. Plunders
31. Exhibitionists
34. 58 in Roman numerals
36. Uncooked
37. Type of sword
41. Anagram of "Silo"
42. Group of cattle
43. Extend credit
44. Backside
45. ___ fide
46. Abominable Snowman
47. Biblical first woman
48. Gourmandizer
51. Record (abbrev.)
52. Storytellers
54. Rat or mouse
56. Bit-by-bit
57. Nautical for stop
58. Attempt again
59. Expire

DOWN

- | | | |
|------------------------|---------------------------------|--------------------------------------|
| 1. Smallpox | 15. Central | 38. Noblewoman |
| 2. Nimbleness | 16. New spouses of parents | 39. Accord |
| 3. Delay | 19. Small egg | 40. Decree |
| 4. 8 in Roman numerals | 22. Dinosaur bones | 42. Every 60 minutes |
| 5. Concludes | 24. Broadly speaking | 44. Large mass of ice |
| 6. They play roles | 26. Indian dress | 45. Tired to the point of exhaustion |
| 7. Frothy | 27. To make a fool of (archaic) | 48. Oversupply |
| 8. Certain | 30. Bawdy | 49. By mouth |
| 9. Website address | 32. It is (poetic) | 50. Exploded star |
| 10. Clothing | 33. Unit of gold purity | 53. Citrus drink |
| 13. Metamorphic rock | 34. Parallel slat | 55. Dip lightly |
| 14. Auspices | 35. Dilute acetic acid | |

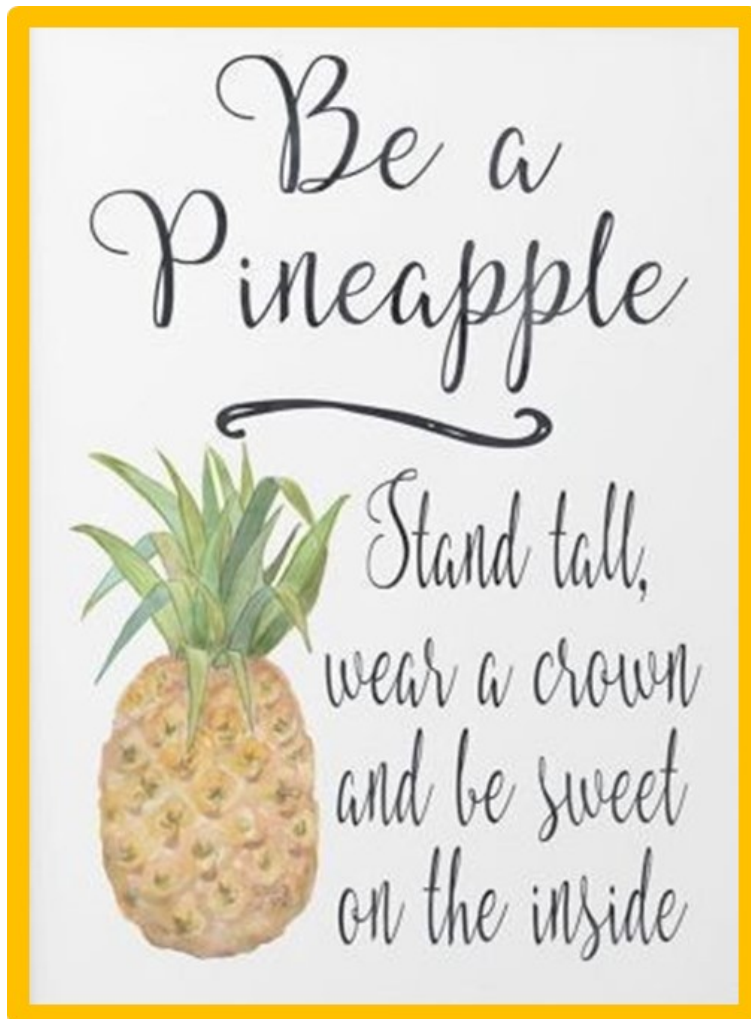
Weekly *Face-to Face* Opportunities
Calendar *Nov. 17 to Nov. 20*

Tuesday • Nov. 17 *Trash & recycling pick-up*
 9:30 a.m. ~ Sit & Be Fit, PS EC
 11:00 a.m. ~ Steady Yourself, PS EC

Wednesday • Nov. 18
 9:30 a.m. ~ Seated Strength, PS EC
 11:00 a.m. ~ Weights 101, PS EC

Thursday • Nov. 19
 9:30 a.m. ~ Sit & Be Fit, PS EC
 11:00 a.m. ~ Steady Yourself, PS EC
 1:00 p.m. ~ Staff Spotlight: Monte Spiller, PS EC
 6:00 p.m. ~ Music with Dave “Zerf” Zerfas, PS EC

Friday • Nov. 20
 9:30 a.m. ~ Seated Strength, PS EC
 11:00 a.m. ~ Weights 101, PS EC
 1:00 p.m. ~ Parkinson’s Exercise, PS EC



**Meadowlark
 Entertainment
 Guide**

Tuesday, Nov. 17

9:30 a.m.	SPECIAL UPDATE from Lonnie Baker, CEO
10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
12:30 p.m.	(Re-run) SPECIAL UPDATE from Lonnie Baker, CEO
1:00 p.m.	Sweat It Out Aerobics Exercise
2:00 p.m.	Steady Yourself Exercise Class
5:30 p.m.	(Re-run) SPECIAL UPDATE from Lonnie Baker, CEO

Wednesday, Nov. 18

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
12:30 p.m.	(Re-run) SPECIAL UPDATE from Lonnie Baker, CEO
2:00 p.m.	Weights 101 Exercise Class
5:30 p.m.	(Re-run) SPECIAL UPDATE from Lonnie Baker, CEO

Thursday, Nov. 19

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

Meadowlark SWAG SHOP

Orders for Meadowlark’s SWAG SHOP can be placed by calling Sarah Duggan at (785) 323-3878 or sending an e-mail to sguge@meadowlark.org. The cost of your order can be paid for at the Hospitality Desk by cash, check, or credit card. The charge can also be added to your monthly statement.

Extra copies of the SWAG ShOP catalog are available at the Hospitality Desk or upon request. Happy shopping!