

Health Services Update

We will continue to follow the guidelines put out by the CDC and KDADS for monitoring any potential COVID-19 (coronavirus) developments and will follow their recommendations.

Although there are no local cases of COVID-19 currently, the Meadowlark team is taking appropriate pre-cautions to mitigate any potential issue regarding the spread of illness. If you are experiencing the following symptoms, please contact your doctor via phone for further instruction.

Symptoms include fever, cough, and shortness of breath.

Here are some ways to protect yourself and others:

- Hands should be washed with soap for 20 seconds. If that is not available, use an alcohol-based hand sanitizer that is greater than 60%.
- Avoid touching parts of your face.
- Cough or sneeze into a tissue that can be discarded, only cough/sneeze into your elbow if disposable tissue is unavailable.
- Stay home if you are sick and encourage others to do the same.
- Watch for warning signs, including difficulty breathing, persistent pain/pressure in the chest, new confusion, blueish lips or face. If any of these are present, seek medical attention immediately.

Memory Matters

Meadowlark Memory Program is hosting, Memory Matters, a meeting to provide outreach and education about dementia and Alzheimer's. Our goal is also to help encourage engagement and understanding; ultimately helping to de-stigmatize cognitive decline/changes. The full event will take place from 5:30 to 8 p.m. at the Manhattan Public Library. You're welcome to come and go to any portion as your schedule allows.

Start the evening at 5:30 p.m. by viewing the ARTful Making Art Exhibition in the Library's Atrium and learn about various program resources.



Dr. Ryan Townley will present "Dementia Diagnosis Matters: Improving our Prevention, Diagnosis, and Care" at 6 p.m. Dr. Townley is an assistant professor in the Department of Neurology at the University of Kansas Medical Center and Alzheimer's Clinical Trials Consortium Associate Director and Primary Investigator at the University of Kansas Alzheimer's Disease Center. Following his presentation, there will be a time for questions.



Beginning at 7 p.m., we will hear from Heather Sloan, APRN, about local resources that are available for those with

cognitive changes and their care partners. Heather is a certified Advance Practice Registered Nurse (APRN) for the Meadowlark Medical Professionals.

The Memory Matters meeting will conclude with a Q&A Session for attendees to ask any questions they may have. No reservations are required to attend this free event. Meadowlark transportation will be provided at no cost and depart at 5:15 p.m.. Please sign up in the Blue Book at the Hospitality Desk.

EASTER BRUNCH
April 12th 11:00-2:00
Meadowlark Event Center
RESERVE YOUR SPOT AT PRAIRIE STAR



Buffet-style Meal Service

Effective March 13, 2020, until further notice, all buffet-style bar meals (taco bar, pasta bar, potato bar, etc.) will be suspended. This is part of the effort to positively affect the potential spread of illness. Alternative lunch specials will be offered. Thank you for your understanding.

Cancelation

The birthday party for Helen Janes on Saturday, March 14, has been canceled. She appreciates everyone's well wishes!

Chocolate, Tea & Wine Tickets

The Manhattan Area Habitat for Humanity is hosting a fundraising event at 1:30 p.m. Sunday, April 19, at the Midwest Dream Care Collection. Chocolate, Tea & Wine is an afternoon of music, delicious desserts, as well as live and silent auctions.

Meadowlark has ten tickets to give away! If you would like a ticket, please visit the Hospitality Desk. These are first come, first serve. You can also purchase tickets online at mahfh.org.

2020 Census

Independent Living residents will soon begin receiving information from the Census Bureau via mail. This will explain how to submit your information online, by phone, or by mail.

There are some important things to remember to protect your information. The Census Bureau will not send emails asking for information and will only call if they have follow-up survey questions. You will not need to provide your Social Security number, bank account or credit card information. They will not visit your home if you have already completed the form online, over the phone, or by mail.

Census Day is observed nationwide on April 1. Your response should include all persons living in your household as of April 1, 2020. You can visit 2020census.gov for more information.

Spring LEAP! Class

It's never too early to start making changes that may prevent or delay the on-set of Alzheimer's and/or Dementia. Lifestyle Empowerment for Alzheimer's Prevention (LEAP!) is a program

customized specifically for Meadowlark by the University of Kansas Alzheimer's Disease Center (KU ADC).

Registration for the 2020 Spring LEAP! classes are now open. Topics we will cover in Foundations of LEAP! include: physical activity, exercise, social/cognitive engagement, nutrition, sleep, and stress management.

Sessions will meet for six weeks starting Monday, March 30, from 6 to 7:30 p.m. at Meadowlark. Cost for classes and a book is \$75 per person. Cost for two people sharing a book is \$100. For more information or to get registered, please contact Michelle Haub, Special Programs Leader, at (785) 323-3899.

Vespers Service

Sunday, March 15, at 7 p.m.

The Vespers service will be at 7 p.m. Sunday, March 15, in the Community Room. This week's service will be led by Rev. Dennis Ackerman from College Ave. United Methodist Church. All are welcome.

Change & Loss Support Group

Monday, March 16, at 2 p.m.

Join Bridget Larkin, LMSW, Kathleen Spearman, LMWS, and Chaplain Patty Brown-Barnett as they lead the Change and Loss Support Group at 2 p.m. Monday, March 16, in the Flint Hills Room. This opportunity is open to all who wish to work through life changes and loss in a supportive environment.

Guided Meditation

Tuesday, March 17, at 10:30 a.m.

Take a few moments to do something good for your mind, body, and spirit! You're invited to participate in Guided Meditation from 10:30 to 11 a.m. Tuesday, March 17, in the Grosh Cinema.

Meditation, in general, can be beneficial in reducing stress, anxiety, depression, and even pain and tremors. The meditation classes help elicit support for blocking out external forces and one's negative thoughts to focus on relaxed breathing and calmed senses. It can be a tool you use to help you live well. No prior experience or understanding of meditation is necessary.

Parkinson's Foundation Webinar

Tuesday, March 17, at 12 p.m.

Meadowlark Parkinson's Program will be taking part in a webinar from the Parkinson's Foundation at noon Tuesday, March 17, in the Flint Hills Room. This talk will describe the diets that are associated with increased/decreased risk of developing PD and emerging evidence that nutrition plays a role after diagnosis, including diets, obstacles of eating, and dietary suggestions.

Visually Impaired Persons Book Club

Tuesday, March 17, at 1 p.m.

The Visually Impaired Persons (VIP) will meet for their monthly book club group at 1 p.m. Tuesday, March 17, in the West Conference Room. This opportunity is open to all who would like to participate in an engaging conversation. Participants of the VIP Group, book club or support group, do not have to have an official diagnosis of a visual impairment.

The book for March is *Dust Bowl Girls: The Inspiring Story of the Team Who Barnstormed its Way to Basketball Glory* by Lydia Reeder. An audio book is available with the code: DB 89622. April's book discussion will be on *Before We Were Yours* by Lisa Wingate; code DB 88202. For assistance with registering or ordering Kansas Library Talking Books, please contact Maggie Witte at 1-800-362-0699, ext. 1.

Visually Impaired Persons Support Group

Tuesday, March 17, at 2 p.m.

The Visually Impaired Persons (VIP) Support Group will meet at 2 p.m. Tuesday, March 17, in the West Conference Room. This month we will have an informal share group meeting.

Participants of the VIP Group, book club or support group, do not have to have an official diagnosis of a visual impairment. All who are interested or would like to receive more information, resources, and social support are welcome! For questions about the group, please contact Michele Riter, at (785) 323-3832.

Coffee Corner

Tuesday, March 17, at 3 p.m.

Join us for a weekly social hour at 3 p.m. Tuesday, March 17, in the Community Room. The featured

dessert from Verna Belle's Café will be a Vanilla Cake and Fruit Parfait. All are welcome!

Assoc. Audiologist—Dr. Schotte

Wednesday, March 18, at 1 p.m.

Sarah Schotte, Au. D., FAAA, audiologist with from Associated Audiologist will be at Meadowlark starting at 1 p.m. Wednesday, March 18, in the West Conference Room. Dr. Schotte can perform hearing screenings, hearing aid cleaning and maintenance, wax removal, and hearing assistive technology. To schedule an appointment with Dr. Schotte, please call (785) 539-7361.

Parkinson's Program Webinar

Thursday, March 19, at 11 a.m.

Meadowlark Parkinson's Program will be participating in a webinar from the Michael J. Fox Foundation at 11 a.m. Thursday, March 19, in the West Conference Room. All are welcome to join and bring a brown bag lunch if they'd like.

The talk will be "Environment's Role in Parkinson's." Panelists will discuss studies into how factors such as pesticide and toxin exposure and head injury can lead to Parkinson's as well as policies and legislations that may help limit these exposures.

Music by Tetyana Allston's Students

Friday, March 20, at 7 p.m.

Piano students of Tetyana Allston, Ph.D. will be performing for us at 7 p.m. Friday, March 20, in the Community Room. The ages of the students range from seven to 18 years old. They will perform works by Bach, Beethoven, Chopin, Rachmaninov, Debussy, and other contemporary composers. All are welcome!

Gab & Games with 4-H Club

Saturday, Jan. 25, at 3:30 p.m.

Members from the Strong Satellites 4-H Club will be coming to Meadowlark from 3:30 to 4:30 p.m. Saturday, March 20, in the KSU Classroom to visit and play games. They are interested in learning different card games such as Pitch, Hand & Foot, and Pinochle. If you would like to play along, help teach these games, or just enjoy the company, come by! For questions, please contact Jana Armfield, Volunteer Engagement Specialist, at (785) 323-3890.

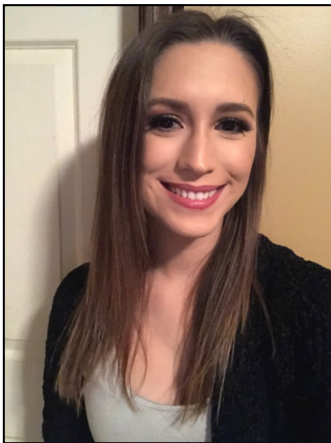
Blue Moose & Art!

Thursday, March 26, at 11:30 a.m.

Join us for a special afternoon Thursday, March 26, as we have lunch at Blue Moose Restaurant and have a guided tour of the ARTful Making Display at the Manhattan Public Library led by Michelle Haub. Artwork features pieces by artists who work with different mediums, watercolor, collages, pencil, etc.

Cost for transportation is \$3 per person and lunch will be the responsibility of each individual. Please sign up in the Blue Book at the Hospitality Desk. The bus will depart from the Village Entrance at 11:30 a.m.

The ARTful Making Display is open to the public and can be viewed in the Manhattan Public Library's atrium during their regular business hours.



LEADER OF THE PACK!

Congratulations to our March Leader of the Pack, Gabby Lopez! Gabby is a CMA at Meadowlark Scenic House. She goes above and beyond to make sure the residents' and families' day is enjoyable! Currently, Gabby is also a full-time student to become a Licensed Practical Nurse and has mentioned she would love to become an on-call nurse for Meadowlark Scenic House once she finishes school. Thank you for all your hard work Gabby!

Manhattan Public Library Opportunities

All library events are free and open to the public, but when space is limited, registration may be required. To register for an event, call the library at (785) 776-4741 ext. 300, visit www.MHKLlibrary.org, or stop by the library's service desk.

Yack & Yarn

Bring your knitting, crocheting, or other crafting projects to the library and relax with other crafters. Join the early birds from 1:30 to 3:30 p.m. every Monday in the Tami Borck Storytime Room or the night owls from 6:30 to 8:30 p.m. every Tuesday in the Groesbeck Meeting Room.

Kansas Humanities Book Talks

The theme for Spring 2020 is "Living with the Land." A group will meet for a discussion from 2 to 4 p.m. March 19, in the Auditorium. This month's book discussion is on *The Good Earth* by Pearl Buck. Books will be available for check out at the library's reference desk on the 2nd floor. Registration is not required.

Adult Craft Night

Enjoy a fun and relaxing craft night from 7 to 8:30 p.m. Thursday, March 19, in the Groesbeck Meeting Room. Necessary supplies will be provided to make Beeswax Wraps. Registration is required to attend.

Archiving Family Photos

Learn how to digitize and edit your old family photographs so you can easily share them. The class will be from 2 to 4 p.m. Tuesday, March 24, in the Collaboration Space & Classroom. Please bring a photograph you would like to scan. Registration is required.

Drop-In Tech Training

Get one-on-one help with your technology questions and conundrums from 2 to 4 p.m. in the Library's Collaboration Space & Classroom. This opportunity is once a month. The next drop-in date is Tuesday, April 7. Registration is not required.



Eat Right Nutrition Tips

submitted by Lisa Schwarz, RDN LD

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals, and dietary fiber. Try the following tips to enjoy more fruit and veggies every day.

- Mix up a breakfast smoothie made with low-fat milk, a frozen berry mix, and a banana.
- Add color to salads with baby carrots, grape tomatoes, spinach leaves, or mandarin oranges.
- Keep cut vegetables prepared for mid-afternoon snacks, side dishes, or a quick nibble on while waiting for dinner to be ready. Some ready-to-eat favorites are bell peppers, broccoli, cauliflower, carrots, celery sticks, cucumbers, snap peas, or radishes.
- Do you enjoy eggs or an omelet? Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes, or onions.
- Wake up to fruit! Make a habit of adding fruit to your morning oatmeal, cereal, yogurt, or toast.
- Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.
- Try fruit in a unique way: fruit on the grill! Make kabobs with pineapple, peaches, and banana. Grill on low heat until fruit is hot and slightly golden.



LUNCH & BREAKFAST SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.
Saturday & Sunday, 7 to 11 a.m.
(785) 323-3818

Sunday, March 15

Breakfast: Omelets with Fruit

Monday, March 16

Breakfast: Biscuits & Gravy

Lunch: Baked Ziti & Garlic Bread

Italian sausage, onion, penne, & marinara sauce together with a trio of cheese. Served with a piece of garlic bread ~\$6.50

Tuesday, March 17

Breakfast: Breakfast Sandwich with Fruit

Lunch: French Onion Burger & Side

grilled seasoned hamburgers topped with Swiss cheese & sautéed onions on a butter-toasted bun ~\$6.50

Wednesday, March 18

Breakfast: Breakfast Burrito & Fruit

Lunch: Street Tacos & Side

shredded pulled pork topped with cheddar cheese, cilantro lime slaw, & a creamy avocado sauce in mini flour tortillas ~\$6.50

Thursday, March 19

Breakfast: Biscuits & Gravy

Lunch: Meatloaf & Garlic Mashed Potatoes

ground beef, bread crumbs, & onions baked together & wrapped in bacon. Served with buttery garlic mashed potatoes ~\$6.50

Friday, March 20

Brunch: Waffle or Pancake

Lunch: Chicken Pot Pie & Side

shredded chicken, onion, carrots, celery, & peas mixed in a creamy gravy topped with a biscuit ~\$6.50

Saturday, March 21

Breakfast: A la carte

PRAIRIE STAR

RESTAURANT

Restaurant Hours
 Monday to Saturday, 10:30 a.m. to 8 p.m.
 Sunday, 10:30 a.m. to 7 p.m.

All specials include beverage, starter and dessert.
 An extra vegetable can be substituted for the starch at no additional charge.
 The restaurant can accept up to four reservation per time, depending on party size.
 Reservations can be made in person or by calling 323-3820.

SUNDAY	March 15 ~ Lunch \$12	Dinner \$12
	Chicken Fried Steak Mashed Potatoes & Gravy Vegetable du Jour	Chicken Tetrazzini Garlic Toast Vegetable du Jour
MONDAY	March 16 ~ Lunch \$10	Dinner \$12
	Beef Burgundy Crepes Rice Pilaf Choice of Vegetable	Grilled Pork Chop <i>with Sautéed Apples</i> Scalloped Potatoes Vegetable du Jour
TUESDAY	March 17 ~ Lunch \$13	Dinner \$13
	<i>St. Patrick's Day Special:</i> Corn Beef & Cabbage Boiled Potatoes Green Beans	<i>St. Patrick's Day Special:</i> Corn Beef & Cabbage Boiled Potatoes Green Beans
WED.	March 18 ~ Lunch \$10	Dinner \$12
	Swedish Meatballs Noodles Choice of Vegetable	Roasted Chicken Leg Quarters <i>with Maple Mustard & Herbs</i> Soft Polenta Vegetable du Jour
THURS.	March 19 ~ Lunch \$11	Dinner \$14
	London Broil Loaded Mashed Potatoes Choice of Vegetable	Braised Short Rib Cheesy Grits Vegetable du Jour
FRIDAY	March 20 ~ Lunch \$10	Dinner \$14
	Sautéed Trout Roasted Red Potatoes Choice of Vegetable	Salmon & Spinach Stuffed Puff Pastry Roasted Red Potatoes Vegetable du Jour
SAT.	March 21 ~ Lunch \$10	Dinner \$15
	Philly Beef Sandwich French Fries Choice of Vegetable	Steak Baked Potato Vegetable du Jour

**DRINK
SPECIAL**

Tom Collins

Gin, Lemon Juice, Simple Syrup, & Soda Water with a Cherry
\$3.75

Grosh Cinema Movies

Sunday, March 15, to Saturday, March 21, 2019

Show Times: 1, 4 and 7 p.m., Monday – Saturday / 2 and 6 p.m., Sunday

Sunday, March 15 — Hook (1991)

When Captain James Hook kidnaps his children, an adult Peter Pan must return to Neverland and reclaim his youthful spirit in order to challenge his old enemy.

Co-Starring: Dustin Hoffman, Robin Williams, & Julia Roberts

Rated: PG; 2 hr. 22 min. ~Adventure

Monday, March 16 — Back to the Future (1985)

Marty McFly, a 17-year-old high school student, is accidentally sent thirty years into the past in a time-traveling DeLorean invented by his close friend, the eccentric scientist Doc Brown.

Co-Starring: Michael J. Fox, Christopher Lloyd, & Lea Thompson

Rated PG; 1 hr. 56 min. ~Comedy/Sci-Fi

Tuesday, March 17 — Brooklyn (2015)

An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within.

Co-Starring: Saoirse Ronan, Emory Cohen, & Domhnall Gleeson

Rated PG-13; 1 hr. 57 min. ~Drama,

Wednesday, March 18 — The Shop Around the Corner (1940) *Resident Request

Two employees at a gift shop can barely stand each other, without realizing that they are falling in love through the post as each other's anonymous pen pal.

Co-Starring: Margaret Sullivan, James Stewart, & Frank Morgan

Rated Approved; 1 hr. 39 min. ~Romance

Thursday, March 19 — Freedom Writers (2007)

A young teacher inspires her class of at-risk students to learn tolerance, apply themselves and pursue education beyond high school.

Co-Starring: Hilary Swank, Imelda Staunton, & Patrick Dempsey

Rated PG-13; 2 hr. 3 min. ~Biography/Drama

Friday, March 20 — Hidden Figures (2016) *Resident Request

The story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program.

Co-Starring: Taraji P. Henson, Octavia Spencer, & Janelle Monae

Rated PG; 2 hr. 7 min. ~Biography/Drama

Saturday, March 21 — Life as We Know It (2010)

Two single adults become caregivers to an orphaned girl when their mutual best friends die in an accident. There is always something new to life!

Co-Starring: Katherine Heigl, Josh Duhamel, & Josh Lucas

Rated PG-13; 1 hr. 54 min. ~Comedy

Weekly Opportunities Calendar *March 15 to March 21*

Sunday • March 15

9:30 a.m. ~ Miller Worship Service, MFR
10:30 a.m. ~ Worship Service, CR
2:00 p.m. ~ Wroten Worship Service, WL
7:00 p.m. ~ Vespers by Rev. Dennis Ackerman, CR

Monday • March 16

7:30 a.m. ~ 1st Pres. Men's Bible Study, FHR
9:30 a.m. ~ Seated Strength, CR
10:20 a.m. ~ Weights 101, CR
11:00 a.m. ~ Sit & Be Fit, CR
12:00 p.m. ~ Yoga, CR
1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
1:00 p.m. ~ Parkinson's Exercise Class, CR
1:30 p.m. ~ Contemporary God Talk, KSU CL
1:45 p.m. ~ Parkinson's Voice Class, CR
2:00 p.m. ~ Change & Loss Support Group, FHR
3:45 p.m. ~ Meadowlark Singers Practice, CR
7:00 p.m. ~ Community Bingo, CR

Tuesday • March 17 *Trash & recycling pick-up*

10:30 a.m. ~ Guided Meditation, GC
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ Parkinson's Foundation Webinar, FHR
1:00 p.m. ~ VIP Book Club, WCR
2:00 p.m. ~ VIP Support Group, WCR
2:00 p.m. ~ LifeStory Writing Group, FHR
3:00 p.m. ~ Coffee Corner, CR
7:00 p.m. ~ Dominoes, GR

Wednesday • March 18

9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
10:00 a.m. ~ Memory Activities Class, KSU CL
10:00 a.m. ~ Memory Café, FHR
10:00 a.m. ~ Memory Care Partners Supp. Grp, WCR
10:20 a.m. ~ Weights 101, CR
11:00 a.m. ~ Sit & Be Fit, CR
12:00 p.m. ~ Yoga, KSU CL
1:00 p.m. ~ Pitch, GR
1:00 p.m. ~ Assoc. Audiologist—Dr. Schotte, WCR
3:00 p.m. ~ Rock Steady Boxing, CSC

3:00 p.m. ~ Rock Steady Boxing, CR
3:00 p.m. ~ Ice Cream Social, VB
5:30 p.m. ~ Eastside Supper, MR
6:30 p.m. ~ Osher Class: Kansas Women

Thursday • March 19

8:30 a.m. ~ Messenger Team, WCR
10:00 a.m. ~ Meadowlark Bible Study, FHR
10:30 a.m. ~ Steady Yourself, CR
11:00 a.m. ~ Parkinson's Program Webinar, WCR
11:15 a.m. ~ Chair Yoga, CR
1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
5:15 p.m. ~ Depart for Memory Matters, VE
6:00 p.m. ~ Memory Matters, MPL

Friday • March 20

9:30 a.m. ~ Seated Strength, CR
10:20 a.m. ~ Weights 101, CR
11:00 a.m. ~ Sit & Be Fit, CR
1:00 p.m. ~ Parkinson's Exercise Class, CR
1:00 p.m. ~ Hand & Foot Card Games, GR
3:00 p.m. ~ Rock Steady Boxing, CSC
3:30 p.m. ~ Catholic Rosary, CR
7:00 p.m. ~ Music by Tetyana Allston's Students, CR

Saturday • March 21

9:30 a.m. ~ Painting for Fun, MCR
3:30 p.m. ~ Gab & Games, KSU CL

Room Abbreviations

WCR, West Conference Room	CR, Community Room
CSC, Combative Sports Center	GR, Game Room
FHR, Flint Hills Room	MCR, Miller Craft Room
GC, Grosh Cinema	HD, Hospitality Desk
KSU CL, KSU Classroom	MFR, Miller Friendship Rm
PS, Prairie Star Restaurant	VE, Village Entrance
VB, Verna Belle's	CY, Courtyard
MPL, Manhattan Public Library	

*Meadowlark News and Announcements
can be viewed on Channel 1960*