

Seeing Green

Volunteers' service ensures monetary success for Meadowlark Market



by Becky Fitzgerald, Development Director

Green. The color of spring, shamrocks and U.S. currency. Earlier in March, several volunteers attended a green-themed party to celebrate the success of the inaugural Meadowlark Market season. Newcomers were welcomed to the team – six “rookies” have signed on for 2020 -- and 13 Market workers with 20 or more hours of service were recognized with a certificate and a green jewel to add to their name tags. In addition to Meadowlark residents, the Market volunteer pool is composed of Passport members, K-State students, and Manhattan community members.

From March through November of 2019, the public was invited to shop at 1217 Meadowlark Circle for gently used furniture and other fabulous finds, such as home décor and seasonal decorating items, appliances, electronics, jewelry, and collectibles. We even managed to sell a small, locked safe without a working combination!

Prior to a monthly sale, the volunteers' duties include vetting potential items; wrapping and packing small items, such as dishware and figurines; as well as cleaning, staging and pricing the inventory. On a sale day, volunteers accept payments, tidy merchandise, answer customer questions, and when possible or needed, help shoppers carry small items to their vehicles.

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Meadowlark Prepares for Possible Cases of COVID-19

The following press release was distributed to local news outlet March 16, 2020.

Meadowlark, not-for-profit continuing care retirement community in Manhattan, is preparing for possible cases of COVID-19 (coronavirus). While eight cases of COVID-19 have been identified as presumptively positive in Kansas, no cases have been suspected in Manhattan community and adjacent areas. Much about the virus is still unknown, but it is known that the population Meadowlark serves – older adults with underlying medical conditions – are at the highest risk for the most serious forms of infection associated with this new disease.

“The health and wellness of our residents and employees who support them is our number one priority,” said Lonnie Baker, CEO. “We are staying abreast of the latest information from the Kansas Department of Health and Environment (KDHE), the Centers for Disease Control and Prevention (CDC), and the Centers for Medicare and Medicaid Services (CMS).”

Based upon revised recommendations from CMS and the CDC, Meadowlark closed the campus to visitors effective at 2 p.m. Friday, March 13, 2020. This is an effort to combat the spread of the disease and protect the health and welfare of our residents. “We encourage loved ones to communicate with residents in other ways than in-person visits like video chat, telephone, or social media,” said Sarah Duggan, Community Relations Director. “These precautions are vital to helping us avoid and minimize the possible spread of this virus.”

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Checklist: Get Ready for COVID-19

- ◇ Stock up on supplies. Utilize meal & grocery delivery by calling 323-3820.
- ◇ Obtain extra necessary medications & consider using pharmacy delivery or mail order medications.
- ◇ Put space between yourself and others. This includes time spent in any area of the community space at Meadowlark and interactions with staff members.
- ◇ Avoid groups and crowded places.
- ◇ Stay in your home as much as possible.
- ◇ Avoid all non-essential travel.
- ◇ Practice proper hand hygiene.
- ◇ Clean & disinfect your home routinely.
- ◇ Avoid touching high-touch surfaces.

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Meadowlark is also educating staff, residents, and families on symptom awareness for COVID-19 and infection control best practices and have clear protocols for staff to stay home and not come to work if they are ill or symptomatic.

Detailed and specific plans already in place for a wide range of emergencies are being updated and evaluated as new information becomes available, and we are working closely with other healthcare providers in our community to help ensure the health and safety of all.

As we navigate this challenge, we remain focused on providing exceptional care and services for our residents.

“Meadowlark is dedicated to health and wellbeing of our healthcare professionals and older adults,” said Baker. “Our teams ask the public to support this important effort by taking care of themselves and adhering to our no-visitation procedure as it relates to COVID-19.”

(Stay up-to-date on Meadowlark news, connect with us on Facebook or visit the Meadowlark website. Updates via Messenger will be distributed Monday afternoons and Thursday mornings. Touchtown (internal Meadowlark channel 1960) is also an option for news.)

Stay Informed with Updates on Meadowlark’s COVID-19 Response

by Sarah Duggan, Community Relations Director

It has been *seven days* since Meadowlark closed campus to visitors and reduced the foot traffic to absolutely essential staff and vendors. Because of the rapidly changing nature of the COVID-19 concerns and situation, many campus changes have occurred quickly.

Information from the Centers for Disease Control (CDC) indicates that some people are at higher risk of getting very sick from COVID-19. This includes: older adults (over the age of 65) and people who have serious chronic medical conditions like heart disease, lung disease, and/or diabetes.

All exterior doors to Meadowlark’s main building are locked 24-hours a day until further notice. All traffic, including residents, should access the building through the main entrance. The Hospitality Desk is staffed 24-hours a day during this period of limited access. Should a resident choose to leave campus for any purpose, they will be screened upon return to Meadowlark through the main entrance. Remember, do not prop any exterior door open.

Meadowlark is not accepting visitors. Cottage, duplex, and garden apartment residents are discouraged from coming to the Community Center at this time. If a trip into the main building is necessary, you must enter through the main entrance to be screened. It is recommended that duplex and cottage residents exercise caution and limit visitors to their homes.

Deliveries for residents who live in the main building will be received by staff at the visitors entrance and brought to your apartment door. This includes groceries, pharmacy orders, and flowers.

All residents and staff are strongly encouraged to practice proper hand hygiene and wash with soap and water frequently. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.

Watch for symptoms of respiratory illness, including: fever, cough, and shortness of breath. If you get sick, contact your doctor via phone. After consulting with your physician, update your status with Jayme Minton, Support Services Director, by calling (785) 313-0454.

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Several volunteers work regular shifts; others fill in as needed.

Jean Beatty, a Meadowlark resident, was introduced and honored for her role as the Market's manager. In addition to the duties listed above, Jean repairs minor scratches in wood finishes, vacuums and scrubs in between visits from Meadowlark housekeeping staff and makes sure the Market shifts are covered when an unexpected vacancy occurs. She received a balloon and floral bouquet.

Jana Armfield, Meadowlark's Volunteer Engagement Specialist, offered the following numbers to illustrate the impact of the volunteers' service:

~ According to Independentsecor.org, the current value of a volunteer's hourly rate in Kansas is **\$23.35 per hour**.

~ **28** Meadowlark Market volunteers had a combined total of **482.14 service hours** during the 2019.

~ Using that data, 2019 Market volunteers donated time worth **\$11,257.97!**

Becky Fitzgerald, Development Director, announced that Meadowlark Market generated **\$40,425.39** after paying sales tax and other expenses, such as advertising fees. The proceeds benefited the Good Samaritan Fund (\$39,329) and allowed Meadowlark to purchase two Friends of Art prints (\$1096.69) needed for the gift print collection hanging between the KSU Classroom and Verna Belle's Café.

With COVID-19 precautions restricting visitors to Meadowlark, the shop won't open in March as planned. When the Market door does open in 2020, a talented team of volunteers will be waiting.



[above] Becky Fitzgerald presents Jean Beatty with a thank-you gift for her volunteer work with Meadowlark Market.

Stay Informed with Updates, Closings, & Cancellations

Pizazz Salon will be closed until March 31, 2020. The Meadowlark team will re-evaluate at that time.

Transportation services will be limited to medical appointments only. To schedule transportation services, please call (785) 313-1039.

Guest suite reservations through April 30 have been canceled, and no new reservations will be offered until further notice.

Maintenance requests during this time of limited exposure should only be items that affect safety. Maintenance requests can be submitted via a phone call to the Hospitality Desk at (785) 323-3847.

Avoid using pull cords for nurse call, if possible. Should you feel ill, please contact your primary care physician via phone for further instruction.

Tune into Touchtown, channel 1960 for updated information regarding Meadowlark's COVID-19 response and procedures. The Meadowlark team will continue to follow the situation as it develops and use CDC and CMS recommendations to guide organizational decisions.

Meadowlark Messenger will continue to be distributed Thursday mornings. A Mini Messenger will be distributed every Monday afternoon starting Monday, March 23, 2020.



Your Guide to Meadowlark Entertainment

Programs listed below can be found on Meadowlark channel 1960 (Touchtown Video)

Friday, March 20

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	Channel 1960 News with Sarah Duggan

Saturday, March 21

10:30 a.m.	Salvador Dali Museum Tour (virtual)
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Sunday, March 22

10:30 a.m.	Sunday Morning Church Service
3:00 p.m.	Guided Meditation

Monday, March 23

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class

Tuesday, March 24

10:30 a.m.	Steady Yourself Exercise Class
11:30 p.m.	Chair Yoga

Wednesday, March 25

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class

Thursday, March 26

10:30 a.m.	Steady Yourself Exercise Class
11:30 p.m.	Chair Yoga

Friday, March 27

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class



Work That Brain!

The color of March is **GREEN!** Challenge yourself and see how many green items you can find around your home. Use a pencil! The next step is to put all your green items in alphabetical order using the lines below. Good luck!

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PRAIRIE STAR

RESTAURANT

Restaurant Hours

Breakfast is available from 7 to 10 a.m.
 Monday to Saturday, 10:30 a.m. to 8 p.m.
 Sunday, 10:30 a.m. to 7 p.m.

CALL (785) 323-3820 FOR MEAL & GROCERY ORDERS.

Delivery fee has been waived. All specials include beverage, starter and dessert.

Lunch specials without a starter or dessert can be requested and will cost \$7 each.

Refreshments will not be offered in the Game Room. Coffee by the cup will be available for delivery.

Alcohol also will be available for delivery if purchased by the bottle.

SUNDAY	March 22 ~ Lunch \$13	Dinner \$12
	Pot Roast with Carrots, Onions & Celery Mashed Potatoes & Gravy Vegetable du Jour	Baked Ham with Pineapple Sauce Au Gratin Potatoes Vegetable du Jour
MONDAY	March 23 ~ Lunch \$10	Dinner \$13
	Chicken Pot Pie Choice of Vegetable	Marsala Pork Tenderloin Medallions Wild Rice Vegetable du Jour
TUESDAY	March 24 ~ Lunch \$10	Dinner \$13
	Catfish Po' Boy French Fries Coleslaw	Swiss Steak Mashed Potatoes & Gravy Vegetable du Jour
WED.	March 25 ~ Lunch \$10	Dinner \$12
	Ham & Cheese Quiche Rice Pilaf Choice of Vegetable	Chicken Breast Piccata Rice Pilaf Vegetable du Jour
THURS.	March 26 ~ Lunch \$10	Dinner \$12
	Chicken Salad Melt Choice of Vegetable	Meatloaf Mashed Potatoes & Gravy Vegetable du Jour
FRIDAY	March 27 ~ Lunch \$10	Dinner \$14
	Fish Tacos Black Beans Spanish Rice	Stuffed Orange Roughy & Shrimp Roasted Red Potatoes Vegetable du Jour
SAT.	March 28 ~ Lunch \$10	Dinner \$12
	Salisbury Steak Mashed Potatoes & Gravy Choice of Vegetable	Fried Chicken Mashed Potatoes & Gravy Vegetable du Jour

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.