



Protect Yourself in All Ways

Pandemic environment is opportunity for scammers

by Michele Riter, Community Relations Assistant

Scammers are now using the coronavirus scare as a new tactic to get personal information and money. As usual, it is recommended to never give personal or bank information over the phone, online, or to anyone you do not know. If you receive a robocall (automated), simply hang up. If it truly was something important, they will get ahold of you.

Scammers are currently using website links in emails or online to direct you to a page that will ask you for more information. Examples would include things like COVID-19 test bill payments, vaccine and at-home test kit offers, or donation requests. There are currently no FDA approved at-home testing kits and no vaccines, pills, or other prescription or over-the-counter products available to treat or cure COVID-19.

At this time, many organizations and people are asking for donations. If you are asked for a donation for COVID-19 relief, make sure to research the group's validity before giving. If you have been contacted by someone claiming to be a friend or family member who has been affected by COVID and need financial support, hang up and contact your friend/family directly.

Fact-check information always. There are so many numbers and scenarios being updated every minute. Scammers (and even well-meaning people) may spread information that is not completely accurate. To stay up to date with the government's response to COVID-19, visit [usa.gov/coronavirus](https://www.usa.gov/coronavirus) or visit [cdc.org](https://www.cdc.org) for health-related updates.

Three “Ms” of Self Care:

Mindfulness, Move, & (Limit) Media

by Bridget Larkin, LMSW, & Kathleen Spearman, LMSW

Mindfulness is the practice of being in the present moment. According to PsychologyToday, it involves “observing one’s thoughts and feelings without judging them as good or bad.” This may be hard to do in the uncertain times we are in currently, but practicing mindfulness daily could have a positive impact on our mental health. Some recommended Mindfulness tools include:

~ *Headspace App*- free download with paying options that offer more. At least 10 free meditations!

~ *Calm App* - there are some free resources with just the basic account. For premium content you can get a free one-week trial, then a paid option is available. This app features a “mood check in.”

~ *Serenity App* - free download with a lot of free resources, optional paid subscription after that.

~ S.T.O.P. is a short mindfulness exercise you can use at any time.

Stop (literally) what you are doing.

Take breaths - slow, relaxed breathing is best. No need to breathe deeply, just slower and more relaxed. If you need something to focus on you could think “in” and “out,” slowly as you breathe.

Observe your thoughts and emotions without judging them as “good” or bad.” When you become distracted, simply bring your attention back to those relaxed breaths, feeling the air fill your belly, and then blow out of your mouth.

Proceed. Proceed with something that is kind and gentle to yourself. Reading? Painting? Zoom/FaceTime/GoogleDuo with a friend or family member? Get creative with being kind to yourself.

Moving and exercising improves our mood by releasing chemicals: serotonin and norepinephrine. Tools for helping you move while staying at home are listed on page two.

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Good Enough & Other Patient Thoughts

by Michele Riter, Community Relations Assistant

When those early moments of patience arise, it feels like things are light. My burdens are not as heavy. That sense of calmness makes it easier to go along with life's ups and downs, which there are a lot of right now. Patience allows us to take time and see the whole situation before reacting.

Today, everything is completely different for every single person all over the world. In these new waters we are setting out on, let's put patience at the helm of the ship. As we navigate by patience's map, we will not lose our course and together can enjoy the stars (the bright side) in the dark night sky (scary stuff happening now).

Patience's map, or its boundaries, looks different for each person. Once we step outside of patience's boundaries, it leads to a negative feeling. *Impatience*. Frustration. Agitation. Restlessness.

I see my patience as having layers. The outer most layer is a bit flimsy and can be brushed off with a simple annoyance. But this outer layer is easy to restore and it doesn't take much. Maybe just a deep breath. Other and stronger layers take more to strip away. Larger or consistent irritations, such as neighbors blaring music every single night, can do this. At some point, this would require some action to rebuild that layer. It's not as easy, but you might have to talk with your neighbor.

To hit the core of my patience, I have not paid attention to the limits of its other boundaries. Usually it is not even a dramatic experience that made me lose my patience. Instead, I've let actions, comments, or feelings of others affect each layer without taking the time to rebuild and strengthen those boundaries.

Knowing when our patience is leaving us is important to learning how to protect our patience. Our response to patience can vary on who or what is testing it and what boundary it is trying to cross. In a moment of impatience, one might have an urge to yell, make a heavy sigh, think or say harsh things, roll their eyes, or blame others. Luckily, the impatient me doesn't show external signals very often. I don't know if that's luckier for me or for the person/thing that is testing my patience. Instead, it attacks my chest first. In the very instant that my patience is leaving, I have a hard inhale and hold my breath filling my chest

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with a tense feeling. For me, patience does not come naturally, but paying attention to this simple signal helps me to recognize when a boundary has been crossed.

I encourage everyone to seek a patient heart and mind for others and for yourself. The boundaries of patience are weakened when we feel vulnerable. Our routines have changed. Our ideas of safety have changed. Our physical spaces have changed. This is new. Things are going to continue to change. Residents, staff, and families are all doing their very best, and honestly, it has been proven that our best *is* good enough.

Meadowlark Bill Pay Schedule Update

Each Monday and Thursday during Messenger delivery, a team member will pick up any Meadowlark bill payments from your hallway "mailbox" or for cottages the exterior mailbox. Messengers are delivered on Monday afternoons and Thursday mornings.

Residents are encouraged to utilize electronic payment such as ACH (automatic withdrawal from bank account) or the online payment portal, if possible. Call (785) 3819 with questions.

Self Care, continued from Page 1

~*SilverSneakers App* - older adult exercise app, you may be eligible for benefits through your health care ID, but there are free exercises even if you aren't! Exercises range from cardio to strength training and BONUS they also have some meditation components!

~ Tune into Meadowlark's internal television channel (1960) for exercise classes.

While the media can help us stay connected and informed, it can also contribute to anxiety and worry. Take a moment to mindfully consider the impact that media consumption has had on you and/or your family recently. Has it helped you feel prepared? Has it caused anxiety, or even panic? Each person is different, but if you feel that keeping up with the news constantly has caused any negative mental health effects, here is our challenge to you: Set a timer and schedule one hour of media-free time per day! Consider moving or practicing mindfulness during this hour! We would love to hear stories of people who use their media-free hour for personal growth.

Editor's Note: Bridget Larkin and Kathleen Spearman can be contacted at (785) 323-3837.

Meadowlark Grocery Service

(785) 323-3820 • Additional items available upon request.

Food

Activia.....	\$4.50	Hamburger Helper	\$2.50
Almonds.....	\$7.00	Hazelnut Spread.....	\$9.00
Banana Chips	\$3.00	Italian Dressing	\$2.50
BBQ Sauce.....	\$3.00	Jelly.....	\$4.50
Beans	\$1.50	Juice.....	\$4.50
Boost.....	\$12.00	Ketchup.....	\$2.00
Bread	\$3.50	Miracle Whip	\$5.50
Brownie Mix.....	\$3.00	Mixed Fruit.....	\$4.50
Butter.....	\$4.00	Mixed Nuts	\$9.00
Cake Mix	\$1.50	Muddy Buddy	\$6.00
Campbell's Soup	\$1.00	Mustard	\$2.00
Candy Bars.....	\$1.50	Oatmeal.....	\$4.50
Canned Fruit	\$2.50	Olives	\$2.50
Canned Vegetables	\$1.50	Orange Juice.....	\$5.50
Cashews.....	\$9.00	Oreos	\$4.50
Cereal.....	\$4.50	Pancake Mix.....	\$4.50
Cheez-It.....	\$4.50	Pasta	\$1.50
Chex Mix	\$4.50	Peanuts	\$6.00
Chili	\$3.00	Pickles	\$3.00
Chips	\$5.00	Pop Tarts.....	\$4.00
Chips Ahoy.....	\$4.50	Pretzels.....	\$3.00
Chocolate Chips	\$4.50	Pringles.....	\$2.50
Club Crackers	\$4.50	Prunes	\$5.00
Completes	\$4.50	Raisins.....	\$4.50
Cream of Wheat.....	\$6.00	Ravioli	\$1.50
Distilled Water	\$1.50	Rotel.....	\$2.00
Dove Chocolates	\$7.50	Salsa	\$4.00
Eggs	\$1.50	Saltine Crackers.....	\$3.00
Fig Newton's	\$6.00	Snack-pack	\$1.50
Flour.....	\$2.00	Spaghetti Sauce.....	\$4.00
Folgers Coffee.....	\$6.00	Sugar.....	\$3.00
Folgers Instant	\$10.50	Tomato Paste.....	\$1.50
Fruit Snacks.....	\$4.50	Tortilla Shell	\$4.50
Glucerna	\$12.00	V8.....	\$5.50
Goldfish Crackers.....	\$4.00	Vegetable Oil.....	\$3.00
Graham Crackers.....	\$3.00	Wafers	\$5.50
Granola Bars	\$4.50	Wheat Thins.....	\$4.50

Household

All Purpose Cleaner	\$4.50
Batteries.....	\$7.50
Bounce.....	\$7.50
Cascade.....	\$7.50
Downy.....	\$7.00
Glass Cleaner.....	\$3.00
Hand Soap	\$2.50
Hand Towels	\$4.50
Kleenex.....	\$2.50
Napkins	\$3.50
Paper Towels	\$2.00
Plastic Wrap	\$4.50
Purex	\$7.50
Tide.....	\$9.00
Toilet Bowl Cleaner	\$3.50
Toilet Paper	\$1.00
Trash Bags- Small.....	\$4.50
Trash Bags- Large.....	\$12.00
Ziploc Bags.....	\$4.00

Medicine

Acetaminophen.....	\$3.00
Allergy Medicine.....	\$6.00
Anti-Diarrheal	\$4.50
Aspirin (325/81mg) ...	\$6.00
Cough Drops.....	\$2.50
DayQuil.....	\$10.50
Ibuprofen	\$6.00
Icy Hot	\$6.00
Neosporin.....	\$7.50
NyQuil.....	\$10.50
Tums	\$7.50
Vicks VapoRub	\$8.50

Personal Care

Body Wash.....	\$3.00
ChapStick	\$2.00
Deodorant.....	\$4.50
Dove Soap	\$2.50
Listerine	\$9.00
Lotion	\$7.00
Poise Pads-Large.....	\$15.00
Poise Pads-Small	\$7.00
Shampoo.....	\$3.00
Shaving Cream	\$4.50
Toothpaste	\$4.50

April Birthdays

Names in bold indicates a milestone birthday.

Healthcare

4/2 Una Allen
4/4 Carl Didas
4/9 Curtis Walker
4/9 Elvira Rigel
4/20 Judith Jensen
4/25 James Lake
4/30 Betty Jameson

Assisted Living

4/2 Donna Sesler
4/3 George Karr
4/22 Susan Scott

Independent Living

4/7 Jackie Frintrup
4/9 Janet Anders
4/9 Cam Beatty
4/12 Evelyn Lady
4/13 Larry Parsons
4/17 Jeanne Lundin
4/17 Robert Johnson
4/17 Bob Snell
4/18 Stephanie Upson
4/19 Warren Prawl

4/20 Nancy Bowen
4/23 Carolyn Pulford
4/23 Jim Reed
4/27 Dorothy Bitler

Employees

4/1 Walker Sutton
4/3 Jennifer Roudybush
4/3 Steve Schreiner
4/5 Patty Brown-Barnett
4/5 Autum DeLettera
4/5 Leann Haug
4/6 Amie Dulaney
4/6 Jen Schoenhofer
4/8 Natalie Longhurst
4/8 Dee Renner
4/9 Mark Morton
4/10 Greg Brown
4/11 April Ascher
4/11 Bob Speer
4/13 Tara Phillimore
4/14 Jennifer Garrett
4/14 Rita Harsch
4/14 Magdy Mohamed
4/14 Kesiah Winter

4/15 Lauren Erickson
4/15 Monte Spiller
4/17 Emi Hayashi
4/18 Barsha Shrestha
4/20 Chris Loehr
4/22 David Hibbard
4/22 Stephanie Kerr
4/23 Sara Gilbert
4/23 Isis Gonzalez
4/23 John Shapel
4/24 Kelbie Knobbe
4/24 Cassia Russell
4/26 Saif Alankarli
4/26 Kenzie Cramer
4/26 Maddie Cramer
4/27 Gillian Falcon
4/28 Alexis Black
4/28 MyKayla Burgess
4/28 Michaela Welfringer
4/29 Brook Marcotte
4/29 Amanda Stanzel
4/30 Joshua Hersh
4/30 Ericka Plummer
4/30 Kyra Ringler
4/30 Helena Zavala-Chase



New Programming: Meadowlark Channel 1960

MEOW: Memory & Engagement Opportunity for Wellness

Submitted by Michelle Haub, Special Programs Leader

A new activity, Memory and Engagement Opportunity for Wellness, also known as MEOW, will begin Tuesday, March 31, at 3 p.m. on Channel 1960. Join Michelle Haub, Speech-Language Pathologist and Meadowlark Special Programs Leader, each week for an opportunity to smile, laugh, breath, exercise, learn some techniques for improving and practicing language and memory skills.

These sessions of MEOW are for everyone! We can all benefit from some new ways of thinking, remembering, talking, and engaging with others. Tune in to Meadowlark Channel 1960 (Touchtown) every Tuesday afternoon and make your brain and body do some work!

Friday Night Program, March 27

Channel 1960 will feature musical entertainment at 7 p.m. Friday, March 27. Arianna Snell, 14-year-old daughter of Meadowlark employee Sara Snell, will play her violin for us. She has been playing the violin since fifth grade. Tune in for some tunes!

Comedy Club, April 1

Join Channel 1960's favorite weatherman, Chris Clouds, for Comedy Club on Wednesday, April 1, at 9 a.m. and 3 p.m. Don't miss out on this fun and light joke session!

Poetry Moment

Monte Spiller, Resident Services Leader, will recite one of his recently written original poems at 3 p.m. Thursday, April 2, on Channel 1960. Next week's poem is titled "Kansas, the Sunflower State."



Share your story by sending it in an email to Sarah Duggan at sguge@meadowlark.org or place it in your mailbox outside your door to be picked up on Monday or Thursday.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

The Wizard of Oz

WIZARD
MONKEYS
MUNCHKINS
UNCLE HENRY
GLINDA
TOTO
SLIPPERS
GALE
DOROTHY
WICKED WITCH
WATER
GARLAND
NIKKO
JUDY
AUNT EM
MELTING
RUBY
TIN MAN





Meadowlark Entertainment Guide

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

Friday, March 27

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	Channel 1960 News
5:00 p.m.	Channel 1960 News
7:00 p.m.	Friday Night Program: Music

Sunday, March 29

10:30 a.m.	Sunday Church Service (AM): <i>Brighter Visions with The Rev. Dr. Patty Brown-Barnett</i>
2:00 p.m.	Sunday Church Service (PM): <i>Brighter Visions with The Rev. Dr. Patty Brown-Barnett</i>
3:00 p.m.	Guided Meditation

Monday, March 30

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
1:00 p.m.	Parkinson's Exercise Class

Tuesday, March 31

10:30 a.m.	Steady Yourself Exercise Class
11:30 p.m.	Chair Yoga
3:00 p.m.	MEOW (Memory Education)

Stay informed! Tune into Channel 1960 on your TV for updated information regarding Meadowlark's COVID-19 response and precautions. Watch for the Meadowlark Messenger now published twice weekly on Mondays and Thursdays.

Wednesday, April 1

9:00 a.m.	Comedy Club: Wake Up Funny
9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny

Thursday, April 2

10:30 a.m.	Steady Yourself Exercise Class
11:30 p.m.	Chair Yoga
3:00 p.m.	Poetry Moment

Friday, April 3

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	Channel 1960 News
5:00 p.m.	Channel 1960 News
7:00 p.m.	Friday Night Program

Q : When does it rain money?



A : When there's change in the weather!

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 29 ~ Lunch \$13	Dinner \$11
	Braised Brisket <i>with Wild Mushroom Sauce</i> White Cheddar Scalloped Potatoes Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
MONDAY	March 30 ~ Lunch \$10	Dinner \$12
	BBQ Pulled Pork Sandwich French Fries Coleslaw	Grilled Herb Marinated Chicken Breast Brie Risotto Vegetable du Jour
TUESDAY	March 31 ~ Lunch \$10	Dinner \$13
	Fried Chicken Sandwich Sweet Potato Fries Choice of Vegetable	Pork Tenderloin Roulades <i>with Spinach, Sun-dried Tomatoes, Mozzarella, & Balsamic Glaze</i> Wild Rice Vegetable du Jour
WED.	April 1 ~ Lunch \$10	Dinner \$14
	Ham Loaf Roasted Red Potatoes Choice of Vegetable	Shrimp & Crab Fettuccine Alfredo Garlic Toast Vegetable du Jour
THURS.	April 2 ~ Lunch \$10	Dinner \$12
	Chicken Enchiladas Refried Beans Mexican Rice	Beef Stew Vegetable du Jour
FRIDAY	April 3 ~ Lunch \$10	Dinner \$14
	Fish & Chips Coleslaw	Grilled Salmon <i>with Dill Sauce</i> Roasted Red Potatoes Vegetable du Jour
SAT.	April 4 ~ Lunch \$10	Dinner \$15
	Meatball Sub Pasta Salad Choice of Vegetable	Steak Baked Potato 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.