



A Beautiful Day to Stay Away

Meadowlark takes steps to further secure the entire campus

by Sarah Duggan, Community Relations Director

In true Meadowlark fashion, employees are stepping in from a variety of service areas to fill a new essential role—Check Point Safety Officer. Meet the first shift officers for opening day—[pictured above from left to right] Robyn Harris, Human Resources Leader, and Jayme Minton, Support Service Director. These smiling faces (& others!) will greet all persons coming to campus at the Check Point Station and direct each vehicle accordingly. Remember, Meadowlark is not accepting visitors to any area of campus at this time.

Effective yesterday, April 1, 2020 at 7 a.m. all traffic coming to Meadowlark's campus is screened at the new check-point station located at the Tuttle Creek Boulevard entrance. Meadowlark closed the Kimball Avenue entrance on Thursday, March 19, and it will remain closed until further notice.

"This is a spooky time we're living in right now," said Lonnie Baker, CEO. "Our team intends to take every possible precaution to support the safety, health, and wellness of those who call the Meadowlark campus home. Initiating the check-point station is the next step in establishing enhanced security."

Residents are strongly encouraged to utilize delivery services for meals, groceries, medications, and household supplies. Food orders can be placed through Meadowlark by calling Prairie Star Restaurant at (785) 323-3820. Local grocery stores and pharmacies also offer delivery.

As Meadowlark navigates this challenge, the team remains focused on providing exceptional care and services for residents. "We have many people working hard to find creative ways to provide engagement and entertainment during a time social distancing and self isolation," said Lonnie. "I extend a sincere preemptive thank you to the public for supporting this important effort by taking care of themselves and adhering to our current no-visitation procedure."

In light of Meadowlark's no visitation rule, which includes family and friends, residents are encouraged to communicate with loved ones through the use of technology. Options include phone calls, texts, emails, video chats, and social media.

Times are tough and the Meadowlark team thanks everyone for hanging in there with us and supporting the efforts to keep residents and staff safe during the COVID-19 pandemic crisis.

QUARANTINED:

The true story and daily account of our very own world traveler, Pam Oehme, during a 14-days quarantine following her return from an around the world cruise. Her quarantine began March 27 and concludes April 10.

Note from the Editor: Slight adaptations were made for space restrictions.

Day Four: Today is attitude adjustment day. I am making a plan to continue to being grateful and thankful despite what I've learned: 1) I MUST NOT go outside; 2) of the four airports I went through to get to Manhattan, two of them had TSA agents who have tested positive for COVID-19; 3) I gained ten pounds on the cruise; and 4) the current COVID-19 news is shocking. I have been happily cruising through the seas, eating, playing, and denying the reality of the virus situation. In my first three days at home, I have been getting readjusted, reorganized, and reoriented. Denial is gone. Reality has set in.

My plan is to lose weight and stay healthy. Doing that will keep me positive. I have a Meadowlark Fitness Services exercise band and will exercise with the classes on Meadowlark's TV Channel 1960. I will walk a mile or two from one end of my cottage to the other. Have you seen the article of the man who did a marathon on his balcony?! If he can do that, I can do a mile or two in my home.

Since coming home, I have been eating healthy and consuming less calories. I have much more reorganizing to do in my cottage and soon I will have to clean it. About staying healthy, I will eat right, sleep enough, exercise, pray, continue internet and telephone social interaction, and BE POSITIVE.

Whew...will see how it goes and report my successes, for today, in tomorrow's writing.

Day Five: Slept better last night. I think I'm finally getting over "jet lag."

Spent the morning eating a healthy, low calorie breakfast, interacting with my youngest daughter



via FaceTime, texting with my oldest granddaughter and three crew members from the Viking Sun.

One crew member was my cabin steward, Jover. He's from the Philippines and has a young daughter and son. I placed a dry-erase board on the outside of my cabin door. Almost every day, he would write uplifting, positive prose on it. Many crew members, myself, and other passengers

enjoyed his attitude and philosophy. Another crew member I continue to communicate with is a woman from Belarus. She is single, about 30-years-old, and unmarried. When not cruising as a Viking Guest Services employee, Alyona has a

home with her mother in Belarus (a 650 square foot apartment inherited from her grandmother) and a shared apartment in Abu Dhabi, UAE. The third crew member, Tendai, is from

Zimbabwe, Africa. She is a server studying to be a Wine Steward with Viking.

I ate a VERY healthy, low calorie lunch and walked 1.8 miles in my cottage! It required A LOT of turning, going back and forth, from my front door to the end of my screened porch. I am hoping to walk AND do a Jeff's "Sit and Be Fit" class tomorrow.

I received my mail that had been accumulating for almost three months. I opened all and called my accountant. I have yet to complete my 2019 taxes.

And lastly, I sat down with a bowl of unbuttered popcorn to watch one of my favorite shows - "Survivor." It's been showing on TV for 20 years and I only missed the first episode. Again, thanks to technology, I am able to watch all the shows that have been broadcasted while I was away.

Soooo, all in all, a very good quarantine day!

"In my first three days at home, I have been getting readjusted, reorganized, and reoriented. Denial is gone. Reality has set in."

Outdoor Encounters

submitted by Nathan Bolls

I've been thinking of creatures that live in boxes, which, of course, should not be too surprising these days. And I'm thinking of Talia, a female worker honey bee, just back with her colony from a stint at pollinating almond groves in California. Her colony now is being positioned for the blooming and growing season in NE Kansas—perhaps on the Meadowlark Hills Campus.

Her colony consists of the Queen, whose only task is to produce a multitude of fertile eggs; a few hundred male drones whose main duty is to mate with unfertilized young queens (from other colonies it seems) during the queens' mating flights to establish new colonies; and many thousands of female worker bees, such as Talia, that do almost all of the work in the hive: housekeeping; feeding the queen, drones, and larvae; collecting pollen and nectar; and making the wax. A young unfertilized queen will take her mating flight with 10-20 drones and mate with each of them. A large honey bee colony can consist of 30,000 or more bees, with almost all of them being female workers.

Not generally known is that only ten or so of the many thousands of bee species in the world are social and make honey, and almost all of the 4,000 or so bee species in North America live solitary lives. But our honey bee, the Western Honey Bee, which originated in Africa or Asia, long domesticated and managed, and now essentially a slave species of insect, occurs on every continent except Antarctica. Numerous experts state that the Italian Honey Bee variety of the Western Honey Bee species was brought to North America by early colonists.

As with us, bees have dangers, but not quite as has become dogma in the press and some magazines. It's clear that research on bee dangers has been almost exclusively on the honey bee. Data from the American Council on Science and Health show that a certain mite carries a dozen or so microbes—including a dangerous virus—into the bee's body, and that a dangerous gut fungus does sometimes invade. But most attention goes

to a widely-used group of nicotine-containing neonicotinoid pesticides. These chemicals have some lethal effects on our honey bee, but they are having a devastating effect on many species of solitary bees. And, not commonly known is that these solitary bees, and various other insects, are responsible for most of the insect pollinations of food plants upon which we depend. This same source offers data to show that the number of honey bee colonies is holding strong, that this species is in no danger of extinction, as is not the case with our important solitary bees. Some experts claim that, if solitary pollinators disappear, honey bees simply will not be able to pick up the slack, and food crop production will suffer greatly. Honey bees have had bad years, but they have support from beekeepers and researchers. Native, solitary bees, essential to our food production, are on their own. They fly solo.

I think of Talia. She flies solo some days looking for nectar and pollen, but she spends each night in a small box with thousands of colony mates. That is what she knows. We assume she lacks the awareness of past, present, and future—the sense of time. We wonder if she senses the possibility of unseen dangers: deadly viruses in her respiratory system, or chemicals. Or the tone of worry?

I think of us hunkered down in our boxes, in aloneness, showing discipline, and fear—and a painful sense of time. I wonder how much of our agony we have brought upon ourselves. But I scream in silent despair with the thought so beautifully expressed by author Joy Williams: "If animals did have voices, and they could speak with the tongues of angels—at the very least with the tongues of angels—they would be unable to save themselves from us. Their mysterious otherness has not saved them, nor have their beautiful songs and coats and skins and shells and eyes."

May we endure, and for a meaning larger than ourselves. May we learn to live anew, learn to find ourselves again—and each other. May we learn to speak, to each other, and to all other living things, with the tongues of angels.

Notes from the Readers

Thank you for the Courtyard!

submitted by Ron Williams

To All of you who contributed to funding the courtyard,

When we first opened the court yard we never, ever imagined that there would a time when a pandemic would force us to stay within our quarters, or at least, within the tower building. Yes, the courtyard is within the tower building.

On Tuesday Vera suggested that we go out to the courtyard, her to walk, walking on her way to Wamego, an me in my trusty power chair. To my surprise there were others with the same idea. Some were walking, some were just standing around, enjoying the sunshine, and others were just setting around (my crowd) enjoying conversation. We were enjoying ourselves, and more importantly, because it is such a time as this.

So to all of you generous souls, here and in Heaven (Thanks Kip and others!) Thanks for our good times now and in the future! Thanks!

Social Distancing

submitted by Polly Ferrell

Social distance is considered to be 6 feet. How far is 6 feet?

Our IL resident hallways are 6 feet from wall to wall. We would need to be standing inside our doorways to have a social distance of 6 feet.

Most beds are 6 feet from head to foot. Stand at the foot of your bed and look to the head of the bed. That is how far it is to create a social distance of 6 feet.

Wow! A 6-foot social distance is difficult to create and maintain. Can we do it? Are we up to the challenge? Our lives may depended on just that. See you from afar.

A Note from Tom

submitted by Tom Barcellina

These are different and difficult times. Over the past couple of weeks, I thought it in my best interest to limit my contact with others. That meant not being at the Hospitality Desk. With the extra time at home to think about things, I have decided it is time for me to retire from

Meadowlark. I enjoyed getting to know all the residents. This was not an easy decision and I will miss everyone including my co-workers! Thank you for the all the experiences I've had at Meadowlark!

PERSEVERANCE

Submitted by Kay Shanks

Find all the words that can be made from the word PERSEVERANCE is the challenge. I'm not good at tasks such as that, I did use the digital world however, which I'm also not good with, and looked at how many and what words can be made from PERSEVERANCE. According to Google there are 445 hidden in our word. WHEE! I'm not going to tell you how few words I was able to list before I, as some would say, cheated. I choose to see it as taking another track to solve a problem and learn something plus get on to the second part of the challenge to write a story.

DOES COPING WITH ADVERSITY COME FROM PERSEVERANCE

As I looked at the list of 445 words Google showed me could be made by using letters from our word, I started with those using only 2 letters, I ran across PA.

PA got me thinking. I never called my dad PA, but my dad was the epitome of perseverance. He and my mom modeled perseverance for me as I grew up.

To name a few of these characteristics of perseverance that help me deal with our present crises, I'm remembering how my parents were not worriers and hand ringers – they were doers.

They were good at listening and never stopped working for solutions. If something didn't work they tried to solve the problem in another way. If their idea was not successful or used that didn't stop them.

They were the calm when the crises waves got high.

I just read what I'm including next: 'SMART', as in the ability to react and adapt to moment by moment challenge, never goes out of style. So during this time of Virus Crisi I'll try my best to use my smarts and what I picked up from my PA

so that I have enough perseverance not just to endure but to cope and learn and enjoy the challenge.

Thanks to Meadowlark and the staff for doing a SUPER job of staying Calm and being OH SO imaginative in keeping us safe. Oh yes, the proof that the move to ML 13 years ago was a good decision for Roger and me goes on and on.

On Different Ways

by Helen Roser

In these times of serious concerns, it was a fun departure to read the book on “How to ____”.

One chapter is on How to Play Football. We are told that the object of the game is to get the football across the goal line. But there are others who don’t want you to, and they are stronger than you.

So, when you get the football, you should ride a horse to carry it across. A horse is stronger than they are. Also: “There is no rule that says you can’t ride a horse to carry the football. There is some mention of equipment. But a horse is not equipment. It is a horse.”

Another helpful chapter tells you how to throw a pool party. Preparations include building a pool, if you don’t have one. After lots of working creating a big hole in your yard, next to do is filling it with water.

If you live down-hill from a neighbor with a pool, you can siphon water from the neighbor’s pool. But, if your neighbor doesn’t have a pool, you will have to use some other way.

That other way could be calling Amazon and ordering enough bottled water to fill your pool, and having it delivered. Having enough bottled water to fill your pool will cost \$235,000.

If I had a horse, I’d be calling K-State Sports to offer my horse for their football games, when they can play again.

Sorry I didn’t note the author’s name of this fun book. I bought it from Barnes and Noble. Hope this makes you laugh.

New Programming: Meadowlark Channel 1960

Friday Night Program, April 3

Channel 1960 will feature *Hurray for the Riff Raff* at American Songbook at 7 p.m. Friday, April 3, 2020. Americana favorite Hurray for the Riff Raff is the creation of frontwoman Alynda Lee Segarra, a 26-year-old Bronx native who left home at an early age to travel the country before settling in New Orleans to play with a revolving cast of musicians.

Ironically, the band performed in the Stanley H. Kaplan Penthouse on April 3, 2014, as part of Lincoln Center’s American Songbook.

Art Tour at Manhattan Public Library

Tune into Channel 1960 to enjoy a virtual tour of Meadowlark Memory Program’s art exhibit featured at the Manhattan Public Library. This artwork was created as a part of the program by residents and community members.

Happy Hour with J-Mix

Join amateur mixologist, J-Mix, for Happy Hour at 4:30 p.m. Thursday, April 9, on Channel 1960. J-Mix is going to walk us through creating the perfect Moscow Mule, which happens to be her personal favorite.

Grab a drink, tune into Channel 1960, and enjoy a toast with J-Mix!

**What did the
buffalo say when his
son left for college?**

Bison.

Work That Brain!

How would you complete the right side of this art? Use whatever pencil, colored pencil, marker, or pen you have to add line, movement or color you find interesting. In next Thursday's Meadowlark Messenger, we will reveal the entire image of the artist's print.



Title unknown 1973, by David Alfaro Siqueiros, color lithograph on paper, KSU, Marianna Kistler Beach Museum of Art, gift of Kathleen Kulp Hill (1957) and Randall Dale Kulp (1987) in memory of Thomas Leon Hill

Found in the Home

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

- SINK
- PANTRY
- STOVE
- OVEN
- THROWRUG
- FAMILYROOM
- GARAGE
- FURNITURE
- MICROWAVE
- WASHER
- HOUSE
- CELLAR
- RUGS
- LAUNDRYROOM
- DRYER
- TABLES
- CLOSETS
- STUDY
- CARPET
- LAMPS

Answers for puzzle published in the 3/26 Messenger.

The Wizard of Oz

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

Color Me What...?

This one is simple: Say the color each word is written in. ... Good luck!
(It's harder than you think!)

- YELLOW
- BLUE
- ORANGE
- BLACK
- RED
- GREEN
- PURPLE
- YELLOW
- RED
- ORANGE
- GREEN
- BLACK
- BLUE
- RED
- PURPLE
- GREEN
- BLUE
- ORANGE
- PURPLE
- ORANGE
- BLUE
- BLUE
- RED
- PURPLE
- BLACK
- GREEN
- YELLOW
- GREEN
- BLUE
- RED
- ORANGE
- YELLOW
- GREEN



Meadowlark Entertainment Guide

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

Friday, April 3

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:45 a.m.	Project Update with BHS
12:00 p.m.	Channel 1960 News
4:45 p.m.	Project Update with BHS
5:00 p.m.	Channel 1960 News
7:00 p.m.	Friday Night Program: Hurray for the Riff Raff at American Songbook (Lincoln Center)

Saturday, April 4

9:00 a.m.	Meadowlark Memory Program Art Tour at Manhattan Public Library
12:00 p.m.	Project Update with BHS
2:00 p.m.	Meadowlark Memory Program Art Tour at Manhattan Public Library
6:00 p.m.	Meadowlark Memory Program Art Tour at Manhattan Public Library

Sunday, April 5

10:30 a.m.	Sunday Church Service (AM): <i>Palm Sunday with Chaplain Patty Brown-Barnett, D. Min.</i>
2:00 p.m.	Sunday Church Service (PM): <i>Palm Sunday with Chaplain Patty Brown-Barnett, D. Min.</i>
12:00 p.m.	Project Update with BHS
3:00 p.m.	Guided Meditation

Monday, April 6

9:00 a.m.	Town Meeting with Lonnie Baker
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, April 7

10:30 a.m.	Steady Yourself Exercise Class
11:30 p.m.	Chair Yoga
3:00 p.m.	MEOW (Memory Education)
4:00 p.m.	Meadowlark Memory Program Art Tour at Manhattan Public Library

Wednesday, April 8

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 9

9:30 a.m.	MEOW (Memory Education)
10:30 a.m.	Steady Yourself Exercise Class
11:30 p.m.	Chair Yoga
4:30 p.m.	Happy Hour with J-Mix

Friday, April 10

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	Channel 1960 News
4:00 p.m.	Good Friday Service with Chaplain Patty Brown-Barnett
5:00 p.m.	Channel 1960 News
7:00 p.m.	Friday Night Program

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

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	April 5 ~ Lunch \$12	Dinner \$12
	BBQ Chicken Hash Brown Casserole Coleslaw	White Lasagna Garlic Toast Vegetable du Jour
MONDAY	April 6 ~ Lunch \$10	Dinner \$12
	Sausage & Beef Penne Garlic Toast Choice of Vegetable	Roast Pork Loin <i>with Cherry Balsamic Sauce</i> Wild Rice Vegetable du Jour
TUESDAY	April 7 ~ Lunch \$10	Dinner \$12
	Chicken & Mushroom Crepes Wild Rice Choice of Vegetable	Sautéed Chicken Breast Supreme <i>topped with Toasted Almonds</i> Rice Pilaf Vegetable du Jour
WED.	April 8 ~ Lunch \$10	Dinner \$13
	Philly Beef Sandwich French Fries Choice of Vegetable	Beef Stroganoff over Noodles Vegetable du Jour
THURS.	April 9 ~ Lunch \$10	Dinner \$13
	Monte Cristo Sandwich Pasta Salad Choice of Vegetable	Shrimp & Chicken Penne <i>with Sun-Dried Tomatoes, Portobello Mushrooms, Basil, & Spinach and tossed in a Sherry Garlic Sauce</i> Garlic Toast
FRIDAY	April 10 ~ Lunch \$10	Dinner \$14
	Fried Catfish <i>with Tartar Sauce</i> Tater Tots Coleslaw	Baked Cod <i>with Herb Crust & Sun-Dried Tomato Sauce</i> Polenta Vegetable du Jour
SAT.	April 11 ~ Lunch \$10	Dinner \$14
	Tater Tot Casserole Choice of Vegetable	Braised Short Ribs Ranch Roasted Potatoes Vegetable du Jour



COVID-19 Special Procedures

I need groceries. What are my options?

- Use Meadowlark meal delivery and grocery delivery services @ (785) 323-3820
- Order grocery delivery from Hy-Vee @ (785) 587-8609 or online at www.hyvee.com
- Order grocery delivery from Dillon's at (785) 539-7631 or online at www.dillons.com
- Please refrain from having your family or friends bring your groceries, meals, and other items

I am expecting a delivery. How will it get to my home?

All deliveries will follow this chain of travel ...

- Arrive at Tuttle Creek Boulevard entrance check-point station to be screened
- Directed to staff at the main entrance for drop off
- Meadowlark staff will deliver items outside your door

I have a medical appointment. Who will take me?

- Residents can utilize Meadowlark transportation services for medical appointments; **call to schedule at (785) 313-1039**
- Please do not have your family or friends come to take you to an appointment

I want to visit with my family and friends. How do I do this?

At a time like this, technology is our friend. Try one of these...

- Phone calls
- Text messages
- E-mail communication
- Video chat services (Facebook. Google Duo, FaceTime, Skype)

I have more questions. Who do I contact?

- Call the Hospitality Desk at (785) 323-3847.
- *Stay informed by reading the Meadowlark Messenger published on Mondays and Thursdays, tuning into Channel 1960 on any Meadowlark television, following the Meadowlark Facebook page (@meadowlarkmhhk) and visiting our website at www.meadowlark.org.*

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.