



Pandemic Precautions

by Sarah Duggan, Community Relations Director

Processing and remembering all the changes and updates in our world today is much like trying to drink water from a firehose. Every day the team at Meadowlark works through new information and we are constantly re-evaluating operational procedures. Below is the latest update to the delivery process and a couple additional items to keep in mind during the COVID-19 pandemic.

Effective last Friday, April 10, all resident deliveries will be received at the Check Point Station located at the Tuttle Creek Boulevard entrance. Those making deliveries will be asked to turn around after the items are received by the Check Point Safety Officer and leave through the exit lane at the station.

Deliveries from family and/or friends of residents can be accepted at the Check Point Station. A Meadowlark employee will take all deliveries directly to the resident's door. Residents are advised to not accept delivery items from anyone who is not a Meadowlark staff member.

Please do not leave home, but if you do, please don a mask. Meadowlark *will not* be providing masks to independent living residents at this time. If you don't have a mask and you leave your home to get the mail, take out the trash, or go for a walk, please cover your mouth and nose with something like a scarf or bandana.

Each week every independent living resident/household is receiving a phone call from one of our Meadowlark team members. The group of employees making weekly wellness calls include Becky Fitzgerald, Michelle Haub, Bridget Larkin, and Kathleen Spearman. These phone calls are a great opportunity to ask questions and share concerns.

The Meadowlark staff team is happy to help in any way we can. Call the Hospitality Desk with questions, concerns, and /or requests. I can be reached at (785) 323-3878 or sguge@meadowlark.org.

Shopping + Giving

Foundation wins when you spend at Dillons & Amazon

by Becky Fitzgerald, Development Director
With so many of us shopping online more than ever before to follow COVID-19 social distancing guidelines, it's a great time for a reminder about how your shopping can equal giving. At Dillons food stores, enroll your Plus Shopper's Card. If buying items online, remember AmazonSmile!

Meadowlark Foundation is an approved organization for Dillons' Community Rewards program. The reward we earn each quarter is based on our percentage of spending as it relates to the total spending of all participating Community Rewards organizations

How can you help Meadowlark Foundation earn rewards each quarter? Create an online account at Dillons.com, register your Plus Card number and click the "enroll" button under the Community Rewards heading. This heading is visible on the left side of the page when you click "My Account," or at the bottom of the home page. Type "Meadowlark Foundation" when prompted to find our organization, and click the button next to our name when it appears.

That's it! There is no cost to participants. Just shop at any Dillons store in Kansas, swipe your Plus Shopper's Card as you normally do for each transaction, and Meadowlark Foundation will be credited. If shopping online, make sure you are signed in to your account. Some items, such as alcohol, tobacco, fuel, some

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gift cards and lottery tickets, are not eligible for the Community Rewards program.

AmazonSmile is another simple and automatic way to support Meadowlark Foundation at no cost to you or to our organization. When you shop at *smile.amazon.com*, you'll find the same prices and selection as at Amazon.com, with the added bonus that Amazon will donate 0.5% of each eligible purchase to our foundation.

On your first visit to *smile.amazon.com*, select our charitable organization to receive donations from eligible purchases before you begin shopping. AmazonSmile will remember your selection, and every eligible purchase you make at *smile.amazon.com* will result in a donation.

If you don't have an Amazon account, you'll need to create one. Our organization is listed with Amazon as Manhattan Retirement Foundation, our official name.

Once you've selected Manhattan Retirement Foundation at *smile.amazon.com*, this charitable choice remains until you change it. With Dillons Community Rewards, participants need to select Meadowlark Foundation each January.

For questions or help enrolling in either program, please contact Becky Fitzgerald at (785) 323-3843.

**A Catholic priest, talking in an empty church sanctuary, was asked what he would say to those who were gathering hundreds into their places of worship. His replied, "I would refer them to the words of Jesus ...
You shall not tempt the Lord Your God."**

On Rush for Meat Stew

submitted by Helen Roser

Washington D.C. during WWII was a place of excellent management of crowds. We had lots of rules to keep things going.

No better place to manage lots of people has ever been built better than the pentagon. 40,000 of us worked there, six days a week, for 48 hours. The pentagon never, ever, closed.

We had two huge cafeterias. Our "lunch hour" was 30 minutes long. It took me 20 minutes, fast walking, to reach the cafeteria. Another 20 minutes to reach a tray after our line moved to where there was food.

None of us made much money, so a very popular dish was meat stew. A bowl of the delicious stuff and two crackers cost 15 cents.

There was always a hope to try to get there before they ran out of meat stew. We always were past our 30 minutes to reach the cafeteria, get a tray and food (hopefully meat stew), eat, and walk back to our office, usually an hour and 20 minutes. They told us (about time): "Do the best you can."

But suddenly, there was no meat stew. Many yelled: "Where is our meat stew?" "I got here early and there was no meat stew!"

As cafeteria workers put more food out, we all asked them: "Where is our meat stew? Why don't they have our meat stew?"

But they never answered. They just kept putting food out. But no meat stew.

No one could get an answer from anyone. Nothing they had was as good as our meat stew. And we got two free crackers. For 15 cents we got enough to eat.

But no one knew what happened to our meat stew. None of the newspapers wrote our suddenly missing meat stew story.

I was surprised, because President Roosevelt always wanted patriotic workers in our war effort to be treated well.

So, what happened to our meat stew? Why doesn't the cafeteria have it any more? A bowl of delicious meat stew, plus two crackers, for 15 cents! We needed it!

I read all the Washington papers. They always had new laws or rules about our war effort. (We did not call it "the war", we always must say: "our war effort.")

So I read the papers to learn about any new law. One day I saw a short story about a new law. "Any time anything that included *any meat for human consumption is sold, from what animal it came must be clearly stated.*" Maybe our beloved meat stew was from ... I won't say. Hint: you went to the Kentucky Derby to see them.

We never got out bargain back: a bowl of delicious stew and two crackers for 15 cents.

2020

by Monte Spiller, Poet

2020, another leap year
We all expected Joy
Now living in fear
Schools are closed
Sports have stopped
You pay more attention
when you shop

Things are different
Than they were before
Keep 6 feet away
And don't open that door

Where have you been?
Have you taken any trips?
Why did you cough?
and please don't touch your
lips!

Take a deep breath
And embrace your fear
Surely enough
Things become clearer

We go through life and won't
slow down
but take the chance to look
around
it's easy to panic and give up
hope
but look to the sky and just
yell "nope!"

I won't give up, I won't give
in
Things will get better
and humanity will win

As they say, joy comes in the
morning
Keep your faith and write a
new story
Because 2020, has only
begun
And we will finish, bright as
the sun.

New Programming: Channel 1960

Happy Hour with J-Mix

Join amateur bartender Jayme Minton, aka J-Mix, this evening, April 16, to learn the recipe to another (future) Prairie Star Restaurant exclusive drink, the Konza Sunrise! Next week, same day and same time, tune in as she whips up a new cocktail—the Little Apple!

Friday Night Program, April 17

Channel 1960 will feature *Together in Concert*, a performance of Arlo Guthrie and Pete Seeger, at 7 p.m. Friday, April 17. This live show originally aired on PBS on Aug. 23, 1978. Enjoy the relaxed folk tunes including "Midnight Special," "City of New Orleans," and "Living in the Country."

Treasures of NY: American Museum of Natural History

Join Tom Brokaw, former NBC Nightly News anchor, for an inside look of New York's American Museum of Natural History at 10 a.m. Saturday, April 18. From dinosaurs to bison, this 1.6 million square feet museum is dedicated to exploring human cultures, the natural world, and the known universe.

For the full hour, you'll hear from museum staff members about exhibit features and details including the 2012 renovations of the Theodore Roosevelt Memorial and the Bernard Family Hall of North American Mammals.

Center on Aging Video Series

The Center on Aging at Kansas State University is seeking opportunities to reach out to the community in new ways during this age of social distancing and isolation. The team at the Center on Aging has crafted a series of videos that aim to bring joy and entertainment to during these trying times.

Prayers with Mrs. Judy Miller will air Sunday, April 19, at 11 a.m. on Channel 1960. She will share some gospel and prayers with viewers.

Reading Kahlil Gibran's The Prophet, Part One will premiere Monday, April 20, at 7 p.m. on Channel 1960. Explore this 1923 book with KSU student and Meadowlark intern, Taylor Capko. In Part One, she will take through a brief introduction and the beginning of this wonderful book. Sit back, relax, and enjoy!

Relaxation: Mount Rainier National Park

Take a virtual tour of Mount Rainier National Park located in Washington state. Enjoy the rolling green valleys, rugged mountain peaks, and winding trails at 3 p.m. Sunday, April 19.

This tour is two hours long, so join for all or some at your leisure.

Mount Rainier National Park was established in 1899, actually 17 years before the National Park Services was created. A beautiful sight, but also having a potential to erupt! Did you know Mount Rainier is a stratovolcano? Over the years, the mountain's cone-shaped top has been built up by layers of hardened lava and ash.

Work That Brain!

Popular Pizza Toppings

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

- SPINACH
- CILANTRO
- BEEF
- ZUCCHINI
- SAUSAGE
- SALAMI
- AVOCADO
- LOBSTER
- BACON
- EGGPLANT
- ONIONS
- MUSHROOMS
- CHICKEN
- PEANUTS
- RICOTA
- PROSCUITTO



Masked Mystery

Who am I? Take a guess at which Meadowlark employee is behind the mask.
The answer will be revealed April 20!

The Brain

Puzzle solution from 4/9.

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

Be the Artist! How would you complete the bottom half of this art? Would you make it symmetrical or asymmetrical? Continue the lines or add solid chunks? What shapes might you add? Use whatever pencil, colored pencil, marker, or pen you have to complete. In the April 23 Messenger, we will reveal the entire image of the artist's painting.

*Ride Cowboy Bum Sam, 1970, by Alan Shields, acrylic on canvas with cotton belting
KSU, Marianna Kistler Beach Museum of Art, gift of William Kistler (1998)*





Meadowlark Entertainment Guide

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

Friday, April 17

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	Channel 1960 News
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
5:00 p.m.	Channel 1960 News <i>Re-run episode from Noon, 4/17</i>
7:00 p.m.	Friday Night Program: Arlo Guthrie & Pete Seeger— Together in Concert

Saturday, April 18

9:00 a.m.	Comedy Club: Wake Up Funny <i>Re-run episode from 4/15</i>
9:30 a.m.	Band Bust Exercise Class
10:00 a.m.	Treasures of New York: American Museum of Natural History
11:00 a.m.	Change & Loss Group <i>Re-run episode from 4/14</i>
1:00 p.m.	Nutrition with Lisa Schwarz, RD <i>Re-run episode from 4/15</i>
2:00 p.m.	Band Bust Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny <i>Re-run episode from 4/15</i>

Sunday, April 19

10:30 a.m.	Sunday Church Service with Chaplain Patty Brown Barnett
11:00 a.m.	Prayer with Mrs. Judy Miller
2:00 p.m.	Sunday Church Service with Chaplain Patty Brown Barnett
3:00 p.m.	Virtual Tour for Relaxation: Mount Rainier National Park

Monday, April 20

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
7:00 p.m.	Reading Kahlil Gibran's The Prophet, Part One

Tuesday, April 21

10:30 a.m.	Steady Yourself Exercise Class
11:30 p.m.	Chair Yoga
2:00 p.m.	Steady Yourself Exercise Class
3:00 p.m.	MEOW (Memory Education)

Wednesday, April 22

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
12:00 p.m.	Prayer with Mrs. Judy Miller <i>Re-run episode from 4/19</i>
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny

Thursday, April 23

9:30 a.m.	MEOW (Memory Education) <i>Re-run episode from 4/21</i>
10:30 a.m.	Steady Yourself Exercise Class
11:30 p.m.	Chair Yoga
2:00 p.m.	Steady Yourself Exercise Class
4:30 p.m.	Happy Hour with J-Mix

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

PRAIRIE STAR RESTAURANT

Restaurant Hours
Breakfast is available from 7 to 10 a.m.
Monday to Saturday, 10:30 a.m. to 7 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 19 ~ Lunch \$12	Dinner \$13
	Cornflake Ranch Baked Chicken White Cheddar Scalloped Potatoes Vegetable du Jour	Baked Ham with Pineapple Sauce Au Gratin Potatoes Vegetable du Jour
MONDAY	April 20 ~ Lunch \$10	Dinner \$12
	Open-Faced Prime Rib Sandwich French Fries Choice of Vegetable	Grilled Citrus Chicken Breast with Mango Salsa Rice Vegetable du Jour
TUESDAY	April 21 ~ Lunch \$10	Dinner \$13
	Beef & Bean Burrito Spanish Rice Black Beans	Meatloaf with Glaze Scalloped Potatoes Vegetable du Jour
WED.	April 22 ~ Lunch \$10	Dinner \$13
	Turkey Reuben Pasta Salad Choice of Vegetable	Pork Tenderloin with Pistachio Crust Soft Polenta Vegetable du Jour
THURS.	April 23 ~ Lunch \$10	Dinner \$13
	Sausage & Egg Casserole Hashbrown Potatoes Mixed Fruit	Grilled BBQ Shrimp Roasted Red Potatoes Vegetable du Jour
FRIDAY	April 24 ~ Lunch \$10	Dinner \$13
	Ham & Cheese Quiche Rice Pilaf Choice of Vegetable	Fried Chicken Mashed Potatoes & Gravy Vegetable du Jour
SAT.	April 25 ~ Lunch \$10	Dinner \$15
	BLAT Potato Chips Coleslaw	Sautéed Orange Roughy with Lemon Butter Sauce and Toasted Almonds Rice Pilaf 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 Dillons 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 ...

- Dropped off at Tuttle Creek Boulevard entrance check-point station
- 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.