



## Sew Safe

*Friends of Meadowlark stitching together face coverings*

*by Becky Fitzgerald, Development Director*

Once the Centers for Disease Control and Prevention mandated in early April that all workers in healthcare settings wear masks when interacting with residents, Meadowlark complied. Of course employees in our healthcare households have been wearing personal protective equipment since the first threat of COVID-19, but this newer guideline has prompted ALL Meadowlark staff and visitors to wear a mask while on campus and our Home Plus locations. The new procedure went into effect April 6.

According to the CDC, recent studies show that a significant portion of individuals with coronavirus lack symptoms (“asymptomatic”) and that even those who eventually develop symptoms (“pre-symptomatic”) can transmit the virus to others before showing symptoms. This means that the virus can spread between people interacting in close proximity—for example, speaking, coughing, or sneezing—even if those people are not exhibiting

symptoms.

In order to reserve surgical-style masks for medical personnel, the CDC has OK’d the use of homemade fabric face coverings. Several friends of Meadowlark have gotten sew busy, stitching together masks for the Meadowlark community, employees at another Manhattan nonprofit organizations, and family members. According to Sara Snell, Health Information Management Leader, several residents, employees, an employee’s mother, and members of church and civic groups have created at least one mask for the hundreds of staff members who are on campus daily. Snell said she’s made 75 masks; Jayme Minton, Support Services Director, has stitched about 60.

The preferred Meadowlark mask has a pocket in which to insert a filter and elastic bands to loop over the wearers’ ears.

“The guideline for us all to wear masks has made this a priority project,” Snell said.

A trio of Home Health employees – Angela Gerena,

*See SEW, Page 2*

## SEW, continued from Page 1

Arlene Lundberg, and Katie Schminke -- have sewn about 25 masks for their teammates as well



[above] *Angela Gerena, Meadowlark Home Health Office Manager, & Katie Schminke, Home Health RN, sewing face coverings.*

as additional masks for their family members. Gerena serves as Home Health Office Manager, Lundberg splits time as an office assistant and companion, and Schminke is the RN Intake Coordinator.

“We have been directed to wash our mask after every shift, so those of us that have been able to sew our own have four or five

masks to make it through the work week,” Gerena said. “Then we can just wash them all in one load.”

The women spent a couple of days sewing masks in the office for the staff, and continued those efforts on their own at home.

Resident Harriette Janke, known by many as a talented quilter, was intrigued by the idea of putting her piles of fabric to use in a different way, especially after Jayme Minton asked her about her

sewing talent. During such a crisis, she said she has a desire to be helpful.

“You feel like you want to *do* something,” Janke said, “and sewing is something I can do.” In order to hasten the process, she enlisted the help of two 3<sup>rd</sup> floor neighbors. Kay Shanks has ironed fabric; Dottie Blacker has cut fabric into rectangles. Janke also recruited resident Janice Goudy, encouraging her to join the effort. The women have created nearly 60 masks for Meadowlark staff, and Janke is willing to log more hours at her sewing machine.

“If we need more, I’ll make more,” she said. “I’ve been using fabric I had on hand, and I’m really glad to be able to use it for the masks.”

Peg Ziser, 2122 Meadowlark Road, volunteers twice weekly at Morning Star Inc., a non-profit organization offering services and programming for people with mental illness. A longtime seamstress and occasional quilter, Ziser has used fabric donated to Morning Star to create masks for the staff, whom she said have anxiety about leaving their homes to work at their Poyntz Avenue office. She also has produced masks for family members.

“I have a back issue, so I have a hard time getting up and getting things going,” Ziser said. “This is giving me something productive to do.”

Snell reported that Meadowlark could use an additional 300 masks to replace worn or lost face coverings. A YouTube instructional video for a design Meadowlark prefers can be found at: <https://youtu.be/XPmjkD1dPEM>.

## April is National Parkinson’s Awareness Month: Keep. On. Moving.



*by Michelle Haub, Special Programs Leader*

In light of the current pandemic, the Meadowlark Parkinson’s Program’s ability to help educate people about Parkinson’s disease has been limited from our normal efforts. However, that doesn’t

lessen the need for people to be aware of the facts, symptoms and supports for people affected by Parkinson’s!

Let’s start with the name. **Parkinson’s**

**disease—the Shaking Palsy.** These were the first words used to describe Parkinson’s by Dr. James Parkinson in 1817. But is that all it is? A disease that causes people to shake? Sadly, many people believe that. However, not everyone affected by Parkinson’s disease (PD) has a tremor. And the motor and non-motor symptoms present in people with PD are numerous: causing difficulties walking, sleeping, digesting, seeing, and even smiling. PD can affect almost every aspect of life. Depression, apathy, and anxiety may limit one’s ability to interact with others and do the things that are critical for improving quality of life. Pain, fatigue, and balance difficulties compromise safety

and independence. Quiet voice, swallowing problems, and cognitive changes limit people's quality of communication with others. As grim as all of the symptoms in this progressive, degenerative neurological disorder are, there IS hope! We don't have a cure for Parkinson's and things are going to get worse, but we can help people get better too! People with PD do improve when they have access to support, education, engagement, exercise, and medication. Research proves this and our experiences with people proves this. There. Is. Hope!

It is estimated that six million people worldwide live with Parkinson's disease. The number of Americans with PD is estimated to be one million; however, this number is likely higher as many people are not accurately diagnosed. Although diagnosing PD is a complicated task, almost 60,000 Americans are diagnosed every year.

Meadowlark Parkinson's Program is so important for individuals affected by the disease in our region. The Program is in its 14<sup>th</sup> year of providing education, exercise, and outreach opportunities. These consist of exercise classes, voice classes, caregiver support groups, monthly education meetings, consultations, Rock Steady Boxing, Young Onset Parkinson's group (designed to help individuals diagnosed under the age of 55 and their families), and specially trained therapists and staff. All services are provided free of charge to anyone in Manhattan and the surrounding communities. In fact, most individuals currently utilizing the Parkinson's Program's services reside outside Meadowlark Hills. This means that 75% of those taking advantage of the free services provided by the Parkinson's Program live in their homes in Manhattan and surrounding communities.

The Meadowlark Parkinson's Program has been committed to providing free services to help people live well with PD for more than a decade and we are and will continue to do this even in the midst of a pandemic! If you have questions about Meadowlark Parkinson's Program please contact Michelle Haub, Leader, at (785) 323-3899 or email [mhaub@meadowlark.org](mailto:mhaub@meadowlark.org).

## New Programming: Channel 1960

### All About Judy Garland

Judy Garland, known for her bright smile, singing, and dancing, has been present on stage and film for over 40 years. Friday, April 24, watch our featured program which show her early career and casting as the famous Dorothy in the Wizard of Oz. Following, there will be a showing of *Mickey Rooney Talks Judy*. Mickey Rooney worked alongside Judy Garland in many productions, including *Babes in Arm*. Tune into Channel 1960 at 7 p.m. Friday, April 24, for a view of her talent, scenes from the Wizard of Oz, and of course, singing!

### Virtual Tour: Oceanografic

Visit Oceanografic, a large Oceanarium situated in the east of the city of Valencia, Spain, at 10 a.m. Saturday, April 25, on Channel 1960.

Oceanografic opened in 2003. The Oceanografic is the largest complex of its type in Europe. There are 45,000 animals of 500 different species, including fish, mammals, birds, reptiles, and more. During your virtual tour, you'll see sharks, penguins, dolphins, sea lions, walruses, beluga whales, and more!

### Center on Aging Video Series

The team at Kansas State's University 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, Episode Two** will air Sunday, April 26, at 11 a.m. on Channel 1960. She will share some gospel and prayers with viewers.

**Cooking with Christina, Episode Two** will air Tuesday, April 28, at 9 a.m. on Channel 1960. This week Christina will be showing us how to make French toast!

### Relaxation: Flying Over Scotland

*Flying Over Scotland* sweeps viewers on an incredibly beautiful and calming nature relaxation journey to the famous Isle of Skye/Highlands. This video was filmed by Stefan Zimmerman and features music by The Cynic Project. Tune into the 50-minute film for relaxing views of iconic castles, beaches, and stunning landscapes on Channel 1960 at 3 p.m. Sunday, April 26.

### Poetry Moment

Join Monte Spiller, Meadowlark Resident Services Leader and Poet for another Poetry Moment at 3 p.m. Monday, April 27, on Channel 1960. Monte will share a new original poem titled, *Good Enough*.

# meet the Wellness Warriors

Since Meadowlark began initiating precautions around campus in response to the COVID-19 threat, all independent living residents have received a weekly wellness call from a team of four Meadowlark staff members, including Becky Fitzgerald, Michelle Haub, Bridget Larkin, Kathleen Spearman. Let's meet the Wellness Warriors on the other end of the your weekly phone call!

## Becky Fitzgerald



Becky Fitzgerald, Meadowlark Foundation's Development Director, has set up her home office in a space the Fitzgeralds call The Dog Room. Their two standard poodles, Dude (standing) and Daphne, visit often for hugs and requests to take Becky for a walk.

A Meadowlark employee for 17 years, Becky promotes and helps facilitate charitable giving to support Meadowlark's mission, funds, and programs.

Becky is enjoying her role as a member of the Wellness Calling Team for

independent living residents, saying her weekly conversations with several residents give her the opportunity to strengthen existing relationships and forge new ones. "It's rewarding to join our talented staff in caring for our Meadowlark family," Becky said. "I like to hear about residents' hobbies, and find answers to their questions."

A quilter in another life, Becky recently dusted off her sewing machine and joined co-workers and residents in their mask-making efforts.

## Kathleen Spearman

Kathleen Spearman is a Social Worker at Meadowlark helping make phone calls to Independent Living residents during this time. Pictured here is her seven-month-old little helper, Emmy Spearman!

Kathleen has worked at Meadowlark for almost two years and loves visiting with residents to provide support

when needed. While she misses the face-to-face interaction, Kathleen is so grateful for virtual check-ins and phone calls. A fun fact about Kathleen and Emmy: they both love painting! Don't hesitate to ask about their latest art project. And, if you're lucky, you may hear some babble from sweet little Emmy!



## Bridget Larkin



Bridget Larkin, Social Services Leader, is working remotely from her home in Manhattan. Bridget has worked at Meadowlark for four years. Under "normal" circumstances, Bridget's role involves working with the household operations team to help ensure residents' emotional and psychosocial needs are met. Bridget also assists with the planning and implementation of activities for Meadowlark Special Programs.

Bridget is currently training a new co-worker, Charlie. Charlie is 10-months-old and can often be heard in the background of her weekly calls babbling and playing with one of his many musical toys. You might also hear Bridget's two dogs - Cooper and Rudy!

An interesting fact about Bridget is she attended both Kansas State University and the University of Kansas - making her a "person divided." However, her loyalty is to K-State and she cheers for them in sports!

## Michelle Haub

Michelle Haub is a Speech-Language Pathologist and the Special Programs Leader (Parkinson's & Memory Programs) and has worked at Meadowlark for 14 years. Michelle's two sons (Trae-15 years old & Trewman-12 years old) and husband, Mark (a K-State professor) are all working from their St.



George home, which is why Michelle has a traveling office...bedroom, dining room, living room, deck, and patio.

Michelle continues to teach classes, hold meetings and conduct virtual consultations for people with Parkinson's and/or memory challenges. She has challenged herself in new ways and hopes to make people smile with every encounter. Additionally, Michelle is really enjoying the opportunity to make weekly calls to residents in independent living. "In my normal day-to-day activities, I do not get to encounter as many independent living residents, so this has been a wonderful opportunity for me to get to know people and their stories!" shared Michelle. "I continue to be amazed by our residents positive attitudes and desires to help others, even in the midst of these uncertain times. I'm grateful for people being so kind and sharing their thoughts and feeling with me during these calls."

Your weekly phone call from Becky, Bridget, Michelle, or Kathleen is a great opportunity to ask questions and share concerns. If you do not wish to receive phone calls or would like them in a different frequency, please let them know the next time you visit on the phone.

The Meadowlark team is happy to help in any way we can. In between the weekly wellness calls, please direct your questions, concerns, and requests to the Hospitality Desk by calling (785) 323-3847.

## Earth Day 2020: Self Care in Nature

by Bridget Larkin, LMSW, and  
Kathleen Spearman, LMSW

Have you ever had a bad day and just needed to “get some air?” Maybe you went for a walk, or sipped on some lemonade on the porch. As it turns out, there are some scientific reasons that your walk or time out on the porch may have helped your mood - even if just a little bit. We are at an interesting crossroads this week - Earth Day was yesterday Wednesday April 22nd and we are still in the midst of this worldwide pandemic. Today we want to talk about ways to continue to appreciate nature during this pandemic, and that in doing so we are engaging in self-care!

As we continue to provide virtual support to residents during this time, we continue to hear: “I am actually doing a little better today because I got some sunshine!” Why is nature and being outside is so beneficial to our mental health? According to an article from Mindful.org, after conducting a study where he immersed groups of people from different populations in nature and studied their psychological health, researcher Craig Anderson found that experiencing “awe” is a powerful force for improving our psychological health, and that being in nature can elicit those feelings. Importantly for our current situation, he noted: “Our findings suggest that you don’t have to do extravagant, extraordinary experiences in nature to feel awe or to get benefits... By taking a few minutes to enjoy flowers that are blooming or a sunset in your day-to-day life, you also improve your well-being.” This is great news for all of us as we continue to abide by the social distancing guidelines. An article from PsychologyToday.com pointed out that spending moments in nature during this uncertain time helps us break up the influx of upsetting news we are seeing about the virus with positive awe-inspiring scenery. Dr. Brian E Robinson, PhD states: “Research shows that observing nature gives us a bigger perspective on our life circumstances, induces feelings of awe and reverence, and provides a *certainty* about the future that offsets the *uncertainty* of coronavirus fears.”

PsychologyToday.com also notes there is a body of research linking exposure to natural, green



Picture from Prairiewood Retreat and Preserve Open Trail Day on Wednesday, April 15

spaces with improved physical and mental health. One way to experience the emotional benefits of nature is to engage in an outdoor mindfulness exercise, such as a mindfulness walk. According to mindfulness expert Jon Kabat-Zinn, “Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally.” Mindfulness can be practiced outdoors by taking time to clear your mind and use your senses to focus on your surroundings. This can be done while sitting, standing, or walking - or even looking out your window! We have compiled some tangible ways to engage with nature at this time. We would love to hear what you decide to do, and how it impacted your day!

**Sitting** outside on a nice day.

**Going** on a mindfulness walk. If possible while following your specific guidelines of course! Here is a resource if you

are interested in a guided mindfulness walk:

<https://www.mindful.org/daily-mindful-walking-practice/>

**Watching** a nature documentary. There are lots of nature documentaries on different platforms - Netflix, Disney+,

Discovery Channel, PBS (free episodes online!). A personal favorite of Kathleen’s is the Penguin Documentary on

Disney+!

**Waking** up early to watch a sunrise through a window or while sitting outside.

**Setting** a reminder to watch the sunset through a window or while sitting outside.

## Notes from the Readers

### On a Special Man

*submitted by Helen Roser*

This all happened years before I was born. My mother told me about it. My father died when I was seven. His mother died when he was six years old. His father said: "Farm boys don't need no book-learning" and took him out of his beloved school. My mother taught him how to read and about numbers.

Her ambitions had been over ruled, too. She was told: "Virginia-bred ladies do not become lawyers" and she was taken out of her beloved school of wicked ideas.

When my parents met in the Baptist church, theirs was truly a "match made in heaven."

Daddy and his brother had strung up the lines to bring telephone service into town. Mom sat out in the barn with him, reading to him the book on how to start telephone service. So the lines were strung and Daddy set up a switchboard for his six customers' service, which Mom ran in her kitchen.

A big new telephone company bought Daddy out, so he was ready for something new. That was when the town folks got really upset with him, because he had gone into the new automobile business.

The town folks complained: "Why does he bring those contraptions into town? All they do is make a lot of noise and scare the horses!"

But he hung on, developing other small new businesses before he moved the family to a bigger town, and he began to sell Buicks.

Buick was for high-end customers, but not for those who demanded the elegance of LaSalles.

Buick's catchy advertising motto was: "When Better Automobiles are Built, Buick Will Build Them." That was when I was born. When I was taught to speak clearly, it was not in reading children's books. It was in saying the Buick motto.

(I don't hear about Buick much now, but their motto has been changed to the abrupt: "Better Buy Buick." But where is the dignity and elegance in that?)

The Service Department meant a variety of service, which was anything a Buick owner wanted: One was driving lessons for the Buick owner's wife. My big brother, who wanted to be a mechanic, had to put on his best suit and make Service calls. That included driving lessons for the lady.

They were in her husband's Buick, high on a hill, coming down. She was behind the wheel. The Buick was picking up speed. She forgot about the brake and took her foot off. She flung her arms around my brother covering his face. She screeched: "What do I do now?"

My brother managed to save them and the Buick, but he put his foot down. No more driving lessons! He became very good in reassuring customers and excellent mechanic would give their Buick what it needed. He was truly his father's son.

Daddy died when I was seven. He was special.

### Books! Videos! Audio Books!

*submitted by Pat Hook*

If you live at Meadowlark and want Meadowlark library books, but can't get to the library in the main building, call Pat Hook at (785) 537-8109! Tell her what you would like from the library. Mysteries, romances, westerns, and biographies are popular. We also have histories, bird books, plant books, and inspirational books. There are videos and audio books, if you have the machine to play them. Be sure to say if you need large print or if you like a particular author.

Just think, food from Prairie Star Restaurant and a good mystery book ... what could be better?

We will leave your books at the front desk (Hospitality Desk) to be picked up—or returned. If the person at the front desk doesn't see you there, use the little phone in the vestibule to alert them. You can also have the books delivered!

By the way, how about a jigsaw puzzle?!

### Thank you!

*submitted by Jeanne Lundin*

Thanks a million for all the beautiful birthday cards. I wish I could give each of you a hug. I had flowers, presents, telephone calls, and emails, but I didn't see a living being all day long! But it was the best birthday one could have. Stay in and stay safe.

### A Quote for All

*submitted by Polly Ferrell*

This quote from Zig Zigler says it all—for one, for many, for Meadowlark Hills, for the United States, and for the World: "What defines us is how well we rise after falling."

# Work That Brain!

## Communication

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

VOLUME  
ELECTRONIC  
PARAPHRASE  
PASSIVE  
ATTENTION  
LETTER  
SUMMARIZE  
EFFECTIVE  
CHOOSE WORDS  
LISTEN  
ASSERTIVE  
TIMING  
TONE  
BODY LANGUAGE  
MEANING  
VOICE  
SMILE

### Spy Game Answers from 4/9

- |                   |                    |
|-------------------|--------------------|
| 10 buttons        | 1 clock            |
| 2 keys            | 1 deck of cards    |
| 5 thumb tacks     | 1 alien            |
| 3 balloons        | 1 bell             |
| 6 pennies         | 5 sea glass        |
| 5 shells          | 1 screw driver     |
| 3 pins            | 1 plate of food    |
| 5 plastic flowers | 1 glue stick       |
| 1 car             | 1 pencil sharpener |
| 1 soda bottle     | 1 die              |
| 4 dinosaurs       | 8 glass beads      |
| 1 tea set         | 1 snail            |
| 2 batteries       | 1 sheriff badge    |
| 1 water gun       | 2 clothes pegs     |
| 1 candles         |                    |
| 2 umbrellas       |                    |





## What do you see outside your window?

This painting of a branch from an Osage Orange tree may be what John Steuart Curry could see outside of his window. Take a look out your window and see how many different types of trees, flowers, or grasses you can see begging to bloom or turn green.

Take a moment to fill the frame below with descriptive phrases that come mind or sketch what you see.

**John Steuart Curry, *Osage Orange Branch*, 1934**  
Oil on canvas, KSU, Marianna Kistler Beach Museum of Art,  
bequest of Kathleen G. Curry, 2002



*For interesting facts about Osage Orange Trees (Hedge Apple Trees) visit <https://www.nps.gov/articles/osage-apple-orange.htm>*



# Meadowlark Entertainment Guide

All programs listed below air on Meadowlark Channel 1960,  
*Your window to the world!*

## Friday, April 24

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
3:00 p.m.	Christina's Cooking Corner: <i>Homemade Pizza</i> <i>Re-run episode from 4/21</i>
5:00 p.m.	Channel 1960 News <i>Re-run episode from Noon, 4/24</i>
7:00 p.m.	Friday Night Program: <i>All About Judy Garland</i>

## Saturday, April 25

9:00 a.m.	Comedy Club: Wake Up Funny <i>Re-run episode from 4/22</i>
9:30 a.m.	Band Bust Exercise Class
10:00 a.m.	Virtual Tour: Oceanografic, Valencia, Spain
11:00 a.m.	Reading Kahlil Gibran's The Prophet, Part One <i>Re-run episode from 4/20</i>
2:00 p.m.	Band Bust Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny <i>Re-run episode from 4/22</i>

**Change in staffed hours at Hospitality Desk:** Effective April 20, the Hospitality Desk will be staffed from 6 a.m. to 10 p.m. every day. If you need assistance during the overnight hours, please call (785) 537-4610 and follow the prompts.

## Sunday, April 26

9:00 a.m.	Change & Loss Group <i>Re-run episode from 4/21</i>
10:30 a.m.	Sunday Church Service with <i>Chaplain Patty Brown Barnett</i>
11:00 a.m.	Prayer with Mrs. Judy Miller
2:00 p.m.	Sunday Church Service with <i>Chaplain Patty Brown Barnett</i>
3:00 p.m.	Virtual Tour for Relaxation: Flying Over Scotland

## Monday, April 27

9:00 a.m.	Cooking with Lisa: <i>Omelet in a Mug</i>
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
3:00 p.m.	Poetry Moment

## Tuesday, April 28

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 29

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 4/26</i>
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny

# 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 26 ~ Lunch \$13	Dinner \$12
	Beef Stroganoff Noodles Vegetable du Jour	Spaghetti & Meat Sauce Garlic Toast Vegetable du Jour
MONDAY	April 27 ~ Lunch \$10	Dinner \$14
	Chicken ala King Rice Choice of Vegetable	London Broil Twice Baked Potato Vegetable du Jour
TUESDAY	April 28 ~ Lunch \$10	Dinner \$12
	Patty Melt French Fries Coleslaw	Chicken Normandy Rice Pilaf Vegetable du Jour
WED.	April 29 ~ Lunch \$10	Dinner \$12
	Fish Tacos Black Beans Rice	Roast Turkey <i>with Bread Dressing</i> Mashed Potatoes & Gravy Vegetable du Jour
THURS.	April 30 ~ Lunch \$10	Dinner \$12
	Chicken & Sweet Pepper Fettucine <i>with Marinara Sauce</i> Garlic Toast Choice of Vegetable	Grilled Ranch Pork Chops Scalloped Potatoes Vegetable du Jour
FRIDAY	May 1 ~ Lunch \$10	Dinner \$12
	Homemade Chicken Tenders Mashed Potatoes & Gravy Coleslaw	Fried Catfish <i>with Tartar Sauce</i> Hashbrown Casserole Vegetable du Jour
SAT.	May 2 ~ Lunch \$10	Dinner \$15
	Chili Dog French Fries Choice of Vegetable	Steak Baked Potato Vegetable du Jour

Puzzle solution from 4/16.

### Popular Pizza Toppings



The people going to crowded events right now are the same people who hear a weird noise in horror movies and decide to split off and check it out

Did you complete the bottom half of this art from last Thursday's Messenger? Here is the actual entire image. *Ride Cowboy Bum Sam*, 1970, by Alan Shields, acrylic on canvas with cotton belting KSU, Marianna Kistler Beach Museum of Art



### 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.**