

Is It Time to Venture Out?

How the phased re-opening plan for Kansas affects Meadowlark



by Lonnie Baker, CEO at Meadowlark
As you are likely aware, Governor Laura Kelly has announced her plan to remove restrictions put in place to control COVID-19. Additionally, Riley County has issued local rules for the four phases of the re-opening plan. Beginning May 4, restaurants can operate at 50-

percent occupancy with six feet of separation between tables. I, like all of you, am excited to see life return to normal, or at least a new normal. However, it is important that we remain informed and aware of the risk factors that we face as the nation, state, and city begin to conduct business in a more normal fashion.

Centers for Disease Control and Prevention (CDC) wrote, "Given their congregate nature and resident population served (eg., older adults often with underlying chronic medical conditions), nursing home populations are at the highest risk of being affected by COVID-19." In fact, we are seeing both the infection and fatality rates at levels much higher than the rest of the population. Currently over 20-percent of all deaths in the US related to COVID-19 have been in nursing homes and many believe that to be under reported.

COVID-19 is an ongoing serious risk to all older adults; especially those with underlying health conditions who live in a congregate environment. So, while the world around us begins to get back to

business as usual, Meadowlark will not. We all must do our part to ensure we minimize the risk of introducing COVID-19 into Meadowlark. We fight COVID-19 by not introducing it to our campus!

Here are the actions we all need to abide by as the stay-at-home order is lifted and we are in the community:

- ~ Practice social distancing (minimum of 6 feet)
- ~ Wash hands well and often
- ~ Use alcohol-based hand sanitizer after contact with high-touch surfaces, such as doorknobs, fuel pump handles, and touch pads
- ~ Clean and disinfect frequently touched surfaces in your home daily
- ~ Cover coughs or sneezes & wash your hands
- ~ Wear a cloth face covering when around others
- ~ Stay home as much as possible
- ~ Avoid touching our eyes, nose, and mouth with unwashed hands

Percentage of COVID-19 Deaths in Nursing Homes by Country

Norway, 64%
Canada, 57%
Ireland, 55%
Belgium, 49%
France, 49%
United States, 20%

Reported by The London School of Economics.

Meadowlark remains closed to visitors as has been instructed by Centers for Medicare and Medicaid Services (CMS) and Kansas Department of Aging and Disability Services (KDADS). How long that will last is unknown. Over the next two to four weeks we will learn more about the presence of COVID-19 in our community and the rate of spread. That information will shape future requirements.

Currently Meadowlark's staff team ask each IL resident to abide by the following:

- ~ Do not leave campus unless going to an urgent medical appointment (follow above actions)
- ~ Use telemedicine when available

COVID-19, continued from Page 1

- ~ Order groceries and have it delivered
- ~ Maintain 6 feet of separation & wear a mask if you are in a public space on campus
- ~ Do not gather in groups larger than 10 people (remember to social distance and use a mask)

It is important for all of us to consider the ramification of a resident contracting COVID-19. Lives would certainly be jeopardized and the risk of spread in our environment would be significant. Further restrictions might need to be implemented, potentially at the direction of CDC, CMS, KDADS, or the local health department. Our period of campus restrictions would undoubtedly be lengthened. It is not worth taking chances right now.

This is a reminder that our expectations for independent living residents have not changed. We will communicate when it is safe to begin returning to normal and a phased plan will be initiated. Information is communicated regularly through the twice weekly Messengers (Monday & Thursday), Channel 1960 News (Fridays at Noon & 4 p.m.), the Meadowlark website (www.meadowlark.org), our Facebook page (@meadowlarkmhk), and through the weekly wellness phone calls.

Meadowlark's process will be slower than the state, county, and city. If you have not heard from Meadowlark that COVID-19 precautions are relaxing, then they aren't changing.

Thank you for all you do to keep yourself and others healthy. In this unprecedented time, remember to check on your friends, neighbors, and family through phone calls, text messages, video chats, and email. Don't hesitate to reach out if you have questions by calling (785) 323-3878 or contact the Hospitality Desk at (785) 323-3847.

New Programming: Channel 1960

Project Update with BHS

Get a video update from the BHS construction crew on the progress of the kitchen renovation and restaurant expansion project. Don't miss this behind the scenes tour on Channel 1960! See the listing on page 3 for dates and times.

Craft Tutorial with Michele

Tissue Paper Flowers

Spring has sprung! Here is a craft idea to help celebrate the bright blossoms of spring. Using simple supplies, you can make your own flowers. Follow along on Channel 1960 with Michele Riter as she goes step-by-step to make the tissue paper flowers: Friday, May 8, at 3 p.m.; Saturday, May 9, at 11 a.m.; and Sunday, May 10, at 11 a.m.

All necessary supplies will be provided in a flower kit. If you would like a flower kit, please call the Hospitality Desk at (785) 323-3847 to have one delivered.

John Wayne Documentary

The legend, the actor, the famous cowboy, but who was he really? Learn about John Wayne and his beginnings in this documentary at 7 p.m. Friday, May 8, on Channel 1960. You'll hear about his acting career, relationships, and even see movie scenes.

Virtual Tour: Natural History Museum

Tune into Channel 1960 at 10 a.m. Saturday, May 9, to experience a virtual walking tour through the dinosaur exhibit at the Natural History Museum in Washington, D.C. This exhibit features many large, complete, dinosaur specimen.

Relaxation: Walking in the Woods

Enjoy a virtual walk in the woods while listening to the peaceful bird songs and enjoy the sounds of water streams nearby. Let this walk release stress and tension and allow your mind to feel freedom and peace. This relaxation exercise will last approximately 20 minutes. Tune in at 3 p.m. Sunday, May 10, on Channel 1960.

Dinner Special Change: Due to meat shortages, the brisket will not be available for dinner on Saturday, May 9. Instead, the special will feature steak, a baked potato, and the vegetable du jour.



Meadowlark Entertainment GUIDE

Friday, May 8

8:55 a.m.	Cooking with Lisa: <i>No Bake Energy Balls</i> <i>Re-run episode from 5/4</i>
9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Town Meeting with <i>Lonnie Baker</i> <i>Re-run episode from 5/4</i>
11:45 a.m.	Project Update with BHS
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.	Craft Tutorial with Michele: <i>Tissue Paper Flowers</i>
4:30 p.m.	Town Meeting with <i>Lonnie Baker</i> <i>Re-run episode from 5/4</i>
4:45 p.m.	Project Update with BHS <i>Re-run episode from 11:45, 5/8</i>
5:00 p.m.	Channel 1960 News <i>Re-run episode from Noon, 5/8</i>
7:00 p.m.	Friday Night Program: <i>John Wayne Documentary</i>

Saturday, May 9

8:55 a.m.	Cooking with Lisa: <i>No Bake Energy Balls</i> , <i>Re-run from 5/4</i>
9:00 a.m.	Comedy Club: Wake Up Funny <i>Re-run episode from 4/29</i>
9:30 a.m.	Band Bust Exercise Class
10:00 a.m.	Virtual Tour: Natural History Museum, Washington, DC
11:00 a.m.	Craft Tutorial with Michele: <i>Tissue Paper Flowers</i> <i>Re-run from 5/8</i>

Saturday, May 9

1:45 p.m.	Project Update with BHS <i>Re-run episode from 5/8</i>
2:00 p.m.	Band Bust Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny <i>Re-run episode from 5/6</i>

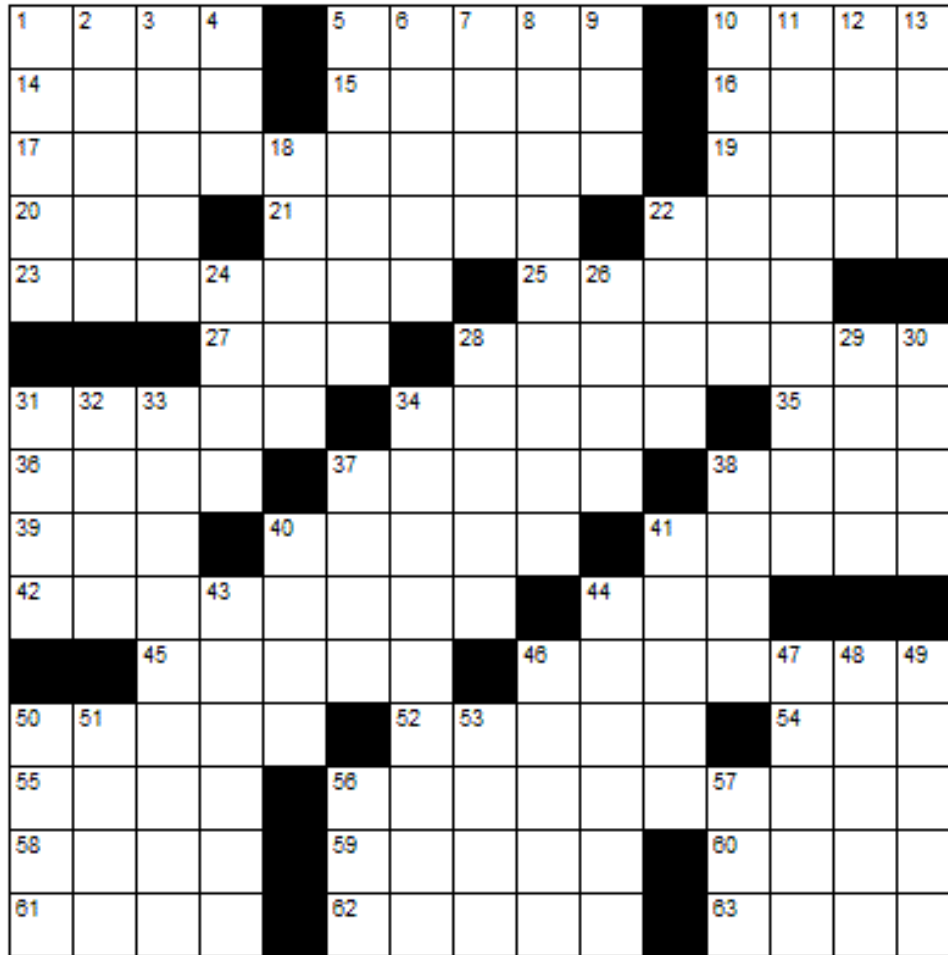
Sunday, May 10

9:00 a.m.	Change & Loss Group <i>Re-run episode from 5/5</i>
9:15 a.m.	Comedy Club: Wake Up Funny <i>Re-run episode from 5/6</i>
9:30 a.m.	Cooking with Lisa: <i>No Bake Energy Balls</i> , <i>Re-run from 5/4</i>
10:15 a.m.	Piano Music by children of Dr. Ryan Knopp
10:30 a.m.	Sunday Church Service with Chaplain <i>Patty Brown Barnett</i>
11:00 a.m.	Craft Tutorial with Michele: <i>Tissue Paper Flowers</i> <i>Re-run from 5/8</i>
11:15 a.m.	Project Update with BHS <i>Re-run episode from 5/8</i>
1:45 p.m.	Piano Music <i>Re-run from 10:15, 5/10</i>
2:00 p.m.	Sunday Church Service <i>Re-run episode from 10:30, 5/10</i>
3:00 p.m.	Virtual Tour for Relaxation: <i>Walking in the Woods</i>

Monday, May 11

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Cooking with Lisa: <i>Dipped Frozen Bananas</i>
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class

Work That Brain!



ACROSS

1. Box
5. A giant with 100 eyes
10. Hairless
14. Unadulterated
15. Happy cat sounds
16. Double-reed woodwind
17. Voters
19. Wharf
20. An Old Testament king
21. A long-legged S. American bird
22. Creepy
23. Sparrow hawk
25. Welsh dog
27. Before, poetically
28. Estragon
31. More than adequately
34. Tapestry
35. Anger
36. Saturate
37. Physically weak
38. Ancient Peruvian
39. Ribonucleic acid
40. Female demon
41. Transparent
42. So-called "cuddle hormone"
44. Biblical boat
45. Presents
46. Chest of drawers
50. Decree
52. Nipples
54. Large flightless bird
55. Stopper
56. Wandering from the main path
58. Mobile phone
59. Less friendly
60. Blind (poker)
61. To be, in old Rome
62. Untidy
63. D D D D

DOWN

- | | | |
|------------------------------|----------------------------|---------------------------|
| 1. Talk | 22. Makes a mistake | 44. Blood vessel |
| 2. Throb | 24. Express in words | 46. Challenges |
| 3. Territories | 26. By mouth | 47. A river through Paris |
| 4. Record (abbrev.) | 28. Coach | 48. Overact |
| 5. Orbital high point | 29. Killer whale | 49. Graphic symbols |
| 6. Not urban | 30. Close | 50. Behold, in old Rome |
| 7. A metric unit of weight | 31. Hairdo | 51. Accomplishes |
| 8. Hives | 32. Coquette | 53. Auspices |
| 9. South southeast | 33. Women pleasure-seekers | 56. Not brilliant |
| 10. A small Hispanic shop | 34. Truce | 57. Unhappy |
| 11. Native Australian | 37. Proven information | |
| 12. Hubs | 38. Varieties | |
| 13. Apollo astronaut Slayton | 40. Garret | |
| 18. Dawdle | 41. Pepperwort | |
| | 43. Titillate | |

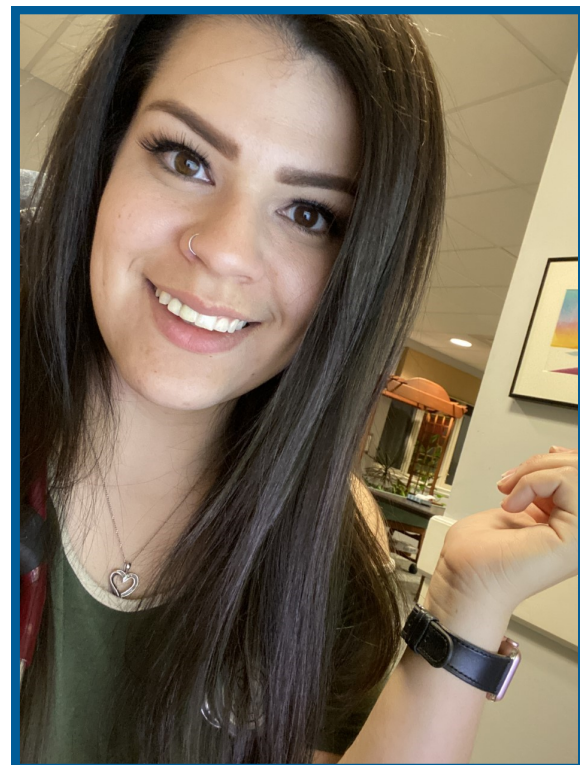
Synonyms for Kindness

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

BENEVOLENCE
 ALTRUISM
 CHARITY
 SOLICITUDE
 BENEFICENCE
 COURTESY
 UNSELFISHNESS
 SYMPATHY
 MAGNANIMITY
 TOLERANCE
 GOOD WILL
 GENTLENESS
 HUMANITY
 AFFECTION
 DECENCY

LEADER OF THE PACK

Congratulations to Meadowlark's May
 Leader of the Pack, Berenice Flores!
 Berenice is a Licensed Nurse Practitioner
 in Lyle House. Berenice is passionate
 about Meadowlark's mission and values
 and demonstrates them through her
 leadership and caregiving. With her calm
 and reassuring personality, Berenice
 provides excellent care and
 companionship to residents.
Thank you for all your hard work, Berenice!



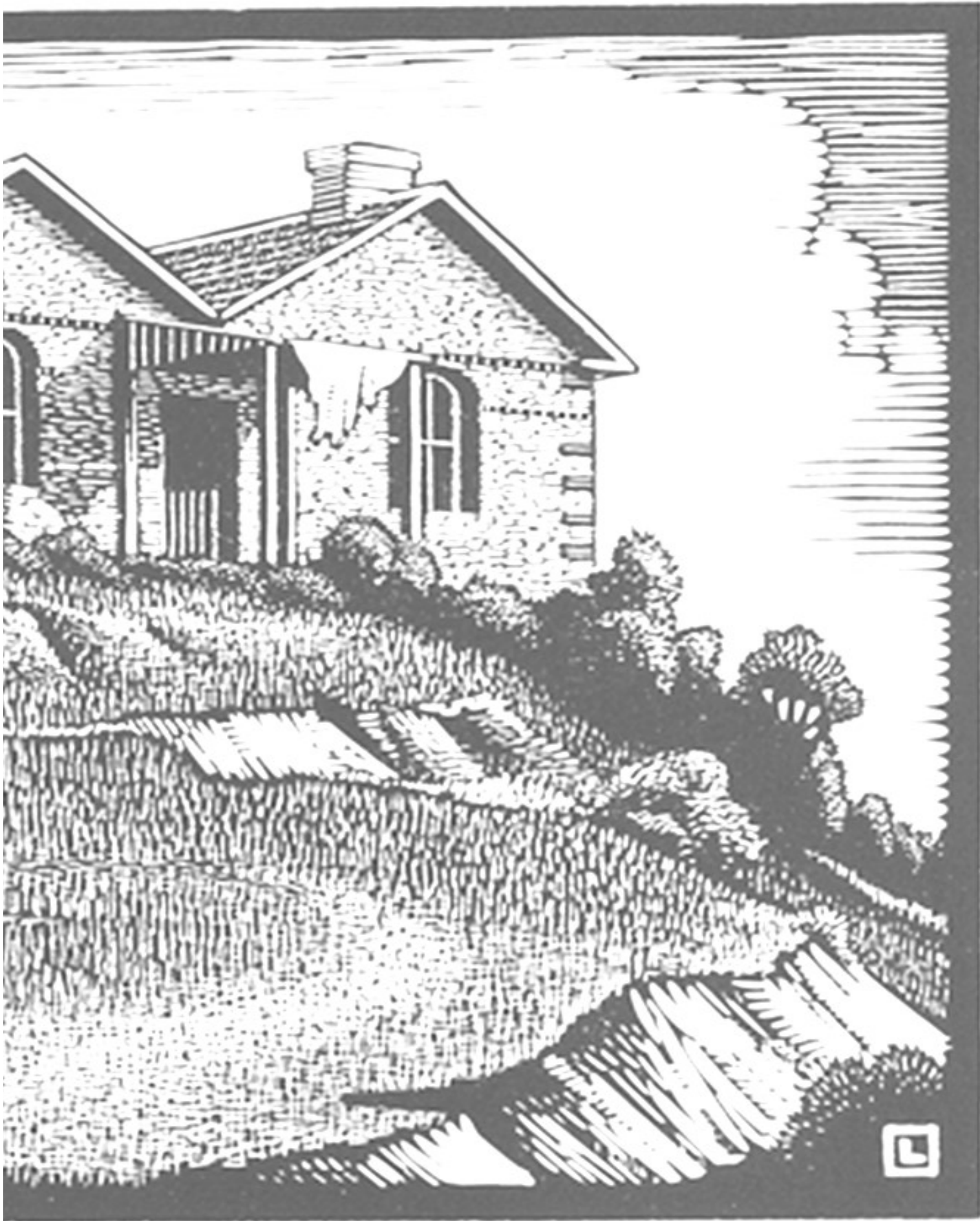
Color and Wonder ...

Use this print as a coloring page. As you add color to this home on the hilltop, the hilltop, imagine what the view below might be:
A village?
A lake?
A valley?
Farmland?

You decide!

Herschel C. Logan,
Hilltop Home
1934,
Woodcut on paper,
KSU, Marianna Kistler
Beach Museum of Art,
gift of Peggy L.
Sondergard & Samuel
H. Logan 2002.110





Outdoor Encounters

by Nathan Bolls

Please bear with me. These days, during our locked-down, physical-distanced, isolation-centered lifestyle, I've been thinking of the rodent species we know as the chinchilla. This small animal, with incredibly thick and silky fur, sought after for human apparel since ancient times, was hunted nearly to extinction during the 1900s. Many domestic colonies exist, but wild numbers are greatly reduced. Now protected in the wild, poaching still occurs because of the chinchilla's remote habitat: the barren areas between 9,000-15,000 feet altitude within the central portion of the Andes Mountains in South America. They may well become extinct in the wild. They are colonial animals, digging burrows into the soil or hollowing out snug homes under rocks on a slope.

But, I got to chinchillas from another direction: I once read, years ago, about an animal behaviorist who was studying a colony of wild chinchillas. He observed some vandalistic humans stomping on a number of burrows in the colony. To his surprise, when the coast was clear, neighboring chinchillas began to help the affected animals with the task of digging out and restoring the damaged burrows!

Thus, I got to chinchillas. But I also got to that sense of survival that pushes us forward—and to the spirit we all carry, the spirit to greet and to love each other, to fight for each other, and to honor the presence of the Divine in each other. We, by riding that great wave of the Divine, and pushed along by Spirit, have come together! An Army of people, in their minds, invincible—with a single goal.

We very frequently hear now of some people being referred to as heroes. And they are! Medical professionals receive much praise and expression of gratitude-- as they should. They are in the trenches, guarding the front lines against the dangerous viral Pandemic now sweeping every corner of our world. Some of them see only patients that already have a raging infection. But, as with any army, many heroes, behind the front lines, take their stands by making face masks, or surgical gowns from old choir robes—any of the many items and actions needed for the safety of both themselves and those on the front lines.

Workers in some “essential service” come into contact each day with those who may or may not have been exposed to Covid-19, who may or may not be infectious at the time of encounter. Of course, gratefulness for still having a paycheck plays in, but the fact remains that they risk exposure every day on the job. Also in this exposure category are those many souls, laid off from work, or able to work at home, who still have to shop for items essential to the activities of daily living. They never know if retailers are infected or no.

And now we come to the Administration and Staff of the Meadowlark Hills Retirement Community (MLH). It now seems a given that most every phone call or email message I send or receive contains some mention of our gratitude to the administration and staff for setting into motion and maintaining a mechanism that makes MLH one of the safest places to live in the entire State of KS—or in the entire USA! That didn't just happen. The MLH Administration saw what was coming, and, early on, began a series of progressively isolating steps. I'm sure that we residents, but with a little healthy griping (ever been in the military?) are earning a passing grade for our adherence to the ever-tightening rules.

But we residents are aware that both administrative and staff members are working 12-hour shifts and performing tasks that are far removed from their job descriptions--and certainly not part of the pre-Pandemic daily order of business. We know that some have had many quite unpleasant encounters with those being denied entrance to the MLH campus. We are aware of the added stress of work and exposure put on MLH personnel due to having to deliver **every** meal that someone orders from our restaurants, plus all of the grocery orders placed by residents. And we remain virus-free!

We residents are aware that the current situation may continue for quite some time. We will persevere. We also are aware that our administration and staff will stay their wearisome course. And for all of that, we extend to you our heartfelt thanks and gratitude. Namaste.

Call in those Deliveries; We Need the Steps!

by Jayme Minton, Support Services Director

Hang in there with me. I promise I will get to the point, but first a little background.

The necessary changes as a result of the COVID-19 pandemic have permanently changed the course of our lives. It is impossible to predict what the future will hold, and quite frankly, it frustrates and worries me to even try and guess. Summer vacations, construction projects, in-person friendships, and so many other things are on what feels like a permanent hiatus. Therefore, we are all concentrating on the here and now. For me personally, there have been many positives to go along with the quarantine; my son learned to ride a bike, our family enjoys a meal at the dinner table (almost) every night, we are spending less money, and I am working fewer hours.

With all of those positives, there are also some very real negatives. My position at work has completely transformed. I have had to hang up my high heels (Yes, I know they were high and yes, I know that someday I will regret not taking everyone's advice to stop wearing them earlier, but that day is not today.) and trade them in for my tennis shoes. I was used to seeing smiling faces; I now get glimpses of mask covered faces from far away and instead of a conversation, we yell through our masks and give friendly waves of acknowledgement. Aside from the wonderful people of Meadowlark, I am also missing a sense of fun and goal accomplishment. In my nearly ten years at Meadowlark, I have been fortunate to say that everyday we would strive for both of those things; not that we always accomplished them. With the changes due to COVID-19, I personally haven't had as much fun at work or felt a sense of

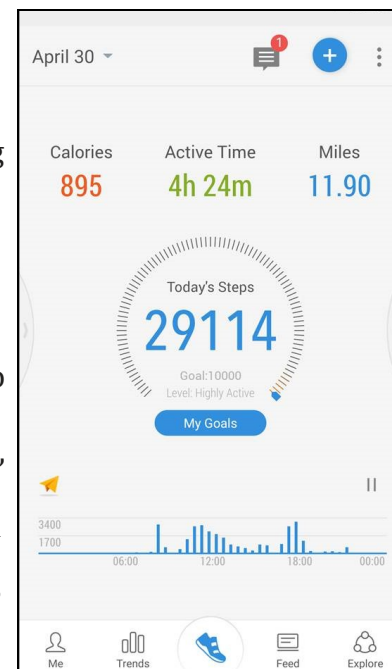
accomplishment. Our current goal is keeping Meadowlark safe and healthy and as I write this, organizationally we are accomplishing that goal.

Here is where I get to my point – I decided it was time I change that, even just a little at a time. Remember when I said I traded out my heels for tennis shoes? Well it was time I put them to good use. On

April 30, I worked an eight-hour shift on the delivery team. I couldn't believe how many steps I was taking, an idea was formulated and the step challenge was created. In one day of delivery (plus a short little run before work), I walked over 29,000 steps, so I challenged each member of the delivery team to beat me and anyone who does will get a \$25 gift card to a local business of their choice. The challenge began on Friday, May 1.

There are a few rules of course: 1. They have until tomorrow, May 8, to complete one day with over my step count. 2. It must be a day they work, but steps can be counted that occurred outside of Meadowlark. 3. They cannot delay the quality of the food delivery by trying to get more steps.

In my opinion, this is a win, win, win! You get your items delivered promptly, the employee gets their steps, and a local business is supported. Like I said, call in those deliveries because we need the steps!



MOTHER'S DAY MENU

STARTER: CARROT SOUP OR SALAD WITH CUCUMBER, ROMA TOMATOES, SWEET PEPPERS, RED ONION, & BLACK OLIVES TOSSED IN A HERB VINAIGRETTE OVER SHREDDED LETTUCE

ENTRÉE: ARTICHOKE CHICKEN BREAST WITH SUNDRIED TOMATO SAUCE

SERVED WITH STEAMED FRESH GREEN BEANS & COUSCOUS

DESSERT: STRAWBERRY PIE

\$15/ EACH

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	May 10 ~ Lunch \$15	Dinner \$14
	Mother's Day Menu <i>See page 9.</i>	Coconut Shrimp Roasted Red Potatoes Vegetable du Jour
MONDAY	May 11 ~ Lunch \$10	Dinner \$12
	Beef Tips Fettucine Choice of Vegetable	Roasted Pork Loin <i>with Cherry Balsamic Sauce</i> Wild Rice Vegetable du Jour
TUESDAY	May 12 ~ Lunch \$10	Dinner \$12
	Hot Turkey Sandwich Mashed Potatoes & Gravy Choice of Vegetable	Meatloaf with Glaze Scalloped Potatoes Vegetable du Jour
WED.	May 13 ~ Lunch \$10	Dinner \$12
	Fried Pork Tenderloin Sandwich Potato Chips Coleslaw	Chicken Piccata Risotto Vegetable du Jour
THURS.	May 14 ~ Lunch \$10	Dinner \$13
	Italian Beef Sandwich Pasta Salad Choice of Vegetable	Swiss Steak Mashed Potatoes with Gravy Vegetable du Jour
FRIDAY	May 15 ~ Lunch \$10	Dinner \$14
	Grilled Chicken Parmesan Sandwich Sweet Potato Fries Choice of Vegetable	Sautéed Stuffed Trout <i>with Shrimp & Crab</i> Rice Pilaf Vegetable du Jour
SAT.	May 16 ~ Lunch \$10	Dinner \$17
	White Chili Cornbread Choice of Vegetable	Grilled 6 oz. Beef Tenderloin Filet <i>with Bearnaise Sauce</i> Twice Baked Potato Vegetable du Jour

ML Virtual Wellness Olympiad:

Trivia Challenge

Monday, May 11, @ 3:30 p.m.

Tune into Channel 1960 for trivia questions. Cut out and return this answer sheet to the Hospitality Desk by Wednesday, May 13. Call the Hospitality Desk at (785) 323-3847 to have a staff member pick up your answer sheet. Answers will be published in the May 14th edition of the Meadowlark Messenger. If you need an extra answer sheet, contact the Hospitality Desk for an additional copy.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Name: _____

Meadowlark Virtual Wellness Olympiad Schedule



DATE	ACTIVITY
Thursday, 5/7	1. Complete the Steady Yourself Exercise Class (Channel 1960 @ 10:30 a.m. or 2 p.m.) and ... 2. Take a Walk (inside or outside)
Friday, 5/8	Mindfulness Activity (@ 3:30 p.m. – Channel 1960)
Saturday, 5/9	Complete the Band Bust Exercise Class on Channel 1960
Sunday, 5/10	1. Nutrition Activity (@ 1:00 p.m. – Channel 1960) and ... 2. Take a Sunday Stroll (inside or outside)
Monday, 5/11	Trivia Challenge (@ 3:30 p.m.—Channel 1960)
Tuesday, 5/12	1. Complete the Chair Yoga (@ 11:30 a.m.—Channel 1960) and ... 2. Mindfulness Activity (@ 3:30 p.m. – CH 1960)
Wednesday, 5/13	Take a Wednesday Walk (inside or outside)
Thursday, 5/14	1. Art Challenge and ... 2. Mindfulness Activity (@ 3:00 p.m. - CH 1960)
Friday, 5/15	Complete any exercise video on Channel 1960
Saturday, 5/16	1. Complete the Band Bust Exercise (@ 9:30 a.m. or 2:00 p.m.—Channel 1960) and ... 2. Nutrition Activity (12:00 p.m. – CH 1960)
Sunday, 5/17	Take a Sunday Stroll (inside or outside)

Crossword puzzle solution from

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

I told my wife she was drawing her eyebrows too high. She looked surprised.

Masked Mystery!

Who am I? Take a guess at which Meadowlark employee is behind the mask. The answer will be revealed May 11 in the Monday Messenger!



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.