

Social but Distant

Coronavirus precautions add steps to party planning



Ruby and John Silva enjoy margaritas and sunshine on the Sloan House patio. The Silvas are considered a family unit, so do not have to sit 6 feet apart.

Cinco de Mayo the Sloan House way!

Since Angie Chaney has been coordinator at Sloan House, staff and residents have celebrated Cinco de Mayo, which commemorates the Mexican Army's victory over the French Empire at a battle on May 5, 1862. COVID-19 is a constant conversation topic among our at-risk population, so rather than cancel their Cinco de Mayo plans, staff altered their celebration to follow social distancing guidelines.

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Compiled by Becky Fitzgerald

Where there's a will, there are lots of ways! Creative household staff at Meadowlark have boosted spirits with recent celebrations, while keeping the health and safety of residents in mind. Yes there's fun to be had and relationships to enjoy despite social distancing, masks and doors closed to visitors.

Here's how residents in Collins, Lyle, Sloan, and Wroten houses observed a birthday, Cinco de Mayo and Mother's Day.



Betty Jimenson of Wroten House celebrated her 95th birthday on April 30 with a classic white cake baked and decorated by Bramlage cook Shaquila Bachu.

Audra Jonas, Wroten House coordinator, said staff and residents sang "Happy Birthday" to Betty and presented the cake to her in the house's common area, where there was room to spread out and safely wish her well. In the common area, residents are strongly encouraged and reminded to wear masks.

Staff, who wear masks, helped Betty receive phone calls from family members.

"Her daughter thanked all of the staff for helping her enjoy her day, and even though she couldn't be with her family, she was with her second family at Wroten House," Jonas said.

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"We have always done a Cinco de Mayo activity because of a majority of our residents being avid world travelers," Chaney explained. "I also like to shine a light on cultural traditions."

Chaney said unrelated residents sat at least 6 feet apart in the afternoon sunshine on the Sloan House patio, where they sipped non-alcoholic margaritas and listened to Latin music. "Staff and I tried our best to salsa dance," Chaney added.

Chips and house-made guacamole were served with evening meals.

Mother's Day at Collins and Lyle!

Collins House observed Mother's Day with a special Sunday dinner, featuring steak, potatoes, green beans, and no-bake cake balls for dessert. Floral bouquets decorated the dining tables, with residents sitting 6 feet apart if eating in the dining room.

"Residents wear masks in the common areas and while care is being provided," said Elizabeth Thomas, Collins House coordinator. "We talk about COVID 19 everyday to keep everyone informed and updated."

To add to the day's festivities, Collins staff



ABOVE: Emily Given enjoys Mother's Day tea and treats in the comfort of her Lyle House room.
RIGHT: Nina Todd of Collins House poses with a personalized, heart-shaped cake on Mother's Day. Her 86th birthday was May 8.

arranged a special time for family members to call their loved ones.

Lyle House observed Mother's Day with an afternoon tea. Residents, employees and a few family members collaborated on the menu and music selection, with staff members having different responsibilities depending on the time of day they worked.

"We definitely couldn't have pulled it off without day, evening and night

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shift pulling together," said Jenny Garrett, an RN and Lyle House Clinical Coordinator. "The night shift baked chocolate chip cookies, the morning staff got the ladies dressed in their best and curled their (long!) hair, and the evening staff served, wearing masks, of course, and cleaned up," Garrett said.

Menu items, with recipes selected by residents, were varied and colorful. Staff brought plates to Lyle's ladies adorned with mixed berry scones, a deli rollup, a chicken salad pastry, meats and cheeses, a strawberry cream cheese tart, and the aforementioned cookies. They enjoyed their tea and treats while listening to songs by Andrea Bocelli, an Italian singer and songwriter.

Dillons provided flowers for the occasion, which were arranged by a CMA (Certified Medication Aide) and a resident. There were enough flowers that each resident had a bouquet for her room.

Residents' family members were encouraged to call between 11 a.m. and 3 p.m., and all spoke and/or "saw" their loved ones by using Facetime or Google Duo.

As in the other houses, Lyle residents and staff adhere to the guidelines of wearing masks and practicing social distancing, Garrett said. For example, residents wear masks when in their rooms if they are receiving care and outside their room in a common area except for when they are eating.

"It was initially difficult and frustrating, but now that we are several weeks in, it's become habit for most of our residents, and they are all understanding of the precautions," she added. Residents who ate their Mother's Day goodies at a table wore their masks to the table and removed while eating. Tables were set up in several areas, so residents could be alone together.

"All of our residents participated!" Garrett said. "Some of our residents don't have biological children, but they were teachers, so we celebrated all the mothering they did for their students through the years. Helen Janes is one of our teachers, and she taught kids as young as elementary age up to graduate students."

New Programming: Channel 1960

Happy Hour with J-Mix: Mermaid Lemonade

Join amateur mixologist Jayme Minton, aka J-Mix, at 4:30 p.m. today, May 14, and learn how to make a fresh and delicious summer cocktail—Mermaid Lemonade!

2CELLOS, Live at Arena Pula

Enjoy an evening of musical entertainment when you tune in at 7 p.m. Friday, May 15, to Channel 1960. The duo 2CELLOS, Luka Sulic and Stjepan Hauser, perform a concert full of exciting, unforgettable, and emotional music at the beautiful Roman Colosseum in Stjepan's hometown of Pula, Croatia. The concert originally took place July 3, 2013.

This Croatian cellist duo are classically trained and have released four albums since 2011. They play instrumental arrangements of well-known pop and rock songs, as well as classical and film music.

Documentary: My Mother Diana

Tune into Channel 1960 at 10:05 a.m. Saturday, May 16, for a Timeline World History Documentary, which originally aired in May of 2018.

My Mother Diana is the story of Charles and Diana's marriage from a new and revealing point of view. It's the story of how their marriage shaped Prince William. It explores the effect of his mother's relationships, the tell-all book she collaborated on with Andrew Morton, the effects of her Panorama interview and William's reaction to his father's relationship with Camilla. This film seeks to understand William by exploring his relationships with his mother.

Relaxation: African Wildlife

Shot in Mana Pools National Park in Northern Zimbabwe on the border of Zambia, this film is a virtual opportunity to enjoy nature and wildlife in close proximity. It is a remote park situated from major towns and settlements and its known for its profusion of wildlife and spectacular scenery.

The long pools attract large populations of elephants, buffalo, baboons, impala, and other animals during the dry season. Predators and scavengers such as lions, hyena, and wild dogs are frequently sighted in the area. Enjoy this one-hour video for a time of relaxation with nature at 3:30 p.m. Sunday, May 17, on Channel 1960.

Meadowlark Virtual Wellness Olympiad Schedule



DATE	ACTIVITY
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) <i>and ...</i> 2. Nutrition Activity (12:00 p.m. – CH 1960)
Sunday, 5/17	Take a Sunday Stroll (inside or outside) & BONUS POINT OPPORTUNITY: Complete the Meditation Activity on Channel 1960 at 3 p.m.

In the Home Stretch!

by Jeff Heidbreder, Fitness Services Leader

I hope you have enjoyed the Olympiad and found it to be a fun way to stay active! Although it has not been the same competitive event of previous years, I want to thank you for participating and improving your health.

Remember, your Art Challenge pictures need to be turned in or sent to the Hospitality Desk by Sunday, May 17. The Olympiad scorecards will also be turned in or sent to the Hospitality Desk after the completion of the Wellness Olympiad. (See the back page for the trivia question answers.)

You have an opportunity for a **bonus point!** Tune in at 3 p.m. Sunday, May 17, for an extra Mindfulness Activity with Bridget Larkin, LMSW, and Kathleen Spearman, LMSW.

Work That Brain!

Safari Animal Word Search

LION	BABOON
LEOPARD	HYENA
CHEETAH	SPRINGBOK
RHINO	GAZELLE
ELEPHANT	KUDU
HIPPO	WARTHOG
GIRAFFE	CIVET
CROCODILE	ELAND
ZEBRA	

G	E	G	R	E	L	R	A	O	I	A	H	K	G
A	N	O	H	L	T	D	B	N	O	A	P	U	I
Z	H	H	I	A	I	P	N	C	E	P	H	D	O
E	H	T	N	N	P	N	I	I	P	Y	P	U	N
L	E	R	O	D	H	V	O	G	I	V	H	I	I
L	H	A	T	E	E	H	C	I	I	C	C	A	H
E	O	W	Y	T	W	L	I	O	N	A	I	R	O
N	E	L	I	D	O	C	O	R	C	F	L	B	O
O	H	A	P	O	R	R	D	R	A	P	O	E	L
O	T	O	R	P	G	E	I	E	A	R	D	Z	P
B	E	F	F	A	R	I	G	I	E	A	O	I	N
A	K	O	B	G	N	I	R	P	S	N	D	C	T
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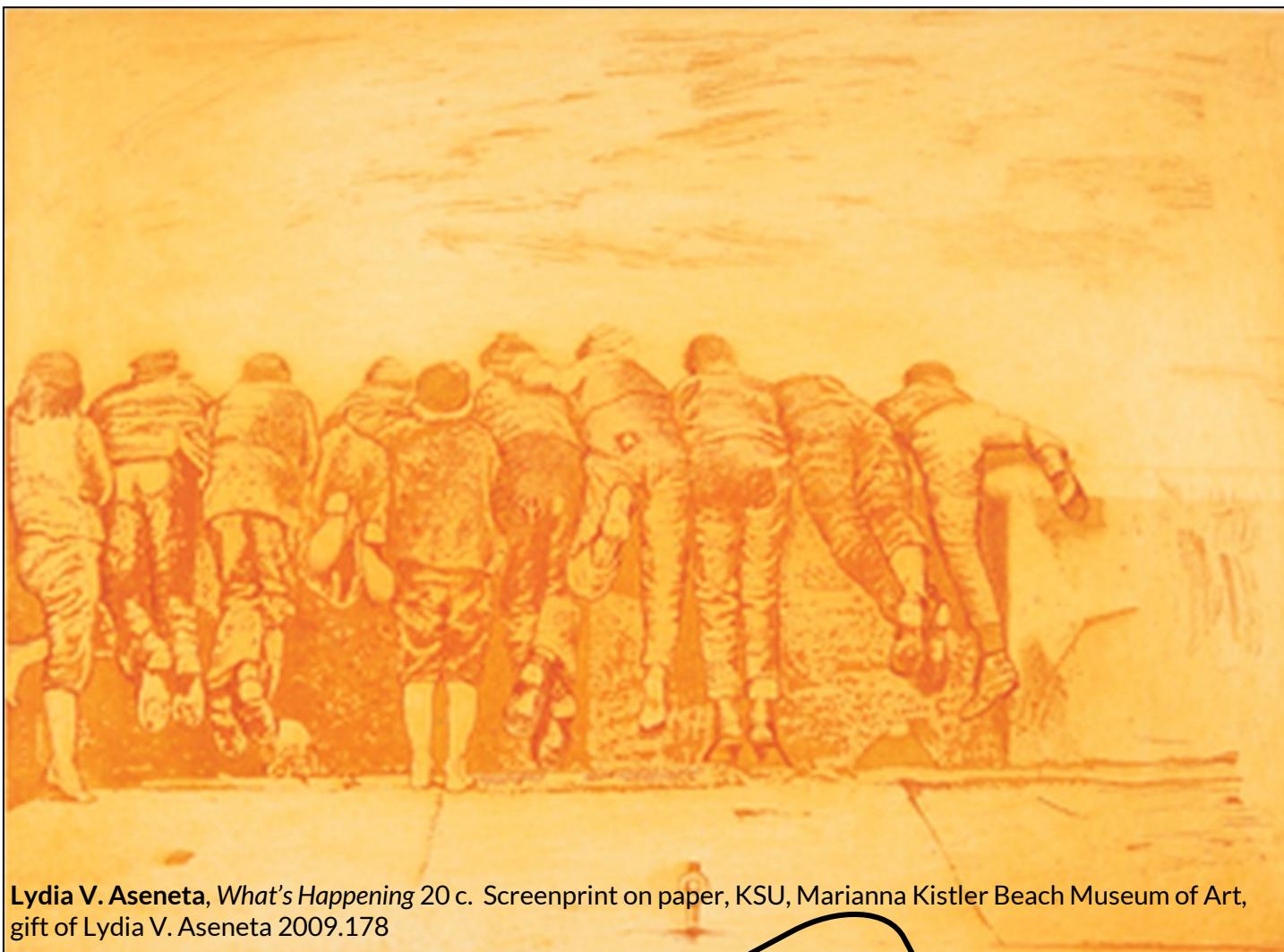
Finish the conversation ...

It's natural to wonder what is behind a closed door, sealed box, construction barricade.

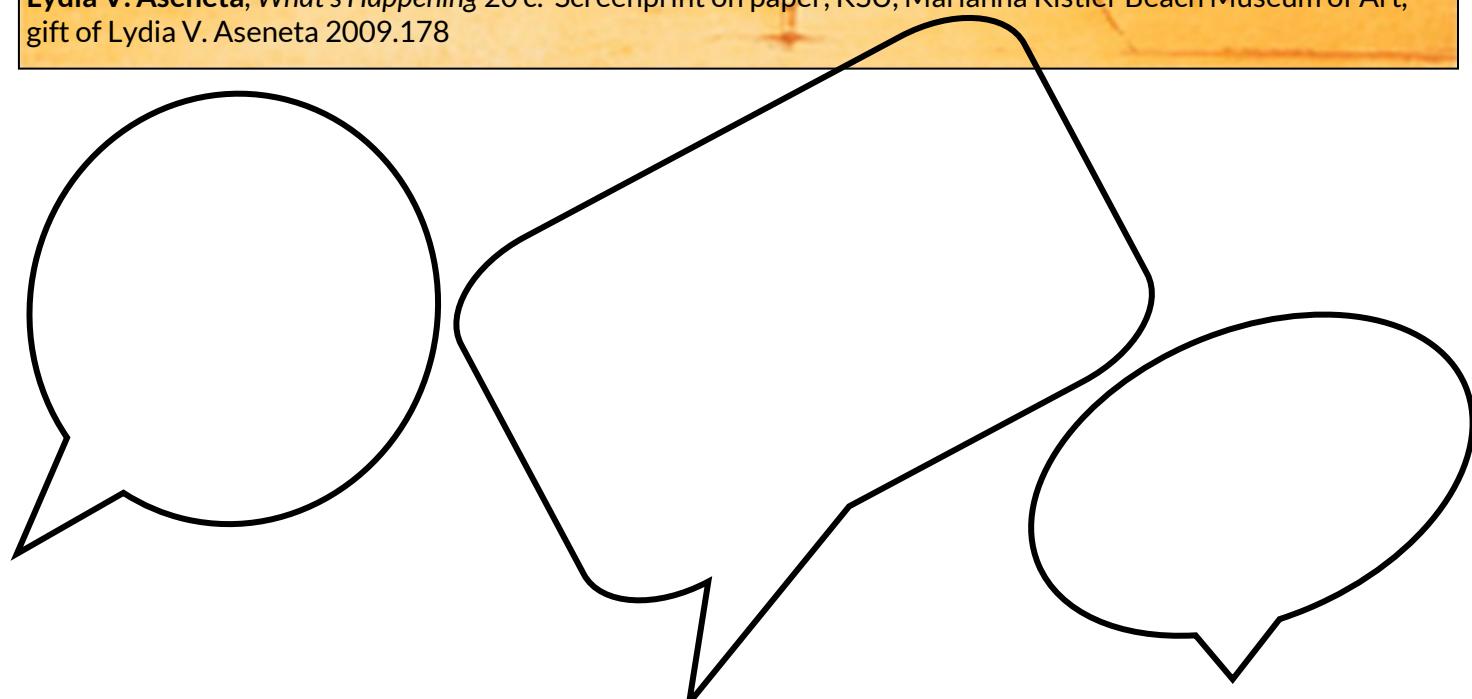
It appears the group below is curious about something happening past this structure.

If you were to walk up onto this scene, what is the conversation you imagine is occurring?

Use the dialogue bubbles below to record what you might hear.



Lydia V. Aseneta, *What's Happening 20 c.* Screenprint on paper, KSU, Marianna Kistler Beach Museum of Art, gift of Lydia V. Aseneta 2009.178





Meadowlark Entertainment Guide

All programs air on
Meadowlark Channel 1960.

Friday, May 15

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
	Channel 1960 News
5:00 p.m.	<i>Re-run episode from Noon, 5/15</i>
7:00 p.m.	Friday Night Program: <i>2CELLOS—Live at Arena Pula</i>

Saturday, May 16

8:45 a.m.	Cooking with Lisa: <i>Frozen Banana Pops</i> <i>Re-run episode from 5/11</i>
9:00 a.m.	Comedy Club: Wake Up Funny <i>Re-run episode from 5/13</i>
9:15 a.m.	Dance Performance: <i>Walking on Sunshine</i>
9:30 a.m.	Band Bust Exercise Class
10:05 a.m.	Timeline World History Documentaries: My Mother Diana

Saturday, May 16

2:00 p.m.	Band Bust Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny <i>Re-run episode from 5/13</i>
	Dance Performance: <i>Walking on Sunshine</i>
3:15 p.m.	<i>Re-run from 5/16 at 9:15 a.m.</i>

Sunday, May 17

9:00 a.m.	Change & Loss Group <i>Re-run episode from 5/12</i>
10:15 a.m.	Prayers with Judy Miller <i>Re-run from 5/13</i>
10:30 a.m.	Sunday Church Service with <i>Chaplain Patty Brown Barnett</i>
11:00 a.m.	Our Planet, One Planet <i>Re-run from 5/12</i>
1:45 p.m.	Prayers with Judy Miller <i>Re-run from 5/13</i>
2:00 p.m.	Sunday Church Service <i>Re-run episode from 10:30, 5/17</i>
2:45 p.m.	Cooking with Lisa: <i>Frozen Banana Pops</i> <i>Re-run episode from 5/11</i>
3:30 p.m.	Virtual Tour for Relaxation: <i>African Wildlife</i>

Monday, May 18

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:45 a.m.	Cooking with Lisa: <i>Chocolate Mug Cake</i>
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
	History Documentary: My Mother Diana
3:00 p.m.	<i>Re-run from 5/16</i>

**What's the best
thing about
Switzerland?**

**I don't know, but the
flag is a big plus.**

PRAIRIE STAR RESTAURANT

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.

Restaurant Hours

Breakfast is available from 7 to 10 a.m.

Monday to Saturday, 10:30 a.m. to 7 p.m.

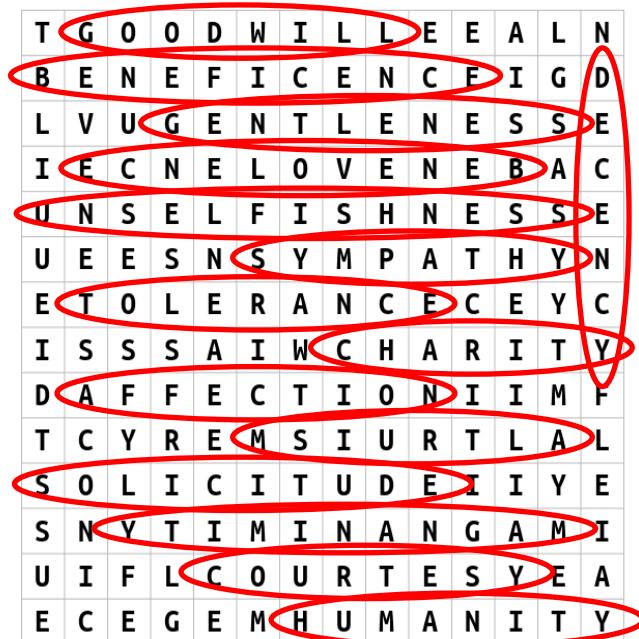
Sunday, 10:30 a.m. to 7 p.m.

SUNDAY	May 17 ~ Lunch \$13 Pot Roast with Carrots, Onions & Celery Mashed Potatoes & Gravy Vegetable du Jour	Dinner \$12 Chicken Milanese Rice Pilaf Vegetable du Jour
MONDAY	May 18 ~ Lunch \$10 BBQ Ribs Baked Beans Coleslaw	Dinner \$12 Fried Pork Cutlet Mashed Potatoes & Gravy Vegetable du Jour
TUESDAY	May 19 ~ Lunch \$10 Beef Burgundy Crepes Wild Rice Choice of Vegetable	Dinner \$14 Sautéed Orange Roughy Wild Rice Vegetable du Jour
WED.	May 20 ~ Lunch \$10 Salmon Patty with Green Pea Sauce Choice of Vegetable	Dinner \$13 Sautéed Pork Tenderloin With Sherry Sauce Polenta Vegetable du Jour
THURS.	May 21 ~ Lunch \$10 Grilled Ham Au Gratin Potatoes Choice of Vegetable	Dinner \$12 Breadcrumb-Crusted Chicken Breast with Mushrooms & Grand Marnier Sauce Rice Pilaf Vegetable du Jour
FRIDAY	May 22 ~ Lunch \$10 Vegetarian Quiche Pasta Salad Choice of Vegetable	Dinner \$14 Shrimp & Crab Cake with Pesto Cream Sauce Roasted Red Potatoes Vegetable du Jour
SAT.	May 23 ~ Lunch \$10 Fried Pork Tenderloin French Fries Choice of Vegetable	Dinner \$14 Braised Short Rib Smoked Gouda Scalloped Potatoes Vegetable du Jour

Crossword puzzle solution from 5/7.



Word search puzzle solution from 5/7.



Wellness Olympiad Trivia Challenge Answers

1. May Queen, Wisley Crab, Foxwhelps, and Lane's Prince Albert are all species of what? **A: Apples**
2. What color is an orange blossom? **A: White**
3. What is the painting 'La Gioconda' more commonly known as? **A: The Mona Lisa**
4. How many dots are there on two dice? **A: 42**
5. Who wrote the Ugly Duckling?
A: Hans Christian Anderson
6. What is the most common first name in the world? **A: Muhammed**
7. What is the color of a Welsh poppy? **A: Yellow**
8. Which school was the first Land Grant College to open after the Morrill Act of 1862?
A: Kansas State University
9. In what part of the human body is the tibia bone located? **A: Leg (shin)**
10. What does the term 'piano' mean?
A: To be played softly



Masked Mystery!

Who am I? Take a guess at which Meadowlark employee is behind the mask. The answer will be revealed May 18 in the Monday Messenger!

