



MEADOWLARK

Messenger

May 28, 2020

Manhattan, Kansas

Messenger Editor: Sarah Duggan

A local not-for-profit focused on supporting people in living their best lives **even in the midst of a viral pandemic**



When stormy weather calls, do you know how to answer?

According to a recent story in The Washington Post, Kansas is off to its slowest start to tornado season since 1980, but the loud storm that crackled over Manhattan during Memorial Day weekend was booming confirmation that our area will experience an uptick in storm activity by late May.

With a thunderstorm or tornado in the forecast, do Meadowlark residents know how to respond?

Here are some definitions to remember and procedures to follow when a thunderstorm or tornado is in the forecast:

Thunderstorms

Thunderstorm watch — No actual storm exists, but Conditions make a dangerous storm likely.

Thunderstorm warning —

See SEVERE, Page 10



Mask Marvel

Junction City's Camso boosts Meadowlark's PPE supply

By Becky Fitzgerald, Development Director

Meadowlark employees received a welcome surprise on May 12 with the arrival of 1000 surgical masks. The face coverings are a gift from Camso, a maker and distributor of off-road tires, tracks, and track systems. A manufacturing plant in Junction City is one of 22 in 10 countries throughout North and South America, Europe and Asia.

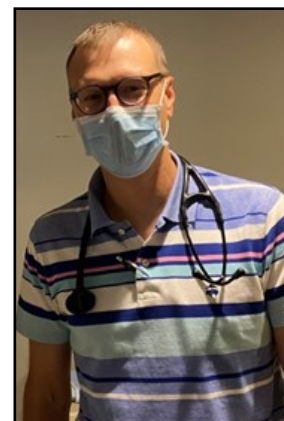
"As a good corporate citizen in our region, Camso, now part of the Michelin Group, intends to donate masks to local front-line healthcare providers, giving mask supplies to offset the company's internal demands," said Christopher Uher, Junction City plant manager.

Uher said Camso employees are required to wear masks such as what was delivered, so the company procured an additional 10,000 to share. Other organizations benefiting from Camso's generosity are Junction City Fire Department, Geary County Emergency Management, Geary County Hospital, Konza Prairie Community Health Center, and Junction City Chamber of Commerce.

"Camso is committed to helping our health care providers in the local communities in which we operate," Uher added.



Trisha Montgomery, LPN and Home Plus Operator, opens a box of disposable face masks.



Dr. Matt Floersch models a donated mask.

Mental Health Awareness Month

May 2020



Bridget Larkin, LMSW and Kathleen Spearman, LMSW

Mental Health America has recognized Mental Health Awareness Month each year in May since 1949, and it is especially important to consider your mental health during this time. One in five people will experience mental illness in their lifetime, and even without a diagnosis, it is imperative to work on staying mentally healthy. Mental Health America has created several tools for building resiliency that focus on several areas: owning your feelings, finding the positive, eliminating toxic influences, creating health routines, supporting others, and connecting with others. Feel free to check out their resources online! Here at Meadowlark, we have compiled a small list of mental health resources and designed our own tool to focus on building meaningful social connection. We hope this is a useful guide; feel free to contact us with questions!

Resources

Websites:

- Mental Health America- mhanational.org
- National Alliance on Mental Illness- nami.org
- Mindful Magazine - mindful.org

Apps:

- COVID Coach-
<https://mobile.va.gov/app/covid-coach>
- Headspace- headspace.com
- Calm- calm.com



Meaningful Conversation



Bridget Larkin, LMSW and Kathleen Spearman, LMSW



Two exercises to boost connection during your virtual conversations

Exploring Values

With someone you care about, narrow this list to your individual top 5 values. Discuss both of your choices, and ways you both can live out your values during this time.

Acceptance	Creativity	Individuality
Accountability	Credibility	Innovation
Achievement	Curiosity	Inspiration
Adventure	Dependability	Intuition
Advocacy	Diversity	Joy
Ambition	Empathy	Kindness
Autonomy	Encouragement	Knowledge
Beauty	Ethics	Leadership
Belonging	Expressiveness	Love
Boldness	Fairness	Loyalty
Calmness	Flexibility	Mindfulness
Cheerfulness	Freedom	Optimism
Cleverness	Fun	Passion
Collaboration	Generosity	Peace
Community	Grace	Popularity
Commitment	Growth	Resourcefulness
Compassion	Honesty	Service
Connection	Humility	Security
Consistency	Humor	Thoughtfulness
Cooperation	Inclusiveness	Wisdom

Thought-Provoking Questions

With someone you care about, discuss 2 to 3 of these questions - you may be surprised at their answers!

Which teacher had the biggest influence on your life?

If you could go back in time, what is one piece of advice you would give your younger self?

If you could witness any event—past, present or future—what would it be?

What would you title the autobiography of your life?

What happened the time in your life when you were the most nervous to do something?

Work That Brain!

What happened next? Have you ever wandered by a scene and wondered what happened? As you look at this image, what circumstances do you imagine occurred that resulted in these overalls hanging here? And what do you think happened next? Ask your friends about their theory.



George M. Kren, *Overalls*, 20th C., Gelatin silver print, KSU, Marianna Kistler Beach Museum of Art, gift of the friends of George M. Kren, 2000.173

Overalls

Armed Forces and Memorial Day

PROUD	INFANTRY
AMERICA	MEDALS
DISCIPLINED	MARINES
RECRUIT	HONOR
SALUTE	PEACE
COUNTRY	SERVICE
SOLDIER	ARMY
COMMITMENT	LOYALTY
OFFICER	AIR FORCE
DEDICATED	WARRIOR

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

Masked Mystery!

Who am I? Take a guess at which Meadowlark employee is behind the mask. The answer will be revealed June 1 in the Monday Messenger!



Memory Engagement Opportunity for Wellness: Week of May 25

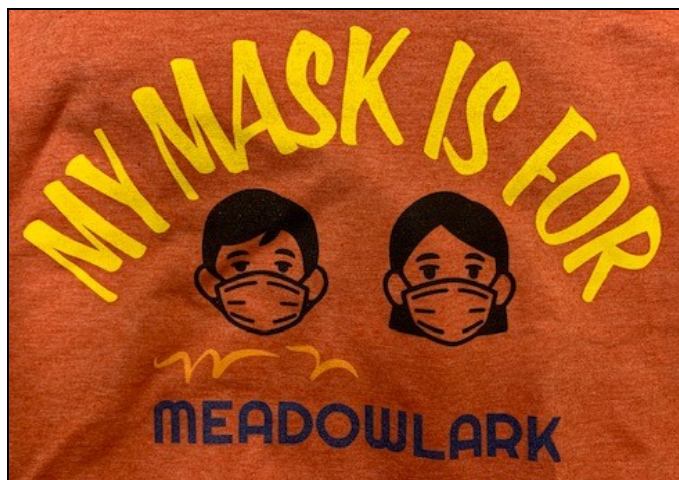
submitted by Michelle Haub, Special Programs Leader

I hope you enjoyed the two TED Talks this week that focused on memory. I was so excited to find these and hear the speakers talk about some strategies we have been working on in our weekly sessions.

I encourage you this week to continue to try the strategies of remembering more than a name. Think about the example in the video of the person name “Baker” versus “a baker.” Make your memories meaningful by attending, engaging, and creating visual images in your head. This also goes along with what we worked on with our crazy pairing to remember items. Think about cookie monster on a tan horse in your living room—bizarre visuals can help you remember.

Ultimately what I hope you learn this week is that we can train our brain to remember, but we also need to use strategies to help us to that.

Join me for the next session of MEOW (Memory Engagement Opportunity for Wellness) at 3 p.m. Tuesday, June 2. If you miss it, there will be a repeat of the episode at 9 a.m. Thursday, June 4. Have a great weekend!



by Sarah Duggan, Community Relations Director
Meadowlark team members take their role in protecting Meadowlark residents from COVID-19 seriously, which means wearing masks or cloth face coverings when we aren't at work.

Join us in spreading the word about mask-wearing and order your "My Mask is For Meadowlark" t-shirt!

To place your order, please contact Sarah Duggan at (785) 323-3878 or via e-mail at sguge@meadowlark.org. Shirts cost \$20 each and can be paid for by cash, check (made out to Meadowlark), credit card, or added to your monthly statement.



New Programming: Channel 1960

Music Performance by Brianna Borger & Adrian Aguilar: *It Takes Two*

Channel 1960, May 29 @ 5:30 p.m.

Tune into Channel 1960 at 5:30 p.m. Friday, May 29, and enjoy a short musical performance by Brianna Borger and Adrian Aguilar. They will perform *It Takes Two* from *Into the Woods*.

Neil Diamond: Full Concert

Channel 1960, May 29 @ 7 p.m.

Tune into Channel 1960 at 7 p.m. Friday, May 29, to enjoy a live full concert with Neil Diamond. This hour-long musical delight was originally performed in 2019.

Age of Ice—The World of Stonehenge

Channel 1960, May 30, @ 10:05 p.m.

Tune into Channel 1960 at 10:05 a.m. Saturday, May 30, and watch episode one of the 2018 BBC Documentary series, *Age of Ice: The World of Stonehenge*.

Neil Oliver travels back to ice age Britain as he begins the epic story of how their land its people came to be over thousands of years of ancient history. The ice age saw a struggle for survival in a brutal world of climate change and environmental change.

Osher Course: Seven Kansas Women Who Couldn't Vote, Session One

Channel 1960, May 30 @ 6 p.m.

Before the official right to vote, these women found other ways to affect policy in public spheres dominated by men. The three-part class is led by Jerry Harper, an adjunct instructor at the University of Kansas School of Law and Western Civilizations.

The Osher Institute has made these three sessions available through recordings. The class will run for three weeks starting Saturday, May 30, at 6 p.m. Re-runs of each session will air at 9 a.m. the following Tuesday. No registration is required.

Guided Meditation & Virtual Beach Walk

Channel 1960, May 31, @ 3 p.m.

Take 20 minutes to relax at 3 p.m. Sunday, May 31, by tuning into Channel 1960 and enjoying a virtual beach walk with guided meditation. This relaxation opportunity takes you down an Australian beach for stress relief, inner peace, and happiness.



Meadowlark Entertainment Guide

All programs air on Meadowlark Channel 1960...
Your window to the world!

Friday, May 29

9:30 a.m.	Seated Strength Exercise Class
10:15 a.m.	Nutrition with Lisa: <i>Calcium & Vitamin D</i>
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, 5/29</i>
5:30 p.m.	Musical Performance by Brianna Borger & Adrian Aguilar: <i>It Takes Two</i>
7:00 p.m.	Friday Night Program: <i>Neil Diamond Concert</i>

Saturday, May 30

9:00 a.m.	Comedy Club: Wake Up Funny <i>Re-run episode from 5/27</i>
9:30 a.m.	Band Bust Exercise Class
10:05 a.m.	Age of Ice: The World of Stonehenge, Episode 1
12:00 p.m.	Cooking with Lisa: <i>Sheet Pan Shrimp, Sausage, & Veggies</i> <i>Re-run episode from 5/25</i>
2:00 p.m.	Band Bust Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny <i>Re-run episode from 5/27</i>
4:30 p.m.	Happy Hour with J-Mix: <i>Frozen Dark & Stormy</i> <i>Re-run episode from 5/28</i>
6:00 p.m.	Osher Course: Seven Kansas Women Who Couldn't Vote, <i>Session One</i>

Sunday, May 31

9:00 a.m.	Change & Loss Group <i>Re-run episode from 5/26</i>
10:25 a.m.	Musical Performance by Brianna Borger & Adrian Aguilar: <i>Re-run episode from 5/29</i>
10:30 a.m.	Sunday Church Service with <i>Chaplain Patty Brown Barnett</i>
11:00 a.m.	Our Planet: Forests <i>Re-run from 5/26</i>
1:55 p.m.	Musical Performance by Brianna Borger & Adrian Aguilar: <i>Re-run episode from 5/29</i>
2:00 p.m.	Sunday Church Service <i>Re-run episode from 10:30, 5/31</i>
3:00 p.m.	Guided Meditation & Virtual Tour for Relaxation: <i>Calming Beach Walk</i>



Don't miss Town
Meeting with this guy!

Monday, June 1 at 9 a.m.

Monday, June 1

9:00 a.m.	Town Meeting with Lonnie Baker, CEO
9:30 a.m.	Seated Strength Exercise
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.	Age of Ice: The World of Stone- henge, Episode 1 <i>Re-run from 5/30</i>
4:00 p.m.	Cooking with Lisa: <i>BBQ Chicken Foil Packet</i>

**Never buy
anything with Velcro.**

**It's a total
rip-off.**

NOTICE:

**Prairie Star
Restaurant
Menu Update**

**Lunch Menu
TODAY, May 28:**
Turkey Reuben with
Sweet Potato Fries and
a Choice of Vegetable

**Lunch Menu
Saturday, May 30:**
Pulled Pork
Sandwiches with Baked
Beans and Coleslaw

June Birthdays

Names in bold indicates a milestone birthday.

Healthcare

6/1 Evans Phillips
6/3 Jim Ferguson
6/3 Floyd Choate
6/4 Jean Brecheisen
6/6 Ethel Morin
6/8 Mary Prohaska
6/13 Mildred Macy
6/13 Margaret Lanich
6/17 Shirley Hines
6/18 Jill Orr
6/21 Jane Westfall
6/22 Donna Phillips
6/23 Lois Kennedy

Assisted Living

6/1 Betty Johns
6/15 Betty Mosier

Independent Living

6/2 Robert Goudy
6/3 Bob Phillips
6/4 John Trail
6/6 Faith Roach
6/8 Barbara Rees
6/10 Leo Lake

6/12 Joann Friederich
6/12 Pat Brensing
6/12 Carol Parsons
6/14 Pat Miksch
6/14 Kay Shanks
6/15 Bob Kruh
6/15 Marvin Towse
6/17 Shirley Stone
6/17 June Myers
6/18 Harry Manges
6/20 Leon Coup
6/30 Barbara Johnson

Employees

6/1 Madi Cantu Encarnacion
6/2 Sara Hillard
6/2 Alex McKinley
6/3 Faith Meuli
6/3 Lee Moore
6/5 Michelle Haub
6/8 Chelsea Heidrick
6/9 Casandra Haynoski
6/10 Ashley Freed
6/10 Teresa Wells
6/11 Grayce Morrison
6/11 Declan Shea

6/13 Antje Anji
6/13 Kayla Dikes
6/13 Kirsti Glotzbach
6/14 Lonnie Baker
6/15 Shaquila Bachu
6/16 Vivian Dane
6/16 Gabriele Lopez
6/16 Chris Nelson
6/17 Cadyn Allen
6/17 Jacey Ford
6/18 Laura Nienhaus
6/20 Echoe Lennox
6/20 Olivia Peoples
6/24 Le'Keathia Franklin
6/24 Lauren Hunter
6/24 Kendal Proctor
6/25 Jasmine Bobo
6/25 Tanner Fief
6/25 Audra Leonard
6/26 Rebecca Moffitt
6/27 Sharon Taylor
6/28 Gentry Shapland
6/29 David Fiser
6/30 Arlene Lundberg
6/30 Leah Willhite



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 31 ~ Lunch \$10	Dinner \$12
	Cornflake Ranch Baked Chicken Au Gratin Potatoes Vegetable du Jour	Stir Fry Orange Chicken Noodles Vegetable du Jour
MONDAY	June 1 ~ Lunch \$10	Dinner \$14
	Turkey Pesto Panini Potato Chips Coleslaw	<i>Bourbon Shrimp</i> <i>in a Tomato Cream Sauce</i> Potato Pancake Vegetable du Jour
TUESDAY	June 2 ~ Lunch \$10	Dinner \$13
	Philly Sandwich French Fries Choice of Vegetable	Roast Pork Loin <i>in Natural Sauce</i> Garlic Mashed Red Potatoes Vegetable du Jour
WED.	June 3 ~ Lunch \$10	Dinner \$12
	Shepherd's Pie Choice of Vegetable	Farfalle tossed in Lemon Cream Sauce <i>topped with Lemon-Marinated Chicken Breast</i> Garlic Toast Vegetable du Jour
THURS.	June 4 ~ Lunch \$10	Dinner \$13
	White Chili Cornbread Choice of Vegetable	Swiss Steak Mashed Potatoes with Gravy Vegetable du Jour
FRIDAY	June 5 ~ Lunch \$10	Dinner \$13
	Catfish Po' Boy French Fries Coleslaw	Herb-Crusted Pork Tenderloin <i>with Sun-dried Tomato Sauce</i> Ranch Roasted Reds Vegetable du Jour
SAT.	June 6 ~ Lunch \$10	Dinner \$14
	Goulash Choice of Vegetable	Sole Meuniere Anna Potatoes Vegetable du Jour



This UFO-shaped storm cloud swirling over the Kansas plains is called a “supercell.” On the thunderstorm spectrum, a supercell is the least common type, but it has a high propensity to produce severe weather.

High winds and dangerous hail are in the area, with the possibility for major damage.

Procedure for all residents during a thunderstorm watch or warning:

- ~ Stay indoors until severe weather passes
- ~ Stay away from windows if there are high winds or hail
- ~ Turn on a weather radio if you have one.

Tornado

Tornado watch — No actual tornado exists, but weather conditions make severe thunderstorms likely, with the possibility of creating a tornado.

Tornado warning — A funnel cloud has been spotted or an actual tornado is on the ground. Take cover immediately.

Procedures for weathering a tornado differ depending on the location of one’s home at Meadowlark. All independent living residents should go into a building immediately. Do not use an elevator.

Residents in a **West Tower apartment**, should take stairs to the first floor and sit out the storm near Prairie Star Restaurant. If you cannot get to the first floor, go to the center hallway of the 2nd or 3rd floor.

If you cannot get to these locations, stay in your apartment with the door to the hallway closed. Proceed to a bathroom and close the door.

Residents in an **East Village apartment**, should wait for an “all clear” announcement in the first floor hallway near Prairie Star Restaurant, or walk to the 2nd or 3rd floor hallway of the West Tower. Do not take the stairs.

If an East Village resident is unable to walk to any of these locations, stay in the apartment in a bathroom with the door closed.

Residents in a cottage or garden apartment should not try to reach the Community Center. Stay in your home and close doors and curtains.

If you live in a **garden apartment** or **classic cottage**, proceed to a room that does not have an exterior wall, such as a bathroom or hallway. If you live in a **Prairie Crest cottage** and have a safe room, proceed to the safe room and turn on a weather radio. Listen for the “all clear” announcement.

For details related to your location, consult the Resident Handbook.

Happy 40th Anniversary, Meadowlark!



Meadowlark residents and team members have been looking forward to June 2020 for a couple of years now—this is our 40th Anniversary of our official founding! Typically, Meadowlarkians recognize our big birthdays the first full week of June as our formal dedication was June 8, 1980. (*Interesting Fact Alert: Meadowlark's first resident actually moved in Oct. 12,*

1979.) The planning committee met for the first time in February of this year and began generating ideas for the celebration week.

Unfortunately, the COVID-19 Global Pandemic had other plans.

So, we're going virtual! Starting Monday, June 1, celebrate Meadowlark's 40 years by participating in all or some of the planned opportunities and earn points toward prizes while you do it! The full schedule is listed on the last page of this Messenger. All Anniversary activities will be facilitated through Channel 1960 (Touchtown) and the Meadowlark Messenger. This includes: Town Meeting with Lonnie Baker, Meadowlark Word Search, Writing Contest, Special Edition Coffee Corner, Meadowlark Guessing Game: Which is Older?, Meadowlark Trivia Challenge, Happy Hour with J-Mix, Cooking with Lisa, and an 80s Aerobic Exercise with the legend—Richard Simmons!

The schedule also serves as your scorecard! Throughout the week, check off each activity that you complete. Completed scorecards should be turned into the Hospitality Desk by 10 p.m. Monday, June 8. Please contact the Hospitality Desk at (785) 323-3847 if you need a Meadowlark staff member to pick up your sheet. Also, call the Hospitality Desk if you need more than one scorecard for your household and we can get you an additional copy.

Answers to each challenge and contest winners will be announced in the June 11 edition of the Meadowlark Messenger.

Celebrate good times—come on!



Happy 40th Anniversary, Meadowlark!

Meadowlark Anniversary Celebration opportunities are listed below!
 Some of these will earn you points toward winning one of the
 available prizes and individual contests could earn you even more!
 All contest answers and winners will be printed in the June 11 Messenger.

Name: _____

Place a \checkmark or an X once completed, unless otherwise indicated.
 Return you completed form to the Hospitality Desk by 10 p.m. on June 8.

DATE	ACTIVITY	COMPLETED
Monday, 6/1	Town Meeting with Lonnie at 9 a.m. on Channel 1960	
Monday, 6/1	Meadowlark Word Search in Mini Monday Messenger	<i>Submit completed puzzle to Hospitality Desk by 6/8</i>
Monday, 6/1	Meadowlark Writing Contest: What Does Meadowlark Mean to You? <i>Instructions listed in the Mini Monday Messenger.</i>	<i>Submit completed piece to the Hospitality Desk by 6/8</i>
Tuesday, 6/2	Coffee Corner: Special Dessert delivered to your door!	<i>No points—Enjoy!</i>
Wednesday, 6/3	Guessing Game: Which is Older? at 3:30 p.m. on Channel 1960	<i>Submit completed answer sheet to the Hospitality Desk by 6/8</i>
Thursday, 6/4	Happy Hour with J-Mix: Spiked Jell-O Mold	<i>No points—Enjoy!</i>
Friday, 6/5	Meadowlark Trivia Challenge at 3:30 p.m. on Channel 1960	<i>Submit completed answer sheet to the Hospitality Desk by 6/8</i>
6/ _____	Cooking with Lisa: Pudding Pops on Channel 1960 <i>(During Channel 1960 News 6/5 at Noon or 5 p.m. or Saturday and Sunday at 12:45 p.m.)</i>	
Tuesday, 6/2	80s Aerobic Exercise @ 1 p.m. on Channel 1960	
Wednesday, 6/3	80s Aerobic Exercise @ 1 p.m. on Channel 1960	
Thursday, 6/4	80s Aerobic Exercise @ 1 p.m. on Channel 1960	
Saturday, 6/6	80s Aerobic Exercise @ 1 p.m. on Channel 1960	
Sunday, 6/7	80s Aerobic Exercise @ 1 p.m. on Channel 1960	