


## Cautious Steps Forward

*Independent living cottage, duplex, and garden apartment limited visitation begins*



The COVID-19 threat is not gone and safety precautions are still relevant. The novel coronavirus remains an ongoing and serious risk to older adults, especially those with underlying health conditions who live in a congregate environment. While the world is moving closer each day to normal function, Meadowlark is phasing its re-opening plan at a much slower pace.

Meadowlark continues to advocate for the rights of residents through our regulating body and at the local level, while keeping health, safety, and security top priority. Through much consultation and discussion, the Meadowlark team has determined that ***independent living residents living outside of the main building*** (2121 Meadowlark Road), ***can now have limited visitors to their homes.***

At this time, limitations will include the following: one scheduled and consistent person per duplex or garden apartment per week; visiting person cannot change from week to week and must be an adult; visitation is only permitted between the hours of 7 a.m. and 7 p.m.; and complete a screening questionnaire at the Check Point Station.

Visitation limited to one consistent person per unit per week and not changing from week to week means this: one visitor per cottage/duplex/garden apartment until Meadowlark opens up further or restrictions are increased again. **Each unit's visitor must be the same person throughout this phase.**

Visiting hours are between 7 a.m. and 7 p.m. daily. Visitors are not permitted to stay overnight. Each visitor must be pre-scheduled with the Hospitality Desk and answer "no" to all screening questions at the Check Point Station upon arrival. **Each resident's**

**visitor may only visit once a week.**

Visitors traveling across state lines to Meadowlark may not be permitted entry to the campus.

The introduction of COVID-19 to Meadowlark's campus would have significant and concerning affects. Please be cautious in who you choose to visit, the duration of their time at your residence, and the distance you keep between each other.

To schedule a visitor, residents should contact the Hospitality Desk at (785) 323-3847 **by 10 p.m. the day prior to the visit.**

Visitor allowances may change at any time based on local novel coronavirus numbers and guidance from local and state officials.

Meadowlark's leadership team hoped to roll out a consistent visiting practice to all independent living residents; however, because of the proximity of the tower apartments to long-term care and the large number of residents and employees, we are unable to have visitors in the main building. Deliveries for **all** residents will continue to be received through the Check Point Station at Tuttle Creek Boulevard.

For those utilizing non-Meadowlark transportation, shuttle service from the main building to the entry point will continue to be provided. To schedule a shuttle, please contact the Hospitality Desk a minimum of two hours prior to your transportation need.

If you have questions, please contact the Hospitality Desk or your Wellness Warrior (weekly call from Michelle, Becky, Kathleen, or Bridget).

Remember to continue practicing social distancing, wear a mask, wash hands well and often, disinfect frequently touches surfaces daily, and stay on campus as much as possible.

## Virtual Osher Institute Classes: Summer 2020

The Osher Lifelong Learning Institute is offering two summer courses for Meadowlark residents and Passport members. Both courses will take place online. Registration is required. To register for a course, please call the Osher Registration Center at (785) 864-8356.

Videos of the virtual courses will also be shown on Channel 1960. This is an opportunity to continue to learn without the need for a computer or video chat technology.

### **Online Class: STEM Projects for Adults**

How can we learn about pathways in science, technology, engineering and science (STEM) to engage in hands-on activities, projects and problems? We will discuss and experience models and methods for overcoming real-world challenges with STEM topics. We will reimagine how we see global and local challenges around us. To move forward with these opportunities, we need new ideas and problem-solving strategies. We will think critically, reach for creativity, communicate clearly and collaborate often with others. We will persevere when something does not work the first time. We will reflect on core

STEM skills – relevant to any condition, past career or current role. This class will have both lectures and hands-on for projects.

Dr. Lucas Shivers is a life-long Kansas educator and currently serves as director of elementary education for USD 383.

This course will take place online from 3 to 4:30 p.m. Tuesday, July 7, 14, and 21.

### **Online Class: Identity Theft and Travel Safety Protection**

Today's world presents a lot of dangers. Learn how to protect yourself from identity theft. What can you do to protect yourself when traveling? Identify common elderly exploitations, email and phone scams. Getting on the 'Do Not Call List'. Home security tips. How to protect your assets and decision making capabilities. What to do if you are victimized. Receive a list of actions steps to take today to protect yourself.

Bill Eckert, CAP, is a Chartered Adviser in Philanthropy in Leawood, Kan., and is an author, educator and national speaker on philanthropy.

This course will take place online from 9:30 to 11 a.m. Monday, July 6, 13, and 20.

### **Outdoor Adventures**

*submitted by Sue Hunt*

In a walk this early morning around the pond. A north bank of Crown Vetch in bloom. This aggressive plant that forces out all other wild flowers. At the top of the walk up to the east gazebo, two Thistles (purple fluffy & wavy leaves) and low grow purple Poppy Mallow. The orange Daisy is a Black Eyed Susan and the waves of white tiny tall flowers is Fleabane .

At Leon's Glen, right behind the marker, a red butterfly weed and a little further down, a stiff leaved tall plant with a big purple flower on top (Sullivont Milkweed). The butterflies love these.

*Editor's Note: Do you have an outdoor adventure to share about Meadowlark's nature opportunities? Send you submission to [sguge@meadowlark.org](mailto:sguge@meadowlark.org) or drop off a hard copy at the Hospitality Desk.*



### **MEADOWLARK T-SHIRTS**

Meadowlark is officially 40! Get your limited edition t-shirt for just \$20 by calling Sarah Duggan at (785) 323-3878 or sending an e-mail to [sguge@meadowlark.org](mailto:sguge@meadowlark.org). Adult tee sizes from small to 3XL are available.

## On Language

*submitted by Helen Roser*

I have been told: "You are a journalist. You should write like a journalist." I assume what was meant was that I should write "by the book."

I am not a journalist. My work as a paralegal required exacting use of language. But in other work, language that expressed what the heart felt was sought. I was often asked to compose a letter that soothed ruffled feathers of an important person. It was "proper" in that it was appropriate. It was not written to sound as if it was written "by the book."

What may surprise some retired teachers of College English is that there are courses on how to write and not sound like you're writing "by the book." I spent two interesting years with a New York master of our English language.

The writing as a paralegal was interesting and challenging. It was for three lawyers and it needed to be accurately and clearly stated.

A rewarding bit of writing took only 2/3 of a page, but it was successful. It was to a state governor, presented by a priest. Its purpose was asking the governor to stay the execution of a 19 year old boy who, incidentally, had been a thrown-away baby, found in a dumpster. The plea succeeded. The boy's life was saved.

Another successful request also took less than a page. It was for presentation to a state executive committee requesting adjustment to the law so that retirees' pensions would permit their getting off welfare. The executive who presented the letter hoped the legislature would take it under study. But they were so moved as he read the statement to them, they acted immediately. Thus was created the "Star COLA" (Supplementary Cost of Living Allowance).

This has not been meant to brag, but to try to make the point that our English language can be used properly (which means appropriate for its use), even though not "by the book." In living, when we communicate, we do not have to sound as if we are writing "correctly, for approval by the teacher/professor."

My little offering to the Messenger have been for a few minutes of entertainment. As I approach my 98<sup>th</sup> birthday, I've been thinking of my struggle to climb up onto a sofa to lean against a fat squashy pillow. That was when I learned all pillows are not on sofas to be comfy, but are ornaments.

Interestingly, after a life-long love affair with our English language, I learn at Meadowlark that I "don't write properly." I am not a "journalist." I love the vitality possible when not killed by "corrections" when not necessary.

## Memory & Engagement

### Opportunity for Wellness:

Challenge your brain this week!  
Work on word fluency by naming in categories with specifications.

Name as many words as you can that start with the letters R, W, and B in the categories listed below.

Try to name at least three words per category.

*(Use additional paper if needed.)*

### PLACES

(R / W / B) \_\_\_\_\_

(R / W / B) \_\_\_\_\_

(R / W / B) \_\_\_\_\_

(R / W / B) \_\_\_\_\_

(R / W / B) \_\_\_\_\_

(R / W / B) \_\_\_\_\_

(R / W / B) \_\_\_\_\_

### WOMEN'S NAMES

(R / W / B) \_\_\_\_\_

(R / W / B) \_\_\_\_\_

(R / W / B) \_\_\_\_\_

(R / W / B) \_\_\_\_\_

(R / W / B) \_\_\_\_\_

(R / W / B) \_\_\_\_\_

(R / W / B) \_\_\_\_\_

### EXERCISES

(R / W / B) \_\_\_\_\_

(R / W / B) \_\_\_\_\_

(R / W / B) \_\_\_\_\_

(R / W / B) \_\_\_\_\_

(R / W / B) \_\_\_\_\_

(R / W / B) \_\_\_\_\_

(R / W / B) \_\_\_\_\_

# Work That Brain!

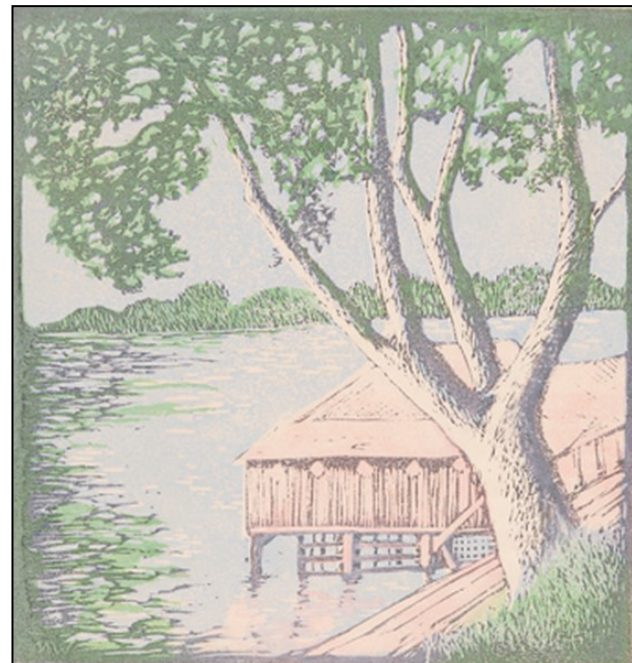
**Kansas printmakers ...** The two prints below are artworks from women who lived and worked in Kansas. Norma Bassett Hall was born in Oregon and lived near El Dorado, Kansas for most of her life. Margaret Evelyn Whittemore was born in Topeka and lived in Kansas all of her life.

Both women used the technique of woodcut printmaking and both were members of Prairie Print Makers. As you spend some time looking at their prints, what do you notice about each artist's style that is different from the other. They use the same printing technique with very different outcomes.

*Which shore would you rather be sitting on?*



**Norma Bassett Hall, *Haystack Rock*, ca. 1930**  
Woodcut on paper KSU, Marianna Kistler Beach Museum of Art, Friends Kansas Art Fund 2007.147



**Margaret Evelyn Whittemore**  
*Boat House at Lake View*, mid 20<sup>th</sup> C.  
Woodcut on paper, KSU, Marianna Kistler Beach Museum of Art gift of Jim and Virginia Moffett 2006.82

					9			6
					3	8	5	1
	6	2		1	5			
		7					6	
	2	1	9	7	6	3	8	
	3					1		
			4	5		9	7	
2	5	8	6					
4			3					

**Sudoku** is played on a grid of 9x9 spaces. Each row, column, and square needs to be filled out with the numbers 1-9 without repeating any numbers within the row, column, or square. If you don't know what number to put in a certain space, keep scanning the other areas of the grid until you see an opportunity to place a number.

 **Dad Jokes**  
@Dadsaysjokes

 Follow

I wonder what my parents did to fight boredom before the internet?  
I asked my 18 brothers and sisters and they don't know either

The Messenger team wants **YOUR** feedback! During this time of COVID-19, it's important to keep our minds working, engaged, and entertained! Let us know which puzzles you want to see more of in future editions of the Messenger by calling (785) 323-3878 or e-mail [sguge@meadowlark.org](mailto:sguge@meadowlark.org). If you have other ideas for brain games, send those our way, too!

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

9	3	8	2	6	5	1	7	4
4	2	6	7	1	8	5	3	9
7	1	5	3	9	4	6	2	8
1	6	4	8	7	3	2	9	5
5	9	2	1	4	6	3	8	7
3	8	7	9	5	2	4	1	6
6	7	9	4	2	1	8	5	3
2	5	3	6	8	7	9	4	1
8	4	1	5	3	9	7	6	2

### Movies with One Word Titles

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

# Little House on the Prairie **New Programming: Channel**

E	A	L	B	E	R	T	E	J	A	C	K	E	E
L	N	E	I	L	L	I	W	N	I	Y	S	L	I
H	A	R	R	I	E	T	C	E	E	C	A	A	L
T	A	R	R	R	R	A	I	L	D	H	L	K	L
M	E	H	I	C	J	E	B	S	L	A	M	E	E
A	D	E	D	R	U	A	W	E	A	R	A	I	N
R	L	S	R	E	M	T	C	R	D	L	N	A	E
Y	T	T	B	A	L	C	A	L	N	E	Z	R	I
N	E	E	A	G	U	L	R	E	E	S	O	I	E
L	N	R	K	R	N	E	O	A	R	A	S	R	Y
G	A	S	E	A	O	E	L	S	E	E	S	O	R
R	U	U	R	C	A	T	I	R	V	S	D	C	E
L	H	E	R	E	E	D	N	A	E	A	K	E	L
E	I	R	R	A	C	I	E	L	R	K	G	N	S

ALBERT	MARY
HARRIET	WILLIE
LARS	GRACE
CAROLINE	DR BAKER
CHARLES	CARRIE
HESTERSUE	JACK
NELS	ALMANZO
ROSE	NELLIE
REVEREND ALDE	LAURA

## MASKED MYSTERY!

Who am I? Take a guess at which Meadowlark employee is behind the mask. The answer will be revealed June 22 in the Monday Messenger!



### Update from Lonnie Baker, CEO

*Channel 1960, June 19, at 12:30 p.m.*

Hear an update from Meadowlark CEO Lonnie Baker about the organization's most current information regarding COVID-19 precautions and campus happenings. This message will follow the regularly scheduled Channel 1960 News with Sarah Duggan.

### The Music of Miles Davis

*Channel 1960, June 19 @ 7 p.m.*

Tune into Channel 1960 at 7 p.m. Friday, June 19, to listen and watch the full concert: The Music of Miles Davis—Jazz at the Lincoln Center Orchestra with Wynton Marsalis.

The Orchestra performs Davis' groundbreaking music from the 1940s-60s. Davis' work during these years is unparalleled in its stylistic range, impact, and enduring popularity, and this show will explore the pivotal musical moments on his

quest toward innovation. This concert was originally performed Nov. 18, 2018.

### The World of Stonehenge: Episode 3

*Channel 1960, June 20, @ 10:05 a.m.*

Tune into Channel 1960 at 10:05 a.m. Saturday, June 20, and watch episode three of the 2018 BBC Documentary series, The World of Stonehenge.

Neil Oliver continues his journey through the world of Ancient Britain as he encounters an age of cosmological priests and some of the greatest monuments of the Stone Age, including Stonehenge itself. This is a time of elite travelers, who were inventing the very idea of Heaven itself.

### Walking in the Hoh Rain Forest

*Channel 1960, June 21, @ 3 p.m.*

Spend 20 minutes with walking in the Hoh Rain Forest for a virtual relaxation opportunity at 3 p.m. Sunday, June 21, on Channel 1960. This wonderful virtual hike along the Hoh rain Forest features fantastic trees covered with green moss and interesting nature sounds.

The Hoh Rain Forest is on the Olympic Peninsula in the Pacific Northwest. It is located in western Washington state, and is one of the largest temperate rainforests in the United States.



# Meadowlark Entertainment Guide

Friday, June 19

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	Channel 1960 News
12:30 p.m.	Update from Lonnie Baker, CEO
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, 6/19</i>
5:30 p.m.	Update from Lonnie Baker, CEO <i>Re-run from 12:30 p.m. on 6/19</i>
7:00 p.m.	Friday Night Program: <i>The Music of Miles Davis, Jazz at the Lincoln Center</i>

Saturday, June 20

9:00 a.m.	Comedy Club: Wake Up Funny <i>Re-run episode from 6/17</i>
9:15 a.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 6/19</i>
9:30 a.m.	Band Bust Exercise Class
10:05 a.m.	The World of Stonehenge, Episode 3: Age of Cosmology
12:00 p.m.	Cooking with Lisa: <i>Grilled Pineapple &amp; Steak, Re-run episode from 6/15</i>
2:00 p.m.	Band Bust Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny <i>Re-run episode from 6/17</i>
3:15 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 6/19</i>
4:30 p.m.	Happy Hour with J-Mix: <i>Orange Beer Cocktail Re-run episode from 6/18</i>

A pun, a play  
on words, and a  
limerick walk  
into a bar.

No joke.

Sunday, June 21

9:00 a.m.	Change & Loss Group <i>Re-run episode from 6/16</i>
9:30 a.m.	Sweat It Out: 80s Aerobics Exercise Class
10:30 a.m.	Sunday Church Service with Chaplain Patty Brown Barnett
11:00 a.m.	Our Planet: Frozen Worlds <i>Re-run episode from 6/16</i>
12:00 p.m.	Cooking with Lisa: <i>Grilled Pineapple &amp; Steak, Re-run episode from 6/15</i>
12:15 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 6/19</i>
2:00 p.m.	Sunday Church Service <i>Re-run episode from 10:30, 6/14</i>
3:00 p.m.	Relaxation: <i>Walking in the Hoh Rain Forest</i>

Monday, June 22

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Cooking with Lisa: <i>No Churn Sorbet</i>
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	The World of Stonehenge, Episode 3: Age of Cosmology <i>Re-run episode from 6/20</i>

# 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	June 21 ~ Lunch \$13	Dinner \$12
	Pot Roast with Carrots, Onions, & Celery Mashed Potatoes Vegetable du Jour	Sautéed Chicken ala Orange Vegetable du Jour
MONDAY	June 22 ~ Lunch \$10	Dinner \$12
	Ham Loaf Scalloped Potatoes Choice of Vegetable	Roast Pork Loin with Cherry Balsamic Sauce Wild Rice Cake Vegetable du Jour
TUESDAY	June 23 ~ Lunch \$10	Dinner \$12
	Chicken Bacon Ranch Casserole Choice of Vegetable	Creamy Lemon Chicken with Spinach & Artichoke Roasted Red Potatoes Vegetable du Jour
WED.	June 24 ~ Lunch \$10	Dinner \$14
	Tamale Pie Black Beans Spanish Rice	Trout Almondine Twice Baked Potato Vegetable du Jour
THURS.	June 25 ~ Lunch \$10	Dinner \$14
	Quiche Lorraine Rice Pilaf Choice of Vegetable	Red Wine Braised Short Ribs Garlic Mashed Potatoes Vegetable du Jour
FRIDAY	June 26 ~ Lunch \$10	Dinner \$14
	Bierock Choice of Vegetable	Shrimp & Grits Vegetable du Jour
SAT.	June 27 ~ Lunch \$10	Dinner \$15
	BBQ Chicken Wings Coleslaw French Fries	Steak Baked Potato Vegetable du Jour