



COVID-19 Safety Expectations and Procedures, changes begin Friday

Local cases of COVID-19 are rising; remaining vigilant to safety precautions and procedures is imperative. Please consider the ramifications of the novel coronavirus being introduced to the Meadowlark campus and other places like it. The number of nursing home clusters in the state of Kansas has grown from 108 to 143 since Lonnie Baker's update on Nov. 6.

Meadowlark is updating its current precautions and practices in response to the increasing number of COVID-19 positive tests in the Manhattan area and around the state. The safety Meadowlark's residents and staff is top priority. Please see below for updates on Meadowlark's COVID-19 response.

- ~ Meadowlark staff does not recommend leaving campus, except for essential needs. However, independent living residents are not restricted from leaving campus by their own personal vehicle, or they can be picked up by a friend or family member. The person picking up can do so at the Village Entrance door; or at the cottage, duplex, or garden apartment. If you have someone picking you up, they must be screened at the Check Point Station at the Tuttle Creek Boulevard entrance. Masks are required and your family/friends must remain in the vehicle while on Meadowlark's campus.
- ~ Visitation to duplexes, cottages, and garden

apartments will be suspended effective Monday, Nov. 23.

~ All in-person programming, including movies in Grosh Cinema, worship service, exercise classes, bingo, and live entertainment will be canceled beginning Friday, Nov. 20.

~ The limited in-person dining option for lunch on Thanksgiving Day has been removed.

~ Personal training and massage sessions have been suspended. **The exercise equipment located in the Community Room can still be reserved by calling the Hospitality Desk at (785) 323-3847.**

~ Special Programs (Memory Program and Parkinson's Program) will return to virtual options only. Watch future Messengers for dates and times.

~ Salon services will remain the same continuing with current limitations.

~ If you go to the hospital for any reason, please contact Jayme Minton, Support Services Director, at (785) 313-0454. Anyone who has a hospital visit will be asked to quarantine for ten days.

Lonnie Baker, CEO, will share a new video update at 12:30 p.m. and 5:30 p.m. tomorrow, Nov. 20, on Channel 1960. See page eight of this Messenger for re-run dates and times.

Riley County Key Club Pen Pals

The Riley County High School Key Club, the high school level Kiwanis Club, is looking for pen pals! If you are interested in having a pen pal from this organization, please contact Ron Williams at rwilliams@greatplainsumc.org.

Meadowlark SWAG SHOP

Orders for Meadowlark’s SWAG SHOP can be placed by calling Sarah Duggan at (785) 323-3878 or sending an e-mail to sguge@meadowlark.org. The cost of your order can be paid for at the Hospitality Desk by cash, check, or credit card. The charge can also be added to your monthly statement.

The Holiday Catalog was printed in the Nov. 2 edition of the Meadowlark Messenger. Extra copies are available at the Hospitality Desk or upon request. Happy shopping!

KN95 Masks—FOR SALE!

Residents and staff are invited to purchase KN95 masks by contacting the Hospitality Desk at (785) 323-3847. Packages of five masks will be sold at \$7.50/each.

KN95 masks, like N95 respirators, consist typically of several layers of a polypropylene plastic polymer, a synthetic material. KN95

masks are the next level down from the N95 respirators, which require fit testing.

This is an great opportunity to stock up for the winter months with a high-quality and effective mask.



Thanksgiving Day Meals

Prairie Star Restaurant will offer a traditional Thanksgiving meal for lunch on Thursday, Nov. 26, delivered between 11:30 a.m. and 1 p.m. The regular full restaurant menu will not be available on Thanksgiving Day. Breakfast will still be offered from 7 to 10 a.m.

The Thanksgiving lunch menu includes: a choice of green salad or butternut squash soup; roast turkey, mashed potatoes and gravy, dressing, and green beans; and a choice of pumpkin or pecan pie.

For dinner, a boxed meal option will be available and delivered between 2 to 3 p.m. The boxed dinner will include a Ham Sandwich, Potato Chips, Pasta Salad, Mixed Fruit, and a slice of Apple Pie.

To sign up for delivered lunch, and/or boxed dinner, please call Prairie Star Restaurant at (785) 323-3820. **Please sign up by Monday, Nov. 23.**

Due to CO VID-19 precautions, the socially-distanced in-person option is no longer available.

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.



MEADOWLARK
Holiday Classic
2020

Friday, December 4, at 4 p.m.

A special dessert will be delivered to your door!
Tune in to Channel 1960 for a community holiday variety show,
with performances by:

Linda Uthoff, Joe Braun, Jane Boys, and Thom Jackson

First United Methodist Bells

Little Apple Chorus

Bourbon and Baker

Manhattan Arts Center MAC Academy Youth Theater Students

Manhattan High School Choir

Manhattan High School Chamber Orchestra

Hosted by



Work That Brain!

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18							19			
20				21						22				
23			24					25	26					
			27				28						29	30
31	32	33				34					35			
36					37						38			
39				40						41				
42			43						44					
		45						46				47	48	49
50	51					52	53					54		
55						56					57			
58						59					60			
61						62					63			

ACROSS

1. Grotto
5. Vineyard fruit
10. Agile
14. Leave out
15. Happen again
16. Urine component
17. Disavowal
19. Rind
20. Conceit
21. Not outer
22. Alley
23. Slaughter
25. A fabric resembling velvet
27. Half of a pair
28. Prison term
31. Aqualung
34. Spasm
35. Your (archaic)
36. Austrian peaks
37. Coach
38. Rip
39. Swerve
40. "There you have it!"
41. 9-headed monster (Greek mythology)
42. Shovelful
44. Sharp high-pitched cry
45. Meeting place
46. A strong dark tobacco
50. Fall guy
52. Chubby
54. Large flightless bird
55. Dogfish
56. Thermoregulator
58. Bell sound
59. Interlace
60. Backside
61. Border
62. More peculiar
63. Sleep in a convenient place

DOWN

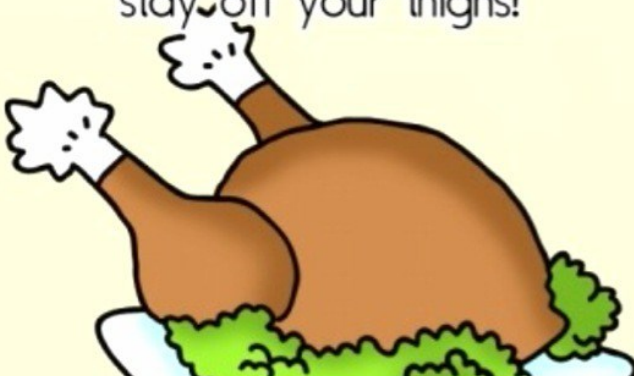
- | | | |
|----------------------------|-------------------------------|------------------------------------|
| 1. Data stream manipulator | 13. Harvard rival | 38. Misprint |
| 2. Girlfriend (Spanish) | 18. Tropical vine | 40. Extremely |
| 3. Eyeshade | 22. Stake | 41. River horse |
| 4. And so forth | 24. Anagram of "Snob" | 43. A measured portion of medicine |
| 5. An outlying farm | 26. Again | 44. Complain whiningly |
| 6. French for "Queen" | 28. Will | 46. Bend |
| 7. Highest point | 29. Blacken | 47. Backward-looking |
| 8. Post partum periods | 30. Tropical American wildcat | 48. Stock |
| 9. Mistake | 31. Articulates | 49. Chordophones |
| 10. On one's back | 32. Applaud | 50. Head |
| 11. Exhibited | 33. Floating upward | 51. Among |
| 12. Bobbin | 34. Was victorious | 53. Its symbol is Pb |
| | 37. Curdled soybean milk | 56. Pair |
| | | 57. Unhappy |

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

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.

A THANKSGIVING POEM

May your stuffing be tasty,
 May your turkey plump,
 May your potatoes and gravy
 have nary a lump.
 May your yams be delicious
 and your pies take the prize,
 and may your
 Thanksgiving dinner
 stay off your thighs!



Thanksgiving Word Scramble

1. rcon _____
2. ukppmin _____
3. krueyt _____
4. omfaylwer _____
5. niwsebho _____
6. ciarrbesne _____
7. spmiligr _____
8. ricdukmts _____

Solutions from 11/12

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

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

Compare and Contrast: Spend some time with these two paintings from our permanent collection. What do you see that is the same or different within the artworks?



← Lester Wilton Raymer
Act IV, 1970
Oil on board
KSU, Marianna Kistler Beach
Museum of Art, gift of Pauline
Brown Pfuetze (Virgil & Pauline
Brown Collection), 1996.34

↑ Aaron Morgan Brown
Apotheosis of the Blind Dancer, 2007
Oil on canvas
KSU, Marianna Kistler Beach Museum
of Art, transfer from KSU College of
Engineering, 2013.24

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	Nov. 22 ~ Lunch \$12	Dinner \$12
	Grilled Chicken Breast with Blackberry BBQ Sauce Roasted Potatoes Vegetable du Jour	Beef Lasagna Garlic Toast Vegetable du Jour
MONDAY	Nov. 23 ~ Lunch \$10	Dinner \$12
	Beef Pot Pie Choice of Vegetable	Pecan Chicken with Dijon Sauce Wild Rice Vegetable du Jour
TUESDAY	Nov. 24 ~ Lunch \$10	Dinner \$14
	Chicken Scampi over Rice Choice of Vegetable	London Broil Loaded Mashed Potatoes Vegetable du Jour
WED.	Nov. 25 ~ Lunch \$10	Dinner \$12
	Pulled Pork Mac & Cheese Coleslaw	Baked Ham with Honey Glaze Au Gratin Potatoes Vegetable du Jour
THURS.	Nov. 26 ~ Lunch \$13	Dinner \$6
	Thanksgiving Lunch Menu See page 2. Sign up by Monday, Nov. 23, to receive this meal option.	Boxed Dinner Sign up by Monday, Nov. 23, to receive the boxed dinner option.
FRIDAY	Nov. 27 ~ Lunch \$10	Dinner \$12
	Fried Pork Tenderloin Sandwich French Fries Choice of Vegetable	Swedish Meatballs over Noodles Vegetable du Jour
SAT.	Nov. 28 ~ Lunch \$10	Dinner \$15
	Turkey & Cheese Panini Potato Chips Choice of Vegetable	Seared Halibut with Lemon Dill Sauce Baked Potato Vegetable du Jour

Virtual Programming (via Zoom)

Friday, Nov. 20

1 p.m.	Parkinson's Exercise Class URL: us02web.zoom.us/j/87980256567 Meeting ID: 879 8025 6567
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Monday, Nov. 23

2 p.m.	Change & Loss Support Group Email Kathleen at <i>kspearman@meadowlark.org</i> for the log-in information.
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Tuesday, Nov. 24

1 p.m.	Parkinson's Exercise Class URL: us02web.zoom.us/j/87980256567 Meeting ID: 879 8025 6567
2 p.m.	Memory Activities Class URL: us02web.zoom.us/j/82043111342 Meeting ID: 820 4311 1342

Wednesday, Nov. 25

10 a.m.	Memory Care Partner Support Group Contact Bridget Larkin, LMSW for the log-in info by calling (785) 323-3837.
1 p.m.	Memory Café URL: ksu.zoom.us/j/92215181862 Meeting ID: 922 1518 1862

IDEAS FOR STAYING CONNECTED

- Call an old friend 📞
- Write letters to a pen pal ✉️
- Play scrabble online 🎮
- FaceTime a friend & teach each other a new skill 🧠
- Create poster messages for your neighbors 🏠
- Share your most creative recipe ideas 💡



Meadowlark Entertainment Guide

Friday, Nov. 20

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	Channel 1960 News
12:30 p.m.	NEW Update with 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</i>
5:30 p.m.	Update with Lonnie Baker, <i>Re-run from 12:30 p.m. 11/20</i>

Saturday, Nov. 21

9:15 a.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO
9:30 a.m.	Band Bust Exercise Class
2:00 p.m.	Band Bust Exercise Class
3:15 p.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO

Sunday, Nov. 22

9:00 a.m.	Sweat It Out Aerobics
10:30 a.m.	NEW Worship Service with Chaplain Patty Brown-Barnett
12:00 p.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO
2:00 p.m.	(Re-run) Worship Service with Chaplain Patty Brown-Barnett
2:45 p.m.	Guided Meditation
3:00 p.m.	Chair Yoga

Monday, Nov. 23

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