

Questions? Ask CEO Lonnie Baker!



Submit questions for Lonnie Baker to answer in his weekly video update, which typically premieres at 12:30 p.m. Fridays on Channel 1960. Re-runs of his weekly update are scheduled from Friday through Sunday. Questions for Lonnie to answer can be submitted at the collection box

located at the Hospitality Desk or by emailing Sarah Duggan at sguge@meadowlark.org. Questions received by 8 a.m. each Thursday will be addressed in the current week's video update.

Meadowlark is recently updated its 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

An Abundance of Generosity!

by Jana Armfield, Volunteer Engagement Specialist

From Nov. 9 until Nov. 16, the Meadowlark Ambassadors' invited residents and staff to contribute food and/or monetary donations toward the Flint Hills Breadbasket. Over four large boxes of canned and boxed food items such as green beans, yams, stuffing, cereal, and soup were delivered to the Breadbasket on Nov. 18, with assistance from the Meadowlark transportation team.

The Breadbasket is a community food network in Manhattan that was founded in 1983 and has grown over the years to offer food assistance to those in need. According to the Breadbasket's Client Services Coordinator, Melissa Combs, the organization served 22,231 individuals in 2019, and they are close to meeting that number again this year. Many of the donations that were made during our food drive will

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 have been suspended.

~ All in-person programming, including movies in Grosh Cinema, worship service, exercise classes, bingo, and live entertainment has been canceled.

~ 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.**

~ 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.

go to families in need during the holiday season. Additionally, a total of \$170.50 in monetary funds were also donated during the drive. Melissa said these extra funds will help them purchase milk, margarine, and eggs for families they serve.

Thank you to all who donated and gave back this holiday season! Your generosity is what makes the holiday season so special!



Work That Brain!

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.

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

Solution from 11/23

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



December Birthdays



Skilled Nursing

12/7 Bill Sesler
 12/9 Barbara Hall
 12/11 Mary Smith
 12/16 Marjorie Schlegel
 12/16 Glennis Couchman
 12/17 Ruth Diller
 12/18 John Hanson
 12/19 Betty Banks
 12/21 Verna Turnquist
 12/21 James Tate
 12/22 Claudine Emrich
 12/25 Marsha Priller
 12/27 Delores Case
 12/30 John Silva

Assisted Living

12/6 Darla Cadoret
 12/8 Mary O'Laughlin
12/28 Bob Robinson
 12/29 Alice Edmunds

Independent Living

12/1 Donna Alexander

12/1 Bob Cranmer
 12/2 Isaac Anders
 12/4 Arnold Spencer
 12/9 Michael Roberts
 12/12 Bob Pulford
 12/13 Karen Halderson
 12/14 Sue Hunt
 12/21 Ella Umphrey
 12/26 Janice Parsons
 12/27 Brian Spooner
 12/27 Bea Rasmussen
 12/28 Orlan Buller
 12/29 Noel Stanton
12/29 Angie Fryer
12/30 Linda Hood
 12/30 Dorothea Boutz
 12/31 Don Emley

Employees

12/1 Doug Fiser
 12/1 Nicholas Piroutek
 12/4 Thomas Belville
 12/4 Madison Boeckman
 12/4 Haley Havenstein

12/5 Heather Cole
 12/5 Zachary Paquette
 12/5 Terri Parr
 12/5 Kayla Webb
 12/7 Rita Alouya
 12/9 Ed Payne
 12/9 Taylor Wheelock
 12/10 Frida Strom
 12/12 Abby Cavender
 12/12 Talia Johnson
 12/14 Tiffany Miller
 12/14 Solana Rios
 12/19 Jennie Brown
 12/20 Cindy Elsasser
 12/21 Latoria Hobbie
 12/22 Christina Wong
 12/23 Christine Borggreen
 12/24 Robyn Lower
 12/25 John Appelhanz
 12/25 Brenda Emory
 12/29 Shelby Lolley
 12/31 Carissa Jonak
 12/31 Skylar Medrano

Bold denotes milestone birthdays of 80, 90, or 100+!



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





Meadowlark Entertainment Guide

Tuesday, Dec. 1

10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Aerobics Exercise
2:00 p.m.	Steady Yourself Exercise Class

Wednesday, Dec. 2

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Worship Service with Chaplain Patty Brown-Barnett
2:00 p.m.	Weights 101 Exercise Class

Thursday, Dec. 3

10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Aerobics Exercise
2:00 p.m.	Steady Yourself Exercise Class



Ice Cream Treat!

Substitute a Häagen-Dazs Ice Cream Bar for your dessert when you order a special or order it at anytime for just \$2!

Virtual Programming (via Zoom)

Tuesday, Dec. 1

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, Dec. 2

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

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.