

COVID-19 Vaccine: What to Expect



submitted by Lonnie Baker, CEO

The State of Kansas has announced a plan for providing vaccinations across the Kansas. The plan has been very fluid as new challenges emerge. Currently, vaccinations for staff and residents will be provided to Adult Care Homes (Nursing facilities, Assisted Living and Homes Plus) directly through pharmacies. We anticipate that Meadowlark (Adult Care Homes) vaccines will arrive

before the end of the December.

Meadowlark will be working with the designated pharmacy to immunize staff and residents in our healthcare areas. Independent living residents are not included in the shipments in this round of testing. Please note, Meadowlark will not be receiving any vaccines for the purpose of distribution. The pharmacy will receive vaccines for healthcare. Our county health department will receive all other vaccines coming to Riley County.

At this time we do not know how future vaccines will be administered. We do know that independent living residents will be included in the second phase of vaccinating along with all other residents of the county who are over the age of 65. Phase 2 of vaccinations, including IL residents, will occur no earlier than February 2021. We do not anticipate any additional information about vaccination dates or locations until some time in January.

It is important to note that Meadowlark as an organization as very little control over receiving and distributing the vaccine. The process is highly regulated and is being controlled by federal and state governments. The Pfizer vaccine received the recommendation from the FDA vaccine advisory panel for the agency to grant an emergency use authorization.

If you are interested in learning more about the vaccine process specific to our regulated areas, Walgreens is providing their most up-to-date information at www.walgreens.com/topic/findcare/coronavirus.jsp.

To view Kansas' state plan for the COVID-19 vaccine can be found at www.coronavirus.kdheks.gov/284/COVID-19-Vaccine.

Christmas Carousel: Enchanted Forest

On the 11th day until Christmas, Meadowlark gave to me ... 11 Bingo Tunes! Tune in tonight, Dec. 14, to Channel 1960 at 7 p.m. and play Holiday Bingo. Pick up your bingo card today at the entrance to Prairie Star Restaurant.

Tomorrow, Dec. 15, Meadowlark will celebrate *10 days until Christmas* with 10 Christmas Exercises! Join Jeff Heidbreder and his team of Christmas Fitness Fanatics in two rounds of 10 Christmas Exercises. The holiday exercise opportunity will air on Channel 1960 at 10:30 a.m. and 1 p.m. Tuesday, Dec. 15. Re-runs of the class are scheduled throughout the week. Dates and times are listed in the Entertainment Guide on page 4.

The Enchanted Forest is open in Prairie Star Restaurant's Event Center. Celebrate Meadowlark's *18 Days of Christmas* by visiting the forest each day to see new features and activities as we count down the days.

Masks are required in all common areas on campus, including the Enchanted Forest. When visiting, please distance yourself from others who are not in your household.

Holiday House Contest

There is still time to submit your completed project for the Holiday House Contest! Supplies can be picked up or delivered from the Hospitality Desk. The deadline to compete in the contest will be Wednesday, Dec. 16. Send a picture of your finished product to Sarah Duggan at sguge@meadowlark.org. The winners will be announced in the Monday, Dec. 21, Meadowlark Messenger. Happy decorating!

My Life

written by Thanasi Jaeger, 13-years-old
Great-grandson of Jeanne Lundin, IL resident

My life is like a hurricane
Always whirling, whaling and whining
Never stopping
Powering through everything
Until the storm passes

My life is like a sunny day
Beautiful in every way, shape and form
A time to enjoy and relax
A time to realize how far you've come

My life is like a building that I get to design
Building floor on floor
Shaping what I want
And how I want it

Everything in my life is beautiful
In every way
Even the bad;
The thing is
I love my life



Ice Cream Treat!

Substitute a Caramel Lover's Ice Cream Cone for your dessert when you order a special or

Current Meadowlark COVID-19 Precautions

- Masks are required when you are outside of your apartment, cottage, or duplex. Please wear your mask properly. Masks must cover your nose and your mouth. Do not wear your mask under your nose or around your chin.



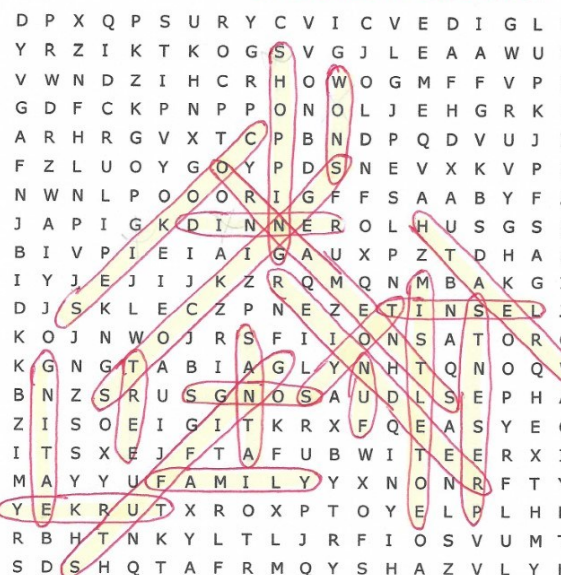
- Visitation to all duplexes, cottages, and apartments is prohibited at this time.
- Meadowlark staff does not recommend leaving campus, except for essential needs. However, independent living residents are not restricted from leaving campus by their own personal vehicle, or they can be picked up by 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.
- 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 to 14 days.

Solution from 12/7

Christmas Trivia Challenge

- PARIS
- STINK, STANK, STUNK
- TURKEY
- AN ANGEL GOT THEIR WINGS

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



Work That Brain!

Christmas Trivia Challenge

1. What are you supposed to do when you find yourself under the mistletoe?

2. Which one of Santa's reindeer has the same name as another holiday mascot?

3. Which country started the tradition of putting up a Christmas tree?

4. In the song "Winter Wonderland," what do we call the snowman?

5. In the movie *Elf*, what was the first rule of the Code of Elves?

6. What is the name of the main villain in *The Nightmare Before Christmas*?

7. According to the song, what did my true love give to me on the eighth day of Christmas?

8. What was the highest-grossing Christmas movie of all time?

9. Whose eyes are all aglow in "The Christmas Song?"

10. What was the real name of the character Tim Allen plays in *The Santa Clause*?

Sugarplum Math: First, find out what numbers the mitten, ornament, and tree represent. Then solve the final equation.

$2 + \text{ornament} = 8$ $\text{ornament} = \square$
 $\text{ornament} - \text{mitten} = 4$ $\text{mitten} = \square$
 $\text{mitten} + 5 = \text{tree}$ $\text{tree} = \square$
 $\text{mitten} + \text{tree} + \text{ornament} = \square$

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.

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



Meadowlark Entertainment Guide

Tuesday, Dec. 15

9:00 A.M.	<i>(Re-run)</i> Osher Course: The Ranger Ideal, Session One
10:30 a.m.	10 Christmas Exercises
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	10 Christmas Exercises
2:00 p.m.	Steady Yourself Exercise Class
3:00 p.m.	MEOW (Memory Engagement Opportunity for Wellness)
5:30 p.m.	<i>(Re-run)</i> Meadowlark Cribs: Duggan Residence

Wednesday, Dec. 16

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	<i>(Re-run)</i> Worship Service with Chaplain Patty Brown-Barnett
1:00 p.m.	10 Christmas Exercises
2:00 p.m.	Weights 101 Exercise Class
5:00 p.m.	<i>(Re-run)</i> Meadowlark Holiday Classic 2020

Thursday, Dec. 17

9:00 a.m.	<i>(Re-run)</i> MEOW (Memory Engagement Opportunity for Wellness)
10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	10 Christmas Exercises
2:00 p.m.	Steady Yourself Exercise Class
5:30 p.m.	<i>(Re-run)</i> Meadowlark Cribs: Duggan Residence

Virtual Programming (via Zoom)

Tuesday, Dec. 15

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. 16

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 Cafe URL: ksu.zoom.us/j/92215181862 Meeting ID: 922 1518 1862

Friday, Dec. 11

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