



OUR HEALTH & SAFETY

an updated guide for Meadowlark residents

submitted by Lonnie Baker, CEO
Friday, March 13, 2020,
Meadowlark began taking steps
to protect residents and staff

from the COVID-19 global pandemic as it began to creep closer to home. It has been nine months and the greater Manhattan community is experiencing its worst outbreak numbers since the onset of the novel coronavirus situation. It is safe to assume that anywhere you go in the Manhattan community, you will come in contact with COVID-19.

Independent living residents should be self isolating. Please do not leave your apartment, cottage, or duplex unless absolutely necessary. If you choose to leave campus for **any reason**, you will need to complete a 14-day quarantine inside of your residence, during which time you will not be permitted to leave your home for any reason including getting your mail or removing your trash.

Due to increased concern for the safety of Meadowlark residents and staff, all common areas in the independent living areas are closed effective last Saturday, Dec. 19. Meadowlark's campus remains **closed to all visitors**. Effective immediately, friends and/or family of independent living residents will **not be permitted** to come to Meadowlark and pick up a resident. Meadowlark transportation is limited to necessary medical appointments, only.

Do not leave your home. Do not leave your home for groceries. Do not leave your home for medications. Do not leave your home for church or to pick up carry-out food items. Do not gather with others. Not outside. Not inside. Not in groups less than ten and six-feet apart. Do not gather at all.

Deliveries for residents will continue to be received by staff at the Check Point Station located at the Tuttle Creek Boulevard entrance, then brought to your door. This includes groceries, pharmacy orders, and flowers. Grocery orders can be placed by calling

Prairie Star Restaurant at (785) 323-3820. Meadowlark staff can purchase special order items that are not on the standard grocery item list (see page 4). Call the restaurant to also place meal delivery orders. Set up delivery services with your pharmacy.

If you have a necessary and unavoidable reason to leave Meadowlark's campus, first contact Jayme Minton, Support Services Director, at (785) 313-0454.

All residents and staff are strongly encouraged to practice proper hand hygiene and wash with soap and water frequently. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.

Watch for symptoms of respiratory illness, including: fever, cough, and shortness of breath. If you get sick, contact your doctor via phone. After consulting with your physician, update your status with Jayme Minton, Support Services Director, by calling (785) 313-0454.

What you should do is stay in regular contact with family and friends through phone calls, text messages, emails, and video chats. Staying connected is the second most important thing we can do right now.

The most important thing is staying home.

What is imperative for stopping the spread of COVID-19 is not easy. The team at Meadowlark understands that self-isolating, especially at the holidays, is difficult. Our most critical time is the next two weeks. Please support our efforts and consider the health of those around you by staying home, not gathering, washing your hands frequently, and wearing a mask properly in the event that you must leave your home.

If you are able and interested in doing more to help, please contact Jayme to join a call team that will be utilized to check in on each other routinely. These volunteers will check in with other independent living residents on a daily basis. Any and all help with keeping in contact during this time is appreciated.



COVID-19 Special Procedures

I need groceries. What are my options?

- Use Meadowlark meal delivery and grocery delivery services @ (785) 323-3820
- Order grocery delivery from Hy-Vee @ (785) 587-8609 or online at www.hyvee.com
- Order grocery delivery from Dillon's at (785) 539-7631 or online at www.dillons.com

I am expecting a delivery. How will it get to my home?

All deliveries will follow this chain of travel ...

- Arrive at Tuttle Creek Boulevard entrance check-point station
- Meadowlark staff will deliver items outside your door

I have a medical appointment. Who will take me?

- Residents can utilize Meadowlark transportation services for **necessary** medical appointments; **call to schedule at (785) 313-1039**
- Please do not have your family or friends come to take you to an appointment

I want to visit with my family and friends. How do I do this?

At a time like this, technology is our friend. Try one of these...

- Phone calls
- Text messages
- E-mail communication
- Video chat services (Facebook. Google Duo, FaceTime, Skype)

I have more questions. Who do I contact?

- Call the Hospitality Desk at (785) 323-3847.
- *Stay informed by reading the Meadowlark Messenger published on Mondays and Thursdays, tuning into Channel 1960 on any Meadowlark television, following the Meadowlark Facebook page (@meadowlarkmhk) and visiting our website at www.meadowlark.org.*

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.

COVID-19 Reminders

- Do not congregate. Do not sit and wait in the common areas for the mail to arrive.
- Do not visit anyone.
- Do not leave your home unless absolutely necessary.
- Visitors are not permitted at the Meadowlark entrance. They will be turned away at the Check Point Station.
- If you leave campus for any reason, you will need to complete at 14-day quarantine inside of your residence.
- Order groceries to be delivered.
- Watch for symptoms: sore throat, fever, chills, cough, shortness of breath, fatigue, muscle or body aches, headache, loss of taste or smell, congestion or runny nose, nausea, vomiting, diarrhea.
- Watch for emergency warning signs and if any are developed, seek medical attention immediately: difficulty breathing, persistent pain or pressure in chest, new confusion, inability to stay awake, bluish lips or face.



CALM PRACTICE

- 1) Be slow to respond and quick to think: "Do I have all the information I need to make a decision or form a response?"
- 2) Stay mindful. Use coping skills to help calm you. Calmness is contagious. Write your coping skills on the back of this reminder card.
- 3) Ask 2 questions: Do I have enough data to panic? Even if I do, will panicking help the situation?

Information adapted from the podcast "Unlocking Us", episode 6, by:

Brene Brown

Stay Informed with Updates, Closings, & Cancellations

Independent living residents are invited to place small tables outside of their door for staff to place deliveries. If you need to borrow a small table, please call the restaurant at (785) 323-3820.

Pizazz Salon is closed until further notice.

Transportation services will be limited to necessary medical appointments only. To schedule transportation services, please call (785) 313-1039.

Housekeeping services have been suspended at this time.

Maintenance requests during this time of limited exposure should only be items that affect safety. Maintenance requests can be submitted via a phone call to the Hospitality Desk at (785) 323-3847.

Avoid using pull cords for nurse call, if possible. Should you feel ill, please contact your primary care physician via phone for further instruction.

Tune into Channel 1960 for updated information regarding Meadowlark's COVID-19 response and procedures.

Meadowlark Messenger will continue to be distributed Thursday mornings and Monday afternoons.

Meadowlark Grocery Service

(785) 323-3820 • Additional items available upon request.

Food

Activia.....	\$4.50	Hamburger Helper	\$2.50
Almonds.....	\$7.00	Hazelnut Spread	\$9.00
Banana Chips	\$3.00	Italian Dressing	\$2.50
BBQ Sauce.....	\$3.00	Jelly.....	\$4.50
Beans	\$1.50	Juice.....	\$4.50
Boost.....	\$12.00	Ketchup.....	\$2.00
Bread	\$3.50	Miracle Whip	\$5.50
Brownie Mix.....	\$3.00	Mixed Fruit.....	\$4.50
Butter.....	\$4.00	Mixed Nuts	\$9.00
Cake Mix	\$1.50	Muddy Buddy.....	\$6.00
Campbell's Soup	\$1.00	Mustard	\$2.00
Candy Bars.....	\$1.50	Oatmeal.....	\$4.50
Canned Fruit	\$2.50	Olives.....	\$2.50
Canned Vegetables	\$1.50	Orange Juice.....	\$5.50
Cashews.....	\$9.00	Oreos	\$4.50
Cereal.....	\$4.50	Pancake Mix.....	\$4.50
Cheez-It.....	\$4.50	Pasta	\$1.50
Chex Mix	\$4.50	Peanuts.....	\$6.00
Chili	\$3.00	Pickles	\$3.00
Chips	\$5.00	Pop Tarts.....	\$4.00
Chips Ahoy.....	\$4.50	Pretzels.....	\$3.00
Chocolate Chips	\$4.50	Pringles.....	\$2.50
Club Crackers	\$4.50	Prunes	\$5.00
Completes	\$4.50	Raisins.....	\$4.50
Cream of Wheat.....	\$6.00	Ravioli	\$1.50
Distilled Water	\$1.50	Rotel.....	\$2.00
Dove Chocolates	\$7.50	Salsa	\$4.00
Eggs	\$1.50	Saltine Crackers.....	\$3.00
Fig Newton's	\$6.00	Snack-pack	\$1.50
Flour.....	\$2.00	Spaghetti Sauce.....	\$4.00
Folgers Coffee	\$6.00	Sugar.....	\$3.00
Folgers Instant.....	\$10.50	Tomato Paste.....	\$1.50
Fruit Snacks.....	\$4.50	Tortilla Shell	\$4.50
Glucerna	\$12.00	V8.....	\$5.50
Goldfish Crackers.....	\$4.00	Vegetable Oil.....	\$3.00
Graham Crackers.....	\$3.00	Wafers.....	\$5.50
Granola Bars	\$4.50	Wheat Thins.....	\$4.50

Household

All Purpose Cleaner	\$4.50
Batteries.....	\$7.50
Bounce.....	\$7.50
Cascade.....	\$7.50
Downy.....	\$7.00
Glass Cleaner	\$3.00
Hand Soap	\$2.50
Hand Towels	\$4.50
Kleenex.....	\$2.50
Napkins	\$3.50
Paper Towels	\$2.00
Plastic Wrap	\$4.50
Purex.....	\$7.50
Tide.....	\$9.00
Toilet Bowl Cleaner	\$3.50
Toilet Paper	\$1.00
Trash Bags- Small.....	\$4.50
Trash Bags- Large.....	\$12.00
Ziploc Bags.....	\$4.00

Medicine

Acetaminophen.....	\$3.00
Allergy Medicine.....	\$6.00
Anti-Diarrheal	\$4.50
Aspirin (325/81mg) ...	\$6.00
Cough Drops.....	\$2.50
DayQuil.....	\$10.50
Ibuprofen	\$6.00
Icy Hot	\$6.00
Neosporin.....	\$7.50
NyQuil.....	\$10.50
Tums	\$7.50
Vicks VapoRub	\$8.50

Personal Care

Body Wash.....	\$3.00
ChapStick	\$2.00
Deodorant.....	\$4.50
Dove Soap	\$2.50
Listerine	\$9.00
Lotion	\$7.00
Poise Pads-Large.....	\$15.00
Poise Pads-Small	\$7.00
Shampoo.....	\$3.00
Shaving Cream	\$4.50
Toothpaste	\$4.50

THANKS AGAIN!

submitted by Bob Kruh

My deep appreciation to our great Meadowlark staff — this time to our emergency caregivers, who recently appeared at my apartment so quickly to provide needed help. Their concern and attention mean so much!

Especially in this time of COVID, events like this make us all recognize the outstanding staff whose extra dedication keeps the Meadowlark family safe. Many, many thanks to all!

Virtual Programming (via Zoom)

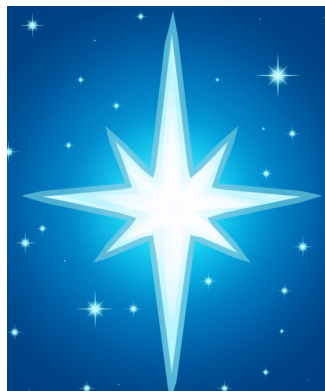
Tuesday, Dec. 22

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. 23

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

Prairie Star Restaurant's Christmas Meals



Prairie Star Restaurant will be closed for dinner on Christmas Day. A traditional Christmas meal will be offered for lunch and there will be a boxed meal for dinner. The regular restaurant menu will not be available on Christmas Day. Sign up for either

meal (or both meals) is required by Wednesday, December 23. To sign-up, please call Prairie Star Restaurant at (785) 323-3820.

Lunch will be delivered between 11:30 a.m. and 1 p.m. Meal prices vary by entrée. The menu options include:

- ~ Choice of Starter: Shrimp Bisque, Tossed Salad, or a Bibb Lettuce with Roasted Yellow Pepper Ranch
- ~ Choice of Entrée*: (\$15) Seared Halibut & Asparagus Sauce, (\$17) Prime Rib au jus, or (\$13) a Grilled Chicken Breast & Blackberry Sage Sauce. **Each entrée will be served with Roasted Yukon Gold Potatoes & Broccoli Medley.*
- ~ Choice of Dessert: Egg Nog Mousse with White Chocolate Raspberries or Hot Chocolate Cheesecake

The boxed dinner option will be delivered between 2 and 3 p.m. on Christmas Day and will include a ham sandwich, potato chips, pasta salad, mixed fruit, and a slice of pie. Cost is \$6 per boxed meal.

Solutions from 12/14

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

Sugarplum Math: The ornament value is 6, the mitten value is 2, and the tree, 7. The correct sum is 15.



Christmas Trivia Challenge

1. KISS
2. CUPID
3. GERMANY
4. PARSON BROWN
5. TREAT EVERY DAY LIKE CHRISTMAS
6. OOGIE BOOGIE
7. EIGHT MAIDS A MILKING
8. HOME ALONE
9. TINY TOTS
10. SCOTT CALVIN

Work That Brain!

Caption this! The image to the right is the cover a Christmas card received by Duane and Pat Miksch. What do you imagine the caption could be?

Submit your caption ideas to Sarah Duggan at sguge@meadowlark.org to be included in the Thursday, Dec. 24, Messenger. Captions must be received by 8 a.m. Wednesday, Dec. 23, for inclusion.



Holiday House Contest

Holiday House Contest winners are as follows: First Place—*Winter Farm*, submitted by Skip & Joan Jones; Second Place—*Out of the Box*, submitted by Peg Ziser; and Third Place—*Christmas in the Round*, submitted by Polly Ferrell.



Judges were Becky Fitzgerald, Abby Cavender, and Jayme Minton. Houses were judged on the following criteria: Overall Appearance, Originality, and Technique/level of difficulty. Prizes will be delivered to the winners this afternoon (Dec. 21). Thank you to all who participated!



George Eastman House/TimeSlips

Memory Engagement Opportunity for Wellness – Creative Moment: Looking at this photo and create a story describing what is happening. Write it down. Tell your story to someone and have them visualize what you are reporting. Try different viewpoints-tell it from the boy's perspective. The dog's perspective. In your story, be sure to address emotions and sensory components including: feels, tastes, touch, smells.



Meadowlark Entertainment Guide

Monday, Dec. 21

6:00 p.m.	NEW! Meadowlark Update with Jayme Minton, Support Serv. Dir.
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Tuesday, Dec. 22

8:30 a.m.	(Re-run) Meadowlark Update with Jayme Minton, Support Serv. Dir.
9:00 A.M.	(Re-run) Osher Course: The Ranger Ideal, Session Two
10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
12:30 p.m.	(Re-run) Meadowlark Update with Jayme Minton, Support Serv. Dir.
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)
5:00 p.m.	(Re-run) Meadowlark Update with Jayme Minton, Support Serv. Dir.
5:30 p.m.	Meadowlark Cribs: Holiday Series, <i>Nelson Residence</i>

Wednesday, Dec. 23

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	(Re-run) Worship Service with Chaplain Patty Brown-Barnett
12:00 p.m.	Anxiety & Calm: A Message from Meadowlark's Social Services Team
1:00 p.m.	10 Christmas Exercises
2:00 p.m.	Weights 101 Exercise Class
5:30 p.m.	Meadowlark Cribs: Holiday Series, <i>Nelson Residence</i>

Thursday, Dec. 24

9:00 a.m.	(Re-run) MEOW (Memory Program)
10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
12:30 p.m.	NEW! Meadowlark Update with Lonnie Baker, CEO
1:00 p.m.	10 Christmas Exercises
2:00 p.m.	Steady Yourself Exercise Class
4:00 p.m.	Holiday Programming: Letters to Santa and Christmas Stories
5:00 p.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO
5:30 p.m.	Meadowlark Cribs: Holiday Series, <i>Tippin Residence</i>
6:00 p.m.	(Re-run) Meadowlark Holiday Classic 2020

Friday, Dec. 25

9:30 a.m.	10 Christmas Exercises
10:30 a.m.	10 Christmas Exercises
12:30 p.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	10 Christmas Exercises
3:00 p.m.	Meadowlark Cribs: Holiday Series MARATHON
5:30 p.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO
6:00 p.m.	(Re-run) Meadowlark Holiday Classic 2020

Ice Cream Treat!

Substitute a Nuttin' Better Bar for your dessert when you order a special or order it at anytime for just \$2!