

Clean Air Campaign: A Challenge to our Community

by Becky Fitzgerald,
Development Director

The statistics are startling. About 42 percent of COVID-19 related deaths across the nation have occurred in long-term care facilities. While Meadowlark and other Riley County retirement communities haven't been hit as hard as other Kansas facilities, our organization has not been immune to this novel coronavirus.

This is why two local foundations have teamed up to help provide a safe and proven weapon for Meadowlark's continued fight against this invisible enemy and other microbial threats.

The Butler Family Community Foundation and Howe Family Foundation, both supporting organizations of the Greater Manhattan Community Foundation (GMCF), have issued a challenge to the Manhattan community. Each foundation has pledged \$50,000 to start the Meadowlark Clean Air Fund at GMCF. Gifts made to the fund will generate a 100 percent match with one stipulation: Gifts must be arrive by Jan. 31, 2021, to receive matching dollars.

Money raised through this effort will equip Meadowlark's licensed living areas and community spaces with Synexis Spheres (see



**Meadowlark requires
132 Sphere units
(shown at right) for
optimal air quality.**

Photo above). Synexis, a Lenexa, Kan., company, is the sole developer of Dry Hydrogen Peroxide (DHP™), which fights viruses, bacteria, mold, odors, and insects both in the air and on surfaces with no reliance on the exchange of air. According to independent laboratory research, DHP has been proven to significantly reduce pathogens, such as the H1N1 (flu) virus, and MS2, which is often used as a surrogate in testing for the SARS-CoV-2, which causes COVID-19.

Here's a statement from siblings Brenda and Mark Butler, and their mother, Sharon:

"Watching coronavirus sweep through elder care facilities across the nation has deeply concerned our family. As staff and residents continue to be infected in high numbers, we recognize something needs to be done to help locally. Synexis Spheres are the right tool for two big reasons: battling COVID-19 AND influenza, a foe that will continue to plague Meadowlark residents.

"Our family is so happy to invest in this project: it is cost-effective, and there's proof that the technology cleans the air. Contributions to these units will

See CLEAN AIR, page 4

Stay Informed 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 323-3820.

Pizazz Salon is closed until further notice.

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

Housekeeping services have been suspended at this time.

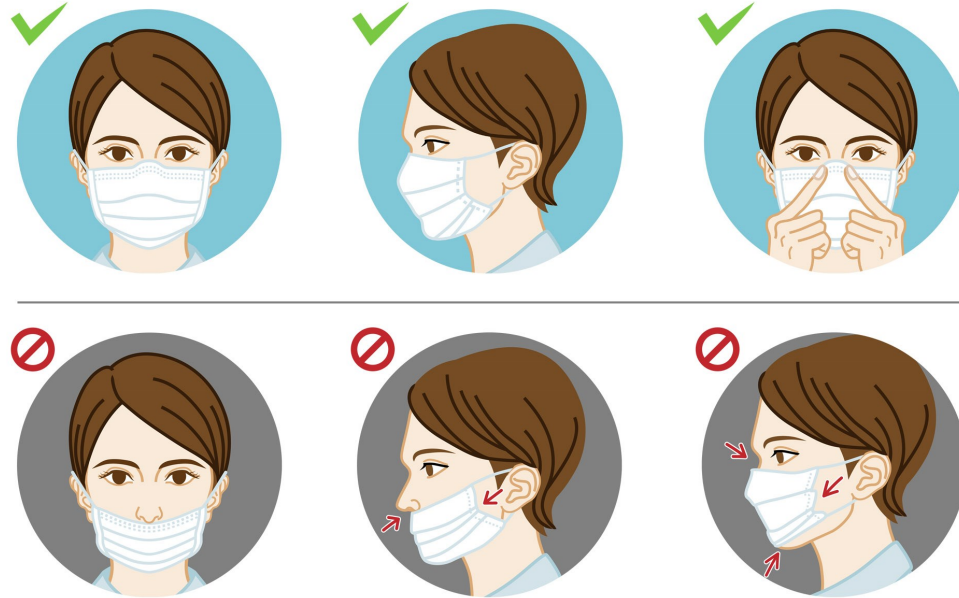
Maintenance requests during this time of limited exposure should only be items that affect safety. Maintenance requests can be submitted via a phone call to the Hospitality Desk at (785) 323-3847.

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

If you must leave your home, mask up.



COVID-19 CHECKLIST: *Check it twice!*

- ✓ All independent living residents need to self isolate.
- ✓ Do not leave your residence unless absolutely necessary. If you have a necessary and unavoidable reason to leave, first contact Jayme Minton, Support Services Director, at (785) 313-0454.
- ✓ If you choose to leave campus for any reason, you will need to complete a 10-day quarantine inside of your residence.
- ✓ Meadowlark's campus is **closed to all visitors**.
- ✓ Friends and/or family of independent living residents are **not permitted** to come to Meadowlark and pick up a resident.
- ✓ Meadowlark transportation is limited to necessary medical appointments, only.
- ✓ Do not gather with others. Not outside. Not inside.
- ✓ Deliveries for residents will continue to be received by staff at the Tuttle Creek Boulevard entrance, then brought to your door.
- ✓ Grocery and meal orders can be placed by calling Prairie Star Restaurant at (785) 323-3820.
- ✓ Practice frequent and proper hand hygiene.
- ✓ 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.



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 (@meadowlarkmhhk) 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.

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provide health and safety for our Meadowlark neighbors, ensuring a future they will share with family and friends."

Synexis offers three products which create DHP. The company's engineering team determined that the best option for Meadowlark environments is their Sphere unit. For optimal protection, Meadowlark requires 132 Spheres. The unit plugs into a standard 120VAC/220VAC outlet, so the Sphere can sit or be mounted wherever Meadowlark needs it most.

This project began this summer when Sharon "Sherry" Butler, a Meadowlark Passport member and Monarch Priority member, asked Becky Fitzgerald if Meadowlark or Meadowlark Medical Professionals had a "wish list" item to which she could contribute. During a follow-up conversation, Butler said a newspaper article about a Germ-Zapping Robot had piqued her interest, and she asked if Meadowlark would be interested in one.

Her question prompted several months of research, conversation, and a flow of documents among Meadowlark leaders. Mike Davis, our environmental services leader, was particularly instrumental in the process as he spent hours gathering and sending information to companies who provide air purification technology so they could submit proposals. Ultimately, it was determined that Synexis's DHP BioDefense

System suited Meadowlark's needs best.

Cost of the Spheres is just part of the equation. Synexis's proposal also includes a yearly maintenance fee — each unit requires the yearly replacement of four parts — sales tax, and shipping. Meadowlark also must hire an electrician to install a dedicated outlet for each Sphere if one doesn't already exist.

Prior to the Butler and Howe family foundations' pledge to invest in this project, early support also has come from Meadowlark residents Duane and Pat Miksch. They, too, inquired this summer about donating toward a project, and generously responded when hearing about Meadowlark's desire for this addition to its COVID-19 Protection Plan.

Vernon Henricks, GMCF president and CEO, and Fitzgerald announced the campaign on Monday during the weekly GMCF Community Hour radio program on KMAN 1350 AM. Persons are invited to contribute online at the Greater Manhattan Community Foundation website: <https://www.mcfks.org/donate/Meadowlark-Hills-Clean-Air-Campaign>

If you'd like to donate by check, please pay to GMCF, write "Meadowlark Clean Air Fund" on the memo line, and mail to GMCF, PO Box 1127, Manhattan, KS 66505.

Questions about donating or want to know more about the science of DHP? Please contact Becky Fitzgerald at (785) 323-3843.



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New Year's Eve Menu

\$21 per person

Call (785) 323-3820 to sign up.

Appetizer

Pan-seared Scallop with Lemon Caper Sauce served on Sautéed Spinach in a Won Ton Shell

Starter (choice of one)

Tossed Salad with Choice of Dressing
Steak Soup

Entrée

Roast Beef Tenderloin Béarnaise
Anna Potatoes & an Asparagus Medley

Dessert

Raspberry Champagne Trifle

Drink (choice of one small bottle)

Champagne
Sparkling Cider

Work That Brain!

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18							19			
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23			24					25	26					
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31	32	33					34					35		
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50	51						52	53				54		
55						56					57			
58						59					60			
61						62					63			

ACROSS

- 1. Stigma
- 5. Immunizations
- 10. A short strap of leather
- 14. Worry
- 15. Remedies
- 16. Angle of a leafstalk
- 17. Make intelligible
- 19. Mentor
- 20. Ghost's cry
- 21. Jagged
- 22. Coarse edible red seaweed
- 23. Shaped like a ring
- 25. Boast
- 27. Apprehend
- 28. Aromatic
- 31. Celebration
- 34. Sword
- 35. "The Matrix" hero
- 36. Hodgepodge
- 37. Radar signals
- 38. Beige
- 39. Clairvoyant's gift
- 40. Not lies
- 41. Head of a city
- 42. Someone's foot
- 44. Passenger vehicle
- 45. Purposes
- 46. Illegitimate child
- 50. Non-glossy photos
- 52. Tall East Indian timber trees
- 54. Twosome
- 55. Leave out
- 56. A sport involving a ball and a net
- 58. Drunkard
- 59. Embellisher (comic art)
- 60. Curved molding
- 61. Palm starch
- 62. Untidy
- 63. What we sleep on

DOWN

- 1. Aqualung
 - 2. Religious law
 - 3. Malicious burning
 - 4. Record (abbrev.)
 - 5. Dung beetle
 - 6. The quality of being funny
 - 7. Spheres
 - 8. Cable
 - 9. South southeast
 - 10. Panther
 - 11. Jubilation
 - 12. Knights
 - 13. Swing around
- 18. Pass-the-baton race
 - 22. Venician magstrate
 - 24. "Do ___ others..."
 - 26. Boys
 - 28. Travels rapidly
 - 29. Infamous Roman emperor
 - 30. See the sights
 - 31. He writes in verse
 - 32. Along with
 - 33. Retorting
 - 34. Chalcanthite
 - 37. French cheese
 - 38. Where the sun rises
- 40. Sounds of disapproval
 - 41. Untidy
 - 43. Skin pattern
 - 44. Bakeshop
 - 46. Bundles
 - 47. Maxim
 - 48. Governed
 - 49. Handouts
 - 50. Cuts the lawn
 - 51. Dogfish
 - 53. North American deer (plural)
 - 56. Vigor
 - 57. Go up and down

Art Engagement from the Beach Museum of Art

This drawing was created by Elizabeth “Grandma” Layton. She began contour drawing when she was 67-years-old, after taking an art class at Ottawa University. Layton used a technique called “Modified Contour Drawing.” She looks at the paper to place her pencil, then looks up at the object to actually draw the line she is seeing, without looking at the paper. She credited this technique with helping her combat her depression and easing her grief over her son’s passing.

Layton said about this drawing, “We’re just sitting there, and the stars make the Christmas tree. Other than it’s just things that we’re around.”

It appears there are several Christmas related objects in the artwork, as you enjoy looking at the drawing how many seasonal objects do you see? Maybe you could try drawing something that is around you, using the

Elizabeth Layton
Christmas Eve,
1977
Colored pencil on
paper
KSU, Marianna
Kistler Beach
Museum of Art,
gift of the
Lawrence Arts
Center, 2014.448



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	Dec. 27 ~ Lunch \$13	Dinner \$12
	Roast Brisket with Mushroom Sauce Twice Baked Potato Vegetable du Jour	Chicken Lasagna Garlic Toast Vegetable du Jour
MONDAY	Dec. 28 ~ Lunch \$10	Dinner \$14
	Fried Pork Tenderloin Sandwich French Fries Coleslaw	Coconut Shrimp Roasted Potatoes Vegetable du Jour
TUESDAY	Dec. 29 ~ Lunch \$10	Dinner \$12
	Chicken Pot Pie Choice of Vegetable	Beef Tips & Gravy over Mashed Potatoes Biscuit Vegetable du Jour
WED.	Dec. 30 ~ Lunch \$10	Dinner \$12
	Beef Goulash Garlic Toast Choice of Vegetable	Chicken Fairmont with Hunter's Sauce Wild Rice Vegetable du Jour
THURS.	Dec. 31 ~ Lunch \$10	Dinner \$21
	Swiss, Bacon, & Apple Panini Sweet Potato Fries Coleslaw	Special New Year's Eve Meal See page 4 for full menu. Prior registration is required.
FRIDAY	Jan. 1 ~ Lunch \$10	Dinner \$14
	Black Eyed Peas with Ham Cornbread Vegetable du Jour	Grilled Salmon With Dill Sauce Roasted Red Potatoes Vegetable du Jour
SAT.	Jan. 2 ~ Lunch \$10	Dinner \$15
	BBQ Baked Chicken Drumsticks Macaroni & Cheese Choice of Vegetable	Steak Baked Potato Vegetable du Jour



Meadowlark Entertainment Guide

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 Cribbs: 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

Saturday, Dec. 26

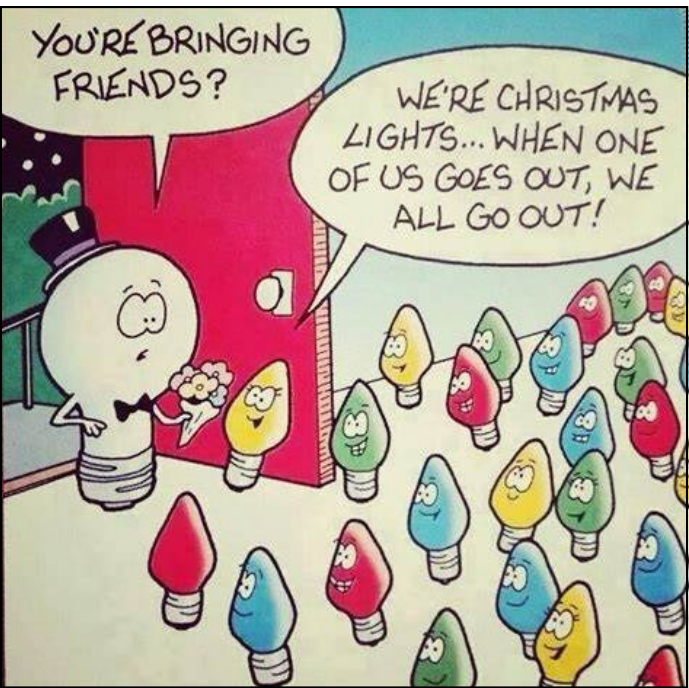
9:15 a.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO
9:30 a.m.	Band Bust Exercise Class
10:30 a.m.	Osher Course: The Ranger Ideal, Session Three
2:00 p.m.	Band Bust Exercise Class
3:15 p.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO

Sunday, Dec. 27

9:00 a.m.	10 Christmas Exercises
10:30 a.m.	NEW Worship Service with Chaplain Patty Brown-Barnett
12:00 p.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO
1:00 p.m.	10 Christmas Exercises
2:00 p.m.	(Re-run) Worship Service with Chaplain Patty Brown-Barnett
3:00 p.m.	Chair Yoga

Monday, Dec. 28

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



Caption This!

"It's beginning to look a lot like Christmas!"
submitted by
Cynthia Walters,
Passport member



Virtual Programming (via Zoom)

Monday, Dec. 28

2 p.m.	Change & Loss Support Group Email Kathleen for log-in info at kspearman@meadowlark.org .
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