



MEADOWLARK

Messenger

Dec. 28, 2020

Manhattan, Kansas

Messenger Editor: Sarah Duggan

A local not-for-profit focused on supporting people in living their best lives *even in the midst of a viral pandemic*



NEW! on Channel 1960

The Judds: A Docuseries
Premieres at 6 p.m. Dec. 29

The six-episode series, which originally premiered April 11, 2011, follows the duo on their final concert tour and explores their mother-daughter relationship.

NY Philharmonic New Year's Eve:
Bernstein on Broadway
Full concert at 6 p.m. Dec. 31

The New York Philharmonic celebrates the centennial of the late Leonard Bernstein, its fabled Musical Director from 1958 to 1969.

Led by Bramwell Tovey, this loving tribute promises to become a classical music moment to remember. The original air date was Dec. 31, 2017.

1930s: The Troubled Decade
Premieres at 10:30 a.m. Jan. 2

The 1930s shattered the normalcy and prosperity that had existed in the 1920s. The Great Depression, which began in 1929, rapidly spread around the globe affecting the livelihood of people in many nations and their reexamination of the existing world order. This class is a world survey of that tumultuous decade. The first class examines the Depression in America and its effects on society, politics, and even the military.

Session one will air at 10:30 a.m. Saturday, Jan. 2, on Channel 1960. One re-run of the session will air at 9 a.m. Tuesday, Jan. 5. There are three total sessions for this course. The new sessions will premiere on Saturdays at 10:30 a.m.

Q&A with Lonnie Baker



Lonnie Baker, CEO, addressed several questions in his most recent video update, which aired

Thursday, Dec. 24. A summary of those answers are below. Lonnie's next message will premiere at 12:30 p.m.

Thursday, Dec. 31. If you have a question you would like him to address, please email Sarah Duggan at: sguge@meadowlark.org or call (785) 323-3878.

The laundry rooms on each floor can be utilized, unless you are on quarantine. If you are quarantined, please remain in your residence.

If you have had close contact with a positive case that staff are aware of, then you will receive a phone call from a staff member with information and additional instructions.

If you receive a pink notice of quarantine, then you have left

campus (doesn't matter where you went), and are now expected to quarantine in your apartment for 10 days. This will most likely be distributed to you when checking in at the Check Point Station at the Tuttle Creek Boulevard entrance. **If you have something that needs done, contact us and we will help figure out how to get that done so you don't have to leave campus.**

Continue to watch for symptoms. The little symptoms tend to be the earliest indication that you have COVID-19. See page two of this Messenger for a full listing of coronavirus symptoms.

Our financial health remains stable. Although census is down, we have received some federal dollars to help with COVID-19 expenses. Additionally, Meadowlark Home Health has been performing well and the entire team continues to focus on keeping expenses low. Meadowlark's fiscal year runs from July to June.

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.

Pizzazz 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 Monday afternoons.

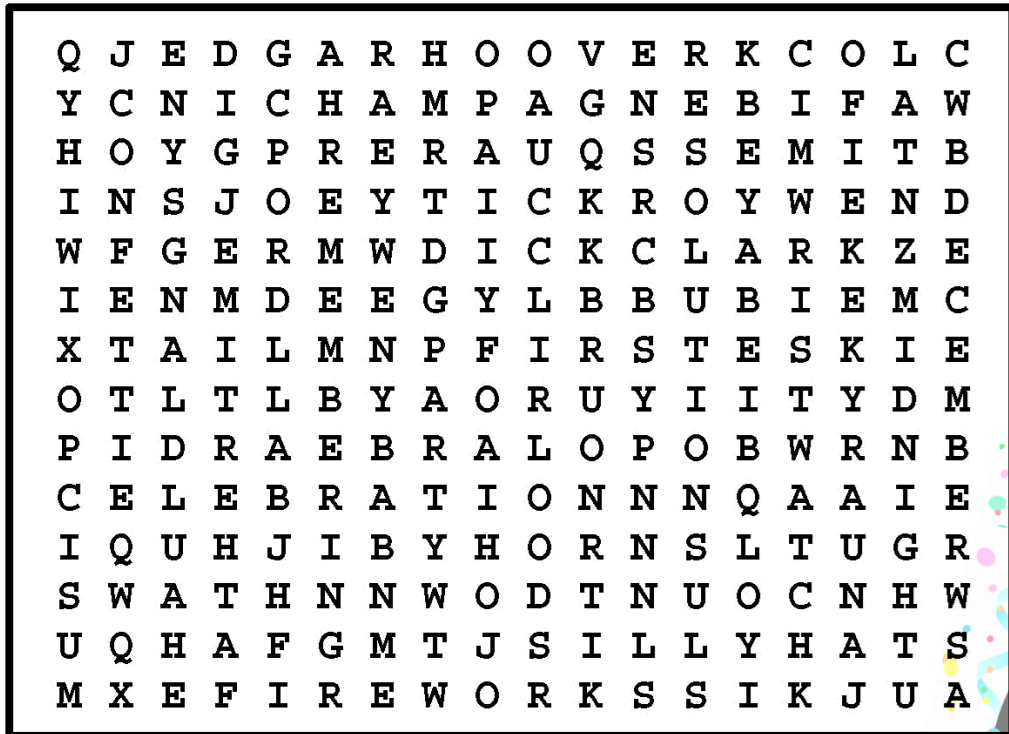
If you must leave your home, mask up.



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 **Jayne 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.

Work That Brain!



- Baby New Year Party
- Father Time Music
- Countdown Auld Lang Syne
- Noise Wristwatch
- Ball drop Fireworks
- Kiss Resolutions
- New York City Polar Bear Dip
- Champagne Times Square
- Dick Clark Clock
- Midnight Confetti
- Bubbly Horns
- December Silly hats
- January Celebration
- First Remembering

To answer the trivia question, look a words or phrases that are hidden in the puzzle, but not in the word list.

Trivia: The first director of the American FBI was born on New Year's Day in 1895. What was his name?

Answer: _____

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

Virtual Programming (via Zoom)

Tuesday, Dec. 29

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. 30

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: us02web.zoom.us/j/88903923826 Meeting ID: 889 0392 3826



Meadowlark Entertainment Guide

Tuesday, Dec. 29

9:00 A.M.	(Re-run) Osher Course: The Ranger Ideal, Session Three
10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Exercise Class
2:00 p.m.	Steady Yourself Exercise Class
3:00 p.m.	MEOW (Memory Engagement Opportunity for Wellness)
6:00 p.m.	The Judds: A Docuseries, Ep. 1 <i>Naomi's Secret</i>

Wednesday, Dec. 30

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
1:00 p.m.	10 Christmas Exercises
2:00 p.m.	Weights 101 Exercise Class
6:00 p.m.	(Re-run) Meadowlark Holiday Classic 2020

Thursday, Dec. 31

9:00 a.m.	(Re-run) MEOW (<i>Memory Program</i>)
9:30 a.m.	10 Christmas Exercises
10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
12:15 p.m.	NEW! Channel 1960 News

Ice Cream Treat!

Substitute a Cookies & Cream Ice Cream Sandwich for your dessert when you order a special or order it at anytime for just \$2!

Thursday, Dec. 31

12:30 p.m.	NEW! Meadowlark Update with Lonnie Baker, CEO
1:00 p.m.	Sweat It Out Exercise Class
2:00 p.m.	Steady Yourself Exercise Class
5:00 p.m.	(Re-run) Channel 1960 News
5:30 p.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO
6:00 p.m.	NY Philharmonic New Year's Eve: <i>Bernstein on Broadway</i>

Friday, Jan. 1

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
12:30 p.m.	(Re-run) Meadowlark 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.	(Re-run) Meadowlark Update with Lonnie Baker, CEO

