

Word of the Year

by Sarah Duggan, Community Relations Director

It's Dec. 31, 2020 and I'm calling it: 2020 was a legit dumpster fire. I cannot think of a better way to describe the constant stress, anxiety, fear, and barrage of new information seemingly every minute of every day. The year 2020 was a gross, smelly container of garbage lit on fire for all of us to witness in utter horror.

Last year, I picked a "Word of the Year," and the intent was to have a concise compass to guide me through the months as I identified, worked toward, and achieved my goals. For 2020 the word was *progress*. [I'll wait while you contain your ironic laughter.] How could you have possibly made progress existing in the ever-lit blaze of refuse in 2020?

But here's the thing about choosing a word for the year. The word is simple and able to evolve with what life throws at us. Sometimes losing the weight or eating clean doesn't work, for example, in a time of a stressful global pandemic in which you are trying to merely *survive*. Initially when I chose the word *progress*, I intended to make progress with a healthy lifestyle, grow in my spiritual journey, and increase my ability to be patient.

In actuality, I have made progress with my flexibility. I have expanded my skills at

work to include things such as capturing and editing video, supporting team members through a pandemic, and offering grace even when it is difficult. In retrospect, *grace* would have been my word for 2020, but alas, we cannot predict the future.

Meadowlark's word for 2020 should have been *pivot*. Everything we did as an organization to *pivot* as a response to constantly shifting guidelines, recommendations, and mandates was nothing short of amazing. Residents, families, and staff members have showcased their flexibility and resiliency in such a way that can make us all proud.

Maybe it wasn't a dumpster fire after all. Maybe it was more of a prairie fire that scorches the earth and soon brings new green life in its ashes.

My word for 2021 is *connection*. I am hoping to concentrate on connection to myself, my family and friends, and to the community around me. Will you choose a word, goals, or resolution? Whatever it is, I hope it brings you comfort and inspiration as we enter the brave new world of 2021.



Meet Your Neighbor

**Mary Lou Wilson,
2015 Meadowlark
Road #1**

by Becky Fitzgerald

As the only child of dairy farmers, the former Mary Lou White was given much responsibility at an early age. She milked 18 cows by hand, delivered bottled milk door-to-door to Ottawa County customers, and by 13, she was trusted to work alone at her parents' cream station.

"We bought cream and milk from the local farmers, tested it, and then shipped it to Superior, Nebraska," explained the now 92-year-old. She attended Minneapolis, Kan., schools and studied to be a kindergarten teacher at Emporia State Teacher's College.

While working at the cream station during the summer of 1947, she met the man who would become her husband four years later. Thomas Richard "Dick" Wilson had moved to Minneapolis after graduating from Culver High School, and he soon was drafted into the U.S. Army, prompting a long-distance courtship and engagement. After finishing basic training in Arkansas at Camp Chaffee, Dick and Mary Lou were married in June of 1951 at the camp chapel before he left for Korea. He was honorably discharged in time to celebrate their first wedding anniversary.

Mary Lou taught kindergarten for three years in Minneapolis, and then for another three years in Ottawa, where the first of three girls was born. Dick's longtime job with 7-Up Bottling Co., spanned their time

See NEIGHBOR, page 3



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 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.

Happy Birthday, Ruth!

Ruth Wells is celebrating a big birthday on Tuesday, Jan. 5, 2021! If you would like to send a card to Ruth to help her celebrate, please call the Hospitality Desk at (785) 323-3847 to have your card picked up to be delivered to Ruth's door.



NEIGHBOR, from page 1 in Olathe, Fort Scott, and a return to Olathe.

After Dick retired, the Wilsons moved to Wamego to be near their daughters. At the time of Dick's passing in 2009, their oldest daughter lived in Topeka, and the other two resided in Alma. Mary Lou said their oldest daughter died a few years ago after "lifelong health issues."

Mary Lou's family has grown to include five grandchildren, 15 great-grandchildren and five great-greats. She shares her westside garden apartment with Halo, a female fox terrier, which has provided good companionship during these close-to-home days of COVID-19. "Being a farm girl, I have always had an animal of some kind."

She moved to Meadowlark in late October. "My age caught up with me. I had been sick, and my daughter Marilyn was worried about me being alone, so she put in an application (for her mother's residency)," Mary Lou said.

"I heard about Meadowlark through some friends, and a few years ago, I attended a luncheon here with a group of widows. I thought it was a nice place."

Mary Lou's hobbies have included embroidery and gardening. She hopes to set up a container garden on her patio next summer.

Art Engagement *from the* **Beach Museum of Art**

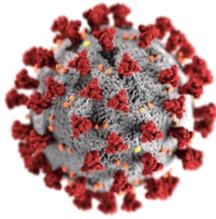
What color is snow? White of course. We see white because light (which includes all colors) hits the ice crystals in snow and reflects back all of the colors, which, together look white. However, as the sunlight changes angles and shadows appear, we may observe blues, purples and pinks in the snow. Thus, when an artist wants to paint snow, she needs to paint the colors her eye captures, not what she expects to see. As you enjoy the two oil paintings here, what colors of snow do you see? What differences do you notice in how each artist painted snow? Then, turn your attention to the skies. The same idea may apply, as well.



Lisa Grossman
Midwinter, 21st
century
Oil on canvas
KSU, Marianna
Kistler Beach
Museum of Art,
gift of Richard D.
Olson Estate,
2014.473



Shirley Smith, *Kansas Gate Posts*, 1985, Oil on canvas
KSU, Marianna Kistler Beach Museum of Art, gift of Nancy Landon
Kassebaum Baker, Burdick, Kansas, 1998.5



Perseverance, Advocacy, & Grace:

a Review of 2020 at Meadowlark



March 13, 2020 @ 2 p.m.

- Visitors prohibited in main building
- All exterior doors locked
- Campus activities canceled
- Fitness Center closed
- Restaurant & Café closed; delivery service only
- Limited transportation
- Staggered salon appointments
- Initiated weekly wellness calls to IL residents
- Group gatherings discouraged

March 15, 2020

Temperature stations put in place for staff to self-screen prior to beginning their shift

March 19, 2020

Closed Kimball Avenue entrance



April 1, 2020

- Check Point Station at Tuttle Creek Boulevard entrance operational & all visitors prohibited
- Asked IL residents to not have items delivered by friends or family
- All deliveries routed to the Village Entrance then distributed by the Delivery Team

April 6, 2020

- All staff members required to wear masks on Meadowlark's campus
- N95 mask fist testing begins for staff in regulated areas

April 10, 2020

All resident deliveries now received at the Check Point Station then delivered to resident doors/households by Delivery Team members

March 14, 2020

- COVID-19 Training Program initiated for all new hires
- Therapy gym (in Miller Place) closed
- All furniture and non-essential items removed from employee breakroom
- Group activities and communal dining suspended in households

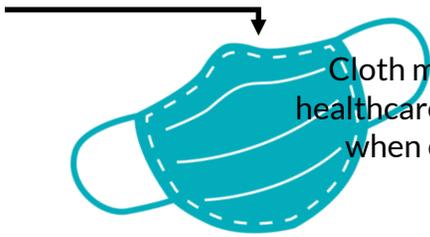
March 16, 2020

- Re-keyed all exterior doors to main building
- Hospitality Desk staffed 24 hours a day
- Closed Pizazz Salon
- Began planning process for virtual programming to be delivered through Channel 1960 (Touchtown)
- Initiated additional Meadowlark Messenger publication (Mondays & Thursdays)
- Postponed all campus tours
- Recommended all cottage and duplex exercise caution and limit visitors to their homes

March 20, 2020

- Virtual Programming begins on Channel 1960
- Requested IL residents avoid gathering in groups and remain home
- Asked IL residents to communicate any plans for leaving campus to staff





April 14, 2020

Cloth masks distributed to residents in healthcare, assisted living, and home plus when out of rooms and receiving care

April 20, 2020

Hospitality Desk staffed from 6 a.m. to 10 p.m.

May 4, 2020

State & county phased re-opening plans begin

May 12, 2020

Meadowlark receives 1,000 surgical masks from Camso, a manufacturing plant in Junction City

June 1, 2020

- Pizazz Salon opens for IL residents with safety precautions and mask requirement
- Transportation options expanded to include: personal vehicle with screening completed upon return; ML transportation to medical appointments; and friend or family member pick up at the Check Point Station

June 29, 2020

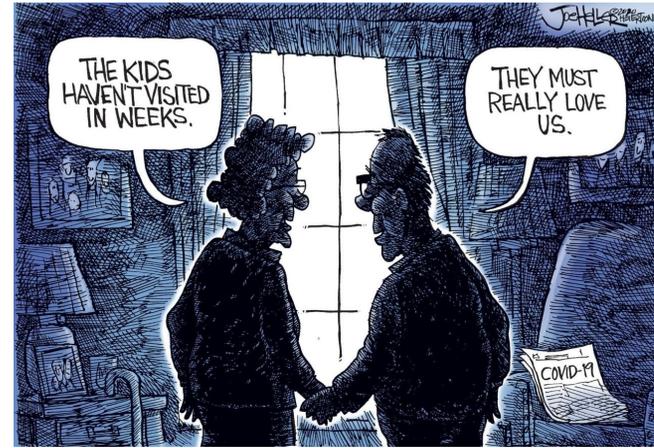
- All IL visitation suspended
- Return to health & safety maintenance requests
- Salon remains opens with precautions in place

July 3, 2020

Statewide mask mandate begins: Riley County upholds mandate; Geary and Pottawatomie Counties opt out

July 28, 2020

Limited IL visitation re-instated for cottages, duplexes, and garden apartments re-instated



May 25, 2020

Launched "My Mask is for Meadowlark" t-shirt campaign

June 15, 2020

Meadowlark received no-contact hand sanitizer stations from the Greater Manhattan Community Foundation through the COVID-19 Recovery Fund

June 16, 2020

IL residents living outside the main building can have limited visitors in their homes: one scheduled & consistent person per duplex/apartment; visitor cannot change week to week; visitor must complete a screening at the Check Point Station

July 17, 2020

Outbreak identified at Meadowlark in long-term care: 8 staff & residents

August 3, 2020

Kitchen Renovation & Dining Expansion Project completed



August 24, 2020

- In-person Exercise Classes begin in new Event Center with limited capacity, prior registration, and masks required
- Initiated planning and sign-ups for Thursday evening Dinner Theaters beginning in September



September 21, 2020

- Fitness equipment available for use in the Community Room with masks and prior registration
- Movie showings resume with chairs spaced out and masks required
- Exterior door keys functional again—access to Village Entrance door, West door, & Breezeway

November 12, 2020

Meadowlark Scenic House closed temporarily

November 20, 2020

In-person programming canceled

December 18, 2020

First positive COVID-19 case identified in independent living

December 19, 2020

- IL residents expected to self isolate
- Common areas in main building closed
- Friends & family not permitted to pick residents up from campus
- Meadowlark transportation only available for necessary medical appointments
- Any IL resident who leaves campus for any reason will be expected to complete a 10-day quarantine in their home
- Housekeeping services suspended
- Maintenance requests limited to health & safety items only
- IL residents asked to watch for symptoms

August 13, 2020

Visitor limitations to IL cottages, duplexes, & garden apartments relaxed: up to two visitors at a time, number of days each week are not restricted, & a consistent visitor from week to week is no longer required

September 14, 2020

- In-person Bingo offered each Monday evening
- First IL Resident Council meeting since

September 20, 2020

In-person Worship Service begins

October 5, 2020

Special Programs team returns to campus to live classes; virtual opportunities continue

November 11, 2020

Hospitality Desk staffed from 8 a.m. to 9 p.m.

November 16, 2020

Personal training & massage therapy suspended

November 23, 2020

- Visitation to duplexes, cottages, & garden apartments suspended
- Special Programs off campus—return to virtual programming only

December 21, 2020

- Check Point Station reduced to one entry lane and one exit lane
- Quarantine Notices initiated for any IL resident who leaves campus for any reason
- Staff request residents contact staff if there is a necessary and unavoidable reason to leave Meadowlark

December 24, 2020

Meadowlark's Clean Air Campaign launched with the Butler Family Community Foundation and Howe Family Foundation through the Greater Manhattan Community Foundation

PRAIRIE STAR RESTAURANT

Restaurant Hours
Breakfast is available from 7 to 10 a.m.
Lunch & Dinner available
Monday to 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	Jan. 3 ~ Lunch \$12	Dinner \$12
	Chicken Fried Steak Mashed Potatoes & Gravy Vegetable du Jour	Fried Chicken Drumstick Macaroni & Cheese Vegetable du Jour
MONDAY	Jan. 4 ~ Lunch \$10	Dinner \$12
	Tamale Pie Black Beans Rice	Meatloaf <i>with Glaze</i> Scalloped Potatoes Vegetable du Jour
TUESDAY	Jan. 5 ~ Lunch \$10	Dinner \$12
	Chicken Salad Melt Vegetable du Jour	Pork Stew <i>with Root Vegetables</i> Cornbread Vegetable du Jour
WED.	Jan. 6 ~ Lunch \$10	Dinner \$13
	Spaghetti <i>with Beef & Sausage</i> Garlic Toast Choice of Vegetable	Chicken Roulades <i>with Wild Mushrooms & Sherry Sage Sauce</i> Wild Rice Vegetable du Jour
THURS.	Jan. 7 ~ Lunch \$10	Dinner \$12
	Philly Beef Sandwich French Fries Choice of Vegetable	Roast Turkey <i>with Bread Dressing</i> Mashed Potatoes & Gravy Vegetable du Jour
FRIDAY	Jan. 8 ~ Lunch \$10	Dinner \$15
	Fish & Chips Coleslaw	Trout Almandine <i>with Tartar Sauce</i> Roasted Red Potatoes Vegetable du Jour
SAT.	Jan. 9 ~ Lunch \$10	Dinner \$14
	Chili Dog Tater Tots Choice of Vegetable	Shrimp Fettucine Alfredo Garlic Toast Vegetable du Jour



Meadowlark Entertainment Guide

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

Saturday, Jan. 2

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 – 1930s: The Troubled Decade, <i>Session One</i>
1:00 p.m.	(Re-run) The Judds: Docuseries, Ep. 1— <i>Naomi's Secret</i>
2:00 p.m.	Band Bust Exercise Class
3:15 p.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO

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.

Sunday, Jan. 3

9:00 a.m.	Sweat It Out Exercise Class
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, Jan. 4

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

Solution from 12/24

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

Virtual Programming (via Zoom)

Monday, Jan. 4

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