



MEADOWLARK

Messenger

Jan. 4, 2021

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*

Choose Your Word of the Year



#1, Reflect. Answer the following questions. Jot down the first thing that comes to mind, no self-editing.

Once you review your responses, you will have a better sense of the direction you would like to go, or what you feel may be lacking in your life.

What could I use more of in my life? _____

What could I use less of in my life? _____

What characteristics would I like to have? _____

By the end of the day, I feel _____

How do I want to feel? _____

#2, Visualize. The emphasis here is *feel*. What does the perfect day *feel* like? How do you want your morning routine to feel, how do you want to feel throughout the day, and right before you go to bed?

You can also meditate or sit in silence for a couple of minutes and ask yourself, "What word do I want to focus on in 2021?"

See WORD, page 4

Gerontology 101: Recruiting Mentors for Spring 2021

Gayle Doll has been teaching gerontology to senior level K-State students for more than 20 years, the majority of those years with mentors from Meadowlark Hills. This year looks very different than years past, but she is still wanting to provide this intergenerational activity for her students. If you are interested in connecting with students in a ZOOM classroom, please contact Gayle at gdoll@ksu.edu or by calling (785) 456-4903. You would be involved two times a month, likely on Tuesday afternoons for one hour, starting in February. Detailed instructions for online learning will be provided.

NEW! on Ch. 1960

The Judds: A Docuseries
Jan. 5 at 6 p.m.

Tune into *Hurricane Wynonna*, the second episode of our six-part series. The documentary follows the duo on their final concert tour and explores their mother-daughter relationship.

1930s: The Troubled Decade
Jan. 9 at 10:30 a.m.

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 second class crosses the Atlantic and focuses on Europe and its response to the economic dislocation, most notably the rise of fascism in Germany and the Stalinist Revolution in Soviet Russia.

Session two will air at 10:30 a.m. Saturday, Jan. 9, on Channel 1960. One re-run of the session will air at 9 a.m. Tuesday, Jan. 12.

Q&A Summary with Lonnie Baker



Lonnie Baker, CEO, addressed questions in his most recent video update, which aired Thursday, Dec. 31. A summary of those answers are below. Lonnie's next message will premiere at 12:30 p.m. Friday, Jan. 8. If you have a question you would like him to address, please

email Sarah Duggan at: sguge@meadowlark.org or call (785) 323-3878.

Although the COVID-19 Vaccine Clinic is scheduled for Jan. 2 to administer the first dose of the two-step injection, this does not mean we will

drop all precautions. Everyone should continue to wear masks, stay home as much as possible, and socially distance from others. We are remaining closed to visitors.

Another door-to-door trash service date and time has not been scheduled at this time.

If you feel like you should have a COVID-19 test completed or are experiencing symptoms, contact your primary care doctor to discuss your options.

You are encouraged to keep family members updated with information communicated via Channel 1960 and in the Meadowlark Messenger.

Lastly, mark your calendar for Saturday, Jan. 23. This is when the second dose of the vaccine will be administered.

Stay Informed

Housekeeping and laundry services have resumed at this time.

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 remains closed.

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

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.

Tune into Channel 1960 and read the twice-weekly Meadowlark Messenger for updated information regarding Meadowlark's COVID-19 response and procedures.

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.



Meadowlark Entertainment Guide

Tuesday, Jan. 5

9:00 A.M.	<i>(Re-run)</i> Osher Course – 1930s: The Troubled Decade, <i>Session One</i>
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. 2 <i>Hurricane Wynonna</i>

Wednesday, Jan. 6

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
2:00 p.m.	Weights 101 Exercise Class

Thursday, Jan. 7

9:00 a.m.	<i>(Re-run)</i> MEOW <i>(Memory Program)</i>
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

Friday, Jan. 8

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	Channel 1960 News
12:30 p.m.	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.	<i>(Re-run)</i> Channel 1960 News
5:30 p.m.	<i>(Re-run)</i> Meadowlark Update with Lonnie Baker, CEO

Ice Cream Treat!

Substitute a Chocolate Éclair Ice Cream Bar for your dessert when you order a special or order it at anytime for just \$2!



Virtual Programming (via Zoom)

Tuesday, Jan. 5

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, Jan. 6

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