



Investing in Cleaner Air

Biotechnology to enhance Meadowlark environment

by Becky Fitzgerald

With 10 days remaining in the Meadowlark Clean Air campaign, about \$77,000 has been donated in response to the promise of \$100,000 in matching funds from two family foundations. The Butler Family Community Foundation and the Howe Family Foundation each pledged \$50,000 prior to Christmas 2020, requesting that gifts arrive by Jan. 31, 2021, to be matched \$1 per \$1. These family foundations are supporting organizations of Greater Manhattan Community Foundation.

As of Jan. 18, 28 couples, individuals, and/or businesses have invested in Meadowlark's plan to

equip licensed living areas and community spaces with the Synexis Biodefense System. 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. Synexis offer three devices to create DHP, and the company's engineers determined their Sphere unit is the best option for Meadowlark. Spheres can be mounted on a wall or placed on a stand to allow ease of movement from one area to another. For optimal air quality, Meadowlark requires 132 Spheres.

The announcement of the campaign and news of a technology with which many were unfamiliar has

See CLEAN AIR, page 2

CLEAN AIR, from page 1

prompted discussion. Here are the most frequently asked questions and their answers:

How does DHP work?

Every indoor environment naturally contains ambient oxygen and humidity. The Synexis patented technology breaks these molecules apart and reassembles them into DHP. Since all microbes require water from the environment to live, they attach themselves to DHP molecules (which are similar in structure to water) for survival. Once it's attached, DHP breaks down the microbe's outer cell membrane, leading to its destruction. So long microbe!

Is DHP safe?

The short answer: Yes! Here's a longer answer from Jim Lee, inventor of DHP technology and founder of Synexis.

"DHP is a completely non-aqueous form of hydrogen peroxide composed of individual hydrogen peroxide molecules in the gas phase of matter. DHP exhibits near-ideal gas behavior and is deployed at an equilibrium concentration between 5 and 25 parts per billion, which is 50 times lower than OSHA's safety limit – 1 part per million -- for hydrogen peroxide. DHP cannot build up to unsafe levels because at concentrations above 25 parts per billion, polar DHP molecules are so closely spaced in the air that they are attracted to each other and decompose each other into the same oxygen and humidity from which they were made."

Meadowlark posed this question to John Henneman, who serves as Director of Biocontainment Operations at Biosecurity Research Institute on the K-State campus. Henneman said his research into DHP began nearly a year ago.

"Any concentration of hydrogen peroxide is pulled from existing air. This meant to me that the concentration was controlled and would not change over time. I think the system is extremely safe, and if anything, will actually benefit people's health over time."

Does DHP kill coronavirus?

In laboratory testing, DHP was found to successfully mitigate the MS2 virus, which is used

as a surrogate for the SARS-CoV-2 virus, which causes COVID-19. The smaller MS2 virus is harder to destroy than SARS-CoV-2. The data shows efficacy for both air and surfaces in reduction of MS2.

DHP also has been proven to be effective against Influenza A, MRSA (staph), and black mold. Synexis devices also are successful in reducing unpleasant odors and insects.

Are other businesses or organizations using DHP?

Close to home, Kansas State University has successfully used this exact biotechnology for a couple of years to fight mold, but expanded their deployment plan early last year with the threat of COVID-19. According to Derek Jackson, Director of Housing and Dining, Synexis units have been deployed in the residence halls, recreation center, dining facilities, locker rooms, Lafene Health Center, and living quarters for quarantined students.

"At Lafene, we saw no transmission of COVID to the staff from COVID-positive students," he said.

Henneman with BRI said he has a Sphere in his office, and larger Synexis units have been installed in BRI's larger spaces.

Elsewhere, there are more than 25 hospitals using this technology in five states, as well as the Phillipines and Guatemala, with Emory University Hospital in Georgia and George Washington University Hospital in Washington, D.C., being two of the most notable. William Kapp, MD, is the Chairman and Founder of Landmark Hospitals with several locations in Florida writes:

"We have employed synexis in our Naples, Fla., hospital for the past 3.5 years. During that time we have performed 3,500 surgical cases involving orthopedics, general surgery, plastic surgery, and ENT. We are a leader in joint replacement, having performed over 2,000 joint replacements during this time period. I am happy to report that due to Synexis, we have not had one single post-op infection over the past 3.5 years."

At the Pentagon, Synexis units have been placed in the Joint Chiefs of Staff's Office, the Sensitive Compartmented Information Facility, and all critical meeting spaces throughout the Pentagon. Lt. Chad Kahl, the Pentagon's Chief Medical Officer, reports that employees have tested

positive for COVID-19, but there has been no transmission of the virus between individuals within the Pentagon.

At Meadowlark, Synexis Spheres will be placed in high traffic areas, such as hallways, meeting spaces, dining areas, etc. Each Sphere protects 1000 square feet. Meadowlark leadership does not see DHP as a substitute for regular hand-washing, disinfection of high-touch surfaces, and vaccinations, but rather believes this is another viable option to combat microbes that yearly threaten our at-risk population.

John Henneman agrees: "The Synexis system is not the end all, cure all to our current pandemic problem. It is a tool in our arsenal to reduce risk of

exposure to viruses and bacteria."

Meadowlark Foundation and the team at Greater Manhattan Community Foundation are grateful for those who have chosen to invest in cleaner indoor air at Meadowlark. Want to join the campaign? 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.

Please contact Becky Fitzgerald at (785) 323-3843 with any additional questions.

Lifetime Learning opportunities

Meadowlark and UFM Community Learning Center are partnering to offer lifetime learning classes in Spring 2021. Meadowlark will be sponsoring select UFM Lifetime Learning classes.

UFM has a wide selection of courses, developed by the same UFM team that organized the Osher classes in Manhattan. Charlene Brownson will continue to be your contact for questions or enrollment assistance. Some courses are planned for live presentation, others by Zoom. Meadowlark residents may participate in the four classes held at/sponsored by Meadowlark at no cost. Passport members may attend with a 20-percent discount.

Classes are now open for enrollment. Call UFM at (785) 539-8763 and let them know you want to register. If the office is not open, leave a message and staff will call you back. Class size for Meadowlark courses is limited to 50 people.

Free classes available Meadowlark residents:

~ **True Stories of Adoptions and Reunions - Kellee Parr**, Tuesday, February 9 & 16; 3:30 to 4:30 p.m.

~ **A Drive Through Manhattan's African American History - Cheryl Collins, RCHM**, Thursday, February 18, 1 to 2 p.m.

~ **Commerce on the Kaw: Exploring the History of Manhattan's Main Street - Allana Parker, RCHM**, Thursday, March 25, 1 to 2 p.m.

~ **Leadership in World War II - Robert Smith**, Wednesday, March 24, 31, & April 7; 6:30 to 8 p.m.

Creating Mindful Memoirs Group

Practice telling stories from your real life with K-State Drama Therapy students. The purpose of the group is to create connections with peers through shared storytelling experiences. In this group, we will develop oral storytelling techniques, participate in relaxation and mindfulness activities, and explore questions that add meaning and depth to our stories and lives.

Examples of activities include reading and discussing poetry, memoir story prompts, guided drawing and art projects, and sensory-based prompts (music, images, smells, texture, etc.).

The group will meet on Mondays and Fridays, beginning Jan. 25 from 10:30 to 11:30 a.m. and will conclude April 26. Attendance at every meeting is not required. This opportunity is being sponsored by Meadowlark Special Programs. **This is a virtual class that will be offered via Zoom.** Please contact Bridget Larkin at blarkin@meadowlark.org or (785) 323-3837 if you are interested in participating.

Grateful for Support

submitted by Ron Williams on behalf of Betty Love
Scott Love, son of Nelson and Betty Love passed away on Jan. 19, 2021 from Covid-19 complications. Betty lives on the first floor here at Meadowlark. She is grateful for her friendships and support here at Meadowlark.

UPDATED: Stay Informed

- ✓ Effective today, Jan. 21, maintenance and IT work order requests return to normal operations and are no longer limited to health and safety issues only.
- ✓ All independent living residents should exercise caution when outside of their residence. Masks are required when outside of your apartment, cottage, or duplex. Keep a minimum of six feet between you and others.
- ✓ Stay home as much as possible. Do not leave campus unless absolutely necessary. If you have a necessary and unavoidable reason to leave, first contact Jayme Minton, Support Services Director, at (785) 313-0454.
- ✓ Private transportation can once again be utilized by independent living residents. Friends or family can pick up a resident at their duplex, cottage, garden apartment, or the Village Entrance. The person must wear a mask and remain in the vehicle while on Meadowlark's campus. *Leaving campus regardless of the mode of transportation will still result in a 10-day quarantine.*
- ✓ 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 remains closed to all visitors. Do not gather with others on campus.
- ✓ Meadowlark transportation is limited to necessary medical appointments, only.
- ✓ Pizazz Salon has re-opened To make an appointment call (785) 323-3847.
- ✓ The fitness equipment is available once again for use in the Community Room. Appointments must be made to utilize the equipment. Call (785) 323-3847 to schedule your exercise time.
- ✓ 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 handwashing.

If you must leave your home, mask up.



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.

Seek medical attention immediately if you experience any of the following: difficulty breathing, persistent pain or pressure in chest, new confusion, inability to stay awake, bluish lips or face.

From the Land of Kansas

by Polly Ferrell

The Kansas farm family is always looking for ways to add some much needed income. Selling some of the harvest in a new and unique style led to the current popularity of value added retail products.

Farmers Markets are popular all over the state, with local persons displaying and selling garden produce, tantalizing foods and hand crafted items, too. A Saturday morning trip to 3rd and Leavenworth in Manhattan is a great weekend adventure and you are sure to come home with great tastes from the kitchens and farms of the area.

“From the Land of Kansas” is the state trademark program promoting and celebrating agricultural products grown, raised or produced in Kansas.

Shop local merchants and when you find the insignia of a golden head of wheat on a blue medallion background that’s a Kansas winner. If on-line shopping is more to your liking go to fromthelandofkansas.com and order your soon to be favorites. My Arizona and California families are still talking about their Christmas gifts of Bar du Soleil dark chocolate candy bars with sunflower seeds and sea salt.

Or make it easy on yourself. Just pick up the phone and call our Prairie Star number for a self-serve bear jar of Meadowlark Honey, made by MLH bees using MLH floral offerings. Now that’s homemade.

Remember the January 29th Kanas Pioneer Dinner — at noon, delivered directly to your door. The special listed on page 7 includes the starter and dessert. Umm Good!

Work That Brain!

Famous Jazz Musicians

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

WATROUS
MORTON
MARSALIS
BRUBECK
ARMSTRONG
SHUUR
SEVERINSEN

KRUPA
FERGUSON
DORSEY
RICH
GOODMAN
CONNICK
MANGIONE

BASIE
SINATRA
HERMAN
MILLER
SANDOVAL
BENSON

Solutions from 1/14

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

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

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. 24 ~ Lunch \$12	Dinner \$12
	Roast Turkey with Cornbread Dressing Mashed Potatoes & Gravy Vegetable du Jour	Lasagna Garlic Toast Vegetable du Jour
MONDAY	Jan. 25 ~ Lunch \$10	Dinner \$12
	Fried Pork Tenderloin Sandwich Potato Salad Choice of Vegetable	Stir Fry Chicken Steamed Rice Vegetable du Jour
TUESDAY	Jan. 26 ~ Lunch \$10	Dinner \$12
	Beef Burgundy Crepes Wild Rice Choice of Vegetable	Swedish Meatballs Noodles Vegetable du Jour
WED.	Jan. 27 ~ Lunch \$10	Dinner \$14
	Honey Lime Baked Chicken Wings Pasta Salad Choice of Vegetable	Braised Beef Brisket Potato Pancake Vegetable du Jour
THURS.	Jan. 28 ~ Lunch \$10	Dinner \$12
	BLAT Sandwich Sweet Potato Fries Coleslaw	French Onion Chicken Scalloped Potatoes Vegetable du Jour
FRIDAY	Jan. 29 ~ Lunch \$10	Dinner \$15
	Kansas Day Dinner Special: Fried Chicken, Mashed Potatoes & Gravy, Corn on the Cobb Cucumber & Tomato Salad, Sliced Bread & Butter, and Slow Churned Ice Cream	Stuffed Sole with Crab & Roasted Red Pepper Sauce Rice Pilaf Vegetable du Jour
SAT.	Jan. 30 ~ Lunch \$10	Dinner \$15
	Shepherd's Pie Choice of Vegetable	Steak Baked Potato Vegetable du Jour



Meadowlark Entertainment Guide

Friday, Jan. 22

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	NEW! Channel 1960 News NEW! 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) Channel 1960 News (Re-run) Meadowlark Update with Lonnie Baker, CEO
6:00 p.m.	Dwight Yoakam: <i>Full Concert</i>

Saturday, Jan. 23

9:15 a.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO
9:30 a.m.	Band Bust Exercise Class
10:30 a.m.	NEW! Osher Course – Beauty of the Past, <i>Session 1</i>
1:00 p.m.	(Re-run) The Judds: Docuseries, Ep. 4— <i>Naomi Tells Her Secret</i>
2:00 p.m.	Band Bust Exercise Class
3:15 p.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO

Virtual Programming (via Zoom)

Monday, Jan. 25

1:45 p.m.	Parkinson's Voice Class URL: https://us02web.zoom.us/j/82844488642 Meeting ID: 828 4448 8642
2 p.m.	Change & Loss Support Group Email Kathleen for log-in info at kspearman@meadowlark.org .

Sunday, Jan. 24

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
2:00 p.m.	(Re-run) Worship Service with Chaplain Patty Brown-Barnett
3:00 p.m.	Guided Meditation with Kathleen Spearman, LMSW
3:30 p.m.	Chair Yoga

Monday, Jan. 25

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

Dwight Yoakam: Full Concert

Jan. 22 at 6 p.m.

Channel 1960 will air a full concert with Dwight Yoakam at 6 p.m. Friday, Jan. 22. The performance is from Oct. 4, 2015 and was recorded in Austin, Texas.

Beauty of the Past

Jan. 23 at 10:30 a.m.

At 10:30 a.m. Saturday, Jan. 23, Channel 1960 begins its final Osher Course, *Beauty of the Past*.

Life was definitely hard in the mid-19th century, but certain parts of life in those days were outright beautiful. What designers, craftsmen, and artisans of this era seemed to love was a variety of romantic and dramatic elements, sometimes expressed in even the most utilitarian of items. The images and objects we will study in this series will demonstrate the sheer creativity and whimsy of the time, evident in everything from everyday household items, clothing, fashion accessories, hairstyles, and even penmanship.

James Charles Munce, #1 Mending Vestments, 1994, Etching on paper, KSU, Marianna Kistler Beach Museum of Art, Friends of the Beach Museum of Art purchase, 1998.183