

## Resilience and Hope

### *Survey Finds Older Adults Coping Well with Pandemic Compared to Other Groups*

by Bridget Larkin, LMSW & Kathleen Spearman, LMSW

Although loneliness and isolation are serious issues facing older adults during the current pandemic, it seems like it is all we hear about when this population is discussed in the media. However, an August 2020 survey published by the CDC found older adults appear to be coping better than individuals in younger age groups. Specifically, survey participants, classified as older adults, reported lower percentages of anxiety disorder, depressive disorder, and trauma- or stress-related disorder. Older adults also reported lower rates of substance abuse and suicidal ideation. These survey findings are similar to reports from other countries such as Canada, the Netherlands, and Spain.

So what makes older adults skilled at coping with difficult situations? Mark Brennan-Ing, senior research scientist at Hunter College's Brookdale Center for Healthy Aging, wrote:

*"There's crisis competence. As we get older, we get the sense that we're going to be able to handle it, because we've been able to handle challenges in the past. You know you get past it. These things happen, but there's an end to it, and there's a life after that."*

Another factor is resilience. If you have ever heard the phrase, "You can't teach an old dog new tricks," you may have been \*justifiably\* frustrated! Rightfully so. Research time and time again has shown that not only is the older adult population typically very resilient, but older adults also have the capacity to learn new skills that promote resilience! According to a research article published from The University of Arizona, there are three "hallmarks" of resilience: the ability to recover from adverse situations, the capacity to move forward in life with sustained purpose, and the tendency to grow "stronger from stressful experiences" (2017). The article also highlights several ways older adults can foster resilience if they believe they may need "more" of the psychological trait. Notable ideas include: building on personal relationships, living an active and healthy lifestyle, and seeking moments of gratitude. All of this research points to how incredibly adaptable older adults are when facing hard times.

"Those who live  
the longest have  
been found to be  
resilient."

Erica Edwards, MSW, John Hall, PhD, & Alex Zautra, PhD, 2017

*The following journal prompts can be  
helpful for exploring your own resilience.*

- Why do you think you have lived such a long life?
- How would you describe your relationships with your friends/family/neighbors?
- How do you handle change in your life?
- What are you the most proud of?

*\*We acknowledge everyone's experience with coping is different. Please reach out to your doctor or Meadowlark social workers at (785) 323-3837 if you have concerns about your mental health.*

**Sources:**

<https://www.psychologytoday.com/ca/blog/the-psychology-aging/202101/how-is-the-pandemic-affecting-the-mental-health-seniors>

<https://nursingandhealth.asu.edu/sites/default/files/resilience-in-aging.pdf>

[https://www.uofazcenteronaging.com/sites/default/files/resilience\\_in\\_aging.pdf](https://www.uofazcenteronaging.com/sites/default/files/resilience_in_aging.pdf)

## NEW! on Ch. 1960

### The Judds: A Docuseries

Jan. 26 at 6 p.m.

Tune into *Demons in the City of Angels*, episode five of our six-part series. The documentary follows the duo on their final concert tour and explores their mother-daughter relationship.

### Kansas People, Kansas History

Jan. 29 at 11:05 a.m. & 6 p.m.

Channel 1960 will air an hour-long documentary titled, *Kansas People, Kansas History* in honor of Kansas Day. This presentation is from 2012. There are two opportunities on Friday, Jan. 29, to watch—11:05 a.m. and 6 p.m.

### Beauty of the Past

Jan. 30 at 10:30 a.m.

At 10:30 a.m. Saturday, Jan. 30, tune in for the second session of the 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.

Though lifestyles have changed since then, we will gain an appreciation of the ways that an often-difficult life of the mid-19th century was made more pleasant through the decorative arts. These fashion elements and trends were inspired by movements such as the Greek, Gothic, and Rococo Revival styles, Exotic Revival and others.

New episodes of this three-part education opportunity premiere at 10:30 a.m. each Saturday. Re-runs will air the following Tuesday at 9 a.m.

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### Card Shower for Theda

Theda Loehr is celebrating her 90<sup>th</sup> birthday on Saturday, Jan. 30! You're invited to send her a card or give her a call to help her celebrate this special day! Please call the Hospitality Desk at (785) 323-3847 if you have a card you'd liked to be picked up, to be delivered to Theda.

### Ice Cream Treat!

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

### Q&A Summary with Lonnie Baker, CEO



Lonnie Baker, CEO, addressed questions in his most recent video update, which aired Friday, Jan. 22. A summary of those answers are below. Lonnie's next message will premiere Friday, Jan. 29, following the noon edition of Channel 1960 News. If you have a question to submit, please email Sarah

Duggan at: [sguge@meadowlark.org](mailto:sguge@meadowlark.org) or call (785) 323-3878.

Within seven to ten days following your second dose (booster) of the Pfizer COVID-19 vaccine, you are 96-percent protected from the novel coronavirus. Meadowlark is on the frontside of receiving the vaccine in the state of Kansas. Many other facilities in the state haven't received theirs yet.

Unfortunately, Riley County is still seeing a high number of positive cases and the hospital continue to care for positive patients. Hopeful that we will see this drop off soon as we distance ourselves from the holiday season when people were likely gathering with others.

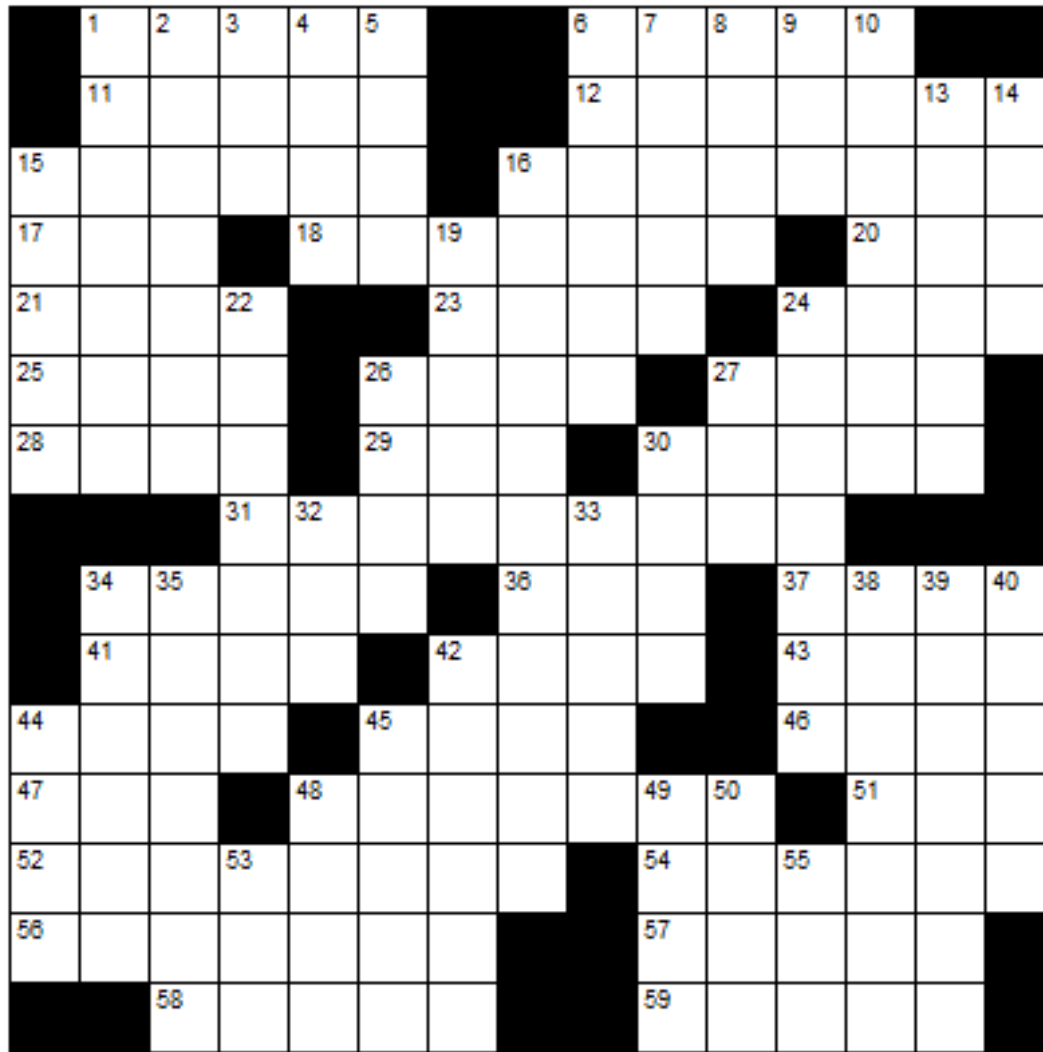
To reach herd immunity, 85-percent of the population will have to be vaccinated. As a country, we will get through the first wave of vaccinations for people who are willing to receive it. The next step will be to educate and encourage those who have opted out thus far to receive the vaccine.

**Will staff be required to vaccinate?** No—Meadowlark staff are not required to vaccinate. For some, opting out is a faith issue and others are truly concerned about receiving it. However, as an organization we are working to do all we can to educate people on the facts of the COVID-19 vaccine.

**How many residents declined the vaccine?** There are less than ten residents (or their family, depending on area of living/level of care) in the first round that decided they did not want to take it. There are others that had recent exposure to a positive case, a medical reason their doctor said they should not take it, or a conflicting recent vaccination (like shingles, etc).

**Are new residents required to vaccinate before they move in?** No—we do not and won't mandate that new residents be vaccinated. Just like we won't mandate any current residents receive a vaccine. There is still limited availability for the general public.

# Work That Brain!



## ACROSS

1. Small fatty European fish
6. Past
11. Nigerian monetary unit
12. Submissive
15. Dissipate
16. A closed carriage with 4 wheels
17. Aft
18. She plays roles
20. A leg (slang)
21. An upright in a wall
23. Seven days
24. L L L L
25. Protagonist
26. Hobbling gait
27. Run away
28. Angers
29. Historic period
30. Surpluses
31. Opulent
34. Successors
36. Half of a pair
37. Frozen
41. Not closed
42. Anagram of "Sire"
43. Unrestrained revelry
44. Arab chieftain
45. Hissy fit
46. A noble gas
47. Record (abbrev.)
48. Obsolete
51. Consumed food
52. A type of metal (American sp.)
54. Free
56. Hypodermic
57. 60s dancers
58. Borders
59. The male reproductive cell

## DOWN

- |                 |                         |                                |
|-----------------|-------------------------|--------------------------------|
| 1. Brandy glass | 5. After-bath powder    | 27. Grippe                     |
| 2. Grazing land | 6. Not awake            | 30. "Comes and ____"           |
| 3. Tear         | 7. Vacuum bottle        | 32. A large vase               |
| 4. Region       | 8. Sailors              | 33. Pieces                     |
|                 | 9. Biblical first woman | 34. Lacking in physical beauty |
|                 | 10. Curl                | 35. Gourmet                    |
|                 | 13. Balances            | 38. Craftsman                  |
|                 | 14. Skirt lines         | 39. Self-importance            |
|                 | 15. Fish broth          | 40. Units of force             |
|                 | 16. Cremation chamber   | 42. Results                    |
|                 | 19. Simpleton           | 44. Historical periods         |
|                 | 22. File                | 45. Burn slightly              |
|                 | 24. Evasion             | 48. Little dent                |
|                 | 26. Precious stones     | 49. Hens make them             |
|                 |                         | 50. Let go                     |
|                 |                         | 53. Central                    |
|                 |                         | 55. Eon                        |

### Solution from 1/18

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



# Meadowlark Entertainment Guide

## Tuesday, Jan. 26

9:00 A.M.	<i>(Re-run)</i> Osher Course – Beauty of the Past, <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. 5 <i>Demons in the City of Angels</i>

## Wednesday, Jan. 27

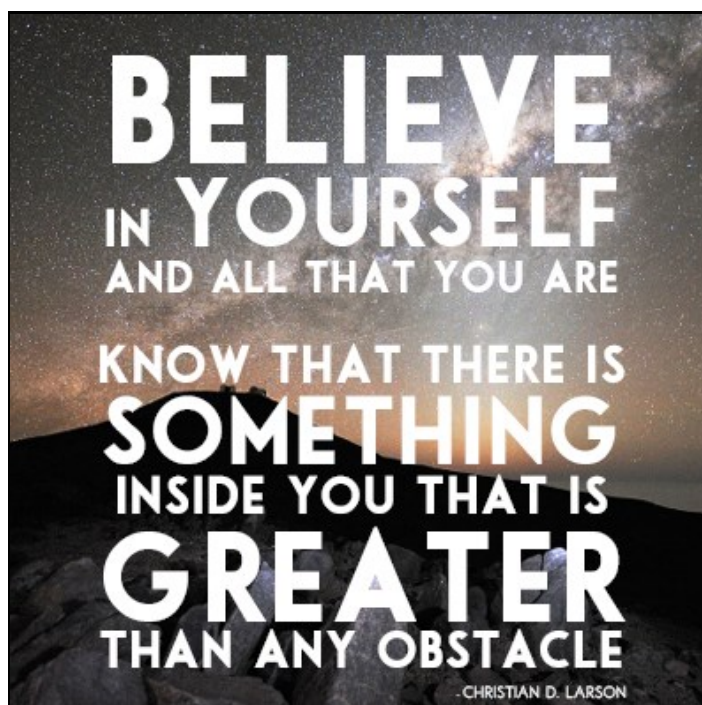
9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	<i>(Re-run)</i> Worship Service with Chaplain Patty Brown-Barnett
2:00 p.m.	Weights 101 Exercise Class

## Thursday, Jan. 28

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. 29

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:05 a.m.	Kansas People, Kansas History
12:06 p.m.	<b>NEW!</b> Channel 1960 News <b>NEW!</b> 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 <i>(Re-run)</i> Meadowlark Update with Lonnie Baker, CEO
6:00 p.m.	<i>(Re-run)</i> Kansas People, Kansas History



## Virtual Programming (via Zoom)

### Tuesday, Jan. 26

1 p.m.	Parkinson's Exercise Class <b>URL:</b> <a href="https://us02web.zoom.us/j/87980256567">us02web.zoom.us/j/87980256567</a> <b>Meeting ID:</b> 879 8025 6567
2 p.m.	Memory Activities Class <b>URL:</b> <a href="https://us02web.zoom.us/j/82043111342">us02web.zoom.us/j/82043111342</a> <b>Meeting ID:</b> 820 4311 1342

### Wednesday, Jan. 27

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.	ARTful Memories <b>URL:</b> <a href="https://ksu.zoom.us/j/92215181862">https://ksu.zoom.us/j/92215181862</a> <b>Meeting ID:</b> 922 1518 1862