

REOPENING



MEADOWLARK

Re-opening begins Saturday, Feb. 6!

It has been nearly 11 months since Meadowlark closed its doors to visitors, canceled classes and events, and suspended all in-person dining opportunities. All of our self-isolation, masking, social distancing, and hard work led us to the incredibly successful vaccine clinics administered by Walgreens Pharmacy in January. Barring any unforeseen circumstances, Meadowlark is happy to announce that starting Saturday, Feb. 6, re-opening efforts will begin in independent living!

This edition of the Mini Monday Messenger will be the final issue for the foreseeable future. The regular weekly edition will continue to be distributed each Thursday morning. See below for the initial major changes to current practices. Remember, things will continue to evolve as we move through our re-opening phasing.

- Effective Saturday, Feb. 6, independent living residents will no longer be expected to quarantine if they leave campus. IL residents can come and go from campus as they wish.
- Weekly wellness calls from staff members will be discontinued.
- Visitors to independent living will be permitted effective Monday, Feb. 8. They will be required to wear a mask on Meadowlark's campus and will not be permitted to be in common spaces, including Prairie Star Restaurant. **Visitors must go straight to the resident's home upon arriving to campus.** They will be screened at the Entry Point Station located at the Tuttle Creek Boulevard entrance.
- Transportation limitations will be lifted Monday, Feb. 8. At that time Meadowlark Transportation can be scheduled for any independent

Even Good Change Can Be Hard

by Bridget Larkin, LMSW, & Kathleen Spearman, LMSW

After a year of waiting and stagnant uncertainty, the advent of vaccinations is presenting us with something new: slowly returning to a bit of "normalcy." Throughout the pandemic, it has been easy to find yourself longing for how things used to be; imagining how incredible life will be when we can do the things we used to do! However, even a positive change such as this can present certain challenges, and while some days may be "incredible," some may be just average or even difficult even in this new post-vaccination experience. Change is a normal and natural part of life! But it can be helpful to mentally prepare for big changes, good and bad, to ease yourself into the new territory with self-compassion and realistic expectations.

As like everything with COVID-19, this transition will be another first-time experience. It is the first time we have moved out of an extended period of isolating at home. First-time changes offer unique challenges and can be anxiety provoking. Brene Brown, author and researcher, outlined three steps that can be helpful when experiencing something for the first time. The first step is to normalize your emotions. Both positive and unpleasant emotions

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serve an important purpose in our lives especially when taking on something new. Feeling nervous, frustrated, excited, and even angry can all be normal reactions to big changes! The second step is to put things in perspective. Remind yourself your feelings are valid, and you will not feel this way forever. The final step is to reality check your expectations. Even with the lifting of certain restrictions, your daily life will likely not be the same as it was prior to the pandemic. It can be helpful to set realistic goals for what you want to accomplish each day and not be too hard on yourself when things do not go as planned.

It is also critical to practice good self-care including getting enough sleep, eating a healthy diet, exercising, and staying hydrated. Doing things that bring you joy is also beneficial. As Brene Brown noted, one of the most important aspects of self-care when turning a new chapter in life is validating your emotions.

How do we validate our emotions?

- Journaling - make sure to focus on literally naming your emotions here and describing them in detail!
- Call a trusted friend who listens without judgment
- Reaching out to your mental health professional
- Listening to songs aligned with your mood
- Write out some affirmations on notecards to pull out when you are struggling with your emotional responses. For example, *"It makes sense to feel this way, new things are hard."* or *"I am proud of myself."*
- Engage in meditation practice where there is a focus of "non-judgment" of emotional responses

Source: <https://brenebrown.com/podcast/brene-on-ffts/>

THE WEIGHT IS OVER!



If you borrowed weights or dumbbells to stay fit during the pandemic, please return these to the Community Room by Monday, Feb. 8, so we can use them during our in-person classes!

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living resident needs.

□ Effective Monday, Feb. 8, all deliveries for independent living residents will **not** be received at the Entry Point Stations and will instead be directed directly to the specific residence. This will include, but is not limited to, pharmacy, UPS, FedEx, family drop offs, groceries, and outside food orders.

□ In-person dining at Prairie Star Restaurant for lunch and dinner will be available to IL residents beginning Monday, Feb. 8. Reservations will be required and the party size is limited to six people. Reservations can not be placed more than 48 hours in advance. Masks must be worn when away from your table. At that time carry-out service will resume. Delivery service for lunch and dinner will remain available and the \$2 delivery charge will be reinstated. *Breakfast will remain delivery only and delivery fees will be waived.*

□ Prairie Star Restaurant's Pub will be open from 4 to 7 p.m. Monday through Saturday beginning Feb. 8.

□ Grosh Cinema will be open for movie showings starting Monday, Feb. 8. Movie times will be at 1 p.m., 4 p.m., and 7 p.m. Monday through Saturday. Sunday showtimes are 2 p.m. and 6 p.m. Movie listings will be available in Thursday's Messenger.

□ In-person fitness classes, special program opportunities, and events will resume for IL residents beginning Sunday, Feb. 7. Please see the upcoming Thursday Messenger for the calendar of events.

□ Channel 1960 Programming will still be available but schedule and offerings will likely adjust. The schedule will continue to be printed in the weekly Messenger.

Mask usage outside of your residence will remain a requirement. If you have questions regarding the re-opening updates, please contact Monte Spiller, Resident Services Leader, at (785) 323-3801 or Jayme Minton, Support Services Director, at (785) 313-0454.

CURRENT COVID-19 PRECAUTIONS

- ✓ 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.



Q&A Summary with Lonnie Baker, CEO

Lonnie Baker, CEO, addressed questions in his most recent video update, which aired Friday, Jan. 29. See below for a summary.

Will staff be required to vaccinate? No—Meadowlark staff are not required to vaccinate.

Have all of the staff taken the vaccine? No, they have not.

Are we going to terminate staff who opt out? No, we are not. From a practical standpoint, it is truly not feasible.

Have all of the residents taken the vaccine? No, they have not. However, the vast majority opted into receiving the vaccine. Reasons someone may refuse the vaccine include faith based choices, health conditions that indicate a person shouldn't take it, or timing of other vaccinations.

Will we mandate new residents have the vaccine prior to move in? No, we will not. We also won't exclude residents from common areas who opt out and it won't be a required condition of moving in.

Following the second dose of the Pfizer vaccine, which most of us have completed, we've heard the excitement from residents about getting out and about in the community. Keep in mind, that the vaccine protects *you*. You can still be a carrier of COVID-19 and still share it with others.

Interactions with the greater community will likely bring you in contact with those who have not yet received the vaccine. Staff members or residents who are not vaccinated pose no greater risk to you than someone in the community who is also not vaccinated. People's reasons for not choosing to take the vaccine vary, and as an organization, Meadowlark will respect those individual's choices and continue to educate on the facts about the COVID-19 vaccine.

Additionally, as of right now, Meadowlark does not have vaccines to offer new move ins or new hires. The team will certainly assist is connecting those who want the vaccine with the local opportunities, which are currently offered through the Riley County Health Department.

What is going on at the end of Meadowlark Valley Road? Meadowlark is moving forward with building a primary care clinic. It will actually be located adjacent to the access road near Tuttle Creek Boulevard. Parking and entrances will not be on the Meadowlark Valley side. The building will be accessed from the Tuttle Creek side of the land.

Will residents be able to plant in the current community garden location for the 2021 growing season? There are no plans at this time that would interfere with the spring and summer gardening season. Residents who are interested should plan on planting and growing for 2021!



Obituaries in the Messenger

submitted by Sarah Duggan

I received several inquiries about the full obituary printed in the Thursday, Jan. 28, edition of the Meadowlark Messenger. It has been the Messenger's practice to print obituary and/or memorial information by request only. Usually, these submissions come from the family or DPOA of the deceased, which is how I received Dr. Westfall's information.

Many residents have expressed interest in receiving full printed obituaries about our beloved Meadowlark friends following their passing. Our team is considering this request and discussing opportunities to overcome challenges that impede our ability to provide a comprehensive publication. Stay tuned for more information.

Espresso Drinks

Prairie Star is now serving specialty coffee and espresso drinks! Enjoy lattes, americanos, mochas, and even more to be delivered right to your door. Call (785) 323-3820 to place your order any time between 7 a.m. to 7 p.m.

Parkinson's Education Group

Join Meadowlark Parkinson's Program at 2 p.m. Thursday, Feb. 4, for the February meeting of the Parkinson's Education Group of the Flint Hills. Kim Richards, Education Specialist from the Beach Museum of Art, and representatives from the K-State Drama Therapy Department will present *Thinking Outside the Box: Creativity, COVID, and Parkinson's*. This fun and engaging program will focus on using creativity to enhance wellbeing.

The meeting will be offered via Zoom from the comfort of your own home. See page five of this Messenger for the log-in information.

Monday Bingo: Mardis Gras Night

BINGO is back and will start off with a bang on Monday, Feb. 8 and Mardi Gras will be the theme of the night! Loyal gamers can count on BINGO to continue on the same day and time, Mondays from 7 to 8 p.m. in Prairie Star Restaurant's Event Center. Every week, player buy-in will be \$1 for use of two playing cards. No advanced sign up is necessary.

The monthly theme night will occur on the second Monday of each month and for those

BINGO nights there will be exciting decorations, music, and prizes to fit the theme!

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.

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 and Charlene Brownson is be your contact for questions or enrollment assistance. UFM brochures are available at the Hospitality Desk. Meadowlark residents may participate in the four classes held at/sponsored by Meadowlark at no cost **and attend live in Prairie Star Restaurant's Event Space**. Passport members may attend via Zoom 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 & Reunions; A Drive Through Manhattan's African American History; Commerce on the Kaw: Exploring the History of Manhattan's Main Street; and Leadership in World War II.



February Birthdays



Skilled Nursing

2/1 Paul Fleener
 2/4 Edna Peterson
 2/9 Bob Hammaker
 2/10 Wilma Peil
 2/12 Marvel Boston
 2/28 Jane Runyan

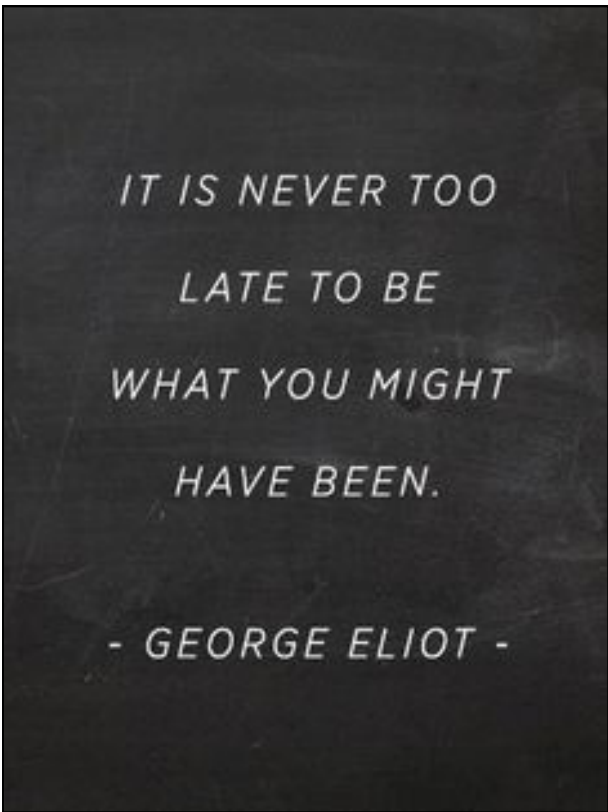
Assisted Living

2/4 Ruth Murtonen
 2/5 Beverly Dodds
 2/12 Colleen Robinson
 2/13 Hilda Schmidt
 2/17 Grant Gwinner
 2/28 Gerald Mowry

Independent Living

2/1 Glenna Fogo
 2/2 Linda Graham
 2/4 Marilyn Ray
 2/7 Nancy Goulden
 2/9 **Marilyn Martin**
 2/11 Lois Deyoe

Bold denotes milestone birthdays of 80, 90, or 100+ !



2/11 Carol Dodderidge
 2/12 Faralane Chase
 2/16 Bob Crawford
 2/18 Wanda Fateley
 2/24 Marilyn Fagot
 2/24 Roger Brannan
 2/25 Betty Grubb
 2/27 Harriette Janke

Employees

2/1 LeNorris Wells
 2/2 Alex Bauer
 2/2 Kinleigh Rhodd
 2/2 Joseph Sserwadda
 2/3 Danelle Cowing
 2/3 Ashlyn Robinson
 2/4 Amon Maxwell
 2/4 Susan Meeker
 2/7 Kaitlyn Jackson
 2/7 Charles Smith
 2/7 Ebony Sublett
 2/8 Marci Glennemeier

2/9 Raymond Padel
 2/9 Maeve Tanona
 2/10 BrieAnna Grimmett
 2/11 Joseph Flax
 2/12 Shelby Thompson
 2/13 Anna Giersch
 2/14 Sheyenne Bassler
 2/16 Monica White
 2/17 Sydney Chyba
 2/17 Darin Pelfrey
 2/20 Bill Tompkins
 2/20 Dustin Wedekind
 2/22 Jayden Colley
 2/22 Macy Hendricks
 2/22 Sherry Smith
 2/23 Berenice Flores
 2/23 Carissa Staley
 2/26 Betty Bachamp
 2/26 Kamdyn Johnson
 2/27 Jana Armfield
 2/28 Carly Kullot
 2/28 Taylor McNett

Virtual Programming (via Zoom)

Tuesday, Feb. 2

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

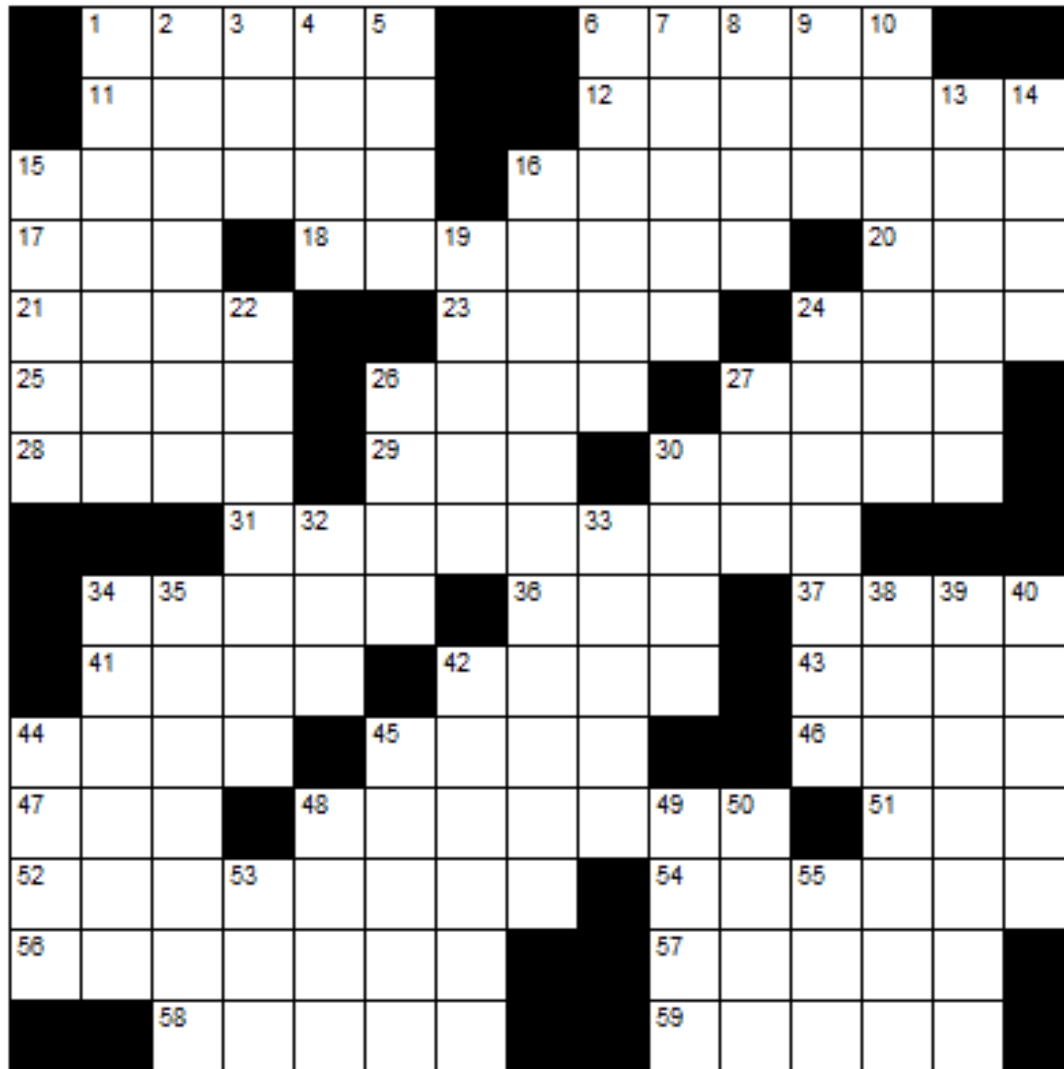
Wednesday, Feb. 3

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

Thursday, Feb. 4

2 p.m.	Parkinson's Education Group URL: https://us02web.zoom.us/j/5301584508 Meeting ID: 530 158 4508 Join by phone: 1 (312) 626-6799
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Work That Brain!



ACROSS

1. Used a broom
6. Upper-class people (British)
11. Greetings
12. An abusive word or phrase
15. Four quarts
16. Intrepid
17. Alien Life Form
18. Tenfold
20. An Old Testament king
21. Banner
23. 1 1 1 1
24. Celebrity
25. Ancient marketplaces
26. Brownish purple
27. Sore
28. Female sheep (plural)
29. Play a role
30. Rubber wheels
31. Meat tortilla
34. Secret agent (slang)
36. Petroleum
37. Blockhead
41. Stopper
42. Rectal
43. Arrived
44. Historical periods
45. Blend
46. Hoopla
47. Snagged
48. Patron
51. Louisville Slugger
52. Extroverted
54. Buff
56. Spire
57. Labors
58. Relaxes
59. Attendance counter

DOWN

- | | | |
|-------------------------------|----------------------------|--------------------------|
| 1. Not deep | 14. Russian emperor | 35. Phonograph record |
| 2. Financial aid | 15. Bloop | 38. Bill of lading |
| 3. L | 16. Working | 39. Stalemate |
| 4. Trudge | 19. Sofa | 40. Fangs |
| 5. Anagram of "Note" | 22. Vaporish | 42. Makes amends |
| 6. A Native American tent | 24. Abrasion | 44. Prima donna problems |
| 7. Opaque gems | 26. Arrange in a container | 45. Slopped |
| 8. Blaze | 27. Rescue | 48. Absorbs |
| 9. Faster than light | 30. Gangly | 49. Chooses |
| 10. Put away a knife or sword | 32. Holiday drink | 50. Part of a plant |
| 13. Literary composition | 33. Prevaricators | 53. G |
| | 34. Shoot | 55. 52 in Roman numerals |



Meadowlark Entertainment Guide

Tuesday, Feb. 2

9:00 A.M.	<i>(Re-run)</i> Osher Course — Beauty of the Past, <i>Session Two</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. 6 <i>Wynonna's Surprise</i>

Wednesday, Feb. 3

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, Feb. 4

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, Feb. 5

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.	<i>(Re-run)</i> Channel 1960 News <i>(Re-run)</i> Meadowlark Update with Lonnie Baker, CEO
6:00 p.m.	Joe Biden: Full Documentary <i>Presented by Frontline PBS</i>

The Judds: A Docuseries

Feb. 2 at 6 p.m.

Tune into *titl*, the final episode of *The Judds: A Docuseries*. The documentary follows the duo on their final concert tour and explores their mother-daughter relationship.

President Biden: Full Documentary

Feb. 5 at 6 p.m.

At 6 p.m. Friday, Feb. 5, Channel 1960 will air the Frontline PBS presentation of *President Biden*, a full documentary detailing how crisis and tragedy prepared Joe Biden to become America's next president. In the film, those who know Biden best describe the searing moments that shaped the President and what those challenges reveal about how he may govern the nation confronting multiple crises.

Solution from 1/25

	S	P	R	A	T		A	F	T	E	R				
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