

Grow Green Match Day

COVID-19 prompts changes to annual 24 hours of giving

by Becky Fitzgerald, Development Director

The 8th annual Grow Green Match Day on Wednesday, April 22, is a tremendous opportunity for the Manhattan community and Meadowlark Foundation. On that day, donations made through the Greater Manhattan Community Foundation to participating nonprofit agencies will receive a 50% match!

Meadowlark Foundation is joining 64 other local organizations in urging our donors to participate. COVID-19 has turned our world upside down, so in response, GMCF is turning Grow Green procedures upside down, too. Community foundation leaders made a change to the giving options and the amount of money that will be immediately available to the organizations.

To follow the U.S. Center for Disease Control and Prevention's recommendation to stay at home to decrease infection, this year's event will be a virtual one; donors may mail a check or donate online with a credit card. Giving in person at Grow Green headquarters will not occur.

In addition, donations will be made available to organizations for our immediate needs, while the 50% match will go into endowed funds. In past years, the reverse was true. Your donations went into our endowed fund managed by GMCF, enabling Meadowlark Foundation to continue to develop our services and meet the future needs of our campus and community. Previous matching totals have been received soon after the event and benefited the Good Samaritan Fund and, scholarships for Meadowlark's



nursing students.

Combined donations up to a total of \$20,000 will be matched at 50%, giving a maximum of \$10,000 in matching funds to any one organization.

Meadowlark Foundation and its Board of Directors join the Community Foundation in making a change in our approach to this event by announcing prior to Match Day how Meadowlark will use this year's donations. Our gifts will buy personal protective equipment and technology to support the health and safety of our community.

With the threat of COVID-19, Meadowlark currently has and will continue to have a great need for gloves, masks, and gowns. PPE is used to protect our residents, employees, clients and patients in our healthcare and assisted living households, at our Home Plus locations, and during Home Health and physician's office appointments. It also is used by staff making deliveries or providing a service, such as maintenance. We're also investing in technology, other equipment, and larger-than-usual amounts of hand sanitizer and cleaning products.

Here's how you may help us in our fight against this pandemic:

1. Visit <https://www.growgreenmanhattan.com/> to give online from 12:00 a.m. through 11:59 p.m. on Wednesday, April 22.
2. Or, write a check to Greater Manhattan Community Foundation. If Meadowlark Foundation is the only

QUARANTINED:

The true story and daily account of our very own world traveler, Pam Oehme, during a 14-days quarantine following her return from an around the world cruise. Her quarantine began March 27 and concludes April 10. Note from the Editor: Slight adaptations were made for space restrictions.

Day Eight: Yesterday I was awakened by an audiovisual call from Tendai. This morning I was awakened by the howl of coyotes. At first, I heard just one howl and thought it was a baby. I opened my back door to look and listen. I couldn't see anything. Then, multiple howls rang out in different pitches. The whole pack seemed to be howling. An exciting way to start the day!

Weights 101 was late this morning! However, I was ready when it started and my quads aren't sore!

It seems I spend A LOT of time emailing, texting, and Facebooking. It does, however, fulfill my social needs. Are you spending more time "online" or are you reading, crafting, puzzling, cleaning closets and/or other pursuits? I wish we had a way to communicate what all we're doing while "locked away."

I wrote three days of quarantine articles, made phone calls, and watched two Judge Judy shows. Evening brought time to make a huge bowl of simmered power greens (tender kale, chard, spinach and carrots) with butter, and salt and pepper. Bacon and/or a hard boiled egg added to the greens would have been good!

Lastly, I watch *Black Panther*. What an exciting movie! It is a Marvel production. Did you know Stan Lee always plays a cameo role in each of his films? Good night, dear Meadowlark friends.

Day Nine, (Saturday, April 4): Nothing woke me up this morning. It's soooo quiet here. I slept in, much later than usual. I think this article writing is wearing me out!

Not exactly a "wasted" day, but I got nothing accomplished except running the dishwasher. I



enjoyed the day emailing, texting, praying, reading internet news, talking with Judy Cattell through my storm door (at least, six feet apart), talking on the telephone, watching TV, and writing this quarantine article. I didn't get dressed, exercise, clean my house, make the spare bedroom bed ... just a plain, lazy, social day inside my cottage. I feel guilty! Do you feel you have to "accomplish" something every day? Will I accomplish twice as

much tomorrow? Guess we'll know after I write tomorrow's quarantine report.

Day Ten, (Sunday, April 5): Every day that passes that I don't get sick, the more relieved I am. I was virus-free when leaving the Viking Sun cruise ship. However,

"Let's all stay home, practice social distancing, and stay on campus! If one of us gets 'it' then many of us will..."













I traveled through five airports and flew on four planes. Several evenings, I have been tired and felt like I was getting a cold and/or had a slight sore throat. The following mornings, however, I've felt just fine! I'm hoping and praying, as I know we all are, that we, and those we love, don't "get" the COVID-19 virus. Let's all stay home, practice social distancing, and stay on campus! If one of us gets "it," many of us will, and some of us will die.

Day Eleven, (Monday, April 6): Ok, a confession...I wrote Sunday's Quarantine Report on Saturday night. Surprise - I'm not always Miss Merry Sunshine or a Pollyanna (a movie released in May, 1960 about a little girl who transforms her community to see the good side of even the worst situations).

Saturday and Sunday were bad days for me. I didn't feel well. The glands (tonsils?) in the back of my throat were swollen. I was achey. I was



CORONAVIRUS vs. COLD vs. FLU vs. ALLERGIES

SYMPTOMS	COVID-19*	COLD	FLU	ALLERGIES
 Fever	Common (measured at 100 F or higher)	Rare	High (100-102 F), can last 3-4 days	No
 Headache	Sometimes	Rare	Intense	Sometimes
 General aches, pains	Sometimes	Slight	Common, often severe	No
 Fatigue, weakness	Sometimes	Slight	Common, often severe	Sometimes
 Extreme exhaustion	Sometimes (progresses slowly)	Never	Common (starts early)	No
 Stuffy nose	Rare	Common	Sometimes	Common
 Sneezing	Rare	Common	Sometimes	Common
 Sore throat	Rare	Common	Common	No
 Cough	Common	Mild to moderate	Common, can become severe	Sometimes
 Shortness of breath	In more serious infections	Rare	Rare	Common
 Runny nose	Rare	Common	Sometimes	Common
 Diarrhea	Sometimes	No	Sometimes**	No

For more information: www.kdheks.gov/coronavirus

loss of a long, good life. Forgive me. Hopefully, tomorrow will be a better day!

Day Twelve, (Tuesday, April 7): The day began slowly. Not feeling my best, I slept longer. Finally getting up and I had a big talk with myself, *Get going. Take a shower. Get dressed. Do the laundry. Act like you feel good. Move.*

And, you know... it worked! The soreness in my throat disappeared. The glands in my neck became less swollen. I felt better, both physically and mentally! It's AMAZING how much "attitude" and "movement" can affect your life and well being! Thank you, God, for the miracle of our bodies and mind.

Editor's Note: Although on Day 12, Pam was feeling better following her self-led pep talk, she did reach out to her doctor's office to report her "symptoms" and receive any additional guidance. Even though you may think its "just a cold" or "just allergies," it is important to contact your primary care physician anyway.

tired. I slept 14 hours, Friday night into Saturday. I napped again on Saturday. I was afraid. I kept comparing my symptoms to the KS Dept. of Health and Environment's chart of comparisons between the Coronavirus, a Cold, the Flu, and Allergies (see image above). I just kept resting, eating healthy, and praying for me and the rest of us. I didn't get dressed. I didn't shower. I just hunkered down.

Perhaps, this week in April is also affecting how I feel, both emotionally and physically. Two years ago, early in the morning of April 9, my dear hubby died. Forty-eight years ago on April 9, my one and only biological child was born. April 9th - the happiest day of my life and the saddest day of my life. I'm having trouble reconciling both emotions - wanting to celebrate the joy of new life and crying at the

Remember when we were little and had underwear with the days of the week on them? Yah. Those would be helpful right now.



Leader of the Pack

Congratulations to the Meadowlark's April Leader of the Pack, Solana Rios! Solana is a CMA at Meadowlark Riley House. She is dedicated to providing high quality care to residents. Even through busy days, Solana is enthusiastic and joyful in her work! She is always taking the initiative to plan fun activities for residents to enjoy. Meadowlark is lucky to have Solana on the team!



choice of entree

Roasted Ribeye au jus **\$16**
with Horseradish

or

Bourbon Maple Glazed Ham **\$14**

or

Grilled Citrus Chicken **\$12**
with Orange-Butter Sauce

starters

Cream of Asparagus Soup

Waldorf Salad

Green Salad

with Choice of Dressing

choice of dessert

Lemon Meringue Pie

or

Pistachio Cake

choice of vegetable

Fresh Green Beans

or

Glazed Carrots

choice of side

Smoked Gouda

Scalloped Potatoes

or

Rice Pilaf

Order your Easter meal by calling Prairie Star Restaurant at (785) 323-3820. Make sure you indicate your selection for each category listed (starter, entrée, vegetable, side, and dessert). Easter meal orders can be placed between now and lunch time on Easter Sunday, April 12.

Creativity is Key: Journal, Paint, Create!

submitted by: Kathleen Spearman, LMSW

When people think of “creativity,” often images of a great “Picasso” or notes of a famous song come to mind. But really, you don’t have to create a world-renowned masterpiece to get the benefits of spending time creating. Humans are built to be creative, as it takes thinking of new ideas and inventiveness to survive and thrive in our world. How does this relate to self-care during the COVID-19 pandemic? Well, according to Psychology Tools Limited, we achieve a sense of “well-being” by doing activities that give us a “sense of achievement,” help us “feel close and connected with others,” and that are enjoyable. Using creativity during this time can really tap into that need for achievement and enjoyment, even while being socially-distanced. Here are a few ideas for being creative while keeping up with current CDC recommendations:



Draw a picture.

Paint a picture. YouTube has some incredible FREE tutorials for painting!

My favorite painting tutorial only requires a few items: one paint brush, an old credit card, cotton swabs, and the paint colors listed in the video. Keep in mind, you can mix paint colors if you don’t want to get all seven listed. See my finished project pictured on the top right! Here is a link: <https://www.youtube.com/watch?v=aEOGdJgGD-Q&t=2s>

Sew, knit, or crochet.

Choreograph a dance to your favorite song. Bonus points if you can send a video to be shown on Channel 1960!

Organize photographs in a new way.

Write in a journal or engage in creative writing exercises. You can search for prompts online or request prompts from family and friends over the phone. Here are two sample journal prompts:

I really wish others knew this about me; or Make a list of ten things you are grateful for and why.

Cook a new meal. There is a reason they say cooking is an art.

Bake a new dessert or bread. Though baking

is more of a science, seeing your finished product can both give a sense of accomplishment and a happy belly!

Write poetry and submit for a chance to be featured on Channel 1960!

Interview a family member over the phone like funny grandchildren. Turn the interview into a short biography about their life—it can become a family treasure!

In keeping with the CDC guidelines for social distancing, please try to use your *creativity* to find ways to *create* with things you already have around the house. If you really need new materials (like paint to make a lavender masterpiece!), many retailers have delivery options that could work as well. We would love to hear and see what all of you are creating in order to promote your well-being during this stressful time. Harvard Medical School reports that creating art “has an important role in helping people through particularly difficult times” and those who are “homebound.” Many of us have now entered into an almost “homebound” situation due to the pandemic, and this certainly constitutes as a “difficult time.” Let’s use this time to get our creative juices flowing, show us what you’ve got!

Green, continued from Page 1

beneficiary of your gift, you may write “Grow Green-Meadowlark” on the memo line.

~ Check writers, complete the giving form included with today’s Messenger, indicating the beneficiary/beneficiaries of your gift.

(Meadowlark Hills is listed in the Basic Human Needs & Healthcare category.)

~ Even if giving to more than one organization, write only one check for the total amount. The form you submit will indicate to GMCF how you’d like your gift divided.

~ No matter the day a check is written, date it 4/22/2020 and mail on or before 4/22/2020.

Checks must be dated 4/22/2020 and postmarked by April 22 to be included in the 2020 Match Day total.

~ Mail to: GMCF, P.O. Box 1127, Manhattan, KS, 66505-1127

3. Meadowlark residents may submit donations and donation forms to be mailed by Meadowlark Foundation in a bundle to GMCF. If you have a

donation and form to submit, please call the Hospitality Desk at 323-3847 to arrange a pick-up at your home. Please have your check and form ready for pick-up prior to 5 p.m. on Monday, April 20.

Although gifts of any amount are welcome, individual contributions ranging from \$25 to \$1,000 per organization will receive a local match at \$.50 per \$1, so a \$1,000 gift can receive a \$500 local match! Gifts are tax-deductible; donors receive a receipt from GMCF.

If participation in last April’s event is any indication, our PPE supply will certainly grow. During that 24-hour period, Meadowlark Foundation received 58 gifts totaling \$17,475. With a match of \$8737, our 2019 Grow Green grand total was **\$26,212**, which ranked 9th among 58 organizations/funds in terms of the amount raised.

If you have questions, please contact Becky Fitzgerald, Development Director, at 323-3843. Thank you for considering this opportunity!

Notes from the Readers

To staff, words of thanks . . .

submitted by Bob Kruh

By the time this appears my sweetheart of 74 years, Jan Jackson, may be gone.

In Stolzer House since 2015, Jan has been cared for by a skillful and attentive staff. In the past few days Jan’s condition has suddenly worsened, and her hours are numbered. Especially at this sad time, some words are in order to recognize the extraordinary support of our caring staff here at Meadowlark.

With these final, intense moments I want to underscore the ever-helping role of that staff and the ways in which they adapt to the changes that aging brings on. Having this support creates a feeling of assurance and true comfort to residents and their families.

So these words are intended for our great Meadowlark staff: Thank you, thank you for all you’ve done – and for what you do to help us through all our days!!

Your Smile—As Good As Your Word

submitted by Polly Ferrell

The handshake has been a universal way of greeting old friends and meeting new ones. It was your word of honor, but now “the times they are a -changin’” and we need to get on board with a **smile**.

Our hands are our greatest carrier of infectious disease. The handshake doesn’t work anymore and at a social distance of 6 magical feet, it’s a stretch to shake hands. Wash your hands; don’t touch your face. Don’t shake hands. **Smile**.

Practice it around your home. Look in the mirror and **smile** at yourself. Wave and say hello to a friend with a **smile**. When you see someone from afar — **smile**.

We can do this. We can change our ways — now and forever. Our handshake can become a **smile**. “Pack up your troubles in your old kit-bag” and **SMILE, SMILE, SMILE**.

Masked Mystery

Who am I? Take a guess at who the masked Meadowlark employee is pictured below. The answer will be revealed on April 13 in the Messenger!



Tuesday Dessert Delivery

Coffee Corner has been a Meadowlark staple for years! To make missing the weekly coffee and dessert hour, the Meadowlark Delivery Team will bring a sweet treat to your door every Tuesday between 2 and 4 p.m. YUM!

Jeanne Lundin's 95th B-Day

We're going to celebrate social-distancing style. Jean's birthday is Friday, April 17. In the afternoon hours of April 17, the Meadowlark Delivery Team will be visiting your door to drop off carrot cake cupcakes as a special birthday treat!

If you'd like to send a card to Jean, we encourage you to do so! Just place your card to be picked up in your hallway box or clipped to the outside of your mailbox on Monday afternoon by 2 p.m. or Thursday morning by 8 a.m. to be collected. Call the Hospitality Desk at (785) 323-3847 with questions.

New Programming: Channel 1960

Friday Night Program, April 10

Channel 1960 will feature the full stage version of *Jesus Christ Superstar* starring Tim Minchin, Mel C., Chris Moyles, and Ben Forster at 7 p.m. Friday, April 10. This is part of the newly developed "The Shows Must Go On" YouTube channel, which is releasing a new musical every Friday for only 48 hours.

Director Laurence Connor presents this contemporary re-imagining of Andrew Lloyd Webber and Time Rice's legendary rock musical *Jesus Christ Superstar*. The world renowned phenomenon portrays the story of the last seven days of Christ leading up to his crucifixion as seen through the eyes of Judas Iscariot.

Band Bust Exercise Class

Jeff's got a whole new workout for your Saturday morning and afternoon exercise! Band Bust is a 30-minute range of motion, aerobic, and strength training routine that can be done with the use of a chair and a resistance band. This class is suitable for all fitness levels. Participants can modify all movements and complete them seated or standing with or without the use of an exercise band.

Meadowlark Fitness Services has exercise bands available at no cost for residents! If you would like to have one delivered to your door, please call the Hospitality Desk at (785) 323-3847. Let's bust that band!

Virtual Tour: Inside Louvre Museum Paris, Part One

The Louvre is not only one of the best art museums in the world, but it's also one of the biggest. There are 35,000 objects on display out of a collection of 380,000. This walking tour features part one of the Louvre Museum in Denon Wing. First, a walk around before accessing the museum floor. Further on, a great display of the Greek and Roman antiquities and its famous statues. This tour is approximately one hour in length. Enjoy!

Virtual Tour for Relaxation: Waikiki Beach, Oahu, HI

Take a virtual tour of Hawaii's Waikiki Beach located on the island of Oahu. This stunning footage shows how beautiful Waikiki Beach really is. Enjoy the views of a two-mile stretch of white sand, calm turquoise blue ocean, unusual trees called Banyan and including amazing urban scenes of towering high-rises and hotels.

It's a great place to recharge your mind, immerse in the atmospheres of happiness and joy. This tour is two hours long, so join for all or some at your leisure.

Work That Brain!

The I Spy Game! See how many of the items listed at the bottom of the page you can find in this picture!



I SPY GAME

WRITE DOWN THE NUMBER OF EACH ITEM YOU SEE

- _____ BUTTONS
- _____ KEYS
- _____ THUMB TACKS
- _____ BALLOONS
- _____ PENNIES
- _____ SHELLS
- _____ PINS
- _____ PLASTIC FLOWERS
- _____ CAR
- _____ SODA BOTTLE

- _____ DINOSAURS
- _____ TEA SET
- _____ BATTERIES
- _____ WATER GUN
- _____ CANDLES
- _____ UMBRELLAS
- _____ CLOCK
- _____ DECK OF CARDS
- _____ ALIEN
- _____ BELL

- _____ SEA GLASS
- _____ SCREW DRIVER
- _____ PLATE OF FOOD
- _____ GLUE STICK
- _____ PENCIL SHARPENER
- _____ DICE
- _____ GLASS BEADS
- _____ SNAIL
- _____ SHERIFF BADGE
- _____ CLOTHES PEG

The Brain

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

EGO
LEARN
CEREBRUM
CEREBELLUM
CRANIUM
VENTRICLE
INTELLECT
BRAIN
INTELLIGENCE
THINK
PSYCHE
GENIUS
STEM
MEDULLA
NERVE
MENTALITY
FREUD
LOBES
CORTEX

Did you complete the right side of this art from last Thursday's Messenger? Here is the actual entire image of the artist's print.



Title unknown 1973, by David Alfaro Siqueiros, color lithograph on paper, in memory of Thomas Leon Hill

Answers for puzzle published in the 4/2 Messenger.

Found in the Home

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



Meadowlark Entertainment Guide

Programs listed below can be found on Meadowlark Channel 1960 (Touchtown Video)

Friday, April 10

9:00 a.m.	Good Friday Service with Chaplain Patty Brown-Barnett
9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Town Meeting with Lonnie Baker
12:00 p.m.	Channel 1960 News
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
4:00 p.m.	Good Friday Service with Chaplain Patty Brown-Barnett
4:45 p.m.	Town Meeting with Lonnie Baker
5:00 p.m.	Channel 1960 News
6:55 p.m.	Memory Program Art Tour
7:00 p.m.	Friday Night Program: Jesus Christ Superstar

Saturday, April 11

9:00 a.m.	Comedy Club: Wake Up Funny
9:30 a.m.	Band Bust Exercise Class
10:00 a.m.	Virtual Tour: Inside Louvre Museum Paris, Part One
2:00 p.m.	Band Bust Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny

Sunday, April 12

10:30 a.m.	Easter Church Service with Chaplain Patty Brown Barnett
2:00 p.m.	
3:00 p.m.	Virtual Tour for Relaxation: Waikiki Beach, Oahu, Hawaii

Monday, April 13

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	Poetry Moment, "2020"

Tuesday, April 14

10:30 a.m.	Steady Yourself Exercise Class
11:30 p.m.	Chair Yoga
2:00 p.m.	Steady Yourself Exercise Class
3:00 p.m.	MEOW (Memory Education)

Wednesday, April 15

9:00 a.m.	Comedy Club: Wake Up Funny
9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:00 a.m.	Nutrition with Lisa Schwarz, RD
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny

Thursday, April 16

9:30 a.m.	MEOW (Memory Education)
10:30 a.m.	Steady Yourself Exercise Class
11:30 p.m.	Chair Yoga
2:00 p.m.	Steady Yourself Exercise Class
4:30 p.m.	Happy Hour with J-Mix

**THOUGHTS AND PRAYERS
GOING OUT TO ALL THE
MARRIED MEN WHO'VE SPENT
MONTHS TELLING THE WIFE
I'LL DO THAT WHEN I GOT TIME**

PRAIRIE STAR

RESTAURANT

Restaurant Hours

Breakfast is available from 7 to 10 a.m.
 Monday to Saturday, 10:30 a.m. to 8 p.m.
 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	April 12 ~ Lunch	Dinner \$14
	Easter Meal See Page 4.	Coconut Shrimp Roasted Red Potatoes Vegetable du Jour
MONDAY	April 13 ~ Lunch \$10	Dinner \$13
	Shepard's Pie Choice of Vegetable	Beef Fromage <i>with Caramelized Onions & Wild Mushrooms</i> Garlic Toast Vegetable du Jour
TUESDAY	April 14 ~ Lunch \$10	Dinner \$14
	Egg, Bacon, Tomato & Avocado Croissant Potato Chips Three Bean Salad	Grilled Pesto Shrimp Risotto Vegetable du Jour
WED.	April 15 ~ Lunch \$10	Dinner \$12
	BBQ Brisket Baked Beans Choice of Vegetable	Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable du Jour
THURS.	April 16 ~ Lunch \$10	Dinner \$13
	Stir Fry Chicken Rice Choice of Vegetable	Pot Roast <i>with Carrots, Celery, & Onions</i> Mashed Potatoes Vegetable du Jour
FRIDAY	April 17 ~ Lunch \$10	Dinner \$12
	Fish & Chips Coleslaw	Chicken Cordon Bleu Rice Pilaf Vegetable du Jour
SAT.	April 18 ~ Lunch \$10	Dinner \$15
	Fried Chicken Wings Potato Salad Choice of Vegetable	Steak Baked Potato Vegetable du Jour

I need groceries. What are my options?

- Use Meadowlark meal delivery and grocery delivery services @ (785) 323-3820
- Order grocery delivery from Hy-Vee @ (785) 587-8609 or online at www.hyvee.com
- Order grocery delivery from Dillon’s online at www.dillons.com
- Please refrain from having your family or friends bring your groceries, meals, and other items

I am expecting a delivery. How will it get to my home?

All deliveries will follow this chain of travel ...

- Arrive at Tuttle Creek Boulevard entrance check-point station to be screened
- Directed to staff at the main entrance for drop off
- Meadowlark staff will deliver items outside your door

I have a medical appointment. Who will take me?

- Residents can utilize Meadowlark transportation services for medical appointments; **call to schedule at (785) 313-1039**
- Please do not have your family or friends come to take you to an appointment

I want to visit with my family and friends. How do I do this?

At a time like this, technology is our friend. Try one of these...

- Phone calls
- Text messages
- E-mail communication
- Video chat services (Facebook. Google Duo, FaceTime, Skype)

I have more questions. Who do I contact?

- Call the Hospitality Desk at (785) 323-3847.
- *Stay informed by reading the Meadowlark Messenger published on Mondays and Thursdays, tuning into Channel 1960 on any Meadowlark television, following the Meadowlark Facebook page (@meadowlarkmhhk) and visiting our website at www.meadowlark.org.*

Who You Gonna Call?

Finance Department	(785) 323-3819
Food & Grocery Delivery	(785) 323-3820
Hospitality Desk	(785) 323-3847
Housekeeping Request	(785) 323-3847
IT Help Request	(785) 323-3847
Maintenance Request	(785) 323-3847
Meadowlark Home Health	(785) 537-9497

If you are sick, please contact your doctor via phone for further instruction. After contacting your doctor, please call Jayme Minton at (785) 313-0454 to update the Meadowlark team on your status.