

# The Meadow Lark

A Publication of Rolling Meadows

April 2022



## Rolling Meadows Presents... The People's Choice Awards

Let's get dressed up, walk the red carpet and celebrate the **People's Choice Awards!**

**Nominations: April 1 – 14**

**Voting: April 18 – 25**

**Award Ceremony**  
**April 29** in the Atrium  
followed by dinner and music  
with **Levi Mullen**,  
The Human Jukebox !

See page 3 for more information!

## The Easter Bunny Is Coming!

Join us in the Media Center  
**April 15th at 2:00 pm**  
for food, fun, games and a visit  
from everyone's favorite bunny!

ROLLING  
MEADOWS

940-691-7511

Rolling Meadows  
**Staff**  
rmeadows.com

Cindy Noe .....Ext. 120  
*Executive Director*

Angel Sheets.....Ext. 104  
*Director of Marketing*

Jerry Caraway .....Ext. 109  
*Director of Resident Services*

Mimi Bacon .....Ext. 111  
*Director of Dining Services*

Kellye Hensley .....Ext. 112  
*Director of Accounting*

A.J. Mitchell  
*Director of Maintenance, Grounds,  
and Security*

Kim Holley, R.N. ....Ext. 202  
*Director of Nursing, The Gables*

Debbie Bryan, R.N. ....Ext. 291  
*Director of Clinic, Wellness, Home Care*

Megan Walker.....Ext. 524  
*Healthcare Administrator*

## HONORING & REMEMBERING

In Memory of  
**Jack Awtrey**  
by *Rolling Meadows*

In Memory of  
**Zeta Klein**  
by *Rolling Meadows*

In Memory of  
**Hunley Elmore**  
by *Rolling Meadows*


Wichita Falls Retirement Foundation is a 501 (c) 3 tax-exempt organization of the Internal Revenue Code. EIN 75-1875036. Bequests, transfers, gifts or contributions are tax-deductible.

## Welcome New Residents!

**LELA HADRAVA** moved here from Cedar Rapids, Iowa. She enjoys quilting, bridge, dominoes and other games. She also enjoys puzzles, gardening and being around people. Please make Lela feel welcome by introducing yourselves to her. Welcome to our family here at Rolling Meadows Lela!

*Welcome!*

MAY YOUR DREAMS COME TRUE!



HAPPY BIRTHDAY!

## MARCH BIRTHDAYS

Mary Hamrick .....	2
Bud Love .....	3
Bob Berrett .....	4
Peggy Tate .....	5
Pam Caraway.....	7
Nita Gillis .....	10
Betty Mitchell.....	10
Jim Hart .....	15
Randall Hudson .....	18
Dale Chitwood .....	19
Edith Holder .....	26
Bill Burgess .....	27
Jerome Hoffman .....	27

## A Poem by Dale Rolling Meadows

I live in a family of one hundred, maybe two.  
Sometimes they act like a church, sometimes like a zoo.  
Whatever their talent, or whatever their gift.  
Their motto is always “give others a lift.”

Many families are blessed, or cursed with a clown.  
Respond to each one with a smile or a frown.  
Each member, each different, fits the overall scheme.  
All in all, I think, we make a pretty good team.

## Coffee & Conversation

*In the Knight Kap  
April 8th at 9:00 AM*

## Reminders



### NOTARY

Rolling Meadows has 3 notaries on site. Cindy and Kellye are available by appointment for Independent Living. Megan Walker is available by appointment in The Gables. Please call the receptionist to be connected with the appropriate notary to make your appointment.

Also don't forget about our salon. The following services are provided: shampoo, conditioning treatment, shampoo and set, comb out, women and men's haircuts, tint, permanent, shampoo & set w/cut, manicure, pedicure and shellac-gel polish.



## REFERRAL PROGRAM

**Rolling Meadows** has a resident referral program where you can earn \$500 off one month's service fee. When you refer a friend or family member and they move into Rolling Meadows you will receive your \$500 bonus after their first 30 days as new members of our family. That is \$500 for each and every referral you have move in!!! **Make sure to give their information to Angel in Marketing before they sign the lease so that you get credit if they move in.**

# April Events



**1 PEOPLE'S CHOICE AWARDS NOMINATIONS**  
Rolling Meadows People's Choice Awards Nominations begin today and will last thru April 14. Ballots will be in the Atrium as you vote for your favorites from April 18 thru April 25. The award ceremony will be April 29 with dinner, music and walking the red carpet. Be sure to dress to impress!

**1 RIVER BEND NATURE CENTER**  
Come to the Media Center at 2:00 PM for a walk on the wild side with River Bend Nature Center. RBNC field guides will present a program featuring several animals. After the presentation, they would like to know what you thought so they can continue to bring more presentations to the public. Please put this on your calendar. You will not want to miss it!

**5 GOURMET GETAWAY**  
We will leave Rolling Meadow at 10:45 AM heading to the Cracker Barrel. Enjoy shopping from their store as well as delicious country comfort foods. Please sign up - only 12 seats available!

**7 BIRTHDAY PARTY**  
We will celebrate this month's birthdays today at 2:00 pm in the Media Center with cake and ice cream. Bring your neighbors and we will see you there!

**8 COFFEE & CONVERSATION**  
Beginning at 9:00 AM we will enjoy coffee and conversation in the Knight Kap. The kitchen will serve biscuits and gravy with bacon and sausage. Please sign up so we will have enough food.

**8 JOSHUA LITEFOOT**  
Get your seat at 2:00 PM in the Atrium for the return of Joshua Litefoot. It has been a couple of years since he has been here and is looking forward to seeing you again. Please don't miss this!

**12 SIT & CHAT**  
Sit & Chat with Cindy today at 1:30 PM in the Media Center. All department directors will also be available to chat so please bring any questions or concerns you would like to address.

**15 EASTER PARTY**  
Get to the Media Center at 2:00 PM for our Easter Party. We will have refreshments, games and the Easter Bunny will have door prizes!!! See you there!

**19 CRAFT HOUR**  
Beginning at 2:00 PM in the Media Center we are making paper Easter egg wreaths. I know Easter is over but these will be easy to make and easy to store for next year. Please sign up. Thank you.

**21 SHOPPING AT THE MALL**  
It's been awhile since we have gone shopping at the mall so let's load up and go at 2:00 PM today. Make a list and let's go shopping! Please sign up – only 12 seats available.

**26 TRIP TO BRAUM'S**  
Our monthly trip to Braum's is at 2:00 PM today. The weather should be good and we know the ice cream will be, so make plans to sign up for this trip!

**28 HISTORY HOUR**  
This month we will focus on Hawaii in the Media Center at 2:00 PM. If you have been there please come and share your pictures and experiences with us. We would love to hear from you. Aloha!!!

**28 RANDY PATTON SINGS**  
Our very own Randy Patton will be gracing us with his great country voice today at 4:00 PM in the Atrium. Come grab a chair and enjoy!

**29 PEOPLE'S CHOICE AWARDS CEREMONY**  
Be ready to walk the red carpet in the Atrium at 4:30 PM with the winners of our People's Choice Awards! We will have mock champagne followed by dinner at 5:00 PM with live music from Levi Mullen, (The Human Jukebox).



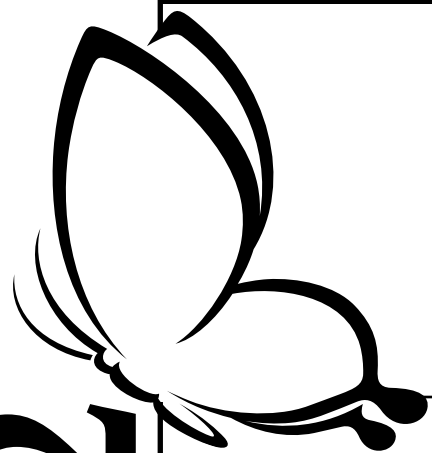
## Aloha, Hawaii!




### History Hour

April 28th



# APRIL 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 <b>Courtesy Van to Dr Offices:</b> Tues, Wed 9:00 – 3:30, Thurs 1:00 – 3:30 <b>Dry Cleaning</b> <b>Drop-Off:</b> 10:00 Tuesday 2nd Floor Atrium Laundry Room <b>Pickup:</b> 2:00 Thursday 2nd Floor Atrium Laundry Room		  <b>Check your Week In Review for changes and updates!</b>		1:00 <b>Mexican Train</b> , KKap 1:00 <b>Wii Games</b> , FitCtr 2:00 <b>River Bend Nature Center</b> MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr 6:00 <b>Game Night</b> , MedCtr  <i>April Fools Day</i>	1:00 <b>Puzzles</b> , 3rd Floor 1:00 <b>Bridge</b> , Lib 6:00 <b>Game Night</b> , MedCtr
<b>3</b> 10:45 <b>Our Lady Queen of Peace</b> , Chapel  1:00 <b>Worship Service</b> , Chapel	9:30 <b>Devotional w/Vickie</b> , <b>4</b> Chapel 1:00 <b>Wii Bowling</b> , FitCtr 1:00 <b>Tiki</b> , Lib 2:00 <b>Gin Rummy</b> , Lib 2:00 <b>Grocery Shopping</b> 2:00 <b>Quarter Bingo</b> , MedCtr	9:30 <b>Blood Pressure Clinic</b> , <b>5</b> Atr 10:00 <b>Dominoes (42)</b> , Lib 11:00 <b>Gourmet Getaway</b> to the Cracker Barrel 1:00 <b>Wii Games</b> , FitCtr 1:00 <b>Bible Study</b> , KKap	1:00 <b>Brain Games/Trivia</b> , <b>6</b> MedCtr 2:00 <b>Bingo</b> , MedCtr 6:30 <b>Dominoes</b> , Lib	9:00 <b>Shopping at WalMart</b> <b>7</b> <b>Bank Day</b> "First Bank" till 11:00 1:00 <b>Dale's Bible Study</b> , Chapel 1:00 <b>Wii Bowling</b> , FitCtr 2:00 <b>Birthday Party</b> , MedCtr 6:15 <b>Worship Service</b> , MedCtr 6:30 <b>Dominoes</b> , Lib	9:00 <b>Coffee &amp; Conversation</b> , <b>8</b> KKap 1:00 <b>Mexican Train</b> , KKap 1:00 <b>Wii Games</b> , FitCtr 2:00 <b>Joshua Litefoot</b> , Atr 6:00 <b>Game Night</b> , MedCtr	1:00 <b>Puzzles</b> , 3rd Floor 1:00 <b>Bridge</b> , Lib
<b>10</b> 10:45 <b>Our Lady Queen of Peace</b> , Chapel  1:00 <b>Worship Service</b> , Chapel	9:30 <b>Devotional w/Vickie</b> , <b>11</b> Chapel 1:00 <b>Tiki</b> , Lib 1:00 <b>Wii Bowling</b> , FitCtr 2:00 <b>Gin Rummy</b> , Lib 2:00 <b>Grocery Shopping</b> 2:00 <b>Quarter Bingo</b> , MedCtr	9:30 <b>Blood Pressure Clinic</b> , <b>12</b> Atr 10:00 <b>Dominoes (42)</b> , Lib 1:00 <b>Wii Games</b> , FitCtr 1:00 <b>Bible Study</b> , MedCtr 1:30 <b>Sit Chat</b> , MedCtr	1:00 <b>Brain Games/Trivia</b> , <b>13</b> MedCtr 2:00 <b>Bingo</b> , MedCtr 6:30 <b>Dominoes</b> , Lib	9:00 <b>Shopping at WalMart</b> <b>14</b> <b>Bank Day</b> "Accounting" till 11:00 1:00 <b>Dale's Bible Study</b> , Chapel 1:00 <b>Wii Bowling</b> , FitCtr 1:30 <b>All Staff Meeting</b> , MedCtr 5:00 <b>Breakfast for Dinner</b> 6:15 <b>Worship Service</b> , MedCtr 6:30 <b>Dominoes</b> , Lib	1:00 <b>Mexican Train</b> , KKap 1:00 <b>Wii Games</b> , FitCtr 2:00 <b>Easter Party</b> , MedCtr 6:00 <b>Game Night</b> , MedCtr  <i>Apartment Filter Change</i>	1:00 <b>Puzzles</b> , 3rd Floor 1:00 <b>Bridge</b> , Lib 6:00 <b>Game Night</b> , MedCtr
<b>17</b> 10:45 <b>Our Lady Queen of Peace</b> , Chapel  1:00 <b>Worship Service</b> , Chapel	9:30 <b>Devotional w/Vickie</b> , <b>18</b> Chapel 1:00 <b>Tiki</b> , Lib 1:00 <b>Wii Bowling</b> , FitCtr 2:00 <b>Gin Rummy</b> , Lib 2:00 <b>Grocery Shopping</b> 2:00 <b>Quarter Bingo</b> , MedCtr	9:30 <b>Blood Pressure Clinic</b> , <b>19</b> Atr 10:00 <b>Dominoes (42)</b> , Lib 1:00 <b>Wii Games</b> , FitCtr 1:00 <b>Bible Study</b> , MedCtr 2:00 <b>Craft Hour</b> , MedCtr	1:00 <b>Brain Games/Trivia</b> , <b>20</b> MedCtr 2:00 <b>Bingo</b> , MedCtr 6:30 <b>Dominoes</b> , Lib	9:00 <b>Shopping at WalMart</b> <b>21</b> <b>Bank Day</b> "First Bank" till 11:00 1:00 <b>Dale's Bible Study</b> , Chapel 1:00 <b>Wii Bowling</b> , FitCtr 2:00 <b>Mall Shopping</b> , Dillard's and More 6:15 <b>Worship Service</b> , MedCtr 6:30 <b>Dominoes</b> , Lib	1:00 <b>Mexican Train</b> , KKap 1:00 <b>Wii Games</b> , FitCtr 2:00 <b>Quarter Bingo</b> , MedCtr 6:00 <b>Game Night</b> , MedCtr	1:00 <b>Puzzles</b> , 3rd Floor 1:00 <b>Bridge</b> , Lib 6:00 <b>Game Night</b> , MedCtr
<b>24</b> 10:45 <b>Our Lady Queen of Peace</b> , Chapel  1:00 <b>Worship Service</b> , Chapel	9:30 <b>Devotional</b> , Chapel <b>25</b> 1:00 <b>Tiki</b> , Lib 1:00 <b>Wii Bowling</b> , FitCtr 2:00 <b>Gin Rummy</b> , Lib 2:00 <b>Grocery Shopping</b> 2:00 <b>Quarter Bingo</b> , MedCtr	9:30 <b>Blood Pressure Clinic</b> , <b>26</b> Atr 10:00 <b>Dominoes (42)</b> , Lib 1:00 <b>Wii Games</b> , FitCtr 1:00 <b>Bible Study</b> , MedCtr 2:00 <b>Trip to Braum's</b>	1:00 <b>Brain Games/Trivia</b> , <b>27</b> MedCtr 2:00 <b>Bingo</b> , MedCtr 6:30 <b>Dominoes</b> , Lib	9:00 <b>Shopping at WalMart</b> <b>28</b> <b>Bank Day</b> "Accounting" till 11:00 1:00 <b>Wii Bowling</b> , FitCtr 2:00 <b>History Hour: Hawaii</b> , MedCtr 4:00 <b>Randy Patton Singing</b> , Atr 6:15 <b>Worship Service</b> , MedCtr 6:30 <b>Dominoes</b> , Lib	1:00 <b>Mexican Train</b> , KKap 1:00 <b>Wii Games</b> , FitCtr 4:30 <b>Rolling Meadows</b> <b>People's Choice</b> <b>Award Ceremony</b> , Atr 5:00 <b>Dinner &amp; Music with</b> <b>Levi Mullen</b>	1:00 <b>Puzzles</b> , 3rd Floor 1:00 <b>Bridge</b> , Lib 6:00 <b>Game Night</b> , MedCtr



# Good Times



## A Note from Kari

You may not realize it, but being socially active is just as important as being physically active and while it's difficult during the dreary and cold winter and early spring months to leave the warmth and comfort of our homes, it's important to do so. You are all fortunate to live in a community with a wide range of activities to keep you as socially and physically active as you want, all you need to do is show up and have a good time. I hope as I write this on one of those aforementioned dreary March days that if you are not attending activities or getting out and doing something social at least once a week, you will find something that is offered and give it a try. —Kari



## Five Reasons to Stay Socially Active

It's not a surprise that our bodies benefit from physical activity. Exercise gets your heart rate up and improves your balance, strength and overall mobility. However, did you know engaging with others is just as important to your overall health as you age? Unfortunately, it can be challenging for some seniors to connect with others due to friends and family moving away, or possibly limited mobility makes it hard to get out and about. This can lead to isolation and loneliness, which can have a detrimental effect on your physical, mental and emotional health. In other words, social wellness, one of the eight dimensions of wellness, is key to healthy aging.

### Benefits of Social Activities for Seniors

By staying connected with others as you age, you will experience a variety of benefits, including:

**1. A boost to your mental health:** Consistent contact with friends can help maintain good emotional health, which means reducing stress and lowering the risk of depression. It can also reduce the risk of dementia. Social activities even improve cognitive function of the brain.

### 2. Improved physical health:

Consistent socialization can lower blood pressure, boost the immune system and reduce physical pain. Social relationships can naturally lead to more physical activity.

### 3. Better eating and sleeping habits:

Older adults can be vulnerable to malnutrition, but studies show they often eat more food and healthier options when dining with others. Also, those with good relationships in their lives tend to sleep better than those without them.

### 4. Provides a sense of belonging:

Social activities not only help you stay connected to those you care about most, but they can give you a feeling of belonging. Finding engaging ways to spend time with others allows you to build a support system. Additionally, these relationships provide a sense of purpose to your days.

**5. Increased longevity:** Some studies have shown that those who are connected to others even live a longer, happier life. This is due to the fact that friends can help you deal with the stresses of life and can also encourage you to live a healthier lifestyle.

## Fun In The Fitness Center



*Please note the Fitness Center schedule has changed!*

<b>Pool Walking</b> .....	Pool
Mon - Fri .....	8:30 am
<b>Chair Aerobics</b> .....	Fitness Center
Mon - Fri .....	10:10 am
<b>Open Fitness</b> .....	Fitness Center
Mon-Fri .....	1:00 pm
<b>Chair Volleyball</b> .....	Fitness Center
Mon-Fri .....	3:00 pm
<b>Core Strength</b> .....	Fitness Center
Mon, Wed, Fri .....	11:00 am
<b>Wii Bowling</b> .....	Fitness Center
Mon & Thurs .....	1:00 pm
<b>Gentle Fitness</b> .....	Fitness Center
Mondays & Fridays .....	4:00 pm
<b>Water Walking</b> .....	Pool
Tues & Weds .....	9:00 am
<b>Core Strength</b> .....	Fitness Center
Tues & Thurs .....	11:00 am
<b>Wii Games</b> .....	Fitness Center
Tues & Fri .....	1:00 pm
<b>Open Fitness</b> .....	Fitness Center
Wed .....	2:00 pm
<b>Trivia/Brain Games</b> .....	Media Center
Wednesdays .....	1:00 pm

### Becoming More Social

Connecting with people can be overwhelming when you don't know where to start. Some of these activities might be just what you need to find new relationships.

- Commit to an exercise class
- Get coffee with a friend
- Keep your brain busy with puzzles and games
- Join a club that focuses on reading, gardening or another activity that interests you
- Stay involved with your family
- Attend church or some other spiritual offering



## A Peek At The Pines



*Fun in  
The Pines!*



ROLLING  
MEADOWS  
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Wichita Falls, Texas 76309



## The Gables At A Glance

*Mardi Gras, Gables style!*

