

# The *Meadow Lark*

A Publication of Rolling Meadows

May 2022



Join us for a special event

## *Honoring all Mothers*

May 6 at 2:00 PM  
in the Media Center

## The *Magic* of

Monte Holder, Magician  
May 10 at 2:00 PM  
in the Atrium



ROLLING  
MEADOWS

940-691-7511

Rolling Meadows  
**Staff**  
rmeadows.com

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

Angel Sheets.....Ext. 104  
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Jerry Caraway .....Ext. 109  
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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 Betsy Hamilton*

In Memory of  
**Erika Duffy**  
*by Rolling Meadows*

In Memory of  
**Wanda Elrod**  
*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.



## HAPPY BIRTHDAY TO YOU!

### MAY BIRTHDAYS

Judy Brown .....	2
George Smith .....	2
Raymond Vinson .....	2
Leila Dumas .....	7
Bill Moyer .....	8
Bill Brockriede .....	8
Bill Leidemann .....	9
Geneva Gregory .....	12
Wade Geurin .....	22
Sally Perkins .....	26
Paul Sullenger .....	28

## Welcome New Residents!

**DWIGHT AND KAREN MCNEW** are from Bluegrove, TX. Dwight enjoys fishing and woodworking. Karen enjoys crafts. Please make Dwight and Karen feel welcome by introducing yourselves to them. Welcome to our family here at Rolling Meadows Dwight and Karen!

**JERALD AND PAULA GIBSON** are from Chickasha, OK. They enjoy playing bridge, antique autos, watching TV, reading, PEO, and playing computer games. Please make Jerald and Paula feel welcome by introducing yourselves to them. Welcome to our family here at Rolling Meadows Jerald and Paula!!!

**MARY BUCKLEY** was born in Iowa Park, TX but moved here from Fort Myers, FL. Mary enjoys book clubs, movies, traveling and walking her sweet dog, Lucy. Mary is anticipating becoming a great grandma. Please make Mary feel welcome by introducing yourselves to her. Welcome to our family here at Rolling Meadows Mary!!!

**MARY CHAPMAN** is from Burkburnett. Mary enjoys reading, watching sports on TV and talking with family. Mary is a US Air Force Veteran's spouse. Please make Mary feel welcome by introducing yourselves to her. Welcome to our family here at Rolling Meadows Mary!!!

## Meet & Greet

Meet and greet old friends and new neighbors!  
In the Media Center  
May 26 at 2:00 pm

A poem by Dale

## Friends

When I need someone to talk to  
—a friend is there.

When I need to share a sorrow  
—a friend is there.

When some setback is now taking  
All the progress you've been making,  
You'll now see which ones are faking.

It's then You'll know  
—a friend is there.



A special  
Cinco de Mayo dinner  
May 5th in the  
Renaissance Room

### 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.**



### 3 CRAFT HOUR

At 2:00 PM in the Media Center we will be making button bowls. They are so pretty and easy to make. Please sign up in the mail room so I will have enough supplies.

### 5 BIRTHDAY PARTY

We want to celebrate all the May birthdays in the Media Center at 2:00 PM. Come and have cake and ice cream and don't forget to bring your neighbor.

### 5 CINCO DE MAYO

Come see what Miguel whips up in the dining room to celebrate Cinco de Mayo!!!

### 6 MOTHER'S DAY SOCIAL

Please sign up in the mail room for this special event. In the Media Center at 2:00 PM we want to recognize you moms and have some refreshments and a great time!!!

### 10 GOURMET GETAWAY

Today at 10:45 AM we will leave Rolling Meadows and make our way over to Mazzio's Pizza. Please sign up due to only having 12 seats available.

### 10 MAGICIAN SHOW

Grab your seat in the Atrium at 2:00 PM because Monte Holder will be back with us to use his new magic. You will not want to miss this. This will be a new magic act!!! See you there.

### 12 HISTORY HOUR

At this month's history hour we will be taking a trip to Canada. Please make plans to join us in the Media Center at 2:00 PM. We always enjoy the information and you never know who is there to share their experiences.

### 12 BREAKFAST FOR DINNER

For our new residents that haven't had the opportunity to enjoy this monthly feast let me explain. Chef Miguel will have an omelet station with all kinds of wonderful items to customize your omelet. As well has a buffet of everything you can think of for breakfast. You don't want to miss this!!!

### 13 BOOSTER SHOT

Please sign up for the 2nd COVID Booster shot at the front desk. Fikes Pharmacy will be here at 10:00 AM to administer the shot in the Atrium.

### 17 MUSIC BY KENNY FIELDS

Join everyone in the Atrium at 2:00 PM to hear some good music by Kenny Fields. Last time he was here he had a cold so make plans to be there and enjoy the music.

### 19 TAILS "N" TRAILS MUSEUM

We will be leaving Rolling Meadows at 12:30 to travel to Nocona, TX to visit the Tails "N" Trails Museum. The main focus areas are: Native American collection, western heritage, oil/gas industry, leather industry and agriculture. Please sign up we only have 12 seats available.

### 24 BRAUM'S TRIP

The bus will pull out at 2:00 PM to head over to Braum's. It has been some time but I bet you are ready for some great ice cream or maybe some shopping to bring home for later. Please sign up we only have 12 seats available.

### 26 MEET & GREET

We want to welcome all of you new residents to our family here at Rolling Meadows. Join us in the Media Center at 2:00 PM and enjoy fellowship and refreshments.



### 27 COFFEE & CONVERSATION

Yummy in my tummy!!! Join us in the Knight Kap at 9:00 AM to enjoy some good conversation and blueberry pancakes along with bacon and sausage. Please sign up so I will have plenty of food.





# MAY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</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> Chapel <b>2</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> Atr <b>3</b> 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> MedCtr <b>4</b> 2:00 <b>Bingo,</b> MedCtr 6:30 <b>Dominoes,</b> Lib	9:00 <b>Shopping at WalMart</b> <b>5</b> 10:00 <b>Bank Day</b> <b>"First Bank"</b> 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 5:00 <b>Cinco De Mayo Celebration,</b> RenRm 6:15 <b>Worship Service,</b> MedCtr 6:30 <b>Dominoes,</b> Lib <i>National Day of Prayer</i>	1:00 <b>Mexican Train,</b> KKap <b>6</b> 1:00 <b>Wii Games,</b> FitCtr 2:00 <b>Mother's Day Social,</b> MedCtr 6:00 <b>Game Night,</b> MedCtr	1:00 <b>Puzzles,</b> 3rd Floor <b>7</b> 1:00 <b>Bridge,</b> Lib 6:00 <b>Game Night,</b> MedCtr
<b>8</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> Chapel <b>9</b> 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> Atr <b>10</b> 10:00 <b>Dominoes (42),</b> Lib 11:00 <b>Gourmet Getaway</b> <b>to Mazzio's Pizza</b> 1:00 <b>Wii Games,</b> FitCtr 1:00 <b>Bible Study,</b> MedCtr 2:00 <b>Monte Holder Magician,</b> Atr	1:00 <b>Brain Games/Trivia,</b> MedCtr <b>11</b> 2:00 <b>Bingo,</b> MedCtr 6:30 <b>Dominoes,</b> Lib	9:00 <b>Shopping at WalMart</b> <b>12</b> 10:00 <b>Bank Day</b> <b>"Accounting"</b> till 11:00 1:00 <b>Dale's Bible Study,</b> Chapel 1:00 <b>Wii Bowling,</b> FitCtr 2:00 <b>History Hour,</b> MedCtr 5:00 <b>Breakfast for Dinner,</b> RenRm 6:15 <b>Worship Service,</b> MedCtr 6:30 <b>Dominoes,</b> Lib	10:00 <b>2nd COVID Boosters,</b> Atr <b>13</b> 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 <b>14</b> 1:00 <b>Bridge,</b> Lib 6:00 <b>Game Night,</b> MedCtr
<b>15</b> 10:45 <b>Our Lady Queen of Peace,</b> Chapel 1:00 <b>Worship Service,</b> Chapel  <i>Cottage Filter Change</i>	9:30 <b>Devotional w/Vickie,</b> Chapel <b>16</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> Atr <b>17</b> 10:00 <b>Dominoes (42),</b> Lib 1:00 <b>Wii Games,</b> FitCtr 1:00 <b>Bible Study,</b> MedCtr 2:00 <b>Kenny Fields, Music,</b> Atr	1:00 <b>Brain Games/Trivia,</b> MedCtr <b>18</b> 2:00 <b>Bingo,</b> MedCtr 6:30 <b>Dominoes,</b> Lib	9:00 <b>Shopping at WalMart</b> <b>19</b> 10:00 <b>Bank Day</b> <b>"First Bank"</b> till 11:00 12:30 <b>Tails N' Trails Museum,</b> Nocona, TX 1:00 <b>Dale's Bible Study,</b> Chapel 1:00 <b>Wii Bowling,</b> FitCtr 6:15 <b>Worship Service,</b> MedCtr 6:30 <b>Dominoes,</b> Lib	1:00 <b>Mexican Train,</b> KKap <b>20</b> 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 <b>21</b> 1:00 <b>Bridge,</b> Lib 6:00 <b>Game Night,</b> MedCtr
<b>22</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> Chapel <b>23</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> Atr <b>24</b> 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> MedCtr <b>25</b> 2:00 <b>Bingo,</b> MedCtr 6:30 <b>Dominoes,</b> Lib	9:00 <b>Shopping at WalMart</b> <b>26</b> 10:00 <b>Bank Day</b> <b>"Accounting"</b> till 11:00 1:00 <b>Dale's Bible Study,</b> Chapel 1:00 <b>Wii Bowling,</b> FitCtr 2:00 <b>Meet &amp; Greet,</b> MedCtr 6:15 <b>Worship Service,</b> MedCtr 6:30 <b>Dominoes,</b> Lib	9:00 <b>Coffee &amp; Conversation,</b> KKap <b>27</b> 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 <b>28</b> 1:00 <b>Bridge,</b> Lib 6:00 <b>Game Night,</b> MedCtr
<b>29</b> 10:45 <b>Our Lady Queen of Peace,</b> Chapel 1:00 <b>Worship Service,</b> Chapel	<b>30</b> <i>Happy Memorial Day!</i>	<b>31</b> 9:30 <b>Blood Pressure Clinic,</b> Atr 10:00 <b>Dominoes (42),</b> Lib 1:00 <b>Wii Games,</b> FitCtr 1:00 <b>Bible Study,</b> Chapel 2:00 <b>Quarter Bingo,</b> MedCtr	 <b>Check your Week In Review for changes and updates!</b>		 <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	





Good  
Times



## A Note from Kari

The birds are chirping, the trees are budding and the temperatures are climbing, and then diving, it is definitely Spring in North Texas. I love fall, but spring comes a close second. There is the feeling of renewal, that anything is possible, a freshness that just wakes me up and puts me in a good mood. Spring is the season to start something new and that is just what I am planning. Starting Monday, May 2nd, I am going to add another Chair Aerobics class, which will run from 11:30-12:00 Monday through Friday. It will be the exact same class as the 10:00-10:30 class just a different time. We have days when the 10:00 class is full and this will give more residents the opportunity to participate. This will run on a trial basis, if there isn't enough of an interest I will discontinue it. I hope that if you have been considering Chair Aerobics, but the time wasn't right for you or you had heard we were full, that you will come and give it a try.

—Kari



## The Benefits of Exercise

Exercise and nutrition are essential parts of a healthy lifestyle throughout one's life, and as we age, our requirements are ever changing. Research illustrates how regular exercise is especially important for seniors, and how more seniors are opting for an active lifestyle instead of a sedentary one.

Though physical fitness provides benefits at any age, the health perks physically fit seniors enjoy are more notable. In older adults, exercise helps you live a longer, healthier, and more joyous life.

**More exercise means more independence:** Seniors that exercise regularly are less likely to depend on others. According to Harvard Medical School, regular exercise promotes an older adult's ability to walk, bathe, cook, eat, dress, and use the restroom. If self-reliance is a priority, exercise is one of the best ways to maintain independence for older adults.

**Exercise improves balance for older adults:** Falling down is a much bigger deal for older adults. Every 11 seconds, an older adult is admitted to an emergency room for a fall-related

injury, and every 19 minutes, a senior dies from a fall, according to the National Council of Aging. Though no two falls are alike, regular exercise reduces the likelihood of falling by 23%.

**Regular exercise means more energy:** Though it seems counter-intuitive, being inactive makes you tired and being active gives you more energy. Any amount of exercise promotes the release of endorphins, which are essential neurotransmitters linked to pain mitigation and a sense of well-being. Endorphins combat stress hormones, promote healthy sleep, and make you feel more lively and energetic, overall.

**Exercise helps prevent and counteract disease:** Heart disease, osteoporosis, depression and diabetes are common diseases among older adults, and are often deadly. Fortunately, adopting a more active lifestyle can contribute to the prevention of these diseases, or reduce the unpleasant symptoms of these diseases if you already have them.

**Regular exercise improves brain function:** A healthy body likely

## 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

means a healthy mind, and seniors that exercise on a regular basis have improved cognitive health, according to research from the National Center for Biotechnology. In a study from the Alzheimer's Research & Prevention Foundation, regular exercise has been shown to reduce your risk of developing Alzheimer's disease or dementia by nearly 50%.

In short, exercise is crucial for older adults, but it can be hard to know where to begin. Before you launch into an exercise regimen, it's important to check with a physician to ensure you're healthy enough for exercise, and to see which exercises are ideal for your current fitness level.



# A Peek At The Pines



THE  
**PINES**  
AT ROLLING MEADOWS

*Fun and Games  
at The Pines!*

ROLLING  
MEADOWS  
3006 McNiel  
Wichita Falls, Texas 76309



# The Gables At A Glance



*Easter Egg Hunt at The Gables*



*Spring Crafts*