

# The *Meadow Lark*

A Publication of Rolling Meadows

July 2023

Pamper Yourself At

## *Spa Day!*

*Manicures • Pedicures  
Shoulder & Neck Massages  
Snacks, Drinks & Relaxing Music*

Friday, July 7th • 8:30 am to 3:30 pm

In the Media Center

*Sign up to book your time!*



## **Make Your Own Sundae Day!**

Celebrate summer with a delicious ice cream sundae.

Tuesday, July 11th at 2:00 PM  
in the Media Center

## *Picnic at the Park*

Join us for a picnic  
by the Dog Park  
Wednesday, July 12 at 11:00 AM



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*

Rip Stainbrook .....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. 526  
*Director of The Pines, Wellness, Home Care*



Clinic Information

If you want to leave a message for the clinic here at Rolling Meadows please call their outside line 940-689-2033 or email them at llooper@rmeadows.com.

Leave a message with your name and phone number and they will return your call. Clinic hours are Monday-Friday 9:00-4:00, except for Wednesday 9:00-12:00. Phone calls will not be answered during appointments so please leave a message.

Sit & Chat

We hold a meeting called Sit & Chat every other month in the Media Center. This is a meeting where Cindy Noe, Executive Director, will discuss or update you on any news about our community. She will then open the floor for residents to ask questions and present any concerns you may have. The other directors will also be present to answer your questions or concerns pertaining to their department. The next Sit & Chat will be August 8th at 1:30 in the Media Center. We hope to see you there!

Did You Know?

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.



**Joke of the Month**

What do cows read the most?  
Cattlelogs!!!

Happy BIRTHDAY

JULY BIRTHDAYS	
Regina Kennedy .....	1
Charles Lanman .....	1
JoAnn Plaxco .....	4
James Galloway .....	6
Wilma Fulton .....	7
Kenneth Mitchell .....	8
James Snowden .....	10
Roberta Sund .....	13
Janice Heard .....	14
Jackie Brosch .....	14
Lois Kramer .....	15
Sue Peterson .....	15
Mary Branton .....	17
Steve Burleson .....	19
Bill Riddle .....	22
Billie Woodward .....	22
Fay Underwood .....	24
Betty Groover .....	26
Mary Horton .....	26
Pat Moser .....	27
Quentin Kramer .....	28
Wanda Ewalt .....	29
Kay Weber .....	30
Sydney Ogle .....	30

**HONORING & REMEMBERING**

In Memory of  
**Jean Vititow**  
by Rolling Meadows

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

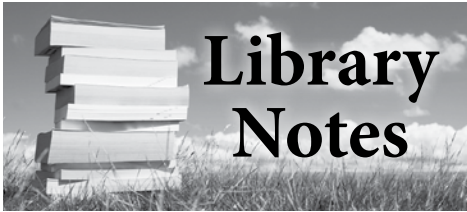
In Memory of  
**Elmer Harrison**  
by Rolling Meadows

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!**

**WILLIAM AND JUDY KNOWLTON**

William is from New Jersey (but has lived in Texas for 50 years) and Judy is from Henrietta. Bill enjoys sports and Judy enjoys art. Please make Bill and Judy feel welcome by introducing yourselves to them. Welcome to our family here at Rolling Meadows Bill and Judy!



**Library Notes**

Greetings Readers,

I have received lots of donations recently and will periodically be setting some books aside on a table in the library with the note: free books, do not return. You will find magazines, old collectible pamphlets, books with yellowed pages and\or tiny print, duplicate copies of books already on the shelves, coffee table books too large for our shelves, etc. Whatever you do not take, I will give to Adult Literacy. I encourage you to drop by frequently.

I posted a copy of the Book Club reading schedule on the resident communication board in the mail room. This is a new space for us to leave information for each other. Check it out. If you decide you would like your own copy of the schedule, let me know.

Thanks for leaving the books for me to reshelve. I like to see what you are reading.

Until next month, Happy Reading  
- Judy B

JULY EVENTS

**6 BIRTHDAY PARTY**  
Everyone is welcome to come celebrate our July birthdays today at 2:00 PM in the Media Center. We will have cake and ice cream. Happy birthday to all of you!!!

**7 SPA DAY**  
Something new and just for you! Choose between a manicure, pedicure or shoulder and neck massage. We will have lotions, nail polish and foot and hand soaks but you may bring your own lotion if you have allergies. You can also bring your own nail polish. These services will not be from a licensed professional. Your activity coordinator, Vickie Pickens, has planned this event. Snacks and drinks will be provided along with relaxing music. Sign up in the Mail Room as soon as possible if you want to take advantage of this day of pampering beginning at 8:30 AM until 3:30 PM in the Media Center!

**8 PRAIRIE MOON AT THE RED RIVER VALLEY OPRY HOUSE**  
We will leave Rolling Meadows at 6:00 PM and travel to Byers to see, "Prairie Moon" cowboy country music. The cost is \$10.00 per ticket. They will have snacks for \$1.00. No alcoholic drinks are provided. Please sign up in the mail room with your phone number so I can know how to reach you. Watch for more trips we have planned to see different artists from music to magic!

**11 GOURMET GETAWAY**  
The bus will be leaving Rolling Meadows at 10:45 AM and head over to Samurai of Tokyo. Please sign up in the mail room with your phone number so I will know how to reach you.

**11 MAKE YOUR OWN SUNDAE DAY**  
Join us in the Media Center at 2:00 PM and make you a delicious sundae!!! What an awesome holiday to celebrate!!!

**12 OUTDOOR PICNIC**  
We will enjoy a picnic by the dog park at 11:00 AM today. Please sign up so we will know how many to plan for. The kitchen will be planning the menu and I will let you know if you need to sign up for something specific. It is July so it will be warm or maybe downright hot. We may have a small swimming pool available so you can get your feet wet and cool off.

**13 HISTORY HOUR**  
Join us at 2:15 PM in the Media Center as we visit Eureka Springs, Arkansas. If any of you have visited or lived there, please come and share with us. We enjoy everyone's input.

**13 BREAKFAST FOR DINNER**  
Always a big hit – Everything from biscuits and gravy to your very own specialized omelet. It happens the second Thursday of every month except for December.

**14 BACKDOOR THEATRE**  
The bus will leave at 6:30 PM for our trip to the Backdoor Theatre to see "The Lightning Thief". Tickets are \$19.50 each. Please turn your money in to Vickie as soon as possible and sign up in the mail room if you would like to go. Snacks will be available \$1.00 each. They have sodas, chips, candy, etc.

**18 EXERCISE DRUMMING**  
Tuesday at 2:15 PM in the Media Center we will be getting our hearts pumping with this fun exercise. You do not have to sign up. Just come and enjoy some fun exercise.

**20 CRAFT HOUR**  
We are going to do marble paint with nail polish and decorate coffee mugs at 2:00 PM in the Media Center. They are so pretty and each mug will be different. Please sign up so I have enough supplies for everyone. This is easy to do!!!

**25 GOSPEL SINGING**  
Please bring a friend to the Media Center at 1:00 PM for some gospel singing. If you don't want to sing, just come and listen. I know you will hear one of your favorites.

**25 TRIP TO BRAUM'S**  
Today will head to Braum's at 2:00 PM. You might want some ice cream, a sundae or a strawberry shake. Please sign up in the mail room so we know who is going. You might want to pick up a few things in their grocery department as well.

**29 BOOK CLUB** Join us at 1:00 PM in the Library to discuss our current book selection and all things literary!

**Eureka! It's History Hour!**  
Come with us to Eureka Springs, Arkansas  
July 13 at 2:50 in the Media Center


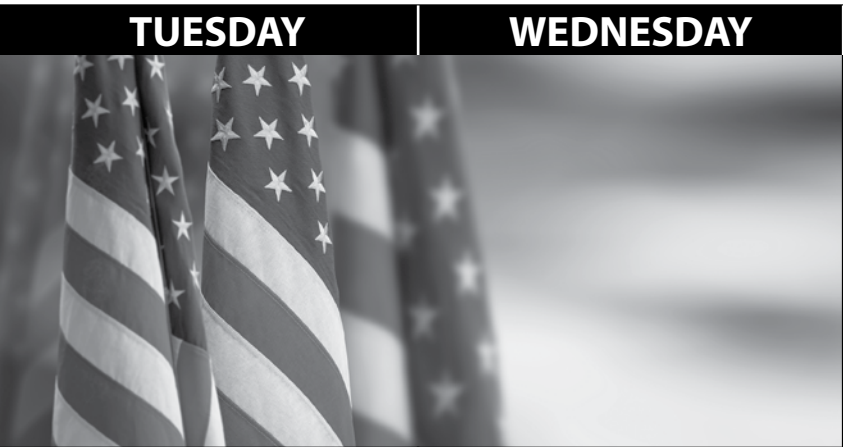






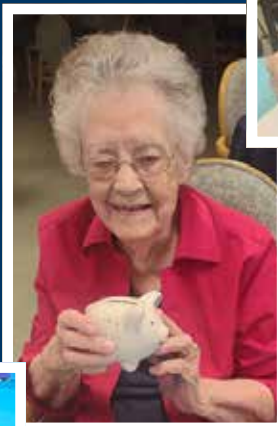
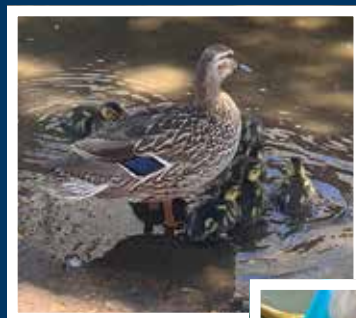
JULY 2023



Check your  
Week In Review for  
changes and updates!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div></div> <div>Check your Week In Review for changes and updates!</div>		<div></div>		<div></div> <div>Courtesy Van to Dr Offices: Tues, Wed 9:00 – 3:30, Thurs 1:00 – 3:30</div> <div>Dry Cleaning</div> <div>Drop-Off: 10:00 Tuesday 2nd Floor Atrium Laundry Room</div> <div>Pickup: 2:00 Thursday 2nd Floor Atrium Laundry Room</div>		
2 1:00 Worship Service, Chapel	3 9:30 Devotional, Chapel 11:00 Grocery Shopping 1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 1:45 Our Lady Queen of Peace, Chapel 2:00 Quarter Bingo, MedCtr	4 <div></div>	5 1:00 Brain Games/Trivia, MedCtr 2:00 Bingo, MedCtr	6 9:00 Shopping at WalMart 10:00 Bank Day "Accounting" till 11:00 1:00 Wii Bowling, FitCtr 2:00 Birthday Party, MedCtr 6:15 Worship Service, MedCtr 6:30 Bridge, Lib	7 8:30 Spa Day, MedCtr, Until 3:30 1:00 Mexican Train, KKap 1:00 Wii Bowling, FitCtr 2:00 Quarter Bingo, (CANCELED)	8 1:00 Puzzles, 3rd Floor 6:00 Bus Trip to the Red River Valley Opry House for "Prairie Moon" Cowboy Country Music
9 1:00 Worship Service, Chapel	10 9:30 Devotional, Chapel 1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 1:45 Our Lady Queen of Peace, Chapel 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr	11 9:30 Blood Pressure Clinic, Atr 10:45 Gourmet Getaway 1:00 Bible Study, KKap 1:00 Wii Bowling, FitCtr 1:00 Dominoes (42), Lib 2:00 Make Your Own Sundae Day, Med/Ct	12 11:00 Outdoor Picnic, Dog Park 1:00 Brain Games/Trivia, MedCtr 2:00 Bingo, MedCtr	13 9:00 Shopping at WalMart 10:00 Bank Day "First Bank" till 11:00 1:00 Wii Bowling w/Vickie, FitCtr 2:15 History Hour, MedCtr 5:00 Breakfast for Dinner 6:15 Worship Service, MedCtr 6:30 Bridge, Lib	14 1:00 Mexican Train, KKap 1:30 All Staff Meeting, MedCtr 2:00 Quarter Bingo, CANCELED 6:30 Backdoor Theatre, Meet In The Lobby  Cottage Filter Change	15 1:00 Puzzles, 3rd Floor
16 1:00 Worship Service, Chapel	17 9:30 Devotional, Chapel 10:00 Chair Aerobics w/Vickie, FitCtr 11:30 Chair Aerobics w/Vickie, FitCtr 1:00 Tiki, Lib 1:45 Our Lady Queen of Peace, Chapel 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball w/Vickie, FitCtr	18 9:30 Blood Pressure Clinic, Atr 10:00 Chair Aerobics w/Vickie, FitCtr 11:30 Chair Aerobics w/Vickie, FitCtr 1:00 Bible Study, KKap 1:00 Wii Games w/Vickie, FitCtr 1:00 Dominoes (42), Lib 2:15 Exercise Drumming, MedCtr 3:15 Chair Volleyball w/Vickie, FitCtr	19 10:00 Chair Aerobics w/Vickie, FitCtr 11:30 Chair Aerobics w/Vickie, FitCtr 1:00 Brain Games/Trivia w/Vickie, MedCtr 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	20 9:00 Shopping at WalMart 10:00 Bank Day "Accounting" till 11:00 10:00 Chair Aerobics w/Vickie, FitCtr 11:30 Chair Aerobics w/Vickie, FitCtr 1:00 Wii Bowling w/Vickie, FitCtr 2:00 Craft Hour, MedCtr 3:15 Chair Volleyball w/Vickie, FitCtr 6:15 Worship Service, MedCtr 6:30 Bridge, Lib	21 10:00 Chair Aerobics w/Vickie, FitCtr 11:30 Chair Aerobics w/Vickie, FitCtr 1:00 Mexican Train, KKap 2:00 Quarter Bingo, CANCELLED 3:15 Chair Volleyball w/Vickie, FitCtr	22 1:00 Puzzles, 3rd Floor
23 & 30 1:00 Worship Service, Chapel	24 & 31 9:30 Devotional, Chapel 1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 1:45 Our Lady Queen of Peace, Chapel 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr	25 9:30 Blood Pressure Clinic, Atr 1:00 Wii Bowling, FitCtr 1:00 Bible Study, KKap 1:00 Dominoes (42), Lib 1:00 Gospel Singing, MedCtr 2:00 Braum's Trip 3:00 Chair Volleyball, FitCtr	26 1:00 Brain Games/Trivia, MedCtr 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	27 9:00 Shopping at WalMart 10:00 Bank Day "First Bank" till 11:00 1:00 Wii Bowling, FitCtr 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, MedCtr 6:30 Bridge, Lib	28 1:00 Mexican Train, KKap 1:00 Wii Bowling, FitCtr 3:00 Chair Volleyball, FitCtr	29 1:00 Puzzles, 3rd Floor 1:00 Book Club, Lib





## Good Times

## A Note from Kari

Just a quick note this month to say that I will be on vacation July 13-21 so please keep an eye on the schedule as there will be some changes for the week.

—Kari



It's no secret that your body changes as you age. But what may surprise you is that one of those changes involves your sense of thirst. As you age, your body doesn't demand water like it used to in your younger years. The issue with that, of course, is that you still need fluids to function — and not drinking enough puts you in danger of dehydration.

### Why are older adults more susceptible to dehydration?

Older adults are at a greater risk for dehydration because of how body composition changes with age. Those in the 65-and-older crowd simply have less water in their bodies than younger adults or children. Decreased kidney function also can affect fluid levels.

Water is necessary for nearly every bodily function, from lubricating joints to regulating body temperature and pumping blood to your muscles. Not getting enough of it can have serious health consequences.

Adding to the problem is that symptoms of dehydration in older adults often go unrecognized. Symptoms are easily attributed to other medical conditions, medications or natural effects of aging.

### What are signs of dehydration?

Dehydration can affect you physically, mentally and emotionally, as blood vessels in your brain and throughout your body constrict due to dwindling fluid levels. Physical signs of dehydration include:

- Fatigue and weakness
- Dizziness or loss of coordination
- Dry mouth and/or a dry cough

- Headache
- Muscle cramps due to the loss of electrolytes through sweating
- Chills or heat intolerance
- Flushed skin

Someone who's dehydrated also may seem confused, cranky or anxious. Persistent dehydration can land older adults in an emergency room or hospital.

### Tips to prevent dehydration

The best way to prevent dehydration is as obvious as it seems: Consume more fluids.

Older adults can work to avoid dehydration by using these tips:

#### Mix it up

Water is ideal for hydration, but we all know that drinking H<sub>2</sub>O all day every day can get boring. Make water a bit more interesting by dropping in sliced fruit, like lemon or strawberries.

Cow's milk or milk alternatives also offer hydration and nutrition. Ditto for fruit juices. (A lot of juices are high in sugar, though, which can be an issue, especially if you have diabetes. Consider a mix of juice and water if sugar is a concern.)

#### Avoid caffeine

Caffeinated beverages like tea and coffee can have a diuretic effect, meaning you'll pee more — losing fluid. So enjoy those drinks in moderation, don't make them a significant part of your daily fluid intake.

## Fun In The Fitness Center



*Please note the Fitness Center schedule has changed!*

<b>Pool Walking</b> .....	Pool
Mon, Wed, Fri .....	8:00 am
<b>Chair Aerobics</b> .....	Fitness Center
Mon - Fri 9:00, 10:00, & 11:30 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, Tues, Thurs, Fri 1:00 pm	
<b>Core Strength</b> .....	Fitness Center
Mon & Fri 11:00 am	
<b>Wii Games</b> .....	Fitness Center
Tues & Fri 1:00 pm	
<b>Stretch</b> .....	Fitness Center
Wed 11:00 am	
<b>Open Fitness</b> .....	Fitness Center
Wed 2:00 pm	
<b>Trivia/Brain Games</b> .....	Media Center
Wednesdays 1:00 pm	

### Eat hydrating foods

Many foods are high in water content including cucumbers, celery and the aptly named watermelon, which is 91% water. (Frozen fruit ice pops count, too!)

### Hydrate all day long

Build hydration into your routine with little consistent sips throughout the day, particularly on hot days. Keep a nice mug, cup or tumbler on hand for easy access.

### Know your needs

People with certain medical conditions may have more specific fluid needs. Make sure to consult with your healthcare provider before making significant fluid intake changes.



## A Peek At The Pines



THE  
PINES  
AT ROLLING MEADOWS

*Celebrating Summer  
at The Pines*

ROLLING  
MEADOWS

3006 McNeil  
Wichita Falls, Texas 76309



## The Gables At A Glance



*Summer fun at  
The Gables*

