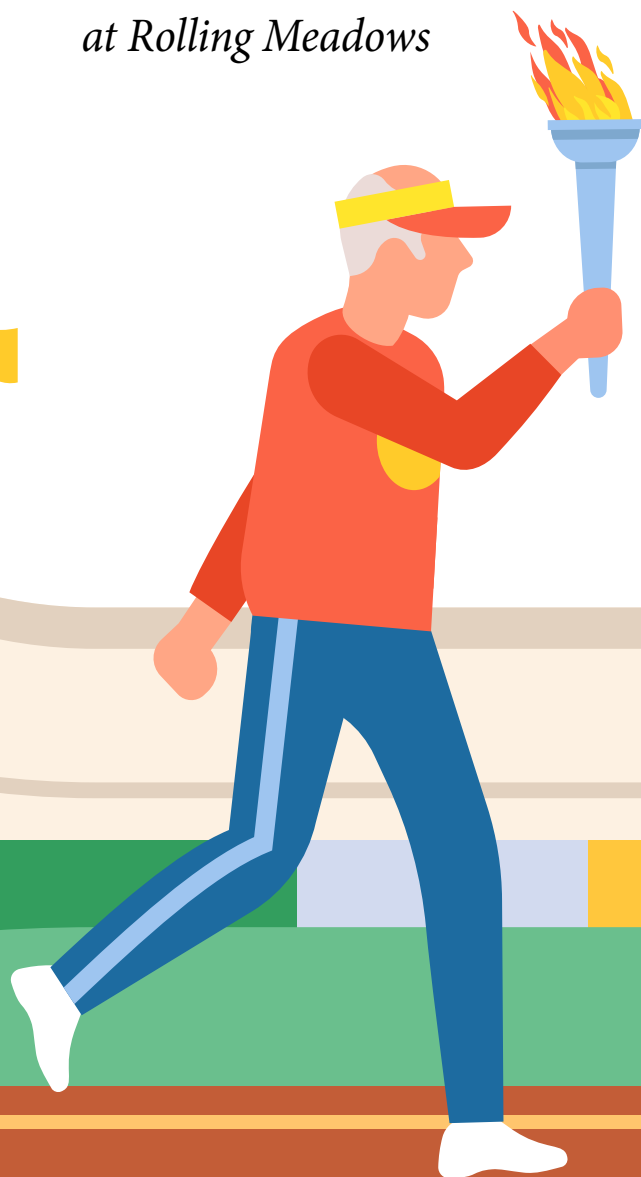


The Meadow Lark

A Publication of Rolling Meadows

October 2023

The Senior Olympics at Rolling Meadows



Celebrating Active Aging Week

October 2 - 6

Cheer on your family, friends and neighbors as they compete in special games and festivities all week long!

Monday, October 2

Opening Ceremony

Fun & Games All Week!

Health Seminars • Power Walk

Race Walk • Cornhole (Singles)

Basketball • Noodle Throw

Baseball Throw • Healthy Sleep Habits

Cornhole (Teams) • Swimming Relay

Golf Games • Frisbee Throw

Friday, October 6

Closing Ceremony with Awards & Lunch

ROLLING
MEADOWS

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*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

HONORING
REMEMBERING

In Memory of
Marvin Hoff
by *Rolling Meadows*

In Memory of
Bob Hance
by *Rolling Meadows*

In Memory of
Edna Edwards
by *Rolling Meadows*

In Memory of
Bill Brockriede
by *Rolling Meadows*

In Memory of
Sam Nilasena
by *Rolling Meadows*

In Memory of
Peggy Tate
by *Rolling Meadows*

In Memory of
Pam Caraway
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.*



*What did the ghost teacher
say to the class?*

*Keep your eyes on the board
while I go through it again!*

Joke of the
Month



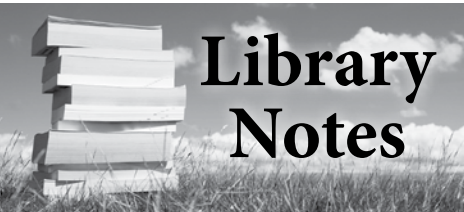
OCTOBER BIRTHDAYS

Shirley Craft	2
Cheryl Beaty	3
Susan Smith	3
Harold Apple	12
Renee Brockriede	13
Ron Johnson	14
Janelle Cremeens	17
Dorothy Jones	17
Elaine Paden	17
Robert Doley	21
Royce Smith	21
Don Holder	23
Polly Pate	25
Shirley Foley	27
Marge Sheppard	31
Mary Chapman	31

Welcome New
Residents!

GLORIA BROOKS

Gloria was born in Ohio. She has lived all over the world and United States. Gloria enjoys reading, decorating, gardening and now watching these activities from the sidelines!!! Please make Gloria feel welcome by introducing yourselves to her. Welcome to the family Gloria!



Greetings Readers,

Seniors who read often enjoy much more than just a good story. Scientific studies have found many benefits to reading for older adults.

1. Enhancing memory-reading exercises your memory. This is critical to the short-term recall of everyday events.
2. Sharpening decision-making skills-this is an ability known as fluid intelligence. Those who read test higher.
3. Reducing stress-Studies found it took only six minutes for the heart rate and muscle tension of participants to relax once they dove into a book. This was faster than listening to music, having a cup of coffee or going for a walk.
4. Reducing anxiety-Another study found that people who read frequently are less likely to act impulsively. They were also more likely to think before reacting to things. This means frequent readers are better equipped to process information., be prepared for life's uncertainties and reduce their anxiety.
5. Sleeping better-Research confirms that reading in bed is a sure-fire way to fall asleep. Swap your TV show for a good book and enjoy drifting off easier.
6. Reading brings people together, whether formally in a book club or chance conversations about what you are reading. (This is not from a scientific study, but from my life experience).

Until next month, Happy Reading
- Judy B



ACTIVE AGING WEEK
OCTOBER 2 - OCTOBER 6

October kicks off with the
**Rolling Meadows
Resident Olympic Games!**

Check the calendar for times and events happening each day this week. Even if you didn't sign up for these events, please come and cheer on your neighbors and friends as they compete in the games.

We will have family, friends and sponsors who have helped make this week festive and fun so please make them feel welcome and thank them for supporting our retirement community.

Let the games begin!!!

Monday, October 2
Opening Ceremony
Health Seminar
Games Practice

Tuesday, October 3
Power Walk
Race Walk
Health Seminar
Cornhole (Singles)

Wednesday, October 4
Basketball
Noodle Throw
Baseball Throw
Healthy Sleep Habits
Cornhole (Teams)

Thursday, October 5
Swimming Relay
Golf Games
Frisbee Throw

Friday, October 6
Closing Ceremony, Awards & Lunch

10 SIT & CHAT

Mosey on over to the Media Center at 1:30 PM for our Sit & Chat. Please bring your questions and concerns to this meeting so they may be heard and addressed.

12 BIRTHDAY PARTY

Join us in the Media Center at 2:00 PM for our monthly birthday party for all October birthdays. Come and enjoy some cake and ice cream.

13 ALL STAFF MEETING

Quarter Bingo has been cancelled for this staff meeting at 1:30 in the Media Center.

17 GOURMET GETAWAY

The bus will be leaving at 10:45 AM to head over to Mazzio's Pizza. I hope you make plans to go and please sign up in the mail room.

17 CRAFT HOUR

Today in the Media Center at 2:00 PM, we will be making Halloween decor for your door or wall. It's fun and easy! Please sign up in the mail room.

19 SPA DAY

Patti Gilmore, a local Mary Kay Consultant, will be pampering us in the Media Center at 2:00 PM. Please sign up.

24 HISTORY HOUR

Today in the Media Center at 2:15 PM, we are going to travel through California. Please bring items or pictures to show and tell.

26 EARLY HALLOWEEN PARTY



Come celebrate Halloween a little early today in the Media Center at 2:00 PM. We will have food, fun and games.

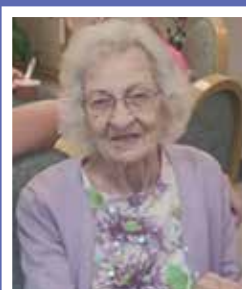
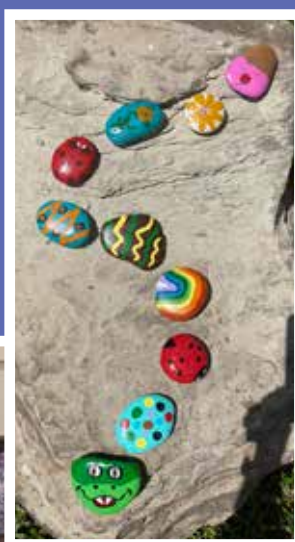
31 HALLOWEEN DINNER

It's Halloween, so let's all wear our costumes to the Renaissance Room for dinner tonight!



OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 1:00 Worship Service , Chapel	10:00 Resident Olympic Games Opening Ceremony , South Lawn 2 1:00 Health Seminar , MedCtr 1:00 Our Lady Queen of Peace , Chapel 2:00 Grocery Shopping 2:00 Olympic Games Practice , FitCtr 3:00 Olympic Games Practice , FitCtr	9:30 Blood Pressure Clinic , Atr 3 10:00 Game: Power Walk , South Lawn 10:30 Race Walk: Wheelchairs & Canes , South Lawn 1:00 Health Seminar , MedCtr 2:30 Cornhole Individuals , Atr	10:30 Basketball , FitCtr 4 10:45 Noodle Throw , South Lawn 11:00 Baseball Throw , South Lawn 1:00 Healthy Sleep Habits , MedCtr by the Rehab Department 2:30 Cornhole Teams , Atr	9:00 Shopping at WalMart Bank Day 5 10:00 "First Bank" till 11:00 10:00 Swimming Relay , FitCtr 1:00 Dale's Bible Study , Chapel 2:30 Golf Games , FitCtr 3:30 Frisbee Throw , South Lawn 6:15 Worship Service , MedCtr 6:30 Bridge , Lib	10:00 Resident Olympic Games Closing Ceremony, Awards and Lunch , South Lawn 6 2:00 Quarter Bingo , MedCtr 3:00 Chair Volleyball , FitCtr	1:00 Puzzles , 3rd Floor 7
ACTIVE AGING WEEK: ROLLING MEADOWS RESIDENT OLYMPIC GAMES!						
8 1:00 Worship Service , Chapel	9:30 Devotional , Chapel 9 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 3:00 Chair Volleyball , FitCtr	9:30 Blood Pressure Clinic , Atr 10 1:00 Wii Bowling , FitCtr 1:00 Dominoes (42) , Lib 1:00 Bible Study , KKap 1:30 Sit & Chat , MedCtr 3:00 Chair Volleyball , FitCtr	1:00 Brain Games/Trivia , MedCtr 11 2:00 Bingo w/ Hospice , MedCtr 3:00 Chair Volleyball , FitCtr	9:00 Shopping at WalMart Bank Day 12 10:00 "Accounting" till 11:00 1:00 Wii Games , FitCtr 1:00 Dale's Bible Study , Chapel 2:00 Birthday Party , MedCtr 3:00 Chair Volleyball , FitCtr 5:00 Breakfast for Dinner 6:15 Worship Service , MedCtr 6:30 Bridge , Lib	1:00 Mexican Train , KKap 13 1:00 Wii Games , FitCtr 1:30 All Staff Meeting , MedCtr 2:00 Quarter Bingo , <i>Cancelled</i> 3:00 Chair Volleyball , FitCtr	1:00 Puzzles , 3rd Floor 14
15 1:00 Worship Service , Chapel	9:30 Devotional , Chapel 16 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 3:00 Chair Volleyball , FitCtr <i>Filter Change: Apartments</i>	9:30 Blood Pressure Clinic , Atr 17 10:45 Gourmet Getaway 1:00 Wii Games , FitCtr 1:00 Dominoes (42) , Lib 1:00 Bible Study , KKap 2:00 Craft Hour , MedCtr 3:00 Chair Volleyball , FitCtr	1:00 Brain Games/Trivia , MedCtr 18 2:00 Bingo w/Hospice , MedCtr 3:00 Chair Volleyball , FitCtr	9:00 Shopping at WalMart Bank Day 19 10:00 Flu Vaccinations , MedCtr 10:00 "First Bank" till 11:00 1:00 Wii Games , FitCtr 1:00 Dale's Bible Study , Chapel 2:00 Mary Kay Spa Day , MedCtr 3:00 Chair Volleyball , FitCtr 6:15 Worship Service , MedCtr 6:30 Bridge , Lib	1:00 Mexican Train , KKap 20 1:00 Wii Bowling , FitCtr 2:00 Quarter Bingo , MedCtr 3:00 Chair Volleyball , FitCtr	1:00 Puzzles , 3rd Floor 21
22 1:00 Worship Service , Chapel	9:30 Devotional , Chapel 23 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 3:00 Chair Volleyball , FitCtr	9:30 Blood Pressure Clinic , Atr 24 1:00 Wii Games , FitCtr 1:00 Dominoes (42) , Lib 1:00 Bible Study , KKap 2:15 History Hour , MedCtr 3:00 Chair Volleyball , FitCtr	1:00 Brain Games/Trivia , MedCtr 25 2:00 Bingo , MedCtr 3:00 Chair Volleyball , FitCtr	9:00 Shopping at WalMart Bank Day 26 10:00 "Accounting" till 11:00 1:00 Wii Games , FitCtr 1:00 Dale's Bible Study , Chapel 2:00 Halloween Party , Atr 3:00 Chair Volleyball , FitCtr 6:15 Worship Service , MedCtr 6:30 Bridge , Lib	1:00 Mexican Train , KKap 27 1:00 Wii Games , FitCtr 2:00 Quarter Bingo w/Kari , MedCtr 3:00 Chair Volleyball , FitCtr	1:00 Puzzles , 3rd Floor 28
29 1:00 Worship Service , Chapel	9:30 Devotional , <i>Cancelled</i> 30 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 w/Kari , MedCtr 3:00 Chair Volleyball , FitCtr	9:30 Blood Pressure Clinic , Atr 31 1:00 Wii Games , FitCtr 1:00 Dominoes (42) , Lib 1:00 Bible Study , MedCtr 3:00 Chair Volleyball , FitCtr 5:00 Halloween Dinner , RenRm <i>Wear Your Costume!</i> <i>Happy Halloween!</i>	 <div><u>Courtesy Van to Dr Offices:</u> Tues, Wed 9:00 – 3:30, Thurs 1:00 – 3:30 <u>Dry Cleaning</u> <u>Drop-Off:</u> 10:00 Tuesday 2nd Floor Atrium Laundry Room <u>Pickup:</u> 2:00 Thursday 2nd Floor Atrium Laundry Room</div>		 <div><i>Check your Week In Review for changes and updates!</i></div>	



Good
Times

A Note from Kari



It's October, which means Active Aging Week is upon us. This year is going to be a little different and because of that, all normal activities for the week of October 2-6 will be canceled. That being said, I hope you will come out and participate or support those that are participating. I think it's going to be a lot of fun and I'm excited to see you try some new activities. In addition to October bringing Active Aging Week it is also the start of the cold and flu season. Please be mindful of how you are feeling and stay home if you are under the weather. A final bit of news, starting October 2nd, I will once again be pulling out my Ghost. If you happen to find it on your doorknob, return it to me in the Fitness Center for a Halloween treat and the opportunity to "Ghost" someone else. —Kari

Stay Healthy This Cold and Flu Season

Here are some practical cold and flu season prevention tips that can help keep you feeling healthy this year.

Avoid Crowds and Unnecessary Travel

This season is a time of travel but crowds, especially those in airplanes, can increase your chance of catching a cold or flu from an infected person. Try to avoid large groups of people, especially in poorly-ventilated spaces.

Don't Touch Your Face

Illness can enter the body quickly through your eyes, nose and mouth. To reduce the risk of getting sick, minimize touching your face.

Drink Plenty of Liquids

Staying hydrated, especially hot tea or just plain water, can help the body battle germs better.

Exercise Regularly

Moderate exercise boosts the immune system and could reduce risk of a cold. A regimen of 20-30 minutes of exercise five days a week can help. For the long term, working out regularly also reduces the risk of many chronic diseases such as cardiovascular diseases, metabolic diseases and respiratory illnesses.

Get a Flu Shot

Older adults are especially vulnerable and are most likely to be hospitalized for complications of the flu. Check with your doctor about getting the flu vaccination.

Get a Pneumonia Vaccine, Too

Flu can develop into pneumonia, which can be deadly for seniors. This shot helps prevent certain strains of bacterial pneumonia. Ask your doctor about the pneumococcal vaccine.

Keep Your Surroundings Clean

Multiple hands can spread germs through door knobs, light switches and other household things. Wipe clean anything that gets a lot of touches and also sanitize your mobile devices.

Stay Away from People Who Are Sick

Keep your distance from people who are sick. If you find yourself around a sick person, limit your contact and avoid unnecessary touching like shaking hands or hugging. Also avoid touching anything they've touched.

Stay Away If You're Sick, Too

If you have the flu, you need to stay home to protect other people.

Fun In The Fitness Center



Please note the Fitness Center schedule has changed!

Pool Walking	Pool
Mon, Wed, Fri	8:00 am
Chair Aerobics	Fitness Center
Mon - Fri 9:00, 10:00, & 11:30 am	
Open Fitness	Fitness Center
Mon-Fri 1:00 pm	
Chair Volleyball	Fitness Center
Mon-Fri 3:00 pm	
Core Strength	Fitness Center
Tuesdays 11:00 am	
Wii Bowling	Fitness Center
Mon, Tues, Thurs, Fri 1:00 pm	
Wii Games	Fitness Center
Tues & Fri 1:00 pm	
Stretch	Fitness Center
Thursdays 11:00 am	
Open Fitness	Fitness Center
Wed 2:00 pm	
Trivia/Brain Games	Media Center
Wednesdays 1:00 pm	

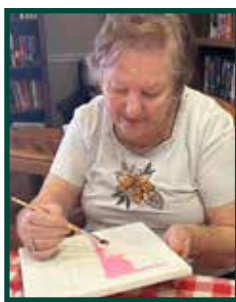
Take In More Vitamin C

Although it won't prevent you from getting sick, studies indicate that extra vitamin C may limit the severity or shorten the duration of illness. Vitamin C is best to receive through food such as citrus fruits, but supplements of 200 milligrams can be helpful.

Wash Your Hands

Soap and water can help remove viruses from your hands. One rule of thumb is to scrub vigorously for 20 seconds, roughly the time it takes to sing "Happy Birthday" twice. The water doesn't need to be hot, because the scrubbing itself will do the job. Also keep alcohol-based hand sanitizer nearby to use if you can't get to soap and water.

A Peek At The Pines



Painting and Pumpkins at The Pines



THE
PINES
AT ROLLING MEADOWS

ROLLING
MEADOWS

3006 McNiel
Wichita Falls, Texas 76309



The Gables At A Glance

