# The Meadow Lark

A Publication of Rolling Meadows

November 2023



# Take Center Stage at the Rolling Meadows.



Tuesday, November 21 in the Atrium 2:00 PM

Cindy Noe

ROL.	
MEAD	DWS
940-69	1-7511

Rolling Meadows

Staff
rmeadows.com

Executive Director	LAt. 120
Angel Sheets	Ext. 104
<b>Jerry Caraway</b> Director of Resident Services	Ext. 109
<b>Rip Stainbrook</b>	Ext. 111

Kellye Hensley  Director of Accounting	.Ext.	112
A.J. Mitchell Director of Maintenance, Grounds,		

Kim Holley	v. R.N		Ext.	202
		The Gables		

**Debbie Bryan, R.N.** ..... Ext. 526 Director of The Pines, Wellness, Home Care

## Welcome New Residents!

#### LYNN BASSETT

Lynn was born and raised in Pauls Valley, Oklahoma. She then lived in Austin for 25 years and moved to Wichita Falls in 1989. Lynn enjoys reading, music and plays. Please make Lynn feel welcome by introducing yourselves to her. Welcome to the family Lynn!



#### **MARGIE FRAZIER**

Margie was born and raised in Windthorst. She has spent the last 54 years in Wichita Falls. Margie enjoys sewing, reading, watching Texas Rangers baseball and the Cowboys football, active in church and playing with her grandchildren.

Please make Margie feel welcome by introducing yourselves to her. Welcome to the family Margie!



## BIRTHDAY!

### **NOVEMBER BIRTHDAYS**

Bill Plummer 3
Marva Walker 3
Elizabeth Hilbers 4
Elsie Vergauwen 5
Sheryl Lindemann 7
David Jameson 9
Donald Gregg 9
Bill Groover 11
Cloris Fuchs 14
Larry McCown 14
Frances Sessions 19
Betty Halpain 23
Diane Lanman 25
Joe Michki 27
Janey McCown 28
Gary Silverman 30

### Friendly Reminder

Thanksgiving and Christmas Day there will be a Box Sandwich Dinner available for evening meal. Please order by 10:30 AM and pick them up no later than 2:00 or ask for delivery.

## **Tipping Point**

Tipping of any kind is not permitted at Rolling Meadows. Any employee found to be accepting a tip for services rendered can be subject to immediate dismissal. Recognizing, however, that a number of residents may desire to show special appreciation to various staff members, an opportunity is provided for such sharing. Residents and friends may make their gifts of money to the Employee Appreciation Fund all year long. Resident gifts may be given directly to the Accounting Office or the Reception Desk, or the resident may choose to pledge a monthly amount which would appear on the monthly statement. At a given time, a special resident committee counts the gathered funds and, by a prearranged formula, the money is divided among ALL hourly employees, based on length of

employment. This money is then presented in the form of a Christmas gift from the residents of Rolling Meadows at the Annual Christmas

Party.



#### HONORING REMEMBERING

In Memory of Mary Broadway by Rolling Meadows

In Memory of

**Dr. Quentin Kramer** by Lois Kramer

In Memory of

**Dr. Quentin Kramer** by Rolling Meadows

In Memory of

Dr. Quentin Kramer
by Beth Duke

In Memory of **Patricia Geurin** 

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.



#### **A LIBRARY**

(by Nikki Giovanni)

a Library Is: a place to be free to be in space

to be in cave times

to be a cook

to be a crook to be in love

to be unhappy

to be quick and smart

to be contained and cautious

to surf the rainbow

to sail the dreams

to be blue to be jazz

to be wonderful

to be you

a place to be yeah... to be



#### **7** TRIP TO BRAUM'S

We are taking a trip to Braum's at 2:00 PM today. Please sign up in the mail room so we know who will be going. It is getting close to Thanksgiving and you might want to stock up on some ice cream or just get a delicious sundae while you are there.

#### BIRTHDAY PARTY

Today at 2:00 PM in the Media Center is the monthly Birthday Party. We will have cake and ice cream so please everyone come to celebrate and wish all of those in November a Happy Birthday!

#### • BREAKFAST FOR DINNER

This is just about everyone's favorite!!!
This will be the last one for the year so don't miss it! For anyone new, this is held on the second Thursday of the month (except for December) at the 5:00-6:30 dinner time. Enjoy a buffet of eggs, bacon, sausage, biscuits, gravy, cheese grits, spinach quiche, pancakes, hash browns, fresh fruit, cinnamon rolls and the delicious made to order omelets by Chefs Miguel and Rip!!!

## 11 RON WILSON MAGIC AT RED RIVER VALLEY VENUE

Our bus will be leaving at 6:00 PM for the Red River Valley Venue/Opry House where we will enjoy Ron Wilson performing magic. Please sign up so we can make reservations. \$10 per ticket at the door. There will be \$1 and \$2 snacks available.

## 13 VETERAN'S DAY CEREMONY Please join us in the Atrium at 2:00 PM

Please join us in the Atrium at 2:00 PM today as we tell our Veterans how much we appreciate them. The Wichita Falls High School JR ROTC will be hosting the program and we will have refreshments afterwards. Please come and thank our Veterans for their service.

#### **GOURMET GETAWAY**

We will be leaving at 10:45 AM for our Gourmet Getaway to Cracker Barrel. Please sign up in the mail room. This will be the perfect time to rock awhile on their front porch and enjoy the beautiful weather.

#### 1 / HISTORY HOUR

Head over to the Media Center at 2:00 PM for History Hour. This month we will visit New Port, Rhode Island with Joann Plaxco hosting our "trip". She will have a lot of information to share with us.

#### 1 CRAFT HOUR

Join us at 2:00 PM in the Media Center for a SURPRISE craft! Please sign up so we will have enough supplies.

## 17 FALL AND CHRISTMAS

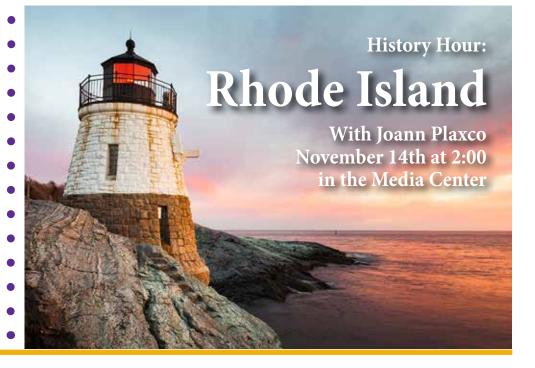
Get a head start on your Christmas shopping today starting at 10:00 AM. The Atrium will be full of vendors bringing you special décor and gift ideas. This is sure to get you in the holiday spirit and you don't want to miss it. Enjoy shopping until 2:00 PM.

#### **1** TALENT SHOW

The last talent show was such a hit we had to have another! So brush up those talents out there and meet us at 2:00 PM in the Atrium. Please sign up in the mail room if you would like to be in the show.

## 28 CHRISTMAS TREE DECORATING

If our Christmas tree is up, we will start decorating at 10:00 AM. We will have Christmas music, spiced cider and Christmas cookies. Come help us decorate the tree!



Courtesy Van to Dr Offices:  Tues, Wed 9:00 – 3:30, Thurs 1:00 – 3:30  Dry Cleaning  Drop-Off: 10:00 Tuesday  2nd Floor Atrium Laundry Room  Pickup: 2:00 Thursday  2nd Floor Atrium Laundry Room  1:00 Wii Bowling, FitCtr  1:00 Wii Bowling, FitCtr  1:00 Wii Bowling, FitCtr  1:00 Tiki, KKap  1:00 Wii Bowling, FitCtr  1:00 Wii Bowling, FitCtr  1:00 Wii Bowling, FitCtr  1:00 Wii Bowling  2:00 Quarter Bingo, MedCtr  3:00 Chair Volleyball, FitCtr  3:30 New Resident MedCtr	SDAY
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26 9:30 <b>Devotional,</b> Chapel $27$ 9:30 <b>Blood Press</b>	
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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1:00 Brain Games/Trivia, MedCtr 2:00 Regular Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	9:00 Shopping at WalMart 10:00 Bank Day     "First Bank" till 11:00 1:00 Wii Bowling, FitCtr 1:00 Dale's Bible Study, Chapel 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, MedCtr 6:30 Bridge, Lib	1:00 Mexican Train, KKap 1:00 Wii Bowling, FitCtr 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	1:00 Puzzles, 3rd Floor 4
6	9:30 Blood Pressure Clinic, Atr	1:00 <b>Brain Games/Trivia,</b> MedCtr	9:00 Shopping at WalMart 9 10:00 Bank Day	1:00 Mexican Train, KKap 10	1:00 Puzzles, 3rd Floor 11
ce,	1:00 Wii Bowling, FitCtr 1:00 Dominoes (42), Lib 1:00 Bible Study, KKap 2:00 Braum's Trip 3:00 Chair Volleyball, FitCtr 3:30 New Resident Orientation, MedCtr	2:00 <b>Bingo,</b> MedCtr 3:00 <b>Chair Volleyball,</b> FitCtr	"Accounting" till 11:00 1:00 Wii Bowling, 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 Wii Bowling, FitCtr 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	6:00 Red River Valley Venue/ Opry House, in Byers, Texas
13 ce, y, Atr	9:30 Blood Pressure Clinic, Atr  10:45 Gourmet Getaway 1:00 Wii Games, FitCtr 1:00 Dominoes (42), Lib 1:00 Bible Study, KKap 2:00 History Hour, MedCtr 3:00 Chair Volleyball, FitCtr	1:00 Brain Games/Trivia, MedCtr 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	9:00 Shopping at WalMart 16 10:00 Bank Day "First Bank" till 11:00 1:00 Wii Bowling, FitCtr 1:00 Dale's Bible Study, Chapel 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, MedCtr 6:30 Bridge, Lib	10:00 Fall / Christmas Bazaar, until 2:00 pm, Atr 1:00 Mexican Train, KKap 1:00 Wii Bowling, FitCtr 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	1:00 Puzzles, 3rd Floor 18
20 ce,	9:30 Blood Pressure Clinic, Atr 10:00 Legacy Resale Shop 1:00 Wii Games, FitCtr 1:00 Dominoes (42), Lib 1:00 Bible Study, KKap 2:00 Talent Show, Atr 3:00 Chair Volleyball, FitCtr	1:00 Brain Games/Trivia, 22 MedCtr 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	23 Happy Thanksgiving!	Black Friday	1:00 Puzzles, 3rd Floor 1:00 Book Club, Lib
<b>27</b> se,	9:30 Blood Pressure Clinic, Atr 10:00 Christmas Tree Decorating, Atr 1:00 Wii Bowling, FitCtr 1:00 Dominoes (42), Lib 1:00 Bible Study, MedCtr 3:00 Chair Volleyball, FitCtr	1:00 Brain Games/Trivia, 29 MedCtr 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	9:00 Shopping at WalMart 30 10:00 Bank Day "First Bank" till 11:00 1:00 Wii Bowling, FitCtr 1:00 Dale's Bible Study, Chapel 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, MedCtr 6:30 Bridge, Lib	Check y Week In	your n Review for s and updates!



# Good Times











## A Note from Kari

I don't always like getting up in the morning and coming to work and there are days when I go home and think I may not make it another day. Yet even on the hardest of days I LOVE my job. You make me laugh and think and to question the program I am providing to you. You are the ones I tell my stories to, and who give me advice (whether I want to hear it or not). During Active Aging Week, you made me love



the job I have more than ever. I was so impressed with those of you that took time out of your week to participate in the activities and those that came and supported our athletes. This week was a reminder to me and hopefully to you, that you can do hard things. "I can't" is a limitation you put on yourself.

—Kari

#### You're Never To Old To Exercise!

I am so fortunate to know another Centenarian. Happy 100th Birthday to Elsie Vergauwen!

With a few exceptions, senior citizens aren't usually thought of as very athletic. With age comes a decrease in energy and strength, along with a host of conditions and diseases that can make exercising more difficult. So it only makes sense that as you get older, your fitness regimen will have to change or even go away entirely, right? Not necessarily

There's no such thing as being "too old" to exercise -- it's a necessary component of maintaining good health at any age. The longest-lived woman in the world, Jeanne Calment, took up fencing at age 85, rode her bicycle until 100 and lived alone until 109 (she died at 122). Of course she is the exception to the rule, and we aren't as likely to be exercising as strenuously into our 90s or 100s.

But it's never too late to start a fitness regimen, and there's no reason to give up existing exercise if you're in good health and your doctor approves of your activity. An exercise program can help prevent many of the problems associated with getting older, including heart disease, high blood pressure, obesity, diabetes

and Alzheimer's disease. It can also boost your immunity, help you sleep better and increase your self-esteem. Weight-bearing exercise can prevent osteoporosis, because muscles pull on bone and stimulate it to grow.

#### **Changes in Overall Fitness**

Even if you already have a regular exercise regimen and are generally healthy, aging can cause some changes in your overall fitness. These changes don't mean that you can't exercise. In some cases, you might need to make modifications.

Many people begin to experience a loss of balance, or disequilibrium, as they get older. Glaucoma and cataracts are culprits, due to how both conditions deteriorate eyesight. If your spatial perception is off, it's difficult to maintain balance. Problems in the vestibular system of the inner ear, such as chronic ear infections, can also lead to disequilibrium. Loss of muscle tone can make you feel unsteady, and so can changes to the brain. The cerebellum is the part of the brain responsible for regulating balance and motor function, and it shrinks with

You can also lose flexibility, simply because tendons and ligaments

# Fun In The Fitness Center

Please note the Fitness Center schedule has changed! Pool Walking ..... Mon, Wed, Fri ..... 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 .Fitness Center Wii Games .. Tues & Fri 1:00 pm Stretch ..... ..Fitness Center

degrade over time. Muscle tissue also goes through degradation over time, known as sarcopenia.

11:00 am

2:00 pm

1:00 pm

.Fitness Center

.Media Center

Thursdays

Open Fitness ..

Trivia/Brain Games.

Wednesdays

Wed

Stamina and energy are often the next to go. This is partly related to sarcopenia, but can also be caused by cardiomyopathy (a weakened heart) or diminished lung capacity. Loss of height is one cause of that diminishment in lung capacity. Losing height is a natural part of aging, but if it happens rapidly, it can be serious -- osteoporosis is a potential cause.

Finally, our immune systems are weaker as we get older because we produce fewer lymphocytes, the cells that fight infection. This can be due to nutritional deficiencies, but it's also just a part of aging. These are just a few of the changes as we age but, the good news is that a fitness regimen can help slow down all of them.

## A Peek At The Pines





Parties at the Pines













## The Gables At A Glance









Fall fun at The Gables