

The *Meadow Lark*


A Publication of Rolling Meadows

June 2024

*Celebrate Dad
at the Rolling Meadows*

FATHER'S DAY PARTY

Friday, June 14th
2:00 PM
in the Media Center



Dallas Youth Choir
Sunday, June 2nd at 3:30 PM in the Atrium

Spa Day

Friday, June 28
in the Media Center
starting at 9:00 AM

Massages,
Manicures and
Pedicures



ROLLING
MEADOWS

940-691-7511

Rolling Meadows
Staff
rmeadows.com

Cindy NoeExt. 120
Executive Director

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

Jerry CarawayExt. 109
Director of Resident Services

Rip StainbrookExt. 111
Director of Dining Services

Kellye HensleyExt. 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

GET THE RM APP!



Rehab Corner

The Weston Group has several specialized programs such as:

- Beyond Balance – Fall Prevention and Management
- Enlighten – Cognition/Dementia Management
- Independence with Dining
- Managing Low or Reduced Vision Issues
- Urinary Incontinence Management
- PTP – Prevention Therapy Protocol
- PEP – Private Pay Personalized Exercise Programs
- Transitions – focused on balance, mobility, breathing and stair stepping
- KOLA (Keep on Living Actively) – designed to evaluate all aspects of daily living inside and outside of the community.

Welcome New Residents!

WAYNE & JANELL STERLING: Wayne and Janell are from Wichita Falls. Wayne enjoys watching TV and yard work. Janell enjoys her computer. Please make the Sterlings feel welcome and introduce yourselves. Welcome to our family here at Rolling Meadows, Wayne and Janell!

JOCELYN GAINES: Jocelyn is from Memphis, TN. She enjoys listening to live music and gospel singing. Please make Jocelyn feel welcome by introducing yourselves to her. Welcome to our family here at Rolling Meadows, Jocelyn!

TERRY BAGGOTT: Terry is a military brat and a military wife who retired in Wichita Falls in 1995. She enjoys bridge, bunko, sewing and card making. Please make Terry feel welcome by introducing yourselves to her. Welcome to our Rolling Meadows family, Terry!

Joke of the Month:

They say my new car will hold up to 6 people without a problem.

I don't know 6 people without a problem!!!



HONORING & REMEMBERING

In Memory of **Douglas Barber**
by Rolling Meadows

In Memory of **Jo Ann Graham**
by Rolling Meadows

In Memory of **James Atkinson**
by Rolling Meadows

In Memory of **Brenda Etheridge**
by Rolling Meadows

In Memory of **Stan Leishner**
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.

JUNE BIRTHDAYS

Bill Bradley	3
MK Miller	4
Eldon Sund	6
Priscilla Jameson	8
Lela Hadrava	8
Darrell Walker	10
Kenn Hill	15
Allen McClure	20
Kay Lewis	21
Bonnie Oxley	23
Don Hale	23
Margie Hoffman	26
Richard Cox	27
Doris Beasley	29
Owen Mansfield	30

Library Notes

Greetings Fellow Residents!

Today I want to tell you about some upcoming book clubs and movie showings. The book club meets the last Saturday of each month at 1pm in the library. I hope you will consider joining us for one or more of these books over the summer. Feel free to come to a meeting to check it out whether you have read the book or not.

June 29 *Eleanor Oliphant is Completely Fine* by Gail Honeyman 331 pp, A Contemporary Novel about the importance of friendship and human connection. Smart, warm uplifting story with a humorous, quirky protagonist.

July 27 *Sargent's Women: Four Lives Behind the Canvas* by Donna M. Lucey, 336 pp, Nonfiction stories of four extraordinary women painted by the iconic high-society portraitist, John Singer Sargent.

Aug 31 *The Survivors* by Jane Harper 384 pp, A Murder Mystery set in Australia. What more do you need to know?

I'm trying to stick to a schedule for Saturday movies at 1pm on the 1st and 3rd Saturday of each month. However, in June they will be the 2nd and 4th Saturdays. I will be out of town on June 1.

June 8 *O Brother, Where Art Thou?*
Starring George Clooney,
John Turturro, Tim Blake Nelson and John Goodman.

June 22 *Radio* starring
Cuba Gooding, Jr and Ed Harris.

Anyone interested in discussing the films, please join Roma Prassel in the Atrium immediately after the movie.

It is time to start thinking about the books we want to read next year, as well as any movies you would like to see. Give me those suggestions any time. Until next month, Happy Reading!



2 DALLAS YOUTH CHOIR
Today at 3:30 PM in the Atrium, a youth choir from Dallas will stop by on their way to a competition and share their program with us. Please make plans to attend to support them and wish them well as they continue on their journey.

4 SIT & CHAT
Have a concern that needs to be addressed or an idea that might benefit your neighbors here at Rolling Meadows? Join us today at 1:30 PM in the Media Center for Sit & Chat.

6 BIRTHDAY PARTY
Today at 2:00 PM in the Media Center will be celebrating all of our June birthdays. This is for everyone, not just those having a birthday! Please come enjoy cake and ice cream and fellowship with your neighbors.

8 MOVIE MATINEE
Join us at 1:00 PM in the Media Center for a showing of "O Brother, Where Art Thou?"

8 RED RIVER VALLEY VENUE & OPRY HOUSE
We will be leaving Rolling Meadows at 5:45 PM and traveling to Byers, Texas where "The Mayos & Post Oak" will be playing. The tickets are \$10.00 at the door. Please sign up in the mail room if you want to go. Seating is limited!

11 GOURMET GETAWAY
We will be leaving Rolling Meadows at 10:45 AM and going to the Dairy Queen. If you wish to go, please sign up in the mail room.

13 MOVIE MATINEE
Join us at 1:00 pm in the Media Center for this month's movie matinee. "A Little Princess" is the magical story of a girl who uses her powers of imagination and zest for life to overcome hardships at a stern boarding school. Refreshments will be available.

14 FATHER'S DAY PARTY
Join us at 2:00 PM in the Media Center for a Father's Day Party for all men, not just dads. It is for everyone. Please sign up in the mail room so we know how many to plan for. Thank you!

18 HISTORY HOUR
Today at 2:00 PM in the Media Center we will visit New Zealand. Come and enjoy this trip as we explore new countries and cultures.



20 CRAFT HOUR
Today at 2:00 PM we will be making masks for the Masquerade Ball in August. Please sign up so I will have enough supplies.

21 COFFEE & CONVERSATION
Join us in the Knight Kap at 9:00 AM for biscuits, gravy, bacon and sausage. Please sign up so there will be enough for everyone!

22 MOVIE MATINEE
Join us at 1:00 PM in the Media Center for a showing of "Radio."

25 BRAUM'S TRIP
The bus will leave at 2:00 PM for our trip to Braum's for a tasty treat or a little bit of shopping. Please sign up in the mail room.

27 GOSPEL SINGING
At 1:00 PM in the Media Center is gospel singing. Please come and enjoy this time singing or listening to our favorite gospel hymns.

28 SPA DAY
Take time to be pampered today starting at 9:00 AM in the Media Center. Be sure to sign up early in the mail room for your specific times for massages, manicures and pedicures.

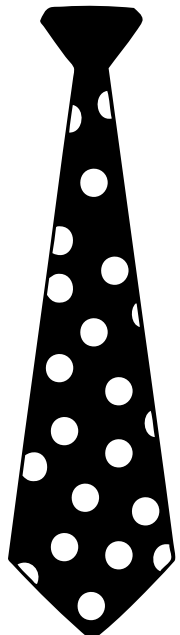
29 BOOK CLUB
Join us in the library at 1:00 PM to discuss *Eleanor Oliphant is Completely Fine* by Gail Honeyman.



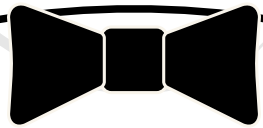

Coming in August...

Vickie is planning a **Masquerade Ball** for **August 23rd** from 6:00 PM-8:00 PM. Start thinking now about your special outfit and mask for this wonderful evening. The more that participate the more fun we will have!!! Family and friends are welcome. Please RSVP to Vickie.



JUNE 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><u>Courtesy Van to Dr Offices:</u> Tues, Wed 9:00 – 3:30, Thurs 1:00 – 3:30</p> <p><u>Dry Cleaning</u> Drop-Off: 10:00 Tuesday 2nd Floor Atrium Laundry Room Pickup: 2:00 Thursday 2nd Floor Atrium Laundry Room</p>		<p><i>Check your Week In Review for changes & updates!</i></p> <p><i>Filter changes in the Cottages this month</i></p> 	<p><i>Happy</i> FATHER'S DAY</p> 		 <p>Scan To Download the Rolling Meadows App!</p>	<p>1:00 Puzzles, 3rd Floor 1</p>
<p style="text-align: right;">2</p> <p>1:00 Worship Service, Chapel 3:30 Youth Choir Dallas, Atr</p>	<p style="text-align: right;">3</p> <p>9:30 Devotional, Chapel 1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 4:00 Walk & Talk, FitCtr</p>	<p style="text-align: right;">4</p> <p>9:30 Blood Pressure Clinic, Atr 1:00 Wii Games, FitCtr 1:00 Dominoes (42), Lib 1:00 Bible Study, KKap 1:30 Sit & Chat, Med Ctr 1:45 Our Lady Queen of Peace, Chapel 3:00 Chair Volleyball, FitCtr 6:30 Wahoo, Lib</p>	<p style="text-align: right;">5</p> <p>1:00 Brain Games/Trivia, MedCtr 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib</p>	<p style="text-align: right;">6</p> <p>9:00 Shopping at WalMart 9:30 Ladies Bible Study, KKap 10:00 Bank Day "Accounting" till 11:00 am 1:00 Wii Games, FitCtr 1:00 Dale's Bible Study, Chapel 2:00 Birthday Party, MedCtr 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, MedCtr</p>	<p style="text-align: right;">7</p> <p>1:00 Mexican Train, KKap 1:00 Wii Games, FitCtr 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 4:00 Walk & Talk, FitCtr</p>	<p>1:00 Puzzles, 3rd Floor 8 1:00 Movie Matinee, MedCtr "O Brother, Where Art Thou" 5:45 Red River Opry House The Mayos & Post Oak</p>
<p style="text-align: right;">9</p> <p>1:00 Worship Service, Chapel</p>	<p style="text-align: right;">10</p> <p>9:30 Devotional, Chapel 1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 4:00 Walk & Talk, FitCtr</p>	<p style="text-align: right;">11</p> <p>9:30 Blood Pressure Clinic, Atr 10:45 Gourmet Getaway to the Dairy Queen 1:00 Wii Games, FitCtr 1:00 Dominoes (42), Lib 1:00 Bible Study, MedCtr 1:45 Our Lady Queen of Peace, Chapel 3:00 Chair Volleyball, FitCtr 6:00 Wahoo, Lib</p>	<p style="text-align: right;">12</p> <p>1:00 Brain Games/Trivia, MedCtr 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib</p>	<p style="text-align: right;">13</p> <p>9:00 Shopping at WalMart 9:30 Ladies Bible Study, MedCtr 10:00 Bank Day "First Bank" till 11:00 am 1:00 Wii Games, FitCtr 1:00 Dale's Bible Study, Chapel 1:00 Movie Matinee, MedCtr 3:00 Chair Volleyball, FitCtr 5:00 Breakfast for Dinner 6:15 Worship Service, MedCtr</p>	<p style="text-align: right;">14</p> <p>1:00 Mexican Train, KKap 1:00 Wii Bowling, FitCtr 2:00 Quarter Bingo, Cancelled 2:00 Father's Day Celebration, MedCtr 3:00 Chair Volleyball, FitCtr 4:00 Walk & Talk, FitCtr</p>	<p>1:00 Puzzles, 3rd Floor 15</p>
<p style="text-align: right;">16</p> <p>1:00 Worship Service, Chapel</p> <p style="text-align: center;">Happy Father's Day!</p>	<p style="text-align: right;">17</p> <p>9:30 Devotional, Chapel 1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 4:00 Walk & Talk, FitCtr</p>	<p style="text-align: right;">18</p> <p>9:30 Blood Pressure Clinic, Atr 1:00 Wii Bowling, FitCtr 1:00 Dominoes (42), Lib 1:00 Bible Study, KKap 1:45 Our Lady Queen of Peace, Chapel 2:00 History Hour, MedCtr New Zealand 3:00 Chair Volleyball, FitCtr 6:00 Wahoo, Lib</p>	<p style="text-align: right;">19</p> <p>1:00 Brain Games/Trivia, MedCtr 2:00 Bingo w/Hospice, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib</p>	<p style="text-align: right;">20</p> <p>9:00 Shopping at WalMart 9:30 Ladies Bible Study, KKap 10:00 Bank Day "Accounting" till 11:00 am 1:00 Wii Games, FitCtr 1:00 Dale's Bible Study, Chapel 2:00 Craft Hour, MedCtr 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, MedCtr</p>	<p style="text-align: right;">21</p> <p>9:00 Coffee & Conversation, KKap 1:00 Mexican Train, KKap 1:00 Wii Games, FitCtr 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 4:00 Walk & Talk, FitCtr</p>	<p>1:00 Puzzles, 3rd Floor 22 1:00 Movie Matinee, MedCtr "Radio"</p>
<p style="text-align: right;">23</p> <p>1:00 Worship Service, Chapel,</p>	<p style="text-align: right;">24</p> <p>9:30 Devotional, Chapel 1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 4:00 Walk & Talk, FitCtr</p>	<p style="text-align: right;">25</p> <p>9:30 Blood Pressure Clinic, Atr 1:00 Wii Bowling, FitCtr 1:00 Dominoes (42), Lib 1:00 Bible Study, MedCtr 1:45 Our Lady Queen of Peace, Chapel 2:00 Trip to Braum's 3:00 Chair Volleyball, FitCtr 6:00 Wahoo, Lib</p>	<p style="text-align: right;">26</p> <p>1:00 Brain Games/Trivia, MedCtr 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib</p>	<p style="text-align: right;">27</p> <p>9:00 Shopping at WalMart 9:30 Ladies Bible Study, KKap 10:00 Bank Day "First Bank" till 11:00 am 1:00 Wii Games, FitCtr 1:00 Gospel Singing, MedCtr 1:00 Dale's Bible Study, Chapel 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, MedCtr</p>	<p style="text-align: right;">28</p> <p>9:00 Spa Day, MedCtr 1:00 Mexican Train, KKap 1:00 Wii Games, FitCtr 2:00 Quarter Bingo, Cancelled 3:00 Chair Volleyball, FitCtr 4:00 Walk & Talk, FitCtr</p>	<p>1:00 Puzzles, 3rd Floor 29 1:00 Book Club, Lib</p>
<p style="text-align: right;">30</p> <p>1:00 Worship Service, Chapel,</p>						

Good Times



A Note from Kari

Staying hydrated is important all the time, but it comes to mind more often during the summer months. With the start of summer approaching I wanted to give you some (hopefully) useful information about hydration and dehydration.

—Kari



Age and Dehydration

As you age, your body doesn't demand water like it used to but you still need fluids to function — and not drinking enough puts you in danger of dehydration.

Why are older adults more susceptible to dehydration?

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.

The reduction in thirst that comes with age can keep that already low supply from being replenished. By the time an older adult feels thirsty, they may already be dehydrated.

Water is necessary for nearly every bodily function and not getting enough can have serious health consequences.

Dehydration is a common cause of hospitalization and symptoms of dehydration in older adults often go unrecognized. Symptoms can be 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. 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. (These symptoms may appear worse in someone who has dementia.)

Persistent dehydration can cause severe symptoms and can land you in an emergency room or hospital.

Tips to prevent dehydration

The best way to prevent dehydration is to consume more fluids. The "eight glasses of water per day" rule is a general recommendation.

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

Mix it up! Drop sliced fruit, like lemon or strawberries in your water.

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

Avoid caffeine and enjoy tea and coffee in moderation. Don't make them a significant part of your daily fluid intake.

Eat hydrating foods such as cucumbers, celery and the aptly named watermelon, which is 91% water. (Frozen fruit ice pops count, too!)

Make hydration an all-day effort. Build hydration into your routine and consistently sip throughout the day, particularly when the temperatures start to climb on hot days.

People in their 80s and 90s usually can't sit down and drink a full 8-ounce glass of water. It fills them up,

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
Walk & Talk	Fitness Center
Mon & Fri	4:00 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

causes bloating and then makes them have to run to the bathroom. So, little sips throughout the day are better.

Know your needs. People with certain medical conditions — heart failure, for example — may have more specific fluid needs. Consult with your healthcare provider before making significant fluid intake changes.

Final thought: Drink up!

Avoiding dehydration really is as simple as drinking more fluids. It's important to stay hydrated at any age, of course, but risks associated with dehydration grow as we age.

Make drinking water a habit — especially since your body might not be sending you the message that you're thirsty.

A Peek At The Pines



THE
PINES
AT ROLLING MEADOWS

ROLLING
MEADOWS

3006 McNeil
Wichita Falls, Texas 76309



The Gables At A Glance

