

# The Meadow Lark

A Publication of Rolling Meadows

November 2024



## Happy Veterans Day



Join us in the Atrium Monday, November 11  
as we observe Veterans Day and recognize our  
residents that have served our country.

## It's *Your* Turn to Shine at the Rolling Meadows 2024 Talent Show!

Join Us In the Atrium  
Thursday, November 14  
2:00 PM

*Prepare to be amazed!*



ROLLING  
MEADOWS

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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!



# Library Notes

## Greetings from the Rolling Meadows Library!

First, I would like to extend a special thank you to Thom Reed for making the Hoggard's Corner sign for our library. This is a rounded shelf next to the third large print shelf. Resident Lynn Hoggard has generously donated these books written by herself and her late husband James. In this corner you will find poetry, essays, fiction and nonfiction as well as translations from French by Lynn and from Spanish by Jim. Please return any of these books you borrow directly to this shelf.

Here is the list of Book Club books for 2025. All meetings are in the Library at 1pm.

**January 25:** *Flight Behavior* by Barbara Kingsolver

**February 22:** *West With Giraffes* by Lynda Rutledge

**March 29:** *Mrs. Quinn's Rise to Fame* by Olivia Ford

**April 26:** *The Language of Flowers* by Vanessa Diffenbaugh

**May 31:** *The Authenticity Project* by Clare Pulley

**June 28:** *The Women* by Kristin Hannah

**July 26:** *The Hazelbourne Ladies Motorcycle and Flying Club* by Helen Simonson

**August 30:** *Rules of Civility* by Amor Towles

**September 27:** *The Collected Regrets of Clover*, by Mikki Brammer

**October 25:** *The Rose Code* by Kate Quinn

**November 29:** *The Storied Life of A.J. Fikry*, by Gabrielle Zevin

**December 27:** *The Madstone* by Elizabeth Crook

# Welcome New Residents!

**BECKY MEADOWS** Becky has lived in Wichita Falls for 27 years and before that "the world"!! LOL. Becky is an avid crafter, long time crocheter and also enjoys reading, photography and traveling. Please make Becky feel welcome by introducing yourselves. Welcome to our family here at Rolling Meadows, Becky!

**PAT PARKINSON** Pat was born in England and grew up in southern Illinois. She has lived in Texas since 1968. Pat enjoys going to exercise classes, dinner with friends and family, watching movies, listening to audio books, playing with her two cats, Yoda & Rain and going to the beach. Please make Pat feel welcome by introducing yourselves. Welcome to our family here at Rolling Meadows, Pat!



## NOVEMBER BIRTHDAYS

Bill Plummer .....	3
Marva Walker .....	3
Elizabeth Hilbers .....	4
Elsie Vergauwen .....	5
Cheryl Lindemann .....	7
Donald Gregg .....	9
Bill Groover .....	11
Larry McCown .....	14
Frances Sessions .....	19
Richard Hearn.....	21
Betty Halpain .....	23
Carolyn Lanman .....	25
Joe Michki .....	27
Janie McCown .....	28
Genevieve Ratliff .....	28
Gary Silverman .....	30

"What do you get when you cross a turkey with a centipede?"  
"Drumsticks for everyone!"

## Joke of the Month



## HONORING & REMEMBERING

In Memory of **Susan King** by Rolling Meadows

In Memory of **Nancy Seager** by Rolling Meadows

In Memory of **Evelyn Altmiller** by Rolling Meadows

In Memory of **Evelyn Altmiller** by Jean Whittenton

In Memory of **David Tate** by Rolling Meadows

In Memory of **Hattie Starnes** by Rolling Meadows

In Memory of **Rebecca Doley** by Rolling Meadows

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**2 SAT MOVIE MATINEE**  
Join us in the Media Center at 1:00 PM to watch *The Blue Gardenia* a 1953 American film noir starring Anne Baxter, Richard Conte, and Ann Sothorn. The night of her birthday, L.A. switchboard operator Norah Larkin opens the latest letter from her fiancé, a soldier serving in the Korean War. The letter ends up revealing his plans to marry someone he met in Tokyo. Bring your own snacks and drinks.

**5 TUE PHONE TECH SEMINAR**  
Please head over to the Media Center at 1:00 PM today to learn about Phone Tech Services. Amanda Eckert will be helping you to learn more about how to navigate your cell phone and how to download and use our Rolling Meadows app. She will also be able to answer any questions you might have. Bring your phones.

**5 TUE GOSPEL SINGING**  
Warm up your vocal cords with some beautiful hymns. Come to the Media Center at 2:15 PM and pick out your favorite hymn and let's sing together.

**7 THU BIRTHDAY PARTY**  
Today's birthday party is at 2:00 PM in the Media Center. Everyone is invited to celebrate our November birthdays. We will enjoy cake and ice cream.

**8 FRI HOLIDAY BAZAAR**  
From 10:00 AM to 1:00 PM in the Atrium we will have several vendors to help you with your early Christmas shopping. There will be free gift wrapping. If you want that service please let Vickie know.

**11 MON VETERANS DAY PROGRAM**  
Join us in the Atrium at 2:00 PM as we observe Veterans Day with a short program and recognize our residents that have served our country. Refreshments will be served.

**12 TUE GLORY CHOIR**  
Today at 10:30 AM, the Glory Choir will perform for us. Please come to the Atrium early and find a good seat.

**12 TUE CRAFT HOUR**  
Today in the Media Center at 2:00 PM our craft will be a fun edible donut turkey! It's easy to make and better to eat! Please sign up in the mail room so we will have enough donuts and supplies.

**14 THU GOURMET GETAWAY**  
The bus will leave at 10:30 AM to head over to Cracker Barrel. Please sign up in the mail room so we will know who will be going. Thank you.

**14 THU TALENT SHOW**  
Join us in the Atrium at 2:00 PM as we watch our Rolling Meadows talent shine. Please sign up in the mail room if you wish to participate in the talent show. Also, please put your talent by your name.

**16 SAT MOVIE MATINEE**  
Today in the Media Center at 1:00 PM the movie *The Way We Were* will be showing. *The Way We Were* is a 1973 American romantic drama film directed by Sydney Pollack and starring Barbra Streisand and Robert Redford. Bring your own snacks and drinks.

**18 MON APPLE CIDER DAY**  
Come down to the Atrium at 3:30 PM and enjoy a special treat of apple cider. It is perfect for the season.

**19 TUE CORNHOLE GAMES**  
This is always so much fun! Head over to the Atrium at 2:15 PM. Make time to come and play or just watch.

**21 THU BRAUM'S TRIP**  
The bus will leave at 2:00 PM. Please sign up in the mail room if you want to ride the bus. You might want to do some light shopping before Thanksgiving!!!

**23 SAT BOOK CLUB**  
Join us at 1:00 PM in the Library as we discuss *The Frozen River* by Ariel Lawhon.

**23 SAT RED RIVER VALLEY OPRY HOUSE**  
"Gray Matters" will be performing at The Red River Valley in Byers, TX. The bus will be leaving at 5:45 PM. Please sign up in the mail room if you wish to ride the bus.




**26 TUE DECORATING THE CHRISTMAS TREE**  
Be on the lookout for the Christmas tree to be put up in the Atrium. The following week we will begin the decorating.

## A Friendly Reminder

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



# NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>Courtesy Van to Dr Offices:</b> Tues, Wed 9:00 – 3:30, Thurs 1:00 – 3:30</p> <p><b>Dry Cleaning</b></p> <p><b>Drop-Off:</b> 10:00 Tuesday 2nd Floor Atrium Laundry Room</p> <p><b>Pickup:</b> 2:00 Thursday 2nd Floor Atrium Laundry Room</p>		 <p>Scan To Download the Rolling Meadows App!</p>	 <p>Check your Week In Review for changes and updates!</p>		<p>1:00 Mexican Train, KKap <b>1</b></p> <p>1:00 Wii Games, FitCtr</p> <p>2:00 Quarter Bingo w/Kari, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p>	<p>1:00 Puzzles, 3rd Floor <b>2</b></p> <p>1:00 Movie Matinee, MedCtr "The Blue Gardenia"</p>
<p><b>3</b></p> <p>1:00 Worship Service, Chapel</p>	<p>9:30 Devotional, Chapel <b>4</b></p> <p>1:00 Tiki, KKap</p> <p>1:00 Wii Bowling, FitCtr</p> <p>2:00 Grocery Shopping</p> <p>2:00 Quarter Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p>	<p>9:30 Blood Pressure Clinic, Atr <b>5</b></p> <p>1:00 Wii Games, FitCtr</p> <p>1:00 Dominoes (42), Lib</p> <p>1:00 Bible Study, KKap</p> <p>1:00 Phone Tech Seminar, MedCtr</p> <p>1:45 Our Lady Queen of Peace, Chapel</p> <p>2:15 Gospel Singing, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:00 Wahoo, Lib</p>	<p>1:00 Brain Games/Trivia, MedCtr <b>6</b></p> <p>2:00 Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:00 Bridge, Lib</p>	<p>9:00 Shopping at WalMart <b>7</b></p> <p>9:30 Ladies Bible Study, KKap</p> <p>10:00 Bank Day "Accounting" till 11:00 am</p> <p>1:00 Wii Games, FitCtr</p> <p>2:00 Birthday Party, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:15 Worship Service, MedCtr</p>	<p>10:00 Holiday Bazaar, 'till 1:00 Atr <b>8</b></p> <p>1:00 Mexican Train, KKap</p> <p>1:00 Wii Games, FitCtr</p> <p>2:00 Quarter Bingo, Canceled</p> <p>3:00 Chair Volleyball, FitCtr</p>	<p>1:00 Puzzles, 3rd Floor <b>9</b></p>
<p><b>10</b></p> <p>1:00 Worship Service, Chapel</p>	<p>9:30 Devotional, Chapel <b>11</b></p> <p>1:00 Tiki, KKap</p> <p>1:00 Wii Bowling, FitCtr</p> <p>2:00 Grocery Shopping</p> <p>2:00 Veterans Day, Atr</p> <p>3:00 Chair Volleyball, FitCtr</p>	<p>9:30 Blood Pressure Clinic, Atr <b>12</b></p> <p>10:30 Glory Choir, Atr</p> <p>1:00 Wii Games, FitCtr</p> <p>1:00 Dominoes (42), Lib</p> <p>1:00 Bible Study, KKap</p> <p>1:45 Our Lady Queen of Peace, Chapel</p> <p>2:15 Craft Hour, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:00 Wahoo, Lib</p>	<p>1:00 Brain Games/Trivia, MedCtr <b>13</b></p> <p>2:00 Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:00 Bridge, Lib</p>	<p>9:00 Shopping at WalMart <b>14</b></p> <p>9:30 Ladies Bible Study, KKap</p> <p>10:00 Bank Day "First Bank" till 11:00 am</p> <p>10:30 Gourmet Getaway</p> <p>1:00 Wii Games, FitCtr</p> <p>2:00 Talent Show, Atr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>5:00 Breakfast for Dinner</p> <p>6:15 Worship Service, MedCtr</p>	<p>1:00 Mexican Train, KKap <b>15</b></p> <p>1:00 Wii Bowling, FitCtr</p> <p>2:00 Quarter Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p>	<p>1:00 Puzzles, 3rd Floor <b>16</b></p> <p>1:00 Movie Matinee, MedCtr "The Way We Were"</p>
<p><b>17</b></p> <p>1:00 Worship Service, Chapel</p>	<p>9:30 Devotional, Chapel <b>18</b></p> <p>1:00 Tiki, KKap</p> <p>1:00 Wii Bowling, FitCtr</p> <p>2:00 Grocery Shopping</p> <p>2:00 Quarter Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:30 Apple Cider Day, Atr</p>	<p>9:30 Blood Pressure Clinic, Atr <b>19</b></p> <p>1:00 Wii Games, FitCtr</p> <p>1:00 Dominoes (42), Lib</p> <p>1:00 Bible Study, MedCtr</p> <p>1:45 Our Lady Queen of Peace, Chapel</p> <p>2:15 Cornhole Games, Atr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:00 Wahoo, Lib</p>	<p>1:00 Brain Games/Trivia, MedCtr <b>20</b></p> <p>2:00 Bingo w/Hospice, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:00 Bridge, Lib</p>	<p>9:00 Shopping at WalMart <b>21</b></p> <p>9:30 Ladies Bible Study, KKap</p> <p>10:00 Bank Day "Accounting" till 11:00 am</p> <p>1:00 Wii Games, FitCtr</p> <p>2:00 Braum's Trip</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:15 Worship Service, MedCtr</p>	<p>1:00 Mexican Train, KKap <b>22</b></p> <p>1:00 Wii Games, FitCtr</p> <p>2:00 Quarter Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p>	<p>1:00 Puzzles, 3rd Floor <b>23</b></p> <p>1:00 Book Club, Lib</p> <p>5:45 To Red River Valley Opry House in Byers</p>
<p><b>24</b></p> <p>1:00 Worship Service, Chapel,</p>	<p>9:30 Devotional, Chapel <b>25</b></p> <p>1:00 Tiki, KKap</p> <p>1:00 Wii Bowling, FitCtr</p> <p>2:00 Grocery Shopping</p> <p>2:00 Quarter Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p>	<p>9:30 Blood Pressure Clinic, Atr <b>26</b></p> <p>10:00 Decorating the Atrium Christmas Tree</p> <p>1:00 Wii Games, FitCtr</p> <p>1:00 Dominoes (42), Lib</p> <p>1:00 Bible Study, MedCtr</p> <p>1:45 Our Lady Queen of Peace, Chapel</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:00 Wahoo, Lib</p>	<p>1:00 Brain Games/Trivia, MedCtr <b>27</b></p> <p>2:00 Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:00 Bridge, Lib</p>	<p><b>28</b></p> <p>No Scheduled Activities Thurs or Fri</p>	<p><b>29</b></p> <p>HAPPY Thanksgiving</p>	<p>1:00 Puzzles, 3rd Floor <b>30</b></p>



Good Times...

# A Note from Kari



I want to start off this month and extend my gratitude to all of you that make Rolling Meadows such a wonderful place to work. You keep me entertained, humbled and a little bit aggravated. You have a wealth of knowledge that you are willing to share and provide me with friendships that I cherish and will take with me when my time here ends. As we start the holiday season I hope you will take time and remember the things in your life that you have to be thankful for.

—Kari

## The Benefits of Being Grateful

Thanksgiving is as much about gratitude as it is about turkey and cranberry sauce. And it turns out feeling thankful has some pretty potent effects on your health.

### You'll have a healthier heart:

In a study of 186 men and women with heart damage, researchers rated the people's levels of gratitude and spiritual well-being. They found that higher gratitude scores were linked to having a better mood, higher quality sleep and less inflammation—which can worsen the symptoms of heart failure. They also found that having high levels of gratitude explained a lot of the benefits of spiritual well-being.

### You might get more shuteye:

If you're having difficulty sleeping, writing down a few things you are thankful for before bed can help.

### It makes you more optimistic:

Being gracious can contribute to a healthier outlook. In one study, researchers split up a group of people

and had some of them write about what they were grateful for during the week, some write about hassles, and a third group write about neutral things that happened to them. After a few weeks, the researchers found that the people who wrote about things they were grateful for were more optimistic and reported feeling better about themselves. They even exercised more than the group that wrote about things that irritated them.

### Being thankful improves physical health:

An analysis of nearly 1,000 adults found that higher levels of gratitude were correlated with better self-reported physical health. The people who felt more gracious had a notable willingness to take part in healthy behaviors and seek help for their health-related concerns. Other research has suggested that people who are grateful are more likely to do physical activity.

## What is Bank Day?

Every Thursday, from 10:00 - 11:00 AM, we have a "Bank Day" where you can cash a personal check without going to the bank. The Thursdays you see **Accounting** you can go to our accounting office and cash a personal check from any bank up to \$100. Accounting will not cash a third party check and will not make any deposits.

On alternating Thursdays, a representative from **First Bank** will be at the receptionist's desk where you can cash third party checks as well as cash a personal check from any bank for most any amount. They cannot deposit checks from any bank but First Bank. If you have any questions, please ask!

## 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>Walk &amp; Talk</b> .....	Fitness Center
Mon & Fri	4:00 pm
<b>Core Strength</b> .....	Fitness Center
Tuesdays	11:00 am
<b>Wii Bowling</b> .....	Fitness Center
Mon, Tues, Thurs, Fri	1:00 pm
<b>Wii Games</b> .....	Fitness Center
Tues & Fri	1:00 pm
<b>Stretch</b> .....	Fitness Center
Thursdays	11:00 am
<b>Open Fitness</b> .....	Fitness Center
Wed	2:00 pm
<b>Trivia/Brain Games</b> .....	Media Center
Wednesdays	1:00 pm

## Don't Be A Bad Dog!

Please move the chairs in the dog park back the way you found them to keep the bird droppings off the chairs. Also, please remember to clean up after your dog. It clearly states in the dog park policy that it is not permissible for a resident to leave the dog park without first cleaning up and disposing of all waste left by an accompanied dog.





**The Pines at Rolling Meadows** is a licensed assisted living community designed to accommodate residents with memory challenges.

This secure facility creates a home-like environment and allows residents to furnish the spacious private rooms with their own familiar treasures.

**The Pines** encourages socialization with multiple community rooms, and offers relaxation in the beautifully landscaped meditation garden.

Based upon the ability of each resident, days are structured to resemble their usual home environment. Residents are encouraged to participate in making choices of activities to promote physical and emotional

well-being while maintaining a sense of purpose and satisfaction.

**Call to schedule a tour or for more information.**



# ROLLING MEADOWS

3006 McNiel  
Wichita Falls, Texas 76309



## The Gables At A Glance



*Music in The Gables*