

The Meadow Lark

A Publication of Rolling Meadows

March 2025

Say Cheese!

It's National Cheetos Day!

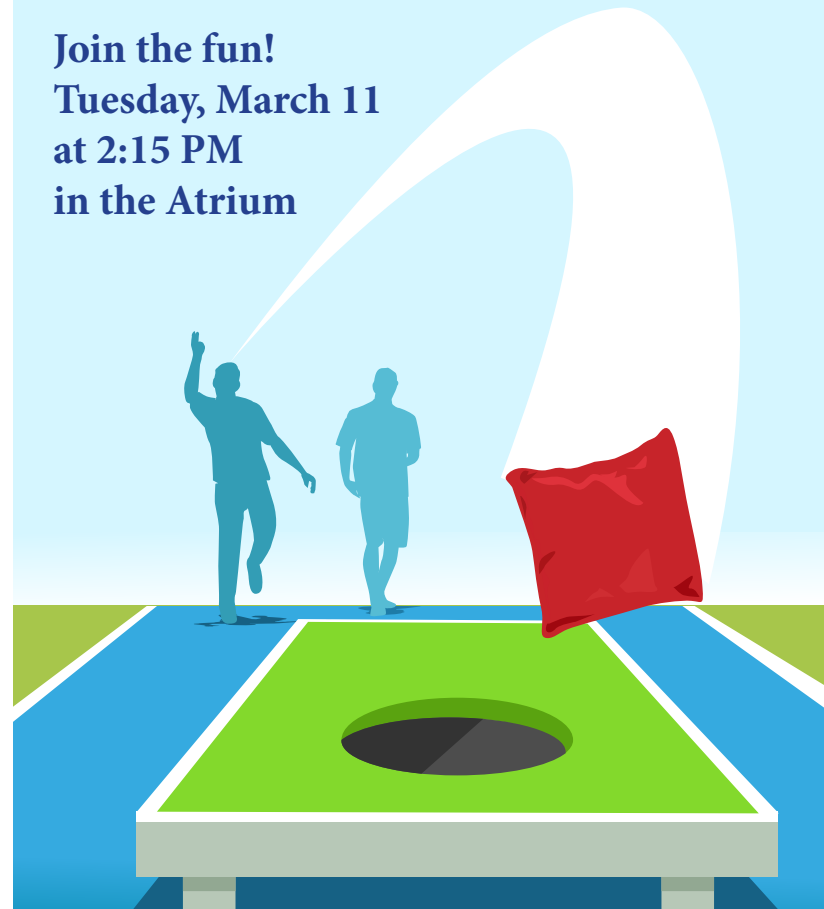
Come get your fingers cheesy on Wednesday, March 5th at 3:30 PM in the Atrium



Corn Hole Games

Come and play, test your skills and have some laughs!

Join the fun!
Tuesday, March 11
at 2:15 PM
in the Atrium



ROLLING
MEADOWS

940-691-7511

Rolling Meadows
Staff
rmeadows.com

Cindy NoeExt. 120
Executive Director

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

Madison MurpheyExt. 112
Director of Accounting

Jerry CarawayExt. 109
Director of Resident Services

Rip StainbrookExt. 111
Director of Dining Services

Kellye HensleyExt. 525
Gables Administrator

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

Falls Prevention: A Team Approach

Who are the members of the fall prevention team?

A team of professionals will work with you to address the many possible factors that impact your balance and influence your risk of falling. The members of the fall prevention team may include (but are not limited to):

- **You and your caregivers.** As the leader you and your caregivers should tell the team members about your fall history and/or your fear of falling.
- **Physician.** Your physician understands that your health can impact your fall risk. Tell your physician about your falls, and if needed ask for a referral to the other members of the team.
- **The Rehabilitation team.** Therapists address many aspects of balance during standing, walking, and moving in the community. Therapists also analyze activities in your life (cooking, cleaning, etc.) and your safety in carrying out these activities. The therapist might suggest strategies for improving the safety in your environment.
- **Wellness Professionals.** It is important to engage in mental and physical activity to keep your brain sharp and improve balance and strength. This decreases your risk for falling and helps you maintain your independence.

- **Pharmacist.** Medications impact balance. The pharmacist can work with your physician to consider other drug options or minimize side effects.
- **Optometrist or Ophthalmologist.** Eye care professionals can assess your vision and make recommendations to prevent falls.
- **Audiologist.** The inner ear is a major control center for balance called your vestibular system. Have your hearing and ears screened regularly.
- **Community Based Organizations.** Community groups can provide resources that support your fall prevention plan-including free and reduced-price exercise programs.

What are ways to prevent falls? First, it is important to take care of your health. Have your eyes and hearing checked frequently for changes. See a healthcare provider if you have foot pain, or if you can't trim your toenails. Also, consult a healthcare provider right away if you feel weak or unsteady on your feet, if you feel confused, or if you fall. Let a healthcare provider know if a medicine is making you feel dizzy or making you lose your balance. If your healthcare provider wants you to use a cane or a walker, learn how to use it—and then use it consistently. It is important to get regular exercise.

Joke of the Month



*How do you know an Irishman is having fun?
He's Dublin over with laughter!!!*

HONORING & REMEMBERING

In Memory of **John Hirschi**
by Rolling Meadows

In Memory of **Sydney Ogle**
by Rolling Meadows

In Memory of **Marianne Jones**
by Rolling Meadows

In Memory of **Bonnie Williams**
by Rolling Meadows

In Memory of **Mary Cale**
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.



TODAY IS YOUR

BIRTHDAY!

MARCH BIRTHDAYS

Beverly Consodine	3
Cecile Banks	6
Ella Mae Davenport.....	6
Leslie Paschel	8
Don Lewis.....	8
Maxine Ernest	10
Lynn Shaw.....	13
Jeff Wallin	14
Carolyn Rogers	15
Mona Borders	16
Geneva Rodgers.....	16
Donna Hood	19
Hugh Halpain	20
Roma Prassel	20
Wayne Sterling	20
Ada Auflegar	25
Richard Beaty	28
JoElla Downes.....	29
Ron Mauden.....	29
Virginia Walker.....	29



4 TUE **GOSPEL SINGING**
Please come join us in the Media Center at 2:15 PM for some gospel singing. We will have plenty of hymnals and you can pick out your favorite song.

5 WED **NATIONAL CHEETOS DAY**
Come by the Atrium at 3:30 PM and pick up your bag of Cheetos as we celebrate National Cheetos Day!

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

7 FRI **COFFEE & CONVERSATION**
Head over to the Knight Kap at 9:00 AM to enjoy biscuits, gravy, bacon, sausage, coffee and juice. We will also enjoy some great fellowship! Please sign up in the mail room if you are coming.

8 SAT **WICHITA FALLS SYMPHONY ORCHESTRA**
The bus will be leaving Rolling Meadows at 6:45 PM to go to the Fain Arts Center at Midwestern State University. Please sign up in the mail room if you are riding the bus and remember you are responsible for getting your ticket. This concert promises to be a magical escape that ignites the senses and stirs the soul.

11 TUE **CORN HOLE GAMES**
Let's have some laughs and fun watching others and playing the game today at 2:15 PM in the Atrium.

13 THU **CRAFT HOUR**
Join us in the Media Center from 2:00-4:00 PM to make a wall hanging out of plastic spoons. To allow for extra painting time, we will have two hours to finish this fun and easy craft. Please sign up in the mail room.

20 THU **HISTORY HOUR**
We will meet up in the Media Center at 2:00 PM to enjoy the benefits of learning history. History instills morals and values. Come see why history is fun to learn!

25 TUE **GOURMET GETAWAY**
The bus will be leaving at 10:30 AM to take you to **On The Border Mexican Grill and Cantina**. Please sign up in the mail room.

27 THU **BRAUM'S TRIP**
Who doesn't like ice cream? We are headed to Braum's today at 2:00 PM. You can do some light shopping or enjoy some yummy treats. Please sign up in the mail room.

29 SAT **BOOK CLUB**
Come meet us in the library at 1:00 PM today to discuss "Mrs. Quinn's Rise to Fame" by Olivia Ford. This is a lovely story of an aging couple and their strong relationship.



Everyone should know by now that Judy is no longer our librarian. We would like to thank her for all she has done and wish her all the best. So, if everyone could please help by putting your books back where you found them, it would be greatly appreciated. If anyone would like to volunteer to be our new librarian please see Angel.

Welcome New Residents!

ROBERT AND JOANNE WILSON

Robert and JoAnne are from Wichita Falls. Please make them feel welcome by introducing yourselves. Welcome to our family here at Rolling Meadows Robert and JoAnne!

JOAN LEVASSEUR Joan was born and raised in Lafayette, Louisiana. Her husband was a physician and they met when she was a nurse. She has 3 sons, 4 grandchildren, and 3 great-grandchildren. Joan enjoys reading and her daily 2 mile walks. She was an avid bridge player for many years, but she hasn't had the opportunity to play in several years. She is looking forward to meeting her new neighbors and getting involved in the activities here at Rolling Meadows. Make Joan feel welcome by introducing yourselves. Welcome to our family here at Rolling Meadows, Joan!

JUDY WELLS Judy is from Iowa Park. She enjoys traveling, word games, animals, jeeping and riding 4 wheelers. Please make Judy feel welcome by introducing yourselves. Welcome to our family here at Rolling Meadows, Judy!



Scan To Download the Rolling Meadows App!



Check your Week In Review for changes and updates!



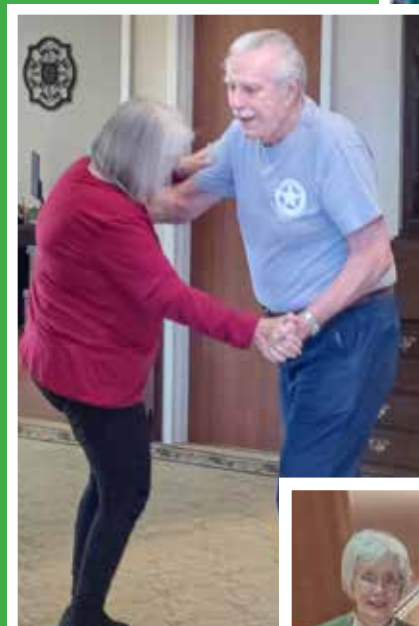
Courtesy Van to Dr Offices: Tues, Wed 9:00 - 3:30, Thurs 1:00 - 3:30
Dry Cleaning
Drop-Off: 10:00 Tuesday 2nd Floor Atrium Laundry Room
Pickup: 2:00 Thursday 2nd Floor Atrium Laundry Room

MARCH 2025

Calendar grid with columns for SUNDAY through SATURDAY and rows for dates 1-31. Each cell contains a list of activities such as 'Worship Service, Chapel', 'Blood Pressure Clinic', 'Brain Games/Trivia', 'Shopping at WalMart', 'Coffee & Conversation', and 'Puzzles, 3rd Floor'. Includes 'Daylight Savings Time Change' on March 9th and 'St Patrick's Day' on March 17th.



Good Times...



A Note from Kari



Creaky Joints and Aging

Even if you're still in your 30s, your joints are not as young as they used to be. As you age, some of the cartilage that covers the ends of bones where they meet in a joint wears away. Because the surfaces are a little less padded and a bit rougher, your bones make more noise as they move against each other.

For example, if you hear knee cracking sounds during exercises like squats, it could be that your patella (kneecap) is coming into contact with your tibia (shinbone). This sounds bad, but it's normal and common — and nothing to worry about.

Other Reasons for Creaky Joints
There are several other benign causes of clicking in joints when working out. Gasses in synovial fluid — the substance that lubricates joints — can form bubbles that make a popping sound when the air escapes. This is the noise you hear when you crack your knuckles, for example.

A tight muscle moving around a bone could cause friction, resulting in a light clicking or popping sound. Tendons rubbing bones can also cause this sound. While this isn't ideal, it can be helped by stretching.

According to the Arthritis Foundation, carrying extra weight can increase by four times the pressure in your knee joints. This makes your bones more likely to rub together and make noise. Over time, too much weight can put extra wear and tear on your joints.

When to See a Doctor
Pain and inflammation are always a sure sign that something is wrong.

Even if it's just a slight twinge when you're doing a deep squat, it could be the start of a bigger problem. It could also be an old injury acting up. If any pain accompanies your joint cracking during exercise, it's important to stop the activity. Although it might be temporary inflammation causing the pain, it's a good idea to visit your doctor to rule out other joint issues that could get worse over time.

Similarly, if you notice an increase in joint popping accompanied by pain or inflammation after exercise, don't resume activity until you've discovered the reason, along with a solution.

Fix Your Creaky Joints
If your joint noises are caused by excess weight, embark on a diet and exercise plan to help you lose the weight. The Arthritis Foundation reports that losing even 11 pounds can improve joint health.

One of the best ways for people of all ages to improve joint health is to strength train. Building muscle helps support and stabilize your joints and improves joint space integrity, which can reduce friction. Before you work out, warm up properly and do some light stretching, which may prevent some of the cracking and popping you hear while exercising.

Along with weight loss and strength training, simply moving more can help creaky joints. When you move,

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
Strength Training	Fitness Center
Mon & Fri	2:00 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

your joints produce synovial fluid that lubricates the joints and reduces friction. Move around as much as possible during the day and stay active.

For the long-term health of your joints, be sure to get enough vitamin D and calcium, which strengthen bones and joints and protect against bone degeneration. This will help keep your joints healthy as you age. If you're not sure if you're getting enough of these nutrients, talk to your doctor.

—Kari

A Peek At The Pines



THE
PINES
AT ROLLING MEADOWS

ROLLING MEADOWS

3006 McNiel
Wichita Falls, Texas 76309



The Gables At A Glance

