

# The Meadow Lark

A Publication of Rolling Meadows

April 2025



Hop On Over To The  
Rolling Meadows

## Easter Party!

Thursday, April 10  
2:00 PM in the Media Center

Join Us For Games, Snacks and  
An EGG-cellent Good Time!



Friday  
April 11  
2:00 PM  
In The Dog Park

### National Pet Day



### National Picnic Day

Wednesday, April 23  
10:45 AM  
Dog Park Pavilion  
Food • Fun • Friends



### National Oatmeal Cookie Day

Wednesday, April 30  
3:00 PM in the Atrium

ROLLING  
MEADOWS

940-691-7511

Rolling Meadows  
Staff  
rmeadows.com

Cindy Noe .....Ext. 120  
Executive Director

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

Madison Murphey .....Ext. 112  
Director of Accounting

Jerry Caraway .....Ext. 109  
Director of Resident Services

Rip Stainbrook .....Ext. 111  
Director of Dining Services

Kellye Hensley .....Ext. 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



## Eating Well As You Age

A person's diet plays an important role in maintaining health and preventing disease. Research has shown that proper nutrition can extend your lifespan and improve a person's quality of life. An optimal diet may lead to less heart disease, obesity, high blood pressure, diabetes, and some forms of cancer.

Are nutritional needs different for older adults? Physiological changes occur slowly over time in all body systems and are influenced by life events, illnesses, genetic traits, and socioeconomic factors. Generally, older adults take in less calories, than younger people. If caloric intake is too low, then consumption of necessary nutrients may also be low. As people age, problems such as high blood pressure or diabetes become more common, necessitating certain dietary modifications. In addition, digestive system problems become more common, and some people may have trouble chewing or swallowing. For everyone, it is beneficial to eat well and understand some nutrition basics.

Malnutrition is also a critical health issue among older adults caused by eating too little food, too few nutrients, and by digestive problems related to aging. Malnutrition causes fatigue, depression, weak immune system, anemia, weakness, digestive, lung, and heart problems. To prevent malnutrition as you age: eat nutrient packed food; have flavorful food available; snack between meals; eat with other people as much as possible; and get help with food preparation. Eating a variety of foods from all food groups can help supply the nutrients a person

needs as they age. The following recommendations from the Dietary Guidelines for Americans can help you ensure you are meeting your nutritional needs:

- Eat fruits and vegetables. Eat more dark green vegetables such as leafy greens or broccoli, and orange vegetables such as carrots and sweet potatoes.
- Vary protein choices with more fish, beans, and peas.
- If you can tolerate grains, eat at least three ounces of whole grains every day.
- Make the fats you eat healthy ones (polyunsaturated and monounsaturated fats).

**How Can Select Wellness Professionals and Therapists Help?** Your Select wellness team can identify lifestyle changes that can facilitate staying physically and mentally healthy and avoiding unhealthy weight gain. Your Select wellness team can provide practical and helpful information and resources to assist in health promotion in your community. In addition, Select Therapists are uniquely qualified to provide feeding and / or swallowing rehabilitations due to their understanding of disability and aging as well as their ability to address the physical, psychological, cognitive, and social needs of an individual. Therapists can dramatically improve quality of life for residents by assisting their clients to optimize posture, self-feeding abilities, medical status, and nutritional intake. These are just a few examples of how Therapy can help with feeding and/ or nutrition and its impact on your daily life. Contact Keely Howard, PTA at 610-290-2349 with any questions.

## HONORING & REMEMBERING

In Memory of **Marceau Roland**  
*by Rolling Meadows*

In Memory of **Herbert Downes**  
*by Rolling Meadows*

In Memory of  
**Dorothy Omohundro**  
*by Rolling Meadows*

In Memory of **Royce Smith**  
*by Rolling Meadows*

In Memory of **Charles Lanman**  
*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.*

# Happy BIRTHDAY to YOU!

## APRIL BIRTHDAYS

Mary Ellen Thielman .....	1
Bud Love .....	3
Nita Gillis .....	10
Kathleen Brown .....	10
Betty Mitchell.....	10
Gloria Brooks.....	14
Jim Hart .....	15
Dale Chitwood .....	19
Charles Kolar .....	20
Vicki Barnhardt.....	23
Jocelyn Gaines .....	23
Myra Blackerby.....	25
Bill Burgess .....	27
Linda Cichowski .....	27
Jerome Hoffman .....	27
Sharon Lam .....	28



# April Events

**3 THU APRIL BIRTHDAY PARTY**  
Join us in the Media Center at 2:00 PM to celebrate our April birthdays. Everyone is invited to enjoy cake and ice cream!

**7 MON FIRST BAPTIST CHURCH ORCHESTRA**  
Be sure to get your seat in the Atrium by 6:00 PM as we enjoy listening to the First Baptist Church Orchestra.

**8 TUE SHOPPING TRIP**  
Meet in the lobby at 10:00 AM for a shopping trip to TJ Maxx and Ross. Please sign up in the mail room. We will try to return by 12:00 PM.

**10 THU EASTER PARTY**  
Bring your friends and hop on over to the Media Center at 2:00 PM for our Easter Party. We will have games, snacks and fun. Please sign up in the mail room. Thank you.

**11 FRI NATIONAL PET DAY**  
We will meet in the dog park at 2:00 PM for snacks, drawings for the pets and some little something for the pet mom or dad. Come show off your fur babies.

**15 TUE GOURMET GETAWAY**  
Let's have a little fun on Tax Day and head over to Ronnie's Burgers! We will leave at 10:45 AM. Please sign up in the mail room if you are riding the bus. Thank you!

**17 THU CRAFT HOUR**  
Come to the Media Center at 2:00 PM to make Sharpie Mug Bird Feeders for our feathered friends. These are so easy and will be fun to make. They will be beautiful hanging on your patio or in a tree. Please sign up in the mail room so we will have enough supplies.

**18 FRI SHOPPING AT ALDI**  
Jump on the bus at 10:00 AM to head over to Aldi. Please sign up in the mail room. We should return by 11:30 AM.

**22 FRI GOSPEL SINGING**  
Come pick out your favorite hymns and enjoy singing out of a hymnal in the Media Center at 2:15 PM.

**23 WED NATIONAL PICNIC DAY**  
We will meet at 10:45 AM at the Dog Park Pavilion and enjoy some tacos, nachos, and dessert. Tea, water and coffee will also be provided. Please sign up in the mail room so we will have enough food.

**26 SAT BOOK CLUB**  
Today at 1:00 PM in the Library we will be discussing "The Language of Flowers" by Vanessa Diffenbaugh. The novel follows the fraught life of Victoria Jones, who by the age of 18, had lived in 32 foster homes, and becomes a flower arranger.



## Library Notes

We are still in need of a librarian and it doesn't have to be a resident. If you know someone that would be willing to volunteer a couple of days a week please let Angel know.

## Joke of the Month



**26 SAT WICHITA FALLS SYMPHONY ORCHESTRA**  
The Orchestra will perform this month at the First Baptist Church in Wichita Falls at 7:30 PM. You are responsible for your own tickets and there will not be bus transportation for this evening from Rolling Meadows. Sorry for any inconvenience. The theme is Timeless Passage.

**29 TUE BRAUM'S TRIP**  
The bus will leave at 2:15 PM for a trip to Braum's. You can enjoy something sweet and also do some light shopping.

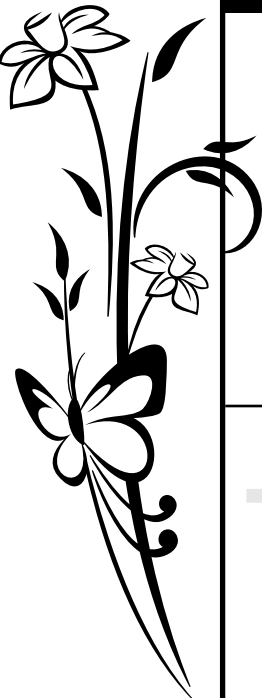
**30 WED NATIONAL OATMEAL COOKIE DAY**  
Come by the Atrium at 3:30 PM for some cookies and milk or coffee. Yummy!




## Welcome New Residents!

**JEAN KELLEY**  
Jean is from Wichita Falls. She enjoys reading, watching movies and spending time with family. Please make Jean feel welcome by introducing yourselves. Welcome to our family here at Rolling Meadows, Jean!

*What did the dirt say to the rain?  
You'd better cut it out, or my name will be mud!*

# APRIL 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>Check your Week In Review for changes and updates!</b></p>		<b>1</b> 9:30 <b>Blood Pressure Clinic, Atr</b> 1:00 <b>Dominoes (42), Lib</b> 1:00 <b>Bible Study, KKap</b> 1:00 <b>Wii Games, FitCtr</b> 1:45 <b>Our Lady Queen of Peace, Chapel</b> 3:00 <b>Chair Volleyball, FitCtr</b> 6:00 <b>Wahoo, Lib</b>	<b>2</b> 1:00 <b>Brain Games/Trivia, MedCtr</b> 2:00 <b>Bingo, MedCtr</b> 3:00 <b>Chair Volleyball, FitCtr</b> 3:00 <b>Bridge, Lib</b>	<b>3</b> 9:00 <b>Shopping at WalMart</b> 9:30 <b>Ladies Bible Study, KKap</b> 10:00 <b>Bank Day "First Bank" till 11:00 am</b> 1:00 <b>Wii Games, FitCtr</b> 2:00 <b>Birthday Party, MedCtr</b> 3:00 <b>Chair Volleyball, FitCtr</b> 6:15 <b>Worship Service, MedCtr</b>	<b>4</b> 1:00 <b>Mexican Train, KKap</b> 1:00 <b>Wii Games, FitCtr</b> 2:00 <b>Quarter Bingo, MedCtr</b> 2:00 <b>Strength Training, FitCtr</b> 3:00 <b>Chair Volleyball, FitCtr</b>	<b>5</b> 1:00 <b>Puzzles, 3rd Floor</b>
	<b>6</b> 1:00 <b>Worship Service, Chapel</b>	<b>7</b> 1:00 <b>Tiki, KKap</b> 1:00 <b>Wii Bowling, FitCtr</b> 2:00 <b>Grocery Shopping</b> 2:00 <b>Quarter Bingo, MedCtr</b> 2:00 <b>Strength Training, FitCtr</b> 3:00 <b>Chair Volleyball, FitCtr</b> 6:00 <b>FBC Orchestra, Atr</b>	<b>8</b> 9:30 <b>Blood Pressure Clinic, Atr</b> 10:00 <b>TJ Maxx/Ross Shopping</b> 1:00 <b>Wii Games, FitCtr</b> 1:00 <b>Dominoes (42), Lib</b> 1:00 <b>Bible Study, KKap</b> 1:45 <b>Our Lady Queen of Peace, Chapel</b> 3:00 <b>Chair Volleyball, FitCtr</b> 6:00 <b>Wahoo, Lib</b>	<b>9</b> 1:00 <b>Brain Games/Trivia, MedCtr</b> 2:00 <b>Bingo, MedCtr</b> 3:00 <b>Chair Volleyball, FitCtr</b> 3:00 <b>Bridge, Lib</b>	<b>10</b> 9:00 <b>Walmart Shopping</b> 9:30 <b>Ladies Bible Study, KKap</b> 10:00 <b>Bank Day "Accounting" till 11:00 am</b> 1:00 <b>Wii Games, FitCtr</b> 2:00 <b>Easter Party, MedCtr</b> 3:00 <b>Chair Volleyball, FitCtr</b> 6:15 <b>Worship Service, MedCtr</b>	<b>11</b> 1:00 <b>Mexican Train, KKap</b> 1:00 <b>Wii Games, FitCtr</b> 2:00 <b>Quarter Bingo, Cancelled</b> 2:00 <b>Strength Training, FitCtr</b> 2:00 <b>National Pet Day, Dog Park</b> 3:00 <b>Chair Volleyball, FitCtr</b>
<b>13</b> 1:00 <b>Worship Service, Chapel</b>	<b>14</b> 1:00 <b>Tiki, KKap</b> 1:00 <b>Wii Bowling, FitCtr</b> 2:00 <b>Grocery Shopping</b> 2:00 <b>Quarter Bingo, MedCtr</b> 2:00 <b>Strength Training, FitCtr</b> 3:00 <b>Chair Volleyball, FitCtr</b>	<b>15</b> 9:30 <b>Blood Pressure Clinic, Atr</b> 10:45 <b>Gourmet Getaway</b> 1:00 <b>Wii Games, FitCtr</b> 1:00 <b>Dominoes (42), Lib</b> 1:00 <b>Bible Study, KKap</b> 1:45 <b>Our Lady Queen of Peace, Chapel</b> 3:00 <b>Chair Volleyball, FitCtr</b> 6:00 <b>Wahoo, Lib</b> <i>Tax Day</i>	<b>16</b> 1:00 <b>Brain Games/Trivia, MedCtr</b> 2:00 <b>Bingo w/Hospice, MedCtr</b> 3:00 <b>Chair Volleyball, FitCtr</b> 3:00 <b>Bridge, Lib</b>	<b>17</b> 9:00 <b>Walmart Shopping</b> 9:30 <b>Ladies Bible Study, KKap</b> 10:00 <b>Bank Day "First Bank" till 11:00 am</b> 1:00 <b>Wii Games, FitCtr</b> 2:00 <b>Craft Hour, MedCtr</b> 3:00 <b>Chair Volleyball, FitCtr</b> 6:15 <b>Worship Service, MedCtr</b>	<b>18</b> 10:00 <b>Shopping at Aldi</b> 1:00 <b>Mexican Train, KKap</b> 1:00 <b>Wii Bowling, FitCtr</b> 1:30 <b>Staff Meeting, MedCtr</b> 2:00 <b>Bingo, Cancelled</b> 2:00 <b>Strength Training, FitCtr</b> 3:00 <b>Chair Volleyball, MedCtr</b>	<b>19</b> 1:00 <b>Puzzles, 3rd Floor</b>
<b>20</b> 1:00 <b>Worship Service, Chapel</b>	<b>21</b> 1:00 <b>Tiki, KKap</b> 1:00 <b>Wii Bowling, FitCtr</b> 2:00 <b>Grocery Shopping</b> 2:00 <b>Quarter Bingo, MedCtr</b> 2:00 <b>Strength Training, FitCtr</b> 3:00 <b>Chair Volleyball, FitCtr</b>	<b>22</b> 9:30 <b>Blood Pressure Clinic, Atr</b> 1:00 <b>Wii Games, FitCtr</b> 1:00 <b>Dominoes (42), Lib</b> 1:00 <b>Bible Study, KKap</b> 1:45 <b>Our Lady Queen of Peace, Chapel</b> 2:15 <b>Gospel Singing, MedCtr</b> 3:00 <b>Chair Volleyball, FitCtr</b> 6:00 <b>Wahoo, Lib</b>	<b>23</b> 10:45 <b>National Picnic Day, Dog Park</b> 1:00 <b>Brain Games/Trivia, MedCtr</b> 2:00 <b>Bingo, MedCtr</b> 3:00 <b>Chair Volleyball, FitCtr</b> 3:00 <b>Bridge, Lib</b>	<b>24</b> 9:00 <b>Walmart Shopping</b> 9:30 <b>Ladies Bible Study, KKap</b> 10:00 <b>Bank Day "Accounting" till 11:00 am</b> 1:00 <b>Wii Games, FitCtr</b> 2:00 <b>Quarter Bingo w/Kari, MedCtr</b> 3:00 <b>Chair Volleyball, FitCtr</b> 6:15 <b>Worship Service, MedCtr</b>	<b>25</b> 1:00 <b>Mexican Train, KKap</b> 1:00 <b>Wii Bowling, FitCtr</b> 2:00 <b>Quarter Bingo, Cancelled</b> 3:00 <b>Chair Volleyball, FitCtr</b>	<b>26</b> 1:00 <b>Puzzles, 3rd Floor</b> 1:00 <b>Book Club, Lib</b> 7:30 <b>WF Symphony Orchestra at First Baptist Church</b>
<b>27</b> 1:00 <b>Worship Service, Chapel,</b>	<b>28</b> 1:00 <b>Tiki, KKap</b> 1:00 <b>Wii Bowling, FitCtr</b> 2:00 <b>Grocery Shopping</b> 2:00 <b>Quarter Bingo, MedCtr</b> 2:00 <b>Strength Training, FitCtr</b> 3:00 <b>Chair Volleyball, FitCtr</b>	<b>29</b> 9:30 <b>Blood Pressure Clinic, Atr</b> 1:00 <b>Wii Games, FitCtr</b> 1:00 <b>Dominoes (42), Lib</b> 1:00 <b>Bible Study, KKap</b> 1:45 <b>Our Lady Queen of Peace, Chapel</b> 2:15 <b>Trip to Braums</b> 3:00 <b>Chair Volleyball, FitCtr</b> 6:00 <b>Wahoo, Lib</b>	<b>30</b> 1:00 <b>Brain Games/Trivia, MedCtr</b> 2:00 <b>Bingo, MedCtr</b> 3:00 <b>Chair Volleyball, FitCtr</b> 3:00 <b>Bridge, Lib</b> 3:30 <b>National Oatmeal Cookie Day, Atr</b>	 <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>



Good Times...

# A Note from Kari



After starting and stopping the Walk and Talk class several times over the past year, I've made the decision to officially remove it from the fitness schedule. While there have been moments of success, it hasn't gained enough consistent traction to continue offering it.

At this time, there are no immediate plans to replace it with another class. However, if there's anything you'd like to see added to the schedule, please feel free to reach out, and I'd be happy to explore potential options!

—Kari

## Consistency Is The Most Important Thing When It Comes To Exercise

We don't want to exercise in short bursts only to stop after a little while. You want to use exercise as a form of medicine, this means staying active and keeping it up. By doing this, you're helping yourself stay mobile, strong, and independent for life! But as time goes on, motivation naturally comes and goes, and it isn't always easy to stay consistent.

So, here are some strategies to keep you on track:

### Think Long Term!

Shift from short-term motivation to long-term well-being. Exercise isn't just about hitting a goal—it's a habit that will serve you for many, many years to come.

### Stick to a Routine That Works for You

Your exercise plan should fit your lifestyle. Don't aim for perfection—exercise is never perfect! Just do what you can, even on days you feel off. Small efforts add up over time.

### Visualize Your Success

Imagine yourself already feeling stronger, more mobile, and full of energy because of your commitment to exercise. See yourself as someone

who naturally stays consistent, making movement a regular part of your life. When you align your self-image with the person you want to be, staying on track becomes easier. Your mind is a powerful tool!... Don't underestimate this!

### Track Your Progress

Noticing improvements—whether in endurance, strength, or flexibility—boosts motivation. Keep note of your results, and celebrate small wins to stay inspired.

### Stay Accountable

You're not alone! Check in with someone, share your challenges, and use the support to stay committed!

### Revisit Your Goals

Are your goals still relevant? As you start making improvements, keep challenging yourself by gradually progressing your exercises, trying new activities, or setting fresh milestones to stay engaged.

### Overcome Setbacks

Life happens. If you miss a workout, don't dwell on it—just focus on getting back into the routine. A positive mindset makes all the difference!

## 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>Strength Training</b> .....	Fitness Center
Mon & Fri	2:00 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



## Suggestions?

Do you have any ideas or suggestions for programs offered by the Fitness Center? If you do, please share them with Kari so we can work on getting these put in place!

Thank you!

# A Peek At The Pines



THE  
**PINES**  
AT ROLLING MEADOWS

# ROLLING MEADOWS

3006 McNeil  
Wichita Falls, Texas 76309



# The Gables At A Glance

