

The Meadow Lark

A Publication of Rolling Meadows

May 2025

Mother's Day Celebration

Friday, May 9 at 2:00 PM
in the Media Center

Join us as we celebrate all our
Mothers, Aunts, Sisters
and Grandmothers!

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

Caring For Your Skin As We Age

The skin, the largest organ in the human body, performs important functions such as temperature regulation, sensation, and protection. With advancing age, changes occur in the structure and integrity of the skin that diminishes the skin's ability to protect the body. Aging skin is more prone to infection, trauma, and tears. Your skin becomes thinner, loses fat. Injuries such as cuts, or bumps can take longer to heal. Years of sun exposure or indoor tanning may lead to wrinkles, dryness, age spots, and even cancer. Fortunately, there are things you can do to protect your skin and to make it feel and look better.

How can you take care of your skin as you age? Limit time in the sun. It's okay to go out during the day but try to avoid being in sun during peak times when the sun's rays are strongest. You can also get sunburned if you are in water, so be careful when you are in the pool or ocean. When spending any time outdoors, use sunscreen. It's best to choose sunscreen with "broad spectrum" on the label. Put the sunscreen on 15 to 30 minutes before you go outside.

Sunscreen should be reapplied at least every two hours. In addition, wear protective clothing when outdoors.

How Can your Select Wellness and Therapy Professionals Help?

Seeking professional advice to analyze your unique situation can often result in simple solutions. Your Select therapists and wellness professionals can educate persons at risk for skin conditions to modify habits and routines to promote a healthier lifestyle and minimize the progression. Your Select therapists can also check sensation in your skin and develop a plan to protect them. Your Select therapists can facilitate independence with skin hygiene tasks. Your Select therapists can provide a skin assessment which will provide recommendations regarding the amount of personal assistance required and may suggest aids or adaptation's for skin hygiene. Your Select rehab and wellness team can provide practical and helpful information and resources in order to assist in health promotions such as healthy food choices, skin care and wellness in your community.



Joke of the Month

Tell me, Johnny, do you say prayers before eating?

No, ma'am I don't have to. My mom's a good cook.



MAY BIRTHDAYS

Billy Moyer	8
Bill Leidemann	9
Wade Geurin	22
Jan Hancock	24
Jeanne Daniels	25
Ski Cichowski	26
Sally Perkins	26
Joe Loe	27
June White	27
Ray Talbott	31

Come celebrate with us on May 1 in the Media Center!

HONORING & REMEMBERING

In Memory of
Leslie Paschel
by Rolling Meadows

In Memory of
Bruce Baggett
by Rolling Meadows

In Memory of
Stephen Reeves
by Rolling Meadows

In Memory of
Theresa Potter
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.



May Events

- 1 THU BIRTHDAY PARTY**
Everyone is invited to come and celebrate our May birthdays at 2:00 PM in the Media Center. Enjoy cake and ice cream.
- 3 SAT RED RIVER VALLEY OPRY HOUSE**
The bus will be leaving Rolling Meadows at 6:25 PM to head to Red River Valley Opry House in Byers, Texas where the Gospel Travelers will be performing. Please sign up in the Mail Room if you are riding the bus.
- 6 TUE SHOPPING AT HOBBY LOBBY**
You asked for this trip, so come on, let's go! We will leave Rolling Meadows at 10:00 AM to go shopping at Hobby Lobby. Please sign up in the Mail Room. Thank you!
- 9 FRI MOTHER'S DAY CELEBRATION**
Today at 2:00 PM in the Media Center we are celebrating all Mothers, Aunts, Sisters and Grandmothers. We will have snacks, gifts, trivia and a great time for everyone. This event is limited to only 40 guests, so please sign up in the Mail Room ASAP!
- 12 MON FAITH BAPTIST CHURCH FAITH SINGERS**
Take a seat in the Atrium at 10:30 AM to enjoy the Faith Singers Spring Concert. Please come and enjoy their program!
- 13 TUE RIVER BEND NATURE CENTER**
Take a walk on the wild side as we explore the exhibits and take a walk at River Bend Nature Center. The bus will leave at 11:00 AM. After walking around we will have a picnic lunch around 11:30 AM outside in the covered pavilion. Please sign up. 14 guests only. Thank you!
- 13 TUE SELECT REHAB MEET & GREET**
Join us in the Media Center today at 2:00 PM to learn more about our new Select Rehab group. You will meet the therapists and have the opportunity to ask questions. Let's make them feel welcome!
- 15 THU GOURMET GETAWAY**
We will head to Samurai of Tokyo at 10:30 AM. Please sign up in the Mail Room. We have 14 seats available.
- 15 THU CORNHOLE**
Come enjoy some fun exercise and laughs today at 2:00 PM in the Atrium. We always have a great time!
- 16 FRI SPRING RECITAL**
Sharon Neufeld with the Suzuki Talent Education Academy will bring her students to perform their Spring Recital. Please join them and their parents in the Atrium at 6:00 PM.
- 20 TUE SHOPPING AT ALDI**
Let's see what bargains we can get today! The bus will leave at 10:00 AM. Please sign up in the Mail Room.
- 20 TUE GOSPEL SINGING**
Everyone is welcome to come make a joyful noise today in the Media Center at 2:15 PM!!!
- 22 THU CRAFT HOUR**
Today in the Media Center at 2:00 PM we are making a tin can wind chimes. It's easy using decorative paper napkins. We have enough supplies for 15 guests so please sign up in the Mail Room.
- 23 FRI COFFEE & CONVERSATION**
Come by and visit and enjoy assorted donuts and coffee in the Knight Kap at 9:30 AM. Please sign up in the Mail Room.
- 27 TUE KOHL'S SHOPPING**
Join us on the bus at 10:00 AM as we head over to Kohl's to do a little shopping. Please sign up if you want to go and we should return by 12:00 PM.
- 29 THU BRAUM'S TRIP**
I scream, you scream, we all scream for ice cream! We are leaving at 2:00 PM. We have room for 14 guests so please sign up in the Mail Room.
- 31 SAT BOOK CLUB**
Today at 1:00 PM in the Library we will be discussing, "The Authenticity Project" by Clare Pulley. The story of a solitary green notebook that brings together six strangers and leads to unexpected friendship, and even love.




Let's Go Shopping!

Sign up for our May trips at these fine stores:



Hobby Lobby - May 6 • Aldi - May 20
Kohl's - May 27 • Braum's - May 29
United Market Street - Mondays at 2:00 PM
Walmart - Thursdays at 9:00 AM

MAY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Scan To Download the Rolling Meadows App!</p>	 <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></p> <p><u>Drop-Off:</u> 10:00 Tuesday 2nd Floor Atrium Laundry Room</p> <p><u>Pickup:</u> 2:00 Thursday 2nd Floor Atrium Laundry Room</p>	<p><i>Check your Week In Review for changes & updates!</i></p> 	<p>9:00 Shopping at WalMart 1</p> <p>9:30 Ladies Bible Study, KKap</p> <p>10:00 Bank Day "First Bank" 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>1:00 Mexican Train, KKap 2</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 3</p> <p>6:15 Gospel Travelers at the Red River Valley Opry In Byers, Texas <i>Please sign up in the Mail Room</i></p>	
<p>4</p> <p>1:00 Worship Service, Chapel</p>	<p>5</p> <p>9:30 Devotional, Chapel</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>6</p> <p>9:30 Blood Pressure Clinic, Atr</p> <p>10:00 Shopping at Hobby Lobby</p> <p>1:00 Wii Bowling, 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>3:00 Chair Volleyball, FitCtr</p> <p>6:00 Wahoo, Lib</p>	<p>7</p> <p>1:00 Brain Games/Trivia, MedCtr</p> <p>2:00 Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:00 Bridge, Lib</p>	<p>8</p> <p>9:00 Walmart Shopping</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>3:00 Chair Volleyball, FitCtr</p> <p>6:15 Worship Service, MedCtr</p>	<p>9</p> <p>1:00 Mexican Train, KKap</p> <p>1:00 Wii Games, FitCtr</p> <p>2:00 Quarter Bingo, Cancelled</p> <p>2:00 Mother's Day Social, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p>	<p>10</p> <p>1:00 Puzzles, 3rd Floor</p>
<p>11</p> <p>1:00 Worship Service, Chapel</p> <p><i>Happy Mother's Day!</i></p>	<p>12</p> <p>9:30 Devotional, Chapel</p> <p>10:30 Faith Singers, Atr</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>13</p> <p>9:30 Blood Pressure Clinic, Atr</p> <p>11:00 River Bend Nature Center</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>2:00 Select Rehab Meet & Greet, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:00 Wahoo, Lib</p>	<p>14</p> <p>1:00 Brain Games/Trivia, MedCtr</p> <p>2:00 Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:00 Bridge, Lib</p>	<p>15</p> <p>9:00 Walmart Shopping</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 Cornhole, Atr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:15 Worship Service, MedCtr</p>	<p>16</p> <p>1:00 Mexican Train, KKap</p> <p>1:00 Wii Games, FitCtr</p> <p>2:00 Quarter Bingo, MedCtr</p> <p>3:00 Chair Volleyball, MedCtr</p> <p>6:00 Spring Recital, Atr</p>	<p>17</p> <p>1:00 Puzzles, 3rd Floor</p>
<p>18</p> <p>1:00 Worship Service, Chapel</p>	<p>19</p> <p>9:30 Devotional, Chapel</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>20</p> <p>9:30 Blood Pressure Clinic, Atr</p> <p>10:00 Shopping at Aldi</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 Gospel Singing, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:00 Wahoo, Lib</p>	<p>21</p> <p>1:00 Brain Games/Trivia, MedCtr</p> <p>2:00 Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:00 Bridge, Lib</p>	<p>22</p> <p>9:00 Walmart Shopping</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 Craft Hour, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:15 Worship Service, MedCtr</p>	<p>23</p> <p>9:30 Coffee & Conversation, KKap <i>Join us for Donut Day!</i></p> <p>1:00 Mexican Train, KKap</p> <p>1:00 Wii Games, FitCtr</p> <p>2:00 Quarter Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p>	<p>24</p> <p>1:00 Puzzles, 3rd Floor</p>
<p>25</p> <p>1:00 Worship Service, Chapel,</p>	<p>26</p> <p>Happy Memorial Day</p> <p><i>No Scheduled Activities</i></p>	<p>27</p> <p>9:30 Blood Pressure Clinic, Atr</p> <p>10:00 Shopping at Kohl's</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>3:00 Chair Volleyball, FitCtr</p> <p>6:00 Wahoo, Lib</p>	<p>28</p> <p>1:00 Brain Games/Trivia, MedCtr</p> <p>2:00 Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:00 Bridge, Lib</p>	<p>29</p> <p>9:00 Walmart Shopping</p> <p>9:30 Ladies Bible Study, KKap</p> <p>10:00 Bank Day "First Bank" 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>30</p> <p>1:00 Mexican Train, KKap</p> <p>1:00 Wii Games, FitCtr</p> <p>2:00 Quarter Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p>	<p>31</p> <p>1:00 Puzzles, 3rd Floor</p> <p>1:00 Book Club, Lib</p>



Good Times

A Note from Kari



Not much new going on in the Fitness Center so I decided this month to do a Human Scavenger Hunt. Here's a quick breakdown of how it works:

- 1. Pick up a form:** Starting May 1st, come to the Fitness Center and grab a scavenger hunt form. I will have them on my desk so you can get one if I'm not in.
- 2. Find residents for each category:** The form will have 15 different categories. Your task is to find one resident for each category. (Think along the lines of things like "someone who does yoga," "someone who has a pet," "someone who is left-handed," etc.)
- 3. Complete and return the form:** Once you've filled out the form, return it directly to me (don't just drop it on my desk). This ensures a personal connection!
- 4. Prizes for the fastest:** The first three people to return their completed forms will receive a small prize, so be quick and get to know your fellow residents! It's a simple and fun way to make new connections while staying active. Enjoy the scavenger hunt and have fun meeting new people!

—Kari

Stay Socially Active as You Age

We all know that exercise gets your heart rate up and improves your balance, strength and overall mobility. However, did you know engaging with others is just as important to your overall health as you age? Unfortunately, it can be challenging for some to connect with others due to friends and family moving away, or possibly limited mobility makes it hard to get out and about. This can lead to isolation and loneliness, which can have a detrimental effect on your health. In other words, social wellness is key to healthy aging.

Benefits of Social Activities
By staying connected with others as you age, you will experience a variety of benefits, including:

Boosting your mental health: Consistent contact with friends can help maintain good emotional health, reducing stress and lowering the risk of depression and dementia. Social activities even improve cognitive function of the brain.

Improved physical health: Consistent socialization can lower blood pressure, boost the immune system and reduce physical pain. Social relationships can naturally lead to more physical activity.

Better eating and sleeping habits: Older adults can be vulnerable to malnutrition, but studies show they often eat more food and healthier options when dining with others. Also, those with good relationships in their lives tend to sleep better than those without them.

Provides a sense of belonging: Social activities not only help you stay connected to those you care about, but they can give you a feeling of belonging. Finding ways to spend time with others allows you to build a support system. Additionally, these relationships provide a sense of purpose to your days.

Increased longevity: Some studies have shown that those who are connected to others even live a

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
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

longer, happier life. This is due to the fact that friends can help you deal with the stresses of life and can also encourage you to live healthier.

- Becoming More Social**
Connecting with people can be overwhelming. Some of these activities might be just what you need to find new relationships.
- Commit to an exercise class
 - Get coffee with a friend
 - Keep your brain busy with puzzles and games
 - Join a club that focuses on reading, gardening or another activity that interests you
 - Stay involved with your family
 - Attend church or some other spiritual offering

A Peek At The Pines



THE
PINES
AT ROLLING MEADOWS

ROLLING MEADOWS

3006 McNeil
Wichita Falls, Texas 76309



The Gables At A Glance

