

The Meadow Lark

A Publication of Rolling Meadows

July 2025

Sweet, Sweet

Summer

Treats!

Join us for sweet summer treats!

World Chocolate Day

Monday, July 7
Atrium

Monte Holder Magic

Tuesday, July 8
Atrium

Wichita Falls Museum of Art Trip

Thursday, July 10

Coke Floats!

Thursday, July 17
Media Center

See Page 3 for more sweet summer treats!

ROLLING
MEADOWS

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GET THE RM APP!



Staying Connected

Feeling connected to others is a key part of living a happy and healthy life. Staying socially engaged can lift your spirits, sharpen your mind, and even improve your overall well-being. On the other hand, when we lose touch with others, it can lead to feelings of loneliness and affect both mental and physical health over time. Social isolation happens when we don't have enough meaningful contact with others. It's not always easy to notice in ourselves, but it can quietly impact our mood, our energy, and even our desire to take part in daily activities.

Fortunately, there are many simple ways to stay connected and involved. Start by taking part in in-person opportunities that bring people together. Join a walking group, attend a game night, or participate in exercise or art classes. These kinds of activities help you meet new people and connect with shared interests. If you enjoy helping others, volunteer opportunities, even small ones like welcoming new residents, can give you a strong sense of purpose and community. Look for opportunities to dine with others in the community dining room instead of eating alone.

Attend group outings or community events. If you enjoy smaller or more quiet interactions, consider inviting a neighbor for a one-on-one coffee, joining a book club with just a few members, or playing a card game with one or two others. Quiet shared hobbies, like puzzles, crafts, or gardening, can be relaxing and enjoyable ways to spend time with someone. Taking a short walk with a friend or sitting together in a common area to chat or read can create a comforting sense of connection without feeling overwhelming.

Don't forget about staying in touch with family and friends outside your community. Phone calls,

letters, and emails are all great ways to reach out. If you're comfortable using technology, video calls and social media platforms can help you stay involved in special moments and conversations with loved ones.

How can Wellness and Rehabilitation Professionals Help Combat Social Isolation? Wellness and rehabilitation professionals are uniquely positioned to identify and address social isolation. By recognizing early signs they can initiate supportive interventions that foster connection and engagement. Working collaboratively with physical, occupational, and speech therapists, wellness staff can integrate social opportunities into wellness programming, such as small group exercise classes or life enrichment sessions. These interactions help promote a sense of belonging while also supporting mobility, communication, and daily living skills. Professionals can empower individuals through education on stress management, self-awareness, and interpersonal skills, and offer adaptive techniques to support functional performance. Leveraging community resources and modeling positive peer interaction further strengthens the social fabric of the community. Most importantly, consistent follow-up ensures ongoing support for those at risk. Together, wellness and rehab teams play a critical role in promoting independence, meaningful participation, and overall quality of life.

For additional information, please contact your Select Rehabilitation Physical, Occupational and Speech Therapists today if you are concerned that you or your loved one may be dealing with social isolation.

Keely Howard, PTA
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Welcome New Residents!

WILLIAM BRADLEY, JR
Bill is from Wichita Falls but previously lived in Detroit, Michigan. Bill enjoys cars, sports, eating good food and playing games. Please make Bill feel welcome by introducing yourselves. Welcome to our family here at Rolling Meadows, Bill!

NANCY RIVERA & BERTHA BRANDAU
Bertha is originally from Nova Scotia, Canada. She lived most of her adult life in San Diego and Las Vegas. Nancy is originally from San Diego and has lived all over the world/US with military. Nancy settled in Wichita Falls 2 1/2 years ago to be close to her grandchildren. Nancy and Bertha enjoy swimming, shopping for antiques and art and of course the casinos. Bertha also knits and crochets. Please make Nancy and Bertha feel welcome by introducing yourselves. Welcome to our family here at Rolling Meadows, Nancy and Bertha!



TODAY IS YOUR BIRTHDAY!

JULY BIRTHDAYS

- Regina Kennedy 1
- Tom McGough 4
- JoAnn Plaxco 4
- James Galloway 6
- Wilma Fulton 7
- Kenneth Mitchell 8
- Jackie Brosch 14
- Sue Peterson 15

Continued on pg 3

HONORING & REMEMBERING

In Memory of **Dannie Shawver**
by Beth Duke

In Memory of **Dannie Shawver**
by Janie Stewart

In Memory of **Donald Gregg**
by Rolling Meadows

In Memory of **Ailene Pokorny**
by Rolling Meadows

In Memory of **Frances Hoffman**
by Rolling Meadows

In Memory of **Marion Harrell**
by Rolling Meadows

In Memory of **Dr. Marion Harrell**
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.



MORE JULY BIRTHDAYS



Continued from pg 2

- Lois Kramer 15
- Mary Branton 17
- Glynda Cessna 18
- Steve Burleson 19
- Lynn Hoggard 19
- Bill Riddle 22
- Mia Ruddell 22
- Wanda Taylor 22
- Jane McGough 26
- Pat Moser 27
- Ron Thielman 27
- Estelle Hefner 28
- Kay Weber 30
- Donna Young 30
- Margaret Ford 31



- ★ **3 THU** **BIRTHDAY PARTY**
Join us in the Media Center at 2:00 PM to celebrate our July birthdays! Everyone is welcome to come and enjoy cake and ice cream. Happy Birthday!
- ★ **7 MON** **WORLD CHOCOLATE DAY**
Today in the Atrium at 3:30 PM we are celebrating World Chocolate Day. This day celebrates the global love for chocolate. It is also the birthday of Milton S. Hershey, founder of the Hershey Chocolate Company. Come by the Atrium for some chocolate!!!
- ★ **8 TUE** **MONTE HOLDER MAGIC SHOW**
Please come early to get a seat up front at 2:00 PM in the Atrium as Magician Monte Holder entertains us. You don't want to miss anything.
- ★ **10 THU** **WICHITA FALLS MUSEUM OF ART TRIP**
We will be leaving Rolling Meadows at 2:00 PM for a tour of the Wichita Falls Museum of Art at MSU. Please sign up in the mail room to ride the bus with us.
- ★ **15 TUE** **GOURMET GETAWAY**
The bus will be leaving at 10:30 AM for a yummy meal at On The Border. Please sign up in the mail room if you are riding the bus. Thank you!
- ★ **17 THU** **COKE FLOATS**
Coke floats are the best treat, so come celebrate summer with your friends today at 2:00 PM in the Media Center. (If you prefer a root beer float that will be available too.)
- ★ **22 TUE** **CORN HOLE**
The games will begin at 2:15 PM in the Atrium! Bring a friend to play or just enjoy watching this exciting game.
- ★ **24 THU** **SHOPPING TRIP**
Put on your walking shoes and let's go shopping at Michael's, Home Goods and Five Below. The bus will be leaving at 10:00 AM. Please sign up in the mail room if you wish to go.
- ★ **25 FRI** **WATERCOLOR LESSON**
Today from 1:30 PM – 3:00 PM in the Media Center watercolor artist, Ginger Boller, will give us a lesson on watercolor painting. She will bring all the supplies needed for your painting and the cost will be \$25.00 at the day of the class. Cash or check will be accepted. If you have any questions please ask Vickie. You can go to Gingersnap Art Studio on Facebook and see her work.
- ★ **26 SAT** **BOOK CLUB**
Today in the Library at 1:00 PM, we will be discussing "The Hazelbourne Ladies Motorcycle and Flying Club" by Helen Simonson. A timeless comedy of manners—refreshing as a summer breeze and bracing as the British seaside—about a generation of young women facing the seismic changes brought on by war and dreaming of the boundless possibilities of their future.
- ★ **29 TUE** **BRAUM'S TRIP**
Please sign up in the mail room if you are riding the bus to Braum's at 2:00 PM today. This is a great time to enjoy some ice cream and maybe some light shopping.
- ★ **31 THU** **HISTORY HOUR**
Today in the Media Center at 2:00 PM Geneva Rodgers will have a presentation on her trip to Alaska. I know this will be enjoyed by all, don't miss it!!!

JULY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Courtesy Van to Dr Offices: Tues, Wed 9:00 – 3:30, Thurs 1:00 – 3:30</p> <p>Dry Cleaning</p> <p>Drop-Off: 10:00 Tuesday 2nd Floor Atrium Laundry Room</p> <p>Pickup: 2:00 Thursday 2nd Floor Atrium Laundry Room</p>		<p>9:30 Blood Pressure Clinic, Atr 1</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>10:30 Devotional, Chapel 2</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>9:00 Shopping at WalMart 3</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>Happy 4th Of July!</p> <p><i>No Scheduled Activities</i></p>	<p>1:00 Puzzles, 3rd Floor 5</p>
<p>6</p> <p>1:00 Worship Service, Chapel</p>	<p>7</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 Chocolate Day, Atr</p>	<p>8</p> <p>9:30 Blood Pressure Clinic, 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>2:00 Monte Holder Magic, Atr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:00 Wahoo, Lib</p>	<p>9</p> <p>10:30 Devotional, Chapel</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>10</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 WF Museum of Art Tour</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>5:00 Breakfast for Dinner</p> <p>6:15 Worship Service, MedCtr</p>	<p>11</p> <p>1:00 Mexican Train, KKap</p> <p>1:00 Wii Games, FitCtr</p> <p>1:30 All Staff Meeting, MedCtr</p> <p>2:00 Quarter Bingo, (Cancelled)</p> <p>3:00 Chair Volleyball, FitCtr</p>	<p>1:00 Puzzles, 3rd Floor 12</p>
<p>13</p> <p>1:00 Worship Service, Chapel</p>	<p>14</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>15</p> <p>9:30 Blood Pressure Clinic, Atr</p> <p>10:30 Gourmet Getaway</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>16</p> <p>10:30 Devotional, Chapel</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>17</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 Coke Floats, Atr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:15 Worship Service, MedCtr</p>	<p>18</p> <p>1:00 Mexican Train, KKap</p> <p>1:00 Wii Bowling, FitCtr</p> <p>2:00 Quarter Bingo, MedCtr</p> <p>3:00 Chair Volleyball, MedCtr</p>	<p>1:00 Puzzles, 3rd Floor 19</p>
<p>20</p> <p>1:00 Worship Service, Chapel</p>	<p>21</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>22</p> <p>9:30 Blood Pressure Clinic, 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 Corn Hole Games, Atr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:00 Wahoo, Lib</p>	<p>23</p> <p>10:30 Devotional, Chapel</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>24</p> <p>9:00 Walmart Shopping</p> <p>9:30 Ladies Bible Study, KKap</p> <p>10:00 Shopping Trip To Michael's & Home Goods</p> <p>10:00 Bank Day "First Bank" 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>25</p> <p>1:00 Mexican Train, KKap</p> <p>1:00 Wii Games, FitCtr</p> <p>1:00 Painting Class, MedCtr</p> <p>2:00 Quarter Bingo, (Cancelled)</p> <p>3:00 Chair Volleyball, FitCtr</p>	<p>1:00 Puzzles, 3rd Floor 26</p> <p>1:00 Book Club, Lib</p>
<p>27</p> <p>1:00 Worship Service, Chapel,</p>	<p>28</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>29</p> <p>9:30 Blood Pressure Clinic, 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>2:00 Braum's Trip</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:00 Wahoo, Lib</p>	<p>30</p> <p>10:30 Devotional, Chapel</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>31</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 History Hour - Alaska, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:15 Worship Service, MedCtr</p>	<p>Check your Week In Review for changes & updates!</p>	 <p>Scan To Download the Rolling Meadows App!</p>



A Note from Kari

Incredible Health Benefits of Laughter



Laughter Is Great For The Heart Just like exercise, laughter can improve vascular health, great for both heart rate and blood pressure control, dramatically helping with cardiovascular health. Laughter causes the inner lining of blood vessels (the endothelium) to expand to increase blood flow, while stress has the reverse effect, constricting blood vessels and reducing blood flow.

Laughter Is A Great Mood Regulator Studies have found that laughter in groups triggers the release of endorphins in brain regions responsible for emotion. Social laughter supports the formation, reinforcement, and maintenance of social bonds between humans. Laughter triggers the production of dopamine, which produces calming benefits as well as providing us pleasure and reward.

Laughter Is A Natural Form Of Pain Relief The endorphins released when we laugh block pain transmitters from signaling to the brain. We feel less pain and fewer adverse effects of stress as a result.

Laughter Reduces Stress The stress hormone, cortisol, plays a role not only in depression, anxiety, and stress but also chronic pain. Studies have shown that laughter reduces cortisol production. This positive impact can exist even when laughter is forced. Another study suggests that the immediate psychological benefits of humor are comparable to the mental benefits of a bout of aerobic exercise. A study looking at the benefits of 20-minutes of humor compared to 20-minutes of exercise found that they both had an equally positive effect on psychological distress and positive

wellbeing. However, humor exerted more significant anxiety-lowering influence than exercise.

Laughter Works The Core Laughter is excellent for improving lung capacity, which makes your respiratory system all the more efficient. It works the trunk muscles, stomach, back and intercostals (muscles surrounding the ribs) and other muscles around the body such as neck and face. One study the activation level of internal oblique muscles was higher than conventional exercises and matched the activities for the activation of the external oblique muscles. If you laugh hard for lengthy periods, you can even feel an ache in your stomach due to the rapid movement of the diaphragm as it forces out the air that is in the bottom of the lungs, which is why laughter is such an excellent aerobic exercise.

Laughter Is Good For The Immune System Studies suggest a better functioning immune system activity after laughter. People who laugh more often have higher numbers of T-cells, or white blood cells, in their blood, which is excellent for the immune system and fending off diseases.

Laughter Is Great For Longevity People who laugh more often tend to have a better outlook. Those with positive attitudes tend to live longer and fight off diseases more effectively. In a 2012 study researchers identified several factors 100-year-olds had in common. A love of laughter was one. They considered laughter an essential part of living a longer life. Laughter

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

is vital to our health as we grow up. Laughter strengthens your immune system, helps to bond with others, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Active play does this too - combining both physical activity and laughter is even more powerful and enhances the health benefits. Whether you believe all of this to be true or not, laughter is always good.

Joke of the Month

There was a King who was 12 inches tall.

Terrible King, great ruler!

Good Times

A Peek At The Pines



THE
PINES
AT ROLLING MEADOWS

ROLLING
MEADOWS

3006 McNeil
Wichita Falls, Texas 76309



The Gables At A Glance

*The Best Care for
Those Who Matter Most*

The Gables is a licensed, 24-hour, long-term nursing care center located on the secure campus of Rolling Meadows senior living community. If you need long-term care, you can count on the team of nurses and therapists at the Gables to make the well-being of your parents or loved one their top priority.



The **GABLES**
at Rolling Meadows