

# The Meadow Lark

A Publication of Rolling Meadows

August 2025

## Beat the Summer Heat...

## Stay Cool At Rolling Meadows!

See Page 3 for fun ways to keep cool here at Rolling Meadows!

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*

GET THE RM APP!



## Rehab Corner

# Stay Hydrated, Stay Healthy: The Power of Water for Older Adults

Water is essential for life, and its importance grows as we age. In long-term care communities, staying hydrated can significantly impact physical and mental health. Older adults are at higher risk of dehydration due to factors like reduced thirst sensation, medications, and chronic health conditions. Let's explore why hydration matters and how to promote it effectively.

### Why Hydration is Critical

Proper hydration improves cognitive function, mood, and energy levels while reducing the risk of urinary tract infections (UTIs), constipation, and falls. Despite these benefits, many older adults may not drink enough water due to decreased kidney efficiency and other health challenges.

### Signs of Dehydration

Identifying dehydration early is key. Look for signs such as dry mouth, sunken eyes, dark urine, dizziness, confusion, and fatigue. These symptoms can escalate quickly, so proactive monitoring is essential.

### Simple Strategies to Stay Hydrated

- Offer water regularly, especially during meals and activities.
- Make fluids accessible and appealing with flavored water or hydrating foods like fruits and soups.
- Encourage small, frequent sips rather than large amounts at once.

### How Can Wellness and Therapy Professionals Help?

Select Wellness and Therapy professionals play a vital role in promoting hydration in long-term care communities. They educate residents and staff about the importance of hydration and

its impact on health. Hydration is integrated into wellness programs with reminders during fitness classes. Individualized hydration plans may be developed for clients with specific needs. Therapy and wellness professionals may monitor hydration levels using charts to track fluid intake and organize hydrating activities like smoothie-making sessions or tea socials. In addition, they may provide therapy support to address barriers to hydration, such as improving grip strength or swallowing challenges.

For additional information, please contact your Select Rehabilitation Physical, Occupational, and Speech therapists and wellness professionals.

Keely Howard, PTA  
Clinical Lead  
Rolling.Meadows@selectrehab.com  
(610)-290-2349



## TODAY IS YOUR BIRTHDAY!

### AUGUST BIRTHDAYS

**\*\*Big Shout out to Wilma Blacklock – her birthday on July 6 was left off.\*\***

Bertha Bandau .....	1
Gladys Sharp .....	1
JoAnne Wilson .....	4
Geraldine Nicholson .....	8
Bea Gonzales .....	9
Patti Burgess .....	10
Anne Dohrer .....	14
Gorman Gamble .....	16
Bill Watts .....	19
Jean Whittenton .....	20
Dr. Lewis Wassel .....	20
Kathy Donnell .....	25
Nancy Jenkins .....	31
Virginia Turner .....	31

## HONORING & REMEMBERING

In Memory of **Emily Cox** by *Rolling Meadows*

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

In Memory of **Doris Crenshaw** by *Rolling Meadows*

In Memory of **Lela Hadrava** by *Rolling Meadows*

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## Welcome New Residents!

### CARMEN LANE

Carmen is from Wichita Falls. She enjoys swimming and exercise, dancing, reading, going to dinner, shopping and spending time with her family. Please make Carmen feel welcome by introducing yourselves. Welcome to our family here at Rolling Meadows, Carmen!

# August Events

### 12 SIT & CHAT

**TUE** Come to the Media Center at 1:30 PM and bring your questions, concerns and ideas. The department directors want to hear from you!

### 14 GOSPEL SINGING

**THU** Join us in the Media Center at 2:00 PM for gospel singing. This is your chance to sing your old favorite hymns out of the hymnal and is open to everyone. So, come and make a joyful noise!

### 19 GOURMET GETAWAY

**TUE** Please sign up in the mail room if you are riding the bus to go and eat at The Grand Buffet. The bus will be leaving at 10:45 AM.

### 19 CORN HOLE GAMES

**TUE** Bring your neighbors and friends to the Atrium at 2:00 PM and let's have fun playing Corn Hole!

### 21 SHOPPING TRIP

**THU** The bus will leave at 10:00 AM for shopping at Michael's, Home Goods and Five Below. Please sign up in the mail room if you want to go. Thank you.

### 21 CRAFT HOUR

**THU** Today in the Media Center at 2:00 PM we will be making a hymnal wreath. If you have a glue gun please bring it. Don't forget to sign up in the mail room so we will have enough supplies.

### 22 BIRTHDAY PARTY

**FRI** Please come join us in the Media Center at 2:00 PM as we celebrate our August birthdays. Everyone is invited and we will all enjoy cake and ice cream. Happy Birthday to you!!!

### 26 BRAUM'S TRIP

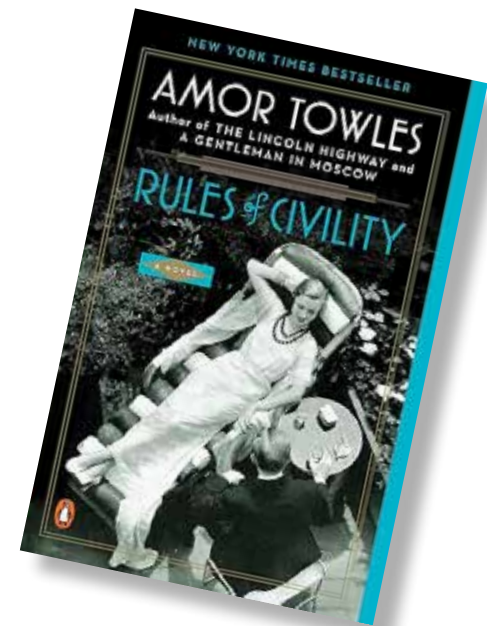
**TUE** The bus will roll out at 2:00 PM for a tasty trip to Braum's. You can enjoy some ice cream or do a little light shopping. Please sign up in the mail room if you would like to go.

### 28 FORT RICHARDSON TRIP

**THU** Please sign up ASAP for this fun outing! We will be leaving Rolling Meadows for Fort Richardson today at 9:00 AM. Your expenses for the day will be \$10 per person. We will have a program at Fort Richardson (not too much walking) and lunch at the Concerned Citizens Center at 12:00. Lunch will be chicken fried steak and all the fixings. After lunch, we will play bingo at 1:00 PM. We will head back to Rolling Meadows by 2:30 PM.

### 30 BOOK CLUB

**SAT** Today in the library at 1:00 PM we will be discussing, "Rules of Civility" by Amor Towles. Set in New York City in 1938, "Rules of Civility" tells the story of a watershed year in the life of an uncompromising twenty-five-year-old named Katey Kontent.



## Join us for a trip to Fort Richardson

August 28  
9:00 AM






## Joke of the Month

*When I get old I don't want anybody thinking "What a sweet old lady"...*

*I want them to say, "Oh boy! What's she up to now?!"*

# AUGUST 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>Check your Week In Review for changes and updates!</b></p>		 <p>Scan To Download the Rolling Meadows App!</p>	 <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>1:00 <b>Mexican Train, KKap</b> <b>1</b></p> <p>1:00 <b>Wii Games, FitCtr</b></p> <p>2:00 <b>Quarter Bingo, MedCtr</b></p> <p>3:00 <b>Chair Volleyball, FitCtr</b></p>	<p>1:00 <b>Puzzles, 3rd Floor</b> <b>2</b></p>
<p><b>3</b></p> <p>1:00 <b>Worship Service, Chapel</b></p>	<p><b>4</b></p> <p>2:00 <b>Grocery Shopping</b></p> <p>2:00 <b>Quarter Bingo, MedCtr</b></p> <p>3:00 <b>Chair Volleyball, FitCtr</b></p> <p>3:00 <b>Bridge, Lib</b></p>	<p><b>5</b></p> <p>9:30 <b>Blood Pressure Clinic, Atr</b></p> <p>1:00 <b>Dominoes (42), Lib</b></p> <p>1:00 <b>Bible Study, KKap</b></p> <p>1:45 <b>Our Lady Queen of Peace, Chapel</b></p> <p>3:00 <b>Chair Volleyball, FitCtr</b></p> <p>6:00 <b>Wahoo, Lib</b></p>	<p><b>6</b></p> <p>10:30 <b>Devotional, (Cancelled)</b></p> <p>1:00 <b>Brain Games/Trivia, MedCtr</b></p> <p>2:00 <b>Bingo, MedCtr</b></p> <p>3:00 <b>Chair Volleyball, FitCtr</b></p> <p>3:00 <b>Bridge, Lib</b></p>	<p><b>7</b></p> <p>9:00 <b>Walmart Shopping</b></p> <p>9:30 <b>Ladies Bible Study, KKap</b></p> <p>10:00 <b>Bank Day</b></p> <p>“First Bank” till 11:00 am</p> <p>3:00 <b>Chair Volleyball, FitCtr</b></p> <p>6:15 <b>Worship Service, MedCtr</b></p>	<p><b>8</b></p> <p>1:00 <b>Mexican Train, KKap</b></p> <p>2:00 <b>Quarter Bingo, (Cancelled)</b></p> <p>3:00 <b>Chair Volleyball, FitCtr</b></p>	<p><b>9</b></p> <p>1:00 <b>Puzzles, 3rd Floor</b></p>
<p><b>10</b></p> <p>1:00 <b>Worship Service, Chapel</b></p>	<p><b>11</b></p> <p>1:00 <b>Tiki, KKap</b></p> <p>2:00 <b>Grocery Shopping</b></p> <p>2:00 <b>Quarter Bingo, MedCtr</b></p> <p>3:00 <b>Chair Volleyball, FitCtr</b></p> <p>3:00 <b>Bridge, Lib</b></p>	<p><b>12</b></p> <p>9:30 <b>Blood Pressure Clinic, Atr</b></p> <p>1:00 <b>Dominoes (42), Lib</b></p> <p>1:00 <b>Bible Study, KKap</b></p> <p>1:30 <b>Sit &amp; Chat, MedCtr</b></p> <p>1:45 <b>Our Lady Queen of Peace, Chapel</b></p> <p>3:00 <b>Chair Volleyball, FitCtr</b></p> <p>6:00 <b>Wahoo, Lib</b></p>	<p><b>13</b></p> <p>10:30 <b>Devotional, (Cancelled)</b></p> <p>1:00 <b>Brain Games/Trivia, MedCtr</b></p> <p>2:00 <b>Bingo, MedCtr</b></p> <p>3:00 <b>Chair Volleyball, FitCtr</b></p> <p>3:00 <b>Bridge, Lib</b></p>	<p><b>14</b></p> <p>9:00 <b>Walmart Shopping</b></p> <p>9:30 <b>Ladies Bible Study, KKap</b></p> <p>10:00 <b>Bank Day</b></p> <p>“Accounting” till 11:00 am</p> <p>2:00 <b>Gospel Singing, MedCtr</b></p> <p>3:00 <b>Chair Volleyball, FitCtr</b></p> <p>6:15 <b>Worship Service, MedCtr</b></p>	<p><b>15</b></p> <p>1:00 <b>Mexican Train, KKap</b></p> <p>2:00 <b>Quarter Bingo, MedCtr</b></p> <p>3:00 <b>Chair Volleyball, MedCtr</b></p>	<p><b>16</b></p> <p>1:00 <b>Puzzles, 3rd Floor</b></p>
<p><b>17</b></p> <p>1:00 <b>Worship Service, Chapel</b></p>	<p><b>18</b></p> <p>1:00 <b>Tiki, KKap</b></p> <p>1:00 <b>Wii Bowling, FitCtr</b></p> <p>2:00 <b>Grocery Shopping</b></p> <p>2:00 <b>Quarter Bingo, MedCtr</b></p> <p>3:00 <b>Chair Volleyball, FitCtr</b></p> <p>3:00 <b>Bridge, Lib</b></p>	<p><b>19</b></p> <p>9:30 <b>Blood Pressure Clinic, Atr</b></p> <p>10:30 <b>Gourmet Getaway</b></p> <p>1:00 <b>Wii Games, FitCtr</b></p> <p>1:00 <b>Dominoes (42), Lib</b></p> <p>1:00 <b>Bible Study, KKap</b></p> <p>1:45 <b>Our Lady Queen of Peace, Chapel</b></p> <p>2:00 <b>Corn Hole Games, Atr</b></p> <p>3:00 <b>Chair Volleyball, FitCtr</b></p> <p>6:00 <b>Wahoo, Lib</b></p>	<p><b>20</b></p> <p>10:30 <b>Devotional, Chapel</b></p> <p>1:00 <b>Brain Games/Trivia, MedCtr</b></p> <p>2:00 <b>Bingo, MedCtr</b></p> <p>3:00 <b>Chair Volleyball, FitCtr</b></p> <p>3:00 <b>Bridge, Lib</b></p>	<p><b>21</b></p> <p>9:00 <b>Walmart Shopping</b></p> <p>9:30 <b>Ladies Bible Study, KKap</b></p> <p>10:00 <b>Shopping Trip To Michael's &amp; Home Goods</b></p> <p>10:00 <b>Bank Day</b></p> <p>“First Bank” till 11:00 am</p> <p>1:00 <b>Wii Games, FitCtr</b></p> <p>2:00 <b>Craft Hour, MedCtr</b></p> <p>3:00 <b>Chair Volleyball, FitCtr</b></p> <p>6:15 <b>Worship Service, MedCtr</b></p>	<p><b>22</b></p> <p>1:00 <b>Mexican Train, KKap</b></p> <p>1:00 <b>Wii Games, FitCtr</b></p> <p>2:00 <b>Quarter Bingo, (Cancelled)</b></p> <p>2:00 <b>Birthday Party, MedCtr</b></p> <p>3:00 <b>Chair Volleyball, FitCtr</b></p>	<p><b>23</b></p> <p>1:00 <b>Puzzles, 3rd Floor</b></p>
<p><b>24</b></p> <p>1:00 <b>Worship Service, Chapel,</b></p>	<p><b>25</b></p> <p>1:00 <b>Tiki, KKap</b></p> <p>1:00 <b>Wii Bowling, FitCtr</b></p> <p>2:00 <b>Grocery Shopping</b></p> <p>2:00 <b>Quarter Bingo, MedCtr</b></p> <p>3:00 <b>Chair Volleyball, FitCtr</b></p> <p>3:00 <b>Bridge, Lib</b></p>	<p><b>26</b></p> <p>9:30 <b>Blood Pressure Clinic, Atr</b></p> <p>1:00 <b>Wii Games, FitCtr</b></p> <p>1:00 <b>Dominoes (42), Lib</b></p> <p>1:00 <b>Bible Study, KKap</b></p> <p>1:45 <b>Our Lady Queen of Peace, Chapel</b></p> <p>2:00 <b>Braum's Trip</b></p> <p>3:00 <b>Chair Volleyball, FitCtr</b></p> <p>6:00 <b>Wahoo, Lib</b></p>	<p><b>27</b></p> <p>10:30 <b>Devotional, Chapel</b></p> <p>1:00 <b>Brain Games/Trivia, MedCtr</b></p> <p>2:00 <b>Bingo, MedCtr</b></p> <p>3:00 <b>Chair Volleyball, FitCtr</b></p> <p>3:00 <b>Bridge, Lib</b></p>	<p><b>28</b></p> <p>9:00 <b>Trip To Fort Richardson</b></p> <p>9:00 <b>Walmart Shopping</b></p> <p>9:30 <b>Ladies Bible Study, KKap</b></p> <p>10:00 <b>Bank Day</b></p> <p>“Accounting” till 11:00 am</p> <p>1:00 <b>Wii Games, FitCtr</b></p> <p>3:00 <b>Chair Volleyball, FitCtr</b></p> <p>6:15 <b>Worship Service, MedCtr</b></p>	<p><b>29</b></p> <p>1:00 <b>Mexican Train, KKap</b></p> <p>1:00 <b>Wii Bowling, FitCtr</b></p> <p>2:00 <b>Quarter Bingo, (Cancelled)</b></p> <p>3:00 <b>Chair Volleyball, FitCtr</b></p>	<p><b>30</b></p> <p>1:00 <b>Puzzles, 3rd Floor</b></p> <p>1:00 <b>Book Club, Lib</b></p>
<p><b>31</b></p> <p>1:00 <b>Worship Service, Chapel,</b></p>						

Filter Change - Apartments



**Good Times**

## A Note from Kari



Thank you all for continuing to show up through the unpredictability of the past four months. I am grateful everyday that I get to spend my days with you. —Kari

## Modifying an Exercise: When and How

Exercise is a celebration of what your body can do. It's also a way to help it continue growing throughout your recovery process. So, how do you know how far to push yourself so that you can accomplish both? You want to improve, but the last thing you want is to overextend yourself and get less out of your workout, or worse, cause an injury. Here are a few signs to let you know that your body needs a modified version of an exercise and how to modify that exercise to fit your body's needs.

### You Should Modify An Exercise If...

- You feel pain when doing the exercise. If you feel pain at any time during a movement, it's crucial that you stop immediately, ensure that you're doing that exercise correctly, and consider finding a modified version that doesn't make you feel strained.
- You are testing the waters with a new movement. When you try an exercise for the first time, and you aren't comfortable with it yet, it could be safer to start with a modified version of that exercise.
- The area you're working on has been previously injured. As we mentioned previously, if a movement makes you unsure in any way, it's best to start with a modified exercise. This is especially true if that area has been previously injured, as it's more likely to cause another injury if you overextend yourself.

### Modify To Fit Your Body's Needs

There are several ways to modify an exercise to prevent injury and to ensure that you get the most out of your movement.

### Slow Down

You might feel pressure to move faster to keep up with everyone else or to finish your workout more quickly; however, it's more important to ensure that you're creating a strong foundation for the exercise and building from there. Moving slower allows you more time to think about how that exercise makes you feel, if you need further modifications, or if you're doing the movement correctly.

### Reduce the Weight

Reducing the weight during an exercise reduces the amount of tension. So, consider using a smaller weight or even using only your body weight when you're starting out. Remember that form is the most important to prevent injury. Therefore, you should never sacrifice your form to take on more weight.

### Give Yourself Time to Rest

If your body isn't used to doing a particular exercise, it may need more time to recover. You might consider leaving yourself more time in between repetitions or before you move on to the next movement.

## 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

### Reduce the Impact

Reducing the impact of an exercise allows you to be more gentle on your joints. If a movement includes jumping, for example, you may modify it without the jump or make the jump smaller.

### Need Guidance In Exercise Modification?

In any workout routine, it's vital that you always protect yourself first. Watch for cues from your body that it needs a break and give yourself time for gradual improvements rather than running full steam ahead. You know your body best, and with these modification tips, you can change any workout to fit your body's needs.

# A Peek At The Pines



THE  
PINES  
AT ROLLING MEADOWS



# ROLLING MEADOWS

3006 McNiel  
Wichita Falls, Texas 76309



# The Gables At A Glance



*Happy Independence Day  
from The Gables!*