

The Meadow Lark

A Publication of Rolling Meadows

October 2025

ACTIVE AGING WEEK OCTOBER 6 - 10



A Week Of Fun, Education and Fitness

Join us
Monday, October 6th at
10:30 AM in the Atrium.
We will kick off the week with
a light breakfast and you can
pick up a schedule of events
to find out more.

Exercise Classes
Seminars • Health Fair

Halloween Party

Thursday, October 23
2:00 PM in the Media Center

*Wear your Halloween costume
and we'll have a spooky good time!*

Refreshments • Games • Trivia



ROLLING
MEADOWS

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*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!



Living with Dementia: Fostering Understanding and Compassionate Care

According to the World Health Organization, over 55 million people worldwide have dementia, and nearly 10 million new cases are diagnosed each year. Dementia is defined as a progressive loss of cognitive skills and ability to adapt to ADLs affecting at least 3 of 5 areas: language, memory, visual-spatial skills, emotion and personality, and/or cognition such as higher-level thinking. A diagnosis of dementia is made by a healthcare provider through exclusion or autopsy. The diagnosis criteria for a person experiencing dementia may include a deterioration of understanding, impairment of memory, and diminishing abstract thinking and/or language. Dementia affects a person's memory, judgment, intellectual functioning, orientation, and mood.

Some common behaviors associated with dementia include:

- Anger/agitation
- Sundowning
- Sleep problems
- Catastrophic reactions
- Paranoia/delusions/hallucinations
- Rummaging
- Problems/resistance with ADLs (bathing, dressing)
- Repetitive actions
- Incontinence
- Crying out
- Getting lost/wandering, wanting to go home
- Inappropriate social and sexual behavior

There are actions that may assist with compensating for or slowing the symptoms of dementia in you or your loved one. These include:

- Stretching or warm up exercises
- Limiting tobacco/nicotine intake
- Aerobic exercise at least 3 times per week – such as fitness, dancing,

- walking, yoga or water aerobics
- Following a medication schedule
- Consuming a proper diet and controlling your weight
- Consulting as needed with a physician or skilled rehabilitation professionals
- Performing mental aerobics – puzzles, games, crosswords, reading
- Participating in support groups
- Screening for stress and depression
- Consuming alcohol in moderation

How can Select wellness and rehabilitation professionals help with clients living with dementia?

The purpose of your Select wellness and therapy team is to increase an individual's ability to live as independently as possible in the community while engaging in meaningful and productive life roles. Therapists can evaluate and treat residents living with dementia. Therapists will develop compensatory strategies and modify the environment to enhance each resident's ability to perform functional tasks. Your Select wellness and rehab team will also provide ongoing facility education regarding the role of the interdisciplinary team in the preservation of functional skills for residents living with dementia.

Your Select wellness and rehab team can provide practical and helpful information and resources to assist in health promotion such as brain fitness in your community. For additional information, please contact your Select Rehabilitation Wellness Coordinators and Physical, Occupational and Speech therapists.

Keely Howard, PTA
Clinical Lead
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(610)-290-2349

HONORING REMEMBERING

In Memory of **Linda Cichowski**
by Rolling Meadows

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

In Memory of **Jean Barnes**
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.

Library Notes

We have new librarians!!!

Our resident, Margie Hoffman's daughters will work together as our new librarians. They have both recently retired and look forward to working a couple of days a week in the library. Their names are Janice Howard and Marilyn Humpert. As like past librarians they may make some changes. You may have seen them late last month but for sure they will be seen in October. We are so grateful for our volunteers!

Welcome New Residents!

SHERRY MIDGETT-DUNN

Sherry is from California and enjoys swimming, biking and line dancing.

CAROL JEAN MCCLUNG

Carol is from Seymour, Texas and enjoys reading, watching TV and card games. She taught school for 39 years and loves meeting others.

Please make Sherry and Carol Jean feel welcome by introducing yourselves. Welcome to our family here at Rolling Meadows, Sherry and Carol Jean!



4
SAT

MOVIE MATINEE

Bring your neighbors and friends to the Media Center to watch *The Snows of Kilimanjaro* at 2:00 PM. The life of celebrated American writer Harry Street (Gregory Peck) flashes before his eyes as he lies dying at the foot of Tanzania's Mount Kilimanjaro. Bring your own drinks and snacks.

14
TUE

GOURMET GETAWAY

The bus will be leaving at 10:30 AM to head over to Hunan's. It has been a while since we have been to Hunan's. If you would like to ride the bus please sign up in the mail room.

23
THU

HALLOWEEN PARTY

Come to the Media Center at today at 2:00 PM for an early Halloween Party. If you have a costume you can wear it and save it to wear to dinner on October 31. We will have refreshments, games and trivia. Let's have a spooky good time.

25
SAT

BOOK CLUB

We have changed the time to 2:00 PM in the library. Today we will be discussing "The Rose Code", by Kate Quinn. Another heart-stopping World War II story of three female code breakers at Bletchley Park and the spy they must root out after the war is over.

31
FRI

HAPPY HALLOWEEN!

Let's dress up and wear your Halloween costume to dinner tonight at 5:00 PM in the Renaissance Room.

OCTOBER 6-10 ACTIVE AGING WEEK

6
MON

WELCOME TO ACTIVE AGING WEEK

Join us in the Atrium at 10:30 AM to pick up your schedule of events for Active Aging Week. A light breakfast will also be served.

7
TUE

TAI-CHI

Come to the Fitness Center at 2:00 PM for Tai-Chi to help with arthritis and improve balance. This is the first of a six to eight week program taught by Meredith Utey, Wichita County Family & Community Health Agent.

8
WED

DIABETES NUTRITION SEMINAR

Join us today in the Media Center at 2:00 PM for a class on diabetes nutrition by Darcy Clear, RN, BSN, Community Health Education Nurse at United Regional.

9
THU

SEMINAR ON FOOD SAFETY AND STORAGE

Head over to the Media Center today at 2:00 PM to learn about food safety and proper food storage from Meredith Utey, Wichita County Family & Community Health Agent.

10
FRI

HEALTH FAIR

Vendors will be available in the Atrium from 10:00 AM – 1:00 PM to discuss a wide variety of services available to our residents. Please make plans to attend this event.

16
THU

BIRTHDAY PARTY

This birthday party is for everyone! Meet in the Media Center at 2:00 PM today and wish our October birthdays a special Happy Birthday. Cake and ice cream will be served. Happy Birthday!!!

17
FRI

BACKDOOR THEATRE

The bus is leaving at 6:45 PM for an evening at Backdoor Theatre where they are performing "To Kill a Mockingbird". If you wish to ride the bus, please sign up in the mail room. We must have at least 5 residents going for the bus to make this trip. The tickets will be around \$25.00 and we have reserved 10 seats.

18
SAT

MOVIE MATINEE

Today in the Media Center we will be showing *Charlie St. Cloud*. After Charlie survives a car crash that kills his younger brother, he is given the gift of seeing the spirits of his brother and others who he has lost.

21
TUE




CORN HOLE GAMES

Join us in the Atrium at 2:00 PM. Corn Hole is always so much fun to watch and even more fun to play. See you there!!!

OCTOBER BIRTHDAYS

Cheryl Beaty.....	3
Becky Hoving.....	3
Susan Smith.....	3
Glenn Askew.....	4
Jean Kelley.....	5
Harold Apple.....	12
Renee Brockriede.....	13
Ron Johnson.....	14
Janielle Cremeens.....	17
Dorothy Jones.....	17
Elaine Paden.....	17
Becky Meadows.....	18
Don Holder.....	23
LaQuita Hearn.....	25
Shirley Foley.....	27
Joyce Corpening.....	27
Robert Taylor.....	28
Marge Sheppard.....	31
Mary Chapman.....	31

OCTOBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Check your Week In Review for changes & updates!</i></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>8:00 Pool Aerobics, Pool</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 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>3:00 Chair Volleyball, FitCtr</p> <p>6:15 Worship Service, MedCtr</p>	<p>8:30 Pool Aerobics, Pool</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>1:00 Puzzles, 3rd Floor</p> <p>2:00 Movie Matinee, MedCtr <i>The Snows of Kilimanjaro</i></p>
<p>5</p> <p>1:00 Worship Service, Chapel</p>	<p>8:30 Pool Aerobics, Pool</p> <p>10:30 Welcome to Active Aging Week, 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>3:00 Bridge, Lib</p> <p><i>Active Aging Week Begins!</i></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 Ti-Chi (Arthritis/Balance), FitCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:00 Wahoo, Lib</p>	<p>8:30 Pool Aerobics, Pool</p> <p>10:00 Chair Aerobics, FitCtr</p> <p>11:30 Chair Aerobics, FitCtr</p> <p>1:00 Brain Games/Trivia, MedCtr</p> <p>2:00 Diabetes Nutrition, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:00 Bridge, Lib</p> <p><i>Apartment Filter Change</i></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 Food Safety & Storage Seminar, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>5:00 Breakfast for Dinner</p> <p>6:15 Worship Service, MedCtr</p>	<p>8:30 Pool Aerobics, Pool</p> <p>10:00 Health Fair, Atr until 1:00</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>1:00 Puzzles, 3rd Floor</p>
<p>12</p> <p>1:00 Worship Service, Chapel</p>	<p>8:30 Pool Aerobics, Pool</p> <p>1:00 Tiki, KKap</p> <p>1:00 Wii Games, FitCtr</p> <p>2:00 Grocery Shopping</p> <p>2:00 Quarter Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:00 Bridge, Lib</p>	<p>9:30 Blood Pressure Clinic, Atr</p> <p>10:30 Gourmet Getaway</p> <p>1:00 Dominoes (42), Lib</p> <p>1:00 Wii Games, FitCtr</p> <p>1:00 Bible Study, KKap</p> <p>1:30 Sit & Chat, 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>8:30 Pool Aerobics, Pool</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 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 Birthday Party, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:15 Worship Service, MedCtr</p>	<p>8:30 Pool Aerobics, Pool</p> <p>1:00 Mexican Train, KKap</p> <p>1:00 Wii Bowling, FitCtr</p> <p>1:30 Staff Meeting, MedCtr</p> <p>2:00 Quarter Bingo, (Cancelled)</p> <p>3:00 Chair Volleyball, MedCtr</p> <p>6:45 Backdoor Theatre</p>	<p>1:00 Puzzles, 3rd Floor</p> <p>2:00 Movie Matinee, <i>Charlie St. Cloud</i></p>
<p>19</p> <p>1:00 Worship Service, Chapel</p>	<p>8:30 Pool Aerobics, Pool</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>3:00 Bridge, Lib</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 Corn Hole Games, Atr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:00 Wahoo, Lib</p>	<p>8:30 Pool Aerobics, Pool</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 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 Halloween Party, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:15 Worship Service, MedCtr</p>	<p>8:30 Pool Aerobics, Pool</p> <p>1:00 Mexican Train, KKap</p> <p>1:00 Wii Games, FitCtr</p> <p>2:00 Quarter Bingo, (Cancelled)</p> <p>3:00 Chair Volleyball, FitCtr</p>	<p>1:00 Puzzles, 3rd Floor</p> <p>2:00 Book Club, Lib</p>
<p>26</p> <p>1:00 Worship Service, Chapel,</p>	<p>8:30 Pool Aerobics, Pool</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, (Cancelled)</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>3:00 Bridge, Lib</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 Quarter Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:00 Wahoo, Lib</p>	<p>8:30 Pool Aerobics, Pool</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 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 Quarter Bingo, MedCtr</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>6:15 Worship Service, w/Tommy, MedCtr</p>	<p>8:30 Pool Aerobics, Pool</p> <p>1:00 Mexican Train, KKap</p> <p>1:00 Wii Games, FitCtr</p> <p>2:00 Quarter Bingo, (Cancelled)</p> <p>3:00 Chair Volleyball, FitCtr</p> <p>5:00 Happy Halloween! Wear Your Costume To Dinner!</p>	 <p>Scan To Download the Rolling Meadows App!</p>

HAPPY HALLOWEEN!

Scan To Download the Rolling Meadows App!



Good Times...

A Note from Kari



It's October and that can only mean that **Active Aging Week** is upon us and because we have so many new residents I am going to share from a past Meadowlark on Active Aging. Initiated in 2003 by the International Council on Active Aging®, the week-long campaign calls attention to and wholeheartedly celebrates the positivity of aging today. It showcases the capabilities of older adults as fully participating members of society and spotlights the role models that lead the way. Active Aging Week challenges society's diminished expectations of aging by showing that, regardless of age or health conditions, adults over 50 can live as fully as possible in all areas of life—physical, social, spiritual, emotional, intellectual, vocational and environmental. The objective of the annual health-promotion event is to give as many older adults as possible the means to experience wellness activities and exercise in a safe, supportive environment. It also promotes the benefits of healthier, more active lifestyles across the lifespan. In my own words, Active Aging is about not letting a number decide what you can and cannot do. It's showing that no matter what your age you can still be a very vibrant and active member of society. It's celebrating you and how amazing you are. I hope you will come out the week of October 6th-10th and participate in some of the activities planned.

—Kari

October is the start of the cold and flu season and while an illness can hit anyone at any time, there are ways to prevent colds and flu in the elderly. The best way to treat a cold or flu is to not get it in the first place. Prevention is key. Seniors and their caretakers should keep the following tips in mind to keep an older adult healthy:

Build Up Your Immune System – Sleeping well, eating well – including lots of fruits and vegetables – managing stress levels and drinking lots of water can help build a healthy immune system to fight off any cold or flu.

Kids Can Equal Germs – Grandparents love nothing more in this world than their grandchildren. Unfortunately, with kids come germs, and all those hugs and kisses can transmit germs to an older adult.

Wash Your Hands – Your mother was right when she told you to wash your hands before meals. Washing your hands often throughout the day will keep many germs at bay.

Watch Where Your Hands Go – On average, people touch their faces 3.6 times per hour and touch common objects such as tables, phones, and doorknobs 3.3 times per hour. This is one of the most common ways germs can be transmitted from person to person. Avoid touching your eyes, nose or mouth as much as possible to prevent germs from being transmitted to those locations.

Keep Your Distance – Sometimes, it is a good thing to be a little antisocial during cold and flu season. Keeping distance between yourself and people who are ill is a good step in avoiding a cold. Elderly individuals should consider keeping their distance in cars and elevators or in areas where large groups of people congregate.

Get A Flu Shot – This goes without saying. According to the American Lung Association, all adults over the age of fifty need to get a seasonal flu shot according to the American Lung Association.

Fun In The Fitness Center



Please note the Fitness Center schedule has changed!

Pool Walking	Pool
Mon, Wed, Fri	8:30 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



Joke of the Month

Have you ever had one of those days, when you're holding a stick and everybody looks like a piñata?

A Peek At The Pines



THE
PINES
AT ROLLING MEADOWS

ROLLING
MEADOWS

3006 McNeil
Wichita Falls, Texas 76309



The Gables At A Glance

