

The *Meadow Lark*

A Publication of Rolling Meadows

November 2023

Wichita Falls High School
Junior ROTC Presents
A Salute To Our Veterans
Monday, November 13 • 2:00 PM In The Atrium

Take Center Stage at the Rolling Meadows

TALENT SHOW



Tuesday, November 21
in the Atrium
2:00 PM

ROLLING
MEADOWS

940-691-7511

Rolling Meadows
Staff
rmeadows.com

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Executive Director

Angel Sheets.....Ext. 104
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Director of Resident Services

Rip StainbrookExt. 111
Director of Dining Services

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Director of Accounting

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

Welcome New Residents!

LYNN BASSETT

Lynn was born and raised in Pauls Valley, Oklahoma. She then lived in Austin for 25 years and moved to Wichita Falls in 1989. Lynn enjoys reading, music and plays. Please make Lynn feel welcome by introducing yourselves to her. Welcome to the family Lynn!

Welcome!

MARGIE FRAZIER

Margie was born and raised in Windthorst. She has spent the last 54 years in Wichita Falls. Margie enjoys sewing, reading, watching Texas Rangers baseball and the Cowboys football, active in church and playing with her grandchildren. Please make Margie feel welcome by introducing yourselves to her. Welcome to the family Margie!

Tipping Point

Tipping of any kind is not permitted at Rolling Meadows. Any employee found to be accepting a tip for services rendered can be subject to immediate dismissal. Recognizing, however, that a number of residents may desire to show special appreciation to various staff members, an opportunity is provided for such sharing. Residents and friends may make their gifts of money to the Employee Appreciation Fund all year long. Resident gifts may be given directly to the Accounting Office or the Reception Desk, or the resident may choose to pledge a monthly amount which would appear on the monthly statement. At a given time, a special resident committee counts the gathered funds and, by a prearranged formula, the money is divided among ALL hourly employees, based on length of employment. This money is then presented in the form of a Christmas gift from the residents of Rolling Meadows at the Annual Christmas Party.



TODAY IS YOUR BIRTHDAY!

NOVEMBER BIRTHDAYS

Bill Plummer	3
Marva Walker	3
Elizabeth Hilbers	4
Elsie Vergauwen	5
Sheryl Lindemann	7
David Jameson	9
Donald Gregg	9
Bill Groover	11
Cloris Fuchs	14
Larry McCown	14
Frances Sessions	19
Betty Halpain	23
Diane Lanman	25
Joe Michki	27
Janey McCown	28
Gary Silverman	30

Friendly Reminder

Thanksgiving and Christmas Day there will be a Box Sandwich Dinner available for evening meal. Please order by 10:30 AM and pick them up no later than 2:00 or ask for delivery.

HONORING & REMEMBERING

In Memory of
Mary Broadway
by Rolling Meadows

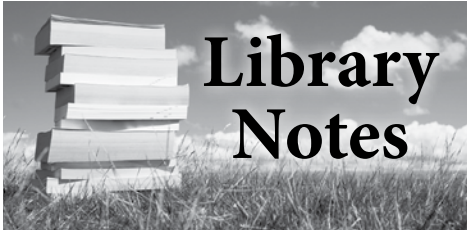
In Memory of
Dr. Quentin Kramer
by Lois Kramer

In Memory of
Dr. Quentin Kramer
by Rolling Meadows

In Memory of
Dr. Quentin Kramer
by Beth Duke

In Memory of
Patricia Geurin
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.



A LIBRARY

(by Nikki Giovanni)

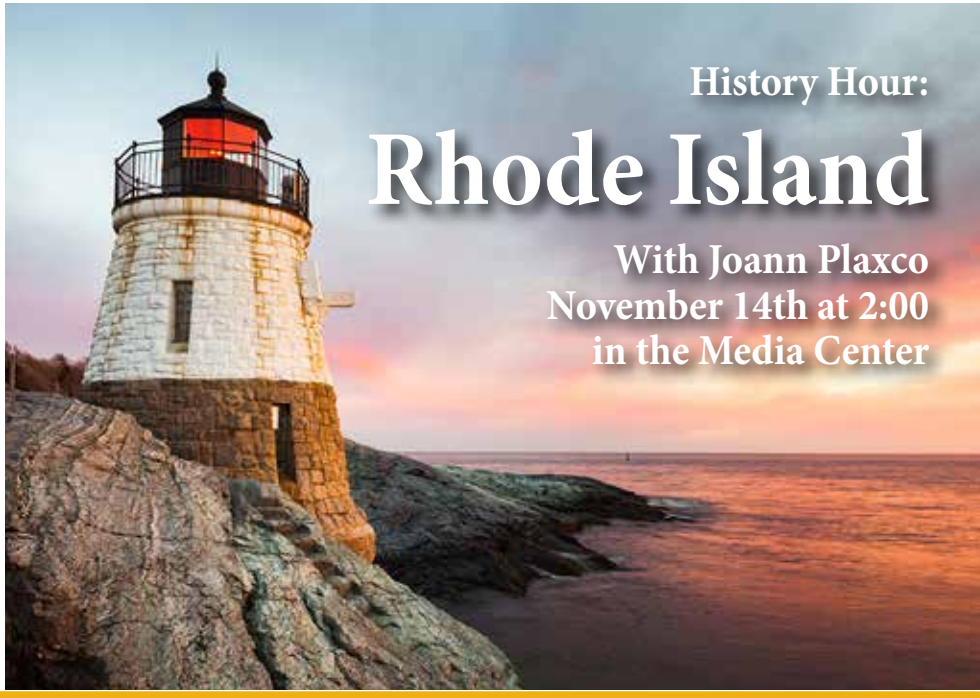
a Library Is:
a place to be free
to be in space
to be in cave times
to be a cook
to be a crook
to be in love
to be unhappy
to be quick and smart
to be contained and cautious
to surf the rainbow
to sail the dreams
to be blue
to be jazz
to be wonderful
to be you
a place to be
yeah... to be



- 7 TRIP TO BRAUM'S**
We are taking a trip to Braum's at 2:00 PM today. Please sign up in the mail room so we know who will be going. It is getting close to Thanksgiving and you might want to stock up on some ice cream or just get a delicious sundae while you are there.
- 9 BIRTHDAY PARTY**
Today at 2:00 PM in the Media Center is the monthly Birthday Party. We will have cake and ice cream so please everyone come to celebrate and wish all of those in November a Happy Birthday!
- 9 BREAKFAST FOR DINNER**
This is just about everyone's favorite!!! This will be the last one for the year so don't miss it! For anyone new, this is held on the second Thursday of the month (except for December) at the 5:00-6:30 dinner time. Enjoy a buffet of eggs, bacon, sausage, biscuits, gravy, cheese grits, spinach quiche, pancakes, hash browns, fresh fruit, cinnamon rolls and the delicious made to order omelets by Chefs Miguel and Rip!!!
- 11 RON WILSON MAGIC AT RED RIVER VALLEY VENUE**
Our bus will be leaving at 6:00 PM for the Red River Valley Venue/Opry House where we will enjoy Ron Wilson performing magic. Please sign up so we can make reservations. \$10 per ticket at the door. There will be \$1 and \$2 snacks available.
- 13 VETERAN'S DAY CEREMONY**
Please join us in the Atrium at 2:00 PM today as we tell our Veterans how much we appreciate them. The Wichita Falls High School JR ROTC will be hosting the program and we will have refreshments afterwards. Please come and thank our Veterans for their service.

- 14 GOURMET GETAWAY**
We will be leaving at 10:45 AM for our Gourmet Getaway to Cracker Barrel. Please sign up in the mail room. This will be the perfect time to rock awhile on their front porch and enjoy the beautiful weather.
- 14 HISTORY HOUR**
Head over to the Media Center at 2:00 PM for History Hour. This month we will visit New Port, Rhode Island with Joann Plaxco hosting our "trip". She will have a lot of information to share with us.
- 16 CRAFT HOUR**
Join us at 2:00 PM in the Media Center for a SURPRISE craft! Please sign up so we will have enough supplies.

- 17 FALL AND CHRISTMAS BAZAAR**
Get a head start on your Christmas shopping today starting at 10:00 AM. The Atrium will be full of vendors bringing you special décor and gift ideas. This is sure to get you in the holiday spirit and you don't want to miss it. Enjoy shopping until 2:00 PM.
- 21 TALENT SHOW**
The last talent show was such a hit we had to have another! So brush up those talents out there and meet us at 2:00 PM in the Atrium. Please sign up in the mail room if you would like to be in the show.
- 28 CHRISTMAS TREE DECORATING**
If our Christmas tree is up, we will start decorating at 10:00 AM. We will have Christmas music, spiced cider and Christmas cookies. Come help us decorate the tree!



NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Courtesy Van to Dr Offices: Tues, Wed 9:00 – 3:30, Thurs 1:00 – 3:30 Dry Cleaning Drop-Off: 10:00 Tuesday 2nd Floor Atrium Laundry Room Pickup: 2:00 Thursday 2nd Floor Atrium Laundry Room			1:00 Brain Games/Trivia, MedCtr 1 2:00 Regular Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	9:00 Shopping at WalMart 2 10:00 Bank Day “First Bank” till 11:00 1:00 Wii Bowling, FitCtr 1:00 Dale's Bible Study, Chapel 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, MedCtr 6:30 Bridge, Lib	1:00 Mexican Train, KKap 3 1:00 Wii Bowling, FitCtr 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	1:00 Puzzles, 3rd Floor 4
5 1:00 Worship Service, Chapel	9:30 Devotional, Chapel 6 1:00 Wii Bowling, FitCtr 1:00 Tiki, KKap 1:45 Our Lady Queen of Peace, Chapel 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	9:30 Blood Pressure 7 Clinic, Atr 1:00 Wii Bowling, FitCtr 1:00 Dominoes (42), Lib 1:00 Bible Study, KKap 2:00 Braum's Trip 3:00 Chair Volleyball, FitCtr 3:30 New Resident Orientation, MedCtr	1:00 Brain Games/Trivia, MedCtr 8 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	9:00 Shopping at WalMart 9 10:00 Bank Day “Accounting” till 11:00 1:00 Wii Bowling, FitCtr 1:00 Dale's Bible Study, Chapel 2:00 Birthday Party, MedCtr 3:00 Chair Volleyball, FitCtr 5:00 Breakfast for Dinner 6:15 Worship Service, MedCtr 6:30 Bridge, Lib	1:00 Mexican Train, KKap 10 1:00 Wii Bowling, FitCtr 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	1:00 Puzzles, 3rd Floor 11 6:00 Red River Valley Venue/ Opry House, in Byers, Texas
12 1:00 Worship Service, Chapel	9:30 Devotional, Chapel 13 1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 1:45 Our Lady Queen of Peace, Chapel 2:00 Grocery Shopping 2:00 Veteran's Day Ceremony, Atr 3:00 Chair Volleyball, FitCtr	9:30 Blood Pressure 14 Clinic, Atr 10:45 Gourmet Getaway 1:00 Wii Games, FitCtr 1:00 Dominoes (42), Lib 1:00 Bible Study, KKap 2:00 History Hour, MedCtr 3:00 Chair Volleyball, FitCtr	1:00 Brain Games/Trivia, MedCtr 15 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	9:00 Shopping at WalMart 16 10:00 Bank Day “First Bank” till 11:00 1:00 Wii Bowling, FitCtr 1:00 Dale's Bible Study, Chapel 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, MedCtr 6:30 Bridge, Lib	10:00 Fall / Christmas 17 Bazaar, until 2:00 pm, Atr 1:00 Mexican Train, KKap 1:00 Wii Bowling, FitCtr 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	1:00 Puzzles, 3rd Floor 18
19 1:00 Worship Service, Chapel	9:30 Devotional, Chapel 20 1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 1:45 Our Lady Queen of Peace, Chapel 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	9:30 Blood Pressure 21 Clinic, Atr 10:00 Legacy Resale Shop 1:00 Wii Games, FitCtr 1:00 Dominoes (42), Lib 1:00 Bible Study, KKap 2:00 Talent Show, Atr 3:00 Chair Volleyball, FitCtr	1:00 Brain Games/Trivia, MedCtr 22 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	23 <i>Happy Thanksgiving!</i>	24 Black Friday No scheduled activities	1:00 Puzzles, 3rd Floor 25 1:00 Book Club, Lib
26 1:00 Worship Service, Chapel	9:30 Devotional, Chapel 27 1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 1:45 Our Lady Queen of Peace, Chapel 2:00 Grocery Shopping 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	9:30 Blood Pressure 28 Clinic, Atr 10:00 Christmas Tree Decorating, Atr 1:00 Wii Bowling, FitCtr 1:00 Dominoes (42), Lib 1:00 Bible Study, MedCtr 3:00 Chair Volleyball, FitCtr	1:00 Brain Games/Trivia, MedCtr 29 2:00 Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	9:00 Shopping at WalMart 30 10:00 Bank Day “First Bank” till 11:00 1:00 Wii Bowling, FitCtr 1:00 Dale's Bible Study, Chapel 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, MedCtr 6:30 Bridge, Lib	 Check your Week In Review for changes and updates!	



Good Times



A Note from Kari



I don't always like getting up in the morning and coming to work and there are days when I go home and think I may not make it another day. Yet even on the hardest of days I LOVE my job. You make me laugh and think and to question the program I am providing to you. You are the ones I tell my stories to, and who give me advice (whether I want to hear it or not). During Active Aging Week, you made me love the job I have more than ever. I was so impressed with those of you that took time out of your week to participate in the activities and those that came and supported our athletes. This week was a reminder to me and hopefully to you, that you can do hard things. "I can't" is a limitation you put on yourself.

—Kari

You're Never Too Old To Exercise!

I am so fortunate to know another Centenarian. Happy 100th Birthday to Elsie Vergauwen!

With a few exceptions, senior citizens aren't usually thought of as very athletic. With age comes a decrease in energy and strength, along with a host of conditions and diseases that can make exercising more difficult. So it only makes sense that as you get older, your fitness regimen will have to change or even go away entirely, right? Not necessarily.

There's no such thing as being "too old" to exercise -- it's a necessary component of maintaining good health at any age. The longest-lived woman in the world, Jeanne Calment, took up fencing at age 85, rode her bicycle until 100 and lived alone until 109 (she died at 122). Of course she is the exception to the rule, and we aren't as likely to be exercising as strenuously into our 90s or 100s.

But it's never too late to start a fitness regimen, and there's no reason to give up existing exercise if you're in good health and your doctor approves of your activity. An exercise program can help prevent many of the problems associated with getting older, including heart disease, high blood pressure, obesity, diabetes

and Alzheimer's disease. It can also boost your immunity, help you sleep better and increase your self-esteem. Weight-bearing exercise can prevent osteoporosis, because muscles pull on bone and stimulate it to grow.

Changes in Overall Fitness

Even if you already have a regular exercise regimen and are generally healthy, aging can cause some changes in your overall fitness. These changes don't mean that you can't exercise. In some cases, you might need to make modifications.

Many people begin to experience a loss of balance, or disequilibrium, as they get older. Glaucoma and cataracts are culprits, due to how both conditions deteriorate eyesight. If your spatial perception is off, it's difficult to maintain balance. Problems in the vestibular system of the inner ear, such as chronic ear infections, can also lead to disequilibrium. Loss of muscle tone can make you feel unsteady, and so can changes to the brain. The cerebellum is the part of the brain responsible for regulating balance and motor function, and it shrinks with age.

You can also lose flexibility, simply because tendons and ligaments

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	
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	

degrade over time. Muscle tissue also goes through degradation over time, known as sarcopenia.

Stamina and energy are often the next to go. This is partly related to sarcopenia, but can also be caused by cardiomyopathy (a weakened heart) or diminished lung capacity. Loss of height is one cause of that diminishment in lung capacity. Losing height is a natural part of aging, but if it happens rapidly, it can be serious -- osteoporosis is a potential cause.

Finally, our immune systems are weaker as we get older because we produce fewer lymphocytes, the cells that fight infection. This can be due to nutritional deficiencies, but it's also just a part of aging. These are just a few of the changes as we age but, the good news is that a fitness regimen can help slow down all of them.

A Peek At The Pines



*Parties at
the Pines*



THE
PINES
AT ROLLING MEADOWS

ROLLING
MEADOWS
3006 McNiel
Wichita Falls, Texas 76309



The Gables At A Glance



*Fall fun at
The Gables*