

# The *Meadow Lark*

A Publication of Rolling Meadows

February 2026

## Be Our Valentine!

### *There's So Much To Love at Rolling Meadows!*

#### **National Carrot Cake Day**

Monday, February 2  
2:00 PM in the Media Center

#### **National Chocolate Fondue Day**

Wednesday, February 5  
1:30 PM in the Media Center

#### **Football Friday**

Friday, February 6  
1:30 in the Media Center

#### **Galantine's Day!**

Thursday, February 12  
1:30 PM in the Media Center

#### **Valentine's Day Gala**

Friday, February 13  
5:00 PM in the Renaissance Room

#### **Mardi Gras Day**

Tuesday, February 17  
5:00 PM in the Renaissance Room

#### **National Chili Day**

Thursday, February 26  
1:30 PM in the Media Center

*See Page 3 for details on these events and more events that you will LOVE!*

ROLLING  
MEADOWS

940-691-7511

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# Relax and Rejuvenate: Simple Techniques for Aging Adults

Relaxation and rejuvenation are essential for maintaining physical, mental, and emotional well-being, particularly for aging adults. In long-term care communities, incorporating relaxation techniques can help residents and staff reduce stress, improve health, and foster a sense of calm. Here are a few simple ways to prioritize relaxation.

### Why does Relaxation Matters for Aging Adults?

Relaxation helps address common challenges associated with aging, such as chronic pain, reduced mobility, and increased stress. Techniques like deep breathing, mindfulness, and gentle stretching can:

- Reduce anxiety and depression.
- Improve sleep and lower blood pressure.
- Enhance emotional well-being and resilience.

### What are some Simple Ways to Relax?

**Deep Breathing:** Take slow, controlled breaths to calm the mind and body.

**Gentle Stretching or Chair Yoga:** Improve flexibility and circulation with simple, seated movements.

**Guided Imagery:** Visualize peaceful settings, like a beach or forest, to reduce stress.

**Listening to Music:** Enjoy calming tunes or group sing-alongs to uplift mood and foster connection.

**Aromatherapy:** Use essential oils like lavender or chamomile to create a soothing atmosphere.

### How do I Create a Relaxing Environment?

Small changes in the environment can make a big difference. Consider incorporating soft lighting, comfortable seating, and natural elements like plants or water features. Designate quiet areas for reading, meditation, or personal reflection to provide residents with calming spaces.

### How Can Select Therapists and Wellness Professionals Help Foster Relaxation in Your Community?

Select Therapists and wellness professionals are key to promoting relaxation in long-term care settings. They develop personalized relaxation plans, offer therapy sessions, and lead group activities like yoga or meditation. They also educate staff and residents on effective techniques and help create environments that encourage calm and renewal. By working together, these Select professionals enhance the overall well-being of residents.

For additional information, please contact your Select Rehabilitation Wellness Professionals and/or Physical, Occupational and Speech Therapists.

*Keely Howard, PTA  
Clinical Lead*

## HONORING & REMEMBERING

In Memory of **Bill Bradley**  
by *Rolling Meadows*

In Memory of **Bill Bradley**  
by *MK Miller*

In Memory of **Becky Meadows**  
by *Rolling Meadows*

In Memory of **Susie Dickey Hirschi**  
by *Rolling Meadows*

In Memory of **Jean Miller**  
by *Rolling Meadows*

*Wichita Falls Retirement Foundation is a 501 (c) 3 tax-exempt organization of the Internal Revenue Code. EIN 75-1875036. Requests, transfers, gifts or contributions are tax-deductible.*

Terry Baggott ..... 3	Ruth Provenza ..... 19
Beth Duke ..... 4	Truman Lewis ..... 21
Larry Fieldsend ..... 4	Gary Smith ..... 21
Janell Sterling ..... 4	Margaret Galloway ..... 23
Basail Jeter ..... 5	Joan LeVasseur ..... 24
Sally Simpkins ..... 5	Nick Hoving ..... 25
Dale Dodson ..... 6	Betty Murehead ..... 27
Pat Corley ..... 7	Joan Gowan ..... 28
Mary Ann Watts ..... 13	Jerri McClure ..... 28
Dwight McNew ..... 14	Stephanie Mudge ..... 28
Janie Stewart ..... 15	Judy Selke ..... 28
Rachel King ..... 16	
Robert Wilson ..... 17	
Ruthie Weidman ..... 18	

*Celebrate Our*  
**FEBRUARY BIRTHDAYS**



**2 TUE NATIONAL CARROT CAKE DAY**  
Today at 2:00 PM in the Media Center we will celebrate a day dedicated to enjoying the popular spiced cake made with shredded carrots, and creamy cream cheese frosting, with roots tracing back to Medieval when carrots served as a sweetener. Please sign up in the mail room if you would like to attend.

**5 WED NATIONAL CHOCOLATE FONDUE DAY**  
If you love fruits, marshmallows, pastries and cookies drenched in hot chocolate, this day gives you the chance to indulge. Please sign up in the mail room if you would like to attend the goodness of chocolate in the Media Center at 1:30 PM.

**6 FRI NATIONAL FROZEN YOGURT DAY**  
It's National Frozen Yogurt Day so we will be going to Freddy's Frozen Custard. They also have hamburgers and other savory items to choose from. Please sign up in the mail room. The bus will leave at 10:45 AM.

**6 FRI FOOTBALL FRIDAY**  
Huddle up buttercups it is football Friday in the Media Center at 1:30 PM. Bring your appetite and your game face and let's wear our favorite jerseys, or your favorite colors to support your favorite team. Let's have some fun and please sign up in the mail room if you would like to attend this event.

**7 SAT MOVIE MATINEE**  
Today at 2:00 PM in the Media Center we will be showing **Legends of the Fall**. In early 20th-century Montana, Col. William Ludlow (Anthony Hopkins) lives in the wilderness with his sons, Tristan (Brad Pitt), Alfred (Aidan Quinn) and Samuel (Henry Thomas). Eventually, the unconventional but close-knit family encounters tragedy when Samuel is killed in World War I.

**9 MON NATIONAL PIZZA DAY & NATIONAL CHOCOLATE DAY**  
Join us in the Media Center at 1:30 PM to celebrate two of America's favorite foods – Pizza and Chocolate! Please sign up in the mail room to enjoy your favorite slice of pizza and some delicious chocolate.

**10 TUE BIRTHDAY PARTY**  
Bring your party hats to the Media Center at 2:00 PM today to celebrate our February birthdays. Please come celebrate with cake and ice cream. Sign up in the mail if you wish to attend this event. Happy Birthday!

**11 WED COFFEE & SOCIAL**  
Head over to the Knight Kap at 9:30 AM to enjoy biscuits, gravy, bacon, sausage, coffee and juice. We will also enjoy some great fellowship! Please sign up in the mail room if you would like to attend.

**12 THU GALANTINE'S DAY!**  
This day has become a popular tradition for women to show appreciation for their friends and daughters. If you would love to attend this wonderful party at 1:30 PM in the Media Center please sign up in the mail room. Also, please wear red for American Heart Month.

**13 FRI VALENTINE'S DAY GALA**  
Join us for a very special dinner at 5:00 PM in the Renaissance Room. Share the love with family, friends or your spouse. Happy Valentine's Day!

**17 TUE MARDI GRAS DAY!**  
Join everyone for a wonderful Cajun dinner and great desserts in the Renaissance Room beginning at 5:00 PM. Let's have a great time enjoying the New Orleans experience with each other.

**18 WED TJ MAXX SHOPPING TRIP**  
The bus will be leaving at 10:00 AM for a Maxx Shopping Trip. If you would like to go please sign up in the mail room.

**19 THU POETRY HOUR**  
Welcome to Poetry Hour in the Media Center at 2:00 PM. We aim to inspire a deeper love for arts, culture and education especially through the transformational power of poetry, literature and performance.

**20 FRI COFFEE TASTING**  
In essence coffee is more than a beverage, it's a social tool that brings people together. Please join us in the Knight Kap at 9:30 AM for a variety of coffee flavors to sample. Please sign up in the mail room if you would like to attend.

**21 SAT MOVIE MATINEE**  
Showing today at 2:00 PM in the Media Center will be **Remember the Titans**. In 1971 high school football was everything to the people of Alexandria. But when the local school board was forced to integrate an all black school with an all white school, the very foundation of football's great tradition was put to the test.

**26 THU NATIONAL CHILI DAY**  
Today at 1:30 PM in the Media Center we will celebrate chili. Often you see cook offs and special restaurant deals making it a perfect excuse for spicy food lovers to enjoy a bowl or two. Please sign up in the mail room if you would like some of this delicious hearty stew with the works.

**27 FRI GOURMET GETAWAY**  
The bus will be leaving at 10:00 AM for lunch at Cracker Barrel. Please sign up in the mail room if you are riding the bus.

**28 SAT BOOK CLUB**  
Today at 1:00 PM in the library the presenter has the choice to choose a David Baldacci book to review. An attorney by education, Baldacci writes mainly suspense novels and legal thrillers.

# FEBRUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 1:00 <b>Worship Service</b> , Chapel	<b>2</b> 1:00 <b>Tiki</b> , KKap 1:00 <b>Wii Bowling</b> , FitCtr 1:00 <b>Tai Chi w/Meredith</b> , Lib 2:00 <b>Grocery Shopping</b> 2:00 <b>Quarter Bingo</b> , Cancelled 2:00 <b>Nat'l Carrot Cake Day</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr 3:00 <b>Bridge</b> , Lib	<b>3</b> 9:30 <b>Blood Pressure Clinic</b> , Atr 1:00 <b>Wii Bowling</b> , FitCtr 1:00 <b>Dominoes (42)</b> , Lib 1:00 <b>Bible Study</b> , MedCtr 1:45 <b>Our Lady Queen of Peace</b> , Chapel 3:00 <b>Chair Volleyball</b> , FitCtr 6:00 <b>Wahoo</b> , Lib	<b>4</b> 1:00 <b>Brain Games/Trivia</b> , MedCtr 2:00 <b>Prize Bingo</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr 3:00 <b>Bridge</b> , Lib	<b>5</b> 9:00 <b>Walmart Shopping</b> 9:30 <b>Ladies Bible Study</b> , KKap 10:00 <b>Bank Day</b> "Accounting" till 11:00 am 1:00 <b>Wii Games</b> , FitCtr 2:00 <b>Nat'l Chocolate Fondue Day</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr 6:15 <b>Worship Service</b> , Chapel	<b>6</b> 10:45 <b>National Frozen Yogurt Day</b> 1:00 <b>Tai Chi w/Meredith</b> , Lib 1:00 <b>Mexican Train</b> , KKap 1:00 <b>Wii Games</b> , FitCtr 1:30 <b>Football Friday</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr	<b>7</b> 1:00 <b>Puzzles</b> , 3rd Floor 2:00 <b>Movie Matinee</b> , MedCtr <i>Legends of the Fall</i>
<b>8</b> 1:00 <b>Worship Service</b> , Chapel	<b>9</b> 1:00 <b>Tiki</b> , KKap 1:00 <b>Wii Games</b> , FitCtr 1:30 <b>Nat'l Pizza Day &amp; Chocolate Day</b> , MedCtr 2:00 <b>Grocery Shopping</b> 3:00 <b>Chair Volleyball</b> , FitCtr 3:00 <b>Bridge</b> , Lib	<b>10</b> 9:30 <b>Blood Pressure Clinic</b> , Atr 1:00 <b>Dominoes (42)</b> , Lib 1:00 <b>Bible Study</b> , MedCtr 2:00 <b>BirthDay Party</b> , MedCtr 1:45 <b>Our Lady Queen of Peace</b> , Chapel 3:00 <b>Chair Volleyball</b> , FitCtr 6:00 <b>Wahoo</b> , Lib	<b>11</b> 9:30 <b>Coffee &amp; Social</b> , KKap 1:00 <b>Brain Games/Trivia</b> , MedCtr 2:00 <b>Prize Bingo</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr 3:00 <b>Bridge</b> , Lib  <i>Filter Changes in the Apartments</i>	<b>12</b> 9:00 <b>Walmart Shopping</b> 9:30 <b>Ladies Bible Study</b> , KKap 10:00 <b>Bank Day</b> "First Bank" till 11:00 am 1:00 <b>Wii Games</b> , FitCtr 1:30 <b>Galentine's Day Celebration</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr 6:15 <b>Worship Service</b> , Chapel	<b>13</b> 1:00 <b>Mexican Train</b> , KKap 1:00 <b>Wii Games</b> , FitCtr 1:00 <b>Tai Chi w/Meredith</b> , Lib 3:00 <b>Chair Volleyball</b> , FitCtr 5:00 <b>Valentine's Day Gala</b> , RenRm	<b>14</b> 1:00 <b>Puzzles</b> , 3rd Floor  <i>Happy Valentine's Day!</i>
<b>15</b> 1:00 <b>Worship Service</b> , Chapel	<b>16</b> 1:00 <b>Tiki</b> , KKap 1:00 <b>Wii Bowling</b> , FitCtr 1:00 <b>Tai Chi w/Meredith</b> , Lib 2:00 <b>Grocery Shopping</b> 2:00 <b>Quarter Bingo</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr 3:00 <b>Bridge</b> , Lib	<b>17</b> 9:30 <b>Blood Pressure Clinic</b> , Atr 1:00 <b>Wii Games</b> , FitCtr 1:00 <b>Dominoes (42)</b> , Lib 1:00 <b>Bible Study</b> , MedCtr 1:45 <b>Our Lady Queen of Peace</b> , Chapel 3:00 <b>Chair Volleyball</b> , FitCtr 5:00 <b>Mardi Gras</b> , RenRm 6:00 <b>Wahoo</b> , Lib	<b>18</b> 10:00 <b>Shopping at TJMaxx</b> 1:00 <b>Brain Games/Trivia</b> , MedCtr 2:00 <b>Prize Bingo</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr 3:00 <b>Bridge</b> , Lib	<b>19</b> 9:00 <b>Walmart Shopping</b> 9:30 <b>Ladies Bible Study</b> , KKap 10:00 <b>Bank Day</b> "Accounting" till 11:00 am 1:00 <b>Wii Games</b> , FitCtr 2:00 <b>Poetry Hour</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr 6:15 <b>Worship Service</b> , Chapel	<b>20</b> 9:30 <b>Coffee Tasting</b> , KKap 1:00 <b>Mexican Train</b> , KKap 1:00 <b>Wii Games</b> , FitCtr 1:00 <b>Tai Chi w/Meredith</b> , Lib 2:00 <b>Quarter Bingo</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr	<b>21</b> 1:00 <b>Puzzles</b> , 3rd Floor 2:00 <b>Movie Matinee</b> , <i>Remember the Titans</i>
<b>22</b> 1:00 <b>Worship Service</b> , Chapel	<b>23</b> 1:00 <b>Tiki</b> , KKap 1:00 <b>Wii Bowling</b> , FitCtr 1:00 <b>Tai Chi w/Meredith</b> , Lib 2:00 <b>Grocery Shopping</b> 2:00 <b>Quarter Bingo</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr 3:00 <b>Bridge</b> , Lib	<b>24</b> 9:30 <b>Blood Pressure Clinic</b> , Atr 1:00 <b>Wii Games</b> , FitCtr 1:00 <b>Dominoes (42)</b> , Lib 1:00 <b>Bible Study</b> , MedCtr 1:45 <b>Our Lady Queen of Peace</b> , Chapel 2:00 <b>Cornhole</b> , Atr 3:00 <b>Chair Volleyball</b> , FitCtr 6:00 <b>Wahoo</b> , Lib	<b>25</b> 1:00 <b>Brain Games/Trivia</b> , MedCtr 2:00 <b>Prize Bingo</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr 3:00 <b>Bridge</b> , Lib	<b>26</b> 9:00 <b>Walmart Shopping</b> 9:30 <b>Ladies Bible Study</b> , KKap 10:00 <b>Bank Day</b> "First Bank" till 11:00 am 1:00 <b>Wii Games</b> , FitCtr 1:30 <b>Nat'l Chili Day</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr 6:15 <b>Worship Service</b> , MedCtr	<b>27</b> 10:00 <b>Gourmet Getaway to Cracker Barrel</b> 1:00 <b>Mexican Train</b> , KKap 1:00 <b>Wii Games</b> , FitCtr 1:00 <b>Tai Chi w/Meredith</b> , Lib 2:00 <b>Quarter Bingo</b> , MedCtr 3:00 <b>Chair Volleyball</b> , FitCtr	<b>28</b> 1:00 <b>Puzzles</b> , 3rd Floor 1:00 <b>Book Club</b> , Lib



**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



*Share Some Love!*

*Check your Week In Review for changes & updates!*



Scan To Download the Rolling Meadows App!



# Good Times



## A Note from Kari



I don't have any fitness advice for you this month, just a heartfelt note. As I prepare to say goodbye, I want you to know how deeply meaningful my time here has been and how hard it is to leave you. This community has never just been a place I worked—it has been a place where I felt connection, purpose, and heart, and that is because of each of you. Thank you for welcoming me into your lives so openly. Thank you for the conversations we shared, the stories you told, the laughs we enjoyed, and even the quiet moments that meant more than words. Getting to know you—your histories, your families, your humor, your strength—has been an honor I will always treasure. You have taught me so much without even realizing it. Through your experiences and wisdom, you showed me what resilience truly looks like, how important kindness is, and how powerful a simple smile or listening ear can be. Every day I came to work, I was reminded that what matters most is human connection, and you gave me that gift again and again.

I will miss seeing you, checking in with you, and being part of your daily lives. I will miss the familiar faces, the shared jokes, and the moments that made each day special. Leaving means saying goodbye to people who have truly touched my heart, and that is not something I will ever forget. Please know that even as I move on, I will carry you with me. The memories we created and the bonds we shared will always be a part of who I am. Thank you for trusting me, for allowing me to be part of your community, and for making my time here so meaningful. This is not just a goodbye—it is a thank you from the bottom of my heart. I will miss you more than I can say.

With love and gratitude, —Kari

## Fun In The Fitness Center



Please note the Fitness Center schedule has changed!

<b>Pool Walking</b> .....	Pool
Mon, Wed, Fri .....	8:30 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

## Welcome New Residents!

**SHARON PARTIN** Sharon was born in Wichita Falls and has lived in Lewisville, Argyle and Nocona. Sharon worked in public education as a Business Manager for school districts. She is a dog lover-Buster; enjoys sewing, reading, cooking and HGTV.

**LOREN "RIP" & KAREN RIPPERGER** Rip and Karen are long time residents of Wichita Falls. Rip is originally from South Dakota and Karen is originally from Indiana. They both enjoy church, talking, dominoes, cards and just being social.

Please make Sharon and Rip & Karen feel welcome by introducing yourselves. Welcome to our Rolling Meadows family!

*Welcome!*



# A Peek At The Pines



THE  
PINES  
AT ROLLING MEADOWS

ROLLING  
MEADOWS

3006 McNiel  
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

