

The Meadow Lark

A Publication of Rolling Meadows

April 2026



Hop on over to our

Easter Party

Friday, April 3

2:00 PM in the Media Center

Refreshments, Games & Prizes

We'll have a hippity-hoppity
good time!



National

PET DAY

April 11

Bring your best
four-legged friends and join us

Saturday, April 11

3:00 PM in the Dog Park

*Even if you don't have a furry friend, please
come and meet some of our friendliest residents!*

Treats for you and your pets!

ROLLING
MEADOWS

940-691-7511

Rolling Meadows

Staff

rmeadows.com

Cindy NoeExt. 120
Executive Director

Angel Sheets.....Ext. 104
Director of Marketing

Madison MurpheyExt. 112
Director of Accounting

Jerry CarawayExt. 109
Director of Resident Services

Rip StainbrookExt. 111
Director of Dining Services

Kellye HensleyExt. 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



Living With Low Vision

Did you know that vision is a primary sense and it is the first to alert us to danger? 80-90% of new learning typically occurs through our visual pathways. The aging visually impaired population is the third fastest growing population of people needing services in the US. According to the National Eye Institute, Low Vision (LV) is defined as a visual impairment that is not correctable by standard eyeglasses, contact lenses, medication or surgery and that interferes with the ability to perform everyday activities. Although LV is not a life-threatening condition, it can have a significant impact on your quality of life.

LV occurs gradually over time. Various anatomical and physiological changes in the eye can cause the condition. There are three main eye diseases which account for 76% of LV cases: age-related macular degeneration, diabetic retinopathy and glaucoma. You can take the following steps to prevent LV from occurring/progressing: get regular comprehensive dilated eye exams; maintain a healthy weight; do not use tobacco; keep diabetes under control; wear sunglasses and a brimmed hat outdoors; wear protective eyewear; and know your family's eye health history.

There are many signs of LV such as: finding it difficult or impossible to read, write, shop, watch television, drive a car or recognize faces. It may be difficult to manage glare. With LV, you might have trouble picking out and matching the color of your clothes. The lights may seem dimmer than they used to, making work or household chores more difficult. The most common types of LV include loss of central vision, loss of peripheral (side) vision, night blindness, blurred vision and hazy vision.

After a regular eye exam, you may be referred to a professional that specializes in LV examination. combination of vision training, rehabilitation and LV devices can provide independence and an increased quality of life. It is important to ask your healthcare providers what you can do to minimize the impact of LV on your everyday life.

How Can Rehabilitation and Wellness Help You?

Physical, Occupational, and Speech Therapists work together to help individuals with low vision stay safe, independent, and confident in their daily lives. Therapy can help improve

Continued on Page 7

RM Clinic Is Open

If you are a resident, The Clinic at Rolling Meadows is just for you. The Clinic is now taking new patients and is located on the second floor of the Bradley Building in apartment #244.

The CLINIC
at Rolling Meadows

Tom Talbert, M.D. | Krysla Darden, FNP

3006 McNiel Ave. Office: 940-689-2033
Wichita Falls, TX 76309 Fax: 940-689-2053



APRIL BIRTHDAYS

Mary Ellen Thielman	1
Bud Love	3
Henry Theierl	9
Nita Gillis	10
Kathleen Brown	10
Betty Mitchell	10
Patricia Clement	12
Gloria Brooks	14
Jim Hart	15
Joyce Scates	17
Dale Chitwood	19
Charles Kolar	20
Vicki Barnhardt	23
Jocelyn Gaines	23
Myra Blackerby	25
Bill Burgess	27
Jerome Hoffman	27

HONORING & REMEMBERING

In Memory of
Sandy Thurmer
by Rolling Meadows

In Memory of
Stephanie Mudge
by Rolling Meadows

In Memory of
Virginia Neale
by Rolling Meadows

In Memory of
Donna Young
by Rolling Meadows

In Memory of
Sandy Thurmer
by Mr. & Mrs. Sund

In Memory of
Stephanie Mudge
by Mr. & Mrs. Sund

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.

APRIL EVENTS

2 THU BIRTHDAY PARTY
Today at 2:00 PM in the Media Center we will be celebrating April Birthdays with cake and ice cream. Bring your friends, or your neighbors and we will see you there! Happy Birthday!!!

3 FRI EASTER PARTY
Hop on over to the Media Center at 2:00 PM for our Easter Party. We will have refreshments, games and door prizes!!! See you there! Please make sure you sign up in the mail room.

4 SAT MOVIE MATINEE
Today we'll be showing *Gift of Love* in the Media Center at 2:00 PM. *The Gift of Love* (1958) Not Rated. Julie (Lauren Bacall) is the caring wife of Bill (Robert Stack), a busy scientist. When Julie finds out she has a heart problem, and believes she will soon die, she adopts a child named Hitty (Evelyn Rudie) to save her husband from despair. However, after her death, his grief is so great that he cannot bear the joyfulness of the young girl. Before long, Hitty runs off in search of her missing mother. Only then does Bill realize the wisdom of his wife's gift. Bring your own drinks and snacks.

6 MON QUARTER BINGO & NATIONAL TWINKIE DAY
National Twinkie Day celebrates the cream-filled snack cake that takes place on what is believed to be the anniversary of its invention, so let's play some Quarter Bingo at 2:00 PM in the Media Center and enjoy one of the best snack cakes from Hostess!

7 TUE SHOPPING TRIP
Everyone please meet in the lobby at 10:30 AM for a shopping trip to Winco. Please sign up in the mail room, if you wish to go. We will try to return by 12:30 PM.

7 TUE CORNHOLE
Please be in the Atrium at 2:00 PM for Cornhole. If you already have a partner, please sign up their name next to yours so we will know. If you don't want to play it will be a lot of fun to watch and cheer for your neighbors.

9 THU GOURMET GETAWAY
The bus will be leaving Rolling Meadows at 10:45 AM today for our Gourmet Getaway to Hunan's. Please sign up in the mail room. There are 14 seats available. Don't forget to bring a BIG APPETITE!!!

11 SAT NATIONAL PET DAY
It is National Pet Day today. Head on over to the Dog Park at 3:00 PM. We hope the day will be beautiful outside so we all can enjoy the weather and so can your pets. We will have treats for your pets and treats for you too. Even if you don't have a pet, please come and enjoy the company.

18 SAT MOVIE MATINEE
Coal Miner's Daughter is showing today in the Media Center at 2:00 PM. It is rated PG. Raised in rural Kentucky poverty and married at the age of 13, Loretta Lynn (Sissy Spacek) begins writing and singing her own country songs in her early 20s. With the tireless help of her husband Oliver "Mooney" Lynn (Tommy Lee Jones), Loretta rises from local honky-tonks and small-time record deals to national tours and hit singles, befriending her idol Patsy Cline (Beverly D'Angelo) and becoming a country music icon despite the toll stardom takes on her family and her marriage.

21 TUE HISTORY HOUR
This month we will focus on Italy in the Media Center at 2:00 PM. If you have been to Italy please come and share your pictures and experiences with us. We would love to hear from you!! EVVIA!!!

25 SAT BOOK CLUB
Join us in the library at 1:00 PM to discuss *The Book Lover's Library* by Madeline Martin. Literature and community bring hope in war-time England.

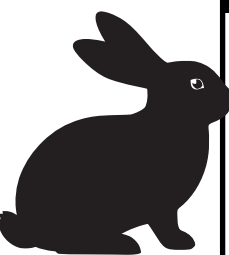
30 THU NATIONAL OATMEAL COOKIE DAY
You can't beat a day like National Oatmeal Cookie Day!!! Join us in the Atrium at 2:00 PM for Oatmeal Raisin Cookies or Oatmeal Cream Pies. There will also be milk and coffee served. What a wonderful and delicious afternoon snack!!!



● Please take the time to sign up for activities that are offering snacks. We order per the number of residents that sign up and we want to have enough food prepared. *This is very important.*



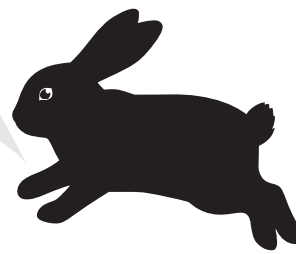



● Please also consider signing up for the **Rolling Meadows Text Message Service**. You can pick up the form at the receptionist desk.

● Please be patient with our staff member who helps us begin your movies twice a month. They arrive at 2:00 PM and may take a few minutes getting to the Media Center to start the movie. *Thank you for your cooperation.*



APRIL 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Scan To Download the Rolling Meadows App!	 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 Prize Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib	9:00 Walmart Shopping 2 9:30 Ladies Bible Study, KKap 10:00 Bank Day "First Bank" till 11:00 am 1:00 Wii Games, FitCtr 2:00 Birthday Party, MedCtr 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, Chapel	1:00 Tai Chi w/Meredith, Lib 3 1:00 Mexican Train, KKap 1:00 Wii Games, FitCtr 2:00 Easter Party, MedCtr 3:00 Chair Volleyball, FitCtr	9:30 WF Public Library, Lib 4 1:00 Puzzles, 3rd Floor 2:00 Movie Matinee, MedCtr <i>Gift of Love</i>	
5 1:00 Worship Service, Chapel Happy Easter!	6 1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 1:00 Tai Chi w/Meredith, Lib 2:00 Grocery Shopping Quarter Bingo, MedCtr & National Twinkie Day Chair Volleyball, FitCtr 3:00 Bridge, Lib	7 9:30 Blood Pressure Clinic, KKap 10:30 Shopping at WinCo 1:00 Dominoes (42), Lib 1:00 Bible Study, MedCtr or KKap 1:45 Our Lady Queen of Peace, Chapel 2:00 Cornhole, Atr 3:00 Chair Volleyball, FitCtr 6:00 Wahoo, Lib	8 1:00 Brain Games/Trivia, MedCtr 2:00 Prize Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib <i>Filter Changes in the Apartments</i>	9 9:00 Walmart Shopping 9:30 Ladies Bible Study, KKap 10:00 Bank Day "Accounting" till 11:00 am 10:45 Gourmet Getaway to Hunans 1:00 Wii Games, FitCtr 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, Chapel	10 1:00 Mexican Train, KKap 1:00 Wii Games, FitCtr 1:00 Tai Chi w/Meredith, Lib 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	11 1:00 Puzzles, 3rd Floor 3:00 National Pet Day, Dog Park 
12 1:00 Worship Service, Chapel	13 1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 1:00 Tai Chi w/Meredith, Lib 2:00 Grocery Shopping Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib	14 9:30 Blood Pressure Clinic, Atr 1:00 Wii Games, FitCtr 1:00 Bible Study, MedCtr or KKap 1:00 Dominoes (42), Lib 1:30 Sit & Chat, MedCtr 1:45 Our Lady Queen of Peace, Chapel 3:00 Chair Volleyball, FitCtr 6:00 Wahoo, Lib	15 1:00 Brain Games/Trivia, MedCtr 2:00 Prize Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib	16 9:00 Walmart Shopping 9:30 Ladies Bible Study, KKap 10:00 Bank Day "First Bank" till 11:00 am 1:00 Wii Games, FitCtr 2:00 WF Public Library, Lib 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, Chapel	17 1:00 Mexican Train, KKap 1:00 Wii Games, FitCtr 1:30 All Staff Meeting, MedCtr 3:00 Chair Volleyball, FitCtr	18 1:00 Puzzles, 3rd Floor 2:00 Movie Matinee, MedCtr <i>Coal Miner's Daughter</i>
19 1:00 Worship Service, Chapel	20 1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 1:00 Tai Chi w/Meredith, Lib 2:00 Grocery Shopping Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib	21 9:30 Blood Pressure Clinic, KKap 1:00 Wii Games, FitCtr 1:00 Bible Study, MedCtr or KKap 1:00 Dominoes (42), Lib 1:45 Our Lady Queen of Peace, Chapel 2:00 History Hour, MedCtr 3:00 Chair Volleyball, FitCtr 6:00 Wahoo, Lib	22 1:00 Brain Games/Trivia, MedCtr 2:00 Prize Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib	23 9:00 Walmart Shopping 9:30 Ladies Bible Study, KKap 10:00 Bank Day "Accounting" till 11:00 am 1:00 Wii Games, FitCtr 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, Chapel	24 1:00 Mexican Train, KKap 1:00 Wii Games, FitCtr 1:00 Tai Chi w/Meredith, Lib 2:00 Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr	25 1:00 Puzzles, 3rd Floor 1:00 Book Club, Lib 
26 1:00 Worship Service, Chapel 	27 1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 1:00 Tai Chi w/Meredith, Lib 2:00 Grocery Shopping Quarter Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib	28 9:30 Blood Pressure Clinic, KKap 1:00 Wii Bowling, FitCtr 1:00 Dominoes (42), Lib 1:00 Bible Study, MedCtr 1:45 Our Lady Queen of Peace, Chapel 3:00 Chair Volleyball, FitCtr 6:00 Wahoo, Lib	29 1:00 Brain Games/Trivia, MedCtr 2:00 Prize Bingo, MedCtr 3:00 Chair Volleyball, FitCtr 3:00 Bridge, Lib	30 9:00 Walmart Shopping 9:30 Ladies Bible Study, KKap 10:00 Bank Day "First Bank" till 11:00 am 1:00 Wii Games, FitCtr 2:00 National Oatmeal Cookie Day, Atr 3:00 Chair Volleyball, FitCtr 6:15 Worship Service, Chapel	  Check your Week In Review for changes and updates!	



Good Times...



A Note From Cametra

As we have embarked into SPRING and all that it brings, I would like to make a few suggestions on how we can enjoy this season. We can do this by simply soaking up some Vitamin D. Spend 10-30 minutes outside each day depending on your skin type. Sit out on your patio a few times a week as long as the weather allows it. Go on short walks around the grounds with friends, enjoying their company and conversation. I guess what I'm trying to say is just get outside as much as the weather will allow you to and enjoy yourself. I know I sure will be doing as much of these things daily this SPRING.



- Cametra

Rehab Corner Living with Low Vision Continued from Page 2

balance and mobility, reduce fall risk, and make everyday activities such as dressing, bathing, cooking, reading, and managing medications easier. Therapists also teach practical strategies to help you use your remaining vision more effectively and may introduce helpful tools or technology that support daily tasks.

Wellness Coordinators play an important role by reinforcing these strategies during everyday routines and activities. They encourage safe physical activity, support healthy habits, and help residents stay socially engaged and involved in wellness programs.

By working together, rehabilitation and wellness teams take a whole-person approach, supporting not only physical safety and independence, but also confidence, participation, and overall quality of life.

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



The Wichita Falls Public Library is coming to Rolling Meadows. Get help with the library apps, Libby & Hoopla, check out and return books and learn about other library services. If you don't have a library card you can show your government issued photo ID and they will help you sign up. They will be available **April 4th from 9:30-10:30 AM** and again on **April 16th from 2:00-3:00 PM**. This will really help everyone check out books for the book club.

Don't forget Book Club meets **Saturday, April 25th at 1:00 PM in the Library**. Please join us!

Welcome New Residents!

PATRICIA (TRISH) DILLMON Trish has lived most of her life in Oklahoma moving here from Watonga, Oklahoma. Trish loves to read and do hand crafts. Please make Trish feel welcome by introducing yourselves. Welcome to our Rolling Meadows family, Trish!

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	
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

How is the moon like dentures?

Both come out at night.



ROLLING MEADOWS

3006 McNiel
Wichita Falls, Texas 76309

The Pines at Rolling Meadows is a licensed assisted living community designed to accommodate residents with memory challenges.

This secure facility creates a home-like environment and allows residents to furnish the spacious private rooms with their own familiar treasures.

The Pines encourages socialization with multiple community rooms, and offers relaxation in the beautifully landscaped meditation garden.

Based upon the ability of each resident, days are structured to resemble their usual home environment. Residents are encouraged to participate in making choices of activities to promote physical and emotional

well-being while maintaining a sense of purpose and satisfaction.

Call to schedule a tour or for more information.



The Gables At A Glance



We love our residents!

