

The *Meadow Lark*

A Publication of Rolling Meadows

August 2026

Put on your flip-flops and favorite summer shirts as we celebrate summer with a

Luau Party!

Friday, August 28

2:00 PM

In the Media Center

Food • Music • Fun

Who wants to try the hula dance?

ROLLING
MEADOWS

940-691-7511

Rolling Meadows
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rmeadows.com

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More Than Words: How To Help People Thrive With Aphasia

Imagine knowing exactly what you want to say but being unable to get the words out. For millions of older adults, this is a daily reality. Aphasia is a language disorder caused by damage to the brain, often after a stroke. Although aphasia affects communication. People with aphasia still have ideas, humor, opinions, and preferences, they simply need different tools to share them.

The biggest challenge for individuals with aphasia is not just speaking. Many people with aphasia report that others speak to them like children, ignore them during conversations, or speak only to their caregiver. This exclusion can lead to loneliness, frustration, or withdrawal from activities. One of the most powerful ways communities can help is by using communication strategies that reduce frustration. Speaking calmly, using simple phrases, and giving extra time to respond can make communication more successful. Asking yes/no questions, pointing to pictures, using gestures, or writing keywords also helps the person express themselves without pressure to perform. When staff and peers take the time to use these techniques, conversation becomes less about perfect words and more about meaningful connection.

Inclusion in activities is another important factor. People with aphasia thrive when they continue hobbies, learn new skills, or participate socially. Group exercise, music, book clubs, arts and crafts, or trivia can be made communication-friendly by allowing visuals, modeling, and slower pacing. When communities offer activities that support communication differences, residents with aphasia regain confidence and joy in their daily lives.

Most importantly, we must remember that aphasia affects language, not thinking. Respecting the person's intelligence and life experience builds dignity. When communities embrace communication support as part of wellness, residents with aphasia don't just live in the community, they belong.

How Can Select Wellness and Therapy Professionals Help?

Select Wellness and Therapy professionals help residents with aphasia thrive through personalized Speech Therapy, communication training for caregivers, and adapted group programs that emphasize confidence and connection. They provide the tools and strategies needed for residents to express themselves, participate in activities, and build relationships. Working as a team, we help residents move beyond communication barriers and live meaningful, engaged, and empowered lives.

For more information, please contact your Select Rehabilitation Speech, Occupational and Physical Therapy and Wellness professionals.

Keely Howard, PTA Clinical Lead
Rolling.Meadows@selectrehab.com
(940)-202-1718 Ext:9037



The Beauty Shop will be closed August 3 – 7 for vacation. Thank you for your understanding.

HONORING REMEMBERING

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

In Memory of **Bill Riddle**
by *James & Margaret Galloway*

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.

HAPPY BIRTHDAY TO YOU!

AUGUST BIRTHDAYS

Jo Anne Wilson	4
Bea Gonzales	9
Patti Burgess	10
Anne Dohrer	14
Gorman Gamble	16
Bill Watts	19
Jean Whittenton	20
Dr. Wassel Lewis	20
Kathy Donnell	25
Nancy Ramsey	28
Paula Shawver	31
Nancy Jenkins	31
Virginia Turner	31

Welcome New Residents!

PEGGY ROGERS is from Texas and she enjoys crafts and traveling. Please make Peggy feel welcome by introducing yourselves. Welcome to our Rolling Meadows family, Peggy!

August Events

1 SAT

MOVIE MATINEE

Today in the Media Center at 2:15 PM we will be watching, *Shenandoah*, an American Civil War film, starring James Stewart. 1965 not rated. Please bring your own snacks and drinks.

2 SUN

NATIONAL ICE CREAM SANDWICH DAY

Did you know the original ice cream sandwich sold for a penny in 1900 from a pushcart in the Bowery neighborhood of New York? The modern ice cream sandwich was invented by Jerry Newberg in 1945 when he was selling ice cream at Forbes Field. Grab your neighbor and head to the Royal Perk in the Atrium at 3:00 PM today to enjoy a wonderful ice cream sandwich.

3 MON

NATIONAL WATERMELON DAY

Today at 3:30 PM in the Atrium come cool off with some watermelon and celebrate the day. They didn't have this holiday when we were little!!!!

4 TUE

WATERCOLOR LESSON WITH GINGER & DANIEL

Today from 2:00 PM – 3:30 PM we are going to Gingersnap Art Studio where artists Ginger and Daniel will give us a lesson on watercolor painting. They have all of the supplies that you will need. If you have any questions please ask Nanci. Please sign up in the Mail Room if you would like to go!

6 THU

BIRTHDAY PARTY & NAT'L ROOT BEER FLOAT DAY

National Root Beer Float Day arrives just in time to celebrate our July Birthdays! Everyone is welcome to join us in the Media Center at 2:00 PM to celebrate! Please sign up in the Mail Room if you would like to attend.

11 TUE

GOURMET GETAWAY

Step back to the 1950s at Yesterday's Diner. Known for its award winning food and service you can enjoy burgers, steaks, seafood and choose from a wide variety of shake and malt choices and you don't want to miss the award winning apple pie! The bus will leave at 10:30 AM. Seating is limited so sign up in the Mail Room if you would like to go.

11 TUE

SIT & CHAT

Today at 1:30 PM in the Media Center, RM Executive Director, Cindy, will have updates on things that are happening in our community and this is a great time to offer your thoughts, ideas or concerns.

11 TUE

NATIONAL POPSICLE DAY

Come to the Atrium at 3:30 PM and enjoy some yummy fruit popsicles! We will have grape, strawberry, coconut or whatever flavors we can find to celebrate this holiday!

15 SAT

MOVIE MATINEE

Head on over to the Media Center at 2:15 PM to watch *Guys & Dolls* starring Frank Sinatra, Marlon Brando and Jean Simmons. 1955 not rated. Please bring your own snacks and drinks.

18 TUE

WATERCOLOR LESSON WITH GINGER & DANIEL

Today from 2:00 PM – 3:30 PM we are going to Gingersnap Art Studio where artists Ginger and Daniel will give us a lesson on watercolor painting. They have all of the supplies that you will need. If you have any questions please ask Nanci. Please sign up in the Mail Room if you would like to go!

19 WED

BRAUM'S TRIP

National Soft Serve Ice Cream Day
In 1934 on Memorial Day weekend in Hartsdale, New York, Tom Carvel had a flat tire. After pulling his ice cream truck into a parking lot, the businessman knew his product was melting. As vacationers drove by, Carvel sold the softened ice cream to them. Surprisingly, they loved the soft ice cream! The potential for a new dessert was not lost on the salesman. Instead of a roving ice cream truck, Carvel could have a fixed location with soft ice cream. It's hot and you need ice cream! Please sign up for this tasty trip. We will leave at 2:00 PM. Let's all meet in the lobby!

20 THU

SWEET TREATS SHOWDOWN

The Rolling Meadows Annual Great Cookie Contest and Celebration is today in the Media Center! See page 6 for more details. Hope to see you there!

20 THU

AMERICAN STORY TELLER

Clyde Cessna's core aviation legacy involves an intense design "rivalry" rather than a romantic love triangle. In 1925, he co-founded Travel Air Manufacturing Company in Wichita, Kansas, with Walter Beech and Lloyd Stearman. A major philosophical dispute over monoplanes versus biplanes caused him to split from the company in 1927. Please make your way down to the Atrium at 6:15 PM to come hear Nick "The American Story Teller" tell us about the Love Triangle of Clyde Cessna.

SEE MORE AUGUST EVENTS ON PAGE 6!

AUGUST 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <i>Scan To Download the Rolling Meadows App!</i>	August 31 10:30 Shopping Trip to Dollar Tree, Ross & TJ MAXX 1:00 Tiki , KKap 1:00 Wii Games , FitCtr 1:00 Tai Chi w/Meredith , Lib 2:00 Grocery Shopping 1:45 Bingo Tournament , MedCtr 3:00 Chair Volleyball , FitCtr 3:00 Bridge , Lib	 Check your Week In Review for changes and updates!		 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 Puzzles , 3rd Floor 1 2:15 Movie Matinee , MedCtr <i>Shenandoah</i>
2 1:00 Worship Service , Chapel 3:00 National Ice Cream Sandwich Day , RPerk	3 1:00 Tiki , KKap 1:00 Wii Games , FitCtr 1:00 Tai Chi w/Meredith , Lib 2:00 Grocery Shopping 2:00 Quarter Bingo , MedCtr 3:00 Chair Volleyball , FitCtr 3:30 National Watermelon Day , Atr	4 9:30 Blood Pressure Clinic , KKap 1:00 Wii Games , FitCtr 1:00 Dominoes (42) , Lib 1:00 Bible Study , MedCtr or KKap 1:45 Our Lady Queen of Peace , Chapel 2:00 To Gingersnap Art Studio 3:00 Chair Volleyball , FitCtr 3:30 New Res Orientation , MedCtr 6:00 Wahoo , Lib	5 10:00 Virtual AI Wellness Screening , MedCtr 1:00 Brain Games/Trivia , MedCtr 2:00 Prize Bingo , MedCtr 3:00 Chair Volleyball , FitCtr 3:00 Bridge , Lib	6 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 Birthday Party , MedCtr 3:00 Chair Volleyball , FitCtr 3:30 Piano Concert , Atr 6:00 Worship Service , Chapel <i>National Root Beer Day</i>	7 1:00 Mexican Train , KKap 1:00 Wii Games , FitCtr 1:00 Tai Chi w/Meredith , Lib 2:00 Quater Bingo , MedCtr 3:00 Chair Volleyball , FitCtr	1:00 Puzzles , 3rd Floor 8
9 1:00 Worship Service , Chapel	10 1:00 Tiki , KKap 1:00 Wii Games , FitCtr 1:00 Tai Chi w/Meredith , Lib 2:00 Grocery Shopping 2:00 Quarter Bingo , MedCtr 3:00 Chair Volleyball , FitCtr 3:00 Bridge , Lib	11 9:30 Blood Pressure Clinic , KKap 10:30 Gourmet Getaway 1:00 Wii Games , FitCtr 1:00 Dominoes (42) , Lib 1:00 Bible Study , MedCtr or KKap 1:30 Sit & Chat , MedCtr 1:45 Our Lady Q of P , Chapel 3:00 Chair Volleyball , FitCtr 3:30 National Popsicle Day , Atr 6:00 Wahoo , Lib	12 1:00 Brain Games/Trivia , MedCtr 2:00 Prize Bingo , MedCtr 3:00 Chair Volleyball , FitCtr 3:00 Bridge , Lib <i>Filter change in the Apartments</i>	13 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 5:00 Breakfast for Dinner , RenRm 6:00 Worship Service , Chapel	14 1:00 Mexican Train , KKap 1:00 Wii Games , FitCtr 1:00 Tai Chi w/Meredith , Lib 3:00 Chair Volleyball , FitCtr	1:00 Puzzles , 3rd Floor 15 2:15 Movie Matinee , MedCtr <i>Guys & Dolls</i>
16 1:00 Worship Service , Chapel	17 1:00 Tiki , KKap 1:00 Wii Bowling , FitCtr 1:00 Tai Chi w/Meredith , Lib 2:00 Grocery Shopping 2:00 Quarter Bingo , MedCtr 3:00 Chair Volleyball , FitCtr 3:00 Bridge , Lib	18 9:30 Blood Pressure Clinic , KKap 1:00 Bible Study , MedCtr or KKap 1:00 Dominoes (42) , Lib 1:45 Our Lady Queen of Peace , Chapel 2:00 To Gingersnap Art Studio 3:00 Chair Volleyball , FitCtr 6:00 Wahoo , Lib	19 1:00 Brain Games/Trivia , MedCtr 2:00 Trip to Braum's 3:00 Chair Volleyball , FitCtr 3:00 Bridge , Lib <i>National Soft Serve Ice Cream Day</i>	20 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 Sweet Treats Showdown , MedCtr 2:00 WF Public Library , Lib 3:00 Chair Volleyball , FitCtr 6:00 Worship Service , Chapel 6:15 American Story Teller , Atr	21 1:00 Mexican Train , KKap 1:00 Wii Games , FitCtr 1:00 Tai Chi w/Meredith , Lib 2:00 Senior Citizens Day , MedCtr 3:00 Chair Volleyball , FitCtr 7:30 To the Backdoor Theatre	1:00 Puzzles , 3rd Floor 22
23 1:00 Worship Service , Chapel	24 9:30 Sunrise Social Breakfast , MedCtr 1:00 Tiki , KKap 1:00 Wii Bowling , FitCtr 1:00 Tai Chi w/Meredith , Lib 2:00 Grocery Shopping 2:00 Quarter Bingo , MedCtr 3:00 Chair Volleyball , FitCtr 3:00 Bridge , Lib	25 9:30 Blood Pressure Clinic , KKap 1:00 Wii Games , FitCtr 1:00 Dominoes (42) , Lib 1:00 Bible Study , MedCtr or KKap 1:45 Our Lady Queen of Peace , Chapel 2:00 Quarter Pinching , MedCtr 3:00 Chair Volleyball , FitCtr 6:00 Wahoo , Lib	26 1:00 Brain Games/Trivia , MedCtr 2:00 Prize Bingo , MedCtr 3:00 Chair Volleyball , FitCtr 3:00 Bridge , Lib	27 9:00 Walmart Shopping 9:30 Ladies Bible Study , KKap 10:00 Bank Day “Accounting” till 11:00 am 12:00 Men's Social Lunch , MedCtr 1:00 Wii Games , FitCtr 3:00 Chair Volleyball , FitCtr 6:00 Worship Service , Chapel	28 1:00 Mexican Train , KKap 1:00 Wii Games , FitCtr 1:00 Tai Chi w/Meredith , Lib 2:00 Hawaiian Luau Party , MedCtr 3:00 Chair Volleyball , FitCtr	1:00 Puzzles , 3rd Floor 29 1:00 Book Club , Lib
30 1:00 Worship Service , Chapel	31 <i>See the top of this column for August 31 activities!</i>					

Good Times...



August Events Continued From Page 3

It's Time For The Sweet Treats Showdown!

Pull out your favorite, award winning recipes and whip up a batch of those tasty cookies. Each year, residents and staff bake their favorite cookies and a panel of judges vote on the best, awarding first, second and third prizes.

After sampling the entries, residents can cast their vote for their favorite cookie and a winner will be awarded as "People's Choice."

The Gables residents can also compete in the contest for the **Best Decorated Cookie.**

You will not want to miss their GIANT decorated cookies!

Everyone is invited to enter cookies for the contest, but if you don't bake, it's not a problem... just come to eat and enjoy the Celebration!

Submit your cookies
Thursday, August 20
1:00 PM in the Media Center
Judging begins at 2:00 PM,
followed by the Celebration!
Prizes will be awarded for 1st, 2nd,
3rd and People's Choice.

Hope to see you there!

21 FRI SENIOR CITIZENS DAY
This will be an event you will not want to miss. Meet us in the Media Center at 2:00 PM and enjoy music, pizza, sodas, and cupcakes. Yum, Yum!!! Please sign up in the Mail Room.

21 FRI BACKDOOR THEATRE
Let's go see "Arsenic and Old Lace" at the Backdoor Theatre. When a writer and notorious marriage detractor Mortimer Brewster falls for girl-next-door Elaine Harper, they tie the knot on Halloween. When the newlyweds return to their respective family homes to deliver the news, Brewster finds a corpse hidden in a window seat. With his eccentric aunts, disturbed uncle, and homicidal brother, he starts to realize that his family is even crazier than he thought. Please sign up in the Mail Room if you would like to go. One of our own will be in the play let's go and support him. The bus will leave at 7:30 PM.

24 MON SUNRISE SOCIAL BREAKFAST
National Waffle Day
Sunrise Social is a popular, Southern-inspired breakfast and brunch cafe with locations in Fish Town, Philadelphia, and Cherry Hill, New Jersey. Known for a casual, welcoming atmosphere, they serve hearty, scratch-made brunch classics and refreshing cocktails daily from morning until mid-afternoon. Our Sunrise Social will feature waffles, bacon and sausage, coffee, and juice in the Media Center at 9:30 AM. Please sign up in the Mail Room so we will know how much food to order.

25 TUE QUARTER PITCHING
Instead of pennies, this time bring your quarters. It is a game like Twister, but instead of using your hands and feet, you will be using quarters. You will throw

one quarter at a time and if your quarter lands on a square, you will win that prize. Please come and bring your quarters and let's have some fun, laughs and cheer each other on today in the Media Center at 2:00 PM. DON'T FORGET YOUR QUARTERS!!!

27 THU MEN'S SOCIAL LUNCH
Men's social lunch groups are community-driven gatherings designed to combat male loneliness, foster genuine connections, and promote mental well-being. Operating through models like grassroots meet ups, safe spaces for men to share stories and discuss life. Today in the Media Center at 12:00 PM, we will have a Men's Social Lunch. Please sign up in the Mail Room if you would like to attend. This is for men only.

28 FRI HAWAIIAN LUAU PARTY
A Hawaiian Luau is a traditional Polynesian feast and celebration marked by vibrant cultural entertainment, tropical attire, and island-style cuisine. It brings people together to commemorate milestones, harvest blessings, or simply celebrate with food, music, and the sharing of Hawaiian history. Today in the Media Center at 2:00 PM we will have a Luau Party. Please sign up in the Mail Room. DRESS FESTIVE!!!

29 SAT BOOK CLUB
Today in the Library at 1:00 PM we will be discussing the book, *The Measure*, by Nikki Erlick. A box reveals lifespans.

31 MON SHOPPING TRIP
Today at 10:30 AM we will head to the Dollar Tree, Ross, and TJ MAXX. Please sign up in the Mail Room if you would like to go shopping. We will try and be back by 12:30 PM.

A Note From Cametra

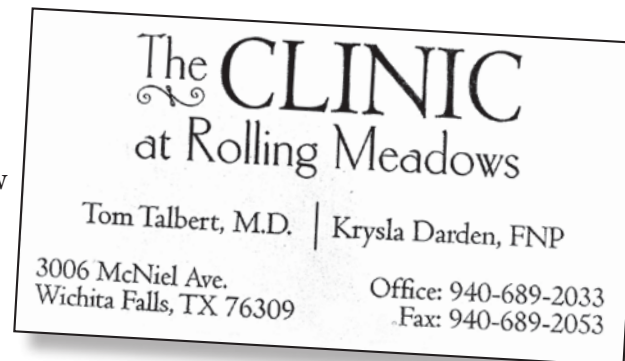
I want everyone who is interested in accessing the Fitness Center to know you are all welcome to utilize it. If the doors are closed there is a class in session. Please refrain from entering the fitness center at that time unless you are attending that class. When the doors reopen, feel free to come on in! I would also like to inform everyone that due to a scheduling conflict, Open Fitness time has been changed to 2:00pm Monday through Friday. I am really sorry for any inconvenience this change may cause. Please continue to enjoy and use the fitness center as it is there for that purpose.



- Cametra

RM Clinic Is Open

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



Below are some quick explanations of the small updates in the library from what you may be familiar with from the past. Changes were made to help you locate books easier by grouping authors and/or subject matters together.

- NEW ARRIVALS** – is located on the center table as you enter the library. This section will change as new acquisitions are displayed and some are then moved to the appropriate library shelf.
- NON-FICTION** (regular print) – is divided into two sections, Biographies that are grouped alphabetically by the last name

of the person the book is about and Non-Fiction that are grouped by the subject of the books, i.e. religion, war, politics, etc.

- FICTION** (regular print) – is alphabetized by the author's last name, thus finding your favorite or newly discovered author's works easier by being grouped together.
- FICTION** (large print) – is alphabetized by the author's last name as well. In addition, the last shelves have LARGE PRINT Biographies and LARGE PRINT Non-fiction grouped together the same as the regular print Non-Fiction.
- RETURN TABLE** - is located on the west side of the library. Please return all library books at this location to enable us to place them back at their appropriate location.

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	2:00 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
Trivia/Brain Games	Media Center
Wednesdays	1:00 pm

The "Featured Book of the Month" is: *The Guernsey Literary and Potato Peel Pie Society* by Annie Barrows

London is emerging from the shadow of the Second World War, and writer Juliet Ashton is looking for her next book subject. Who could imagine that she would find it in a letter from a man she's never met, a native of the island of Guernsey, who has come across her name written inside a book.

Don't forget the **Wichita Falls Public Library Mobile Van** is making monthly trips to RM to enable more opportunities for you to participate in reading. The dates and times are posted throughout the building.

We are always thankful for any monetary gifts to the Rolling Meadows Library for future acquisitions, you may turn your donation into the front office.

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

