

The *Meadow Lark*

A Publication of Rolling Meadows

March 2018

Happy Hunting!

This month, Rolling Meadows becomes a “Happy Hunting Ground” as we celebrate the **St. Patrick’s Day** and **Easter** holidays. See page 3 for more details.

Happy St. Patty’s Day!

Come find out if you have the luck ‘o the Irish at our scavenger hunt in the Atrium on Friday, March 16th.



Happy Easter!

Enjoy watching the children at our annual Easter Egg hunt in the courtyard on March 27th.


**ROLLING
MEADOWS**
940-691-7511
Rolling Meadows Staff

Marsha ConyeaExt. 102
Executive Director

Amber Gee.....Ext. 104
Director of Marketing

Jerry CarawayExt. 109
Director of Resident Services

Loy Renick.....Ext. 111
Director of Dining Services

Cindy Noe.....Ext. 112
Director of Accounting

Roye Maenza
Director of Grounds, Maintenance, Security

Kim Holley, R.N.Ext. 202
Director of Nursing, The Gables

Debbie Bryan, R.N.Ext. 291
Director of Clinic, Wellness, Home Health

Daylight Savings Time

Remember! We “Spring” forward this month. Be sure to set your clocks forward one hour on **Saturday, March 11**, before you go to bed. That way you will be on time for church when your alarm goes off on Sunday morning!



Comfort Corner



Megan Walker
Social Worker

Many of you may know **Megan Walker**, but some of our new residents may not. Megan is our Social Worker that is here to help our residents at Rolling Meadows. If you need help or have questions about things like end of life & grief counseling, advance directives, discharge planning, long term care insurance policies, or understanding your Medicare benefits, Megan is here to help. Her office is located between The Gables and The Pines and she welcomes you to stop in anytime!

Welcome to our New Residents!

PATRICIA LEATH

Patricia has come to Rolling Meadows from Iowa Park. In her free time she enjoys a good game of dominoes, so be sure to invite her to the next game! We welcome you to our community Patricia!

AL FLACK

Al was born and raised right here in Wichita Falls. He has retired from banking where he was the proud CEO of First National Bank for many years. Be sure to give him a big welcome the next time you see him!

JERRY MORGAN

Jerry is from Wichita Falls and in his free time he likes to watch sports on TV. His favorite teams are The Cowboys, and The Aggies! He also enjoys working on the ranch! Everyone welcome him to our community!

Welcome!



Safety Reminder!

Please remember that the stop signs at Rolling Meadows are here for yours and other residents and staff safety. Please stop at each one and be aware of other cars and golf carts. Remember, the golf carts do not have lights, so at night, they can be harder to see. Pay extra attention after the sun goes down.

Mobile Vision Care

Mobile Vision Care has been a respected vision service provider in the community for over 19 years. Their mission is to provide quality eye care to patients whose access to care is limited, and help them see their best. They will bring their mobile clinic to Rolling Meadows on **March 26 & 27**. Appointments can be scheduled with Megan Walker. You will not be seen without an appointment, however, there must be at least 10 appointments scheduled for them to come. Bring your Medicare and other insurance cards with you to your appointment.

Happy BIRTHDAY MARCH BIRTHDAYS

Doris Pappan	3	Jeff Wallin	14
Nell Sogard	3	Jack Awtrey	15
Patsy Harney	5	Carolyn Rogers	15
Joy Walling	5	Mona Borders	16
Neil Davis	8	Polly Jones	16
Bobbie Hall	9	John McCleskey.....	16
Dena McGann	10	Marie Silverman	17
Pauline Savage	13	Leonida Hart	20
Neva June Treat	13	Caroline Lancaster	27
Jewell Splawn.....	14		

March Special Events

1 & 22

MEMORIES IN THE MAKING

Learn how to bring the joy of creative self-expression to someone with memory loss. Memories in the Making, the Alzheimer's Association art program for people with dementia, is a weekly one-hour art session where caregiver and loved one can take a moment to enjoy the creative release of watercolor painting. While loved ones work on their paintings, caregivers are there to capture any stories the art brings forward. This class is free to all who attend. We will depart at 9:30 AM. Please sign up in the mail room.

1

AN EVENING WITH MIKE MORTON

Michael Morton shares his powerful story of wrongful conviction, 25 years served in prison and his eventual release as an innocent man. Tickets are \$25, and the event will take place at MSU. We will depart at 6:30 PM. Please sign up in advance in the mail room.

2

THE SOULS OF BLACK FOLK

Folk Art Collection from the African American Museum in Dallas, in partnership with Wichita Falls Alliance for Arts and Culture will be on display at the Wichita Falls Museum of Arts. We will depart at 2:45 PM. Please sign up in advance in the mail room.



6

DEHYDRATION AWARENESS

The Health Department will be here to speak about dehydration and how important it is to be aware of your fluid intake. Come to the Media Center at 2:00 for the free education. These seminars always have great takeaways!

8

BIRTHDAY PARTY

Join us in the Media Center at 2:00 PM to celebrate the March birthdays with cake and ice cream. Everyone is invited and encouraged to come!

8

UNIVERSITY WIND ENSEMBLE AND ORCHESTRA

We will head over to Midwestern State University for the University Wind Ensemble and Orchestra at 7:00 PM. Admission is \$10. Please sign up in advance in the mail room.

9

MOVIE & POPCORN

Come on up to the Media Center at 2:00 PM for popcorn and a movie. We will be watching Cocoon. Be sure to come a little early to get a good seat!

16

ST. PATTY'S DAY SCAVENGER HUNT

This will be a fun game to participate in! Meet in the Atrium at 2:00 PM. Each team will be given clues to find shamrocks. Prizes will be awarded! Please sign up in advance in the Mail Room.

20

PAPER FLOWERS

Come up to the Media Center at 2:00 PM to make your own bouquet of flowers that will last a lifetime! Please sign up in advance in the mail room.

22

ROGUE TWO

Rogue Two is a chamber music duo made up of MSU faculty members, Andrew J. Allen (saxophone) and Gordon Hicken (percussion). The recital will be a “release party” for their first album, *Step Inside: New American Music for Saxophone and Percussion*. Admission is free. Please sign up in advance in the Mail Room.

23

MOVIE & POPCORN

Come on up to the Media Center at 2:00 PM for popcorn and a movie. We will be watching Grumpy Old Men. Be sure to come a little early to get a good seat!

26

GUESS WHO?

Can you guess who is in the picture? Bring down your favorite photo of your younger self. Let's see how many people can guess correctly! Come to the Atrium at 10:00 AM and see if you can! We will have resident and employee photos. Please have your photos to Stephanie by March 23.

27

EGG HUNT

Come watch the children from Kid's Learning Center as they hunt for Easter eggs! The hunt begins at 11:00 AM in the courtyard next to the Atrium.



30

GOURMET GETAWAY

This month we are going to switch it up a little and bring Gourmet Getaway to Rolling Meadows. We will pick up lunch from El Mejicano and have our getaway in the Media Center at 11:00 AM. Be sure to get your orders and cash to Stephanie by March 28.

31

VICTORIOUS

Join as we step back in time to experience Biblical events of two thousand years ago. Through dramatic reenactment and music, we will remember how Jesus Christ impacts our lives even today. No admission fee. We will depart at 6:30 PM. Please sign up in advance in the Mail Room.

MARCH 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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>9:00 Shopping at Wal-Mart Bank Day 1 10:00 “First Bank” till 11:00 10:00 Men’s Bible Study, Chapel 10:00 Memories In The Making 1:00 Our Lady Queen of Peace, Chapel 2:00 Dirty Board, MedCtr 4:00 Adult Coloring, MedCtr 6:30 Worship Service, Chapel 7:00 An Evening w/ Mike Morton</p>	<p>10:00 Ladies Bible Study, KKap 2 1:00 Mexican Train, KKap 1:00 Wii Bowling, FitCtr 2:00 The Souls of Black Folk</p>	<p>1:00 Puzzles, 3rd Floor 3 6:30 Game Night, KKap</p>
<p>4 1:00 Church Service, Chapel 4:00 Bible Study, MedCtr</p>	<p>5 9:30 Jesus Calling Devotions, Chapel 10:00 Social Hour, Gables 1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 6:30 Quarter Bingo, MedCtr</p>	<p>6 10:00 Ladies Prayer Group, Chapel 10:00 Dominoes (42), KKap 10:00 Shopping at Target 1:00 Bridge, Lib 2:00 Dehydration Recognition, MedCtr</p>	<p>7 1:00 Trivia, MedCtr 2:00 Points Bingo, KKap 4:00 Diabetes Class, MedCtr 6:30 Dominoes, Lib</p>	<p>8 9:00 Shopping at Wal-Mart Bank Day “Accounting” till 11:00 10:00 Men’s Bible Study, Chapel 1:00 Our Lady Queen of Peace, Chapel 2:00 Birthday Party, MedCtr 6:30 Worship Service, Chapel 7:00 University Wind Ensemble & Orchestra</p>	<p>9 10:00 Ladies Bible Study, KKap 1:00 Mexican Train, KKap 1:00 Wii Bowling, FitCtr 1:00 Bridge, Lib 2:00 Movie & Popcorn, MedCtr</p>	<p>10 1:00 Puzzles, 3rd Floor 6:30 Game Night, KKap</p>
<p>11 1:00 Church Service, Chapel 4:00 Bible Study, MedCtr</p> <p><i>Daylight Savings Time</i></p>	<p>12 9:30 Jesus Calling Devotions, Chapel 10:00 Social Hour, Gables 1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 6:30 Quarter Bingo, MedCtr</p>	<p>13 10:00 Ladies Prayer Group, Chapel 10:00 Dominoes (42), KKap 1:00 Bridge, Lib 4:00 Generations, MedCtr</p>	<p>14 1:00 Trivia, MedCtr 2:00 Points Bingo, KKap 4:00 Diabetes Class, MedCtr 6:30 Dominoes, Lib</p>	<p>15 9:00 Shopping at Wal-Mart Bank Day “First Bank” till 11:00 10:00 Men’s Bible Study, Chapel 1:00 Our Lady Queen of Peace, Chapel 2:00 Dirty Board, MedCtr 6:30 Worship Service, Chapel</p> <p><i>Cottage Filter Changes</i></p>	<p>16 10:00 Ladies Bible Study, KKap 1:00 Mexican Train, KKap 1:00 Wii Bowling, FitCtr 1:00 Bridge, Lib 2:00 St Patty’s Day Scavenger Hunt, Atr</p>	<p>17 1:00 Puzzles, 3rd Floor 6:30 Game Night, KKap</p> <p><i>Happy St. Patrick’s Day!</i></p>
<p>18 1:00 Church Service, Chapel 4:00 Bible Study, MedCtr</p>	<p>19 9:30 Jesus Calling Devotions, Chapel 10:00 Social Hour, Gables 1:00 Tiki, Lib 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 6:30 Quarter Bingo, MedCtr</p>	<p>20 10:00 Ladies Prayer Group, Chapel 10:00 Dominoes (42), KKap 10:00 Shopping at Target 1:00 Bridge, Lib 2:00 Art Project, MedCtr</p>	<p>21 1:00 Trivia, MedCtr 2:00 Bingo, MedCtr 4:00 Diabetes Class, MedCtr 6:30 Dominoes, Lib</p>	<p>22 9:00 Shopping at Wal-Mart Bank Day “Accounting” till 11:00 10:00 Men’s Bible Study, Chapel 10:00 Memories in the Making 1:00 Our Lady Queen of Peace, Chapel 2:00 Dirty Board, MedCtr 6:30 Worship Service, Chapel 7:00 Rogue Two</p>	<p>23 10:00 Ladies Bible Study, KKap 1:00 Mexican Train, KKap 1:00 Wii Bowling, FitCtr 1:00 Bridge, Lib 2:00 Movie & Popcorn, MedCtr</p>	<p>24 1:00 Puzzles, 3rd Floor 6:30 Game Night, KKap</p>
<p>25 1:00 Church Service, Chapel 4:00 Bible Study, MedCtr</p>	<p>26 9:30 Jesus Calling Devotions, Chapel 10:00 Social Hour, Gables 10:00 Guess Who?, MedCtr 1:00 Tiki, KKap 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 6:30 Dollar Bingo, MedCtr</p>	<p>27 10:00 Ladies Prayer Group, Chapel 10:00 Dominoes (42), KKap 11:00 Egg Hunt, Front Lawn 1:00 Bridge, KKap 4:00 Generations, MedCtr 7:00 Proclaimers, Atr</p>	<p>28 9:30 Family Hearing, Atr 1:00 Trivia, MedCtr 2:00 Points Bingo, MedCtr 4:00 Diabetes Class, MedCtr 6:30 Dominoes, Lib</p>	<p>29 9:00 Shopping at Wal-Mart Bank Day “First Bank” till 11:00 10:00 Men’s Bible Study, Chapel 1:00 Our Lady Queen of Peace, Chapel 6:30 Worship Service, Chapel</p>	<p>30 10:00 Ladies Bible Study, KKap 11:00 Gourmet Getaway 1:00 Mexican Train, KKap 1:00 Wii Bowling, FitCtr</p>	<p>31 1:00 Puzzles, 3rd Floor 6:30 Game Night, KKap 6:30 Faith Baptist Victorious</p>



Good Times

Health Notes...

A Note from Kari

If I asked what your favorite season was and why, what would you say? Mine without question is spring, it is a season of new growth, and changes are all around. Flowers start blooming and trees start to bud, the days are longer (Yay!), and warmer and we all start to feel a little lighter and brighter. It is the perfect time to put the winter doldrums behind us, motivate ourselves to become more active and help our bodies' move the way they are supposed to. We have a range of classes throughout the day, for just about any ability level, to get you going in the right direction. If you are apprehensive about starting to exercise, come see me in the Fitness Center and I can help decide which class would be right for you.

Gentle Fitness

This is a new class being offered at **4PM on Mondays and Fridays**, it is an easy, low intensity chair class that is perfect for anyone confined to a chair, has balance problems or cannot stand for periods of time. I understand these issues sometimes



keep people from participating and hope that this class will be one that will change your outlook on exercise.

Thank you to everyone that participated in **Wear Red for Women Day and American Hearth Month**. You may think we aren't making a difference by our choice of clothing, but if just one person noticed and decided to take their heart health seriously, then we have accomplished something. "Remember just as ripples spread out when a single pebble is dropped into the water, the actions of individuals can have far reaching effects"-Dalai Lama

— Kari

Fun In The Fitness Center



Please note the Fitness Center schedule has changed!

Water Walking	Pool
Mon–Fri	9:00 am
Chair Aerobics	Fitness Center
Mon - Fri	10:10 am
Open Fitness	Fitness Center
Mon-Fri	1:00 pm
Aqua Fit	Pool
Mon and Fri	2:00 pm
Chair Volleyball	Fitness Center
Mon-Fri	3:00 pm
Gentle Fitness	Fitness Center
Mondays & Fridays	4:00 pm
Brain Games	Fitness Center
Wednesdays	1:00 pm



Healthy lifestyle

National Nutrition Month

March is National Nutrition month and although eating right at any age can be complicated it can be even more so as we get older. Your body changes significantly as you age, a process that calls for changes in how you eat. For one thing, your muscle mass starts to shrink—a decline that actually begins in your 30s—and your metabolism will slow down, which means you'll need fewer calories than you once did. At the same time, your nutrient needs will stay the same or even increase. Your body may begin to have trouble absorbing certain nutrients, such as B12 and magnesium, so every bite will need to provide that much more nourishment. In order to get the nutrients you need, while taking in fewer calories follow these tips.

- Make half your plate fruits and vegetables
- Make at least half your grains whole
- Switch to fat-free or low fat milk, yogurt and cheese
- Vary your protein sources
- Cut back on sodium and empty calories from solid fats and added sugars
- Enjoy your food, but eat less.

A Peek into The Pines

Dementia is one of the scariest diseases to be confronted with. Whether it is for yourself, a family member, or a friend, it is not something that is welcomed. It is an illness of the brain that causes large numbers of nerve cells of the brain to die. This affects a person's ability to think clearly. They become forgetful, easily confused and sometimes aggressive. Concentration becomes very hard and their behavior may seem odd to an outsider. These problems get worse as the disease progresses.

This is where the staff at The Pines begins to shine! We specialize in caring for these wonderful individuals who live with dementia, and we have fun doing so. We step into their world and ease the tension that the resident may experience due to their confusion. We comfort and support them while redirecting their confused thoughts and odd actions.

If you have a loved one living with dementia, The Pines might be the right answer for you! We invite you to

join us for lunch or an activity one day. It's a great way to experience the care we provide for our residents!



3006 McNiel
Wichita Falls, Texas 76309



The Gables at a Glance

This month we are celebrating a very special lady as she turns 103 years old! **Mrs. Jewell Splawn** has lived at The Gables since 2014. She is very proud of her seven children and loves spending time with each one. One of her favorite things to do is shopping at Dillard's. She is always dressed to impress and takes pride in that.

There will be a party for Mrs. Splawn on **March 14, at 3:00 PM in The Gables Activity Room**. Please stop by and celebrate with us and wish Mrs. Splawn a very Happy Birthday!

