

# The Meadow Lark

A Publication of Rolling Meadows

October 2018

Top off a month of  
"Spook-tacular"  
fun at the

## FALL FESTIVAL

Friday, October 26  
6:00 PM to 7:30 PM

Invite your family and friends for an evening  
of spooky fun with carnival style games,  
costume contests, snacks,  
refreshments and  
so much more !

Dress up and come to the Atrium  
to see all the cute "trick-or-treaters" and help us  
pass out candy. There may even be prizes for the best  
decorated walker and resident costumes!

ROLLING  
MEADOWS

940-691-7511

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rmeadows.com

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*Director of Clinic, Wellness, Home Care*

## HONORING & REMEMBERING

In Memory of  
**Johnny Gilbert**  
by Rolling Meadows

In Memory of  
**Wayne Patterson**  
by Rolling Meadows

In Memory of  
**William Thacker**  
by Rolling Meadows

In Memory of  
**Merle Jo Hansen**  
by Rolling Meadows



## HAPPY BIRTHDAY to you!

### OCTOBER BIRTHDAYS

Edra Cardin.....	2
Patricia Disheroon .....	4
Gale Dowdy .....	4
Carolyn Ford .....	4
Jean McAden .....	12
Dorothy Jones.....	17
Mary Schuler .....	18
Tommy Fulton .....	20
Beth Levell .....	21
Polly Pate.....	25
Shirle Foley .....	27

## Welcome to our New Residents!

### RUTH KEUHN

Ruth comes to Rolling Meadows from Walters, Oklahoma. In her free time she likes to read, and do some shopping in the thrift stores. But her most favorite thing is to travel, especially to Ireland! Welcome to the community Ruth!

*Welcome!*

## Please Stop By!

Please don't forget to stop by Amber's office or catch Vickie and have one of them take your photo for the **Resident Directory**. We are still missing many pictures and we cannot finish up the directory until all the pictures have been taken.



## AN EASY \$500!

### Attention Residents!

Did you know about Rolling Meadows' referral program? **You can earn \$500 off one month's service fees when you refer a friend who moves into Rolling Meadows.** Good friends make terrific neighbors, so encourage your friends or family to move to Rolling Meadows today. Make sure to give their information to Amber in marketing **before they sign the lease** so that you can get credit if they move in.

## My Favorite Things

Maalox and nose drops and  
Needles for knitting,  
Walkers and handrails and  
New dental fillings,  
Bundles of magazines tied up in  
String,  
These are a few of my favorite  
Things.

Cadillacs and cataracts and  
Hearing aids and glasses,  
Polident and Fixodent and false  
Teeth in glasses,  
Pacemakers, golf carts and porches  
With swings,  
These are a few of my favorite  
Things.

When the pipes leak,  
When the bones creak,  
When the knees go bad,  
I simply remember my favorite  
Things... and then I don't feel so bad.

Hot tea and crumpets, and corn  
Pads for bunions,  
No spicy hot food or cooking with  
Onions,  
Bathrobes and heat pads and hot  
Meals they bring,  
These are a few of my favorite  
Things.

Back pains, confused brains, and  
No fear of sinning,  
Thin bones and fractures and hair  
That is thinning,  
We will not mention the shortness  
It brings  
When we remember our favorite  
Things.

When the joints ache, when the  
Hip breaks,  
When the eyes grow dim  
I simply remember the great life  
I've had  
And then I don't feel so bad.

— Author Unknown



**2 SHOPPING AT DILLARDS**  
This month's retail therapy will be at Dillard's. We will leave at 3:00 PM. Please sign up early in the Mail Room.

**5 MOVIE MATINEE**  
This week's movie will be "Hocus Pocus". Come on up to the Media Center for the movie and popcorn. The movie starts promptly at 2:00 PM. Come early to get a good seat!

**10 PIZZA PARTY**  
Pepperoni, Veggie or just plain cheese, come to our Pizza party and have it anyway you please! Join us in the Media Center at 11:30 AM. Please sign up in advance in the Mail Room and be sure to list your favorite pizza!

**10 CRAFT HOUR "CANVAS QUILT BLOCK"**  
We are going to make more canvas quilt blocks to add to our "quilt". Come on up to the Media Center at 2:00 to create your own! The more we have, the bigger our quilt will be! Please sign up in advance in the Mail Room.

**11 NATIONAL APPLE MONTH**  
October is National Apple Month and to celebrate we will have apple pie, apple cobbler and ice cream in the Media Center at 2:00 PM. Come join the fun!

**12 SHOPPING AT DOLLAR TREE**  
A second chance for retail therapy! We will leave at 10:00 AM and go to the Dollar Tree. Everything is \$1! Please sign up in advance in the Mail Room.

**12 MOVIE MATINEE**  
This week's movie will be "Halloween Town". Come to the Media Center for the movie and popcorn. We will start promptly at 2:00 PM so come a little early to get a good seat!

**15 PUMPKIN DECORATING**  
Come to the Media Center at 3:00 PM and decorate a pumpkin for our annual Pumpkin Contest! The pumpkins will be displayed in the Atrium for

all to see and vote for their favorite. Please sign up in advance in the Mail Room. Winners will be announced on October 19.

**16 GRUB CLUB**  
This month's Grub Club will go to El Chico's at 11:00 AM. Please sign up in advance in the Mail Room.

**16 ROLLING MEADOWS CHOIR**  
At the request of several residents, we are starting a Rolling Meadows Choir! Join us in the Media Center at 3:00 PM for our first practice!

**18 CRAFT HOUR "WOODEN PUMPKINS"**  
Time to get in the Fall spirit! Join us in the Media Center at 2:00 to make a Wooden Pumpkin. These will be great to decorate your home for the Fall. Please sign up early in the Mail Room.

**19 PUMPKIN JUDGING**  
Come down to the Atrium at 3:00 PM for refreshments and the announcement of the winners of our Pumpkin Contest!

**25 BRAUM'S**  
We're heading over to Braum's for a yummy Sundae or a simple ice cream cone. We will leave at 2:00 PM. Please sign up in advance in the Mail Room.

**26 FALL FESTIVAL**  
Dress up and come down to the Atrium at 6:00 PM to welcome all the kiddos to our community with candy and games! We will have spooky snacks and refreshments and we encourage you to dress up or decorate your walker! More details can be found on the front cover!

**31 HALLOWEEN COOKIE DECORATING**  
Come up to the Media Center at 2:00 PM for the Cookie decorating contest. Winners will be awarded for Best in Show. Please sign up in advance in the Mail Room.

## Comfort Corner

Megan Walker  
Social Worker



When a move to a higher level of care is necessary, the experience may be bewildering at best and traumatic at worst. But trauma isn't inevitable. When individuals transfer to good facilities and transition expertise has guided the move, distress will be minimized and will ease with time. By advocating for elders and drawing on their core values and competencies, social workers can help ease these potentially fraught transitions and help reduce the stress that so commonly accompanies change.


Effort should be made to ensure that individuals are not transferred needlessly, or too swiftly. Social workers can advocate for the right placement in the right level of care, involve the patients to the highest degree possible, and devote themselves to whatever they can do

to help the client adjust, encouraging the highest possible level of communication among all parties.

While it is a team responsibility, social workers play a primary role in educating and supporting caregivers. Social workers can also help by connecting clients and families to the appropriate care facilities to meet their loved one's needs. This helps to minimize the disruption and distress that may accompany a transfer.

If you have questions about the level of care you or your loved one may currently need now or in the future, please feel free to reach out to Megan Walker. Megan is a great resource for all of our residents and she is available by appointment for any of your questions. To reach her, just call the front desk and ask for her!

# OCTOBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 9:30 Devotions, Chapel 10:00 Social Hour, Gables 1:00 Tiki, Lib 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Gin Rummy, Lib 6:30 Quarter Bingo, MedCtr	<b>2</b> 10:00 Ladies Prayer Group, Chapel 10:00 Dominoes (42), Lib 1:00 Bridge, Lib 2:00 Bible Prophecy, MedCtr 3:00 Shopping at Dillard's	<b>3</b> 1:00 Trivia, MedCtr 2:00 Bingo, MedCtr 4:00 Piano w/ Jana, Gables 5:30 Anthony Ailey, Pianist, Atr 6:30 Dominoes, Lib	<b>4</b> 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 6:30 Dominoes, Lib	<b>5</b> 8:30 Coffee & Conversation, KKap 1:00 Mexican Train, KKap 1:00 Bridge, Lib 2:00 Movie Matinee, MedCtr	<b>6</b> 1:00 Puzzles, 3rd Floor 6:30 Game Night, KKap
	<b>7</b> 1:00 Church Service, Chapel 4:00 Bible Study, MedCtr	<b>8</b> 9:30 Devotions, Chapel 10:00 Social Hour, Gables 1:00 Tiki, Lib 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Gin Rummy, Lib 6:30 Quarter Bingo, MedCtr	<b>9</b> 10:00 Ladies Prayer Group, Chapel 10:00 Dominoes (42), Lib 1:00 Bridge, Lib 2:00 Bible Prophecy, MedCtr 4:00 Generations, MedCtr	<b>10</b> 11:30 Pizza Party, MedCtr 1:00 Trivia, MedCtr 2:00 Craft Hour, MedCtr 4:00 Piano w/ Jana, Gables 6:30 Dominoes, Lib	<b>11</b> 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 Nat'l Apple Month, MedCtr 5:00 Breakfast Buffet, RenRm 6:30 Worship Service, Chapel 6:30 Dominoes, Lib	<b>12</b> 10:00 Shopping at Dollar Tree 1:00 Mexican Train, KKap 1:00 Bridge, Lib 2:00 Movie Matinee, MedCtr
<b>14</b> 1:00 Church Service, Chapel 4:00 Bible Study, MedCtr	<b>15</b> 9:30 Devotions, Chapel 10:00 Social Hour, Gables 1:00 Tiki, Lib 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Gin Rummy, Lib 3:00 Pumpkin Painting, MedCtr 6:30 Quarter Bingo, MedCtr  <i>Apartment Filter Changes</i>	<b>16</b> 9:00 Connect Hearing, KKap 10:00 Ladies Prayer Group, Chapel 10:00 Dominoes (42), Lib 11:00 Grub Club 1:00 Bridge, Lib 2:00 Bible Prophecy, MedCtr 3:00 Choir, MedCtr	<b>17</b> 1:00 Trivia, MedCtr 2:00 Bingo, MedCtr 4:00 Piano w/ Jana, Gables 6:30 Dominoes, Lib	<b>18</b> 9:00 Shopping at Wal-Mart Bank Day "Accounting" till 11:00 10:00 Men's Bible Study, Chapel 10:00 Spades, Lib 1:00 Our Lady Queen of Peace, Chapel 2:00 Craft Hour, MedCtr 6:30 Worship Service, Chapel 6:30 Dominoes, Lib	<b>19</b> 1:00 Mexican Train, KKap 1:00 Bridge, Lib 3:00 Pumpkin Contest, Atr	<b>20</b> 1:00 Puzzles, 3rd Floor 6:30 Game Night, KKap
<b>21</b> 1:00 Church Service, Chapel 4:00 Bible Study, MedCtr	<b>22</b> 9:30 Devotions, Chapel 10:00 Social Hour, Gables 1:00 Tiki, Lib 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Gin Rummy, Lib 6:30 Quarter Bingo, MedCtr	<b>23</b> 10:00 Ladies Prayer Group, Chapel 10:00 Dominoes (42), Lib 1:00 Bridge, Lib 2:00 Bible Prophecy, MedCtr 4:00 Generations, MedCtr	<b>24</b> 1:00 Trivia, MedCtr 2:00 Bingo, MedCtr 4:00 Piano w/ Jana, Gables 6:30 Dominoes, Lib	<b>25</b> 9:00 Shopping at Wal-Mart Bank Day "First Bank" till 11:00 10:00 Men's Bible Study, Chapel 10:00 Spades, Lib 1:00 Our Lady Queen of Peace, Chapel 2:00 Braum's 6:30 Worship Service, Chapel 6:30 Dominoes, Lib	<b>26</b> 1:00 Mexican Train, KKap 1:00 Bridge, Lib 6:00 Fall Festival, Atr	<b>27</b> 1:00 Puzzles, 3rd Floor 6:30 Game Night, KKap
<b>28</b> 1:00 Church Service, Chapel 4:00 Bible Study, MedCtr	<b>29</b> 9:30 Devotions, Chapel 10:00 Social Hour, Gables 1:00 Tiki, Lib 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Gin Rummy, Lib 6:30 Quarter Bingo, MedCtr	<b>30</b> 10:00 Ladies Prayer Group, Chapel 10:00 Dominoes (42), Lib 1:00 Bridge, Lib 2:00 Bible Prophecy, MedCtr 7:00 The Proclaimers, Atr	<b>31</b> 9:30 Family Hearing, Atr 1:00 Trivia, MedCtr 2:00 Halloween Cookie Decorating Contest, MedCtr 4:00 Piano w/ Jana, Gables 6:30 Dominoes, Lib  <i>Happy Halloween!</i>	<b>Courtesy Van to Dr Offices:</b> Tues, Wed 9:00 – 3:30, Thurs 1:00 – 3:30  <b>Dry Cleaning</b>  <b>Drop-Off:</b> 10:00 Tuesday 2nd Floor Atrium Laundry Room <b>Pickup:</b> 2:00 Thursday 2nd Floor Atrium Laundry Room		





# Good Times

## A Note from Kari



I have been noticing some new faces around Rolling Meadows and I want to Welcome you to the Fitness Center. I hope that after you get settled you will come check out what we have to offer. We have a range of classes for all fitness levels and even a couple that don't require any skill and are just fun. If you have any questions about the classes you see listed, please come visit with me.

Everyday starting October 1st I will be hiding a Ghost somewhere around Rolling Meadows. If you find it, bring it to me in the Fitness Center for a Halloween treat!

— Kari

## Cold and Flu Prevention

Getting a cold or the flu is a miserable inconvenience for anyone. For an older adult, the outcome can be worse than a few missed days at work or the inability to enjoy one's activities, it can be much more serious. Older immune systems tend to be weaker which allows the flu to turn into more serious conditions such as bronchitis and/or pneumonia.

While an illness can hit anyone at anytime, there are ways to prevent colds and flu. The best way to treat a cold or flu is to not get it in the first place. Prevention is key. Seniors and their caretakers should keep the following tips in mind to keep an older adult healthy:

- **Build Up Your Immune System**  
Sleeping well, eating well – including lots of fruits and vegetables – managing stress levels and drinking lots of water can help build a healthy immune system.
- **Kids Can Equal Germs**  
Grandparents love nothing more in this world than their grandchildren. Unfortunately, with kids come germs, and all those hugs and kisses can transmit germs to an older adult.

● **Wash Your Hands**  
Your mother was right when she told you to wash your hands before meals. Washing your hands often throughout the day will keep many germs at bay.

● **Watch Where Your Hands Go**  
On average, people touch their faces 3.6 times per hour and touch common objects such as tables, phones, and doorknobs 3.3 times per hour. This is one of the most common ways germs can be transmitted from person to person. Avoid touching your eyes, nose or mouth as much as possible to prevent germs from being transmitted to those locations.

● **Keep Your Distance**  
Sometimes, it is a good thing to be a little antisocial during cold and flu season. Keeping distance between yourself and people who are ill is a good step in avoiding a cold. Consider keeping your distance in cars and elevators or in areas where large groups of people congregate.

● **Get A Flu Shot**  
This goes without saying. According to the American Lung Association, all adults over the age of fifty need to get a seasonal flu shot.

## Fun In The Fitness Center



Please note the Fitness Center schedule has changed!

<b>Water Walking</b> .....	Pool
Mon–Fri	9:00 am
<b>Chair Aerobics</b> .....	Fitness Center
Mon - Fri	10:10 am
<b>Wii Bowling</b> .....	Fitness Center
Mon & Thurs	1:00 pm
<b>Open Fitness</b>	Fitness Center
Mon/Tue/Thurs/Fri	1:00 pm
Wed	2:00 pm
<b>Aqua Fit</b> .....	Pool
Tues/ Thurs	2:00 pm
<b>Chair Volleyball</b> .....	Fitness Center
Mon-Fri	3:00 pm
<b>Gentle Fitness</b> .....	Fitness Center
Mondays & Fridays	4:00 pm
<b>Trivia/Brain Games</b> .....	Fitness Center
Wednesdays	1:00 pm



## A Little Bit of Humor

Life's too short to fold fitted sheets.



# A Peek At The Pines

We are excited to celebrate our  
*One Year Anniversary!*

## THE PINES AT ROLLING MEADOWS

Please join us **October 23**  
for our  
*Open House Celebration*

Come and go from 4:00 PM to 6:00 PM.

Enjoy light refreshments and  
see what we've been doing in the past year.  
Take this opportunity to tour the beautiful building and  
see the services we offer to our residents first hand!

*We hope to see you there!*

ROLLING  
MEADOWS

3006 McNiel  
Wichita Falls, Texas 76309



# The Gables At A Glance

Each month the residents in The Gables have a luncheon. We take special orders from each resident to the chosen local restaurant and have the food delivered. The residents all gather in the Dining Room and enjoy a great lunch together! This past month, our residents chose to order from Luigi's Italian Kitchen. It was definitely not disappointing! We are excited for next month's luncheon.



*Why don't you come join us?!*