

# The *Meadow Lark*

A Publication of Rolling Meadows

January 2019



## 2019 Happy New Year!

*Wishing everyone at  
Rolling Meadows a year of  
peace, hope, good health,  
love and friendship!*

ROLLING  
MEADOWS

940-691-7511

Rolling Meadows Staff  
rmeadows.com

**Marsha Conyea** .....Ext. 102  
*Executive Director*

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

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*Director of Grounds, Maintenance, Security*

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*Director of Nursing, The Gables*

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





The Staff wishes to express our sincere gratitude for the generous donations made by the residents to the Employee Appreciation Fund.

We thank you for allowing us to be a part of your lives. Thank You!

## Welcome!

We are excited to introduce our new Marketing Director, Angel Sheets! Angel has lived in Iowa Park for the past 38 years. Her and her husband,



Skip, have been married 37 years and they have two daughters and 5 grandchildren. Angel has been in the senior living industry for 10 years and says she feels like she has come home here at Rolling Meadows. In her spare time she loves spending time with her grandchildren and go camping and kayaking. **Please come to the Knight Kap on January 4 at 9:00 AM for Coffee & Conversation and a chance to welcome Angel to our community!**

# Happy BIRTHDAY

## JANUARY BIRTHDAYS

Billye Ellis.....	1
Joanne Hodge.....	4
Joyce Barham .....	4
Al Flack .....	4
Joann Riddle .....	6
Dorotha Reagan .....	6
Barbara Kleinecka .....	8
Marianne Jones .....	10
Jerry Morgan .....	14
Pete Woolsey.....	14
Gladys Franklin.....	14
Doris Cotton .....	16
Sylvia Flusche .....	18
Larry Beisch.....	19
Yvonne Eastman .....	20
Martha Lucas.....	20
John Pittner .....	20
Ruth Kramer.....	22
Kenneth Sandefur .....	25
Klara McMillan .....	30

## Welcome to our New Residents!

**PAUL SULLENGER** Paul Sullenger was born in Montague County but has been a resident of Wichita Falls for the past 71 years and he is looking forward to making new friends here! Paul likes to play dominoes and 42. Welcome to our family here at Rolling Meadows Paul!

## HONORING & REMEMBERING

In Memory of  
**Finis Martin**  
by Rolling Meadows

In Memory of  
**Robert Mengal**  
by Rolling Meadows

In Memory of  
**Ora Crager**  
by Rolling Meadows

### Recipe from Active Aging Week

Mimi made this high protein, low carb energy snack that several have requested the recipe.

## Peanut Butter Balls


- 1 cup peanut butter (creamy or crunchy)
- 1 cup of uncooked oatmeal
- 1 teaspoon of vanilla for flavoring
- Mix together and shape into balls. Refrigerate for up to 5 days.
- May add Splenda or Truvia sweetener or raw honey for added flavor
- Other add-ins: Flax seeds, sunflower seeds, nuts, raisins, craisins or dried cherries



# January Events

- 3 BIRTHDAY PARTY**  
Join us in the Media Center at 2:00 PM to celebrate the January birthdays with cake and ice cream. Everyone is invited and encouraged to come!
- 4 COFFEE & CONVERSATION**  
Come to the Knight Kap at 9:00 AM to enjoy a cup of coffee and great conversation with your fellow neighbor. This is a good opportunity to meet new residents or invite a friend to share the fun with.
- 4 CHOIR PRACTICE**  
at 2:00 PM in the Media Center
- 8 SIT 'N CHAT**  
Grab your neighbor and come up to the Media Center at 1:30 for the Sit 'N Chat. This is a great chance to ask questions and find out new information about our community!
- 8 CRAFT HOUR**  
Do you have a special recipe you would like to share? Come to the Media Center at 3:00 PM as we continue to create the Rolling Meadows Recipe Book. We would like to have lots of recipes in the book, so bring more than one if you'd like. Be sure to write your name on it!
- 8 GENERATIONS**  
at 4:00 PM in the Media Center
- 9 BINGO**  
at 2:00 PM in the Media Center
- 10 CHOIR PRACTICE**  
at 2:00 PM in Media Center
- 11 PIZZA LUNCHEON**  
Pepperoni, veggie or just plain cheese, come to our Pizza Party and have it anyway you please! Join us in the Media Center at 11:00 AM. Please sign up in advance in the Mail Room and be sure to list your favorite pizza!
- 11 FIRST UNITED METHODIST CHURCH CONCERT**  
First United Methodist Church will be hosting their Kiyo & Chiemi Watanabe Concert at 7:00 PM. We will depart at 6:00 PM and we must have 6 people committed to go. You won't want to miss this concert. Please sign up in advance in the Mail Room.
- 15 SHOPPING AT KOHLS**  
We will leave at 3:15 PM and go to Kohls for a little retail therapy. There's something for everyone! Please sign up in advance in the mail room.
- 16 KIOWA CASINO**  
We will be testing our luck and heading over to Kiowa Casino at 11:00 AM. Enjoy lunch and then hit the machines! Please sign up in advance in the mail room.
- 16 BINGO WITH HOSPICE**  
at 2:00 PM in Media Center
- 17 GOURMET GETAWAY TO HUNANS**  
This month's Gourmet Getaway will be at Hunan's. Invite your neighbor and come enjoy their great buffet! We will leave at 11:00AM. Please sign up in advance in the Mail Room.
- 17 MEET & GREET**  
This will be a fun Meet and Greet. Bring your neighbors to the Media Center at 2:00 PM and please bring an item from somewhere you have traveled. Be prepared to share the story behind your item with everyone!
- 17 CHOIR PRACTICE**  
at 3:00 PM in Media Center
- 22 BRAUM'S**  
It's never too cold for ice cream! Let's head over to Braum's for a yummy sundae or a simple ice cream cone. We will leave at 3:00 PM. Please sign up in the Mail Room.
- 22 GENERATIONS**  
Come up to the Media Center at 4:00 PM to visit with the kids from Big Brothers and Big Sisters in a Generations group. You will enjoy learning just how much of an impact you can make on their lives!
- 23 BINGO**  
at 2:00 PM in Media Center
- 24 LADIES WINTER TEA PARTY**  
Ladies here is your chance to dress up and have some fun. Join us in the Media Center at 2:00 PM and enjoy an old fashioned tea party!
- 29 THE PROCLAIMERS**  
The Proclaimers will have your hearts singing His praises with their beautiful voices. Grab your seat in the Atrium by 7:00 PM to enjoy an old fashion worship experience.
- 30 CHOIR PRACTICE**  
at 2:00 PM in Media Center
- 31 INSPIRE YOUR HEART WITH ART DAY**  
You will not want to miss this class! Pocket Picasso will be assisting us in painting our very own master piece. Meet us in the Media Center at 2:00.

# JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> <i>Happy New Year!</i>	<b>2</b> 1:00 <b>Trivia</b> , MedCtr 2:00 <b>Bingo</b> , MedCtr 4:00 <b>Piano w/ Jana</b> , Gables 6:30 <b>Dominoes</b> , Lib  <i>Run Up The Flagpole &amp; See If Anyone Salutes Day</i>	<b>3</b> 9:00 <b>Shopping at Wal-Mart Bank Day "First Bank"</b> till 11:00 10:00 <b>Men's Bible Study</b> , Chapel 1:00 <b>Our Lady Queen of Peace</b> , Chapel 2:00 <b>Birthday Party</b> , MedCtr 6:30 <b>Worship Service</b> , Chapel 6:30 <b>Dominoes</b> , Lib <i>Fruitcake Toss Day</i>	<b>4</b> 9:00 <b>Coffee &amp; Conversation</b> , KKap 1:00 <b>Mexican Train</b> , KKap 2:00 <b>Choir Practice</b> , MedCtr 1:00 <b>Bridge</b> , Lib  <i>National Spaghetti Day</i>	<b>5</b> 1:00 <b>Puzzles</b> , 3rd Floor 6:30 <b>Game Night</b> , KKap  <i>National Bird Day</i>
<b>6</b> 1:00 <b>Church Service</b> , Chapel 4:00 <b>Bible Study</b> , MedCtr  <i>Cuddle Up Day</i>	<b>7</b> 9:30 <b>Devotions</b> , Chapel 1:00 <b>Tiki</b> , Lib 1:00 <b>Wii Bowling</b> , FitCtr 2:00 <b>Grocery Shopping</b> <b>Gin Rummy</b> , Lib 2:00 <b>Quarter Bingo</b> , MedCtr  <i>Old Rock Day</i>	<b>8</b> 9:30 <b>Blood Pressure Clinic</b> , Atr 10:00 <b>Ladies Prayer Group</b> , Chapel 10:00 <b>Dominoes (42)</b> , Lib 1:00 <b>Bridge</b> , Lib 1:30 <b>Sit 'N Chat</b> , MedCtr 2:00 <b>Bible Prophecy</b> , MedCtr 3:00 <b>Craft Hour</b> , MedCtr 4:00 <b>Generations</b> , MedCtr  <i>Bubble Bath Day</i>	<b>9</b> 1:00 <b>Trivia</b> , MedCtr 2:00 <b>Bingo</b> , MedCtr 4:00 <b>Piano w/ Jana</b> , Gables 6:30 <b>Dominoes</b> , Lib  <i>National Take The Stairs Day</i>	<b>10</b> 9:00 <b>Shopping at Wal-Mart Bank Day "Accounting"</b> till 11:00 10:00 <b>Men's Bible Study</b> , Chapel 1:00 <b>Our Lady Queen of Peace</b> , Chapel 2:00 <b>Choir Practice</b> , MedCtr 5:00 <b>Breakfast Buffet</b> , <b>Worship Service</b> , Chapel 6:30 <b>Dominoes</b> , Lib	<b>11</b> 11:00 <b>Pizza Luncheon</b> , MedCtr 1:00 <b>Mexican Train</b> , KKap 1:00 <b>Bridge</b> , Lib 2:00 <b>Choir Practice</b> , MedCtr 6:00 <b>First United Methodist Church Concert</b>  <i>Step In A Puddle &amp; Splash Day</i>	<b>12</b> 1:00 <b>Puzzles</b> , 3rd Floor 6:30 <b>Game Night</b> , KKap
<b>13</b> 1:00 <b>Church Service</b> , Chapel 4:00 <b>Bible Study</b> , MedCtr	<b>14</b> 1:00 <b>Tiki</b> , Lib 1:00 <b>Wii Bowling</b> , FitCtr 2:00 <b>Grocery Shopping</b> <b>Gin Rummy</b> , Lib 2:00 <b>Quarter Bingo</b> , MedCtr  <i>Dress Up Your Pet Day</i>	<b>15</b> 10:00 <b>Ladies Prayer Group</b> , Chapel 10:00 <b>Dominoes (42)</b> , Lib 1:00 <b>Bridge</b> , Lib 2:00 <b>Bible Prophecy</b> , MedCtr 3:15 <b>Shopping At Kohls</b>  <i>Cottage Filter Changes</i>	<b>16</b> 11:00 <b>Kiowa Casino</b> 1:00 <b>Trivia</b> , MedCtr 2:00 <b>Bingo with Hospice</b> , MedCtr 4:00 <b>Piano w/ Jana</b> , Gables 6:30 <b>Dominoes</b> , Lib  <i>National Nothing Day</i>	<b>17</b> 9:00 <b>Shopping at Wal-Mart Bank Day "First Bank"</b> till 11:00 10:00 <b>Men's Bible Study</b> , Chapel 11:00 <b>Gourmet Getaway</b> 1:00 <b>Our Lady Queen of Peace</b> , Chapel 2:00 <b>Meet &amp; Greet</b> , MedCtr 3:00 <b>Choir Practice</b> , MedCtr 6:30 <b>Worship Service</b> , Chapel 6:30 <b>Dominoes</b> , Lib	<b>18</b> 1:00 <b>Mexican Train</b> , KKap 1:00 <b>Bridge</b> , Lib	<b>19</b> 1:00 <b>Puzzles</b> , 3rd Floor 6:30 <b>Game Night</b> , KKap  <i>National Popcorn Day</i>
<b>20</b> 1:00 <b>Church Service</b> , Chapel 4:00 <b>Bible Study</b> , MedCtr  <i>Penguin Awareness Day</i>	<b>21</b> 9:30 <b>Devotions</b> , Chapel 1:00 <b>Tiki</b> , Lib 1:00 <b>Wii Bowling</b> , FitCtr 2:00 <b>Grocery Shopping</b> <b>Gin Rummy</b> , Lib 2:00 <b>Quarter Bingo</b> , MedCtr  <i>National Hugging Day</i>	<b>22</b> 9:00 <b>Connect Hearing</b> , KKap 10:00 <b>Ladies Prayer Group</b> , Chapel 10:00 <b>Dominoes (42)</b> , Lib 1:00 <b>Bridge</b> , Lib 2:00 <b>Bible Prophecy</b> , MedCtr 3:15 <b>Braum's</b> 4:00 <b>Generations</b> , MedCtr	<b>23</b> 1:00 <b>Trivia</b> , MedCtr 2:00 <b>Bingo</b> , MedCtr 4:00 <b>Piano w/ Jana</b> , Gables 6:30 <b>Dominoes</b> , Lib  <i>National Pie Day</i>	<b>24</b> 9:00 <b>Shopping at Wal-Mart Bank Day "Accounting"</b> till 11:00 10:00 <b>Men's Bible Study</b> , Chapel 1:00 <b>Our Lady Queen of Peace</b> , Chapel 2:00 <b>Ladies Winter Tea Party</b> , MedCtr 6:30 <b>Worship Service</b> , Chapel 6:30 <b>Dominoes</b> , Lib <i>Compliment Day</i>	<b>25</b> 1:00 <b>Mexican Train</b> , KKap 1:00 <b>Bridge</b> , Lib  <i>Opposite Day</i>	<b>26</b> 1:00 <b>Puzzles</b> , 3rd Floor 6:30 <b>Game Night</b> , KKap 6:30 <b>Wichita Falls Symphony</b>
<b>27</b> 1:00 <b>Church Service</b> , Chapel 4:00 <b>Bible Study</b> , MedCtr	<b>28</b> 9:30 <b>Devotions</b> , Chapel 1:00 <b>Tiki</b> , Lib 1:00 <b>Wii Bowling</b> , FitCtr 2:00 <b>Grocery Shopping</b> <b>Gin Rummy</b> , Lib	<b>29</b> 10:00 <b>Ladies Prayer Group</b> , Chapel 10:00 <b>Dominoes (42)</b> , Lib 1:00 <b>Bridge</b> , Lib 2:00 <b>Bible Prophecy</b> , MedCtr 7:00 <b>The Proclaimers</b> , Atr  <i>National Corn Chip Day</i>	<b>30</b> 9:30 <b>Family Hearing</b> , Atr 1:00 <b>Trivia</b> , MedCtr 2:00 <b>Choir Practice</b> , MedCtr 4:00 <b>Piano w/ Jana</b> , Gables 6:30 <b>Dominoes</b> , Lib	<b>31</b> 9:00 <b>Shopping at Wal-Mart Bank Day "Accounting"</b> till 11:00 10:00 <b>Men's Bible Study</b> , Chapel 1:00 <b>Our Lady Queen of Peace</b> , Chapel 2:00 <b>Inspire Your Heart With Art</b> , MedCtr 6:30 <b>Worship Service</b> , Chapel 6:30 <b>Dominoes</b> , Lib	<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 love Christmas, the Christmas tree and all the accoutrements go up the weekend after Thanksgiving and stay up until January 1. More often than not I have Christmas music playing or I am singing (not what my husband calls it) my favorite Christmas songs. Over all my mood is just so much more joyful. That being said, I am ever so thankful to be done with the Christmas activities. After a month of rearranging the Fitness Schedule, it is wonderful to get back into our routine and move on to the new year and all the wonderful things that it may bring.

— Kari

## What is your New Year's Resolution?

It's that time of year again, time to reevaluate the past year and reflect on how we can make the coming year better. It's not uncommon for both young and old to make resolutions for better health in the new year, but following through with those goals is a challenge most of us struggle with. Below are some healthy resolutions for older adults that will hopefully encourage you to make this year the best one yet.

### Eat Healthier

As you age, your body still requires healthy foods, but you will need fewer calories. Strive to eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats. Eat at least five servings of fruits and vegetables each day in a variety of colors. Eat nuts and beans daily along with fiber-rich whole grain bread, brown rice, and whole-grain pasta. Try to avoid fatty meats by choosing lean-meat options like chicken or turkey. Also, you can eat heart-healthy fish a couple of times each week. Add calcium and Vitamin D to your diet like milk, yogurt or cheese. Healthy fats are great options (like olive and canola oils).

### Be Active

*Chair Aerobics everyday at 10:10 AM*  
*Gentle Fitness Mondays and Fridays at 4:00 PM*  
*Aqua Fit Tuesdays and Thursdays at 2:00 PM*

Even if you have a diagnosis that impacts your health (like heart disease, diabetes or arthritis), physical activity can still be safe for older adults. If so, this is encouraged and can often help with some of the symptoms related to these conditions.

### Visit your Healthcare Provider

As a rule of thumb, you should schedule an annual wellness check with your healthcare provider around your birthday. At this visit you can discuss any changes or concerns that you may have, the current medications that you're taking, and any recommended health screenings or immunizations. Of course, if you have any concerns about your health you should schedule an appointment with your provider right away.

## 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

## Winter Precautions

Winter is finally here and we want to remind you of these winter precautions so you can stay safe and warm this winter season!

- \* Remember that if there is ice/snow on the ground, Dining will deliver your meals to you in the cottages with no delivery charge.
- \* When we are expecting snow/ice, please be sure you are stocked up on groceries and medications. If you need help with this, Home Health is always available to you!
- \* If you will be leaving town for a few days, please keep you heat on. This will help keep the pipes from freezing and bursting.





# A Peek At The Pines



There's always something cookin' at The Pines!



THE  
**PINES**  
AT ROLLING MEADOWS

ROLLING  
MEADOWS

3006 McNiel  
Wichita Falls, Texas 76309



# The Gables At A Glance

The holidays in The Gables were full of fun and music! Residents decorated gingerbread houses and enjoyed music from many groups including the Eagle Flats Beats Band.

