

The *Meadow Lark*

A Publication of Rolling Meadows

July 2019

Happy Independence Day!

We will kick off the Fourth on the third with Levi Mullen “The Human Juke Box” playing country and patriotic songs in the Atrium at 5:00 PM.

The celebration continues on the Fourth with a special lunch of hamburgers & hot dogs with all the fixin’s with watermelon and homemade ice cream too!

Please join us as we celebrate this All-American Holiday!



ROLLING
MEADOWS

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

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Director of Dining Services

Cindy NoeExt. 112
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HONORING & REMEMBERING

In Memory of
Dorothy Boon
by James & Margaret Galloway

In Memory of
Alene Vinson
by Rolling Meadows

In Memory of
Alene Vinson
by James & Margaret Galloway

In Memory of
Leonida Hart
by Rolling Meadows

In Memory of
Marion Barrett
by Rolling Meadows

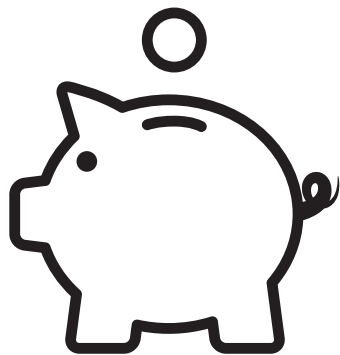
In Memory of
Larry Russell
by Rolling Meadows

In Memory of
Jim Pitts
by Rolling Meadows

In Memory of
Harry Beth Levell
by Rolling Meadows

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.

Save up your money for our Bazaar coming in August!!!



JULY BIRTHDAYS

Regina Kennedy 1
V.C. Saied 2
Gearldine Bingham 4
James Galloway 6
Wilma Fulton 7
Kenneth Mitchell 8
Cecil Clubb 11
Janica Rubane 13
Jackie Brosch 14
Mary K. Carroll 15
Lois Kramer 15
Ena Byrd 15
Bryon Ward 16
Mary Branton 17
Lyla Humphries 17
LaNell Hogan 18
Bill Ewalt 19
Dottie Brookner 25

Happy **BIRTHDAY** to you!

Betsy Harper 25
Mary Horton 26
Dorothy Lipscomb 27
Pat Moser 27
Judy Simmons 27
Quentin Kramer 28
Wanda Ewalt 29
Kay Weber 30
Valda Cooksey 31
Michael Jefferson 31

Welcome to our New Residents!

GARY AND JOANNE SILVERMAN are lately from Wichita Falls. They own Personal Money Planning which is a financial planning and investment management firm. Everyone please welcome Gary and Joanne to our community!

DON THOMAS is from Kirkland, TX and **IMA THOMAS** is from Quanah, TX. Don retired from TU Electric after 38 years. He enjoys a cup of coffee and good conversation. Ima worked a variety of jobs including M.F. Moses Variety Store in Dallas, McClurkins and a cafeteria cook in the Wichita Falls ISD. She enjoys people and they are both looking forward to making new friends! Welcome to our family here at Rolling Meadows Don and Ima!

DAVID SR. AND PRISCILLA JAMESON were raised in Ft. Worth and lived in Bowie for 34 years. They retired to New River, AZ for ten years before coming to Wichita Falls. They enjoy following

auto racing, hockey, football and baseball. They also enjoy travel tours, gospel and western swing music. They are looking forward to making new friends! Welcome to our family here at Rolling Meadows David Sr. and Priscilla!

ANN LESSIG is from Wichita Falls and enjoys reading, water exercise, movies and walking. Ann also loves her regular hair appointments and manicures and pedicures. From time to time Ann will do volunteer work. Ann is looking forward to making new friends! Welcome to our Rolling Meadows family Ann!

LARRY MURDOCK has lived in many different areas such as Illinois, New Mexico, Florida, Ohio, California but most recently in Clay County. Larry says he used to play bridge and barely tried playing dominoes. Larry really enjoyed swimming. Please take time to introduce yourself to Larry! Welcome to our family here at Rolling Meadows Larry!



JULY EVENTS

3 FOURTH OF JULY CELEBRATION!
To help kick off the festivities we will have Levi Mullen "The human juke box" playing country and patriotic songs in the Atrium beginning at 5:00 PM. Invite your friends and neighbors to enjoy the live music during dinner!

4 HAPPY INDEPENDENCE DAY!
Our awesome kitchen staff will be grilling up some hamburgers and hot dogs. Along with that we will have chili, tomatoes, onions, pickles, coleslaw, potato salad, baked beans, watermelon, homemade ice cream and assorted cookies!!!



5 HAPPY BIRTHDAY!
Happy Birthday to you, Happy Birthday to you, Happy Birthday dear resident, Happy Birthday to you! We love to celebrate our residents on their birthday month. Head to the Media Center at 2:00 PM for cake and ice cream and say "Happy Birthday" to your fellow friends!

9 KIOWA CASINO has it all! With more than 800 slot machines and nearly one dozen table games, three unique restaurants and the friendliest service in the state, Kiowa Casino is the entertainment destination and it is our destination today! Please sign up in advance in the mail room. Let's fill up the bus!

★ **11 GOURMET GETAWAY**
When it comes to a different dining experience, Salt & Pepper is the place to go! This amazing Mediterranean dining establishment is owned by the sweetest people who are dedicated to an authentic and intimate dining experience. We hear the Greek coffee is unbelievable and the owner can do a reading from the coffee grounds! Sign up in the mail room and be on the bus at 11:00 AM!!!

★ **12 CALLING ALL LADIES!!!**
Charl Bragg with Mary Kay will be talking about beauty and what makes you unique. Make sure all your friends and neighbors don't forget to be in the Media Center at 2:00 PM.

★ **15 FEEL PREPARED. GIVE BLOOD.**
When you give blood you'll feel good about saving someone's life. The Texas Blood Institute will be parked out front from 9:00-11:30 AM. To meet our community blood supply needs, they depend on people like you to make blood donations every day of the year. They know you will feel good about saving lives, but they also want you to feel good while you donate. So eat well, try to include iron-rich foods in your diet. Get a good night's sleep. Drink plenty of fluids. Please bring a photo ID with you. When you arrive, there will be a brief registration process.

★ **16 COFFEE & CONVERSATION**
Meet Marsha, our Executive Director, in the Media Center at 1:30 PM to hear what's going on here at Rolling Meadows. Have all your questions answered and share any concerns you may have. All of the department directors will be in attendance so they are available to answer questions and hear your ideas as well.

★ **19 KOOL OFF WITH KONA ICE**
Walk over to the parking lot in front of The Gables and grab a cup of your favorite flavor from Kona Ice from 3:00-4:00 PM. Kona Ice is way more than shaved ice, it's a total taste, sight and sound experience!

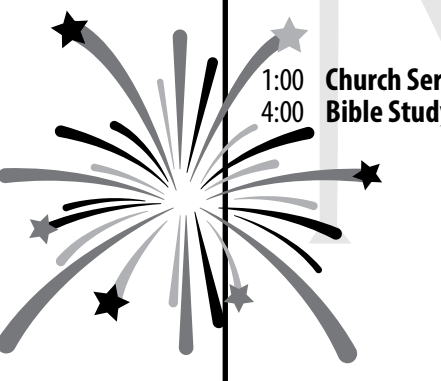
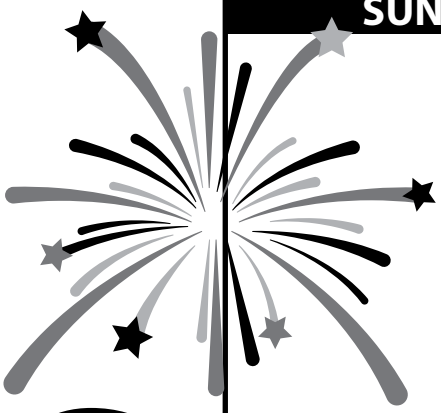
★ **23 SHOPPING AT DILLARD'S**
Sign up and join us as the bus leaves at 3:15 PM to take us shopping at Dillard's! This time of year Dillard's usually will have summer specials. Shoes, handbags, cute outfits, new housewares and gifts for those grandchildren and great children. Christmas is just around the corner!

★ **23 CLARK EYE CENTER** will be in the Knight Kap from 1:00-3:00 PM. They will once again be providing eye screening and help with adjusting eyeglasses as well as cleaning them. Please make sure to participate in this event so we can continue to have this wonderful service on a regular basis!

★ **24 TRIP TO BRAUM'S**
The weather is hot and there is nothing better to cool us off than ice cream! Sign up to jump on the bus at 3:00 PM to drive over to Braum's! This is also a great opportunity to grab a few goodies to snack on later.

★ **25 MEET AND GREET**
Invite your new and old friends to head over to the Media Center at 2:00 PM for our Meet and Greet and enjoy some fruit and cheese and crackers! This is a great time to meet our new residents or reconnect with a few friends you may have not seen in awhile!

JULY 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30 Devotional w/Vickie, Chapel 1:00 Tiki, Lib 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Gin Rummy, Lib 6:30 Quarter Bingo, MedCtr	2 9:30 Blood Pressure Clinic, Atr 10:00 Ladies Prayer Group, Chapel 10:00 Dominoes (42), Lib 1:00 Bridge, Lib 1:00 Wii Games, FitCtr 2:00 Bible Prophecy, MedCtr	3 1:00 Brain Games/Trivia, MedCtr 2:00 Bingo, MedCtr 4:00 Piano w/ Jana, Gables 5:00 July 4th Celebration with Levi Mullen, Atr 6:30 Dominoes, Lib	4 	5 1:00 Mexican Train, KKap 1:00 Bridge, Lib 1:00 Wii Games, FitCtr 2:00 Birthday Party, MedCtr	6 1:00 Puzzles, 3rd Floor 6:30 Game Night, KKap
7 1:00 Church Service, Chapel 4:00 Bible Study, MedCtr	8 9:30 Devotional w/Vickie, Chapel 1:00 Tiki, Lib 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Gin Rummy, Lib 6:30 Quarter Bingo, MedCtr	9 9:30 Blood Pressure Clinic, Atr 10:00 Ladies Prayer Group, Chapel 10:00 Dominoes (42), Lib 11:00 Kiowa Casino 1:00 Bridge, Lib 1:00 Wii Games, FitCtr 2:00 Bible Prophecy, MedCtr	10 1:00 Brain Games/Trivia, MedCtr 2:00 Bingo, MedCtr 4:00 Piano w/ Jana, Gables 6:30 Dominoes, Lib	11 9:00 Shopping at Wal-Mart 10:00 Bank Day "Accounting" till 11:00 10:00 Men's & Ladies Bible Study, Chapel 11:00 Gourmet Getaway 1:00 Our Lady Queen of Peace, Chapel 1:00 Wii Bowling, FitCtr 6:30 Worship Service, Chapel 6:30 Dominoes, Lib	12 1:00 Mexican Train, KKap 1:00 Bridge, Lib 1:00 Wii Games, FitCtr 2:00 Charl Bragg with Mary Kay	13 1:00 Puzzles, 3rd Floor 6:30 Game Night, KKap
14 1:00 Church Service, Chapel 4:00 Bible Study, MedCtr	15 9:00 Texas Blood Institute 'til 11:30 am 9:30 Devotional w/Vickie, Chapel 1:00 Tiki, Lib 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Gin Rummy, Lib 6:30 Quarter Bingo, MedCtr <i>Cottage Filter Change</i>	16 9:00 Connect Hearing, Atr 9:30 Blood Pressure Clinic, Atr 10:00 Ladies Prayer Group, Chapel 10:00 Dominoes (42), Lib 1:00 Bridge, Lib 1:00 Wii Games, FitCtr 1:30 Sit 'N Chat, MedCtr 2:00 Bible Prophecy, MedCtr	17 1:00 Brain Games/Trivia, MedCtr 2:00 Bingo w/ Hospice, MedCtr 4:00 Piano w/ Jana, Gables 6:30 Dominoes, Lib	18 9:00 Shopping at Wal-Mart 10:00 Bank Day "First Bank" till 11:00 10:00 Men's & Ladies Bible Study, Chapel 1:00 Our Lady Queen of Peace, Chapel 1:00 Wii Bowling, FitCtr 6:30 Worship Service, Chapel 6:30 Dominoes, Lib	19 1:00 Mexican Train, KKap 1:00 Bridge, Lib 1:00 Wii Games, FitCtr 3:00 Kona Ice, Gables Parking	20 1:00 Puzzles, 3rd Floor 6:30 Game Night, KKap
21 1:00 Church Service, Chapel 4:00 Bible Study, MedCtr	22 9:30 Devotional w/Vickie, Chapel 1:00 Tiki, Lib 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Gin Rummy, Lib 6:30 Quarter Bingo, MedCtr	23 9:30 Blood Pressure Clinic, Atr 10:00 Ladies Prayer Group, Chapel 10:00 Dominoes (42), Lib 1:00 Clark Eye Care, KKap 1:00 Bridge, Lib 1:00 Wii Games, FitCtr 2:00 Bible Prophecy, MedCtr 3:15 Shopping at Dillards 7:00 The Proclaimers, Atr	24 1:00 Trivia, MedCtr 2:00 Bingo, MedCtr 3:00 To Braum's 4:00 Piano w/ Jana, Gables 6:30 Dominoes, Lib	25 9:00 Shopping at Wal-Mart 10:00 Bank Day "Accounting" till 11:00 10:00 Men's Bible Study, Chapel 1:00 Our Lady Queen of Peace, Chapel 1:00 Wii Bowling, FitCtr 2:00 Meet & Greet, MedCtr 6:30 Worship Service, Chapel 6:30 Dominoes, Lib	26 9:00 Coffee & Conversation, KKap 1:00 Mexican Train, KKap 1:00 Bridge, Lib 1:00 Wii Games, FitCtr 2:00 Singing with Vickie, Chapel	27 1:00 Puzzles, 3rd Floor 6:30 Game Night, KKap
28 1:00 Church Service, Chapel 4:00 Bible Study, MedCtr	29 9:30 Devotional w/Vickie, Chapel 1:00 Tiki, Lib 1:00 Wii Bowling, FitCtr 2:00 Grocery Shopping 2:00 Gin Rummy, Lib 6:30 Quarter Bingo, MedCtr	30 9:30 Blood Pressure Clinic, Atr 10:00 Ladies Prayer Group, Chapel 10:00 Dominoes (42), Lib 1:00 Bridge, Lib 1:00 Wii Games, FitCtr 2:00 Bible Prophecy, MedCtr	31 9:30 Family Hearing, Atr 1:00 Trivia, MedCtr 2:00 Bingo, MedCtr 4:00 Piano w/ Jana, Gables 6:30 Dominoes, Lib	 <p>Courtesy Van to Dr Offices: Tues, Wed 9:00 – 3:30, Thurs 1:00 – 3:30</p> <p>Dry Cleaning</p> <p>Drop-Off: 10:00 Tuesday 2nd Floor Atrium Laundry Room</p> <p>Pickup: 2:00 Thursday 2nd Floor Atrium Laundry Room</p>		



Good Times



A Note from Kari



I have to start this with huge THANK YOU to Vickie for the fabulous Hawaiian Staycation she planned. A lot of fun and laughter was had and I enjoyed a change from my day to day routine. I also want to say Thank You to those that supported this huge undertaking, without you we couldn't do the job we do. I know we sometimes ask you to step out of your comfort zone and to be on the go more often than you would like, but know that we appreciate it.

Summer Get Fit: I have had a small, but consistent group for the Core Strength class and so I will be continuing it through July. It always makes me happy to find something that fills a niche for even a handful of you.

July Summer Get Fit: Have you ever wanted to try a dance workout, but because of balance or other mobility issues couldn't? Then I have just the class for you. July's Summer Get Fit class is going to be a Salsa (inspired) Chair Workout. This class will be a bit higher paced than any of the other classes offered, but because it is done completely in a chair it is appropriate for most everyone. Don't worry if you don't have any rhythm, there will be no judgment and just a lot of laughter as we learn to Salsa dance together.

Salsa Chair Workout will be held on Mondays and Fridays (starting July 1) at 11AM. This class will run approximately 20 minutes and will definitely get your heart going, so come out and dance with me.

— 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
Wii Bowling	Fitness Center
Mon & Thurs	1:00 pm
Open Fitness	Fitness Center
Mon/Tue/Thurs/Fri	1:00 pm
Wed	2:00 pm
Aqua Fit	Pool
Tues/ Thurs	2:00 pm
Wii Games	Fitness Center
Tues & Fri	1:00 pm
Chair Volleyball	Fitness Center
Mon-Fri	3:00 pm
Gentle Fitness	Fitness Center
Mondays & Fridays	4:00 pm
Trivia/Brain Games	Fitness Center
Wednesdays	1:00 pm

The Many Benefits of Dancing

Exercise increases the level of brain-derived neurotrophic factor (BDNF) – a key protein that acts like fertilizer for brain cells by promoting the growth and maintenance of neurons. Similar to one of the many ways exercise benefits the heart, exercise increases the flow of oxygen to the brain and improves brain function. Additionally, exercise is essential in controlling high blood pressure and high cholesterol, as well as helping seniors achieve and maintain a healthy weight – all factors that contribute to the onset of dementia. Exercise, combined with proper medication management and a healthy diet, can help reduce the

risk of dementia. This topic has been on aging experts' radar for some time. A 2003 study compared forms of exercise and cognitive activities including dance, to determine whether any reduced the risk of dementia. The data suggest that dancing, reading, playing board games, and playing musical instruments showed a significant reduction in dementia risk over a 20-year period.

Part of what makes dancing unique from other forms of exercise is the addition of music. Musical rhythms stimulate certain areas of the brain often known as our "rewards centers." These regions are associated with the

chemical dopamine, which affects happiness and well-being as well as movement and thinking. Dancing also stimulates the motor and sensory circuits in the brain. These benefits combined offer older adults a unique brain activation they might not get from the gym.

Additionally, exercises such as yoga and dance that improve muscle tone, coordination, strength, and balance can help reduce the risk of falls and the resulting head traumas, broken bones, and other injuries that can make it difficult for seniors to maintain an active and independent lifestyle.



A Little Bit of Humor

I have an angel on one shoulder, and a devil on the other. I'm also deaf in one ear.

A Peek At The Pines

Come join us for the downtown ArtWalk on **July 11 from 6:00-8:00 PM!** Our Pine Power team will once again be selling home baked goodies along with a raffle to win an original art piece made by our residents!

All money is donated to our Pine Power Team to Walk to End Alzheimer's!!!



ROLLING MEADOWS
3006 McNiel
Wichita Falls, Texas 76309



The Gables At A Glance

Just a Reminder

The Gables offers short-term rehabilitation therapy! After a hospital stay, short-term rehabilitation may be needed to help you or your loved one return to good health as quickly as possible. Comprehensive speech, occupational and physical therapy led by skilled professional therapists at **The Gables** supports a return to independence and a safe return home. **The Gables is open to everyone not just our residents!**



Elvis was in the building!

