

The Meadow Lark

A Publication of Rolling Meadows

January 2018

Happy New Year!

Thank you to all the Rolling Meadows residents who participated in the Angel Tree Project. Thanks to YOU, these kids had a very Merry Christmas!



PEACE
love
SUCCESS
good luck
prosperity
FRIENDSHIP
A New Beginning
good
HEALTH
good fortune
HAPPY LOVE
NEW YEAR 2018
happiness
prosperity
love

ROLLING MEADOWS
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Rolling Meadows Staff

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Amber GeeExt. 104
Director of Marketing
Jerry CarawayExt. 109
Director of Resident Services
Loy RenickExt. 111
Director of Dining Services

Cindy NoeExt. 112
Director of Accounting
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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



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!



JANUARY BIRTHDAYS

Joyce Barham	4
Joanne Hodge	4
Joann Riddle.....	6
Barbara Kleinecke	8
Marianne Jones.....	10
Janet Schmidt	14
Sylvia Flusche.....	18
Pauline Tally.....	18
Larry Beisch.....	19
Yvonne Eastman	20
Martha Lucas.....	20
Ruth Kramer.....	22
Klara McMillan	30

Welcome to our New Residents!

Ann Barnard

Ann joins us from right here in Wichita Falls. She enjoys reading, painting and gardening during her free time. Give Ann a big Welcome the next time you see her!

Mike Jefferson

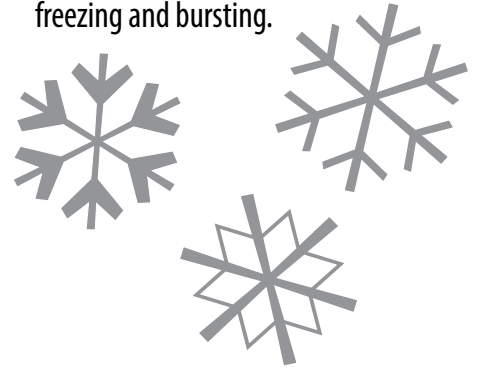
Mike has joined the Rolling Meadows family from Tyler, TX. His passion is working with and loving his horses. Be sure and welcome Mike to our community!



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 your heat on. This will help keep the pipes from freezing and bursting.



THE EASY WAY TO EARN \$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.

HONORING & REMEMBERING

- In Memory of **Eunice Halbert** by *Carol Clarke*
- In Memory of **Delores Spinks** by *Rolling Meadows*
- In Memory of **Charles McMillan** by *Sonia McMillian*
- In Memory of **Virginia Graham** by *Rolling Meadows*
- In Memory of **Ira Littrell** by *Rolling Meadows*
- In Memory of **Florence Kepner** by *Rolling Meadows*
- In Memory of **Sandra Swayden** by *Rolling Meadows*
- In Memory of **Sandra Swayden** by *Loretta Blain*
- In Memory of **Clara Wright** by *Rolling Meadows*

January Special Events

5 GOURMET GETAWAY TO 8TH STREET COFFEE HOUSE

Join us for this month's Gourmet Getaway as we head downtown to 8th St. Coffee House. They offer much more than just coffee, but they do have a wide selection of different coffees. We will Leave at 11:00 AM. Please sign up in advance in the mail room.

5 SINGIN' IN THE RAIN

We will gather in the Media Center at 2:00 PM to watch the musical comedy and romance "Singin' in the Rain." Come a little early to fix your snack and get a good seat!

9 STROKE PREVENTION

A representative from the Wichita Falls Health Department will be here to give a presentation on stroke prevention. Come to the Media Center at 10:00 AM to learn the signs of a stroke, and what you can do to prevent one.

10 FAITH SINGERS

The local choir, Faith Singers, will be here to serenade us with their beautiful singing. Come down to the Atrium at 10:00 to enjoy the performance.

12 AN AMERICAN IN PARIS

The First United Methodist Church will be hosting an All-Gershwin Concert, "An American in Paris". Admission is free, and we will depart at 6:15 PM. Please sign up in advance in the mail room.

14 PET CELEBRATION

Who doesn't want to celebrate their pet? And who doesn't want to see all the cute fur babies in our community? Bring your pet down to the Atrium at 4:00 PM with your pet dressed to impress. We will have a contest for the Snazziest Pet Around, and the winner will receive a gift card to PetSmart.

16 WHO ARE YOU?

This is a fun game that you are sure to enjoy with your fellow residents. Each player will be given the name of celebrity. The other players will ask questions and try to guess who you are! Come up to the Media Center 2:00 PM to enjoy the fun and coffee!

17 CRAFT HOUR

We will be making monogrammed totes in the Media Center at 2:00 PM. This will be a great craft, but we will need residents to sign up in advance in the mail room in order to have enough supplies.

19 WINTER WONDERLAND DINNER PARTY

We are excited to host the Winter Wonderland Dinner Party for our residents! Invite your family and friends and get ready for an evening of fun. There will be opportunity for your photos to be taken, so be sure you're dressed in your best! The party will start at 5:00 PM in the Renaissance Room.

Winter Wonderland Dinner Party

Join us in the Renaissance Room on **January 19 at 5:00 PM** for our **Winter Wonderland Dinner Party**. A special dinner will be prepared, as you visit amongst all your friends in the frosty wonderland. At 6:00 PM, a special guest will join us for a musical performance. Your friends will be talking about it for days to follow, so don't be the only one missing out!



Good Times

Health Notes...

A Note from Kari

I love the beginning of a new year. It's a chance to shed that old baggage and start new, to have renewed optimism for change, reinvent yourself if you want, to feel like anything is possible. I am excited to take this to heart and change what is not working in the Fitness Center, these are not big changes, but incremental ones, that I think will make for a better fitness program.



1. I am changing the time I go to the Pines. 2PM was always rushed for me and I never felt like I had enough time to spend with the residents there. Starting in January, **I will be in the Pines at 4PM Tuesday-Thursday.**
2. The **4PM classes** that were being offered will now just be **Monday and Friday.** For the short term I am staying with **Bands and Balance** and **Moving with Mike**, but am looking for something new to replace them.

3. We don't have all the details worked out, but Stephanie and I will be doing some joint activities throughout the year. I love working with Stephanie and think between the two of us, we will come up with some great activities for you.

I am hopeful that these changes will make for the best possible program but if not, then I will pick myself up, dust myself off and try again.

— Kari

Benefits of Water Walking

- Water's buoyancy reduces the impact on joints.
- Working out in water can help improve cardiovascular fitness, balance and range of motion.
- Heated pools – typically 82 to 88 degrees – can help soothe pain. Our pool is heated to 88 degrees.
- Water also has greater resistance than air, which means walking in water requires more effort and ultimately burns more calories than walking on land.



A Little Bit of Humor

Instead of the John, I call my bathroom the Jim. That way it sounds better when I say I go to the Jim first thing in the morning.

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
Bands and Balance	Fitness Center
Mondays	4:00 pm
Brain Games	Fitness Center
Wednesdays	1:00 pm
Moving with Mike	Fitness Center
Fridays	4:00 pm



I will be hiding a snowflake around Rolling Meadows during the month of January. Find it and bring it to me in the Fitness Center for a prize.

— Kari

Kat's Korner

For several years, The "Kat Sez" article in each of the Meadowlark's was something that everyone looked forward to each month. We enjoyed each article and Kat brought us many laughs and made us think a little more about simple ideas.

Many of you may know that one of our past residents, Mrs. Eunice Halbert, was the writer of the "Kat Sez" articles. With the passing of Mrs. Halbert, we feel it is important to return her articles to her daughter, Hollis, where she can share the many talents of her mother with her own family.

So, as we bid farewell to Mrs. Halbert we leave you with one last bit of wisdom from Kat: "Crash! Bang! There go all of our New Year's resolutions. The only one I made years ago and have never failed to keep is to exercise- that is, to exercise my prerogative to refrain from making any." Farewell and Happy New Year to all!

... **Meow.**



ROLLING MEADOWS

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More Good Times