

# THE Falls River Village Lifestyle



FALLS RIVER  
ASSISTED LIVING & MEMORY CARE

Like Us!  

ASSISTED LIVING COMMUNITY

1110 Falls River Avenue · Raleigh, NC 27614 · (919) 805-3113 · [www.fallsriverseniorliving.com](http://www.fallsriverseniorliving.com)

SEPTEMBER 2024

## Director's Corner

### INSPIRING GENERATIONS

**Inspiring Generations** - is the Theme in 2024 for Assisted Living Week. What a great opportunity for all of us to come together and share stories, listen and learn from each other. Assisted Living Week is September 8th thru 14th. More details to follow regarding how our communities will be celebrating.

**Falls River Olympic Days** - What an exciting time we all had during our Olympic themed events in August. Our staff, as well as residents, really enjoyed themselves. The Food Service Team did a great job in portraying different themed meals each day. See the photos on our Facebook page.

**Transportation** - We are excited to share that we now have a driver for both of our communities. Our driver is part time and will be utilized to take residents on medical appointments as well as special outings. If there is a medical appointment that your family member is in need of transportation to, please reach out to the Activities Director to arrange.

**Facebook** - A great way to see what fun activities are happening at the Community - Join and like our Facebook page.



### Labor Day

Labor Day, observed on the first Monday in September, became a federal holiday in 1894. The day recognizes the contributions and achievements of American workers. Labor Day also symbolizes the end of summer for many Americans, who celebrate with picnics and parties.

### Labor Day Salute

We often think of Labor Day as the end of summer, but its observance encompasses so much more. Americans have a long-held tradition of honoring the men and women who make this country work. No matter what kind of work each of us does, we play an important role in our nation's success. Labor Day is set aside to take pride in our work and to salute those who have worked to make our jobs secure. We hope you have a safe and terrific day, and we salute you and thank you for your contribution to our economy and our nation.

**SEPTEMBER 2024**

**MEET THE TEAM**

- **Executive Director**  
Barbara Riexinger
  - **Assisted Living Director**  
Tonyita Breedon
  - **Business Office Director**  
Caroline Mbithi
  - **Maintenance Director**  
Joseph DeWeese
  - **Food Service Director**  
Chelsea Jacobs
  - **Sales & Marketing Director**  
Virginia Dawson
  - **Resident Care Coordinator**  
Angel White
  - **Memory Care Coordinator**  
Lathusana Parson
  - **Maintenance Assistant**  
Eric Parson
  - **Activities Assistant**  
Chakira Brown
  - **Dining Room Supervisor**  
Timothy Allen
- If you would like to speak with one of the Team Members, please contact the front desk at 919-844-9747.**

**Scientific Snicker**

Never trust an atom. They make up everything.

**“The journey between what you once were and who you are now becoming is where the dance of life really takes place.”**  
—Barbara de Angelis

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:45 Words of Encouragement (GAL) <b>11:00 Hayes Barton Baptist Church</b> 3:00 Music by Harrison	2 <b>Labor Day</b> 9:45 Words of Encouragement (GAL) <b>10:30 Zumba w/ Linda (LR)</b> 1:00 Pet Therapy w/ Catherine 1:30 BINGO (GAL) <b>2:00 Music w/ Luke (LR)</b> 3:00 Bottle Art (GAL)	3 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) 11:30 Crayon Art (LR) <b>1:30 Music w/ Roseanne (LR)</b> 2:30 Ice Cream Social (LR) 3:00 Pet Therapy w/ Denise	4 9:45 Words of Encouragement (GAL) 11:00 Fork Art (GAL) 1:00 BINGO (GAL) <b>2:00 Music w/John (LR)</b>	5 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) <b>2:00 Chef Chat (GAL)</b> 3:00 Word Search (GAL)	6 9:45 Words of Encouragement (GAL) <b>11:00 Music with Christian</b> 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL)	7 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! (LR) 1:30 Activity with a Friend
8 9:45 Words of Encouragement (GAL) <b>10:00 Sunday Service Pastor Dawn</b> 11:00 Hayes Barton Baptist Church <b>2:00 Music w/Renee</b> 3:00 Music by Harrison	9 <b>ASSISTED LIVING WEEK</b> 9:45 Words of Encouragement (GAL) <b>10:30 Zumba w/ Linda (LR)</b> 1:00 Pet Therapy w/ Catherine 1:30 BINGO (GAL) 3:00 Bottle Art (GAL)	10 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) 11:30 Crayon Art (LR) 2:30 Ice Cream Social (LR)	11 <b>HAPPY GRANDPARENTS DAY</b> 9:45 Words of Encouragement (GAL) <b>10:00 Master Gardeners (GAL)</b> 10:30 Body Stretches (LR) 11:00 Fork Art (GAL) 1:00 BINGO (GAL) <b>2:00 Music w/John (LR)</b>	12 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) 3:00 Word Search (GAL)	13 9:45 Words of Encouragement (GAL) <b>10:00 Pet Therapy w/ Brenda</b> 10:30 Body Stretches (LR) 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL)	14 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! (LR) 1:30 Activity with a Friend
15 9:45 Words of Encouragement (GAL) <b>11:00 Hayes Barton Baptist Church</b> 3:00 Music by Harrison	16 9:45 Words of Encouragement (GAL) <b>10:30 Zumba w/ Linda (LR)</b> 11:00 Resident Council Meeting 1:00 Pet Therapy w/ Catherine 1:30 BINGO (GAL) 3:00 Bottle Art (GAL)	17 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) 11:00 Pet Therapy w/ Denise 11:30 Crayon Art (LR) 2:30 Ice Cream Social (LR)	18 9:45 Words of Encouragement (GAL) 11:00 Fork Art (GAL) 1:00 BINGO (GAL) <b>2:00 Music w/John (LR)</b>	19 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) <b>11:00 Thrift Shopping</b> 3:00 Word Search (GAL) <b>4:15 Movercize w /Rich</b>	20 9:45 Words of Encouragement (GAL) 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL)	21 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! (LR) 1:30 Activity with a Friend
22 9:45 Words of Encouragement (GAL) <b>11:00 Hayes Barton Baptist Church</b> 3:00 Music by Harrison	23 9:45 Words of Encouragement (GAL) <b>10:30 Zumba w/ Linda (LR)</b> 1:00 Pet Therapy w/ Catherine 1:30 BINGO (GAL) 3:00 Bottle Art (GAL)	24 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) 11:30 Crayon Art (LR) 2:30 Ice Cream Social (LR)	25 9:45 Words of Encouragement (GAL) 10:30 Body Stretches (LR) 11:00 Fork Art (GAL) 1:00 BINGO (GAL) <b>2:00 Music w/John (LR)</b>	26 <b>National Pancake Day</b> 9:45 Words of Encouragement (GAL) 10:30 Music & Movement (LR) <b>2:00 Cook's Corner w/ Chelsea</b> 3:00 Word Search (GAL)	27 9:45 Words of Encouragement (GAL) <b>10:00 Pet Therapy w/ Brenda</b> 10:30 Body Stretches (LR) 1:30 BINGO (GAL) 2:30 HAPPY HOUR!! (GAL)	28 <b>Strawberry Creme Pie Day</b> 9:45 Words of Encouragement (GAL) 10:30 Move it! Move it! (LR) 1:30 Activity with a Friend
29 9:45 Words of Encouragement (GAL) <b>11:00 Hayes Barton Baptist Church</b> 3:00 Music by Harrison	30 9:45 Words of Encouragement (GAL) <b>10:30 Zumba w/ Linda (LR)</b> 1:00 Pet Therapy w/ Catherine 1:30 BINGO (GAL) 3:00 Bottle Art (GAL)			<b>OUTINGS IN SEPTEMBER</b> Additional Outings in September will be posted separately. We will be having our Driver go through training.		



## SEPTEMBER BIRTHDAYS

Jennifer B.	3rd
Margaret F.	10th
Robert P.	19th
William M.	23rd



## Play With Clay

Whether molding simple shapes or creating an elaborate sculpture, crafting with clay can lift your mood and increase motivation. Researchers say that making ceramics is an effective form of art therapy due to the physical sensation of working the clay and transforming it into something beautiful.

## Grand Characters

Grandparents on TV shows and in the movies are much like those in real life: They dote on their grandchildren, provide wisdom and share their love. Who are your favorite on-screen grands?

*Esther and Zeb Walton, "The Waltons."* Grandma and Grandpa Walton, both strong and persevering, are the pillars of their close-knit family of 11 who live under the same roof in rural Virginia.

*Granny Moses, "The Beverly Hillbillies."* Feisty and opinionated, Jed Clampett's mother-in-law is "from the hills" but now lives in Beverly Hills with her newly rich family. Granny still uses her folk ways when it comes to cooking, concocting homemade remedies and predicting the weather.

*Adolph Kramer, "Heidi."* In this classic tale set in the Swiss Alps, a granddad with a gruff exterior grows to form a loving bond with his lively granddaughter Heidi when she comes to live with him.

*Estelle Winslow, "Family Matters."* Despite her age, Mother Winslow is hip and trendy. Protective of her grandchildren, she's the glue that binds this Windy City family.

*Clarisse Renaldi, "The Princess Diaries."* Queen of a fictional European country, Clarisse grooms her teenage American granddaughter to take over the throne.

*Marie and Frank Barone, "Everybody Loves Raymond."* The elder Barones live across the street from their son and daughter-in-law, making it easy for them to meddle.

## 'Sharp' Is One

How many words can you come up with using the letters in "sapphire"?

## Memorable Melody: 'Five O'Clock World'

In 1965, the Vogues released this yodeling ode to the workday grind—or, rather, that feeling you get at quitting time. In addition to the yodel at the end of each chorus, the group showcases impressive vocalizations in the background chant of "Up! Up! Up!" The timeless tune has remained relevant through the decades, appearing in the films "Good Morning, Vietnam" and "Big Fish" and serving as the theme song for a season of "The Drew Carey Show." Additionally, artists from diverse genres have embraced the charm of "Five O'Clock World," with notable covers by pop-punk band Bowling for Soup, Scottish folk rockers The Proclaimers and country singer Hal Ketchum.



## Come Together

September is Intergeneration Month, a time for generations to connect through communication, celebration and education. Older adults can offer wisdom that only comes from life experience, while younger people provide new ideas and perspectives. Spend some time with each other and see how much you learn!