



# THE Falls River Court Lifestyle

MEMORY CARE COMMUNITY  
1130 Falls River Avenue · Raleigh, NC 27614 · (919) 805-3113 · www.fallsriverseniorliving.com

FEBRUARY 2025

## Administrator's Corner

February may be the shortest month of the year, but it is rich in culture and diversity promoting health and love. February is Black History Month - we reflect on the history and heritage across the country. Health-wise, it is a month that we recognize as the "Heart Healthy Month." Do something to make your heart happy - spend time with friends, go for a walk inside or outside, and list 5 things you love about yourself. Remember - February 7th is National Wear Red Day in honor of the women who had heart disease. Join us for our Sweetheart Dinner and Dance on Wednesday, February 12th, at 4pm. We will have a delicious dinner with dancing following. An Invitation will be sent via email to resident family members. Seating will be limited, so we ask that you respond by deadline date. National Groundhog Day is February 2nd. Will the national groundhog Punxsutawney Phil see its shadow? Will we have an early spring? - Only time will tell.

### 5 Things I Love About Myself

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

## Health News

### February is Heart Health Awareness Month

Here are a few facts about Women and Cardiovascular Disease. While heart disease affects all genders, it is the No. 1 killer of women, causing 1 in 3 deaths each year. That is a third of our mothers, sisters, friends, neighbors, coworkers and more.

Cardiovascular disease impacts some women at higher rates than others, but the simple truth is that most cardiovascular diseases can still be prevented with education and healthy lifestyle changes. Heart disease and stroke can affect a woman at any age, making it vital for all women to understand their personal risk factors and family history.

As we enter 2025, let's all pledge to live healthier, happier lives. We can help to achieve this with healthy diets, exercise (ex. walking ... even a lap or two around the inside hallways), socializing with others, fresh air, laughing, singing, participating more in activities.

Join us on February 7th for National Wear Red Day.



**FEBRUARY 2025**

**Transportation News**  
**2025 Updates in**  
**Transportation**

**Mondays and Fridays—Are Reserved for Emergency Appointments Only**

**Tuesday and Wednesdays—Available for doctor visits for Falls River Village and Court Residents**





**Thursdays—Reserved for Falls River Village and Court outings**

**NOTE: There is a 15-mile radius on all appointments one way**

**Hugs and Kisses**

Etched on candy hearts and signed at the bottom of love letters, the letters “xoxo” symbolize a sweet sentiment of “hugs and kisses.” Substituting the letter X for a smooch dates back to the Middle Ages. People who could not read or write would sign documents with an X, then kiss the mark to pledge their sincerity. The letter O joined the X much later, in the mid-1900s, to pair the kiss with a hug.

**“While it is February, one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch.”**  
**—Patience Strong**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00 -Move It, Move It (LR) 11:00 -Creative Coloring (Self-Guided) 4:00 -Table Games
<b>GROUNDHOG DAY</b> 2 10:00 -Move It, Move It (LR) <b>11:00 -Hayes Barton Baptist Church Livestream (LR)</b> 2:00 -Color with a Friend	3 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) <b>1:30 -Creative Art: Expressions of Love (Activity Room)</b> <b>2:30 -Music with Luke</b> 6:00 -Evening Movie (LR)	4 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 11:00 -Indoor Games, Floor Tic-Tac-Toe (LR) <b>2:00 -Ice Cream Social (LR)</b> 3:00 ■ One-on-One Activity Time	5 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) <b>11:00 ■ One-on-One Activity Time</b> 1:30 -Paint & Pour <b>3:00 -Music with John</b>	6 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 11:00 -Coffee Talk, Remember When (Activity Room) <b>1:30 -Indoor Ball Toss (Activity Room)</b>	<b>NATIONAL WEAR RED DAY</b> 7 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) <b>10:00 -Name That Tune</b> <b>11:00 -Jammin' with Christian (LR)</b> <b>2:15 -Happy Hour (DR)</b> 6:00 -Evening Movie (LR)	8 10:00 -Move It, Move It (LR) 11:00 -Creative Coloring (Self-Guided) 4:00 -Table Games
9 10:00 -Move It, Move It (LR) <b>11:00 -Hayes Barton Baptist Church Livestream (LR)</b> 2:00 -Color with a Friend	10 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 1:30 -Creative Art: Black History Collage (Activity Room) 2:30 -Movie Matinee “Black History Activators” (LR)	11 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 11:00 -Indoor Games, Floor Tic-Tac-Toe (LR) <b>2:00 -Ice Cream Social (LR)</b> 3:00 ■ One-on-One Activity Time	<b>Special Holiday Event</b> 12 <b>9:30 -Forget Me Not Support Group (Village GAL)</b> 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) <b>11:00 ■ One-on-One Activity Time</b> <b>3:00 -Music with John</b> <b>4:00 ■ -Sweetheart Dinner &amp; Dance (Dining Room)</b>	13 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) <b>2:15 -Music with Roseanne</b> <b>6:30 -Evening Sitcoms (LR)</b>	14 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) <b>10:00 -Name That Tune</b> <b>2:15 ■ -Valentine's Day, Happy Hour (DR)</b> 6:00 -Evening Movie (LR)	15 10:00 -Move It, Move It (LR) 2:30 -Popcorn & A Movie (LR) 4:00 -Table Games
16 10:00 -Move It, Move It (LR) <b>11:00 -Hayes Barton Baptist Church Livestream (LR)</b> 2:00 -Color with a Friend	<b>Presidents Day</b> 17 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 1:30 -Balloon Art (Activity Room) 3:00 -Balloon Volleyball (LR)	18 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 11:00 -Indoor Games, Floor Tic-Tac-Toe (LR) <b>2:00 -Ice Cream Social (LR)</b> 3:00 ■ One-on-One Activity Time	19 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) <b>11:00 ■ One-on-One Activity Time</b> 1:30 -Paint & Pour <b>3:00 -Music with John</b>	20 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 11:00 -Name That Musical Tune (LR) <b>3:15 -Movercize with Rich</b> <b>6:30 -Evening Sitcoms (LR)</b>	21 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) <b>10:00 -Name That Tune</b> <b>2:15 -Happy Hour (DR)</b> 6:00 -Evening Movie (LR)	22 10:00 -Move It, Move It (LR) 11:00 -Creative Coloring (Self-Guided) 4:00 -Table Games
23 10:00 -Move It, Move It (LR) <b>11:00 -Hayes Barton Baptist Church Livestream (LR)</b> 2:00 -Color with a Friend	24 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 1:30 -Creative Art: Black History Collage (Activity Room)	25 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) 11:00 -Indoor Games, Floor Tic-Tac-Toe (LR) <b>2:00 -Ice Cream Social (LR)</b> 3:00 ■ One-on-One Activity Time	26 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) <b>11:00 ■ One-on-One Activity Time</b> <b>3:00 -Music with John</b>	27 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) <b>6:30 -Evening Sitcoms (LR)</b>	28 9:30 -Words of Encouragement 10:00 -Move It, Move It (LR) <b>10:00 -Name That Tune</b> <b>2:15 -Happy Hour (DR)</b> 6:00 -Evening Movie (LR)	



Jacqueline P. ----- February 6  
 Carol G. ----- February 11  
 Maxine R. ----- February 14  
 Barbara C. ----- February 19

- **Executive Director**  
Barbara Riexinger
- **Assisted Living Director**  
Tonyita Breedon
- **Business Office Director**  
Caroline Mbithi
- **Maintenance Director**  
Joseph DeWeese
- **Activities Director**  
Adriana (Michelle) Moore
- **Food Service Director**  
Chelsea Jacobs
- **Sales & Marketing Director**  
Virginia (Ginger) Dawson
- **Resident Care Coordinator**  
Angel White
- **Memory Care Coordinator**  
Reshonda Alston
- **Maintenance Assistant**  
Eric Parson
- **Activities Assistant**  
Chakira Brown
- **Bus Driver**  
Randolph (Randy) Fairconeture  
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**If you would like to speak to one of these Team Members, please contact the front desk at 919-844-9747.**

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**If you would like to email a manager, please use this format: first initial of first name, last name @ tarantinoseniorliving.com (example: briexinger@tarantinoseniorliving.com)**

## Celebrating Black History Month

In February, America observes Black History Month. This tribute to African Americans who have made an impact on the U.S. and the world was born from one man's call to action. Historian and author Carter G. Woodson wanted to honor the contributions of heroic Black men and women who helped shape the nation and its culture. The event expanded to Black History Month, a national observance, as part of the country's bicentennial. President Gerald Ford signed the proclamation. He urged everyone to join in the "tribute to Black History Month and the message of courage and perseverance."

