

# THE Falls River Court Lifestyle



FALLS RIVER  
ASSISTED LIVING & MEMORY CARE

Like Us!  

MEMORY CARE COMMUNITY

1130 Falls River Avenue · Raleigh, NC 27614 · (919) 805-3113 · [www.fallsriverseniorliving.com](http://www.fallsriverseniorliving.com)

## AUGUST 2024

### Historic Events in August

- 1848: Congress creates the Oregon Territory.
- 1890: Baseball great Cy Young pitches his first professional game.
- 1893: Whitcomb Judson receives a patent for the zipper.
- 1900: "The Wonderful Wizard of Oz" by L. Frank Baum is copyright-registered.
- 1909: The Ford Motor Corp. registers the trademark for Ford.
- 1912: Arthur R. Eldred of Oceanside, N.Y., becomes the first person to achieve the rank of Eagle Scout.
- 1930: Philo Farnsworth patents an electronic television system.
- 1935: William Coolidge obtains a patent for the cathode ray tube, a critical ingredient of TV and other electronic applications.
- 1950: The American Broadcasting Co. begins airing Saturday morning TV shows for children.
- 1951: Oral B, the famous line of dental products, is trademark-registered.
- 1966: The United Farm Workers union is formed.
- 1968: The song "Hey Jude" by John Lennon and Paul McCartney is copyright-registered.
- 1984: IBM releases MS-DOS version 3.0.
- 1994: IBM announces it will not oppose Microsoft's attempt to trademark the name "Windows."



### Laugh Lines: Feeling the Heat

"The month of August had turned into a griddle where the days just lay there and sizzled." —Sue Monk Kidd

"What dreadful hot weather we have! It keeps one in a continual state of inelegance." —Jane Austen

"Forget about frying an egg on the sidewalk; this kind of heat would fry an egg inside the chicken." —Rachel Caine

"Iced coffee, on a hot day, can perform miracles." —Lish McBride

"You can pour melted ice cream on regular ice cream. It's like a sauce!" —Chris Pratt

"Nothing makes me so excessively peevisish as hot weather." —Jonathan Swift

Q: What do bees say during a heat wave?

A: Wow, it's swarm!

Q: What do you call a librarian with a sunburn?

A: Well red.

Q: What's the worst tea to drink in summertime?

A: Humidity!

My roommate keeps turning off the air conditioning. Not cool!

It was so hot during my trip to Paris that I jumped in the river. My friends said I was in Seine!

I didn't get hired at the sunscreen factory, but after two hours, they told me I should reapply.

If you ever want to talk about why our air conditioning bill is so high, my door is always open.

### A Sweet Serving

One scoop of ice cream can dish out about 10% of the daily recommended amount of calcium.

**AUGUST 2024**

## Brain Bender: Get Ready for School!

A new school year starts soon! Go shopping for classroom supplies by using the following list—each clue describes something you will need.

1. This slimming skirt style was invented in 1954 by designer Christian Dior.
2. The mascot of this school product is married to another advertising icon: Elsie the Cow of Borden Dairy.
3. It's a basic necessity that is black and white and read all over—after you've filled its pages, that is.
4. This handy tool really measures up!
5. Modernized in the 1800s specifically for schools, this colorful invention by Louis Prang remains the gold standard in classrooms today.
6. If you forget to pick up one of these, you can use a piece of bread instead!
7. This will give you some direction in geometry class.  
(Answers: 1. Pencil; 2. Elmer's glue; 3. Composition notebook; 4. Ruler; 5. Watercolor paint set; 6. Eraser; 7. Compass)

**"It's never too late in life to have a genuine adventure."  
—Robert Kurson**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) <b>11:00 McDonald's Outing</b> 2:00 Flower Magazine Collage	2 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) <b>11:00 Music with Christian</b> 2:15 Happy Hour (LR)	3 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 2:00 Sing-along Music 4:00 Table Games
4 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) <b>11:00 Hayes Barton Baptist Church</b> 2:00 Color with a friend	5 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 11:00 Creative Art <b>2:30 Music w/ Luke</b>	6 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 11:00 The Bowling Game <b>2:00 Ice Cream Social (LR)</b>	7 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 11:00 Color By Number 2:00 Throwback Sitcom (LR) <b>3:00 Music w/ John</b>	8 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 11:00 Interactive Conversation (LR) 2:00 Balloon Tennis (LR)	9 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 11:00 Bean Bag Toss (LR) 2:15 Happy Hour (LR)	10 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 2:00 Sing-along Music 4:00 Table Games
11 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) <b>11:00 Hayes Barton Baptist Church</b> 2:00 Color with a friend	12 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 11:00 Foil Art 2:00 Fancy Nails	13 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 11:00 Roll the Dice (LR) <b>2:00 Ice Cream Social (LR)</b>	14 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 11:00 Abstract Water Art 2:00 Comedy Show of Choice (LR) <b>3:00 Music w/ John</b>	15 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) <b>11:00 Outing of Choice</b> <b>3:30 Movercize with Rich</b>	16 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 11:00 Penny Toss Game 2:15 Happy Hour (LR)	17 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 2:00 Sing-along Music 4:00 Table Games
18 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) <b>11:00 Hayes Barton Baptist Church</b> 2:00 Color with a friend	19 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 11:00 Making Marble Suncatchers 2:00 Coffee & Chat	20 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 11:00 Corn Hole Game <b>2:00 Ice Cream Social (LR)</b>	21 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 11:00 Adult Coloring w/ Music 2:00 T.V. Show of Choice (LR) <b>3:00 Music w/ John</b>	22 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 11:00 Pass The Ball (LR) 2:00 Ring Toss Game (LR)	23 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 11:00 Parachuting Game 2:15 Happy Hour (LR)	24 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 2:00 Sing-along Music 4:00 Table Games
25 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) <b>11:00 Hayes Barton Baptist Church</b> 2:00 Color with a friend	26 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 11:00 Leaf Print w/ Markers 2:00 Movie Matinee w/ Popcorn & Drink (LR)	27 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 11:00 Table Go Fish Game (LR) <b>2:00 Ice Cream Social (LR)</b>	28 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 11:00 Creative Art 2:00 Movie (Sound of Music LR) <b>3:00 Music w/ John</b>	29 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 11:00 Floor Tic Tac Toe (LR) <b>2:00 Birthday Celebration (LR)</b>	30 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 11:00 Balloon Bucket Challenge 2:15 Happy Hour (LR)	31 9:30 Words of Encouragement (LR) 10:00 Move It, Move It (LR) 2:00 Sing-along Music 4:00 Table Games



## History's Lifesaving Vaccines

National Immunization Awareness Month during August is a good time to look back at some of history's most impactful vaccines:

**Smallpox.** In 1796, British doctor Edward Jenner discovered that exposing humans to the cowpox virus protected them from smallpox, a similar disease that had been around for 3,000 years and claimed millions of lives. Thanks to the vaccine, smallpox was officially eradicated in 1980.

**Rabies.** Louis Pasteur, a French chemist and biologist who produced groundbreaking work on germs, developed a rabies vaccine in 1885. This vaccine is unique in that it's typically given to a person after exposure to the disease, not before.

**Influenza.** First developed in the 1940s, the seasonal flu shot is now offered annually, since the influenza virus constantly changes. With ongoing scientific research, a new vaccine is developed each year to target the most common strains.

**Polio.** Medical researcher Jonas Salk became a global hero in 1955 after developing a vaccine against polio, a highly contagious disease among children that can lead to paralysis. The U.S. has been polio-free since 1979.

**MMR.** This injection that offers protection from measles, mumps and rubella was introduced in 1971, improving upon previous vaccines developed separately for each condition. All three highly contagious diseases were very common before the vaccine became widespread.

Other major vaccines that have benefited global health over the years include immunizations against pneumonia, hepatitis, chickenpox and shingles, and COVID-19.

## A Summer Adventure

It's the time of year when children begin going back to school, and families often enjoy one last big adventure before the summer comes to an end. It's perfect, then, that August is American Adventures Month. Use these questions to reminisce on your summer amusements.

- When you were growing up, did your family ever take summer vacations? If so, what was your favorite trip?
- Which did you enjoy more: indoor activities, like museums and shopping, or outdoor activities, like hiking and swimming?
- In the moment, vacation mishaps can be scary, but looking back on them can create lots of laughs. Do you have any stories like this to share?
- A popular summer activity is going to amusement parks. Did you visit any? What were your favorite rides and/or games? Did you travel to the park, or did a traveling carnival come to your town?
- Did you take summer vacations as an adult? What was different about being in charge of planning the trip? Did you change up the itinerary?
- Would you prefer to go on an adventure to the ocean, the mountains or the plains of America?
- Have you ever traveled outside of the United States? If so, where was your favorite place and how did it differ from the community you were used to?
- What is your dream vacation or adventure?