

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

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 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.



Use It Now, Keep It Longer

It's a simple fact: Americans are living longer. As more Americans join the ranks of centenarians, it becomes increasingly important to take steps to protect your health *now* to have good health *later*. A recent study by the Johns Hopkins Bloomberg School of Public Health and Duke University Medical Center supports the "use it or lose it" approach to aging, particularly when it comes to men's health.

In a 28-year-long study that followed 147 pairs of male twins, research found that study participants who engaged in a range of cognitive and social activities during midlife reduced their risk of developing Alzheimer's disease and dementia. Those participants who included more frequent cognitive and socially engaging activities experienced a significantly delayed age of dementia onset, especially those who possessed a higher genetic risk for developing the disease.

The moral of the story? To add life to their years, it is important for middle-aged men to maintain a socially engaging and brain-stimulating lifestyle.

**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 to one of these 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 10:00 Move It, Move It (LR) 11:00 Hayes Barton Baptist Church 2:00 Color with a Friend	2 Labor Day 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 1:30 Balloon Toss 2:30 Music w/ Luke	3 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:00 Balloon Touch 2:00 Ice Cream Social (LR)	4 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 10:30 Cook's Corner w/ Chelsea 11:00 Corn Hole Game 1:30 Creative Art 3:00 Music w/ John	5 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:00 Penny Toss Game (LR) 1:30 Floor Tic-Tac-Toe 3:00 Popsicles w/ Jazz (Outside)	6 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:00 Music with Christian 11:00 Reminisce Game 2:15 Happy Hour (LR) 3:30 Game Show	7 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 4:00 Table Games
8 10:00 Move It, Move It (LR) 11:00 Hayes Barton Baptist Church 2:00 Color with a Friend	9 ASSISTED LIVING WEEK 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:00 Reminisce Game (LR) 1:30 Floor Tic-Tac-Toe (LR) 3:00 Fancy Nails	10 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:00 Balloon Tennis LR) 2:00 Ice Cream Social (LR)	11 HAPPY GRANDPARENTS DAY 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:00 Let's Ride Outing 1:30 Abstract Water Art 3:00 Music w/ John	12 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:00 Ring Toss Game 1:30 Sing-along Music 3:00 Basketball Game	13 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:00 Bean Bag Toss Game 2:15 Happy Hour (LR) 3:30 Throw Back Sitcom	14 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 4:00 Table Games
15 10:00 Move It, Move It (LR) 11:00 Hayes Barton Baptist Church 2:00 Color with a Friend	16 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:00 What's in the Bag? (LR) 1:30 Bean Bag Toss (LR) 3:00 Interactive Conversation	17 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:00 Parachuting Game 2:00 Ice Cream Social (LR)	18 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 1:30 Color By Number 3:00 Music w/ John	19 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:00 Cup Race Game 1:30 Water Marker Art 3:30 Movercize with Rich	20 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 2:15 Happy Hour (LR) 3:30 Western Movie (LR)	21 World Alzheimer's Day 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 4:00 Table Games
22 10:00 Move It, Move It (LR) 11:00 Hayes Barton Baptist Church 2:00 Color with a Friend	23 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:00 Pan Ping Pong 1:30 Creative Art 3:00 Velvet Art	24 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:00 Balloon Swat (LR) 2:00 Ice Cream Social (LR)	25 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:00 Big Ed's Restaurant 1:30 Crumble Art 3:00 Music w/ John	26 National Pancake Day 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:00 Roll the Dice (LR) 1:30 Tie Dye Caps	27 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 2:15 Happy Hour (LR) 3:30 Comedy Show of Choice	28 Strawberry Creme Pie Day 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 4:00 Table Games
29 10:00 Move It, Move It (LR) 11:00 Hayes Barton Baptist Church 2:00 Color with a Friend	30 9:30 Words of Encouragement 10:00 Move It, Move It (LR) 11:00 Hole -n- One Game 1:30 Leaf Print Art 3:00 Adult Coloring	Grandparents Day!		 OUTINGS IN SEPTEMBER Outings in September will be posted separately. We will be having our driver go through training prior to driving our bus.		



SEPTEMBER BIRTHDAYS

Martha L.	3rd
Dorothy T.	3rd
Sally W.	19th



'Sharp' Is One

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

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.

Fill Your Own Cup

September is Self-Care Awareness Month.



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.

