

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

MAY 2025

Administrator's Corner

Remember, Honor, Celebrate

Memorial Day pays tribute to those who have made the ultimate sacrifice while serving in the armed forces. There are many ways you can take part in honoring these heroes.

Explore their stories -- Read a military memoir or watch a movie or documentary. You can listen to recordings of veterans' firsthand accounts online at StoryCorps.org

Post a Tribute -- If you have a loved one who is a fallen hero, or want to honor your family member, post a story or photo about them on social media.

Pause at 3 p.m. -- Stop and reflect during National Moment of remembrance, a one-minute pause observed at 3 pm local time on Memorial Day.



Mother's Day

Soon, families across the country will celebrate moms on Mother's Day, a tradition observed for more than 100 years. Every year Americans celebrate Mother's Day on the second Sunday of May. We will be honoring the women at our community during the month of May; please look out for the email invite and flyer.



May is National Mental Health Awareness Month. Let's explore a few ways to help improve our mental health

- Exercise, moving your body and getting exercise will help reduce stress hormones.
- Keep a journal, writing your thoughts on paper can promote self-awareness.
- Did you know that chewing gum can reduce anxiety and lower cortisol levels?
- Laugh, it's the best medicine!
- Never be ashamed or afraid to seek professional assistance.
- Take time out for yourself!

Let's all encourage one another to promote positive mental health practices.



MAY 2025

Homemade Bird Feeder

With spring upon us, flowers begin to bloom and birds begin to tweet. Give those birds a delicious treat with a homemade bird feeder. Simply grab a box of unflavored gelatin and a bag of birdseed at your local grocery store. Mix 1/2 cup hot water and one packet gelatin; once the gelatin is dissolved, pour 1 cup birdseed into the liquid and mix to evenly coat. Next, fill a muffin tin or other fun-shaped molds with the concoction, and allow the mix to harden before “throwing” the snacks to the birds.

Brainteaser

Q: A pitcher in a baseball game faced only 27 batters, and he struck out every batter. He allowed no hits and no runs, yet his team lost by a score of 3–0. Can you explain how this could happen?
A: The pitcher came in as a relief pitcher.

“May is the month of expectation, the month of wishes, the month of hope.”
—Emily Bronte

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<div>1</div> <div>9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Morning Exercise (LR) 2:00  -Dining Chat with Chelsea (GAL) 3:00 -Word Search (GAL)</div>	<div>2</div> <div>9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 Sitcom “Happy Days” (LR) 11:30 -Jammin’ with Christian (LR) 1:00 -BINGO (GAL) 2:30  -Resident Social Hour (GAL)</div>	<div>3</div> <div>9:45 -Sharing Words of Encouragement (GAL) 10:30 -Morning Movement (LR) Self-Guided 1:30 -Activity with a Friend (Self-Guided)</div>
<div>4</div> <div>9:45 -Sharing Words of Encouragement (GAL) 11:00 -Hayes Barton Baptist Church Livestream (LR) 1:00 -Faithful Friends Fellowship (LR) 2:00 -Walking for Wellness, Self-Guided 2:30 -Afternoon Movie Matinee (GAL)</div>	<div>5</div> <div>9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Zumba with Linda (LR) 1:00 -BINGO (GAL) 1:00 -Pet Therapy with Catherine 2:00 -Music with Luke (LR) 3:15 -Creative Art, May Designs (GAL)</div>	<div>6</div> <div>9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Movin’ to the Music (LR) 10:30 -Resident Council Meeting (GAL) 2:30 -Ice Cream Social (GAL) 3:00 -Pet Therapy with Denise</div>	<div>7</div> <div>9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Body Stretches (LR) 1:00 -BINGO (GAL) 2:00 -Music with John (LR)</div>	<div>8</div> <div>9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Movin’ to the Music (LR) 1:15  Outing--Walmart 3:00 -Word Search (GAL)</div>	<div>9</div> <div>9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:00 -Pet Therapy w/ Brenda 10:30 -Body Stretches (LR) 1:00 -BINGO (GAL) 3:30 -Movie Matinee (LR)</div>	<div>10</div> <div>9:45 -Sharing Words of Encouragement (GAL) 10:30 -Morning Movement (LR) Self-Guided 1:30 -Activity with a Friend (Self-Guided)</div>
<div>11</div> <div>9:45 -Sharing Words of Encouragement (GAL) 11:00 -Hayes Barton Baptist Church Livestream (LR) 2:00 -Walking for Wellness, Self-Guided</div>	<div>12</div> <div>9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Zumba with Linda (LR) 1:00 -BINGO (GAL) 1:00 -Pet Therapy with Catherine</div>	<div>13</div> <div>9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 1:30 -Trivia Quest, Residents vs Staff (LR) 2:30 -Ice Cream Social (Courtyard) 2:30 -Ice Cream Social (GAL)</div>	<div>14</div> <div>9:15 -Walking for Wellness (Self-Guided) 9:30  -Forget Me Not Support Group (GAL) 9:45 -Sharing Words of Encouragement (Sunroom) 1:00 -BINGO (GAL) 2:00 -Music with John (LR)</div>	<div>15</div> <div>9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 3:00 -Word Search (GAL) 4:00 -Movercize with Rich</div>	<div>16</div> <div>9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 1:00 -BINGO (GAL)</div>	<div>17</div> <div>9:45 -Sharing Words of Encouragement (GAL) 10:30 -Morning Movement (LR) Self-Guided 1:30 -Activity with a Friend (Self-Guided)</div>
<div>18</div> <div>9:45 -Sharing Words of Encouragement (GAL) 11:00 -Hayes Barton Baptist Church Livestream (LR) 1:00 -Faithful Friends Fellowship (LR) 2:00 -Walking for Wellness, Self-Guided</div>	<div>19</div> <div>9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Zumba with Linda (LR) 1:00 -BINGO (GAL) 1:00 -Pet Therapy with Catherine 2:30  -Planting Flowers (Courtyard)</div>	<div>20</div> <div>9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30  -Outing, NC Farmer’s Market, Lunch (LR) 11:00 -Pet Therapy with Denise 2:30 -Ice Cream Social (GAL)</div>	<div>21</div> <div>9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Body Stretches (LR) 1:00 -BINGO (GAL) 2:00 -Music with John (LR)</div>	<div>22</div> <div>9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Movin’ to the Music (LR) 2:00 -Cook’s Corner w/ Chelsea 3:00 -Word Search (GAL)</div>	<div>23</div> <div>9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:00 -Pet Therapy with Brenda 10:30 -Body Stretches (LR) 1:00 -BINGO (GAL)</div>	<div>24</div> <div>9:45 -Sharing Words of Encouragement (GAL) 10:30 -Morning Movement (LR) Self-Guided 1:30 -Activity with a Friend (Self-Guided)</div>
<div>25</div> <div>9:45 -Sharing Words of Encouragement (GAL) 11:00 -Hayes Barton Baptist Church Livestream (LR) 2:00 -Walking for Wellness, Self-Guided</div>	<div>26</div> <div>Memorial Day 9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Zumba with Linda (LR) 1:00 -BINGO (GAL) 1:00 -Pet Therapy with Catherine 3:00 -Popcorn & A Movie (LR)</div>	<div>27</div> <div>9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 1:30 -Trivia Quest, Residents vs Staff (LR) 2:30 -Ice Cream Social (Courtyard) 2:30 -Ice Cream Social (GAL)</div>	<div>28</div> <div>9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 1:00 -BINGO (GAL) 2:00 -Music with John (LR)</div>	<div>29</div> <div>9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 --Outdoor Jazz Exercise (Courtyard) 2:30 -Healthy Snack, Making a Parfait (GAL) 3:00 -Word Search (GAL)</div>	<div>30</div> <div>9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 1:00 -BINGO (GAL) 3:00 -May Birthday Celebration (GAL)</div>	<div>31</div> <div>9:45 -Sharing Words of Encouragement (GAL) 10:30 -Morning Movement (LR) Self-Guided 1:30 -Activity with a Friend (Self-Guided)</div>



Doris M-----May 4
 Robert R-----May 5
 Lee N-----May 10
 Ross J-----May 13
 Joseph Waters-----May 20



Call of Remembrance

The 24 notes that sound out the bugle call known as taps will be played at numerous events this Memorial Day. The solemn melody has been around since the Civil War, when it was adapted from existing bugle calls that signaled the end of the day. Upon hearing the call, soldiers knew to extinguish their lamps and get ready for bed.



- **Executive Director**
Barbara Riexinger
- **Assisted Living Director**
Tiffany Utley
- **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
- **Activity Assistant**
Allanzandrea (Alex) Watkins
- **Bus Driver**
Randolph (Randy) Fairconeture

 If you would like to speak to one of these Team Members, please contact the front desk at 919-844-9747.

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)

