



# 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)

JULY 2025



## Hello From Select Rehabilitation!

My name is **Ann O'Neill**, and I'm a **Physical Therapist Assistant** and the **Clinical Lead** for **Select Rehabilitation**, your new therapy provider here in the community. I'm excited to introduce our team and share a bit about the services we now offer right on-site.

Select Rehab provides **Physical, Occupational, and Speech Therapy** to help residents improve mobility, maintain independence, and feel their best. We believe therapy should be effective *and* enjoyable — and we make sure to have plenty of fun along the way, whether it's through engaging activities, motivating sessions, or sharing a few laughs together.

Meet our therapy team:

- **Chris Cuomo, DPT** – Physical Therapy
- **Jim Pearce, SLP** – Speech Therapy
- **Crystal Calingacion Silan, COTA** – Occupational Therapy
- **Heesook (Grace) Ryu, OT** – Occupational Therapy

We're here to support you with personalized care and a positive attitude. Feel free to stop by and say hello — we look forward to working with you!



## Celebrate America's Birthday

Members of the Second Continental Congress adopted the final draft of the Declaration of Independence on July 4, 1776.

In the years following the Revolutionary War, July Fourth would be marked with speeches, military events, parades and fireworks.

In 1941, Congress declared July Fourth a federal holiday.

Ask your grandchildren how they plan to celebrate the Fourth of July. Tell them how you celebrated at their age. Most municipalities do not allow people to set off their own fireworks, but it used to be a common practice.

Share with your grandchildren special memories you have of the holiday: potluck picnics, baseball games or a trip to the beach. Maybe you won a watermelon-eating contest!



JULY 2025

Transportation News  
2025 Updates in  
Transportation

Mondays and Fridays—Are  
Reserved for Emergency  
appointments only

Tuesday and Wednesdays—  
Available for doctor’s 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.

An Official  
Fourth

With the adoption of the Declaration of Independence, America’s identity as a free nation famously began on July 4, 1776. But Independence Day didn’t actually become a federal holiday until nearly 100 years later, by an act of Congress in June 1870. Celebrating Independence Day with fanfare, food and friends remains a cherished tradition.

“You cannot swim for new horizons until you have courage to lose sight of the shore.” —William Faulkner

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 -Movin’ to the Music (LR) 10:30 -Resident Council Meeting (GAL) 2:00  -Cooking for Fun, Brownies (GAL) 3:00 -Pet Therapy with Denise</div>	<div>2</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>3</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  -Dining Chat with Chelsea (GAL) 3:00 -Word Search (GAL)</div>	<div>4</div> <div>Independence Day 9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Body Stretches (LR) 11:30 -Jammin’ with Christian (LR) 1:00 -BINGO (GAL) 2:30  -1st Friday Happy Hour July 4th Social (LR)</div>	<div>5</div> <div>9:45 -Sharing Words of Encouragement (GAL) 10:30 -Morning Movement (LR) Self-Guided 1:30 -Activity with a Friend (Self-Guided) 3:00 -Walking for Wellness (Self-Guided)</div>
<div>6</div> <div>9:45 -Sharing Words of Encouragement (GAL) 11:00 -Hayes Barton Baptist Church Livestream (LR) 2:30 -Walking for Wellness, Self-Guided 3:00 Relaxing Coloring (GAL) 3:45 -Board Games with Friends (GAL) self-guided</div>	<div>7</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)</div>	<div>8</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 (GAL)</div>	<div>9</div> <div>9:15 -Walking for Wellness (Self-Guided) 9:30  -Forget Me Not Support Group (GAL) 9:45 -Sharing Words of Encouragement (GAL) 1:00 -BINGO (GAL) 2:00 -Music with John (LR)</div>	<div>10</div> <div>9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 11:15  --NC Farmer’s Market Restaurant 3:00 -Word Search (GAL)</div>	<div>11</div> <div>9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:00 -Pet Therapy w/ Brenda 1:00 -BINGO (GAL) 2:30 -Popcorn &amp; A Movie (LR)</div>	<div>12</div> <div>9:45 -Sharing Words of Encouragement (GAL) 10:30 -Morning Movement (LR) Self-Guided 1:30 -Activity with a Friend (Self-Guided) 3:00 -Walking for Wellness (Self-Guided)</div>
<div>13</div> <div>9:45 -Sharing Words of Encouragement (GAL) 11:00 -Hayes Barton Baptist Church Livestream (LR) 1:00 -Faithful Friends Fellowship (LR) 2:30 -Walking for Wellness, Self-Guided 3:00 -Word Search Packets (GAL)</div>	<div>14</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 -Creative Art, Paint &amp; Pour (GAL)</div>	<div>15</div> <div>9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Movin’ to the Music (LR) 11:00 -Pet Therapy with Denise 2:00 -Creative Jewelry Making Class (GAL)</div>	<div>16</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>17</div> <div>9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:30 -Movin’ to the Music (LR) 3:00 -Word Search (GAL) 4:00 -Movercize with Rich</div>	<div>18</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) 2:30 -Baking Treats (GAL)</div>	<div>19</div> <div>9:45 -Sharing Words of Encouragement (GAL) 10:30 -Morning Movement (LR) Self-Guided 1:30 -Activity with a Friend (Self-Guided) 3:00 -Walking for Wellness (Self-Guided)</div>
<div>20</div> <div>9:45 -Sharing Words of Encouragement (GAL) 11:00 -Hayes Barton Baptist Church Livestream (LR) 2:30 -Walking for Wellness, Self-Guided 3:00 -Movie Matinee, Sleeping with the Enemy (LR)</div>	<div>21</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 3:00 -Bible Trivia Quest (LR)</div>	<div>22</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 (GAL)</div>	<div>23</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>24</div> <div>9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 1:15  --Resident Outing, Hamricks 2:00 -Cook’s Corner w/ Chelsea 3:00 -Word Search (GAL)</div>	<div>25</div> <div>9:15 -Walking for Wellness (Self-Guided) 9:45 -Sharing Words of Encouragement (GAL) 10:00 -Pet Therapy with Brenda 1:00 -BINGO (GAL) 2:30 -Bible Trivia (GAL)</div>	<div>26</div> <div>9:45 -Sharing Words of Encouragement (GAL) 10:30 -Morning Movement (LR) Self-Guided 1:30 -Activity with a Friend (Self-Guided) 3:00 -Walking for Wellness (Self-Guided)</div>
<div>27</div> <div>9:45 -Sharing Words of Encouragement (GAL) 11:00 -Hayes Barton Baptist Church Livestream (LR) 1:00 -Faithful Friends Fellowship (LR) 2:30 -Walking for Wellness, Self-Guided</div>	<div>28</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 2:45 -Popcorn &amp; A Movie (LR)</div>	<div>29</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 -Board Games with Friends (GAL)</div>	<div>30</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>31</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  -Tea Talk with a Friend (GAL) 3:00 -Word Search (GAL)</div>		



# Revolutionary Words

"Learning is not attained by chance, it must be sought for with ardour and attended to with diligence." —Abigail Adams



## Happy Birthday

David M-----July 12  
Jane H-----July 15  
JoAnn M-----July 28  
Nora B-----July 29



## Enjoy Your Own Scoop

"Don't let your ice cream melt while you're counting somebody else's sprinkles."  
—Akilah Hughes



- **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.

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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)

