

# THE Falls River Village Lifestyle



FALLS RIVER  
ASSISTED LIVING & MEMORY CARE

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ASSISTED LIVING COMMUNITY

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## OCTOBER 2023

### Remember When: Chessie the Cat

One of the sweetest advertising icons of all time, Chessie the Cat was the slumbering face of the Chesapeake and Ohio Railway from 1933 to 1971. Snuggled on a pillow under a cozy blanket, with one paw dangling out, Chessie was chosen to advertise the railroad's new air-conditioned cars, which allowed passengers to "Sleep Like a Kitten" in comfort. The nationwide campaign captured hearts of all ages, boosting morale through the Great Depression and World War II. Ads even showed the cat's mate, Peake, as a soldier while Chessie took care of their two kittens at home. Fans of the feline could buy merchandise ranging from books and playing cards to the wildly popular yearly calendar, which is still produced today by the C&O Historical Society.

### Spread Good Cheer

Doing good can make you feel good and possibly add years to your life. Performing a kind act releases the hormone oxytocin, which can lower stress and produce a calming effect. Research shows people who consistently practice simple good deeds, such as holding a door open and complimenting someone, as well as more involved charitable acts like volunteering, experience health benefits that may contribute to a longer and happier life.



### The Sweetest Day

For over 100 years, the third Saturday in October has been set aside as Sweetest Day. Several accounts say the holiday, originally called Candy Day, was the creation of the National Confectioners Association to encourage people to buy sweets for themselves and their loved ones, including "the boys overseas" during World War I. In the 1920s, candy retailers partnered with charity groups to provide treats and other small gifts to orphanages and hospitals. Today, the holiday is observed as an opportunity to show others how much you care with cards, presents and acts of kindness.

### Time for Candy Corn

This time of year brings with it a harvest of candy corn, those sugary tricolored treats of yellow, orange and white. The Goelitz Confectionery Company in Cincinnati began making the candy kernels in 1898 and called it "chicken feed." It was such a bestseller, it kept the company going through two world wars and the Depression.

**OCTOBER 2023**

**Memorable Melody: 'Time of the Season'**

Upon hearing this song's opening bass notes combined with a hissing "ahh!" vocal, listeners are transported back to the groovy '60s, when this dreamy number became a hit for British rock band The Zombies. Nearly half of the song's running time is instrumental, as the group's keyboardist, Rod Argent—who also composed the tune—riffs away on the organ. Though the lyrics only mention the "season for loving," Argent paid homage to the jazz standard "Summertime" with the famous lines: "Who's your daddy? Is he rich like me?" But the song's eerie, breathy quality also makes it a perfect soundtrack for a spooky fall night.

**Fall in Love With Fall**

"There is something incredibly nostalgic and significant about the annual cascade of autumn leaves." — Joe L. Wheeler

**"Hope is like the sun, which, as we journey towards it, casts the shadow of our burden behind us."**  
—Samuel Smiles

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:45 Encouraging Words for the day! 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	2 9:45 Encouraging Words for the day! 10:30 Zumba w/ Linda 1:00 BINGO 1:00 Pet Therapy w/Catherine 2:00 Music w/ Luke	3 9:45 Encouraging Words for the day! 10:30 30- Minute Workout 11:00 Making words w/Dice 11:30 Bowling/Sing Along 2:30 Ice Cream Social 3:00 Pet Therapy w/ Denise	4 9:45 Encouraging Words for the day! 11:00 Magazine Search/Basketball 1:00 BINGO 2:00 Music w/John	5 9:45 Encouraging Words for the day! 10:30 30- Minute Workout 11:00 Horseshoes 1:30 Diamond Art Club 2:00 Chef Chat	6 9:45 Encouraging Words for the day! 1:00 BINGO 2:30 HAPPY HOUR!!	7 9:45 Encouraging Words for the day! 10:30 Move it! Move it! 1:30 Activity with a Friend
8 9:45 Encouraging Words for the day! 10:00 Sunday Service Pastor Dawn 11:00 Hayes Barton Baptist Church 2:00 Music w/Renee 3:00 Music by Harrison	<b>Columbus Day</b> 9 9:45 Encouraging Words for the day! 10:30 Zumba w/ Linda 1:00 BINGO 1:00 Pet Therapy w/Catherine	10 9:45 Encouraging Words for the day! 10:30 30-minute Workout 11:00 Making words w/Dice 1:30 Pokeno 2:30 Ice Cream Social	11 9:45 Encouraging Words for the day! 10:00 Master Gardeners 10:30 Move it! Move it! 11:00 Magazine Search/Basketball 1:00 BINGO 2:00 Music w/John	12 9:45 Encouraging Words for the day! 10:30 30-minute Workout 11:00 Meditation in the Gallery 11:30 Bowling/Sing Along 1:30 Diamond Art Club	13 9:45 Encouraging Words for the day! 10:00 Pet Therapy w/ Brenda 10:30 Move it! Move it! 1:00 BINGO 2:30 HAPPY HOUR!! 3:30 Music w/ Christian	14 9:45 Encouraging Words for the day! 10:30 Move it! Move it! 1:30 Activity with a Friend
15 9:45 Encouraging Words for the day! 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	16 9:45 Encouraging Words for the day! 10:30 Zumba w/ Linda 11:00 Resident Council Meeting 1:00 BINGO 1:00 Pet Therapy w/Catherine	17 9:45 Encouraging Words for the day! 10:30 30- Minute Workout 11:00 Making words w/Dice 11:00 Pet Therapy w/ Denise 11:30 Bowling/Sing Along 2:30 Ice Cream Social	18 9:45 Encouraging Words for the day! 11:00 Magazine Search/Basketball 1:00 BINGO 2:00 Music w/John	19 9:45 Encouraging Words for the day! 10:30 30- Minute Workout 11:00 Horseshoes 1:30 Diamond Art Club 4:15 Movercize W/Rich	20 9:45 Encouraging Words for the day! 1:00 BINGO 2:30 HAPPY HOUR!!	21 9:45 Encouraging Words for the day! 10:30 Move it! Move it! 1:30 Activity with a Friend
22 9:45 Encouraging Words for the day! 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	23 9:45 Encouraging Words for the day! 10:30 Zumba w/ Linda 1:00 BINGO 1:00 Pet Therapy w/Catherine	24 9:45 Encouraging Words for the day! 10:30 30-minute Workout 11:00 Making words w/Dice 1:30 Pokeno 2:30 Ice Cream Social	25 9:45 Encouraging Words for the day! 10:30 Move it! Move it! 11:00 Magazine Search/Basketball 1:00 BINGO 2:00 Music w/John	26 9:45 Encouraging Words for the day! 10:30 30-minute Workout 11:30 Bowling/Sing Along 1:30 Diamond Art Club 2:00 Chef Demo!	27 9:45 Encouraging Words for the day! 10:00 Pet Therapy w/ Brenda 10:30 Move it! Move it! 1:00 BINGO 2:30 HAPPY HOUR!!	28 9:45 Encouraging Words for the day! 10:30 Move it! Move it! 1:30 Activity with a Friend
29 9:45 Encouraging Words for the day! 11:00 Hayes Barton Baptist Church 3:00 Music by Harrison	<b>Making Treat Bags</b> 30 9:45 Encouraging Words for the day! 10:30 Zumba w/ Linda 1:00 BINGO 1:00 Pet Therapy w/Catherine	<b>Giving Treats to the Kids!</b> 31 9:45 Encouraging Words for the day! 10:30 30- Minute Workout 11:00 Making words w/Dice 11:30 Bowling/Sing Along 2:30 Ice Cream Social 2:30 October Birthdays/HAPPY HOUR!!				



## A Guide to Breast Cancer Awareness

October is National Breast Cancer Awareness Month. Learn more about this disease that is the second leading cause of cancer death among women.

Breast cancer typically begins in milk ducts or glands, although it can form in other breast tissues. Male breast cancer is possible, but rare.

The most common symptom is a new lump or mass felt in the breast. Other breast cancer symptoms include: pain or swelling in all or part of the breast, including the nipple; irritation of the breast skin or nipple, such as redness, dimpling or thickening; nipple discharge; and a newly inverted nipple.

These symptoms do not necessarily indicate breast cancer, but any changes to the breast should be checked out by your doctor. Mammograms can detect cancer before symptoms are present. The American Cancer Society recommends women have yearly mammograms beginning at age 40.

The cause of breast cancer is unknown, but there are certain risk factors associated with the disease. Genetic risks include a family history of breast or ovarian cancer; dense breast tissue; never being pregnant; having children at a late age; early menstruation; and late menopause. Behaviors such as smoking, alcohol use and poor diet are also considered factors. However, qualifying for one or several of these risks does not mean you will develop breast cancer; in fact, 60 to 70 percent of breast cancer patients don't have these risk factors at all.

Statistics indicate that 1 in 8 women will be diagnosed with breast cancer in their lifetime. But recent years also show a decline in breast cancer in women older than 50. This is partially credited to the reduced use of hormone therapy after menopause, as well as improved screening and treatment options.

## October Birthdays

Ann T. ....	10/19
Audrey .....	10/21
Katie .....	10/28

## Popular Pages: 'The Shell Seekers'

Rosamunde Pilcher's feel-good novel from 1987 explores the memories of Penelope Keeling, a woman in her 60s whose life has included unconventional parents, complicated relationships and three children of her own. A painting she owns becomes worth a fortune, and two of her children urge her to sell it, thinking of the money. However, Penelope is torn on what to do. This novel has seen major success: It was adapted for the stage, made into two TV movies and has sold over 5 million copies. Dive into the rich descriptions and complex family bonds to discover how the story ends.

## Where's Johnny?

New generations know the drawn-out phrase "Here's Johnny!" as an infamous line said by actor Jack Nicholson in the 1980 horror movie "The Shining." But the catchphrase first entered the public lexicon when sidekick and announcer Ed McMahon used it on the first episode of "The Tonight Show Starring Johnny Carson" on Oct. 1, 1962. McMahon's everlasting catchphrase introduced the "King of Late Night" for nearly 30 years!