

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

Wit & Wisdom

"Injustice anywhere is a threat to justice everywhere."

—Martin Luther King Jr.

"Justice is doing for others what we would want done for us."

—Gary Haugen

"The world would be a paradise of peace and justice if global citizens shared a common definition of love which would guide our thoughts and action."

—Bell Hooks

"Justice cannot be for one side alone, but must be for both."

—Eleanor Roosevelt

"In matters of truth and justice, there is no difference between large and small problems, for issues concerning the treatment of people are all the same."

—Albert Einstein

"Since when do you have to agree with people to defend them from injustice?"

—Lillian Hellman

"Justice is sweet and musical; but injustice is harsh and discordant."

—Henry David Thoreau

"In order to establish peace, you must have fair justice for everyone."

—Al Sharpton

"Continue to speak out against all forms of injustice to yourselves and others, and you will set a mighty example for your children and for future generations."

—Bernice King

Kick Out Your Feet for Better Sleep

Your feet may be the key to a better night's sleep. The National Sleep Foundation says keeping one foot outside the covers can help your body maintain a lower temperature, which allows you to fall asleep faster and enjoy a deeper doze.

FEBRUARY 2024



Check the Weather

Know the forecast before leaving your house to ensure you stay warm and healthy this winter. Confirm there is no ice on the walkways; if you must get out in the snow or ice, then bundle up, wear shoes with good traction and go slow!

FEBRUARY 2024

Blood Pressure Prescription Tips

February is American Heart Month, and blood pressure is an important aspect of heart health. Prescription medication is a common treatment for high blood pressure, a condition that affects nearly half of the adults in the U.S. These tips can help the medicine be most effective:

- Have a routine; taking the medication around the same time each day will decrease the chances of forgetting a dose.
- Follow prescription directions, including duration of medication. Feeling better? Blood pressure reading normal? The medicine is doing its job; make sure to continue taking it as directed.
- Check and record blood pressure often. Taking your pulse rate is never a bad idea, either.
- Refill prescriptions before they run out; this way, you'll be prepared for unexpected situations.

“Connecting our hearts through love yields a nectar so sweet we are forever full.”
 —Amy Leigh Mercree

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				9:00 Current Events/News 9:30 30 minute workout 10:00 Coloring w/Music 11:00 Balloon Volley 11:30 I Spy 1:00 Game Show of their choice 1:30 BINGO 2:30 Magazine Search 3:00 Movie w/friends 4:00 Bowling w/Staff 4:30 Beanbag Toss	9:00 Current Events/News 9:30 30 minute workout 10:00 Coloring w/Music 11:00 Balloon Volley 11:30 I Spy 1:00 Game Show of their choice 1:30 BINGO 2:15 Happy Hour 2:30 Magazine Search 3:00 Movie w/friends 4:00 Bowling w/Staff 4:30 Beanbag Toss	9:00 Current Events/News 9:30 30 minute workout 10:00 Coloring w/Music 11:00 Balloon Volley 11:30 I Spy 1:00 Game Show of their choice 1:30 BINGO 2:30 Magazine Search 3:00 Movie w/friends 4:00 Bowling w/Staff 4:30 Beanbag Toss
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Happy Groundhog Day!

Every Feb. 2, we look to one of nature's critters to answer an important question: How long until spring arrives?

The tradition behind the holiday we know as Groundhog Day is actually several hundred years old. In Europe, people would gather for a festival marking the halfway point of winter. If it was a cloudy day, they predicted that spring would arrive soon. But if the sun was out, they believed many more weeks of cold weather were still to come.

Eventually, folks in Germany added their own spin to the legend, saying that burrowing animals like badgers and hedgehogs could predict the weather. If these critters emerged from underground during the midwinter festival and saw their shadow, then they would be spooked back into their homes, signaling that it was a long wait to spring.

When German immigrants settled in North America, they brought this seasonal celebration with them, changing the tradition to include a groundhog, which was more common in their new country.

Whether the groundhog sees his shadow or not, Groundhog Day is a fun holiday to celebrate! Here are some fun facts about groundhogs to share with your family and friends.

- Groundhogs are also called woodchucks and whistle-pigs.
- They're members of the squirrel family, which also includes chipmunks and prairie dogs.
- They live throughout the U.S. and Canada.
- Their burrows can be up to 50 feet long, and about 5 feet deep.
- Groundhogs hibernate from October to March, but of course they sneak a peek outside on Groundhog Day!



Making a Splash

If you watch sports, then you probably know about the famed Gatorade shower, also known as the Gatorade dunk or bath. This tradition of dumping a cooler full of liquid onto the head coach—or star player—began with New York Giants defensive tackle Jim Burt in 1984. After some grueling practices that resulted in a winning game, Burt, linebacker Harry Carson and team dumped the icy drink all over head coach Bill Parcells. This bit of fun has since become a beloved tradition for victorious teams.

Reading Challenge: Complete a Series

Binge-watching a TV show is all the rage, so why not try binge-reading a book series? From a duology (a two-book series) to a 10-book collection, immerse yourself in the journey. Some popular options include the "Throne of Glass" series by Sarah J. Maas, "The Lord of the Rings" trilogy by J.R.R. Tolkien and the "Summer" series by Jenny Han.