

THE Falls River Court Lifestyle



FALLS RIVER
ASSISTED LIVING & MEMORY CARE

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MEMORY CARE COMMUNITY

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MAY 2023

Bouquets of Blossoms

May 1 is often celebrated as May Day, a spring holiday when baskets or bouquets of flowers are given to friends, family and neighbors. Celebrate May this year by learning some fun flower facts:

- The spice saffron comes from the fall-flowering crocus.
- Flower vegetables include cauliflower, artichokes and broccoli.
- The daisy's name came about because the flower's yellow center resembles the sun. It was called the "day's eye," which evolved over time into "daisy."
- In 1986, Congress voted to make the rose the national flower of the United States.
- The rose family also includes pears, apples, cherries, plums, peaches, apricots and almonds.
- A rosebush growing at St. Mary's Cathedral in Hildesheim, Germany, is thought to be the world's oldest at more than 1,000 years.
- The earliest known flower is *Archaeofructus sinensis*. Scientists discovered the fossilized flower in northeast China and believe it bloomed about 125 million years ago.
- Although dandelions are considered weeds, they are nutritious. The flowers and leaves are a good source of vitamins A and C, iron, calcium and potassium.
- Cut tulips will continue growing in a vase. They can grow up to another 3 inches.



Barbecue Buddies

While smoked meat slathered in sauce is the star of the show at a barbecue, there's usually a plentiful pick of side dishes at the table.

Baked beans. For many, a barbecue menu must-have is a pot of baked beans, which may include bits of meat along with the beans, simmered in a sweet sauce.

Coleslaw. Cool and crunchy coleslaw, made with raw cabbage, carrots, other veggies and even fruit, complements all types of barbecue. Both creamy and vinegar-based dressings are popular choices for this salad.

Corn. Warm-weather cookouts and picnics often feature this fresh, sweet vegetable, whether as grilled corn on the cob, creamed corn, corn pudding, succotash or corn relish.

Potato salad. A helping of cold, creamy potato salad provides taste buds a soothing contrast to tangy and spicy fare. Lighter versions with oil-dressed spuds can be served warm or chilled.

Bread. Slices of classic white bread, biscuits, cornbread or hush puppies often come with a plate of barbecue and offer a hands-on way to sop up the sauce.

Macaroni and cheese. A classic comfort food, this cheesy pasta dish with countless variations is a favorite among the fixin's that make a barbecue meal complete.



MAY 2023

Remember When: Potholder Looms

At one time, your kitchen drawer may have been stocked with colorful handwoven potholders and hot pads, lovingly made by a child in your life—or even yourself! The type of loom used to craft these squares is called a pin loom, invented during the Great Depression as a way to use scraps of fabric, particularly from socks and stockings. Housewives in the '30s used the looms to make all kinds of housewares, and potholders emerged as a favorite project, especially for children who easily grasped the looping technique. By the 1950s, the looms were primarily sold in craft kits along with “rainbow looms” of colorful, stretchy fabric bands.

Stay Laughing

“If you’re going to be able to look back on something and laugh about it, you might as well laugh about it now.” — Marie Osmond

“Keep a green tree in your heart and perhaps the singing bird will come.”
—Chinese proverb

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11:00 IHOP Outing 1:15 BINGO 2:15 Gardening 3:00 Reminiscing	2 11:00 Siting on the porch with magazines 1:15 BINGO 2:15 Baking Cookies 3:00 Deal or No Deal	3 1:15 BINGO 2:15 Coloring w/music 3:00 Music w/John	4 11:00 Kickball 1:15 BINGO 2:15 Spa Day 3:00 Reading With your Buddy	5 11:00 Coloring on the porch 1:15 BINGO 2:15 Happy Hour 3:00 T.V. Show	6 11:00 Puzzles at the table 1:15 BINGO 2:00 Color w/ Friend
7 11:00 Hayes Barton Baptist Church	8 11:00 Ride Along w/music 1:15 BINGO 2:15 Bowling 3:00 Music Time	9 11:00 Balloon Volley 1:15 BINGO 2:15 Cooking w/ Courtney 3:00 Price is Right	10 11:00 Master Gardeners 1:15 BINGO 2:15 Reminiscing 3:00 Music w/John	11 11:00 Gardening 1:15 BINGO 2:15 Nail Care 3:00 Sing Along 4:15 Music w/ Christian	12 10:30 Mother’s Day Tea Celebration! 1:15 BINGO 2:15 Happy Hour 3:00 Name that Tune	13 11:00 Game Show 1:15 BINGO 2:00 Sing Along
14 11:00 Hayes Barton Baptist Church	15 11:00 Ice Cream Outing 1:15 BINGO 2:15 Bowling 3:00 Wheel of Fortune	16 11:00 Reading w/Courtney 1:15 BINGO 2:15 Baking Cupcakes 3:00 Reminiscing	17 11:00 Basketball 1:15 BINGO 2:15 Drawing with Courtney 3:00 Music w/John	18 11:00 I Spy on the porch 1:15 BINGO 2:15 Spa Day 3:30 Movercize W/Rich	19 11:00 Visiting A Friend 1:15 BINGO 2:15 Happy Hour 3:00 Music Time	20 12:00 Movie Day 1:15 BINGO 2:00 Name that Tune
21 11:00 Hayes Barton Baptist Church	22 10:00 Strawberry Patch Outing 1:15 BINGO 2:15 Memorial Craft w/ Courtney 3:00 Music Time	23 11:00 Tic Tac Toe 1:15 BINGO 2:15 Baking Pigs-n-Blankets 3:00 Spelling Bee	24 11:00 Balloon Volley 1:15 BINGO 2:15 Craft w/ Courtney 3:00 Music w/John	25 11:00 I Spy 1:15 BINGO 2:15 Nail Care 3:00 Reminiscing	26 11:00 Bowling 1:15 BINGO 2:15 Happy Hour 3:00 Family Feud	27 11:00 Color w/ Friend 1:15 BINGO 2:00 Basketball
28 11:00 Hayes Barton Baptist Church	29 Memorial Day 11:00 Coloring w/music 1:15 BINGO 2:15 Basketball 3:00 T.V. Show	30 1:15 BINGO 2:15 Cooking w/ Courtney 3:00 Reminiscing	31 10:00 Ride Along w/music 12:00 May Birthday Celebration! 1:15 BINGO 3:00 Music w/John			Everyday Activities 9:30 Devotion 10:00 Exercise 4:00 Exercise

**All Events
Are Subject
to Change**



Mother, May I?

Mind your manners and remember please and thank you during National Etiquette Week, annually the second week in May. Hold the door for a stranger or let someone else go in front of you in line. A bit of common courtesy goes a long way.

How Does Age Affect Your Driving?

Getting older doesn't automatically turn people into bad drivers. Many continue to be good, safe drivers as they age. But changes can affect driving skills as you age. Changes to your body. Over time, your joints may get stiff and your muscles weaken. It can be harder to move your head to look back, quickly turn the steering wheel or safely hit the brakes.

Your eyesight and hearing may change, too. As you get older, you need more light to see things. Also, glare from the sun, oncoming headlights or other street lights may trouble you more than they did previously. The area you can see around you (called peripheral vision) may become narrower. The vision problems from eye diseases such as cataracts, macular degeneration or glaucoma also can affect your driving ability.

In addition, you may find that your reflexes are getting slower. Or your attention span may shorten. Maybe it's harder for you to do two things at once. These are all normal changes, but they can affect your driving skills.

Other health changes. While health problems can affect driving at any age, some occur more often as we get older. For example, arthritis, Parkinson's disease and diabetes may make it harder to drive. People who are depressed may become distracted while driving. The effects of a stroke or even lack of sleep can also cause driving problems. Devices such as an automatic defibrillator or pacemaker might cause an irregular heartbeat or dizziness, which can make driving dangerous. If your driving has become impaired over time, don't put your and others' lives at risk by continuing to get behind the wheel. Check with your doctor to learn whether changes in medications or other health concerns can be addressed.

Updates!

This is a reminder that we will be attending some fun outings this month. If you would like your loved one to participate, please let Courtney or Fredricia know as soon as possible so that arrangements can be made. This month we will be doing a Mother's Day Tea Celebration on May 12, 2023. The mothers will wear their fancy hat and white gloves. We look forward to seeing you this month.



No May Birthdays!

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.

