

THE Falls River Court Lifestyle



FALLS RIVER
ASSISTED LIVING & MEMORY CARE

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MEMORY CARE COMMUNITY
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MAY 2024

Flower of Remembrance

It's a flower that has come to represent all those who have given their lives in times of war. Around Memorial Day, Buddy Poppies start popping up. The bright red artificial flowers, each with a tag that says "Wear It Proudly," are given out by members of the Veterans of Foreign Wars. The group began the tradition in 1922. The flowers got the name Buddy Poppies because they honored the many military buddies who never came home.

Today, men and women in Veterans Affairs hospitals and homes assemble the poppies, an activity that provides them with financial help and a form of physical therapy. VFW posts distribute the poppies to the public, and the donations collected for them are used to fund programs for veterans and military families.

Using the poppy as a memorial flower was inspired by the famous battlefield poem "In Flanders Fields," written during World War I by Canadian army doctor John McCrae. Poppies were later adopted as symbols by veterans groups in the U.S., Canada, the U.K., Australia, New Zealand and parts of Europe.



MOTHER'S DAY CELEBRATION

JOIN US
AS WE CELEBRATE
MOMS
THURSDAY, MAY 9TH
3:00 PM
HOSTED IN COURTYARD
ADDITIONAL INFORMATION
WILL BE SENT TO FAMILY
MEMBERS



MAY 2024

Memorable Melody: 'I Can See Clearly Now'

If you're not already in a good mood, you'll soon be in one after hearing this upbeat song, which has been spreading sunshine since Johnny Nash recorded it in 1972. For several years, the Texas-born singer had been living in Jamaica, writing and performing with local artists, including the legendary Bob Marley. Those influences can be heard in "I Can See Clearly Now," which helped bring reggae music to a mainstream audience after quickly reaching No. 1 on the Billboard Hot 100. Both Nash's original version and a successful cover by reggae artist Jimmy Cliff have remained popular for decades, appearing in many films, TV shows and commercials.

'Dig' Is One

How many words can you come up with using the letters in "gardening"?

"Wherever you go, no matter what the weather, always bring your own sunshine."
—Anthony J. D'Angelo

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 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 3:00 Music with John 4:00 Bowling w/Staff 4:30 Beanbag Toss	2 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	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 2:15 Happy Hour 2:30 Magazine Search 3:00 Movie w/friends 4:00 Bowling w/Staff 4:30 Beanbag Toss	4 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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Sweet and Silly

Q: What kind of bouquet did the little boy give to his mom?

A: Son-flowers.

Words We Got From the Military

Military Appreciation Month, held every May, celebrates the members of the armed forces who have given so much to our nation. Among the military's contributions through the years is a registry of words and phrases that wouldn't exist without them. Here's a small sample:

Hotshot. This term for a talented, successful person likely came from the use of heated cannonballs, aka hot shots, to ignite enemy ships or buildings. Handling the volatile ammo was risky and required a lot of skill.

With flying colors. A naval ship returning home after a victory proudly displays their flags, called colors, from the masthead. The tradition of "coming through with flying colors" is now a metaphor for a victory such as acing a test or exceeding at a task.

Peacoat. The name of this stylish outerwear has nothing to do with a little green vegetable. Originally worn by Dutch sailors, it was adopted by both the British and U.S. Navy. The jacket's warm, rough fabric was known as *pij* in Dutch and pilot-cloth in English, leading to the nicknames "p-cloth," "p-coat," and eventually "peacoat."

Avant-garde. Describing someone or something that is new and unusual, typically referring to the arts, this comes from the French word for vanguard, or advance guard: a small group of soldiers who lead armed forces into battle.

Murphy's law. Pessimists are familiar with this philosophy of "If something can go wrong, it will." Capt. Edward A. Murphy gave this age-old concept a name while working on a project at Edwards Air Force Base in 1949. His fellow engineers credited the law for motivating them to find ways to avoid negative outcomes, making their project a success.



Seasonal Skin Care Tips

Days of outdoor fun and sun are ahead, which means your skin will likely be feeling the heat. Protect it with some skin-saving reminders.

Dermatologists' top advice? Sunscreen, sunscreen, sunscreen! Protecting your skin from the sun's harmful ultraviolet rays should be a daily habit, but it's essential during summer days. Wear a broad-spectrum sunblock with a sun protection factor of 30 or higher, and reapply it every two hours when you're outside for long periods.

More sunshine, hot temperatures and humidity mean increased perspiration. When sweat gets trapped in the skin's pores, heat rash, also called prickly heat, can develop. To prevent it, wear loose-fitting, lightweight clothing and try to keep skin dry and cool.

Itchy bug bites are also common this time of year. Resist the urge to scratch them, which can lead to infection and scarring. Use a cold compress or hydrocortisone cream for itch relief.

With outdoor activities and time at the pool, beach or lake, you may be showering more often. Frequent bathing in water that's too hot can dry out skin, so adjust the water temp to warm or cool and slather on a moisturizing lotion afterward. And remember that drinking plenty of water is one of the best habits that can keep both you and your skin hydrated and healthy.