


THE Falls River Court Lifestyle



FALLS RIVER
ASSISTED LIVING & MEMORY CARE

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MEMORY CARE COMMUNITY

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JUNE 2024

A Playlist for Pops

This Father's Day, press play on these sweet songs that celebrate the bond between dads and their children.

"Color Him Father." A top 10 hit for R&B group the Winstons, this upbeat track from 1969 sings the praises of a kind, hardworking stepfather to a widow's seven children.

"Father and Son." When listening to this 1970 Cat Stevens song, note when the singer-songwriter is singing in a lower register and when he goes up an octave. The deep verses are the father's side of the conversation, and the higher verses are the son's response.

"Daddy's Hands." Country singer Holly Dunn wrote this sweet tribute as a Father's Day gift for her dad. Released in 1986, it spent six months on the country charts and made Dunn a Nashville star.

"Butterfly Kisses." Played at many wedding receptions during the father-daughter dance, this 1997 hit by Bob Carlisle showcases all the special moments between a dad and his little girl.

"I'm Already There." This 2001 single by country group Lonestar resonated with listeners familiar with the message of a father away from home, especially those deployed in the military. The band later recorded a version that included phone calls from soldiers to their loved ones.

"Dance With My Father." Though he lost his father at age 7, Luther Vandross held on to memories of his parents happily dancing in their home. This sentimental ode struck a chord with listeners, sending the song to No. 1 on the R&B charts in 2003.

"Glory." Rapper Jay-Z released this celebration of fatherhood in January 2012, just two days after his daughter with pop star Beyonce, Blue Ivy, was born. The song officially credits the baby for contributing her heartbeat, coos and cries to the track, making her the youngest person to have a song on the Billboard charts.

A Gem To Make You Grin

Q: Why don't oysters share their pearls?

A: Because they're shellfish.



Covering Your Bases

Baseball season is in full swing, and every fan knows that good basemen are essential to good defense. Just like your favorite team has to make sure all the bases are covered, so do you as a renter. The team here at your community reminds you not to get caught off guard without a renters' insurance policy. Why renters' insurance? Because although our insurance protects each individual building as a whole, it does not include coverage for our residents' personal belongings.

While we hope you never have to experience theft or damage from a natural disaster, having a renters' insurance policy can provide you with protection and peace of mind—like having a major league shortstop on a little league team.

Plus, a good policy will offer liability coverage in case a guest gets hurt in your home and tries to call "foul." If you don't have a current renters' insurance policy, now would be a good time to make arrangements to speak with an insurance agency. Let their players help you cover all your financial bases.

JUNE 2024

Brain Bender:
A Smashing
Good Time

The following list contains two-word phrases that are related to summertime fun and activities. But the letters of the words in each phrase have been mixed up and smashed together. Can you finish each phrase with the letters provided?

Example: trrdp: r o a d t r i p

1. stslaned: _ _ _ _ c a _ _ _ _

2. buaititng: _ _ _ h _ _ _ s _ _ _

3. JFuyrth: _ u l _ _ o _ _ _ _

4. crceem: i _ _ _ _ a _

5. ocanfgisre: _ _ m p _ _ _ _ s _ _ _ _

6. lgamsn: _ _ w _ _ a _ e _

7. awtlre: n _ _ u _ _ _ a _ k

8. bikd: _ i _ e r _ _ e

(Answers: 1. sand castle; 2. bathing suit; 3. July Fourth; 4. ice cream; 5. campfire songs; 6. lawn games; 7. nature walk; 8. bike ride)

A Magical
Summer

“Everything good, everything magical happens between the months of June and August.”

—Jenny Han

“When the sun is shining
I can do anything; no
mountain is too high, no
trouble too difficult.”

—Wilma Rudolph

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 4:00 Table Games
2 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	3 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 1:30 Balloon Tennis 2:30 Music w/ Luke 3:00 Fancy Nails	4 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 11:00 Creative Art 2:00 Roll the Dice	5 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 11:00 Salt Painting 3:00 Music with John	6 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 11:00 Parachuting 2:00 Smooth Jazz & Coloring	7 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 11:00 Noodle Ball 2:15 Happy Hour 3:30 Western Matinee	8 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 2:00 Color by Number 4:00 Table Games
9 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	10 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 1:30 Go Fish Floor Game 3:00 Fancy Nails	11 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 11:00 Leaf Painting 2:00 Root Beer Float Social	12 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 11:00 Coffee Filter Flower 3:00 Music with John	13 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 11:00 Popsicles in the courtyard 12:00 Father’s Day Luncheon	14 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 11:00 Balloon Volleyball 2:15 Happy Hour 4:00 Music with Christian	15 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 2:00 Adult Coloring 4:00 Table Games
Happy Father's Day 16 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	17 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 1:30 Cup Curling 3:00 Fancy Nail	18 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 11:00 Creative Art 2:00 Ice Cream Drive	Juneteenth 19 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 11:00 Juneteenth Documentary 3:00 Music with John	20 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 11:00 Making Bird Feeders 3:30 Movercize with Rich	21 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 11:00 Guess What 2:15 Happy Hour 3:30 Comedy Matinee	22 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 4:00 Table Games
23 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	24 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 1:30 Cup Race Game 3:00 Fancy Nails	25 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 11:00 Velvet Art 2:00 Brain Teasers	26 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 11:00 String Art 3:00 Music with John	27 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 11:00 Beanbag Toss 2:30 Birthday Celebration	28 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 11:00 Let’s Ride 2:15 Happy Hour 3:30 Musical Matinee	29 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 4:00 Table Games
30 9:30 Words Of Encouragement 10:00 Music and Movement (LR) 11:00 Hayes Barton Baptist Church 2:00 Color with a friend						

Celebrating Freedom

When President Abraham Lincoln's Emancipation Proclamation went into effect on Jan. 1, 1863, it signaled the end of slavery in the United States. Then why is Freedom Day or Emancipation Day, commonly known as Juneteenth, celebrated as a federal holiday on June 19 instead?

Various factors led to the continuation of slavery. Chiefly, the Civil War had yet to end, and Lincoln didn't have much authority over states still in rebellion. After Confederate Gen. Robert E. Lee surrendered on April 9, 1865, news of the war's end took time to reach every state. On June 19, 1865, Union soldiers, led by Gen. Gordon Granger, arrived in Galveston, Texas—the western-most state at the time—and announced that the war was over and slavery was abolished.

Combining June and 19, the day was named Juneteenth and sparked numerous celebrations among African American communities. Knowledge of the unofficial holiday faded as many former slaves moved north, but it regained popularity during the civil rights movement in the 1960s.

Juneteenth has been called the country's "second Independence Day" and is marked by a variety of joyous and solemn celebrations.



The Longest Day

Every year on the summer solstice, the day with the most hours of sunlight, communities across the country gather to "outshine the darkness of Alzheimer's." Since 2012, the Alzheimer's Association has hosted The Longest Day on the first day of summer. The name of the event refers to the long daylight hours of the summer solstice as well as the journey of the 50 million people worldwide who are living with Alzheimer's disease and their caregivers.

Individuals take part in The Longest Day by creating or joining a team of family, friends and co-workers and planning a fundraising event that will take place from sunrise to sunset. Teams can choose any activity, such as a walk-a-thon, playing cards or bingo, baking, crafting, playing a sport, or volunteering for a service project. Virtual gatherings, online charity donations, and sending cards and care packages to people with dementia are additional ways of showing support. In addition to wearing purple, the color for Alzheimer's awareness, participants are encouraged to share stories and pictures of their Longest Day events on social media and use the hashtags #TheLongestDay and #ENDALZ. The Alzheimer's Association features these photos on their website, [ALZ.org](https://www.alz.org).

Sun Tea Inside

Brewing a jug of tea on a sunny porch is a nostalgic summertime activity. You can capture this old-fashioned feeling by making sun tea indoors. Simply place four black tea bags in a quart of cold water, cover, and let sit for 2 to 3 hours. If you want sweet tea, add honey, agave syrup or simple syrup, since liquids will dissolve better in cold water than granulated sugar. Food editors say this cold-brewing method results in a better-tasting tea that's ready for serving over ice.

Laugh Lines: Daily Dose of Joy

Get playful with some simple jokes and hearty laughs, and share them with others to brighten up their day, too!

Q: How can you tell a tree is a dogwood tree?

A: By its bark.

Q: How do sheep celebrate Memorial Day?

A: With a baa-baa-cue.

Q: What do you get when you cross a school of fish with a herd of elephants?

A: Swimming trunks.

Q: Why do bees become indecisive after April?

A: Because that's when they become May-bees.

Q: How do you know flowers are friendly?

A: They always have new buds!

Q: What did the Dalmatian say after lunch?

A: "That hit the spot."

Q: What do you call an angry carrot?

A: A steamed vegetable.

Q: What has four wheels and flies?

A: A garbage truck.

"Happiness held is the seed.

Happiness shared is the flower."

—John Harrigan

