

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

AUGUST 2023

Stay Sharp With These Pencil Facts

From doodling and drawing, to writing a story or list, to filling in test answers—the humble pencil has been a part of all of our lives. Jot down a few points about pencils:

- The part of the pencil that leaves a mark on paper is commonly called lead, but it's actually graphite, a form of carbon. When graphite was first discovered, it was believed to be lead, the heavy metal.
- The earliest reference to writing with "lead" is from the first century B.C., but the modern wooden pencil wasn't invented until 1565.
- Why are so many pencils yellow? In the early days of manufacturing, the best graphite came from China, where yellow represents royalty and respect. Painting their pencils yellow was a way for companies to show that the writing utensils were high quality.
- Students are usually encouraged to bring a No. 2 pencil to class. This refers to the HB Graphite Scale, which measures how hard and black the pencil's marks are.
- Author Henry David Thoreau's father owned a pencil factory, and the family is credited with many pencil innovations that are still standard today.
- Many other writers, including Ernest Hemingway, John Steinbeck and Judy Blume, preferred writing with a pencil.
- In theory, one pencil can write 45,000 words or draw a line that's 35 miles long.
- You can use a pencil to write underwater.
- Even in today's digital age, over 14 billion pencils are made annually.



Sprigs of Mint

Peppermint and spearmint are easy herbs to grow indoors in pots. Use the fresh sprigs to garnish iced tea and lemonade, ice cream and sorbet, and other summery treats.

AUGUST 2023

Floss Your Way to Health

How do you celebrate National Flossing Day on Nov. 27? By cleaning those pearly whites, of course! The American Dental Association recommends brushing and flossing twice a day to remove plaque from teeth surfaces. Plaque is the sticky residue that leads to tooth decay and gum disease. Flossing each day may, in fact, also keep the doctor away. People who brush and floss their teeth regularly have proven to be statistically healthier. Plus, WebMD says some studies suggest gum disease may lead to heart disease. Whether that is the case, a lack of flossing clearly can lead to gum disease. Here are some tips to get you on the road to good health and clean breath:

- Brush twice a day with ADA-accepted fluoride toothpaste.
- Floss daily.
- Eat a balanced diet.
- Visit the dentist regularly.
- Replace your toothbrush every three to four months.

“The winds and the waves are always on the side of the ablest navigators.”
 —Edward Gibbon

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 11:00 BINGO 11:30 Golf 1:30 Game Show of their choice 2:00 Baking 4:00 Making a Back-to-School Collage	2 10:45 Bowling 1:00 Manicures 1:30 Game Show of their choice 3:00 Music with John 4:00 Basketball	3 11:00 Jigsaw Puzzles 1:00 Pet Therapy 1:30 Game Show of their choice 3:00 Color by Number	4 10:45 Bowling 11:00 Sing-Along 11:30 Golf 1:30 Game Show of their choice 2:00 Happy Hour	5 11:00 Game Show 1:30 Bowling 2:00 Magazine Search 4:00 Table Games
6 Spirit Week! 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	7 Crazy Hair Day! 10:30 Picnic at the park (Outing) 1:00 Craft Time 1:30 Game Show of their choice 2:00 Giant Bowling 3:00 Music with Luke 4:00 Basketball	8 Pajama Day! 11:00 BINGO 11:30 Golf 1:30 Game Show of their choice 2:00 Baking 3:30 Magazine Search	9 College Shirt Day! 10:45 Bowling 11:00 Master Gardeners 1:00 Manicures 1:30 Game Show of their choice 3:00 Music with John 4:00 Basketball	10 Twin Day! 11:00 Jigsaw Puzzles 1:00 Pet Therapy 1:30 Game Show of their choice 3:00 Color by Number 3:30 Magazine Search	11 Hat Day! 10:45 Bowling 11:00 Sing-Along 11:30 Golf 1:30 Game Show of their choice 2:00 Happy Hour 4:00 Music with Christian	12 11:00 Game Show 1:30 Guessing Game 4:00 Table Games
13 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	14 10:30 Library Outing 1:00 Craft Time 1:30 Game Show of their choice 2:00 Giant Bowling 4:00 Basketball	15 11:00 BINGO 11:30 Golf 1:30 Game Show of their choice 2:00 Baking	16 10:45 Bowling 1:00 Manicures 1:30 Game Show of their choice 3:00 Music with John 4:00 Basketball	17 11:00 Jigsaw Puzzles 1:00 Pet Therapy 1:30 Game Show of their choice 3:00 Color by Number 3:30 Movercize with Rich	18 10:45 Bowling 11:00 Sing-Along 11:30 Golf 1:30 Game Show of their choice 2:00 Happy Hour	19 11:00 Game Show 1:30 Guessing Game 4:00 Table Games
20 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	21 10:30 Ride Along w/music 1:00 Craft Time 1:30 Game Show of their choice 2:00 Giant Bowling 4:00 Basketball	22 11:00 BINGO 11:30 Golf 1:30 Game Show of their choice 2:00 Baking 3:30 Magazine Search	23 10:45 Bowling 1:00 Manicures 1:30 Game Show of their choice 3:00 Music with John 4:00 Basketball	24 11:00 Jigsaw Puzzles 1:00 Pet Therapy 1:30 Game Show of their choice 3:00 Color by Number 3:30 Magazine Search	25 10:45 Bowling 11:00 Sing-Along 11:30 Golf 1:30 Game Show of their choice 2:00 Happy Hour	26 11:00 Game Show 1:30 Guessing Game 4:00 Table Games
27 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	28 10:30 Golden Corral Outing 1:00 Craft Time 1:30 Game Show of their choice 2:00 Giant Bowling 4:00 Basketball	29 11:00 BINGO 11:30 Golf 1:30 Game Show of their choice 2:00 Baking	30 10:45 Bowling 1:00 Manicures 1:30 Game Show of their choice 3:00 Music with John 4:00 Basketball	31 11:00 Jigsaw Puzzles 1:00 Pet Therapy 1:30 Game Show of their choice 2:00 August Birthdays Celebration 3:00 Color by Number		Everyday Activities 9:30 Word of encouragement 10:00 Morning Exercise 10:30 Snack 3:00 Evening Exercise 7:00 Snack



Summer's Symphony

"Listen to nature—to the music of the rustling leaves, the chirping birds, the humming, droning insects. Let them play for you their summer-long symphony of peace and strength and hope." —H. Addington Bruce

Sweet Little Butterfly

Bring on spring with this cheerful DIY butterfly ring.

Materials:

- 2 12-inch pipe cleaners, any color(s)
- 1 6-inch pipe cleaner, black
- Scissors

Directions:

Align the two longer pipe cleaners and twist them several times in the middle. Place the twisted section of the pipe cleaners behind one of your fingers, making sure the ends sticking out are of equal length. Twist cleaners together at your finger to create a ring shape. Slide it off your finger.

Holding the loop, separate the four ends and spread them out evenly to make a large X. Trim 1 inch from two of the ends; these will be the butterfly's bottom wings.

Pinch the end of one of the pipe cleaners, and roll it in a tight spiral toward the middle of the X. Repeat with the remaining wings. Pinch the edge of each wing to reshape them, if needed.

To make the butterfly's body, slide the black pipe cleaner through the loop behind the butterfly. Leaving some extra at the top, wrap it around the butterfly, between the wings, a couple of times. Twist the black pipe cleaner ends together at the top to secure. Curl the extra length downward to resemble antenna.

Wear your finished butterfly as a ring, slide it over a pen or paintbrush, wrap it around a button or simply place it somewhere to make you smile.

What Is Sundowning?

Sundowning is a group of symptoms associated with Alzheimer's disease and dementia. It refers to emotions and behaviors—such as confusion, aggression and anxiety—that occur in late afternoon and evening, when the sun is setting.

The exact cause of sundowning is unknown. One explanation is that as natural light is reduced and shadows increase, people with dementia become confused and afraid. Their internal clock may also be affected, blurring the difference between day and night. Another trigger is exhaustion at the end of the day—of both the caregiver and the person with dementia. A caregiver who is tired may unknowingly send nonverbal cues of frustration, whereas the patient's fatigue can aggravate symptoms.

To reduce sundowning, it's important to stick to a routine in order to create a safe and comfortable environment. Dementia patients should be encouraged to stay active during the day and avoid daytime naps, as they can lead to disrupted sleep at night. As the day wears on, the use of indoor lighting can lessen feelings of stress as natural light begins to fade. Soft, gentle music will also help create calm, soothing surroundings to make the patient feel relaxed. For more information on sundowning and other Alzheimer's or dementia symptoms, visit www.ALZ.org.

