

THE Falls River Court Lifestyle



FALLS RIVER
ASSISTED LIVING & MEMORY CARE

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MEMORY CARE COMMUNITY

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SEPTEMBER 2023

Practice Good Hand Hygiene

The arrival of autumn brings a change in seasons, and it also signals the coming cold and flu season. Medical experts remind us that along with vaccinations, washing your hands frequently and properly can help prevent these illnesses. This simple, hygienic habit is so important that the third week of September is designated as International Clean Hands Week.

Whether at home or out and about, people encounter germs on a constant basis. You can pick up germs from touching various contaminated surfaces, then unknowingly touching your face, especially your eyes, nose and mouth. Keeping your hands clean greatly reduces this risk and the risk of spreading germs to others.

Proper hand-washing takes more than just a quick pass under the faucet. Hands should be lathered with soap, making sure to scrub well between fingers and under fingernails. Continue the process for 20 seconds, about the time it takes to hum the song "Happy Birthday to You" twice. Rinse hands well and dry.

When soap and water aren't available, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.



Unique Jobs

Not everyone chooses a traditional career path. See which of these unique jobs sounds appealing to you.

Food stylist. The mouthwatering food you see in magazines and on TV commercials is the work of food stylists. Using artistic and culinary skills, these pros must arrange a dish so that it looks appetizing and holds up during a photo shoot.

Live mannequin. To attract customers, some fashion retailers hire people to wear their clothing designs and strike poses in store windows. Sometimes these models stand so still, they are mistaken for plastic mannequins.

Matchmaker. Along with setting up potential love connections, modern-day matchmakers also provide personalized relationship advice and coaching on dating etiquette.

Professional taster. Getting paid to taste test chocolate, ice cream or pizza may sound like a dream come true. But people with superior palates are hired by food companies to evaluate and give feedback on new recipes and products.

Feng shui consultant. Feng shui is the ancient Chinese practice of arranging objects in your home or workspace to create positive energy, harmony and balance. Consultants help clients apply principles such as decluttering and adding natural light to rooms. They also work with architects and city planners.

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Easy Apple Craft

Celebrate the start of autumn with this simple project.

Materials:

- Pine cone(s), any size
- Small twigs
- Acrylic craft paint (red, green and/or yellow)
- Foam paintbrush
- Hot glue gun and glue
- Green ribbon

Directions:

Gather pine cones of any size and a few small twigs. If you can't find pine cones outside, they're available at craft and dollar stores.

Paint the cones in the apple colors of your choice (red, green and/or yellow). Let dry. Position a twig into the top of each cone so it resembles an apple stem. Hot glue into place and let dry. Once the stem is secure, tie a short piece of green ribbon at the base of the stem to represent apple leaves. The ribbon can also help hide the dried hot glue.

Place one or more finished apples around your home as décor.

Tip: Use this same method next month, but paint the pine cones orange to make pumpkins!

**"Be curious always!
For knowledge will not acquire you;
you must acquire it."
—Sudie Back**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:45 Bowling 11:00 Sing-Along 11:30 Golf 1:30 Game Show of their choice 2:00 Happy Hour	2 1:30 Game Show of their choice 4:00 Table Games
3 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	Labor Day 4 12:00 Picnic at the Court 1:00 Craft Time 1:30 Game Show of their choice 2:00 Giant Bowling 3:00 Music with Luke 4:00 Basketball	5 11:00 BINGO 11:30 Golf 1:30 Game Show of their choice 2:00 Baking 2:30 Coffee & Chat 3:30 Magazine Search	6 10:45 Bowling 1:15 Hand Massages & Pretty Nails 1:30 Game Show of their choice 3:00 Music with John 4:00 Basketball	7 11:00 Jigsaw Puzzles 1:30 Game Show of their choice 3:00 Color by Number 3:30 Magazine Search	8 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	9 1:30 Game Show of their choice 4:00 Table Games
10 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	11 1:00 Craft Time 1:30 Game Show of their choice 2:00 Giant Bowling 4:00 Basketball	12 11:00 BINGO 11:30 Golf 1:30 Game Show of their choice 2:00 Baking 2:30 Coffee & Chat	13 10:45 Bowling 11:00 Master Gardeners 1:15 Hand Massages & Pretty Nails 1:30 Game Show of their choice 3:00 Music with John 4:00 Basketball	14 11:00 Jigsaw Puzzles 1:30 Game Show of their choice 3:00 Color by Number 6:00 Family Bingo Night	15 10:45 Bowling 11:00 Sing-Along 11:30 Golf 1:30 Game Show of their choice 2:00 Happy Hour	16 1:30 Game Show of their choice 4:00 Table Games
17 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	18 1:00 Craft Time 1:30 Game Show of their choice 2:00 Giant Bowling 4:00 Basketball	19 11:00 BINGO 11:30 Golf 1:30 Game Show of their choice 2:00 Baking 2:30 Coffee & Chat 3:30 Magazine Search	20 10:45 Bowling 1:15 Hand Massages & Pretty Nails 1:30 Game Show of their choice 3:00 Music with John 4:00 Basketball	21 11:00 Jigsaw Puzzles 1:30 Game Show of their choice 3:00 Color by Number 3:30 Magazine Search 3:30 Movercize with Rich	22 10:45 Bowling 11:00 Sing-Along 11:30 Golf 1:30 Game Show of their choice 2:00 Happy Hour	23 1:30 Game Show of their choice 4:00 Table Games
24 11:00 Hayes Barton Baptist Church 2:00 Color with a friend	25 1:00 Craft Time 1:30 Game Show of their choice 2:00 Giant Bowling 4:00 Basketball	26 11:00 BINGO 11:30 Golf 1:30 Game Show of their choice 2:00 Baking 2:30 Coffee & Chat	27 10:45 Bowling 1:15 Hand Massages & Pretty Nails 1:30 Game Show of their choice 3:00 Music with John 4:00 Basketball	28 11:00 Jigsaw Puzzles 1:30 Game Show of their choice 3:00 Color by Number	29 10:45 Bowling 11:00 Sing-Along 11:30 Golf 1:30 Game Show of their choice 2:00 Happy Hour/Birthday Celebration	30 Everyday Activities 9:30 Word of Encouragement 10:00 Exercise 1:30 Game Show of their choice 4:00 Table Games



In Remembrance of 9/11

Described as “a tribute to the past and a place of hope for the future,” the 9/11 Memorial in New York City honors all who lost their lives on Sept. 11, 2001. Built on the site of the former World Trade Center complex, the memorial’s focal points are two reflecting pools that sit where the north and south towers once stood. Water cascades 30 feet over the pools’ black granite walls, creating massive waterfalls. Inscribed on the bronze railings surrounding each pool are the names of the 2,983 victims of the 9/11 terror attacks and the Feb. 26, 1993, bombing of the World Trade Center.

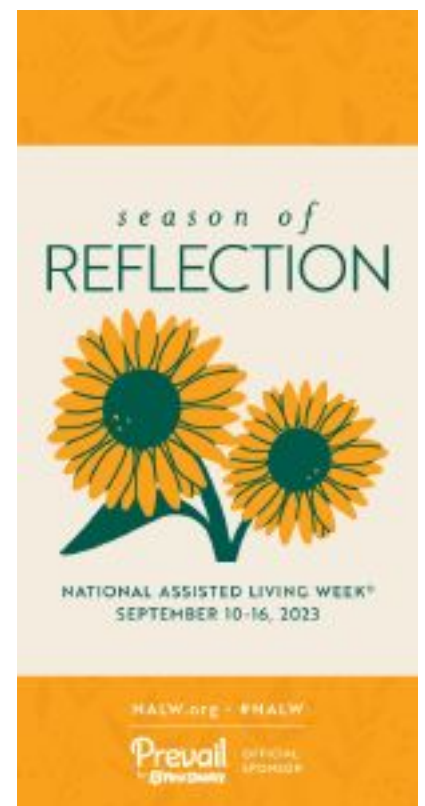
A park with over 400 trees surrounds the memorial and includes a special symbol of resilience, the Survivor Tree. The damaged pear tree was found during the cleanup at ground zero and rehabilitated.

The memorial was dedicated in 2011, on the 10th anniversary of 9/11. In 2014, the underground 9/11 Memorial Museum opened and displays thousands of artifacts and multimedia exhibits.

Another powerful memorial that commemorates the historic date is New York City’s annual Tribute in Light. From dusk to dawn on Sept. 11, dozens of searchlights are used to create two beams of light that resemble the former twin towers standing within the city’s skyline.

A Honeybee’s Journey

Traveling as far as 55,000 miles from their hives, honeybees can visit more than 2 million flowers to gather enough nectar to make just one pound of honey. Celebrate these tiny but mighty creatures this September for National Honey Month.



3 Things You Need To Know

Football season is underway, so make sure you’re familiar with a few common terms you’ll probably hear while watching a game:

- 1) *Fair catch*. A player in position to receive a punt signals for a fair catch by raising his arm above his head and waving it. Once a fair catch is signaled, the receiver cannot advance the ball, and the other team’s players are not allowed to tackle him.
- 2) *Lateral*. A pass that goes sideways or backward is called a lateral. A team can lateral as many times as it likes on a play, and laterals can occur anywhere on the field.
- 3) *Shift*. The movement of two or more offensive players at the same time before the football is snapped is called a shift.