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Merryvale
MERRYVALE
Assisted Living

Newsletter | October 2017

Keeping Strength and Mobility Top of Mind – A Fall Can Be Really Bad News

If you're 65 or older, it's very important for you to remain upright. Being a resident at one of our communities means you have access to a tremendous amount of wellness classes, exercise groups, and many ways to keep your strength top of mind.

Falls are a common danger facing people as they age, and a new study shows the importance of avoiding that first one.

The findings, published this week in *Annals of Emergency Medicine*, showed that more than half the seniors who went to the emergency room (ER) because of a fall either had additional falls, had to be hospitalized, or died within six months.

"Our study shows an even higher rate of adverse events than previous studies have," said lead study author Jiraporn Sri-on, MD, of Navamindradhiraj University in Bangkok, Thailand.

Role of medication

And if an older person happened to be taking psychiatric medication or a sedative, he or she was even more likely to quickly suffer fall-related adverse effects.

"This is concerning because these types of drugs are commonly prescribed for elderly patients in community and residential care settings," Sri-on said.

The study looked at patients 65 or older who were treated in the ER for injuries as the result of a fall. It found that a small minority -- 7.7% -- developed adverse events within a week. For most, it took a little longer for other problems to develop. More than 20% reported additional issues within 30 days while 50% suffered an additional setback within six months.

The statistics

Within that period, 22.6% had at least one additional fall, 42.6% had to revisit the ER, 31.1% required a hospital stay, and 2.6% died.

Sometimes, a fall by an elderly person is caused by an underlying medical condition. The fall is simply a symptom of a larger problem.

But the researchers say medication no doubt plays a significant role in raising the risk. They say besides taking psychiatric drugs or

sedatives, patients taking five or more medications were more likely to suffer a fall.

The study concludes that ER personnel have a huge opportunity to reduce the adverse event rate among older patients who have fallen. A simple step, the researchers say, would be to follow existing fall guidelines and educate older patients on safety steps to reduce future falls.



ACTIVITY HIGHLIGHT

Another month comes to a close and we find ourselves sitting on fall's doorstep. "Time waits for no man." September was tough for Georgia as Tropical Storm Irma blew through and left devastation for many in her wake. Except for minor damage to our storage barn, we were blessed to escape harm here at Merryvale. We are so thankful for our First Responders, and our utility workers for working round-the-clock to clear the roadways and restore power to our neighbors. In the midst of all of this we still managed to have fun and even celebrated each other at our Blue Jeans and BBQ kick-off to National Assisted Living Week, along with our Resident and Staff Arts and Crafts Expo. What a talented group of folks we have. As October looms on the horizon, we have finally begun to enjoy the weather as we feel just the slightest hint of cool in the air. We have a busy month ahead with our annual Merryvale's Got Talent show on the 19th, Family Trick-or-Treating on the 30th, and our Crazy Costume Contest on the 31st.



RESIDENT OF THE MONTH

This month we celebrate the duo of Jack and Norma Gibbs. Jack Gibbs was born on September 5th, in Richland, GA. Norma Jean Prater Gibbs was born on November 30th, in Greenville, SC. Norma was an only child and Jack was one of six siblings. From 2nd – 6th grade they lived in the same small town in Central Florida and attended the same school. In 6th grade, Jack's father was transferred and they lost touch.

In the years that followed, Jack joined the Navy, and Norma went to college in Tallahassee. Through what can only be described as divine providence, they reconnected again while Norma was in college. After graduation, Norma moved to Raleigh, NC and Jack set sail in the Mediterranean. Jack proposed to Norma when he returned, and they were married on February 4, 1956.

Jack left the Navy, and he and Norma relocated to South Carolina, where Jack graduated from the University of South Carolina. From there they moved to Charlottesville, VA, when Jack was offered a job with the Forestry Service in Virginia. There he did the artistic renderings, and assisted with the ad campaign for Smokey the Bear. They lived 2 ½ years in Charlottesville, VA, where their daughter Susie was born. Eventually they moved back to Florida, where their son Craig was born, and from there to Georgia, due to a job transfer. They now have two grandchildren and one great-grandchild.

In Georgia, Jack opened up his own business, which his daughter and son-in-law still run today, and Norma worked twenty years for the CDC, where she retired as a Statistics Supervisor. Jack and Norma became beloved members of Merryvale in June of 2016.



Jack and Norma Gibbs



Staff Directory of DEPARTMENT HEADS

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Zelma Lee Holder

Zelma Lee Holder was born on September 11th in Rockdale County, GA, to Myrtice and Avery Staples. She had one brother and one sister and grew up on a farm where she recalls having a happy childhood.

In 1953, she married Ralph, and together they had two sons, Greg and Dwayne. She now has two grandchildren and three great-grandchildren.

Ms. Zelma worked for the Civil Service, as a secretary of the Army Department of Safety, until her retirement in 1992. She also spent time modeling dresses and hats part-time and remembers modeling at the Biltmore Hotel. She enjoys sewing and painting and became a beloved member of the Merryvale family in July of 2017.

SAVE THE DATE (Events of This month)

Monday, October 2nd @ 2 pm

Sue Tomlin and her fabulous fiddle!

Main Dining Room

Thursday, October 19th @ 2 - 3:30 pm

Merryvale's Got Talent

Main Dining Room

Friday, October 20th @ 4:30 pm

Social Circle Theater Showcase

Main Dining Room

Wednesday, October 25th @ 2 pm

Cake Creations with Jessicakes

Main Dining Room

Tuesday, October 31st @ 1:45 - 2:30 pm

The Dennis Aloia Magic Show

Main Dining Room

Tuesday, October 31st @ 2:45 - 3:30 pm

Crazy Costume Contest

Main Dining Room

Birthdays on October :

7th - Norma Hickey

16th - Ruth Leinweber

22nd - Joyce Smith

15th - Jeannine Usrey

22nd - Mildred Brown

30th - Annie Ruth Bryars

SPECIAL EVENTS

VETERANS' BREAKFAST

First Friday of the month @ 8:30 am

Merryvale Bistro

Hurley Eldercare Law

Continuing Education Program

The Dementia Maze: Understanding the

Options and Cost of Care

October 3rd, 5 – 6:30 pm

Merryvale Assisted Living

Retirement and Beyond:

Planning for your Future

Sponsored by Kimbrough Law and

Merryvale Assisted Living

October 24th, 6 – 7:30 pm

Oxford College Dean's Dining Hall

SUPPORT GROUPS

Lewy Body Dementia Support Group

2nd Tuesday of the month @ 10 am

Merryvale Library








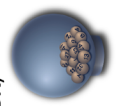




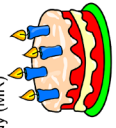




Alzheimer's Support Group

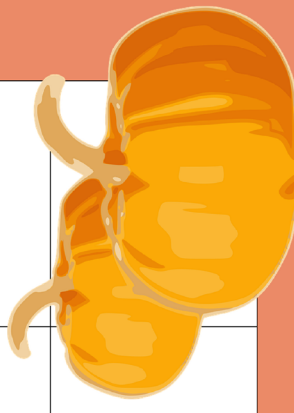
3rd Thursday of the month @ 7 pm

Merryvale Library

October 2017

Merryvale Assisted Living

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>9:00 Merryvale Walkers (AR) 1</p> <p>10:00 Worship Service (DR)</p> <p>12:45 Communion (DR)</p> <p>2:00 Game Time (DR)</p> <p>5:00 Bible Study (MR)</p> 	<p>9:00 Merryvale Walkers (AR) 2</p> <p>9:30 Daily Devotions (DR)</p> <p>10:15 Tai Chi (AR)</p> <p>11:15 Myla the Therapy Dog (CW)</p> <p>2:00 Sue Tomlin and her Fabulous Fiddle (DR)</p>	<p>9:00 Merryvale Walkers (AR) 3</p> <p>9:30 Daily Devotions (DR)</p> <p>10:15 Heart Smart Exercise (AR)</p> <p>10:45 Piccadilly Lunch & Belk (AR)</p> <p>BELK</p> 	<p>9:00 Merryvale Walkers (AR) 4</p> <p>9:30 Daily Devotions (DR)</p> <p>10:15 Heart Smart Exercise (AR)</p> <p>2:00 Bingo (DR)</p>	<p>9:00 Merryvale Walkers (AR) 5</p> <p>9:30 Daily Devotions (DR)</p> <p>10:15 Heart Smart Exercise (AR)</p> <p>11:00 Heritage Education (AR)</p> <p>2:00 Bingo (DR)</p>	<p>8:30 Veterans' Breakfast (B) 6</p> <p>9:00 Merryvale Walkers (AR)</p> <p>9:30 Daily Devotions (DR)</p> <p>10:15 Heart Smart Exercise (AR)</p> <p>10:15 Heart Smart Exercise (AR)</p> <p>2:00 Mansfield Pickers and Singers (DR)</p>	<p>9:00 Merryvale Walkers (AR) 7</p> <p>9:30 Daily Devotions (DR)</p> <p>10:15 Heart Smart Exercise (AR)</p> <p>1:00 Martha's Matinee: The Sound of Music (MR)</p>
<p>9:00 Merryvale Walkers (AR) 8</p> <p>10:00 Worship Service (DR)</p> <p>2:00 Game Time (DR)</p> <p>5:00 Bible Study (MR)</p>	<p>9:00 Merryvale Walkers (AR) 9</p> <p>9:30 Daily Devotions (DR)</p> <p>10:15 Heart Smart Exercise (AR)</p> <p>1:45 Armchair Travel: Destination Austria (MR)</p> <p>2:30 Milkshake Monday (B)</p>	<p>9:00 Merryvale Walkers (AR) 10</p> <p>9:30 Daily Devotions (DR)</p> <p>10:15 Heart Smart Exercise (AR)</p> <p>1:15 Chick Fil-a Bingo (AR)</p> 	<p>9:00 Merryvale Walkers (AR) 11</p> <p>9:30 Daily Devotions (DR)</p> <p>10:15 Heart Smart Exercise (AR)</p> <p>11:15 Over 50 (Load up in the Activity Room)</p> <p>2:30 Vienna Boys Choir Video Concert (MR)</p> <p>3:30 1st Baptist Church Covington Choir (DR)</p>	<p>9:00 Merryvale Walkers (AR) 12</p> <p>9:30 Daily Devotions (DR)</p> <p>10:15 Heart Smart Exercise (AR)</p> <p>2:00 Crafting Corner: Making Potpourri (AR)</p> <p>3:00 Frank Allen (DR)</p>	<p>9:00 Merryvale Walkers (AR) 13</p> <p>9:30 Daily Devotions (DR)</p> <p>10:15 Heart Smart Exercise (AR)</p> <p>11:15 Young at Heart (Load up in the Activity Room)</p> <p>2:30 Bingo (DR)</p> 	<p>9:00 Merryvale Walkers (AR) 14</p> <p>9:30 Daily Devotions (DR)</p> <p>10:15 Heart Smart Exercise (AR)</p> <p>2:00 Bingo (DR)</p>
<p>9:00 Merryvale Walkers (AR) 15</p> <p>10:00 Worship Service (DR)</p> <p>2:00 Game Time (DR)</p> <p>5:00 Bible Study (MR)</p>	<p>9:00 Merryvale Walkers (AR) 16</p> <p>9:30 Daily Devotions (DR)</p> <p>10:15 Heart Smart Exercise (AR)</p> <p>1:00 Man Cave (MR)</p> <p>2:00 Bingo (DR)</p> 	<p>9:00 Merryvale Walkers (AR) 17</p> <p>9:30 Daily Devotions (DR)</p> <p>10:15 Heart Smart Exercise (AR)</p> <p>2:00 Talent Show Rehearsal (DR)</p>	<p>9:00 Merryvale Walkers (AR) 18</p> <p>9:30 Daily Devotions (DR)</p> <p>10:00 The Music of Mary Cone (DR)</p> <p>11:15 Heart Smart Exercise (AR)</p> <p>2:00 Bingo Store (DR)</p>	<p>9:00 Merryvale Walkers (AR) 19</p> <p>9:30 Daily Devotions (DR)</p> <p>10:15 Heart Smart Exercise (AR)</p> <p>2:00 Merryvale's Got Talent (DR)</p> 	<p>9:00 Merryvale Walkers (AR) 20</p> <p>9:30 Daily Devotions (DR)</p> <p>10:15 Heart Smart Exercise (AR)</p> <p>2:00 Those were the Days! (DR)</p> <p>4:30 Social Circle Theater Showcase (DR)</p> 	<p>9:00 Merryvale Walkers (AR) 21</p> <p>9:30 Daily Devotions (DR)</p> <p>10:15 Heart Smart Exercise (AR)</p> <p>2:00 Bingo (DR)</p> 
<p>9:00 Merryvale Walkers (AR) 22</p> <p>10:00 Worship Service (DR)</p> <p>2:00 Game Time (DR)</p> <p>5:00 Bible Study (MR)</p> 	<p>9:00 Merryvale Walkers (AR) 23</p> <p>9:30 Daily Devotions (DR)</p> <p>10:15 Heart Smart Exercise (AR)</p> <p>2:00 Bingo (DR)</p>	<p>9:00 Merryvale Walkers (AR) 24</p> <p>9:30 Daily Devotions (DR)</p> <p>10:15 Heart Smart Exercise (AR)</p> <p>1:15 Walmart Shopping (Load up in the activity room)</p> <p>WALMART</p>	<p>9:00 Merryvale Walkers (AR) 25</p> <p>9:30 Daily Devotions (DR)</p> <p>10:15 Heart Smart Exercise (AR)</p> <p>2:00 Cake Creations with Jessicakes! (DR)</p> 	<p>9:00 Merryvale Walkers (AR) 26</p> <p>9:30 Daily Devotions (DR)</p> <p>10:00 Resident Council (DR)</p> <p>11:15 Heart Smart Exercise (AR)</p> <p>2:00 Circle Up to Sing (DR)</p> 	<p>9:00 Merryvale Walkers (AR) 27</p> <p>9:30 Daily Devotions (DR)</p> <p>10:15 Heart Smart Exercise (AR)</p> <p>2:00 Austrian Composers, by Pianist, Eva Bone (DR)</p> 	<p>9:00 Merryvale Walkers (AR) 28</p> <p>9:30 Daily Devotions (DR)</p> <p>10:15 Heart Smart Exercise (AR)</p> <p>2:00 Bingo (DR)</p>
<p>9:00 Merryvale Walkers (AR) 29</p> <p>10:00 Worship Service (DR)</p> <p>2:00 Game Time (DR)</p> <p>5:00 Bible Study (MR)</p> 	<p>9:00 Merryvale Walkers (AR) 30</p> <p>9:30 Daily Devotions (DR)</p> <p>10:15 Heart Smart Exercise (AR)</p> <p>2:00 October Birthday Bash Bingo (DR)</p> <p>6:30 Trick or Treat for Families (CW)</p>	<p>9:00 Merryvale Walkers (AR) 31</p> <p>9:30 Daily Devotions (DR)</p> <p>10:15 Heart Smart Exercise (AR)</p> <p>1:45 Dennis Aloia Magic Show (DR)</p> <p>2:30 Crazy Costume Contest (DR)</p> 	<p>9:00 Merryvale Walkers (AR) 25</p> <p>9:30 Daily Devotions (DR)</p> <p>10:15 Heart Smart Exercise (AR)</p> <p>2:00 Cake Creations with Jessicakes! (DR)</p> 	<p>9:00 Merryvale Walkers (AR) 26</p> <p>9:30 Daily Devotions (DR)</p> <p>10:00 Resident Council (DR)</p> <p>11:15 Heart Smart Exercise (AR)</p> <p>2:00 Circle Up to Sing (DR)</p> 	<p>9:00 Merryvale Walkers (AR) 27</p> <p>9:30 Daily Devotions (DR)</p> <p>10:15 Heart Smart Exercise (AR)</p> <p>2:00 Austrian Composers, by Pianist, Eva Bone (DR)</p> 	<p>9:00 Merryvale Walkers (AR) 28</p> <p>9:30 Daily Devotions (DR)</p> <p>10:15 Heart Smart Exercise (AR)</p> <p>2:00 Bingo (DR)</p>



Why We Get Our Flu Shots in the Fall

With the 2017 flu season just around the corner, you've probably already started getting inundated with reminders to get your flu shot. But why do we get the flu vaccine in the fall? And why do we have a flu season in the fall and winter, anyways?

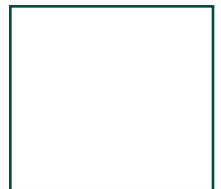
The answer to the first question lies within the latter. Flu vaccines are recommended ahead of whenever flu virus activity and infections are on the rise, which is typically when the weather gets cold. For example, in the U.S., flu season dates can last from October through May, usually peaking between December and February, according to the Centers for Disease Control (CDC). Furthermore, the strains of flu virus that are most prevalent change from year to year, which is why new flu vaccines must be formulated almost annually.

The reason that vaccination campaigns begin as early as late August is because it actually takes a while for the flu shot to kick in. "It takes about two weeks after vaccination for antibodies to develop in the body," according to Vaccines.gov. "In the meantime, you are still at risk

for getting the flu. That's why it's better to get vaccinated early in the fall, so you are protected before flu begins spreading in your community."

Even if you don't get a flu vaccine before October, as is considered ideal, public health officials recommend that everyone aged 6 months and older- including pregnant women in any trimester, and those with compromised immune systems such as small children and the elderly, get their seasonal flu shots in order to protect both themselves and those around them.

While Americans are pretty bad at getting their flu shots, public health experts tout their efficacy. Flu vaccine effectiveness can vary widely from year to year since scientists essentially have to try and predict which strains will be most prevalent, but is generally found to reduce flu illness risk by 40% to 60%. The most common side effects are soreness around the injection site, headache, fever, nausea, and muscle aches, and are generally mild.



MERRYVALE
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Community

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