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Merryvale
MERRYVALE
Assisted Living

Newsletter | November 2017

Recognizing Signs of Depression in Your Loved One

Going into fall leads to less daylight and earlier darkness. This change can onset seasonal depression in some people. That being said, it is important to look for warning signs.

Aging brings changes to older adults' lifestyles. With stressful life events such as the death of a spouse, worrying about having enough money for retirement, and dealing with chronic health conditions, it's understandable that some seniors may feel down from time to time.

However, depression is not a normal part of the aging process. Depression interferes with daily life and may have an impact on seniors' energy levels, sleeping habits, appetites and more. Many older adults may not even realize what they're feeling is more serious than just sadness or negativity. It can be tough to break out of the rut depression brings, but with the right support and treatment, your loved one can get back to enjoying a happy, fulfilling life.

Because of the negative health effects associated with depression, it's important to be able to identify the signs of clinical depression. These signs include:

- Loss of interest in activities previously enjoyed
- Social isolation or no desire to spend time with friends or family
- Weight loss or loss of appetite
- Changes in sleep habits: trouble falling or staying asleep or sleeping more than normal
- Neglecting to take care of themselves, forgetting to take meds or change their clothes

- Lack of energy and motivation
- Having difficulty concentrating or staying focused
- Slower movements or speech
- Behaving out of character, being moody or irritable
- Loss of self-esteem

It's important to recognize that depression is also a side effect of some common medical conditions in seniors like stroke, diabetes, dementia, heart disease, multiple sclerosis and some cancers.

ACTIVITY HIGHLIGHT

We enter November with hearts full of "Thanksgiving" for our many blessings. We are surrounded by the most wonderful residents and staff that anyone could ask for. truly a community that "treats you like family." October brought many opportunities to experience the joy of friendship, fall and fun! We enjoyed "visiting" Austria, a wonderful talent show, cake decorating, magic, and trick-or-treating! In November as the weather turns cooler, we will adventure out to see the changing leaf colors, enjoy the sounds of some of our favorite entertainers, paint the colors of the season, and finish up the month with the "hanging of the green" as we move into December and the joy of Christmas. Come on over and visit with us over a cup of coffee, or join us for an event... let us show you why Merryvale has won the Reader's Choice Award for seventeen years in a row!



No depression when the men go fishing!



The Men's Quartet Performing in the Talent Show

RESIDENT OF THE MONTH

Ms. Martha Elizabeth Wellborn Malcolm was born on September 29, 1916. Ordinarily it would be impolite to discuss a lady's age, however, Mrs. Martha recently celebrated her 101st birthday, so she's especially proud to tell anyone and everyone! Rightly so. Born in Madison, CA she is the oldest of 4 children born to Omie and Jesse Wellborn, and is the only surviving sibling.

Mrs. Martha married Marion Malcolm on May 21, 1933, and 12 years later they welcomed the birth of their first child, Margaret, followed by their second daughter, Gail, two and one half years later. In 1986, Marion passed away after 53 years of marriage. In the years that followed, she lived alone and kept house, cooking countless meals and attending church at Highpointe Baptist Church where she has been a member for over 65 years.

Mrs. Martha has loved and lost many family members and friends in her time, but continues to emanate a love for life and laughter and truly believes these are essential for health and longevity. In July 2017, she became a beloved member of the Merryvale family, but rarely a day goes by without a member of her family stopping by. She now has 1 daughter, 5 grandchildren, 10 great-grandchildren, and 10 great-great grandchildren.

Mrs. Martha's laugh is infectious, and she has a smile that can turn anyone's day around.



Martha Elizabeth Wellborn Malcolm



Lell Ellis Baker

Ms. Lell Ellis Baker was born on August 23rd, in Enterprise, Alabama. She was the youngest of four brothers and one sister. She fondly remembers growing up in a small town, and actually lived in one until she moved to Georgia in 1992. In 1944, Ms. Lell married Byron Baker and they had one son, Ronnie.

Ms. Lell worked for General Telephone Electronics Company for 35 years and remembers her starting salary as \$.25/hour, as a switchboard operator. When the switchboard was retired she moved to the business office. Her husband, Byron, worked as a service manager for Nichol's Oldsmobile and also served in the National Guard. Her favorite food is barbecue, and she loves the outdoors, especially fishing and camping. She used to love traveling in her camper and staying on property she owned at the beach. A new found hobby since moving to Merryvale is adult coloring with her pal Ruth. Lell became a beloved member of the Merryvale family in December, 2015.

SAVE THE DATE (Events of This month)

Wednesday, November 1st @ 2 pm
The Swoony Tunes of Ron Lovin
Main Dining Room

Thursday, November 2nd @ 11:30 am
Heritage Education: Laughter is the Best
Medicine
Activity Room

Friday, November 3rd @ 2:00 pm
Mansfield Pickers and Singers
Main Dining Room

Saturday, November 4th @ 1 pm
Martha's Matinee: The Wizard of Oz
Media Room

Thursday, November 9th @ 2:00 pm
Circle Up to Sing Veteran's
Day Recognition
Main Dining Room

Monday, November 13th @ 2:00 pm
Rockin' with Rick Harrison
Main Dining Room

Birthdays on November :

5th - Doris Campbell	15th - Margaret Martin	30th - Norma Gibbs
8th - Betty Barton	19th - Floy Shumake	



Staff Directory of DEPARTMENT HEADS

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Assisted Living Coordinator
Amy Stowe
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SPECIAL EVENTS

VETERANS' BREAKFAST
Friday, November 3rd @ 8:30 am
Merryvale Bistro

**Daughter's of the American Revolution
Meeting**
Wednesday, November 8th, 3:00 pm
Media Room

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

NOVEMBER 2017

Dining Room = DR
Activity Room = AR
Bistro = B
Media Room = MR
Community Wide = CW

Favorite Thanksgiving Side ... Maple-Roasted Root Vegetables #FallFest

Thanksgiving is the mother of all meals in America. The one day when tradition trumps food trends and the tables are groaning under the weight of all the food. Many people have to recreate exactly the same Thanksgiving meal year after year, most being absolutely unbending on the menu. They MUST have the same overcooked turkey, sweet potatoes with marshmallows and the green bean casserole. But, why not consider introducing a new side dish this year...

Ingredients

- 1 fennel bulb, fronds discarded, cored and sliced
- 2 sweet potatoes, peeled and cubed
- 5 carrots, tops trimmed, and chopped
- 3 Russet potatoes, peeled and cubed
- 4 Peruvian purple potatoes (or Yukon Gold potatoes if you can't find them)
- 4 red potatoes, cubed
- 1 large onion, peeled and cubed
- 3 tbsp organic olive oil
- 3 tbsp pure maple syrup
- 1 tbsp fresh or dried rosemary
- Kosher salt and freshly ground black pepper
- 2 tbsp maple-vinegar, optional

Instructions

Set a rack in the center of the oven and preheat to 350°F.

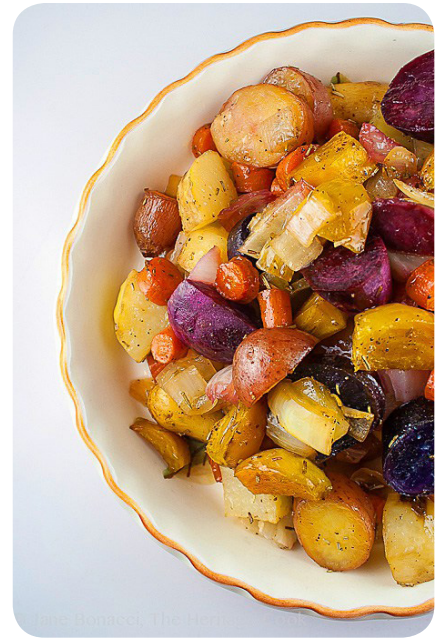
Rinse all the vegetables in clean water and place on a cutting board. Chop or cube as directed and place in a large, shallow roasting pan. Drizzle the oil and maple syrup over the top and sprinkle with the rosemary, salt and pepper. Add the maple vinegar if using. Toss the vegetables until everything is mixed and coated with the oil and maple syrup.

Place pan in the hot oven and roast for 20 minutes. Carefully stir the vegetables and continue roasting for another 30 to 45 minutes or until a fork can be easily inserted in the largest pieces.

Remove from the oven, toss again, and serve hot.

If made ahead, cool and store in a covered container in the refrigerator. Reheat before serving. Can be made up to two days in advance.

Serves 8-10



MERRYVALE
A Premier Assisted Living
Community

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