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Merryvale
MERRYVALE
Assisted Living

Newsletter | December 2017

The Pioneer Woman's Favorite Christmas Cookie Recipe

PREP TIME: 2 Hours **DIFFICULTY:** Easy

COOK TIME: 6 Minutes **SERVINGS:** 36 Servings

COOKIES:

- 2/3 cups Shortening
- 3/4 cups Sugar
- 1/2 teaspoon grated Orange Or Lemon Zest
- 1/2 teaspoon Vanilla
- 1 whole Egg
- 4 teaspoons Milk
- 2 cups Flour
- 1-1/2 teaspoon Baking Powder
- 1/4 teaspoon Salt

EGG YOLK GLAZE:

- 1 whole Egg Yolk
- 1 teaspoon Water
- 2 drops (to 3) Food Coloring

WHITE DECORATIVE ICING:

- 1 bag 2 lb Powdered Sugar
- 1/4 cup Milk
- 2 Tablespoons Egg White (optional)

Cream shortening, sugar, orange peel, and vanilla thoroughly. Add in egg and beat until light and fluffy. Add in the milk and mix.

Sift dry ingredients together, then blend into cream mixture. Divide dough in half (thirds if you double your recipe), slightly flatten between two sheets of waxed paper, then refrigerate for one hour (or freeze for 20 minutes).

While dough is chilling, combine egg yolk, water and food coloring to make the egg yolk glaze.

Roll out dough on lightly floured surface and cut into shapes with cookie cutters. Transfer shapes to lightly greased cookie sheet and paint cookies (with a soft brush) with egg yolk glaze.

After brushing with egg yolk glaze, bake at 375 degrees for approximately 6 minutes. Do not allow the cookies to brown.



While cookies are baking, mix powdered sugar, milk and egg whites (which are optional) to make the decorative icing. Remove cookies from oven to a wire rack to cool. Then, using a pastry bag or Ziploc bag, pipe with white icing to decorate.

Note: when making the white decorative icing, make sure that it is thick and somewhat retains its shape.



ACTIVITY HIGHLIGHT

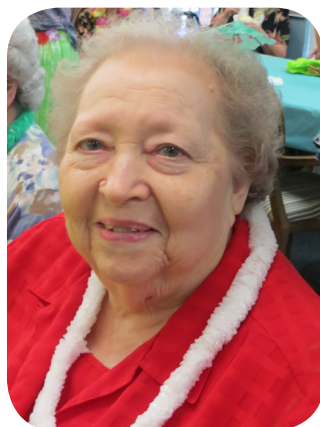
As we prepare to say goodbye to 2017, we pause to reflect on the blessings this year has held. We have made many new friends, said goodbye to some, and made special memories together as we shared in one another's joys and sorrows. In November we honored our Veterans and came together to give thanks for each other, and for our faithful volunteers. As we begin seeing Christmas decorations, and look ahead to a calendar filled with singing, parties and special outings, let's remember to slow down and reflect upon that first Christmas so long ago, and the joyous message that it proclaimed. Our Merryvale family wishes you a blessed and Merry Christmas and a Happy New Year!



Honoring our Veterans

RESIDENT OF THE MONTH

Ms. Betty Colquitt Barton was born on November 8th, in Crawford, GA, to Christine and Bill. She is the oldest of three girls and has very fond memories of her childhood. She recalls trying unsuccessfully to milk the cows with her sisters, and playing games together. Her father was a farmer, and they didn't take many family vacations but she remembers a wonderful trip to Gatlinburg. After graduating from high school Ms. Betty moved to Atlanta where she lived in a small boarding house for girls. Her family followed to Decatur in 1955. Ms. Betty had only one job during her life, with Fulton National Bank which is now Bank of America. She started there in 1953, as a teller, and eventually moved to stock transfers where she stayed until her retirement in 1993. She married her husband Dewie, on March 5, 1966 and together they had one daughter, Kris, who now lives in Loganville, GA. She also has three granddaughters, Kelsey, Reagan and Rose.



Ms. Betty Barton



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SAVE THE DATE (Events of This month)

Monday, December 4th @ 2:00 pm
Christmas with FDR, Live Video Conference
Media Room

Tuesday, December 5th @ 3:00 pm
Joyful Messengers Quartet
Dining Room

Thursday, December 7th @ 2:00 pm
The Merry Music of Dave Leinweber
Dining Room

Thursday, December 14th @ 3:00 pm
Big Shiny Brass
Dining Room

Tuesday, December 19th @ 5:00 – 7:00 pm
"Come Together for Christmas" Party
featuring Dinner, Dancing, and the Music
of Tom LaMattina
Dining Room

Friday, December 22nd @ 2:00 pm
Social Circle Theater Choral Group
Dining Room

SPECIAL EVENTS

WREATH STROLL

Stop by between Dec 1 - 14th and participate in our silent auction wreath stroll. Vendors are donating beautifully decorated wreaths that will be auctioned off with all proceeds benefiting the Alzheimer's Association. The wreaths will be displayed all around the building, so stop in to take a look and drop off your silent auction bid at the concierge desk!

VETERANS' BREAKFAST

Friday, December 1st @ 8:30 am
Merryvale Bistro

Immediately following we will be joined by special guest, Rosie the Riveter

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 "will resume in January"

Birthdays on December :

Residents

08th - Betty Bellairs
23rd - Billie Rice
25th - Kathryn Head

Staff

02nd - Debbie Adams
03rd - Brandy Hayes
08th - Gena McLendon
31st - Rebekah Stone
31st - Lindsey Borchers



Painting Van Gogh's Wheat Fields

MERRYVALE ASSISTED LIVING

merry Christmas!

CHRISTMAS DAY

by Merryvale resident, Doris Campbell



I'm going out of my mind.
So many presents, I've got to find.
I've got to get to work.
In every corner, dust does lurk.

There's only one of me.
But there's work for two or three.
Is everything out of control?
No! No! Cries my soul!

This is the birthday of Jesus Christ.
This is the holiest of days.
Sing songs of joy to Him.
This child who is born in Bethlehem!

This child who will be:
Our King, our Redeemer and Lord,
Just go ahead and shout!
This is what Christmas is all about!



MERRYVALE
A Premier Assisted Living
Community

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