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Merryvale
MERRYVALE
Assisted Living

Newsletter | January 2018

New Year, New Ways to Embrace a Healthier Life!

Every January 1st, we set our sights on shaping improvements in our daily lives – perhaps by making a healthy lifestyle change, such as in diet or exercise, spending time with friends or learning something new. There is always a new pinnacle to strive towards, whether the change is incremental or significant. It is, after all, what makes us unique.

Benefits of staying active:

- Be happier and less lonely
- Stay motivated with more energy
- Experience fewer mood swings and less depression
- Maintain a healthy weight
- Gain a stronger immune system
- Sleep better and even live longer!

Take steps for a healthier lifestyle.

How about taking a short walk? Or a class? Maybe take up a new hobby? Variety is the spice of life and staying active, both mentally and physically, is a key to continued vibrancy.

Make new friends.

Friends – those who relate and empathize with you, strengthen your entire support system. And being active naturally increases your network of friends.

Learn something new.

Try something you've always wanted to do or reconnect with an activity you already love. Look to one of our clubs or group activities, from painting and photography to technology, even Zumba or aerobics.

When you learn something new, you hone other areas of your brain. This is called neuroplasticity – the ability for your brain to change and grow throughout your life.

We're here to help you reach your goals.

There's nothing to stop you from reaching new heights. For help planning your personal goals, stop in and see us. We'll get you started on a healthier and happier New Year.



ACTIVITY HIGHLIGHT

Happy New Year from the Merryvale family! December was filled with many special moments of joy, and some sorrow, and we are so grateful to have been able to share these things with those that we love, here at Merryvale, the place so many call home. We enjoyed choirs and cookies and Santa, and lights and parties and dancing, and so much good fellowship. We don't know what 2018 will bring, but know that everything is better when we're together. We'll take a few days in January to slow down and catch our breath, and then we'll welcome Elvis to the "house" on January 4th. Come on in for a visit and let us make you feel at home. Cozy up by the fireplace and have a nice cup of hot cocoa, or on January 24th, a bowl of hot soup. Check our calendar for special events and come check us out. You'll be glad you did!



RESIDENT OF THE MONTH

Ms. Betty Louise McFall Frederick was born on May 10th, in Indianapolis, Indiana to Leon and Elizabeth McFall. At age 11, after her father's passing she moved in with her grandparents. In high school, Ms. Betty participated in the Girl's Glee and Rifle Clubs. Following graduation, she worked part-time as a bookkeeper.

In 1944, she married Arthur Frederick, and they lived in Indiana where he worked for the government as an engineer. Arthur was in the Navy and served overseas during WWII and the Korean War prior to their marriage and then was stationed in Hawaii for a time during marriage, at which time Ms. Betty and two of their six children were able to visit for a couple of months.

After the children were grown, Betty taught ceramics for ten years at her own shop, where she had three kilns and a caster. Betty and Arthur were married for 62 years, during which time they lived in Alabama, Tennessee, California, and Missouri. They had six children, four daughters and two sons, and now have eight grandchildren, and eight great-grandchildren.

You may be surprised to know that Betty used to play the accordion and was an excellent marksman. Betty moved to Georgia after her husband's passing to be near her children, and has been a beloved member of the Merryvale family since 2015.



Ms. Betty Frederick



Mr. James B. Vanderhaar

Mr. James B. Vanderhaar was born one of five siblings, on August 28th, to Frances and Bernard Vanderhaar, in the town of Cold Springs, KY. He has fond memories of his childhood. Jim attended high school and technical school in Kentucky where he studied to be a mechanic.

Shortly before Jim's marriage to his wife June in 1961, he was drafted into the Army where he was part of the missile testing recovery program at the White Sands Missile Range in New Mexico. Jim and June had five children together, three daughters and two sons, and now have nine grandchildren.

Most of his career was spent as the manager of a trucking company shop, and a tool rental company. He also served as a volunteer firefighter for 15 years. Jim loves outdoor activities like shooting, hunting, and fishing, gardening, and wood crafting. His favorite food is fried chicken!

Jim became a beloved member of the Merryvale family in January, 2016.

SAVE THE DATE (Events of This month)

Tuesday, January 2nd @ 2:00 pm

Georgia Team Trivia Show off your knowledge of Georgia history!

Dining Room

Thursday, January 4th @ 2:00 pm

Elvis is in the House!

Put on your blue suede shoes and come out to hear the King!

Dining Room

Tuesday, January 16th @ 1:30 pm

Martha's Matinee: Hello Dolly!
Anniversary of the 1964 debut of this classic musical.

Media Room

Thursday, January 18th @ 2:00 pm

Jeff Bianchi and his Velvet Guitar
Come enjoy the beautiful sounds of the classical guitar

Dining Room

Monday, January 22nd @ 10:30 am

First Baptist Church Conyers Singing
Saints Choir

Dining Room

Tuesday, January 30th @ 2:00 pm

The Incomparable Keith Peters singing the music of your life!

Dining Room

Birthdays on January :

Residents

3rd - Marjorie Brooks

4th - Peter Berrall

7th - Ralph Smith

10th - Betty Robinson

12th - Eleanor Hutcheson

Staff

2nd - Carol Wisner

28th - Marti Clotfelter



Staff Directory of DEPARTMENT HEADS

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SPECIAL EVENTS

VETERANS' BREAKFAST

Friday, January 5th @ 8:30 am

Merryvale Bistro

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

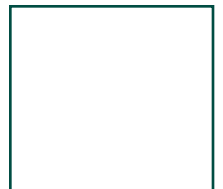
MERRYVALE ASSISTED LIVING

January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>10:00 Worship Service (DR) 12:45 Communion (MR) 2:00 Game Time (DR) 3:15 Merryvale Walkers (AR) 5:00 Bible Study (MR)</p>	<p>Happy New Year! Independent Activities</p> <p>9:30 Daily Devotions (DR) 10:00 Tai Chi (AR) 11:00 Man Cave (MR) 2:30 Milkshake Monday Social Hour (B) 3:15 Happy Birthday Elvis! (Did You Know?) (MR) 4:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Georgia Team Trivia: Happy 230th Birthday Georgia! (DR) 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 11:00 Heritage Education (AR) 2:00 Bingo (DR) 3:15 Merryvale Walkers (AR)</p> 	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Elvis is in the House! (DR) 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 11:00 Lunch at Hot Rods (AR) 2:00 Mansfield Pickers and Singers (DR) 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Bingo (DR) 3:15 Merryvale Walkers (AR)</p>
<p>10:00 Worship Service (DR) 12:45 Communion (MR) 2:00 Game Time (DR) 3:15 Merryvale Walkers (AR) 5:00 Bible Study (MR)</p> 	<p>9:30 Daily Devotions (DR) 10:00 Tai Chi (AR) 11:00 Man Cave (MR) 2:30 Milkshake Monday Social Hour (B) 3:15 Happy Birthday Elvis! (Did You Know?) (MR) 4:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 1:15 Chick Fil-A Bingo (AAR) 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 11:15 Over 50 (AR) 2:30 Bingo (DR) 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Family Feud (MR) 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Bingo (DR) 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 1:30 Johnny Cash @ Folsom Prison (50th Ann. Film Presentation) (MR) 3:15 Merryvale Walkers (AR)</p>
<p>10:00 Worship Service (DR) 2:00 Game Time (DR) 3:15 Merryvale Walkers (AR) 5:00 Bible Study (MR)</p>	<p>9:30 Daily Devotions (DR) 10:30 Monday Manicures by Newton College and Career (AR) 2:00 Bingo (DR) 3:15 Remembering Dr. Martin Luther King, Jr. (MR) 4:00 Heart Smart Exercise (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 1:30 Martha's Matinee: Hello Dolly! 3:15 Merryvale Walkers (AR)</p> 	<p>9:30 Daily Devotions (DR) 10:00 The Music of Mary Cone (DR) 11:15 Heart Smart Exercise (AR) 2:00 Team Trivia: Ben Franklin (DR) 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Jeff Bianchi and his Velvet Guitar (DR) 3:15 Merryvale Walkers (AR)</p> 	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 11:15 Young at Heart (AR) 2:30 Bingo (DR) 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Bingo (DR) 3:15 Merryvale Walkers (AR)</p>
<p>10:00 Worship Service (DR) 2:00 Game Time (DR) 3:15 Merryvale Walkers (AR) 5:00 Bible Study (MR)</p>	<p>9:30 Daily Devotions (DR) 10:30 FBC Conyers Singing Saints (DR) 2:00 Opposites Hangman (AR) 3:15 Heart Smart Exercise (AR) 4:00 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 1:15 Walmart Shopping (AR) 3:15 Merryvale Walkers (AR)</p> 	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 11:00 Soup Du Jour (B) 2:00 Bingo (DR) 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 11:00 Aromatherapy Hand Massages (AR) 2:00 Circle up to Sing (DR) 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Bingo (DR) 3:15 Merryvale Walkers (AR)</p> 	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Bingo (DR) 3:15 Merryvale Walkers (AR)</p>
<p>10:00 Worship Service (DR) 2:30 Celebration of Life (DR) 3:15 Merryvale Walkers (AR) 5:00 Bible Study (MR)</p> 	<p>9:30 Daily Devotions (DR) 10:00 Food Committee (DR) 11:15 Heart Smart Exercise (AR) 2:00 January Bingo Birthday Bash (DR) 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 The Incomparable Keith Peters (DR) 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Tech Talk...Cell Phone Basics (MR) 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 11:00 Aromatherapy Hand Massages (AR) 2:00 Circle up to Sing (DR) 3:15 Merryvale Walkers (AR)</p> 	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Bingo (DR) 3:15 Merryvale Walkers (AR)</p> 	<p>Loyalty Activities in Red! Dining Room = DR Activity Room = AR Media Room = MR Bistro = B Dining Room = DR</p>

Did you know...?

- Walking just a quarter mile per day can lower your risk of dementia.
- Aerobic exercise can improve planning and organization skills.
- 45 minutes of exercise three times weekly can increase the volume of your brain.
- Physical activity can improve both short- and long-term memory and even make you think faster.
- People who learn a new skill also see improvements in memory.
- Activities like ping pong and jigsaw puzzles can stimulate your brain.
- A healthy diet high in lean protein can help you to recoup more quickly from illness or injury.
- The Mediterranean diet consisting of fresh fish, fruits, and vegetables may be beneficial in lowering rates of dementia.
- Staying physically active and increasing your stamina, you reduce the potential for a fall.



MERRYVALE
A Premier Assisted Living
Community

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