

COMMUNITY CONNECTION

A NEWSLETTER FOR THE MERRYVALE RESIDENTS



The Community That Treats You Like Family!

New Insights Into Eating Right

Tell me what you eat, and I will tell you what you are. ~ Anthelme Brillat-Savarin



“You are what you eat” was first coined in 1826 and remains true today. Despite an array of choices, all of us can be less than stellar when it comes to eating right. Still, experts agree that a plant-based diet lower in sugar offers numerous health benefits.

The Rainbow Diet

The more colors on your plate, including fruits and vegetables, the more likely you’re obtaining the right nutrition. These nutrients can also act as powerful antioxidants that fight cancer. (Source: <https://thetruthaboutcancer.com/rainbow-diet-cancer/>.)

The Mediterranean Diet

The popular Mediterranean diet is one of the healthiest. This diet, which is plentiful in fish, whole grains, fruits, and vegetables, has better overall health benefits. It can even lower rates of dementia while supporting memory and attention levels, according to the specialists at *Frontiers in Nutrition* (www.frontiersin.org).

The MIND Diet

Short for Mediterranean-DASH Intervention for Neurodegenerative Delay, the MIND diet focuses on maintaining your mental well-being and cognitive areas as

you age. Consider a study of 1,000 seniors over eight years. Those who meticulously incorporated the diet into their lifestyles reduced their Alzheimer’s risk by 53%. Those who moderately followed the diet decreased their risk by 35%. (Source: www.karger.com.)

Eating Right

A healthy diet offers a multitude of benefits – such as maintaining a healthier weight, having more energy, and keeping your mind sharp. Let us help with your dietary needs or plan a diet right for you.



Activity Highlight

We enjoyed a fun-filled January, starting off with “Elvis in the house!” Jeanette Russell won a \$50 gift certificate in our 1st Quarter Loyalty drawing, and our friends at Georgia Ophthalmology offered vision screenings to our residents. We held our annual Celebration of Life this month, and honored the friends we said goodbye to in 2017. As February rolls in, we invite you to take a look at our calendar and find a time to come join us.



REFER A FRIEND... GET \$1500!

Contact us for details.





Resident of the Month

Ms. Annie Ruth Watts Bryars was born on 10.30 in Sumter County, GA, raised on a farm and one of 6 children. In middle school, the family relocated to Newnan, GA. After graduation Ruth got married and moved to Alabama, where she had 1 daughter & 2 sons. She now has 9 grand, and 17 great-grandchildren. She enjoys making beautiful creations in her adult coloring books, and until



Ruth Bryars

recent years was an avid crocheter. Her claim to fame was meeting Jimmy Carter, and her favorite food is seafood. She became a beloved member of the Merryvale family in 2015.



Employee Spotlight

Welcome to our new feature article! We'll be highlighting staff in order of length of service. It's our pleasure to start with Executive Director, Gena McLendon. She welcomed the very first residents to Merryvale on 11.1.96, and continues to be the thread that links our past to our present. In Gena's words, "Much has changed, but the original vision has not, and the noble work that has been



Executive Director, Gena McLendon

done within these walls has fed my soul. I am so proud of the compassionate care and service we have provided, and the excellent reputation that we have built."



Birthdays of the Month

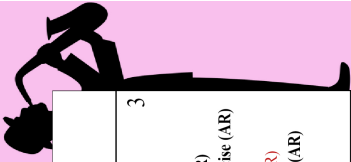
02/12/18..... Mary Garner.....Resident
 02/13/18..... Myrtle Black..... Resident
 02/07/18..... Florence Smith..... Resident
 02/03/18..... Jamekia Brooks..... Resident
 02/18/18..... Vanessa Hough..... Employee









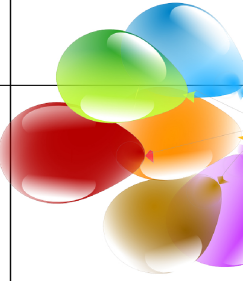
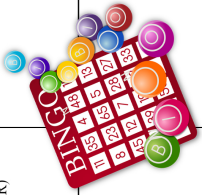


Save the Date

- Martha's Matinee: The Five Pennies
Saturday, February 3rd @ 1:30 p.m.
Media Room
- Team Trivia: The Olympics
Thursday, February 8th @ 2:00 p.m.
Dining Room
- Merryvale Mardi Gras Fun
Tuesday, February 13th @ 1:30 p.m.
Dining Room
- Valentine's Rock with Rick Harrison
Thursday, February 15th @ 3:00 p.m.
Dining Room
- The Sweet Sounds of Dan and Perri Walden
Friday, February 23rd @ 2:00 p.m.
Dining Room

February 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 MERRYVALE A Premier Assisted Living Community	Dining Room = DR Activity Room = AR Media Room = MR Bistro = B Dining Room = DR	 Loyalty Activities in Red	 Loyalty Activities in Red	Team Trivia 9:30 Daily Devotions (DR) 10:00 Resident Council 11:15 Heart Smart Exercise (AR) 2:00 All You Want to Know About "The Big Easy" (MR) 3:15 Merryvale Walkers (AR)	Mansfield Pickers and Singers 9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Mansfield Pickers and Singers (DR) 3:15 Merryvale Walkers (AR)	Martha's Matinee: The Five Pennies 9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Martha's Matinee: The Five Pennies (MR) 3:15 Merryvale Walkers (AR)
Super Bowl Sunday 10:00 Worship Service (DR) 12:45 Communion (MR) 2:00 Game Time (DR) 3:15 Merryvale Walkers (AR) 5:00 Bible Study (AR)	Tai Chi and Milkshake Monday 9:30 Daily Devotions (DR) 10:00 Tai Chi (AR) 10:15 Heart Smart Exercise (AR) 1:30 Balloon Swat (AR) 2:30 Milkshake Monday .. Mardi Gras Style (DR) 3:15 Merryvale Walkers (AR)	Piccadilly and Belk 9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 11:15 Piccadilly Lunch Belk (AR) 2:30 Bingo (DR) 4:15 Merryvale Walkers (AR)	FUMC Singing Saints 9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 11:00 Heritage Education (AR) 2:00 First United Methodist Church - Singing Saints (DR) 3:15 Merryvale Walkers (AR)	Cinderella Shop 9:30 Cinderella Shop (AR) 9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Bingo (DR) 3:15 Merryvale Walkers (AR)  Olympic Team Trivia	9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Bingo (DR) 3:15 Merryvale Walkers (AR)	9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Bingo (DR) 3:15 Merryvale Walkers (AR)
10:00 Worship Service (DR) 2:00 Game Time (DR) 3:15 Merryvale Walkers (AR) 5:00 Bible Study (AR)	9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 11:00 Man Cave (MR) 2:00 Bingo (DR) 3:15 Merryvale Walkers (AR)	 Mardi Gras 9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 1:30 Merryvale Mardi Gras Fun Special music by Monroe Area High School Band Jazz Ensemble (DR) 3:15 Merryvale Walkers (AR)	 Happy Valentine's Day! 9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 11:15 Over-50 (AR) 2:30 Valentine's Word Games (DR) 4:15 Merryvale Walkers (AR)	9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 1:30 The Montessori School at Covington (DR) 3:00 Valentine's Rock with Rick Harrison (DR) 4:15 Merryvale Walkers (AR)	9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 1:45 A Prairie Home Companion Showcase (MR) 3:15 Merryvale Walkers (AR)	
10:00 Worship Service (DR) 2:00 Game Time (DR) 3:15 Merryvale Walkers (AR) 5:00 Bible Study (AR)	Lunch at RL's 9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 11:00 Lunch out RL's off the Square (Cajun Cooking) 2:30 Presidential Team Trivia (DR) 3:45 Merryvale Walkers (AR)	 Chuck & Co. 9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 1:15 Chick Fil-A Bingo (AR) 3:15 Merryvale Walkers (AR)	Walmart Shopping 9:30 Daily Devotions (DR) 10:00 The Music of Mary Cone (DR) 11:15 Heart Smart Exercise (AR) 1:15 Walmart Shopping (AR) 3:15 Merryvale Walkers (AR)	9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Circle Up to Sing (DR) 3:15 Merryvale Walkers (AR)	 The Mallards 9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 The Sweet Sounds of Dan and Perri Walden (DR) 3:15 Merryvale Walkers (AR)	9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Bingo (DR) 3:15 Merryvale Walkers (AR)
10:00 Worship Service (DR) 2:00 Game Time (DR) 3:15 Merryvale Walkers (AR) 5:00 Bible Study (AR)	 Presidents Day 9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 1:30 Let's Get Painting! (AR) 3:15 Merryvale Walkers (AR)	 Cooking with Chef Adam 9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 1:30 Cooking with Chef Adam: New Orleans Style (DR) 2:30 Bingo Store (DR) 4:15 Merryvale Walkers (AR)	9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Bingo Birthday Bash 3:30 FBC Covington (DR) 4:15 Merryvale Walkers (AR)	 Bingo Birthday Bash! 9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Bingo Birthday Bash 3:30 FBC Covington (DR) 4:15 Merryvale Walkers (AR)	 Bingo 9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Bingo (DR) 3:15 Merryvale Walkers (AR)	

Did you know...?

- “All you can eat” (AYCE) became a popular restaurant slogan during the 1930s. The food was typically inexpensive, basic fare and easy to serve.
- The term “Cordon bleu traces back to an 1827 cookbook, *Le Cordon bleu ou nouvelle cuisinière bourgeoise*, published in Paris.
- “An apple a day keeps the doctor away” has roots in a Pembrokeshire (Wales) proverb: *“Eat an apple on going to bed, and you’ll keep the doctor from earning his bread.”*
- “Salad days” doesn’t refer to eating greens but rather youthful innocence. It first appeared in Shakespeare’s *Anthony and Cleopatra*, 1606. (*“My salad days, When I was green in judgment...”*)
- “Why does bread always fall buttered side down?” It’s like Murphy’s Law. *“I never had a slice of bread, particularly large and wide, that did not fall upon the floor, and always on the buttered side!”* (*New York Monthly Magazine*, 1835.)

Read more at

<https://www.phrases.org.uk/meanings/food-and-drink-phrases.html>.



www.MerryvaleAL.com

770.786.4688

11980 Hwy 142 North
Oxford GA 30054