

# COMMUNITY CONNECTION

A NEWSLETTER FOR THE MERRYVALE RESIDENTS



*The Community That Treats You Like Family!*

## Brain Games

**And other ways to keep your mind and memory sharp.**

As we age, blood flow to the brain is reduced, and unlike our waistlines, our brain actually shrinks a bit. Still, neurology experts believe our brains are capable of continued development and learning new skills – even as we get older.

There are ways to combat normal, age-related issues and increase mental sharpness.

### **Stimulating the Brain**

According to [SeniorLiving.org](http://SeniorLiving.org), the key is to take part in “active learning” (versus passive) which sharpens cognitive skills. The site suggests:



- **Memory and word games:** Try card games such as Match and board games like Scrabble, Hangman and Upwords.
- **Handheld electronic games:** Download a game show, such as Jeopardy, Wheel of Fortune or Family Feud, to your device.
- **Board games:** Classics such as chess and checkers are excellent and promote strategy skills. Mathable and Quirkle are others.

- **Online and video games:** Super Mario and Minecraft improve coordination and stimulate parts of the brain related to memory.
- **Trivia games:** Recollect an array of facts on hundreds of subjects. Trivial Pursuit and 5-Second Rule are favorites.

Get friends together for a weekly game night or one of our scheduled activities!

See more at <http://bit.ly/SrBrainGames>.



## Activity Highlight

Welcome to September! August found smiles all around! Our 2nd Annual Luau was an overwhelming success, as we were joined by lots of family and a professional hula dancer. We'll be saying aloha to summer as we get together for Blue Jeans, Bluegrass and BBQ on the 14th. If you still don't know what all the “fun” is about please stop by and visit and check us out on Facebook. You'll be glad you did!



**Refer a friend... get \$3,000!**

*Contact us for details.*





## Resident Spotlight

Neva Dlabaj was born on 7/28, in Beech Grove, AR, the oldest of 7 siblings. Neva married Charles in 1943, after meeting in a Cjechoslav church, and their lives were full of camping, cruising, music and dancing. They had a son and daughter, 9 grandchildren, and 4 great grandchildren. Neva enjoyed dancing, crocheting, sewing, and was very involved with the VFW, where she bartended on Friday nights.



She loves Bohemian food, sauerkraut and homemade bread dumplings. She retired to Georgia in 1985, and became a member of the Merryvale family in January, 2017.



## Employee Spotlight

Jamekia Brooks joined the Merryvale family, as part of the Dining Services staff on 3/10/2011. She enjoys cooking and interacting with the residents. She loves bowling, playing cards, and entertaining her 9-year old daughter and her favorite vacation spot is Myrtle Beach, SC. Her favorite foods are oxtails, rice and beans. Jamekia thinks you would be surprised to learn that she is the youngest of 8



siblings! She would tell new employees that it's not always easy being the new kid on the block, but just hang in there and you'll be glad you did!



## Birthdays of the Month

09/01/18.....	Carlo Finazzo.....	Resident
09/27/18.....	Bo Cordell.....	Resident
09/29/18.....	Martha Malcolm.....	Resident
09/15/18.....	Tyla Moore-Gulley.....	Employee
09/18/18.....	Portia Douglas.....	Employee
09/20/18.....	Adriane Usher.....	Employee
09/27/18.....	Melissa Chupp.....	Employee



## Save the Date

Blue Jeans, Bluegrass and BBQ  
Family BBQ  
September 14th from 12-2PM









Veterans' Breakfast in the Bistro  
1st Friday of the month at 8:30AM

Support Groups  
Lewy Body Support Group in the Library  
2nd Tuesday of the month at 8:30AM

Alzheimer's Support Group  
3rd Thursday of the month at 7:00PM

September 2018

# Merryvale Assisted Living

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>8:45 Merryvale Walkers 10:00 Worship Service 12:45 Communion 2:00 Game Time with Friends</p>	<p>2</p> <p><b>LABOR DAY</b></p> <p><i>Independent Activities</i></p> <p>8:45 Merryvale Walkers 9:30 Daily Devotions 10:00 Tai Chi 11:00 Man Cave 2:30 Milkshake Monday: <i>Snaps and Snacks!</i></p>	<p>4</p> <p>8:45 Merryvale Walkers 9:30 Daily Devotions 10:15 Heart Smart Exercise 2:00 Ask Alex! Merryvale Music</p> <p><i>Liquid Items are a Deal. Don't forget to get your card mailed to be included in the quarterly drawing.</i></p> 	<p>5</p> <p>8:45 Merryvale Walkers 9:30 Daily Devotions 10:15 Heart Smart Exercise 11:00 Heritage Education 2:00 Bingo</p>	 <p>6</p> <p>8:45 Merryvale Walkers 9:30 Daily Devotions 10:15 Heart Smart Exercise 2:00 Kick-Off Merryvale Art Exhibition with Refreshments 3:30 Balloon Swat</p>	<p>7</p> <p>8:45 Merryvale Walkers 9:30 Daily Devotions 10:15 Heart Smart Exercise 2:00 Mansfield Pickers and Singers</p> 	<p>1</p> <p>8:45 Merryvale Walkers 9:30 Daily Devotions 10:15 Heart Smart Exercise 1:30 Labor Day Group Trivia</p>
<p>9</p> <p>8:45 Merryvale Walkers 10:00 Worship Service 2:00 Grandparents' Day Refreshments in the Bistro</p> <p><b>HAPPY GRANDPARENTS DAY</b></p>	<p>10</p> <p>8:45 Merryvale Walkers 9:30 Daily Devotions 10:00 Tai Chi 11:00 Man Cave 2:30 Milkshake Monday: <i>Snaps and Snacks!</i></p>	<p>11</p> <p>8:45 Merryvale Walkers 9:30 Daily Devotions 10:15 Heart Smart Exercise 1:15 Chick Fil-A Bingo 3:30 Remembering 9/11</p>	<p>12</p> <p>8:45 Merryvale Walkers 9:30 Daily Devotions 10:15 Heart Smart Exercise 11:15 Over 50 @ Covington FUMC 3:30 FBC Covington Choir with Tim Barnes</p>	<p>13</p> <p>8:45 Merryvale Walkers 9:30 Daily Devotions 10:15 Heart Smart Exercise 10:45 Concert on the Square: <i>The Ah Surely Trio</i> 3:30 Use Your Noodle</p>	<p>14</p>  <p>8:45 Merryvale Walkers 9:30 Daily Devotions--Resident Lead 12:00 Blue Jeans, Bluegrass, and BBQ</p>	<p>15</p> <p>8:45 Merryvale Walkers 9:30 Daily Devotions 10:15 Heart Smart Exercise 2:00 Bingo</p>
<p>16</p> <p>8:45 Merryvale Walkers 10:00 Worship Service 2:00 Game Time with Friends</p>	<p>17</p> <p>8:45 Merryvale Walkers 9:30 Daily Devotions 10:15 Heart Smart Exercise 1:30 Cooking with Chef Adam 2:15 Group Mystery Trivia Time!</p>	<p>18</p> <p>8:45 Merryvale Walkers 9:30 Daily Devotions 10:15 Heart Smart Exercise 11:00 Wii Bowling 2:00 Bingo</p> 	<p>19</p> <p>8:45 Merryvale Walkers 9:30 Daily Devotions 10:00 The Music of Mary Cone 11:15 Heart Smart Exercise 2:00 The Singing Saints of Covington FUMC</p>	<p>20</p> <p>8:45 Merryvale Walkers 9:30 Daily Devotions 10:20 Paws on the Premises... Therapy Dogs Visit 10:30 Heart Smart Exercise 11:00 Lunch with Friends 3:00 The Fun and Folksy Music of Sharon Degonia</p>	<p>21</p> <p>8:45 Merryvale Walkers 9:30 Daily Devotions 10:15 Heart Smart Exercise 11:15 Young at Heart 2:30 Bingo</p>	<p>22</p> <p>8:45 Merryvale Walkers 9:30 Daily Devotions 10:15 Heart Smart Exercise 1:30 Merryvale Matinee: The Songcatcher</p>
<p>23</p> <p>8:45 Merryvale Walkers 10:00 Worship Service 2:00 Game Time with Friends</p>	<p>24</p> <p>8:45 Merryvale Walkers 9:30 Daily Devotions 10:15 Heart Smart Exercise 11:00 Out and About for Lunch 2:00 Bingo</p>	<p>25</p> <p>8:45 Merryvale Walkers 9:30 Daily Devotions 10:15 Heart Smart Exercise 1:15 Walmart Shopping 3:30 Balloon Swat</p>	<p>26</p> <p>8:45 Merryvale Walkers 9:30 Daily Devotions 10:00 Food Committee 11:15 Heart Smart Exercise 2:00 September Birthday Bash Bingo</p> <p><b>HAPPY BIRTHDAY</b></p>	<p>27</p> <p>8:45 Merryvale Walkers 9:30 Daily Devotions 10:15 Heart Smart Exercise 2:00 Circle up to Sing</p> 	<p>28</p> <p>8:45 Merryvale Walkers 9:30 Daily Devotions 10:15 Heart Smart Exercise 2:00 Merryvale Moments: The Month in Pictures</p>	<p>29</p> <p>8:45 Merryvale Walkers 9:30 Daily Devotions 10:15 Heart Smart Exercise 2:00 Bingo</p>
<p>30</p> <p>8:45 Merryvale Walkers 10:00 Worship Service 2:00 Game Time with Friends</p>	<p>Activity Room = AR Dining Room = DR Media Room = MR Parlor = P Bistro = B Community Wide = CW</p>				 <p><b>SEPTEMBER</b></p>	

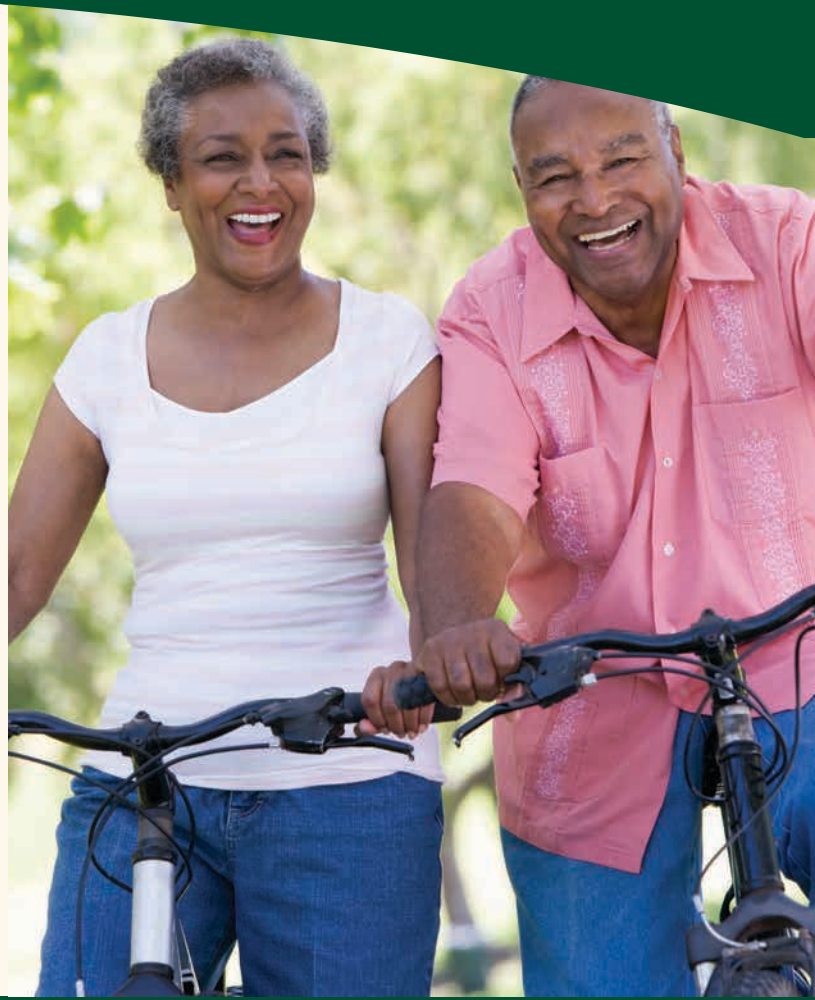
## Appreciating You

### (or: More Brainy Health Tips)

You can take care of yourself in other ways to promote brain health and keep dementia at bay.

- **Watch cholesterol and blood pressure levels.** These not only impact heart health and chance of stroke but can contribute to dementia.
- **Don't smoke or drink excessively.**
- **Stay fit and exercise.** You keep blood flowing to the brain and fitness levels higher, which assist in managing cholesterol and hypertension and reduce factors that contribute to dementia.
- **Eat right.** Veggies and fatty fish help keep your brain sharp. Avoid saturated fats.
- **Stay active.** Try our brain games and have fun with friends!

Source: <http://bit.ly/StaySharpEverydayHealth>.



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[www.MerryvaleAL.com](http://www.MerryvaleAL.com)

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