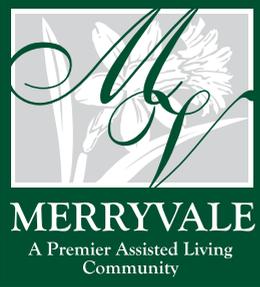


COMMUNITY CONNECTION

A NEWSLETTER FOR THE MERRYVALE RESIDENTS



The Community That Treats You Like Family!

Wellness For Life

A plan for a healthier lifestyle is at your fingertips.

Wellness can be achieved at almost any point in life. It can include eating right, exercising more and improving your mental outlook.

You Are What You Eat.

Eating a plethora of fruits and vegetables is one way to improve your health. So is reducing your caloric intake. Experts typically suggest a 25 to 40 percent reduction to help achieve a healthier lifestyle. While *decreasing* your calories can lead to greater longevity, experts also recommend *increasing* your quantity of food, which means eating higher volumes of quality, lower calorie foods. Diets rich in antioxidants, like berries, beans and dark leafy green vegetables, can help with this goal.

Exercise And Keep Moving.

Have you heard the phrase, "Sitting is the new smoking?" Roughly translated, Americans spend more time sitting today than ever before, both at work and leisure, with increased screen time on their phones, tablets and TVs, all which can have a negative impact on health.

The key is not to fall into the habit of a sedentary lifestyle. You'll feel better, and regular exercise can improve your balance and cardiovascular health. Strive for 30 minutes a day; even light walking can benefit.

Before starting any exercise program, please consult your doctor.



Activity Highlight

September's already in the rearview mirror...but oh what a view! We celebrated National Assisted Living Week with the theme of "Capture the Moment," and had a hilarious time with photo props, Chick-Fil-a Bingo "Boogie," a Concert on the Covington Square, and our 2nd Annual Blue Jeans, Bluegrass and BBQ family event. We are so blessed to be a part of this Merryvale family!



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

Contact us for details.





Resident Spotlight

Daisy Hunt was born in Athens, GA, on May 30th, and grew up in Oglethorpe County. She was her high school Salutatorian and went to college at UGA, where she received a B.S. in Home Ec. Daisy married Ed Hatcher, and they had 2 daughters, 1 son, 8 grandchildren and 5 great-grandchildren. In 1958, she joined Covington First Baptist Church, and enjoyed singing in the choir. She taught first grade in



Newton County, and enjoyed crafts and reading. Daisy has traveled to 48 states, and became a beloved member of the Merryvale family in May of 2017.



Employee Spotlight

Lekish Lott-Clark (Kisha as we call her), joined the Merryvale family, as a Resident Attendant, on 4/4/2011. Kisha loves “her” residents and says they always keep her laughing. Her hobby is styling hair, her favorite food is a sweet potato, and her favorite vacation spot is Las Vegas. She thinks people would be surprised to know that her favorite movie is the 1982 film “Annie,” and she would



like to tell new employees that we are family here and we work together.



Birthdays of the Month

10/02/18.....	Barbara Robinson.....	Resident
10/07/18.....	Norma Hickey.....	Resident
10/13/18.....	Thomas Mundy.....	Resident
10/14/18.....	Barbara White.....	Resident
10/15/18.....	Jeannine Usry.....	Resident
10/16/18.....	Ruth Leinweber.....	Resident
10/22/18.....	Mildred Brown.....	Resident
10/22/18.....	Joyce Smith.....	Resident
10/30/18.....	Annie Ruth Bryars.....	Resident
10/11/18.....	Kayla Hammonds.....	Employee
10/13/18.....	Celina Culbreath.....	Employee
10/18/18.....	Helene Young.....	Employee
10/18/18.....	Otiesha Francis.....	Employee
10/25/18.....	Phyllis Major.....	Employee
10/26/18.....	Clay Fallin.....	Employee



Save the Date

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



October 2018

Merryvale Assisted Living

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>9:30 Daily Devotions (DR) 10:00 Tai Chi (AR) 2:30 Milkshake Monday (DR) 3:00 Armchair Traveler -- Destination Germany (DR) 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 10:30 Bolk and Picadilly (AR) 1:30 Afternoon Matinee -- Independent (MR) 4:00 Merryvale Walkers-- Independent (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 10:30 Zion Baptist Church Jubilee Choir (DR) 1:15 Chick Fil-A Bingo (AR) 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 11:15 Over 50@Covington FUMC(AR) 2:30 Bingo (DR) 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:00 Resident Council 11:15 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 Mansfield Pickers and Singers (DR) 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 1:00 Martha's Mainec: Happy Birthday Charlton Heston!(MR) 3:15 Merryvale Walkers (AR)</p>
<p>10:00 Worship Service (DR) 12:45 Communion (MR) 2:00 Game Time with Friends (AR) 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 11:00 Man Cave (MR) 2:00 Columbus Day Facts and Trivia (DR) 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 10:30 Zion Baptist Church Jubilee Choir (DR) 1:15 Chick Fil-A Bingo (AR) 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 11:15 Over 50@Covington FUMC(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 Store (DR) 3:15 Merryvale Walkers (AR) 6:30 Merryvale Family Meeting (DR) <i>Merryvale Family Meeting @ 6:30PM</i></p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Wii Bowling (AR) 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 with Friends (AR) 3:15 Merryvale Walkers (AR)</p> 	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 11:00 Lunch with Friends and Fall Scenic Bus Ride (AR) 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 11:00 Wii Bowling (AR) 1:15 Walmart Shopping (AR) 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:00 The Music of Mary Cone (DR) 10:15 Heart Smart Exercise (AR) 1:30 Use Your Noodle (AR) 3:00 Oxford College Contra Dancers (DR) 4:15 Merryvale Walkers-- Independent (AR)</p>	<p>9:30 Daily Devotions (DR) 10:20 Paws on the Premises... Therapy Dogs Visit (AR) 10:45 Heart Smart Exercise (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) 11:15 Young at Heart @ Allen Memorial Methodist Church (LU)(AR) 2:30 Pianist Eva Bone: Highlighting German Composers (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 with Friends (AR) 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 1:30 Cooking with Chef Adam: A Taste of Germany (DR) 2:00 Family Feud (DR) 3:15 Merryvale Walkers-- Independent (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 What's a Gourd to Do? Trivia and Pumpkin Decorating (AR) 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Halloween Bingo Birthday Bash! (DR) HAPPY BIRTHDAY 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 3:00 The Music of David Leinweber (DR) 4:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:30 National Pretzel Day German Social (B) 4:00 Merryvale Walkers-- Independent (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 with Friends (AR) 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Jeffini the Great! (DR) 3:15 Merryvale Walkers (AR)</p> 	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Jeffini the Great! (DR) 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Merryvale Costume Contest (DR) 3:15 Merryvale Walkers (AR)</p> 	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 3:00 The Music of David Leinweber (DR) 4:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:30 National Pretzel Day German Social (B) 4:00 Merryvale Walkers-- Independent (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 with Friends (AR) 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 1:30 Let's Get Painting! (DR) 3:15 Merryvale Walkers (AR) 6:30 Trick or Treating for Families (CW)</p> <p><i>Invite us to create for Families 6:30 - 7:30 PM</i></p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Merryvale Costume Contest (DR) 3:15 Merryvale Walkers (AR)</p> 	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 3:00 The Music of David Leinweber (DR) 4:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:20 Paws on the Premises... Therapy Dogs Visit (AR) 10:45 Heart Smart Exercise (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) 11:15 Young at Heart @ Allen Memorial Methodist Church (LU)(AR) 2:30 Pianist Eva Bone: Highlighting German Composers (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>Dining Room = DR Activity Room = AR Media Room = MR Activity Room = AR Bistro = B Community Wide = CW</p>	<p>Loyalty Events are in Red Don't forget to get your card marked to be included in the quarterly drawing.</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:30 National Pretzel Day German Social (B) 4:00 Merryvale Walkers-- Independent (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 Mansfield Pickers and Singers (DR) 3:15 Merryvale Walkers (AR)</p>	<p>9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 1:00 Martha's Mainec: Happy Birthday Charlton Heston!(MR) 3:15 Merryvale Walkers (AR)</p>

Merryvale Celebrates German American Heritage Month

Find Purpose And Positivity.

Once the kids are grown and careers mature, many older adults feel at loose ends. Why not use this time to start a new hobby, volunteer or reignite a past pleasure? Not only will you find greater fulfillment but staying mentally active can also help delay or lower your risk of dementia. Finding purpose also leads to greater positivity.

The key is to maintain a well-balanced life.

What you eat, your activity level and other lifestyle habits are responsible for much of your health. At Kaplan, we're here to support your wellbeing. Let us know how we can help.

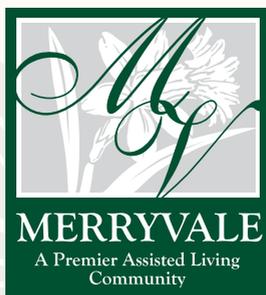
Sources:

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<https://drbubbs.com/blog/2017/9/6-tips-for-longevity-health>



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