

COMMUNITY CONNECTION

A NEWSLETTER FOR THE MERRYVALE RESIDENTS



The Community That Treats You Like Family!

Family Traditions & Holiday Tips

It's The Most Wonderful Time Of The Year...

A song made famous by the Andy Williams' Christmas Album, it adorns cards and is heard in stores everywhere. But how can we truly make this holiday season *the* most wonderful time? Here are some ways to get the most from this treasured time of year:

Set Reasonable Aspirations

How we anticipate an event can grow in our minds so much that when it finally arrives, we feel let down. If this tends to be you, relax and keep expectations real.

Determine a Spending Budget

It's perfectly okay – prudent in fact – not to overspend! Start with a budget and map out what you can spend. Draft a list and stick to it.

Focus on Friends or Family

Why not let the holidays be a time to remind those you love how much you care? Try mailing a hand-written letter or calling someone you've not seen recently.

Make Time for Traditions

Along with your favorites, use this time to start new traditions.

Reflect On Memories

For many, the holidays can produce feelings of grief or loneliness. It's okay to express these feelings either with a loved one or to seek professional help.

Family Traditions & Holiday Tips cont. on back cover



Activity Highlight

As we find ourselves gazing at Christmas decorations and singing holiday songs, we can't help but wonder how another year has flown by! 2018 has been a year filled with moments of joy, moments of sadness and opportunities to celebrate our uniqueness as human beings. May you enjoy the beauty of the season! Merry Christmas from our family to yours!



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

Contact us for details.





Resident Spotlight

Ms. Dorothy Morris was born April 14th to Leon and Lila Hughes, in Atlanta, GA. She had two brothers and lived in Atlanta, Knoxville and Miami. She graduated from Commercial High School in Atlanta, and worked in the typing pool at Rich's Department Store. She married Edward (Cracker) Morris in 1947, and they went on to have 3 sons and 1 granddaughter. Dorothy had many hobbies



and actually took her first painting lesson at age 81! Dorothy became a beloved member of the Merryvale family in February, 2018.



Employee Spotlight

Debbie Adams joined the Merryvale team as the Business Office Manager on July 14, 2011. The thing she enjoys most about her job is making a difference for people. Her hobbies are song writing, guitar playing, and arts and crafts. Her favorite foods are pot roast, and "mashed taters," and her favorite vacation spot is the Smokey Mountains. Debbie recently reconnected with a childhood sweetheart and they were married on November 17th! Congratulations Debbie!



Birthdays of the Month

12/05/18..... Billy Edwards.....Resident
 12/14/18..... Dorothy Street.....Resident
 12/23/18..... Billie Rice..... Resident
 12/24/18..... Floyd Hardy..... Resident
 12/25/18..... Kathryn Head.....Resident
 12/02/18..... Debbie Adams..... Employee
 12/03/18..... Brandy Hayes..... Employee
 12/08/18..... Gena McLendon.....Employee
 12/31/18..... Rebekah Stone.....Employee



Save the Date

December 7th @ 8:30AM in the Bistro
 Merryvale Veterans' Breakfast
 Guest Speaker Jack Barsky, Former KGB Spy

December 8th @ 2PM in the Dining Room
 Billy Hodges in Concert

December 10th @ 2PM in the Dining Room
 Piano Concert by Eva Bone

December 20th @ 2PM in the Dining Room
 A Hawaiian Hula Christmas with Dawn

December 31st @ 2PM in the Dining Room
 New Year's Eve Countdown with Tom Wolf

Merryvale Assisted Living



MERRIVALE
A Premier Assisted Living Community

Family Traditions & Holiday Tips

(continued from front cover)

Stay Healthy

Everywhere you look there are ways to cheat on your diet. Here, the adage to enjoy things in moderation prevails. When you stick to your routine, you'll not have to face the fallout from holiday weight gain.

Think Of Yourself

It's okay to say no to invitations or requests for help. And don't feel guilty about taking a few shortcuts. Maybe it's having dinner delivered rather than cooking from scratch or having Shipt or TaskRabbit do the shopping.

Give To Others

It can be as simple as offering your time, helping a neighbor or sharing a smile. Giving can boost your mood, help fight loneliness and strengthen social bonds.

Sources:

<https://www.psychologytoday.com/us/blog/in-flux/201112/7-strategies-happy-holiday-season>

<https://gethealthyu.com/4-steps-holiday-happiness/>

https://www.huffingtonpost.com/2014/12/16/make-holidays-less-stressful_n_6337440.html

https://greatergood.berkeley.edu/article/item/5_ways_giving_is_good_for_you



www.MerryvaleAL.com

770.786.4688

11980 Hwy 142 North
Oxford GA 30054