

COMMUNITY CONNECTION

A NEWSLETTER FOR THE MERRYVALE RESIDENTS



The Community That Treats You Like Family!

Making Every Resolution Count

It's 2019, time to make every resolution count.

We've selected our ten favorites for seniors – or anyone wanting to see an improvement in their life. Ten Popular (And Do-Able) Resolutions:

1. Walk 10 minutes every day. This is a realistic goal and one that can enhance your overall wellbeing. Exercise also releases endorphins which are essential to mood enhancement.
2. Learn something new. There's nothing better than accomplishing a new feat, skill or hobby. Self-improvement is uplifting and increases confidence levels.
3. Read a book each month. It may sound cliché, but reading does open doors to the world. Pick a genre you enjoy. Or better yet, try a new genre.
4. Make time for brain games. Take part in games such as Sudoku and other stimulating activities. These can enhance cognitive skills and inhibit certain types of memory loss and dementia.
5. Eat right. Try cutting back on empty calories or adding at least one "super food" (those abundant in vitamins) to your diet every day.
6. Sleep tight. Get the recommended eight hours of sleep every night. Experts suggest turning off your TV, phone or other devices, and going to bed at the same time every night.

Making Every Resolution Count cont. on back cover



Activity Highlight

Happy New Year from the Merryvale family! December was filled with many special moments of joy that we're grateful to have shared with those we love. We enjoyed choirs, lights, parties and Santa, and so much good fellowship. We'll sit a minute and then run full-speed ahead into 2019! Elvis will be in the house on January 9th, and we'll be serving up some nice hot soup in the Bistro on the 14th! Y'all come!



Refer a friend... get \$1,500!

Contact us for details.





Resident Spotlight

Ms. Ann Serpa Wiedmeyer was born on June 20th, on the island of Jamestown, Rhode Island, one of 6 children. She has fond memories of swimming and ice skating in Narraganset Bay, and often dreamed of being in the Ice Capades! Ann joined the DAR in high school, participated in drama and took piano lessons. In 1963, Ann married career Navy pilot Earl Wiedmeyer, and they were married for 42 years! She has 4 children, and 27 grand, great, and great-great grandchildren. Ann joined the Merryvale family in 2016, and is our official Minister of Hugs, aka, Huggable Annie!



Employee Spotlight

Marti Clotfelter joined the Merryvale team as a Resident Attendant in July, 2011, and is now the Rose Lane Coordinator. She enjoys interacting with residents and families, especially being able to help during difficult times. Her hobbies are fishing, crocheting and cross-stitching, and her favorite vacation spot is Myrtle Beach. A fun fact about Marti is that she



marched in the Atlanta Braves Ticker Tape parade with the N. Gwinnett High School Marching Bull Dogs! Marti tells new employees that we work hard, have fun, and get the job done, and that we are family.



Birthdays of the Month

01/04/19..... Pete Berrall..... Resident
 01/10/19..... Betty Robinson..... Resident
 01/30/19..... Anne Lewis..... Resident
 01/02/19..... Carol Wisner..... Employee
 01/15/19..... Marcia Spence..... Employee
 01/22/19..... Charlene Pickney..... Employee
 01/28/19..... Marti Clotfelter..... Employee



Save the Date

Elvis is in the House!
 January 9th @ 2PM in the Dining Room

Merryvale's Got Talent!
 January 31st @ 2PM in the Dining Room

Veterans' Breakfast
 1st Friday @ 8:30AM in the Bistro

Lewy Body Dementia Support Group
 2nd Tuesday @ 10AM in the Library

Alzheimer's Support Group
 3rd Thursday @ 7PM in the Library

JANUARY 2019

MERRYVALE ASSISTED LIVING

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>10:00 Worship Service (DR) 12:45 Communion (DR) 2:00 Game Time with Friends (AR) 3:15 Merryvale Walkers-Independent (AR)</p>	<p>Loyalty Events are in red. Don't forget to get your card marked to be entered into the quarterly drawing!</p>  <p>8:30 Daily Devotions (DR) 10:00 Tea Ch (AR) 11:00 Year Caves (AR) 2:30 Walkabout Monday featuring George Burns and Grace Allen (DR) 3:15 Merryvale Walkers (AR)</p>	<p>Independent Activities.</p>  <p>8:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 1:45 Chuck Fila Bingo (AR) 3:15 Merryvale Walkers (AR)</p>	<p>8:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 11:00 Heritage Education (AR) 2:00 Minnawash Butterfly Migration Day Ted Wynne County Extension Coordinator (DR) 3:15 Merryvale Walkers (AR)</p>	<p>8:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Amichat Travel Celebration Russia (AR) 3:15 Merryvale Walkers (AR)</p>	<p>8:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Mindful Pickers and Singers (DR) 3:15 Merryvale Walkers (AR)</p>	<p>8:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Bingo (DR) 3:15 Merryvale Walkers (AR)</p>
<p>10:00 Morning Service (DR) 2:00 Game Time with Friends (AR) 3:15 Merryvale Walkers-Independent (AR)</p>	<p>8:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 National Soup du Jour Bingo Social (B) 3:15 Merryvale Walkers (AR)</p>	<p>8:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Bingo (DR) 3:15 Merryvale Walkers (AR)</p>	<p>8:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Chick Fila Bingo (AR) 3:15 Merryvale Walkers (AR)</p>	<p>8:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Bingo (DR) 3:15 Merryvale Walkers (AR)</p>	<p>8:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Bingo (DR) 3:15 Merryvale Walkers (AR)</p>	<p>8:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Bingo (DR) 3:15 Merryvale Walkers (AR)</p>
<p>10:00 Morning Service (DR) 2:00 Game Time with Friends (AR) 3:15 Merryvale Walkers-Independent (AR)</p>	<p>8:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 1:30 Cooking with Chef Adam Alaskan Cuisine (DR) 2:45 Group Tour: M.L.K. 2 3:15 Merryvale Walkers (AR)</p>	<p>8:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 1:15 Walmart Shopping (AR) 3:15 Merryvale Walkers (AR)</p>	<p>8:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 The Fish and Folly Music of Sharon Duggins (DR) 3:15 Merryvale Walkers (AR)</p>	<p>8:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Circle up to Sing (DR) 3:15 Estimo Pet Social (B) 4:00 Merryvale Walkers-Independent (AR)</p>	<p>8:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Bingo (B) 3:15 Merryvale Walkers (AR)</p>	<p>8:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Bingo (DR) 3:15 Merryvale Walkers (AR)</p>
<p>10:00 Morning Service (DR) 1:00 Celebration of Life Memorial Service (DR) 3:15 Merryvale Walkers-Independent (AR)</p>	<p>8:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 1:15 Bingo Birthday Bash (DR) 3:15 Merryvale Walkers (AR)</p>	<p>8:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 1:30 Talent Show Rehearsal (DR) 3:15 Merryvale Walkers (AR)</p>	<p>8:30 Daily Devotions (DR) 10:30 Food Services Council-All Invited (DR) 10:15 Heart Smart Exercise (AR) 1:15 Scott and Joe - The Bridgeway Duo (DR) 3:15 Merryvale Walkers (AR)</p>	<p>8:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Merryvale's Got Talent (DR) 4:00 Merryvale Walkers (AR)</p>	<p>8:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (AR) 2:00 Bingo (B) 3:15 Merryvale Walkers (AR)</p>	<p>Dining Room = DR Activity Room = AR Media Room = MR Bistro = B</p>

Activities and Times are subject to change.

Making Every Resolution Count

(continued from front cover)

7. Review your finances and legal papers. When you're in control of your money, you can rest easier and feel more optimistic. Also ensure legal documents are up-to-date.
8. Try a new technology. One idea is to learn more about the functions on your smartphone. Or maybe download a new app you've wanted to try.
9. Volunteer for your favorite charity. Nothing is better than giving back. And when you can help someone else, you feel inspired yourself.
10. Quit something that is bad for you. This can be smoking, overeating, drinking too much or even worrying. There are smaller things to conquer as well, such as improving your posture.

Sources:

<https://www.health.harvard.edu/blog/walking-exercise-helps-seniors-stay-mobile-independent-201405287173>

<http://www.healthinaging.org/resources/resource:top-10-healthy-new-year-s-resolutions-for-older-adults/>

<https://www.seniorlifestyle.com/how-to-keep-your-new-years-resolutions/>

<https://www.nytimes.com/guides/smarterliving/resolution-ideas>



11980 Hwy 142 North
Oxford GA 30054



www.MerryvaleAL.com

770.786.4688