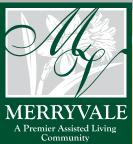
# COMMUNITY CONNECTION





The Community That Treats You Like Family!

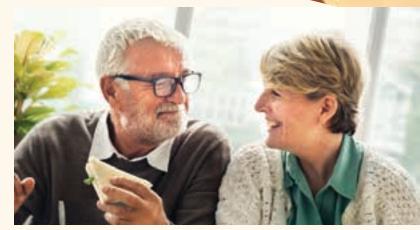
## **Making Every Resolution Count**

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 MERRITALE ASSISTED LITTING

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### **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.
- 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:

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11980 Hwy 142 North Oxford GA 30054



www.MerryvaleAL.com 770.786.4688