

COMMUNITY CONNECTION

A NEWSLETTER FOR THE MERRYVALE RESIDENTS



The Community That Treats You Like Family!

Stay Connected!

Walking with a friend in the dark is better than walking alone in the light. – Helen Keller

When we think of overcoming obstacles, it's hard to argue that anyone had more to overcome than Helen Keller. Yet Helen was human, and she didn't go it alone; she relied on her friend and teacher, Anne Sullivan.

Humans are hardwired to interact with others, especially during times of stress, says Frank McAndrew, Ph.D., writing for *Psychology Today* (www.psychologytoday.com). "When we go through a trying ordeal alone, a lack of emotional support and friendship can increase our anxiety and hinder our coping ability."

The blog, *theconversation.com*, cites a project conducted by Brigham Young University in 2015 that looked at multiple studies on loneliness and isolation — and its potentially adverse health impact. Consequences included increased stress (resulting in the release of cortisol) and even premature death.

Combatting Loneliness

1. **Eat out:** Sharing a meal is a terrific way to reunite with a friend.
2. **Adopt a pet:** Caring for a furry friend helps to recharge nurturing instincts.
3. **Join a club:** You'll meet friends who share similar interests.

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Activity Highlight

The New Year has started with a bang...or a shimmy, on the day Elvis was "in the house!" During the past cold month we enjoyed cozy activities like hot soup socials and Bingo, and now as we look outside we see the daffodils starting to poke their heads up through the frozen earth, and we are hopeful that soon our own General Lee will NOT see his shadow, and spring will be just around the corner!



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

Contact us for details.





Resident Spotlight

Ms. Alice Marie Gadilhe was born on June 22nd, in Anniston, AL, to Alice and Albert Gadilhe. Alice had a wonderful relationship with her two brothers, enjoyed helping her father in the garden, and loved traveling together as a family. Alice worked as an office manager in an anesthesiologist's office, and she enjoyed listening to music and being with her dogs. She loves southern cooking. She has



seven nieces with whom she is very close. Alice became a beloved member of the Merryvale family in May of 2017, and is known for her wonderful smile.



Employee Spotlight

Joan Hawkins joined the Merryvale team as a Resident Attendant in January, 2012. The thing that Joan enjoys most about her job is spending time with the residents. Her hobbies are working in her yard and home decorating. Collard greens are Joan's favorite food and her favorite vacation spots are the Holy Land, and Orlando, FL. People may be surprised to know that in



her free time she volunteers at a local shelter. Joan would tell new employees to focus on the residents and remember that we are HERE for them.



Birthdays of the Month

02/02/19.....	Charles McLendon.....	Resident
02/07/19.....	Florence Smith.....	Resident
02/09/19.....	Weston Barnette.....	Resident
02/21/19.....	Myrtis Wilzman.....	Resident
02/27/19.....	Peggy Cobb.....	Resident
02/03/19.....	Jamekia Brooks.....	Employee
02/14/19.....	Matthew Wisneski.....	Employee
02/22/19.....	Aneat Spence.....	Employee
02/25/19.....	Temple Mathis.....	Employee



Save the Date

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

February 14th @ 2PM in the Dining Room
Valentine's Day Fun with Tom LaMattina

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

Alzheimer's Support Group in the Library
3rd Thursday of the month at 7PM

February 2019

Merrivale Assisted Living

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>10:00 Worship Service 2:00 Game Time with Friends 3:15 Merrivale Walkers</p>	<p>Loyalty Events are in Red. Don't forget to get your card marked to be entered into the quarterly drawing.</p> <p>9:30 Daily Devotions 10:00 Tea & Chat 11:00 Main Care 2:30 Merrivale Walkers 2:45 Assisted Living 3:15 Merrivale Walkers</p>	<p>9:30 Daily Devotions 10:15 Heart Smart Exercise 11:00 Book and Picnic 2:00 Bingo 3:15 Merrivale Walkers</p>	 <p>9:30 Daily Devotions 10:15 Heart Smart Exercise 11:00 Meeting Education 2:00 Bingo 3:15 Merrivale Walkers</p>	 <p>9:30 Daily Devotions 10:00 Resident Council 11:00 Heart Smart Exercise 2:00 Knobbies-Crafting Corner 3:15 Merrivale Walkers</p>	<p>Show your football spirit! Wear your favorite jersey!</p> <p>9:30 Daily Devotions 10:15 Heart Smart Exercise 2:00 Merrivale Walkers 3:15 Merrivale Walkers</p>	 <p>9:30 Daily Devotions 10:15 Heart Smart Exercise 1:15 Merrivale Walkers 2:00 Bingo 3:15 Merrivale Walkers</p>
<p>10:00 Worship Service 2:00 Game Time with Friends 3:15 Merrivale Walkers</p>	<p>9:30 Daily Devotions 10:00 Heart Smart Exercise 10:30 1st Baptist Church-Congregating 2:00 Ask Alena 3:15 Merrivale Walkers</p>	<p>9:30 Daily Devotions 10:15 Heart Smart Exercise 1:15 Quick F-A-Bingo 3:15 Merrivale Walkers</p>	<p>9:30 Daily Devotions 11:15 Heart Smart Exercise 1:30 Covington-Mentoring Council 3:15 Merrivale Walkers</p>	 <p>9:30 Daily Devotions 10:15 Heart Smart Exercise 2:00 Valentine's Fun with Team La'Martina 3:15 Merrivale Walkers</p>	<p>9:30 Daily Devotions 10:15 Heart Smart Exercise 11:15 Singing at Heart 1:30 Memorial Methodist Church 2:30 Bingo 3:15 Merrivale Walkers</p>	<p>9:30 Daily Devotions 10:15 Heart Smart Exercise 2:00 Bingo 3:15 Merrivale Walkers</p>
<p>10:00 Worship Service 2:00 Game Time with Friends 3:15 Merrivale Walkers</p>	 <p>9:30 Daily Devotions 10:15 Heart Smart Exercise 1:30 Cooking with Chef Adam 2:00 President's Day Trivia 3:15 Merrivale Walkers</p>	<p>9:30 Daily Devotions 10:15 Wal-Mart Shopping 1:30 Heart Smart Exercise 2:00 Bullseye Quiz 3:15 Merrivale Walkers</p>	<p>9:30 Daily Devotions 10:15 Heart Smart Exercise 2:00 Bingo 3:00 Merrivale Walkers 3:30 FBC-Covington Choir with Tim Barnes</p>	<p>9:30 Daily Devotions 10:15 Heart Smart Exercise 2:00 The Fabulous Sounds of Ron Lewis 3:15 Merrivale Walkers</p>	<p>9:30 Daily Devotions 10:15 Heart Smart Exercise 2:00 Bingo 3:15 Merrivale Walkers</p>	 <p>9:30 Daily Devotions 10:15 Heart Smart Exercise 2:00 Bingo 3:15 Merrivale Walkers</p>
<p>10:00 Worship Service 2:00 Game Time with Friends 3:15 Merrivale Walkers</p>	<p>9:30 Daily Devotions 10:15 Heart Smart Exercise 1:30 Let's Get Painting! 3:15 Merrivale Walkers</p>	<p>9:30 Daily Devotions 10:15 Heart Smart Exercise 1:30 The Fun and Folly Movie of Shutter Runners 3:15 Merrivale Walkers</p>	<p>9:30 Daily Devotions 10:15 Heart Smart Exercise 2:00 Singing Sunday Build 3:15 Merrivale Walkers</p>	<p>9:30 Daily Devotions 10:15 Heart Smart Exercise 2:00 Circle up to Sing 3:15 Merrivale Walkers</p>	<p>9:30 Daily Devotions 10:15 Heart Smart Exercise 2:00 Bingo 3:15 Merrivale Walkers</p>	<p>9:30 Daily Devotions 10:15 Heart Smart Exercise 2:00 Bingo 3:15 Merrivale Walkers</p>

Activities and Times are Subject to Change

Stay Connected

(continued from front cover)

4. **Visit neighbors:** Many people are looking to reconnect in a world that seems to be filled with bad news daily.
5. **Put on your walking shoes:** Malls are an ever-popular destination. During nice weather, head to a park with well-paved, even surfaces.
6. **Use technology:** If the weather's not good, try using a tablet to "facetime" a friend.
7. **Worship with a friend:** You reconnect with friends, plus it's a recurring activity to look forward to.

Growing older:

It's not always easy. But at Kaplan, we are here to support you and your well-being.

Sources:

<https://www.psychologytoday.com/us/blog/out-the-ooze/201611/the-perils-social-isolation>

<https://theconversation.com/loneliness-is-bad-for-your-health-90901>

<http://blogs.einstein.yu.edu/how-loneliness-affects-the-mind-and-body/>

<https://www.bayalarmmedical.com/medical-alert-blog/6-powerful-ways-help-seniors-avoid-isolation/>



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