

# COMMUNITY CONNECTION

A NEWSLETTER FOR THE MERRYVALE RESIDENTS



*The Community That Treats You Like Family!*

## In Like a Lion, Out Like a Lamb

*Translation? Something that starts quite fiercely can taper off at its end – like March weather.*

To celebrate, we take a gander at our favorite sayings.

1. A penny for your thoughts: From John Heywood's 1546 book, *The Proverbs of John Heywood*. You can also find 'Went in one ear and out the other,' 'No man ought to look a gift horse in the mouth,' and 'Butter would not melt in her mouth.'
2. Add insult to injury: To make an unfortunate situation worse, often with mockery, found in Aesop's *Fables* (circa 620-560 B.C.).
3. Best thing since sliced bread: A great innovation. (Sliced bread was introduced in 1928 by Otto Frederick Rohwedder, Davenport, Iowa, who invented the first loaf-at-a-time bread slicing machine.)
4. Cut to the chase: The phrase originated in the American film industry when many early movies ended in a chase scene. The first reference is in the script direction of the 1929 film, *Hollywood Girl*.
5. Desperate times call for desperate measures: When something drastic is needed to make a change, possibly originating with the ancient Greek physician, Hippocrates.

*In Like A Lion cont. on back cover*



## Activity Highlight

Will March come "in like a lion and out like a lamb?" Our "Merryvale Walkers" certainly hope so as they look forward to getting back outside. We had a fantastic February filled with chocolate fountains, pizza, and our favorite singers! March finds us dreaming of bagpipes, pots of gold, and maybe you? Come join us for one of our many special events to find out what all the smiles are about and check us out on Facebook!



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

*Contact us for details.*





## Resident Spotlight

Ms. Mildred Laurene Brown was born in Bessemer, AL on October 22nd. She recalls family vacations spent touring the country by bus, taking piano lessons, swimming, hiking, and city living. She attended the Univ. of Alabama for one year, and worked for the "War Manpower" division of the U.S. government. She met her husband Paul John at a military social during WWII and they went on to



have 4 children, and 3 grandchildren. Her hobbies are art, bridge and music. Mildred joined the Merryvale family in 2017, and would prefer you not call her "Miss" Mildred!



## Employee Spotlight

Dianne Callahan joined Dietary Services in March, 2013. Dianne enjoys her co-workers and talking with the residents. Her hobbies are word search puzzles, watching TV, and reading. Her favorite food is macaroni and cheese, and her favorite vacation spot is at home in her chair. Dianne says people may be surprised to know that she cares for her adult son who is on dialysis 3x/week, and is



raising 2 small children. She would tell new employees to be the best at what you do and treat the residents as you would your own parents. Thank you Dianne!



## Birthdays of the Month

03/04/19..... Betty Haney..... Resident  
 03/10/19..... Alice Gadilhe..... Resident  
 03/19/19..... Roger Wallace..... Resident  
 03/21/19..... Dennis Moore..... Resident  
 03/30/19..... Louise White..... Resident  
 03/08/19..... Regina Russell..... Employee  
 03/08/19..... Michelle Strong..... Employee  
 03/11/19..... Taylor Moreland-Yates..... Employee  
 03/28/19..... Lorraine Clonts..... Employee



## Save the Date

Merryvale Veterans' Breakfast  
 featuring Jack Barsky  
 March 1st @ 8:30AM in the Bistro

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





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



# MARCH 2019

## MERRYVALE ASSISTED LIVING



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 10:00 Morning Service (DR) 12:45 Communion (MR) 2:00 Game Time with Friends (MR) 3:15 Merryvale Walkers (MR)	 9:30 Daily Devotions (DR) 10:00 Tea & Chai (MR) 11:00 Main Care (MR) 2:00 Another Travel Destination Switzerland (DR) 2:30 Walkabout Monday with Shamrock Shakers (DR) 3:15 Merryvale Walkers (MR)	Dining Room • DR Activity Room • A&E Media Room • MR Bistro • B Dining Room • DR 9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (MR) 11:00 Lunch at RLI's off the Square 2:00 Ward Craft Workshop (DR) 3:15 Merryvale Walkers (MR)	9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (MR) 11:00 Heritage Education (MR) 2:00 Bookers with Rick Robinson (DR) 3:15 Merryvale Walkers (MR)	9:30 Daily Devotions (DR) 9:45 Columbia Shop (MR) 10:15 Heart Smart Exercise (MR) 11:30 Kid Power's Planet Times (DR) 2:30 Chip Chat Social (B) 3:15 Merryvale Walkers (MR)	9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (MR) 2:00 Mardell Pickers and Singers (DR) 3:15 Merryvale Walkers (MR)	9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (MR) 2:00 Bingo (DR) 3:15 Merryvale Walkers (MR)
10:00 Morning Service (DR) 2:00 Game Time with Friends (MR) 3:15 Merryvale Walkers (MR)	9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (MR) 11:00 Chuck F.I.A. Bingo (MR) 2:15 Merryvale Walkers (MR)	9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (MR) 11:00 Chuck F.I.A. Bingo (MR) 2:15 Merryvale Walkers (MR)	9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (MR) 11:00 Over 50 B. Courtyard F.I.A.C. (MR) 2:30 Bingo (DR) 3:15 Merryvale Walkers (MR)	9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (MR) 2:00 St. Patrick's Day Fair featuring the Bagpipe Band of Rich McPherson (DR) 3:15 Merryvale Walkers (MR)	9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (MR) 11:15 Young at Heart B. Allen Memorial Methodist Church (MR) 2:30 Bingo (DR) 3:45 Merryvale Walkers (MR) 8:30 Grace Notes Piano Recital (DR)	9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (MR) 2:00 Bingo (DR) 3:15 Merryvale Walkers (MR)
10:00 Morning Service (DR) 2:00 Game Time with Friends (MR) 3:15 Merryvale Walkers (MR)	9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (MR) 1:30 Cooking with Chef Allen (DR) 2:00 Helen's Birthday Laurence Field (DR) 3:15 Merryvale Walkers (MR)	9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (MR) 2:00 Spring Crafting Corner (MR) 3:15 Merryvale Walkers (MR)	9:30 Daily Devotions (DR) 10:00 The Music of Mary Cline (DR) 11:15 Heart Smart Exercise (MR) 2:00 Bingo (DR) 3:15 Merryvale Walkers (MR)	9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (MR) 2:00 An Hour of Jerry Cramer Celebrating Blood Scurvy Day (DR) 3:15 Merryvale Walkers (MR)	9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (MR) 2:00 Bingo (DR) 3:15 Merryvale Walkers (MR) The King and I (MR)	9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (MR) 1:15 Northern Melrose
10:00 Morning Service (DR) 2:00 Game Time with Friends (MR) 3:15 Merryvale Walkers (MR)	9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (MR) 2:00 Bingo (DR) 3:15 Merryvale Walkers (MR)	9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (MR) 1:15 Heart Smart Exercise (MR) 2:00 Family Fun (DR) 3:15 Merryvale Walkers (MR)	9:30 Daily Devotions (DR) 10:00 Food Services Council -40 Inland (DR) 10:45 Heart Smart Exercise (MR) 2:00 Bingo Birthday Bash (DR) 3:15 Merryvale Walkers (MR)	9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (MR) 2:00 Circle up to Sing (DR) 3:15 Merryvale Walkers (MR)	9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (MR) 2:00 Cook-Cook Social featuring the music of Allen Stockoff (B) 3:15 Merryvale Walkers (MR)	9:30 Daily Devotions (DR) 10:15 Heart Smart Exercise (MR) 2:00 Broadway in the Spring featuring the Newton County Arts Association (DR) 3:15 Merryvale Walkers (MR)
10:00 Morning Service (DR) 2:00 Game Time with Friends (MR) 3:15 Merryvale Walkers (MR)						

Loyalty Events are in Red. Don't forget to get your card marked to be entered into the quarterly drawing!

ACTIVITIES AND TIMES ARE SUBJECT TO CHANGE

## In Like a Lion

(continued from front cover)

6. Feel a bit under the weather: Traced to maritime sources when sailors who weren't feeling well were sent below deck so that they could get out of the weather.
7. Let sleeping dogs lie: From the 13<sup>th</sup> Century, it alluded to waking up a fierce watchdog and causing trouble.
8. Method to my madness: Despite a random appearance, there is a formula to reach a conclusion, from Shakespeare's Hamlet in 1602.
9. Piece of cake: Originating in the 1870s when cakes were often handed out as prizes in cakewalks, which were easy competitions to win.

Ever wonder when the very first idiom was used in the English language? 'Your guess is as good as mine!'

Sources:

Idiom definitions: [www.smart-words.org](http://www.smart-words.org) (<https://www.smart-words.org/quotes-sayings/idioms-meaning.html>)

Idiom origins: [www.gingersoftware.com](http://www.gingersoftware.com) (<https://www.gingersoftware.com/content/phrase-of-the-day/>)



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