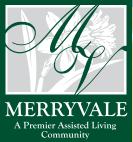
COMMUNITY CONNECTION





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.

- I. 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



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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 13th 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 (https://www.smart-words.org/quotes-sayings/idioms-meaning.html)

Idiom origins: www.gingersoftware.com (https://www.gingersoftware.com/content/phrase-of-the-day/)



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