

COMMUNITY CONNECTION

A NEWSLETTER FOR THE MERRYVALE RESIDENTS



The Community That Treats You Like Family!

A Good Laugh

What's a good laugh worth? More than you think.

April is National Humor Month. But did you know that laughter is also a great stress reliever?

The Mayo Clinic explains that a good laugh can stimulate many organs and increase your intake of air and the endorphins in your brain. Your heart can benefit too, by improving the function of blood vessels and increasing your blood flow.

If you make laughter a habit, you can lower the stress levels that negatively impact your immune system over the long haul. Positive thoughts (including laughter) release neuropeptides, which, the Mayo Clinic reports, help to fight stress and more-serious illnesses. Laughter can also serve as a pain reliever, be a mood booster and help you through life's more fractious moments.

Consider the health benefits of laughter as reported in www.HelpGuide.org:

- **Physical:** boosts immunity, lowers stress hormones, decreases pain, relaxes your muscles, and prevents heart disease;
- **Mental:** adds joy and zest to life, eases anxiety and tension, relieves stress, improves mood, and strengthens resilience;
- **Social:** bolsters relationships, attracts others to us, enhances teamwork, helps defuse conflict, and promotes group bonding.

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Activity Highlight

How do you top Mardi Gras, and the beautiful bagpipe music of St. Patrick's Day? With an April Easter Egg Hunt, that's how! Bring the children and their baskets out to our Merryvale Friends and Family Easter Egg Hunt on April 20th! The Easter Bunny will be here for pictures, and we'll be passing out lots of sweet treats! Please RSVP to 770-786-4688.



Refer a friend... get \$2000!

Contact us for details.



Resident Spotlight

Charles Edward Robinson was born on June 16th, in Wyncote, PA. He grew up playing baseball, soccer and basketball. In his twenties he played trumpet in a band, and married Dolores.

Charles was in the Pennsylvania National Guard, and was employed at Philadelphia Gas and Electric. He had a pilot's license and enjoyed flying his own plane. He also had a Harley Davidson motorcycle

and a boat, and enjoyed scuba diving and fishing. What an adventurer! He loves music and pineapple upside down cake, and became a member of the Merryvale family in 2017.



Employee Spotlight

Carol Wisner joined the Merryvale team on April 10, 2013, as a Resident Attendant. She enjoys summer nights, swimming, cooking out and spending time with her family. Her favorite vacation spot is Pigeon Forge, TN, and she loves Mexican food! Carol enjoys making a difference in the lives of residents, whether by bringing them a sweater to keep them warm, or being the reason they

smile. Carol wants new people to know that Merryvale is a happy and loving environment and that we're one, big, happy family!



Birthdays of the Month

04/01/19.....	Helen Hull.....	Resident
04/06/19.....	Marsha Sears.....	Resident
04/09/19.....	Bobbie Campbell.....	Resident
04/14/19.....	Dorothy Morris.....	Resident
04/15/19.....	Grace Goddard.....	Resident
04/16/19.....	Guy McGiboney.....	Resident
04/17/19.....	Janet Byrd.....	Resident
04/23/19.....	Nancy Morris.....	Resident
04/28/19.....	Lewis Hull.....	Resident
04/28/19.....	Mary Lunsford.....	Resident
04/28/19.....	Billy Green.....	Resident
04/13/19.....	Sophia Jordan.....	Employee
04/13/19.....	Rebecca Wade.....	Employee
04/14/19.....	Candace Donaldson.....	Employee
04/15/19.....	Yolanda Campbell.....	Employee
04/17/19.....	Shawona Jordan.....	Employee
04/21/19.....	Joan Hawkins.....	Employee
04/22/19.....	Cristy Arekala.....	Employee
04/23/19.....	Misty Tate.....	Employee



Save the Date

Veterans' Day Breakfast with Special Guest, Former Russian Spy, Jack Barsky.

Friday, April 5th @ 9AM in the Dining Room

The Magical Music of David Leinweber

Monday, April 8th @ 2PM in the Dining Room

Rosie the Riveter, Performed by Professional Storyteller, Carol Cain

Friday, April 12th @ 2PM in the Dining Room

Merryvale Friends and Family Easter Egg Hunt

Saturday, April 20th @ 10AM in the Foyer

Please RSVP to 770-786-4688

Merrynale Assisted Living

April 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 8:00 Meeting Service (C) 9:45 Communion (A) 1:00 Games Time with Friends (A) 2:15 Merrynale Residents (A)	8:00 Daily Devotions (C) 9:00 Tea & Chat (A) 10:00 Merrynale Residents (A) 12:00 Lunch (A) 1:45 April Fools Day around the World (C) 2:45 Merrynale Residents (A)	 8:00 Daily Devotions (C) 9:15 Merrynale Residents (A) 10:45 Merrynale Residents (A) 12:00 Lunch (A) 1:15 Merrynale Residents (A)	8:00 Daily Devotions (C) 9:15 Merrynale Residents (A) 10:45 Merrynale Residents (A) 12:00 Lunch (A) 1:15 Merrynale Residents (A)	8:00 Daily Devotions (C) 9:15 Merrynale Residents (A) 10:45 Merrynale Residents (A) 12:00 Lunch (A) 1:15 Merrynale Residents (A)	8:00 Daily Devotions (C) 9:15 Merrynale Residents (A) 10:45 Merrynale Residents (A) 12:00 Lunch (A) 1:15 Merrynale Residents (A)	8:00 Daily Devotions (C) 9:15 Merrynale Residents (A) 10:45 Merrynale Residents (A) 12:00 Lunch (A) 1:15 Merrynale Residents (A)
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A Good Laugh

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Humor is especially helpful for diffusing awkward or stressful situations. And it can build bonds by lending a new perspective or finding common ground with friends, acquaintances and even strangers.

If there's not enough laughter in your life, look for ways to add some to your day. A few ideas: reconnect with your favorite romantic comedy; recall a favorite funny story; sit down and have a chat with young kids; or as HelpGuide.org suggests, seek out the people who make you laugh.

Whoever said laughter is the best medicine was right - it's also the glue that holds friendships together. To laugh together at life's ridiculous turn of events makes those events bearable. To laugh at the funny things in life makes life wonderful. The real gift is having a friend to share...laughter with.

— Ellen Jacob, Author of *You're The Best Friend Ever*

Sources:

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>

<https://www.helpguide.org/articles/mental-health/laughter-is-the-best-medicine.html/>



www.MerryvaleAL.com

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