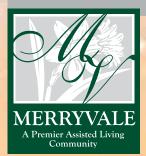
COMMUNITY CONNECTION



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.

A Good Laugh cont. on back cover





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 | |
| 04/15/19 Grace Goddard | |
| 04/16/19 Guy McGiboney | |
| 04/17/19 Janet Byrd | |
| 04/23/19 Nancy Morris | |
| 04/28/19 Lewis Hull | |
| 04/28/19 Mary Lunsford | |
| 04/28/19 Billy Green | |
| 04/13/19 Sophia Jordan | |
| 04/13/19 Rebecca Wade | |
| 04/14/19 Candace Donaldson | |
| 04/15/19 Yolanda Campbell | |
| 04/17/19 Shawona Jordan | |
| 04/21/19 Joan Hawkins | |
| | |
| 04/22/19 Cristy Arekala | |
| 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

Merryvale Assisted Living

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A Good Laugh

(continued from front cover)

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.

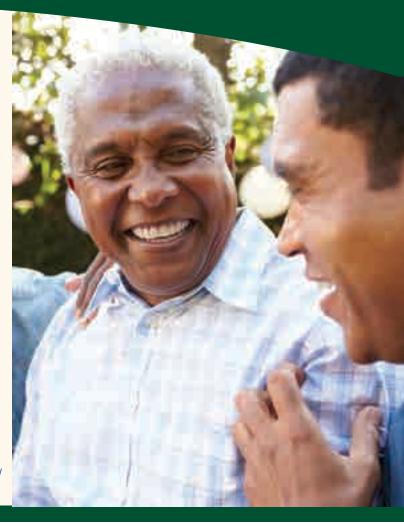
Whoever said laughter is the best medicine was right - it's also the glue that holds friendships together. To laugh together at life's ridiculous turn of events makes those events bearable. To laugh at the funny things in life makes life wonderful. The real gift is having a friend to share...laughter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



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www.MerryvaleAL.com 770.786.4688