

COMMUNITY CONNECTION

A NEWSLETTER FOR THE MERRYVALE RESIDENTS



The Community That Treats You Like Family!

Gardening Is Good For The Soul

The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just on the body, but the soul.

— Alfred Austin

Digging in the earth, planting veggies or flowers, weeding, and watering, all can feel like a balm to the soul. It's ideal for the very young to the very old, and every age in between. There's a feeling of accomplishment that can't be replicated – along with enjoying the fresh air and exercise.

However, as one grows older, there are additional considerations to keep gardening a passion and easier on the body. Ideas from *AgingCare.com* for a senior-friendly garden:

- Create raised beds to improve drainage and make harvesting easier. Lightweight plastic landscape timbers can be stacked to form raised beds at waist or wheelchair height if necessary. This will minimize bending and straining, which is especially beneficial for seniors with back and joint pain.
- Make vertical gardens by growing vining plants upward using trellises, tomato cages, bamboo stakes, fences, walls or arbors as supports.
- Plant in resin or foam-walled containers and use lightweight "soil-less" mixtures to reduce the weight of each planter. Put individual pots on casters.

See more at <https://www.agingcare.com/articles/growing-connections-gardening-with-seniors-147111.htm>.

Gardening cont. on back cover



Activity Highlight

April brought many special guests through our doors as we explored the covert world of espionage with former Russian spy, Jack Barsky, while storyteller, Carol Cain, gave us a glimpse into the real lives of some WW II, Rosie the Riveters! Residents enjoyed pampering at Belk, an Easter Egg Hunt, and a special Easter Sunday service. Come visit in May to see why life is good at Merryvale!



Refer a friend... get \$3,000!

Contact us for details.





Resident Spotlight

Wilma Welch Carey was born on July 11th, in San Angelo, TX. After high school she attended Texas Tech, then moved to Lubbock, TX. There she met and married Burl in 1957, and they had two sons and one daughter. Her claim to fame was meeting Bob Hope, while accompanying 16 boys to a Scout Jamboree. Wilma worked for an internist, until relocation to Georgia in 2002, to be near



her daughter. Her hobbies were needlework, sewing, and gardening. She also played the accordion, and was a church soloist. Wilma became a beloved member of the Merryvale family 2017.



Employee Spotlight

Teresa Fomby joined the Merryvale team on 12/2/13, as a Resident Attendant, and is now a Shift Supervisor. Her hobbies are fishing and listening to music, and her favorite vacation spots are Destin, FL and Gulf Shores, AL. Teresa's favorite foods are sweet potatoes, seafood, and breakfast casseroles. She thinks people would be surprised to know that she loves the water for relaxation, but can't swim.



Teresa advises new employees to "embrace what they do, and never take anything for granted."



Birthdays of the Month

05/10/19.....	George Hull.....	Resident
05/19/19.....	Helene Peluso.....	Resident
05/28/19.....	Marion Reinstra.....	Resident
05/03/19.....	Charmaine Harrison.....	Employee
05/03/19.....	Adam Roth.....	Employee
05/06/19.....	Cassie Bowen.....	Employee
05/20/19.....	Jenea Walters.....	Employee
05/26/19.....	Sarah Streetman.....	Employee



Save the Date

Monthly Veterans' Breakfast

1st Friday @ 8:30AM in the Bistro

Monthly Lewy Body Support Group

2nd Tuesday @ 10AM in the Merryvale Library

Circle of Friends Ladies' Tea

Tuesday, May 7th @ 2PM in the Dining Room

Circle up to Sing: A Memorial Day Remembrance

Thursday, May 23rd @ 2PM in the Dining Room

Live Music on May 24th & 29th

2PM in the Dining Room

Merrivale Assisted Living



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(continued from front cover)

Additional considerations for seniors when gardening:

- Use plenty of sunscreen, at least 30 SPF; 50 is better. Remember lip balm with SPF to protect your lips.
- Plan your work during the coolest part of the day, mornings and evenings.
- Stay hydrated. Drink water or sports drinks.
- Be sensible. Wear closed-toe, comfortable shoes, a hat, and gardening gloves.
- Make your tools easier to see and use. For example, tape or paint your tool handles in bright colors so they're easy to spot on the ground; wrap the handles with foam for greater control.
- Use products designed for seniors (kneeling benches, ergonomic tools, and rolling scooters).
- Have a friend or family help with the heavy stuff.

With the warmer weather finally here, it's time to get outside and plant that rose or tomato. You'll love seeing (and potentially eating) the rewards!

Source:

<https://www.agingcare.com/articles/growing-connections-gardening-with-seniors-147111.htm>



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