

11980 Highway 142 N • Oxford, GA 30054 • (770) 786-4688

SAVE THE DATE!

MERRYVALE VETERANS' CLUB

Breakfast meeting first Friday of every month
from 8:30a.m.-9:30a.m. in the Bistro

SUPPORT GROUPS

SANDWICH GENERATION SUPPORT GROUP

1st Tuesday of each month at 6 p.m.
at Square Perk Cafe
1105 Church St., Covington, GA 30014

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LEWY BODY DEMENTIA SUPPORT GROUP

2nd Tuesday of each month at 10 a.m. in the
Merryvale Library

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ALZHEIMER'S DISEASE SUPPORT GROUP

Peer Support Group
3rd Thursday of each month at
7 p.m. in the Merryvale Library

RELAY FOR LIFE* APRIL 29TH* THE CHURCH AT COVINGTON



**April Showers ... Don't Forget
Your Galoshes!**

April 2016

Gena's Corner

Spring has come and we're enjoying the earth's rebirth in all of its glory. Plant the colors of spring in your little parcel of the earth. We are enjoying longer days, and the chance for early morning and late afternoon walks. It's great to see residents enjoying the outdoors again.

The April Honor Flight to Washington, DC, will take 25 veterans, guardians, leaders and paramedics. Merryvale will be sending them off with a good breakfast! Please remember to thank a veteran for their sacrifice.

Our "Relay for Life" activities are in full force. We are having cake sales, "footprints" to purchase in honor or memory of those battling cancer, and the "Kiss the Pig" contest. If you have a favorite manager, be sure to donate to them so they can be declared the "winner." Please donate to help fight this dreaded disease. There will be many vendors at the event to help raise funds for cancer research and we hope you'll make plans to attend or donate.

I'd like to take a moment to brag on our Merryvale team. Each employee who wears the uniform brings a unique personality to the team, and then with training and commitment becomes so much more than that. As in sports, individuals become an integral part of a team. In late February we were proud to meet our 100% occupancy goal. Yes the goal is met but more than that, it represents all the parts working together in perfect harmony. Well done, Merryvale team!

Please take a few moments to review our calendar of events. We are always entertaining new ideas and opportunities to enrich life at Merryvale. If you have an idea, let us know. Happy Spring to all!

Be Healthy and Be Happy

In honor of World Health Day in April, we offer these reminders to help you enjoy a healthier life.

Keep it clean. Wash your hands often with soap and warm water to prevent the spread of viruses and bacteria. Brush and floss your teeth twice daily to prevent gum disease and tooth decay.

Eat well. Limit your intake of processed foods and focus on whole grains, lean meat, fish, fresh fruits and vegetables.

Be safe. Always wear a seatbelt while traveling in a vehicle. Helmets are a must for bicycle or motorcycle riders. If you are a sports enthusiast, wear the appropriate equipment.

Reduce stress. Multiple studies have shown that stress can cause illness. Find a stress reduction technique that works.

Check in. See your health care provider for regular checkups. Health screenings can often detect issues before they become serious. Stay current on immunizations.

Stay active. You don't need to visit the gym every day to stay fit. Just 30 minutes of walking each day provides many health benefits. Take the stairs instead of the elevator.

Reminder: Dr. Transport
Covington Tuesday AM
Conyers Wednesday AM
Need 48 hour notice

Life Enrichment Corner



5th Annual Vacation Bible School

April 11-13, First Baptist Church of Covington will be hosting our 5th Vacation Bible School. We spend 3 days enjoying fun and fellowship and most importantly looking at how we can apply God's Word to our everyday lives.

We start out with worship led by Tim Barnes, Music Minister at FBC. We do a craft led by Sandra Geiger and volunteers, have "fun" snacks, and then we get into why we're really there, the Bible Study, led by Charles Reynolds, Median and Mature Adult Minister at FBC.

This is a favorite event for a number of the residents who have been at Merryvale through the years. At the end of each VBS we always get the question, "We are going to do this again, aren't we?"

We are looking forward to this special annual event.

Relay for Life

In May 1985, Dr. Gordy Klatt walked and ran for 24 hours around a Tacoma, Washington, track ultimately raising \$27,000 to help the American Cancer Society fight the nation's biggest health concern, cancer. A year later 340 supporters joined the overnight event. Since those first steps, the Relay for Life movement has grown into a worldwide phenomenon, raising nearly \$5 billion to fight cancer.

Merryvale will be participating in Relay for Life this year on April 29th, at 7pm. This will be our first year to join in helping raise funds to find a cure for cancer. Come join our residents as we walk inside the Merryvale property.

Resident Spotlight



Mary Hays is our spotlight for this past month of March. She is a joy to be around and has many interesting memories of traveling around the world. She enjoys flowers and often you can visit her room and find a beautiful example. Mary has been a resident at Merryvale since 2008.

Maintenance Corner

Take a Look Around

You can help keep our community running smoothly and in tip-top shape just by looking around. Let us know if you see problems like a burnt-out outdoor light, a malfunctioning gate or a haywire sprinkler. Our staff works hard, but we can't be everywhere at once. Just give us a call to report any problems you observe around the property. Thanks for the help!

Sunshine Keeps You Sharp

Warm rays of sunshine against your skin not only feel good, but can also help lower your risk of developing Alzheimer's disease and other types of dementia, which are affected by vitamin D levels. Sun exposure for 10 to 15 minutes a few times a week can help you get your recommended dose of D.



Rose Lane Round-Up! March Resident of the Month Elaine Bearden



Ms. Elaine had a long, distinguished career as an Emory nurse and is a caring, compassionate person. She is a member of Lithonia First Baptist Church and loves her family, bingo, gardening and music. Elaine became a beloved member of the Merryvale family in September of 2012, and if you ask any resident, staff member or even visitors what Elaine's favorite song is they'll tell you, "You are my sunshine!" She's holding a cute "sunshine" singing duck, a gift from a special Merryvale friend.

One Minute Chef

Grilled Chicken Pita Salad

Prepare grill for high heat (450° to 550°).

Rub 2 boned, skinned **chicken breast halves** with **olive oil** and cook, turning once, until no longer pink. Slice.

Meanwhile, whisk 2 tbsp. fresh **lemon juice**, 1/3 cup olive oil, 1 tbsp. **fresh oregano**, and 1/2 tsp. freshly ground **black pepper**; set aside. Boil 1 lb. **asparagus** (ends trimmed), cut in spears and halved lengthwise,

just until bright green; rinse with cold water.

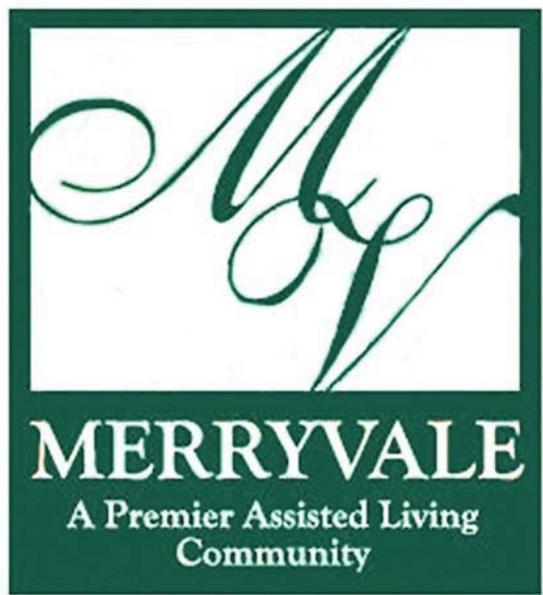
In a bowl, combine reserved chicken; 4 oz. **feta cheese**, broken into chunks; **asparagus**; 2 cups halved **grape tomatoes**; 1/2 cup pitted **kalamata olives**; and 2 cups **pita chips**. Toss gently with reserved dressing. Add 2 cups **baby arugula** and toss once just to combine.



Back to the Garden!!

We are so excited to get back into our Rose Lane Garden. Right now most of the color is from these beautiful floral pinwheels but we're hoping to do some spring planting very soon. Bring your green thumb and come spend a fun afternoon with us!





Merryvale Assisted Living
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www.merryvaleal.com