

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

SAVE THE DATE!

MERRYVALE FAMILY MEETING

Thursday, July 28th, at 7 p.m.

Special Guest, Mr. Chip Morris, LCSW, CEO
Healthy Home Transitions

**MERRYVALE VETERANS' BREAKFAST CLUB
WILL NOT meet for the summer. We'll see you
again in September!**



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

July 2016

Gena's Corner

As we celebrate our nation's birthday, I am thankful for the freedoms I enjoy as an American, where I can freely live, work and worship and choose how to spend my time. Sadly, that is not the case in many parts of the world. Our forefathers had a vision for a self-governing democracy, for which they paid a great personal price. We have been richly blessed, but find ourselves at a critical juncture where the path to ensuring continued freedom is uncertain. May you reflect and ponder during this July 4th holiday on your role in preserving the freedoms for which our veterans have fought and died over our 240 year history. Find a way to contribute; talk to a veteran, visit a cemetery and take stock of the cost of freedom. Proudly wear the red, white and blue to honor our country.

When this newsletter reaches you, we will have just completed a day long video recording of our building and grounds. Some of our residents, family members and staff will have been interviewed regarding what makes Merryvale special to them and we look forward to this new medium in which to "tell our story."

Please note the date for our next community-wide family meeting, where we will welcome Mr. Chip Morris of Healthy Home Transitions. He will share information about their Medicare supported assistance program for residents and family members who are navigating the changes and transitions of aging.

Hope all of you are enjoying some fun summer activities. Do take time to get some much needed R&R. If you know of others who need to get away and have a senior family member who might like to cruise on the Merryvale ship, share our information. It is our joy to share your journey. Happy birthday, America!

Celebrating America

Our Merryvale family loves to show their love of country and support for our veterans. Residents and employees alike wear red every Friday to honor the service and sacrifice of our veterans. Naturally, for the month of July, our colors are really showing!

On Independence Day, Chef Adam and our marvelous dining staff served up an All-American fare of BBQ pork ribs, grilled chicken, corn on the cob, green beans, and ice cream for dessert! Of course, no 4th of July is complete without ice cold watermelon - served in the heat of the afternoon in our Bistro!

The celebration continued the next day with our "4th on the Fifth" party, with great entertainers sharing the rich history of America's music and traditions, from sea to shining sea. Happy Birthday, America!



Resident Spotlight



Joyce Smith

Joyce Smith is a pure joy to be around! Being the "baby" of her family, with nine older siblings, may help to explain her easygoing personality! Always ready with a smile and a positive "can-do" attitude, she is an encouragement to us all.

Joyce and her husband, Ralph, have been married 65 years. They have three children, six grandchildren, and ten great-grandchildren. She is especially thankful for the many places around the world she and Ralph have been able to visit. Joyce and Ralph have made their home with us for almost two years, and Merryvale is a brighter, happier place because they are part of our family!

Preventing Heat Stroke

Summer's warm weather makes it the ideal season for outdoor sports and activities. However, it is important to take precautions against overheating, which could lead to heat exhaustion or heat stroke. Following are some tips to help you stay safe this summer.

Drink water. Becoming dehydrated is the biggest danger of heat stroke. Drink plenty of liquids throughout the day to stay hydrated and allow your body to regulate its temperature.

Wear light colors. Light-colored clothing absorbs less heat from the sun, and therefore can keep you much cooler than wearing dark shirts or pants.

Look for signals. Pay attention to how you're feeling. If you begin to feel dizzy or nauseated, find shade or go indoors to cool off. Once you're in a cooler environment, sit down and drink cool water. Headaches, nausea and fatigue are all symptoms of heat exhaustion, which is a precursor to heat stroke.



July Resident of the Month Ms. Ruby Satterfield



Ms. Ruby Satterfield

Ms. Ruby is a native of Newton county and joined the Merryvale family in December, 2015.

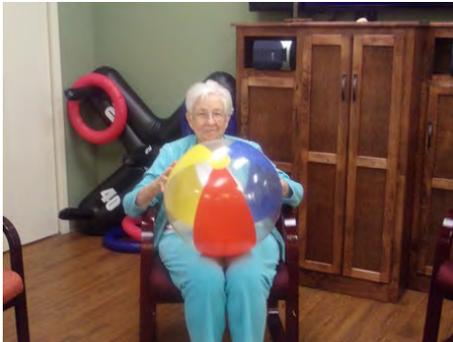
She married Roy Gilbert in 1946, and together they had a son, Joe, and a daughter, Brenda, and she now has 11 grandchildren. Ms. Ruby worked in the Porterdale Mill, as well as Belk, until her retirement in 1988. She has always enjoyed frequent trips to the beach, and the mountains of Tennessee and North Carolina.



Having Fun!



All in a Day!



Best Friends!



Rose Lane Round Up!

Looking Back!

June was Alzheimer's and Brain Awareness month. Rose Lane went purple in honor of our precious residents and their families. At our family meeting, we had the opportunity to welcome special guest Janet Dawkins from Aging Options. She was able to share very insightful and helpful information about the progression of Alzheimer's and the best ways to communicate with our loved ones struggling with this disease.



Let Freedom Ring

Happy Independence Day



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