

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



May 2016

Gena's Corner

May flowers and Merryvale spirits are blooming all around our community. We are amazed to see the 5th month of 2016. Time is fleeting. The value of our days is life well-lived, rich fellowship, enriched activities, and a safe and hospitable community.

May is a month of celebrations, including Mother's Day, graduations, weddings and Memorial Day. I am blessed to celebrate my mother of 92 years this year. What a privilege it is to honor her this Mother's Day. If you still have your mother, do the things that matter to her; perhaps your presence rather than a present.

Many are graduating from high school and college. Their hard work has paid off and they will begin a new phase of their lives. For all of these graduates in the families of our residents and staff, we congratulate you. We also extend best wishes to the many couples who will be saying their vows this spring season. To our military, our WWII, Korean, Vietnam, Gulf War and current veterans, we salute you for the sacrifice of your time and talents to protect our freedoms. May we forever remember those who now rest in peace, that paid the ultimate price for our freedoms. Please thank a veteran.

May each of you enjoy your American citizenship and do something positive, perhaps volunteer in some capacity to strengthen our neighborhoods, civic and community organizations, and ultimately our country. We can all make a difference. Remember your right to vote and go to the polls. We would love to explore any volunteering opportunities that you might offer.

Please check us out at senioradvisor.com/r/45842

Gena McLendon, Executive Director



One of Merryvale's Many Heroes!

Appreciating America's Military

May is a month to appreciate warmer days, sunshine and all that comes with spring. And since 1999, it's also designated as Military Appreciation Month, a time to formally and publicly thank and support the men and women who have served or currently serve to protect our freedom and liberty.

Created from the simple idea of gathering America around its armed forces to show gratitude and solidarity, the month of May was chosen because it already includes the most military-related commemoration days: Loyalty Day, Victory in Europe (VE) Day, Armed Forces Day, Military Spouse Appreciation Day and, most well-known, Memorial Day.

You can celebrate in your own community any way you choose. One of the easiest, yet most meaningful, is to offer a heartfelt thank you to all service members, past and present.

*Celebrate Memorial Day!
May 30, 2016*

5th Annual Vacation Bible School



This past April Merryvale participated in our 5th Annual Adult Vacation Bible School.

First Baptist Church of Covington has partnered with us all five years, volunteering to lead us in crafts, snacks and Bible study. In 2016 we added pledging to our Christian flag, the Bible and the American flag as part of the opening of each day's activities. One of the residents said "this is so nostalgic for me." A good many of our residents participated in VBS as children and up through being teachers and helpers as adults. Their children all participated in VBS as it was still the best summer place to be during the '40s, '50s and '60s.



Vacation Bible School!!

Resident Spotlight



James Clay is our April Resident of the Month. James is a 22.5 year veteran of the Air Force. He enjoys fishing and steak is his favorite food. He has a son and a daughter. He has been a resident at Merryvale since July 2, 2014.



Bobbie Banks, Merryvale resident since July 23, 2013, was honored for 23 years of faithful service with the Newton County Board of Education. Bobbie is a former Educator in the Newton County School System. She continues to teach as she leads a Sunday evening Bible Study here at Merryvale. She was honored with a keepsake clock and a special reception. Congratulations, Bobbie!

Health & Wellness

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 May Resident of the Month!



Ms. Betty Goins
Member of the Merryvale family since September of 2015.

Rose Lane Round-Up!



A WONDERFUL AFTERNOON AT TURNER LAKE!

Now that the weather is warming up we are taking every opportunity to get outside and enjoy nature. We have a wonderful gem right around the corner at Turner Lake Park.

Maintenance Corner

Bright Idea

Several times each year, check the batteries in your emergency flashlights and radio. During severe weather, you won't want to search for replacements.

Maintenance Moment

We want to keep our property well-maintained and a place that you continue to love to call home. Help us stay in top-notch shape by promptly reporting all maintenance issues, big or small, to the office. Thanks.

What's New?

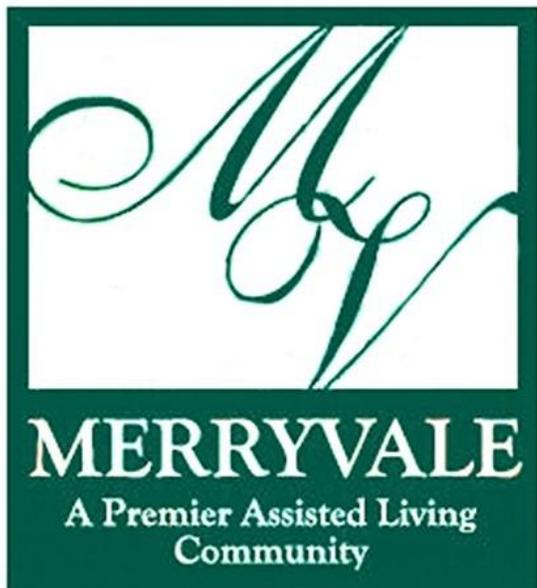
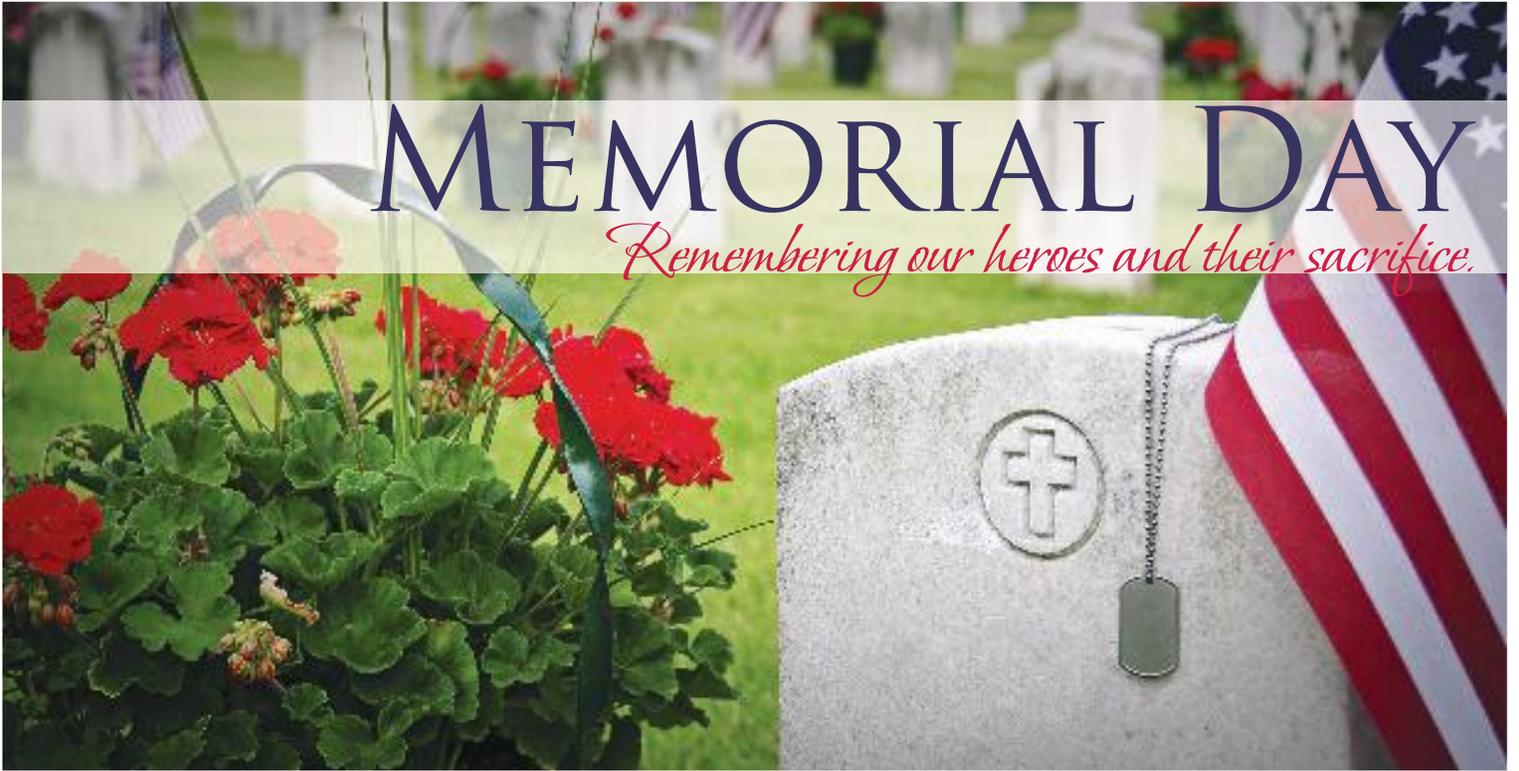
Try Out an Activity Pack!

We've prepared some fun activities to do with your family members while visiting Rose Lane. A list of available options is posted at the desk. Please feel free to ask any staff member for recommendations.



MEMORIAL DAY

Remembering our heroes and their sacrifice.



Merryvale Assisted Living
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www.merryvaleal.com