



FROM THE DESK OF OUR CEO...



What a wonderful month to celebrate!

The Fourth of July is not just fireworks and barbeques but is our Independence Day!

The tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence.

I am so proud and honored to live in America...the land of the free!

I know there is strife, confusion, and non-trust in our country right now, yet we are still the greatest country in the world!

Thank you to all our Veterans, who fought to keep our freedom, our elders who have made our country so wonderful with your hard work and wisdom and all our staff who care for those that made our country so AMAZING!

Some other things to celebrate this year are...

We have completed and opened the connection between the Assisted Living and the Care Center! We are excited for a more convenient way for our staff and residents to visit each other.

We have also completed the new Administration offices. The front entrance is right of the Care Center. Accounting, Business Development and my offices are located here! Come see us!

We will be hosting an open house and ribbon cutting along with a groundbreaking to begin renovations and expansion of the Care Center!!! Our tentative date for these festivities will be July 29th at 10am. We will let you know if the date changes but be looking for your invite!

Once construction starts, the front entrance to the Care Center will be closed and you will enter from the side entrance at the connection. Signs will be posted to help direct you to the right entrance.

Have an incredibly happy Fourth of July and do not forget to give thanks to all who have gone before us!

Warmest,

Melissa Curry
Chief Executive Officer

STAFF



FACEBOOK TOP FAN

You can become eligible for a top fan badge on our Facebook page by being one of the most active followers by **liking, reacting to content, and commenting on or sharing posts.** After a random draw, Karen Jones, is the TOP FAN winner for June and will receive a \$25 gift card.

ATTENDANCE TRACKER

Our monthly attendance incentive allows employees to earn monthly/yearly prizes!

January	125 employees
February	85 employees
March	102 employees
April	110 employees
May	TBD
June	TBD

Upcoming prizes...

July	Sonic Drink
August	Exclusive MVSL T-shirt
September	Kopper Kettle Carmel Apple
October	Chips and Drink Goodie Bag
November	Five Extra Christmas Prize Entries
December	Exclusive MVSL Swag

BLOOD DRIVE

We will be hosting a Blood Drive on Thursday, July 15th from 9am - 1pm. Sign up by calling Katee at 479-755-6305 or email kjones@methodistvillage.com.



STAFF BIRTHDAYS

July 3	Melissa Curry
July 9	Stacey Harris
July 10	Danielle Jakub
July 16	Roberta Hostetler
July 17	Maureen DeCora
July 19	Lesley Woolems
July 20	Brandy Aldridge
July 21	Ella Jones
July 22	Janie Mack
July 22	Dena Kymer
July 25	Meredith Musso
	Ashley Marschewski
	Hayley Parker
July 26	Cherry Thompson
July 28	Angela Blalock
July 30	Malika Smith

BEE YOUR BEST YOU

Be on the lookout for BEEs. Our leadership team will be passing out BEEs to staff that are BEEing their best! Staff who receive a BEE will have an additional entry put in the drawing for prizes at our yearly Christmas Party.

Keep BEEing YOUR BEST YOU!!!

STAFF ANNIVERSARIES

Sheila Bishop	14 years
Melissa Curry	5 years
Logan Hanson	5 years
Raimie Kern	2 years
Nancy Matlock	4 years
Nhu Pham	3 years
Connor Schmidt	6 years

CAMPUS EDUCATION DIRECTOR

Hello all!

Welcome to July, the month of sun and fun! Independence Day is my 2nd favorite holiday. It was always a big family celebration when I was growing up. Cook outs, swimming, watermelon and, of course, Fireworks! We always took time to talk about the birth of our great country, and I still get chills when I hear the 'Star Spangled Banner'.

As we head into the 2nd half of the year, I am excited about what is to come. The Training Center has been busy in the last few weeks with CPR classes, Dementia Training classes and other educational opportunities. MVSL is committed to ensuring all employees have the skill and education necessary to provide our residents with the best care possible. Through monthly on-line in-services and in-person training, we stay up-to-date with any new rules or regulations, as well as new approaches, in providing that care.

A note to employees: the Training Center is open for monthly skills testing on Wednesday and Thursday, 8:00am-4:00pm. If you have any questions or need any help, please call 479-755-6394.

Blessings –

MeLynnda Dunn LPN CDP CADDCT

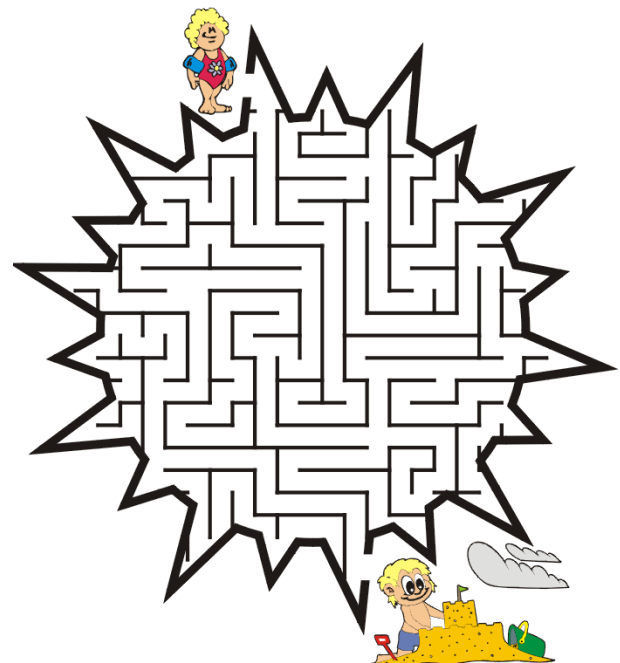
GROUND BREAKING - OPEN HOUSE

We are HAPPY to announce our Ground Breaking for construction renovations to our Care Center and Open House for our new Administrative Offices coming soon! As we prepare for the celebration, please be prepared to park in our Independent Living the day of the event to allow family members and community members to park.

EMPLOYEE RECOGNITION

We love to celebrate our team's accomplishments!

Congratulations to Katee Jones, Kay Laird, and Sarah Tisdale for receiving their Administrator license for Assisted Living.



CULINARY SERVICES

Dining Services Making the Summer Sizzle

The heat of summer, even indoors where it is much warmer than in winter, increases your need for water to hydrate every part of your body for your well-being. Your dietitian encourages you to drink more fluids with water and beverages that are mostly water, like iced tea for example. Even if you are on thickened liquids, the need to drink more thickened beverages is vital to your whole body. Do not let the summer heat sizzle you with dehydration, heat exhaustion, high blood sugar or blood pressure.

Dining services has hired new employees at both the Care Center and Assisted Living. Please notice our new helpers and make them feel welcome.

We have a green light to resume and participate in the Residents' Council meetings once again. Per State COVID guidelines, this Council did not meet during the extended period of the heightened COVID pandemic. Residents who attend the monthly meeting can share any comments, concerns, questions, and requests with dining services and other departments. Nevertheless, Dining Services listens to you all the time; we do not have to wait for a council meeting. We want you to enjoy the meals.

Thank you for eating in our dining room. Alright y'all, new menu selections are in the works. Our Staff have made suggestions, and our residents have made requests to be being incorporated into a new four-week cycle of daily specials and sides. We want to serve more foods you enjoy like pinto beans, greens, cornbread, catfish, etc., and the always available menu will remain so it will not likely be changed. For July 4th, we will be serving a holiday meal, and the dining room will be decorated for Independence Day! Come celebrate our wonderful Methodist Village and our great Country, God Bless America!

Nina LaMarca
Director of Clinical Nutrition



Our indirect care staff give 'extra hands' in our Care Center.



MASSAGE THERAPY



JULY SPECIAL

Just a reminder that massages are available to purchase, in addition to what you receive at no charge. The July SPECIAL is a 45 minute massage for \$20 (regular price is 30 minutes for \$25). Take advantage of this month's special and schedule yours now! Call 479-452-1611 extension 2100.

Connor Schmidt

Some of the physical benefits of massage include:

- reduced muscle tension
- improved circulation
- stimulation of the lymphatic system
- reduction of stress hormones
- relaxation
- increased joint mobility and flexibility
- improved skin tone
- improved recovery of soft tissue injuries
- heightened mental alertness
- reduced anxiety and depression.



INDEPENDENT LIVING NEWS

ACTIVITY CENTER

The Activity Center is now H-75. It will be open by Security from 7am-7pm daily. Newsletters will be placed in the Activity Center monthly.

AFTER HOURS CONTACT INFORMATION

Our Security Team is on campus 24 hours a day. If there are any issues/concerns after hours, please contact them first so they can assess the situation and call the appropriate person. Please contact them at 479-755-5009.

MAILBOX FOR PAYMENTS

Please drop your payments in the mailbox located inside the Activity Center (H-75).

TRASH

Trash should be set out at 3:30pm Monday - Wednesday - Friday.

EXTERMINATOR

The exterminator will be here on July 6th to spray 'outside' only. If you have a specific issue, please contact Security at 479-755-5009 to arrange an appointment for indoor spraying.

FROM THE DESK OF OUR CARE CENTER LIFE ENRICHMENT TEAM

Hello Residents and Staff,

Last month we had a blast celebrating Father's Day with our men in the Activity Office. We want to say, "thank you" for all you have done raising your children to be God fearing and humble citizens. Whether you had one, two, six, or fur babies, we want to recognize you!

Now, as we head further into the summer...

June was a great month filled with lots of outdoor activities and sunshine! We look forward to doing just the same this month, so we can soak up the sun and give our bodies the nourishment it needs! So, if weather permitting, you can find us outside at the patio! We would love for you to come meet and make some friends!

Have a great month and stop by our office any time for a chat or an orange slice or two,

Love,

Kassie Hicks
Care Center, Life Enrichment Director

FROM THE DESK OF OUR CARE CENTER ADMINISTRATOR



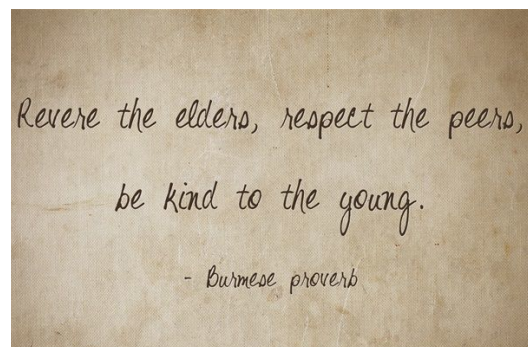
Greetings Residents, Families and Friends,

We are so excited to have families coming in the facility for visits and visiting outside with their loved ones. I know that it has been difficult since we are limiting the times and asking families not to come during meal time but we are so glad the guidelines have relaxed somewhat. We are hopeful that in the next few months the guidelines will be relaxed so we can open up a little more. We are fortunate that we are only having to test non vaccinated staff once a month and we are proud to say we have not had any positive cases. We have also been able to have larger group activities and our residents are able to dine in our beautiful dining room. We will continue to update everyone as we receive updates from the State and/or CMS.

We appreciate everyone's cooperation and support during this time. As always, please do not hesitate to reach out to us if you have any questions or concerns. Our top priority has been and will always be the safety and well-being of our residents.

How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic and tolerant of the weak and strong. Because someday in life you will have been all of these.

Stay Strong & God Bless each & every one of you!



CARE CENTER RESIDENTS JULY BIRTHDAYS

July 1	Betty Miller
July 9	Patricia Kincannon
July 11	Deborah Foster
July 17	William Woods
July 18	Emmett Hunt Dorothy Scruggs
July 23	Betty Steele
July 27	William Chronister
July 28	Dorothy Page Floyd Traylor

JULY LIFE ENRICHMENT

CARE CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				AM PM	AM Activity Packet PM 4th of July Cupcakes	AM Hair or Nails PM Television Hour
4	5	6	7	8	9	10
AM - Magazine Hour PM - Printed Games	AM Noodle Bop PM Chaplain's Church	AM Fancy Nails/Make Me Handsome PM Bingo in the Dining Room	AM Popcorn Social in the Dining Room PM Fun Facts	AM Hydration Hour PM Bingo	AM Church Service in the Dining Room PM 1:1 Visits	AM Hair or Nails PM Television Hour
11	12	13	14	15	16	17
AM - Magazine Hour PM - Printed Games	AM Sittrecise PM Chaplain's Church	AM Fancy Nails/Make Me Handsome PM Bingo in the Dining Room	AM Choir Practice PM Bean Bag Baseball in the Dining Room	AM Fun Facts PM Bingo	AM Church Service in the Dining Room PM 1:1 Visits	AM Hair or Nails PM Television Hour
18	19	20	21	22	23	24
AM - Magazine Hour PM - Printed Games	AM Noodle Bop PM Chaplain's Church	AM Fancy Nails/Make Me Handsome PM Bingo in the Dining Room	AM Popcorn Social in the Dining Room PM Fun Facts	AM Hydration Hour PM Bingo	AM Church Service in the Dining Room PM Calendar Club	AM Hair or Nails PM Television Hour
25	26	27	28	29	30	31
AM - Magazine Hour PM - Printed Games	AM Sittercise PM Chaplain's Church	AM Fancy Nails/Make Me Handsome PM Bingo	AM Choir Practice PM Bean Bag Baseball League in the Dining Room	AM 1:1 Visits PM Bingo	AM Church Service in the Dining Room PM Birthday Bash	AM Hair or Nails PM Television Hour

INPATIENT AND OUTPATIENT REHABILITATION



Atrial fibrillation (also called AFib or AF) is a quivering or irregular heartbeat that can lead to blood clots, stroke, heart failure and other heart-related complications. At least 2.7 million Americans are living with AFib. Atrial fibrillation, often called AFib or AF, is the most common type of treated heart arrhythmia.

Normally, your heart contracts and relaxes to a regular beat. In atrial fibrillation, the upper chambers of the heart (the atria) beat irregularly (quiver) instead of beating effectively to move blood into the lower chambers of the heart (ventricles). Because the atria are beating rapidly and irregularly, blood does not flow through them as quickly. This makes the blood more likely to clot. If a clot is pumped out of the heart, it can travel to the brain, resulting in a stroke. About 15–20 percent of people who have strokes have this heart arrhythmia.

Even though untreated atrial fibrillation doubles the risk of heart-related deaths and is associated with a 5-fold increased risk for stroke, many patients are unaware that AFib is a serious condition. A-Fib may happen in brief episodes, or it may be a permanent condition.

Sometimes people with AFib have no symptoms and their condition is only detectable upon physical examination. Still, others may experience one or more of the following symptoms: general fatigue, rapid and irregular heartbeat, fluttering or “thumping” in the chest, dizziness, shortness of breath and anxiety, weakness, faintness or confusion, fatigue when exercising, sweating, and/or chest pain or pressure

After a patient is diagnosed with atrial fibrillation, the ideal goals may include:

- Restoring the heart to a normal rhythm (called rhythm control)
- Reducing an overly high heart rate (called rate control)
- Preventing blood clots (called prevention of thromboembolism such as stroke)
- Managing risk factors for stroke
- Preventing additional heart rhythm problems
- Preventing heart failure

Treatments such as medications, nonsurgical procedures, and surgery can slow your heartbeat and bring it back into a normal rhythm. A-fib treatments can also prevent clots and help keep your heart healthy.



Carol Heffley
MS, OTR/L

FROM THE DESK OF OUR AL/ASCU ADMINISTRATOR

Happy July Methodist Village Senior Living!

We have made it halfway through the year, how is that possible??? Time flies so quickly! July is one of my favorite months because of the fireworks, festivities, and the wonderful time I get to spend poolside with my family and friends. As I prepare for the upcoming holidays ahead, I reflect about the bravery and sacrifice that it took for this country to be established. When the Declaration of Independence was signed it created a new era, the birth of a place for religious freedom and expression, where people could come and worship God without fear of prejudice or persecution. What a blessing it is, to be able to live in a country where we are all unique and different, yet united still with the freedoms we have!

"Now the Lord is the Spirit, and where the Spirit of the Lord is, there is Freedom." - 2 Corinthians 3:17

Just like our country, Methodist Village is a melting pot of culture from the residents to the staff. We have veterans, teachers, pianists, physicians, nurses, painters, writers, executives, gardeners...you name it, we have got it! I'm so thankful to be apart of this community, I love learning more about each of our residents every day, they truly make my job not feel like a job.

Warmest regards,
Kay Laird, ADM, RN

Let 
**FREEDOM
RING!**

AL/ASCU RESIDENTS JULY BIRTHDAYS

July 5	Gladys Magby
July 8	Tije Musset
July 12	Harold Gilbert
July 15	Marry Hatfield
July 22	Nancy Lee Nealia Morton



JULY LIFE ENRICHMENT

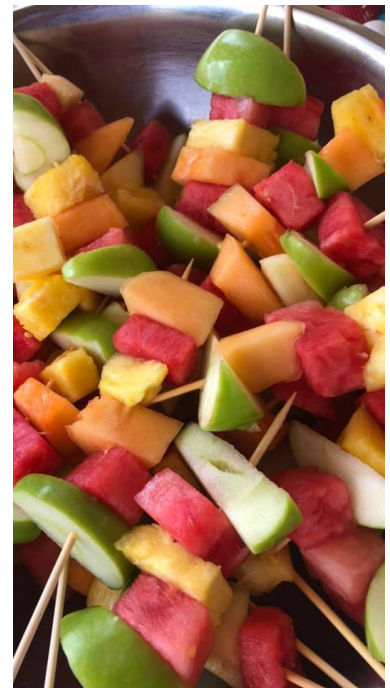
ASSISTED LIVING/ASCU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				AM Exercises Interactive Hall Devotional PM Prize Bingo Gospel Hymns Interactive Hall	AM Chair Exercises Devotional PM Wine & Cheese w/special guest Fats Marley Interactive Hall	AM Morning Stretches Devotional PM BINGO
4	5	6	7	8	9	10
AM Church Services PM Table Games	AM Chair Exercises Today's News Devotional PM Resident Council Meeting Table Games/ASCU	AM Patio Walk Interactive Hall Devotional PM Prize Bingo Gospel Hymns Interactive Hall	AM Shopping Trip Today in History Devotional PM Pictionary Brain Games	AM Exercises Interactive Hall Devotional PM Prize Bingo Gospel Hymns Interactive Hall	AM Chair Exercises Devotional PM Mystery Trip Interactive Hall	AM Morning Stretches Devotional PM BINGO
11	12	13	14	15	16	17
AM Church Services PM Table Games	AM Chair Exercises Today's News Devotional PM Brain Games Table Games/ASCU	AM Patio Walk Interactive Hall Devotional PM Prize Bingo Gospel Hymns Interactive Hall	AM Shopping Trip Today in History Devotional PM Pictionary Crafty Group	AM Exercises Interactive Hall Devotional PM Prize Bingo Gospel Hymns Interactive Hall	AM Chair Exercises Devotional PM July Birthday Bash Interactive Hall	AM Morning Stretches Devotional PM BINGO
18	19	20	21	22	23	24
AM Church Services PM Table Games	AM Chair Exercises Today's News Devotional PM Resident Council Meeting Table Games/ASCU	AM Patio Walk Interactive Hall Devotional PM Prize Bingo Gospel Hymns Interactive Hall	AM Shopping Trip Today in History Devotional PM Pictionary Brain Games	AM Exercises Interactive Hall Devotional PM Prize Bingo Gospel Hymns Interactive Hall	AM Chair Exercises Devotional PM Ice Cream Social Interactive Hall	AM Morning Stretches Devotional PM BINGO
25	26	27	28	29	30	31
AM Church Services PM Table Games	AM Chair Exercises Today's News Devotional PM Resident Council Meeting Table Games/ASCU	AM Patio Walk Interactive Hall Devotional PM Prize Bingo Gospel Hymns Interactive Hall	AM Shopping Trip Today in History Devotional PM Pictionary Brain Games	AM Exercises Interactive Hall Devotional PM Prize Bingo Gospel Hymns Interactive Hall	AM Chair Exercises Devotional PM A Round of OMGoodness Interactive Hall	AM Morning Stretches Devotional PM BINGO

B-I-N-G-O



ASSISTED LIVING/ASCU LUAU



Methodist Village Senior Living

7425 Euper Lane | Fort Smith, Arkansas

Chief Executive Officer: Melissa Curry

For more information contact us at: 479-452-1611

Email inquiries: hereforyou@methodistvillage.com

Visit us on the web at: www.methodistvillage.com

MVSL Mission

To provide wonderful life experiences that enable our residents and their families to lead full and enriching lives.

MVSL Vision

To exceed the expectations of our residents and families while inspiring hearts and minds.



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It is the policy of Methodist Village Senior Living to be fully inclusive and not to discriminate on the basis of race, color, national origin, financial status, ancestry, gender, sexual orientation, religion, handicap, or disability. This policy applies to residents, physicians, and all employees and service providers. Methodist Village Senior Living is a non-profit organization.