



# METHODIST VILLAGE

SENIOR LIVING

August 2019 | Volume 58 | Issue 8

A Monthly Publication of Methodist Village Senior Living

## 2019 WALK TO END ALZHEIMER'S

The Alzheimer's Association Arkansas Chapter 2019 Walk to End Alzheimer's will be on Saturday, September 21, 2019. MVSL's team 'The Village People' is working hard to raise money for this cause that is dear to our hearts.

The following fundraisers are scheduled:

- 8/1 Cupcake Sale (10a) - \$1
- 8/9 Waffle Brunch Sale - \$4
- 8/10 Summer Bash (10a-3p)
- 8/18 Lemonade Stand (11a)
- 8/22 Dunking Booth (10a)
- 9/5 Sphaghetti to GO (3p)
- 9/12 Resident's Walk & Roll-A-Thon
- 9/19 Penny War Jar Collection  
Chili Nacho Sale

### **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.

## FROM THE DESK OF OUR CEO...



Choosing the right place for a loved one or yourself is a deeply personal and sensitive decision. When I think about my grandmother, and what I wanted for her and what she wanted for herself... the answer was simple: We wanted a place where she could just be herself and feel at home. A place where she felt safe, secure and loved.

At Methodist Village, that is exactly what we want for all our residents. We also want our families to feel confident in the care we give to their loved ones.

I want to thank each one of you for choosing Methodist Village Senior Living as your home, your loved ones home, or your place of employment.

We love you and appreciate your trust in us.

Warmest regards,  
Melissa Curry

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## CAMPUS STAFF



Larry Brooks  
Maintenance Director



Katee Jones  
Executive Assistant to CEO



Joanie Feyen  
Dietary Director



Brittany Lovick, LCSW  
Social Services Director



Alicia Hansen  
Education Director



Carol Smith  
Bus. Development Director

## STAFF BIRTHDAYS

### Happy Birthday to...

August 3	Christy Gurule
August 4	Syra Baker Sabrina Martinous
August 5	Sarah Robbins Anissa McDowell
August 6	Audre Parham
August 7	Tatyanna Richardson
August 8	Colton Ragains Rebecca Everett
August 9	Gabrielle Taylor
August 10	Roxanne McGahan
August 11	Amy Parmenter
August 16	Candace Cox Brittany Clayton
August 19	Kimberly Wilcox
August 21	Shannon Williams
August 23	Cecily Schwartz
August 25	Jamie Releford
August 26	Nancy Wallbaum-Kaiser Bessie Keller
August 29	Brandie Simmons Brittany Lovick
August 30	Kimberly Hill
August 31	Linda Edwards

## MVSL MULTI-TREATMENT CENTER

### NEED TO SEE THE DOCTOR?

See these providers on campus in our Multi-Treatment Center  
(located inside MVSL's Assisted Living/ASCU)

Available by appointment on the following days:

#### **Tuesday 8:00am-2:00pm**

Dr. Patricio Montiel, General Practitioner

#### **Wednesday (1st and 3rd Wednesday of each month)**

Dr. Kimberley Brunk/Dr. Maygen Wilson, Optometrists

#### **Thursday (3rd Thursday of each month)**

Dr. Gina Morgan, Podiatrist

#### **Friday**

Dr. Phillip Morton, Dentist

If you plan on seeing any of these providers on our campus, you must complete required paperwork prior to your appointment. To make an appointment with Dr. Montiel, please contact Mercy at 479-431-3425. For an appointment with any other providers, contact Sarah Tisdale, Resident Liason AL/ASCU, at 479-401-6550.

# BOARD OF DIRECTORS NEWS



As of July 1, Charles Wohlford took over the position of President of our Board of Directors. We presented our outgoing President, Phillip Bryant, with a small token of appreciation. We are looking forward to our continued growth and raising the bar of quality of care.



(left) Phillip Bryant

(right) Phillip Bryant, Melissa Curry, Charles Wohlford



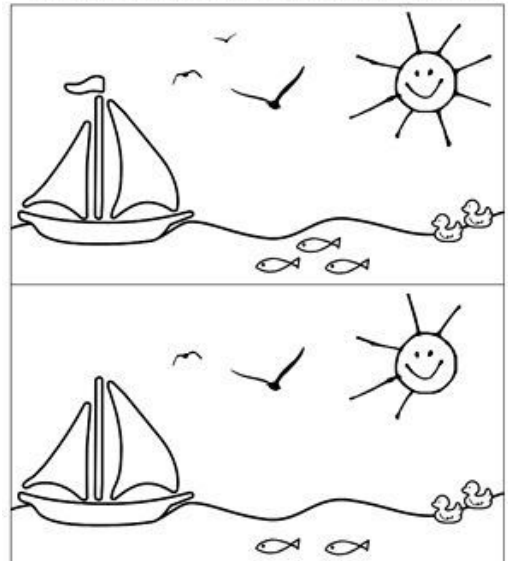
## Summer Vacation Word Search



v	g	j	j	o	u	r	n	e	y	v	g
s	f	i	m	v	s	w	i	m	c	b	h
e	u	u	c	b	k	d	a	v	n	e	o
n	z	m	n	e	h	g	e	g	j	p	t
t	p	u	m	e	c	o	q	n	n	o	e
j	c	o	s	e	y	r	m	p	b	s	l
t	e	n	t	y	r	w	e	q	v	t	u
s	u	i	t	c	a	s	e	a	s	c	r
r	l	s	q	i	c	k	t	q	m	a	h
f	a	i	r	g	r	o	u	n	d	r	i
s	g	f	a	m	i	l	y	n	g	d	w
f	o	n	h	s	h	w	r	p	a	c	k

## What's Different?

Can you find the differences in the image on the top from the image on the bottom?



- |            |         |      |          |
|------------|---------|------|----------|
| fairground | family  | fun  | hotel    |
| icecream   | journey | pack | postcard |
| suitcase   | summer  | swim | tent     |

# CAMPUS HEALTHY WORKPLACE INITIATIVE

Our 2019 Health Committee is COMMIT TO BE FIT.

Effective January 1, 2020 we will become a Smoke Free Campus. In the coming weeks we will be providing handouts on ways to quit smoking. If you would like immediate assistance, please contact Be Well Arkansas at 833-283-WELL (9355). Please join us in an effort to live a healthier lifestyle.

For more information on how to get involved, please see Sabrina Cozort in Medical Records.

## STAR EMPLOYEES



In July the following team members were awarded as Star Employees.

Congratulations to Kenny Douglas (Environmental Services, Care Center) and Emily Sinclair (CNA, Care Center), Katie Corley (DON, Care Center) for being recognized for their hard work and dedication to our organization.

## MILLIE MYERS CHIEF NURSING OFFICER



*"I'm convinced of this: Good done anywhere is good done everywhere. For a change, start by speaking to people rather than walking by them like they're stones that don't matter. As long as you're breathing, it's never too late to do some good." - Maya Angelou*

I am a firm believer in ministering to those immediately around us. I truly believe that we could change this world if we would all make it our mission to take care of those in our community. Don't get me wrong, I love global missions and I realize that we as Americans can make a huge impact in other areas around the world. But I do see a lot of hurting and loneliness right here. This week, I have made an effort to smile or speak to everyone I encounter out in public. I have to say, some people really don't quite know how to handle it. But if I made one person feel a little extra special, then it's worth it. Many of us have disabilities or hardships that prevent us from doing a lot of the service missions that our community might need, but please realize that ministering to others can be as simple as just greeting them with a smile and nice conversation! So, I challenge all of you to really think about this when you step out in this world today. Never underestimate the power of friendliness.

*"Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing." - Mother Teresa*

Peace,  
Millie



**We hope everyone enjoyed the snow cone treat! We appreciate everything our staff does to provide exceptional care for our residents.**

**THANK YOU!**

# INDEPENDENT LIVING NEWS

## NEW OFFICE HOURS

Beginning August 1, 2019 our office hours will be as follows:

Monday - Friday 8a-4p - Pam Blocker

Monday - Friday 4p-12a - Chela Miller

## LAUNDRY

For those who currently receive laundry service, there will NOT be any laundry Saturday or Sunday. Laundry will be done Monday through Friday. In addition, the Laundry Room will be open 8a-8p Monday through Friday.

## MAINTENANCE STAFF - AFTER HOURS CONTACT INFORMATION

The following lists maintenance staff who will be on call after hours for the month of August.

July 27-August 2	James Parmenter	479-997-5369
August 3-9	Hoa Mai	479-420-1654
August 10-16	Robert Walrod	479-883-0949
August 17-23	Joe Duvall	479-414-9506
August 24-30	Larry Brooks	479-353-3455
August 31-Sept. 6	James Parmenter	479-997-5369



FROM  
THE  
DESK  
OF  
PAM  
BLOCKER

This has been a very special summer here at MVSL because you all are my sunshine, my only sunshine, you make me happy when skies are gray, please don't take my sunshine away. Keep smiling and most of all keep the faith. We have had some awesome times loving our neighbors, learning more about one another and enjoying the fun fellowship and outings. Thank you for all of your love and support.

As Always ~

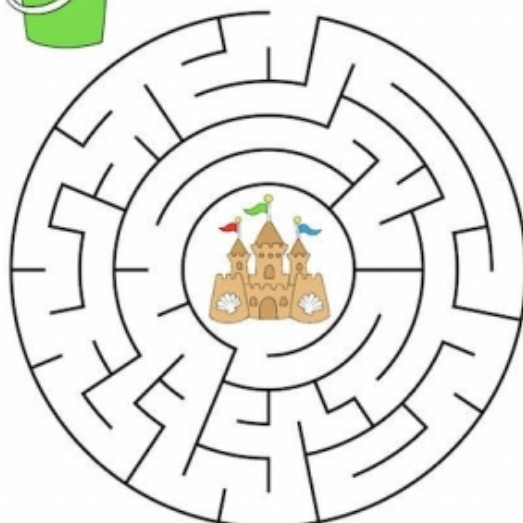
Love Thy Neighbor As Thyself,

Pamela Blocker  
Independent Living Director

### Seaside Maze



Can you find a path through the maze from the bucket and spade to the sand castle?



## IL RESIDENTS - AUGUST BIRTHDAYS

Mary Stacy	August 8
Nicolette Branum	August 16
Iris Hightower	August 31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Independent Living residents may participate in activities at the Assisted Living. Please see their calendar on page 13.

				1 10:30 Free Blood Pressure Checks with Brittney	2	3
4	5 Exterminator E-F Building	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22 3:30 Remember When w/JoAnn Gedosh	23	24
25	26	27	28	29	30 3 Book Review w/Louise Turner	31

## CARE CENTER ACTIVITIES NEWS

Greetings Residents, Family & Friends,

Once again August is upon us and you all know what that means. Yes, it's Senior Olympics time on the 23rd at the Convention Center here in Fort Smith starting at 10:00 am. Come by and support our residents. This year's theme is Western.

We are planning a lot of fun filled fundraisers with all proceeds going to the Alzheimer's Association. Feel free to make a donation or join us for one or all of the listed sales. Thursday 7-25 Hot Dog meal deal. Thursday 8-1 cupcakes by Susan and Tina. Friday 8-9 waffles and the works. Sunday 8-18 homemade lemonade by the kids. Thursday 8-22 Dunking Booth, come and watch someone cool off. Thursday 9-5 Spaghetti to go. Monday 9-1 Resident's walk and Roll-A-Thon be sure to come by and sponsor your love one or pick someone to sponsor. Thursday 9-19 Chili Nacho sale, hope you like it cheesy and Penny War collection, save your pennies and come by and vote for your favorite hall help them win the contest. We will also, have baskets of goodies which will be raffled off. Be sure to buy your ticket now.

Then last but, not least Justin Edwards will be here to sing for our end of summer Luau August 30th at 2:30pm in the dining room. Check the MVSL face book page for all the details on each of these special events. Help us help the Alzheimer's Association. work to find a cure. Hope to see you there.

Blessings to all ~ Marla and Tori



### FROM THE DESK OF DEANNA FEARS...

Hello Beautiful Residents,

I hope you enjoyed our festive 4th of July party; I know I sure did! I love singing patriotic songs about this wonderful country. I also have some upcoming Care Center updates. We have our Senior Olympics event on August 23rd, and I am so thrilled to see our team of residents represent our Care Center. The best part of my announcements is getting to tell you that August means it's time for our annual luau!!! Get your leis, Hawaiian skirts, and coconut bras ready for this exciting tropical getaway!

To Our Wonderful Staff,

I want you to know how much each and everyone of you mean to me and how much I value each of you.

I will leave you with this quote, "Caring for our seniors is perhaps the greatest responsibility we have. Those who walked before us have given us so much and made possible the life we enjoy."

Deanna Fears

Care Center Administrator

## CARE CENTER NEWS

From the desk of... BRITTANY LOVICK, LCSW  
SOCIAL SERVICES DIRECTOR



We are in need of more resident participation in our monthly resident council meetings in the Care Center. If you are wanting to learn more about the resident council, please stop by the social services office to visit with Brittany or Ross.

## A CHAT WITH THE CHAPLAIN

A Chat with Chaplain Max!!!

Proverbs 23:7 **7** For as he thinketh in his heart, so is he:

How do You Think?



Dr. Caroline Leaf, in her book Think, Learn, Succeed says this, "Research in quantum physics and the mind body connection shows the signals of the mind, which are considered nonphysical light waves, or packets of energy make up 90 to 99 percent of who we are.

That is science telling us something that God told us in the Bible, long ago. For instance, if you are thinking stressfully about some problem you should change your stress mindset to an opportunity mindset. In so doing, you not only get a reward of peaceful thinking, you also receive a surge of neurotransmitters such as dopamine which increases your feelings of peace and allow you to experience a general sense of being alert, and having a brighter mind.

The path to success in anything we do begins with our thinking and our brains will respond accordingly.

We live in a world surrounded by problems and negativity. If we focus on the negative we will spent our lives depressed and sick. If we put those things aside and focus on all the wonderful things that surround us we will live healthy lives of happiness and joy.

So, I ask again, How do you think???

Rev. Max E. Goins  
Chaplain

## 3 GENERATIONS



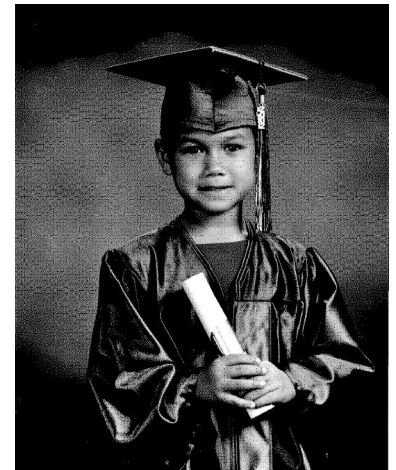
So much fun to see 3 generations at Drums Alive! Resident, Betty Hill with Leo Maxwell and great granddaughter, Freyja.

## CARE CENTER RESIDENT'S JULY BIRTHDAYS

August 3	Anne Walker
August 9	Lois Bonat
August 17	Effie Plunkett
August 18	Geraldine Kincy
August 19	Freddie Grimmett
August 20	Elwyn Parks
August 24	Mary Kientz
August 30	Hortense Stafford

## GUESS WHO?

CONTEST: The first person to correctly guess and report the "Guess Who" to the Care Center Activity Department will win a prize.



Born and raised in Fort Smith. I have 3 younger siblings that are looking to be just like me. As short of a time I've been here, everyone has already considered me family.

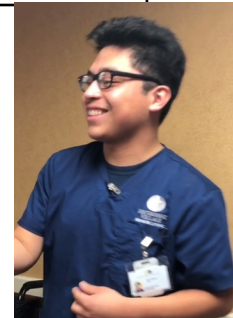
Last month's Guess Who was Rachel Cox.



# AUGUST ACTIVITIES

# CARE CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> 10 Cupcake Sale 10 Tai Chi 10:30 Sensory 2 Fancy Nails	<b>2</b> 10 Sing-a-long 10:30 Sensory 2:30 Bean Bag Toss 7:30 Bingo	<b>3</b> 10 Bible Trivia 2:30 Bingo
<b>4</b> 10 Worship Service 2:30 Ice Cream Social	<b>5</b> 10:30 Drums Alive 2:30 UNO 5 Glory Gals	<b>6</b> 10 Craft/Butterfly 10:30 Sensory 2:30 Bingo	<b>7</b> 10 Worship Service 10:30 Sensory 2:30 Craft/Jewelry	<b>8</b> 10 Birthday Party/Robert Huston 2 Fancy Nails	<b>9</b> 10 Waffle Sale 10:30 Sensory 2:30 Bean Bag Toss 7:30 Bingo	<b>10</b> 10 Gospel Music/Sherri Davis 2:30 Bingo
<b>11</b> 10 Worship Service 2:30 Ice Cream Social	<b>12</b> 10:30 Drums Alive 2:30 Book Club	<b>13</b> 10 Bible Study/Merle Katz 10:30 Sensory 2:30 Bingo	<b>14</b> 10 Men's Social 10:30 Sensory 2:30 UNO	<b>15</b> 10 Tai Chi 10:30 Sensory 2 Fancy Nails	<b>16</b> 10 Sing-a-long 10:30 Sensory 2:30 Bean Bag Toss 7:30 Bingo	<b>17</b> 10 Gospel Music/Sherri Davis 2:30 Bingo
<b>18</b> 10 Worship Service 11-2 Lemonade Stand 2:30 Ice Cream	<b>19</b> 10:30 Drums Alive 2:30 Music/Tori 5 Dang Brothers	<b>20</b> 10 Bible Study/Thomas Clark 10:20 Sensory 2:30 Bingo	<b>21</b> 10 Communion/Max 10:30 Sensory 2:30 Dice Game 5 Cajun Joe	<b>22</b> 10 Tai Chi 10:30 Sensory 11-4 Dunking Booth 2:30 Fancy Nails	<b>23</b> 10 Sing-a-long 10:30 Sensory 2:30 Bean Bag Toss	<b>24</b> 10 Bible Study/Tammi 2:30 Bingo
<b>25</b> 10 Worship Service 2:30 Ice Cream Social	<b>26</b> 10:30 Drums Alive 2:30 Book Club	<b>27</b> 10 Bible Study/Thomas Clark 10:30 Sensory 2:30 Bingo	<b>28</b> 10 Word Game 10:30 Sensory 2 Family Council 2:30 Movie/Popcorn	<b>29</b> 10 Fishing Game 10:30 Sensory 2 Resident Council 2:30 Fancy Nails	<b>30</b> 10 Sing-a-long 10:30 Sensory 2:30 Luau 7:30 Bingo	<b>31</b> 10 Gospel Music/Sherri Davis 2:30 Bingo



Congrats again to Kevin Alvarez for winning \$100 for reciting the MVSL Mission and Vision.

# AUGUST MENU

# CARE CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>Lunch 1</b> Spaghetti or BLT Sandwich  <b>Dinner</b> Cheesy Bacon Quiche or Chicken & Noodles	<b>Lunch 2</b> Ham & Beans or Beef Tips in Gravy  <b>Dinner</b> Steak Fingers or Stir Fry Chicken with Vegetables	<b>Lunch 3</b> Chicken Tenders or Cheeseburger  <b>Dinner</b> Egg Salad Sandwich or Beef Enchiladas
<b>Lunch 4</b> Roast Pork or Fried Catfish  <b>Dinner</b> Cheeseburger or Grilled Chicken Breast	<b>Lunch 5</b> Parmesan Chicken Breast or Beef Nachos  <b>Dinner</b> Tuna Salad or Chicken Tenders	<b>Lunch 6</b> Roast Turkey or Cheeseburger  <b>Dinner</b> Hamburger Steak or Chicken Gumbo Soup	<b>Lunch 7</b> Pork Fritter or Herb Chicken Breast  <b>Dinner</b> Homemade Pizza or BLT Sandwich	<b>Lunch 8</b> Beef Taco Salad or Sweet & Sour Pork  <b>Dinner</b> Chicken Nuggets or Spaghetti	<b>Lunch 9</b> Fried Fish or Reuben Sandwich  <b>Dinner</b> Baked Ham or Chicken Tortilla Soup	<b>Lunch 10</b> Lasagna or Ham & Beans  <b>Dinner</b> Tater Tot Casserole or Patty Melt Sandwich
<b>Lunch 11</b> Breaded Chicken Breast or Meat Loaf  <b>Dinner</b> Grilled Cheese Sandwich or Herb Roasted Chicken	<b>Lunch 12</b> Cheeseburger or Sweet & Sour Chicken  <b>Dinner</b> Tuna Salad or Pork Fritter	<b>Lunch 13</b> Smothered Pork Cutlet or Chicken Cordon Bleu  <b>Dinner</b> Chicken & Cheese Quesadilla or Deli Sandwich	<b>Lunch 14</b> Chicken Tenders or Beef Taco Salad  <b>Dinner</b> Cheese Ravioli w/sauce or Baked Ham	<b>Lunch 15</b> Philly Steak Sandwich or Chicken Caesar Salad  <b>Dinner</b> Polish Sausage or Baked Tilapia	<b>Lunch 16</b> Lasagna or Pork Chop  <b>Dinner</b> Beef Vegetable Soup/Chef Salad or Chicken Alfredo	<b>Lunch 17</b> Ham & Beans or Beef Tips in Gravy  <b>Dinner</b> Steak Fingers or Stir Fry Chicken with Vegetables
<b>Lunch 18</b> Meat Loaf or Fried Catfish  <b>Dinner</b> Hamburger Stew or Grilled Chicken Breast	<b>Lunch 19</b> Homemade Pizza or Beef Nachos  <b>Dinner</b> Potato Crusted Fish or Chicken Caesar Salad	<b>Lunch 20</b> Breaded Chicken Breast or Cheeseburger  <b>Dinner</b> Beef Macaroni Casserole or Chicken Caesar Salad	<b>Lunch 21</b> Smothered Pork Cutlet or Herb Chicken Breast  <b>Dinner</b> Cheese Pimento Sandwich or Lasagna	<b>Lunch 22</b> Chicken Fried Steak or BBQ Pork Riblette  <b>Dinner</b> Sweet & Sour Chicken or Turkey Club Sandwich	<b>Lunch 23</b> Fried Fish or Reuben Sandwich  <b>Dinner</b> Turkey Pot Pie or Taco Soup	<b>Lunch 24</b> Chicken Enchilada Casserole or Ham & Beans  <b>Dinner</b> Ham Salad Sandwich or Patty Melt Sandwich
<b>Lunch 25</b> Roast Beef or Pork Cutlet  <b>Dinner</b> Chicken Spaghetti or Fish 'N Chips	<b>Lunch 26</b> Meat Loaf or Baked Tilapia  <b>Dinner</b> Deli Sandwich or Chicken Fried Steak	<b>Lunch 27</b> Pork Riblette or Chicken Cordon Bleu  <b>Dinner</b> King Ranch Chicken or Cheeseburger	<b>Lunch 28</b> Baked Chicken Breast or Beef Taco Salad  <b>Dinner</b> Sloppy Joe or Baked Ham	<b>Lunch 29</b> Spaghetti or BLT Sandwich  <b>Dinner</b> Cheesy Bacon Quiche or Chicken & Noodles	<b>Lunch 30</b> Ham & Beans or Beef Tips in Gravy  <b>Dinner</b> Steak Fingers or Stir Fry Chicken w/vegetables	<b>Lunch 31</b> Chicken Tenders or Cheeseburger  <b>Dinner</b> Egg Salad Sandwich or Beef Enchiladas

# REHABILITATION



One in four Americans, or approximately 116 million people in the United States alone, suffer from some form of chronic pain. Persistent pain causes suffering that impacts its victims, their families, and the entire support system around them. Health economists have reported the annual cost of chronic pain in the United States is as high as \$635 billion a year, which is more than the yearly costs for cancer, heart disease and diabetes.

Chronic pain can be very incapacitating. It can lead to increased reliance on others for care and assistance, loss of family and employment roles, and decreased ability to perform daily tasks. Chronic pain can lead to depression, anxiety, social isolation, difficulty sleeping, and poor/decreased quality of life. Chronic pain can lead its sufferers to feel hopeless. It can make them feel as if they have no control on their lives and that they are no longer able to participate in day to day life.

Therapy can have a significant impact on chronic pain. Therapists can work with clients to learn adaptive techniques to perform tasks to limit pain and its impact. Therapists can educate clients regarding the use of pain control modalities such as ice and heat. Therapists can educate clients on proper body mechanics to decrease pain associated with certain tasks.

Therapy can use neuromuscular re-education to correct abnormal movement patterns that may be a result of chronic pain. Therapy can use modalities such as e-stim to interrupt pain signals and diathermy to increase blood flow to targeted areas. Therapists are trained to provide manual techniques to decrease pain, strengthen areas that may be weak that are contributing to chronic pain. There are many things that a therapist can do to assist in the reduction of chronic pain. Therapy plays a key role in decreasing pain and increasing function and can play a significant role in decreased the overall costs related to chronic pain.

Carol Heffley  
MS, OTR/L

## STEIN STAFF - AUGUST BIRTHDAYS

None this month.

IT'S HELP. IT'S  
REHABILITATION. IT  
FEELS GOOD.

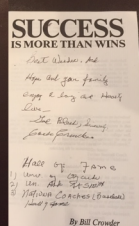
## FROM THE DESK OF OUR ADMINISTRATOR - CANDACE COX

What an EXCITING adventure we have had so far. July was a busy and fun month with Ice Cream Socials and our 4th of July Parade and Celebration!!! I am so very proud of all our staff and residents for their participation in marching, singing and handing out balloons and flags for the parade and celebration! WHAT AN AWESOME TEAM!!!



## ASSISTED LIVING LIFE STORY

It is an absolute honor to have Mr. Bill Crowder as a member of our MVSL AL/ASCU family... What a blessing to have such an amazing successful coach, man, and friend. Mr. Crowder has so much advice to give the younger generations! I enjoy talking to him early in the morning and sharing stories over coffee. He has made such a wonderful impact on so many lives. It is a blessing to see him daily and enjoy listening to him playing musical instruments with the staff for the other residents. His love for others is so apparent and he will definitely bring a smile to your face!!! Below is one of the books he wrote and shared with our staff. It is an amazing read and so thankful for the special personalized message that went along with it. As stated by our staff, "We just love him."



By: Candace Cox, Administrator

## AL/ASCU RESIDENTS - AUGUST BIRTHDAYS

Lenore Thornton	August 2
Neil Crow	August 2
Sarah Shaff	August 20

# AUGUST ACTIVITIES

# ASSISTED LIVING/INDEPENDENT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities subject to change.				<b>1</b>	<b>2</b>	<b>3</b>
				<b>10:30</b> Devotional <b>11:30</b> Adult Coloring <b>3</b> Bean Bag Toss	<b>10:30</b> Devotional <b>2</b> BINGO <b>6</b> Movie Night w/Popcorn	<b>10:30</b> Devotional <b>2</b> Dominoes <b>6</b> Card Games
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>10:30</b> Devotional <b>2</b> Worship w/Rocky & Linda <b>6</b> Dominos	<b>10:30</b> Devotional <b>2</b> Ageless Grace <b>2:45</b> Hand & Nail Spa	<b>10:30</b> Devotional <b>11:15</b> Recipe Swap <b>2:45</b> Crafting Club	<b>10</b> Shopping Trip - Target <b>3</b> I Love Lucy Show <b>6</b> Wednesday Worship w/Kendall	<b>10:30</b> Devotional <b>11</b> Baking for Alzheimer's <b>3</b> Bean Bag Toss	<b>10:30</b> Devotional <b>11</b> Baking for Alzheimer's <b>2</b> Bingo	<b>10:30</b> Devotional <b>2</b> Dominoes <b>6</b> Movie & Popcorn
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>10:30</b> Devotional <b>2</b> Worship w/Jimmy <b>4</b> Southern Gospel Music w/True Heart	<b>10:30</b> Devotional <b>2</b> Ageless Grace <b>2:30</b> Hand & Nail Spa <b>4</b> Piano Music w/Dang Brothers	<b>10:30</b> Devotional <b>11:15</b> Rhythm Beats for Mind & Body <b>3</b> Words in Words Game	<b>10</b> Shopping Trip - Walmart Neighborhood Market <b>3</b> Ice Cream Social <b>6</b> Dominoes	<b>10:30</b> Devotional <b>11:30</b> The unGame <b>3</b> Bean Bag Toss	<b>10:30</b> Devotional <b>2</b> BINGO <b>6</b> Movie Night w/Popcorn	<b>10:30</b> Devotional <b>2</b> Dominoes <b>6</b> Card Games
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>10</b> Worship w/ Tom <b>2</b> Violin Music by Gregory <b>6</b> Dominoes	<b>10:30</b> Devotional <b>2</b> Ageless Grace <b>2:45</b> Hand & Nail Spa	<b>10:30</b> Devotional <b>11</b> Lunch Bunch <b>3</b> Crafting w/Friends	<b>10</b> Shopping Trip - Harp's <b>3</b> National Senior Citizen's Day Celebration <b>6</b> Wednesday Worship w/Kendall	<b>10:30</b> Devotional <b>11:30</b> The Price is Right <b>3</b> Bean Bag Toss	<b>8:30</b> Depart for Senior Olympics <b>10:30</b> Devotional <b>2</b> BINGO	<b>10:30</b> Devotional <b>2</b> Dominoes <b>6</b> Movie & Popcorn
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>10:30</b> Devotional <b>2</b> Worship w/Dale <b>6</b> Dominoes	<b>10:30</b> Devotional <b>2</b> Ageless Grace <b>2:30</b> Hand & Nail Spa <b>4</b> Piano Music w/Dang Brothers	<b>10:30</b> Devotional <b>11:15</b> Rhythm Beats for Mind & Body <b>3</b> Crafting w/Friends	<b>10</b> Shopping Trip - Walmart Supercenter <b>3</b> Resident Council	<b>10:30</b> Devotional <b>2</b> August Birthday Party w/Robert Huston	<b>10:30</b> Devotional <b>2</b> Bingo <b>6</b> Movie Night w/Popcorn	<b>10:30</b> Devotional <b>2</b> Dominoes <b>6</b> Card Games



# AUGUST MENU

# AL/ASCU/INDEPENDENT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> <b>Lunch</b> Spaghetti w/meat sauce, vegetables & breadstick <b>Dinner</b> Cheesy Bacon Quiche, Hashbrown Casserole & Tomatoes	<b>2</b> <b>Lunch</b> Ham & Beans w/Fried Potatoes <b>Dinner</b> Steak Fingers w/Mac & Cheese	<b>3</b> <b>Lunch</b> Chicken Tenders w/Mashed Potatoes & Gravy <b>Dinner</b> Egg Salad Sandwich, Pea Cheese Salad & Chips
<b>4</b> <b>Lunch</b> Roast Pork w/Oven Roasted Potatoes <b>Dinner</b> Cheeseburger, Tater Tots & Baked Beans	<b>5</b> <b>Lunch</b> Parmesan Chicken, Noodles & Zucchini <b>Dinner</b> Tuna Salad, & Pasta Salad	<b>6</b> <b>Lunch</b> Roast Turkey, Sweet Potatoes & Green Beans <b>Dinner</b> Hamburger Steak & Baked Potato	<b>7</b> <b>Lunch</b> Pork Fritter, Fried Potatoes & Black-Eyed Peas <b>Dinner</b> Homemade Pizza & Salad	<b>8</b> <b>Lunch</b> Beef Taco Salad, Spanish Rice & Refried Beans <b>Dinner</b> Chicken Nuggets, Fries, Tomato Slices & Cottage Cheese	<b>9</b> <b>Lunch</b> Fried Fish, Fries, Hushpuppies & Coleslaw <b>Dinner</b> Baked Ham, Baby Red Potatoes & Creamed Peas	<b>10</b> <b>Lunch</b> Lasagna Capri Vegetables & Breadstick <b>Dinner</b> Tater Tot Casserole & Green Beans
<b>11</b> <b>Lunch</b> Breaded Chicken Breast & Mashed Potatoes <b>Dinner</b> Cream of Tomato Soup & Grilled Cheese	<b>12</b> <b>Lunch</b> Cheeseburger, Baked Beans & Potato Salad <b>Dinner</b> Tuna, Potato, & Tomato/Cucumber Salad w/Croissant	<b>13</b> <b>Lunch</b> Smothered Pork Cutlet w/Rice & Vegetables <b>Dinner</b> Chicken & Cheese Quesadilla, Refried Beans & Rice	<b>14</b> <b>Lunch</b> Chicken Tenders w/Mashed Potatoes & Gravy <b>Dinner</b> Cheese Ravioli w/Sauce & Vegetables	<b>15</b> <b>Lunch</b> Philly Steak Sandwich w/Sweet Potato Fries <b>Dinner</b> Polish Sausage & Baby Red Potatoes	<b>16</b> <b>Lunch</b> Lasagna, Zucchini & Breadstick <b>Dinner</b> Beef Vegetable Soup & Chef Salad	<b>17</b> <b>Lunch</b> Ham & Beans w/ Fried Potatoes, Okra & Cornbread <b>Dinner</b> BBQ Chicken Breast, Criscut Fries & Chuckwagon Corn
<b>18</b> <b>Lunch</b> Meat Loaf w/Mashed Potatoes & Gravy <b>Dinner</b> Hamburger Stew w/Tossed Salad	<b>19</b> <b>Lunch</b> Homemade Pizza, Rotini Pasta Salad & Tossed Salad <b>Dinner</b> Potato Crusted Fish, Black-Eyed Peas, Carrots & Pears	<b>20</b> <b>Lunch</b> Breaded Chicken Breast, Baked Beans & Potato Salad <b>Dinner</b> Beef Macaroni Casserole, Fried Potatoes & Onions	<b>21</b> <b>Lunch</b> Smothered Pork Cutlet, Buttered Noodles & Spinach <b>Dinner</b> Cheese Pimento Sandwich w/ Macaroni Salad	<b>22</b> <b>Lunch</b> Chicken Fried Steak w/Mashed Potatoes & Gravy <b>Dinner</b> Sweet & Sour Chicken, Rice & Egg Roll	<b>23</b> <b>Lunch</b> Fried Fish, Steak Fries & Coleslaw <b>Dinner</b> Turkey Pot Pie, Cranberry Sauce & Breaded Zucchini Sticks	<b>24</b> <b>Lunch</b> Chicken Enchilada Casserole, Refried Beans & Rice <b>Dinner</b> Potato Soup & Ham Salad Sandwich
<b>25</b> <b>Lunch</b> Beef Roast w/Mashed Potatoes & Gravy <b>Dinner</b> Chicken Spaghetti, Vegetable Blend, & Breadstick	<b>26</b> <b>Lunch</b> Meat Loaf w/Mashed Potatoes & Gravy <b>Dinner</b> Vegetable Soup & Deli Sandwich	<b>27</b> <b>Lunch</b> Pork Riblette, Baked Beans and Fried Okra <b>Dinner</b> King Ranch Chicken Casserole	<b>28</b> <b>Lunch</b> Baked Chicken Breast & Baked Potato <b>Dinner</b> Sloppy Joe & French Fries	<b>29</b> <b>Lunch</b> Spaghetti w/meat sauce, vegetables & breadstick <b>Dinner</b> Cheesy Bacon Quiche, Hashbrown Casserole & Tomatoes	<b>30</b> <b>Lunch</b> Ham & Beans w/Fried Potatoes <b>Dinner</b> Steak Fingers w/Mac & Cheese	<b>31</b> <b>Lunch</b> Chicken Tenders w/Mashed Potatoes & Gravy <b>Dinner</b> Egg Salad Sandwich, Pea Cheese Salad & Chips

# AUGUST ACTIVITIES

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities subject to change.				1 <b>AM</b> Sunrise Yoga/Recollection through Sight & Soundevotional  <b>PM</b> Amazing Art/Dominoes	2 <b>AM</b> Sunrise Yoga/Poetry Pals  <b>PM</b> Telling Tales/Ball Toss	3 <b>AM</b> Sunrise Yoga/Adult Coloring  <b>PM</b> Ice Cream Social/Music Making
4 <b>AM</b> Sunrise Yoga/Soul Singing  <b>PM</b> Puzzles & Sorting/Evening Devotional	5 <b>AM</b> Sunrise Yoga/Charades  <b>PM</b> Hand Massage and Music Therapy/ Poetry Pals	6 <b>AM</b> Sunrise Yoga/Pet Therapy with Anna and Henry  <b>PM</b> Beauty Shop Beauties/I Got It	7 <b>AM</b> Sunrise Yoga/Shake Loose A Memory  <b>PM</b> Rhythm Beats for the Mind/I Love Lucy Show	8 <b>AM</b> Sunrise Yoga/Recollection through Sight & Soundevotional  <b>PM</b> Dominoes/ Follow the Nose Scent Therapy	9 <b>AM</b> Sunrise Yoga/Poetry Pals  <b>PM</b> Baking with Friends/Ball Toss	10 <b>AM</b> Sunrise Yoga/Adult Coloring  <b>PM</b> Ice Cream Social/Telling Tales
11 <b>AM</b> Sunrise Yoga/Soul Singing  <b>PM</b> Puzzles & Sorting/Evening Devotional	12 <b>AM</b> Sunrise Yoga/Charades  <b>PM</b> Hand Massage and Music Therapy/ Drawing On Memories	13 <b>AM</b> Sunrise Yoga/Beauty Shop Beauties  <b>PM</b> Thumball Toss/Recollections through Sight & Sound	14 <b>AM</b> Sunrise Yoga/Shake Loose A Memory  <b>PM</b> Rhythm Beats for the Mind/I Love Lucy Show	15 <b>AM</b> Sunrise Yoga/Gardening with Friends  <b>PM</b> Expressive Art/Book Club	16 <b>AM</b> Sunrise Yoga/Poetry Pals  <b>PM</b> Word Challenge/Ball Toss	17 <b>AM</b> Sunrise Yoga/Adult Coloring  <b>PM</b> Ice Cream Social/Telling Tales
18 <b>AM</b> Sunrise Yoga/Soul Singing  <b>PM</b> Puzzles & Sorting/Evening Devotional	19 <b>AM</b> Sunrise Yoga/Charades  <b>PM</b> Hand Massage and Music Therapy/ Drawing On Memories	20 <b>AM</b> Sunrise Yoga/Beauty Shop Beauties  <b>PM</b> Thumball Toss/Recollections through Sight & Sound	21 <b>AM</b> Sunrise Yoga/Shake Loose A Memory  <b>PM</b> Rhythm Beats for the Mind/I Love Lucy Show	22 <b>AM</b> Sunrise Yoga/Gardening with Friends  <b>PM</b> Expressive Art/Book Club	23 <b>AM</b> Sunrise Yoga/Poetry Pals  <b>PM</b> Word Challenge/Ball Toss	24 <b>AM</b> Sunrise Yoga/Adult Coloring  <b>PM</b> Ice Cream Social/Telling Tales
25 <b>AM</b> Sunrise Yoga/Soul Singing  <b>PM</b> Puzzles & Sorting/Evening Devotional	26 <b>AM</b> Sunrise Yoga/Charades  <b>PM</b> Hand Massage and Music Therapy/ Drawing On Memories	27 <b>AM</b> Sunrise Yoga/Beauty Shop Beauties  <b>PM</b> Thumball Toss/Recollections through Sight & Sound	28 <b>AM</b> Sunrise Yoga/Shake Loose A Memory  <b>PM</b> Rhythm Beats for the Mind/I Love Lucy Show	29 <b>AM</b> Sunrise Yoga/Gardening with Friends  <b>PM</b> Expressive Art/Book Club	30 <b>AM</b> Sunrise Yoga/Poetry Pals  <b>PM</b> Word Challenge/Ball Toss	31 <b>AM</b> Sunrise Yoga/Adult Coloring  <b>PM</b> Ice Cream Social/Telling Tales



# METHODIST VILLAGE

## SENIOR LIVING

### Methodist Village Senior Living

Fort Smith, Arkansas

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