



METHODIST VILLAGE

SENIOR LIVING

October 2019 | Volume 58 | Issue 10

A Monthly Publication of Methodist Village Senior Living

FROM THE DESK OF OUR CEO...



Hello Everyone!

As we continue to grow and expand our team, I wanted to share some characteristics of a good team. We could all benefit from being reminded of these characteristics and strive to possess them ourselves.

Adaptability

Good teams are adaptable to one another. The individuals in a good team know each other very well and they have learned that it is important to be flexible with one another.

Enthusiasm

Good teams have high energy. They are enthusiastic people and they give energy to one another with their excitement and drive to achieve the goals.

Vision

Good teams stay focused on their long term goals. While they have a lot of fun, enjoy each other's company, they never lose focus on the ultimate purpose of them coming together.

Selflessness

A good team learns the importance of being selfless. As the saying goes, "There is no I in team." Members of a good team understand the importance of the organizational vision before their personal agendas.

Commitment

In a world where people love talking about having options, a good team thinks conversely. They understand the importance of being committed to a single cause: in this case the vision of the organization.

Communication

A good team understands the importance of constant communication with one another.

Warmest regards,
Melissa Curry

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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CAMPUS DIRECTORS



Larry Brooks
Maintenance Director



Deborah Covitz
Accounting Director



Joanie Feyen
Dietary Director



Alicia Hansen
Education Director

Picture
Coming
Soon



Ella Jones
Social Services Director



Katee Jones
Executive Assistant to CEO



Carol Smith
Bus. Development Director

24 HOUR SECURITY

Security is here 24/7, if there are any issues/concerns after hours please contact them first so they can assess the situation and call the appropriate person. The 24 hour Security Team is lead by Matthew Holloway and includes Shane Coursey, Josey Cline, and Kimberly Brown. Please contact them at 479-755-5009.

2019 WALK TO END ALZHEIMER'S

Thank you to our Team Captain, Brandie Simmons, for coordinating the fundraising for the 2019 Walk to End Alzheimer's held on September 21st. Additional thanks to the team members and individuals who gave their time and talent and/or participated in fundraisers to support the fight to End Alzheimer's.

We are happy to report that MVSL was the top team fundraiser. Our team raised over \$5,000 and still has a few more donations to collect.



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

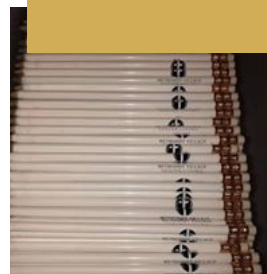
If you plan on seeing any of these providers on our campus, you must complete required paperwork prior to your appointment. To make an appointment with Dr. Montiel, please contact Mercy at 479-431-3425. For an appointment with any other providers, contact Sarah Tisdale, Resident Liason AL/ASCU, at 479-401-6550.

COMMUNITY INVOLVEMENT

2019 SENIOR CARE ALLIANCE AGING CONFERENCE



PARTNERS IN EDUCATION - EUPER ELEMENTARY SCHOOL



2019 FORT SMITH CHAMBER OF COMMERCE HEALTHCARE RECEPTION





MILLIE MEYERS - CHIEF NURSING OFFICER

What is Antibiotic Stewardship

According to the Centers for Disease Control (CDC) website, "Antibiotic resistance is among the greatest public health threats today, leading to an estimated 2 million infections and 23,000 deaths per year in the United States. Although antibiotics are life-saving drugs that are critical to modern medicine, infections with pathogens resistant to first-line antibiotics can require treatment with alternative antibiotics that can be expensive and toxic. Antibiotic-resistant infections can lead to increased health care costs and, most importantly, to increased morbidity and mortality. The most important modifiable risk factor for antibiotic resistance is inappropriate prescribing of antibiotics.

Antibiotic stewardship is the effort to measure antibiotic prescribing; to improve antibiotic prescribing by clinicians and use by patients so that antibiotics are only prescribed and used when needed; to minimize misdiagnoses or delayed diagnoses leading to underuse of antibiotics; and to ensure that the right drug, dose, and duration are selected when an antibiotic is needed. Antibiotic stewardship can be used in all health care settings in which antibiotics are prescribed and remains a cornerstone of efforts aimed at improving antibiotic-related patient safety and slowing the spread of antibiotic resistance. The goal of antibiotic stewardship is to maximize the benefit of antibiotic treatment while minimizing harm both to individual persons and to communities."

Methodist Village Senior Living supports the CDC position regarding judicious use of antibiotics. Physicians and facility staff will work in concert to reduce the use of antibiotics in the absence of significant symptoms. The primary purpose of our Antibiotic Stewardship Program is to optimize the treatment of infections while reducing the adverse events associated with antibiotic use. Antibiotics are among the most commonly prescribed drugs in long-term care, yet reports indicate that a high proportion of antibiotic prescriptions are unnecessary. The implementation of an antibiotic stewardship program can help reduce unnecessary prescribing and lead to fewer antibiotic failures and/or adverse events.

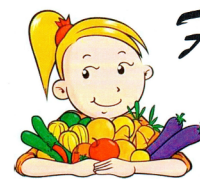
So, as we enter into another flu season, please understand why we might not immediately provide an antibiotic for the sniffles. As part of our continuing commitment to provide the best quality care to our residents, we are dedicated to improving antibiotic use through antibiotic stewardship implementation.

CAMPUS HEALTHY WORKPLACE INITIATIVE

**Our 2019 Health Committee is
COMMIT TO BE FIT**

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

Effective January 2, 2020 we will become a Smoke Free Campus.



Fresh for Fall

A new season is here.
Are you still committed to living a healthy lifestyle?
Consuming fresh fruit & vegetables is a good way to stay on track.

You can find fresh fall produce that is peaked in flavor and nutrition at your local Farmer's Market.



Fort Smith Farmer's Market
2nd and Garrison Avenue
Every Tuesday and Saturday
7 am - 12pm

Van Buren Farmer's Market
located on Main Street
Every Saturday
7:30 am to 12:30 pm

Commit to Eating Fresh.

EMPLOYEE RECOGNITION

BEE YOUR BEST YOU



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

Many bees were given away in the month of September. For example, Braiden Saltsworth and Melissa Lintz from the AL took it upon themselves to paint nails and give manicures because they had some down time. They received BEE's. Way to GO!!! Keep BEEing YOUR BEST YOU!!!

STAR EMPLOYEES



In September the following team members were awarded as Star Employees. Star Employees will also have an additional entry put in the drawing for prizes at our Christmas Party later this year.

Congratulations to Meredith Musso (LPN, Care Center), Amanda Hayes (LPN, Care Center), and Alma Diaz (CNA, Care Center) for being recognized for their hard work and dedication to our organization.

STAFF APPRECIATION

Staff Appreciation is the last Wednesday of every month and is set-up in the Break Rooms in the Care Center and the AL/ASCU. Thank you for all you do!

BIRTHDAYS

Oct. 4	Lorri Armstrong Penny Douglas
Oct. 7	Alicia Hanson
Oct. 8	Daniel Lewis
Oct. 10	Cholette Rosas
Oct. 13	Darrel Cato
Oct. 15	Katie Corley
Oct. 16	Jamie Jackson
Oct. 17	Sherry Melton
Oct. 18	Velda Tyson
Oct. 19	Anna Fuson Selma Atwell
Oct. 23	Rachel Hartsfield
Oct. 25	Daniela Tapia
Oct. 29	Melynnda Dunn
Oct. 30	Caleb Hanson
Oct. 31	Melissa Burger Breanna Adams



INDEPENDENT LIVING NEWS

OFFICE HOURS

Monday - Friday 8a-4p - Pam Blocker
Monday - Friday 4p-12a - Chela Miller

LAUNDRY

The Laundry Room will be open **7:30a-8p**
Monday through Friday.

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.

ACTIVITIES

10/3 **10:30 am** Free Blood Pressure Checks with Brittney

10/11 **2 pm** MediSav Pharmacy - Flu Shots

10/25 **3 pm** Book Review w/Louise Turner

Independent Living residents may participate in activities at the Assisted Living. Please see the calendar on page 13.

IL RESIDENTS - OCTOBER BIRTHDAYS

Oct. 7 Ronnie Martin
Oct. 8 Huy Pham
Oct. 24 Aline Mason
Oct. 30 Barbara Day



FROM THE DESK OF PAM BLOCKER

Thank you all for your patience and understanding as our campus continues to grow.

Medi Sav Pharmacy will be here on October 11th at 2:00PM with flu shots. You must sign up and have Insurance paper work in by October 3rd. Don't forget Free Blood Pressure checks w/Brittney first Thursday of the month.

As Always ~

Love Thy Neighbor As Thyself,

Pamela Blocker
Independent Living Director



CARE CENTER ACTIVITIES NEWS

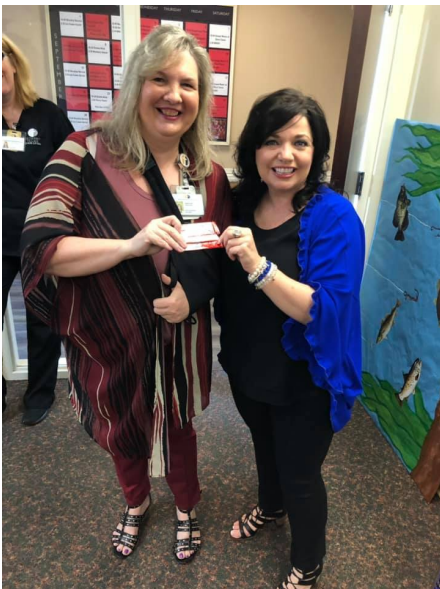
Greetings Residents, Family & Friends,

Fall is upon us and we at the Care Center are excited about all the fun things we have scheduled for our residents. On Wednesday the 2nd at 2:30pm the ladies will be getting makeovers. The 7th at 2:30pm we will be planting fall flowers in the courtyard. On the 14th Nan Jones will be here to sing at 2:30pm. The 16th the residents will be decorating pumpkins at 2:30pm in the dining room. The 25th at 2:30pm there will be a pie eating contest so be sure to sign up. Then, on the 29th trick or treating on the halls for staffs family. Residents who wish to pass out candy will be given some to pass out. If you would make a donation, please drop it by the activities office. Thanks in advance. On the 30th we will be having a pumpkin decoration contest for staff so get started. You can carve, paint or decorate with fabric what every way you choose. Then, last but not least, our Halloween Party and costume contest will be the 31st at 2:30pm. Hope to see you all there.

Blessings to all ~ Marla and Tori

FAMILY COUNCIL MEETING

Please consider joining our monthly Family Council Meetings the last Wednesday of every month.



Deanna won the September Mission/Vision Challenge!

Remember - you have a chance to win every month!

FROM THE DESK OF DEANNA FEARS...



Greetings Residents, Families and Friends,

As we welcome Fall and the changing of the seasons, it is always a good opportunity to reflect on our programs and ourselves as caregivers. We are all so blessed for the opportunity to make a difference in not only the lives of our residents, but also the families and our co-workers. It takes each one of us looking out for and supporting each other to give Methodist the home-like atmosphere we all want. I believe we all need to look at what we do and understand that our role is a calling, not just a job. A positive attitude causes a chain reaction that allows us to not only love what we do, but also love and respect to those with whom we share the opportunity. Thank you to all the staff, residents and families for allowing me to be a part of your lives.



A CHAT WITH CHAPLAIN MAX GOINS

The Importance of the Bible in our lives

20 My son, attend to my words; incline thine ear unto my sayings. 21 Let them not depart from thine eyes; keep them in the middle of your heart. 22 For they are life to those that find them, and health to all their flesh. 23 Keep thy heart with all diligence; for out of it are the issues of life. (Proverbs 4:20-23)

In this passage of scripture God is speaking to us as his children. He is advising us on how to succeed in life. He is showing us how we should treat his Bible. Telling us the value that His word has in our daily life.

He begins by telling us we need to attend to or pay attention to His Word. That can be done by reading it or hearing it read. I realize that many who will be reading this article have sight problems which make reading more difficult. However, there are so many digital recordings of the Bible. (I have a Bible on my phone which has an unlimited number of versions and languages.) It is my constant companion. I can go to any part of the Bible and either read it, or have it read itself. It is so easy these days to, "incline our ears to the Bible and not let them depart from our eyes."

However, I think the main advice in our scripture is found in the words, **"keep them in the middle of your heart."**

In other words, we are to not just read and hear God's words, we are to live them to the fullest. Please notice the results. They provide life and health to those who find them.

God's closing admonition in this matter is to keep our hearts with diligence for it is the wellspring of Live.

My closing word is that you will spend time each day with the Bible and allow it to live in your heart.



CARE CENTER RESIDENT'S OCTOBER BIRTHDAYS

Oct. 3	Jeanne Warren
Oct. 8	Junetta McCoy
Oct. 8	Rosanne Ward
Oct. 11	Loretta Morgan
	Grace Ussery
Oct. 13	John Carroll
	Gerald Laffoon
	Charles Owen
Oct. 16	Melba Deramo
Oct. 19	Alice Denham
Oct. 26	Imogene Dickerson
Oct. 29	Mary Migdat
Oct. 31	JoAnna Peek

GUESS WHO?

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



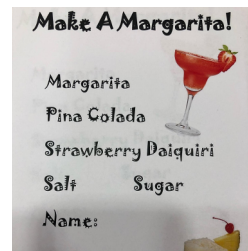
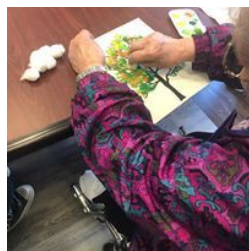
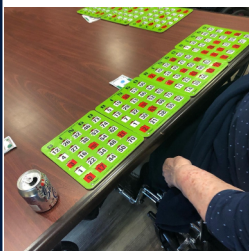
I was the baby of 10 kids. I have twin sisters. I have been at MVSL almost 10 years and a nurse for over 15. I have 3 kids, 2 boys and 1 girl.

Last month's Guess Who was Marla Pense.

OCTOBER ACTIVITIES

CARE CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		10 Men's Social 2:30 Bingo	10 Worship Service w/Max 2:30 Women's Makeovers	10 Sittercize 10:30 Sensory 2 Fancy Nails	10 Sing-a-long 10:30 Sensory 2:30 Movie & Popcorn 7:30 Bingo	10 Gospel Music/Sherri Davis 2:30 Bingo
6	7	8	9	10	11	12
10 Worship Service 2:30 Ice Cream Social	10:30 Drums Alive 2:30 Planting in Courtyard 5 Glory Gals	10 Bible Study/Merle Katz 10:30 Sensory 2:30 Bingo	10 Catch Phrase 2:30 Craft/Jewelry	10 Birthday Party/Robert Huston 2 Fancy Nails	10 Sing-a-long 10:30 Sensory 2:30 UNO 7:30 Bingo	10 Gospel Music/Sherri Davis 2:30 Bingo
13	14	15	16	17	18	19
10 Worship Service 2:30 Ice Cream Social	10:30 Drums Alive 2:30 Music/Nan Jones 5 Dang Brothers	10 I Love Lucy Show! 2:30 Bingo National 'I Love Lucy Day'	10 Communion w/Max 2:30 Pumpkin Decorating/ Resident's 5 Cajun Joe	10 Candy Corn Game 2 Fancy Nails	10 Sing-a-long 10:30 Sensory 2:30 Movie & Popcorn 7:30 Bingo	10 Gospel Music/Sherri Davis 2:30 Bingo
20	21	22	23	24	25	26
10 Worship Service 2:30 Ice Cream Social	10:30 Drums Alive 2:30 UNO	10 Bible Study/Thomas Clark 10:30 Sensory 2:30 Bingo	10 Cookie Decorating 2:30 Fall Craft	10 Sittercize 10:30 Sensory 2 Fancy Nails	10 Sing-a-long 10:30 Sensory 2:30 Pie Eating Contest	10 Bible Study/Tammi 2:30 Bingo
27	28	29	30	31	Activities subject to change.	
10 Worship Service 2:30 Ice Cream Social	10:30 Drums Alive 2:30 Music/Reminisce 5 Dang Brothers	10 Bible Study/Thomas Clark 10:30 Sensory 2:30 Bingo 7 Trick or Treat	10 Fishing Game 2 Family Council 2:30 Pumpkin Decorating Contest	10 Halloween Trivia 10:30 Sensory 2:30 Halloween Party & Costume Contest		



OCTOBER MENU

CARE CENTER

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

IN-PATIENT AND OUT-PATIENT REHABILITATION



Methodist Village Senior Living just completed a fundraiser and walk for the Alzheimer's Association. With the Alzheimer's special care unit at the assisted living facility, you can tell that Alzheimer's and dementia are very important to all of us on the MVSL campus.

Although Alzheimer's disease is a form of dementia, these terms are often used interchangeably. More than 5 million Americans are living with dementia, a progressive disease that increasingly reduces the person's cognitive skills and ability to function. The healthcare industry generally defines dementia in 7 stages. These stages are based on a patient's symptoms. They help us identify how a patient's dementia has progressed and assist us to the best treatment and care methods.

As therapists, we are often asked why a patient is suddenly more confused than they were and if they will every be "normal" again. Unfortunately, we have no way of knowing. Dementia does not progress in a so called straight line. Illness can make someone jump to the next stage, but once the illness is resolved, the patient may or may not progress back to the stage of dementia they were at prior. If your loved one is diagnosed with Alzheimer's or other form of dementia, the best advice we can give to family members is to read every article, handout, pamphlet, etc. that you can find about dementia. You know your loved one best. Arming yourself with information will help you be the advocate they need and help prepare you for what the future holds.

Here are some simple tips to help you care for your loved one with dementia.

If you would like to: *Help your loved one do things independently.*

Try doing this: Leave large, clearly written signs with step-by-step directions can help the person continue to do basic tasks.

If you would like to: *Keep your loved one safe.*

Try doing this: Remove access to dangerous items, such as flammable liquids, stairwells, and medications; remove control knobs on potentially dangerous appliances such as the stove; and provide supervision when preparing meals.

If you would like to: *Prevent a fall or other injury.*

Try doing this: Remove or secure throw rugs and clutter, and keep furniture and other items in their familiar locations. Provide good lighting for walking pathways.

If you would like to: *Maintain an emotional connection.*

Try doing this: Make photo books with sites like chatbooks to help your loved one recall memories and loved ones. Long-term memory is usually better than short-term memory. Encourage the person to share his or her life story with you.

Carol Heffley

MS, OTR/L

STEIN STAFF - OCTOBER BIRTHDAYS

October 8
October 20

Andy Messenger
Patrick Melton

**MOVEMENT IS A
MEDICINE FOR CREATING
CHANGE IN A PERSON'S
PHYSICAL, EMOTIONAL,
& MENTAL STATES.**

FROM THE DESK OF OUR ADMINISTRATOR - TIFFANY PERRYMAN



I am so excited that Fall is finally here! This is my most favorite time of year...full of sweaters, boots, lots of baking, and especially family time! As the leaves change and the temperature becomes cooler it brings back sweet memories of those perfect fall Saturday nights: Mom's homemade chili, smores, and watching to see falling stars with my Dad...

Now that I am older some of those traditions have carried on with my own children and we have added some of our own. Our favorite fall traditions are heading to the pumpkin patch to pick the perfect pumpkins to carve or paint; lots of baking and creating sweet treats and taking a hike or two in the beautiful Ozark Mountains.

Whatever your favorite fall memories are, I hope you take time to recall and feel that happy feeling that these sweet memories can bring.

~Tiffany

Assisted Living Week Celebrations



AL/ASCU RESIDENTS - OCTOBER

Oct. 10	Nancy Taylor
Oct. 13	Irvin Morris
Oct. 30	Willie Parsons

FROM THE DESK OF OUR ACTIVITIES DIRECTOR



ACTIVITIES DIRECTOR

Greetings Everyone,

Fall is officially here! When visiting with residents, I have discovered that fall is a popular favorite time of the year for many of you all. I am excited to enjoy this season with everyone here at MVSL. Our calendars will be full of engaging and enriching activities. Some of the highlights include fall crafting fun, lunch outing followed by a fall foliage excursion, a trip to Wild Things Farm's pumpkin patch, a fishing trip, a fun fall festival and finally wrapping the month up with a Halloween celebration involving Jack and Jill Day School parading our halls and then Robert Huston to perform later that day! Please watch the calendar, and, as always, please let me know if you have any questions involving activities.

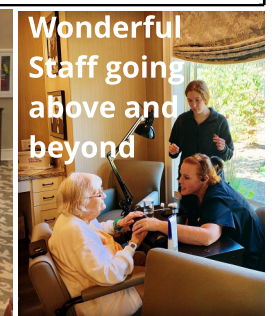
Blessings,

Stephanie Morlan
Activities Director

OCTOBER ACTIVITIES

ASSISTED LIVING/INDEPENDENT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:30 Devotional 11:15 Words in a Word 3 Fit & Fabulous	2 10 Shopping Trip - Target 3 Harmonica Humming 4:30 Wednesday Worship	3 10:30 Devotional 11:15 Fall Crafting Fun 3 Bean Bag Toss	4 10:30 Devotional 11:15 Planting Pansies 2 Bingo	5 10:30 Devotional 3 Dominoes 6 Movie Madness
6 10:30 Devotional 2 Worship w/Rocky	7 10:30 Devotional 2 Hand & Nail Spa 4 Piano w/Dang Brothers	8 10:30 Devotional 11:15 Reminiscing Game 3 Drums Alive	9 10 Shopping Trip - Walmart Market 3 Baking with Friends 4:30 Wednesday Worship	10 10:30 Devotional 11:15 Fall Crafting Fun 3 Bean Bag Baseball	11 9:30-10:30 Harvest Time 10:30 Center for Hearing 2 Bingo	12 10:30 Devotional 3 Dominoes TBA Razorback Football Game
13 10:30 Devotional 2 Worship w/Jimmy 4 Southern Gospel Band	14 10:30 Devotional 2 Beauty Shop Beauties 3 Harmonica Humming	15 10:30 Devotional 11 Fishing Trip w/Lunch 3:30 I Love Lucy Show	16 10 Shopping Trip - Harp's 3 Bible Study w/Tom 4:30 Wednesday Worship	17 10:30 Devotional 11:15 Fall Crafting Fun 3 Bean Bag Baseball	18 10:30 Devotional 2 BINGO 5:45 Movie Madness	19 10:30 Devotional 3 Dominoes TBA Razorback Football Game
20 10 Worship w/Tommy 2 Movie & Popcorn	21 10:30 Devotional 2 Hand & Nail Spa 5:45 Bordertown Belles Dance Performance	22 10:30 Devotional 11 Lunch Bunch & Fall Foliage Outing	23 10 Shopping Trip - Walmart Supercenter 3 Baking with Friends 4:30 Wednesday Worship	24 10:30 Devotional 11:15 Fall Crafting Fun 3:30 Remember w/JoAnn Gedosh	25 10:30 Devotional 2 BINGO 3 Fall Festival	26 10:30 Devotional 3 Dominoes TBA Razorback Football Game
27 10:30 Devotional 2 Worship w/Dale	28 10:30 Devotional 1 Wild Things Farm Pumpkin Patch & More	29 10:30 Devotional 11:15 Game Challenge 3 Drums Alive	30 10 Shopping Trip - Hobby Lobby 3 Resident Council 4:30 Wednesday Worship	31 10:30 Devotional 1 Jack & Jill Parade 2 Robert Huston	Activities subject to change.	



OCTOBER MENU

AL/ASCU/INDEPENDENT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>Lunch 1 Roast Turkey, Sweet Potatoes & Green Beans</p> <p>Dinner Hamburger Steak & Baked Potato</p>	<p>Lunch 2 Pork Fritter, Fried Potatoes & Black-Eyed Peas</p> <p>Dinner Homemade Pizza & Salad</p>	<p>Lunch 3 Beef Taco Salad, Spanish Rice & Refried Beans</p> <p>Dinner Chicken Nuggets, Fries, Tomato Slices & Cottage Cheese</p>	<p>Lunch 4 Fried Fish, Fries, Hushpuppies & Coleslaw</p> <p>Dinner Baked Ham, Baby Red Potatoes & Creamed Peas</p>	<p>Lunch 5 Lasagna Capri Vegetables & Breadstick</p> <p>Dinner Tater Tot Casserole & Green Beans</p>
<p>Lunch 6 Breaded Chicken Breast & Mashed Potatoes</p> <p>Dinner Cream of Tomato Soup & Grilled Cheese</p>	<p>Lunch 7 Pinto Beans, Fried Potatoes, Mixed Greens, Squash</p> <p>Dinner Homemade Chili, Cornbread, Corn Chips, Cheese</p>	<p>Lunch 8 Hamburger Steak w/Onions, Mac N Cheese, Fried Cabbage</p> <p>Dinner Sauerkraut & Wieners, Mashed Potatoes, Corn</p>	<p>Lunch 9 Shake & Bake Pork Chops, Twice Baked Potato, Brussel Sprouts</p> <p>Dinner Fish Sandwich, Tater Tots, Coleslaw</p>	<p>Lunch 10 Chicken & Dressing, Green Bean Casserole, Carrots</p> <p>Dinner Grilled Ham & Cheese Sandwich, Sweet Potato Fries</p>	<p>Lunch 11 Hamburger/ Cheeseburger, Tater Tots/Onion Rings</p> <p>Dinner Hearty Beef Stew, Cheese Cubes, Cornbread</p>	<p>Lunch 12 BBQ Chicken Legs, Macaroni Salad, Zucchini Deluxe</p> <p>Dinner Breakfast Casserole, Hassbrowns, Toast & Jelly, Cinnamon Roll</p>
<p>Lunch 13 Honey Ham, Baked Sweet Potato, Green Peas</p> <p>Dinner Cream of Potato Soup, Turkey & Swiss Croissant</p>	<p>Lunch 14 Stuffed Bell Pepper, Mashed Potatoes, Carrots</p> <p>Dinner BLT on Toast, Copper Penny Salad, Chips</p>	<p>Lunch 15 Chicken Cordon Bleu, Rice Pilaf, Whole Green Beans</p> <p>Dinner Cheese Ravioli in Marinara, Romaine & Grape Salad, Corn on the Cob</p>	<p>Lunch 16 Country Style Ribs, Creamed Peas, Potato Logs, Biscuit</p> <p>Dinner Salami & Cheese on Marble Rye, Broccoli Pasta Toss, Fried Mushrooms</p>	<p>Lunch 17 Southern Fried Chicken, Mashed Potatoes, Gravy, Mixed Vegetables</p> <p>Dinner Corned Beef Hash, Fried Okra, Tomatoes, Corn Muffins</p>	<p>Lunch 18 Southern Fried Catfish, Coleslaw, French Fries</p> <p>Dinner Beef Pot Pie, Steamed Buttered Turnips, PB Stuffed Celery, Cheese Toast</p>	<p>Lunch 19 Spaghetti & Meatballs, Caesar Salad, Green Beans</p> <p>Dinner Chicken & Wild Rice Casserole, Mixed Vegetables, Waldorf Salad</p>
<p>Lunch 20 Beef Brisket, Potato Salad, Baked Beans</p> <p>Dinner French Toast, Link Sausage, Bacon, Hashrowns</p>	<p>Lunch 21 Pork Roast, Hashbrown Casserole, Brussel Sprouts</p> <p>Dinner Chicken Tenders, Gravy, Crinkle Fries</p>	<p>Lunch 22 Meatloaf, Scalloped Potatoes, Corn on the Cob</p> <p>Dinner Chili Cheese Coney, Onion Rings, Baked Beans</p>	<p>Lunch 23 Homemade Chicken & Dumplings, Peas & Carrots</p> <p>Dinner Tomato Basil Soup, Grilled Cheese, Crackers</p>	<p>Lunch 24 Stuffed Cabbage Roll w/Tomato Sauce, Mashed Potatoes/Gravy, Squash</p> <p>Dinner Creamy Chicken & Mushrooms, Italian Vegetables</p>	<p>Lunch 25 Hamburger Steak w/Onions, Mac N Cheese, Fried Cabbage</p> <p>Dinner French Onion Soup, Roast Beef on Hoagie, Crackers</p>	<p>Lunch 26 Beef Liver & Onions, Mashed Potatoes/Gravy, Mixed Vegetables</p> <p>Dinner BBQ Pork on a Bun, Potato Wedges, Coleslaw</p>
<p>Lunch 27 Lemon Pepper Chicken Preast, Garlic Potatoes, Asparagus</p> <p>Dinner Swedish Meatballs, Mashed Potatoes, Green Beans</p>	<p>Lunch 28 Chicken Fried Steak, Mashed Potatoes/Gravy, Green Peas</p> <p>Dinner Crispy Chicken Sandwich, Vegetable Pasta Salad</p>	<p>Lunch 29 Beef Tips & Rice, Stir Fried Vegetables, Spinach Salad</p> <p>Dinner Broccoli Cream Soup, Tuna Salad Sandwich, Tomato Wedges, Cottage Cheese</p>	<p>Lunch 30 Sour Cream Chicken, Enchiladas, Spanish Rice, Refried Beans</p> <p>Dinner Hamburer Stew, Cornbread, Cheese Cubes</p>	<p>Lunch 31 Baked Ham, Baked Sweet Potato, Green Bean Casserole, Deviled Eggs</p> <p>Dinner Creamy Potato Soup, Turkey Club on Toast, Crackers</p>		

OCTOBER ACTIVITIES

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30AM Morning Stretch 10AM Drawing on Memories 2PM Shake Loose	2 9:30AM Morning Stretch 10AM Music Making 2PM Sorting/Puzzles	3 9:30AM Morning Stretch 10AM Poetry Pals 2PM Planting Pansies	4 9:30AM Morning Stretch 10AM Massage, Music & Aromatherapy 2PM I Got It!	5 9:30AM Morning Stretch 10AM Fall Gardening 2PM Movie Madness
6 9:30AM Morning Stretch 10AM Soul Signing 1PM Church w/Barbara	7 9:30AM Morning Stretch 10AM Telling Tales 2PM Baking Cupboard/Tool Time	8 9:30AM Morning Stretch 10AM Amazing Art 2PM Follow the Nose	9 9:30AM Morning Stretch 10AM Thumbnail Toss 2PM Fall Crafting Fun	10 9:30AM Morning Stretch 10AM Ribbon Dancing 2PM Baking Apple Pie	11 9:30AM Morning Stretch 10AM Beauty Shop Beauties 2PM Famous Duos	12 9:30AM Morning Stretch 10AM Music Making 2PM Movie Madness
13 9:30AM Morning Stretch 10AM Soul Signing 1PM Church w/Barbara	14 9:30AM Morning Stretch 10AM Telling Tales 2PM Name 10 Game	15 9:30AM Morning Stretch 10AM Drawing on Memories 2PM Shake Loose	16 9:30AM Morning Stretch 10AM Music Making 2PM Sorting/Puzzles	17 9:30AM Morning Stretch 10AM Poetry Pals 2PM Fall Crafting Fun	18 9:30AM Morning Stretch 10AM Massage, Music & Aromatherapy 2PM I Got It!	19 9:30AM Morning Stretch 10AM Fall Gardening 2PM Movie Madness
20 9:30AM Morning Stretch 10AM Soul Signing 1PM Church w/Barbara	21 9:30AM Morning Stretch 10AM Telling Tales 2PM Baking Cupboard/Tool Time	22 9:30AM Morning Stretch 10AM Amazing Art 2PM Follow the Nose	23 9:30AM Morning Stretch 10AM Thumbball Toss 2PM Fall Crafting Fun	24 9:30AM Morning Stretch 10AM Ribbon Dancing 2PM Baking Cookies	25 9:30AM Morning Stretch 10AM Beauty Shop Beauties 2PM Famous Duos	26 9:30AM Morning Stretch 10AM Music Making 2PM Movie Madness
27 9:30AM Morning Stretch 10AM Soul Signing 1PM Church w/Barbara	28 9:30AM Morning Stretch 10AM Telling Tales 2PM Name 10 Game	29 9:30AM Morning Stretch 10AM Drawing on Memories 2PM Shake Loose	30 9:30AM Morning Stretch 10AM Making Music 2PM Sorting/Puzzles	31 9:30AM Morning Stretch 10AM Poetry Pals 2PM Fall Crafting Fun	Activities subject to change.	





METHODIST VILLAGE

SENIOR LIVING

Methodist Village Senior Living

Fort Smith, Arkansas

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Chief Executive Officer: Melissa Curry

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