



METHODIST VILLAGE

SENIOR LIVING

December 2019 | Volume 58 | Issue 12

A Monthly Publication of Methodist Village Senior Living

FROM THE DESK OF OUR CEO...



Hello Everyone!

My favorite Christmas memory is one Christmas when I was a little girl, I was so excited to open my presents. However, we were not allowed to open any gifts until the Christmas Story was read. So, sitting at my grandmother's feet, with the tree lit up behind me and smelling of evergreen, I wanted her to read it really fast so I could start unwrapping!

But as she began to read the story of the birth of Jesus, I became mesmerized with the story. I remember the emotion that came over me knowing that my Savior loved me so much that He was born in a cold, stinky barn with a bunch of animals so that one day He would die for my sins, and I could have everlasting life... After she finished reading, I forgot all about how excited I was for the presents, and all I wanted was for my grandmother to tell me more about His birth and His love for me.

I pray this season and the seasons to come, that I will never forget the Christmas at my grandmother's feet when I learned the true meaning of Christmas.

Warmest Wishes this Christmas,

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



Matthew Holloway
Security Director



Ella Jones
Social Services Director



Katee Jones
Executive Assistant to CEO



Amy Parmenter
MDS Director



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. Please contact them at 479-755-5009.

What's the Difference?

Find 10 differences in the pictures below.



Christmas Word Search



G L E T W C R S T O C K I N G
Y I P I D A E R B R E G N I G
A C O V T R P Y A E C E F F U
R E A S L E Q I X O C T A P Z
E M I R Y H A U D P S A J O N
S E A P O B E T H L E H E M I
N R U L O L D O N T F O S P U
A R L S L E I G H A A S U D O
M Y N O K L T T O Y S I S H R
W C E N E M E S I W F E T A N
O B M K A J L O Z Y E G V M A
N E R N O L U H M G O T E L M
S O G I E O Y D N A C X O N E
V E R B I J O T H U W B K A N
R E E D N I E R Q C A E E R T
L O O C H R I S T M A S T I



- | | | |
|----------------|--------------|--------------|
| 1. Bells | 9. Holly | 17. Sleigh |
| 2. Bethlehem | 10. Jesus | 18. Snowman |
| 3. Candy | 11. Manger | 19. Star |
| 4. Carol | 12. Merry | 20. Stocking |
| 5. Christmas | 13. Ornament | 21. Toys |
| 6. Elves | 14. Peace | 22. Tree |
| 7. Gifts | 15. Reindeer | 23. Wisemen |
| 8. Gingerbread | 16. Santa | 24. Yuletide |

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 (every other week)

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 Liaison AL/ASCU, at 479-401-6550.

EMPLOYEE BENEFIT/ HEALTH FAIR

We will be having our Annual Employee Benefit Fair Friday, December 6th from 7:00am - 4:00pm in the Care Center Dining Room. Stop by before or after your shift to check out the vendors and what they have to offer. While visiting the vendors, enter your name for a chance to win one of the many door prizes that will be available. Lunch will be provided by Arvest beginning at 11:00 am.

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 1, 2020 we will become a Smoke Free Campus.





MILLIE MEYERS - CHIEF NURSING OFFICER

Mary Did You Know (lyrics)

**Mary did you know that your baby boy will some day walk on water?
Mary did you know that your baby boy will save our sons and daughters?
Did you know that your baby boy has come to make you knew?
This child that you've delivered, will soon deliver you.**

**Mary did you know that your baby boy will give sight to a blind man?
Mary did you know that your baby boy will calm a storm with his hand?
Did you know that your baby boy has walked where angels trod?
And when you kiss your little baby, you have kissed the face of God.**

Oh Mary did you know

**The blind will see, the deaf will hear, the dead will live again.
The lame will leap, the dumb will speak the praises of the lamb.**

**Mary did you know that your baby boy is Lord of all creation?
Mary did you know that your baby boy would one day rule the nations?
Did you know that your baby boy is heaven's perfect Lamb?
This sleeping child you're holding is the great I am.**

Did she know?

What did she know? How much did she *really* know? What was she thinking? How could she dare to think this tiny baby in her arms would actually save the world from their sins? Yes, she knew better than anyone that she was a virgin, witnessed the angel, heard his voice speak to her of things too hard to comprehend. But, how could anyone take it all in?

Did she really know???

When the angel Gabriel appeared to Mary and revealed to her the news that she would give birth to Jesus, tears formed in her eyes. "I am the virgin through whom the Messiah will come? Lord, I long to serve You in whatever way you want. I'm just an ordinary girl, yet I am willing to be used as a vessel for You. Holy Spirit, bring forth Your gift of life."

Wow. What amazing faith, especially for a fifteen year old! Mary was known for her pure and faithful heart. A heart that was immediately willing to believe and receive all that God gave her. She was a holy vessel through whom God's greatest miracle passed through. When I think of Mary, I think of purity. I think of holiness. I think of a young girl unscathed by the world's pollution. And I think of courage.

Sweet Friends, I pray that we can all find that courage like Mary to say "yes" to God. ..

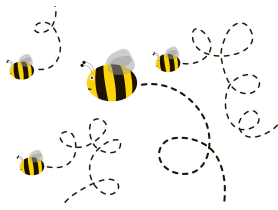
Peace,
Millie

EMPLOYEE RECOGNITION

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 Christmas Party later this year.

Keep BEEing YOUR BEST YOU!!!



STAR EMPLOYEES



In December team members were awarded as Star Employees. Star Employees receive a reserved parking space, free meal for a week and a special treat. They will also have an additional entry put in the drawing for prizes at our Christmas Party later this year.

Congratulations to those who have been recognized for their hard work and dedication to our organization.

DECEMBER STAFF BIRTHDAYS

December 3	Sarah Tisdale
December 5	Domenishia Woolfolk
December 7	Nicholas Otts Kimberly Nelson
December 8	Dana Spencer Amber Bingham
December 15	Daphne Withers
December 18	Christina McCormack
December 20	Monica Garcia Christina McCormack
December 21	Amber Courtney
December 22	Kaleigh Sanders
December 25	Nancy Matlock
December 26	Eric King
December 29	Chela Miller

STAFF ANNIVERSARIES

Marion Aytch	7 years
Larry Brooks	19 years
Julie Brown	2 years
Rick Carlson	1 years
Amber Courtney	13 years
Deanna Fears	2 years
Levella Hutchins	29 years
Querida Juarez	4 years
Michael May	13 years
Kimberly Nelson	1 year
Carol Smith	1 year

ATTENDANCE MATTERS

We will be beginning an attendance incentive in January. GREAT monthly prizes and a BIG yearly prize. Be watching for more details!

INDEPENDENT LIVING NEWS

BLOOD PRESSURE CHECKS

Free Blood Pressure checks with Brittney at 8:30 am on December 5th.

EXTERMINATOR

December 10th for F-G-H Buildings.

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

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

IL RESIDENTS -DECEMBER BIRTHDAYS

December 4	Wanda Karrant
December 22	Susan Taylor



FROM THE DESK OF PAM BLOCKER

Our Thanksgiving here at Independent Living was simply marvelous. Everyone pitched in and made their favorite dish. We reminisced and shared what we are thankful for this year. There was lots of fun and laughter.

As we approach the most wonderful and beautiful time of the year, I would like to say, Joy to the world a Savior is born, glory to the newborn King and peace on Earth as we continue into the New Year. My prayers for you are that everyone prosper as your soul prospers.

Have a blessed and Merry Christmas, Happy New Year, and Peace to all.

As Always ~

Love Thy Neighbor As Thyself,

Pamela Blocker
Independent Living Director



CARE CENTER ACTIVITIES NEWS

Greetings Residents, Families, and Friends!

December is always exciting with all the schools and churches coming to spread good cheer to our residents. There are only 24 days until Christmas, Christ's birthday, and what a wonderful time of year it is with the brisk cold air, lights and sounds of the season and the smell of fresh baked goodies in the air. The hustle and bustle of shopping to get that special gift for those we love. Ms. Clause will be at the Country store on the 17th to help everyone shop at 3:00pm. Then on the 18th at 7:00pm a Candlelight Service in the dining room. Old Santa himself will be with us for the residents party on the 20th at 10:30am in the dining room. We have lots of fun and exciting activities planned for this month and also some time changes so be sure to check your calendar for time and place of all the fun.

~ Marla and Tori

REQUESTED DONATIONS FOR RESIDENTS SHOPPING IN THE COUNTRY STORE ON TUESDAY, DECEMBER 17, 2019 AT 3:00 PM

Kleenex	Lotion	Make-up
Cologne	Shaving Cream	Bags (purses/totes)
Combs	Hair Nets	Aftershave
Brushes	Body Wash	Daily Devotional Books
Socks	Small Fleece Blankets	Pump Hairspray
Shower Caps	Magnifying Glass	Eyeglass Cases
Jewelry	Hats	Nail Files
Watches	Knee High Hose	Eyeglass Wipes
Mirrors	Small Boxes	Nail Brushes
Scarves	Pencils	Small Toys
Notepads	House Shoes	Bobbie Pins
Game Books	Baskets	Knick Knacks
Pens Picture	Frames	Wrapping Paper
Puzzle Books	Head Bands	Gift Bag

Individually Wrapped Items

Cookies	Snacks	Crackers	Gum
Drinks	Candy	Chips	

FAMILY COUNCIL

We know it is difficult to have a loved one move into a nursing facility. The feelings of guilt, isolation, bewilderment and loss can be overwhelming. We have all shared this same experience and can provide support to one another. Please consider joining our monthly Family Council Meetings the last Wednesday of every month at 2:00pm.

FROM THE DESK OF OUR ADMINISTRATOR



Greetings Residents, Families and Friends,

The Holiday season is upon us once again. It is a time to give thanks for all of our blessings over the past year. The time I spend with family and friends is so precious and reminds me to be thankful of all the blessings in my life. I look forward to the challenges and rewards of the coming year. I treasure the opportunities that lie ahead and pray that the new year will bring us all closer and help us to see that we are truly called to make a difference in each other's lives. I want to wish each one of you a Merry Christmas and Happy New Year. Thank you to all the staff, residents and families for allowing me to be a part of your lives.

Deanna Fears
Care Center Administrator



A CHAT WITH CHAPLAIN MAX GOINS

They Came from Afar

We have now come to the time of the year when the entire world celebrates the **Birth of Jesus Christ!** Celebrating the Birth of Christ began immediately, probably *even as it was happening* in that stable in Bethlehem.

Luke, in his gospel gives us more actual details of the Birth than does Matthew in his gospel. I have always been fascinated by those who came to celebrate Christ's Birth. My first fascination *is that concerning the animals* who were sheltering in the stable that night. What did they think as they heard the agonies of Mary in the process of her delivery? What joy they must have felt upon hearing the first baby cries of Jesus himself. I have not the slightest doubt *they understood fully* what was happening in their presence.

Luke also records for us the *visitation of the angelic host*, announcing the birth to the humble shepherds who were in the fields watching over their flocks. How quickly those shepherds must have raced to the stable. I picture them running through the fields leaping over the short rock barriers that separated each field. What a night that must have been for the Judean hillsides!

Matthew introduces us to a new set of visitors. He calls them *Magi* (pronounced may-ji). They are wisemen from the east. They have come from afar as they have been following a star (which announced to them the Birth of the King of the Jews). We are not told how far away the east is, but most scholars feel that they had been traveling for *up to two years* following this star which led them to the Christ Child.

The animals, angels and shepherds did not have to travel any distance. They were all already in the vicinity. That is, if you don't count the distance an angel would travel from heaven to earth. So, these Magi are my heroes in this story. They probably rode on camels or donkeys *across countries* for the two years it took them to find Jesus.

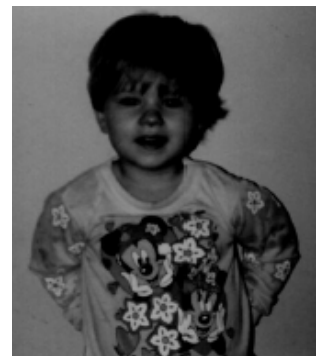
We don't fully understand what motivated these Magi. But we do know it was *not an easy task* they accomplished. They worked hard to come to Jesus. It is so easy for us to come to Jesus. If you have not done so up to now, please give serious thought to presenting yourself to Jesus. **Remember, "Wise men still seek Him".**

CARE CENTER RESIDENT'S DECEMBER BIRTHDAYS

Dec. 1	Betty Ezzell
Dec. 2	Annie Jones Billie Walker
Dec. 10	Mildred Aclin
Dec. 14	Barbara Clark
Dec. 16	Freda Dunn B.G. Hendrix
Dec. 17	Mary Napier
Dec. 18	Lloyd Summers
Dec. 29	Frieda James

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 have been here at Methodist for over 9 years. I was born in Chicago, IL. I have 3 boys and I enjoy arts and crafts in my spare time"

Last month's Guess Who was Courtney Ball.

DECEMBER ACTIVITIES

CARE CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Worship Service 2:30 Ice Cream Social	2 10:30 Drums Alive 2:30 Birthday Party Annie Jones 5:00 Glory Gals	3 8:30 Follow Your Nose 11:00 Men's Walking Club 2:30 Bingo	4 8:30 What Color is This 10:00 Worship w/Max 2:30 Reminisce/Your Best Christmas	5 8:30 Music Therapy 10:30 Slot Machines 2:00 Fancy Nails	6 8:30 Pet Therapy 10:30 Slot Machines 2:30 The Price is Right 7:30 Bingo w/Tina	7 10:30 Gospel Music/Sherri Davis 3:30 Community Arts Class/Singing
8 10:00 Worship Service 2:30 Ice Cream Social	9 10:30 Drums Alive 2:30 Staff Caroling the Halls 5:00 Dang Brothers	10 8:30 Spot the Difference 10:00 Bible Study w/Merle Katz 2:30 Bingo	11 8:30 Guess What it is 10:30 Cookie Decorating 2:30 Christmas Craft	12 8:30 Lotion Therapy 10:00 Music & Dance w/Robert Huston 2:00 Fancy Nails	13 8:30 Music Therapy 10:00 Music w/Wes Harris 2:30 Polar Express Party 7:30 Bingo w/Tina	14 10:30 Gospel Music/Sherri Davis 2:30 Chamber Strings Performance
15 10:00 Worship Service 2:30 Ice Cream Social	16 10:30 Drums Alive 1:00 Euper Lane Caroling 2:30 Christmas Craft	17 10:30 Crafts w/Jennifer 3:00 Country Store 5:00 Mary Moon	18 11:45 Fairview School 2:30 Bingo 7:00 Candlelight Service	19 8:30 Reading Therapy 10:00 Birthday Party 2:00 Fancy Nails	20 10:30 Resident Christmas Party 3:00 Bell Choir w/Michell Long 7:30 Bingo w/Tina	21 10:30 Gospel Music/Sherri Davis 2:30 Bingo
22 10:00 Worship Service 2:30 Ice Cream Social	23 10:30 Drums Alive 2:30 Christmas Music w/Nan & Mike Jones	24 8:30 Reading Therapy 10:30 Christmas Stories 2:30 Bingo	25 10:00 Andy Williams Christmas Show 2:30 Christmas Trivia MERRY CHRISTMAS	26 8:30 Pet Therapy 10:30 Sittercise 2:00 Fancy Nails	27 8:30 What is it? 10:00 UNO 2:30 Bingo	28 10:00 Piano w/Tanner Wood 2:30 Bingo
29 10:00 Worship Service 2:30 Ice Cream Social	30 10:30 Drums Alive 2:30 Jewelry Craft 5:00 Dang Brothers	31 8:30 Touch & Feel 10:30 Trivia/New Year's Resolutions 2:30 New Year's Eve Party			First Assembly of God Church Muldrow - Hand Singing	



DECEMBER MENU

CARE CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Lunch 1 Meatloaf or BBQ Chicken</p> <p>Dinner Grilled Cheese Sandwich or Chicken Alfredo</p>	<p>Lunch 2 Ham & Beans or Hot Turkey Sandwich</p> <p>Dinner Cheeseburger or Hot Dog</p>	<p>Lunch 3 Chef's Choice or Lasagna</p> <p>Dinner Cheese Pimento Sandwich or Chicken Patty</p>	<p>Lunch 4 BBQ Pork or Grilled Chicken Thighs</p> <p>Dinner Potato Crusted Pollock or Beef Stuffed Pepper</p>	<p>Lunch 5 Hamburger Steak or Polish Sausage w/Kraut</p> <p>Dinner Chicken Tenders or Meatloaf</p>	<p>Lunch 6 Chili or Chef Salad</p> <p>Dinner Ham Salad Sandwich or Homemade Pizza</p>	<p>Lunch 7 Spaghetti or Deli Meat/Cheese Sandwich</p> <p>Dinner Hot Dog or Chicken Nuggets</p>
<p>Lunch 8 Baked Ham or Sloppy Joe</p> <p>Dinner Hamburger Stew or Deli Meat/Cheese Sandwich</p>	<p>Lunch 9 Chicken Tenders or Tater Tot Casserole</p> <p>Dinner Cheese Omelet or Beef Taco Salad</p>	<p>Lunch 10 Smothered Pork Chop or Beef Ravioli</p> <p>Dinner Chicken & Dumplings or Ham & Beans</p>	<p>Lunch 11 Beef Nachos or Roast Turkey</p> <p>Dinner Steak Fingers or Breaded Chicken Filet</p>	<p>Lunch 12 Chili w/Beans or Baked Tilapia</p> <p>Dinner Chicken Tenders or Hamburger Steak</p>	<p>Lunch 13 Fried Fish or Cheeseburger</p> <p>Dinner Beef Macaroni Casserole or Stir Fry Chicken w/veggies</p>	<p>Lunch 14 Enchilada Casserole or Baked Ham</p> <p>Dinner Swedish Meatballs or Chicken Rice Casserole</p>
<p>Lunch 15 Breaded Chicken Filet or Baked Tilapia</p> <p>Dinner Chicken Fried Steak or Grilled Cheese</p>	<p>Lunch 16 Lasagna or Hot Dog on Bun</p> <p>Dinner Bologna Sandwich or BBQ Pork Riblette</p>	<p>Lunch 17 Ham & Beans or Meatloaf</p> <p>Dinner Chef's Choice or Catalina Chicken</p>	<p>Lunch 18 Cheeseburger or Chicken Thighs</p> <p>Dinner Turkey Tetrazzini or Sloppy Joe</p>	<p>Lunch 19 Beef Taco Salad or Pork Fritter</p> <p>Dinner Polish Sausage or Potato Crusted Fish</p>	<p>Lunch 20 Steak Fingers w/Gravy or Ham & Cheese Sandwich</p> <p>Dinner Beef Stuffed Pepper or Spaghetti Chicken</p>	<p>Lunch 21 Ranch Chicken or Hamburger Stew</p> <p>Dinner Tuna Salad Sandwich or Chicken Nuggets</p>
<p>Lunch 22 Roast Pork or Grilled Chicken Breast</p> <p>Dinner Corn Dog or Patty Melt Sandwich</p>	<p>Lunch 23 Chicken Fried Steak or Polish Sausage</p> <p>Dinner Beef Stew or Cheese Pimento Sandwich</p>	<p>Lunch 24 Pork Fritter or Pot Roast</p> <p>Dinner Cheesy Bacon Quiche or Chicken Enchilada</p>	<p>Lunch 25 Honey Baked Ham or Steak Fingers</p> <p>Dinner Chicken & Dumplings or Bologna Cheese Sandwich</p>	<p>Lunch 26 Roast Turkey or Pork Fritter</p> <p>Dinner Deli Meat/Cheese Sandwich or Cheese Ravioli w/Sauce</p>	<p>Lunch 27 Fried Fish or Cheeseburger</p> <p>Dinner Beef Macaroni Casserole or Stir Fry Chicken w/Veggies</p>	<p>Lunch 28 Chili w/Beans or Baked Tilapia</p> <p>Dinner Chicken Tenders or Hamburger Steak</p>
<p>Lunch 29 Meatloaf or BBQ Chicken</p> <p>Dinner Grilled Cheese Sandwich or Chicken Alfredo</p>	<p>Lunch 30 Ham & Beans or Hot Turkey Sandwich</p> <p>Dinner Cheeseburger or Hot Dog</p>	<p>Lunch 31 Chef's Choice or Lasagna</p> <p>Dinner Cheese Pimento Sandwich or Chicken Patty</p>				

IN-PATIENT AND OUT-PATIENT REHABILITATION



The stress of the holidays can bring along unexpected medical concerns. Multiple studies have shown an increase in the incidence of heart attacks and strokes during the busy month of December. With that in mind, do your best to minimize stress during the holiday season. You should also exercise and rest as much as you can! Please remember the symptoms for heart attack and stroke during the holiday season. Early intervention is key!

Symptoms of a heart attack vary from person to person but are most commonly described as:

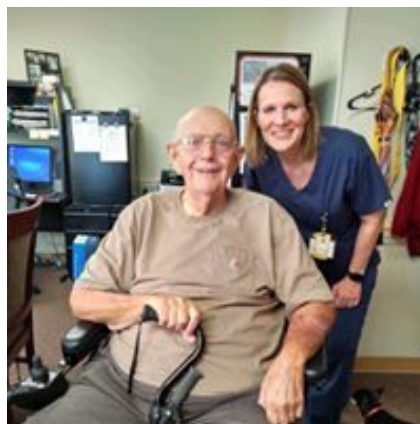
- Pressure, tightness, pain, or a squeezing or aching sensation in your chest or arms that may spread to your neck, jaw or back.
- Nausea, indigestion, heartburn or abdominal pain.
- Shortness of breath.
- Cold sweat.
- Fatigue.
- Lightheadedness or sudden dizziness.

Symptoms of a stroke may also vary person to person but as most commonly described as:

- Sudden numbness or weakness in the face, arm or leg (especially on one side of the body).
- Sudden confusion or trouble speaking or understanding speech.
- Sudden vision problems in one or both eyes.
- Sudden difficulty walking or dizziness, loss of balance or problems with coordination.
- Severe headache with no known cause.

Know the risk factors for heart attack and stroke. Knowing the signs and acting quickly can make all the difference.

Carol Heffley
MS, OTR/L



FROM THE DESK OF OUR ADMINISTRATOR - TIFFANY PERRYMAN

Happy Holidays!

This is such a magical season to me! Something about the cold winter air, the shimmering lights all around...smells of cinnamon and cloves in the air; it just makes my heart so happy!

One of my favorite things about this season is the opportunity to spread a little extra cheer to others. This doesn't always come in the form of a gift so to speak, but it can be something as simple as a smile, leaving an encouraging card, or simply taking time to sit down and visit with someone who might be a little lonely this season.

I hope that you too will take time to spread a little cheer and give back to those around you. Everyone has something to give, even if it is just your smile.



~Tiffany

AL/ASCU RESIDENTS - DECEMBER

December 11

Patricia Williams

Lunch Outing at Cheddars



Apples wrapped in Crescent Rolls



Watercolor painting



Veterans Day Service



FROM THE DESK OF OUR ACTIVITIES DIRECTOR



ACTIVITIES DIRECTOR

Greetings Everyone,

“For unto you is born this day in the city of David a Savior, which is Christ the Lord. “(Luke 2:11) These were the words that Franz Gruber and Joseph Mohr from Bavaria meditated on long into the night of Christmas Eve in 1818 after they discovered their church organ would not play for the Christmas Day worship. They were determined to write a song that could be easily sung without an organ, and they were able to create one of the most beloved Christmas carols, Silent Night. For years it went under the title of “Song from Heaven” but eventually was renamed “Silent Night” and is now sung around the world in many languages. I am sure for all of you, as it is for me, this song is a favorite of mine during the holidays and holds many special memories of Christmas celebrations in the past. I am looking forward to celebrating the holiday season with our MVSL family this month and pray that we all may have a blessed Christmas!

Blessings,

Stephanie Morlan
Activities Director

DECEMBER ACTIVITIES - ASSISTED AND INDEPENDENT LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11 Devotional 2 Worship w/Rocky	2 11 Devotional 2 Create Cards w/Bridget - VB Center for Art Education 4 Piano w/Dang Brothers	3 11:15 Lunch Outing w/Project Compassion 3 Drums Alive	4 10 Shopping Trip - Target 3:30 Deck The Halls Social 4:30 Wednesday Church	5 10 Holiday Crafting 11 Devotional 6 Living Nativity Drive Through	6 11 Devotional 2 Bingo 6 Sound Mind Recital	7 10:30 Gospel Singing w/Dyer Church of Christ 1 New Life Caroling 3 Dominoes
8 11 Devotional 2 Worship w/Jimmy	9 11 Devotional 2 Winter Skin & Nail Spa 3:30 Word Mining	10 11 Devotional 11:30 Yellow Umbrella Outing and visit to National Cemetery 3 Drums Alive	11 10 Shopping Trip - Neighborhood Market 3:30 Decorating Cookies 4:30 Wednesday Church	12 10 Holiday Crafting 11 Devotional 3 Bean Bag Baseball	13 11 Jack & Jill Caroling 11:30 Devotional 2 Bingo	14 10:30 Singing by Tori 2 Northside Orchestra 3 Dominoes
15 10 Worship w/Tommy 2 Bingo	16 10:30 Caroling by Pike Elementary 3 Bible Study w/Tom 4 Piano w/Dangs	17 11 Devotional 2 Christmas Party w/Mrs. Claus	18 10 Shopping Trip - Harps 4:30 Wednesday Church 7 Candlelight Service at Care Center	19 10 Holiday Crafting 11 Devotional 3:30 Remember When w/JoAnn Gedosh	20 11 Devotional 2 BINGO 3:30 Hot Cocoa Social	21 10:45 Devotional 3 Dominoes
22 11 Devotional 2 Worship w/Dale	23 11 Devotional 2 Making Tamales 6 Christmas Lights Outing	24 11 Devotional 2 Christmas Eve Hand & Nail Spa	25 11 Devotional 3 Christmas Movie <i>MERRY CHRISTMAS</i>	26 11 Devotional 2:30 Holiday Pictionary 3 Bean Bag Baseball	27 11 Devotional 2 BINGO 6 Movie Madness	28 10:45 Devotional 3 Dominoes
29 11 Devotional 2 Worship w/Dale	30 11 Devotional 2 Winter Skin & Nail Spa 3:30 Resident Council	31 11 Devotional 2 It's Almost 2020 Social & Look Back				

DECEMBER MENU

AL/ASCU/INDEPENDENT LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Lunch 1 Shake & Bake Pork Chops, Twice Baked Potatoes, Roll & Peach Short Cake Dinner French Toast, Sausage/Bacon, Hashbrowns & Banana</p>	<p>Lunch 2 Beef Taco Salad, Spanish Rice, Refried Beans & Pudding Layer Dinner Cheese Ravioli w/Marinara, Salad, Mixed Vegetables, Garlic Toast & No Bake Cookie</p>	<p>Lunch 3 Hamburger Steak w/Onions, Macaroni & Cheese, Fried Cabbage, Roll & Applesauce Cake Dinner BLT, Potato Chips, Pasta/Veggie Salad & Chocolate Mousse</p>	<p>Lunch 4 Fried Chicken Leg Quarter, Mashed Potatoes, Gravy, Green Peas, Roll & Millionaire Pie Dinner Tomato Soup, Grilled Cheese, Cucumber Salad & Rice Crispy Bar</p>	<p>Lunch 5 Baked Ham, Pinto Beans, Turnip Greens, Cornbread & Heath Bar Cake Dinner Chili Cheese Coney, Onion Rings, Baked Beans & Ice Cream Sandwich</p>	<p>Lunch 6 Fried Catfish, French Fries, Hushpuppies, Coleslaw, Green Tomato Relish & Apple Cobbler Dinner Shepherd's Pie, Breaded Okra, Biscuit & Cherry Delight Dessert</p>	<p>Lunch 7 Lasagna, Tossed Salad, Breadstick & Black Forest Cake Dinner Chicken Tenders, Fries, Tomato Wedges, Cottage Cheese & Chocolate Chip Cookie</p>
<p>Lunch 8 Roast Beef, Mashed Potatoes, Gravy, Green Beans, Roll & Buttermilk Pie Dinner Salami & Cheese on Rye, Macaroni Salad, Fried Mushrooms & Fried Apple Pie</p>	<p>Lunch 9 Chicken Cordon Bleu, Rice Pilaf, Candied Carrots, Roll & Red Velvet Cake Dinner Beef Stew, Cheese Cubes, Corn on Cob, Cornbread & Fresh Fruit Cup</p>	<p>Lunch 10 Beef Tips in Gravy Over Noodles, Spinach Salad, Bread & Peach Cobbler Dinner Fish Sandwich, Tater Tots, Coleslaw & Orange Mandarin Fluff</p>	<p>Lunch 11 Country Style Ribs, Potato Logs, Peas, Biscuit & Magic Cookie Bar Dinner Breakfast Casserole, Hasbrowns, Toast, Jelly & Cinnamon Roll</p>	<p>Lunch 12 Stuffed Bell Pepper, Mashed Potatoes, Tuscan Blend Vegetables, Roll & Cheesecake Dinner Creamy Chicken & Mushrooms, Italian Vegetables, Bread & Hawaii Cake</p>	<p>Lunch 13 Hamburger/Cheeseburger, Tater Tots/Onion Rings & Lemon Bar Dinner Cream of Potato Soup, Chef Salad, Crackers & Ice Cream Cup</p>	<p>Lunch 14 Lemon Pepper Chicken Breast, Garlic Herb Potatoes, Asparagus, Roll & Chocolate Cake Dinner Swedish Meatballs, Mashed Potatoes, Green Beans, Bread & Vanilla Pudding</p>
<p>Lunch 15 Roast Beef, Mashed Potatoes, Gravy, Green Beans, Roll & Buttermilk Pie Dinner Homemade Chili, Corn Chips, Shredded Cheese, Salad, Cornbread & Frosted Cupcake</p>	<p>Lunch 16 Meat Loaf, Au Gratin Potatoes, Cream Corn, Roll & Mandarin Orange Cake Dinner Chicken & Wild Rice Casserole, Mixed Vegetables, Bread & Waldorf Salad</p>	<p>Lunch 17 Chicken & Dressing, Green Bean Casserole, Carrots, Cranberry Sauce, Roll & Pumpkin Dessert Dinner Sauerkraut & Wieners, Mashed Potatoes, Bread & Sugar Cookie</p>	<p>Lunch 18 Beef Brisket, Loaded Baked Potato, Baby Carrots, Texas Toast & Dump Cake Dinner Tomato Soup, Bologna & Cheese Sandwich, Celery/Carrots & Pear Halves</p>	<p>Lunch 19 Spaghetti & Meatballs, Caesar Salad, Garlic Toast & M&M Bar Dinner Chicken Cheese Quesadilla, Refried Beans, Spanish Rice & Sopapilla Cheesecake</p>	<p>Lunch 20 Fried Shrimp, French Fries, Coleslaw, Green Tomato Relish, Hushpuppies & Key Lime Pie Dinner Ham Quiche, Potatoes, Green Peas, Bread & Strawberry Pretzel Dessert</p>	<p>Lunch 21 Pork Cutlet w/Green Onions, Roasted Red Potatoes, Mixed Greens, Cornbread & Carrot Cake Dinner Turkey Pot Pie, Fried Squash, Sweet Potato Fries & Raisin Pudding</p>
<p>Lunch 22 Breaded Chicken Filet, Gravy, Italian Green Beans, Roll & Coconut Cream Pie Dinner Ground Beef Stroganoff, Seasoned Broccoli, Bread & Cinnamon Applesauce</p>	<p>Lunch 23 Beef Fajita, Refried Beans, Spanish Rice & Fruited Gelatin w/Topping Dinner Chicken Tenders, Mashed Potatoes, Gravy, Antigua Vegetables, Roll & Tropical Fruit Cup</p>	<p>Lunch 24 BBQ Pulled Pork Sandwich, Potato Salad, Baked Beans & Chewy Raspberry Squares Dinner Beef Chili Mac Casserole, Tossed Salad, Texas Toast & Blueberry Muffin</p>	<p>Lunch 25 Honey Baked Ham, Baked Sweet Potato, Green Peas, Ambrosia, Roll & Cherry Cheesecake Dinner Roast Beef Pita Pocket, Potato Chips, Pickle & Peanut Butter Cookie</p>	<p>Lunch 26 Pinto Beans, Fried Potatoes, Spinach, Fried Yellow Squash, Cornbread & Blueberry Cobbler Dinner Grilled Chicken Sandwich, Sweet Potato Fries & Cream Cheese Cookies</p>	<p>Lunch 27 Hamburger/Cheeseburger, Tater Tots or Onion Rings & Brownie Dinner Goulash, California Blend Vegetables, Cornbread & Creamed Grapes</p>	<p>Lunch 28 Homemade Chicken & Dumplings, Peas, Carrots, Bread & Deluxe Banana Pudding Dinner Grilled Ham & Cheese, Fries, Beat & Onion Salad & Mandarin Oranges</p>
<p>Lunch 29 Pot Roast, New Potatoes, Whole Green Beans, Roll & Chocolate Cream Pie Dinner Parmesan Chicken Breast, Buttered Noodles, Salad & Ice Cream Bar</p>	<p>Lunch 30 Beef Liver & Onions, Mashed Potatoes, Gravy, Capri Vegetables, Bread & Yellow Cake Dinner Broccoli Cheese Soup, Egg Salad Sandwich, Macaroni Salad & Fruit Cocktail</p>	<p>Lunch 31 Chicken Alfredo, Italian Vegetables, Garlic Breadstick & Lime Delight Dinner Hot Dog, Sweet Potato Fries, Cottage Cheese w/Tomato Wedges & Oatmeal Raisin Cookie</p>				

DECEMBER ACTIVITIES

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10AM Morning Stretch 10:30AM Pictionary 1PM Gospel Soul Singing	2 9:30AM Morning Stretch 10AM I Got It! 3:30PM Massage, Music & Aromatherapy	3 9:30AM Morning Stretch 10AM Birdfeeder Ornament 3:30PM Crazy Cards	4 9:30AM Morning Stretch 10AM Reminisce w/Dance 3:30PM Word Challenge	5 9:30AM Morning Stretch 10AM Picture This 3:30PM Beauty Shop Beauties	6 9:30AM Morning Stretch 10AM Ribbon Dancing 3:30PM Bingo	7 10AM Morning Stretch 10:30AM Cookie Creations 2PM Connect Four
8 10AM Morning Stretch 10:30AM Coloration 1PM Gospel Soul Singing	9 9:30AM Morning Stretch 10AM Winter Scents 3:30PM Name 10	10 9:30AM Morning Stretch 10AM Amazing Art 3:30PM Bingo	11 9:30AM Morning Stretch 10AM Telling Tales 3:30PM Word Challenge	12 9:30AM Morning Stretch 10AM Shake Loose a Memory 3:30PM Pastry Time	13 9:30AM Morning Stretch 10AM Sculpting w/Clay 3:30PM Name that Holiday Tune	14 10AM Morning Stretch and Ball Toss 10:30AM Ball Toss 2PM Coloration
15 10AM Morning Stretch 10:30AM Pictionary 1PM Gospel Soul Singing	16 9:30AM Morning Stretch 10AM Crazy Cards 3:30PM Massage, Music & Aromatherapy	17 9:30AM Morning Stretch 10AM Gingerbread Houses 3:30PM Shake Loose a Memory	18 9:30AM Morning Stretch 10AM Reminisce w/Dance 3:30PM Word Challenge	19 9:30AM Morning Stretch 10AM Christmas A to Z 3:30PM Harmonica Humming	20 9:30AM Morning Stretch 10AM Ribbon Dancing 3:30PM Bingo	21 10AM Morning Stretch and Ball Toss 10:30AM Cookie Creations 2PM Name 10
22 10AM Morning Stretch 10:30AM Coloration 1PM Gospel Soul Singing	23 9:30AM Morning Stretch 10AM Snowflake Reminisce 3:30PM Christmas Lyric Fill In	24 9:30AM Morning Stretch 10AM Bingo 3:30PM What's In Santa's Hat	25 9:30AM Morning Stretch 10AM Christmas Sing Along 3:30PM Christmas Coloration	26 9:30AM Morning Stretch 10AM Shake Loose a Memory 3:30PM Pastry Time	27 9:30AM Morning Stretch 10AM Holiday Crafting 3:30PM That's a Wrap Detective	28 10AM Morning Stretch 10:30AM Ball Toss 2PM Coloration
29 10AM Morning Stretch 10:30AM Pictionary 1PM Gospel Soul Singing	30 9:30AM Morning Stretch 10AM Name 10 3:30PM Massage, Music & Aromatherapy	31 9:30AM Morning Stretch 10AM What's In The Bag 3:30PM Shake Loose a Memory				



METHODIST VILLAGE

SENIOR LIVING

Methodist Village Senior Living

Fort Smith, Arkansas

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Chief Executive Officer: Melissa Curry

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