



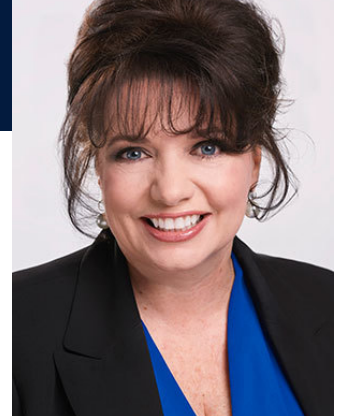
METHODIST VILLAGE

SENIOR LIVING

February 2020 | Volume 59 | Issue 2

A Monthly Publication of Methodist Village Senior Living

FROM THE DESK OF OUR CEO...



It is with great pleasure that I announce that Amy Parmenter has been promoted to Assistant Administrator at our Care Center. Amy has been a part of the MVSL Team for many years and as a nurse has worked tirelessly to serve our residents. She is currently Director of our MDS Department and will continue in that position for a while. When you see Amy, please let her know how excited and thankful you are for her leadership and dedication to MVSL.

I am also excited to announce, we will be kicking off the renovations to our Care Center within the coming months!

Get ready to see GREAT things happen at MVSL!!!

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

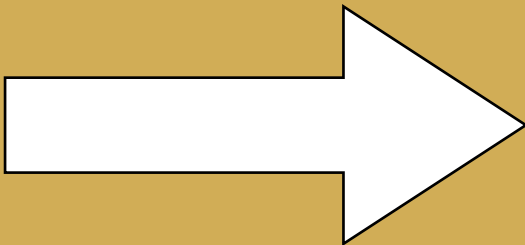
To exceed the expectations of our residents and families while inspiring hearts and minds.

CAMPUS HEALTHY, WEALTHY & WISE PROGRAM

As members of the Fort Smith Chamber of Commerce, MVSL employees are able to enjoy a FREE WEEK OF CLASSES at Baptist Marvin Altman Fitness Center, Mercy Fitness Center, and Yogaterrium. This is part of the Chamber's Wellness Week to promote Workplace Wellness.

Free Classes Available

FEBRUARY 3RD - FEBRUARY 7TH



Just tell them you are a chamber member when signing in.



Congratulation to Millie Meyers for winning our 2019 Commit to be Fit Healthy Lifestyle Competition. Millie is a great example of the healthy lifestyle!

Free Fitness Center Access

One week pass to Baptist Health- Marvin Altman Fitness Center
Interested in trying a class or checking out the fitness center? Come by anytime during wellness week for FREE!

Click [HERE](#) for more details on Family Swim, Child Care, Zumba, Yoga Classes and more!

Just tell them that you are a Chamber Member at the front desk !

Monday - Thursday 5:00 a.m. - 10:00 p.m.
Friday 5:00 a.m. - 8:00 p.m.

Free Fitness Classes

Mercy Fitness Center is offering FREE Classes for Chamber Members for the week of February 3rd-7th.

This is what is available all week at Mercy:

[Mercy Fitness 2020 Schedule](#)

Just tell them that you are a Chamber Member when you sign in!

 **Baptist Health**
MARVIN ALTMAN FITNESS CENTER



Free Yoga Classes

Swing by Yogaterrium on your lunch during wellness week and meet studio owner Terri Hargrove.

She will lead a free 30 minute beginner yoga class and answer your most common questions about yoga.

Healthy snacks and drinks will be provided.

Available Times & Locations:
Location: Yogaterrium 7424 Ellis St. at Chaffee Crossing
Days: Monday and Wednesday
Time: 12:45-1:45 PM

Location: Yogaterrium 2712 Grand Ave.
Days: Tuesday & Thursday
Time: 12:00-1:00 PM

Just tell them that you are a Chamber Member !



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

Wednesday (2nd and 4th Wednesday of each month)

Dr. Lori Boyd/Dr. Kelley Linton, Audiologists

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.

YOUR ATTENDANCE MATTERS!

MVSL has implemented a new attendance incentive program. Each month if you arrive on time, and work all of your scheduled shifts, you will receive a small token of appreciation at the beginning of the next month.

Each month you have the opportunity to win the prize of the month! But if you miss a shift, arrive late, or leave early, you forfeit that month's prize.

If at the end of the calendar year, you have not missed a shift, arrived late, or left early you will win \$500!

January: Newly Designed Exclusive MVSL T-Shirt



February: Sweetbay Giftcard



March: Specialty Bag of Popcorn



April: Chick Fil A Sandwich Voucher



May: Your favorite Candy & Drink

June: Newly Designed Exclusive MVSL T-Shirt

July: The Little Red Caboose Sno Cone Voucher



August: Lunch from MVSL, free for a week



September: Kopper Kettle Carmel Apple



October: Movie Passes for Two



November: Five extra christmas party prize entries

December: Exclusive MVSL Swag



PERFECT ATTENDANCE FOR THE YEAR = \$500

Happy Valentine's Day

- Candle Light
- Cards
- Chocolate
- Cupid
- Date
- Dinner
- First Kiss
- Memories
- Movie
- Pink
- Poem
- Proposal
- Red
- Romance
- Roses
- St. Valentine
- Sweetarts
- Teddy Bear
- True Love



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



Surprise Someone Special with a
 Valentine Bouquet
 Created & Delivered by
 Methodist Village Senior Living

ORDER FORM

_____ \$3 Single Carnation _____ \$5 Single Rose _____ \$25 Small Bouquet
 _____ \$50 Medium Bouquet _____ \$75 Large DZ Roses _____ \$75 Large Mixed Bouquet

RESIDENT'S NAME _____
 _____ CARE CENTER _____ ASSISTED LIVING/ASCU

MESSAGE:

PAYMENT INFORMATION

_____ Check _____ Cash _____ Credit Card (3% fee)
 Credit Card Prices \$3.09 \$5.15 \$25.75 \$51.50 \$77.25

NAME _____
 ADDRESS _____
 CC# _____
 EXPIRATION _____ CVC _____

- \$3 Single Carnation w/Ribbon & Special Message
- \$5 Single Rose w/Ribbon & Special Message
- \$25 Small Mixed Valentine's Day Bouquet (3-5 Flowers)
- \$50 Medium Mixed Valentine's Day Bouquet (6-10 Flowers)
- \$75 Large Valentine's Day Bouquet (12+ flowers)

ORDER DEADLINE
WEDNESDAY, FEBRUARY 5TH

EMPLOYEE RECOGNITION

STAFF ANNIVERSARIES

Kevin Alvarez	1 year
Syra Baker	1 year
Christina Battiest	2 years
Pamela Blocker	2 years
Bessie Keller	1 year
Beverly Milon	22 years
Stephanie Morlan	1 year
Melanie Raya	6 years
Rodney Register	5 years
Crystal Robinson	2 years
Caelyn Swafford	2 years
Cherry Thompson	21 years
Robert Walrod	1 year

FEBRUARY STAFF BIRTHDAYS

February 1	Kassie Hicks
February 3	Anastasia Lee
February 4	Peter Xiong
February 5	George Mack
February 11	Gloria Dominguez
February 18	Ashley Brown
	Kenna Klautd
February 22	Abigail Rodriguez
	Matthew Holloway
February 23	Beth Marrin
February 24	Michael May
February 25	Karen Gaines
February 27	Terri Kimble

JANUARY - FACEBOOK TOP FANS

You can become eligible for a top fan badge on our Facebook page by being one of the most active followers by liking, reacting to content, and commenting on or sharing posts. The following were Top Fans for January. After a random draw, Katie Corley is the TOP FAN winner for January and will receive a \$25 gift certificate.

Michael Frizzell
Amy Parmenter
Kimberly Brown
Millie Meyers
Melissa Watson
Misty Walters
Amber Courtney
Sandra Bailey
Katie Corley
Stephanie Morlan

EMPLOYEES OF THE WEEK

In January team members were awarded as Employees of the Week. They receive a reserved parking space, free meal for a week and a special treat. Congratulations to those who have been recognized for their hard work and dedication to our organization.





MILLIE MEYERS - CHIEF NURSING OFFICER

Serve wholeheartedly, as if you were serving the Lord, not men. - Ephesians 6:7

One fall crisp evening, I was inspired by a ten year old.

My husband and I were sitting up in the stands at our son's football game. As usual, our dinner for the night consisted of concession stand finds: french fries and a frito pie. Usually, we snarf our meal down and then set the paper dishes aside while we watch the ballgame. Of course, a mid-game snack of popcorn or some not so healthy treat along with a cup of hot chocolate is also part of our routine. Admittedly, after the game we are so anxious to get down the stands before the rest of the crowd that we often leave our trash behind.

As do many of the members of the crowd.

During the second quarter of the game, a precious little girl with a toboggan on her head came walking through the stands with a box. Typically kids will do this when they are selling something. This little one, however, was asking everyone if they had trash that needed to be discarded. She had a smile on her face and Jesus in her heart! You got the feeling that no one had coerced this kid to do this. She was "serving wholeheartedly, as if she were serving the Lord."

Sweet friends, how often do we grumble when it's our time to serve? I must admit that I sometimes do as well. But we must realize that we are representatives of our precious Lord and Savior. During His earthly days, Jesus did not grumble when it was time to go heal the sick. He did not roll his eyes or sigh heavily when the masses flocked to Him. Instead, He served wholeheartedly.

As did that ten year old little girl.

Peace,
Millie

Congratulations to Chester Bean for being honored for his service and presented with a Quilt of Valor.



FEBRUARY MENU

CAMPUS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Lunch Beef Tips over Rice, Stir Fried Vegetables, Dinner Roll, Orange Spice Bar Dinner Turkey Club Sandwich, Chips, Carrot Raisin Salad, Blonde Brownie
2 Lunch Pork Roast, Hasbrown Casserole, Broccoli, Cheddar Biscuit, Apple Cobbler Dinner Minestrone Soup, Patty Melt Sandwich, Tater Tots, Vanilla Pudding w/Peaches	3 Lunch Meatloaf, Mashed Potatoes w/gravy, Corn, Bread, Black Forrest Cake Dinner BLT on Toast, Copper Penney Salad, Chips, Chocolate Mousse	4 Lunch ChickenCordon Bleu, Rice Pilaf, Green Beans, Roll, Red Velvet Cake Dinner Chili Cheese Coney, Onion Rings, Baked Beans, Ice Cream Cup	5 Lunch Pinto Beans w/Ham, Fried Potatoes, Turnip Greens, Cornbread, Millionaire Pie Dinner Cheese Ravioli w/Meat Sauce, Salad, Garlic Breadstick, Cream Cheese Cookie	6 Lunch Polish Sausage, Sauerkraut, German Potato Salad, Bread, German Chocolate Cake Dinner Shepherd's Pie, Breaded Okra, Buttermilk Biscuit, Cherry Delight	7 Lunch Hamburger/ Cheeseburger, Tater Tots/Onion Rings, Brownie Dinner Chicken & Dumplings, Spinach, Dinner Roll, No Bake Cookie	8 Lunch Shake & Bake Pork Chop, Twice Baked Potato, Brussel Sprouts, Bread Dinner Tuna Salad Sandwich, Green Pea Salad, Chips, Fresh Fruit Salad
9 Lunch Lemon Pepper Chicken Breasts, Roasted Red Potatoes, Asparagus, Roll, Lemon Cream Pie Dinner Swedish Meatballs, Mashed Potatoes, Green Beans, Bread, Cupcake	10 Lunch Lasagna, Capri Vegetables, Garlic Breadstick, Banana Cake Dinner Turkey Pot Pie, Fried Squash, Sweet Potato Fries, Roll, Rice Pudding	11 Lunch Smothered Pork Chop, Mashed Potatoes, Harvard Beets, Roll, Pecan Pie Dinner Turkey Club Sandwich, Potato Chips, Pickle Spears, Frosted Spice Cake	12 Lunch Chicken Enchiladas, Spanish Rice, Beans, Chips/Salsa, Pineapple Upside Down Cake Dinner Goulash, California Vegetables, Cornbread, Creamed Grapes	13 Lunch Baked Ham, Baked Sweet Potato, Green Bean Casserole, Roll, Magic Cookie Bar Dinner Cream of Tomato Soup, Grilled Cheese, Cucumber & Tomato Salad, Rice Crispy Bar	14 Lunch Fried Catfish, French Fries, Coleslaw, Green Tomato Relish, Hushpuppies, Lemon Bar Dinner Beef Chili Mac Casserole, Salad, Texas Toast, Blueberry Muffin	15 Lunch Baked Chicken Breast, Rosemary Potatoes, Baby Carrots, Garlic Biscuit, Carrot Cake Dinner Breakfast Casserole, Hashbrowns, Toast/Jelly, Banana
16 Lunch Roast Beef, Mashed Potatoes w/gravy, Green Peas, Roll, Choc. Cream Pie Dinner Broccoli Cheese Soup, Egg Salad Sandwich, Macaroni Salad, Choc. Chip Cookie	17 Lunch Pork Cutlet, Roasted Red Potatoes, Mixed Greens, Bread, Hummingbird Cake Dinner Turkey Tetrazzini, Cranberry Sauce, Breaded Zucchini, Roll, Sliced Peaches	18 Lunch Spaghetti w/Meat Sauce, Salad, Garlic Toast, Angel Food Cake Dinner Cream of Tomato Soup, Bologna & Cheese Sandwich, Celery/Carrot Sticks, Ice Cream Cup	19 Lunch Stuffed Bell Pepper, Mashed Potatoes, Broccoli, Roll, M&M Bar Dinner Grilled Chicken on Bun, Sweet Potato Fries, Salad, Sugar Cookie	20 Lunch BBQ Pulled Pork, Potato Wedges, Baked Beans, Texas Toast, Chewy Raspberry Squares Dinner Cheese Omelet, Biscuit & Sausage Gravy, Hashbrowns, V-8, Mixed Berries	21 Lunch Hamburger/ Cheeseburger, Baked Beans, Potato Salad, Cheesecake w/Caramel Sauce Dinner Ground Beef Stroganoff, Stewed Tomatoes, Bread, Ambrosia	22 Lunch Breaded Chicken Filet, Mashed Potatoes w/gravy, Yellow Squash, Bread, Choc. Cake Dinner Salami & Cheese on Marble Rye, Macaroni Salad, Pickled Beets, Fruit Cocktail
23 Lunch Roast Turkey, Cornbread Dressing, Turkey Gravy, Carrots, Roll, Cherry Pie Dinner Fish N' Chips, Coleslaw, Bread, Orange Sherbet	24 Lunch Great Northern Beans, Fried Potatoes, Turnip Greens, Cornbread, Pear Cobbler Dinner Burrito Casserole, Refried Beans, Spanish Rice, Sopapilla Cheesecake	25 Lunch Open Faced Roast Beef Sandwich, Mashed Potatoes, Mixed Vegetables, Roll, Lazy Daisy Cake Dinner Cream of Potato Soup, Ham Salad Sandwich, PB Cookie	26 Lunch Baked Rosemary Chicken, Mashed Sweet Potatoes, Bread, Boston Cream Pie Dinner Cheeseburger, Onion Rings, Ice Cream Sandwich	27 Lunch Homemade Chili, Potato Wedges, Corn Nuggets, Brownie Dinner Chicken Salad on Croissant, Sliced Tomatoes, Pasta Salad, Jello	28 Lunch Fried Catfish, Pinto Beans, Coleslaw, Green Tomato Relish, Hushpuppies, Lemon Bar Dinner Hamburger Stew, Okra, Salad, Cornbread, Peach Crisp	29 Lunch Seasoned Pork Chop, New Potatoes, Green Beans, Roll, Banana Cake Dinner Chicken Strips w/Gravy, French Fries, Cucumber Salad, Bread, Cherry Cheesecake



INDEPENDENT LIVING NEWS

ACTIVITY CENTER

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

AFTER HOURS CONTACT INFORMATION

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

INDEPENDENT RESIDENTS FEBRUARY BIRTHDAYS

February 13	Ava Jones
February 18	Rebecca Ware
February 22	Patricia Dodson

MAILBOX FOR PAYMENTS

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

SHOPPING DAY

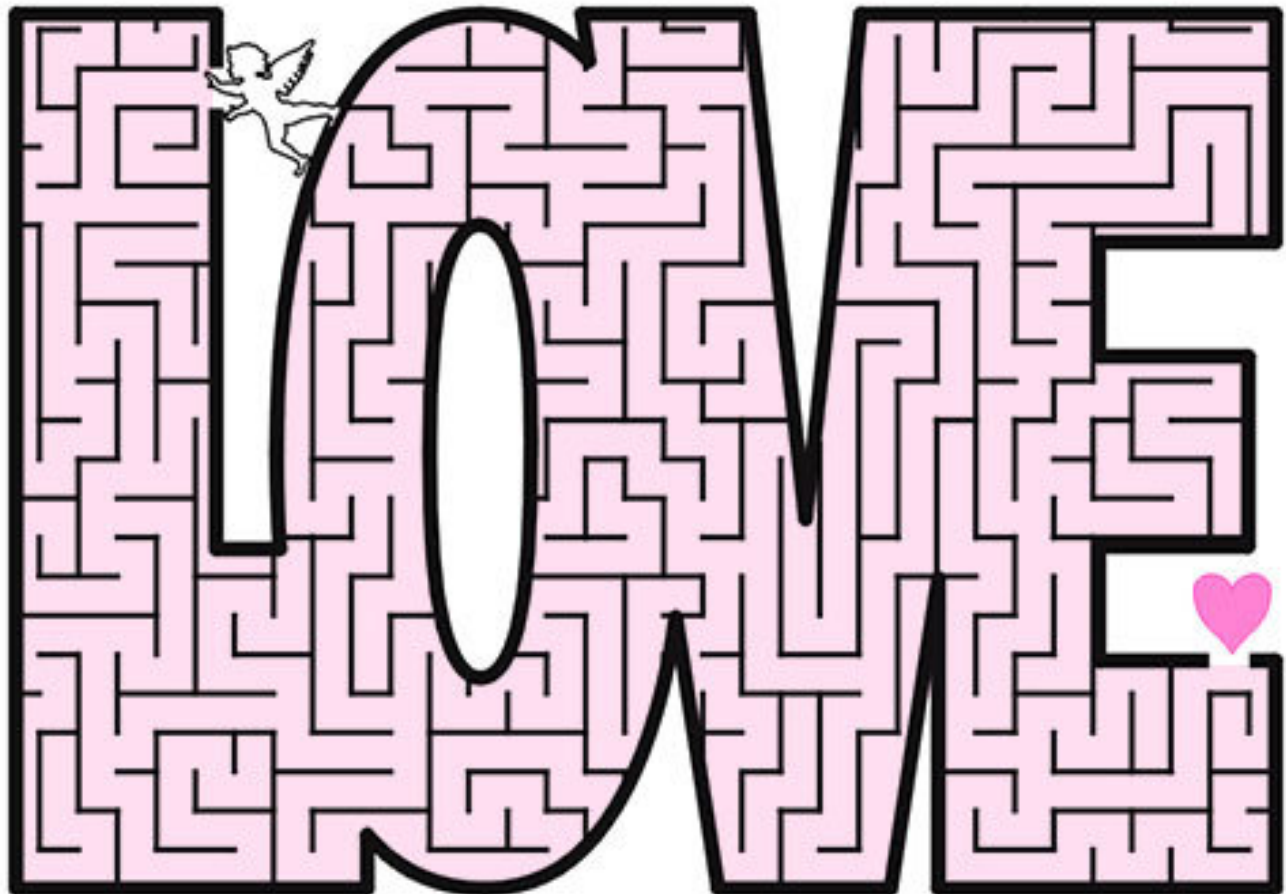
Shopping day will remain on Wednesdays. If you would like to go on the outing, please call Stephanie Morlan, Activities Director at 479-755-6406 for transportation.

TRASH

Trash should be set out at 4pm Monday - Wednesday - Friday.

EXTERMINATOR

February 11th at 8:30 am - please have doors unlocked.



CARE CENTER ACTIVITIES NEWS

Greetings Residents, Families, and Friends!

We are having so much fun in the Activities Department! We are loving getting to know each of you. Thank you to everyone who has been participating in the scheduled activities. We will continue to bring you the favorites and add in some new and exciting activities.

Thanks for your continued support and involvement.

Kassie Hicks & Caelyn Swafford

CARE CENTER RESIDENTS FEBRUARY BIRTHDAYS

February 8	Blanche Prudent
February 16	Jimmie Mantooth
February 19	Betty Dobbs
	Hazel Wagner
February 22	Mildred Hundley
February 23	Mary Darris
February 27	George Breazeal
	Lyman Hart

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 in the Administrative Office Conference Room.

FROM THE DESK OF OUR ADMINISTRATOR



Greetings Residents,
Families and Friends,

With all the changes in healthcare, the stress of rules and regulations, it's sometimes difficult to remember why we are healthcare providers. I am thankful for the opportunity we have to make a difference not only in the lives of our residents, but also our families and co-workers. It takes each one of us working together and supporting each other to create a comforting atmosphere. Happiness is not found in what's in it for us but in what we can do for others. A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is that reaction that allows us to not only love what we do, but to love and respect those around us. Thank you to all the staff, residents and families for allowing me to be a part of your lives.

Deanna Fears
Care Center Administrator

FEBRUARY ACTIVITIES

CARE CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10 AM Room Visits/Coffee Hour 2PM Bingo w/Lyman
2 10AM Worship Service w/Alicia Black 2:30PM Ice Cream Social	3 10:30AM Drums Alive 2:30PM Room Visits with lotion and hand therapy	4 10:30AM Parachute or Bowling 2:30PM Bingo w/Lyman	5 10:30AM Fancy Nails 2:30PM Coloring and Puzzles	6 10:30AM Noodle Bop w/Music 2:30PM Games w/Conner	7 10:30AM Popcorn and Movie of Choice 2:30PM Games in Activity Office	8 10AM Music w/Sherri Davis 2:30PM Bingo w/Lyman
9 10AM Worship Service w/Teresa Watson 2:30PM Ice Cream Social	10 10:30AM Drums Alive 2:30PM Fancy Nails	11 10:30AM Bible Study w/Caelyn 2:30PM Lotion Therapy w/Massage - Bingo w/Lyman	12 10:30AM Fancy Nails 2:30PM Coloring and Puzzles 5:15PM St. Paul United Methodist Church	13 10:30AM Noodle Bop w/Music 2:30PM Games w/Conner	14 10:30AM Baking Cookies 2:30PM Valentine's Day Party 7:30PM Bingo w/Tina	15 10AM Music w/Sherri Davis 2:30PM Bingo w/Lyman
16 10AM Worship Service w/Ian Schewiser 2:30PM Ice Cream Social	17 10:30AM Drums Alive 2:30PM Room Visits with lotion and hand therapy	18 10:30AM Parachute or Bowling 2:30PM Bingo w/Lyman	19 10:30AM Fancy Nails 2:30PM Coloring and Puzzles	20 10:30AM Noodle Bop w/Music 2:30PM Games w/Conner	21 10:30AM Communion w/Max 2:30PM Fancy Nails 7:30PM Bingo w/Tina	22 10AM Room Visits/Coffee Hour and Bible Study w/Tammie Cadding 2:30PM Bingo w/Lyman
23 10AM Worship Service w/Max 2:30PM Ice Cream Social	24 10:30AM Drums Alive 2:30PM Mardi Gras Trivia	25 10:30AM Bible Study w/Thomas Clark 2:30PM Mardi Gras Party	26 10:30AM Fancy Nails 2:30PM Birthday Party	27 10:30AM Noodle Bop w/Music 2:30PM Games w/Conner	28 10:30AM Popcorn and Movie of Choice 2:30PM Fancy Nails 7:30PM Bingo w/Tina	29 10AM Music w/Sherri Davis 2:30PM Bingo w/Lyman

IN-PATIENT AND OUT-PATIENT REHABILITATION



A struggle that we often face as our loved ones age is the transition to being their caregiver. One of the most common questions we are asked as therapists is, "Is it still safe for my loved one to drive?". Doing things like parking too far from the curb, having difficulty changing lanes, having slowed reaction time, having minor accidents, getting lost on familiar routes, or incorrectly leaving or entering streets/parking lots/freeways may be early signs that your loved one is no longer safe to drive.

What can you do if you feel they are unsafe to drive? It's a difficult conversation to have, but it is best to have a direct discussion. Your goals are to preserve the dignity, independence, and safety of your loved one—not to control them. Point out unsafe driving habits (e.g. "I noticed you didn't stop at that light.") not controlling statements (e.g. "I don't want you driving anymore."). Frame the discussion so it is helpful rather than threatening, by emphasizing existing skills and considering options at every stage. Make an appointment for your loved one to have a physical exam to determine whether changes are related to medication, nutrition, illness, injury, or the aging process. Attend this appointment with them and discuss your concerns with the physician so that your loved one does not feel that you are personally attacking them.

If everyone is in agreement that your loved one's driving on their own needs to adapt or stop, assist with developing a "transportation plan." Just as we plan for retirement options and finances as we age, we need to consider transportation options to ensure continued access to our community as drivers and/or passengers. Provide individualized suggestions, such as driving only familiar routes, during daylight, and on side streets. Encourage your loved one to accept offers of rides, or ask friends or neighbors for rides when they are not comfortable driving (e.g., in bad weather, when feeling fatigued, after dark, in unfamiliar locations). Remind your loved one that they are not only endangering themselves but also others.



Carol Heffley
MS, OTR/L

FROM THE DESK OF OUR ACTIVITIES DIRECTOR



Happy February to everyone!

For the month of February here at MVSL we will be “Leaping for Love.” I am sure you all have already noticed, but 2020 is a leap year. Also, February is American Heart Month and, of course, Valentine’s Day, so I thought how fitting to “Leap for Love” at MVSL! On Friday, February 7th please wear red to celebrate Heart Awareness Day. Throughout the month both Assisted Living and ASCU residents will have opportunities to give back to our community, namely the Kitties and Kanines shelter and Project Linus. The animal shelter is in need of cat and dog toys, which we will be making for our furry friends. Project Linus is a local organization that provides blankets to the children in our area who are ill or have been through a traumatic experience, so we will be using an easy tie method to make warm and loving fleece blankets. Some of the recipients that will benefit include Mercy NICU, Children’s Emergency Shelter and 188th Airman & Family Readiness. Then on Valentine’s Day we will have a Sweetheart Social where I want to encourage residents to bring photos and memories of their weddings while we reminisce. Feeding the birds has also been a big hit, so we will continue to love on our sweet birds in the courtyards and make bird feeders. To end our busy month we will have a Mardi Gras celebration that may even include a parade. Stay tuned for more details!

As always, I pray God’s blessings for all of us here at MVSL!

Stephanie Morlan

AL/ASCU RESIDENTS JANUARY BIRTHDAYS

February 2	Cassie Hudson
February 4	Bill Crowder
February 7	Christine Gill
February 16	Laura Fitzjarrell
February 19	Ewell Lee

FROM THE DESK OF OUR ADMINISTRATOR - TIFFANY PERRYMAN

Did you know that people have been celebrating Valentine’s Day since the 14th century? Your love may be for friends, family, or those around you who take care of you or help you each day. Over time it has become a special time to express love by giving those you care about special gifts like candy, flowers, & valentines’ cards; but there are many other ways that do not cost a thing to show the people you care about how much they mean to you. To me this holiday is all about reminding each of us to be loving, be caring, and always be kind. I hope that you will find time in this month known for love to make a simple gesture to let someone know they are loved. Maybe you could write a note of gratitude, give out a kind word, or just a simple smile to those you see throughout the day ~ they say the best gifts in life are free after all!

“Let us always meet each other with a smile, for the smile is the beginning of love.” - Mother Teresa

~Tiffany



FEBRUARY ACTIVITIES

ASSISTED AND INDEPENDENT LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:45 Devotional 1 Games - Resident Choice 3 Dominoes
2 11 Devotional 2 Worship w/Rocky 3 Superbowl PreGame	3 10:30 Devotional 2 Monday Manicures 6 Piano by the Dangs	4 10:30 Devotional 11 Project Linus - Blankets 3 Ageless Grace w/UAMS	5 10 Shopping Trip - Target 10:30 Bible Time w/Christy 3:45 Fireplace Fellowship 4:30 Wednesday Worship	6 10:30 Devotional 1:30 Doily Art 4 Bean Bag Baseball	7 10:30 Devotional 11 Word Challenge 3 Bingo WEAR RED FOR HEART AWARENESS DAY	8 10:45 Devotional 1 Games - Resident Choice 3 Dominoes
9 11 Devotional 2 Worship w/Jimmy	10 10:30 Devotional 2 Monday Manicures 3 February Birthday Party	11 10:30 Devotional 11 Olive Garden 3 Drums Alive	12 10 Shopping Trip - N. Market 10:30 Bible Time w/Christy 3:45 Fireplace Fellowship 4:30 Wednesday Worship	13 10:30 Devotional 1:30 Valentine Craft 3 Bean Bag Baseball	14 10:30 Devotional 2 Bingo 3 Sweetheart Social	15 10:45 Devotional 1 Games - Resident Choice 3 Dominoes
16 10 Worship w/Tommy 2 Bingo	17 10:30 Devotional 2 Monday Manicures 3 Bible Study w/Tom 4 Piano by the Dangs	18 10:30 Devotional 11 Project Linus - Blankets 3 Ageless Grace w/UAMS	19 10 Shopping Trip - Harps 10:30 Bible Time w/Christy 3:45 Fireplace Fellowship 4:30 Wednesday Worship	20 10 C.A.E. Art Project 11 Devotional 3 Bean Bag Baseball	21 10:30 Devotional 11 Shake Loose a Memory 2 Bingo	22 10:30 Gospel Sing Along 1 Games - Resident Choice 3 Dominoes
23 11 Devotional 2 Worship w/Dale	24 10:30 Devotional 11 Music w/ The Jeffries 6 Monday Manicures	25 10:30 Devotional 2 Mama's Place with Louise 3:30 MardiGras	26 10 Shopping Trip - Super Ctr 10:30 Bible Time w/Christy 3:45 Fireplace Fellowship 4:30 Wednesday Worship	27 10:30 Devotional 1:30 Animal Shelter Project 3:30 Remember When with JoAnn	28 10:30 Devotional 11 Panera & Library Visit 2 Bingo	29 10:45 Devotional 1 Games - Resident Choice 3 Dominoes

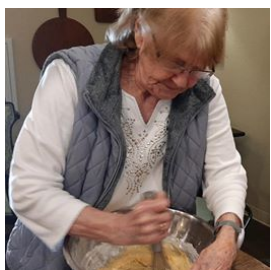


FEBRUARY ACTIVITIES

ASCU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10AM Morning Stretch 10:30AM Yarn Lacing 2PM Crazy Cards
2 10AM Morning Stretch 10:30AM Ball Toss 1PM Gospel Soul Singing	3 9:30AM Morning Stretch 10AM Finish the Drawing 2:15PM Twister Bean Bag	4 9:30AM Morning Stretch 10AM Shake Loose a Memory 2:15PM Baking Club	5 9:30AM Morning Stretch 10AM I Got It 2:15PM Winter Telling Tales	6 9:30AM Morning Stretch 10AM Pet Therapy w/Pixie 2:15PM Thumbball Toss	7 9:30AM Morning Stretch 10AM Balloon Art 2:15PM Bingo	8 10AM Morning Stretch 10:30AM Pictionary 2PM Harmonica Humming
9 10AM Morning Stretch 10:30AM Crazy Cards 1PM Gospel Soul Singing	10 9:30AM Morning Stretch 10AM Wood Craft 2:15PM Massage, Music & Aromatherapy	11 9:30AM Morning Stretch 10AM Balloon Challenge 2:15PM Making Birdfeeders	12 9:30AM Morning Stretch 10AM Name 10 2:15PM Beauty Shop Beauties	13 9:30AM Morning Stretch 10AM Unique Paintbrushes 2:15PM Word Challenge	14 9:30AM Morning Stretch 10AM Amazing Art 2:15PM Valentine Party	15 10AM Morning Stretch 10:30AM Musical Chair Ball 2PM Coloration
16 10AM Morning Stretch 10:30AM Ball Toss 1PM Gospel Soul Singing	17 9:30AM Morning Stretch 10AM Ribbon Dancing 2:15PM Right & Left Game	18 9:30AM Morning Stretch 10AM Shake Loose A Memory 2:15PM Baking Club	19 9:30AM Morning Stretch 10AM I Got It 2:15PM Beauty Shop Beauties	20 9:30AM Morning Stretch 10AM Making Blankets 2:15PM Thumbball Toss	21 9:30AM Morning Stretch 10AM Word Challenge 2:15PM Bingo	22 10AM Morning Stretch 10:30AM Pictionary 2PM Making Music
23 10AM Morning Stretch 10:30AM Crazy Cards 1PM Gospel Soul Singing	24 9:30AM Morning Stretch 10AM The unGame 2:15PM Massage, Music & Aromatherapy	25 9:30AM Morning Stretch 10AM Retro Trivia Challenge 2:15PM Mardi Gras Fun	26 9:30AM Morning Stretch 10AM Name 10 2:15PM Baking Club	27 9:30AM Morning Stretch 10AM Animal Shelter Project 2:15PM February Birthday Party	28 9:30AM Morning Stretch 10AM Word Challenge 2:15PM Bingo	29 10AM Morning Stretch 10:30AM Yarn Lacing 2PM Plumber Pal

Making and enjoying Pizzelles



Methodist Village Senior Living

7425 Euper Lane | Fort Smith, Arkansas

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Chief Executive Officer: Melissa Curry

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