



METHODIST VILLAGE

SENIOR LIVING

May 2020 | Volume 59 | Issue 5

A Monthly Publication of Methodist Village Senior Living

FROM THE DESK OF OUR CEO...



Dear MVSL Residents, Families and Friends:

April Showers Bring May Flowers! And boy do we need some sunshine and flowers!

I want to take a moment to say thank you to all our families and friends for being so patient through this horrific time! I know it is very frustrating and sad you are unable to see your loved ones. We understand because we are unable to see our loved ones as well. However, I want you to know we are doing everything possible to provide the best care, activities, and communication we can under the circumstances.

Our staff is doing one on one activities in each of our residents' rooms. We are providing spa days, in room picnics, hallway bingo and so many, many more activities. Now, that our inner courtyards are complete, residents can get some sunshine!

We are scheduling Face Time and Skype so you can visit with your loved one through technology! So, if you have not scheduled a time yet please do so!

With all the new CMS guidelines, our staff has been working extremely hard, and I want to give a huge shout out to them..." THANK YOU FOR YOUR LOVING, CARING HEARTS. WE APPRECIATE YOU!"

I also want to announce a new team member.... Bryant Dooly! Bryant has joined our team as our Chief Operating Officer! We are so thrilled to have Bryant and his wife, Genice back home in Arkansas. Bryant has always loved Methodist Village, even serving on our Board. He has a heart and passion for our Mission and Vision. I am so excited he is here and cannot wait for all of you to meet him!

Have a wonderful month and remember ...

"For the Lord is a mighty God, a mighty king over all the gods. He rules over the whole earth, from the deepest caves to the highest hills. He rules over the sea, which he made; the land also, which he himself formed. Come, let us bow down and worship him; let us kneel before the Lord, our Maker! He is our God; we are the people he cares for, the flock for which he provides. Listen today to what he says." Psalms 95:3-7.

Warmest Regards,
Melissa Curry, CEO

MVSL Mission

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

MVSL Vision

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



FROM THE DESK OF OUR COO

Dear MVSL Residents, Family and Friends:

I cannot begin to express how blessed I feel to be joining the Methodist Village family! I am so thankful to Melissa and the team for the warm welcome they have given me, in the midst of this most unusual, uncertain and challenging time. It is amazing how a tiny little virus can show us how fragile are the things we depend on and take for granted in our daily lives. As the Apostle Paul reminds us, we can find hope knowing that God is in control.

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.” Romans 15:13

Thanks again to all the loving, caring and hard working Methodist Village team and to our residents and their families for their continued patience and support.

Be well and stay safe!

Bryant



A CHAT WITH CHAPLAIN MAX GOINS

Are You Lonesome These Days???

In these days of “social distancing”, one of the major problems has become that everyone is getting lonely. For most of the last month or more, I have only been in the company of my wife. I am sure that she has had just about enough of me. I miss my visits at Methodist Village, I miss going to church. I have been working to alleviate this situation. Let me share what I have been doing.

The very last words of Jesus to His disciples were: “Surely I will be with you always, even to the end of the age.” (Matt 28:20) NIV. In these days when I cannot draw upon the vitality, vigor and spiritual life of my family and friends, I lean more heavily upon the presence of Jesus in my everyday life. Recently I read about a young man going to visit his grandmother in Lithuania. She was 85 years old and living alone. He was apologizing to her for her being so alone. Her reply to him was, “What do you mean, I am never alone. Jesus is in every room.” His promise always is that he will be with us. Rejoice in that promise.

At Heritage, our Timothy Team children learn a different scripture verse each week. Each week’s verse begins with a different letter of the alphabet. The D verse is; “Draw near to God and He will draw near to you.” (James 4:8) NIV. That is what I have been working at during these times of Crisis. I want to draw so near to the presence of God that His love will overshadow me and fill me with his presence. I read also this week about Brigid of Kildare, one of the patron saints of Ireland. She prayed so much and so fervently that she got lost in the presence of God and would know nothing of what was going on around her. She would then arise from her prayers and serve the people of Ireland as she felt Jesus would serve them. She truly experienced drawing near to God and feeling the power of His presence.

Use this time we are forced to be separated from others to draw close to God.

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.

MOTHER'S DAY FLOWERS

Surprise someone special with a Mother's Day or Just Because Bouquet created and delivered by MVSL.

Order deadline Thursday, May 7th. Call 479-755-6307.



UNIFORMS

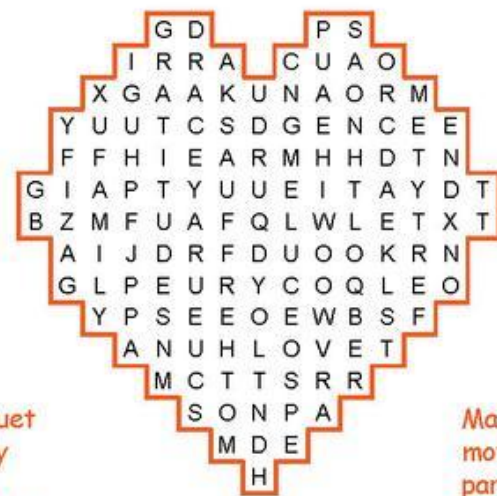
Uniform orders are in! Pick up in the Care Center Assisted Dining Room **Tuesday, May 5th** at the following times:

6:30 am - 7:30 am

10:30 am - 11:30 am

2:30 pm - 3:30 pm

Happy Mother's Day!



bouquet
candy
card
children
chocolate
daughter
family

flowers
gift
gratitude

heart
hug
love

May
mother
parent
perfume
present
son
Sunday



YOUR ATTENDANCE MATTERS!

MVSL has an 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.

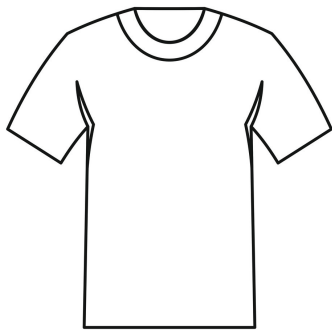
If at the end of the calendar year, you have not missed a shift, arrived late, or left early you will win \$500!

PERFECT ATTENDANCE

January - 151 employees
February - 152 employees
March - 135 employees

	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



EMPLOYEE GIVING CAMPAIGN

Our 4th Annual Employee Giving Campaign will kick-off Friday, May 29. The campaign provides an opportunity for and encourages staff to support our mission for others with a donation to the Legacy of Faith - Vision for the Future Capital Campaign. T-shirts will be available to those who contribute \$26 to the campaign.

This is our second year to have a contest for the t-shirt. Thank you to everyone who participated. We had 25 amazing entries! A selection committee will vote for the top five and we need your help in choosing the winner who will receive a \$25 Gift Card.

Please be watching for voting sheets to cast your vote for your favorite!



EMPLOYEE RECOGNITION

STAFF ANNIVERSARIES

Breanna Adams	1 year
Sarah Boardman	2 years
Maureen DeCora	2 years
Alma Diaz	1 years
Charles Garner	5 years
Stacey Harris	6 years
Amanda Johnson	2 years
Terri Kimble	25 years
Eric King	18 years
Robin Lowrance	1 year
Roxanne McGahan	9 years
Nicholas Otts	10 years
Audre Parham	3 years
Samantha Rodriguez	1 year
Daniela Tapia	1 years

STAFF BIRTHDAYS

May 2	Hoa Mai
	Teri Lamb
	Katee Jones
May 7	Teresa Williams
May 10	Amanda Standifer
May 14	Adriana Ortiz
	Brittany Keeland
May 16	Seth Gill
	Angela Brown
May 18	Beverly Milon
May 21	Melissa Lintz
	Camelia Bradley
May 23	Tina Browder
May 29	Sara Loneman
	Amanda Johnson
May 31	Megan Harrison

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 are our most recent Top Fans. After a random draw, Kimberly Brown, is the TOP FAN winner for April and will receive a \$25 gift certificate.

Suntra Beck
Kimberly Brown
Lori Chambliss
Kim Clark
Olivia Dy
Christy Gurule

Jason Henderson
Kassie Hicks
Sara Loneman
Amanda Standifer

EMPLOYEE OF THE WEEK

In April, Kim Wilcox, Melanie Raya, Dora Morgan, and Rochelle McReynolds were selected as Employees of the Week. They received a reserved parking space, free meal for a week and a special treat.

Congratulations! We truly appreciate your hard work and dedication to our organization.

Pictured: Millie Meyers, Melanie Raya, Melissa Curry





MILLIE MEYERS - CHIEF NURSING OFFICER

"The Lord is my shepherd, I shall not be in want.

He makes me lie down in green pastures,

he leads me beside quiet waters,

he restores my soul."

- Psalm 23:1-3

I am tired.

I am very tired. I must say, this Coronavirus has added a tremendous amount of stress, workload, and anxiety to us all. Usually, I am the "happy-go-lucky" type of girl. However, there just doesn't seem to be enough hours in a day...there just doesn't seem to be enough "me" to go around...

I have spoken with many people, and I am finding that many of us are tired. Many of us find ourselves weary and then wonder why it's so hard to enjoy our lives...it seems like we're kinda like sheep in need of a shepherd...

I heard once that sheep have to be made to lie down. And that they only do so when they feel secure. Apparently a sheep is capable of wearing itself out. It needs someone to say, "Take a rest, Buddy." Hmm. We're not so different! And Jesus knows that's true about us. That's why He says that He will be our shepherd. He will make sure that we lack nothing....including rest.

I love how the verse above says that the shepherd has the sheep lie down in "green pastures." What does a green pasture mean to a sheep? It means its needs are going to be met. The sheep is not worrying about going hungry. God wants us to live that way too. And, not just when it comes to our physical need but also those in our hearts as well. He says, "*Lie down, Girl. I'm going to take care of your needs. You can stop striving. Rest.*"

He also leads us to "quiet waters." Sheep need water that's quiet in order to be able to quench their thirst. They don't want to drink from raging rivers or stand on shores with crashing waves! We also need still places to be refreshed. Our schedules may feel like a tsunami is coming toward us, yet our Shepherd says that He has "quiet waters" for us to drink from instead.

Our role in all of this is to choose to be led by our Shepherd and not by our society. If sheep followed other sheep, they'd soon get in trouble. The flock would be worn out, in danger, and deprived of what it needed to survive. When we let the world around us define our need for rest, we put our hearts at risk. We have a good Shepherd. He doesn't want to drive us so hard that we fall down from exhaustion. He doesn't want to force us to go through life without nourishment and refreshment. If you're feeling like me, tired and worn out, then it's time to pause and see whose lead you're following.

A full schedule and an empty heart is a sure sign that it's time to draw closer to the Shepherd again. He's promised that you will lack nothing. What are you holding on to out of fear? What is not bringing real nourishment in your life? Where do you need to stop striving and instead begin trusting again?

Our Shepherd knows this about sheep: they're prone to stray. They don't even mean to do so a lot of the time. They get distracted by what looks good and can end up taking a long walk that wears them out. If that's happened to you, it's okay to ask the Shepherd to come get you and bring you home. Tell Him your heart is hungry and thirsty. Tell Him you need to lie down. Tell Him your soul needs to be restored. Our Shepherd already knows where we've been and what we've been through.

And He knows how to take care of us!

Peace,

Millie

MAY MENU

CAMPUS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>31 Lunch Roast Turkey, Cornbread Stuffing, Green Bean Casserole, Roll, Cranberry Sauce Dinner Taco Burger, Black Beans & Rice, Bread Pudding w/Lemon Sauce</p>					<p>1 Lunch Hamburger/Cheeseburger, Tater Tots/Onion Rings, Strawberry Pie Dinner Cream of Potato Soup, Chef Salad, Crackers, Oatmeal Raisin Cookie</p>	<p>2 Lunch Salisbury Steak w/Gravy, Steamed Rice, Broccoli w/Cheese Sauce, Roll, Frosted Cake Dinner Western Omelet, Hashbrowns, Tomato Slices, Biscuit w/Gravy, Pear Halves</p>
<p>3 Lunch Fried Chicken, Mashed Potatoes w/Gravy, Mixed Veggies, Roll, Choc. Cream Pie Dinner Ham Salad Sandwich, Potato Chips, Pineapple Slices w/Cottage Cheese</p>	<p>4 Lunch BBQ Pork on Bun, Baked Beans, Coleslaw, Cherry Cobbler Dinner Frito Pie, Cantina Corn, Chopped Lettuce and Tomatoes, Cinnamon Apples</p>	<p>5 Lunch Turkey Roast, Mashed Potatoes w/Gravy, Carrots, Roll, Angel Food Cake w/Strawberries Dinner Crunchy Fish, Macaroni & Cheese, Green Beans, Bread, Ice Cream</p>	<p>6 Lunch Spaghetti w/Meat Sauce, Salad, Garlic Bread, Brown Sugar Brownies Dinner Cheeseburger, French Fries, Relish Plate, Yogurt Parfait</p>	<p>7 Lunch Baked Ham, Pinto Beans, Cabbage, Cornbread Dinner Sausage Pizza, Salad, Cheese Sticks, Frosted Cupcake</p>	<p>8 Lunch Breaded Shrimp, French Fries, Coleslaw, Hush Puppies, Lemon Bar Dinner Chicken & Dumplings, Fried Okra, Garlic Biscuit, Mandarin Oranges & Bananas</p>	<p>9 Lunch Beef Tips w/Gravy, Butter Noodles, Tuscan Blend Veggies, Apple Crisp Dinner Broccoli Cheese Soup, Turkey & Swiss Sandwich, Crackers, Cantaloupe</p>
<p>10 Lunch Pork Roast, Potato Cheese Casserole, Green Beans, Roll, Pineapple Pretzel Dessert Dinner Sloppy Joe on Bun, Tater Tots, Cucumber Tomato Salad, Apricots</p>	<p>11 Lunch Baked Teriyaki Chicken, Rice Pilaf, Asparagus, Roll, Carrot Cake w/Cream Cheese Icing Dinner Cream of Tomato Soup, Grilled Cheese Sandwich, Strawberry Spinach Salad, Brownie</p>	<p>12 Lunch Glazed Meatloaf, Mashed Potatoes w/Gravy, Fried Squash, Roll, Fresh Fruit Dinner Fish Sandwich w/Cheese, Sweet Potato Fries, Tomatoes, Sugar Cookie</p>	<p>13 Lunch Baked Pork Chop, Baked Sweet Potato, Green Peas, Roll, Cheesecake w/Blueberries Dinner Patty Melt, Onion Rings, Salad, Pear Halves</p>	<p>14 Lunch Chicken Parmesan, Pasta w/Sauce, Carrots, Garlic Breadstick, Cherry Tart Dinner Pancakes, Scrambled Eggs, Bacon, Sausage, Banana</p>	<p>15 Lunch Hot Dog on Bun, Baked Beans, Potato Salad, Melon Cup Dinner Soup of Choice, Salad, Cubed Cheese, Crackers, Ice Cream</p>	<p>16 Lunch Lasagna, Italian Veggies, Salad, Garlic Toast, Fruited Gelatin w/Topping Dinner Chicken Strips, Scalloped Potatoes, Green Peas, Roll, Chocolate Chip Cookie</p>
<p>17 Lunch Roast Beef, Mashed Potatoes w/Gravy, California Veggies, Roll, Coconut Cream Pie Dinner Cheese Ravioli in Meat Sauce, Romaine & Grape Salad, Breadstick, Butterscotch Pudding</p>	<p>18 Lunch Baked Pork Loin, Mashed Sweet Potatoes, Stewed Tomatoes, Cornbread, Spice Cake w/Icing Dinner Vegetable Quiche, Hashbrown Potato, Tomatoes, Blueberry Muffin, Fresh Fruit Cup</p>	<p>19 Lunch Chicken Salad, Cottage Cheese, Tomato Wedges, Crackers, Creamy Grapes Dinner Beer Batter Fish, French Fries, Coleslaw, Hush Puppies, Lemon Cake</p>	<p>20 Lunch BBQ Beef on Bun, Potato Wedges, Pineapple Coleslaw, Cheesecake Dinner Cream of Tomato Soup, Pimento Cheese Sandwich, Salad, Crackers, Snickerdoodles</p>	<p>21 Lunch County Fried Steak, Mashed Potatoes w/Gravy, Mixed Veggies, Roll, Strawberries w/Topping Dinner Grilled Chicken Breast, Buttered Pasta, Broccoli, Peanut Butter Bar</p>	<p>22 Lunch Breaded Catfish, Pinto Beans, Turnip Greens, Cornbread, Lemon Pudding Dinner Hamburger Steak w/Brown Gravy, Baked Potato, Carrots, Roll, No Bake Cookie</p>	<p>23 Lunch Breaded Pork Chop, Roasted Red Potatoes, w/Brown Gravy, Creamed Peas, Roll, Coconut-Cranberry Bar Dinner Homemade Potato Soup, Bologna & Cheese Sandwich, Ice Cream Sandwich</p>
<p>24 Lunch Herb Baked Chicken, Long Grain & Garden Rice, Carrots, Roll, Apple Pie Dinner Hamburger Stew, Fried Yellow Squash, Cottage Cheese, Cornbread, Sliced Pineapple</p>	<p>25 Lunch Beef Enchilada Casserole, Chuckwagon Corn, Salad, Chips/Salsa, Sopapilla Cheesecake Dinner Sweet & Sour Pork, Fried Rice, Oriental Veggies, Egg Roll, Mandarin Oranges</p>	<p>26 Lunch Baked Ham, AuGratin Potatoes, Beets, Roll, Frosted Yellow Cake Dinner Egg Salad Sandwich, Potato Chips, Carrot Raisin Salad, Banana Muffin</p>	<p>27 Lunch Chicken Tenders, French Fries, Coleslaw, Cheese & Garlic Biscuit, Fruit Jello Dinner Sloppy Joe, Potato Wedges, Corn Nuggets, Apple Pie</p>	<p>28 Lunch Tuna Salad, Potato Salad, Pea Salad, Croissant, Melon Cup Dinner Baked Pork Chops, Twice Baked Potato, Brussel Sprouts, Roll, Oatmeal Raisin Cookie</p>	<p>29 Lunch Hamburger/Cheeseburger, Tater Tots/Onion Rings, Cherry Crisp Dinner Chicken Pot Pie, Herbed Rice, Squash Blend, Garlic Biscuit, Strawberry Mousse</p>	<p>30 Lunch Ham & Beans, Fried Potatoes, Mixed Greens, Cornbread, Angel Food Cake w/Strawberries Dinner Salami & Cheese on Marble Rye, Pasta Salad, Ambrosia</p>

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 MAY BIRTHDAYS

May 3 Jo Bobbitt

MAILBOX FOR PAYMENTS

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

SHOPPING DAY

Shopping days are suspended until further notice due to the COVID19 regulations.

TRASH

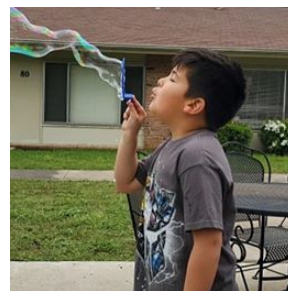
Trash should be set out at 3:30pm Monday - Wednesday - Friday.

EXTERMINATOR

The exterminator will be here on May 12th to spray 'outside' only. If you have a specific issue, please contact Security at 479-755-5009 to arrange an appointment for indoor spraying.

EMERGENCY CHILD CARE

We opened the Emergency Child Care Center on March 30, 2020. Thanks to the overwhelming support from the community for the donations to furnish the Child Care Center. We have three experienced Child Care staff members (Angie French, Shirley Cody, and Christy Soto-Fann) who been such a blessing to care for our staff's children.



FROM THE DESK OF OUR CARE CENTER ADMINISTRATOR

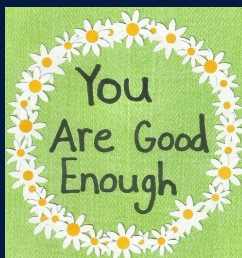


Greetings Residents, Families and Friends,

We have reached the time of year when the weather changes from chilly to warm and back again. It does appear that Spring is finally in the air. With the warm weather we will be able to enjoy the outdoors a lot more. We have two new courtyards in the care center that we are excited for everyone to start enjoying. Flowers have been and are being planted along with Mr. Hart and Joe planting lots of delicious vegetables in our West Hall courtyard. We are still doing everything possible to keep everyone active and engaged during this time. Please let us know of any ideas you might have to help us with this. Thank you to all the staff, residents and families for allowing me to be a part of your lives. Here is a pick me up poem that I found to share with all of you.

You're good enough to be your own sunshine. You're good enough to pick yourself back up and be just fine. You're good enough to think through life's challenges until you win. You're good enough to be anyone's best friend. You're good enough to sell the world your beautiful smile. All because you're good enough and unique with amazing style!

Deanna Fears



CARE CENTER RESIDENTS MAY BIRTHDAYS

May 2	Lorene Sehorn
May 9	Mary Cassingham Kay Wilson
May 14	Shirley Ingram
May 15	Arthur LeJong
May 16	James Snider
May 17	Jimmie Hignight
May 18	Reda Edwards
May 22	Ada Pybas
May 23	Thomas Blake Donna Walker
May 25	Charlene Brunnemeyer
May 26	Sally Fram
May 31	Noah Johnson



Word Search



See how many of these newspaper related words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|------------|-----------------|-----------------|-------------|
| 1. Mothers | 6. Holiday | 11. Respect | 16. Giving |
| 2. Day | 7. Loving | 12. Thoughtful | 17. Special |
| 3. Moms | 8. Caring | 13. Family | 18. Happy |
| 4. Kids | 9. Children | 14. Considerate | 19. May |
| 5. Parent | 10. Grandmother | 15. Honor | 20. Spring |

CARE CENTER ACTIVITIES DEPARTMENT



Greetings Residents, Families, and Friends!

It has been an awesome month in the activity department. I hope everyone is doing well during these crazy times we live in; I know we will all be happier when all this social distancing and COVID-19 goes away so you can see your families again.

I want to thank everyone that has helped during this time to keep our residents and families active in doing their favorite activities they enjoy. I want to thank all our departments for helping and pitching in where needed. We are grateful for everything you do every day!

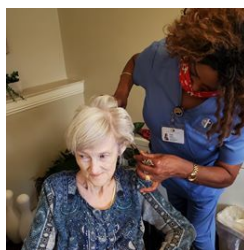
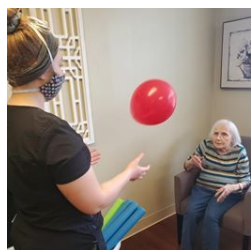
I want to share some exciting news coming in May, it is National Nursing Home Week 2020. During the second week of May, so May 11th- 15th we will be having activities and contest during the week that we encourage staff and residents to participate in. Here is some information about this that you need to know. National Skilled Nursing Care Week, formerly known as National Nursing Home Week, is one of the most important events of the year for nursing homes. Held annually since 1967 and always beginning on Mother's Day, National Skilled Nursing Care Center Week (NSNCW) is May 10-16, 2020. The observance is sponsored by the American Health Care Association and recognizes the role of skilled nursing care centers in caring for America's seniors and individuals with disabilities. "Sharing Our Wisdom" is the 2020 theme for NSNCW. The American Health Care Association offers insight on the theme: "'Sharing Our Wisdom' will celebrate skilled nursing centers, their residents and staff, by showcasing the insight, purpose and wisdom to be learned from our seniors, those living with dementia and people with developmental and intellectual disabilities. Residents offer a unique perspective based on their life experiences, reminding us to be present, celebrate the small moments, and value connections. NSNCW 2020 will focus on the collective wisdom that residents can offer and share."

Join Us to Celebrate National Nursing Home Week!

May 11th- 15th

Monday, May 11th	Disney Day/Superhero Day: wear your favorite Disney or superhero attire
Tuesday, May 12th	Crazy Hair Day: come show off how CRAZY your hair can be!
Wednesday, May 13th	Sports Day: wear your favorite team jersey
Thursday, May 14th	Mismatch Day: wear your mismatched clothes
Friday, May 15th	America Day: wear your red, white, blue

Kassie Hicks
Activities Director



MAY ACTIVITIES

CARE CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 10:30AM Magazine Reading 2:30PM Snacks & Hydration	Room to Room Visits Daily National Nursing Home Week 10th-16th Weather permitting we will go outside to do different activities throughout the month				1 10:30AM Finish Line Trivia in Rooms 2:30PM Ice Cream Floats in Rooms	2 10:30AM Room Visits with lotion therapy 2:30PM Room Visits with lotion therapy
3 10:30AM Magazine Reading 2:30PM Snacks & Hydration	4 10:30AM Noodle Bop in Rooms 2:30PM Noodle Bop in Rooms	5 10:30AM Hallway Bingo 2:30PM Virgin Daiquiri's in Rooms	6 10:30AM Fancy Nails w/Music in Rooms 2:30PM Fancy Nails w/Music in Rooms	7 10:30AM Noodle Bop w/Music in Rooms 2:30PM Noodle Bop w/Music in Rooms	8 10:30AM MOTHER'S DAY Tea Party 2:30PM Ice Cream Social in Rooms	9 10:30AM Room visits w/ Reminiscing and Devotion 2:30PM Room visits w/ Reminiscing and Devotion
10 10:30AM Magazine Reading 2:30PM Snacks & Hydration MOTHER'S DAY	11 <small>DISNEY DAY/ SUPERHERO</small> 10:30AM Disney Scavenger Hunt 2:30PM Popcorn and Soda in Rooms	12 <small>CRAZY HAIR DAY</small> 10:30AM Hallway Bingo 2:30PM Popcorn and Soda in Rooms	13 <small>SPORTS DAY</small> 10:30AM Cotton Candy w/Music 2:30PM Nachos & Cheese in Rooms or on Patio	14 <small>MISMATCH DAY</small> 10:30AM Noodle Bop in Rooms 2:30PM Grilled Cheese in Rooms or on Patio	15 <small>RED, WHITE & BLUE DAY</small> 10:30AM Snow Cones in Rooms or on Patio 2:30PM Capture the Flag	16 10:30AM Room Visits with lotion therapy 2:30PM Room Visits with lotion therapy
17 10:30AM Magazine Reading 2:30PM Snacks & Hydration	18 10:30AM Sittercise w/Music in Rooms 2:30PM Sittercise w/Music in Rooms	19 10:30AM Hallway Bingo 2:30PM Cookie Social in Rooms or on Patio w/ Calendar Club	20 10:30AM Fancy Nails w/Music in Rooms 2:30PM Fancy Nails w/Music in Rooms	21 10:30AM Noodle Bop w/Music in Rooms 2:30PM Noodle Bop w/Music in Rooms	22 10:30AM Finish Line Trivia in Rooms 2:30PM Ice Cream Social in Rooms	23 10:30AM Room visits w/ Reminiscing and Devotion 2:30PM Room visits w/ Reminiscing and Devotion
24 10:30AM Magazine Reading 2:30PM Snacks & Hydration	25 10:30AM Sittercise w/Music in Rooms 2:30PM Sittercise w/Music in Rooms	26 10:30AM Hallway Bingo 2:30PM Popcorn and Soda in Rooms	27 10:30AM Fancy Nails w/Music in Rooms 2:30PM Fancy Nails w/Music in Rooms	28 10:30AM Noodle Bop w/Music in Rooms 2:30PM Noodle Bop w/Music in Rooms	29 10:30AM Finish Line Trivia in Rooms 2:30PM Birthday Party in Rooms	30 10:30AM Fancy Nails w/Music in Rooms 2:30PM Fancy Nails w/Music in Rooms

IN-PATIENT AND OUT-PATIENT REHABILITATION



May is national osteoporosis awareness month. Osteoporosis is a disease that therapists see often. It affects many people in different ways. Osteoporosis can have a profound impact on your life.

Osteoporosis is a disease in which the bones become weak and brittle. As this occurs, your risk of a fracture (broken bone) is greatly increased. Age is one of the greatest risk factors for osteoporosis.

This impact of aging is significant. You may not realize it, but your bones are constantly regenerating. New bone tissue is created and old bone tissue is broken down. As you grow older, this process slows down. Most people reach their greatest bone mass level by the age of 30! As we continue to age, we lose bone mass at a faster rate than new bone tissue is created. Age is the one factor of osteoporosis that is out of your control.

Thyroid problems, low calcium intake, and gastrointestinal surgeries can increase your likelihood of developing osteoporosis. In addition, medications to treat seizures, reflux, and cancer can increase your risk of osteoporosis. Diseases such as celiac disease, IBS, kidney disease, liver disease, lupus, and rheumatoid arthritis can also increase your chances of developing osteoporosis. Working with your physician to identify these risk factors is important.

As osteoporosis is sometimes considered a "silent" disease, it is important to have screenings to monitor for osteoporosis. You can be checked for osteoporosis by having a simple, painless test known as the DXA/DEXA scan. It is similar to having an x-ray. By identifying osteoporosis, you can work with your physician to achieve the best bone health possible.

With your physician's guidance, you can make lifestyle changes to keep your bones as healthy as possible. They include: reducing the use of alcohol and tobacco, maintaining a healthy body weight, optimal protein intake, optimal calcium and vitamin D intake, and exercise. There are also medications to slow bone loss.

As therapists, we have seen so many people impacted by osteoporosis. Falls resulting in fractures, spontaneous fractures, chronic pain, etc. are common issues that we help our patients manage. Taking the steps to identify and decrease your risk of developing osteoporosis can greatly improve your quality of life!

Carol Heffley
MS, OTR/L

FROM THE DESK OF OUR ACTIVITIES DIRECTOR

Hello to everyone,

I hope this greeting finds everyone well! April is behind us now with our memories to hold on to. The social distancing and quarantine continues to be a challenge, and may even be making some of us frustrated or perhaps even anxious with our month of May in front of us. It seems the MVSL residents and staff have been resilient despite the circumstances, which is so amazing to me. We serve a mighty God and can have peace as long as we stay focused on Him! A resident in our Assisted Living shared this with me, and it is too good not to share with you all:

Watch your thoughts; they become words.

Watch your words; they become actions.

Watch your actions; they become habits.

Watch your habits; they become character.

Watch your character; it becomes your destiny.

Blessings,
Stephanie Morlan



FROM THE DESK OF OUR ADMINISTRATOR



Hello Everyone,

Well, we have settled into a 'quarantine routine' and things have become almost a new normal...and sometimes this can frustrate me, and I am thinking it might frustrate you too at times.

Here are some things I have been practicing in order to lift my mood and my spirits! I hope they work for you as well.

1. Deep breathing-breathe in slowly and deeply while counting to four, hold it for four seconds, then breathe out for four seconds.
2. Get some fresh air-take a moment to enjoy the sun, listen to the birds, or watch the squirrels.
3. Move-stretch in place, walk, or simply change your location to another room for a bit.
4. Laugh out loud-tell someone a funny story from your past that always makes you laugh, watch a funny video, or ask someone to tell you a joke.
5. Have gratitude-start listing the things you are thankful for. Sure, there are a lot of tough moments right now, but what about the good things in your life? I have found that this truly shifts my perspective when I think about what I am thankful for, and how life 'could' be!

Enjoy your day!

~Tiffany

AL/ASCU RESIDENTS MAY BIRTHDAYS

May 17	Douglas Stephens
May 21	Marilyn Bell
May 27	Jenette Buchanan

Congratulations to Sarah Tisdale for winning \$100!

She was able to recite our mission and/or vision and then she chose the candy bar with a star.



MAY ACTIVITIES

ASSISTED AND INDEPENDENT LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Room to Room Visits Daily Activities Subject To Change					1 10:45 Chair Exercise 11 Devotional 2 Bingo	2 10:45 Devotional 1 Movie-Resident Choice
3 11 Scripture Reading 2:30 Ice Cream Cart	4 10:45 Chair Exercise 11 Devotional 2:30 Drumming Fun	5 10:45 Chair Exercise 11 Devotional 2:30 Cinco De Mayo Treat	6 10:45 Chair Exercise 11 Devotional 2:30 Root Beer Floats	7 10:45 Chair Exercise 11 Devotional Afternoon Spa	8 10:45 Chair Exercise 11 Devotional 2 Bingo	9 10:45 Devotional 1 Movie-Resident Choice
10 11 Scripture Reading 2:30 Ice Cream Cart	11 10:45 Chair Exercise 11 Devotional 2:30 Name 10	12 10:45 Chair Exercise 11 Devotional 2:30 Flower Pens	13 10:45 Chair Exercise 11 Devotional 2:30 Sweets Cart	14 10:45 Chair Exercise 11 Devotional Afternoon Spa	15 10:45 Chair Exercise 11 Devotional 2 Bingo	16 10:45 Devotional 1 Movie-Resident Choice
17 11 Scripture Reading 2:30 Ice Cream Cart	18 10:45 Chair Exercise 11 Devotional 2:30 Drumming Fun	19 10:45 Chair Exercise 11 Devotional 2:30 Fabric Trees	20 10:45 Chair Exercise 11 Devotional 2:30 Pineapple Whip	21 10:45 Chair Exercise 11 Devotional Afternoon Spa	22 10:45 Chair Exercise 11 Devotional 2 Bingo	23 10:45 Devotional 1 Movie-Resident Choice
24 11 Scripture Reading 2:30 Ice Cream Cart	25 10:45 Chair Exercise 11 Devotional 2:30 Trivia Challenge	26 10:45 Chair Exercise 11 Devotional 2:30 Planting Fun	27 10:45 Chair Exercise 11 Devotional 2:30 Sweets Cart	28 10:45 Chair Exercise 11 Devotional Afternoon Spa	29 10:45 Chair Exercise 11 Devotional 2 Bingo	30 10:45 Devotional 1 Movie-Resident Choice
31 11 Scripture Reading 2:30 Ice Cream Cart						

MAY ACTIVITIES

ASCU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Room to Room Visits Daily Activities Subject To Change					1 9:30AM Morning Exercises & Devotional/Chronicle 2:15PM Bingo	2 10AM Morning Exercises & Devotional/Chronicle 2PM Word Search
3 10AM Morning Exercises & Devotional/Chronicle 1PM Gospel Soul Singing	4 9:30AM Morning Exercises & Devotional/Chronicle 2:15PM Explore w/Paint	5 9:30AM Morning Exercises & Devotional/Chronicle 2:15PM CincoDe Mayo Fun	6 9:30AM Morning Exercises & Devotional/Chronicle 2:15PM Fancy Nails	7 9:30AM Morning Exercises & Devotional/Chronicle 2:15PM Making Grahams	8 9:30AM Morning Exercises & Devotional/Chronicle 2:15PM Bingo	9 10AM Morning Exercises & Devotional/Chronicle 2PM Coloration
10 10AM Morning Exercises & Devotional/Chronicle 1PM Mother's Day Tea	11 9:30AM Morning Exercises & Devotional/Chronicle 2:15PM Name Game	12 9:30AM Morning Exercises & Devotional/Chronicle 2:15PM Making Butter	13 9:30AM Morning Exercises & Devotional/Chronicle 2:15PM Charades	14 9:30AM Morning Exercises & Devotional/Chronicle 2:15PM Ribbon Dancing	15 9:30AM Morning Exercises & Devotional/Chronicle 2:15PM Bingo	16 10AM Morning Exercises & Devotional/Chronicle 2PM Scrabble
17 10AM Morning Exercises & Devotional/Chronicle 1PM Gospel Soul Singing	18 9:30AM Morning Exercises & Devotional/Chronicle 2:15PM Explore w/Paint	19 9:30AM Morning Exercises & Devotional/Chronicle 2:15PM Fancy Nails	20 9:30AM Morning Exercises & Devotional/Chronicle 2:15PM Magazine Scavenger	21 9:30AM Morning Exercises & Devotional/Chronicle 2:15PM Making No Bakes	22 9:30AM Morning Exercises & Devotional/Chronicle 2:15PM Bingo	23 10AM Morning Exercises & Devotional/Chronicle 2PM Word Search
24 10AM Morning Exercises & Devotional/Chronicle 1PM Gospel Soul Singing	25 9:30AM Morning Exercises & Devotional/Chronicle 2:15PM Name Game	26 9:30AM Morning Exercises & Devotional/Chronicle 2:15PM Making Ice Cream	27 9:30AM Morning Exercises & Devotional/Chronicle 2:15PM Charades	28 9:30AM Morning Exercises & Devotional/Chronicle 2:15PM Drumming	29 9:30AM Morning Exercises & Devotional/Chronicle 2:15PM Bingo	30 9:30AM Morning Exercises & Devotional/Chronicle 2:15PM Coloration
31 10AM Morning Exercises & Devotional/Chronicle 1PM Gospel Soul Singing						

Methodist Village Senior Living

7425 Euper Lane | Fort Smith, Arkansas

President Board of Directors: Charlie Wohlford

Chief Executive Officer: Melissa Curry

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

Email inquiries: hereforyou@methodistvillage.com

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



Facebook
[@methodistvillageseniorliving](https://www.facebook.com/methodistvillageseniorliving)



Instagram
[methodistvillageseniorliving4](https://www.instagram.com/methodistvillageseniorliving4)



LinkedIn
Methodist Village Senior Living



Twitter
[@mvsl9](https://twitter.com/mvsl9)

METHODIST VILLAGE
SENIOR LIVING

CAMPUS DIRECTORS



Deborah Covitz
Accounting Director



Joanie Feyen
Dietary Director



Alicia Hanson
Education Director



Matthew Holloway
Security Director



Ella Jones
Social Services Director



Katee Jones
Executive Assistant to CEO



Amy Parmenter
MDS Director/Asst.
Administrator



Carol Smith
Bus. Development Director



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.