



# METHODIST VILLAGE

## SENIOR LIVING

August 2020 | Volume 59 | Issue 8

A Monthly Publication of Methodist Village Senior Living

### FROM THE DESK OF OUR CEO...



Dear Residents, Families, Friends, Volunteers:

MVSL would not be what it is without our amazing residents, families, and staff, but also our outstanding Board. The MVSL Board supports in so many ways, with their wisdom, their means, and with their dedication to our mission and vision.

Three of our outstanding Board Members roll off this year; Dr. Taylor Prewitt, Ms. Dovie Tinsley, and Mr. George Moschner. Each one of these individuals have given many many hours of their own time to help create who we are today. Please help us celebrate these wonderful individuals in saying thank you for everything you have given and done to support all of us!

We hope you can now fill your time and energy doing something for yourselves, but knowing each one of you, I know it will be supporting other great causes.

Warmest,  
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

Greetings!

In my last note I expressed my excitement that summer was approaching and how much I looked forward to the chance to get outside and relieve some cabin fever. At the time, I had no idea we would still be facing the challenges of a runaway virus two months later! I continue to be both amazed and encouraged by the strength and patience our loving Father continues to pour out on our residents and families and our staff as we navigate through this most difficult time. It is my belief we WILL get through this together and He will use this time to make us more loving, understanding, and Godly humans.

While our current circumstances have certainly modified our daily activities, our mission to "provide wonderful life experiences." has not changed. We are continuing to move forward with a number of campus enhancement projects and I look forward to providing updates on those as we move along.

Thanks again for the continued love, patience, hard work, and prayers. I also want to express my appreciation to our MVSL Board for your unwavering support and guidance.

Be well and stay safe!



## A CHAT WITH CHAPLAIN MAX GOINS

I Love Poetry

I came by this love of poetry in a very strange way. In my early student days I was very weak in grammar. I mean very weak. It kept my grade level down low. When it got so low that I might not be eligible to play sports for the school, my English teacher, Anna Shepherd would give me a poem to memorize and recite before the class. The extra grades she gave me for the poems raised my grade and kept me eligible. I want to share with you one of the poems I love.

### ***No Disappointment in Heaven***

There's no disappointment in Heaven  
No Sickness, Sorrow or Pain  
No Hearts that are Bleeding and Broken  
No Songs with a Minor Refrain  
We'll never Grow Hungry or Thirsty  
Or Languish in Poverty There  
For all of God's Wonderful Blessings  
His Sanctified People Shall Share  
There will be no Crepe on the Door Knobs  
No Funeral Trains in the Sky  
No Graves on the Hillside of Glory  
For There we shall nevermore Die.

Mrs. Shepherd knew I planned to be a preacher, so all the poems she asked me to memorize were fitting for my future. I did not realize at the time how God was at work in my life, preparing me to preach His Word. Hope you enjoyed this poem. What a future is in store for all of us.

# 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. For an appointment with any other providers, contact Sarah Tisdale, Resident Liaison AL/ASCU, at 479-401-6550.

### **Southwest Times Record Community Choice Awards 2020 Best of the Best**

We are so honored to be nominated for 2020 Best of the Best in the following categories:

Home & Finance -  
Assisted Living  
Nursing Home  
Retirement Community

People & Places -  
Place to Work

Voting for the top 3 will be August 23rd through September 13th! Please be watching for how to vote.



2019:

Best Assisted Living Top 3  
Best Retirement Community Top 3  
Best Nursing Home Winner



2018:

Best Nursing Home Winner



2017:

Best Nursing Home Winner



2016:

Best Senior Living Facility Top 3

# 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 TRACKER

January - 151 employees

February - 152 employees

March - 135 employees

April - 150 employees

May - 154 employees

June - 153 employees

July - TBD

### July: Sonic Slush Coin

August: Lunch from MVSL, for a week

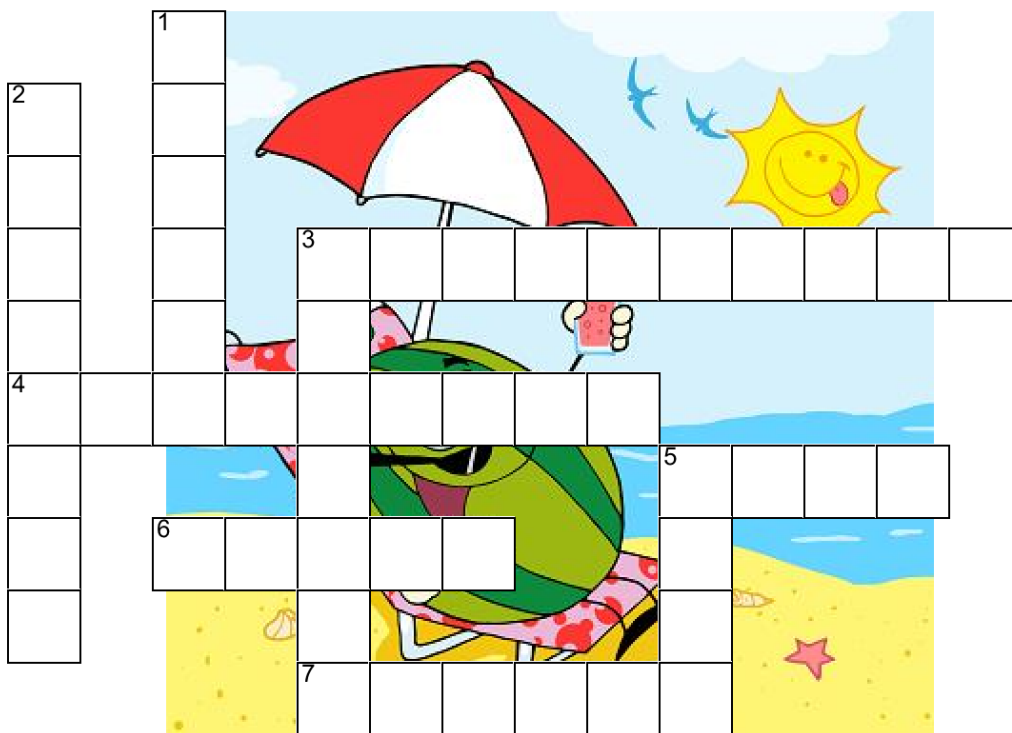
September: Kopper Kettle Caramel Apple

October: Movie Passes for Two

November: Five extra Christmas party prize entries

December: Exclusive MVSL Swag

## Summer Crossword



### Across

3. I love to build this in the sand.
4. I love to run through it and it makes me wet.
5. I have one in my backyard that I love to swim in.
6. A place that has lots of sand and water.
7. I use this to pick up sand

### Down

1. The hottest time of the year.
2. I wear this to swim.
3. I like to wear these on my feet when it is hot.
5. I use this to put the sand in.

## In Summer

by Liana Mahoney

Pour on lotion,

Rub it in.

Perfect for

My summer skin.

On my bike

Or in the pool,

A sip of water

Keeps me cool.

Shades are on,

Flip-flops, too.

In summer there's

So much to do!

# EMPLOYEE RECOGNITION

## STAFF ANNIVERSARIES

Kimberly Odle	1 year
Angela Brown	1 year
Maricela Garcia	1 year
Sherry Goodson	14 years
Amanda Hays	10 years
Matthew Holloway	1 year
Chelsea Jones	3 years
Heather King	4 years
Sherry Melton	2 years
Brittany Plymale	1 year
Colton Raigains	3 years
Cholette Rosas	1 year
Summer Scantling	1 year
Frances Stone	11 years
Gabrielle Taylor	2 years

## STAFF BIRTHDAYS

August 1	Summer Scantling
August 3	Christy Gurule
August 4	Syra Baker
	Alexandra Mitchell
	Rebecca Doucette
August 6	Audre Parham
August 8	Colton Ragains
August 9	Gabrielle Taylor
August 10	Roxanne McGahan
	Misty Walters
August 11	Amy Parmenter
August 17	Brook Bays
August 19	Kimberly Wilcox
August 20	Christy Soto-Fann
August 23	Skylar Bonaparte
August 26	Nancy Wallbaum-Kaiser
	Bessie Keller
	Shawna McBride
August 28	Tiffany Taylor
August 29	Brandie Simmons
August 31	Linda Edwards

## EMPLOYEE OF THE WEEK

### ***Pam Blocker***

Activities Department

### ***Logan Hanson***

Environ. Svcs. Department

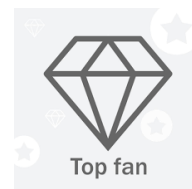
### ***Carol Smith***

Bus. Development Dir.



Those listed above were selected as Employee of the Week during the month of July. They each 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.

## FACEBOOK TOP FAN



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**. After a random draw, Beth Marrin, is the TOP FAN winner for June and will receive a \$25 gift card.



## MILLIE MEYERS - CHIEF NURSING OFFICER

***Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good, pleasing and perfect will.***

**-Romans 12:2**

When I meditate on this verse, I must say my mind usually gravitates on *Do not conform any longer to the pattern of this world*. However, today when I studied this verse, *but be transformed by the renewing of your mind* really stood out to me. That's the beauty of reading Scripture...

If I evaluate what I spend my time thinking and worrying about and what images and words I allow in to my mind, I regrettably say that my mind definitely needs some transformation!

And then, I immediately am led to this verse, ***"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things."*** (Philippians 4:6-8)

This verse reminds me that worrying adds nothing to our lives and only serves to shrink our trust in God. When we trust in God, we receive peace which guards our hearts and minds. Paul recognizes the importance of our thought life and teaches us what to dwell on. Viewed in context, these verses serve to drive home one point:

**Be mindful of your thought life, because your thoughts become your actions.**

I have heard it said, *"What you think about continually, you will do eventually."* Rejoicing in the Lord and dwelling over pure and lovely things leads to action of a certain type.

So does worry.

Which will you choose today?

Peace,  
Millie

**“Don't worry about anything, instead, pray about everything. Tell God what you need, and thank Him for all He has done.”**

**— Philippians 4:6-8**



# 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 AUGUST BIRTHDAYS

August 8 Mary Stacy

## 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 COVID-19 regulations.

## TRASH

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

## EXTERMINATOR

The exterminator will be here on August 11th to spray 'outside' only. If you have a specific issue, please contact Security at 479-755-5009 to arrange an appointment for indoor spraying.

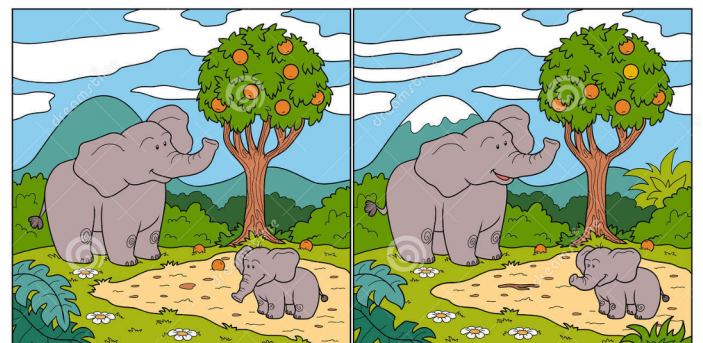
### Summer Word Search

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

Find these words.

family	sun	beach	June
summer	hot	pool	July
vacation	fun	swimming	August

## Find the Difference



# FROM THE DESK OF OUR CARE CENTER ADMINISTRATOR



Greetings Residents, Families and Friends,

We are continuing to be challenged with regulations related to COVID-19. The good news is that we have managed to keep our residents safe. We are continuing the window visits, Facetime and phone calls for our residents and families. We will continue to update everyone as we go through each stage.

We appreciate everyone's cooperation and support during this time and hopefully sometime soon we can be together again. As always, please do not hesitate to reach out to us if you have any questions or concerns. Our top priority has been and will always be the safety and well-being of our residents.

"Don't be afraid to give your best to what seemingly are small jobs. Every time you conquer one it makes you that much stronger, if you do the little jobs well, the big ones will tend to take care of themselves."

Stay strong and God bless each and every one of you!

Deanna Fears




## CARE CENTER RESIDENTS AUGUST BIRTHDAYS

August 8	Deloris Soucy
August 9	Joann Combs
August 12	Paulette Boyce
August 13	Norma Gilbert
August 17	Effie Plunkett
August 18	Geraldine Kincy
August 21	Helen Leonhardt
August 24	Mary Kientz
August 30	Hortense Stafford
August 31	Iris Hightower


## CARE CENTER RESIDENTS RECEIVED A COMPANION



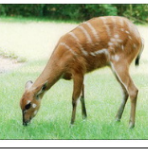



n	t	r	l	a	i	e	g



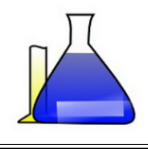
j	e	k	i	s	t



p	e	l	e	o	t	n	a



e	s	l	k	a	a	b	l	b	t



e	m	l	i	c	h	a	c

## ACTIVITIES



# AUGUST MENU

# CARE CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Lunch 30</b> Pork Roast, Potato Casserole, Green Beans, Roll, Pineapple Pretzel Dessert</p> <p><b>Dinner</b> Ham Salad Sandwich, Pea Salad, Deviled Eggs, Corn Chips, German Chocolate Brownie</p>	<p><b>Lunch 31</b> Baked Teriyaki Chicken, Rice Pilaf, Asparagus, Roll, Carrot Cake w/Frosting</p> <p><b>Dinner</b> Egg Salad Sandwich, Pasta Salad, Pickle, Peaches &amp; Cream Dessert</p>					<p><b>Lunch 1</b> Lasagna, Italian Veggies, Salad, Garlic Bread, Fruited Gelatin</p> <p><b>Dinner</b> Chicken Tenders, Scalloped Potatoes, Green Peas, Roll, Chocolate Chip Cookie</p>
<p><b>Lunch 2</b> Roasted Beef, Mashed Potatoes w/Gravy, Veggies, Roll, Coconut Cream Pie</p> <p><b>Dinner</b> Cheese Ravioli w/Meat Sauce, Salad, Garlic Breadstick, Butterscotch Pudding</p>	<p><b>Lunch 3</b> Chicken Alfredo over Noodles, Italian Veggies, Garlic Toast, Apple Pie</p> <p><b>Dinner</b> Turkey Tetrizzini, Cranberry Sauce, Zucchini, Garlic Breadstick, Sliced Peaches</p>	<p><b>Lunch 4</b> Chili, Half Baked Potato, Salad, Frosted Chocolate Cupcake</p> <p><b>Dinner</b> Cream of Potato Soup, Chef Salad, Breadstick, Apricot Halves</p>	<p><b>Lunch 5</b> Pinto Beans w/Ham, Fried Potatoes, Spinach, Cornbread, Blueberry Cobbler</p> <p><b>Dinner</b> Chili Cheese Coney, Onion Rings, Baked Beans, Ice Cream Sandwich</p>	<p><b>Lunch 6</b> Stuffed Bell Peppers, Mashed Potatoes, Cream Corn, Roll, Orange Fruit Fluff</p> <p><b>Dinner</b> Polish Sausage, Sauerkraut, Potato Salad, Bread, Sugar Cookie</p>	<p><b>Lunch 7</b> Hamburger, Tater Tots or Onion Rings, Banana Cake</p> <p><b>Dinner</b> Chicken Tenders, Mashed Potatoes w/Gravy, Green Peas, Roll, Fruit Cocktail</p>	<p><b>Lunch 8</b> Lemon Baked Fish, Wild Rice, Broccoli w/Cheese, Bread, Lemon Pie</p> <p><b>Dinner</b> Cream of Tomato Soup, Grilled Cheese, Creamy Cucumber Salad, Rice Crispy Bar</p>
<p><b>Lunch 9</b> Breaded Chicken Filet, Mashed Potatoes w/Gravy, Squash, Roll, Chocolate Cream Pie</p> <p><b>Dinner</b> Roast Beef Pita Pocket, Chips, Pickle, Peanut Butter Cookie</p>	<p><b>Lunch 10</b> BBQ Pulled Pork, Potato Salad, Baked Beans, Chewy Raspberry Square</p> <p><b>Dinner</b> Tuna Salad, Potato Chips, Tomato Cucumber Salad, Snickerdoodle Cookie</p>	<p><b>Lunch 11</b> Hot Dog on Bun, Sweet Potato Fries, Cucumber &amp; Onion Salad, Cantaloupe w/Strawberries</p> <p><b>Dinner</b> Chicken Tenders, Tater Tots, Cottage Cheese w/Tomato Wedges, Bread, Frosted Brownies</p>	<p><b>Lunch 12</b> Southwest Chicken Skillet, Salad, Mexican Cornbread, Cookie &amp; Cream Pie</p> <p><b>Dinner</b> Sloppy Joe, French Fries, Corn Nuggets, Ice Cream Sandwich</p>	<p><b>Lunch 13</b> Enchilada Casserole, Spanish Rice, Refried Beans, Sherbert</p> <p><b>Dinner</b> Cheese Bacon Quiche, Hashbrown, Tomato Slices, Blueberry Muffin, Melon Cups</p>	<p><b>Lunch 14</b> Fried Catfish, Pinto Beans, Coleslaw, Hushpuppies, Green Tomato Relish, Lemon Bar</p> <p><b>Dinner</b> Steak Fingers, Macaroni &amp; Cheese, Green Beans, Roll, Oatmeal Raisin Cookie</p>	<p><b>Lunch 15</b> Pork Fritters, Fried Potatoes, Mushroom Gravy, Black-eyed Peas, Cornbread, Black Forest Cake</p> <p><b>Dinner</b> Egg Salad Sandwich, Potato Chips, Pea Cheese Salad, Banana Pudding</p>
<p><b>Lunch 16</b> Roast Beef, Mashed Potatoes w/Gravy, Glazed Baby Carrots, Blueberry Crisp</p> <p><b>Dinner</b> Cheeseburger, Tater Tots, Relish Plate, Mandarin Oranges</p>	<p><b>Lunch 17</b> Polish Sausage, Sauerkraut, Mixed Vegetables, Breadstick, Angel Food Cake w/Strawberries</p> <p><b>Dinner</b> Beef Stew, Breaded Okra, Spinach Strawberry Salad, Cornbread, Ice Cream Cup</p>	<p><b>Lunch 18</b> Frito Chili Pie w/Cheese, Roasted Corn &amp; Black Beans, Salad, Apple Pie</p> <p><b>Dinner</b> Cheese Bacon Quiche, Hashbrown Casserole, V8 Juice, Blueberry Muffin</p>	<p><b>Lunch 19</b> Chicken Fried Steak, Mashed Potatoes w/Gravy, Peas, Roll, Lemon Cheesecake</p> <p><b>Dinner</b> Cheese Ravioli w/Sauce, Mixed Vegetables, Texas Toast, Ice Cream Cup</p>	<p><b>Lunch 20</b> Pork Loin, Roasted Rosemary Potatoes, Tuscan Veggies, Roll, Pudding Tart</p> <p><b>Dinner</b> Cream of Broccoli Soup, Deli Meat w/Cheese Sandwich, Fresh Fruit, Oatmeal Raisin Cookie</p>	<p><b>Lunch 21</b> Hamburger or Cheeseburger, Tater Tots or Onion Rings, Strawberry Pie</p> <p><b>Dinner</b> Beef Macaroni Casserole, Green Beans, Garlic Cheese Biscuit, Peach Crisp</p>	<p><b>Lunch 22</b> Salisbury Steak w/Gravy, Steamed Rice, Broccoli w/Cheese, Roll, Frosted Cake</p> <p><b>Dinner</b> Chicken Tenders, Mashed Potatoes w/Gravy, Mixed Veggies, Buttermilk Biscuit, Rice Crispy Bar</p>
<p><b>Lunch 23</b> Breaded Chicken, Mashed Potatoes w/Gravy, Green Beans, Roll</p> <p><b>Dinner</b> Cream of Tomato Soup, Grilled Cheese Sandwich, Creamy Cucumber Salad, Strawberry Angel Dessert</p>	<p><b>Lunch 24</b> BBQ Pork on Bun, Baked Beans, Coleslaw, Cherry Cobbler</p> <p><b>Dinner</b> Pepperoni Pizza, Salad, Pasta Salad, Cheesecake w/Chocolate Drizzle</p>	<p><b>Lunch 25</b> Anniversary Chicken, Mashed Potatoes w/Gravy, Carrots, Roll, Angel Food Cake w/Strawberries</p> <p><b>Dinner</b> Crunchy Fish, French Fries, Hushpuppies, Blueberry Lemon Bread</p>	<p><b>Lunch 26</b> Spaghetti w/Meat Sauce, Tossed Salad, Garlic Toast, Italian Cream Cake</p> <p><b>Dinner</b> Pimento Cheese Sandwich, Chips, Pickle Spear, Peanut Butter Cookie</p>	<p><b>Lunch 27</b> Baked Pork Chop, Great White Northern Beans, Fried Cabbage, Cornbread, Cream Cheese Fruit Salad</p> <p><b>Dinner</b> Tomato Bisque, Grilled Ham &amp; Cheese Sandwich, Cold Corn Salad, Sliced Peaches</p>	<p><b>Lunch 28</b> Breaded Shrimp, French Fries, Coleslaw, Hushpuppies, Lemon Meringue Pie</p> <p><b>Dinner</b> Cheeseburger, Potato Salad, Baked Beans, Relish Plate, Watermelon</p>	<p><b>Lunch 29</b> Beef Tips w/Gravy, Butter Noodles, Tuscan Blend Veggies, Roll, Apple Crisp</p> <p><b>Dinner</b> French Toast Sticks, Bacon or Sausage, Hashbrowns, Banana</p>

# AUGUST ACTIVITIES

# CARE CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>30</b> <b>10</b> Magazine Reading <b>2</b> Snacks & Hydration	<b>31</b> <b>10</b> Room Visits w/lotion therapy or outside social w/music <b>2</b> Room visits w/lotion therapy					<b>1</b> <b>10</b> Room Visits w/lotion therapy <b>2</b> Room Visits w/lotion therapy
<b>2</b> <b>10</b> Magazine Reading <b>2</b> Snacks & Hydration	<b>3</b> <b>10</b> Sittercise w/music in rooms <b>2</b> Room visits w/reminiscing and trivia	<b>4</b> <b>10</b> Bingo in dining room <b>2</b> Bingo in dining room	<b>5</b> <b>10</b> Hair and Fancy Nails in the beauty shop <b>2</b> Hair and Fancy Nails in the beauty shop	<b>6</b> <b>10</b> Noodle Bop w/music in rooms <b>2</b> Noodle Bop w/music in rooms	<b>7</b> <b>10</b> Celebrating Purple Heart Day <b>2</b> Coke Floats in rooms or on the patio Purple Heart Day	<b>8</b> <b>10</b> Room Visits w/reminiscing and devotion <b>2</b> Room Visits w/reminiscing and devotion
<b>9</b> <b>10</b> Magazine Reading <b>2:30</b> Snacks & Hydration	<b>10</b> <b>10</b> Noodle Bob w/music in rooms <b>2</b> Room visits w/lotion therapy	<b>11</b> <b>10</b> Bingo in dining room <b>2</b> Bingo in dining room	<b>12</b> <b>10</b> Hair and Fancy Nails in the beauty shop <b>2</b> Hair and Fancy Nails in the beauty shop	<b>13</b> <b>10</b> Noodle Bop w/music in rooms <b>2</b> Craft in the dining room	<b>14</b> <b>10</b> Popcorn and movie in the dining room <b>2</b> Ice Cream Social in rooms or patio	<b>15</b> <b>10</b> Room Visits w/lotion therapy <b>2</b> Room Visits w/lotion therapy
<b>16</b> <b>10</b> Magazine Reading <b>2</b> Snacks & Hydration	<b>17</b> <b>10</b> Sittercise w/music in rooms <b>2</b> Room visits w/reminiscing and trivia	<b>18</b> <b>10</b> Bingo in dining room <b>2</b> Bingo in dining room	<b>19</b> <b>10</b> Hair and Fancy Nails in the beauty shop <b>2</b> Hair and Fancy Nails in the beauty shop	<b>20</b> <b>10</b> Fancy Nails or Make me Handsome in Rooms <b>2</b> Popcorn & Coke w/Music in Rooms	<b>21</b> <b>10</b> Celebrating Senior Citizen Day <b>2</b> Fancy Nails in Activity Room or Cookie Social on patio Senior Citizen Day	<b>22</b> <b>10</b> Room Visits w/reminiscing and devotion <b>2</b> Room Visits w/reminiscing and devotion
<b>23</b> <b>10</b> Magazine Reading <b>2</b> Snacks & Hydration	<b>24</b> <b>10</b> Noodle Bob w/music in rooms <b>2</b> Room visits w/music & therapy	<b>25</b> <b>10</b> Bingo in dining room <b>2</b> Bingo in dining room	<b>26</b> <b>10</b> Hair and Fancy Nails in the beauty shop <b>2</b> Hair and Fancy Nails in the beauty shop	<b>27</b> <b>10</b> Noodle Bop w/music in rooms <b>2</b> Room visits w/lotion therapy	<b>28</b> <b>10</b> 1:1 Room Visits <b>2</b> Birthday Party in dining room	<b>29</b> <b>10</b> Room Visits w/reminiscing and devotion <b>2</b> Room Visits w/reminiscing and devotion

# IN-PATIENT AND OUT-PATIENT REHABILITATION



Healthcare workers are facing a daily challenge. We are exhausted.

COVID-19 has certainly taken a toll on our physical and emotional well-being. That being said, here are a few reminders about self-care during this time. Self-care is critical for us to continue to face the day to day challenges that we are currently up against.

## 1. Make time for yourself

For many of us, making time for ourselves requires tough-mindedness. We have to set aside our constant urge to care for others and develop an understanding of our personal priorities.

## 2. Maintain a routine

This is difficult to accomplish because our lives are so unpredictable right now. No two days are the same. Establishing a routine can be calming and help you have some sense of order and control.

## 3. Maintain a healthy diet

Not only does eating healthy provide many physical benefits to our body, eating healthy can improve our mood. A 2016 study indicated that diets with high glycemic loads can result in increased symptoms of depression and fatigue.

## 4. Stay "connected" while social distancing

We all understand that social distancing is crucial right now. No one is more at risk than the population we work with. We love them dearly and want to protect them. There are ways to stay connected without putting our residents at risk. Research has proven a strong connection between being socially connected and overall health. Call a friend, face time/video chat with loved ones, play games online, visit outside while maintaining social distance, etc.

## 5. Seek credible information about COVID-19

The unknown about this virus has been very overwhelming. Every day more information pops up. This information is not always accurate. Knowing the facts can decrease your anxiety. The CDC website has information portals to help you discern facts from rumors.

## 6. Take a break

Sometimes we need to take a break from the digital age. Turn off the TV. Step away from social media. Seek quiet to recharge and refresh.



***Take care of  
yourself so  
you can take  
care of  
others!***



Carol Heffley  
MS, OTR/L

## FROM THE DESK OF OUR AL/ASCU ADMINISTRATOR



Hello all,

I am thrilled to be writing to you today. As you all know Tiffany has left us to go live her dream of living and working in sunny Florida. I am thrilled and a little jealous but I do wish her well in her new endeavors. Life here will continue as it has been. I pray that my moving into the administrator position will be a smooth transition. Feel free to come to me for anything. This time continues to be difficult with Covid. We will continue to pull together and get through this TOGETHER!! I love you guys. Good days are ahead.

Misty



## FROM THE DESK OF OUR ACTIVITIES DIRECTOR



As I sit here preparing for August, I find myself dealing with many emotions. I am delighted and thankful to be a part of this amazing team here. But, I am also so sad that our residents have still not had time with their families or friends out in the community. I personally know the struggle, as I have not spent any time with my grandma since March except for our telephone calls. I witness you all's sadness but also have the privilege to witness the resilience of our residents here as you all are handling your current circumstances. All of you have individually inspired me to be a better human and strive to walk a closer walk with God daily. Even though the current pandemic is horrible and cannot be over soon enough, Covid 19 has brought unique opportunities that I am thankful for. It has allowed me, for a while, to be the "family member" that gets to visit with you all. It has allowed me to go room-to-room and deliver drinks or a baked goodie to help you smile or even accompany you outside for a brief walk to get some fresh air. I have learned, and still learning, to not take the simplest things in life for granted. As I am sure all of you have, just sitting still and watching all the different birds is a gift while memories of my grandpa come flooding back to me when he would sing, "His Eye is on the Sparrow". I pray that memory never leaves me. I also pray that as we continue to navigate through these current times that whenever fear or fretting overcomes us, that we will always know the peace of Christ that transcends ALL of our understanding!

As always, please come to me anytime with any comments or concerns involving activities. August calendars are full of some enriching fun!

Stephanie Morlan

## AL/ASCU RESIDENTS AUGUST BIRTHDAYS

August 2	Lenore Thornton
August 4	Mary Fox Janell Jones
August 20	Sarah Shaff
August 22	Harold Mainer

# AUGUST ACTIVITIES

# ASSISTED AND INDEPENDENT LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> <b>10:45</b> Saturday Scripture <b>2</b> Family Feud
<b>2</b> <b>11</b> Gospel Sing Along <b>2</b> Movie in Chapel	<b>3</b> <b>10:45</b> Morning Exercise <b>11</b> Devotional <b>2</b> National Watermelon Day	<b>4</b> <b>10:45</b> Morning Exercise <b>11</b> Devotional <b>2</b> Silhouette Art	<b>5</b> <b>10:45</b> Morning Exercise <b>11</b> Devotional <b>2</b> Ageless Grace	<b>6</b> <b>10:45</b> Morning Exercise <b>11</b> Devotional <b>2</b> Bean Bag Baseball & Root Beer Floats	<b>7</b> <b>10:45</b> Morning Exercise <b>11</b> Devotional <b>2</b> Bingo	<b>8</b> <b>10:45</b> Saturday Scripture <b>2</b> Bingo
<b>9</b> <b>11</b> Gospel Sing Along <b>2</b> Movie in Chapel	<b>10</b> <b>10:45</b> Morning Exercise <b>11</b> Devotional <b>2</b> Bible Games	<b>11</b> <b>10:45</b> Morning Exercise <b>11</b> Devotional <b>2</b> Bottle Creations	<b>12</b> <b>10:45</b> Morning Exercise <b>11</b> Devotional <b>2</b> Drums Alive	<b>13</b> <b>10:45</b> Morning Exercise <b>11</b> Devotional <b>2</b> Bean Bag Baseball	<b>14</b> <b>10:45</b> Morning Exercise <b>11</b> Devotional <b>2</b> Bingo	<b>15</b> <b>10:45</b> Saturday Scripture <b>2</b> Family Feud
<b>16</b> <b>11</b> Gospel Sing Along <b>2</b> Movie in Chapel	<b>17</b> <b>10:45</b> Morning Exercise <b>11</b> Devotional <b>2</b> Fishing for Donuts	<b>18</b> <b>10:45</b> Morning Exercise <b>11</b> Devotional <b>2:30</b> Crafting & Chatting	<b>19</b> <b>10:45</b> Morning Exercise <b>11</b> Devotional <b>2</b> Ageless Grace	<b>20</b> <b>10:45</b> Morning Exercise <b>11</b> Devotional <b>2</b> August Birthday Party	<b>21</b> <b>10:45</b> Healthy Steps <b>11</b> Devotional <b>2</b> Bingo & Senior Citizen Party	<b>22</b> <b>10:45</b> Saturday Scripture <b>2</b> Bingo
<b>23</b> <b>11</b> Gospel Sing Along <b>2</b> Movie in Chapel	<b>24</b> <b>10:45</b> Morning Exercise <b>11</b> Devotional <b>2</b> Bible Games	<b>25</b> <b>10:45</b> Morning Moves <b>11</b> Devotional <b>2</b> Banana Split Social	<b>26</b> <b>10:45</b> Chair Yoga <b>11</b> Devotional <b>2</b> Resident Council	<b>27</b> <b>10:45</b> Morning Exercise <b>11</b> Devotional <b>2</b> Bean Bag Baseball	<b>28</b> <b>10:45</b> Morning Exercise <b>11</b> Devotional <b>2</b> Bingo	<b>29</b> <b>10:45</b> Saturday Scripture <b>2</b> Bingo
<b>30</b> <b>11</b> Gospel Sing Along <b>2</b> Movie in Chapel	<b>31</b> <b>10:45</b> Healthy Steps <b>11</b> Devotional <b>2</b> Sparkling Cider & Wine Social					

# AUGUST ACTIVITIES

ASCU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Room to Room Visits Daily</b>  Activities Subject To Change						<b>1</b>  10 Morning Exercises  2:25 Games - Residents Choice
<b>2</b>  10 Gospel Soul Singing  2:15 Ice Cream Cart	<b>3</b>  9:30 Exercise & Brain Fit  10:30 Devotional  2:15 Bean Bag Baseball	<b>4</b>  9:30 Exercise & Sensory  10:30 Devotional  2:15 Making Family Cards	<b>5</b>  9:30 Exercise & Brain Fit  10:30 Devotional  2:15 Painting Pineapples	<b>6</b>  9:30 Exercise & Reminisce  10:30 Devotional  2:15 Fancy Nails	<b>7</b>  9:30 Exercise & Sensory  10:30 Devotional  2:15 Bingo	<b>8</b>  10 Morning Exercises  2:25 Games - Residents Choice
<b>9</b>  10 Gospel Soul Singing  2:15 Ice Cream Cart	<b>10</b>  9:30 Exercise & Brain Fit  10:30 Devotional  2:15 Drumming	<b>11</b>  9:30 Exercise & Sensory  10:30 Devotional  2:15 Science Fun	<b>12</b>  9:30 Exercise & Brain Fit  10:30 Devotional  2:15 Symmetrical Art	<b>13</b>  9:30 Exercise & Reminisce  10:30 Devotional  2:15 Aromatherapy	<b>14</b>  9:30 Exercise & Sensory  10:30 Devotional  2:15 Bingo	<b>15</b>  10 Morning Exercises  2:15 Games - Residents Choice
<b>16</b>  10 Gospel Soul Singing  2:15 Ice Cream Cart	<b>17</b>  9:30 Exercise & Brain Fit  10:30 Devotional  2:15 Bean Bag Baseball	<b>18</b>  9:30 Exercise & Sensory  10:30 Devotional  2:15 Ribbon Dancing	<b>19</b>  9:30 Exercise & Brain Fit  10:30 Devotional  2:15 Water Balloon Art	<b>20</b>  9:30 Exercise & Reminisce  10:30 Devotional  2:15 Fancy Nails	<b>21</b>  9:30 Exercise & Sensory  10:30 Devotional  2:15 Bingo	<b>22</b>  10 Morning Exercises  2:15 Games - Residents Choice
<b>23</b>  10 Gospel Soul Singing  2:15 Ice Cream Cart	<b>24</b>  9:30 Exercise & Brain Fit  10:30 Devotional  2:15 Drumming	<b>25</b>  9:30 Exercise & Sensory  10:30 Devotional  2:15 Banana Split Day	<b>26</b>  9:30 Exercise & Brain Fit  10:30 Devotional  2:15 Working with Clay	<b>27</b>  9:30 Exercise & Reminisce  10:30 Devotional  2:15 Aromatherapy	<b>28</b>  9:30 Exercise & Sensory  10:30 Devotional  2:15 Bingo	<b>29</b>  10 Morning Exercises  2:15 Games - Residents Choice
<b>30</b>  10 Gospel Soul Singing  2:15 Ice Cream Cart	<b>31</b>  9:30 Exercise & Brain Fit  10:30 Devotional  2:15 Bean Bag Baseball					

# Methodist Village Senior Living

7425 Euper Lane | Fort Smith, Arkansas

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Chief Executive Officer: Melissa Curry  
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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.