

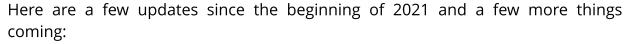
June 2021 | Volume 60 | Issue 6

A Monthly Publication of Methodist Village Senior Living

FROM THE DESK OF OUR CEO...

Hello Residents, Families and Teammates!

Can you believe we are now into June, one-half of the year is almost over! Time sure flies by fast!





- 2. A new dining room and a wonderful culture change! Our residents are loving the beautiful new dining room and extended menu. We are looking forward to the day when guidelines allow visitors to dine with our residents.
- 3. The connection from the Care Center and Assisted Living and new administration building will be completed by the end of June. Old administration building will be demolished to make room for parking! We are all excited to have more places to park.
- 4. \$60,000 in 60 Days for our 60 Year Anniversary was completed! Thank you to everyone who gave to help remodel. We are still accepting gifts towards our Capital Campaign to raise \$4,000,000, so you still have time to give!
- 5. We held our Employee Giving Campaign last week! If you have not had the opportunity to give yet, please see Carol in Administration. Remember, if you give \$26 a year, that is \$1 per paycheck, you will receive the new MVSL Foundation t-shirt!
- 6. We have a new face on our campus....Karen Jones, Controller. Please give Karen a hello! Karen comes to us with a wonderful financial background, and we are blessed to have her on our team.
- 7. Our goal is to start renovation on the Care Center in midsummer! We will keep you updated! Thank you all for your patience, your time and your prayers as we move forward, making MVSL the very best place to live!

Warmest,

Melissa Curry
Chief Executive Officer



STAFF



F 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, MeLynnda Dunn, is the TOP FAN winner for May and will receive a \$25 gift card.

ATTENDANCE TRACKER

Our monthly attendance incentive allows employees to earn monthly/yearly prizes!

125 employees January February 85 employees March 102 employees April 110 employees

May **TBD**



Upcoming prizes...

Andy's Frozen Custard lune

July Sonic Drink

August **Exclusive MVSL T-shirt**

September Kopper Kettle Carmel Apple October Chips and Drink Goodie Bag November Five Extra Christmas Prize Entries

December **Exclusive MVSL Swag**

STAFF BIRTHDAYS

Stepheny Allison
Melissa Watson
Deanna Fears
Lucy Karanja
Natasha Bishop
Samantha Rodriquez
Salinda Amen
Amanda Braden
Latia Hernandez
Isabella Pope
Monica Church
James Parmenter
Dora Morgan
Olivia Robin
Audrey Hayes
Johnna Williams
Kimberly Clark
Karah Small
Ross Saterfield

BEE YOUR BEST YOU

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

Keep BEEing YOUR BEST YOU!!!

STAFF ANNIVERSARIES

Tina Browder 11 years Darrel Cato 4 years Beth Marrin 5 years Kim Wilcox 7 years

CAMPUS EDUCATION DIRECTOR

Hello all!

There are exciting things happening in the Campus Education Department! We have resumed our specialized Dementia Training program. The class meets on Fridays in the Training Center and lasts four weeks. There is a lot of information and hands-on learning during the program. This month's class starts Friday, June 4, 2021. The next class will begin July 2, 2021. The goal is to educate all MVSL staff. Please contact your supervisor to enroll.

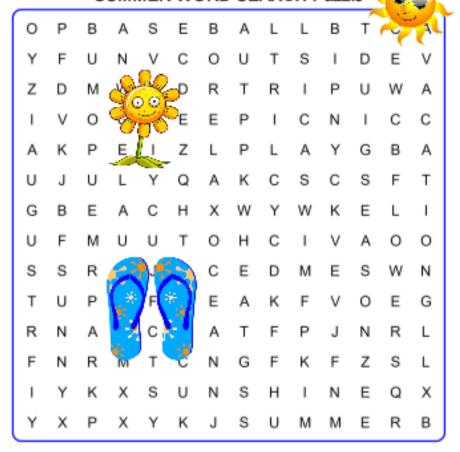
As a reminder – Don't forget to complete your in-services! They are available in the Paylocity app each month. It is required that we offer in-service training to keep all staff up to date on policies and regulations. Each month, in-services are placed on the app to provide a more convenient way to obtain the information. There is also an incentive for all those who complete in-services within the monthly deadline.

I have enjoyed very much meeting with all of you during your orientation and/or training sessions. I am very proud to be the Campus Education Director here at MVSL and look forward to a long relationship with you all. If I can be of any help with any of your educational/training needs, please contact me at my extension: 479-755-6394.

Blessings -

MeLynnda Dunn LPN CDP CADDCT

SUMMER WORD SEARCH Puzzle



Find and Circle these SUMMER words:

August July baseball beach flowers fun heat ocean outside park picnic play relax season summer sunny sunshine swim trip vacation

CULINARY SERVICES

June -- What is new in Dining Services?

The AL/ASCU has a new Chef, Josh Orpin. He helps lead Dining Services with Director Tracy Curlin. The Assisted Living Dining Services Team is creatively cooking to prepare delicious foods for you to eat. Chef Josh brings his casino cooking experience to liven up our health care dining experience, especially for each holiday. See his photo below; he is ready to serve you.

For Mother's Day, he partnered with our Registered Dietitian Nina LaMarca to prepare fresh Strawberry Shortcake for our Care Center and Assisted Living. Josh did most of the work so he deserves the credit! Strawberry shortcake is our Better Living Theme Recipe for May.

Josh and Nina used the sweet mint leaves to garnish each serving of strawberry shortcake. Did you eat this delectable dessert? Our Dietitian grew a fresh herb garden for Assisted Living, which she started inside her home in March. By April, she put it on display in our ASCU courtyard adjacent to our dining room. The herbs consist of parsley, basil, lemon thyme, chives, rosemary, and sweet mint. As of May, we are also growing tomatoes and peppers.

Mother's Day was celebrated May 8th. At the Care Center, Activities decorated the Dining Room with tablecloths, balloons, fresh flowers and petals, fancy paper plates and napkins. For Memorial Day, we had a traditional meal of appetizers, BBQ chicken, burgers and hot dogs, fixings, sides and desserts.

For Father's Day Sunday June 20th, we will prepare a special meal. Please bring your appetite!

We are making improvements to the menu to provide larger meals at lunch, lighter meals at dinner, and foods which are easier to chew. Also, we aim to add back some of our residents' favorite entrees if they are not on the new menu, so please share your suggestions with our staff, Care Center Manager Joan Feyen, Director Tracy, Dietitian Nina, or Chef Josh.

Thanks! We welcome you to the dining room at breakfast, lunch and dinner to best serve you!



Nina LaMarca Director of Clinical Nutrition

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.

JUNE BIRTHDAYS

None

MAILBOX FOR PAYMENTS

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

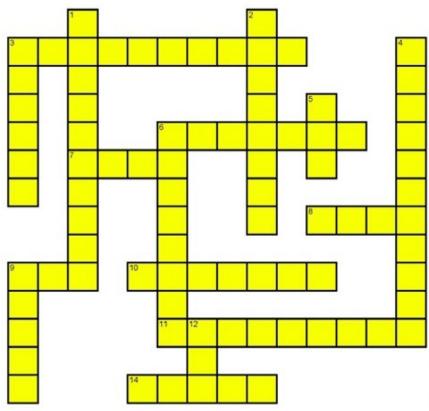
TRASH

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

EXTERMINATOR

The exterminator will be here on June 8th to spray 'outside' only. If you have a specific issue, please contact Security at 479-755-5009 to arrange an appointment for indoor spraying.

BEACH FUN CROSSWORD PUZZLE





Across

- Beach house for a King or Queen.
- 6. What's for dinner?
- 7. Fun to ride on your float.
- 8. Watch out! It might pinch your toes.
- 9. What do you row the boat with?
- 10. It flies overhead but not on a string.
- Someone who keeps you safe on the beach.
- 14. Ice _____.

Down

- Where do the fish live?
- Beach shoes or the sound they make.
- A popular color at the beach.
- Ride waves fast on this.
- ____, ____ your boat.
- Pretty home for tiny sea creatures.
 - Type of seashell or Popeye's girlfriend.
- 12. ___ Cream.

FROM THE DESK OF OUR CARE CENTER LIFE ENRICHMENT TEAM

Blessings Residents and Staff,

Can you believe we have already made it this far into the year? It seems like just last week we were all in our rooms. Isn't it great that we have been able to participate in group activities and see each other's smiling faces? God is good!

Now that the warm weather is around the corner, we will be putting on sunscreen, hats, and sunglasses and heading outside. You can catch us several times this June sitting on the patio sipping on lemonade and listening to the golden oldies. Remember to check your calendar and join us each day for some fun (and if weather permitting, sun!)

Also, I have been seeing lots of new faces, and I bet you have, too! Remember to be kind, introduce yourself, and make your new neighbor feel like home! Invite them to an activity or two. Get them involved! Life is what you make it, so let's make it FUN!

Have a joyful month and remember to smile!

Love, Kassie Hicks

Care Center, Life Enrichment Director



FROM THE DESK OF OUR CARE CENTER ADMINISTRATOR



Greetings Residents, Families and Friends,

I want to take a moment to personally thank all of our residents, families, and staff for all the cooperation you have shown during the reopening of the facility for visitors! We are following the latest guidelines so we are being cautious to ensure that everyone stays safe. The dining services are going well and are allowing our residents to once again visit with each other with limitations. I would like to give a shout out to our Life Enrichment Department who has done an awesome job through all the changes to keep the residents, as well as the staff, engaged. Our thoughts and prayers are with each one of you as we continue to keep our staff, residents and families safe.

Quote: There is a moral task of care giving, and that involves just being there, being with that person and being committed. When there is nothing that can be done, we have to be able to say, "Look, I'm with you in this experience. Right through to the end of it."

Stay Strong & God Bless each & every one of you!

CARE CENTER RESIDENTS JUNE BIRTHDAYS

June 2	Betty Saap
June 8	Bobbie Jones
June 17	Shirley Christensen
	Norma Ellison
June 23	Eliza McCorkle
June 29	Janet Strobel
June 30	Virginia Knox

JUNE LIFE ENRICHMENT

CARE CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		AM 1:1 visits and fun facts on June Bugs PM Bingo in the Dining Room	AM Popcorn Social in the Dining Room PM Bean Bag Baseballl League in the Dining Room	AM Wheel of Fortune in the Dining Room PM Egg Salad Sandwiches on the Patio	AM Church Service in the Dining Room PM Fancy Nails/Make Me Handsome	AM Hair or Nails PM Television Hour
6	7	8	9	10	11	12
AM - Magazine Hour PM - Printed Games	AM Batton Ribbon Exercises PM Hydration and Charades on the Patio	AM Fancy Nails/Make Me Handsome PM Bingo in the Dining Room	AM Popcorn Social in the Dining Room PM Bean Bag Baseball League in the Dining Room	AM Boston Tea Party Fun Facts and 1:1 Visits PM Peach Tea on the Patio	AM Church Service in the Dining Room PM Coke Float Social on the Patio	AM Hair or Nails PM Television Hour
13	14	15	16	17	18	19
AM - Magazine Hour PM - Printed Games	AM Noodle Bop and Hydration PM Finish Line Trivia on the Patio	AM 1:1 Visits and Fun Facts PM Bingo in the Dining Room	AM Popcorn Social n the Dining Room PM Bean Bag Baseball League in the Dining Room	AM Wheel of Fortune in the Dining Room PM Drums Alive	AM Church Service in the Dining Room PM Father's Day Party	AM Hair or Nails PM Television Hour
20	21	22	23	24	25	26
AM - Magazine Hour PM - Printed Games	AM Noodle Bop and Hydration PM Hydration Social on the Patio	AM Fancy Nails/Make Me Handsome PM Bingo in the Dining Room	AM Popcorn Social in the Dining Room PM Pink Lemonade on the Patio National Pink Day	AM Calendar Club for July PM Bean Bag Baseball League in the Dining Room	AM Church Service in the Dining Room PM Birthday Bash on the Patio	AM Hair or Nails PM Television Hour
27	28	29	30			
AM - Magazine Hour PM - Printed Games	AM Batton Ribbon Exercises PM Popsicles on the Patio	AM 1:1 Visits and Fun Facts PM Bingo in the Dining Room	AM Popcorn Social in the Dining Room PM Bean Bag Baseball League in the Dining Room			

INPATIENT AND OUTPATIENT REHABILITATION



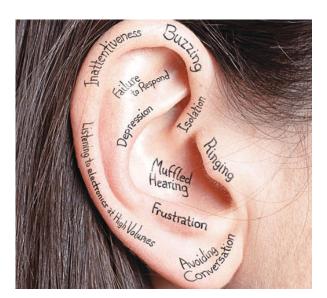
Hearing Loss

The National Council on aging released a study that shows that untreated hearing loss has emotional and social consequences for adults. They completed a survey that found that adults with untreated hearing loss were more likely to experience anxiety, depression, and paranoia compared to those who wear hearing aids. They were also less likely to participate in organized social activities due to communication being more challenging.

According to ASHA, hearing loss has also been tied to a number of medical issues including heart disease. Hearing loss is 54% higher in adults with heart disease and may be an indicator of cardiac health. Diabetes is also closely associated with hearing loss. Hearing loss is twice as common in adults with diabetes. Hearing loss is also associated with reduced kidney function. More than 20 disorders include abnormalities of the ears and kidneys due to shared protein pathways. Dementia has also been linked to hearing loss. Hearing loss is correlated with at least ½ of people with dementia.

The most common type of hearing loss is age related. As people age, the hair cells in their ears stop functioning as well as they used to and eventually stop working altogether. Nearly half of all people 75 or older have hearing loss. The most common treatment for hearing loss is hearing aids. Hearing aids do not cure hearing loss. Their purpose is to amplify sound. Sometimes hearing aids don't work for an individual. There are also many assistive listening devices on the market such as amplified telephones, assistive listening devices for televisions, alerting devices, etc.

If you or someone you know is experiencing hearing loss, visit with your doctor regarding about your options. Seek support from family and friends. Learn to advocate for yourself and find ways to participate in things going on around you.



Carol Heffley MS, OTR/L

FROM THE DESK OF OUR AL/ASCU ADMINISTRATOR

Happy June Methodist Village Senior Living!

We are off to a rainy start as we approach summer, but I am sure there is some sunshine in our future! As our community continues to receive their vaccinations our county positivity rate has held at less than 5%. I am so thankful to see this progression and improvement as we head to what we used to call "normal." We still are encouraging residents and families to practice hand hygiene, utilize their apartments to visit with family, and report any symptoms to their caregivers.

On to a brighter note, let us talk about activities! Jessica our life enrichment director has been doing an amazing job at keeping our residents and staff involved with some creative and fun activities. If you would like to get an idea of what she has planned to come please refer to the activities calendar. Jessica's passion for our residents shines through every day and we are so fortunate to have her here at Methodist Village.

Another new face that you might see around our facility is Zabrina Rafferty, Director of Care. Zabrina brings 12 years of long-term care experience with her to our facility, her compassion for the residents and commitment to staff support and education are one of the many reasons I am so thankful to have her as apart of our team.

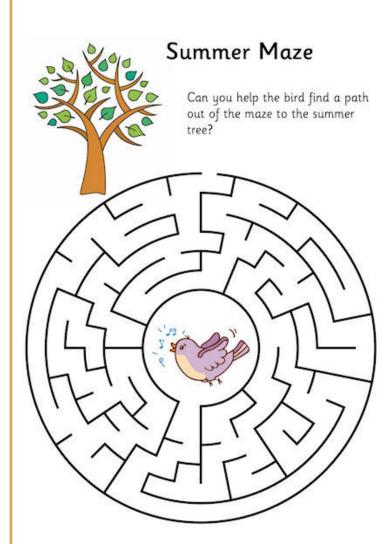
"Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows." James 1:17

With warmest regards,

Kay Laird, ADM/RN

AL/ASCU RESIDENTS JUNE BIRTHDAYS

June 12 Alice Erwin



FROM THE DESK OF OUR LIFE ENRICHMENT DIRECTOR

We all love summer. Spending more time with the family, soaking up the sun on the beach, and barbecuing. It is indisputably the beloved season. This summer is our goal is to have as many trips and celebrations as possible. Check out our Summer Calendar. Hope to see you there!

Jessica Earp

JUNE LIFE ENRICHMENT

ASSISTED LIVING/ASCU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00am 1 Exercises 10:30am Ladies Devotional 11am Group Devotional 2pm Target Tuesday 3:30pm Gospel Hymns	10:00am 2 Volleyball 10:30am Ladies Devotional 11am Group Devotional 2pm Cranium Games & Ice Cream National Rocky Road Day	10:00am Knit Whitz Club 10:30am Ladies Devotional 11am Group Devotional 2pm Prize BINGO	10:00am Wildcats Drumming 10:30am Ladies Devotional 11am Group Devotional 2pm Wine & Cheese National Cheese Day	10am Knit Whitz Club 11am Devotional 3pm Poetry Reading
11am Church Services 2:30pm Yo-yo Show Down National YO-YO Day	10:00am Knit 7 Whitz Club 10:30am Ladies Devotional 11am Group Devotional 2pm Cranium Games and Ice Cream Chocolate Ice Cream Day	10:00am Chair 8 Exercises 10:30am Ladies Devotional 11am Group Devotional 2pm Prize BINGO 3:30pm Gospel Hymns	10:00am Volleyball 10:30am Ladies Devotional 11am Group Devotional 2pm Cranium Games & Music	10:00am Knit 10 Whitz Club 10:30am Ladies Devotional 11am Group Devotional 2pm BINGO for Banana's 3-3:30pm Gospel Hymns	10:00am 11 Wildcats Drumming 10:30am Ladies Devotional 11am Group Devotional 1:30pm Parking Lot Party	10am Knit Whitz Club 11am Devotional 3pm Word Whiz
11am Church Services 2:30pm Bingo!	10:00am Knit 14 Whitz Club 10:30am Ladies Devotional 11am Group Devotional 2pm Cranium Games and Red, White & Blue Cupcakes National Flag Day	10:00am Chair Exercises 10:30am Ladies Devotional 11am Group Devotional 2pm BINGO for Banana's 3:30pm Gospel Hymns	10:00am Volleyball 10:30am Ladies Devotional 11am Group Devotional 2pm Table Games & Hydration Station	17 10:00am Knit Whitz Club 10:30am Ladies Devotional 11am Group Devotional 2pm Prize BINGO	10:00am Wildcats Drumming 10:30am Ladies Devotional 11am Group Devotional 2pm Father's Day Celebration	19 10 10 10 10 10 10 10 10 10 10 10 10 10
20 11am Church Services 2:30pm Bingo! Happy Father's Day	10:00am Knit Whitz Club 10:30am Ladies Devotional 11am Group Devotional 2pm Cranium Games, Music	22 10:00am Chair Exercises 10:30am Ladies Devotional 11am Group Devotional 2pm Prize BINGO 3:30pm Gospel Hymns	10:00am Volleyball 10:30am Ladies Devotional 11am Group Devotional 2pm Table Games	10:00am Knit Whitz Club 10:30am Ladies Devotional 11am Group Devotional 2pm BINGO for Banana's 3-3:30pm Gospel Hymns	CRYSTAL BRIDGES Trip Bring your walking shoes and pocket books - we will be gone all day and will eat out.	10am Knit Whitz Club 11am Devotional 3pm Crafts
27 11am Church Services 2:30pm Bingo!	10:00am Knit Whitz Club 10:30am Ladies Devotional 11am Group Devotional 2pm Glam Shots!! National Selfie Day	10:00am Chair Exercises 10:30am Ladies Devotional 11am Group Devotional 2pm Prize BINGO	10:00am Volleyball 10:30am Ladies Devotional 11am Group Devotional 2pm Cranium Games & Music			

CARE CENTER

















ASSISTED LIVING













Methodist Village Senior Living

7425 Euper Lane | Fort Smith, Arkansas

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

MVSL Mission

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

MVSL Vision

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







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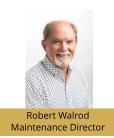


Office Manager





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.