

October 2021 | Volume 60 | Issue 10

A Monthly Publication of Methodist Village Senior Living

FROM THE DESK OF OUR CEO...

Residents, Families, Friends and Team Members,

Well, the month of September has flown by like a leaf in the wind. It's supposed to feel like fall, however, as I am writing this letter it is 90 degrees outside!

Construction has started and is moving along! You may have noticed the big leaning pines are now gone. I truly hate to cut trees down, however, these two could have been hazardous to many cars and people!

Our culinary team is doing a great job preparing tasty meals! There have been some challenges for those eating in their rooms and receiving meals in a timely manner. Please know we are working diligently to serve hot delicious food during 7:30a - 9:30 for breakfast; 11:30a – 1:30p for lunch; and 4:30p - 6:30p for dinner. I want to encourage all our residents who are able, to please dine with us in the dining room. In doing so, your dining experience will be so much better! You can mingle with other residents, receive your meals faster and enjoy a true culinary experience. Please let your CNA or Nurse know you wish to dine in our beautiful dining room!

I want to give a huge shout out to our Life Enhancement Team! Kassie, Jamie, and Kelly have done a phenomenal job planning and executing some great activities! I look forward to seeing what they are doing every day!

New nightstands are being delivered to every resident in the Care Center this week! I know some of our residents have not received theirs yet, so be on the lookout!

Thank you all for your patience during these times of change, construction, and pandemic. We could not have asked for better residents, families, and staff. BIG applause to YOU!

We will be celebrating our employees on Oct. 14th for a campus wide APPRECIATION DAY! Our culinary partners, Forefront, will be barbecuing up some delicious food under big white tents! You are welcome to come by and eat some yummy food and tell our employees THANK YOU for all their hard work of the past year! Starting at 10:30am and ending at 2pm!

Thank you to all who have donated to our building fund, foundation, and our endowment! We could not do all we do for our residents, community, and staff without your generous donations. We are excited to say we have raised over \$476,960 to meet the \$616,000 goal to receive the \$154,000 Mabee Foundation Challenge Grant , so only **\$139,040** left to raise before the end of the year! If you would like to gift **ANY** amount, please do not hesitate to reach out to either myself or Carol Smith our Business Development Director.

We have some precious new faces on our campus! We want to welcome our new residents and new staff...you are now part of the Methodist Village Family or as we like to say, "The Village People." Please let us know if you need anything. Thank you, for choosing MVSL to be your home away from home!

Come unto me, all ye that labor and are heavy laden, and I will give you rest. Take my yoke upon you and learn of me: for I am meek and lowly in heart: and ye shall find rest unto your souls.For my yoke is easy, and my burden is light.

Warmest,

Melissa Curry



STAFF

FACEBOOK TOP FAN

FOLLOW US ON FACEBOOK!!!

You can become eligible to be our TOP FAN on our Facebook page by being one of the most active followers by **liking**, **reacting to content**, **and commenting on or sharing posts**.

The TOP FAN will receive a \$25 gift card.

ATTENDANCE TRACKER

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

	405
January	125 employees
February	85 employees
March	102 employees
April	110 employees
May	86 employees
June	99 employees
July	92 employees
August	76 employees

Upcoming prizes...

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

October 2	Caelyn Swafford
	Rachel Valdivia
October 7	Alicia Hanson
	Paige Sullivan
October 8	Sandra Bailey
October 10	Cholette Rosas
	Olive Mercado
October 13	Darrel Cato
	Jimmy Herring
October 16	Jamie Jackson
	Brianna Timms
October 17	Sherry Melton
October 19	Selma Atwell
	Andrew Crawford
October 20	Dovie Ross
October 21	Lori Daniels
October 22	Bethany Miller
October 24	Brian Jefferson
October 29	MeLynnda Dunn
October 30	Patrick Clements
October 31	Breanna Adams
	Lisa Smith

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.

GROUP STAFF PICTURE

Friday, October 22

10:00 am

More information to come on what to wear and where to meet.

STAFF ANNIVERSARIES

Brandy Aldridge	2 years
Selma Atwell	14 years
Courtney Ball	10 years
Natasha Bishop	9 years
Kiera Clark	1 year
Theresa Downing	11 years
Michael Ferrua	7 years
Kristi Graham	3 years
Brook Mays	2 years
Olive Mercado	2 years
Susan Owens	1 year
Abigail Rodriguez	4 years



FIRST UNITED METHODIST CHURCH

We received a \$5,000 check from Fort Smith First United Methodist Church as a result of a grant request for improvements to our campus. We are blessed to have such a great community that supports us and our mission to care for our elders.



CAMPUS EDUCATION DIRECTOR

Happy Fall, Ya'll!!

September was a very busy month in the Training Center with New Employee Orientation and Dementia Training. It's always fun to meet new people and welcome them to our family. Starting this month, Dementia Training will be held on Thursdays in the Training Center. The next class will begin Thursday, October 7, 2021. Any employee interested in attending, please see your supervisor to get signed up.

I am so glad it is finally October! Fall is my favorite season, and I start counting the days in August. I love everything it has to offer....colors changing in nature, cooler weather, wearing boots (Yay!), and the fact that the holidays are just around the corner. It is my hope and prayer that this month brings only good things to us all.



– Blessings MeLynnda Dunn LPN CDP CADDCT

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.

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 September 7 to spray 'outside' only. If you have a specific issue, please contact Security at 479-755-5009 appointment for arrange an indoor to spraying.

OWEEN WORD

F P 0 QB F R Y MGHY Ζ A 0 CSEA E E L K UXX Т D ONY V WI SOMF CZ WO F RZEQI V JUL A J Е MQN MHCQUG V LSQS P A ZTU E VRT E S Н D Т U HC C L U 0 N A L HDSA Т н XG P U F Х F Т D 1 A M H A Т UZOOC S TDE J S P S A B R Y Y 1 RSC ARYNI 0 K X W X н 0 K A WT V RIPMAVLEWS E WP V E F 0 MA Т BCYCCYNDQ U B P L G UA Y J 0 R NAMCANDYS MMUMOI н Т R E Y R C JXJRRJ TAT X T A P U N Е Т C OWEENDZ н 0 Ζ S K н L 1 K G X M K ZONY TC TLY Н N B 1 K 0 X K 0 G PN U NYJNOSKSS E 1 R B Y NR 1 MWRGGSRTOHNRXQM ZGMT Y X X Q N F J W Q H H O R I MP D 1 OLR DZUAI WRXZGJMU HWYAOE F ABKOYKOOPSOWAB Т В Т U E A UQQPI Т Ζ F SHLF TGJ X NM N D



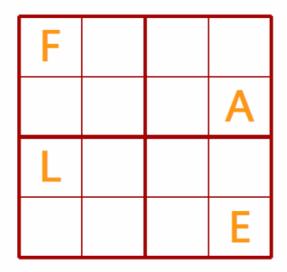
Fun Pumpkin Ghost Halloween Costume Mummu Skeleton Vampire Candu Witch Scary Spooky Monster Trick or Treat Haunted House

Bat

Autumn Sudoku

Every row, column and mini-grid must contain the letters LEAF. Don't guess - use logic







FROM THE DESK OF OUR CARE CENTER

LIFE ENRICHMENT TEAM

Greetings residents and staff,

We have made it to October. Happy Fall everybody! The leaves on the trees often begin to change their colors during this month. Did you know that October is also National Pizza month and National Dessert month? We will be having two cooking groups. I would love for you to help us with these activities. We will be making homemade pizzas and Halloween cookies. In the spirit of Halloween, we will be having Halloween coloring contest. а In celebration of Fall, we are celebrating the season by having a Fall Fest on the 22nd of October. We will also be having a cookout with fun games to play. Join our celebration by wearing your favorite fall shirt. On October 29th we will be having a Halloween costume contest between staff and residents for you to judge in the dining room at 10:30 AM. Our Halloween party will be that afternoon at 2:15. Come join us in the SPOOKtacular fun!!!

I'm so very happy that we're able to do group activities together again.

"May the Lord blessed you and keep you." Numbers 6:24

Love you,

Kassie Hicks Care Center, Life Enrichment Director







Residents, Families and Staff:

First let me say that I am honored to be a part of Team Methodist. I am excited and definitely a little nervous about my new role at the facility. I am also very thankful that I have such a knowledgeable team to assist me.

I am a huge believer in the power of communication. There are essentially five types of communication:

- 1. Verbal
- 2. Non-verbal-such as touch, body language
- 3. Written-e-mails, letters
- 4. Visual-art, Facebook memes

5. Listening-not just being quiet while the other is talking but actually HEARING what the other person is saying.

Over the next few weeks, my goal is to meet each of the POAs and responsible parties and to open that line of communication that is so important to a strong and successful team.

Colossians 4:6-Let your speech be always with grace, seasoned with salt, that ye may know how ye ought to answer every man.



CARE CENTER RESIDENTS OCTOBER BIRTHDAYS

October 1	Cecile McKnight
	e e
October 2	Adell Whitfield
October 4	Thell Peevy
October 6	Patricia Crain
October 8	Dorothy Ghahremani
October 11	Loretta Morgan
October 13	Kathryn Medlock
October 14	Becky Todd
October 19	Alice Denham
October 23	Nina Waack
October 24	Candy Bowden
October 28	Betty Hopper
October 29	Mary Migdat
October 30	Minnie Dormois
	Willie Parsons
October 31	JoAnna Peek





Pet Therapy



Football and Nachos





Ribbon Exercise



Honored to be awarded Best of the River Valley

*Gold in Retirement Community/ Independent Living

*Silver in Assisted Living

*Silver in Rehabilitation/Nursing Home

OCTOBER LIFE ENRICHMENT

CARE CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31					1	2
AM Magazine Hour with Coffee Social PM Printed Games					AM Church Service PM 1:1 visits with word searches and fun facts	AM Television Hour or Reminiscing PM Sing-A-Long
3	4	5	6	7	8	9
AM Magazine Hour with Coffee Social PM Printed Games	AM Celebrate National Pizza Month-Make Your Favorite Pizza PM Fun Facts	AM Fancy Nails PM Bingo	AM Noodle Bop PM Popcorn and Coke	AM Halloween Arts and Crafts PM Bingo	 AM Church Service PM 1:1 visits with word searches and fun facts 	AM Television Hour or Reminiscing PM Sing-A-Long
10	11	12	13	14	15	16
AM Magazine Hour with Coffee Social PM Printed Games	AM Bowling PM Fun Facts	AM Fancy Nails PM Bingo	AM Bean Bag Baseball PM Lotion Therapy and 1:1 room visits	AM Ribbon Exercise PM Bingo	AM Church Service PM 1:1 visits with word searches and fun facts	AM Television Hour or Reminiscing PM Sing-A-Long
17	18	19	20	21	22	23
AM Magazine Hour with Coffee Social PM Printed Games	AM Bean Bag Toss PM Baking Halloween Cookies	AM Fancy Nails PM Bingo	AM Pet Therapy with 'Bandit' PM Popcorn and Coke	AM Calendar Club PM Bingo	AM Fall Festival Cookout PM Fall Festival Games	AM Television Hour or Reminiscing PM Sing-A-Long
24	25	26	27	28	29	30
AM Magazine Hour with Coffee Social PM Printed Games	AM Pumpkin Coloring Contest PM Lotion Therapy and 1:1 room visits	AM Fancy Nails PM Bingo	AM Coke Floats PM Karaoke Social	AM October Birthday Party PM Bingo	AM Halloween Costume Judging Contest PM Halloween Party	AM Television Hour or Reminiscing PM Sing-A-Long



FROM THE DESK OF OUR AL/ASCU LIFE ENRICHMENT DIRECTOR

Hello all!

Happy October!!! I absolutely love this time of year! This past month we really got into the fall spirit with several seasonal activities! The same goes for this month. As the weather gets cooler, we will still find ways to stay active! I am so into Halloween, and I love the idea of dressing up and having fun with it! I think it brings out the child in all of us and that's a good thing to tap into! Project Compassion will be coming out to visit with us quite a bit this month and have exciting things planned for us! These wonderful volunteers are such invaluable resource for us and I hope you all enjoy getting to know them better! Monster Mondays will start this month! Every Monday evening at 3pm I will be playing retro Halloween films and shows, (The Munster's, The Adams Family, Dracula (1931), Frankenstein (1930), are just a few examples! We also will be partnering with Jack and Jill daycare for a Halloween parade! As always don't hesitate to reach out if you need anything!

"Double, double toil and trouble; fire burn and cauldron bubble."- William Shakespeare

Boo to you from our crew

Warmest Regards, Jamie Jackson Life Enrichment Director



AL/ASCU RESIDENTS OCTOBER BIRTHDAYS

October 2	
October 10	
October 13	
October 29	

Lea Jane Griffis Nancy Taylor Irvin Morris Carolyn Moore

FROM THE DESKOF OUR AL/ASCU



Happy Fall Methodist Village!

Over the next few weeks we are going to have the most beautiful scenery right out of our front door with the changing of the colors of our autumn leaves. The light coral/pink leaves are my absolute favorite ones during this time, as I drive it's always those colored trees that really catch my eye. The fall candles, chilly nights, and pumpkin flavored EVERYTHING are just a few of my favorite things about the season as well as the costumes! Another autumn tradition for me and my family has to be all of the soups that we make. Chicken noodle, Italian sausage kale tortellini, potato, and scratch made chicken and dumplings really hit the spot on those rainy days and cold nights! I am looking forward to all of the children in our area dressing up and stopping by for a treat, make sure to follow hand hygiene precautions and mask wearing during this time to ensure you and your families health during these excursions this season, I hope everyone has a happy October full of fall fun!

> Warmest regards, Kay Laird ADM/RN

OCTOBER LIFE ENRICHMENT

ASSISTED LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 AM Church Services PM Table Games					1 AM Today's News Devotional PM Table Games	2 AM Devotional PM Movie
3 AM Church Services PM Table Games	4 AM Devotional with Chaplain (Max) PM Fancy Nails Monster Monday	5 AM Today's News Devotional PM Bingo	6 AM Today's News Devotional Beauty Shop PM Pumpkin Painting	7 AM Today's News Devotional PM Wheel of Fortune	8 AM Today's News Devotional PM Ageless Grace	9 AM Devotional PM Table Games
10 AM Church Services PM Table Games	11 AM Devotional with Chaplain (Max) PM Dominoes Monster Monday	12 AM Today's News Devotional PM Bingo 6PM Bordertown Belles - *PC*	13 AM Today's News Devotional Beauty Shop PM Craft	14 AM Today's News Devotional PM 1:30PM Sing Along *PC* Bingo	15 AM Today's News Devotional PM Drums Alive	16 AM Devotional PM Movie
17 AM Church Services PM Table Games	18 AM Devotional with Chaplain (Max) PM Fancy Nails Monster Monday	19 AM Today's News Devotional PM Bingo	20 AM Today's News Devotional Beauty Shop PM Craft	21 AM Today's News Devotional PM Jeopardy	22 AM Today's News Devotional PM Birthday Bash	23 AM Devotional PM Table Games
24 AM Church Services PM Table Games	25 AM Devotional with Chaplain (Max) PM Dominoes Monster Monday	26 AM Today's News Devotional PM Bingo	27 AM Today's News Devotional Beauty Shop PM Cooking Club	28 AM Today's News Devotional PM Spooky Games	29 AM Jack and Jill Halloween Parade SPOOKTACULAR	30 AM Devotional PM Table Games

OCTOBER LIFE ENRICHMENT

ASCU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 HALLOWEEN					1 AM Today's News Chair Exercise Devotional PM Table Games	2 AM Today's News Chair Exercise Devotional PM Table Games
3 AM Chair Exercise Devotional PM Coloration	4 AM Chair Exercise Devotional PM Fancy Nails Aroma Therapy Monster Monday	5 AM Today's News Chair Exercise Devotional PM Bingo	6 AM Today's News Chair Exercise Devotional PM Pumpkin Painting	7 AM Today's News Chair Exercise Devotional PM Brain Games	8 AM Today's News Chair Exercise Devotional PM Balloon Games	9 AM Chair Exercises Devotional PM Movie
10 AM Chair Exercise Devotional PM Table Games	11 AM Chair Exercise Devotional PM Fancy Nails Aroma Therapy Monster Monday	12 AM Todays News Devotional PM Bingo 6PM Bordertown Belles - *PC*	13 AM Today's News Chair Exercise Devotional PM Fall Crafting	14 AM Today's News Devotional PM 1:30PM Sing Along *PC* Drums Alive	15 AM Today's News Chair Exercise Devotional PM Balloon Games	16 AM Chair Exercises Devotional PM Coloration
17 AM Chair Exercise Devotional PM Movie	18 AM Chair Exercise Devotional PM Fancy Nails Aroma Therapy Monster Monday	19 AM Today's News Chair Exercise Devotional PM Bingo	20 AM Today's News Chair Exercise Devotional PM Fall Crafting	21 AM Today's News Chair Exercise Devotional PM Jeopardy	22 AM Today's News Chair Exercise Devotional PM Birthday Bash	23 AM Chair Exercises Devotional PM Brain Games
24 AM Chair Exercise Devotional PM Movie	25 AM Chair Exercise Devotional PM Fancy Nails Aroma Therapy Monster Monday	26 AM Today's News Chair Exercise Devotional PM Bingo	27 AM Today's News Chair Exercise Devotional PM Cooking Club	28 AM Today's News Chair Exercise Devotional PM Spooky Games	29 AM Jack and Jill Halloween Parade SPOOKTACULAR	30 AM Chair Exercises Devotional PM Movie

INPATIENT AND OUTPATIENT REHABILITATION



What is Long-Term Care (LTC) and Who Needs it?

Long-term care (LTC) is a range of services and supports you may need to meet your personal care needs. At some point in our lives, approximately 60 percent of us will need assistance with things like getting dressed, driving to appointments, or making meals. Planning is crucial. Many people are not sure what is covered by insurance, and people are often misinformed about what is covered by Medicare.

Although most people occasionally think about the need for long-term care, it is not high on a list of concerns. Most people don't think about long-term care until it's needed which can cause a great deal of stress. It is important to plan for the possibility of needing LTC and having conversations with your family about your wishes.

Being unexpectedly thrust into a LTC setting can be very catastrophic to an individual. LTC typically causes a loss of security because people feel a loss of independence, a loss of their previously good health, and concerns over assets/finances.

In a LTC facility, Medicare will cover rehabilitation from a hospital stay if there is a skilled (medical) need, but does not cover LTC. Medicaid will cover both medical and non-medical related long-term care but in order to qualify for Medicaid a person has to have less than \$2,000 in assets and income that is insufficient to pay the cost of care. In other words a person must be impoverished. Otherwise, Medicaid will not pay.

Taking the time to set up a plan for long-term care gives your family members and caregivers the permission to make decisions and spend money to get you the care you need. Without setting up a plan ahead of time, family caregivers must make decisions about how to fund care and how to provide care. Having a plan in place allows you to have more choices, allows you to direct the decisions being made about your care, and helps you and your family feel less overwhelmed in the future. There are many resources available to help you plan for long term care. Reach out to your family and loved ones and develop a plan today.

Carol Heffley MS, OTR/L

Methodist Village Senior Living and Stein Ancillary Services

COMMUNITY EDUCATION SERIES

We are proud to offer a FREE education series on subjects relating to important health concerns in elders. Join us and learn more about healthy living for your brain and body.

Register now! Space is limited.

Call Kiera at (479) 401-6550 or email kclark@methodistvillage.com

LOCATION: MVSL Assisted Living at 7811 Euper Lane - Fort Smith, Arkansas 72903



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