



METHODIST VILLAGE
SENIOR LIVING

May 2022 | Volume 61 | Issue 5

A Monthly Publication of Methodist Village Senior Living

FROM THE DESK OF OUR CEO...



Spring is finally here! Flowers are blooming, grass is growing, and allergies are everywhere! Spring is the season of new beginnings, new growth, and learning new things. So, what a great time to refresh, renew, and reflect. MVSL Staff is spring cleaning, and we need your help. Please help us make MVSL the best place for our residents to live, our families to visit, and our employees to work. Listed below are areas in which we need everyone's help.

- Families, please help your loved one eliminate old clothing or out of season clothing, books, or any other items that may cause clutter, or items that are not being used.
- All clothing and personal items MUST be labeled with your loved one's full name with a permanent fabric marker.
- Food, candy, and drinks brought into the facility must be in a container with a lid and labeled with date of purchase.
- Parking is a challenge with all the construction – we apologize for the inconvenience. Staff, please do not park in visitor parking. Visitor parking is only for our families and guests.
- Please do not impede traffic. Ambulances must be able to drive up and park outside of our entrances. Please do not block those areas.
- If an item is missing, please let Social Services know immediately, so they can check lost and found and start trying to find the missing item.
- If you or your loved one is having any challenges with care, culinary, communication, etc., PLEASE let the administrators know immediately. For us to give the best care, we must know about the challenges.

Many times, the doors to the Administrator or Nursing offices are closed. This does not mean they do not want to visit with you. They are constantly in meetings with other family members, residents, or staff and need privacy. But, the majority of the time they are out on the floor with other families or residents and by policy, if they are not in their office the door must be shut and locked for the safety and confidentiality of our residents. If you would like and/or need to meet with them, please ask the receptionist to call or page them and they will visit with you as soon as possible.

MVSL is a Faith based, nonprofit, and we want to be good stewards of the gifts given to us. We are constantly trying to improve our campus, educate and provide a living wage to our staff, and offer the very best care, food, and activities to our residents. Please know we appreciate your prayers and gifts and allowing us to care for you or your loved one.

Warmest Regards, Melissa Curry

CAMPUS NEWS

MED-TECH PROGRAM



Congratulations to Shakira Adeleke, Julie Brown, Madelyn Corbett, Darbi Hixon, Nakiya Holcomb, and Jon Kelly on being the FIRST CLASS of students selected for the MVSL Medication Technician Program. We are so excited for you!



PARKING REMINDER

Please remember to park in designated areas only, visitor parking is labeled and available for families and guests only. Please do not block any fire hydrants or emergency vehicle parking.

THRIFTY THURSDAY



Each Thursday we will have gently worn clothing items available, free for the taking! Clothing will be set up in the corridor between the Care Center Family Room and Administrative Offices.

“Hello May! Do to our hearts what you do to earth’s flowers”

Family Council Meeting

When: Wednesday, May 25th at 2:00pm

Where: Administration Office Conference Room

We would love to have all POAs join us!



Healthy Snack Ideas

Sometimes there is confusion on how to define a snack vs. a treat. Treats are foods that are not consumed regularly, but maybe once a day or less as a fun food, like cookies, candy, cakes, ice cream or pie. Whereas, a snack is like a mini meal to help you until the next meal. Well-balanced snacks (similar to well-balanced meals) consist of a small serving of protein, carbohydrate and fat. It's recommended that a snack be no more than approximately 200 calories. Some examples of healthy snack options are listed below.

- Baked apples or pears topped with cinnamon, nuts, and/or raisins
- Baked kale chips
- Baked sweet potato fries
- Celery, apples, or bananas with nut butter
- Cheese and tomatoes on whole grain toast
- Cucumbers topped with feta cheese and walnuts
- Fresh fruit and granola with low-fat yogurt
- Fresh fruit with low-fat cottage cheese
- Half a whole-grain bagel topped with ricotta cheese and berries
- Nuts and dried fruit (in modest portion sizes)
- Popcorn (plain air-popped or microwaved) seasoned with dark chocolate shavings, Parmesan cheese, cinnamon, or any favorite seasoning (or using small amounts of extra virgin olive or coconut oil instead of butter)
- Rice cakes topped with nut butter and fresh or dried fruit
- Roasted chickpeas
- Smoothies made with fruit, leafy greens (like kale or spinach) and yogurt or non-dairy milk
- Whole grain crackers with salsa and guacamole
- Veggie sticks and hummus

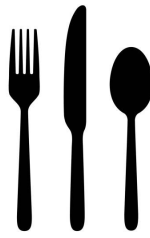


Campus Menu

May 2022– Lunch

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1. Steakhouse Chopped Salad , Beef Brisket, Baked Beans, Braised Greens & Peppers, Cornbread, Cherry Pie	2. Tomato Bean Salad, Country Fried Steak & Gravy, Mashed Potatoes, Scandinavian Blend Vegetables, Frosted Banana Cake	3. Caesar Salad w/ Dressing, Lemon Mustard Chicken, Garlic Noodles, Zucchini & Tomatoes, Wheat Dinner Roll, Frosted White Cake	4. Three Bean Salad, Beef Kabob, Tzatziki, Confetti Rice, Scandinavian Blend Vegetables, Wheat Dinner Roll, Nutty Buddy Drumsticks
8. Romaine & Onion Salad w/ Dressing, Beef Pot Roast, Roasted Red Potatoes, Squash Medley, Wheat Dinner Roll, Sundae & Toppings	9. Spinach Cheese Salad, Rosemary Orange Chicken Breast, White & Wild Rice Blend, Seasoned Broccoli Florets, Wheat Dinner Roll, Frosted Carrot Cake	10. Kidney Bean Salad, Chimichurri Pork Loin, Dijon Red Potatoes, Lemon Asparagus, Wheat Dinner Roll, Blonde Bar	11. Marinated Tofu, Tarragon Roast Chicken, Seasoned Orzo, Summer Squash, Wheat Dinner Roll, Cherry Pie
15. Tomato Cucumber Salad, Turkey Dijonaise, Parslied Noodles, Peas & Onions, Wheat Dinner Roll, Sundae & Toppings	16. Carrot Pineapple Salad, Beef & Broccoli, Fluffy Rice, Scandinavian Blend Vegetables, Wheat Dinner Roll, Banana Cream Pie	17. Tomato Bean Salad, Caprese Chicken, Garlic Noodles, Balsamic Brussel Sprouts, Wheat Dinner Roll, Fudge Ice Cream Bar	18. Greek Spinach Salad, Turkey Divan, Grilled Chicken, Italian Veggie, Wheat Dinner Roll, Melba
22. Romaine & Onion Salad w/ Dressing, Vegetable Lasagna, Seasoned Green Beans, Wheat Dinner Roll, Frosted Carrot Cake	23. Summer Slaw, Baked Glazed Ham, Fluffy Rice, Capri Blend Vegetables, Wheat Dinner Roll, Coconut Cake	24. Spinach Strawberry Salad, Chicken Fricassee, Mashed Potatoes, Brussel Sprouts w/ Bacon, Wheat Dinner Roll, Ice Cream Bar	25. Creamy Cucumbers, Mustard Crusted Chicken, Garlic Noodles, Spinach, Wheat Dinner Roll, Apricot Cobbler
29. Hawaiian Coleslaw, Pesto Turkey, Mediterranean Orzo, Stewed Tomatoes, Wheat Dinner Roll, Rainbow Sherbet	30. Summer Slaw, BBQ Pork Chop, Cheddar Mashed Yukon Gold Potatoes, Parslied Carrots, Wheat Dinner Roll, Brownie	31. Caesar Salad w/ Dressing, Lemon Mustard Chicken, Garlic Noodles, Zucchini & Tomatoes, Wheat Dinner Roll, Frosted White Cake	

Menu



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Salad, Marinated Tziki Sauce, Scandinavian Blend Wheat Dinner Roll, Cinnamonstick Ice Cream	5. Spring Salad, Garlic Shrimp, Alfredo Noodles, Seasoned Broccoli Florets, Wheat Dinner Roll, Lemon Bar	6. Garden Salad, Crispy Pork Loin, Garlic Mashed Potatoes, Seasoned Green Beans, Wheat Dinner Roll, Cherry Cobbler	7. Zucchini & Cucumber Salad, Broiled Lemon Cod, Buttered Spaghetti, Seasoned Spinach, Wheat Dinner Roll, Coconut Pudding
Tomato Salad, Chicken, Herb Pasta, Steamed Wheat Dinner	12. Lettuce & Tomato Salad, Meatloaf & Gravy, Mashed Potatoes, Seasoned Green Beans, Wheat Dinner Roll, German Chocolate Cake	13. Dill Potato Salad, BBQ Chicken, Summer Corn Pilaf, Sicilian Blend Vegetables, Wheat Dinner Roll, Blueberry Crisp	14. Coleslaw, Crab Cakes, Remoulade, Parslied Potatoes, Seasoned Green Beans, Cornbread, Coconut Cream Pie
Garden Salad, Garden Blend Vegetable Blend, Wheat Dinner Roll, Peach	19. Beet & Onion Salad, Apricot Glazed Pork Loin, Roasted Red Potatoes, Seasoned Spinach, Wheat Dinner Roll, Peanut Butter Bar	20. Caesar Salad w/ Dressing, Lemon Glazed Chicken, Herbed Penne Pasta, Peas with Fresh Dill, Wheat Dinner Roll, Strawberry Sundae & Toppings	21. Spring Salad, BBQ Beef, Garlic Mashed Potatoes, Seasoned Zucchini, Wheat Dinner Roll, Marbled Brownies
Cucumbers, Herb & Pork Loin, Creamed Wheat Dinner Roll,	26. Lettuce & Tomato Salad, Beef Brisket, Au Gratin Potatoes, Parslied Carrots, Wheat Dinner Roll, Blondie Bar	27. Oriental Salad, Balsamic Blackberry Chicken, Wild Rice Pilaf, Sicilian Blend Vegetables, Wheat Dinner Roll, Crispy Rice Bar	28. Romaine & Onion Salad w/ Dressing, Root Beer Ribs, Dill Potato Salad, Baked Beans, Cornbread, Peach Crisp
			<p><i>* To view the menu in full please see it posted outside the Activity Office</i></p> <p><i>*Menu items subject to change</i></p>

MVSL Team Members

HAPPY WORK ANNIVERSARY!

Amber Brown, 1 year

Stacy Carpenter, 1 year

Maureen DeCora, 4 years

Jasmine Fry, 1 year

Stacey Harris, 8 years

Terri Kimble, 27 years

Eric King, 20 years

Nicholas Otts, 12 years

Sam Rodriguez, 3 years

Melissa Smith, 1 year



HAPPY Birthday

Hoa Mai, May 2

Teri Lamb, May 2

Katee Jones, May 2

Desiree Finney, May 2

Norma Cruz, May 5

Amy Vernon, May 12

Seth Gill, May 16

Angela Brown, May 16

Amy Thomas, May 17

Beverly Milon, May 18

Maria Fuentes, May 18

Conner McDermott, May 19

Tamara Schurer, May 20

Melissa Lintz, May 21

Caleb Miller, May 22

Tina Browder, May 23

Mary Pitchford, May 25

Laura Stallings, May 27

Madelyn Corbett, May 29

WEATHER

Word Search Puzzle



O D K A T G E Z K X R W P I H D L
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BLIZZARD	HEATWAVE	SLEET
CLOUDS	HUMID	SNOW
DRIZZLE	HURRICANE	SQUALL
DROUGHT	LIGHTNING	STORM
FLOOD	MIST	SUNSHINE
FORECAST	OVERCAST	THUNDER
FROST	RAIN	TORNADO
HAIL	SHOWER	WIND



FROM THE DESK OF OUR CARE CENTER ADMINISTRATOR

Do you ever get discouraged? Some days it is so easy to lose our focus. It seems that the world is so filled with hate and anger these days. The news is constantly bombarding us with scenes from Ukraine. I find those scenes to be difficult to put out of my mind. A trip to the gas station or grocery store can cause fear. Empty grocery shelves are reminiscent of apocalyptic movies, and the Covid Pandemic is continuing to play a part in our daily routine. Jobs are difficult to fill and the people still working become more tired every day. Sometimes it just feels like there is no hope.

This is when we must put our trust in Jesus...

He did not die on the cross for us to be afraid.

He did not suffer for us to be depressed or worried.

He died so that we could live forever!

Philippians 4:7 says "and the peace of God, which surpasses all understanding, will guard your hearts and your minds in Jesus Christ."

I hope you have a happy, worry free, May!



*Don't worry
bee happy*



FROM THE DESK OF OUR CARE CENTER LIFE ENRICHMENT TEAM

Greetings families, residents and staff.

Happy May. I hope this month brings joy and happiness to you all!

Some fun facts about May-

- The empire state building opened its doors on May 1st, 1930.
- The birthstone of May is the emerald, and the flower is the Lilly of the Valley.

This month we have two holiday parties, Mother's Day and Memorial Day. Our party for Mother's Day will be on Friday May 6th at 2:30pm— We are serving strawberry shortcakes and other party foods. Our Memorial Day party will be on Monday May 30th— For our party I'm planning a lunch cookout on the patio serving hamburgers, potato salad, and watermelon. I like to have at least one cookout throughout the year, and I thought Memorial Day will be a great day to celebrate, Pray for good weather! I asked the Veterans of Foreign War to come do a special Memorial Day ceremony for you. That will begin at 2:30pm on May 30th.

Nursing home week starts May 9th-13th. Our theme is Summer Vibes. I have planned activities and games for both residents and staff to participate in, and will make this week fun for everyone involved. During Nursing Home week, we are going to be having a facility scavenger hunt, egg spoon races, a hula hoop contest, a bucket water relay race, and a bean bag baseball tournament , all with staff and resident teams. Friday we are going to be cooking hotdogs and serving chips and a cookie for staff for all their hard work!

We will have a dress up theme for each day during Nursing home week-

Monday- Polka Dot Day, (wear your polka dots)

Tuesday- Twin Day (find a resident to match with)

Wednesday- Tie Dye Day

Thursday- USA Day (wear your red, white and blue)

Friday- Beach Day

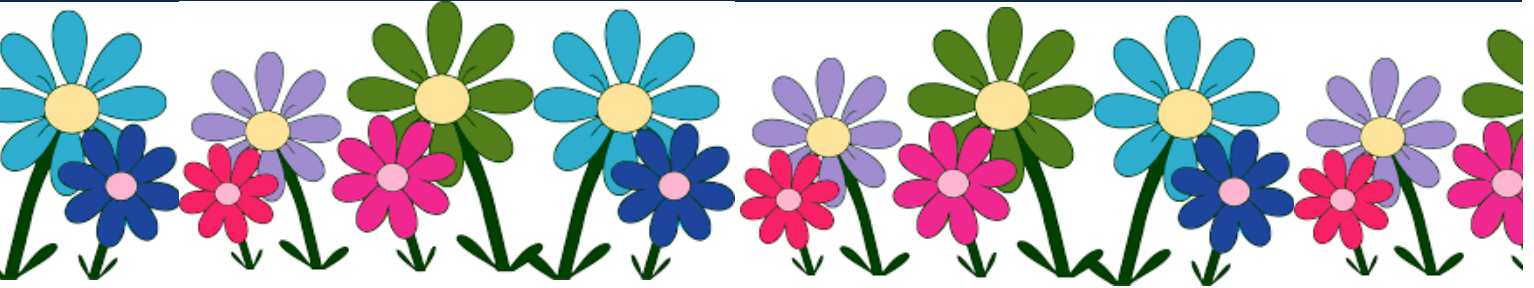
Love Kassie and Kelly, Care Center Life Enrichment Team

CARE CENTER LIFE ENRICHMENT CALENDAR

May 2022

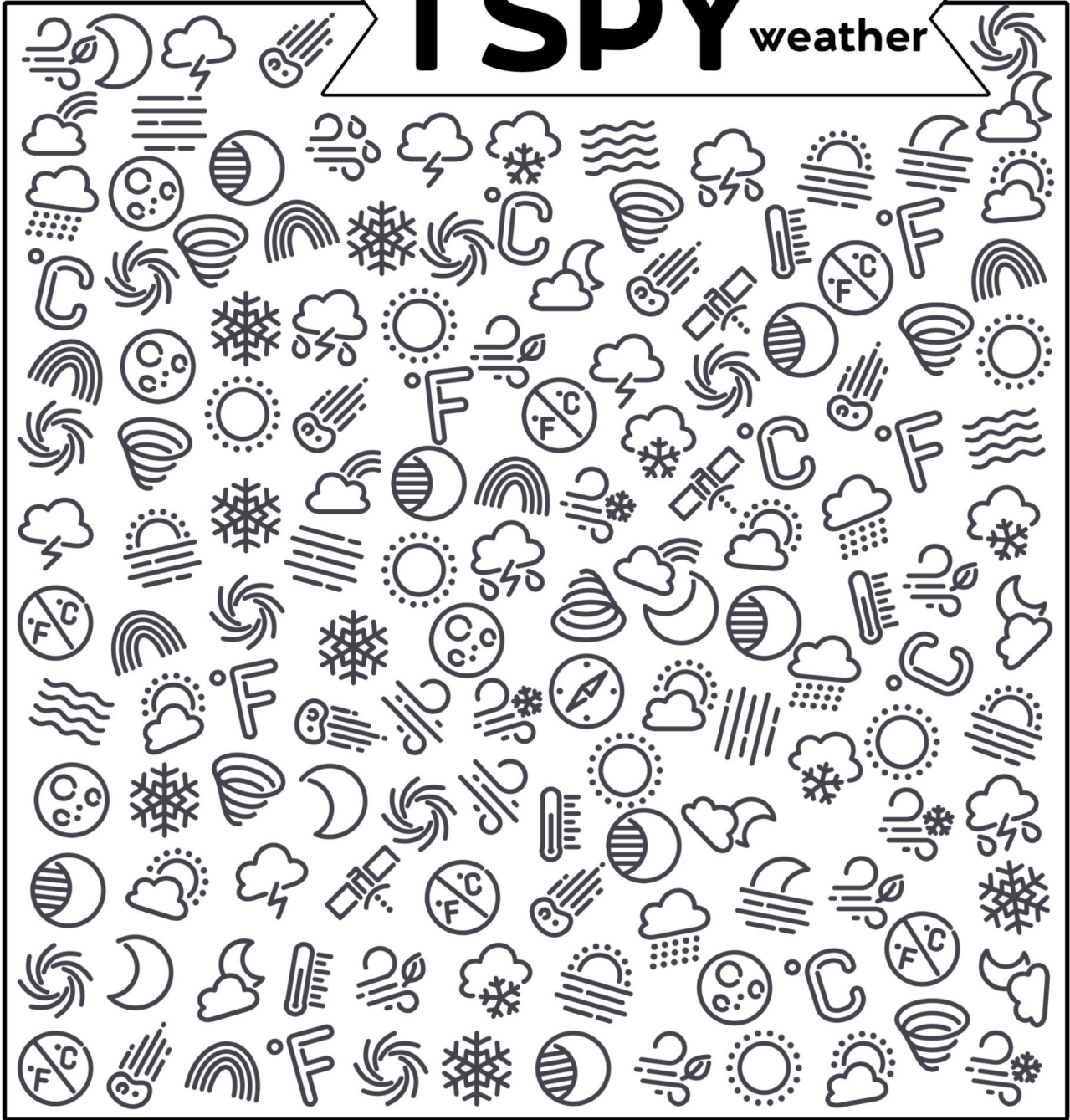


SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>1. AM– Magazine/Newspaper with Coffee</p> <p>PM– Word Search/Coloring</p>	<p>2. 8am-9am– 1:1 Visits AM– Devotion w/ Bro. Max</p> <p>PM– Noodle Bop and Ribbon Exercises</p>	<p>3. 8am-9am– 1:1 Visits AM– Bingo w/ Hydration</p> <p>PM– Bean Bag Baseball w/ Music</p>	<p>4. 8am-9am– 1:1 Visits AM– Pretty Nails & Lotion Therapy</p> <p>PM– Mothers Day</p>
<p>8. Happy Mothers Day AM– Magazine/Newspaper with Coffee</p> <p>PM– Word Search/Coloring</p>	<p>9. POLKA DOT DAY AM– The Hokey Pokey Dance Off w/ Staff</p> <p>PM- Facility Scavenger Hunt</p>	<p>10. TWIN DAY AM– Making Tye Dye Shirts on the patio</p> <p>PM– Egg & Spoon Races w/ Staff</p>	<p>11. Tye Dye Day AM– Movie & Popcorn “Grease”</p> <p>PM– Hula Hoop with Staff</p>
<p>15. AM– Magazine/Newspaper with Coffee</p> <p>PM– Word Search/Coloring</p>	<p>16. 8am-9am– 1:1 Visits AM– Devotion w/ Bro. Max</p> <p>PM– Ribbon Exercise & Bowling</p>	<p>17. 8am-9am– 1:1 Visits AM– Bingo & Hydration</p> <p>PM– Drums Alive & Noodle Bop</p>	<p>18. 8am-9am– 1:1 Visits AM– Noodle Bop & Exercise</p> <p>PM– Pretty Nails & the Patio</p>
<p>22. AM– Magazine/Newspaper with Coffee</p> <p>PM– Word Search/Coloring</p>	<p>23. 8am-9am– 1:1 Visits AM– Devotion w/ Bro. Max</p> <p>PM– Bean Bag Baseball w/ Music</p>	<p>24. 8am-9am– 1:1 Visits AM– Bingo w/ Hydration</p> <p>PM– Ribbon Exercise & Parachute Exercise</p>	<p>25. 8am-9am– 1:1 Visits AM– Pretty Nails & Lotion Therapy</p> <p>PM– Calendar Clipping</p>
<p>29. AM– Magazine/Newspaper with Coffee</p> <p>PM– Word Search/Coloring</p>	<p>30. Happy Memorial Day 8am-9am– 1:1 Visits Memorial Day Cookout on the Patio</p> <p>PM– Memorial Day Service</p>	<p>31. 8am-9am– 1:1 Visits AM– Bingo w/ Hydration</p> <p>PM– Making Jewelry w/ Music</p>	



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1:1 Visits s w/ Music & ay Pictures</p>	<p>5. Happy Cinco De Mayo 8am-9am– 1:1 Visits AM– Wheel of Fortune Trivia PM– Bingo w/ Snack</p>	<p>6. 8am-9am– 1:1 Visits AM– Devotion w/ Bro. Brankel PM– Mothers Day Party w/ Strawberry Shortcake</p>	<p>7. AM- TV Show of Choice/ Reminiscing PM– Sing a Long with Music of Choice</p>
<p>ay popcorn Social, Contest w/</p>	<p>12. USA DAY AM– Arts & Crafts, American Flag Décor PM– Water Bucket Relay races w/ Red ,White, & Blue Popsicles</p>	<p>13. BEACH DAY AM– Bean Bag Baseball Tournament w/ Staff PM– Hot Dogs, Chips, & Cookies for Staff</p>	<p>14. AM- TV Show of Choice/ Reminiscing PM– Sing a Long with Music of Choice</p>
<p>1:1 Visits o & Ribbon s w/ Music on</p>	<p>19. 8am-9am– 1:1 Visits AM– Ball Catch w/ Trivia PM– Bingo w/ Snack</p>	<p>20. 8am-9am– 1:1 Visits AM– Devotion w/ Bro. Brankel PM– Movie & Popcorn Social</p>	<p>21. AM- TV Show of Choice/ Reminiscing PM– Sing a Long with Music of Choice</p>
<p>1:1 Visits s w/ Music & ub w/ Cookies</p>	<p>26. 8am-9am– 1:1 Visits AM– May Birthday Party PM– Bingo w/ Snack</p>	<p>27. 8am-9am– 1:1 Visits AM– Devotion w/ Bro. Brankel PM– Cinnamon Toast w/ Music on the Patio</p>	<p>28. AM- TV Show of Choice/ Reminiscing PM– Sing a Long with Music of Choice</p>

I SPY weather



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INDEPENDENT LIVING NEWS

ACTIVITY CENTER

The Independent Living activity center is open from 7am-7pm daily in H-75. IL residents are also welcome to join in on any Care Center or Assisted Living activities.



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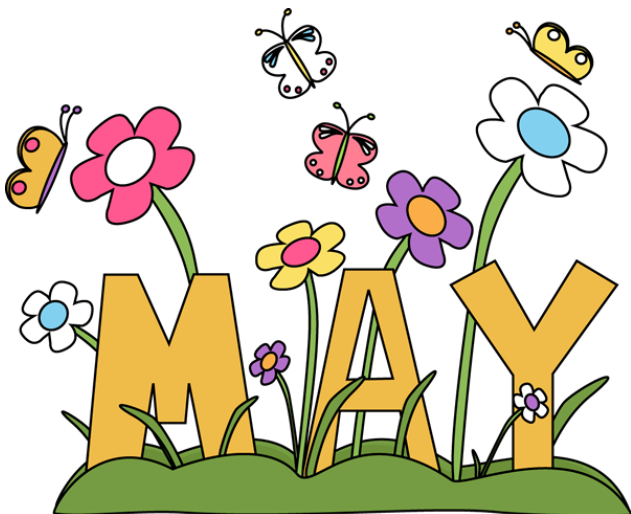
AFTER HOURS CONTACT INFO

The MVSL Security Team can be reached at 479-755-5009. If you have any concerns, please contact this number first so that the situation can be assessed.



TRASH PICKUP

Please set your trash out on Monday, Wednesday, and Friday for pick up. Pick up times will be after 3:30pm.



EXTERMINATOR

The exterminator will be here for outdoor sprays only. If you have a more specific concern, please call 479-755-5009 to arrange an indoor appointment.



Happy Birthday to you...

Jo Bobbitt, May 3
James Cheyne, May 4
Mary Woods, May 4
Betty Adkins, May 9
Mary Cassingham, May 9
Helen Harvell, May 9
Kay Wilson, May 9
Shirley Ingram, May 14
Darleen Sobieski, May 15
Douglas Stephens, May 17
Robert Oldham, May 18
Gary Kilgore, May 20
Marilyn Bell, May 21
Ada Pybas, May 22
Thomas Blake, May 23
Chloris Turner, May 23
Erna Russell, May 24
James Mooney, May 31
Noah Johnson, May 31

WINNER WINNER, STEAK DINNER!

The following team members won our Steak Dinner competition! These team members show up for their shifts, give great care, and love MVSL and Our Residents.

CONGRATULATIONS...



Christina Caldwell, Joanie Feyen, Chasity Hampton,
Keiona Hartgraves, Amanda Hays, Jacqueline Huff, Lucy Karanja,
Beth Marrin, Valerie Minhas, Laura Morgan, Samantha Rodriguez,
Electra Scrivner, Laura Stallings, Cherry Thompson,
and Esmeralda Velasquez Alvarenga



Each of these team members will receive a gift card for a steak dinner!



FROM THE DESK OF OUR CAMPUS EDUCATION DIRECTOR

Hello all!

May is going to be a busy month in the Training Center! Many opportunities for education are available. Dementia Training class begins Thursday, May 5, 2022. There will be classes on the affects of aging on the skin for the CNAs. We also will have CPR Renewal classes, and other training this month.

MVSL is committed to ensuring all employees have the skill and education necessary to provide our residents with the best possible care. Through monthly online in-services and in-person training, we try very hard to stay up to date with any new rules or regulations, as well as new approaches, in providing that care.

Blessings--MeLynnda Dunn LPN CDP CADDCT

never stop learning



FROM THE DESK OF OUR AL/ASCU ADMINISTRATOR

This month holds a lot of excitement as there are plenty of holidays and activities to commemorate!

We start it off with Cinco de Mayo where there is always great snacks and food to be had with music and laughter. Then we get to celebrate our mothers and the unconditional love they have showered us with throughout our lives. One of our family jokes was whenever we would need any type of medical assistance from a fall or accident, my father's famous words were, "Go to mom!" You can imagine how often that was said with four kids playing outside. Although we kept her busy growing up, she was always there with open arms and a way to make the day better. The last holiday of the month is Memorial Day, where we remember those who gave all while serving in the military. It is a day filled with reminiscing as the residents share their stories and honor those who served. We look forward to the upcoming month and the memories we will make at MVSL.

"When you are looking at your mother, you are looking at the purest love you will ever know." -Charley Benetto





FROM THE DESK OF OUR AL/ASCU LIFE ENRICHMENT TEAM

Hello Residents, Families, and Friends!

Spring is in full swing and it is beautiful! So many new flowers around our campus! We also have some new planters thanks to our wonderful volunteers and a small garden of our own to tend to! Nothing better than a handful of dirt!

This month is going to be busy and filled with fun! We start off with Cinco De Mayo, and we will be making festive crafts and eating yummy treats. With Mother's Day around the corner, it's important to acknowledge all the moms in our life! Especially those who have passed. I know many of you have mothers and grandmothers in heaven! This Mother's day is hard for me as well as it is my first without my Mimaw. "Mothers never really die, they just keep house in the sky, they polish the sun by day and light the stars that shine at night, keep the moonbeams silvery bright and in the heavenly home above, they wait to welcome those they love." We will be having a Spa Day the Friday before Mother's day! Memorial day we will be having a cook out and remembering the sacrifice of those who gave all.

I am also so excited to start "book club." This will be on Fridays and we will pick an audio book to listen to and then discuss as a group.

-Jamie Jackson, Life Enrichment Director

ASSISTED LIVING LIFE ENRICHMENT CALENDAR

May 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1.	2. 11AM- Devotional with Max PM- Fancy Nails 2PM- Dominoes 3PM- Resident Council Meeting	3. 11AM- Devotional/Morning News 2PM Bingo	4. 11AM- Devotional/Morning News 2PM- Cinco De Mayo 3PM- Knitting Club
8. Happy Mother's Day	9. 11AM- Devotional with Max PM- Fancy Nails 2PM- Dominoes	10. 11AM- Devotional/Morning News 2PM- Bingo	11. 11AM- Devotional/Morning News 2PM- Painting 3PM- Knitting Club
15.	16. 11AM- Devotional with Max PM- Fancy Nails 2PM- Dominoes	17. 11AM- Devotional/Morning News 2PM- Bingo 6PM- Bordertown Belles *pc	18. 11AM- Devotional/Morning News 2PM- Baking 3PM- Knitting Club
22.	23. 11AM- Devotional with Max PM- Fancy Nails 2PM- Dominoes	24. 11AM- Devotional/Morning News 2PM- Bingo	25. 11AM- Devotional/Morning News 2PM- Coloration
29.	30. Happy Memorial Day Memorial Day Cookout 11AM- Devotional with Max 2PM- Dominoes	31. 11AM- Devotional/Morning News 2PM- Bingo	



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
al/Morning Mayo Craft Club	5. Happy Cinco De Mayo 11AM- Devotional/Morning News 2PM- Cinco De Mayo Fiesta	6. 11AM- Devotional/Morning News 2PM- Mothers Day Spa	7.
al/Morning News Club	12. 11AM- Sing Along *PC 2PM- Jeopardy	13. 11AM- Devotional/Morning News 2PM- Drums Alive 3PM- Book Club	14.
al/Morning Club	19. 11AM- Devotional/Morning News 2PM- Wheel of Fortune	20. 11AM- Devotional/Morning News 2PM- Volleyball 3PM- Book Club	21.
al/Morning	26. 11AM- Devotional/Morning News 2PM- Trivia	27. 11AM- Devotional/Morning News 2PM- Birthday Bash 3PM- Book Club	28.

ASCU LIFE ENRICHMENT CALENDAR

May 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1. AM- Morning Stretches AM- Gospel Music PM- Coloration	2. AM- Morning Stretches/Devotional AM- Ball Toss PM- Fancy Nails w/aromatherapy	3. AM- Morning Stretches/ Devotional AM- Collage PM- Bingo	4. AM- Morning Str Devotional AM- Charades PM- Craft PM- Knitting Club
8. Happy Mothers Day AM- Morning Stretches AM- Gospel Music PM- Coloration	9. AM- Morning Stretches/Devotional AM- Brain Teaser PM- Fancy Nails w/aromatherapy	10. AM- Morning Stretches/Devotional AM- Follow your nose PM- Bingo	11. AM- Morning Str Devotional AM- Coloration PM- Painting PM- Knitting Club
15. AM- Morning Stretches AM- Gospel Music PM- Coloration	16. AM- Morning Stretches/Devotional AM- Ball Toss PM- Fancy Nails w/aromatherapy	17. AM- Morning Stretches/Devotional AM- Matching PM- Bingo	18. AM- Morning Str Devotional AM- I Spy PM- Craft PM- Knitting Club
22. AM- Morning Stretches AM- Gospel Music PM- Coloration	23. AM- Morning Stretches/Devotional AM- Reminiscing AM- Fancy Nails w/aromatherapy	24. AM- Morning Stretches/Devotional AM- Ball Toss PM- Bingo	25. AM- Morning Str Devotional AM- Collage cutt PM- Painting
29. AM- Morning Stretches AM- Gospel Music PM- Coloration	30. Happy Memorial Day AM- Morning Stretches/ Devotional AM- Patriotic Ribbon Dancing PM cook out!	31. AM- Morning Stretches/ Devotional AM- Balloon Toss PM- Bingo	



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>stretches/ o</p>	<p>5. Happy Cinco De Mayo AM- Morning Stretches/Devotional AM- Mariachi Music PM- Cinco De Mayo Fiesta</p>	<p>6. AM- Morning Stretches/Devotional AM- Shake Loose a Memory PM- Mothers Day Spa</p>	<p>7. AM- Morning Stretches PM- Brain Teaser</p>
<p>stretches/ o</p>	<p>12. AM- Morning Stretches/Devotional AM- Volleyball PM- Sing a long</p>	<p>13. AM- Morning Stretches/ Devotional AM- Trivia PM- Drums Alive</p>	<p>14. AM- Morning Stretches</p>
<p>stretches/ o</p>	<p>19. AM- Morning Stretches/Devotional AM- Soul singing PM- Bean Bag Baseball</p>	<p>20. AM- Morning Stretches/Devotional AM- Charades PM- Bubbles</p>	<p>21. AM- Morning Stretches</p>
<p>stretches/ ing</p>	<p>26. AM- Morning Stretches/Devotional AM- Ball toss PM- Jeopardy</p>	<p>27. AM- Morning Stretches/Devotional AM- Coloration PM- Birthday Bash</p>	<p>28. AM- Morning Stretches</p>

A Look-Back at April



Congestive Heart Failure

More than 5 million people in the United States have congestive heart failure. Congestive heart failure is a serious condition in which the heart doesn't pump blood as efficiently as it should. Despite its name, heart failure doesn't mean that the heart has literally failed or is about to stop working. Rather, it means that the heart muscle has become less able to contract over time or has a mechanical problem that limits its ability to fill with blood. As a result, it can't keep up with the body's demand, and blood returns to the heart faster than it can be pumped out—it becomes congested, or backed up.

The body tries to compensate in different ways. The heart beats faster to take less time for refilling after it contracts. The heart also enlarges a bit to make room for the blood. The lungs fill with fluid, causing shortness of breath. The kidneys, when they don't receive enough blood, begin to retain water and sodium, which can lead to kidney failure. With or without treatment, heart failure is often and typically progressive, meaning it gradually gets worse.

Symptoms- Heart failure signs and symptoms may include

- Shortness of breath with activity or when lying down
- Fatigue and weakness
- Swelling in the legs, ankles and feet
- Persistent cough or wheezing with white or pink blood-tinged mucus
- Swelling of the abdomen
- Very rapid weight gain from fluid buildup
- Nausea and lack of appetite
- Difficulty concentrating or decreased alertness

Prevention-The best way to avoid congestive heart failure is to avoid the conditions that contribute to it

- **Stop smoking.** It's a major factor in the arterial damage that can cause heart failure. Also steer clear of secondhand smoke.
- **Eat in heart-healthy ways.** The foods that help you are those that contain little saturated fat, trans fat, sugar or sodium. Think fruits and vegetables, low-fat dairy, lean protein such as chicken without the skin, and "good" fats such as those found in olive oil, fish and avocados.
- **Lose pounds if you're overweight.** Along with diet, being physically active helps achieve this goal and is also great for your heart.
- **If you have another type of heart disease or related condition, closely follow your treatment program.** Ongoing care and adherence to prescribed medications, such as statin drugs to treat high cholesterol, can make a big difference.

Methodist Village Senior Living

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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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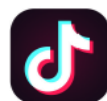
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