



METHODIST VILLAGE
SENIOR LIVING

August 2022 | Volume 61 | Issue 8

A Monthly Publication of Methodist Village Senior Living

FROM THE DESK OF OUR CEO...



Dear Residents, Families and Staff,

♪ ♪ If you're hot and you know it, raise your hand.... If you're hot and you know it, raise your hand.... If you're hot and you know it, then your sweat will really show it.... If you're hot and you know it, raise your hand!!! ♪ ♪

Is anyone else tired of this heat? Hopefully, August will bring us some relief! Please drink plenty of water and stay out of the heat!

As you can see, our renovations are moving right along. We have had some hiccups along the way with supply shortages and building material price increases, but things are looking great! The construction costs have almost doubled from when we started with Phase III; however, our Foundation continues to write grants and hold fundraisers. The residents are getting so excited, and they are already asking when they will be able to sit outside under the porch!

Speaking of fundraisers, I want to thank everyone who purchased ribs or meals at the Father's Day Rib Fundraiser. We were able to raise \$2,000!

Our next fundraiser will begin in August! We will be selling bricks in "Memory Of," in "Honor Of, and in "Dedication to." This will be a great time to honor someone for many years to come. Our goal is to have an outdoor sitting area with benches, a gazebo and a path to honor loved ones, business partners, donors, and supportive staff. You should receive information in the mail; however, please don't hesitate to reach out to me for more information.

Our last fundraiser for the year will be our BUBBLES AND BOWTIES New Year's Eve event which is a black-tie evening event to celebrate the New Year! Watch for information, and we hope to see you all there!

Courtesy reminder— staff are not allowed to accept gifts of any kind, which is a state regulation. If you wish to thank our staff for their hard work, you may contribute to our Employee Appreciation Fund. You can do this by going to our website at www.methodistvillage.com or contacting our accounting department. The funds are used to purchase gifts, gift cards, meals, and treats for all staff.

Remember, we are a 501-c3 non-profit, and any gift of any size can be tax deductible.

Warmest,
Melissa Curry

CAMPUS NEWS

MED-TECH PROGRAM



Congratulations to the newest class of Medication Technicians- Brittney Hanson, Tessa Lara, Valerie Minhas, Samantha Rodriguez, and Jessica Rusnak. We are so proud of you!



UPDATED VISITATION PROCEDURE

Visitation hours are not being limited, however beginning in August the entrance to the Care Center and Assisted Living will be locked from 8pm-6am. Please ring the doorbell and wait for assistance. Please be patient as you wait for a team member to open the door. This is for the safety of our residents and team members.

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.

“Enjoy the little things in life, for one day you may look back and realize they were the big things”

Family Council Meeting

When: Wednesday, August 31 at 2:00pm

Where: Administration Office Conference Room

We would love to have all POAs join us!



Healthy Habits & Tips During the Dog Days of Summer

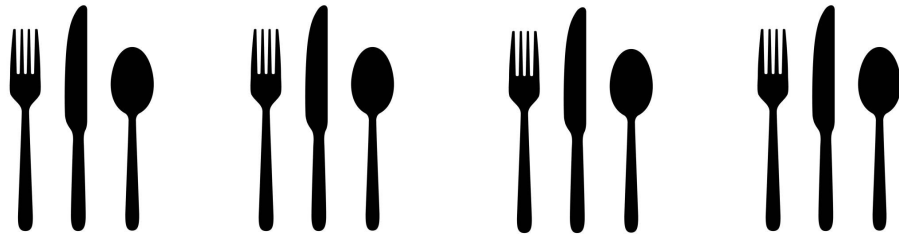
- ★ Stay hydrated - drink plenty of water during the day.
- ★ Eat light meals and snacks throughout the day that keep you hydrated like fruits, vegetables, salads, popsicles and Jello.
- ★ Know the side effects of certain medications, such as drowsiness or sun sensitivity
- ★ Protect your eyes when outside during the bright summer days by wearing sunglasses.
- ★ Don't forget the sunscreen if you plan to be outdoors in direct sunlight. Limit your time in the sunshine.
- ★ Stay Cool! Stay indoors, go swimming, take a cool shower, etc.
- ★ Wear light, loose-fitting clothing. Clothes that are breathable and reflect the sun.
- ★ Keep up with the weather forecast if you are planning an outing.



August 2022– Lunch

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<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>	<p>1. Spinach Cheese Salad, Rosemary Orange Chicken Breast, White & Wild Rice Blend, Seasoned Broccoli Florets, Dinner Roll, Frosted Carrot Cake</p>	<p>2. Kidney Bean Salad, Chimichurri Pork Loin, Dijon Red Potatoes, Lemon Asparagus, Dinner Roll, Blonde Bar</p>	<p>3. Marinated Tarragon Roast, Seasoned Orzo, Summer Squash, Chery Pie</p>
<p>7. Tomato Cucumber Salad, Turkey Dijonaise, Parslied Noodles, Peas & Onions, Dinner Roll, Sundae & Toppings</p>	<p>8. Carrot Pineapple Salad, Beef & Broccoli, Fluffy Rice, Scandinavian Blend Vegetables, Dinner Roll, Banana Cream Pie</p>	<p>9. Tomato Bean Salad, Caprese Chicken, Garlic Noodles, Balsamic Brussel Sprouts, Dinner Roll, Fudge Ice Cream Bar</p>	<p>10. Greek Spinach, Turkey Divan, G Rice, Italian Veg, Wheat Dinner Roll, Melba</p>
<p>14. Romaine & Onion Salad w/ Dressing, Vegetable Lasagna, Seasoned Green Beans, Wheat Dinner Roll, Frosted Carrot Cake</p>	<p>15. Summer Slaw, Baked Glazed Ham, Fluffy Rice, Capri Blend Vegetables, Wheat Dinner Roll, Coconut Cake</p>	<p>16. Spinach Strawberry Salad, Chicken Fricassee, Mashed Potatoes, Brussel Sprouts w/ Bacon, Wheat Dinner Roll, Ice Cream Bar</p>	<p>17. Creamy Cuc, Mustard Crustee, Garlic Noodles, Spinach, Wheat, Apricot Cobbler</p>
<p>21. Hawaiian Coleslaw, Pesto Turkey, Mediterranean Orzo, Stewed Tomatoes, Wheat Dinner Roll, Rainbow Sherbet</p>	<p>22. Summer Slaw, BBQ Pork Chop, Cheddar Mashed Yukon Gold Potatoes, Parslied Carrots, Wheat Dinner Roll, Brownie</p>	<p>23. Caesar Salad w/ Dressing, Lemon Mustard Chicken, Garlic Noodles, Zucchini & Tomatoes, Wheat Dinner Roll, Frosted White Cake</p>	<p>24. Three Bean, Marinated Beef, Sauce, Confetti, Scandinavian Bl, Wheat Dinner R, Drumstick Ice Cr</p>
<p>28. Romaine & Onion Salad, Beef Pot Roast, Roasted Red Potatoes, Squash Medley, Dinner Roll, Sundae & Toppings</p>	<p>29. Spinach Cheese Salad, Rosemary Orange Chicken Breast, White & Wild Rice Blend, Seasoned Broccoli Florets, Dinner Roll, Frosted Carrot Cake</p>	<p>30. Kidney Bean Salad, Chimichurri Pork Loin, Dijon Red Potatoes, Lemon Asparagus, Dinner Roll, Blonde Bar</p>	<p>31. Marinated Tarragon Roast, Seasoned Orzo, Summer Squash, Chery Pie</p>

Menu



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Tomato Salad, Chicken, Herb Pasta, Steamed , Dinner Roll,</p>	<p>4. Lettuce & Tomato Salad, Meatloaf & Gravy, Mashed Potatoes, Seasoned Green Peas, Dinner Roll, German Chocolate Cake</p>	<p>5. Dill Potato Salad, BBQ Chicken, Summer Corn Pilaf, Sicilian Blend Vegetables, Dinner Roll, Blueberry Crisp</p>	<p>6. Coleslaw, Crab Cakes, Remoulade, Parslied Potatoes, Seasoned Green Beans, Cornbread, Coconut Cream Pie</p>
<p>ch Salad, arden Blend etable Blend, oll, Peach</p>	<p>11. Beet & Onion Salad, Apricot Glazed Pork Loin, Roasted Red Potatoes, Seasoned Spinach, Wheat Dinner Roll, Peanut Butter Bar</p>	<p>12. Caesar Salad w/ Dressing, Lemon Glazed Chicken, Herbed Penne Pasta, Peas with Fresh Dill, Wheat Dinner Roll, Strawberry Sundae & Toppings</p>	<p>13. Spring Salad, BBQ Beef, Garlic Mashed Potatoes, Seasoned Zucchini, Wheat Dinner Roll, Marbled Brownies</p>
<p>umbers, Herb & d Pork Loin, Creamed Dinner Roll,</p>	<p>18. Lettuce & Tomato Salad, Beef Brisket, Au Gratin Potatoes, Parslied Carrots, Wheat Dinner Roll, Blondie Bar</p>	<p>19. Oriental Salad, Balsamic Blackberry Chicken, Wild Rice Pilaf, Sicilian Blend Vegetables , Wheat Dinner Roll, Crispy Rice Bar</p>	<p>20. Romaine & Onion Salad w/ Dressing, Root Beer Ribs, Dill Potato Salad, Baked Beans, Cornbread, Peach Crisp</p>
<p>Salad, Kabob, Tzatziki Rice, end Vegetables, oll, Nutty Buddy ream</p>	<p>25. Spring Salad, Garlic Shrimp, Alfredo Noodles, Seasoned Broccoli Florets, Wheat Dinner Roll, Lemon Bar</p>	<p>26. Garden Salad, Crispy Pork Loin, Garlic Mashed Potatoes, Seasoned Green Beans, Dinner Roll, Cherry Cobbler</p>	<p>27. Zucchini & Cucumber Salad, Broiled Lemon Cod, Buttered Spaghetti, Seasoned Spinach, Dinner Roll, Coconut Pudding</p>
<p>Tomato Salad, Chicken, Herb Pasta, Steamed , Dinner Roll,</p>			

MVSL Team Members

Happy Work Anniversary!

Lori Arnold, 1 Year

Angela Brown, 3 Years

Mandy Faucett, 1 Year

Taylor Gattis, 1 Year

Chasity Hampton, 1 Year

Amanda Hays, 12 Years

Laura Morgan, 2 Years

Brittany Plymale, 3 Years

Maria Reyes Lopez, 1 Year

Cholette Rosas, 3 Years

Summer Scantling, 3 Years

Malika Smith, 2 Years

Frances Stone, 12 Years

Esmeralda Velasquez-Alvarenga, 1 Year

Happy Birthday!

Summer Scantling, August 1

Greyson Gann, August 3

Syra Baker, August 4

Rebecca Doucette, August 4

Jazmine Carpenter, August 5

Jasmine Fry, August 6

Audre Parham, August 6

Kelley Sanders, August 9

Amy Parmenter, August 11

Lorelei Keifer, August 11

Vanessa Garcia, August 12

Rae Nichols, August 14

Kim Wilcox, August 19

Dana Mitchell, August 20

Jacqueline Huff, August 20

Alexandra Osburn, August 25

Bessie Keller, August 26

Shawna McBride, August 26

Nancy Wallbaum– Kaiser, August 26

Brandie Simmons, August 29



Back to School Word Search



ELEMENTARY	S P O R T S Y S M B R E L U R
MIDDLE	N A A R D A H G H T E R W O U
JUNIOR HIGH	U C T P C I I E A S M P E N S
HIGH SCHOOL	L M L H E O G T A C O V R P D
BACKPACK	J U N I O R H I G H R E C I E
PENCIL	U I P E C R S P I O I L A C L
PAPER	P T N S R E C E S S E T L E E
SCISSORS	R T R O N G H A T G S A C X M
RULER	O S C I S S O R S O S Y U T E
CRAYONS	T L R U L R O A T S E N L T N
MARKERS	R E A G L E L A T L I R A A T
BOOKS	A A Y Y P K R E D T R E T Y A
PENS	C J O N E R O D H L E H O B R
PROTRACTOR	T Y N E M A I E M O I D R A Y
COMPASS	O H S T A S S A P M O C R B S
CALCULATOR	R S K O O B A C V J B R N N B
RECESS	F O S E M A T E A C H E R E L
CLASS	B A C K P A C K E R W A P O P
SPORTS	
TEACHER	



FROM THE DESK OF OUR CARE CENTER ADMINISTRATOR

Happy August!

It has been so hot! I do not think this is what the definition of “sweet summertime” was meant to be. In addition to the heat, Covid is ramping up again and we get to add Monkeypox to our growing list of contagious diseases.

The workforce across the US continues to be a concern, however we are so thankful to our team members who continue to come to work each day and provide the best care for our residents.

Matthew 11: 28-30 says: Come to me, all who labor and are heavy laden and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Let's remember that we can always feel rested when we trust in Jesus.

Stay safe my friends!

-Amy





FROM THE DESK OF OUR CARE CENTER LIFE ENRICHMENT TEAM

Greetings families, residents, and staff:

August is upon us! It is a busy time for children and their parents. The kids are preparing to go back to school. It is also a great time for pickling and canning items from the garden. August brings the best bounty of the season-ripened tomatoes, ripe melons, sweet corn on the cob, and zucchini.

Did you know?

- August is both a given name and surname developed from the Latin, Augustus. Derived from the Latin word *augere*, meaning “to increase,” Augustus had the meaning “esteemed” or “venerable” and was a title given to Roman emperors.
- The birth flower for August is the gladiolus or poppy, meaning beauty, strength of character, love, marriage, and family. Poppies are known for their vibrant red color.
- August has been given nicknames such as “Auggie” and “Gus.” While they are darling names, August is known to be sophisticated and strong.

We have an exciting event coming up! Tuesday, August 2nd- The Bordertown Bells will be here to perform for us at 6:00pm in the dining room. You won't want to miss this! We hope that you will join in on the fun.

Our Assistant Director of Nursing, Amber Courtney, will also be hosting movie and popcorn socials each Sunday!

We are still taking donations for Bingo prizes: chocolate, snack cakes, sugar-free candy, lotions, and small stuffed animals would be greatly appreciated.

The Lord is my light and my salvation; Whom shall I fear? The Lord is the strength of my life; Of whom shall I be afraid? Psalm 27:1

Prayer- Dear Lord, thank You for being with us always. Help us to cast our cares upon You, especially during times of change and transition. Amen.

Love, Kassie and Kelly

CARE CENTER LIFE ENRICHMENT CALENDAR

August 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
*Activities subject to change due to weather	1. Morning Announcements AM– Chaplain’s Church PM– Candy Bucket Toss/ Exercise	2. Morning Announcements AM– Bingo Extravaganza w/ Snack PM– Parachute Exercise PM– Border Town Bells 8PC	3. Morning Announcements AM– Ribbon Extravaganza Bop w/ Music PM– Fancy Nails Coloring & Table Games
7. AM– Newspaper or Magazine Hour w/ Coffee PM– Popcorn & Movie Social w/ Amber	8. Morning Announcements AM– Chaplain’s Church PM– Cornhole Exercise w/ Music	9. Morning Announcements AM– Bingo Extravaganza w/ Snack PM– Arts & Crafts, Canvas Butterflies	10. Morning Announcements AM– Ribbon Extravaganza Bop w/ Music PM– Fancy Nails Coloring & Table Games
14. AM– Newspaper or Magazine Hour w/ Coffee PM– Popcorn & Movie Social w/ Amber	15. Morning Announcements AM– Chaplain’s Church PM– Baseball Game w/ Cheer Squad	16. Morning Announcements AM– Bingo Extravaganza w/ Snack PM– Fancy Nails w/ Adult Coloring & Table Games	17. Morning Announcements AM– Arts & Crafts Card Making PM– Arts & Crafts Thank You Cards
21. AM– Newspaper or Magazine Hour w/ Coffee PM– Popcorn & Movie Social w/ Amber	22. Morning Announcements AM– Chaplain’s Church PM– Bowling/Exercise w/ Music	23. Morning Announcements AM– Bingo Extravaganza w/ Snack PM– Coffee & Conversations in Activity Office	24. Morning Announcements AM– Ribbon Extravaganza Bop w/ Music PM– Fancy Nails Coloring & Table Games
28. AM– Newspaper or Magazine Hour w/ Coffee PM– Popcorn & Movie Social w/ Amber	29. Morning Announcements AM– Chaplain’s Church PM– Baseball Game w/ Cheer Squad	30. Morning Announcements AM– Bingo Extravaganza w/ Snack PM– Devotion w/ Kelly in Activity Office	31. Morning Announcements AM– August Birthdays Cupcakes PM– Fancy Nails Coloring & Table Games



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Announcements Exercise & Noodle</p> <p>w/ Adult e Games</p>	<p>4. Morning Announcements AM– Sing a Ling w/ Lanita *PC</p> <p>PM– Bingo Extravaganza w/ Snack</p>	<p>5. Morning Announcements AM– 1:1 Room Visits w/ Fun Facts</p> <p>PM– Rummy & Dominoes w/ Oreos and Milk</p>	<p>6. AM– TV Show of Choice , Reminiscing</p> <p>PM– Music of Choice w/ Word Searches</p>
<p>Announcements Exercise & Noodle</p> <p>w/ Adult e Games</p>	<p>11. Morning Announcements AM– Finish Line & Beach Ball Trivia</p> <p>PM- Bingo Extravaganza w/ Snack</p>	<p>12. Morning Announcements AM– 1:1 Room Visits w/ Fun Facts</p> <p>PM– Cinnamon Toast Social & Hall Walks</p>	<p>13. AM– TV Show of Choice , Reminiscing</p> <p>PM– Music of Choice w/ Word Searches</p>
<p>Announcements ts, Thank You</p> <p>ts, Pictures for s</p>	<p>18. Morning Announcements AM– Ribbon Exercise & Noodle Bop w/ Music</p> <p>PM- Bingo Extravaganza w/ Snack</p>	<p>19. Morning Announcements AM– 1:1 Room Visits w/ Fun Facts</p> <p>PM– Grilled Cheese Social & Hall Walks</p>	<p>20. AM– TV Show of Choice , Reminiscing</p> <p>PM– Music of Choice w/ Word Searches</p>
<p>Announcements Exercise & Noodle</p> <p>w/ Adult e Games</p>	<p>25. Morning Announcements AM– Arts & Crafts, Colorful Bracelets</p> <p>PM- Bingo Extravaganza w/ Snack</p>	<p>26. Morning Announcements AM– 1:1 Room Visits w/ Fun Facts</p> <p>PM– Ped Cuddles w/ Roxi</p>	<p>27. AM– TV Show of Choice , Reminiscing</p> <p>PM– Music of Choice w/ Word Searches</p>
<p>Announcements hday Party w/</p> <p>w/ Adult e Games</p>			

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.



TRASH PICKUP

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



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9	2	6	5			3

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.



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!

Mary Fox, August 4

Mary Stacy, August 8

Linda Bradford, August 9

Marjorie Workman, August 12

Joann Humphrey, August 14

Richard Branum, August 17

Patricia Deal, August 19

Joe Brodie, August 20

Sarah Shaff, August 20

Helen Leonhardt, August 21

Woodrow Person, August 27

Doris Taff, August 28

Hortense Stafford, August 30

Nancy Lovelady, August 31

MVSL BEAUTY SHOP



WE ARE OPEN FOR BUSINESS!

Care Center: Tuesday & Thursday

Please make appointments by calling 479-452-1611,
Extension 2100 or see Susan Owens at the reception area.

Assisted Living: Wednesday

Please make appointments with Sarah Tisdale or Kiera Clark at the
reception area.

Pricing lists are also available in the salon and at the reception areas if needed.



FROM THE DESK OF OUR CAMPUS EDUCATION DIRECTOR

Hello all!

The Dog Days of Summer are upon us, and what a hot month July has been!

August is a busy month to be sure, with schools starting back up, and trying to get to those last-minute summer activities in. I hope everyone is having a great time soaking in the sun and enjoying the season!

The Training Center is in full swing with Orientation, Dementia Training, CPR Classes, Skin Classes, and other learning opportunities. The Center is open Monday-Friday, 8:00am-4:30pm for any employee who needs information on any of our currently offered classes.

MVSL is committed to ensuring all employees have the skill and education necessary to provide our residents with the best care possible. Through monthly on-line 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



FROM THE DESK OF OUR AL/ASCU ADMINISTRATOR

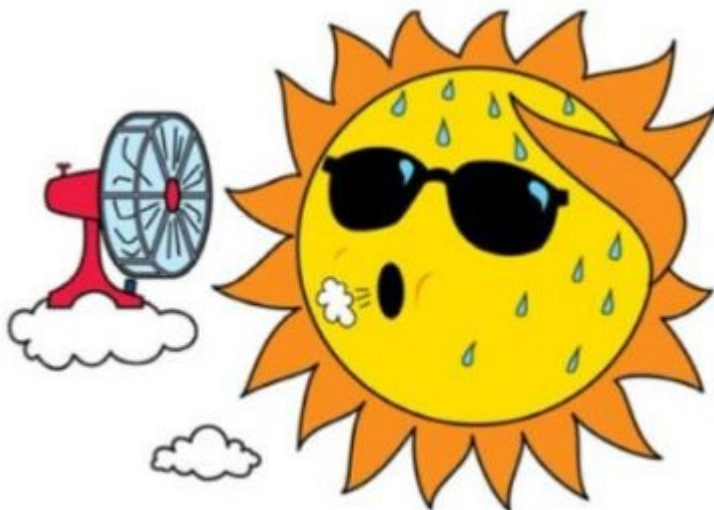
Happy August Everyone!

Last month's record-breaking heat was a great reminder of how much hydration is important and why deodorant is too! 😊

We love to see our residents enjoying the sunshine on the outside benches, but also ensuring they stay healthy and hydrated! As we enter a busy month of back-to-school shopping and spending time with family, we pray everyone has safe travels and an amazing school year! We are also getting excited for the Walk to End Alzheimer's coming up in September and the fundraising events to raise money for a cause that we are passionate about! We are looking forward to walking as a team and coming together as a community to raise awareness.

"Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ."

Colossians 3:23-24 ESV





FROM THE DESK OF OUR AL/ASCU LIFE ENRICHMENT TEAM

Dear Residents, Families, and Friends,

I know the heat and inflation have drained us all! However, this month we are going to kick off a fundraiser for the Walk to end Alzheimer's! The walk for our area is September 24th at UAFS, the time hasn't been announced yet! Anyone can sign up to walk! Starting August and until the walk, we will be selling ribbons at the Assisted living desk! They will be \$5 and you can write your name or the name of a loved one. Alzheimer's is a terrible disease; I am sure every person reading this knows someone who this disease has affected. My own Grandmother passed away from Alzheimer's. I hope and pray that in my lifetime I can see the end of this devastating disease. We will also be having various fundraisers with staff in the coming months! Check your voice friends.



We will be having our monthly sing along with Project Compassion this month, also the Bordertown belles will be coming to perform! We will also be having a sock hop! I hope we can all get together and dance some of our troubles away! We will be having Root Beer floats. I would love staff and residents to dress up!

There is still a need for bingo prizes, if you would like to donate, here is a list of popular items: candy (regular & sugar free), toiletries, word search books, lotion, and hair accessories.

I sincerely appreciate any help we receive and I'm thankful for our wonderful volunteers, staff and family members!

With love, Jamie

ASSISTED LIVING LIFE ENRICHMENT CALENDAR

August 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<i>*Activities subject to change due to weather</i>	1. AM– Devotional w/ Max PM– Dominoes PM– Resident Council	2. AM– Devotional & Morning News PM– Bingo	3. AM– Devotional & Morning News PM– Baking Club PM– Cards
7.	8. AM– Devotional w/ Max PM– Dominoes PM– Room Visits PM– Fancy Nails	9. AM– Devotional & Morning News PM– Bingo	10. AM– Devotional & Morning News PM– Craft PM– Cards
14.	15. AM– Devotional w/ Max PM– Dominoes PM– Room Visits PM– Fancy Nails	16. AM– Devotional & Morning News PM– Bingo PM– Bordertown Belles	17. AM– Devotional & Morning News PM– Painting PM– Cards
21.	22. AM– Devotional w/ Max PM– Dominoes PM– Room Visits PM– Fancy Nails	23. AM– Devotional & Morning News PM– Bingo	24. AM– Devotional & Morning News PM– Flower Arranging PM– Cards
28.	29. AM– Devotional w/ Max PM– Dominoes PM– Room Visits PM– Fancy Nails	30. AM– Devotional & Morning News PM– Bingo	31. AM– Devotional & Morning News PM– Brain Teasers PM– Cards

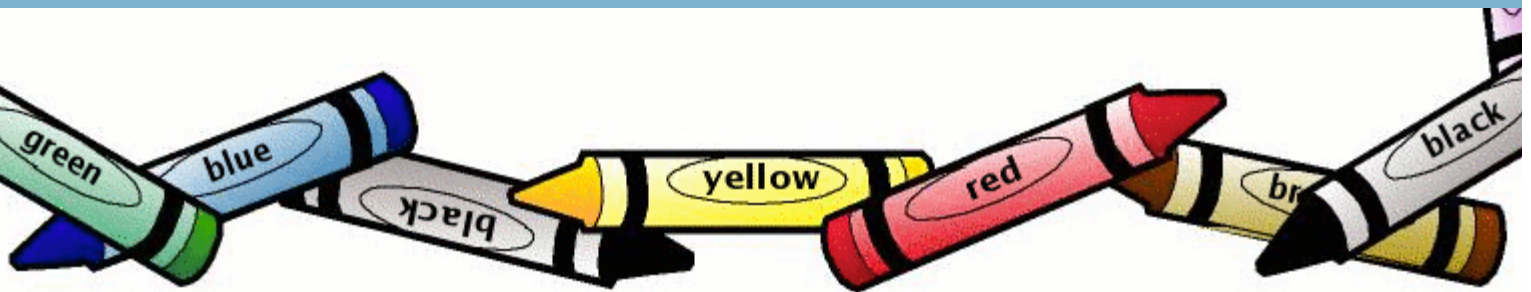


WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Devotional & Morning News Sub	4. AM– Devotional & Morning News PM– Bowling	5. AM– Devotional & Morning News PM– Movie & Popcorn	6.
Devotional & Morning News	11. AM– Devotional & Morning News PM– Wheel of Fortune	12. AM– Devotional & Morning News PM– Movie & Popcorn	13.
Devotional & Morning News	18. AM– Devotional & Morning News PM– Fireplace Social	19. AM– Devotional & Morning News PM– Birthday Bash	20.
Devotional & Morning News Arranging	25. AM– Devotional & Morning News PM– Scrabble	26. AM– Devotional & Morning News PM– Sock Hop	27.
Devotional & Morning News User			

ASCU LIFE ENRICHMENT CALENDAR

August 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<i>*Activities subject to change due to weather</i>	1. AM– Morning Stretches. News, Devotional, Ball Toss PM– Fancy Nails w/ Aromatherapy	2. AM– Morning Stretches. News, Devotional, ISpy PM– Bingo	3. AM– Morning Stretches. News, Devotional, Parachute PM– Painting
7. AM– Morning Stretches PM– Church Streaming Service	8. AM– Morning Stretches, News, Devotional, Soul Singing PM– Fancy Nails w/ Aromatherapy	9. AM– Morning Stretches. News, Devotional, Matching PM– Bingo	10. AM– Morning Stretches. News, Devotional, M PM– Craft
14. AM– Morning Stretches PM– Church Streaming Service	15. AM– Sing a Long w/ Project Compassion PM– Fancy Nails w/ Aromatherapy	16. AM– Morning Stretches. News, Devotional, Brain Teaser PM– Bingo PM– Bordertown Belles	17. AM– Morning Stretches. News, Devotional, C PM– Painting
21. AM– Morning Stretches PM– Church Streaming Service	22. AM– Morning Stretches. News, Devotional, Brain Teaser PM– Fancy Nails w/ Aromatherapy	23. AM– Morning Stretches. News, Devotional, Follow you Nose PM– Bingo	24. AM– Morning Stretches. News, Devotional, P PM– Craft
28. AM– Morning Stretches PM– Church Streaming Service	29. AM– Morning Stretches. News, Devotional PM– Ball Toss	30. AM– Morning Stretches. News, Devotional, What is That? PM– Bingo	31. AM– Morning Stretches. News, Devotional, B PM– Painting



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Morning Stretches. Devotional,</p>	<p>4. AM– Morning Stretches. News, Devotional, Shake Loose a Memory PM– Scrabble</p>	<p>5. AM– Morning Stretches. News, Devotional, Board Games PM– Movie & Popcorn</p>	<p>6. AM– Morning Stretches, Movie</p>
<p>Morning News, Noodle Bop</p>	<p>11. AM– Morning Stretches. News, Devotional, Coloration PM– Baking Club</p>	<p>12. AM– Morning Stretches. News, Devotional, Musical Chairs PM– Movie & Popcorn</p>	<p>13. AM– Morning Stretches, Coloration</p>
<p>Morning News, Charades</p>	<p>18.AM– Morning Stretches. News, Devotional, Ball Toss PM– Sand Castles</p>	<p>19. AM– Morning Stretches. News, Devotional PM– Birthday Bash</p>	<p>20. AM– Morning Stretches, Ball Toss</p>
<p>Morning News, Puzzle Time</p>	<p>25. AM– Morning Stretches. News, Devotional, Soul Singing PM– Bubbles</p>	<p>26. AM– Morning Stretches. News, Devotional PM– Sock Hop</p>	<p>27. AM– Morning Stretches, Movie</p>
<p>Morning News, Ball Toss</p>			

A Look-Back at July



INPATIENT AND OUTPATIENT REHABILITATION



When things go wrong, as they sometimes will,

*When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit—
Rest if you must, but don't you quit.
Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a fellow turns about
When he might have won had he stuck it out.
Don't give up though the pace seems slow—
You may succeed with another blow.
Often the goal is nearer than
It seems to a faint and faltering man;
Often the struggler has given up
When he might have captured the victor's cup;
And he learned too late when the night came down,
How close he was to the golden crown.
Success is failure turned inside out—
The silver tint in the clouds of doubt,
And you never can tell how close you are,
It might be near when it seems afar;
So stick to the fight when you're hardest hit—
It's when things seem worst that you must not quit.*

Among the many impacts of the COVID-19 pandemic, its effects on mental health have proven to be widespread and substantial. In January 2021, four out of 10 adults in the United States reported symptoms of anxiety or depression disorder – a 400 percent increase from January 2019. Health care workers are particularly exposed. Since the beginning of the COVID-19 pandemic, doctors, nurses and other healthcare professionals are facing another epidemic—widespread burnout. Burnout is a psychological state marked by exhaustion, a lack of enthusiasm and an inability to cope because of stress.

How to Combat and Prevent Burnout as a healthcare worker:

You can reverse burnout, but it won't simply go away on its own. You'll need to make some changes to your work environment or lifestyle.

- Take some time off – before burnout sets in.
- Do some self-reflection and notice what your own signs of burnout are.
- Keep up with basic self-care like eating a nutritious diet, getting exercise, and practicing good sleep hygiene.
- Use your time wisely – rest when you need to rest, but don't spend all of your free time laying on the couch. Ignoring routine chores can cause them to build up, which can add to stress.
- Add some stress reduction strategies into your regular schedule like deep breathing, yoga, or meditation.
- Interact with your colleagues; making time for peer connections can increase solidarity and reduce emotional exhaustion
- Connect with a friend or family member and make time to really catch up instead of saying a quick hello.
- Check in with a therapist. Having a professional help you process what you're dealing with can be a powerful tool.

Methodist Village Senior Living

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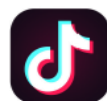
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It is the policy Methodist Village Senior Living to be fully inclusive and not to discriminate on the basis of race, color, national origin, financial status, ancestry, gender, sexual orientation, religion, handicap, or disability. This policy applies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

Methodist Village Senior Living is a non-profit organization.