



METHODIST VILLAGE
SENIOR LIVING

December 2022 | Volume 61 | Issue 12

A Monthly Publication of Methodist Village Senior Living

FROM THE DESK OF OUR CEO...



Dear MVSL Residents, Families, and Team Members,

December is here and it truly is the *“the most wonderful time of the year!”*

Our amazing teams are busy decorating, singing, and reveling in the spirit of the season. They’ve planned a full schedule of Christmas activities!

Our amazing Culinary Team has planned a scrumptious Christmas Dinner! Please let us know if you will be taking your loved one off campus for Christmas, so we can plan accordingly. If you would like to eat Christmas lunch on campus with your loved one, you must let us know by December 16th. There is very limited space available, and we have only a few spots left. Guest meals are \$10 each and can be purchased at the reception desk.

First United Methodist Church will host our annual Candlelight Service on December 21st. You are welcome to join us this year!

We are also getting ready to have our inaugural Bubbles and Bow Ties New Years Eve Event! Bubbles and Bowties will be held December 31st from 8pm-midnight at Freedom Farms in Chaffee Crossing. The fabulous Revel Restaurant will be catering and “Who Shot JR” will be the band. Lots of wonderful food, music, dancing, and games. Tickets are now on sale for \$150 and can be purchased by calling Katee at 479-755-6304.

Christmas is the day we celebrate the birth of our Savior, Jesus Christ! Christmas is all about giving. God *gave* His Son to us and His Son *gave* His life for us! I personally would like to thank each of you for *giving* to The Methodist Village Senior Living Foundation. The funds that you have given this year, have gone to things such as building renovations, a new boiler system, room updates, and new equipment. If you would like to give to the MVSL Foundation, you can do so by going to www.methodistvillage.com and clicking under the financial tab.

I hope to see all your smiling faces throughout the holidays! Merry Christmas!

Melissa Curry

CAMPUS NEWS

UPDATED VISITATION PROCEDURE

Visitation hours are not being limited, however, 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.



BEST OF THE BEST

We are excited to announce we are #rivervalleybest!
We won Best of the Best for Assisted Living & Nursing Home!

BUBBLES AND BOW TIES

The MVSL Foundation will be hosting it's inaugural Bubbles and Bow Ties, New Year's Eve Event on Saturday, December 31st! Individual tickets are now available for purchase for \$150 each! Call Katee at 479-755-6304 to purchase.

Glory to God in the highest, and on earth peace, good will toward men. Luke 2:14

Family Council Meeting

When: Wednesday, December 28th at 2:00pm

Where: Administration Office Conference Room
We would love to have all POAs join us!



Merry Christmas!



My Plate for Older Adults

MyPlate is the current nutrition guide published by the USDA's Center for Nutrition Policy and Promotion. It serves as a recommendation for healthy eating based on the Dietary Guidelines for Americans. MyPlate's messages shows the importance of eating a variety of fruits, vegetables, grains, proteins, and dairy or fortified soy alternatives. A healthy eating routine is important at every stage of life and can have positive effects that add up over time.

Unique Needs for 60+

There are a few very important nutrients that older adults need.

—Calcium and Vitamin D

Important for bone health. Can be found in low-fat or fat-free dairy. Other good sources are leafy greens and fortified foods.

—Dietary Fiber

Very important for good digestion. Can be found in whole grains, legumes, and fruits and vegetables.

—Vitamin B12

Some older adults are not able to absorb B12. B12 can be found in cereals, lean meat and fish.

—Potassium

Potassium in addition to limiting sodium may lower blood pressure. Fruits, vegetables, and fat-free or low-fat dairy are a good source.

Nutrition Tips for Ages 60+

Eating habits change throughout the life span. Simple changes can help you enjoy the foods and beverages you eat and drink to meet nutrient needs, help maintain a healthy body weight, and reduce the risk of chronic disease.

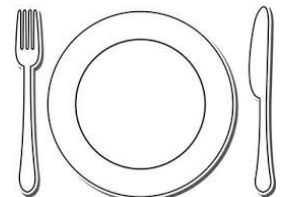
The following are easy tips using MyPlate for guidance:

- Eat a variety of foods from each food group to help reduce the risk of developing chronic diseases.
- Try choosing foods with little to no added sugar, saturated fats, and sodium.
- Get enough protein throughout your day to maintain muscle mass.
- Choose water, Low- or fat-free milk, or fortified soy beverage.
- 100% juice can also help you stay hydrated.

Start Simple with MyPlate

MyPlate emphasizes that “Small Changes Matter” and “The benefits of healthy eating add up over time, bite by bite.” Healthy eating during the lifespan is important and eating fruits, vegetables, grains, protein foods, and dairy and fortified soy alternatives can make a difference. These foods are packed with key nutrients needing in the later stages of life.

“Make every bite count.”

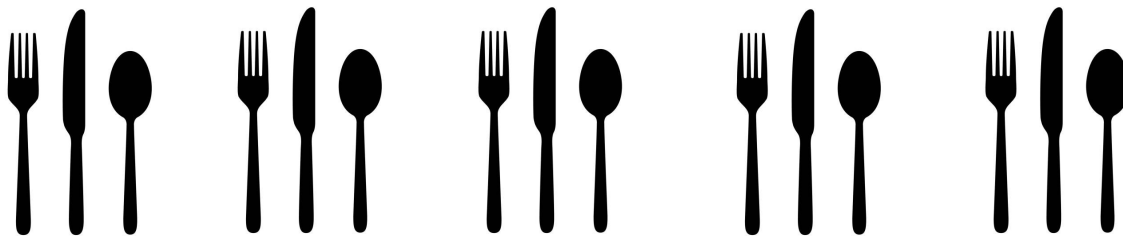


Campus Menu

December 2022– Lunch Menu

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>4. Pineapple Waldorf Salad, Southern Fried Chicken, Chuck Wagon Potatoes, Steamed Corn, Wheat Dinner Roll, Apple Pie</p>	<p>5. Caesar Salad, Rotisserie Chicken, Mashed Potatoes, Mixed Vegetables, Garlic Bread, Lemon Cookies</p>	<p>6. Garden Salad, Baked Lemon Tilapia, Bow Tie Pasta, Honey Carrots & Parsnips, Wheat Dinner Roll, Frosted Banana Cake</p>	<p>7. Creamy Cucu Mustard Crust Herbed Rice, Bra Wheat Dinner R Pound Cake</p>
<p>11. Spinach Salad, Meatloaf & Gravy, Mashed Potatoes, Wax Beans, Wheat Dinner Roll, Strawberry Shortcake</p>	<p>12. Zucchini & Cucumber Salad, Ranchers Chicken, Rice Pilaf, Baby Lima Beans, Wheat Dinner Roll, S'mores Pudding</p>	<p>13. Garden Salad, Beef Pie w/ Biscuit Topping, Savory Carrots, Wheat Dinner Roll, Apple Dumpling</p>	<p>14. Apple Coles Pork Chop, Mas Fresh Green Bea Dinner Roll, Cran</p>
<p>18. Carrot Raisin Salad, Ham & Beans, Cream Style Corn, Biscuit or Cornbread, Cornbread, Sugar Cookies</p>	<p>19. Pickled Beets, Beef Broccoli Stir Fry, Brown Rice, Stir Fry Vegetable Blend, Wheat Dinner Roll, Spiced Peaches</p>	<p>20. Tossed Salad, Spaghetti & Meat Sauce, Sicilian Blend Vegetables, Garlic Bread, Frosted Brownie</p>	<p>21. Pepper Cab Savory Apple Po Chicken Thigh, M Potatoes, Peas & Biscuit</p>
<p>25. MERRY CHRISTMAS! Southern Wedding Soup, Apple Glazed Ham, Duck Gumbo, Cornbread, Scalloped Potatoes, Arkansas Rice Casserole, Green Bean Casserole, Candied Sweet Potatoes, Pineapple Fluff, Pecan Pie</p>	<p>26. Tomato Cucumber Salad, Caprese Chicken, Mediterranean Orzo, Lemon Garlic Asparagus, Wheat Dinner Roll, Grasshopper Pudding</p>	<p>27. Tossed Salad, Roast Beef & Gravy, Garlic Mashed Potatoes, Sauteed Zucchini & Onions, Wheat Dinner Roll, Frosted Marble Cake</p>	<p>28. Pea & Onion Blackened Catfis Collard Greens, Peach Pie</p>

Menu



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1. Romaine & Onion Salad, Chicken a la King, Parslied Noodles, Capri Blend Vegetables, Wheat Dinner Roll, Frosted Carrot Cake</p>	<p>2. Spinach & Strawberry Salad, Salisbury Steak & Gravy, Mashed Potatoes, Savory Carrots, Wheat Dinner Roll, Chocolate Chip Cookies</p>	<p>3. Beet & Onion Salad, BBQ Meatballs, Macaroni & Cheese, Green Beans w/ Bacon, Hawaiian Roll, Cherry Tart w/ Topping</p>
<p>Members, Herb & Pork Loin, Broccoli Casserole, Roll, Apple Cider</p>	<p>8. Autumn Pear Salad, Herb Roasted Turkey, Glazed Sweet Potatoes, Seasoned Mustard Greens, Garlic Bread, Pumpkin Pie</p>	<p>9. Dutch Potato Salad, Chicken Cacciatore, Buttered Noodles, California Blend Vegetables, Wheat Dinner Roll, Chocolate Chip Cookies</p>	<p>10. Cucumber Dill Salad, Root Beer Ribs, Smashed Potatoes, Creamy Corn, Wheat Dinner Roll, Cherry Crisp</p>
<p>Law, Smothered Mashed Potatoes, Beans, Wheat Dinner Roll, Apple Cobbler</p>	<p>15. Marinated Tomato Salad, Beef Tips in Gravy, Fluffy Rice, Orange Glazed Carrots, Hawaiian Roll, Oatmeal Cookies</p>	<p>16. Garden Salad, Scalloped Chicken & Dressing, Roasted Brussel Sprouts, Wheat Dinner Roll, Applesauce Cake</p>	<p>17. Waldorf Salad, BBQ Chicken Breast, Macaroni & Cheese, Fried Green Tomatoes, Garlic Bread, Banana Pudding</p>
<p>Brussels Sprouts, Sweet & Sour Pork, Grilled Chicken, Mashed Potatoes & Onions,</p>	<p>22. Apple Coleslaw, Fried Catfish Filet, Ginger Whipped Sweet Potatoes, Garden Blend Vegetables, Wheat Dinner Roll, Chocolate Chip Cookie</p>	<p>23. Tomato Cucumber Salad, Chicken Fricassee, Herbed Penne Pasta, Succotash, White Dinner Roll, Lemon Cake</p>	<p>24. Cucumber Dill Salad, Breaded Pork Cutlet, Fluffy Rice, Scandinavian Blend Vegetables, Hawaiian Roll, Apple Cobbler</p>
<p>Onion Salad, Chicken, Fluffy Rice, Cornbread,</p>	<p>29. Romaine & Onion Salad, Chicken a la King, Parslied Noodles, Capri Blend Vegetables, Wheat Dinner Roll, Frosted Carrot Cake</p>	<p>30. Spinach & Strawberry Salad, Salisbury Steak & Gravy, Mashed Potatoes, Savory Carrots, Wheat Dinner Roll, Chocolate Chip Cookies</p>	<p>31. Beet & Onion Salad, BBQ Meatballs, Macaroni & Cheese, Green Beans w/ Bacon, Hawaiian Roll, Cherry Tart w/ Topping</p>

MVSL Team Members

Happy Work Anniversary!

Julie Brown, 5 Years

Madelyn Corbett, 1 Year

Amber Courtney, 16 Years

Kim Foster, 1 Year

Kassie Hicks, 3 Years

Darbi Hixon, 2 Years

Jeanna Meador, 1 Year

Eva Mello, 1 Year

Brianna Rose, 3 Years

Happy Birthday!

Sarah Tisdale, Dec. 2

Hunter Smith, Dec. 4

Misty Harris, Dec. 5

Kim Foster, Dec. 6

Nick Otts, Dec. 7

Madison Salvo, Dec. 8

Nakiya Holcomb, Dec. 9

Carol Woods, Dec. 16

Caitlin Woods, Dec. 19

Edgardo Tobar, Dec. 20

Amber Courtney, Dec. 21

Mary Etzkorn, Dec. 21

Nancy Matlock, Dec. 25

Eric King, Dec. 26

Tanya Prouty, Dec. 26

Brianna Rose, Dec. 27



WORD SCRAMBLE!

- SKOICOE _____
- ASTAN ULCSA _____
- OTH COOLTHACE _____
- GLIHES SELBL _____
- LOCARS _____
- LIMSOTTEE _____
- BIGGEEDARRN _____
- SHLITG _____
- EONGGG _____
- VAINTYIT _____
- PURHOLD _____
- YADNC NECA _____
- MOWNANS _____
- BEEEDRCM _____
- GLANE _____
- TINCKGOS _____



FROM THE DESK OF OUR CARE CENTER ADMINISTRATOR

This time of year is known for large family gatherings, hugs for those you see once a year and kisses under the mistle toe. It brings about a sense of joy, togetherness, and unfortunately those nasty little germs that cause illness.

This year could be particularly bad because for the last couple of years we have had on masks and our immune systems are out of practice at fighting off the common cold, flu, and of course that dreaded stomach virus.

We all must make sure we are practicing good hand hygiene, proper cough etiquette, and although no one wants to miss a family gathering, it is imperative that you stay home if you are sick. What is to you a minor sore throat could make someone with an impaired immune system very ill.

I hope everyone has a very happy and healthy holiday season.

-Amy





FROM THE DESK OF OUR CARE CENTER LIFE ENRICHMENT TEAM

Greetings Residents, Families and Friends.

I hope this letter finds you with a joyful December! I wanted to share a few fun facts about this month.

- December often marks the beginning of snow, rain and cold weather.
- The birthstone of December is Turquoise.
- The birth flower is Holly.

Christmas is nearly here! When I think about Christmas, I think about baking Christmas cookies with my mom at her house and attending the most beautiful candlelight service with my father at our church. I can not wait to hear your favorite Christmas memories.

December is going to be a happy month full of fun and exciting activities. This month we are not only having a Christmas party, but a New Year's party as well.

We had so much fun shooting that sneaky reindeer and having the great snowball fight last year I wanted to share this fun with again this year. I know how much you love Children and thought that making and mailing Christmas cards to Arkansas Children Hospital wouldn't only be special for you, but for the children as well.

A few more activities for you to look forward to this Christmas season are Christmas Carolers, Christmas cookie decorating, making salt dough Christmas ornaments for your families, Christmas writing assignment, Christmas coloring contest, Candy walk to Christmas music, a visit from Santa Claus and art and crafts activity to hang on your wall.

For our Christmas party this year we are having a pajama party! We are going to be serving hot cocoa, Christmas cookies, Christmas tree dip, watching a Christmas story and having a holly jolly time sharing our Christmas memories together.

Staff, I have planned some fun activities for you as well! We are going to be having an ugly sweater contest, a Christmas door judging contest, and a Gingerbread house contest. You may wear your favorite pajamas to help celebrate our Christmas party (please dress work appropriate). I hope you will participate in these activities making this month fun and special for our residents.

We have two outings in store this month. A lunch outing and an outing to Creekmore Park to look at Christmas lights. I love the Christmas lights at Creekmore and hope you will too.

He who is in you is greater than he who is in the world 1 John 4:4.

We love you! The Life Enrichment Team

CARE CENTER LIFE ENRICHMENT CALENDAR

December 20

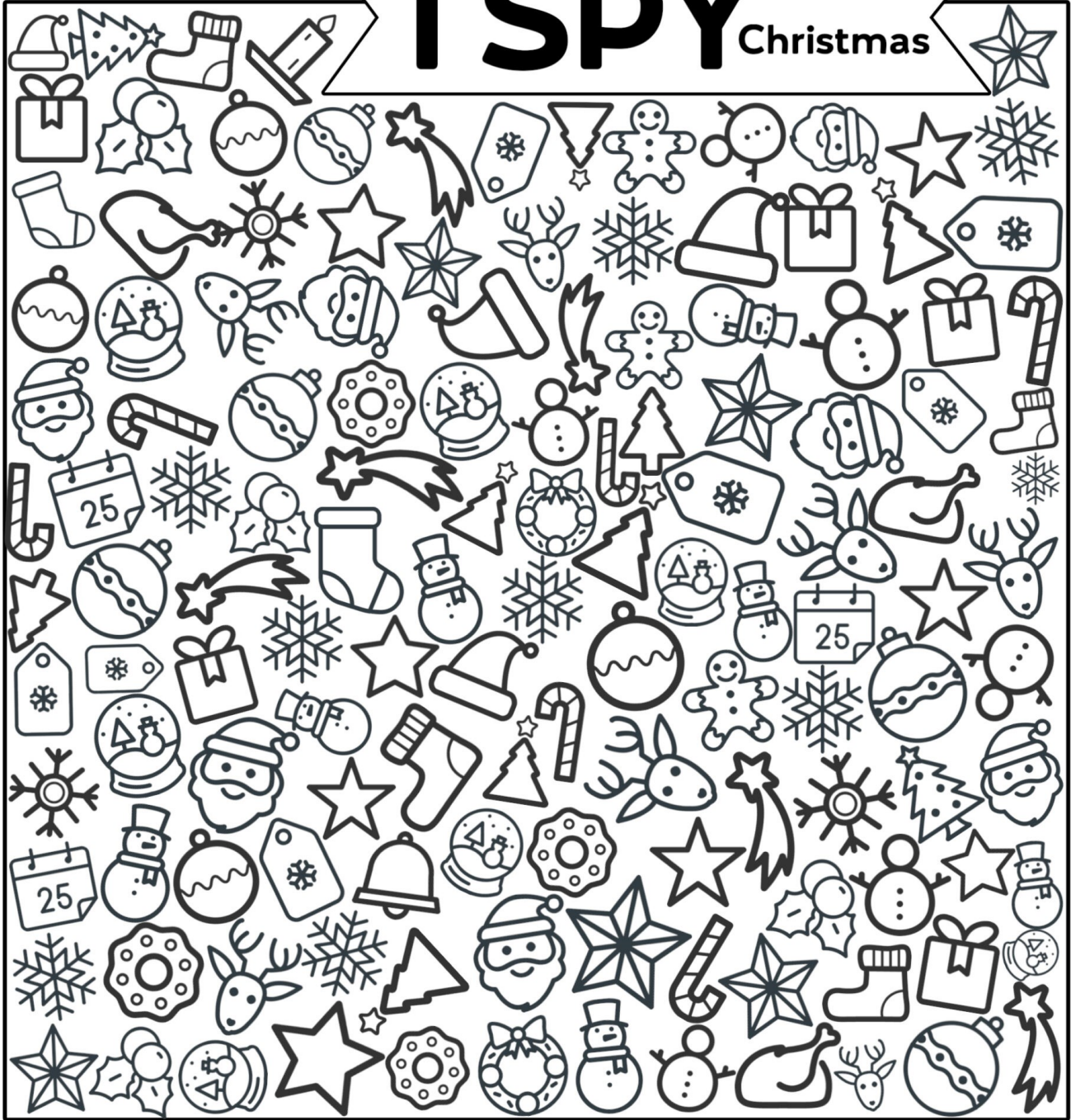
SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<i>* Activities are subject to change</i>			
<p>4. AM– Newspaper & Magazine Hour w/ Coffee</p> <p>PM– Devotion w/ Bro. Dan at 2:00pm</p>	<p>5. 8-9am Hydration</p> <p>AM– Devotion w/ Bro Max at 10:30am</p> <p>PM– Noodle Bop, Ribbon Exercise, & Trivia</p>	<p>6. 8-9am Hydration</p> <p>AM– Bingo Extravaganza in Dining Room</p> <p>PM– Making Salt Dough Christmas Tree Ornaments</p>	<p>7. 8-9am Hydration</p> <p>AM– Wheel of Fortune the Christmas Special</p> <p>PM– Fancy Nails Games & Music</p>
<p>11. AM– Newspaper & Magazine Hour w/ Coffee</p> <p>PM– Devotion w/ Bro. Dan at 2:00pm</p>	<p>12. 8-9am Hydration</p> <p>AM– Devotion w/ Bro Max at 10:30am</p> <p>PM– Candy Walk to Christmas Music in the Dining Room</p>	<p>13. 8-9am Hydration</p> <p>AM– Pajama Bingo w/ Eggnog</p> <p>PM– The Great Snowball Fight (location TBA)</p>	<p>14. 8-9am Hydration</p> <p>AM– Christmas Vacation Assignment/ Christmas Contest</p> <p>PM– Fancy Nails Games & Music</p>
<p>18. AM– Newspaper & Magazine Hour w/ Coffee</p> <p>PM– Devotion w/ Bro. Dan at 2:00pm</p>	<p>19. 8-9am Hydration</p> <p>AM– Devotion w/ Bro Max at 10:30am</p> <p>PM– Decorating Christmas Cookies w/ Music</p>	<p>20. 8-9am Hydration</p> <p>AM– Ugly Christmas Sweater Contest</p> <p>PM– First United Methodist Choir Singing Christmas Carols</p>	<p>21. 8-9am Hydration</p> <p>AM– Christmas Decorating, Judging residents</p> <p>PM– Reindeer Hoop in Dining Room</p>
<p>25. MERRY CHRISTMAS!</p> <p>AM– Newspaper & Magazine Hour w/ Coffee</p> <p>PM– Christmas Service w/ Bro. Dan</p>	<p>26. 8-9am Hydration</p> <p>AM– Devotion w/ Bro Max at 10:30am</p> <p>PM– Bean Bag Baseball w/ Cheer Squad</p>	<p>27. 8-9am Hydration</p> <p>AM– Bingo Extravaganza in Dining Room</p> <p>PM– New Years Writing Assignment</p>	<p>28. 8-9am Hydration</p> <p>AM– New Year’s Resolution can we make 2020</p> <p>PM– Fancy Nails Games & Music</p>

22



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1. 8-9am Hydration AM– Sing a Long w/ Lanita, Project Compassion PM– Bingo Extravaganza in the Dining Room</p>	<p>2. 8-9am Hydration AM– 1:1 Visits w/ Fun Facts & Word Searches PM– Movie, National Lampoons Christmas Vacation</p>	<p>3. AM– TV Show of Choice & Reminiscing PM– Music of Choice & Adult Coloring</p>
<p>ation ortune, Guess ong w/ Table</p>	<p>8. 8-9am Hydration AM– Christmas Writing Assignment- “How did you celebrate Christmas?” PM– Christmas Bingo</p>	<p>9. 8-9am Hydration AM- AM– 1:1 Visits w/ Fun Facts & Word Searches PM– Peppermint Coffee & Conversations</p>	<p>10. AM– TV Show of Choice & Reminiscing PM– Music of Choice & Adult Coloring</p>
<p>ation Writing ristmas Coloring w/ Table</p>	<p>15. 8-9am Hydration AM– Making Christmas Cards for Children’s Hospital PM– Bingo Extravaganza in Dining Room</p>	<p>16. 8-9am Hydration AM- AM– 1:1 Visits w/ Fun Facts & Word Searches PM– Pet Visits w/ Roxi</p>	<p>17. AM– TV Show of Choice & Reminiscing PM– Music of Choice & Adult Coloring</p>
<p>ation Door lging w/ unt in the</p>	<p>22. 8-9am Hydration AM– Sensory Stimulation PM– Bingo Extravaganza in the Dining Room</p>	<p>23. 8-9am Hydration AM– Visit from Santa! (present delivery) PM– Christmas Party</p>	<p>24. AM– TV Show of Choice & Reminiscing PM– Music of Choice & Adult Coloring</p>
<p>ation Pictures, How 23 better? w/ Table</p>	<p>29. 8-9am Hydration AM- Resident Council PM– Bingo Extravaganza in the Dining Room</p>	<p>30. 8-9am Hydration AM- AM– 1:1 Visits w/ Fun Facts & Word Searches PM– New Year’s Party</p>	<p>31. AM– TV Show of Choice & Reminiscing PM– Music of Choice & Adult Coloring</p>

I SPY Christmas



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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.



CHRISTMAS PARTY

Friday, December 23rd
2:00pm

Assisted Living Dining Room

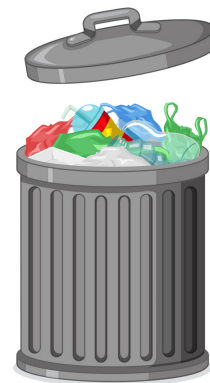


AFTER HOURS CONTACT INFO

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.

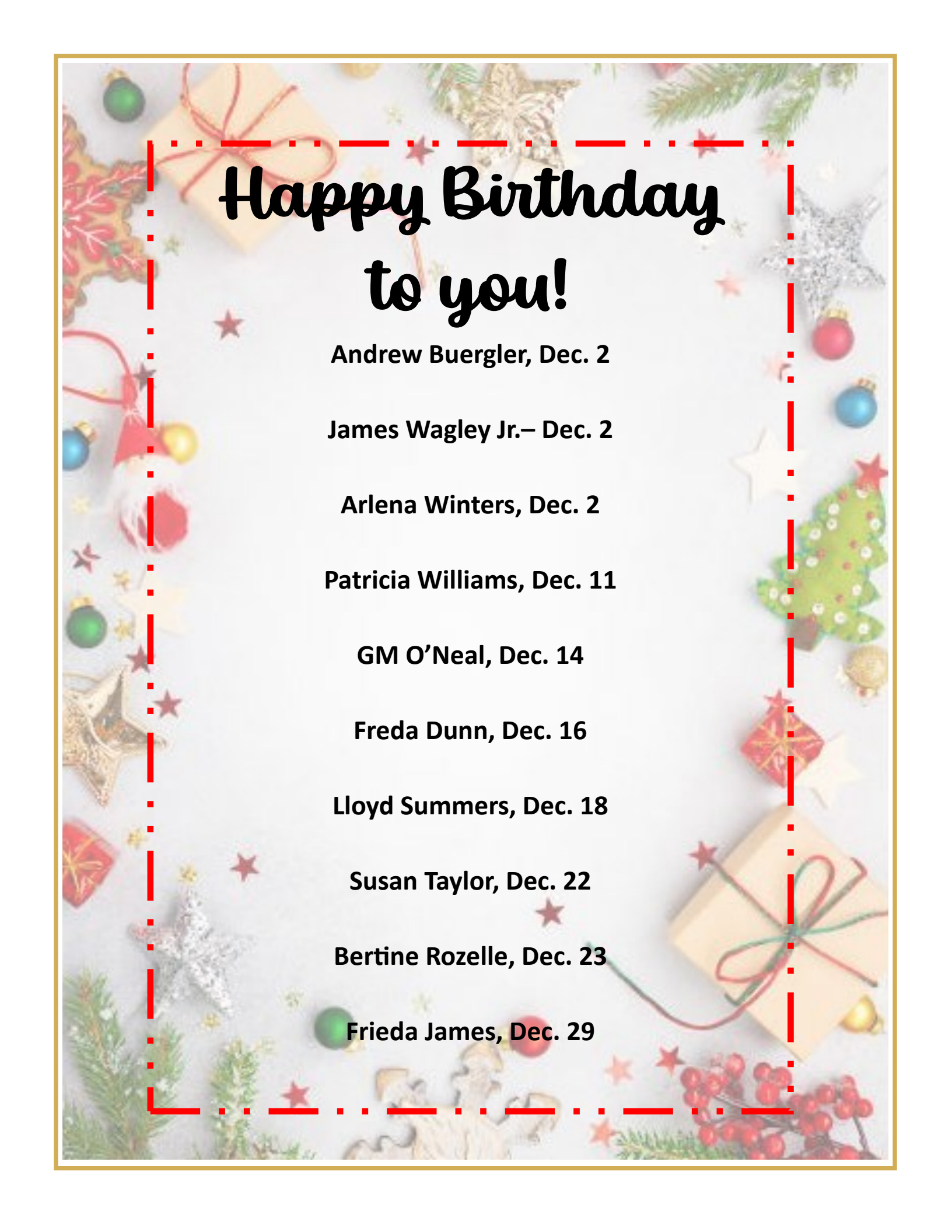


WALKING CLUB

Walking Club meets every Wednesday at 10am under the Gazebo. Remember to wear your pedometer to track your steps!

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!

Andrew Buerger, Dec. 2

James Wagley Jr.– Dec. 2

Arlena Winters, Dec. 2

Patricia Williams, Dec. 11

GM O’Neal, Dec. 14

Freda Dunn, Dec. 16

Lloyd Summers, Dec. 18

Susan Taylor, Dec. 22

Bertine Rozelle, Dec. 23

Frieda James, Dec. 29

MVSL PEP CLUB

DECEMBER EVENTS:

The Twelve Days of Christmas: Prize drawings start on December 14th! One name will be drawn each day from those team members who have worked all scheduled shifts, arrived on time, and have no call ins.

THE GREAT GIVEAWAY:

Don't forget, The Great Giveaway is still happening! Remember to work all your scheduled shifts, arrive on time, and have no call ins to be entered in to the monthly drawings. The prizes for November will be valued at \$230 each!

CHRISTMAS MEAL GIVEAWAY:

Nominate one of your team mates to receive a basket of Christmas Fixings! Your nomination should be someone who goes above and beyond for the residents, families, and co-workers! Turn your nominations in to the administrative office by Friday, December 16th.



FROM THE DESK OF OUR CAMPUS EDUCATION DIRECTOR

Hello All!

Happy December! It really is the most wonderful time of the year, in my opinion. Christmas is my very favorite holiday. Family get-togethers, parties, and lots of decorations are such a part of this month. And, of course, the real reason for the season, celebrating the birth of our Savior. I look forward to sharing this celebration with everyone.

As this year wraps up, I am very excited for the opportunities for growth and education on the horizon. Our first CNA Training Program began in November, and we have a Medication Technician class currently in session this month. In addition, we are still providing the 30 hour Dementia Training Class, the Skin Care Class, and CPR classes. Add that to the New Employee Orientation, and it is evident that the Training Center is a very busy place! Our new Training Center is set to open in a few months, and we are very excited for the growth that it will allow in the coming years.

I am so thankful to be part of such a wonderful community, and I look forward to what the future holds for us. I hope you have a very Merry Christmas and a very Happy New Year!

Blessings--

MeLynnda Dunn LPN CDP CADDCT



FROM THE DESK OF OUR AL/ASCU ADMINISTRATOR

Happy December Everyone!

Can you believe it is the last month of 2022 already? Where has the time gone! It feels like yesterday we were ringing in the new year and making resolutions for the upcoming year. I don't know about you all, but a few of mine are rolling over into 2023. Haha.

What I love most about this season is seeing the joy as people gather to sing carols, attend Christmas services and plays, and carry out family traditions, followed by the renewed hope as a new year begins. A fresh start to a new chapter in life, and it all starts with taking the first step! It is hard to believe that a year ago this month, I was starting my chapter by being blessed to have the opportunity to become the Administrator. Over this past year, we have welcomed new residents and staff, as well as made countless memories with all the residents that will be cherished for a lifetime.

Praying everyone has a safe and wonderful Christmas season and a Happy New Year!

Romans 15:13- May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

- Sarah



FROM THE DESK OF OUR AL/ASCU LIFE ENRICHMENT TEAM

Dear Residents, Family and Friends,

***“Joy to the world! The Lord is come
Let Earth receive her King
Let every heart prepare Him room
And Heaven and nature sing
And Heaven and nature sing
And Heaven, and Heaven, and nature sing”***

The Christmas season is here, and I cannot believe it! This year has absolutely flown by! This holiday season will be filled with a lot of fun and activity! We will be hosting the First United Methodist choir for a beautiful candlelight service, and live streaming at the care center!

Also, thanks to the help of Project Compassion we have several other musical events this month to keep us full of the Christmas spirit. This time of year is so special and I am so happy to be spending it with you all again.

The new year also brings some new beginnings for me and our campus! I will be leaving MVSL and my position as the Life Enrichment Director. It has been an honor to work with all of you and get to build relationships with my sweet residents! I have learned so much from all of you and will carry you with me always! I will be focusing on family and don't be surprised if you see us visiting on the weekend!



With all my love, Jamie

ASSISTED LIVING LIFE ENRICHMENT CALENDAR

December 20

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<i>* Activities are subject to change</i>			
4.	5. 11:15am– Devotional w/ Max 2pm– Dominoes w/ Project Compassion 3pm– Resident Council 6pm– Bordertown Belles	6. 11am– Devotional/ Morning Stretches, & News 2pm– Bingo	7. 10am– Devotional/ Nails w/ Lotion Treatment 2pm– Craft
11.	12. 11:15am– Devotional w/ Max 2pm– Dominoes w/ Project Compassion	13. 11am– Devotional/ Morning Stretches, & News 2pm– Bingo	14. 10am– Devotional/ Nails w/ Lotion Treatment 2pm– Holiday Party Christmas Party Health
18.	19. 11:15am– Devotional w/ Max 2pm– Dominoes w/ Project Compassion	20. 11am– Devotional/ Morning Stretches, & News 2pm– Christmas Bingo	21. 10am– Devotional/ Nails w/ Lotion Treatment 12pm– Northside 7pm– Candle Lighting
25. MERRY CHRISTMAS!	26. 11:15am– Devotional w/ Max 2pm– Dominoes w/ Project Compassion	27. 11am– Devotional/ Morning Stretches, & News 2pm– New Years Eve Bingo	28. 10am– Devotional/ Nails w/ Lotion Treatment 2pm– Craft

2022



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1. 11am– Devotional/ Morning Stretches, & News</p> <p>2pm– Ageless Grace</p>	<p>2. 8:30am– CSA Christmas Concert</p> <p>11am– Devotional/ Morning Stretches, & News</p> <p>2pm– Christmas Card Making</p>	3.
<p>ational, Fancy Therapy</p>	<p>8. 11am– Project Compassion Sing a Long</p> <p>2pm– Jeopardy</p>	<p>9. 11am– Devotional/ Morning Stretches, & News</p> <p>2pm– Movie & Popcorn</p>	10.
<p>otional, Fancy Therapy</p> <p>ainting , w/ Elite Home</p>	<p>15. 11am– Devotional/ Morning Stretches, & News</p> <p>2pm– Drums Alive</p>	<p>16. 11am– Devotional/ Morning Stretches, & News</p> <p>2pm– Birthday Bash</p>	17.
<p>otional, Fancy Therapy</p> <p>e Orchestra</p> <p>ht Service</p>	<p>22. 11am– Devotional/ Morning Stretches, & News</p> <p>2pm– Christmas Light Trip</p>	<p>23.</p> <p>2pm– Christmas Party</p>	24.
<p>otional, Fancy Therapy</p>	<p>29. 11am– Devotional/ Morning Stretches, & News</p> <p>2pm– Baking</p>	<p>30.</p> <p>2pm– NYE Party</p>	31.

ASCU LIFE ENRICHMENT CALENDAR

December 20

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<i>* Activities are subject to change</i>			
4. AM– Morning Stretches PM– Church Streaming Services	5. 9:30am– Morning Stretches 10am– Devotional/ Morning News 2pm– Fancy Nails w/ Aromatherapy 6pm– Bordertown Belles	6. 9:30am– Morning Stretches 10am– Devotional/ Morning News , Room Visits 2pm– Bingo	7. 9:30am– Morning Stretches 10am– Devotional/ Morning News, Soul Singing 2PM– Craft
11. AM– Morning Stretches PM– Church Streaming Services	12. 9:30am– Morning Stretches 10am– Devotional/ Morning News 2pm– Fancy Nails w/ Aromatherapy	13. 9:30am– Morning Stretches 10am– Devotional/ Morning News , Room Visits 2pm– Bingo	14. 9:30am– Morning Stretches 10am– Devotional/ Morning News, Coloration 2PM– Craft
18. AM– Morning Stretches PM– Church Streaming Services	19. 9:30am– Morning Stretches 10am– Devotional/ Morning News , Fancy Nails w/ Aromatherapy 2pm– Christmas Lights Trip	20. 9:30am– Morning Stretches 10am– Devotional/ Morning News , Room Visits 2pm– Bingo	21. 9:30am– Morning Stretches 10am– Devotional/ Morning News 12PM– Northside 2pm– Craft 7pm– Candle Lighting
25. MERRY CHRISTMAS! AM– Morning Stretches PM– Church Streaming Services	26. 9:30am– Morning Stretches 10am– Devotional/ Morning News 2pm– Fancy Nails w/ Aromatherapy	27. 9:30am– Morning Stretches 10am– Devotional/ Morning News , Room Visits 2pm– Bingo	28. 9:30am– Morning Stretches 10am– Devotional/ Morning News, Ball Tossing 2PM– Craft

2022



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1. 9:30am– Morning Stretches 10am– Devotional/ Morning News, Coloration 2pm– Name that Christmas Movie	2. 8:30am– CSA Christmas Concert 10am– Devotional/ Morning News 2pm– Movie & Popcorn	3. AM– Morning Stretches PM– Bingo
Morning Stretches Devotional/ Morning News Singing	8. 9:30am– Morning Stretches 11am– Project Compassion Sing a Long 2pm– Baking	9. 9:30am– Morning Stretches 10am– Devotional/Morning News, Ball Toss 2pm– Drums Alive	10. Am– Morning Stretches PM– Coloration
Morning Devotional/ Morning News on	15. 9:30am– Morning Stretches 10am– Devotional/ Morning News, Ball Toss 2pm– Painting	16. 9:30am– Morning Stretches 10am– Devotional/Morning News 2pm– Birthday Bash	17. Am– Morning Stretches PM– Movie
Morning Stretches Devotional/ Morning News The Orchestra	22. 9:30am– Morning Stretches 10am– Devotional/ Morning News 2pm– Make a Snowman	23. 9:30am– Morning Stretches 10am– Devotional/ Morning News 2pm– Christmas Party	24. Am– Morning Stretches PM– Matching
Light Service			
Morning Devotional/ Morning News	29. 9:30am– Morning Stretches 10am– Devotional/ Morning News, Card Matching 2PM– Resolutions	30. 9:30am– Morning Stretches 10am– Devotional/ Morning News 2PM– Kiss 2022 Goodbye, NYE Party	31. Am– Morning Stretches PM– Puzzle Time

A Look-Back at November



INPATIENT AND OUTPATIENT REHABILITATION



We have had many new families and staff members asking us about the difference between the therapy disciplines. We decided it would be helpful to revisit these. We are so blessed to get to work in such a wonderful place with such amazing residents. We love coming to work every day!

Here is an introduction to the different therapy disciplines. Therapy departments are repeatedly referred to as simply “Physical Therapy”, but your therapy department is so much more. Your therapy department is an important part of your interdisciplinary team consisting of physical therapy, occupational therapy, and speech therapy.

Physical therapists are health care professionals who evaluate and treat individuals of all ages who have medical problems or other health-related conditions that limit their abilities to move and perform functional activities in their daily lives. Physical therapists aim to promote the ability to move, reduce pain, restore function, and prevent disability. They can help people at any stage of life, when movement and function are threatened by aging, injury, diseases, disorders, conditions or environmental factors.

Occupational therapy is a profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations). Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them recover from illness or injury, promote health, and prevent—or live better with—injury, illness, or disability.

Speech-language pathologists work to prevent, assess, diagnose, and treat speech, language, social communication, cognitive-communication, and swallowing disorders. Speech disorders can include articulation, apraxia, stuttering, etc. Language disorders are those such as difficulty understanding language, difficulty using language, etc. Difficulty swallowing is also a common issue SLPs treat. This can cause weight loss and/or aspiration. To combat these risks, SLPs help people modify their diets, educate on safe swallow strategies, practice oral motor and pharyngeal exercises.

Carol Heffley

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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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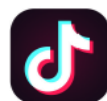
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Methodist Village Senior Living is a non-profit organization.