



METHODIST VILLAGE

SENIOR LIVING

A NOTE FROM OUR CEO...



Dear Residents, MVSL Families, Friends, and Teammates,

Are you LUCKY or are you BLESSED? You may ask what is the difference?

Being lucky is the idea that by chance, something in the universe made a situation go in your favor.

Being blessed is attributing a given situation to the goodness of God.

I believe that I am very blessed and extremely lucky that I am part of the Methodist Village Senior Living Team! I have never felt so blessed to be in a position where I am to be with the people I love. Our residents are amazing and my co-workers are the very best!

Every day, even the hard ones, I praise God for putting me exactly where He wanted me.

I hope you find yourself blessed as well to be part of the MVSL Family!

Remember James 1:17 – “whatever is good and perfect is a gift coming down to us from God our Father, who created all the lights in the heavens. He never changes or casts a shifting shadow.”

Warmest,
Melissa Curry, CEO

A LOOK BACK AT FEBRUARY



CAMPUS NEWS

HAPPY ANNIVERSARY MVSL!

Celebrating 62 years of caring for those who cared for us!
Thank you to our residents for bringing a smile to our faces each day.
Thank you to our families for entrusting us to care for your loved ones.
Thank you to our team members for having the heart to serve and work hard.
Thank you to our donors, who, without, we could not do what we do.



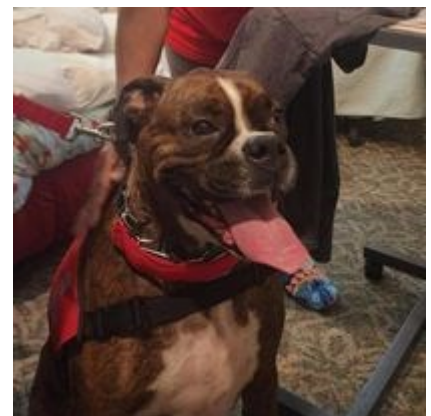
MISSION: To provide wonderful life experiences that enable our residents and their families to lead full and enriching lives.

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

COMMUNITY PARTNERS OF THE MONTH

Thank you to Service Dog- Lola, and her mom Julie for visiting our Campus.

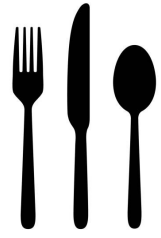
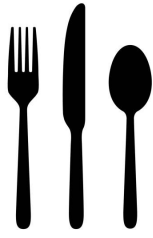
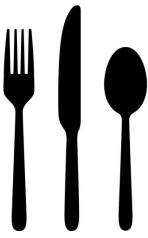
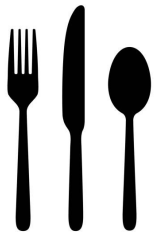
You light up our day when you visit!



CAMPUS MENU

MARCH 2023– LUNCH MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>*To view the menu in full please see it posted outside the Activity Office</p>			<p>1. Creamy Cuc & Mustard Cru Herbed Rice, B Casserole, Whe Apple Cider Po</p>
<p>5. Spinach Salad, Meatloaf & Gravy, Mashed Potatoes, Wax Beans, Wheat Dinner Roll, Strawberry Shortcake</p>	<p>6. Zucchini & Cucumber Salad, Ranchers Chicken, Rice Pilaf, Baby Lima Beans, Wheat Dinner Roll, S'mores Pudding</p>	<p>7. Garden Salad, Beef Pie w/ Biscuit Topping, Savory Carrots, Wheat Dinner Roll, Apple Dumpling</p>	<p>8. Apple Coles Smothered Por Mashed Potato Green Beans, V Roll, CranApple</p>
<p>12. Carrot Raisin Salad, Ham & Beans, Cream Style Corn, Biscuit/ Cornbread, Sugar Cookies</p>	<p>13. Pickled Beets, Beef Broccoli Stir Fry, Brown Rice, Stir Fry Vegetables, Wheat Dinner Roll, Spiced Peaches,</p>	<p>14. Tossed Salad, Spaghetti & Meat Sauce, Sicilian Blend Vegetables, Garlic Bread, Frosted Brownie</p>	<p>15. Pepper Ca & Savory Apple Potatoes, Peas Biscuits, Pineap Down Cake</p>
<p>19. Deviled Eggs, BBQ Chicken, BBQ Baked Beans, Breaded Okra, Wheat Dinner Roll, Pumpkin Pie</p>	<p>20. Tomato Cucumber Salad, Caprese Chicken, Mediterranean Orzo, Lemon Garlic Asparagus, Wheat Dinner Roll, Grasshopper Pudding</p>	<p>21. Tossed Salad, Roast Beef & Gravy, Garlic Mashed Potatoes, Sauteed Zucchini & Onions, Wheat Dinner Roll, Frosted Marble Cake</p>	<p>22. Pea & Onio Blackened Cat Rice, Collard G Cornbread, Pea</p>
<p>26. Pineapple Waldorf Salad, Southern Fried Chicken, Chuck Wagon Potatoes, Steamed Corn, Wheat Dinner Roll, Apple Pie</p>	<p>27. Caesar Salad w/ Dressing, Rotisserie Chicken, Mashed Potatoes, Mixed Vegetables, Garlic Bread, Lemon Cookies</p>	<p>28. Garden Salad, Baked Lemon Tilapia, Bow Tie Pasta, Honey Carrots & Parsnips, Wheat Dinner Roll, Frosted Banana Cake</p>	<p>29. Creamy Cu Herb & Mustard Loin, Herbed R Casserole, Whe Apple Cider Po</p>



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cucumbers, Herb Crusted Pork Loin, Broccoli Wheat Dinner Roll, Pound Cake	2. Autumn Pear Salad, Herb Roasted Turkey, Glazed Sweet Potatoes, Seasoned Mustard Greens, Garlic Bread, Pumpkin Pie	3. Dutch Potato Salad, Chicken Cacciatore, Buttered Noodles, California Blend Vegetables, Wheat Dinner Roll, Chocolate Chip Cookies	4. Cucumber Dill Salad, Root Beer Ribs, Smashed Potatoes, Creamy Corn, Wheat Dinner Roll, Cherry Crisp
Salad, Pork Chop, Peas, Fresh Bread Wheat Dinner Roll Apple Cobbler	9. Marinated Tomato Salad, Beef Tips in Gravy, Shrimp, Creole over Fluffy Rice, Orange Glazed Carrots, Hawaiian Roll, Oatmeal Cookies	10. Garden Salad, Scalloped Chicken & Dressing, Roasted Brussels Sprouts, Wheat Dinner Roll, Applesauce Cookies	11. Waldorf Salad, BBQ Chicken Breast, Macaroni & Cheese, Fried Green Tomatoes, Garlic Bread, Banana Pudding
Coleslaw, Sweet Pork, Mashed Potatoes & Onions, Apple Upside	16. Apple Coleslaw, Fried Catfish Filet, Ginger Whipped Sweet Potatoes, Garden Blend Vegetables, Wheat Dinner Roll, Chocolate Chip Cookie	17. Cucumber & Onion Sour Cream Salad, Corned Beef, Potatoes & Carrots, Dinner Roll, Brownie	18. Cucumber Dill Salad, Breaded Pork Cutlet, Fluffy Rice, Scandinavian Blend Vegetables, Hawaiian Roll, Apple Cobbler
Onion Salad, Fish, Fluffy Greens, Peach Pie	23. Romaine & Onion Salad, Chicken a la King, Parslied Noodles, Capri Blend Vegetables, Wheat Dinner Roll, Frosted Carrot Cake	24. Spinach Strawberry Salad, Salisbury Steak & Gravy, Mashed Potatoes, Savory Carrots, Wheat Dinner Roll, Chocolate Chip Cookies	25. Beet & Onion Salad, BBQ Meatballs, Macaroni & Cheese, Green Beans w/ Bacon, Hawaiian Roll, Cherry Tart w/ Topping
Cucumbers, Crusted Pork Loin, Broccoli Wheat Dinner Roll, Pound Cake	30. Autumn Pear Salad, Herb Roasted Turkey, Glazed Sweet Potatoes, Seasoned Mustard Greens, Garlic Bread, Pumpkin Pie	31. Dutch Potato Salad, Chicken Cacciatore, Buttered Noodles, California Blend Vegetables, Wheat Dinner Roll, Chocolate Chip Cookies	

Happy Work Anniversary!

Tyler Achterberg, 2 years
Zhein Comer, 1 year
Isabel Doling, 3 years
MeLynnda Dunn, 5 years
Carol Filer, 3 years
Nakiya Holcomb, 2 years
Katee Jones, 7 years

Lorelei Keifer, 1 year
Tessa Lara, 1 year
Melissa Lintz, 4 years
Michelle McReynolds, 1 year
Valerie Minhas, 2 years
Savanna Nye, 1 year
Carol Woods, 1 year

Happy Birthday, Teammates!

Braxton Bowers, March 1
Kylee Morris, March 2
Kayla Conners, March 3
Tasha Figgins, March 4
Shelia Bishop, March 6
Jan Wallace, March 7
Robert Walrod, March 11
Natalie Klein, March 12
Eva Mello, March 12
Isabel Doling, March 15
Melissa Smith, March 15
Joanie Feyen, March 16
Christopher Conway, March 16
Adeola Powell, March 18

Susan Gill, March 21
Bobbi Shelby, March 23
Suntra Beck, March 25
Kelly Boren, March 25
Carol Filer, March 26
McKinley Smith, March 29
Connor Schmidt, March 31
Alivia Rosson, March 31



**Happy Birthday
to our Residents!**

Nina Dorrough, March 7

Mary Finnie, March 7

Helen Mosley, March 15

Connie Galdamez, March 20

Phoebe Mueller, March 22

Mary Adair, March 25

Doris Poole, March 27

Bennie Barker, March 31



A NOTE FROM OUR CARE CENTER ADMINISTRATOR...

We at MVSL strive to assure our resident's rooms and environment are as homelike as possible while working within the confines of regulations. CMS does regulate items that residents cannot have in their rooms. Some of these items include but are not limited to: (1) Extension cords/ Multiplugs that are not surge protected. (2) Air fresheners including the plug-in nightlight variety. (3) Heating pads/ electric blankets. (4) Medications including over the counter and topical medications.

If your family member has any of these items in their rooms, please take them home. Also, some of the resident's rooms are overfilled with belongings. This makes cleaning difficult for our environmental services team, as well as posing a risk for falls and other safety hazards. Please use the spring season as a time to help your family member go through their belongings and declutter rooms.

If you have questions or need help, please do not hesitate to ask. Our staff will be glad to assist you.

Amy





A NOTE FROM OUR CARE CENTER LIFE ENRICHMENT TEAM...

Greetings residents, families, and friends,

"Spring will come and so will happiness. Hold on. Life will get warmer." -Anita Krizzan

There is an old saying about the month of March that I'd like to share with you. "In like a lion, out like a lamb" has always seemed a straightforward enough proverb: When March starts, it is still winter, and by the end of the month, spring has begun.

We have some fun things going on for us this month!

Wednesday, March 8th - INTERNATIONAL WOMEN'S DAY!

Strong women stand together. When things are rough, they hold each other up and they laugh together when there is no reason to.

Friday, March 17th - HAPPY ST. PATRICK'S DAY!

Everyone remember to wear your green and our party will be at 2:30 in the dining room.

Friday, March 24th- Our Employee Potluck is back. The theme for this month is brought to you by Zhein from the Business office...Ballpark theme. Thank you, Zhien, for your creative input. We encourage each shift to bring "ballpark" style food for you and your co-workers to share.

Friday, March 31st— Lip Sync concert for residents. ***We are asking every dept. to participate. Just find a friend/friends, pick one of your favorite music groups, dress for the occasion, and then let the entertainment begin. Our residents will love this!**

Attention Families:

Our residents are having three outings this month. We want all the families to know that they are welcome to attend these outings.

Thursday, March 2nd – We are going to the movies to watch "Jesus Revolution." We are leaving the facility at 12:00 pm.

Thursday, March 9th- We will be going bowling at Bowling World. We are leaving the facility at 1:30 pm.

Thursday, March 30th- A picnic at The Janet Huckabee Nature Center. We will be leaving the facility at 11:00 am.

We hope everyone has a happy and fun Spring

Psalm 84:11- "For the Lord God is our sun and our shield. He gives us grace and glory. The Lord will withhold no good thing from those who do what is right." Today, as you turn your eyes to Jesus, thank Him for knowing what is best for you, and for giving you good things.

With Love- Kassie, Kelly, and Lori

CARE CENTER LIFE ENRICHMENT CALENDAR

March 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>*Activities are subject to change</p>			<p>1. 8:30–10am- Hydration 10:30am– Fancy Games & Adult C 2:30pm– Nation Day! Chocolate Milkshakes</p>
<p>5. 8- 9am– Hydration 10:30am– Newspaper & Magazine Hour w/ Coffee 2:30pm– Devotion w/ Bro. Dan</p>	<p>6. 8:30–10am- Hydration 10:30am– Devotion w/ Bro. Max 2:30pm– Noodle Bop & Parachute Exercises</p>	<p>7. 8:30–10am- Hydration 10:30am– Leprechaun Bingo 2:30pm– Noodle Bop, Ribbon Exercises, and “Have you ever?”</p>	<p>8. 8:30–10am- Hydration 10:30am– Fancy Games & Adult C 2:30pm– Intern Day– Inspiring q</p>
<p>12. 8- 9am– Hydration 10:30am– Newspaper & Magazine Hour w/ Coffee 2:30pm– Devotion w/ Bro. Dan</p>	<p>13. 8:30–10am- Hydration 10:30am– Devotion w/ Bro. Max 2:30pm– National Jewelry Day! Jewelry Making</p>	<p>14. 8:30–10am- Hydration 10:30am– Leprechaun Bingo 2:30pm– National Butterfly Day! Butterfly Art Project</p>	<p>15. 8:30–10am- Hydration 10:30am– Fancy Games & Adult C 2:30pm– Outside Club</p>
<p>19. 8- 9am– Hydration 10:30am– Newspaper & Magazine Hour w/ Coffee 2:30pm– Devotion w/ Bro. Dan</p>	<p>20. 8:30–10am- Hydration 10:30am– Devotion w/ Bro. Max 2:30pm– Outside Social, Beanbag Baseball</p>	<p>21. 8:30–10am- Hydration 10:30am– Leprechaun Bingo 2:30pm– National Strawberry Day! Strawberry Shortcake Social</p>	<p>22. 8:30–10am- Hydration 10:30am– Fancy Games & Adult C 2:30pm– Outside Popsicles</p>
<p>26. 8- 9am– Hydration 10:30am– Newspaper & Magazine Hour w/ Coffee 2:30pm– Devotion w/ Bro. Dan</p>	<p>27. 8:30–10am- Hydration 10:30am– Devotion w/ Bro. Max 2:30pm– Outside Social, Bubbles & Parachute Exercise</p>	<p>28. 8:30–10am- Hydration 10:30am– Leprechaun Bingo 2:30pm– Sensory Stimulation, What’s that smell?</p>	<p>29. 8:30–10am- Hydration 10:30am– Nation Day! Card’s for y 2:30pm– March</p>



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hydration y Nails w/ Table Coloring al Peanut Butter Peanut Butter	2. 8:30–10am- Hydration 10:30am– Sing a Long w/ Lanita (PC) 12:00pm– Movie Theater Outing, “Jesus Revolution”	3. 8:30–10am- Hydration 10:30am– Devotion w/ Bro. Brankel 2:30pm– Popcorn and a Movie	4. 8- 9am– Hydration 10:30am– TV Show of Choice & Reminiscing 2:30pm– Word Search & Reminiscing w/ Staff
Hydration y Nails w/ Table Coloring ational Woman’s quotes to staff	9. 8:30–10am- Hydration 10:30am– Candy Bucket Toss & Sittercise Exercise 1:30pm– Resident Outing, Bowling World 2:30pm– BINGO!	10. 8:30–10am- Hydration 10:30am– Devotion w/ Bro. Brankel 2:30pm– National Blueberry Day! Making Blueberry Muffins	11. 8- 9am– Hydration 10:30am– TV Show of Choice & Reminiscing 2:30pm– Word Search & Reminiscing w/ Staff
- Hydration y Nails w/ Table Coloring e Social, Garden	16. 8:30–10am- Hydration 10:30am– Noodle Bop & Bowling 2:30pm– Leprechaun Bingo	17. 8:30–10am- Hydration 10:30am– Devotion w/ Bro. Brankel 2:30pm– Happy Saint Patrick’s Day Party	18. 8- 9am– Hydration 10:30am– TV Show of Choice & Reminiscing 2:30pm– Word Search & Reminiscing w/ Staff
- Hydration y Nails w/ Table Coloring e Social w/	23. 8:30–10am- Hydration 10:30am– National Puppy Day! Pet Therapy with Israel 2:30pm– Chips & Dip Social	24. 8:30–10am- Hydration 10:30am– Devotion w/ Bro. Brankel 2:30pm– 1:1 Room Visits	25. 8- 9am– Hydration 10:30am– TV Show of Choice & Reminiscing 2:30pm– Word Search & Reminiscing w/ Staff
- Hydration nal Doctor’s our Doctor Birthday Party	30. 8:30–10am- Hydration 10:30am– Noodle Bop & Bowling 11:00am– Resident Outing to the Nature Center 2:30pm– 1:1 Room Visits	31. 8:30–10am- Hydration 10:30am– Devotion w/ Bro. Brankel 2:30pm– Lip Sync Special, Presented by MVSL Staff	



St. Patrick's Day Word Search Puzzle

Word List

SAINT
PATRICK
IRISH
BLARNEY
BLESSING
EMERALD
LEPRECHAUN
GOLD
GREEN
IRELAND
LIMERICK
MAGIC
PARADE
RAINBOW
SHAMROCK
LUCKY
WISH
FAIRY
MARCH
PARTY
CLOVER
POT
SNAKES

O R L E P R E C H A U N I A P
U S P T L S W W P O T Y U W V
J P A R I H U B C N S A I N T
L A T A M A H L S S F A I R Y
B R R I E M C E I R E L A N D
L T I N R R L S P P A R A D E
C Y C B I O O S S N A K E S A
P M K O C C V I U Z B N K B M
L L X W K K E N J V L P O C U
L E P Z P A R G T U A I H T O
U A N K M A G I C U R W R D L
C W I S H T R K B A N C U X K
K E C V M G R E E N E G O L D
Y V E M E R A L D R Y T A I B
C U X M A R C H Y I R I S H V

Search the puzzle for the words shown in the word list. Circle each word that you find until you find all of the words in the whole puzzle!



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.



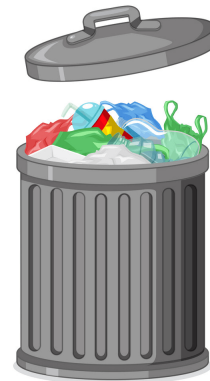
AFTER HOURS CONTACT INFO

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.

3		6	1			8
	2		3	7	6	
		7	5		2	9
9		8				1
4		1	7	3		5
5				9		2
	3	7	4	1		
	2	5	8		9	
4			9	7		2



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.

National Nutrition Month

National Nutrition month started in 1973 as “Nutrition Week” before it became month long campaign in 1980 due to the growing interest in nutrition. Just as it does every year, Nutrition month will focus its attention on the importance of making informed food choices and developing sound eating and physical activity habits. This year during the month March 2023 the theme is “Fuel For the Future”.

“Fuel for the Future”

In celebration of our National Nutrition Theme, below are some tips for optimizing your nutrition as you move across the lifespan and prepare for the future.

Teens to 20's:

During these years our bodies are developing, and bones are building density. The better we take care of our bones the less density they'll lose over time. Therefore, it is important to get enough calcium during this period. Calcium is not only important for strong bones but for healthy muscles, nerves, and heart. Low-Fat or fat free dairy products are the best sources of calcium but don't forget to include fortified foods and beverages, such as soy milk, 100% fruit juices and cereals. Also include other calcium sources like beans, leafy greens, almonds, and canned salmon with soft bones.

20's to 30's:

During this period women and men start considering having children (although now it can go well into 30+). It is important for women to get enough folic acid through fortified foods or supplements as well as B-Vitamins to prevent spina bifida.

This is also a time where we need to start thinking of how to attack chronic conditions that could develop later in the years. A balanced diet that includes whole plant foods, whole grains, legumes, fruits, vegetables, nuts and seeds can help reduce the risk of chronic diseases such as Type 2 diabetes, coronary heart disease and certain types of cancer.

30's to 40's

This decade is the time to get serious about healthy eating. It is very important to eat at least 2 cups of fruits and vegetables every day to get important vitamins, minerals, and antioxidants.

Dietary fiber, which may help protect against heart disease and some types of cancer, is another key nutrient at this age. Women and men ages 31 to 50 need about 25 and 31 grams per day, respectively. Fruits and veggies, whole grains, legumes, and seeds should be consumed regularly in order to get the dietary fiber we need.

40's to 50's

Men and women continue to go through age related changes during this time. Women start entering the perimenopause and menopause stages. Hormonal fluctuations can cause changes in metabolism and in weight. It is important for them to have mindful eating and stay active.

Men need to start decreasing calories once they reach 40. This in combination with a staying active at least 150 minutes per week, will help maintain a healthy weight.

At this decade men and women will both need enough vitamin D to maintain bone health and possibly reduce the risk of some cancers, heart disease and infectious diseases. Vitamin D is difficult to get from food so supplementation might be necessary. Consult with your doctor. The best sources are fatty fish, like salmon and trout, fortified foods and beverages, including milk and 100% fruit juices and cereals, as well as eggs.

60' and Beyond

We began losing muscle mass during this period so getting enough protein, along with strength building exercises is very important for maintaining muscle. Good sources include lean cuts of beef, chicken, fish, pork, and lamb. Vegetarian or don't eat meat? You'll also find protein in eggs, beans, tofu and nuts, as well as low-fat or fat-free milk, yogurt and cheese.

Each period in our lifespan comes with challenges but they can be overcome by starting early and fueling for the future. Hopefully these tips can help you along your lifespan.

How to Observe National Nutrition Month

In addition to using the tips above, these are other ways to get involved in National Nutrition Month.

- Move your body- Nutrition Month also encourages physical activity. Try a new activity like Zumba, swimming, or spinning to keep workouts fresh and exciting.
- Promote the campaign by putting up the poster or materials that can be found at eatright.org.
- Arrange a cooking demo with locals or coworkers.
- Plan with your family to try new nutritional foods or recipes.
- Start a school or workplace vegetable patch.
- Meet with a dietitian- They'll provide you with a detailed meal plan that makes sense for your lifestyle and goals. Many, if not most, health insurance plans cover the cost of dietitian services and city health departments sometimes offer complimentary services or charge sliding-scale fees.

Happy National Nutrition Month to All!

MVSL PEP CLUB



Secret Pal Program

Exchange Day– March 15!

Don't forget to drop your pal's gift off in the Administrative Office.

Team Potluck

When: Friday, March 24th

Where: Corridor Family Room (across from the Security Office)

What: Bring your favorite "Ballpark" food to share



A NOTE FROM OUR CAMPUS EDUCATION DIRECTOR...

Hello all!

Well, it's March again, and time for Spring to arrive! I am always ready for the season of nature's re-birth. Hopefully this year will bring lots of positive changes as we transition to the warmer months. One thing in particular I am looking forward to is the completion of the new Education Center in the next few months. More space = more opportunities to provide training to our staff.

MVSL is committed to ensuring all employees have the skills and education necessary to provide our residents with the best possible care. 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.

Classes available in March: Dementia Training, CPR Re-Certification classes, and CNA training. If you are interested in one of these classes, please see your supervisor for enrollment.

Blessings--

MeLynnda Dunn LPN CDP CADDCT

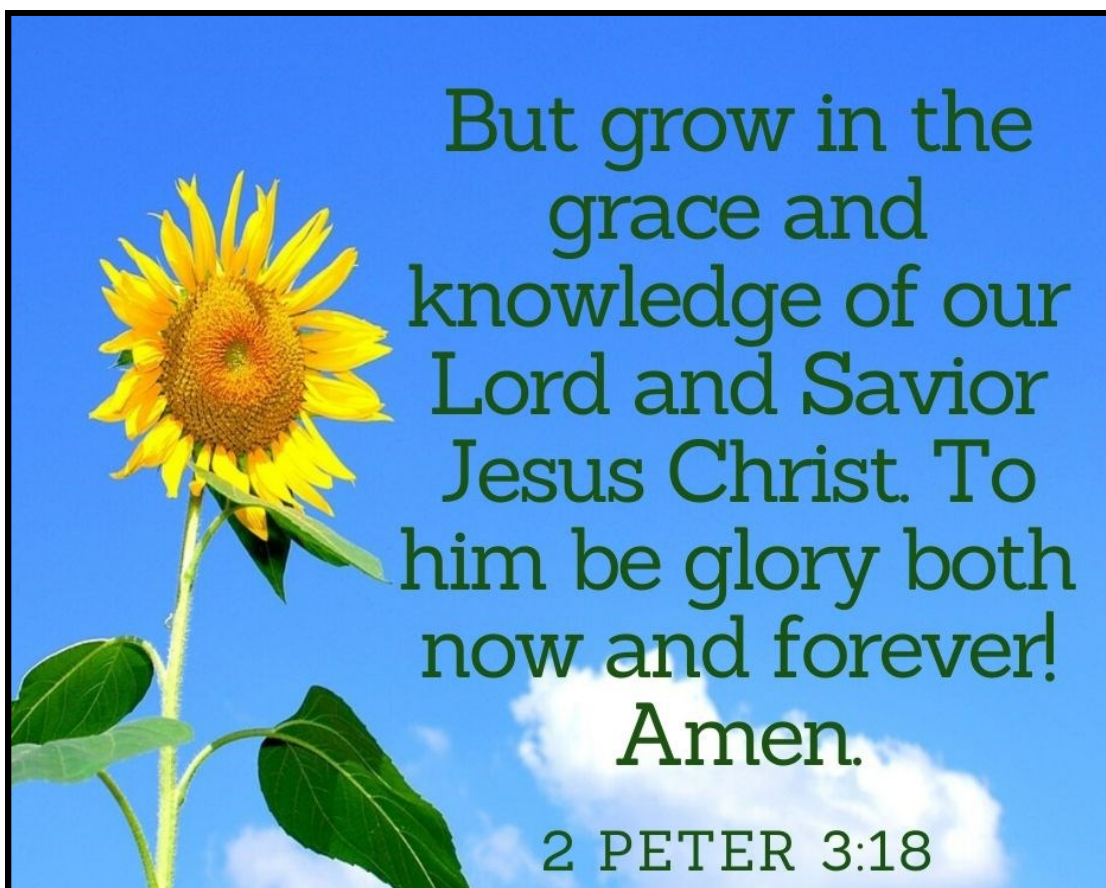
A NOTE FROM OUR AL/ASCU ADMINISTRATOR...



Happy March Everyone!

Interesting facts with this upcoming season: In the Northern Hemisphere, the March equinox (or "spring equinox") determines the first day of spring—and this year, it begins on March 20! During this time, the earliest spring flowers to blossom each year are tulips, daffodils, sunflowers, primrose, and lilies.

It is always such a joy to see the flowers bloom, and the green come back after wintertime (unless you have seasonal allergies! Haha.) Hopefully, we don't have too many showers, and we can enjoy the beautiful sunshine and spend time on outdoor walks, planting and gardening with the residents!



A NOTE FROM OUR AL/ASCU LIFE ENRICHMENT TEAM...

Hello Friends,

How in the world is it March already!? As we transition into spring, I am ready to see the spring flowers and HOPEFULLY warmer weather. As the weather changes, we are looking forward to more activities and outings.

For the month of March we currently have a trips to the movie theater, bowling, Footloose the musical, and a picnic in the park on the calendar.

As we ramp up activities and outings in the up and coming months, we are working on getting volunteers through our Candy Striper Program, Project Compassion, and others in our community to volunteer to help with those activities/resources. If you would like to volunteer or know someone who would be interested send them our way, The residents enjoy getting to see new friendly faces.

Blessings,

Melissa



ASSISTED LIVING LIFE ENRICHMENT CALENDAR

March 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>*Activities are subject to change</p>			<p>1. PEANUT BUTT 9am– Room to Room & Current Events 10am– Devotion w/ Carol 2pm– Crafts & Co Debbie– Peanut B</p>
<p>5. 9am– Room to Room Newsletters & Current Events 10:30am– Fancy Nails 2pm– Church Service 3pm– Devotion w/ Rev. Dee Dee</p>	<p>6. OREO COOKIE DAY! 9am– Room to Room Newsletters & Current Events 11:15am– Devotion w/ Bro. Max 2pm– Dominoes w/ Project Compassion</p>	<p>7. 9am– Room to Room Newsletters & Current Events 10:30am– Morning Stretches & Devotion w/ Carol 2pm– Bingo & Rainbow Fruit Cups</p>	<p>8. PEANUT BUTT DAY! 9am– Room to Room & Current Events 10am– Devotion w/ Carol 2pm– Crafts & Co Debbie</p>
<p>12. PLANT A FLOWER DAY! 9am– Room to Room Newsletters & Current Events 10:30am– Planting Flowers 3pm– Devotion w/ Rev. Bud</p>	<p>13. JEWELRY DAY! 9am– Room to Room Newsletters & Current Events 10am– Craft, St. Patrick’s Day Pins 11:15am– Devotion w/ Bro. Max 2pm– Dominoes w/ Project Compassion</p>	<p>14. 9am– Room to Room Newsletters & Current Events 10:30am– Morning Stretches & Devotion w/ Carol 1:30pm– Matter of Balance Program</p>	<p>15. 9am– Room to Room Newsletters & Current Events 10am– Devotion w/ Carol 2pm– Crafts & Co w/ Debbie</p>
<p>19. 9am– Room to Room Newsletters & Current Events 10am– Walking Club 2pm– Devotion</p>	<p>20. 9am– Room to Room Newsletters & Current Events 11:15am– Devotion w/ Bro. Max 2pm– Dominoes w/ Project Compassion</p>	<p>21. CALIFORNIA STRAWBERRY DAY! 9am– Room to Room Newsletters & Current Events 10:30am– Morning Stretches & Devotion w/ Carol 2pm– Bingo & Strawberry Shortcakes</p>	<p>22. 9am– Room to Room Newsletters & Current Events 10am– Devotion w/ Carol 2pm– Crafts & Co w/ Debbie</p>
<p>26. 9am– Room to Room Newsletters & Current Events 10am– Fancy Nails 2pm– Devotion</p>	<p>27. 9am– Room to Room Newsletters & Current Events 11:15am– Devotion w/ Bro. Max 2pm– Dominoes w/ Project Compassion</p>	<p>28. 9am– Room to Room Newsletters & Current Events 10:30am– Morning Stretches & Devotion w/ Carol 2pm– Matter of Balance Program</p>	<p>29. 9am– Room to Room Newsletters & Current Events 10am– Devotion w/ Carol 2pm– Crafts & Co w/ Debbie 3pm– Bingo Sto</p>



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1. BANANA CREAM PIE DAY! Room Newsletters w/ Bro. Tom Conversations w/ Butter Shakes	2. BANANA CREAM PIE DAY! 9am– Room to Room Newsletters & Current Events 10:30am– Bowling 12:00pm– Movie Theater Outing, “Jesus Revolution” 2pm– Resident Choice Activity	3. 9am– Room to Room Newsletters & Current Events 10:30am– Walking Club 2pm– Resident Council	4. POUND CAKE DAY! 9am– Room to Room Newsletters & Current Events 10:30am– Bean Bag Baseball 2pm– Dice Breakers
8. BANANA CREAM PIE CLUSTER Room Newsletters w/ Bro. Tom Conversations w/	9. 9am– Room to Room Newsletters & Current Events 10:30am– Sing Along w/ Project Compassion 1:30pm– Bowling World 2pm– Resident Choice Activity	10. BLUBERRY MUFFIN DAY! 9am– Room to Room Newsletters & Current Events 10:30am– Baking Blueberry Muffins 2pm– Walking Club Celebration w/ Elite Home Health/Mike	11. 9am– Room to Room Newsletters & Current Events 10:30am– Painting Flowerpots 1pm– Footloose the Musical 2pm– Parachute Exercise w/ Music
Room to Room Current Events w/ Bro. Tom Conversations	16. 9am– Room to Room Newsletters & Current Events 10:30am– Noodle Bop 2pm– Bingo & Banana Splits 3pm– Calendar Club Meeting for April	17. 9am– Room to Room Newsletters & Current Events 10:30am– Walking Club 2pm– St. Patrick’s Day Party!	18. 9am– Room to Room Newsletters & Current Events 10am– Balloon Volleyball 2pm– 7 Thunder Ministries. Bluegrass Gospel
Room to Room Current Events w/ Bro. Tom Conversations	23. CHIP & DIP DAY 9am– Room to Room Newsletters & Current Events 10:30am– Battle Bags 2pm– Pet Companion Visit	24. 9am– Room to Room Newsletters & Current Events 10:30am– Walking Club 2pm– Matinee Movie & Popcorn	25. 9am– Room to Room Newsletters & Current Events 10am– Tower Toss 2pm– Jeopardy
Room to Room Current Events w/ Bro. Tom Conversations	30. TAKE A WALKD IN THE PARK DAY! 9am– Room to Room Newsletters & Current Events 11am– Picnic in the Park 2pm– Bingo & Smores Parfaits	31. 9am– Room to Room Newsletters & Current Events 10:30am– Walking Club 2pm– Resident Birthday Bash	

ASCU LIFE ENRICHMENT CALENDAR

March 2023



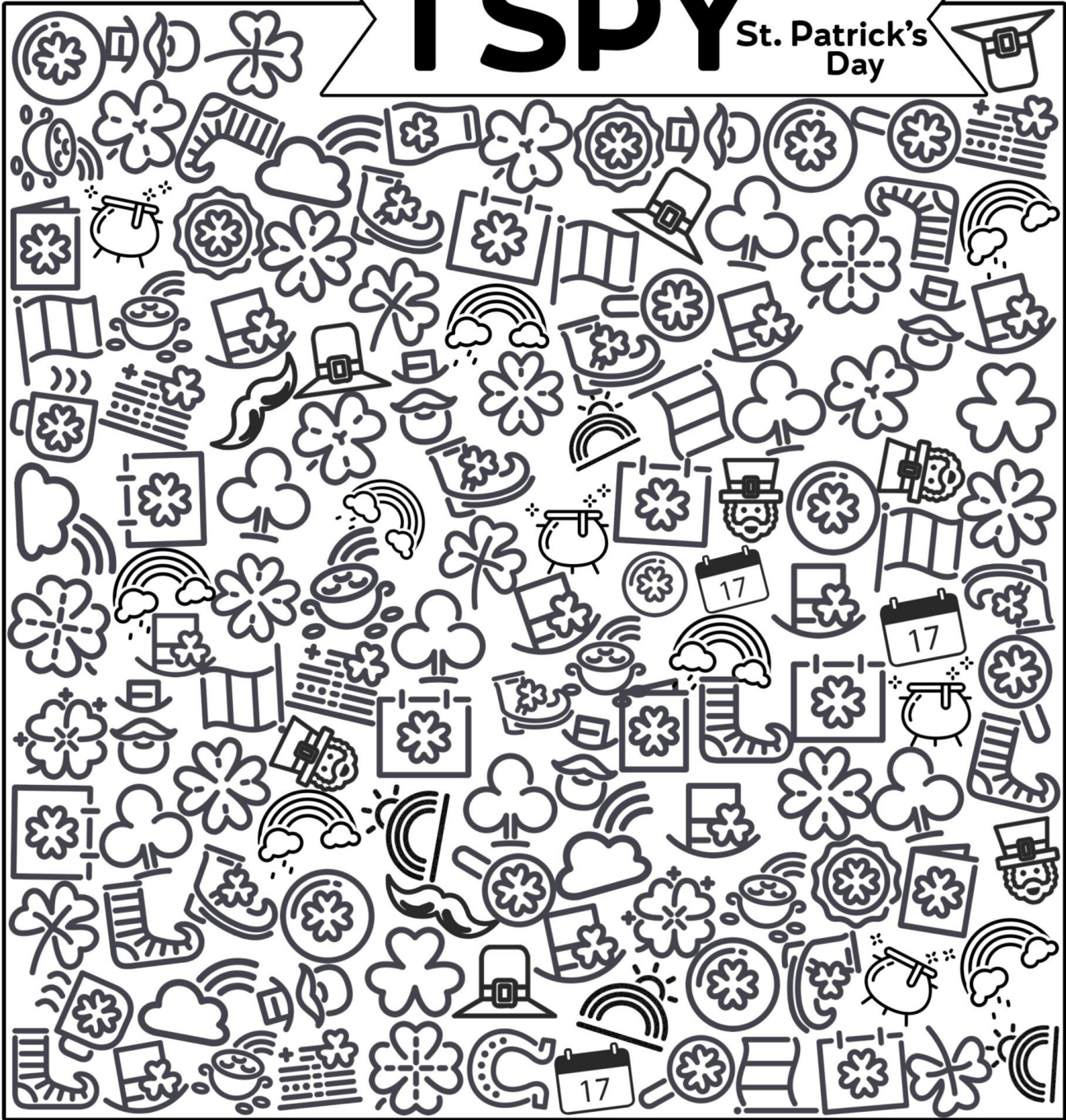
SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>*Activities are subject to change</p>			<p>1. PEANUT BUTT 9am– Room to Room & Current Events 10am– Devotion w/ Carol 2pm– Crafts & Co Debbie– Peanut B</p>
<p>5. 9am– Room to Room Newsletters & Current Events 10:30am– Fancy Nails 2pm– Church Service 3pm– Devotion w/ Rev. Dee Dee</p>	<p>6. OREO COOKIE DAY! 9am– Room to Room Newsletters & Current Events 11:15am– Devotion w/ Bro. Max 2pm– TV Show/ Movie of Choice</p>	<p>7. 9am– Room to Room Newsletters & Current Events 10:30am– Morning Stretches & Devotion w/ Carol 2pm– Bingo & Rainbow Fruit Cups</p>	<p>8. PEANUT BUTT DAY! 9am– Room to Room & Current Events 10am– Devotion w/ Carol 2pm– Crafts & Co Debbie</p>
<p>12. PLANT A FLOWER DAY! 9am– Room to Room Newsletters & Current Events 10:30am– Planting Flowers 3pm– Devotion w/ Rev. Bud</p>	<p>13. JEWELRY DAY! 9am– Room to Room Newsletters & Current Events 11:15am– Devotion w/ Bro. Max 2pm– TV Show/ Movie of Choice</p>	<p>14. 9am– Room to Room Newsletters & Current Events 10:30am– Morning Stretches & Devotion w/ Carol 1:30pm– Matter of Balance Program</p>	<p>15. 9am– Room to Room Newsletters & Current Events 10am– Devotion w/ Carol 2pm– Crafts & Co w/ Debbie</p>
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WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1. PINEAPPLE DAY! Room Newsletters w/ Bro. Tom Conversations w/ Butter Shakes	2. BANANA CREAM PIE DAY! 9am– Room to Room Newsletters & Current Events 10:30am– Bowling 12:00pm– Movie Theater Outing, “Jesus Revolution” 2pm– Resident Choice Activity	3. 9am– Room to Room Newsletters & Current Events 10:30am– Walking Club 2pm– Resident Council	4. POUND CAKE DAY! 9am– Room to Room Newsletters & Current Events 10:30am– Bean Bag Baseball 2pm– Dice Breakers
8. PINEAPPLE CLUSTER Room Newsletters w/ Bro. Tom Conversations w/	9. 9am– Room to Room Newsletters & Current Events 10:30am– Sing Along w/ Project Compassion 1:30pm– Bowling World 2pm– Resident Choice Activity	10. BLUBERRY MUFFIN DAY! 9am– Room to Room Newsletters & Current Events 10:30am– Baking Blueberry Muffins 2pm– Walking Club Celebration w/ Elite Home Health/Mike	11. 9am– Room to Room Newsletters & Current Events 10:30am– Painting Flowerpots 1pm– Footloose the Musical 2pm– Parachute Exercise w/ Music
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I SPY

St. Patrick's Day



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A NOTE FROM OUR THERAPY TEAM...

Osteoarthritis (OA) is the most common form of arthritis. Osteoarthritis is estimated to affect over 30 million people in the United States alone. This is equivalent to almost every 1 in every 10 people being impacted by the painful effects of arthritis.

Osteoarthritis occurs more frequently as we age. Before age 45, osteoarthritis occurs more frequently in males. After 55 years of age, it occurs more frequently in females. The symptoms of OA include pain, joint stiffness, tenderness, loss of flexibility, clicking/grating sensation when moving the joint, and/or swelling.

With osteoarthritis, cartilage in joints breaks down thus causing the bones within the joint to rub together. OA can damage any joint but most often affect joints in your hands, knees, hips, and spine. Osteoarthritis symptoms can be managed, but the damage it causes to your joints cannot be reversed. Staying active, maintaining a healthy weight, and interventions such as therapy can help improve pain and joint function.

Osteoarthritis can't be reversed, but treatments can reduce pain and help you move better. Many people are tempted to limit their movement to decrease/prevent arthritic pain. Not moving enough actually causes your pain and stiffness to increase. Therapy can reduce your pain, swelling, and stiffness of affected joints and help improve your overall function. Therapists can work with you to lessen pain and help identify adaptive equipment and compensatory techniques that can allow you to be more independent with less pain.

A physical therapist can show you exercises to strengthen the muscles around your joint, increase your flexibility and reduce pain. Regular gentle exercise that you do on your own, such as swimming or walking, can be equally effective. An occupational therapist can help you discover ways to do everyday tasks without putting extra stress on your already painful joint. For instance, a toothbrush with a large grip could make brushing your teeth easier if you have osteoarthritis in your hands. A bench in your shower could help relieve the pain of standing if you have knee osteoarthritis.

METHODSIT VILLAGE SENIOR LIVING

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CHIEF EXECUTIVE OFFICER:
MELISSA CURRY

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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.