



# METHODIST VILLAGE

## SENIOR LIVING

### A NOTE FROM OUR CEO...



Dear MVSL Residents, Families and Team Members:

Are you as excited as I am for the exterior construction to be completed? Just a few more weeks and we will be able to sit on our new front porches overlooking our beautiful campus.

We will be demolishing the old training center to make new parking and we will be repaving our drive off Euper Lane and parking lot. Once we have the date set, we will send out a message letting you know. During this time (possibly a week) we may ask you to park at our Independent Living or defer your visitation plans to a following week. Thank you for your continued patience and understanding while we continue to make our residents' home beautiful!

As we continue to expand and broaden the services we provide, we continue to take massive strides to become the BEST organization for our residents, our team, and our community. To truly be the best, we must set our intention to develop our teams, because when our teams develop our residents and their families thrive.

Development will become our theme this fall, as we work to develop our team, our campus, our residents, and our presence in the community.

Turn the page to learn more about our new initiatives, educational opportunities, and the development of our valued team.

Have a great month!

Warmest,  
Melissa Curry, CEO

# DEVELOPMENT

I asked 20 of our teammates to randomly draw a word from which I had in a bowl. I asked the team not to show the word to anyone and to take the word and write at least a 100 word essay on what each word meant to them pertaining to MVSL. And if the word did not pertain to MVSL, how they would like to see it pertain to MVSL. No one knew how I would use this information.

The words they drew from were similar to DEVELOPMENT, one of those words actually being development. Once everyone had turned in the "essays," I read each one of them. They were amazing. I truly underestimated our team. Shame on me! You see our MVSL team is not only caring and smart, but they are passionate about our residents, our campus, and our community.

For the next few months, we will highlight the word and the essay from our team in the newsletter and on our social media platforms. As we continue to "Develop" as a campus, team, and community, you will be able to follow along and watch us as we continue to develop into what God has intended us to be.

Thank you for your faith, your prayers, and the trust you have put into our team!

-Melissa

## DEVELOPMENT

By: Sarah Tisdale

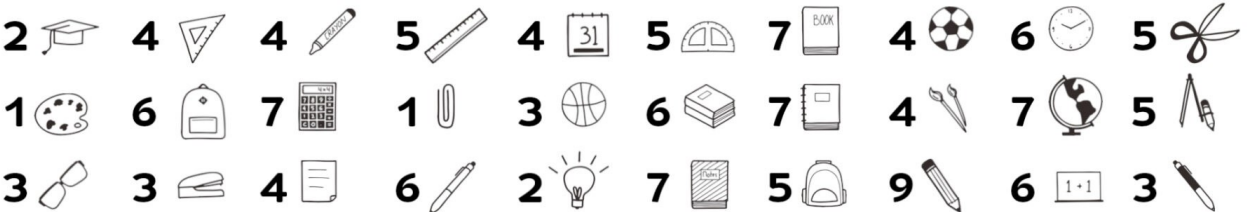
*"Development is defined as the process that creates growth, progress, or positive change. Looking back on the past four and a half years at Methodist Village Senior Living (MVSL), it is incredible to see how much my career and life has developed in such a short time. Beginning in 2019, I accepted the position as Resident Liaison before the Assisted Living was opened and have been blessed with every opportunity to learn other positions, such as Activity Director, Transport, and Environmental Services. Little did I know that in developing the skills with each position, I would accept the Administrator role in December of 2021. My story is one of many that MVSL has opened the doors for and allowed us to grow in the role we were designed to have!"*

# A LOOK BACK AT AUGUST





# Back to School



# CAMPUS NEWS

**Bubbles & Bow Ties—A New Year's Eve Event**  
The MVSL Foundation will host it's 2nd Annual  
Bubbles & Bow Ties fundraiser on Sunday, December 31!



**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 PARTNER OF THE MONTH



**THANK YOU,**  
**Arkansas Colleges**  
**of Health**  
**Education**  
for sharing your  
"Productive Aging"  
class with us!





## CAMPUS MENU

# September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p><b>*To view the menu in full please see it posted outside the Activity Office *Menu items subject to change</b></p>			
<p><b>3.</b> Tomato Basil Couscous Salad, Beef Stroganoff, Parslied Noodles, Seasoned Broccoli Florets, French Bread, &amp; Chocolate Cream Pie</p>	<p><b>4.</b> Greek Spinach Salad, Beef &amp; Broccoli, Fluffy Rice, Sauteed Cabbage, Wheat Dinner Roll, &amp; Banana Cream Pie</p>	<p><b>5.</b> Veggie Layer Salad, Caprese Chicken, Lemon Dill Orzo, Stewed Summer Squash, French Bread, &amp; Cherry Cheesecake Bar</p>	<p><b>6.</b> Orange &amp; Avocado Roast Beef, Broccoli, Herbed Green Beans, Wheat Dinner Roll, &amp; Apple Pie</p>
<p><b>10.</b> Sweet &amp; Sour Beets, Country Fried Steak &amp; Gravy, Seasoned Spinach, Wheat Dinner Roll, &amp; Cherry Cobbler</p>	<p><b>11.</b> Steamed Summer Squash, Ham &amp; Beans, Pan Fried Potatoes, Pacific Blend Vegetables, &amp; Angel Food Cake</p>	<p><b>12.</b> Spinach Strawberry Salad, Garlic Oregano Chicken, Chive Mashed Potatoes, Summer Blend Vegetables, Wheat Dinner Roll, &amp; Oatmeal Raisin Cookies</p>	<p><b>13.</b> Mixed Greens, Lemon &amp; Mustard Crisp, Mashed Sweet Potatoes, Wheat Dinner Roll, &amp; Cherry Cobbler</p>
<p><b>17.</b> Mixed Field Greens, Baked Cod w/ Garlic Butter, Mediterranean Orzo, Parsley Cauliflower, French Bread, &amp; German Chocolate Cake</p>	<p><b>18.</b> Garden Salad, Pork Roast, Mashed Potatoes, Parslied Carrots, Wheat Dinner Roll, &amp; Angel Food Cake</p>	<p><b>19.</b> Spinach Salad, Lemon Chicken, Garlic Noodles, Seasoned Green Peas, French Bread, &amp; Frosted White Cake</p>	<p><b>20.</b> Lettuce &amp; Tomato Salad, Beef w/ Pepperoni, Confetti Rice, Seasoned Blend Vegetables, Wheat Dinner Roll, &amp; Peanut Butter Cookies</p>
<p><b>24.</b> Garden Salad, Beef Pot Roast, Roasted Red Potatoes, Sauteed Zucchini &amp; Onions, Wheat Dinner Roll, &amp; Sugar Cookies</p>	<p><b>25.</b> House Salad, BBQ Chicken Thighs, White &amp; Wild Rice Blend, Seasoned Broccoli Florets, Wheat Dinner Roll, &amp; Frosted Carrot Cake</p>	<p><b>26.</b> Romaine &amp; Onion Salad, Ginger Roast Pork, Dijon Potatoes, Green Beans w/ Thyme, Wheat Dinner Roll, &amp; Brownie</p>	<p><b>27.</b> Marinated Chicken &amp; Beans, Pan Fried Potatoes, Seasoned Spinach, Cornbread, &amp; Sugar Cookies</p>



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1.</b> Seasoned Zucchini, Garlic & Sage Chicken Thighs, Fluffy Rice, Meadow Blend Vegetables, Wheat Dinner Roll, & Snickerdoodle Cookies	<b>2.</b> Soft Marinated Green Beans, Crab Cakes w/ Remoulade, Pacific Blend Vegetables, Hawaiian Roll, & Peanut Butter Cookies
Avocado Salad, Brown Gravy, Green Beans, Wheat Apple Crisp	<b>7.</b> Savory Carrots, Herb Roasted Turkey, Poultry Gravy, Parslied Noodles, Seasoned Zucchini, Wheat Dinner Roll, & Oatmeal Raisin Cookies	<b>8.</b> Soft Marinated Tomatoes, Beef Stew, Fluffy Rice, Steamed Summer Squash, Wheat Dinner Roll, & Blueberry Pie	<b>9.</b> Mixed Field Greens, BBQ Beef, Garlic Mashed Potatoes, Green Beans, Wheat Dinner Roll, & Brownie
Onion Salad, Herb Roasted Pork Loin, Potatoes, Roll, & Apricot	<b>14.</b> Green Goddess Salad, Beef Brisket, Parslied Carrots, Wheat Dinner Roll, & Frosted Carrot Cake	<b>15.</b> Romaine & Onion Salad, French Chicken, Rice Pilaf, Sicilian Blend Vegetables, Wheat Dinner Roll, & Crispy Rice Bar	<b>16.</b> Wedge Salad, Root Beer Ribs, Fresh Green Beans, Baked Beans, Cornbread, & Peach Crisp
Tomato Salad, Onions, Scandinavian Vegetables, Wheat Peanut Butter	<b>21.</b> Romaine & Onion Salad, Garlic Shrimp, Herbed Linguine, Seasoned Zucchini, French Bread, & Lemon Bar	<b>22.</b> Mixed Field Greens, Crispy Pork Loin, Lemon Asparagus, Wheat Dinner Roll, & Cherry Cobbler	<b>23.</b> Spinach Strawberry Salad, Baked Cod w/ Garlic Butter, Brown Rice Pilaf, Balsamic Brussel Sprouts, Wheat Dinner Roll, & Chocolate Pudding
Carrots, Ham, Fried Potatoes, Nachos, Sugar Cookies	<b>28.</b> Garden Salad, Roast Turkey & Gravy, Chive Mashed Potatoes, Arkansas Green Beans, Wheat Dinner Roll, & Angel Food Cake	<b>29.</b> Seasoned Zucchini, Garlic & Sage Chicken Thighs, Fluffy Rice, Meadow Blend Vegetables, Wheat Dinner Roll, & Snickerdoodle Cookies	<b>30.</b> Soft Marinated Green Beans, Crab Cakes w/ Remoulade, Pacific Blend Vegetables, Hawaiian Roll, & Peanut Butter Cookies



## METHODIST VILLAGE

### SENIOR LIVING

Methodist Village Senior Living (MVSL) is a faith-based, non-profit organization, and we strive to provide the best care to all our residents. We also want you to have realistic expectations, and we want to be upfront and honest and not promise anything we cannot provide.

Before admitting your loved one to MVSL, please remember the following:

- We provide 24/7 care; however, we do not provide one-on-one care.
- Direct Care or Nursing Care is on campus 24/7; however, some departments may not be available after 4pm or on weekends. Such as:
  - Accounting Department
  - Activities Director
  - Administration (however, staff can reach them by phone if there is an emergency)
  - Social Services
  - Rehabilitation (unless therapy is care planned for weekends through our Medical Director)
- If your loved one is falling at home, they can fall after being admitted to MVSL.
- We have many residents who need assistance, and we do our best to aid them as quickly as possible. There may be times when your loved one may need assistance and will need to wait as our staff is caring for another resident. Our staff will help as soon as possible; please do not think they are ignoring you.
- We encourage all our residents to dine in our dining room if possible. This allows for great social interaction. If a resident would rather dine in their room, that is perfectly ok, but please understand there are many residents who cannot eat on their own, and our staff is assisting those residents; therefore, it may take longer than you would like to receive your meal. Our mealtimes are as followed:
  - Breakfast 7:30am – 9:30am
  - Lunch 11:30am – 1:30pm
  - Dinner 4:30pm – 7:00pm
    - We strive to have meals delivered to residents in their rooms as soon as possible; meals can arrive anywhere between these times.
- Please make sure all clothing, personal items, glasses, etc., are labeled with first and last names. If anything new is brought onto the campus for the resident, please make sure it is labeled. We have over 150 residents on our campus, and we want to make sure all belongings are delivered to the right residents.
  - If something is lost, please notify social services IMMEDIATELY so we can begin looking for lost items.
- If you are the responsible party or POA, you will be the one responsible for letting other family members know of decisions you have made concerning the care of your loved one. **Please keep them informed.** MVSL cannot call all family members listed on admission paperwork. We will first contact the primary responsible party, and if they are unavailable, we will leave a message and wait for a return call. In an emergency, we will contact the primary contact first. If they are unavailable, we will then contact 2<sup>nd</sup>, then 3<sup>rd</sup>, and so on until we are able to speak with someone regarding the resident. We can only give medical information to those listed on admission paperwork. We will only take care plan instructions/ physician orders from our Medical Director, Resident, or POA regarding health decisions.



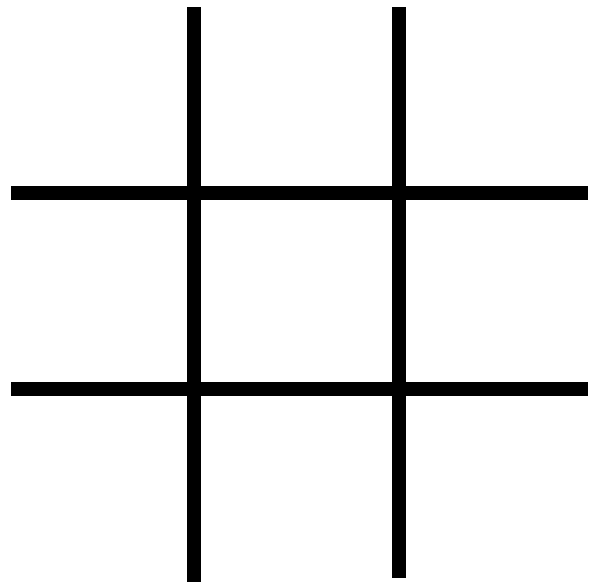
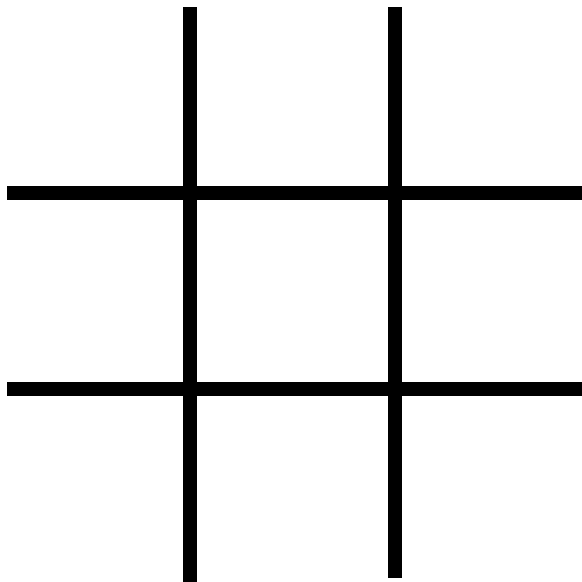
- We would love for you to follow us on social media. We try and post photos of activities, residents (with consent), and important information. Our social media accounts and website are as followed:
  - Facebook- Methodist Village Senior Living
  - Instagram- mvsl\_1961
  - Linked In- Methodist Village Senior Living
  - Twitter- mvsl\_1961
  - TikTok- mvsl\_1961
  - Website- [www.methodistvillage.com](http://www.methodistvillage.com)
    - Our newsletter is also available on the website.
    - We kindly ask you not to post/take pictures/videos of other residents or staff on social media, as they may not have given consent.
    - We also ask that you do not post on social media any frustrations regarding MVSL, our administration, or our team members. If you have challenges, please let our administrators know so they can be corrected if possible.
- Our Residents and staff love when family and friends join us during our activities, so please come whenever you are available.
- If you have any questions, challenges, or concerns, PLEASE contact the administrator of the facility your loved one is living in. We cannot answer your questions or solve challenges and concerns if we are not aware.



We understand what a difficult choice it is to leave your home and move to a retirement community. So, thank you for choosing Methodist Village Senior Living to be your new home! Welcome to the MVSL Family!

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### Find a buddy & play a game of Tic Tac Toe



# A NOTE FROM OUR CARE CENTER ADMINISTRATOR...

Hello, all.

September is National Service Dog Month. It's a month-long celebration honoring the hard work and life-changing impact service dogs make on people with disabilities every day. Service dogs are specially trained to perform tasks to help make life easier for people with disabilities. They require years of training to do their job. They are allowed wherever their handler is permitted. There are service dogs, therapy dogs and emotional support animals. Service dogs are working dogs and not pets.

What is the best way to interact with a service dog in public? It can be hard to resist interacting with a service dog. Ask before interacting with a service dog. Ask how the service dog helps the handler, not about their disability. Respect: Speak directly to the handler, not the service dog. Always assume the service dog is busy working, not off duty. Teach your children about respecting service animals and to never run up to a service animal and interact with them without permission from the handler.

MVSL is also a pet friendly environment. Bringing pets to visit residents can enrich their lives. If you want to bring your pet to visit your loved one just make sure the animal has all the required vaccinations. Bring a copy of the animal's vaccination records to MVSL, then you're all set.

God bless,  
Terri Kimble, LNHA





## A NOTE FROM OUR CARE CENTER LIFE ENRICHMENT DIRECTOR...

Greetings families, friends, and residents,

September is HERE! We can now appreciate the cooler weather, fun celebrations, and for a few of us, the flavor of pumpkin spice!

### **Folklore for the Season**

- ~ Heavy September rains bring drought.
- ~ September dries up ditches or breaks down bridges.
- ~ Married in September's golden glow, smooth and serene your life will go.
- ~ If the storm of September clears off warm, the storms of the following winter will be warm.
- ~ Fair on September 1<sup>st</sup>, fair for the month.

We will be celebrating Environmental Services Week Monday, Sept. 11<sup>th</sup> through Friday, Sept. 15<sup>th</sup> with "Spirit Week"

**Monday, Sept. 11<sup>th</sup> - Favorite Sport Team Day!**

**Tuesday, Sept. 12<sup>th</sup> - Animal Print/Animal Shirt Day!**

**Wednesday, Sept. 13<sup>th</sup> - Favorite Attire Color Day!**

**Thursday, Sept. 14<sup>th</sup> - Crazy Socks/Crazy Hat Day!**

**Friday, Sept. 15<sup>th</sup> - Pajama Day! (work appropriate please!)**

Please feel free to participate and enjoy the fun! Don't forget to let your friends in the EVS Department know that THEY ROCK!

Do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. Matthew 6:34

**Prayer:** Heavenly Father, help us to trust You even when we can't understand how our circumstances fit into Your bigger picture. Amen.

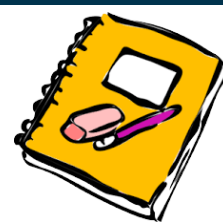
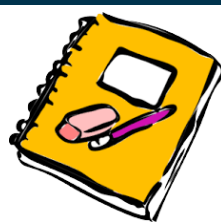
The Activity Department would like to wish everybody a safe and happy month!



# CARE CENTER LIFE ENRICHMENT CALENDAR

# September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<b>*Activities are subject to change</b>			
<b>3.</b> 10:30am- Games from the Activities Box at the Nurses Station  2:30pm– Popcorn & a Movie w/ the RNA's.	<b>4.</b> 9:00am- 1:1 Visits 10:30am– Labor Day Pictures  2:30pm– Labor Day Party w/ Games, Music, & Banana Splits	<b>5.</b> 9:00am- 1:1 Visits 10:30am– Softball & Kickball w/ The Cheer Squad  2:30pm– High Stakes Bingo w/ Snacks	<b>6.</b> 9:00am- 1:1 Visits 10:30am– Fanc Table Games &  2:30pm– Chair Weights & Ribbon to the Music”
<b>10.</b> 10:30am- Games from the Activities Box at the Nurses Station  2:30pm– Popcorn & a Movie w/ the RNA's.	<b>11. Spirit Week for EVS FAVORITE TEAM DAY</b>  10:30AM– Devotion w/ Bro. David  2:30pm– Grandparents Day, Handprint Art	<b>12. Spirit Week for EVS ANIMAL PRINT DAY</b> 10:30am– Garden Club, Planting Fall Flowers  2:30pm– High Stakes Bingo	<b>13. Spirit Week FAVORITE COLOR DAY</b> 10:30am– Fanc Table Games &  2:30pm– Arts & Making Cards for
<b>17.</b> 10:30am- Games from the Activities Box at the Nurses Station  2:30pm– Popcorn & a Movie w/ the RNA's.	<b>18.</b> 9:00am- 1:1 Visits 10:30AM– Devotion w/ Bro. David  2:30pm– Arts & Crafts, Making Fall Wreaths	<b>19.</b> 9:00am- 1:1 Visits 10:30am– Football Toss w/ Billy Bob D Hog  2:30pm– High Stakes Bingo	<b>20.</b> 9:00am- 1:1 Visits 10:30am– Fanc Table Games &  2:30pm– NATIONAL DAY, Nacho Social head on the Na
<b>24.</b> 10:30am- Games from the Activities Box at the Nurses Station  2:30pm– Popcorn & a Movie w/ the RNA's.	<b>25.</b> 9:00am- 1:1 Visits 10:30AM– Devotion w/ Bro. David  2:30pm– FALL IS HERE! Cooking Group, Sugar Spiced Apples	<b>26.</b> 9:00am- 1:1 Visits 10:30am– Sensory Stimulation, What are you touching/smelling?  2:30pm– High Stakes Bingo	<b>27.</b> 9:00am- 1:1 Visits 10:30am– Fanc Table Games &  2:30pm– Arts & Color Necklaces



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1. 9:00am– 1:1 Visits 10:30am– “Drumming to the Music” Drums Alive 2:30pm–The Wind Mountain Country Band concert w/ Steve and Larry	2. 10:30am– Magazines & Word Searches  2:30pm-Bingo w/ the RNA’s
Visits y Nails w/ Music	7. 9:00am- 1:1 Visits 10:30am– Sing a Long w/ Lanita (PC)	8. 9:00am- 1:1 Visits 10:30am– Noodle Bop w/ Ribbon Exercise & Music	9. 10:30am– Magazines & Word Searches
Exercises w/ ons “Dancing	2:30pm– High Stakes Bingo	2:30pm–Beauty Pageant w/ Music & Appetizers	2:30pm-Bingo w/ the RNA’s
k for EVS COLOR DAY y Nails w/ Music	14. Spirit Week for EVS CRAZY SOCK/ HAT DAY 10:30am– Fall Coloring contest w/ Music	15. Spirit Week for EVS PAJAMA DAY 10:30am-12pm– Thank You cookout for EVS	16. 10:30am– Magazines & Word Searches
k Crafts, or EVS	2:30pm– High Stakes Bingo	2:30pm– Pet Visits w/ Blair & Israel (Heart of Hospice)	2:30pm-Bingo w/ the RNA’s
Visits y Nails w/ Music	21. 9:00am- 1:1 Visits  10:30am– Bowling, Creative Coloring, & Table Games	22. 9:00am- 1:1 Visits  10:30am– Noodle Bop, Ribbon Exercise, & Trivia	23. 10:30am– Magazines & Word Searches
ONAL QUESO cial & Pin the cho	2:30pm– High Stakes Bingo	2:30pm– September Birthday Party w/ Cupcakes & Games	2:30pm-Bingo w/ the RNA’s
Visits y Nails w/ Music	28. 9:00am- 1:1 Visits  10:30am– Morning Stretches & Circle Ball Pass	29. 9:00am- 1:1 Visits  10:30am– Get to know your home, Hall Walks & Conversations	30. 10:30am– Magazines & Word Searches
k Crafts, Fall s	2:30pm– High Stakes Bingo	2:30pm– Crockpot Frito Chili Pies	2:30pm-Bingo w/ the RNA’s

# A NOTE FROM OUR AL/ASCU ADMINISTRATOR...



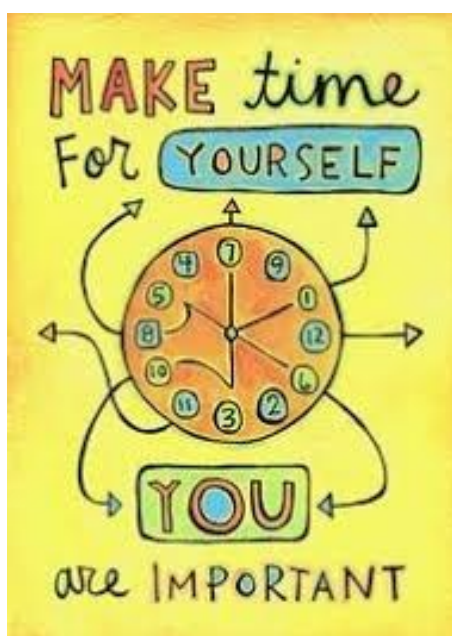
Happy September Everyone!

Did you know that Self Care Awareness Month is a monthly observance held in September? It is so easy to get caught up in a busy schedule from the moment we open our eyes, to the instant we go to bed, only to wake up and do it all again the next day. Although some events are exciting because they are spent with family, friends, and coworkers; there is time and effort put into planning, shopping, executing, cleaning up etc., and before you know it, you become exhausted if you do this every day without a break!

Use September as a reminder that self-care is essential in promoting physical, mental, and emotional health to avoid burn out and lead to a healthier and happier lifestyle! Examples of self-care include going for a walk, hydrating with water, getting a sleep routine established, massages, taking a shower or bath, applying a face mask or lotion and so much more!

I love to see the residents enjoy times of relaxation through getting their nails done, walking by the fireplace where they come to socialize, listening to the piano, or reading a book. Personally, I can't wait to be holding a cup of hot chocolate and going for a walk outside in the fall weather! Until then, I use the drive home to listen to music and talk on the phone to unwind from the day. Take a moment to think of how you can add one self-care routine to your day to bring joy to your life and start tomorrow renewed!

*"Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel." -Eleanor Brown*





# A NOTE FROM OUR AL/ASCU LIFE ENRICHMENT DIRECTOR...

Happy September!

As the summer begins to fade, I'm always excited for fall! It's my favorite time of year. I'm looking forward to the cooler weather, changing leaves, football and all the fun activities that come with the season.

We have fun activities planned for everyone this month!

Friday, September 1<sup>st</sup> – We are kicking off football season with our college kick off party to celebrate National College Colors Day. Remember to wear your favorite college Team T-Shirt!

Monday, September 4<sup>th</sup> – Happy Labor Day! We will be celebrating by playing cornhole and making cherry pies.

Tuesday, September 5<sup>th</sup> - Heart of Hospice will be coming out at 10:00am to do a pinning ceremony for our veterans.

Assisted Living Week is this month, September 10<sup>th</sup>-16<sup>th</sup>. The theme this year is "Seasons of Reflection." and our residents and staff are in for a fun week!

Also, the walk to end Alzheimer's is this month on September 16<sup>th</sup>. Our residents will be holding their own walk to end Alzheimer's at the facility on Friday, September 15<sup>th</sup> at 2:00pm.

**WALK <sup>TM</sup> TO END  
ALZHEIMER'S**

**ALZHEIMER'S  ASSOCIATION<sup>®</sup>**

**Arkansas River Valley**

**Saturday, September 16**

# ASSISTED LIVING LIFE ENRICHMENT CALENDAR

# September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<b>Room Code:</b> <b>(R)</b> - Razorback Room <b>(P)</b> -Piano Room <b>(C)</b> - Chapel <b>(D)</b> -Dining Room <b>(AD)</b> -ASCU Dining Room	<b>(PA)</b> -Patio <b>(M)</b> -Memory Maker <b>(S)</b> -Salon	<b>*Activities are subject to change</b>	
<b>3. National US Bowling League Day</b> 9:00am– Room to Room Newsletters 10:00am– Bowling (P) 2:00pm– 3:00pm– Church Service w/ Rev. Ron Newberry	<b>4. Labor Day</b> 9:00am– Room to Room Newsletters 10:00am– Corn Hole (P) 11:15am– Devotion with Bro. David (C) 2:00pm-Strawberry Short Cakes (D)	<b>5.</b> 9:00am– Room to Room Newsletters  10:00am– Veterans Pinning with Hearts of Hospice (P)  10:30am– 2:00pm– Bingo (D)	<b>6. National Real Estate Day</b> 9:00am– Room to Room Newsletters  11:00am-Devotion with Bro. David (C) 2:00pm– Crafts & Coffee 4:00pm-Mexican Traditional Music
<b>10. National Grandparents Day</b> 9:00am– Room to Room Newsletters  2:00pm– Church Service w/ Bro. Bryan Meeks	<b>11.</b> 9:00am– Room to Room Newsletters  9:45am– Fall Prevention (C) 11:15am– Devotion with Bro. David (C) 2:00pm– Dominoes with Project Compassion (D & P)	<b>12.</b> 9:00am– Room to Room Newsletters  2:00pm– Sock Hop 3:00pm– Bingo (D) 4:00pm– Ping Pong (D)	<b>13.</b> 9:00am– Room to Room Newsletters 9:45am– Fall Prevention 11:00am-Devotion with Bro. David (C)  2:00pm– Crafts & Coffee 4:00pm-Mexican Traditional Music
<b>17.</b> 9:00am– Room to Room Newsletters  3:00pm– Church Service	<b>18.</b> 9:00am– Room to Room Newsletters 9:45am– Fall Prevention (C)  11:15am– Devotion with Bro. David (C) 2:00pm– Dominoes (Resident Lead)	<b>19.</b> 9:00am– Room to Room Newsletters  10:00am– Choctaw Casino (P)  2:00pm– Bingo (D) 4:00pm– Ping Pong (D)	<b>20.</b> 9:00am– Room to Room Newsletters 9:45am– Fall Prevention 11:00am-Devotion with Bro. David (C) 2:00pm– Crafts & Coffee 4:00pm-Mexican Traditional Music
<b>24.</b> 9:00am– Room to Room Newsletters  3:00pm– Church Service w/ Rev. Brad Lewter	<b>25.</b> 9:00am– Room to Room Newsletters 9:45am– Fall Prevention (C)  11:15am– Devotion with Bro. David (C) 2:00pm– Dominoes with Project Compassion (D & P)	<b>26.</b> 9:00am– Room to Room Newsletters  2:00pm– Bingo (D)  4:00pm– Ping Pong (D)  6:00pm– Books for Bingo at the Ft. Smith Library	<b>27. National Chocolate Day</b> 9:00am– Room to Room Newsletters 9:45am– Fall Prevention 11:00am-Devotion with Bro. David (C) 2:00pm– Crafts & Coffee 4:00pm-Mexican Traditional Music



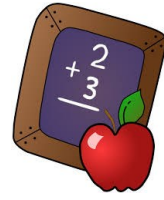
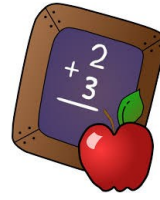
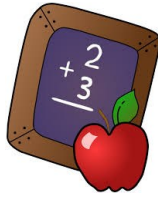
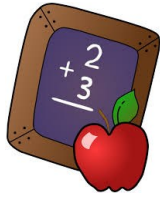
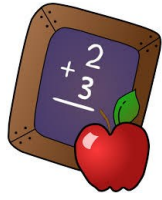
WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1. National College Colors Day</b> 9:00am– Room to Room Newsletters  2:00pm– College Football Kick Off Party!	<b>2. National Tailgate Day</b> 9:00am– Room to Room Newsletters 10:00am– Touch Down Toss  4:00pm– 7 Thunder Ministries Blue Grass Gospel Music
<b>Read a Book Day</b> Room Newsletters  With Bro. Tom Clark Conversation (AD) in Dominoes (P)	<b>7.</b> 9:00am– Room to Room Newsletters  1:30pm–Wal-Mart Trip  2:00pm– Resident Council (C) 4:00pm– 3 Card Poker (P)	<b>8.</b> 9:00am– Room to Room Newsletters  10:00am– ACTS  2:00pm– End of Summer Bash!	<b>9.</b> 9:00am– Room to Room Newsletters  4:00pm– 7 Thunder Ministries Blue Grass Gospel Music
to Room tion (C) With Bro. Tom Clark  Conversation (AD) in Dominoes (P)	<b>14.</b> 9:00am– Room to Room Newsletters  1:30pm–Wal-Mart Trip  4:00pm– 3 Card Poker (P)	<b>15.</b> 9:00am– Room to Room Newsletters  10:00am– ACTS  2:00pm– Walk to End Alzheimer's 3:00pm– Walking Club Party!	<b>16.</b> 9:00am– Room to Room Newsletters  4:00pm– 7 Thunder Ministries Blue Grass Gospel Music
to Room tion (C) With Bro. Tom Clark  Conversation (AD) in Dominoes (P)	<b>21.</b> 9:00am– Room to Room Newsletters  1:30pm–Wal-Mart Trip  2:00pm– Movie & Popcorn (R) 4:00pm– 3 Card Poker (P)	<b>22.</b> 9:00am– Room to Room Newsletters  10:00am– ACTS	<b>23.</b> 9:00am– Room to Room Newsletters  4:00pm– 7 Thunder Ministries Blue Grass Gospel Music
<b>Chocolate Milk</b> Room Newsletters tion (C) With Bro. Tom Clark  Conversation (AD) in Dominoes (P)	<b>28.</b> 9:00am– Room to Room Newsletters  1:30pm–Wal-Mart Trip  2:00pm– Movie & Popcorn (R) 4:00pm– 3 Card Poker (P)	<b>29.</b> 9:00am– Room to Room Newsletters  10:00am– ACTS  2:00pm– Resident Birthday Bash	<b>30.</b> 9:00am– Room to Room Newsletters  4:00pm– 7 Thunder Ministries Blue Grass Gospel Music



# ASCU LIFE ENRICHMENT CALENDAR

# September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<b>Room Code:</b> <b>(R)</b> - Razorback Room <b>(P)</b> -Piano Room <b>(C)</b> - Chapel <b>(D)</b> -Dining Room <b>(AD)</b> -ASCU Dining Room	<b>(PA)</b> -Patio <b>(M)</b> -Memory Maker <b>(S)</b> -Salon	<b>*Activities are subject to change</b>	
<b>3. National US Bowling League Day</b> 9:00am– Room to Room Newsletters 10:00am– Bowling 2:00pm– Movie & Popcorn 3:00pm– Church Service w/ Rev. Ron Newberry	<b>4. Labor Day</b> 9:00am– Room to Room Newsletters 10:00am– Corn Hole <b>(P)</b> 11:15am– Devotion with Bro. David <b>(C)</b> 2:00pm-Baking Cherry Pies <b>(D)</b>	<b>5.</b> 9:00am– Room to Room Newsletters 10:00am– Veterans Pinning with Hearts of Hospice <b>(P)</b> 10:30am– 2:00pm– Bingo <b>(D)</b> 4:00pm– Ping Pong <b>(D)</b>	<b>6. National Reading Month</b> 9:00am– Room to Room Newsletters 10:00am-Fort Smith Books 11:00am-Devotion with Bro. David <b>(C)</b> 2:00pm– Crafts & Coffee 4:00pm-Mexican Tradition
<b>10. National Grandparents Day</b> 9:00am– Room to Room Newsletters 10:00am– Resident Choice Activity 2:00pm– Church Service w/ Bro. Bryan Meeks 3:00pm– Strawberry Short Cakes	<b>11. Back to the 20's</b> 9:00am– Room to Room Newsletters 9:45am– Fall Prevention <b>(C)</b> 11:15am– Devotion with Bro. David <b>(C)</b> 2:00pm– Dominoes with Project Compassion <b>(D &amp; P)</b> & Board Games	<b>12. Back to the 30's</b> 9:00am– Room to Room Newsletters 10:00am– Miniature golf 2:00pm– Bingo <b>(D)</b> 3:00pm– Movie & Popcorn ( A Star is Born)	<b>13. Back to the 40's</b> 9:00am– Room to Room Newsletters 9:45am– Fall Prevention 11:00am-Devotion with Bro. David <b>(C)</b> 2:00pm– Crafts & Coffee 4:00pm-Mexican Tradition
<b>17.</b> 9:00am– Room to Room Newsletters 10:00am– Walking Club 2:00pm– Bean Bag Baseball 3:00pm– Church Service	<b>18.</b> 9:00am– Room to Room Newsletters 9:45am– Fall Prevention <b>(C)</b> 11:15am– Devotion with Bro. David <b>(C)</b> 2:00pm– Dominoes (Resident Lead)	<b>19.</b> 9:00am– Room to Room Newsletters 10:00am– Choctaw Casino <b>(P)</b> 2:00pm– Bingo <b>(D)</b> 4:00pm– Ping Pong <b>(D)</b>	<b>20.</b> 9:00am– Room to Room Newsletters 9:45am– Fall Prevention 11:00am-Devotion with Bro. David <b>(C)</b> 2:00pm– Crafts & Coffee 4:00pm-Mexican Tradition
<b>24.</b> 9:00am– Room to Room Newsletters 10:00am– Donuts & Coffee 2:00pm– Resident Choice Activity 3:00pm– Church Service w/ Rev. Brad Lewter	<b>25.</b> 9:00am– Room to Room Newsletters 9:45am– Fall Prevention <b>(C)</b> 11:15am– Devotion with Bro. David <b>(C)</b> 2:00pm– Dominoes with Project Compassion <b>(D &amp; P)</b>	<b>26.</b> 9:00am– Room to Room Newsletters 10:00am– Walking Club 2:00pm– Bingo <b>(D)</b> 4:00pm– Ping Pong <b>(D)</b> 6:00pm– Books for Bingo at the Ft. Smith Library	<b>27. National Chocolate Day</b> 9:00am– Room to Room Newsletters 9:45am– Fall Prevention 11:00am-Devotion with Bro. David <b>(C)</b> 2:00pm– Crafts & Coffee 4:00pm-Mexican Tradition



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1. National College Colors Day</b> 9:00am– Room to Room Newsletters 10:00am– Team Spirit Signs 2:00pm– College Football Kick Off Party!	<b>2. National Tailgate Day</b> 9:00am– Room to Room Newsletters 10:00am– Touch Down Toss 2:00pm– Tail Gate Party & Football Game 4:00pm– 7 Thunder Ministries Blue Grass Gospel Music
<b>3. Read a Book Day</b> Room Newsletters Library /Mobile With Bro. Tom Clark Conversation (AD) in Dominoes (P)	<b>7.</b> 9:00am– Room to Room Newsletters 10:00am– Noodle Bop 1:30pm–Wal-Mart Trip 2:00pm– Resident Council (C) 4:00pm– 3 Card Poker (P)	<b>8.</b> 9:00am– Room to Room Newsletters 10:00am– ACTS 2:00pm– End of Summer Bash!	<b>9. Razorback Football Game</b> 9:00am– Room to Room Newsletters 10:00am– Walking Club 2:00pm– Football Trivia 4:00pm– 7 Thunder Ministries Blue Grass Gospel Music
<b>10. 40's</b> Room Newsletters tion (C) With Bro. Tom Clark Conversation (AD) in Dominoes (P)	<b>14. Back to the 50's</b> 9:00am– Room to Room Newsletters 10:00am– Make boutonnieres and corsages 1:30pm–Wal-Mart Trip 2:00pm– Sock Hop 4:00pm– 3 Card Poker (P)	<b>15. Back to the 60's</b> 9:00am– Room to Room Newsletters 10:00am– ACTS 2:00pm– Walk to End Alzheimer's 3:00pm– Walking Club Party! (Surfer Beach)	<b>16. Razorback Football Game</b> 9:00am– Room to Room Newsletters 10:00am– Parachute Exercise 2:00pm– Guacamole & Chips Social 4:00pm– 7 Thunder Ministries Blue Grass Gospel Music
Room Newsletters tion (C) With Bro. Tom Clark Conversation (AD) in Dominoes (P)	<b>21.</b> 9:00am– Room to Room Newsletters 10:00am– Resident Choice Activity 1:30pm–Wal-Mart Trip 2:00pm– Movie & Popcorn (R) 4:00pm– 3 Card Poker (P)	<b>22.</b> 9:00am– Room to Room Newsletters 10:00am– ACTS 2:00pm– Its Fair Friday!	<b>23. Razorback Football Game</b> 9:00am– Room to Room Newsletters 10:00am– Noodle Bop 2:00pm– Corn Hole 4:00pm– 7 Thunder Ministries Blue Grass Gospel Music
<b>Chocolate Milk</b> Room Newsletters tion (C) With Bro. Tom Clark Conversation (AD) in Dominoes (P)	<b>28.</b> 9:00am– Room to Room Newsletters 10:00am– Noodle Bop 1:30pm–Wal-Mart Trip 2:00pm– Movie & Popcorn (R) 4:00pm– 3 Card Poker (P)	<b>29.</b> 9:00am– Room to Room Newsletters 10:00am– ACTS 2:00pm– Resident Birthday Bash	<b>30. Razorback Football Game</b> 9:00am– Room to Room Newsletters 10:00am–Bowling 2:00pm– Movie & Popcorn 4:00pm– 7 Thunder Ministries Blue Grass Gospel Music

# Happy Work Anniversary!

Revae Bullock, 1 Year  
Tralanda Creasey, 2 Years  
Rubie Frasher, 1 Year  
Seth Gill, 14 Years  
Brittany Jones, 1 Year  
Hugo Juarez, 1 Year  
Misty Karnes, 1 Year  
Rochelle McReynolds, 4 Years  
Kelly Montgomery, 2 Years  
Taylor Northern, 1 Year

Amy Parmenter, 24 Years  
Ingrid Peralta, 1 Year  
Iris Saldana, 1 Year  
Mackenzey Shelton, 2 Years  
Ella Sivadon, 4 Years

# Happy Birthday!

Benny Deaver, Sept. 1  
Kaila Lindsey, Sept. 1  
Linda McRay, Sept. 1  
Kimberly Wyers, Sept. 3  
Stacy Maciel, Sept. 4  
Taylor Morrow, Sept. 8  
Daisy Mayes, Sept. 9  
Shara Feyen, Sept. 12  
Marlena Yarberro, Sept. 12  
Trenton McKinney, Sept. 12  
Anthony Durkin, Sept. 13  
Jesus Mejia, Sept. 14  
Lexie Schweer, Sept. 14  
Lisa Spencer, Sept. 15

Mary Littlefield, Sept. 16  
Teresa Barnes, Sept. 17  
Mary Wilson, Sept. 17  
Amanda King, Sept. 18  
Namtrant Pham, Sept. 19  
Wilma Madewell, Sept. 20  
Joy Byrd, Sept. 21  
Mekiya McElewee, Sept. 22  
Chasity Miller, Sept. 22  
Barbara Wagoner, Sept. 23  
Lucia Valladares, Sept. 23  
Laura Beckham, Sept. 24  
Connie Brown, Sept. 27  
Maria Araujo, Sept. 30



# A NOTE FROM OUR THERAPY TEAM



Many factors influence healthy aging. Some of these, such as genetics, are not in our control. Others — like exercise, a healthy diet, going to the doctor regularly, and taking care of our mental health — are within our reach.

**Taking care of your physical health:** Taking care of your physical health involves staying active, making healthy food choices, getting enough sleep, limiting your alcohol intake, and proactively managing your health care.

**Get moving: Exercise and physical activity:** Scientific evidence suggests that people who exercise regularly not only live longer, but also may live better.

**Healthy eating:** Making smart food choices can help protect you from certain health problems as you age and may even help improve brain function.

**Getting a good night's sleep:** Getting enough sleep helps you stay healthy and alert. Not getting enough quality sleep can make a person irritable, depressed, forgetful, and more likely to have falls or other accidents.

**Go to the doctor regularly:** Going to the doctor for regular health screenings is essential for healthy aging.

**Taking care of your mental health:** Mental health, or mental wellness, is essential to your overall health and quality of life. It affects how we think, feel, act, make choices, and relate to others. Managing social isolation, loneliness, stress, depression, and mood through medical and self-care is key to healthy aging.

**Stress:** Stress is a natural part of life and comes in many forms. Sometimes stress arises from difficult events or circumstances. Research shows that constant stress can change the brain, affect memory, and increase the risk of developing Alzheimer's or related dementias.

**Leisure activities and hobbies:** Your favorite activities are not only fun — they may also be good for your health.

**Taking care of your cognitive health:** Cognition — the ability to clearly think, learn, and remember — often changes as we age. Although some people develop Alzheimer's or other types of dementia, many older adults experience more modest changes in memory and thinking.



## A NOTE FROM OUR CAMPUS EDUCATION DIRECTOR...

Hello all!

As the summer heat begins to fade, I am always excited for Fall. It is my favorite time of year. I am looking forward to the changing of the leaves, cooler weather, and the many activities that come with the season. Hopefully, that cooler weather will actually happen soon and we can all get a break from the heat wave that was August.

This month, the new Education Center should be open, and I am very excited at the new opportunities that will provide. Our next Dementia Class will start Wednesday, September 6, 2023. If you are an employee and need this class, speak to your scheduler and get signed up! There will also be Skin classes, and CPR classes available as well.

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--

# UNDERSTANDING KIDNEY DISEASE



Kidneys are about the size of our fists and are shaped like a small bean. Kidneys play a vital role in filtering out water and waste from our blood. If our kidneys become damaged, whether through injury, kidney stones, or infection, they don't typically function the same and can't filter as they normally would. This can lead to kidney disease. If you or someone you know has a history of kidney disease, there are foods that you can consume to help manage and prolong kidney health!

## **Step 1: Choose and prepare foods with less salt and sodium.**

To help control your blood pressure, your diet should contain less than 2 -3 grams of sodium per day.

- Incorporate fresh fruits and vegetables in your meals
- Use more spices and herbs to flavor your food. You can even try squeezed lemon and lime to add more flavor
- If able, review the Nutrition Facts Label and look for food that has 10% or less sodium

## **Step 2: Eat the right amount and the right types of protein**

When your body uses the protein you consume, it eventually produces waste. Your kidneys job is to remove this waste, but if consuming excess amounts of protein, it may cause your kidneys to work harder. Everyone's protein needs are different, but below is a good rule of thumb for a serving a protein:

- Cooked chicken, fish, or meat is about 3 ounces or the size of a deck of cards
- Yogurt and milk is about a ½ cup
- Cheese is about one slice

Protein is found in foods from plants and animals. Most people eat both types of protein.

## **Step 3: Choose foods that are healthy for your heart**

A common cause of kidney disease is high blood pressure. Choose heart-healthy foods to help protect your blood vessels, heart, and kidneys.

- Choose grilled, broiled, baked, roasted, or stir-fried foods, instead of deep fried foods
- You can trim fat from meat or remove skin from poultry before eating
- Read the Nutrition Facts Label and look for 10% or less saturated fat and 0% trans fat

### **Heart-healthy foods:**

- Lean cuts of meat, such as loin or round
- Poultry without the skin
- Fish
- Beans
- Vegetables
- Fruits
- Low-fat or fat-free milk, yogurt, and cheese

## **Step 4: Choose foods and drinks with less phosphorus**

When you have CKD, phosphorus can build up in your blood. Too much phosphorus in your blood pulls calcium from your bones, which may result in your bones becoming weaker.

## **Step 5: Choose foods with the right amount of potassium**

Problems can occur when blood potassium levels are too high or too low. Damaged kidneys allow potassium to build up in your blood.

# 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.

# METHODIST VILLAGE SENIOR LIVING

7811 Euper Lane, Fort Smith, AR 72903

**CHIEF EXECUTIVE OFFICER:**  
MELISSA CURRY

For more information, contact us at:  
479-452-1611  
hereforyou@methodistvillage.com  
methodistvillage.com

## FIND US ON



Facebook – @methodistvillageseniorliving



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TikTok – @mvsl\_1961

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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.