



# METHODIST VILLAGE

## SENIOR LIVING

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## A NOTE FROM OUR CEO...



Dear MVSL Residents, Families and Teammates:

Once when I was a young girl, I remember my pastor preaching a sermon and saying, “if you don’t move or grow, you become stagnant...like a murky pond.” These words have stayed with me even today.

I look across our campus and I see the growth and improvements we have made over the last eight years, and I am so pleased and proud of our Board, team, families, and donors for making our campus a beautiful and safe place for our residents and team. MVSL is a Faith - based, non-profit campus and without the extra funds from our supporters and grants we would not have been able to make these improvements.

Our current projects include the MVSL Park and remodeling of our Memory Care Hall (North Hall). In the park, we will be adding crusher dust to the walking trail, as well as adding picnic tables, park benches, gazebo, large scripture rocks, and completing the bridge.

On our Memory Care Hall, we will be taking out the large nurses’ station, making the front area roomier. Don’t worry, there will still be a nurses’ area to chart. We will also be making a Sensory Sanctuary...thanks to The Degen Foundation for granting us \$25,000 to add multiple sensory tools for our residents! The Sensory Sanctuary will enable the residents to use all their senses, help with behaviors and falls, and enable our staff to give more hands-on care to our residents.

I personally am so excited about both projects. Knowing how important it is for our families, community, and staff to have a green space where they can enjoy nature and a place where they hopefully find peace and comfort. And of course, the Sensory Sanctuary...How amazing this will be for our residents. Having a father who has been diagnosed with Alzheimer’s, I know if he were here, how much this would help him.

If you would like to support either of these projects or future projects, please don’t hesitate to reach out to me or Katee Jones, Business Development Director. Either one of us would love to visit with you!

Again, thank you for all you do for our campus, our residents, and our team!

Warmest,  
Melissa Curry, CEO

# PROJECT— 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

## Growth

By: Katee Jones

In the past, when you heard about Methodist Village Senior Living (MVSL), you may have thought, “Oh, that’s the nursing home up on the hill,” while we sit atop Wildcat Mountain, we aren't just a nursing home anymore. Over the last five years, we have grown and developed into a Life Plan Community. Somewhere where not only residents can age through our community, but team members as well.

When I googled the word Growth, I read- “Growth is just getting bigger, whereas development is improvement.” While the focus in the last few years has been growing (in size)- building, and opening our Assisted Living/ASCU, connecting our facilities, beginning new phases of construction, expanding our education program, and adding team members, I believe we have also grown as a community within our campus.

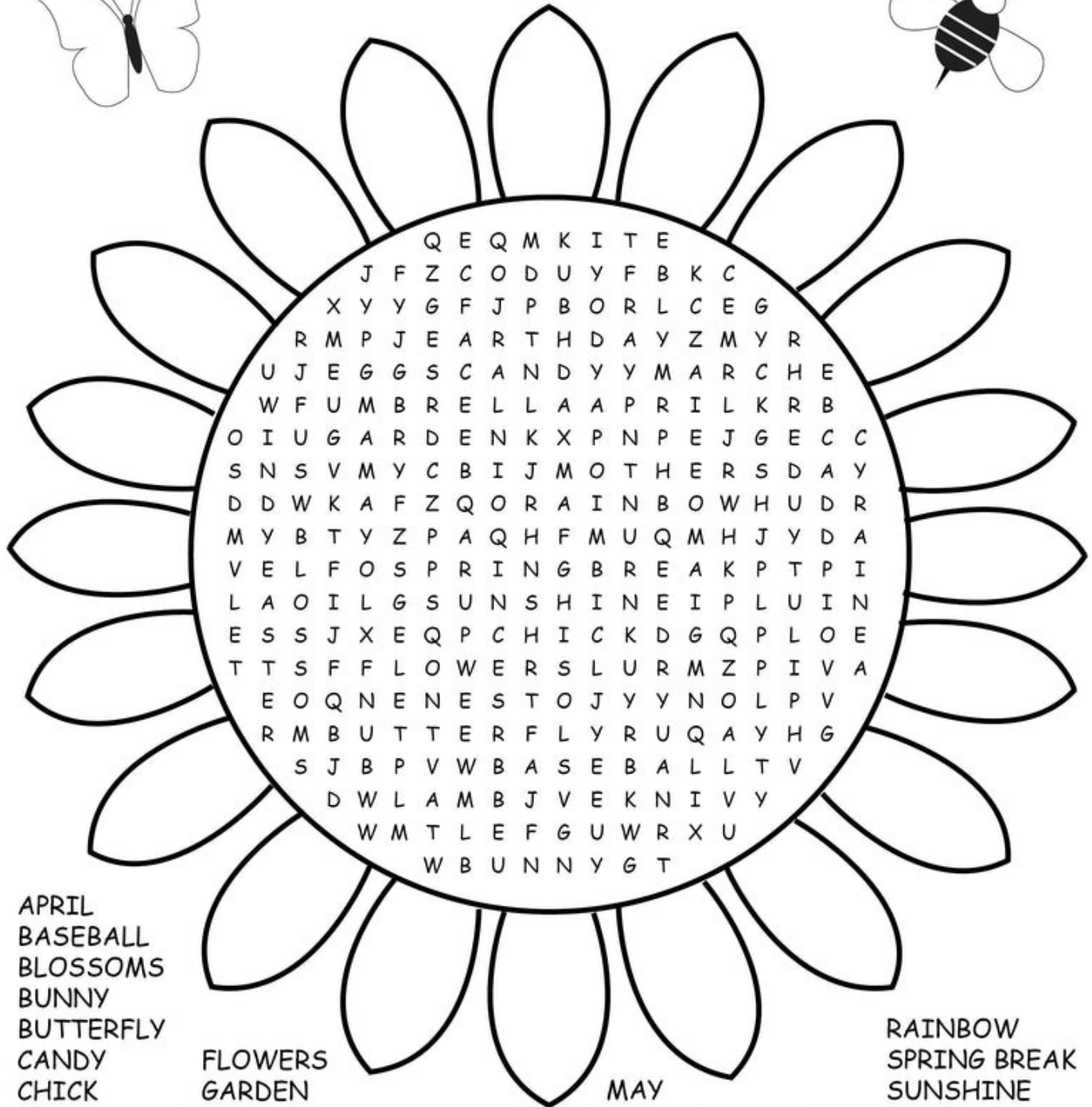
Growth on the MVSL campus is represented not only by our expansion and physical growth, but by the growth of our team. We have team members pacing through our ladder of success program, team members in positions they never saw themselves in, and team members with years of experience in the field and on our campus sowing into the next generation.

While we are literally growing bigger, we are also getting better.

# A LOOK BACK AT FEBRUARY



# It's Spring Time!



APRIL  
BASEBALL  
BLOSSOMS  
BUNNY  
BUTTERFLY  
CANDY  
CHICK  
EARTH DAY  
EASTER  
EGGS

FLOWERS  
GARDEN  
KITE  
LAMB  
MARCH

MAY  
MOTHERS DAY  
NEST  
RAIN

RAINBOW  
SPRING BREAK  
SUNSHINE  
TULIP  
UMBRELLA  
WINDY

## CAMPUS NEWS



### Visitors & Guests:

If you need help going to and from your vehicle, please call MVSL Security at 479-755-5009, and they will be more than happy to assist you.

### Coming Soon:

The Wildcat Mercantile— your one-stop shop for MVSL Swag, Treats, & More.  
Opening Date and Hours to be announced!

## Wildcat



## Mercantile



### MVSL Park— Naming Opportunities:

Park Benches, Landscape Rocks, Picnic Tables, Bridge, Gazebo, Walking Trail, Custom Bricks. Honor a loved one, leave a legacy, invest in your community. Place your order today!  
(scan the QR code to pay online)

**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

### Premier Landscaping

Thank you to Jose and his team for always keeping our campus grounds looking beautiful!



# CAMPUS MENU

# April 2024



| 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>1.</b> House Salad, Smothered Port Chop/ Italian Baked Fish, Fluffy Rice, Sicilian Blend Vegetables, Oatmeal Cookies</p>                           | <p><b>2.</b> Garden Salad, Penne Pasta w/ Meat Sauce/ Chicken Marsala, Caribbean Vegetable Blend, Garlic Bread, Frosted White Cake</p>            | <p><b>3.</b> Macaroni Salad, Glazed Ham/ Pork Gravy, Mashed Potatoes, Seasoned Broccoli, Wheat Dinner Roll, Snickerdoodle Cookies</p> |
| <p><b>7.</b> Spinach Salad, Roast Turkey/Tuna Patty, Poultry Gravy, Scalloped Potatoes, Steamed Spinach, White Dinner Roll, Apple Pie</p>                               | <p><b>8.</b> House Salad, Orange Chicken/ Sausage &amp; Sauerkraut, Baked Potato, Garden Blend Vegetables, Wheat Dinner Roll, Chocolate Chip Cookies</p> | <p><b>9.</b> Garden Salad, Cheeseburger/ One Pan Chicken &amp; Vegetables, Fluffy Rice, Seasoned Green Peas, Frosted Yellow Cake</p>              | <p><b>10.</b> Macaroni Salad, Mustard Crust, Lemon Tilapia, Vegetables, Wheat Dinner Roll, Peanut Butter Cookies</p>                  |
| <p><b>14.</b> Spinach Salad, Herbed Pork Loin/ Southern Fried Chicken, Poultry Gravy, Mashed Potatoes, Lemon Butter Broccoli, Wheat Dinner Roll, Blonde Brownie</p>     | <p><b>15.</b> House Salad, Turkey Tetrazzini/ Ham &amp; Beans, Glazed Carrots, Cornbread, Poke Cake</p>  | <p><b>16.</b> Garden Salad, Roast Pork/ Beefy Noodles, Mashed Potatoes, Caribbean Vegetable Blend, Wheat Dinner Roll, Peanut Butter Cookies</p>   | <p><b>17.</b> Macaroni Salad, Cabbage Roll in Sauce, Baked Chicken, Noodles, Seasoned Beans, White Dinner Roll, Carrot Cake</p>       |
| <p><b>21.</b> Spinach Salad, Southern Fried Chicken/ Roast Beef, Mashed Potatoes, Green Bean Casserole, White Roll, Apple Crisp</p>                                     | <p><b>22.</b> House Salad, Spaghetti &amp; Meat Sauce/ Grilled Ham, Baked Sweet Potato, Green Beans w/ Thyme, Garlic Bread, Mixed Fruit Pie</p>          | <p><b>23.</b> Garden Salad, Oven Fried Chicken/ Hot Meatloaf Sandwich, Mashed Potatoes, Seasoned Broccoli Florets, Wheat Dinner Roll, Brownie</p> | <p><b>24.</b> Beet &amp; Manicini, Turkey Pot Pie/ Onions, Collard Greens, Wheat Dinner Roll, Coconut Cookies</p>                     |
| <p><b>28.</b> Spinach Salad, Baked Glazed Ham/ Rotisserie Chicken, Poultry Gravy, Sweet Potato Casserole, Peas &amp; Onions, Wheat Dinner Roll, Frosted Yellow Cake</p> | <p><b>29.</b> House Salad, Smothered Port Chop/ Italian Baked Fish, Fluffy Rice, Sicilian Blend Vegetables, Oatmeal Cookies</p>                          | <p><b>30.</b> Garden Salad, Penne Pasta w/ Meat Sauce/ Chicken Marsala, Caribbean Vegetable Blend, Garlic Bread, Frosted White Cake</p>           |   |



| WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  |
|--|--|--|---|
| <p>ad, Maple<br/>ulled Turkey &amp;<br/>Potatoes,<br/>coli Florets,<br/>oll,<br/>Cookies</p> | <p><b>4.</b> House Salad, Teriyaki<br/>Chicken/ Roast Pork, Fluffy<br/>Rice, Tuscany Mix<br/>Vegetables, Hawaiian Roll,<br/>Chocolate Cake</p>   | <p><b>5.</b> Coleslaw, Meatloaf &amp;<br/>Gravy/ Manicotti in Sauce,<br/>Mashed Potatoes, Wheat<br/>Dinner Roll, Sugar Cookies</p>   | <p><b>6.</b> Garden Salad, Lemon<br/>Chicken/Fried Catfish Fillet,<br/>Rice Pilaf, Honey Glazed<br/>Baby Carrots, Brownie</p>   |
| <p>salad, Herb &amp;<br/>d Pork/ Baked<br/>Winter Blend<br/>eat Dinner<br/>ter Cookies</p>   | <p><b>11.</b> House Salad, Chicken<br/>Broccoli Alfredo Casserole/<br/>Liver &amp; Onions, Mashed<br/>Potatoes, Seasoned Green<br/>Beans, Wheat Roll, Frosted<br/>Spice Cake</p>                   | <p><b>12.</b> Coleslaw, Maple Mustard<br/>Glazed Chicken/ BBQ<br/>Meatballs, Seasoned Egg<br/>Noodles, Seasoned Spinach,<br/>Oatmeal Raisin Cookies</p>                            | <p><b>13.</b> Garden Salad, Potato<br/>Crusted Fish/ Chili Con Carne<br/>w/ Beans, Rice Pilaf, Roasted<br/>Cauliflower, Cornbread, Apple<br/>Pie</p>                              |
| <p>salad, Stuffed<br/>Sauce/ Herb<br/>Thigh, Garlic<br/>ned Green<br/>nner Roll,</p>         | <p><b>18.</b> House Salad, Chicken Stir<br/>Fry/ Pork Chow Mein, Sesame<br/>Brown Rice, White Dinner Roll,<br/>Orange Pineapple Gelatin</p>  | <p><b>19.</b> Coleslaw, Braised Pork<br/>Chop/ Mediterranean Baked<br/>Fish, Whipped Sweet Potato,<br/>Seasoned Green Beans,<br/>Wheat Dinner Roll, Chocolate<br/>Chip Cookies</p> | <p><b>20.</b> Garden Salad, Salisbury<br/>Steak &amp; Gravy/ Grilled<br/>Chicken Breast, Baked<br/>Potato, Tuscany Mix<br/>Vegetables, Wheat Dinner<br/>Roll, Lazy Daisy Cake</p> |
| <p>ardin Salad,<br/>Liver &amp;<br/>Greens, White<br/>ake</p>                                | <p><b>25.</b> House Salad, BBQ Pork<br/>Ribs/ Parmesan Baked Cod,<br/>Ginger Whipped Sweet<br/>Potatoes, Roasted<br/>Cauliflower, Wheat Dinner<br/>Roll, White Chocolate<br/>Macadamia Cookies</p> | <p><b>26.</b> Coleslaw, Fried Catfish<br/>Fillet/ Teriyaki Chicken,<br/>Mashed Potatoes, Wheat<br/>Dinner Roll, Tartar Sauce,<br/>Lemon Cake</p>                                   | <p><b>27.</b> Garden Salad,<br/>Mediterranean Baked Fish/<br/>Pork Supreme, Wild Rice<br/>Pilaf, Scandinavian Blend<br/>Vegetables, White Roll, Sugar<br/>Cookies</p>             |
|  |  |  |   |



## 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.

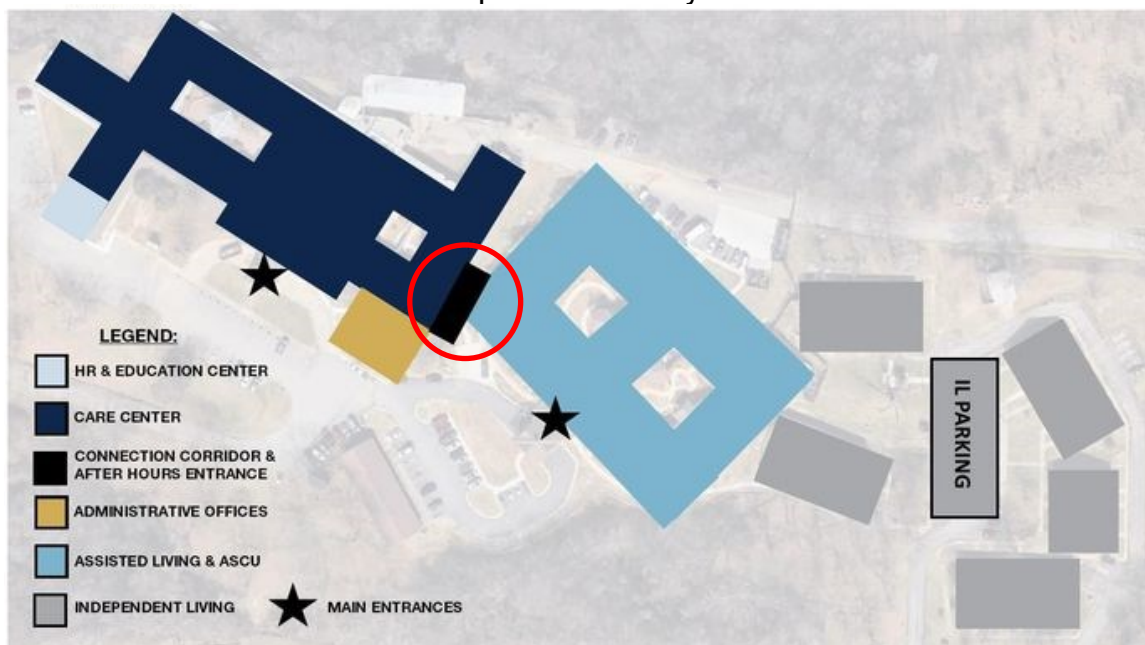


We understand what a difficult choice it is to leave your home and move to a retirement community. So, thank you for choosing Methodist Village Senior Living to be your new home! Welcome to the MVSL Family!

## !!! Weekend Entrance !!!

Effective April 1, 2024– The Main Entrances to our Care Center & Assisted Living will be closed on Saturday & Sunday. Visitors & Team Members arriving on the weekend will need to use the After Hours Entrance (where security is located) between the Care Center & Assisted Living (see red circle below).

Main Entrances will continue to close at 5pm on weekdays.



# A NOTE FROM OUR CARE CENTER ADMINISTRATOR...



Hello, all.

April 8th, 2024, we are expecting a total eclipse. Emergency preparations are being made for approximately 1.5 million people to travel to Arkansas to view the eclipse. MVSL has developed a plan to deal with situations which could arise to keep our residents and employees safe. We will have double security scheduled during the time before, during, and after the eclipse.

Concerns: higher traffic, delays, emergency medical services being used to deal with situations that could arise, severe weather, fuel issues, water issues, food issues, cell phone/communication issues and ATM issues.

We are suggesting some things you can do to prepare for these possible issues.

**Transportation:** Limit travel on the weekend prior to April 8th, on April 8th, and on April 9th.

**Delays:** If you must travel, expect delays, and leave early for work or any appointments.

**Emergency medical services being used to deal with situations that could arise:** Have a vehicle ready and be prepared to transport yourself, if possible, to the ER for any emergencies. MVSL is prepared to transport any of our residents to the ER, if needed, and will not have to rely solely on EMS. Also, have all the needed medications filled prior to the event.

**Severe weather:** Take the normal precautions you take during any severe weather.

**Fuel issues:** Make sure all your vehicles are full of gas prior to the event. There could possibly be delays on interstates as people come to and leave Arkansas. Updated traffic and road conditions can be checked at [www.idrivearkansas.com](http://www.idrivearkansas.com).

**Water issues:** Have extra water on hand in case of emergencies.

**Food issues:** Secure several days' worth of food, just like you would if an ice storm was predicted.

**Cell phone/communication issues:** Have your cell phones charged and expect possible communication issues with so many people in the area overworking our cell phone towers. Some cell phone companies offer extra protection for such issues. Check with your cell phone provider for information. Use text or social media to communicate, if possible.

**ATM issues:** More people may be using our local ATMs and could cause you not to be able to pull cash from ATM. It is a good idea to plan and have some cash on hand for emergencies.

As always, MVSL is prepared for the worst, but hoping for the best.

God bless you all,  
Terri Kimble, Administrator

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



Greetings residents, families, and staff:

Happy April everybody! We have a fun and exciting month planned considering the warmer weather coming in.

## Remember this:

~ April celebrates the birth of Queen Elizabeth II, Leonardo Da Vinci, William Shakespeare, and Thomas Jefferson.

~ Houston, we have a problem!" April 11, 1970, Apollo 13 launched from Cape Kennedy. Fifty-six hours later, she suffered a catastrophic explosion that crippled the ship. Fortunately, the astronauts were able to return home unharmed.

~ The first shots of the American Revolution started April 19, 1775.

## Here are some fun days we are celebrating:

**Monday, April 1<sup>st</sup> - Peanut Butter Day!** We will be having peanut butter and jelly sandwiches on the front porch at 2:30pm.

**Wednesday, April 3<sup>rd</sup> - Walking Day!** We will be having a "track meet" with walking laps, hydration station, and music in the dining room at 2:30pm.

**Monday, April 8<sup>th</sup> - The Solar Eclipse!** We will be gathering outside on the front porch at 1:30pm to watch the eclipse. Glasses will be provided for eye protection (limited amount)

**Tuesday, April 9<sup>th</sup> - Antique Day!** The Antique Roadshow with Chris Mosby in the dining room at 2:30pm.

**Monday, April 15<sup>th</sup> - Purple Day!** At 2:30pm in the dining room, we will be serving Purple Cow milkshakes and have the May Calendar Club.

**Tuesday, April 16<sup>th</sup> - Banana Day!** Banana Splits and miniature golf in the dining room at 2:30pm.

**Wednesday, April 17<sup>th</sup> - Queen Elizabeth II Day!** At 10:30am in the dining room, we will be having Queen Elizabeth's favorite dessert and reading her history. At 2:00pm, watching the movie The Queen, in the dining room.

**Monday, April 22<sup>nd</sup> - Earth Day!** At 10:30am, we will be painting a tree and at 2:30pm, we will be having a nature scavenger hunt!

**Wednesday, April 24<sup>th</sup> - Pigs-n-Blanket Day!** Cooking Group at 2:30pm in the dining room- making Pigs-n-Blanket.

Please come join in on the food, fun, and frozen treats!

**\*Activities are subject to change due to weather.**

**\* We are gladly accepting donations for Bingo prizes currently. Some items the residents love are stretchy bracelets, necklaces, snacks, Dr. Pepper, Root Beer, books, adult coloring books, markers, chocolate, and stuffed animals. Thank you so much, we appreciate the help!**

His mercies are new every morning; Great is Your faithfulness. Lamentations 3:23  
We hope your April is full of blessings.  
Kassie Hicks- Activity Dept.

# CARE CENTER LIFE ENRICHMENT CALENDAR

# April 2024



| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY   |
|--|--|---|---|
| <p><b>*Activities are subject to change</b></p>  | <p><b>1. Peanut butter Day</b><br/>10:30 am– Devotion w/ Bro. David</p> <p>2:30 pm– Peanut Butter &amp; Jelly on the Front Porch</p> | <p><b>2. 10:30 am– Coffee &amp; Current Events w/ Donuts</b></p> <p>2:30 pm– Bingo</p>                          | <p><b>3. Walking day</b><br/>10:30 am– Family Table Games</p> <p>2:30 pm– Walking Meet in the Dining Room</p> |
| <p><b>7. 10:30 am– TV Devotion in the Library</b></p> <p>2:30 pm– High Stakes Bingo</p>  | <p><b>8. 10:30 am– Devotion w/ Bro. David</b></p> <p>2:30 pm– Ballon tennis on the west patio</p>                                    | <p><b>9. Antique Day</b><br/>10:30 am– BINGO</p> <p>2:30 pm– The antique road show with Chris Mosby</p>         | <p><b>10. 10:30 am– Family Table Games</b></p> <p>2:30 pm- Ping Pong Wars</p>                                 |
| <p><b>14. 10:30 am– TV Devotion in the Library</b></p> <p>2:30 pm– High Stakes Bingo</p> | <p><b>15. Purple Day</b><br/>10:30 am– Devotion w/ Bro. David</p> <p>2:30 pm– Purple Cow Milkshakes &amp; May Calendar Club</p>      | <p><b>16. Banana day</b><br/>10:30 am– High Stakes Bingo</p> <p>2:30 pm– Banana Splits &amp; Miniature Golf</p> | <p><b>17. Queen Elizabeth</b><br/>10:30 am– Queen Elizabeth favorite dessert facts</p> <p>2:30pm– Movie</p>   |
| <p><b>21. 10:30 am– TV Devotion in the Library</b></p> <p>2:30 pm– High Stakes Bingo</p> | <p><b>22. Earth Day</b><br/>10:30 am– Planting a tree for Earth Day</p> <p>2:30– Nature Scavenger Hunt</p>                           | <p><b>23. 10:30 am– Devotion and music with Bro. David.</b></p> <p>2:30 pm– High Stakes Bingo</p>               | <p><b>24. Pigs-n-Blair</b><br/>10:30 am– Family Table Games</p> <p>2:30 pm– Cooking Making Pigs– N</p>        |
| <p><b>28. 10:30 am– TV Devotion in the Library</b></p> <p>2:30 pm– High Stakes Bingo</p> | <p><b>29. 10:30 am–Devotion with Bro. David</b></p> <p>2:30pm – April Birthday Party</p>   | <p><b>30. 10:30 am– High Stakes Bingo</b></p> <p>2:30 pm– Kite Flying on east side parking lot</p>              |   |



| WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   |
|--|---|--|--|
| <p>Fancy Nails &amp; Manicures</p> <p>Ang Track</p> <p>ng Room</p>               | <p>4. 10:30 am- Bowling and Basketball</p> <p>2:30 pm- High Stakes Bingo</p>                                    | <p>5. 10:30 am- 1:1 Room Visits/ Hot Towel Shaves</p> <p>2:30 pm- Volleyball &amp; Pina Coladas on the Patio</p> | <p>6. 10:30 am- Coffee &amp; Music Hour</p> <p>2:30 pm- Movie &amp; a Snack</p>  |
| <p>Fancy Nails &amp; Manicures</p> <p>Pong ball</p>                              | <p>11. 10:30 am- Bingo</p> <p>2:30- Jewelry Craft, Making Spring Colored Bracelets</p>                          | <p>12. 10:30 am- Fishing at the Nature Center</p> <p>2:30 pm- Wheel of Fortune &amp; Finish Line Trivia</p>      | <p>13. 10:30 am- Coffee &amp; Music Hour</p> <p>2:30 pm- Movie &amp; a Snack</p> |
| <p>Elizabeth Day</p> <p>en Elizabeth's life and history</p> <p>"The Queen"</p>   | <p>18. 9:30 am- United Way Day of Caring, Arts projects &amp; Creative Cooking</p> <p>2:30 pm- Bingo</p>        | <p>19. 10:30 am- 1:1 Room Visits</p> <p>2:30pm- Silver Dragon Ranch, Baby Goats on the Patio</p>                 | <p>20. 10:30 am- Coffee &amp; Music Hour</p> <p>2:30 pm- Movie &amp; a Snack</p> |
| <p>Blanket Day</p> <p>cy Nails &amp; Manicures</p> <p>ing Club- I-A- Blanket</p> | <p>25. Resident Council</p> <p>10:30 am- Noodle Bop &amp; Ribbon Exercise</p> <p>2:30 pm- High Stakes Bingo</p> | <p>26. 10:30 am- 1:1 Room Visits/ Hot Towel Shaves</p> <p>2:30 pm- Picnic at River Front Park</p>                | <p>27. 10:30 am- Coffee &amp; Music Hour</p> <p>2:30 pm- Movie &amp; a Snack</p> |
|  |   |  |  |

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



Happy Spring Everyone!

This month is always a refreshing month for spring cleaning and new beginnings! Decluttering the house or storage may seem like an overwhelming task when starting out. There are several ways to aid in this process and simply your life! Starting off with stages and focusing on one room or zone in each room will give you an objective to complete before moving on to the next space. The best way to tackle the project is deciding what to place back in its original space, fix any broken or damaged items, throw out items that cannot be used, recycle applicable pieces, or donate items to charities or people. Before you know it, you will have accomplished your goals and be able to start your next mission!

### JEREMIAH 29:11

For I know the plans I have  
for you, declares the LORD,  
plans for welfare and not  
for evil, to give you a future  
and a hope.



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

Greetings Residents, families, and friends!

Happy Spring! Spring is my favorite season of the year. I can't wait to see all the flowers and trees bloom. April, I think, is one of the perfect months to go outside and enjoy the sunshine before it gets too hot. Vitamin D is so good for us, and we will be able to start having more activities outside on the patio this month.

This month is National take a walk in the park day and picnic in the park day. So, we will be taking residents to Carol Ann Cross Park and Creekmore Park to enjoy the sun for those days.

Melissa Smith



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

Hello all!

So, it's Springtime again! April brings a season of rebirth. Trees get new leaves, flowers bloom, temperatures rise, and the natural cycle begins again. What a great month! I hope you all are enjoying the warmer weather and all the beauty nature is providing.

The Education Center is in full swing with many opportunities for education. Our next CNA Training class begins Monday, April 8, 2024. The next Dementia Training will begin Thursday, April 25, 2024. Also available: Skin Class and CPR renewal class, to be announced. If you are an employee interested in any of these classes, stop by the Education Center or speak to your scheduling supervisor to enroll.

MVSL is committed to ensuring all employees have the skill 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.

Blessings--

MeLynnda Dunn LPN CDP CADDCT

# ASSISTED LIVING LIFE ENRICHMENT CALENDAR

# April 2024



| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY  |
|---|--|--|--|
| <p><b>*Activities are subject to change</b></p>   | <p><b>1. Communion Church Service</b><br/>                     8:00am-Moving Music (P)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am- Monday Moves (R)<br/>                     11:15am-Devotion with Bro. David (C)<br/><br/>                     2:00pm- Dominoes with Project Compassion (P)</p>  | <p><b>2.</b> 8:00am- Soothing Sounds (P)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am-Sit and Be Fit (R)<br/><br/>                     10:00am- Walking Club (I)<br/><br/>                     2:00pm- Bingo (D)</p>  | <p><b>3.</b> 8:00am- Moving Music (P)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am-Drums Alive (R)<br/>                     10:00am-Devotion with Bro. David (C)<br/><br/>                     2:00pm- Walking at Carol Ann Cross Park (I)<br/>                     3:00pm-Mexican Train Dances (D)</p> |
| <p><b>7.</b> 8:00am- Gospel Hymns (P)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am-Seated Chair Exercises (R)<br/>                     10:00am-Resident Choice Activity<br/>                     2:00pm- Church Service with Rev. Bud Reeves (C)</p>   | <p><b>8. Solar Eclipse</b><br/>                     8:00am-Moving Music (P)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am- Monday Moves (R)<br/>                     11:15am-Devotion with Bro. David (C)<br/><br/>                     1:30pm- Solar Eclipse Watch Party (PA)<br/>                     2:00pm- Dominoes with Project Compassion (P)</p> | <p><b>9.</b> 8:00am- Soothing Sounds (P)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am- Sit and Be Fit (R)<br/>                     10:00am- Walking Club (I)<br/>                     2:00pm- Bingo (D)</p>   | <p><b>10.</b> 8:00am- Moving Music (P)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am-Drums Alive (R)<br/>                     10:00am-Devotion with Bro. David (C)<br/><br/>                     2:00pm- Crafts &amp; Conventions (D)<br/>                     3:00pm-Mexican Train Dances (D)</p>       |
| <p><b>14.</b> 8:00am- Gospel Hymns (P)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am-Seated Chair Exercises (R)<br/>                     10:00am-Resident Choice Activity<br/>                     2:00pm- Church Service with Bro. Bryan Meeks (C)</p> | <p><b>15.</b> 8:00am-Moving Music (P)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am- Monday Moves (R)<br/>                     11:15am-Devotion with Bro. David (C)<br/>                     2:00pm- Dominoes with Project Compassion (P)</p>  | <p><b>16. National Banana Day!</b><br/>                     8:00am- Soothing Sounds (P)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am-Sit and Be Fit (R)<br/>                     10:00am- Walking Club (I)<br/>                     2:00pm- Bingo &amp; Banana Splits (D)</p> | <p><b>17.</b> 8:00am- Moving Music (P)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am-Drums Alive (R)<br/>                     10:00am-Devotion with Bro. David (C)<br/>                     2:00pm- Crafts &amp; Conventions (D)<br/>                     3:00pm- Mexican Train Dances (D)</p>           |
| <p><b>21.</b> 8:00am- Gospel Hymns (P)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am-Seated Chair Exercises (R)<br/>                     10:00am-Resident Choice Activity<br/>                     2:00pm- Church Service with Rev. Randal Ray (C)</p>  | <p><b>22.</b> 8:00am-Moving Music (P)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am- Monday Moves (R)<br/>                     11:15am-Devotion with Bro. David (C)<br/>                     2:00pm- Dominoes with Project Compassion (P)</p>  | <p><b>23.</b> 8:00am- Soothing Sounds (P)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am-Sit and Be Fit (R)<br/>                     10:30am- Picnic in the park at Carol Ann Cross Park<br/>                     2:00pm- Bingo (D)</p>   | <p><b>24.</b> 8:00am- Moving Music (P)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am-Drums Alive (R)<br/>                     10:00am-Devotion with Bro. David (C)<br/>                     2:00pm- Crafts &amp; Conventions (D)<br/>                     3:00pm- Mexican Train Dances (D)</p>           |
| <p><b>28.</b> 8:00am- Gospel Hymns (P)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am-Seated Chair Exercises (R)<br/>                     10:00am-Resident Choice Activity<br/>                     2:00pm- Church Service with (C)</p>                  | <p><b>29.</b> 8:00am-Moving Music (P)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am- Monday Moves (R)<br/>                     11:15am-Devotion with Bro. David (C)<br/>                     2:00pm- Dominoes with Project Compassion (P)</p>  | <p><b>30.</b> 8:00am- Soothing Sounds (P)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am-Sit and Be Fit (R)<br/>                     10:00am- Walking Club (I)<br/>                     2:00pm- Bingo Store (R)</p>   |  |





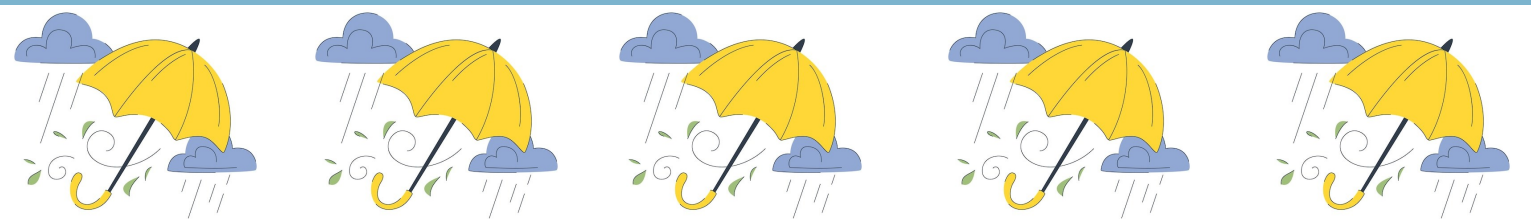
| WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY   |
|---|--|--|--|
| <p>8:00am- Moving Music (P)<br/>Room to Room Newsletters<br/>Bro. Tom Clark (C)<br/>10:00am- Ann Cross Park Dominoes (P)</p>  | <p>4. 8:00am- Moving Music (P)<br/>9:00am- Room to Room Newsletters<br/>9:30am-Moving &amp; Grooving Exercise (R)<br/>10:00am-Galaxy Snow Globes (AD)<br/>2:00pm- Movie &amp; Popcorn (R)</p>  | <p>5. 8:00am- Moving Music (P)<br/>9:00am- Room to Room Newsletters<br/>9:30am- Chair Zumba (R)<br/>10:00am-Muffins, Milk, &amp; Conversations (I)<br/>2:00pm- Resident Council Meeting (C)</p>                | <p>6. 8:00am- Moving Music (P)<br/>9:00am- Room to Room Newsletters<br/>9:30am-Seated Chair Exercises (R)<br/>10:00am- Noodle Bop (P)<br/>2:00pm- Classical Guitar &amp; Piano with Christopher Dang (P)</p> |
| <p>11. 8:00am- Moving Music (P)<br/>Room to Room Newsletters<br/>Bro. Tom Clark (C)<br/>Conversation with Debbie Dominoes (P)</p>                                       | <p>11. 8:00am- Moving Music (P)<br/>9:00am- Room to Room Newsletters<br/>9:30am-Moving &amp; Grooving Exercise (R)<br/>10:00am- Pet Visit with Rusty the Therapy dog<br/>2:00pm-Movie &amp; Popcorn (R)</p>  | <p>12. 8:00am- Moving Music (P)<br/>9:00am- Room to Room Newsletters<br/>9:30am-Chair Zumba (R)<br/>10:00am-Donuts, Coffee, &amp; Conversations<br/>2:00pm- Walking Club Party with Access Health (D)</p>      | <p>13. 8:00am- Moving Music (P)<br/>9:00am- Room to Room Newsletters<br/>9:30am- Seated Chair Exercises (R)<br/>10:00am- Word on Words (P)<br/>2:00pm-Cornhole (P)</p>                                       |
| <p>18. National Volunteer Month!<br/>8:00am- Moving Music (P)<br/>9:00am- Room to Room Newsletters<br/>Bro. Tom Clark (C)<br/>Conversation with Debbie Dominoes (P)</p> | <p>18. National Volunteer Month!<br/>8:00am- Moving Music (P)<br/>9:00am- Room to Room Newsletters<br/>10:00am- Day of Caring with Project Compassion Carnival (M)<br/>2:00pm-Movie &amp; Popcorn (R)</p>  | <p>19. 8:00am- Moving Music (P)<br/>9:00am- Room to Room Newsletters<br/>9:30am-Chair Zumba (R)<br/>10:00am-Queen Elizabeths favorite dessert and history. (D)<br/>2:00pm- Patio &amp; Lemonade Social (R)</p> | <p>20. 8:00am- Moving Music (P)<br/>9:00am- Room to Room Newsletters<br/>9:30am-Seated Chair Exercises (R)<br/>10:00am- Bowling (P)<br/>2:00pm- Classical Piano with Serina (P)</p>                          |
| <p>25. 8:00am- Moving Music (P)<br/>Room to Room Newsletters<br/>Bro. Tom Clark (C)<br/>Conversation with Debbie Dominoes (P)</p>                                       | <p>25. 8:00am- Moving Music (P)<br/>9:00am- Room to Room Newsletters<br/>9:30am-Moving &amp; Grooving Exercise (R)<br/>10:00am- Lunch Outing<br/>2:00pm-Movie &amp; Popcorn (R)<br/>4:00pm- Classical Guitar &amp; Piano with Christopher Dand (P)</p> | <p>26. 8:00am- Moving Music (P)<br/>9:00am- Room to Room Newsletters<br/>9:30am-Chair Zumba (R)<br/>10:00am-Walking Club (I)<br/>2:00pm- Resident Birthday Bash! (D)</p>                                       | <p>27. 8:00am- Moving Music (P)<br/>9:00am- Room to Room Newsletters<br/>9:30am-Seated Chair Exercises (R)<br/>10:00am-Noodle Bop (P)<br/>2:00pm-Bingo (D)</p>   |
|   |  | <p><b>Room Code:</b><br/>(R) - Razorback Room<br/>(P)-Piano Room<br/>(C) - Chapel<br/>(D)-Dining Room<br/>(AD)-ASCU Dining Room</p>  | <p>(PA)-Patio<br/>(M)-Memory Maker<br/>(S)-Salon<br/>(I)-Independently<br/>(RL)-Resident Lead</p>  |

# ASCU LIFE ENRICHMENT CALENDAR

# April 2024



| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY  |
|--|---|--|--|
| <p><b>*Activities are subject to change</b></p>  | <p><b>1. Communion Service</b><br/>                     8:00am-Moving Music (M)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am- Monday Moves (M)<br/>                     10:00am-Devotion with Bro. David (M)</p> <p>2:00pm- Peanut Butter &amp; Jelly Sandwiches on the Patio (PA)</p> | <p>2. 8:00am- Soothing Sounds (M)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am-Sit and Be Fit (M)<br/>                     10:00am- Walking Club<br/>                     2:00pm- Bingo (D)</p>   | <p>3. 8:00am- Moving Music (M)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am-Drums Alive<br/>                     10:00am-Devotion with Bro. David (C)<br/>                     2:00pm- Walking at Park</p>                      |
| <p>7. 8:00am- Gospel Hymns (M)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am-Seated Chair Exercises (M)<br/>                     10:00am-Resident Choice Activity</p> <p>2:00pm- Church Service with Rev. Bud Reeves (C)</p>   | <p><b>8. Solar Eclipse</b><br/>                     8:00am-Moving Music (M)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am- Monday Moves (M)<br/>                     10:00am-Devotion with Bro. David (M)</p> <p>1:30pm- Solar Eclipse Watch Party (PA)</p>                             | <p>9. 8:00am- Soothing Sounds (M)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am- Sit and Be Fit (M)<br/>                     10:00am- Walking Club<br/>                     2:00pm- Bingo (D)</p>  | <p>10. 8:00am- Moving Music (M)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am-Drums Alive<br/>                     10:00am-Devotion with Bro. David (C)<br/>                     2:00pm- Crafts &amp; Coffee with Debbie(AD)</p> |
| <p>14. 8:00am- Gospel Hymns (M)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am-Seated Chair Exercises (M)<br/>                     10:00am-Resident Choice Activity</p> <p>2:00pm- Church Service with Bro. Bryan Meeks (C)</p> | <p>15. 8:00am-Moving Music (M)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am- Monday Moves (M)<br/>                     10:00am-Devotion with Bro. David (M)</p> <p>2:00pm- Nature Scavenger Hunt (PA)</p>  | <p><b>16. National Banana Day!</b><br/>                     8:00am- Soothing Sounds (M)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am-Sit and Be Fit (M)<br/>                     10:00am- Walking Club<br/>                     2:00pm- Bingo &amp; Banana Splits (D)</p> | <p>17. 8:00am- Moving Music (M)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am-Drums Alive<br/>                     10:00am-Devotion with Bro. David (M)<br/>                     2:00pm- Crafts &amp; Coffee with Debbie(AD)</p> |
| <p>21. 8:00am- Gospel Hymns (M)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am-Seated Chair Exercises (M)<br/>                     10:00am-Resident Choice Activity</p> <p>2:00pm- Church Service with Rev. Randal Ray (C)</p>  | <p>22. 8:00am-Moving Music (M)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am- Monday Moves (M)<br/>                     10:00am-Devotion with Bro. David (M)</p> <p>2:00pm- Plant Flowers in the garden (PA)</p>  | <p>23. 8:00am- Soothing Sounds (M)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am-Sit and Be Fit (M)<br/>                     10:30am- Picnic in the park at Carol Ann Cross Park<br/>                     2:00pm- Bingo (D)</p>  | <p>24. 8:00am- Moving Music (M)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am-Drums Alive<br/>                     10:00am-Devotion with Bro. David (C)<br/>                     2:00pm- Crafts &amp; Coffee with Debbie(AD)</p> |
| <p>28. 8:00am- Gospel Hymns (M)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am-Seated Chair Exercises (M)<br/>                     10:00am-Resident Choice Activity</p> <p>2:00pm- Church Service with Rev. Randal Ray (C)</p>  | <p>29. 8:00am-Moving Music (M)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am- Monday Moves (M)<br/>                     10:00am-Devotion with Bro. David (C)</p> <p>2:00pm- Bingo (AD)</p>  | <p>30. 8:00am- Soothing Sounds (M)<br/>                     9:00am- Room to Room Newsletters<br/>                     9:30am-Sit and Be Fit (M)<br/>                     10:00am- Walking Club<br/>                     2:00pm- Bingo Store (R)</p>  |  |



| WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   |
|--|--|---|--|
| <p>Music (M)<br/>Room Newsletters (M)<br/>with Bro. Tom Clark</p> <p>Carol Ann Cross</p>   | <p>4. 8:00am– Moving Music (M)<br/>9:00am– Room to Room Newsletters<br/>9:30am–Moving &amp; Grooving Exercise (M)<br/>10:00am–Galaxy Snow Globes (AD)<br/>2:00pm– Movie &amp; Popcorn (M)</p>  | <p>5. 8:00am– Moving Music (M)<br/>9:00am– Room to Room Newsletters<br/>9:30am– Chair Zumba (M)<br/>10:00am– Muffins, Milk, &amp; Conversations<br/>2:00pm– Fancy Nails &amp; Lotion (M)</p>              | <p>6. 8:00am– Moving Music (M)<br/>9:00am– Room to Room Newsletters<br/>9:30am–Seated Chair Exercises (M)<br/>10:00am– Noodle Bop (P)<br/>2:00pm– Classical Guitar &amp; Piano with Christopher Dang (P)</p> |
| <p>Music (M)<br/>Room Newsletters (M)<br/>with Bro. Tom Clark</p> <p>Conversation with</p> | <p>11. 8:00am– Moving Music (P)<br/>9:00am– Room to Room Newsletters<br/>9:30am–Moving &amp; Grooving Exercise (M)<br/>10:00am– Pet Visit with Rusty the Therapy dog<br/>2:00pm–Movie &amp; Popcorn (M)</p>  | <p>12. 8:00am– Moving Music (M)<br/>9:00am– Room to Room Newsletters<br/>9:30am–Chair Zumba (M)<br/>10:00am–Donuts, Coffee, &amp; Conversations<br/>2:00pm– Walking Club Party with Access Health (D)</p> | <p>13. 8:00am– Moving Music (M)<br/>9:00am– Room to Room Newsletters<br/>9:30am– Seated Chair Exercises (M)<br/>10:00am– Word on Words (P)<br/>2:00pm–Cornhole (P)</p>                                       |
| <p>Music (M)<br/>Room Newsletters (M)<br/>with Bro. Tom Clark</p> <p>Conversation with</p> | <p>18. <b>National Volunteer Month!</b><br/>8:00am– Moving Music (M)<br/>9:00am– Room to Room Newsletters<br/>10:00am– Day of Caring with Project Compassion Carnival (M)<br/>2:00pm–Movie &amp; Popcorn (M)</p>                                       | <p>19. 8:00am– Moving Music (M)<br/>9:00am– Room to Room Newsletters<br/>9:30am–Chair Zumba (M)<br/>10:00am–Queen Elizabeths favorite dessert and history. (AD)<br/>2:00pm– Movie &amp; Popcorn (M)</p>   | <p>20. 8:00am– Moving Music (M)<br/>9:00am– Room to Room Newsletters<br/>9:30am–Seated Chair Exercises (M)<br/>10:00am– Bowling (P)<br/>2:00pm– Classical Piano with Serina (P)</p>                          |
| <p>Music (M)<br/>Room Newsletters (M)<br/>with Bro. Tom Clark</p> <p>Conversation with</p> | <p>25. 8:00am– Moving Music (M)<br/>9:00am– Room to Room Newsletters<br/>9:30am–Moving &amp; Grooving Exercise (M)<br/>10:00am– Lunch Outing<br/>2:00pm–Movie &amp; Popcorn (M)<br/>4:00pm– Classical Guitar &amp; Piano with Christopher Dand (P)</p> | <p>26. 8:00am– Moving Music (M)<br/>9:00am– Room to Room Newsletters<br/>9:30am–Chair Zumba (M)<br/>10:00am–Walking Club (I)<br/>2:00pm– Resident Birthday Bash! (D)</p>                                  | <p>27. 8:00am– Moving Music (M)<br/>9:00am– Room to Room Newsletters<br/>9:30am–Seated Chair Exercises (M)<br/>10:00am–Noodle Bop (P)<br/>2:00pm–Bingo (AD)</p>  |
|  |  | <p><b>Room Code:</b><br/>(R) - Razorback Room<br/>(P)-Piano Room<br/>(C) - Chapel<br/>(D)-Dining Room<br/>(AD)-ASCU Dining Room</p>   | <p>(PA)-Patio<br/>(M)-Memory Maker<br/>(S)-Salon<br/>(I)-Independently<br/>(RL)-Resident Lead</p>  |

# Happy Work Anniversary!

Tristen Ball, 1 year  
Troy Church, 1 year  
Madison Conley, 2 years  
Francis Ellison, 1 year  
Susan Gill, 23 years  
Keiona Hartgraves, 3 years  
Karen Jones, 3 years  
Hoa Mai, 13 years  
Joshua Mallard, 1 year

Daisy Matamoros, 1 year  
Lexi Moody, 1 year  
Bobbi Shelby, 2 years  
Jan Wallace, 9 years  
Nancy Kaiser, 2 years

# Happy Birthday!

Crystal Simpson, April 1  
Rodney Register, April 2  
Cynthia McClendon, April 2  
Twyna McDaniel, April 2  
Mandy Faucett, April 3  
Amanda Hays, April 4  
Darbi Hixon, April 4  
Charity Stone, April 4  
Kristi Graham, April 5  
Kristi Sanford, April 5  
Hugo Juarez, April 5  
Tracy Coody, April 5  
Madelyne Catsavis, April 7  
Michael Ferrua, April 7  
Nickolas Garner, April 7  
Kenneth Baskette, April 8  
Rubie Frasher, April 8  
Ernestine Cuthbert, April 10  
Karen Jones, April 10  
Dolly Castaneda, April 11  
Mary Schardt, April 11

Despina Morgan, April 13  
Alma Klem, April 17  
Heavinleigh House, April 17  
Vivian Dennis, April 19  
Lucynda Stiles, April 19  
Jessica Rusnak, April 20  
Michael Brashears, April 22  
Amanda Martin, April 22  
Janice Stanley, April 23  
Frances Stone, April 24  
Anita Rector, April 24  
Tyler Achterberg, April 25  
Courtney Ball, April 26  
Keiona Hartgraves, April 26  
Madeline Callihan, April 27  
James Pipkins, April 28  
Raimie Kern, April 29  
Jennifer Coplin, April 30  
Shirley Ritter, April 30  
Cornelia Waters, April 24  
Barbara Wilson, April 17

# A NOTE FROM OUR THERAPY TEAM



Urinary tract infections (UTIs) are a common health concern, particularly among the elderly population. While anyone can develop a UTI, seniors are at a higher risk due to various factors such as weakened immune systems, decreased mobility, and underlying health conditions. Understanding the causes, symptoms, and prevention strategies of UTIs in the elderly is crucial for their overall well-being.

## **Causes:**

UTIs occur when bacteria enter the urinary tract and multiply, leading to infection. In elderly individuals, common factors contributing to UTIs include incomplete bladder emptying, urinary retention, catheter use, and conditions like diabetes or kidney stones. Additionally, age-related changes in the urinary system, such as decreased bladder elasticity and weakened pelvic floor muscles, can increase susceptibility to infections.

## **Symptoms:**

Identifying UTI symptoms in the elderly can be challenging as they may present differently than in younger individuals. Common signs include frequent urination, urgency, burning sensation during urination, cloudy or foul-smelling urine, pelvic pain, and in severe cases, confusion or delirium. It's important to note that UTIs in seniors can sometimes manifest solely as confusion or behavioral changes, particularly in those with dementia.

## **Prevention:**

Prevention plays a crucial role in reducing the incidence of UTIs among the elderly. Some preventive measures include:

1. Hydration: Encouraging adequate fluid intake can help flush bacteria from the urinary tract.
2. Personal hygiene: Maintaining good hygiene can prevent the spread of bacteria.
3. Prompt toileting: Ensuring timely voiding and avoiding prolonged periods of bladder retention can minimize the risk of infection.
4. Regular bathroom breaks: Encouraging frequent bathroom visits, especially for those with mobility issues, can prevent urinary stasis.
5. Proper catheter care: regular catheter maintenance is essential to reduce the risk of UTIs.

## **Treatment:**

Early detection and prompt treatment are crucial in managing UTIs in the elderly. Antibiotics are typically prescribed to eliminate the bacterial infection. However, healthcare providers must consider factors such as the patient's age, overall health, and any underlying conditions when selecting the appropriate antibiotic regimen.

UTIs pose significant health risks for the elderly population. By understanding the causes, recognizing symptoms, implementing preventive measures, and seeking timely medical intervention, the incidence and impact of UTIs can be minimized, contributing to improved quality of life for seniors. Regular communication with healthcare providers and caregivers is vital in managing UTIs and promoting overall urinary health in the elderly.

**April is Move More Month**, and it features National Walking Day which is celebrated on the first Wednesday of April. The objective of this month is clear and simple: get up and move! Created by the American Heart Association as a way to help improve the health of Americans, National Move Month is aimed at getting more of us to hit the recommended 10,000 steps every day.

The benefits of living an active lifestyle have been known for a long time. Movement and exercise have evolved into a complex science. This month isn't as much about perfecting a form of exercise to Olympic standards as it is about embracing movement and living an active lifestyle as key components to being a healthier person.

Being physically active is one of the most important things people of all ages can do to improve their health. Physical activity encourages normal growth and development. It can make people feel better, function better, sleep better, and reduce the risk of many chronic diseases. Health benefits start immediately after exercising and one single bout of moderate exercise could lead to better sleep, less anxiety, and reduced blood pressure. Long-term benefits of exercise include better heart health, healthy weight, bone strength and better brain health.

Why is walking so popular and beneficial? Research has shown that walking at a lively pace for at least 150 minutes a week can help you:

- Think better, feel better and sleep better.
- Reduce your risk of serious diseases like heart disease, stroke, diabetes, and several types of cancer.
- Improve your blood pressure, blood sugar and blood cholesterol levels.
- Increase your energy and stamina.
- Improve your mental and emotional well-being and reduce the risk of depression.
- Improve memory and reduce your risk of dementia.
- Boost bone strength and reduce your risk of osteoporosis.
- Control Weight.

#### Move More This Month!

- Move More, Sit Less
- Add Intensity
- Add Muscle

**Make Your Steps Count! Remember, small steps can add up to huge strides.**



**10 minutes**

of stretching is like walking the length of a football field.



**5 hours**

of walking every week for a year is like walking across the state of Wyoming.



**30 minutes**

of singles tennis is like walking a 5K.



**1 hour**

of dancing every week for a year is like walking from Chicago to Indianapolis.



**20 minutes**

of vacuuming is like walking one mile.



**30 minutes**

of grocery shopping every other week for a year is like walking a marathon.

Remember moving more can create an overall healthy lifestyle for your stress, mental health, social connections, sleep, and so much more!

# 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.



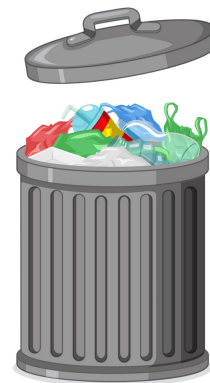
## AFTER HOURS CONTACT INFO

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.

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



## MAINTENANCE

Maintenance will do monthly checks on the second Tuesday of each month. The exterminator will be here for outdoor sprays on the second Tuesday of each month. If you have a more specific concern, please call 479-755-5009 to arrange an 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

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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.