



# METHODIST VILLAGE

## SENIOR LIVING

A Monthly Publication of Methodist Village Senior Living

May 2024 | Volume 63 | Issue 5

## A NOTE FROM OUR CEO...



Hello Residents, Families and Team Members!

May is an exciting month for MVSL as we continue with our construction renovations. This month through the month of July, we will be remodeling our North Hall. This is our memory care secure hall. This renovation will include a sensory sanctuary, a new dining area, a new charting station and a forest mural!

Again, we want to thank The Degen Foundation for their amazing grant to accomplish this transformation! Because we are a non-profit, faith-based organization we depend heavily on grants, gifts, and sponsorships to help us achieve remodels, updates and programs.

We are in the process of raising funds to update our residents' rooms in the Care Center. If you would like to donate...no amount is too small and no amount is too large... please don't hesitate to reach out to either myself or Katee Jones, Business Development Director.

Thank you to EVERYONE who has so graciously given to help MVSL continue!

Here's to a great Spring Month!

Warmest,  
Melissa Curry

# 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

## Instigation

By: Caelyn Swafford

The action, to goad, or urge forward. For MVSL this word is the root of who we are, what we stand for, and what we become in the future. Working on this campus for the past five years, I have seen so much excitement, change, and growth happen to the extent it keeps me on the edge of my seat. This poses a question, “What is happening next?” “What other projects or events do we have planned to make our campus better?” Keep these questions in mind as you look across the campus. When I compare this word to MVSL, I see MVSL expanding and growing on the outside as we do projects around campus, to how we communicate with each other every day as a team. With this comes an action and a high responsibility for initiating persistence in everyday goals, achievement, and outcome of what MVSL is going to look like in the next 20 years! It’s a great privilege to know what we do on this property every day is going to affect the next generation of employees coming to work on our campus; but also, it will affect our aging population. I’m thankful to be a part of what MVSL is doing and continues to do in delivering our mission and vision. The goal is to provide an enriching environment for residents and families to live in a community where we are determined to be excellent in everything we do!

# A LOOK BACK AT FEBRUARY



# Happy Mothers Day



APPRECIATION

BEAUTIFUL

BREAKFAST

CANDY

CHARMING

COMFORT

DEVOTED

FLOWERS

FORGIVING

GIFTS

GUIDANCE

HUGS

JEWELRY

JOY

KISSES

LAUGHTER

LOVE

MATERNAL

MOM

MOTHER

NURTURE

PERFUME

PROTECTIVE

SHARE

TELEPHONE

TENDER

THE BEST

WARM

WISE

**DIRECTIONS:**

Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

## 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.

### Now Open:

The Wildcat Mercantile— your one-stop shop for MVSL Swag, Treats, & More.

## 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 for Order Forms)

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

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

## COMMUNITY PARTNERS OF THE MONTH



THANK YOU to the Team Members from BHC & ARVEST who volunteered on our Campus for United Way Day of Caring!

You are the BEST!



We appreciate all you do for our campus and community!

# CAMPUS MENU

# May 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>1. Macaroni Salad, Glazed Ham/ Poultry Gravy, Mashed Potatoes, Seasoned Broccoli, Wheat Dinner Roll, Snickerdoodle Cookies</p>
<p>5. Spinach Salad, Roast Turkey/Tuna Patty, Poultry Gravy, Scalloped Potatoes, Steamed Spinach, White Dinner Roll, Apple Pie</p>	<p>6. House Salad, Orange Chicken/ Sausage &amp; Sauerkraut, Baked Potato, Garden Blend Vegetables, Wheat Dinner Roll, Chocolate Chip Cookies</p>	<p>7. Garden Salad, Cheeseburger/ One Pan Chicken &amp; Vegetables, Fluffy Rice, Seasoned Green Peas, Frosted Yellow Cake</p>	<p>8. Macaroni Salad, Mustard Crust, Lemon Tilapia, Vegetables, Wheat Dinner Roll, Peanut Butter Cookies</p>
<p>12. Spinach Salad, Herbed Pork Loin/ Southern Fried Chicken, Poultry Gravy, Mashed Potatoes, Lemon Butter Broccoli, Wheat Dinner Roll, Blonde Brownie</p>	<p>13. House Salad, Turkey Tetrazzini/ Ham &amp; Beans, Glazed Carrots, Cornbread, Poke Cake</p>	<p>14. Garden Salad, Roast Pork/ Beefy Noodles, Mashed Potatoes, Caribbean Vegetable Blend, Wheat Dinner Roll, Peanut Butter Cookies</p>	<p>15. Macaroni Salad, Cabbage Roll in Sauce, Baked Chicken, Noodles, Seasoned Beans, White Dinner Roll, Carrot Cake</p>
<p>19. Spinach Salad, Southern Fried Chicken/ Roast Beef, Mashed Potatoes, Green Bean Casserole, White Roll, Apple Crisp</p>	<p>20. House Salad, Spaghetti &amp; Meat Sauce/ Grilled Ham, Baked Sweet Potato, Green Beans w/ Thyme, Garlic Bread, Mixed Fruit Pie</p>	<p>21. Garden Salad, Oven Fried Chicken/ Hot Meatloaf Sandwich, Mashed Potatoes, Seasoned Broccoli Florets, Wheat Dinner Roll, Brownie</p>	<p>22. Beet &amp; Manicini, Turkey Pot Pie/ Onions, Collard Greens, Wheat Dinner Roll, Coconut Cookies</p>
<p>26. Spinach Salad, Baked Glazed Ham/ Rotisserie Chicken, Poultry Gravy, Sweet Potato Casserole, Peas &amp; Onions, Wheat Dinner Roll, Frosted Yellow Cake</p>	<p>27. House Salad, Smothered Pork Chop/ Italian Baked Fish, Fluffy Rice, Sicilian Blend Vegetables, Oatmeal Cookies</p>	<p>28. Garden Salad, Penne Pasta w/ Meat Sauce/ Chicken Marsala, Caribbean Vegetable Blend, Garlic Bread, Frosted White Cake</p>	<p>29. Macaroni Salad, Glazed Ham/ Poultry Gravy, Mashed Potatoes, Seasoned Broccoli, Wheat Dinner Roll, Snickerdoodle Cookies</p>



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ad, Maple ulled Turkey &amp; Potatoes, coli Florets, oll, Cookies</p>	<p><b>2.</b> House Salad, Teriyaki Chicken/ Roast Pork, Fluffy Rice, Tuscany Mix Vegetables, Hawaiian Roll, Chocolate Cake</p>	<p><b>3.</b> Coleslaw, Meatloaf &amp; Gravy/ Manicotti in Sauce, Mashed Potatoes, Wheat Dinner Roll, Sugar Cookies</p>	<p><b>4.</b> Garden Salad, Lemon Chicken/Fried Catfish Fillet, Rice Pilaf, Honey Glazed Baby Carrots, Brownie</p>
<p>ad, Herb &amp; d Pork/ Baked Winter Blend eat Dinner ter Cookies</p>	<p><b>9.</b> House Salad, Chicken Broccoli Alfredo Casserole/ Liver &amp; Onions, Mashed Potatoes, Seasoned Green Beans, Wheat Roll, Frosted Spice Cake</p>	<p><b>10.</b> Coleslaw, Maple Mustard Glazed Chicken/ BBQ Meatballs, Seasoned Egg Noodles, Seasoned Spinach, Oatmeal Raisin Cookies</p>	<p><b>11.</b> Garden Salad, Potato Crusted Fish/ Chili Con Carne w/ Beans, Rice Pilaf, Roasted Cauliflower, Cornbread, Apple Pie</p>
<p>alad, Stuffed Sauce/ Herb Thigh, Garlic ned Green nner Roll,</p>	<p><b>16.</b> House Salad, Chicken Stir Fry/ Pork Chow Mein, Sesame Brown Rice, White Dinner Roll, Orange Pineapple Gelatin</p>	<p><b>17.</b> Coleslaw, Braised Pork Chop/ Mediterranean Baked Fish, Whipped Sweet Potato, Seasoned Green Beans, Wheat Dinner Roll, Chocolate Chip Cookies</p>	<p><b>18.</b> Garden Salad, Salisbury Steak &amp; Gravy/ Grilled Chicken Breast, Baked Potato, Tuscany Mix Vegetables, Wheat Dinner Roll, Lazy Daisy Cake</p>
<p>ardin Salad, Liver &amp; Greens, White ake</p>	<p><b>23.</b> House Salad, BBQ Pork Ribs/ Parmesan Baked Cod, Ginger Whipped Sweet Potatoes, Roasted Cauliflower, Wheat Dinner Roll, White Chocolate Macadamia Cookies</p>	<p><b>24.</b> Coleslaw, Fried Catfish Fillet/ Teriyaki Chicken, Mashed Potatoes, Wheat Dinner Roll, Tartar Sauce, Lemon Cake</p>	<p><b>25.</b> Garden Salad, Mediterranean Baked Fish/ Pork Supreme, Wild Rice Pilaf, Scandinavian Blend Vegetables, White Roll, Sugar Cookies</p>
<p>alad, Maple ulled Turkey &amp; Potatoes, coli Florets, oll, Cookies</p>	<p><b>30.</b> House Salad, Teriyaki Chicken/ Roast Pork, Fluffy Rice, Tuscany Mix Vegetables, Hawaiian Roll, Chocolate Cake</p>	<p><b>31.</b> Coleslaw, Meatloaf &amp; Gravy/ Manicotti in Sauce, Mashed Potatoes, Wheat Dinner Roll, Sugar 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.

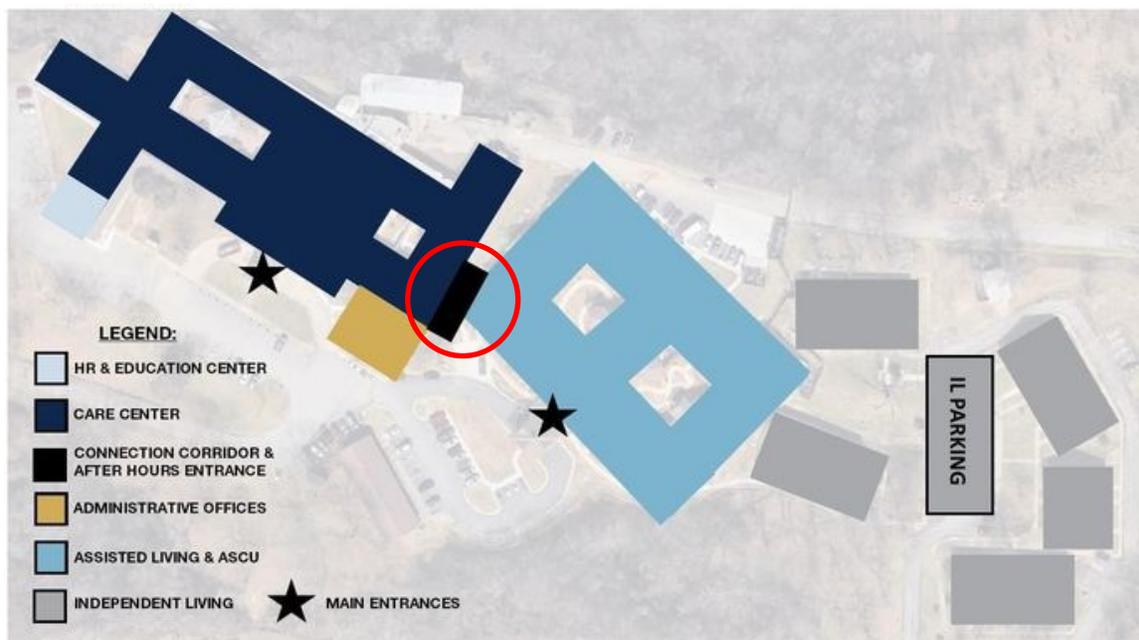


We understand what a difficult choice it is to leave your home and move to a retirement community. So, thank you for choosing Methodist Village Senior Living to be your new home! Welcome to the MVSL Family!

## !!! Weekend Entrance !!!

UPDATE– The Main Entrances to our Care Center 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 Entrance of the Care Center will continue to close at 5pm on weekdays.



# A NOTE FROM OUR CARE CENTER ADMINISTRATOR...



Hello, all.

Have you ever heard the old saying “April showers bring May flowers”, I think it’s true! The flowers, especially the roses, on MVSL campus are so beautiful!

May is National Walking Month. Walking is a fantastic way to keep active and maintain a healthy heart, and it’s fun, flexible, and free. Walking just 20 minutes a day can reduce the risk of a number of health conditions, including certain cancers, depression, heart disease and Type 2 diabetes.

There are so many ways to get your walk on, including:

- Walk to work or school: Leave the car behind and get in a morning walk to work or school.
- Take the stairs: Instead of taking the elevator, take the stairs.
- Go exploring: Explore your local area. Make it fun by counting how many bird species you see or take note of the seasonal changes happening in your local area.
- Walk your pet: If you don’t have a pet, walk with someone who does.
- Take a lunchtime stroll: Get out and enjoy the sunshine with a stroll. This can help you be more productive for the rest of the day.

I have noticed several employees enjoying the walking trail at our new MVSL campus park! We encourage all to enjoy the new park.

God bless,  
Terri Kimble, Administrator



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



Greeting families and friends!

Happy May!

Did you know that May's full Moon, called the Flower Moon, appears on Thursday, May 23<sup>rd</sup>. May's birth flowers are the Hawthorn and the Lily-of-the-Valley. May is such a beautiful month filled with Spring weather and sunshine.

On those pretty days, my team and I plan on doing as many outside activities with you, as I know this is one of your favorite activities to do and one of my favorite activities to do with you. Vitamin D, fresh air, and sunshine are so good for us. It helps with depression and our mood. I also wanted to say I love seeing you in activities. Even if you don't want to participate in a certain activity, still please come and listen to the music and visit with your peers. Socializing also helps with depression, and meeting new friends is always fun.

May is going to be a busy month full of activities. We have Nurse's week, nursing home week, Mother's Day, and Memorial Day all this month, so put on your party hat and let's have fun this month.

Important Dates to remember-

- May 1<sup>st</sup> – Law Enforcement month- Making thank you cards and mailing to our local police departments
- May 24<sup>th</sup> – Pizza in the Library with the Van Buren Police Department
- May 2<sup>nd</sup> – World Tuna Day- Cook Group at 2:30 pm- Making Tuna Salad
- May 6<sup>th</sup> – 12<sup>th</sup> – Nurses Week, Games and treats with the heroes in the MVSL Nursing Department
- May 10<sup>th</sup> – Mother's Day Party
- May 12<sup>h</sup> – 18<sup>th</sup> – Nursing Home Week, Fun, special events & activities
- May 15<sup>th</sup> – Coffee Bar with Britney from Heart of Hospice. Fishing at Greenhurst with Project Compassion
- May 17<sup>th</sup> – Staff Lip Sync battle for our residents. DJ, by Darren Minor and Judged by our residents and Marion and Ashley from Project Compassion
- May 20<sup>th</sup> – National Dog Rescue Day. Adopt a dog with Animal Haven in the parking lot of MVSL
- May 27<sup>th</sup> – Memorial Day Party

But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen.

2 Peter 3:18

- Kassie, and the Care Center Life Enrichment Team

# CARE CENTER LIFE ENRICHMENT CALENDAR

# May 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
*Activities are subject to change			<b>1. Law Enforcement</b> 10:30am-Fancy Dress  2:30pm-Making Thank You Cards for Police Officers
<b>5.</b> 10:30am- TV Devotion in the Library  2:30pm- High Stakes Bingo	<b>6. Nurses Week</b>  10:30am- Devotion  2:30pm- Making Thank You Cards & Bracelets for our Nurses	<b>7.</b> 10:30am- Coffee & Waffles w/ our Nurses  2:30pm- High Stakes Bingo	<b>8.</b> 10:30am- Family Table Games  2:30pm- Smile with your favorite nurse or doctor
<b>12.</b> 10:30am- TV Devotion in the Library  2:30pm- High Stakes Bingo	<b>13. Nursing Home Week</b>  10:30am-Devotion  2:30pm- Music w/ Noah (Record Player) & Coke Floats	<b>14.</b> 10:30am- Bingo  2:30pm- You're live on the air with Race Riley from KISR	<b>15. Fishing with Compassion</b>  10:30am- Fancy Dress  2:30pm- Canvas with a Special Guest
<b>19.</b> 10:30am- TV Devotion in the Library  2:30pm- High Stakes Bingo	<b>20. National Dog Recuse Day</b>  2:30pm- Adopt a Pet Day w/ Animal Haven, Pawficer Fuzz, and Fort Smith Police Dept.	<b>21.</b> 10:30am- Noode Bop & Sittercize w/ Music  2:30pm- Front Porch Bingo	<b>22.</b> 10:30am- Family Table Games, a  2:30pm- Calendar Bingo Wish List
<b>26.</b> 10:30am- TV Devotion in the Library  2:30pm- High Stakes Bingo	<b>27.</b> 10:30am- Devotion  2:30pm- Memorial Day party w/ games, music, food and fun	<b>28.</b> 10:30am- High Stakes Bingo  2:30pm- Armed Forces Day, Celebrating our United States Military	<b>29.</b> 10:30 am- Family Table Gams  29.2:30 pm- Memorial Day Party w/ Cupca Cream



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1. <b>Parent Month Nails</b></p> <p>Thank you to the Fire Force</p>	<p><b>2. National Tuna Fish Day</b> 10:30am –Bingo</p> <p>2:30pm– Cooking Club, Tuna Fish Salad</p>	<p><b>3.</b> 10:30am– 1:1 Room Visits &amp; Hot Towel Shaves</p> <p>2:30pm– Bird watching on the Front Porch</p>	<p><b>4.</b> 10:30am– Coffee &amp; Music Hour in the Library</p> <p>2:30pm– Movie &amp; a Snack</p>
<p>Fancy Nails &amp; w/ your own camera</p>	<p><b>9.</b> 10:30am– Bingo</p> <p>2:30pm– Never Have I Ever Nurse Edition &amp; Ice Cream</p>	<p><b>10.</b> 10:30am– Mother’s Day Party</p> <p>2:30pm– Operation- Nurses against Med Techs (w/ Nachos for Nurses &amp; Med Techs)</p>	<p><b>11.</b>11:00am– Piano Recital with Hannah from Project Compassion</p> <p>2:30 pm– Movie &amp; a Snack</p>
<p><b>Project</b></p> <p>Easy Nails</p> <p>Face Painting (w/ )</p>	<p><b>16.</b> 9:30am– Future School Orchestra music</p> <p>10:30am– Bingo</p> <p>2:30pm– Dancing to the oldies, sock hop &amp; snacks</p>	<p><b>17.</b> 10:30am– 1:1 Visits</p> <p>2:30pm– <b>Staff Lip Sync Battle</b> w/ special guest DJ-Darren Minor, &amp; Judges Marion and Ashley from PC.</p>	<p><b>18.</b> 10:30am– Ice Cream Social &amp; Table Games w/ Kelly &amp; LifeChurch</p> <p>2:30 pm– Movie &amp; a Snack</p>
<p>Fancy Nails, and Music</p> <p>Card Club &amp; w/ Cookies</p>	<p><b>23.</b> 10:30am– Bowling, Golf, and Bean Bag Baseball</p> <p>2:30pm-High Stakes Bingo</p>	<p><b>24. Thank a Police Officer</b></p> <p>2:30pm- Pizza in the Library with the Van Buren Police Department</p>	<p><b>25.</b> 10:30am-Coffee &amp; Music Hour in the Library</p> <p>2:30 pm– Movie &amp; a Snack</p>
<p>Fancy Nails &amp;</p> <p>May Birthday cakes &amp; Ice</p>	<p><b>30.</b> 10:30am– Outdoor Social w/ Games &amp; Popsicles</p> <p>2:30pm– High Stakes Bingo</p>	<p><b>31.</b> 10:30am– Picnic at the River Park &amp; 1:1 Visits</p> <p>2:30pm– Outdoor Social w/ Snocones &amp; Volleyball</p>	

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



Happy May Everyone!

It is crazy that this year is coming up on being half over!

One of our favorite holidays this month is Mother's Day. Some interesting facts about the holiday: it was made official on May 9<sup>th</sup>, 1914, by President Woodrow Wilson. The carnation is the official flower with red to celebrate the living and white in honor of those who have passed. Mother's Day is the busiest restaurant day of the year (having worked in the food industry since 2015... this is very true!). And after Christmas and Easter, Mother's Day is the 3<sup>rd</sup> most attended church service! Mothers are so special, and we are thankful that we get to care for yours!

"When you are looking at your mother, you are looking at the purest love you will ever know." –Charley Benetto.

Our thoughts and prayers go out to those who are spending Mother's Day in remembrance this year. We can't wait to hear everyone's stories of past Mother's Days and the upcoming celebrations this year!

-Sarah



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

Happy Spring from the Education Department!

What a month May is! As the gateway to summer, this month exudes vitality and promise. Nature awakens in a symphony of colors and scents, a testament to life's renewal. Graduations mark academic achievements and new beginnings. Religious observances deepen spiritual connections. Outdoor pursuits invite leisure and adventure. May's essence lies in its ability to unite us in appreciation of life's bounty and possibilities. It embodies hope, growth, and the beauty of change, reminding us to embrace each moment with gratitude and joy.

From an academic perspective, the month of May heralds the culmination of educational journeys. As spring flourishes, so do the efforts of students and educators alike. Educators strive to impart wisdom while students eagerly absorb knowledge, preparing for futures yet to unfold. Amidst the blooming flowers, May serves as a reminder of the transformative power of education, shaping minds and shaping the world. It celebrates not only accomplishments but also the endless pursuit of learning.

Many opportunities for that pursuit of learning are available this month. Our next CNA training class will begin Monday, May 20, 2024. Our next Dementia Training class will begin Tuesday, May 21, 2024. Skin Care Class and CPR renewal classes will also be available (Dates/Times to be announced). In addition to these classes, in-service trainings and skills check-offs will happen this month as well. So, all in all, a very busy month awaits the Education Center. If you are an employee and need to attend any of these classes, please see your scheduling supervisor, or stop by the Education Center, to get enrolled.

I hope this month is a wonderful experience for you all!

Blessings--  
MeLynnda Dunn LPN CDP CADDCT

## CAREGIVER SUPPORT GROUP



**Who:** Caregivers of all kinds!

**What:** Introduction to Caregiving– The Triumphs & Struggles

**When:** Thursday, May 27th, 5:30pm

**Where:** MVSL Education Center

**Facilitator:** MeLynnda Dunn, LPN, CDP, DADDCT

Join us for our first Caregiver Support Group where we will gather together and discuss the Highs & Lows of caring for a loved one. Refreshments provided.

# ASSISTED LIVING LIFE ENRICHMENT CALENDAR

# May 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<b>*Activities are subject to change</b>			<b>1.</b> 8:00am-Soothing music 9:00am-Newsletters 9:30am-Drums All Stars 10:00am-Devotion 2:00pm- Crafts & Projects w/ Debbie 3:00pm-Mexican Music
<b>5.</b> 8:00am-Soothing music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Cinco De Mayo 3:00pm- Church Service	<b>6.</b> 8:00am-Soothing music 9:00am-Newsletters 9:30am-Monday Moves 11:15am-Chapel w/ Communion 2:00pm-Dominos w/ Project Compassion	<b>7.</b> 8:00am-Soothing music 9:00am-Newsletters 9:30am-Sit and Be Fit 10:00am-Movement Class w/ Melissa Schoenfeld 2:00pm-Bingo	<b>8.</b> 8:00am-Soothing music 9:00am-Newsletters 9:30am-Drums All Stars 10:00am-Devotion 2:00pm- Crafts & Projects w/ Debbie 3:00pm-Mexican Music
<b>12.</b> 8:00am-Soothing music 9:00am-Newsletters 9:30am-Chair Exercise 10:00am-Cards for Police Force 2:00pm-Church Service w/ Bryan Meeks	<b>13.</b> 8:00am-Soothing music 9:00am-Newsletters 9:30am-Monday Moves 11:15am-Chapel w/ David 2:00pm-Dominos w/ Project Compassion	<b>14.</b> 8:00am-Soothing music 9:00am-Newsletters 9:30am-Sit and Be Fit 10:00am-Donut and Calendar Club 2:00pm-Bingo	<b>15.</b> 8:00am-Soothing music 9:00am-Newsletters 9:00am-1:00pm- Fishing Derby 9:30am-Drums All Stars 10:00am-Devotion 2:00pm-Crafts & Projects 3:00pm-Mexican Music
<b>19.</b> 8:00am-Soothing music 9:00am-Newsletters 9:30am-Chair Exercise 10:00am-Resident Choice 3:00pm- Church Service	<b>20.</b> 8:00am-Soothing music 9:00am-Newsletters 9:30am-Monday Moves 11:15am-Chapel w/ David 2:00pm-Dominos w/ Project Compassion	<b>21.</b> 8:00am-Soothing music 9:00am-Newsletters 9:30am-Sit and Be Fit 10:00am- Walking Club 2:00pm-Bingo	<b>22.</b> 8:00am-Soothing music 9:00am-Newsletters 9:30am-Drums All Stars 10:00am-Devotion 2:00pm- Crafts & Projects w/ Debbie 3:00pm-Mexican Music
<b>26.</b> 8:00am-Soothing music 9:00am-Newsletters 9:30am-Chair Exercise 10:00am-Resident Choice 3:00pm- Church Service	<b>27.</b> 8:00am-Soothing music 9:00am-Newsletters 9:30am-Monday Moves 11:15am-Chapel w/ David 2:00pm-Dominos w/ Project Compassion	<b>28.</b> 8:00am-Soothing music 9:00am-Newsletters 9:30am-Sit and Be Fit 10:00pm-Walking Club 2:00pm-Bingo Store	<b>29.</b> 8:00am-Soothing music 9:00am-Newsletters 9:30am-Drums All Stars 10:00am-Devotion 2:00pm-Crafts & Projects MVSL 3:00pm-Mexican Music

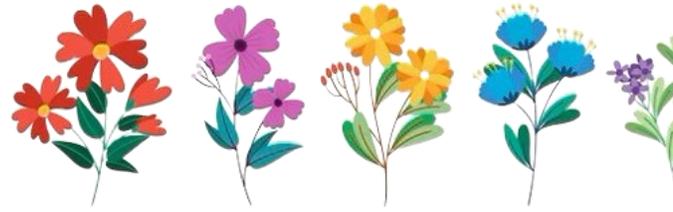




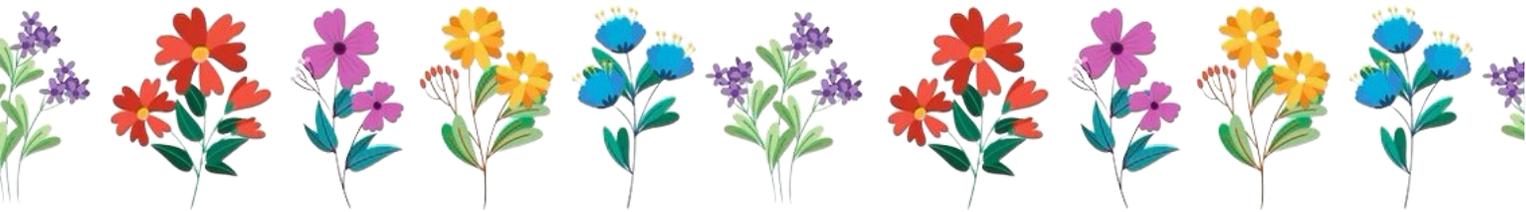
SDAY	THURSDAY	FRIDAY	SATURDAY
<p>ing Music ers ive n w/ Tom Conversation Dominos</p>	<p><b>2.</b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving &amp; Grooving 10:30am-Village Inn &amp; Walmart Outing 2:00pm- Movie &amp; Popcorn</p>	<p><b>3.</b> 8:00am-Soothing music 9:00am-Newsletters 9:30am-Chair Zumba 10:00am-Walking Club 2:00pm-Resident Council</p>	<p><b>4.</b> 8:00am-Soothing music 9:00am-Newsletters 9:30am-Chair Exercise 10:00am-Tea &amp; Cookies 2:00pm-Basketball</p>
<p>ing Music ers ive n w/ Tom Conversation Dominos</p>	<p><b>9.</b> 8:00am-Soothing music 9:00am-Newsletters 9:30am-Moving &amp; Grooving 10:00am-12:00pm-Marshalls 2:00pm-Movie &amp; Popcorn</p>	<p><b>10.</b> 8:00am-Soothing music 9:00am-Newsletters 9:30am-Chair Zumba 10:00am-Mother's Day-Spa 2:00pm- Walking Club Party w/ Access Home Health</p>	<p><b>11.</b> 8:00am-Soothing music 9:00am-Newsletters 9:30am-Chair Exercise 10:00am-Scrabble 2:00pm-Bowling</p>
<p>ing Music ers Greenhurst ive n w/ Tom C with Debbie Dominos</p>	<p><b>16.</b> 8:00am-Soothing music 9:00am-Newsletters 9:30am-Moving &amp; Grooving 10:00am-Cheddars &amp; Target 2:00pm-Movie &amp; Popcorn</p>	<p><b>17.</b> 8:00am-Soothing music 9:00am-Newsletters 9:30am-Chair Zumba 10:00am- Words of Word 2:00pm- Wine &amp; Cheese</p>	<p><b>18.</b> 8:00am-Soothing music 9:00am-Newsletters 9:30am-Chair Exercise 10:00am-Apples to Apples 2:00pm-Bean Bag Baseball</p>
<p>ing Music ers ive n w/ Tom Conversation Dominos</p>	<p><b>23.</b> 8:00am-Soothing music 9:00am-Newsletters 9:30am-Moving &amp; Grooving 10:15am-Northside Orchestra 2:00pm-Movie &amp; Popcorn</p>	<p><b>24.</b> 8:00am-Soothing music 9:00am-Newsletters 9:30am-Chair Zumba 10:00am-Lemonade Social &amp; Conversation Catch 2:00pm-Show &amp; Tell</p>	<p><b>25.</b> 8:00am-Soothing music 9:00am-Newsletters 9:30am-Chair Exercise 10:00am-Card Games 2:00pm-Cornhole</p>
<p>ing Music ers ive n w/ Tom Conversation- Dominos</p>	<p><b>30.</b> 8:00am-Soothing music 9:00am-Newsletters 9:30am-Moving &amp; Grooving 10:00am-La Huerta &amp; Hobby Lobby 2:00pm-Movie &amp; Popcorn</p>	<p><b>31.</b> 8:00am-Soothing music 9:00am-Newsletters 9:30am-Chair Zumba 10:00am-Fancy Nails 2:00pm- Birthday Bash</p>	

# ASCU LIFE ENRICHMENT CALENDAR

# May 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p><b>*Activities are subject to change</b></p>	<p><b>Daily:</b> 1:1 with Newsletters AM: Wake up Routines-Dressing and Personal Hygiene with Nursing Staff PM: Bedtime Routine-Dressing and Personal Hygiene with Nursing Staff</p>		<p><b>1.</b> 8:00am-Soothing Music 9:30am-Drums A 10:00am- Devotional 2:00pm- Crafts &amp; Activities w/ Debbie 6:00pm-Sensory Bins</p>
<p><b>5.</b> 8:00am-Gospel Hymns 9:00am- Newsletters 9:30am-Seated Chair Exercise 10:00am-Cinco De Mayo 3:00pm-Church Service 6:00pm-Sensory Bins</p>	<p><b>6.</b> 8:00am-Soothing Music 9:30am-Monday Moves 10:00am- Devotional w/ David (Communion) 2:00pm-Nursing Week Cards 6:00pm-Sensory Bins</p>	<p><b>7.</b> 8:00am-Soothing Music 9:30am-Sit and Be Fit 10:00am-Movement Class w/ Melissa Schoenfeld 2:00pm-Bingo 6:00pm-Sensory Bins</p>	<p><b>8.</b> 8:00am-Soothing Music 9:30am-Drums A 10:00am- Devotional 2:00pm- Crafts &amp; Activities with Debbie 6:00pm-Sensory Bins</p>
<p><b>12.</b> 8:00am-Gospel Hymns 9:00am-Newsletters 9:30am-Seated Chair Exercise 10:00am-Balloon Toss 2:00pm-Service w/ Bryan 6:00pm-Sensory Bins</p>	<p><b>13.</b> 8:00am-Soothing Music 9:30am-Monday Moves 10:00am-Devotional w/ David 2:00pm- Cards for Police Force 6:00pm-Sensory Bins</p>	<p><b>14.</b> 8:00am-Soothing Music 9:30am-Sit and Be Fit 10:00am-Walking Club w/ ice cream 2:00pm-Bingo 6:00pm-Sensory Bins</p>	<p><b>15.</b> 8:00am-Soothing Music 9:00am-1:00pm- Devotional 9:30am-Drums A 10:00am- Devotional 2:00pm- Crafts &amp; Activities with Debbie 6:00pm-Sensory Bins</p>
<p><b>19.</b> 8:00am-Gospel Hymns 9:00am-Newsletters 9:30am-Seated Chair Exercise 10:00am- Story Time w Staff 3:00pm-Church Service 6:00pm-Sensory Bins</p>	<p><b>20.</b> 8:00am-Soothing Music 9:30am-Monday Moves 10:00am-Devotional w/ David 2:00pm-Pb&amp;J on Infinity Trail 6:00pm-Sensory Bins</p>	<p><b>21.</b> 8:00am-Soothing Music 9:30am-Sit and Be Fit 10:00am-Walking Club w/ ice cream 2:00pm-Bingo 6:00pm-Sensory Bins</p>	<p><b>22.</b> 8:00am-Soothing Music 9:30am-Drums A 10:00am- Devotional 2:00pm- Crafts &amp; Activities with Debbie 6:00pm-Sensory Bins</p>
<p><b>26.</b> 8:00am-Gospel Hymns 9:00am-Newsletters 9:30am-Seated Chair Exercise 10:00am-Noodle Bop 3:00pm-Church Service 6:00pm-Sensory Bins</p>	<p><b>27.</b> 8:00am-Soothing Music 9:30am-Monday Moves 10:00am-Devotional w/ David 2:00pm- Bingo 6:00pm-Sensory Bins</p>	<p><b>28.</b> 8:00am-Soothing Music 9:30am-Sit and Be Fit 10:00am-Walking Club w/ ice cream 2:00pm-Bingo Store 6:00pm-Sensory Bins</p>	<p><b>29.</b> 8:00am-Soothing Music 9:30am-Drums A 10:00am- Devotional 2:00pm- Crafts &amp; Activities MVSL 6:00pm-Sensory Bins</p>



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ing Music live ion w/ Tom &amp; Conversation Bins</p>	<p><b>2.</b> 8:00am-Soothing Music 9:30am-Moving &amp; Grooving 10:00am-Collage Making 2:00pm-Movie&amp; Popcorn 6:00pm-Sensory Bins</p>	<p><b>3.</b> 8:00am- Soothing Music 9:30am- Chair Zumba 10:00am-Conversation Ball 2:00pm- Fancy Nails w/ lotion 6:00pm-Sensory Bins</p>	<p><b>4.</b> 8:00am-Soothing Music 9:30am-Seated Chair Exercise 10:00am-Hermonica Humming 2:00pm-Bowling 6:00pm-Sensory Bins</p>
<p>ing Music live ion w/ Tom &amp; Conversation Bins</p>	<p><b>9.</b> 8:00am-Soothing Music 9:30am-Moving &amp; Grooving 10:00am-Planting Flowers 2:00pm-Movie&amp; Popcorn 6:00pm-Sensory Bins</p>	<p><b>10.</b> 8:00am- Soothing Music 9:30am- Chair Zumba 10:00am- Mother's Day-Spa 2:00pm-Walking Club Party w/ Access Home Health 6:00pm-Sensory Bins</p>	<p><b>11.</b> 8:00am-Soothing Music 9:30am-Seated Chair Exercise 10:00am-Reminiscing w/ Staff 2:00pm-Cornhole 6:00pm-Sensory Bins</p>
<p>ing Music Greenhurst live ion w/ Tom &amp; Conversation Bins</p>	<p><b>16.</b> 8:00am-Soothing Music 9:30am-Moving &amp; Grooving 10:00am-Collage Making 2:00pm-Movie&amp; Popcorn 6:00pm-Sensory Bins</p>	<p><b>17.</b> 8:00am- Soothing Music 9:30am- Chair Zumba 10:00am-Scratch &amp; Sniff 2:00pm-Sparkling Cider &amp; Cheese Social 6:00pm-Sensory Bins</p>	<p><b>18.</b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Seated Chair Exercise 10:00am-Hermonica Humming 2:00pm-Basketball 6:00pm-Sensory Bins</p>
<p>Music live ion w/ Tom &amp; Conversation Bins</p>	<p><b>23.</b> 8:00am-Soothing Music 9:30am-Moving &amp; Grooving 10:15: Northside Orchestra 2:00pm-Movie&amp; Popcorn 6:00pm-Sensory Bins</p>	<p><b>24.</b> 8:00am- Soothing Music 9:30am- Chair Zumba 10:00am-Cake Walk 2:00pm-Show &amp; Tell 6:00pm-Sensory Bins</p>	<p><b>25.</b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Seated Chair Exercise 10:00am-Scratch &amp; Sniff 2:00pm-Bean Bag Baseball 6:00pm-Sensory Bins</p>
<p>Music live ion w/ Tom &amp; Conversation Bins</p>	<p><b>30.</b> 8:00am-Soothing Music 9:30am-Moving &amp; Grooving 10:00am-Hermonica Humming 2:00pm-Movie&amp; Popcorn 6:00pm-Sensory Bins</p>	<p><b>31.</b> 8:00am- Soothing Music 9:30am- Chair Zumba 10:00am-Word Matching 2:00pm- Birthday Bash 6:00pm-Sensory Bins</p>	

# Happy Work Anniversary!

**Amber Brown, 2 years**

**Maureen DeCora, 6 years**

**Mandy Faucett, 1 year**

**Stacey Harris, 10 years**

**Sam Jackson, 5 years**

**Terri Kimble, 29 years**

**Eric King, 22 years**

**Kaila Lindsey, 1 year**

**Teresa Lofts, 1 year**

**Walker Parham, 2 years**

**Lindsay Shuemake, 1 year**

**Melissa Smith, 3 years**

**Ruth Thompson, 1 year**

# Happy Birthday!

**Hoa Mai, May 2**

**Teri Lamb, May 2**

**Katee Jones, May 2**

**Jo Bobbitt, May 3**

**Patricia Farfan, May 3**

**Mark Basinger, May 4**

**Arianna Lozano, May 4**

**Sandra Mahan, May 4**

**Kiranda Northern, May 5**

**Kay Wilson, May 9**

**Michelle McElwee, May 10**

**Jennie Barnes, May 11**

**Patsy Clemons, May 12**

**Laverne Ridenour, May 13**

**Makayla Percy, May 14**

**Muriel Hauf, May 15**

**Seth Gill, May 16**

**Gary Kilgore, May 20**

**Daisy Matamoros, May 20**

**Marilyn Bell, May 21**

**Melissa Lintz, May 21**

**Lindsay Shuemake, May 21**

**Thomas Blake, May 23**

**Tina Browder, May 23**

**Caylinn Church, May 23**

**Chloris Turner, May 23**

**Lauren Mackey, May 24**

**Kaycee Cobb, May 24**

**Laura Stallings, May 27**

**Noah Johnson, May 31**

# A NOTE FROM OUR THERAPY TEAM



Congestive heart failure (CHF) remains a prevalent and challenging condition, particularly among the elderly population. As individuals age, the risk of developing cardiovascular diseases, including CHF, increases due to various factors such as age-related changes in the heart and blood vessels, lifestyle factors, and comorbidities.

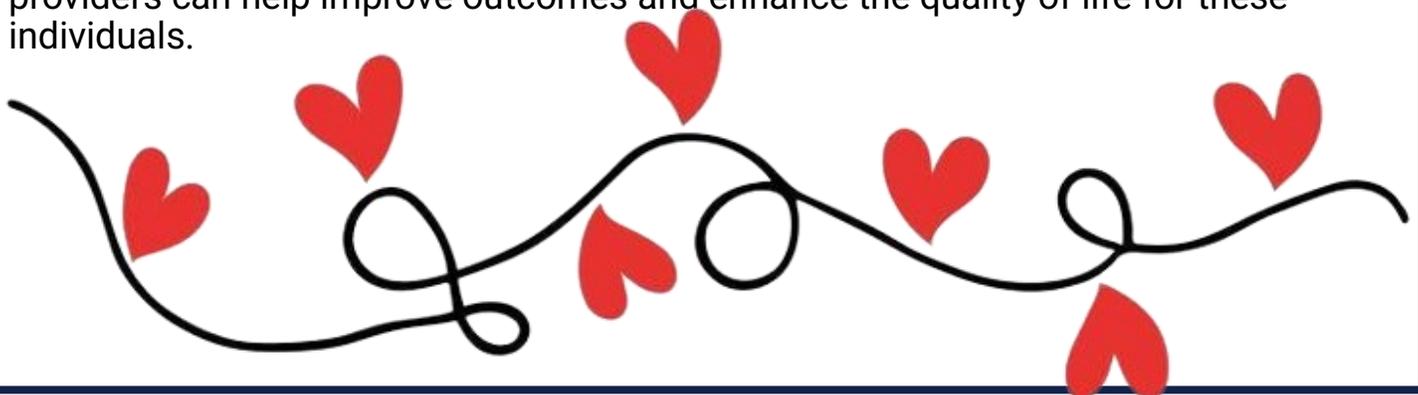
CHF occurs when the heart is unable to pump blood efficiently, leading to a buildup of fluid in the lungs, abdomen, or other parts of the body. In the elderly, this condition often manifests with symptoms such as shortness of breath, fatigue, swelling in the legs, and decreased exercise tolerance. However, diagnosing CHF in older adults can be complex due to overlapping symptoms with other age-related conditions.

Managing CHF in the elderly requires a multifaceted approach involving lifestyle modifications, medication management, and close monitoring. Lifestyle changes such as maintaining a heart-healthy diet low in sodium and regular exercise within individual capabilities are essential.

Medications play a crucial role in controlling symptoms and preventing disease progression. In addition to medications, older adults with CHF may benefit from other interventions such as cardiac rehabilitation programs, which provide supervised exercise training, education, and emotional support to improve overall cardiovascular health and quality of life.

Managing comorbidities such as hypertension, diabetes, and chronic kidney disease is vital in preventing complications and optimizing outcomes in elderly patients with CHF. A coordinated approach involving healthcare providers from various specialties, including cardiologists, geriatricians, nurses, and pharmacists, is essential to ensure comprehensive care for older adults with CHF.

Despite advances in treatment, CHF remains a significant cause of morbidity and mortality among the elderly. Regular monitoring, medication adherence, and lifestyle modifications are essential components of managing CHF in this population. By addressing the unique needs and challenges of elderly patients with CHF, healthcare providers can help improve outcomes and enhance the quality of life for these individuals.



## Benefits of Exercise



## Why Move More?

Being physically active is one of the most important things that people of all ages can do to improve their health. Physical activity promotes normal growth and development and 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 sugar.

Long-term benefits of exercise include improved heart health, healthy weight, bone strength and better brain health. Research shows that just about everyone gains benefits, including men and women regardless of age, sex, race, ethnicity, or current fitness level. The big question is: How much exercise is needed to prevent disease? According to the U.S. Department of Health and Human Services' physical activity guidelines, adults should participate in at least 150 minutes of moderate-intensity aerobic physical activity per week, including at least two days of muscle-strengthening activities. Exercising more (up to 300 minutes) could add health benefits but getting 150 minutes per week will reap the benefits.

**Aerobic Exercise:** Aerobic activities, also called endurance or cardio activities, are physical activities in which people move their large muscles in a rhythmic manner for a sustained period of time. Running, brisk walking, bicycling, playing basketball, dancing, and swimming are all examples of aerobic activities. Aerobic activity makes a person's heart beat more rapidly and breathing rate increase to meet the demands of the body's movement. Over time, regular aerobic activity makes the cardiorespiratory system stronger and more fit. Doing at least 150 minutes of moderate-intensity aerobic activity each week provides substantial benefits. These benefits include lower risk of coronary heart disease, stroke, hypertension, Type 2 diabetes, some cancers, anxiety, depression, and Alzheimer's disease. You might be wondering how to know what is moderate to vigorous intensity. As a rule of thumb, a person doing moderate-intensity aerobic activity can talk, but not sing, during the activity. A person doing vigorous-intensity activity cannot say more than a few words without pausing for breath.

### Moderate-Intensity Activities

- Walking briskly (2.5 miles per hour or faster)
- Recreational swimming
- Bicycling slower than 10 miles per hour on level terrain
- Tennis (doubles)
- Active forms of yoga (for example, Vinyasa or power yoga)
- Ballroom or line dancing
- General yard work and home repair work
- Exercise classes like water aerobics

### Vigorous-Intensity Activities

- Jogging or running
- Swimming laps
- Tennis (singles)
- Vigorous dancing
- Bicycling faster than 10 miles per hour
- Jumping rope
- Heavy yard work (digging or shoveling, with heart rate increases)
- Hiking uphill or with a heavy backpack
- High-intensity interval training (HIIT)
- Exercise classes like vigorous step aerobics or kickboxing

**Strength Building Exercises:** Building and maintaining muscle is important for both men and women as it allows them to stand, walk, balance, lift and breathe.

Muscle-strengthening activities can also help maintain muscle mass during weight loss. Muscle-strengthening activities for all the major muscle groups should be done at least 2 days a week. No specific amount of time is recommended for muscle strengthening, but muscle-strengthening exercises should be performed to the point at which it would be difficult to do another repetition. One set of 8 to 12 repetitions of each exercise is effective, although 2 or 3 sets may be more effective to enhance muscle strength. Improvements in muscle strength and endurance happen progressively over time. Increasing the amount of weight or the days a week of exercising will result in stronger muscles. Resistance training strengthens and maintains the major muscle groups, but it does not always equate to bulking up. It does not need to happen at the gym and can be done anywhere. Below are specific exercises recommended for adult and older adults.

# 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.

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



## 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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LinkedIn – Methodist Village Senior Living



Twitter – @mvsl\_1961



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.