



METHODIST VILLAGE

SENIOR LIVING

A Monthly Publication of Methodist Village Senior Living September 2024 | Volume 63 | Issue 9

A NOTE FROM OUR CEO...



Dear MVSL Residents, Families and Team Members:

I hope you are enjoying the "little bit" cooler weather we have been experiencing lately. It is so nice to see our residents sitting outside on our porches and participating in activities together. Let's continue to enjoy these moments and create more memories as a community.

As you may know, the MVSL Park is currently under construction, I have noticed many of our team and family members, as well as some of our residents and community members, already walking along the trails and enjoying the outdoors. It's great to see everyone taking advantage of this new space and getting active!

I am excited to announce that the park will be completed by the end of September. To celebrate this accomplishment, we will be hosting a ribbon-cutting ceremony on October 3, 2024, at 10am for the Park and the new Sensory Sanctuary. We would love for you all to join us!

Also, construction on our West Hall has begun, and we are working hard to have it completed by the end of October. I know all our residents and team members are eagerly looking forward to its completion.

Another piece of news that I'm thrilled to share is that Joanie Feyen, who has been with MVSL for almost 40 years, has been appointed the new Culinary Executive Director! Joanie's love for MVSL and dedication to serving our elders is truly inspiring. Please join me in congratulating Joanie on this well-deserved achievement!

Wishing all of you the very best beginning of Fall!

Warmest Regards,

Melissa

WAY TO GO WILDCATS

Congratulations to our Employee of the Month
LAURA MORGAN



Congratulations to our newest LPNs!
Alma & Alexiss both graduated from Kiamichi Tech with their LPN Degree!



ALMA KLEM



ALEXISS JOHNSON- HUTCHINSON

A LOOK BACK AT AUGUST



BACK TO SCHOOL WORD SEARCH PUZZLE

BACKPACK
MATH
ART
BOOK

SCIENCE
RECESS
DESK
LUNCH BOX

HOMEWORK
TEACHER
READING
PENCIL

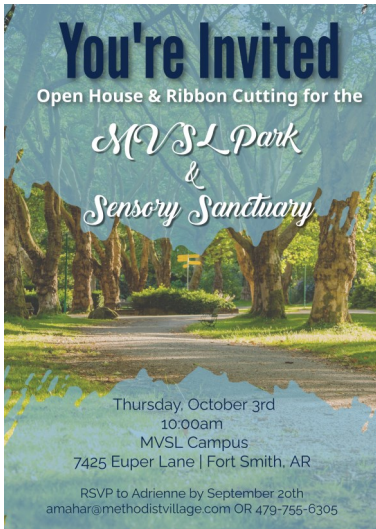
FRIEND
LIBRARY
PAINT
MUSIC

GEOGRAPHY
HISTORY
WRITING
CLASSROOM

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

www.GrowingPlay.com

CAMPUS NEWS



Open House & Ribbon Cutting

Join us Thursday, October 3 for an Open House & Ribbon Cutting for the MVSL Park & Sensory Sanctuary

Please RSVP to Adrienne
amahar@methodistvillage.com OR
479-755-6305

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 PARTNER OF THE MONTH



THANK YOU, Mayor McGill for taking the time to visit with our residents and share about the things coming up for our city.

CAMPUS MENU

September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1. Spinach Salad, Herbed Pork Loin/ Southern Fried Chicken, Poultry Gravy, Mashed Potatoes, Lemon Butter Broccoli, Wheat Dinner Roll, Blonde Brownie	2. House Salad, Turkey Tetrazzini/ Ham & Beans, Glazed Carrots, Cornbread, Poke Cake	3. Garden Salad, Roast Pork/ Beefy Noodles, Mashed Potatoes, Caribbean Vegetable Blend, Wheat Dinner Roll, Peanut Butter Cookies	4. Macaroni Salad, Cabbage Roll in Baked Chicken Noodles, Seasoned Beans, White Dinner Roll, Carrot Cake
8. Spinach Salad, Southern Fried Chicken/ Roast Beef, Mashed Potatoes, Green Bean Casserole, White Roll, Apple Crisp	9. House Salad, Spaghetti & Meat Sauce/ Grilled Ham, Baked Sweet Potato, Green Beans w/ Thyme, Garlic Bread, Mixed Fruit Pie	10. Garden Salad, Oven Fried Chicken/ Hot Meatloaf Sandwich, Mashed Potatoes, Seasoned Broccoli Florets, Wheat Dinner Roll, Brownie	11. Beet & Mango Salad, Turkey Pot Pie/ Onions, Collard Greens, Coconut Cakes
15. Spinach Salad, Baked Glazed Ham/ Rotisserie Chicken, Poultry Gravy, Sweet Potato Casserole, Peas & Onions, Wheat Dinner Roll, Frosted Yellow Cake	16. House Salad, Smothered Pork Chop/ Italian Baked Fish, Fluffy Rice, Sicilian Blend Vegetables, Oatmeal Cookies	17. Garden Salad, Penne Pasta w/ Meat Sauce/ Chicken Marsala, Caribbean Vegetable Blend, Garlic Bread, Frosted White Cake	18. Macaroni Salad, Glazed Ham/ Potatoes, Poultry Gravy, Mashed Potatoes, Seasoned Broccoli, Wheat Dinner Roll, Snickerdoodle Cookies
22. Spinach Salad, Roast Turkey/Tuna Patty, Poultry Gravy, Scalloped Potatoes, Steamed Spinach, White Dinner Roll, Apple Pie	23. House Salad, Orange Chicken/ Sausage & Sauerkraut, Baked Potato, Garden Blend Vegetables, Wheat Dinner Roll, Chocolate Chip Cookies	24. Garden Salad, Cheeseburger/ One Pan Chicken & Vegetables, Fluffy Rice, Seasoned Green Peas, Frosted Yellow Cake	25. Macaroni Salad, Mustard Crustaceans, Lemon Tilapia, Seasoned Vegetables, Wheat Dinner Roll, Peanut Butter Cookies
29. Spinach Salad, Herbed Pork Loin/ Southern Fried Chicken, Poultry Gravy, Mashed Potatoes, Lemon Butter Broccoli, Wheat Dinner Roll, Blonde Brownie	30. House Salad, Turkey Tetrazzini/ Ham & Beans, Glazed Carrots, Cornbread, Poke Cake		



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Salad, Stuffed Sauce/ Herb Thigh, Garlic Green Dinner Roll,</p>	<p>5. House Salad, Chicken Stir Fry/ Pork Chow Mein, Sesame Brown Rice, White Dinner Roll, Orange Pineapple Gelatin</p>	<p>6. Coleslaw, Braised Pork Chop/ Mediterranean Baked Fish, Whipped Sweet Potato, Seasoned Green Beans, Wheat Dinner Roll, Chocolate Chip Cookies</p>	<p>7. Garden Salad, Salisbury Steak & Gravy/ Grilled Chicken Breast, Baked Potato, Tuscany Mix Vegetables, Wheat Dinner Roll, Lazy Daisy Cake</p>
<p>Dardin Salad, Liver & Greens, White Cake</p>	<p>12. House Salad, BBQ Pork Ribs/ Parmesan Baked Cod, Ginger Whipped Sweet Potatoes, Roasted Cauliflower, Wheat Dinner Roll, White Chocolate Macadamia Cookies</p>	<p>13. Coleslaw, Fried Catfish Fillet/ Teriyaki Chicken, Mashed Potatoes, Wheat Dinner Roll, Tartar Sauce, Lemon Cake</p>	<p>14. Garden Salad, Mediterranean Baked Fish/ Pork Supreme, Wild Rice Pilaf, Scandinavian Blend Vegetables, White Roll, Sugar Cookies</p>
<p>Salad, Maple Dilled Turkey & Potatoes, Coli Florets, Roll, Cookies</p>	<p>19. House Salad, Teriyaki Chicken/ Roast Pork, Fluffy Rice, Tuscany Mix Vegetables, Hawaiian Roll, Chocolate Cake</p>	<p>20. Coleslaw, Meatloaf & Gravy/ Manicotti in Sauce, Mashed Potatoes, Wheat Dinner Roll, Sugar Cookies</p>	<p>21. Garden Salad, Lemon Chicken/Fried Catfish Fillet, Rice Pilaf, Honey Glazed Baby Carrots, Brownie</p>
<p>Salad, Herb & d Pork/ Baked Winter Blend eat Dinner ter Cookies</p>	<p>26. House Salad, Chicken Broccoli Alfredo Casserole/ Liver & Onions, Mashed Potatoes, Seasoned Green Beans, Wheat Roll, Frosted Spice Cake</p>	<p>27. Coleslaw, Maple Mustard Glazed Chicken/ BBQ Meatballs, Seasoned Egg Noodles, Seasoned Spinach, Oatmeal Raisin Cookies</p>	<p>28.. Garden Salad, Potato Crusted Fish/ Chili Con Carne w/ Beans, Rice Pilaf, Roasted Cauliflower, Cornbread, Apple Pie</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 – 6:30pm
 - 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 2nd, then 3rd, 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
 - 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.

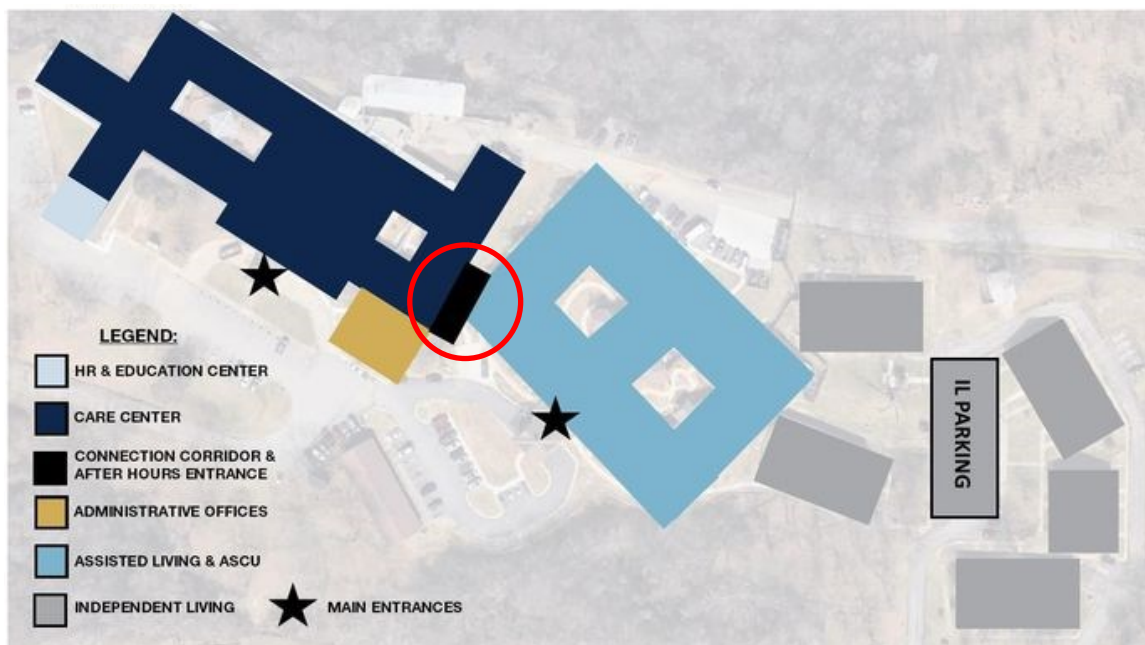


We understand what a difficult choice it is to leave your home and move to a retirement community. So, thank you for choosing Methodist Village Senior Living to be your new home! Welcome to the MVSL Family!

!!! 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.

September is National Self-Care Awareness month. Prioritizing your own well-being is not about being selfish, in fact, quite the opposite. Self-Care is about investing in and maintaining your most important asset: You!

Self-Care is important for building a sustainable work-life balance. We must first care for ourselves to be able to care for others. Self-Care can be whatever makes you feel well. Including, but not limited to:

- Practicing saying “No” – Sometimes you just have to say “No” to requests for assistance or invitations to outings. You must take time to rest and care for yourself.
- Eating a healthy diet - Focus on eating more fresh fruits and vegetables, swapping red or processed meats for leaner cuts, and incorporating whole grains into your daily diet.
- Exercising – Exercising releases endorphins that make you feel good and helps to keep you mobile.
- Hobbies – Reading, gardening, dancing, cooking, or baking, or anything you enjoy doing.
- Massage – There are many different types of massage therapy, so everyone can find one that is enjoyable.

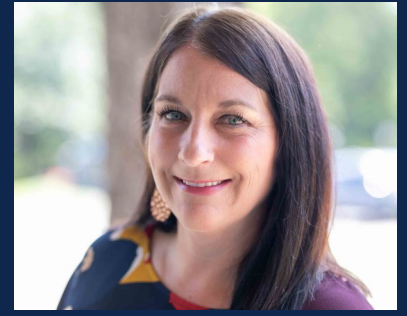
Whatever you decide to do, make sure it makes you feel good and schedule time to do it. Schedule time for yourself. You will be glad you did. Be kind to yourself and others. Have a wonderful September.

God bless you all,

Terri Kimble
Care Center Administrator



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



Greeting Residents, Staff, and Families,

Happy September to you. Boy! It appears these months are flying by.

I wanted to share a few facts with you about September-

- September is the month of the Harvest Moon, which is the fullest moon of the year.
- The first day of fall usually falls on September 22nd, and the birthstones of September are blue agate and sapphire.

This month we will celebrate Environmental Services week, September 8th -14th. Make sure to say thank you to the men and women who make your facility clean and beautiful.

Remember, if the weather is nice, our activities will move outside, as I know how important being outside is for us.

I want to remind you that all activities take place in the dining room unless otherwise stated.

I encourage you all to attend Calendar Club, where we can discuss what activities you liked and didn't like, suggest new activities, and meet new people.

Remember, attending activities throughout the day prevents the feeling of loneliness and boredom. Please attend, even if you just want to watch and not participate. Getting out of your room is so good for you!

Team Members– On Fridays, you may wear a t-shirt of your favorite team during football season again this year!

And let us not grow weary of doing good, for in due season we will reap, if we do not give up. Galatians 6:9

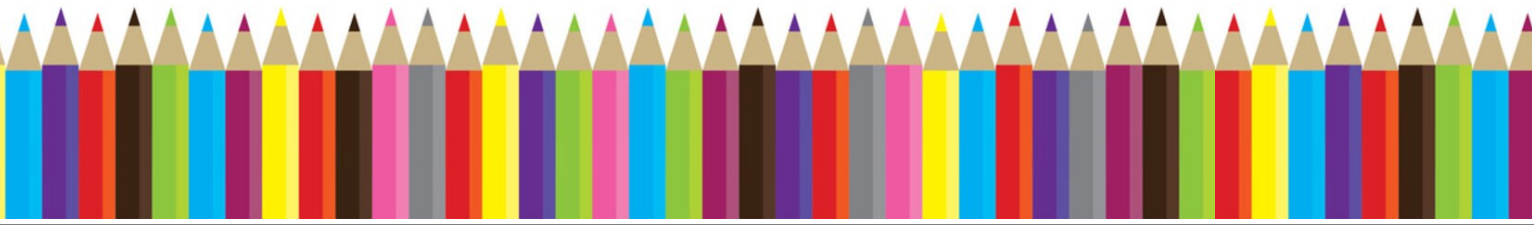
I love you sweet friends.
- Kassie

CARE CENTER LIFE ENRICHMENT CALENDAR

September 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>1. 10:30am– TV Devotion in the Library</p> <p>2:30pm– Bingo in the Dining Room</p>	<p>2. 10:30am– Labor Day pictures</p> <p>2:30pm– Waterpark and Labor Day Cookout</p>	<p>3. 10:30am– Bingo in the Dining Room</p> <p>2:30pm– Ballet with Melissa S.</p>	<p>4. 10:30am– Family Table Games</p> <p>2:30pm– Wheel of Fortune & Finish Line Trivia</p>
<p>8. 10:30am– TV Devotion in the Library</p> <p>2:30pm– Bingo in the Dining Room</p>	<p>9. Spirit week for EVS- FAVORITE TEAM DAY</p> <p>10:30am– Devotion with Bro. David</p> <p>2:30pm– Noodle Bo</p>	<p>10. Spirit week for EVS- ANIMAL PRINT DAY</p> <p>10:30am– Bingo</p> <p>2:30pm– Towel Folding Relay w/ EVS Team</p>	<p>11. Spirit week TIE DYE DAY</p> <p>10:30am– Family Table Games</p> <p>2:30pm– Bowling</p>
<p>15. 10:30am– TV Devotion in the Library</p> <p>2:30pm– Bingo in the Dining Room</p>	<p>16. 10:30 am– Devotion w/ Bro. David</p> <p>2:30PM– Painting Class w/ Daniel from Arts on Main</p>	<p>17. 10:30 am– Bingo in the Dining Room</p> <p>2:30am– Minute to Win It Games (with prizes) & Calendar Club for the month of October</p>	<p>18. 10:30am– Family Table Games</p> <p>2:30pm– Cooking with Honey Butter Tarts & National Honey</p>
<p>22. FIRST DAY OF FALL</p> <p>10:30am– TV Devotion in the Library</p> <p>2:30pm– Bingo in the Dining Room</p>	<p>23. 10:30am– Devotion w/ Bro. David</p> <p>2:30pm– Fall Colored Necklace & Bracelet making</p>	<p>24. 10:30 am– Bingo</p> <p>2:30pm– Chair Exercises w/ Weights & Ribbon Exercises</p>	<p>25. 10:30am– Family Table Games</p> <p>2:30pm– September Party!</p>
<p>29. 10:30am– TV Devotion in the Library</p> <p>2:30pm– Bingo in the Dining Room</p>	<p>30. 10:30 am– Devotion w/ Bro. David</p> <p>2:30 pm– Music & Popcorn w/ Noah</p>		



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Fancy Nails & Fortune Telling</p> <p>10:30am- Conversation & Bingo</p>	<p>5. 10:30am-Coffee & Conversation- Let's make new friendship's</p> <p>2:30pm- Bingo</p>	<p>6. 10:30am- Pet Visits</p> <p>2:30pm- Kick off to Football, Football and Nachos w/ OTC Students</p>	<p>7. 10:30am- Coffee hour in the Library</p> <p>2:30pm- Movie & Snack</p>
<p>Activity for EVS- Students</p> <p>Fancy Nails</p> <p>Golf</p>	<p>12. Spirit week for EVS- DISNEY CHARACTER DAY</p> <p>10:30am- Garden Club, planting fall flowers</p> <p>2:30pm- Bingo</p>	<p>13. Spirit week for EVS- PAJAMA DAY</p> <p>10:30am-1:1 visits</p> <p>2:30pm-Activity with ARCOM students (TBA)</p>	<p>14.10:30am- Coffee hour in the Library</p> <p>2:30pm- Movie & Snack</p>
<p>Fancy Nails</p> <p>Reading Club- Book Discussion (It's a Wonderful Life)</p>	<p>19. 10:30 am- Front Porch Social w/ Coffee & Sensory Activities</p> <p>2:30- Bingo in the Dining Room</p>	<p>20. 10:30am- Pet & Room Visits</p> <p>2:30 pm- Fall Leaf Craft w/ OTC Students</p>	<p>21. 10:30am- Coffee hour in the Library</p> <p>2:30pm- Movie & Snack</p>
<p>Fancy Nails</p> <p>October Birthday</p>	<p>26. 10:30 am- Front Porch Social w/ Coffee & Finish Line Trivia</p> <p>2:30- Bingo fun.</p>	<p>27. 10:30am- Pet & Room Visits</p> <p>2:30pm- Karaoke w/ MeLynnda</p>	<p>28. 10:30am- Coffee hour in the Library</p> <p>2:30pm- Movie & Snack</p>
	<p>*Activities are subject to change</p>		

A NOTE FROM OUR AL/ASCU ADMINISTRATOR...



Happy September!

This month is one to look forward to, as it kicks off the fall season on September 22nd! I don't know about you all, but I am ready to be enjoying the cooler weather, bonfires, and hot chocolate!

Something else we always look forward to is the Walk to End Alzheimer's. Hosted at the University of Arkansas-Fort Smith, taking place on September 21st at 10:00am, it is always wonderful seeing the community come together and support the cause.

This cause is very near and dear to our hearts here at Methodist Village Senior Living as we are blessed to be able to provide wonderful life experiences and care to your loved ones, with the hope that one, day there will be a cure.



We would love to see you on the day of the walk!

- Sarah

"Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ."
Colossians 3:23-24 ESV



A NOTE FROM OUR CAMPUS EDUCATION DIRECTOR...

Hello all!

I am so glad we are done with August! That means cooler air and fall colors are coming soon. Fall is my favorite season, so I am very happy to be heading that direction. Not only does September start the path to cooler weather, it represents the start of the academic year. With many opportunities available in the community for growth, learning, and self-improvement, educators and students alike embrace this month as a time to set new goals, cultivate curiosity, and foster a positive learning environment.

MVSL has several learning opportunities available this month in the Education Center: CNA Training Program begins 9/9/24; Dementia Training begins 9/10/24; Skin Classes and CPR classes will also be available (dates/times to be announced). If you are an employee and would like to attend any of these classes, please feel free to stop by the Education Center and talk to us!

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

CAREGIVER SUPPORT GROUP



Who: Caregivers of all kinds!

What: Topics vary. Check our Social Media for event details

When: The first Tuesday of each month at 10:30am & the fourth Thursday of each month at 5:30pm

Where: Care Center Library or Education Center
(See Social Media for location)

Refreshments provided.

ASSISTED LIVING LIFE ENRICHMENT CALENDAR

September 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>1. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Seated Exercises 10:30am-Walking Club 3:00pm-Chapel Services</p>	<p>2. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 11:15am-Chapel w/ Bro. David (Communion) 2:00pm-Dominos w/ PC</p>	<p>3. 8:00 am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:00am-Movement Class w/Melissa Schoenfeld 2:00pm-Bingo</p>	<p>4. 8:00 am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-Pen Pal Club 2:00pm-Crafts w/ PC Jeopardy</p>
<p>8. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Seated Exercises 10:30am-Walking Club 2:00pm-Chapel Services w/ Brian Meeks</p>	<p>9. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 11:15am-Chapel w/Bro. David 2:00pm-Dominos w/ PC</p>	<p>10. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:30am-Donut/Calander Club 2:00pm-Bingo</p>	<p>11. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-Apples & Honey 2:00pm-Crafts w/ PC 3:30pm-Jazz Picnic (Jemetris w/ PC)</p>
<p>15. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Seated Exercises 10:30am-Walking Club 3:00pm-Chapel Services w/ Terry Ring</p>	<p>16. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 11:15am-Chapel w/ Bro. David 2:00pm-Dominos w/ PC</p>	<p>17. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:30am-Canvas Painting 2:00pm-Bingo</p>	<p>18. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-Scrabble 2:00pm-Crafts w/ PC Jeopardy 3:00pm-Mexican Food</p>
<p>22. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Seated Exercises 10:30am-Walking Club 3:00pm-Chapel Services</p>	<p>23. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 11:15am-Chapel w/Bro. David 2:00pm-Dominos w/ PC</p>	<p>24. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:30am-Pine Cone Bird Feeders 2:00pm-Bingo</p>	<p>25. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-Charade 2:00pm—Crafts Jeopardy 3:00pm-Mexican Food</p>
<p>29. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Seated Exercises 10:30am-Walking Club 3:00pm-Chapel Services w/ Jana Green</p>	<p>30. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 11:15am-Chapel w/ Bro. David 1:30-Short Story Club 2:00pm-Dominos w/ PC</p>		

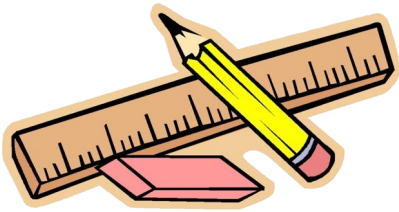


WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>8:00am-Moving Music 9:00am-Newsletters 9:30am-Exercises 10:30am-Project w/Debbie or</p>	<p>5. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:30am-Dilly Dally Drive 2:00pm-Movie & Popcorn</p>	<p>6. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:30am-Game Day! 2:00pm-Resident Council</p>	<p>7. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-Walking Club 2:00pm-Cornhole</p>
<p>8:00am-Moving Music 9:00am-Newsletters 9:30am-Exercises 10:30am-Apples w/Debbie (Artist)</p>	<p>12. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:30am-Picture Frame Decorating 2:00pm-Movie & Popcorn</p>	<p>13. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 1:00-2:00pm-Exercise Group w/OT Students 2:30pm-Soap Making w/OT Students</p>	<p>14. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-CNAide Choice 2:00pm-Connect Four</p>
<p>8:00am-Moving Music 9:00am-Newsletters 9:30am-Exercises 10:30am-Volley Ball w/Debbie, or Train</p>	<p>19. 8:00 am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:30am-Volley Ball 2:00pm-Movie & Popcorn</p>	<p>20. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:30am-Noodle Bop 2:00pm-Walking Party w/ Access Home Health</p>	<p>21. 8:00 am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-Walking Club 2:00pm-Basketball</p>
<p>8:00am-Moving Music 9:00am-Newsletters 9:30am-Exercises 10:30am-Photo Show & Tell w/Debbie, or Train</p>	<p>26. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:30am-Photo Show & Tell 2:00pm-Movie & Popcorn</p>	<p>27. 8:00 am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:30am-Disc Golf 1:00-2:00pm-Exercise Group w/OT Students 2:30pm-Birthday Bash w/ OT Students</p>	<p>28. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-CNAide Choice 2:00pm-Bowling</p>
	<p>*Activities are subject to change</p>		

ASCU LIFE ENRICHMENT CALENDAR

September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>1. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Seated Exercises 10:30am-Walking Club</p> <p>3:00pm-Chapel Services 6:00pm-Sensory Bins</p>	<p>2. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 10:00am-Chapel w/ Bro. David (Communion) 2:00pm-Felt Place Mats 6:00pm-Sensory Bins</p>	<p>3. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:00am- Movement Class w/ Melissa Schoenfeld 2:00pm-Bingo 6:00pm-Sensory Bins</p>	<p>4. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am- Devotional</p> <p>2:00pm-Crafts w/ Jana Green 6:00pm-Sensory Bins</p>
<p>8. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Seated Exercises 10:30am-Walking Club</p> <p>2:00pm-Chapel Services w/ Brian Meeks 6:00pm-Sensory Bins</p>	<p>9. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 10:00am-Chapel w/ Bro. David</p> <p>2:00pm-CNAide Choice 6:00pm-Sensory Bins</p>	<p>10. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:00am- Donut Social</p> <p>2:00pm-Bingo 6:00pm-Sensory Bins</p>	<p>11. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am- Devotional</p> <p>2:00pm-Crafts w/ Jana Green 6:00pm-Sensory Bins</p>
<p>15. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Seated Exercises 10:30am-Walking Club 3:00pm-Chapel Services w/ Terry Ring 6:00pm-Sensory Bins</p>	<p>16. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 10:00am-Chapel w/Bro. David</p> <p>2:00pm-Movie & Popcorn 6:00pm-Sensory Bins</p>	<p>17. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:00am- Music in Memory Maker</p> <p>2:00pm-Bingo 6:00pm-Sensory Bins</p>	<p>18. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am- Devotional</p> <p>2:00pm-Crafts w/ Jana Green 6:00pm-Sensory Bins</p>
<p>22. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Seated Exercises 10:30am-Walking Club</p> <p>3:00pm-Chapel Services 6:00pm-Sensory Bins</p>	<p>23. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 10:00am-Chapel w/ Bro. David</p> <p>2:00pm-Patio & Popcorn 6:00pm-Sensory Bins</p>	<p>24. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:00am- Jewelry Making</p> <p>2:00pm-Bingo 6:00pm-Sensory Bins</p>	<p>25. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am- Devotional</p> <p>2:00pm-Crafts w/ Jana Green 6:00pm-Sensory Bins</p>
<p>29. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Seated Exercises 10:30am-Walking Club</p> <p>3:00pm-Chapel Services w/ Jana Green 6:00pm-Sensory Bins</p>	<p>30. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 10:00am-Chapel w/ Bro. David</p> <p>2:00pm-Carol Ann Cross Walk 6:00pm-Sensory Bins</p>		



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ing Music ers ercises ion w/Tom</p> <p>ith Debbie Bins</p>	<p>5. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:00am- Volley Ball</p> <p>2:00pm-Movie & Popcorn 6:00pm-Sensory Bins</p>	<p>6. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:00am- Fancy Nails</p> <p>2:00pm-Picture This 6:00pm-Sensory Bins</p>	<p>7. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am- CNAide Choice</p> <p>2:00pm-Bingo 6:00pm-Sensory Bins</p>
<p>ing Music ers ercises ion w/Tom</p> <p>ith Debbie Bins</p>	<p>12. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:00am- National Milkshake Day!</p> <p>2:00pm-Movie & Popcorn 6:00pm-Sensory Bins</p>	<p>13. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:00am- Story Time 3:00-4:00pm-Exercise Group w/ OT Students 6:00pm-Sensory Bins</p>	<p>14. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am- Walking Club</p> <p>2:00pm-Connect Four 6:00pm-Sensory Bins</p>
<p>ing Music ers ercises ion w/Tom</p> <p>ith Debbie Bins</p>	<p>19. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:00am- Walk It Out</p> <p>2:00pm-Movie & Popcorn 6:00pm-Sensory Bins</p>	<p>20. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:00am- Conga Line</p> <p>2:00pm-Walking Party w/ Access Home Health 6:00pm-Sensory Bins</p>	<p>21. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am- CNAide Choice</p> <p>2:00pm-Bingo 6:00pm-Sensory Bins</p>
<p>ing Music ers ercises ion w/Tom</p> <p>ith Debbie Bins</p>	<p>26. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:00am- Johnny Appleseed Coloring Activity</p> <p>2:00pm-Movie & Popcorn 6:00pm-Sensory Bins</p>	<p>27. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:00am- Frame Decorating 2:30pm-Resident Birthday Bash w/ OT Students 3:30-4:00pm-Exercise Group 6:00pm-Sensory Bins</p>	<p>28. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am- Walking Club</p> <p>2:00pm-Cornhole 6:00pm-Sensory Bins</p>
	<p>*Activities are subject to change</p>		

Happy Work Anniversary!

Tralanda Creasey, 3 years

Zoie Dyer, 1 year

Rubie Frasher, 2 years

Seth Gill, 15 years

Caleb Hanson, 1 year

Torri Hill, 1 year

Brittany Jones, 2 years

Misty Karnes, 2 years

Kelly Montgomery, 3 years

Taylor Northern, 2 years

Kiranda Northern, 1 year

Amy Parmenter, 25 years

Mackenzey Shelton, 3 years

Ella Sivadon, 5 years

Happy Birthday!

Benny Deaver, Sept. 1

Kaila Lindsey, Sept. 1

Linda McRay, Sept. 1

Kimberly Wyers, Sept. 3

Beverly Sayer, Sept. 4

Nancy Smith, Sept. 4

Myshael Brown, Sept. 5

Torri Hill, Sept. 7

Taylor Morrow, Sept. 8

Daisy Mays, Sept. 9

Marlena Rider, Sept. 12

Trenton McKinney, Sept. 12

Jacklyn Martin, Sept. 12

Anthony Durkin, Sept. 13

Paula Bevill, Sept. 14

Jesus Mejia, Sept. 14

Charles Click, Sept. 15

Brittany Thompson, Sept. 15

Sierra Joyner, Sept. 16

Mary Littlefield, Sept. 16

Teresa Barnes, Sept. 17

Mary Wilson, Sept. 17

Morgan Mier, Sept. 19

Mikayla Blankenship, Sept. 19

Namtrant Pham, Sept. 19

Cierra Ramos, Sept. 19

Marie Flanagan, Sept. 20

Wilma Madewell, Sept. 20

Katie Malone, Sept. 20

Joy Byrd, Sept. 21

Monica Locust, Sept. 21

Chasity Miller, Sept. 22

Barbara Wagoner, Sept. 23

Lucia Valladares, Sept. 23

Laura Beckham, Sept. 24

Sierra Conger, Sept. 24

Amber Herrington, Sept. 24

Lacey Anderson, Sept. 24

Sharon Gerhardt, Sept. 25

Valerie Minhas, Sept. 25

Drusilla Appleyard, Sept. 25

Connie Brown, Sept. 27

Johnny Uselton, Sept. 27

Maria Araujo, Sept. 30

Janet Martinez, Sept. 30

A NOTE FROM OUR THERAPY TEAM



A heart attack, medically known as a myocardial infarction, is a life-threatening event that occurs when the blood flow to a part of the heart muscle is blocked for an extended period. This blockage is typically caused by a buildup of plaque—a mixture of fat, cholesterol, and other substances—inside the coronary arteries, which supply blood to the heart. When plaque ruptures, a blood clot forms around it, obstructing the flow of blood. Without enough oxygenated blood, the heart muscle begins to die, leading to the symptoms and potential complications of a heart attack.

The symptoms of a heart attack can vary but often include chest pain or discomfort, which may feel like pressure, squeezing, fullness, or pain. This pain can radiate to other areas such as the arms, neck, jaw, or back. Other common symptoms include shortness of breath, nausea, lightheadedness, and cold sweats. However, it's important to note that not all heart attacks manifest with obvious symptoms; some can be "silent," particularly in women, the elderly, and individuals with diabetes.

Risk factors for heart attacks include lifestyle choices such as smoking, poor diet, lack of physical activity, and excessive alcohol consumption. Medical conditions like hypertension, high cholesterol, and diabetes also increase the risk. Genetics play a role as well, with a family history of heart disease making one more susceptible.

Prevention of heart attacks involves managing risk factors. This includes adopting a heart-healthy diet rich in fruits, vegetables, whole grains, and lean proteins, engaging in regular physical activity, avoiding tobacco, and managing stress. For those with underlying conditions such as high blood pressure or diabetes, adhering to medical advice and taking prescribed medications is crucial.

Responding to a heart attack promptly and correctly is crucial. If you or someone else exhibits symptoms of a heart attack, the first step is to call emergency services immediately. Do not attempt to drive yourself to the hospital, as this can be dangerous if your condition worsens on the way. While waiting for medical help to arrive, try to stay as calm as possible. If the person is conscious, have them sit down, rest, and try to stay calm.

Heart attacks remain a leading cause of death worldwide, but awareness, prevention, and prompt treatment can significantly reduce their impact. Understanding the signs, managing risk factors, and seeking timely medical care are critical steps in combating this potentially deadly condition.





MALNUTRITION AWARENESS WEEK™

aspen | American Society
for Parenteral and
Enteral Nutrition

What is Malnutrition: Malnutrition is defined as any type of nutritional imbalance. It can occur in a state of overnutrition or undernutrition that leads to a change in body composition and results in diminished function. Malnutrition affects millions of people all over the world, from older adults to those with chronic diseases and cancer.

Types of Malnutrition: Undernourished is what we most often think about when we hear about malnutrition. In reality, there are 4 types of malnutrition: undernutrition, micronutrient-related malnutrition, overweight/obesity and diet-related non-communicable diseases.

Undernutrition: Undernutrition occurs when you don't have an adequate diet or when you can't absorb enough nutrients from your food. Undernutrition is often obvious: people look underweight, bones often protrude, skin is dry and inelastic, and hair is dry and falls out easily. When individuals are undernourished, they can no longer maintain natural bodily functions, such as growth, resisting infections, recovering from disease, learning, and physical work. For women, pregnancy and lactation can be impacted.

Those who have limited access to nutritious, affordable, culturally relevant foods, and those who experience digestion, absorption, or certain metabolic issues are at risk of undernutrition. Many of these people fall into high-risk populations that include:

- Low-income families
- People with a chronic illness or injury
- Elderly people who may lose their sense of taste as well as their ability to shop and cook

Micronutrient-Related: Lack of vitamins and minerals in the diet is considered micronutrient malnutrition. Even though micronutrients don't provide calories, they help produce enzymes, hormones, and other substances that are essential for proper growth and development. Iodine, vitamin A, and iron are the most important in global public health terms; their deficiency represents a major threat to the health and development of populations worldwide, particularly children and pregnant women in low-income countries.

Overweight & Obesity: Overweight and obesity are when a person is too heavy for his or her height. The best tool to measure this is the Body mass index (BMI). The BMI is an index of weight-for-height commonly used to classify overweight and obesity. In adults, overweight is defined as a BMI of 25 or more, whereas obesity is a BMI of 30 or more. Overweight and obesity result from an imbalance between energy consumed (too much) and energy expended (too little). It happens when people consume too many calories and do less physical activity.

Diet-Related Non-Communicable Diseases: Diet-related non-communicable diseases (NCDs) include cardiovascular diseases, certain cancers, and diabetes. Those who suffer from injury or illness, chronic disease or metabolic issues affecting digestion or absorption will have greater nutritional needs because the demands on the body are higher. This puts them at high risk of malnutrition due to difficulty meeting the higher nutrition needs. Lastly, underlying medical conditions may also affect one's ability to chew, swallow or tolerate food.

The bottom line is there are many people suffering from malnutrition of some type. The World Health Organization estimates that billions of people are affected by malnutrition. During this month help us bring awareness to malnutrition so it is better detected in clinical and community settings.

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.



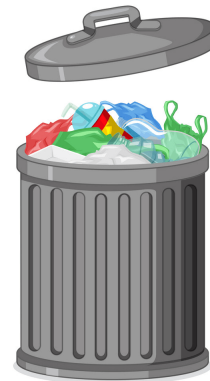
AFTER HOURS CONTACT INFO

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.

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



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.