



METHODIST VILLAGE

SENIOR LIVING

A Monthly Publication of Methodist Village Senior Living October 2024 | Volume 63 | Issue 10

A NOTE FROM OUR CEO...



Dear MVSL Residents, Families and Team,

More projects are completed! The MVSL Park and the Sensory Sanctuary are done! Thank you for your patience and support on these wonderful projects. We will be hosting a ribbon cutting and open house on Thursday, October 3rd, at 10am and would love for you to be in attendance.

The Methodist Foundation for Arkansas and The Degen Foundation will be in attendance, as well as the First United Methodist Church, who will present a check for our Advanced Certified Dementia Training Program. Please come and help us say thank you to these organizations who care so much for our campus and community.

The remodel on the Northwest Hall Nurse Station and sitting area has begun! This area will be transformed into a charting area and a beautiful sitting area overlooking Carol Ann Cross Park. Our residents are going to love looking out over the trees and landscape to the pond. We will also be remodeling the Northwest/West halls, so again, please be patient with us as we transform these areas to make them beautiful for our residents to enjoy.

Don't forget to get outside and visit our porches, courtyards, and if able, the park to enjoy our fall weather!

Warmest regards,
Melissa

The MVSL Foundation *presents*
Bubbles
&
Bow Ties
A New Year's Eve Event



Tuesday, December 31, 2024 | 7:00pm-1:00am

Research Institute | 1000 Fianna Way | FSM, AR 72916

Tickets Now Available- \$150

For Sponsorship Opportunities call 479-755-6304

A LOOK BACK AT SEPTEMBER



PUMPKIN PATCH

WORD SEARCH PUZZLE

ACRES
BARN
BIG
BUMPS
COLOR
CORN STALKS
FALL
FARMER
FIELD
FIRM
FLOWERS
GOURDS
HARVEST
HAYRIDE
MAZE
MEDIUM
MINI
ORANGE
PAINTED
PAY
PICK
PUMPKINS
SCARECROW
SELL
STAND
STEMS
TOUCH
WEIGHT
WHITE

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.

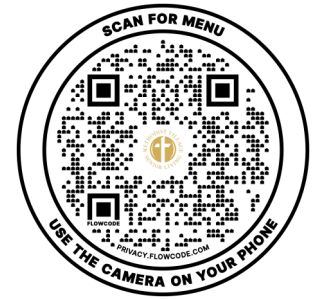


CAMPUS NEWS

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)



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.

We're Open:

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

Payroll Deduct (over \$5), Credit Card, & Cash Accepted



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

ARTS ON MAIN

THANK YOU to Arts on Main and Volunteer Daniel for sharing the Arts with MVSL!



CAMPUS MENU

October 2024



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



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ad, Stuffed Sauce/ Herb Thigh, Garlic ned Green nner Roll,</p>	<p>3. House Salad, Chicken Stir Fry/ Pork Chow Mein, Sesame Brown Rice, White Dinner Roll, Orange Pineapple Gelatin</p>	<p>4. Coleslaw, Braised Pork Chop/ Mediterranean Baked Fish, Whipped Sweet Potato, Seasoned Green Beans, Wheat Dinner Roll, Chocolate Chip Cookies</p>	<p>5. Garden Salad, Salisbury Steak & Gravy/ Grilled Chicken Breast, Baked Potato, Tuscany Mix Vegetables, Wheat Dinner Roll, Lazy Daisy Cake</p>
<p>arin Salad, Liver & Greens, White ake</p>	<p>10. House Salad, BBQ Pork Ribs/ Parmesan Baked Cod, Ginger Whipped Sweet Potatoes, Roasted Cauliflower, Wheat Dinner Roll, White Chocolate Macadamia Cookies</p>	<p>11. Coleslaw, Fried Catfish Fillet/ Teriyaki Chicken, Mashed Potatoes, Wheat Dinner Roll, Tartar Sauce, Lemon Cake</p>	<p>12. Garden Salad, Mediterranean Baked Fish/ Pork Supreme, Wild Rice Pilaf, Scandinavian Blend Vegetables, White Roll, Sugar Cookies</p>
<p>alad, Maple ulled Turkey & Potatoes, coli Florets, oll, Cookies</p>	<p>17. House Salad, Teriyaki Chicken/ Roast Pork, Fluffy Rice, Tuscany Mix Vegetables, Hawaiian Roll, Chocolate Cake</p>	<p>18. Coleslaw, Meatloaf & Gravy/ Manicotti in Sauce, Mashed Potatoes, Wheat Dinner Roll, Sugar Cookies</p>	<p>19. Garden Salad, Lemon Chicken/Fried Catfish Fillet, Rice Pilaf, Honey Glazed Baby Carrots, Brownie</p>
<p>alad, Herb & d Pork/ Baked Winter Blend eat Dinner ter Cookies</p>	<p>24. House Salad, Chicken Broccoli Alfredo Casserole/ Liver & Onions, Mashed Potatoes, Seasoned Green Beans, Wheat Roll, Frosted Spice Cake</p>	<p>25. Coleslaw, Maple Mustard Glazed Chicken/ BBQ Meatballs, Seasoned Egg Noodles, Seasoned Spinach, Oatmeal Raisin Cookies</p>	<p>26. 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>31. House Salad, Chicken Stir Fry/ Pork Chow Mein, Sesame Brown Rice, White Dinner Roll, Orange Pineapple Gelatin</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.

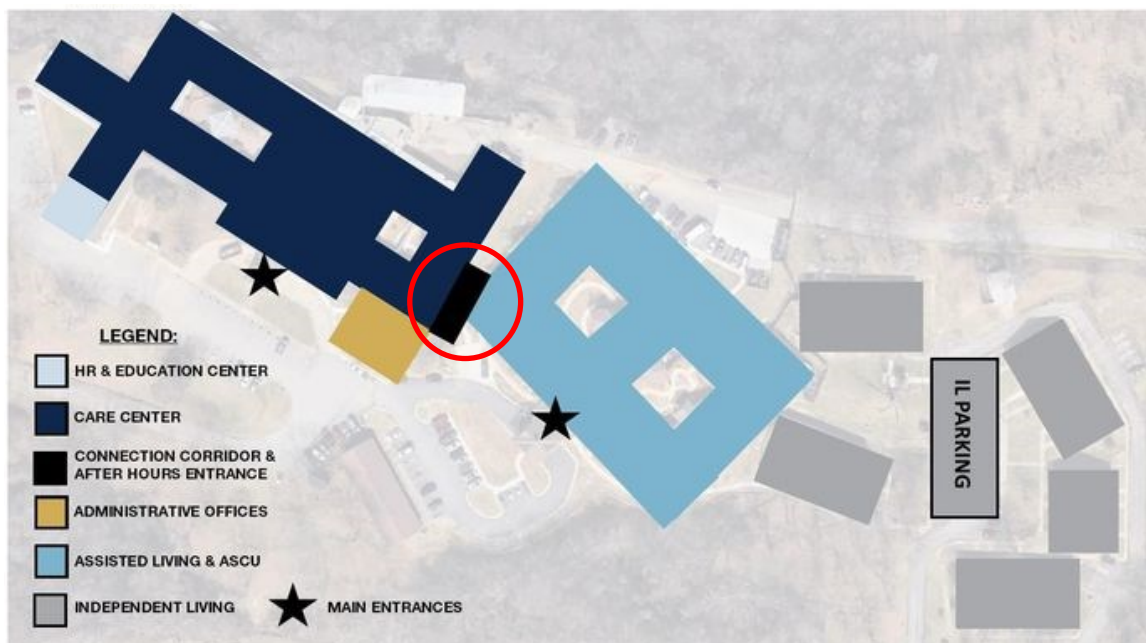


We understand what a difficult choice it is to leave your home and move to a retirement community. So, thank you for choosing Methodist Village Senior Living to be your new home! Welcome to the MVSL Family!

!!! 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...



It's Fall Ya'll!

It's finally, officially Fall! October is a month for a break from the hot weather and the transition into winter. Fall is often called autumn in the United States because the leaves of trees change color and fall during this time.

In many cultures, autumn has been marked by rites and festivals revolving around the season's importance in food production. Animals gather food in autumn in preparation for the coming winter, and those with fur often grow thicker coats. Many birds migrate toward the Equator to escape the falling temperatures.

I can remember when I was growing up, my mother would break out puzzles every year in the fall. The dining room table would become the area to keep puzzles going throughout the fall and winter. She could be found at that dining room table at various times of day or night, carefully putting pieces in. Anyone who had time was encouraged to stop and sit a while to visit and work on the puzzle with her.

There are so many ways to celebrate fall, including:

- Attending a fall festival
- Going on a hayride
- Visiting a pumpkin patch or corn maze
- Playing in the leaves
- Carve Jack-O'-Lanterns and roast the pumpkin seeds
- Have a chili cookoff
- Go for a drive to see the colorful fall foliage
- Make a bonfire and roast hot dogs and make smores
- Decorate pumpkins on the porch
- Enjoy some apple cider or hot chocolate

However you decide to celebrate fall, do it with thanksgiving in your heart!

God bless,
Terri Kimble
Care Center Administrator

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



Greetings, families, friends, and residents.

Happy October to you! I hope this month finds you full of happiness and joy. I am so happy fall is here, are you? I love the colors fall brings to the trees and the coolness to the air.

It is with great sadness that I tell you Noah's last day with us here at MVSL will be on October 1st. I know this move for Noah is what is meant for him. He has promised to come back and visit when he can. It has been such a blessing for Kelly and me to have worked with Noah for the past year now, and I know you will miss him as much as we will.

Team & Volunteers, This month, we are going to have a Halloween door decorating contest. You may only use the blue painter's tape to affix your decorations to the door (all the other tape will take the paint off the doors). This is going to be so much fun. Kristi Graham will judge the doors on October 31st; there will be a prize! Thank you to our very talented and artsy Kristi Graham for helping us with this.

We will also be having a pumpkin carving contest! I can't wait to see your pumpkins. The winner gets a prize! Your pumpkins will be judged by Britney McCleod and the Team from Heart of Hospice.

Halloween morning at 10:30am, we will have a Halloween parade in our Halloween costumes. Our residents enjoyed this so much last year. If you can, I would love for you to participate in this for our residents.

This year, MVSL is going to host a trunk or treat in partnership with Heart of Hospice. Thank you, Britney McCleod, for this idea and for all you do for the community!

I want to say a special thank you to ALL my volunteers who have come and given their time to our residents. I am so, so thankful for you!

Families & Team, I am asking for donations of candy for trunk or treat. Our residents will be handing out candy to the children. Trunk or Treat will be from 5:30- 7:00 pm. Date to be announced.

This month, we are giving back to the community by saying a special thank you to our police officers in our surrounding communities and our local EMTs. This month is National Coffee with a police officer month and First Responders Month.

I love each one of you very much.

Kassie Hicks
Life Enrichment Director

CARE CENTER LIFE ENRICHMENT CALENDAR

October 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>*Activities are subject to change</p>		<p>1. 10:30am– Making Thank You Cards for our local police dept.</p> <p>2:30pm– Exercise with emotion with Mellisa.</p>	<p>2. 10:30am– Cop day. Coffee with local police</p> <p>2:30pm–Spooktacular w/ a snack</p>
<p>6. 10:30am– TV Devotion in the Library</p> <p>2:30pm– New Hearts singing group</p>	<p>7. 10:30am– Devotion with Bro. David</p> <p>2:30– Pumkin Pong challenge w/ prizes</p>	<p>8. 10:30am– Spooktacular Bingo</p> <p>2:30pm– Witch Hat Ring Toss on the patio</p>	<p>9. Beer and Pizza 10:30am– Nails</p> <p>2:30am– Non-Alcoholic beverage, pizza and history of beer w/ speaker</p>
<p>13. 10:30am– TV Devotion in the Library</p> <p>2:30pm– Bingo in the Dining Room</p>	<p>14. 10:30 am– Devotion with Bro. David</p> <p>2:30– Arts and Crafts, Making ghost, bats, and goblins</p>	<p>15. 10:30 am– Bingo in the Dining Room</p> <p>2:30 pm– Silver Dragon Goat Farm, Baby goats on the patio</p>	<p>16. 10:30 am– Fancy Nails</p> <p>2:30 pm– Paint and a Halloween contest</p>
<p>20. 10:30am– TV Devotion in the Library</p> <p>2:30pm– Bingo in the Dining Room</p>	<p>21. First Responder Day</p> <p>10:30am-Coffee and donuts with our Ft. Smith EMTs</p> <p>2:30– Noodle Bop</p>	<p>22. 10:30 am– Spooktacular Bingo</p> <p>2:30pm– Spaghetti Halloween sensory game on patio, What are you touching?</p>	<p>23. 10:30am– Table Games</p> <p>2:30– November Club</p>
<p>27. 10:30am– TV Devotion in the Library</p> <p>2:30pm– Bingo in the Dining Room</p>	<p>28. 10:30 pm– Devotion with Bro. David</p> <p>2:30 pm– Halloween Musical Chairs</p>	<p>29. 10:30 am– Spooktacular Bingo</p> <p>2:30 pm– October Birthday party w/ Music & Games</p>	<p>30. 10:30 am–</p> <p>2:30 pm– Mum Race</p>



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>coffee with a and donuts e depts. acular Bingo</p>	<p>3. 10:30am-Trick or Treat Cup Edition w/prizes 2:30pm- Count Dracula Bingo w/ a snack</p>	<p>4. Habitat Day 10:30am- 1:1 Room Visits 2:30pm-Presentation on our habitat with OT</p>	<p>5. 9:00am- 12:00pm ARCOM Students 2:30pm- Activity w/ the RNAs</p>
<p>Pizza Day s Alcoholic , and the w/guest</p>	<p>10. 10:30am- Pumpkin Coffee & Conversation, Let's make new friends! 2:30pm- Count Dracula Bingo</p>	<p>11. 10:30am-1:1 Room Visits 2:30pm-Making Halloween cookies w/ music</p>	<p>12. 10:30am- Coffee hour in the Library 2:30pm- Activity w/ the RNAs</p>
<p>Halloween ing pumpkins n coloring</p>	<p>17. 10:30 am- Halloween Edition, Wheel of Fortune 2:30 pm- Count Dracula Bingo w/ a snack</p>	<p>18. 10:30am-1:1 Room Visits 2:00- Exercising with OT 2:30- Activity planned by OT students</p>	<p>19. 10:30am- Coffee hour in the Library 2:30pm- Activity w/ the RNAs</p>
<p>Fancy Nails & er Calendar</p>	<p>24. 10:30 am- Softball & Cheer Squad Exercises 2:30- Count Dracula Bingo</p>	<p>25. 10:30am-1:1 Room Visits 2:30pm- Building a campfire & roasting hotdogs with Boy scouts of America Troop 2316</p>	<p>26. 10:30am- Coffee hour in the Library 2:30pm- Activity w/ the RNAs</p>
<p>Nails my Relay</p>	<p>31. 10:30am- Halloween Costume Parade 2:30pm- Halloween Party w/ games</p>		

A NOTE FROM OUR AL/ASCU ADMINISTRATOR...



Happy October Everyone!

We have officially made it to my second favorite month of the year! The weather is cooling off, the leaves are changing colors, and it is time to start decorating for Halloween!

Hot chocolate and coffee socials will begin around the fireplace, and we look forward to laughing and reminiscing with your loved ones!

This month is also very near and dear to many people as it is Breast Cancer Awareness Month. The National Breast Cancer Foundation states that “1 in 8 women will be diagnosed with breast cancer in her lifetime” and “according to the American Cancer Society, when breast cancer is detected early, and is in the localized stage, the 5-year relative survival rate is 99%. Early detection includes doing monthly breast self-exams and scheduling regular clinical breast exams and mammograms.”

Schedule your exam today!





A NOTE FROM OUR CAMPUS EDUCATION DIRECTOR...

Happy Fall, Ya'!!!

October is my favorite month. It usually brings cooler weather, vibrant colors in nature, and the fact that the holiday season is just around the corner. It's a great month for me. It's my birthday month and the start of boot season! I am excited to see what this month brings as we start the slow march to the end of the year.

Another exciting thing for me is that this month marks the first anniversary of our Education Center. It has been a wonderful experience for me to be able to provide all our educational opportunities in such a beautiful space with state-of-the-art technology. I personally want to thank all of you who were part of making this Center a reality. We have been able to provide so many opportunities in an inviting, comfortable space, and that would have never happened without you!

Our current NA Program students will graduate on October 7, 2024, so remember to congratulate them when you see them! Our next class has not been scheduled, so keep an eye out for that. The next Dementia Training will begin on Tuesday, October 22, 2024. We will also have Skin Class, CPR classes (dates to be announced), and other learning opportunities available this month. I enjoy getting to know our new staff members and providing the information needed to assist our staff over the past few years. I just cannot wait to see what the future holds!

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

October 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>*Activities are subject to change</p> <p>*Staff Halloween Dress Up Week 10/28-10/31</p>		<p>1. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:00am-Movement Class w/ Melissa Schoenfeld</p> <p>2:00pm-Bingo</p>	<p>2. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Devotion</p> <p>2:00pm-Crafts w/ Jeopardy 3:00pm-Mexican Tacos</p>
<p>6. 8:00 am-Soothing Music 9:00am-Newsletters 9:30am-Seated Exercises 10:30am-Walking Club</p> <p>2:00pm-Chapel Services w/ Brian Meeks</p>	<p>7. 8:00 am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 11:15am-Chapel w/David (Communion)</p> <p>2:00pm-Dominos w/ Project Compassion</p>	<p>8. 8:00 am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:30am-Donut/Calander Club</p> <p>2:00pm-Bingo</p>	<p>9. 8:00 am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Devotion</p> <p>2:00pm-Crafts w/ Jeopardy 3:00pm-Mexican Tacos</p>
<p>13. 8:00 am-Soothing Music 9:00am-Newsletters 9:30am-Seated Exercises 10:30am-Walking Club</p> <p>3:00pm-Chapel Services w/Jeff Curry</p>	<p>14. 8:00 am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 11:15am-Chapel w/David</p> <p>2:00pm-Dominos w/ Project Compassion</p>	<p>15. 8:00 am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:30am-Root Beer Floats</p> <p>2:00pm-Bingo</p>	<p>16. 8:00 am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Devotion</p> <p>2:00pm-Crafts w/ Jeopardy 3:00pm-Mexican Tacos</p>
<p>20. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Seated Exercises 10:30am-Walking Club</p> <p>3:00pm-Chapel Services</p>	<p>21. 8:00 am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 11:15am-Chapel w/David</p> <p>2:00pm-Dominos w/ Project Compassion</p>	<p>22. 8:00 am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:00am-Antique Car Show w/ photographer courtesy of Project Compassion</p> <p>2:00pm-Bingo</p>	<p>23. 8:00 am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Devotion</p> <p>2:00pm-Crafts w/ Jeopardy 3:00pm-Mexican Tacos</p>
<p>27. 8:00 am-Soothing Music 9:00am-Newsletters 9:30am-Seated Exercises 10:30am-Walking Club</p> <p>3:00pm-Chapel Services</p>	<p>28. 8:00 am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 11:15am-Chapel w/David</p> <p>1:30pm-Short Story Club 2:00pm-Dominos w. P.C.</p>	<p>29. 8:00 am-Soothing Music 9:00 am-Newsletters 9:30 am-Sit & Be Fit 10:30am-Short Story Club</p> <p>2:00pm- Bingo</p>	<p>30. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Devotion</p> <p>2:00pm-Crafts w/ Jeopardy 3:00pm-Mexican Tacos</p>



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ing Music ers rcises n w/Tom</p> <p>Debbie Train</p>	<p>3. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:30am-Dollar Tree Outing</p> <p>2:00pm-Movie & Popcorn</p>	<p>4. 8:00 am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:30am-Breast Cancer Awareness Coffee Cup Decorating 2:00pm-Resident Council</p>	<p>5. 8:00 am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-Walking Club</p> <p>2:00pm-Cornhole</p>
<p>ing Music ers rcises n w/Tom</p> <p>Debbie or Train</p>	<p>10. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:30am-Wal-Mart Neighborhood Market Outing</p> <p>2:00pm-Movie & Popcorn</p>	<p>11. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 1:00-2:00pm-Exercise Group w/ School of O.T 2:30pm-Halloween Themed Soap Making w/School of O.T. Students</p>	<p>12. 8:00 am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-CNAide Choice</p> <p>2:00pm-Connect Four</p>
<p>ing Music ers rcises n w/Tom</p> <p>Debbie Train</p>	<p>17. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:30am-Fall Drive w/Ice Cream</p> <p>2:00pm-Movie & Popcorn</p>	<p>18. 8:00 am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:30am-Game Day</p> <p>2:00pm-Walking Party w/ Access Home Health</p>	<p>19. 8:00 am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-Walking Club</p> <p>2:00pm-Basketball</p>
<p>ing Music ers rcises on w/Tom</p> <p>/Debbie or Train</p>	<p>24. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:30am-Village Inn Mexican Restaurant Outing</p> <p>2:00pm-Movie & Popcorn</p>	<p>25. 8:00 am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba</p> <p>2:00pm-Exercise Group w/ School of O.T. Students 2:30pm-Apples to Apples w/ School of O.T. Students</p>	<p>26. 8:00 am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-CNAide Choice</p> <p>2:00pm-Bowling</p>
<p>ing Music ers rcises n w/Tom</p> <p>Debbie Train</p>	<p>31. 8:00am-Soothing Music 9:00am-Newletters 9:30am-Moving & Grooving 10:30am-Jack & Jill Preschool Trick or Treating</p> <p>2:00pm-Monster Mash Party!</p>		

ASCU LIFE ENRICHMENT CALENDAR

October 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
*Activities are subject to change			
<p>6. 8:00 am-Soothing Music 9:00am-Newsletters 9:30am-Seated Exercises 10:30am-Walking Club</p> <p>2:00pm-Chapel Services w/Jeff Curry 6:00pm-Sensory Bins</p>	<p>7. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 10:00am-Chapel w/David (Communion)</p> <p>2:00pm-CNAide Choice 6:00pm-Sensory Bins</p>	<p>1. 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>2. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am- Devotions</p> <p>2:00pm-Crafts w/Staff 6:00pm-Sensory Bins</p>
<p>13. 8:00 am-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>14. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 10:00am-Chapel w/David</p> <p>2:00pm-Hot Chocolate Social 6:00pm-Sensory Bins</p>	<p>15. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:00am- Cornhole</p> <p>2:00pm-Bingo 6:00pm-Sensory Bins</p>	<p>16. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am- Devotions</p> <p>2:00pm-Crafts w/Staff 6:00pm-Sensory Bins</p>
<p>20. 8:00 am-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>21. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 10:00am-Chapel w/David</p> <p>2:00pm-Sing Along w/Staff 6:00pm-Sensory Bins</p>	<p>22. 8:00 am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:00am-Antique Car Show w/ photographer courtesy of Project Compassion</p> <p>2:00pm-Bingo</p>	<p>23. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am- Devotions</p> <p>2:00pm-Crafts w/Staff 6:00pm-Sensory Bins</p>
<p>27. 8:00 am-Soothing Music 9:00am-Newsletters 9:30am-Seated Exercises 10:30am-Walking Club</p> <p>3:00pm-Chapel Services w/6:00pm-Sensory Bins</p>	<p>28. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 10:00am-Chapel w/David</p> <p>2:00pm-Fall Drive 6:00pm-Sensory Bins</p>	<p>29. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:00am- Bowling</p> <p>2:00pm-Bingo 6:00pm-Sensory Bins</p>	<p>30. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am- Devotions</p> <p>2:00pm-Crafts w/Staff 6:00pm-Sensory Bins</p>



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>ing Music ers ercises ion w/Tom</p> <p>ith Debbie Bins</p>	<p>3. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:00am- Bowling</p> <p>2:00pm-Movie & Popcorn 6:00pm-Sensory Bins</p>	<p>4. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba</p> <p>2:30pm-Breast Cancer Awareness Painting 6:00pm-Sensory Bins</p>	<p>5. 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>10. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:00am- Pumpkin Decorating</p> <p>2:00pm-Movie & Popcorn 6:00pm-Sensory Bins</p>	<p>11. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:00am- Root Beer Floats</p> <p>3:00-4:00pm-Exercise Group w/ School of O.T. Students 6:00pm-Sensory Bins</p>	<p>12. 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>17. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:00am- Noodle Bop</p> <p>2:00pm-Movie & Popcorn 6:00pm-Sensory Bins</p>	<p>18. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:00am- Fall Cupcakes</p> <p>2:00pm-Walking Party w/ Access Home Health 6:00pm-Sensory Bins</p>	<p>19. 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>24. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:00am-Make Halloween Goodie Bags for Jack & Jill Preschool 2:00pm-Movie & Popcorn 6:00pm-Sensory Bins</p>	<p>25. 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:00am- Coffee & Conservation</p> <p>3:30-4:00pm-Exercise Group 6:00pm-Sensory Bins</p>	<p>26. 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>ing Music ers ercises ion w/Tom</p> <p>/ Debbie Bins</p>	<p>31. 8:00am-Soothing Music 9:00am-Newletters 9:30am-Moving & Grooving 10:30am-Jack & Jill Preschool Trick or Treating</p> <p>2:00pm-Monster Mash Party! 6:00pm-Sensory Bins</p>		

Happy Work Anniversary!

Maria Araujo, 2 years
Selma Atwell, 17 years
Courtney Ball, 13 years
Myshael Brown, 1 year
Erin Chronister, 1 year
Michael Ferrua, 10 years
Kristi Graham, 6 years
Alma Klem, 3 years
Despina Morgan, 1 year

Taylor Morris, 1 year
Trevor Northern, 1 year
Tessa Potter, 2 years
Abigail Rodriguez, 7 years
Lucia Valladares, 2 years

Happy Birthday!

Malcolm Collins, Oct. 1	Wes Majors, Oct. 11	Lyndsi Wilson, Oct. 20
Jackie, Mitchael, Oct. 1	Jahmilah Scott, Oct. 12	Victoria Efurd, Oct. 22
Adell Whitfield, Oct. 2	Alexis Skelton, Oct. 12	Bonnie Paul, Oct. 22
Gerald Flowers, Oct. 3	Darrel Cato, Oct. 13	Bianca Christian, Oct. 23
Kirk Gay, Oct. 4	Kathryn Medlock, Oct. 13	Alex Ervin, Oct. 23
Mary Frasher, Oct. 5	Irvin Morris, Oct. 13	Nina Waack, Oct. 23
Kinzey Rogers, Oct. 5	Mishna Orion, Oct. 13	Jo Hall, Oct. 25
Alicia Hanson, Oct. 7	Becky Todd, Oct. 14	Brittney Sanders, Oct. 25
Ronnie Martin, Oct. 7	Taylor Morris, Oct. 15	Betty Hopper, Oct. 28
Paige Sullivan, Oct. 7	Stacy Bell, Oct. 19	MeLynnda Dunn, Oct. 29
Huy Pham, Oct. 8	Selma Atwell, Oct. 19	Carolyn Moore, Oct. 29
Barbara Wade, Oct. 8	John Jack, Oct. 19	Caleb Hanson, Oct. 30
Elizabeth Reay, Oct. 9	Savannah Nye, Oct. 19	Kadance Sumpter, Oct. 31
Nancy Taylor, Oct. 10	Betty Aldridge, Oct. 20	
Cholette Rosas, Oct. 10		

A NOTE FROM OUR THERAPY TEAM



Medicare replacement plans, commonly known as Medicare Advantage plans, provide an alternative to traditional Medicare by offering additional benefits through private insurance companies. While these plans may seem attractive with their bundled services, they present notable disadvantages, particularly when it comes to coverage in skilled nursing facilities (SNFs).

One significant drawback of Medicare replacement plans in SNFs is the restriction of provider networks. Unlike traditional Medicare, which allows beneficiaries to access any SNF that accepts Medicare, Medicare Advantage plans often have limited networks of participating facilities. This can severely limit the options available to individuals, especially if their preferred SNF is not within the plan's network.

Another disadvantage is the potential for higher out-of-pocket costs. While Medicare Advantage plans may have lower monthly premiums compared to traditional Medicare, they often come with higher copayments, coinsurance, and deductibles for SNF care. This can place a financial burden on individuals who require extended stays in SNFs for rehabilitation or long-term care.

Medicare replacement plans may impose stricter requirements for coverage in SNFs. Some plans may require prior authorization for SNF stays or limit the duration of coverage, potentially leaving beneficiaries without adequate support for their recovery or ongoing care needs. This can result in delays in accessing necessary services and disruptions in continuity of care.

Individuals enrolled in Medicare replacement plans may face challenges if they need to transfer to a different SNF or require care outside of their plan's service area. Unlike traditional Medicare, which provides nationwide coverage, Medicare Advantage plans may limit coverage to specific geographic regions, making it difficult for beneficiaries to access SNFs when traveling or relocating.

Navigating the appeals process for coverage disputes in SNFs can be more complicated with Medicare replacement plans. While traditional Medicare has a well-established appeals process overseen by the Centers for Medicare & Medicaid Services (CMS), Medicare Advantage plans may have their own internal procedures that lack transparency and may not offer the same level of protection for beneficiaries.

While Medicare replacement plans offer some advantages, they also present significant challenges for individuals requiring care in skilled nursing facilities. It's crucial for beneficiaries to carefully review their plan options and understand the limitations and potential pitfalls associated with Medicare Advantage coverage in SNFs to ensure they receive the care they need with minimal financial strain and disruption.

Medicare open enrollment is October 15-December 1 if you are considering changing to traditional Medicare.

Vegetarian Awareness Month



October is Vegetarian Awareness Month, providing a great opportunity for people to explore different vegetarian foods, their benefits, and how they can be incorporated into a regular meal schedule. From taking part in 'Meatless Mondays,' to adopting a more plant-based diet, partaking in Vegetarian Awareness Month can teach people about the influence diet has on overall well-being. Vegetarian diets have been shown to reduce the risk of chronic diseases including cardiovascular disease, diabetes, prediabetes, osteoporosis, cancer, and obesity. Eating more fruits,

vegetables, beans, nuts, and whole grains can result in an increased lifespan and improved quality of life.

Vegetarian Diets To begin learning about a vegetarian lifestyle it is best to understand the different plant-based diets. These diets are categorized based on the extent to which animal products are excluded.

Semi-Vegetarian or Flexitarian Diets are primarily vegetarian but include a small amount of meat, poultry, fish, and seafood. They might include dairy foods and eggs. This flexible type of eating is a good starting place for individuals looking to incorporate more plant-based meals.

Vegetarian Diets include mostly plant-derived foods but may have some amounts of milk and dairy products, eggs, and honey.

Pescatarian Diets are also primarily vegetarian but include shellfish and fish.

Lacto-ovo Vegetarian Diets include eggs and dairy products but exclude meat, fish, poultry, and any products that contain these foods.

Vegan Diets are entirely plant-based, excluding all animal-derived products and ingredients. Animal foods are one of the primary sources of vitamin B-12; therefore, vegans should include B-12-fortified foods such as cereals, nutritional yeast, and some plant-based beverages and take a B-12 supplement to ensure adequate intake.

Reasons to Celebrate Vegetarian Awareness Month Even non-vegetarians can celebrate Vegetarian Awareness Month. Reasons to celebrate include:

Taste! Vegetarian meals are delicious, fast and easy and can be far from boring; experimenting with antioxidant-rich herbs, spices and sauces for flavor can be fun for chefs and families alike.

Meatless Monday has gained worldwide attention. Including meatless meals each week can help save money and time and increase dietary micronutrients and fiber intake.

Save money. Studies show that plant-based diets could cost less money. Animal protein has been assessed as more expensive than plant-based foods. Additional savings could come from the many health benefits of plant-based diets and reducing money spent on medical care.

Vegetarian diets are statistically higher in fiber. Though 25-34 grams of fiber per day is recommended, the typical American consumes only 12-15 grams. Increasing whole grains, legumes and fresh produce can easily help achieve the goal. For example, just one cup of lentils contains 16 grams of fiber.

Respect for the environment and sustainability. From water protection to soil and air quality, raising animals uses more natural resources than growing plants. Studies show that plant-based diets are more environmentally sustainable than those rich in animal foods.

Health! Studies show that vegetarian diets are statistically higher in vitamins A, B2, C, and E, beta carotene, calcium and folate than non-vegetarian diets. This dietary pattern is linked to reduced risk of heart disease and type 2 diabetes as well as other chronic conditions.

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.



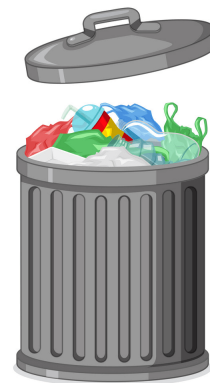
AFTER HOURS CONTACT INFO

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.

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



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.