



### A NOTE FROM OUR CEO

Dear MVSL Residents, Families, Friends, and Team:

Happy New Year! What a wonderful year we have had and what a wonderful year ahead of us!

A new year is a fresh start on the calendar, full of hope and potential. In other words, it's the perfect time to connect with your loved ones and make new friends! Whether you're planning to celebrate in person with your circle or stay in touch with those far away, let the people who matter most to you know that you're thinking of them.

It is also the beginning of setting new goals for yourself! It may be to lose weight, gain weight, exercise, organize, or Jazzercise! Whatever your goal may be, start it, stick to it, and complete it. Make yourself accountable to a family member, friend, or co-worker!

Here are my goals, so help me stay on track:

1. Read and study the Bible EVERY DAY, starting with Matthew.
2. Eat healthier... cut out SOME sugars.
3. Exercise... take a walk in the MVSL Campus Park.
4. Spend QUALITY time with family.
5. Pray for a sweeter spirit.

Warmest,

Melissa

# WELCOME TO 2025

## JANUARY FUN FACTS

Birth Flower: Carnation

Birthstone: Garnet

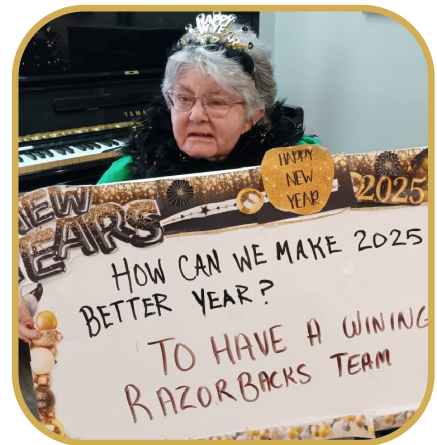
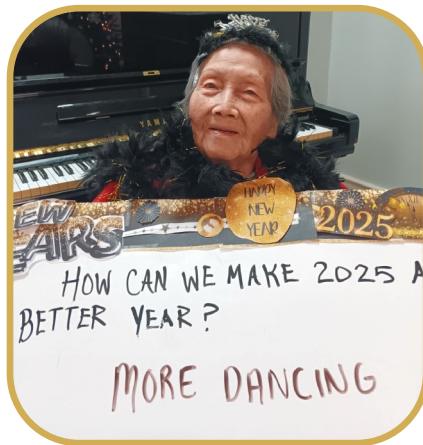
The first New Year's ball drop in New York City was in 1908

Alaska became the 49th state in January 1959

Eating 12 grapes at midnight on NYE is a Spanish tradition believed to bring luck.

In the US, eating black-eyed peas on New Year's Day is thought to bring prosperity.

January is National Soup Month.



## COMMUNITY PARTNER OF THE MONTH



westernArkansas  
**BALLET**

Thank you for performing excerpts from the Nutcracker for our residents! We are so grateful to experience the amazing talent from our community.



# A LOOK BACK AT DECEMBER



# WORD SEARCH



# HAPPY NEW YEAR

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

CELEBRATE  
GOALS  
JANUARY  
COUNTDOWN

CONFETTI  
NOISEMAKER  
PARTY  
MIDNIGHT

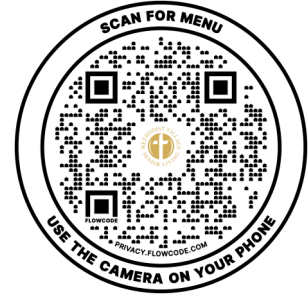
RESOLUTION  
CLOCK  
CHEERS  
SPARKLES

# CAMPUS NEWS

## MVSL Park– Naming Opportunities

Honor a loved one, leave a legacy, and invest in your community. *Place your order today!*

Park Benches • Landscape Rocks • Bridge  
Picnic Tables • Gazebo • Walking Trail  
Custom Bricks



(Scan QR code for Order Form)



## Visitors & Guests

Please call MVSL Security at **479-755-5009**, for assistance coming from or going to your vehicle. They will be more than happy to help.

## We're Open!

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

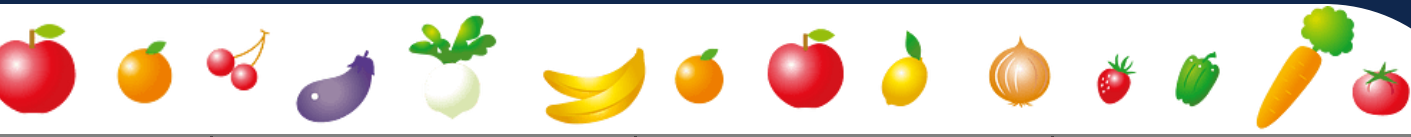
To exceed the expectations of our residents and families while inspiring hearts and minds.

# CAMPUS MENU

# JANUARY 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			<b>1  HAPPY N</b> Roast Beef w/ Herbed Pork Black-Eyed Pe Collard Green Cornbread M Sweet Potato
<b>5 </b> Beef Pot Roast / Herb Roasted Salmon Herb Roasted Potatoes Roasted Vegetables White Roll Apple Pie	<b>6 </b> Baked L'Orange Fish / Mornay Turkey Baked Potato Mixed Vegetables Wheat Roll Lemon Bar	<b>7 </b> Chicken Stir-Fry / Beef Broccoli Sir-Fry Fried Rice Wheat Roll Banana Cake	<b>8 </b> Mustard & He Pork / Lemon Herb Roasted Creamed Pea White Rolls Sugar Cookie
<b>12 </b> Meatloaf / Orange Glazed Pork Roast Mashed Potatoes Roasted Carrots Wheat Roll Iced Brownie	<b>13 </b> Fried Chicken w/Gravy / Honey Apple Pork Loin Mashed Potatoes Corn O'Brien White Roll Chocolate Chip Cookie	<b>14 </b> Baked Ziti / Turkey a la King Mixed Vegetables Garlic Breadstick Frosted Coconut Cake	<b>15 </b> BBQ Chicken Baked Cod w/ Confetti Rice Green Beans Wheat Roll Frosted Yellow
<b>19 </b> Maple Glazed Ham / Pesto Turkey Mashed Potatoes Squash Medley Wheat Roll Peach Crisp	<b>20 </b> Turkey a la King / Sweet & Sour Pork Seasoned Egg Noodles Green Beans w/Thyme White Roll Applesauce Cake	<b>21 </b> Mediterranean Baked Fish/ Chicken Pot Pie Mashed Potatoes Mixed Vegetables Wheat Roll Brownie	<b>22 </b> Chicken Stew Spaghetti w/M Squash Medl Wheat Roll Cookie Cookie
<b>26 </b> Roast Beef / Glazed Ham Mashed Sweet Potatoes Roasted Vegetables Wheat Roll Frosted White Cake	<b>27 </b> Penne Pasta w/Meat Sauce / Creole Baked Fish Spinach Garlic Bread Peanut Butter Cookie	<b>28 </b> Chicken Marsala / Beef Stuffed Bell Pepper Seasoned Egg Noodles Broccoli w/Onions & Peppers White Roll Frosted Marble Cake	<b>29 </b> Turkey Meatlo Lemon Tilapia Orzo Pasta Lyonnais Wheat Roll Chocolate Ch



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>NEW YEAR!</b> w/Gravy / Loin peas s uffin Pie	<b>2 </b> Ham, Macaroni & Cheese Casserole / Beef Teriyaki Mixed Vegetables White Roll Maple Frosted Yellow Cake	<b>3 </b> Fish Sticks / Roast Turkey w/Gravy Herbed Rice Italian Beets French Bread Snickerdoodle Cookie	<b>4 </b> Chicken & Rice Casserole / Pork Chop w/Mushrooms Honey Glazed Carrots Wheat Roll Tapioca Pudding
Herb Crusted Pepper Cod Potatoes s & Onions	<b>9 </b> Chicken Supreme / Pork & Rice Casserole Garlic Mashed Potatoes Broccoli Florets Wheat Roll Apple Cobbler	<b>10 </b> Parmesan Crusted Tilapia / Swiss Steak Scalloped Potatoes Brussel Sprouts Wheat Roll Frosted Spice Cake	<b>11 </b> Garlic Sage Chicken Thighs / Ham & Butter Beans Rice Pilaf Roasted Cauliflower White Roll White Choc Macadamia Cookie
Thighs / Garlic Butter	<b>16 </b> Herb Roasted Turkey / Country Style Pork Shoulder Cheddar Mashed Potatoes Candied Carrots White Roll Frosted Chocolate Cake	<b>17 </b> Breaded Pork Chop / Lemon Tilapia Whipped Sweet Potatoes Parmesan Zucchini Wheat Roll Sugar Cookie	<b>18 </b> Chicken Enchilada Casserole \ Beef Burgundy Spanish Rice Mexican Corn Cherry Pie
/ Meat Sauce ey e	<b>23 </b> Smothered Pork Chop / Potato Crusted Fish Mashed Potatoes Mixed Vegetables Wheat Roll Hot Cinnamon Apple Slices	<b>24 </b> Beef Stroganoff / Baked Chicken Thigh w/ Lemon Parsley Sauce Fluffy Rice Sweet Dill Peas Wheat Roll Frosted Lemon Cake	<b>25 </b> Turkey Pot Pie / Pork Supreme Garden Salad Mixed Vegetables Hawaiian Roll Oatmeal Raisin Cookie
oaf / a rrots ip Cookie	<b>30 </b> Ham, Macaroni & Cheese Casserole / Beef Teriyaki Mixed Vegetables White Roll Maple Frosted Yellow Cake	<b>31 </b> Fish Sticks / Roast Turkey w/Gravy Herbed Rice Italian Beets French Bread Snickerdoodle Cookie	



**METHODIST VILLAGE**  
SENIOR LIVING

Methodist Village Senior Living (MVSL) is a faith-based, non-profit organization dedicated to providing exceptional care to all our residents. We believe in setting realistic expectations and being transparent, ensuring we only promise what we can truly deliver.

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 in 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 strive to help everyone as quickly as possible. However, there may be times when your loved one has to wait while our staff cares for others. Please be assured they are not being ignored. Our team will be there to assist as soon as they can.
- 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 to receive your meal. Our mealtimes are as follows:
  - 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 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.

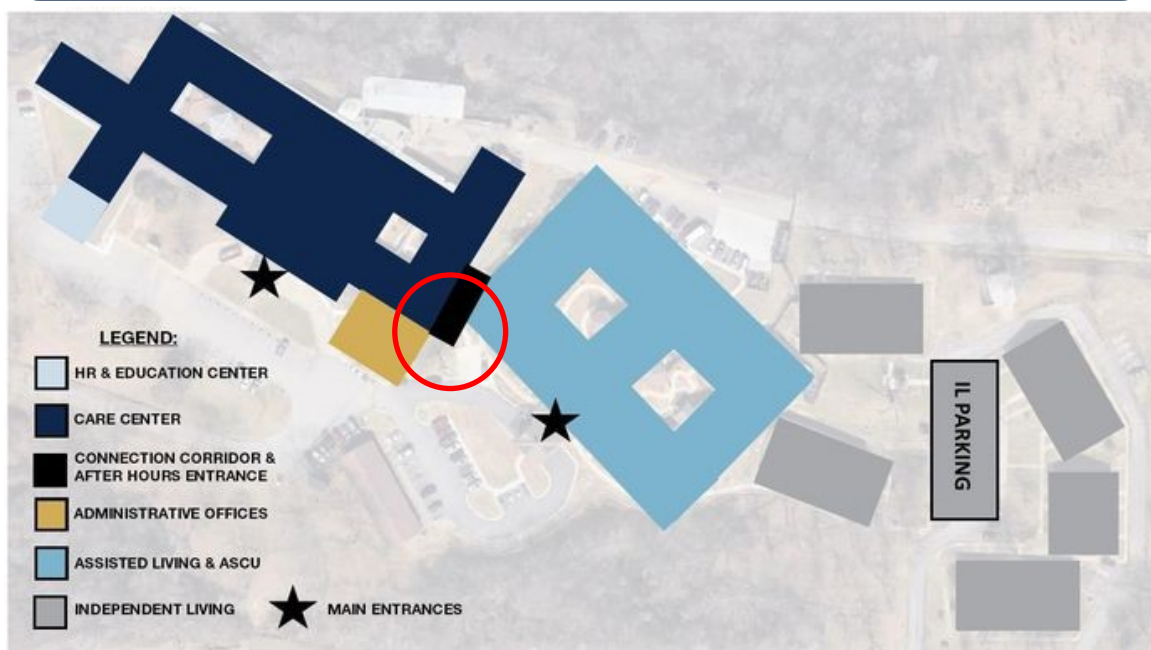


- We would love for you to follow us on social media. We try and post photos of activities, residents (with consent), and important information. Our social media accounts and website are as follows:
  - Facebook- Methodist Village Senior Living
  - Instagram- mvsl\_1961
  - Linked In- Methodist Village 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 addressed.
- 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 & AFTERHOURS ENTRANCE

The Care Center and Assisted Living main entrances are closed on Saturday & Sunday, and between 5pm-8am weekdays. Visitors & Team Members arriving during these times will need to use the After Hours Entrance (where security is located) between the Care Center & Assisted Living (see red circle below).



## A NOTE FROM...



**Terri Kimble**  
**Care Center Administrator**

### Happy New Year!

January is a fresh start for the new year! Many people make New Year's Resolutions. Making New Year's resolutions dates all the way back to 2000 B.C. However, resolutions have changed over the years, as people's priorities have changed.

10 tips for making resolutions:

1. Frame your resolution positively. "I want my nails to grow" instead of "I want to stop biting my nails."
2. Set aside time on your calendar to pause and reflect.
3. Keep it simple. Settle on one or two goals, not a big list.
4. Pick a goal you think will make you feel better.
5. Define a goal that is specific and measurable.
6. When you think about what you wish to achieve, consider what obstacles could get in your way and plan to remove those barriers.
7. Define a goal that is time-bound and realistic.
8. Create an incentive. Plan to reward yourself as you move towards your goal.
9. Change your routine.
10. If you slip up, don't worry about it! Just continue to move forward towards your goal.

As caregivers, a lot of times we care for everyone except ourselves. Try to remember that if you take care of yourself, you will be better able to care for others. Be kind to yourself. You deserve it! No matter what you choose as your new year's resolution, remember to add something that will help you de-stress and practice self-care.

*Wishing you all a very Happy New Year!*

## A NOTE FROM...



### Kassie Hicks Care Center Life Enrichment Dir

Greetings Residents, Families, and Friends.

**Happy 2025 Everyone!** May this year be full of happiness, love, and good memories for us all. As we start 2025, it is our greatest privilege to help make this year full of special memories and fun. Our Life Enrichment Team will continue toward this goal every day.

I want to start this new year by giving a big thank you for all the help in 2024. First, to Kelly Register for all her hard work throughout the year. She has been my friend and assistant for seven years now. I am so grateful for her hard work and dedication to enriching the lives of our sweet residents through activities every day.

Kelly and I also want to say thank you to all the staff—from Nursing to EVS to Maintenance to the Administration and support staff—everyone who helped us during our holiday parties, participated in the dress up days and other events in 2024. We couldn't have done it without you!

Also, a big thank you to Shara Cooper, our Resident Liaison, for making the activity calendar beautiful and adding creativity and fun to the department's communications. You have been the biggest blessing to me with your outreach of support and help!

“Sing to the Lord a new song, for he has done marvelous things;  
his right hand and his holy arm have worked salvation for him.”

Psalms 98:1

Blessing to you all!

# CARE CENTER LIFE ENRICHMENT CALENDAR

# JANUARY 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
* Activities are subject to change.			<b>1  HAPPY NEW YEAR</b> 10:30am-New Year Pictures  2:30pm-New Year Party
<b>5 </b> 10:30am-TV Devotion in the Library  2:00pm-Bingo w/RAs	<b>6  NATL CHEESE DAY</b> 10:30am-Devotion w/Bro. David  2:30pm-Grilled Cheese Sandwiches & Games	<b>7 </b> 10:30am-Bingo in the Dining Room  2:30am-Ballet w/Melissa S.	<b>8  ELVIS' BIRTHDAY</b> 10:30am-Fancy Party  2:30pm-Birthday Party for Elvis and Elvis
<b>12 </b> 10:30am-TV Devotion in the Library  2:00pm-Bingo w/RAs	<b>13 </b> 10:30am-Devotion w/Bro. David.  2:30pm-Valentines Creative Coloring	<b>14 </b> 10:30am-Bingo in the Dining Room  2:30pm-Arts & Crafts: Jewelry Making	<b>15  NATL HAIR DAY</b> 10:30am-Fancy Party  2:30pm-Arts & Crazy Hats
<b>19 </b> 10:30am-TV Devotion in the Library  2:00pm-Bingo w/RAs	<b>20  MARTIN LUTHER KING JR DAY</b> 10:30 am-Devotion w/Bro. David 2:30pm-MLK Jr. Day Party w/Ice Cream Sundaes	<b>21 </b> 10:30am-Bingo in the Dining Room  2:30pm-Arts & Crafts: Painting Wood Figurines	<b>22 </b> 10:30am-Fancy Party  2:30pm-Valentines Creative Coloring
<b>26 </b> 10:30am-TV Devotion in the Library  2:00pm-Bingo w/RAs	<b>27 </b> 10:30am-Devotion w/Bro. David  2:30pm-Minute to Win It Games w/Prizes	<b>28 </b> 10:30am-Bingo in the Dining Room  2:30pm-Finish Line Trivia & Wheel of Fortune	<b>29 </b> 10:30am-Fancy Party  2:30pm-Balloon Music

# Happy New Year

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> <b>NEW YEAR!</b> 10:30am-12:00pm New Year's Party	<b>2</b> 10:30am-Fancy Nails  2:30pm-Bingo in the Dining Room	<b>3</b> 10:30am-1:1 Visits  2:30pm-Noodle Bop & Ribbon Exercises	<b>4</b> 10:30am-Coffee Hour in the Library  2:30pm-Activity w/RA's
<b>5</b> 10:30am-12:00pm New Year's Party for movie	<b>9</b> 10:30am-Coffee & Conversation—Lets Make New Friends  2:30pm-Bingo in the Dining Room	<b>10</b> 10:30am-1:1 Visits  2:30pm-Softball w/Cheer Squad & Calling the Hogs w/Crackerjacks	<b>11</b> 10:30am-Coffee Hour in the Library  2:30pm-Activity w/RA's
<b>12</b> 10:30am-12:00pm New Year's Party & Crafts:	<b>16</b> 10:30am-Drums Alive Exercise  2:30pm-Bingo in the Dining Room	<b>17</b> 10:30am-1:1 Visits  2:30pm-January Birthday Party!	<b>18</b> 10:30am-Coffee Hour in the Library  2:30pm-Activity w/RA's
<b>19</b> 10:30am-12:00pm New Year's Party & Crafts:	<b>23</b> 10:30am-Parachute & Noodle Bop Exercises  2:30pm-Bingo in the Dining Room	<b>24</b> <b>NATIONAL PEANUT BUTTER DAY</b> 10:30am-1:1 Visits  2:30pm-PB&J Sandwiches & PB Trivia	<b>25</b> 10:30am-Coffee Hour in the Library  2:30pm-Activity w/RA's
<b>26</b> 10:30am-12:00pm New Year's Party & Crafts:	<b>30</b> 10:30am-Bingo in the Dining Room  2:30pm-Nature Canvas Painting	<b>31</b> <b>NATIONAL FUN AT WORK DAY</b> 10:30am-1:1 Visits  2:00pm-Karaoke & Nachos for Staff and Residents	

## A NOTE FROM...



**Sarah Tisdale**  
**Assisted Living Administrator**

I can't believe we are already ringing in 2025! Last year seems to have flown by, but looking back, there were so many amazing memories to be thankful for! Plenty of laughter, celebrations, friendships, and time spent with loved ones!

My favorite part of starting a new year is the hope that comes with a fresh start and the endless opportunities to set new goals and beginnings. We are excited to see what 2025 has in store for the residents and staff at Methodist Village and pray everyone has a wonderful start to the New Year!

- Sarah

*"Tomorrow is the first blank page of a 365-page book. Write a good one."*

- Brad Paisley



## A NOTE FROM...



**MeLynnda Dunn**  
**Campus Education Director**

### ***Happy New Year!***

For many, a new year heralds the tradition of making resolutions. This custom is not merely cultural but a testament to humanity's innate desire for growth and improvement. While this is a very personal process, the underlying goal is the same: the pursuit of a better self and a brighter future. Although achieving these resolutions tends to be quite challenging, the act of setting resolutions embodies hope, resilience, and unwavering optimism. As this new year unfolds, may we embrace this tradition with renewed vigor, commitment, and belief in our capacity to create meaningful change within ourselves, here at MVSL, and in the world around us.

Here in my corner of MVSL, I am very excited about what this year has in store for the Education Department. My personal resolution is that we continue to improve upon what we currently have in place, as well as seize new opportunities for growth and development for our employees. I am looking forward to what this new year will bring!

I hope everyone has a wonderful January. Let's make 2025 the best year yet!

Blessings,

MeLynnda Dunn  
LPN, CDP, CADDCT

# CONGRATULATIONS!

## Happy Work Anniversary!

Jan 2

Alan Hammond  
Brytten Lewis  
Julia Cia-McClendon

Jan 17

Ross Satterfield  
Amanda Martin

Jan 27

Elizabeth Charlton

Jan 8

Wes Majors

Jan 22

Teri Lamb  
Sarah Tisdale  
Kirk Gay

Jan 29

Melissa Watson  
Jessica Reeves  
Kyleigh Moulder  
Lucynda Stiles

Jan 10

Alicia Hanson

Jan 23

Lenore English  
Nevaeh Vaughan  
Jayden Thompson  
Smart Vang

Jan 30

Gloria Dominguez

Jan 15

Bethany Wilkins  
Leda Garzona  
Princess Rhoden  
Emily Moua

Jan 31

Tany Ross

## Happy Birthday!

Jan 3

Elizabeth Charlton

Jan 11

Michael Hoover

Jan 19

Madison Conley  
Allena Williams

Jan 27

Mary Brody  
Amanda Slate  
Walter Rockwell

Jan 6

Richard Bonilla  
Natalie Coleman

Jan 12

Amber Brown  
Norma Vaughn

Jan 20

Bernice Voegele

Jan 28

Roxana Carrillo  
Mackenzey Shelton

Jan 7

Tralanda Creasey  
Betty Owen  
Peggie Sabbs

Jan 14

Brittany Plymale

Jan 21

Nancy Thompson

Jan 29

Kevin Alvarez

Jan 8

Kaylin Demuth  
Carol Phelps

Jan 15

Norma Day  
Mary Kulin  
Jan Thompson  
Lola Wright

Jan 22

Marian Jones

Jan 30

Laura Morgan  
Nova Swearingen

Jan 9

Melanie Mcgee  
Lois Rainwater

Jan 16

James Arnold

Jan 25

Paul Shaver

Jan 31

Paul Sandahl

Jan 10

Kaylee Lawrence  
Robert Miller

Jan 18

Ruth Thompson



# A NOTE FROM...

## Our Therapy Team



### Understanding Thyroid Dysfunction

The thyroid gland, a small butterfly-shaped organ located at the base of the neck, plays a vital role in regulating the body's metabolism, energy levels, and overall well-being. When the thyroid does not function properly, it can lead to thyroid dysfunction, a common but often underdiagnosed condition.

### Types of Thyroid Dysfunction

1. **Hypothyroidism:** This occurs when the thyroid gland produces too little thyroid hormone. It can lead to symptoms such as fatigue, weight gain, depression, dry skin, and sensitivity to cold. The most common cause is Hashimoto's thyroiditis, an autoimmune condition.
2. **Hyperthyroidism:** In contrast, hyperthyroidism results from an overactive thyroid gland, producing excess thyroid hormones. Symptoms include weight loss, rapid heartbeat, anxiety, tremors, and heat intolerance. Graves' disease, another autoimmune disorder, is the leading cause of hyperthyroidism.
3. **Thyroid Nodules and Goiter:** Thyroid nodules are lumps that can develop within the thyroid, while a goiter refers to the enlargement of the thyroid gland. These may or may not affect hormone production and may require monitoring or treatment.

### Causes and Risk Factors

Thyroid dysfunction can arise from autoimmune diseases, iodine deficiency or excess, genetic factors, certain medications, or radiation exposure. Women, especially those over the age of 60, are at a higher risk of thyroid issues.

### Diagnosis and Treatment

Thyroid dysfunction is typically diagnosed through blood tests that measure thyroid hormone levels (T3, T4) and thyroid-stimulating hormone (TSH). Imaging tests or a biopsy may be used for further evaluation.

Treatment depends on the type of dysfunction. Hypothyroidism is managed with synthetic thyroid hormone replacement (levothyroxine), while hyperthyroidism may require antithyroid medications, radioactive iodine, or surgery. Lifestyle changes, such as a balanced diet and stress management, can also support thyroid health.

### Importance of Awareness

Untreated thyroid dysfunction can lead to complications, including heart problems, infertility, or severe metabolic imbalances. Early detection and proper management are essential for maintaining overall health and well-being.

# FLEXITARIAN DIET

By Katie Johnson RD, CD

## What is a Flexitarian Diet?

A flexitarian diet is about incorporating a wide variety of healthy, plant-forward foods into your meals. While it encourages the consumption of vegetarian proteins, it does not completely eliminate meat. This balanced approach offers many of the same health benefits as a fully vegetarian diet, including:

### Lowering LDL (“bad”)

**Cholesterol:** By focusing on plant-based foods, you can help improve your cholesterol levels.

### Reducing the Risk of Heart

**Disease:** A diet rich in fruits, vegetables, and whole grains is supportive of heart health.

### Improving Digestion:

The high fiber content of plant-based foods can lead to better digestive health.



Because the flexitarian diet prioritizes flexibility over restriction, it makes it easier to maintain a satisfying and balanced diet without feeling deprived.

## How to Follow a Flexitarian Diet

Embracing a flexitarian lifestyle is simpler than you might think! Here are some practical tips to help you incorporate more plant-based foods into your meals:



### Fill your plate:

Aim to make half of your plate consist of a variety of vegetables and fruits. This not only boosts nutritional value but also enhances the visual appeal of your meals.



### Choose plant-based proteins:

Incorporate legumes, nuts, and seeds into your diet whenever possible. These foods are rich in protein and essential nutrients.



### Emphasize whole foods:

Opt for foods that are as close to their natural state as possible. Whole grains, fresh produce, and less processed foods provide the most nutritional benefits.



### Eat a rainbow:

Make an effort to include a variety of colorful fruits and vegetables in your meals each day. Different colors often signify different nutrients, so a diverse plate is a healthy plate!

## CREATE BALANCED MEALS:

**Include protein:** Ensure every meal includes a source of protein, whether from plant-based options like beans and tofu or from animal sources like fish or poultry. This helps keep you feeling satisfied and nourished by helping you meet your protein needs.

## LIMIT ANIMAL-BASED FOODS:

**Limit but don't restrict:** Meat isn't off limits but consider it a treat rather than the star of your meal. By reducing the portion size of meat and complementing it with plenty of plant-based foods, you can enjoy the flavors you love while benefiting from a healthier diet.

The flexitarian approach to eating aligns with the 2020-2025 Dietary Guidelines for Americans, ensuring you can meet all your nutritional needs. By focusing on adding nutritious foods rather than restricting what you eat, you'll enjoy your meals while supporting your overall health.

# 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 the situation can be assessed.

## TRASH PICK UP

Please set your trash out on Monday, Wednesday, & Friday. Pick up will be after 3:30pm.



## MAINTENANCE

Monthly Inspection:  
Second Tuesday of the month.  
Exterminator – Exterior Spray:  
Second Tuesday of the month.  
For a specific concern, please call 479-755-5009 to arrange an appointment.

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

# ASSISTED LIVING LIFE ENRICHMENT CALENDAR

## JANUARY 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
* Activities are subject to change.			<b>1  HAPPY NEW YEAR</b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Respite <b>2:00pm-Respite</b> <b>3:00pm-Mexican</b>
<b>5 </b> 8:00am-Soothing Music 9:30am-Seated Exercises 10:15am-Newsletters 10:30am-Walking Club  <b>3:00pm-Chapel Services w/ Jana Green (Communion)</b>	<b>6 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 11:15am-Chapel w/David  <b>2:00pm-Dominos w/P.C.</b>	<b>7 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:00am-Movement class w/Melissa Schoenfeld  <b>2:00pm-Bingo</b>	<b>8 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Devotion  <b>2:00pm-Prayer</b> <b>3:00pm-Mexican</b>
<b>12 </b> 8:00am-Soothing Music 9:30am-Seated Exercises 10:15am-Newsletters 10:30am-Walking Club <b>2:00pm-Chapel Services w/ Brian Meeks</b>	<b>13 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 11:15am-Chapel w/David <b>2:00pm-Dominos w/P.C.</b>	<b>14 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:30am-Apples to Apples <b>2:00pm-Bingo</b>	<b>15 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Devotion <b>2:00pm-Jesus</b> <b>3:00pm-Mexican</b>
<b>19 </b> 8:00am-Soothing Music 9:30am-Seated Exercises 10:15am-Newsletters 10:30am-Walking Club <b>3:00pm-Chapel Services w/ Randall Ray</b>	<b>20 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 11:15am-Chapel w/David <b>2:00pm-Dominos w/P.C.</b>	<b>21 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:30am-Story Time w/Jim <b>2:00pm-Bingo</b>	<b>22 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Devotion <b>2:00pm-Crafts</b> <b>3:00pm-Mexican</b>
<b>26 </b> 8:00am-Soothing Music 9:30am-Seated Exercises 10:15am-Newsletters 10:30am-Walking Club <b>3:00pm-Chapel Services w/ Donna Ward</b>	<b>27 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 11:15am-Chapel w/David <b>1:30pm-Short Story Club</b> <b>2:00pm-Dominos w/P.C.</b>	<b>28 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:30am-Winter Drive <b>2:00pm-Bingo</b>	<b>29 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Devotion <b>2:00pm-Crafts</b> <b>3:00pm-Mexican</b>

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>NEW YEAR!</b> Morning Music Newsletters Chair Exercises Resident Led Resident Led Can Train	<b>2 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:30am-Show & Tell 2:00pm-Movie & Popcorn	<b>3 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:30am-Hot Cocoa Social 2:00pm-Resident Council	<b>4 </b> 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Basketball 2:00pm-CNA Choice
Morning Music Newsletters Chair Exercises Motion w/Tom Jar Jars Can Train	<b>9 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 11:00am-Cheddars 2:00pm-Movie & Popcorn	<b>10 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:30am-Donut & Calendar Club 2:00pm-Resident submit recipes for kitchen	<b>11 </b> 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Cornhole 2:00pm-Bingo
Morning Music Newsletters Chair Exercises Motion w/Tom Lamp Craft Can Train	<b>16 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:30am-Library 2:00pm-Movie & Popcorn	<b>17 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:30am-Pizza Making 2:00pm-Walking Party w/ Access Home Health	<b>18 </b> 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-CNA Choice 2:00pm-Cornhole
Morning Music Newsletters Chair Exercises Motion w/Tom s w/Debbie Can Train	<b>23 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 11:00am-Fuji's 2:00pm-Movie & Popcorn	<b>24 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:30am-Apple Cider by the Fire 2:00pm-Soap Making	<b>25 </b> 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Noodle Bop 2:00pm-Bingo
Morning Music Newsletters Chair Exercises Motion w/Tom s w/Debbie Can Train	<b>30 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:30am-Casino 2:00pm-Movie & Popcorn	<b>31 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:30am-Apples to Apples 2:00pm-January Birthday Bash!	

# ASCU LIFE ENRICHMENT CALENDAR

## JANUARY 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
* Activities are subject to change.			<b>1  HAPPY NEW YEAR!</b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chapel Services w/ Jana Green (Communion) 10:00am-Walking Club 2:00pm-Prayer 6:00pm-Sensory Bins
<b>5 </b> 8:00am-Soothing Music 9:30am-Seated Exercises 10:00am-Newsletters 10:00am-Walking Club 3:00pm-Chapel Services w/ Jana Green (Communion) 6:00pm-Sensory Bins	<b>6 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 10:00am-Chapel w/David 2:00pm-Snowglobes 6:00pm-Sensory Bins	<b>7 </b> 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	<b>8 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chapel Services w/ Jana Green (Communion) 10:00am-Walking Club 2:00pm-Prayer 6:00pm-Sensory Bins
<b>12 </b> 8:00 am-Soothing Music 9:30am-Seated Exercises 10:00am-Newsletters 10:00am-Walking Club 2:00pm-Chapel w/Brian Meeks 6:00pm-Sensory Bins	<b>13 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 10:00am-Chapel w/David 6:00pm-Sensory Bins	<b>14 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:00am- Walk About 2:00pm-Bingo 6:00pm-Sensory Bins	<b>15 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chapel Services w/ Jana Green (Communion) 10:00am-Walking Club 2:00pm-Jesus 6:00pm-Sensory Bins
<b>19 </b> 8:00am-Soothing Music 9:30am-Seated Exercises 10:00am-Newsletters 10:00am-Walking Club 3:00pm-Chapel w/Randall Ray 6:00pm-Sensory Bins	<b>20 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 10:00am-Chapel w/David 2:00pm-Conversation Catch 6:00pm-Sensory Bins	<b>21 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:00am-Sing Along w/Staff 2:00pm-Bingo 6:00pm-Sensory Bins	<b>22 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chapel Services w/ Jana Green (Communion) 10:00am-Walking Club 2:00pm-Craft 6:00pm-Sensory Bins
<b>26 </b> 8:00am-Soothing Music 9:30am-Seated Exercises 10:00am-Newsletters 10:00am-Walking Club 3:00pm-Chapel w/Donna Ward 6:00pm-Sensory Bins	<b>27 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Monday Moves 10:00am-Chapel w/David 2:00pm-Winter Drive 6:00pm-Sensory Bins	<b>28 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Sit & Be Fit 10:00am-Picture Reminisce 2:00pm-Bingo 6:00pm-Sensory Bins	<b>29 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chapel Services w/ Jana Green (Communion) 10:00am-Walking Club 2:00pm-Craft 6:00pm-Sensory Bins



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>NEW YEAR!</b> Soothing Music Newsletters Chair Exercises One-on-One's CNA Choice Sensory Bins	<b>2 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:00am-Cornhole 2:00pm-Movie & Popcorn 6:00pm-Sensory Bins	<b>3 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:30am-Hot Cocoa Social 2:00pm-Paint by Numbers 6:00pm-Sensory Bins	<b>4 </b> 8:00am-Soothing Music 9:30am-Chair Exercises 10:00am-Newsletters 10:00am-CNA Choice 2:00pm-Walking Club 6:00pm-Sensory Bins
Soothing Music Newsletters Chair Exercises Devotion w/Tom Layer Jars Sensory Bins	<b>9 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:00am-Basketball 2:00pm-Movie & Popcorn 6:00pm-Sensory Bins	<b>10 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:30am-Donut Social 2:00pm-Noodle Bop 6:00pm-Sensory Bins	<b>11 </b> 8:00am-Soothing Music 9:30am-Chair Exercises 10:00am-Newsletters 10:00am- Cornhole 2:00pm-One-on-One's 6:00pm-Sensory Bins
Soothing Music Newsletters Chair Exercises Devotion w/Tom Sus Lamp Craft Sensory Bins	<b>16 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:00am- Bowling 2:00pm-Movie & Popcorn 6:00pm-Sensory Bins	<b>17 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:30am-Pizza Making 2:00pm-Snowman Making 6:00pm-Sensory Bins	<b>18 </b> 8:00am-Soothing Music 9:30am-Chair Exercises 10:00am-Newsletters 10:00am-CNA Choice 2:00pm-Ice Cream Social
Soothing Music Newsletters Chair Exercises Devotion w/Tom Crafts w/Debbie Sensory Bins	<b>23 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:00am-Ring Toss 2:00pm-Movie & Popcorn 6:00pm-Sensory Bins	<b>24 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:30am-Apple Cider by the Fire 2:00pm-Fancy Nails 6:00pm-Sensory Bins	<b>25 </b> 8:00am-Soothing Music 9:30am-Chair Exercises 10:00am-Newsletters 10:00am-One-on-One's 2:00pm-Walking Club 6:00pm-Sensory Bins
Soothing Music Newsletters Chair Exercises Devotion w/Tom Crafts w/Debbie Sensory Bins	<b>30 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Moving & Grooving 10:00am-Noodle Bop 2:00pm-Movie & Popcorn 6:00pm-Sensory Bins	<b>31 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Zumba 10:00am-Muffins & Milk 2:00pm-January Bday Bash! 6:00pm-Sensory Bins	

# 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.