



A NOTE FROM OUR CEO

Dear MVSL Residents, Families, Friends, and Team:

Wow! It is already February; time, please slow down, give us a chance to enjoy the day! What an awesome January we had. Our Bubbles and Bow Ties was a great success, and I want to thank each of you that attended, donated or volunteered...YOU are amazing. All proceeds profited from this event go towards the MVSL Foundation to enhance our campus, support the Ladder of Success Program, and add to our Mission, Vision, Story, & Legacy!

If you haven't heard, our team is in a campus wide contest called "The Dirty Dozen." Our Leadership Team which consists of 12 (The Dirty Dozen) leaders each have a team. Each team has a color. All year long each team member will receive points based on Attitude, Attendance, Accountability, Kindness and following Policy & Procedures, but they can also lose points based on the same things. We will also have monthly contests where our residents will be judges...so get ready residents to hand out some winning points! Which team do you think will win???? I am so excited to see how GREAT our TEAMS will succeed.

We also have asked our residents to complete a campus survey. This will show us where we are succeeding and where we need to grow. So please complete the survey as soon as possible and be as honest as possible.

One of my favorite Bible Verses fits this month...the month of LOVE...

"For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord."

Romans 8:38-39

Warmest,

Melissa

CONGRATULATIONS!!!

2024 EMPLOYEE OF THE YEAR



CEO PICK
Joanie Feyen



CARE CENTER
Shara Cooper



AL/ASCU
Kirsten Benamira

2024 SERVICE AWARDS

10
Years



Michael Ferrua

15
Years



Frances Stone

25
Years



Amy Parmenter



Cherry Thompson



Stacey Harris



Kim Wilcox



Cholette Rosas



Summer Scantling



Ella Sivadon



Shawna McBride



Sam Jackson

5
Years



Sarah Tisdale



Brittany Plymale



Kassie Hicks



Melissa Lintz

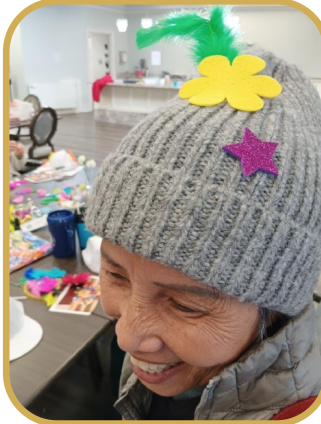


Briana Rose



Raimie Kern

A LOOK BACK AT JANUARY



Valentine's Day Word Search

c g f l o w e r s i p
j s w e e t h e a r t
e f p a c u p i d a e
v h o i k a c p s r t
a o g u y h e a r t s
l o v e r r d e g o f
e k r a p t r r o w r
n r i r o s e s p x i
t o h s d r d e i r e
i s u h s p i n n h n
n r g a r e l l k t d
e o s c h o s r o s h
s w e e r t s f r i e
v c h o c o l a t e k

valentine
arrow
cupid
hearts
love

red
fourteenth
hugs
chocolate
pink

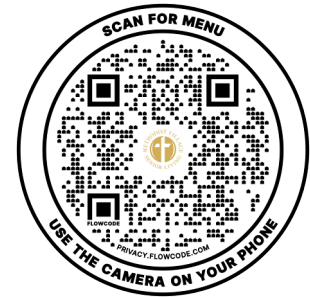
roses
friend
flowers
sweetheart
kisses

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

FEBRUARY 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>GROUNDHOG DAY</p> <p>FEB 2</p> <p>According to legend, if a groundhog sees its shadow on this day, there will be six more weeks of wintry weather; if it doesn't, then spring is right around the corner!</p> 			
<p>2 Beef Pot Roast / Herb Roasted Salmon Herb Roasted Potatoes Roasted Vegetables White Roll Apple Pie</p>	<p>3 L'Orange Baked Fish / Turkey Mornay Baked Potato Mixed Vegetables Wheat Roll Lemon Bar</p>	<p>4 Chicken Stir-Fry / Beef Broccoli Stir-Fry Fried Rice Wheat Roll Banana Cake</p>	<p>5 Mustard & Herb Pork / Lemon Roasted Potatoes Creamed Peas White Roll Sugar Cookie</p>
<p>9 Meatloaf / Orange Glazed Pork Roast Mashed Potatoes Roasted Carrots Wheat Roll Iced Brownie</p>	<p>10 Fried Chicken w/Gravy / Honey Apple Pork Loin Mashed Potatoes Corn O'Brien White Roll Chocolate Chip Cookie</p>	<p>11 Baked Ziti / Turkey a la King Mixed Vegetables Garlic Breadstick Frosted Coconut Cake</p>	<p>12 BBQ Chicken Baked Cod w/Onion Confetti Rice Green Beans Wheat Roll Frosted Yellow Cake</p>
<p>16 Maple Glazed Ham / Pesto Turkey Mashed Potatoes Stewed Squash Wheat Roll Peach Crisp</p>	<p>17 Turkey a la King / Sweet & Sour Pork Seasoned Egg Noodles Green Beans w/Thyme White Roll Applesauce Cake</p>	<p>18 Mediterranean Baked Fish/ Chicken Pot Pie Mashed Potatoes Mixed Vegetables Wheat Roll Brownie</p>	<p>19 Chicken Stew Spaghetti w/Meat Squash Medley Wheat Roll Sugar Cookie</p>
<p>23 Roast Beef / Glazed Ham Mashed Sweet Potatoes Vegetable Medley Wheat Roll Frosted White Cake</p>	<p>24 Penne Pasta w/Meat Sauce / Creole Baked Fish Spinach Garlic Bread Peanut Butter Cookie</p>	<p>25 Chicken Marsala / Beef Stuffed Bell Pepper Seasoned Egg Noodles Broccoli w/Onions & Peppers White Roll Frosted Marble Cake</p>	<p>26 Turkey Meatloaf Lemon Tilapia Orzo Pasta Lyonnaisaise Wheat Roll Chocolate Chip</p>



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Chicken & Rice / Pork Chop w/Mushroom Sauce Honey Glazed Carrots Wheat Roll Tapioca Pudding
Herb Crusted Pepper Cod Potatoes & Onions	6 Chicken Supreme / Pork & Rice Casserole Garlic Mashed Potatoes Broccoli Florets Wheat Roll Apple Cobbler	7 Parmesan Crusted Tilapia / Swiss Steak Scalloped Potatoes Brussel Sprouts Wheat Roll Frosted Spice Cake	8 Garlic Sage Chicken Thighs / Ham & Beans Rice Pilaf Roasted Cauliflower White Roll White Choc Macadamia Cookie
Chicken Thighs / Garlic Butter	13 Herb Roasted Turkey / Country Style Pork Shoulder Cheddar Mashed Potatoes Candied Carrots White Roll Frosted Chocolate Cake	14 VALENTINE'S DAY Breaded Pork Chop / Spinach Quiche Whipped Sweet Potatoes Parmesan Zucchini Wheat Roll Sugar Cookie	15 Chicken Enchilada Casserole \ Beef Burgundy Spanish Rice Mexican Corn Cherry Pie
Apple Pie Cake	20 Smothered Pork Chop / Potato Crusted Fish Mashed Potatoes Mixed Vegetables White Roll Apple Pie	21 Beef Stroganoff / Baked Chicken Thigh Fluffy Rice Sweet Dill Peas Wheat Roll Frosted Lemon Cake	22 Turkey Pot Pie / Pork Supreme Baked Potato Mixed Vegetables Hawaiian Roll Oatmeal Raisin Cookie
Roast Beef / Casserole Carrots Cookie	27 Ham & Macaroni Casserole / Beef Teriyaki Vegetable Medley White Roll Maple Spice Cake	28 Blackened Catfish / 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

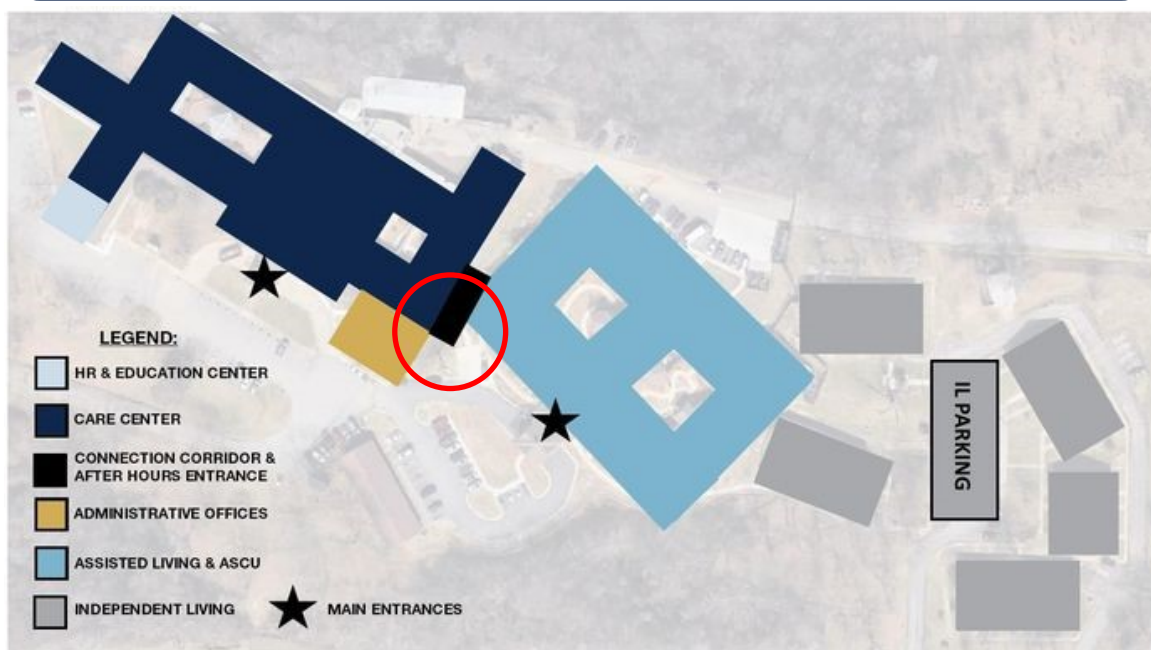
** We strive to have meals delivered to residents in their rooms as soon as possible; meals can arrive anywhere between these times.*
- Please make sure all clothing, personal items, glasses, etc., are labeled with first and last names. If anything new is brought onto the campus for the resident, please 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 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 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
- 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

Hello and Happy Valentine's Month!

A few fun facts about Valentine's Day:

- ♥ Valentine's Day wasn't romantic until the Middle Ages
- ♥ A jaw-dropping 145 million Valentine's Day cards are given each year
- ♥ The Victorians began the trend of giving flowers for Valentine's Day
- ♥ Valentine's Day is florists' busiest day of the year
- ♥ About 25% of pet owners give Valentine's Day gifts to their pets
- ♥ Teachers get more Valentines than anyone else.
- ♥ Valentine's Day isn't just for romance.

If you find yourself without a sweetheart on the most romantic day of the year, don't fret. Valentine's Day can be celebrated with family, friends, pets, or any way you wish to celebrate. The important thing is to show love and kindness towards each other.

This Valentine's Day reach out to a romantic interest, a friend, family member, or pet and show them some love.

God bless you all!



A NOTE FROM...



Kassie Hicks
Care Center Life Enrichment Dir

Happy February 2025!

I hope the new year has started off with a good new beginning for you. I wanted to share a few fun facts about February.



No full moon? February is the only month in the year that could miss having a full moon completely

Groundhog Day is February 2nd

Can you spell February? Statically, February is among the most frequently misspelled words in the English language, with the first 'r' often overlooked

The Birthstone is Amethyst, and the Birth Flower is Violet

This year Mardi Gras will be celebrated on Tuesday, March 4th. Usually, we celebrate Mardi Gras in February. I am excited about the change as I can just focus on Valentine's activities!



I hope you like the activities I have planned for you this month. Remember we have a calendar club each month. This is for you to share new ideas for the upcoming month's calendar. Last month you asked to have pizza at the Super Bowl party that we are having on February 7th and root beer or coke floats. We are not only going to have pizza, but we are also playing a new game of football that looks like so much fun!

"Jesus commands people to love each other as he has loved them."

John 15:12

Blessing to you all!

CARE CENTER LIFE ENRICHMENT CALENDAR

FEBRUARY 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
2 GOUNDHOG DAY 10:30am–TV Devotion in the Library. 2:00pm–Bingo with RAs	3 10:30am–Devotion with Bro. David & 1:1 Visits 2:30pm–Arts & Crafts: Super Bowl Footballs	4 10:30am–Queen of Hearts Bingo 2:30pm–Ballet Exercises w/Melissa	5 10:30am–Nails Methodists & T 2:30 pm–Arts & Valentine’s Day
9 10:30am–TV Devotion in the Library 2:00om–Bingo with RAs	10 10:30am–Devotion with Bro. David 2:30pm–Creative Coloring Mardi Gras Art	11 10:30am–Queen of Hearts Bingo 2:30am–Valentines Day Musical Chairs w/Prizes	12 10:30am–Nails Methodists & t 3:30pm–Arts & Valentines Day w/ARCOM Stud
16 10:30am–TV Devotion in the Library 2:00om–Bingo with RAs	17 PRESIDENTS’ DAY 10:30am–Devotion with Bro. David 2:30pm–Presidents’ Day Coke Floats	18 10:30am–Bingo 2:30pm–Calendar Club	19 10:30am–Nails Methodist 2:30pm–Senso Game. Bubble V Shaving Cream
23 10:30am–TV Devotion in the Library 2:00om–Bingo with RAs	24 10:30am–Devotion with Bro. David 2:30pm–Sitter Cise Exercise w/Weights & Kickball	25 10:30am–Bingo 2:30pm–February Birthday Bash!	26 NAT’L WR LETTER TO E 10:30am–Nails 2:30pm–Write residents at loc Centers



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1 </p> <p>10:30am–Coffee & Conversation - Library</p> <p>2:30pm-Activity w/RAs</p>
<p>by</p> <p>Table Games</p> <p>& Crafts:</p> <p>Cards</p>	<p>6 </p> <p>10:30am–Superbowl Trivia Football Toss, Coffee/Donuts</p> <p>2:30pm–Be Mine Bingo & Snack</p>	<p>7 </p> <p>10:30am–Super Bowl Pictures. Pick Your Team</p> <p>2:30 pm–Super Bowl Party with Pizza & Game</p>	<p>8 </p> <p>10:30am–Coffee & Conversation - Library</p> <p>2:30pm–Activity w/RAs</p>
<p>by</p> <p>Table games</p> <p>& Crafts:</p> <p>Ladybugs</p> <p>Stents</p>	<p>13 </p> <p>10:30am–Be Mine Bingo & 1:1 Visits</p> <p>2:30pm–Hershey Kiss Relay Races</p>	<p>14 VALENTINE'S DAY</p> <p>10:30am–Valentine's Pictures</p> <p>2:30pm–Valentines Day Party w/food & Game</p>	<p>15 </p> <p>10:30am–Coffee & conversation - Library</p> <p>2:30pm–Activity w/RAs</p>
<p>by</p> <p>ary Sound</p> <p>Wrap &</p>	<p>20 </p> <p>10:30am–Noodle bop & Chair Exercises</p> <p>2:30pm–Bingo & Snack</p>	<p>21 </p> <p>10:30am–1:1 Visits</p> <p>2:30 pm–Valentine's Day Karaoke. Wear Red or Hearts</p>	<p>22 </p> <p>10:30am–Coffee & conversation - Library</p> <p>2:30pm–Activity w/RAs</p>
<p>WRITE A LETTER TO A FOSTER PARENT DAY</p> <p>Letters to Foster Care</p>	<p>27 </p> <p>10:30am–Wheel of Fortune & Finish Line Trivia</p> <p>2:30pm–Bingo w/Snack</p>	<p>28 NAT'L FRITO PIE DAY</p> <p>10:30am–1:1 Visits</p> <p>2:30pm–Frito Chili Pies & Softball Game</p>	<p>* Activities are subject to change.</p>

A NOTE FROM...



Sarah Tisdale
Assisted Living Administrator

Happy February Everyone!

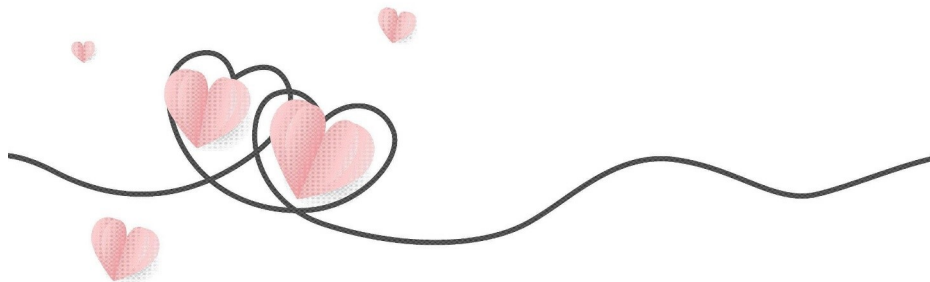
The shortest month of the year, but it is filled with so much love and happiness! It is a wonderful time to reflect on those closest in your life and let them know how treasured they are by words of affirmation, gifts, or quality time spent!

At Methodist Village, we have begun decorating the doors and nursing desks with hearts, all shades of pink, red and anything that sparkles to celebrate Valentine's Day and bring joy to the residents! We look forward to a month filled with laughter, and celebration of Valentine's Day, the Super Bowl, and many other fun activities!

- Sarah

"Let all that you do be done in love."

1 Corinthians 16:14



A NOTE FROM...



MeLynnda Dunn
Campus Education Director

Hello All!

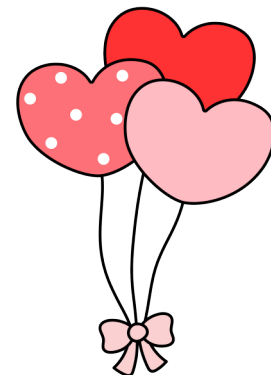
February, the Month of Love. Valentine's Day means spending time with that special someone. For some of us, that means our Sweetheart, for others it may mean our children or grandchildren. February can also be a time for personal enrichment. Many adults are driven to explore new hobbies, learn a new skill, or dive deeper into a subject they've always been curious about.

One of the key motivations for adult continuing education in February is the desire for career advancement. The beginning of the year can serve as the catalyst for individual to reassess their career goals and seek ways to gain a competitive edge. February provides a time to take advantage of educational opportunities to enhance their skills, learn new things, or earn new credentials to make them more marketable. Here at MVSL, we strive to offer opportunities for that educational growth.

We offer a career ladder, with help available to reach those educational goals to improve skills, and advance in our employee's future. If you are an employee in good standing, talk to us about how you can begin to climb the educational ladder!

In-house learning opportunities for February include: Dementia Practitioner Training, Skin Class, CPR classes. If you are interested in these classes, please stop by the Education Center to sign up!

I hope you all have a great February!



CONGRATULATIONS!

Happy Work Anniversary!

Feb 1

Joan Feyen
Cherry Thompson

Feb 2

Tobar Edgardo

Feb 5

Elisa Treadaway

Feb 12

Abigail Bibbs

Feb 14

Tanya Prouty

Feb 20

Benjamin Ashmore

Feb 23

Rodney Register

Feb 26

Zinnia Ledesma
Monica Locust
Melanie Magee
Janet Martinez

Feb 27

Jada Bledsoe

Happy Birthday!

Feb 1

Nancy Cagle
Kassie Hicks

Feb 2

Cassie Hudson

Feb 4

Peter Xiong

Feb 6

Anna Henson

Feb 8

Kirsten Benamira

Feb 9

Kaiyla King

Feb 10

Arvid Hesslen
Ma McDonald Burnett

Feb 11

Gloria Dominguez

Feb 15

Sara Cowett

Feb 16

Julia Cia-McClendon
Laura Fitzjarrell

Feb 18

Bentrena Johnson

Feb 18

Kenna Klautd

Feb 20

Xuan Nguyen
Hattie White

Feb 22

Abigail Rodriguez

Feb 23

Vikki Parks

Feb 24

Emily Moua

Feb 25

Adrienne Mahar

Feb 27

Terri Kimble

Can You Find Me?



This curious Groundhog is hiding in 7 places throughout this newsletter. He may vary in size and color, but there's no mistaking his cute little face. Can you find all his hiding places?

A NOTE FROM...

Our Therapy Team



Common Dental Issues in the Elderly

1. **Gum Disease:** Often caused by plaque buildup, gum disease can lead to pain, bleeding gums, and tooth loss if untreated.
2. **Dry Mouth:** Medications and reduced saliva production can result in dry mouth, increasing the risk of cavities and infection.
3. **Tooth Decay:** Receding gums expose roots, making teeth more vulnerable to decay.
4. **Oral Cancer:** Older adults are at a higher risk for oral cancers, emphasizing the need for regular dental check-ups.

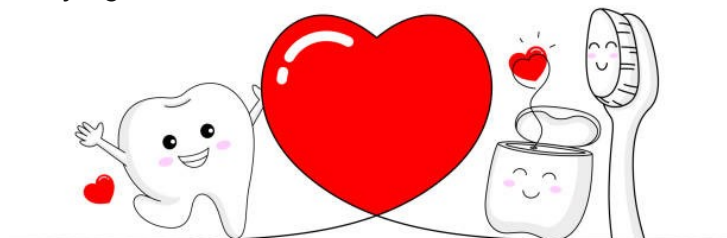
Tips for Maintaining Dental Health

1. **Brush and Floss Regularly:** Use a soft-bristled toothbrush and fluoride toothpaste to clean teeth twice daily, and floss daily to remove debris between teeth.
2. **Stay Hydrated:** Drinking plenty of water can combat dry mouth and promote saliva production.
3. **Visit the Dentist Regularly:** Routine check-ups help identify and address issues early. Dentists can also provide professional cleanings to prevent plaque buildup.
4. **Use Dentures Properly:** If you wear dentures, ensure they fit well and are cleaned daily to prevent irritation and infection.
5. **Maintain a Balanced Diet:** Foods rich in calcium and vitamin D strengthen teeth, while limiting sugary foods reduces the risk of decay.

The Importance of Oral Health in Overall Wellness

Poor dental health can lead to systemic issues such as heart disease, diabetes complications, and malnutrition. Taking steps to maintain a healthy mouth not only preserves one's smile but also enhances overall health and longevity.

For elderly individuals and caregivers alike, prioritizing dental health is an investment in a better quality of life. Regular care, vigilance, and professional guidance ensure that smiles remain healthy and vibrant at every age.



FUNCTIONAL BEVERAGES

What Are Functional Beverages?

Functional beverages are drinks that include ingredients that offer additional health benefits beyond hydration. They include a range of beneficial components such as vitamins, minerals, probiotics, antioxidants, and herbal extracts. They can support specific health needs, boost immunity, improve gut health, and enhance mental clarity. Whether you're looking to energize your day or unwind after a long one, there's likely a functional beverage that can help.



Nootropic Drinks

Aimed at enhancing cognitive function, these beverages typically contain ingredients like L-theanine and ginseng. They're formulated to improve focus, memory, and mental clarity, making them an ideal choice for those looking to sharpen their concentration and boost productivity throughout the day.



Adaptogenic Drinks

Infused with herbs like ashwagandha, rhodiola, and holy basil, these beverages are designed to help your body adapt to stress and promote a sense of balance. Available in various forms such as teas, tonics, and even sparkling drinks, adaptogenic beverages can be a soothing addition to your daily routine, helping you navigate life's challenges with greater ease.



Kombucha

This fermented tea is rich in probiotics, which are known to promote gut health and improve digestion. Additionally, kombucha is a great source of antioxidants, which can help reduce oxidative stress in the body, supporting overall health and vitality. Its tangy flavor and fizzy texture make it a refreshing alternative to sugary sodas.



Herbal Elixirs

Blends of potent herbs like turmeric, ginger, and cinnamon are gaining popularity for their potential health benefits. These drinks often offer anti-inflammatory properties and can be enjoyed warm or cold, making them a versatile addition to your beverage choices. Not only do they taste great, but they also bring a wealth of nutrients to your diet.



Protein-Infused Beverages

Protein smoothies and shakes are a convenient way to boost your protein intake, especially when time is limited for a full meal. These beverages can provide a quick, nutritious option for busy days, supporting muscle recovery and keeping you feeling full longer.

Incorporating functional beverages into your daily routine can be a delicious and healthful way to support your overall well-being. Whether you're seeking a refreshing drink that aids digestion, a stress-relieving tonic, or a cognitive boost, functional beverages offer a myriad of options to suit your needs. As you explore the world of these innovative drinks, you'll not only discover new flavors but also empower your health journey with every sip. Cheers to a healthier you!

*Consult your doctor before you try certain herbal additions to be sure there are no interactions with medications you may be on.

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.

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

ASSISTED LIVING LIFE ENRICHMENT CALENDAR

FEBRUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			
2 GROUNDHOG DAY 8:00am-Soothing Music 9:30am-Seated Exercises 10:15am-Newsletters 10:30am-Walking Club 3:00pm-Chapel Services w/Terry Fox (Communion)	3 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 11:15am-Chapel w/David (Communion) 2:00pm-Dominos with Project Compassion	4 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Movement class w/Melissa Schoenfeld 2:00pm-Bingo	5 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-Devotional 2:00pm-Crafts 3:00pm-Mexican
9 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Walking Club 2:00pm-Chapel Services w/Brian Meeks	10 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 11:15am-Chapel w/David 2:00pm-Dominos with Project Compassion	11 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-Donut & Calendar Club 2:00pm-Bingo	12 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Devotional 12:30pm-Vale w/O.T. Student 2:00pm-Crafts
16 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Walking Club 3:00pm-Chapel Services w/David Morgan	17 PRESIDENTS' DAY 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 11:15am-Chapel w/David 2:00pm-Dominos w/P.C.	18 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-Bingo 2:00pm-Wine & Cheese Social	19 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Devotional 2:00pm-Crafts 3:00pm-Mexican
23 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Walking Club 3:00pm-Chapel Services w/Gina Hamlin	24 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 11:15am-Chapel w/David 1:30pm-Short Story Club 2:00pm-Dominos w/P.C.	25 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-Conversation Catch 2:00pm-Bingo	26 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Devotional 2:00pm-Crafts 3:00pm-Mexican

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Basketball 2:00pm-CNA Choice
ing Music letters Exercises otion w/Tom s w/Debbie can Train	6 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-Frozen Yogurt Social 2:00pm-Show & Tell	7 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-Apples to Apples 2:00pm-Resident Council	8 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Cornhole 2:00pm-Bingo
ing Music letters Exercises otion w/Tom Valentine Party ts s / Jeopardy	13 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-IHop 2:00pm-Movie & Popcorn	14 VALENTINES DAY 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-Valentine Cookie Decorating 2:00pm-Valentines Day Party	15 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-CNA Choice 2:00pm-Cornhole
ing Music letters Exercises otion w/Tom s w/Debbie can Train	20 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 11:00am-Muffin Social 2:00pm-Movie & Popcorn *Pajama Day	21 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-Bird Feeder Craft 2:00pm-Walking Party w/ Access Home Health	22 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Noodle Bop 2:00pm-Bingo
ing Music letters Exercises otion w/Tom s w/Debbie can Train	27 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-Chili Potluck 2:00pm-Movie & Popcorn	28 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Walking Club 2:00pm-February Birthday Bash!	* Activities are subject to change.

ASCU LIFE ENRICHMENT CALENDAR

FEBRUARY 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			
2 GROUNDHOG DAY 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Walking Club 3:00pm-Chapel Services w/ Terry Fox (Communion) 6:00pm-Sensory Bins	3 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 11:15am-Chapel w/David (Communion) 2:00pm-Hot Choco Social 6:00pm-Sensory Bins	4 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Movement class w/Melissa Schoenfeld 2:00pm-Bingo 6:00pm-Sensory Bins	5 8:00am-Soc 9:00am-Ne 9:30am-Cha 10:00am-De 2:00pm-Cra 6:00pm-Ser
9 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Walking Club 2:00pm-Chapel w/Brian Meeks 6:00pm-Sensory Bins	10 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Chapel w/David 2:00pm-Sorting/Matching 6:00pm Sensory-Bins	11 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-Donut Social 2:00pm-Bingo 6:00pm-Sensory Bins	12 8:00am-Soc 9:00am-Ne 9:30am-Cha 10:00am-De 12:30pm-Va w/O.T. Stud 2:00pm-Cra
16 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Walking Club 3:00pm-Chapel w/David Morgan 6:00pm-Sensory Bins	17 PRESIDENTS' DAY 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Chapel w/David 2:00pm-Noodle Bop 6:00pm-Sensory Bins	18 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-Origami Folding 2:00pm-Bingo 6:00pm-Sensory Bins	19 8:00am-Soc 9:00am-Ne 9:30am-Cha 10:00am-De 2:00pm-Cra 6:00pm-Ser
23 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Walking Club 3:00pm-Chapel Services w/Gina Hamlin 6:00pm-Sensory Bins	24 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Chapel w/David 2:00pm-Root Beer Floats 6:00pm-Sensory Bins	25 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Painting 2:00pm-Bingo 6:00pm-Sensory Bins	26 8:00am-Soc 9:00am-Ne 9:30am-Cha 10:00am-De 2:00pm-Cra 6:00pm-Ser



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Bingo 2:00pm-Bowling 6:00pm-Sensory Bins
Soothing Music Newsletters Chair Exercises Devotion w/Tom Gifts w/Debbie Sensory Bins	6 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-Andy's Frozen Yogurt Outing 2:00pm-Movie & Popcorn 6:00pm-Sensory Bins	7 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am>Show & Tell 2:00pm-Painting 6:00pm-Sensory Bins	8 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Bingo 2:00pm-Cornhole 6:00pm-Sensory Bins
Soothing Music Newsletters Chair Exercises Devotion w/Tom Valentine Party Gifts w/Debbie	13 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-IHop Outing 2:00pm-Movie & Popcorn 6:00pm-Sensory Bins	14 VALENTINES DAY 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Valentine Cookie Decorating 2:00pm-Valentines Party 6:00pm-Sensory Bins	15 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Bingo 2:00pm-Basketball 6:00pm-Sensory Bins
Soothing Music Newsletters Chair Exercises Devotion w/Tom Gifts w/Debbie Sensory Bins	20 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 11:00am-Muffin Social 2:00pm-Movie & Popcorn 6:00pm-Sensory Bins	21 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Spa Da 2:00pm-Slime Making 6:00pm-Sensory Bins	22 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Bingo 2:00pm-Connect 4 6:00pm-Sensory Bins
Soothing Music Newsletters Chair Exercises Devotion w/Tom Gifts w/Debbie Sensory Bins	27 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-Pizza Making 2:00pm-Movie & Popcorn 6:00pm-Sensory Bins	28 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Fancy Nails 2:00pm-February Birthday Bash! 6:00pm-Sensory Bins	* Activities are subject to change.

METHODIST VILLAGE SENIOR LIVING

7811 Euper Lane, Fort Smith, AR 72903

CHIEF EXECUTIVE OFFICER:
MELISSA CURRY

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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.