



## A NOTE FROM OUR CEO Melissa Curry

Dear Residents, Families, and Team,

As we step into the beautiful month of May, we are reminded of the importance of growth, renewal, and the lasting impact we leave on the world around us. At MVSL, we are fortunate to be part of a community where legacies are built every day—through the relationships we nurture, the lives we touch, and the values we uphold.

This month, I would like to take a moment to reflect on something truly special: **leaving a legacy to the MVSL Foundation.**

The MVSL Foundation is a vital part of our mission to provide the highest quality of care and support for all of our residents, now and into the future. It is through the generosity of families, residents, and team members that we continue to expand our services and enrich the lives of those who call MVSL home. Your contributions to the Foundation help fund crucial initiatives—whether it's enhancing our facilities, providing scholarships for employees to further their healthcare career, or offering programs that enrich the lives of our elders in new and exciting ways.

In many ways, leaving a legacy is more than just a financial gift; it is about ensuring that the values of our community live on for generations to come. By making a donation to the MVSL Foundation, you are giving the gift of opportunity, care, and connection to future generations of elders. Whether you choose to leave a gift in your will, make a direct donation, or support a specific project, you are making a difference in the lives of others in a way that will last long after we're gone.

In addition to financial support, your personal stories, wisdom, and contributions also create a lasting legacy. Each of you plays a key role in building the community we are so proud of. The kindness, compassion, and care you offer—whether it's a smile shared between residents or a helping hand extended to a colleague—are the foundations upon which our legacy rests.

As we move through this month, I encourage you to think about what kind of legacy you would like to leave. If you are interested in learning more about how you can contribute to the MVSL Foundation or how to include it in your estate planning, please don't hesitate to reach out to me or Katee Jones, Business Development Director, we are here to help guide you through the process.

Thank you for being a part of this incredible community. Together, we are creating a legacy of care, compassion, and connection that will benefit many for years to come.

Wishing you all a wonderful and meaningful May.

Warmest Regards,

Melissa Curry

# COMMUNITY PARTNERS

## THANK YOU

to Heart of Hospice and Elite Home Health for making us Italian cream sodas and to UAFS nursing students for playing games with our residents!

You are a huge part of why MVSL lives our mission and vision every day.

If your organization would like to volunteer, please contact us!  
Help us care for those who cared for us.



## 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.

## Can You Find the Easter Eggs?



The Easter Bunny hid his eggs in these pages!  
They may vary in size, but they look exactly like this red one. Can you find all 7?



# A LOOK BACK AT MARCH



# ACTIVITY

H·A·P·P·Y

Easter

Easter Treats!

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

Find the hidden words.

Chocolate	Egg	Candy	Jellybean
Marshmallow	Cake	Cookie	Treat
Sweet	Dessert	Yummy	Snack

# 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 for Order Form)

## Visitors & Guests

Please call MVSL Security for assistance coming from or going to your vehicle. They will be more than happy to help.



479-755-5009

## We're Open!

Your one-stop shop for MVSL Swag, Treats, & More.



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

# 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.

# CAMPUS MENU

## APRIL 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		<b>1 </b> Chicken Stir-Fry / Beef Broccoli Stir-Fry Fried Rice Wheat Roll Unfrosted Banana Cake	<b>2 </b> Mustard & Herb Pork / Lemon Roasted Potato Creamed Peas White Roll Sugar Cookies
<b>6 </b> Meatloaf / Orange Glazed Pork Roast Mashed Potatoes Roasted Carrots Wheat Roll Frosted Brownie	<b>7 </b> Fried Chicken w/Gravy / Ham and Beans Roasted Red Potatoes Corn O'Brien Cornbread Chocolate Chip Cookie	<b>8 </b> Italian Pasta Bake / Turkey a la King Mixed Vegetables Garlic Breadstick Coconut Cake	<b>9 </b> BBQ Chicken T Baked Cod w/G Confetti Rice Green Beans Wheat Roll Frosted Yellow
<b>13 </b> Maple Glazed Ham / Pesto Turkey Mashed Potatoes Stewed Squash Wheat Roll Peach Crisp	<b>14 </b> Turkey a la King / Sweet & Sour Pork Seasoned Egg Noodles Green Beans w/Thyme White Roll Applesauce Cake	<b>15 </b> Mediterranean Baked Fish/ Chicken Pot Pie Mashed Potatoes Mixed Vegetables Wheat Roll Brownie	<b>16 </b> Chicken Stew / Spaghetti w/M Squash Medley Wheat Roll Sugar Cookies
<b>20  EASTER</b> Glazed Ham / Rosemary Orange Chicken Deviled Eggs Scalloped Potatoes Lemon Asparagus Coconut Cake	<b>21 </b> Penne Pasta w/Meat Sauce / Creole Baked Fish Spinach Garlic Bread Peanut Butter Cookies	<b>22 </b> Chicken Marsala / Stuffed Bell Pepper Seasoned Egg Noodles Broccoli w/Onions & Peppers White Roll Frosted Marble Cake	<b>23 </b> Turkey Meatlo Lemon Tilapia Orzo Pasta Lyonnaise Carr Wheat Roll Chocolate Chip
<b>27 </b> Beef Pot Roast / Herb Roasted Salmon Roasted Red Potatoes Roasted Vegetables White Roll Apple Pie	<b>28 </b> L'Orange Baked Fish / Turkey Mornay Baked Potato Mixed Vegetables Wheat Roll Lemon Bar	<b>29 </b> Chicken Stir-Fry / Beef Broccoli Stir Fry Fried Rice Wheat Roll Unfrosted Banana Cake	<b>30 </b> Mustard & Herb Pork / Lemon Roasted Red P Creamed Peas White Roll Sugar Cookies



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Herb Crusted Pepper Cod Potatoes & Onions	<b>3 </b> Chicken Supreme / Pork & Rice Casserole Garlic Mashed Potatoes Broccoli Florets Wheat Roll Apple Cobbler	<b>4 </b> Parmesan Crusted Tilapia / Swiss Steak Scalloped Potatoes Brussel Sprouts Wheat Roll Frosted Spice Cake	<b>5 </b> Garlic Sage Chicken Thighs / Ham & Beans Rice Pilaf Roasted Cauliflower White Roll White Choc Macadamia Cookies
Chicken Thighs / Garlic Butter  Cake	<b>10 </b> Herb Roasted Turkey / Country Style Pork Shoulder Cheddar Mashed Potatoes Candied Carrots White Roll Frosted Chocolate Cake	<b>11 </b> Breaded Pork Chop / Spinach Quiche Whipped Sweet Potatoes Parmesan Zucchini Wheat Roll Sugar Cookies	<b>12 </b> Chicken Enchilada Casserole Beef Burgundy Spanish Rice Mexican Corn Cherry Pie
Meat Sauce /	<b>17 </b> Smothered Pork Chop / Potato Crusted Fish Mashed Potatoes Mixed Vegetables White Roll Apple Pie	<b>18 </b> Beef Stroganoff / Baked Chicken Thigh Fluffy Rice Sweet Dill Peas Wheat Roll Lemon Cake	<b>19 </b> Turkey Pot Pie / Pork Supreme Baked Potato Mixed Vegetables Hawaiian Roll Oatmeal Raisin Cookies
Mac / Potatoes Cookie	<b>24 </b> Ham & Macaroni Casserole / Beef Teriyaki Vegetable Medley White Roll Maple Spice Cake	<b>25 </b> Blackened Catfish / Roast Turkey w/Gravy Herbed Rice Italian Beets French Bread Snickerdoodle Cookies	<b>26 </b> Chicken & Rice / Pork Chop w/Mushroom Sauce Honey Glazed Carrots Wheat Roll Tapioca Pudding
Herb Crusted Pepper Cod Potatoes & Onions			<i>*Menu is subject to change</i>



**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

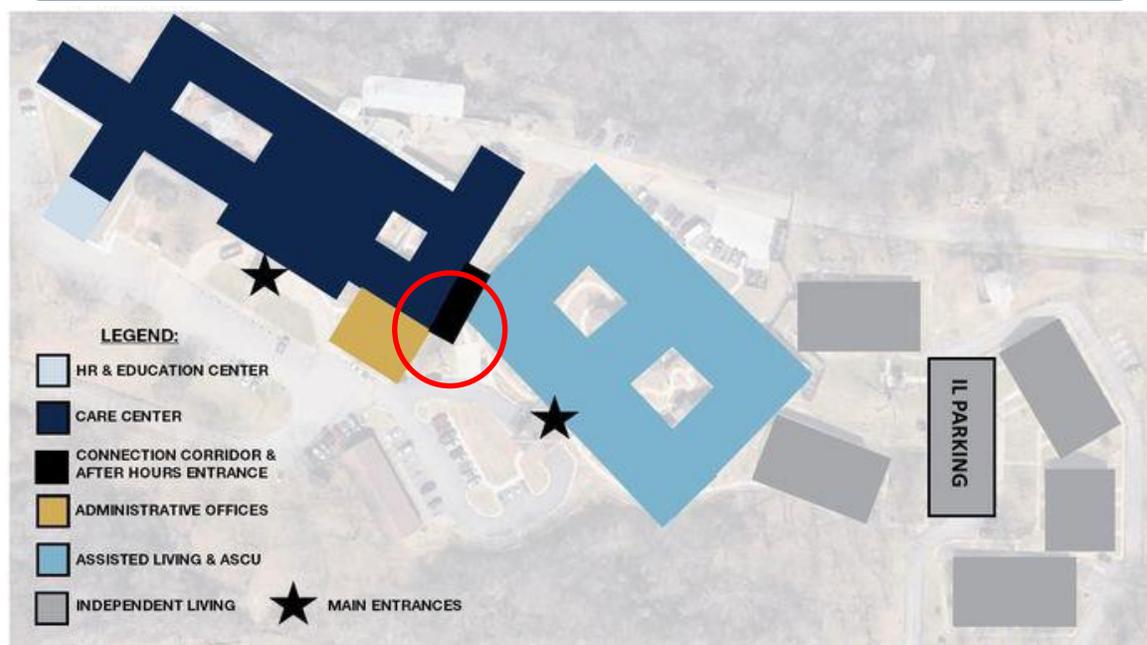
*\* We strive to have meals delivered to residents in their rooms as soon as possible; meals can arrive anywhere between these times.*
- Please make sure all clothing, personal items, glasses, etc., are labeled with first and last names. If anything new is brought onto the campus for the resident, please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

Hello all,

April is National Move More Month, a time dedicated to encouraging people of all ages to incorporate more movement into their daily routines. This month-long initiative promotes physical activity as a key factor in maintaining good health, reducing the risk of chronic diseases, and improving overall well-being.

In today's digital world, where many jobs and pastimes require prolonged sitting, physical inactivity has become a major public health concern. Research has linked a sedentary lifestyle to an increased risk of heart disease, obesity, diabetes, and mental health issues like anxiety and depression. However, the good news is that even small, consistent efforts to move more throughout the day can lead to significant health benefits.

The beauty of Move More Month is that it's not about rigorous gym workouts—it's about finding easy and enjoyable ways to stay active. Here are a few simple ways to get moving:

- Take walking breaks – Set reminders to stand up and take short walks, whether at work or home.
- Stretch regularly – Incorporate stretching exercises to improve flexibility & circulation.
- Try a new activity – Dancing, biking, swimming, or even gardening are fun ways to keep moving.
- Use the stairs – Opt for stairs over elevators whenever possible.
- Get active with family and friends – Plan outdoor activities like hiking, playing sports, or simply walking together.

Beyond the physical advantages, regular movement also plays a crucial role in mental and emotional well-being. Exercise releases endorphins, which are natural mood boosters that help reduce stress and improve focus.

National Move More Month is the perfect opportunity to break free from a sedentary lifestyle and build habits that support long-term health. Whether you're starting with a five-minute walk or setting a goal for daily exercise, every step counts!

This April, challenge yourself to move more, inspire others to do the same, and embrace the countless benefits of an active lifestyle. Your heart, body, and mind will thank you for it!

God bless you all!



## A NOTE FROM...



**Kassie Hicks**  
**Care Center Life Enrichment Dir**

Happy April everyone. I am so glad April is here. The weather is becoming warmer which means we can spend more time outside enjoying the sunshine. Here are some fun April facts.

- Known for its durability and beauty, the April birthstone is the diamond.
- The birth flowers are the daisy and sweet pea.
- Earth Day is celebrated April 22nd to raise awareness about environmental issues and promote sustainable practices.
- April is National Animal Shelter month and Poetry month.

### April Activities:

**April 2nd—National Peanut Butter & Jelly Day.**  
Conversation and PB&J sandwiches on the patio.

**April 3rd—Start Your Engines!**  
Remote control car races, bean burritos and fruity drinks on the west hall patio.

**April 11th—National Animal Shelter Month.**  
Animal Haven will be here with pets to adopt! Please help us support this non-profit organization by dropping off pet supplies or adopting a new family member.

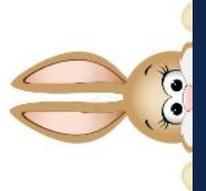
**April 17th—Day of Caring.**  
Project Compassion and volunteers will have a cooking group and an art project. Silver Dragon Ranch is bringing their baby goats and llama at 10:30am on the patio.

**April 22nd—Earth Day.**  
We will have a special activity in the morning and the Arkansas Game and Fish Commission will be here at 2:30pm with an Earth Day presentation.

**April 24th—National Pigs-in-a-Blanket Day.**  
Enjoy music, games and of course, pigs-in-a-blankets on the patio.

**April 28th—National Superhero Day.**  
Wear your favorite superhero shirt.

*"He is not here; He has risen!" - Luke 24:6-7*



## A NOTE FROM...



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

Hello all!

So, it's Springtime again! April brings a season of rebirth. Trees get new leaves, flowers bloom, temperatures rise, and the natural cycle begins again. What a great month! This year, Easter falls in April. It seems fitting that we celebrate the resurrection of our Lord during a month of nature's rebirth.

With April being a month of new beginnings, what better time is there to begin a new journey in education? Whether it is learning a new skill, or enhancing skills already in place, now is a great time to explore possibilities. The Training Center is in full swing with many opportunities for education. The next Dementia Training will begin Tuesday, April 8, 2024. Also available are the skin class and CPR renewal class, with dates and times to be announced. If you are an employee interested in any of these classes, stop by the Education Center or speak to your scheduling supervisor to enroll.

MVSL is committed to ensuring all employees have the skills and education necessary to provide our residents with the best possible care. Through monthly online in-services and in-person training, we try very hard to stay up-to-date with any new rules or regulations, as well as new approaches in providing that care.

I hope we all have a great month and a blessed Easter!

Blessings,

MeLynnda Dunn, LPN CDP CADDCT



# SUSTAINABILITY & NUTRITION

By Katie Johnson RD, CD

In a world where every choice matters, sustainability has become an important part of how we live, eat, and care for our planet. This month, let's explore how we can make mindful decisions about food that benefits our overall health and the environment!

## Why Sustainability Matters

Sustainability is about ensuring that the resources we use today will be available for future generations. This includes everything from how our food is grown and transported to how we prepare and dispose of it. By making small adjustments in our daily habits, we can contribute to a healthier planet while enhancing our own wellbeing.

## How You Can Make a Difference



### Choose Local and Seasonal Foods

Local and seasonal produce is often fresher, higher in nutrients, and has a smaller carbon footprint since it doesn't have to travel as far. Look for seasonal fruits and vegetables while grocery shopping.



### Grow Your Own Produce

Gardening can be a fun way to help the environment. Try growing your favorite vegetables or start an indoor herb garden in your kitchen.

### Reduce Food Waste



**Plan meals:** planning meals in advance and shopping for the amount of servings you plan to make can help to reduce food waste. A free meal planning app can help to generate a grocery list.



**Store properly:** using airtight containers and freezing leftovers can help food stay safe to consume longer.



**Get creative with leftovers:** use ingredients from last night's dinner in a pasta, casserole, or soup.

### Try Some Plant Based Dishes

Plant-based meals use fewer natural resources than meat based ones. Try incorporating more beans, lentils, tofu, and vegetables into your diet. Even one plant-based meal a week can make a difference for the environment and your health!

### Support Sustainable Packaging

Opt for items with minimal or recyclable packaging when possible. You can also reuse containers to store leftovers. Recycle whenever possible.

### Every Step Counts

Sustainability isn't about being perfect; it's about making progress. Whether you choose to try a new plant-based recipe, grow an herb garden, or simply learn more about where your food comes from, every effort adds up to a healthier planet and a more sustainable lifestyle.

Let's work together to make sustainability a part of our everyday lives. Together, we can create a brighter future for ourselves and the generations to come.

# CARE CENTER LIFE ENRICHMENT CALENDAR

## APRIL 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		<b>1 </b> 10:30am–Bingo  2:30pm–Exercising w/ Emotion & Ice Cream	<b>2 </b> 10:30am–Nails for Methodists  2:30 pm–Peanut Jelly Sandwiches
<b>6 </b> 10:30am–Devotion in the Library  2:00pm–Bingo with RAs	<b>7 </b> 10:30am–Devotion with Bro. David  2:30pm–Noodle Bob & Parachute	<b>8 </b> 10:30am–Calendar Club w/Coffee & Donuts  2:30pm–Bingo	<b>9 </b> 10:30am–Nails for Methodists & Ta  2:30pm–Dying B on Patio & Snac
<b>13 </b> 10:30am–Devotion in the Library  2:00pm–Bingo with RAs	<b>14 </b> 10:30am–Bingo  2:30pm–Cooking Group: Egg Salad & Fixings	<b>15 </b> 10:30am–Bingo  2:30pm–Spring Collages, Music & Snack	<b>16 </b> 10:30am–Nails for Methodist & Tab  2:30pm–Minute Easter Edition
<b>20  EASTER</b> 10:30am–Devotion in the Library  2:00pm–Bingo with RAs	<b>21 </b> 10:30am–Devotion with Bro. David  2:30pm–April Birthday Bash!	<b>22  EARTH DAY</b> 10:30am–Planting a Tree in Courtyard  2:30pm–Game & Fish Earth Day Presentation	<b>23 </b> 10:30am–Outing Park  2:30pm–Punchin Exercise Outside
<b>27 </b> 10:30am–Devotion in the Library  2:00pm–Bingo with RAs	<b>28 </b> 10:30am–Devotion with Bro. David  2:00pm–Superman Movie & Popcorn	<b>29 </b> 10:30am–Bingo & Snack  2:30pm–Wheel of Fortune Trivia & Finish Line Trivia	<b>30 </b> 10:30am–Nails for Methodists & Ta  2:30 pm–Coke P Bird Watching o



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
by t Butter & s on Patio	<b>3 </b> 10:30am–Bingo  2:30pm–Bean Burritos & Car Races on Patio	<b>4 </b> 10:30am–1:1 Visits & Word Searches  2:30pm–Easter Painting	<b>5 </b> 10:30am–Coffee & Conversation—Library  2:30pm–Activity w/RAs
by ble Games  Easter Eggs ck	<b>10 </b> 10:30am–Chair Exercise & Finish Line Trivia  2:30pm–Bingo & Snack	<b>11 </b> 10:30am–1:1 Visits  2:30pm–Animal Haven Visit w/Dogs & Cats	<b>12 </b> 10:30am–Coffee & Conversation —Library  2:30pm–Activity w/RAs
by ble Games  to Win It	<b>17  DAY OF CARING</b> 10:30am–Silver Dragon Ranch Visit Llamas & Goats  2:30pm–Bingo	<b>18 </b> 10:30am–Easter Egg Hunt  2:30pm–Easter Party w/ Games & Treats	<b>19 </b> 10:30am–Coffee & Conversation —Library  2:30pm–Activity w/RAs
g at the  ng Bag e	<b>24 </b> 10:30am–Bingo  2:30pm–Pigs-N-Blankets, Darts, Ax Throwing on Patio	<b>25 </b> 10:30am–Garden Club Planting Flowers–West Hall  2:30pm–1:1 Visits w/Word Search	<b>26 </b> 10:30am–Coffee & Conversation—Library  2:30pm–Activity w/RAs
by ble Games  Floats & n Patio			<i>*Activities subject to change</i>

## A NOTE FROM...



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

Happy Spring Everyone!

This month is always a refreshing month for spring cleaning and new beginnings! Decluttering the house or storage may seem like an overwhelming task when starting out. There are several ways to aid in this process and simplify your life! Starting off with stages and focusing on one room or zone in each room will give you an objective to complete before moving on to the next space. The best way to tackle the project is deciding what to place back in its original space, fix any broken or damaged items, throw out items that cannot be used, recycle applicable pieces, or donate items to charities or people. Before you know it, you will have accomplished your goals and be able to start your next mission!

This month also holds a favorite holiday, as I always look forward to spending Easter Sunday with family and my hometown church. We are excited to see the residents outside, enjoying the nice weather, and participating in the walking club and activities to stay healthy!

*"They found the stone rolled away from the tomb, but when they entered, they did not find the body of the Lord Jesus. While they were wondering about this, suddenly two men in clothes that gleamed like lightning stood beside them. In their fright the women bowed down with their faces to the ground, but the men said to them, "Why do you look for the living among the dead? He is not here; He has risen!"*

*Luke 24:2-6.*



## A NOTE FROM...



### Melissa Lintz & Chasity Miller

Assisted Living  
Life Enrichment Directors



Welcome April!!!

*"April is a gentle reminder that life's transformations are beautiful and inevitable."* - Ellen Lovell

*"Live life to the fullest and focus on the positive."* - Matt Cameron

Spring is here as the frost of winter melts away, spring heralds a time of renewal, growth, and rejuvenation. It's a season that inspires us to embrace change, both in the world around us and within ourselves.

We are excited to bring more outings and outdoor activities so we can all enjoy this spring weather, beautiful flowers, and nature itself. We are always open to new ideas of things to do. So, if you have any let us know!

Sincerely, Melissa Lintz

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Happy April everyone!

The month of April is known for many things Easter, Spring, Earth Day, and of course, unpredictable weather! No matter if it's rain or shine, we are excited to welcome new wonderful and fun activities!

- April 4<sup>th</sup> – Kick in the pants game
- April 11<sup>th</sup> – Paint and sip
- April 12<sup>th</sup> – Outdoor ice cream social
-  April 20<sup>th</sup> – Easter egg hunt
- April 22<sup>nd</sup> – Take a walk in the park
- April 26<sup>th</sup> – National Pretzel Day

Sincerely,  
Chasity Miller and Melissa Lintz

*"For I know the thoughts that I think toward you, says the Lord, thoughts of Peace and not evil, to give you hope and a future."  
Jeremiah 29:11*

# ASSISTED LIVING LIFE ENRICHMENT CALENDAR

## APRIL 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		<b>1 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Movement w/Music  2:00pm-Bingo	<b>2 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Devotion  2:00pm-Crafts w/D 3:00pm-Mexican T 6:15pm-Little Thea
<b>6 </b> 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Board Games  3:00pm-Chapel w/David Orr (Communion)	<b>7 </b> 8:00am-Soothing Music 9:00am-Newsletters 10:30am-Walking Club 11:15am-Chapel w/David  2:00pm-Dominos w/Project Compassion	<b>8 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-Donut & Calendar Club  2:00pm-Bingo	<b>9 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Devotion  2:00pm-Crafts w/D 3:00pm-Mexican T
<b>13 </b> 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Hall Walk w/Music (Staff Lead) 2:00pm-Chapel w/Brian Meeks	<b>14 </b> 8:00am-Soothing Music 9:00am-Newsletters 10:30am-Walking Club 11:15am-Chapel w/David  2:00pm-Dominos w/P.C. 6:00pm-Bordertown Bells	<b>15 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-Bingo  2:00pm-Wine, Cheese & Music	<b>16 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Devotion  2:00pm-Crafts w/D 3:00pm-Mexican T
<b>20  EASTER</b> 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Easter Egg Hunt  3:00pm-Chapel w/Ron Hutain 	<b>21 </b> 8:00am-Soothing Music 9:00am-Newsletters 10:30am-Walking Club 11:15am-Chapel w/David  2:00pm-Dominos w/Project Compassion	<b>22  EARTH DAY</b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 11:30am-Walk in the Park  1:00pm-Italian Sodas w/Access Home Health 2:00pm-Bingo 	<b>23 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Devotion  2:00pm-Crafts w/D 3:00pm-Mexican T
<b>27 </b> 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Apples to Apples  3:00pm-Chapel w/Ron Hutain	<b>28 </b> 8:00am-Soothing Music 9:00am-Newsletters 10:30am-Walking Club 11:15am-Chapel w/David  1:15pm-Short Story Club 2:00pm-Dominos w/P.C.	<b>29 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-Bingo  2:00pm-Show & Tell	<b>30 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Devotion  2:00pm-Crafts w/D 3:00pm-Mexican T



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Music Exercises w/Tom</p> <p>Debbie Train Picnic (Picnic)</p>	<p><b>3 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30-Chair Exercises 11:00am-George's</p> <p>2:00pm-Movie &amp; Popcorn</p>	<p><b>4 </b> 8:00am-Soothing Music 9:00am-Newsletters 10:30am-Walking Outside</p> <p>2:00pm-Resident Council</p>	<p><b>5 </b> 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Bingo</p> <p>2:00pm-Board Games</p>
<p>Music Exercises w/Tom</p> <p>Debbie Train</p>	<p><b>10 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 12:00pm-Art Museum</p> <p>2:00pm-Movie &amp; Popcorn</p>	<p><b>11 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 11:00am-Apples to Apples</p> <p>2:00pm-Walking Club Party</p>	<p><b>12 </b> 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Bingo</p> <p>2:00pm-Outdoor Ice Cream Social</p>
<p>Music Exercises w/Tom</p> <p>Debbie Train</p>	<p><b>17 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-11:30am-United Way Travel Activity</p> <p>2:00pm-Movie &amp; Popcorn</p>	<p><b>18 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Soap Making &amp; Music</p> <p>2:00pm-Paint &amp; Sip</p>	<p><b>19 </b> 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Bingo</p> <p>2:00pm-Root Beer Floats on Patio</p>
<p>Music Exercises w/Tom</p> <p>Debbie Train</p>	<p><b>24 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 11:00am-Fuji's</p> <p>2:00pm-Movie &amp; Popcorn</p>	<p><b>25 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 11:00am-Fancy Nails &amp; Music</p> <p>2:00pm-April Birthday Bash!</p>	<p><b>26 </b> 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-National Pretzel Day</p> <p>2:00pm-Bingo</p>
<p>Music Exercises w/Tom</p> <p>Debbie Train</p>			<p><i>*Activities subject to change</i></p>

# ASCU LIFE ENRICHMENT CALENDAR

## APRIL 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		<b>1 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Movement w/Music  1:00pm-Popsicles, Music on Porch 5:00pm-Sensory Bins	<b>2 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Devotion  2:00pm-Crafts 5:00pm-Sensory Bins
<b>6 </b> 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Walk w/Staff  3:00pm-Chapel w/David Orr (Communion) 5:00pm-Sensory Bins	<b>7 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Chapel w/David  2:00pm-Soap Making w/Music 5:00pm Sensory-Bins	<b>8 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Donuts & Music  1:00pm-Bingo 5:00pm-Sensory Bins	<b>9 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Devotion  2:00pm-Crafts 5:00pm-Sensory Bins
<b>13 </b> 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Patio Walk & Talk  3:00pm-Chapel w/Brian Meeks 5:00pm-Sensory Bins	<b>14 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Chapel w/David  1:00pm-Color By Numbers & Dot to Dot 5:00pm-Sensory Bins	<b>15 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-Egg Salt Craft w/Music  2:00pm-Bingo 5:00pm-Sensory Bins	<b>16 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Devotion  2:00pm-Crafts 5:00pm-Sensory Bins
<b>20  EASTER</b>  8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Easter Egg Hunt  3:00pm-Chapel w/Ron Hutain 5:00pm-Sensory Bins	<b>21 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Chapel w/David  2:00pm-Bingo 5:00pm-Sensory Bins	<b>22  EARTH DAY</b>  8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Devotion w/Tom  2:00pm-Crafts w/Debbie 5:00pm-Sensory Bins	<b>23 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Devotion  2:00pm-Crafts 5:00pm-Sensory Bins
<b>27 </b> 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Walk in Courtyard  3:00pm-Chapel w/Ron Hutain 5:00pm-Sensory Bins	<b>28 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Chapel w/David  2:00pm-Muffin Making 5:00pm-Sensory Bins	<b>29 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Paint w/Sound  1:00pm-Bingo 5:00pm-Sensory Bins	<b>30 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Devotion  2:00pm-Crafts 5:00pm-Sensory Bins



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Soothing Music Newsletters Chair Exercises Promotion w/Tom  Activities w/Debbie Sensory Bins	<b>3 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 11:00am-George's  2:00pm-Movie & Popcorn 5:00pm-Sensory Bins	<b>4 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Fancy Nails w/Music  2:00pm-Paint & Sip 5:00pm-Sensory Bins	<b>5 </b> 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Board Games  2:00pm-Bingo 5:00pm-Sensory Bins
Soothing Music Newsletters Chair Exercises Promotion w/Tom  Activities w/Debbie Sensory Bins	<b>10 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-Art w/Music  2:00pm-Movie & Popcorn 5:00pm-Sensory Bins	<b>11 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:30am-Hand Therapy w/Music  2:00pm-Paint & Sip 5:00pm-Sensory Bins	<b>12 </b> 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Outdoor Ice Cream Social  2:00pm-Bingo 5:00pm-Sensory Bins
Soothing Music Newsletters Chair Exercises Promotion w/Tom  Activities w/Debbie Sensory Bins	<b>17 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-United Way Travel Activity  2:00pm-Movie & Popcorn 5:00pm-Sensory Bins	<b>18 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Fancy Nails w/Music  2:00pm-Dye Eggs w/Music 5:00pm-Sensory Bins	<b>19 </b> 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Lemonade Social  2:00pm-Bingo 5:00pm-Sensory Bins
Soothing Music Newsletters Chair Exercises Promotion w/Tom  Activities w/Debbie Sensory Bins	<b>24 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 11:00am-Fuji's  2:00pm-Movie & Popcorn 5:00pm-Sensory Bins	<b>25 </b> 8:00am-Soothing Music 9:00am-Newsletters 9:30am-Chair Exercises 10:00am-Pretty Nails w/Music  2:00pm-April Birthday Bash! 5:00pm-Sensory Bins	<b>26 </b> 8:00am-Soothing Music 9:30am-Chair Exercises 10:15am-Newsletters 10:30am-Pretzels on Porch  2:00pm-Bingo 5:00pm-Sensory Bins
Soothing Music Newsletters Chair Exercises Promotion w/Tom  Activities w/Debbie Sensory Bins			<i>*Activities subject to change</i>

# CONGRATULATIONS!

## Happy Work Anniversary!

Apr 3

Tristen Ball, 2 yrs  
Daisy Matamoros, 2 yrs

Apr 12

Bobbi Shelby, 4 yrs

Apr 22

Barbara Bland, 1 yr

Apr 8

Malcolm Collins, 1 yr  
Victoria Efurd, 1 yr  
Alexandera Garcia, 1 yr

Apr 17

Keiona Hartgraves, 4 yrs  
Joshua Mallard, 2 yrs

Apr 25

Nancy Wallbaum-Kaiser, 3 yrs

Apr 29

Karen Jones, 4 yrs

Apr 21

Jan Wallace, 10 yrs

Apr 11

Hoa Mai, 14 yrs

## Happy Birthday!

Apr 1

Crystal Simpson

Apr 7

Michael Ferrua  
Nickolas Garner

Apr 19

Vivian Dennis  
Lucynda Stiles

Apr 25

Tyler Achterberg

Apr 2

Jim Bolin  
Twyna McDaniel  
Richard Nicko  
Rodney Register

Apr 8

Rubie Frasher

Apr 20

Jessica Rusnak

Apr 26

Courtney Ball  
Keiona Hartgraves

Apr 10

Ernestine Cuthbert  
Karen Jones

Apr 21

Timmirey Dobbins

Apr 27

Madeline Callihan

Apr 3

Carlee Elliott  
Mandy Faucett

Apr 11

Dolly Castaneda  
Tawana Coleman

Apr 22

Michael Brashears  
Amanda Martin

Apr 28

James Pipkins

Apr 4

Amanda Hays  
Darbi Hixon  
Charity Stone

Apr 13

Despina Morgan  
Kaylah Smallen

Apr 23

Bobby Galloway  
Janice Stanley

Apr 29

Sierra Aguilar  
Raimie Kern  
Cheyenne White

Apr 5

Tracy Coody  
Kristi Graham

Apr 17

Alma Gragg

Apr 24

Anita Rector  
Frances Stone  
Cornelia Waters

Apr 30

Shirley Ritter

Apr 6

Baylee Johnson

# A NOTE FROM...

## Our Therapy Team



### The Effects of Hearing Loss in Seniors

Hearing loss is a common condition among seniors, affecting their quality of life in numerous ways. As people age, gradual hearing decline can impact communication, social interactions, mental health, and overall well-being.

### Social Isolation and Communication Difficulties

One of the most immediate effects of hearing loss is difficulty in conversations, especially in noisy environments. Seniors may struggle to hear family members, friends, or even important sounds like doorbells or alarms. This can lead to frustration, misunderstandings, and withdrawal from social interactions, increasing feelings of loneliness and isolation.

### Cognitive Decline and Dementia Risk

Recent studies suggest a strong link between hearing loss and cognitive decline. When the brain has to work harder to process sounds, it can take resources away from memory and thinking functions. Over time, untreated hearing loss has been associated with an increased risk of dementia.

### Emotional and Mental Health Impacts

Seniors with hearing loss are more likely to experience depression and anxiety. The frustration of not being able to engage in conversations or enjoy social activities can lower self-esteem and lead to emotional distress.

### Safety Concerns

Hearing plays a vital role in detecting dangers, such as approaching vehicles, fire alarms, or emergency calls. Seniors with hearing impairments may be at a higher risk of accidents due to their reduced ability to perceive environmental sounds.

### Managing Hearing Loss

Fortunately, hearing loss can often be managed with hearing aids, assistive listening devices, or lifestyle adjustments. Regular hearing check-ups, using hearing protection in loud environments, and staying engaged in social activities can help seniors maintain a high quality of life.

By addressing hearing loss early, seniors can stay connected, safe, and mentally sharp as they age. If you or a loved one is experiencing hearing difficulties, consulting a healthcare professional is the first step toward better hearing health.



# 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.