

May
2024

Arcadia
SENIOR LIVING

Clarksville

Letter from Executive Director

Resident Birthdays

Charles H. 5-1
Elizabeth "Liz" M. 5-2
Dorothy Q. 5-8
Jimmy E. 5-9
Elaine P. 5-12
Mary J. 5-13
Jim B. 5-23
Marllyn E. 5-27

Employee Birthdays

Emari B. 5-2
Ah-Myla C. 5-21
Michelle W. 5-22
Jowilyn M. 5-26

Save the Date

Cinco De Mayo Social 5-3
Bill Sleeter 5-9
Chapel Hill Social 5-10
Cumberland Winds 5-11
Nature Center 5-16
Logan Moore 5-17
Star Berry 5-24

National Clean Up Your Room Day is on May 10th. No one seems to know the origin of this recognized special day. Children often dread this parent-appreciated day, but because of the timing what a great Mother's Day gift. More importantly this observation doesn't just target the kids in the house. It is also about picking up, straightening up, and cleaning up all around us. As adults, we usually take spring cleaning seriously. I personally spend a lot of time reorganizing and decluttering my closets and cabinets. Here at Arcadia, we have a few "clean up" things to focus on as per Tennessee State Regulations.

- Even though many of our residents are independent living, we are required by the State of Tennessee to always have each resident's updated medical information. In the event of an emergency, we send the medical information we have on file with you, and it needs it to be the most current. Anytime you go to a doctor's appointment, you can ask for an updated and "signed" medication list. Please let us make a copy for your medical file we keep in the Wellness Center. You can also bring us a copy of a new prescription for your file. Any questions, please ask Jackie or Sheila.
- All appliances in your apartment must have an automatic shut off. Please contact Wayne for this.
- No extension cords are allowed. Power strips with a toggle switch must be used.
- Electric blankets or heating pads are occasionally allowed with an automatic shut off and with a physician's order stating the diagnosis and reason for the usage of the item. We must have this on file.
- All sprinkler heads (including those in the closets of each apartment) must be clear of all items by a minimum of 18 inches. Please let Wayne or Sheila know if you need assistance.

Thank you for your assistance with our clean up. Let us know if we can assist you. Again, Arcadia is a great place to be a part of.

Sheila Dickmann, Executive Director

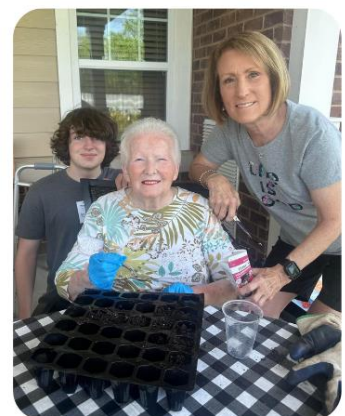
"The first step towards getting somewhere is to decide you're not going to stay where you are."
- J.P. Morgan

April Activities Captured



We had so much fun bridging the gap between generations with the help from Chapel Hill Christian Academy. Thank you so much for making our afternoon full of fun, games, and excitement. We also enjoyed eating schnitzel at Campbell's Kitchen and viewing the solar eclipse with each another.

Open Arms News



We had a fun afternoon with Chapel Hill Christian Academy and we look forward to their group next month. The great eclipse was viewed by all while enjoying our solar eclipse Rice Krispie treats. We started our seeds for our sunflower garden with Penny Green from Clarksville Parks and Rec and are excited to see the progress next month.

Resident Highlights

Elizabeth Mae joins us from Indianola, Iowa where she spent the majority of her childhood. She was married to her first husband Harry Price, for 25 years and then found love again with her second husband, Bob Van Steenis, for 35 years. Ms. Mae has one son, three grandchildren, and three great-grandchildren. Before retiring Mae worked in HR in Iowa for ten years and then owned and operated an assisted living community for eight years. Ms. Mae enjoys watching current news, card games, and spending time with family.

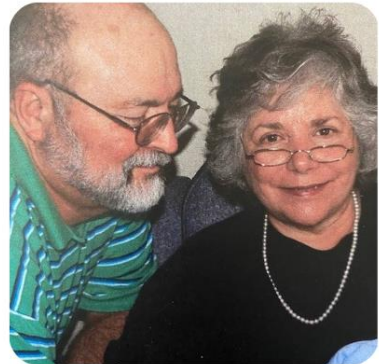
Welcome to Arcadia!



**Elizabeth "Mae"
Van Steenis**

Deborah was born and raised in Chattanooga, Tennessee where she met her husband of 50 years at camp for young children. Her husband, David, served in the US Army for over 20 years doing two tours in the Vietnam War. Together they have 3 children and five grandchildren. Before retiring, Deborah was an Art teacher for several different schools during a five year period. Deborah moved to Clarksville to be closer to her son, from another assisted living community in Chattanooga. Deborah enjoys reading books, crafting, socializing, and jewelry making.

Welcome to Arcadia!



Deborah Stewart

Ivahh Smith was born in a pheasant hunting city called Redfield, South Dakota. Ivahh was married her husband, Marvin Smith, for 28 years before his passing in 2004. Together they have three children, seven grandchildren, and 2 great-grandchildren. Before retiring, Ivahh was a CNA in a VA hospital for 25 years. After retiring from the VA hospital she started volunteering with the Art Council in South Dakota. Ivahh had several responsibilities such as organizing singing groups and planning concerts every other year for 10 years. She also took time to dedicate four years to the Toast Ministries Club to help others who had difficulty speaking in public in front of large crowds. Before moving to Clarksville with her son, she lived in a Venture Out Resort in Arizona. Ivahh loves ballroom dancing, gardening, concerts, and oil painting.

Welcome to Arcadia!



Ivahh Smith

Your Team

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More Info

The 1st quarter winners of our
2024 Ambassador Program will be
announced in May!

Our 2nd quarter nominations are underway.

Stop at the front desk and nominate who
you think should an Arcadia's Ambassador
and explain why.

Download the Spectrio Share
app and use the pin code 175AL
to get up-to-date info on what is
going on at Arcadia Clarksville.



Arcadia
SENIOR LIVING
Clarksville

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE



**\$1,000 for you and \$1,000 for Your
Neighbor. Ask Amber for more details!**

Visit our website at 
www.arcadiaclarksville.com and give us a
Google review. We would love to hear
from you!

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Facebook for more photos
and updates at Arcadia
Clarksville!

