

**July  
2024**

**Arcadia**  
SENIOR LIVING

Bowling Green

## Resident Birthdays

**Ann Fields 7/2  
Bill Arnold 7/10  
Bill Wright 7/25**

## Employee Birthdays

**Stacey Rickard 7/6  
Melissa Davidson 7/10  
Penny Whitney 7/10  
Lane Stephens 7/12  
Daniel Holloway 7/19**

## Letter from Executive Director

**Greetings Arcadia Residents & Family,  
Happy 1st day of July, we are so excited to be celebrating the July 4th with you with a fabulous cookout, a great piano player, and popsicles outside. We hope you all will come out and enjoy the festivities. July is a big month here at Arcadia as we celebrate our 6th anniversary. We are blessed to have spent 6 unforgettable years with you all and cannot wait for the next 6. As always thank you so much for continuing to allow me to serve you, My Arcadia Family.**

**Freedom is nothing but a choice to live better -Albert Camus**

**Candie Gray, Executive Director**

## Resident Spotlight



### Walter and Jean Thomas

**We are Walter and Jean Thomas. Arcadia became our home in August 2023. Walter was born in 1938 in Louisville, KY, spent his childhood in Nashville, TN, and moved to Bowling Green to attend Bowling Green Business University. Jean, born in 1940, is from Franklin, KY, where she lived until she moved to Bowling Green to attend college. We met at the Bowling Green Business University and married in 1961. We have been married for 63 years and have two daughters, Mary Jane and Catherine, who are 17 years apart. We have 4 grandsons, 1 great-grandson and 1 great granddaughter. We have lived in Bowling Green since going to college, Walter was an successful accountant for over 55 years, owning Walter E. Thomas and Associates, where he ended with many of the clients he began with many years earlier. He is a proud member of the morning BG Rotary club. He has never met a stranger and is liked by all who cross his path. Jean worked at First Federal Savings and Loan until deciding to stay home to raise her children. Jean is an identical twin and one of 9 children. If you see her sister visiting Arcadia you will not know the difference. Jean enjoys spending time with her family and helping them whenever she can. She has a can-do-it attitude and rarely ever slows down. Together, we were active members at First Baptist Church for many years and continue to watch on television Sunday mornings. We enjoy spending time with family and friends and watching our family grow.**



## Summer Health Corner

When we age, our bodies become less efficient at regulating temperature because older adults do not sweat as much as younger adults, and sweat is the body's most important heat-regulating mechanism. This can cause issues in the summer because when the outside temperature rises, so does the body's internal temperature. Which is why seniors suffer from heat stroke in the summer more often than younger people. Therefore, seniors have health risks that need to be monitored, especially in the heat of the summer. Below are tips to keep yourself safe and healthy in the rising temperatures of the summer months.

- **Stay Hydrated-** Drink 6 or more glasses of water daily. It may help to set an alarm to help remind yourself to drink water.
- **Stay inside during extreme heat-** In extreme heat and high humidity, evaporation slows down and the body must work extra hard to maintain a normal temperature.
- **Protect your skin and eyes-** Wearing sunglasses can block your eyes from harmful UV rays and protect your vision. When outdoors, protect your skin from damage by wearing hats, sunglasses and a sunscreen of SPF 30 or higher.
- **Know the side effects of your prescriptions-** Some medications can cause increased sensitivity to the sun. Look over your medications and talk with your doctor about any concerns or questions you have.
- **Know the weather forecast and dress appropriately-** The best clothing to wear in the summertime is loose-fitting and lightweight clothes in natural, breathable fabrics like cotton.

## Longest Day of the Year Fundraiser



**We kicked off the first official day of summer with a fundraiser for the longest day of the year. We raised over \$200 for the Alzheimer's Association and had a lot of laughs while doing it. Thank you to everyone who came out and participated in this hilarious event.**



# Your Team

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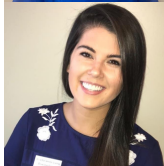
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# More information



## ARCADIA OF BOWLING GREEN

### WELCOME TO THE SHARE APP!

The SHARE app allows you to see what's going on at Arcadia of Bowling Green so that you stay connected and up-to-date. You can see activities, menus, announcements, pictures, and more.

### HOW DO I GET STARTED?

- Open your mobile device app store, and search for Spectrio SHARE. Download the app to your device.
- Open the SHARE app and tap Scan QR Code.
- Use the scanning tool to scan the QR Code shown on this page.

### QR CODE



Alternatively, you can tap Use Community PIN, and type in the PIN below:

618

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Choose REVIEWS and post your comments or experience  
OR use the QR code



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