

July
2024

Arcadia

SENIOR LIVING

Louisville

Resident Birthdays

Dorie Canon - 2nd
James Goodman - 16th
Jean Morehead - 16th
Carole Carter - 21st
Ellen Stanley - 21st
Becky Skinner - 27th
Oliver Watkins - 28th

Employee Birthdays

Ruth Brekken - 3rd
Kelly Henderson - 6th
Sharon Pettinato - 6th
Carolyn Endsley - 8th
Talaejah Starnes - 22nd
Maria Burke - 25th

From the Director

Embracing Summer at Arcadia Louisville

As we welcome the vibrant days of summer, our community is buzzing with excitement and new beginnings. We are thrilled to announce that Christina Virgin has joined us as our new Director of Culinary Services, bringing fresh energy and innovative ideas to our dining experience.

Christina Virgin comes to us with an impressive background in culinary arts, having worked in a vast array of kitchens and senior living communities alike. Her passion for creating delicious, nutritious meals tailored to the unique needs of our residents will make a positive impact. "I'm excited to bring my love for cooking to this wonderful community," Christina says. She is also eager to hear your feedback during Menu Chats and incorporate some of your favorite recipes and ideas into our menu. Don't hesitate to stop by and say hello to Christina Virgin!

The summer months bring with them higher temperatures. Please read "Staying Cool in the Heat" on page two for tips on staying cool as the temperatures rise.

-Christina Bruner, Executive Director



Photo Round Up



Staying Cool in the Heat

As the temperatures rise, it's important to stay cool and hydrated. Here are some tips to ensure you enjoy a safe and comfortable summer:

1. Hydrate Often

Drink plenty of water throughout the day available in our bistros. Fresh fruits like watermelon and cucumber are also excellent sources of hydration.

2. Dress Lightly

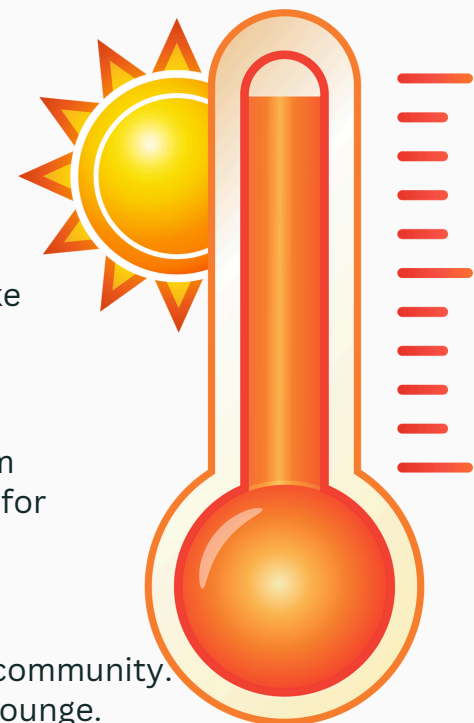
Wear lightweight, loose-fitting clothing made of natural fabrics like cotton. Light-colored clothing can help reflect the sun's rays.

3. Seek Shade

Spend time in shaded areas, especially during peak sun hours from 10 AM to 4 PM. Our courtyard and shaded patio areas are perfect for relaxing without the harsh sun.

4. Cool Spaces

Take advantage of the air-conditioned common areas within our community. Enjoy a good book in the library or join friends for a movie in the lounge.



Resident Spotlight



Dorie Canon spent her childhood on a farm in Central Illinois. She was the second oldest of five children and grew up weeding soybean fields and detasseling corn alongside her siblings. Her first several years of education took place in a one-room schoolhouse. In sixth grade, she moved to “town school” with classrooms for each grade level. Of farm life she says that she “enjoyed it at the time but wouldn’t want to go back!”

Dorie moved to Louisville as a young wife and mother in 1965. Her two children were school aged, which allowed her time for work outside the home. She worked in student recruitment for Metrodata, and also did some amateur modeling of airline uniforms and hair styles.

The 1970’s found Dorie and her husband living in Cleveland, Ohio. During this time, she was employed by the Convention Center, coordinating the needs of various conference groups. She also volunteered at the Cleveland Hospital with babies who failed to thrive. She spent many hours rocking babies and changing diapers so tired parents could get some rest. Knowledgeable of the area, Dorie was often asked to give city tours to the wives of doctors who were being recruited by the hospital.

The couple made their way back to Kentucky in 1987 when her husband retired, this time settling in Lexington. Dorie kept busy working for the school system as a teachers’ aid, mostly working with pre-school and kindergarten aged children with special needs. The couple owned several thoroughbred horses and spent a lot of time traveling between New Jersey, New York, Arkansas, and Florida to follow the races. They had a small plane which made travel easier. Dorie herself took flying lessons! Spending much time around horses, Dorie decided to get her broker’s license and sold equine insurance for Lloyds of London.

In 2007, Dorie returned to Louisville to be near her daughter. In 2019 she made the move to our community.

Dorie has many talents and interests. She was an avid ballroom dancer and ice skater. She enjoyed sewing, making most of her daughter’s clothes when she was younger. She is a culinary enthusiast, enjoys interior design, reading, working jigsaw puzzles, and playing Bridge.

On July 2nd, Dorie will celebrate her 95th birthday!

BOOKMOBILE

July 17th
11:00a - 12:00p
Independent Living



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Donna Iuzzolino

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Information

THE ARCADIA WAY

TEAMWORK | INTEGRITY | ACCOUNTABILITY | RESPECT | SAFETY

EMPLOYEE RECOGNITION PROGRAM

*Forms available at
the front desk.*

KNOW YOUR NEIGHBOR

\$1000
for You
\$1000
for Your
Neighbor



Icon Family Communication Tool

To start receiving
community updates,
menus, activity
notifications, and more,
please fill out an
authorization form.
Forms available at the
front desk.



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