

**August
2024**

Arcadia
SENIOR LIVING
Clarksville

Letter from the Executive Director

Resident Birthdays

Sue Montoya 8/1
Betty Bowman 8/7
Pernie Westerman 8/8
Joyce Lankford 8/10
Barbara Briggs 8/14
Faye O'Neal 8/16
Katherine Winn 8/18
Geneva Horton 8/18
Frank Goodlett 8/19
JD Howell 8/20
Darrell Cook 8/27
Mary Ann Hansen 8/27

Employee Birthdays

Mallory Siefert 8/2
Briana Hutchison 8/3
Angela Rawlins 8/7
Shalonda Royster 8/9
Doug Rippy 8/14
Alison Besaka 8/15
Melissa Bailey 8/17
Jerrie Burnett 8/19
Josephine Cooper 8/21
Tasha Grandberry 8/24
Noel Tyson 8/30

It is so surprising that we are in the month of August. Before you know it, we will be voting and looking at the beginning of the holiday season. There are two holidays listed in August that intrigue me, National Friendship Day on August 2nd and National Senior Citizens Day celebrated on August 21st. Hallmark Card Company was established in 1910. Joyce Hall, founder, was looking for creative ways to encourage people to send more cards. National Friendship Day began as one of her ideas in 1919. In 1922, the idea of National Friendship Day was introduced to the Greeting Card Association which boosted its popularity. The United States Congress acknowledged National Friendship Day in 1935 and set it for the first Sunday of August. Not only is the history of this day interesting, but meaningful, a special day of friendship to promote and appreciate the bond of friendships amongst people. With the pressures of the world today, this is vital to us all. With the camaraderie amongst us, we can help make the world a better place. The next holiday I like is National Senior Citizens Day to be celebrated on August 21st. For all seniors do and have done, they deserve a special day to celebrate them. In 1988, President Ronald Reagan proclaimed this holiday to raise awareness about issues that affect senior citizens and their quality of life. Seniors are still active in their communities as well as continuing to have a strong presence in the workforce. National Senior Citizens Day recognizes seniors who have spent their lives contributing to society. They have impacted lives for the better through their teachings and friendships. With today's improved healthcare, seniors are seen with increased productivity and are leading more active lives than ever before. Seniors are a great example for younger generations. Our country's foundation comes from the hard work of so many of our citizens. As per the U.S. Census Bureau, there will be approximately 78 million people aged 65 and older residing in America by 2035. This number will surpass the number of the population under the age of 18 for the first time in the nation's history. Since I am now a senior, I am looking forward more than ever to this day. I also say we have the best community ever full of wonderful seniors!

Sheila Dickmann, Executive Director

Now that I've become a senior, everything's starting to click for me! My knees, my back, my neck...

July Activities Captured

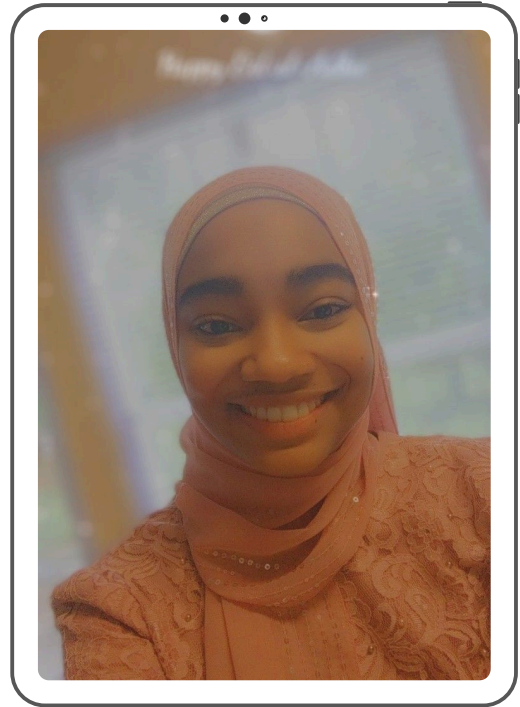


July may have brought in the summer heat, but we came up with some exciting ways to beat it with music from pianist Don McElroy, steel drum player Gabe Lamog, and All Strung Out Dulcimer Group. We enjoyed many gatherings this past month, a few of them being July 4th, a 65th wedding anniversary, monthly Veterans Chat, crafting with Cindy, and our monthly birthday social. Open Arms enjoyed a lovely lunch outing at the Gingham Cafe and their monthly manicures.

Employee Highlight

Welcome Safiyah!

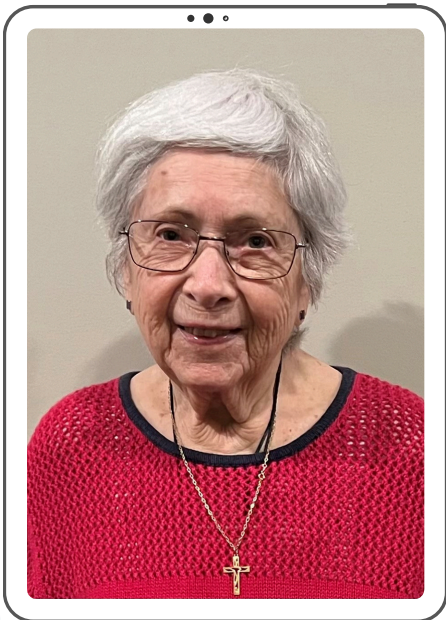
Safiyah grew up in the small town of Odum, Georgia. Once she met her husband she moved to Clarksville to be closer to him in late 2023. Before moving to Clarksville, Safiyah worked from home as a customer service representative with hardly any social interaction. Being here at Arcadia, Safiyah says she is able to socialize and make more of an impact in someone's life rather than over the phone. Safiyah enjoys photography, baking her famous oatmeal cookies, and painting landscapes. One of Safiyah's memorable moments in her life was her wedding day where she was able to spend time with her family and friends. We are truly blessed to have Safiyah a part of our Arcadia Team.



Safiyah Abdul-Kareem

Welcome Safiyah!

Resident Highlight



Barbara Redman

Ms. Barbara Redman was born in Benning, Waukegan, IL, a city better known as "The Home of Jack Benning." Ms. Barbara met her husband of 14 years at an early age. His career working for the government had them move overseas to Taiwan where they stayed for over a year. Together they have four children, eight grandchildren, and three great-grandchildren. Ms. Barbara worked for Abbott Laboratory as their secretary for almost 25 years. After retiring, Barbara volunteered her services around her community helping those in need. She was involved in her local garden club for 20 years and six of those years she was their Garden Officer. Barbara was also involved in her women's church group at St. Dismas Catholic Church until she moved to Clarksville. One of Ms. Barbara's exciting memories is her African Safari adventure she went on with a group of friends. Barbara likes her puzzles, Sudoku, gardening, woodwork, knitting, and crocheting.

Welcome to Arcadia!

Your Team

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More Info


Ambassador Program

We have started the 3rd quarter nominations for our employee Ambassador Program. Please get a nomination form from the front desk area, and nominate a staff member you think has gone above and beyond in their position. The 2nd quarter will be announced soon.

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.



Thank you to everyone that voted us Best Assisted Living and Senior Living! We were also awarded two finalist awards for Best Employer and Best Nursing Home/Rehab Center/Memory Care.

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

Like and follow us on **Facebook** for more photos and updates at Arcadia Clarksville!

