

**August  
2024**



**Arcadia**  
SENIOR LIVING

Bowling Green

## Resident Birthdays

**Dixie Meador 8/10**  
**Harold Sharber 8/13**  
**John LeVasseur 8/14**  
**B.W. Lyons 8/16**  
**Louise Huddleston 8/23**  
**Josie Barrick 8/26**  
**Ron Lewis 8/27**  
**Martha Foster 8/31**

## Employee Birthdays

**Glenda Flener 8/2**  
**Jenna Abbott 8/5**  
**Rosey Conatser 8/23**  
**Kelly Kelly 8/29**  
**Stephanie Haley 8/31**

## Letter from Executive Director

Dear Arcadia Residents, Family & Friends,

Happy August! It's hard for me to believe we are already half-way through 2024 and that we just celebrated six wonderful years in operation. Thank you to all the wonderful residents, family and staff that have made the last six years so much fun.

We have many wonderful outings and events planned for you for the month of August. I am so glad to see so many of you taking advantage of the outdoor spaces that we have. Nothing makes me happier than pulling into the parking lot or looking out my office window to see the front porch filled with so many smiling faces.

Just a reminder we have started a new quarter for our Arcadia Ambassador Program. You can find those nomination forms at the front desk. We plan to have our next celebration scheduled very soon. If anyone needs help filling out the form, we will be glad to assist you. As always thanks for allowing me to serve you.

"A beautiful day begins with a beautiful mindset"- John Geiger

Candie Gray, Executive Director



## Resident Spotlight



### Glenna Boyles

Our August Resident of the month is Glenna Boyles. Glenna was born and raised here in Bowling Green, Kentucky. She grew up on a farm with her 12 siblings. She attended business college and then moved to Dayton Ohio and worked at Wright-Patterson Air Base. After the war ended she moved back home to Bowling Green where she started her career with the telephone company and met her husband. Shortly after she had her greatest blessing, her son. She loved to travel and spend time with her family and friends. Glenna has been at Arcadia for over 3 years and will be turning the big 100 in March of 2025. Her favorite thing about Arcadia is how friendly and helpful everyone is and all the friends she has made here.

## Assisted Living Week

**National Assisted Living Week will be September 8th-13th. The theme this year is “Inspiring Generations”. We are going to have music, family events, games and lots of laughs this year. Please mark your calendar for this epic week and get out and enjoy all the activities that will be offered. We can’t wait for all the memories we will make together.**



*Inspiring*  
GENERATIONS  
NATIONAL ASSISTED LIVING WEEK® • SEP 8-14, 2024



## Importance of Self-Care

Self-care is important for everyone, but it is especially essential for seniors. Self-care allows seniors to remain healthy and independent for as long as possible. Seniors who take care of themselves well are often less likely to experience health issues and are better able to manage the health conditions that they may already have. Additionally, self-care is a great way for seniors to increase their quality of life. Countless Benefits stem from having great self-care routines but some of the most notable include:

- **Improved mental and physical health-** Taking the time to connect with yourself and care for your mind and body has great benefits for your physical and mental health. Self-care for seniors has been shown to help prevent decreases in self-esteem and promote general wellness. Self-care is often tied to things like exercise and socialization, both of which are vital for seniors' physical and mental health.
- **Increased independence and satisfaction-** Few feelings compare to the surge of pride and the feeling of accomplishment that accompanies a finished task. Being social and doing something important with your time can help you feel better about life in general.
- **Enhanced social connections-** Connecting with others is a key part of living a healthy life, especially for seniors. Getting out and enjoying time with friends is a great way to practice self-care.

## Activity Highlight



**Come Join the Fun!**

# Your Team

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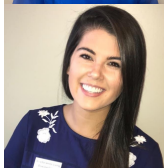
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# More information



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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# SPREAD THE WORD

Your opinion matters so please write a review

Go To: [www.ArcadiaBowlingGreen.com](http://www.ArcadiaBowlingGreen.com)  
Choose REVIEWS and post your comments or experience  
OR use the QR code



THANK YOU



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