

September
2024

Arcadia
SENIOR LIVING
Clarksville

Letter from the Executive Director

Resident Birthdays

Lynn McCammon 9-1
Richard Tam 9-10
Juanita Jones 9-22
Eunice Martin 9-28

Employee Birthdays

Emily Bowen 9-12
Jamie Purcell 9-14
Irish Villalobos 9-23
Shelly Strange 9-27

Anniversaries

Angela Rawlins 9-6
Amber Malone 9-7
Ah'Myla Cunningham 9-9
Patricia Hutchinson 9-14

ARCHITECTURE IS A
VISUAL ART, AND THE
BUILDINGS SPEAK FOR
THEMSELVES.

-MARTIN SCORSESE

We were visited by two state surveyors from The State of Tennessee Health Commission to complete our Annual Health Survey on August 7th and 8th. Due mainly to COVID a few years ago, the annual surveys were not occurring, so it had been over three years since our last survey. With that amount of time between surveys, they were thinking they would find a lot of things that we were not compliant with.

They provided us with a "List of Needs" when they arrived. From that "List of Needs," we provided them with current licenses for our nurses, pharmacy, beautician, etc. They were given a list of all staff as well as residents. From those lists, they chose to look through nine resident charts looking at diagnoses, vaccines, contracts, etc. and eight staff files looking for appropriate paperwork upon hire, background checks, vaccines, etc. They reviewed 10 of our policies and procedures such as infection control, smoking, resident's rights, pets, etc. and checked that we were following those policies. Two of our nurses were observed while on a medication pass with residents. Our Open Arms required additional information such as hospitalizations, staffing pattern and staff ratio, activities calendars with attendance records, and in-service documentation for staff.

Over the course of the two days they were here, we walked the entire community and saw numerous apartments all the way to the bathrooms as well as all common areas and the kitchen. Jackie and I had to be near the front office the entire time in case they requested additional information or wanted to see something in the community. Jackie and I were very excited when they exited with us and shared their findings, which were all good. The surveyors were pleasantly surprised and very complimentary that our survey was finalized as deficiency free. In other words, that is the best a community can be. Even though it was a lot of work gathering everything and then cleaning it all up, it was worth it.

Now this month we will be celebrating National Assisted Living Week starting on Sunday, September 8th with Grandparents' Day and a week to follow of fun for all. More information to come.

Sheila Dickmann
Executive Director

August Activities Captured



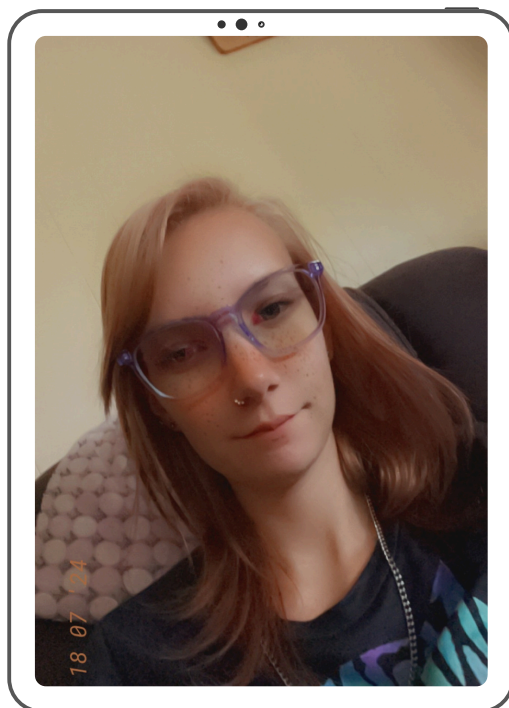
This entire month was filled with laughter and fun filled moments. We enjoyed our monthly painting and crafts with Cindy Johnson from Gentiva Hospice. We ventured to Ahava Healthcare of Clarksville for a challenging competition of cornhole and our monthly outing to the casino. We indulged in ice cream and all the toppings for our Ice Cream Fundraiser to End Alzheimer's. Tim the Piano Man provided entertainment, A Cup of Kava came to us to share their products, and we had a delicious lunch outing at Logan's Roadhouse. Marie with Tennova Hospice presented at our monthly Alzheimer's support class. Open Arms captured their good side with glamour shots and enjoyed a tasty watermelon picked from their own garden.

Employee Highlight

Mychallia was born and raised in Smithville North Carolina. In 2003, she relocated to Clarksville, Tennessee to be near her family. She has two other siblings along with a host of animals such as seven dogs, ten cats, and nearly 30 chickens! Her love and care doesn't stop there, she has a two year old son named Zander whom she adores spending time with.

During her time away from Arcadia, Mychallia enjoys reading mystery novels by Stephen King and hiking with her fur friends.

Some fun facts about Mychallia; her favorite color is purple, enjoys baking cherry and apple pies during the fall season, and her favorite holiday is Halloween because she loves to dress up and be socialize.



Mychallia O'Brien

Welcome Mychallia!

Resident Highlight



Helen Shores

Helen was born and raised in Logan County, Kentucky where she graduated high school. She then ventured off to Bowling Green, Kentucky to attend college at Western Kentucky University to become a librarian and earn a teaching degree. Once she graduated in 1962, she married her late husband, Willis Shores of 53 years and moved to Auburn, Kentucky. Together they have two children, four grandchildren, and two great-grandchildren.

Ms. Helen taught at Chandlers High School for several years before retiring and moving on to childcare.

Ms. Helen enjoys baking, board and card games, listening to music, and family time.

Helen's most memorable moment was in her childhood. Her parents made her crawl under their home because one of the hens had laid eggs and she needed to "fetch" them.

Welcome to Arcadia!

Your Team

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Few More Things!

DID YOU KNOW....As you get older, it can get harder for you to notice flavors. Some women can start to lose their taste buds in their 40s. For men, the change can happen in their 50s. According to webmd.com, the taste buds you still have may shrink and become less sensitive. Salty and sweet flavors tend to weaken first. Later, it may be more difficult for you to taste things that are bitter or sour.

Your sense of smell can lessen, too. It's strongest when you're between 30 to 60 years old. Then it starts to weaken. Some seniors eventually lose it.

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