

**October  
2024**

**Arcadia**  
SENIOR LIVING  
Clarksville

# Letter from the Executive Director

## Resident Birthdays

Nancy Miniaci October 8th  
Mark Stepp October 12th  
Sue Woodring October 14th  
Gerry King October 23rd  
Wilma Bowers October 24th  
Carmen Murgas October 27th  
Kaye Warren October 30th  
Lorraine Emil October 31th

## Employee Birthdays

Donna Roe October 5th  
Ibtisam Warner October 7th  
Tammy Edwards October 13th  
Emma Jeffreys October 17th  
Kim Hammond October 26th  
Robin Lyle October 31st

## Anniversaries

Suzanne Stenseth 1 year  
Connie Dark 1 year  
Chilita Jeffrey 4 years  
Josephine Cooper 6 years  
Rebecca Jones 4 years  
Donna Roe 1 year

**"I WALK SLOWLY BUT I  
NEVER BACKWARDS."  
-ABRAHAM LINCOLN**

This past month we celebrated National Assisted Living Week. We had something going on from Sunday, Grandparents' Day, to the following Sunday with the Memory Lane Cruisers Car Show. It was a fun and busy week with many smiles and laughter. A big thank you to all who made it such a success.

Fall is here officially as of September 22nd and continues to be my favorite time of the year. Bring on those amazing fall colors, cooler temperatures, and everything flavored with pumpkin spice. The decorating begins, which will continue for the next couple of months with putting up the Fall things, working Halloween in there, adding to it for Thanksgiving, taking it all down to put up the Christmas decor, and then finally packing it all away until next year. Commercially, the fall decorations are already being pushed out to make room for Thanksgiving and Christmas. Timewise, we are entering the busiest three months of the year with some of the most meaningful holidays coming up. So much to look forward to.

Along with the benefits of Fall comes the football season. It is so fun to listen to the chatter about the weekend games coming up. There is so much hype about our Tennessee teams and then someone throws out the Alabama Crimson Tide name and the laughter begins. Then there is Monday when you have the buzz or silence depending on who's teams won and what teams lost. All too much fun.

Wishing you a wonderful October.

"October is a reminder to be thankful for the beauty around us." - Unknown

Sheila Dickmann  
Executive Director

## September Activities Captured



This entire month has been filled with fun, laughter, and smiles. We enjoyed "Inspiring Generations" for National Assisted Living Week by organizing family photos, family bingo, a car show and much much more! This month has shown that people of all ages can come together and have a great time. A special thank you to everyone that took part in a memorable week. We are now preparing for the Fall season with more fun activities and social events for our residents! Check out our Facebook for more updates and photos!

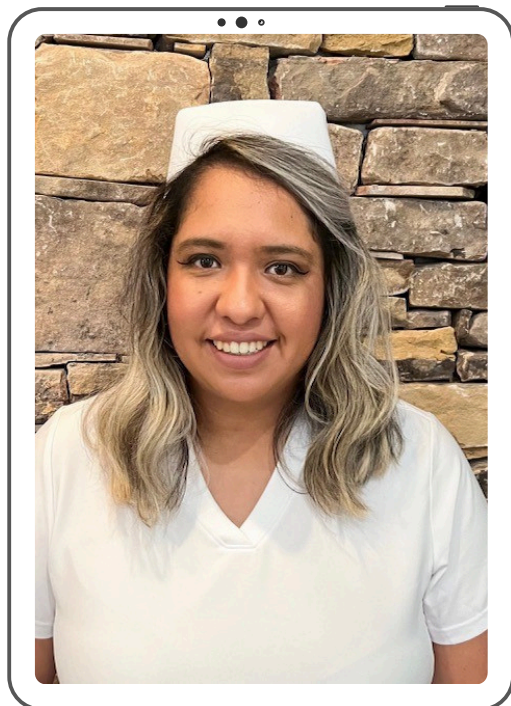
## Employee Highlight

Kenya joins us from Rabun County, Georgia, where she was born and raised. Kenya moved to Tennessee to further her education in Madisonville, Kentucky, as a Registered Nurse. Kenya travels home often to visit her husband of four years, their two sons, and their pet dog, Kora.

Kenya enjoys spending time with her family by playing board games, hiking, bowling, and going to amusement parks.

During Kenya's spare time, she enjoys listening to true crime podcasts and watching Netflix.

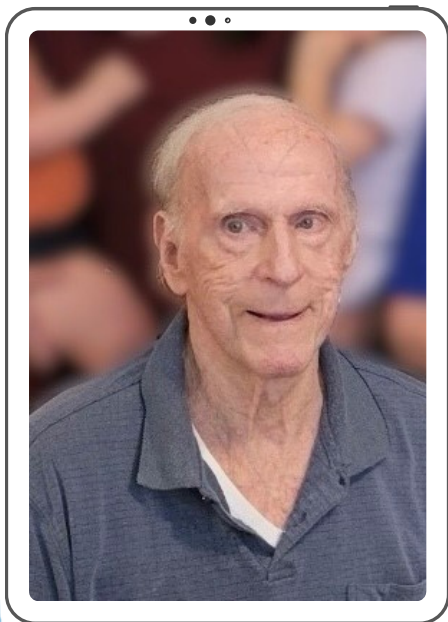
We asked why you chose Arcadia Clarksville as your new home and Kenya's response was "The atmosphere, The cleanliness, and the welcoming environment." It made my decision easier to call Arcadia Clarksville my new home.



**Kenya Andersen**

**Welcome to Arcadia!**

## Resident Highlight



**Harold 'Sarge' White**

Harold "Sarge" Wright was born in Bail County, Kentucky, and lived there until he was 10, and then moved on to Indiana. At the young age of 14, Sarge joined the Air Force. When he was 16 he got out, but re-enlisted in the Army at 17 years of age and served for 10 years.

After retiring from the military, he then worked at a casino in Las Vegas as a manager for many years. Some of his favorite games were Seven-Card Stud, Poker, and Blackjack.

Sarge married his wife, Lovetta Wright when they were 21 and were married for over 60 years. Together they have four children, 14 grandchildren, and one great-grandchild.

Sarge enjoys watching television when he's not enjoying the company of his loved ones.

Welcome to Arcadia Sarge!

# Your Team

## Sheila Dickmann

*Executive Director*

[sdickmann@arcadiaclarksville.com](mailto:sdickmann@arcadiaclarksville.com)



## Jamie Purcell

*Business Office Director*

[jpurcell@arcadiaclarksville.com](mailto:jpurcell@arcadiaclarksville.com)



## Amber Malone

*Director of Community Relations*

[amalone@arcadiaclarksville.com](mailto:amalone@arcadiaclarksville.com)



## Doug Rippy

*Director of Culinary Services*

[dietary@arcadiaclarksville.com](mailto:dietary@arcadiaclarksville.com)



## Chilita Jeffrey

*Director of Life Engagement*

[cjeffrey@arcadiaclarksville.com](mailto:cjeffrey@arcadiaclarksville.com)



## Robin Lyle

*Director of Life Engagement/Open Arms*

[memorycare@arcadiaclarksville.com](mailto:memorycare@arcadiaclarksville.com)



## Wayne Darke

*Director of Maintenance*

[wdarke@arcadiaclarksville.com](mailto:wdarke@arcadiaclarksville.com)



## Rebecca "Becca" Jones

*Open Arms Director*

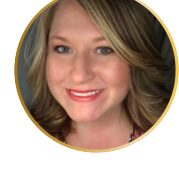
[rjones@arcadiaclarksville.com](mailto:rjones@arcadiaclarksville.com)



## Jackie Stone

*Director of Resident Care & Wellness*

[jstone@arcadiaclarksville.com](mailto:jstone@arcadiaclarksville.com)



# A Few More Things!

## Autumn Safety Tips

- Get the Influenza Vaccine
- Reduce the risk of Influenza by avoiding contact with those who are sick, wash your hands often, and improve your immune system through regular exercise.
- Keep away from fallen leaves. Though certainly pleasing to the eye, fallen leaves can easily cause seniors to slip and fall.

## KNOW YOUR NEIGHBOR

\$1000  
for You  
\$1000  
for Your Neighbor



SEE AMBER FOR MORE DETAILS!

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.



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