

**November
2024**



Arcadia
SENIOR LIVING

Clarksville

Letter from the Executive Director

Resident Birthdays

Sallie Armstrong 11-1
Van Proctor 11-6
Bill Fitzgerald 11-8
Margaret Bowman 11-11
Prudence Calderaro 11-13
Sheila Runyon 11-28

Employee Birthdays

Suzanne Stenseth 11-11
Mirjam Beatty 11-12
Tracy Moody 11-18
Tammy Smith 11-24

Anniversaries

Kimberly Hammond-2 years
Michelle White-1 year
Karla Bernard-1 year
Briana Hutchison-1 year

"LIVING IN A STATE OF GRATITUDE
IS THE GATEWAY TO GRACE"
-ARIANNA HUFFINGTON

November is National Gratitude Month. People who are aware are encouraged to express gratitude for the positive aspects of their lives. The month is so important for reasons such as mental wellness, a more positive outlook, stronger relationships, and a better workplace environment. When practicing gratitude, you improve your mental health and reduce stress which can assist you in sleeping better. When a group of workers or the workplace as a whole focuses on gratitude, the atmosphere becomes appreciative, positive, and transparent.

During November reflect on everything you are thankful for and try to incorporate your gratitude into your daily routine. This can be as simple as naming one to three things you're grateful for each day. What a great way to boost a positive mood!

Veterans Day is November 11th. It is a day to honor and show respect to all men and women who have served in the United States armed forces. To all of our residents, their families and our friends, we wish to extend a big thank you for what you have done for our country.

With the holidays coming up, we are often asked if staff can receive gifts. We would really like to be consistent across the board with all occasions and gift giving. As per the Resident Handbook and Employee Handbook, staff are not to accept any gift or donation unless it is edible such as a candy bar or cookie. Arcadia provides us with the opportunity to celebrate with staff by hosting a special meal, games for prizes, and gifts for everyone. Gifts are based on how long a person has been here as well as their status whether full-time, part-time, or PRN. Our goal is to make sure all staff are treated equally or have an equal opportunity. So often someone on the 3rd shift is never acknowledged even though they are full-time and just as important as those who are here at 6 am. We will be making plans for the staff's celebration during the week of December 15th. If you have any questions, please reach out to me.

To all our residents and families, we extend a big thank you and wish everyone a safe and blessed Thanksgiving holiday.

Sheila Dickmann, Executive Director

"Gratitude is a powerful catalyst for happiness. It's the spark that lights a fire of joy in your soul." — Amy Collette

175 Chesapeake Ln, Clarksville, Tennessee, 37040

October Activities Captured



We had an amazing time this month as we helped celebrate a 70th wedding anniversary, journeyed to the Historic Collinsville Pioneer Settlement, and enjoyed our monthly Fall crafts, painting, and lunch outing to Rafferty's.



Our residents also enjoyed the lovely fragrance of pumpkin spice throughout the hallways during our baking adventures. We are gearing up for a fun filled November! Check out our Facebook page for more photos and details!

Employee Highlight

Charlie was born and raised in LaCrosse, Wisconsin where he spent the majority of his life. After graduating high school, he joined the Navy and served four years before being employed with Trane for 38 years as their accountant.

Charlie met his wife, Carol in 1951 during ballroom dancing. Together they have three children and five grandchildren.

Charlie enjoys outdoor activities such as hunting and fishing, watching football and baseball, and listening to music.

Fun Fact: Charlie was an antique dealer until he was 90 years old.



**Charles "Charlie"
Scafe**

Welcome to Arcadia!



Helga Leible

Helga "Dolly" Leible is no stranger to Clarksville, Tennessee. She moved here with her late husband and daughter on February 15th, 1972. Helga was born and raised in Schalksmuhle, Germany along with her older sister.

She met her late husband on a blind date while he was deployed in Germany. Together they have two children and two grandchildren.

While in Clarksville, Helga spent the majority of her time volunteering at the local thrift store in Ft. Campbell for almost 15 years.

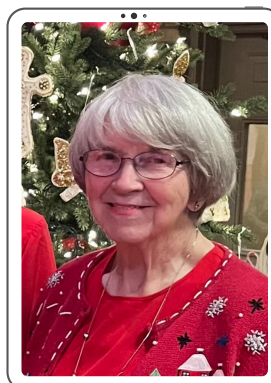
Helga enjoyed helping others in her community which brought her so much joy. Now Helga enjoys spending time with family, watching TV, and listening to music.

Welcome to Arcadia!

Donna TePoel grew up in a small town called Poland, Maine which is home to the famous Poland Spring House. She enjoyed playing in their local pond with her two younger brothers and the neighborhood children. Donna graduated from Mechanic Falls High School and furthered her education at Farmington State Teachers College in 1964 and then graduated from the University of Colorado with her Masters of Arts in 1973. She received her doctorate degree from the University of Northern Colorado in 1980. While in her second year of college, she met her husband, Louis TePoel. Donna was an educator to several students from 3rd grade to college.

Donna is new to the Clarksville area as she journeyed from her 64 acre farmland in Virginia to be closer to her grandchildren that she shares with her husband as well as their two daughters.

During her spare time, Donna enjoys reading, socializing, dancing, and spending quality time with her grandchildren.



Donna TePoel

Welcome to Arcadia!

Your Team

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A Few More Things!

Arcadia Clarksville Won Best in Retirement and Assisted Living!!



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.



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

