

January
2025



Arcadia
SENIOR LIVING
Clarksville

Letter from the Executive Director

Resident Birthdays

Dimple Halliday 1-1
Paretta Markham 1-9
Janet Peterson 1-15
Peter Purrington 1-17
Yvonne Buckner 1-17
Grady Warren 1-23
Connie Meyers 1-25

Employee Birthdays

Tankeysis Maxwell 1-1
Aris Johnson 1-6
Kristi Ramsay 1-15
Kiywana Beasley 1-17
Samuel Winters 1-17
Jackie Stone 1-17

Anniversaries

Wayne Darke 1-2 (7 years)

*"What the New Year brings to
you will depend a great deal on
what you bring to the New Year!"*

As we welcome 2025, we remember the exciting and positive times of 2024. We are thankful for our newer residents and staff, all of which have brought kindness and positivity to what Arcadia Clarksville already had. Not everything in 2024 was great, but we moved forward as life has us do. I personally thank you all for another year of a loving atmosphere and so many friendships.

Everyone has heard or been asked, "Do you see the glass as half full or half empty?" Someone who is optimistic will see the glass as half full. Optimism is something not everyone may have, but it doesn't mean they can't get it. We have so many positive vibes throughout our community, and it can only spread. Surround yourself with others who are positive and be there for those who may need you to get them out of their pessimistic ways and thoughts.

Several studies have been done on optimism and one's psychological well-being. One study assessed incoming freshmen based on optimism, self-esteem, and self-control. The freshmen who scored high on optimism before entering college had lower levels of psychological distress than their pessimistic peers. Those optimistic students were found to have less stress, less loneliness, and less depression than those who were pessimistic. A different study showed optimism giving one a lifespan exceeding 85 years. Researchers also claim that optimistic people choose healthier lifestyles. They usually smoke less and drink less alcohol. They are usually physically active. They consume healthier foods such as more fruits, vegetables, and whole grains.

My grandmother shared the "Knots Prayer" with me a long time ago. I use that prayer often when I need an uplift. It is food for thought. Look it up if you are not familiar with it, or I can print a copy off for you. For 2025, let's continue to put forth that tendency to be hopeful, make good things happen, and be excited for what is to come. We are going to have another great year and share our optimistic ways. Happiness is something that can multiply when you share it. Your life's happiness can depend upon the quality of your thoughts. Arcadia Clarksville is an amazing community, and we can only make it better.

Sheila Dickmann, Executive Director

"Attitude is a little thing that makes a big difference." — Winston Churchill

November Activities Captured



December brought in so many cheerful moments with friends and loved ones. We had so many different volunteers come and sing Christmas carols and do holiday crafts with us.

We would like to extend a special thank you to those who donated a Christmas wreath to our Annual Wreath Give-A-Way for our residents. They love entering for the chance to win their favorite wreath.

Make sure you check out our Facebook page for more photos and details.



Resident Highlight

Ruby was born and raised in a small Somerset town called Anson in Maine.

With her late husband, Bob, Ruby has three children and four grandchildren.

Before Ruby moved to Arcadia, she spent a lot of time at our local senior center with her circle of friends at the day program.

She enjoys watching television, listening to music, dancing, spending time with her family, and most importantly with her dog, Sammy.



Ruby Bryer

Welcome to Arcadia!

Employee Highlight

Linda Williams joins us from Dearborn, Michigan where she spent the majority of her childhood. In 1977, she moved to Clarksville, Tennessee. She worked at Gateway Hospital which is now Tennova from 1990 to 2006 and part-time at Belk's which is now Belk's Outlet in the Governor's Square Mall from 2001 to 2022.

Linda has two children and four grandchildren. During her free time, she enjoys spending as much time with her grandchildren as she can.

Thank you, Linda, for being such a ray of sunshine as one of Arcadia's Dining Specialist.



Linda Williams

Welcome to Arcadia!

Your Team

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Director of Maintenance

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Rebecca "Becca" Jones

Open Arms Director

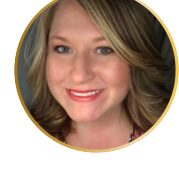
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Jackie Stone

Director of Resident Care & Wellness

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A Few More Things!

SEE AMBER FOR MORE DETAILS!!

KNOW YOUR NEIGHBOR

\$1000

for You

\$1000

for Your Neighbor



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



New Year Advice

- Set goals: "The new year is not just about a change in the calendar; it's about setting fresh goals, embracing new opportunities, and believing in your own potential."
- Believe in yourself: "You are never too old to reinvent yourself."

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.

