

June  
2025

Arcadia  
SENIOR LIVING

Clarksville

# Letter from the Executive Director

## Resident Birthdays

Ruth Fitzgerald 6-1  
Helen Freeman 6-5  
Therese Koverman 6-21  
Eleanor Powell 6-22  
Mary Kennedy 6-23  
Donna Oliver 6-27  
Roger Halliday 6-28

## Employee Birthdays

Janice Osborne 6-30

## Anniversaries

Jackie Stone 8 years  
Mallory Siefert 2 years  
Samihah Warner 1 year

*"If you don't like something,  
change it. If you can't  
change it, change your  
attitude."*

Time is going by so fast. It is hard to believe we are in June and the beginning of Summer. We will be celebrating Flag Day on June 14<sup>th</sup>, Father's Day on June 15<sup>th</sup>, and Juneteenth on June 19<sup>th</sup>.

Our 1<sup>st</sup> Quarter Ambassadors were selected. We have Donna Roe, Resident Care Specialist, and Janice Osborne, Dining Specialist, who were chosen from the nominations received from residents, families, and staff. It is so rewarding when a staff member is acknowledged for going above and beyond. Please continue to share your nominations with us.

When we celebrate Flag Day, we are honoring the adoption of the United States flag and want to show respect for the flag and its values. It represents liberty, justice, and unity. With respect, we are showing admiration, courtesy, and consideration for someone or something because of positive qualities, abilities, and/or achievements. Respecting someone involves considering their needs, feelings, and opinions even if you don't agree with them. We should be accepting others for who they are even if they are different in any way from us. Respect is so important to build positive relationships and gain that sense of trust and security.

One of the qualities and values listed in "The Arcadia Way" includes respect. This is a big part in our Quarterly Ambassador program as mentioned above. Arcadia states, "We are committed to creating an inclusive company culture built on respect, collaboration, fairness, and opportunity for people of all backgrounds, viewpoints, and experiences." I feel we have a lot of respect within our Arcadia Community. That is what makes us great.

Sheila Dickmann, Executive Director

*"We may not be able to stop evil in the world, but how we treat one another is entirely up to us." — Barack Obama*



## May Activities Captured



We welcomed the summer heat in our favorite ways with laughter, flowers, delicious food, and games. Arranging flowers for Mother's Day is always a joy for us. Whenever we travel to AHAVA, we bring our competitive spirit with a lively game of cornhole. Our friends from Open Arms enjoyed some hearty country cooking at Cracker Barrel. We also celebrated National Apple Pie Day with a delightful baking session. No Spring is complete without visiting the greenhouse to select some of our favorite plants and flowers. Additionally, Open Arms crafted their first limerick together about our very own Chef Doug. We're excitedly preparing for next month's activities. Be sure to check our Facebook page for more pictures and details!



### Hugging Chef

There once was a chef named Doug.  
Who would always give you a hug.  
He hugged me one day.  
Then I ran away.  
Slipped and fell on a rug.



## Resident Highlight

Audrey hails from Ridgetop, Tennessee, where she spent her childhood as the second oldest of five children. She has one son and two grandchildren.

Audrey dedicated nearly 30 years to Commerce Union Bank, now United Community Bank, before retiring in 2002 from their HR department. In addition to her day job, she worked as a cashier at Walgreens for 16 years.

Audrey delights in baking, entertainment, reading, and cherishing moments with her family.

Thank you for choosing Arcadia as your new home!



**Audrey Dowlen**



**Tony and Patsy**

Tony's journey began in Brownsville, Texas, near the Gulf Coast. He served in the Army for three years at Ft. Campbell. Following his military service, Tony worked as a production worker at Trane. He spent 26 years as an insurance agent with American General. Later, he transitioned to real estate and became a loan officer at First American Bank, now called Regions Bank. He concluded his career as an assistant funeral director at Neal-Tarpley-Parchman Funeral Home until 2019.

Patsy's story starts in Clarksville, where she graduated from Clarksville High School. Her career began at Davis Clothing Store in downtown Clarksville. She gained experience at Sears and Parks Belks and worked at 1st National Bank. Patsy also served as an aide for special needs children at Richview Middle School.

Together, they have four children and nine grandchildren. Tony enjoys golfing, while Patsy loves socializing with friends.

Thank you for choosing Arcadia as your new home!

## Employee Highlight

Hailey grew up in Mayfield, Kentucky. She relocated to Clarksville to be with her fiancé when she turned 18. They plan to marry after she completes her nursing degree.

Her experience in several nursing homes has solidified her passion for this career.

Hailey enjoys painting, outdoor adventures, and cooking, with baked spaghetti being her specialty. She cares for a variety of farm animals including cows, horses, chickens, and peacocks.

Thank you for helping make Arcadia a fantastic place to work!



**Hailey Palmer**

# Your Team

**Sheila Dickmann**

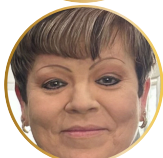
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# A Few More Things!

## KNOW YOUR NEIGHBOR

**\$1000**

for You

**\$1000**

for Your  
Neighbor



SEE AMBER FOR MORE DETAILS!!

### \*\*Arcadia's Way!\*\*

Be sure to visit the front desk and nominate a staff member who embodies the essence of teamwork, accountability, integrity, respect, and safety. The nominations for our 2nd Quarter Ambassador are now open!

Like and follow us on Facebook to discover more photos and receive updates from Arcadia Clarksville!



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.

