



Newsletter—August 2023
Volume 3, Issue 2



HAPPY
Senior Citizens
DAY
August 21st

Carrick Chronicles

A MOMENT WITH MICHELLE

Happy August everyone! My, oh, my...July was so busy and so much fun! We had Spirit Week (reminiscent of high school and college days) that brought out the kid in all of us. We had loads of fun at the Carrick Carnival and enjoyed time with our friends from Providence Place. Shopping, restaurants, plays and entertainment galore added to our list of fun things we did!



Of special interest, we also recorded a Carrick Glen commercial featuring our residents, staff and yours truly. You can view our commercial via our website at www.carrickglenseniiorliving.com and feel free to share with your family and friends online. Thank you to all of those that participated to help us showcase the wonderful lifestyle and living that we have here. You can also check our all things Carrick Glen on our Facebook page at <https://www.facebook.com/carrickglensr> to stay in the know with all our happenings and news.

It's been a hot summer so far, with more than our fair share of rain, but come sunshine, rain, storms and all, we "weather" it together—one big happy family. I look forward to August and all of the fun adventures I know we will have. As always, it's my honor to serve you. ~ Michelle

Did You Know?

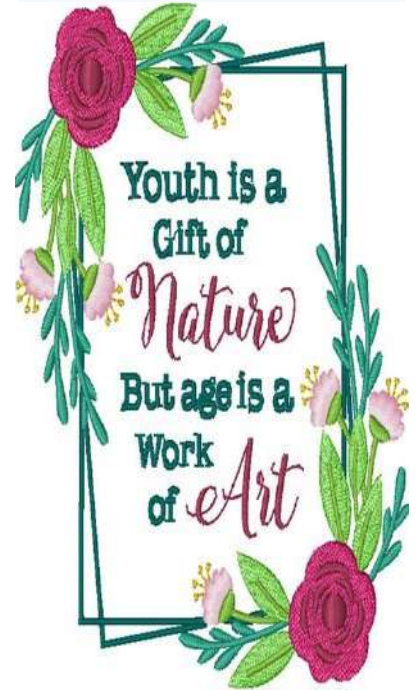
August is named after Augustus Caesar (grandnephew of Julius Caesar), the first emperor of the Roman Empire.

August is the last full month of Summer and the end of Winter in the Southern Hemisphere

August 1st is National Friendship Day!

August is referred to as the dog days of Summer. This is in reference to the hottest and most humid months and that is typically August

August 21st is National Senior Citizens Day!



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CHECK US OUT

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www.carrickglenseniiorliving.com



~JUBILANT JULY~

Can we just agree that July was totally terrific?! We had so much fun with our Spirit Week that brought out the fun natured kid in all of us. Red, White and Blue Day, Pajama Day, Beach Day, Super Hero Day, and Hat Day! Hats off to our entire crew for pulling off such a great month of events.

We also got work started on our landscaping to take

back some of the damage done by winter icing...I know, YAY!

Looking forward to the Dog Days of Summer in August. No doubt we will be having some fun!



“Even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you.” Isaiah 46:4

AUGUST BIRTHDAYS

Carrick Glen

- Lea Forsman 8/5
- Marshall Kennedy 8/7
- Joyce Thomas 8/19
- Mildred Haney 8/23
- Edgar Bair 8/23
- Joyce Duncan 8/25
- Anne Dennison 8/30

The Isles at Carrick Glen

- Allen Winkler 8/2
- Carolyn Miller 8/6

The Villas at Carrick Glen

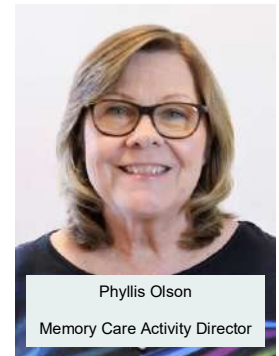
- Kathryn Hosford 8/10
- Ann Troxler 8/16
- Ben Rector 8/15
- Carrick Glen Team Members
- Emily Crowson 8/5



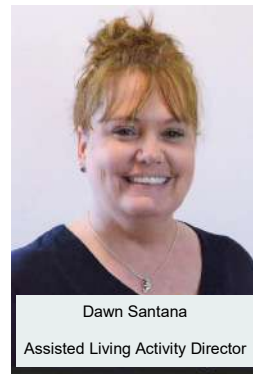
HAPPY HAPPENINGS ~ ACTIVITIES



August has arrived along with the Dog Days of Summer. August is famous for weeds and flowers growing fast. Did you know that bamboo in August can be seen growing with the naked eye at up to two inches per hour? It is hard to believe that the year is half gone and soon we'll be seeing lights and hearing Christmas carols. July was a good month. We celebrated the birth of our nation, here in the Isles we started a garden club and will continue to keep our hands in the soil and plant flowers. We look forward to August with a planned cookout and new craft ideas. We look ahead to new residents and mourn the passing of others. ~ Phyllis



Phyllis Olson
Memory Care Activity Director



Dawn Santana
Assisted Living Activity Director

I cannot say enough about all the incredible events and fun that we had in July. Our first carnival was a HUGE success. Spirit Week was so much fun and we had such great participation. So many people contributed to making all our adventures be everything we dreamed it would be and more. August is full of all our favorites and some new adventures too. Be sure to join in and invite a friend or two! ~ Dawn



MAINTENANCE MAN MINUTE

Jr. Perez, Maintenance Director

What are your windows & condensation telling you? As a maintenance man, I advise my family and children on topics that I am seeing while I work. Recently, it has been moisture levels. Windows can help guide you if you know what you are looking for.

Moisture on the outside of your window: That is a good sign that your window's seals are intact. This condition happens when the air temp inside is COOLER than the air temp outside. Condensation builds on the warmer side and moisture needs to stay outside of the home.

Moisture between the window panes: This is a bad sign that your window's seals have failed and moisture is accumulating between the glass. Time to replace the window.

Moisture on the inside of the window: This is a bad sign that you are holding moisture in your home. If you ever experience a flood or leak, please note that FEMA states moisture level of wall studs should be below 15% moisture before reconstruction.

If you have questions concerning moisture or floods/leaks, please see Jr or Cam in maintenance.

FYI: Cam has replaced all of the Villa A/C filters. Next A/C filter change will be in October. ~ Jr

Patti's Positive Pointers



Patti Purdy
Concierge



NURSING NOOK



Heather Langley, LPN, DON

We really do have a great team here at Carrick Glen! I'm grateful all the hard work that the nurses, techs, housekeepers...EVERYONE puts in every single day of the week. I want to encourage you to take a moment to say "thank you" for all the time and effort they show in caring for others. Yes, it's a job, but it's really WAY more than that. It's a sincere desire to serve others and help them to experience the very best quality of life that they can. They truly care and it shows in everything that they do. They deserve every ounce of love, kindness and respect that we can show them in return. Thank you for the privilege of serving you.
~Heather



CULINARY CORNER



The kitchen is serving up some delicious new items. You can “quiche” your diet goodbye with this made from scratch goodness, but your taste buds will thank you! Mr. Zee Zarook is showing off with this meal complete with pancakes and two styles of grits! Stay tuned and stay hungry for many more new items coming to a dining table near you! Bon Appetite!



Cheers to David Ortez for passing his United States Citizenship test! There is no doubt that the joy and sense of accomplishment is tremendous! So very happy for you and proud of you! We will definitely be celebrating soon! Congratulations!!!!

VILLA VENTURES



VILLA CALENDAR OF EVENTS FOR AUGUST

Wednesday, August 2nd @ 3:30pm - Villas Monthly Party (Clubhouse)

Wednesday, August 9th @ 3:30pm - Villas Planning Meeting (Clubhouse)

Friday, August 11th @11:30am - Villas Monthly Potluck - Sign Up (Main Activity Room)

Wednesday, August 16th @ 3:30pm - Villas Wednesday Social (Cards/Games) (Clubhouse)

Wednesday, August 23rd @ 3:30pm - Villas Wednesday Social (Main Activities Room)

Friday, August 25th @ 11:15am - Lunch Out via Van (Sign Up)

Wednesday, August 30th @ 3:30pm—Villas Wednesday Social (tbd)



EMPLOYEE OF THE MONTH



SHAMEIKA HOLT-FORD

Congratulations to Shameika Holt-Ford for winning the July Employee of the Month. There truly is not enough space in this newsletter to say all the wonderful things about this incredible person/woman/Lead Resident Assistant. She is simply incredible. No one is more deserving of the positive recognition. Our “thank you” seems to fall short of all the praise she is worthy of. She works long hard hours. She cares with her whole heart. And she always has a smile on her face. Thank you Shameika for all that you do. We love you!

COMMUNITY RESOURCES

Mt. Juliet Infusion Center:
 Providence Pavillion
 5002 Crossing Circle,
 Suite 100,
 Mt. Juliet, TN 37122

(844) 893-0012

www.12stonehealth.com

Michelle Cook
 Hospice Liaison
 615-388-1212
Michelle.cook@aveanna.com

Richard Chavez
 (629) 244-8793
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What Makes Good Works?

Good Passion

that supports the unique passion of each senior community while accommodating the human struggle to fail and try again.

Good Results

that make a difference in the lives of residents, families, staff, and investors.

Good Ministry

that views every resident, family member, staff member, investor, and service partner as a participant in a personal ministry that transcends jobs, roles, or functions.

Good Research

that identifies opportunities, unique competitive advantages, and requirements for success.

Good Operational Management

that supports the critical emotional crises that families and staff experience.

Good Risk Management

that accommodates the realities of a litigious environment and public expectations.

Good Facility Planning and Design

that delivers resident-focused solutions that have greater value than they cost.

Come Be A Part of Our Carrick Glen Family!

Now accepting new residents!

(Independent Living, Assisted Living & Memory Care)

Now accepting new team members!

Licensed Practical Nurses—FT/PT/PRN

Resident Assistants (Will train) - FT/PT/PRN

Housekeeper—Full Time (Monday-Friday)



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<https://www.facebook.com/carrickglensr>