

Everyone Deserves
a Great Life

April 2017



ARCADIAN COVE

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**Arcadian Cove
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Shelli Gross
Recreational Coordinator
Javonna Broadus
Business Office Manager
Tracey Noe
Food Services Director
Ella "Cissy" Williams
CareTender Lead
Tausha Abner

Be sure to follow us on Twitter & Facebook!



Blue-White Day at the Cove!

In celebration of the SEC tournament, the residents and staff at Arcadian Cove had a Blue White day. We cheered on the UK Wildcat Basketball team, with pomp and circumstance. There was chanting, pom pom waving, and of course a basketball shooting contest.



Mr. Glenn making sure he is at the right angle from the basketball goal, to make the perfect shot.



Staff holding up the CATS sign as Residents cheer C-A-T-S Cats Cats Cats



Ms. Lana received the "Anna Thomas Spirit Award" for having the most spirit at the pep rally and winning the basketball shot contest.



A Little Rain Must Fall

"The way I see it, if you want the rainbow, you gotta put up with the rain." —Dolly Parton



April Birthdays

Wanda Switalski 4/3
Emily Wells 4/4
Julie Dozier 4/8
Margaret Shepherd 4/17
Frances Allen 4/22
Edna Newman 4/25
Libby Powel 4/25

Remember

Resident Easter egg hunt
April 13th
Easter April 16th
Spring Fling April 22nd 3-6pm





Celebrating Dr. Seuss' Birthday at the Cove!

Visitors



Stirring up the eggs for our green eggs and ham casserole.



Ladies wearing their "Happy Birthday Dr. Seuss" hats



EKU Chi Omega Sorority brings flowers to the residents



Residents listened to the book Green Eggs and Ham while the casserole cooks.

Chili Cook-Off



Ladies enjoying samples from each chili.



Richmond Predestinarian Baptist Church Children's Choir



2017

Come dressed to impress at this years Spring Fling. We are having a prize! We will be taking a trip back in time and celebrating music from the 40's to present day.

Please come dressed in your best formal attire. If you don't have anything, don't worry, we will have a shopping day at The Cove for you to pick out something nice.

Date: April 22nd
Time: 3-6pm



The Dining crew as our judges.



Live Well Chiropractic



Ms. Sheila rolling out dough for the fried pies



Caretenders making Spring door crafts with Residents

Drink More H2O

Throughout the day, people lose water through evaporation, respiration and digestion, making it necessary to replenish what's lost. Proper hydration will energize muscles, rejuvenate skin and facilitate proper organ function. Drink water with every meal, eat fruits and vegetables, and carry a water bottle with you wherever you go.

Hydration is necessary for fitness and good health. Mild dehydration can make you feel sluggish and tired. If you wait until you feel thirsty to drink, you are already dehydrated. Divide your weight in half—that is how many ounces of water you should drink a day. If you want to make your water taste better, add lemon or lime slices.

Sugary drinks such as sodas, fruit punch, juices, energy drinks and fancy coffees are packed with calories but little to no nutrition. Cutting back or eliminating them can help you drop some pounds and help your overall health.



Welcome



Ms. Deana Harrison comes to us with more than 25 years of experience in Cosmetology. She loves getting to know her clients by talking with them during their appointments and working with them to make them feel and look great! She enjoys cutting and styling ladies hair and trimming for gentlemen because everyone feels good right after a great haircut!

When Ms. Deana isn't styling or trimming hair, she loves to spend time with her family and especially enjoys vacationing in Florida where the sun is always shining!

Ms. Deana's Salon will be open on Friday of each week but if her clientele grows, she has stated she would love to be open an additional day with us here at the Cove!

We look forward to having Ms. Deana on the team!!

Wit & Wisdom

"Baseball was, is and always will be to me the best game in the world."
—Babe Ruth

"There are only two seasons—winter and baseball."
—Bill Veeck

"Love is the most important thing in the world, but baseball is pretty good, too."
—Yogi Berra

"People ask me what I do in winter when there's no baseball. I'll tell you what I do. I stare out the window and wait for spring."
—Rogers Hornsby

"Now, there's three things you can do in a baseball game. You can win, or you can lose, or it can rain."
—Casey Stengel

"Baseball, it is said, is only a game. True. And the Grand Canyon is only a hole in Arizona."
—George Will

Arcadian Cove

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Easter Greetings

WISHING YOU A
HAPPY HOLIDAY!