

March 2023

The Village Gazette

The Villages at the River Club | 1176 Warfield Blvd, Clarksville TN 37043 | 931-552-7455



Celebrating March

Women's History Month

International Mirth Month

Dr. Seuss Day

March 2

Purim Begins

March 6

International Women's Day

March 8

95th Academy Awards

March 12

St. Patrick's Day

March 17

Mothering Sunday

March 19

Wellderly Week

March 20–24

Nowruz Begins

March 21

Ramadan Begins

March 22

American Crossword

Puzzles Week

March 31–April 2

HAPPY MARCH! The first day of Spring is March 20th and hopefully this will mean daffodils and other green buds will be starting to bloom around us!

Back in February, you may have heard that my 90-day probation period ended, and I became the Executive Director without the "interim" as part of the title. I appreciate all of you who supported me along the way to reach this new position with The Villages. I hope I can continue to make this a wonderful place to call home for all! Also in February, our 12-passenger bus arrived! Hopefully we will be using the bus for fun adventures in March. Stay tuned for bus travel arrangements and activities.

Most of you have received your base rent increase letter by now in your mailbox. Although none of us are happy when we receive these, hopefully we can all agree that due to high inflation rates, this is necessary to maintain our home sweet home!

March 1st is our next Town Hall Meeting and our CEO, Matt Fuqua, is planning to attend and spend time with us. I love how he takes the time to understand the concerns and questions from our Residents and Staff during his visits.

Our Hair Salon has a new stylist since Olena has moved to Florida with her hubby. Our new Cosmetologist (hair, face wax, barber) is Allison Rinehart who moved here recently from Charlotte, North Carolina. I really like Allison's sparkling personality and I have high hopes she will do a wonderful job at the Salon.

A couple staff changes: Brenda Baez has moved from Security to become a Caregiver for our Villages Home Care team under Tracy Sutton. To take Brenda's place, we hired Roman Holtzclaw for our nighttime security needs. Please welcome and congratulate both!

I leave you with an Irish Blessing that I enjoy (I am actually half Irish):

**Hugs & love,
Lisa Klasen –
Executive Director**





FUN IN FEBRUARY

Bowling outing with staff & residents

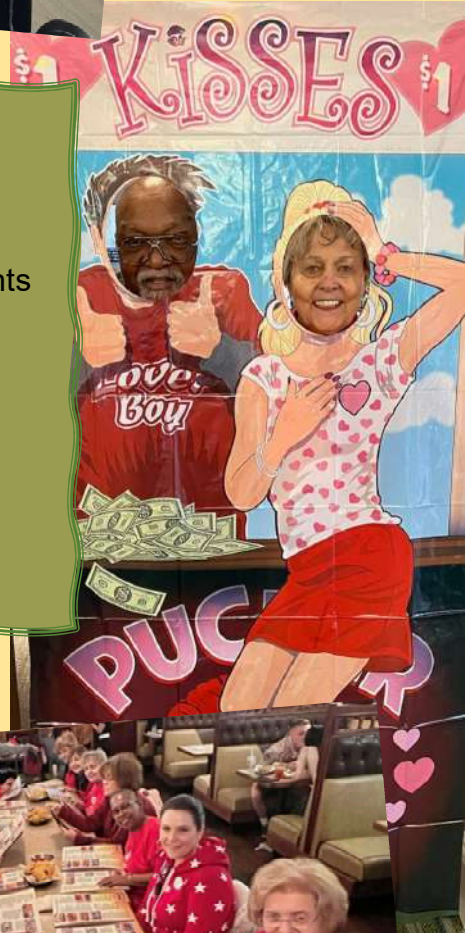
"80 for Brady" Movie & Mexican

Valentine's Party

Superbowl Gathering

Mardi Gras!

Outing to Old Glory Distillery



Devotions will take place on Thursdays starting at 10:00 a.m. **in the library**. Sessions will be based on “Our Daily Bread” books, which are available to residents for free.

Work out with EmpowerMe Wellness on Mon, Wed & Thurs at 11AM in the Roxy OR join yoga instructor Diane to improve your stability, core strength and stretching during the 4 PM floor Yoga class on Mondays OR chair yoga on Tuesdays at 11AM.

Don't forget to attend the resident Town Hall meeting held the first Wednesday of each month at 10:30am. This is the best way to stay informed of all aspects of resident life.

The last Wednesday of the month is our “Newcomer Orientation.” This is a time for recently arrived residents to introduce themselves and learn about their new home.

Please see Lisa Klasen to join our group messages on **WhatsApp** for up-to-the-minute announcements, information, and updates.

Housekeeping hours are Monday-Friday 9am-3pm. Please make sure trash is placed in the correct hallway bin no later than 3pm. **Trash pickup on the weekends is an additional service now provided by housekeeping staff. Trash should be ready for pickup by 5PM on weekends to be collected.**

Dining to-go orders for *Lunch*: placed by 11:30am and picked-up from 11:45am-12:15pm. *Dinner*: placed by 4:30pm and picked-up 4:45pm-5:15pm.

Residents **must sign-up by 6:30pm on Thursdays** to get a breakfast box from the front desk on Saturday & **SUNDAY** mornings.

Residents are reminded that salads, desserts, or other plated food items are not self-service in the dining room. Please see a kitchen staff member if you need a food item.

American Hero

March 10 is Harriet Tubman Day, a day to honor the legacy of the famed abolitionist and social activist. Tubman embodies the ideals that shape America: freedom, courage, leadership, and justice.

Born into slavery, Tubman escaped to the North in 1849 and became a “conductor” on the Underground Railroad. With a \$40,000 bounty on her head, Tubman made 13 missions to free 70 enslaved people. Her extensive knowledge of the South made her an invaluable asset to the Union army during the Civil War. She became a spy and scout, often donning disguises to infiltrate cities under Confederate control. She provided vital information about Confederate supply routes and troop movements to Union commanders. Tubman even became a Union militia leader, leading a regiment to attack Confederate mines, storehouses, and crops in South Carolina. It took decades for her to receive recognition for her military service after the war, but she was finally awarded a pension in 1899.



Introducing our new Hair Stylist- Allison Rinehart! To set up an appointment, please call or text her at 704-617-2735

Meet Our Staff

Executive Director

Lisa Klasen

Director of Maintenance & Security

Kenny Thomas

Executive Chef

Katy Heitzenrater

Home Care Services Director

Tracy Sutton

Recreational Director

Jenny Roecker

Housekeeping Manager

Shannon Jacobs

Business Office Manager

Johnnie Friddle

Cooks

Bridgette Parisi

Tiffany Burlison

Martina Jefferson (Breakfast Attendant)

Servers

Rhonda Orr

Fredericka Lewis-Cado

Diamond Coins

Nicole Davids Alexa Giordana

Housekeeping

Betty Martin Claire Cox

Villages at Home

Rina Gonzalez Gina Thibodeau

Brenda Baez

EmpowerMe Wellness Team

Courtney Weaver (PT)

Jamie Smothers (Speech)

Kaylin Miley (OT), Manager

Security Guards

Mark Hughes Keith Stepp

Roman Holtzclaw

March Birthdays

In astrology, those born from March 1–20 are Pisces' Fish. Pisces are incredibly sensitive and empathetic. They often tap into their boundless imaginations and dreamy attitudes to become accomplished artists. Those born from March 21–31 are Aries' Rams. Rams are headstrong, charging forward into adventures with confidence and ambition. Aries' charisma and confidence make them effective leaders.

3rd- Dick Kupris

Patty Hubbard

15th- Georgetta Killebrew

24th- David Hollis

30th- Homer Kocher

**Don't forget your birthday party on
March 17th at 1:30!**

Prayer and Well-Wishes to:

Joe Sutryk

Johnnie Friddle

Charles Mosley

Pat Fitzgerald

Kenny Averrit

Sybil Thornton

Ilene Blumberg

Allan Anthony & wife

The Sims Family (former residents)

All those dealing with loss or illness

Bible Study on the Book of Romans

Beginning March 21st in the Library at 10:00 am. This is a series that continues every Tuesday until completion. Led by resident Don McClaren.