



# This Month's News

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**Dear Families:**

It is hard to believe July is already here and summer is really starting to heat up. We hope you are keeping cool and incorporating some fun into your days. Here's some of the latest news from NHC!

### **Center Events for July**

We have a lot of fun events planned for the month of July. Holston Patients and Residents will embark on a cruise through the Florida Keys! We set sail on 7.3.23 and we'll enjoy a captain's dinner on the SS Holston. We will celebrate the 4th of July while on the cruise with the entertainment duo, Sev7ens. You are welcome to attend and help us celebrate July birthdays! While on the Keys cruise, we will enjoy excursions such as flip-flop-table-tennis, armchair traveling through to Key West, Glass Bottom Boat Game, Key Largo chair dancing, Ocean Motion chair dance, Route 95 Bingo Bash, Jimmy Buffett happy hour and sing-a-long, Tiki Pins and Coconut Bowling, 7 Mile Bridge Tour, "Key" landmarks, Race to the Southern Most Tip game, Sr. Pageant Talent Show will conclude our cruise before returning to our daily routine and new adventures. Check the calendar for events and join us! Fun for the whole family!

### **Special Announcements for Families**

Join our Walk to end Alzheimer's team:

[https://act.alz.org/site/TR/Walk2023/TN-Tennessee?  
team\\_id=791325&pg=team&fr\\_id=16948](https://act.alz.org/site/TR/Walk2023/TN-Tennessee?team_id=791325&pg=team&fr_id=16948)

Please bring or mail post cards from your travels throughout the summer months to NHC Holston, 3916 Boyd's Bridge Pike, Knoxville, TN 37914

### **Special Thanks**

We would like to thank Clair for bringing her Tibetan Terrier named Alice as a new HABIT Pet therapy dog! For all who provided blessings during National Skilled Nursing Care Week: Caris Hospice provided a beautiful art project, NHC Advantage for the ice cream shop, Modern Woodman for sponsoring our snow cone truck, UT Hospice for the gift baskets. The Farm Bureau for sponsoring a fundraising event to help us reach our \$2,000.00 goal for the Alzheimer's Association goal.

### **Independence Day- July 4th**

Happy Independence Day from all of us at NHC! We are blessed to live in a country with freedom. We hope each of you have a safe and wonderful 4th!



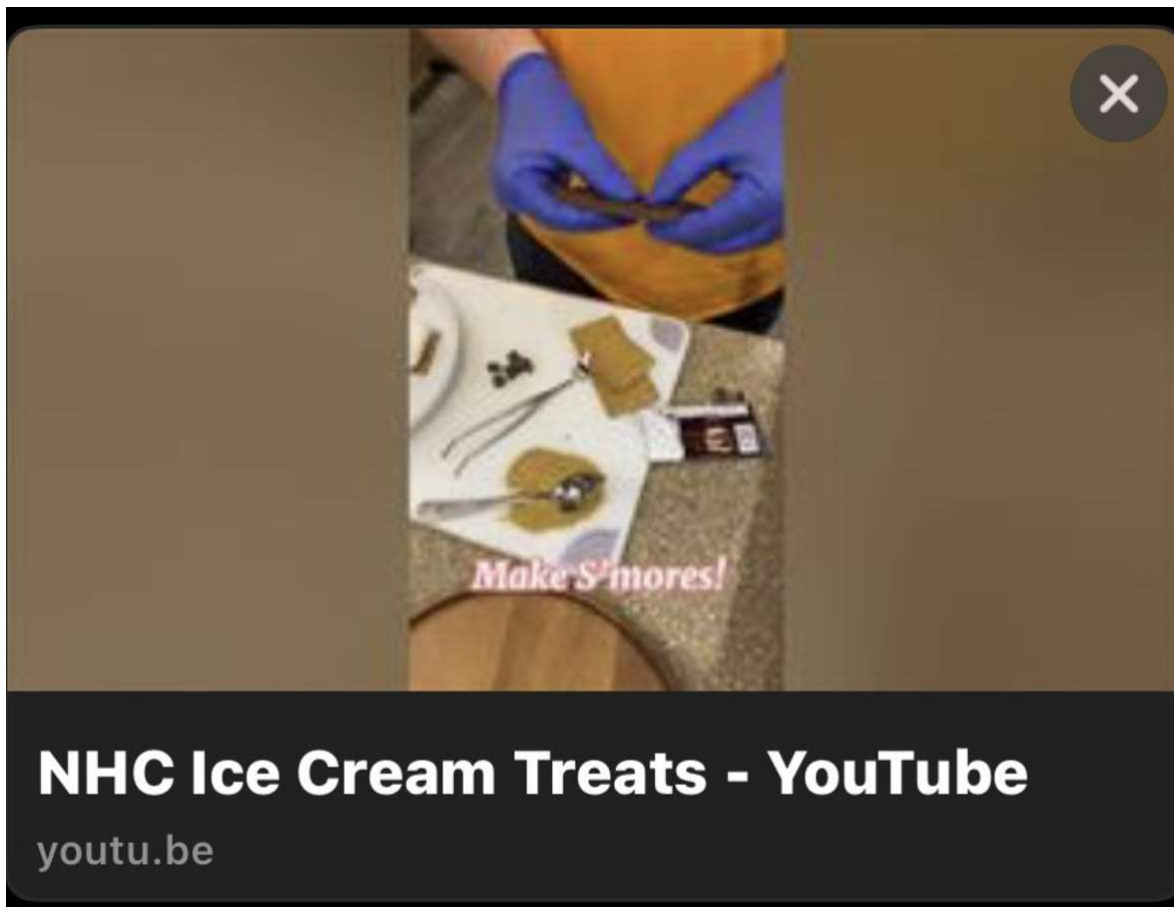
## NHC'S 52nd Anniversary- July 23rd

NHC is proud to have served our patients and residents for 52 years this year. We thank you for the opportunity to provide continuous care and for entrusting us with your loved ones. It is truly a privilege to care for our patients.



## National Ice Cream Month

Beat the summer heat with a sweet, COLD treat. What better way to celebrate National Ice Cream Month than grabbing a cup, or cone, of your favorite flavor? Check out one of NHC's extremely talented chefs, Chef Alan, as he gives us a delicious recipe for S'Mores Ice Cream Cake [HERE](#).



Thank you,

Dan McKenzie

Administrator, Holston Health & Rehabilitation Center

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Holston Health & Rehabilitation Center  
3916 Boyd's Bridge Pike  
Knoxville, TN 37914  
865-524-1500

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