



Now that March has arrived, we are gearing up for Spring and looking forward to some warmer weather days. The sun will stay out longer, flowers and plants will begin to bloom, and we are hopeful to get outside some and enjoy the beauty of it all.

Center News: Be sure to check the calendar for our events this month. Events include Mondays: Reading, cooking, golf, Jubilee Gospel & Bluegrass band. Tuesdays: Ladies Irish Tea, Paul Indelicato – Birthday entertainment. Wednesday: Big Bingo Bash fundraiser (\$5.00 per card) for the Alzheimer’s Association. Thursday: Art Sessions. Friday: Garden Gatherings, New Technology, Armchair Travelers Club, Scategories Game, Holston Home Opener! Saturday: Movie Matinee Sunday: Church services.

Special Announcements for Families: Hello families! Welcome to Holston as we continue to provide opportunities to engage in fun with our theme, “Community in ’23!” Please remember to wear a mask (provided at the front door in the lobby) while you are in the building. You may check our website for the COVID positivity update in house. Also, check the website for updated pictures and "happenings" on our Facebook page. Please let us know you like what you see. Join us for StoryCorps on Thursday, March 2 at 6:00 p.m. by reservation. Call Kim for rsvp at 865-254-1500! Read across America will start on Monday, March 6! Join in the fun with your little ones for story time at 2:00 p.m. in the main dining room! Photo ops are available next to our big balloon for "The Places you Will Go!". We welcome families to attend evening activities in the family room as scheduled. If you would like to dine with your loved one in the main dining room, please contact the receptionist 2 hours before meal to schedule meal. Easter Eggstravaganza will be coming soon, Friday, April 7 @10:00.

Special thanks to our approved volunteers: Chaplain Peggy Blevins for your support in spiritual welfare for our loved ones and family members. Barb and Becky, our sisters who loved to jump in anywhere needed! Valerie and Jack, the pet therapy dog. Corina, Cheryl, Cindy, Lily, Diane, and Reanna for countless hours you spend at the bed side of those who chose social and cognitive stimulation in rooms. Judy the nail polish assistance who paints nails and creates smiles. Torey who prepares uplifting messages for Sunday services and worship music on the piano! Our librarian, the Books for the Home Bound and TN Person centered music volunteers. If you are interested in becoming a volunteer, please contact Kim Uzonyi, Recreation Director, ADC for the volunteer paperwork. 865-524-1500 x 3028

Important Dates for March:

- World Day of Prayer March 3rd
- St. Patrick's Day March 17th
- National Puppy Day March 23rd
- National Doctor's Day March 30th
- Social Work Month
- National Nutrition Month

Happy National Social Workers Month

This month we spotlight and honor our Social Workers for National Professional Social Work Month. We thank them for all their dedication to our patients and families. [Here](#) are some great ways our Social Worker team can help you throughout your loved one's stay.



National Puppy Day!

Puppies can turn any bad day around. We feel it best to celebrate our furry friends, regardless of age, and recognize National Puppy Day. After all, if you are a dog owner, they will always be your “puppy”. Check out this great resource on the positive effects pet therapy can have on seniors [here](#).

MARCH 23RD
**NATIONAL
PUPPY DAY**

