



# This Month's News

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## **Dear Families:**

We want to wish a happy August to your family! We hope you are keeping cool as summer is slowly winding down, but the heat is sticking around. Here are some highlights we are recognizing for this month.

## **Center News**

Holston would like to invite our families to attend activities throughout the month. Our theme for August is "Walking on Sunshine". Every Saturday at 1:30 we hold a weekly

movie matinee in the West Living Room. Sundays at 2:00 we have a worship service with Temple Baptist Church with volunteer, Torrey Lasley. This month we will hold Knox County Board of Elections at 9:30 in West Living Room for our Long-Term Care patients.

Be sure to keep an eye out for our Monthly Birthday celebration with local entertainer, Paul Indelicato! And check our calendar if you are joining your loved one for fun in (and out) of the sun.

## **Center Events for August**

If interested in booking a hair appointment for your loved one, please do so through the recreation department. The hairdresser will be in the shop on Wednesday mornings at 9:30 am. Also, we are always looking for and accepting Bingo Prizes. The types of items we are looking for include Beanie Babies, small purses/wallets, UT memorabilia, elastic jewelry, small unbreakable room decor, and travel size toiletries.

## **Special Thanks**

Thank you to all our volunteers! We welcome new volunteers this month. Paige enjoys engaging with residents with a variety of games. Karen is a creative card maker who will engage small groups in designing greeting cards. If you are interested in volunteering with us, please reach out to Kim Uzonyi, Recreation Director at 865-524-1500 ext 3028 or by email [kimberly.uzonyi@nhccare.com](mailto:kimberly.uzonyi@nhccare.com).

## **National Immunization Awareness Month**

Is your loved one up to date on their vaccines? Please join us in raising awareness as we observe National Immunization Awareness Month. To learn more about immunizations and discover what is right for you, click [HERE](#).



# National Immunization Awareness Month

## Senior Citizens Day Discounts- August 21st

Proclaimed in 1988 by President Ronald Reagan, National Senior Citizen Day celebrates the love, experience, and wisdom of older adults. We celebrate all Senior communities and have researched some great discounts available to them! To check out some senior discounts that may be near you, click [HERE](#).

# WORLD SENIOR CITIZEN DAY



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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