



This Month's News



Dear Families:

Happy New Year! We want to express our sincere gratitude for entrusting us with the care of your loved ones. It is an honor to serve your families, and we look forward to continuing to provide compassionate and dedicated care in 2024. NHC Fort Sanders will be back on its routine schedule of weekly Bingo-FIT activities in January, starting with New Year Bingo-FIT on Friday, Jan. 5th @ 2:00p in the Ground Floor Dining Room. Also, we want to welcome our new H.A.B.I.T. pet therapy dog "Lacey" who visits patients in their rooms. See our upcoming January calendar on our website for weekend dates/times pet "Lacey" is scheduled.

Special Thanks:

NHC Fort Sanders would like to say thank you to all NHC partners who served and assisted with the Christmas Candlelight Dinners on Dec. 5th & 7th to make it a heart-warming Christmas evening for our residents and their families. A special shout out to 45 Rpm who entertained residents and their families while getting Christmas family photos made prior to the candlelight dinner. Also, want to say thank you to the overflowing gifts and donations from various families, partners, and local businesses (i.e., NHC Home Care, Caris Hospice, Inhabit, etc.) that were given to our Annual Christmas Store for residents to shop for themselves and their families. And finally, a huge thank you to all our NHC Partners and Residents who were on decorating teams for the Fantasy of Trees Silent Auction. Not only was it a very successful fundraiser, it allowed people to feel the Christmas spirit all around them. Thank you for the Magic of Christmas the Fantasy of Trees brought to everyone who had the opportunity to stroll through the enchanted wonderland in our front lobby.



Flu Season

As we navigate the ongoing flu season, we kindly request your support in maintaining a healthy environment within our center. If you are currently experiencing any symptoms of illness, we encourage you to reschedule your visit. Your cooperation not only safeguards your well-being but also contributes to the collective effort to reduce the risk of transmission to our patients, residents, partners, and loved ones. We deeply appreciate your understanding and collaboration in prioritizing the health and safety of our community.

Did you know? These 3 simple actions can help you prevent illness, including flu, this fall and winter—more about how to fight the flu [HERE](#).



Family Fit Lifestyle Month

Jumpstart the new year with our latest blog post! January is all about new beginnings and resolutions, and it is also Family Fit Lifestyle Month. Explore easy exercises for seniors that you or your loved ones can start right away. Check out the simplicity of staying active in the new year [HERE](#)!



Thank you,

Tim Wrather

Administrator, NHC Fort Sanders

NHC Fort Sanders
2120 Highland Avenue
Knoxville, TN 37916
865.523.4131

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 865-523-4131 (TTY: 7-1-1). (Spanish)

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 865-523-4131 (TTY:7-1-1). (Portuguese)

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 865-523-4131 (TTY：7-1-1)。(Chinese)