



This Month's News



Dear Families:

Embrace a Fresh Start! As we bid farewell to the holiday season, let's usher in a new beginning by decluttering and bringing renewed energy to your loved ones' rooms. Clearing away holiday items or unused items not only creates a serene environment but also opens space for positivity and comfort. It's the season to declutter with love!

Special Announcements for Families: This is a Super Fun February! Will the Groundhog see his shadow? We will provide food and festivities for the Chinese New Year complete with Chinese dragon, music, and zodiac matching game. Next, we will celebrate the President's Birthdays along with Holston family February birthdays with entertainer Kathey Bunch! Mardi Gras Bingo will be a highlight followed by the Valentine Coronation of King and Queen Valentine in our Medieval Castle! Knights and Ladies of the Holston Realm will be delighted to participate in medieval events. We bid you to come hither to attend royal activities located on the calendar.

Special Thanks: A special thank you to all of those who provide spiritual wellness to our patients and residents. Temple Baptist, Chaplain Peggy Blevins, and Holy Ghost Catholic Church.

CLEAN SPACES MAKE FOR
happy hearts



THANK YOU FOR HELPING US KEEP YOUR LOVED
ONE'S ENVIRONMENT PLEASANT!



Pride In Food Service Week – February 5 - 9

Take a moment during Pride in Food Service week to thank and recognize our incredible Food and Nutrition Service partners. Their passion and dedication make our dining experience truly special.

Share your gratitude when you visit the center, and let's celebrate their fantastic contributions!



Homemade Soup Day

Get ready to celebrate Homemade Soup Day this month with our cozy NHC Special: Creamy Tomato Basil Hug Soup! Grab your ingredients and let's dive into the joy of homemade goodness together:

Ingredients:

2 cups ripe tomatoes, diced
1 cup fresh basil leaves, chopped
1 onion, finely chopped
3 cloves garlic, minced
4 cups vegetable broth
1 cup heavy cream
Salt and pepper to taste
Grated Parmesan for garnish

Instructions:

In a pot, sauté onions and garlic until fragrant.
Add tomatoes and cook until they release their juices.
Pour in the vegetable broth and bring to a simmer.
Stir in fresh basil and let it infuse its aromatic flavor.
Slowly add the heavy cream, stirring continuously for creaminess.
Season with salt and pepper to taste.
Simmer for an additional 10 minutes.
Ladle the soup into bowls and garnish with a sprinkle of grated Parmesan.

Serve this heartwarming recipe this month and let the flavors of love and comfort fill the air!



Thank you,

Dan McKenzie

Administrator, Holston Health & Rehabilitation Center

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

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