



# This Month's News

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## 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!

It's time to open your heart once again and cast your vote for your favorite resident valentine. NHC Fort Sanders will be having the Valentine King & Queen Coronation on Wed., Feb. 14th, starting at 2:00 pm. NHC Partners, families, and friends are encouraged to vote. Voting ballots will be available at the receptionist desk located on the ground floor and also at each nurse's station on patient floors to cast your vote. Also, The Knox County Election Commission will be at our center on Wed., Feb. 21st @ 9:00am to give residents the opportunity to vote in the 2024 Presidential Primary and Knox County Primary Election. So try to remember, February is the month when voting matters the most!!!

Families, we invite you to join your resident loved one to enjoy listening to musical entertainer, Kathy Bunch, who will be performing @ NHC, Fort Sanders on Thurs., Feb. 8th @ 2:00pm in the ground floor dining room. Come experience a lovely afternoon of beautiful music that is no cost to you!

Special Thanks :

NHC, Fort Sanders would like to again send out a special thank you to all

NHC Partners, families, vendors, and other local businesses (i.e. NHC Home Care, Caris Hospice, Inhabit, UT Veterinary Medical Center, etc.) for the overflowing gifts and donations that were given to our Annual Christmas Store., including the organization "Tiny Trees", who donated decorated Christmas trees for residents to have in their rooms for the Holidays.

**CLEAN SPACES MAKE FOR**  
*happy hearts*



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



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**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!



*Creamy Tomato  
Basil Hug*  
SOUP

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Thank you,

Tim Wrather

Administrator, NHC Fort Sanders

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