



# 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 or unused items creates a serene environment and opens space for positivity and comfort. It's the season to declutter with love!

Events for this Month: We have a lot of fun events lined up for February! We invite all families to join us on the 2nd of February for National Wear Red Day. Then on Valentine's Day the 14th, residents will be receiving flowers and cards. Finally, on the 21st, we will have the ALZ and Dementia Staff Education Fair. Please contact us with any questions regarding our events.

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!



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**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!



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Thank you,

Michael Manley

Administrator, NHC Healthcare Lexington

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