



Dear NHC Community,

Happy New Year! We have high hopes for 2022. On behalf of the whole center, we extend a heartfelt thank you to our community for the outpouring of generosity this Holiday season. We were able to give each patient Christmas gifts with a personalized touch. We are grateful for how well partners, families and the whole community took care of us this season. We were blessed by you!

A very special thank you to our caroling groups from the Empowered Ministries Women’s Group and the youth of the First Baptist Church. We also extend our thanks to entertainer Mike Kanski who made our Christmas party rock.

A new year deserves some shiny, new programming! We are excited to be extending our in person church services beginning in January. Partnering with local churches and parishes, we will be able to meet the needs of patients representing a variety of denominations, and we are excited for that opportunity.

This month we will also be ramping up our game by bringing in more volunteers and live entertainment. In addition to the always amazing Dickson County Bluegrass Band, we will have performances by the gospel trio Witness and Mike Kanski will return for an encore performance.

If you have time or a special talent you would like to share with us, please reach out to Anna Wellman in Life Enrichment at 615.446.8046, ext. 1148.

We wish all our patients, partners, friends, family and community a very happy and healthy New Year!

Sincerely,

The Life Enrichment Team:

Anna Wellman, Life Enrichment Director

Life Enrichment Coordinators

Helen Potter

Sadie Zumbun

Samantha Novachek

and

Cassidy Oliburn



“We spend January 1st walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives...not looking for flaws, but for potential.”
— Ellen Goodman

Partners				
1	Raelynn Charron	21	Brittany Bell	
2	Victoria Stokes	21	Keilee Garton	
4	Gregory Wilson	21	Cheri Swing	
5	Heather Davidson	23	Kristin Binkley	
5	Meagan Graham	24	Theresa Coker	
9	Danielle Harrell	25	Jacqueline Horner	
10	Judy Cude	27	Shawna Tidwell	
11	Samantha Russell	28	Jubaliza Jutba	
12	Nicole Simmons	28	Peter Kassner	
15	Scott Roberson	29	Samantha Weatherspoon	
16	Brooke Bartosik	30	McKinley Dozier	
18	Mackenzie Flathers	31	Kristen Richardson	
Patients				
1	Jim Brunette	18	Hester Parker	
1	Billy Mays	19	Howard Vaughn	
2	Mary Burgess	19	Norma Wall	
2	Mary Burgess	20	Woodrow Chandler	
5	Robert Oliphant	23	Mary Malugin	
6	Walter Steck	24	Curtis Pruett	
7	Frank Bain	26	Barbara Long	
7	Rex Edmondson	27	Carol Morris	
10	Freida Sanders	27	Roy Smith	
12	Thelma McCrary	27	Gilbert Wood	
13	Minnie Jones	28	Annie Killian	
14	James Anderson	29	Lena Eads	
14	Brenda Tuggle	29	Rose Mize	



Thank You!			16	Lisa Bear	2 yrs.
1	Paul Mittura	1 yr.	17	Katie McCord	5 yrs.
1	Mel Sluder	6 yrs.	18	Amber Bartle	1 yr.
9	Peter Kassner	2 yrs.	19	Cecilia Davis	1 yr.
10	Kayla Hogue	9 yrs.	23	Dagan Browne	3 yrs.
11	Alexis Harrison	1 yr.	23	Ervin Nepomunceno	2 yrs.
11	Kimberly Kirby	4 yrs.	23	Helen Potter	2 yrs.
13	Theresa Coker	8 yrs.	25	Rebecca Harris	1 yr.



2022 Activities

Side 3

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Domain Key: Physical Intellectual Social Emotional/Spiritual Vocational/Environmental			Activities subject to change to accommodate preferences and interests.			1 Happy New Year's Daily Chronicle Pass Our Daily Bread Devotional Activity Cart Pass Exercise Group Bingo
2 National Science Fiction Day Daily Chronicle Televised Church Service Exercise Group Bingo Sip & Snack Cart	3 Chocolate Covered Cherry Day 9:00 Daily Chronicle 9:30 Brain Busters: J 9:45 Color Bingo 10:15 Exercise Group 10:30 Singing Lean on Me 10:45 Refresh 1:00 Our Daily Bread Devotional 1:30 Music w/Debra 2:15 Exercise Group 2:30 Bingo 3:00 Monthly Gazette	4 National Trivia Day 9:00 Daily Chronicle 9:30 Reader' Digest 9:45 True or False Trivia 10:15 Exercise Group 10:30 Singing Lean on Me 11:00 Mealtime Music w/Debra 1:00 Worship Service w/Empowered Ministries on Side 4 2:15 Exercise Group 2:30 Bingo 3:00 Snack & Chat 3:30 Chillin' w/Brandon	5 9:00 Daily Chronicle 9:30 Game Time 10:15 Exercise Group 10:30 Singing Lean on Me 10:45 Refresh 12:30 Our Daily Bread 1:00 New Year, New You Nail Spa 2:15 Exercise Group 2:30 Bingo 3:00 Art & Music	6 National Shortbread Day 9:00 Daily Chronicle 9:30 Gather for Worship 9:45 Methodist Church Service on Side 4 10:30 Exercise Group 10:45 Refresh 1:00 Glamour Nails 2:15 Bingocize! 2:45 Our Daily Bread Devotional 3:00 Sing A Long	7 9:00 Daily Chronicle 9:30 Music Bingo 10:15 Exercise Group 10:30 Singing Lean on Me 10:45 Refresh 12:30 Our Daily Bread 1:15 Brain Games w/Kristen 1:45 Let's Get Moving 2:15 Exercise Group 2:30 Bingo 3:00 Art Corner	8 Daily Chronicle Pass Our Daily Bread Devotional Activity Cart Pass Exercise Group Bingo
12 Daily Chronicle Televised Church Service Exercise Group Bingo Sip & Snack Cart	10 9:00 Daily Chronicle 9:30 Brain Busters: K 9:45 Color Bingo 10:15 Exercise Group 10:30 Singing Lean on Me 10:45 Refresh 1:00 Our Daily Bread Devotional 1:30 Music w/Debra 2:15 Exercise Group 2:30 Bingo 3:00 Monthly Gazette	11 National Milk Day 9:00 Daily Chronicle 9:30 Reader' Digest 9:45 True or False Trivia 10:15 Exercise Group 10:30 Singing Lean on Me 11:00 Mealtime Music w/Debra 1:00 Worship Service w/Empowered Ministries on Side 4 2:15 Exercise Group 2:30 Bingo 3:00 Snack & Chat 3:30 Chillin' w/Brandon	12 9:00 Daily Chronicle 9:30 Game Time 10:15 Exercise Group 10:30 Singing Lean on Me 10:45 Refresh 12:30 Our Daily Bread 1:00 New Year, New You Nail Spa 2:15 Exercise Group 2:30 Bingo 3:00 Art & Music	13 National Sticker Day 9:00 Daily Chronicle 9:30 Gather for Worship 9:45 Methodist Church Service on Side 4 10:30 Exercise Group 10:45 Refresh 1:00 Glamour Nails 2:15 Bingocize! 2:45 Our Daily Bread Devotional 3:00 Sing A Long	14 9:00 Daily Chronicle 9:30 Music Bingo 10:15 Exercise Group 10:30 Singing Lean on Me 10:45 Refresh 12:30 Our Daily Bread 1:00 Versus 2:15 Exercise Group 2:30 Bingo 3:00 Art Corner	15 National Hat Day Daily Chronicle Pass Our Daily Bread Devotional Activity Cart Pass Exercise Group Bingo
19 National Fig Newton Day Daily Chronicle Televised Church Service Exercise Group Bingo Sip & Snack Cart	17 9:00 Daily Chronicle 9:30 Brain Busters: L 9:45 Color Bingo 10:15 Exercise Group 10:30 Singing Lean on Me 10:45 Refresh 1:00 Our Daily Bread Devotional 1:30 Music w/Debra 2:15 Exercise Group 2:30 Bingo 3:00 Monthly Gazette	18 National Thesaurus Day 9:00 Daily Chronicle 9:30 Reader' Digest 9:45 Word Fit 10:15 Exercise Group 10:30 Singing Lean on Me 11:00 Mealtime Music w/Debra 1:00 Worship Service w/Empowered Ministries on Side 4 2:15 Exercise Group 2:30 Bingo 3:15 Ambassadors Meeting	19 9:00 Daily Chronicle 9:30 Game Time 10:15 Exercise Group 10:30 Singing Lean on Me 10:45 Refresh 12:30 Our Daily Bread 1:00 New Year, New You Nail Spa 2:15 Exercise Group 2:30 Bingo 3:00 Art & Music	20 9:00 Daily Chronicle 9:30 Gather for Worship 9:45 Methodist Church Service on Side 4 10:30 Exercise Group 10:45 Refresh 1:00 Glamour Nails 2:15 Bingocize! 2:45 Our Daily Bread Devotional 3:00 Sing A Long	21 National Granola Bar Day 9:00 Daily Chronicle 9:30 Music Bingo 10:15 Exercise Group 10:30 Singing Lean on Me 10:45 Refresh 12:30 Our Daily Bread 1:00 Cardio Drumming 1:45 Let's Get Moving 2:15 Exercise Group 2:30 Bingo 3:00 Art Corner	22 Daily Chronicle Pass Our Daily Bread Devotional Activity Cart Pass Exercise Group Bingo
23/30 Daily Chronicle Televised Church Service Exercise Group Bingo Sip & Snack Cart	24 9:00 Daily Chronicle 9:30 Brain Busters: M 9:45 Color Bingo 10:15 Exercise Group 10:30 Singing Lean on Me 1:00 Our Daily Bread Devotional 1:30 Music w/Debra 2:15 Exercise Group 2:30 Bingo 3:00 Monthly Gazette	25 9:00 Daily Chronicle 9:30 Reader' Digest 9:45 Card Sharks 10:15 Exercise Group 10:30 Singing Lean on Me 11:00 Mealtime Music w/Debra 1:00 Patient Council 2:15 Exercise Group 2:30 Bingo 3:00 Snack & Chat 3:30 Chillin' w/Brandon	26 9:00 Daily Chronicle 9:30 Game Time 10:15 Exercise Group 10:30 Singing Lean on Me 10:45 Refresh 12:30 Our Daily Bread 1:00 New Year, New You Nail Spa 2:15 Exercise Group 2:30 Bingo 3:00 Art & Music	27 National Chocolate Cake Day 9:00 Daily Chronicle 9:30 Gather for Worship 9:45 Methodist Church Service on Side 4 10:30 Exercise Group 10:45 Refresh 1:00 Glamour Nails 2:15 Bingocize! 2:45 Our Daily Bread Devotional 3:00 December Birthday Party	28 Blueberry Pancake Day 9:00 Daily Chronicle 9:30 Music Bingo 10:15 Exercise Group 10:30 Singing Lean on Me 10:45 Refresh 12:30 Our Daily Bread 1:15 Brain Games w/Kristen 1:45 Let's Get Moving 2:15 Exercise Group 2:30 Bingo 3:00 Art Corner	29 National Puzzle Day Performance by Gospel trio: Witness Featuring partner Angie Cochran 2 pm in Dining Room 4