



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 Zumbrun



“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				
		18	Hester Parker	
1	Jim Brunette	19	Howard Vaughn	
1	Billy Mays	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

Sides 2&4

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 New Year's Day Daily Chronicle Pass Our Daily Bread Devotional Activity Cart Pass Exercise Group Bingo Movie Matinee
2 National Science Fiction Day Daily Chronicle Televised Church Service Exercise Group Bingo Sip & Snack Cart Movie Matinee	3 Chocolate Covered Cherry Day 9:00 Morning Stroll & Daily Chronicle 9:30 Our Daily Bread 9:45 Bible in A Year 10:15 Exercise Group 10:45 Monthly Gazette & Coffee 1:00 Winter Craft Corner 2:00 Bingo 3:15 Choir Practice 5:00 Word Search	4 National Trivia Day 9:00 Morning Stroll & Daily Chronicle 9:30 Our Daily Bread 9:45 Bible in a Year 10:15 Exercise Group 10:45 Jeopardy 1:00 Worship Service w/Empowered Ministries 2:15 Exercise Group 2:30 Bingo 3:30 Way Back Play-back w/Misty T. 5:00 Independent Art	5 9:00 Morning Stroll & Daily Chronicle 9:30 Our Daily Bread 9:45 Bible in a Year 10:15 Exercise Group 10:45 Women's Bible Study w/Anna 1:00 New Year, New You Nail Spa 2:15 Exercise Group 2:30 Bingo w/Margaret 5:00 Word Puzzle	6 National Shortbread Day 9:00 Morning Stroll & Daily Chronicle 9:15 Our Daily Bread 9:30 Bible in a Year 9:45 Methodist Church Service 10:30 Exercise Group 1:00 Glamour Nails 3:00 Bingocize! 6:00 Concert: Dickson County Bluegrass Band	7 9:00 Morning Stroll & Daily Chronicle 9:30 Our Daily Bread 9:45 Bible in a Year 10:15 Exercise Group 10:45 Coffee & Newspapers 1:00 Horse Racing 2:15 Exercise Group 2:30 Bingo 5:00 Word Puzzle	8 Daily Chronicle Pass Our Daily Bread Devotional Activity Cart Pass Exercise Group Bingo Movie Matinee
9 Daily Chronicle Televised Church Service Exercise Group Bingo Sip & Snack Cart Movie Matinee	10 9:00 Morning Stroll & Daily Chronicle 9:30 Our Daily Bread 9:45 Bible in A Year 10:15 Exercise Group 10:45 Snowman Word Game 1:00 Afternoon Music Fun 2:00 Bingo 3:15 Choir Practice 5:00 Word Search	11 National Milk Day 9:00 Morning Stroll & Daily Chronicle 9:30 Our Daily Bread 9:45 Bible in a Year 10:15 Exercise Group 10:45 Farm Life Reminisce 1:00 Worship Service w/Empowered Ministries 2:15 Exercise Group 2:30 Bingo 3:30 Way Back Play-back w/Misty T. 5:00 Independent Art	12 9:00 Morning Stroll & Daily Chronicle 9:30 Our Daily Bread 9:45 Bible in a Year 10:15 Exercise Group 10:45 Women's Bible Study w/Anna 1:00 New Year, New You Nail Spa 2:15 Exercise Group 2:30 Bingo w/Margaret 5:00 Word Puzzle	13 National Sticker Day 9:00 Morning Stroll & Daily Chronicle 9:15 Our Daily Bread 9:30 Bible in a Year 9:45 Methodist Church Service 10:30 Exercise Group 1:00 Glamour Nails 3:00 Bingocize! 5:00 Sudoku	14 9:00 Morning Stroll & Daily Chronicle 9:30 Our Daily Bread 9:45 Bible in a Year 10:15 Exercise Group 10:45 Winter Crafting 1:00 Cardio Drumming 2:15 Exercise Group 2:30 Bingo 5:00 Word Puzzle	15 National Hat Day Daily Chronicle Pass Our Daily Bread Devotional Activity Cart Pass Exercise Group Bingo Movie Matinee
16 National Fig Newton Day Daily Chronicle Televised Church Service Exercise Group Bingo Sip & Snack Cart Movie Matinee	17 9:00 Morning Stroll & Daily Chronicle 9:30 Our Daily Bread 9:45 Bible in A Year 10:15 Exercise Group 10:45 Sit & Be Fit Video 1:00 Winter Craft Corner 2:00 Bingo 3:15 Choir Practice 5:00 Word Search	18 National Thesaurus Day 9:00 Morning Stroll & Daily Chronicle 9:30 Our Daily Bread 9:45 Bible in a Year 10:15 Exercise Group 10:45 Winter Word Mining 1:00 Worship Service w/Empowered Ministries 2:15 Exercise Group 2:30 Bingo 3:15 Ambassadors Meeting 5:00 Independent Art	19 National Popcorn Day 9:00 Morning Stroll & Daily Chronicle 9:30 Our Daily Bread 9:45 Bible in a Year 10:15 Exercise Group 10:45 Women's Bible Study w/Anna 1:00 New Year, New You Nail Spa 2:15 Exercise Group 2:30 Bingo & Popcorn Bar 5:00 Word Puzzle	20 9:00 Morning Stroll & Daily Chronicle 9:15 Our Daily Bread 9:30 Bible in a Year 9:45 Methodist Church Service 10:30 Exercise Group 1:00 Glamour Nails 3:00 Bingocize! 5:00 Sudoku	21 National Granola Bar Day 9:00 Morning Stroll & Daily Chronicle 9:30 Our Daily Bread 9:45 Bible in a Year 10:15 Exercise Group 10:45 Coffee & Newspapers 1:00 Versus 2:15 Exercise Group 2:30 Bingo 5:00 Word Puzzle	22 Daily Chronicle Pass Our Daily Bread Devotional Activity Cart Pass Exercise Group Bingo Movie Matinee
23/30 Daily Chronicle Televised Church Service Exercise Group Bingo Sip & Snack Cart Movie Matinee	24/31 9:00 Morning Stroll & Daily Chronicle 9:30 Our Daily Bread 9:45 Bible in A Year 10:15 Exercise Group 10:45 Mad Libs 1:00 Afternoon Music Fun 2:00 Bingo 3:15 Choir Practice 5:00 Word Search	25 9:00 Morning Stroll & Daily Chronicle 9:30 Our Daily Bread 9:45 Bible in a Year 10:15 Exercise Group 10:45 Name that Tune 1:00 Patient Council 2:15 Exercise Group 2:30 Bingo 3:30 Way Back Play-back w/Misty T. 5:00 Independent Art	26 9:00 Morning Stroll & Daily Chronicle 9:30 Our Daily Bread 9:45 Bible in a Year 10:15 Exercise Group 10:45 Women's Bible Study w/Anna 1:00 New Year, New You Nail Spa 2:15 Exercise Group 2:30 Bingo w/Margaret 5:00 Word Puzzle	27 National Chocolate Cake Day 9:00 Morning Stroll & Daily Chronicle 9:15 Our Daily Bread 9:30 Bible in a Year 9:45 Methodist Church Service 10:30 Exercise Group 1:00 Glamour Nails 2:30 Bingo w/Margaret 3:15 January Birthday Party 5:00 Sudoku	28 Blueberry Pancake Day 9:00 Morning Stroll & Daily Chronicle 9:30 Our Daily Bread 9:45 Bible in a Year 10:15 Exercise Group 10:45 Winter Crafting 1:00 Blueberry Mini Pancakes 2:15 Exercise Group 2:30 Bingo 3:15 General Store 5:00 Word Puzzle	29 National Puzzle Day Performance by Gospel trio: Witness Featuring partner Angie Cochran 2 pm in Dining Room 4