



Dear Families,

We hope this new year will bring you joy, prosperity, and countless memorable moments. As we embark on 2025, please remember to use caution if you are not feeling well and delay your visit until you are better. Thank you for helping us prevent illness and promote a healthy new year.

Special Events: Be on the lookout for our Elvis themed party, aka his birthday, January 8th at 2pm.

Announcements for Families: Reminder to take down those Christmas trees and decorations and get ready for the next holiday, Valentines Day.



Day by Day Podcast

A new year brings fresh opportunities to set intentions and focus on wellness. To help you start the year strong, we're thrilled to introduce our new episode featuring Eric Colette, CEO of A Mind for All Seasons. In this episode, we dive into practical tips for improving brain health—a great way to prioritize yourself while continuing to provide exceptional care to those around you.

Check it out here: <https://nhccare.com/brain-health/>



Partner Shout-Outs

We would like to recognize our Maintenance and Life Enrichment partners. These individuals work hard at our center, and we appreciate their dedication to the environment and our patients! Please help us thank them this month when you visit.

