



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.

Announcements for Families: Watch Center Announcements for upcoming dates for our Annual Valentine Coronation crowning the 2025 King and Queen.

Special Thanks: On behalf of NHC Oak Ridge and all our cherished residents, we wish to extend our heartfelt gratitude to each and every one of you who generously donated items or volunteered your time during this busy holiday season, helping to weave a truly magical Christmas for us all. A special acknowledgment goes to Ron Plott and his family from Temple Baptist Church for gracing us with a memorable Christmas service, and to the Clinton High School Dance Team for their spectacular holiday performance that filled our hearts with joy.



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.

