



Happy February! It's the month where chocolate is a food group, and the Super Bowl commercials are the real MVPs. Whether you're cheering for the Chiefs or the Eagles, or just here for the snacks and laughs, we hope you have a fantastic time!

Special Events: Elvis Concert 6th, Tailgate Party 7th, Team Jesus Bingo 10th, King and Queen Valentines party 14th, Arts and crafts 11th, Bingo 19th with all evening programs to start @ 2pm, Multiple church services Sun, Mon, Tues, Wed all starting at 10:30am Bingo Fit each Monday Morning at 10:30am.

Announcements for Families: We are having a Coat drive through the month of February and all contributions are very welcome. We are also having our annual King and Queen party and asking all family, staff and residents to please submit only 1 vote for your favorite resident to be our new King and Queen of NHC Knoxville. Please join us for our Valentines party on February the 14th.

Any Special Thanks: We would love to thank our Volunteers and staff volunteers for all you do for us and our residents.

Pride in Food Service Week

From February 3rd to 7th, we are celebrating Pride in Food Service Week. We want to extend a heartfelt thank you to our incredible partners in Food and Nutrition Services. These dedicated team members work tirelessly to ensure our patients receive delicious and nutritious meals multiple times a day.

During your next visit, please take a moment to express your gratitude and appreciation for their hard work and commitment. We appreciate you joining us in recognizing and celebrating our amazing Food and Nutrition Services team!



Celebrate Heart Month with Us!

February is American Heart Month, a time to raise awareness about heart disease and promote heart-healthy lifestyles. Heart disease is the leading cause of death in the U.S., but many cases can be prevented with healthier choices. This month, let's take action to protect our hearts and encourage our loved ones to do the same.

Learn about the signs of heart disease, adopt heart-healthy habits, and support initiatives like the American Heart Association's "Life is Why" campaign. Together, we can make a difference in the fight against heart disease. [Visit our blog post](#) to read more and take steps to safeguard your heart health!



American Heart Association.
Life is Why®

**FIND
RETAIL
SUPPORTERS
NEAR YOU**

Friendly Reminder

The season is here where flu and other viruses are prevalent in our community. We kindly ask for your cooperation in keeping our patients safe and healthy. If you are feeling unwell, please consider postponing your visit until you are feeling better. Your understanding and support are greatly appreciated as we work together to maintain a healthy environment for everyone.

Thank you for your help and consideration!

