

Patient Services Newsletter

7th Edition

Caring with Purpose, Serving with Passion

August 31, 2026



A Special Message from
Vicki Dodson, SVP of Patient Services & Chief Nursing Officer

Celebrating Our CNAs: The Heart Behind the Care!



Each year, we have the privilege of celebrating some of the most important partners in our centers—our **Certified Nursing Assistants**. Our center CNA of the Year nominees and our regional winners represent the very best of NHC. They are recognized not only for the care they provide, but for the compassion, consistency, and personal connection they bring to our patients and residents every day.

The role of the CNA is deeply connected to the quality of life of our patients. CNAs are often the first to notice a subtle change, the first to offer encouragement during a difficult day, and the familiar face that helps a patient feel safe, seen, and valued. They support the daily routines that preserve dignity, independence, comfort, and joy. Through every conversation, every act of assistance, and every moment of attentiveness, CNAs help create the kind of environment where patients can experience meaningful care—not just clinical care.

Our regional CNA of the Year winners—Christine Elliott, NHC Smithville Central Region; Lisa Gambel, NHC Fort Sanders Eastern Region; and Jamal Johnson, NHC Anniston South Central Region —along with every center nominee, remind us that excellence in patient care begins at the bedside. Their dedication strengthens our teams, supports our nurses, builds trust with families, and directly contributes to the success of our centers and of NHC as a whole.

To all of our CNA nominees, our regional winners, and the teams that support them, thank you for the skill, heart, and purpose you bring to your work. You make a difference in ways that are seen, felt, and remembered by the patients, families, and partners you serve each day. Stay tuned for our next newsletter where we will highlight the remaining NHC regional CNAs of the Year! Thank you for all you do!



The Heart Behind the Care

Celebrating the Compassion and Dedication of our CNAs

Congratulations to **Christine Elliott**
of NHC Smithville for being selected
Central Region 2026 CNA of the Year,
and to all the Central Region Nominees!

AdamsPlace
Kisha Beltran

Teresa Lorance
Elizabeth Lowry
Arlen Sheppard
Rita Williams

NHC Chattanooga

Dakota Burrage
Gloria Burton
Deonica Flemming
Hayden Glenn
Emily Haven
Almeda Hutchinson-Smith
Renita Jacks
Misty Phillips
Bryce Sanders
Tameka Ware

NHC Cookeville

Jordyn Allen
Faith Bunch
Mackenzie Holloway
Corie Beth McDonald
Tish Waller

NHC Ft. Oglethorpe

Grayson Broadrick
Kenneth Crittenden
Marie Joubert
Kristen Roach
Megan Valles

NHC McMinnville

Rachel Barnes
Brooklyn Grissom
Cheyanne Moss
Eric Prater
Tabi Zagone



Central Regional Vice President Marshall Ussery, Central Regional Nurse Senora Fairchild, Smithville CNA Christine Elliott, Smithville Administrator Braya Cripps, Smithville ADON Jacqueline Taylor

NHC Murfreesboro

Cameron Clark
Lajohna Huffman
Meta Sanouvang
Eleina Summers
Martina Terrazas
Aneida Whitefield

NHC Sequatchie

Tiffany Eggert
Aysiah McGuigan
Juliyahna Ray
Katelyn Smith
Mary Smith

NHC Smithville

Christine Elliott
Tabetha Meadors
Opal Parker
Teresa Rigsby
Nancy Silva

NHC Sparta

Heather Cope
Pamela Ferguson
Turner Rice
Tara Scott

NHC Tullahoma

Adrian Foote
Cazia King
Lexiss Lewis
Pauline Newby

Congratulations!



The Heart Behind the Care

Celebrating the Compassion and Dedication of our CNAs

Congratulations to **Lisa Gambel**
of NHC Ft. Sanders for being selected
Eastern Region 2026 CNA of the Year,
and to all the Eastern Region Nominees!

NHC Athens

Brooke Davis

Amanda Lankford
Dotchi Latham
Daniel Palmer

NHC Bristol

Molly McDavid
Maxwell Murph

Jennifer Price

Alexis Robinette
Samantha Sexton
Nikki Shrader
Riley Singleton

NHC Farragut

Emily Alcorn

Tracie Johnson

Brittany Mendoza
Celesta Rhoden
Chayten Wright

NHC Ft. Sanders

Tiffany Brown

Cherris Dalton

Lisa Gambel

Felicia Gillispie
Sherelle Johnson
Johnny McBee
Betty Rhodes
Omega Taylor

Holston Health & Rehab

Joslyne Cannon

Connie Clabo

Jennifer Freemon

Heather Reno

Nya Shadden

Samantha Zink



Eastern Regional Nurse Scott Flemmer, Ft. Sanders CNA
Lisa Gambel, Eastern Regional Vice President Jay Nason

NHC Johnson City

Emma Barnett

Aaron Lewis
Elizabeth Lichtenstine
Juliauna Limoges-Barlow
Charmaine Miller
Amber Paul
Sharon Stover
Tanda Wright

NHC Kingsport

Nikki Cooper
Sharika Copney
Regina Frye
Joey Royston

NHC Knoxville

Mariah Bradley
Leshawn Frink
Nick Hill

Husain Juwaid
Jurnee Synamon

NHC Oak Ridge

Skyler Diffin

Najae Jones
Tammy Mills
Gabrielle Moser
Anna Tyree
Tabitha Williams

Congratulations!

Our CNAs put
their hearts
into
everything
they do!



The Heart Behind the Care

Celebrating the Compassion and Dedication of our CNAs

Congratulations to **Jamal Johnson**
of NHC Anniston for being selected
South Central Region 2026 CNA of the Year,
and to all the South Central Region Nominees!

NHC Anniston
Jamal Johnson

Lacey Bailey
April Bentley
Kimberly Camp
Samera Dawson
Alicia Ogle
Alicia Roberts

NHC Columbia
Lakecia Carter

Hailey Brewer
Randall Bryant
Brenda Carter
Tina Whitaker

NHC Dickson
Delaney Jacobo-Rodriguez

Shelby Broadwater
Tatiana Butts
David Clark
Alisabeth Farley
Breonna Ford
Brandon Martin
Travis Potter
Sandra Saunders
Mallory Vineyard
Laura Wicks

NHC Lawrenceburg

Crystal Cash
Seanna Mathis
Heather Hine
Tristyn Pantoja
Azlee Suratt

NHC Lewisburg

Natalie Barrie
Jodi Childress
Nancy Padilla Flores
Piper Lampley



South Central Regional Nurse Tina Howes, Anniston DON Sherry Abernathy, Anniston Administrator Keely Stallings, Anniston CNA Jamal Johnson, South Central Regional Administrator Douglas Wong

Congratulations!

NHC Maury
Makenna Fort

Tisha Arms
Ashlie Brooks
Ashlyn Cummins
Jesslyn Johnson
Sydney Stewart

NHC Milan
Alma Frazier

Wendy Boyd
Lisa Dollar
Esther Ewell
Tammy Farrell
Brenda Lumpkin
Tina White

NHC Moulton
Charlotte McCluskey

Evelyn Cottingham
Yolanda Echols
Olivia Lampkin
Aeriel Macphee
Connor Reed
Katherine Reed
Kelley Williams

NHC Oakwood
Modesta Perez-Derrick

Baylee Dowers
Breonna Ford
Tammika King

NHC Pulaski
Claudia Lucien

Jamie Hodges
McKinny Lane
Shannon Martinez
Nikki Mayhew
Adrianna Myers
Jessica Scott

NHC Scott
Krystal Bradford

Lalani Early
Stephanie Williams

NHC Somerville
Denise Baskerville

Angie Francis
Harley Johnson
Sandra Perry
Gloria Walker
Tiffany Worrells



The Heart Behind the Care

Celebrating the Compassion and Dedication of our CNAs



*If I could bake
a CNA cake,
these would be the ingredients:*

- ♥ *Love* is for flavor.
- ♥ *Caring* is for holding everything together.
- ♥ *Kindness* is the warmth from the oven.
- ♥ *Patience* is for the icing on top.

*Have you heard of "recipe for disaster"?
Well, this recipe will never fail.
You can serve this cake on a plate, and every person
that has a taste of it will want a
piece of it every day and will never forget it,
because it's made from the heart.
There is wellness in this cake.
You start feeling kindness, feeling love,
and feeling cared for with lots of patience.*

*This recipe is what a good CNA
with compassion is made of.
Because the best CNAs don't just care for the body -
they feed the soul.*

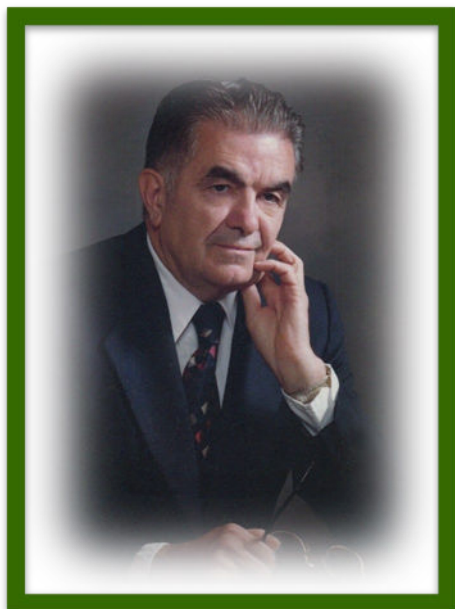


**Poem written by
Lisa Gabel,
2026 Eastern
Region CNA of
the Year.**



The Man Behind the Vision

Celebrating 55 Years of *Caring in a Better Way!*



Dr. Carl Adams - A Visionary Leader

From the rolling hills of Woodbury, Tennessee, a young physician named Dr. Carl E. Adams learned an important lesson early in life: **people deserved to be cared for with dignity, compassion, and respect.** After practicing medicine alongside his father, J.F. Adams, and later helping establish the Murfreesboro Medical Clinic, Dr. Adams saw a growing need that many others overlooked, quality care for seniors.

In the 1960s and early 1970s, nursing homes were often viewed simply as **“old folks homes”** where residents faced a **“one-size-fits all”** schedule. Dr. Adams believed they could be much more. He envisioned centers where medical excellence and heartfelt compassion worked hand in hand, where patients were not just patients, but people whose lives, comfort, and dignity mattered every day.

With that vision, he founded National HealthCare Corporation (NHC) in 1971, beginning with 14 skilled nursing centers. **His goal was revolutionary for its time: to transform nursing homes into true skilled care centers, focused on rehabilitation, recovery, and exceptional patient-centered care.** He insisted that the patient always come first and that every decision should support the highest quality of life possible.

But Dr. Adams dreamed even bigger. Alongside his wife, Jennie Mae, he imagined a **“campus concept” where seniors could receive the care they needed through every stage of life while maintaining independence, dignity, and a sense of community.** That dream became a model for senior care and helped shape centers like AdamsPlace and the comprehensive continuum of care NHC provides today.

Today, Dr. Carl Adams' legacy lives on in thousands of caring Partners who continue his mission. What started with one doctor's belief that seniors deserved better has grown into a respected healthcare organization serving communities across multiple states. His story reminds us that **true transformative leadership is not about building buildings, it is about building a culture of care where every patient is treated like family.**

Happy 55th Birthday, NHC!

