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**Welcome
New Residents**

Welcome to the
Northshore Heights
Family:

John "Bill" Sennett
Bob Mysinger
Lynn Mullins
Carol Fannin
Jackie Beckwith
Dannell Harb
Charles Rymer
Doug Banister

When you see your new
neighbors around the
building, be sure to say
Hello!

**Resident
Council**

The Resident Council
meeting is held each
month, on the third
Wednesday at 1:15p.m.
in the Activity Room.
This meeting is open to
all residents. Resident
councils play a crucial
role in voicing concerns,
requesting improve-
ments, supporting new
residents & supporting
facility efforts to make
care and life in the
community the best it
can be.


Our next meeting will be
held Wednesday,
June 15th




Happy Birthday to You!

Shirley G. - 6/2 **Schera C. - 6/6**
Lee S. - 6/14 **Bev K. - 6/23**
Terry S. - 6/24 **Billy H. - 6/25**

Great Outdoors
Word Search Puzzle



S	Q	U	I	R	R	E	L	D	C	N	R	X	Z	J	C	R
W	I	L	D	L	I	F	E	E	L	A	T	S	G	I	E	S
H	P	N	D	V	M	C	K	D	N	J	N	N	M	M	C	C
I	Q	L	S	F	D	A	S	O	K	S	I	O	M	W	T	E
Q	M	L	K	N	L	O	O	J	D	P	O	U	E	A	F	N
I	K	P	Z	Q	N	C	F	R	M	T	S	B	Q	T	I	E
R	J	M	M	M	C	O	I	A	R	E	B	A	T	E	S	R
V	K	A	Y	A	K	B	C	L	A	S	A	H	H	R	H	Y
W	I	B	R	B	C	J	P	R	N	F	C	I	B	F	I	O
F	H	H	M	E	H	B	E	I	G	O	K	K	O	A	N	Z
R	X	D	V	A	H	E	A	V	E	R	P	I	Z	L	G	Z
M	T	S	Q	R	D	T	N	E	R	E	A	N	X	L	D	U
S	R	K	I	S	N	R	U	R	X	S	C	G	M	R	Q	T
H	A	K	H	U	X	N	X	N	W	T	K	L	V	G	B	R
Q	I	C	O	N	D	R	B	Z	F	Z	N	A	T	U	R	E
W	L	M	W	I	L	D	E	R	N	E	S	S	W	P	H	E
K	S	M	V	Q	K	V	E	H	P	V	I	I	T	G	P	S



BACKPACK	HIKING	SCENERY
BEARS	KAYAK	SQUIRREL
BIRDS	LAKE	SUMMER
CAMPING	MOUNTAINS	TRAILS
CANOE	NATURE	TREES
DEER	RACCOON	WATERFALL
FISHING	RANGER	WILDERNESS
FOREST	RIVER	WILDLIFE

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Northshore Heights News

June 2022

**Your Leadership
Team**

Administrator
Carrie Catherwood

**Business Office
Manager**
Jessica Slade

**Director of
Personal Care**
Kipper Melmige

**Assistant Director
of Personal Care**
Elaine Gardner

**Maintenance
Director**
Travis Godfrey

Culinary Director
Jesse Tolbert

Recreation Director
Shelli Seamons

**Director of
Sales & Marketing**
Kellie Cunningham



Northshore Heights Senior Living
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865.444.1294

Resident of the Month

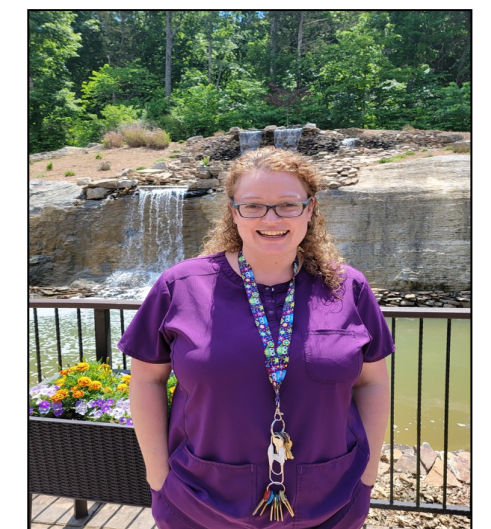


Our sweet Marlene is our June
Resident of the Month!

Marlene is a native of Knoxville
and spent her career as a teacher.
She loves her Tennessee Vols,
listening to music, spending time
with her family & friends, and
loves everything chocolate! She
always has a smile on her face for
everyone she meets.
We love you, Marlene!

Employee of the Month

Congratulations to Teri, our June
Employee of the Month! Teri is
one of our rock star LPN's here at
Northshore Heights. She has many
years experience, including having
been the Director of Nursing at her
prior community. She loves the
residents, her two sons, and her
brand new granddaughter. In her
free time, she enjoys spending time
in her garden. Thank you, Teri!



Welcome, Jesse! Our May UN-Birthday Party



We are excited to announce that Jesse Tolbert has accepted the position of Culinary Director here at Northshore Heights!

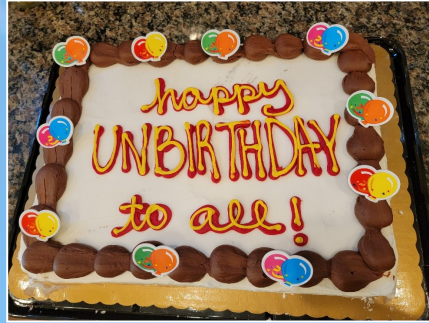
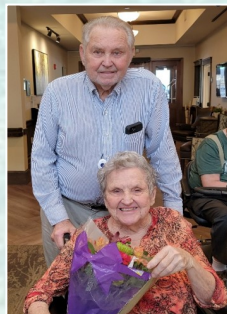
Jesse joins NSH team with over thirty years of culinary experience in the healthcare setting. In his free time Jesse enjoys spending time with his wife and eleven children.

Please join us in welcoming Jesse to the Northshore family!

71 Years & Still in Love

On May 4th, sweethearts James & Lydia celebrated 71 years of wedded bliss.

James shared the story with all of us of how they met as freshmen in high school & fell in love. When they were 19 years old, they hopped in his truck & eloped. Here they are still, 71 years later, more in love than ever. They are a fine example of "relationship goals"!



Can you believe we didn't have a single resident with a May birthday? Well, we had a party anyway! Happy UN-Birthday to us ALL! Thank you to Brian with UT Hospice for the awesome cake, we loved it!



Lunch Around Town

We had a great time at our monthly Lunch Around Town! We went to Parkside Grill, had an excellent meal, fantastic service, and lots of laughs. Our next Lunch Around Town will be Friday, June 10th at Lakeside Tavern. Sign up with Shelli if you would like to join us!



Activities

Keeping active and spending quality time with our friends are just a few things we can do to live our best life. We did just that in May and had a blast! Check out the June Activity Calendar to see what we're up to next!

Wave Your Hands in the Air Wave Them Like You Just Don't Care!

Join us for our fitness classes! We have a variety of classes at least four days a week and always have a good time with lots of laughter.

Monday Movin' & Groovin' with Shelli
Tuesday Fun Fitness with Sandy
Wednesday Sit Fit with Dayna
Thursday Sittercise with Shelli

Check the Daily Activity Board in the Dining Room for times.



Where's All The Fun Happening?

Ever have trouble trying to decode where an activity will be located when reading the Activity Board? Below is your guide so you will always know where the fun is taking place:

AR = Activity Room
DR = Dining room
PDR = Private Dining Room
MC = Memory Care Unit
FE = Front Entrance
BP = Back Patio
IA = Independent Activity