

Welcome New Residents

Welcome to the
Northshore Heights
Family:

Betty Berry
Marnie Page

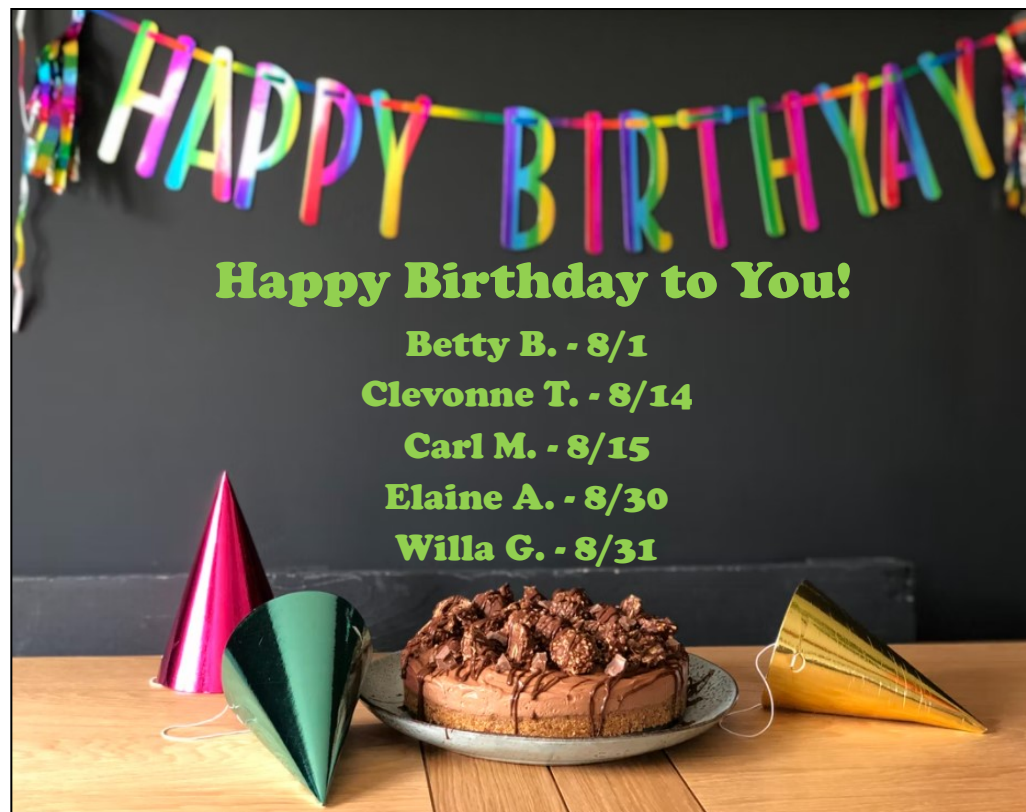
When you see your new
neighbors around the
building, be sure to say
Hello!

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
improvements,
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,

August 17th



Happy Birthday to You!

Betty B. - 8/1

Clevonne T. - 8/14

Carl M. - 8/15

Elaine A. - 8/30

Willa G. - 8/31



Banana	Chocolate	Peach
Brownie	Coconut	Peppermint
Bubblegum	Coffee	Pistachio
Butterscotch	Mango	Pumpkin
Caramel	Maple	Strawberry
Cherry	Neapolitan	Vanilla

Northshore Heights News

**August
2022**

**Your Leadership
Team**

Administrator
Carrie Catherwood

Business Office

Manager
Jessica Slade

**Director of
Personal Care**
Kipper Melmige

**Assistant Director
of Personal Care**

Bre Dunn

**Maintenance
Director**

Travis Godfrey

Culinary Director
Jesse Tolbert

Recreation Director
Shelli Seamons

**Director of
Sales & Marketing**
Kellie Cunningham



Northshore Heights Senior Living

8804 S. Northshore Drive, Knoxville, TN. 37922

865.444.1294

Resident of the Month



Our August Resident of the Month
is Ms. Elizabeth!

Originally from Maine, Elizabeth
loves to brag how good the food is
from her hometown. She loves to
keep busy by coming to activities,
doing puzzles or crafts and always
likes to make others feel welcome.
She is always first to offer a help-
ing hand to anyone.

We love you, Elizabeth!!

Employee of the Month

CONGRATULATIONS to our August
Employee of the Month, Sylvia!

Sylvia has been a part of the
Northshore Family for over four years
and is one of our AWESOME house-
keepers. She takes great pride in her
work and always does an excellent
job. She is dependable and can always
be counted on, and is loved by all the
residents. Thank you, Sylvia, for all
that you do!



Make A Wish

Arts & Crafts with Kimberly of Caris Hospice



Hot August Nights

Celebrating America's Love Affair with
Cars and Rock-N-Roll



During an evening night on August 1, 1986, the Reno-Sparks Convention Center was bursting at the seams with hundreds of revelers who were partying, cheering and pushing to be let in to a first-time event of a magnitude yet to be realized. Inside, 10,000 spectators were massed together in anticipation of

Brothers, Wolfman Jack, and Jan & Dean! It was that night when nostalgia was unleashed among an audience who excitedly relived their childhood years of the 50's and 60's- a time of innocence, prosperity, cars and the birth of Rock and Roll. The weather was HOT, the month of AUGUST was right, therefore, HOT AUGUST NIGHTS was born!

The aim of Hot August Nights was to fill a void in tourism in Reno during the month of August and to raise money for local charities. The first concert was held in the Convention Center parking lot where most hadn't danced to "that" music, to a live band, under the stars, since high school. The memories flooded back and so did the desire for more! The first year of Hot August Nights was more of a nostalgia event than a car event. But it was the car parade that was the highlight of the Event for the participants and the crowds who thronged Virginia Street. The car owners were thrilled to show off their cars. They'd never had so many people "oohing and aahing" over their "works of art". It was a proud moment for classic car owners.

I Scream, You Scream

We All Scream for Ice Cream

What a perfect way to cool down on a hot summer day in Knoxville! There's nothing more nostalgic than getting ice cream from the ice cream truck on a hot Summer day! Thank you to our friends & partners at Amedisys Home Health, Hospice, and Personal Care, this was such a special treat for the residents and staff.



Announcements

Dining Room

As a friendly reminder, pets are not allowed in the dining room. This is not only a violation of state regulations, but also for the protection of our fur friends as well as they may eat something that has been dropped on the floor that can be harmful to their health.

Private Duty Aides

Private Duty Aides are not authorized to enter the kitchen or the bar area to get food or drinks. Please ask a Northshore Heights staff member to assist you. Additionally, if you will be having a meal in the dining room, please let the front desk know in advance so the kitchen can be notified.

Tips to Stay Hydrated During the Summer Heat

Riverwood Dietitians Megan Perpich and Melissa Simons have shared these tips on how to stay hydrated.

With the return of summer and warmer temperatures, many of us will spend more time in outdoor activities. However, long periods of time in the heat can cause dehydration and heat exhaustion. Common signs of dehydration include fatigue, low energy and dry mouth/thirst. The best way to avoid dehydration while enjoying the hot summer sun is to properly hydrate. Follow these tips to help stay hydrated during the summer months:

- Fluid intake depends on many factors like age, gender and overall health.
- Most women need about 11.5 cups per day and men 15.5 cups per day.
- Always keep a water bottle with you throughout the day. You will be more likely to continuously sip on water if it is available.
- If you are sick of plain water, add fresh herbs, fruit or lemon/limes to your water for natural flavor.
- Drink water before, during and after exercise. This will help replace the water lost during exercise. A good way to check if you are hydrated is the color of your urine. Urine should be a pale yellow, not dark yellow or cloudy.