

Welcome New Residents

Welcome to the
Northshore Heights
Family:

Bob K.
Les K.
Kay C.

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,
November 16th.

Happy Birthday to You!

Bill S - 11/18

Tom S. - 11/20

Gin E. - 11/21

Betty L. - 11/24

Marnie P. - 11/28

Thanksgiving

WORD SEARCH



CHILDREN
DINNER
FAMILY
GATHERING
GRATEFUL

HOLIDAY
HOME
JOYFUL
MEMORIES
OCCASION

PARENTS
RELATIVES
SEASON
VISITING
THANKFUL



Northshore Heights News

November 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



The spotlight for our November Resident
of the Month is on Eileen aka EZ!!

EZ is originally from Queens, NY. She
has three sons and worked as a
transcriptionist for top health care
professions. She enjoys being social,
good entertainment, cutting' up with the
staff, and playing games—especially if
those games include a trip to the casino!
She also is one heck of a bowler and
used to compete in a league.

We love you, Eileen!!

Employee of the Month

CONGRATULATIONS to Stephanie,
our November
Employee of the Month!

Stephanie is hard working both on and
off the job. As a mother of seven, she
keeps herself busy! She is passionate
about her work, takes great pride in all
that she does, and loves all of the
residents like her own family.
Thank you, Stephanie!!!



Celebrating November

American Indian
Heritage Month

Adoption Month

Men Make Dinner
Day

November 3

Veterans Day (U.S.)

November 11

World Kindness
Week

November 13–19

Apple Cider Day

November 18

International Men's
Day

November 19

Game & Puzzle
Week

November 20–26

Thanksgiving Day
(U.S.)

November 24

Giving Tuesday

November 29

Top 10 Thanksgiving Traditions in America

- 1.) Watch the Macy's Thanksgiving Day Parade
 - 2.) Break the wish-bone for good luck
 - 3.) Eat a traditional Thanksgiving meal
 - 4.) Take a nap
 - 5.) Share what you're most thankful for
 - 6.) Watch an American football game
 - 7.) Be grateful for Friendsgiving
 - 8.) Run a turkey trot
 - 9.) Shop 'til you drop on Black Friday
 - 10.) Giving back.
- Many like to donate their time to organizations to help others.

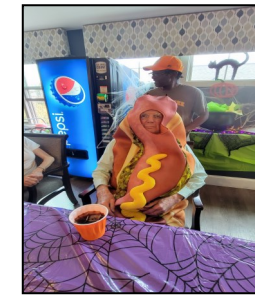
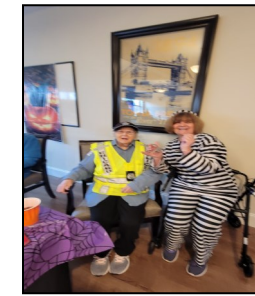
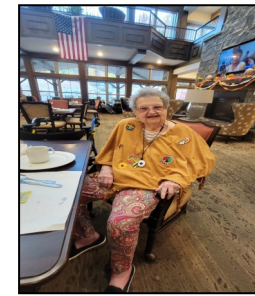
Lunch Around Town



Happy Halloween from Henry with H.A.B.I.T!



Trick or Treat



Christmas Ticket Auction Announcement

The date you have been waiting for is here! We will be having our Christmas Ticket Auction on:

Wednesday, December 7th

3:00pm

Dining Room

There is still plenty of time to earn tickets to spend at the auction. To earn tickets, all you need to do is come to Activities! The more you participate, the more you earn. With the date getting close, I like to pass out extra tickets too just for the fun of it.

Come & join the fun!

Flower – Chrysanthemum



November's birth flower is the chrysanthemum. Commonly called mums, the vibrant perennial is a favorite of gardeners and florists alike. *Chrysos* is Greek for "gold"; although mums grow in a variety of shades today, their wild ancestors were a brilliant yellow-gold hue. In addition to their beauty, mums are used for teas, wine, and medicine. Additionally, NASA has found that chrysanthemums planted indoors can clean the air of your home.

Birthstone – Yellow Topaz



Yellow topaz, known as "precious topaz," is November's birthstone. This stone was the symbol of Ra, the Egyptian sun god, because of its golden glow. Topaz was named for the ancient island of Topasos, now known as St. John. A topaz is most commonly found in shades of yellow. However, it also comes in other colors, including blue, red, orange, green, and black. Pure topaz itself is a colorless stone. A gift of a yellow topaz symbolizes friendship and hospitality. Topaz is said to give the wearer strength and mental clarity.