

## Welcome New Residents

Welcome to the  
Northshore Heights  
Family:

Carole H.

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,  
**February 15th**

# Happy Birthday to You!

**John T. - 2/4**

**Julia C. - 2/13**

**Elizabeth P. - 2/26**

**Eleanor J. - 2/27**

**Patty P. - 2/27**

## ♥ Valentine's Day ♥

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

1. VALENTINE
2. CANDY
3. CHOCOLATE
4. CUPID
5. FLOWERS
6. FRIENDS



7. SWEETHEART
8. ARROW
9. KISSES
10. LOVE
11. HEARTS
12. HUGS

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# Northshore Heights News

## February 2023

**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

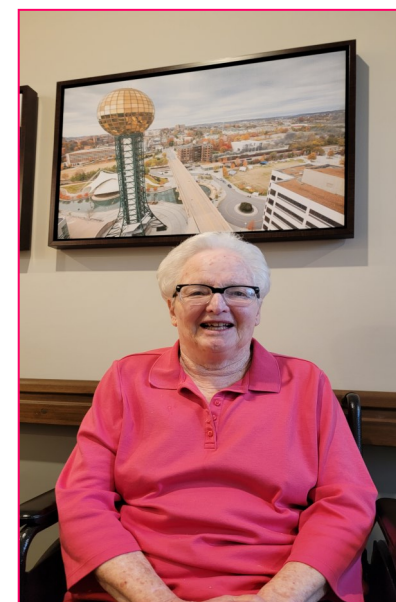
**Recreation Director**  
Shelli Seamons

**Director of  
Sales & Marketing**  
Kellie Cunningham



**Northshore Heights Senior Living**  
8804 S. Northshore Drive, Knoxville, TN. 37922  
865.444.1294

## Resident of the Month



This month we are shining the spotlight on our sweet Marnie!

Marnie is a life long Knoxville resident and is a retired Social Security administrator & yoga instructor. She has been married to the love of her life for 52 years, has 2 children, and wonderful friends who come to visit her frequently. Her hobbies include, hiking, working on puzzles, reading, & playing games, but what she loves most is music. There isn't a single song that Marnie doesn't know all the lyrics! She also has a sweet tooth and loves chocolate. We are thrilled that she calls Northshore home!

We love you, Marnie!

## Employee of the Month

CONGRATULATIONS to Kelly, our February Employee of the Month!!

We are so grateful to have Kelly on our team. She is one of our hardest working caregivers who demonstrates a strong work ethic in everything that she does. She is kind to the residents, makes sure they receive the best care, and sets a good example to those around her.

Thank you, Kelly, for all that you do! You are a rock star!





# Celebrating February

Library Lovers' Month

Black History Month

Groundhog Day  
February 2

Thank a Mail Carrier Day  
February 4

Get Out Your Guitar Day  
February 11

Super Bowl LVII  
February 12

Valentine's Day  
February 14

World Human Spirit Day  
February 17

Presidents' Day (U.S.)  
February 20

Mardi Gras  
February 21

## Gettin' Crafty w/Kimberly from Caris



## Valentine's Day Around the World

On Valentine's Day in Wales, a man carves a wooden "love spoon" for his beloved, decorating it with symbols like a key (to his heart). Danes exchange pressed white flowers and "joke letters" signed with dots. In South Korea, men receive the gifts—ladies get their gifts a month later on March 14. And in Iraq, lovers exchange red apples decorated with cloves, representing Adam and Eve.

## What's Lucky in February?

Lucky Color: Blue  
Lucky Animal: Monkey  
Lucky Letters: L and W  
Lucky Day: Saturday  
Lucky Plant: Rose



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## January Birthday Party



## Announcement

Welcome to Northshore Heights, Pattaya Morgan! We are thrilled that Pattaya is joining our team as our new Recreation Aide. She has recently relocated to Tennessee from California with her family and brings with her many years of experience working in senior living communities. She will be joining our Recreation Director, Shelli, and providing fun & meaningful activities for our residents in Memory Care.

Welcome Pattaya!!



## Fun Facts About Mardi Gras

This year Mardi Gras is being celebrated on February 21, 2023. When you hear "Mardi Gras", I bet the first thing you think of is a big party in New Orleans with beautiful costumes and parades with elaborate floats. You are not wrong, however, Mardi Gras is not just a one day celebration, it's an entire Carnival season full of feasting and fun. It begins on January 6th, known as the "Twelfth Night" and ends on Fat Tuesday. Here are some other fun facts: The first Mardi Gras began in Mobile, Alabama back in 1703 and is always celebrated on the Tuesday just before Ash Wednesday. It marks the end of Carnival and the beginning of Lent. The official colors of Mardi Gras are purple, gold and green. Purple signifies justice, gold means power, and green stands for faith. King cakes are the traditional pastry eaten on this day. They got their name from the Bible story of the three kings bringing gifts to baby Jesus. A plastic baby or a symbolic bean are baked inside the cake and whoever gets the piece with the baby is responsible for bringing the cake next year!

## Celebrating Chinese New Year Year of the Rabbit

