

Welcome New Residents

Welcome to the
Northshore Heights
Family:

Charles & Lois Jordan
Carol "CC" Clift

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,

September 20th

Happy Birthday to You!

Mike G. - 9/17
Marilyn E. - 9/26
Nancy F. - 9/27
Eileen Z. - 9/28
Richard P. - 9/29

Fall Word Search

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



CORN
AUTUMN
BONFIRE
BOOTS
OCTOBER
RAKE

THANKSGIVING
HARVEST
LEAVES
CARNIVAL
APPLES
APPLE CIDER

PUMPKIN
FOOTBALL
SWEATER
NOVEMBER
SEPTEMBER
SUNFLOWER



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Northshore Heights News

**September
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 she shine our spotlight
on Janet, our September Resident
of the month!

Janet is originally from Iowa and
moved to Knoxville to be closer to
her daughter, Nancy, & son-in-law,
Chuck. She enjoys attending as
many activities as she can, loves
going on outings, and playing cards
& bingo. She has a sassy sense of
humor and is always quick to
volunteer to help anyone.

We love you, Janet!!



Employee of the Month

CONGRATULATIONS to our September
Employee of the Month, Tonya!

Tonya has a heart of gold and it shows in the
love & care she provides every resident. Tonya
has been a caregiver for Northshore Heights for
several years and does her job very well. She
brings joy & laughter to all those around her and
we are lucky to have her in the NSH Family.

Thank you, Tonya, for all that you do!!



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Celebrating September

Classical Music
Month

Sewing Month

World Alzheimer's
Month

Victory Over Japan
Day

September 2

Labor Day (U.S.)

September 4

International Day of
Charity

September 5

Grandparents Day

September 10

Patriot Day (U.S.)

September 11

Rosh Hashanah

September 15–17

Yom Kippur

September 24–25

Goodbye Summer, Hello Fall!

August came and went in a blink of an eye! Can you believe that it is already September and Fall is just around the corner? The first day of Fall is Saturday, September 23rd, so get out your pumpkin spice, holiday decorations, and warm sweaters! Check out a few of the highlights from all the fun we had in August!



The Month of Fire

While we associate September with going back to school, apples, and the start of fall, in ancient Rome, the month was devoted to the Vulcan god of fire and forge. Romans thought September was ruled by Vulcan and expected fires and earthquakes this month. This makes sense, as forest fires tend to occur in early fall, and the reds, oranges, and yellows of fall foliage look a lot like fire.

What's Lucky in September?

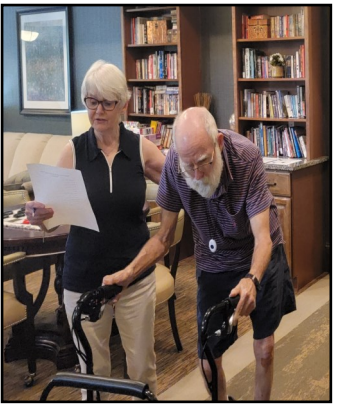
Lucky Color: Gold

Lucky Animal: Rooster

Lucky Letter: B

Lucky Day: Friday

Lucky Plant: Camellias



September Horoscopes & Famous Birthdays

In astrology, those born September 1–22 are Virgins of Virgo. Virgos are considered practical, organized, and detail-oriented. Those born September 23–30 balance the scales of Libra. Libras strive to find equilibrium and they use their sharp minds to broker peace and equality.

- Keanu Reeves (actor) – September 2, 1964
- Beyonce (singer) – September 4, 1981
- Idris Elba (actor) – September 6, 1972
- Otis Redding (singer) – September 9, 1941
- Tyler Perry (filmmaker) – September 13, 1969
- Lauren Bacall (actress) – September 16, 1924
- Frankie Avalon (singer) – September 18, 1940
- Mark Hamill (actor) – September 25, 1951
- Serena Williams (athlete) – September 26, 1981
- Gene Autry (cowboy) – September 29, 1907

GO VOLS!!!

TENNESSEE VOLUNTEERS 2023 FOOTBALL SCHEDULE

DATE	OPPONENT	RESULT
Sat, Sep 2	vs Virginia *	_____
Sat, Sep 9	vs Austin Peay	_____
Sat, Sep 16	at Florida	_____
Sat, Sep 23	vs UTSA	_____
Sat, Sep 30	vs South Carolina	_____
Sat, Oct 14	vs Texas A&M	_____
Sat, Oct 21	at Alabama	_____
Sat, Oct 28	at Kentucky	_____
Sat, Nov 4	vs UConn	_____
Sat, Nov 11	at Missouri	_____
Sat, Nov 18	vs Georgia	_____
Sat, Nov 25	vs Vanderbilt	_____

* Game Played at Neutral Location [TEMPLATETROVE.COM](https://www.templatetrove.com)