

## Welcome New Residents

Welcome to the  
Northshore Heights  
Family:

Rhys “Bebe’s” C.  
Bennie M.

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 21st**

# Happy Birthday to You!

## Norm E. - 2/16

## Elizabeth P. - 2/26

## Eleanor J. - 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 2024

Your Leadership  
Team

Administrator  
Carrie Catherwood

Business Office  
Manager  
Jessica Slade

Director of  
Personal Care  
Bre Dunn

Assistant Director  
of Personal Care  
Kipper Melmige

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



For February, we are shining our spotlight  
on our sweet Eddie as our  
Resident of the Month!

Eddie is native to Tennessee having been  
born not too far from here in Maryville. He  
worked as a mechanic and proudly served  
our country in the Army. He was married  
to his sweetheart for 65 years, has a son  
and four grandchildren. He enjoys the out-  
doors, bike riding, running, NASCAR, and  
spending time with his family. He loves  
sweets and always has a smile on his face.

We love you, Eddie!

## Employee of the Month

CONGRATULATIONS to our February  
Employee of the Month, Evangeline!

As one of our superstar nightshift  
caregivers, her unwavering reliability and  
dedication make her an invaluable asset  
to the team. Congratulations to  
Evangeline on this well-deserved  
recognition! We are so grateful for all  
that you do!





## Celebrating February

Library Lovers' Month

Black History Month

Spunky Old Broads Month

Groundhog Day  
February 2

Thank a Mail Carrier Day  
February 4

Chinese Lunar New Year's Day  
February 10

Super Bowl  
February 11

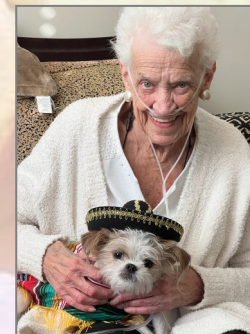
Mardi Gras  
February 13

Valentine's Day  
February 14

World Human Spirit Day  
February 17

Presidents' Day (U.S.)  
February 19

For Pete's Sake Day  
February 26



### 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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### February Horoscope

If you were born between February 1–18, you are an Aquarius, the Water Bearer. Aquarians are loyal and smart humanitarians who want to make a difference in the world.

They are energetic, have inquisitive minds, and come up with creative solutions. Those born from February 19–29 are Pisces, the Fish. Like fish, Pisces like to go with the flow in an easygoing manner, but on the inside, they are intuitive, intensely spiritual, and deeply emotional.

## Fun Facts About Mardi Gras

This year Mardi Gras is being celebrated on February 13, 2024. 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!



## Fun & Games in Memory Care

