

**August 2018**  
**NHC**  
**KINGSPORT**



**Our Mission**

At NHC Kingsport, care is our business. Care that respects the individual, promotes recovery, well-being and independence. Every day we strive to meet all standards of quality. We are here for you. Please do not hesitate to ask any staff member for anything you may need. Your care is our business.

**WELCOME**

Find out all you need to know about NHC Kingsport and our schedule of events.

Description of Activities.....2pg

Summer Word Find Puzzle.....3pg

Special Activities of the Month.....4pg

Quote of the Month..... 4pg

Fall Prevention Tip .....4pg

Calendar of Activities.....5pg



**Wi-Fi Network Information**

**Network: NHC-guestaccess**

**Guest Password: nhcguest**

# Description of Events

## **Traveling Library:**

Sign up for a library book that your Activities Director will pick up for you or pick out a magazine or puzzle book as I visit your room.

## **Nail Salon**

Choose from the colors I have or bring your own while you enjoy getting your nails painted by me your Activities Director.

## **Pet Therapy:**

Meet Toby and Dr. Spock our Pet Therapy dogs as they make their love rounds at NHC Kingsport. *\*Special note: there are times when the pet visiting list is so long that owners will visit rooms more than one day to accommodate everyone.\**

## **Bingo!**

Earn bingo points every time you win. Three wins earns you enough points to visit our prize “store” to buy some goodies including candy, hygiene products, lotion, activity books, etc.! *At Family Bingo Night a prize for every win will be awarded.*

## **Hair Salon!**

Vicky Arnold is our Cosmetologist who is here every Tuesday to get your hair done. Enjoy getting it shampooed, cut, styled or all three! Pay ahead of time at the receptionist desk to secure an appointment. A complete menu of services is available at receptionist desk and upon request.

## **Men’s Club**

Gentlemen pick from your favorite games or your favorite TV shows, movies or documentaries about antique classic cars or play a game. You decide!

## **Adult Coloring Activity**

There are adult coloring sheets to color in the Activity Room or you can help the Activity Director color inspirational cards to be given out to staff and other residents for encouragement.

***\*\*The Activity Room is full of games, puzzles, books and magazines along with music and movies upon request for your leisure. Please consider the Activity Room your home away from home and know you are welcome to visit often during your stay.***

# Summer Word Search

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

BEACH

CAMPING

AUGUST

JULY

ICE CREAM

SUNSCREEN

VACATION

PICNICS

POOL

SUNGLASSES

TENNIS

JUMPROPE

SWIMMING

FISHING

FLIPFLOPS





**When:** August 23

**Time:** 3:00pm

**Where:** Activity Room



Join us for a special evening of song with Nina Plus Two. They will performing Bluegrass, Country and old hymns and even some old folk tunes.

**When:** Wednesday, August 1

**Time:** 5:45pm

**Where:** Activity Room

## **Raymond Akers**

Will be joining us for a special Piano Concert this month. He will be performing a variety of music including country, classic rock and gospel. You don't want to miss it!

**When:** Saturday, August 4, 2018

**Where:** Activity Room

**Time:** 5:45pm



## **Fall Prevention Tip**

Be safe when you go home.  
Remove books, magazines, towels, shoes, papers and other objects from floors and stairs.