



This Month's News



Dear Families:

We wish all of you a Merry Christmas and a Happy Holiday season. We hope you also receive moments full of love, comfort, and cherished memories during this busy time of year.



NHC's Whisked Wonderland Hot Cocoa

What's a better way to warm our spirits this holiday season than with a cup of homemade hot cocoa? We're thrilled to share our secret recipe that's guaranteed to add a sprinkle of joy to your holiday season! So, grab your favorite mug, put on those fuzzy socks, and let's dive into the art of crafting the perfect cup of hot cocoa.

Ingredients:

2 cups whole milk

2 tablespoons unsweetened cocoa powder

2 to 3 tablespoons sugar (or sweeten to your liking)

1/4 cup chocolate chips (because we believe in chocolate indulgence!)

1/4 teaspoon vanilla extract

A pinch of enthusiasm (the secret ingredient!)

Instructions:

In a saucepan, warm the milk over medium heat until it's steamy but not boiling.

In a cozy corner, mix cocoa powder and sugar to create a blissful blend.

Gradually whisk your cocoa-sugar magic into the warming milk, infusing it with love and flavor.

Add the chocolate chips, stirring until they melt into a velvety symphony of goodness.

Sprinkle in the vanilla extract and a pinch of enthusiasm (because everything tastes better with a dash of joy!).

Continue to heat, making sure it's nice and toasty but never boiling – we're

aiming for hot cocoa, not a volcano!

Pour this liquid comfort into your favorite mug and let the aroma of happiness fill the air.

Finish it off with your choice of toppings – whipped cream clouds, marshmallow mountains, or a sprinkle of cocoa stardust.

And there you have it, our NHC Whisked Wonderland Hot Cocoa! Share the warmth, spread the joy, and let's make this season extra cozy. Tag us in your hot cocoa adventures using #NHCSipSipHooray!

Wishing you all the sweetness the season has to offer!

Erasing Holiday Stress for Seniors

While the holiday season is typically associated with feelings of joy, comfort, and happiness, it also is not short of stress during this extremely busy time of year. Our seniors can also feel the stress during the holidays. Please take a look at our latest blog by clicking [HERE](#) for tips to erase stress for our seniors.



Thank you,

Karla Lane

Administrator, NHC Place Farragut

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.
Llame al 865.777.9000 (TTY: 7-1-1). (Spanish)

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