



This Month's News



Dear Families:

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

Center News:

NHC, Fort Sanders will be hosting our first Fantasy of Trees Silent Auction Fundraiser from Dec. 3rd - 17th! Partner & Resident Teams will display their own unique Christmas Trees in the front lobby on ground floor. Come place your bid for a chance to win a Christmas Tree! Also, help our residents shop for the Holidays and assist them through the Annual NHC Christmas Store on Friday, Dec. 15th from 2:00p - 4:00p! This event has been a favorite to our residents that keeps them coming back for more, thanks to the kindness and generosity of NHC Partners, families, vendors, and others who continue to donate various gifts from year-to-year.

Special Announcements for Families:

NHC Fort Sanders would like to remind families to please bring your donated items for the NHC Christmas Store by Wednesday, Dec. 13th to the Activity Room or Recreation Dept. If you did not receive a list of suggested donation items in the mail, you can pick up a list @ NHC at the front desk or at the elevators on any of the patient floors. Families, don't forget to RSVP for the Christmas Candlelight Dinner for either Tues., Dec. 5th or Thurs., Dec. 7th. Please RSVP by Friday, Dec. 1st. The event on both days will be from 5:00p - 7:30p with photos and live music starting at 5:00p and dinner starting @ 6:00p!

Special Thanks:

NHC, Fort Sanders would like to give a special thank you to all partners, families and others in the community who supported the Fall Leaves & Wreaths Craft Event and Silent Auction during September and October. Because of your support, the Resident Council raised over \$400.00. Thank you for the time and love you shared with our residents to make beautiful wreaths for a good cause. Also, want to say "Kudos" to the Bald Twin Brothers who were a hit once again at our Trunk-or-Treat Fall Festival on Oct. 27th! Also, NHC would like to say congratulations to the Nurse Managers Team and the Housekeeping/Maintenance Team for winning "Best of Show" Vehicles at the Trunk-or-Treat Fall Festival!



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,

Tim Wrather

Administrator, NHC Fort Sanders

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 865-523-4131 (TTY: 7-1-1). (Spanish)

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