



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:

Check the calendar and join in the holly-jolly fun while at Holston! Dec 2: Girl Scout Talent Show and Charades, 7th: CNA Student Graduation, Old English Christmas Show with Hutchinson performers, 8th: Rivers Edge Christian Academy Praise Team, 10th: Marble Baptist Choir, 11th: New Vision Girl Scouts, 16th Highest Praise Carolers, Each Sunday Temple Baptist provides a sermon with music, 17: Baptist Choir following service, 18: Resident Hair and Nails glam day, 20th: Family Christmas Dinner, 21-22: Angel Tree Delivery, 27 NYE Bingo, 29 NY Party with KnoxVegas entertainer, Movie matinee each Saturday at 1:30 in the West Living Room.

Special Announcements for Families:

Angel Tree gifts are available in the front lobby. Gifts are to be bagged and returned with gift tag by 12/15. Christmas Family Dinners are by R.S.V.P. only. Deadline is 12/15/23 @ 3:30 please. Cost of meal is \$10.00.

Special Thanks:

Thank you to our three UT CTRS Students who provided 120 service hours each, Girl Scouts, Boy Scouts troop pack 8 & 49, Haslam College of

Business, Ice Bears, Bill Fox and all of the Thanksgiving Day Parade partners and carolers! Thank you also to the church choirs and school students who made Thanksgiving place mats, tray mats, greeting cards, and table decorations. Caris hospice for the hospitality and donations. We appreciate all the time that is given to enhance the lives of others in our community.



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,

Dan McKenzie

Administrator, Holston Health & Rehabilitation Center

Holston Health & Rehabilitation Center
3916 Boyd's Bridge Pike
Knoxville, TN 37914
865-524-1500

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 865-524-1500 (TTY: 7-1-1). (Spanish)

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 865-524-1500(TTY:7-1-1). (Portuguese)