



# This Month's News

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**Dear Families:**

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

### **Center News:**

Here are some of the fun events we have lined up for December. Hannukah Celebration- Dec 7th at 2 pm, Christmas Lights Tour- 6 times this month, Shriners Band Christmas Concert- Dec 6th at 2 pm, Star Wars Theme Christmas Party- Dec 14th, Resident Christmas Party- Dec 22 at 2 pm, New Years Party- Dec 29th at 2 pm. Please contact us for more information regarding our events.

### **Special Announcements for Families:**

Families are welcome to join us for events at our center. If you would like to volunteer to help on Field Trips or with activities, please call and speak to our Recreations Director Amanda.

### **Special Thanks:**

A special thank you to our partners and families who donated to our angel Christmas tree!



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## **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!

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## **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.





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Thank you,

Susan Taylor

Administrator, NHC HealthCare Maryland Heights

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 314-291-0121 (TTY: 7-1-1). (Spanish)

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 314-291-0121 (TTY:7-1-1). (Portuguese)