



Evelyn Shnier RN,

Founding Partner

Established 1996

The Sterling Standard

NOVEMBER 2025

Staff

Managers

Menachem Taragin, LCSW-C

Ariel Mahpari

Nurse Manager

Sara Jaffee, RN

Nurses Aides

Sophia Brown

Winsome Levy

Sharon Santana

Natilia Williams

Activities Staff

Malka Zweig

Yehudis Gutnicki

Kitchen Staff

Chaya Bracha Goldfein, Chef

Norman Rogers, Chef's Assistant

Jermain Alberga, Kitchen Helper

Activities/Newsletter

Coordinator

Yehudis Gutnicki

Dear Sterling family and friends,

At Sterling Care, we have high aspirations. We want to pour our hearts into every interaction with each resident. Our team's dedication is guided by a timeless Jewish value: honoring every single person. Recently, the Baltimore Jewish community lost a great leader, Rabbi Moshe Hauer, zt"l. There's a wonderful story about him that was recently shared in the Mishpacha magazine. Here it is the story that was reported-

"His successor as Rabbi in Baltimore's Bnei Jacob Shaarei Zion Synagogue, Rabbi Daniel Rose, often joined his mentor in paying Bikur Cholim (visiting the sick) visits to members of the community. After completing a visit at the apartment of an especially lonely woman, Rabbi Rose noticed that Rabbi Hauer's face was glowing. 'That's where the money is,' was the comment Rabbi Hauer made, which inspired the younger rabbi for years."

He wasn't talking about dollars and cents. Rabbi Hauer meant that the greatest reward in a rabbi's life wasn't the big speech or the major project. It was the simple, sincere act of showing up for someone who felt alone. That beautiful lesson is how we view our mission at Sterling Care. Our staff sees their work not as a job, but as a calling. We strive to offer professional, loving, and truly compassionate care, because we know what really matters. For us, the "money" is in the human connection, the comfort we provide, and the feeling that every resident knows they are cherished.

Wishing you a happy and healthy month

Menachem Taragin

DELICIOUS POTATO KNISHES



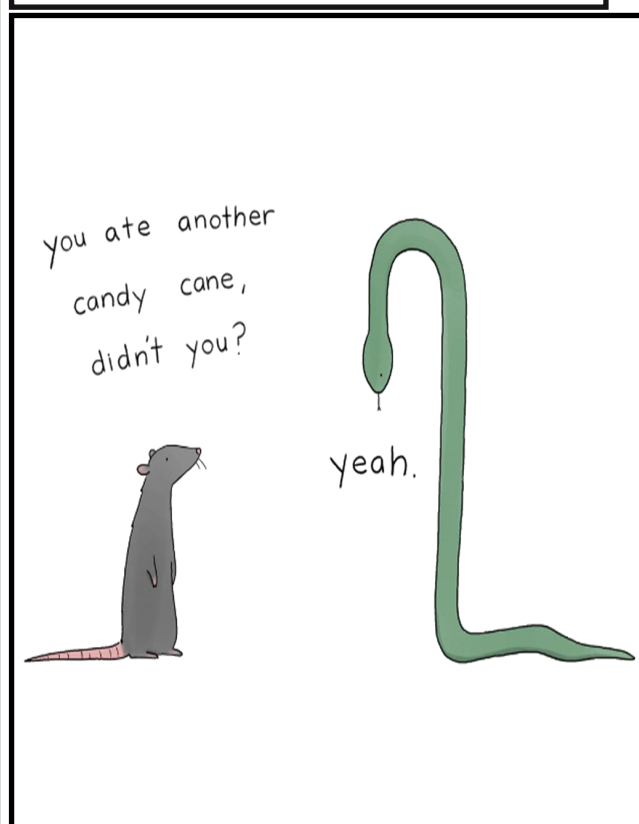
INGREDIENTS

- 2 large onions
- 3/4 cup of oil
- 8 potatoes
- 4 eggs
- 1 1/2 cup of flour
- 1 tablespoon of salt
- 1/4 teaspoon of black pepper
- 1 egg for glazing (optional)
- Sesame seeds for sprinkling (optional)

INSTRUCTIONS

1. Peel, cook, and mash potatoes well.
2. In a pan, sauté onions in the oil.
3. Combine potatoes, onion with the oil, and all other ingredients.
4. Place in a greased 9 x 13-inch pan, or loaf pans, or muffin holders.
5. Brush the top with beaten egg and sprinkle with sesame seeds.
6. Bake at 350 degrees Fahrenheit for one hour, or 30 minutes for individual muffins.

Laughs...











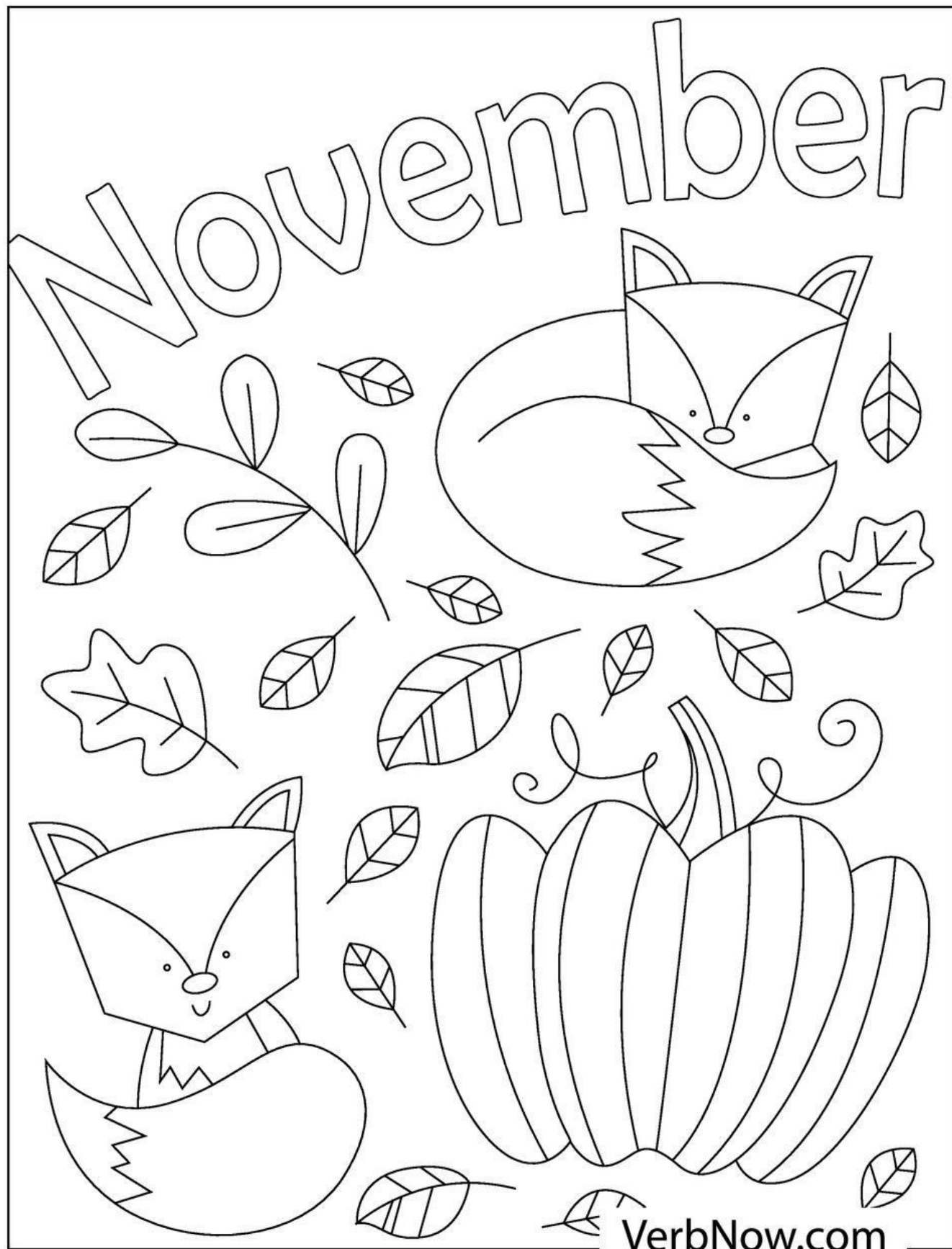
November




WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.






ACORN, APPLE CIDER, AUTUMN, BLACK FRIDAY, BONFIRE, CHILLY, CORNUCOPIA,
CRANBERRY, FAMILY, FEAST, FOOTBALL, GOBBLE, GRATITUDE, GRAVY, HARVEST, HAYRIDE,
LEAVES, MIGRATORY BIRDS, NATIVE AMERICAN, NOVEMBER, PECAN, PILGRIM, PUMPKIN,
REMEMBRANCE, SCARF, STUFFING, SWEATER, THANKSGIVING, TURKEY, VETERANS





SUNDAY	MONDAY	TUESDAY
<p>2</p> <p>8:00 BREAKFAST WITH FRIENDS 10:00 GUITAR WITH JOSH POLAK 12:00 LUNCH & CHAT 1:30 GIRLS CHESS LEAGUE VISIT 5:00 DINNER</p> <p>DAYLIGHT SAVINGS TIME ENDS</p>	<p>3</p> <p>8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 1:45 ART WITH MRS BONDY 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 DINNER</p>	<p>4</p> <p>8:00 BREAKFAST WITH FRIENDS 10:15 YOGA WITH MRS BANDOS 12:00 LUNCH & CHAT 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 DINNER 6:00 COMMUNITY OPEN MIC</p> <p>ELECTION DAY</p> 
<p>9</p> <p>8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 2:30 KEYBOARD WITH SHMUEL BECK 5:00 DINNER</p>	<p>10</p> <p>8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 1:45 ART WITH MRS BONDY 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 DINNER</p>	<p>11</p> <p>8:00 BREAKFAST WITH FRIENDS 10:15 YOGA WITH MRS BANDOS 12:00 LUNCH & CHAT 5:00 DINNER 6:00 COMMUNITY OPEN MIC</p> <p>VETERANS DAY</p> 
<p>16</p> <p>8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 1:30 GIRLS CHESS LEAGUE VISIT 2:00 GUITAR WITH JOSH POLAK 5:00 DINNER</p>	<p>17</p> <p>8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 1:45 ART WITH MRS BONDY 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 DINNER</p>	<p>18</p> <p>8:00 BREAKFAST WITH FRIENDS 10:15 YOGA WITH MRS BANDOS 12:00 LUNCH & CHAT 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 DINNER 6:00 COMMUNITY OPEN MIC</p>
<p>23</p> <p>8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 1:30 GIRLS CHESS LEAGUE VISIT 2:30 KEYBOARD WITH SHMUEL BECK 5:00 DINNER</p>	<p>24</p> <p>8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 1:30 MUSIC WITH DOV NUDELL 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 DINNER</p>	<p>25</p> <p>8:00 BREAKFAST WITH FRIENDS 10:15 YOGA WITH MRS BANDOS 12:00 LUNCH & CHAT 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 DINNER 6:00 COMMUNITY OPEN MIC</p>
<p>30</p> <p>8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 2:00 GUITAR WITH JOSH POLAK 5:00 DINNER</p>	<p>SHABBAT SCHEDULE:</p>  <p>8:00 BREAKFAST & CHAT</p> <p>12:00 KIDDUSH & LUNCH</p> <p>5:00 SEUDAH SHELISHIT / DINNER</p>	

WEDNESDAY	THURSDAY	FRIDAY
5 8:00 BREAKFAST WITH FRIENDS 11:15 BAIS YAAKOV VISIT 12:00 LUNCH & CHAT 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 DINNER	6 8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 2:00 PIANO WITH DORIS SUGAR 5:00 DINNER	7 8:00 BREAKFAST WITH FRIENDS 10:15 EXERCISE WITH DEBORAH 12:00 LUNCH & CHAT 5:00 DINNER CANDLE LIGHTING: 4:40
12 8:00 BREAKFAST WITH FRIENDS 11:15 BAIS YAAKOV VISIT 12:00 LUNCH & CHAT 3:00 GUITAR WITH CANTOR GARTENHAUS 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 DINNER	13 8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 2:00 PIANO WITH DORIS SUGAR 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 DINNER	14 8:00 BREAKFAST WITH FRIENDS 10:30 EXERCISE WITH DEBORAH 12:00 LUNCH & CHAT 5:00 DINNER CANDLE LIGHTING: 4:34
19 8:00 BREAKFAST WITH FRIENDS 11:15 BAIS YAAKOV VISIT 12:00 LUNCH & CHAT 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 DINNER	20 8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 2:00 PIANO WITH DORIS SUGAR 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 DINNER	21 8:00 BREAKFAST WITH FRIENDS 10:15 EXERCISE WITH DEBORAH 12:00 LUNCH & CHAT 5:00 DINNER CANDLE LIGHTING: 4:29
26 8:00 BREAKFAST WITH FRIENDS 11:15 BAIS YAAKOV VISIT 12:00 LUNCH & CHAT 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 DINNER	27 8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 2:00 PIANO WITH DORIS SUGAR 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 THANKSGIVING MEAL THANKSGIVING	28 8:00 BREAKFAST WITH FRIENDS 10:15 EXERCISE WITH DEBORAH 12:00 LUNCH & CHAT 5:00 DINNER CANDLE LIGHTING: 4:26
<div>    </div> <div> NOVEMBER 2025 </div>		

Sterling Care Assisted Living

3617 Seven Mile Lane

Baltimore, MD 21208

(410) 318-8999

Our residents do not live in our facility, we work in their home.



Any simchas, announcements, pictures, anecdotes, stories or information you would like to be included in our upcoming newsletters, please contact yehudisgutnicki@gmail.com

www.sterlingassistedliving.com