



Evelyn Shnier RN,

Founding Partner

Established 1996

The Sterling Standard

JANUARY 2026

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 Care family and friends,

What a wonderful and exciting month we had. It was full of light, laughter, good food, together with good friends. Baruch Hashem, among the many events and activities, two stand out. The annual Sterling Chanukah party, and a wonderful opportunity to bake cookies with the Baltimore Homeschooling Network. You can see pictures from both events in this newsletter. We want to give a special thank you to Mrs. CB Goldfein for her work preparing for the Chanukah party, and Mrs. Elana Bondy for her work coordinating the cookie bake.

There's a lot of darkness in the world, but I think Chanukah teaches us that we can always search for and find light. Both in our personal situations and in more general or global situations. At Sterling we're always trying to reveal the light that is so bright, but sometimes hidden in our residents.

Thank you for the privilege of caring for such amazing individuals, and for the trust you place in our team.

Wishing you a month full of good health, happiness, and the opportunity to see the light in our lives.

Menachem Taragin

Creamy Chicken Vegetable Barley Soup



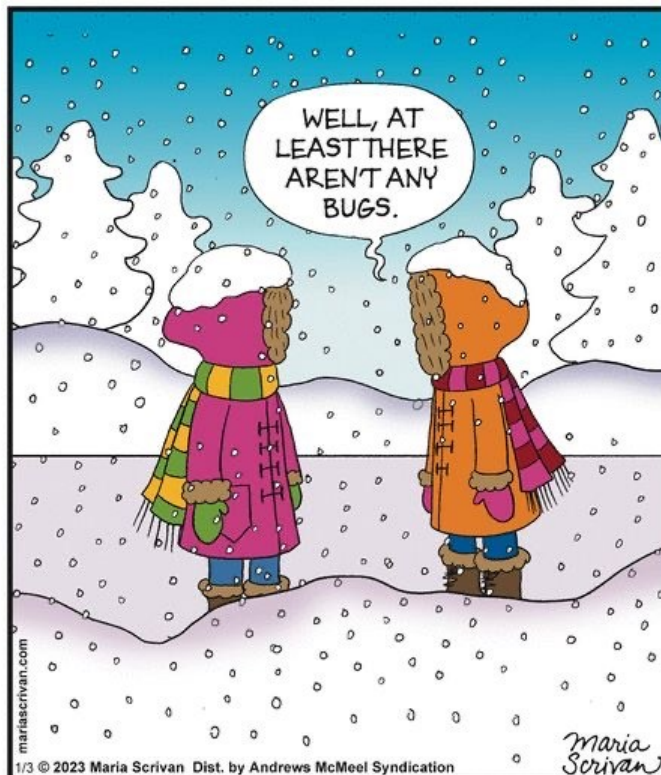
INGREDIENTS

- **1 tablespoon** oil
- **1** onion, diced
- **4** carrots, cut into chunks
- **4 stalks** celery, diced
- **2 cloves** garlic, minced
- **1 pound (450 grams)** chicken cutlets or thighs, cut into small cubes
- **1/4 cup** Barley, rinsed
- **2 small** potatoes, peeled and diced
- **1 tablespoon** garlic powder
- **1 teaspoon** salt, or to taste
- **1/2 teaspoon** black pepper
- **6 cups** Chicken Broth or water
- **1/2 cup** frozen peas
- handful chopped parsley or dill, for garnish

INSTRUCTIONS

1. In a large pot, heat oil. Add onion, carrots, celery, and garlic. Sauté for five to seven minutes, until softened.
2. Stir in chicken, barley, and potatoes. Season with garlic powder, salt, and pepper. Cook for two to three minutes to coat.
3. Bring to a boil, then reduce heat and simmer for one to one and a half hours, until the barley and potatoes are tender and the soup thickens naturally.
4. Stir in the peas and simmer for a few more minutes. Adjust seasoning to taste.
5. To serve, ladle into bowls and top with fresh dill or parsley.

Laughs...



Announcements

Mazel Tov to Mrs. Ellen Rubin on birth of a new grandson

Mazel tov to Mr. Norwin Weiner on the birth of a great grandson

*Mazel Tov to Mrs Rebecca Ottensoser on the birth of a
great grandson*

Wishing a Happy Birthday to...

Mrs. Blanche Sachs—January 31













SUNDAY	MONDAY	TUESDAY
 <h1>JANUARY 2026</h1>		
<p>4</p> <p>8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 3:00 PIANO WITH MENACHEM 5:00 DINNER</p>	<p>5</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>6</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>11</p> <p>8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 2:30 KEYBOARD WITH SHMUEL BECK 5:00 DINNER</p>	<p>12</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>13</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>18</p> <p>8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 3:00 PIANO WITH MENACHEM 5:00 DINNER</p>	<p>19</p> <p>8:00 BREAKFAST WITH FRIENDS 10:30 FOLK GUITAR WITH JOSH POLAK 12:00 LUNCH & CHAT 1:45 ART WITH MRS BONDY 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 DINNER</p> <p>ROSH CHODESH SHEVAT</p>	<p>20</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>25</p> <p>8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 2:30 KEYBOARD WITH SHMUEL BECK 5:00 DINNER</p>	<p>26</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>27</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>

WEDNESDAY	THURSDAY	FRIDAY
SHABBAT SCHEDULE: 8:00 BREAKFAST & CHAT 12:00 KIDDUSH & LUNCH 5:00 SEUDAH SHELISHIT / DINNER	1 8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 DINNER NEW YEARS DAY	2 8:00 BREAKFAST WITH FRIENDS 10:15 EXERCISE WITH DEBORAH 12:00 LUNCH & CHAT 5:00 DINNER CANDLE LIGHTING: 4:36
7 8:00 BREAKFAST WITH FRIENDS 11:15 BAIS YAAKOV VISIT 12:00 LUNCH & CHAT 1:30 PIANO WITH BEN WALDMAN 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 DINNER	8 8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 1:00 ANAGRAMS WITH MRS ZWEIG 2:00 PIANO WITH DORIS SUGAR 5:00 DINNER	9 8:00 BREAKFAST WITH FRIENDS 10:15 EXERCISE WITH DEBORAH 12:00 LUNCH & CHAT 5:00 DINNER CANDLE LIGHTING: 4:43
14 8:00 BREAKFAST WITH FRIENDS 11:15 BAIS YAAKOV VISIT 12:00 LUNCH & CHAT 1:30 PIANO WITH BEN WALDMAN 3:00 GUITAR WITH CANTOR GARTENHAUS 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 DINNER	15 8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 2:00 PIANO WITH DORIS SUGAR 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 DINNER	16 8:00 BREAKFAST WITH FRIENDS 10:15 EXERCISE WITH DEBORAH 12:00 LUNCH & CHAT 5:00 DINNER CANDLE LIGHTING: 4:50
21 8:00 BREAKFAST WITH FRIENDS 11:15 BAIS YAAKOV VISIT 12:00 LUNCH & CHAT 1:30 PIANO WITH BEN WALDMAN 3:00 GUITAR WITH CANTOR GARTENHAUS 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 DINNER	22 8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 2:00 PIANO WITH DORIS SUGAR 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 DINNER	23 8:00 BREAKFAST WITH FRIENDS 10:15 EXERCISE WITH DEBORAH 12:00 LUNCH & CHAT 5:00 DINNER CANDLE LIGHTING: 4:58
28 8:00 BREAKFAST WITH FRIENDS 11:15 BAIS YAAKOV VISIT 12:00 LUNCH & CHAT 1:30 PIANO WITH BEN WALDMAN 3:00 GUITAR WITH CANTOR GARTENHAUS 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 DINNER	29 8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 2:00 PIANO WITH DORIS SUGAR 5:00 DINNER	30 8:00 BREAKFAST WITH FRIENDS 10:15 EXERCISE WITH DEBORAH 12:00 LUNCH & CHAT 5:00 DINNER CANDLE LIGHTING: 5:06

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