



Evelyn Shnier RN,

Founding Partner

Established 1996

The Sterling Standard

DECEMBER 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,

We want to wish a huge mazel tov to Mrs. Marcia Gniwesch on the upsherin (first haircut) of her great great grandson.

Yes, you read that correctly. Her great great grandson.

And what an honor it was for us to host the event here at Sterling! It's hard to describe the feelings that were in that room. It was filled with Hashem's bracha of life, happiness, and growth.

A special thank you to Mrs. Malka Zweig for escorting Mrs Gniwesch to the simcha.

Mrs Gniwesch is a true matriarch- someone who always compliments others, always has good wishes for another person. To see her surrounded by her family- so many generations, was really special and unforgettable.

We wish all the Sterling family and friends many happy moments to celebrate in good health.

Menachem Taragin



CLASSIC POTATO LATKES



INGREDIENTS

- 5 large potatoes, peeled
- 1 large onion
- 3 eggs
- 1/3 cup flour
- 1 tsp. Salt
- 1/4 tsp. pepper
- 3/4 cup oil for frying

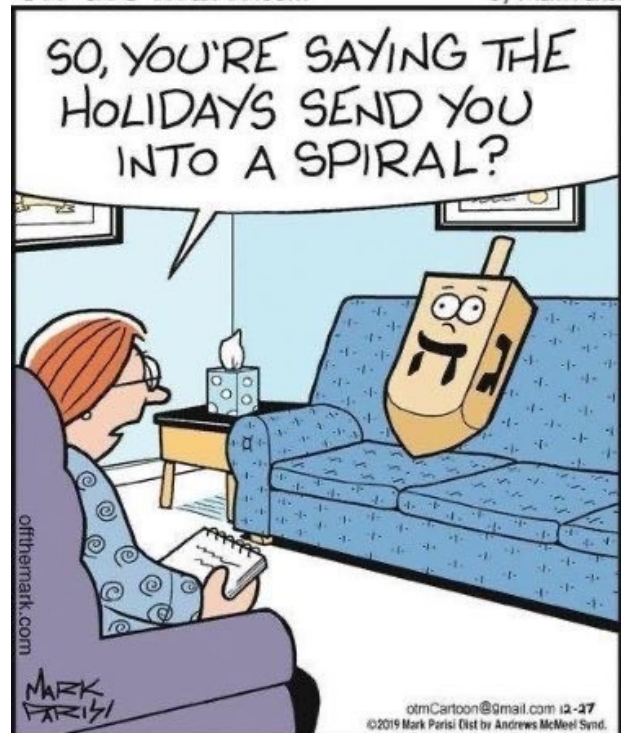
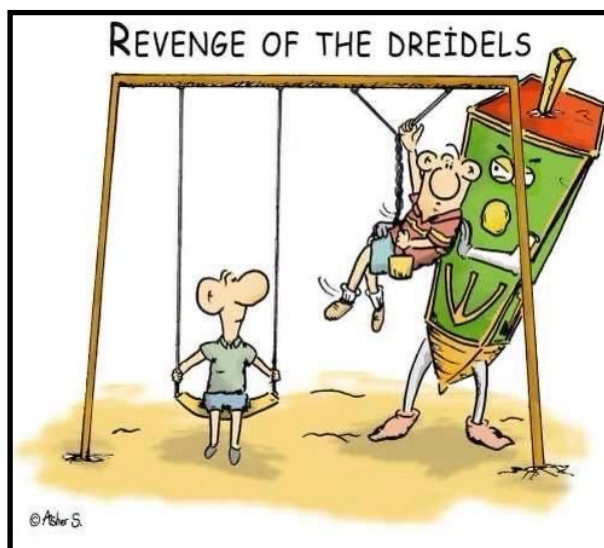
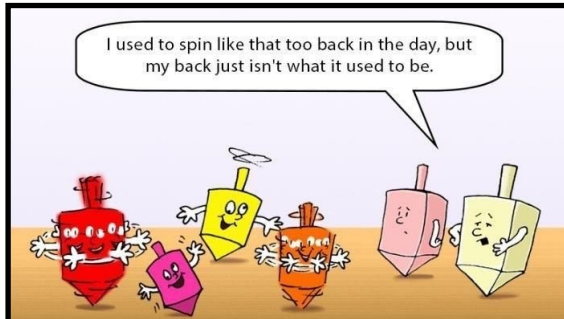
Use: 10-inch skillet

Yields: 4 to 6 servings

INSTRUCTIONS

1. Grate potatoes and onion on the fine side of a grater, or in a food processor; or put in a blender with a little water.
2. Strain grated potatoes and onion through a colander, pressing out excess water.
3. Add eggs, flour, and seasoning. Mix well.
4. Heat 1/2 cup oil in skillet.
5. Lower flame and place 1 large tablespoon batter at a time into hot sizzling oil and fry on one side for approximately 5 minutes until golden brown.
6. Turn over and fry on other side 2 to 3 minutes. Remove from pan and place on paper towels to drain excess oil.
7. Continue with remaining batter until used up, adding more oil when necessary.
8. Potato latkes are traditionally served with applesauce and/or sour cream, but they are perfectly tasty with nothing at all

Laughs...



Wishing a Happy Birthday to...

Mr. Neil Insel—December 14



YOU ARE INVITED TO...

STERLING CARE ANNUAL CHANUKAH PARTY

STERLING CARE WILL BE HAVING A CHANUKAH PARTY ON
TUESDAY, DECEMBER 16TH, AT 6:00PM.

ALL STERLING RESIDENTS AND FAMILIES ARE INVITED.
THERE WILL BE LIVE MUSIC AND REFRESHMENTS.

WE WOULD LOVE TO SEE YOU THERE!









Hanukkah Word Search

P	H	D	S	K	W	W	Q	D	C	E	G
C	F	A	R	B	R	E	C	Z	E	M	M
F	E	J	K	E	L	C	A	R	I	M	X
B	S	S	S	U	I	B	J	U	D	A	H
O	T	E	T	A	N	D	P	J	S	W	E
D	I	L	F	K	S	A	E	R	E	G	R
D	V	D	I	M	Z	A	H	L	E	R	L
Z	A	N	G	X	E	J	U	C	B	Y	I
A	L	A	N	V	T	N	F	S	A	P	G
M	H	C	Y	E	S	N	O	W	C	I	H
X	D	R	A	P	V	R	A	R	C	W	T
Q	L	A	T	K	E	S	R	O	A	U	L
R	L	Z	X	Y	O	S	D	M	M	H	E
L	W	W	I	N	U	A	H	I	B	O	G
E	I	G	H	T	K	Z	Y	D	C	I	Z
U	V	O	H	A	N	U	K	K	A	H	B


HANUKKAH
CHANUKAH
MACCABEES
MENORAH
FESTIVAL

DREIDEL
CANDLES
MIRACLE
OIL
LIGHT

JUDAH
LATKES
GELT
EIGHT
GIFTS



SUNDAY	MONDAY	TUESDAY
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 1:45 ART WITH MRS BONDY 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 DINNER	2 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
7 8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 2:30 KEYBOARD WITH SHMUEL BECK 5:00 DINNER	8 8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 1:45 ART WITH MRS BONDY 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 DINNER	9 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
14 8:00 BREAKFAST WITH FRIENDS 10:30 GUITAR WITH JOSH POLAK 12:00 LUNCH & CHAT 5:00 MENORAH LIGHTING & DINNER CHANUKAH BEGINS AT NIGHT 	15 8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 1:45 ART WITH MRS BONDY 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 MENORAH LIGHTING & DINNER CHANUKAH 	16 8:00 BREAKFAST WITH FRIENDS 10:15 YOGA WITH MRS BANDOS 12:00 LUNCH & CHAT 2:30 KEHAL CHASSIDIM VISIT 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 MENORAH LIGHTING & DINNER 6:00 CHANUKAH PARTY CHANUKAH 
21 8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 2:30 KEYBOARD WITH SHMUEL BECK 5:00 MENORAH LIGHTING & DINNER CHANUKAH 	22 8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 1:45 ART WITH MRS BONDY 5:00 DINNER	23 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
28 8:00 BREAKFAST WITH FRIENDS 10:30 GUITAR WITH JOSH POLAK 12:00 LUNCH & CHAT 5:00 DINNER	29 8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 1:45 ART WITH MRS BONDY 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 DINNER	30 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

WEDNESDAY	THURSDAY	FRIDAY
3 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	4 8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 2:00 PIANO WITH DORIS SUGAR 5:00 DINNER	5 8:00 BREAKFAST WITH FRIENDS 10:15 EXERCISE WITH DEBORAH 12:00 LUNCH & CHAT 5:00 SHABBAT SEUDAH CANDLELIGHTING: 4:25
10 8:00 BREAKFAST WITH FRIENDS 11:15 PASS THE PRESENT WITH BY 12:00 LUNCH & CHAT 1:30 PIANO WITH BEN WALDMAN 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 DINNER	11 8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 2:00 PIANO WITH DORIS SUGAR 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 DINNER	12 8:00 BREAKFAST WITH FRIENDS 10:15 EXERCISE WITH DEBORAH 12:00 LUNCH & CHAT 5:00 SHABBAT SEUDAH CANDLELIGHTING: 4:25
17 8:00 BREAKFAST WITH FRIENDS 10:45 CHEDER CHABAD VISIT 12:00 LUNCH & CHAT 1:45 CHANUKAH COOKIE BAKING 3:00 CANTOR GARTENHAUS 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 MENORAH LIGHTING & DINNER CHANUKAH 	18 8:00 BREAKFAST WITH FRIENDS 10:45 CHEDER CHABAD VISIT 12:00 LUNCH & CHAT 5:00 MENORAH LIGHTING & DINNER CHANUKAH 	19 8:00 BREAKFAST WITH FRIENDS 10:15 EXERCISE WITH DEBORAH 12:00 LUNCH & CHAT 5:00 MENORAH LIGHTING & DINNER CANDLELIGHTING: 4:27 CHANUKAH 
24 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	25 8:00 BREAKFAST WITH FRIENDS 12:00 LUNCH & CHAT 2:00 PIANO WITH DORIS SUGAR 4:00 ANAGRAMS WITH MRS ZWEIG 5:00 DINNER	26 8:00 BREAKFAST WITH FRIENDS 10:15 EXERCISE WITH DEBORAH 12:00 LUNCH & CHAT 5:00 SHABBAT SEUDAH CANDLELIGHTING: 4:31
31 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 NEW YEARS EVE 	<div>  <h1>DECEMBER 2025</h1> </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