



As we welcome the month of December, we look forward to a season filled with celebration and cheer. The upcoming Christmas and New Year's holidays provide a wonderful opportunity to reflect on the year and enjoy meaningful time together.

This month, we are pleased to offer a full calendar of entertainment and activities, and we hope all residents will join us for the festivities. December 31st will be the New Years party. Jeremy & Ross will be here at 1:00 PM. So come and celebrate! We are also delighted to host our annual Winter Dinner here at Sterling Court! A special occasion for us to gather as a community, share great company, and celebrate the holiday season. We look forward to a memorable and enjoyable December with all of you.



Date: December 18<sup>th</sup>

Time: 4:00 PM- 6:00 PM

Entertainment by Sundays Best Jazz at 6:00 PM

2 Guests per Resident (No charge)

Please RSVP at the front desk by December 5th



1 December 2025

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### New Residents

We're excited to welcome several new faces to the wonderful Sterling Court community! Please join us in giving a warm welcome to Roger, Sheron, Mary, and Jon. We're delighted to have you here and can't wait to get to know each of you better.

Remember, our doors are always open—whether you have questions, need assistance, or just want to say hello. We hope Sterling Court quickly feels like home, and we're thrilled to have you as part of our community.



Get ready to deck the halls—literally!

Here at Sterling Court, we're kicking off a cheerful Christmas Door Decorating Competition, and we're inviting all our wonderful residents to join the fun.

Each hallway will be judged, and both staff and family members will cast their votes to choose the best decorated door in each hall. Voting will take place on December 18th, and the winners will be announced during our Winter Dinner celebration.

We'll have four total winners, each receiving a special prize! So start brainstorming, get creative, and most of all—have fun turning your door into a festive holiday masterpiece!

### Just a Reminder:

In accordance with state regulations, **we are not permitted to use candles, heating pads, electric blankets (including those with timers), or standard extension cords. Extension cords may be used only if they include a built-in surge protector.**

We understand these guidelines may cause some inconvenience, but please know they are in place to ensure everyone's safety. Thank you for your cooperation and for helping us maintain a safe environment.

We truly appreciate each of you!



1 December 2025



# MERRY Christmas



## Fun Christmas Facts

### 1. Fruits were the first ornaments

In the late 17th century, people used fruits like apples, pears, and oranges to decorate Christmas trees. In fact, edible ornaments were so popular that many began to call Christmas trees "sugar trees."

### 2. Candy canes are shaped like Shepard's hooks

In 1670, a German choir master asked a local confectioner to shape the candy into its traditional form, resembling a shepherd's hook. In the Christmas story, shepherds traveled from far and wide to visit the infant Jesus. The symbolic candy cane helped keep his choirboys content during long practices.

### 3. Spider webs in your tree are good luck

An old Ukrainian folk tale tells about a poor woman who was too poor to decorate her Christmas tree. As she slept, spiders wove her hundreds of intricate webs that served as beautiful ornaments. When Ukrainians find a spider web in their Christmas tree, they consider it good luck.

### 4. Christmas trees take many years to reach a sellable height

The average Christmas tree is 6 to 7 feet tall, but it can take as many as 15 years to reach that height. So the next time you buy your year's tree, take a moment to appreciate nature's handy work.

### 5. Alabama was the first state to recognize Christmas

In 1836, Alabama became the first state to recognize Christmas as a state holiday, with Arkansas and Louisiana following suit. But it wasn't until 1870 that President Grant declared Christmas a national holiday.





6. The first Christmas card was sent in 1843

The first Christmas card was created and sent by Sir Henry Cole, an English politician. The three-paneled card was embossed with the message "Merry Christmas and a Happy New Year to You." It was later printed and sold as the idea of the Christmas card took off.

7. Coca-Cola played a part in Santa's image

Santa wasn't always the jolly man in red. Older depictions of Santa from the early 1900s depicted him more sternly, and there wasn't a standardized "look" for his appearance. The classic image of a happy and plump Santa that we all know today came in part from Coca-Cola ads, drawn in 1931 by illustrator Haddon Sundblom.

8. "Silent Night" is the most recorded song

We all know the same few handfuls of Christmas songs play at stores and on the radio in a loop all season long. But one of them has been adapted more than others. "Silent Night" is actually the most-recorded Christmas song in history. It's had more than 733 different versions copyrighted since 1978.

9. We ship a ton of packages at the holidays

Last year, the U.S. Postal Service processed more than 11.7 billion pieces of mail and packages during the holiday season. That includes gifts for loved ones, holiday cards, Christmas letters to Santa and of course, those dreaded credit card bills from all the gift shopping.

10. Tinsel has a storied history

Tinsel was invented in 1610 in Germany. It was spun from real silver and then hammered out and was more of a luxury decoration than the cheap tree trimming it is today. The U.S. government once banned tinsel because it used to contain poisonous lead, but no need to worry now — it's just plastic.



## Employee of the Month December 2025

Macinna Carlile was born in Heber City, Utah, and grew up with two brothers—William, the oldest, and Kodee, the youngest. At age 10, she moved to Apple Valley for a year before settling in Cedar City, where she spent most of her childhood. Her first job was at McDonald's, where she worked for two years and learned the value of hard work and teamwork.

Five years ago, she moved to St. George, where she has worked at Sterling Court for three years. She loves working with the team and truly values the friendships she's built with the residents—her connections there are one of the most rewarding parts of her life. One of her favorite memories is going on an elk hunt with her dad two years ago, an experience that strengthened her love for the outdoors and family traditions.

Macinna enjoys hunting, reading, drawing, gaming, and hiking. At home, she has two dogs, Blue and Waylon, and a gecko named Petrie. Her favorite color is blue, and her favorite meal is elk with mashed potatoes and grilled asparagus.



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## Resident of the Month December 2025

Sharon Coleman was born on July 24th in Salt Lake City, Utah—a date she's always loved sharing with a beloved Utah holiday. Growing up, she enjoyed the annual fireworks and bustling celebrations that felt like they were held just for her.

Sharon is one of four children: her brothers Richard and Kelly, and her sister Pat. Though she experienced the heartbreaking losses of her siblings—Richard at 9 months, Kelly at 17, and Pat in her 60s—

Sharon has carried their memories with her throughout her life. In 1962, Sharon married her first husband, Gerald, and together they welcomed two children, Melanie and Ryan—her most cherished memories come from the days she became a mother. She raised her family in Salt Lake City, where life was full and busy.

Later, she married Tom, though their time together was brief. Life soon led her back to her high school sweetheart, Gary. At age 64,

Sharon moved with Gary to Texas, where they enjoyed a happy marriage filled with fun and companionship. In 2004, she faced another deep loss when Gary passed away from mesothelioma. Throughout the years, Sharon held many jobs, but her favorite was running her own candy-making business—crafting delicious chocolates and confections that brought joy to many.

In 2021, Sharon moved to St. George, happily settling near her daughter. Her hobbies have included bowling, candy making, shopping, and chatting—activities that fit her warm and lively personality. Her favorite color is red, a perfect reflection of her vibrant spirit.

Today, Sharon is grateful to call Sterling Court home. She believes the community has the very best residents and staff, and she's truly happy to be here.



1 December 2025

happy  
new  
NEW YEAR

**Resident Birthdays**

Wanda- 12/1  
John- 12/15  
Joy 12/27

**Staff Birthdays**

Bri- 12/9

**DIRECTORS**

**Executive Director**

Ashlee Carlile - Ext. 107

**Business Office Manager**

Keenan Monteer - Ext. 110

**Wellness Director**

Emma Johnson- Ext. 111

**Activities Director**

Jeanette Hughes - Ext. 102

**Maintenance Director**

Mark Nielson - Ext. 108

**Housekeeping Director**

Reagan Brinkerhoff - Ext. 103

**Community Liaison**

Leslie Waddell - Ext. 101

