



Happy New Year from Sterling Court!

Can you believe how quickly the past year flew by? As the saying goes, time really does fly when you're having fun! We're thrilled to welcome 2026 and look forward to creating many more memorable moments together.

We hope everyone enjoyed our Winter Dinner—it was wonderful to see so many family members and friends come together to celebrate our amazing community. A big thank-you to everyone who participated in the door decorating contest! The winning employee door was the charming Gingerbread House created by Jeanette and Ashley. Congratulations to our resident winners: 110A, 117B, 211A, and 209B! Your creativity truly made the season bright.

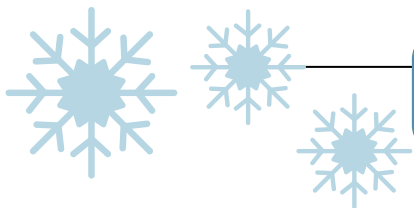
Sterling Court is special because of our incredible staff and wonderful residents. We're excited for all that this year will bring, including fun events and plenty of entertainment. As announced, our Memory Care addition is still under construction and expected to open this spring.

We can't wait to share more updates soon! Please note: the lower level remains closed to the community. If you need access to your storage unit, stop by the front desk and let Macinna know—we'll have a staff member accompany you for safety.

Here's to a fantastic year ahead!

**Friendly Reminder:** Please wear your call buttons at all times. They're an important part of keeping everyone safe and ensuring help is always within reach. We know they can feel inconvenient, but they make a big difference in keeping everyone safe. Thank you for helping us keep Sterling Court safe and supportive!





# Happy New Year

# 2026

When the clock strikes midnight on Dec. 31, Jan. 1 will be here and we'll all ring in the New Year. Have you ever wondered why we celebrate each new year on January 1?

Believe it or not, New Year's Day wasn't always celebrated on Jan. 1.

According to EarthSky, the earliest recording of a new year celebration is believed to have been in Mesopotamia in 2000 B.C., but it was celebrated during the vernal equinox or mid March. Later, the ancient Egyptians, Phoenicians and Persians would celebrate their new year with the autumnal equinox, or mid-September, while the ancient Greeks celebrated on the winter solstice or mid-December.

The first time New Year's Day was celebrated on Jan. 1 was in 45 B.C.

During his reign as a Roman dictator, Julius Caesar reformed the traditional Roman calendar with help from Sosigenes, an Alexandrian astronomer. Following the solar year, the new calendar calculated a year to be 365 and  $\frac{1}{4}$  days long. That year, 45 B.C., Caesar added 67 days so that the new year would begin on Jan. 1. The ancient Romans celebrated their New Year's Day with a feast for the god of doorways and beginnings, Janus. The Roman god had two faces, one looking to the past and one to the future.

In the Middle Ages, when it was discovered that Caesar and Sosigenes made a slight mistake in the calendar calculation, many stopped following the dictator's calendar. In the 1570s, Pope Gregory XIII commissioned Christopher Clavius, a Jesuit astronomer, to fix the 11-minute mistake and, in 1582, the Gregorian calendar was implemented. Since then, Jan. 1 has become widely accepted as the New Year.

Tomorrow's celebration not only follows the December solstice, or the shortest day of the year, but it is also when Earth is closest the sun in its orbit. And so, because the days will now begin to grow longer and the Gregorian calendar deems it, Jan. 1 is when we celebrate the new year, a natural day for new beginnings.



**Falls are common as we age, but most can be prevented. Learn simple steps to stay safe, independent, and reduce your risk at home and outdoors.**

What do an icy sidewalk, a rug and an electrical cord have in common? They could cause you to fall and become injured. Falls are the leading cause of injury-related deaths, nonfatal injuries and hospital admissions for trauma among older adults. Every year, one out of every three adults age 65 and older experience a fall. Research shows the estimated medical cost of fall injuries is around \$50 billion/year. The good news is that certain safety measures can prevent falls and injuries.

**Reducing the Risk of Falling**

As you age, your risk of falling becomes greater. This is because of changes in vision and balance, along with other medical and physical conditions. Most people also lose bone density as they age, so the risk of broken bones from falls is a greater concern. Older adults can take steps to lower the risk of falling. Here are ideas:

- Have your vision and hearing checked regularly.
- Know the side effects of medicines. Some may lead to loss of balance and coordination. Talk to your primary care doctor or pharmacist for a medication reconciliation, where they will go over your entire medication list to look for possible interactions or side effects over time.
- Wear rubber-soled and low-heeled shoes that fit properly and support your feet. Don't wear loose-fitting slippers that could cause you to trip.
- Be careful on wet or icy sidewalks.
- Exercise regularly to stay flexible and keep your bones strong
- Balance nutrition and hydration.





## WORD SEARCH

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NEW YEAR  
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SCARF  
SKIING  
SLEDDING  
SLIPPERY  
SNOWBALL  
SNOWFLAKE  
SNOWING  
SNOWMAN  
WINTER





## **Employee of the Month January 2026**

Gayle was born in the coastal city of Santa Cruz, California, and spent her early childhood there before moving to Phoenix, Arizona, at the age of 13. She went on to call Phoenix home for the next 26 years, building her life and creating many meaningful memories along the way. During that time, she was married and later divorced, and she became the proud mother of two daughters, Joy and Jill.

After many years in Arizona, Gayle relocated to Utah, where she continued to grow both personally and professionally. She retired from Nestlé in Springville after an impressive 30-year career.

Gayle has a love for comfort foods, with spaghetti and Denver omelets ranking among her favorites. She also has a fond appreciation for the color yellow, which she loves for its bright, cheerful, and uplifting qualities—much like her own personality.

Today, Gayle enjoys working at Sterling Court, where she finds great fulfillment in connecting with residents and offering her support whenever possible. She values the relationships she builds and takes pride in creating a welcoming, caring environment for everyone she interacts with.

## **Resident of the Month January 2026**

Barbara G. was born in Eunice, Louisiana, and at just three months old, her family moved to Lake Charles, where many of her early memories were formed. She grew up as one of five siblings, with two older brothers who have since passed away and two younger sisters who still reside in Lake Charles. Family has always played an important role in Barbara's life.



Barbara met her husband, Jim, through church, and the two were married soon after. Jim served in the U.S. Air Force, and his career took them to Denver, Colorado, where he worked on the underground Titan missile project. During this time, Barbara was a dedicated stay-at-home mother, lovingly raising their three children and creating a strong foundation for their family.

Barbara and Jim welcomed a daughter, Debbie, who now lives in Texas, and two sons—Jim Jr., who resides in St. George, and Kevin, who lives in Enoch. After Jim completed his military service, the family moved to East Tennessee, where they lived for eight years.

While there, Barbara and Jim owned a restaurant that quickly became a favorite gathering spot for locals. After successfully running it for three years, they sold the business as Jim transitioned into a career in the steel industry, which required the family to relocate frequently.

Barbara and Jim were married for 25 years, sharing many adventures and experiences together. Over the years, Barbara lived in several places, including Houston and Seattle, before making her final move to St. George, Utah, in 2015. She first lived in SunRiver and, about two and a half years ago, moved to Sterling Court, where she now resides.

Barbara is the proud grandmother of six grandchildren and one great-grandchild. One of her favorite childhood memories is going crabbing and crawfishing in the bayou, where she recalls the excitement—and occasional danger—of having to chase away alligators trying to steal their catch. These memories remain especially close to her heart and reflect her adventurous spirit and love for the outdoors.





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### **Resident Birthdays**

Robert C- 1/16  
Paige- 1/22  
Jeanne B- 1/29  
Carol C- 1/30  
Eva Jane- 1/31

### **Staff Birthdays**

Jennifur- 1/12  
Nikki- 1/16



### **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

