



Sterling Pointe
SENIOR LIVING
A Lifespark Community

Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

April resident's birthdays-

- 04/02-Joanne A.
- 04/16-Frances H.
- 04/30-Gloria W.

Staff birthdays-

- 4/9-Kristy Ross
- 4/11-Jillian Ulm
- 4/13-Tori Sternquist
- 4/14- Aimee Remus
- 4/14- Karen Ruschmeier
- 4/21-Meagan Jentsch
- 4/24- Gavyn Schreiner

Staff hire dates-

- 4/3/23- Beverly Molitor
- 4/10/23-Kristen Elwood
- 4/19/18-Sue Erickson
- 4/22/13-Angela Hart
- 4/26/23-Peyton Brastad
- 4/29/14- Shay Fossum

What is April's birthstone?

The birthstone representing April is diamond. The vast majority of diamonds are transparent, colorless, and show an extraordinary display of well-defined white and multi-colored flashes. Rarely, diamonds also occur in a rainbow of exciting body colors.

Diamond is perhaps most famous for its superior durability. The gem gets its strength from a symmetrical atomic structure which is made from pure carbon. Diamond is difficult to damage, and, coupled with its fiery appearance, it is the most popular gemstone option for engagement rings. In fact, diamond jewelry of any kind can last so long that it is treasured by multiple generations. In addition to being the birthstone for April, diamonds are traditionally presented as gifts to commemorate 60th and 75th wedding anniversaries.

What's happening this month-

- 4/1-Casino Outing
- 4/2-Resident council meeting
- 4/3-Zoomobile
- 4/4-Bingo/women's group
- 4/8-Music with Rick & Joel
- 4/9-Bingo
- 4/10-Men's group
- 4/11-Hocus Pocus-Magic Show
- 4/12- Walmart Outing
- 4/13-Bingo
- 4/16- Karaoke Hour
- 4/17-Watercolor Craft
- 4/18-Music with Kevin
- 4/19- Koch's Hardware Store
- 4/23- National Picnic Day & Gnome craft
- 4/24- Food Committee
- 4/25-Music with Trent
- 4/26- Colborn's Outing
- 4/27- Bingo with the NHS Group
- 4/30-Duck Bingo



Let's Celebrate our mothers! Join us May 10th at 10:00am for a Mother's Day Social.

Message from Maintenance

We have noticed lately an increase in the amount of non-recycle containers in the garage. We want to remind everyone the difference between recycle it and trash it. Please see the list below.

Recycle it List-

- Newspaper & inserts
- Magazines & catalogs
- Junk Mail & envelopes
- Colored papers
- Cardboard
- Boxboard (cereal, cake, cookies and cracker boxes)
- Brown paper bags
- Plastic bottles & containers
- Paper cartons
- Tin & steel cans
- Aluminum cans

Trash It List-

- Plastic bags, wrap & food waste
- Pizza boxes & eggs cartons
- Ice cream cartons & aluminum foil
- Plastic cups & silverware
- Foam cups & paper plates
- Styrofoam packing materials
- Garden hose & flowerpots
- Wrapping paper
- Napkins & paper towels

Thank you!

Text

April Fools' Day

On April 1 is a day where many of us unleash our most creative sides, all in a hilarious – sometimes over the top – attempt at bamboozling those around us. Why do we do this, and where did it start? Well, there surprisingly isn't a concrete conclusion by historians. We'll explore the possibilities below, but nevertheless, every spring we all put on our pranking caps to plan out the most devious and diabolical, yet safe and playful pranks we can think of, making this 24 hours possibly the most fun, exciting, and anxiety-filled day of the year!

There's no consensus on how it all began, but a popular theory is that while nowadays, January 1 is when we start the new year, this wasn't the case before 1592. We used a calendar called the Julian calendar – created by Julius Caesar in 45 BC – which saw every new year begin on April 1! Crazy, we know.

Pope Gregory the 8th created a new method for keeping track of days, which was the start of the calendar we all know and love – the Gregorian calendar. When he moved the date of New Year's Eve it obviously took some time for everyone to catch on to it. Those who were a bit behind the times still celebrated on April 1, and were considered fools for doing so. So, don't forget to plan some tricks!

Text

Earth Day: When is it and why do we celebrate it?

Earth Day is an annual event on April 22 that celebrates the planet Earth and raises public awareness about environmental issues. The day is observed worldwide with rallies, conferences, school projects and other activities.

Sen. Gaylord Nelson started Earth Day in 1970. The event helped increase public support for the creation of the Environmental Protection Agency (EPA) to address environmental issues. Earth Day has since contributed to the passage of many environmental laws in the U.S. Earth Day reminds people to think about humanity's values, the threats the planet faces and ways to help protect the environment.

"Thinking about the history of environmental activism and the way individuals have worked together to change policy can make us more optimistic about the ability to make positive changes in the future."

Text



**Star resident of the month-
Arvin Krause**

Arvin was Nominated as the Star Resident of the month because of his gracious warmth, kind heart and compassion he shares with others. Arvin and his wife Marian shared a wonderful 62 years together, before she received her angel wings. They Raised two beautiful children together, Tommy and Vicki at their home of 50 years. Arvin enjoys spending time with them and also his grandchildren. Arvin was in the 8th Army Medics where he served his years in Japan. He then hauled milk for 13 years. And continued his career as he drove 18 wheelers for 31 years.

Arvin and his wife enjoyed traveling together, they have been to many places including, Alaska, Hawaii, Canada, Texas, Washington, and took many bus tours. They enjoyed spending time at different cabins with their children during the summer. They met a lot of friends and found a couple good fishing lakes! One of Arvins favorite hobbies is fishing, and spending time with the kids on the lakes. His favorite holiday is Christmas, he enjoys when all the family gets together and making memories. Arvin did a lot of cooking after he retired, for his wife and himself. He loves homecooked meals. Roast Beef is his favorite.

Something we may not know about Arvin is his passion and love for truck driving. Arvin won the award for Truck Driver of the Year in 1979, on December 31, 1988, he won an award for driving 4 million miles accident free. Both of these awards are a great accomplishment for him. We are Blessed to have Arvin as a member of our community!



**From our kitchen to yours
Showcasing employee- Mandy Overfield**

My name is Mandy Overfield. I have been working as a culinary server here at Sterling Pointe for almost 2 months now. It has been enjoyable getting to know the staff and residents. I have been married to my husband Mike for almost 42 years. We have a daughter and a son, who are both married. And between the two of them, we have been blessed with 4 grandchildren ranging from 4-12 years old. They keep their parents busy with competition dance, football soccer and Girl Scouts. In my free time I enjoy reading and also knitting while watching the hallmark channel. My favorite pastime is camping in our 5th wheel trailer! So, Hurry up Summer! Here are a couple recipes I'd love to share.

Chicken Tortilla Bake-

In a large bowl, combine 1 large can of cream of chicken soup with 1 can of chicken broth. Add in about 3 cups of shredded cooked chicken, 1-2 cans of green chillies, chopped onions if desired, and 12-15 white corn or flour tortillas cut up into 1"pieces. Put half of the mixture into a 13'x 9" greased pan. Cover with about 1 cup of your favorite shredded cheese. Put the rest of the mixture in the pan and cover with more cheese. Bake at 350 degrees for about 30 minutes or until heated through.

Banana Crumb Cake-

For the crumb topping, combine 8 tbsp. unsalted butter, 1 cup flour, 1 cup light brown sugar and 1 tsp cinnamon with a pastry cutter or fork and set aside. For the Cake-

Heat oven to 350 degrees and grease a 13x9 cake pan.

Mash 4 ripe bananas. Add in 8 tbsp of melted unsalted butter, 1 3/4 cups sugar, 2 eggs, and 1 tsp vanilla. Whisk until combined.

In a separate bowl combine 2 cups of flour, 1 tbsp baking powder and 1 tsp salt. Add half the dry mix to the banana mix and whisk. Then whisk in 1/2 cup milk. Whisk remaining dry mix and then another 1/2 cup milk.

Pour half of the cake mixture into pan and sprinkle with about 1/3 crumble mixture. Then put on remaining cake batter and remaining crumb mixture.

Bake 45-55 minutes until toothpick in center comes out clean.

Cool slightly and drizzle with powdered sugar glaze. Enjoy.



Margarita Party



Bingo



St. Patrick's Craft



Craft Time

From the Executive Director-

April showers, bring May flowers.....

I think I can speak for everyone when I say that we are all so excited for the warmer weather. The residents enjoy being outside as much as possible when the weather has been nice. There is nothing better than soaking up the sun, every chance you get.

I wanted to take this opportunity to share a couple things with you all.

The first thing that I would like to remind everyone of is our Above & Beyond cards. If you wish to share your positive feedback for any of the staff, please fill out one of those cards as they do mean so much to those that receive them. They can be found on the white and purple bulletin board across the hall from the TV in the lobby.

Secondly, please be sure that you are stopping at the door when you come in to sign in. There is a book by the front door for all guests to sign in and out in. This is part of our license and to help us, in case of an emergency know how many people are in the building. It is also very important that if you are taking your loved one out of the building that you sign them out, so we know that they are gone and where they are.

Lastly, I want to thank you all for sharing your loved ones with us, they are at the heart of what we do, and we are all so grateful to be a part of their journey.

Happy Spring-
Katie Rinehimer

Spiritual Corner

Rev. Carol Skjegstad
Senior Living Chaplain

We've all heard the golden rule, "Do unto others as you would have others do unto you."

While it's important to show grace to others, we also need to find ways to shower grace on ourselves. Showing grace to yourself means that you practice self-compassion, understanding, acceptance, and forgiveness of self. Giving yourself grace is a choice. Giving yourself grace takes practice, but it can heal you and bring you deep peace and joy.

Whatever grace looks like for you today – give it to yourself! Let go of the things you do not have control over. Instead, do what brings you inner-self peace and joy. Make a list. Then, do one thing today from that list that will put joy in your heart and bring peace to your soul.

Rev. Jared Yogerst, PhD
Senior Living Chaplain

I hear, recently, that psychologists have illustrated that we, as individuals, are harder on ourselves than others are. The researchers asked pairs of people to rate themselves on the other person following a brief interaction. The participants were, consistently, harder on themselves than on their conversation partner. The participants were asked to estimate how they imagined the conversation partner rated the conversation. Again, the participants would consistently underestimate how the other person perceived them in the conversation. Perhaps you're like me and your run through previous conversations or interactions you had over, and over again, following even the briefest of conversations. We can never know how another person perceives us, just as much as that other person has no idea how we perceive ourselves. I want to encourage you to give yourself grace- no one noticed the word you mixed up, or that you fell asleep during that group today. You are enough, and you're getting through life. So is your neighbor.