



Sterling Pointe
SENIOR LIVING
A Lifespark Community

Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

May Resident Birthday Dates:

Lila Lane-Isaac 05/21
Pete Stewart- 05/27

Employee Anniversary Dates:

Allie Knaffla 05/04/2021
Abby Schmit 05/06/2022
Hallie Schmit 05/24/2022
Megan Knaffla 05/10/2023
Kait Alain 05/17/2023
Maddie Lehman 05/31/2023

Employee Birthday Dates:

Maddie Kramer 05/09
Josephine Williamson 05/09
Joseph Schaible 05/19
Kelly Olson 05/21
Lizi Kostanshek 05/26
Emma McNeil 05/26
Lillian Wall 05/31

What is May's Birthstone?

Emerald, the birthstone for May, has been beloved for millennia, evoking rebirth and renewal. Widely regarded as the definition of green, emerald is the perfect color for spring. From the poetic description of Ireland as "the Emerald Isle" to the vibrant green of the famed gemstone itself—the May birthstone emerald has captured hearts and minds through the ages. Variations of this rich green color suggest soothing, lush gardens. Legend has it that emerald has the power to make its wearer more intelligent and quick-witted, and it was once believed to cure diseases like cholera and malaria. Today, it's the gemstone given for the 20th and 35th wedding anniversaries.

Happening This Month-

- 5/1- Music-with Brad Hanson
- 5/3-Walmart Outing
- 5/6- Music- with Rick & Joel
- 5/7- All Residents Meeting
- 5/8-Men's Group
- 5/9-Goodwill Outing and Music with Daryl
- 5/10- Mother's Day Social
- 5/12-Mother's Day Reminiscing
- 5/16-Woman's Group and Bingo
- 5/17-Nelson Nursery Outing
- 5/18-Bingo
- 5/21-Music-With Kevin
- 5/22-Veteran's Meeting
- 5/23-Duck Bingo
- 5/24-Coborns Outing
- 5/27- Memorial Day
- 5/28- Wine Tasting Social
- 5/29- Bingo with Phillips Distillery
- 5/31- Dollar Tree Outing and Back to the 50's Car and Bike Show



"We are born of love; Love is our mother." -Rumi



"Home of the free; because of the brave"

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

Let's Celebrate

May Day (May 1) celebrates the return of spring! From surprise flower baskets to the maypole. Don't forget to wash your face with morning dew on May 1st for good luck.

Cinco de Mayo in 2024 falls on Sunday, May 5th. It's a day that celebrates the defeat of the French army during the Battle of Puebla in Mexico on May 5th, 1862. This victory is not to be confused with Mexico's Independence Day, which is actually celebrated on September 16th. Cinco de Mayo is a day of Mexican pride and heritage, particularly for people with Mexican backgrounds living in the United States. Many cities in the southwestern regions of the USA, such as Los Angeles, San Jose, San Francisco, San Antonio, Sacramento, Phoenix, Albuquerque, Denver, and El Paso, host large celebrations. These festivities often include traditional Mexican music, dancing, and delicious food and drinks. While it's not a federal holiday, it's a day to appreciate Mexican culture and achievements!

Text

Mother's Day (May 12th) is a holiday honoring motherhood that is observed in different forms throughout the world. In the United States, Mother's Day 2024 falls on Sunday, May 12th. The American incarnation of Mother's Day was created by Anna Jarvis in 1908 and became an official U.S. holiday in 1914. Jarvis would later denounce the holiday's commercialization and spent the latter part of her life trying to remove it from the calendar. While dates and celebrations vary, Mother's Day traditionally involves presenting moms with flowers, cards and Gifts!

Memorial Day (May 27th)

Is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military. Memorial Day 2024 will occur on Monday, May 27th.

Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. Unofficially, it marks the beginning of the summer season.
Memorial Day (May 27th)



George was nominated as the star resident of the month by one of our kitchen staff members, because he can always put a smile on her face! George was 98 years old; he spent his years raising a family with his beloved wife Dorothy. The couple had been married for 76 years. They raised two wonderful boys together at their home in Princeton, Dean and Gary.

George is a veteran of the United States Army, he worked at Princeton Creamy, Westman Silo's, and was a Production Manager at Smith Systems. Once he retired George and Dorothy travelled. His favorite trip was to Hawaii. Some of his favorite hobbies include woodworking and spending time with his family. Christmas season is his favorite holiday, he stated, "There is just something special about Christmas!"

Some of George's favorite foods are orange juice, toast and bacon in the morning, tomato soup for lunch, chocolate and plain potato chips as a snack. One thing we all may not know about George is his love for turtles! He started collecting them a couple of years ago. George was nominated as our 2024 Sterling Pointe King; he holds a special spot in many staff and resident's hearts.

With heavy hearts, George gained his angel wings at the end of April. He is at peace with his beloved wife Dorothy. We were so blessed to have the privilege of getting to know such a wonderful couple. Fly high our friends!

Star resident of the month- George Bergstrom



**From our kitchen to yours
Showcasing employee- Karen Ruschmeier**

Hi, my name is Karen Ruschmeier and I work as a server in the cafeteria. I have been married for 21 years to William Ruschmeier. We have 4 children, 3 girls and 1 boy. Our oldest Jenna is 20, our second William Jr. is 19, our middle child is Emma is 17, and our youngest is Ella she is 15 years old. I have worked in food service and housekeeping since I was a teenager. I enjoy working with people and helping whenever I can! I have enjoyed getting to know everyone here at Sterling Point. Some of my hobbies include beach combing, rock collecting, hiking, and crafts of any kinds. I especially love making gnomes or "Tomte" as Kathy calls them which is Swedish for gnome.

My favorite meal is a Hobo Dinner!

- Hamburger or Sausage
- Sliced potatoes
- Sliced onions
- Veggies of your choice
- Season salt
- Steak seasoning
- Butter
- Tinfoil

Take a 12 by 12 sheet of tinfoil and spray with cooking spray. Then fill the middle of the tinfoil with meat, potatoes, onions and veggies. Then season the ingredients and top with a few tablespoons of butter. Lastly wrap the tinfoil like a burrito and cook over a fire or grill till meat and potatoes are cooked.

My Favorite dessert is pineapple upside down cake!

From the Executive Director-

May is one of my favorite months of the year for so many reasons. I love the spring flowers that bloom, the trees budding, the grass getting greener and everything coming to life again. I love baby animals from the ducks all the way to the farm. I grew up spending time on my grandparents' farm and helping to take care of the baby cows, nothing is cuter than a brand-new fuzzy baby cow. May is a month that so many people I love were born in, including both my dad and oldest daughter. However, one of the biggest reasons I love May would be for the holidays ... May Day, May the 4th be with you (for all you Star Wars fans), Cinco de Mayo, Mother's Day, and the unofficial start to the summer with Memorial Day. I have a couple of things that I would like to remind everyone about. The first reminder is that everyone must be signing in and out, including all visitors. This is part of our operating license and becomes very important in case of an emergency. We need to know who is in the building and who is not, this could help save lives in an emergency. The second thing that I wanted to remind everyone of is a simple way to recognize what an amazing job the Sterling Pointe team is doing. This can be done by filling out one of the Above and Beyond Cards and hanging it on the board. We use the Above and Beyond cards to choose our employee of the month, another fun way for us to recognize our hard-working team. The employee of the month gets a special parking spot, a beautiful gift box filled with things to help treat themselves, and their photo on the plaque by our Great Room. Thank you and have a wonderful May - Katie



Spiritual Corner-

“What drains your spirit drains your body. What fuels your spirit fuels your body.” — Caroline Myss

According to the National Institutes of Health, research has a link between positivity and improved health, including lower blood pressure, reduced risk for heart disease, healthier weight, better blood sugar levels, and longer life. Conversely, research also shows that unresolved trauma can be the hidden cause of preventable illness. Our bodies and our spirits are interrelated, and so it matters that we attend to our spiritual health as well as our physical health. In fact, attending to our spirits is a key part of attending to our bodies. What kinds of practices make your spirit well? Perhaps meditation, prayer, being outdoors, listening to music, reading a sacred text. Maybe you have a hobby that feeds your spirit. Whatever it is, may you find that practice that gives your spirit fuel in this season of life.



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Social Time



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Outside Sunshine