



Sterling Pointe
SENIOR LIVING
A Lifespark Community

Age Magnificently



Our Community Newsletter

Discover what's going on in our community.

What's happening this month-

- 7/2-Bingo and All residents meeting
- 7/3-Music-with Brad Hanson
- 7/4- Fourth of July Crafts and Singo Bingo
- 7/5- Walmart-outing
- 7/8-Music-with Rick and Joel
- 7/9-Bingo
- 7/11- Shaved Ice Truck and water ballons
- 7/12- Norm's Farmers Market-outing
- 7/13-Bingo
- 7/16- Karaoke hour
- 7/18- Music- with Kevin
- 7/19- Coborn's- outing
- 7/22- Casino-outing
- 7/24-Music- with Scott
- 7/25-Watermelon eating contest
- 7/26-Accordion Music-with Mark
- 7/27- Bingo
- 7/29- Music-Jerry's one-man band
- 7/30- Duck Bingo

July Birthdays:

- Larry S- 7/13
- Theresa V- 7/18
- Beverly R- 7/21
- Kathleen B- 7/25
- Yvonne E-7/28
- Mary T- 7/29
- Dennis P- 7/30

Staff Birthdays-

- Julie Braaten- 07/04
- Maddie Lehman-07/06
- Hayley Meyer- 07/08
- Catelyn Alley- 07/18
- Ashlynn Harlan- 07/18
- Suzanne Borg-07/20

New Employees:

- Cas Reed-HHA
- Alexis Budreau-CNA
- Nikki Naverson-RN
- Hannah Smith-HHA
- Cheyenne Schaible-culinary server

Anniversaries:

- Hailey Gilmer- 07/11/2023
- Barb Miller-07/26/2011
- Kristy Ross- 07/26/2011



Employee of the month- Emma Bambenek
Culinary Server



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The Fourth of July—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.

Spiritual Corner-

“Music is the mediator between the spiritual and the sensual life.” – Ludwig van Beethoven

Growing up, there was nothing quite as magnificent as hearing a full symphony orchestra play ‘Stars and Stripes Forever’ in early July! That piccolo solo sends the heart fluttering, and the bum-bum-ba-dam-bum makes the spirit soar. Many times, when words seem inadequate to describe how we are feeling or what is important to us, music has a way of swooping in with exactly what we need.

What are the songs, or styles of music, that make your spirit soar? That bring you peace when you feel troubled. That get you going when you feel down in the dumps? What music do you love to experience with friends? What was the first live music performance you ever attended? This month, tell someone a story about how music has been the mediator between your spirit and your senses. May that storytelling be a blessing!

“If god is all you have, you have all you need.” — John 14:8



**Star resident of the month-
Clete Benson**

Clete was nominated as our star resident of the month by one of our Leadership Staff Members. Clete is a very active member of Sterling Pointe, from grilling hotdogs at fundraisers, tending to the garden beds, helping other residents at bingo, and even lending a hand with the dishes after activities! Clete is a man of many talents. He spent most of his life as a carpenter trimmer. While raising his two children with his previous wife Barb. The couple lived in Ramsey, MN and decided to venture to Homer, Alaska. Both his children were born in Alaska.

Clete went to school to build log houses, he loves to woodwork and build furniture. In his younger years he did some mechanical work also. Anything to do with his hands and building is right up his alley! He also enjoyed hunting and fishing when he lived in Alaska. Clete loves to garden and cook! His favorite food is Italian, pastas and lasagna. He has an amazing Morrel Mushroom recipe; he loved picking mushrooms, and he also grew them in his basement. Something we may not know about Clete, he spent 4 years at the Arctic Circle, mining for gold.

Here at Sterling Pointe Clete has made a special bond with our office dog, Hank! When Hank comes to work, he is always waiting for Clete and Clete is always looking for Hank. They spend their mornings and afternoons outside on the patio playing fetch. Hank is one thing that keeps Clete smiling and gives him purpose to get up each day. The bond they share is inseparable. We are so happy to have Clete as a member of our Sterling Pointe family.



**From our Kitchen to
yours**

By. Chef Joe Schaible

Hello, my name is Joe Schaible, I am the Culinary Director at Sterling Pointe. I was born in Aberdeen, South Dakota. I Moved to Brooklyn Park in 1976, My parents-built my childhood home in Brooklyn Park. I Attended Anoka Sr. High and went to Culinary Arts School at Anoka Community College. I am Married to my wife Tami, we have 3 children Dylan, Devin and Cheyenne. Tami and I built our home in Zimmerman in 2016, we love our little town. In my spare time I enjoy snowmobiling, fishing, spending time with family and most of all playing my electric guitar. My wife says I have too many guitars and amps, I say never! I have a gold retriever named Tucker and a pretty, Persian Cat named Boo-Boo. I love working at Sterling Pointe and serving the residents.

My favorite recipe is Fresh Wild Caught Salmon with Lemon Ver Blanc.

In a medium saucepan, place 2 shallots sliced and cover with white wine. Cook for approximately. 3-4 minutes. Add 2 cups of heavy cream and reduce cream by half until sauce consistency. Squeeze in 2 lemons (Juice) and strain shallots and any lemon seeds, add salt to taste, and remove from heat.

In a sauté pan heat 1tsp of olive oil, sauté salmon until desired temp (some people eat medium) Bring lemon sauce back up to slow boil, stir in 2 tablespoons of cold butter in sauce, stir and pour over plated salmon. Add Capers if desired.



I can hardly believe that it is already July and summer is half over. It's crazy how time flies by so fast. We have been busy here at Sterling Pointe. The gardens are growing, and everyone has been enjoying the nice weather, sitting outside or taking walks with the morning walking group. It's important to keep in mind that you need to stay hydrated and drink plenty of fluids. Here are some more summer safety tips to keep in mind when heading outside...

