



Our Community Newsletter

Discover what's going on in our community.

September

Residents Birthdays!

Crystal R.-9/04
Alberta W.-09/07
Rachel S.-09/21
Marianne P.-09/22



Staff Birthdays!

Jamie P.- 09/05
Emma B.- 09/09
Anthea B.- 09/13
Allison K.- 09/13
Hailey G.- 09/14
Allie E.-09/22
Melissa H.- 09/22

Upcoming Events

- **9/2- Labor Day & Singo Bingo with Alana**
- **9/3-Grip games & all residents meeting**
- **9/4- Back to school trivia & snacks, music with Brad**
- **9/5-Mushroom craft with Karen**
- **9/6- Outing- Walmart & church service with Trinity Lutheran**
- **9/7-Bingo**
- **9/8-Grandparents day reminisce & treats**
- **9/9- Music with Rick & Joel**
- **9/10- Root beer float social hour**
- **9/11- Show & tell-with popcorn & punch**
- **9/12-Candy bar bingo- staff & residents**
- **9/13- Outing-Dallor Tree**
- **9/17- Fall trivia & carmel apples**
- **9/18- Bingo**
- **9/19- Outing- Woods Edge Apple Orchard & music with Kevin**
- **9/21-Penny Pitching**
- **9/22-Bingo**
- **9/23-Fall door hanging craft**
- **9/24- Outing- Casino**
- **9/25- Music with Scott**
- **9/26- Church with Reverend Rachel & Community sip & paint party**
- **9/30- Duck bingo**

We sure have had a lot of fun this summer.....



Thanks for the all the laughs and fun Sterling Pointe!

SEPTEMBER

“It is in pardoning that we are pardoned.” – St. Francis of Assisi

Nearly every major religious tradition has some understanding of forgiveness, even if they might approach it in different ways. And anyone who has lived as long as we have has probably had to offer forgiveness at some point, and to ask for forgiveness as well, right? When you look back on your life, are there any unresolved grievances that you are carrying? How do they affect you from day to day? What would it take to find some resolution, whether pardon or forgiveness, or simply no longer giving them power over your spirit? What does it feel like when you are genuinely sorry and have been offered pardon? Is there anyone you seek pardon from? May you find strength in relationships that are tense or challenged, and may you find belonging in this community that welcomes and accepts you for who you are.

From our kitchen to yours-

By. Cheyenne Schiable



Hello,

My name is Cheyenne I am 21 years old. I'm currently going to school for nursing! I have been in the health care field since I was 16. In my free time I enjoy spending time with friends, family, and I enjoy taking the boat out, and going fishing.

My favorite recipe-

Peanut Butter Cookies

1 1/2 cup all purpose flour

1/2 cup of unsalted butter

1 cup peanut butter

1/2 cup of brown sugar

1/2 cup sugar

1 tsp of vanilla extract

1 large egg

3/4 tsp of baking powder

Star resident of the month- Lavonne Schwartz

Lavonne was nominated for star resident of the month of September! Her kindness and loving personality makes everyday shine brighter. Lavonne grew up on her family farm in Buxton, North Dakota. When she turned 18 years old, she moved to East Grand Forks, and took a job as a nanny for two young girls. This lasted for a couple years until she met her husband, Gilbert. Gilbert and Lavonne moved to Minneapolis, MN. They raised 5 beautiful children together. The couple shared a wonderful 63 years together until Gilbert gained his angel wings. Lavonne loves to share stories with her family and friends about the life they had together!

Lavonne spent her time working as a housekeeper, it always kept her busy. She loved to go hunting and working in the yard with her flowers. Some of her favorite past times now are listening and dancing to our music performances, making crafts with her daughter Gail, spending time with her best friend Toots, and going outside for our daily walking group. Her favorite holiday is Christmas, she loves spending time with her family, listening to the carolers and enjoying christmas cookies. Lavonne's favorite food is mashed potatoes, and gravy with fried chicken.

Heart of gold is what she has. She is loving, joyous, and kind. She is a caretaker at heart, and she loves to be around people. We are so blessed to have Lavonne be a part of our Sterling Pointe family!



Employee of the month-

Ashlee Savage

Ashlee Savage is Sterling Pointe's Employee of The Month for September. Ashlee started working at Sterling Pointe in January of 2024 as a CNA. She goes above and beyond ensuring that our residents are getting excellent care, she's a team player, and a hard worker . Ashlee is a very active employee at our community; she is a part of our Team Of Excellence Committee and volunteers her time to help out with activities/events. We appreciate everything that Ashlee does for our community and we're happy to have her be a part of our team!



Staff Anniversary's-

Jenna Nohner- 09/08/23

Rylie Huhta- 09/11/23

New Hires-

Kayla Spohn-Paulson CNA

Holly Frezel- CNA

Shelby Petrich-HHA

Tyhra Leith-CNA

Caring

Always there

Ready to give their all

Encouraging

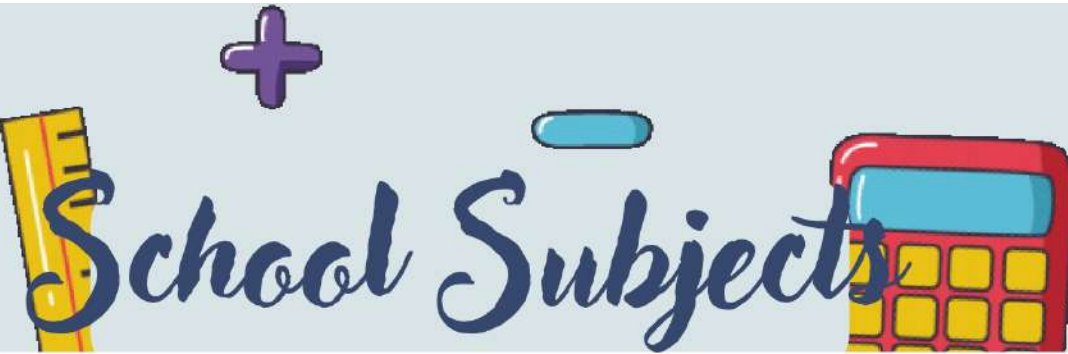
Gracious

Incredibile

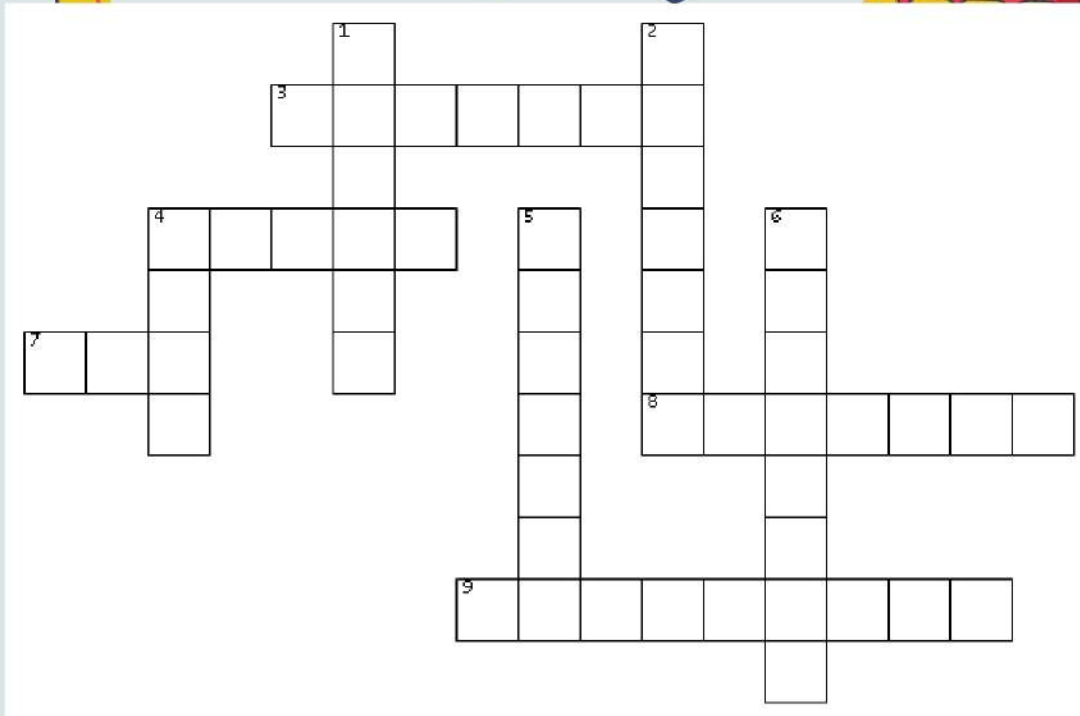
Valuable

Exceptional

Respectable



School Subjects



ACROSS

3. Language The study of a language other than one's native tongue
4. The creation and performance of sound
7. The creation of visual works of expression
8. The study of past events
9. The study of the earth and its features

DOWN

1. Studies The study of human society and culture
2. The study of language and literature
4. The study of numbers and their properties
5. The study of the natural world
6. Education The study of physical fitness and sports