



Our Community Newsletter

Discover what's going on in our community.

JANUARY

Resident's Birthdays-

1/1- Judy S.
1/4- David A.
1/8- Marilyn H.
1/17- Kay A.
1/23- Barb H.
1/30- Donna L.



Staff Birthdays-

1/1- Gina I.
1/17- Teresa N.
1/26- Shay F.
1/28- Amanda O.
1/29- Rylie H.
1/30- Peyton B.

January 2025

John Wesley, a faith leader in eighteenth century England and co-founder of the Methodist movement, was known for beginning each year with a covenant renewal ritual. The idea behind this annual renewal was to use the transition from year to year as a time check in with one's own spirit, to renew one's faith, and to evaluate and re-commit to one's values and consider how to live them out in the year ahead. If you were creating your own renewal ritual for this new year, 2025, what would you include? What do you believe in? What do you value? Is there anything from 2024 that you need to release so that your spirit can be at peace? What will ground you in the year ahead? How can the people around you in this community support and encourage you in being the person you choose to be...and how can you support your neighbors in the same way? May this month of January be for each of us another moment where we can begin, become, and believe! Happy new year!



There is nothing better than the fresh start of the New Year. Each New Year is a time to start fresh, work on the things that we all want to change or improve. It's not so much about making resolutions as it is setting out in the fresh year living your best life. I am an organizer and love to give everything it's special home, label it (so that my family knows as well where everything goes). Each week between Christmas and the New Year is spent going through all my little hidden spaces and getting rid of the things that are no longer needed. Believe it or not this brings me so much joy and soothes my soul. Each New Year I start a fresh new gratitude journal, a space that I can hold all the daily things that I am truly grateful for. This practice helps me to see the good when things become trying or hard. No matter what your New Year rituals are, may the coming year be blessed.

May your mornings bring you joy and your evenings bring you peace.

May your troubles grow few as your blessings increase.

May the saddest day of your future be no worse than the happiest day of your past.

May your hands be forever clasped in friendship and your hearts joined forever in love.

Your lives are very special, and God has touched you in many ways.

May his blessings rest upon you and fill all your coming days.

Employee Anniversary



Aimee R.- 1/18/24
Ashlee S.- 1/22/24
Brenda B.- 1/23/24
Catelyn A.- 1/29/24
Karen R.- 1/29/24
Amanda O.-1/29/24
Ashlynn H.- 1/31/23



TO OUR NEW STAFF!

New Employees

Amber O-CNA
Bailey C-HHA
Deb M-HHA
Natalia R-HHA
Jayden K- HHA

New Employees



Hello, My name is Cathy Lindgren,

I am excited to start as the new Director of Health Services, beginning on January 13th. I bring a lot of experience to this role having previously service as a DHS in another Assisted Living Facility. My nursing career includes work in hospice, Resource Education, triage, and care coordination. I really enjoy people focused care and leadership roles!

I live in Cambridge with my husband and 3 of my 5 children still living at home. My Dad has also lived with us for the past decade. I have one grandchild with two more on the way which is keeping our family busy and joyful! In my free time, I enjoy playing the piano, reading, crafting, traveling, and spending time with my family. I am thrilled to join the team at Sterling Pointe and look forward to meeting you all soon!



Hello, my name is Cassie Fradette,

I am excited to join the Sterling Pointe team as the new Assistant Director of Health Services. I was an LPN for six years in a long-term care facility. I recently went back to school and have just completed my registered nursing degree. I am ready to use my experience and newly gained knowledge to transition into a leadership role.

I live in Foreston with my husband and two boys, Oliver and Louis. My favorite things in life are spending time with family and friends and being outdoors. I am so thankful to be a part of your community and I look forward to meeting you all very soon!

From our kitchen to yours-

By. Robyn Truhler



Hello to my new work family! My name is Robyn Truhler and I have been asked to share a little bit more about who I am and what defines me. At first, I must say, I was a bit surprised. I thought, “who wants to hear about little ol’ me.” But as I started to think about it more, my heart started to warm. You see, most of my jobs have been about the job. We talk about the job, we teach about the job, we do the job. But here, I am blown away by the experiences and conversations we share together. It isn’t about the job; it is about the people! And that my friends, is your first learning about me – at my core, I care about and am a people person.

There is something inspiring about sitting and having a conversation that goes beyond the surface. When you truly open yourself up to not just listen, but really hear people, you can catch a glimpse into their hopes and dreams, the experiences that shaped who they are, and the mood boosting effects of truly asking – how are YOU?

And while my drive in life is to make people smile, my passion is closer to home. You see, my heart was stolen along time ago by my first-born daughter. And with each child I brought into this world, my passion and love grew – extending to each of my 5 children. And when they began having children of their own, my heart burst with joy, love and affection. My passion, what I truly live for every day, is my 5 children and my 13 grandchildren ranging from newborn to 17 years old. Fun fact, 4 of my children had a baby of their own in 2019 AND during that time, I got to be stay at home Grandma taking care of those babies. It was hands down the best decision I could have ever made. But now that I have gone a little deep, I would love to share some other little tid-bits about me that perhaps you and I can connect on. First, I find music freeing. If you see me dancing around and singing while working – I encourage you to join in. Music is a powerful therapy that can sooth the soul. And when you let your guard down and stop caring about what others think, you can inspire your soul to be free and have fun! I like yellow because it is bright like the sun, and it stands out in the gloomiest of moments. I am a horror movie fan with Jaws being one of my all-time favorites. I love Pepsi but fountain Pepsi is the best! My favorite food is hard to pick but, my mom used to make homemade chicken noodle soup. I now get request to make them for my children and have even started teaching one of my granddaughters. If you’re interested, I have shared my recipe. Well, now that I have given you a little insight into what makes me, me. I encourage you to reach out, come say Hi, and let’s have a fulfilling conversation.

Home Made Chicken Noodle Recipe

Ingredients:

1 whole chicken

6 Eggs

2 Cups Flour

3 tbs water

1 tsp salt

1 tsp pepper

1 large onion

(optional) chopped carrots at preference

32 oz chicken broth

Directions:

- **Pour chicken broth into a large sauce pot and boil chicken until it falls off the bone.**
- **While your chicken is boiling, dice/chop carrots and onion.**
- **Once chicken is falling off the bone, strain out the bones from the meat. The chicken and broth may remain in the pot.**
- **Add the chopped vegies and cook on a simmer. While the vegetables are cooking, you will start to make your noodles.**
- **Add the flour, eggs, water, salt and pepper to a mixing bowl and mix until the ingredients are mixed well.**
- **Form your dough into a ball and roll it out on parchment paper. You want to roll them to about ¼ inch thick. Using a pizza cutter, slice into noodle slices.**
- **Once complete, bring a pot of water to a boil and add noodles. Cook until they are no longer starchy – about 5 minutes.**
- **Once noodles are cooked, strain them and add to the soup. Cook until the noodles are tender.**

Serve and enjoy!

**Star resident of the month-
Evelyn Hanson**

Evelyn was nominated for the Star Resident for the month of January, because of her sweet and caring personality towards others. Evelyn grew up on the outskirts of Onamia, MN on a farm with her parents and 5 siblings. On October 13th, 1950 she married her husband Elmer, they had two beautiful children together.

She spent her day's raising her children in Big Lake, and she worked at Federal Cartridge, and retired after 40 years.

Evelyn use to spend her time crotcheting, emboidering and making lots of cookies (expecially at Christmas time). She has a love for card games, playing solitare, and listening to music. Some of her favorite foods are lefsa, pickled herring and black jelly beans!

We are so blessed to have Evelyn with us at Sterling Pointe!



Please Join US!

For Family Council

Family Council is a time for families of our residents to come together and meet to discuss how things are going, offer support to one another, and most importantly get to know each other. Family Council is run by the families, if you would like a member of the Leadership Team to be present, please let Katie know. Sterling Pointe will reserve The Great Room two times a year for Family Council. The dates for 2025 are listed below. Reminders will be sent out as the dates become closer.

MARCH 25th 5:45pm – 6:45pm

AUGUST 29th 3:00pm – 4:00pm

GOALS FOR 2025

1-GET MORE SLEEP

2-DRINK MORE WATER

3-GET MORE EXERCISE

4-GET MORE ORGANIZED

5-SPEND MORE TIME WITH YOUR LOVED ONES

6-READ A BOOK

7- ENJOY NATURE

8- MAKE NEW FRIENDS

9- TRYING NEW THINGS

(WE ARE NEVER TOO OLD TO LEARN SOMETHING NEW)

10- RELAX MORE

NAME: _____

DATE: _____

January Word Search

Z P I S K B T R N F R O S T Y P R A
B L A N K E T K A T A D H I D L D A
C A W I X U N E W Y E A R V G O M M
H N I F H B L I Z Z A R D I H S V F
I Z N F S T O Z L N E A N S J P G R
M Y T L Z J M D Q S H O O D I E L E
N M E E H I B E R N A T E L E N O E
E Q R C Q P T T U O C K A C Z G V Z
Y Z M O M I T T E N S R D O O U E E
J C O L D A O B J G V G U A X I S D
W S Q D M K S W E A T E R T Y N W L
U U S S N O W F A L L P S K A T E W

Winter

Sweater

Blizzard

Freeze

Cold

Skate

Coat

Penguin

New year

Hoodie

Snowfall

Hibernate

Gloves

Blanket

Mittens

Sniffle

Chimney

Frosty

