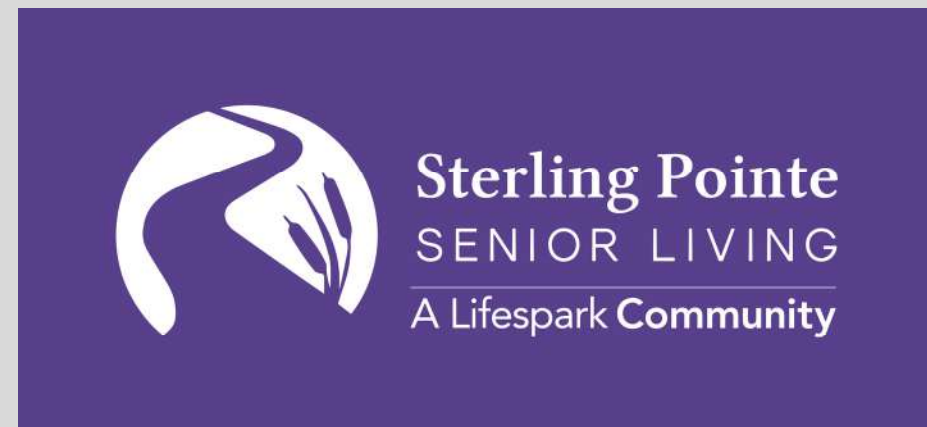


Community Newsletter

STERLING POINTE SENIOR LIVING
February 2025



ENRICHING THE LIVES OF THOSE WE SERVE.

Age Magnificently



**RESIDENT
BIRTHDAYS**

No birthdays in
February

**STAFF
ANNIVERSARY'S**

Elizabeth Kostenshek-02/03/2023
Heather Durhman-02/09/2022
Allie Engbrecht- 02/12/2024
Karla Jilk- 02/12/2024
Wendy Muonio-02/12/2024
Barbara Benson-02/16/2022
Avery Gilsrud-02/19/2024

**STAFF
BIRTHDAYS**

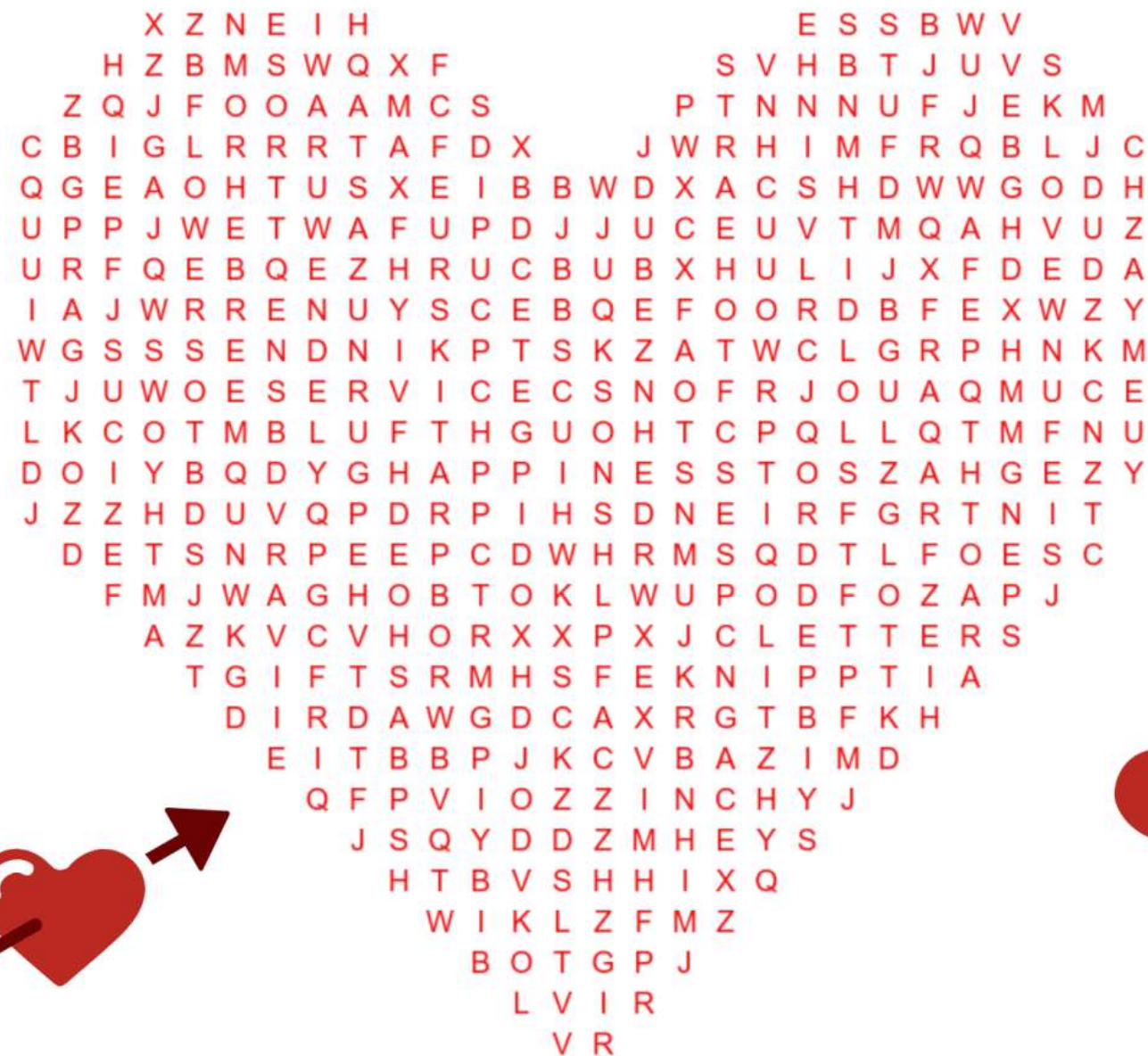
Brittney Sundberg- 02/05
Tami Schaible-02/18
Emily Carpenter- 02/24

New Hires

Natalia Rear- HHA
Jayden Ketz-HHA

Valentine's Day

Find the words on the list in the word search below!



ARROWS
CUPID
FUN
HEARTS
LOVE
RED
SHARE

CANDY
FLOWERS
GIFTS
KINDNESS
NICE
ROSE
SWEET

CHOCOLATE
FRIENDSHIP
HAPPINESS
LETTERS
PINK
SERVICE
THOUGHTFUL

...Picture Perfect...



FROM YOUR
EXECUTIVE
DIRECTOR- KATIE
RINEHIMER

February is here and the end of winter is near. We will see what Punxsutawney Phil predicts on Ground Hogs Day. My guess is he will say there will be 6 more weeks of winter . This is not always a bad thing. To me this means, more time to plan my garden out, more snuggles by the fire, more long afternoon winter naps on sunny Saturday afternoons. Winter is the slow time in life, when the weather makes the choice for you, to stay indoors and work on all the things that you put off when the weather is nice. Here's to staying warm and hopefully getting six more weeks to enjoy time, slowly!

With Gratitude,
Katie Rinehimer



CULINARY CORNER

The month of February is one of my favorite cold weather months to make one of my favorite dishes that is total comfort food at its finest! I will share with you my recipe for homemade lobster mac & cheese!

What we need: 1 lobster tail, heavy cream, shredded cheddar, parmesan cheese, butter, panko breadcrumbs, salt & pepper, chopped garlic, white wine and of course your favorite kind of pasta so lets dive in on how to make it!

Step 1 we need to cook the lobster so place lobster tail on a flat surface(cutting board) and cut the shell in the middle of the lobster from top to bottom. Next pull the raw meat out from the cut and place on the top of shell. Place lobster in a baking pan brush melted butter and paprika on top lobster tail, next splash a little wine on the lobster and place in the oven and roast at 400 degrees F for approx. 13-15 minutes. When lobster is cooked all the way through it should be firm in texture and white in color. Next we will remove meat from lobster shell and cut into bite size pieces and set to the side.

Step 2 We need to cook pasta and run under cold water or ice bath to stop the cooking process and also keeps our pasta from becoming starchy.

Step 3 In a Sautee pan under medium high heat place 1TbIs of butter and 1teaspoon of chopped garlic and sautee for 1 minute and then add lobster meat and deglaze pan with white wine approx. 1/4 cup or so and cook that for 1 minute. Next, we will add 1.5 cups of heavy cream and 3/4 cup of shredded cheddar and 1/4 cup of parmesan and reduce heat to medium and cook mixture stirring very frequently and pasta dish becomes thicken to your liking. Salt and pepper to taste.

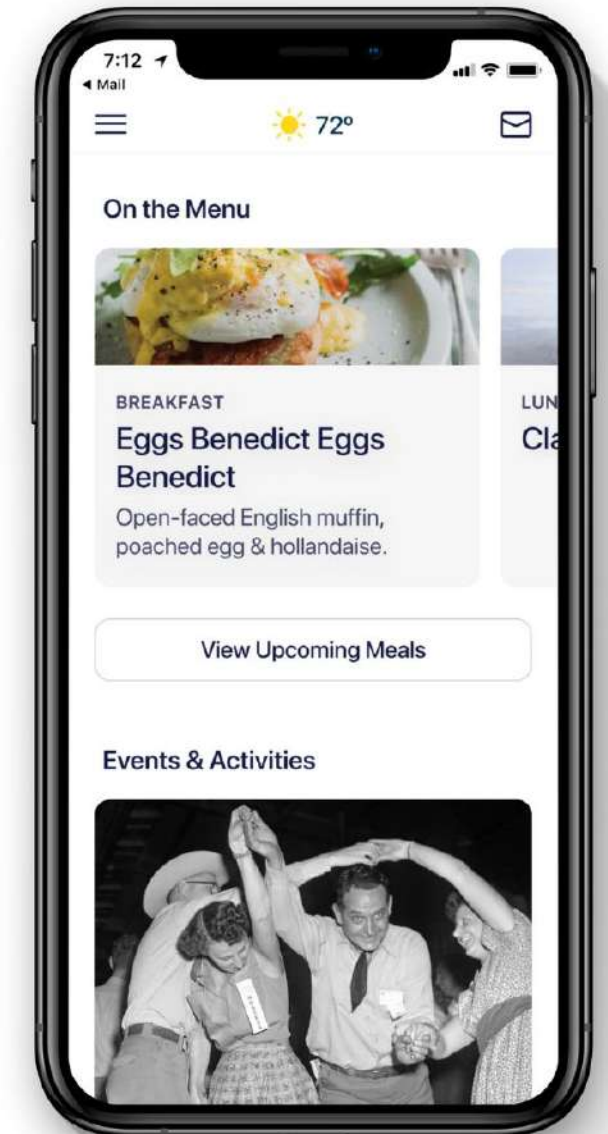
Step 4 Place lobster mac into baking pan and in a separate bowl combine panko breadcrumbs and melted butter salt & pepper to taste and sprinkle in some parmesan into the breadcrumbs as well and mix.

Step 5 Pour breadcrumb mixture on top of lobster mac and place in oven for approx. 12 minutes

Garnish with scallions Enjoy!!!

Download the new mobile app
for Sterling Pointe Senior Living

- View upcoming activities and events
- See what's on the menu each day
- Access common resources
- View and share community photos
- Receive emergency alerts & updates
- Check the local weather in Princeton, MN



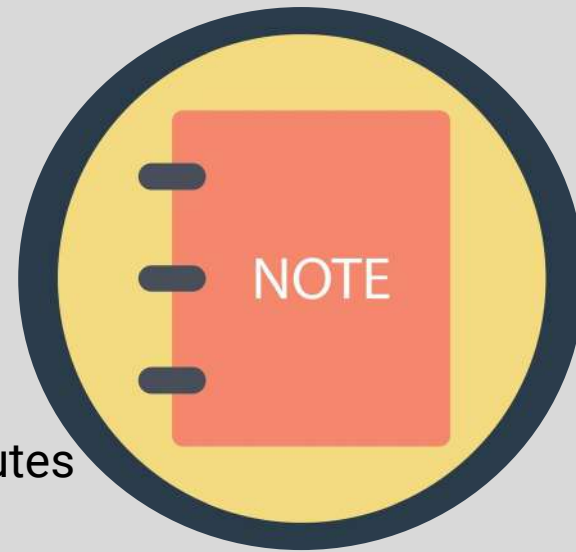
Access Quiltt for iOS, Android, or desktop

<https://get.quiltt.com/org/FMOJX>

Enter code FMOJX after opening the Quiltt app for the first time.



RESIDENT COUNCIL NOTES:



SPIRITUAL CORNER

- Resident Council Meeting Agenda and Minutes
 - Date: January 7th, 2025
 - Time: 1:03 pm-1:40 pm
 - Community- Sterling Pointe Senior Living
 - Elected Representative- Kelly Olson- Community Life Director
 - Residents in attendance- 8
 - Items Discussed-
 - December follow-ups
 - Sparks challenge prize money distribution
 - Medications being reordered in a timely manner
 - Discussion of healthy food options-fresh vegetables, fresh fruits and hydration.
 - CML/Culinary working on bringing in a dietician to come do a demonstration..
-

- Grievances:
- Grievance forms are located by the front desk. Once, completed please turn into the front office and give to a leadership staff member. Please fill out a grievance form when there is a issue or concern this helps our leadership staff to promptly address the situation in a timely matter. They are there for family, residents and staff as needed.

FEBRUARY

My life has been the poem I would have writ; But I could not both live and utter it.

-Henry David Thoreau

We have come around again to the month of Valentines, hearts, flowers, chocolates, and sentimental sayings. We share words of love with others, and perhaps we also feel grief when remembering those loves we've lost. This year, consider offering some words of love to yourself. If your life, like Thoreau's were a poem, what words would it include? What parts of you would it celebrate? Have you persevered through a challenge? Survived a heartbreak? Risen to a challenge? What words would you use to describe what is most lovable about you? How would you put into words the arc of your life? Poems don't have to rhyme, and they don't even have to be long. Try writing a short love poem to yourself this month. And if you're feeling brave, find someone to share it with! Love grows when we share it with others.

STAR RESIDENT OF MONTH

Barb Habstrit

We are so grateful to have Barb Habstrit here at Sterling Pointe. Barb is a strong, beautiful person inside and out. She shares her quirky, and unique personality with all of her friends and loved ones here at Sterling Pointe!

Barb excelled in her career by earning her Masters Degree in home economics- she then went on and spent her working years as a high school teacher.

Some of her past favorite hobbies included rollerskating, crocheting, and volleyball. Growing up she spent a lot of time gardening with her parents.

Barb enjoys spending her days taking daily walks, rocking her baby dolls, visiting with friends and staff, and spending a lot of hours re-decorating. She is always on the go, with a smile on her face. She shares a special spot in many lives, and we are proud to honor her as our star resident of the month!



EMPLOYEE OF THE MONTH

Lizi Kostenshek is Sterling Pointe's employee of the month for February. Lizi started working at Sterling Pointe 2 years ago in the culinary department working as a server. Later down the road she transferred to the nursing department where she currently works as a lead home health aide. Lizi truly goes above and beyond for our residents, always making them feel special and managing to put a smile on their faces. She always goes the extra mile to ensure that their needs are met even if it's the little things that she does-it definitely goes a long way.

Lizi comes to work each day with a smile on her face, she's compassionate, and kind. She leads this team by example and guides our other caregivers in the right direction if they need help. Thank you Lizi for everything you do for our community here at Sterling Pointe, we appreciate all your hard work and dedication!