



COMMUNITY NEWSLETTER

Sterling Pointe Senior Living
April 2025



ENRICHING THE LIVES OF THOSE WE SERVE.

Age Magnificently



SPRING WORD SEARCH

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Resident Birthdays

Elizabeth P.- 04/10
Elton S.- 04/11
Gloria W.- 04/30

Staff Birthdays

Kristy R.- 04/09
Jillian U.- 04/11
Tori S.- 04/13
Aimee R.-04/14
Karen R.-04/14

Staff Anniversary's

Emma M.- 04/24/24
Peyton B.- 04/26/23
Shay F.- 04/29/2014

BLOOM
APRIL
TULIPS
BUNNY

BUTTERFLY
CHIRP
DAFFODIL
FLOWERS

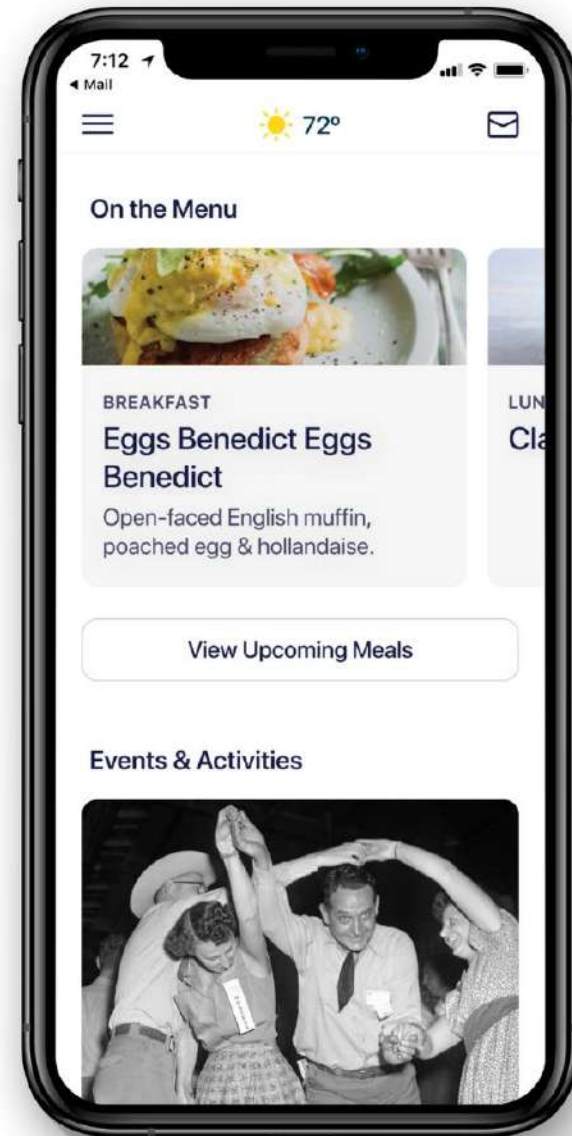
GREEN
GROW
SEEDS
RAIN

SUNSHINE
BLOSSOM
CHICK
GRASS

SHOWERS
EGGS
GARDEN
CATERPILLAR

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.



Spiritual Corner

From the Desk of the Chaplain

Happy Spring everybody!!! Every time this year the weather gets warmer, the grass gets greener, and perennial flowers start making their way out of the ground. As with every season we have an opportunity to appreciate nature and creation. I find that when I encounter difficulty and I feel overwhelmed, that all I have to do to calm down is go outside and breath in the fresh air. I then remember that no matter what is going on, the sun will always rise and set, the wind will blow where it may and like all of creation, I am held in the palm of God's hand. May you find the same comfort this spring!

Peace,

Chaplain Jean



**From your executive
director-Katie Rinehimer**

Do you remember the saying, “April showers bring May flowers?” Well, I am certainly getting very excited for the warmer weather to be returning to us. I miss sitting in the warm sun.

April is filled with a lot of fun holidays to celebrate like; April Fools Day, Easter, Earth Day to name just a few. I know that Kelly and her team are hard at work planning fun events for all of us to join.

With the arrival of warmer weather again I would like to remind everyone of a couple of things.

- Please be sure that you are keeping yourself hydrated well, especially after exercising.

-If you are going to be enjoying the sunshine, please be sure to use sunscreen.

-If you have a deck, please be very careful going out and coming back in, remember to watch your step!

Enjoy Your Spring!

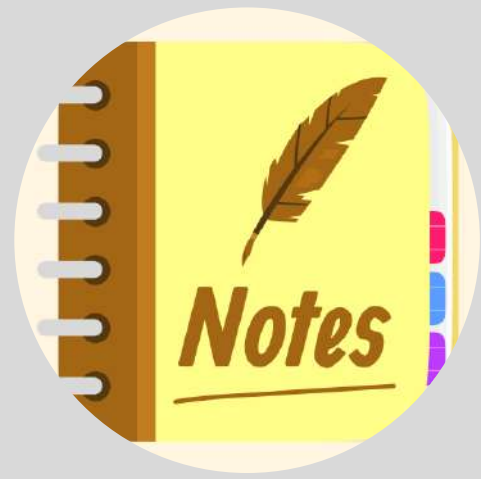
Katie Rinehimer

Volunteer appreciation month

Shout out to all of our wonderful volunteers

**Thank you for volunteering
your time and expertise. We
really appreciate the good
work that you are doing.
May all the blessings come
your way!**





Resident council notes

- **Resident Council Meeting Agenda and Minutes**
- **Date: March 4th, 2025**
- **Community- Sterling Pointe**
- **Elected representative- Kelly Olson, CML**
- **Residents in attendance- 10**
- **Items discussed-**
- **February follow-ups**
- **Spring cleanup day**
- **Discussed bigger name tags for staff**
- **National Picnic Day April 23rd**
- **Discussed summer events and outings**

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 manner. They are there for all family, residents and staff as needed! These forms are are located by the front desk. When completed please turn into the front office and give to a leadership staff member!



Culinary Corner

Hello,

With the summer months approaching many of us like to fire up the grill outside and do some grilling. If you choose to grill steaks, I have advice for you that is sure to make your steak flavor really stand out!

I first always buy the best in quality that you can at Von Hansons or Coborn's they both have great quality meat departments, and I choose from ribeye, filet, or porterhouse.

When I get the steaks home, I take them out of the package and season each side of the steak with salt, pepper, and garlic salt.

I place the steaks in a container and place them in the refrigerator and let salt rest into the meat for an hour or so.

I next fire up my grill and I like to get the temperature to at least 500f. I place steaks on the grill cook for 2 minutes and turn creating diamond markings and doing this to both sides.

I next place steaks on top rack inside grill off the direct heat and glaze each steak with Italian dressing, glazing each side.

I repeat this process until the center of my steaks reach the desired likeness. Take steaks off and let them rest for 5 minutes.

Enjoy!!!



Star resident of the month

Marianne Papenhausen

Marianne was nominated for our star resident for the month of April because of her kindness and warmth she shares with everyone she meets.

Marianne married her husband Elvin in 1948. They lived in Princeton, MN. There they raised their two children, Mike and Chris. Marianne worked as a bookkeeper at Ben Franklin. Elvin and Marianne ran the Princeton laundry mat for around 7 years together. They spent a lot of time travelling together. This was one of their favorite things to do. They visited Texas, Florida, Hawaii, and 7 countries in Europe.

Something we may not know about her, she was in the Civic Club and was nominated queen, she got to ride in the parade.

Marianne enjoys spending her time, working on her crossword books, spending time outside, and visiting with her family and friends. She has a love for frogs, she said she was once gifted a statue of a frog and since then she has enjoyed them very much. She stated the name "Frog", means forever rely on God!

We are so happy to have Marianne as member of our Sterling Pointe family!

Employee of the month

Wendy Muonio was nominated as Sterling Pointe's Employee of the Month for April. Wendy is a home health aide and has been with Sterling Pointe for over a year. She is compassionate, kind, and patient. Wendy always comes to work with a bright warm smile on her face and is always willing to help out where she is needed. She truly goes above and beyond to ensure that our residents get excellent care that they deserve. We're blessed to have Wendy be apart of our Sterling Pointe family and appreciate everything she does for us.

