

Community Newsletter

STERLING POINTE SENIOR LIVING
JUNE 2025



ENRICHING THE LIVES OF THOSE WE SERVE.

Age Magnificently



Garden club

RESIDENT BIRTHDAYS

- LaVonne S. 6/7
- Geraldine A. 6/20

STAFF BIRTHDAYS

- Jacob B. 6/13
- Dani G. 6/20
- Ella K. 6/23
- Teresa D. 6/26
- Hannah C. 6/28

STAFF ANNIVERSARY'S

- Barb A. 6/16
- Jacob B. 6/20
- Jamie P. 6/22
- Brittney S. 6/23
- Cheyenne S. 6/24
- Tina S. 6/24
- Isabella S. 6/24



**Senior Living Newsletter: Annual Wellness Visit
5.5.25**

Your Annual Wellness Visit: More Than a Checkup

Your annual wellness visit isn't just about test results and vital signs. It's about you. It's a chance to pause, reflect, and plan for the year ahead, focusing on what matters most in your life.

Think of this appointment as a check-in on your whole self. You have the chance to talk openly with your provider. Take your time to share how you've been feeling in general—physically, mentally, and emotionally. And talk about any specific concerns, like your memory, mobility, mood, or medications. Do you worry about falling, or are you feeling vulnerable in other parts of your daily life? This is the perfect time and place to ask for advice.

You also might want to consider having this essential conversation with a doctor who truly understands the journey of aging—and how to do it magnificently.

For instance, at Lifespark, our geriatric expert clinicians specialize in caring for older adults. They understand that health is personal, and your needs are unique. With Lifespark Primary Care, you receive:

- Convenient on-site visits—no need to travel; we come to you
- Whole-person care that considers your physical, emotional, and social health
- Expertise in geriatric medicine, ensuring your care plan fits the life you want to live

If care that's built around the needs and priorities of older adults sounds like a good fit for you—and you're not currently with Lifespark Primary Care—consider reaching out to get to know us. Either way ... is it time to schedule your annual wellness visit? Here's to your happiness, health, and vitality!



**EMPLOYEE
OF THE MONTH**

Max Chmielewski is a certified nursing assistant who works in the nursing department. He's been with Sterling Pointe for a little over 10 months. Max truly goes above and beyond for not only our residents but also for his other co-workers! He provides excellent care with a smile on his face. He's compassi, kind and patient! Thank you Max for everything you do for us, we're blessed to have you be apart of the Sterling Pointe family.



FROM YOUR
EXECUTIVE
DIRECTOR-KATIE
RINEHIMER

Hello Residents and Staff of Sterling Pointe,

I am looking forward to S – U – M – M – E – R and all the wonderful things that come along with the warm weather. My family loves to be outside soaking in the sun at the pool, camping, hiking, fishing, eating ice cream, and just being together.

With summer here, that also means that we are in tornado season as well. We ask everyone to stay “Sky Aware” as the great Fox 9 Meteorologist Ian Leonard tells us. Please know that if the weather becomes bad and a storm is coming all the staff are trained and know how to support everyone to keep everyone safe.

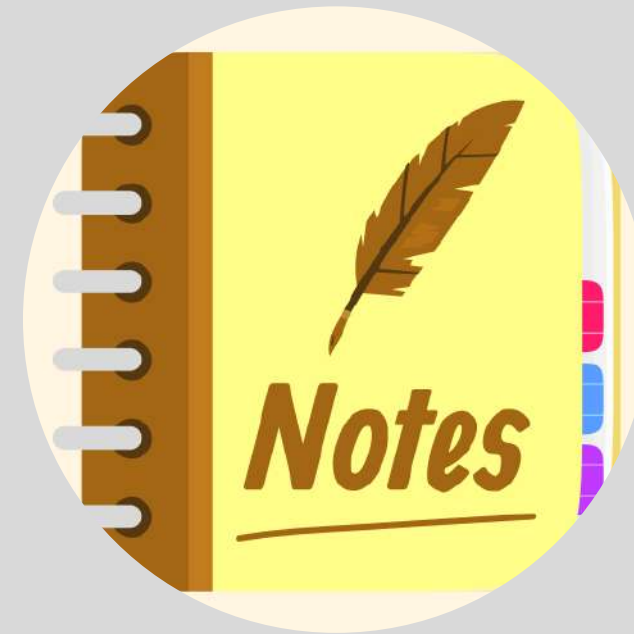
As a reminder all residents also have the instructions for emergencies in your Resident Handbook. If you are unable to locate your copy please come to the office and let Dani know, we will get you a new copy.

June will be a busy month here at Sterling Pointe. We kick the month off with Rum River Days in Princeton. Our Royal Court will be riding on the Sterling Pointe float in the parade on June 5th. Here is a brief look at the fun Princeton has planned! Please just remember to sign out if you leave to check it out.

Lastly, Happy Father’s Day to all the dads.

With Gratitude,

Katie Rinehimer



RESIDENT COUNCIL
NOTES

- **Resident Council meeting agenda and minutes**
- **Date: May 7th, 2025**
- **Community: Sterling Pointe**
- **Elected representative: Kelly Olson, CML**
- **Residents in attendance: 14**
- **Items discussed:**
- **April follow-ups**
- **Outings for this summer**
- **Adding more benches for out front**
- **Discused windows being opened**

Please fill out a grievance form when there is an 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 located by the front desk. When completed please turn into the front office and give to leadership staff member!



STAR RESIDENT OF THE MONTH

Richard Wergin

Richard was nominated as the star resident of June, for his charming personality and cheerful spirit. Richard shares his life with his devoted, beautiful wife Betsy.

Together they raised two wonderful children and have six grandchildren! Richard was a member of the United States Army and spent 39 years working at the Post office in Princeton, and Ogilvie, MN. Together at their home in Princeton, the family enjoyed raising cattle and horses. They also spent many winters at their condo in Arizona!

Richard enjoys his days spending time with his family and friends, playing checkers, and playing card games. We are so blessed to have Richard be a part of our Sterling Pointe family!

Rum River Festival 2025 Schedule

LUCKY DUCK TICKETS:
\$10/EACH
Available at the Chamber
office: 501 1st Street

Rum River Festival 2025 June 5-8

The Duck Days of Summer

 Princeton Area
CHAMBER OF COMMERCE
Tourism

<u>Thurs., June 5</u>	<u>Friday, June 6</u>	<u>Saturday, June 7</u>	<u>Sunday, June 8</u>
All Day: American Legion Medallion Hunt All Day: City-wide Garage Sale Sidewalk Sales: Participating retail stores 4-8 pm: World's Largest Rubber Duck display, 114 S Rum River Drive 4-8 pm: Vendor/Craft Fair, 114 S Rum River Drive 6 pm: Rum River Festival Parade, Downtown Princeton	All Day: American Legion Medallion Hunt All Day: City-wide Garage Sale Sidewalk Sales: Participating retail stores 10 am - 6 pm: World's Largest Rubber Duck display, 114 S Rum River Drive 10 am - 6 pm: Vendor/Craft Fair, 114 S Rum River Drive 10 am - 12 pm: Bubble Baron & Balloon Artist, 114 S Rum River Drive 10 am - 6 pm: Bouncy Houses, \$15/unlimited jumping, 114 S Rum River Drive 11 am - 8 pm: FREE Splash Park 11 am-close: Axe Throwing, Mechanical Bull, Bands, Neighbors on the Rum 3-5 pm: MN Twins Baseball Camp, Mark Park 6 pm: Lucky Duck Drop, Princeton HS Pool 7 pm: Races, Princeton Speedway	All Day: American Legion Medallion Hunt All Day: City-wide Garage Sale 8 am: Rum River Festival 5K Run/Walk, 401 1st Street 8 am - 12 pm: Princeton Farmer's Market, 202 S Rum River Drive Sidewalk Sales: Participating retail stores 10 am - 6 pm: World's Largest Rubber Duck display, 114 S Rum River Drive 10 am - 1 pm: Caricature Artist at World's Largest Rubber Duck, 114 S Rum River Drive 10 am - 6 pm: Bouncy Houses, \$15/unlimited jumping, 114 S Rum River Drive 11 am-close: Axe Throwing, Mechanical Bull, Bands, Neighbors on the Rum 10 am - 6 pm: Vendor/Craft Fair, 114 S Rum River Drive 12 pm - 2:30 pm: World's Largest Game of Duck, Duck, Gray Duck, PHS Track and Field	7:30am - 12:00 pm: Princeton Lion's Brunch, Princeton Airport 10 am - 3 pm: Tractor Pull and Craft Fair, Mille Lacs County Fairgrounds 11 am - 5 pm: World's Largest Rubber Duck display, 114 S Rum River Drive 11 am - 5 pm: Vendor/Craft Fair, 114 S Rum River Drive 12 pm - 3 pm: Duck, Duck, Jeep Event, 114 S Rum River Drive

Princeton Ambassador CORONATION
June 1st, 3 pm,
PHS Performing Arts Center

www.princetonmnchamber.org/rum-river-festival



Scan QR Code for more information.

 **EXPLORE MINNESOTA**



CULINARY
CORNER
By. Chef Joe

Hello all,

I would like to start out with the release of our new spring and summer menu, we will dive into a lot of traditional summer foods with cold salads and picnic style food. I will also be doing a lot of grilling. One of my favorites we will be doing is sauteed beef tenderloin medallions. We will also be focusing our attention on using oven roasting or sauté with fresh vegetables rather than steaming. We will also be using fresh herbs in our vegetables to enhance the flavors. We will also be following up our meals by serving classic desserts such as root beer floats and strawberry shortcake.



SPIRITUAL
CORNER

“Joy does not simply happen to us. We choose to have joy and keep choosing it every day.”

Henri Nouwen

The difference between happiness and joy is that happiness is getting what you want where joy is wanting what you get. We feel happy when life is going great and nothing is disappointing us. Then something frustrating comes along that upsets our happy existence and we are glum. I experienced this when I lost my job in 2008 during the great recession. It was during that time that I met a delegation of missionaries from Zimbabwe Africa. While we had been dealing with a recession for less then a year, Zimbabwe had been economically distressed for decades due to government corruption. They did not know from day to day if their electricity in their homes would work or if there would be food on the shelves in the grocery stores. Yet despite their not getting electricity and food they wanted, they felt deep joy everyday. These folk made a deliberate choice to dwell in joy. They were joyful for the things they already had, their families, their church, their very lives. They did not let the challenges of life overwhelm the gifts they already possessed.

Life is full of setbacks which can make us feel sad, disappointed, and even angry. Choosing joy does not dismiss these feelings. We must get through these feelings to get over them. What joy tells is that the defeat will not be the final word. “Weeping may linger in the night, but joy comes in the morning” Psalm 30: 5

Peace,

Chaplain Jean