



# COMMUNITY NEWSLETTER

**STERLING POINTE SENIOR LIVING  
MAY 2025**



**ENRICHING THE LIVES OF THOSE WE SERVE.**

**AGE MAGNIFICENTLY**



### Resident Birthdays

Vernon B. - 05/25  
Pete S.- 05/27

### Staff Birthdays

Elle S.- 05/07  
Madison K.- 05/09  
Joseph S.- 05/19  
Tina S.-05/19  
Kelly O.-05/21  
Elizabeth K.- 05/26  
Emma M.- 05/26

### Staff Anniversary's

Ella K.-05/21  
Abby S.- 05/22  
Hallie S.- 05/22  
Anthea B.- 05/24  
Jami N.- 05/24

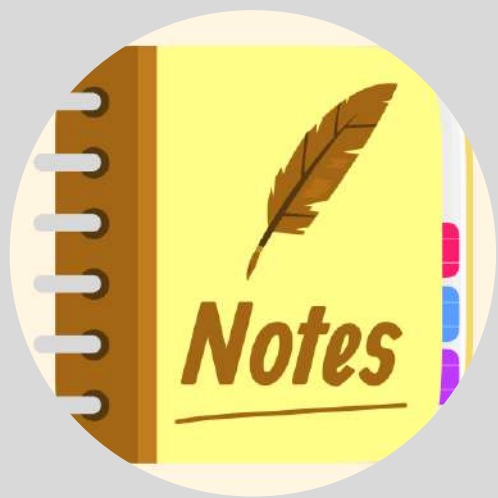
## Mother's Day Word Search

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



CARD	HOLIDAY
CARING	LOVING
CELEBRATE	MAY
CHILDREN	MOM
FAMILY	MOTHER
FLOWERS	PARENT





## Resident council notes

- Resident council meeting agenda and minutes
- Date: April 7th, 2025
- Community: Sterling Pointe
- Elected representative- Kelly Olson-CML
- Items discussed-
- April follow-ups
- Spring clean up day in May
- Starting a garden club
- Bring out the outside furniture
- Outing ideas- Nelson Nursery, JoAnn fabrics, Sherburne drive
- Hand sewing club (will be asking around if there is any interest)
- Having more activities on the patio this summer

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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 located by the front desk. When completed please turn into the front office and give to a leadership staff member!



## Spiritual Corner

FROM THE DESK OF THE CHAPLAIN

Happy May everybody! This is my favorite month of the year because Spring is finally here! The flowers start peeking out of the ground, the trees are budding and the weather is warm. It is amazing how weather can affect our moods. During the winter we might feel a bit down because we aren't outside that much. We miss the sights and sounds of nature. Our skin craves the nutrition of vitamin D from the sun. As the snow melts and the landscape gets greener we feel as if we are going to burst into the great outdoors ready to enjoy another season of summer.

Each change of season reminds me of the scripture passage in the third chapter of Ecclesiastes. "For everything there is a season and a time for every matter under heaven" (Eccl. 3: 1) It brings home the knowledge that there is something greater than ourselves that drives the cycles of life and we can trust in this higher power to care for us through the changes of our lives.

Chaplain Jean O'Bresky



# Culinary Corner

Hello my name is Katie Bollum! I will be working in the culinary department as a server, I am from Missouri but grew up in the lake Minnetonka area. I am a mother and a grandmother. I enjoy spending time with my family, kayaking in local lakes and rivers and reading a good James Patterson book. I am looking forward to nicer weather.

Lemon Cake 🍰💕

## Main Ingredients:

1 box lemon cake mix

1 package (3.4 oz) instant lemon pudding mix

1 cup sour cream

1/2 cup vegetable oil

4 large eggs

1/2 cup water

Zest of 2 lemons

## For the Lemon Glaze:

2 cups powdered sugar

1/4 cup lemon juice (freshly squeezed)

## Directions:

Preheat oven to 350°F (175°C). Grease and flour a Bundt pan or 9x13-inch baking dish.

In a large mixing bowl, combine lemon cake mix, lemon pudding mix, sour cream, vegetable oil, eggs, water, and lemon zest.

Beat on medium speed for 2 minutes until smooth and creamy.

Pour batter into the prepared pan and smooth the top.

Bake for 40–45 minutes for Bundt pan or 30–35 minutes for a 9x13 pan, or until a toothpick inserted into the center comes out clean.

While the cake bakes, prepare the glaze by whisking powdered sugar and lemon juice together until smooth.

Let the cake cool for 10 minutes, then poke holes all over with a skewer or fork. Slowly pour the glaze over the warm cake, allowing it to soak in.

Let cake cool completely before slicing and serving.

Prep Time: 10 minutes | Baking Time: 40 minutes | Total Time: 50 minutes

Kcal: 340 kcal | Servings: 12



## Employee of the month

Olivia is a very pleasant person, very kind in spirit and also very soft spoken. Olivia has been employed in the culinary department as a server for 4 months, this is also Olivia's first job. I watch Olivia as she interacts with the residents, and she has a caring, respectful attitude towards all of them. Olivia has also been a huge help picking up and doing doubles on her weekends to help fill in the gaps needed as well as other shifts when called upon. It has been a pleasure working with Olivia and want to give her a special thank you!



From your executive  
director- Katie Rinehimer

“ The world’s favorite season is the spring. All things seem possible in May.”

- Edwin Way Teale

May is another favorite month of mine, for so many different reasons. I love spring and the rebirth of Nature. There is nothing better than the sight of the early spring flowers, trees budding, and new baby animals being welcomed into the world.

May is also filled with so many wonderful holidays to celebrate, some that are traditional and others that are more modern. May 1st, otherwise known as May Day. As a kid we would make homemade paper baskets, fill them with little treasures we would find outside, mainly my mothers tulips. May 4th, otherwise known as, “May the 4th be with you!”, this is a day that has been dedicated to Star Wars, the epic trilogy directed by George Lucas, and one of my favorite movies of all times. Who didn’t think Hon Solo was a handsome devil?

May 5th, otherwise known as Cinco de Mayo, this holiday celebrates the people of Mexico winning the French – Mexican war and is often celebrated in America by drinking Margaritas and eating Tacos. May 11th, this is the date we will celebrate all the mothers in our lives. The last big celebration day of May is the 26th, otherwise known as Memorial Day. This is the unofficial start to the summer with many people opening up their cabins or celebrating by going camping and cooking out. However, Memorial Day has a much deeper meaning. This is a day where we remember and recognize all the brave young men and women that gave their lives so that we can enjoy our freedom.

Here at Sterling Pointe, we will be working outside of our community, sprucing up our outdoor spaces. Projects that we will be working on are the garden planters on the patio off the great room, the ones outside of Memory Care, and setting up a new larger community raised garden area outside of the great room as well. Planting the new flower planters that I have ordered for the front of the building. At our last resident council meeting in April, we decided that we would be starting a garden club this year and our first meeting will be in May. I know I can’t wait; I LOVE to get my hands dirty in the garden.

With Gratitude,

Katie Rinehimer – Executive Director



## **Star resident of the month**

### **Lorraine Clarin**

**Lorraine was nominated for star resident for the month of May because of her compassionate spirit and big heart!**

**Lorraine and her husband Leon spent their life together raising a big family, they had 6 boys and 2 girls! Lorraine takes much pride in her children and has always been a loving, family orientated mother!**

**Lorraine spent her career years working at K-Bob restraurant as a cook, and managing apartments buildings in the Princeton and Duluth area. Some of her favorite hobbies were gardening, baking goodies, sewing (she was a member of a quilting club), and enjoying gatherings with her family. She always had fresh baked goodies ready for when anyone would stop by her house for a visit!**

**She currently enjoys her days, watching heartland with a cup of coffee, participating in community activites, and spending time with her family!**

**Something we may not know about Lorraine is the love she has for all children, and pets! Her heart has so much kindness and love to share! We are so blessed to have Lorraine as a member of our Sterling Pointe Family!**

**Your Good Mood is More Than Just a Pleasant Feeling. It's Important!**

**Giving your mood a boost changes things! Getting happier can influence your sleep patterns, appetite, memory, energy, and even how well your body heals. As we age, staying emotionally well is just as important as staying physically strong. Everyone has some down days. But there are lots of easy ways to bring yourself back up again.**

**Activities that bring you joy—like movement, sunlight, and connection—can help your brain release natural feel-good chemicals like serotonin and endorphins. And the good news? Improving your sense of well-being can be enhanced with tiny, consistent choices you make.**

- **Step outside. Natural sunlight helps your body make Vitamin D, which supports a healthy mood. Even five minutes outdoors or near a sunny window can help.**

- **Move your body. A few stretches, a hallway walk, or dancing to music that makes you happy can lift your spirits.**

- **Enjoy an energizing snack. Add something nourishing to your diet now and then. A handful of nuts, a few berries, or a little piece of dark chocolate can help fuel your brain and body.**

- **Try a two-minute reset. Close your eyes, and inhale slowly through your nose for a count of four. Hold that breath for four more. Then exhale through your mouth for six. You'll see the difference! Just a few rounds will calm you.**

- **Plan for things to look forward to or revisit something you used to love. "Today, I'm going to..." What will it be? Even a small activity—like reading a magazine, taking out your paint set, calling a friend, or attending a performance—can add structure and lift to your day.**

**If you find yourself feeling down too often, be brave and talk to someone. Just like you would for concerns over your physical health. Your Lifespark primary care team is a great resource. Mental health is a big part of Aging Magnificently.**