



# Community Newsletter

Sterling Pointe Senior Living  
August 2025



**ENRICHING THE LIVES OF THOSE WE SERVE**

AGE MAGNIFICENTLY



### Resident Birthdays

8/4-Carol B  
8/11- Don L  
8/12- Arvin K  
8/13- Patricia S  
8/16- Karin D  
8/21- Nelvina W  
8/24- Clete B  
8/27- Lorene J

### Staff Birthdays

8/2-Avery G.  
8/2-Naomi G.  
8/5- Evans O.  
8/7-Shelby P.  
8/12- Jenna N.  
8/23- Karla J.  
8/25- Elaina Y.

### Staff Anniversary's

8/3-Dani G.  
8/4-Emily C.  
8/18- Hannah C.  
8/22-Shelby P.  
8/23- Tami K.  
8/23- Karyn R.  
8/29-Kelly O.

Name: \_\_\_\_\_ Date: \_\_\_\_\_



## AUGUST Word Search Puzzle



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

Find these words related to the month of August

BOAT  
GARDEN  
CAMPFIRE  
BIKING  
FLOATIE  
FISHING  
RIVER  
AUGUST

KAYAK  
BARBECUE  
OCEAN  
CANOE  
PICNIC  
BEACH  
ICE (as in ice cream)



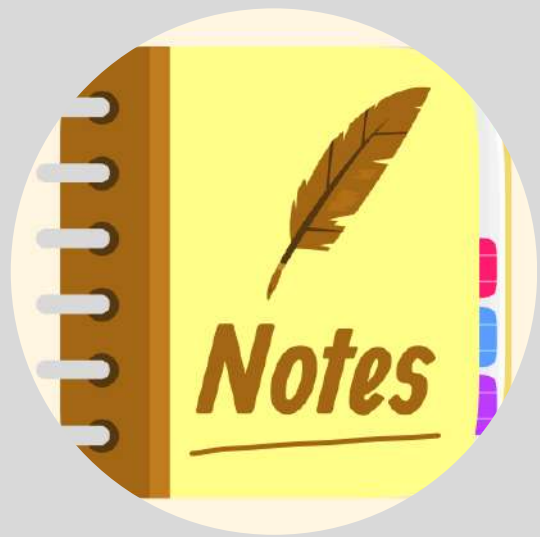
SUN  
SHADE  
VACATION  
SWIMSUIT  
SWIMMING  
POPSICLES  
READING

WARM  
LAKE  
TOWEL  
POOL  
PARK  
CAMPING  
SUNSET



The words may be hidden vertically, horizontally or diagonally.





## Resident Council Notes

- Resident council meeting agenda and minutes
- Date: July 1st, 2025
- Community: Sterling Pointe
- Elected representative: Kelly Olson, CML
- Residents in attendance: 13
- Items discussed:
- June follow-ups
- Outings
- Refreshing of the building
- Windows to be washed (July 9th)
- Welcoming the new DHS
- Request of outside garbage can
- Added a dog clean up station on the back patio
- Discussed Dietary items

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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. Once completed please turn into the front office and give to a leadership staff member.



## From your Executive Director- Katie Rinehimer

Hello Sterling Pointe!

Welcome to August. This is one of my favorite months, I LOVE the State Fair. I am so very excited, I like to plan my visit to the Fair on the first day, so everyone and everything is fresh. That is my little tip 😊.

I also wanted to share that on Wednesday August 20th we will be doing a Drill and Grill. We need to practice as an entire community for an emergency evacuation of the building, then after the Drill, we will be grilling lunch to enjoy with everyone. We will be holding a meeting on Monday August 18th at 2:00pm for all Residents, in the Great Room, to go over the Drill and answer questions.

With gratitude,  
Katie





## Culinary Corner

Hello,

In this month's culinary corner, I would like to talk about roasting vegetables instead of steaming or boiling them. When we steam or boil vegetables, it reduces the amount of vitamins as an example broccoli, if I steam broccoli, it turns the broccoli a lighter shade of green and reducing the amount of vitamins. This could be said with many green vegetables being steamed or boiled. I like to roast them in the oven instead. You can toss any vegetable in olive oil, season it the way you prefer and roast it in the oven until desire tenderness.

Roasting will increase flavor without robbing the vitamins from the vegetables. One of my favorites is roasting Brussel sprouts and topping them with Balsamic glaze and bacon bits.

Next time you find yourself cooking vegetables, try this method and experiment, also adding onions or shallots to the vegetables you are roasting really adds a delicious flavor. Until next time!

Chef Joe



## Sparks Challenge Grip Games







**Welcome to the team!**

**Shannon Gustafson**  
**Director of nursing**

Hi,

My name is Shannon Gustafson. My husband, Eric and I raised our family in the Elk River community. We have two children, Abby (23) and Carter (20). We also share our home w/ our two dogs (Shih Tzu poodle mix) Oliver (Ollie) and Mildred (Millie).

I have been a nurse working with Geriatrics since 1994. Prior to accepting the DHS position with Lifespark I was working as a Care Coordinator/Case Manager with seniors. Outside of work, I enjoy spending time with friends and family. Going to our cabin in Northern Minnesota and attending outdoor country music festivals.

I'm very excited to be joining the Lifespark team!



**Star resident of the**  
**month**

**Wendell Owens**

Wendell was born in East Chain, MN. He has always had a great love for farming and soil. He owned his own business as a soil consultant. Wendell was married to his wife Bev for 52 ½ years. Together they raised 4 wonderful children Jodi, Tedd, Nate and Nikki. Wendell has been blessed with 10 grandchildren, 8 great grandchildren, and the 9th on the way!

Some of Wendell's favorite pass times were fishing in the summer for bullheads in Southern MN, and spending time with his family, and farming.

Some of his simple daily pleasures are watching TV and visiting with his friends and family. He has a love for spicy foods, olives and pickles! One thing we may not know about Wendell is when he was younger, he was a singer at a barber shop! His contagious smile can light up the room at any time, we are so blessed to have him as a part of our Sterling Pointe family!

## Employee of the month

**We're thrilled to recognize Dani George as our Employee of the Month for August! Dani's dedication, positive attitude, and outstanding performance have made a big impact on our team here at Sterling Pointe. Whether it's going the extra mile for coworkers or delivering top-notch care for our residents, Dani continues to set the bar high. Thank you, Dani, for all that you do- Sterling Pointe is lucky to have you apart of the family!**



## Spiritual Corner

**Each season of life holds its own unique blessings. Here in our community, we are surrounded by individuals whose lives are rich with stories, resilience, and grace. As your chaplain, I often find myself humbled by the quiet strength and deep wisdom that resides in these halls.**

**In this season, I invite each of you to reflect on the small joys—sunlight streaming through the windows, a kind word from a neighbor, the laughter that echoes from our shared moments. These are not small at all; they are reminders that even now, we are growing in compassion, in courage, in love.**

**The book of Ecclesiastes tells us: “To everything there is a season, and a time to every purpose under the heaven.” Even here, even now, our lives are filled with purpose. Whether it's encouraging someone who needs a listening ear or simply taking a moment to be still and grateful—we each have a role in making this community one of warmth and belonging.**

**May you feel the spirit of life in each step you take, and may this place continue to be a sanctuary for your heart and soul.**

**Peace,**

**Chaplain Jean**