



Community Newsletter

Sterling Pointe Senior Living
October 2025



Enriching the lives of those we serve

Age Magnificently



Staff Anniversary's

- 10/1-Jill U.
- 10/1- Joe S.
- 10/1-Emma B.
- 10/1-Julie B.
- 10/1- Madison K.
- 10/1- Tammi S.
- 10/3- Cassandra y.
- 10/9- Olivia S.
- 10/10- Robyn T.
- 10/15-Deb K.
- 10/30- Gina I.

Staff Birthdays

- 10/3- Heather D.
- 10/4-Jami N.
- 10/16-Cathy L.
- 10/18-Bella S.
- 10/20- Cassandra Y.
- 10/20- Emma M.
- 10/21-Karyn R.
- 10/22- Stephanie K.
- 10/27- Barb A.
- 10/28- Jen A.

Resident Birthdays

- 10/6-Marie N.
- 10/7-Becky B.
- 10/15- Nancy W.
- 10/18- Marion K.
- 10/19- Joyce V.
- 10/20- Arvilla S.

TRICK OR TREAT

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

GHOSTS
HALLOWEEN
MAGIC
PUMPKINS

APPLES
BROOM
CANDY
COSTUME

SPELL
SPIDER
SPOOKY
WITCHES

Fall Prevention Awareness

Staying Safe and Steady This Autumn

As the leaves change and we spend more time indoors, preventing falls becomes especially important. Awareness, preparation, and simple daily habits can help us all stay confident and active this October.

Why Fall Prevention Matters

Falls are one of the most common causes of injury among older adults. The good news? Many falls can be prevented with small adjustments in daily routines, living spaces, and personal wellness habits.

✦ Quick Facts

- 1 in 4 older adults experiences a fall each year.
- Falls are the leading cause of injury-related ER visits.
- Most falls happen at home or in familiar environments.

Environmental Safety

- ✓ Keep walkways clear of cords, rugs, and clutter.
- ✓ Add grab bars in bathrooms and railings on stairs.
- ✓ Use non-slip mats near sinks and showers.
- ✓ Check that hallways and entrances are well lit.

Maintenance can assist with additional lighting or equipment requests.

"An ounce of prevention is worth a pound of cure."

Healthy Habits for Balance

- ✓ Participate in gentle exercise like walking, tai chi, or chair yoga.
- ✓ Stay hydrated—dehydration can lead to dizziness.
- ✓ Wear supportive shoes with non-slip soles.
- ✓ Schedule regular vision and hearing checks.

Medication Awareness

Some medications can cause dizziness or drowsiness. Review prescriptions with your healthcare provider and ask about possible side effects that may increase fall risk.

Community Support

Ways We Help

- Exercise classes focused on strength and balance.
- Wellness checks to monitor blood pressure and hydration.
- On-site physical and occupational therapy support.
- Staff available to assist with mobility needs.

Take Action This October

Fall Prevention Awareness isn't just about avoiding accidents—it's about building confidence and maintaining independence. Talk with staff about joining a balance class, checking your living space, or simply learning new tips.

Spiritual Corner



From the Desk of the Chaplain

One of the things that I most appreciate from Lifespark is how their holistic care of the residents that live in the Lifespark communities. Part of aging magnificently is caring for the body, mind and spirit. In recognition of this Lifespark's theme for October is "Mindful Moments - Reflection and Spiritual Growth". We will put up a tree in the bistro and have leaves for you to write prayer requests on and hang on the tree. We will also have the following spiritually themed activities:

October 2 - Chaplain Jean will do a presentation "What is Spirituality"

October 9 - We will practice artful reflection as we color mandalas to quiet the mind and reflect.

October 16 – Weather permitting, we will do a reflection outside to notice the sounds, colors and sensations of nature.

October 23 – We will share mindful coffee and tea moments as we meditatively sip warm drinks and eat cookies while noticing aroma, taste and the feeling of calm presence.

October 30 – We will bless the month with a community sing along.

All are invited to join these activities on Thursday's at 10:30 am in the Great Room.



Culinary Corner

Hello,

Welcome to this month's Culinary corner and as we dive into this month it makes me think about football, cooler temperatures, going to my favorite apple orchard and picking my two favorite kinds of apples which are Honeycrisp and Sweet Tango. Although these are my favorites, many orchards in Minnesota have many different varieties you can hand pick for different cooking and baking applications. My favorite orchard is Applejacks orchard in Delano, MN. I feel they have a great variety of apples, they have many other items for sale such as pies, jelly, and maple syrup. They also have a store on the farm selling many different items, also rides for children and fun stuff for kids. Go check it out if you have not, it is a great day with your family there!

I would like to welcome Paige Stout, and Aubree Waldron to the culinary department. Both are students at Princeton High School and now servers for Sterling Pointe. I hope all is well with everyone and many blessings from the Lord!

Chef Joe Schaible

STERLING POINTE SENIOR LIVING

Trunker or Treat



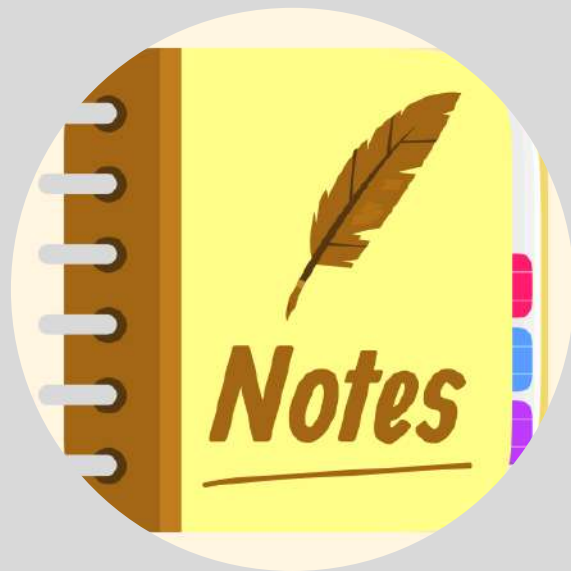
**OCTOBER
30th**

**Time:
5-7 pm**

1250 NORTHLAND
DRIVE
PRINCETON, MN
55371



Sterling Pointe
SENIOR LIVING
A Lifespark Community



Resident Council

- Resident council meeting agenda and minutes
- Date: September 2, 2025
- Community: Sterling Pointe
- Elected representative: Kelly Olson, CML
- Items Discussed:
- August follow-ups
- Introduced new staff members- Marketing and Nursing
- Residents requested flyers for dates of podiatry and vaccination days
- Residents would like chips/candy bar offered in the snack bins (because vending machines have been removed from building)
- Discussed building updates
- Putting up signs outside because the traffic in the parking lot drives too fast
- Foosball table to be removed from dining area
- Discussed some maintenance needed on apartments (Katie put TELS in with maintenance for work to be completed)



From your Executive Director

I am so excited for the cooler weather, nothing better than crisp air, and fall strolls in the woods.

October is also filled with lots of fun National Holidays some of them are Hair Day, Coffee Day, Pumpkin Seed Day, Homemade Cookie Day, Book Month, and Chili Month.

We will be celebrating with our very own Princeton Police Force for National “Coffee with a Cop Day” on October 1st, more to come on this fun event.

Thank you to you all for helping to make Sterling Pointe such a wonderful place to live and work.

With Gratitude,

Katie Rinehimer





Star resident of the month

Patti Foster

Patti was nominated for the star resident of October because of her kindness to everyone and great sense of humor! Patti grew up in Crystal, MN with her two siblings. She spent most of her life in Brooklyn Park, MN and Plymouth, MN. She spent her career years working at a warehouse in Plymouth as an Office Specialist. Patti was blessed with two wonderful daughters, Kelly and Crissy. She has three grandchildren, Nick, Ben and Will!

Patti's simple daily pleasures are reading, watching football and baseball, and spending time with her grandchildren and family! She has a love for animals, children and chocolate! One thing most people don't know about Patti is she can talk backwards! We are so blessed to have Patti as a part of our Sterling Pointe family!



Employee of the month

We are proud to announce that Adison Murphy has been selected as Sterling Pointe's Employee of the Month for October.

Adison consistently demonstrates exceptional dedication, a positive attitude, and a strong commitment to teamwork. Her hard work and professionalism makes a noticeable difference in our workplace every day. Adison's contributions not only support our team's success but also set's a shining example for others to follow. Thank you for going above and beyond to ensure our residents are receiving excellent care.

Please join us in congratulating Adison Murphy on this well-deserved recognition. We appreciate her continued efforts and look forward to her ongoing success at Sterling Pointe.

Congratulations, Adison!