



Community Newsletter

Sterling Pointe Senior Living
November 2025



Enriching the lives of those we serve

AGE MAGNIFICENTLY



Resident Birthdays

11/12 Maureen B.
11/18 Ardys F.
11/20 Shirley A.
11/20 Marguarite W.
11/20 Jackie H.
11/22 Tom K.
11/28 Paul T.

Staff Anniversary's

11/22 Emma M.
11/22 Jasmine M.
11/24 Rachel R.
11/24 Cassie F.
11/24 Bailey C.

Staff Bithdays

11/3 Deb M.
11/11 Amber O.
11/15 Natalia R.
11/21 Deb K.
11/22 Tammi K.
11/22 Connie P.
11/23 Myranda G.
11/24 Kristen K.
11/27 Shannon G.
11/29 Sherah G.
11/29 Robyn T.



Thanksgiving

FAMILY & FRIENDS

Dinner Party at Sterling Pointe

NOVEMBER 21 • 4:30-7:00 PM

1250 Northland Drive
Princeton, MN 55371

Please help us with donations of non-perishable
food items for our local food shelf.

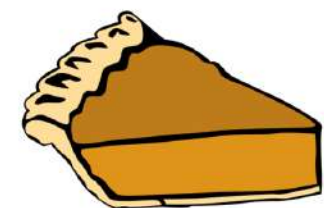
Monetary Donations are greatly appreciated and
will go towards our team of excellence committee!

Please RSVP to 763.389.8655



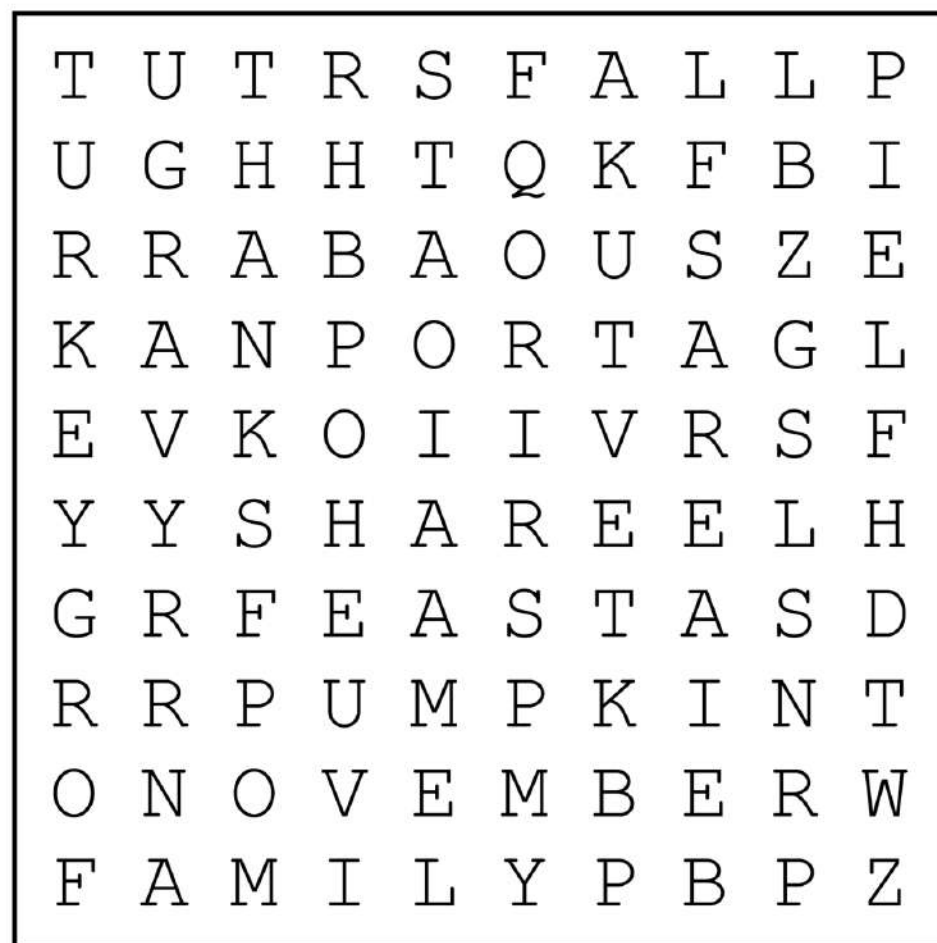
Sterling Pointe
SENIOR LIVING
A Lifepark Community



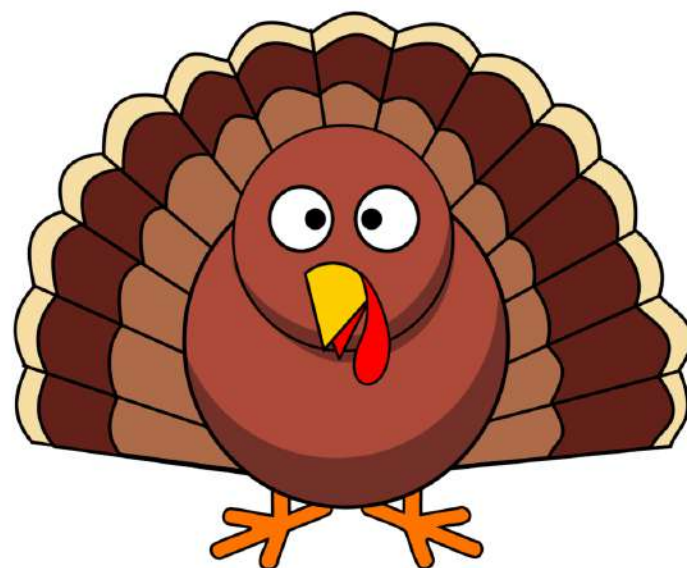


Name: _____

Thanksgiving Word Search



Word list:
FALL
FAMILY
FEAST
GRAVY
HARVEST
NOVEMBER
PIE
PUMPKIN
SHARE
SQUASH
THANKS
TURKEY



Spiritual Corner

This past month we have had special activities in our community centering on spirituality. Central to these activities was the practice of mindfulness, which means paying attention to what is happening right here and right now. Mindfulness is a good practice because it reduces stress, improves your mood, helps with memory, and supports heart health. It can also ease feelings of loneliness, improve pain management and deepen your connections with others.

You don't need fancy equipment or lots of time to do mindfulness. You can try these gentle practices:

- Mindful breathing: Sit comfortably and take slow, deep breaths. Notice the air moving in and out.
- Gratitude moments: Each day, name one thing you're thankful for.
- Mindful walking: During strolls, notice the colors, sounds, and sensations around you.
- Body scan: Lie down or sit quietly and gently notice how each part of your body feels, from head to toe.



Culinary Corner

Hello all,

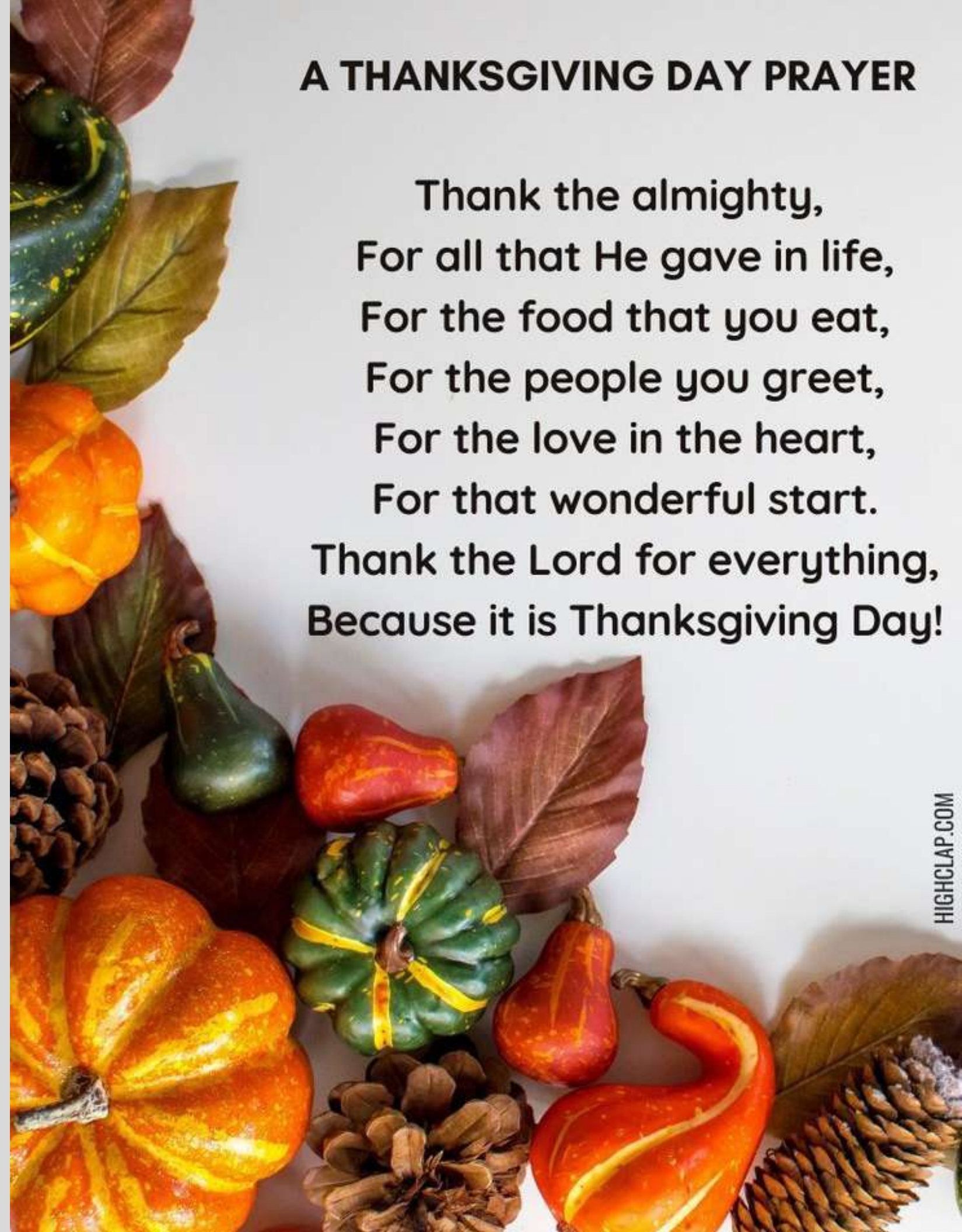
This month's culinary corner starts out by sharing the start of our new fall and winter menu cycle in which our residents will enjoy comfort foods and hot dishes paring with many delicious desserts! During the fall and winter months one of my favorite soups to make is creamy chicken wild rice. I will share with you my recipe for making chicken wild rice soup.

I start out by roasting chicken thighs, boneless and skinless; I dice those and place to the side for a minute saving any stock coming from the roasted chicken. Next, I dice onion, celery, carrots and place them in a stock pot with butter and sautee until tender. I pour any chicken stock from the roasted chicken thighs into a stock pot also adding more chicken stock and heavy cream to taste. Next, I boil a good quality wild rice in a separate pot until tender. I drain and rinse the rice and add it to the stock with cream, vegetables and chicken stock. I now will add the diced chicken and I will season the soup with salt, pepper, fresh parsley, onion powder and a touch of granulated garlic. All seasonings are done to taste so there is no right or wrong amount it is about person preference. I let the soup cook on a low heat for aprox. 1 hour and then I thicken the soup using roux, which is melted butter and flour mixed together, and as a tip avoid using a very thick roux as it could cause you to have roux chunks in the soup. I would keep it a caramel consistency . Remove from heat and taste to make sure if more salt is needed. Enjoy!!

Culinary Director
Joe Schaible

A THANKSGIVING DAY PRAYER

Thank the almighty,
For all that He gave in life,
For the food that you eat,
For the people you greet,
For the love in the heart,
For that wonderful start.
Thank the Lord for everything,
Because it is Thanksgiving Day!



NOVEMBER 11TH

YOUR BRAVERY WILL NEVER
BE FORGOTTEN



JERRY SMITH- ARMY
TOM KOSKI- US COAST GUARD
PAUL TORGERSON- ARMY
DON LUNDELL-ARMY
DEL LIESTMAN-ARMY
BUD TERPSTRA- ARMY NATIONAL GUARDS
ARVIN KRAUSE- 8TH ARMY MEDICS
RICHARD WERGIN-ARMY
JACK HOSS- NAVY
VERNON BELAIR- ARMY



From your Executive Director



"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow." ~ by Melody Beattie

November Reflections

November has always been one of my favorite months of the year. It marks the start of the holiday season—a time for gathering with friends and family.

When I was a young girl, we would celebrate Thanksgiving with my mom's side of the family at our big "Daly" feast. The women spent the day preparing and cooking the meal, while the men were in charge of entertaining the kids. That usually meant a spirited game of tackle football outside during halftime. After dinner and the inevitable round of kitchen cleanup, we'd play quarters—still one of my favorite games to this day.

When it was time to eat, my grandpa would say grace and bless the food and our family. Then, with a mischievous grin, he'd flick a spoonful of water at one of us kids—a tradition I'm sure my grandmother could have done without!

Now that I'm a grown-up with a family of my own, I love creating new traditions. One of our favorites is our Gratitude Jar. Each night in November, we write down one thing we're thankful for and place it in the jar. On Thanksgiving, we take turns reading each gratitude aloud.

Starting the holiday season with hearts full of peace and gratitude is truly one of my greatest blessings.



Star resident of the month

Paul was nominated for our Star Resident of the Month for November! Paul grew up in Fergus Falls, MN. Paul enlisted in the United States Army out of high school, he then spent his career years as a farmer.

Paul married his soul mate Marie in 1954. Together they raised 6 beautiful children.

Later in life Paul and Marie moved to Princeton, MN to help raise their grandchildren. Paul continued his farming career working at a local farm, helping with fieldwork.

He stated, "Farming was his full-time job and hobby!"

Some of Paul's current pass times are spending time with his children, reading the newspaper, spending time outdoors whenever the weather allows him, and watching the Minnesota Twins and Vikings!

Something we may not know about Paul; he loved to sing, and he was a member of his Church choir!

We are so blessed to have Paul as a member of our Sterling Pointe family.



Employee of the month

**Sterling Pointe's November 2025 Employee of the
Month**

Congratulations to Karla Jilk!

We're proud to recognize Karla Jilk as our Employee of the Month for November 2025. Karla's dedication, positive attitude, and commitment to excellence makes her an amazing employee. Her hard work and team spirit truly embody what it means to go above and beyond for our community! She's always picking up extra shifts and providing excellent care to our residents.

Thank you, Karla, for all that you do — we're lucky to have you be a part of our Sterling Pointe family!