



Sterling Pointe
SENIOR LIVING
A Lifespark Community

Community Newsletter

Sterling Pointe Senior Living
January 2026



Sterling Pointe
SENIOR LIVING
A Lifespark Community



Enriching the lives of those we serve

Age Magnificently



Resident Birthdays

1/4- Dave A.
1/12 Jeannette C.
1/17 Kay A.
1/30 Donna L.

Staff Birthdays

1/15 Aaron H.
1/26 Shay F.
1/20 Peyton B.

Staff Anniversaries

1/31/23 Ashlynn H.
1/23/24 Brenda B.
1/29/24 Karen R.
1/29/24 Catelyn A.



*January
Word Search*

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

SNOW	SLED	COAT	FROSTY
COLD	SCARF	FIREPLACE	EARMUFFS
MITTENS	BLANKET	BLIZZARD	PENGUIN

New Year, New Look!
Sterling Image By Jennifer is
conveniently located on site!

10% Discount for all seniors and
Sterling Pointe Employees!

Sterling Image By Jennifer

Price List

Shampoo 12
Haircut 25
Shampoo & cut/style 30
Shampoo, cut, & style 35
Hair treatments 30
Brazilian blowout 150
Color 65
Highlights 100
Color & foil 120
Perm 85
Wax 15

** Extra charge for long or thick hair*
** 10% off for seniors*

Open Thursday,
Friday, Saturday,
and Sunday

JENNIFER STENSETH
763 656 8088



Spiritual Corner

As we stand at the beginning of a brand new year, I want to extend heartfelt greetings to each of you. The turning of the calendar is more than just a change of date—it's an opportunity to reflect, renew, and look forward with hope. Whether the past year has brought you joy, challenges, or a mix of both, together we now face the promise of new beginnings.

One of the greatest gifts here at our assisted living community is the sense of belonging we share. As we welcome 2026, I encourage you to reach out, connect, and support one another. Whether it's joining in group activities, sharing a story at meal times, or simply offering a smile in the hallway, small gestures can brighten someone's day and remind us all that we are never alone.

My prayer for you this year is that you find peace, joy, and renewed purpose. May you feel surrounded by love and cared for in body, mind, and spirit. Remember, each day is a gift—an opportunity for gratitude, growth, and grace. If you ever need someone to talk to or a listening ear, my door is always open.

With love and blessings,

Chaplain Jean



From your Executive Director



Hello and Welcome 2026!

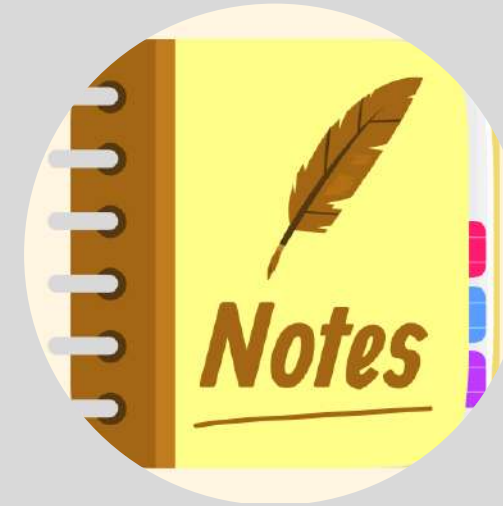
It's always exciting to start another year, fresh, and ready to make it an amazing time.

I would like to start the New Year with a couple of reminders

- If you have garbage that needs to be picked up from your apartment, please put your trash tag on your door and your caregiver will pick it up from inside the apartment. Please do not put it outside of your apartment door.**
- Your Emergency Pendant is ONLY for emergencies. Please do not push your pendant for your services that you receive like medications, dressing, bathing, etc. It is only to be used if you have fallen, if you are not feeling steady on your feet and need help, or if there is something wrong in your apartment. If you have a question, please call the front desk 763-389-8655 and you can speak to the staff member that answers the phone.**

Have a very happy new year!

Katie Rinehimer



Resident Council

- Resident council meeting agenda and minutes**
- Date: December 1st, 2025**
- Community: Sterling Pointe**
- Elected representative: Kelly Olson**
- Residents in attendance- 9**
- Items Discussed:**
 - Happy hour donation jar**
 - Adding more movies to the activity schedule**
 - Outing ideas**
 - Puzzle challenge**

Please join us!

For Family Council

Family Council is a time for families of our residents to come together and meet to discuss how things are going, offer support to one another, and most importantly get to know each other.

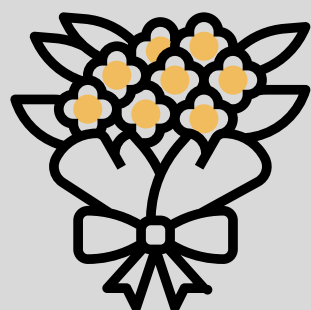
Family Council is run by the families, if you would like a member of the Leadership team to be present, please let our Executive Director or Community Life Director Know.

Sterling Pointe will reserve The Great Room two times a year for Family Council. The dates for 2026 are listed below.

March 14th 1:00-2:00pm

August 15th 1:00-2:00pm

With Gratitude: Katie Rinehimer and Kelly Olson



Star resident of the month

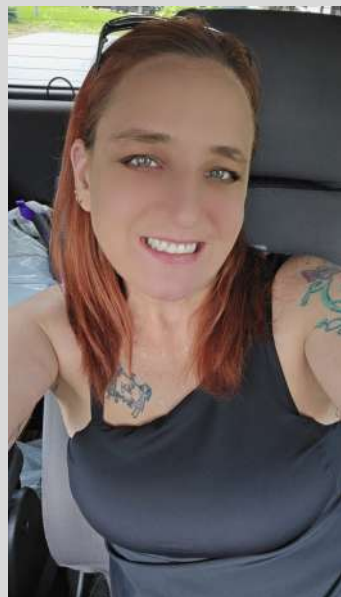
Thomas Koskie

Tom was nominated for our Star Resident for the month of January! Tom grew up in Robbinsdale, MN. He spent 4 years serving our country in the United States Coast Guard. After the Coast Guard he proceeded with his career managing communications for Northwestern Bell. Tom was blessed with his beautiful daughter Jenny and two grandchildren.

Some of his simple daily pleasures are spending time with his family and spending his days with his favorite furry companion Herbie (his cat).

He loves cheering on the Minnesota Vikings and talking about anything sports related! Tom can turn any ordinary moment into a memory worth keeping! His charm and cheerful smile brightens our hallways daily!

We are so blessed to have Tom as a part of our Sterling Pointe family!



Employee of the month

Sterling Pointe is proud to recognize Rachel Rubin as our January 2026 Employee of the Month. This honor reflects Rachel's consistent dedication, positive attitude, and the exceptional care she brings to her role every day.

Rachel is known for her reliability, professionalism, and willingness to go above and beyond for both residents and co-workers. She approaches each day with kindness, patience, and a strong work ethic that does not go unnoticed. Whether supporting her team, assisting residents, or handling responsibilities with care and attention to detail, Rachel exemplifies the values that make Sterling Pointe a special place.

Her contributions have had a meaningful impact on our community, helping to create a welcoming and supportive environment for everyone.

Rachel's commitment to excellence sets a wonderful example and inspires those around her to do their very best.

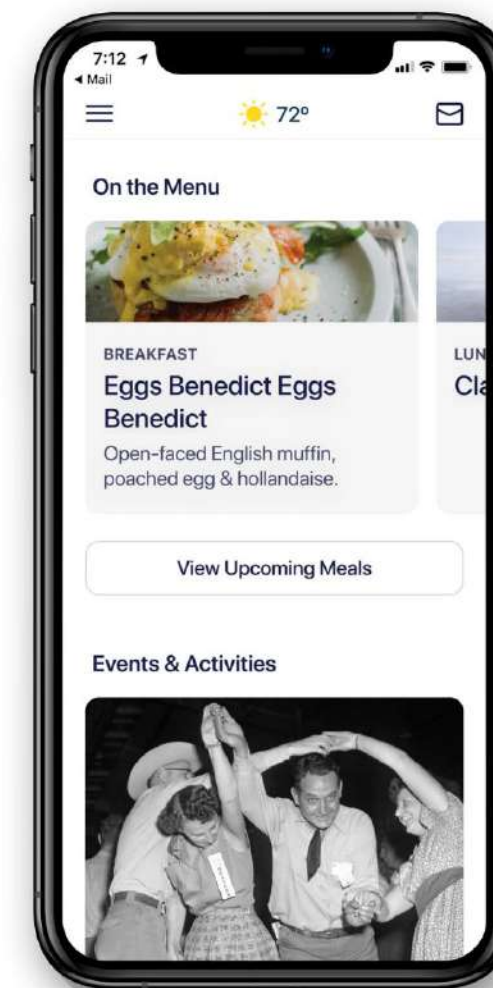
Thank you, Rachel, for your hard work, dedication, and the positive energy you bring to Sterling Pointe. We are truly grateful for everything you do, and we are proud to celebrate you as our January 2026 Employee of the Month.

Congratulations on this well-deserved recognition!



Download the new mobile app for Sterling Pointe Senior Living

- ◆ View upcoming activities and events
- ◆ See what's on the menu each day
- ◆ Access common resources
- ◆ View and share community photos
- ◆ Receive emergency alerts & updates
- ◆ Check the local weather in Princeton, MN



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<https://get.quiltt.com/org/FMOJX>

Enter code FMOJX after opening the Quiltt app for the first time.

