



Sterling Pointe
SENIOR LIVING
A Lifespark Community

Community Newsletter

Sterling Pointe Senior Living
February 2026



Sterling Pointe
SENIOR LIVING
A Lifespark Community



Enriching the lives of those we serve

Age Magnificently



FEBRUARY WORD SEARCH



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

Residents Birthdays

02/26- Grace Cutler

Staff Birthdays

02/05-Brittney S.
 02/09-Heidi S.
 02/18-Tami S.
 02/24-Emily C.

Staff Anniversaries

02/03/23-Elizabeth K.
 02/12/24- Karla J.
 02/19/24-Avery G.



Candy
 Card
 Cold
 Cupid
 Flowers
 Friends
 Groundhog

Heart
 Pink
 Red
 Scarf
 Shadow
 Valentine
 Winter

Sparks Corner

We all share living in the community of Sterling Pointe. We have all went through starting over. We come with life experiences and medical needs.

We have full time and part time staff to serve and care for us, with patience and good will.

Kelly puts together each month a calendar we receive that shows us what is happening that day. What we need to do is give it our attention. We all have our own personal interests, for me and others it is the Sparks Challenge. Dr. Bill is right to point out the benefits of increasing our strengths physically, and we need to work on balance to prevent falls. The most important thing, is being able to do simple tasks in caring for ourselves.

What we need is your participation, cheering and encouragement together we share the spirit of purpose and belonging!

P.s. we also help strengthen in our exercising class at 10:30am and walking the halls.

From your, Captain Jackie



Spiritual Corner

A Valentine's Day Message from the Chaplain

Valentines often arrives wrapped in red and pink—a swirl of hearts, chocolates, and memories. But at its core, Valentine's Day is about something much deeper and more enduring: love in all the forms it takes throughout a lifetime.

Here in our assisted living community, we see love expressed every day in the quiet, steady ways that matter most. We see it in family members who call just to check in, in friends who pull up chairs next to each other at meals, in staff who offer kindness through a gentle reminder or a warm cup of coffee, and in residents who share stories that help us understand who they are and where they've been.

As your chaplain, it is my honor to witness the love within this community—love expressed through resilience, tenderness, humor, and shared humanity. May this Valentine's Day remind us that love does not diminish with time; it grows richer, deeper, and more meaningful.

With gratitude and blessing,

Chaplain Jean



From your Executive Director



“In February, nature reminds us that even in the coldest moments, beauty can still flourish.” ~ Gabriela Aleman

We are entering the second month of the year, and it is filled with some of my favorite holidays to celebrate, and this year they are landing on my wedding anniversary, so even more reason to celebrate them. Of course, we are all anxiously awaiting February 2nd to see if Punxsutawney Phil will see his shadow or not. My hope is that he predicts winter will come to an early end this year, as I am writing this it is currently -12 degrees. After Groundhogs Day we move into celebrating all things to do with Love. When my sister and I were younger, and single, we used to call Valentine’s Day all sorts of sad and depressing names. Now for the single ladies they have turned it into Galentine’s Day. A day to celebrate your friendships, just the girls. After celebrating all the love in the air, we get to have a big ol’ Mardi Gras or “Fat Tuesday” party on the 17th. Also on the 17th is the start of the Lunar New Year celebrated in Chinese culture. 2026 is the year of the Horse. February is also Black History Month and Presidents Day, where we can remember those that have made a difference and contributed so much to shaping our nation. Yeah, for February breaking up the long winter and giving us so much to celebrate.

Lastly, I wanted to share that this month we will be reviewing our Emergency Preparedness Plans at the Resident Council Meeting so please mark that on your calendar and join us.

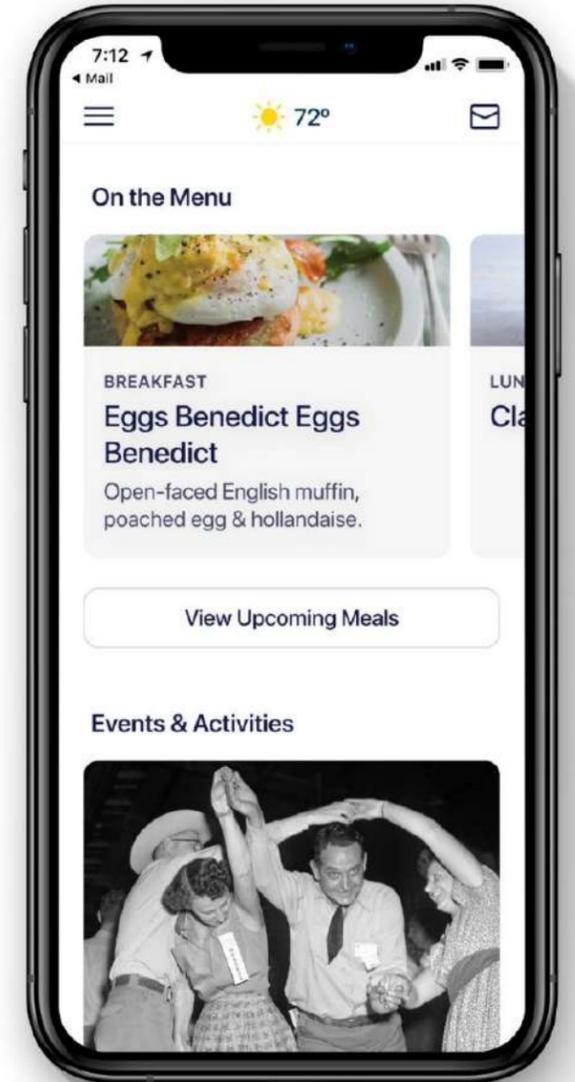
With Gratitude,

Katie Rinehimer, Executive Director



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

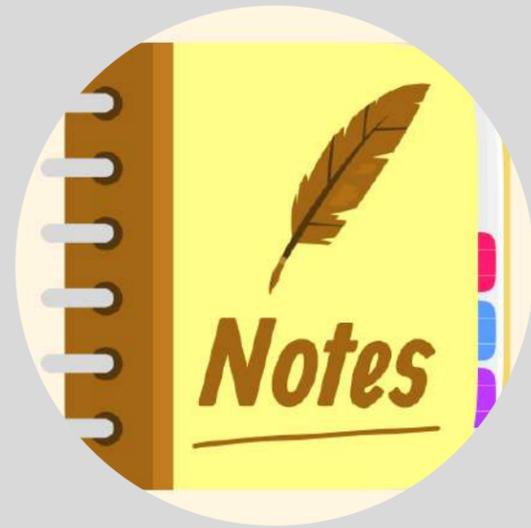


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Resident Council **Notes**

- Resident council meeting agenda and minutes
- Date: January 7th, 2026
- Time: 1:35pm-2:27pm
- Community: Sterling Pointe
- Elected Representative: Kelly O. & Brenda B.
- Residents in attendance- 9
- Items Discussed:
 - Having staff & residents wear masks when sick
 - Adding more vegetables, pickles and onion rings for happy hour
 - Not using the patio door when activities are in session
 - Discussed garden beds
 - Picking up after pets
 - Having more movies on the calendar
 - Discussed outings
 - Bringing in the art center
 - Bingo prizes
 - Discussed about drinks at happy hour



Star Resident **Jo Furman**

Congratulations, Jo Furman! Your warmth, kindness and gentle spirit brighten every day for those around you!

Jo spent 61 beautiful years married to her husband Gary, together they raised 4 wonderful children in Princeton, MN. She was then blessed with 7 grandchildren and 1 great grandchild. Jo spent her career years working as a bookkeeper and a certified public accountant!

Some of her favorite past times include spending time with her family and friends, cheering on her favorite football team (MN Vikings) always keeping a steady supply of potato chips close by- because snacks make the victories even sweeter! But something you may not know about Jo is that she used to love cross-country skiing, proving she's just as adventurous as she is fun-loving! We are so blessed to have Jo as a member of our Sterling Pointe family!



Employee of the month

We are excited to announce that Karen Ruschmeier has been selected as our February Employee of the Month!

Karen consistently demonstrates dedication, professionalism, and a positive attitude that makes a meaningful impact on both her team and the organization. Her hard work and commitment do not go unnoticed, and this recognition is well deserved. She truly goes above and beyond for not only the residents but also her fellow co-workers!

Please join us in congratulating Karen and thanking her for her outstanding contributions. We are grateful to have her as part of our team!

Congratulations, Karen!



Culinary Corner

Hello,

In this month's culinary corner, I would like to talk about food safety. When we cook at home sometimes, we make food and leave it on the kitchen counter to cool, and we all have done that. When we use this technique, we leave that prepared food in the danger zone, such as soups and stews and items that can retain heat and temperature for long periods of time. Between 130F and 40F is what is considered the danger zone, and we should quickly cool our foods to 40F by making sure we put items under refrigeration after preparing and using shallow containers for storage in refrigerator and venting container to allow heat to escape during cooling process. Having a good thermometer is a great practice even when we cook at home. Following these simple practices can really cut down on the chance of foodborne illness. Until next month, happy cooking!!

Chef Joe!