



Community Newsletter

Sterling Pointe Senior Living
March 2026



Enriching the lives of those we serve

Age Magnificently



Residents Birthdays

03/05-Lester Gregory
 03/08-Barb Wicktor
 03/21-Ellena Reynolds
 03/28-Lorraine Clarin

Staff Birthdays

03/07-Jacquelyn W.
 03/15-Abby S.
 03/15-Hallie S.
 03/23-Elizabeth B.
 03/27-Amy W.

Staff Anniversarys

03/04/24-Jennifer A.
 03/27/25-Adison M.

ST. PATRICK'S DAY WORD SEARCH

c	i	r	e	l	a	n	d	s	i	p
j	s	w	e	u	m	a	r	c	h	t
p	f	p	a	c	u	h	s	d	a	r
f	a	o	i	k	a	c	p	s	r	a
a	o	t	u	y	h	e	a	h	t	i
l	e	p	r	r	e	c	h	a	u	n
u	m	a	a	i	t	r	r	m	w	b
i	e	r	r	o	c	e	s	r	x	o
r	r	a	s	d	l	k	p	o	t	w
i	a	d	g	g	o	l	d	c	h	n
s	l	e	a	r	v	l	l	k	t	d
h	d	s	c	h	e	s	a	i	n	t
k	w	e	e	r	r	e	f	r	i	e
h	c	g	o	h	o	l	n	t	f	k

Irish
 Emerald
 Clover
 Lucky'
 Ireland

Parade
 Leprechaun
 Patrick
 Gold
 Rainbow

Pot
 Shamrock
 Green
 Saint
 March

Sterling Pointe 2026 Royalty Court



King: Dave Ahner

Queen: Ardy Freichels

Prince: Henry Sager

Princess: Shirley Anderson



Spiritual Corner

Welcoming the First Signs of Spring

As winter begins to loosen its grip, we start to notice small but meaningful changes—the sun lingering a bit longer, the birds finding their voices again, and the quiet promise of warmth returning. These early signs remind us that even the longest season eventually gives way to new life.

As spring approaches, we're reminded that renewal is always possible. Hope grows in the smallest moments: a patch of grass emerging, a brighter evening sky, a gentle breeze through an open window.

As your chaplain, it is a blessing to walk with you through every season. Whether you are entering spring with joy or with questions, please know you are not alone. May the coming days bring you peace, light, and a renewed sense of hope.

With gentle blessings, Chaplain Jean



From your Executive Director



“May your trouble be less, and your blessings be more, and nothing but happiness come through your door.”

I count my blessings every day, and each one of you is a part of the blessings in my life. My heart is filled with joy every day I am here, seeing the friendships, love, and support being shared with everyone from our wonderful residents to each person that walks through our doors. Not to mention how proud I am of the team we have at Sterling Pointe!

Some reminders as we come into the hardest part of the winter, as it turns into spring, please be careful as the weather changes from warm to cold there will be melt and refreeze. We will do our very best to help keep the sidewalk and parking lot as safe as we can, just remain aware.

I also wanted to invite those of you that are interested in the updates being made to the community to come to the March Resident Council.

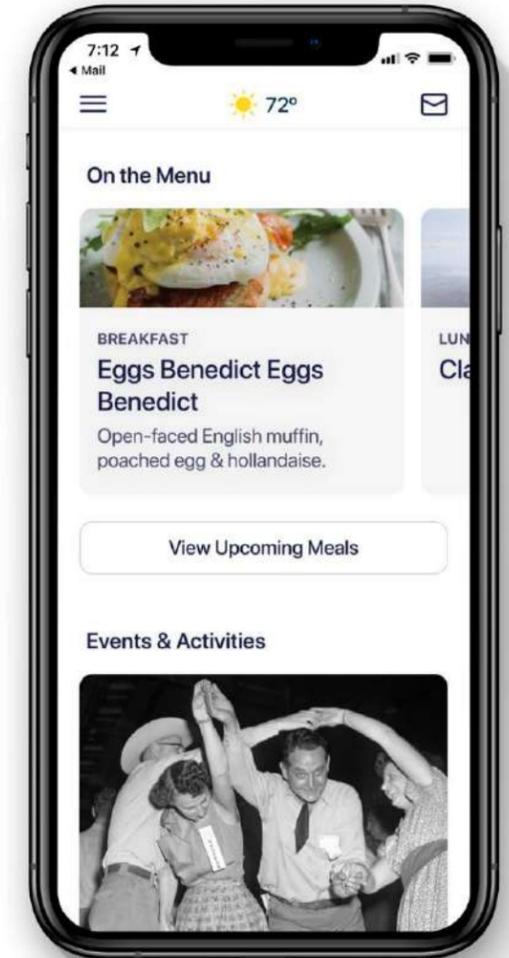
With Gratitude,

Katie Rinehimer



**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

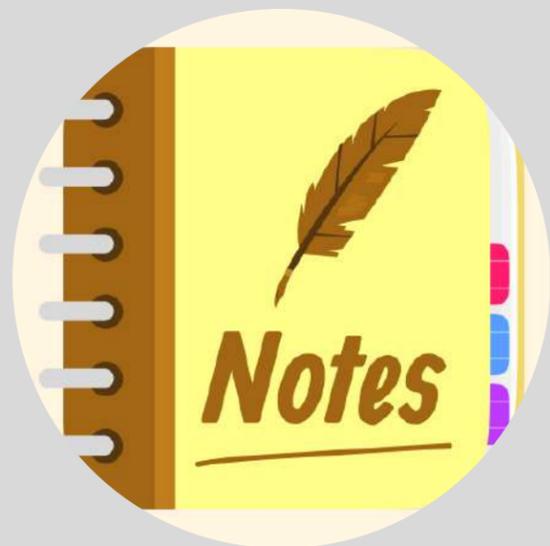


Access Quiltt for iOS, Android, or desktop

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

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





Resident Council **Notes**

- Resident council meeting agenda and minutes
- Date: February 4th, 2026
- Time: 1:30pm-2:35pm
- Community: Sterling Pointe
- Elected Representatives: Kelly and Brenda
- Residents in attendance: 7
- Items Discussed:
 - Meeting requested for serious garden planters
 - Residents want to be able to give ideas and feedback about purchases for the building (furniture, paint, etc.)
 - Request for a magnetic net for the patio door
 - More wood working projects in men's group
 - Outings: Norms garden center, shipwreck, Refuge in the spring, Amish store, Green Barn
 - Request for the snowcone truck to come this summer
 - Picnics outside
 - More bingo
 - More ice cream socials
 - More accordian music



Star Resident **Don Lundell**

Congratulations Don!

Don joined the Army as a Medic out of high school, he was stationed in Germany. He met his beautiful wife there and together they had 3 boys! Don spent his career years working in the Metropolitan area in printing!

Some of Dons favorite past times include spending time with his family, and joining in on all the activities at Sterling Pointe. He is a dedicated member of our Sparks Team, and is always making the team laugh with his lively personality, his jokes, and he is also known for enjoying a good glass of Brandy!

Don has a way of brightening the room and reminding us not to take life too seriously. We are so lucky to have his laughter and positive spirit in our community!



Employee of the month

We are pleased to formally announce that Amy White Mountain has been selected as Employee of the Month for March 2026.

This recognition reflects Amy's outstanding professionalism, consistent dedication, and meaningful contributions to our organization. She has demonstrated a strong commitment to excellence, reliability in her responsibilities, and exceptional team work.

Amy's work ethic and attention to detail exemplify the standards we strive to uphold as a team. Her efforts have not gone unnoticed, and this honor is well deserved.

Please join us in congratulating Amy White Mountain on this achievement and thanking her for her continued commitment and exceptional performance.



Culinary Corner

In this month's culinary corner, I would like to talk about different cooking backgrounds from around the world. Recently I started seeing Facebook reels showing cooking in India and how they cook selling food from many different vendors on the streets. I began to study the fresh ingredients and spices that are used in many of their dishes. As I watched more and more of the videos, it had me wondering and wanting to try some of these dishes. I began my search in Minnesota to find a restaurant that prepared authentic dishes from India and I found one in Arden Hills called Namaste. I asked my wife if she was up to trying something new, and after telling her what I wanted to try she was a little apprehensive but agreed to try it. We sat down and looked at the menu and didn't have much idea of an idea on what to order or what we were ordering. There was a little bit of a language barrier between us and our server, but we proceeded to order curry chicken and chicken tikka masala, we also ordered onion naan bread. The food came out and we started to eat and both of us said to each other wow! This is amazing, it was so good and full of different flavors and that naan bread was just over the top good!! After eating we decided to get dessert. We ordered these little fried donut-like balls soaked in a sweet syrup served warm, and we also ordered a hot cup of chai tea that helped cool down all the spices we had eaten with our dishes. I recommend trying food from India you won't be disappointed. Until next time!

Chef Joe