



# Community Newsletter

**Sterling Pointe Senior Living  
April 2026**



**Enriching the lives of those we serve**

*Age Magnificently*



## Resident Birthdays

04/28 Carol J.

## Staff Birthdays

04/09 Kristy R.

04/10 Paige S.

04/11 Jill U.

04/13 Tori S.

04/14 Karen R.

04/18 Elizabeth R.

## Staff Anniversaries

04/29/14 Shay F.

04/26/23 Peyton B.

04/12/25 Kathleen B.

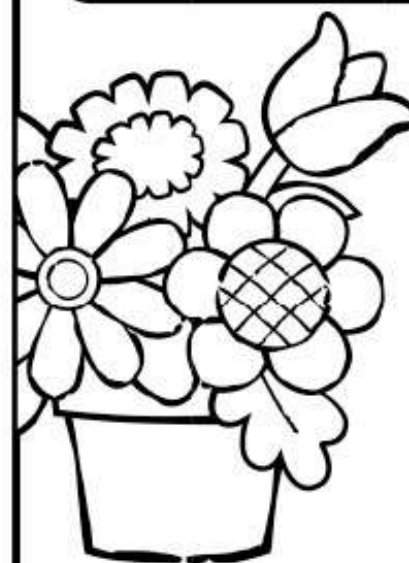
Name: \_\_\_\_\_

# SPRING Word Search



Can you find the words in the word search below? They can be horizontal or vertical, and forward or backward.

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



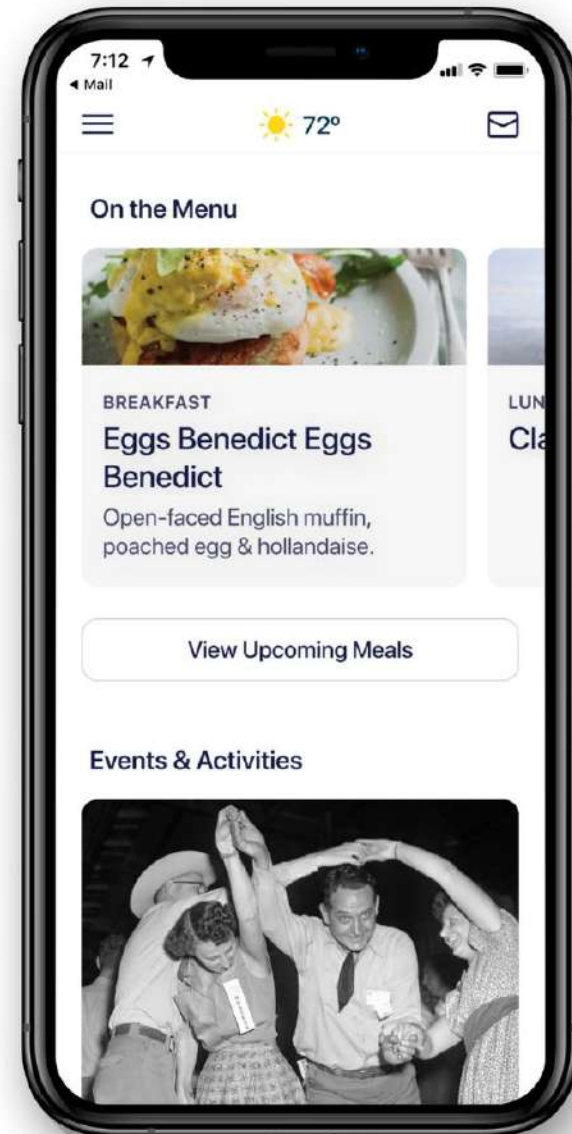
March  
Easter  
flower  
rainbow  
hatch  
eggs

puddle  
butterfly  
picnic  
daisy  
rabbit  
umbrella

bloom  
garden  
tulip  
April  
breeze  
sunshine

## 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.



## Spiritual Corner

### A Message About Gratitude From the Chaplain

**As we journey together through the seasons of life here at our assisted living community, I am continually reminded of the quiet strength and beauty that gratitude brings into our lives. Gratitude is more than just a polite “thank you” or a fleeting feeling—it’s a daily practice that has the power to transform how we see ourselves, each other, and the world around us.**

**Embracing gratitude doesn’t mean our days will be free from challenges or sadness. Rather, it gives us a way to carry hope and peace in our hearts, even during difficult times. When we focus on what we have instead of what we lack, we open our hearts to joy and foster deeper connections with those around us.**

**I encourage you to take a moment each day—perhaps during a quiet walk or a peaceful moment in your room—to reflect on something you are thankful for. It may be as small as a favorite book or as meaningful as a visit from a dear friend. In sharing our gratitude, whether aloud or in silence, we uplift not only ourselves but our entire community.**

**With gratitude and blessing,**

**Chaplain Jean**



**From your Executive  
Director**



I am sure I am like most Minnesotans this time of the year when you can't wait for the weather to warm to 50, the strongest spring flowers start peeking through the snow, and our days continue to get longer. My grandfather, who was a farmer in southeastern Minnesota, would say that spring won't come till it snows three times on the Robins head. As I sit writing this, we have had two snows since I have seen the first Robins of spring. I hope that he is correct, and according to my memories, he usually is when it comes to matters of nature.

We will move the outdoor furniture out and freshen up our outdoor spaces once we have had several days of consistent good weather. Flowers will not be planted in the community planters out in front of the building until the week after Mother's Day.

I would like to invite everyone to come to the resident council in April. We will be reviewing our Emergency Preparedness Process at this meeting. We will also be giving each resident a "Welcome Home" binder that is filled with important information for you, along with the Emergency Preparedness information that you will need to know. Please stop by the front desk and let Dani know if you plan to attend the meeting so that we can have the room set up to accommodate everyone that joins.

With Gratitude,

Katie Rinehimer, Executive Director

**Join us for some fun!**

**National Caramel Popcorn Day  
April 6th!**

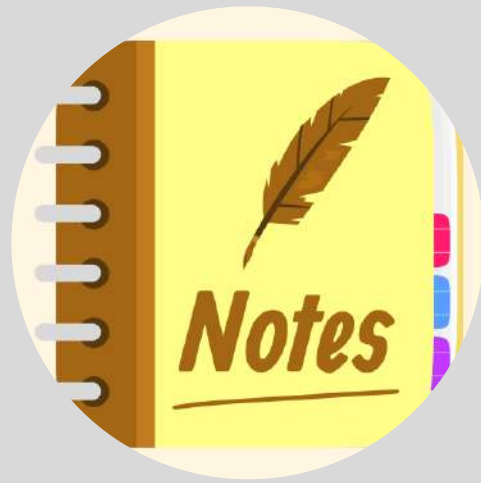


**National Pajama Day  
April 16th**



**Earth Day Outside Clean-up & National  
Jellybean Day!  
April 22nd**





## **Resident Council**

- Resident council meeting agenda and minutes
- Date: March 4th, 2026
- Community: Sterling Pointe
- Elected representative: Kelly & Katie
- Items Discussed:
- February Follow-ups
- Vaccination clinic for covid shots
- Podiatry day
- Next month we will discuss fire drills, tornado drills and safety
- Upcoming projects and repairs to the Great Room
- Adding speed bumps to the outside parking lot
- Flower beds- drawing names for the beds on which resident receives what bed
- Letting the residents know when another resident in the facility passes away
- Hosting a scam and fraud community event
- Ice cream truck this summer



## **Culinary Corner**

Hello,

In this month's culinary corner, I would like to talk about the upcoming menu cycle change for Sterling Pointe. We will be switching from our fall/winter menu and we will be diving into our new spring/summer menu. Which we will be doing quite a bit of grilling outside and introducing some new flavorful salads for those really hot days when our bodies really prefer something lighter for a meal. We will also be changing our always available menu to compliment warmer days. I am also looking forward to getting outside with some of the residents in the men's group building bird house and flower boxes with them as we did last year. Happy spring!!

Chef Joe Schaible



## **Star resident of the month**

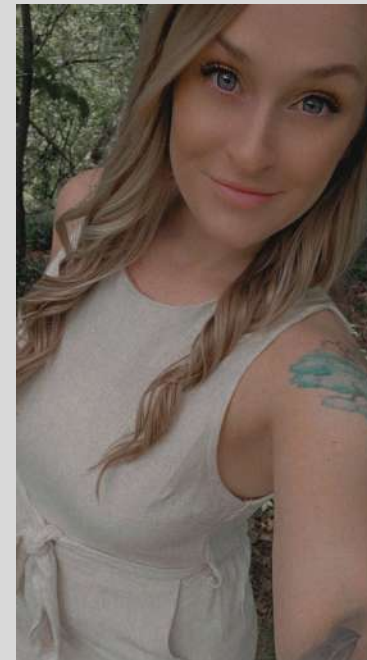
**Grace Cutler**

**Grace was nominated for our April Star Resident! Grace joined our community in October of 2025, she has become a big part of our Sterling Pointe community. She is always bringing positivity, kindness and support to those around her!**

**Grace spent her career years as a homemaker, married to her husband David, and raising their two sons. When they grew up, she went to work at Medtronic in Milaca for around 13 ½ years. She has three grandsons and one great grandchild.**

**Some of her daily pleasures include taking daily walks, reading a good novel, and spending time with her friends and family. She has become a very active member of our Sparks team and has brought strength and determination to our team. She truly shines in everything she does!**

**We are so blessed to have Grace as a member of our Sterling Pointe family!**



## **Employee of the month**

**We are proud to recognize Cassie Fradette as Sterling Pointe's Employee of the Month for April 2026.**

**Cassie's, dedication, compassion, and commitment to excellence do not go unnoticed. The care and kindness she shows each day make a meaningful difference in the lives of our residents, their families, and her fellow team members. She consistently goes above and beyond, and her positive attitude helps create the warm and welcoming environment that defines Sterling Pointe!**

**Thank you for the hard work, reliability, and heart you bring to your role. Your contributions are truly valued, and this recognition is well deserved.**

**Congratulations, Cassie, and thank you for everything you do!**