

June 2026

Sterling Pointe

Community Newsletter



Happy Birthday

Residents:

06/07-LaVonne S.

06/07- Marsha H.

06/29-Ruth J.

Staff:

06/13- Jake B.

06/20-Dani G.

Staff Anniversary's

06/07/16-Barb A.

06/18/20-Jake B.

06/28/23-Brittney S.

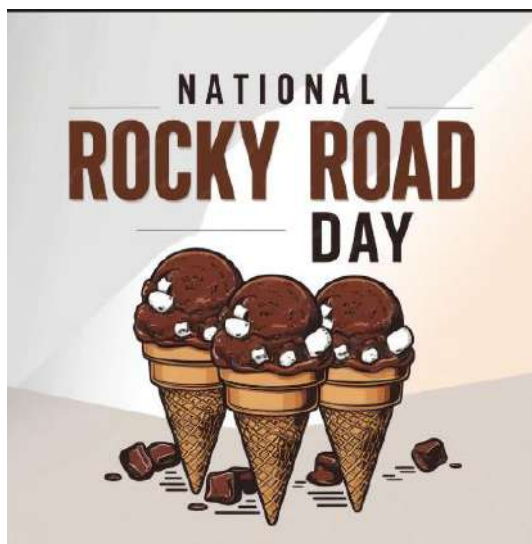
06/06/24-Tina S.

06/18/24-Bella S.

06/05/25-Myranda R.

JUNE NATIONAL DAYS!

National Rocky Road Ice Cream!
June 2nd- Join us in the Great Room for Riddles and Rocky Road!



National Picnic Day!
June 18th



Star Resident

Shirley A.

Shirley was nominated for our June Star Resident! Shirley spent her career years running her own in-home daycare, while taking care of her 4 children. Once her children were grown, she became a Para for the Zimmerman school.

Shirley is fun, witty, and full of personality, she has a way of lighting up every room she goes into. Whether she's sharing a clever comment, or a quick smile, she brings laughter all around her!

Some of her favorite pastimes are visiting with her family, enjoying a game of bingo, or diving into a good book. When the weather is nice, you'll often find her outside, enjoying the fresh air and simple joys of the day.

This year, Shirley was crowned Sterling Pointe's princess! We are so blessed to have Shirley as a member of our Sterling Pointe family!



Employee of the Month

Jake Brackenbury

Congratulations to Jake Brackenbury on being named Sterling Pointe Senior Living's June Employee of the Month! As the Maintenance Director, Jake goes above and beyond each day to keep the community running smoothly and ensure residents feel safe, comfortable, and cared for. His hard work, reliability, and willingness to help wherever needed make a lasting impact on both residents and staff. Thank you, Jake, for your dedication and all you do for the Sterling Pointe team — this recognition is well deserved!



From your Executive Director

Here, Comes, Sunshine!!!! Yeah, Summer is finally here. Gardens and flowers are planted, everyone is soaking in the warm rays of the sun, grilling on the BBQ, and enjoying the slower days filled with outdoor fun.

Happy Father's Day to all the Dads! I hope your day is just the way you want it.

Each June our community holds a mandatory meeting for all the staff that work at Sterling Pointe. These meeting days are busy days, but they are necessary, so our staff stay up to date on their training. We will be holding these meetings in the Great Room on June 23rd from 8am – 1pm, June 24th from 12pm -5pm, and June 25th from 2pm – 7pm. This will not affect the support that you have normally there will just be more people in the community during those times.

I would also like to ask ANYONE who smokes or has guests that smoke to please not toss cigarettes out of your windows or just drop them in the parking lot. This makes Sterling Pointe look dirty. If we continue to find cigarette butts everywhere we will move to not allowing smoking on the property at all. Thank you for your help in getting this message to those that are currently doing this.

Lastly, a gentle reminder about your pendants. Your pendants are for emergencies only; they are not to be used as a call light. If you are pushing your pendant for a service that you already have scheduled, or for services you do not have scheduled, you can be charged extra. If you have a question or would like to speak to one of the aides, please call the main number for Sterling Pointe, it is answered 24 hours a day. That number is 763.389.8655 anyone who answers the call can help you.

Spiritual Message

From Chaplain Jean

A Message About Serenity from the Chaplain!

There is a kind of peace that doesn't depend on silence, perfect days, or everything going the way we hoped. Scripture calls it "the peace that passes understanding" — a peace that settles into the heart even when life feels uncertain or full of change. I have learned that serenity is not the absence of trouble; it is the presence of God in the midst of it.

Many of you have lived long enough to know that life rarely unfolds neatly. You've weathered losses, transitions, and seasons of waiting. And yet, again and again, serenity has found you — sometimes in a hymn that stirs a memory, sometimes in a nurse's kindness, sometimes in the quiet courage you didn't know you still had.

My prayer for you this month is simple:

May serenity meet you in unexpected places.

May it steady your heart. May it remind you that God is near — in every hallway, every conversation, every moment of your day.

And may you feel, deep in your spirit, the gentle truth that you are loved,

you are watched over, and you are never alone.

With gratitude and blessing,

Chaplain Jean

Culinary Corner

From Chef Joe

Hello,

In this month's culinary corner, I would like to talk about food prices and ways we can save money on our food bill each month as the price of food continues to become more expensive. One of the things I like to do is find the deals that the grocery store gets and pass that on to us the consumer. I will plan meals on those food items looking for whole foods such as potatoes, vegetables, and meats. I will buy in bulk also to save; I will make a meal of those items that will last for days in my home maximizing the food I purchased. I will make large batches of soup, hotdish, lasagna, and different meals that will last in my household for days. Sometimes I will make large batches of food and freeze half for a later date. Some restaurants offer great deals and it's cheaper to go out to eat, such as some of the buffets in Princeton and Elk River. Eating in the summer can cost less as well, we tend to eat lighter as the temperatures get hot such as salad and fresh fruit. If you combine all these together you can save a lot of money over the summer to spend fun summer activities instead. Until next month, happy spring and summer!!



Resident Council

Residents in attendance: 10

Date: May 6th, 2026

Items Discussed:

- Marketing presentation on resident ambassador program
- Entertainment
- Outings in the fall
- Garden beds
- Requested more bingo
- Garage/storage clarification

