

Sterling Press

July 2015

Outside Events in July!

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July 10th

The St Cloud Antique Auto Club will be here to join us for a fun filled Car Show! There will be several old cars and their owners. If the show was not enough we are also enjoying a BBQ Picnic Outside the day of the Event! This will be held in the back parking lot of Sterling Park. Come join us for an afternoon of fun in the sun! Invite your friends and family to join in the fun as well!



one who would like to look at moving into the apartments. Invite your friends and family for this fun filled event. Show up to eat great food and enjoy the festivities from 11AM Until 2:00 PM.



July 17th

Sterling park Senior Living Campus will be hosting an open house. Featuring a chicken feed. We will be having the event outside in the back parking lot with various things to do including yard games an outside picnic of roasted chicken, and tours of Sterling park Commons and Park Gardens for any



Enjoy Photos of our trip to the Twins game last month. We enjoyed watching Mauer hit a home run, and the Twins winning after being tied in the last inning of the game.

July Birthdays

Sterling Park Commons & Park Gardens

Marilyn Mckern 7/06

Mildred Geislinger 7/15

Sterling Park Healthcare Center

Charlotte

Bromenschenkel 7/19

Walter Utecht 7/22

Lyness Held 7/28



Meet your New Community Life Assistant

Auggie is a new community life assistant that will be working at Sterling Park Health Care center. Auggie is going to school to be an art teacher. She is

originally from Foley MN and is the niece of Michelle, the Director of Nursing for the Assisted Living.

Message from the Housing Manager: Jason Hoyt

Happy Fourth of July to all! Please join us for our outdoor events both the 10th

and 17th of July! And now that we are finally into the hotter months of the year

don't forget to drink plenty of water and stay hydrated while out and about!



Message from your Director of Nursing

Now that we are in the midst of summer, protection from the sun is very important. Not only can sun exposure cause skin impairments but also cataracts. Remember to apply sunscreen 15 to 30 minutes before you go

outside. If you are in water or outside for an extended period of time, reapply sunscreen every two hours. Your sunscreen should be an SPF 15 or higher, water resistant and provide broad-spectrum protection. When outdoors it is also important to wear your sunglasses

to protect your eyes, it is best to have sunglasses with UV 400 protection. Another item to consider is your clothing, wearing a hat can protect your scalp as well as shading your face. Now you can get outside and enjoy the warm weather!

Delicious Notes: Recipe of the Month

Strawberry Salad with Poppy Seed Dressing



- 1/3 cup slivered almonds
- 1 bunch romaine, torn
- 1 small onion, halved and sliced
- 2 cups halved fresh strawberries
- 3 tablespoon poppy seed dressing

Directions:

In a large bowl, combine the romaine, onion, and strawberries. Drizzle the dressing over the top or the salad and stir. Sprinkle with slivered almonds and enjoy!

Add in pineapple or blueberries or bacon to your salad. To

Celebrating the Fourth of July



There will an ice cream social to celebrate the fourth of July on July 7th at 2:00PM in Park Gardens Dining

room. Join us for Red white and blue ice cream toppings and some fun 4th of July games.

Sterling Park HCC
142 North 1st Street
Waite Park, MN 56387
Phone: 320-252-9595

Sterling Park Commons
35 1st Avenue North
Waite Park, MN 56387
Phone: 320-252-7224

Sterling Press



Sterling Park

SENIOR LIVING

Sterling Park Care Center:
Resident & Food Council--
July 14th @ 2:00pm

Sterling Park Commons:
Tenant Meeting--
July 13th @ 10:30am

Park Gardens:
Tenant Meeting--
July 13th @ 2:00pm

Super Star Spotlight: Brandi Schlick

Brandi Schlick is a Dietary Aide and Cook here at Sterling Park Senior Living. She has been working with us for 7 months. Brandi is from Manteca, California. When Brandi isn't working she enjoys being outdoors. Her outdoor activities include camping, bon-fires, barbeques and spending time with friends.

If you haven't met Brandi please take some time to introduce yourself. She is a caring, hard working, and lively individual who shows true empathy for her co-workers, residents and the facility overall.

