



Sterling Press March

2016

Meet Our New Executive Director

Jeff Udy is our new Executive director. Heather Potter has been promoted within Tealwood and will be working out of the corporate office. Please welcome Jeff if you see him around the facility.

Jeff lives in Little falls and was previously the Executive director of Minnesota Heritage House of Pequot Lakes.

When asked what he likes best about working with seniors, Jeff replied, "I like the idea of being able to make a difference in the lives of elderly people in their housing community as they age.

Whether it is in independent housing or in a skilled nursing facility, it is important for me to be an advocate on their

behalf in representing them and their interests, in their rights, and in their care. While some



seniors in the community can speak for themselves, there are those that remain vulnerable to outside influence beyond their control. Housing them and caring for them allows us to give them a nurturing place to safely prosper and grow in their twilight years. The best part of working with seniors is listening to their experiences and hearing their stories. It is always refreshing for me to be exposed to their perspective as it really helps me balance things that are truly important in life.

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**Sterling Park Commons
& Park Gardens Birth-
day Party will be Held
March 25th at 2:00 PM**

**Rita E. 3/06
Jane S. 3/14
Norbert S. 3/21
Evelyn T. 3/25**

**Irene C. 3/26
Rita C. 3/28**



**Sterling Park
Healthcare Center Birth-
day Party will be March
10th at 2:15 PM**

**Jed S. 3/19
Betty S. 3/21
Dennis S. 3/25
Mary Z. 3/26**

March Happenings:

Easter is on Sunday March 27th this year. We will be having an Easter egg hunt on march 24th starting at 11:00 AM to celebrate Easter. There will be Stations of the Cross held in the Chapel every Friday at 7 during lent.



March Meetings

Sterling Park Care Center:
Resident & Food Council—
March 15th at 2:15PM

Sterling Park Commons and
Park Gardens:
Tenant Meeting—
March 14th at 2:00PM

Delicious Notes: Recipe of the Month



Ingredients

- 1 pound fresh spinach, torn
- 4 cups whole strawberries, sliced
- 1 can (11 ounces) mandarin oranges, drained
- 1 star fruit, sliced
- **GINGER SALAD DRESSING:**
- 1/3 cup lemon juice
- 2 tablespoons olive oil
- 2 tablespoons sugar
- 1 tablespoon minced fresh gingerroot

2 teaspoons grated lemon peel

Directions

Arrange spinach and fruit on salad plates. In a small bowl, whisk the dressing ingredients. Drizzle over salads. Yield: 4 servings.

We will be having happy hour and a St. Patrick's day party on Friday March 18th at 2:00PM in the dining room. Feel free to join us for food fun and some green beer!



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Sterling Park

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