



everyday tasks.

Low-vision rehabilitative services can provide people with the help and resources they need to regain their independence. These services can teach people with low vision a variety of techniques that allow them to perform daily activities with their remaining vision.

A doctor of optometry can help plan a rehabilitation program so that you can live an independent life within your condition's limitations. A wide variety of rehabilitation options are available to help people with low vision live and work more effectively, efficiently and safely. Most people benefit from one or more low-vision treatment options.

The more commonly prescribed devices are:

- Spectacle-mounted magnifiers. A magnifying lens is mounted in spectacles (this type of system is called a microscope) or on a special headband. This allows you to use both hands to complete a close-up task, such as writing a letter.
- Handheld or spectacle-mounted telescopes. These miniature telescopes help people see at longer distances, such as across the room to watch television. They can also be modified for near (reading) tasks.
- Handheld and stand magnifiers. These are often portable and convenient for short-term reading tasks, such as viewing price tags, labels and instrument dials. Both types can include lights.
- Video magnification. Table-top (closed-circuit television) or head-mounted systems enlarge reading material on a video display. Some systems can be used for distance viewing. Some are portable systems, and some can be used with a computer or monitor. Users can customize image brightness, image size, contrast, foreground/background color, and illumination. In addition, numerous other products can assist those with a vision impairment, such as large-type books, magazines, and newspapers; books on tape; talking wristwatches; self-threading needles; and more. Talk with a doctor of optometry to learn more about available options.



- Problems seeing in low light or at night.
 - Difficulty adapting to bright sunlight or glare from headlights.
 - Experiencing a loss of side vision.
- These tips can help you stay safe when driving, especially at night:
- Use extra caution at intersections. Many collisions involving older drivers occur at intersections due to a failure to yield, especially when taking a left turn. Look carefully in both directions before proceeding into an intersection. Turn your head frequently when driving to compensate for any decreased peripheral vision.
 - Reduce your speed and limit yourself to daytime driving. If you are having trouble seeing at night or your eyes have difficulty recovering from the glare of oncoming headlights, slow down and avoid driving at night.
 - Avoid wearing eyeglasses and sunglasses with wide frames or temples. Glasses with wide temples (side arms) may restrict your side vision.
 - Take a driving course for seniors. Participate in a program for older drivers in your community, such as those offered by the American Association of Retired Persons (AARP). This can help you learn how to compensate for the physical changes that may affect your driving ability, and may even lower your insurance premium.
 - Have an annual eye examination. Yearly eye exams can ensure your eyeglass or contact lens prescription is up to date. It can also ensure early detection and treatment of any developing eye health problem.

Dealing with vision loss

Unfortunately, some people over 60 lose sight beyond the normal, age-related vision changes.

Macular degeneration, glaucoma, and diabetic retinopathy are among the eye health conditions that can lead to permanent vision loss in varying degrees and forms.

Visual acuity alone is not a good predictor of a person's degree of visual difficulty. Someone with relatively good acuity (e.g., 20/40) can have difficulty functioning, while someone with worse acuity (e.g., 20/100) might not experience any significant functional problems. Other visual factors, such as poor depth perception, limited side vision, extreme sensitivity to lights and glare, and reduced color perception, can also limit a person's ability to do

July 2024



Summit Pointe Senior Living



Life Choices, It's All About Living



Culinary UPDATES

Good food, Good moods!

I am very excited to tell you about the new fish product we have for our fish sandwiches, remember the "other stuff?"..we'll it swam away! Make sure you give our new sandwiches a try AND let me know how you like it!

I also want to take a moment and sincerely thank you for your input during our "Chef Chats". This communication is a great way to let me know what is working and what needs improvement. I hope you know that I take all input seriously.

I invite YOU ALL to the next Chef Demo, I'll be making a chocolate peanut butter No Bake Cookie. Trust me, you do NOT want to miss this mouth-watering treat!



A message from FRONT DESK

Just a friendly reminder that the doors will lock at 5pm on the Fourth of July.

Notes from the Life Enrichment Director" GAIL

Help us welcome our new Life Enrichment assistant Stephanie Morgan. Stephanie is originally from the state where the first piano was built. This state is also the home of the Chocolate Capitol of the US. Any guesses?? That's right! Pennsylvania

Notes from the Assistant Director" KARLA

A kind reminder to all your guests that come to Summit Pointe. We need them to sign in and out in the guest book at the front desk.

As well as all tenant's sign in and out in the binder located under the lobby television.

This is for fire and storm safety, it's important for us to know who is in the building during emergencies. Thank you for your understanding!

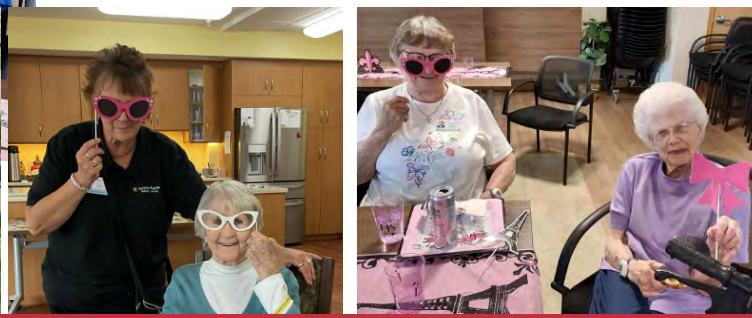


I am currently in a class to get certified as a health coach. One of the things that a health coach does is help clients discover their strengths and motivations so they can achieve their health goals. One of the tools that we use in coaching is called reframing, which is taking a negative experience or thought and reframing it so we can find the positive and/or options in it. When we reframe, we see the situation more clearly and become stronger and more resilient. My grandfather and I had a conversation recently and he expressed that this is a regular practice for him. As he said, “negativity compounds,” and can take over our brains quickly, so we have to choose balance it with positive. Reframing gives us the power to see the good and possibilities in life, even when there is a lot of negative around it. There is a lot of scientific evidence that backs up the power of positive thinking. While false positivity (pretending something is not negative at all or ignoring negative feelings) is not effective or healthy, true positivity, which challenges our negative thinking and actively looks

for the good, has the power to change our lives. The Bible also declares this truth. Long before scientific studies were done to prove the power of reframing our thoughts, the Bible was telling us why and how we should do so. Romans 2:12 calls this “renewing our minds” and says: “Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.” Paul on multiple occasions also instructs us to direct our thoughts in a positive and God-honoring way. Philippians 4:8 says: “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” And in 2 Timothy 1:7, Paul tells us that God Himself through His Spirit has given us a sound mind. Our thoughts are really important and taking control of them leads us to a healthier outlook on life, experiencing joy and gratitude, and, most importantly, deeper intimacy with God. When we pay attention to our thoughts and reframe them in light of God’s truth, we start to understand the bigger picture more clearly. We are set free from just seeing the bad in life and our eyes are open to see God’s hand and God’s will. Even in a broken world there is good. God has designed us to see and enjoy that good—we just have to choose to take Him up on the offer.



Around the Pointe



Senior Vision: Over 60 Years of Age

Vision can change drastically in the senior years, but these changes do not need to impair one's quality of life with proper eye care.

Vision changes occur as you get older, but these changes don't have to affect your lifestyle. Knowing what to expect and when to seek professional care can help you safeguard your vision. As you reach your 60s and beyond, you need to be aware of the warning signs of age-related eye health problems that could cause vision loss.

Many eye diseases have no early symptoms. They may develop painlessly, and you may not notice the changes to your vision until the condition is quite advanced. Wise lifestyle choices, regular eye exams and early detection of disease can significantly improve your chances of maintaining good eye health and vision as you age.

You may not realize that health problems affecting other parts of your body can affect your vision as well.

People with diabetes or hypertension (high blood pressure), or who are taking medications that have eye-related side effects, are at greatest risk for developing vision problems. Regular eye exams are even more important as you reach your senior years. The American Optometric Association recommends annual eye examinations for everyone over age 60. See your doctor of optometry immediately if you notice any changes in your vision.

Age-related eye and vision changes and problems in the years after you turn 60, a number of eye diseases may develop that can change your vision permanently.

The earlier these problems are detected and treated, the more likely you can retain good vision. The following are some vision disorders to be aware of:

·Age-related macular degeneration (AMD) is an eye disease that affects the macula (the center of the light-sensitive retina at the back of the eye) and causes central vision loss. Although small, the macula is the part of the retina that allows us to see fine detail and colors. Activities like reading, driving, watching TV and recognizing faces all require good central vision provided by the macula. While macular degeneration decreases central vision, peripheral or side vision remains unaffected.

·Cataracts are cloudy or opaque areas in the normally clear lens of the eye. Depending upon their size and location, they can interfere with normal vision. Usually, cataracts develop in both eyes, but one may be worse than the other. Cataracts can cause blurry vision, decreased contrast sensitivity, decreased ability to see under low light level conditions (such as when driving at night), dulling of colors and increased sensitivity to glare.

·Diabetic retinopathy is a condition that occurs in people with diabetes. It is the result of progressive damage to the tiny blood vessels that nourish the retina. These damaged blood vessels leak blood and other fluids that cause retinal tissue to swell and cloud vision. The condition usually affects both eyes. The longer a person has diabetes, the greater the risk of developing diabetic retinopathy. In addition, the instability of a person's glucose measurements over time can impact the development and/or severity of the condition. At its most severe, diabetic retinopathy can cause blindness.

·Dry eye is a condition in which a person produces too few or poor-quality tears. Tears maintain the health of the front surface of the eye and provide clear vision. Dry eye is a common and often chronic problem, particularly in older adults.

·Glaucoma is a group of eye diseases characterized by damage to the optic nerve resulting in loss of peripheral (side) vision. It often affects both eyes, typically one eye before the other. If left untreated, glaucoma can lead to total blindness. People with a family history of glaucoma, African Americans and older adults have a higher risk of developing the disease. Glaucoma is often painless and can have no obvious symptoms until there is a significant loss of side vision.

·Retinal detachment is a tearing or separation of the retina from the underlying tissue. Retinal detachment most often occurs spontaneously due to changes to the gel-like vitreous fluid that fills the back of the eye. Other causes include trauma to the eye or head, health problems like advanced diabetes, and inflammatory eye disorders. If not treated promptly, it can cause permanent vision loss.

Driving safely after 60

If you are 60 or older, driving a car may be increasingly difficult. Age-related vision changes and eye diseases can negatively affect your driving abilities, even before you are aware of symptoms.

Some age-related vision changes that commonly affect seniors' driving are:

- Not being able to see road signs as clearly.
- Difficulty seeing objects up close, like the car instrument panel or road maps.
- Difficulty judging distances and speed.
- Changes in color perception.
- Problems seeing in low light or at night.



Celebrations!

Tenant Birthdays!

Melvin H. 7/06
Jean Seehusen 7/14

Staff Birthdays!

Cailey B. 7/02
Tarriel W. 7/02
Rod R. 7/11
Amanda S. 7/15
Carla D. 7/27
Erick H. 7/30

Staff Anniversaries!

Callyn K. 2 years
Kayla HE. 5 years
Olivia F. 1 year
Shatrice H. 1 year



Notes from MAINTENANCE

We are happy to introduce Loren Kroll as part of our maintenance team. You've probably seen Rod and Loren working hard in the front garden. Loren has already proven himself to be an asset-make sure you stop and introduce yourself to him .

Notes from TRANSPORTATION

Thank you to everyone who have made the effort to be waiting in the lobby before we actually have to depart for your appointments. It truly helps in keeping us on schedule.

Notes from HOUSEKEEPING

Over the holiday week, the Fourth of July... housekeeping will have off AND we will schedule your cleaning another day that week.

Executive Director NEWS

We are working through details on the remodel of the kitchen. More information to come.

Marketing Community development & outreach Kayla Hawk-Erwin

Community Development & Outreach

A great big thank you to everyone who invited friends to experience a lunch during the month of June. It was a pleasure meeting some of your friends!

I am inviting YOU ALL to invite family & friends to the Sundaes on Sunday.

I hope to have a big attendance of Summit Pointe tenants at the Watermelon feast on 7/25!

what's happening in Life Enrichment

Don't worry, Be HAPPY! Happy hour is from 2:00pm-3:00pm on Friday afternoons. Family and friends are always welcome to attend. The second Friday of each month is birthday happy hour. Be sure to come and celebrate with your fellow tenants!

Bucket List! This month the Armchair Traveler will be taking us to beautiful Belize. I wish I could have snuck inside his suitcase.

Let them roll. This month enjoy playing the dice game Bunco! It will be played on a couple of Monday evenings in the Fireside Lounge. This is open to beginners and those who already know how to play.

Let freedom ring! The life enrichment team won't be leading activities on Thursday, July 4th due to observing the holiday. Don't let that keep you from enjoying each other's company.

Ring-a-ling-a-ling~ Your Summit Pointe Symphonettes will be performing for you on the 4th of July at 2:00pm. "Sounds" like a good time to me!

How sweet it is. Sign up to experience the Calyx Creek Lavendar Fields on Thursday, July 18th.

Let's get together~ There are some fun socials planned this month. Join the LE team on Monday afternoons at 2:00pm to see what we have up our sleeves!

"Painting is just another way of keeping a diary" A trip to the Cedar Rapids Museum of Art is planned for Thursday, July 25th. Be sure to sign up in the activities binder in the lobby.

Will the slots be hot? A trip to the Diamond Jo casino is happening on Tuesday, July 30th. Best of luck to all!

Baseball

WE are in the regular season for baseball. Are you a cubs fan? Check out their schedule listed to the right



July

SUN	MON	TUE	WED	THUR	FRI	SAT
		PHI 7:05 PM	PHI 7:05 PM	PHI 1:20 PM	LAA 1:20 PM	LAA 1:20 PM
LAA 1:20 PM		BAL 5:35 PM	BAL 5:35 PM	BAL 5:35 PM	STL 7:15 PM	STL 1:15 PM
STL 1:15 PM		ASG			AZ 1:20 PM	AZ 6:15 PM
AZ 1:20 PM	MIL 7:05 PM	MIL 7:05 PM	MIL 1:20 PM		KC 7:10 PM	KC 6:10 PM
KC 1:10 PM	CIN 6:10 PM	CIN 6:10 PM	CIN 6:10 PM			

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

BP= Back Patio
CH= Club House
CT= 2nd Floor Coffee Table
DR= Dining Room
FF= Front Foyer
FL= Fireside Lounge
FP= Front Patio
L= Library
PDR= Private Dining Room

9:00am Rosary-PDR
9:00am Calling All Ladies, Coffee Talk-FL
10:15am Cranium Crunches-L
1:15pm Devotions-L
2:00pm Dominoes-CH
2:00pm Red, White, Blue And YOU! Social-FP
3:30pm MAC Fitness-FL

1

9:15am Depart For: Fareway-FF
10:00am Fruit & Grain Bar Social-L
1:00pm Chef Chat-FL
1:15pm Science Lab: A Scientific Patriotic Non-Alcoholic Cocktail-L
2:15pm Men's Brew Crew-CH
3:00pm Bingo-FL

2

9:00am Prayer Group-FL
9:00am Pamper Me: Mindfulness-L
9:30am Church Service-FL
10:30am Card Bingo-FL
1:00pm-3:00pm Podiatrist
1:30pm Communion-L
1:00pm-3:00pm One On One Visits
3:30pm MAC Fitness-FL
6:00pm Symphonettes-FL

3



9:30am Breakfast Treat & Morning Conversation-L
10:30am Morning Exercise With Suz-FL
1:00pm Horse Shoes-CH
1:00pm Loop Yarn-FL
2:00pm Happy Hour With Darlene Suchomel-DR
3:30pm Afternoon Walks Followed With Hydration-FF

5

10:00am Craft Club-L
2:00pm Dominoes-CH
What To Do On Your Own
Join Friends For Coffee & Visits
Play Pool
Take A Walk With A Friend
Play Tenzi
Start A Game Of Card Bingo
Enjoy A Game Of Euchre

6

9:00am Presbyterian Church Service-FL
10:30am St. Joseph's Catholic Mass-FL
12:30pm Bible Study With Ben-L
1:00pm-3:00pm Sundaes On Sunday-FP
1:30pm Bingo With Frankie-FL
6:00pm Sunday Cinema: And So It Goes -FL

7

9:00am Rosary-PDR
9:00am Calling All Ladies, Coffee Talk-FL
10:15am Readers Theater-L
1:15pm Devotions-L
2:00pm Dominoes-CH
2:00pm Fun In The Summer Sun Social-FP
3:30pm MAC Fitness-FL
5:00pm Evening Chatter-Lobby
6:00pm Bunco-FL

8

9:15am Depart For: Hy-Vee-FF
10:00am Box Of Chocolates Social-L
1:00pm Musical Memories: The Everly Brothers-L
2:15pm Men's Brew Crew-CH
3:00pm Bingo-FL
4:30pm What Am I?-Lobby
7:00pm Wine Not With Gail-FL

9

9:00am Prayer Group-FL
9:00am Pamper Me: Meditation-L
9:30am Church Service-FL
10:30am Activity Council-FL
1:00pm Vitals With Nursing-PDR
1:30pm Communion-L
1:00pm-3:00pm One On One Visits
3:30pm MAC Fitness-FL
6:00pm Symphonettes-FL

10

9:00am Depart For: Boone & Scenic Valley Railroad-FF
9:15am Lifelong Learning: Fragrances: A History-FL
10:30am MAC Fitness-FL
1:45pm Scenic Drive-FF
3:15pm Bingo*-FL
4:30pm Evening Chatter-Lobby
6:30pm Marion Big Band-FP

11

9:30am Breakfast Treat & Morning Conversation-L
10:30am Morning Exercise With Suz-FL
1:00pm -Mini Golf-CH
1:00pm Loop Yarn-FL
2:00pm Birthday Happy Hour With Terry McCauley-DR
3:30pm Afternoon Walks Followed With Hydration-FF
4:30pm Exploding With Laughter-Lobby

12

10:00am Craft Club-L
2:00pm Dominoes-CH
What To Do On Your Own
Join Friends For Coffee & Visits
Play Pool
Take A Walk With A Friend
Play Tenzi
Start A Game Of Card Bingo
Enjoy A Game Of Euchre

13

9:00am Presbyterian Church Service-FL
10:30am St. Joseph's Catholic Mass-FL
12:30pm Bible Study With Ben-L
1:00pm-3:00pm Sundaes On Sunday-FP
1:30pm Bingo With Frankie-FL
6:00pm Sunday Cinema: The Proposal-FL

14

9:00am Rosary-PDR
9:00am Calling All Ladies, Coffee Talk-FL
10:15am Cranium Crunches-L
1:15pm Devotions-L
2:00pm Dominoes-CH
2:00pm Hog Wild Social -FP
3:30pm MAC Fitness-FL
5:00pm Evening Chatter-Lobby

15

9:15am Depart For: Dollar Tree-FF
1:00pm Food Demo With Chef Chris-FL
1:15pm The Kids Are Doing What? TikTok Challenges-L
2:15pm Men's Brew Crew-CH
3:00pm Bingo-FL
4:30pm Summer Days: Five Clue What Is It?-Lobby

16

9:00am Prayer Group-FL
9:30am Church Service-FL
1:30pm Communion-L
1:30pm Armchair Travels With Sandford: Beautiful Belize-FL
3:30pm MAC Fitness-FL
6:00pm Symphonettes-FL

17

9:15am This Is My Life: Stephanie Morgan-FL
10:30am MAC Fitness-FL
12:00pm Depart For: Calyx Creek Lavender Fields-FF
1:00pm Tenant Council-FL
3:15pm Diamond Dot Demo-FL
4:30pm Evening Chatter-Lobby
6:15pm Bingo With Frankie

18

9:30am Breakfast Treat & Morning Conversation-L
10:30am Morning Exercise With Suz-FL
1:00pm Axe Throwing-CH
1:00pm Loop Yarn-FL
2:00pm Happy Hour With Lena Adams-DR
3:30pm Afternoon Walks Followed With Hydration-FF
4:30pm Finish The Song Lyric-Lobby

19

10:00am Craft Club-L
2:00pm Dominoes-CH
What To Do On Your Own
Join Friends For Coffee & Visits
Play Pool
Take A Walk With A Friend
Play Tenzi
Start A Game Of Card Bingo
Enjoy A Game Of Euchre

20

9:00am Presbyterian Church Service-FL
10:30am St. Joseph's Catholic Mass-FL
12:30pm Bible Study With Ben-L
1:00pm-3:00pm Sundaes On Sunday-FP
1:30pm Bingo With Frankie-FL
6:00pm Sunday Cinema: The Greatest Showman-FL

21

9:00am Rosary-PDR
9:00am Calling All Ladies, Coffee Talk-FL
10:15am Readers Theater-L
1:15pm Devotions-L
2:00pm Dominoes-CH
2:00pm Christmas In July Social-FP
3:30pm MAC Fitness-FL
5:00pm Evening Chatter-Lobby

22

9:15am Depart For: DaaBin Store-FF
10:00am Chocolate Chip Cookie Social-L
11:00am Depart For: Lunch Out: Napoli's Italian Restaurant-FF
1:00pm Crafty Creations: Summer Door Hanger-L
2:15pm Men's Brew Crew-CH
3:00pm Bingo-FL
4:30pm What Am I?-Lobby

23

9:00am - 11:30am Cedar Rapids Hearing-PDR
9:00am Prayer Group-FL
9:00am Pamper Me: Hand Massages-L
9:30am Church Service-FL
10:30am Shut The Box-FL
1:00pm-3:00pm One On One Visits
1:30pm Communion-L
3:30pm MAC Fitness-FL
6:00pm Symphonettes-FL

24

9:15am Depart For: Aldi -FF
10:30am MAC Fitness-FL
12:15pm Depart For: Cedar Rapids Museum Of Art-FF
1:00pm Watermelon Feast-BP
3:15pm Destination: A Summer In Paris-FL
4:30pm Evening Chatter-Lobby
6:15pm Bingo With Frankie-

25

9:30am Breakfast Treat & Morning Conversation-L
10:30pm Morning Exercise With Suz-FL
1:00pm Target Bean Bag Toss -CH
1:00pm Loop Yarn-FL
2:00pm Happy Hour With Ron Burgess-DR
3:30pm Afternoon Walks Followed With Hydration-FF
4:30pm July Trivia-Lobby

26

10:00am Craft Club-L
2:00pm Dominoes-CH
What To Do On Your Own
Join Friends For Coffee & Visits
Play Pool
Take A Walk With A Friend
Play Tenzi
Start A Game Of Card Bingo
Enjoy A Game Of Euchre

27

9:00am Presbyterian Church Service-FL
10:30am St. Joseph's Catholic Mass-FL
12:30pm Bible Study With Ben-L
1:00pm-3:00pm Sundaes On Sunday-FP
1:30pm Bingo With Frankie-FL
6:00pm Sunday Cinema: Raising Helen-FL

28

9:00am Rosary-PDR
10:00 am Lug-A-Mug: Visit With Our Friends In Memory Lane
1:15pm Devotions-L
2:00pm Dominoes-CH
2:00pm Stay Golden Social -FP
3:30pm MAC Fitness-FL
5:00pm Evening Chatter-Lobby
6:00pm Bunco-FL

29

9:00am Calling All Ladies, Coffee Talk-FL
10:00am Depart For: Diamond Jo Casino In Dubuque-FF
10:00am Peachy Keen Social-L
1:00pm Musical Memories: Elvis-L
2:15pm Men's Brew Crew-CH
3:00pm Bingo-FL
4:30pm Who Am I?-Lobby

30

9:00am Prayer Group-FL
9:00am Pamper Me: Positive Affirmations-L
9:30am Church Service-FL
10:30am Card Bingo-FL
1:30pm Communion-L
1:00pm-3:00pm One On One Visits
3:30pm MAC Fitness-FL
6:00pm Symphonettes-FL

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