

Christian Corner

By Selah Ulmer

Choosing Thankfulness

“Write about being thankful.” I wasn’t sure what to write about this month. My mind was blank when I sat down to start the article, so I asked my roommates for suggestions. One of them suggested thankfulness, and then told me a story about how she chose thankfulness that day. A storm had changed her plans for the evening and she got stuck at work for longer than she had hoped. Instead of being upset, she chose to be thankful for the shelter, thankful that she didn’t attempt to drive home when the storm was at its worst and thankful that she eventually made it home safely. As she shared, this verse from 1 Thessalonians came to mind. “Rejoice always, pray without ceasing, give thanks in all circumstances.” 1 Thessalonians 5:16-17.

I think that it can be easy to look at verses like this and think that they are only for seasons of struggles and trials. But the truth is that while this verse is definitely one that can encourage us in seasons of testing, it is also meant for the mundane days too. There are three things that this verse calls us to do all the time, in every circumstance: rejoice, pray and give thanks. What is amazing about these three things is that they have the power to change us. When we are frustrated, bored, discouraged or stressed, we can choose instead to pray, to thank God, and to rejoice. I see these three things as being part of a circle diagram: Rejoicing leads to praying more, praying more leads to thankfulness, thankfulness leads to rejoicing, and so on. The more of one that we implement in our lives, the more all of them will grow in our hearts.

So here’s my challenge for all of us this month-let’s aim to grow in one of these areas, knowing that if we grow in one, it will overflow to the others too. Take some time to brainstorm what that could look like for you. Here are some questions to get you started! What would it look like to grow in prayer, thanksgiving or rejoicing? What would be different about your life/relationship with God/relationships with people if you did? How can you hold yourself accountable for this? What might get in the way of growth? What kind of support do you have?

faith



Summit Pointe Senior Living

2024 August



FROM Marketing Celebrating Summer! I hope you all enjoyed the Sundaes on Sunday through the month of July! it was great seeing everyone socialize outdoors, and I KNOW we were all grateful for the “no rain” on Sundays!

Our August event will take place on August 24th from 1-3pm. Just like the ice cream event, this is open to the public. So please invite your family and invite your friends!

“Corn” is the theme of the August event. We have the Knight’s Corn Wagon coming with 100 dozen ears of corn! The Blake Shaw band will be performing and there is PLENTY of corn to go around!!



Notes from LIFE ENRICHMENT

NEW OPPORTUNITIES! Looking for something to do on Saturdays? Head on over to Memory Care for Lug-a mug and/or for Candy Bar Bingo. Starting on August 2nd you can bring your favorite mug to Memory Care and share in delightful conversation and a cup of coffee. Don't enjoy coffee? That's okay, juice and lemonade are also available. Try your luck at bingo and just maybe your favorite candy bar will be one of the prizes! We look forward to spending some time with you on Saturdays!

REMINDERS

Every first Wednesday of the month you can sign up to have the podiatrist trim your toenails. just go to the activities book near the front desk. the podiatrist will then take the list and go to your apartment between the times of 1-3pm. Don’t forget most insurance policy only cover this visit once every 3rd month.

The nursing team will be taking tenant vitals if you want it on Wednesday, August 14th at 1pm.



Are you ready for some football!?! The first game of the season starts August 31st at 11am Join us in the fireside lounge for Summit Pointe’s first tailgate party!



Notes from NURSING

Hello Summit Pointe Tenants, my name is Jenn and I am your new Director of Nursing. I am thrilled to start meeting all of you, in the meantime, here’s a little bit about me!

I graduated from Millikin University in Decatur, Illinois with a bachelor’s degree in business administration and worked in sales and logistics in the agriculture industry for 13 years prior to becoming a nurse. I found my calling to become a nurse after a battle with cancer, which I am thankful for 15 cancer free years! I returned to Kirkwood Community College in Cedar Rapids as a non-traditional student and became a registered nurse. In 2021, I graduated from Mt. Mercy University with a master’s degree in nursing leadership. I am passionate about my career as a nurse and helping community members live happy, healthy, and more meaningful lives.

I have been married to husband, Matt, for 21 years and together we are raising 3 active boys Jordan (17), Jace (11), and Jaxson (8). When I am not working, I enjoy watching my 3 boys play baseball, football, and basketball. I’m proud to be in the season of motherhood, but when I do get some free time to myself, I enjoy playing the piano, singing, shopping and traveling.

Thanks,
Jenn

sign up activities



8/1 9:45am	JOANN Fabric	8/20 9:15am	Dollar Tree	8/27 9:15am	Aldi
8/8 9:15am	Fareway	8/20 11:00am	Red Lobster	8/27 10:45am	Riverside Casino
8/8 1:45pm	Scenic Drive	8/22 9:15am	Kohls	8/29 9:15am	Hobby Lobby
8/13 9:15am	Hy Vee	8/22 1:45pm	Scenic Drive	8/29 11:00am	The Dickeyville Grotto (Dickeyville, WI)
8/15 9:45am	The Sunflower field & Cafe (Belle Plaine)	8/22 6:00pm	Jazz Under The Stars (Noelridge Park)		

Celebrations!

TENANT BIRTHDAYS

- Brenda Greazel 8/03
- Ann Kula 8/08
- Shirley Halverson 8/09
- JoAnn Dunlop 8/10
- Marianne Mickle 8/13
- Don Rees 8/14
- Ruth Hansen 8/17
- Lloyd Sodawasser 8/18
- Pat Conrad 8/24
- Jayne Burnham 8/29



Gold, Silver or Bronze??? Come and share your skills in Summit Pointe's version of the Olympics. Thursday, August 1st at 1pm. Games will be held in the Fireside lounge as well as on the back lawn.

It's So Nice To Meet You. . . Monday, August 5th come help us welcome our new Director of Nursing, Jennifer Woodhouse at 10:15am in the Fireside lounge.

Society WHAT!?!?! Join Steph at 6pm on MOST Monday evenings to learn a game called Society Crap.

Lalalala, The Lala Ladies are back this month and will be performing for you at 1pm on Tuesday, August 13th in the Fireside lounge.

Butter, butter & more butter! It's Fair Time In Iowa~ Look for fair related activities this month! The fair runs from the 8th - 18th this year.

Pop Ups with Steph~ Where will Steph be this week? In the hall? In the elevator? In the lobby? On the 2nd floor? On the 3rd floor? You get the picture! Be on the look out as you never know where you will find her and her pop-up activity.

"Sunflowers always seek the light, no matter the storm" Sign up to join us for The Sunflower Experience on Thursday, August 15th with stops at The Lincoln Café and sunflower field in Belle Plaine.

Fall is right around the corner! This month's make and take craft will be a decorative pumpkin that is too cute for the patch. Join your neighbors in the library at 1pm on Thursday the 15th.

Floyd Sandford will be sharing his knowledge about The Early Roman Emperors at this month's presentation on Wednesday the 21st.

ALOHA! Randy will be sharing about his Hawaiian vacation in the Fireside lounge on Tuesday the 27th at 1pm.



STAFF BIRTHDAYS

- Frankie S. 8/03
- Kayla C. 8/7
- Alexander P. 8/09
- Brilee Ewert 8/10
- Carrie Stick 8/16
- Annie W. 8/21

STAFF ANNIVERSARIES

- 8/11 Alfred D. 1 year
- 8/14 Evan Getta 11 years



Getting Started With Strength Training For Seniors

Strength exercises generally involve lifting or pushing weights "light weights like dumbbells, stretchy resistance bands or even common objects from your kitchen like cans of soup. Advantage to joining a fitness center or gym over working out at home is having the help of a fitness trainer and a virtually unlimited amount of weights or other equipment that you can use as you gain strength "though you might start out with as little as one-pound weights, you want to gradually increase the amount of weight you use as you progress.

Strength Training Hints

The goal is to do strength exercises for all of your major muscle groups on 2 or more days per week for 30-minute sessions each. Don't exercise the same muscle group on any 2 days in a row "muscles need the time off to recover from weight training, but you can still walk or do any type of cardiovascular exercise any day, including a strength-training day.

Here are other tips on strength training for seniors from the National Institute on Aging:

- Depending on your condition, you might need to start out using just 1- or 2-pound weights or no weight at all. Your body needs to get used to strength exercises.
- Use a light weight the first week, then gradually add more weight. Starting out with weights that are too heavy can cause injuries.
- You need to challenge your muscles to get the most benefit from strength exercises, so gradually increase the weights you're using.
- How to tell if you're using too heavy or too light a weight. It should feel somewhere between hard and very hard for you to lift or push the weight, but you should be able to do 8 repetitions of the exercise in a row.
- A repetition, or rep, is one complete movement of an exercise, and a set is one group of reps. Aim to do a set of 10 to 15 repetitions for each exercise. You may not be able to reach that goal at first "just do as many as you can and build up over time.



- For each rep, take 3 seconds to lift or push the weight, hold the position for 1 second and take another 3 seconds to return to your starting position. Don't let the weight drop at the end of each rep "maintain control; returning it slowly is very important.

Working with Weights

You don't have to buy weights for strength exercises. All you need is something you can hold on to easily (for some exercises, you will need two equal "somethings"). You may be able to make your own weights from unbreakable household items:

- Fill a plastic milk jug with sand or water, cap it and tape the opening securely closed.
- Fill a sock with dried beans and tie up the open end.
- Use grocery items, such as bags of rice, vegetable or soup cans or bottled water.

Another option is to use resistance bands, stretchy elastic bands that come in several strengths, from light to heavy. To perform exercises with a resistance band, you wrap one end around each hand and then follow the specific directions.

"Get A Grip"

Get started with this simple strength exercise to improve your grip picking up and holding onto objects and opening jars.

Hold a tennis ball or a small rubber or foam ball in one hand. Slowly squeeze the ball as hard as you can and hold it for 3 to 5 seconds. Relax the squeeze slowly. Repeat 10 to 15 times, then repeat the same number of times with your other hand. Repeat the entire sequence one more time.

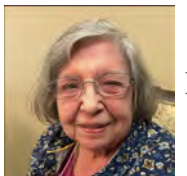
Welcome

To Summit!

We encourage you all to take a moment to introduce yourselves to Summit Pointe's newest family members! One way to help them get to know you is by wearing your name tags!



David G.



Donna G.



Marian M.

Senior Fitness: Muscle Strength May Stave Off Alzheimer's And Other Health Issues

Seniors with weaker muscles appear to have a higher risk of developing Alzheimer's disease and mild cognitive impairment, as well as a more rapid rate of cognitive decline, according to researchers at Rush University Medical Center. "Our findings suggest that impaired muscle strength precedes the development of cognitive impairment in aging and may be an early clinical marker," said Patricia Boyle, PhD, a researcher in the Rush Alzheimer's Disease Center. "However, decreased strength may not be a true risk factor. Rather, loss of muscle strength may be the result of an underlying disease process that also leads to cognitive decline and clinical symptoms of Alzheimer's."

In addition to affecting cognitive functions, such as thinking, learning and memory, Alzheimer's is also associated with non-cognitive signs, such as impaired gait and other motor functions, depression and decreased grip strength. Dr. Boyle and her colleagues studied 970 older adults with the average age of 80 who did not have dementia at their initial evaluation involving 21 tests of cognitive function, neurologic exams and measurements of muscle strength in 11 muscle groups. During the follow-up period, which averaged 3.6 years after the initial assessment, each participant completed at least one additional evaluation. Over the study period, 14.2 percent of participants developed Alzheimer's disease. Individuals who ranked in the top 10 percent on muscle strength had about a 61 percent reduced risk of developing Alzheimer's disease compared with those in the bottom 10 percent. The researchers found a similar association between muscle strength and the risk of developing mild cognitive impairment, the earliest sign of Alzheimer's disease. That finding suggests that assessment of muscle strength may

be a useful clinical tool for early identification of individuals at risk for cognitive problems, who might benefit most from medical or other interventions, Boyle said.

The study also reported that the course of cognitive decline was more rapid in individuals with weaker muscle strength. Individuals who were stronger at the beginning of the study experienced a slower rate of decline. According to Boyle, the basis for the association between muscle strength and cognitive decline is likely complex. Possibilities include damage to the energy-producing mitochondria in the body's cells, which may contribute to loss of both muscle strength and cognitive function or decreased strength could result from stroke or other disorders of the central nervous system that may unmask subclinical Alzheimer's disease.

In addition to the possible link between cognitive function and strength, a lack of muscle strength impacts mobility and other types of function. That means that you will have a harder time doing everyday things, from getting up and down from a chair or bed to opening a jar.

According to the National Institute on Aging, even very small changes in muscle strength "muscle increases that may not even be visible in the mirror" can make a real difference in function, especially in people who have already lost a lot of muscle. Lower-body strength exercises in particular also will improve your balance, which helps prevent falling and its serious consequences.



Notes from EXECUTIVE DIRECTOR

We recently discussed the seriousness of scams especially during an election year. Scams can come in many different forms. Phone calls, emails, letters. Usually if someone is asking for your personal information or asking you for money. You should 1. wait 2. talk to a family member about the possibility of it being a scam. You should NEVER give out your personal information or send any amount of money.

I also want to take a moment to remind all tenants. My door is always open if you feel like you need to talk, give gratitude or give a suggestion



Notes from FRONT DESK



POPCORN, POPCORN WHO WANTS POPCORN? The front desk will be popping popcorn daily between the times of 1-2pm. You're welcome to come get a fresh bag daily!

We have noticed the great effort that tenants have made to inform the front desk of work orders that need to be completed by maintenance. As a reminder maintenance will do their best to complete those orders in a timely manner. Sometimes they have to prioritize what has to be taken care of, for example a flooding toilet needs to be attended before assisting with a television.

At the front desk, we WANT to give you our full attention, sometimes this gets troublesome when we are taking phone calls from family and doctor offices. We just ask that you wait a short moment while we direct those phone calls. THEN we will be more than happy to assist you however we can!

Notes from HOUSEKEEPING

Hi Summit Pointe tenants, We have had several new tenants move in recently, we want to make sure you knew IF YOU WANT a shelving unit dusted, just push to the side or temporarily remove your knickknacks. Then housekeeping will be happy to get the dust underneath!



Notes from CULINARY

Please join me on August 20th at 1pm for another chef demo that you could prepare in your apartment! Spinach dip accompanied with focaccia bread. By the way, our newest member of our culinary team has been prepping for a variety of daily soup



Notes from MAINTENANCE

Thank you for your patience in getting the screens put back into the windows. We hope you are all enjoying the nice clean view. Through August 15th, we will be replacing the batteries in all smoke alarms.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

AUGUST 2024

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

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
 Play Shut The Box

9:45am Depart For: JOANN Fabric and Crafts-FF
 10:30am MAC Fitness-FL
 1:00pm-3:00pm The Summit Pointe Games-FL & BP
 3:15pm Learn How To Use Our Exercise Equipment-ER
 4:45pm Bags-FL
 6:15pm Bingo With Frankie-FL 1

9:30am Breakfast Treat & Morning Conversation-L
 10:30am Morning Exercise With Suz-FL
 1:00pm Bunco-FL
 1:00pm Loop Yarn-FL
 2:00pm Happy Hour With David Ploggenklass-DR
 3:30pm Afternoon Walks Followed With Hydration-FF
 4:45pm Who Sang It?-Lobby 2

10:00am Craft Club-L
 10:00am Lug-A-Mug-ML
 2:00pm Dominoes-CH
 2:00pm Candy Bar Bingo-ML 3

9:00am St. Joseph's Catholic Mass-FL
 10:30am Presbyterian Church Service-FL
 1:30pm Bingo With Frankie-FL
 6:00pm Sunday Cinema: The Boys In The Boat-FL

9:00am Rosary-PDR
 9:00am Calling all Ladies, Coffee Talk-FL
 10:15am Meet & Greet : Director of Nursing Jenn-FL
 1:00pm Bible Study-L
 2:00pm Dominoes-CH
 2:00pm Any Way You Slice it Social-FF
 3:30 MAC Fitness-FL
 5:00pm Pop ups with Steph
 6:00pm New Game: Society Crap-FL 4

9:15am August IQ-L
 10:00am Rice Krispie Bar Social-L
 1:00pm Chef Chat-FL
 2:00pm Marci's Memories: Lydia (The Seller Of Purple From The Book Of Acts) With A Game-FL
 2:15pm Men's Brew Crew-CH
 3:00pm Bingo-FL
 4:45pm What Am I?-Lobby 5

9:00am Prayer Group-FL
 9:00am Pamper Me: Hand massages-L
 9:30am Church Service-FL
 10:30am Activity Council-FL
 1:00pm-3:00pm Podiatrist
 1:30pm Communion-L
 1:00pm-3:00pm One On One Visits
 3:30pm MAC Fitness-FL
 No Symphonette Practice 6

9:15am Depart For: Fareway-FF
 9:30am Lifelong Learning: History Of The Iowa State Fair -L
 10:30am MAC Fitness-FL
 1:45pm Scenic Drive-FF
 3:15pm Musical Memories: Dean Martin-FL
 4:45pm Axe Throwing-FL
 6:15pm Bingo With Frankie-FL 7

9:30am Breakfast Treat & Morning Conversation-L
 10:30am Morning Exercise With Suz-FL
 1:00pm Loop Yarn-FL
 2:00pm Birthday Happy Hour With Harold Grey-DR
 3:30pm Afternoon Walks Followed With Hydration-FF 8

10:00am Craft Club-L
 10:00am Lug-A-Mug-ML
 2:00pm Dominoes-CH
 2:00pm Candy Bar Bingo-ML 9

9:00am St. Joseph's Catholic Mass-FL
 10:30am Presbyterian Church Service-FL
 1:30pm Bingo With Frankie-FL
 6:00pm Sunday Cinema: State Fair-FL

9:00am Rosary-PDR
 9:00am Calling All Ladies, Coffee Talk-FL
 10:15am History Of The Butter Cow & Homemade Butter Making-L
 1:00pm Butter Sculpting-L
 2:00pm Butter Me Up Social -FP
 3:30pm MAC Fitness-FL 11

9:15am Depart For: Hy Vee-FF
 10:00am Banana Nut Muffin Social-L
 1:00pm Lala Ladies-FL
 2:00pm Diamond Dot Divas-FL
 2:15pm Men's Brew Crew-CH
 3:00pm Bingo-FL
 4:45pm Left, Right, Left Game-Lobby 12

9:00am Prayer Group-FL
 9:00am Pamper Me: Meditation
 9:30am Church Service-FL
 10:30am Card Bingo-FL
 1:00pm Vitals With Nursing-PDR
 1:00pm-3:00pm One On One Visits
 1:30pm Communion-L
 3:30pm MAC Fitness-FL
 6:00pm Symphonettes-FL 13

9:30am Everything's Better On A Stick: Fair Food-L
 9:45am Depart For: The Sunflower Experience-FF
 10:30am MAC Fitness-FL
 1:00pm Make and Take Craft: Fall Pumpkin-L
 2:00pm Midnight Rider-FL
 4:45pm Bowling-FL
 6:15pm Bingo With Frankie 14

9:30am Breakfast Treat & Morning Conversation-L
 10:30am Morning Exercise With Suz-FL
 1:00pm Bunco-FL
 1:00pm Loop Yarn-FL
 2:00pm Happy Hour With Darlene Suchomei-DR
 3:30pm Afternoon Walks Followed With Hydration-FF
 4:45pm Iowa State Fair Facts -Lobby 15

10:00am Craft Club-L
 10:00am Lug-A-Mug-ML
 2:00pm Dominoes-CH
 2:00pm Candy Bar Bingo-ML 16

9:00am St. Joseph's Catholic Mass-FL
 10:30am Presbyterian Church Service-FL
 1:30pm Bingo With Frankie-FL
 6:00pm Sunday Cinema: Meet Me In St. Louis-FL

9:00am Rosary-PDR
 9:00am Calling All Ladies, Coffee Talk-FL
 10:15am Readers Theater-L
 1:00pm Bible Study-L
 2:00pm Dominoes-CH
 2:00pm Lemonade Day Social-FP
 3:30pm MAC Fitness-FL
 5:00pm Pop Ups With Steph-?
 6:00pm New Game: Society Crap-FL 18

9:15am Depart For: Dollar
 10:00am Monster Cookie Social-
 11:00am Depart For: Lunch Out: Red Lobster-FF
 1:00pm Chef Demo Chef Chris-
 2:00pm Diamond Dot Divas-FL
 2:15pm Men's Brew Crew-CH
 3:00pm Bingo-FL
 4:45pm Where Am I?-Lobby 19

9:00am Prayer Group-FL
 9:00am Pamper Me: Hand Massages-L
 9:30am Church Service-FL
 10:30am Tenzi-FL
 1-3pm One on One Visits
 1:30pm Communion-L
 1:30 Armchari Travelsw/Floyd-FL
 3:30pm MAC Fitness-FL
 6:00pm Symphonettes-FL 20

9:15am Depart For: Kohls
 10:30am MAC Fitness-FL
 1:45pm Depart For: Scenic Drive-FF
 3:15pm Musical Memories: The Andrews Sisters FL
 4:45pm Shuffleboard-FL
 6:00pm Depart For: Jazz Under The Stars At Noelridge Park-FF
 6:15pm Bingo With Frankie-FL 21

9:30am Breakfast Treat & Morning Conversation-L
 10:30pm Morning Exercise With Suz-FL
 1:00pm Bunco-FL
 1:00pm Loop Yarn-FL
 2:00pm Happy Hour With Lena AdamsDR
 3:30pm Afternoon Walks Followed With Hydration-FF
 4:45pm August Trivia-Lobby 22

Sweet Corn Festival 1:00pm-3:00pm-FF
 10:00am Craft Club-L
 10:00am Lug-A-Mug-ML
 2:00pm Dominoes-CH
 2:00pm Candy Bar Bingo-ML 23

9:00am St. Joseph's Catholic Mass-FL
 10:30am Presbyterian Church Service-FL
 1:30pm Bingo With Frankie-FL
 6:00pm Sunday Cinema: Blue Hawaii-FL

9:00am Rosary-PDR
 9:00am Calling All Ladies, Coffee Talk-FL
 10:15am Seize The Lei-L
 1:00pm Bible Study-L
 2:00pm Dominoes-CH
 2:00pm Hawaiian Luau Social -FP
 3:30pm MAC Fitness-FL
 5:00pm Pop Ups With Steph-?
 6:00pm New Game: Society Crap-FL 24

9:15am Depart For Aldi-FF
 10:15am Nuts For Coconut Social
 10:45am Depart For: Riverside Casino-FF
 1:00pm Destination Hawaii With Randy-FL
 2:00pm Diamond Dot Divas-FL
 2:15pm Men's Brew Crew-CH
 3:00pm Bingo-FL
 4:45pm What Am I?-Lobby 25

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 26

9:15am Depart For Hobby Lobby -FF
 10:30am MAC Fitness-FL
 11:00pm Depart For: The Dickeyville Grotto-FF
 1:00pm Tenant Council-FL
 3:15pm Food For Thought: SPAM-A Culinary Icon
 4:45pm Mini Golf-FL
 6:15pm Bingo With 27

9:30am Breakfast Treat & Morning Conversation-L
 10:30am Morning Exercise With Suz-FL
 1:00pm Bunco-FL
 1:00pm Loop Yarn-FL
 2:00pm Happy Hour With TBD-DR
 3:30pm Afternoon Walks Followed With Hydration-FF
 4:45pm Listen & Learn: Don Ho, Ambassador Of Aloha-Lobby 28

10:00am Craft Club-L
 10:00am Lug-A-Mug-ML
 11:00am Hawkeye Tailgate Party-FL
 2:00pm Dominoes-CH
 2:00pm Candy Bar Bingo-ML 29