# Christian Corner By Selah Ulmer

# loy to the World

The Christmas season is upon us, and I must share that it is my favorite time of the year. I love Christmas; the shopping, the fun with friends and family, the music, the movies, the presents and the treats that seem to appear everywhere I turn. But what I love the most is the Christmas story. Ever since I was a little girl, I have loved the story of Mary and Joseph and Baby Jesus. As a kid, I would carefully set up the many nativity sets in our home, finding joy in every figurine I placed that reminded me of this beautiful story. I think even then I understood that the Christmas story was life changing. Now as an adult, I realize just how much.

This story is overflowing with meaning, truth, beauty and wonder, and some hard things too. But what amazes me about it this year is the simple yet profound truth that God loves us so much that He Himself came to dwell with us. With a world so tainted by evil and sin, He easily could have cast us off. We deserved it. But instead He came in flesh, born as a helpless baby to poor parents. Humbling Himself to be a mere mortal, He lived a life filled with hunger and pain and ultimately death. He did it because He loves us. And He did it in a way that not only secures our salvation, but also gives constant access to a Savior who understands how hard life can be because

He has lived it. A Savior who not only listens, but who brings good from bad and redemption to impossible situations. He cares about it all. He cares about you, and what you are dealing with right now.

I don't know what this Christmas is like for you. Perhaps it is filled with joy, perhaps it is filled with pain. Maybe it is a combination of both, as life so often is. Whatever this season looks like for you, I pray that you will know the love of our Savior more deeply, and that like a child, you will marvel at this story. Jesus loves you. He loves you so much. Let's celebrate that!

To end, I leave you with the words of Joy to the World. Merry Christmas, and the Happiest of New Years!

> "No more let sins and sorrows grow, nor thorns infest the ground; He comes to make His blessings flow

far as the curse is found, far as the curse is found, far as, far as the curse is found!"



# Decembe 2024

## Life Choices. It's All About Living

Please Join US

# **DECEMBER I4TH**

Don't forget to RSVP for the Holdiay Party.

Friends and family are welcome to join us as brunch will be served between 10am 1pm, you must rsvp. There will be music cocoa, Santa, carriage rides and more!



I managed restaurants for several years and later, I went to work for AAA in SF. Best decision of my life! Took an early retirement when a major reorganization happened in 2010. Wound up back in Cedar Rapids for 10 years, another good decision. Spent that time caring for my parents and enjoying their company. Both passed and I am forever grateful to them and the times we spent together. Headed back to California in 2020, left my wallet in San Francisco & headed back to Cedar Rapids this past July. California's cost of living went up and out of this world!

I am very grateful for this job at Summit Pointe. I enjoy my interactions with the residents, their families and the staff. I love to help others and above all I love to laugh and share happiness with everyone I meet. Thank you!

## The Summit Pointe Family is intentionally enhancing the lives of everyone.

PAGE 8



## Meet the new faces behind the front desk



Just a little bit about me. I was born & raised in Cedar Rapids & Marion. I graduated from Marion High School in 1973. After 2 years at Kirkwood, I moved to California & settled in San Francisco. I had a lot of fun in the 70s and early 80s and buckled down in



My name is DeLaina Olds. My grandmother lives here at Summit Pointewho I love so much. I am also a daughter, wife and a mother of 2 beautiful babies. Okay, not so much babies anymore, they are 4 and 5 (almost 5 and 6). People call them Irish twins. I grew up locally and went to Linn-Mar high school. I graduated with my bachelors degree in business management and human resource management at Mount Mercy University. I met my husband in 2009 when we were just 14 years old. We started dating in 2014 and have been married for 7 years now. In my spare time I enjoy camping with my family and spending time outdoors. I also enjoy reading at night after the kids go to bed. We have a dog Dax who is a 2 year old, Wirehaired Pointing Griffon and a brand new kitten named Po. I work full time as a wealth management associate at US Bank and my dream is to become a registered financial advisor. Thank you all for being so warm and welcoming to me here at Summit Point. I couldn't ask for better tenants to be able to help serve.

**Notes from** What's Happening in Life Enrichment LIFE ENRICHMENT

Let's Deck The Halls! We will be decorating for Christmas the first week of December.

We welcome your time and talent in helping us do so. Monday and Tuesday we will be focusing on the 1st floor. Wednesday we will move to floor number 2. Thursday is all about the 3rd floor and we will be in Memory Lane on Friday. Come and get in the spirit of Christmas with us.

Fa la la la la, there will be many opportunities to get into the Christmas spirit with various musical performances. From Girl Scouts, church bell ringers and students from a couple of local schools. These performances are highlighted in blue on your monthly activity calendar.

Marci's Memorables will be sharing a presentation on the Traditions of Christmas on Tuesday, December 3rd at 2:00pm in the Fireside lounge.

Now Showing: A Man On The Inside, You will NOT want to miss out on this funny series! Starting on Wednesday, December 4th at 12:30pm in the Fireside lounge. Come and have a few laughs with your friends. This will not disappoint!

Ooooo, ahhhh! There will be 6 opportunities to view Christmas lights this holiday season. Sign up for a tour in the Activity Binder located in the lobby.

Are you wanting to make a few gifts for your loved ones or maybe yourself? Come to Santa's workshop on the first 3 Mondays of the month to be one of Santa's elves. It will take place at 2:00pm in the Fireside lounge.

Armchair Traveler, Floyd Sandford will be sharing a program on Marina Animals of the Belize Barrier Reef at 1:30pm on Thursday, December 12th in the Fireside lounge. Floyd's programs are always full of great knowledge.

Musical Memories will be focusing on artists who are known for their Christmas music and much more. Learn a few things about Andy Williams, Gene Autry and Bing Crosby this month.

Pretty paper, pretty paper... Let us help with all that Christmas wrapping! Bring your gifts to the Fireside lounge at 1:30pm on Thursday, December 19th if you would like a little help getting those precious packages wrapped.

OH, what fun! Look at the calendar to join in on certain themed days. We would love to see your themed attire.



Men's Hawkeye Basketball

12/3 NorthWestern vs Iowa 6pm 12/7 Iowa vs Michigan 12pm 12/12 Iowa State vs Iowa 6:30pm 12/15 New Orleans vs Iowa 1pm 12/21 Utah vs Iowa 5pm 12/30 New Hampshire vs Iowa 6pm

#### Women's Hawkeye Basketball

12/7 Iowa vs Tennessee 6pm 12/11 Iowa State vs Iowa 8pm 12/15 Iowa vs MI State 11am 12/20 Northern Iowa vs Iowa 6:30pm 12/29 Purdue vs Iowa 2pm

#### Men's Hawkeye Wrestling

12/6 Princeton vs Iowa 6pm 12/6 Army vs Iowa 8pm 12/29 Soldier Salute 10am 12/29 Soldier Salute 3:30pm 12/30 Soldier Salute 11am 12/30 Soldier Salute 5pm

#### Women's Hawkeye Wrestling

12/7 Jewell Dual Tournament 10am 12/15 NCC Open 9am Dec 29-30 Soldier Salute STAFF BIRTHDAYS 12/03 ALIVIA CORBETT 12/15 JEN WOODHOUSE 12/15 MICHAEL CIMAGLIA 12/17 SUZ SUTTON 12/17 SYDNEY WITTENBURG 12/22 STEPHANIE MCCAULEY **TENANT'S BIRTHDAY** 12/03 JAMES KOSTMAN 12/04 ONIAS SHIFFLETT 12/06 ANN ROSENBERGER 12/08 JANE DEWITTE 12/08 BETTY SHIFFLET 12/13 LONNY MERSCH 12/31 SANDY GRAHAM

0pm

## **Sign Up Activities**

12/3	Hy-Vee	9:15am				
12/4 o	r 12/5 Podiatrist	1:00pm-3:0				
12/4	Holiday Light Tour	5:30pm				
12/9	Holiday Light Tour	5:30pm				
12/10	Aldi	9:15am				
12/11	Holiday Light Tour	5:30pm				
12/12	Culver's Garden					
Cente	r & Greenhouse	9:45am				
12/12	Calvary Christian					
Academy Christmas Program 12:30pm						
12/16	Holiday Light Tour	5:30pm				
12/17	Dollar Tree	9:15am				
12/18	Holiday Light Tour	5:30pm				
12/19	Burlington	9:15am				
12/19	Barrel House	11:00am				
12/23	Holiday Light Tour	5:30pm				
12/26	Fareway	9:15am				
12/31	Hy-Vee	9:15am				

# For your health: Thriving through the holidays



Maintaining a focus on personal health and safety is especially important at this time of year. These six tips can help you have a more enjoyable. healthy, and injury-free holiday season.

Nourish Your Body:

Maintaining energy levels while nourishing our bodies requires a balance between indulgence and eating healthily. Portion management is key, as is eating only until you are satisfied rather than full. Vegetables, fruits, whole grains, healthy fats, and protein are essential parts of a balanced diet and should be consumed moderately during the holiday season. "Eat what you love in moderation," suggests Jody Engel, a nutritionist and registered dietitian at NIH.

Hydration Matters:

It's easy to lose track of how much water you are drinking during the busy holidays. Adequate hydration is essential for sustaining energy, increasing alertness, facilitating digestion, and protecting brain health. If you consume alcohol, drink plenty of water before, during, and after. According to Healthline, alcohol "causes your body to remove fluid at a much quicker rate than other liquids." Healthline.gov

Stay Active: Moving and staying active year-round is especially important during the colder months. Plan time for exercise, such as light yoga or strolling through the mall. When venturing outdoors, protect yourself from the elements by layering your clothing, and keeping your mouth and nose covered. Be mindful of icy paths to avoid falls by wearing appropriate footwear with non-slip soles. Also, consider aids like a cane or walker when needed.

Relax and Recharge: During this potentially stressful time of year, it's important to prioritize self-care and effective stress management for our mental and emotional well-being. Setting reasonable goals for the use of our resources (time, money, and energy) is crucial. We can decrease our stress by scheduling downtime and by practicing mindfulness including relaxation techniques like deep breathing and meditation and listening to music.

Mind Your Medications: Our daily routines can easily be sidetracked during the busy holidays. It's important to remember to maintain your medication schedule and doses as prescribed by your doctor. Using a pillbox with compartments for each day provides a visual reminder to take medication and avoid taking two doses at once. Don't be afraid to ask for help from a family

member or friend if needed. Protect Yourself: Many infections spread more rapidly over the holiday season. Other health

risks, such as COVID-19 concerns, can be addressed by encouraging vaccinations, practicing hand hygiene, staying home while sick, and avoiding close contact with others

who are in your close space. The key to a safe and enjoyable holiday is balancing fun with self-care. By following these six tips to stay healthy and safe over the holidays you will thrive and enjoy the season with peace of mind, knowing you are safeguarding your health and well-being. Happy Holidays!

### From your nurse: Jennifer Woodhouse MSN, RN

The holidays often stir up memories of our youth and time spent with family and friends. It is a time filled with many grand traditions. As we age, we may experience loved ones moving away because of work and family obligations or even the loss of friends that have passed away. It is a natural feeling to feel sad when thinking about the past, but it is important to hold your holiday memories close and embrace new ways to celebrate together. Here are some strategies to help beat the holiday blues: Reach out to family and friends through video calls, letters, holiday cards, emails and phone calls. Feel free to ask a staff member if you need some assistance. Start a new holiday tradition Eat the right diet for your medical needs Talk a walk or get some fresh air outside Attend an exercise class or get regular physical activity Try a new activity or hobby, or teach someone else a craft you're skilled at Consider volunteering your time to help others in need Small changes and the connections you make here at Summit Pointe can help your overall outlook and health. Please reach out to a staff member if you need help connecting with a new group or activity. The nursing team is looking forward to celebrating with you this season!

## From your Executive Director: Melinda Haleys

Thanksgiving meal will by on Thursday the 28th, the cost is \$16 per guest and a boxed meal will be served that evening. Our holiday celebration will be December 14th you are welcomed to invite friends and family.

Good news, the laundry and trash rooms now have fire door openers on them. We invite all those who are interested in decorating to help us out the week of December 2nd.

situations.

#### From your Assistant Director: Karla Graves From your Front Desk Receptionists If you have a prayer need or a prayer request please put in the box by the dining thank you all for your efforts in signing in and out and room. We will lift you up in prayer during letting us know when you are leaving for extended periods our Wednesday prayer group. You are all of time. Don't forget to bring your building key with you welcomed to join up every Wednesday at when leaving with families and put your out sign o door 10am! when leaving the property. This helps during emergency From your Culinary Director: Chef Chris During holidays, hours are the receptionist end at 5pm. We have completed our first go around of our 5 week menu cycle. From your Maintenance Team: Rod & Lorens We have listened to your feedback and we are going to make changes accordingly. Make sure your windows are closed and locked, this will help keep cold air out. The heaters have been turned on, Please join the chef chat every month so your concerns are heard and addressed.

use the thermostat on wall to control heat. Happy Thanksgiving!



at the front desk. Meals & Memories are made here - Chef

Please use the comment box as well located





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul> <li>1</li> <li>9:00am St. Joseph's Catholic Mass-FL</li> <li>10:30am Presbyterian Church Service-FL</li> <li>1:30pm Penny Bingo-FL</li> <li>6:00pm Sunday Cinema: November Christmas-FL</li> </ul>	9:00am Rosary-PDR 9:30am-12:00pm Decking The Halls- 1st Floor 1:00pm-3:00pm Decking The Halls- 1st Floor 2:00pm Dominoes-CH 3:30pm MAC Fitness-FL	9:15am Depart For: Hy-Vee-FF 9:30am-12:00pm Decking The Halls- 1st Floor 10:00am Holiday Concert By The Linn-Mar Homeschool Students-FL 1:00pm-3:00pm Decking The Halls- 1st Floor 2:00pm Marci's Memorables-L	9:30am Church Service-FL 9:30am-12:00pm Decking The Halls-2nd Floor 10:00am Prayer Group-ML 1:00pm-3:00pm Podiatrist TBD 1:00pm-3:00pm Decking The Halls- 2nd Floor 1:30 Communion-L 3:30pm MAC Fitness-FL 5:30pm Holiday Light Tour-FF 6:00pm Symphonettes-FL	9:30am-12:00pm Decking The Halls- 3rd Floor 5 10:30am MAC Fitness-FL 1:00pm-3:00pm Podiatrist TBD 1:00pm-3:00pm Decking The Halls- 3rd Floor 6:15pm Penny Bingo-FL	9:30am-12:00pm Decking The Halls- ML 6 10:30am Morning Exercise With Suz-FL 1:00pm-2:00pm Decking The Halls- ML 1:00pm Loop Yarn-FL 2:00pm Happy Hour With Lena Adams-DR 3:30pm Afternoon Walking & Talking-FF	7 10:00am Craft Club-L 10:00am Lug-A-Mug-ML 2:00pm Dominoes-CH 2:00pm Candy Bar Bingo-ML 7:00pm St. Paul's United Methodist Church Bell Choir-FL
9:00am St. Joseph's Catholic Mass-FL 8 10:30am Presbyterian Church Service- FL 1:30pm Penny Bingo-FL 3:30pm Girl Scout Caroling-FL 6:00pm Sunday Cinema: It Happened On 5th Avenue-FL	9:00am Rosary-PDR 9:30am Ladies Coffee and Fire- side Chat-FL 10:30am Happy Hands-L 1:00pm Bookworms-L 2:00pm Dominoes-CH 2:00pm Santa's Workshop-FL 3:30pm MAC Fitness-FL 5:30pm Holiday Light Tour-FF	9:15am Depart For: Aldi-FF 10:00am Scones & Chronicles-L 1:00pm LaLa Ladies-FL 2:00pm Diamond Dot Divas-L 2:15pm Men's Brew Crew-CH 3:00pm Penny Bingo-FL 5:15pm Yahtzee-FL 7:00pm Wine Not-FL	9:00am Morning Stroll-FF 9:30am Church Service-FL 10:00am Prayer Group-ML 10:30am Card Bingo-FL 12:30pm A Man On The Inside-FL 1:00pm Vitals With Nursing-PDR 1:30pm Communion-L 2:00pm Art Joy Connect-FL 3:30pm MAC Fitness-FL 5:30pm Holiday Light Tour-FF 6:00pm Symphonettes-FL	9:45am Depart For: Culver's Gar- den Center & Greenhouse-FF 12 10:30am MAC Fitness-FL 12:30pm Depart For: Calvary Christian Academy Christmas Program-FF 1:30pm Armchair Travels With Floyd Sand- ford-FL 3:15pm Musical Memories: Andy Williams- FL 5:00pm What Am I?-Lobby 6:15pm Penny Bingo-FL	9:30am Breakfast Treat & Morn- ing Conversation-L 10:30am Morning Exercise With Suz-FL 1:00pm Axe Throwing-FL 1:00pm Loop Yarn-FL 2:00pm Birthday Happy Hour With Ron Burgess-DR 3:30pm Afternoon Walking & Talking-FF 5:00pm Trivia Night-Lobby	Holiday Celebration1410:00am—2:00pm11:00am-12:00pm Ron Burgess-FL12:00pm-1:00pm Young At Harp-FL1:00pm-2:00pm Symphonettes-FL
9:00am St. Joseph's Catholic Mass-FL 10:30am Presbyterian Church Ser- vice-FL 6:00pm Sunday Cinema: The House Without A Christmas Tree-FL	9:00am Rosary-PDR 9:30am Ladies Coffee And Fire- side Chat-FL 10:30am Readers Theater-L 1:00pm Bookworms-L 2:00pm Santa's Workshop-FL 2:00pm Dominoes-CH 3:30pm MAC Fitness-FL 5:30pm Holiday Light Tour-FF 6:15pm Girl Scout Caroling Through The Halls	9:15am Depart For Dollar Tree-FF 17 10:00am Gingerbread & Chronicles -L 1:00pm Chef Chat-FL 2:00pm Cedar Valley Christian 4th Grade Carolers-FL 2:00pm Diamond Dot Divas-L 2:15pm Men's Brew Crew-CH 3:00pm Penny Bingo-FL 5:15pm Rummikub-FL	9:00am Morning Stroll-FF 9:30am Church Service-FL 10:00am Prayer Group-ML 10:30am Card Bingo-FL 12:30pm A Man On The Inside-FL 1:00pm-3:00pm One-On One Visits 1:30 Communion-L 3:30pm MAC Fitness-FL 5:30pm Holiday Light Tour-FF 6:00pm Symphonettes-FL	9:15am Depart For: Burlington-FF 19 10:30am MAC Fitness-FL 12:00am Lunch Out: Barrel House-FF 1:30pm Christmas Gift Wrapping-FL 3:15pm Musical Memories: Gene Autry -FL 5:00pm Who Am I?-Lobby 6:15pm Penny Bingo-FL	9:30am Breakfast Treat & Morning Conversation-L 20 10:30am Morning Exercise With Suz-FL 1:00pm Cornhole-FL 1:00pm Loop Yarn-FL 2:00pm Happy Hour With Terry McCauley -DR 3:30pm Afternoon Walking & Talking-FF 5:00pm Trivia Night-Lobby Christmas Socks Day	21 10:00am Craft Club-L 10:00am Lug-A-Mug-ML 2:00pm Dominoes-CH 2:00pm Candy Bar Bingo-ML
9:00am St. Joseph's Catholic Mass-FL 10:30am Presbyterian Church Service -FL 1:30pm Penny Bingo-FL 6:00pm Sunday Cinema: Christmas Oranges-FL	9:00am Rosary-PDR 9:30am Ladies Coffee And Fireside Chat-FL 10:30am Happy Hands-L 1:00pm Grinchmas Get Together-FL 2:00pm Dominoes-CH 2:00pm Santa's Workshop-FL 3:30pm MAC Fitness-FL 5:30pm Holiday Light Tour-FF Wear Green Today	9:15am Caption This!-L 10:00am Sugar Cookies & Chroni- cles-L 1:00pm Chef Demo-FL 2:00pm Diamond Dot Divas-L 2:15pm Men's Brew Crew-CH 3:00pm Penny Bingo-FL Christmas Sweater Day	inerry ehristmas	9:15am Depart For: Fareway-FF 26 10:30am MAC Fitness-FL 1:00pm Tenant Council-FL 3:15pm Musical Memories: Bing Crosby- FL 5:00pm What Am I?-Lobby 6:15pm Penny Bingo-FL Plaid/Flannel Day	9:30am Breakfast Treat & Morning Conversation-L 27 10:30am Card Bingo-FL 1:00pm Surprise Activity-FL 1:00pm Loop Yarn-FL 2:00pm Happy Hour With David Plog- genklass-DR 3:30pm Afternoon Walking & Talking-FF Cozy Clothes Day	28 10:00am Craft Club-L 10:00am Mug-A-Lug-ML 2:00pm Dominoes-CH 2:00pm Candy Bar Bingo-ML
9:00am St. Joseph's Catholic 29 Mass-FL 10:30am Presbyterian Church Service -FL 1:30pm Penny Bingo-FL 6:00pm Sunday Cinema: It's A Won- derful Life-FL	9:00am Rosary-PDR 9:30am Ladies Coffee And Fireside Chat-FL 10:30am Mind Benders-L 1:00pm Bookworms-L 2:00pm Dominoes-CH 2:00pm Peppermint Party-FL 3:30pm MAC Fitness-FL 5:30pm Monday Mystery-FL 6:00pm Snowball Scoop-FL Wear Red & White Today	9:15am Depart For: Hy-Vee-FF 10:00am Snowballs & Chronicles-FL 2:00pm Diamond Dot Divas-L 2:15pm Men's Brew Crew-CH 3:00pm Penny Bingo-FL 5:15pm Jenga-FL Wear Blue, Sparkles, Glitter Or Snowflakes To- day	BP= Back Patio CH= Club House DR= Dining Room FF= Front Foyer FL= Fireside Lounge FP= Front Patio L= Library ML= Memory Lane PDR= Private Dining Room	DECEI	MBER	2024

