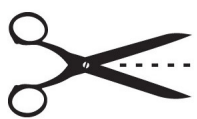


AT SCHOOL Puzzle

- ART  
ATLAS  
BACKPACK  
BELL  
BOOK  
BRAIN  
BULLY  
BUS  
CAFETERIA  
CHAIR CHALK  
CHEMISTRY  
CLASS  
COMPUTER  
CRAYON  
DESK  
DIPLOMA  
ERASER  
ESSAY  
EXAM  
GEOGRAPHY  
GLOBE  
GLUE  
GRADE  
GRAMMAR
- HISTORY  
INK  
LATE  
MATH  
MUSIC NOTES  
PAPER  
PEN  
PENCIL  
PROM  
READ  
RECESS  
REPORT  
RULER  
SCHOOL  
SCIENCE  
SCISSORS  
STAPLER  
STUDENT  
STUDY  
TAPE  
TEACHER  
THINK  
WRITE  
YEARBOOK



Answers to word search on page 7



Cut Here

ACTIVITY SIGN UP

Name: \_\_\_\_\_ Room Number: \_\_\_\_\_

Please circle the events that you are interested in, and return this portion to the front desk. The Activities Department will sign you up in the activities book, and provide reminder phone calls prior to the event. For questions regarding events, please see any of the activities staff.

AUGUST OUT OF BUILDING TRAVELING EVENTS

- 1st: 9:15 - Fareway  
1st: 11:00 - Fuzzy's - Lunch  
3rd: 9:30 - Marion Farmers Market  
4th: 12:30 - Ole Creamery Theater (Ticket Holders)  
6th: 1:00 - Michael's  
8th: 9:15 - Walmart  
10th: 1:00 - Target  
13th: 1:00 - Dollar Tree  
15th: 9:15 - HyVee
- 17th: 1:00 - Menards  
18th: 2:30 - Scenic Drive  
20th: 11:00 - The Stove House – Lunch  
22nd: 9:15 - Fareway  
24th: 9:30 - Marion Farmers Market  
25th: 2:30 - Scenic Drive  
27th: 9:15 - Isle Casino Waterloo  
27th: 9:15 Wine outing at Culer's Garden Center  
29th: 9:15 Walmart



Summit Pointe  
Senior Living

August

2019



Life Choices, It's all about living



This is Your Life:  
Lucy Diesch



PLEASE JOIN US ON  
**Thursday, Aug. 22**  
**2 pm**  
**Fireside Lounge**

Join us with Lucy as she shares about being married to her best friend, working, playing and living as one together.



Summit Pointe  
♥ Gives Back ♥

Back to School Supplies

Summit Pointe Loves to Give Back whenever possible.  
During August we are collecting Elementary School Supplies for the Linn-Mar Community School District.  
Drop off any School Supplies at the front desk.  
Every little bit helps!



The Summit Pointe Family is intentionally enhancing the lives of everyone!





## NURSING CORNER

Vaccines are an important part of health care for adults over the age of 50 years. About 45,000 adults die each year from complications of diseases that a vaccine may have prevented.

There are many reasons why seniors might avoid getting vaccinated. They may not feel like it's necessary to receive certain vaccines, or they may not know which vaccines to get. They may also have concerns about possible complications from the vaccine itself.

But serious side effects of vaccines are rare. Instead, seniors are at greater risk of suffering from complications due to illnesses. These complications can lead to long-term disability, hospitalization and death.

The Centers for Disease Control and Prevention (CDC) recommends the following vaccines for adults and seniors:

### 50 to 64 Years

- Flu (influenza) – yearly
- Tdap or Td (Tetanus, diphtheria, pertussis/whooping cough)
- MMR (Measles, mumps, rubella) – if born in 1957 or later, and if not received as a child
- Chickenpox (varicella) – if not received as a child

### 65+ Years

- Flu (influenza) – yearly
- Tdap or Td (Tetanus, diphtheria, pertussis/whooping cough)
- Shingles Zoster vaccines
- Pneumococcal vaccines
- Chickenpox (varicella) – if not received as a child

### Aging and Immunity

Childhood vaccines can wear off over time leaving a previously vaccinated person unprotected.

As people age, their immune systems weaken as well. This can leave them vulnerable to serious illnesses, including vaccine-preventable diseases. Seniors are especially susceptible to the flu, pneumonia and shingles.

Shingles is a reappearance of the virus varicella zoster that also causes chickenpox. The disease is characterized by a painful rash that can blister. If the rash surfaces on the face, it can affect vision and hearing.

There is no cure for shingles. But a vaccine is available that may prevent the virus or lessen its effects.

### Vaccine-Preventable Illness in Seniors

Aging adults may also have a harder time fighting off infections.

Seniors are at an increased risk of being infected by Pneumococcus. This is a type of bacteria that can cause serious lung infections, such as pneumonia. Pneumonia leads to death in about 60,000 seniors each year.

The CDC recommends adults 65 and older get two doses of the pneumococcal vaccine. This updated recommendation followed the results of a large clinical study. The New England Journal of Medicine published the study in March 2015.

Serious infections caused by Pneumococcus bacterium can affect the blood stream (sepsis) and the tissues covering the brain and spinal cord (meningitis). Other organs and tissues may be affected as well.

The flu is another vaccine-preventable illness that can cause serious complications in seniors. Seniors who suffer from the seasonal flu are at a greater risk of hospitalizations and death, according to research.

A six-year study conducted from 2005 to 2011, found that between 71 to 85 percent of seniors died from flu-related complications. Another 54 to 70 percent of seniors were hospitalized.

### Health Conditions and Vaccination

Seniors and older adults with certain health conditions may need additional vaccines.

Health conditions that can further complicate vaccine-preventable diseases include diabetes and heart disease. Patients should speak with their doctor about whether their health conditions make them more vulnerable to certain illnesses.

In some cases, they may be able to better protect themselves with certain vaccines.

The CDC recommends the following additional vaccines for older adults and seniors with certain risk factors due to health conditions:

- Pneumococcal vaccines
- Meningococcal vaccines
- Hepatitis A
- Hepatitis B
- Hib

A person's job, lifestyle or travel may also influence recommended vaccines within this age group.



## Football season is starting! Go Hawkeyes! Go Cyclones! Go Panthers!

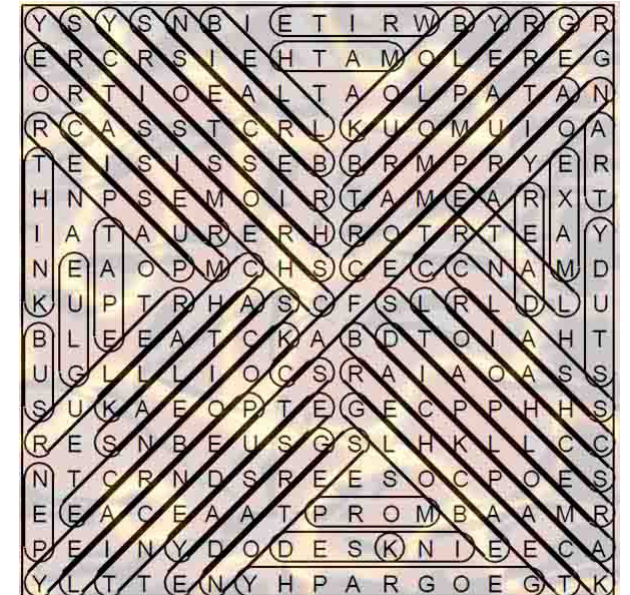
Our First Game is August 31st with a tailgate party starting at 6 pm. Kickoff is at 6:30!



August 31 - Miami of Ohio at Iowa - 6:30 pm



August 31 - UNI at Iowa State - 11am



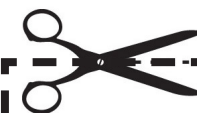
**SOLUTION: I got an A on the test.**

## Reminder!

All Summit Pointe  
"Clubs"  
(Card Club, Wine Club)  
are open to everyone  
and anyone!  
It does not mean  
you have to  
be a member or  
join anything!



Summit Pointe tenants enjoyed a treat at That One Cupcake Place!



**Cut Here**

Need more information about upcoming events or have a suggestion for the activity calendar? Please use the space below to state what it is you want more information about or what ideas you have. Make sure you provide your name so that somebody from Life Enrichment can follow up with you. Requested information about events can be found in your box after submitting this form.

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## Employee Recruiting Campaign

# "Come be a Superhero"



This is a YouTube video campaign to attract workers to Summit Pointe.

Thanks to the residents and staff that volunteered to appear on camera!



The tenants were able to display their inner artists through Painted Tile Coasters -- Who knew if you took white tiles + permanent marker + rubbing alcohol you get something so beautiful?



Professor Floyd Sandford, our Arm Chair Traveler, stopped by Summit Pointe to entertain our tenants with stories of his trip on the Appalachian Trail through Virginia -- the tenants and staff always look forward to his visits!



## THE CHRISTIAN CORNER

By Jackson DeFrees

Are you still trying to figure out what your purpose in life is as you continue to grow older, not knowing why God put you here on this earth? Don't feel bad because a lot of people flounder around with no real direction on how to live a joyful and meaningful life. Through my ups and downs of life, I have found by reading God's word from the Bible that everything seems to be more hopeful and promising. In Genesis 1:26 God said, "Let us make man in our image according to our likeness." Then in time God sent His one and only son Jesus to show us how we are to live and enjoy life. Ephesians 4:20-24 says, "That, however, is not the way of life you learned when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness." In his book "The Purpose Driven Life" Rick Warren says, "You are a work in progress. Your spiritual transformation in developing the character of Jesus will take the rest of your life, and even then it won't be completed here on earth. It will only be finished when you get to heaven or when Jesus returns. At that point, whatever unfinished work on your character is left will be wrapped up. The Bible says that when we are finally able to see Jesus perfectly, we will become perfectly like him." See 1 John 3:2.



Summit Pointe tenants had lunch at Oscars -- no tenant left hungry!

## August Birthdays

8/12	Del Block
8/20	Marty Weirather
8/20	Betty Fairchild
8/21	Evelyn Durow
8/25	Vern Martensen
8/29	Albert Etzel
8/31	Loarine Pauley
8/31	Twyla Hutchins

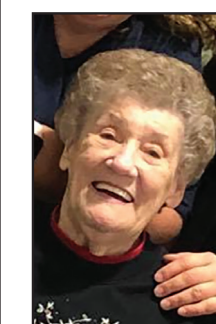
## EMPLOYEE BIRTHDAYS

8/29	Kody Slife
8/17	Amber Peterson
8/21	Amelia McRorbets

## NEW TENANTS

### John & Diane Svoda

Diane worked at Mercy Hospital. She enjoys watching TV, jigsaw puzzles, cards, music and bingo. John enjoys watching TV, movies, reading, going out to eat and going on day trips. John worked at Aegon and is a Veteran serving in the Army.



### Terry Vermeer

Terry enjoys Bingo and bridge along with social activities.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div> <div>BDR = Brentwood Dining Rm</div> <div>BP = Back Patio</div> <div>CDR = Carlisle Dining Rm</div> <div>FD = Front Desk</div> <div>FF = Front foyer</div> <div>FL = Fireside Lounge</div> <div>FP = Front Porch</div> <div>L = Library, 2nd Floor</div> <div>PDR = Private Dining Rm</div> <div>SP = Summerset</div> </div> <div> <div> <div>Be sure to sign up for the items highlighted in yellow.</div> <div>Anything listed in red means that it is Tenant led!</div> </div> <div>See our Activity Summary pages in the Sign-Up book for a brief description of listed activities. Those activities noted with an asterisk(*) have further information on the summary.</div> </div> </div>						
				<div> <div>1</div> <div>9:15 Depart to Fareway</div> <div>11:00 Depart for Lunch at Fuzzy's</div> <div>3:30 Mind &amp; Body Exercise FL</div> <div>6:00 Penny Bingo FL</div> </div>	<div> <div>2</div> <div>9:00 Live to Be Healthy FL</div> <div>9:00 Catholic Word L</div> <div>10:00 Bible Study L</div> <div>2:00 Happy Hour &amp; Music w/Judy Mehlert CDR</div> </div>	<div> <div>3</div> <div>9:30 Depart for Marion Farmers Market</div> <div>2:00 Dominoes L</div> <div>2:00 Comedy Hour-Carol Burnet Show FL</div> </div>
<div> <div>4</div> <div>1:00 Penny Bingo FL</div> <div>12:30 Depart for Ole Creamery Theater (Ticket Holders)</div> <div>6:00 Movie &amp; Popcorn: The Replacements (Holly's Favorite!) FL</div> </div>	<div> <div>5</div> <div>8:30 Catholic Rosary L</div> <div>9:00 Painting Clothespins For Summit Pointe Wreath FL</div> <div>10:00 Book Club L</div> <div>1:00 Penny Bingo FL</div> <div>3:30 Live to be Healthy FL</div> <div>6:00 Card Club L</div> </div>	<div> <div>6</div> <div>9:30 Church FL</div> <div>10:00 Hymns MC</div> <div>1:00 Dominoes L</div> <div>1:00 Depart for Michaels</div> <div>2:00 Quality Food Group meeting PDR</div> </div>	<div> <div>7</div> <div>9:30 Greeting Cards FL</div> <div>1:30 Tenant Social FL</div> <div>2:15 Blood Pressure Check 2<sup>nd</sup> floor</div> <div>3:30 Live to Be Healthy FL</div> </div>	<div> <div>8</div> <div>9:15 Depart to Walmart</div> <div>1:00 Card Bingo FL</div> <div>1:15* Eldred Gerhold MC</div> <div>3:30 Mind and Body Exercise FL</div> <div>6:00 Penny Bingo FL</div> </div>	<div> <div>9</div> <div>9:00 Live to Be Healthy FL</div> <div>9:00 Catholic Word L</div> <div>10:00 Bible Study L</div> <div>2:00 Happy Hour &amp; Music w/Ken Lee CDR</div> </div>	<div> <div>10</div> <div>9:30 Foxy the horse BP</div> <div>1:00 Depart for Target</div> <div>2:00 Dominoes L</div> <div>2:00 Comedy Hour-Carol Burnet Show FL</div> <div>6:30 Church w/ Jackson &amp; Linda FL</div> </div>
<div> <div>11</div> <div>1:00 Penny Bingo FL</div> <div>2:30 Community Baptist Church (Redemption Choir) FL</div> <div>6:00 Movie &amp; Popcorn: State Fair (1942) FL</div> </div>	<div> <div>12</div> <div>8:30 Catholic Rosary L</div> <div>9:00 LCR-Game FL</div> <div>10:00 Book Club L</div> <div>1:00 Penny Bingo FL</div> <div>2:15 La La Ladies FL</div> <div>3:30 Live to be Healthy FL</div> <div>6:00 Card Club L</div> </div>	<div> <div>13</div> <div>9:30 Church FL</div> <div>10:00 Hymns MC</div> <div>1:00 Dominoes L</div> <div>1:00 Depart for Dollar Tree</div> <div>2:00 Perspective Art by Jean FL</div> </div>	<div> <div>14</div> <div>9:30 Moon Trivia FL</div> <div>1:30 Tenant Social -Chef Demo w/ Terrie FL</div> <div>2:15 Blood Pressure check 2<sup>nd</sup> Floor</div> <div>3:30 Live to Be Healthy FL</div> <div>*Manicures by Tessa</div> </div>	<div> <div>15</div> <div>9:15 Depart to HyVee</div> <div>9:30 Garden Club meeting SP</div> <div>1:30 Bonnie &amp; Mike Singing FL</div> <div>3:30 Mind and Body Exercise FL</div> <div>6:00 Penny Bingo FL</div> </div>	<div> <div>16</div> <div>9:00 Live to Be Healthy FL</div> <div>9:00 Catholic Word L</div> <div>10:00 Bible Study L</div> <div>2:00 Happy Hour &amp; Music w/Scott Engeldow CDR</div> </div>	<div> <div>17</div> <div>1:00 Depart for Menards</div> <div>2:00 Dominoes L</div> <div>2:00 Comedy Hour-Carol Burnet Show FL</div> <div>6:30 Marion Methodist Church FL</div> </div>
<div> <div>18</div> <div>1:00 Penny Bingo FL</div> <div>2:30 Scenic Drive</div> <div>6:00 Movie &amp; Popcorn: Carousel FL</div> </div>	<div> <div>19</div> <div>8:30 Catholic Rosary L</div> <div>9:00 Last Letter Game FL</div> <div>10:00 Book Club L</div> <div>1:00 Penny Bingo FL</div> <div>3:30 Live to be Healthy FL</div> <div>6:00 Card Club L</div> </div>	<div> <div>20</div> <div>9:30 Church FL</div> <div>10:00 Hymns MC</div> <div>10:30 Massages FL</div> <div>11:00 Depart to The Stove House for Lunch</div> <div>1:00 Dominoes L</div> <div>3:30 Chair Yoga FL</div> </div>	<div> <div>21</div> <div>9:30 Price Is Right Game FL</div> <div>1:30 Root beer Floats &amp; Reminiscing FL</div> <div>2:15 Blood Pressure Check 2<sup>nd</sup> Floor</div> <div>3:30 Live to Be Healthy FL</div> </div>	<div> <div>22</div> <div>9:15 Depart to Fareway</div> <div>9:30 Family Feud FL</div> <div>2:00 This is your Life: Lucy Diesch FL</div> <div>3:30 Mind and Body Exercise FL</div> <div>6:00 Penny Bingo FL</div> </div>	<div> <div>23</div> <div>9:00 Live to Be Healthy FL</div> <div>9:00 Catholic Word L</div> <div>10:00 Bible Study L</div> <div>2:00 Happy Hour &amp; Music w/Janet Lieb CDR</div> </div>	<div> <div>24</div> <div>9:30 Depart for Marion Farmers Market</div> <div>2:00 Dominoes L</div> <div>2:00 Marci Memorables (Cleopatra) FL</div> </div>
<div> <div>25</div> <div>1:00 Penny Bingo FL</div> <div>2:30 Scenic Drive</div> <div>6:00 Movie &amp; Popcorn: State Fair (1962) FL</div> </div>	<div> <div>26</div> <div>8:30 Catholic Rosary L</div> <div>9:00 Domino Craft FL</div> <div>10:00 Book Club L</div> <div>1:00 Penny Bingo FL</div> <div>3:30 Live to be Healthy FL</div> <div>6:00 Card Club L</div> </div>	<div> <div>27</div> <div>9:15 Depart to Isle Casino Waterloo</div> <div>9:30 Church FL</div> <div>10:00 Hymns MC</div> <div>10:30 Wheel of Fortune FL</div> <div>1:00 Dominoes L</div> <div>1:00 You Rock with Shelly/ craft FL</div> <div>3:30 Chair Yoga FL</div> <div>5:45 Depart for Wine Outing at Culver's Garden Center</div> </div>	<div> <div>28</div> <div>9:30 State Fair Trivia FL</div> <div>1:30 Tenant Social FL</div> <div>3:30 Live to Be Healthy FL</div> </div>	<div> <div>29</div> <div>9:15 Depart to Walmart</div> <div>1:30 New Tenant Meet &amp; Greet FL</div> <div>3:30 Mind and Body Exercise FL</div> <div>6:00 Penny Bingo FL</div> <div>*Tenant Trading Post FF</div> </div>	<div> <div>30</div> <div>9:00 Live to Be Healthy FL</div> <div>9:00 Catholic Word L</div> <div>10:00 Tenant Council FL</div> <div>2:00 Happy Hour &amp; Music w/Byron Stevens CDR</div> <div>*Tenant Trading Post FF</div> </div>	<div> <div>31</div> <div>1:00 Wood Signs Crafts/ Christmas Gifts FL</div> <div>2:00 Dominoes L</div> <div>Football Season Starts!</div> <div>6pm tailgate snacks FL</div> <div>6:30 Iowa vs Miami (Ohio)</div> </div>