

# VETERANS DAY CELEBRATION



Some of Summit Pointe's Military Veterans

Jack Walters sharing his military story on Veterans day



## 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.

### DECEMBER OUT OF BUILDING TRAVELING EVENTS

- |                                      |  |
|--------------------------------------|--|
| 12/3 10:00 Good Will                 | 12/12 2:30 Scenic Drive                  |
| 12/5 9:15 Walmart                    | 12/12 6:15 Theatre Cedar Rapids: Matilda |
| 12/5 1:00 Scenic Drive               | 12/17 10:00 Dollar General               |
| 12/7 3:00 Nativity Celebration       | 12/18 6:00 Christmas light drive         |
| 12/9 6:00-7:00 Christmas light drive | 12/19 9:15 Hy-Vee                        |
| 12/10 10:00 Kohls                    | 12/26 9:15 Walmart                       |
| 12/12 9:15 Fareway                   | 12/26 1:00 Scenic Drive                  |
| 12/12 11:00 Emil's Hideaway          | 12/31 10:00 Aldi                         |



Life Choices, It's all about living



### This is Your Life: Jean Murray



**PLEASE JOIN US ON**  
**Thurs., Dec. 19**  
**2:15 pm**  
**Fireside Lounge**

Jean Murray will talk about different experiences in her life as well as her beautiful family!

### Summit Pointe Gives Back

The season of giving is officially here and Summit Pointe has a couple of opportunities to give back to the community.

Kids Inc. recognizes the importance of positive adult interactions to the development of children. They have reached out to Summit Pointe in hopes to build regular interactions with their youth.

Join us, December 17th, in the Fireside Lounge at 10:30 am as Kids Inc. performs Christmas songs, then volunteer to read a short story to a small group of kids afterwards.

Also, we have joined with Home Instead to adopt a senior over the holidays. Home Instead will provide us with a list of needs from a group of seniors. Our goal is to try and donate as many items as we can off the list. Donations will be picked up on December 10th.

### BINGO is where all the fun is at!

During the month of December there will be a grand prize added to the Monday's bingo pot during the blackout portion of bingo. Prizes may include gift cards to Hy-Vee, Kohls and more! Bring your pennies and join us Mondays at 1:00 pm in the Fireside Lounge.



If you'd like to be a season ticket holder for the Old Creamery Theatre, make sure to sign up in the activity binder by December 7th.

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



SUMMIT POINTE'S

# Family Holiday Party

This year's Holiday Celebration will take place on

**Saturday, December 14th, 2019**

**2:00 pm - 4:00 pm**

Carlisle Dining Room & Fireside lounge  
We would love for you and your family to join us  
for appetizers, festive music and youth activities.

Everyone is welcomed to join,  
there is no charge to attend this event.  
We look forward to seeing you there!

**Christmas Dinner 2019**

**Wednesday, December 25<sup>th</sup>**

**11:30AM-1:00PM**

**MENU**

**Prime Rib, Baked Ham or Salmon**

**Baby Red Mashed Potato & Gravy or  
Sweet Potato Casserole**

**Asparagus or Mixed Veg**

**Assorted Dinner Rolls**

**DESSERT**

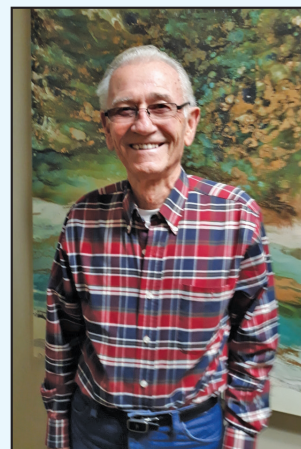
**Pecan, Pumpkin or  
Chocolate Cream Pie**

*If inviting Guests please sign up with the  
Receptionist by Friday, December 20<sup>th</sup>.*

*Guests \$8.00*

*Children 12 and under are **FREE***

## NEW TENANTS



Gene Novak worked at Rockwell and enjoys dancing, cards, listening to music and socializing with others.

◀ Gene Novak

Rollie & Nancy Raim and their cat Snickers!

Rollie was an Instrumental music teacher/ Professional musician. He enjoys watching sports, listening to music and reading.

Nancy was a 2nd grade teacher at Linn Mar and enjoys reading, sewing, coloring and crafts



▲ Rollie Raim

▲ Nancy Raim

On December 23rd,  
join us at 9:30 am on the 3rd floor  
to tour participating apartments and  
check out their holiday decorations.

Then at 2:15 pm, join us on the 1st and 2nd floor  
to tour decorated apartments.

If you'd like your apartment to be part of the tour,  
pick up a door sign from the front desk and hang  
it on your doorknob.

## NURSING CORNER

### National Hand Washing Awareness Week

December 1 through December 7, 2019 is National Hand Washing Week. National Hand Washing Awareness Week's main purpose is to decrease the spread of infectious diseases by empowering individuals to educate and help protect their communities. Clean hands can prevent the spread of germs from one person to another throughout a household or living community. Working together can help make a difference.

Hand washing is the single most effective way to prevent the spread of contagious diseases when done correctly. Statistics show that 80% of all infectious diseases are transmitted by touch. With the high risk of disease being spread to children and elderly who are most susceptible to getting sick it is extremely important to wash hands correctly and frequently.

It is recommended to wash your hands for at least 15 seconds, and the following 5 steps outline how to properly wash your hands.

- Wet hands with warm running water
- Add soap and rub your hands together, making a soapy lather. Wash the front and back of your hands as well as between your fingers and under your nails
- Rinse your hands well under warm running water

- Dry hands thoroughly with a clean towel
- Turn off the water with a clean paper towel

It is important to wash your hands frequently and the following is a small list of times it is important to wash your hands.

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After blowing your nose, coughing or sneezing
- After touching garbage

In assisted living and independent living communities it is essential to making sure residents and staff are frequently washing their hands. When residents and staff frequently wash their hands the chance of spreading infections and disease will decrease. Being aware of how effective hand washing is can increase the likelihood of residents washing their hands. It is important to wash your hands frequently and encourage your friends, family, and community members to do the same. Happy Hand Washing!



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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DID YOU KNOW the meditative act of coloring can decrease stress, increase focus, and contribute to greater mental and physical health? Add that to the creative benefits and you've got a happy-making habit that's easy to pick up and enjoy.



That's why we are adding coloring back to the calendar in December. Join your friends in the fireside lounge every Saturday morning at 10am for some creative relaxing adult coloring.



Dick and Jim playing music during Happy Hour



Happy Hour

Come watch The Big Ten Football Championship in the Fireside Lounge. December 7th at 7 pm. Some snacks will be provided, anyone is welcome to bring a snack to share.

## Let's Go Hawkeyes!



Hawkeye's Men's Basketball Games will be shown in the Fireside Lounge on days that don't conflict with regularly scheduled activities.

- Tue, Dec 3 Iowa at Syracuse  
6:00 PM
- Fri, Dec 6 Iowa at Michigan  
5:30 PM
- Mon, Dec 9 Iowa vs Minnesota  
7:00 PM
- Thu, Dec 12 Iowa @ Iowa State  
7:00 PM
- Sat, Dec 21 Iowa vs Cincinnati\*  
8:00 PM
- Sun, Dec 29 Iowa vs Kennesaw State  
3:00 PM



## THE CHRISTIAN CORNER

By Jackson DeFrees

The Christmas season seems to come earlier every year. The stores were already decorated way before Halloween. Each year the store displays of Christmas get larger and larger, thus requiring more space to put the stuff. Most of us know that Christmas is not just about the glitter and glamour that surrounds us. The true meaning of Christmas is the birth of our Lord and Savior Jesus Christ. In the Discovery Series booklet, "God in the Stable," Robert M. Solomon had this to say, "At the heart of Christmas is the birth of Christ our Lord. It is the time in the church year set aside to celebrate God's 'indefinable gift' (2 Corinthians 9:15). In a time like this, perhaps there is a greater opportunity for the primary meaning of Christmas to stand out against the gloomy background, like a flame of hope in a dark night. Christmas is surely not a time for escapism. On the contrary, the truth of Christmas plunges us into thick reality. That is the way Jesus was born into this world. He 'made himself nothing, taking the very nature of a servant, being made in human likeness' (Philippians 2:7). He was not born in a palace, with layers of luxury insulating Him from a disturbing reality. No Jesus was born into the stark reality of poverty. By His own choice, He was born in an obscure stable in the humblest of circumstances. ... In that place, crowded with animals and filled with their smells and noises, the Son of God was born. God kept His promise, He sent His Son, Jesus. And this is why we celebrate Christmas."

- Join us on Sundays at 6 pm for movies and popcorn featuring some classic and well-loved Christmas Movies in the Fireside Lounge.
- 12/1 White Christmas
- 12/8 Holiday Inn
- 12/15 Miracle on 34th Street-(In color)
- 12/22 It's a Wonderful Life
- 12/29 Dumbo



### Bringing Learning Opportunities to You!

We had some great feedback on "learning" activities from November's calendar (Throwback Thursdays and Breads).

December we're offering a new series: "Did you know?"

We'll discuss different Holiday figures and how they came to be, talk about the rare facts about WWII, and the invention of football.

## DECEMBER BIRTHDAYS

- 12/5 Patricia Waskow
- 12/7 Alice Marks
- 12/13 Lonny Mersch
- 12/13 Irene Trampel
- 12/16 Marion Mordorst
- 12/24 Mary Van Hoeck
- 12/28 Roberta Bethard

### EMPLOYEE BIRTHDAYS

- 12/4 Mike Jern
- 12/5 Holly Vonderohe
- 12/15 Shawn Conrad
- 12/20 Rebecca Dolphin

## Holiday



Karen for Hair  
319.721.5332

and

Tessa for  
Manicure/Pedicure  
319.327.2741

## Reminder!

All Summit Pointe "Clubs" (Card Club, Wine Club) are open to everyone and anyone! You do not have to be a "member" or join anything! Just come and bring a friend if you'd like!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>1</b></p> <p>6:00 Movie and Popcorn-FL "White Christmas"</p>	<p><b>2</b></p> <p>8:30 Catholic Rosary-L 9:00 Holiday Trivia-FL 1:00 Bingo-FL 2:15 Holiday Card Making-L 3:30 Exercise Class-FL 3:30 1:1 Visits 6:00 Card Club-L 6:30 Collins Aerospace Chorus-FL</p>	<p><b>3</b></p> <p>9:30 Church-FL 10:00 Hymns-MC 10:00 Depart to Good Will 1:00 Saran Wrap Game-FL 1:00 Dominoes-L 2:00 Quality Food Group-PDR 3:30 Chair yoga-FL 3:30 1:1 Visits</p>	<p><b>4</b></p> <p>9:30 Breakfast Social-FL 1-4:00 pm Dr Parker (podiatrist)- here by appointment 1:00 Ladies Tea-L 1:30 Boys, Billiards &amp; Beer- 3rd floor 2:15 Blood Pressure Check- 2nd floor 3:30 Exercise Class-FL</p>	<p><b>5</b></p> <p>9:15 Depart to Walmart 10:30 Holiday Pictionary-FL 1:00 Euchre (cards)-FL 1:00 Scenic Drive with Randy 2:30 1:1 Visits 3:30 Mind and Body Exercise-FL 6:00 Bingo-FL</p>	<p><b>6</b></p> <p>9:00 Catholic Word-L 10:00 Exercise Class-FL 1:00 Did you know: Holiday Figures 2:00 Happy Hour-CDR Judy Mehlert</p>	<p><b>7</b></p> <p>1:00 Bingo-FL 2:00 Dominoes-L 3:00 Depart for Nativity Celebration 7pm Big Ten Football Championship Game - FL</p>	
<p><b>8</b></p> <p>6:00 Movie and Popcorn-FL "Holiday Inn"</p>	<p><b>9</b></p> <p>8:30 Catholic Rosary-L 9:30 Pearl Harbor Remembrance-FL 10:00 Book Club-L 1:00 Bingo-FL 2:15 Lala Ladies-FL 3:30 Exercise Class-FL 3:45 1:1 Visits 6:00 Card Club-L 6-7:00pm Depart for Christmas Lights</p>	<p><b>10</b></p> <p>9:30 Church-FL 10:00 Depart to Kohls 10:00 Hymns-MC 1:00 Dominoes-L 1:00 Polish Necklace-FL 2:00 Quality Food Group-PDR 3:30 Chair yoga-FL 3:30 1:1 Visits 6:30-7:30 Boy Scout-L</p>	<p><b>11</b></p> <p>9:30 Design &amp; Make Ugly Christmas Sweaters-FL 1:30 Tenant Social (optional- wear your Christmas sweaters)-FL 2:15 Blood Pressure Check- 2nd floor 3:00 1:1 Visits 3:30 Exercise Class-FL</p>	<p><b>12</b></p> <p>9:15 Depart to Fareway 9:30 Catholic Mass-L 11:00 Depart for Emils Hideaway 1:00 Rummy 500 (cards)-FL 2:30 Scenic Drive with Randy 1:15 Eldred Gerhold-MC 3:30 Exercise with Gail-FL 6:15 Depart for Matilda (7:30)</p>	<p><b>13</b></p> <p>9:00 Catholic Word-L 9:30 1:1 Visits 10:00 Exercise Class-FL 10:45 Bible Study-L 1:00 Did you know?: Rare facts about WWII-FL 2:00 Happy Hour-CDR Shannon Janssen</p>	<p><b>14</b></p> <p>10:00 Adult Coloring-FL 2:00 Dominoes-L 2:00-4:00 Holiday Celebration - CDR 6:30 Church with Jackson &amp; Linda-FL</p>	
<p><b>15</b></p> <p>1:00-3:00 Boy Scout Carolers-FL 6:00 Movie and Popcorn-FL "Miracle on 34th Street"</p>	<p><b>16</b></p> <p>8:30 Catholic Rosary-L 9:00 Decorating cookies for Carolers-FL 10:00 Book Club-L 1:00 Bingo-FL 2:00 Staff helps w/ Gift Wrapping-FL 3:30 Exercise Class-FL 3:30 1:1 Visits 6:00 Card Club-L 6:30 Christmas Carolers, cookies &amp; Cocoa-FL</p>	<p><b>17</b></p> <p>9:30 Church-FL 10:00 Hymns-MC 10:00 Depart to Dollar General 10:30 Kids Inc Singers-FL 1:00 Santa's Cocktails (demonstration)-FL 1:00 Dominoes-L 3:30 Chair Yoga-FL 3:30 1:1 Visits 6:00 Wine Club-FL</p>	<p><b>18</b></p> <p>9:30 Wood Work Christmas gift-FL 1:00 Tenant Social-FL 2:15 Blood Pressure Check-2nd floor 2:30 Corn Hole/ Bags-FL 3:00 1:1 Visits 3:30 Exercise Class-FL 6:00 Depart for Christmas Light Drive</p>	<p><b>19</b></p> <p>9:15 Depart to Hy-Vee 10:30 Evergreen Necklace-FL 1:00 Music with Bonnie &amp; Mike-FL 2:15 This is my Life: Jean Murray-FL 3:30 Mind and Body Exercise-FL 3:30 1:1 Visits 6:00 Bingo-FL</p>	<p><b>20</b></p> <p>9:00 Catholic Word-L 9:30 1:1 Visits 10:00 Exercise Class-FL 10:45 Bible Study-L 1:00 Did you Know?: The invention of football-FL 2:00 Happy Hour-CDR Scott Engeldow</p>	<p><b>21</b></p> <p>10:00 Adult Coloring-FL 1:00 Bingo-FL 2:00 Dominoes-L 6:30 Marion Methodist-FL</p>	
<p><b>22</b></p> <p>2:30-3:15 Christmas Music with Ken Tschoop-FL 6:00 Movie and Popcorn-FL "It's Wonderful Life"</p>	<p><b>23</b></p> <p>8:30 Catholic Rosary-L 9:30 Christmas light tour 3rd FL 10:00 Book Club-L 1:00 Bingo-FL 2:15 Christmas Light tour 1st &amp; 2nd fl 3:30 Exercise Class-FL 3:30 1:1 Visits 6:00 Card Club-L</p>	<p><b>24</b></p> <p>9:30 Church-FL 10:00 Hymns-MC 10:00 Holiday Celebrations around the world-FL 1:00 Dominoes-L 2:00 Quality Food Group-PDR 2:30 1:1 Visits 3:30 Chair yoga-FL</p>	<p><b>25</b></p> 	<p><b>26</b></p> <p>9:15 Depart to Walmart 1:00 Scenic Drive with Randy 1:15 Uno-FL 3:30 Mind &amp; Body Exercise-FL 3:30 1:1 Visits 6:00 Bingo-FL  Tenant Trading Post</p>	<p><b>27</b></p> <p>9:00 Catholic Word-L 9:30 1:1 Visits 10:00 Exercise Class-FL 10:45 Bible Study 1:00 Show &amp; Tell-FL 2:00 Happy Hour-CDR Dick &amp; Jim 3:15 Tenant Council-FL  Tenant Trading Post</p>	<p><b>28</b></p> <p>10:00 Adult Coloring-FL 1:00 Bingo-FL 2:00 Dominoes-L</p>	
<p><b>29</b></p> <p>6:00 Movie and Popcorn-FL "Dumbo-New Version"</p>	<p><b>30</b></p> <p>8:30 Catholic Rosary-L 10:00 Book Club-L 1:00 Bingo-FL 2:15 Yankee Gift Swap-FL 3:30 Exercise Class-FL 3:30 1:1 Visits 6:00 Card Club-L</p>	<p><b>31</b></p> <p>9:30 Church-FL 10:00 Hymns-MC 10:00 Depart to Aldi 1:00 Dominoes-L 2:00 Quality Food Group-PDR 3:30 Chair yoga-FL 3:30 1:1 Visits</p>	<p>BDR = Brentwood Dining Rm BP = Back Patio CDR = Carlisle Dining Rm FD = Front Desk FF = Front foyer FL = Fireside Lounge FP = Front Porch L = Library, 2nd Floor PDR = Private Dining Rm SP = Summerset</p> 			<p><b>DECEMBER</b></p> <p><b>Be sure to sign up for the items highlighted in yellow. Anything listed in red means that it is Tenant led!</b></p> <p>2019</p> <p>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.</p>	