

Types of Dog	H	G	E	L	P	H	D	U	H	O	T	G	M	E
DALMATIAN	S	H	E	N	E	U	A	S	C	S	B	I	R	E
DACHSHUND	R	B	O	X	E	R	C	D	E	A	U	R	R	H
BEAGLE	H	N	B	R	L	M	H	D	N	R	L	E	A	R
PINSCHER	C	C	O	R	G	I	S	N	I	E	L	I	O	P
SHEPHERD	O	D	N	U	O	H	H	A	I	H	D	R	R	I
MASTIFF	L	R	H	U	R	E	U	S	R	H	O	R	E	N
SETTER	L	A	R	H	D	D	N	U	B	C	G	E	T	S
CHIHUAHUA	I	H	T	A	B	A	D	T	L	S	E	T	T	C
BULLDOG	E	E	A	D	A	L	M	A	T	I	A	N	E	H
COLLIE	L	M	A	S	T	I	F	F	H	B	A	H	S	E
HOUND	S	C	H	I	H	U	A	H	U	A	O	P	S	R
CORGI	T	E	H	M	I	R	B	E	A	G	L	E	B	A
TERRIER	O	T	L	T	S	M	S	H	E	P	H	E	R	D
BOXER														



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.

JANUARY OUT OF BUILDING TRAVELING EVENTS

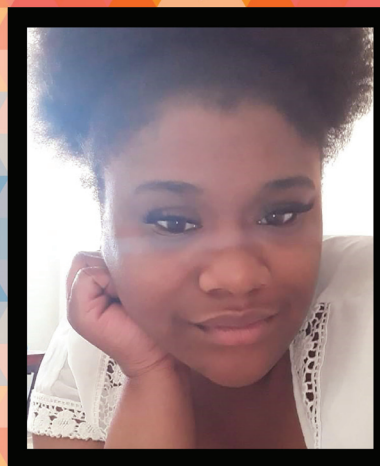
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|--|--|
| Fareway, Thursday, January 2nd 9:00 am | JC Penny, Tuesday, January 21st 8:45 am |
| Scenic Drive, Thursday, January 2nd 1:00 pm | Writers Night, Mt. Vernon, Wednesday, January 22nd 5:30 pm |
| Target, Tuesday, January 7th 8:45 am | Aldi, Thursday, January 23rd 9:00 am |
| HyVee, Thursday, January 9th 9:00 am | Scenic Drive, Thursday, January 23rd 1:00 pm |
| Scenic Drive, Thursday, January 9th 1:00 pm | History Center, Tuesday, January 28th 5:30 pm |
| Odie's, Thursday, January 9th 4:30 pm | Fareway, Thursday, January 30th 9:00 am |
| Walmart, Tuesday, January 14th 8:45 am | Scenic Drive, Thursday, January 30th 1:00 pm |
| Scenic Drive, Thursday, January 16th 1:00 pm | |



Life Choices, It's all about living



This is Your Life:
Asia Grice
(Summit Pointe Staff)



PLEASE JOIN US ON
Thurs., Jan. 16
2:00 pm

Fireside Lounge

Asia will share her story growing up about different experiences in her life!

Summit Pointe
♥ Gives Back ♥

There's been a great response to Summit Pointe tenants reaching out to the community.

In December, Jack Walters shared his WWII experience with students from Linn Mar High School, tenants gathered to share time with preschoolers from Kids Inc. Together, we gathered donations to help those less fortunate during the holiday season.

If you have a skill or an idea to give back to the community talk to Kayla or any Life Enrichment team member to put your skills to good use.



Project Linus

The Linus Project has contacted us about making tie blankets. Please join us on January 6th in the Fireside Lounge at 2:15 pm to help fulfill the need for the blankets.



Kids Inc. would love to continue to foster the relationship between their preschoolers and Summit Pointe tenants. They will be returning January 16th at 10:00 am. Let's join our little buddies and volunteer our time by providing positive adult/child interaction.

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



Santa, Mrs. Claus and a few elves joined the Holiday Celebration this year.



December was filled with music by the variety of carolers that came to visit!



We hosted Collins Aerospace Orchestra!

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.

- Sat, Jan 4 Iowa at Penn State
1:00 PM BTN
- Tues, Jan 7 Iowa at Nebraska
8:00 PM BTN
- Fri, Jan 10 Iowa vs Maryland
6:00 PM FS1
- Tues, Jan 14 Iowa @ Northwestern
7:00 PM BTN
- Fri, Jan 17 Iowa vs Michigan
8:00 PM FS1
- Wed, Jan 22 Iowa vs Rutgers
8:00 PM BTN
- Mon, Jan 27 Iowa vs Wisconsin
7:30 pm BTN
- Thurs, Jan 30 Iowa at Maryland
7:30 pm BTN

NURSING CORNER

Playing cards and board games like chess, bingo and Scrabble might be the mental workout you need to keep your wits as you age, Scottish researchers suggest.

People in their 70s who regularly play board games score higher on tests of memory and thinking skills than those who don't. And 70-somethings who step up their game-playing are more likely to maintain thinking skills as they age, researchers say.

"Playing board, card and word games may protect people from cognitive decline, but this study wasn't an intervention, so we can't say that for sure," said lead researcher Drew Altschul, a postdoctoral research fellow at the University of Edinburgh. "But it, at very least, is fun, inexpensive, and it certainly won't hurt you."

He doesn't think it's the social aspect of these activities that provides this brain-protective effect, but rather the challenge of the games themselves.

Unlike reading, writing, taking classes, visiting museums, libraries or friends and relatives, games appear to more actively engage abilities like memory, thinking speed and reasoning, Altschul said.

"So, this fits with what we call the 'use it or lose it' theory, that exercising your mental abilities more keeps them in better shape," he said.

For the study, Altschul and his colleagues tested the memory, problem-solving, thinking speed and general thinking ability in nearly 1,100 70-year-olds. The tests were repeated every three years until participants reached age 79.

The researchers also asked how often participants played games such as cards, chess, bingo or crossword puzzles.

To isolate the effect of game playing, they took into account results of IQ tests participants took at age 11, as well as their income, education and physical activity levels.

People who played more games as they got older had less decline in mental skills in their 70s, particularly in memory function and thinking speed, researchers found. However, the study only found an association, not a cause-and-effect link.

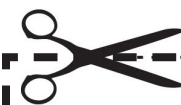
How the brain changes with this type of activity is unknown, but researchers are working hard to learn more, said Rebecca Edelmayer, director of scientific engagement at the Alzheimer's Association.

"There's actually a lot of research that's happening in this particular area right now focused on cognitive challenge, cognitive engagement and how we can use this as potentially a way to reduce our risk for cognitive decline," she said.

Just like keeping the body active helps keep heart disease at bay, being mentally active may have the same effect on dementia, Edelmayer said.

"It seems that challenging and complex tasks, or even things like games of strategy, may require multiple cognitive functions that may be most beneficial for individuals as they age," she said.

Edelmayer predicted that Alzheimer's and other dementias will one day be treated much like heart disease. "You will see not only medications that are approved to treat dementia, but also ways that we could be changing and modifying our lifestyle to decrease our risk for cognitive decline," she said.



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.

We are venturing out for 2 New Experiences!

Magical Writer's Night

On January 22nd at 5:30 pm the bus will leave for Mt. Vernon to the Magical Writer's Night. This is a series of classes lead by local authors. During this class we will practice, learn, write and then share our work.

"Grown up Show and Tell"

On January 28th at 5:30 pm, we will depart for the history center to attend the exhibit "Grown up Show and Tell". Whether you want to participate by signing up to bring photos, objects, letters or family mementos or go to hear amazing stories all are welcome to join.

HEALTHY MINDS

Playing games stimulates brain areas that are responsible for memory formation, complex thought processes and benefit other cognitive skills. Join us on Friday afternoons, during the month of January, for fun games and other brain stretches!

Sunday Night Movies, Life Enrichment Choice:

This month on Sunday nights we are featuring some of our personal favorites:

Kayla's Choice	"Little Women"	1/5
Desirae's Choice	"That Thing You Do"	1/12
Gail's Choice	"Bucket List"	1/19
Holly's Choice	"Overcomer"	1/26

What's new on our calendar

By popular demand we have a **Card Group**. On Thursdays of this month, we will start with the game 500. Beginners and experienced players are both welcomed. Our team will teach those who'd like to learn while seasoned players can play together. If you'd like to play cards but not 500, there will be a second game to play as well (uno, king's corner, golf).

Lug A Mug: First we'll decorate a mug, then we'll lug our mug around to visit with others. This month we will visit with those living in the memory lane wing. Next month, we will invite facilities to visit us!

Cabin Fever Reliever: On January 22nd, we're having an indoor picnic! Make sure to sign up in the activity book.

Ready to try something NEW? How about a little drama? Coming Wednesdays, we will have **Summit Pointe's Readers Theatre** meeting on Wednesdays.

Cedar Rapids Historical Center is coming to present on the history of Cedar Rapids Wed., Jan. 22 at 10:00 am



▲ Just some of the best designed Ugly Christmas sweaters made by Summit Pointe tenants!



THE CHRISTIAN CORNER

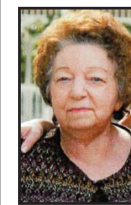
By Jackson DeFrees

Another New Year has come whether we are ready or not to face life's challenges. We all have our hopes and dreams of what this new year will bring to us but first we must shake off all those past defeats and mistakes that keep us from moving forward. I would like to suggest if we would spend more of our time reading God's words from the Bible our lives would become less stressful and more meaningful. In the book of John 6:63 & 64 Jesus is talking to his disciples saying, "The Spirit gives life; the flesh counts for nothing. The words I have spoken to you – they are full of the Spirit and life. Yet there are some of you who do not believe." In his devotional book "My Utmost For His Highest" Oswald Chambers has this to say, "Once the Bible was just so many words to us – 'clouds and darkness' – then, suddenly, the words became spirit and life because Jesus re-speaks them to us when our circumstances make the words new. That is the way God speaks to us, not by visions and dreams, but by words. When a man gets to God, it is by the most simple way – words." Our church, Community Baptist Church of Marion, just celebrated our 10th anniversary with Pastor Darin Ulmer and his family. In some respects, Pastor Darin has also been pastor to the residents at Summit Pointe. Our worship team from Community Baptist Church would like to extend an invitation to all the residents to join us in the Fireside Lounge for a non-denominational church service every Tuesday morning at 9:30. "May the Lord bless you and take care of you; May the Lord be kind and gracious to you; May the Lord look on you with favor and give you peace." Numbers 6:24-26.

Join us on Tuesday, January 21st at 1:30 pm in the Fireside Lounge for a New Tenant Meet and Greet!

Come and meet your new neighbors and share a snack and some fellowship time!

NEW TENANTS



Betty Gates worked as a school cook at Vernon Middle School. She enjoys: Reading, watching tv and, NBA basketball and listening to music (Sinatra, Bennett)



Joyce Wicks was a 7th and 8th grade Math teacher and enjoys : Listening to music, puzzles, reading, crafts and going to plays.

▼ A lovely time was had by all at the Monthly Ladies tea party.



▼ A trip to see the Nativity Celebration.



JANUARY BIRTHDAYS

- 1/1 Edith Moorhead
- 1/1 Rose Blok
- 1/2 Virginia Beaner
- 1/2 Dawn Heusinkveld
- 1/3 Jean Murray
- 1/4 Carolyn Heitz
- 1/8 John "Jack" Walters
- 1/10 Leland Schoon
- 1/10 Donna Schoon
- 1/10 Kaye Feddern
- 1/18 Bill Walters
- 1/20 Duane Thenhaus
- 1/21 Shirley Meiner
- 1/22 Joyce Wicks
- 1/27 Mae Peiffer
- 1/31 Helen Christophersen

Employee Birthdays

- 1/17 Kristina McGaffee
- 1/21 Julie Lawrence
- 1/28 Dalton Hawker

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>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> January 2020</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> <p>Be sure to sign up for the items highlighted in yellow. Anything listed in red means it is Tenant led!</p>		<p></p>			
<p>5 6:00 Movie and Popcorn-FL "Little Women"</p>	<p>6 8:30 Catholic Rosary-L 9:30 Morning Coffee & Trivia-FL 10:00 Book Club-L 1:00 Bingo-FL 2:15 Blankets Project Linus-FL 3:30 1:1 Visits 3:30 Exercise-FL 6:00 Card Club-L</p>	<p>7 8:45 Depart to Target 9:30 Church-FL 10:00 Hymns-FL 1:00 Dominoes-L 1:00 Star of the month Dolly Parton -FL 2:00 Quality Food Group-PDR 2:15 Bags-FL 3:30 Chair Yoga-FL</p>	<p>8 1-4:00pm Dr. Parker- by appointment 9:00 1:1 Visits 1:30 Design a Mug-L 2:00 Lug a Mug to Memory Lane-MC 2:15 Blood Pressure Checks 2nd floor 3:30 Exercise Class-FL Nails by Tessa - by appointment</p>	<p>9 9:00 Depart to Fareway 10:15 History Check with Gail-FL The Great Depression 1:00 Scenic Drive with Randy 1:00 Cards: 500-FL Beginners & experienced Kings Corner 2:00 1:1 Visits 3:30 Mind & Body Exercise-FL 6:00 Bridge-3rd floor pool room 6:00 Bingo-FL</p>	<p>10 9:00 Catholic Word-L 10:00 Exercise Class-FL 10:45 Bible Study-L 1:00 Game Day: Sequence-FL 2:00 Happy Hour-CDR Harold Gray 3:15 Science, Science, Science 3D printers and how they work-FL</p>	<p>11 10:00 Adult Coloring-FL 1:00 Bingo with Desirae-FL 2:00 Dominoes-L</p>
<p>12 6:00 Movie and Popcorn-FL "That Thing You Do"</p>	<p>13 8:30 Catholic Rosary-L 9:30 Morning coffee & coldest places in the world-FL 10:00 Book Club-L 1:00 Bingo-FL 2:15 Snowmen crafts-FL 3:30 1:1 Visits 3:30 Exercise-FL 6:00 Card Club-L</p>	<p>14 8:45 Depart to Walmart 9:30 Church-FL 10:00 Hymns-FL 1:00 Lala Ladies-FL 1:00 Dominoes-L 2:30 Women's Tea-FL 3:30 Chair Yoga-FL</p>	<p>15 10:00 SP's Readers Theatre-FL 1:30 Tenant Social with Chef's Demo-FL 2:30 1:1 Visits 3:30 Exercise Class-FL</p>	<p>16 9:00 Depart to Hy-Vee 10:15 History Check with Dez-FL Music of the 40's & 50's 1:00 Scenic Drive with Randy 1:00 Cards: 500-FL Beginners & experienced UNO 2:00 1:1 Visits 3:30 Mind & Body Exercise-FL 4:30 Depart for Odies in Ely</p>	<p>17 9:00 Catholic Word-L 10:00 Exercise-FL 10:45 Bible Study-L 1:00 Brain Stretch: Wheel of Fortune (another word for)-FL 2:00 Happy Hour-CDR David Poggenklaus 3:15 Plant Lovers-Spanish Moss-FL</p>	<p>18 10:00 Adult Coloring-FL 2:00 Dominoes-L 6:30 Church w/ Jackson & Linda-FL</p>
<p>19 6:00 Movie and Popcorn-FL "The Bucket List"</p>	<p>20 8:30 Catholic Rosary-L 9:15 Martin Luther King Day-FL 10:00 Book Club-L 1:00 Bingo-FL 2:15 Heartland Band-FL 3:30 1:1 Visits 3:30 Exercise-FL 6:00 Card Club-L</p>	<p>21 8:45 Depart to JC Penny's 9:30 Church-FL 10:00 Hymns-FL 1:00 Dominoes-L 1:30 New Tenant Meet and Greet-FL 3:30 Chair Yoga-FL 6:00 Wine Club-FL</p>	<p>22 10:00 History of Cedar Rapids-Historical Center-FL 12:00 Cabin Fever Reliever-indoor picnic-FL 2:00 SP's Readers Theatre-FL 3:30 Exercise Class-FL 5:30 Depart for Magical Writers Night in Mt. Vernon</p>	<p>23 9:00 Depart to Aldi 1:00 Scenic Drive with Randy 1:00 Cards: 500-FL Beginners & experienced Phase 10 (cards) 2:00 1:1 Visits 3:30 Mind & Body Exercise-FL 6:00 Bingo-FL</p>	<p>24 9:00 Catholic Word-L 10:00 Exercise-FL 10:45 Bible Study-L 1:00 Brain Stretch: Who am I-FL 2:00 Happy Hour-CDR Jerry Burns 3:15 January Humor, Whats new in 2020-FL</p>	<p>25 10:00 Adult Coloring-FL 2:00 Dominoes-L</p>
<p>26 6:00 Movie and Popcorn-FL "Overcomer"</p>	<p>27 8:30 Catholic Rosary-L 9:30 Morning Coffee & Trivia-FL 10:00 Book Club-L 1:00 Bingo-FL 2:15 Making Valentine cards-FL 3:30 1:1 Visits 3:30 Exercise-FL 6:00 Card Club-L</p>	<p>28 9:30 Church-FL 10:00 Hymns-FL 1:00 Dominoes-L 1:00 Talking Horse Day: Mr. Ed-FL 2:15 Boys, Billards & Beer-3rd FL 3:30 Chair Yoga-FL 5:30 Depart History Center (Grown up show & tell)</p>	<p>29 10:00 Camp Courageous-MC 1:30 Tenant Social with Chef's Demo-FL 2:30 SP's Readers Theatre-FL 3:30 Exercise Class-FL</p>	<p>30 9:00 Depart to Fareway 10:15 History check with Holly-FL Olympics 1:00 Scenic Drive with Randy 1:00 Cards: 500-FL Beginners & experienced Garbage (cards) 2:00 1:1 Visits 3:30 Mind & Body Exercise-FL 6:00 Bingo-FL Tenant Trading Post</p>	<p>31 9:00 Catholic Word-L 10:00 Exercise-FL 10:45 Bible Study-L 1:00 Game Day: Sequence-FL 2:00 Happy Hour-CDR Ron Burgess 3:15 Tenant Council-FL Tenant Trading Post</p>	