

## NEW On The MARCH Calendar

1. Returning but new: Coe College is holding a month-long forum on film music, concert music and the Hollywood connection. The classes seem intriguing with the first class focusing on silent films and music. Sign up in the activities book to attend this academic form of extended learning.
2. In honor of Mr. Roger's birthday, we will be hosting a "People in your Neighborhood event" These events are specific to the floor you live on and will be an exceptionally fun-filled opportunity to visit with people who live closest to you! Make sure you check the calendar for date and times.
3. March in National Woman's Month. Join Kayla, Gail, Holly and Desirae they each share the story behind different influential woman in history.
4. Did you know that 2020 marks the 100th anniversary for Women's right to vote in our country?  
Linn County League of Women Voters are hosting a celebration to honor this event. Join us on Friday, March 13th in the Fireside Lounge as they bring in music, history and snacks for the occasion.  
EVERYONE IS WELCOME.
5. We have a "surprise" activity event on March 19th at 1:00pm in the Fireside Lounge. Mums the word, you'll have to participate to know what the fun is all about!



This month we are showing movies requested by you! All movies will be shown on **Sundays at 2:30 pm.**

3/1 You've Got Mail  
3/8 Hello Dolly  
3/15 Driving Miss Daisy  
3/22 Captain Phillips  
3/29 Sleepless in Seattle

## CHANGES in the Calendar

1. Bingo will be moved from Saturday to Sunday afternoons at 1:00 pm in the Fireside Lounge.
2. Movies on Sunday will play at 2:30 pm in the Fireside Lounge.
  - a. Movies and bingo on March 15th and 22nd will be in the Library.
3. Tenant council will be held on Friday, March 20th at 3:00 instead of the last Friday of the month.
4. St. Joseph's church will be holding a Catholic Mass on March 12th at 2:30 pm in the Fireside Lounge.



## 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.

### MARCH OUT OF BUILDING TRAVELING EVENTS

3/3 Hy-Vee depart at 8:45	3/17 Target depart at 8:45
3/5 Coe College depart at 8:30	3/18 Movie Theatre: St Patrick depart at 5:45
3/5 Scenic Drive depart at 1:00	3/19 Coe College depart at 8:30
3/6 Coffeehouse Nights depart at 6:15	3/19 Aldi depart at 9:45
3/10 Walmart depart at 8:45	3/19 Scenic Drive depart at 1:00
3/10 Rocky O'Brien's depart at 10:30	3/26 Dollar Tree depart at 9:45
3/12 Coe College depart at 8:30	3/26 Scenic Drive depart at 1:00
3/12 Fareway depart at 9:45	3/29 Old Creamery Theatre depart at 12:45
3/12 Scenic Drive depart at 1:00	3/31 JC Penny's depart at 10:15
3/13 Community Concert depart at 6:30	3/31 Czech Museum depart at 1:00



Life Choices, It's all about living



## Summit Pointe Volunteers

Are you looking for different ways to help within our community? We have some great options through the month of March.

The Marion committee that puts on the Freedom Festival is looking for our help preparing for this year's event. Starting on March 16th and into April, every Monday we will gather in the Library to stuff envelopes with buttons. They need many envelopes stuffed so the more help we have the better!

In honor of their 90th anniversary, Hy-Vee and Esther Toth are raising money for her chosen charity Deafinitely Dogs. Deafinitely Dogs is a non-profit organization that enriches the lives of people with disabilities by placing highly trained dogs, trained specifically for their individual needs. Together with Hy-Vee we will make tie blankets for the dogs, adults and children. Come lend a helping hand every Tuesday through the month of March at 2:30 pm in the Library.



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





ENVIRONMENTAL EDGE  
with Brett Taylor

Hello everyone and welcome to the Environmental Edge. Starting in the month of March, I will be updating everyone on what's happening in the Maintenance, Housekeeping and Transportation departments. This is also where I follow up and update everyone on any common questions that have been asked through the month.

Here are some recent updates and need to know information.

Starting in March, we will be adding Thursday mornings for doctor appointments. These appointments can be made from 8am through 12:00pm. We will NOT book afternoon appointments on Thursdays. Our goal is to try and balance the many appointments being made on Monday, Wednesday and Fridays so we can serve you in a timelier manner.

On March 10th, we will have a building inspector tour the entire facility (including apartments) and surrounding grounds. I wanted to personally thank you as my team and I have been updating, fixing and alleviating any potential problems or hazards.

As a reminder to all new tenants, if you need something fixed or looked at in your apartment call the front desk at ext. 102 to have a "work order" placed for maintenance. Remember to leave as much detailed information about the issue, and location of the problem. This will help the receptionist provide us with the proper information to solve the problem.

Lastly, I would like to invite you to leave any questions for the Maintenance, Housekeeping and Transportation departments at the front desk. I will be sure to answer them either in person or within the following month's newsletter. Have a great month,

Brett Taylor, Environmental Service Director



▲ Show and Tell at the History Center in Cedar Rapids.



▲ Tenants love eating out, this time we went to Palo and visited the Whiskey River Grill.



▲ Village Chimes played beautiful bells and chimes for us.

NURSING CORNER

Importance of Oral Health

As the adage says, with age comes wisdom. And as we all grow older, certain health concerns earn our full attention. One of those concerns is the importance of oral health for seniors. We all only get one set of permanent teeth, so it's crucial to take care of them for our entire lives.

Around 75 percent of adults 60 and older only have a portion of their original teeth. It stands to reason that issues like severe gum disease, which is common in about 23 percent of seniors between the ages of 65 to 74, can contribute to the loss of your natural teeth. Risks for conditions such as heart disease and diabetes increase with poor oral health as well.

Gum disease, sensitive teeth, diabetes and dry mouth are just some of the conditions that stress the importance of oral health in older adults.

**Gum Disease** results when the gum tissues surrounding teeth become infected due to a buildup of plaque on the teeth and gums. Gingivitis is the first stage of gum disease and is recognizable by swollen, red or bleeding gums. Gum disease is a concern for older adults for several reasons including plaque building up on teeth and gums from years of consuming a poor diet and not developing proper oral health care habits earlier in life. With the proper treatment – including a trip to your dentist – gingivitis is reversible.

**Sensitive Teeth** -At some point, we've all tossed back a nice, cold glass of water only to grimace at that sharp, tingling sensation in our teeth. Several factors cause tooth sensitivity, including cavities, gum disease and worn tooth enamel. Proper brushing and using a toothpaste will gradually appease that sensitivity.

**Diabetes** occurs when your body's blood glucose exceeds normal levels. There are two types of diabetes – Type 1 and Type 2. The latter is far more common, and typically occurs in older adults due to a poor or worsening diet. Type 1 is found in children and young adults. Those with diabetes are at much greater risk for gum disease.

**Dry Mouth** - A lack of saliva in the mouth results in the condition known as dry mouth. It's usually caused by medications taken for other medical issues, which can become more prevalent as you get older. The biggest concern associated with dry mouth is tooth and root decay, both of which can lead to infections and tooth loss.

ORAL HEALTH TIPS

Just because people are more prone to oral health problems with age doesn't mean you have to experience them. Here a few important tips:

- Maintain regular dental visits. Even if you're a denture wearer, getting your gums checked is still important.
- Don't forget to brush twice each day and use toothpaste that contains fluoride.
- After you brush, floss. Cleaning between your teeth ensures healthy gums and teeth.
- Monitor your sugar intake from candy and soda and watch out for starch-filled snacks. Brush shortly after snacking.
- Don't use tobacco, and drink fluoridated water.



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.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





▲ Above, Camp Courageous brought little critters to join our monthly visits with Kids Inc.

▼ Below, Chef's demo - Crepes.



## Major League Baseball Opening Day March 26

Thursday March 26, 2020 All Times Eastern. Subject To Change.

Away	Home	Time (ET)
Nationals	Mets	1:10 PM
Tigers	Indians	1:10 PM
Royals	White Sox	2:10 PM
Cubs	Brewers	2:10 PM
Yankees	Orioles	3:05 PM
Red Sox	Blue Jays	3:37 PM
Twins	Athletics	4:07 PM
Rockies	Padres	4:10 PM
Giants	Dodgers	4:10 PM
Rangers	Mariners	4:10 PM
Cardinals	Reds	4:10 PM
Phillies	Marlins	4:10 PM
Pirates	Rays	4:10 PM
Angels	Astros	7:10 PM
Braves	D-backs	10:10 PM



### Big Ten Basketball

March 3	Purdue vs Iowa
March 8	Iowa vs Illinois



## THE CHRISTIAN CORNER

By Jackson DeFrees

In the Book of John 18:36-38 Jesus had just been arrested and as He stands before Pilate Jesus said, "My kingdom is not of this world. If it were, my servants would fight to prevent my arrest by the Jews. But now my kingdom is from another place." "You are a king, then!" said Pilate. Jesus answered, "You are right in saying I am a king. In fact, for this reason I was born, and for this I came into the world, to testify to the truth. Everyone on the side of truth listens to me." "What is truth?" Pilate asked. "The way we see our world today we might ask that same question, what is truth and who should we believe? The world we live in today seems like it has turned upside down and inside out. In times like these we need to focus on the true word of God. John 8:31 & 32 says, "To the Jews who had believed him, Jesus said, 'If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.'" Jesus said in John 14:6, "I am the way and the truth and the life. No one comes to the Father except through me." In John 16:12-13 Jesus is still speaking to His disciples saying, "I have much more to say to you, more than you can now bear. But when he, the Spirit of truth comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come." Finally, 1 John 1: 6 & 8 tells us, "If we claim to have fellowship with him yet walk in darkness, we lie and do not live by the truth ... If we claim to be without sin, we deceive ourselves and the truth is not in us."

## NEW TENANTS

### Charles Hoefer

Charles enjoys: Playing cards, country music, going to church and watching the St Louis Cardinals.  
He previously worked as a Landlord.



### John and Catherine McQuillen

John enjoys: Reading, gardening, fishing, cards, checkers, bingo and going out to eat.

Previous occupation:  
Newspaper production  
Veteran: Army



Catherine enjoys: Reading, cooking, gardening, music, cards, checkers, bingo and going out to eat. Previous occupation: Dental Receptionist



## Birthdays

3/04 Sharon Easler  
3/04 Tom Gaddie  
3/05 William Hartwig  
3/12 Winona Lown-Richardson  
3/12 Roland Raim  
3/14 Jean Krusie  
3/14 Marlys Knott  
3/15 John Pepper  
3/17 Shirley Mincey  
3/22 Norman Hutton  
3/23 Olive Port  
3/26 David "Dave" Malatek  
3/29 Dee Block  
3/29 Evelyn "Evie" McLeod

### A March Birthday Surprise

Jean Murray has expressed her desire to start drawing portraits of some of the tenants. Starting in March we will draw a name from the birthday list, who's ever name is drawn will be that month's lucky winner!

### Employee Birthdays:

3/09 Alea Doneson Evan  
3/22 Evan Getta  
9/22 Sage Gable

### Exercise:

Tai Chi- we are doing a slow introduction to Tai Chi. The exercise program we're following is based on 9 different series. In February, we focused the first. Starting in March, we will move onto the 2nd round. Join your fellow neighbors in the Fireside Lounge on Saturday Mornings at 9:15am. Remember this is a slower paced exercise, you can join at any time!

On Friday, March 13th exercise with Kristy has been moved from 10am to 1 pm. This will still take place in the Fireside Lounge.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:00 Bingo with Ben-FL <b>1</b>  2:30 Movie & Popcorn-FL You've Got Mail	8:30 Catholic Rosary-L <b>2</b> 9:30 Brewed Awakening-FL with Holly 10:00 Book Club-L 1:00 Bingo-FL 2:15 "Get in the Mood"-FL A Glen Miller Celebration 3:30 Exercise-FL 3:30 1:1 Visits 6:00 Card Club-L	8:45 Depart to Hy-Vee <b>3</b> 9:30 Church-FL 10:00 Hymns-ML 1:00 Dominoes-L 2:30 Helping Hands Needed-L Deafinitely Dogs 2:00 Quality Food Group-PDF 3:30 Chair Yoga-FL	1-4:00 Dr. Parker- by appointment <b>4</b> 10:00 People in Your Neighborhood- 2nd floor ONLY-L 10:00 People in Your Neighborhood- 3rd floor ONLY-Pool room 2:15 Blood Pressure Checks- 2nd Floor 3:30 Exercise-FL Nails by Tessa - by appointment	8:30 Depart to Coe College <b>5</b> Silent films to 30's/40's  1:00 Scenic Drive 1:00 Cards 500 & Euchre-FL 3:30 Mind & Body Exercise-FL 6:00 Bingo-FL	9:00 Catholic Word-L <b>6</b> 10:00 Exercise-FL 10:45 Bible Study-L 1:00 Hand Massage & Lotion-FL 2:00 Happy Hour-CDR Harold Gray 6:15 Depart for CoffeeHouse Nights: Fiddle/vocals	9:30 Tai Chi-FL <b>7</b> 10:00 Adult Coloring-FL
1:00 Bingo with Ben-FL <b>8</b>  2:30 Movie & Popcorn-FL Hello Dolly	8:30 Catholic Rosary-L <b>9</b> 9:30 Brewed Awakening-FL with Gail 10:00 Book Club-L 1:00 Bingo-FL 2:15 Mens Club-3rd floor 3:30 Exercise-FL 3:30 1:1 Visits 6:00 Card Club-L	8:45 Depart to Walmart <b>10</b> 9:30 Church-FL 10:00 Hymns-ML 10:30 Depart for Rocky O' Brien's 1:00 Lala Ladies-FL 1:00 Dominoes-L 2:30 Helping Hands Needed-L Deafinitely Dogs 3:30 Chair Yoga-FL	9:30 Historical Woman-L <b>11</b> Pat Summit 10:30 1:1 Visits 1:30 Tenant Social with Chef's demo-ML 3:00 Readers'Theatre-L 3:30 Exercise-FL	8:30 Depart to Coe College <b>12</b> European & American Composers 9:45 Depart to Fareway 1:00 Scenic Drive 1:00 Cards 500 & Euchre-FL 2:30 Catholic Mass, St. Joseph-FL 3:30 Mind & Body Exercise-FL 6:00 Bingo-FL	9:00 Catholic Word-L <b>13</b> 10:00 Linn County Presents: Women's right the vote-FL 10:45 Bible Study-L 1:00 Exercise-FL 2:00 Happy Hour-CDR David Poggenklaus 6:30 Depart Cedar Rapids Community Concert	9:30 Tai Chi-FL <b>14</b> 10:00 Adult Coloring-FL 6:30 Church with Jackson-FL
1:00 Bingo with Ben-L <b>15</b>  2:30 Movie & Popcorn-L Driving Miss Daisy	8:30 Catholic Rosary-L <b>16</b> 9:30 Brewed Awakening-FL with Gail 10:00 Book Club-L 1:00 Bingo-FL 2:15 Mens Club-3rd floor 3:30 Exercise-FL 3:30 1:1 Visits 6:00 Card Club-L	8:45 Depart to Target <b>17</b> 9:30 Church-FL 10:00 Hymns-ML 1:00 Dominoes-L 1:00 Everything Irish Social-FL 2:30 Helping Hands Needed-L Deafinitely Dogs 3:30 Chair Yoga-FL	9:30 People in Your Neighbor hood-1st floor ONLY-FL <b>18</b> 10:00 Historical Woman: Harriett Tubman-FL 1:00 Casino Night-FL 3:00 Readers'Theatre-L 3:30 Exercise-FL 5:45 Depart for Movie Theatre St. Patrick	8:30 Depart to Coe College <b>19</b> Concert Music & Hollywood 9:45 Depart to Aldi 1:00 Scenic Drive 1:00 Surprise Activity-FL 3:30 Mind & Body Exercise-FL 6:00 ingo-FL	9:00 Catholic Word-L <b>20</b> 10:00 Shuffle Board-FL 10:00 Exercise-FL 1:00 Cards: 500 & Euchre-FL 2:00 Happy Hour-CDR Scott Engledow 3:00 Tenant Council Meeting-FL	9:30 Tai Chi-FL <b>21</b> 10:00 Adult Coloring-FL 6:30 Marion Methodist-FL
1:00 Bingo with Ben-L <b>22</b>  2:30 Movie & Popcorn-L Captain Phillips	8:30 Catholic Rosary-L <b>23</b> 9:30 Brewed Awakening-FL 10:00 Book Club-L 1:00 Bingo-FL 2:15 Trivia with prizes-FL 3:00 Freedom Festival Volunteers-L 3:30 Exercise-FL 6:00 Card Club-L	9:30 Church-FL <b>24</b> 10:00 Hymns-ML 1:00 Dominoes-L 1:00 New Tenant Meet & Greet-FL 2:30 Helping Hands Needed-L Deafinitely Dogs 3:30 Chair Yoga-FL	9:30 Historical Woman-L <b>25</b> Florence Nightingale 10:30 1:1 Visits 1:00 Ladies Tea-ML 3:00 Readers'Theatre-L 3:30 Exercise-FL	9:45 Depart to the Dollar Tree <b>26</b> 1:00 Scenic Drive 1:00 MLB Opening-Take me out to the Ball Park-FL 3:30 Mind & Body Exercise-FL 6:00 Bingo-FL  Tenant Trading Post	9:00 Catholic Word-L <b>27</b> 10:00 Name that Tune-L Country Music 10:45 Bible Study-L 10:00 Exercise-FL 1:00 Hand Massage & Lotion-FL 2:00 Happy Hour-CDR Ron Burgess  Tenant Trading Post	9:30 Tai Chi-FL <b>28</b> 10:00 Adult Coloring-FL
12:45 Depart for Old Creamery Theatre <b>29</b>  1:00 Bingo with Ben-FL  2:30 Movie & Popcorn-FL Sleepless in Seattle	8:30 Catholic Rosary-L <b>30</b> 10:00 Brewed Awakenings-FL w/Stephanie Humphries 1:00 Bingo-FL 3:00 Freedom Festival Volunteers-L 3:30 Exercise-FL 6:00 Card Club-L	9:30 Church-FL <b>31</b> 10:15 Depart to JC Penny's 10:00 Hymns-ML 1:00 Depart to Czech Museum Heritage Caretakers of Moravia 1:00 Dominoes-L 2:30 Helping Hands Needed-L Deafinitely Dogs 3:30 Chair Yoga-FL 6:00 Wine Club-FL	<div><div>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</div><div><div>MARCH</div><div>2020</div><div></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>Be sure to sign up for the items highlighted in yellow. Anything listed in red means it is Tenant led!</div></div>			