



## St. Patrick's Day celebration included a sing-a-long and a giant Leprechaun!



Life Choices, It's all about living



If you are looking for something to do independently, The Life Enrichment team has a couple of ideas for you.

There are baggies at the front desk filled with supplies and instructions for stuffing envelopes for the Cedar Rapids Freedom Festival. You can take a baggy to complete on your own and return it to the front desk. You are welcome to complete more than one.

Activity packets will be available at the front desk April 1st. Finish the packet and return it to the front desk for a little treat! If you want to know the answers to some of the activities, there will be a laminated answer sheet available to look at and compare your packet with.



### Dining Room

To avoid getting sick, it has been recommended that people separate themselves by 6 feet and stay in groups of 10 or less.

The kitchen staff thanks everyone for their patience during the transition of limiting dining. They would also like to remind you, if you would like meals delivered to your apartments, fill out a meal choice form available at the front desk.

Please be conscious and considerate of the meal seating times for yourself (by apartment number)

Apartment numbers 106 – 114 and 3rd floor  
 Breakfast: 7:15 – 8 am  
 Lunch: 11:15 am – 12 noon  
 Dinner: 4:15 – 5 pm

Apartment numbers 119 – 126 and 2nd floor  
 Breakfast: 8:15 – 9 am  
 Lunch: 12:15 to 1 pm  
 Dinner 5:15p– 6 pm

Keep in mind the staff sanitizes the room after each group.

Fill out a room service sheet if you want to eat in your room. Please turn into the front desk by noon for the next day meal service.

Food choices are limited but are shown on the TV's in each dining room.



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



## ENVIRONMENTAL EDGE with Brett Taylor

Hello everyone and welcome to April's Environmental Edge. This month we will cover safety during severe weather and fire drills.

Question 1)

Where do I go during a fire drill?

When the fire alarms sound off, fire doors will shut automatically. Never go through a closed fire door UNLESS directed by a trained staff member. Instead, go to the stairwell nearest to your fire zone and wait for a staff member. Take some time to become familiar with fire maps posted in your hallway. If you can't get to your safe zone during an emergency, check the shut fire door for heat and smoke before you go through it.

Question 2)

Housekeeping. If you need an extra service completed by housekeeping, please put a work order in just like you would if you were putting one in for maintenance. A convenient time will be scheduled to complete the work order.

Safety tip: During severe weather make sure you have your door safety hanger ready for use. If you know we are under a severe weather watch or warning, please hang your door tag on the outside of your doorknob. This will tell staff you are aware of the watch or warning. In severe weather we need to notify all tenants and staff in a fast and safe way. Please contact me if you have questions.

Thank you and have a safe month.

Brett, Environmental Services Director



Summit Pointe Tenants competed against each other in a game of minute to win it.



## NURSING CORNER

The nursing staff has been working diligently to make sure our tenants stay healthy during the COVID19 health concerns. This includes following guidelines from the Center of Disease Control and Iowa Department of Health for daily screenings of tenants.

The screenings include answering a check list of questions and taking your temperature. At the time of this newsletter, the requirement is daily screenings of tenants. These requirements could change based on known cases of people affected with the Coronavirus in the Cedar Rapids/Marion community.

Please remember to contact ANYONE on the nursing staff if you are feeling sick, have a cough, sore throat or fever. **Stay in your apartment if you have any of these symptoms.**

### Coronavirus Information: Practice Safe Habits

**Wash your hands:** you should thoroughly wash your hands for 20 seconds. Wash your hands when reentering your apartment. Wash hands and/or use hand sanitizer before and after activities. Use sanitizer and wash hands after exiting another room and coming off the elevator.

**Cover your mouth and nose:** Use a disposable tissue for coughs and sneezes and throw away immediately. If you do not have a tissue, cough into your elbow. Wash hands afterwards.

**Avoid touching your face:** avoid touching your eyes, nose and mouth with unwashed hands.

**Avoid large groups:** practice safe distancing, at least 3 steps away for other people.

**Essential Travel:** Avoid leaving Summit Pointe for non-essential travel (hair appointments)



Tenants worked together to finish blankets for Deafinitely Dogs fundraiser.



**Beach Party Summit Pointe Style**  
 Even after having to cancel our entertainer, Summit Pointe Tenants had a great time at our beach party.



**Activity Sign Ups:**

Because we need to keep our groups to a maximum of 10 participants, we now have sign-up sheets for most activities. If you notice there are NOT 10 people in the activity. You are welcome to join us!

**Hallway Fun**

In conjunction with social distancing, the Life Enrichment team are developing activities that support the 6 feet apart rule. During April, we will be trying a new activity every Thursday that will take place in the hallways of 2nd and 3rd floor. Anyone from the first floor is welcome to join us at either time on either floor. These activities may include exercise, games or socializing. Check out the flyers to learn what's planned each week!

Please Note that the activity calendar is subject to change at any time. Always double check daily schedules in the elevators and on the activity table.

**Church Services**

Catholic, Methodist and Non-Denominational (Jackson and Darin) places of worship have provided us with a computer links to their services. Check the calendar for the morning service of your choice and join us in the Fireside Lounge.



**THE CHRISTIAN CORNER**

*By Jackson DeFrees*

This month we will celebrate the most important part of our human history, the resurrection of our Lord and Savior Jesus Christ. For centuries we have celebrated this time as Easter. In his book, "Cross and Crown," Pastor Charles Stanley says, "It is true: The primary victory for the Christian was won at the cross. This is where God sacrificed His Son for the sins of mankind. Jesus had to die so that you and I could have eternal life. No greater conquest has ever been recorded. This is where Jesus completely surrendered to His Father's will. If He had not done this, the cross would never have been lifted. You and I would have been lost for eternity." In 1 Corinthians 15:1-5 the apostle Paul shares the Good News by saying, "Now brothers and sisters, I want to remind you of the gospel I preached to you, which you received and on which you have taken your stand. By this gospel you are saved, if you hold firmly to the word I preached to you. Otherwise, you have believed in vain. For what I received I passed on to you as of first importance; that Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scripture, and that he appeared to Peter and then to the twelve." Pastor Charles Stanley goes on to say, "The cost of our redemption was the precious blood of the perfect Son of God – and He made the sacrifice in our place. Because the Father accepted Christ's payment, we've been set free from bondage to sin and have received the power of the Holy Spirit, who enables us to live in the freedom of obedience to the Father." Finally the apostle Paul writes in 1 Corinthians 15:14, "If Christ has not been raised, then our preaching is vain, your faith also is vain." Now it is our task to go out and share the good news of the resurrection story of our Lord and Savior Jesus Christ. Hallelujah, Christ has risen!

**Gardening**

Keep your eyes out for the gardening flyers, starting in April we will begin putting new flowering plants in the Summit Pointe pots. If weather permits we can do this outside. Otherwise, Brett and Kayla will have a gardening station set up in the garage. It won't be scheduled on the calendar (we want to make sure we have all the supplies) BUT we will notify you through the daily schedules and flyers

**April Movies**

Movie's will be shown Sunday's at 1:30 pm and 6:30 pm during April. Chairs will be placed a safe distance apart with seating for 10 during each showing. Please sign up for your choice of movie time.

- 4/5 A League of Their Own
- 4/12 Field of Dreams
- 4/19 The Glen Miller Story
- 4/26 Walk the Line

**Facebook**

If your family would like to see how you're doing during this time of "social distancing", encourage them to like our Facebook page. Our goal is to post photos three times during the week. It's an excellent way for families to stay connected. Also, if you would like to set up a video call with a family member, reach out to a Life Enrichment team member and we will help get it set up!



**Birthdays**

- 4/7 Eleanor Walters
- 4/9 Larry Easler
- 4/10 Karen Siechert
- 4/10 Charles "Charlie" Hoefler
- 4/11 Lucille "Lucy" Diesch
- 4/13 Anna Mae Komisar
- 4/14 Corinne Minnick
- 4/15 Bonnie Pepper
- 4/16 William Nelson
- 4/22 Ruth Drips
- 4/26 Elaine Bravener
- 4/27 Florene Kula
- 4/28 Helen Murphy

**Exercise**

Because we currently cannot allow non-essential people into Summit Pointe, there is no exercise coach coming in to do the classes. But we need to stay active; exercise and movement is important. As the saying goes, if you don't use it, you'll lose it. Every morning we have a morning walk at 10am and 10:30am. This is an excellent way for tenants to get daily exercise. During the walk, tenants go at their own pace and walk for as long as it is comfortable for them.

Starting April 1st, the Life Enrichment team will have a packet of chair exercises you can do at home. We want to make sure that you are staying healthy!

Tai chi will be available Saturday mornings.

**Adult Coloring**

Adult Coloring will be available on Saturday Mornings, pick up your individual pencils and coloring packets at the front desk. Please return pencil to front desk when finished.

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>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><b>Be sure to sign up for the items highlighted in yellow.</b> <b>Anything listed in red means it is Tenant led!</b></p>						
<p>1:30 Movie &amp; Popcorn A League of Their Own-FL <b>5</b></p> <p>6:30 Movie &amp; Popcorn A League of Their Own-FL</p>	<p>8:30 Catholic Rosary-Fl <b>6</b> 9:15 Mail Sort-FL 10:00 Morning Walk-Lobby 10:30 Morning Walk-Lobby 1:30 Bingo-FL 2:45 Bingo-FL</p>	<p>8:30 Church-FL <b>7</b> Hymns-FL 9:30 Mail Sort-FL 10:00 Morning Walk-Lobby 10:30 Morning Walk-Lobby 1:30 Making hand sanitizer-FL 2:45 Census: need help-FL</p>	<p>8:30 Methodist Service-FL <b>1</b> 9:15 Mail Sort-FL 10:00 Morning Walk-Lobby 10:30 Morning Walk-Lobby 1:30 Making Easter Cards-FL 3:00 Freedom Buttons-FL</p>	<p>9:15 Mail Sort-FL <b>2</b> 10:00 Morning Walk-Lobby 10:30 Morning Walk-Lobby 1:30 2nd floor Hallway Fun-Library 2:30 3rd floor Hallway Fun-Pool Rm 3:30 Mind &amp; Body-L</p>	<p>8:30 Catholic Mass-FL <b>3</b> 9:15 Mail Sort-FL 10:00 Morning Walk-Lobby 10:30 Morning Walk-Lobby 1:30 Card bingo-FL 2:15 Happy Deliveries-to your home FL</p>	<p>9:15 Tai Chi-FL <b>4</b> 10:00 Adult Coloring-p/u supplies at the front desk</p>
<p>1:30 Movie &amp; Popcorn A League of Their Own-FL <b>5</b></p> <p>6:30 Movie &amp; Popcorn A League of Their Own-FL</p>	<p>8:30 Catholic Rosary-Fl <b>6</b> 9:15 Mail Sort-FL 10:00 Morning Walk-Lobby 10:30 Morning Walk-Lobby 1:30 Bingo-FL 2:45 Bingo-FL</p>	<p>8:30 Church-FL <b>7</b> Hymns-FL 9:30 Mail Sort-FL 10:00 Morning Walk-Lobby 10:30 Morning Walk-Lobby 1:30 Making hand sanitizer-FL 2:45 Census: need help-FL</p>	<p>8:30 Methodist Service-FL <b>8</b> 9:15 Mail Sort-FL 10:00 Morning Walk-Lobby 10:30 Morning Walk-Lobby 1:30 Athletes in History: Ted Williams-FL 2:45 Freedom Buttons-FL</p>	<p>9:00 Brewed Awakenings-FL <b>9</b> 9:15 Mail Sort-FL 10:00 Morning Walk-Lobby 10:30 Morning Walk-Lobby 1:30 2nd floor Hallway Fun-Library 2:30 3rd floor Hallway Fun-Pool Rm 3:30 Mind &amp; Body-L 6:00 Bingo-L</p>	<p>8:30 Catholic Mass-Fl <b>10</b> 9:15 Mail Sort-Fl 10:00 Morning Walk-lobby 10:30 Morning Walk 1:30 Springtime sing a long-Fl 2:15 Happy Deliveries-to your home</p>	<p>9:15 Tai Chi-FL <b>11</b> 10:00 Adult Coloring-p/u supplies at the front desk</p>
<p>1:30 Movie &amp; Popcorn Field of Dreams-FL <b>12</b></p> <p>6:30 Movie &amp; Popcorn Field of Dreams-FL</p>	<p>8:30 Catholic Rosary-Fl <b>13</b> 9:15 Mail Sort-FL 10:00 Morning Walk-Lobby 10:30 Morning Walk-Lobby 1:30 Bingo-FL 2:45 Bingo-FL</p>	<p>8:30 Church-FL <b>14</b> Hymns-FL 9:30 Mail Sort-FL 10:00 Morning Walk-Lobby 10:30 Morning Walk-Lobby 1:30 Hanging a Memory-FL 2:45 Share and Tell Your Memories-FL</p>	<p>8:30 Methodist Service-FL <b>15</b> 9:15 Mail Sort-FL 10:00 Morning Walk-Lobby 10:30 Morning Walk-Lobby 1:30 in History: Jesse Owens-FL 2:45 Freedom ButtonsFL</p>	<p>9:00 Brewed Awakenings-FL <b>16</b> 9:15 Mail Sort-FL 10:00 Morning Walk-Lobby 10:30 Morning Walk-Lobby 1:30 2nd floor Hallway Fun-Library 2:30 3rd floor Hallway Fun-Pool Rm 3:30 Mind &amp; Body-L 6:00 Bingo-L</p>	<p>8:30 Catholic Mass-FL <b>17</b> 9:15 Mail Sort-FL 10:00 Morning Walk-Lobby 10:30 Morning Walk-Lobby 1:30 Songs by Doris Day-FL 2:15 Happy Deliveries-to your home</p>	<p>9:15 Tai Chi-FL <b>18</b> 10:00 Adult Coloring-p/u supplies at the front desk 1:00 Bingo with Angie-L</p>
<p>1:30 Movie &amp; Popcorn The Glen Miller Story-FL <b>19</b></p> <p>6:30 Movie &amp; Popcorn The Glen Miller Story-FL</p>	<p>8:30 Catholic Rosary-Fl <b>20</b> 9:15 Mail Sort-Fl 10:00 Morning Walk-Lobby 10:30 Morning Walk-Lobby 1:30 Bingo-FL 2:45 Bingo-FL</p>	<p>8:30 Church-FL <b>21</b> Hymns-FL 9:30 Mail Sort-FL 10:00 Morning Walk-Lobby 10:30 Morning Walk-Lobby 1:30 Trivia-FL 2:45 Dice game: Run it-FL</p>	<p>8:30 Methodist Service-FL <b>22</b> 9:15 Mail Sort-FL 10:00 Morning Walk-Lobby 10:30 Morning Walk-Lobby 1:30 Athletes in History: Arthur Ash-FL 2:45 Name that tune-FL</p>	<p>9:00 Brewed Awakenings-FL <b>23</b> 9:15 Mail Sort-FL 10:00 Morning Walk-Lobby 10:30 Morning Walk-Lobby 1:30 2nd floor Hallway Fun-Library 2:30 3rd floor Hallway Fun-Pool Rm 3:30 Mind &amp; Body-L 6:00 Bingo-FL</p>	<p>8:30 Catholic Mass-FL <b>24</b> 9:15 Mail Sort-FL 10:00 Morning Walk-Lobby 10:30 Morning Walk-Lobby 1:30 Card Bingo-FL 2:15 Happy Deliveries-to your home</p>	<p>9:15 Tai Chi-FL <b>25</b> 10:00 Adult Coloring-p/u supplies at the front desk</p>
<p>1:30 Movie &amp; Popcorn Walk the Line: Johnny Cash-FL <b>26</b></p> <p>6:30 Movie &amp; Popcorn Walk the Line: Johnny Cash-FL</p>	<p>8:30 Catholic Rosary-FL <b>27</b> 9:15 Mail Sort-FL 10:00 Morning Walk-Lobby 10:30 Morning Walk-Lobby 1:30 Bingo-FL 2:45 Bingo-FL</p>	<p>8:30 Church-FL <b>28</b> Hymns-FL 9:30 Mail Sort-FL 10:00 Morning Walk-Lobby 10:30 Morning Walk-Lobby 1:30 Spring up a memory-FL 2:45 Dice game: Stuck In The Mud-FL</p>	<p>8:30 Methodist Service-FL <b>29</b> 9:15 Mail Sort-FL 10:00 Morning Walk-Lobby 10:30 Morning Walk-Lobby 1:30 Athletes in History: Gale Sayer-FL 2:45 Pass the Pigs-FL</p>	<p>8:30 Methodist Service-FL <b>30</b> 9:15 Mail Sort-FL 10:00 Morning Walk-Lobby 10:30 Morning Walk-Lobby 1:30 2nd Floor Hallway Fun-Library 2:30 3rd Floor Hallway Fun-Pool Room 3:30 Mind &amp; Body- L 6:00 Bingo-FL</p>	<p><b>All activities are subject to change. Please watch for changes on the daily flyers posted at the activity table and elevators. As restrictions in regard to COVID-19 change, so will the calendar. Please use the activity book to sign up for activities.</b></p>	