

Stuck at home? Here's how to stay busy.

Now more than ever, it's strongly recommended that people practice "social distancing," or the act of increasing physical space between people to prevent the spread of illness.

While social distancing is a great way to protect yourself and others from getting COVID-19, staying inside can leave you feeling a little bored, disconnected and stir crazy. If you're feeling this way, you're not alone.

Here are some activities to keep you busy while you're at home:

1 | Go outside and get some fresh air. If you haven't had contact with someone who has COVID-19 and aren't experiencing any symptoms, it's perfectly safe to go outside for a walk or jog. In fact, getting outside and spending time in nature can help boost your mood and reduce stress, which is key during trying times.

If you head outside, just be sure to keep at least 6 feet of distance between yourself and others.

2 | Move your body. While it may be tempting to binge-watch your favorite movies and TV shows all day, getting a workout in can also help boost your mood and reduce stress and anxiety.

3 | Escape into a good book. You know that book or magazine you've been meaning to read, but haven't gotten around to? Now's the time to pick it up!

Don't like reading? Try listening to an audiobook or podcast instead.

4 | Connect with others. Social distancing and self-quarantining at home can leave you feeling lonely and disconnected. To reconnect (while keeping physical distance), schedule a virtual dinner party or hangout via platforms like Zoom, Skype, Google Hangouts or FaceTime.

You can also call, text or video chat with a family member or friend. The social connection will help boost your mood and help you feel less alone. Please contact a member of the team to assist you.

5 | Get creative. Try doing a craft or do-it-yourself project around the house, writing a short story or poem or busting out your art supplies to draw or paint. Not sure where to start? Search for inspiration and tutorials online.

Diving into a project can help keep your hands – and mind – busy.

6 | Do what makes you feel good. During these uncertain and unprecedented times, it's so important to look after your mental health. Be sure to make time for self-care while social distancing and self-quarantining. This includes:

- Doing activities that make you happy.
- Exercising and eating healthy meals.
- Practicing meditation and mindfulness.
- Limiting your exposure to social media and news outlets.

Remember, practicing social distancing not only protects ourselves from illness, but also others around us.

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May 2020



Summit Pointe Senior Living



BLUE ZONES

Life Choices, It's All About Living



• FROM LIFE ENRICHMENT •

Staying Active in May

It's easy to get a little too relaxed or lazy during quarantine and social distancing, HOWEVER it's important, for your health, to keep your mind and body busy.

Throughout the month of May, your Life Enrichment team has several activities scheduled during the day to help keep you fit! Watch for new activities to keep you physically active like hallway golf, nut stacker, and ping pong bounce.

We also have mind engaging activities like hallway travels, would you rather, motherly humor and a variety of music themed activities.

We understand that a lot of these activities are not what you are used to, hopefully we can get back to a regular schedule soon. In the meantime, be a little adventurous and try something new!

As a reminder: Our Life Enrichment team take great precautions to make sure EVERYTHING used for activities are disinfected in between use. During an activity, the Life Enrichment team will make sure everyone stays a safe 6 feet apart. When participating, please remember to wear your mask.

GROCERY SHOPPING We are experimenting with a couple of different options for picking up and delivering your groceries. Please continue to turn in your grocery slips on Monday, Wednesday and Fridays. Groceries will be picked up from HyVee.

COVID19 ART SHOW! Every Saturday, our team will provide you with a craft project to complete over the weekend. We would LOVE to display each of your unique creativeness when completing the project. As the number of the projects completed increases, we will start displaying them for our own Covid19 art show!

INDEPENDENT ACTIVITIES Along with the craft projects, towards the end of every week we will continue to hand out activity packets. Items in each of the packets will vary in levels of difficulty.

Once you finish the packet, you can ask for a copy of the answers at the front desk. Please note that the activity calendar is subject to change at anytime.

FAMILY VIDEO CALLS We are more than happy to set up video calls between yourself and your family. To do so email, or have your family email the Life Enrichment Director khowk-erwin@summitpointeseniorliving.com

Please give 3 dates and times that would work for you to do the calls. Also, indicate if you'll be using an iPhone or iPad for Facetime, Skype, Zoom or Google Duo.

To keep up to date with what your loved one is doing at Summit Pointe make sure to check out and like our Facebook page!

Summit Pointe is excited to introduce our new Executive Director, Cheri Orcutt



As the Executive Director, Cheri is passionate about the senior population as well as helping team members become the best version of themselves.

She has worked in the health care industry for 15 years and enjoys serving others. She is looking forward to meeting everyone and hopes to spend time leading non-denominational devotions in the future! Make sure to introduce yourself when you see Cheri in the hallway!

Environmental Edge WITH BRETT TAYLOR

Hello everyone, Welcome to this month's Environmental Edge. Spring is here and we are all ready to get outside and do some gardening, plant some flowers, and hang some plants. We again will be meeting monthly for our "Gardening Club". Until we can all meet together as a group I will be answering any questions you might have via paper. You may submit any questions or concerns to me and place it at the front desk. If you are new and want to be a part of our Gardening Club please leave me a message and I will answer any questions you might have.

Nursing

The nursing staff has done an incredible job making sure tenants stay safe during the health concerns for COVID19.

In continuing to follow the Health Guidelines from the Center of Disease Control and Iowa Department of Health, we will continue screening tenants on a daily basis.

You will be asked if you have a sore throat, cough or shortness of breath. Your temperature, heart rate and oxygen levels will be checked.

Staff will start these screenings at 9 A.M. We would prefer if you could meet them at the door instead of them coming inside your apartment.

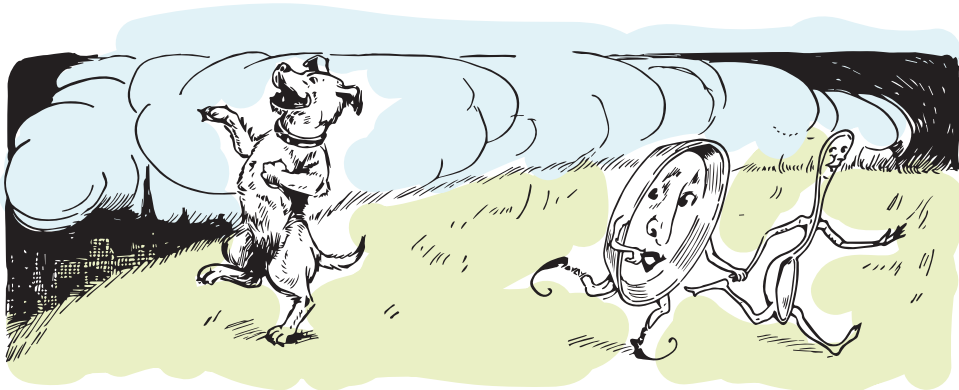
At the time of this newsletter, 1 daily screening is all that is required from tenants NOT exhibiting any symptoms.

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

SUMMIT POINTE'S SUPER HERO OF THE MONTH Randy Danover



- Reasons why his peers nominated him:
- Randy is kind, caring and uplifting with both the tenants and staff.
 - He is accommodating and flexible and won't say no unless it is physically impossible to be done.
 - They have seen him beat down and not quit, this includes working through a shoulder injury but is not the only example of that.
 - He is dedicated to his work and even sacrifices his own self to drive tenants to possible infected areas (hospital, clinics).
 - He puts himself at risk to care for others. He has a great sense of humor



Have a dish that ran away with the spoon?
Return them to a dish amnesty box in the hall and we'll take 'em back.

Culinary WITH TERRIE WINSLOW

A Big Tenant Thank You!!
The Culinary Team wants to shout out a "BIG TENANT THANK YOU"
To ALL the tenants for helping to make the meal deliveries a success!
Your co-operation with the changes to meal service have made the process very smooth!

Thank you!

We have a wish, please return your dish! DISH AMNESTY





The Can and Can Nots of Summit Pointe and COVID19

We have had several tenants ask questions about what they can and can not do in regards to staying safe and healthy during the Corona Virus pandemic. Here are some of the questions and answers!

You CAN come outside your apartment (wear your mask), wash your hands when you return to your home.

You can NOT meet in groups, remember to stay 6 feet apart from each other.

You can NOT go off the premises or go to a public facility. You will be asked to self-quarantined for 14 days

You CAN go outside, if you want to use the fireside or exercise doors check in with the FRONT DESK first.

You can NOT leave Summit Pointe property, without the expectation of 14 day self-quarantine.

You can NOT leave in your car, without the expectation of 14 day self-quarantine.

You can NOT meet with people outside of Summit Pointe when outdoors, without the expectation of 14 day self-quarantine.

You CAN do video calls; you can see family through windows.

You can NOT open the window to talk to family, have them call you on a cell phone.

You can NOT meet your family outside.

You CAN use the exercise bikes. Make sure to check out cleaning supplies from the front desk.

You CAN have family drop off supplies, groceries, or other necessities

You can NOT meet them to pick it up. A staff member will grab it from them outside the front door.

Practice Safe Habits

FACE MASK: Wear a face mask when you leave your apartment.

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 6 feet away from other people.

Travel: If you leave the premises, you will be asked to self-quarantine to your apartment for 14 days. This means you will NOT be allowed into the hallways for activities or to check mail. Only an assigned person from the nursing staff will be allowed into your apartment and they will be expected to wear the personal protective equipment.



Christian Corner

BY JACKSON DEFREES

How do you handle change?

I am not referring to the pennies, nickels, dimes and quarters that may be jingling in your pocket. Plus, you know there is always the change in the weather and we know there is nothing we can do about that. I am talking about the change that interrupts our livelihood, our routines and our comfort zone. Some changes are good for us while other changes are not received very well.

We must admit we are creatures of habit, and our habits at times are hard to break. Whenever there is an unexpected change that confronts us we need to focus on our Lord and Savior Jesus Christ to give us hope and understanding. Hebrews 13:8 says that, "Jesus Christ is the same yesterday, today and forever." The Lord never changes, His words mean as much to us today as they have for centuries no matter what may be happening around us.

During these times of chaos and uncertainties we need more than ever to come closer to our God by reading His encouraging words of hope found in the Bible. Hebrews 11:1 says, "Now faith is confidence in what we hope for and assurance about what we do not see."

Our times of gathering with others has drastically changed for an undetermined time. Even though we may feel alone for the moment, we need to remember that we are never without the presence of our Lord no matter where we are or the condition we may be in. Hebrews 6:17-19 tells us, "Because God wanted to make the unchanging nature of his purpose very clear to the heirs of what was promised, he confirmed it with an oath. God did this so that, by two unchangeable things in which it is impossible for God to lie, we who have fled to take hold of the hope offered to us may be greatly encouraged. We have this hope as an anchor for the soul, firm and secure."



Celebrations!

Birthdays

MAY 3

Jay Cowguill

MAY 4

Betty Hoffman

MAY 8

Velda Chapman

Barbara Holt

MAY 16

Brigitte Meyer-Jenniges

MAY 20

Marcie Ripley

Employee Birthdays

MAY 3

Nicole Farley

MAY 15

Lauren Luke

MAY 20

Patricia Mumm

MAY 24

John Lindaman

MAY 30

Chloe Feilmeier

MAY 31

Brad Dukek



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

May 2020

Summit Pointe Senior Living

BDR - Brentwood Dining Room
BP = Back Patio
CDR = Carlisle Dining Room
FD = Front Desk
FF = Front Foyer

FL = Fireside Lounge
FP = Front Porch
L = Library, 2nd Floor
PDR = Private Dining Room
SP = Summerset

The calendar is subject to change at anytime.

Remember to wear your masks outside of your apartments.

1

AM Activities EXERCISE
Noon Activities May Day Sing Along
PM Activities Happy Deliveries

2

Weekly Craft
Video Calls

3

Sunday Puzzles

4

AM Activities EXERCISE
Noon Activities Activity Cart
PM Activities Random Trivia with prizes

5

AM Activities Horse Races
Noon Activities 1:1 Visits
PM Activities Cinco de Mayo Trivia, music and dance

6

AM Activities Coffee and Chronicles
Noon Activities 1:1 Visits
PM Activities Exercise

7

AM Activities Hallway Travels
Noon Activities Activity Cart
PM Activities Tenzies

8

AM Activities EXERCISE
Noon Activities We've got rhythm
PM Activities Happy Deliveries

9

Weekly Craft
Video Calls

10

Special Delivery

11

AM Activities EXERCISE
Noon Activities Activity Cart
PM Activities Motherly Humor

12

AM Activities Pass the Pig
Noon Activities 1:1 Visits
PM Activities Would you rather?

13

AM Activities Coffee and chronicles
Noon Activities 1:1 Visits
PM Activities Exercise

14

AM Activities Senior Rattle
Noon Activities Activity Cart
PM Activities Hallway Travels

15

AM Activities EXERCISE
Noon Activities King of Swing
PM Activities Happy Deliveries

16

Weekly Craft
Video Calls

17

Sunday Puzzles

18

AM Activities EXERCISE
Noon Activities Activity Cart
PM Activities Real or Photoshopped

19

AM Activities Give it your best "shot"
Noon Activities 1:1 Visits
PM Activities "Corny" jokes

20

AM Activities Coffee and Chronicles
Noon Activities 1:1 Visits
PM Activities Exercise

21

AM Activities Putt putt golf
Noon Activities Activity Cart
PM Activities What am I?

22

AM Activities EXERCISE
Noon Activities History of Taps
PM Activities Happy Deliveries

23

Weekly Craft
Video Calls

24/31

Sunday Puzzles

25

AM Activities EXERCISE
Noon Activities Activity Cart
PM Activities What war was it trivia?

26

AM Activities Ping pong bounce
Noon Activities 1:1 Visits
PM Activities Can you picture this?

27

AM Activities Coffee and chronicles
Noon Activities 1:1 Visits
PM Activities Exercise

28

AM Activities Nut Stacker
Noon Activities Activity Cart
PM Activities Caption this!

29

AM Activities EXERCISE
Noon Activities Name that service song
PM Activities Happy Deliveries

30

Weekly Craft
Video Calls