

July Activities



HERE'S WHAT'S NEW AROUND THE POINTE IN JULY!

Entertainment

We understand how music can lift our spirits and we are doing our best to find entertainers to perform outdoors while still following our guidelines. We have run into cases where entertainers are both willing to come AND that would rather not come. Because of this, it is usually the case that we find someone to perform at the last minute. To ensure that everyone has the opportunity to participate, **starting July 3**, the time you get assigned to listen to music will be the same time every Friday for the remainder of the month.



Socials

Every Wednesday, we will have socializing activities. Again, to ensure everyone has the opportunity to join in on the fun while still keeping a safe distance apart. The Life Enrichment team will be assigning times to all tenants that care to join us. If the weather cooperates these activities will take place outside in the front of the building. If it's too hot or raining, we'll move the activities to the garage. No matter where it takes place, we can't wait to start having fun in small groups again!

Cheri Orcutt will be joining us for some of the Wednesday Socials, she would like the opportunity to get to know you better AND have the opportunity to answer any questions you may have about what's going on at Summit Pointe. She will also use this as an opportunity to fill you in and update you on COVID-related practices.

Lemonade Stand

The lemonade stand will now be running from **1-3pm at the front desk every Monday**. This month we will be serving Snapple pink lemonade.



As always the lemonade will also come with a treat!

Book Club

We will be starting book club up again in July! We do have to make sure we are following all the guidelines for safe meetings of small groups. However, Kayla has a couple tricks up her sleeve to make sure everyone will be able to hear and follow along in the activity! Please let Kayla (Life Enrichment) or Sandy T. (tenant) know if the book club is something you'd like to participate in.



A Friendly Competition

Starting July 6, we will be starting a friendly competition amongst each floor. This competition will entail us keeping track of how much each floor participates in exercise! This could include exercise class on Monday, Wednesday and Fridays or walks around the Summit Pointe Paths. Watch your mail box for more information!

Baby Face

There's still time to turn in a picture of your cute little baby face! We will be participating in that activity on **July 15** during our outdoor social!



Recreating Photos

A family challenge! **Through the month of July**, the Life Enrichment team will be asking tenants to help them recreate famous photos. **THEN** we will ask a member in your family to recreate that same photo! We are looking forward to this activity!

JUST FOR FUN!

July 24 is International Joke Day!

Here's a joke to start off your month...
How do cows like to do their shopping?
From Cattle-logs!

July 2020



Summit Pointe Senior Living



BLUE ZONES

Life Choices, It's All About Living



• A WORD FROM CHERI ORCUTT •

Happy INDEPENDENCE DAY

It is hard to believe I have been at Summit Pointe for over two months now. Crazy how quickly time passes. This is an amazing place to be. I cannot imagine what it would be like to get rid of the masks and concern over COVID-19. Better days are coming.

I would like to provide a short update regarding the COVID-19 situation. The State has allowed some reopening of communities and businesses but unfortunately, for our community and MOST assisted living communities the ability to reopen with regulatory compliance is extremely difficult. The first thing we will need to see is that Linn County has a 14 day decline in positive cases.

This tells us we will need to be extra vigilant as a community, as team members, and family members to stay safe, wear our masks, use proper PPE and ensure the safety of ourselves in addition to others. Please remember, if leaving the community, we are advised to do this only for medical necessity.

Below are some dates that I will plan to have resident meeting to discuss the importance of us staying safe and expectations that we will continue to follow until further guidance is provided.

Families are encouraged to call with any questions you may have.

Blessings to you,
Cheri

Environmental Edge

WITH BRETT TAYLOR

Hello Everyone, Welcome to July! Looks like we are going to start this month off with some muggy weather. I have kicked up our watering of the yard to make sure our beautiful lawn stays green! I will also like to let you know I have purchased a new hose for outback to help make it easier to water the flowers and garden.

With this muggy weather make sure you are watering yourself enough to stay hydrated too. Especially, if you are outside for any amount of time.

As I mentioned last month, our construction crew should be here in the next couple of weeks to get started on our roof. We will have some limited areas that will be assessable to walk. We will keep you well informed of this as it arises.

HAPPY 4TH OF JULY!!!





Celebrations!

Tenant Birthdays

JULY 7

Mary Schoop

JULY 14

Jean Seehusen

JULY 26

Jim Mincks

Staff Birthdays

JULY 1

Natasha Ajeti

JULY 7

Chamara Chambers

JULY 18

Minea Aldana Fuentes

JULY 26

Hannah Divis

JULY 28

Kaysi Wells

JULY 30

Terrie Winslow

JULY 31

Allison Ster

NEWS FROM

The Kitchen

We've Missed Your Faces!

We, the culinary staff, have been diligently working to ensure you have great meal experience in the dining room. We love the short visits and finding out what activities you have been participating in, singing happy birthday and just seeing the dining room filled (or half filled) with people again.

Show us your beautiful face and join us in the dining room at your designated meal time!

Here's just a few benefits you will see by having your meals in the dining room:

1. Change in scenery
2. Interact and SEE other human beings at a safe distance apart
3. The walk gives you another opportunity to keep moving and get a little exercise in
4. The food is hot
5. And you don't have to crowd your apartment with extra dishes!

Speaking of dishes,

it's about that time to check your refrigerators and cupboards for Summit Pointe dishes!

Remember, there are dirty dish stations set up on each floor to return dirty dishes to.

*If you are unable to come to meals because of a recent visit outside of the building, don't worry, we will be equally as excited to see your smiling face after in 2 weeks!



Seniors: Following these routine habits can help you stay healthy

Just because you are getting older doesn't mean you have to stop living! By keeping these healthy tips in mind, aging doesn't need to translate to "getting old."

As we age, it's inevitable that our lives and our bodies change. That's why it's important to keep taking care of yourself and your loved ones to stay healthy and live the best life possible. For seniors, especially those who live alone, maintaining good habits are a crucial part of staying healthy and independent, even into your golden years.

Change can feel scary – but you don't need to change your entire world to practice better habits. Even making small changes to your health can have a large impact and allow you to live a longer, healthier life.

"Today, we are living longer than ever," says Dr. James Tricarico, a family medicine physician at Geisinger's 65 Forward Health Center in Kingston. "We owe it to ourselves to take the best possible care of our bodies and our minds. Healthy changes, even minor ones, can make a big difference in the lives of seniors and their families."

Healthy habits for seniors

Whether you are a senior yourself or care for an older loved one, these tips can help you get started:

PROPER NUTRITION If you want to live longer, eating healthy is key. A good place to start is by eliminating processed foods from your diet. Processed food includes those that have been cooked, canned, packaged, frozen or modified in some way. Some examples of processed foods are "convenience foods" such as cereals, chips, cookies, frozen dinners and deli meats. Start adding more leafy

greens, lean meats and plant-based protein to your diet, including plenty of fruits and vegetables, whole grains and low-fat dairy.

EXERCISE REGULARLY Exercise offers many physical benefits, as well as mental ones. Not only does exercise reduce your risk of cardiovascular disease and chronic health conditions such as diabetes, it can improve your emotional outlook as well. Regular exercise can even reduce chronic pain and boost immunity. Just 30 minutes of exercise 3 to 4 times a week can have you feeling (and even looking!) better. Gardening, dancing and swimming are all great ways to get moving! Add in a few minutes of light weight training to improve your stamina and build lean muscle mass.

GET ENOUGH REST You don't feel at your best when you're tired. Aim for between 7 to 8 hours of sleep per night and rest throughout the day if you're feeling tired. Studies reveal that sleep deprivation, or sleeping less than five hours a night, can contribute to major health problems, including high blood pressure, heart disease, diabetes, obesity and cancer.

STAY ACTIVE Staying socially, mentally and physically active can help reduce the amount of brain cell damage that's linked to Alzheimer's and even promote the growth of new, healthy brain cells. Stay connected to others. Find activities to do with other people, such as volunteering or going for a walk.

MANAGE STRESS With age can come new stresses, from health issues to finances. Increased stress has been linked to health issues including heart attack, stroke and other medical



conditions. Find ways to control your stress levels through exercise, meditation and by having a strong support network. Keep your mind sharp: Brain health is as important as any other healthy habit, especially as you age. Learning a new skill, practicing word or number puzzles or reading an interesting book can all help keep your mind sharp.

"When it comes to living longer, there is no magic bullet," adds Dr. Tricarico. "However, practicing good habits can make a difference and give you a better shot at living a longer life."

Healthy living matters more than you know

You may have heard the old sentiment that "an ounce of prevention is worth a pound of cure." By getting yourself or your loved ones into the practice of good habits now, you'll help those habits become routine.

"The days of older people being too 'fragile' to do anything are over. More and more, we're hearing stories of people running 5k races and staying active well into their 80s and beyond. Life doesn't stop because you have more candles on your birthday cake!" advises Dr. Tricarico.

True and Lasting Freedom

What is freedom and where do we find it? This year's freedom has taken on a whole new and different meaning. In this country in which we live, we worship our freedoms. We have all kinds of freedoms. Most are of good value while others are sinful in nature. When something or someone comes between us and our freedoms, we get concerned and upset.

Someone once said, "When catastrophic change looms, it pushes us to the edge, and decisions about how to confront those changes reveals a great deal about who we are and what we hold most dear." Now we all need to exchange our badness for the solid goodness of our Lord Jesus. Romans 1:18-20 & 25 says, "The wrath of God is being revealed from heaven against all the godlessness and wickedness of people, who suppress the truth by their wicked-

ness, since what may be known about God is plain to them, because God has made it plain to them. For since the creation of the world God's invisible qualities – his eternal power and divine nature – have been clearly seen, being understood from what has been made, so that people are without excuse. ... They exchanged the truth about God for a lie, and worshiped and served created things rather than the Creator."

So where do we find our true and lasting freedom? The Bible has several God given words about finding our true freedom. 2 Corinthians 3:17 says, "Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom." Someone said, "What or whom we worship determines our behavior. Blessed is the nation that recognizes God as Lord of all."

Grocery Shopping Updates

We are still doing grocery shopping for tenants on the regular schedule of Monday, Wednesdays and Fridays. We always do our best to get exactly what you're asking for, sometimes it's easy to find and sometimes it's impossible to find. IF THERE IS AN ITEM on your list that you specifically want in a name brand and would not take any substitutions please indicate so by writing "no subs" next to the item.

It has also has been helpful when tenants list the quantity of the item they would like us to purchase. Don't forget, it write if you prefer liquid or pods for laundry soap!

Good News The management staff at HyVee informed us that they are better organized, prepared and have the staff to handle more online orders. If you or your family would like to purchase groceries online and have them delivered regularly, there are now more time slots open to do so. You will need to go online and set up an account.

The good news is that the toilet paper shelves are looking less empty and more like this



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

The calendar is subject to change at anytime.

Remember to wear your masks outside of your apartments.

2020 July



Summit Pointe Senior Living

5

July is Patriotic Month

6

AM Activities EXERCISE
10:00 Book Club-L
PM Activities Lemonade & Snack - Front Desk

7

AM Activities Devotions & Hymns
PM Activities 2:00 Bingo

8

AM Activities EXERCISE
PM Activities Iced Tea Party
Outdoor Social-Life Enrichment will assign times

9

AM Activities Pass the Pig
PM Activities Summer Vacation

10

AM Activities EXERCISE
PM Activities *Happy Deliveries*

11

Family Video Calls

12



13

AM Activities EXERCISE
10:00 Book Club-L
PM Activities Lemonade & Snack - Front Desk

14

AM Activities Devotions & Hymns
PM Activities 2:00 Bingo

15

AM Activities EXERCISE
PM Activities You've Got the Cutest Little Baby Face
Outdoor Social-Life Enrichment will assign times

16

AM Activities Laughed Out "Lawed"
PM Activities Iowa Rocks

17

AM Activities EXERCISE
PM Activities *Happy Deliveries*

18

Family Video Calls

19

and Color Your World Month

20

AM Activities EXERCISE
10:00 Book Club-L
PM Activities Lemonade & Snack - Front Desk

21

AM Activities Devotions & Hymns
PM Activities 2:00 Bingo

22

AM Activities EXERCISE
PM Activities Poker Walk-around the path

23

AM Activities Scrabble Goes Bananas
PM Activities Back in Time: A Walk on the Moon

24

AM Activities EXERCISE
PM Activities *Happy Deliveries*
NATIONAL JOKE DAY

25

Family Video Calls

26



27

AM Activities EXERCISE
10:00 Book Club-L
PM Activities Lemonade & Snack - Front Desk

28

AM Activities Devotions & Hymns
PM Activities 2:00 Bingo

29

AM Activities EXERCISE
PM Activities Pioneer Days
Outdoor Social-Life Enrichment will assign times

30

AM Activities Human Hungry Hippos
PM Activities Name that Tune

31

AM Activities EXERCISE
PM Activities *Happy Deliveries*



WHAT DID THE LEFT EYE SAY TO THE RIGHT EYE?
BETWEEN YOU AND ME,
SOMETHING SMELLS!