

September Activities

THIS MONTH, OUR GOAL IS
to BRING PEOPLE TOGETHER.

In a time where we are limited to who can come and go, we can find our strength and grow from this experience together. During September, we welcome you to meet someone new and try something different! Whether it's joining us at a social or having a laugh trying to play table tennis!

Assisted Living Week:

This year assisted living week will be celebrated from **September 13-19**. Watch your mail cubbies for the special weekday events planned for the week. In the meantime prepare your wardrobe for dress up days! There will be a drawing and prizes for best dressed each day!

Monday, Sept. 14 | Wear your favorite sports team day
Tuesday, Sept. 15 | Patriotic Day
Wednesday, Sept. 16 | Hawaiian Day
Thursday, Sept. 17 | Western Day
Friday, Sept. 18 | Wear your Summit Pointe T-shirt day

Music and Entertainment

We love being able to bring music back to Summit Pointe, especially with so many months without having scheduled entertainers! Even with bringing back our entertainers, let's continue the important steps in practicing safe Covid19 protocols. We are limited to how many tenants are allowed to invite and gather together for entertainment. When you are not drinking or eating you should continue to wear your masks and stay 6 feet apart. Please have patience as we clean and sanitize seating areas in between scheduled listening times.

We are in the process of contacting new entertainers as we have found that many do not wish to travel from place to place with the risks of COVID. So remember to continually check flyers (located in elevators and front desk) to see when music was able to be scheduled.

Wednesdays' outdoor social and Fridays' Happy Hour

For the month of September we have handed out green invitations, each invitation has your designated time to join us in the front of Summit Pointe. Please wait for your turn in the lobby, then a Life Enrichment team member will lead you to the event after we have cleaned and disinfected the tables and chairs.

Summit Pointe Gives Back

Recently, Summit Pointe Gives Back has consisted of tenants donating purchased items for a good cause. We would love to give another kind of experience to Summit Pointe Gives Back. There is so much going on around us that is difficult to see while staying on Summit Pointe grounds; kids heading back to a "different kind of schooling", teachers worried about keeping them and their families safe, families struggling through recent storm damage, riots, less outings and real time experience for special needs. As an attempt to start Summit Pointe Gives Back up again, and to join in being part of our community and helping others, **every Monday, Starting September 14** will be designated to coming up with ways to reach out into the community. Join us as we work together to have purpose and give to others. You can come, once a month, twice a month or every Monday. We're happy to see you anytime!

Weekend Movies!

For the month of September, we are going to try and bring movie days back! Again, we still have to follow our small group protocols so make sure you sign up for either a Saturday or Sunday showing of the movie. All movies will be shown in the Fireside lounge. Don't forget to wear your Masks.

September Movie Themes: Horses, Since the Kentucky Derby was rescheduled in September, it only seemed fitting to show horse related movies!

September 12 & 13 | Seabiscuit
September 19 & 20 | Riding Faith
September 26 & 27 | A Champion's Heart



Jay and Mary Cowgill will be celebrating 70 years of Marriage, Thursday, September 3. If you see them in the hallway make sure to congratulate them!

September 2020

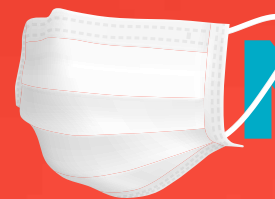


Summit Pointe
Senior Living



BLUE ZONES

Life Choices, It's All About Living



from the
Nurses

Podiatrist & Blood Pressure Checks

The podiatrist will be here September 2, make sure you sign up at the front desk if you need an appointment. As a reminder "most" insurance policies cover a visit every 3rd month.

Blood pressure checks will be done the 1st and 3rd Wednesday or each month. This month's dates are Wednesday, September 2 and the 16. Go to the second floor nurses station at 2:00pm.

Life ENRICHMENT

Covid Protocol Update:

We are grateful that we have been able to keep everyone healthy and safe, because of our actions we were able to move into phase 2. During phase 2, it is our protocol that tenants only leave the community if it is for medical necessity. Telehealth appointments are the preferred method if possible. Leaving the community for any other reason must be approved by Cheri or Natasha. Based upon circumstances, a tenant's ability to share in common spaces, dining and life enrichment may be impacted. If visiting a shopping center, you will likely be asked to remain in your apartment for 14 days. Again, I appreciate the diligence of everyone as we continue to keep the Coronavirus out of Summit Pointe.



Meet Linda Schubert

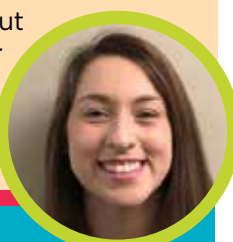
Assistant Director of Nursing

Linda is our temporary acting ADON. She comes to us for Plainfield, Illinois (30 miles SW of Chicago). She has been a nurse for almost 30 years. She has a 30 year old son and 2 grandsons. This is her first time to the Cedar Rapids and Marion area and she has been enjoying meeting all the tenants and staff at Summit Pointe.

This Is MyLife

This month our "This is Your Life" presenter will be Katey Moore.

Please join us on **Thursday, September 24 at 9:30am & 10:30am** in the Fireside Lounge. Katey will talk about different experiences in her life and how she came to Summit Pointe!





Celebrations!

Tenant Birthdays

SEPTEMBER 14

Sandra "Sandy" Tegatz

SEPTEMBER 28

Robert Thimmesch

SEPTEMBER 30

Mary Cowguill

Staff Birthdays

SEPTEMBER 4

Cheri Boeding-Orcutt

SEPTEMBER 7

Jahiah Barkley

SEPTEMBER 10

Victoria Runde

SEPTEMBER 14

Judy Cornelius

Randal Danover

SEPTEMBER 19

Luz Brewster

SEPTEMBER 21

Robin Kane-Kirby

SEPTEMBER 22

Beth Peters

SEPTEMBER 30

Abby Ritchie

Deidre Wauqua

• A WORD FROM CHERI ORCUTT •

I have learned so much from the tenants in our community, especially strength after weathering a storm. Everyone has a story, some were drafted off to war, some lost loved ones or saw the love of their life go and waited months for their return. Many speak of political unrest, changing of the family unit, difficulties of company closures, job loss, and many wondered how life would look after these difficulties. Some residents can clearly recall a time that the polio virus had impacted them. During these times life was frightening, full of uncertainty and yet they did the best they could to live through each day.

In my first couple months at Summit Pointe the challenges of the corona-virus were the primary topic and I thought it could not become more difficult, then we were quickly faced with the impact of a derecho storm AND the coronavirus. It is hard to believe I quickly adjusted my thinking to wishing the only thing we were faced with was "just COVID-19." I do not want to make light of the significance of the virus. Our team did not lose concern and attention to prevention of the virus, however, I quickly recognized how important it was to make the best of every situation. Considering all that has occurred in the last few weeks I would like to acknowledge the greatness that has been seen through difficult times:

Our team members did an outstanding job meeting the needs of our tenants. Many put in extremely long hours and went days without power in their own homes. Some tenants evacuated to a "sister" community. Monticello Nursing and Rehabilitation Center did a phenomenal job assisting us. Tenants returning to their home at Summit Pointe were pleased to say they made new friends through a difficult time. I cannot express how great it is to see how much everyone cares for one another. Tenants caring about each other, team members supporting one another, families offering patience with the challenges of our phone system and ability to communicate and most recently I saw how we're blessed to have a community from NE Iowa reach out to offer support for our team member's. They have offered to fulfill the needs of our team ranging from food, toiletries, basis supplies, etc. and are doing a service project to directly help the S.P. team. What a blessing it is to see the goodness through trying times.

Find strength in weathering a storm. Quite literally, together, we have done just that! May we continue to work diligently to help each other find the blessings in each new day.

Sincerely,
Cheri Orcutt

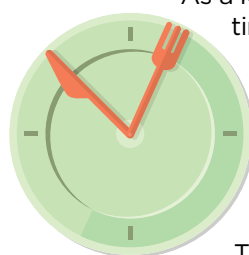
The Kitchen



As you have probably noticed, we have shut down the small Brentwood dining room for breakfast. All morning breakfast meals will be served in the Carlisle Dining room.

As a kind reminder, I wanted to take a minute to clarify meal times. Each mealtime has a designated 45 minutes, 11:15am to 12:00pm, for example. This leaves our staff just enough time to clean and sanitize before the second round of tenants come in for their meals at 12:15pm to 1pm. Please be mindful of the time spent in the dining room visiting after you are done with your meal. We hate to make any tenant wait to be served lunch & dinner.

Thanks! Terrie





BE SOCIAL.

LESS STRESS.

Sometimes Friends Are Better for Us Than Family

New study suggests friendships may be more important than kin for health and happiness.

Both friends and family relationships are linked to better health and happiness overall.

In later years, strong friendships are a stronger predictor of health and happiness than family.

Could strong friendships be even more important than family bonds, especially as we get older and the kids leave the nest?

New research finds that having friends is a stronger predictor of health and happiness across our life span than our relationships with our family — a finding that even the study's author didn't expect.

"I was really surprised by the results," says social psychologist William Chopik of Michigan State University. "I thought relationships with spouse and family would be more influential."

While strong family and friend relationships were associated with greater health and higher happiness overall, having close friendships was a stronger predictor of health and happiness in our older years.

Friendships were so influential that friendship strain — such as friends who let you down when you're counting on them — was linked to a greater number of chronic illnesses among older adults.

What it shows, Chopik says, is that we need "to critically examine the assumption that friendship is just this extra thing compared to the [more important]

relationships with spouse and children."

Appreciating friendship's impact on our health and happiness "is just as important, and in some cases, more important."

Friends keep us healthy

The findings come from two studies, published in the journal *Personal Relationships*, involving nearly 280,000 people. For the first study, Chopik analyzed survey information from more than 270,000 people ages 15 to 99 from nearly 100 countries. Participants were asked to rate the importance of their relationships with their friends and family, as well as rate their health and happiness.

In the second study, data came from a survey of nearly 7,500 adults 50 and older who were asked about emotional support and strain from family members and friends. What he found both aligned with previous research on the benefits of close relationships on our health and well-being, and raised some interesting new points about the role of friends.

"Friendships were very influential," Chopik says, predicting health and happiness among older adults more so than the quality of family relationships. Chopik thinks this may have something to do with the fact that we can pick our friends, but not our family.

"Family is still good for you, but family activities can sometimes be, for lack of a better word, a little boring. Friends often engage in fun leisure activities with us. We elect to be part of those relationships, do fun things with them. There's no arguing about the children or finances."



Healthy family relationships certainly contribute to our happiness, but the importance of friends is different, agrees Geoffrey Greif, a professor at the University of Maryland School of Social Work and the author of several books on friendship. "You have a different ability with friends that you don't have with family. You can drop friends. You can't drop your family."

Social connection, brain stimulation

Greif says friendships across our lifetime tend to ebb and flow. People in their teens and early 20s "often put friends above family." In early midlife, when people typically marry, they turn to spending more time with children and partners and spend less time with friends.

"Friends become more important again as kids get older, because you have more free time," he adds. As we get older, "we need to be open to making new friends. It's a protective factor — they provide intellectual and social stimulation," Greif says. And we know from previous research that friends are good for our brains.

Or, as Chopik puts it, "You have a finite number of family members. But with friends, there's always room to meet someone new."

Our Promised Strength

Believe it or not, everything we do or have ever done has always required some kind of effort. In our younger years, we didn't consider everything to be an effort, it was always something that needed to be done. Those of us who are much older realize we are not as strong or able as we used to be. It's apparent we are still being held captive by this Covid-19 pandemic, and now the derecho storm that hit us, thus more efforts are being applied to try and combat the outbreak and to clean up the debris. We know we cannot control what happens, but we can trust the God who holds the future in His hands. In the Bible we can find encouraging words to help us through these situations.

In times like these our best reassurance is found in the Book of Psalms. Psalm 46:1 says, "God is our refuge and strength, an ever-present help in trouble." Psalm 91:1-2, "He who dwells in the shelter of the Most High

will rest in the shadow of the Almighty. I will say of the Lord, He is my refuge and my fortress, my God, in whom I trust."

In his book *Shelter In God, Your Refuge In Times of Trouble*, Pastor Dr. David Jeremiah has this to say, "Crises never leave us the same as they found us. Those of us who love and trust God through the worst times — those of us who are receptive to what He might be trying to teach us — find that our hearts have changed by the time the stillness replaces the storminess. Then we will be far more in tune with His desires.

Our goals will have moved closer to His own. Learn to praise God regardless of your personal circumstances, and you'll see miracles occur. Your heart and mind will be renewed, and your attitude toward God will never be the same. It is always necessary for us to make an effort to live a life of worth and excellence."

Super Hero Employee



This Is Your Summit Pointe Staff Super Hero

Alee Doneson

Her peers nominated her for:

- Being a dedicated person who is always willing to help tenants and coworkers
- Picks up shifts and tasks
- Kind
- Welcoming to new people and great at training
- Loves working at Summit Pointe
- Loyal to Summit Pointe
- Professional with tenants, tenants' families, and coworkers
- Good at communicating
- Very handy
- Never complains
- Knows everything about the building
- Remembers tenants' orders and remembers the little things about what tenants like
- Always on it; hardworking

Welcome! New tenants

Please help us welcome our newest tenants



Teresa Jepsen is a new tenant. She recently moved to Cedar Rapids from Clinton, Iowa where she lived with her husband and three kids. She enjoys walks, social gatherings and keeping up with current events.



Robert Thimmesch our newest tenant at Summit Pointe, he comes from New Albin, Iowa. Robert is a military man serving time both with the Marines and the Navy. After serving our country, he made his career with the train company for 23 years. He has one daughter and enjoys his relaxation time since retirement.

Iowa Football

Hawkeye fans around Eastern Iowa are patiently waiting for the decision to be made on when their football season will start...will it be spring-time or will they decide to start Mid November? In the meantime, if you are hungry for some Iowa Football, KCRG 9.2 will be recording and playing Iowa High School Varsity games on Friday evenings!



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|--|---|
|  Summit Pointe Senior Living The calendar is subject to change at anytime. Remember to wear your masks outside of your apartments. | | 1 9:00 Devotions-FL 1-3:00 Snack & Drink-Front Desk 1:45 Bingo-L | 2 AM Activities EXERCISE - FL PM Activities Aw Shucks, Corn Social | 3 1:45 Derby Hats, Horse Races & Mint Juleps - FL | 4 PM Activities <i>Happy Hour</i> Deliveries | 5 Family Video Calls 1:30 Kentucky Derby - FL Please Wear your Masks |
| 6  | 7 10:00 Book Club 1-3:00pm Lemonade Stand-Front Desk | 8 9:00 Devotions-FL 1-3:00 Snack & Drink-Front Desk 1:45 Bingo-L | 9 AM Activities EXERCISE - FL PM Activities Bees Knees Outdoor Social | 10 AM Activities Tea & Reminiscing PM Activities Just for Fun-Creative Connection - FL | 11 AM Activities EXERCISE - FL PM Activities <i>Happy Hour</i> Deliveries | 12 Family Video Calls 2:00 Movie & Popcorn Seabiscuit - FL Please sign up in activity book 10 people per show, wear your masks! |
| 13 2:00 Movie & Popcorn Seabiscuit - FL Please sign up in activity book 10 people per show, wear your masks! | 14 AM Activities EXERCISE 10:00 Book Club 1-3:00pm Summit Pointe Gives Back | 15 9:00 Devotions-FL 1-3:00 Snack & Drink-Front Desk 1:45 Bingo-L | 16 AM Activities EXERCISE - FL PM Activities Art Show Social - FL | 17 AM Activities Did you know (unusual jobs)? - FL PM Activities Just for Fun-Table Tennis - FL | 18 AM Activities EXERCISE - FL PM Activities <i>Happy Hour</i> Deliveries | 19 Family Video Calls 2:00 Movie & Popcorn Riding Faith - FL Please sign up in activity book 10 people per show, wear your masks! |
| 20 2:00 Movie & Popcorn Riding Faith - FL Please sign up in activity book 10 people per show, wear your masks! | 21 AM Activities EXERCISE 10:00 Book Club 1-3:00pm Summit Pointe Gives Back | 22 9:00 Devotions-FL 1-3:00 Snack & Drink-Front Desk 1:45 Bingo-L | 23 AM Activities EXERCISE - FL PM Activities Fall is Here Outdoor Social | 24 AM Activities This is My Life: Katey Moore - FL PM Activities Just for Fun-Noodle Ball - FL | 25 AM Activities EXERCISE - FL PM Activities <i>Happy Hour</i> Deliveries | 26 Family Video Calls 2:00 Movie & Popcorn A Champion Heart - FL Please sign up in activity book 10 people per show, wear your masks! |
| 27 2:00 Movie & Popcorn A Champion Heart - FL Please sign up in activity book 10 people per show, wear your masks! | 28 AM Activities EXERCISE 10:00 Book Club 1-3:00pm Summit Pointe Gives Back | 29 9:00 Devotions-FL 1-3:00 Snack & Drink-Front Desk 1:45 Bingo-L | 30 AM Activities EXERCISE - FL PM Activities Name that Instrument Outdoor Social | <div> <div>2020</div> <div>September</div>  </div> | | |