

October Activities



FALL IN FOR OCTOBER fun!

College football is back!

Get ready for some tailgating! The times of the games have not been announced yet, but we do know the Hawkeyes will be playing against Purdue on October 24 in Indiana. On October 31 they will be playing against Northwestern in Iowa City.

We will be playing the game in the Fireside Lounge. Individually wrapped treats and drinks will be provided. Please remember, in order to safely gather, we must wear our masks. Chairs will be spaced apart, we ask that you do not push them together.

Popcorn & Movies

Don't forget to check the activity book to see which movie is playing this week. As a reminder, the same movie will play on both Saturday and Sunday. Don't forget to wear your masks

*October 24 and 31 instead of a movie, the Hawkeyes will be playing in the fireside lounge.

Katey's choice

- OCTOBER 3 & 4** Nobody's Fool
- OCTOBER 10 & 11** The Straight Story
- OCTOBER 17 & 18** Peanut Butter Falcon
- OCTOBER 25** Hocus Pocus



New Tenant Meet and Greet

Join us in the Fire side Lounge at **OCTOBER 15 AT 3:00** to meet some of our newer tenants. This will be a great opportunity to learn who they are and make new friends!



Would You Like to Build a Scarecrow?

THURSDAY, OCTOBER 15 AT 2:00 we will be teaming up with tenants and staff to make scarecrows! The best scarecrow will be voted on and the winning team will win a prize!

Summit Pointe Gives Back

We will meet twice in October to not only give back to the community of Marion, but also to enjoy each other's company.

Murder Mystery Event

We are trying something new, a murder mystery event! Sign up to join us for this live drama and figure out who did what, where, using what...



Summit Pointe Store

EVERY TUESDAY, IN OCTOBER, we will open up a Summit Pointe Store to sell small goods such as hand soaps, tooth paste, toilet paper and other goods. The store will open at 10:15 am and will take cash or checks.

Summit Pointe Dollars

Check your calendar for activities that have a green dollar sign following the listed activity. Any activity that you attend with this dollar sign, you will earn Summit Dollars to spend at the Summit Pointe Store.

Men and Womens' Coffee Group

EVERY MONDAY, follow the aroma of flavored coffee to the fireside lounge. Here we will have small social gatherings for men, in the mornings, and women in the afternoons. These "coffee breaks" are the perfect time to catch up with your neighbors, meet new friends and just get out of your apartment to be with others. WE LOOK FORWARD TO SEEING YOU THERE!



In honor of Breast Cancer Awareness we are making all Fridays in October "Pink Friday". Make sure you dress up in all pink colors!



2020 October



Summit Pointe Senior Living

BLUE ZONES

Life Choices, It's All About Living



Things To Remember

- 1 | The cloth masks you are wearing should be cleaned daily. If you need an extra mask or need advice on how to clean your masks please talk to Life Enrichment
- 2 | Bugs are looking for a warm place to stay, make sure you are cleaning your garbages and sinks so they don't make a home in your apartment
- 3 | When leaving, whether you are with family or not, you need to be signing out in the "tenant sign out" book at the front desk.
- 4 | The building exterminator will be in the building towards the end of October. Look for notices in elevators and front desk for updates on date and time.

Let's welcome Barry Comried

Summit Pointe's new Environmental Director!



Barry most recently worked at Wild Wood Apartment complex and Mercy Hospital for the last 10 years. He is a native to Marion, Iowa where he and his wife, of 26 years, also raised their two children. His wife is a nurse, his son studied architecture and his daughter is in med school. In his spare time, he enjoys fishing and softball. He loves sports and cheers for the Bears and Cubs. Welcome to the family Barry!

from the Nurses

• DIRECTOR OF NURSING, NATASHA AJETI •

Mark Your Calendar

Flu shots will be available for any tenant interested on both **October 12 & 22**. Please use the activity sign up binder to schedule your appointment. This binder is located under the television, across from the front desk.

Monthly appointments for the podiatrist can also be made in the activity binder. The Podiatrist will be here on **Wednesday, October 7**.

Blood pressure checks are available for all tenants on **Wednesday, October 7 and 14**. Please go to the 2nd floor nurses station at 2:00pm.





Celebrations!

Tenant Birthdays

OCTOBER 1

Norma Miller

OCTOBER 8

Donald Washburn

OCTOBER 12

Bob Golla

OCTOBER 19

Diane Svoboda

OCTOBER 28

Diane Allen

OCTOBER 29

Alberta Parker

Staff Birthdays

OCTOBER 7

Kayla Howk-Erwin

OCTOBER 19

Natalia Contreras

OCTOBER 21

Hilda Cato

OCTOBER 23

Rebecca Samuelson

• A WORD FROM CHERI ORCUTT •

**GROWTH IS PAINFUL. CHANGE IS PAINFUL.
BUT, NOTHING IS AS PAINFUL AS STAYING STUCK
WHERE YOU DO NOT BELONG. — N. R. NARAYANA MURTHY**

When I look to the future of our business and organization, I see change. When I look at my personal life and the future with my husband, I see change. When I look at my children, I see change. When I look in my mirror, I see change. When I get out of bed in the morning, I feel change. When I look at my health, I am aware there are changes.

Change is part of our everyday lives. Are we ready? Are we willing? Do we have a say in the matter? Do we have an ability to make an impact on the changes that are taking place within our lives? Are we willing to change the changeable and accept the things that are unchangeable?

I think of so many changes that we experience in our lifetime. Some of the changes have an impact on our pocketbook, a great job or a financial hardship, some changes have an impact on our heart and soul such as the birth of a child or grandchild or the death of a loved one. Some of these changes we do have impact in. However, I think of the physical changes that many individuals must adjust to through their aging years. As we age we often recognize the impact of the choices we made as a younger person have had on us. You may have made choices then that impact today but cannot change your current situation. For some this may remind you of that old farm injury? Or, that bad hip, resulting from repetitive work in your younger years, or for some, the shoulder or knee that just doesn't work anymore. Maybe you spent a lot of time in the garden or raising your children and grandchildren and time has just worn your poor body down.

As the quote above states, growth and change can be painful. Growing old is not for the weak of heart, that is for sure. However, what I would like to remind you is of the importance of "NOT STAYING STUCK WHERE YOU DO NOT BELONG." This is critically important. It is very important that you expose your need for help, when you need the help. Some changes that have happened to you over time, you are not able to improve alone. We may be able to help. In assisted living we are here to offer services to enhance your independence. If your injury, or pain is causing you trouble, do not suffer. Allow our team to help you with getting therapy involved, getting dressed, an exercise routine, or possibly a medication change.

Again, the nurses work closely with our residents and team members to see that services are in place to help you be successful. If you are struggling please communicate your concern. Often individuals struggling with mobility can have concerns with falls. Some may struggle with feeling safe in the shower, this insecurity can lead to hygiene concerns, skin issues, falls, etc., and yet for others toileting concerns can lead to infections, hygiene concerns and isolation. Again, we may have some solutions for you. Accept the change, accept the help, and become the most independent person you can be.

Remember, you can see our assistance as giving up what you can struggle to do alone, or you can look at it as your ability to accept help to enhance your independence. You choose!

*"It is not what you look at that matters,
it is what you see."* — HENRY DAVID THOREAU

6 Things You Should Never Do Again:

PLUS

1 Pass a sink without washing your hands.

After just two hours of touching door handles, shopping carts and other public surfaces, your hands have "basically the greatest number of organisms you can hold," says microbiologist Marc Verhoughstraete. Aim to sanitize or wash your hands every hour when out in public.

2 Leave home without a pen in your pocket.

Most flu viruses can live on nonporous surfaces for a day or two, meaning that the pen the waiter hands you with the check can pass cold and flu germs. Keep your own plastic ballpoint pen with you so you can avoid touching the communal pen at the bank or restaurant.

3 Wake up to an alarm clock.

Researchers from the University of California, San Francisco, squirted rhinovirus up people's noses and monitored their sleep for six days. Those who slept fewer than five hours on average were 4.5 times as likely to become infected as those who slept more than seven hours.

4 Drive when you could walk.

Researchers comparing inactive people with those who walked briskly nearly every day found that people who rarely walked took twice as many sick days over a three-month period.

5 Smoke a cigarette.

Just in case you need another reason to quit: Studies show COVID-19 patients with a history of smoking are 91 percent more likely than never-smokers to die or reach critical condition.

6 Eat buffet style.

Filling your plate from open chafing dishes and using serving utensils that everyone else is touching and breathing over may increase your risk of picking up a virus. Try hard to avoid shared food.





Daily Habits That Help Fight Off Viruses

1 Breakfast: Unsweetened bran cereal with berries

Fiber is a nondigestible carbohydrate that feeds the good bacteria in your gut. And when the little buggers are happy, they help keep the immune system ready when needed. A half-cup of wheat bran has 12.5 grams of fiber, and by adding berries, you'll earn a few more. Plus, blueberries and other dark-colored berries are rich in flavonoids, antioxidants that improve the health of macrophages and other virus-eating cells.

2 A brisk walk

"Immune cells circulate the body during exercise and for two or three hours afterward," says David Nieman, director of Appalachian State University's Human Performance Lab. Aim for 30 to 60 minutes of cycling, swimming, jogging or walking that's brisk enough to make you breathe hard.

3 Post-workout smoothie or salad

At the start of the pandemic, Helen Messier, a California-based family practitioner and immunologist, added a daily all-plant smoothie to her diet that included a number of different fruits and vegetables. You should, too. "Nutritionally, variety is the most important thing," she says. "So I try to get in at least 10 servings of fruits and vegetables every day."

4 Start your relaxation routine

Stress is a high-powered immune suppressant that floods your body with corticosteroids, the same class of compounds doctors prescribe to treat autoimmune diseases. "We use corticosteroids for lots of allergic diseases," says Mark Ansel, professor of immunology and microbiology at the University of California, San Francisco. Think of steroid creams for itchy rashes or the corticosteroids in an asthma

inhaler. They work by suppressing the immune system — not what you want if you're trying to quell an army of viral invaders.

Consider taking up a mind-body activity such as yoga, tai chi or meditation. In one study, adults cut stress with eight weeks of mindfulness training and, as a result, they were 20 percent less likely to experience respiratory infection. If the zen arts aren't for you, then gardening, painting and other hands-on hobbies can also work.

5 Visit friends — virtually or outdoors

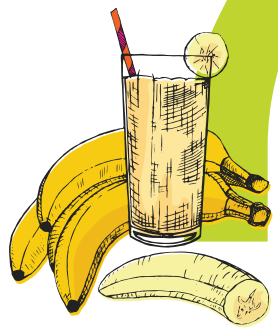
Emerging research indicates that loneliness and social isolation can increase inflammation throughout your body. Experts aren't entirely sure how, but they do know that the effect appears to increase with age. If the weather's nice, consider scheduling a socially distanced walk in the park (with a mask on, of course). Otherwise, video chats on Zoom or Google Hangouts can fill the gap until sunnier days return.

6 Dine with the fishes

Omega-3 fatty acids — the kind found in oily fish like mackerel, fresh tuna, sardines and salmon — can measurably reduce levels of inflammation in older adults, according to a review from researchers in Italy. And animal studies indicate that dietary fish oil can increase the health and circulation of antibody-producing B cells.

7 Begin a screen-free wind-down

Sleep is critical for immune health. So in order to avoid difficulty falling asleep, turn off your phone, tablet and computer three hours before bedtime. "Those digital devices emit blue light, which suppresses the sleep-inducing hormone melatonin," Messier says. Though you can use a blue-light blocker for your device, a book and a hot bath are excellent, and more natural, ways to prep for slumber.



Obedience and Consequence

How old were you when you first understood what the word obedient meant? I am sure you started out by being obedient to your parents and then to your school teachers and other authoritative figures. As you moved along in your life you may have discovered that obedience was a requirement in almost all aspects of your life.

At the beginning of time, God made man and woman. In Genesis 1:27 it tells us, "So God created man in his own image, in the image of God he created him; male and female he created them." Then God put them in the Garden of Eden with one restriction: not to eat from the tree of the knowledge of good and evil or they would die. Then a crafty serpent comes on the scene and says to Eve in Genesis 3:4-5, "You will not surely die," the serpent says to the woman. "For God knows that when you eat of it your eyes will be opened, and you will be like God knowing good and evil."

The Bible Commentary says, "Sin's origin is to be found in the rebellious actions of Adam and Eve. Since that fateful action sin has infected humanity like a terrible disease. Thus, because of sin, human history has been inflicted with sorrow, suffering, and ultimately death. Sin originated with one act of disobedience in Eden, but its consequences have been pervasive in all aspects of life throughout history."

All through the Bible God is trying to get our attention to act in obedience to His word for our own safety, protection and blessings. (Someone once said, "Delayed obedience is really disobedience.") Finally, in Romans 1:5-6 it says, "Through him and for his name's sake, we received grace and apostleship to call people from among all the Gentiles to the obedience that comes from faith. And you also are among those who are called to belong to Jesus Christ."



Super Hero Employee



This Is Your October Summit Pointe Staff Super Hero **Kaysi**

Kaysi is a Server and has been with us for 1 year and 9 months!

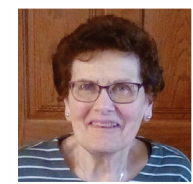
She was nominated by her peers for:

- Being a positive person
- Steps out of her department
- Has helped nursing with vitals as well as helping monitor tenant visits
- Helped the whole team succeed by training on dish, prep and as a cook!
- Helps as needed
- Very flexible with her schedule
- Puts tenants needs first

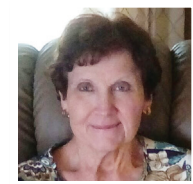
Congratulations Kaysi! You are definitely a role model here at Summit Pointe and you have contributed so much to our success and the great customer service we provide to the tenants! We are so thankful to have you in our family!

Welcome! New tenants

Please help us welcome our newest tenants



Ann Kula previously worked at the Gazette in the accounting department. She enjoys reading, watching t.v., puzzles and stays active in her church



Theresa Kula worked as a Deputy Clark US Bankruptcy court. She enjoys reading, playing cards, gazette games and church activities.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Summit Pointe Senior Living

The calendar is subject to change at anytime.

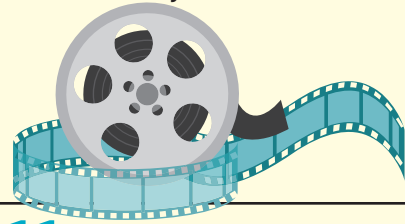
October 2020



Remember to wear your masks outside of your apartments.

4

2:00 Movie & Popcorn
Nobody's Fool



5

8:30 Mens' coffee group-L
9:15 Exercise-FL
10:15 Exercise-FL
10:00 Book club-L
1:30 Summit Pointe Gives Back
Stuffing candy bags-FL
3:00 Women's coffee group-FL

6

9:15 Hymns & Devotions-FL
10:15 Summit Pointe Store-FL
1:30 Bingo-L
3:00 Bags tournament-FL \$

7

1:00 Podiatrist
2:00 Blood pressure checks-
2nd floor
9:15 Exercise-FL
10:15 Exercise-FL
1:30 Sing a long-FL
3:00 Iowa Ghost stories-FL

8

9:00 Manicures &
Hand Massages
10:00 That's music to my
ears-FL \$
1:30 After lunch read aloud-FL
My Neighbor is a Witch
3:00 Pick a winner-FL \$

9

9:15 Exercise-FL
10:15 Exercise-FL
Happy Hour Deliveries
1:30 Music & drinks-pool room
2:15 Music & drinks-Library
3:00 Music & drinks-FL

10

10:30 Family Visits
2:00 Popcorn & Movie-FL
The Straight Story



11

2:00 Movie & Popcorn
The Straight Story

12

8:30 Mens' coffee group-L
9:15 Exercise-FL
10:15 Exercise-FL
10:00 Book club-L
1:30 Making Halloween Cards-FL
3:00 Women's coffee group-FL

13

9:15 Hymns & Devotions-FL
10:15 Summit Pointe Store-FL
1:30 Bingo-L
3:00 Drum Core-FL \$

14

9:15 Exercise-FL
10:15 Exercise-FL
2:00 Brews & Tatoos-FL \$
3:00 Brews & Tatoos-FL \$

15

9:00 Manicures &
Hand Massages
10:00 Back in Time-FL
War & Peace w/ Kayla
1:30 Scarecrow making
contest-FL
3:00 Trivia

16

9:15 Exercise-FL
10:15 Exercise-FL
1:30-2:15 Happy Hour-CDR
2:30-3:15 Happy Hour-CDR
David PoggenKlass
Pink Friday

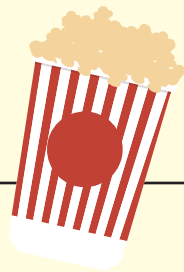
17

10:30 Family Visits
2:00 Popcorn & Movie-FL
Peanut Falcon



18

2:00 Movie & Popcorn
Peanut Butter Falcon



19

8:30 Mens' coffee group-L
9:15 Exercise-FL
10:15 Exercise-FL
10:00 Book club-L
1:30 Summit Pointe Gives
Back-FL
3:00 Women's coffee group-FL

20

9:15 Hymns & Devotions-FL
10:15 Summit Pointe Store-FL
1:30 Bingo-L
3:00 Frisbee Golf-FL \$

21

2:00 Blood pressure checks-
2nd floor
9:15 Exercise-FL
10:15 Exercise-FL
1:45 Murder Mystery Event-FL
3:00 Murder Mystery Event-FL

22

9-12:00 Flu Shots
9:00 Manicures &
Hand Massages
10:00 Back in Time-FL
War & Peace w/ Becky
1:30 New Tenant Meet &
Greet-FL
3:00 Price is right-FL \$

23

9:15 Exercise-FL
10:15 Exercise-FL
1:30-2:15 Happy Hour-CDR
2:30-3:15 Happy Hour-CDR
Harold Gray
Pink Friday

24

10:30 Family Visits
TBD Hawkeye Tailgate-FL

25

2:00 Movie & Popcorn
Hocus Pocus

26

8:30 Mens' coffee group-L
9:15 Exercise-FL
10:15 Exercise-FL
10:00 Book club-L
1:30 Fall Tree Craft-FL
3:00 Women's coffee group-FL

27

9:15 Hymns & Devotions-FL
10:15 Summit Pointe Store-FL
1:30 Bingo-L
3:00 Ghostly shoot out-FL \$

28

9:15 Exercise-FL
10:15 Exercise-FL
1:30 Spooktacular
Demonstration Halloween
treats & Drinks-FL
3:00 Spooktacular
Demonstration Halloween
treats & Drinks-FL

29

9:00 Manicures &
Hand Massages
10:00 Back in Time-FL
War & Peace w/ Katey
1:30 Halloween Party
(costumes optional)-FL
3:00 Halloween Party
(costumes optional)-FL

30

9:15 Exercise-FL
10:15 Exercise-FL
1:30-2:15 Happy Hour-CDR
2:30-3:15 Happy Hour-CDR
Terry McClauen
Pink Friday

31

10:30 Family Visits
TBD Hawkeye
Tailgate-FL

