



## Meditation

### May Change Your Brain to Help Reduce Anxiety, Improve Memory



Mindfulness-based stress reduction may affect gray matter in areas tied to learning, remembering

Research has shown that meditation has a host of health benefits.

- New studies are showing it can actually change the structure of the brain.
- Meditation increases gray matter in areas of the brain related to memory, learning and attention.

Over the years, researchers have linked different forms of meditation to reduced anxiety, cardiovascular health, pain relief, a healthy immune system and stress reduction. Now, they're discovering it also changes the very structure of the brain and may help preserve cognitive function.

Researchers in the Psychiatric Neuroimaging Research Program at Massachusetts General Hospital took MRI scans of a small group of people with no meditation experience before and after they enrolled in an eight-week mindfulness stress-reduction program.

#### Gray matter changes

The study results were remarkable: Compared with a control group, meditators showed an increase in gray matter in the hippocampus — the area of the brain devoted to learning, memory and attention — and a decrease in gray matter in the amygdala, the part of the brain associated with emotions, anxiety and stress.

In a different study with experienced meditators, meditation also appeared to slow down the normal thinning of the walls of the brain: Gray matter in some brain regions of the 40- to 50-year-olds was similar in thickness to that of their 20-year-old counterparts.

According to study coauthor Sara Lazar, a neuroscientist and instructor at Harvard Medical School, "Participants reported feeling less stressed after the program. This was correlated with a change in brain structure, which suggests that they were not just imagining it. Their brains actually are different."

#### Getting started

There are many types of meditation. Mindfulness focuses attention on the present, helping you observe problems without reacting emotionally to them. Transcendental meditation uses a special word called a mantra as a focal point to quiet the mind. In guided imagery or visualization, you are led by a teacher (in class or on digital) to tap all your senses and imagine a calm, relaxed state. Tai chi and yoga incorporate deep breathing and meditation into various poses.

There's no right or wrong way to meditate, nor is one method better than another. Try different types until you find one that works for you. Check your public library or online for books and audiobooks to get you started, as well as classes at a health club or senior center.

Be patient with yourself, since it may initially feel silly, even unsettling, to disengage from the busyness of your mind. Ideally, set aside at least 15 to 20 minutes twice a day to meditate. But even a five-minute break to sit quietly — breathing slowly and deeply from your abdomen, with your feet planted on the floor — can break the gridlock of stress.

— MARGERY D. ROSEN



### Tenant Christmas Party

This year we will be hosting a tenant Christmas party on **Friday, December 18**. This holiday party will be an open house event with wonderful desserts, Christmas music playing in the background and a couple little surprises for everyone. Join us and help bring the holiday spirit to Summit Pointe!

### Sunday Holiday Movie Extravaganza

Every Sunday for the month of December a holiday movie will be featured in the Fireside Lounge. Join us for popcorn, cookies, hot cocoa and a Holiday classic

**December 13**

**White Christmas**

**December 20**

**Miracle on 34th Street**

**December 27**

**A Christmas Story**



### Christmas Lights Drive

We're taking out the bus and bringing back the scenic drive! Departure time for the Christmas lights drive will be 5:00pm and 6:15pm. Please choose one day and time to sign up for.

It's exciting to get back out, however we need to remain mindful of social distancing standards so we will be taking 8-10 tenants at a time. Let's make sure everyone gets a chance to go!

- \* **December 14 5:00 & 6:15pm**
- \* **December 16 5:00 & 6:15pm**
- \* **December 21 5:00 & 6:15pm**
- \* **December 23 5:00 & 6:15pm**





## Celebrations! Tenant Birthdays

**DECEMBER 8**

Jane Dewitte

**DECEMBER 8**

Lonny Mersch  
Irene Trampel

**DECEMBER 15**

Jane Palmer

**DECEMBER 16**

Marion Mordorst

**DECEMBER 24**

Mary Van Hoeck

**DECEMBER 28**

Roberta Bethard

**DECEMBER 29**

Catherine McQuillen

## Staff Birthdays

**DECEMBER 15**

Shawn Conrad

**DECEMBER 20**

Rebecca Dolphin

# WELCOME

## Introducing Janet Degenford



Janet Degenford is at Summit Pointe as our acting Executive Director. She comes to us with lots of experience in the health industry and we are happy to have her support and guidance while we look for our new Executive Director. Janet invites you to stop by with ANY concerns or questions you may have while she's here. Thanks for your support Janet!

## ...and New Tenants

Help us welcome our newest tenants to Summit Pointe



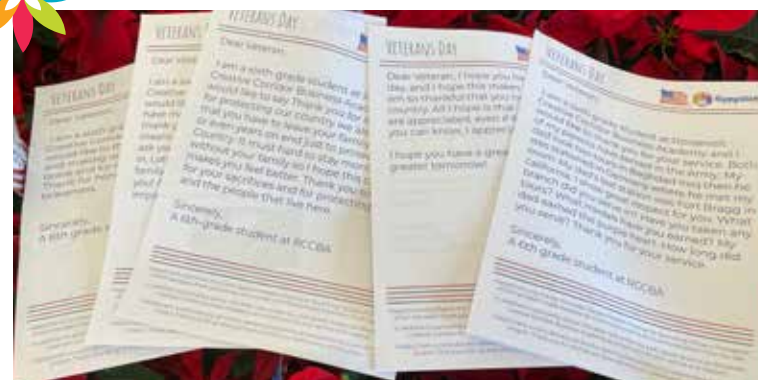
**Jane Palmer** lived on a farm south of Springville where she had lots of outdoor pets. She enjoys reading and crocheting. Her previous occupation included working in insurance.



**Rob & Jan Hart** have 3 kids together. Jan is a quilter and Rob enjoys woodworking and working with middle school kids. They are both excited to meet new friends.



**Sharon Easton** is from Cedar Rapids but has lived in Marian for the last 21 years. Her hobbies include cross stitch & needle point. She loves dogs, specially Doxens. Sharon used to work in a needle workshop.



# December Activities

## FESTIVITY fun!

### Senior Health Insurance Information Program

Summit Pointe usually hosts a visit from the Senior Health Insurance Information Program, currently SHIIP is not doing facility or 1:1 visits. Together we are working on a Zoom meeting for anyone who may need assistance navigating and evaluating Medicare coverage plans. In the meantime, if you have any questions please call (319) 861-7887. If you leave a message, they are diligent at getting back within 24-48 hours.



### Hawkeye Football

Join us in the Fireside lounge for some Iowa football, the times of the games are still TBD

**DECEMBER 5** as the Hawkeyes play in Illinois against the Fighting Illini

**DECEMBER 12** against the Wisconsin Badgers at Kinnick Stadium

**DECEMBER 19** is the Big 10 Championship

### New Tenant Meet and Greet

Join us on **TUESDAY, DECEMBER 15** at 9:30am in the Fireside Lounge for a New Tenant Meet and Greet! Come and meet your new neighbors and share a morning snack, coffee and some fellowship time!



### Tenant Christmas Party

This year we will be hosting a tenant Christmas party on **FRIDAY, DECEMBER 18**. More information on cover.

### Sunday Holiday Movie Extravaganza

**EVERY SUNDAY FOR THE MONTH OF DECEMBER**. Movies listed on cover.



### Christmas Lights Drive

We're taking out the bus and bringing back the scenic drive! Dates and times listed on cover.



### A Summit Pointe Exhibit – A Little Adventure

**STARTING DECEMBER 5** there will be a walk through picture exhibit in both the 2nd floor Library and the 3rd floor Pool Room.

## Just a Reminder

that as different scenarios occur regarding COVID 19, you will see changes to what we can and cannot do as a group. There will be changes to daily activities, the activity calendar will change throughout the month.



## Christian Corner

BY JACKSON DEFREES

# The Real Gift

With the ever present Covid-19 pandemic, Christmas will definitely be different without family members and friends that may have lost their lives as a result of the virus. Some people may need to cut back on spending because of the loss of business or jobs. Through all of these changes, the one thing that never changes is the true meaning of Christmas.

In his booklet, “The Real Gift of Christmas, (When It Doesn’t Feel like Christmas),” Dan Schaeffer points out, “For years the Christmas spirit has meant an immersion in the festal garb of the season – the colors, lights, decorations, songs, presents, family get-togethers – and yes, the story of the Babe in the manger.

But the Christmas story, the real story, has become a sidelight to our

celebration.” The amazing story of the birth of Jesus is found in Luke 2:1-20. Dan goes on to say, “The part of the Christmas story that is often neglected is God had a choice, and He chose to become a vulnerable human child. He chose to come to earth and suffer and die. We can decorate His entrance into the world with festive angels and stars. But those decorations cannot mask the purpose of His entrance – to suffer and die for us.”

Luke 2:7 says, “*She wrapped him in cloths and placed him in the manger, because there was no room for them in the inn.*” Many of us today still do not have any time or a place for Him in our hearts. So remember the main Christmas promise is this: we have a Savior and his name is Jesus, the greatest everlasting gift we will ever receive.



As most of you know, we have moved to shopping for groceries online. This is a convenient luxury as you can have your groceries delivered whenever you want them instead of waiting for staff to pick them up for you. The Life Enrichment team is ALWAYS happy to help any tenant navigate through the online shopping procedure. **We will meet every Wednesday at 10:00am** in the Library to help put your orders in online. Whether it is your first time or you have had our help before, ANYONE is welcome to join us for assistance.

## Online Grocery Shopping



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.

**6** 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

**7**  
**AM ACTIVITY** Exercise then Coffee  
**PM ACTIVITY** Jewelry Tree  
(gift giving) – L

**8**  
**AM ACTIVITY** Hymns & Devotions  
**PM ACTIVITY** Bear Hunt

**9**  
**AM ACTIVITY** Exercise then Coffee  
10:00 AM Hy-Vee Online  
Orders – Library  
**PM ACTIVITY** Can you Picture This

**10**  
**AM ACTIVITY** Hair & Nails Spa  
**PM ACTIVITY** Finish the  
Christmas Lyrics

**11**  
**AM ACTIVITY** Exercise then Coffee  
**PM ACTIVITY** *Happy  
Deliveries*

**12**  
Hawkeye vs.  
Wisconsin Badgers



**13**  
2:00 PM  
Popcorn and Movie – FL  
White Christmas



**14**  
**AM ACTIVITY** Exercise then Coffee  
**PM ACTIVITY** Mint Sugar Scrub  
(gift giving) – L  
5:00 PM Christmas Lights Drive  
6:00 PM Christmas Lights Drive  
(Sign up in activity book)

**15**  
8:45 AM Hymns & Devotions  
9:45 AM Meet & Greet – FL  
**PM ACTIVITY** Candy Cane Golf

**16**  
**AM ACTIVITY** Exercise then Coffee  
10:00 AM Hy-Vee Online Orders  
– Library  
**PM ACTIVITY** Holidays Around the World  
5:00 PM Christmas Lights Drive  
6:00 PM Christmas Lights Drive  
(Sign up in activity book)

**17**  
**AM ACTIVITY** Cell Phone Tech –  
Library  
**PM ACTIVITY** A Little History of  
Frank Sinatra & his  
music

**18**  
**AM ACTIVITY** Exercise then Coffee  
**PM ACTIVITY** Tenant Christmas  
Party – Check invite  
for time

**19**  
Big Ten Championship

**20**  
2:00 PM  
Popcorn and Movie – FL  
Miracle on 34th Street  
Start the Sugar Plum Fairy  
Scavenger Hunt

**21**  
**AM ACTIVITY** Exercise then Coffee  
**PM ACTIVITY** Christmas Tree Pom-pom  
(gift giving) – L  
5:00 PM Christmas Lights Drive  
6:00 PM Christmas Lights Drive  
(Sign up in activity book)

**22**  
8:45 AM Hymns & Devotions  
**PM ACTIVITY** Coca Cola Ring Toss  
with prizes

**23**  
**AM ACTIVITY** Exercise then Coffee  
10:00 AM Hy-Vee Online Orders  
– Library  
**PM ACTIVITY** Christmas in the White House  
5:00 PM Christmas Lights Drive  
6:00 PM Christmas Lights Drive  
(Sign up in activity book)

**24**  
**AM ACTIVITY** Cocoa & Cookies  
**PM ACTIVITY** Christmas Carol  
Sing-a-Long

**25**  
*Merry Christmas*  
Ae



**26**  
Don't forget to check out the  
Summit Pointe exhibits on the  
2nd & 3rd floor.  
Pick up supplies to make  
Christmas cards at front desk

**27**  
2:00 PM  
Popcorn and Movie – FL  
A Christmas Story

**28**  
**AM ACTIVITY** Exercise then Coffee  
**PM ACTIVITY** Calling all Crochet  
and Knitters

**29**  
8:45 AM Hymns & Devotions  
**PM ACTIVITY** Snowball Tennis

**30**  
**AM ACTIVITY** Exercise then Coffee  
10:00 AM Hy-Vee Online Orders  
– Library  
**PM ACTIVITY** Summit Pointe Gives  
Back: Linus Project:  
tie blankets

**31**  
Count down to Noon Year's Eve  
Becky on the Piano – Check your  
invite for times

**2020**  
**December**

Please remember that this calendar could change weekly. We will  
post updated activity schedules at the front desk and elevators.