

March Activities

WHERE THE FUN IS HAD *Life* ENRICHMENT SOMETHING FOR EVERYONE



Everyone is also welcome to every activity, come join the fun! Items listed in red are Tenant lead activities. Book Club, dominoes, podiatrist, blood pressure checks, adult coloring are just some examples of these activities. Let us know if you need help setting up an area or are in need of supplies.

Let the Music Play!

With the nicer weather coming in....WE CAN START BRINGING MUSICIANS BACK. **April 2 and April 23**, we will have one happy hour outside, in front of Summit Pointe. We're so excited!!

Virtual Church Services

We're hoping to get services started in person soon, we will let you know when that starts. In the meantime, virtual church services start **every Sunday at 9:00am** in the Fireside Lounge.

Summit Pointe Gives Back

Last month was a time consuming project but worth the work. Thank you to everyone who helped prepare the plastic bags for yarn. A small group will now work together to "knit" the beds together.

April's volunteer opportunity includes making weighted pillows. These pillows will be donated to local schools and/or Tanager place. Weighted pillows are used to help center and calm youth living with from anxiety, autism, stress, and other disorders.

Bible Study

Becky will be leading a Bible study **most Fridays in April** at 10am in the library. Each week she will choose a Psalm to focus the study around, it's an interactive study, you can choose to just listen or join the discussions.

Time for a little pampering

Kacey will be giving 10 minute massages on **April 21**. Make sure to sign up in the activities book.

Meditation

Tenants have raved about the meditation group and wanted to make sure everyone understood what it consists of.... at **8:30am every Tuesday morning** a small group gathers together to center themselves and clear their minds. Benefits include stress reduction, controls anxiety, promotes emotional health, lengthens attention span and may reduce memory loss. Join us for this time to focus on yourself, it's comes highly recommended by your peers.

Let's Deal 'Em

We are going to try resuming the card club. There are special precautions that have to be taken to stay within COVID guideline, but your LE team believes they can handle it. 500 is the game to play in April, we will have a beginners table and experienced table.

Adult Coloring

Our adult coloring group is moving to the library at **1:15pm Saturday afternoons**. There are great benefits to coloring including relaxation and brain "exercise". Read the article on page 6 to learn more about the benefits of coloring.



When participating in activities, for your own health and the health of others please remember...

1. Tenants and staff need to remain socially distant.
2. Room dividers will be added to the room when groups reach a large amount.
3. We ask tenants to continue to wear their masks until further notice.
4. Wash your hands when returning to your apartments.
5. We are currently evading activities in which items have to be shared amongst "players", i.e. card games. UNLESS they can be easily sanitized in between use.



Summit Pointe
Senior Living

2021 •
April



BLUE ZONES

Life Choices, It's All About Living



From The Kitchen

We will begin **Food Council Meetings** again! The meetings will be held in the Fireside so we can continue to socially distance. The first meeting will be **Thursday, April 8 at 2pm**. Please bring recipes you would like to share with your fellow tenants.

Join me for the Chef's Demo on **Wednesday, April 14 at 2:00pm**. Not only will I be demonstrating how a new menu item is prepared, I will have samples to share!

Please remember to bring **FOOD CONTAINERS** for leftovers, desserts or beverages if you want to take them to go.

We are finding several dirty cups and some dishes scattered in the building. We would appreciate the kitchen dishes to stay in the dining rooms so we can have them cleaned for the next meal. This also ensures we have enough of all dishes for each meal. If you do have dishes that belong to the kitchen, please return them to the tray outside the kitchen door in the Carlisle dining room.

Let me know if you have any questions!
Terrie

Easter EGG HUNT

April 3 from 2-4pm

Summit Pointe will be putting on an Easter Egg Hunt for family and close friends. There will be plenty of eggs for everyone...cookies, lemonade and John Lindman (old driver) will be gracing us with his musical talents!





Celebrations! Tenant Birthdays

APRIL 7

Eleanor Walters
Paul Behrends

APRIL 9

Larry Easler

APRIL 10

Charles "Charlie" Hoefer

APRIL 11

Lucille "Lucy" Diesch

APRIL 13

Anna Mae Komisar

APRIL 22

Ruth Drips

APRIL 26

Elaine Bravener

APRIL 27

Florene Kula

APRIL 28

Helen Murphy

Staff Birthdays

No staff birthday in April



Covid tests will be given to those who are showing symptoms.

Don't forget to get your **Vitals** taken before lunch in the Fireside lounge. Vitals will not be taken on Tuesdays. During the week, vitals will be taken in the Fireside lounge BEFORE lunch. If we miss you going into lunch, We'll try to get them taken before your food is served.

ENJOY WATCHING SPORTS AT THE POINTE NCAA Basketball Championship

Women's Basketball April 2 at 5 & 8:30pm

Men's Basketball April 3 at 4 & 7:30pm-ish

AND THEN enjoy our BASEBALL THEMED MOVIE MONTH

We hit a home run with these baseball themed movies! Grab a friend, grab some popcorn and head to the fireside lounge for an afternoon movie!



April 4 | 2:00pm

Fever Pitch

April 10 & 11 | 2:00pm

League of their Own

April 17 & 18 | 2:00pm

Trouble with the Curve

April 24 & 25 | 2:00pm
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BEST The Tips for Health in Spring

After a long and cold winter, you might feel inspired to make changes to enhance your health. To keep your body running at peak performance, it needs regular maintenance: a spring tune-up! Have your weight, blood pressure, glucose and cholesterol levels checked out by your primary care physician, who can also book you for other relevant tests. Summit Pointe offers blood pressure checks weekly at the nurse's station! Ask at the front desk for more information.

It's been a year since your eyes were tested, schedule an appointment with your optometrist, and see your dentist if you haven't been examined for at least six to nine months. If you are finding it difficult to catch what people are saying, especially in a crowd of people, it's probably time to get your hearing tested.

Walking is one of the best physical activities for seniors. It helps control blood sugar, support bone and heart health and improves sleep. If you can walk outside, take advantage of the walking trail that takes you around the Summit Pointe building! Three trips around the walking path is 1 mile! Get your endorphins flowing with a low-impact aerobics or other type of exercise class. Yoga, Pilates or Tai Chi, can all improve balance and flexibility and decrease your chances of falling.

A spring highlight for many Summit Pointe residence is gardening, which brings a multitude of health benefits. Tending to a garden can boost your level of Vitamin D, which can, in turn, help reduce the risk of bone problems and fractures. Getting outside and breathing fresh air, listening to birds chirp, and watching worms crawl through the dirt can be as calming and relaxing as an hour of medication. Digging, planting and weeding can improve strength, flexibility and agility.

Many healthy fruits and veggies come into season in the spring, making it the perfect time to replace heavier winter meals with salads, light soups or other lightly cooked fare. Consider cutting down on red meat and processed foods, replacing white flour with whole grain flour, and increasing your intake of produce.

It's important to keep an eye on water intake, especially when you've been exercising outdoors in the sun. Dehydration can affect memory and concentration and increase fatigue; it can also lead to serious complications such as increased risk of falls. Try for at least eight cups of water per day and be conscious about the type of fluid that you ingest, choosing water, herbal tea and fresh vegetable juices over coffee, fruit juices or sugary sweet soft drinks.



What's new at Summit Pointe?

We are excited to announce that Kayla Howk-Erwin will be stepping into the Marketing and Sales position at Summit Pointe. For the last year and a half, Kayla has been directing the Life Enrichment department. She will continue to do both, for now. If you see her in the hallway, give her a big congrats!



Why adult coloring books are good for you



Coloring has therapeutic potential to reduce anxiety, create focus or bring about more mindfulness. Like meditation, coloring allows the brain to switch off other thoughts and focus.

Coloring books are no longer just for the kids. In fact, adult coloring books are all the rage right now. And while researchers and art therapists alike have touted the calming benefits for over a decade, it's childhood favorite Crayola that's gotten adult coloring books some serious grown-up attention. The famous crayon makers just launched a set of markers, colored pencils and a collection of adult coloring books, Coloring Escapes, last month.

And though the first commercially successful adult coloring books were published in 2012 and 2013, the once-niche hobby has now grown into a full-on trend, with everyone from researchers at Johns Hopkins University to the editors of Yoga Journal suggesting coloring as an alternative to meditation. Here's why you might want to.

According to the American Art Therapy Association, art therapy is a mental health profession in which the process of making and creating artwork is used to "explore feelings, reconcile emotional conflicts, foster self-awareness, manage behavior and addictions, develop social skills, improve reality orientation, reduce anxiety and increase self-esteem." So basically, it's similar to good old therapy. (Don't think you need therapy?) Yet art therapy is not only about learning and improving yourself — it's a means of personal expression, too.

Art Therapy, Adult Coloring Books and Your Mental Health

However, it is important to note that using an adult coloring book is not exactly the same as completing an art therapy session. "Coloring itself cannot be called art therapy because art therapy relies on the relationship between the client and the therapist," says Marygrace Berberian, a certified art therapist and the Clinical Assistant Professor and Program Coordinator for the Graduate Art Therapy Program at NYU. And while art therapy was first practiced in the 1940s, the first research on using coloring as therapy is generally believed to have only begun as recently as the mid 90s, according to *Art Therapy: Journal of the American Art Therapy Association*.

The Health Benefits of Adult Coloring Books

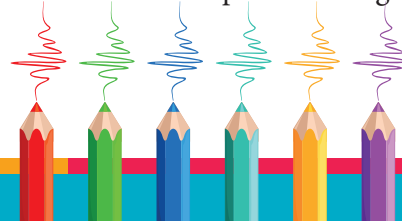
Despite the fact that coloring and art therapy aren't quite the same thing, coloring does offer a slew of mental benefits. "Coloring definitely has therapeutic potential to reduce anxiety, create focus or bring [about] more mindfulness," says Berberian. Groundbreaking research in 2005 proved anxiety levels dropped when subjects colored mandalas, which are round frames with geometric patterns inside. Simply doodling, though, had no effect in reducing the other subjects' stress levels.

Just like meditation, coloring also allows us to switch off our brains from other thoughts and focus only on the moment, helping to alleviate free-floating anxiety. It can be particularly effective for people who aren't comfortable with more creatively expressive forms of art, says Berberian, "My experience has been that those participants who are more guarded find a lot of tranquility in coloring an image. It feels safer and it creates containment around their process," she adds.

How to Get Started

Want to fill in some pages? Keep in mind, if you're dealing with significant mental or emotional issues, art therapy is going to be more effective than coloring solo. But for those who just need a hobby to help them chill out, these books could be the ticket. As Berberian puts it, "I truly believe that people should be engaging in activities that make them feel restored."

According to ColoringBooks.net, adults should skip the crayons and go straight for the colored pencils (precision is everything when it comes to tuning in). And Crayola has a complete guide that shows how to take your tools up a notch by blending colors, shading and adding highlights and low-lights to your newfound masterpieces. Now get scribbling!



As the heavens are higher



Last year (2020) everything important and unimportant was challenged to a different set of rules and regulations. This included our annual Easter celebration at our churches. Some people may have felt that God might have another miracle that would end the Covid Pandemic just before Easter. Well, we all know that didn't happen.

Isaiah 55:8 & 9 says this, "For my thoughts are not your thoughts, neither are your ways my ways, declares the Lord. As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts."

In his book, "Cross & Crown," Pastor Charles Stanley has some reflections on Easter. "Jesus Christ came to the cross for the primary purpose of purchasing us from a life of slavery to sin. The cost of our redemption was the precious blood of the perfect Son of God – and He made this sacrifice in our place.

In 1 Corinthians 15:2-4, & 14, this is the good news of the Gospel: "By this gospel you are saved, if you hold firmly to the word I preached to you. Otherwise, you have believed in vain. For what I received I passed on to you as of first importance: that Christ died for our sins according to the Scriptures, that he was buried, that he was raised on the third day according to the Scriptures...And if Christ has not been raised, our preaching is useless and so is your faith."

Pastor Stanley goes on to say, "Because the Father accepted Christ's payment, we've been set free from bondage to sin and have received the power of the Holy Spirit, who enables us to live in the freedom of obedience to the Father."

Now let us all enjoy a meaningful Easter celebration, wherever that would be, and know without a doubt

—He is Risen! Hallelujah!



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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



Summit Pointe
Senior Living

**Remember to wear your masks
outside of your apartments.**



2021
April

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

4 *Happy Easter*

9:00 AM
Virtual church service – FL
2:30 PM
Popcorn & Movie – FL
Fever Pitch



5 **NO VITALS**

8:30 AM Catholic Rosary – L
9:00 AM Exercise – FL
10:00 AM Book Club – L
1:30 PM Technology questions – FL
3:00 PM Bowling – FL

6 **NO VITALS**

8:30 AM Mindful Meditation – L
9:15 AM Hymns & Devotions – FL
10:15 AM Think about it Tuesday:
Who was Jane Goodal – FL
1:30 PM Bingo – FL
1:30 PM Dominoes – L
3:00 PM Men's Group – 3rd Fl

7 **Podiatrist Visits 1-3 PM**

9:00 AM Exercise – FL
10:00 AM Hy-Vee Orders – L
11 & NOON Before lunch vitals – FL
1:45 PM Ice Cream Bar – FL
3:00 PM Card Club: 500 – FL

8

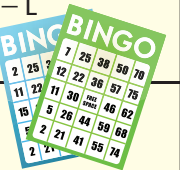
9:00 AM Walking Club – Lobby
10:00 AM Morning Coffee & News – FL
11 & NOON Before lunch vitals – FL
2:00 PM Scenic Drive – Sign up
3:00 PM Advanced Exercise with Jessie – FL
6:00 PM Bingo – FL

9

9:00 AM Exercise – FL
10:00 AM Bible Study w/ Becky – FL
10:15 AM Cranium Crunches – FL
11 & NOON Before lunch vitals – FL
1:30 PM Happy Deliveries – 1 FL
2:00 PM Happy Deliveries – 2 FL
3:00 PM Happy Deliveries – 3 FL

10

9:00 AM Tai Chi – FL
10:00 PM Bingo – FL
1:15 PM Adult Coloring – L
2:00 PM Popcorn & Movie – FL
A League of Their Own
2:30 PM Dominoes – L



11

9:00 AM
Virtual church service – FL
2:30 PM
Popcorn & Movie – FL
League of their Own



12

8:30 AM Catholic Rosary – L
9:00 AM Exercises – FL
10:00 AM Book Club – L
11 & NOON Before lunch vitals – FL
1:45 PM Summit Pointe Gives Back:
Weighted Pillows for Kids
in Need – FL
3:00 PM Shuffle Board – FL

13

8:30 AM Mindful Meditation – L
9:15 AM Hymns & Devotions – FL
10:00 AM Think about it Tuesday:
The Civil War – FL
1:30 PM Bingo – FL
1:30 PM Dominoes – L
3:00 PM Show & Tell-Antiques – FL

14

9:00 AM Exercise – FL
10:00 AM Hy-Vee Orders – L
11 & NOON Before lunch vitals – FL
2:00 PM Chef's Demo – FL
3:00 PM Card Club: 500 – FL

15

9:00 AM Walking Club – Lobby
10:00 AM Morning Coffee & News – FL
11 & NOON Before lunch vitals – FL
2:00 PM Food Quality Meeting – FL
3:00 PM Scenic Drive – Sign up
6:00 PM Bingo – FL

16

9:00 AM Exercise – FL
10:00 AM Cranium Crunches – FL
11 & NOON Before lunch vitals – FL
1:30 PM Happy Deliveries – 1 FL
2:00 PM Happy Deliveries – 2 FL
3:00 PM Happy Deliveries – 3 FL

17

9:00 AM Tai Chi – FL
10:00 PM Bingo – FL
1:15 PM Adult Coloring – L
2:00 PM Popcorn & Movie – FL
Trouble with the Curve
2:30 PM Dominoes – L



18

9:00 AM
Virtual church service – FL
2:30 PM
Popcorn & Movie – FL
Trouble with the Curve



19

8:30 AM Catholic Rosary – L
9:00 AM Exercise – FL
10:00 AM Garden Club – FL
10:00 AM Book Club – L
1:45 PM Summit Pointe Gives Back:
Weighted Pillows for Kids
in Need – FL
3:00 PM Golf – FL

20

8:30 AM Mindful Meditation – L
9:15 AM Hymns & Devotions – FL
10:00 AM Think about it Tuesday:
Abraham Lincoln
Documentary – FL
1:30 PM Bingo – FL
1:30 PM Dominoes – L
3:00 PM Ladies Tea – FL

21

9:00 AM Exercise – FL
10:00 AM Hy-Vee Orders – L
9-11 AM Massages with Kacey – PD
Sign up for time
11 & NOON Before lunch vitals – FL
Lunch Bunch – FL
Take out: Red Lobster
Sign up
3:00 PM Card Club: 500 – FL

22

9:00 AM Walking Club – Lobby
10:00 AM Morning Coffee & News – FL
11 & NOON Before lunch vitals – FL
2:00 PM Scenic Drive – Sign up
3:00 PM Advanced Exercise with Jessie – FL
6:00 PM Bingo – FL

23

9:00 AM Exercise – FL
10:00 AM Bible Study w/ Becky – FL
11 & NOON Before lunch vitals – FL
2:00 PM Happy Hour &
Entertainment
Harold Gray – Outside

24

9:00 AM Tai Chi – FL
10:00 PM Bingo – FL
1:15 PM Adult Coloring – L
2:00 PM Popcorn & Movie – FL
42
2:00 PM Dominoes – L

25

9:00 AM
Virtual church service – FL
2:30 PM
Popcorn & Movie – FL
42



26

8:30 AM Catholic Rosary – L
9:00 AM Exercise – FL
10:00 AM Live & Learn: Science,
Science & Science – FL
10:00 AM Book Club – L
11 & NOON Before lunch vitals – FL
1:30 PM Bags – FL
2:30 PM Pink Moon Social – FL

27

8:30 AM Mindful Meditation – L
9:15 AM Hymns & Devotions – FL
10:00 AM Think about it Tuesday:
Life of Ella Fitzgerald – FL
1:30 PM Bingo – FL
1:30 PM Dominoes – L
3:00 PM Canvas & Cabernet – FL

28

9:00 AM Exercise – FL
10:00 AM Hy-Vee Orders – L
11 & NOON Before lunch vitals – FL
2:00 PM Tenant Social – FL
3:00 PM Card Club: 500 – FL

29

9:00 AM Walking Club – Lobby
10:00 AM Resident Council Meetings – FL
11 & NOON Before lunch vitals – FL
2:00 PM Scenic Drive – Sign up
3:00 PM Manicures & Hand
Massages – FL
6:00 PM Bingo – FL

30

9:00 AM Exercise – FL
10:00 AM Bible Study w/ Becky – FL
10:15 AM Cranium Crunches – FL
11 & NOON Before lunch vitals – FL
2:00 PM Happy Hour &
Entertainment
Ken Lee – Outside