

Celebrations!

Tenant Birthdays

MAY 8

Velda Chapman
Barbara Holt

MAY 18

Bridget Long

MAY 20

Marcie Ripley

Staff Birthdays

MAY 8

Jon Anderson- Ferrell



From The Kitchen

Come watch a
Chef's Demo
May 12 at 2:00!

Tenants:

Please remember to keep the kitchen dishes, cups, and silverware in the dining rooms. We are running short on spoons and drink cups (large and small). Please bring a to go cup/container for beverages and food you want to take to your room. We serve 3 meals a day and need the time to wash, rinse and sanitize before we can restock these items for your next meal service. Your cooperation is greatly appreciated.

To tenants and families:

Just a reminder we have a pastry chef/cake decorator employed in the kitchen. If you have a special event and need a cake or special dessert, call the kitchen for a quote. We have very reasonable prices and offer many flavor varieties. Terrie would love to help make your event more special.

Christian Corner BY JACKSON DEFREES

The season of growth

At this time of year, we can't wait to begin to work in our gardens and flower beds. Each year seems to be different from past years, not knowing what seeds will adjust to the changing climates. Every package of seeds you purchase has planting instructions listed on the back. Some seed packets may even give the approximate yield at harvest time. In the Bible Jesus gives us several interesting parables about planting seeds.

In telling a parable, Jesus used language of analogy to teach his larger point. Some of these scriptures are what we need to know for our own personal spiritual growth.

One of the parables is found in Mark 4:26-29, the Parable of the Growing Seed: "Jesus said, 'This is what the kingdom of God is like. A man scatters seed on the ground. Night and day whether he sleeps or gets up, the seed sprouts and grows, though he does not know how. All by itself the soil produces gain –

first the stalk, then the head, then the full kernel in the head. As soon as the grain is ripe, he puts the sickle to it, because the harvest has come."

The Bible commentary says, "The message of the kingdom is a small seed, but when planted in an open heart, it produces salvation, our role is to take the gospel, plant it in lives and watch God grow it."

Another parable for our instruction is found in John 15:5, 7 & 8, where Jesus said, "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing...If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples." The Bible commentary says, "Jesus gives His people power to serve Him and to bear much fruit, the essential work of Christians."

Summit Pointe Senior Living
May 2021

BLUE ZONES **Life Choices, It's All About Living**

WE HAVE SOME GREAT NEWS

We are now allowing visitors and musicians back in the building! That means:

- ✓ Live church services on Tuesdays at 9:30am
- ✓ Catholic Communion on Wednesdays at 1:30pm
- ✓ Sunday Bingo with our volunteer Ben Dolphin at 1:30pm
- ✓ Live indoor entertainment (unless it's too beautiful to be indoors)

This also means that we need to continue to practice safe Covid precautions.

- ✓ Washing hands when returning to apartments
- ✓ Staying 6 feet away from volunteers and entertainers
- ✓ Wearing a mask
- ✓ Using hand sanitizer when joining an activity.



from the Nurses

Just friendly nursing reminders:

- › Make sure to wash your hands when you return to your apartment after activities.
- › Wash your masks when they are soiled.
- › Cover coughs and sneezes
- › **If you are wearing a mask:** You can cough or sneeze into your mask. Put on a new, clean mask as soon as possible and wash your hands.
- › **If you are not wearing a mask:**
 - › Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
 - › Throw used tissues in the trash.
 - › Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Summit Pointe "Clubs"

Reminder – All Summit Pointe "Clubs" (Card Club, Walking Club, Men's Beer Club, Women's Wine) are open to everyone and anyone! You do not have to be a "member" or join anything! Just come and bring a friend if you'd like!

Saturday Movies



We decided to feature a movie as a matinee and evening showing on Saturdays. This month our feature film theme are MOTHERS.

- May 1** "Steel Magnolias"
- May 8** "Wonder"
- May 15** "Stepmom"
- May 22** "Postcards from the Edge"
- May 29** "Imitation of Life"

May's Card Club

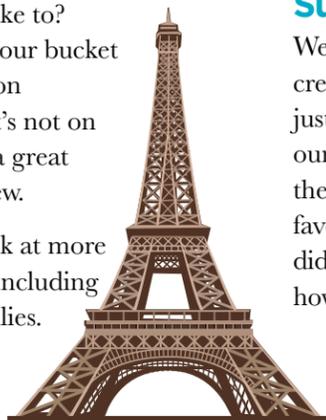
This month's card club will be EUCHRE. We welcome ALL players, beginners, advanced and brand new...we'll show you what to do!



Live & Learn

Parlez-vous francais? Would you like to? If learning a new language is on your bucket list, join us in the Fireside lounge on **Tuesdays at 10:15am**. Even if it's not on your list join us for some fun and a great opportunity to learn something new.

On **Thursdays at 10:15** we'll look at more of the cultural aspects of France, including food, music, castles and royal families.



Ladies ONLY Group

So top secret, you'll have to come to see what it's all about.

Lunch Bunch

May 14 at 12:00pm, Pizza lunch bunch \$5.00 per person. Sign up for your favorite pizza style

Drama, Drama, Drama

Calling all thespians or wannabes...Starting the first Wednesday of the month, we will meet weekly at 10am. We will look over skits, practice, rehearse and finally perform for our fellow neighbors. If you don't want to act you could participate by helping with props, the stage making and handing out flyers. ALL ARE WELCOME

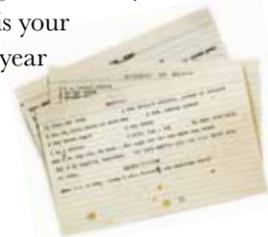


Walking Club

Walking club has been moved to **Fridays at 3:00pm**. The weather has been beautiful! Every chance to get outdoors should be taken! For May let's meet in the lobby and take an afternoon walk on the beautiful path around Summit Pointe.

Summit Pointe Gives Back

We're raising money for Marion Fire Department by creating a cook book! We want this to be more than just recipes! In the book we would like to include our Tenants' favorite recipes along with a story behind the recipe. For example, why is this your favorite recipe? What time of the year did you have it? Who taught you how to make this recipe?



What kind of exercise is best?

Ideally, combining a range of different fitness activities can bring the most benefit to patients, Amodeo says, since variety increases muscle learning and is more neurologically invigorating.

That said, "any bit of exercise helps," she notes, adding that it also pays to build up slowly. An introductory session with a physical therapist is also recommended to help patients find the best beginning regimen for their ability level. The American Parkinson Disease Association (APDA) National Resource Center for Rehabilitation runs a toll-free hotline (888-606-1688) that allows callers to speak with a licensed physical therapist who can offer advice about exercising and help connect callers to resources in their communities.

While the most important thing is finding a fitness activity you enjoy, and sticking with it, Amodeo says she's seen benefits from a few particular types of exercises in particular — such as boxing, which, she notes, combines aerobic exercise, weight training and balance all in one class, as well as yoga and tai chi, which deliver balance training and help with fluidity of movement. "They're also good for overall mindfulness and taking time for you," she notes. For those more limited in their mobility, she says a stationary bike or aquatic therapy are great options.

While research shows cardio is especially key to cerebral blood flow, Amodeo recommends working in some weight training, too. "The only way you're going to help beat the disease is by becoming stronger and able to move better," she says.

And finally, don't overlook a dance class as a potentially fun and beneficial type of exercise. One study showed that Argentine tango classes in particular improved PD patients' balance and functional mobility.



The Critical Role of Exercise for Parkinson's Patients

You know that exercise is good for your heart and that it strengthens your bones. But it's also one of the more important cornerstones of managing Parkinson's disease (PD), the second most prevalent progressive degenerative disease of the nervous system that affects movement.

Intensive research in the past several years has found that for Parkinson's patients, exercise can increase coordination and balance, reduce falls and improve mood. Codrin Lungu, program director in the Division of Clinical Research at the National Institute of Neurological Disorders and Stroke, a part of the National Institutes of Health (NIH), says that preliminary evidence also shows that exercise slows the progression of the disease.

To understand how that might be so, research is building on earlier studies showing that exercise in older adults increases brain volume and improves neurological connections in areas that would otherwise

undergo age-related decline. Research also has shown that intensive exercise appears to increase dopamine receptors that coordinate signals from the brain to muscles. Scientists believe a lack of dopamine causes PD.

To find out more about which type of exercise might bring the greatest benefit, investigators with the NIH recently began a phase 3 randomized clinical study of the benefits of high-intensity and moderate-intensity aerobic treadmill workouts on the course of Parkinson's. The study will enroll 370 PD patients who have not yet begun drug therapy from 29 sites throughout the U.S. and Canada. They will be followed for two years to assess the effects of their physical activities on brain function, quality of life, fitness, mobility and other factors.

While medications can help relieve the symptoms of PD, there is no cure for the disease. However, doctors who treat the disease say that at least two and a half hours a week of exercise can help with declining and impaired mobility and increase quality of life. They specifically recommend cardiovascular exercise that raises the heart rate to 80 to 85 percent of its maximum. "That's

when you can't keep a conversation going because you are breathless," Lungu says.

Katherine Amodeo, a neurologist and movement disorder specialist with MidHudson Regional Hospital in Poughkeepsie, New York, says that while exercise can have value for her PD patients at any point in the disease, "the earlier the better."

Zyary Figueroa, 71, is one of the million Americans living with PD. Since her 2016 diagnosis, she's learned how valuable exercise is to manage her symptoms. "Keeping active keeps you more alive," she says.

Before the pandemic, Figueroa, who is from Queens, New York, used to work out at the gym three to four times a week with weights, and she also took Zumba and yoga classes. Exercise helped her mobility, balance and posture so much that she was able to go on safari in Africa, paragliding in Nepal and snorkeling in the Galapagos Islands.

After losing access to her classes and routine during the earlier stages of the pandemic, Figueroa says her tremors increased, along with pain and fatigue. Now she's slowly building back up to her previous regimen at the gym.



we are HAVING SO MUCH FUN in May, we need TWO pages!

Back Patio Sports

Mondays at 1:45. Now that the weather is nice come enjoy some outdoor activities with us! If you don't like exercise in a standard form, come try something different and fun!

Attention Men of Summit Pointe

We will be having a men's group at **3:00pm on May 18!** This is a time to band together and do what men do...

Who doesn't like to eat, drink, and be merry?... and Trivia?

On **May 25 at 3:00pm**, staff and tenants will be teaming up in this world class trivia contest to win a prize!!



May 5th is Cinco de Mayo!!

Margaritas and chips and queso? !Si por favor! Come to our Cinco De Mayo party and try some different salsas and participate in some festive games that will make you smile and laugh con los amigos!

Brain Games

Keep your mind fresh and young by playing some fun brain games on Wednesdays at 3:15pm!

Yoga and Meditation

We are combining two popular activities! Regardless of your level of yoga expertise, if you try it, you can feel better from head to toe. Come try a different kind of exercise that helps with balance, strength, and back pain all while relaxing you!



See the Views

Every Thursday at 3:00 we will be taking a scenic drive and looking for roads lined with trees, open fields, and other beautiful things our state has to offer. See what is going on in our community while listening to stories and bus commentary. If you have a preferred area you'd like to see, write it down in the activities book!

Coffee, Anyone?

Thursday Morning Coffee and News is a chance to group with other tenants while enjoying some coffee (and tea) and some much-needed conversation!

Friday Happy Hour and Entertainment

We have some great entertainers lined up for **Fridays at 2:00!**

May 14 David Poggenklaus

May 21 Ron Burgess

May 28 Ken Lee



Friday, May 7 Egg Drop

Okay. We know how you all like a challenge and we have an egg-cellant one for you! The Life Enrichment team will be supplying you the materials, it will be your task to devise an apparatus to keep an egg WHOLE after it's dropped from the roof to the gardens. ARE YOU UP FOR THE CHALLENGE????

Cubs May Schedule:

- May 3 | Dodgers at 6:40
- May 4 | Dodgers at 6:40
- May 5 | Dodgers at 6:40
- May 7 | Pirates at 1:20
- May 8 | Pirates at 1:20
- May 9 | Pirates at 1:20
- May 17 | Nationals at 6:40
- May 18 | Nationals at 6:40
- May 19 | Nationals at 6:40
- May 20 | Nationals at 1:20
- May 28 | Reds at 1:20
- May 29 | Reds at 1:20
- May 30 | Reds at 1:20
- May 31 | Padres at 1:20



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

May 2021



**Summit Pointe
Senior Living**

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

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

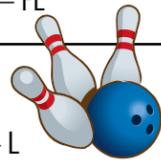
Please remember that this calendar could change weekly. We will post updated activity schedules at the front desk and elevators.



2

3

8:30 AM Rosary – L
9:00 AM Exercise – FL
10:00 AM Book Club – L
10:00 AM Summit Pointe Gives Back – FL
1:45 PM Horse shoes – Back Patio
3:00 PM Bowling – FL



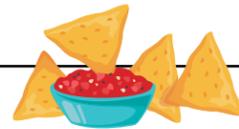
4

9:30 AM Hymns & Devotions – FL
10:15 AM Live & Learn – Beginner's French – FL
1:30 PM Lala Ladies – FL
3:00 PM Bingo – FL

5

Cinco de Mayo

9:00 AM Exercise – FL
10:00 AM Drama Club – L
2:00 PM Tenant Social: Chips, Salsa, Margaritas – FL
3:00 PM Game Day: Scrabble – FL



6

9:00 AM Coffee & News – FL
10:15 AM A Cultural Experience French Foods – FL
2:00 PM Yoga & Meditation – FL
3:00 PM Walking Club – Sign Up

7

9:00 AM Exercise – FL
10:00 AM Bible Study w/ Becky – FL
2:00 PM Egg Drop Challenge – FL
3:30 PM Walking Club – Front Lobby

8

9:00 AM Exercise with LE – FL
10:00 PM Coloring – L
1:45 PM Movie Matinee – FL
5:30 PM Evening Movie – FL

9



10

8:30 AM Rosary – L
9:00 AM Exercise – FL
10:00 AM Book Club – L
10:00 AM Pre-Lunch Chit Chats – FL
1:45 PM Croquet – Back Patio
3:00 PM Euchre – FL

11

9:30 AM Church Services – FL
10:15 AM Live & Learn – Beginner's French – FL
1:30 PM Bingo – FL
3:00 PM Ladies Only Group – FL

12

9:00 AM Exercise – FL
10:00 AM Drama Club – L
2:00 PM Chef's Demo – FL
3:15 PM Game Day: Boggle – FL

13

9:00 AM Coffee & News – FL
10:15 AM A Cultural Experience French Music – FL
2:00 PM Yoga & Meditation – FL
3:00 PM Scenic Drive – Sign Up

14

9:00 AM Exercise – FL
10:00 AM Bible Study w/ Becky – FL
2:00 PM Happy Hour, David Poggenklass – CRD
3:00 PM Walking Club – Front Lobby

15

Armed Forces Day

9:00 AM Exercise with LE – FL
10:00 PM Coloring – L
1:45 PM Movie Matinee – FL
5:30 PM Evening Movie – FL



16

1:30 PM Bingo with Ben – FL



17

8:30 AM Rosary – L
9:00 AM Exercise – FL
10:00 AM Book Club – L
10:00 AM We're HOOKED – FL
1:45 PM Croquet – Back Patio
3:00 PM Euchre – FL

18

9:30 AM Church Services – FL
10:15 AM Live & Learn – Beginner's French – FL
1:30 PM Bingo – FL
3:00 PM Mens Only Group – FL

19

9:00 AM Exercise – FL
10:00 AM Drama Club – L
2:00 PM Tenant Social Spring in France – FL
3:15 PM Game Day: Sequence – FL

20

9:00 AM Coffee & News – FL
10:15 AM A Cultural Experience French Monuments – FL
2:00 PM Yoga & Meditation – FL
3:00 PM Scenic Drive – Sign Up

21

9:00 AM Exercise – FL
10:00 AM Bible Study w/ Becky – FL
2:00 PM Happy Hour, Ron Burgess – CRD
3:00 PM Walking Club – Front Lobby
7:00 PM Outdoor Movie – side parking lot
Sign up in activity book



22

9:00 AM Exercise with LE – FL
10:00 PM Coloring – L
1:45 PM Movie Matinee – FL
5:30 PM Evening Movie – FL



23

1:30 PM Bingo with Ben – FL

30

1:30 PM Bingo with Ben – FL

24

8:30 AM Rosary – L
9:00 AM Exercise – FL
10:00 AM Book Club – L
10:00 AM Photo Workshop – FL
1:45 PM Frisbee golf – Back Patio
3:00 PM Euchre – FL

31

8:30 AM Rosary – L
9:00 AM Exercise – FL
10:00 AM Book Club – L
10:00 AM Photo Workshop #2 Picture this! – FL
2:00 PM S'mores Bar – FL

25

9:30 AM Church Services – FL
10:15 AM Live & Learn – Beginner's French – FL
1:30 PM Bingo – FL
3:00 PM Staff & Tenant Trivia – FL

26

9:00 AM Exercise – FL
10:00 AM Drama Club – L
2:00 PM Flower Moon Social Drama Club Performance – FL
3:15 PM Game Day: Triominoes – FL

27

9:00 AM Coffee & News – FL
10:15 AM A Cultural Experience Royal Families – FL
2:00 PM Yoga & Meditation – FL
3:00 PM Scenic Drive – Sign Up

28

9:00 AM Exercise – FL
10:00 AM Bible Study w/ Becky – FL
2:00 PM Happy Hour, Ken Lee – CRD
3:00 PM Walking Club – Front Lobby

29

9:00 AM Exercise with LE – FL
10:00 PM Coloring – L
1:45 PM Movie Matinee – FL
5:30 PM Evening Movie – FL