



Celebrations! Tenant Birthdays

SEPTEMBER 12

Doris Hiner Koering

SEPTEMBER 14

Sandra "Sandy" Tegatz

SEPTEMBER 28

Robert Thimmesch

Staff Birthdays

SEPTEMBER 7

DJ Williams
Jahiah Barkley

SEPTEMBER 10

Ava Dion
Torie Runde

SEPTEMBER 14

Randy Danover

SEPTEMBER 21

Robin Kane

SEPTEMBER 30

Abby Ritchie
Deidre Wauqua



From Culinary

Food Council
Thursday, September 9
at 2:00pm

Chef's Demo
Wednesday, September 22
at 2:00pm

Both events will be held in the Fireside Lounge!

SEPTEMBER LUNCH OUTINGS

September 14 at 11:00am

Red Lobster

Lively chain restaurant serving American seafood standards amid New England-themed decor.

September 28 at 11:00am

Zeppelins

Modern grill providing New American eats, draft brews & cocktails in a low-lit brick interior.



SEPTEMBER Live & Learn:

Come to our "Live & Learns" taught by our Life Enrichment team to learn about some interesting topics. These classes will be every Wednesday morning at 10:15am!

The topics this month are Landmarks:

- Hoover Dam
- World Trade Center
- Golden Gate Bridge
- Niagara Falls
- Yellowstone



BLUE ZONES

Life Choices, It's All About Living



Assisted Living Week!

Sunday, September 12
Grandparent's day!!!
1:30PM Outdoor tent bingo

Monday, September 13
Wear Favorite Sports Team!
6:15PM Dessert Buffet

Tuesday, September 14
Dress in Favorite Decade!
2:30PM Rootbeer Floats & Music

Wednesday, September 15
Wear Patriotic Colors!
2:30PM Homecoming Dance

Thursday, September 16
Dress Fancy
Dinner Time: Fancy Candle Lit Dinner

Friday, September 17
Wear Summit Pointe Shirts
7:00PM Outdoor Movie

Saturday, September 18
5:00PM Outdoor Family Picnic



From Marketing:

It's been an exciting summer with lots of new tenants moving in!

In order to make sure each new tenant feels welcomed and understands how activities, meals and other events work at Summit Pointe, I was hoping we could get a "Tenant Ambassador Committee" or "Welcome Group" started...this could include anything from inviting new tenants to meals, introducing them to other Summit Pointe tenants, joining them for activities, sitting and conversing with them on the patio!

If you are at all interested in volunteering your time to help others feel welcome, please come talk to me, Kayla! I will set you up with a new tenant with similar interests!

Each month, I try to schedule an event that helps bring attention to Summit Pointe!

In September, Summit Pointe will be hosting a spaghetti feed for grandparents in the community, BUT don't feel left out as Terrie will preparing her delicious pasta for you as well!

Also Let your family know that on September 15, they can drop off their cans and bottles to Summit Pointe, Critter Crusaders will pick up your cans and use the profits to help homeless and shelter animals!

SEPTEMBER Activities



All Summit Pointe “Clubs”

Card Club, Hook & Needle, Book Club, Dominoes) are open to everyone and anyone! You do not have to be a “member”! Just come and bring a friend if you’d like!

Time to Tailgate!

Every home game for the Hawkeyes we will have a tailgate party in the Fireside Lounge! Bring a dish to pass!



Hawkeye September Schedule:

Saturday, Sept. 4 | Indiana Hoosiers:
Kinnick Stadium, Iowa City, IA
Saturday, 11 | Iowa State Cyclones:
Jack Trice Stadium, Ames, IA
Saturday, Sept. 18 | Kent State Golden
Flashes: Kinnick Stadium, Iowa City, IA
Saturday, Sept. 25 | Colorado State Rams:
Kinnick Stadium, Iowa City, IA

Resident Council

Join the management team on **Thursday, September 30 at 3:30pm** in the Fireside Lounge for our Resident Council! Come hear some updates as well as voice your thoughts and feedback.

Shopping Trips

We will be changing the time of shopping trips so more people can attend. The bus will be **departing at 6:15pm on Tuesdays**. The Life Enrichment team will continue to do online shopping orders for you every Wednesday if you would prefer to stay in. The grocery lists are at the Front Desk!

Reminiscing Groups on Mondays

Reminiscing groups this month focus on getting to know both yourself and your neighbors in clever and creative ways.

September Movies:

Saturday Movies: 6:00pm
Sunday Movies: 2:45pm

Sept. 4 & 5 | Miss Congeniality
Sept. 11 & 12 | The Pursuit of Happyness
Sept. 19 | FlyBoys
Sept. 25 & 26 | Guys and Dolls



Lunch Bunch: Via Sofias

August 24 at Noon

Come to the Fireside Lounge and enjoy some ViaSofia’s without having to leave Summit Pointe. Make sure to sign up for this in the Activity Binder!

SEPT 16 | Amana Winery at 1:30pm

SEPT 30 | Potter’s Obsession at 1:30pm

Sept 22 Lunch Bunch Via Sofia 12:00

SEPT 7 | Shopping at HyVee 10:00am

Sept 14 Aldi 10:00am

Sept 16 Amana Winery 1:30

Sept 21 Fareway 10:00

Sept 23 Hobby Lobby 1:30

Sept 28 Walmart 10:00

Sept 30 Pottery Obsession 1:30

sign up
for the
following
september
activities:

Once you’ve identified a trigger for a habit you want to change, try substituting a behavior that’s healthier, Neal suggests. If, say, turning on the TV cues you to head to the freezer for a bowl of ice cream, you could work on deliberately replacing the dairy treat with a mug of hot tea. If you tend to turn to social media when you’re bored, click on a meditation app instead.

“Piggybacking on a habit you already have and replacing it with a healthier behavior can be easier than trying to stop cold turkey,” Neal observes.

Redesign your environment. Another way to change your habits is to tweak your surroundings to make certain tasks harder or easier to do. If you have a practice of snacking regularly, for instance, move the chips or cookies to a place that’s hard to get to, or don’t have them in the house at all. Then put the healthy options front and center.

“I put almonds in clear plastic containers. I can open them with one hand and use the other hand to grab some almonds and put the lid back on,” Fogg says. “I also keep a kettlebell near my office to make it easy to do.”

If you watch too much TV, take the batteries out of the remote and put them into a kitchen drawer. Similarly, if you tend to overspend when shopping online, un-save your credit card number from your browser and favorite shopping sites.

You can also change your environment to facilitate good choices, such as by putting a book on your bedside table, instead of charging your smartphone there, and filling up a water bottle first thing in the morning, to have it handy at your desk.

Celebrate the wins. New habits form more quickly and are more likely to stick if you feel good about them, Fogg says. Yet he has found that many adults focus more on their shortcomings than their successes. His tip? Find a way to make yourself feel a positive emotion each time you successfully complete a new habit. When you finish taking a walk, take a moment to mentally pat yourself on the back for taking a step toward better health.

“If you don’t feel successful, if something is a slog, then it’s not going to wire into your brain as a habit,” Fogg says. “If you purposely self-reinforce by causing yourself to feel a positive emotion ... your brain says, ‘That felt good. I want to do it again.’”

Michelle Crouch is a contributing writer who has covered health and personal finance for some of the nation’s top consumer publications. Her work has appeared in Reader’s Digest, Real Simple, Prevention, The Washington Post and The New York Times.





KICK start NEW HABITS

— BY MICHELLE CROUCH —

As COVID-19 vaccinations continue to roll out across the country and life slowly starts to return to normal, experts say it's a great time to reevaluate your habits and consider making changes to improve your health and well-being. Research shows that the start of any new phase — be it the resumption of post-pandemic life, turning a year older or the invigorating days of spring — can serve as powerful psychological motivation to kick-start new habits.

Motivation alone is not enough

Research shows that nearly half of our actions are habitual and that changing them isn't necessarily all about willpower. In fact, motivation alone rarely works for the very reason that our habits are an unconscious behavior, says Susan Weinschenk, a behavioral psychologist at The Team W, a training and consulting firm in Edgar, Wisconsin. "We have to set things up to use the unconscious part of our brain to do this for us," she says. That opportunity "is the part a lot of people miss" when they try to flip a switch to override actions they've been doing on repeat for years, if not decades.

Weinschenk and other experts share these science-based tips on how to develop better habits that will last.

Start with a small and specific action.

Experts say that if you're serious about wanting to create a healthier habit, you have to narrow your focus first. Skip the kinds of goals that are vague, broad or intimidating. Want to get in shape? Too broad. Determined to start walking regularly? Still too big.

You'll set yourself up for success, however, if you break a bigger goal down into smaller, more specific ones. Fogg recommends starting with one tiny, easy action. If you want to walk more, for instance, first set a smaller intention to put on your walking shoes when you finish dinner (but don't necessarily commit to taking a stroll). Or if you struggle to floss regularly, tell yourself you will floss just one tooth every night after you brush.

The key is to choose an action that feels entirely — even ridiculously — doable and that takes less than 30 seconds, Fogg says. That way, even if you don't feel like doing it, you'll do it anyway because it's so easy. "It takes out the need for willpower — that's the psychological component," Fogg notes.

In time, the teeny habit will become an automatic part of your routine. Once that habit is rooted, you can expand it to include really taking the evening stroll or flossing all of your teeth.

Pick a trigger or anchor for your new practice. Next, figure out where your habit can fit into your existing routine, and anchor it to something you already do. In the examples above, each action is tied to an existing behavior: When you finish dinner, you put on your shoes. After you brush your teeth, you floss one tooth.

You could decide to take your vitamins after you turn on the coffeemaker, to do two squats before you get into the shower or to meditate every morning as soon as you wake up. Having an anchor is important because otherwise it's too easy to run out of time in your day, not to make your new habit a priority or just to forget to do it.

According to Weinschenk, the best triggers have a physical component. That's because of the way the brain is structured, she says, with the "the motor part of our brain connected with the conditioned response." Seeing a "start exercising" reminder pop up on your phone, then, is not as ideal as using something like making showering your signal to start your squats.

Find the pleasure in it. Research shows that you're more likely to stick with a new habit if you enjoy it. So if you hate the gym, commit to doing a physical activity you relish, whether it's gardening, hiking or taking a dance class.

One easy way to make a habit more fun is to make it social, Milkman suggests. Set up a regular time to walk with a friend or sign up for a yoga class with a pal.

In a study, Milkman's team paid one group of people a dollar every time they exercised and another group a dollar every time they exercised with a friend. Even though recruiting someone added a hassle factor, the participants who went with a pal exercised about 30 percent more, Milkman says.

Try "temptation bundling." Another way to make a new habit fun is to pair it with an activity you enjoy, a strategy that Milkman has coined temptation bundling.

In a study published in Management Science, Milkman found that people went to the gym significantly more often over a seven-week span when they were given audiobooks to listen to during their workouts. To motivate the participants, the researchers specifically chose tempting page-turners like the Hunger Games and the Da Vinci Code series.

Milkman says the pairing strategy can work with many types of habits. Maybe you watch a TV show you love only while you're walking on the treadmill, you go to your favorite burger joint just when you're spending time with a difficult relative, or you listen to your favorite podcast only when you're preparing a home-cooked meal.

Milkman likes to bundle pedicures with paperwork she's been putting off. "I love getting my toes done, but I use it as a hook to get myself to do important work I need to finish."

Slide a good habit into the space occupied by a bad one. Why do you keep bingeing on junk food at night even though you know it's bad for you? Because your habits are a response to triggers you may not even be consciously aware of, says David T. Neal, a psychologist specializing in behavior change and founder of Catalyst Behavioral Sciences, a consulting firm in Coral Gables, Florida. Just walking into the living room when the lights are down may cue your body to grab an evening snack, he says. A bad habit can also be an unconscious response to stress or boredom.



BY JACKSON DEFREES



Caught Up in His Purpose

How does one understand suffering through God's eyes and His word? Suffering can come to us at any time. It could be because of the loss of a close family member or a good friend. It could come from unpredicted storms and fires plus other issues in the area of our health. Let's face the facts that sometime in our life we will experience some kind of suffering.

When it comes to suffering, Jesus Christ is our perfect example. In the book of 1 Peter 4:12-17 & 19 it says, "Dear friends, do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you. But rejoice inasmuch as you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed. If you are insulted because of the name of Christ, you are blessed, for the Spirit of glory and of God rests on you. If you suffer, it

should not be as a murderer or thief or any other kind of criminal, or even as a meddler. However, if you suffer as a Christian, do not be ashamed, but praise God that you bear that name. For it is time for judgment to begin with God's household; and if it begins with us, what will the outcome be for those who do not obey the gospel of God?...So then, those who suffer according to God's will should commit themselves to their faithful Creator and continue to do good."

The Bible commentary in the book of Isaiah says, "Being a servant means suffering on behalf of others. God's Suffering Servant took on Himself the sins of others. Jesus' patient example in suffering sets a pattern for us. We may hope our suffering will be caught up in His purpose and plan."




Summit Pointe Senior Living

gives back

For Summit Pointe Gives Back in September, we will be stuffing candy bags for kids for Halloween! This will be in the Fireside Lounge on **MONDAY, SEPTEMBER 27.**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div> <div>2021</div> <div>September</div> </div> <div>Please remember that this calendar could change weekly. We will post updated activity schedules at the front desk and elevators.</div>			<div>1</div> <div> 9:00 AM Exercise – FL 10:00 AM Online HyVee Orders – FL 10:15 AM Snacks & neighbor visits–FL 1:30 PM Communion – L 2:00 PM Country Hits Social – FP 3:00 PM Card Club: 500 – Game Rm </div>	<div>2</div> <div> 9:00 AM Coffee & Chat – FL 1:30 PM Hook & Needle – L 3:30 PM Dancercise – FL 6:15 PM Bingo – FL </div>	<div>3</div> <div> 9:00 AM Exercise – FL 10:00 AM Bible Study – L 2:00 PM Happy Hour & Entertainment: Shannon Jahassen – FP 3:00 PM Card Club: Euchre – Game Rm </div>	<div>4</div> <div> 9:00 AM Exercise – FL 10:00 AM Adult Coloring – L 3:30 PM Hawkeye Tailgate – FL 6:00 PM Evening Movie: Mission: Impossible – FL </div>
<div>5</div> <div> 9:00 AM Community Baptist Church - Live Stream – FL 10:30 AM St Joseph's Catholic Church: Live Stream – FL 1:30 PM Bingo – FL 1:30 PM Hook & Needle – L 2:30 PM Dominoes – L 2:45 PM Movie: Miss Congeniality – FL </div>	<div>6</div> <div> 8:30 AM Catholic Rosary – L 10:00 AM Book Club – L 1:30 PM Patio Tunes – BP 2:30 PM Hair Washing & Nails– FL 3:00 PM Card Club: Bridge – Game Rm </div>	<div>7</div> <div> 9:30 AM Non Denominational Church Services – FL 10:00 AM HyVee 1:30 PM LaLa Ladies – FL 2:30 PM Dominoes – L 3:00 PM Bingo – FL </div>	<div>8</div> <div> 9:00 AM Exercise – FL 10:00 AM Online HyVee Orders – FL 10:15 AM Live & Learn: American Landmarks: Hoover Dam – FL 1:30 PM Communion-L 3:00 PM Card Club: 500 – Game Rm 3:30 PM Arthritic Exercise – FL </div>	<div>9</div> <div> 9:00 AM Coffee & Chat – FL 1:30 PM Hook & Needle – L 2:00 PM Food Council-FL 3:30 PM Dancercise – FL 6:15 PM Bingo – FL </div>	<div>10</div> <div> 9:00 AM Exercise – FL 10:00 AM Bible Study – L 2:00 PM Happy Hour & Entertainment: Janet Lieb – FP 3:00 PM Card Club: Euchre – Game Rm </div>	<div>11</div> <div> 9:00 AM Exercise – FL 10:00 AM Adult Coloring – L 6:00 PM Evening Movie: Pursuit of Happyness – FL </div>
<div>12</div> <div>Grandparent's Day!</div> <div> 9:00 AM Community Baptist Church - Live Stream – FL 10:30 AM St Joseph's Catholic Church: Live Stream – FL 1:30 PM Bingo – Outdoor Tent 1:30 PM Hook & Needle – L 2:30 PM Dominoes – L 2:45 PM Movie: Pursuit of Happyness – FL </div>	<div>13</div> <div>Wear Favorite Sports Gear</div> <div> 8:30 AM Catholic Rosary – L 9:00 AM Exercise – FL 10:00 AM Reminiscing Group: Roll & Share – FL 10:00 AM Book Club – L 1:30 PM Patio Tunes – BP 2:30 PM Back Massages – FL 3:00 PM Card Club: Pinochle – FL 3:15 PM Men's Group – FL 6:15 PM Dessert Buffet – FL </div>	<div>14</div> <div>Dress in Favorite Decade</div> <div> 9:30 AM Non Denominational Church Services – FL 10:00 AM ShoppingAldi 1:30 PM Bingo – FL 2:30 PM Rootbeer Floats & Music – FL 2:30 PM Dominoes – L 3:30 PM Afternoon Exercise – FL </div>	<div>15</div> <div>Wear Patriotic Colors</div> <div> 9:00 AM Exercise – FL 10:00 AM Online HyVee Orders – FL 10:15 AM Live & Learn:World Trade Center/ 9/11 – FL 1:30 PM Communion – L 2:00 PM Homecoming Dance – FP 3:00 PM Card Club: 500 – Game Rm 3:30 PM Tai Chi – FL </div>	<div>16</div> <div>Dress Up Day</div> <div> 9:00 AM Coffee & Chat – FL 10:00 AM Creative Creations: Acorn Bottle Centerpieces – FL 1:30 PM Amana Winery 1:30 PM Bonnie & Mike – FP 1:30 PM Hook & Needle – L 3:30 PM Dancercise – FL 5:30 PM Fancy Candlelit Dinner 6:15 PM Bingo – FL </div>	<div>17</div> <div>Wear Summit Pointe Shirts</div> <div> 9:00 AM Exercise – FL 10:00 AM Bible Study – L 10:30 AM Front Patio Fun – FP 2:00 PM Happy Hour & Entertainment – FP 3:00 PM Card Club: Euchre – Game Rm 7:00 PM Outdoor Movie </div>	<div>18</div> <div> 9:00 AM Exercise – FL 10:00 AM Adult Coloring – L 3:30 PM Hawkeye Tailgate – FL 5:00 PM Outdoor Family Picnic </div>
<div>19</div> <div> 9:00 AM Community Baptist Church - Live Stream – FL 10:30 AM St Joseph's Catholic Church: Live Stream – FL 1:30 PM Bingo – FL 1:30 PM Hook & Needle – L 2:30 PM Dominoes – L 2:45 PM Movie: Fly Boys – FL </div>	<div>20</div> <div> 8:30 AM Catholic Rosary – L 9:00 AM Exercise – FL 10:00 AM Reminiscing Group: What Am I? – FL 10:00 AM Book Club – L 1:30 PM Patio Tunes – BP 2:30 PM Manicures & Hand Massages – FL 3:00 PM Card Club: Bridge – Game Rm 3:30 PM Show & Tell – FL </div>	<div>21</div> <div> 9:30 AM Non Denominational Church Services – FL 10:00 AM Fareway 1:30 PM Bingo – FL 2:30 PM Dominoes – L 3:30 PM Afternoon Exercise – FL </div>	<div>22</div> <div> 9:00 AM Exercise – FL 10:00 AM Online HyVee Orders – FL 10:15 AM Live & Learn: American Landmarks: Niagra Falls – FL 12:00 PM Lunch Bunch: Via Sofia's 1:30 PM Communion – L 2:00 PM Chef Demo – FP 3:00 PM Card Club: 500 – Game Rm 3:30 PM Parkinson's Exercise – FL </div>	<div>23</div> <div> 9:00 AM Coffee & Chat – FL 10:00 AM Creative Creations: Pumpkin Candlesticks – FL 1:30 PM Hobby Lobby 1:30 PM Hook & Needle – L 3:30 PM Dancercise – FL 6:15 PM Bingo – FL </div>	<div>24</div> <div> 9:00 AM Exercise – FL 10:00 AM Bible Study – L 10:30 AM Front Patio Fun – FP 2:00 PM Happy Hour & Entertainment: Ron Burgess – FP 3:00 PM Card Club: Euchre – Game Rm </div>	<div>25</div> <div> 9:00 AM Exercise – FL 10:00 AM Adult Coloring – L TBA Hawkeye Tailgate – FL 6:00 PM Evening Movie: Guys and Dolls – FL </div>
<div>26</div> <div> 9:00 AM Community Baptist Church - Live Stream – FL 10:30 AM St Joseph's Catholic Church: Live Stream – FL 1:30 PM Bingo – FL 1:30 PM Hook & Needle – L 2:30 PM Dominoes – L 2:45 PM Movie: Guys and Dolls – FL </div>	<div>27</div> <div> 8:30 AM Catholic Rosary – L 9:00 AM Exercise – FL 10:00 AM Reminiscing Group: Scavenger Hunt – FL 10:00 AM Book Club – L 1:30 PM Patio Tunes – BP 2:30 PM Summit Pointe Gives Back – FL 3:00 PM Card Club: Pinochle – Game Rm 3:30 PM Tenant Meet & Greet – FL </div>	<div>28</div> <div> 9:30 AM Non Denominational Church Services – FL 10:00 AM Walmart 1:30 PM Bingo – FL 2:30 PM Dominoes – L 3:30 PM Afternoon Exercise – FL </div>	<div>29</div> <div> 9:00 AM Exercise – FL 10:00 AM Online HyVee Orders – FL 10:15 AM Live & Learn: American Landmarks: Yellowstone – FL 1:30 PM Communion – L 2:00 PM Autumn Social – FP 3:00 PM Card Club: 500 – Game Rm 3:30 PM Tai Chi – FL </div>	<div>30</div> <div> 9:00 AM Coffee & Chat – FL 10:00 AM Creative Creations: Marbled Coaster – FL 1:30 PM Potter's Obsession 1:30 PM Hook & Needle – L 3:30 PM Resident Council – FL 6:15 PM Bingo – FL </div>	<div>  <div> <div>Summit Pointe</div> <div>Senior Living</div> </div> <div> BDR - Brentwood Dining Room BP = Back Patio CDR = Carlisle Dining Room FD = Front Desk FF = Front Foyer </div> <div> FL = Fireside Lounge FP = Front Porch L = Library, 2nd Floor PDR = Private Dining Room SP = Summerset </div> </div>	