



Celebrations! Tenant Birthdays

OCTOBER 1

Norma Miller

OCTOBER 5

Donald Washburn

OCTOBER 19

Diane Svoboda

OCTOBER 28

Diane Allen

OCTOBER 29

Alberta Parker

OCTOBER 30

Theresa Kula

Staff Birthdays

OCTOBER 7

Kayla Howk-Erwin

OCTOBER 21

Hilda Cato

OCTOBER 23

Becky Samuelson

OCTOBER 25

Jenna Brokaw

From the Environmental Service Department

We would like to welcome our new housekeeping Jessica H. and Sara S. Both Jessica and Sara started the last week of September and they have quickly and graciously caught us up with our housekeeping needs! Make sure to introduce yourself as you meet this new crew!

Bulldog construction will start placing their equipment on September 30 and October 1. Watch your mail cubbies for updates on what part of the building will be their focus during that week. Remember, it's a good idea to remove any breakable items hanging on the outside of your walls.

We are also proud to announce Dennis Higgins as our new maintenance director. Jon and Randy have done an incredible job keeping up with the needs of Summit Pointe and it's tenants, we are excited to be bringing them some help...they're excited too!

News from your Executive Director

Thank you for all the warm welcomes during my first month at Summit Pointe. I'm even more enthusiastic about accepting the role as Executive Director today as I was a month ago.

There are several new events happening around the building and I want you all to know that my door is always open for any concerns or clarifications you may have or need amidst these events.

NEW TENANTS

If you haven't already, make sure you give a big welcome to our newest tenants!

Jon Dettbarn has recently moved from Oregon

Marianne Mickle has moved from her home in Marion.

Barney & Waneta Beasmore are coming to us from the Lisbon area.



From Culinary

Food Council | October 7 at 2:00 p.m.

held in the Fireside Lounge. This is a time for tenants to meet with Summit Pointe's culinary director Terrie Winslow and discuss what they enjoy and what they would like to see more of. This is also a time for Terrie to update tenants on any changes happening in the kitchen.

Chef's Demo | October 20 at 2:00 p.m.
during Summit Pointe's social hour.

Meal Times

Breakfast meal times are 7am-9am

Lunch meal times are 11am-1pm

For breakfast and lunch seating tenants may choose where they would like to sit AND choose to eat anytime during the above hours. There will no longer be assigned seating during those meals.

Dinner meals will remain two seating times - 4:30pm & 5:30pm.



from the Nurses

As a reminder, our podiatrist will be here the 1st Wednesday of every month. Most insurances cover a visit every other month. If you would like the podiatrist visit your feet, make sure to sign up in the activity book.

Cedar Rapids Hearing center will be here at 9am on October 27. They can help you with your hearing aids and/or clean wax from your ears. Again, sign up in the activity book to receive a reminder to meet them in the private dining room.

The flu shots are coming to Summit Pointe, AS SOON AS the time is confirmed we will have a sign up form in the activity book.

OCTOBER Activities

Where the fun is at... Life ENRICHMENT

We are Falling in Love with our Fall Events!

We are excited to have several new events coming up for life enrichment. Make sure to read over the October calendar so you're ready to join us for a month full of fun!!

October is breast cancer awareness month-be sure to wear pink EVERY FRIDAY to show support and bring awareness to this disease!

Club-A-Mug

EVERY WEDNESDAY, bring your coffee mug over to the Advance & Memory Care wing. Here we will host a gathering which will include food, coffee, games, reminiscing and music.

Trunk or Treat

We will be hosting an outdoor, socially distant, covid friendly trick or treating Halloween event! Join us on **OCTOBER 28 AT 5:15** as we event family and friends to parade their costumes and we hand out candy! Pumpkin decorating contest it's that time of the year for staff and tenants to show off their pumpkin decorating skills! Each participant will receive a pumpkin of their choice (real or fake) to decorate. These pumpkins will be displayed for ALL to vote on the best pumpkin. Three winners will be declared and will win a prize!

Tenants, on **OCTOBER 18** we will gather together if anyone would like supplies or need assistance in decorating their pumpkins. We will start displaying the pumpkins on the 20th. Winners will be announced during the Halloween party.

A Chemical Reaction

Join us for this hands on activity and get a little experimental with science!

Early Bird Meditation

We have had several tenants request to bring back meditation to start the day. **EVERY TUESDAY AT 8:45AM** we will start the day with meditation followed by a slow stretch in the library. These sessions will start on **OCTOBER 5**. Then, starting October 12 we will add sound therapy to the meditation....join us in the library to learn more and benefit from this event.



Escape Room

Have you heard of this new trend?? An escape room game is a real-time adventure game that takes place in one a themed room. It's a relatively new game that originated in Japan around 2007 and made its way to the U.S. by 2013. Players work as a team to unlock various clues which eventually open the doors to escape. JOIN US on **OCTOBER 14** for our own Summit Pointe escape room and see what is it, how to play, what makes it unique, fun experience

Hooks N Needles

Will **RETURN IN NOVEMBER**, as we will use October to assess what supplies we have, what's needed and we have been asked to consider creating projects for others.

The bottom line? The jury is still out. Women who are concerned can avoid using antiperspirants if they want, but it would be more useful to focus on addressing known risk factors such as weight gain and obesity, physical inactivity, alcoholic beverages and use of hormone therapy, advises Saslow.

MYTH 6 | Breast implants can raise cancer risk

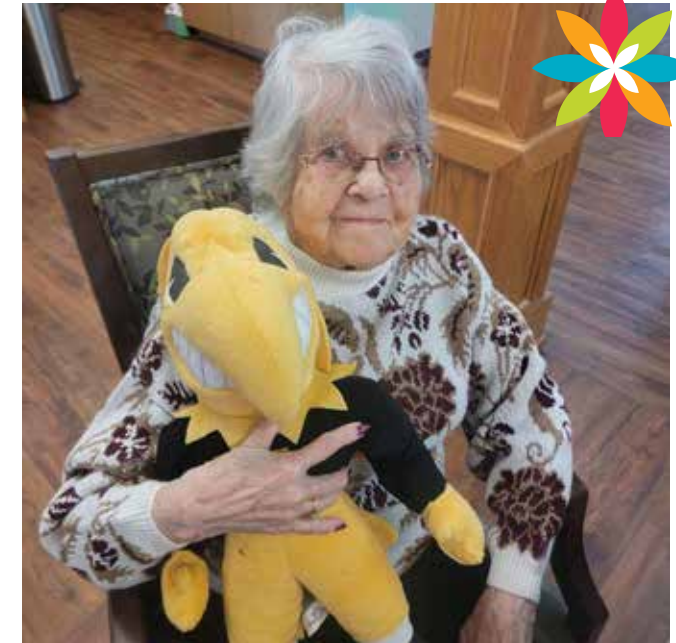
REALITY According to the Susan G. Komen foundation, although there has been some debate, there is no scientific evidence to show that having either saline or silicone breast implants increases a woman's cancer risk. In fact, an analysis that combined the results from 10 studies found no increase in breast cancer risk among women with breast implants. Standard mammograms don't always work as well on these women, however, so additional X-rays are sometimes necessary.

MYTH 7 | Your father's family cancer history doesn't affect your risk

REALITY When evaluating family history, the male side definitely counts. A history of breast cancer in a close male relative (father, brother or uncle) can boost your risk. A history of prostate cancer in one or more immediate relatives (father or brother) may also raise the odds, especially if the prostate cancer was found at a young age. Although the connection between a family history of prostate cancer and breast cancer is unknown, possibilities include shared lifestyle factors or gene mutations. New research also suggests obesity changes the genetic signature (which are genetic regulators of gene expression) in the father's sperm, and that this genetic information is then carried to his daughter's breast tissue before she's born.

MYTH 8 | Wearing an underwire bra increases your breast cancer risk

REALITY There is no scientific evidence to support this rumor. It was partly fueled by the self-published 1995 book Dressed to Kill, in which a husband-and-wife medical anthropology team claimed that women who wore tight-fitting bras had a greater chance of developing breast cancer than those who went lingerie-less. In fact, bras do not block the drainage of lymph fluid from the bottom of the breast, as the book claimed.



sign up
for the
following
October
activities:

OCT 2 | Scenic Drive
OCT 3 | Community Concert
OCT 5 | Allen's Apple Orchard
OCT 6 | Podiatrist
OCT 7 | Shopping at Hy-vee
OCT 12 | Breakfast at Oscars
OCT 14 | Shopping at Aldis

OCT 16 | Scenic Drive
OCT 19 | Shopping at Fareway
Barts Farm
OCT 23 | Scenic Drive
OCT 27 | CR Hearing Center
OCT 28 | Shopping at Walmart
OCT 30 | Scenic Drive

Don't miss other enriching activities such as

Best Pie in Town • Caramelicious • Oktoberfest • Life Long Learning
Mind Benders • Tailgate Parties • Made by my Hands



8

DESPITE AWARENESS CAMPAIGNS AND COUNTLESS NEWS ARTICLES, MISCONCEPTIONS ABOUT RISKS, PREVENTION, DETECTION AND TREATMENT



— BY ADAM VOORHES —

MYTHS — AND THE TRUTH — About Breast Cancer

The pink ribbon has been a recognized symbol of breast cancer support and awareness since the early 1990s.

Breast cancer is ubiquitous — and scary. The odds of a woman in the United States developing breast cancer in her lifetime are 1 in 8, according to the American Cancer Society.

But how much do you really know about the disease's risk factors, treatments, and prevention and detection methods? Here, we debunk eight common myths.

MYTH 1 | If you're at risk, there's not much you can do but watch for signs

REALITY There are some breast cancer risk factors that you have no control over, like your age and family history. But there are lifestyle habits you can embrace that can significantly reduce your odds, including getting more sleep, eating well, exercising regularly and maintaining a healthy weight. "Breast cancer risk is linked to increased levels of estrogen, and fat tissue produces excess amounts of it," says Joseph A. Sparano, M.D., associate chairman at the Department of Oncology at Montefiore Medical Center in the Bronx. (For more about reducing risk factors, see "Fight Back Against Breast Cancer.")

MYTH 2 | Most breast lumps are cancerous

REALITY "Although it's important for you to see a doctor as soon as possible if you find something unusual in one of your breasts, most breast lumps are not cancerous," says Debbie Saslow, director of breast and gynecologic cancer at the American Cancer Society. And it doesn't mean you have the disease if your doctor orders a biopsy, which is a procedure that typically involves inserting a thin, hollow needle connected to a syringe into a suspicious lump and removing fluid and tissue for further examination. In fact,

according to the American Cancer Society, most biopsy results are benign. Still, the only way to know for sure is to remove and test tissue from the suspicious area.

MYTH 3 | Lumps are the only sign of breast cancer

REALITY Skin irritation or dimpling, nipple pain or having a nipple turn inward, swelling in the armpit, or any change in the size, contour, texture or temperature of the breast can also be a warning sign. A reddish, pitted surface like the skin of an orange could be a symptom of advanced breast cancer. Unusual discharge from the nipple that may be clear, bloody or another color is usually caused by benign conditions but could also be due to cancer.

MYTH 4 | Needle biopsies can disturb cancer cells and spread them to other parts of the body

REALITY Not true. Despite previous concerns, a 2004 analysis of more than 2,500 breast cancer patients from the Austrian Sentinel Node Biopsy Study Group in Vienna found no tumor cell spreading after a biopsy.

MYTH 5 | Wearing deodorant increases risk

REALITY The National Cancer Institute reports there's no conclusive evidence linking the use of antiperspirants or deodorants and the development of breast cancer. Some studies have shown a possible association. For example, in a 2004 study, parabens — chemicals used as preservatives in some antiperspirants — were found in 18 of 20 breast tumor tissue samples. Still, the study didn't prove that parabens caused the tumors. Other research suggests that aluminum-based compounds that are applied frequently near the breast may be absorbed by the skin and cause estrogen-like effects. Breast cancer risk is linked to increased levels of estrogen.



Peace During Discontent

Living in this broken world that surrounds us, the future looks very unpredictable. With all of this current upheaval how can we be content in our circumstances and remain at peace. It's not uncommon to feel discontentment when we cannot control our situation.

The apostle Paul is a good example of how to find peace through adversity. In 2 Corinthians 11: 23-28 Paul writes, "...I have worked much harder, been in prison more frequently, been flogged more severely, and been exposed to death again and again. Five times I received from the Jews the forty lashes minus one. Three times I was beaten with rods, once I was pelted with stones, three times I was shipwrecked, I spent a night and a day in the open sea, I have been constantly on the move. I have been in danger from rivers, in danger from bandits, in danger from my fellow Jews, in danger from Gentiles; in danger in the city, in danger in the country, in danger at sea; and in danger from false believers. I have labored and toiled and have often gone without sleep; I have known hunger and thirst and have often gone without food; I have been cold and naked. Besides everything else, I face daily the pressure of my concern for all the churches."

Now, if you think that was enough to struggle with Paul goes on to say in 2 Corinthians 12:7-20, "...Therefore, in order to keep me from becoming conceited, I was

given a thorn in my flesh, a messenger of Satan, to torment me. Three times I pleaded with the Lord to take it away from me. But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong."

Finally Paul talks about pressing on toward the goal when he says in Philippians 3:10-14, "I want to know Christ — yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, and so, somehow, attaining to the resurrection from the dead. Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."

Through our own personal struggles in life we can have hope and faith to finally see our life becoming eternal through our Lord and Savior Jesus Christ.



Popcorn and Movie:

The theme of this month's movies are, of course the fall season as well as Halloween! Don't worry, none of these movies will cause you nightmares!

OCT 3 • Bridges Of Madison County

OCT 9 & 10 • Green Book

OCT 16 & 17 • Practical Magic

OCT 23 & 24 • The Sixth Sense

OCT 30 & 31 • Hocus Pocus

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Please remember that this calendar could change weekly.

We will post updated activity schedules at the front desk and elevators.

REMINDER:

Sign up for activities highlighted in yellow
Activities in red are lead by tenants

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



3

9:00 AM Comm. Baptist Church – FL
10:30 AM St Joseph's Catholic Church – FL
1:30 PM Bingo – FL
2:00 PM Community Concert
Ticket holders
2:30 PM Dominoes – L
2:45 PM Popcorn & Movie: Bridges of Madison County – FL

4

8:30 AM Catholic Rosary – L
9:00 AM Exercise – FL
10:00 AM Mind Benders: Trivia – FL
10:00 AM Book Club – L
1:30 PM Made by my hands: Fall Wreaths – L
2:15 PM Caramelicious – FL
3:15 PM A Little Afternoon Humor – L

5

8:45 AM Early Bird Meditation & Stretches – FL
9:15 AM Church Services – FL
10:00 AM Allen's Apple Orchard
1:30 PM Bingo – FL
2:30 PM Dominoes – L
3:00 PM Afternoon on the Path – FL

6

9:00 AM Exercise – FL
10:15 AM Lug a Mug – ML
1-3 PM Podiatrist
1:15 PM Afternoon Cards 500 – FL
1:30 PM Communion – L
2:45 PM SP Oktoberfest – FL

7

8:45 AM Shopping Trip: Hy-vee
10:00 AM Apple Tasting – FL
2:00 PM Food Council – FL
3:15 PM Lifelong Learning: Mummy's – FL
6:15 PM Bingo with Collette – FL

8

9:00 AM Exercise – FL
10:00 AM Bible Study – L
1:15 PM Call of Duty – FL
2:00 PM Happy Hour: Shannon Johassen
3:15 PM Pre-dinner – FL

9

9:00 AM Exercise – FL
10:00 AM Adult Coloring – L
3:00 PM Tailgate Party – FL
Iowa vs Penn State
6:15 PM Popcorn & Movie
Green Book (after football game) – FL

10

9:00 AM Community Baptist Church – FL
10:30 AM St Joseph's Catholic Church – FL
1:30 PM Bingo – FL
2:30 PM Dominoes – L
2:45 PM Popcorn & Movie: Green Book – FL

11

8:30 AM Catholic Rosary – L
9:00 AM Exercise – FL
10:00 AM Mind Benders: Trivia Pursuit – FL
10:00 AM Book Club – L
1:30 PM Made by my hands: Rock Photos – L
2:15 PM Ladies Tea – FL
3:15 PM Can You Picture This – L

12

8:45 AM Early Bird Meditation & Stretches – FL
9:15 AM Church Services – FL
10:00 AM Outing: Oscars Restaurant
1:30 PM LaLa Ladies – FL
2:30 PM Dominoes – L
3:00 PM Bingo – FL

13

9:00 AM Exercise – FL
10:15 AM Lug a Mug – ML
1:30 PM Communion – L
1:30 PM Afternoon Cards 500 – FL
2:45 PM Magic Potion Mixer – FL

14

8:45 AM Shopping Trip: Aldi
10:00 AM Morning Walk on Path – BP
1:30 PM Lifelong Learning: Old Wives Tales – FL
2:30 PM A Chemical Reaction – FL
3:30 PM Summit Pointe Escape Room – L
6:15 PM Bingo – FL

15

9:00 AM Exercise – FL
10:00 AM Bible Study – L
1:15 PM Driving Range – BP
2:00 PM Happy Hour: David Poggenklaus
3:15 PM Pre-dinner – FL

16

9:00 AM Exercise – FL
10:00 AM Adult Coloring – L
10:00 AM Scenic Drive
2:30 PM Tailgate Party – FL
Iowa vs Purdue
6:15 PM Popcorn & Movie
Practical Magic (after football game) – FL

17

9:00 AM Community Baptist Church – FL
10:30 AM St Joseph's Catholic Church – FL
1:30 PM Bingo with Ben – FL
2:30 PM Dominoes – L
2:45 PM Popcorn & Movie: Practical Magic – FL

18

8:30 AM Catholic Rosary – L
9:00 AM Exercise – FL
10:00 AM Mind Benders: Giant Sudoku – FL
10:00 AM Book Club – L
1:30 PM Made by my hands: Pumpkin Carving/decorating Contest – L
2:30 PM Best Apple Pie in Town – FL
3:15 PM Decorate for Halloween – FL

19

8:45 AM Shopping Trip: Fareway
9:15 AM Church Services – FL
10:00 AM Getting to know you – L
1:30 PM Bingo – L
2:30 PM Dominoes – L
2:45 PM Outing: Bart's Farm

20

9:00 AM Exercise – FL
10:15 AM Lug a Mug – ML
1:30 PM Communion – L
1:30 PM Afternoon Cards Euchre – FL
2:00 PM Chef Demo – FL
3:15 PM Penny Ante – FL

21

FLU SHOTS: NO MORNING ACTIVITIES
1:30 PM Bonnie & Mike – FL
6:15 PM Bingo – FL

22

9:00 AM Exercise – FL
10:00 AM Bible Study – L
1:15 PM Driving Range – BP
2:00 PM Happy Hour: Harold Gray
3:15 PM Pre-dinner – FL

23

9:00 AM Exercise – FL
10:00 AM Adult Coloring – L
2:00 PM Scenic Drive
6:15 PM Popcorn & Movie
The Sixth Sense – FL

24/31

9:00 AM Comm. Baptist Church – FL
10:30 AM St Joseph's Catholic Church – FL
1:30 PM Bingo with Ben – FL
2:30 PM Dominoes – L
2:45 PM Movie: The Sixth Sense – FL
9:00 AM Comm. Baptist Church – FL
10:30 AM St Joseph's Catholic Church – FL
1:30 PM Bingo with Ben – FL
2:30 PM Dominoes – L
2:45 PM Movie: Hocus Pocus – FL

25

8:30 AM Catholic Rosary – L
9:00 AM Exercise – FL
10:00 AM Mind Benders: Scabble – FL
10:00 AM Book Club – L
1:30 PM Made by my hands: Copper Pumpkins – L
2:30 PM Men's Coffee – FL
3:00 PM Do you Believe in Ghosts? – FL

26

8:45 AM Early Bird Meditation & Stretches – FL
9:15 AM Church Services – FL
10:00 AM Making Halloween Costumes – FL
1:30 PM Bingo – FL
2:30 PM Dominoes – L
2:45 PM Gourd Bowling

27

9:00 AM Cedar Rapids Hearing Center
9:00 AM Exercise – FL
10:15 AM Lug a Mug – ML
1:30 PM Communion – L
1:30 PM Afternoon Cards 500 – FL
2:30 PM What is this Feast? – FL
3:15 PM Fall Scents – L

28 Tenant Trading Post

8:45 AM Shopping Trip: Walmart
10:00 AM Staff Halloween hosted by Esther
1:30 PM Lifelong Learning: Famous Hauntings – FL
3:00 PM SP Halloween Party
5:15-6 PM Trunk or Treat – FL

29

9:00 AM Exercise – FL
10:00 AM Bible Study – L
1:15 PM Day of the Dead: History – BP
2:00 PM Happy Hour: Darlene's Accordion
3:15 PM Resident Council – FL

30

9:00 AM Exercise – FL
10:00 AM Adult Coloring – L
2:00 PM Scenic Drive
6:15 PM Popcorn & Movie
Hocus Pocus – FL