



3 Keys to Fitness Success

For maximum benefit, the NIA recommends fitting in these types of exercise weekly:

Flexibility

I “The very easiest exercises are stretching and flexing, and they tend to become more important as people get older,” Ewing Garber says. “[Seniors] tend to have range of motion problems in their joints. These exercises maintain the ability to get around and enjoy your life.” Practices such as yoga or Pilates can improve flexibility; many gyms also offer stretching exercise programs designed for seniors. Try to do some simple stretches, such as these recommended by the NIA, every day.

American Council on Exercise Medical Exercise Specialist Chris Gagliardi also advises doing easy exercises that help maintain and improve your balance. These can be as simple walking backwards and then sideways, and, with your feet together, lifting your heels off the floor and balancing on your toes. “The reality is that we all normally lose some balance and agility as we age,” he explains. “Exercises that promote good balance help maintain your mobility and reduce the risk of falls.”

Strength

2 “Strong muscles are very important to daily living, whether you’re getting out of a chair or carrying groceries,” Ewing Garber says. “Strength training can reduce the rate at which your bones become weaker. If you have a little more muscle around the bone and you fall, it could help prevent a fracture.”

A long-term study of more than 3,600 seniors published in June 2014 in The American Journal of Medicine also suggests that maintaining muscle mass can lengthen life. The study subjects with the most muscle mass were less likely to have died from any cause during a 10- to 16-year follow-up period than other study subjects. In addition, muscle mass was a more important predictor of longevity than body mass index, which is an estimate of how much body fat a person has.

Try to perform strength exercises on your major muscle groups at least twice a week for 30-minute sessions, focusing on your upper body one day and your

lower body on another day. Begin with simple exercises that use your body as a weight, such as squats, which strengthen your legs, and wall push-ups, which strengthen your upper body. A good place to start is with the free strength-training program Growing Stronger, developed for older adults by Tufts University and CDC experts.

Endurance

3 Getting your heart rate up can benefit your entire body and make it easier for you to perform just about any everyday activity. You should try to engage in moderate-intensity endurance or aerobic exercise for at least 30 minutes nearly every day. If 30 minutes at a time seems difficult, start with 10 minutes and build up to three times a day. Brisk walking, swimming, biking, wheelchair rolling, sweeping, skating, and dancing all count as aerobic exercise.



Fun Facts: snow According to thoughtco.com it is generally safe to eat snow or use it for drinking or for making ice cream, but there are some important exceptions. If the snow is lily-white, you can safely ingest it. BUT, if the snow is colored in any way, you'll need to stop, examine its color, and understand what it means.

LUNCH BUNCH Chipotle

Sign up for lunch bunch and we will be catering in Chipotle. Please remember all sign ups should pay \$5 to join this lunch.

OUT FOR LUNCH

Weather permitting, we will taking a lunch trip to Applebees, Edith & Lucille and the BarrelHouse. BarrelHouse is a NEW dining facility that just opened in Marion—they are HOPING to be open for lunch by the 27. If not, we will reschedule that visit.

EXERCISE

We have now made exercise available 6 days a week. We will be executing specific exercises focusing on different parts of the body and a variety of measures—balance, strength, flexibility.

MEN'S GROUP

will be hosted by our maintenance director Dennis Higgins. Join him on January 12 & January 26 for take a moment to get to know him and other men at Summit Pointe.

Life ENRICHMENT SCHEDULED ACTIVITIES

As a kind reminder I would like to take a moment to remind everyone on what happens to activities in specific scenarios

1 | Weather—we will definitely still take the bus out in the snow HOWEVER if its blowing (making seeing difficult), too cold (LE Staff will decide temp), or if it slippery outside we will reschedule outings.

2 | If no one signs up by the deadline, that outing will be canceled. Deadlines maybe 24 hours before the event UNLESS otherwise posted.

3 | The receptionist will call the night before to confirm you are still planning on attending the outing.

4 | If COVID or the flu is at risk of spreading through the building. We will refrain from gathering as a group and will move to Hallway activities.

A special calendar will be passed out in addition to the regular calendar and newsletter informing of which activities take place during this time.

Celebrations!

Tenant Birthdays

JANUARY 1

Edith Moorhead
Waneta Beasmore
Rose Blok

JANUARY 2

Virginia Beaner

JANUARY 4

Carolyn Heitz
Ruth Anne Petrak

JANUARY 10

Kaye Feddern

JANUARY 18

Bill Walters
Mary Mann

JANUARY 22

Joyce Wicks

JANUARY 23

Robert Hart

JANUARY 26

Patricia Draeger

JANUARY 31

Richard Fleming

Staff Birthdays

JANUARY 9

Sara Longfellow

JANUARY 31

Collette

Staff Anniversaries

JANUARY 18

Terrie Winslow
5 years with Summit Pointe

JANUARY 22

Keiya Stephens
1 year with Summit Pointe



14 | Rain is recorded at the highest point of Greenland's ice sheet | In what experts warned was yet another harbinger of global climate change, rain fell in Greenland's Summit region, approximately two miles above sea level, for the first time since observations began in the 1980s. Temperatures rose above freezing in August, causing rain to fall for several hours, according to the U.S. National Snow and Ice Data Center.

15 | El Salvador becomes the first country to make Bitcoin a national currency | El Salvador passed a law in September adopting Bitcoin as legal tender, alongside the U.S. dollar. The move was met with doubt among many Salvadorans who are skeptical of Bitcoin's inherent volatility. Financial experts have voiced concerns that the cryptocurrency could bring further economic instability to El Salvador and encourage money laundering.

16 | Dapper Dan becomes the first Black designer to receive the CFDA's lifetime achievement award | The Council of Fashion Designers of America announced in September that Daniel Day, known as Dapper Dan, would receive its 2021 lifetime achievement award. Dapper Dan is widely known for introducing luxury fashion to the hip-hop world in the 1980s through his shop in Harlem. He is the first Black designer, as well as the first designer who has not had a solo runway show, to win the award.

17 | An ocean drone captures the first footage inside a major hurricane | The unmanned vessel steered into the heart of Hurricane Sam, a Category 4 storm packing winds of more than 120 miles per hour, in September. Researchers from Saildrone, which makes oceanic research drones, and the National Oceanic and Atmospheric Administration hope that the data collected will help them better understand how hurricanes intensify.

18 | SpaceX launches the first all-civilian crew into space | Jared Isaacman, the billionaire chief executive of Shift4 Payments, led the Inspiration4 mission to raise money for St. Jude Children's Research Hospital. The SpaceX Crew Dragon capsule and its four-person crew orbited Earth for three days with no professional astronauts onboard.

19 | France recalls ambassadors to the United States for the first time in the alliance's history | President Biden announced in September that the United States would share closely guarded submarine propulsion technology with Australia — a rare move widely thought to be a countermeasure against China's looming influence in the Asia-Pacific region. Just before this deal was made, Australia reneged on a prior agreement to purchase conventional submarines from France. In protest, France, which was not informed of the deal, angrily recalled its ambassadors in the United States for the first time in its long diplomatic history with the country, which started in 1778.

20 | Sales of zero-emission vehicles surpass diesel sales in Europe | In September, electric vehicles outsold diesel vehicles for the first time in Europe, according to The European Electric Car Report. While analysts predict it may be a blip for now, partly because of persistent global supply chain woes, they say they have seen a fundamental shift toward zero-emission technology.

21 | A Filipino is awarded the Nobel Peace Prize in a first for her country | The journalist Maria Ressa was co-awarded the 2021 Nobel Peace Prize for her enterprising reporting in the Philippines on President Rodrigo Duterte's controversial strongman tactics in the war on drugs. She is the first Filipino Nobel laureate and won the award alongside Russia's Dmitry Muratov, the editor of the newspaper Novaya Gazeta, which is known for its critical reporting on the Kremlin.



Stay Active, Healthy, and Strong
in 50s, 60s, 70s, and Beyond

No matter your age, it's never too late to stay vibrant and improve your heart health, strength, balance, and mobility by maintaining an active lifestyle.

We all know that exercise is a key component of good health. But some people think that the older we get the more we should slow down to prevent injury and accidents.

Nothing could be further from the truth. According to the Centers for Disease Control and Prevention (CDC), physical activity offers older men and women significant benefits, including helping to control arthritis and maintain healthy bones, stamina, and muscle strength, all of which help prevent falls. It also reduces the risk of dying from heart disease, colon cancer, and type 2 diabetes.

Physical activity may even improve your memory. One study of 120 older adults without dementia, funded by the National Institute on Aging (NIA), found that moderate aerobic exercise increased the size of the hippocampus (a part of the brain that plays a role in memory) and improved spatial memory, which allows you to recall where things are located on both a short- and long-term basis.

You may wonder, though, if you can really manage a fitness routine at your age. You may think that you're too out of shape, too sick, or simply too tired to give it a go. Sure, your body may have changed over the years, but there's no question that you can become stronger, more agile, and healthier than you are today. If you have a chronic condition or haven't had a physical in years, check with your doctor first. They can tell you if you are able to do any activity you want or if you need to stick to certain activities that are safe for you.



21 Things That Happened for the First Time in 2021

Surprising and serious events and trends noted for the first time ever this year.

- 1 | An African woman leads the World Trade Organization** | Ngozi Okonjo-Iweala made history in March by becoming the first African and the first woman to serve as director-general of the World Trade Organization. Ms. Okonjo-Iweala was also the first woman to serve as finance minister in her native Nigeria, a position she held twice.
- 2 | A purely digital artwork sells at auction for millions** | “Everydays: The First 5000 Days,” by the artist Mike Winkelmann, also known as Beeple, was auctioned for \$69.3 million at Christie’s. The photo collage was the first NFT, or nonfungible token, artwork to be offered by a major auction house. The sale also marked the first time that Christie’s accepted cryptocurrency as a form of payment.
- 3 | An autonomous drone was deployed to attack humans, the U.N. says.** | A drone may have autonomously hunted down and killed human targets in Libya, according to a U.N. report. A Kargu-2 drone, manufactured by a Turkish military contractor, was deployed in March in an area where the U.N.-sanctioned transitional government and soldiers of Khalifa Haftar, the de facto leader of the Libyan National Army, were fighting. Though remote-controlled drone warfare has long been in existence, this would be the first recorded instance of artificial intelligence being given free rein to find and kill human targets.
- 4 | A Dutch museum permanently features women artists.** | For the first time in its two-century history, the Rijksmuseum in Amsterdam hung three 17th century paintings by women artists. Works by Judith Leyster, Gesina ter Borch and Rachel Ruysch are now on permanent display in the area reserved for the museum’s most prized Dutch masterpieces, including Rembrandt van Rijn’s “The Night Watch.”
- 5 | A human brain wirelessly connects to a computer.** | In a possible breakthrough for those with spinal cord injuries, scientists at Brown University fully connected a human brain to a computer via a transmitter device. Trial participants with paralysis were able to move robotic limbs by simply imagining their movements.
- 6 | NASA’s Perseverance rover makes oxygen on Mars.** | An instrument called MOXIE — or Mars Oxygen In-Situ Resource Utilization Experiment — aboard the Perseverance rover successfully converted some of the Martian atmosphere, which is composed mostly of carbon dioxide, into oxygen. While the technology is still in its early stages, it could help make future human missions to the Red Planet a reality.
- 7 | The world’s largest jewelry brand releases its first lab-created diamond collection.** | Pandora announced it would stop using mined

diamonds in its jewelry and introduced its first synthetic stones. The Pandora Brilliance collection has already debuted in Britain and is expected to hit other markets in 2022. The company cited affordability and customer demand for ethically sourced and environmentally responsible materials as reasons for the shift.

8 | Mexico elects the country’s first transgender lawmakers. | María Clemente García and Salma Luévano made history in Mexico as the first openly transgender lawmakers elected to the country’s lower house of Congress. Both members of President Andrés Manuel López Obrador’s governing party have pledged to tackle poverty and address issues concerning the L.G.B.T.Q. community.

9 | Tibet debuts its first bullet train. | The \$5.6 billion electric railway line went into service in June, connecting the Tibetan capital of Lhasa to the city of Nyingchi. The 250-mile line snakes through 47 tunnels and 121 bridges. Given Tibet’s high altitudes — most of the line is about 3,000 meters (about 9,840 feet) above sea level — the train is equipped with an automated system that maintains oxygen levels inside its cars.

10 | National Geographic cartographers recognize the world’s fifth ocean. | On World Oceans Day, the National Geographic Society officially recognized the swift current encircling Antarctica as the Southern Ocean. The organization, which has been publishing maps and atlases since 1915, has drawn up a new map that acknowledges the body of water, which scientists and researchers for years have distinguished as separate from the Atlantic, Pacific, Indian and Arctic oceans.

11 | Richard Branson becomes the first private citizen to enter space in his own spaceship | In a huge step toward making astrotourism a reality, the Virgin Galactic founder won the billionaire space race, rocketing into the July sky aboard the supersonic SpaceShipTwo, a winged spacecraft developed by his company. Nine days later, Jeff Bezos, the founder of Amazon and Blue Origin, joined the billionaire space club in his own rocket, New Shepard.

12 | Astronomers see light coming from behind a black hole | Light may not be able to escape a black hole, but for the first time, astronomers observed light bending behind one — 800 million light years away from Earth. This finding, detailed in the journal Nature, once again confirmed Albert Einstein’s theory of relativity.

13. | The world’s first 3-D-printed school opens in Malawi | The world’s first 3-D-printed school opened its doors in July in Malawi. The school was built by 14Trees, a joint venture between a British development firm and a Swiss company that specializes in building materials. Organizers hope that the quick and affordable technology can help address the severe shortage of schools in the country.

Christian Corner

January

“Do not dwell on the past, leave the former things behind. Behold, I am doing a new thing.” ISAIAH 43:18-19

Most of the time, I love the beginning of the new year. It feels like a blank slate, a collection of endless possibilities, with new opportunities around every corner. Throughout the month of January. I love to set goals and make plans for the upcoming months. But this year, I’m not feeling that excitement like I have in the past. This year, I am fighting off the fear that 2022 might hold more of the chaos and trails that came our way in 2020 and 2021. This time, I feel the temptation to be nervous instead of excited.

The last few years have been difficult for many reasons. Perhaps you too are approaching this new year with hesitancy. What is coming next? Will things get worse? But God’s admonition to His people over and

over again in His Word is “do not fear!” As followers of Christ, we can dare to hope even when things in the past haven’t been good and believe that God is still working, still moving and doing something brand new.

As we begin 2022, I am asking God to help me remember that our Heavenly King is not dictated by the world’s worries. I can leave the past behind and look towards the future because of God’s constant goodness. We serve a God who is rolling up His sleeves, always ready to bring beauty from ashes. So let’s approach this year with anticipation, gladness and excitement, ready to see what amazing things our God has waiting for us.

with

UP & COMING SPORTING EVENTS!

HAWKEYE BASKETBALL SCHEDULE

- JANUARY 3** | Maryland vs Iowa in Iowa City
JANUARY 6 | Wisconsin vs Iowa in Wisconsin
JANUARY 13 | Indiana vs Iowa in Iowa City
JANUARY 19 | Rutgers vs Iowa in NJ
JANUARY 22 | Penn State vs Iowa in Iowa City
JANUARY 29 | Purdue vs Iowa in Iowa City

HAWKEYE WRESTLING SCHEDULE

- JANUARY 2** | Hawkeye Open | 11am
JANUARY 37 | Minnesota at Iowa City | 8pm
JANUARY 9 | Purdue at Iowa City | Time TBD
JANUARY 14 | Northwestern at Illinois | Time TBD



SUPERBOWL LVI 2022

FEBRUARY 13

Who will be facing who in the SuperBowl this year??!!

WINTER OLYMPICS IN BEIJING

FEBRUARY 4-20

January's Movie Picks

Gabrielle's Choice

Grab your popcorn and a friend and join us in the Fireside lounge
Saturday movies start at 1pm
Sunday movies start at 6pm

JANUARY 8 AND 9
Blindside

JANUARY 15 AND 16
Great Debaters

JANUARY 22 AND 23
Stranger than Fiction

JANUARY 29 AND 30
Big Fish

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



2022 January



Summit Pointe Senior Living

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 Rm
SP = Summerset

1

HAPPY New Year

2

9:00 AM First Presbyterian Church – FL
10:30 AM St Joseph's Catholic Church – FL
1:30 PM Bingo – FL
2:30 PM Dominoes – L
6:00 PM Movie Night: Black Beauty – FL

3

8:30 AM Rosary – L
9:00 AM Upper Body Exercise – FL
10:00 AM Book Club – L
10:00 AM Trivial Pursuit – FL
1:00 PM Ladies Tea – FL
2:00 PM Snowman Craft – L

4

9:00 AM Shopping Trip: Salvation Army
9:30 AM Church Services – FL
1:00 PM Lifelong Learning: Braille – FL
2:30 PM Dominoes – L
3:00 PM Yoga Exercise – FL

5

9:00 AM Yoga Exercise – FL
10:00 AM Lug A Mug – FL
1-3 PM Podiatrist
1:00 PM Maintenance Council – FL
1:30 PM Communion – L
2:00 PM Bingo – FL

6

9:00 AM Shopping Trip: Fareway
11:00 AM Applebees – FL
2:00 PM Food Council
3:00 PM Band Exercises – FL
6:15 PM Bingo – FL

7

9:00 AM Lower Body Exercise – FL
10:00 AM Bible Study – L
1:00 PM Friendly Feud – FL
2:00 PM Happy Hour with Bonnie & Mike – FL

8

9:00 AM Exercise – FL
10:00 AM Coloring – L
1:00 PM Movie: The Blindside – FL

9

9:00 AM First Presbyterian Church – FL
10:30 AM St Joseph's Catholic Church – FL
1:30 PM Bingo – FL
2:30 PM Dominoes – L
6:00 PM Movie Night: The Blindside – FL

10

8:30 AM Rosary – L
9:00 AM Weight Exercise – FL
10:00 AM Book Club – L
10:00 AM Get to Know You – FL
1:00 PM Learn to Draw – FL
2:00 PM Let's Go On Vacation – L

11

9:00 AM Shopping Trip: Walmart
9:30 AM Church Services – FL
1:00 PM Name that Instrument – FL
2:30 PM Dominoes – L
3:00 PM Lower Body Exercise – FL

12

9:00 AM Bicycle Exercise – FL
10:00 AM Men's Group with Dennis – 3rd Floor
10:00 AM Snowflake Craft – FL
1:00 PM Play with Clay – FL
1:30 PM Communion – L
2:00 PM Bingo – FL

13

9:00 AM Friendly Feud – FL
9:30 AM Casino with Randy
10:00 AM Ladies Tea – L
11:00 AM Lunch Bunch: Chipotle
2:00 PM Chef Demo – FL
3:00 PM Weight Exercises – FL
6:15 PM Bingo – FL

14

9:00 AM Boxing Exercise – FL
10:00 AM Bible Study – L
1:00 PM Science Experiments – FL
2:00 PM Happy Hour with Larry Jensen – FL

15

9:00 AM Exercise – FL
10:00 AM Coloring – L
1:00 PM Movie: The Great Debaters – FL

16

9:00 AM First Presbyterian Church – FL
10:30 AM St Joseph's Catholic Church – FL
1:30 PM Bingo – FL
2:30 PM Dominoes – L
6:00 PM Movie Night: The Great Debaters – FL

17

8:30 AM Rosary – L
9:00 AM Yoga Exercise – FL
10:00 AM Book Club – L
10:00 AM Hot Chocolate and Reminiscing – FL
1:00 PM Snowman Building Competition

18

9:30 AM Church Services – FL
10:15 AM Bracelet Making – FL
2:00 PM Bird Watching – FL
2:30 PM Dominoes – L
3:00 PM Boxing Exercise – FL

19

9:00 AM Upper Body Exercise – FL
10:00 AM Mad Libs – FL
1:00 PM Embroidery – FL
1:30 PM Communion – L
2:00 PM Bingo – FL

20

9:00 AM Shopping Trip: Aldis
11:00 AM Edith & Lucille
1:00 PM Trivial Pursuit – FL
3:00 PM Lower Body Exercises – FL
6:15 PM Bingo – FL

21

9:00 AM Lower Body Exercise – FL
10:00 AM Bible Study – L
1:00 PM Cards – L
2:00 PM Happy Hour with Zach & Emily – FL

22

9:00 AM Exercise – FL
10:00 AM Coloring – L
1:00 PM Movie: Stranger Than Fiction – FL

23

9:00 AM First Presbyterian Church – FL
10:30 AM St Joseph's Catholic Church – FL
1:30 PM Bingo – FL
2:30 PM Dominoes – L
6:00 PM Movie: Stranger Than Fiction – FL

30

9:00 AM First Presbyterian Church – FL
10:30 AM St Joseph's Catholic Church – FL
1:30 PM Bingo – FL
2:30 PM Dominoes – L
6:00 PM Movie Night: Big Fish – FL

24

8:30 AM Rosary – L
9:00 AM Bicycle Exercise – FL
10:00 AM Book Club – L
10:00 AM Bracelet Making – FL
1:00 PM Murder Mystery Party – FL

31

8:30 AM Rosary – L
9:00 AM Lower Body Exercise – FL
10:00 AM Book Club – L
10:00 AM Social Hour – FL
1:00 PM Manicures
3:00 PM Penny Ante

25

9:00 AM Shopping Trip: Dollar Tree
9:30 AM Church Services – FL
1:00 PM Riddle Me This – FL
2:30 PM Dominoes – L
3:00 PM Weight Exercise – FL

26

9:00 AM Bicycle Exercise – FL
10:00 AM Men's Group with Dennis – 3rd Floor
10:00 AM Learn to Draw – FL
1:30 PM Communion – L
2:00 PM Bingo – FL

27

9:00 AM Shopping Trip: Home Goods
11:00 AM Barrelhouse
1:00 PM Yoga Exercise – FL
3:00 PM Resident Council
6:15 PM Bingo – FL

28

9:00 AM Yoga Exercise – FL
10:00 AM Bible Study – L
1:00 PM Magnet Making – L
2:00 PM Happy Hour with Janet Lieb – FL

29

9:00 AM Exercise – FL
10:00 AM Coloring – L
1:00 PM Movie: Big Fish – FL