



Christian Corner

By Selah Ulmer

“With God all things are possible.”

Matthew 19:26

With

In 1777, American General Philip Schulyer sent a message to his wife, Kitty, asking her to burn the crop fields in their Albany estate. The British were advancing towards their land, and he wanted to make sure their army was not able to access any sort of food supply. Bravely, Kitty returned to their country home and burned everything to the ground, leaving nothing for the coming enemy. Though this may not seem to be an action of significance, her seemingly small efforts had an incredible effect. Because of her, neighborhoods also burned their crops and the tired and hungry British army found nothing when they arrived. Her courageous act was later praised to be a turning point in the war and declared one of the specific events that led to the American victory. A simple act of courage became an event that turned the course of history.

God’s kingdom is a lot like that. It is easy to think that we couldn’t do anything “big” for God, that we couldn’t be part of anything significant. But God loves to use the small and unexpected things to make the biggest impact. You never know what He might do through your obedience to reach out to those who are hurting, through the prayers that you pray, the testimony you give, the cards that you write, or anything else He may call you to do. We serve a big God who uses seemingly small things to change the course of history. He is a God who multiplies our efforts and does the impossible. So be encouraged! Who knows what He might do through you today. All we have to do is to follow His lead.

Around the Pointe



2022

June

Summit Pointe
Senior Living



BLUE ZONES

Life Choices, It's All About Living



FROM: MAINTENANCE

Just a friendly reminder that the maintenance team will be gathering with you for a monthly clinic. The first clinic will be held June 6th. If you have questions about how to use your remote or any other common questions for Maintenance, Meet the team for coffee Monday, June 6!

FROM: HOUSEKEEPING

Thank you for your patience as we got caught up with apartments after being sick. The last thing we wanted was to leave any work undone and we apologize for having to be away. BUT we're back and ready to help make your home clean and comfortable!

FROM: MARKETING

I am looking for two or three volunteers for the month of June to help welcome a couple of new tenants. Every month I will ask for 2 new volunteers to invite new tenants to meals and activities. Let me know if you'd like to help in June!

And don't forget that Summit Pointe has a family-friend referral program?

It's pretty simple, you give Kayla a name, number and address of the person you are referring, IF THEY ARE NOT in our database and should they move in, you receive \$500 the month they do move in!

Talk to Kayla if you have any questions about this program!



FROM THE NURSING DEPARTMENT

It's been great seeing everyone take in some of the warm sun! We love seeing you get some fresh air outside and soaking in that vitamin D. As the weather starts to shift from the warm spring air to hot summer days BE SURE TO DRINK YOUR FLUIDS. Stay hydrated with non-caffeinated beverages...that's right, we said non-caffeinated, that means you need to drink MORE than just your cups of coffee! Make use of the drink station in the front lobby and enjoy a cool glass of water.



WHAT'S HAPPENING IN YOUR MARION COMMUNITY?

Marion's Farmer's Market is BACK!

8AM-11AM every Saturday through June.

Uptown Marion Market will be held in city square June 11, 8am-noon

The schedule for Uptown Getdown is available for August, every Thursday a live performance will take place at city square!

The Summit Pointe Family is intentionally enhancing the lives of everyone.



Celebrations! Tenant Birthdays

JUNE 5

Janice Hikiji

JUNE 6

George Follmer

JUNE 7

Harold Hikiji

JUNE 15

Keith Hall

JUNE 23

Shirley Dick

JUNE 25

Virginia Forest

Staff Birthdays

JUNE 15

Sivi Power

JUNE 23

Ariella Hearn

Staff Anniversaries

JUNE 8

Dazsa Aldona

june ACTIVITIES

There are lots of new and returning activities for the month of May! We encourage everyone to give the activities a try and you might be surprised at what you find you enjoy!

Morning Brew

Every Monday at 9am we will hold a coffee group, each week it will be hosted by a different member of the Summit Pointe team. This is a great opportunity to get to know staff & management. Ask questions about SP goals, give suggestions or just have a good time in conversation!

Let's Stay Physical

It is important to "keep moving" through the week. Let's stay physical is a great group that provides some exercise activity in a fun manner. Join us for table tennis, shuffle board and yard darts!

Walkie Talkies

This group is an opportunity for neighbors & tenants to get to know each other! We will meet in the lobby **every Tuesday before lunch at 10:15am**, we will then partner up and take a nice stroll around the building before sitting down to lunch. It's going to be a beautiful month, let's get out and get some fresh air!

If it rains, we will still meet in lobby and take a stroll through the hallways.

Rise & Shine Brain Stretches

It's not just our bodies that needs to be exercised, it's important that we are also exercising our brains. This group is designed to make you think a little bit. Don't worry, there are different levels to this group. Join us **every Wednesday morning**.



affects approximately 200,000 Americans under the age of 65.

After her initial evaluation, the testing came back inconclusive. It wasn't until she had a PET scan and a lumbar puncture (or spinal tap) that she was diagnosed with mild cognitive impairment due to early-onset Alzheimer's disease at the age of 51 this past January.

"It was pretty devastating," Sulgit recalls.

It all started in the summer of 2021, when she realized that she was having trouble enunciating words. It was tough "finding the words I was looking for," she says. "I was also feeling some occasional confusion, and that was new for me."

So she made an appointment with her doctor. Though Sulgit's father died with dementia, causing her to feel "hyper-aware of such changes," she almost canceled her appointment multiple times. She thought it was all probably due to the pandemic; it was stress that was causing her symptoms.

The news came as a shock. "Frankly, I was surprised. I was expecting there to be nothing wrong, or a diagnosis of frontotemporal dementia," Sulgit says, which tends to occur at a younger age than Alzheimer's. It's also the type of dementia her father had.

Sulgit has tried to stay positive. "Life is still very good. I remain hopeful that while a cure may not be found in my lifetime, there's lots to live for and meaningful experiences to be had," she says. She enjoys reading, gardening and volunteering, and she's thankful she's able to continue her work as a pastor. "My faith plays a large role in offering comfort and hope," she says.

She has also applied to participate in a clinical trial at West Virginia University's Rockefeller Neuroscience Institute. "It gives me access to medical treatments I wouldn't be able to receive otherwise, and I hope it will slow the progress of the disease," she says. And even if it doesn't help her, she adds, "I know it will give researchers information that will help others."

"I know what the letter K looks like ... but I can't remember how to draw it"

Daniel Miller, 59, Charleston, West Virginia

For Dan Miller, the first thing to go was his typing. The 59-year-old retired procurement analyst and grandfather of two also had difficulty remembering names.

"I also started having trouble putting on my clothes, backwards," the West Virginia resident remembers. He wondered if it was late-onset dyslexia. "And I was told there is no such thing."

At first, Miller's primary care physician dismissed his symptoms as "age-appropriate, maybe arthritis," he says. But that all changed when he brought up his handwriting.

"Finally, I told the doctor, 'You don't understand. I know what the letter K looks like. I know it when I see it. But I can't remember how to draw it,'" he says.

That's when his doctor sent him to a specialist who ordered an MRI (magnetic resonance imaging test). Miller says it took over two years, "maybe as [many] as three years," just to get a diagnosis. Like Jobe's, it was PCA.

"My wife has to drive, because the day I got diagnosed they also told me to stop driving," he says. "That's a major part of independence that I've kind of lost now."

Since his retirement, Miller has focused on his recovery. He believes it's important to advocate for yourself to get the best care possible, including access to potential treatments and clinical trials. And to anyone who may be putting off that doctor's visit, he says, "Be a little assertive, and make sure you explain everything with as much detail as you can."

"I showed up at the wrong airport"

Bart Brammer, 72, Old Hickory, Tennessee

"I was starting to confuse my dates, my hotels, my rental cars, my airplanes," says Bart Brammer, 72, a former corporate trainer who had a 30-year career in automotive manufacturing.

His travel-heavy work schedule had him visiting three locations in a typical week. "I showed up at the wrong airport. I showed up at the wrong training site. I showed up a day early," he remembers.

But he didn't go to the doctor. He thought his issues were caused by stress, his busy schedule or working too hard.

It wasn't until he had a stroke at age 70 that things changed. While he was in recovery, managing a stutter and memory loss, his doctor ordered a PET scan. The imaging test revealed that he had early-stage Alzheimer's, and dementia was setting in.

Though planning for this "quick absence of mind" has been difficult, Brammer says, what's even more challenging is not being able to plan for the future. If someone asks what he's doing on July 4th — not this year, but next — he doesn't have an answer. "I can't think that far ahead because of the fear I may not be around. And there's no way of knowing," he says.

Brammer kept his diagnosis a secret for six months, mostly because he was so worried about the stigma. "Some people with Alzheimer's are living in absolute fear," he says. "They've just pretty much crawled inside their shell and said, 'OK, that's all there is. There's no more. This is how it's gonna be.'"

Eventually, though, he was able to share what he was going through. Now he can see the positive side: He feels less urgency in his life, and with that, less stress.

"I appreciate the time that I have a lot more than I did," Brammer says.

In the past, he would ask himself, What's the next thing? What am I doing next? Where am I going next? What's the next truck? What's the next boat? "That's all disappeared," he says. "I'm actually living for today. And I'm in the moment."

He's slowly learned that "attitude is everything." If you work hard to have the right mindset — and it can be exhausting at times — you can hold on to your independence a bit longer. "I'm tickled to death to wake up in the morning, and I thank God for every day," he says.



What Dementia Feels Like

Grappling with a dementia diagnosis can bring on an array of emotions, shifting among fear, anxiety, dread and more. Approximately 5.8 million Americans are living with dementia — a cluster of symptoms that can rob a person of their ability to think, remember and reason — and everyone's experience is different.

The years following a diagnosis are often painfully brief: Individuals with Alzheimer's disease, the most common form of dementia, live an average of four to eight years after being diagnosed, though people can live with the disease for up to two decades as it progresses from mild to more severe stages (there are five total). And the day-to-day can feel complex.

"I can drift in and out of stage 1, stage 2, stage 1, or not at all," says Bart Brammer, 72, who was diagnosed with Alzheimer's at age 70. "My memory can be focused, and I can tell you my history teacher's name. And then later on that day, I can't tell you who I'm running into in the parking lot that I've known for years."

After grieving and processing his diagnosis, Brammer realized that his days weren't getting progressively worse. While

some mornings are a slog, others feel full of energy and possibility.

People with dementia are finding the courage to face their future, doing the hard work of making their own decisions — and trying to enjoy life, too. Here are four of their stories.

"The words would not come out right"

Deb Jobe, 56, Lake Saint Louis, Missouri

Deb Jobe first knew something was wrong when she began finding her work as a customer service manager more difficult than usual.

In her early 50s, she was uncharacteristically blanking during presentations. "The words would not come out right — the word would be in my brain, but the wrong word would come out," Jobe recalls. "And it was such a challenge for me to learn new things. I had to ask questions over and over again."

At first, Jobe thought stress was to blame. But then her husband, Jon, also started noticing that she seemed different. She was repeating conversations and having difficulty remembering things. Sometimes she wouldn't remember a conversation at all.

"He finally said, 'You know what, Deb, something's wrong with you. Something's not right,'" she remembers. That's when they went to the doctor. Her primary care physician "took it seriously," Jobe says, and didn't brush off her symptoms as signs of menopause. (Some women report issues with brain function, or "brain fog," when going through menopause.)

She visited a local neurology clinic to undergo testing, including a PET (positron emission tomography) scan, a type of imaging test. "It did not come back good at all," she says. Neither did the other tests, which "hit me very hard," she remembers.

At the age of 53, Jobe was diagnosed with posterior cortical atrophy (PCA), a rare form of Alzheimer's disease that affects the part of the brain responsible for spatial perception, complex visual processing, spelling and calculation.

"I just clearly remember sitting there at the doctor's office ... and hearing that finality of the dementia diagnosis, looking at the status on the paper. I felt like my entire world crumbled," she says. "It was the very first time I broke down, really, in tears, gut-wrenching tears. It just felt like it's real. This is real. It's happening."

The first six months were the most difficult. Jobe wasn't able to keep her job, and breaking the news to friends wasn't easy. Some stayed by her side. Others didn't.

"It's hard when you watch some people fade from your life," says Jobe, who now serves as a member of the Alzheimer's Association's Early-Stage Advisory Group. "But I think that cognitive-based therapy and the Alzheimer's Association made a difference for me, because I had people to lean on and to talk to."

Though there have been challenges — she no longer drives, and one time she added an extra zero on a check — the disease has brought something to her life that was never there before.

"All of a sudden, I have this artistic ability," she says. It started slowly, with adult coloring books. Now she sketches and works on more complex pieces. "I look at [my art] and I'm like, 'This came out of me' ... So how fascinating is that? I think that's extremely positive."

Her advice to others: Early intervention is key. "Go to the doctor, get the testing done," Jobe says. "If you don't catch it earlier and you don't take those first steps, you may be giving up years of having a better quality of life and extending [your] independence."

"I was feeling some occasional confusion"

The Rev. Clare Sulgit, 51, St. Marys, West Virginia

At first, doctors weren't sure whether Clare Sulgit, a United Methodist Church pastor and mother of three adult stepchildren, had early-onset dementia, a diagnosis that, according to the Alzheimer's Association,

Whittling

Whether you are a beginner or experienced, we have a fun project for you...don't worry about tools, Summit Pointe has everything you'll need. This beginners wood whittling group will **meet twice in June**. The first time to discuss the process, and hand out the tools. Then we'll meet later in May to see how our projects are coming.

Back Patio Music and Snacks

Join us under the pergola on the back patio for some oldies but good-ies music, good friends and a variety of snacks! This group meets every **Wednesday at 3pm**.

Just for the Fun of it!

Join the activities department for a Summit Pointe Family Game Day: **Most Thursdays at 2pm** during the month of June, join your SP friends and family for a fun time of playing games.

Spa Day

Kaysi will be back for Massages **one or two Fridays during the month of June**. Unfortunately, we have to wait for her schedule...so be on the look out for sign up sheets!

sign up activities

June 2 | Podiatrist

June 2 | Depart for Fareway | 8:30am

June 7 | Depart for Noelridge Green house | 9:30am

June 9 | Depart for Hy-Vee

June 14 | Depart for Fishing Trip | 8:00am

June 16 | Depart of Aldi's | 8:30am

June 21 | Depart for Bever Park | 8:30am

June 23 | Dollar General | 8:30

June 28 | Farmers daughter | 8:30

June 30 | Aldi's | 8:30



FROM: THE SALON

Nancy Kurt Phone: 319-360-8386

Kelly Banes Phone: 319-320-5667

Monday	Tuesday	Wednesday	Thursday	Friday
Closed	12:00pm-4:00pm with Nancy	9:00am-3:30pm with Kelly	9:00am-12:00pm with Kelly 12:00pm-4:00pm with Nancy	12:00pm-4:00pm with Nancy



Give a warm welcome to our May new tenants!

Nancy Stoppels

Patricia Jackson

Judy Hull

Nancy McMann and her dog Dillon



For all you baseball lovers, here's the Cubbies May schedule!

June 1 • 7:05pm
vs MIL Brewers

June 3 & 4 • 1:20pm & 6:15pm
vs Cardinals

June 7 • 7:05pm
vs Orioles

June 10 & 12 • 6:05pm & 12:35pm
vs Yankees

June 14 & 16 • 7:05 & 1:20pm
vs Padres

June 18 • 1:20pm
vs Braves

June 20 • 6:05pm
vs Pirates

June 24 • 7:15pm & 1:15
vs Cardinals

June 29 • 7:05pm
vs Reds

FOUR INDIVIDUALS DISCUSS THE EARLY STAGES, INCLUDING SOME OF THE FIRST SYMPTOMS THEY EXPERIENCED.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>Summit Pointe Senior Living</div> <div>JUNE 2022</div>			1 9:00 AM Rise & Shine Brain Stretches – FL 10:00 AM Elite Fitness w/Tim – FL 1:00 PM Technology Assistance – FL 1-3 PM Podiatrist 1:30 PM Communion – L 1:00 PM Beginners Whittling – FL 2:00 PM Dominoes – L 3:00 PM Back Patio Snacks & Music – BP	2 8:30 AM Depart for Fareway 10:00 AM Elite Fitness w/Tim – FL 3:00 PM Social Hour w/Esther– FL/ Outside 6:15 PM Bingo – FL	3 9:15 AM Hymns with Ben and his Saxophone – FL 10:00 AM Bible Study – L 10:30 AM Mind & Body – FL 2:00 PM Happy Hour w/Bonnie and Mike – Dining Room	4 9:00 AM Exercise (Boxing) – FL 10:00 AM Coloring – L 2:00 PM Dominos – L 6:00 PM After Dinner Mingle on the Back Patio
5 10:30 AM First Presbyterian Church – FL 10:30 AM St Joseph’s Catholic Church – FL 1:30 PM Bingo – FL 6:00 PM Movie	6 9:00 AM Rosary – PD 9:00 AM Coffee with Maintenance 10:00 AM Elite Fitness w/Tim – FL 1:15 PM Book Club – L 2:00 PM Dominos – FL (clean up for life enrichment)	7 9:30 AM Tour of Noelridge Green House 9:30 AM Church Services – FL 10:00 AM Circle of Hymns – ML 10:15 AM Walkie Talkies-Walking Group – Lobby 2:30 PM Dominoes – L 3:00 PM Card Club – 3rd Flr 3:00 PM Bingo – FL	8 9:00 AM Rise & Shine Brain Stretches – FL 10:00 AM Elite Fitness w/Tim – FL 1:00 PM Vitals/Blood Pressure Clinic – FL 1:30 PM Communion – L 2:00 PM Dominoes – L 3:00 PM Back Patio Snacks & Music – BP	9 8:30 AM Hy-Vee 10:00 AM Elite Fitness w/Tim – FL 10:30 AM Make Blankets – FL 2:00 PM SP Family Game Day: Guestures – FL 3:00 PM Social Hour – FL/Outside 6:15 PM Bingo – FL	10 Massage w/ Kaysi 9-11 9:15 AM Hymns with Ben and his Saxophone – FL 10:00 AM Bible Study – L 10:30 AM Mind & Body – FL 2:00 PM Happy Hour w/Terry McCauley – Dining Room	11 9:00 AM Exercise (Cycling) – FL 10:00 AM Coloring – L 2:00 PM Dominos – L 2:30 PM Virtual Visit to Taiwan 6:00 PM After Dinner Mingle on the Back Patio
12 10:30 AM First Presbyterian Church – FL 10:30 AM St Joseph’s Catholic Church – FL 1:30 PM Bingo – FL	13 9:00 AM Rosary – PD 9:00 AM Coffee with Melinda – FL 10:00 AM Elite Fitness w/Tim – FL 1:15 PM Book Club – L 2:00 PM Dominos – FL	14 8:00 AM Fishing Trip 9:30 AM Church Services – FL 10:00 AM Circle of Hymns – ML 10:15 AM Walkie Talkies-Walking Group – Lobby 1:30 PM LaLa Ladies 2:30 PM Dominoes – L 3:00 PM Card Club – 3rd Flr 3:00 PM Bingo – FL	15 9:00 AM Flower Bouquets – FL 10:00 AM Elite Fitness w/Tim – FL 1:00 PM Ladies Tea – FL 1:00 PM Beginners Whittling – FL 1:30 PM Communion – L 2:00 PM Dominoes – L 3:00 PM Back Patio Snacks & Music – BP	16 8:30 AM Depart to Aldi’s 10:00 AM Elite Fitness w/Tim – FL 10:30 AM Finish Blankets – FL 1:00 PM Bird Watching Club 3:00 PM Social Hour – FL/Outside 6:15 PM Bingo – FL	17 9:15 AM Hymns with Ben and his Saxophone – FL 10:00 AM Bible Study – L 10:30 AM Mind & Body – FL 2:00 PM Happy Hour w/Janet Lieb – Dining Room	18 9:00 AM Exercise (Walk Around Summit) – FL 10:00 AM Coloring – L 6:00 PM After Dinner Mingle on the Back Patio
19 <i>Father’s Day</i> 10:30 AM First Presbyterian Church – FL 10:30 AM St Joseph’s Catholic Church – FL 1:30 PM Bingo – FL	20 9:00 AM Rosary – PD 9:00 AM Coffee with Natalia – FL 10:00 AM Elite Fitness w/Tim – FL 1:15 PM Book Club – L 2:00 PM Dominos – FL	21 8:30 AM Bever Park-Old McDonald Farm 9:30 AM Church Services – FL 10:00 AM Circle of Hymns – ML 10:15 AM Walkie Talkies-Walking Group – Lobby 1:00 PM Music with Tom – FL 2:30 PM Dominoes – L 2:30 PM Bingo – BW 3:00 PM Card Club – 3rd Flr	22 9:00 AM Rise & Shine Brain Stretches – FL 10:00 AM Elite Fitness w/Tim – FL 10:30 AM Beginners Whittling – FL 1:30 PM Communion – L 2:00 PM Dominoes – L 3:00 PM Back Patio Snacks & Music – BP	23 8:30 AM Depart to Dollar General 10:00 AM Elite Fitness w/Tim – FL 10:30 AM Garden Art – FL 1:00 PM Tenant Council – FL 1:30 PM Millennium Therapy – FL 2:00 PM SP Family Game Day Trivial Pursuit – FL 3:00 PM Social Hour – FL/Outside 6:15 PM Bingo – FL	24 Massage w/Kaysi 9-11 9:15 AM Hymns with Ben and his Saxophone – FL 10:00 AM Bible Study – L 10:30 AM Mind & Body – FL 2:00 PM Happy Hour w/ Larry Jensen – Dining Room	25 9:00 AM Exercise (Cycling) – FL 10:00 AM Coloring – L 2:00 PM Dominos – L 6:00 PM After Dinner Mingle on the Back Patio
26 10:30 AM First Presbyterian Church – FL 10:30 AM St Joseph’s Catholic Church – FL 1:30 PM Bingo – FL	27 9:00 AM Rosary – PD 9:00 AM Coffee with Nursing-FL 10:00 AM Elite Fitness w/Tim – FL 1:15 PM Book Club – L 2:00 PM New Tenant Meet & Greet – FL 2:00 PM Dominos – L	28 8:30 AM Farmer’s Daughter Market 9:30 AM Church Services – FL 10:00 AM Circle of Hymns – ML 10:15 AM Walkie Talkies-Walking Group – Lobby 2:00 PM Bingo – BW 2:30 PM Dominoes – L 3:00 PM Card Club – 3rd Flr	29 10:00 AM Elite Fitness w/Tim – FL 1:00 PM Ladies Tea – FL 1:30 PM Communion – L 2:00 PM Dominoes – L 3:00 PM Back Patio Snacks & Music – BP	30 8:30 AM Depart to Aldi’s 10:00 AM Elite Fitness w/Tim – FL 10:30 AM Garden Art – FL 1:00 PM Bird Watching Club with Lela – FL 3:00 PM Social Hour – FL/Outside 6:15 PM Bingo – FL	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. REMINDER: Sign up for activities highlighted in yellow Activities in red are lead by tenants	