Christian Corner By Selah Ulmer

There is a Season

"For I, the Lord, do not change. So you, O children of Jacob, are not destroyed." Malachi 3:6.

in Iowa is experiencing all four seasons. Winter, spring, summer and fall all show up each year, though sometimes out of order.

As the summer comes to a close, I can't help but think of the changing seasons. In what seems like just a blink of an eye the seasons change. Sticky, hot summer days turn to brisk, chilly fall evenings, barbecues and fireworks become pumpkin patches and apple cider around a bonfire, and lazy days at the swimming pool become Friday nights at the football stadium.

Just as the seasons of the year change, so do the seasons of life. A season of peace quickly turns to one of trials, seasons of hard work turn to prosperity, seasons of sadness turn to seasons of joy. The

book of Ecclesiastes in the Bible talks about this phenomenon. Ecclesiastes chapter 3:1 says this: "For Something I have always appreciated about living everything there is a season, and a time for every purpose under heaven." The chapter goes on to list many of the seasons that we all experience in life; grief and hope, of quiet and speaking out, building and breaking, of war and peace.

> Life is dynamic; constantly changing and throwing new opportunities and challenges our way. But the one thing that stays the same is God. His love for us is constant, never fading and never changing. No matter what season we are in now, what season we have been in and what season we are about to enter, God has been, is and will always be there with us. Though everything around us may change, He never will. We can have peace today, no matter what season we are in, because God is with us both now and forevermore.









FROM **MARKETING** Celebrating Summer!

> I hope you all enjoyed the Sundaes on Sunday through the month of July! It was great seeing everyone socialize outdoors, and I KNOW we were all grateful for the nice weather, FIVE SUNDAYS IN A ROW!

Our August event will take place on August 20 from 1pm-3pm. Just like the pizza event, this is opened to the public. So please invite your family and invite your friends!

"Corn" is the theme of the August event. The afternoon we will have sweet corn from Knight's Farm and "George's Jazz Group" will be performing.

REMINDER

Every first Wednesday of the month you can sign up to have the podiatrist trim your toenails. Just go to the activities book near the front desk. The podiatrist will then take the list and go to your apartment between the times of 1-3pm. Don't forget most insurance policy only cover this visit once every 3rd month.

The nursing team will be taking tenant vitals if you want it on Wednesday, August 10 at 1pm.





sign up activities

August 2 | Fareway

August 3 | Podiatrist

August 4 | Veterans Memorial Window/Newbo Market August 23 | Dollar Tree

August 9 | Hy-vee August 11 | Bowling

August 14 | Wine & Flower Festival

August 16 | Walmart

August 18 | Outing - TBD

August 25 | Golf

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

Celebrations! Tenant Birthdays

AUGUST 2

Eugene "Gene" Novak

AUGUST 3

Brenda Greazel

AUGUST 4

John McQuillen

AUGUST 8

Ann Kula

AUGUST 10

JoAnn Dunlop

AUGUST 13

Marianne Mickle

AUGUST 14

Don Rees

AUGUST 18

Lloyd Sodawasser

AUGUST 27

Jim Neal Winn

AUGUST 29

Jayne Burnham

Staff Birthdays

AUGUST 1

Joseph Tauber

AUGUST 3

Frankie Stoffer

AUGUST 6

Silvena Cammareri

AUGUST 22

Mariah Barrette

AUGUST 20

Tom Biondo Katelyn Klostermann

AUGUST 23

Gavin Howk-Erwin

AUGUST 28

Benjamin Dolphin

AUGUST 29

Georgianna Manchester Kody Slife

Staff Anniversaries

Sivi Power | 1 years Tom Biondo | 2 years Evan Getta | 9 years

WELCO TO SUMMIT

Nurses Corner



Hello! My name is Jenni Burman and I'm excited to be joining the team at Summit Pointe. I have been a nurse for 15 years and truly love what I do. I've been married for 34 years, my husband's name is Drew, and we have an adult son, Rob. We moved back to the Cedar Rapids area from Florida in October 2021 following the birth of our new grandson, Beau. He is 18 months old now and we

adore him and are lucky to be able to be a part of his life. I enjoy gardening and crocheting, and as a family we love to go boating in the summer. I am looking forward to getting to know everyone and be a part of the Summit Pointe family.

Housekeeping



Hello everyone, I'm Brittany. I have 2 children age 4 and 2. I've been working in assisted living and long term care for 5 years, 2 as a CNA, 3 in housekeeping.

I have an lowa native, raised here in Marion. I enjoy swimming, kayaking, and going out to eat with family in my free time.

I look forward to being a part of the Summit Pointe team! Sincerely, Brittany

Environmental Director

My name is Jim Paul, the new Maintenance Director at Summit Pointe Senior Living. Most people call me JP and I respond best to this nickname.

I was born and raised in Lawler, IA; a small NE lowa farm community. I spent my formative years working on farms, milking cows, bailing hay, picking rock, and feeding hogs and cattle. Through these great experiences I learned the value of hard work, caring for animals, and a positive attitude.

After High School, I played college football at Ellsworth Community college and then transferred to the University of Northern Iowa, graduating in 1994 with a bachelor's degree in Criminology and Sociology.

I spent the first part of my career in the world of Corrections as a Correctional Officer, a State and Federal Probation Officer, and a Nuclear Security Officer. I have spent over 25 years in corrections, probation supervision, and security.

During the summers of my college years, I worked in construction and this lit an everlasting fire in my soul to build and fix almost anything. My wife and I practice these skills endlessly at our cabin rental business in DeSoto, WI, a family-owned business we purchased in 2020.

I am married to my wife Jo, together we have 4 adult children, 2 grandchildren and two spoiled Boxer dogs who are like our children.

I enjoy car maintenance, all kinds of DIY projects, boating, fishing, golfing and volunteering at our church. I am also an avid Chicago Cubs fan.

I look forward to meeting and working with the tenants at Summit Pointe, helping each of you in any way I can. I am looking forward to becoming a valuable part of the Summit Pointe team.

Thank you,

JF

Getting Started With Strength Training For Seniors

Strength exercises generally involve lifting or pushing weights "light weights like dumbbells, stretchy resistance bands or even common objects from your kitchen like cans of soup. Advantage to joining a fitness center or gym over working out at home is having the help of a fitness trainer and a virtually unlimited amount of weights or other equipment that you can use as you gain strength "though you might start out with as little as one-pound weights, you want to gradually increase the amount of weight you use as you progress.

Strength Training Hints

The goal is to do strength exercises for all of your major muscle groups on 2 or more days per week for 30-minute sessions each. Don't exercise the same muscle group on any 2 days in a row "muscles need the time off to recover from weight training, but you can still walk or do any type of cardiovascular exercise any day, including a strength-training day.

Here are other tips on strength training for seniors from the National Institute on Aging:

- Depending on your condition, you might need to start out using just 1- or 2-pound weights or no weight at all. Your body needs to get used to strength exercises
- Use a light weight the first week, then gradually add more weight. Starting out with weights that are too heavy can cause injuries.
- You need to challenge your muscles to get the most benefit from strength exercises, so gradually increase the weights you're using.
- How to tell if you're using too heavy or too light a
 weight. It should feel somewhere between hard and
 very hard for you to lift or push the weight, but you
 should be able to do 8 repetitions of the exercise in
 a row.
- A repetition, or rep, is one complete movement of an exercise, and a set is one group of reps. Aim to do a set of 10 to 15 repetitions for each exercise. You may not be able to reach that goal at first "just do as many as you can and build up over time.



• For each rep, take 3 seconds to lift or push the weight, hold the position for 1 second and take another 3 seconds to return to your starting position. Don't let the weight drop at the end of each rep "maintain control; returning it slowly is very important.

Working with Weights

You don't have to buy weights for strength exercises. All you need is something you can hold on to easily (for some exercises, you will need two equal "somethings"). You may be able to make your own weights from unbreakable household items:

- Fill a plastic milk jug with sand or water, cap it and tape the opening securely closed.
- Fill a sock with dried beans and tie up the open end.
- Use grocery items, such as bags of rice, vegetable or soup cans or bottled water.

Another option is to use resistance bands, stretchy elastic bands that come in several strengths, from light to heavy. To perform exercises with a resistance band, you wrap one end around each hand and then follow the specific directions.

"Get A Grip"

Get started with this simple strength exercise to improve your grip picking up and holding onto objects and opening jars.

Hold a tennis ball or a small rubber or foam ball in one hand. Slowly squeeze the ball as hard as you can and hold it for 3 to 5 seconds. Relax the squeeze slowly. Repeat 10 to 15 times, then repeat the same number of times with your other hand. Repeat the entire sequence one more time.

PAGE 2 PAGE 7

For Your **Health**

Senior Fitness:

Muscle Strength May Stave Off Alzheimer's And Other Health Issues

Seniors with weaker muscles appear to have a higher risk of developing Alzheimer's disease and mild cognitive impairment, as well as a more rapid rate of cognitive decline, according to researchers at Rush University Medical Center. "Our findings suggest that impaired muscle strength precedes the development of cognitive impairment in aging and may be an early clinical marker," said Patricia Boyle, PhD, a researcher in the Rush Alzheimer's Disease Center. "However, decreased strength may not be a true risk factor. Rather, loss of muscle strength may be the result of an underlying disease process that also leads to cognitive decline and clinical symptoms of Alzheimer's."

In addition to affecting cognitive functions, such as thinking, learning and memory, Alzheimer's is also associated with non-cognitive signs, such as impaired gait and other motor functions, depression and decreased grip strength. Dr. Boyle and her colleagues studied 970 older adults with the average age of 80 who did not have dementia at their initial evaluation involving 21 tests of cognitive function, neurologic exams and measurements of muscle strength in 11 muscle groups. During the follow-up period, which averaged 3.6 years after the initial assessment, each participant completed at least one additional evaluation. Over the study period, 14.2 percent of participants developed Alzheimer's disease. Individuals who ranked in the top 10 percent on muscle strength had about a 61 percent reduced risk of developing Alzheimer's disease compared with those in the bottom 10 percent. The researchers found a similar association between muscle strength and the risk of developing mild cognitive impairment, the earliest sign of Alzheimer's disease. That finding suggests that assessment of muscle strength may

be a useful clinical tool for early identification of individuals at risk for cognitive problems, who might benefit most from medical or other interventions, Boyle said.

The study also reported that the course of cognitive decline was more rapid in individuals with weaker muscle strength. Individuals who were stronger at the beginning of the study experienced a slower rate of decline. According to Boyle, the basis for the association between muscle strength and cognitive decline is likely complex. Possibilities include damage to the energy-producing mitochondria in the body's cells, which may contribute to loss of both muscle strength and cognitive function or decreased strength could result from stroke or other disorders of the central nervous system that may unmask subclinical Alzheimer's disease.

In addition to the possible link between cognitive function and strength, a lack of muscle strength impacts mobility and other types of function. That means that you will have a harder time doing everyday things, from getting up and down from a chair or bed to opening a jar.

According to the National Institute on Aging, even very small changes in muscle strength "muscle increases that may not even be visible in the mirror "can make a real difference in function, especially in people who have already lost a lot of muscle. Lower-body strength exercises in particular also will improve your balance, which helps prevent falling and its serious consequences.

















PAGE 6

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	9:00 AM Rosary – PD 9:00 AM Java and Jabber - FF 10:00 AM Scrabble and Steps – FL 12:45 PM Book Club – L 2:00 PM Manicures – PD 2:00 PM Dominos- CH 3:30 PM Elite Fitness w/Tim – FL	9:00 AM Fareway 9:00 AM Walkie Talkies -FF 10:00 AM Games — CH 1:00 PM Chair Kickboxing -FL 2:00 PM Bingo — FL 3:00 PM Ice Cream Sandwich Social — BP	9:30 AM Church Services — FL 10:00 AM Sing-Along -ML 1:00 PM Seed Art -FL 1-3PM Podiatrist 1:30 PM Communion -PD 2:00PM Dominos -CH 3:30 PM Elite Fitness — FL	Veterans Memorial Window and NewBo Market 10:00 AM Elite Fitness — FL 1:30 PM Bonnie and Mike — FL 2:00 PM Food Council 3:00 PM Bean Bag Toss — BP 6:15 PM Bingo-FL	9:00 AM Purl Jam — FL 10:00 AM Bible Study — L 1:00 PM Summit Scrapbook-FL 2:00 PM Happy Hour and Terry McCauley — DR 3:00 PM Wii Sports — FL	9:30 AM Saturday Stretch-FL 10:00 AM Coloring and Conversation -L 1:00 PM King and Queen of Hearts — CH 2:00 PM Dominos -CH 6:00 PM After dinner mingle on the Patio – BP
9:00 AM First Presbyterian Church — FL 10:30 AM St Joseph's Catholic Church — FL 1:30 PM Bingo — FL 3:00 PM Garden Club — BP 6:00 PM Documentary — FL	9:00 AM Rosary – PD 9:00 AM Java and Jabber - FF 10:00 AM Scrabble and Steps – FL 12:45 PM Book Club – L 2:00 PM Fancy Feet – PD 2:00 PM Dominos- CH 3:30 PM Elite Fitness w/Tim – FL	9:00 AM Hy-Vee 9:00 AM Walkie Talkies -FF 10:00 Games — CH 1:00 PM Chair Tap Dancing 2:00 PM Bingo — FL 3:00 PM Sunflower Social — BP	9:30 AM Church Services — FL 10:00 AM Sing-Along -ML 1:00 PM Stepping Stones Art -FL 1:00 PM Vitals 1:30 PM Communion -L 2:00 PM Dominos - CH 3:30 PM Elite Fitness — FL	10:00 AM Elite Fitness — FL 1:00 PM Bowling 2:00 PM FamousFaces-FL 3:00 PM Kerplunk-BP 6:15 PM Bingo — FL	9:00 AM Purl Jam – FL 10:00 AM Bible Study – L 1:00 PM Summit Scrapbook-FL 2:00 PM Stone Age Social – BP 3:00 PM Name That Movie - FL Massage Therapy with Kaysi 9-11am Sign up in the book!	9:30 AM Saturday Stretch-FL 10:00 AM Coloring and Conversation-L 1:00 PM King and Queen of Hearts - CH 2:00 PM Dominos -CH 6:00 PM After Dinner Mingle on the Patio - BP
9:00 AM First Presbyterian Church — FL 10:30 AM St Joseph's Catholic Church — FL 1:30 PM Bingo — FL 3:00 PM Garden Club - BP 6:00 PM Documentary — FL	9:00 AM Rosary – PD 9:00 AM Java and Jabber - FF 10:00 AM Scrabble and Steps – FL 12:45 PM Book Club – L 2:00 PM Manicures – PD 2:00 PM- Dominos -CH 3:30 PM Elite Fitness w/Tim – FL	9:00 AM Walmart 9:00 AM Walkie Talkies 10:00 AM Games — CH 2:00 PM Bingo -FL 3:00 PM Peachy Keen Social — BP	9:30 AM Church Services – FL 10:00 AM Sing-Along -ML 1:00 PM Make A Basket -FL 1:30 PM Communion -L 2:00 PM Dominos- CH 2:00 PM Chef Demo -FL 3:30 PM Elite Fitness — FL	10:00 AM Elite Fitness w/Tim -FL 1:00 PM Friendship in A Flash -CH 2:00 PM Virtual Vacation -FL 3:00 PM Croquet — BP 6:15 PM Bingo-FL	9:00 AM Purl Jam — FL 10:00 AM Bible Study — L 1:00 PM Summit Scrapbook-FL 2:00 PM Happy Hour and Midnight Rider — DR 3:00 PM Wii Sports — FL	Summit Pointe Corn Fest 1-3pm on front patio 9:30 AM Saturday Stretch-FL 10:00 AM Coloring and Conversation -L 1:00 PM King and Queen of Hearts - CH 2:00 PM Dominos 6:00 PM After Dinner Mingle on the Patio - BP
9:00 AM First Presbyterian Church — FL 10:30 AM St Joseph's Catholic Church — FL 1:30 PM Bingo — FL 3:00 PM Garden Club -BP 6:00 PM Documentary — FL	9:00 AM Rosary – PD 9:00 AM Java and Jabber - FF 10:00 AM Scrabble and Steps – FL 12:45 PM Book Club – L 2:00 PM Dominos - CH 2:00 PM Fancy Feet – PD Character Herstory - FL 3:30 PM Elite Fitness w/Tim – FL	9:00 AM Dollar Tree 9:00 AM Walkie Talkies - FF 10:00 AM Games — CH 1:00 PM Drum Exercise - FL 2:00 PM Bingo — FL 3:00 PM Lemonade Social — BP	9:30 AM Church Services – FL 10:00 AM Sing-Along- ML 1:00 PM Lighthouse Centerpiece -FL 1:30 PM Communion - L 2:00 PM Dominos -CH 3:30 PM Elite Fitness — FL	Golf – Time TB 10:00AM Elite Fitness -FL 1:00 PM Tenant Council -FL 2:00PM Famous Faces -FL 3:00 PM Summer Birthdays Celebration and Yard Games- BP 6:15 PM Bingo-FL	9:00 AM Purl Jam – FL 10:00 AM Bible Study – L 1:00 PM Summit Scrapbook 2:30 PM Lobster & Lighthouses Activities- FL 4:00 PM Cape Cod Chow Down -DR	9:30 AM Saturday Stretch-FL 10:00 AM Coloring and Conversation -L 1:00 PM King and Queen of Hearts - CH 2:00 PM Dominos 6:00 PM After Dinner Mingle on the Patio - BP
9:00 AM First Presbyterian Church - FL 10:30 AM St Joseph's Catholic Church - FL 1:30 PM Bingo - FL 3:00 PM Garden Club -BP 6:00 PM Documentary - FL	9:00 AM Rosary – PD 9:00 AM Java and Jabber - FF 10:00 AM Scrabble and Steps – FL 12:45 PM Book Club – L 2:00 PM Manicures – PD 2:00 PM Dominos -CH 3:30 PM Elite Fitness w/Tim – FL	9:00 AM Target 9:00 AM Walkie Talkies -FF 10:00 AM Games — CH 1:00 PM Memorial Service -CH 2:00 PM Bingo -FL 3:00 PM State Fair Social — BP	9:30 AM Church Services – FL 10:00 AM Sing-Along -ML 1:00 PM Craft: Egg Carton Wreath-FL 1:30 PM Communion -L 2:00 PM Dominos - CH 3:30 PM Elite Fitness — FL	Summit Poi Senior Livin	nte ng 2022 SUST	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