

Christian Corner By Selah Ulmer

Let Us Pray

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Recently I heard a Christian song that was popular when I was a child. I remember listening to this song when I was around four or five, on the way to Vacation Bible School. When I heard it a few weeks ago, all of the words came rushing back and I could remember them as clearly as I did as a kid. This song is called Let Us Pray and is by Steven Curtis Chapman. Here are the words to the chorus:

"Let us pray, let us pray, everywhere in every way
Every moment of the day, it is the right time
For the Father above, He is listening with love
And He wants to answer us, so let us pray."

This song reminded me of the importance and simplicity of prayer. The book of Philippians tells us "not to be anxious about anything, but in everything, to present our requests to God." For we really do have a Father above, who is listening in love, ready to respond. When life is stressful, let us pray. When we need a miracle, let us pray. When our friends and family are hurting, let us pray. When we see the brokenness of the world, let us pray. When we are rejoicing, celebrating, hoping, let us pray. When we long for heaven and Jesus to return, let us pray. The song ends with this line: "Let us pray without end and when we finish start again, Like breathing out and breathing in, let us pray." Let's be people who pray about everything, who lift up requests to God so often and so easily that it is like breathing. For our Father has promised to hear and to answer.



Around the Pointe



Notes from Kayla in:

MARKETING

We have a few marketing events coming up...

May 11 — Coffee with the Fire Chief

May 16 — IPOST a nurse from St. Croix will be here to help you fill out an IPOST.

May 20 — Volunteers needed for the Great American Kite Event

May 25 — Memory Café-support and education group

These are all events that both Summit Pointe tenants are invited to attend as well as members from our community.



Notes from:

EXECUTIVE DIRECTOR MELINDA

Happy May Everyone,

I can't say enough how much I enjoy being at Summit Pointe. We are like a happy family, some of my favorite times is seeing how you all watch out for each other, it truly warms my heart.

In saying that, I want to repeat myself. If ever you have a concern or even a compliment in regards to services and staff, my door is always opened. Summit Pointe only wants the opportunity to grow in our service to you, your concerns and compliments allows us to learn from one moment to another.

Celebrations!

Tenant Birthdays

MAY 4

Darlene Sodawasser
Robert Dallas

MAY 8

Barbara Holt

MAY 20

Nancy Stoppels

MAY 28

Donna Rohrsen

Staff Birthdays

MAY 8

Jon Anderson-Ferrell

MAY 12

Julie Nunemaker

MAY 13

Abby Petersen

MAY 17

Mary McDaniel

MAY 19

Melinda Haley

MAY 21

Hannah Bomkamp

MAY 23

Shayla Comstock

MAY 27

Addison Bowlsby

Staff Anniversaries

1 YEAR

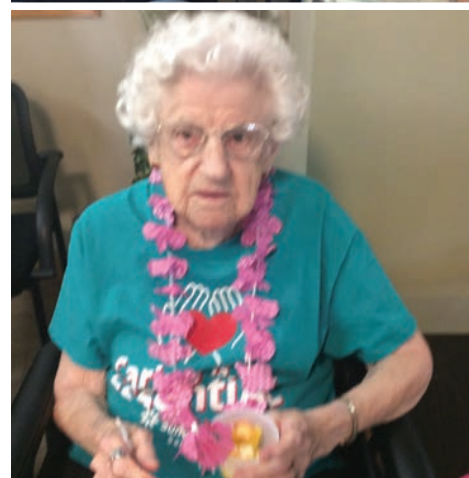
Zoe Canfield - MAY 17
Mariah Barrette - MAY 31

3 YEARS

Minea Aldana Fuentes - MAY 12

8 YEARS

Rebecca Dolphin - MAY 13



WHAT ARE THE FOUR TYPES OF MENTAL ILLNESS?

According to MedlinePlus some types of mental disorders are:

- › "Anxiety disorders, including panic disorder, obsessive-compulsive disorder, and phobias.
- › Depression, bipolar disorder, and other mood disorders.
- › Eating disorders.
- › Personality disorders.
- › Post-traumatic stress disorder.
- › Psychotic disorders, including schizophrenia."

WHAT IS THE COLOR OF MENTAL HEALTH AWARENESS MONTH?

Mental health awareness is represented by a green ribbon.

HOW TO OBSERVE MENTAL HEALTH AWARENESS MONTH

1. Take care of yourself

Life has numerous ups and downs. Some are solvable but others not so much. When your mental health acts up, seek the right treatment and make yourself better because, after all, life has much more to offer than just pain and suffering.

2. Take care of your loved ones

Check up on your friends and family. Many times, all people need is a shoulder to cry on and/or an ear to listen. Support and encourage them if they are being treated for any mental problems.

3. Talk about mental health

One of the best ways to celebrate Mental Health Awareness Month is by talking about it with your peers. The more you talk about it, the more normalized it will become. This is one of the aims of the month as the stigma attached to mental health has led to countless delays in treatment AND research on the matter.

WHY WE LOVE MENTAL HEALTH AWARENESS MONTH

1. It's a celebration of mental health

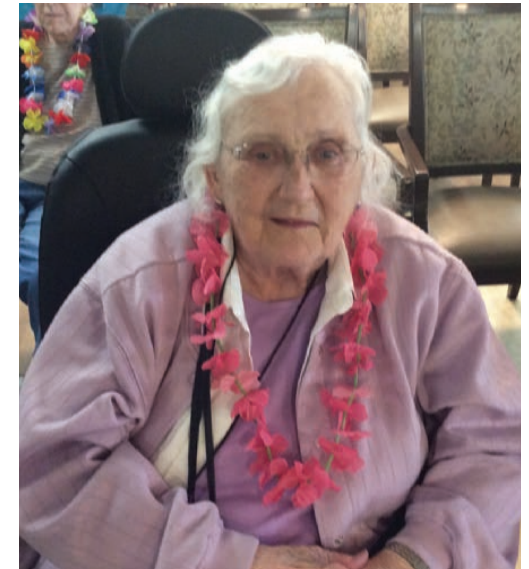
The only way to enjoy life to the fullest and experience all its wonders is if we take care of ourselves, mentally and physically. Don't shy away from talking about what's plaguing you because it might not be your fault, no matter how much society tells you otherwise.

2. It's a celebration of changing attitudes

We have come a long way from the times when mental patients were treated as outcasts, not only by their loved ones but also by medical professionals. Times have started changing and more and more people are changing their outlook on mental illnesses. However, we still have a long way to go.

3. It's a celebration of humans

We humans are a set of meticulously-put-together details. Our minds (and bodies) work in harmony to bring us amazing feats in technology, science, humanities, literature, etc. Our mental power, therefore, needs to be taken care of for a better tomorrow for the coming generations.





Awareness Lifestyle Mental Health

Mental Health Awareness Month Timeline

1909

Mental Health America Founded

Clifford Beers establishes the National Committee for Mental Hygiene, now known as Mental Health America.

1913

First Outpatient Clinic in the U.S.A.

Beers opens the Clifford Beers Clinic in New Haven, and it is the first outpatient clinic for mental health patients in the U.S.

1948

World Federation for Mental Health

The WFMH comes into existence, which is affiliated with numerous NGOs and volunteers.

2020

Mental Health in the Pandemic

Mental health is wealth, especially during Mental Health Awareness Month, which is celebrated in May. The stigma around mental health and treatment has long existed, even though this has started to change. Still, people hesitate to seek help or even talk about it with their loved ones for fear of being judged and facing unnecessary backlash. Simple logic dictates that if we are hurt anywhere, we must seek treatment to get better. This applies to both our mental- and physical well-being. While Mental Health Awareness Month is celebrated in the U.S., a more universal day is also celebrated by the WHO on October 10, and it is known as World Mental Health Day.

HISTORY OF MENTAL HEALTH AWARENESS MONTH

Mental Health Awareness Month was first celebrated in 1949. It was commemorated by the Mental Health America organization, which was then known as the National Committee for Mental Hygiene and then later as the National Mental Health Association before it got its current name. The association was founded by Clifford Whittingham Beers. Beers, who was born in 1876 in Connecticut, was one of five children in his family who all suffered from mental illness and psychological distress. All of them also went on to spend time at mental institutions and it was from his hospital admittance that he discovered that the mental health field had a notorious reputation for malpractice, maltreatment, and immense bias.

Beers went on to author "A Mind That Found Itself", which is a bestseller even today. Gaining popularity and support from

medical professionals, Beers founded the National Committee for Mental Hygiene. Beers and his colleagues at the association wanted to find ways to make sure that mental health patients not only received the right care but also did not feel alone in their fight against mental diseases.

Since 1949, each year, a theme is selected to be highlighted and celebrated throughout May. Recent years have seen themes like 'Do More for 1 in 4' (2011), 'B4Stage4' (2015), and 'Nature' (2021). During the month, various events are held that are covered by media and well-known figures like politicians and actors. Mental Health America also diligently releases a mental health toolkit for outreach activities.

During the COVID-19 pandemic's unprecedented times, Mental Health America chooses 'Tools 2 Thrive' as a theme to help people dealing with anxiety, stress, depression, etc. related to the pandemic.

MENTAL HEALTH AWARENESS MONTH FAQs

What are some mental health helpline numbers?

You can call 1-800-273-TALK (8255) or text 'MHA' to 741741. You can also visit the following websites for more information:

Mental Health America: <https://mhana-national.org/get-involved/contact-us>
Suicide Crisis Lines: https://en.wikipedia.org/wiki/List_of_suicide_crisis_lines

Suicide Prevention Lines: <https://suicidepreventionlifeline.org/talk-to-someone-now/>



Notes from:

NURSING

A big welcome back to Jenni B. Jenni is re-joining our nursing department as the Nurse Case Manager. Her main focus is servicing our current tenants. She is just excited as we are for her new return and new role at Summit Pointe.

Your new Director of Nursing comes to us with lots of experience working in both long term care and assisted living... a big welcome to Mary M. Mary officially started in mid-April, however if you were to ask any department leader, it feels like she's always been a part of team. She fits right in and we are more than happy to welcome her to our Summit Pointe family.

Their message to you this month is STOP BY AND SAY HI!

Mary's office is on the first floor to the left of the front desk. Jenni's office is on the second floor just past the laundry facility.

Notes from James at

Environmental services

MAINTENANCE — On May 15, we will start sprucing up the garden. We will bring in fresh dirt, clean out the leaves. Let your Life Enrichment Director know if there are needed supplies for the gardens.

You may have noticed that we fixed the broken raised garden boxes that the Boy Scouts of America built for us. We reinforced the bottoms with thicker wood and a few more screws.



Notes from Dustin in:

culinary

I hope everyone has been enjoying meal times!

For me cooking is a caring and nurturing act, the culinary staff and myself find it to be a gift to cook and serve you!

Recently, we had a tenant turn in a favorite recipe. If you have a recipe you'd like to look at, feel free to share it!

As a reminder, meal times are as follows:

Breakfast service starts at 7am and ends by 9am.

Lunch service starts at 11:15am and ends by 1pm. Doors open at 11am to allow tenants to visit.

Dinner service starts at 4:15pm and ends by 6pm. Doors open at 4pm to allow tenants to visit.

Notes from the:

FRONT DESK

We are excited to introduce Dana to our front desk team. At different points during the week you can find Esther, Julie, Dana and Frankie helping Summit Pointe and it's tenants stay organized and on time!

Notes from Natalya in:

Life enrichment

Jenni from nursing isn't our only return employee, Katelynn aka Katey is coming back to our Life Enrichment team. Katey last worked for Summit Pointe almost 2 years ago, unfortunately had to leave for personal reasons. We are ecstatic about her return!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>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</p>	<div>1<div>May Day</div><div>9:00 AM Rosary – PD 9:30 AM May Day Baskets– BP 10:00 PM Book Club – L 1:00 PM Activity Open Forum – FL 2:00 PM Dominoes – CH 2:15 PM May Day Around the world 3:30 PM M.A.C. Fitness with Kristy – FL 6:00 PM CR Community Concert</div></div>	<div>2<div>National Teachers Day</div><div>9:00 AM Walmart 1:00 PM Teachers Tea – FL 2:00 PM Are You Smarter Than a 5th Grader – FL 3:00 PM Bingo – FL</div></div>	<div>3<div></div><div>9:30 AM Church Service – FL 10:00 AM Horse racing– FL 1:00 PM Irish Wolfhound Visit and Irish Coffee – FL 1:30 PM Communion – FL 2:00 PM Dominos – CH 2:00 PM Kentucky Derby Hats– FL 3:30 PM M.A.C. Fitness with Kristy – FL</div></div>	<div>4<div></div><div>10:30 AM M.A.C. Fitness with Kristy FL 1:00 PM Teariffic TEAm Nurse– FL 2:00 PM Dishin.up.with.Dustin– FL 3:15 PM Rolling Tones– FL 6:15 PM Bingo – FL</div></div>	<div>5<div>Cinco de Mayo</div><div>9:30 AM Bible Biographies – L 10:30 AM Millennium Therapy Exercise – FL 1:00 PM Culinary Open Forum– FL 2:00 PM Midnight Rider & Margaritas – DR</div></div>	<div>6<div></div><div>10:00 AM Coloring and Conversation – L 2:00 PM Dominos – CH</div><div>Kentucky Derby Streaming TBA</div></div>
<div>7<div></div><div>9:00 AM Presbyterian Church Service – FL 10:00 AM St Joseph's Mass – FL 1:30 PM Bingo – FL 6:00 PM Sunday Cinema – FL</div></div>	<div>8<div>BBQ Day</div><div>9:00 AM Rosary – PD 9:30 AM Technology Assistant – PD 10:00 PM Book Club – L 10:30 AM Jackbox Games with To the Rescue –FL 1:00 PM Bocce Ball and BBQ Sauce – BP 2:00 PM Dominoes – CH 2:15 PM Unusual Barbecue Dishes – FL 3:30 PM M.A.C. Fitness with Kristy – FL</div></div>	<div>9<div></div><div>9:00 AM Dollar Tree 10:30 AM Riverside Casino 1:00 PM Manicures and Margaritas – FL 3:00 PM Bingo – FL</div></div>	<div>10<div>Herb Day</div><div>9:30 AM Church Service – FL 10:00 AM Herb Planting – FL 1:00 PM Vitals with Nursing – PD 1:00 PM Herbal Tea Tasting – FL 1:30 PM Communion – FL 2:00 PM Dominos – CH 2:15 PM Homemade Pesto – FL 3:30 PM M.A.C. Fitness with Kristy – FL</div></div>	<div>11<div>Roman Holiday</div><div>9:00 AM Homemade Pasta – FL 9:30 AM Coffee w/ Marion Fire Chief-CDR 10:30 AM M.A.C. Fitness with Kristy – 2:30 PM Sights and Tastes of Italy 6:15 PM Bingo – FL</div></div>	<div>12<div>Polka Day</div><div>9:30 AM Bible Biographies – L 10:30 AM Millennium Therapy Exercise – FL 1:00 PM The Rolling Tones – FL 2:00 PM Happy Hour with Polka Music from Darlene Suchomel – DR</div></div>	<div>13<div></div><div>10:00 AM Coloring and Conversation – L 10:30 AM Spring Bird Banding and Lunch 2:00 PM Dominos – CH</div></div>
<div>14<div></div><div>9:00 AM Presbyterian Church Service – FL 10:00 AM St Joseph's Mass – FL 1:30 PM Bingo – FL 6:00 PM Sunday Cinema – FL</div><div>Mother's Day</div></div>	<div>15<div></div><div>9:00 AM Rosary – PD 9:30 AM Planting Party – BP 10:00 AM Book Club – L 1:00 PM Memories of Mom – FL 2:00 PM Dominoes – CH 2:00 PM Moms and MOMosas – FL 3:30 PM M.A.C. Fitness with Kristy – FL</div></div>	<div>16<div></div><div>9:00 AM Fareway 1:00 PM Whatever Happened To... – FL 130 PM Filling out your medical IPOST-CDR 2:00 PM Floyd Travel Talk – FL 3:00 PM Bingo – FL</div></div>	<div>17<div>Berry Nice Day</div><div>9:30 AM Church Services – FL 10:00 AM Wood Carving Cont. – BP 1:00 PM Blind Berry Taste Test – FL 1:30 PM Communion – FL 2:00 PM Dominos – CH 2:00 PM Berry Nice To Meet You – FL 3:30 PM M.A.C. Fitness with Kristy – FL</div></div>	<div>18<div></div><div>9:00 AM Beginner Pickleball at Noelridge Park 10:30 AM M.A.C. Fitness with Kristy – FL 1:30 PM Bonnie and Mike – FL 3:00 PM Rolling Tones– FL 6:15 PM Bingo – FL</div></div>	<div>19<div></div><div>9:30 AM Bible Biographies – L 10:30 AM Millennium Therapy Exercise – FL 1:00 PM Pool Club– FL 2:00 PM Happy Hour with Ron Burgess – DR</div><div>with</div></div>	<div>20<div></div><div>10:00 AM Coloring and 10AM-4PM Great American Kite Event-Lowe Park-Sign up Join Kayla & Moriah 2:00 PM Dominos – CH</div></div>
<div>21<div></div><div>9:00 AM Presbyterian Church Service – FL 10:00 AM St Joseph's Mass – FL 1:30 PM Bingo – FL 6:00 PM Sunday Cinema – FL</div></div>	<div>22<div>Wizard of Oz Day</div><div>9:00 AM Rosary – PD 9:30 AM Which Wizard of Oz Character Are You? – FL 10:00 AM Book Club – L 10:15 AM Follow The Yellow Brick Road –FF 1:00 PM The Secrets of Oz – FL 2:00 PM Dominoes – CH 2:15 PM Create Your Own Rainbow – FL 3:30 PM M.A.C. Fitness with Kristy – FL 6:00 PM Wizard of Oz Movie</div></div>	<div>23<div></div><div>9:00 AM MarionLibrary 1:30 PM Lala Ladies – FL Card Game – CH 3:00 PM Civil War Reenactor – FL</div></div>	<div>24<div>Wild Flower Day</div><div>9:30 AM Church Services – FL 10:15 AM Botanical Buddies – BP 1:00 PM Flower Frames – FL 1:30 PM Communion – FL 2:00 PM Dominos – CH 2:15 PM Wild Child Affair – BP 3:30 PM M.A.C. Fitness with Kristy – FL</div></div>	<div>25<div>Turtle Day</div><div>9:30 AM Target – L 10:30 AM M.A.C. Fitness with Kristy 2:00 PM Floyd Travels – FL 3:00 PM Rolling Tones 6:15 PM Bingo – FL</div></div>	<div>26<div></div><div>9:30 AM Bible Biographies – L 10:30 AM Millennium Therapy Exercise – FL 1:00 PM Tenant Council– FL 2:00 PM May Birthday Party with Larry Jensen – DR</div><div>6PM Memory Cafe Support Group-FL</div></div>	<div>27<div></div><div>10:00 AM Coloring and Conversation – L 10:00 AM HelloHenryFondaFL 2:00 PM Dominos – CH</div></div>
<div>28<div></div><div>9:00 AM Presbyterian Church Service – FL 10:00 AM St Joseph's Mass – FL 1:30 PM Bingo – FL 6:00 PM Sunday Cinema – FL</div></div>	<div>29<div>Memorial Day</div><div>10:00 PM Book Club – L 2:00 PM Dominoes – CH</div></div>	<div>30<div>Mint Julep Day</div><div>9:00 AM Hy-Vee 1:00 PM Manicures and MInt Juleps – FL 3:00 PM Bingo – FL</div></div>	<div>31<div></div><div>9:30 AM Church Service – FL 10:15 AM Dandy or Dud? – FL 1:00 PM Dandelion Wine – FL 1:30 PM Communion – FL 2:00 PM Dominos – CH 2:30 PM Fine and Dandy Day – FL 3:30 PM M.A.C. Fitness with Kristy – FL</div></div>	<div><div><div><div><div><div></div><div></div><div></div><div></div><div></div></div><div></div></div><div>2023 MAY</div></div><div><div><div></div><div></div><div></div><div></div><div></div></div><div>Summit Pointe Senior Living</div><div>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 Check page for a description about each activity</div></div></div></div>		