

Christian Corner

All the Pieces

“He heals the brokenhearted and binds up their wounds.”
Psalm 147:3.

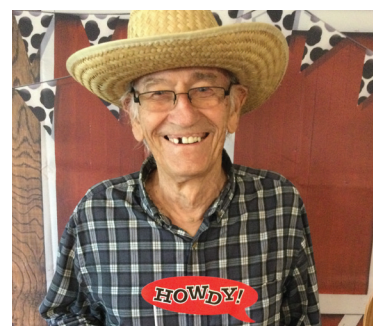
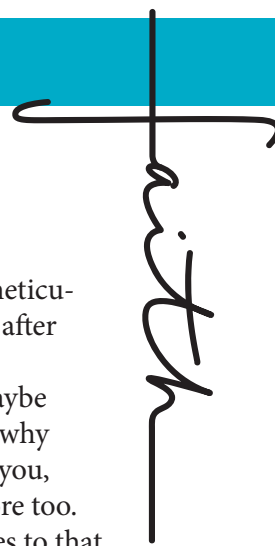
I really like coffee, and I really like coffee mugs. My friends and family know this about me, and I often receive mugs as birthday gifts and souvenirs. As is to be expected when one has a lot of coffee mugs, occasionally someone (usually me) drops one and it breaks. I’ve learned how to piece them back together, and typically can make them look as good as new. They might have a small crack or two that is evidence of the break, but most of the time you would never even be able to know that at one point the cup had been shattered.

Like a coffee mug, our hearts can also break. Unlike a mug, heartbreak isn’t usually a quick fix. We cannot fix our broken hearts. Other people can’t fix our broken hearts. Only Jesus can truly do that.

We’ve all been heartbroken before. No one gets through this world without experiencing it. But when we know Jesus, Psalm 147:3 becomes a promise to us. God will heal our broken hearts. He will bind them up, like a doctor stitching

a wound back together. He carefully, meticulously pieces them back together, even after the worst betrayals, losses and hurts.

Maybe you are heartbroken now. Maybe you are thinking, “my heart is broken, why hasn’t God fixed it yet?” If that’s you, then I understand. I’ve been there before too. I saw a quote online recently that relates to that, and it said: “God will heal your broken heart, but you need to give Him all the pieces.” So, if today you feel like God hasn’t healed your broken heart yet, may I gently ask if you’ve actually given Him all of the pieces? Sometimes we try to hold our pain back from God, because we are afraid that actually dealing with it will hurt too much. But God is the healer, and while the process might be painful for a moment, it is because He wants to heal us completely. His will for us is healing and freedom. So, let’s give Him all of the pieces today, and trust His promise to bind up every wound of our broken hearts.



Around the Pointe



BLUE ZONES Life Choices, It's All About Living



Notes from Mary McDaniel MSN, RN in:

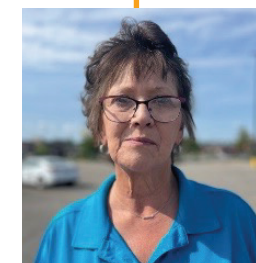
Nursing

During the month of August, for those tenants living in assisted living, we will start taking your vitals regularly. This is a practice that we had done in the past and we'd like to begin again.

For those tenants who are NOT on a lifestyle package (assisted living), you are always welcome to get your vitals checked once a month. Check the activity calendar for the monthly date and time.

Meet Carla-Assistant Director

I was born in Colorado and moved to the Marion/Cedar Rapids area in 1980. I have two sons; Travis and his fiancé Trang have a 1 year old with a second on the way. Brandon has 3 children; Caellum 9, Taylor 8, and Rowan 1. I have worked at Four Oaks for 31 years, To the Rescue for 9 years. I attend Calvary Community Church and love to spend time with my family. I have a passion for helping others and looking forward to being able to serve at Summit Pointe



Notes from Katey at: Life enrichment

Welcome Suz to our Life enrichment team. Suz started mid July and already feels like part of the family. She will participate in activities all over the building as well as helping out behind the front desk. Some of her favorite activities are spending time with my 4 granddaughters & I love to read. Soon I will teach my family how to make poviticia.

Notes from the: FRONT DESK

Here's a friendly reminder.

When leaving the property please sign out in the "tenant sign out book" located on the credenza under the television.

If you are leaving for multiple days, we would appreciate it if you let us know. Of course, you do not have to HOWEVER in case of emergencies, it's nice for front desk to know who is not in the building.

If you have guest, we are asking that they sign in and out at the front desk. Again, this is for safety reasons, in case of emergencies, it is necessary to know who may be in the building.



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 17
Ruth Hansen
AUGUST 18
Lloyd Sodawasser
AUGUST 24
Patricia Conrad
AUGUST 27
Jim Neal Winn
AUGUST 29
Jayne Burnham

Staff Birthdays

AUGUST 3
Frankie Stoffer
AUGUST 11
Jenni Burman
AUGUST 12
Randall Davis
AUGUST 16
Carrie Stick
AUGUST 20
Tom Biondo
AUGUST 22
Mariah Barrette
AUGUST 28
Ben Dolphin
AUGUST 29
Georgianna Manchester
Katey Moore • Kody Slife

Staff Anniversaries

AUGUST 13 Tom Biondo
AUGUST 14 Evan Getta
AUGUST 16 Carrie Stick

WHAT'S NEW WITH

Activities

Sunday Movies

August 6 – Big Fish

August 13 – Going in Style

August 20 – Walk the Line

August 27 – The Sound of Music

Desert Flora and Fauna Scavenger Hunt

Monday, August 7 at 9:30am: Meet in Fireside Lounge to kick off our Desert Flora and Fauna Scavenger Hunt! Complete it in a certain amount of time to win a prize!

Patio Parties

1:30pm on Mondays we will be having Patio Parties featuring a special mocktail of the week paired with a fun playlist. Come get to know your neighbors and while enjoying the weather. Our Patio Party will have a Karaoke Jam session for all to enjoy and singalong with!

Tuesday Morning Shopping at 9:30am:

August 1 – Fareway

August 8 – Walmart

August 15 – HyVee

August 22 – Dollar Tree

August 29 – Aldi

Outings

Make sure to sign up in the Activity Binder for the following outings

Tuesday, August 1 at 11:00am: Lunch Bunch at Napolis: Classic Italian cuisine & wines in a white-tablecloth setting with an Old World ambiance and a patio.

Wednesday, August 2 at 6:00pm: Genealogy at Marion Library:

The Genealogy Junkies group provides an opportunity for anyone interested in genealogy to get together. Bring a laptop or tablet, or check out one of the library's laptops or tablets from kiosks in the library (when available). Marion Public Library card holders are able to login to Ancestry.com when using the library's IP address. Everyone is welcome!

Saturday, August 5 at 10:00am: Famers at the Market at Newbo

Thursday, August 10 at 1:30pm: Earls Chill & Grill: Come to Earl's Chill & Grill for a delicious meal that the whole family will love! Enjoy fresh burgers, pork tenderloin and 16 flavors of soft serve ice cream with mixers.

that are susceptible to aging or disease you can still see a response to an exercise intervention," says Colmenares.

The walking group was the only group where the changes in white matter were associated with better memory. It's unclear why the dancers didn't have those same improvements, though it could be because they were receiving instruction and not moving as vigorously during their sessions, according to the authors. This may mean that the effects of aerobic exercise were a primary driver of the white matter benefits.

One thing that sets this study apart is that it was a randomized controlled trial rather than an observational study, says Colmenares. Most trials that study the effects of exercise rely on participants reporting on the activities they are already doing, which can make the findings less reliable. "We actually performed an exercise intervention where these people came to walk, dance, or do balance training in a controlled environment," she says.

What's Good for Your Heart Is Good for Your Brain

This study wasn't set up to discover why walking is good for white matter, but it is probably due to a combination of factors, says Colmenares. "Regular exercise that gets the heart beating faster is good for your heart, and what's good for the heart is good for the brain," she says.

Exercise can increase oxygen and blood flow to all parts of the body, including the brain, she explains. "This can improve blood pressure, which is important; high blood pressure is one of the most important risk factors for dementia and neurological disease," she says. Regular physical activity is also associated with improved sleep and decreased stress, which could also have a positive impact on the brain, says Colmenares.



Notes from:

TRANSPORTATION

Hi everyone, it's Randy the driver.

I wanted to make sure you are all clear for driving times during the week. Monday/Wednesday/Fridays-we are trying to have last drop offs at 2:30pm. On Tuesday/Thursdays drop off time at 12:30.

I also wanted to take a moment to say that I, Randy Danover, can be quoted as saying "the new time blocks for transportation is working and has proven to make transporting less chaotic".

Notes from Randall Davis in:

Maintenance

Randall comes to Summit Pointe with lots of experience in the construction world AND has already made the phrase "we'll make it work" his work motto! Randall is a Marine, he had owned his own business "RSV Tile" for over 40 years. His work included almost all the schools around town, the children's hospital, Newbo Market, the local high schools and more.

I'm excited to be at Summit Pointe, I can already tell the culture here is positive and encouraging-the exact environment I've been looking to work and be apart of. I want to let you all know that I definitely understand the importance of the work request that have been entered into Worx Hub, I will prioritize what has to be done and get through the list. Thank you for your patience as I step into this role.

Notes from Kayla in :

marketing

We are filling up quickly, it has been pretty exciting! Our community event in August is our CORN FESTIVAL. All tenants are invited to snack on grilled corn cobs, and listen to the great music outside! Your family and friends are also invited!





Help Maintain Your Brain Power



By around age 30, your body naturally begins to lose muscle mass and bone density, and at around age 40, your brain begins to lose volume to the tune of around 5 percent every decade. Some research suggests that our working memory — the ability to hold on to a piece of information like a password or street name — starts to decline in our thirties, according to BrainFacts.org.

But a new study from Colorado State University suggests that you may be able to turn back the tide of aging, at least when it comes to your brain. The study, published online June 24 in Neuroimage, found that participants who completed six months of regular brisk walks experienced better cardiovascular fitness and improvements in white matter and memory compared with people who practiced stretching and balance exercises for the same amount of time.

Can Exercise Help Prevent Dementia or Memory Loss?

Although this study isn't the first to show that physical activity slows cognitive decline and even promotes positive changes in the brain (called neural plasticity), most of those studies, per a review published in December 2020 in Neural Plasticity, looked at gray matter, which makes up the outer layer of the brain and has a high concentration of neurons.

This new research focused on a less studied part of the brain called white matter, which is found in the deeper tissues of the brain and contains nerve fibers, which are extensions of neurons, according to MedlinePlus. Both white and gray matter are necessary for normal brain function.

It may be helpful to think of gray and white matter in terms of electricity, says Andrea Mendez Colmenares, a cognitive neuroscience PhD student at Colorado State University in Fort Collins, Colorado, and the lead author of the new study. "The light bulb is the gray matter, and all the internal electrical wires connecting it in your house are the white matter," she explains.

Because white matter has been shown to degenerate in both healthy aging and dementia, it's crucial to determine whether or not that process can be slowed or even reversed, according to the authors. Given the proven benefits of aerobic exercise on cognitive function, researchers decided to investigate if physical activity could promote positive changes in white matter.

Walking Was Associated With Improvements in White Matter, Memory

The study included a total of 247 participants who were older than 60, 68 percent female, and inactive but other-

wise healthy adults with no history of neurological issues, such as dementia or stroke. Baseline measures on memory, processing skills, and cardiorespiratory fitness were taken at the start of the study, along with a special MRI brain scan to measure the health and function of white matter.

Participants were placed into groups and met three times a week for six months, with one group gathering for brisk 40-minute walks, one that participated in supervised stretching and balance training, and one that learned and practiced choreographed dances. At the end of the intervention, the brain tests and imaging were repeated.

Researchers found that the walkers and dancers had better overall cardiovascular health after six months of regular activity. While both groups had evidence of positive changes in the white matter, those changes were more prevalent among the walkers. MRI images revealed that certain parts of the brain appeared larger, and tissue lesions (a sign of damage to the brain) had shrunk. In the control group, there was a decline in white matter health.

"We think these findings are important because the regions we observed are sometimes vulnerable to aging or dementia. This tells us that the white matter is malleable, and even in regions

6:00pm at Noelridge Park: Jazz Under the Stars: The Diplomats of Solid Sound bring their hot mix of old school funk, soul, and Americana to Noelridge Park. Their music has appeared in dozens of hit TV shows and movies during their 20-year career, and have logged more than 50 million streaming plays.

Monday, August 14 at 5:45pm: Knit Wits at the Marion public Library: come get your knit on
Tuesday, August 15 at 1:30pm: Cedar Rapids Bowling Center

Thursday, August 17 at 11:00: Encore Café at Lowe Park

Saturday, August 19 at 1:30pm: Scenic Drive

Tuesday, August 22 at 1:30pm: Cedar Ridge Winery

Saturday, August 26 at 1:30pm: Scenic Drive

Tuesday, August 29 at 1:30pm: Marion Public Library

Let's Reminisce

Let's Reminisce on **Wednesdays at 10:30am:**

August 2: Show and Tell: Bring an object to show off and tell a small story about it

August 9: Bake Family Recipes in Memory Care!

August 16: Build a Playlist/Mixtape of songs that you grew up with

August 23: Share old photos and stories

August 30: Come join us and be creative by scrapbooking!

Welcome:

NEW AUGUST TENANTS

Take a minute to stop by and say hi to Summit Pointe's newest tenants! Invite them to eat with you or invite them to join you for one of our activities.

Doran Welch
Mike Shea

Dee Stump
Lynn Fluessley

Notes from Dustin in:

Culinary

It's been a wonderful month in the culinary department at Summit Pointe Senior Living! I hope you have all enjoyed your meals. I know myself and the entire department have enjoyed preparing them for you!

Please let us know if you have any requests from us. And, as a reminder, please return any plate ware or silver ware and napkins in a timely manner, to the kitchen.

We have lots of new tenants so I feel like a little meal time reminders would be helpful.

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:

Tenant Courtesy

A quick reminder that even though we provide laundry services to specific tenants, it is your responsibility to provide the laundry soap for your own laundry. If you need us to contact a family member or friend about bringing it to you, please let the front desk know.

This rings true for garbage liners, we, of course will empty your trash and then replace the liner with one of your own.

Notes from Melinda

executive director

Happy August Everyone!

I wanted to thank you all for your patience as we filled the maintenance department with a new supervisor and assistant. As always, I took time to find candidates that I feel will fit in nicely.

I would like to also invite all family members to Summit Pointe Family Meeting. This meeting will update you on the "happenings" around SP and give you a chance to ask questions. It will mimic the resident council meeting held monthly. Join us Thursday, July 31st at 5pm.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

2023



6
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: Big Fish – FL

7
9:30 AM Rosary – PDR
9:30 AM Desert Scavenger Hunt – FL
1:30 PM Patio Party: Lavender Lemonade – BP
1:30PM Vital Signs Clinic -PDR
2:00 PM Dominoes – CH
3:30 PM M.A.C. Fitness – FL

8
9:30 AM Walmart
10:30 AM Self Care: Manicures – FL
1:30 PM Dishing with Dustin – FL
3:00 PM Bingo – FL
6:00 PM HUGS- Helping Us Grieve safely

9
9:30 AM Church Service – FL
10:30 AM Let's Reminisce: Bake Family Recipes in Memory
1:30 PM Catholic Communion – L
2:00 PM Elvis Social – FP
2:00 PM Dominoes – CH
3:30 PM M.A.C. Fitness – FL
6:00 PM Symphonettes – FL

10
9:30 AM Coffee & Chat – FL
10:30 AM M.A.C. Fitness – FL
1:30 PM Earl's Chill & Grill
3:30 PM Cranium Crunches – FL
6:00 PM Noelridge: Jazz Under Stars
6:15 PM Bingo – FL

11
9:30 AM Bible Biographies – L
10:30 AM Millennium Therapy – FL
1:00 PM Loop Yarn Craft – FL
2:00 PM Happy Hour & Entertainment – FP

12
10:00 AM Crafting Club – L
1-3pm Knights Corn Festival -FP
2:00 PM Dominoes – CH

13
9:00 AM Sunflower Experience
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: Going in Style – FL

14
9:30 AM Rosary – PDR
9:30 AM Word Hive – FL
10:30 AM Ladder Ball – BP
1:30 PM Karaoke Jams – BP
2:00 PM Dominoes – CH
3:30 PM M.A.C. Fitness – FL
5:45 PM Knit Wits

15
9:30 AM Hy-Vee
10:30 AM Self Care: Make It Write – FL
1:00 PM LaLa Ladies – FL
1:30 PM CR Bowling Center
3:00 PM Bingo – FL
6:00 PM HUGS- Helping Us Grieve safely

16
9:30 AM Church Service – FL
10:30 AM Let's Reminisce: Build a Playlist – FL
1:30 PM Catholic Communion – L
2:00 PM Tell a Joke Social – FP
2:00 PM Dominoes – CH
3:30 PM M.A.C. Fitness – FL
6:00 PM Symphonettes – FL

17
9:30 AM Coffee & Chat – FL
10:30 AM M.A.C. Fitness – FL
11:00 AM Lowe Encore Cafe
1:30 PM Ladies Tea – FL
3:30 PM Cranium Crunches – FL
6:15 PM Bingo – FL

18
9:30 AM Bible Biographies – L
10:30 AM Millennium Therapy – FL
1:00 PM Loop Yarn Craft – FL
2:00 PM Happy Hour & Entertainment with Janet Lieb – FP

19
10:00 AM Crafting Club – L
1:30 PM Scenic Drive
2:00 PM Dominoes – CH

20
9:00 AM Presbyterian Church Service – FL
10:00 AM St Joseph's Mass – FL
10:30 AM Car Show
1:30 PM Bingo – FL
6:00 PM Sunday Cinema: Walk the Line – FL

21
9:30 AM Rosary – PDR
9:30 AM Deserted in Death Valley – FL
10:30 AM Cornhole – BP
1:30 PM Patio Party: Shirley Ginger – BP
2:00 PM Dominoes – CH
3:30 PM M.A.C. Fitness – FL

22
9:30 AM Dollar Tree
10:30 AM Self Care: Yoga – FL
1:30 PM Cedar Ridge Winery
3:00 PM Bingo – FL
6:00 PM HUGS- Helping Us Grieve safely

23
9:30 AM Church Service – FL
10:30 AM Let's Reminisce: Share Old Photos – FL
1:30 PM Catholic Communion – L
2:00 PM S'more Social – FP
2:00 PM Dominoes – CH
3:30 PM M.A.C. Fitness – FL
6:00 PM Symphonettes – FL

24
9:30 AM Coffee & Chat – FL
10:30 AM M.A.C. Fitness – FL
1:30 PM Men's Model Cars – FL
3:30 PM Activity Forum – FL
6:15 PM Bingo – FL

25
9:30 AM Bible Biographies – L
10:30 AM Millennium Therapy – FL
1:00 PM Loop Yarn Craft – FL
2:00 PM Happy Hour & Entertainment with Terry McCauley – FP

26
10:00 AM Crafting Club – L
1:30 PM Scenic Drive
2:00 PM Dominoes – CH

27
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: The Sound of Music – FL

28
9:30 AM Rosary – PDR
9:30 AM Desert Jigsaw Race – FL
10:30 AM Bowling – FL
1:30 PM Patio Party: Pineapple Cobbler – BP
2:00 PM Dominoes – CH
3:30 PM M.A.C. Fitness – FL

29
9:30 AM Aldi
10:30 AM Self Care: Music & Paint – FL
1:30 PM Marion Library
3:00 PM Bingo – FL
6:00 PM HUGS- Helping Us Grieve safely

30
9:30 AM Church Service – FL
10:30 AM Let's Reminisce: Scrapbooking – FL
1:30 PM Catholic Communion – L
2:00 PM Disco Social – FP
2:00 PM Dominoes – CH
3:30 PM M.A.C. Fitness – FL
6:00 PM Symphonettes – FL

31
9:30 AM Coffee & Chat – FL
10:30 AM M.A.C. Fitness – FL
1:30 PM Bonnie & Mike – FP
1:00 PM Tenant Council – FL
5:00 PM Family Council-FL
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

Check page for a description about each activity