

Christian Corner Planting Season

Last week I attended the funeral of a woman who was an integral part of the church I grew up in. She was a dear lady, someone who loved God and served people with every part of her life. She will be deeply missed by many. Her service was a beautiful reflection of her love for Jesus and the love she had for others. What struck me as we celebrated her life was the way that she planted seeds everywhere she went. No, not literal seeds (though as someone who had farmland, she did that too).

What I mean are spiritual seeds. She was faithful to pray constantly and consistently for others, especially the children and teens who were part of the church over the years. She was quick to serve however she could, whether it was cleaning the church building, teaching Sunday School, or taking some of her Sunday School kids to a college basketball game with her husband. She did this also in her work as a school teacher and in her interactions with friends and family. She was always planting seeds. And many of those seeds have borne great fruit in countless lives. I am one of the teens she prayed for, and now as a grown woman I see the evidence in my life of her consistent prayer. There are many others who share this testimony

and I have no doubt that there will be even more as God continues to answer her diligent prayers.

I share this with you today to honor her legacy and to honor God for the beautiful work He did in and through her life. But I also share it with you to encourage you to keep on planting seeds. Those seemingly little things you do: the prayers you pray day after day, the kind smiles you offer to those who are struggling, the encouragement you give to others, the spiritual investments you make, the ways you serve, they matter. Even if you don't see fruit yet, keep on going!

God promises to reap a harvest if we do not give up (Galatians 6:9). Maybe you are reading this today and feel regret. Maybe you haven't planted seeds like you could have. Please hear me say, it is not too late! It is never too late to start praying, to invest in others, to look for ways to serve, and to share the hope of Jesus. You can plant seeds right now. Start today! You never know what kind of beautiful fruit God will bring from your life when we give it to Him.

faith

Around the Pointe



Notes from the: Melinda Haley

EXECUTIVE DIRECTOR

As we approach Thanksgiving, I have to reflect on how grateful I am for my role at Summit Pointe and my opportunity to work with and join into a family with each of you. Thank you for making Summit Pointe a great place to both work and live!

As a reminder our holiday celebration will be fast approaching, make sure you share December 9th with your family so they can join us in this year's festivities! Every year seems to top the last year, we are excited to see what this year brings...and yes there will be horse and carriage rides!

Notes from the: Karla Graves

ASSISTANT DIRECTOR

I am excited to lead the SP Gives Back this November. I will be gathering tie blanket kits, we will use those kits to make blankets for those in need. If you'd like to help, everyone is welcomed, join me on November 15 in the Fireside Lounge. Volunteering and giving to others in need can make a great impact on someone's life, I know that volunteering brings happiness to my heart!

Notes from:

FRONT DESK

As this time of year invites more visitors, please remind family and friends to sign in at the front desk.

We love having guests for meals, if you have one, let the front desk know. We can help get you set up with a one time ticket for \$10 or a punch card, 10 punches for \$80.

Just a safety reminder, the days will start getting shorter, which means it will get darker earlier. PLEASE use caution when walking outside...maybe start your walks earlier during the day!

Holiday hours at the front desk will be shortened, Thanksgiving, Christmas the doors will be locked by 5pm, so don't forget our keys!





Celebrations! Tenant Birthdays

NOVEMBER 5

Edna Schindheld

NOVEMBER 7

Dick Coates

NOVEMBER 9

Nancy Raim

NOVEMBER 10

Margaret "Mag" Doermann

NOVEMBER 13

JoEllen Rehder

NOVEMBER 17

Marie Krueger

NOVEMBER 21

Vernon Beasmore

Ninon Galvez

NOVEMBER 22

Mary Jean Robinson

NOVEMBER 23

Beatrice Kusch

Staff Birthdays

NOVEMBER 6

Afrodita A.

NOVEMBER 12

Lexi B.

NOVEMBER 15

Dazsa A.

NOVEMBER 18

Dakota M.

NOVEMBER 19

Amanda K.

NOVEMBER 29

Juliana K.

Staff Anniversaries

NOVEMBER 1

Julie N. - 1 year

NOVEMBER 29

Abby Peterson - 2 years



Notes from Mary in:

Nursing

This month is National American Diabetes Month, great timing with Thanksgiving around the corner! Remember, good nutrition is important, no matter what your age. It gives you energy and can help you control your weight. Eating healthy can also help prevent some diseases such as osteoporosis, high blood pressure, heart disease, certain cancers and of course type 2 diabetes. So every month, every meal remember to make smart choices. Understand that it's okay to splurge but remember unhealthy food should be eaten as a "sometime" food. Your veggies are "everyday" food! We've added an article for your reading as well.

BACK UP DEPENDS! We don't always, but sometimes have back up disposable briefs for tenants to use in case of an emergency. These are available to use sometimes, just ask the nursing staff. Even though tenants are responsible for supplying their own briefs, we understand that sometimes there is a delay in receiving them.

Notes from:

Housekeeping

We have purchased dry erase magnets for your refrigerator. These Summit Pointe magnets will be used to let you know that we have been to your apartment, and also to let you know when we will be back! We will also use them to update you on any happenings with housekeeping, for example, Left extra wash in dryer.

Notes from Randy in:

Transportation

I just wanted to let you all know that especially with the flu season around the corner, I will be spraying disinfectant spray around the bus regularly. Hopefully, this will be one method to stop the spread of the flu!

Notes from Randall in:

Maintenance

As the weather starts to get colder, I want to remind tenants that during winter months a lot of salt and sand will settle on the floor of the garage. We will do our best to keep it clean BUT there are times when it comes in faster than it can be cleaned. Please use caution when walking through the garage, that sand and salt can make it slippery.

"It's OK to tell older adults with prediabetes to exercise more and eat carbohydrates evenly throughout the day," said Dr. Medha Munshi, director of the geriatric diabetes program at Joslin Diabetes Center, an affiliate of the Harvard Medical School. "But it's important to educate patients that this is not a disease that is inevitably going to make you diabetic and stress you out."

Many older people have slightly elevated blood sugar because they produce less insulin and process it less efficiently. While this is factored into clinical diabetes guidelines, it hasn't been incorporated in prediabetes guidelines, she noted.

Nancy Selvin, of Berkeley, California, takes a rigorous hourlong exercise class three times a week and eats a Mediterranean-style diet. Yet Selvin was alarmed last year to learn that her blood sugar was slightly above normal. "I'm terrified of being diabetic," she says.

Aggressive treatments for prediabetes, such as the medication metformin, should be avoided, according to Dr. Victor Montori, an endocrinologist and professor of medicine at the Mayo Clinic. "If you get diabetes, you will be prescribed metformin. But it's just nonsense to give you metformin now, because you may be at risk, to reduce the chance that you'll need metformin later."

Unfortunately, some doctors are prescribing medication to older adults with prediabetes, and many aren't spending time discussing the implications of this

condition with patients.

That was true for Elaine Hissam, 74, of Parkersburg, West Virginia, who became alarmed last summer when she scored 5.8% on an A1C test. Hissam's mother developed diabetes in adulthood, and Hissam dreaded the possibility that would happen to her too.

At the time, Hissam was going to exercise classes five days a week and walking 4 to 6 miles daily as well. When her doctor advised "watch what you eat," Hissam cut out much of the sugar and carbohydrates in her diet and dropped 9 pounds. But when she had another A1C test at the start of this year, it had dropped only slightly, to 5.6%.

"My doctor really didn't have much to say when I asked, 'Why wasn't there more of a change?'" Hissam said.

Experts I spoke with said fluctuations in test results are common, especially around the lower and upper ends of the prediabetes range. According to the CDC study, 2.8% of prediabetic seniors with A1C levels of 5.7% to 5.9% convert to diabetes each year.

Nancy Selvin, who learned last year that her A1C level had climbed to 6.3% from 5.9%, said she's been trying to lose 6 pounds without success since getting those test results. Her doctor has told Selvin not to worry but prescribed a statin to reduce the potential for cardiovascular complications, since prediabetes is associated with an elevated risk of heart disease.

That conforms with one of the conclusions of the Johns Hopkins prediabetes study last year. "Taken as a whole, the current evidence suggests that cardiovascular disease and mortality should be the focus of disease prevention among older adults rather than prediabetes progression," the researchers wrote.

For her part, Libby Christianson, 63, of Sun City, Arizona, started walking more regularly and eating more protein after learning last summer that her A1C level was 5.7%. "When my doctor said, 'You're prediabetic,' I was shocked because I've always thought of myself as being a very healthy person," she said.

"If prediabetes is a kick in the butt to move people to healthier behaviors, I'm fine with that," said Dr. Kenneth Lam, a geriatrician at the University of California-San Francisco. "But if you're older, certainly over age 75, and this is a new diagnosis, it's not something I would worry about. I'm pretty sure that diabetes isn't going to matter in your lifetime."



Marketing/Community Development & Outreach

This September we were excited to have a garage sale, unfortunately a heavy rain ruined most of the items in storage and we decided to just get rid of it. BUT thank you for all those who were willing to help put it together.

Our community event and open house went remarkable in October. But I have to be honest, and I know I've said this before...future tenants are always impressed with how welcoming current tenants are when they visit. Thank you for making such wonderful impressions during our tours.

Keep an eye out for upcoming events!

Sharon Easler and Kermit Postier, thank you for ALWAYS opening your doors for tours...even with 1 minute notices.



Seniors With Prediabetes Should Eat Better, Get Moving, but Not Fret Too Much About Diabetes



Not very, say some experts. Prediabetes — a term that refers to above-normal but not extremely high blood sugar levels — isn't a disease, and it doesn't imply that older adults who have it will inevitably develop Type 2 diabetes, they note.

“For most older patients, the chance of progressing from prediabetes to diabetes is not that high,” said Dr. Robert Lash, chief medical officer of the Endocrine Society, commenting on recent research. “Yet labeling people with prediabetes may make them worried and anxious.”

Other experts believe it's important to identify prediabetes, especially if this inspires older adults to get more physical activity, lose weight, and eat healthier diets to help bring blood sugar under control.

“Always a diagnosis of prediabetes should be taken seriously,” said Dr. Rodica Busui, president-elect of medicine and science at the American Diabetes Association, which recommends adults 45 and older get screened for prediabetes at least once every three years. The CDC and the American Medical Association make a similar point in their ongoing “Do I Have Diabetes?” campaign.

Still, many older adults aren't sure what they should be doing if they're told they have prediabetes. Nancy Selvin, 79, of Berkeley, California, is among them.

At 5 feet and 106 pounds, Selvin, a ceramic artist, is slim and in good physical shape. She takes a rigorous hourlong exercise class three times a week and eats a Mediterranean-style diet. Yet Selvin has felt alarmed since learning last year her blood sugar was slightly above normal.

“I'm terrified of being diabetic,” she said.

Two recent reports about prediabetes in the older population are stimulating heightened interest in this topic. Until their publication, most studies focused on prediabetes in middle-aged adults, leaving the significance of this condition in older adults uncertain.

The newest study by researchers at the CDC, published in April in JAMA Network Open, examined data about more than 50,000 older patients with prediabetes between January 2010 and December 2018. Just over 5% of these patients progressed to diabetes annually, it found.

Researchers used a measure of blood sugar levels over time, hemoglobin A1C. Prediabetes is signified by A1C levels of 5.7% to 6.4% or a fasting plasma glucose test reading of 100 to 125 milligrams per deciliter, according to the diabetes association. (This glucose test evaluates blood sugar after a person hasn't eaten anything for at least eight hours.)

Of note, study results show that obese older adults with prediabetes were at significantly heightened risk of developing diabetes. Also at risk were Black seniors, those with a family history of diabetes, low-income seniors, and older adults at the upper end (6%-6.4%) of the A1C prediabetes range. Men were at slightly higher risk than women.

The findings can help providers personalize care for older adults, Busui said.

They also confirm the importance of directing older people with prediabetes — especially those who are most vulnerable — to lifestyle intervention programs, said Alain Koyama, the study's lead author and an epidemiologist at the CDC.

Since 2018, Medicare has covered the Diabetes Prevention Program, a set of classes offered at YMCAs and in other community settings designed to help seniors with prediabetes eat healthier diets, lose weight, and get more physical activity. Research has shown the prevention program lowers the risk of diabetes by 71% in people 60 and older. But only a small fraction of people eligible have enrolled.

Libby Christianson, of Sun City, Arizona, has been walking more regularly and is more careful about her diet after learning last summer that her blood sugar level was elevated. “When my doctor said, ‘You're prediabetic,’ I was shocked because I've always thought of myself as being a very healthy person,” she says.

Another study, published in JAMA Internal Medicine last year, helps put prediabetes in further perspective. Over the course of 6.5 years, it showed, fewer than 12% of seniors with prediabetes progressed to full-fledged diabetes. By contrast, a larger portion either died of other causes or shifted back to normal blood sugar levels over the study period.

The takeaway? “We know that it's common in older adults to have mildly elevated glucose levels, but this doesn't have the same meaning that it would in younger individuals — it doesn't mean you're going to get diabetes, go blind, or lose your leg,” said Elizabeth Selvin, daughter of Nancy Selvin and a co-author of the study. She is also a professor at Johns Hopkins Bloomberg School of Public Health.

“Almost no one develops the [diabetes] complications we're really worried about in younger people.”



ENRICHMENT WITH Bri, Ben and Suz!

We added some fun and diverse outings for the month of November, don't forget to sign up in the activity book located under the t.v. in the lobby.

When going to these outings, we ask that everyone be in the lobby slightly before departure time. Our leave times are arranged to get us to our destination in a timely manner. Because of this, we unfortunately, cannot always wait for tenants who are not in the lobby on time.

November 2 • 9:30am Depart for St. Paul's Holiday Fair

November 4 • 9:00am Depart for Scenic Drive

November 7 • 9:00am Depart for Tai Chi for Senior, Marion Library

November 9 • 9:30am Depart for Hy-Vee

November 11 • 1:00pm Depart for Scenic Drive

November 14 • 11:25 Depart for “Chew on This” @ CR Historical Society

November 16 • 9:30 Depart Fareway

November 18 • 10:00am Depart for Rudolph's Return @ CR Historical Society

November 19 • 9:30 Depart for Festival of Trees

November 19 • 12:45 Depart for Puzzle Exchange @ Marion Library

November 21 • 5:30pm Depart to the Next Chapter Book Club-Marion Library

November 25 • 3:00pm Depart for Scenic Drive

November 28 • 9:00am Depart for Tai Chi for Senior, Marion Library

November 30 • 9:30 Depart for Dollar General

We Want Your Opinion

We are starting a book club which will meet **every Monday at 1:15pm**. It will be a read aloud with flavored coffee being served.

We need to vote on which book to read, you can put your vote in at the front desk.

- ☐ The Shack
- ☐ The Stolen Twin
- ☐ Thanksgiving

Put your vote in TODAY!



People in your Neighborhood

Every Monday at 2:30 we will gather with the people on your floor! We will serve some finger foods or small treats on each floors common area. We've created a light hearted and fun opportunity for you to really get to know your neighbors!

Fill Your Passport

Every Tuesday, you will have the opportunity to take a walking adventure on a different floor. You'll have the opportunity to explore and learn about new and maybe exotic places! Displays will be up for a week, you will have opportunities to put a stamp in your passport!

SP Gives Back

It's the holiday season and what kind of holiday season would it be without the opportunity to give back! On **November 15** you will join Karla as she helps make and collect tie blankets for donations!

Gratitude

Did you know that gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships? Well, what better month to practice gratitude than November. **Every Thursday**, we will have a gratitude experience...something a little different each week. Join us as we adventure into greater happiness!

HAWKEYE FOOTBALL

Iowa vs Northwestern 11/4 @ 2:30

Iowa vs Rutger 11/11 TBD

Illinois vs Iowa 11/18 TBD

Iowa vs Nebraska 11/24 @ 11:00



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:30 AM Church Service – FL 10:30 AM Live & Learn – FL 1-3 PM Podiatrist 2:00 PM SP Family Games w/Popcorn – FL 3:30 PM M.A.C. Fitness – FL 6:00 PM Symphonettes – FL	2 9:30 AM Depart for St. Paul's Holiday Fair 10:30 AM M.A.C. Fitness – FL 1:30 PM Gratitude Journal – FL 2:00 PM Travel with Julie – FL 6:00 PM Bingo – FL	3 9:30 AM Bible Study – L 10:30 AM Millennium Therapy – FL 1:00 PM Loop Yarn – FL 1:00 PM Fall Recipes & Reminiscing – FL 2:00 PM Happy Hour with Harold Gray – DR	4 9:00 AM Depart Weekly Scenic Drive 10:00 AM Crafting Club – L 2:00 PM Dominoes – CH 2:30 PM Tailgate Vs Northwestern
5 9:00 AM Presbyterian Church Service – FL 10:30 AM St Joseph's Mass – FL 1:30 PM Bingo – FL 6:00 PM Sunday Cinema – FL	6 9:00 AM Lug a Mug-memory 9:00 AM Rosary – PDR 10:30 AM Popular Music of the 50s – FL 1:15 PM Book Club & Coffee Read Aloud "The Shack" – FL 2:00 PM Dominoes – CH 2:30 PM People in your Neighborhood – FL, L, CH 3:30 PM M.A.C. Fitness – FL	7 9:00 AM Depart for Voting 10:00 AM Fill your Passport – 3rd floor 1:30 PM Chef Chat – FL 3:00 PM Bingo – FL	8 9:30 AM Church Service – FL 10:30 AM Live & Learn – FL 2:00 PM SP Family Games w/Popcorn – FL 3:30 PM M.A.C. Fitness – FL 6:00 PM Symphonettes – FL	9 9:30 AM Hy-Vee 11:15 AM M.A.C. Fitness – FL 2:00 PM Floyd Sandford: New York, New York – FL 3:30 PM Gratitude Prompts – FL 6:00 PM Bingo – FL	10 9:30 AM Bible Study – L 10:30 AM Millennium Therapy – FL 1:00 PM Loop Yarn – FL 1:00 PM Fall Recipes & Reminiscing – FL 2:00 PM Happy Hour with Darlene Suchomel – DR	11 10:00 AM Crafting Club – L 1:00 PM Depart Weekly Scenic Drive 2:00 PM Dominoes – CH TBD Tailgate Vs Rutgers – FL
12 9:00 AM Presbyterian Church Service – FL 10:30 AM St Joseph's Mass – FL 1:30 PM Bingo – FL 6:00 PM Sunday Cinema – FL	13 9:00 AM Lug a Mug-memory 9:00 AM Rosary – PDR 10:30 AM Popular Music of the 60s – FL 1:15 PM Book Club & Coffee Read- FL 2:00 PM Dominoes – CH 2:30 PM People in your Neighborhood – FL, L, CH 3:30 PM M.A.C. Fitness – FL	14 10:00 AM Fill your Passport – 2nd floor 11:25 AM Depart to Chew on This: CR Historical Society 1:30 PM After Lunch Drinks with Bri – FL 3:00 PM Bingo – FL	15 9:30 AM Church Service – FL 10:30 AM Live & Learn – FL 2:00 PM SP Giving Back: Tie Blankets w/Karla – FL 3:30 PM M.A.C. Fitness – FL 6:00 PM Symphonettes – FL	16 9:30 AM Fareway 10:30 AM M.A.C. Fitness – FL 1:30 PM Bonnie & Mike – FL 3:00 PM Gratitude Garden – FL 6:00 PM Bingo – FL	17 9:30 AM Depart for casino 10:30 AM Millennium Therapy – FL 1:00 PM Loop Yarn – FL 1:00 PM Fall Recipes & Reminisce-FL 2:00 PM Happy Hour with Clay Midnight Rider – DR 6:00 PM Escape Room w/Ben-FL	18 10:00 AM Depart for Rudolph's Return (CR His Soc) 10:00 AM Crafting Club – L 2:00 PM Dominoes – CH TBD Tailgate Vs Illinois – FL
19 9:00 AM Presbyterian Church Service – FL 9:30 AM Depart for Festival of Trees 10:30 AM St Joseph's Mass – FL 12:45 AM Depart for Puzzle Exchange 1:30 PM Bingo – FL	20 9:00 AM Lug a Mug-memory 9:00 AM Rosary – PDR 10:30 AM Popular Music of the 70s – FL 1:15 PM Book Club & Coffee Read-FL 2:00 PM Dominoes – CH 2:30 PM People in your Neighborhood – FL, L, CH 3:30 PM M.A.C. Fitness – FL	21 10:00 AM Fill your Passport – 3rd floor 1:00 PM Smart Crafters – FL 3:00 PM Bingo – FL 5:30 PM Depart to Next Chapter Book Club-Marion Library	22 9:30 AM Church Service – FL 10:30 AM Live & Learn – FL 2:00 PM SP Giving Back: Tie Blankets – FL 3:30 PM M.A.C. Fitness – FL 6:00 PM Symphonettes – FL	23 	24 9:30 AM Bible Study – L 10:30 AM Millennium Therapy – FL 11:00 AM Tailgate Vs Nebraska – FL 12:30-1:30 SP Black Friday Store Opens – L 1:00 PM Loop Yarn – FL 2:00 PM Happy Hour with Lena – DR	25 10:00 AM Crafting Club – L 2:00 PM Dominoes – CH 3:00 PM Depart Weekly Scenic Drive
26 9:00 AM Presbyterian Church Service – FL 10:30 AM St Joseph's Mass – FL 1:45 AM Depart for Wizard of Oz – FL 6:00 PM Sunday Cinema – FL	27 9:00 AM Lug a Mug-memory 9:00 AM Rosary – PDR 10:30 AM Popular War Time Music – FL 1:15 PM Book Club & Coffee Read-FL 2:00 PM Dominoes – CH 2:30 PM People in your Neighborhood – FL, L, CH 3:30 PM M.A.C. Fitness – FL	28 9:00 AM Depart for Tai Chai for Seniors-Marion Library 10:00 AM Fill your Passport – 2nd floor 1:00 PM Making Christmas Cards – FL 3:00 PM Bingo – FL	29 9:30 AM Church Service – FL 10:30 AM Live & Learn – FL 2:00 PM SP Family Games w/Popcorn – FL 3:30 PM M.A.C. Fitness – FL 6:00 PM Symphonettes – FL	30 9:30 AM Dollar General 10:30 AM M.A.C. Fitness – FL 2:00 PM Gratitude Collage – FL 3:15 PM Men & Women's Manicure – FL 6:00 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	