

Christian Corner Life Changing Story

For God so loved the world that He gave His one and only Son that whoever believes in Him shall not perish but have eternal life.” John 3:16

John 3:16 is probably one of the most well known verses in the entire Bible. We see it at sports games, in social media bios, on bumper stickers...this verse is all around us. And it should be all around us, because this passage is awesome! It is the Gospel summed up in a paragraph: God loving us enough to exchange our darkness for light. How amazing! But when we see something all the time, we tend to overlook its significance. When was the last time you really reflected on how much God loves you? When was the last time that you felt and experienced the love of God? We need the love of God like we need oxygen to stay alive, like a car needs fuel to run. I wonder how much of our weariness comes from running on “empty” when it comes to God’s love. What might happen in our souls if we filled up on it constantly?

A few reflection prompts to consider today:

- 1. Are there areas of your life that need to exchange darkness for God’s light?**
- 2. Write out John 3:16, but put your name in place of “the world” and “whoever.” How does seeing this in writing impact your heart?**
- 3. How is God revealing His overwhelming love to you today? It may be something small, like the sun reflecting on the snow or a hug from a friend, or something bigger, like an answer to prayer, good news, or a perfectly timed message. All of it is significant because all of it is God communicating His love to you through your daily life. Allow yourself to feel that love.**
- 4. Maybe you are in a season where you just don’t feel loved by God. Maybe you are doubt-**



Notes From Executive Director

Hello Summit Pointe tenants,

I want to take a moment and let you know about a new step we are taking to make sure everyone living at Summit Pointe is doing well. Actually, we have always kind of done it informally, we just recently made it officially.

Summit Pointe serves tenants who receive regular services, sometimes services or no additional services, for your safety, we will be informally taking steps to “account” for everyone who lives here on a daily basis. The best part of our process is that YOU don’t even know it’s happening. The next best part is that we are eliminating the chance that a tenant becomes hurt or ill and it is not realized for a long period of time.

Here how’s the process works. When you eat in the dining room, or if the front desk sees or talks to you that day, your name is check on our roster. By the end of the evening, if your name is not marked, the front desk will give you a call or send help if needed.

Even though this process is invisible to you, we have been doing it for several weeks and it’s worked well. I hope by sharing this process with you all, that you find comfort that Summit Pointe is dedicated to your safety and comfort.

~Melinda Haley, Executive Director

Happy Valetine's

Notes from nursing

February is heart month...did you know that heart disease is a leading cause of dath in the United States for both men and women. Take a look at the health article to understand your risk. And remember, Summit Pointe offers exercise, healthy meals, and a hydration station...all which can help you manage your heart health!

Notes from Kayla....KAYLA

I am exited for the next couple of months and activities!

First, Summit Pointe tenants will be featured in a local magazine. If I have any tenant willing to share their experience in the area LET ME KNOW!! Also, we are working to create an educational, safe and social experience for care givers of loved ones with dementia. These would be monthly events ...more information on this coming soon!





Celebrations!

Tenant Birthdays

2/10 Joan Harnagel
2/12 June Norris
2/13 Yvonne Pederson
2/22 Mary Heck
2/23 Janice Hart
2/26 Carolyn McMann
2/27 Patricia Ghinazzi
2/27 Patricia Jackson

Staff Birthdays

2/10 Esther Toth

Staff Anniversaries

2/06 Dustin R. 1 year
2/11 Ben D. 2 years



Notes from Assistant Director:

Karla

It has been such a pleasure joining some of you during the Wednesday morning prayer group. I enjoy the opportunity to partake in activity and get to know everyone just a little better on another level. Below, I have listed updates for the environmental teams.

Notes from Rod In:

Maintenance

We are entering the season where Mother Nature enjoys watching us switch back and forth from short sleeves to sweaters to short sleeves again! Your apartment and our hallways will be doing the same thing! One day it will feel too warm, the next day too cool. Here's some advice, 1. your window shades should be used to help keep cold air from leaking through BUT ALSO help block the hot sun shining directly into some apartments. 2. Moisture can build up in the window, locking the windows ALSO helps prevent gaps where cold air can seep through. 3. Your heat registers can be opened and closed. If it feels too cold, check to make sure your register is open-if you can't reach it safely, call the front desk and they will help you find assistance.

Notes from Randy In:

Housekeeping

Hello Summit Pointe tenants,

We thought we would remind you if we are doing your laundry, we do our best to make sure you know if you are running low on detergent. Make sure you contact your loved ones if you are unable to grab it yourself, or let us know if you help contacting family for supplies, maybe Summit Pointe can assist in setting up online shopping.

Notes from Randy In:

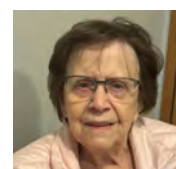
Transportation

We offer transportation 5 days a week. We do

Summit Pointe introduces....Our new family members!

The following friends moved to Summit Pointe during the month of December and January!

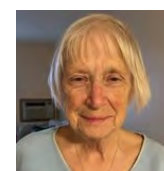
Help make their experience a great one, introduce yourselves and stop by to say hi, invite them to join you in the dining room! Show them how great it is at Summit Pointe



Nancy



Joan & Larry



Carol



Barb & Dale



Yvonne



Hawkeye Women's Basketball

Vs Maryland 7pm 2/3
Vs Penn State 8pm 2/8
Vs Nebraska 12pm 2/11
Vs Michigan 7pm 2/15
Vs Indiana 7pm 2/22
Vs Illinois 7pm 2/25

HAWKEYE SPORTS



Hawkeye Men's Basketball

Vs Ohio 6pm 2/32
Vs Penn State 6pm 2/8
Vs Minnesota 2pm 2/11
Vs Maryland 7:30pm 2/14
Vs Wisconsin 1:15pm 2/17
Vs Michigan State 6pm 2/20

For Your Health

February is Heart Health Awareness Month



How to Prevent a Heart Attack

The best way to survive a heart attack is to never have one. How can you prevent becoming one of the millions of Americans who suffer a heart attack? There is actually a lot you can do to protect your heart. Knowing the risks and symptoms of heart disease is a good start.

Key risk factors for heart disease are:

- High Cholesterol;
- Hypertension;
- Smoking;
- Diabetes;
- Unhealthy body weight;
- Too much alcohol; and
- Lack of physical activity.

Age is also a risk factor. Your risk for heart disease goes up as you age. In fact, heart disease is the leading cause of death in people 65 and older. There are lifestyle choices and changes you can make to lower your risk. When you control your risk factors, you help protect your heart. It's easy to get started. Here are a few ideas:

- Eat healthy meals.
- Add exercise to your life.

If you smoke, quit.

Heart disease is the leading cause of death for men and women. The most common type of heart disease is coronary artery disease, which can lead to a heart attack. While some heart attacks are sudden and intense, others can start slowly with mild pain or discomfort. Often people aren't sure what's wrong and wait too long before getting help. Pay attention to any of the following warnings of a possible heart attack:

- Chest pain or discomfort;
- Pain or discomfort in the jaw, neck or back;
- Feeling weak, light-headed or faint;
- Pain in arms or shoulder;
- Shortness of breath; and

Nausea (an extra symptom in women).

Talk with your health care provider. Ask about lifestyle, exercise and dietary changes you can make to cut your risks. Follow your doctor's advice and take your medicines as directed. Most importantly, if you think you are having a heart attack, call 911 right away. Quick action helps save lives.

Life

ENRICHMENT WITH
Bri AND STAFF!



Happy February!

February is a pretty awesome month don't you think? It is best known as the month of love and romance (thanks to Valentine's Day), but there is more to February than just that! This month brings us some cool events and celebrations. We have Groundhog Day, when Punxsutawney Phill (Yes! That IS his name) predicts if spring is coming early or if we are in for more winter weather. The Super Bowl, where the perfect combination of snacks and sportsmanship comes to life. We also can't forget about Mardi Gras! Mardi Gras is one of the most colorful and exciting celebrations of the year. We will be incorporating these holidays into our activities throughout the month, so be sure to join us!

Here are some of the activities we will be doing throughout the month!

Get Creative With Clay!

Join us in the FL on Feb. 20th at 10:15am to get creative with some air dry clay! We will paint our projects the following week!

Superbowl Sunday:

Watch the game with friends and food in the FL on February 11th, Kickoff is at 5:30!

Valentine's Day Social:

Wear your best valentines day colors and stop by our front desk photo booth!

We will be celebrating Valentine's Day with a social hour, and a performance from our very own Symphonettes! Join us on Feb 14th in the FL at 2:00pm!

Gamble Your Hearts Away:

Poker is a gambling favorite! Join us to gamble away candy hearts in a friendly card game!

Depart For Riverside Casino:

We will be taking a trip to Riverside Casino on February 27th, departing Summit at 12:30pm and back at Summit by 5:30pm.

Heartfelt Hearts:

Located at the front desk, please write someone a positive note, and drop it in our heartfelt mailbox! These notes will be posted on the windows in the dinning room for all to enjoy throughout the month. You can write to a friend, fellow tenant, staff member, or even yourself! Help us spread love and kindness this month!

Card Club:

A few of our tenants are starting a card club! Please join them in the CH on Tuesdays at 2:00pm to play card games!

All About Groundhog Day:

Join us on Feb 2nd at 1:00pm in the FL to learn all about, and enjoy refreshments related to this wacky holiday!

Year of The Dragon

2024 is the year of the dragon! Come learn all about what exactly this means, and help us ring in the Chinese New Year!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



February 2024



4 9:00am Presbyterian Church Service - FL
10:30am St. Joseph's Mass - FL
1:30pm Bingo w/ Frankie - FL
6:00pm Sunday Cinema-FL

5 9:00am Rosary - PDR
10:30am Creating "Kisses" Boxes For Decoration -FL
1:15pm Bible Study w/ Ben- FL
2:00pm Dominoes -CH
3:30pm M.A.C Fitness-FL
6:15pm Cocktails & Card Games - CH

6 9:30 Manicures - FL
10:15am Sticky Note Stories -FL
11:00am Lunch Bunch: Depart For Carlos O'Kellys
1:30pm Chef Chat - FL
2:00pm Card Club: Bridge - CH
3:00pm Bingo- FL

7 9:00am Prayer Group w/ Karla- FL
9:30am Church Service - FL
10:30am Activity Council - FL
1-3pm Podiatrist
1:30pm Communion - L
2:00pm SP Gives Back: Valentines Goodies For Indian Creek Elementary I - FL
3:30pm M.A.C Fitness - FL
6:00pm Symphonettes - FL

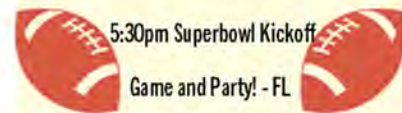
8 **9:00am Depart For: Dollar Tree**
10:30am M.A.C Fitness - FL
1:30pm Marci's Memorables Presenting All Things Valentines -FL
3:15pm SP Gives Back: Valentines Goodies For Indian Creek Elementary II - FL
6:15pm Bingo w/ Frankie - FL

2 **Happy Groundhog Day!**
9:30am Newsbreak—L
10:15am Mens Coffee Group—L
10:30am Millenium Therapy—FL
1:00pm All About Groundhog Day—FL
1:00pm Loop Yarn—FL
2:00pm Happy Hour w/ Darlene Suchomel—Dr



3
10:00am Craft Club-L
2:00pm Dominoes—CH

11 **Superbowl Sunday!**
9:00am Presbytarian Church Service - FL
10:30am St. Joseph's Mass - FL
1:30pm Bingo w/ Frankie - FL



12 9:00am Rosary - PDR
10:30am Mardi Gras Diamond Art- FL
1:15pm Bible Study w/ Ben- FL
2:00pm Dominoes - CH
3:30pm M.A.C Fitness-FL
6:15pm Escape Room Board Game- FL

13 **Happy Mardi Gras!**
9:00am Depart For: Target
10:15am Sweethearts Cafe-FL
1:15pm Mardi Gras Mixer -FL
2:00pm Card Club: Poker - CH
3:00pm Bingo- FL



14 **Happy Valentines Day!**
9:00am Prayer Group w/ Karla- FL
9:30am Church Service - FL
10:30am Ash Wednesday Service - FL
1:00pm Vitals w/ Nursing - PDR
1:30pm Communion - L
2:00pm Valentines Day Social w/ Symphonettes - DR
3:30pm M.A.C Fitness - FL
6:00pm Symphonettes -FL

15 **9:00am Depart For: Hyvee**
10:30am M.A.C Fitness - FL
2:15pm Floyd Sanford Presenting about Ireland - FL
6:15pm Bingo w/ Frankie - FL

16 9:30am: Newsbreak - L
10:15am: Mens Coffee Group - L
10:30am: Millenium Therapy- FL
1:00pm: Reading Aloud: The Shack- L
1:00pm: Loop Yarn - FL
2:00pm: Happy Hour w/ Lena

17
10:00am Craft Club-L
2:00pm Dominoes—CH

18 9:00am Presbyterian Church Service - FL
10:30am St. Joseph's Mass - FL
1:30pm Bingo w/ Frankie - FL
6:00pm Sunday Cinema-FL

19 9:00am Rosary - PDR
10:30am All About Black History Month - FL
1:15pm Bible Study w/ Ben- FL
2:00pm Dominoes-CH
3:30pm M.A.C Fitness-FL

20 **9:45am Depart For: Marion Library Senior Social Hour**
10:15am Get Creative With Clay! - FL
1:30pm Mixed Communication Game - FL
2:00pm Card Club: Pinochle -CH
3:00pm Bingo- FL
5:45pm Depart For Marion Library Book Club

21 9:00am Prayer Group w/ Karla- FL
9:30am Church Service - FL
10:30am Popular commercials of the 50's and 60's - FL
1:30pm Communion - L
2:00pm Card Game : Hearts -CH
3:30pm M.A.C Fitness - FL
6:00pm Symphonettes -FL

22 **9:00am Depart For: Walmart**
10:30am M.A.C Fitness - FL
1:00pm Tenant Council -FL
1:45pm Depart For: A drive to view Marion ICE Sculptures
3:15pm Break My Heart Game -FL
6:15pm Bingo w/ Frankie - FL

23 9:30am: Newsbreak - L
10:15am: Mens Coffee Group - L
10:30am: Millenium Therapy - FL
1:00pm: Reading Aloud: The Shack-L
1:00pm: Loop Yarn - FL
2:00pm: Happy Hour w/ Ron Burgess

24
10:00am Craft Club-L
2:00pm Dominoes—CH

25 9:00am Presbyterian Church Service - FL
10:30am St. Joseph's Mass - FL
1:30pm Bingo w/ Frankie - FL
6:00pm Sunday Cinema-FL

26 9:00am Rosary - PDR
10:30am Readers Theater - FL
1:15pm Bible Study w/ Ben- FL
2:00pm Dominoes-CH
3:30pm M.A.C Fitness-FL

27 **9:00am Depart For: Fareway**
10:15am Sweet Hearts Cafe -FL
12:30 Depart For: Riverside Casino (Back By 5:30)
2:00pm Card Club: Euchre -CH
3:00pm Bingo- FL



28 9:00am Prayer Group w/ Karla- FL
9:30am Church Service - FL
10:30am Painting Clay Projects - FL
1:30pm Communion - L
2:00pm Gamble Your Hearts Away Poker -CH
3:30pm M.A.C Fitness - FL
6:00pm Symphonettes - FL

29 **Happy Leap Day!**
9:45am Depart For: Half Priced Books
10:30am M.A.C Fitness - FL
2:00pm Leap Day Social and Games - FL
6:15pm Bingo w/ Frankie - FL



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 Ten-

BP = Back Patio
DR = Carlisle Dining Room
FD = Front Desk
FF = Front Foyer
FL = Fireside Lounge
FP = Front Porch
L = Library, 2nd Floor
PDR = Private Dining Room

