

Christian Corner

By Selah Ulmer

The Gift of Confession

with

As I write this, the church is getting ready to start observing Lent. Lent is a specific timeframe on the church calendar. It takes place during the 40 days before Easter and is meant to be a time of remembering the crucifixion of Jesus and the events leading up to it. Many choose to fast from something/give up something during Lent as a way of drawing closer to God. Lent is also used as an intentional time for Christians to confess their sins and ask for forgiveness. It is a sober time, but also a beautiful one.

Not every Christian observes Lent, and those who do may practice it in slightly different ways. I don't know what you have decided to do this year, if you've decided to participate in Lent. By the time you have this in your hands, we will be about halfway through Lent. But, what I do know is that the idea of using this time before Easter to reflect and prepare our hearts is something we all need in our lives. The truth is that all of us, no matter how long we have been walking with Jesus, still have sin in our hearts. We all have things we need to confess, repent and ask God to forgive. James 4: 8 calls us to this. It says, "cleanse your hands, you sinners, and purify your hearts, you double-minded." The reality of our sin is humbling and sombering. The next verse in James 4 calls us to grieve over our sin, for it is the thing that put Jesus on the cross! But because

of Christ's sacrifice, confession doesn't end in grief. It ends in praise and intimacy with God. Before James 4:8 calls us to confess, it makes this promise: "Come near to God, and He will come near to you." This promise is what makes confession and repentance, and this season of Lent, so beautiful. As we humble ourselves before God, remembering His sacrifice and confessing our sin, we are blessed over and over again with His love, His grace and His mercy. Forgiveness flows freely from Him as He wipes away our tears and casts our sins as far away from us as the east is from the west. Confession is a gift, because it brings us nearer and nearer to the heart of the Father who gave up everything to have a relationship with us. As we prepare for Easter next month, let's take this Lenten time, whether it be 40 days or 4 or anything in between, to ask God to purify our hearts and give us a deeper understanding of His forgiveness and grace. It is promised to be a gift.

"Grace, mercy and peace (to you) from God the Father and from Jesus Christ, the Father's Son" — 2 John 1:3.

Around the Pointe



2024

March

Summit Pointe
Senior Living

BLUE ZONES

Life Choices, It's All About Living

Nursing Department

With Mary



I often times get asked by tenants, what they can do to stay healthy. I would tell you to remember 5 things.

1. Make healthy choices when eating
2. Keep moving
3. Keep your mind active, watching t.v. just doesn't cut it. The Life Enrichment have lots of brain stimulating activites!
4. Drink water
5. Stay in regular contact with your physician.

Take a moment to read the article on kidney health!!

Exercise!



We are being blessed with an calm winter, MAYBE an earlier spring. SO LET'S SPRING into exercise! the pathway is a beautiful walk around the building with seating as you go! if you'd like to go outside for a walk but are unsure of going alone. JOIN THE GROUP almost every Friday at 1pm...Happy hour to follow!



Notes from Kayla in:

marketing

We have som e fun events in the works and I'm excited to get them started. First, we will be hosting a memory cafe. This is open to the community. This cafe will be held twice a month for the next 12 months. The goal behind this is to provide a light spirited environment and learning. it is open for care takers, people living with dementia and families.

During the month of March, Linn Mar students will be joining us. it's a learning opportunity for them to hear from you, about growing up in this area and other reminiscing like activites. LIKE US they are pretty competitive so some will join us for activities like shuffle board, bowling, frisbee golf!

We are also working on setting up bird cameras for you to keep an eye on some of the birds around Summit Pointe.

community events coming up will include the Great Kite Event. SP tenants usually join to pass out bubble wands to the youth and enjoy the HOUSE SIZED KITES!



Celebrations! Tenant Birthdays

MARCH 4

Sharon Easler

March 9

Doris Armstrong

MARCH 12

Rollie Raim

MARCH 13

Carol Rees

MARCH 17

Shirley Mincey

MARCH 21

Judy Hull

MARCH 26

Sandra Abodeedy

MARCH 29

Evelyn "Evie" McLeod

March 30

Carol Prehm

Denise Coats

MARCH 31

Joyce Saville

Staff Birthdays

March 12

Callyn, Kohler

MARCH 15

Crystal Robinson

Amy Ealy

MARCH 22

Evan Getta

Staff Anniversaries

4YEARS

Frankie Stoffer - March 24

5YEARS

Randy Danover - March 27

7 YEARS

Esther Toth - March 6

Executive Director Melinda Haley

I hope everyone has enjoyed last month's festivities; Superbowl, Mardi Gras, and the Valentines extravaganza...I will happily admit that I indulged in that chocolate fountain! and it was worth every calorie!

It was captivating seeing tenants come together and enjoying the day!

I know we discussed these dates at Tenant Council, but wanted to make sure everyone had the opportunity to hear about the upcoming events..

On March 11th at 10am, we will do a new tenant orientation. and even though it is a new tenant orientation, everyone is welcomed. We will review what to do in case of emergencies like fire and storms, how to turn in a maintenance request, signing in and out.

Summit Pointe will be celebrating Easter on March 23rd. We will have our annual Easter egg hunt, lots of treats and even more fun! Make sure to invite your family.

Thanks you all for making Summit Pointe a joyful place to live and work.



Happy St. Patrick's Day

MARCH Madness

Conference tournaments are coming up March 9-11th. Brackets for the Men's basketball will be created on "Selection Sunday" March 17th.

Both our Hawkeye Men's and Woman's basketball teams have been performing well and should make it through conferences into the Championships.

March Madness tournaments will begin March 19th. Only the dates and venues were listed at the time this newsletter was printed.

If you want to fill in the brackets during the Men's Championship games, use the one below or see the front desk for a large print copy.

Dates	Round	City, State
March 19 & 20	First Four	Dayton, OH
March 22 & 24	First/Second Rounds	Brooklyn, N.Y.
March 21 & 23	First/Second Rounds	Charlotte, N.C.
March 22 & 24	First/Second Rounds	Indianapolis
March 21 & 18	First/Second Rounds	Omaha, Neb.
March 21 & 23	First/Second Rounds	Pittsburgh
March 21 & 23	First/Second Rounds	Salt Lake City
March 22 & 24	First/Second Rounds	Spokane, Wash
March 22 & 24	First/Second Rounds	Memphis, Tenn
March 28 & 30	East Regional	Boston
March 29 & 31	South Regional	Dallas
March 29 & 31	Midwest Regional	Detroit
March 28 & 30	WestRegional	Los Angeles
April 6 & 8	Final Four	PhoeniX., AZ



Notes from Karla at



Environmental Services

New Environmental Services Staff :

We have a new Maintenance Assistant: Gavin Howk-Erwin, also joining our environmental team is Stephanie. Both have had a great start at Summit Pointe. Make sure to make them feel welcomed to our family!

Transportation - Transportation has been going smoothly, mostly in part to Randy's endeavors. He has been doing an exquisite job at making sure the bus leaves on time so drop off are on time and pick ups occur in a timely manner. Several have had to fill in for Randy, when he's gone, and it is quit a bit of work to successfully please all riders AND get the work done as well as he does...ROUND OF A PLAUSE FOR OUR DRIVER RANDY!

Housekeeping-

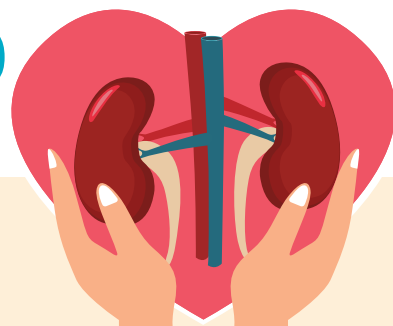
We are thrilled to have Stephanie as part of our team!





What can I do to keep my kidneys healthy?

You can protect your kidneys by preventing or managing health conditions that cause kidney damage, such as diabetes and high blood pressure.



The steps described below may help keep your whole body healthy, including your kidneys.

During your next medical visit, you may want to ask your health care provider about your kidney health. Early kidney disease may not have any symptoms, so getting tested may be the only way to know your kidneys are healthy. Your health care provider will help decide how often you should be tested.

See a provider right away if you develop a urinary tract infection (UTI), which can cause kidney damage if left untreated.

Make healthy food choices

Choose foods that are healthy for your heart and your entire body: fresh fruits, fresh or frozen vegetables, whole grains, and low-fat or fat-free dairy products. Eat healthy meals, and cut back on salt and added sugars. Aim for less than 2,300 milligrams of sodium each day. Try to have less than 10 percent of your daily calories come from added sugars.

Tips for making healthy food choices

- › Cook with a mix of spices instead of salt.
- › Choose veggie toppings such as spinach, broccoli, and peppers for your pizza.
- › Try baking or broiling meat, chicken, and fish instead of frying.
- › Serve foods without gravy or added fats.
- › Try to choose foods with little or no added sugar.
- › Gradually work your way down from whole milk to 2 percent milk until you're drinking and cooking with fat-free (skim) or low-fat milk and milk products.
- › Eat foods made from whole grains—such as whole wheat, brown rice, oats, and whole-grain corn—every day. Use whole-grain bread for toast and sandwiches; substitute brown rice for white rice for home-cooked meals and when dining out.
- › Read food labels. Choose foods low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
- › Slow down at snack time. Eating a bag of low-fat popcorn takes longer than eating

a slice of cake. Peel and eat an orange instead of drinking orange juice.

- › Try keeping a written record of what you eat for a week. It can help you see when you tend to overeat or eat foods high in fat or calories.

Research has shown that the DASH eating plan NIH external link may help you lower your blood pressure. If you have diabetes, high blood pressure, or heart disease, you may want to locate and work with a dietitian.

Make physical activity part of your routine

Be active for 30 minutes or more on most days. If you are not active now, ask your health care provider about the types and amounts of physical activity that are right for you.

Aim for a healthy weight

The NIH Body Weight Planner is an online tool to help you tailor your calorie and physical activity plans to achieve and stay at a healthy weight.

If you are overweight or have obesity, work with your health care provider or dietitian to create a realistic weight-loss plan. View more weight control and physical activity resources to help you get and stay motivated.

Get enough sleep

Aim for 7 to 8 hours of sleep each night. If you have trouble sleeping, take steps to improve your sleep habits.

Stop smoking

If you smoke or use other tobacco products, stop. Ask for help so you don't have to do it alone. You can start by calling the national quit-line at 1-800-QUITNOW or 1-800-784-8669. For tips on quitting, go to Smokefree.gov.

Limit alcohol intake NIH external link

Drinking too much alcohol can increase your blood pressure and add extra calories, which can lead to weight gain. If you drink alcohol, limit yourself to one drink per day if you are a woman and two drinks per day if you are a man. One drink is 12 ounces of beer, 5 ounces of wine or 1.5 ounces of liquor

Explore stress-reducing activities

Learning how to manage stress, relax, and cope with problems can improve emotional and physical health. Physical activity can help reduce stress, as can mind and body practices such as meditation.

Manage diabetes, high blood pressure, and heart disease

If you have diabetes, high blood pressure, or heart disease, the best way to protect your kidneys from damage is to

- › **Keep blood glucose numbers close to your goal.** Checking your blood glucose, or blood sugar, level is an important way to manage your diabetes. Your health care team may want you to test your blood glucose one or more times a day.
- › **Keep your blood pressure numbers close to your goal.** The blood pressure goal for most people with diabetes is below 140/90 mm Hg.
- › **Take all your medicines as prescribed.** Talk with your health care provider about certain blood pressure medicines, called ACE inhibitors and ARBs, which may protect your kidneys. The names of these medicines end in -pril or -sartan.

Be careful about the daily use of over-the-counter pain medications. Regular use of non-steroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen and naproxen, can damage your kidneys. Learn more about over-the-counter medicines and your kidneys.

To help prevent heart attacks and stroke, keep your cholesterol levels in the target range. There are two kinds of cholesterol in your blood: LDL and HDL. LDL or "bad" cholesterol can build up and clog your blood vessels, which can cause a heart attack or stroke. HDL or "good" cholesterol helps remove the "bad" cholesterol from your blood vessels. A cholesterol test also may measure another type of blood fat called triglycerides.

Linn Mar | Linn Mar students will be joining us throughout the day during the week of the 18th. Let's do our best to welcome them and take some time to visit with them.

Vitals | Leadership from the nursing department will be giving blood pressure checks for tenants that are interested.

Life long learning | This month Suz has put together some interesting research on different places around the United States join us for these events on Mondays.

Afternoon walks | Fridays at 1pm, join LE and your neighbors for a walk around our paths, how may steps can you get in during March??

Euchre | Join our card game of the month, and meet some friendly neighbors! Rules to this card game will be explained and will also be listed at the front desk in the activity binder.

Four Leaf Clover Hunt | A special four leaf clover will be hidden around Summit Pointe and daily clues will be provided. if you find the clover please return it to the front desk to be awarded a prize and to be rehidden the following day.

FRisbee Golf | Join Ben as he teaches us how to play frisbee golf, this event is weekly by the end of the month, we'll be ready to take on the Linn Mar students!

Prayer groupd with Karla | Every Wednesday at 9am, join Karla for a prayer group, Pray for yourself or pray for another, this group is open to anyone.

St. Patrick's Day social | We will be celebrating St. Patrick's day on February 18th. In great Irish fashion, get ready for some sing a longs.

Men's Coffee Group | Enjoy some coffee in the company of other men, every Friday at 10:15am

Red Chamber Music | Join us in the main dining room for and enjoyable and delightful performance.

Lowe Park | Irish Jam! Sign up to see the performace of Irish music at Lowe park. We will warn you, it can get crowded.



Life Enrichment Updates

I want to thank everyone for welcoming me to the Summit Pointe family! I am excited to see where we can take the activity program-Gail McLaughlin

I know there has been some questions on what to do if March Madness and Bingo are taking place at the same time. Please note, we don't want to change the time of regularly scheduled events. We will make sure that the game can start in the clubhouse and then move to Fireside Lounge right after Bingo is done.

We are taking requests for favorite movies of documentaries, During the month we will start posting what Movie, Rating and a summary of the movie that will be playing that week.

Welcome:

New February Tenants

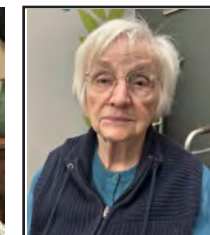
Help us welcome our newest tenants!



Emily Hines



Peg Adams



Sue Thomas

Front Desk with all the new

tenants moving in, we'd like to take a minute to review a couple items. Make sure when you leave the buidling you sign out in the tenant sign out book (located under t.v. in lobby). When signing up for rides be sure to give a days notice AND have the name and address of where you are going (if you need help with this, we are happy to do so). Please ask your guests to sign in at the front desk. this helps with fire safety.

From the

Culinary Director



Hi everyone,
I hope you enjoyed the Valentines meals!
Here's a reminder of the meal times
7am-8:45am Breakfast
11:15-12:45pm Lunch
4:15-5:45pm Dinner



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1>March 2024</h1>						<div>1</div> <div>9:30am Newsbreak—L 10:15am Men's Coffee Group—L 10:30am Millenium Therapy—FL 1:00pm Afternoon walks, followed by snacks 1:00pm Loop Yarn—FL 2:00pm Happy Hour w/ Terry McCauley —DR</div>
<div>3</div> <div>9:00am Presbyterian Church Service—FL 10:30am St. Joseph's Catholic Mass—FL 1:30pm Bingo w/ Frankie—FL 1:45pm Depart For Marion Library Puzzle Exchange 6:00pm Sunday Cinema —FL</div>	<div>4</div> <div>9:00am Rosary—PDR 10:00am Lug-A-Mug: Visit With Our Friends In Memory Lane 1:15pm Bible Study w/ Ben—FL 2:00pm Dominoes—CH 2:30pm Life long learning: Council Bluffs—FL 3:30pm M.A.C Fitness—FL</div>	<div>5</div> <div>9:00am Depart For: Daa Binn Store (Dollar Day) 10:30am Coffee w/ Gail—FL 1:30pm Chef Chat—FL 2:00pm Card Club—L Beginners & Advance Euchre 3:00pm Bingo—FL</div>	<div>6</div> <div>9:00am Prayer Group w/ Karla—FL 9:30am Church Service—FL 10:30am Activity Council 1-3pm Podiatrist 1:30pm Communion—L 2:00pm People In Your Neighborhood! - FL,L,CH 3:30pm M.A.C Fitness—FL 6:00pm Symphonettes</div>	<div>7</div> <div>9:00am Depart For: ALDI 10:30am M.A.C Fitness—FL 2:00pm Food Demo w/ Dustin—FL 3:15pm Learn how to play frisbee golf—FL 6:15pm Bingo w/ Frankie —FL</div>	<div>8</div> <div>9:30am Newsbreak—L 10:15am Men's Coffee Group—L 10:30am Millenium Therapy—FL 1:00pm Afternoon walks, followed by snacks 1:00pm Loop Yarn—FL 2:00pm Happy Hour w/ Lena —DR</div>	<div>9</div> <div>10:00am Craft Club—L 2:00pm Dominoes—CH</div> 
<div>10</div> <div>9:00am Presbyterian Church Service—FL 10:30am St. Joseph's Catholic Mass—FL 1:30pm Bingo w/ Frankie—FL 6:00pm Sunday Cinema —FL</div>	<div>11</div> <div>9:00am Rosary—PDR 10:00am New Tenant Orientation: safety procedures—FL 1:15pm Bible Study w/ Ben—FL 2:00pm Dominoes—CH 2:30 Life long learning: Ft. Ross, California—FL 3:30pm M.A.C Fitness—FL</div>	<div>12</div> <div>8:30am Depart For: Marion Library Senior Tai-Chi Exercise 11:30am Depart For: Lunch Bunch— Goldfinch Tap + Eatery 2:00pm Card Club—L Beginners & Advance Euchre 3:00pm Bingo—FL</div>	<div>13</div> <div>9:00am Prayer Group w/ Karla—FL 9:30am Church Service—FL 10:30am Card Bingo—FL 1:00 Vitals w/ Nursing—PDR 1:30pm Communion—L 1:30pm Red Chamber Music—DR 3:30pm M.A.C Fitness— FL 6:00pm Symphonettes</div>	<div>14</div> <div>9:00am Depart For: Dollar Tree 10:30am M.A.C Fitness—FL 1:15pm Luck of the Irish coin flip—FL 3:00pm Frisbee golf for beginners—FL 6:15pm Bingo w/ Frankie —FL</div>	<div>15</div> <div>9:30am Newsbreak—L 10:15am Men's Coffee Group—L 10:30am Millenium Therapy—FL 1:00pm Afternoon walks, followed by snacks 1:00pm Loop yarn—FL 2:00pm St. Paddy's Themed Happy Hour w/ Young At Harp —DR</div>	<div>16</div> <div>10:00am Craft Club—L 2:00pm Dominoes—CH</div>
<div>17</div> <div>St. Patrick's Day! 9:00am Presbyterian Church Service—FL 10:30am St. Joseph's Catholic Mass—FL 1:30pm Bingo w/ Frankie—FL 6:00pm Sunday Cinema —FL</div> 	<div>18</div> <div>9:00am Rosary—PDR 9:30-10:30 Reminiscing with Linn Mar—FL Your first car 1:15pm St. Patrick's Day Social—FL 2:00pm Dominoes—CH 3:30pm M.A.C Fitness—FL</div>	<div>19</div> <div>9:00am Depart For: JoAnn's Craft Store 9:30-10:30 Reminiscing with Linn Mar—First Dates—FL 1:15pm Floyd Sanford: Hiking in the Picos de Europa 2:00pm Card Club—L Beginners & Advance Euchre 3:00pm Bingo—FL 5:30pm Depart For: Marion Library Book Club</div>	<div>20</div> <div>9:00am Prayer Group w/ Karla—FL 9:30am Church Service—FL 9:30-10:30 Reminiscing with Linn Mar: Marion-Then and Now 2nd fl 1:30pm Communion—L 1-2pm Bowling us Linn Mar—FL 3:30pm M.A.C Fitness— FL 6:00pm Symphonettes</div>	<div>21</div> <div>9:00am Depart For: HyVee 9:30-10:30 Reminiscing with Linn Mar: Presidents—FL 10:30am M.A.C Fitness—FL 1-2pm Frisbee golf tournament: us Linn Mar—FL 6:15pm Bingo w/ Frankie—FL</div>	<div>22</div> <div>9:30am Newsbreak with Linn Mar—L 10:15am Men's Coffee Group—L 10:30am Millenium Therapy—FL 1:00pm-2pm Shuffle board us Linn Mar—FL 1:00pm Loop Yarn—FL 2:00pm Happy Hour w/ Janet Lieb —DR</div>	<div>23</div> <div>1pm-3pm Easter Celebration—outdoors</div>
<div>24</div> <div>9:00am Presbyterian Church Service—FL 10:30am St. Joseph's Catholic Mass—FL 1:30pm Bingo w/ Frankie—FL 6:00pm Sunday Cinema —FL</div>	<div>25</div> <div>9:00am Rosary—PDR 10:00am Easter Egg Dying—FL 1:15pm Bible Study w/ Ben—FL 2:00pm Dominoes—CH 2:30pm Life long learning: Bohemian Grove—FL 3:30pm M.A.C Fitness—FL</div>	<div>26</div> <div>9:00am Depart For: Walmart 10:30am Card BINGO—FL 2:00pm Card Club—L Beginners & Advance Euchre 3:00pm Bingo—FL 5:00pm Depart For: Opus Concert: Key Change Series</div>	<div>27</div> <div>9:00am Prayer Group w/ Karla—FL 9:30am Church Service—FL 10:30am Hand Massages —FL 1:30pm Communion—L 2:00pm People In Your Neighborhood! - FL, L, CH 3:30pm M.A.C Fitness— FL</div>	<div>28</div> <div>MLB Opening Day Wear Your Team Shirt For Games & Treats —CH 9:00am Depart For: TJ Maxx 10:30am M.A.C Fitness—FL 1:00pm Tenant Council—FL 3:00pm Frisbee golf tournament—FL 6:15pm Bingo w/ Frankie—FL</div>	<div>29</div> <div>9:30am Newsbreak—L 10:15am Men's Coffee Group—L 10:30am Millenium Therapy—FL 1:00pm Afternoon walks, followed by snack 1:00pm Loop Yarn—FL 2:00pm Happy Hour w/ David Poggenklass —DR</div>	<div>30</div> <div>10:00am Craft Club—L 2:00pm Dominoes—CH</div>
<div>31</div> <div> Easter</div>						