

“Repent of your sins and turn to God, for the Kingdom of God is near!” Matthew 4:17.

Have you ever achieved a high goal for yourself? Reflect on the goals you have completed in your life. Perhaps they were physical, such as running a marathon, or academic, like finishing a college degree. Maybe you had high business goals or specific goals for your family. Think back to the process of achieving that goal. When it got difficult, as all things do, what kept you going? What was your motivation that moved you towards the goal, even when it was tough?

Last month we talked about the first part of Matthew 4:17-the call to repent and turn to God. This month, let's focus on the second part of this verse. Jesus tells us that the kingdom of God is near. There are many theological explanations on the details of what this means, but simply put, it means that God is bringing His kingdom (His purpose, mission, and way of doing things) to earth right now. Though we still live on earth and are not yet with God, we still get to experience being part of His

kingdom right now. It also means that one day, Jesus will return and we will experience God's kingdom fully and completely. Being part of the kingdom now means that our primary allegiance is to God and His kingdom, not to worldly establishments. It means that we get to be part of inviting others into the kingdom and seeing this kingdom transform families, communities and countries. It means that we operate out of God's values and purpose, not the world's. And it means we have something incredible to look forward to when Jesus returns.

Having God's kingdom as our priority ought to be our goal as Christians. Jesus tells us to “seek first the kingdom of God”(Matthew 6:33). We know that we are living not just for today, but for eternity. But it is easy to get distracted or discouraged when life gets hard and seeking the kingdom first seems impossible. But in these moments, we must not give up! Instead, let's remember our motivation, the “why” that keeps us moving in faith towards God and what He calls us to do. The kingdom of God is near! Jesus is coming back soon and has work for us to do here while we wait. If you are discouraged today, remember that you are part of an eternal kingdom, and that it is near to you. Let's stay focused on kingdom work, seeking it first, and trusting God to meet us in that with His Spirit and His presence.



From Culinary Corner



We would like to welcome Chris to our culinary team as our new culinary director! Even though you may not have seen him yet her has been working behind the scenes making sure staff is supported in creating a great dining experience for all tenants.

We also would like to take a moment to recognize ALL the culinary staff in all their efforts in the unexpected and last minute change over to meal deliveries. They all worked hard in making sure this transition was completed successfully. Thank you culinary staff for your extra efforts in caring for our Summit Pointe tenants!

Let's also take a moment to recognize our honorary culinary staff member, that would be your executive director Melinda Haley! No job is too much for her, did you get your meal by Melinda this week?

As a reminder, even though we may have our favorite spots in the dining room, there is no assigned seating -



From Maintenance

Rod and Gavin have been working hard to make sure our home, Summit Pointe continues to look fresh and clean. Be careful where you lean as they have been touching up the paint in the common areas, specifically the elevator foyers.

They will continue with these projects and others, ensuring Summit Pointe is safe, comfortable and continues to look good. If you see them in the hallway don't be shy, let them know it looks!

As the weather continues to warm up, maintenance will start bring patio furniture outside. Speaking of the outside, the garden area definitely needs a face lift, so don't be surprised if you see some rearranging happening in our backyard.

As a reminder, if you need maintenance assistance in your apartment, the best way to get work done is to call the front desk and request a work order. If it's an emergency please let the front desk or any staff know right away.

HELLO April 2024



Share Kindness

Kindness is a type of behavior marked by acts of generosity, consideration, rendering assistance, or concern for others, without expecting praise or reward in return, acts of selflessness.

Unconditional kindness promotes empathy, compassion, and understanding toward people regardless of the circumstances in which they find themselves.

Examples of kindness

1. Being patient with others short comings.
2. Considering others needs before your own needs.
3. Support others through their difficult times.
4. Caring for others with no strings attached.

Kindness at Summit Pointe

I have to say that one of the reason I am so proud to work here is the culture amongst our tenants. I am proud to be around our tenants who care so much for eachother. Here are some ways we can continue to spread "the kindness".

1. If you see someone eating alone, join them despite your differences.
2. Invite someone you don't know yet to an activity.
3. Introduce yourself to someone you haven't met yet.



FROM THE Nursing Staff

We would like to encourage everyone to utilize the first floor drink station throughout the day. Specifically for drinking water, there has been several instances in which tenants have felt dizzy, sluggish and light headed, make sure you stay hydrated.

We had a tough month with the norovirus, this came on unexpectedly but it did hit several senior living facilities. What we would like to advice you with is...no matter what the season, you should always practice good hand washing routines. Wash your hands before meals. Wash your hands when leaving and returning to your apartment. Having good hand hygiene will always help protect you against unexpected viruses!

By the way, we are heading towards nice weather, GET OUTSIDE and get some fresh air, smell the flowers and utilize our beautiful walking paths! It's a pleasant form of exercise!



FROM EXECUTIVE DIRECTOR

I hope you all enjoyed your Easter! Thank you for your help in keeping Summit Pointe an enjoyable place to live! The energy around the building has been inspiring, it truly does my heart good to see the great connections being made amongst tenants as well as tenants and staff!

Happy Easter! — Melinda Haley



Celebrations!

Tenant Birthdays

APRIL 10

Lloyd Bulman

APRIL 11

Lucy Diesch

APRIL 19

Donna Cooper

APRIL 24

Dennis Schissel

APRIL 28

Helen Murphy
Judy Erwin

Staff Birthdays

APRIL 1

Michael S.

APRIL 6

Karla Graves

APRIL 6

Shartrice H.

Staff Anniversaries

Judy Nesteby 4/6

2 years with Summit Pointe

Kim Hoffman 4/12

1 year with Summit Pointe

Dakota Muters 4/14

4 years with Summit Pointe

Amy Ealy 4/20

1 years with Summit Pointe

Mary McDaniel 4/21

1 year with Summit Pointe

Dana Marolf 4/21

1 years with Summit Pointe



to overall hip, knee and ankle stabilization, which can highly impact balance,” says Bruce M. Duchemin, a home care physical therapist with Granite VNA in New Hampshire with 46 years of experience in physical therapy. “An unstable ankle can result in loss of balance, twisting the ankle and causing injuries and/or falls.”

It’s also crucial to strengthen the muscles in your feet. “Keeping your feet strong can prevent pain and improve your balance,” says Jasmine Marcus, a doctor of physical therapy at Cayuga Medical Center in Ithaca, New York.

Avoid a pain in the neck (or wrists)

Believe it or not, neck or cervical exercises are essential “to maintain pain-free neck range of motion and strength, which will translate into preventing the head from moving ahead of the cervical spine’s center of gravity,” says Duchemin. These exercises prevent “common aging issues such as a forward head posture, reversal of the cervical spine curve causing neck pain, and development of a kyphosis [also referred to as a hunch back],” explains Duchemin,

who says this will cause the head to go forward and the chin to rest on the chest wall rather than being held in a good, upright posture. “These alterations in the cervical spine will change the center of gravity of the upper body, causing the patient to develop balance impairments associated with posture,” which may result in falls, he says.

And don’t overlook your wrists. “It’s important to keep your wrists and your fingers moving, as a way to manage some arthritic symptoms,” Palmer says.

This type of exercise is key to keeping your independence. “As people age from the 50s to the 60s and beyond into the 80s, the wrists are an important joint to strengthen as it relates to the overall function of the arm,” says Duchemin. “It helps take stress off the shoulder and elbow in the execution of overhead activities.” For example, having strong wrists can help you put things away more easily in an overhead cabinet or support your arms when you push down to get out of a chair.

Remember the next time you head to a fitness center or gym — or your own living room — you need to exercise a lot more than simply the basics.

From Carla

Hello Everyone and Happy Springtime!

This month I would like to introduce you to our new housekeeping staff; Chris, April and Stephanie. I know you are familiar with most the staff as I have already heard from some tenants what a great job they have been doing!

Recently, we started a prayer group on Wednesday mornings at 9am. I just wanted to make sure that everyone knew that they are welcomed to join this group, it is a relaxed environment that supports all.

By the way, have you noticed the great work by the Maintenance Duo, Rod and Gavin-Thanks guys for making Summit Pointe look fresh and clean!



Welcome!

We are coming up on a busy time of year! First, we are looking at rescheduling our Easter celebration and changing it to a Spring Celebration, be on a look out for that date. We are just finalizing the change of entertainers.

We are also preparing for the Great American Kite event. The last two years Summit Pointe tenants have passed bubble wands out to the community youth. If you are interesting in helping again this year, let Kayla know.

This spring we will be hosting an open house, if you are willing to participate and show your apartment, sign up at the front desk or talk to Kayla.

Lastly, I would like to invite **ALL** tenants to our **Tenant Emergency Response Orientation**. Here we will discuss what to do during fire/ weather warnings. Other topics may include pendent uses, signing in and



YOUR ARMS, LEGS AND BACK AREN'T THE ONLY AREAS THAT NEED ATTENTION

Surprising Parts of the Body You Need to Exercise Regularly

A few years ago, I had a pain in my right thigh. I assumed I had pulled a muscle and soldiered on.

Until, that is, it interfered with my playing the bass drum on my drum kit. That's when I finally saw a physical therapist.

Turns out, the pain wasn't coming from my thigh. It was stemming from my hip area — more specifically, from my glutes. Only after many sessions with my physical therapist and exercising at home, was I back to pounding away on the skins pain-free.

While many people age 50 and older know they need to focus on their arms, legs and back when working out, they are most likely ignoring other parts of their bodies. You probably are, too.

"As we age, we may think we're active and doing the things to keep us that way," says Joe Palmer, a doctor of physical therapy, VP and co-owner of Active Life & Sports Physical Therapy in Maryland. Oftentimes, he says, when patients come to his clinics with pain in their lower extremities, it's because they aren't keeping their hips strong. "Hip strengthening is where you get the most bang for your buck," Palmer says. "People who walk slower typically have weaker hips, and that impacts their balance." He says this is also what's happening with folks who have trouble getting up from the floor or out of a chair without using their arms.

When Palmer says "hips," he's talking about the gluteal muscles: the gluteus maximus, medius and minimus. "When people have weakness, it's really in those, the primary hip stabilizers," he says.

According to Palmer, people also often forget about their core. A strong core, he says, helps you maintain your balance "as you are intention-

ally trying to reach for something or go outside your base of support."

Pay attention to your knees

You also need to be strong in other parts of your body if you want to keep active. In your knees, you need to maintain strength, but also flexibility and muscular balance, says Fred Cushner, M.D., an orthopedic surgeon at the Hospital for Special Surgery in New York City and chief medical officer for Canary Medical.

"The two main muscle groups to the knee are the quads and the hamstrings. So, when your quads get weak, you might have pain getting from a sitting to a standing position. You may have discomfort with stairs and problems kneeling," Cushner explains. "With problems in the hamstrings, you get tightness in your hamstrings, but that can also give you some low back pain."

But you need to keep these muscles strong in the correct manner. "While lunges and squats might be great for your 18-year-old grandson, they're not great when you have some arthritis, because that puts a lot of force across the knee," he says. "So it's not only strengthening, but appropriate strengthening."

Cushner adds that with knees and other joints, maintaining flexibility is important because it helps prevent injury while also maintaining the balance of the joint.

Keep ankles and feet strong

Now that you've worked on your hips and knees, let's move a little lower.

"Strengthening ankles is very important in improving the stability of the ankle, as it relates



WE'LL SHOWER YOU WITH FUN WITH APRIL ACTIVITIES



Exercise Equipment: Want to use our equipment, but you're not sure how it works? You are in luck! Join Ben to get all the details. Unless you want a good excuse as to why you don't use it.



Lowe Park Coffeehouse: Deep Dish Divas! Sign up to see the performance at Lowe Park. This is a popular event so it can get crowded.

Sunday Cinema: The theme for the month is MUSICALS. We hope you enjoy our picks.

Lifelong Learning: You are NEVER too old to learn something new. Join Ben or Suz on Mondays to see what they have in store.

Amana Quilt Show:

Calling all quilt lovers! Be sure to sign up to take a trip to Amana to see many beautiful works of art.



Author Talk & Book Signing: The month of April is National Poetry Month, so we invited Mark Stellinga to join us and speak about his book of poetry which he so generously donated to us. Bring your book with you and he will sign it. Didn't get one, NO worries, he will bring a few with him.



Wine Not: If you are a wine lover or if you are not sure if you even like it this is an activity for you. Join Gail for a sample with a food pairing and even a little history of the wine and winery. Cheers!

WINNER, WINNER CHICKEN

DINNER: This month's casino trip will be to Meskwaki Casino in Tama. Sign up and good luck!

Lunch Out: Olive Garden Italian Restaurant will be the lunch spot of the month. Sign up to enjoy a little taste of Italy. Salute!

Gardening: Do you have a green thumb? Whether you are a veteran or new to gardening let's meet to discuss how you obtain a plot, what's new in the gardens, and what we can supply to help you be a successful gardener.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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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



<p>9:00am Presbyterian Church Service-FL</p> <p>10:30am St. Joseph's Catholic Mass-FL</p> <p>1:30pm Bingo w/ Frankie-FL</p> <p>6:00pm Sunday Cinema: Singing In the Rain-FL</p> <p style="text-align: right;">7</p>	<p>1:15pm Bible Study w/ Ben-FL</p> <p>2:00pm Dominoes-CH</p> <p>2:30pm Life Long Learning: April Fools' Day Around The World-FL</p> <p>3:30pm MAC Fitness-FL</p> <p style="text-align: right;">1</p>	<p>9:30am Coffee & Monthly Gazette w/ Gail-FL</p> <p>10:30am Reader's Theater-FL</p> <p>1:30pm Chef Chat-FL</p> <p>2:00pm Card Club: Euchre-L</p> <p>3:00pm Bingo-FL</p> <p style="text-align: right;">2</p>	<p>9:00am Prayer Group w/ Karla-FL</p> <p>9:30am Church Service-FL</p> <p>10:30am Activity Council-FL</p> <p>1-3pm Podiatrist</p> <p>1:30 Communion-L</p> <p>3:30pm MAC Fitness-FL</p> <p>6:00pm Symphonettes-FL</p> <p style="text-align: right;">3</p>	<p>9:30am Come Learn How To Use Our Exercise Equipment-ER</p> <p>10:30am MAC Fitness-FL</p> <p>2:00 pm Food Demo w/ Chris</p> <p>3:00pm Frisbee Golf-FL</p> <p>6:15pm Bingo w/ Frankie-FL</p> <p style="text-align: right;">4</p>	<p>9:30am Newsbreak-L</p> <p>10:15am Men's Coffee Group-L</p> <p>10:30am Millenium Chair Yoga-FL</p> <p>1:00pm Afternoon Walks Followed With A Snack-FF</p> <p>1:00pm Loop Yarn-FL</p> <p>2:00pm Happy Hour w/ Darlene SuchomeI-DR</p> <p>6:15pm Depart For Coffeehouse At Lowe Park: Deep Dish Divas</p> <p style="text-align: right;">5</p>	<p>10:00am Craft Club-L</p> <p>2:00pm Dominoes-CH</p> <p style="text-align: right;">6</p>
<p>9:00am Presbyterian Church Service-FL</p> <p>10:30am St. Joseph's Catholic Mass-FL</p> <p>1:30pm Bingo w/ Frankie-FL</p> <p>6:00pm Sunday Cinema: Singing In the Rain-FL</p> <p style="text-align: right;">7</p>	<p>9:00am Rosary-PDR</p> <p>10:00am Tenant Orientation-FL</p> <p>1:15pm Bible Study w/ Ben-FL</p> <p>2:00pm Dominoes-CH</p> <p>2:30pm Life Long Learning: The Kilt: A Symbol Of Freedom-FL</p> <p>3:30pm MAC Fitness-FL</p> <p style="text-align: right;">8</p>	<p>9:30am Depart For: HyVee</p> <p>10:30am Card Bingo w/ Gail-FL</p> <p>2:00pm Mark Stellinga Author Talk & Book Signing -FL</p> <p>3:00pm Bingo-FL</p> <p style="text-align: right;">9</p>	<p>9:00am Prayer Group w/ Karla-FL</p> <p>9:30am Church Service-FL</p> <p>1:00pm Vitals w/ Nursing-PDR</p> <p>1:30 Communion-L</p> <p>3:30pm MAC Fitness-FL</p> <p>6:00pm Symphonettes-FL</p> <p style="text-align: right;">10</p>	<p>9:30am Depart For: JC Penney</p> <p>10:30am MAC Fitness-FL</p> <p>1:00pm Therapy Dogs-FL</p> <p>2:00pm People In Your Neighborhood!-FL,L,CH</p> <p>6:15pm Bingo w/ Frankie-FL</p> <p style="text-align: right;">11</p>	<p>9:30am Newsbreak-L</p> <p>10:15am Men's Coffee Group-L</p> <p>10:30am Millenium Chair Yoga-FL</p> <p>12:00 Depart For: Amana Quilt Show</p> <p>1:00pm Afternoon Walks Followed With A Snack-FF</p> <p>1:00pm Loop Yarn-FL</p> <p>2:00pm Birthday Happy Hour w/ Lena Adams-DR</p> <p style="text-align: right;">12</p>	<p>10:00am Craft Club-L</p> <p>2:00pm Dominoes-CH</p> <p style="text-align: right;">13</p>
<p>9:00am Presbyterian Church Service-FL</p> <p>10:30am St. Joseph's Catholic Mass-FL</p> <p>1:30pm Bingo w/ Frankie-FL</p> <p>6:00pm Sunday Cinema: The Music Man-FL</p> <p style="text-align: right;">14</p>	<p>9:00am Rosary-PDR</p> <p>10:00am April Trivia-FL</p> <p>1:15pm Bible Study w/ Ben-FL</p> <p>2:00pm Dominoes-CH</p> <p>2:30pm Life Long Learning: The History Of Arbor Day-FL</p> <p>3:30pm MAC Fitness-FL</p> <p style="text-align: right;">15</p>	<p>9:30am Depart For: Aldi</p> <p>10:30am Card Bingo w/ Gail-FL</p> <p>2:00pm Lala Ladies-FL</p> <p>3:00pm Bingo-FL</p> <p>7:00pm Wine Not w/ Gail-FL</p> <p style="text-align: right;">16</p>	<p>9:00am Prayer Group w/ Karla-FL</p> <p>9:30am Church Service-FL</p> <p>1:00pm Floyd Sanford: Machu Picchu-FL</p> <p>1:30 Communion-L</p> <p>3:30pm MAC Fitness-FL</p> <p>6:00pm Symphonettes-FL</p> <p style="text-align: right;">17</p>	<p>9:30am Depart For: Dollar Tree</p> <p>10:30am MAC Fitness-FL</p> <p>2:00pm Garden Club Informational Meeting-FL</p> <p>3:00pm Frisbee Golf-FL</p> <p>6:15pm Bingo w/ Frankie-FL</p> <p style="text-align: right;">18</p>	<p>9:30am Newsbreak-L</p> <p>10:15am Men's Coffee Group-L</p> <p>1:00pm Afternoon Walks Followed With A Snack-FF</p> <p>1:00pm Loop Yarn-FL</p> <p>2:00pm Happy Hour w/ Janet Lieb-DR</p> <p style="text-align: right;">19</p>	<p>10:00am Craft Club-L</p> <p>2:00pm Dominoes-CH</p> <p style="text-align: right;">20</p>
<p>9:00am Presbyterian Church Service-FL</p> <p>10:30am St. Joseph's Catholic Mass-FL</p> <p>1:30pm Bingo w/ Frankie-FL</p> <p>6:00pm Sunday Cinema: Seven Brides For Seven Brothers</p> <p style="text-align: right;">21</p>	<p>9:00am Rosary-PDR</p> <p>10:00am Lug-A-Mug: Visit With Our Friends In Memory Lane</p> <p>1:15pm Bible Study w/ Ben-FL</p> <p>2:00pm Dominoes-CH</p> <p>2:30pm Life Long Learning: Celebrating Earth Day-FL</p> <p>3:30pm MAC Fitness-FL</p> <p style="text-align: right;">22</p>	<p>9:30am Depart For: Fareway</p> <p>10:30am Card Bingo w/ Gail-FL</p> <p>11:00am Depart For Meskwaki Casino</p> <p>2:00pm Card Club: Euchre-L</p> <p>3:00pm Bingo-FL</p> <p style="text-align: right;">23</p>	<p>9:00am Prayer Group w/ Karla-FL</p> <p>9:30am Church Service-FL</p> <p>1:30 Communion-L</p> <p>2:30 Arthritis Education By CenterWell-FL</p> <p>3:30pm MAC Fitness-FL</p> <p>6:00pm Symphonettes-FL</p> <p style="text-align: right;">24</p>	<p>9:30am Depart For: Goodwill</p> <p>10:30am MAC Fitness-FL</p> <p>1:00pm Tenant Council-FL</p> <p>2:00pm People In Your Neighborhood!-FL,L,CH</p> <p>6:15pm Bingo w/ Frankie-FL</p> <p>6:30pm Depart For: CR Comm. Concert- Here Comes The Sun</p> <p style="text-align: right;">25</p>	<p>9:30am Newsbreak-L</p> <p>10:15am Men's Coffee Group-L</p> <p>10:30pm Millenium Chair Yoga-FL</p> <p>1:00pm Afternoon Walks Followed With A Snack-FF</p> <p>1:00pm Loop Yarn-FL</p> <p>2:00pm Happy Hour w/ Larry Jensen-DR</p> <p style="text-align: right;">26</p>	<p>10:00am Craft Club-L</p> <p>2:00pm Dominoes-CH</p> <p style="text-align: right;">27</p>
<p>9:00am Presbyterian Church Service-FL</p> <p>10:30am St. Joseph's Catholic Mass-FL</p> <p>1:30pm Bingo w/ Frankie-FL</p> <p>6:00pm Sunday Cinema: Yankee Doodle Dandy</p> <p style="text-align: right;">28</p>	<p>9:00am Rosary-PDR</p> <p>10:00am Hand Messages-FL</p> <p>1:15pm Bible Study w/ Ben-FL</p> <p>2:00pm Dominoes-CH</p> <p>2:30pm Life Long Learning: The Rise And Shine Of Breakfast-FL</p> <p>3:30pm MAC Fitness-FL</p> <p style="text-align: right;">29</p>	<p>9:30am Depart For: Walmart</p> <p>10:30am Card Bingo w/ Gail-FL</p> <p>11:00am Depart For: Lunch Out-Olive Garden</p> <p>2:00pm Card Club: Euchre-L</p> <p>3:00pm Bingo-FL</p> <p style="text-align: right;">30</p>	<p>BDR - Brentwood Dining Room</p> <p>BP = Back Patio</p> <p>CDR = Carlisle Dining Room</p> <p>FD = Front Desk</p> <p>FF = Front Foyer</p> <p>FL = Fireside Lounge</p> <p>FP = Front Porch</p> <p>L = Library, 2nd Floor</p> <p>PDR = Private Dining Room</p> <p>SP = Summerset</p>	<p>2022</p> <h1>April</h1> <p>Summit Pointe Senior Living</p>		