



What's happening in Activities....

A message from your Life Enrichment Director

Don't miss The Greatest Two Minutes in Sports!! Let's come together to celebrate the 150th Running For The Roses. The Kentucky Derby is Saturday, May 4th. Enjoy sweet treats, the iconic mint julep or some refreshing raspberry lemonade. Join Gail after dinner and if you would, please, wear your favorite hat!

Don't worry, Be HAPPY! Happy hour is from 2:00pm-3:00pm on Friday afternoons. Family and friends are always welcome to attend. The second Friday of each month is birthday happy hour and along with cupcakes we will be serving MOM-osas, as well.

'We are not makers of history. We are made by history.' ~Martin Luther King Jr. The History Center presents ~ Linn County Unburied: Linwood Cemetery. Learn about the history of the oldest cemetery on the west side of Cedar Rapids.

La la la la Remember the questionnaire you filled out for the Bowman Woods 4th graders. Find out what they did with the information you provided by attending their concert on Thursday the 9th of this month. They are super excited to host us!

You asked and Floyd is going to deliver! This month the Armchair Traveler will be taking us to the Czech Republic. I wonder if he learned to make kolaches? Yum!

H2O, Aqua, Adam's ale, Water Learn about the importance of hydration and sun safety just in time for the warmer weather.

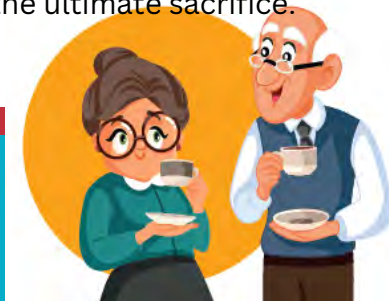
When did that happen? What was there before? New to the calendar this month are scenic drives. Sign up to join him on Thursday afternoons. You never know where you may go.

Let's go to the movies. The theme for this month's movies is sports, but you don't have to like sports to enjoy them. They have incredible story lines.

Let them roll. This month enjoy the dice game Tenzi. It will be played on select Wednesdays, learn today then play on your own on Saturdays.

Oh, who are the people in my neighborhood? Come and find out! On May 8th bring one keepsake to talk about and on May 29th share the best advice you have ever received.

"This nation will remain the land of the free only so long as it is the home of the brave." ~Elmer Davis The life enrichment team won't be leading activities on Monday, May 27th due to observing Memorial Day. Don't let that keep you from enjoying each other's company and remembering all who gave the ultimate sacrifice.



May 2024



Summit Pointe Senior Living



BLUE ZONES

Life Choices, It's All About Living



Environmental Services with Karla

Housekeeping:

After each housekeeping visit, staff will write on the magnet, on your fridge, the date they came to clean your apartment.

They will also write when to expect their next visit.

Light housekeeping includes cleaning vinyl/tile floors, vacuuming carpet, cleaning sink(s), toilet, shower, emptying garbage. Light housekeeping will include dusting; however, surfaces must be free of personal items.

Transportation:

Everyone has been so understanding of the transportation process. We appreciate you working your appointments during designated transportation times. Remember, when you are done with your appointment, call the front desk or the transportation phone and the driver will arrive to pick you up.

Maintenance:

WE NEED YOUR HELP!

Trash and recycling has been mixed together in the recycling bins. We need to make sure that trash is SECURED in a garbage bag and thrown down the garbage shoot. Recycling, and only recycling goes in the black bins in the garbage room. If you put boxes in the recycling, make sure they are broken down first. ANY APPLIANCES OR FURNITURE-is tenant and/or family responsibility to get rid of.

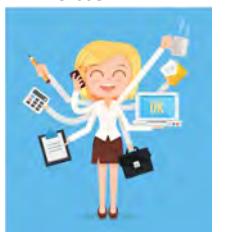
A note from your Executive Director

Spring time: A lovely reminder of how beautiful change can truly be...

This is one of my favorite quotes. No matter what stage you are in your life, change can be difficult HOWEVER it doesn't have to be!

Even the change from moving to senior living from a home. I see the positives everyday just in the tenant interactions and socialization. The built in support groups we have within one another.

Thank you for being the kind and considerate tenants you are and thank you for building a positive culture within our Summit Pointe walls.



The Summit Pointe Family is intentionally enhancing the lives of everyone.

Updates from Kayla Howk– Erwin in Marketing

We have several fun community events coming up on the calendar. If you ever have any questions about scheduled events let Kayla know!

If you would like to help market Summit Pointe, There are several different ways you can help.

1. You could leave us a review on google, just search for Summit Pointe Senior Living on google and leave a review.
2. Did you know that if you refer a friend to Summit Pointe AND they move in, You are eligible for a cash reward!

Here's some upcoming events taking place this summer!

May 18th A Spring Affair 1-3pm

Music, Face painter, balloon artist

May 18th Great American Kite Event

June 6th Day Trip! Sign up to join us on the American Lady River Boat Cruise

July 25th Watermelon Feast 1pm-we will be inviting people from the community to join us on the back patio for this event.

July 30th Day Trip Diamond Joe Casino 10am

Every Sunday in July: Sundaes on Sunday

August 24th: Corn Festival 1-3pm

Invite your friends and family, all are welcomed!



Nursing with Mary and Lindsey

Hello Summit Pointe Tenants!

As always we want to help you stay healthy and active. Here's some tips we have put together for you AND since we are heading into nice weather...getting your daily exercise in will be even easier!

1. Take a walk: whether that walk is indoor or outdoors, you can go half way around the walking path with rest stops along the way and work your way up to several laps around the path!
2. Drink your water! Stay hydrated. Water is great for your heart, brain and body. The drink station is opened daily in the lobby!
3. Exercising your body is important BUT don't forget to exercise your brain as well. Brain exercises can be as easy as having conversations with others. Crossword puzzles, playing games, and listening to music!



Health Corner



How Seniors Can Find Help with Arthritis

One in four adults in the US are living with arthritis.¹

In fact, it's one of the top three chronic health conditions experienced by those 65 and older.²

Although there are over 100 different types of arthritis, the most common form is osteoarthritis (OA). Symptoms often include joint pain, stiffness, and swelling.

According to the National Public Health Agenda for Osteoarthritis: 2020 Update, there are four evidence-based public health interventions that are considered the first line of prevention and management of OA:³

- Self-management education
- Physical activity
- Weight management
- Injury prevention

Luckily, there are community-based programs available across the country that can help you learn and apply some of these strategies to your everyday activities. In fact, there is a set of programs called "Arthritis Appropriate Evidence-Based Programs (AAEBIs)," meaning that they are not only proven to improve health outcomes for people with various health conditions, but they are also proven to positively impact arthritis symptoms specifically.

All of the current AAEBIs are also considered Evidence-Based Programs by NCOA. They are widely available in community-based settings like senior centers, parks and recreation centers, healthcare settings, etc. The programs are categorized as either Self-Management Education programs or Physical Activity programs, and many of them address common skills such as goal setting, identifying barriers, and tracking progress.

Physical activity programs for people with arthritis Although it used to be common for people with arthritis to be told to "stay off" or "rest" the affected joints, we now know that just the opposite is true.

Movement is good for joints, especially joints impacted by osteoarthritis. Research shows that people with OA can and should participate in physical activity. It is, in fact, one of the most effective strategies to manage common OA symptoms such as pain and stiffness.⁴

If you have OA, or other forms of arthritis, you should aim for 150 minutes of moderate physical activity per week.⁵ However, learning how to be active while still protecting your joints can be nerve-racking for some people with the disease. Taking part in an AAEBI that focuses on safe and effective exercise for people with arthritis can help ease fears, improve confidence, and lead to increased activity levels.

Check out this printable list of current AAEBI Physical Activity Programs.

Self-management education programs for managing arthritis

Your ability to manage your own actions related to the management of your condition/s is essential for improved health. Self-management can include everything from your food choices to communicating with your health care providers. Recognizing what needs to be done, making healthy choices, and maintaining positive behaviors will not only help control your symptoms, but will also contribute to your overall quality of life.

Self-management skills often need to be learned, applied, practiced, and revised in an ongoing cycle. The solutions and actions that work for you are not likely to work for someone else, but the skills themselves have been identified and proven to work. These AAEBI Self-Management Education programs can help you gain a deeper understanding of how the disease impacts daily activities, and how gaining control can improve not only your health, but your overall well-being.



Christian Corner

There is someone who loves us!

By Selah Ulmer

“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.” Philippians 2:10.
 Have you ever felt invisible? Maybe it was as a child at school, feeling like no one wanted to be your friend. Maybe it was as a teenager, feeling like you would never be understood. Maybe as an adult, feeling overwhelmed with the pressures of life. Or maybe it is now, the Golden Years, feeling alone, like maybe you don’t have purpose anymore.

I think we all know what it is like to feel invisible.

The good news is, even when it feels like it, we aren’t. There is someone in heaven, our Creator, our Father, who sees us every single moment and loves us deeply.

A contemporary Christian band, called, For King and Country, sings a song simply titled “Matter.” The chorus goes like this: “To the One who spoke and set the sun ablaze/To the One who stopped the storm and walked the waves/To the One who took the tree so He could say/You matter, I hope you know you matter.”

You matter so much to the Living God. He sees you and knows you and has a purpose for your life. In Philippians 2 we read that God has created us specifically for unique works on earth. Our God loves us enough to bring us into His mission. He doesn’t need us, yet He wants us on His team. How amazing is that! God sees you and has a purpose for you, right now, just where you are. Spend some time reflecting on this and asking God what His purpose for you right now is.

To end, I will share another line from this song. Always remember that no matter what, “You’re a treasure, I hope you know you’re treasured.”



Celebrations!

Tenant Birthdays

- 5/04 Darlene Sodawasser
- 5/07 Lois Logan
- 5/08 Barbara Holt
- 5/10 Darrel Pedersen
- 5/16 Paula Drolet
- 5/22 Shirley Bishop

Staff Birthdays

- 5/11 Kaelynn Bean
- 5/12 Julie Nunemaker
- 5/13 Abigail Petersen
- 5/17 Mary McDaniel
- 5/19 Melinda Haley



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



<p>9:00am Presbyterian Church Service-FL 10:30am St. Joseph's Catholic Mass-FL 1:30pm Bingo With Frankie-FL 6:00pm Sunday Cinema: Sea-biscuit-FL</p> <p style="text-align: right;">5</p>	<p>9:00am Rosary-PDR 9:00am Calling all Ladies, morn-ing coffee-FL 10:15am Cranium Crunches-FL 2:00pm Dominoes-CH 2:30 Cinco de Mayo Social-FP 3:30pm MAC Fitness-FL 5:00 Evening Chatter-Lobby 6:00Card Club Euchre-FL</p> <p style="text-align: right;">6</p>	<p>10:15am Depart For: The History Center: Linn County Unburied: Linwood Cemetery-FF 10:30 Music b4 Lunch-BP Jim Reeves 1:00pm Chef Chat-FL 2:00pm Marci's Memories: Laura Ingalls Wilder-FL 3:00pm Bingo-FL</p> <p style="text-align: right;">7</p>	<p>9:00am Prayer Group With Karla-FL 9:30am Church Service-FL 10:30 Card Bingo with Gail-FL 1:00pm-3:00pm Podiatrist 1:00pm Garden Meeting-FL 1:1 Visit 1:30pm Communion-L 3:30pm MAC Fitness-FL 6pm Symphonettes-FL</p> <p style="text-align: right;">1</p>	<p>9:15am Depart For Kohl's-FF 9:15am Men's Group-CT 10:30am MAC Fitness-FL 1:45pm Scenic Drive -FF 3:15pm Cranium Crunches-FL 6:15pm Bingo w/ Frankie-FL</p> <p style="text-align: right;">2</p>	<p>9:30am Breakfast Snack & News-FL 10:30am Ladies Tea Social-FL 1:00pm Loop Yarn-FL 1:00pm Frisbee Golf-BP 2:00pm Happy Hour w/ Terry McCauley-DR 3:30pm Afternoon Walks Followed With Hydration-FF</p> <p style="text-align: right;">3</p>	<p>10:00am Craft Club-L 2:00pm Dominoes-CH 5:00pm Kentucky Derby Social-FL</p> <p style="text-align: right;">4</p>
<p>HAPPY Mother's DAY 9:00am Presbyterian Church Service-FL 10:30am St. Joseph's Catholic Mass-FL 1:30pm Bingo With Frankie-FL 6:00pm Sunday Cinema: 80 For Brady -FL</p> <p style="text-align: right;">12</p>	<p>9:00am Rosary-PDR 9:00 Calling all Ladies, mornin coffee-10:00am Readers Theater -L 10:30 am Cranium Crunches-FL 1:15pm Bible Study With Ben-FL 2:00pm Dominoes-CH 2:30pm You're the apple of my pie-FP 3:30pm MAC Fitness-FL 5:00 Evening Chatter-Lobby 6:00 Card Club:Euchre-FL</p> <p style="text-align: right;">13</p>	<p>9:15am Culver's Garden Center -FF 10:30am Music b4 Lunch-BP-FP Frankie Valli & 4 Seasons 1:00pm Lala Ladies-FL 2:15pm Life long learning-FP Evolution of Mother's Day 3:00pm Bingo-FL 7:00pm Wine Not W/Gail-FL</p> <p style="text-align: right;">14</p>	<p>9:00am Prayer Group With Karla-FL 9:15 Pamper me-L 9:30am Church Service-FL 10:30 Card Bingo with Gail-FL 1:30pm Communion-L 2:00pm Hydration & Sun Safety Education By CenterWell-FL 2:00 1:1 Visits 3:30pm MAC Fitness-FL 6:00pm Symphonettes</p> <p style="text-align: right;">15</p>	<p>9:15 Depart to Aldi-FF 9:15 Men's Group-CT 10:30am MAC Fitness-FL 1:45pm Scenic Drive -FF 3:00pm Tech Talk: how to use your phone to track steps -FL 6:15pm Bingo With Frankie</p> <p style="text-align: right;">16</p>	<p>9:30am What's Happening Overseas News & Breakfast snacks-FL 10:30am Millenium Chair Yoga-FL 1:00pm Loop Yarn-FL 1:00pm Shuffle Board-BP 2:00pm Happy Hour With Janet Lieb-DR 3:30pm Afternoon Walks Followed With Hydration-FF</p> <p style="text-align: right;">17</p>	<p>10:00am Cra t Club-L 1:00pm-3:00pm A Spring Fling Celebrtion-FP</p> <p style="text-align: right;">11</p>
<p>9:00am Presbyterian Church Service-FL 10:30am St. Joseph's Catholic Mass-FL 1:30pm Bingo With Frankie-FL 6:00pm Sunday Cinema: The Sandlot -FL</p> <p style="text-align: right;">19</p>	<p>9:00am Rosary-PDR 10:00am Lug-A-Mug: Visit With Our Friends In Memory Lane 1:15pm Bible Study With Ben-FL 2:00pm Dominoes-CH 2:30pm Sunflower Social-FP 3:30pm MAC Fitness-FL 5:00 Evening Chatter-Lobby 6:00 Card Club:Euchre-FL</p> <p style="text-align: right;">20</p>	<p>9:15am Depart For: Fareway-FF 10:30am Music b4 Lunch-FP Pat Boone 11:00am Depart to Casino-FF 1:00pm Food Demo Chris-FL 2:15pm Life long learning-FP Origins of Memorial Day 3:00pm Bingo-FL</p> <p style="text-align: right;">21</p>	<p>9:15 Pamper Me-L 9:00am Prayer Group W/ Karla-FL 9:30am Church Service-FL 10:30 Tenzi-FL 1:00pm Armchair Travels With Floyd Sandford-FL 1:30pm Communion-L 2:00 1:1 Visits 3:30pm MAC Fitness-FL 6:00pm Sumphonettes-FL</p> <p style="text-align: right;">22</p>	<p>9:15 Men's Group-CTCT 9:45am Depart For: Joann Fabric-FF 10:30am MAC Fitness-FL 1:00pm Tenant Council-FL 1:45pm Scenic Drive -FF 3:00pm Barbecue & Backyard Games Trivia-FL 6:15pm Bingo With Frankie-FL</p> <p style="text-align: right;">23</p>	<p>9:30am Local News & Breakfast Snack-FL 10:30am Millenium Chair Yoga-FL 1:00pm Loop Yarn-FL 1:00pm Bowling-FL 2:00pm Happy Hour With Lena Adams-DR 3:30pm Afternoon Walks Followed With Hydration-FF</p> <p style="text-align: right;">24</p>	<p>10:00am Craft Club-L 2:00 Dominoes-CH What to do on your own Pick up cranium packet -fr desk Take a walk, ask a friend to join. Play Pool. Join friends for coffee and visits in lobby. Play Tenzi or Card Bingo</p> <p style="text-align: right;">25</p>
<p>9:00am Presbyterian Church Service-FL 10:30am St. Joseph's Catholic Mass-FL 1:30pm Bingo With Frankie-FL 6:00pm Sunday Cinema: Miracle -FL</p> <p style="text-align: right;">26</p>	<p>HAPPY MEMORIAL DAY Remember & Honor</p> <p style="text-align: right;">27</p>	<p>9:15am Depart For: Walmart-FF 10:30am Musicb4 Lunch-BP Jeannie Seely 11:00am Depart For: Lunch Out-Sally's On Broadway-FF 2:15pm Life Long Learning-FP Tupperware Through Years 3:00pm Bingo-FL</p> <p style="text-align: right;">28</p>	<p>9:15 Pamper Me-L 9:00am Prayer Group w/ Karla-FL 9:30am Church Service-FL 10:30 Card Bingo 1:00pm People In Your Neighborhood(Words Of Wisdom)-FL,L,CH 1:30pm Communion-L 2:00 1:1 Visits 3:30pm MAC Fitness-FL 6:00pm Symphonettes-FL</p> <p style="text-align: right;">29</p>	<p>9:15 Men's Group-CT 9:45am Depart For: Half Price Books-FF 10:30am MAC Fitness-FL 1:45pm Scenic Drive -FF 3:00pm Tech Talk Check Back: Using phone to track your steps-FL 6:15pm Bingo With Frankie-</p> <p style="text-align: right;">30</p>	<p>9:30am Sporting News & Breakfast Snacks-FL 10:30pm Millenium Chair Yoga-FL 1:00pm Loop Yarn-FL 1:00pm Putt Putt Golf-FL 2:00pm Happy Hour With Ron Burgess-DR 3:30pm Afternoon Walks Followed With Hydration-FF</p> <p style="text-align: right;">31</p>	<p>DR= Dining Room FF= Front Foyer FL= Fireside Lounge L= Library CH= Club House PDR= Private Dining Room CT-2nd floor coffee table BP-Back patio FP-Font Patio</p>