

*Give Thanks to the Lord for He is good
His love endures forever: Psalm 118:1*

faith

This month marks my 30th birthday. I am excited about this coming decade and the things that God has in store. But before I jump into this new season, I have taken some time to reflect on the past 30 years that God has given me and the blessings that He’s provided. To honor what Him and what He has done in my life, I would like to share 30 things that I am grateful for. I also challenge you to join me in this exercise. Take your age and list out that number of things you are thankful for. It is a challenge that is worth the time! Be as specific as you like!

- That Jesus saved me from sin and from myself and continues to love me unconditionally.
 - That I grew up with parents who taught me about God and prayed for me (and still do).
 - Scripture.
 - That I live in a country that is free.
 - For my home-the story of how I landed here is a miracle. I love this house.
 - My giant, lovable puppy.
 - Good books.
 - Friends that stick it out, no matter what.
 - The opportunity to run my own business.
 - The ocean. It’s one of my favorite places in the world. A few years ago I set a goal to get to the ocean at least once a year. So far that’s worked out and I am so glad.
 - My nieces and nephews (they are, objectively, the most precious kids on the planet :)
 - My siblings (all 6 of them, plus my wonderful 3 sisters in law) and the relationships that we have.
 - The opportunity to get a good education, and the people who have supported me in pursuing more schooling.
 - Seasons. I am thankful to live in a place where I get to experience all four seasons.
 - Early mornings on my back porch.
- Mexican food.
 - Thrift shopping.
 - Music. I cannot express how thankful I am for music, for both the opportunity to listen to it and to create it.
 - Modern medicine.
 - Grandparents. I hit the jackpot.
 - My church family.
 - Good coffee.
 - Mentors. I’ve been incredibly blessed with many people in life stages ahead of me that have taken the time to pour into my life. They’ve offered wisdom not only in words, but by example, and I’m thankful.
 - Movies.
 - Travel. Over the past decade I have been able to travel so much and to so many places, and I’ve loved it.
 - Running early in the morning. In college I found a love for exercise that has only grown over time, and while I enjoy a lot of different kinds of exercise, almost nothing tops a great run while the sun is rising.
 - The different avenues to write (one being this each month!)
 - Ice cream, 5-layer chocolate, donuts and other sweet treats.
 - Prayer.
 - **For 30 years on this earth, that have been filled with love, growth, and God’s provision.**

Notes from
NURSING

As a friendly reminder, please use your pendent if you have an emergency. You should be wearing your pendent to bed and in the shower. That way if you fall, your pendent is with you. You will not be charged for an accidental pendent push.

Speaking of falls, it is easy to become almost too comfortable sitting in your favorite chair in your apartment. However, in order to stay healthy and strong it important to add exercise to your daily schedule. Summit Point offers a great exercise program, we encourage you to go. Hydration and weakness are the biggest factors for falls.

October 10th, starting at 9am The Flu shot will be available in the fireside lounge for any tenant who would like to get one this year.



September
2024

Notes from
EXECUTIVE DIRECTOR

As the holiday season is around the corner, I wanted to let you all know how thankful we are for our Summit Pointe Family. This is also the time of year that we provide kind reminders that Summit Pointe staff do NOT accept tangible or monetary gifts.

A big Thank you to Sue, Kermit’s daughter for setting up the gorgeous fall tree in the lobby!

Iowa
Football

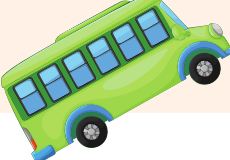
Oct 5th @ Ohio State 2:30pm
Oct 12th vs. Washington TBA
Oct 19 @ Michigan State TBA
Oct 26 vs. NorthWestern 2:30pm



Transportation
Days and Hours

Monday/Wednesday/Fridays
First and last appointments should be scheduled between 7:30am-3:00pm

Tuesday and Thursday
First and last appointments should be scheduled between 7:30am-11:30am
ONLY VAN RIDES



Notes from
LIFE ENRICHMENT

Want to participate in activities, but don’t know how to find out what is being offered? Well, good news! You can find monthly information in the newsletter AND refer to the monthly calendar hanging in the Fireside lounge. Daily sheets can be found in the elevators, at the front desk and on the shelf under the TV in the lobby. Posters that hi-light certain activities can also be found it the elevators, at the front desk and under the TV in the lobby. The Activity Sign-Up Binder is located on the shelf under the lobby TV as well. We can’t wait to see you at this month’s activities!



sign up activities					
10/1 Fareway	9:15am	10/10 Scenic Drive	1:45pm	10/22 Perkins	11:00am
10/1 CR Comm Concert (Ticket Holders)	6:15pm	10/15 Dubuque Arboretum & Botanical Gardens	9:45am	10/23 CR Hearing Center	9:00am
10/2 Podiatrist	1:00pm	10/17 Aldi	9:15am	10/25 Rockwell Employee Craft Fair (Van)	9:00am
10/3 JOANN Fabrics	9:45am	10/17 Scenic Drive	1:45pm	10/29 Fareway	9:15am
10/3 Bart’s Farm	3:00pm	10/18 Quilt Show In Cedar Falls (Van)	9:30am	10/31 Kohls	9:15am
10/8 Hy Vee	9:15am	10/22 Dollar Tree	9:15am		

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



Celebrations!

TENANT BIRTHDAYS

Larry Unash	10/6
John Woodhouse	10/09
Dixie Miller	10/15
Diane Svoboda	10/19
Mary Newton	10/22
Sue Thomas	10/28
Barb Cannizzaro	10/29
Sharon Alderson	10/30
Penny Gilchrist	10/30
Theresa Kula	10/30

STAFF BIRTHDAYS

Gail M.	10/4
Dana M.	10/5
Gloriah R.	10/5
Kayla H.	10/7
Lauryn T.	10/13
Brittni S.	10/22

STAFF ANNIVERSARIES

10/3 Alivia J.	1 year
10/3 Brilee E.	1 year
10/10 Kaelynn B.	1 year
10/17 Abby R.	11 years
10/17 Karla G.	1 year
10/26 Sydney W.	1 year
10/27 Michael C.	1 year
10/30 Lindsey S.	1 Year

What's Happening in Life Enrichment

Linn-Mar students will be joining us October 1st through the 7th. Please come and share your time and talents with them.

Marci's Memories will be here on Monday, October 1st at 2pm in the Fireside lounge with a presentation on the Tales and Legends of Halloween with a craft.

If you are a Cedar Rapids Community Concert ticket holder, the first performance of the season is Tuesday, October 1st. We will be departing at 6:15pm.

Morning Stroll is new to the calendar and takes place on Monday and most Wednesday mornings at 9am. Come along and enjoy the crisp morning air. ALL abilities are welcome to join!

Fall Fashion Fun: Come and find out what the color trend is for this fall. Cash and carry jewelry will also be offered for those who are interested. This is taking place at 1pm Thursday, October 3rd in the Fireside lounge.

Are you a history buff? Then you are in luck! You won't want to miss the opportunity on Fridays at 1pm in the library.

Fall is in the air! A trip to the Dubuque Arboretum and Botanical Gardens is planned for Tuesday, October 15th with a departure time of 9:45am. It is sure to be a colorful trip, if Mother Nature allows

The Lala Ladies will grace us with their beautiful voices on October 15th at 1pm. You will find them in the Fireside lounge.

Love to quilt or enjoy the labor of love by others? A trip to the Keepsake Quilters' Guild 2024 Quilt Show "Primary & Secondary An Explosion Of Color & Pattern" is taking place in Cedar Fall on Friday, October 18th. We will be departing at 9:30am.

Our friend Floyd the Armchair Traveler will share his adventures of hiking part of the Appalachian Trail. Floyd will be visiting us on Thursday, October 24th.

Taking place on Friday, October 25th is the Annual Rockwell Employee Craft Fair. Sign up to take part in their 40-year tradition. The van will be leaving at 9am.

Boo!! Spooky season is upon us. Enjoy Halloween by passing out treats from 6pm-8pm on Halloween night. This will take place on the 1st floor.



Symptoms to Watch Out For

As a senior, you should be aware of and comprehend the most typical symptoms of breast cancer. One key sign is the feeling of lumps in the breast or beneath the arm. While not every lump indicates cancer, seeing a doctor if you detect one is a smart idea. Changes in the appearance or sensations of the breast are also significant. This includes things like the breast becoming larger or smaller, as well as consistent pain. Other indicators to check include skin changes on the breast, such as turning red, dimpled, or puckered. Early detection and evaluation of these signs can help treatments be more effective.



Preventive Measures and Screenings

Routine screenings are necessary. Mammograms are essentially X-rays of the breasts and are the most effective tool in early breast cancer detection. Yearly mammogram screening should start in your 40s. That said, women aged 55 and older should get mammograms every two years or choose to continue yearly screenings. You should discuss the best screening strategy with your healthcare provider. In addition to medical screenings, maintaining a balanced diet, regular exercise, and limiting alcohol intake can also reduce the risk.

Your Partner in Health and Awareness

In our shared journey to prioritize health—awareness is our strongest ally. Recognizing the significance of breast cancer, especially as we age, gives us the knowledge to make informed decisions and take proactive measures.





For your health

Breast Cancer Awareness for Senior Adults



Breast cancer awareness is very important, especially for our seniors.

Early detection and understanding can lead to better outcomes and treatments. A glance at the American Cancer Society's recent statistics highlights the gravity of the situation. For individuals aged 60-69, breast cancer cases account for 31% of all diagnosed cases. Those between 70-79 face a similar percentage, representing 21% of all cases. The 80 and above group contributes to 10% of the cases and has the highest percentage of death rates at 27%. These statistics highlight the critical need for awareness, especially for those 65 and above.

Why You Should Be Extra Vigilant as a Senior

The risk of developing breast cancer increases with age. According to the American Cancer Society, the median age of diagnosis for breast cancer in women is 62 years. This emphasizes the necessity of early detection and awareness for those in their 60s and beyond.

It could be an obstacle for people living in areas where access to routine testing may be limited. While Medicare covers mammograms for most seniors over 65 in the United States, out-of-pocket charges or financial challenges may prevent regular check-ups. This makes it even more important for seniors to be proactive in self-examinations and seek out community services or clinics that offer discounted or free tests.

Knowing what to do can save you from a late diagnosis later on.

Notes from
MARKETING

HALLOWEEN

hALLOWEEN will be celebrated on October 31st. We will open our doors to trick or treaters around 6pm -8pm. Box dinners will be served that evening. Join us in the dining room to hand out candy.

you are welcomed to bring your own candy OR use the candy supplied by Summit Pointe (we usually have more than enough).

Come to the dining room a little early 5:45pm.

Last year we had HUNDREDS of adorable trick or treaters! Invite your family to come through the lines as well!

Notes from
FRONT DESK



Kind reminders: Your newspapers are delivered to your apartments after 8am Monday-Fridays. Over the weekends, you will need to come down to the front desk to receive your paper. DO NOT TAKE A PAPER IF YOUR ROOM NUMBER IS NOT ON IT. Please. We order 2 community newspapers that are in the lobby. We ask that those papers do not get removed from the lobby. This way everyone has an opportunity to enjoy them.

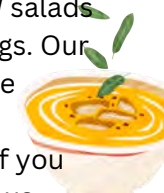
Notes from
HOUSEKEEPING



Hi Summit Pointe tenants, We have had a couple of people ask us about dusting. we do a light dusting AROUND your belongings. if you would like a full dusting of a shelf, for example, just clear the shelf of move items to the side. We would HATE to break any of your valuables so we do not move your knick knacks and breakables.

Notes from
CULINARY

Get ready everyone! Our Fall and winter menu is set to start on October 13th! Just a sneaak peek at some of the changes include NEW salads with delicious toppings. Our team is excited for the change as well. A friendly reminder, if you would like to provide us feedback, please join our monthly chef chats!



Notes from
TRANSPORTATION

Hi everyone, As we work to meet everyone's "driving" needs. I wanted to let you know that we will be focusing on a sort of "box time" for your rides. This means we will group people together according to the time of your appointments. Using this method helps lessen the time it takes to pick everyone up from their appointments.

Also, a friendly reminder that the front desk will call you the evening before your trip to give you a time to be in the lobby. This lobby time is not calculated until late afternoon when all trips have been inputted into the computer.

Notes from
MAINTENANCE

Look for a smoother stroll along our sidewalk and outside the wellness center door as the concrete has be fixed. If you want a cover for your AC unit , let the front desk know. The Boilers will be turned on once the weather is consistantly lower in tempeture. Check out the beautiful mums!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>OCTOBER 2024</div>		9:15am Depart For: Fareway-FF 1 10:45am Bowling With Linn-Mar Students-FL 1:00pm Chef Chat-FL 2:00pm Marci’s Memories-FL 2:00pm Diamond Dot Divas-L 2:15pm Reminiscing: Picking Apples With Linn-Mar Students-BP 3:00pm Penny Bingo-FL 5:00pm New Game: Rummy 500-FL 6:15pm Depart For CR Comm Concert-FF	9:00am Morning Stroll-FF 2 9:00am Prayer Group-FL then ML 9:30am Church Service-FL 10:45am Reminiscing: Leaf Cleanup With Linn-Mar Students-FL 1:00pm-3:00pm Podiatrist 1:00pm-3:00pm One on One Visits 1:30 Communion-L 2:15pm Mini Golf With Linn-Mar Students-BP 3:30pm MAC Fitness-FL 6:00pm Symphonettes-FL	9:45am Depart For JOANN Fabric and Crafts-FF 3 10:30am MAC Fitness-FL 10:45am Cornhole With Linn-Mar Students-FL 1:00pm Fall Fashion Fun-FL 2:15pm Reminiscing: Hayrides With Linn-Mar Students-BP 3:00pm Depart For Bart’s Farm-FF 5:00pm Who Am I?-Lobby 6:15pm Penny Bingo-FL	9:30am Breakfast Treat & Morning Conversation-L 4 10:30am Morning Exercise With Suz-FL 10:45am Reminiscing: Halloween Costumes With Linn-Mar Students-BP 1:00pm Loop Yarn-FL 1:00pm History Buffs: History Of The Jack-O’ Lantern-L 2:00pm Happy Hour With Harold Gray-DR 2:15pm Axe Throwing With Linn-Mar Students-FL 3:30pm Afternoon Walking & Talking-FF 5:00pm Trivia Night: -Lobby	10:00am Craft Club-L 5 10:00am Lug-A-Mug-ML 2:00pm Dominoes-CH 2:00pm Candy Bar Bingo-ML
9:00am St. Joseph’s Catholic Mass-FL 6 10:30am Presbyterian Church Service-FL 1:30pm Penny Bingo-FL 6:00pm Sunday Cinema: E.T. The Extra -Terrestrial -FL	9:00am Rosary-PDR 7 9:00am Morning Stroll-FF 10:45am Spider Target Toss With Linn-Mar Students-FL 1:00pm Bookworms-L 2:00pm Dominoes-CH 2:00pm Pumpkin Spice Makes Me Nice Social & Reminiscing: Pumpkin Picking With Linn-Mar Students-FL 3:30pm MAC Fitness-FL 5:00pm Pop Up With Steph-? 6:00pm Yahtzee-FL	9:15am Depart For: Hy-Vee-FF 8 10:00am Pumpkin Bread Social-L 1:00pm Crazy Concoctions-FL 2:00pm Diamond Dot Divas-L 2:15pm Men’s Brew Crew-CH 3:00pm Penny Bingo-FL 5:00pm New Game: Rummikub-FL 7:00pm Wine Not-FL	9:00am Morning Stroll-FF 9 9:00am Prayer Group-FL then ML 9:30am Church Service-FL 10:30am Activity Council-FL 1:00pm Vitals With Nursing-PDR 1:00pm-3:00pm One on One Visits 1:30 Communion-L 3:30pm MAC Fitness-FL 6:00pm Symphonettes-FL	9:00am-11:00am Tenant Flu & Covid Shot Clinic-FL 10 9:00am-11:00am Quiz Bowl Activities-DR/FL 1:45pm Scenic Drive-FF 3:15pm Musical Memories: American Bandstand-FL 5:00pm What Am I?-Lobby 6:15pm Penny Bingo-FL	9:30am Breakfast Treat & Morning Conversation-L 11 10:30am Morning Exercise With Suz-FL 1:00pm History Buffs: What Happened To Columbus’ Ships?-L 1:00pm Loop Yarn-FL 2:00pm Birthday Happy Hour With Bruce Wright-DR 3:30pm Afternoon Walking & Talking-FF 5:00pm Trivia Night: -Lobby Wear Pink Today	10:00am Craft Club-L 12 10:00am Lug-A-Mug-ML 2:00pm Dominoes-CH 2:00pm Candy Bar Bingo-ML
9:00am St. Joseph’s Catholic Mass-FL 13 10:30am Presbyterian Church Service-FL 1:30pm Penny Bingo-FL 6:00pm Sunday Cinema: Arsenic And Old Lace -FL	9:00am Rosary-PDR 14 9:00am Morning Stroll-FF 10:30am Readers Theater-L 1:00pm Bookworms-L 2:00pm Dominoes-CH 2:00pm You Are Crantastic Social-FL 3:30pm MAC Fitness-FL 5:00pm Pop Up With Steph-? 6:00pm Craft Creations: Fall Leaf Bowl-FL	9:45am Depart For: Dubuque Arboretum & Botanical Gardens-FF 15 10:00am Apple Strudel Social-L 1:00pm Lala Ladies-FL 2:00pm Diamond Dot Divas-L 2:15pm Men’s Brew Crew-CH 3:00pm Penny Bingo-FL 5:00pm New Game: Rummy 500-FL	9:00am Morning Stroll-FF 16 9:00am Prayer Group-FL then ML 9:30am Church Service-FL 10:30am Card Bingo-FL 1:00pm-3:00pm One On One Visits 1:30 Communion-L 3:30pm MAC Fitness-FL 6:00pm Symphonettes-FL	9:15am Depart For: Aldi-FF 17 10:30am MAC Fitness-FL 1:45pm Scenic Drive-FF 3:15pm Musical Memories: Sammy Kaye-FL 5:00pm Who Am I?-Lobby 6:15pm Penny Bingo-FL	9:30am Depart For: Keepsake Quilters’ Guild Quilt Show In Cedar Falls-FF 18 10:30am Morning Exercise With Suz-FL 1:00pm Loop Yarn-FL 1:30pm History Buffs: History Of Classic Monster Movies-L 2:00pm Happy Hour With Janet Lieb-DR 3:30pm Afternoon Walking & Talking-FF 4:00pm Trivia Night-Lobby	10:00am Craft Club-L 19 10:00am Lug-A-Mug-ML 2:00pm Dominoes-CH 2:00pm Candy Bar Bingo-ML
9:00am St. Joseph’s Catholic Mass-FL 20 10:30am Presbyterian Church Service -FL 1:30pm Penny Bingo-FL 6:00pm Sunday Cinema: Hallow-eentown-FL	9:00am Rosary-PDR 21 9:15am Morning Stroll-FF 10:30am Mind Benders-L 1:00pm Bookworms-L 2:00pm Dominoes-CH 2:00pm Cheddarific Social-FL 3:30pm MAC Fitness-FL 5:00pm Pop Up With Steph-? 6:00pm Yahtzee-FL	9:15am Depart For: Dollar Tree-FF 22 10:00am Pumpkin Donut Social-L 11:00am Lunch Out: Perkins-FF 2:00pm Diamond Dot Divas-L 2:15pm Men’s Brew Crew-CH 3:00pm Penny Bingo-FL 5:00pm New Game: Rummikub-FL	9:00am Prayer Group-FL then ML 23 9:00am-11:30am Cedar Rapids Hearing Center-PDR 9:30am Church Service-FL 10:30am Card Bingo-FL 1:30 Communion-L 3:30pm MAC Fitness-FL 6:00pm Symphonettes-FL	9:00am Pamper Me: Hand Massages-L 24 10:30am MAC Fitness-FL 1:30pm Armchair Travels With Floyd Sandford-FL 2:30pm Tenant Council-FL 5:00pm What Am I?-Lobby 6:15pm Penny Bingo-FL	9:00am Depart For: Rockwell Employee Craft Fair-FF 25 10:30am Morning Exercise With Suz-FL 1:00pm History Buffs: Halloween At The Whitehouse-L 1:00pm Loop Yarn-FL 2:00pm Happy Hour With Lena Adams-DR 3:30pm Afternoon Walking & Talking-FF	10:00am Craft Club-L 26 10:00am Mug-A-Lug-ML 2:00pm Dominoes-CH 2:00pm Candy Bar Bingo-ML
9:00am St. Joseph’s Catholic Mass-FL 27 10:30am Presbyterian Church Service -FL 1:30pm Penny Bingo-FL 6:00pm Sunday Cinema: Hocus Pocus -FL	9:00am Rosary-PDR 28 9:00am Morning Stroll-FF 10:30am Readers Theater-L 2:00pm Dominoes-CH 2:00pm Nuts About You Social-FL 3:30pm MAC Fitness-FL 4:00pm Pop Up With Gail?	9:15am Depart For: Fareway-FF 29 10:00am Oatmeal Cookie Social-FL 1:00pm Chef Demo-FL 2:00pm Diamond Dot Divas-L 2:15pm Men’s Brew Crew-CH 3:00pm Penny Bingo-FL	9:00am Morning Stroll-FF 30 9:00am Prayer Group-FL then ML 9:30am Church Service-FL 10:00am Pumpkin Decorating: Tenants & Staff-FL 1:00pm-3:00pm One On One Visits 1:30 Communion-L 3:30pm MAC Fitness-FL 6:00pm Symphonettes-FL	9:15am Depart For: Kohls-FF 31 10:30am MAC Fitness-FL 1:45pm Scenic Drive-FF 3:15pm Musical Memories: Halloween Songs-FL 6:00pm-8:00pm Trick Or Treating-1st Floor Happy Halloween	BP= Back Patio CH= Club House DR= Dining Room FF= Front Foyer FL= Fireside Lounge FP= Front Patio L= Library ML= Memory Lane PDR= Private Dining Room	What To Do On Your Own Join Friends For Coffee & Visits Play Pool Take A Walk With A Friend Play Tenzi Start A Game Of Card Bingo Enjoy A Game Of Euchre Play Shut The Box