

It was Halloween season, which meant that scariness was being celebrated. Scary movies, spooky decorations and creepy costumes are common to see and many people seek out opportunities to be scared. In the midst of all of the manufactured fear of the season, it would be easy to focus on the many earthly things that cause fear. But as I think about what is truly scary, I realize that there is one thing that is worse than anything else.

The truth is, the scariest thing in the universe is the idea of being separated from God. The idea of going through life without Him and then spending eternity separated from Him sends shivers down my spine. And it should! Separation from Him is truly terrifying. But the best news is that through Christ, we don't ever have to fear this! When we believe in Jesus, His love and presence with us here on earth and in eternity are guaranteed. And because we have that guarantee, we don't have to fear anything else because we know that no matter what happens in life, God will be with us in it. In Christ, we are invited to live a fearless life.

It is not always easy to live this way. There are many things in life that cause me worry and fear. But 1 John 4:18 says that "perfect love casts out all fear." 2 Timothy 1:7 says "God has not given us a spirit of fear, but a spirit of power, love and self-discipline." When I am afraid of anything, I can run to God and ask Him to help me through it. And He does! Through His love, what used to scare me will be cast out of my life and replaced by peace. God has more for us than a life that is dictated by fear. He wants us to live life fearlessly.



Notes from NURSING

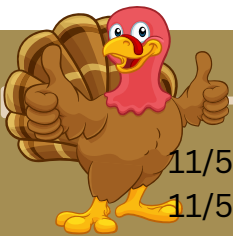
It's the season to be Thankful. And WE, your nursing team are thankful for each and everyone of you! We are thankful for kindness, honesty and patience you have shown us. We are thankful for the trust you have in us and the cares we provide. We are thankful for the teamwork within our department and we are thankful for the sense of family that exuberates throughout the building. To keep with the season for thankfulness the nursing department will be putting up a Thanksgiving Turkey, you can pick a feather up from the front desk and add what you are thankful for, then we will add the feather to the turkey!



Dining Room

For your comfort and convenience, our dining room operates with open seating, Please feel free to sit wherever you like and enjoy your meal! Open seating allows all tenants the opportunity to get to know eachother. it also allows new tenants to feel welcomed when moving to Summit Pointe.

THANKFUL



sign up activities:

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|--------------------------|-------------------------------|---------------------------------------|
| 11/5 Dutchman Store 9am | 11/7 Scenic Drive 1:45pm | 11/19 Morning Story 11:00am |
| 11/5 Hy-Vee 9am | 11/12 Aldi 9:15am | 11/21 Simply Sweets and Treats 9:15am |
| 11/5 Voting 10:30am | 11/12 CR Comm Concert 6:15pm | 11/26 Fareway 9:15am |
| 11/6 Podiatrist 1:00pm | 11/14 Mistletoe Market 9:15am | 11/26 Riverside Casino 11:00am |
| 11/7 Holiday Fair 9:15am | 11/19 Dollar Tree 9:15am | |

Notes from LIFE ENRICHMENT

What's Happening in Life Enrichment

Happy Fall! With the upcoming unpredictable fall and winter weather I would like to remind you of the possibility of canceled outings. We will always check the weather conditions to be sure that the tenants and staff stay safe. Thank you for your flexibility and understanding. I would also like to remind you that EVERY activity is open to EVERY tenant.

If you are a History Buff be sure to attend the 1pm Friday activity in the library. Knowledge is power!

What is Happy Hands you ask? Relaxing hand massages with lavender scented lotion and calming spa music. Come and let us pamper you.

Marci's Memorables will be doing a presentation on Elizabeth Hopkins at 2pm on Tuesday, November 5th in the Fireside lounge.

Monday Mystery??? Come to the Fireside Lounge at 5:30pm to find out what Stephanie has in store for you.

Join us for the last day trip of the year. On Tuesday, November 5th we will venture to Cantril, Iowa with a stop at the Dutchman's Store. The bus will depart at 9:00am.

If you have not voted in this year's election yet, it's not too late! Sign up to head to the polls on Tuesday, November 5th at 10:30am.

Bundle up and get some fresh air with a Morning Stroll on our walking path. This takes place on Wednesday mornings at 9am. Not a morning person? That's okay! You can join the Afternoon Walking & Talking crew at 3:30pm on Fridays. What a great way to walk off those Happy Hour treats! Maybe you could challenge yourself and do both.

We have a nondenominational Church Service on Wednesday mornings at 9:30am. All faiths are welcome to join. We have heard some beautiful singing coming from the Fireside lounge.

Musical Memories will focus on 3 male country singers this month. Come and find out about Kenny Rogers, Conway Twitty and Willie Nelson. Join Suz on Thursday afternoons at 3:15pm in the Fireside lounge.

We have a NEW educational cultural art class beginning this month. You don't need to be an artist to enjoy this opportunity! Art Joy Connect will be here on Wednesday, November 13th at 1:30pm in the Fireside lounge. Please come and find out what this is all about!!

Armchair Travels with Floyd Sandford will be a program on Hiking Hadrian's Trail. This will take place on Thursday, November 14th at 1:30pm in the Fireside lounge. If you have not joined Floyd before you are un for a treat.

There are three main types of carbohydrates in food—starches, sugar, and fiber.

As you'll see on the nutrition labels for the food you buy, the term "total carbohydrate" refers to all three of these types. The goal is to choose carbs that are nutrient-dense, which means they are rich in fiber, vitamins and minerals, and low in added sugars, sodium, and unhealthy fats. When choosing carbohydrate foods:

Eat the most of these: whole, unprocessed, non-starchy vegetables. Non-starchy vegetables like lettuce, cucumbers, broccoli, tomatoes, and green beans have a lot of fiber and very little carbohydrate, which results in a smaller impact on your blood glucose. Remember, these should make up half your plate according to the Plate Method!

Eat some of these: whole, minimally processed carbohydrate foods. These are your starchy carbohydrates, and include fruits like apples, blueberries, strawberries and cantaloupe; whole intact grains like brown rice, whole wheat bread, whole grain pasta and oatmeal; starchy vegetables like corn, green peas, sweet potatoes, pumpkin and plantains; and beans and lentils like black beans, kidney beans, chickpeas and green lentils. If you're using the Plate Method, foods in this category should make up about a quarter of your plate.

Try to eat less of these: refined, highly processed carbohydrate foods and those with added sugar. These include sugary drinks like soda, sweet tea and juice, refined grains like white bread, white rice and sugary cereal, and sweets and snack foods like cake, cookies, candy and chips.



Hawkeye Football Schedule

11/2 Wisconsin vs Iowa 6:30pm

11/8 Iowa vs UCLA 8:00pm

11/23 Iowa vs Maryland TBD

11/29 Nebraska vs Iowa 6:30pm

For your health



How to Eat Healthy

What does it mean to eat healthy? The answer is a little different for everybody, but it's a delicious journey to find out what works best for you. Here's where you can start to navigate nutrition and the science-backed facts about food.

Healthy Eating Can Be Delicious!

Healthy eating for prediabetes and diabetes not only helps to manage your blood glucose (blood sugar), but it also helps you have a better relationship with food. Intentional food choices like eating more non-starchy veggies, opting for lean meats or plant-based proteins, choosing quality carbohydrates, and low-fat versions of cheeses and dressings, will all help you meet your health goals—and they'll taste great too! It is not about one food, or one meal, it's about healthy eating over time. Food nourishes you so you stay healthy, but our food choices are also impacted by our memories, culture, and community

Understanding Carbs

Find your balance.

You've heard it all. From carb-free to low-carb, to whole and empty carbs, it's hard to know what it all means.

Get smart on carbs.

When you eat or drink foods that have carbohydrate—also known as carbs—your body breaks those carbs down into glucose (a type of sugar), which then raises the level of glucose in your blood. Your body uses that glucose for fuel to keep you going throughout the day. This is what you probably know of as your “blood glucose” or “blood sugar.” When it comes to managing diabetes, the carbs you eat play an important role. After your body breaks down those carbs into glucose, your pancreas releases insulin to help your cells absorb that glucose.

When someone's blood glucose is too high, it is called hyperglycemia. There are a few causes for “highs,” including not having enough insulin in your body to process the glucose in the blood or the cells in your body not effectively reacting to the insulin that is released, leaving extra glucose in the blood. A low blood glucose is known as hypoglycemia. “Lows” can sometimes be caused by not consuming enough carbohydrates, or an imbalance in medications. In short, the carbs we consume impact our blood glucose—so balance is key!

Notes from MARKETING

We're excited to announce a special promotion for our community : refer a friend to live here, and you'll receive \$1,000 off of 1 month's rent! It's a win-win share the joy of our amazing community with friends, and enjoy a fantastic reward. Thank you for being a valued part of our family!

Notes from MAINTENANCE

Boilers are turned on, make sure your windows are shut and locked this will help keep the cold out and the heat in!
We will be making our way through the building to add covers to the air conditioner units. All AC units should be covered by the 24th of November.



CELEBRATIONS!

Happy Birthday!

Staff

Kris B 11/2

Dazsa A. 11/15

Dakota M. 11/18

Tenants

Edna S. 11/5

Nancy R. 11/09

Meg D. 11/10

Dale C. 11/17

Barney B. 11/21

Mary Jean R. 11/22

Bea K. 11/23

Happy Anniversary!

amanda S. 11/13 1 year

Julie N. 11/01 2 years

Rod R. 11/29 1 year

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>November 2024</div>			BP= Back Patio CH= Club House DR= Dining Room FF= Front Foyer FL= Fireside Lounge FP= Front Patio L= Library ML= Memory Lane	<u>What To Do On Your Own</u> 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	9:30am Breakfast Treat & Morning Conversation-L 1 10:30am Morning Exercise With Suz-FL 1:00pm History Buffs: Ted Williams: American Hero-L 1:00pm Loop Yarn-FL 2:00pm Happy Hour With Larry Jensen-DR 3:30pm Afternoon Walking & Talking-FF 5:00pm Trivia Night-Lobby	2 10:00am Craft Club-L 10:00am Lug-A-Mug-ML 2:00pm Dominoes-CH 2:00pm Candy Bar Bingo-ML 6:30pm Iowa Football Game-FL
DAYLIGHT SAVING TIME 3 9:00am St. Joseph's Catholic Mass-FL 10:30am Presbyterian Church Service-FL 1:30pm Penny Bingo-FL 6:00pm Sunday Cinema: Wild Hearts Can't Be Broken-FL	4 9:00am Rosary-PDR 9:00am Ladies Coffee And Catch-Up-FL 10:30am Happy Hands-L 1:00pm Bookworms-L 2:00pm Dominoes-CH 2:00pm Donut Forget To Be Thankful Social-FL 3:30pm MAC Fitness-FL 5:30pm Monday Mystery-FL 6:00pm Rummikub-FL	5 9:00am Depart For Dutchman Store: Cantril, IA-FF 9:00am Depart For: Hy-Vee-FF 10:30am Depart For Voting-FF 1:00pm Chef Chat-FL 2:00pm Marci's Memorables-FL 2:00pm Diamond Dot Divas-L 2:15pm Men's Brew Crew-CH 3:00pm Penny Bingo-FL 5:15pm New Game: Bananagrams-FL	6 9:00am Morning Stroll-FF 9:00am Prayer Group-FL then ML 9:30am Church Service-FL 10:30am Activity Council-FL 1:00pm-3:00pm Podiatrist 1:00pm-3:00pm One on One Visits 1:30 Communion-L 3:30pm MAC Fitness-FL 6:00pm Symphonettes-FL	7 9:15am Depart For Holiday Fair: St Paul's United Methodist Church-FF 10:30am MAC Fitness-FL 1:45pm Depart For: Scenic Drive-FF 3:15pm Musical Memories: Kenny Rogers-FL 5:00pm What Am I?-Lobby 6:15pm Penny Bingo-FL	8 9:30am Breakfast Treat & Morning Conversation-L 10:30am Morning Exercise With Suz-FL 1:00pm History Buffs: Veteran's Day-L 1:00pm Loop Yarn-FL 2:00pm Veteran's Program-FL 3:30pm Afternoon Walking & Talking-FF 5:00pm Trivia Night-Lobby 8:00pm Iowa Football Game-FL	9 10:00am Craft Club-L 10:00am Lug-A-Mug-ML 2:00pm Dominoes-CH 2:00pm Candy Bar Bingo-ML
10 9:00am St. Joseph's Catholic Mass-FL 10:30am Presbyterian Church Service-FL 1:30pm Penny Bingo-FL 6:00pm Sunday Cinema: A Family Thanksgiving-FL	11 9:00am Rosary-PDR 9:00am Ladies Coffee And Catch-Up-FL 10:30am Readers Theater-L 1:00pm Bookworms 2:00pm Sundae On A Monday Social-FL 2:00pm Dominoes-CH 3:30pm MAC Fitness-FL 5:30pm Monday Mystery-FL 6:00pm Yahtzee-FL	12 9:15am Depart For Aldi-FF 10:00am Iced Coffee 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 5:15pm New Game: Bananagrams-FL 6:15pm Depart For CR Comm Concert-FF	13 9:00am Morning Stroll-FF 9:00am Prayer Group-FL then ML 9:30am Church Service-FL 10:30am Card Bingo-FL 1:00pm Vitals With Nursing-PDR 1:30pm Art Joy Connect-FL 1:30 Communion-L 3:30pm MAC Fitness-FL 6:00pm Symphonettes-FL	14 9:15am Depart For: Mercy Auxiliary Mistletoe Market-FF 10:30am MAC Fitness-FL 1:30pm Armchair Traveler: Floyd Sandford-FL 3:15pm Musical Memories: Conway Twitty-FL 5:00pm Who Am I?-Lobby 6:15pm Penny Bingo-FL	15 9:30am Breakfast Treat & Morning Conversation-L 10:30am Morning Exercise With Suz-FL 1:00pm History Buffs: The Soundtrack Of Cinema-L 1:00pm Loop Yarn-FL 2:00pm Birthday Happy Hour With Lena Adams-DR 3:30pm Afternoon Walking & Talking-FF 5:00pm Trivia Night-Lobby	16 10:00am Craft Club-L 10:00am Lug-A-Mug-ML 2:00pm Dominoes-CH 2:00pm Candy Bar Bingo-ML
17 9:00am St. Joseph's Catholic Mass-FL 10:30am Presbyterian Church Service-FL 1:30pm Penny Bingo-FL 6:00pm Sunday Cinema: An Old Fashioned Thanksgiving-FL	18 9:00am Rosary-PDR 9:00am Ladies Coffee And Catch-Up-FL 10:30am Happy Hands-L 1:00pm Bookworms-L 2:00pm Dominoes-CH 2:00pm Let's Get Bubbly Social-FL 3:30pm MAC Fitness-FL 5:30pm Monday Mystery-FL 6:00pm Rummikub-FL	19 9:15am Depart For: Dollar Tree-FF 10:00am Gingerbread Cookie Social-L 11:00am Lunch Out: Morning Story-FF 2:00pm Midnight Rider-FL 2:00pm Diamond Dot Divas-L 2:15pm Men's Brew Crew-CH 3:00pm Penny Bingo-FL 5:15pm New Game: Bananagrams-FL 6:00pm Wine Not-FL	20 9:00am Morning Stroll-FF 9:00am Prayer Group-FL then ML 9:30am Church Service-FL 10:30am Card Bingo-FL 1:00pm Scams Presentation-FL 1:00pm-3:00pm One On One Visits 1:30 Communion-L 3:30pm MAC Fitness-FL 6:00pm Symphonettes-FL	21 9:15am Depart For: Simply Sweets And Treats-FF 10:30am MAC Fitness-FL TBD Tenant Council-FL TBD VA Benefits Presentation-FL 3:15pm Musical Memories: Willie Nelson-FL 5:00pm What Am I?-Lobby 6:15pm Penny Bingo-FL	22 9:30am Breakfast Treat & Morning Conversation-L 10:30am Morning Exercise With Suz-FL 1:00pm History Buffs: Macy's Thanksgiving Day Parade-L 1:00pm Loop Yarn-FL 2:00pm Happy Hour With Terry McCauley-DR 3:30pm Afternoon Walking & Talking-FF 5:00pm Trivia Night-Lobby	23 10:00am Craft Club-L 10:00am Mug-A-Lug-ML 2:00pm Dominoes-CH 2:00pm Candy Bar Bingo-ML TBD Iowa Football Game
24 9:00am St. Joseph's Catholic Mass-FL 10:30am Presbyterian Church Service-FL 1:30pm Penny Bingo-FL 6:00pm Sunday Cinema: Love At The Thanksgiving Day Parade-FL	25 9:00am Rosary-PDR 9:00am Ladies Coffee And Catch-Up-FL 10:30am Mind Benders-L 1:00pm Bookworms-L 2:00pm Dominoes-CH 2:00pm Rudolph's Red Nose Day Social-FL 3:30pm MAC Fitness-FL 5:15pm Craft Creation: Snowman Door Hanger-FL	26 9:15am Depart For: Fareway-FF 10:00am Snack Cake Social-FL 11:00am Depart For Riverside Casino-FF 1:00pm Chef Demo-FL 2:00pm Diamond Dot Divas-L 2:15pm Men's Brew Crew-CH 3:00pm Penny Bingo-FL 5:15pm New Game: Bananagrams-FL	27 9:00am Morning Stroll-FF 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		29 9:30am Breakfast Treat & Morning Conversation-L 10:30am Morning Exercise With Suz-FL 1:00pm History Buffs: Square Dancing-L 1:00pm Loop Yarn-FL 2:00pm Happy Hour With David Ploggenklass-DR 3:30pm Afternoon Walking & Talking-FF 6:30pm Iowa Football Game-FL	30 10:00am Craft Club-L 10:00am Mug-A-Lug-ML 2:00pm Dominoes-CH 2:00pm Candy Bar Bingo-ML