



# A Spotlight on Activities

Marci's Memorables will be sharing a presentation on Louisa May Alcott on Tuesday, April 1<sup>st</sup> at 2:00pm in the Fireside lounge.

Are you a ticket holder for the Cedar Rapids Community Concert series? If so, there are two concerts this month. The first being Monday April 7<sup>th</sup> with the second being Monday April 28<sup>th</sup>. Don't forget your ticket!

Art Joy Connect with Corrine will be here Wednesday April 9<sup>th</sup> at 1:00pm in the Fireside lounge. We will be going on quite the adventure and learning about Charles Russell and the Lewis and Clark expedition.

Our Annual Easter Celebration will be on April 12<sup>th</sup> from 1pm-3pm on the Front Patio. Don't forget to dress appropriately for the weather and to invite your friends and family.

The Harding Middle School Orchestra will be here on Wednesday April 23<sup>rd</sup> at 1pm in the Fireside lounge.

We will be going to the Kalona Quilt Show on Friday April 25<sup>th</sup>. The bus will depart at 8:45am. The cost is \$6 to attend.

On Tuesday April 29<sup>th</sup> we are going to The Q Casino in Dubuque. We will depart at 11am.



4/1 Aldi Departing 9:15am

4/3 Hobby Lobby Departing 9:15am

4/7 Cr Community Concert Departing 6:15pm  
(Ticket holders only)

4/8 Dollar Tree Departing 9:15am

4/10 Salvation Army Departing 9:15am

4/15 Fareway Departing 9:15am

4/17 Tj Maxx Departing 9:15 am

4/22 Hyvee Departing 9:15am

4/24 Goodwill Departing 9:45am

4/25 Kalona Quilt Show Departing 8:45am  
\*Cost is \$6

4/28 Cr Community Concert Departing 6:15pm  
(Ticket holders only)

4/29 Aldi Departing 9:15am



## Life Choices. It's All About Living



### **Summit Pointe Senior Living: A place for everyone**

One of the biggest compliments we receive from new tenants, families and tours are how extremely friendly everyone they meet are, this alone gives me pride in where I work. I hope it gives you pride in where you live!

I also hear that the toughest time new tenants have occurs when it's time to find a table to sit at in the dining room. Naturally, humans are creatures of habit, meaning we like to sit where we always sit AND with who we always sit with. I ask that you remember that feeling of being new, if a tenant asks sits at a table that is "new" for them, please welcome them and take a moment to share your story and get to know them as well.

Here's a couple other matters of manner to keep in mind with dining with kindness and grace:

1. Discussions to avoid in the dining room-politics, religion & football (okay, football is kind of a joke). Our country recently had a change in leaders and it seems like everyone has an opinion about it. Well, we are all welcome to our opinions and sometimes we don't agree with each other, and that's okay. What's not okay is getting upset on differences. The best route to avoid frustration is to just not have those conversation in the dining room.
2. Take in to consideration the time you would like to eat and socialize with your friends. The dining room HAS TO follow cleaning and sanitizing protocols to keep you all safe and healthy. If you have found yourself still in the dining room after hours, invite your friends to join you for meals a little earlier.
3. If you ever have issues with your dining experience, Chris the Culinary Director, Melinda the Executive Director are available for conversations-go to the front desk and let them know you would like to set up time to meet with them.

I wanted to take another opportunity to thank each of you for making new tenants as well as prospective tenants feel welcomed and comfortable at Summit Pointe.

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





## Happy Birthday

*Tenant Birthdays*

- 4/4 Jo M.
- 4/10 Lloyd B.
- 4/11 Lucy D.
- 4/24 Dennis S.
- 4/28 Helen M.

## Happy Anniversary

*Staff Birthdays*

- 4/1 Shannon D.
- 4/6 Karla G.
- 4/8 Bennett G.
- 4/28 Ciarra B.

- 4/3 Tarriel W. 1 year
- 4/3 Markaya D. 1 year
- 4/12 Kim H. 2 years
- 4/14 Dakota M. 5 years
- 4/16 Bennett G. 1 year
- 4/17 Kayla C. (culinary) 1 year
- 4/20 Amy E. 2 years
- 4/21 Dana M. 2 years

## A special note:

Keeping the body well-hydrated lubricates joints and spinal disks, prevents cramps, and gives muscles and organs the needed fluid. Proper hydration also boosts cognition. Use Supportive Footwear and Mobility Aids:

Choosing proper footwear cushions impacts feet and joints during movement. Canes and walkers provide extra stability for those with balance issues.

Make the Home Safer:

Adequate lighting prevents tripping hazards at home, while grab bars in key areas offer support during transitions. These adjustments prevent slips and falls.

Prioritize Quality Sleep and Rest:

Restorative sleep allows muscles time to recover and repair from activity while supporting cognition and mood. Adequate rest boosts alertness and concentration during the day.

Manage Health Issues:

Consistently monitoring age-related health conditions like arthritis, heart disease, or diabetes can help avoid joint swelling and pain, chest tightness, or neuropathy that may inhibit mobility. Seeing one's doctor regularly and following treatment plans will also maximize positive outcomes. Even minor tweaks to better control issues can make a difference.

Engage in an Active Senior Lifestyle

By prioritizing mobility through proactive health habits and lifestyle adjustments focused on fitness, nutrition, home safety, and social engagement, seniors can continue to thrive independently. Contact Summit Pointe Senior Living today to learn about robust mobility programs and active senior lifestyle services that empower older adults to make the most of their senior years.

## EVENTS

The following events hosted by Summit Pointe's marketing program has been opened to tenants. These are tenant specific activities, transportation for these events will be provided through a coach bus. Some events include some walking-make sure to ask Kayla if you have any questions.

May 7 <sup>th</sup>	Pella, Iowa -Let's go see the tulips!	Departing at 9am
June 10 <sup>th</sup>	Reiman Gardens	Departing at 9:30am
July 10 <sup>th</sup>	Lunch Cruise with American Lady Cruises	Departing 9:15am

Sign up at the front desk!



# Health Article: March is Brain Health Awareness

## Preserving Mobility for an Active Senior Lifestyle

As we age, it’s common to notice once easy activities like climbing stairs or walking distances becoming more challenging. Preserving mobility is essential for older adults to continue engaging in meaningful activities that contribute to their vibrant living.

Taking a proactive approach is vital in adopting habits to maintain independence and an active senior lifestyle. Keep reading to understand why mobility matters and learn helpful strategies to thrive in your golden years.

### The Importance of Staying Mobile

Mobility allows free and painless movement. For seniors, retaining the ability to move with ease boosts confidence to continue favored activities, preserves independence, and maintains involvement in their community.

In contrast, declining mobility can lower quality of life and self-sufficiency.

Thankfully, numerous effective strategies exist to help seniors maintain or improve mobility.

### Ten Tips to Maintain Mobility

#### Stay Socially Engaged:

Social interaction provides purpose and motivation to leave home regularly, which inherently boosts everyday movement. Connections prevent isolation and depression.

#### Get Moving:

Starting a gentle fitness routine preserves joint health and builds strength to support everyday activities. Even light physical activity delivers cardiovascular benefits.

#### Focus on Balance:

Balance training strengthens core muscles, enhances coordination, and reduces the risk of falls. Using a stability ball also improves posture and back health.

#### Stretch Routinely:

Daily stretching maintains range of motion and prevents tightness or stiffness in the limbs and back. This protects against injury and discomfort.

#### Eat Nutritious Foods:

A diet rich in nutrients like calcium, Vitamin D, and protein protects bone health and muscle mass for ongoing mobility. Proper nutrition also fuels the body with energy.

#### Stay Hydrated:



# Department Updates

## Culinary

New menus will begin April 1st!  
Join me Quality Food Council on April 8<sup>th</sup>  
@ 1pm  
I will be hosting a Chef Demo on Tuesday  
the 22<sup>nd</sup>,  
come see what I cook up for you!

## Environmental Services

The first floor bathroom is up and running  
again, what do you think?  
Next project, completing the sewing room on  
the third floor, stay tuned for updates!  
Remember recycling is still available on 3<sup>rd</sup>  
floor near big elevator.

## Christian Corner

“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.

## Front Desk

We hope you are enjoying the trivia and tongue twisters at the front desk!  
As a friendly reminder, if you have a subscription to the newspaper and it’s not delivered, we can only provide you the number to contact the Gazette. They only communicate with account holders.

## Life Enrichment

Welcome Abby to the Life Enrichment Director position! We are excited to have her fill this role!





