### SPORTS WORLD



TUESDAY. JUNE 3RD 6PM VS WASHINGTON NBA TV

SATURDAY, JUNE 7<sup>th</sup> 7PM @ CHICAGO CBS

TUESDAY, JUNE 10TH 6:30pm @ ATLANTA ESPN3

SATURDAY, JUNE 14<sup>TH</sup> 2PM VS NEW YORK ABC/ESPN

TUESDAY. JUNE 17<sup>TH</sup> 6PM VS CONNECTICUT NBA TV

THURSDAY, JUNE 19TH 9pm @ Golden Gate Prime Video

SUNDAY, JUNE 22<sup>ND</sup> 2PM 🛭 LAS VEGAS ESPN

TUESDAY JUNE 24TH 9PM @ SEATTLE NBA TV

THURSDAY JUNE 26TH 6PM VS LOS ANGELES PRIME VIDEO

Friday, June 27<sup>th</sup> 6:30pm @ Dallas ION

#### JUNE

SUN	MON	TUE	WED	THUR	FW	SAT
CIN	2	WSH	WSH	WSH	DET	DET
E20 PM		5:45 PM	5:45 PM	5.45 PM	6:10 PM	12:10 PM
DET	PHI	PHI	PHI	PIT	PIT	PIT
t2:40 PM	5:45 PM	5:45 PM	12:05 PM	7:05 PM	120 PM	1:20 PM
PIT	16	MIL	MIL	MIL	SEA	SEA
E20 PM		7:05 PM	7:05 PM	E20 PM	120 PM	1:20 PM
SEA E20 PM	23 STL 6:45 PM	STL 8-45 PM	STL B:45 PM	STL HIS PM	27 HOU 7:10 PM	28 HOU 8:15 PM
HOU 1:10 PM	30	IBS				

#### **BOOKS BOOKS & MORE BOOKS**

**Our Summit Pointe Librarians** have done an amazing job organizing updating and finding a home for our books.

June 25-27th we're hosting a Read & Feed for the Marion community! Supporting local food pantries, guests can donate non perishable food items and take home a book of their choice! Talk to Kayla to volunteer!!











Welcome our newest tenants!

#### June: A lot going on for Summit Pointe Seniors!

June is an important month for senior citizens, here at Summit Pointe and EVERYWHERE, encompassing various health, wellness and celebratory observances aimed at enhancing your lives...Here are some key aspects!

June is National Safety Month in the United States, focusing on leading causes of injury and death at work, on the road and in our homes and communities. At Summit Pointe, we would encourage you to use your pendants to help avoid emergency situations, stay hydrated and exercise. What safety measures can you take to reduce risk of injuries?

It's also the month dedicated to raising awareness about Alzheimer's disease and other dementia. There are many organizations that provide resources to educate the public about brain health, early detection and support for those affected by these conditions. Let Kayla know if you'd care for more information about dementia. Talk to Abby if you'd like to support our tenants who are affected by these conditions.

As for celebratory events, join our various activities, workshops, social gatherings, exercise classes, day trips and educational seminars!

With the onset of summer, there are so many opportunities for Summit Pointe tenants to engage in outdoor activities, whether that includes picnics, gardening or walking our beautiful paths, get out and enjoy the fresh air and sunlight, utilize those cozy front and back patios (just remember to be safe and drink your water and sun protection!



## **IOWA Proud**

We have a unique opportunity to support and show our Pride for Iowa! June 12<sup>th</sup> we will be renting out a theatre to see a movie starring one of Iowa's own. Then June 14<sup>th</sup>, that star IS COMING TO **SUMMIT POINTE!** 

SIGN UP and join us for this 2 part event!

<sup>st</sup> Watching the movie in a theatre rented for us <sup>2nd</sup> Meeting "Bing" who is one of the stars of th movie

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

## Summit Pointe Celebrations!!

Tenant Birthdays!

5/4 Hoytt B. 5/4 Karen M.

5/5 **Janice 1.** 

5/6 George F.

5/6 Connie C.

5/7 Iris A.

5/7 Harold H.

5/15 Keith H.

**5/17** Anita D.

5/19 Joan U.

5/20 Bob G.

5/25 Vir**g**inia F.

**5/30 Glenda S.** 

### Staff Birthdays!

6/12 Harrison S.

6/12 LeeRoy W. 6/18 David R.

6/24 Leslie E.

6/29 Gabbie H.

#### Staff Anniversaries!

6/4 Zach Z. 6/8 DaZsa A. 6/19 Ciara B. 6/28 **Su**z S.





"This is my Father's world, The birds their carols raise, The morning light, the lily white, Declare their maker's praise. This is my Father's world, He shines in all that's fair; In the rustling grass I hear him pass; He speaks to me everywhere."

A hymn that I have grown to love over the past few years is "This is My Father's World." In this hymn the composer, Maltbie Davenport Babcock, reflects on the beauty of the earth and how that draws him closer to God. He notices God's amazing creation and sees reflections of God in the world that He has created. Over the course of the song, Babcock lists out the things that he sees that make him think of God. In the verse listed above, verse two, he lists the lilies. The morning light. The birds and the grass. All of it causes him to worship, all of it he sees as an opportunity to hear from God.

We are now into the early summer months, the time of late evening sunsets, warm breezes, green grass, and blooming roses and orchids and poppies and lavender. Birds are chirping, the sun is shining, and creation calls us to reflect on its Creator. Perhaps it is also an opportunity to experience God.

What if we saw creation as a gift to us from the Lord? What if we considered sunsets and flowers, trees and birds and lakes and ducks as part of God's love being lavished on us? What if we took time to be in nature, whether that be walking on a trail or simply sitting outside or by the window, and thanked God for the beauty around us? What might we hear from God through His creation? What might we marvel at, what might we see? What might we learn through creation when we stop to remember the One who created it? This world is God's. He has created it and sustains it. He speaks through it. He uses it to connect with us. This month, let's make our own list, just as Babcock did in this hymn. Let's list the beauty that we see in nature and let it draw us closer to our Father who holds the whole world in His hands.

What do you see in nature that draws you to worship? What is God saying to you through His creation?

Take some time to sit in the quiet and reflect on these questions!

**IOWA Proud** 



Sign up in the activity binder!

Let's go to the movies!
and let's show our Iowa Pride!
We invite you to this FREE event as Summit Pointe rents out the movie theatre which includes concessions!

We will gather in support of an incredible canine star from right here in Iowa!

Bing stars in this emotional film as his owner passes away and friends try to take in this enormous Great Dane!

THEN we get to meet this beautiful canine...he just finished a series of visits including being on the Tonight Show, Drew

Berrymore and Good Morning America

#### A note from the Director of Nursing

I would like to extend a THANK-YOU! To the staff, tenants, and families of Summit Pointe. You have given me a very warm welcome and made me feel right at home from the start. I still have a lot to learn but want each of you to know that I am always available to assist you in any way I can. Feel free to drop by, call, text, email me with your needs and concerns.

Summertime is here! These warm, sunny, and longer days usually means we spend more time enjoying the outdoors. To make the most of your summer while staying safe, here are a few tips:

Summit Pointe's Life Enrichment program has several picnics scheduled in June, keep food safety in mind when grilling out or having a picnic. If you take left overs don't leave perishable food out in the sun for more than two hours. Wash your hands before and after handling food.

Spending long periods of time in the heat may lead to dehydration. Know the signs of too much heat: feeling dizzy, lightheaded, heavy sweating, confusion. If you are experiencing these symptoms, get out of the heat and let the nursing department know. Always have water or electrolyte replacing drinks available, visit our drink station and water cooler in the front lobby!

Visit a Farmer's Market! They offer a wide variety of fresh fruits and vegetables to give your immune system a boost.

Protect your skin from the sun when outdoors. Too much sun can cause damage, sunburns, blisters, and peeling. Use a sunscreen with at least an SPF of 15. Reapply the sunscreen every few hours. Don't forget a wide brim hat too!

Water and summer activities go hand in hand. Remember to review water safety with your family before heading to the lake or waterpark. Adults and children should wear lifejackets when on the water. Never go into the water alone.

Wishing you a happy, sunny and bare-foot summer, Kimberly Comisky





6/3 Aldi 9:15am 6/5 Target 8:30am 6/5 Picnic 11am 6/12 Goodwill 9:15am 6/12 Movies: The Friend 6/17 Fareway 9:15am

6/10 Dollar Tree 9:15am 6/17 Lunch out: Morning Story 10:30 am

6/19 Inspired to Sew 9:15am
6/19 Picnic 11am
6/24 Hyvee 9:15 am
6/24 Riverside Casino 10:30 am
6/26 Walmart 8:45am

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# Keeping you in the know: Department News

#### **Executive Director**

Just a kind reminder: the door leading outside from the wellness center is now equipped with automatic door openers

Please introduce yourselves to the newest member on our leadership team...Anthony is our new Culinary

Director! Both Karla and I have worked with Anthony in the past and are ecstatic about him joining our Summit Pointe family!

#### **Maintenance:**

New Flowers: we hope you are enjoying the beautiful new flowers around the building! Our Maintenance team will water and care for the front patio flowers. This way we can make sure the shaded plants are not over watered and the sunny plants are not under watered! Remember, if you still have AC units with covers on them, let us know so we can get those ready for use!

#### **Transportation:**

Bus is used M/W/F from 7:30am to 2:30pm Van is used T/TH 7:30-11:30am All appointments should be made 24 hrs ahead of time.

#### **Front Desk**

Thank you all for patience and respectful understanding when the phone rings while we are trying to help you.

#### Marketing

I am looking for volunteers to help organize and "work" our Feed & Read book fair, talk to Kayla if you are interested in helping! ALSO we have some great opportunities for day trips, sign up at the front desk!

# What's Happening in ACTIVITIES!!

On Monday June 2<sup>nd</sup> we will be playing Wheel of Fortune with tenants and staff in Fireside Lounge at 2pm. Come and enjoy a good game!

Marci's Memorables will be here on Tuesday June 3<sup>rd</sup> presenting Dian Fossey in the Fireside Lounge at 2pm.

On Wednesday June 4<sup>th</sup> Floyd Sandford will be presenting Hiking Catalonia at 1:30pm in Fireside Lounge.

On Thursday June 5<sup>th</sup> and Thursday June 19<sup>th,</sup> we will be going for a picnic. Please make sure to sign up in the Activity book. We will depart at 11am.

On Monday June 9<sup>th</sup> Aaron Shoemaker will be here. He will be in Fireside Lounge at 2pm.

On Wednesday June 11<sup>th</sup> Corrine with Art, Joy, Connect will be here teaching us about Maria Martinez the American Potter and the techniques that she used!

On Thursday June 12<sup>th</sup> we will be going to see the movie The Friend. Concessions and tickets will be provided! We will depart at 12:45pm. Please sign up in the activity book!

On Monday June 16<sup>th</sup> we will be playing Family Feud with tenants and staff in Fireside Lounge. Come and enjoy a good game!

For Lunch Bunch on Tuesday June 17<sup>th,</sup> we will be going to Morning Story. We will depart at 10:30am.

On Tuesday June  $17^{\text{th}}$  the Lala Ladies will be in Fireside Lounge at 1pm.

On Monday June 23<sup>rd</sup> we will be playing Price is Right with tenants and staff in Fireside Lounge at 2pm. Come and enjoy a good game!

On Tuesday June  $24^{th}$  we will go to Riverside Casino. We will depart at 10:30am.

On Monday June 30<sup>th</sup> we will be playing Jeopardy with tenants and staff in Fireside Lounge at 2pm. Come and enjoy a good game!

We will be playing most of the Indiana Fever games in the clubhouse. These games are reflected on the calendar.

#### Health Article Summer Health Tips For Seniors, Be Good to Yourself

Everyone should take special precautions during the hot and humid summer months. Hot weather can cause health problems for a variety of reasons. These reasons include aging-related physical changes in the body, chronic health conditions, and even side effects of taking some medications.

#### Summer Health: Stay Safe Is #1 Priority

Seniors should be proactive and take precautions. So check the outside temperature and humidity index on summer days. If it's above 90°, keep in mind the following tips:

- · Too much sun is not healthy. If possible, wait to go outside during lower tempetrue parts of the day, morning or evenings. Adjusting when you go outside could mean a difference of several degrees.
- · Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine can dehydrate you (dry you out).
- · Wear light colored, lightweight clothing. Whenever you can, try wearing loose, light-colored clothes as dark-colored clothes absorb heat. Wear a hat, it will keep you cool. These simple changes will help you both stay cool and avoid sunburn.
- $\cdot$  Avoid sunburn. Use broad spectrum sunscreen with sun protection factor (SPF) of 15 or higher. Summer Health: Know The Problem Signs

For older adults, it's important to recognize the health problems caused by summer heat and how/where to turn for help. HealthInAging.org provides a handy, helpful chart that seniors should keep with them as they enjoy the summer weather. Here are several helpful tips:

#### Deydration

WHAT IT IS: A loss of water in your body. It can be serious if not treated.

WARNING SIGNS: Weakness, headache, muscle cramps, dizziness, confusion, and passing out. WHAT TO DO: Call your healthcare provider or 911. Meanwhile, drink plenty of water and, if possible, "sports drinks" such as Gatorade™, which contain important salts called "electrolytes." Among other things, electrolytes play a key role in regulating your heartbeat. Your body loses electrolytes when you're dehydrated.

Heat Stroke

WHAT IT IS: A very dangerous rise in your body temperature. It can be deadly.

WARNING SIGNS: A body temperature of 103 or higher; red, hot, and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion; and passing out.

WHAT TO DO: Call 911 immediately. Move to a cool, shady place, take off or loosen heavy clothes. If possible, douse yourself with cool water, or put cloths soaked with cool water on your wrists, ankles, armpits, and neck to lower your temperature. Try and see if you can safely swallow water or sports drinks. Note: If you are caring for someone else who has heat stroke, only give them water or drinks if they are awake and can swallow.

#### **Heat Exhaustion**

WHAT IT IS: A serious health problem caused by too much heat and dehydration. If not treated, it may lead to heat stroke (see above).

WARNING SIGNS: Heavy sweating or no sweating, muscle cramps, tiredness, weakness, paleness, cold or clammy skin, dizziness, headache, nausea or vomiting, fast and weak pulse, fainting. WHAT TO DO: Without delay, move to a cool, shady place, and drink plenty of cool fluids, such as water or Gatorade. Call 911 without delay if you have high blood pressure or heart problems, or if you don't feel better quickly after moving to the shade and drinking liquids.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am St. Joseph's Catholic Mass-FL  10:00am Dominoes-CH  10:30am Presbyterian Church Service-FL  1:30pm Penny Bingo-FL  6:00pm Sunday Cinema: Singin' in the Rain-FL	9:00am Rosary-PDR 2 9:30am Ladies Coffee & Chat -L 10:00am Sewing Club Meeting-FL 10:00am Creating a Bird Sanctuary –BP 1:00pm Bookworms-L 2:00pm Dominoes-CH 2:00pm Wheel of Fortune Game Staff and Tenants- FL 3:30pm MAC Fitness-FL 5:30 pm 5 Crowns-FL	9:15am Depart For: Aldi-FF 10:30am Live 2B Healthy-FL 1:00pm Fin-tastic Fun Fishing-FP 2:00pm Marci's Memorables-FL 2:00pm Diamond Dot Divas-L 2:15pm Guy Talk With Caleb -CH 3:00pm Penny Bingo-FL 5:15pm Yahtzee -FL 6:00 pm Indiana Fever Game-CH	PF00am Walkabout Wednesday- 9:30am Christian Worship-FL 10:00am Prayer Group-ML 10:00am Sewing Project-FL 10:30am Getting to Know the Calendar- L 1:00pm Podiatrist 1:30 Floyd Sandford Hiking Catalonia-FL 1:30pm Catholic Communion- L 2:30pm SURPRISE EVENT W/ Suz-FL 2:00pm Dominoes-CH 3:30pm MAC Fitness-FL 6:00pm Symphonettes-FL	8:30am Depart For: Target-FF 10:30am MAC Fitness-FL 11:00 Depart For: Picnic-FF 2:00 500 Experienced Players-FL 2:00 500 New Players –FL 3:15pm Musical Memories: The Beatles-FL 5:30pm Facts with Frankie - Lobby 6:15pm Penny Bingo-FL	9:30am Brewtiful Friends-L 10:30am Live 2B Healthy-FL 1:00pm Giant Jenga-BP 1:00pm Loop Yarn/Hat Making/Punch Art-L 1:00pm Dominoes-CH 2:00pm Happy Hour With Larry Jensen - DR 3:30pm Afternoon Stroll -FF 4:45pm Perplexing Puzzles-L 6:00pm 500-L	10:00am Craft Club-L 7 10:00am Lug-A-Mug-ML 2:00pm Dominoes-CH 2:00pm Candy Bar Bingo-ML 6:00pm Kings On The Corner-L 7:00 pm Indiana Fever Game-CH
9:00am St. Joseph's Catholic Mass-FL 10:00am Dominoes-CH 10:30am Presbyterian Church Service-FL 1:30pm Penny Bingo-FL 6:00pm Sunday Cinema: Casablanca -FL	9:00am Rosary-PDR 9:30am Ladies Coffee & Chat -L 10:00am Sewing Club Meeting-FL 1:00pm Bookworms-L 2:00pm Dominoes-CH 2:00pm Aaron Shoemaker- FL 3:30pm MAC Fitness-FL 5:30 pm 5 Crowns-FL	9:15am Depart For Dollar Tree- FF  10:30am Live 2B Healthy-FL  1:00pm Quality Food Council-FL  2:00pm Musical Memories: Bill Haley and His Comets - FL- FL  2:00pm Diamond Dot Divas-L  2:15pm Guy Talk with Rod -CH  3:00pm Penny Bingo-FL  5:15pm Rummikub-FL  6:30 pm Indiana Fever Game-CH	9:00am Walkabout Wednesday- 11 9:30am Christian Worship-FL 10:00am Prayer Group-ML 10:00am Sewing Project-FL 10:30am Card Bingo-FL 1:00pm-Art Joy Connect -FL 1:00pm Vitals With Nursing-PDR 1:30pm Catholic Communion –L 2:15pm SURPRISE EVENT W/ Abby-FL 2:00pm Dominoes-CH 3:30pm MAC Fitness-FL 6:00pm Symphonettes-FL	9:15am Depart For: Goodwill - FF  10:30am MAC Fitness-FL  12:45 Depart for Movies: The Friend  5:30pm Facts with Frankie- Lobby  6:15pm Penny Bingo-FL	9:30am Brewtiful Friends-L  10:15am Resting & Relaxation -L  10:30am Live 2B Healthy-FL  1:00pm Disc Golfing –BP  1:00pm Loop Yarn/Hat Making/  1:00pm Dominoes-CH  2:00pm Birthday Happy Hour With Jessica ManDuo-DR  3:30pm Afternoon Stroll -FF  4:45pm Perplexing Puzzles- L  6:00pm 500-L	10:00am Craft Club-L 10:00am Lug-A-Mug-ML 2:00pm Dominoes-CH 2:00 pm Indiana Fever Game-CH 2:00pm Candy Bar Bingo-ML 6:00pm Kings On The Corner-L
9:00am St. Joseph's Catholic Mass-FL  10:00am Dominoes-CH  10:30am Presbyterian Church Service-FL  1:30pm Penny Bingo-FL  6:00pm Sunday Cinema: Mary Poppins 1964- FL	9:00am Rosary-PDR 9:30am Ladies Coffee & Chat-FL 10:00am Sewing Club Meeting-FL 1:00pm Bookworms-L 2:00pm Family Feud Staff & Tenants-FL 2:00pm Dominoes-CH 3:30pm MAC Fitness-FL 6:00pm Farkle-FL	9:15am Depart For: Fareway-FF 10:30am Live 2B Healthy-FL 10:30am Depart For: Lunch Out: Morning Story -FF 1:00pm Lala Ladies-FL 2:00pm Diamond Dot Divas-L 2:15pm Guy Talk with Anthony -CH 3:00pm Penny Bingo-FL 5:15pm Yahtzee -FL 6:00 pm Indiana Fever 7:00pm Wine Not-FL	9:00am Walkabout Wednesday-FF 9:30am Christian Worship-FL 10:00am Prayer Group-ML 10:00am Sewing Project-FL 10:30am Card Bingo -FL 1:00pm Summer Backyard Bash— FP 1:30pm Catholic Communion-L 2:00pm Dominoes-CH 2:15pm SURPRISE EVENT WITH Suz-FL 3:30pm MAC Fitness-FL 6:00pm Symphonettes-FL	9:15am Depart For: Inspired to Sew -FF  10:30am MAC Fitness-FL  11:00 Depart: Picnic-FF  2:00 500 Experienced Players-FL  2:00 500 New Players –FL  3:15pm Musical Memories: Creedence Clearwater Revival-FL  5:30pm Facts with Frankie- Lobby  6:15pm Penny Bingo-FL  9:00 pm Indiana Fever Game-CH	9:30am Brewtiful Friends-L  10:15am Manicures-L  10:30am Live 2B Healthy-FL  1:00pm Sunshine and Socialization-FP  1:00pm Joop Yarn/Hat  Making/Punch  Art-L  1:00pm Dominoes-CH  2:00pm Happy Hour With Janet Lieb -DR  3:30pm Afternoon Stroll -FF  4:45pm Perplexing Puzzles-L  6:00pm 500-L	10:00am Craft Club-L 10:00am Lug-A-Mug-ML 2:00pm Dominoes-CH 2:00pm Candy Bar Bingo-ML 6:00pm Kings On The Corner-L
9:00am St. Joseph's Catholic Mass-FL  10:00am Dominoes-CH  10:30am Presbyterian Church Service-FL  1:30pm Penny Bingo-FL  2:00 pm Indiana Fever Game-CH  6:00pm Sunday Cinema: Driving Miss Daisy -FL	9:00am Rosary-PDR 9:30am Ladies Coffee & Chat -FL 10:00am Sewing Club Meeting-FL 1:00pm Bookworms-L 2:00pm Dominoes-CH 2:00pm Price is Right-FL 3:30pm MAC Fitness-FL 6:00 pm 5 Crowns	9:15am Depart For Hyvee -FF 10:30am Live 2B Healthy-FL 10:30am Depart For: Riverside 1:00pm Chef Demo-FL 2:00pm Diamond Dot Divas-L 2:15pm Guy Talk-CH 3:00pm Penny Bingo-FL 5:15pm Rummikub-FL 9:00 pm Indiana Fever Game-CH		8:45am Depart For: Walmart -FF 10:30am MAC Fitness-FL 1:00pm Tenant Council-FL 1:00pm Dave Wirtz –ML 2:00 Ladies Tea Party-FL 3:15pm Musical Memories: The Mommas & The Papas-FL 5:30pm Facts with Frankie- Lobby 6:15pm Penny Bingo-FL 6:00 pm Indiana Fever Game-CH	9:30am Brewtiful Friends-L 27 10:15am Bible Study: Plants in the Bible-L 10:30am Live 2B Healthy-FL 1:00pm Cornhole 1:00pm Loop Yarn/Hat Making/Punch Art-L 1:00pm Dominoes-CH 2:00pm Happy Hour With Ron Burgess - DR 3:30pm Afternoon Stroll-FF 4:45pm Perplexing Puzzles-L 6:00pm 500-L	10:00am Craft Club-L 10:00am Mug-A-Lug-ML 2:00pm Dominoes-CH 2:00pm Candy Bar Bingo-ML 6:00pm Kings On The Corner-L
9:00am St. Joseph's Catholic Mass-FL  10:00am Dominoes-CH  10:30am Presbyterian Church Service-FL  1:30pm Penny Bingo-FL  6:00pm Sunday Cinema: Grumpy	9:00am Rosary-PDR 9:30am Ladies Rise & Grind-L 10:00am Sewing Club Meeting-FL 1:00pm Bookworms-L 2:00pm Jeopardy with Staff & Tenants-FL 2:00pm Dominoes-CH 3:30pm MAC Fitness-FL 5:30 pm Farkle-FL	BP= Back Patio CH= Club House DR= Dining Room FF= Front Foyer FL= Fireside Lounge FP= Front Patio L= Library ML= Memory Lane	Sign Up Activity Tenant Lead Activity			E

PDR= Private Dining Room

6:00pm Sunday Cinema: Grumpy

Old Men -FL