

JULY

SUN	MON	TUE	WED	THUR	FRI	SAT
		CLE 7:05 PM	CLE 7:05 PM	CLE 7:05 PM	STL 1:20 PM	STL 1:20 PM
STL 1:20 PM		MIN 8:40 PM	MIN 8:40 PM	MIN 12:10 PM	NYN 8:05 PM	NYN 12:05 PM
NYN 12:05 PM					BOS 1:20 PM	BOS 8:15 PM
BOS 1:20 PM	KC 7:05 PM	KC 7:05 PM	KC 1:20 PM		CWS 7:40 PM	CWS 8:10 PM
CWS 1:10 PM	MIL 8:40 PM	MIL 8:40 PM	MIL 1:10 PM			



TUESDAY, JULY 1ST 7PM PRIME VIDEO
INDIANA @ MINNESOTA

THURSDAY, JULY 3RD 6 PM PRIME VIDEO
INDIANA VS LAS VEGAS ACES

SATURDAY, JULY 5TH 6PM NBA TV
INDIANA VS LOS ANGELES

WEDNESDAY, JULY 9TH 11AM NBA TV
INDIANA VS GOLDEN STATE VALKYRIES

FRIDAY JULY 11TH 12PM ABC/ESPN
INDIANA VS DALLAS WINGS

TUESDAY, JULY 15TH 7PM ESPN
INDIANA FEVER @ CONNECTICUT SUN

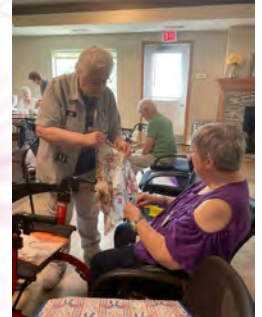
WEDNESDAY, JULY 16TH 6:30PM CBS SPORTS
INDIANA FEVER @ NEW YORK LIBERTY

TUESDAY, JULY 22ND 7PM ESPN
INDIANA FVER @ NEW YORK LIBERTY

THURSDAY, JULY 24TH 6PM PRIME VIDEO
INDIANA FEVER VS LAS VEGAS ACES

SUNDAY, JULY 27TH 2PM ABC/ESPN
INDIANA FEVER @ CHICAGO SKY

WEDNESDAY, JULY 30TH 6PM ESPN 3
INDIANA FEVER VS PHOENIX MERCURY



Jump into July: Wellness, Sunshine, and Summit Smiles

July has arrived in all its sunny glory, bringing with it the spirit of celebration, reflection and community! As we enjoy long summer days, festive gatherings and perhaps a slice of watermelon or two, let's check out the national holidays and awareness's for the month!

This month is dedicated to National Wellness Month, a gentle reminder to care for our bodies, minds and hearts-whether it's a stroll through the garden, a mindful moment over morning coffee, or sharing a hearty laugh with a neighbor. July also shines a spotlight on UV Safety Awareness, encouraging us to protect our skin! Social wellness month is also observed for July, which celebrates the power of friendship, connection, and community!

Lastly, July celebrates the Red, White and Blue and YOU! With fireworks, and festivities we honor the freedoms we cherish and the sacrifices made by so many. Celebrate the values that make our country strong: resilience, kindness and the joy of coming together as neighbors and friends! Here's to the stars, stripes and the stories that make this land our home.

Sign ups

- 7/1 9:15am Aldi

7/3 8:30am Target

7/3 11:00am Picnic

7/8 9:15am Fareway

7/10 8:30am Hobby Lobby
- 7/10 1:00 pm Scenic Drive

7/15 9:15am Dollar Tree

7/17 9:15 Kohls

7/22 9:15am Hyvee

7/22 10:30am Lunch Bunch Napoli's
- 7/23 11:00am Kernal's Game

7/24 8:45am Walmart

7/24 1:15pm Scenic Drive

7/29 9:00am Aldi

7/29 10:15 Meskwaki

“The faithful love of the Lord never ends! His mercies never cease. They are new every morning, Great is Your Faithfulness.” Lamentations 3:22-23

“Today is a new day.” This quote from a popular animated kids movie is one that my mom and I will reference often to each other, especially when the previous day (or days) have been challenging. Today may have been difficult, but tomorrow might not be. Tomorrow is a chance for things to be different. There is something about a fresh start that is comforting to us. Knowing there is a new beginning or another try is like having a warm blanket wrapped around us, settling our frantic hearts, allowing peace to take over our frantic souls. Another of my favorite quotes shares this sentiment, and comes from L.M.Montgomery, the author of Anne of Green Gables. This quote says, “Tomorrow is a day with no mistakes in it.” We all want the hope that tomorrow might be a better day.

Thankfully, with God, that hope is real.

Lamentations 3 tells us that God’s faithfulness and mercy never ends. In fact, it says that His faithfulness and mercies are new every morning! That means that they never run out. It means that every morning we get to start fresh, with a full tank of God’s faithfulness and mercies filling us up. It means that no matter how bad today was; whether it be our circumstances or our attitudes that made it difficult, whether we failed and fell into sin or someone sinned against us, God promises another try. It means that God is always at work, even when we don’t see it. It means that no matter what worries we have in our hearts, God will provide and comfort us today and that He will be there with us tomorrow. We cannot use up God’s faithfulness or mercies, because they are a gift waiting for us to unwrap every single day. Jesus is always, always, always making things new. No matter how many bad days or bad years you have had, His mercies and faithfulness are there for you, ready to wash over you and breathe hope into your heart. It is never too late to embrace the mercies that are new every morning. If you need a fresh start today, call out to Him. Ask Him to fill you with His faithfulness and mercy. He promises to do just that.





celebrations!

Tenant Birthdays

David G. 7/17
Don M 7/25



Staff Birthdays

Tarriel W. 7/2
Rod R. 7/11



Tenant Anniversaries

7/7 Olivia Fisher 2 years
7/17 Karla Graves 2 years
7/22 Kayla Howk-Erwin 6 years



- On Tuesday July 1st we will have a food council with Chef Anthony. It will be in Fireside Lounge at 1pm.
- On Tuesday July 1st Marci Memorables will be here. She will be Talking about Betsy Ross.
- We will be having a picnic on July 3rd. Please sign up in the activity book. Aaron Shoemaker will be here on Monday July 7th at 1:30pm in Fireside Lounge.
- Art Joy Connect will be here Wednesday July 9th at 1pm. She will be covering Colorado’s fossils.
- The Iowa Raptor project will be here on July 14th in Fireside Lounge at 1pm. They will do a presentation about some of the birds and will have some birds for us to look at.
- The Lala Ladies will be here on Tuesday July 15th at 1pm in Fireside Lounge. Noelridge Christian Church Choir will be here July 15th for a choir concert in Fireside Lounge at 6:30pm.
- On July 21st Floyd Sandford will be here. He will be covering "The most dangerous worldview is the worldview of those who have not viewed the world" Alexander von Humboldt.
- On July 22nd Lunch Bunch will be going to Napoli’s. We will be departing at 10:30am.
- We will be going to a Kernals game on July 23rd. We will depart at 11am. The game starts at 12:30pm. Please sign up in the Activity book.
- We will be going to Meskwaki Casino on July 29th. We will depart at 10:15am. Please sign up in the activity book.
- On Thursday July 31st we will have a Getting Groovy Social at 2:30pm in Fireside Lounge. We are encouraging tenants and staff to dress like hippies for the day.



From your activity director & team!

Health Article Celebrate Social Wellness Month

Connecting with other people can be an interesting, exciting, and healthy part of being human. Moreover, social support is often integral to a person’s physical health and mental well-being. According to the APA, about 30% of Americans feel lonely. Around the world, Social Wellness Month is celebrated each July. This month was established in the early 2000s to encourage people to build healthy relationships and improve their social well-being. For guidance in cultivating improved social wellness, it may be helpful to work with a licensed therapist.

What is Social Wellness Month?

According to the peer-reviewed journal Psychiatry, social support can be described as support available to an individual “through social ties to other individuals, groups, and the larger community.” Similarly, social wellness usually refers to the quality of our relationships and the ways we interact with others. In the early 2000s, mental health professionals across the globe designated July as Social Wellness Month. As mentioned earlier, the month was established primarily to encourage healthy personal relationships and promote overall mental health. For example, as tuberculosis is typically regarded as a social disease that can negatively affect relationships and socializing, tuberculosis patients may find celebrating Social Wellness Month to be helpful. The typical goal for this time of year is generally to prioritize your mental health and well-being through healthy social interactions and strong social relationships.

The benefits of social support

Having a strong and high-quality social support system can offer physical, emotional, and psychological health benefits. Research suggests that social support can have the following effects on a person’s well-being:

- Self-esteem: Surrounding yourself with people who respect and care about you can lead you to think more highly of yourself, potentially improving your self-esteem.
- Coping skills: Having social and emotional support can improve your sense of autonomy, potentially making it easier to cope with stressful situations, even on your own.
- Stress: Research suggests that having social support can make an individual more resilient to stress. Conversely, those with less social support may be more prone to experiencing stress.
- Feelings of belonging: Social support can give individuals “the feeling of being loved, cared, respected, and belonging to a network of communication.”
- Physical health: Research suggests that social support can significantly predict the physical health symptoms an individual may experience.
- Mental health: Research has also shown social support to be a strong predictor of mental health symptoms, such as depression. According to researchers, positive social communication with one’s social network can reduce anxiety and improve feelings of stability.

Ways to build healthy relationships

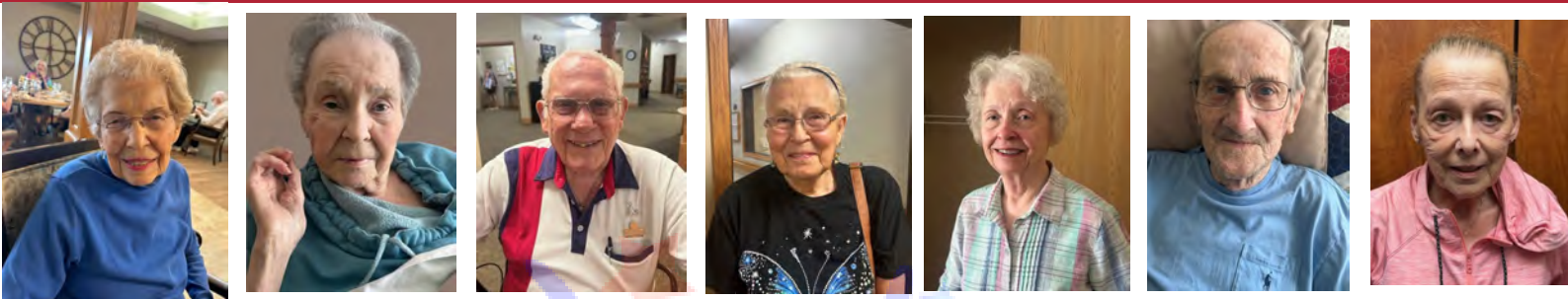
Discovering ways to strengthen relationships and meet new people can seem challenging, but there may be many opportunities to find people with whom you might connect and begin to build support systems. When developing your social network, it can be helpful to remember that the quality of your relationships is often more important than the quantity. In other words, having a handful of high-quality social relationships can have more of a positive effect than having many people with whom you aren’t as close. To effectively interact and connect with other individuals, you might try any of the following techniques:

- Spend quality time with family and friends
- Quality is often more important than quantity when it comes to relationships. That said, finding new ways to connect and strengthen your bonds with your existing friends and family members can be a helpful way to improve your social well-being.

- Reconnect with old friends
- Volunteer
- Join a group or club
- Take up a new hobby
- Attend events



Help welcome our newest tenants!!



Dolores D. Karen G. Leon H. Mary H. Esther O. Don M. Marnita G.

As we welcome our newest tenants to summit pointe, make sure you make the time to introduce yourself, invite them to dine with you, ask them to join you for your favorite activity. Wear your name tags so they get to know your name!

A few Summit Pointe updates:

Maintenance: We spent some time in June working on a few projects including the landscaping and prepping for a new flag & flag pole
Keep an eye out for more information about our car wash port!

Assistant Director: Every Wednesday I host a prayer group, join at 10am in memory care

Marketing: Sundaes on Sunday invite your friends and family to join us every 1-3pm **EVERY SUNDAY IN JULY**

Culinary: It has been an incredible few weeks getting to know all the tenants and staff at Summit Pointe. My door is always open for conversation! The team and I hope you have enjoyed some of the small changes so far...like the new pens and center pieces.

Nursing: We have hooks coming for IPOST on the back of your apartment door, only for those apartments missing that information. If you do not have an IPOST come see us!

Executive Director: Welcome new tenants, I want to make sure you all know that my door is always open, even just for a quick HELLO!

Front Desk: Thank you all for your amazing job communicating your transportation needs as well as letting us know when you will be out of the building for long periods of time.