

Having fun with Life Enrichment!

On September 2nd Marci Memorable's will be here. She will be teaching us about Marie Curie.

Art Joy Connect will be here on Wednesday September 3rd in Fireside Lounge at 1pm.

During Assisted Living Week (September 7th-13th) we will have many fun activities planned! Make sure to come and enjoy all the fun activities!

Kent Stock will be here on September 15th for a presentation about his movie The Final Season. We will watch the movie in Fireside Lounge on Sunday September 14th. The movie is based in Norway, Iowa. The team must overcome some challenges for the last season to try and become champions. Ken will also be singing baseball's after his presentation.

The Lala Ladies will be here on September 16th at 1pm in Fireside Lounge.

Tenant Council will be taking Place on September 18th at 1pm in Fireside Lounge. Please remember to come to this so you can hear all the exciting things that are happening around the building!

We will be having a pet visit on Saturday September 20th at 10am.

On September 23rd we will be having a Coco Chanel Day. We will have a presentation By Doris Montag in Fireside Lounge about Lipstick and Makeup Compacts at 2pm.

Floyd Sandford will be here on Monday September 29th at 1:30pm. He will be doing a presentation on China.



Did you know?

September's name comes from the Latin word septem, meaning "seven". This month had originally been the seventh month of the early Roman calendar



GAME DAY SCHEDULE

9/6 Iowa vs Iowa State 11am
9/13 Umass vs Iowa 6:30pm
9/19 Iowa vs Rutgers 7pm
9/27 Indiana vs Iowa TBD

IT'S FOOTBALL SEASON

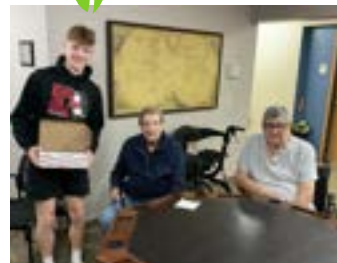
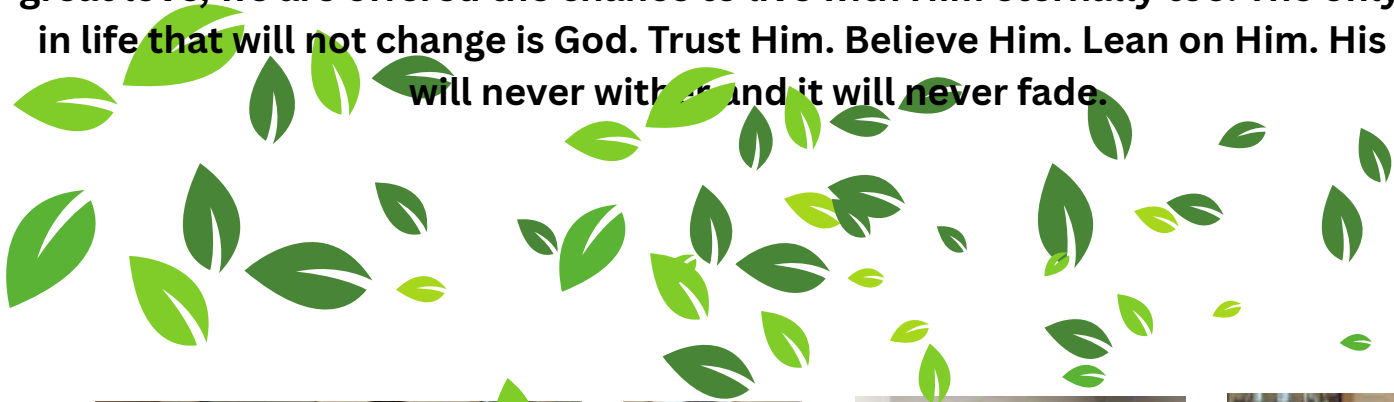
September is known for Labor Day, the start of the harvest months and the fall equinox, and traditionally, the beginning of a new school year.

In addition to Labor Day, **September is a month of remembrance** for many people. It's a time to honor and remember those who have made sacrifices for their country, their community, or their loved ones. Some of the observances during this month include Patriot Day on September 11th, POW/MIA Recognition Day on September 18th, and Gold Star Mother's Day on the last Sunday in September, which honors the mothers who have lost a child in military service. . **September is a month of transition.** As summer fades away, the leaves start changing color, and the days get shorter. We begin to prepare for the cooler months ahead. Take time to enjoy the brisk mornings and the warm sunshine on your face. This world is a beautiful place. Stop and smell the roses...or the orange and red Mums.

"Autumn carries more gold in its pocket than all of the other seasons."

“The grass withers and the flowers fade, but the word of the Lord endures forever.” Isaiah 40:8.

It is that time of year again; the time when the leaves change, the weather cools and the smell of apples and pumpkin color our kitchens (and the Starbucks menu). Fall is my favorite season, I love everything about it. But what is interesting about fall is that though it is beautiful, it is actually a season of death. Like the verse from Isaiah 40 says, in the fall the grass is withering. The flowers are fading. The trees are losing their leaves. No matter how luscious and lively these pieces of nature may seem, they all eventually fade. The same is true about us. In other places of Scripture, God reminds us that as humans we come from dust, and will someday return to it. We are fragile, our lives are like a mist, here and then gone. This would be discouraging if the rest of the Isaiah verse wasn’t there. Thankfully, God clarifies that though everything on earth will fade, there is something-or rather, someone that won’t. “The word of the Lord endures forever.” God’s Word, the Holy Scriptures, what He has revealed out Himself and the story of redemption told through the pages of the Bible, is established forever. The God that we serve, the One who holds everything together, the Jesus who loves you, endures continually. Who He is and what He has said endures forever. Nothing can shake Him or change His promises. This is great news for us! We are frail, but God is not. We will grow weak and wither, He will stand strong and hold us together by His mighty hand. Nothing can challenge Him, nothing will stand up against Him. Our lives are temporary, He is eternal. And because of His great love, we are offered the chance to live with Him eternally too. The only thing in life that will not change is God. Trust Him. Believe Him. Lean on Him. His word will never wither and it will never fade.



EngAGEMENT is Key for Seniors Get Rid of Loneliness and Isolation!

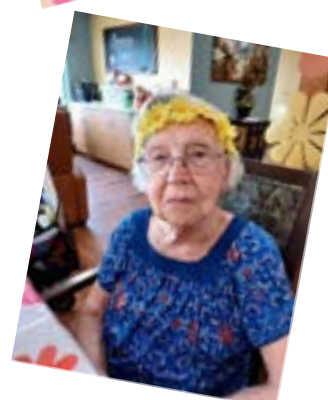
Research has shown that for older adults, staying engaged in enjoyable activities is associated with better physical and mental health. Being involved with others is strongly associated with better brain function. So, it is not only fun, but also good for you! You might not have ever imagined that while you were singing in the church choir, or meeting with your book club, or volunteering at the animal shelter that you were improving your brain health!

Cognitive decline and memory problems can make senior citizens particularly prone to mental health issues.

This is why most people choose to move to one of the assisted living and memory care communities. The good news is old age doesn’t necessarily have to be painful. In addition to therapy and clinical intervention, several resources and activities can help older adults stay mentally engaged. It can keep them in good spirits and help them stay sharp. Physically: In the aging population, exercise has been shown to prevent disease, lower the risk of falls, improve mental health and well-being, strengthen social ties, and improve cognitive function.

Socially: Being socially active builds a greater sense of belonging and higher self-worth levels. Studies show that when seniors engage with others who are passionate about similar hobbies and activities, they enjoy increased self esteem out of those social relationships.

Mentally: Just as the physical body needs stimulation and activity to stay fit and healthy; the same way the brain needs stimulation for cognitive health and for staying sharp. To that end, here are a few great common and easily accessible brain activities: Reading/Writing, Playing games & Puzzles and Learn a New Language are just examples of activities that help you!



To Our September Stars:

Here's to another year of greatness, laughter, and good vibes. May your birthday month be filled wit joy, cake and maybe alittle dancing in the hallway!

Tenant Birthdays

9/1 Wanda R.
9/11 Carole H.
9/17 Kay W.
9/23 Max N.
9/24 Doris B.
9/26 Mary M.
9/26 Linda M.
9/29 Helen B.
9/29 Karen G.
9/29 Barb M.

Staff Birthdays

9/7 Olivia F.
9/7 Brendan C.
9/8 Terrell W.
9/9 Ava F.
9/10 Denise P.
9/11 Jose C.
9/25 Kamille B.
★ 9/30 Markaya D.
9/30 Abby R.

Happy anniversary!

9/4 Sydney w. 1-year
9/6 Shannon D. 2-year
9/7 Melinda H. 4-year
9/24 Terrell W. 1-year
9/25 David R. 1-year



Another fun fact!

Did you know? September is the most common birthday month. Why? Glad you asked, given that pregnancies last an average of about 38 weeks, this means many people are conceiving in December, around the holidays. Parties and pregnancy apparently go together.

A Messages from Summit Pointe

September reminds us that change can be beautiful. As the leaves begin to turn, we're focused on turning ideas into action-building stronger connections, improving our spaces, and continuing to make this community a place we're proud to call home ~Melinda Haley

Marketing with Kayla-

I can not express enough how grateful I am for everyone who came to help me both stuff bags and folders. I appreciate the time and effort BUT also the great company! I still can't believe how quickly we got everything done!

Nursing: Hello from the nursing department! It's that time of year when we start thinking about leaves turning from green to beautiful fall colors, students going back to school, football, and the weather finally cooling down. I am excited to experience my first Assisted Living week celebration with all of you in September.

I wanted to share a resource that might be interesting and helpful to those of you that have a computer or use your phone to get on the internet. Have any of you heard of "Senior Planet" from the AARP website? It is a place to go and check out online classes like "Morning Stretch" and "Stronger Bones", as well as classes about technology like food delivery apps, and computer use information explained in a way to improve understanding and increase use of the technology available. There are also inspiring stories, information about travel, and social engagement, and even crossword puzzles. Now that I'm an AARP member myself, I thought I'd better see what they have available! I was impressed with the types of things that you can find there to help make life easier or to entertain you!

Culinary: There is a lot going on here in the culinary department. We are looking to get new and exciting items on the menu. The cooks are working hard on improving consistency and quality of the food we serve. The soups will be updated, and some new ones will be added to the rotation including a tasty ham and bean soup and hearty warm chili. If you have any issues or comments, please feel free to stop by the dining room and talk with the chef. We look forward to hearing for you all

Front Desk: We would like to introduce two new members of our team; Caren S. and Rose Anne S. They started in July and already feel like they have always been part of the Summit Pointe family. If you haven't met them yet, make sure to stop by and introduce yourselves!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 Sign Up Activity Tenant Lead Activity	Labor Day 9:00am Rosary-PDR 9:30am Labor Day Crafts– ML 1:00pm Bookworms-L 2:00pm Dominoes-CH 3:00pm Candy Bar Bingo-ML 4:00pm Perplexing Puzzles-L 	Medical Innovations Day 9:15am Depart For Aldi -FF 9:30am Learning About Alexandar Flemming and Life Changing Medication– FL 10:30am Live 2B Healthy-FL 1:00pm Chef Chat-FL 2:00pm Diamond Dot Divas-L 2:00pm Marci’s Memorables Marie Curie -FL 2:15pm Guy Talk with Rod -CH 3:15pm Penny Bingo-FL 5:00pm Elevator Games –Lobby	The Date To Create Day 9:00am Solving the Worlds Problems -L 9:30am Christian Worship-FL 10:00am Prayer Group-ML 10:30am Learning About the Calendar-FL 1:00pm-Art Joy Connect -FL 1:00pm Vitals With Nursing/ Vaccine Sheets -PDR 1:00pm Podiatrist 1:30pm Catholic Communion –L 2:00pm Dominoes-CH 2:45 Create Your Own Sundee Event– FL 3:30pm MAC Fitness-FL 6:00pm Symphonettes Concert-Everyone Welcome -FL	Across the Pond Day 8:30am Depart For: Target 9:30am Learning About the First Transatlantic Telephone Line- FL 10:30am MAC Fitness-FL 1:00pm Learning about the Telegraph-FL 2:00pm Learning How Morse Code Works-FL 2:30pm Emma M. Nutt Telephone Operator-FL 3:00pm Musical Memories: John Denver-FL 5:00pm What am I?-FL 6:15pm Penny Bingo-FL	Navajo Code Talkers Day 9:00am Learning about Navajo Code Talkers–FL 9:45am Visiting the Navajo Code Talkers Memorial –FL 10:30am Live 2B Healthy-FL 1:00pmStories of the Navajo Code Talkers -FL 1:00pm Loop Yarn/Hat Making/Punch Art-L 1:00pm Dominoes-CH 2:00pm Happy Hour With Harold Gray -DR 3:30pm Minute to Win it -FL 5:30pm Elevator Conversation-Lobby 6:00pm 500-L	10:00am Craft Club-L 10:00am Lug-A-Mug-ML 10:00am Golf the Card Game-L 11:00 Iowa Tailgate-FL 2:00pm Dominoes-CH5 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: The Intern -FL	Hat Day 9:00am Rosary-PDR 9:45am Coffee with Friends-Lobby/FP 1:00pm Bookworms-L 1:00pm-4pm Design Your Own Hat -FL 2:00pm Dominoes-CH 2:00pm– History of Hats -ML 3:30pm MAC Fitness-L 5:30pm Perplexing Puzzles –FF 	Western Day– Dress Up In Your Best Western Gear 9:15am Depart For Fareway-FF 10:00am Horse’s Visiting - FP 10:30am Live 2B Healthy-FL 1:30pm Learn to Line Dance- FL 2:00pm Diamond Dot Divas-L 2:15pm Guy Talk -CH 3:00pm Penny Bingo-FL 5:30pm Name That Tune– Lobby 	Red Carpet– Dress up Day 9:30am Christian Worship-FL 10:00am Prayer Group-ML 11:00am Special Lunch-DR 1:00pm Appetizer Social 1st Floor-FL 1:00pm Appetizer Social 2nd Floor-L 1:00pm Appetizer Social 3rd Floor-CH 1:30pm Catholic Communion –L 2:00pm Dominoes-CH 2:00 Young At Harp Music–DR 3:30pm MAC Fitness-FL 6:00pm Symphonettes-FL	Hawaiian Day 8:30am Depart For: Michaels -FF 9:00am BBQ Showdown - FL 10:30am MAC Fitness-FL 11:00am-1pm Food Truck T&T BBQ-FP 1:30pm Luau-FP 3:15pm Musical Memories: Tana Tucker -FL 5:30pm Perplexing Puzzles -Lobby 6:15pm Penny Bingo-FL 	Sports Day– Wear Your Favorite Sports Team Gear 9:00am Learning about Sports Legends –FL 10:30am Live 2B Healthy-FL 12:30-2:00pm– Ice Cream Truck on the Front Patio-FP 1:00pm Loop Yarn/Hat Making/Punch Art-L 1:00pm Dominoes-CH 2:00pm Birthday Happy Hour With Terry McCauley-DR 3:30pm Who am I? – FL 5:30pm Therapy Dogs-ML 	10:00am Craft Club-L 10:00am Lug-A-Mug-ML 10:00am Golf the Card Game-L 11:00am-3:00pm Grandparents Day Celebration-FP 2:00pm Dominoes-CH 6:00pm Kings On The Corner-L 6:30pm Iowa Tailgate-FL
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: 80 For Brady- FL	World Photo Day 9:00am Rosary-PDR 10:00am-History of the Photograph – L 1:00pm Bookworms-L 1:15pm Picture This Writing Prompt -FL 2:00pm Dominoes-CH 2:30pm Show and Tell Bring your Favorite Photo –FL 3:30pm MAC Fitness-FL 5:30pm Elevator Conversation -Lobby	Drink Cidar Day 8:30 am Depart For: Dollar Tree-FF 9:45am Depart: Allen’s Orchard-FF 10:30am Live 2B Healthy-FL 1:00pm Cidar Social-BP/ FL 2:00pm Diamond Dot Divas-L 2:15pm Guy Talk -CH 3:00pm Penny Bingo-FL 6:15pm Wine Not-FL 	LA Day 9:00am History of LA –L 9:30am Christian Worship-FL 10:00am Prayer Group– ML 10:30am How LA Got Its Name-FL 1:00pm Chef Demo-FL 1:30pm Catholic Communion-L 2:00pm Dominoes-CH 2:00 Star of the Month: Acting Families-FL 3:30pm MAC Fitness-FL 6:00pm Symphonettes-FL	Roll with It Day 9:15am Depart For: Goodwill -FF 9:30am History of the Toilet Paper -L 10:30am MAC Fitness-FL 1:00pm Tenant Council-FL 1:45pm Don’t Break Toilet Paper-FL 3:15pm Musical Memories: Rock N Roll - FL 5:30pm - Wrong Vs. The Right Way-Lobby 6:15pm Penny Bingo-FL	Chocolate Milk Shake Day 9:00am-The History of Chocolate Milk Shake-FL 10:00am Mocha Madness Facts -L 10:30am Live 2B Healthy-FL 1:00pm– Make Chocolate ShakesFL 1:00pm Loop Yarn/Hat Making/Punch Art-L 1:00pm Dominoes-CH 2:00pm Happy Hour With Larry Jensen-DR 3:30pm What Am I?– FL 5:30pm Elevator Games-Lobby 6:00pm 500-L 6:30pm Iowa Tailgate-FL	10:00am Craft Club-L 10:00am Lug-A-Mug-ML 10:00am Golf the Card Game-L 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: The Final Season -FL	Baseball Day - Wear your Baseball Shirt 9:00am Rosary-PDR 10:15am Baseball Facts -L 1:00pm Bookworms-L 1:30pm Kent Stock Presentation/ Baseball Signing - FL 2:00pm Dominoes-CH 3:00pm Card Bingo-L 3:30pm MAC Fitness-FL 5:30pm Perplexing Puzzles-FF	Coco Chanel Day 9:15am Depart For Hyvee -FF 9:30am Advice for an Ideal Wardrobe- FL 10:30am Live 2B Healthy-FL 10:30am Depart For: Lunch Out: Blooms Bistro – FF 1:00pm Powder Compacts & Lipstick FL 2:00pm Diamond Dot Divas-L 2:15pm Guy Talk-CH 2:15pm History of Fragrance's -FL 3:00pm Penny Bingo-FL 5:30pm Fast Friends –Lobby	Be Creative Day 9:00am Making Pressed Flowers Day -L 9:30am Christian Worship-FL 10:00am Prayer Group-ML 10:30 Learning About Local Artist’s-FL 1:00-3:00pm Art Show -FL 1:30pm Catholic Communion-L 2:00pm Dominoes-CH 3:30pm MAC Fitness-FL 6:00pm Symphonettes-FL	Celebrating Fall 8:45am Depart For: Walmart -FF 9:30am Leaf Pressing and Framing-FL 10:30am MAC Fitness-FL 12:30pm Depart: Scenic Drive to Dubuque Look at Tree-FL 1:30 Assorted Fall Crafts/Puzzles-L 3:15pm Musical Memories: John Denver -FL 5:30pm Finish The Lyrics-Lobby 6:15pm Penny Bingo-FL	Teacher Appreciation Day 9:00am Reminiscing About Teaching and Our Favorite Teachers –FL 10:00am Chalkboard Craft -L 10:30am Live 2B Healthy-FL 1:00pm Spelling Bee-FL 1:00pm Loop Yarn/Hat Making/Punch Art-L 1:00pm Dominoes-CH 2:00pm Happy Hour With David Poggenklass -DR 3:30pm History of Cedar Rapids Schools– FF 5:30pm Elevator Games –Lobby 6:00pm 500-L	10:00am Craft Club-L 10:00am Mug-A-Lug-ML 10:00am Golf the Card Game-L 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: The Proposal -FL	Vacation Memories Day 9:00am Rosary-PDR 10:00am Karla’s Presentation About Vietnam-L 1:00pm Bookworms-L 1:30pm Floyd Sandford -FL 2:00pm Dominoes-CH 2:45pmReminiscing About Family Vacations –L 3:30pm MAC Fitness-FL 5:30pm Elevator Games-Lobby	Tin Foil Day 8:45am Depart For Aldi -FF 9:30 History of Tin Foil-FL 10:15am Depart For: The Isle – FF 10:30am Live 2B Healthy-FL 1:00pm Make Tin Foil Statues -FL 2:00pm Diamond Dot Divas-L 2:15pm Guy Talk-CH 3:00pm Penny Bingo-FL 5:30pm After Dinner Conversation- FF				