

Having fun with Life Enrichment!

- Corrine will be here on Wednesday October 1st at 1pm in Fireside Lounge. Her topic will be Yellowstone National Park.
- The Community Concert Show starts on Monday October 6th for people that purchased tickets. We will depart at 6:30pm for the 7:30 show.
- Marcie’s Memorables will be here on Tuesday October 7th at 2pm. She will be going over the Tales and Legends of Halloween.
- The Covid/Flu Vaccine Clinic will be held Thursday October 9th from 9am-11:30am in Fireside Lounge.
- The Lala Ladies will be here on October 14th at 1pm in Fireside Lounge
- Wine Club will be on October 14th at 6pm in Fireside Lounge.
- We will be having a guest speaker to go over insurance changes with the new year in Fireside Lounge on Friday October 17th at 9am.
- Aaron Shoemaker will be here On Monday October 20th at 1:30pm in Fireside Lounge.
- Cedar Rapids Hearing will be here Wednesday October 22nd at 9am. Please make sure to sign up in advance.
- Dave Wirtz will be here on October 23rd at 1pm in Memory Lane.
- We have a special outing planned in the last two weeks of the month. Be on the lookout for more information. The outing will be lots of fun!
- Floyd Sandford will be here Monday October 27th at 1:30pm. His topic will be over Northern Ireland.
- We have Halloween and Fall Activities planned for all of October. Please make sure to come and enjoy these activities.



Let's go Hawkeyes!

10/11 Iowa vs Wisconsin TBD
10/18 Penn State vs Iowa TBD
10/25 Minnesota vs Iowa TBD



Life Choices. It's All About Living

From your leadership team

Pumpkin spice is in the air, sweaters are making their grand return, and our community is buzzing with fall energy-and we're here for it!

As we step into October, we're embracing all the things cozy, colorful and connected. Whether you're joining us for festive events, sipping cider with neighbors or simply enjoying the crisp autumn breeze from the patios, we hope this season brings you joy in every little moment.

We've got a calendar full of treats (no tricks!), and we can't wait to share them with you. From spooky celebrations to heartwarming gatherings, this month is all about celebrating the magic of togetherness.

Thank you for being the heart beat of our community. Your smiles, stories, and spirit make this place feel like home-and we're so lucky to lead alongside you.

Let's make October unforgettable

With warmth and excitement,
Your Summit Pointe Leadership Team



Brain Health Tidbits!

How many of you do word puzzles or sudoku to challenge your brain?

Although this is a great brain exercise-did you know a bigger benefit is learning/trying something new vs doing a complex game on multiple basis?

Pick up a “new” activity sheet at front desk & watch the activity calendar for new activities for you to learn!

“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.

Whether you're blowing out candles or simply soaking in the season, we hope your birthday brings joy, laughter, and moments that make you feel truly celebrated.

Happy Birthday

Tenants

Larry 10/06
John W. 10/09
Dixie M. 10/15
Diane S. 10/19
Sue T. 10/28
Barb C. 10/29
Sharon A. 10/30
Penny G. 10/30
Theresa K. 10/30

Staff

Caleb B. 10/05
Dana M. 10/05
Kayla H-E. 10/07

Happy Anniversary

10/03 Beth S 1- year
10/3 Michael (front desk) 1-year
10/17 Abby R. 12-year
10/27 Michael C. 2-year



UPDATE



From your Nursing Dept- Watch for updates to get your flu vaccines in October!

From the Maintenance dept.- Window cleaning will take place in October-just in time to see the fall foliage!

Be aware with weather changing, prep your apartment for the changes in climate. Open heat vents to allow heat to flow OR shut the heat vents to keep your apartment cool!

Gardens: Maintenance will work to get the gardens cleaned out towards the end of October.

Life Enrichment: Reminder we have an assortment of greeting cards available in the lobby. Thanks to Dolores D. they are sorted by categories!

With the days getting shorter, maybe your normal time to take a walk should be bumped up 30 minutes earlier.

Front Desk: We have seasonal coffee flavors for the Keurig-pumpkin, sugar cookies, buttery caramel. Let the front desk know your favorite so we can keep ordering it!

Thank you to all for having such a festive part in dressing up during Assisted Living week-it really added to the joy at Summit Pointe & visitors who stopped by commented on everyone's fashion and fun!

This year Halloween will take place on Friday, October 31st! We have something new planned this year-stay tuned!

HOCO 2025

CHECK OUT THE SUMMIT POINTE TEAM MEMBERS AND VOLUNTEERS THAT ATTENDED

HOMECOMING

Harrison in
culinary



Barrett in
culinary



Terrell in
culinary



Noah a
volunteer



Warren a
volunteer



October Holidays, Fun Facts, Folklore

The Leaves They Are a-Changin’

With the autumnal equinox in late September, foliage season has officially begun across much of the United States.

Why do leaves change colors? Did you know that fall’s vivid colors are actually hidden underneath summer’s green? The main reason for the color change is not autumn’s chilly weather, but light—or rather, the lack of it. The green color of leaves disappears when photosynthesis (from sunlight) slows down, and the chlorophyll breaks down. Trees with a lot of direct sunlight will produce red leaves, while other trees may turn yellow, orange, or brown.

October 1 marks the start of Yom Kippur at sundown.

October 9 is Leif Eriksson Day.

October 13 a busy day, with three holidays packed into it: **Canadian Thanksgiving**. This holiday shares many similarities with its American equivalent. However, there are a number of things that set the Canadian Thanksgiving apart!

Columbus Day (U.S.), a federal holiday, is observed on the second Monday in October. It was on October 12, 1492, that Christopher Columbus landed on a small island in the Bahamas, convinced that he had reached Asia. Read more about Columbus Day.

Indigenous Peoples’ Day (U.S.)—a holiday that celebrates the history and cultures of indigenous peoples native to what is today the United States. Indigenous Peoples’ Day is celebrated in cities and states across the country, often alongside or in lieu of Columbus Day. Read more about Indigenous Peoples’ Day.

October 18 is St. Luke’s Little Summer. This is a date steeped in folklore. Traditionally, around Saint Luke’s feast day, there is a brief period of calm, dry weather. Learn more.

October 20 is Diwali, the Indian “Festival of Lights.”

October 24 is United Nations Day, which aims to bring awareness to the work of the United Nations worldwide.

October 31 is Halloween (All Hallows’ Eve)! Do you know the true history of Halloween? It’s not as frightful as you might think... Learn about the origin of Halloween.

“Just for Fun” Dates in October

Oct. 4: International Ships-in-Bottles Day

Oct. 6: National Noodle Day

Oct. 12: National Fossil Day

Oct: 24–Nov. 11: World Origami Days

Oct. 28: Frankenstein Friday

In October, autumn comes into full swing. Let’s get in the fall mood! Learn all the month of October has to offer! This month’s name stems from the Latin octo “eight” because this WAS the eight month of the early rRoman calendar.

October Astronomy & the Moon

October’s full Moon is know as the Harvest Moon and arrives on Monday, October 6th, this full Moon is always near the autumnal equinox AND it appears low and large on the horizon. This year, it’s the first Supermoon! The peak illumination should appear around 10:47pm central time.

This is the first of 3 consecutive supermoons of the year-so it will appear bigger and brighter than the full Moon we have seen thus far!

Moon Folklore

*Corn planted under a waning Moon grows slower but yields larger ears

*Babies born a day after the full Moon enjoy success and endurance.

*A new Moon in your dreams promises increased wealth or a happy marriage.

Health Article: Breast Cancer & Seniors: What to know

October is Breast Cancer Awareness Month, and while a lot of attention is given to the importance of early detection and women getting mammograms beginning at age 40, there is less emphasis on older adults. In reality, this population is at increased risk & should continue to be vigilant about breast health. According to the Surveillance Epidemiology and End Results registry, “The median age of a breast cancer diagnosis is 62 and nearly 20 percent of women diagnosed are over the age of 75.” Researchers also predict that cancer diagnoses in women ages 70 to 84 will continue to increase.

The good news is that breast cancer is still treatable – and survivable – for seniors. Whereas radical mastectomies were once commonplace, with advancements in research and treatment, they are now fairly rare with other options proving effective. More studies are being conducted to better understand cancer development and treatment effects on older adults. It is important that the patient’s age and functional ability be taken into consideration when undergoing chemotherapy treatment to reduce risk of potential toxicities and minimize the impact on their quality of life.

Breast Cancer Signs and Symptoms

Early detection is still key when it comes to effectively treating breast cancer. Women should continue to receive annual or biennial mammograms to monitor breast health and detect any changes. Unfortunately, doctors have found that seniors tend to become less consistent with yearly breast screenings. Monthly self-exams are also recommended, as well as paying attention to warning signs that may indicate breast cancer.

A lump in the breast or underarm
Visible changes in breast size or shape
Redness or pitting of the skin
Bloody discharge from the nipple

Women should also know common risk factors for breast cancer such as:

Over 50 years old
Menarche beginning before age 12
Menopause beginning after age 50
No pregnancy or pregnancy after age 30
Long-term oral contraceptive use
Dense breast tissue

How YOU help others succeed!

Warren is no stranger to hard work in sports, school and at home. He has been connected with Summit Pointe either through volunteering or entertaining our tenants since the 6th grade.

This year, as an 11th grader, Warren wanted to challenge himself and make it to the National Honor Society. His first thought was fulfilling his volunteers hours with Summit Pointe. By the end of September, Warren already reached his goal and was inducted to the NHS! Way to go Warren and way to go SP tenants for supporting him along his journey!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:00am Walking Wednesday -FF 1 9:30am Christian Worship-FL 10:00am Prayer Group-ML 10:30am Getting to Know the Calendar– L 1:00pm Podiatrist 1:00pm Art , Joy, Connect –FL 1:30pm Catholic Communion– L 2:30pm Festival of Tree Committee Meeting-L 2:00pm Dominoes-CH 3:30pm MAC Fitness-FL 6:00pm Symphonettes-FL	Don't Leave Home Without It Day 2 8:30am Depart For: Target-FF 9:15am The History of the Credit Card-FL 10:30am MAC Fitness-FL 1:00pm Discussing Famous Advertising Slogans-FL 2:15pm Paper Pumpkins-FL 3:15pm Musical Memories: Sibling River-ly -FL 5:15pm Everly Bros. Sing-a-long - Lobby 6:15pm Penny Bingo-FL	9:15am Festival of Tree Com-mittee-FL 3 10:30am Live 2B Healthy-FL 1:00pm History of the Jack –O-Lantern –FL 1:00pm Loop Yarn/Hat Making/Punch Art-L 1:00pm Dominoes-CH 2:00pm Happy Hour With Larry Jensen -DR 3:30pm Minute to Win It -FL 5:30pm Hangman -Lobby	10:00am Craft Club-L 4 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
5 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: Nonna -FL	6 9:00am Rosary-PDR 10:00am Sewing Club Meeting-CH 10:30am Reminiscing About Your First Car–FL 1:00pm Bookworms-L 1:00pm Star of the Month: Arnold Schwarzenegger 2:00pm Dominoes-CH 2:15pm Puzzle Trees Craft -FL 3:30pm MAC Fitness-FL 5:30 Perplexing Puzzles-L 6:00pm Cribbage-L 6:30pm Depart: Community Concert Series -FF	7 9:00am Depart For: Fareway-FF 10:30am Sweater Pumpkins-L 10:30am Live 2B Healthy-FL 1:00pm Chef Chat with Anthony -FL 2:00pm Marcies Memorables– Tales and Legends of Halloween-FL 2:00pm Diamond Dot Divas-L 2:15pm Guy Talk -CH 2:15pm Frisbee Golf -BP 3:15pm Penny Bingo-FL 5:15pm 70’s Finish the Lyrics with D–	8 9:00am Walking Wednesday-FF 9:30am Christian Worship-FL 10:00am Prayer Group-ML 10:30am Bags Coemption –BP 1:00pm Making Beaded Spiders -FL 1:00pm Vitals With Nursing-2nd Floor Nursing Office 1:30pm Catholic Communion –L 2:15pm Reminiscing about Us Presidents -FL 2:00pm Dominoes-CH 3:30pm MAC Fitness-FL 6:00pm Symphonettes-FL	9 9:00am Depart For: Hobby Lobby -FF 10:30am Spooky Spoons -L 10:30am MAC Fitness-L 1:00pm Halloween Jeopardy-FL 2:15pm Giant Jenga -BP 3:15pm Musical Memories: America’s Most Wanted-FL 5:15pm Elevator Conversation - Lobby 6:15pm Penny Bingo-FL	10 9:15am Festival of Tree Committee-FL 10:30am Reminiscing About High school-L 10:30am Live 2B Healthy-FL 1:00pm Discussing Classic Halloween Movies –FL 1:00pm Loop Yarn/Hat Making/Punch Art-L 1:00pm Dominoes-CH 2:00pm Birthday Happy Hour With Kevin Morgan -DR 3:30pm Freaky Friday Facts-FL 5:15 Hangman - Lobby 6:00pm 500-L 	11 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 6:00pm Iowa Tailgate-FL
12 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: Mamma Mia - FL	13 <i>American Cheese Day</i> 9:00am Rosary-PDR 10:00am Sewing Club Meeting-CH 1:00pm Bookworms-L 1:00pm Learn How American Cheese is Made-FL 2:00pm Cheese Sampling - FL 2:00pm Dominoes-CH 3:30pm MAC Fitness-FL 5:15pm Who am I?- Lobby 6:00pm Cribbage-L	14 9:00am Depart For: Dollar Tree -FF 9:15am Painting Pumpkins-L 10:30am Live 2B Healthy-FL 1:00pm Lala Ladies-FL 2:00pm Diamond Dot Divas-L 2:15pm Guy Talk -CH 3:00pm Penny Bingo-FL 5:15pm Finish the Tv Theme songs -FL 6:00pm Wine Not-FL 	15 <i>Scarecrow Day</i> 9:00am Walking Wednesday -FF 9:30am Christian Worship-FL 10:00am Prayer Group-ML 10:30am Card Bingo -FL 1:00pm Hay There Door Décor– FL 1:30pm Catholic Communion-L 2:00pm Dominoes-CH 2:15pm History of The Scarecrow -FL 3:30pm MAC Fitness-FL 6:00pm Symphonettes-FL	16 9:00am Depart For: Inspired to Sew -FF 9:30am Musical Memories: The Ventures -FL 10:30am MAC Fitness-FL 1:30 Spooky Halloween Social -FL 3:15pm Depart: Barts Pumpkin Farm-FF 5:15pm Fast Friends - Lobby 6:15pm Penny Bingo-FL	17 9:00am Guest Speaker: Learning about Upcoming Insurance Changes –FL 10:30am Live 2B Healthy-FL 1:00pm History of Halloween Characters -FL 1:00pm Loop Yarn/Hat Making/Punch Art-L 1:00pm Dominoes-CH 2:00pm Happy Hour With Janet Lieb -DR 3:30pm Brain Game: Nothing Rymes with Orange-L 5:15pm Pictionary -Lobby 6:00pm 500-L	18 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 6:00pm Iowa Tailgate-FL
19 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: Mamma Mia 2-FL	20 <i>Universal Music Day</i> 9:00am Rosary-PDR 10:00am Sewing Club Meeting-CH 1:00pm Bookworms-L 2:00pm Dominoes-CH 1:30pm Aaron Shoemaker -FL 3:30pm MAC Fitness-FL 5:30 Perplexing Puzzles-L 6:00pm Cribbage-L	21 9:00am Depart For Hyvee -FF 9:15am Spackle Ghost Craft -L 10:30am Live 2B Healthy-FL 10:30am Depart Lunch Bunch: Pedalers Fork-FF 1:00pm Chef Demo-FL 2:00pm Diamond Dot Divas-L 2:15pm Guy Talk-CH 3:00pm Penny Bingo-FL 5:15pm Disco Mania -FL	22 <i>Oktoberfest</i> 9:00am Cedar Rapids Hearing-PDR 9:00am Walking Wednesday -FL 9:30am Christian Worship-FL 10:00am Prayer Group-ML 10:30am Learn History of Oktoberfest-FL 1:30pm Catholic Communion-L 2:00pm Dominoes-CH 2:15pm Oktoberfest -FL 3:30pm MAC Fitness-FL 6:00pm Symphonettes-FL	23 <i>Doughnut Day</i> 8:45am Depart For: Walmart -FF 9:15am History of Doughnuts w/ Dough-nuts- FL 10:30am MAC Fitness-FL 1:00pm Scenic Drive-FL 1:00pm Dave Wirtz Music–ML 3:15pm Musical Memories: Frankie Valli -FL 5:15pm Elevator Games - Lobby 6:15pm Penny Bingo-FL	24 9:15am Festival of Tree Committee-FL 10:30am Live 2B Healthy-FL 1:00pm History of Halloween Around the World-FL 1:00pm Loop Yarn/Hat Making/Punch Art-L 1:00pm Dominoes-CH 2:00pm Happy Hour With Jessica ManDuo -DR 3:30pm Brain Game: Seeing the Color Orange –L 5:15pm Who am I ? -L 6:00pm 500-L	25 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 6:00pm Iowa Tailgate-FL
26 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: Cheaper By The Dozen -FL	27 <i>National Geographic Day</i> 9:00am Rosary-PDR 10:00am Sewing Club Meeting-CH 1:00pm Bookworms-L 1:30pm Floyd Sandford -FL 2:00pm Dominoes-CH 2:30pm Reminiscing about the Most Influential President 3:30pm MAC Fitness-FL 5:15pm Fast Friends -Lobby 6:00pm Cribbage-L	28 <i>A Batty Day</i> 9:00am Depart For Aldi-FF 10:00am Bat Facts -L 10:30am Live 2B Healthy-FL 10:15am Depart Casino: Riverside -FF 1:00pm Make: Coffee Filter Bats -FL 2:00pm Diamond Dot Divas-L 2:15pm Guy Talk-CH 3:00pm Penny Bingo-FL 5:15pm Elevator Games -FL	29 <i>Caramel Apple Day</i> 9:00am Walking Wednesday -FF 9:30am Christian Worship-FL 10:30am History of Caramel Apples -FL 1:15pm Caramel Apple Bar-FL 1:30pm Catholic Communion-L 2:00pm Dominoes-CH 2:45pm Food For Thought: Caramel Me Delicious -L 3:30pm MAC Fitness-FL 6:00pm Symphonettes-FL	30 8:45am Depart For: Walmart -FF 9:30am-Coffee Friends- FL 10:30am MAC Fitness-FL 1:00pm Tenant Council - FL 1:30 Carving Pumpkins -FL 3:15pm Musical Memories: Vegas Show tunes -FL 5:15pm Costume Photo Booth- Lobby 6:15pm Penny Bingo-FL	31 <i>Halloween</i> 9:15am Festival of Tree Committee-FL 10:30am Live 2B Healthy-FL 1:00pm History of Hay Rack Rides-FL 1:00pm Loop Yarn/Hat Making/Punch Art-L 1:00pm Dominoes-CH 2:00pm Happy Hour With Ron Burges -DR 3:30pm Brain Game: Halloween Edition –L Halloween Trick or Treat -Lobby/	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