

# The Graceful Connection

## NOVEMBER 2025



### HOLIDAY SHOPPING WITHOUT LEAVING YOUR HOME

This is our 4<sup>th</sup> Craft Fair and our biggest one yet! **Bring your friends and family on Sunday, November 9th from 10am-2pm and stay for the concert afterward!** Shop early and be ready for the holidays with unique gifts for each person on your list (and a little something for yourself too)! Bring cash, as not all vendors accept credit cards.

### LUNCH-N-LEARN WITH TOTAL HEALTH CHIROPRACTIC

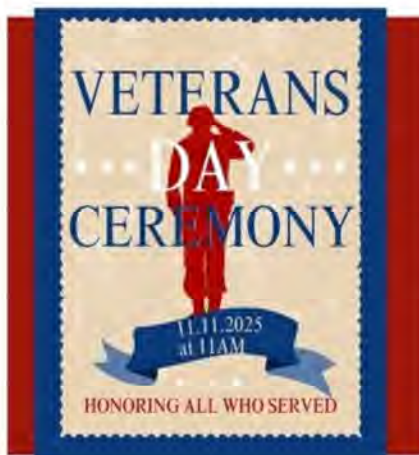
**Friday, November 14th at 11am.** Join Dr. Dillon Hammes, from Total Health Chiropractic, for a fun and practical workshop designed to help you feel your best all season long. Discover simple ways to boost energy, reduce stress, and stay active using D.R.E.A.M Framework (Diet, Rest, Exercise, Alignment, Mindset.) You'll leave with easy-to-apply tips for better sleep, healthier meals, joint protection, and a clear plan to enjoy the holidays with more joy and less stress. **Sign up by Nov. 7th!**



### VETERAN'S DAY CEREMONY & LUNCH

**Tuesday, November 11th @ 11am.** Everyone is invited to attend the coin ceremony to recognize our many residents who are veterans or the spouse of a veteran. The Coralville Colorguard will present the colors and lunch will be served in the Cafe following the ceremony.

Veterans and spouses please invite your families to attend as we honor your service. Maximum of 2 guests per veteran for lunch. **Sign up all guests in the mailroom by November 6th.**



**NOVEMBER 2025**

**Like us on Facebook:** [thesummitofcoralville](https://www.facebook.com/thesummitofcoralville)

**View the Resident Directory at:**

[summitdirectory.my.canva.site/](https://summitdirectory.my.canva.site/) -

Contact Life Enrichment for the password

## **A WORD FROM OUR EXECUTIVE DIRECTOR, DARA FISHNICK**



In the month of thankfulness, let me express my heartfelt thanks for everyone taking the time to complete the resident survey last month.

We had an over 80% return rate on the surveys. Your input helps us continue the good things and improve upon others.

Please take a moment this month to write out a shout out or thank you to a staff or another resident for our Tree of Thanksgiving! Your kind words may inspire others and bring a smile to their face. Thank you for making the Summit of Coralville your home and allowing us to be a part of your life!

You can also show your appreciation for our front line staff by donating to our Employee Appreciation Fund. All funds will be divided between non-leadership staff as a thank you from all of you!

## **THANKSGIVING BUFFET FRIDAY, NOVEMBER 21**

Families are invited to reserve a spot to join your loved one at our **November 21<sup>st</sup>, 11:30am-2pm**

Thanksgiving Buffet! Max of 2 guests/ resident. Buffet charge is \$35 / guest in Cafe Bridgewater or \$25 if you are eating in the Village Neighborhoods. Call Allen at X4018 to make reservations for Cafe Bridgewater or call Meriyah at X4020 to reserve a spot at the Village buffets.

**RSVP by November 16th!**



## **NOVEMBER EVENTS**

- 11/2: Daylight Savings Time Ends (set clocks back 1 hour)
- 11/3-11/8 Clothing Collection
- 11/3 Meet & Greet
- 11/4 Bus to go vote (x2)
- 11/5 Tie Dye w/ Kelsey
- 11/7-11/24 Festival of Wreaths
- 11/7 The History of Starbucks & Coffee Tasting
- 11/7 U of I Physical Therapy Doctorate student research: Exercise & Insulin
- 11/8 Larry Jensen- Pianist
- 11/8 Come Hell or High Water- The Tale of the Pipe Organ
- 11/9 Holiday Craft Fair
- 11/9 Old Man Band
- 11/10 Susan Kaliszewski Talk
- 11/11 Veteran's Day Ceremony
- 11/11 Alzheimer's Spt. Grp
- 11/11 Old Capitol Bones Qrtet.
- 11/12 Wildthunder Animals
- 11/12 Golden Bells Concert
- 11/13 U of I Volleyball Outing
- 11/13 Culinary Chat
- 11/13 World Kindness Day
- 11/14 Wear Blue for Diabetes Awareness & "High Low" Game
- 11/14 Scenic Drive
- 11/14 Chiropractic Lunch-N-Learn
- 11/16 Festival of Trees outing
- 11/17 Chili Cookoff Contest
- 11/17 Nov. Birthday Party
- 11/18 Dave Wirtz Music
- 11/18 Parkinson's Spt. Grp
- 11/20 Resident Meeting
- 11/20 Dick Watson Duo Music
- 11/21 Thanksgiving Buffet
- 11/22 Holy Mountain Singers
- 11/24 Sweet Cacophony Band
- 11/25 Turkey Scavenger Hunt
- 11/25 Sing-Along w/ Alicia
- 11/26 Resident Ambassador Mtg
- 11/27 Thanksgiving
- 11/30 Hockey Outing



## FESTIVAL OF WREATHS: AN ALZHEIMER'S FUNDRAISER

Join us for our biggest Alzheimer's fundraiser! Local businesses donate their best festive wreath to be a part of the Festival of Wreaths. Bids will be accepted From 10am November 7th through 7pm on November 24th. There are 12 events/concerts open to the public during the wreath festival! This is the perfect time to invite friends and family to visit and enjoy the entertainment and beautiful wreaths! Bid sheets will be posted by each wreath so you can keep increasing your bid to win one! The public is invited to join in the bidding too.

## NOVEMBER- GRACEFUL CELEBRATIONS



November is a time to reflect, connect, and give thanks! This month we celebrate the many ways kindness, culture and care enrich our community. November encompasses Native American Heritage Month, Veteran's Day, and Thanksgiving. November is also National Family Caregiver Appreciation Month, which is a wonderful opportunity to recognize those who offer daily love, patience and support to their family members with chronic illnesses, disabilities or the frailty of old age. On World Kindness Day (November 13<sup>th</sup>), let's share a little extra joy by offering smiles, lending a hand or writing a note of encouragement. Small gestures can brighten someone's entire day! And of course, Thanksgiving reminds us to gather together in gratitude while celebrating friendship, family and the simple pleasures that make life so special. Whether you are joining us for festive meals, creative crafts, or heartwarming moments, we hope you'll find inspiration and connection all month long. Here's to a November filled with kindness, culture and community spirit!

*Happy Birthday!*

Yancey F. (Maintenance) 11/1

Cameron V. (Cook) 11/3

Jenny V. (Business Office Mgr.) 11/3

Robbie H. (Health & Wellness Dir.) 11/8

Dara F. (Executive Dir.) 11/10

Gary Currie 11/12

Nancy Prall 11/15

Susie Abboud 11/15

Larry Kaufman 11/17

BJ Wagner 11/19

Jim Howard 11/21

Dorian D. (Life Enrich. Asst.) 11/21

Taylor W. (Sales) 11/22

Michael K. (Server) 11/24

Suzanne Lundy 11/24

Carol Maske 11/26

Edie Langenfeld 11/27

Oscar Beasley 11/27

Colleen Lens 11/ 28

Larry Goers 11/29



NOVEMBER 2025

Like us on Facebook: [thesummitofcoralville](https://www.facebook.com/thesummitofcoralville)

View the Resident Directory at:

[summitdirectory.my.canva.site/](https://summitdirectory.my.canva.site/) -

Contact Life Enrichment for the password

## Friendly Reminders

- Don't forget to sign up for the LifeLoop App and connect with Shawna Klein to get setup with an account to view the calendars, newsletter and resident directory online!
- Reserve your family gathering rooms now for the holidays. Contact Shawna Klein, Life Enrichment Director at X4007.
- No live wreaths or live Christmas trees in your apartment or on your door due to fire hazard.
- You are welcome to decorate for the holidays including lights on your balcony!
- Door decorations: may only cover  $\frac{1}{3}$  of the door surface area due to fire code.
- Items sitting outside your apartment must be kept to one side of the doorway in the alcove by the door to allow for safe walkways.

## A Month of Giving Thanks

1. Want to say Thank you to a resident or staff for something special?
2. Write down or email us anything you want to shout out or say thank you for to any staff or resident. Email [sklein@thesummitofcoralville](mailto:sklein@thesummitofcoralville) or write your thank you on a leaf and attach it to our Tree of Thanksgiving by the Library.
3. Staff can also submit residents or other staff and detail their good deed.
4. The people that are mentioned for doing the good deeds would be entered in a drawing at the end of the month and could even be publicized in next month's newsletter. All entrants will be entered to win a \$25 gift card (staff) or \$25 off a guest meal (resident).

*Kudos!*

### STAFF CONTACT INFORMATION

E-mails are @[thesummitofcoralville.com](mailto:thesummitofcoralville.com)

|                               |                            |              |                             |
|-------------------------------|----------------------------|--------------|-----------------------------|
| Executive Director            | Dara Fishnick              | X4004        | Dfishnick                   |
| Front Desk                    | Jami Tandy / Tina Reynolds | X4001        | Jtandy                      |
| Business Office Manager       | Jenny Vang                 | X4002        | Jvang                       |
| Director of Wellness          | Robbie Hinz, RN            | X4013        | Rhinz                       |
| Asst. Director of Wellness    |                            |              |                             |
| The Village Nurse             |                            | X4015        |                             |
| Sales Counselor               |                            |              |                             |
| Sales Counselor               | Katie Chism                | X4006        | Kchism                      |
| Sales & Marketing Coordinator | Taylor White               | X4005        | Twhite                      |
| Director of The Village       | Meriyah Jenkins            | X4020        | Mjenkins                    |
| Director of Life Enrichment   | Shawna Klein               | X4007        | Sklein                      |
| Director of Fitness           | Amberly Bult               | X4008        | Abult                       |
| Executive Chef                | Austina Smith              | X4003        | Asmith                      |
| Dining Room Manager           | Allen Norton               | X4018        | Anorton                     |
| Director of Housekeeping      | Angelique Morales          | -----        | Amorales                    |
| Director of Maintenance       |                            |              |                             |
| FOX Therapy                   | PT, OT & Speech Therapy    | X4034        | Breanna.bender@foxrehab.org |
| Graceful Spa                  | Vanessa Patterson (M & W)  | 319-325-4217 | -----                       |
| Graceful Spa                  | Elizabeth Sanchez (T & Th) | 319-800-3986 | -----                       |
| Graceful Spa                  | Kelsey Szeto (F)           | 563-608-1812 | -----                       |