

The Graceful Connection

JANUARY 2026



THE SUMMIT OF CORALVILLE TALENT SHOW

Sunday, January 25th from 2:30-4pm! You won't want to miss this fun and impressive display of talent from our staff, residents and family members! Musical instrument performances, singing, and some fun acts thrown in to mix it up! Sign up with Shawna Klein by January 19th.



SNOWFLAKE SOCIAL- A WINTER TEA PARTY

Wednesday, January 14th from 2-3:30pm. Sign up by January 12th. Residents, friends and families are invited to join us for an enchanting afternoon tea, complete with a snowflake keepsake for all attendees.



REIKI LUNCH & LEARN: UNDERSTANDING & RELEASING BLOCKAGES IN YOUR MIND, BODY & SPIRIT

Friday, January 16th at 11am. Discover how Reiki and intentional self-care can support healing, balance, and connection within the mind, body, and spirit. Reiki Master Practitioner Bridgid Ruden shares insights from her own journey of rebuilding her life with courage and faith. Now a medical intuitive, educator, author, and international inspirational speaker, Bridgid empowers others to find purpose and healing on their personal path. **Sign up by Sign up before January 8th!**

JANUARY 2026

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

MIND-BODY CAFE EVENT



PASTRIES WITH PARENTS IN VILLAGES

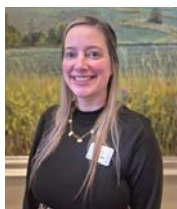
Do you have a loved one in our memory care neighborhoods? Please join us for this family event on **Thursday, January 22nd at 8am in each neighborhood.** Share pastries and coffee with your resident as a great start to the day! RSVP to Jenna Murray at jmurray@thesummitofcoralville.com.

Congratulations to Xya (Care Aide) for passing all her classes to become a Registered Nurse!

Kudos!

Congratulations to Autumn (Cook) for graduating from Culinary School!

WELCOME TO OUR NEW LEADERSHIP STAFF



Sami Barlow, LPN- Assistant Wellness Director: Sami was previously an Assistant Care Coordinator at Lone Tree Healthcare Center. She is from a family full of nurses and always knew this is what she wanted to do. She is currently taking classes and will complete her RN license in May. She loves interacting and building relationships with residents and their families.



Chuck Cherry- Maintenance Director: Chuck says he didn't choose maintenance, it chose him! Some kids had summer jobs, he had a tool belt to help others. He was previously a Maintenance Director at a care facility in Cedar Rapids. He enjoys this position because of the people- they're what make the community great!



Meriyah Jenkins- Transitions Coordinator: Meriyah has worked in our community for 2 years as the Village Director and has now changed to the Sales team as the Transitions Coordinator. Meriyah likes the senior living community for the ability to build relationships. She looks forward to working with everyone!

STAFF CONTACT INFORMATION

- | | | | |
|---|--------------|---|-------|
| • Executive Director, Dara Fishnick | X4004 | • Life Enrichment Director, Shawna Klein | X4007 |
| • Front Desk, Jami Tandy | X4001 | • Fitness Director, Amberly Bult | X4008 |
| • Business Office Manager, Jenny Vang | X4002 | • Sales Counselor, Katie Chism | X4006 |
| • Director of Wellness, | X4013 | • Transitions Coordinator, Meriyah Jenkins | X4005 |
| • Asst. Director of Wellness, Sami Barlow- LPN | X4013 | • Executive Chef, Austina Smith | X4003 |
| • Floating Nurse, LPN | | • Dining Room Manager, Allen Norton | X4018 |
| • Village Director, | X4020 | • Housekeeping Director, Angelique Morales | |
| • FOX Therapy (PT/OT/ST), Breanna Bender | X4034 | ▪ See front desk for work requests | |
| • Salon, Kelsey (Fridays): | 563-608-1812 | • Maintenance Director, Chuck Cherry, | |
| • Salon, Elizabeth (Tue & Thur): | 319-800-3986 | ▪ See front desk for work requests | |
| • Salon, Vanessa (Mon & Wed): | 319-325-4217 | | |

A WORD FROM OUR EXECUTIVE DIRECTOR, DARA FISHNICK



Happy January! The days are officially getting longer and we will start to see more sunshine each day! January is a reset of our mindset to look forward to Spring and the flowers blooming. We can all take this month to reset our healthy habits after the delicious holiday treats too. Try not to hibernate and to be more social during the Winter months. The best ways to connect with others in the community is to talk with others, attend events, sit with someone at meals and check in with your neighbors. Winter is hard for many people, but fighting off the Winter Blues includes socializing, taking care of yourself and getting some movement each day. We look forward to seeing you throughout the community and hope you'll stop by to say a friendly hello!

SILVER SUMMIT AWARDS



Cast your vote for the residents and staff who fit the categories! Resident voting is how the winners are selected so be sure to submit your ballot by January 8th at 3pm!
AWARD CEREMONY IS FRIDAY, JANUARY 9TH AT 3PM.



SIP & SAVOR RESOURCE FAIR

Wednesday, January 21st from 3:30-5pm. Bring yourself and your friends to the Sip & Savor Resource Fair put on by our Sales Team! Community partners will be on-site to offer information on the resources they provide to seniors. Enjoy a hot beverage and snack while you're here!

JANUARY EVENTS

- **Fitness Bingo- runs all month!**
- **1/1 Pancakes & Pajamas Breakfast**
- **1/1 Heartland Harvest Band**
- **1/2 Fitness Director Appreciation**
- **1/5 Grief Support Mtg**
- **1/6 Line Dancing**
- **1/6 Taste-It Tuesday: Beans**
- **1/7 Mind-Body Cafe Events**
- **1/8 Bell Choir practice resumes**
- **1/8 Evening Elvis movie**
- **1/9 Silver Summit Awards**
- **1/9 Tippy Hot Chocolate Happy Hr**
- **1/10 Larry Jensen- pianist**
- **1/11 Brick street Ramblers jazz**
- **1/12 January Birthday Party**
- **1/13 Norman Sherman Interview**
- **1/13 Dementia Support Group**
- **1/14 Snowflake Social Tea**
- **1/15 Culinary Chat**
- **1/16 Reiki Lunch-N-Learn**
- **1/19 MLK Presentation**
- **1/20 Music with Dave Wirtz**
- **1/20 Parkinson's Support Group**
- **1/21 National Hug Day**
- **1/21 Sip & Savor Resource Fair**
- **1/22 VILLAGE ACTIVITY: Pastries with Parents**
- **1/22 Von Maur Shopping & Lunch**
- **1/22 Author Talk- Judy Ann Krell**
- **1/23 Elvis performer**
- **1/23 Life Enrichment Appreciation**
- **1/24 Alone Tonight Quartet**
- **1/25 Talent Show**
- **1/25 Specialty Hot Drink Bar**
- **1/28 Resident Ambassador Lunch**
- **1/28 Ryan Bizarri -Old Country**
- **1/29 Chinese New Year & Ramen**
- **1/29 Resident Meeting**
- **1/30 Chinese New Year Happy Hr**
- **1/31 Inspire.Your Heart with Art**





CHINESE NEW YEAR: THE YEAR OF THE FIRE HORSE



January 29th: Celebrate the Lunar New Year with us! Find which zodiac animal matches the year you were born, make Chinese lanterns and Crab Rangoon, share in the good-luck

tokens, enjoy the informational presentation on Chinese holidays, and savor the Ramen Bar for lunch!



LETTERS TO SOLDIERS

We are in need of volunteers to send letters to Marine recruits! Jackson Tandy, son of Jami

Tandy, our Concierge, is in Marine Basic Training until the end of February. The soldiers' only form of allowed communication is through letters, but many soldiers do not receive any mail and begin to feel discouraged. Please help us send words of encouragement and pride to them for choosing this path! Cards or letters do not need to be addressed to specific names but must be in individual envelopes. See Shawna Klein for info.



JANUARY- FRESH STARTS & RENEWED ENERGY

January is all about fresh starts and renewed energy! As we welcome the New Year, we're embracing resolutions that support purposeful living, curiosity, and overall well-being in mind, body and spirit. In honor of National Hobby Month, residents are encouraged to explore passions old and new, rediscover interests and try something new simply for the joy of it. We will also celebrate Inspire Your Heart with Art Day, highlighting how creativity and self-expression foster connection, confidence and emotional wellness. New for 2026: We will spotlight both a fitness and a nutrition focus each month! This month's wellness focus includes energizing aerobic activities designed to support cardiovascular health,

mobility and strength while keeping movement fun and accessible. Our nutrition spotlight features beans and legumes, a nourishing superfood that supports heart health. We are also proud to recognize both Fitness Professional Appreciation Day on January 2nd and Activity Professional Appreciation Day on January 23rd. Here's to a vibrant, inspired start to the year!

Birthdays

Aziza B. (Culinary) – 1/1
Roger P. (Culinary) – 1/2
Frank Abboud - 1/5
Patty Knebel - 1/6
Jim McCue - 1/7
Ariel M. (Care Aide) – 1/10
Christy W. (Front Desk)- 1/11
Ali A. (Culinary) – 1/14

Dulce H. (Care Aide)- 1/14
Pat Pavelich - 1/14
Shahad E. (Front Desk) – 1/14
Merle Ihne - 1/15
Sue McGreevey - 1/17
Tasha C. (Care Aide)- 1/18
Mary Nell Jackson. - 1/19
Lynne Cannon - 1/20

Donna Olsen - 1/20
Linda Ratliff - 1/20
Ken Matson - 1/24
Lee Shope - 1/25
John Yenter - 1/26
Marge Aldinger - 1/26
Paul Bowers - 1/29
Hal Kuehn- 1/30

