



THE SUMMIT
OF CORALVILLE
A GRACE MGMT COMMUNITY

The Summit of Coralville
3 Russell Slade Boulevard
Coralville, IA 52241
319.930.3000

The Graceful Connection

MARCH 2026



A SHAMROCKIN' GOOD TIME

Wear your green and invite your friends and family on Sunday, March 8th for the Celtic Celebration from 1:30 - 3:30pm! Your toes will be tapping to this mix of traditional and modern Irish dance music from Blame Not The Bard band! Enjoy Irish snacks, Green Beer and Irish Coffee beginning at 1:30pm with the music beginning at 2pm.

LUNCH-N-LEARN: EATING WELL AT EVERY AGE

Friday, March 20th at 11:30am. Join us for an engaging and informative presentation from Julie Gallagher, Registered & Licensed Dietitian with Hy-Vee Corporate on how good nutrition supports strength, energy and brain health as we age. Learn why nutrition becomes even more important as we age, the key nutrients to support strength, boost energy and brain health, easy ways to build healthy and satisfying snacks and tips for hydration and managing appetite changes. **Sign up by March 12th!**



THE PERFECT PAIRING: WINE AND DINE

Thursday, March 5th from 4:30-7:00pm. This elegant meal will be served as dinner for all residents with limited guest seating for 30 people. Enjoy a 5-course Chef-prepared meal with wines paired by Cedar Ridge Winery to perfectly suit each course. **EVERYONE NEEDS TO BE SEATED AT 4:30PM**, as all courses will be served to everyone in all the dining rooms at the same time. Late arrivals will miss the courses that were already served. Dinner will take 2 - 2.5 hours. Drinks will be limited to

either the wine that was paired with the course, non-alcoholic wine or water. **Sign up all non-residents with Shawna Klein by March 2nd. Guest fee is \$75/meal.**

A WORD FROM OUR EXECUTIVE DIRECTOR, DARA FISHNICK



March brings new growth and brighter days, so don't let these days of longer darkness get you down, we are almost to Daylight Savings Time! You'll soon be delighting in

seeing the birds, squirrels and deer run across our grounds and the flowers will begin to bloom. The world will take on more color and I hope you step outside to enjoy this month. March is about transition, celebration, and new beginnings. In light of these new beginnings, we are happy to inform you that we have hired many great staff recently and I hope you take a minute to welcome each of them as you see them throughout the building!



MARCH EVENTS

- 3/1-3/13: Alzheimer's Fundraiser: Pie a staff member in the face! Jars available until 3/13.
- 3/2: Grief Support Group @ 10am
- 3/2: Meet & Greet @ 2pm
- 3/2: March Birthday Party @ 3pm
- 3/3: Village Family Night @ 6pm
- 3/4: Holi Hai! Celebration in Color!
- 3/5: Fashion Show Runway @ 4pm
- 3/5: Wine & Dine Dinner @ 4:30pm
- 3/6: Employee Appreciation
- 3/7: Pennies on the Rail Band @ 2pm
- 3/8: Daylight Savings Time Begins (set clocks forward 1 hour)
- 3/8: Celtic Celebration @ 1:30-3:30pm
- 3/10: International Women's Day
- 3/10: Dementia Spt Grp w/ Denise McCormick & "Polly the Collie"
- 3/11: Sip & Paint @ 2pm
- 3/12: Book Club @ 4pm
- 3/13: Ken & Barbie Day- Dress in pink and Hawaiian shirts
- 3/13: Pie in the face for Alz @ 2:30pm
- 3/14: Larry Jensen- Pianist @ 2:30pm
- 3/14: Pi Day (celebrate with Pie)
- 3/17: St. Patrick's Day w/ Dave Wirtz
- 3/17: Parkinson's Spt Grp @ 6pm
- 3/19: Culinary Chat @ 2:30pm
- 3/20: Nutrition Lunch-N-Learn @ 11:30
- 3/21: Village Family Breakfast @ 8am
- 3/24: Barefoot Becky Polka @ 3pm
- 3/25: Resident Ambassador Lunch
- 3/26: Wear Purple Day
- 3/26: Resident Meeting @ 2:30pm
- 3/27: Lena Adams w/ Happy Hour
- 3/28: Shelter House Book Sale Outing
- 3/29: Jesus Christ Superstar Play
- 3/30: Denise McCormick Piano & Singing "From 7 to 70-Life in Song"
- 3/31: Wayne Neuzil- Opera/Iowa Songs @ 6:30pm

SPRING BRUNCH BUFFET

THURSDAY, APRIL 2ND

Families are invited to reserve a spot to join your loved one at our **April 2nd, 11:30am-2pm Spring Brunch Buffet!** Max of 2 guests/ resident. This will replace a buffet on Easter Sunday. 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 e-mail Jenna at jmurray@thesummitofcoralville.com to reserve a spot at the Village buffets. **RSVP by March 26th.**



NEW FITNESS CLASS

Introducing the Mobility & Stretch Class Tues/Thurs @ 9:30am! This class is meant to improve flexibility, relieve sore joints and muscles, help you move with greater ease and increase range of muscle in joints.





CELEBRATE INTERNATIONAL WOMEN'S DAY

Celebrate the women who have inspired you throughout your life!

*March 6th - 9th please add the name of a woman who made you strong to our "Gratitude to a Woman" Wall in the Grand Lounge.

*March 6th - 9th - walk through the ages in the Bistro. Read about notable women in history and their accomplishments.

*March 10th: Women's Breakfast in the Legends Club- with guest speaker, Tracy Lacina, owner of Skin Deep Salon, who has dedicated her life to working with women affected by cancer.



HOLI HAI

Holi, the festival of colors, is one of the most lively and joyous celebrations in India. But Holi is more than just a fun party—it's a festival with deep roots and significant meaning. It marks the victory of good over evil and the arrival of spring. Families and friends gather to forgive past grievances, renew relationships, and celebrate life. Whether you're in India or anywhere else in the world, Holi is a reminder of the power of love and unity. **Add your personal touch to both the Fitness canvas and the community tree canvas to celebrate our unity!**

MARCH - MEANINGFUL MOMENTS

March is full of meaningful moments to celebrate together. On March 6th, we will honor Employee Appreciation Day, recognizing the dedication, compassion, and heart our team members bring to our community each day. On March 8th, we celebrate International Women's Day, a time to reflect on the achievements, strength, and contributions of women throughout history and within our own community. Check the calendar to see how we are celebrating the amazing ladies in our community this month! Later in the month, on March 20th, we will observe Won't You Be My Neighbor Day, inspired by the legacy of kindness and connection championed by Fred Rogers. This day reminds us of the power of simple gestures, meaningful relationships, and the importance of being a caring neighbor. So, break out your best cardigan for a day of kindness in honor of Mr. Rogers. We look forward to honoring these special occasions with activities that foster gratitude, empowerment, fun, and community spirit all month long!



Ann Allaire - 3/1

Chris Reynolds - 3/2

Ann Gerdin - 3/7

Delaney D. (Hlth & Wel.)- 3/7

Eli M. (Culinary) - 3/7

Fatoumata B. (Culinary) 3/8

Suzanne Griffith - 3/11

Jami T. (Front Desk) - 3/17

Eleanor Grande - 3/22

Tori S. (Hlth & Wel.) - 3/22

Chuck C. (Maint. Dir.)- 3/29

MARCH 2026



- 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!
- Pets are not allowed in any room in which food or drink is being served, per Iowa Health Code. This includes the dining areas and concerts where food is served.

JAY ALLEN LIVING GRACEFULLY TOUR



Mark your calendars and invite everyone! We are one of only 14 communities who have the opportunity to host a Jay Allen concert! **Join us on April 9th at 6:30pm on the back patio** for an unforgettable evening with Jay Allen, Country-Rock Artist, Alzheimer's Advocate, and Storyteller whose heartfelt performances inspire hope, healing and connection. Jay has helped raise \$160 million to fight dementia since losing his mother to Alzheimer's in 2019.

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 |
| • Village Director , Jeni Fetter- LPN | X4020 | • Dining Room Manager , Allen Norton | X4018 |
| • FOX Therapy (PT/OT/ST) , Breanna Bender | X4034 | • Housekeeping Director , Angelique Morales | |
| • Salon, Kelsey (Fridays): | 563-608-1812 | ▪ See front desk for work requests | |
| • Salon, Elizabeth (Tue & Thur): | 319-800-3986 | • Maintenance Director , Chuck Cherry, | |
| • Salon, Vanessa (Mon & Wed): | 319-325-4217 | ▪ See front desk for work requests | |

Like us on Facebook: thesummitofcoralville

View the Resident Directory at:

summitdirectory.my.canva.site/-

Contact Life Enrichment for the password

WELCOME TO JENI FETTER, LPN VILLAGE PROGRAM CLINICAL DIRECTOR



Please join us in welcoming back Jeni Fetter to our community! Jeni is excited to be our new Village Program Clinical Director. If your loved one is in our Village neighborhoods, she is the nurse you will contact. Jeni has been an LPN for 30 years was previously our Assistant Health & Wellness Director and left for a position closer to her home. She couldn't stay away and was thrilled to be offered the position working with our Village Program! She loves to spend time with her dog, Prince, and her seven grandkids.



Good Neighbors REWARDS PROGRAM

Enjoy your best days and best life with your best friends! Invite your friends to come tour and move in! If your referred person moves in, you will receive a \$1000 rent credit once they complete a full 30 days of residency. Contact Katie Chism, Sales Counselor if you would like to invite a friend.



**\$5 for 6 tickets
or \$30 for 25
tickets. Please
purchase at
Front Desk!**



PIE AN EMPLOYEE

CHOOSE WHO GETS A CREAM PIE IN THE FACE!

(THE WINNER ALSO GETS TO TAKE HOME A FREE
CREAM PIE!

**Our Goal
is to raise
\$500!**

1. MERIYAH JENKINS

2. DORIAN DEXTER

3. ALLEN NORTON

4. RINOA UPTAIN

DONATIONS JARS WILL BE OUT 3/1 - 3/13.

PLACE YOUR TICKETS IN THE JARS

DATE OF THE PIE-ING IS ON FRIDAY 3/13

***All funds will be donated to the
Alzheimer's Association***



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**THURS,
MARCH 5TH
4:30-7PM**



**5 Course Chef-
Prepared Meal
with wines
paired by
Cedar Ridge
Winery (non-
alcoholic
wines also
available)**

The Perfect Pairing
Wine & Dine

*A night of
elegance awaits!*

**\$75 FOR
NON-
RESIDENTS**

**MAXIMUM
OF 30
GUESTS**

**RSVP for guests and payment is required by March 2nd.
Contact Shawna Klein to reserve @
sklein@thesummitofcoralville.com**



THE SUMMIT OF CORALVILLE

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A Shamrockin' Good Time!

Wear your green and get ready for a lively Celtic Celebration filled with music, laughter, and a little Irish luck! **Blame Not the Bard**, a dynamic Celtic folk band, performs traditional tunes with a refreshing modern twist that's sure to get your toes tapping. Enjoy Irish-inspired snacks, festive drinks, and good cheer — dancing is encouraged! Join us for an afternoon of toe-tapping, glass-clinking, shamrock-shaking fun.

A Shamrockin' Soirée
Featuring **Blame Not the Bard (BNTB)**

Sunday, March 8th
1:30-3:30 pm



RSVP to 319-930-3000, scan the QR code
or visit RSVP@TheSummitOfCoralville.com

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INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE

| RESPITE STAYS





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It *is* home.™



Lunch & Learn

Eating Well at Every Age

Presented by Julie Gallagher, MS, RD, LD
Corporate Hy-Vee Dietitian – Coralville Market

Friday, March 20th | 11:30 AM

Join us for an engaging and informative presentation on how good nutrition supports strength, energy, and brain health as we age. Discover practical, realistic strategies you can use every day to support strength, boost energy, and feel your best.

You Will Learn:

- Why nutrition becomes even more important as we age
- Key nutrients that support strength, energy, and brain health
- Easy ways to build healthy and satisfying snacks
- Tips for hydration and managing appetite changes

RSVP required by March 12th. Please indicate any dietary restrictions when you RSVP.

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