

March 2026

# SUMMIT HOUSE

SUMMIT HOUSE ASSISTED LIVING, 600 1<sup>ST</sup> ST. NW, BRITT, IA 50423



## Celebrating March

**Irish American  
Heritage Month**

**Mad for Plaid Month**

### UPCOMING EVENTS

**Catholic Mass**  
*March 4 10am*

**Lisa/Cowgirl**  
*March 4 1pm*

**Daylight Saving Time  
Begins**  
*March 8*

**Jeff Buege**  
*March 17 2pm*

**St. Patrick's Day**  
*March 17*

**Pastor John/Church Service**  
*March 25 3pm*

**Carl & Joanne Nord/Singers**  
*March 31 2pm*

**HAPPY ST. PATRICK'S DAY**

## WINTER SENIOR OLYMPICS



### Team USA



### Target Shooting Competition

## Olympics Continued



**Target Shooting Medalists**

## Winter Senior Olympics



**Straw and Marshmallow Medalists**



**Bean Bag Champions**



**Whack a Frog Champions**



**Gold and Silver winners**



**Team USA**

## Tenant of the Month!



Scott Allen Witt was born on December 12, 1957, to Delbert and Annetta at the Mason City Hospital. He lived in Mason City until the age of 5, then moved with his family to Rockwell, where he grew up with his two brothers and one sister. He graduated from Rockwell High School and then went to Iowa State University for a year. Scott has worked at Snyder Metal, Hagie's Equipment, Opportunity Village, Mosaic, and the Britt hospital for four years as a nurse's aide. He married Barb Ward on August 28, 1982, at Trinity Lutheran Church in Mason City. They have one daughter and one son. Scott enjoys gun shows, fishing, playing cards, music, bean bag toss, and visiting with people. Before moving to the Summit House, they lived on an acreage by Kanawha for 24 years with their beloved pets. He has lived at the Summit House for 9 months with his wife Barb. **CONGRATULATIONS ON BEING TENANT OF THE MONTH!**

## Cram Family



Friends and Family are always welcome. Mariann's daughter and grandson were here visiting from Colorado.

## MARDI GRAS FUN



## GUESS WHO!



## March Into Kidney Health

March is National Kidney Month, a great reminder to appreciate the hardworking kidneys that support our health every single day. These two small organs filter waste and extra fluid from the blood, help manage blood pressure, balance important electrolytes, and even play a role in keeping our blood healthy. Weighing in at only 4.5-6 ounces each, kidneys filter approximately 50 gallons of blood every day!

Most people don't realize that kidney disease often has no early symptoms. Conditions such as high blood pressure, diabetes, and heart disease can increase the risk, and even frequent use of over-the-counter NSAIDs, such as ibuprofen, can put extra strain on the kidneys. That's why routine lab work and regular check-ups are so valuable—they help us catch changes early.

The good news is that small, everyday habits can make a big difference. Staying hydrated, eating a balanced diet that isn't high in salt, taking medications as prescribed, and keeping blood pressure and blood sugar under control all support kidney health. If you have questions regarding your kidney health, please reach out to your healthcare provider or nurse.

**Shanda Mallory, BSN**

For each petal on the  
shamrock  
This brings a wish your way  
Good health, good LUCK  
& happiness  
For today and every day.



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## March Birthdays

### RESIDENTS

**Thelma Prohaska 3/12**  
**Don Budlong 3/15**

### STAFF

**Carlie Lemke 3/14**  
**Isabel Balek 3/17**  
**Marcia Olsen 3/28**

## EMPLOYEE SPOTLIGHT



Introducing Erin Klein. Erin Lives in Corwith with her boyfriend Zayn, her dog Dax and her kitten Princess. In her spare time, she enjoys taking naps, walking her dog, shopping, doing her nails and spending time with friends and family. Erin has worked here for 4 months in the nursing department. She loves helping and listening to all their stories. Thank you, Erin, for all you do here at the Summit House.