



10330 4th Ave. West
Everett, WA 98204

PLACE STAMP
HERE



Administrative Staff:

Laura Novak

Executive Director

Sue Frisbee

Community Relations Director

Kris West

Resident Care Coordinator

Carole Gallimore

Registered Nurse

Sherri Bryant

Dietary Director

Ricky Myers

Maintenance Director

Christina Campbell

Activities Director

Contact us at:

425-513-5645

Our mission is to create and sustain comfortable,
caring environments for those who depend on us.



South Pointe Newsletter

South Pointe Independent & Assisted Living Newsletter — September 2017



INSIDE THIS ISSUE

P2 Walk to End Alzheimer's
P3 Angels of the Wind recap
P4 Activities Calendar
P6 September Highlights
P6 Our Favorite Books
P7 South Pointe Luau
P8 Mission & Team

Walk to End Alzheimer's 2017

This month, we had a chance to chat with Kara Griffey, the Walk Director at the Alzheimer's Association Oregon Chapter about the Walk to End Alzheimer's.

RSL: Since the Walk started in 1989, it has grown in participation and with funding. What goals are in place for success going forward? KG: "Our goal is always to make sure that the Walk to End Alzheimer's is reflective of the community, and an opportunity to share the mission, and passion of those touched by the disease. As we move forward, we hope that more people will become story tellers and use the Walk as a platform to spread the awareness this disease deserves, and, by doing so, inspire others to give to the cause. We will continue to rely on the amazing volunteers in the community that put on their local Walk, and to grow the volunteers leading this effort so we can continue to reach more and more people, and a diverse group of people."

RSL: How would you describe the Walk's interest and participation? KG: "The Walk to End Alzheimer's is one of the fastest growing events of its kind in the nation, seeing positive growth nationally, and locally. As more Americans are faced with the challenges of this disease, more people are interested in getting involved and making a difference in the trajectory of this disease, and that is fantastic! We look forward to seeing many new faces this year at all our Walks across the state and are working hard to recruit new teams with diverse backgrounds."

To read even more from this interview, visit blog.radiantseniorliving.com!

RSL: What are some of the Alzheimer's Association's nationwide efforts that we can support beyond the Walk? KG: The Alzheimer's Association is the leader in terms of care, support, research, and advocacy efforts, working globally and locally to advance all areas forward. There are many ways for people to get involved with us, whether by becoming an advocate and helping advance public policy, or volunteering to facilitate one of our local support groups and enrolling in TrialMatch®. TrialMatch is a free clinical trial matching service that helps us ensure that research is moving forward for treatment, prevention, and a cure. Be sure to visit alz.org/Wahington for more information!

RSL: Any parting message you would like to pass on? KG: "Get involved in any of the ways mentioned above! Whether you are 1 or 100, there is a way to participate to help end this disease. Let's show the world our purple passion and that together we can do better today than we did yesterday. We are on our way to meeting the first survivor of this disease and that is something to be excited about, be hopeful about, and mobilize together around."

Support the Walk!

Date: Saturday, September 30

Time: 8:30 am to 11 am

Location: Port of Everett, Boxcar Park
615 13th Street
Everett, WA 98201

SOUTH POINTE LUAU

WHEN: Tuesday September 19th

TIME: 3:00 PM

WHERE: 10330 4th Ave. W. Everett

**Come join us for a Hawaiian Dinner and
Hula Dancers. This is our last fundraiser
Before the Walk to end Alzheimer's on 9/30**

"Uncle Tom's Cabin"
By Harriet Beecher Stowe
-Laura N.

"Between Sunday's"
By Karen Kingsbury
-Patsy L.

**International Literacy Day takes place on
September 8. In honor of it, we have
discussed our favorite books. A few of them
are shared here!**

"The Cat Who Robbed A Bank"
By Lilian Jackson Braun
-Rose T.

September Highlights — You're Invited!

- Sept.1–Painting Seahawks with Alix-3PM
- Sept.7-Angels of the Wind Casino 11AM
- Sept.8-Mystery Drive 1PM
- Sept.8-Dave and P.J. 3PM
- Sept.10-Seahawks/Packers @1:25 PM
- Sept.13-Hearing Checks 1:30 PM
- Sept.14-Walmart 1PM
- Sept.15-Happy Hour w/ Doug Williams 3PM
- Sept.17-Seahawks/49ers @1:25
- Sept.19-SOUTH POINTE LUAU 🌺
- Sept.20-Walk to Baskin Robbins 1PM
- Sept.22-Mystery Drive 1PM
- Sept.22-South Pointe Store 3PM
- Sept.24-Seahawks/Titans @ 1:05 PM
- Sept.27-Applebee's 11AM
- Sept.29-Happy Hour w/ Doug Williams
- Sept.30-Walk to End Alzheimer's 8:30 AM

Do Not Ask Me To Remember

Do not ask me to remember,
Don't try to make me understand,
Let me rest and know you're with me,
Kiss my cheek and hold my hand.

I'm confused beyond your concept,
I am sad and sick and lost.
All I know is that I need you
To be with me at all cost.

Do not lose your patience with me,
Do not scold or curse or cry.
I can't help the way I'm acting,
Can't be different though I try.

Just remember that I need you,
That the best of me is gone,
Please don't fail to stand beside me,
Love me 'til my life is done.

~ Author Unknown

AgingCare.com - Supporting Caregivers

Our Favorite Books

"The Bible"
Frida

"To Kill A Mockingbird"
By Harper Lee
-Kris W.



Angels of the Wind Casino



On our monthly trip to the Casino we had a full bus. We enjoyed our time and we even had some company come along. The ladies had the buffet and they played a couple slot machines, we almost had some big winners. We head out to the casino once a month and whether you like to gamble, people watch, or just eat some good food we invite you to join us any time. I must caution you, that we are full of smiles you are in for a non-stop good time.





September 2017

South Pointe
10330 4th Ave W.
Everett, Wa 98204
425-513-5645



.Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 RESIDENTS  Bill Hoerner 9/22 Peggy Sauerland 9/29		 STAFF 		1  10:00 Fitness Fun 10:30 Balloon Toss 1:30 Crafts with Rose 2:00 Coloring Time 3:00 Painting with Alix  BLUE FRIDAY 	2  10:00 Fitness Fun 10:30 Balloon Toss 1:00 Bingo 2:30 Ice Cream Social 3:00 Walking Group
3 10:00 Exercise Video 10:30 Bible Verse 2:30 Church Services 5:30 Sunday 's Movie ON GOLDEN POND	4 10:00 Bible Study 10:30 Exercise Video 2:00 Games with Rick 3:00 Monday's Puzzle	5 10:00 Fitness Fun 10:30 Balloon Toss 10:30 Flower Arranging 1:30 Memory with IN2L 2:00 Bingo	6 10:00 Fitness Fun 10:30 Balloon Toss 11:00 Resident Meeting 2:00 Walking Group 3:00 Church Services	7  10:00 Fitness Fun 10:30 Balloon Toss 11:00 A.O.T.W Casino 1:30 Manicures w/ Trish 2:00 Bean Bag Toss 2:30 Memory -LDS	8  10:00 Fitness Fun 10:30 Balloon Toss 1:00 Mystery Drive 2:00 Coloring Time 3:00 Dave and P.J  BLUE FRIDAY 	9  10:00 Fitness Fun 10:30 Balloon Toss 1:00 Bingo 2:30 Ice Cream Social 3:00 Walking Group
10 Nat'l Grand Parent Day 10:00 Exercise Video 10:30 Weekly Bible 1:25 Seahawks/Packers 2:30 Church Services 5:30 Sunday's Movie	11 10:00 Bible Study 10:30 Exercise Video 2:00 Games with Rick 3:00 Monday's Puzzle	12 10:00 Fitness Fun 10:30 Balloon Toss 10:30 Flower Arranging 1:30 Trivia with IN2L 2:00 Bingo	13 10:00 Fitness Fun 10:30 Balloon Toss 1:00 Potato Necklaces 1:30 Hearing Checks 2:00 Walking Group 3:00 Church Services	14 10:00 Fitness Fun 10:30 Balloon Toss 12:30 Walmart 1:30 Manicures w/Trish 2:00 Bean Bag Toss 2:30 Connect Four-LDS	15  10:00 Fitness Fun 10:30 Balloon Toss 1:30 Crafts with Rose 2:00 Coloring Time 3:00 Doug Williams  BLUE FRIDAY 	16  10:00 Fitness Fun 10:30 Balloon Toss 1:00 Bingo 2:30 Ice Cream Social 3:00 Walking Group
17 Nat'l Constitution Day 10:00 Exercise Video 10:30 Bible Verse 1:25 Seahawks/49ers 2:30 Church Services 5:30 Sunday's Movie CASABLANCA	18 Nat'l Cheeseburger Day  10:00 Bible Study 10:30 Exercise Video 2:00 Games with Rick 3:00 Monday's Puzzle	19  10:00 Fitness Fun 10:30 Balloon Toss 10:30 Flower Arranging 1:30 Traveling with IN2L 2:00 Bingo 3:00 South Pointe Luau	20 International Peace Day 10:00 Fitness Fun 10:30 Balloon Toss 1:00 Baskin Robbins 2:00 Walking Group 3:00 Church Services	21 World Gratitude Day 10:00 Fitness Fun 10:30 Balloon Toss 1:30 Manicures w/Trish 2:00 Bean Bag Toss 2:30 Left ,Center, Right - LDS	22  10:00 Fitness Fun 10:30 Balloon Toss 1:00 Mystery Drive 2:00 Coloring Time 3:00 South Pointe Store  BLUE FRIDAY 	23  10:00 Fitness Fun 10:30 Balloon Toss 1:00 Bingo 2:30 Ice Cream Social 3:00 Walking Group
24 10:00 Exercise Video 10:30 Bible Verse 1:05 Seahawks/Titans 2:30 Church Services 5:30 Sunday's Movie DRIVING MISS DAISY	25  10:00 Bible Study 10:30 Exercise Video 12:30 Birthday Bash 2:00 Games with Rick 3:00 Monday's Puzzle	26 Nat'l Pancake Day 10:00 Fitness Fun 10:30 Balloon Toss 10:30 Flower Arranging 1:30 Free Play IN2L 2:00 Bingo	27 10:00 Fitness Fun 10:30 Balloon Toss 11:00 Applebee's 2:00 Walking Group 3:00 Church Services	28 Nat'l Good Neighbor day 10:00 Fitness Fun 10:30 Balloon Toss 1:30 Manicures w/Trish 2:00 Bean Bag Toss 2:30 Memory -LDS	29 Nat'l Coffee Day 10:00 Fitness Fun 10:30 Balloon Toss 1:30 Crafts with Rose 2:00 Coloring Time 3:00 Doug Williams  BLUE FRIDAY 	30 WALK TO END ALZHEIMER'S Box Car Park -Everett  10:00 Exercise Video 1:00 Bingo 2:00 Ice Cream Social 3:00 Walking Group