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STAMP
HERE



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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



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May 2018 Edition

Arthritis Facts and Care Tips

May marks National Arthritis Month to bring awareness to a very common, but often misunderstood condition. A wide misconception about Arthritis is that it is a single disease. It's actually a way of referring to joint pain or joint disease.

Symptoms of Arthritis can come and go, and include mild to severe swelling, pain, stiffness, and lessened motion range. It can limit a person's ability to partake in some daily activities.

Osteoarthritis is the most common type of Arthritis. Risk factors include family history, being overweight, age, and injuries sustained. Those with non-severe Osteoarthritis can help the condition if they: achieve a healthy weight, get enough exercise, rest per activity level - especially during a flare up, avoid repetitive movements, strengthen muscles around joints, and use hot and cold therapy.

Inflammatory Arthritis is another type. Rheumatoid and Psoriatic Arthritis are in this category. It occurs when the immune system creates inflammation to get rid of what it falsely perceives as infection. It occurs in people with genetic predisposition and environmental risk factors like smoking. Early diagnosis and strong treatment are key

in slowing the condition.

Receiving a diagnosis for Arthritis can be done through a primary care provider or Rheumatologist. There are many ways that Arthritis can be helped.



Arthritis Foundation Pain Management Tips:

- Create a plan with your rheumatologist.
- Be aware of and track your warning signs, like a dull hand ache or daytime sleepiness for days.
- Stay up to date on vaccinations and wash hands frequently to avoid infections which could trigger a flare.
- Stay on top of your emotional health.

Anxiety and stress can increase inflammation.

- Slow your movements, but continue moving to avoid stiff joints. Move joints through the fullest range of motion you can. If it causes

more pain, stop.

- Do hot & cold therapy, no more than 15 minute intervals, two to four times a day.
- Sleep on a schedule, get restful sleep with lights off, devices off, and avoid caffeine in the hours before you head to bed.

Arthritis by the Numbers

American Adults Diagnosed: 54 million+

American Children Diagnosed: 300,000 est.

Americans Likely to Have Arthritis: 91 million

Direct Medical Costs: At least \$81 billion

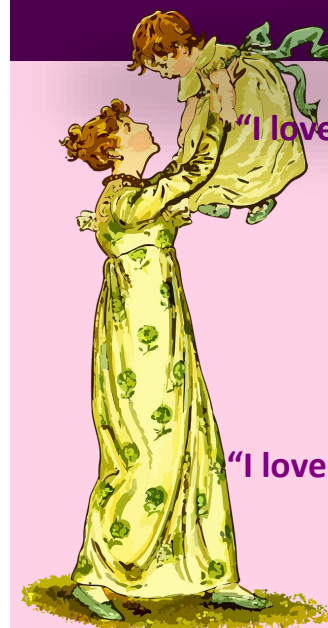
Types of Arthritis That Exist: Over 100

Working Adults With Arthritis: 60%

Memories in the Making!



May 13 is Mother's Day



"I love that my Mom will do anything for any of her kids"
- Chehara

"She is always blessed"
- Jenny

"I call her to get answers"
- Steve M.

"I love that my Mom is the most considerate person I know"
- Christina

In honor of our moms, we asked around: What is something you have always loved about your mother?

May Highlights

May 1– Tini Time Happy Hour
 May 2– Fred Meyer
 May 3– Resident Meeting
 May 4– Make-up Hour
 May 4– Glamour Shot
 May 8– Dietary Meeting
 May 8– Activity Forum
 May 9– Angels Of The Wind
 May 10– Happy Hour with Doug Williams
 May 11– Sip and Paint with Alix
 May 11– Friday Night Bingo
 May 12– Mother's Day High Tea
 May 15– Happy Hour with Rick Cooper
 May 16– Macaroni Grill
 May 17– Mystery Drive
 May 18– Happy hour with Dave and P.J.
 May 19– South Pointe Art Exhibit and Sangria
 May 22– Kindred Health Special
 May 23– Walmart/ IHOP
 May 24– South Pointe Cook Out
 May 25– South Pointe Store
 May 25– Happy Hour with Doug Williams
 May 30– El Paraiso



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May Birthdays!



We hope you enjoy your special day!

LILLIAN W. MAY 19

NANCY CHEVEZ MAY 31



Team Member of the Month!



Nancy C.

Nancy was born in Mexico and raised in California she married and had 4 children 2 boys and 2 girls she also has a granddaughter and a grandson on the way. When Nancy is not at work she likes to shop and keep up on her novellas Which is “story” in Spanish. Nancy has been in the medical field for 20 years and as we all know she loves us here at South Pointe .

Resident of the Month!



Minnie H.

Minnie was born in Seattle in 1931 . She comes from a family with 3 sibling's. Minnie married in 1950 and had 5 children 2 boy's and 3 girl's of which whom she stays close with , along with her 6 grandchildren and 4 great grand children . Minnie likes to go on picnics and scenic drives are high on her list becouse you are guaranteed to always to see something different.

May 2018

South Pointe
10330 4th Ave. W.
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425-513-5645

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>HAPPY MOTHER'S DAY TO ALL OF OUR WONDERFUL MOTHER'S AT SOUTH POINTE</p>		1 10:00 Fitness Fun 10:30 Flower Arranging 10:30 Balloon Toss 11:15 Dining Room Trivia 1:00 Bingo 2:30 Millionaire on IN2L 4:00 Tini Time	2 10:00 Fitness Fun 10:30 Balloon Toss 11:00 Fred Meyer 3:00 Church Services 4:00 Independent Coloring 5:30 Comedy Night On IN2L	3 10:00 Fitness Fun 10:30 Balloon Toss 11:00 Resident Meeting 12:00 Dining Room Trivia 1:00 Manicures 2:00 Knitting Class 5:30 The Roy Roger's Show	4 10:00 Fitness Fun 10:30 Balloon Toss 12:00 Dining Room Trivia 1:00 Crafting Time 2:00 Make-up 3:00 Glamour Shots	5 CINCO DE MAYO  10:00 Fitness Fun 10:30 Balloon Toss 12:00 Dining Room Trivia 1:00 Bingo 2:30 Ice Cream Social 3:30 Independent Coloring 5:30 Community Puzzle
6 10:00 Bible Verse 10:30 Exercise Video 2:30 Church Services 3:00 Balloon Toss 4:00 Community Puzzles 5:30 Sunday Night Movie	7 10:00 Bible Study 10:30 Exercise Video 12:30 Painting Class 2:00 Independent Coloring 3:00 Monday's Puzzle 5:30 Puzzles on IN2L	8 10:00 Dietary Meeting 10:30 Flower Arranging 10:30 Fitness Fun 11:00 Balloon Toss 1:00 Bingo 2:30 Millionaire on IN2L 3:00 Activity Forum	9 10:00 Fitness Fun 10:30 Balloon Toss 11:00 A.O.T.W. 3:00 Church Services 4:00 Independent Coloring 5:30 Comedy Night On IN2L	10 10:00 Fitness Fun 10:30 Balloon Toss 12:00 Dining Room Trivia 1:00 Manicures 2:00 Knitting Class 3:00 Doug Williams 5:30 The Roy Rodger's Show	11 10:00 Fitness Fun 10:30 Balloon Toss 12:00 Dining Room Trivia 1:00 Crafting Time 2:00 Bean Bag Toss 3:00 Painting with Alix 5:30 Friday Night Bingo	12 10:00 Fitness Fun 10:30 Balloon Toss 12:00 Dining Room Trivia 1:00 Bingo 2:30 Mother's Day High Tea 5:30 Community Puzzle
13 Mother's Day  10:00 Bible Verse 10:30 Exercise Video 2:30 Church Services 3:00 Balloon Toss 4:00 Community Puzzles 5:30 Sunday Night Movie	14 10:00 Bible Study 10:30 Exercise Video 12:30 Painting Class 2:00 Independent Coloring 3:00 Monday's Puzzle 5:30 Puzzles on IN2L	15 10:00 Fitness Fun 10:30 Flower Arranging 10:30 Balloon Toss 11:15 Dining Room Trivia 1:00 Bingo 2:30 Millionaire on IN2L 3:30 Happy Hour with Rick Cooper	16 10:00 Fitness Fun 10:30 Balloon Toss 11:00 Macaroni Grill 3:00 Church Services 4:00 Independent Coloring 5:30 Comedy Night On IN2L	17 10:00 Fitness Fun 10:30 Balloon Toss 12:30 Mystery Drive ????? 1:00 Manicures 2:00 Knitting Class 5:30 The Roy Rodger's Show	18 10:00 Fitness Fun 10:30 Balloon Toss 12:00 Dining Room Trivia 1:00 Crafting Time 2:00 Bean Bag Toss 3:00 Dave and P.J	19 10:00 Fitness Fun 10:30 Balloon Toss 12:00 Dining Room Trivia 1:00 Bingo 2:00 South Pointe Art Exhibit And Sangria 5:30 Community Puzzle
20 10:00 Bible Verse 10:30 Exercise Video 2:30 Church Services 3:00 Balloon Toss 4:00 Community Puzzles 5:30 Sunday Night Movie	21 10:00 Bible Study 10:30 Exercise Video 12:30 Painting Class 2:00 Independent Coloring 3:00 Monday's Puzzle 5:30 Puzzles on IN2L	22 10:00 Fitness Fun 10:30 Flower Arranging 10:30 Balloon Toss 11:15 Dining Room Trivia 1:00 Bingo 2:30 Kindred Health	23 10:00 Fitness Fun 10:30 Balloon Toss 11:00 Walmart/ IHOP 3:00 Church Services 4:00 Independent Coloring 5:30 Comedy Night On IN2L	24 10:00 Fitness Fun 10:30 Balloon Toss 12:00 Dining Room Trivia 1:00 Manicures 2:00 Knitting Class 4:00 South Pointe Cook-out 5:30 The Roy Rodger's Show	25 10:00 Fitness Fun 10:30 Balloon Toss 12:00 Dining Room Trivia 1:00 Crafting Time 2:00 South Pointe Store 3:00 Doug Williams	26 10:00 Fitness Fun 10:30 Balloon Toss 12:00 Memorial Day Prayer 1:00 Bingo 2:30 Ice Cream Social 3:30 Independent Coloring 5:30 Community Puzzle
27 10:00 Bible Verse 10:30 Exercise Video 2:30 Church Services 3:00 Balloon Toss 4:00 Community Puzzles 5:30 Sunday Night Movie	28 Memorial Day  10:00 Bible Study 10:30 Exercise Video 12:30 Painting Class 2:00 Independent Coloring 3:00 Monday's Puzzle 5:30 Puzzles on IN2L	29 10:00 Fitness Fun 10:30 Flower Arranging 10:30 Balloon Toss 11:15 Dining Room Trivia 1:00 Bingo 2:30 Millionaire on IN2L	30 10:00 Fitness Fun 10:30 Balloon Toss 11:00 El Paraiso 3:00 Church Services 4:00 Independent Coloring 5:30 Comedy Night On IN2L	31 10:00 Fitness Fun 10:30 Balloon Toss 12:00 Dining Room Trivia 1:00 Manicures 2:00 Knitting Class 5:30 The Roy Rodger's Show	RESIDENT BIRTHDAY'S LILLIAN WATERHOUSE 5/19 STAFF BIRTHDAY'S NANCY CHAVEZ 5/31	