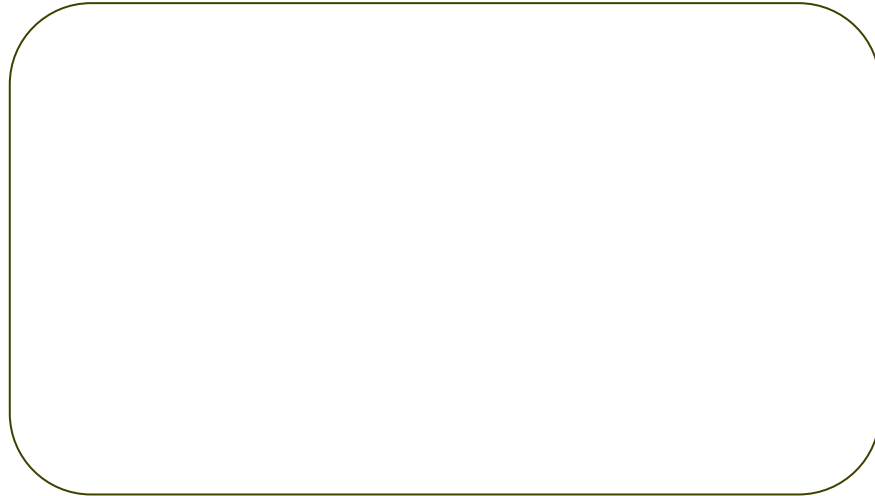




10330 4th Ave. West
Everett, WA 98204

STAMP
HERE



Administrative Team:

Loretta Kreeger

Executive Director

Kate Jones

Assistant Exec. Director

Sue Frisbee

Community Relations Director

Brandy Corn

Resident Care Coordinator

Hilda Cole

Registered Nurse

Sherri Bryant

Dietary Director

Tine Crosby

Maintenance Asst.

Molly Weiland

Activities Director

Contact Us:

425.513.5646

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



South Pointe News

Independent & Assisted Living Newsletter



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November 2018 Edition

Flu Prevention Steps for Seniors

It's that time of year again! The leaves are falling and the air has a chill that gets us excited about wearing our sweaters and coats. Unfortunately, it's also when the flu virus begins to make its rounds—and it typically continues through February.

People of all ages and walks of life can catch the flu, but those over 65 or at home in senior living communities are among those particularly at risk for flu-related complications like pneumonia, bronchitis, and sinusitis.

The good news is seniors can take actions to avoid the flu—the best of which, for many, is getting an annual flu shot early in flu season. It takes two weeks to become fully effective.

Those who wish to get the flu shot should consult their medical professionals, disclose allergies to them, and not consider this article medical advice. Those with a history of Guillain-Barré Syndrome should not get the shot, per the CDC.

Seniors can certainly benefit from learning about flu and, thus, avoid coming into contact with it or spreading it. The flu is a contagious respiratory illness brought on by influenza viruses A,B,C, and D, which infect the nose,



throat, and lungs. Flu is believed to spread through tiny droplets when people with flu cough, sneeze, or talk. The droplets can transfer to mouths or noses of those nearby or reach a surface (and live there for two hours or more) that another person may touch and transfer to their own mouth, nose, or eyes.

People with flu are most contagious in the first three to four days after their

illness starts, and they can pass it to another person before or while knowing they are sick. The time between exposure and infection is usually two days, but can be one to four.

Best practices for preventing the flu, in addition to those previously mentioned, include

avoiding close contact with others who are sick; covering mouth and nose with a tissue when coughing or sneezing; washing hands with soap and warm water for 15 to 20 seconds, several times a day, and definitely after coughing or sneezing; sanitizing hands if water is not available; and avoiding contact with eyes, nose, and mouth.

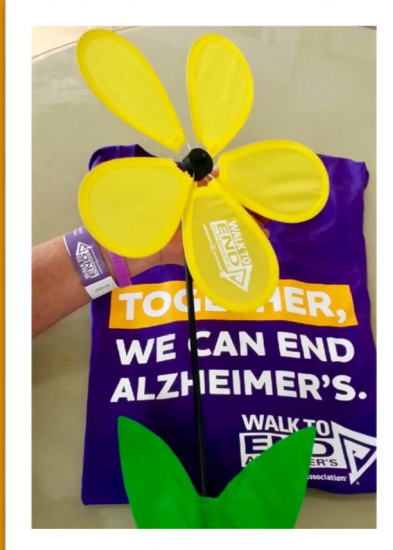
For more information, please visit [CDC.gov](https://www.cdc.gov).

Differences Between a Flu and a Cold

Flu is fast-coming and usually brings on fever, chills, cough, body aches, headaches, and tiredness. Flu only sometimes includes sneezing, sore throat, and/or stuffy nose. Flu can be tested for, and antiviral drugs do exist for it.

A cold brings gradual effects including a runny or stuffy nose, chest discomfort, a cough, sore throat, sneezing, and sometimes fatigue and aches. Colds do not often bring chills, fever, or headaches. (CDC)

“When I say I want to photograph someone, what it really means is that I’d like to know them.” - Annie Leibovitz



Making cards with Rose!

The Best Autumn Dish

We asked around, “What’s the best autumn dish?”

“Beef stew with biscuits on the side,” - M

“Chili and corn bread,” -Kate J.

“Spaghetti chili with extra cheese.” -Sherrie

“Stuffing and gravy,” -Sheila W”

“Pumpkin spiced latte,” -BKK

November Highlights

- November 1: National Calzone Day
- November 2: National Deviled Egg Day
- November 2: National Jersey Friday
- November 3: National Sandwich Day
- November 4: Candy Day
- November 5: National Doughnut Day
- November 6: Saxophone Day
- November 8: National Cappuccino Day
- November 10: Vanilla Cupcake Day
- November 11: Veterans Day
- November 13: National Sundae Day
- November 14: National Pickle Day
- November 15: National Bundt Cake Day
- November 16: Button Day
- November 17: Homemade Bread Day
- November 19: Play Monopoly Day
- November 20: Peanut Butter Fudge Day
- November 21: Gingerbread Cookie Day
- November 22: Thanksgiving Day
- November 25: National Parfait Day
- November 26: National Cake Day
- November 28: French Toast Day
- November 29: Square Dance Day

Happy Birthday

to all with November birthdays

- Delta Smith - 11-5
- Ray V—11-4
- Brandy Corn—11-7
- Molly Weiland—11-18

No-Bake Peanut Butter Fudge Squares

Recipe modified from All Recipes’ one

Ingredients:

- 1/2 cup of butter
- 16 ounces of brown sugar
- 1/2 cup of milk
- 3/4 cup of peanut butter
- 1 teaspoon of vanilla
- 3 and 1/2 cups of confectioners sugar



Steps:

- In saucepan, on medium heat, melt butter.
- Add brown sugar and milk and stir.
- Bring to a boil for two minutes while stirring.
- Move from heat.
- Mix in vanilla and peanut butter.
- Pour on top of confectioners sugar in a big mixing bowl.
- Beat together until smooth.
- Pour into a pan that is 8x8.



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Radiant Senior Living on YouTube

Resident of the Month!

Steve

Born in Loveland Colorado, Steve was just a couple of days old when his father got transferred to Sunnyvale, California, and his family moved there. Steve grew up in the Bay area, not far from San Francisco. He came to Washington in 1989 to escape the hot weather and settled in the Everett area where the climate was cooler and more tolerable. Steve accepted a job at Chrysler/Plymouth as a “car runner” before moving on to a job with Precor as a pipe bender, operating a CNC machine.

Steve has been a resident of the South Pointe community for a couple of years. He loves Mexican food. His favorite joint “El Paraiso’s” is just down the street; he never misses a chance to go and usually has a punch card in his wallet - almost always full.



Team Member of the Month!

Megan

Megan was born and raised in southern Oregon—Lebanon to be exact—and just recently moved to Washington State. She is very colorful as you can see by her many tattoos. Megan said, “I got one tattoo and I was hooked.” She now has too many to count! Megan has four siblings, all of whom remain in southern Oregon. She decided to come to Washington for a change of scenery, but now considers it home. Megan is spunky and fun; we all enjoy working with her.

November 2018

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				10:00 Baking bread 10:30 Story time 1:00 Let's cook 3:00 Fun with In2I 4:00 Social hour 6:00 Movie	10:00 Current events 10:15 Balloon toss 11:00 Resident council 12:00 Trivia 1:00 Comedy on In2I 2-3 Music w/ Renea 4:30 The word game	10:00 Exercise 10:15 Balloon toss 10:30 Story time 11:30 The word game 1:00 Bingo 3:00 Food Network
4	5	6	7	8	9	10
10:00 Hymns on In2I 11:00 Games 11:30 Dining room trivia 2:30 Church services 4:00 Social hour 6:00 Sunday movie	10:00 Bible study 11:30 Dining room trivia 1:00 Walking group 3:00 Card Classes 4:00 Fun w/In2I 6:00 Card games	10:00 Chair exercises 10:00 Flower arranging 1:00 Bingo 2:00 Story time 3:00 Sing with Sue In2I 6:00 Card games	10:00 Exercise 10:15 Balloon toss 1:00 Manicures 3:00 Church 4:00 Games In2I 6:00 Movie	10:00 Baking bread 10:30 Story time 1:00 Let's cook 3:00 Fun w/In2I 4:00 Social Hour 6:00 Movie	10:00 Current events 10:15 Balloon toss 11:00 Trivia 1:00 Comedy on In2I 2-4 Sip and paint 4:30 The word game	10:00 Exercise 10:15 Balloon toss 10:30 Story time 11:30 The word game 1:00 Bingo 3:00 Food Network
11	12	13	14	15	16	17
10:00 Friends & Family Brunch 9-1 10:00 Hymns on In2I 11:30 Games on In2I 11:30 Dining room trivia 2:30 Church services 6:00 Sunday movie	10:00 Bible Study 11:30 Dining room trivia 1:00 Walking group 3:00 Card classes 4:00 fun w/In2I 6:00 Card games	10:00 Flower arranging 10:30 Bible Study w/Lilly 1:00 Bingo 2:00 Story time 3:00 Sing with Sue In2I 6:00 Card games	10:00 Exercise 10:15 Balloon toss 1:00 Manicures 4:00 Games In2I 6:00 Movie	10:00 Baking bread 10:30 Story time 1:00 Let's cook 3:00 Fun w/In2I 4:00 Social hour 6:00 Movie	10:00 Current events 10:15 Balloon toss 12:00 Trivia 1:00 Comedy on in2I 3-4 Music w/ Doug 4:30 The word game	10:00 Exercise 10:15 Balloon toss 10:30 Story time 1:00 Bingo 3-4 Baptist Church 3:00 Food Network
18	19	20	21	22	23	24
10:00 Hymns on In2I 11:00 Games on In2I 11:30 Dining room trivia 2:30 Church services 4-6 Firefighter Dinner at the Senior Center	10:00 Bible Study 11:30 Dining room trivia 1:00 Walking group 3:00 Card Classes 4:00 Fun w/ In2I 6:00 Card games	10:00 Flower arranging 10:30 Bible Study w/ Lilly 1:00 Bingo 2:30 The Stilly Singers 3:00 Sing w/Sue In2I 6:00 Card games	10:00 Exercise 10:15 Balloon toss 1:00 Manicures 2:00 Eye glass clinic 4:00 Games In2I 6:00 Movie	9:00 Macy's Parade 11:00 I Love Lucy In2I 12:00 Luncheon 12:30 Vikings vs Lions 2:00 Gone w/the Wind (on AMC) 4:30 Chargers vs Cowboys	9-11 Senior Center 12:00 Trivia 1:00 Comedy on In2I 2-3 Surprise 4:00 Games on In2I	10:00 Exercise 10:15 Balloon toss 10:30 Story time 11:30 The word game 1:00 Bingo 3:00 Food Network
25	26	27	28	29	30	
10:00 Hymns on In2I 11:00 Games on In2I 11:30 Dining room trivia 2:30 Church services 4:00 Social hour 6:00 Sunday movie	10:00 Bible study 11:30 Dining room trivia 1:00 Walking group 3:00 Card classes 4:00 Fun w/In2I 6:00 Card games	10:00 Flower arranging 10:30 Bible Study w/Lilly 1:00 Bingo 2:00 Story time 3:00 Sing with Sue In2I 6:00 Card games	10:00 Exercise 10:15 Balloon toss 1:00 Manicures 4:00 Games In2I 6:00 Movie	10:00 Baking bread 10:30 Story time 1:00 Let's cook 3:00 Fun w/In2I 4:00 Social hour 6:00 Movie	10:00 Current events 10:15 Balloon toss 11:00 Trivia 1:00 Comedy on In2I 2-3 Salt Grass Dirt Band 4:00 Word game	