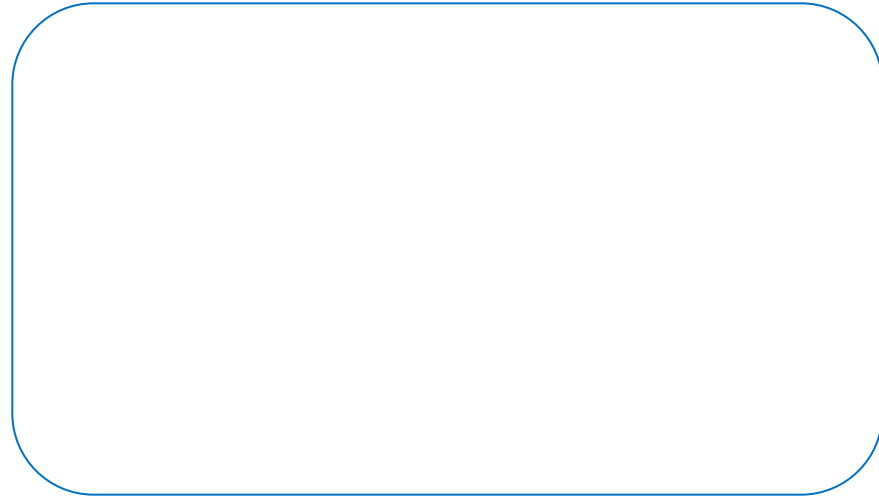




10330 4th Ave. West
Everett, WA 98204

PLACE
STAMP
HERE



Administrative Team:

Loretta Kreeger
Executive Director

Kate Jones
Assistant Exec. Director

Dwight Edwards
Community Relations Director

Loretta Kreeger
Wellness Director

Hilda Cole
Wellness Nurse

Sherri Bryant
Dining Services Director

Tina Crosby
Asst. Maintenance Director
Life Enrichment Director

Contact us at:
425-513-5645



South Pointe News

Independent & Assisted Living Newsletter



January 2019

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Life-Changing New Year's Resolutions

Setting New Year's resolutions is pretty easy, but sticking to them can be a challenge. For extra incentive to follow through on goals in 2019, check out these big-reward resolutions!

Take a Daily "Me Moment" to Breathe

Every day, make time (even if it is one actual minute) to connect with yourself. Close your eyes, sit up straight, relax your body, and breathe in through your nose and out deeply through your mouth. You'll feel the benefits instantly.

Become an Active Listener

For this one, you do yourself a favor and the person with whom you're conversing. Maintain eye contact, really hear what the other person is saying, and think before responding. Your conversations will become much more meaningful.

Only Apologize When it's Appropriate

People of all ages and walks of life can struggle with apologizing when another word or phrase would better communicate a feeling. Examples: pardon me, excuse me, thank you, that sounds very difficult, how frustrating, I would prefer, might I suggest...Doing so can raise self-esteem and help with communication.

Reach Out to a Friend

In certain instances, distance or time can put



wedges into relationships. Other times, they don't, but we perceive that they have! Take the first step and reach out to a friend with a note or a call to let them know you care, are there for them, or that you miss them.

Thoughtfully Avoid Judging Others

Sometimes, people judge things or actions without even realizing it. Try to change your thought process if you start to judge. It will make you more empathetic and

understanding, and can improve relationships.

Avoid Looking at Screens Before Bedtime

This one is a challenge. It's hard for many to disconnect, but doing so can vastly improve how fast you are able to get to sleep, and your sleep quality. Try some reading before bed if you need to busy your mind.

Take a Daily Walk

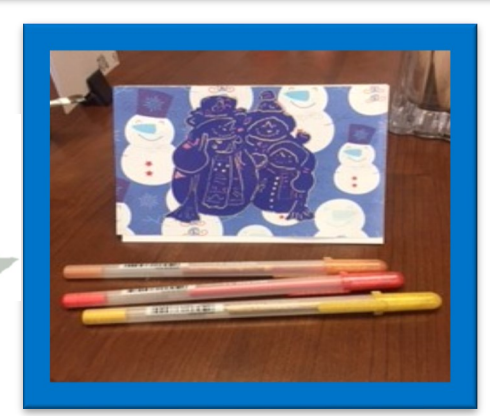
Taking a walk every day can improve overall health and well-being. It can be as simple as you want and may just brighten your day.

Share Your Knowledge or a Skill

People often have the resolution to learn a new skill, but how about teaching one? Everyone has their areas of expertise and what could be nicer than sharing them for free with those who would like to learn?!

Let us know your resolutions! We will post them in the newsletter next month!

Special Moments



What type of creative outlet or artist most inspires you?

"Music of course! Writing songs & photography.

Love taking pictures of my travels"

-Shane

"Elvis Presley"

- Peggy

"I get inspired for my paintings by calendar pictures. Flowers inspire me. I love flowers!"

- Elise

January Highlights

- 1 /1-New Year's Day/Rose Bowl
 1/3 -National Chocolate-Covered Cherry Day
 1/4- Spaghetti Day/Resident Community MTG
 1/5- Whipped Cream Day
 1/6-Shortbread Day Social
 1/8 -Elvis Presley's Birthday
 1/10-Pastrami Day
 1/11- Hot Toddy Day Social
 1/13-Pizza Week Begins
 1/15- Ice Cream Day Social
 1/16-Pizza Day
 1/18-Wine Tasting Happy Hour
 1/19-National Popcorn Day Social
 1/21-Martin Luther King Jr. Day
 1/22-National Hug Day
 1/23-Pie Day Social
 1/25-Irish Coffee Day AM Social
 27 National Chocolate Cake Day
 28 Blueberry Pancake Day
 29 National Corn Chip Day
- 1/30-Croissant Day
 1/31-Inspire your Heart with the Arts Day



We're online @

- ◆ Facebook.com/SouthPointeSeniorLiving
- ◆ Blog.radiantseniorliving.com
- ◆ Radiantsrliving & Radiantvoices on Instagram
- ◆ RadiantSrLiving on Twitter
- ◆ Pinterest.com/radiantsrliving
- ◆ Radiant Senior Living on YouTube

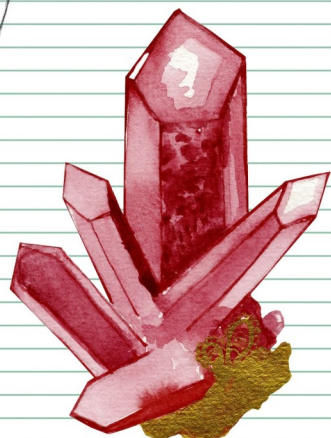


Chuckle of the Month:

"Plant carrots in January and you'll never have to eat carrots." - Gardening Saying

January Birthdays!

January



GARNET

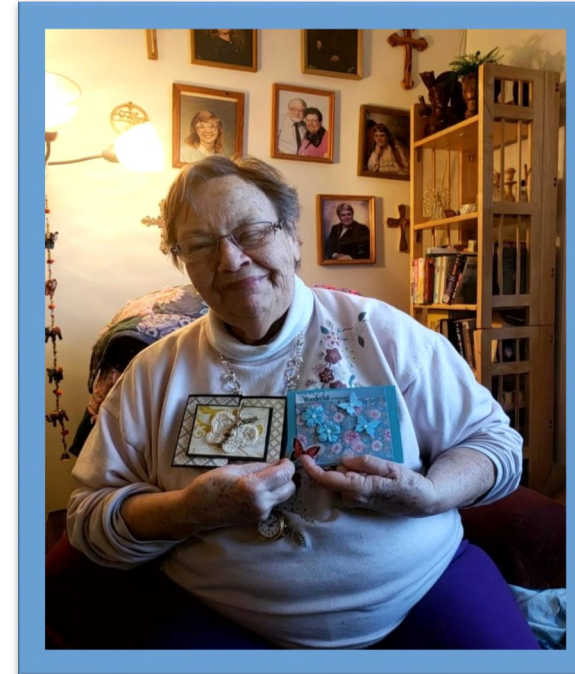
We wish you a very Happy Birthday!

January 14-Rosemarie T.

January 21-Fred D.



Meet South Pointe Resident of the Month! Rose...



Rose was born in Snohomish, WA. Her favorite hobbies are crafting and card/paper crafting. She loves teaching her card making classes here in the community. Rose says her favorite places she lived are, Laos and Thailand. They are beautiful and she met some great neighbors.



South Pointe Staff Member of the Month! Sue Oda



Born in Seoul, South Korea. Lived in Washington for 25 or 26 years. Has two sons age 18 and 20. For fun she likes to internet shop and watch movies.



January 2019

South Pointe 10330 4th Ave. West Everett, Washington 98204

425-513-5645

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Resident Birthdays: 1/14~Rosemarie T. 1/21~Fred D. 		1  Rose Bowl UW Huskies & Ohio State Buckeyes Snacks & Beverages	2 9:00 Puzzles-IN2L 10:00 Sit & Be Fit-IN2L 10:30 Balloon Toss 1:30 Word Search-IN2L 3:00 Church Services 4:00 Karaoke on IN2L 6:00 Classic TV Shows	3 Covered Cherry Day 9:00 Puzzles-IN2L 10:30 Traveling USA-IN2L 1:00 Manicures w/BK 3:00 Audio Books-IN2L 4:00 Hot Tea & Cookie Social 6:00 Games & Puzzles	4 Spaghetti Day 9:00 Puzzles-IN2L 10:00 Resident Community Meeting 11:00 Google Earth-IN2L 2:00 Happy Hour 4:00 Word Games 6:00 Comedy Acts-IN2L	5 Whipped Cream Day 9:00 Puzzles-IN2L 10:30 Sit & Be Fit Exercise 11:00 IN2L Games 1:30 Bingo 4:00 Armchair Travel 6:00 Cards & Puzzles 7:00 Evening Movie
6 Shortbread Day 10:00 Hymn Book Sing Along-IN2L 11:00 Hangman-IN2L 2:30 Church Service 3:30 Shortbread Cookie Social 4:00 Classic TV 6:00 Sunday Movies	7 9:00 Puzzles-IN2L 10:00 Bible Study 10:30 Exercise - IN2L 1:00 Walking Group 3:00 Card Making Class 4:00 Games on IN2L 6:00 Card Games	8 Elvis Presley's Birthday 10:00 Flower Arranging 10:30 Bible Study w/Lilly 1:00 Bingo 2:00 Share Your Story 3:00 Elvis Music 6:00 Card Games	9 9:00 Puzzles-IN2L 10:00 Sit & Be Fit-IN2L 10:30 Balloon Toss 1:30 Word Search-IN2L 3:00 Church Services 4:00 Karaoke on IN2L 6:00 Classic TV Shows	10 Pastrami Sandwiches 9:00 Puzzles-IN2L 10:30 Funny Animals-IN2L 1:00 Manicures w/BK 3:00 Audio Books-IN2L 4:00 Coffee & Cookie Social 6:00 Games & Puzzles	11 Hot Toddy Day 9:00 Puzzles-IN2L 10:00 Sit & Be Fit 11:00 Google Earth-IN2L 2:00 Happy Hour & Hot Toddy's 4:00 Word Games 6:00 Comedy Acts-IN2L	12 9:00 Puzzles-IN2L 10:30 Sit & Be Fit Exercise 11:00 IN2L Games 1:30 Bingo 4:00 Armchair Travel 6:00 Cards & Puzzles 7:00 Evening Movie
13 Pizza Week Begins 10:00 Hymn Book Sing Along-IN2L 11:00 Hangman-IN2L 2:30 Church Service 4:00 Comedy TV 6:00 Sunday Movies	14 Happy Birthday, Rosemarie! 9:00 Puzzles-IN2L 10:00 Bible Study 10:30 Exercise - IN2L 1:00 Walking Group 3:00 Card Making Class 4:00 Games on IN2L 6:00 Card Games	15 Ice Cream Day 10:00 Flower Arranging 10:30 Bible Study w/Lilly 1:00 Bingo 2:00 Ice Cream Social 3:00 Sing Along w/Suzie-IN2L 6:00 Card Games	16 Pizza Day 9:00 Puzzles-IN2L 10:00 Sit & Be Fit-IN2L 10:30 Balloon Toss 1:30 Word Search-IN2L 3:00 Church Services 4:00 Karaoke on IN2L 6:00 Classic TV Shows	17 9:00 Puzzles-IN2L 10:30 Travel Europe-IN2L 1:00 Manicures w/BK 3:00 Audio Books-IN2L 4:00 Hot Chocolate & Cookie Social 6:00 Games & Puzzles	18 A.A Milne's Birthday 9:00 Puzzles-IN2L 10:00 Winne the Pooh Books 11:00 Google Earth-IN2L 2:00 Wine Tasting Happy Hour 4:00 Word Games 6:00 Comedy Acts-IN2L	19 Popcorn Day 9:00 Puzzles-IN2L 10:30 Sit & Be Fit Exercise 11:00 IN2L Games 1:30 Bingo 3:00 Popcorn Time 4:00 Armchair Travel 6:00 Cards & Puzzles 7:00 Evening Movie
20 10:00 Hymn Book Sing Along-IN2L 11:00 Hangman-IN2L 2:30 Church Service 3:30 Coffee Social 4:00 Classic TV 6:00 Sunday Movies	21 Happy Birthday, Fred ! 9:00 Puzzles-IN2L 10:00 Bible Study 10:30 Exercise - IN2L 1:00 Walking Group 3:00 Card Making Class 4:00 Games on IN2L 6:00 Card Games	22 National Hug Day 10:00 Flower Arranging 10:30 Bible Study w/Lilly 1:00 Bingo 2:00 Share Your Story 3:00 Sing Along w/Suzie-IN2L 6:00 Card Games	23 Pie Day 9:00 Puzzles-IN2L 10:00 Sit & Be Fit-IN2L 10:30 Balloon Toss 1:30 Word Search-IN2L 3:00 Church Services 3:30 Pie Social 4:00 Karaoke on IN2L 6:00 Classic TV Shows	24 9:00 Puzzles-IN2L 10:30 Traveling Hawaii-IN2L 1:00 Manicures w/BK 3:00 Audio Books-IN2L 4:00 Hot Tea & Cookie Social 6:00 Games & Puzzles	25 Irish Coffee Day 9:00 Puzzles-IN2L 10:00 Irish Coffee Social 11:00 Google Earth-IN2L 2:00 Wine Tasting Happy Hour 4:00 Word Games 6:00 Comedy Acts-IN2L	26 9:00 Puzzles-IN2L 10:30 Sit & Be Fit Exercise 11:00 IN2L Games 1:30 Bingo 4:00 Armchair Travel 6:00 Cards & Puzzles 7:00 Evening Movie
27 Chocolate Cake Day 10:00 Hymn Book Sing Along-IN2L 11:00 Hangman-IN2L 2:30 Church Service 3:30 Chocolate Cake Social 4:00 Comedy TV 6:00 Sunday Movies	28 Blueberry Pancake Day 9:00 Puzzles-IN2L 10:00 Bible Study 10:30 Exercise - IN2L 1:00 Walking Group 3:00 Card Making Class 4:00 Games on IN2L 6:00 Card Games	29 Corn Chip Day 10:00 Flower Arranging 10:30 Bible Study w/Lilly 1:00 Bingo 2:00 Share a Story & Corn Chips 3:00 Sing Along w/Suzie-IN2L 6:00 Card Games	30 9:00 Puzzles-IN2L 10:00 Sit & Be Fit-IN2L 10:30 Balloon Toss 1:30 Word Search-IN2L 3:00 Church Services 4:00 Karaoke on IN2L 6:00 Classic TV Shows	31 9:00 Puzzles-IN2L 10:30 Traveling Ireland-IN2L 1:00 Manicures w/BK 3:00 Audio Books-IN2L 4:00 Cookie Social 6:00 Games & Puzzles		