



10330 4th Ave. West
Everett, WA 98204

PLACE
STAMP
HERE



Administrative Team:

Loretta Kreeger
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Kate Jones
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Loretta Kreeger
Community Relations Director

Loretta Kreeger
Wellness Director

Hilda Cole
Wellness Nurse

Sherri Bryant
Dining Services Director
Robert Foxley
Asst. Maintenance Director
Casey Bolex
Life Enrichment 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 News

Independent & Assisted Living Newsletter



February 2019

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Show Yourself Some Love: Prioritize Heart Health

The month of cupid, candy, and hearts isn't just about love, but also about showing yourself you care by prioritizing your heart health. February has been associated with hearts since Valentines were mass produced in the United States in 1847. In addition, since 1963, February has also been designated American Heart Month in the U.S.



each week—That's just around 20 minutes per day! Aerobic activity should be done in bouts of at least 10 minutes.

Eat Better

Is the way to your heart through your stomach? The Mayo Clinic recommends eating more vegetables and

fruits as they have substances that may help cardiovascular health. They also recommend whole grains such as whole-grain bread and high-fiber cereals. Monitoring sodium is also important. Items high in salt include tomato juice, soy sauce, and many prepared foods.

Manage Cholesterol

Getting active and eating better will go a long way in helping you achieve this final suggestion for better heart health, managing cholesterol! The first step in improving cholesterol is to seek out a medical professional to find your levels for both cholesterol types. If your bad cholesterol (LDL) is high, make sure to have a health professional help you to monitor it.

Give yourself a Valentine this February with a commitment to improving your overall heart health!

Note: Each individual should follow their medical professional or doctor's advice and speak with them before making diet or exercise changes.

In his Proclamation 3566, former President Lyndon B. Johnson called out a "nationwide problem of heart and blood-vessel diseases" and urged citizens to support programs toward a solution to the problem of heart disease.

Heart disease can be fought. The first step is knowing risks that lead to poor heart health, which include: high blood pressure, high cholesterol, smoking, diabetes, obesity, being overweight, following a poor diet, physical inactivity, and excessive alcohol use.

In addition to quitting smoking and decreasing excessive alcohol consumption, actions can be taken to reduce such risks.

Get Active

Getting out for a daily walk is not only good for mental health and weight management, but also for heart health! The World Health Organizations says adults over 65 should do at least 150 minutes of moderate-intensity aerobic physical activity

Special Moments



The Sweetest Acts of Kindness We've Seen

"Say hello to someone that is sitting alone" - Peggy S

"Pushing someone in a wheel chair" - Linda

"Resident helping other Residents" -Loretta

"Say Thank you" - Bonnie

"Giving someone a ride to Church" -Margaret

"My son offering help to a neighbor bringing in groceries" -Casey

February 17 celebrates Random Acts of Kindness!

February Highlights

- 1 Resident Community Meeting 10:00am

1 Cottage Resident Meeting 1:30am

2 Groundhog Day

4 Card Making with Rose

7 Pasta Bar at Dinner!

7 Outing: Dollar Tree

9 Happy Birthday Linda & Peggy M.

10 Sunday Brunch

13 Dietary Meeting w/ Chef Sherri

13 Valentine's Dance!

14 Valentine's Day Dinner

15 Susan B. Anthony Day

17 Random Acts of Kindness Day

18 President's Day

19 Chocolate Mint Day

20 Cherry Pie Day

20 Love Your Pets Day

21 Outing: Walmart

22 George Washington's Birthday

22 February Birthday Party!

24 Tortilla Chip Day
- 26 Maintenance Meeting w/ Robert

27 Lunch out: Alfies Pizza

28 Outing: Ross

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

Oh Special Wintry Days:
"Winter came down to our home one night
Quietly pirouetting in on silvery-toed slippers of snow,
And we, we were children once again."
- Bill Morgan, Jr.

February Birthdays!



We wish you
a very Happy Birthday!

Linda Clayton, 02/09
Peggy Marcellussen, 02/09
Kelle Hillard, 02/13

Welcome our new
Maintenance Director Robert
Foxley!

Robert Has over 50 years
experience in the
Maintenance field and when
he isn't fixing things or
changing light bulbs he likes
to go fishing in Republic,
Washington



Team Member of the Year!
Kate Jones

Kate is AWESOME at her job
as Assistant Executive
Director.

Kate not only knows how to
do her job well, she excels at
teaching others how to play
the violin. Kate also plays the
violin and is a member of
the Olympia Symphony.

We are very happy to have
Kate on our team!

February 2019

South Pointe • 10330 4th Ave. West Everett, Washington 98204 • 425-513-5645

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>Resident Birthdays:</u> Linda Clayton 02/09 Peggy Marcelliussen 02/09					¹ 9:00 Jukebox Oldies 10:00 Resident Community Meeting 12:30 Name That Face 2:00 Sip & Painting Pets w/ Alix 4:00 Happy Hour 6:00 Little Rascals-	² 9:00 Jukebox Oldies 10:00 Morning Exercise 10:30 Ball Toss 1:00 Bingo w/ Tom 2:00 Ice Cream Social 2:15 Matinee Movie 6:00 Western Movie
³ 9:00 Jukebox Oldies 10:00 Sit & Be Fit-IN2L 2:30 Church Service 3:00 Creative Coloring 4:00 Classic TV 6:00 Evening Movie National Carrot Cake Day	⁴ 9:00 Jukebox Oldies 10:00 Bible Study 10:45 Sit & Be Fit- IN2L - 3:00 Card Making Class with Rose 4:00 Jukebox Oldies 6:00 Cards & Checkers	⁵ 9:00 Morning Exercise 10:00 Flower Arranging 10:00 Bible Study 12:30 Armchair Travel 1:00 Bingo w/ Tom 3:00 Rick Steves-IN2L 6:00 Cards/ Puzzles Doctor Appointments	⁶ 9:00 Jukebox Swing 10:00 Morning Exercise 10:30 Ball Toss 11:00 Lunch Out-Ivar's 3:00 Church 4:00 Coffee& Cookies 6:00 Evening Movie	⁷ 9:00 Jukebox Oldies 10:00 Morning Exercise 10:30 Current Events 12:30 Hand Care 2:00 Outing: Dollar Tree 4:00 Armchair Travel 6:00 Classic TV Shows	⁸ 9:00 Jukebox Oldies 10:00 Morning Exercise 10:30 Current Events 12:30 How to make it! 2:00 Happy Hour 4:00 Family Feud -IN2L 6:00 Andy Griffith Show-IN2L	⁹ 9:00 Jukebox Oldies 10:00 Morning Exercise 10:30 Trivia -IN2L 1:00 Bingo w/ Tom 2:00 Mystery Drive 4:00 V-day Craft 6:00 Western Movie
¹⁰ 9:00 Family Brunch 9:00-1:00pm 10:00 Sit & Be Fit-IN2L 2:30 Church Service 3:00 Creative Coloring 4:00 Classic TV 6:00 Evening Movie National Umbrella Day	¹¹ 9:00 Puzzles-IN2L 10:00 Bible Study 10:45 Sit & Be Fit- IN2L 1:00 Walking Group 3:00 Card Making Class 4:00 Jukebox Oldies 6:00 Cards & Checkers	¹² 9:00 Morning Exercise 10:00 Flower Arranging 10:00 Bible Study 12:30 Trivia-IN2L 1:00 Bingo w/ Tom 3:00 Rick Steves-IN2L 6:00 Cards/ Puzzles Doctor Appointments	¹³ 9:00 Morning Exercise 10:00 Dietary Meeting 1:00 Valentines Day Dance Party! 3:00 Church 4:00 Surfing the Web 6:00 Evening Movie	¹⁴ 9:00 Jukebox Oldies 10:00 Morning Exercise 10:30 Current Events 12:30 Outing: Target 2:00 Matinee Movie 5:00 Valentine's Day Dinner Happy Valentines Day!	¹⁵ 9:00 Jukebox Oldies 10:00 Morning Exercise 10:30 Name That Face 2:00 Rock Painting 4:00 Armchair Travel 6:00 Beverly Hillbillies-IN2I	¹⁶ 9:00 Hand Care 10:00 Morning Exercise 10:30 Trivia -IN2L 1:00 Bingo- w/ Tom 3:15 Sing Along 4:00 Creative Coloring 6:00 Western Movie
¹⁷ 9:00 Jukebox Oldies 10:00 Sit & Be Fit-IN2L 2:30 Church Service 3:00 Creative Coloring 4:00 Classic TV 6:00 Evening Movie National Cabbage Day	¹⁸ 9:00 Puzzles-IN2L 10:00 Bible Study 10:45 Sit & Be Fit- IN2L 1:00 Walking Group 3:00 Card Making Class 4:00 Jukebox Oldies 6:00 Cards & Checkers Presidents Day	¹⁹ 9:00 Morning Exercise 10:00 Flower Arranging 10:00 Bible Study 12:30 Armchair Travel 1:00 Bingo w/ Tom 3:00 Rick Steves-IN2L 6:00 Cards/ Puzzles Doctor Appointments	²⁰ 9:00 Jukebox Swing 10:00 Morning Exercise 10:30 Balloon Toss 12:30 Drive- Bothell 3:00 Church 4:00 Millionaire-IN2I 6:00 Evening Movie	²¹ 9:00 Jukebox Oldies 10:00 Morning Exercise 10:30 Current Events 12:30 Hand Care 2:00 Outing: Walmart 4:00 Armchair Travel 6:00 Classic TV Shows	²² 9:00 Jukebox Oldies 10:00 Morning Exercise 10:30 Name That Face 2:00 Family Feud: IN2L 3:00 Birthday Party: Music by Ted Pickett 6:00 Dick Vandyke Show- IN2I	²³ 9:00 Jukebox Oldies 10:00 Morning Exercise 10:30 Trivia -IN2L 12:30 Banana Bread 101 1:00 Bingo w/ Tom 2:00 Banana Bread Social 4:00 Armchair Travel-IN2L Banana Bread Day
²⁴ 9:00 Jukebox Oldies 10:00 Sit & Be Fit-IN2L 2:30 Church Service 3:00 Creative Coloring 4:00 Classic TV 6:00 Evening Movie National Tortilla Chip Day	²⁵ 9:00 Puzzles-IN2L 10:00 Bible Study 10:45 Sit & Be Fit- IN2L 1:00 Walking Group 3:00 Card Making Class 4:00 Jukebox Oldies 6:00 Cards & Checkers	²⁶ 9:00 Morning Exercise 10:00 Maintenance Meeting 10:00 Bible Study 1:00 Bingo w/ Tom 3:00 Rick Steves-IN2L 6:00 Cards/ Puzzles Doctor Appointments	²⁷ 9:00 Jukebox Swing 10:00 Morning Exercise 10:30 Current Events 11:30 Lunch Out- Alfies 3:00 Church 4:00 Millionaire-IN2I 6:00 Evening Movie	²⁸ 9:00 Jukebox Oldies 10:00 Morning Exercise 10:30 Current Events 12:30 Hand Care 2:00 Outing; Ross 4:00 Armchair Travel 6:00 Classic TV Shows	February 1st Cottage Meeting 11:30 AM IN2L Room	