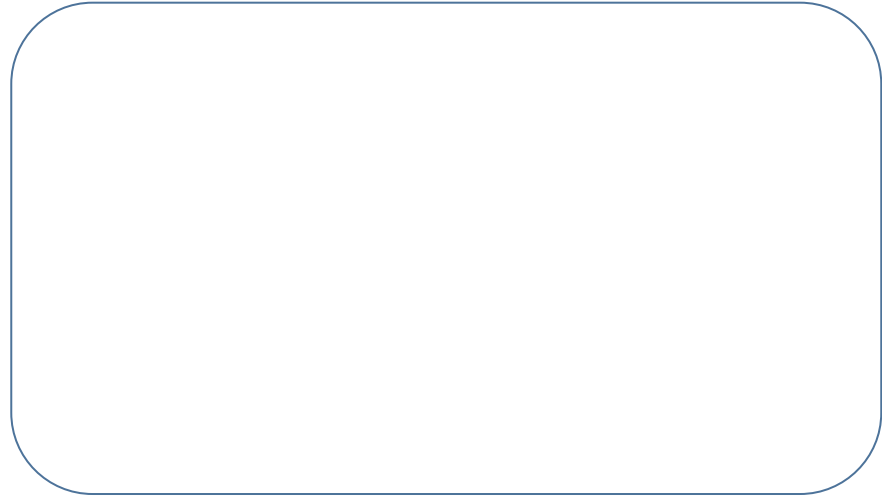




10330 4th Ave. West
Everett, WA 98204

PLACE
STAMP
HERE



Administrative Team:

Cynthia Graham

Executive Director

Teresa Carver

Business Office Director

Cynthia Graham

Community Relations Director

Stephanie Noto

Wellness Director

Dolly Jett

Wellness Nurse

Sherri Bryant

Dining Services Director

Robert Foxley

Maintenance Director

Casey Bolex

Life Enrichment Director

Contact us at:

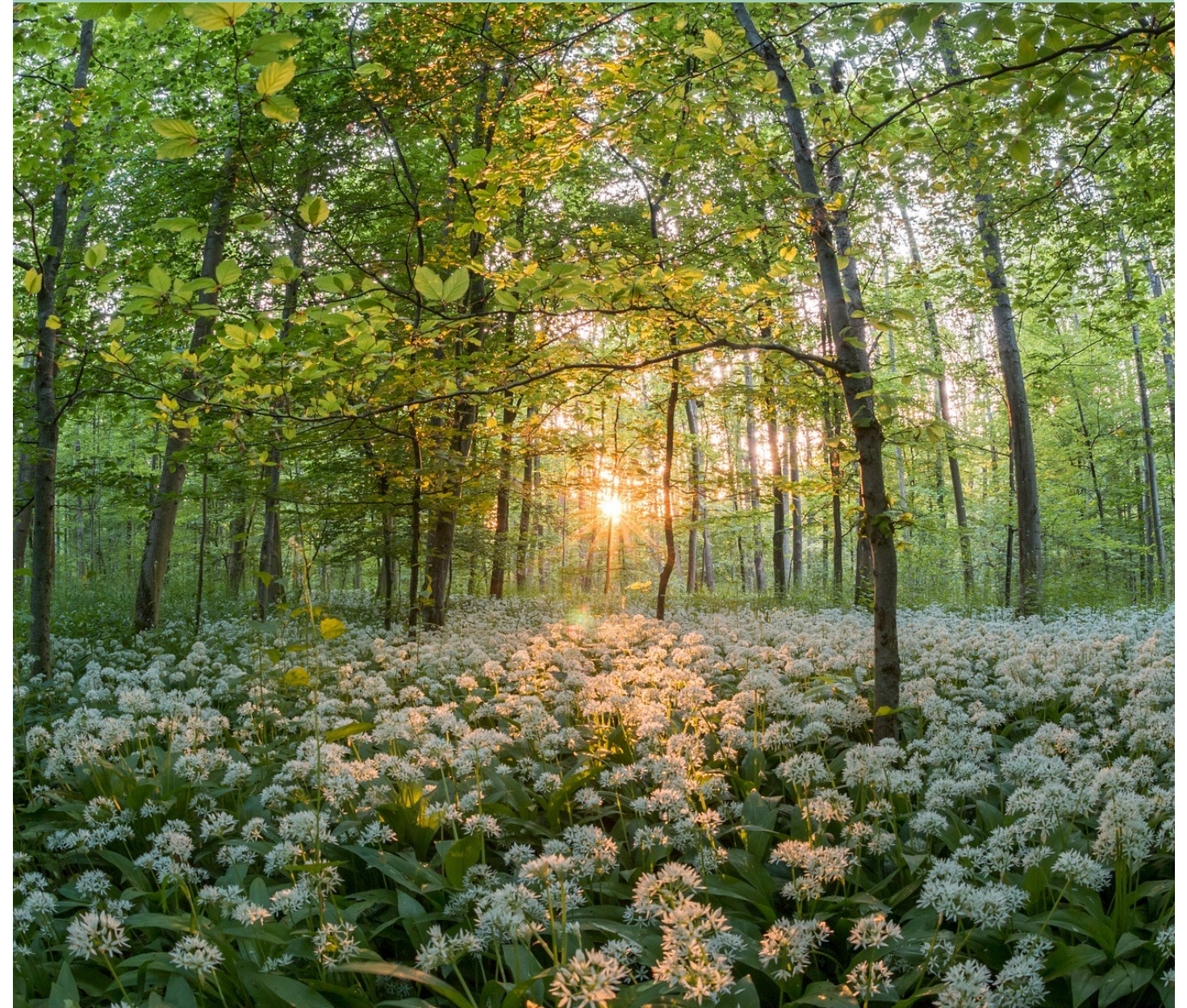
425-513-5645



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

South Pointe News

Independent & Assisted Living Newsletter



March 2019

2 Senior Eye Wellness
3 Resident/Team Spotlight
4/5 Activities Calendar

6 Highlights, Social Media, Birthdays
7 Special Moments & Spring Joys
8 Mission & Team

Senior Eye-Condition Awareness & Wellness Tips

At times, we may find details in the scenery we love may be dulling, or written words we read may be blurring. Changes like these can be frustrating. Fortunately, there are ways to proactively manage eye health and ensure precautions and/or treatments are in place for best vision!

One of the best ways to stay on top of eye health is to have annual eye exams. Practicing precautionary measures through lifestyle is also important. People with diabetes, high blood pressure, or who take medications that affect eyes are at higher risk for vision problems.

Lifestyle recommendations from the National Eye Institute include: eating a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields when appropriate; avoiding smoking; reducing eyestrain by looking 20 feet before you for 20 seconds every 20 minutes if you use screens often; and cleaning hands regularly to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms that may affect seniors is also helpful toward eye wellness.

Four Eye Issues That Can Affect Seniors:

- **Dry eye** is a common issue for seniors, in which not enough tears or quality tears are made, and poor vision may result.
- **Age-related macular degeneration** is an issue that causes central vision loss, but



does not affect side vision. The macula of the eye allows people to see fine details and colors, so when it is affected, activities such as reading, watching movies, and recognizing faces could be challenging.

- **Cataracts** are cloudy areas that occur in the eye lens (usually in both eyes, to different degrees) that can cause blurry vision, poor contrast awareness, dulled colors, and extra sensitivity to glare.
- **Glaucoma** is a group of eye issues

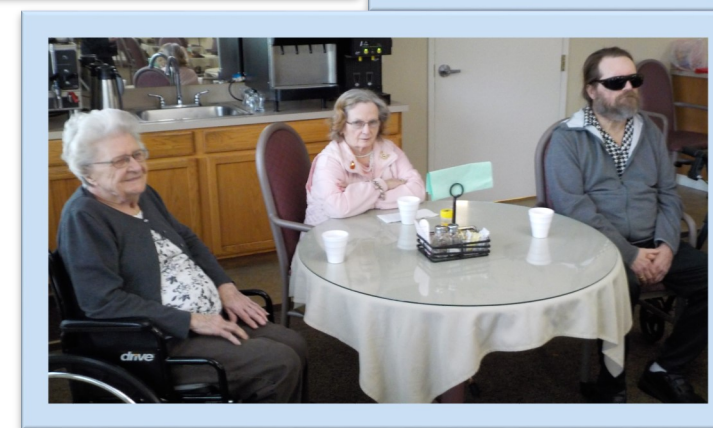
which damage the optic nerve and in time can take away side vision. While glaucoma is often painless and has no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. Prescription devices are also available, like spectacle-mounted magnifiers that aid in close-up tasks; hand-held or spectacle-mounted telescopes that help near and far vision; handheld and stand magnifiers that assist with short-term reading; and video magnification that enlarges items on video.

This has been just a glimpse into eye wellness. For more info, visit aoa.org online.

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

Special Moments



Our Favorite Things About Spring!

"Warmth" - Edith

"Bright spring sun"- Anja

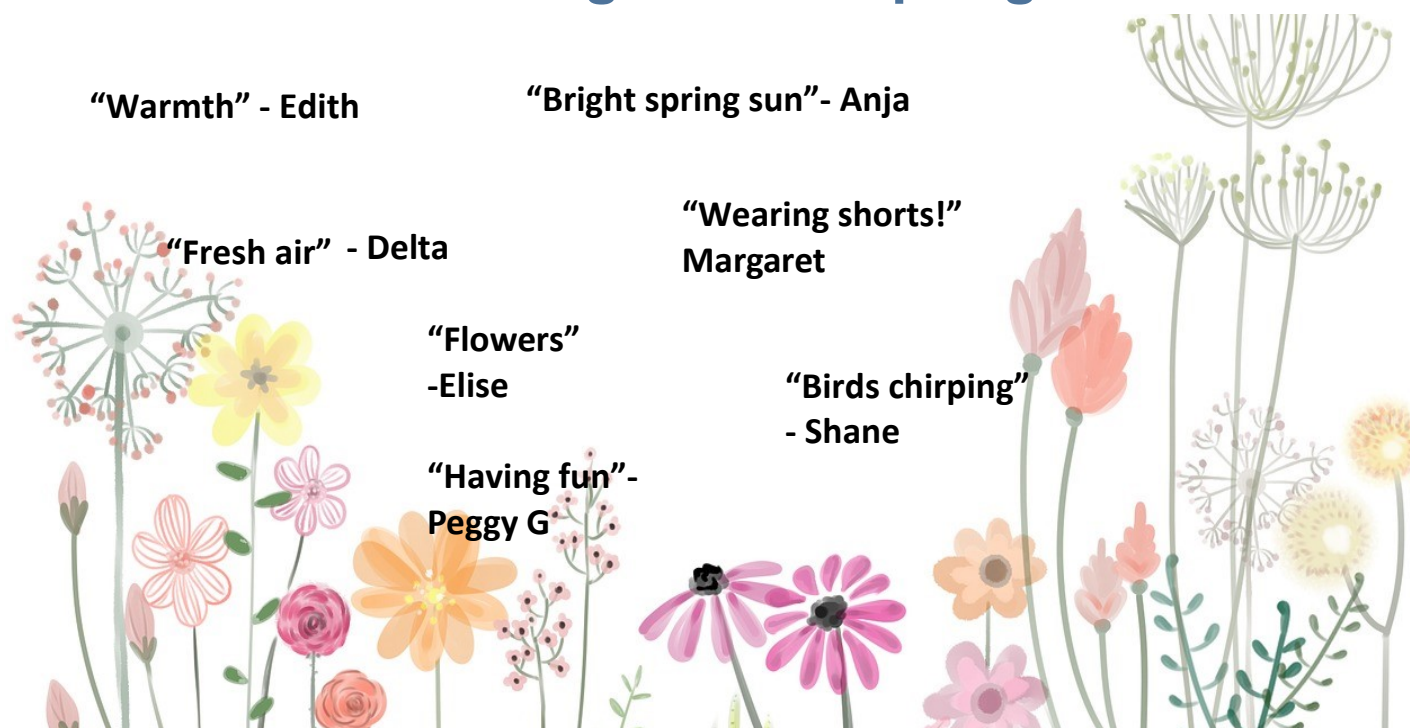
"Fresh air" - Delta

"Wearing shorts!"
Margaret

"Flowers"
-Elise

"Birds chirping"
- Shane

"Having fun"-
Peggy G



March Highlights

- 1 Resident Community Meeting
- 2 Banana Cream Pie Day
- 3 I Want You to be Happy Day
- 4 Pound Cake Day, Marching Music Day
- 5 Fat Tuesday, Pancake Day
- 6 Ash Wednesday, Oreo Day
- 6 Lunch Out: Everett Mall Food Court
- 8 Performance by: Doug Williams
- 9 Meatball Day
- 10 Blueberry Popover Day
- 11 Chef Sherri's Birthday!
- 12 Plant a Flower Day
- 13 Dietary Meeting w/ Chef Sherri
- 14 Kid's Craft Day, Potato Chip Day
- 15 Pears Helene Day
- 16 Artichoke Hearts Day, Panda Day
- 17 St. Patrick's Day
- 18 Sloppy Joe Day, Lacy Cookies Day
- 19 Let's Laugh Day, Poultry Day
- 20 Spring Begins, Angle of the winds
- 21 French Bread Day, Courtesy Day



- 22 Birthday Party Celebration!
- 23 Chip Dip Day, Melba Toast Day
- 24 Chocolate Covered Raisins Day
- 26 Maintenance Meeting
- 28 Something on a Stick Day
- 29 Vietnam War Veteran's Day
- 30 Take a Walk in the Park Day
- 31 Crayon Day, Taters 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

**Happy St. Patrick's Day everyone! Take note:
"Never iron a four-leaf clover because
you don't want to press your luck!"**

March Birthdays!

march



AQUAMARINE

**Happy Birthday Chef Sherri
03/11**

**Thank you
Open Door
Worship for
volunteering
your time
for our
residents!**



Staff News! Stephanie Noto

**Congratulations Stephanie on
becoming our new Wellness
Director!**

**Stephanie has over 30 years of
experience in healthcare! In
her spare time, she enjoys
hiking, fishing, and kayaking,
as well as spending time with
her family and pets!**



Staff Spotlight! Teresa Carver

**Please welcome our new
Business Office Director!
Teresa has worked in Real
Estate as a Business
Manager for over 18 years
and comes to us with a
wealth of knowledge and
excitement. In her free time,
she enjoys her son, two
daughters, grandchildren,
and her Golden Retriever.**



March 2019

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>March 31</p> <p>10:00 Hymn's: IN2L 11:00 Sit & Be Fit: IN2L 2:30 Church Service 3:30 Armchair Travel IN2L– Germany 4:00 Classic TV 6:00 Sunday Movie National Crayon Day</p>		<p>Doctor Appointment Bus Rides Every Tuesday! 9:00-2:00pm</p>			<p>1</p> <p>9:00 Music Videos 10:00 Resident Meeting 11:00 Morning Exercise 2:00 Happy Hour 2:15 Casino Games 4:00 Funny Videos 6:00 Movie Night w/ Popcorn & Coca-Cola</p>	<p>2</p> <p>9:00 Jukebox Oldies 10:00 Morning Exercise 10:30 Ball Toss 11:00 Craft: St. Patty's Door Decor 1:00 Bingo w/ Tomas 6:00 Cards & Puzzles Banana Cream Pie Day!</p>
<p>3</p> <p>10:00 Hymn's: IN2L 11:00 Sit & Be Fit: IN2L 2:30 Church Service 3:30 Armchair Travel IN2L– Denmark 4:00 Classic TV 6:00 Sunday Movie National Anthem Day</p>	<p>4</p> <p>9:00 Jukebox Oldies 10:00 Bible Study 11:00 Sit & Be Fit: IN2L 2:30 Card Making w/ Rose 4:00 Creative Coloring 6:00 Classic TV</p>	<p>5</p> <p>10:00 Bible Study 10:00 Flower Arranging 10:30 Coffee Klatch w/ Cynthia 1:00 Bingo w/ Tom 4:00 Life Enrichment Meeting w/ Casey 6:00 Evening Movie</p>	<p>6</p> <p>10:00 Morning Exercise 11:00 Family Feud: IN2L 11:30 Lunch Out: Everett Mall Food Court 2:00 Armchair Travel 3:00 Church Service 6:00 Classic TV: IN2L</p>	<p>7</p> <p>9:00 Jukebox Oldies 10:00 Morning Exercise 10:30 Ball Toss 11:00 Funny Animals 1:00 Hand Care 2:00 Root Beer Floats 4:00 Craft: Button Tree 6:00 Movie Night</p>	<p>8</p> <p>9:00 Music Videos 10:00 Morning Exercise 10:30 Ball Toss 11:00 Talented Kids:IN2L 2:30 Happy Hour w/ Doug Williams 4:00 Armchair Travel 6:00 Cards & Puzzles</p>	<p>9</p> <p>9:00 Jukebox Oldies 10:00 Morning Exercise 10:30 Ball Toss 11:00 Game Time:IN2L 1:00 Bingo w/ Tomas 2:00 Scenic Drive– Shoreline 6:00 Cards & Puzzles</p>
<p>10</p> <p>9:00 Family Brunch 10:00 Hymn's: IN2L 11:00 Sit & Be Fit: IN2L 2:30 Church Service 3:30 Armchair Travel IN2L– Peru 4:00 Classic TV 6:00 Sunday Movie</p>	<p>11</p> <p>9:00 Jukebox Oldies 10:00 Bible Study 11:00 Sit & Be Fit: IN2L 2:30 Card Making w/ Rose 4:00 Creative Coloring 6:00 Classic TV</p>	<p>12</p> <p>10:00 Flower Arranging 10:00 Bible Study 10:30 Coffee Klatch w/ Teresa 1:00 Bingo w/ Tom 2:00 Rick Steve's: IN2L 4:00 Trivia: IN2L 6:00 Evening Movie</p>	<p>13</p> <p>9:00 Jukebox Oldies 10:00 Dietary Meeting w/ Chef Sherri 11:00 Morning Exercise 1:00 Shopping: Fred Meyer 3:00 Church Service 6:00 Classic TV:IN2L</p>	<p>14</p> <p>9:00 Jukebox Oldies 10:00 Morning Exercise 10:30 Ball Toss 11:00 Funny Kids 1:00 Hand Care 2:00 Mystery Drive 4:00 Armchair Travel 6:00 Movie Night</p>	<p>15</p> <p>9:00 Music Videos 10:00 Morning Exercise 10:30 Ball Toss 1:00 Leprechaun Tales 4:00 St Patty's Happy Hour 6:00 Cards & Puzzles</p>	<p>16</p> <p>9:00 Jukebox Oldies 10:00 Morning Exercise 10:30 Ball Toss 11:00 Game Time: IN2L 1:00 Bingo w/ Tomas 2:00 Rick Steve's 6:00 Cards & Puzzles National Panda Day</p>
<p>17</p> <p>10:00 Hymn's: IN2L 11:00 Sit & Be Fit: IN2L 2:30 Church Service 3:30 Armchair Travel IN2L– Holland 4:00 Classic TV 6:00 Sunday Movie Happy St. Patrick's Day</p>	<p>18</p> <p>9:00 Jukebox Oldies 10:00 Bible Study 11:00 Sit & Be Fit: IN2L 2:30 Card Making w/ Rose 4:00 Creative Coloring 6:00 Classic TV</p>	<p>19</p> <p>10:00 Flower Arranging 10:00 Bible Study 10:30 Coffee Klatch w/ Cynthia 1:00 Bingo w/ Tom 4:00 Family Feud: IN2L 6:00 Evening Movie IN2L</p>	<p>20</p> <p>10:00 Outing & Lunch Angle of the Winds 10:30 Sit & Be Fit:IN2L 1:00 Matinee Movie:IN2L 3:00 Church & Cookies 4:00 Armchair Travel 6:00 Cards & Puzzles Spring Begins!</p>	<p>21</p> <p>9:00 Jukebox Oldies 10:00 Morning Exercise 10:30 Ball Toss 11:00 Funny Videos 1:00 Hand Care 2:00 Root Beer Floats 4:00 Armchair Travel 6:00 Movie Night</p>	<p>22</p> <p>9:00 Music Videos 10:00 Morning Exercise 10:30 Ball Toss 11:00 Talented Kids:IN2L 2:00 Happy Hour w/ Performance By: Guy Johnson!! 4:00 Armchair Travel</p>	<p>23</p> <p>9:00 Jukebox Oldies 10:00 Morning Exercise 10:30 Ball Toss 11:00 Craft: Creative Rock Painting 1:00 Bingo w/ Tomas 6:00 Cards & Puzzles National Chip & Dip Day</p>
<p>24</p> <p>10:00 Hymn's: IN2L 11:00 Sit & Be Fit: IN2L 2:30 Church Service 3:30 Armchair Travel IN2L– France 4:00 Classic TV 6:00 Sunday Movie Chocolate Raisin Day</p>	<p>25</p> <p>9:00 Jukebox Oldies 10:00 Bible Study 11:00 Sit & Be Fit: IN2L 2:30 Card Making w/ Rose 4:00 Creative Coloring 6:00 Classic TV</p>	<p>26</p> <p>10:30 Coffee Klatch 11:00 Maintenance Meeting w/ Robert 1:00 Bingo w/ Tom 2:00 Armchair Travel 4:00 Hot Chocolate Social 6:00 Evening Movie</p>	<p>27</p> <p>9:00 Jukebox Oldies 10:00 Morning Exercise 11:00 Funny Animals 1:00 Outing: Library 3:00 Church 4:00 TED Talk: IN2L 6:00 Movie Time: Pop Corn and Coca-Cola</p>	<p>28</p> <p>9:00 Jukebox Oldies 10:00 Morning Exercise 10:30 Ball Toss 11:00 Funny Birds 1:00 Hand Care 2:00 Mystery Drive 4:00 Armchair Travel 6:00 Movie Night</p>	<p>29</p> <p>9:00 Music Videos 10:00 Morning Exercise 10:30 Ball Toss 2:00 Sip & Painting Pets w/ Alix 4:00 Funny Videos 6:00 Movie Night w/ Popcorn & Coca-Cola</p>	<p>30</p> <p>9:00 Jukebox Oldies 10:00 Morning Exercise 10:30 Ball Toss 11:00 Craft: Creative Rock Painting 1:00 Bingo w/ Tomas 6:00 Cards & Puzzles National Pencil Day</p>