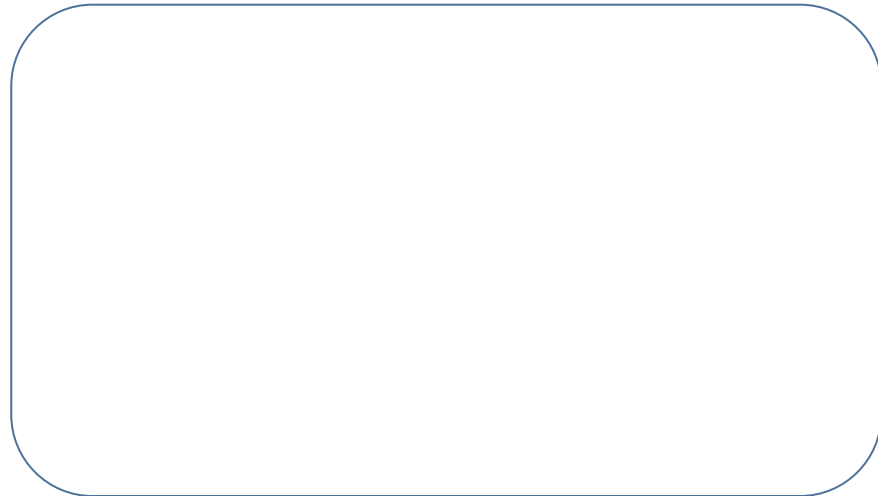




10330 4th Ave. West
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PLACE
STAMP
HERE



Administrative Team:

Cynthia Graham
Executive Director
Teresa Carver
Business Office Director
Stefanie Noto
Wellness Director
Dolly Jett
Wellness Nurse
Sherri Bryant
Dining Services Director
Robert Foxley
Maintenance Director
Casey Bolex
Life Enrichment Director

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

South Pointe News

Independent & Assisted Living Newsletter



April 2019

2 Gardening Benefits
3 Resident/Team Spotlight
4/5 Activities Calendar

6 Highlights, Social Media, Birthdays
7 Special Moments & Animal Haikus
8 Mission & Team

Gardening Benefits for Health & The Environment Unearthed

Spring is here and it's a joyous time for those with green thumbs who have been waiting for the gardening season to begin. As it happens, there is a lot in the garden that is beneficial for health and the environment.

Dig Into Better Health

Gardening positively impacts wellness in various ways.:

- **It relieves stress.** Gardening can lower cortisol levels that cause stress and increase blood pressure. It also increases serotonin, which helps people feel happy.
- **Friendly bacteria in the soil can boost immunity.** It may particularly help against asthma.
- **It provides great exercise.** It is low-impact and can be comfortable work with the right padding or protective gear, but it takes energy, and the elements can make it more challenging.
- **It involves hand-eye coordination and sensory intake.** Both of these factors can positively affect cognition.
- **It presents opportunities for a sense of community.** Socializing among friends while gardening can be so much fun.
- **It encourages outside activity.** For some, gardening is the best reason to head outside and enjoy sunshine and the environment (albeit with proper sun protection).
- **It is an ongoing activity that can extend**



beyond the garden for learning. Why not make predictions for when plants may sprout up and see who comes closest? Or learn about what to grow when and where, and share those techniques,

Impact the Planet

Gardening also benefits the environment, and no act is too small toward making our world a better place.

- **It can help with pollution.** In large-scale harvesting of fruits and vegetables, pollution typically results. The transportation of those goods also causes pollution. It may seem a small step, but gardening at one's home or in the community influences the big picture.
- **It can reduce the size of landfills.** This is possible when people compost garden waste rather than sending everything to the landfill when it's gone bad.
- **Plants in the garden take in CO2 and release oxygen,** improving air quality.
- **It helps local habitats of insects and animals** which play important roles in our environment (like bees pollinating).
- **Plants and mulch can hold soil in place and reduce erosion,** and keep sediment out of waterways, drains, and roads.

These are just some of the benefits that gardening can bring! This Spring and Summer, give gardening a try and share the benefits with others.

Fun times with great friends



Haikus about the nature around us

"The sun is shining
Feels like summer but its
spring
We are so happy"
- Peggy S.

"I love all creatures
They make it a purr-fect day
Now lets take a nap"
- Shane

*April celebrates animals and
haikus so we paired the two!
The haiku is a Japanese verse.
Line one has 5 syllables, line 2
has 7 syllables, and line three
has 5 syllables.*

"Blue sky with white clouds
Birds are chirping every-
where
Such a happy sound"
- Peggy S.

"Morning woodpecker
He's loud as a jackhammer
Natures alarm clock"
- Casey

"Blue birds and brown birds
Black birds and white birds fly
by
The pigeon cooing "
- Anonymous

April Highlights

April is Poetry Month, Stress Awareness Month, Humor Month, and Gardening Month

- 1 April Fool's Day
- 2 Peanut Butter & Jelly Day
- 3 Lunch out: El Paraiso & Steve's Birthday!
- 4 Walk Around Things Day
- 5 Deep Dish Pizza Day
- 6 Caramel Popcorn Day
- 7 Handmade Day
- 8 Zoo Lover's Day
- 9 Antiques Day
- 10 Encourage Young Writers' Day
- 11 Outing: Trader Joe's
- 12 Grilled Cheese Day
- 13 Scrabble Day
- 14 Dolphin Day
- 15 Take a Guess Day
- 16 Eggs Benedict Day
- 17 Haiku Poetry Day
- 18 High Five Day
- 19 Good Friday & Doug Williams

- 20 Lookalike Day
- 21 Easter
- 22 Earth Day
- 23 Picnic Day
- 24 Pigs in Blanket Day
- 25 Outing; Tulip Town
- 26 Arbor Day
- 27 Babe Ruth Day
- 28 Read Poetry Day
- 29 Shrimp Scampi Day
- 30 Oatmeal Cookie 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

Why are people exhausted on April 1st?
Because they just finished a 31-day March!

April Birthdays!



Have a Very Happy Birthday!

Steve 4/3
Teresa 4/26
Stefanie 4/27

Please join us on April 25th! We will be going to Tulip Town in beautiful Mount Vernon! We will be leaving South Pointe at 9:30 AM . Please Sign up, seats will fill up fast!

Music Magic! Doug Williams

We see a lot of different performers here at South Pointe, but no one is as loved as Doug Williams! Doug's great voice, guitar playing skills and love of music doesn't just get his body moving, it gets the whole building moving and grooving!

Doug works the room and sings to everyone and brings smiles to everyone's faces!



Exercise Time!

Exercise is one of the most important thing besides eating healthy that we can do for our bodies. We have so much fun in the mornings hitting and kicking our giant balloon that it hardly feels like a great workout but it definitely is!! Keep up the hard work everyone!

April 2019

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

	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 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 Armchair Travel <i>April Fool's Day!</i>	2 9:00 Music Videos: IN2L 10:30 Coffee Klatch w/ Cynthia 10:30 Bible Study 11:00 Flower Arranging 1:00 Bingo w/ Tom 3:00 Armchair Travel 6:00 Cards & Puzzles	3 9:00 Jukebox Oldies 10:00 Morning Exercise 11:00 Lunch Out: Mexican EL Paraiso 1:00 Armchair Travel: IN2L 3:00 Church Service 4:00 Lemonade Social 7:15 Special Easter Church Service	4 9:00 Jukebox Oldies 10:00 Morning Exercise 11:00 Family Feud: IN2L 1:00 Scenic Drive 3:00 Hand Care 3:15 Armchair Travel:IN2L 6:00 Movie Time: IN2L	5 9:00 Music Videos:IN2L 10:00 Resident Meeting 11:00 Morning Exercise 2:30 Happy Hour w/ Performance by Bernie S. 2:15 Family Feud 3:00 Creative Art w/ Beads & Buttons	6 9:00 Music Videos:IN2L 10:00 Morning Exercise 10:30 Balloon Toss 11:00 Trivia: IN2L 2:00 Walk Outside 2:30 Saturday Matinee 4:00 Ice Tea Social 6:00 Cards & Puzzles
7 10:00 Hymn's: IN2L 11:00 Sit & Be Fit 2:30 Church Service 3:00 Armchair Travel: IN2L 4:00 Creative Coloring 6:00 Sunday Movie <i>National Beer Day</i>	8 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 Armchair Travel	9 9:00 Music Videos: IN2L 10:30 Coffee Klatch w/ Cynthia 10:30 Bible Study 11:00 Flower Arranging 1:00 Bingo w/ Tom 3:00 Armchair Travel 6:00 Cards & Puzzles	10 9:00 Jukebox Oldies 10:00 Dietary Meeting w/ Chef Sherri 11:00 Sit & Be Fit: IN2L 11:00 Lunch Out: McDonalds 3:00 Church Service 4:00 Ice Tea Social 6:00 Evening Movie	11 9:00 Jukebox Oldies 10:00 Morning Exercise 11:00 Family Feud: IN2L 1:00 Shopping: Trader Joe's 3:00 Hand Care 3:15 Armchair Travel:IN2L 6:00 Movie Time: IN2L	12 9:00 Music Videos:IN2L 10:00 Morning Exercise 11:00 Trivia: IN2L 2:00 Happy Hour 2:15 Family Feud 3:00 Creative Art w/ Beads & Buttons 6:00 Classic TV: IN2L	13 9:00 Music Videos:IN2L 10:00 Morning Exercise 10:30 Balloon Toss 11:00 Trivia: IN2L 2:00 Walk Outside 2:30 Easter Craft 4:00 Ice Tea Social 6:00 Cards & Puzzles
14 10:00 Hymn's: IN2L 11:00 Sit & Be Fit 2:30 Church Service 3:00 Armchair Travel: IN2L 4:00 Creative Coloring 6:00 Sunday Movie <i>Palm Sunday</i>	15 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 Armchair Travel	16 9:00 Music Videos: 10:30 Coffee Klatch w/ Cynthia 10:30 Bible Study 11:00 Flower Arranging 1:00 Bingo w/ Tom 3:00 Armchair Travel 6:00 Cards & Puzzles	17 9:00 Jukebox Oldies 10:00 Morning Exercise 11:00 Lunch Out: Chinese 1:00 Armchair Travel: IN2L 3:00 Church Service 4:00 Lemonade Social 6:00 Evening Movie	18 9:00 Jukebox Oldies 10:00 Morning Exercise 11:00 Family Feud: IN2L 1:00 Scenic Drive 3:00 Hand Care 3:15 Armchair Travel:IN2L 6:00 Movie Time: IN2L	19 9:00 Music Videos:IN2L 10:00 Morning Exercise 2:30 Happy Hour w/ Doug Williams 3:30 Easter Egg Coloring 4:00 Armchair Travel:IN2L Rick Steves Europe 6:00 Classic TV: IN2L	20 9:00 Music Videos:IN2L 10:00 Morning Exercise 10:30 Balloon Toss 11:00 IN2L Games! 3:15 Open Door Worship 4:00 Ice Tea Social 6:00 Cards & Puzzles
21 10:00 Hymn's: IN2L 11:00 Sit & Be Fit 2:30 Church Service 3:00 Armchair Travel: IN2L 4:00 Creative Coloring 6:00 Sunday Movie <i>Happy Easter!!</i>	22 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 Armchair Travel <i>Earth Day</i>	23 9:00 Music Videos: IN2L 10:30 Coffee Klatch w/ Cynthia 10:30 Bible Study 11:00 Flower Arranging 1:00 Bingo w/ Tom 3:00 Armchair Travel 6:00 Cards & Puzzles	24 9:00 Jukebox Oldies 10:00 Morning Exercise 10:30 Ball Toss 11:00 Lunch Out: Dicks 1:00 Armchair Travel: IN2L 3:00 Church w/ Special Musical Guests 4:00 Ice Tea Social 6:00 Evening Movie	25 9:00 Jukebox Oldies 9:30 Outing: Tulip Town 10:00 Sit & Be Fit 2:00 Armchair Travel: IN2L 4:00 Lemonade Social 6:00 Movie Time: IN2L	26 9:00 Music Videos:IN2L 10:00 Morning Exercise 10:30 Balloon Toss 11:00 Millionaire:IN2L 2:00 Sip & Paint w/ Alix 4:00 Armchair Travel:IN2L 5:00 Creative Coloring 6:00 Classic TV: IN2L	27 9:00 Music Videos:IN2L 10:00 Morning Exercise 10:30 Balloon Toss 11:00 Trivia: IN2L 2:00 Walk Outside 2:30 Saturday Matinee 4:00 Ice Tea Social 6:00 Cards & Puzzles
28 10:00 Hymn's: IN2L 11:00 Sit & Be Fit 2:30 Church Service 3:00 Armchair Travel: IN2L 4:00 Creative Coloring 6:00 Sunday Movie <i>National Superhero Day</i>	29 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 Armchair Travel	30 9:00 Music Videos: IN2L 10:30 Coffee Klatch w/ Cynthia 10:30 Bible Study 11:00 Maintenance Meeting 1:00 Bingo w/ Tom 3:00 Armchair Travel 6:00 Cards & Puzzles	South Pointe Birthdays Steve Mason 04/03 Teresa Carver 04/26 Stefanie Noto 04/27			