SOUTH POINTE
ALL ROADS POINTE HOME

STAMP HERE

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Everett, WA 98204

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Wellness Nurse

Sherri Bryant
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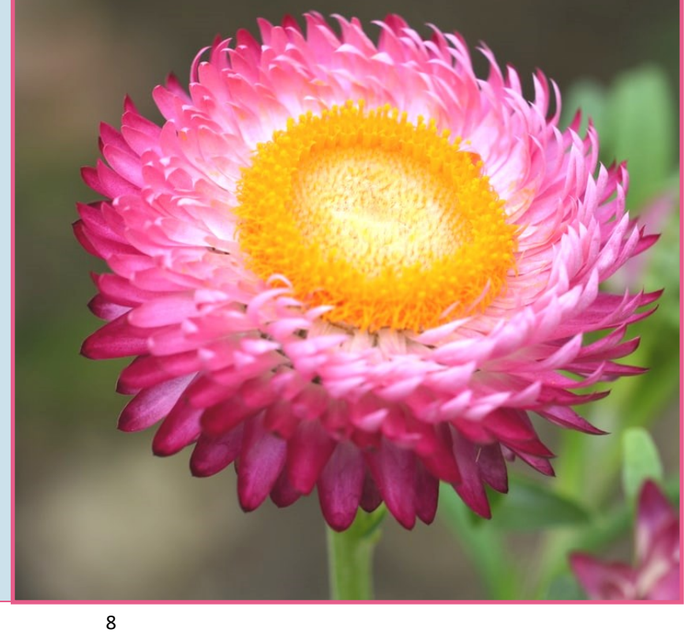
Maintenance Director

Casey Bolex
Life Enrichment Director

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



South Pointe News

Independent & Assisted Living Newsletter

September 2019

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Harvest Good Habits

September is **Self-Improvement Month!** What better time to focus on a plan of action for betterment?! Taking positive actions here and there is great, but practicing positive habits is key to a self-improved lifestyle year-round.

To move toward a self-improved lifestyle, we've looked into habits galore: how they're made, how to keep them, and ones to try!

What is a Habit and How Does One Form?
A habit is a behavior that a person performs repeatedly. Our habits determine many actions we take and, therefore, our lives greatly reflect our habits.

When we are learning new things, it takes effort and energy. But when we do things we already know how to do, our conscious mind lets our subconscious mind take the wheel. This way, we can automatically do something without the effort or energy we needed when we were first learning that action.

Habits to Embrace
(as per approval by your medical professional. This is not medical advice.)
Getting a Good Night's Sleep: Routinely.
Healthy Eating: Try Dash or Mediterranean!
Joining a Social Activity Group: Cooking Club, Walking Club, Card Game Group, etc.
Prioritizing Wellness: Whether vaccines, check-ups, or screenings, make it a point to plan out health appointments on a calendar and follow through with them.
Meditating: Commit to easing your stress.
Working Out: Find the exercise that works best for you, and do it regularly, and safely.

How Long Does It Take to Form a Habit?
Multiple sources say it takes 66 days to form a habit. This may sound like a long time, but there's good news. Making a few mistakes on the habit-forming journey don't seem to impact the result. Also, It's good to think about forming a habit as a challenge that will bring the auto-reward if you stick with it.

Tips for Making Those 66 Days a Success
A tactic using the acronym SMART is widely-shared for helping with habit journeys.
S: Specific. Focus the goal and accountability.
M: Measurable. Quantify days, minutes, etc.
A: Attainable. Make sure it's a possible goal.
R: Realistic. Consider time, money, schedule.
T: Timely. Set a time limit or timed aim for it.

How Does Someone Keep a Habit?
Habits become stronger when repeated and weaker when not. Such changeability means habits require devotion. Tips to help with that include seeking encouragement and support from a friend, reminding yourself with alarms and calendars, befriending role models with your habit, and removing temptations to fall back to former ways. Be gentle toward yourself if you mess up, and move onward.
Best of luck on your habit-harvesting journey!

Special Moments

The Best Advice I Ever Received Was:

"Be happy"
- Peggy G.

"Be a good friend"
- Casey

"Things happen for a reason"
- Margaret

"Know when to keep quiet" -Anonymous

"Treat people the way you would like to be treated"
- Bonnie

With self-improvement in mind, we asked residents and staff about the best advice they've gotten!

September 2019 Highlights

September is Self-Improvement Month, Honey Month, Americana Month & Courtesy Month.

01 No Rhyme or Reason Day
02 Labor Day; Blueberry Popsicle Day
03 U.S. Bowling League Day
04 Wildlife Day; Macadamia Nut Day
05 Cheese Pizza Day
06 Read a Book Day; Coffee Ice Cream Day
07 Salami Day; Tailgating Day; Beer Day
08 Grandparent's Day; Hug Your Hound Day
09 Teddy Bear Day; Weiner Schnitzel Day
10 Ants on a Log Day; Swap Ideas Day
11 Hot Cross Bun Day; Patriot Day
12 Chocolate Milkshake Day
13 Peanut Day
14 Cream Filled Donut Day; Hoagie Day
15 Cheese Toast Day; Linguine Day
16 Cinnamon Raisin Bread Day
17 Apple Dumpling Day
18 Cheeseburger Day
19 Butterscotch Pudding Day
20 Pepperoni Pizza Day; String Cheese Day
21 Pecan Cookie Day
22 Centenarians Day; White Chocolate Day
23 Pot Pie Day; Snack Stick Day
24 Cherries Jubilee Day
25 Women's Health and Fitness Day
26 Pancake Day; Dumpling Day
27 Corned Beef Hash Day; Chocolate Milk Day
28 Neighborly Day; Strawberry Cream Pie Day
29 Coffee Day
30 Hot Mulled Cider Day

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

September Birthdays!

We hope you enjoy your special day!

Kelly, 09/11
Gladys, 09/12
Jennifer. 09/18
Bill, 09/18
Peggy S., 09/29

Welcome to the Team!

Tony Wilson R.N.

We are so happy to welcome Tony to South Pointe! Tony comes to us with over 10 years of experience working with seniors! In his spare time Tony enjoys playing Jazz music on his guitar and doing chores around his home.

Helping Animals

Find forever homes!

Paws with Cause is a nonprofit Senior program created by Alix and her love of animals. All the paintings are of cats and dogs that are currently in shelters. Please join us in October for our next painting session! Painters are free to keep their painting or donate it to be sold. All proceeds go directly to the shelter where the animal is currently living. Painting is also a great stress reliever and a wonderful way to show off your talent!

September 2019

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:00 Gospel Music: IN2L 10:00 Sit & Be Fit: IN2l 11:00 Funny Videos: IN2L 2:30 Church Service 3:30 Armchair Travel 4:00 Patio Social 7:00 Evening Movie	Happy Labor Day 2 9:00 Jukebox Oldies 10:00 Bible Study w/ David 2:00 Armchair Travel 4:00 Patio Social 6:00 Classic TV: IN2L 7:00 Skip-Bo	3 9:00 Jukebox Oldies 10:00 Flower Arranging w/ Dahn 11:00 Casino Slots: IN2L 1:00 Bingo w/ Tom 4:00 Patio Social 6:00 Classic TV: IN2L	4 9:00 Music Videos 10:00 Morning Exercise 10:30 Balloon Toss 11:00 Lunch Out: Dicks 3:00 Church Service 3:45 Root Beer Floats 7:00 Skip-Bo	5 9:00 Country Tunes 10:00 Morning Exercise 10:30 Balloon Toss 11:00 Family Feud: IN2L 1:00 Shopping Trip 3:30 Hand Care 4:00 Patio Social	6 9:00 50's Rock & Roll 10:00 Resident Council 11:00 Balloon Toss 2:00 Luau Happy Hour 3:00 Funny Animal Videos 4:00 Patio Social 7:00 Skip-Bo	Walk to End Alzheimer's 7 8:00 Alzheimer's Walk 10:00 Sit & Be Fit: IN2L 11:00 Armchair Travel 1:00 Bingo w/ Tom 3:00 Patio Social 6:00 Classic TV 7:00 Movie Night
Happy Grandparents Day 8 9:00 Gospel Music: 10:00 Sit & Be Fit: IN2l 1:05 Seahawk Football 2:30 Church Service 3:30 Armchair Travel 4:00 Patio Social 7:00 Evening Movie	Assisted Living Week 9 9:00 Jukebox Oldies 10:00 Bible Study w/ David 2:00 Armchair Travel 4:00 Patio Social 6:00 Classic TV: IN2L 7:00 Skip-Bo	10 9:00 Jukebox Oldies 10:00 Flower Arranging 10:30 Fireside Chat w/ Cindy 1:00 Bingo w/ Tom 4:00 Patio Social 6:00 Classic TV: IN2L	11 9:00 Music Videos 10:00 Food Committee Meeting 11:00 Lunch Out: Teriyaki 3:00 Church Service 3:45 Root Beer Floats 6:00 Classic TV	12 9:00 Country Tunes 10:00 Morning Exercise 11:00 Game Time: IN2L 2:00 Music Performed By: Guy Johnson 4:00 Patio Social 6:00 Yahtzee!	13 9:00 50's Rock & Roll 10:00 Morning Exercise 11:00 Balloon Toss 2:00 Tea Party 4:00 Armchair Travel 6:00 Classic TV 7:00 Skip-Bo	14 9:00 Music Videos 10:00 Morning Exercise 10:30 Balloon Toss 11:00 Trivia & Riddles 1:00 Bingo w/ Tom 3:00 Patio Social 6:00 Classic TV
15 9:00 Gospel Music: IN2L 10:00 Seahawk Football 11:00 Funny Videos: IN2L 2:30 Church Service 3:30 Armchair Travel 4:00 Patio Social 7:00 Evening Movie	16 9:00 Jukebox Oldies 10:00 Bible Study w/ David 2:00 Armchair Travel 4:00 Patio Social 6:00 Classic TV: IN2L 7:00 Skip-Bo	17 9:00 Jukebox Oldies 10:00 Flower Arranging 11:00 Casino Slots: IN2L 1:00 Bingo w/ Tom 2:00 Music: Gary Hood 4:00 Patio Social 6:00 Classic TV: IN2L	18 9:00 Music Videos 10:00 Morning Exercise 10:30 Balloon Toss 11:00 Lunch Out: KFC 3:00 Church Service 3:45 Root Beer Floats 7:00 Skip-Bo	19 9:00 Country Tunes 10:00 Morning Exercise 10:30 Balloon Toss 11:00 Family Feud: IN2L 1:00 Shopping Trip 3:30 Hand Care 4:00 Patio Social	20 9:00 50's Rock & Roll 10:00 Morning Exercise 11:00 Funny Animal Videos 2:00 TED Talk 3:30 Champagne Social 6:00 Classic TV: IN2L 7:00 Skip-Bo	21 9:00 Music Videos 10:00 Morning Exercise 10:30 Balloon Toss 1:00 Bingo w/ Tom 3:15 Open Door Worship 4:00 Patio Social 6:00 Classic TV
22 9:00 Gospel Music: IN2L 10:00 Sit & Be Fit: IN2l 1:25 Seahawk Football 2:30 Church Service 3:30 Armchair Travel 4:00 Patio Social 7:00 Evening Movie	23 9:00 Jukebox Oldies 10:00 Bible Study w/ David 2:00 Armchair Travel 4:00 Patio Social 6:00 Classic TV: IN2L 7:00 Skip-Bo	24 9:00 Jukebox Oldies 10:00 Flower Arranging 11:00 Armchair Travel 1:00 Bingo w/ Tom 4:00 Patio Social 6:00 Classic TV: IN2L	25 9:00 Angel of the Winds Casino 10:00 Sit & Be Fit: IN2L 2:00 Armchair Travel 3:00 Church Service 3:45 Root Beer Floats 7:00 Skip-Bo	26 9:00 Country Tunes 10:00 Morning Exercise 10:30 Balloon Toss 11:00 Game Time: IN2L 1:00 Hand Care 4:00 Patio Social 6:00 Yahtzee!	27 9:00 50's Rock & Roll 10:00 Morning Exercise 11:00 Funny Videos 3:00 Happy Hour & Music By: Doug Williams 4:00 Patio Social 7:00 Skip-Bo	28 9:00 Music Videos 10:00 Morning Exercise 10:30 Balloon Toss 11:00 Trivia & Riddles 1:00 Bingo w/ Tom 3:00 Patio Social 6:00 Classic TV
29 9:00 Gospel Music: IN2L 10:00 Sit & Be Fit: IN2l 1:05 Seahawk Football 2:30 Church Service 3:30 Armchair Travel 4:00 Patio Social 7:00 Evening Movie	30 9:00 Jukebox Oldies 10:00 Bible Study w/ David 2:00 Armchair Travel 4:00 Patio Social 6:00 Classic TV: IN2L 7:00 Skip-Bo			Seahawk football!!! 09/8 Cincinnati 09/15 @ Pittsburgh 09/22 New Orleans 09/29 @ Arizona		Happy Birthday!! Kelly 9/11 Gladys 9/12 Jennifer 9/18 Bill 9/22 Peggy S. 9/29