



10330 4th Ave. West
Everett, WA 98204

PLACE
STAMP
HERE



Administrative Team:
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Cindy Davis
Executive Director

Cheryl King
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Christa Ogle
Wellness Director

Tony Wilson
Wellness Nurse

Sherri Bryant
Dining Services Director

Robert Foxley
Maintenance Director

Casey Bolex
Life Enrichment Director

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



(Chuckle answer from page 6: A pumpkin patch!)

South Pointe News

Independent & Assisted Living Newsletter



October 2019

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Breast Cancer Awareness Increases Chances of Early Detection and Treatment

October is for Breast Cancer Awareness! We know when it takes place by the pink we see people wearing, but we may not know the significance Breast Cancer Awareness Month can have in our own lives.

In addition to promoting breast cancer knowledge importance, raising research funds, and supporting survivors and those in the fight, Breast Cancer Awareness Month encourages people to take steps to help themselves detect the disease in early stages.

This October, increase your awareness level with some breast cancer facts and early detection information. Your know-how could help a loved one, friend, or yourself.

Note: This article should not be considered medical advice. Consult your medical provider before making changes to diet, medications, or lifestyle.

What is Breast Cancer?

When cells, in the breast or nearby tissue, divide and grow without normal control of regular cell division, breast cancer occurs. This process is often slow. When a lump can be felt, it may have already been growing for 10 years.

Breast cancer may occur in men or women, but affects women more often than men. In the U.S., about one percent of cases occur in men. In 2019, for U.S. women, there will have been about 268,600 new cases of invasive breast cancer. For men, there will have been an estimated 2,670 new breast cancer cases. Early detection increases breast cancer survival.



Early Detection is Key

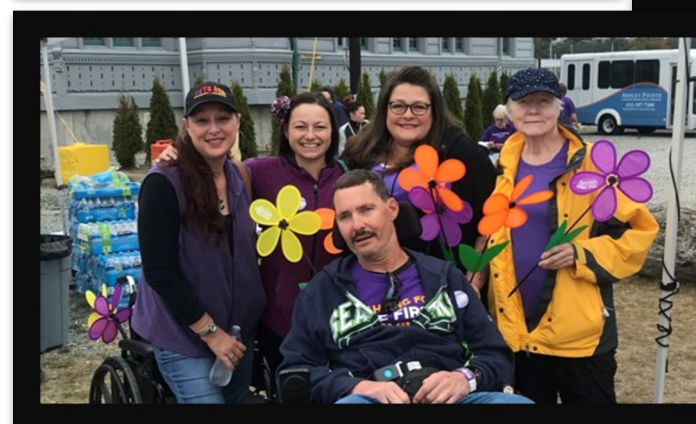
There are ways to detect breast cancer early including regular self-examinations and clinical screenings. Clinical screenings include mammography (X-ray breast imaging); clinical breast exams (where a trained provider feels for abnormalities); and in certain high risk cases, breast MRIs. More information on screening is available at www.cancer.gov.

Women should be familiar with how their breasts normally look and report any changes to a medical provider. The American Cancer Society recommends women 45-54 get annual mammograms, earlier for those who are high-risk for breast cancer. Those 55+ can switch to every other year if in good health.

Men at high risk for breast cancer should discuss how to manage their risk with their doctor.

It is our hope that these facts encourage awareness and continued learning beyond this special month.

Special Moments



We're All About Autumn!

Autumn officially started on September 23. With it now in full swing, we asked around for the best things about Autumn!

"The falling leaves" -
Peggy S.

"Pumpkin Bread" -
Ellen

"All the leaves turn to beautiful colors" -
Margaret

"Cool weather" -
Linda

"The smell of wood burning stoves" -
Sherri

October Highlights

October is Dessert Month, Pizza Month, Seafood Month, Arts & Humanities Month, & Popcorn Month

- 1 Hair Day; Homemade Cookies Day
- 2 Fried Scallops Day
- 3 Techies Day
- 4 Golf Lover’s Day; Taco Day
- 5 Do Something Nice Day
- 6 Mad Hatter Day; Noodle Day
- 7 Frappe Day; Inner Beauty Day
- 8 Fluffernutter Day; Pierogi Day
- 9 ER Nurses Day
- 10 Angel Food Day; Mental Health Day
- 11 Sausage Pizza Day
- 12 Chess Day; Gumbo Day
- 13 Train Your Brain Day
- 14 Columbus Day; Dessert Day
- 15 Cheese Curd Day; I Love Lucy Day
- 16 Cat Day; Take Parents to Lunch Day
- 17 Pasta Day
- 18 Chocolate Cupcake Day
- 19 Seafood Bisque Day; Sweetest Day

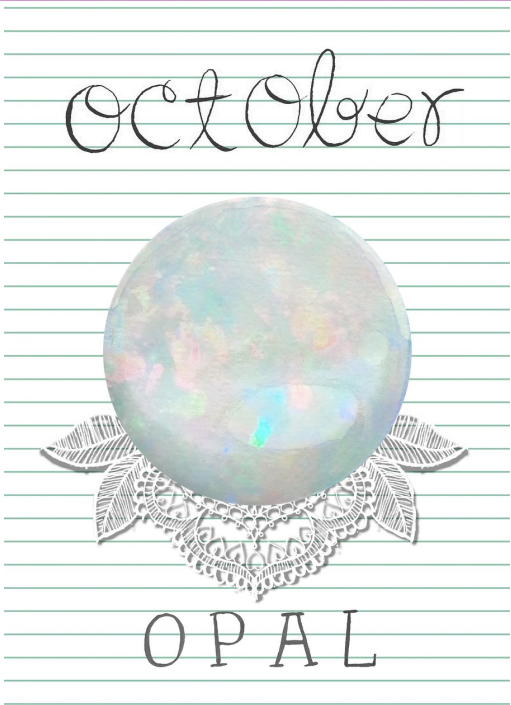
- 20 Brandied Fruit Day
- 21 Pumpkin Cheesecake Day; Reptile Day
- 22 Nut Day; Favorite Colors Day
- 23 Boston Cream Pie Day
- 24 Bologna Day
- 25 Breadstick Day
- 26 Make a Difference Day
- 27 American Beer Day; Mother in Law Day
- 28 Chocolate Day
- 29 Cat Day; Oatmeal Day; Intl. Stroke Day
- 30 Candy Corn Day
- 31 Halloween; Knock-Knock Jokes Day

Check us out online at:

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

Chuckle Time: What do you use to mend a Jack-O-Lantern? (Answer on back cover)

October Birthdays!



We wish you a
Very Happy Birthday!

- Margaret, October 5th
- Louise, October 9th
- Adela, October 13th
- BK, October 17th
- Jacquelyn, October 23rd
- Leda, October 30th

Resident Spotlight!

Adela is one of our newest residents here at South Pointe! Adela has four children, 3 boys and 1 girl and they are the loves of her life. Before retiring, Adela was a top notch cashier at Scott’s Paper for 16 years down on the water front. Adela loves gardening and enjoys painting very much. If you haven't stopped by to meet her, please do!





Staff Spotlight!

We would like to introduce Christa as our new Wellness Director! Christa has been taking care of residents here since 2015! Christa loves working with seniors and takes pride in her job. That is why we are so excited to have her as our Wellness Director! In Christa’s spare time, she like to go dancing and play pool. She loves animals and wants to adopt a Boston Terrier some day!

October 2019

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<div>1</div> <div>9:00 Jukebox Oldies 10:00 Flower Arranging With Dahn 1:00 Bingo w/ Tom 3:00 Game Time: UNO! 6:00 Classic TV: IN2L 7:00 Skip-Bo</div>	<div>2</div> <div>9:00 Country Classics 10:00 Morning Exercise 10:30 Balloon Toss 11:15 Lunch Out: Mexican Food 3:00 Church Service 4:00 Cookie Social 6:00 Classic TV</div>	<div>3</div> <div>9:00 Jukebox Oldies 10:00 Morning Exercise 10:30 Balloon Toss 11:00 Trivia: IN2L 1:00 Hand Care 5:00 Seahawk Game 7:00 Cards</div>	<div>4</div> <div>9:00 Folk Music 10:00 Resident Council 10:30 Octoberfest Trivia 12:00 Beer & Brats 2:00 Music: Dusty Rose 6:00 Classic TV: IN2L Silly Scarf Day</div>	<div>5</div> <div>9:00 Rock & Roll 10:00 Morning Exercise 10:30 Balloon Toss 11:00 Family Feud: IN2L 2:00 Craft Time 1:00 Bingo w/ Tom 4:00 Armchair Travel 6:00 Movie Night</div>
<div>6</div> <div>9:00 Gospel Music 10:00 Sit & Be Fit 2:30 Church Service 4:00 Armchair Travel 6:00 Classic TV 7:00 Spooky Movie</div>	<div>7</div> <div>9:00 Jukebox Oldies 10:00 Bible Study w/ David 1:00 Armchair Travel 3:00 Crafting: Door Decor 6:00 Classic TV 7:00 Skip-Bo</div>	<div>8</div> <div>9:00 Jukebox Oldies 10:00 Flower Arranging With Dahn 10:30 Fireside Chat With Cindy 1:00 Bingo w/ Tom 4:00 Family Feud: IN2L 6:00 Classic TV: IN2L</div>	<div>9</div> <div>9:00 Country Classics 10:00 Food Committee 11:00 Funny Videos 11:15 Lunch Out: Dicks 3:00 Church Service 4:00 Cookie Social 6:00 Classic TV</div>	<div>10</div> <div>9:00 Jukebox Oldies 10:00 Morning Exercise 10:30 Balloon Toss 11:00 Trivia: IN2L 1:00 Hand Care 2:00 Cookie Social 6:00 Classic TV</div>	<div>11</div> <div>9:00 Beatles Classics 10:00 Morning Exercise 10:30 Balloon Toss 11:00 Trivia & Riddles 2:00 Happy Hour 6:00 Classic TV: IN2L 7:00 Skip-Bo Wear Bling Day</div>	<div>12</div> <div>9:00 Rock & Roll 10:00 Morning Exercise 10:30 Balloon Toss 11:00 Family Feud: IN2L 1:00 Bingo w/ Tom 2:00 Craft Time 4:00 Armchair Travel 6:00 Movie Night</div>
<div>13</div> <div>9:00 Gospel Music 10:00 Seahawk Game 2:30 Church Service 4:00 Armchair Travel 6:00 Classic TV 7:00 Spooky Movie</div>	<div>14</div> <div>9:00 Jukebox Oldies 10:00 Bible Study w/ David 1:00 Armchair Travel 3:00 Crafting: Hats 6:00 Classic TV 7:00 Skip-Bo</div>	<div>15</div> <div>9:00 Jukebox Oldies 10:00 Flower Arranging With Dahn 1:00 St. Vincent:50% 3:00 Armchair Travel 6:00 Classic TV: IN2L 7:00 Skip-Bo</div>	<div>16</div> <div>9:00 Country Classics 10:00 Morning Exercise 10:30 Balloon Toss 11:00 Funny Videos 2:00 Music By: Eric Andrews 3:00 Church Service 6:00 Classic TV</div>	<div>17</div> <div>9:00 Jukebox Oldies 10:00 Morning Exercise 10:30 Balloon Toss 11:00 Trivia: IN2L 1:00 Hand Care 6:00 Classic TV 7:00 Cards</div>	<div>18</div> <div>9:00 Music by Willie 10:00 Morning Exercise 10:30 Balloon Toss 11:00 Picnic on the Bus Halloween Store 6:00 Classic TV: IN2L 7:00 Skip-Bo Funny Sock Day</div>	<div>19</div> <div>9:00 Rock & Roll 10:00 Morning Exercise 10:30 Balloon Toss 11:00 Family Feud: IN2L 1:00 Bingo w/ Tom 2:00 Craft Time 4:00 Armchair Travel 6:00 Movie Night</div>
<div>20</div> <div>9:00 Gospel Music 10:00 Sit & Be Fit 1:25 Seahawk Game 2:30 Church Service 4:00 Armchair Travel 6:00 Classic TV 7:00 Spooky Movie</div>	<div>21</div> <div>9:00 Jukebox Oldies 10:00 Bible Study w/ David 1:00 Armchair Travel 3:00 Crafting: Hats 6:00 Classic TV 7:00 Skip-Bo</div>	<div>22</div> <div>9:00 Jukebox Oldies 10:00 Flower Arranging With Dahn 1:00 Bingo w/ Tom 2:00 Sip & Paint With Alix 6:00 Classic TV: IN2L</div>	<div>23</div> <div>9:00 Country Classics 10:00 Morning Exercise 11:00 Funny Videos 11:15 Lunch Out: Asian Wok 3:00 Church Service 4:00 Cookie Social 6:00 Classic TV</div>	<div>24</div> <div>9:00 Jukebox Oldies 10:00 Morning Exercise 10:30 Balloon Toss 11:00 Trivia: IN2L 1:00 Hand Care 2:00 Cookie Social 6:00 Classic TV</div>	<div>25</div> <div>9:00 Elvis Classics 10:00 Morning Exercise 10:30 Balloon Toss 11:00 Trivia & Riddles 2:00 Happy Hour 6:00 Classic TV: IN2L 7:00 Skip-Bo Crazy Hat Day</div>	<div>26</div> <div>9:00 Rock & Roll 10:00 Morning Exercise 10:30 Balloon Toss 11:00 Family Feud: IN2L 1:00 Bingo w/ Tom 2:00 Craft Time 4:00 Armchair Travel 6:00 Movie Night</div>
<div>27</div> <div>9:00 Gospel Music 10:00 Seahawk Game 2:30 Church Service 4:00 Armchair Travel 6:00 Classic TV 7:00 Spooky Movie</div>	<div>28</div> <div>9:00 Jukebox Oldies 10:00 Bible Study w/ David 1:00 Armchair Travel 3:00 Crafting: Fall 6:00 Classic TV 7:00 Skip-Bo</div>	<div>29</div> <div>9:00 Jukebox Oldies 10:00 Flower Arranging With Dahn 1:00 Bingo w/ Tom 2:00 Music: Doug Williams 6:00 Classic TV: IN2L 7:00 Skip-Bo</div>	<div>30</div> <div>9:00 Country Classics 10:00 Morning Exercise 10:30 Balloon Toss 11:00 Funny Videos 1:00 Hand Care 3:00 Church Service 4:00 Cookie Social 6:00 Classic TV</div>	<div>31</div> <div>9:00 Zombie Tunes 10:15 Morning Exercise 11:00 Witchy Tales 2:00 Trick or Treat Happy Hour 6:00 Hocus Pocus Happy Halloween!!!!</div>	<div>Every Friday is South Pointe Spirit Day in October! Lets have Fun!</div>	<div>October Birthdays Margaret 10/05 Louise 10/09 Adela 10/13 BK 10/17 Jacquelyn 10/23 Leda 10/30</div>