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STAMP
HERE

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

South Pointe News

Monthly Newsletter



December 2019

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Cold Weather Safety & Wellness Tips

It's that time of year again when temperatures begin to plummet, snowflakes kiss our noses, and "Baby, it's Cold Outside!" and "Walking in a Winter Wonderland" play on the radio.

The changing weather can be a joyous occurrence each year, but it's also one we can better prepare for with a few tips to aid in keeping us safe and merry.



Dress for Warmth

Stay toasty throughout winter with appropriate clothing for your surroundings. Outdoors, if it's very cold, be sure to wear warm socks, gloves, a heavy coat, a scarf, and a hat or ear muffs, and make sure exposed skin is covered. Indoors, if cold, dress in layers and keep feet covered. One's body temperature should never dip below 95 degrees.

Avoid Falling

In the winter, falls may occur due to slips on icy sidewalks and roads or wet indoor spaces. Avoid injury by wearing shoes with good traction and non-skid soles. Stay inside when at all possible, and wait to walk on sidewalks until you know that they have been treated for ice. It is also smart to have a walking buddy or two if you do head outdoors. If you have been outside and are returning to an indoor space, take off your shoes to avoid slipping due to wet soles.

Ward off the Wintertime Blues

In the winter, there are fewer opportunities for people to get regular exercise and sunshine. There are also some stressors that

come along with the holidays. These changes in routine may lead to feelings of loneliness, isolation, and sadness. Help fight off the winter blues by getting regular exercise, participating in social activities, and eating a varied diet of Vitamin D fortified foods.

Avoid Fire Hazards & Carbon Monoxide Poisoning

It's lovely to enjoy the warmth of the fireplace or a scented candle in winter, but be prepared to avoid fire dangers. Heaters, fireplaces, stoves, candles, and holiday decorations can pose fire risks. Avoid possible fires and carbon monoxide poisoning by following fire safety rules, abiding by device manufacturer instructions, and making sure all alarms are functional. Also, practice routine fireplace maintenance, make sure electrical sockets are operating properly, and keep holiday decorations neat and in good repair. There's no shame in reaching out to a friend or loved one for help tending to these tasks.

We wish everyone a safe, warm, and fun-filled winter season this year!

Special Moments

"Life isn't a matter of milestones, but of moments." - Rose Kennedy



'Tis the Season to Be Baking!

This Pfeffernusse recipe, modified from an All Recipes version by Thebeansma, requires 15 mins prep, 15 mins to cook, and 3 hours total. **Ingredients:** 1/2 cup molasses; 1/4 cup honey; 1/4 cup shortening; 1/4 cup margarine; 2 eggs; 4 cups flour; 3/4 cup sugar; 1/2 cup brown sugar; 1.5 tsp ground cardamom; 1 tsp ground nutmeg; 1 tsp ground cloves; 1 tsp ground ginger; 2 tsp anise extract; 2 tsp ground cinnamon; 1.5 tsp baking soda; 1 tsp pepper; 1/2 tsp salt; 1 cup confectioners sugar.

Steps: **1.)** Stir molasses, honey, shortening, margarine in saucepan over med heat. Stir until creamy. Remove from heat; cool to room temp. Stir in eggs. **2.)** Combine flour, white and brown sugars, cardamom, nutmeg, cloves, ginger, anise, cinnamon, baking soda, salt and pepper in big bowl. Add molasses mixture and mix together. Refrigerate 2 hours. **3.)** Preheat oven to 325. Roll dough into balls. Put on bake sheet 1 inch apart. **4.)** Bake 10-15 mins. Cool. Coat with confectioners sugar. Enjoy!



December 2019 Highlights

December is Safe Gifts Month, Spiritual Literacy Month, and Tomato Month

01 Pie Day; Eat a Red Apple Day
02 Fritters Day; Mutt Day
03 Day of Giving
04 Cookie Day; Dice Day; Sock Day
05 Sacher Torte Day
06 Faux Fur Friday; Gazpacho Day
07 Pearl Harbor Remembrance Day
08 Brownie Day; Be a Time Traveler Day
09 Pastry Day
10 Nobel Prize Day; Dewey Decimal Day
11 App Day; Noodle Ring Day
12 Ambrosia Day; Poinsettia Day
13 Cocoa Day; Violin Day
14 Bouillabaisse Day
15 Lemon Cupcake Day; Wear Pearls Day
16 Chocolate-Covered Anything Day
17 Maple Syrup Day; Wright Brothers Day
18 Roast Suckling Pig Day; Buddy the Elf Day
19 Oatmeal Muffin Day; Hard Candy Day
20 Sangria Day

21 Fried Shrimp Day; Holiday Sweater Day
22 Date Nut Bread Day; Chanukah Begins
23 Pfeffernusse Day; Festivus
24 Eggnog Day; Christmas Eve
25 Christmas Day; Pumpkin Pie Day
26 Candy Cane Day; Boxing Day; Thanks Day
27 Fruitcake Day; Card Playing Day
28 Chocolate Candy Day
29 Pepper Pot Day; Tick Tock Day
30 Bacon Day
31 New Year's Eve, Champagne 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

December Birthdays!

december



BLUE TOPAZ

Wishing a very happy birthday to you!

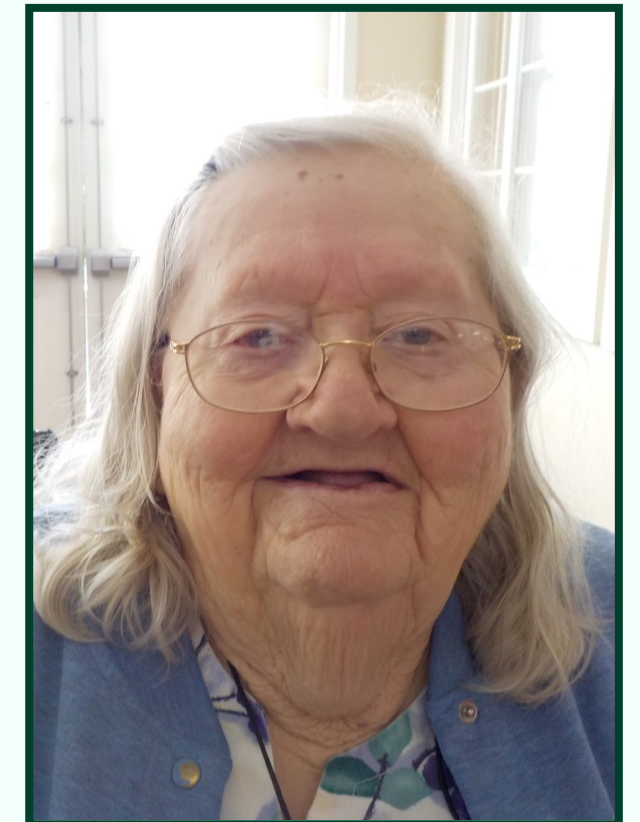
Peggy G. 12/13
David 12/28



Staff Spotlight Steven



Steven is in our Spotlight for December! Steven is our lead cook here at South Pointe! He works very hard to make sure all of you eat well. While Steven isn't in the kitchen, he enjoys playing golf, and going to the movies.



Resident Spotlight Edith

Edith is in our Resident Spotlight for December! Edith has raised five children and was a housewife most of her life. Edith enjoys watching football, loves putting together difficult puzzles and taking care of Orchids .

December 2019

South Pointe · 10330 4th Avenue West Everett, Washington 98204 · 425-513-5645

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
10:00 Gospel Music 11:00 Sit & Be Fit: IN2L 1:00 Armchair Travel: IN2L 2:30 Church Service 4:00 Creative Coloring 7:00 Evening Movie	9:00 Jukebox Oldies 10:00 Bible Study w/ David 11:00 Armchair Travel 2:30 Walking Group 4:00 Classic TV: IN2L 5:15 Seahawk Game 7:00 Skip-Bo	9:00 Morning Music 10:00 Flower Arranging With Dahn 11:00 Armchair Travel 1:00 Bingo with Tom 4:00 Cocoa Social 6:00 Classic TV: IN2L 7:00 Card Games	9:00 Jukebox Oldies 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia 1:00 Hand Care 3:00 Church Service 4:00 Cookie Social 7:00 Holiday Movie	9:00 Jukebox Oldies 10:00 Shopping & Lunch Everett Mall 10:15 Sit & Be Fit: IN2L 11:00 Armchair Travel 3:00 Movie Time 7:00 Skip-Bo	10:00 Resident Council 10:30 Balloon Toss 11:00 Funny Videos 2:00 Tree Lighting & Eggnog Social 4:00 Armchair Travel: IN2L 6:00 Classic TV 7:00 Skip-Bo	9:00 Classic Country 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia 1:00 Bingo with Tom 2:00 Family Piano Concert 4:00 Christmas Around The World: IN2L 7:00 Holiday Movie
8	9	10	11	12	13	14
10:00 Gospel Music 11:00 Sit & Be Fit: IN2L 1:00 Armchair Travel: IN2L 2:30 Church Service 4:00 Creative Coloring 5:20 Seahawks Game	9:00 Jukebox Oldies 10:00 Bible Study w/ David 11:00 Armchair Travel 2:30 Walking Group 4:00 Classic TV: IN2L 5:15 Seahawk Game 7:00 Skip-Bo	9:00 Morning Music 10:00 Flower Arranging With Dahn 10:30 Fire Side Chat w/ Cindy 1:00 Bingo with Tom 2:00 Fall Prevention 6:00 Classic TV: IN2L 7:00 Card Games	9:00 Jukebox Oldies 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia 1:00 Hand Care 3:00 Church Service 4:00 Cookie Social 7:00 Holiday Movie	9:00 Jukebox Oldies 10:00 Shopping & Lunch Dollar Tree & Ross 10:15 Sit & Be Fit: IN2L 2:00 Armchair Travel 4:00 Cookie Social 7:00 Skip-Bo	9:00 Jukebox Oldies 10:00 Morning Exercise 11:00 Balloon Toss 2:00 Armchair Travel 5:00 Christmas Family Dinner 5:30 Holiday Concert by: Gary Hood 7:00 Classic TV	9:00 Classic Country 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia 1:00 Bingo with Tom 2:00 Wine Tasting with Charlotte The World: IN2L 7:00 Holiday Movie
15	16	17	18	19	20	21
10:00 Seahawks Game 11:00 Sit & Be Fit: IN2L 1:00 Armchair Travel: IN2L 2:30 Church Service 4:00 Creative Coloring 7:00 Evening Movie	9:00 Jukebox Oldies 10:00 Bible Study w/ David 11:00 Armchair Travel 2:30 Walking Group 4:00 Classic TV: IN2L 5:15 Seahawk Game 7:00 Skip-Bo	9:00 Morning Music 10:00 Flower Arranging With Dahn 1:00 Bingo with Tom 2:00 Twin Fiddles & Guitar Concert 6:00 Country Music Film: The beginning-1933 8:00 Skip-Bo	9:00 Jukebox Oldies 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia 1:00 Hand Care 3:00 Church Service 4:00 Cookie Social 7:00 Holiday Movie	9:00 Jukebox Oldies 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Family Feud: IN2L 3:00 Happy Hour & Music by: Nick & Brian 7:00 Hallmark Movie	9:00 Jukebox Oldies 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Family Feud: IN2L 3:00 Eggnog Social & Christmas Music 6:00 Classic TV 7:00 Skip-Bo	9:00 Classic Country 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia & Riddles 3:15 Open Door Worship 6:30 Cocoa & Christmas Lights Adventure
22	23	24	25	26	27	28
10:00 Gospel Music 11:00 Sit & Be Fit: IN2L 1:25 Seahawks Game 2:30 Church Service 4:00 Creative Coloring 7:00 Evening Movie	9:00 Jukebox Oldies 10:00 Bible Study w/ David 11:00 Armchair Travel 2:30 Walking Group 4:00 Classic TV: IN2L 5:15 Seahawk Game 7:00 Skip-Bo	9:00 Morning Music 10:00 Flower Arranging With Dahn 11:00 Christmas Trivia 2:00 A Christmas Story 6:00 Cocoa Social & Christmas Karaoke Christmas Eve	9:00 Christmas Music 10:00 Disney Christmas Parade 2:00 Hallmark Christmas Movie 6:00 Cocoa Social & Christmas Karaoke Merry Christmas	9:00 Morning Music 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Family Feud: IN2L 1:00 Hand Care 6:00 Country Music Film: 1933-1945 7:00 Skip-Bo	9:00 Jukebox Oldies 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia & Riddles 3:00 Happy Hour & Music by: Doug Williams 6:00 Classic TV 7:00 Skip-Bo	9:00 Classic Country 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia 1:00 Bingo with Tom 2:00 Armchair Travel 4:00 Christmas Around The World: IN2L 7:00 Holiday Movie
29	30	31				
10:00 Gospel Music 11:00 Sit & Be Fit: IN2L 1:25 Seahawks Game 2:30 Church Service 4:00 Creative Coloring 7:00 Evening Movie	9:00 Jukebox Oldies 10:00 Bible Study w/ David 11:00 Armchair Travel 2:30 Walking Group 4:00 Classic TV: IN2L 5:15 Seahawk Game 7:00 Skip-Bo	9:00 Morning Music 10:00 Flower Arranging With Dahn 11:00 Armchair Travel 1:00 Bingo with Tom 3:00 New Years Eve Happy Hour 7:00 Card Games New Years Eve				December Birthdays Peggy G. 12/13 David 12/28