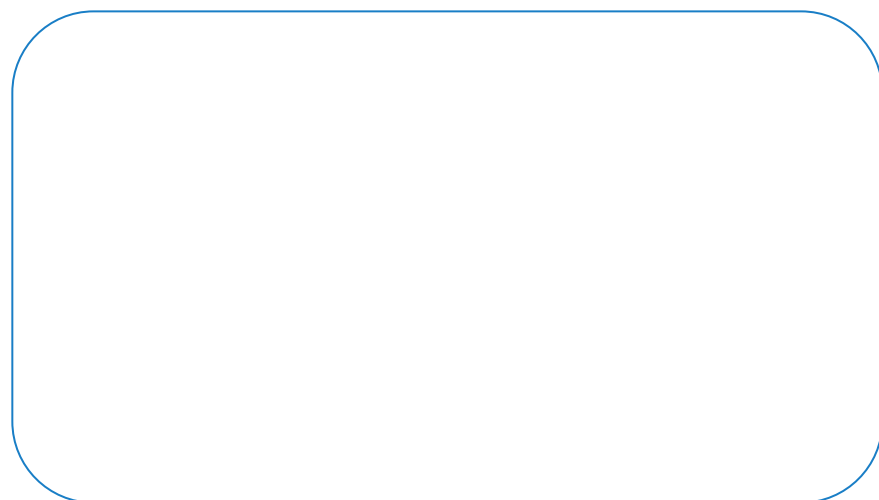




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**Administrative Team:**  
**425-513-5645**

**Cindy Davis**  
**Executive Director**

**Cheryl King**  
**Assistant Executive Director**

**Amber Ford**  
**Community Relations Director**

**Christa Ogle**  
**Wellness Director**

**Jaime Curay**  
**Interim 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.**

# South Pointe News

## Monthly Newsletter



## January 2020

**2 Healthy New Year Resolutions**  
**3 A Note from Cindy!**  
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**6 Birthdays, Social Media, & Highlights**  
**7 Special Moments, Recipe Corner**  
**8 Mission & Team**



## Do It Up Big With Healthy New Year's Resolutions

Heading into a new decade is a great time to reevaluate goals and set new ones! It's a momentous occasion that calls for equally momentous goals. What better way to make a splash—and keep on splendidly splashing—than through healthy living? Embrace new-you success in the '20s!

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

### Get Social

Taking part in group activities, being with others, and sharing your feelings boosts overall health. Ways to bring out your social butterfly:

- Attend group activities. Set small social goals each time you take part. Greet and share an observation or compliment.
- Have your hearing and vision tested to ensure that you aren't missing things.
- Practice your favorite hobby in a common area. It will increase the odds another person will approach you or join you.
- If religious, attend group services.
- Use IN2L with your Life Enrichment Director.

### Embrace Your Exercise Passion

Being active helps the whole body. Do some thinking about your favorite ways to be active and set small goals for daily activities (walking, dancing, swimming, stretching, lifting, bowling, golfing, or chair exercises). Work out with a buddy for motivation and safety. Mark successes on a calendar or share aloud!

### Hydrate

Dehydration can affect people of all ages, but especially seniors. Ask your health professional how much water you should get each day, as it varies from person to person. To help make hydration fun, in addition to water, try hydrating foods like watermelon, spinach, cucumbers,



**Goal Idea: Eat more blueberries! Did you know blueberries can: improve brain function, protect the body from unstable molecules, lower blood pressure, and help prevent heart disease? These little blue buddies pack quite the health punch!**

green peppers, and celery. Good ways to detect that fluid intake is adequate include rarely feeling thirsty and colorless or light yellow urine.

### Prioritize Your Wellness

Reach out to your medical and dental health professionals as you head into 2020 to schedule wellness appointments. Staying on top of your well-being is the best gift you can give yourself.

### Sleep Well

Sleep quality can be compromised in many ways. Try these goals to improve your sleep:

- Follow a pre-sleep routine / sleep schedule
- Avoid late afternoon naps or caffeine
- Avoid bright screens and lights, and large pre-bedtime meals

### Have A Rainbow A Day...

We know, the saying goes "an apple a day..." but a rainbow is much more fun. When you eat, improve nutrition with a rainbow of different colored foods on your plate at each meal, with many colors coming from fruits and vegetables.

We wish you a healthy year ahead!

## Special Moments



## A 1920's Recipe to Try in 2020: Lemon Ginger Icebox Cake

This Lemon Ginger Icebox Cake is modified from a *Taste of Home* version that has great reviews. It takes 20+ minutes to prep and chill and it makes 12 servings.

**Ingredients:** Two cups of heavy whipping cream \* Eight ounces of soft cream cheese \* Two teaspoons of grated lemon zest \* Ten ounces of lemon curd \* Two tablespoons of chopped and crystallized ginger \* Two packages of thin ginger cookies that are 5 and 1/4 ounces each



**Directions:** In a big bowl, beat the lemon zest with the cream cheese until creamy. Beat in the lemon curd until it is smooth. Gradually add in cream and beat on medium to high until soft peaks set in. Line the bottom of an eight inch dish with nine cookies. Spread with two thirds of a cup of cream cheese mixture. Repeat for six layers. Sprinkle with ginger. Cover and refrigerate for two hours or more.



# January 2020 Highlights

January is Hot Tea Month, Braille Literacy Month, Oatmeal Month, Soup Month, Hobby Month, Mentoring Month, and Bath Safety



It's 2020! Happy New Year's Everyone!  
01 New Year's Day; Bloody Mary Day  
02 Cream Puff Day; Science Fiction Day  
03 Chocolate Covered Cherry Day  
04 Spaghetti Day; Trivia Day  
05 Bird Day; Whipped Cream Day  
06 Shortbread Day; Tech Day  
07 Tempura Day  
08 Argyle Day; Toffee Day  
09 Apricot Day; Law Enforcement Day  
10 Bittersweet Chocolate Day  
11 Vision Board Day; Milk Day  
12 Marzipan Day; Curry Chicken Day  
13 Peach Melba Day; Rubber Ducky Day  
14 Dress Up Your Pet Day  
15 Bagel Day; Strawberry Ice Cream Day



16 Fig Newton Day  
17 Hot Buttered Rum Day  
18 Winnie the Pooh Day; Thesaurus Day  
19 Popcorn Day  
20 Cheese Lover's Day; MLK Jr. Day  
21 Granola Bar Day; Hugging Day  
22 Blonde Brownie Day  
23 Handwriting Day; Pie Day  
24 Compliment Day; Peanut Butter Day  
25 Opposite Day; Irish Coffee Day  
26 Green Juice Day; Peanut Brittle Day  
27 Chocolate Cake Day; Bubble Wrap Day  
28 Blueberry Pancake Day; Kazoo Day  
29 Corn Chip Day; Puzzle Day  
30 Croissant Day  
31 Backward Day; Hot Chocolate Day;  
Inspire Your Heart with Art Day

## January Birthdays & Our Community Online

### Happy Birthday Wishes!

Eleanor: January 1  
Ndeyfatou: January 1  
Jo: January 10  
Steven: January 10  
Tracey: January 13  
Rose: January 14

Come visit us online at:  
[Facebook.com/SouthPointeSeniorLiving](https://www.facebook.com/SouthPointeSeniorLiving)  
[Blog.radiantseniorliving.com](https://www.blog.radiantseniorliving.com)  
Radiantsrliving on Instagram  
Radiantvoices on Instagram  
RadiantSrLiving on Twitter  
[Pinterest.com/radiantsrliving](https://www.pinterest.com/radiantsrliving)  
Radiant Senior Living on YouTube

## Come on an adventure! Join us on an outing!

Every month, we go out to lunch on Wednesdays and go shopping on Thursdays. This month, we are going to Dick's Drive in and shopping at Safeway. Check out the January calendar for more trips we will be taking this month! The sign-up binder is located on the table outside the dining room.

Just a reminder, transportation to doctor appointments is provided on Tuesdays. Please see Casey for more information.



### A message from Cindy

I hope everyone's New Year is off to a great start! We are in the midst of change here at South Pointe and are all looking forward to 2020. We are planning to have some exciting events this year and will be asking that everyone complies with the RSVP date that will be requested on several of our events. This will ensure that there is enough food and seating for all of our residents and their guests. We want everyone to be comfortable and to be able to enjoy the selections from the menu at those events. We appreciate your willingness to comply with this effort to make all of our events run efficiently and successfully.  
Sincerely,  
Cindy



# JANUARY 2020

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10:30 Sit & Be Fit: IN2L 11:00 Funny Videos 02:00 Movie Matinee & Popcorn 04:00 Creative Coloring 07:00 Movie Night  Happy New Year!	2 09:00 Classic Country 10:15 Morning Exercise 10:30 Balloon Toss 01:00 Shopping Trip: Safeway 02:00 Armchair Travel 03:00 Nail Care With Casey 06:00 Movie Night	3 09:00 Jukebox Oldies 10:00 Resident Council Meeting 11:00 Balloon Toss 02:00 Happy Hour 03:00 Armchair Travel 06:00 Classic TV: IN2L 07:00 Cards & Puzzles	4 09:00 Music Videos 10:00 Morning Exercise 11:00 Balloon Toss 12:00 Riddles & Trivia 01:00 Bingo Time With Tom 02:00 Walking Group 03:00 Animal Planet 06:00 Creative Coloring 07:00 Skip-BO
5 10:00 Gospel Music: IN2L 11:00 Sit & Be Fit: IN2L 01:00 Armchair Travel 02:30 Church Service 04:00 Creative Coloring 07:00 Evening Movie  National Whipped Cream Day	6 09:00 Classy Jazz 10:00 Bible Study With David 11:00 Walking Group 02:00 Armchair Travel 01:00 Creative Coloring 01:15 Cocoa Social 06:00 Classic Movie: IN2L 07:00 Skip-Bo	7 09:00 Jukebox Oldies 10:00 Flower Arranging With Dahn 11:00 Armchair Travel 01:00 Bingo Time with Tom 02:00 Movie Matinee 06:00 Classic TV 05:00 Card Game	8 09:00 Morning Music 10:15 Morning Exercise 10:30 Food Committee With Jamie 11:30 Lunch Out: Asian Wok 03:00 Church Service 04:00 Cocoa Social 07:00 Skip-Bo	9 09:00 Classic Country 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia 01:00 Hand Care With Casey 02:00 Armchair Travel 03:00 Cocoa Social 06:00 Movie Night	10 09:00 Jukebox Oldies 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Family Feud 02:00 Sip & Paint With Alix 04:00 Funny Videos 06:00 Classic TV: IN2L 07:00 Cards & Puzzles	11 09:00 Music Videos 10:00 Morning Exercise 11:00 Balloon Toss 12:00 Riddles & Trivia 01:00 Bingo Time With Tom 02:00 Scenic Drive 03:00 Animal Planet 06:00 Creative Coloring 07:00 Skip-BO
12 10:00 Gospel Music: IN2L 11:00 Sit & Be Fit: IN2L 01:00 Armchair Travel 02:30 Church Service 04:00 Creative Coloring 07:00 Evening Movie  Pharmacist's Day	13 09:00 Classy Jazz 10:00 Bible Study With David 11:00 Walking Group 02:00 Armchair Travel 01:00 Creative Coloring 01:15 Cocoa Social 06:00 Classic Movie: IN2L 07:00 Skip-Bo	14 09:00 Jukebox Oldies 10:00 Flower Arranging With Dahn 10:30 Fireside Chat With Cindy 01:00 Bingo Time with Tom 02:00 Movie Matinee 06:00 Classic TV 05:00 Card Game	15 09:00 Morning Music 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia 11:30 Lunch Out: Dick's Drive In 03:00 Church Service 04:00 Cocoa Social 07:00 Skip-Bo	16 09:00 Classic Country 10:15 Morning Exercise 10:30 Balloon Toss 01:00 Shopping Trip: Fred Meyer 02:00 Armchair Travel 03:00 Nail Care With Casey 06:00 Movie Night  National Fig Newton Day	17 09:00 Jukebox Oldies 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Game Show: IN2L 03:00 Tea Party 04:00 Funny Pets: IN2L 06:00 Classic TV: IN2L 07:00 Cards & Puzzles	18 09:00 Music Videos 10:00 Morning Exercise 11:00 Balloon Toss 12:00 Riddles & Trivia 01:00 Bingo Time With Tom 02:00 Walking Group 03:00 Open Door Worship 06:00 Creative Coloring 07:00 Skip-BO
19 10:00 Gospel Music: IN2L 11:00 Sit & Be Fit: IN2L 01:00 Armchair Travel 02:30 Church Service 04:00 Creative Coloring 07:00 Evening Movie  National Popcorn Day	20 09:00 Classy Jazz 10:00 Bible Study With David 11:00 Walking Group 02:00 Armchair Travel 01:00 Creative Coloring 01:15 Cocoa Social 06:00 Classic Movie: IN2L 07:00 Skip-Bo	21 09:00 Jukebox Oldies 10:00 Flower Arranging With Dahn 11:00 Armchair Travel 01:00 Bingo Time with Tom 02:00 Movie Matinee 06:00 Classic TV 05:00 Card Game	22 09:00 Morning Music 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia 01:00 Hand Care With Casey 03:00 Church Service 04:00 Cocoa Social 07:00 Skip-Bo	23 09:00 Classic Country 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia 02:00 Fall Prevention With Cindy 03:00 Cocoa Social 06:00 Movie Night	24 09:00 Jukebox Oldies 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Game Show: IN2L 03:00 Happy Hour & Music by: Doug Williams 04:00 Armchair Travel 06:00 Classic TV: IN2L 07:00 Cards & Puzzles	25 09:00 Music Videos 10:00 Morning Exercise 11:00 Balloon Toss 12:00 Riddles & Trivia 01:00 Bingo Time With Tom 02:00 Walking Group 03:00 Animal Planet 06:00 Creative Coloring 07:00 Skip-BO Chinese New Year
26 10:00 Gospel Music: IN2L 11:00 Sit & Be Fit: IN2L 01:00 Armchair Travel 02:30 Church Service 04:00 Creative Coloring 07:00 Evening Movie  National Peanut Brittle Day	27 09:00 Classy Jazz 10:00 Bible Study With David 11:00 Walking Group 02:00 Armchair Travel 01:00 Creative Coloring 01:15 Cocoa Social 06:00 Classic Movie: IN2L 07:00 Skip-Bo	28 09:00 Jukebox Oldies 10:00 Flower Arranging With Dahn 11:00 Armchair Travel 01:00 Bingo Time with Tom 02:00 Movie Matinee 06:00 Classic TV 05:00 Card Game	29 09:00 Morning Music 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia 11:30 Shopping & Lunch Haggen 03:00 Church Service 04:00 Cocoa Social 07:00 Skip-Bo	30 09:00 Classic Country 10:15 Morning Exercise 10:30 Balloon Toss 01:00 Nail Care With Casey 02:00 Armchair Travel 03:00 Cookie Social 06:00 Movie Night	31 09:00 Jukebox Oldies 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Family Feud: IN2L 02:00 Performance by: Sound Singers 03:00 Armchair Travel 06:00 Classic TV: IN2L 07:00 Cards & Puzzles	Happy Birthday Wishes!  Eleanor: January 1 Ndeyfatou: January 1  Jo: January 10  Steven: January 10  Tracey: January 13