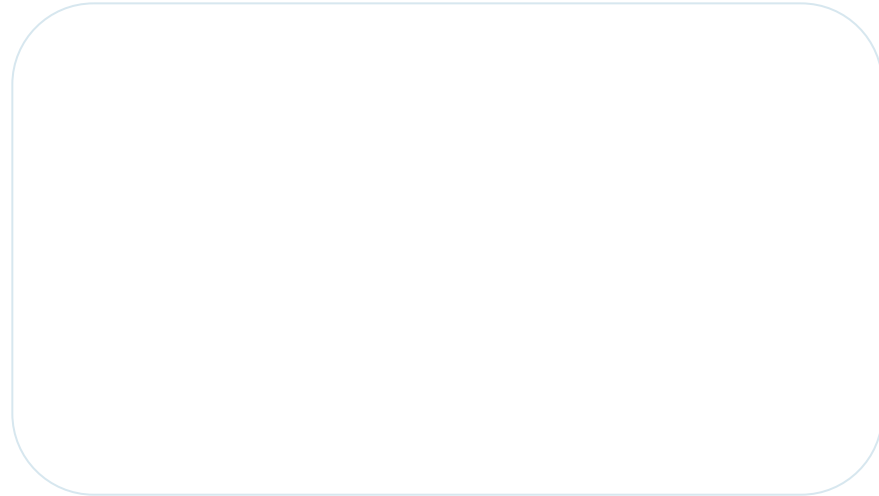




10330 4th Ave. West  
Everett, WA 98204

STAMP  
HERE



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



## February 2020

**2** Detection for Prevention  
**3** Team & Resident Spotlight  
**4-5** Activities Calendar

**6** Birthdays, Social Media, & Highlights  
**7** Special Moments, Join Us, Thoughts  
**8** Mission & Team



## Early Detection Factors Into Improved Cancer Statistics

Perhaps unbelievable, but true, some of the best news of the last decade comes from recent statistics regarding cancer. Both the rate of new cancer diagnoses and the rate of mortality due to cancer have decreased over the last 10 years. This is exciting news, and early detection has played a vital role in decreasing these stats.

Early diagnosis can also have a more personal benefit of empowering us with knowledge about our health and giving us the opportunity to stall, stop, or receive needed support. February is National Cancer Prevention Month; read on to learn more about the importance of early detection, and some lifestyle choices that may lead to a cancer diagnosis.

Remember, to talk with your medical provider about the best test type and frequency of testing as it varies depending on risk factors and general health.

### Early Detection for Men

Men are suggested to get screening for colon, prostate, and lung cancers. Testing for colon cancer generally is suggested starting at age 45, prostate at 50, and lung at 55.

### Early Detection for Women

Testing for cancers such as breast, cervical, colon, and lung are recommended for women. Regular pap smears beginning at age 30 help doctors monitor for cervical cancers throughout aging. Starting at an



age range of 45 to 54 years, women are encouraged to receive annual mammograms to test for breast cancer. Colon cancer testing should start at age 50. Typically, testing for lung cancer is suggested starting at age 55.

### Risk Factors & Lifestyle

While even living the healthiest life, someone can be diagnosed with cancer, but there are some lifestyle choices that can increase overall risk and evidence to suggest that a healthy lifestyle may not only decrease risk, but increase the likelihood of remission if diagnosed. Cancer risks can be reduced by avoiding tobacco, maintaining a healthy weight, engaging in regular physical activity, following a healthy diet with at least 2.5 cups of fruits and vegetables daily, limiting alcohol intake, and protecting skin.

Help do your part to continue the downward trend of cancer statistics and increase your chances of a cancer-free life by living a risk-reduced lifestyle and talking to your doctor about suggested cancer screenings at your next appointment.

## Special Moments



### This month, join us for a...

**Valentine's Day Party**  
**Performance By: Guy Johnson**  
**On February 14, 2020**  
**3 PM**  
**Dining Room**

**You are also welcome to our...**  
**Mardi Gras Party**  
**On February 26, 2020**  
**4 PM - 6 PM**  
**Dining Room**

### Our Thoughts On...

what we love about Valentine's Day!

"All the people that love other people" - Donna

"It's my niece's birthday" - Peggy G.

"All the chocolate!" - Peggy S.



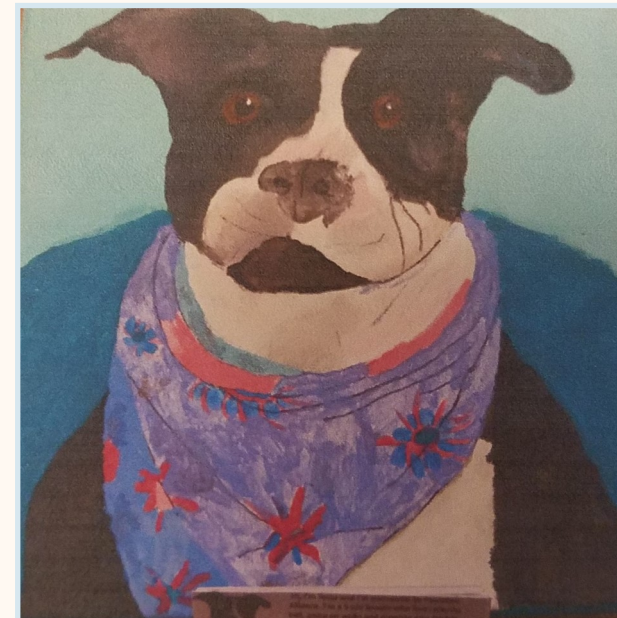
## February 2020 Highlights

**February is Black History Month, Heart Month, Hot Breakfast Month, Library Lover's Month, Bake for Family Fun Month, and Embroidery Month**

01 Baked Alaska Day; Read Aloud Day	16 Almond Day
02 Groundhog Day; Tater Tot Day	17 Random Acts of Kindness Day
03 Foodservice Pride Week Kicks Off	18 Battery Day; Wine Day
04 Thank Mail Carriers Day; Soup Day	19 Chocolate Mint Day
05 Nutella Day	20 Love Your Pet Day; Cherry Pie Day
06 Frozen Yogurt Day	21 Caregivers Day; Sticky Bun Day
07 Periodic Table Day; Send Cards Day	22 Cook a Sweet Potato Day
08 Boy Scout Day; Kite Flying Day	23 Banana Bread Day; Tile Day
09 Pizza Day; Bagel and Lox Day	24 Tortilla Chip Day
10 Clean Computer Day; Umbrella Day	25 Fat Tuesday; Clam Chowder Day
11 Inventors' Day; Make a Friend Day	26 Ash Wednesday; Pistachio Day
12 Plum Pudding Day	27 Chili Day; Strawberry Day; Toast Day
13 Cheddar Day; Radio Day	28 Floral Design Day; Tarter Sauce Day
14 Valentine's Day; Book Giving Day	29 Leap Day!
15 Gumdrop Day; Hippo Day	

### Community Spotlight: Paws With Cause & Tessa

**Every month, our residents paint animals that are in local shelters. Tessa is a 5 year old Terrier Mix that found her forever home when her new owners saw her sweet face on a canvas that had been painted by one of our residents!**



A message  
from Cindy

Hello and welcome to the wonderful month of February where we celebrate love, friendship and admiration with sweet, kind words. Valentine's Day is especially welcome in the last dark weeks of winter. It brings light, kindness and love to us all as we share in our celebrations at our home here at South Pointe. I hope that we have had our winter weather and will now move on into our rainy end of winter and beginning of spring weather. These days are beautiful in their own gray, somber way ... I've enjoyed meeting with some of you at our Fireside Chats and wish that more residents would attend. The more of you that attend the more interesting the conversations can become. There is no agenda, it's a very informal gathering to just sit and visit with one another. We can discuss anything that comes to mind. Please watch the calendar for the date and time each month. Have a wonderful month of love and kindness, Happy February!!!

### Happy Birthday Wishes!

Seraiah: 02/04

Linda: 02/09

Peggy M: 02/09



### Visit us Online:

Facebook.com/  
SouthPointeSeniorLiving

Blog.radiantseniorliving.com

Radiantsrliving on Instagram

Radiantvoices on Instagram

RadiantSrLiving on Twitter

Pinterest.com/radiantsrliving

Radiant Senior Living on  
YouTube


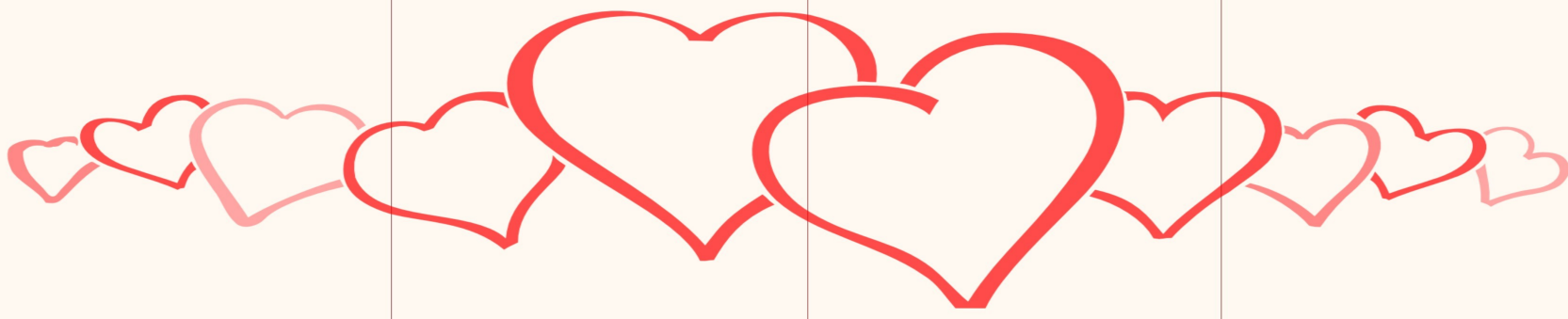





# FEBRUARY 2020

South Pointe

• 10330 4th Ave West Everett, Washington

• 425-513-5643

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>Happy Birthday!</b></p> <p>Seraiah 02/04 Linda 02/09 Peggy M. 02/09</p> 						<p><b>1</b></p> <p>9:00 Music Videos: IN2L 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia 1:00 Bing with Tom 2:00 Scenic Drive 3:00 Armchair Travel: IN2L 6:00 Classic TV: IN2L 7:00 Board Games</p>
<p><b>2 SUPER BOWL DAY</b></p> <p>10:00 Gospel Music: IN2L 11:00 Sit &amp; Be Fit: IN2L 1:00 Armchair Travel: IN2L 2:30 Church Service 3:00 Super Bowl Party 3:30 Super Bowl LIV 49ers vs Chiefs</p> 	<p><b>3</b></p> <p>9:00 Classy Jazz: IN2L 10:00 Sit &amp; Be Fit: IN2L 11:00 Walking Group 2:00 Bible Study with David 3:00 Creative Coloring 4:00 Coffee Social 6:00 Classic TV: IN2L 7:00 Skip-BO</p>	<p><b>4</b></p> <p>9:00 Music Videos: IN2L 10:00 Flower Arranging With Dahn 11:00 Sit &amp; Be Fit: IN2L 1:00 Bingo Time With Tom 2:00 Movie Matinee: IN2L 2:15 Library Drop Off 6:00 Puzzle Time: IN2L 7:00 Card Game</p>	<p><b>5</b></p> <p>9:00 Country Music: IN2L 10:00 Exercise with Casey 10:30 Balloon Toss 11:00 Funny Videos: IN2L 11:30 Lunch Out: McDonald's 2:00 Armchair Travel: IN2L 3:00 Church Service 4:00 Cocoa Social 6:00 Puzzle Time: IN2L 7:00 Skip-Bo</p>	<p><b>6 Frozen Yogurt Day</b></p> <p>9:00 Ed Sullivan Show: IN2L 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia &amp; Brain Teasers 1:00 Shopping: Walmart 2:00 Frozen Yogurt Social 4:00 Walking Group 6:00 Classic TV : IN2L 7:00 Movie Night</p>	<p><b>7</b></p> <p>9:00 Jukebox Oldies: IN2L 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Current Events &amp; Trivia 1:00 Surfing the Web: IN2L 3:00 Happy Hour &amp; Music By Dusty Rose 6:00 Armchair Travel: IN2L 7:00 Skip-Bo</p>	<p><b>8</b></p> <p>9:00 Music Videos: IN2L 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia 1:00 Bing with Tom 2:00 Hand Care with Casey 3:00 Armchair Travel: IN2L 6:00 Classic TV: IN2L 7:00 Board Games</p>
<p><b>9</b></p> <p>10:00 Gospel Music: IN2L 11:00 Sit &amp; Be Fit: IN2L 1:00 Armchair Travel: IN2L 2:30 Church Service with Tyrone &amp; Mary 4:00 Puzzle Time: IN2L 6:00 Creative Coloring 7:00 Evening Movie</p>	<p><b>10</b></p> <p>9:00 Classy Jazz: IN2L 10:00 Sit &amp; Be Fit: IN2L 11:00 Walking Group 2:00 Bible Study with David 3:00 Creative Coloring 4:00 Coffee Social 6:00 Classic TV: IN2L 7:00 Skip-BO</p>	<p><b>11</b></p> <p>9:00 Music Videos: IN2L 10:00 Flower Arranging With Dahn 10:30 Fireside Chat With Cindy 1:00 Bingo Time With Tom 2:00 Movie Matinee: IN2L 6:00 Puzzle Time: IN2L 7:00 Card Game</p>	<p><b>12</b></p> <p>9:00 Country Music: IN2L 10:00 Exercise with Casey 10:30 Food Committee With Jamie 11:30 Lunch Out: Alfy's 2:00 Armchair Travel: IN2L 3:00 Church Service 4:00 Cocoa Social 6:00 Puzzle Time: IN2L 7:00 Skip-Bo</p>	<p><b>13 Cheddar Day</b></p> <p>9:00 Ed Sullivan Show: IN2L 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia &amp; Brain Teasers 1:00 Hand Care with Casey 2:00 Armchair Travel: IN2L 2:15 Cheddar Cheese Social 6:00 Classic TV : IN2L 7:00 Movie Night</p>	<p><b>14 VALENTINE'S DAY</b></p> <p>9:00 Love Song Jukebox 10:15 Morning Exercise 10:30 Valentine Trivia 11:30 Cupid Toss 2:00 Armchair Travel: IN2L 3:00 Valentine's Day Party &amp; Performance By: Guy Johnson 7:00 Romanic Movie</p>	<p><b>15</b></p> <p>9:00 Music Videos: IN2L 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia 1:00 Bing with Tom 2:00 Walking Group 3:00 Open Door Worship 4:00 Armchair Travel: IN2L 6:00 Classic TV: IN2L 7:00 Board Games</p>
<p><b>16</b></p> <p>10:00 Gospel Music: IN2L 11:00 Sit &amp; Be Fit: IN2L 1:00 Armchair Travel: IN2L 2:30 Church Service with Tyrone &amp; Mary 4:00 Puzzle Time: IN2L 6:00 Creative Coloring 7:00 Evening Movie</p>	<p><b>17 PRESIDENTS' DAY</b></p> <p>9:00 Classy Jazz: IN2L 10:00 Sit &amp; Be Fit: IN2L 11:00 Walking Group 2:00 Bible Study with David 3:00 Creative Coloring 4:00 Coffee Social 6:00 Classic TV: IN2L 7:00 Skip-BO</p>	<p><b>18</b></p> <p>9:00 Music Videos: IN2L 10:00 Flower Arranging With Dahn 11:00 Sit &amp; Be Fit: IN2L 1:00 Bingo Time With Tom 2:00 Movie Matinee: IN2L 6:00 Puzzle Time: IN2L 7:00 Card Game</p>	<p><b>19</b></p> <p>9:00 Country Music: IN2L 10:00 Exercise with Casey 10:30 Balloon Toss 11:00 Funny Videos: IN2L 1:00 Hand Care with Casey 2:00 Armchair Travel: IN2L 3:00 Church Service 4:00 Cocoa Social 6:00 Puzzle Time: IN2L 7:00 Skip-Bo</p>	<p><b>20 Casino Day!</b></p> <p>9:00 Jukebox Oldies: IN2L 10:00 Day Trip: Angel of the Winds 11:00 Sit &amp; Be Fit: IN2L 2:00 Armchair Travel: IN2L 4:00 Cocoa Social 6:00 Classic TV: IN2L 7:00 Skip-Bo</p> 	<p><b>21 National Caregivers Day</b></p> <p>9:00 Jukebox Oldies: IN2L 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Current Events &amp; Trivia 1:00 Surfing the Web: IN2L 3:00 Happy Hour &amp; Music By Doug Williams 6:00 Armchair Travel: IN2L 7:00 Skip-Bo</p>	<p><b>22</b></p> <p>9:00 Music Videos: IN2L 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia 1:00 Bing with Tom 2:00 Scenic Drive 3:00 Armchair Travel: IN2L 6:00 Classic TV: IN2L 7:00 Board Games</p>
<p><b>23</b></p> <p>10:00 Gospel Music: IN2L 11:00 Sit &amp; Be Fit: IN2L 1:00 Armchair Travel: IN2L 2:30 Church Service with Tyrone &amp; Mary 4:00 Puzzle Time: IN2L 6:00 Creative Coloring 7:00 Evening Movie</p>	<p><b>24</b></p> <p>9:00 Classy Jazz: IN2L 10:00 Sit &amp; Be Fit: IN2L 11:00 Walking Group 2:00 Bible Study with David 3:00 Creative Coloring 4:00 Coffee Social 6:00 Classic TV: IN2L 7:00 Skip-BO</p>	<p><b>25 MARDI GRAS</b></p> <p>9:00 Music Videos: IN2L 10:00 Flower Arranging With Dahn 11:00 Sit &amp; Be Fit: IN2L 1:00 Bingo Time With Tom 3:00 Mardi Gras Happy Hour &amp; Music by Gary Hood 6:00 Puzzle Time: IN2L 7:00 Card Game</p>	<p><b>26 ASH WEDNESDAY</b></p> <p>9:00 Country Music: IN2L 10:00 Exercise with Casey 10:30 Balloon Toss 11:00 Funny Videos: IN2L 1:00 Hand Care with Casey 2:00 Armchair Travel: IN2L 3:00 Church Service 5:00 Mardi Gras Dinner 6:00 Puzzle Time: IN2L 7:00 Skip-Bo</p>	<p><b>27</b></p> <p>9:00 Ed Sullivan Show: IN2L 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia &amp; Brain Teasers 1:00 Outing: 3rd Place Books 2:00 Armchair Travel: IN2L 6:00 Classic TV : IN2L 7:00 Movie Night</p>	<p><b>28</b></p> <p>9:00 Jukebox Oldies: IN2L 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Current Events &amp; Trivia 1:00 Surfing the Web: IN2L 2:00 Walking group 6:00 Armchair Travel: IN2L 7:00 Skip-Bo</p>	<p><b>29</b></p> <p>9:00 Music Videos: IN2L 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia 1:00 Bing with Tom 2:00 Leap Year Happy Hour 3:30 Armchair Travel: IN2L 6:00 Classic TV: IN2L 7:00 Board Games</p>