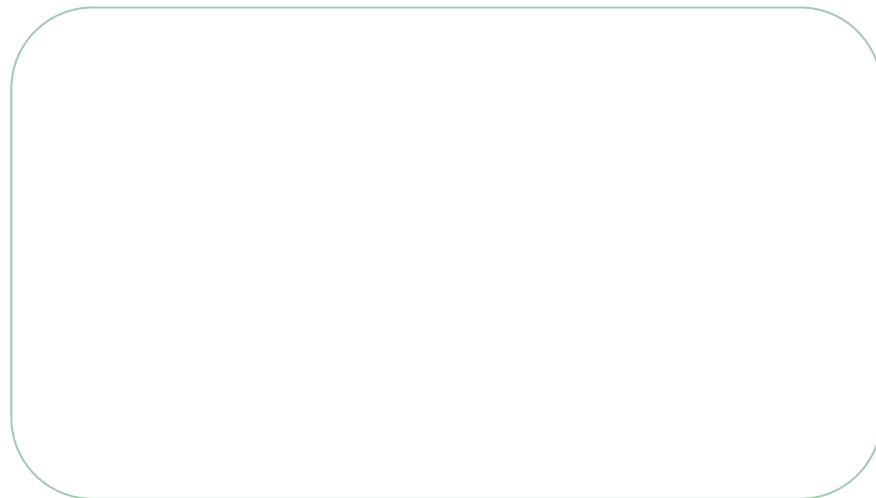




10330 4th Ave. West
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STAMP
HERE



Contact us..

Administrative Team: 425-513-5645

Executive Director: Cindy Davis

Assistant Executive Director: Cheryl King

Wellness Director: Christa Ogle

Dining Services Director: Jaime Curay

Maintenance Director: Darin Muller

Life Enrichment Director: Casey Bolex

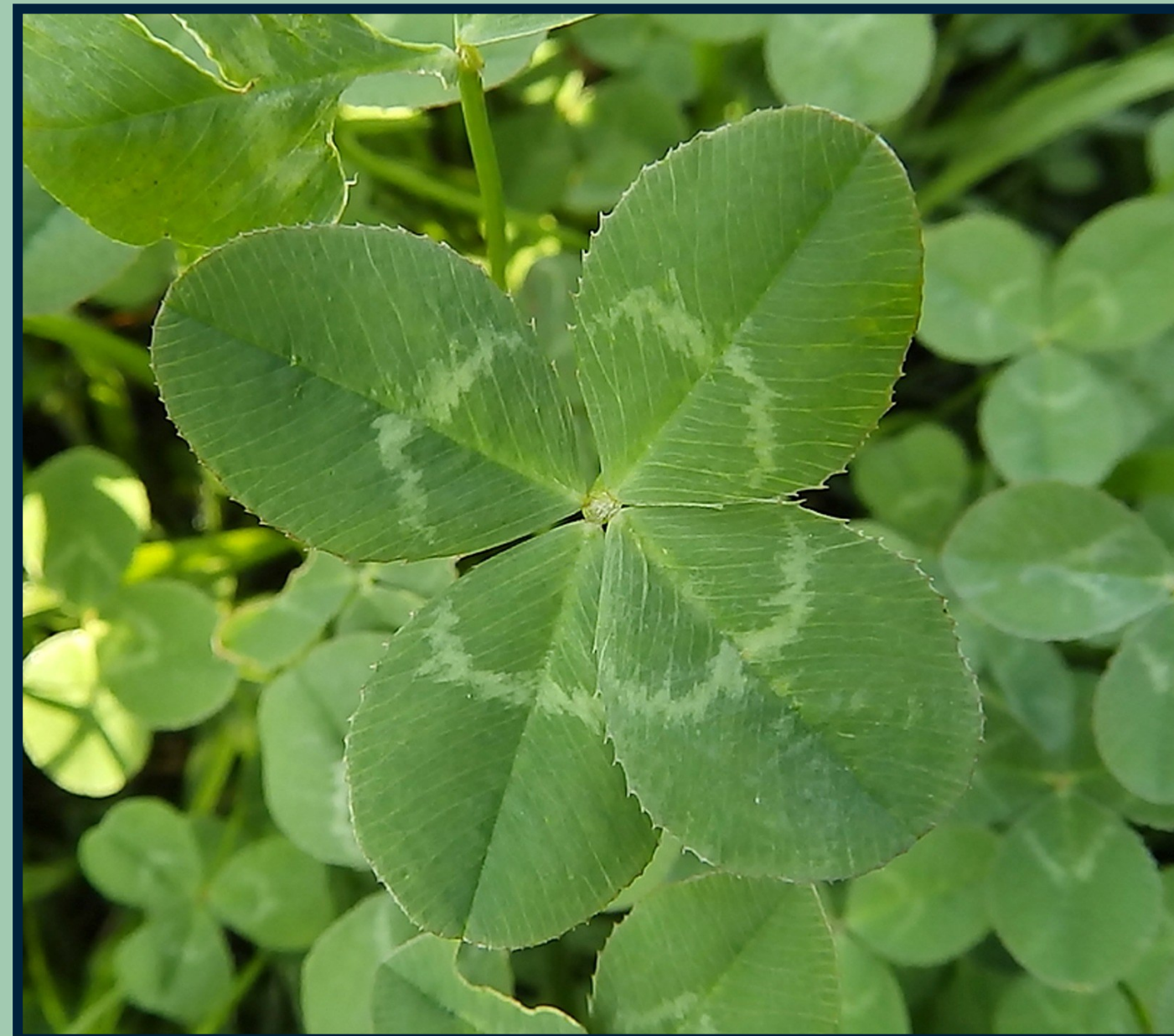


Pictured: Slieve League, Ireland

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

South Pointe News

Monthly Newsletter



March 2020

2 Artistic Engagement
3 Team & Resident Spotlight
4-5 Activities Calendar

6 Highlights & Our Artistic Expression
7 Special Moments, Birthdays, Social Media
8 Mission & Team

Artistic Engagement Benefits & Ideas

American Artist Georgia O'Keeffe once said, "Whether you succeed or not is irrelevant, there is no such thing. Making your unknown known is the important thing." O'Keeffe's words ring true when we think of art's importance in our daily lives. Art forms provide people of all ages, walks of life, and creative abilities the opportunity to express feelings and become engaged; by extension positively affecting health.



artistic expression can have on older adults. It:

- Aids in relaxation, anxiety, and depression
- Gives feelings of control
- Improves communication and socialization
- Encourages humor and playfulness
- Improves cognition
- Offers sensory stimulation
- Fosters a strong sense of identity
- Bolsters self-esteem
- Nurtures faith
- Reduces boredom

The next time you engage in an art form, remember how many ways you may be benefitting yourself. For those who wish to start taking part in artistic expression, or help a loved one to do so, a great place to start is with music and an empty page.

This is especially true for older adults, according to Gene Cohen, MD, PhD. Cohen concluded in a 2006 study that older adults active in arts had better physical health, fewer visits to the doctor, required less medication, and fell less frequently than those in the study not involved in arts (Today's Geriatric Medicine).

Such findings shed light upon the value that painting, dancing, drawing, knitting, sculpting, drama, photography, poetry, creative writing, and playing or moving to music can bring in senior living communities.

In an article entitled "Aging: What's Art Got to Do With It," in Geriatric Monthly, Barbara Bagan, PhD, ATR-BC, shared plenty of detailed positive effects

Special Moments



Sand Art with our Volunteers !

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

March 2020 Highlights

March is Noodle Month, Peanut Month, Women’s History Month, and Craft Month.

- 01 Peanut Butter Day; Pig Day
- 02 Read Across America Day
- 03 Cold Cuts Day; Soup it Forward Day
- 04 Grammar Day; Pound Cake Day
- 05 Cheese Doodle Day
- 06 Oreo Day; Staff Appreciation Day
- 07 Cereal Day
- 08 Oregon Day; Women’s Day
- 09 Meatball Day; Barbie Day
- 10 Blueberry Popover Day
- 11 Oatmeal Nut Waffles Day
- 12 Girl Scouts Day; Plant Flowers Day
- 13 K9 Veterans Day; Good Deed Day
- 14 Butterflies Day; Potato Chip Day
- 15 Pears Helene Day
- 16 Artichoke Hearts Day; Panda Day
- 17 St. Patrick’s Day; 3D Day
- 18 Lacy Cookie Day; Sloppy Joes Day
- 19 Certified Nurses Day; Spring Begins!
- 20 Ravioli Day; Flour Day
- 21 French Bread Day; CA Strawberry Day
- 22 Bavarian Crepes Day
- 23 Melba Toast Day; Chip and Dip Day
- 24 Chocolate Covered Raisins Day
- 25 Lobster Newburg Day; Manatee Day
- 26 Spinach Day; Nougat Day
- 27 Scribble Day; Spanish Paella Day
- 28 Food on Sticks Day
- 29 Nevada Day; Lemon Chiffon Cake Day
- 30 Virtual Vacay Day; Park Walks Day
- 31 Crayon Day; Tater Day

SPRING FORWARD! On the evening of Saturday, March 7, set your clocks forward one hour for Daylight Savings Time which will take effect at 2 AM.





Artistic Expression at Our Community!

Our Resident Spotlight Shines On: Shane!

Shane is an fun loving guy that enjoys listening to music and watching movies on his big screen television with his sister Lisa! Shane knows how to play many instruments, including violin and he taught himself how to play the guitar!

Shane is a retired mailman from Denver, Colorado and enjoys talking about his mail delivering days! Shane's favorite band is Riders of the Purple Sage!

Shane can’t wait for Spring to get here so he can enjoy warmer weather and can go to the beach and enjoy the sunshine!



A Message From Cindy:

Hello to all of you ... how fast the year is already moving. One minute it was New Years and now we are on the edge of spring! Spring is one of my most favorite times of year. Everything in nature looks and smells new ... the bright green buds that start appearing on our trees and the smell of earth as flowers start coming through the ground and neighbors start cleaning flower beds and mowing lawns again. I love it! I hope you all take heart in the longer days, the sunny days mixed with the rainy days. Enjoy nature as it wakes back up and we can look forward to a few outdoor activities. Don't forget to take your sweater or jacket with you when you are outside as it still can get chilly even when the sun is shining. Please remember to come to the Fireside Chat's so we can get to know one another. We can talk about anything you'd like, it's a very informal time of chit chat. It's always on the second Tuesday at 10:30 AM.

“It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light and winter in the shade.”

--Charles Dickens

Cindy Davis
Executive Director

SUN	MON	TUE	WED	THU	FRI	SAT
1 8:00 Breakfast 10:00 Gospel Music: IN2L 11:00 Sit & Be Fit: IN2L 12:00 Lunch 1:00 Armchair Travel: IN2L 2:30 Church Service 3:00 Creative Coloring 5:00 Dinner 6:00 Armchair Travel: IN2L 7:00 Evening Movie	2 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:00 Sit & Be Fit: IN2L 11:00 YouTube: Funny Videos 12:00 Lunch 2:00 Bible Readings With David 3:00 Armchair Travel: IN2L 5:00 Dinner 6:00 Classic TV: IN2L 7:00 Skip-Bo	3 8:00 Breakfast 9:00 Cool Jazz: IN2L 10:00 Sit & Be Fit: IN2L 10:00 Flower Arranging With Dahn 12:00 Lunch 1:00 Bingo with Tom 2:00 Movie Matinee: IN2L 5:00 Dinner 6:00 Puzzle Time: IN2L 7:00 Card Game	4 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Family Feud: IN2L 12:00 Lunch Out: El Pariso 2:00 Armchair Travel: IN2L 3:00 Church Service 4:00 Cocoa Social 5:00 Dinner 6:00 Classic Radio Shows:IN2L 7:00 Skip-Bo	5 8:00 Breakfast 9:00 Beatles Hits: IN2L 10:15 Morning Exercise 11:00 Balloon Toss 12:00 Lunch 1:00 Shopping: Walmart 2:00 Armchair Travel: IN2L 4:00 Cocoa Social 5:00 Dinner 6:00 Classic TV: IN2L 7:00 Yahtzee	6 8:00 Breakfast 9:00 Classic Country: IN2L 10:00 Resident Council Meeting 11:00 Balloon Toss 12:00 Lunch 2:00 Wine & Polish 4:00 Armchair Travel: IN2L 5:00 Dinner 6:00 Creative Coloring 7:00 Skip-Bo	7 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:15 Morning Exercise 11:00 Riddles & Trivia 12:00 Lunch 1:00 Bingo with Tom 2:00 Scenic Drive 4:00 Armchair Travel: IN2L 5:00 Dinner 6:00 Classic TV: IN2L 7:00 Cards
8 DAYLIGHT SAVINGS BEGINS 8:00 Breakfast 10:00 Gospel Music: IN2L 11:00 Sit & Be Fit: IN2L 12:00 Lunch 1:00 Armchair Travel: IN2L 2:30 Church Service 3:00 Creative Coloring 5:00 Dinner 6:00 Armchair Travel: IN2L 7:00 Evening Movie	9 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:00 Sit & Be Fit: IN2L 11:00 YouTube: Funny Videos 12:00 Lunch 2:00 Bible Readings With David 3:00 Armchair Travel: IN2L 5:00 Dinner 6:00 Classic TV: IN2L 7:00 Skip-Bo	10 8:00 Breakfast 9:00 Cool Jazz: IN2L 10:00 Flower Arranging With Dahn 10:30 Chat with Cindy 12:00 Lunch 1:00 Bingo with Tom 2:00 Movie Matinee: IN2L 5:00 Dinner 6:00 Puzzle Time: IN2L 7:00 Card Game	11 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:15 Morning Exercise 10:30 Food Committee With Jaime 12:00 Lunch Out: Asian Wok 2:00 Hand Care 3:00 Church Service 4:00 Cocoa Social 5:00 Dinner 6:00 Classic Radio Shows:IN2L 7:00 Skip-Bo	12 8:00 Breakfast 9:00 Beatles Hits: IN2L 10:15 Morning Exercise 11:00 Balloon Toss 12:00 Lunch 1:00 Mystery Outing 2:00 Armchair Travel: IN2L 4:00 Cocoa Social 5:00 Dinner 6:00 Classic TV: IN2L 7:00 Yahtzee	13 8:00 Breakfast 9:00 Classic Country: IN2L 10:00 Morning Exercise 11:00 Balloon Toss 12:00 Lunch 3:00 Happy Hour & Music By Doug Williams 4:00 Armchair Travel: IN2L 5:00 Dinner 6:00 Creative Coloring 7:00 Skip-Bo	14 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:15 Morning Exercise 11:00 Trivia & Brain Teasers 12:00 Lunch 1:00 Bingo with Tom 2:30 ST. PATRICK'S PARTY 4:00 Armchair Travel: IN2L 5:00 Dinner 6:00 Classic TV: IN2L 7:00 Cards
15 8:00 Breakfast 10:00 Gospel Music: IN2L 11:00 Sit & Be Fit: IN2L 12:00 Lunch 1:00 Armchair Travel: IN2L 2:30 Church Service 3:00 Creative Coloring 5:00 Dinner 6:00 Armchair Travel: IN2L 7:00 Evening Movie	16 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:00 Sit & Be Fit: IN2L 11:00 YouTube: Funny Videos 12:00 Lunch 2:00 Bible Readings With David 3:00 Armchair Travel: IN2L 5:00 Dinner 6:00 Classic TV: IN2L 7:00 Skip-Bo	17 ST. PATRICK'S DAY 8:00 Breakfast 9:00 Irish Music: IN2L 10:00 Sit & Be Fit: IN2L 10:00 Flower Arranging With Dahn 12:00 Lunch 1:00 Bingo with Tom 2:00 Riverdance: IN2L 5:00 Dinner 6:00 Puzzle Time: IN2L 7:00 Card Game	18 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:15 Morning Exercise With Eleanor 10:30 Balloon Toss 12:00 Lunch 2:00 Armchair Travel: IN2L 3:00 Church Service 4:00 Cocoa Social 5:00 Dinner 6:00 Classic Radio Shows:IN2L	19 SPRING BEGINS 8:00 Breakfast 9:00 Elvis Hits: IN2L 10:15 Morning Exercise With Eleanor 11:00 Balloon Toss 12:00 Lunch 2:00 Hand Care with BK 4:00 Armchair Travel: IN2L 5:00 Dinner 6:00 Classic TV: IN2L 7:00 Activity	20 8:00 Breakfast 9:00 Jukebox Oldies 10:15 Morning Exercise With Eleanor 10:30 Trivia with John 12:00 Lunch 2:00 Paws with Cause Painting with Alix 4:00 Armchair Travel: IN2L 5:00 Dinner 6:00 Classic TV: IN2L 7:00 Skip-Bo	21 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:15 Sit & Be Fit: IN2L 11:00 Funny Videos: YouTube 12:00 Lunch 1:00 Bingo with Tom 3:15 Open Door Worship 4:00 Armchair Travel: IN2L 5:00 Dinner 6:00 Classic TV: IN2L 7:00 Cards
22 8:00 Breakfast 10:00 Gospel Music: IN2L 11:00 Sit & Be Fit: IN2L 12:00 Lunch 1:00 Armchair Travel: IN2L 2:30 Church Service 3:00 Creative Coloring 5:00 Dinner 6:00 Armchair Travel: IN2L 7:00 Evening Movie	23 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:00 Sit & Be Fit: IN2L 11:00 YouTube: Funny Videos 12:00 Lunch 2:00 Bible Readings With David 3:00 Armchair Travel: IN2L 5:00 Dinner 6:00 Classic TV: IN2L 7:00 Skip-Bo	24 8:00 Breakfast 9:00 Cool Jazz: IN2L 10:00 Sit & Be Fit: IN2L 10:00 Flower Arranging With Dahn 12:00 Lunch 1:00 Bingo with Tom 2:00 Movie Matinee: IN2L 5:00 Dinner 6:00 Puzzle Time: IN2L 7:00 Card Game	25 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:15 Morning Exercise 10:30 Balloon Toss 12:00 Lunch Out: Dick's 2:00 Armchair Travel: IN2L 3:00 Church Service 4:00 Cocoa Social 5:00 Dinner 6:00 Classic Radio Shows:IN2L 7:00 Skip-Bo	26 8:00 Breakfast 9:00 Beatles Hits: IN2L 10:15 Morning Exercise 11:00 Balloon Toss 12:00 Lunch 1:00 Shopping: Dollar Tree 2:00 Armchair Travel: IN2L 4:00 Cocoa Social 5:00 Dinner 6:00 Classic TV: IN2L 7:00 Yahtzee	27 8:00 Breakfast 9:00 Classic Country: IN2L 10:00 Morning Exercise 11:00 Balloon Toss 12:00 Lunch 2:00 Happy Hour & Music By Dusty Rose 4:00 Armchair Travel: IN2L 5:00 Dinner 6:00 Creative Coloring 7:00 Skip-Bo	28 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:15 Morning Exercise 11:00 Trivia & Riddles 12:00 Lunch 1:00 Bingo with Tom 2:00 Scenic Drive 4:00 Armchair Travel: IN2L 5:00 Dinner 6:00 Classic TV: IN2L 7:00 Cards
29 8:00 Breakfast 10:00 Gospel Music: IN2L 11:00 Sit & Be Fit: IN2L 12:00 Lunch 1:00 Armchair Travel: IN2L 2:30 Church Service 3:00 Creative Coloring 5:00 Dinner 6:00 Armchair Travel: IN2L 7:00 Evening Movie	30 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:00 Sit & Be Fit: IN2L 11:00 YouTube: Funny Videos 12:00 Lunch 2:00 Bible Readings With David 3:00 Armchair Travel: IN2L 5:00 Dinner 6:00 Classic TV: IN2L 7:00 Skip-Bo	31 8:00 Breakfast 9:00 Cool Jazz: IN2L 10:00 Sit & Be Fit: IN2L 10:00 Flower Arranging With Dahn 12:00 Lunch 1:00 Bingo with Tom 2:00 Outing: ST. Vincent 5:00 Dinner 6:00 Puzzle Time: IN2L 7:00 Card Game				Happy Birthday! Cliff 03/02 Joan 03/03 Cindy 03/06