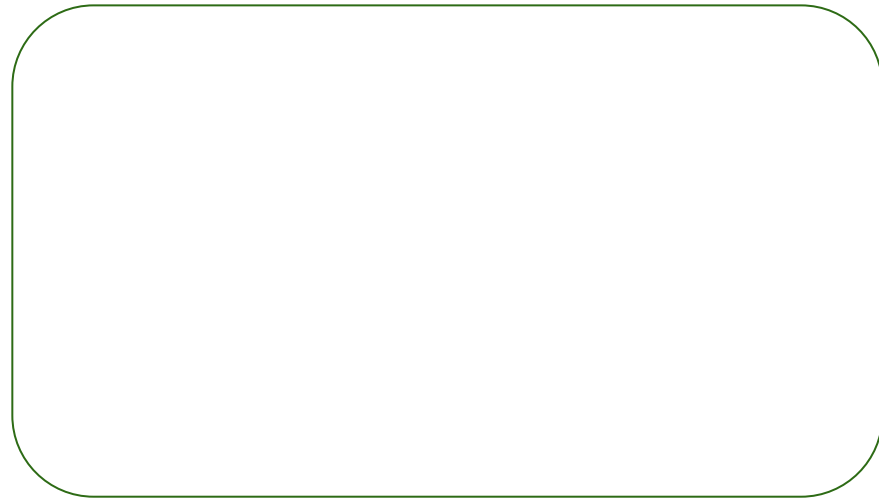




10330 4th Ave. West
Everett, WA 98204

STAMP
HERE



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 Mueller

Life Enrichment Director: Casey Bolex



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

South Pointe News

Monthly Newsletter



April 2020

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3 Team & Resident Spotlight
4-5 Activities Calendar**

**6 Highlights, Notes, Audubon Day
7 Special Moments & Birthdays
8 Mission & Team**

How to Move Toward a More Active Lifestyle & Improved Strength

It's a fact of life that as we age to around 50, our body composition changes with naturally occurring reductions to muscle mass, bone mass, and physical capacity. But it's also true that there's lots we can do to increase our strength and mobility, helping to improve our lives overall.

Head into the spring season with more opportunities for outside fun, with these guidelines and tips for improving strength and balance. Of course, always consult your health professional before making changes to diet, exercise, or medication.

Starting out on a path toward getting more active doesn't have to be a struggle. It is never too late to start being physically active. All should strive to be as physically active as their abilities and conditions allow, and for all people, some activity is better than none.

U.S. Government Guidelines state for substantial health benefits, adults should do aerobic physical activity for either:

Option One: 2 hours and 30 minutes up to 5 hours per week of moderate intensity **or...**

Option Two: 1 hour and 15 minutes up to 2 hours and 30 minutes per week of vigorous intensity

For older adults specifically, physical activity should include balance training,



Magic Three! Performing activities at least three separate days of the week produces health benefits, according to consistent research studies.

and aerobic and muscle-strengthening activities. Muscle-strengthening activities of moderate or greater intensity, involving all major muscle groups should be done two or more days weekly.

What is aerobic activity? Cardio activity in which a person moves their muscles rhythmically for a sustained period of time. Examples include brisk walking, raking, tennis, jogging, or dancing.

What is muscle-strengthening activity? Activity that works against a resistance. Examples include some Tai Chi, some Yoga, carrying groceries, lifting or digging for gardening, using exercise bands or hand weights for exercise moves, push ups, pull ups, and squats.

For more information and ideas, visit health.gov and click on Physical Activity!

Special Moments



Happy
Birthday!

Steve 04/03

John 04/07

April 2020 Highlights

April is Lawn & Garden Month, Poetry Month, Volunteer Month, and Jazz Month.

01 Walking Day; Sourdough Day
02 Burrito Day; PB&J Day
03 Film Score Day
04 Walk Around Things Day
05 Deep Dish Pizza Day
06 Caramel Popcorn Day
07 Coffee Cake Day
08 Empanada Day; Zoo Love Day
09 Antiques Day; Passover Starts
10 Young Writers Day; Good Friday
11 Cheese Fondue Day; Pet Day
12 Easter Day; Grilled Cheese Day
13 Peach Cobbler Day; Scrabble Day
14 Gardening Day; Look at the Sky Day
15 Glazed Spiral Ham Day
16 High Five Day; Eggs Benedict Day
17 Cheeseball Day; Haiku Poetry Day
18 Animal Cracker Day; Record Shop Day
19 Garlic Day



20 Lime Bean Day; Cheddar Fries Day
21 Kindergarten Day; Choco. Cashews Day
22 Earth Day; Jelly Bean Day
23 Picnic Day; Talk Like Shakespeare Day
24 Pigs in Blankets Day; Arbor Day
25 Telephone Day; Sense of Smell Day
26 Pretzel Day; Audubon Day
27 Devil Dog Day; Tell a Story Day
28 Poetry Reading Day; Superhero Day
29 Denim Day; Zipper Day
30 Shelter Pet Day; Raisin Day

A note regarding Coronavirus:

The safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website:

<https://www.southpointe-al.com/>

April 26th is **Audubon Day**, honoring John James Audubon's birthday back in 1785!



Audubon is celebrated for his American bird studies. He documented their mannerisms and created educational illustrations of birds in their natural habitats. He created 435 watercolor paintings of North American birds!

Our resident spotlight shines on: Margaret!

You may see Margaret speeding down the halls many times a day getting her daily exercise. Don't worry, she stays within the speed limit! Margaret likes to keep active, laugh, and visit with her lovely daughter Charlotte, who she sweetly calls Puddin'. Margaret was born in Indian Head, Maryland. She has held various jobs; many in retail. She worked a long while at People's Drug Store where she started out at the fountain and worked her way to the cosmetic counter. If you see Margaret around, make sure to say hello!

Margaret, we are so happy to have you here at South Pointe!



Healthy Living

During our time of shelter in place, it is very important to keep our bodies active and brains alert! There are plenty of hallways here at South Pointe, so you can take a walk and still have enough room for social distancing (6 feet). There are a lot of books in the living room that you are able to borrow and take back to your apartment. In the TV room, there are word puzzles and trivia sheets. If you would like to video chat with your family and friends, please see Casey! Please remember to wash your hands, cover your cough, and let care staff know if you feel short of breath, feverish, or have a cough that you didn't have the day before. Thank you for keeping your neighbors safe. We will get through this time healthy if we all follow the new rules of our community.

April 2020

South Pointe

• 10330 4th Ave West Everett, Washington 98204

• 425-513-5645

SUN	MON	TUE	WED	THU	FRI	SAT
Subject to Cancellation per current mandated health guidelines			1 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia Time 12:00 Lunch 1:00 Armchair Travel: IN2L 4:00 Patio Social 5:00 Dinner 6:00 Classic Radio Show	2 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia 12:00 Lunch 2:00 Nail Care with Casey 3:00 Ice Tea Social 5:00 Dinner 6:00 Animal Kingdom: IN2L	3 8:00 Breakfast 9:00 Music Videos 10:00 Resident Council 11:00 Balloon Toss 12:00 Lunch 1:00 Armchair Travel: IN2L 2:00 Happy Hour* 4:00 Local News 5:00 Dinner 6:00 Classic TV	4 8:00 Breakfast 9:00 Music Videos 10:15 Morning Exercise 10:30 Balloon Toss 11:00 IN2L Games 12:00 Lunch 1:00 Bingo 2:00 Patio Social 5:00 Dinner 7:00 Classic TV
5 8:00 Breakfast 10:00 Gospel Music: IN2L 11:00 Sit & Be Fit 12:00 Lunch 2:00 Billy Graham: IN2L 3:00 Creative Coloring 4:00 Local News 5:00 Dinner 7:00 Evening Movie: IN2L	6 8:00 Breakfast 9:00 Jukebox Country: IN2L 10:00 Sit & Be Fit: IN2L 11:00 YouTube Funny Videos 12:00 Lunch 2:00 Bible Stories With David* 3:00 Armchair Travel: IN2L 5:00 Dinner 6:00 Classic TV: IN2L	7 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:00 Flower Arranging * 11:00 Sit & Be Fit: IN2L 12:00 Lunch 1:00 Bingo 2:00 Craft Time 3:00 Skype with Family: IN2L 5:00 Dinner 6:00 Puzzles 7:00 Activity	8 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:00 Food Committee with Jaime* 11:00 Trivia & Riddles 12:00 Lunch 1:00 Armchair Travel: IN2L 4:00 Patio Social 5:00 Dinner 6:00 Classic Radio Show	9 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia 12:00 Lunch 2:00 Nail Care with Casey 3:00 Ice Tea Social 5:00 Dinner 6:00 Animal Kingdom: IN2L	10 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia State Game 12:00 Lunch 2:00 Armchair Travel: IN2L 3:00 Happy Hour* 5:00 Dinner 6:00 Classic TV: IN2L	11 8:00 Breakfast 9:00 Music Videos 10:15 Morning Exercise 10:30 Balloon Toss 11:00 IN2L Games 12:00 Lunch 1:00 Bingo 2:00 Patio Social 5:00 Dinner 7:00 Classic TV
12 Easter Sunday 8:00 Breakfast 10:00 Gospel Music: IN2L 11:00 Sit & Be Fit 12:00 Lunch 2:00 Billy Graham: IN2L 3:00 Creative Coloring 4:00 Local News 5:00 Dinner 7:00 Evening Movie: IN2L	13 8:00 Breakfast 9:00 Jukebox Country: IN2L 10:00 Sit & Be Fit: IN2L 11:00 YouTube Funny Videos 12:00 Lunch 2:00 Bible Stories With David* 3:00 Armchair Travel: IN2L 5:00 Dinner 6:00 Classic TV: IN2L	14 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:00 Flower Arranging* 10:30 Fireside Chat w/ Cindy* 12:00 Lunch 1:00 Skype with Family: IN2L 2:00 Craft Time 3:00 Ice Tea Social 5:00 Dinner 6:00 Puzzles	15 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:15 Exercise with Casey 10:30 Balloon Toss 11:00 Trivia & Riddles 12:00 Lunch Out: 1:00 Armchair Travel: IN2L 4:00 Patio Social 5:00 Dinner 6:00 Classic Radio Show	16 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia 12:00 Lunch 2:00 Nail Care with Casey 3:00 Ice Tea Social 5:00 Dinner 6:00 Animal Kingdom: IN2L	17 8:00 Breakfast 9:00 Music Videos 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Family Feud 12:00 Lunch 3:00 Happy Hour * 5:00 Dinner 6:00 Classic TV	18 8:00 Breakfast 9:00 Music Videos 10:15 Morning Exercise 10:30 Balloon Toss 11:00 IN2L Games 12:00 Lunch 1:00 Bingo 2:00 Patio Social 5:00 Dinner 7:00 Classic TV
19 8:00 Breakfast 10:00 Gospel Music: IN2L 11:00 Sit & Be Fit 12:00 Lunch 2:00 Billy Graham: IN2L 3:00 Creative Coloring 4:00 Local News 5:00 Dinner 7:00 Evening Movie: IN2L	20 8:00 Breakfast 9:00 Jukebox Country: IN2L 10:00 Sit & Be Fit: IN2L 11:00 YouTube Funny Videos 12:00 Lunch 2:00 Bible Stories With David* 3:00 Armchair Travel: IN2L 5:00 Dinner 6:00 Classic TV: IN2L	21 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:00 Flower Arranging* 11:00 Sit & Be Fit: IN2L 12:00 Lunch 1:00 Bingo 2:00 Skype with Family 3:00 Ice Tea Social 4:00 Show & Tell 5:00 Dinner 6:00 Puzzles	22 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:15 Exercise with Casey 10:30 Balloon Toss 11:00 Trivia & Riddles 12:00 Lunch Out: 1:00 Armchair Travel: IN2L 4:00 Patio Social 5:00 Dinner 6:00 Classic Radio Show	23 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia 12:00 Lunch 2:00 Nail Care with Casey 3:00 Ice Tea Social 5:00 Dinner 6:00 Animal Kingdom: IN2L	24 8:00 Breakfast 9:00 Music Videos 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Family Feud 12:00 Lunch 3:00 Happy Hour* 5:00 Dinner 6:00 Classic TV	25 8:00 Breakfast 9:00 Music Videos 10:15 Morning Exercise 10:30 Balloon Toss 11:00 IN2L Games 12:00 Lunch 1:00 Bingo 2:00 Patio Social 5:00 Dinner 7:00 Classic TV
26 8:00 Breakfast 10:00 Gospel Music: IN2L 11:00 Sit & Be Fit 12:00 Lunch 1:00 Billy Graham: IN2L 3:00 Creative Coloring 4:00 Local News 5:00 Dinner 7:00 Evening Movie: IN2L	27 8:00 Breakfast 9:00 Jukebox Country: IN2L 10:00 Sit & Be Fit: IN2L 11:00 YouTube Funny Videos 12:00 Lunch 2:00 Bible Stories With David* 3:00 Armchair Travel: IN2L 5:00 Dinner 6:00 Classic TV: IN2L	28 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:00 Flower Arranging* 11:00 Sit & Be Fit: IN2L 12:00 Lunch 1:00 Bingo 2:00 Craft Time 3:00 Ice Tea Social 5:00 Dinner 6:00 Puzzles	29 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:15 Exercise with Casey 10:30 Balloon Toss 11:00 Trivia & Riddles 12:00 Lunch Out: 1:00 Armchair Travel: IN2L 4:00 Patio Social 5:00 Dinner 6:00 Classic Radio Show	30 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia 12:00 Lunch 2:00 Nail Care with Casey 3:00 Ice Tea Social 5:00 Dinner 6:00 Animal Kingdom: IN2L	Doctor appointments every Tuesday 10:00 AM-3:00 PM Please see Casey	Happy Birthday Steve 04/03 John 04/07