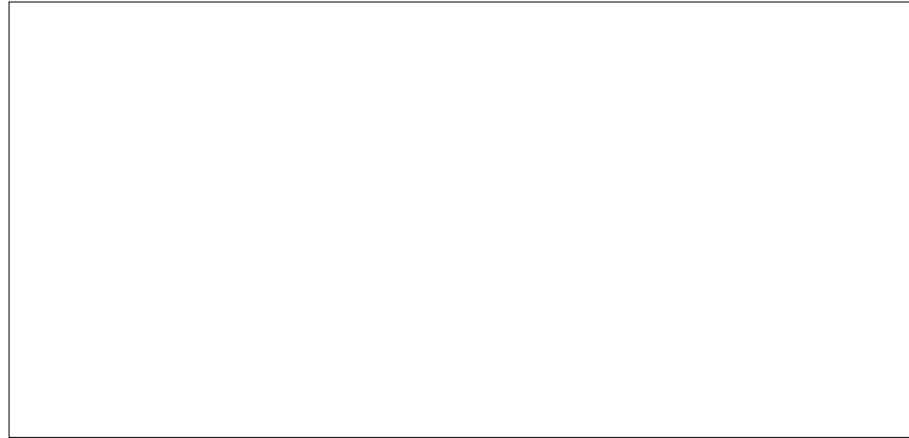




10330 4th Ave. West  
Everett, WA 98204

Stamp



**Administrative Team:**

**Executive Director: Cindy Davis**  
**Assistant Executive Director: Cheryl King**  
**Community Relations Dir.: Renee Wallace**  
**Wellness Nurse: Robin Lawrence RN**  
**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.**

**Connect:**

**425-513-5645**  
**info@southpointe-al.com**  
**www.southpointe-al.com**

# South Pointe News

October 2020 Newsletter



2 Breast Cancer Awareness Month  
3 A message from Cindy Davis  
4 - 5 Activities Calendar

6 Highlights, Notes, Recipe  
7 Happy Times & Birthdays  
8 Mission & Team



## Breast Cancer Awareness Increases Likelihood for Early Detection and Treatment

October is for Breast Cancer Awareness! Many know it's a month to wear pink, promote breast cancer knowledge, raise research funds, or support survivors and those in the fight—but it also can have significance in lives beyond that.

Breast Cancer Awareness Month encourages people to take steps to help themselves detect the disease in early stages. This October, increase your awareness level with some breast cancer facts and early detection information. Your knowledge could help a loved one, friend, or yourself.

*Note: This article is not intended to be medical advice. Consult your doctor before changing diet, medications, or lifestyle.*

### What is Breast Cancer?

When cells in the breast or nearby tissue divide and grow without normal control of cell division, breast cancer occurs. This process is often slow. If a lump can be felt, it may have been growing for 10 years.

Breast cancer may occur in men or women, but affects women more often than men. In the U.S., less than one percent of cases occur in men. In 2019, for U.S. women, there were about 268,600 new cases of invasive breast cancer. For men, there were an estimated 2,670 new breast cancer cases. Early



detection increases breast cancer survival.

### Early Detection is Key

There are ways to detect breast cancer early including regular self-examinations and clinical screenings. Clinical screenings include mammography (X-ray breast imaging); clinical breast exams (where a trained provider feels for abnormalities); and in certain high risk cases, breast MRIs. Learn more on screening at [cancer.gov](http://cancer.gov).

Women should be familiar with how their breasts normally look and report changes to a medical provider. The American Cancer Society recommends women 45-54 get annual mammograms, earlier for those who are high-risk for breast cancer. Those 55+ can switch to every other year if in good health.

Men at high risk for breast cancer should discuss managing their risk with their doctor.

We hope these facts encourage awareness and continued learning beyond this special month.

## Happy Times!



## Happy Birthday!



**Louise 10/09**  
**BK 10/17**  
**Jackie 10/23**

- Those born in October are Libras (Sept. 23 -Oct. 22) or Scorpios (Oct. 23-Nov. 21).
- Their birthstones are opals & tourmaline.
- Their birth flower is the Calendula.
- More American presidents have October birthdays than any other month!



# October 2020 Highlights

October observes emotional wellness, dental hygiene, and protecting hearing.

Foods celebrated: chili, apples, spinach, rhubarb, pretzels, pasta, and pizza.

- |   |   |
|---|---|
| 01 Homemade Cookies Day; Hair Day         | 17 Pasta Day; Sweetest Day                |
| 02 Custodial Worker Day; Car Naming Day   | 18 No Beard Day; Choco Cupcake Day        |
| 03 Techies Day                            | 19 Seafood Bisque Day; Kentucky Day       |
| 04 Golf Love Day; Taco Day; Cinn. Bun Day | 20 Brandy Fruit Day; Youth Confidence Day |
| 05 Rhode Island Day; Get Funky Day        | 21 Pumpkin Cheesecake Day; Reptile Day    |
| 06 Mad Hatter Day; Orange Wine Day        | 22 Nut Day; Color Day; Make a Dog's Day   |
| 07 Frappe Day; Pumpkin Seed Day           | 23 Boston Crème Pie Day; Talk Show Day    |
| 08 Fluffernutter Day; Pierogi Day         | 24 Make a Difference Day; Bologna Day     |
| 09 Moldy Cheese Day                       | 25 Mother In Law Day; Greasy Food Day     |
| 10 Angelfood Cake Day; Chess Day          | 26 Pumpkin Day; Mincemeat Day             |
| 11 Sausage Pizza Day; Clergy Apprec. Day  | 27 American Beer Day; Black Cat Day       |
| 12 Gumbo Day; Native Americans Day        | 28 Chocolate Day                          |
| 13 Yorkshire Pudding Day; Navy Birthday   | 29 Oatmeal Day;                           |
| 14 Fossil Day; Dessert Day                | National Cat Day                          |
| 15 Cheese Curd Day; I Love Lucy Day       | 30 Candy Corn Day;                        |
| 16 Sports Day; Global Cat Day; Bosses Day | Breadstick Day                            |
|   | 31 Halloween                              |



October 2020

Hello again ... I hope this newsletter finds you all staying healthy and safe from all illness. This year has been the strangest year ... it's all gone so fast and we have all been under such stress with the worries of protecting ourselves and others as the virus has spread so quickly across the state and the country. It feels like it was just March and everything was fine and then it suddenly was not fine. I hope that you are each doing whatever you need to do to make sure you are caring for yourselves ... read a great book, watch your favorite shows, visit your neighbor with safe distancing, take time to learn something about a neighbor you don't know very well. We are all in the same boat through this journey, let's make certain we are taking care of ourselves as well as each other.

We are now well into our beautiful autumn season ... I love everything about fall, the colors, the smell of the air, the crispness in the weather. Don't forget to wear your sweater or jacket when 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.

Please watch the calendar for the date and time each month.

Cindy Davis

Executive Director



Life starts all over again when it gets crisp in the fall.  
-F. Scott Fitzgerald

## Regarding Covid-19:

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.

## Apple Pie Bread Recipe

- |                                   |                       |
|-----------------------------------|-----------------------|
| Baking spray w/ flour in 9x5" pan | 1 tsp vanilla         |
| ⅔ cup granulated sugar            | 1 tsp baking soda     |
| ½ cup whole-milk Greek yogurt     | 1 tsp apple pie spice |
| 2 eggs                            | ½ tsp salt            |
| ⅔ cup applesauce                  | 1 Green apple (diced) |
| 7 tbsp unsalted butter, melted    | ½ cup chop walnuts    |
| 1 cup flour, plus 1 tbsp divided  | 3 tbsp brown sugar    |
| ¾ cup whole-wheat flour           | ¼ tsp cinnamon        |

Preheat oven to 350 F. Stir sugar, yogurt, eggs together. Add applesauce, vanilla, 6 tbsp butter. Separately whisk 1 cup flour, whole-wheat flour, baking soda, apple pie spice, salt. Add apple, stir until coated. Add flour-apple mix to egg mix; stir. Spoon into sprayed pan. Mix walnuts, brown sugar, cinnamon & 1 tbsp butter, flour in a bowl. Sprinkle on batter. Bake 55-60 minutes. Cool 1 hour (Modified from EatingWell)



# OCTOBER 2020

South Pointe

• 10330 4th Avenue West Everett, Washington 98204

• 425-513-5645

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>All activities subject to change per mandated health guidelines</b></p> 	<p>Happy Birthday!!!</p> <p>Louise 10/09</p> <p>BK 10/17</p> <p>Jackie 10/23</p>			<p>1</p> <p>8:00 Breakfast 9:00 Jazz: IN2L 10:15 Morning Exercise 10:30 Trivia &amp; Riddles 11:00 Bingo 12:00 Lunch <b>2:00 Hand Care</b> 4:00 Local News 5:00 Dinner 6:00 Classic TV: IN2L</p>	<p>2</p> <p>8:00 Breakfast 9:00 Country Music: IN2L <b>10:15 Resident Council</b> 10:30 Balloon Toss 11:00 Trivia &amp; Riddles 1:00 Armchair Travel: IN2L <b>2:00 Happy Hour</b> 4:00 Local News 5:00 Dinner <b>Spirit Day: Crazy Hat Day</b></p>	<p>3</p> <p>8:00 Breakfast 9:00 Jukebox Oldies:IN2L 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia &amp; Riddles <b>2:00 Card Game</b> 3:00 Cookie Social 4:00 Local news 5:00 Dinner <b>7:00 Movie Night: Hulu</b></p>
<p>4</p> <p>8:00 Breakfast 9:00 Gospel Music: IN2L <b>10:00 Seahawks Game</b> <b>11:00 Live Stream Everett Community Church :IN2L</b> 12:00 Lunch 1:00 Walking Group 2:00 Family Visits: Patio 4:00 Local News <b>7:00 Movie Time: Hulu</b></p>	<p>5</p> <p>8:00 Breakfast 9:00 Morning Music: IN2L 10:00 Sit &amp; Be Fit: IN2L 11:00 Armchair Travel: IN2L 12:00 Lunch <b>1:00 Walking Group</b> 4:00 Local News 5:00 Dinner 6:00 Cards</p>	<p>6</p> <p>8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:15 Sit &amp; Be Fit 11:00 Armchair Travel: IN2L 12:00 Lunch <b>1:00 Flower Arranging</b> 2:00 Bingo 4:00 Local News 5:00 Dinner <b>7:00 Classic Movie Night</b></p>	<p>7</p> <p>8:00 Breakfast 9:00 Bluegrass Music: IN2L 10:15 Morning Exercise 10:30 Balloon Toss <b>11:00 Scenic Drive/Picnic</b> 1:00 Armchair Travel: IN2L 3:00 Current Events 4:00 Local News 5:00 Dinner 6:00 Cards</p>	<p>8</p> <p>8:00 Breakfast 9:00 Jazz: IN2L 10:15 Morning Exercise <b>10:30 Food Committee</b> 11:00 Bingo 12:00 Lunch <b>2:00 Hand Care</b> 4:00 Local News 5:00 Dinner 6:00 Classic TV: IN2L</p>	<p>9</p> <p>8:00 Breakfast 9:00 Country Music: IN2L 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia &amp; Riddles 1:00 Armchair Travel: IN2L <b>2:00 Happy Hour</b> 4:00 Local News 5:00 Dinner <b>Spirit Day: Silly Sock Day</b></p>	<p>10</p> <p>8:00 Breakfast 9:00 Jukebox Oldies:IN2L 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia &amp; Riddles <b>2:00 Card Game</b> 3:00 Cookie Social 4:00 Local news 5:00 Dinner <b>7:00 Movie Night: Hulu</b></p>
<p>11</p> <p>8:00 Breakfast 9:00 Gospel Music: IN2L 10:00 Sit &amp; Be Fit: IN2L <b>11:00 Live Stream Everett Community Church :IN2L</b> 12:00 Lunch 1:00 Walking Group 2:00 Family Visits: Patio 4:00 Local News <b>5:20 Seahawks Game</b></p>	<p>12</p> <p>8:00 Breakfast 9:00 Morning Music: IN2L 10:00 Sit &amp; Be Fit: IN2L 11:00 Armchair Travel: IN2L 12:00 Lunch <b>1:00 Walking Group</b> 4:00 Local News 5:00 Dinner 6:00 Cards</p>	<p>13</p> <p>8:00 Breakfast 9:00 Jukebox Oldies: IN2L <b>10:30 Chat with Cindy</b> 12:00 Lunch <b>1:00 Flower Arranging</b> 2:00 Bingo 4:00 Local News 5:00 Dinner <b>7:00 Classic Movie Night</b></p>	<p>14</p> <p>8:00 Breakfast 9:00 Bluegrass Music: IN2L 10:15 Morning Exercise 10:30 Balloon Toss <b>11:00 Scenic Drive</b> 1:00 Armchair Travel: IN2L 3:00 Current Events 4:00 Local News 5:00 Dinner 6:00 Cards</p>	<p>15</p> <p>8:00 Breakfast 9:00 Jazz: IN2L 10:15 Morning Exercise 10:30 Trivia &amp; Riddles 11:00 Bingo 12:00 Lunch <b>2:00 Hand Care</b> 4:00 Local News 5:00 Dinner 6:00 I Love Lucy: IN2L</p>	<p>16</p> <p>8:00 Breakfast 9:00 Country Music: IN2L 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia &amp; Riddles 1:00 Armchair Travel: IN2L <b>2:00 Happy Hour</b> 4:00 Local News 5:00 Dinner <b>Spirit Day: Team Day</b></p>	<p>17</p> <p>8:00 Breakfast 9:00 Jukebox Oldies:IN2L 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia &amp; Riddles <b>2:00 Card Game</b> 3:00 Cookie Social 4:00 Local news 5:00 Dinner <b>7:00 Movie Night: Hulu</b></p>
<p>18</p> <p>8:00 Breakfast 9:00 Gospel Music: IN2L 10:00 Sit &amp; Be Fit: IN2L <b>11:00 Live Stream Everett Community Church :IN2L</b> 12:00 Lunch 1:00 Walking Group 2:00 Family Visits: Patio 4:00 Local News <b>7:00 Movie Time: Hulu</b></p>	<p>19</p> <p>8:00 Breakfast 9:00 Morning Music: IN2L 10:00 Sit &amp; Be Fit: IN2L 11:00 Armchair Travel: IN2L 12:00 Lunch <b>1:00 Walking Group</b> 4:00 Local News 5:00 Dinner 6:00 Cards</p>	<p>20</p> <p>8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:15 Sit &amp; Be Fit 11:00 Armchair Travel: IN2L 12:00 Lunch <b>1:00 Flower Arranging</b> 2:00 Bingo 4:00 Local News 5:00 Dinner <b>7:00 Classic Movie Night</b></p>	<p>21</p> <p>8:00 Breakfast 9:00 Bluegrass Music: IN2L 10:15 Morning Exercise 10:30 Balloon Toss <b>11:00 Scenic Drive/Picnic</b> 1:00 Armchair Travel: IN2L 3:00 Current Events 4:00 Local News 5:00 Dinner 6:00 Cards</p>	<p>22</p> <p>8:00 Breakfast 9:00 Jazz: IN2L 10:15 Morning Exercise 10:30 Trivia &amp; Riddles 11:00 Bingo 12:00 Lunch <b>2:00 Hand Care</b> 4:00 Local News 5:00 Dinner 6:00 Classic TV: IN2L</p>	<p>23</p> <p>8:00 Breakfast 9:00 Country Music: IN2L 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia &amp; Riddles 1:00 Armchair Travel: IN2L <b>2:00 Happy Hour</b> 4:00 Local News 5:00 Dinner <b>Spirit Day: Cowboy Day</b></p>	<p>24</p> <p>8:00 Breakfast 9:00 Jukebox Oldies:IN2L 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia &amp; Riddles <b>2:00 Card Game</b> 3:00 Cookie Social 4:00 Local news 5:00 Dinner <b>7:00 Movie Night: Hulu</b></p>
<p>25</p> <p>8:00 Breakfast 9:00 Gospel Music: IN2L 10:00 Sit &amp; Be Fit: IN2L <b>11:00 Live Stream Everett Community Church :IN2L</b> 12:00 Lunch <b>1:05 Seahawks Game</b> 2:00 Family Visits: Patio 4:00 Local News <b>7:00 Movie Time: Hulu</b></p>	<p>26</p> <p>8:00 Breakfast 9:00 Morning Music: IN2L 10:00 Sit &amp; Be Fit: IN2L 11:00 Armchair Travel: IN2L 12:00 Lunch <b>1:00 Walking Group</b> 4:00 Local News 5:00 Dinner 6:00 Cards</p>	<p>27</p> <p>8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:15 Sit &amp; Be Fit 11:00 Armchair Travel: IN2L 12:00 Lunch <b>1:00 Flower Arranging</b> 2:00 Bingo 4:00 Local News 5:00 Dinner <b>7:00 Classic Movie Night</b></p>	<p>28</p> <p>8:00 Breakfast 9:00 Bluegrass Music: IN2L 10:15 Morning Exercise 10:30 Balloon Toss <b>11:00 Scenic Drive</b> 1:00 Armchair Travel: IN2L 3:00 Current Events 4:00 Local News 5:00 Dinner 6:00 Cards</p>	<p>29</p> <p>8:00 Breakfast 9:00 Jazz: IN2L 10:15 Morning Exercise 10:30 Trivia &amp; Riddles 11:00 Bingo 12:00 Lunch <b>2:00 Hand Care</b> 4:00 Local News 5:00 Dinner 6:00 Classic TV: IN2L</p>	<p>30</p> <p>8:00 Breakfast 9:00 Country Music: IN2L 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia &amp; Riddles 1:00 Armchair Travel: IN2L <b>2:00 Happy Hour</b> 4:00 Local News 5:00 Dinner <b>Spirit Day: Wild Hair Day</b></p>	<p>31</p>  <p>8:00 Breakfast 9:00 Jukebox Oldies:IN2L 10:15 Morning Exercise 10:30 Balloon Toss 11:00 Trivia &amp; Riddles <b>2:00 Halloween Party</b> 4:00 Local news 5:00 Dinner <b>7:00 Spooky Movie: Hulu Happy Halloween!!</b></p>