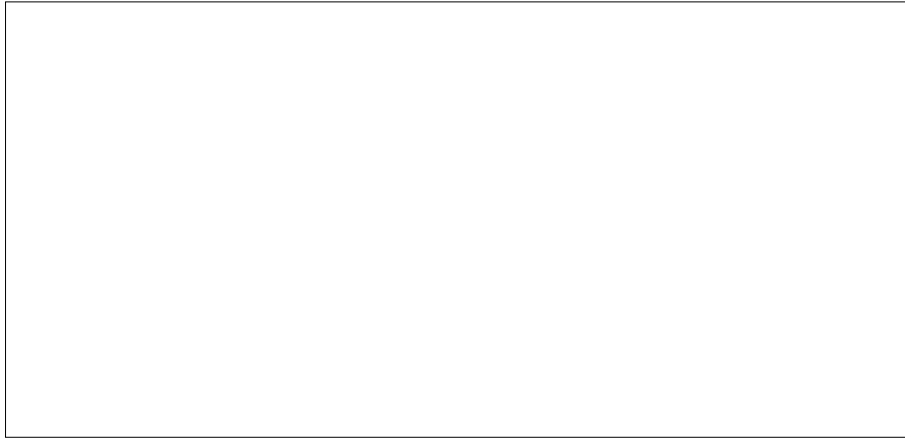




10330 4th Ave. West
Everett, WA 98204

Stamp



Administrative Team:

Executive Director: Cindy Davis
Assistant Executive Director: Cheryl King
Wellness Nurse: Robin Lawrence RN
Community Relations Dir.: Renee Wallace
Wellness Director: Christa Ogle
Dining Services Director: Jaime Curay
Maintenance Director: Darin Mueller
Life Enrichment Director: Casey Bolex

Connect:

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

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



South Pointe News

September 2020 Newsletter



2 Balance Awareness Week
3 Outings & Meetings
4 - 5 Activities Calendar

6 Highlights, Notes, Quotes
7 Special Moments & Birthdays
8 Mission & Team

Paths Toward Better Balance, More Active Lifestyle

Have you ever stood up to suddenly feel unsteady or light-headed? Have you stepped and felt a sense of spinning? These are common signs of balance issues that can be caused by a variety of issues, including medications or even inner ear problems. Balance can be improved with attention to health and some simple exercises!



Walking with a friend is a great way to stay strong and lift your mood!

Each September, Balance Awareness Week takes place, shedding light on issues that affect balance. In observance of Sept. 13-19, we're sharing causes for balance issues, and ideas for balance improvement.

Signs of a balance issue can include vertigo, dizziness, falling feel, lightheadedness, confusion, or changes to hearing, vision, or cognition. If you suspect you have a balance issue, speak with your medical professional regarding diagnosis and treatment. Depending on the balance issue occurring, treatments can include medications, vestibular rehabilitation, inner ear positioning procedures, surgery, or diet and lifestyle changes.

In addition to potential treatments, a lifestyle change many can benefit from is increased physical activity for muscle strength and flexibility.

If your health professional approves, and with a spotter present, here are a few ideas to try!

Exercises to Improve Balance:

- **Tai Chi or Chair Chi!** This is meditation in motion, with movements that shift weight from one foot to another. It improves posture and balance.
- **Hold a chair** and stand on one leg at a time for several intervals.
- **Tightrope Walking:** Hold arms straight out at your sides. Walk a straight line with a 1-2 second pause as your back leg lifts from the ground. Have head up and eyes fixed ahead.
- **Wall Pushups:** Stand arm's length from a wall. Lean forward slightly with palms flat on wall at height and width of shoulders. Keep feet in place as you move your body forward. Gently push back until arms are straight.

Falls happen to one in four Americans aged 65+ each year. Take steps to monitor and improve your balance to avoid a potential fall starting today!

Special Moments



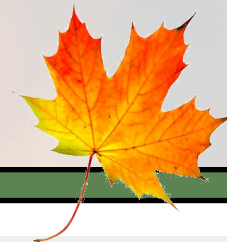
- Senait 9/01
- Mabel 9/06
- Kelly 9/11
- Gladys 9/12
- Beatrice 9/13
- Jennifer 9/18
- Bill 9/22
- Peggy S. 9/29

September 2020 Highlights

September celebrates Hispanic heritage, honey, piano, and square dancing!

Autumn begins Tuesday, September 22nd!

- | | |
|---|--|
| 01 No Rhyme Nor Reason Day | 17 Housekeepers Day; Apple Dumpling Day |
| 02 Blueberry Popsicle Day | 18 Airforce Birthday; Cheeseburger Day |
| 03 Bowling League Day | 19 Butterscotch Pudding Day; Pirate Talk Day |
| 04 College Colors Day; Macadamia Nut Day | 20 Fried Rice Day; Pepperoni Pizza Day |
| 05 Cheese Pizza Day; Beard Day | 21 Chai Day; Pecan Cookie Day; NY Day |
| 06 Read a Book Day; Coffee Ice Cream Day | 22 Centenarians Day; White Chocolate Day |
| 07 Labor Day; Acorn Squash Day | 23 Snack Stick Day; Pot Pie Day |
| 08 Ants on a Log Day; Ampersand Day | 24 Quesadilla Day; Cherries Jubilee Day |
| 09 Teddy Bear Day; Weiner Schnitzel Day | 25 Comic Book Day; Story Day; Lobster Day |
| 10 Swap Ideas Day; Portrait Day | 26 Pancake Day; Family Health & Fitness Day |
| 11 Patriot Day; Hot Cross Bun Day | 27 Chocolate Milk Day; Scarf Day |
| 12 Chocolate Shake Day; Video Game Day | 28 Neighbor Day; Strawberry Cream Pie Day |
| 13 Grandparents Day; Assisted Living Week | 29 Coffee Day; VFW Day |
| 14 Boss Day; Hoagie Day; Crème Donut Day | 30 Gum Day; Hot Mulled Cider Day |
| 15 Online Learning Day; Cheese Toast Day | 31 Avocado Day; Mutt Day |
| 16 Mayflower Day; Guac Day; Play-Doh Day | |



Regarding Covid-19:

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.

Our Autumn Favorites:

"The colors" - Eleanor

"Smell of cold crispy air" - Cindy

"It's Getting closer to spring!" - Damon

"Falling leaves" - Anja

"Boot weather!" - Casey



Scenic Bus Ride:

Join us on a scenic bus ride every Wednesday starting this month! We won't have any stops, but the views you will see from the windows will be splendid!

Space is limited to ensure social distancing, so please sign up to come along!

Departing: 11:00 AM
Returning: 12:00 PM
Masks are required!



Food Committee Meeting:



Please join us on the second Wednesday of the month for our Food Committee Meeting!

This is your chance to sit down and talk with our Dietary Director to talk about meal planning and different dishes you would like to try!

The meeting is held in our dining room at 10:30 AM.

SEPTEMBER 2020

South Pointe • 10330 4th Avenue West Everett Washington 98204 • 425-513-5645

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p> 		<p>1 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:00 Sit & Be Fit: IN2L 11:00 Animal Kingdom 12:00 Lunch 1:00 Flower Arranging 3:00 Bingo 4:00 Local News 5:00 Dinner 7:00 Skip-Bo</p>	<p>2 8:00 Breakfast 9:00 Morning News 10:15 Exercise w/ Casey 10:30 Trivia & Riddles 11:00 Scenic Drive 12:00 Lunch 2:00 Church Service 2:00 Family Patio Visits 4:00 Snow Cone Social 5:00 Dinner</p>	<p>3 8:00 Breakfast 9:00 Morning News 10:15 Exercise w/ Casey 10:30 Trivia & Riddles 11:00 Bingo 12:00 Lunch 2:00 Hand Care 3:00 Patio Social 4:00 Local News 5:00 Dinner</p>	<p>4 8:00 Breakfast 9:00 Morning News 10:15 Resident Council 11:00 Exercise w/ Casey 12:00 Lunch 1:00 Armchair Travel: IN2L 2:00 Happy Hour 3:00 Patio Social 4:00 Local News 7:00 Evening Movie</p>	<p>5 8:00 Breakfast 9:00 Jukebox Oldies 10:15 Exercise w/ Casey 10:30 Balloon Toss 11:00 Trivia 11:30 Family Patio Visits 12:00 Lunch 3:00 Craft Time 4:00 Local News 7:00 Skip-Bo</p>
	<p>6 8:00 Breakfast 9:00 Gospel Music: IN2L 10:00 Sit & Be Fit: IN2L 12:00 Lunch 1:00 Armchair Travel: IN2L 2:00 Classic Movie: IN2L 4:00 Local News 5:00 Dinner 7:00 Skip-Bo</p>	<p>7 Labor Day 8:00 Breakfast 9:00 Morning Music 10:00 Sit & Be Fit: IN2L 11:00 Armchair Travel: IN2L 12:00 Lunch 1:00 Walking Group 3:00 Patio Social 4:00 Local News 5:00 Dinner 7:00 Classic TV: IN2L</p>	<p>8 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:30 Chat with Cindy 11:00 Animal Kingdom 12:00 Lunch 1:00 Flower Arranging 3:00 Bingo 4:00 Local News 5:00 Dinner 7:00 Skip-Bo</p>	<p>9 8:00 Breakfast 9:00 Morning News 10:15 Exercise w/ Casey 10:30 Food Committee 12:00 Lunch 2:00 Church Service 2:00 Family Patio Visits 4:00 Root Beer Float social 5:00 Dinner 7:00 Classic Movie:IN2L</p>	<p>10 8:00 Breakfast 9:00 Morning News 10:15 Exercise w/ Casey 10:30 Trivia & Riddles 11:00 Bingo 12:00 Lunch 2:00 Hand Care 3:00 Patio Social 4:00 Local News 5:00 Dinner</p>	<p>11 Patriot Day 8:00 Breakfast 9:00 Morning News 10:15 Exercise w/ Casey 10:30 Trivia 12:00 Lunch 1:00 Armchair Travel: IN2L 2:00 Happy Hour 3:00 Patio Social 4:00 Local News 7:00 Evening Movie</p>
<p>13 8:00 Breakfast 9:00 Gospel Music: IN2L 10:00 Sit & Be Fit: IN2L 12:00 Lunch 1:00 Armchair Travel: IN2L 2:00 Classic Movie: IN2L 4:00 Local News 5:00 Dinner 7:00 Skip-Bo Happy Grandparents Day!!</p>	<p>14 8:00 Breakfast 9:00 Morning Music 10:00 Sit & Be Fit: IN2L 11:00 Armchair Travel: IN2L 12:00 Lunch 1:00 Walking Group 3:00 Patio Social 4:00 Local News 5:00 Dinner 7:00 Classic TV: IN2L</p>	<p>15 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:00 Sit & Be Fit: IN2L 11:00 Animal Kingdom 12:00 Lunch 1:00 Flower Arranging 3:00 Bingo 4:00 Local News 5:00 Dinner 7:00 Skip-Bo</p>	<p>16 8:00 Breakfast 9:00 Morning News 10:15 Exercise w/ Casey 10:30 Trivia & Riddles 11:00 Scenic Drive 12:00 Lunch 2:00 Church Service 2:00 Family Patio Visits 4:00 Popsicle Social 5:00 Dinner</p>	<p>17 8:00 Breakfast 9:00 Morning News 10:15 Exercise w/ Casey 10:30 Trivia & Riddles 11:00 Bingo 12:00 Lunch 2:00 Hand Care 3:00 Patio Social 4:00 Local News 5:00 Dinner</p>	<p>18 8:00 Breakfast 9:00 Morning News 10:15 Exercise w/ Casey 10:30 Trivia 12:00 Lunch 1:00 Armchair Travel: IN2L 2:00 Happy Hour 3:00 Patio Social 4:00 Local News 7:00 Evening Movie</p>	<p>19 8:00 Breakfast 9:00 Jukebox Oldies 10:15 Exercise w/ Casey 10:30 Balloon Toss 11:00 Trivia 11:30 Family Patio Visits 12:00 Lunch 3:00 Craft Time 4:00 Local News 7:00 Skip-Bo</p>
<p>20 8:00 Breakfast 9:00 Gospel Music: IN2L 10:00 Sit & Be Fit: IN2L 12:00 Lunch 1:00 Armchair Travel: IN2L 2:00 Classic Movie: IN2L 4:00 Local News 5:00 Dinner 7:00 Skip-Bo</p>	<p>21 8:00 Breakfast 9:00 Morning Music 10:00 Sit & Be Fit: IN2L 11:00 Armchair Travel: IN2L 12:00 Lunch 1:00 Walking Group 3:00 Patio Social 4:00 Local News 5:00 Dinner 7:00 Classic TV: IN2L</p>	<p>22 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:00 Sit & Be Fit: IN2L 11:00 Animal Kingdom 12:00 Lunch 1:00 Flower Arranging 3:00 Bingo 4:00 Local News 5:00 Dinner 7:00 Skip-Bo</p>	<p>23 8:00 Breakfast 9:00 Morning News 10:15 Exercise w/ Casey 10:30 Trivia & Riddles 11:00 Scenic Drive 12:00 Lunch 2:00 Church Service 2:00 Family Patio Visits 4:00 Cookie Social 5:00 Dinner</p>	<p>24 8:00 Breakfast 9:00 Morning News 10:15 Exercise w/ Casey 10:30 Trivia & Riddles 11:00 Bingo 12:00 Lunch 2:00 Hand Care 3:00 Patio Social 4:00 Local News 5:00 Dinner</p>	<p>25 8:00 Breakfast 9:00 Morning News 10:15 Exercise w/ Casey 10:30 Trivia 12:00 Lunch 1:00 Armchair Travel: IN2L 2:00 Happy Hour 3:00 Patio Social 4:00 Local News 7:00 Evening Movie</p>	<p>26 8:00 Breakfast 9:00 Jukebox Oldies 10:15 Exercise w/ Casey 10:30 Balloon Toss 11:00 Trivia 11:30 Family Patio Visits 12:00 Lunch 3:00 Craft Time 4:00 Local News 7:00 Skip-Bo</p>
<p>27 8:00 Breakfast 9:00 Gospel Music: IN2L 10:00 Sit & Be Fit: IN2L 12:00 Lunch 1:00 Armchair Travel: IN2L 2:00 Classic Movie: IN2L 4:00 Local News 5:00 Dinner 7:00 Skip-Bo</p>	<p>28 8:00 Breakfast 9:00 Morning Music 10:00 Sit & Be Fit: IN2L 11:00 Armchair Travel: IN2L 12:00 Lunch 1:00 Walking Group 3:00 Patio Social 4:00 Local News 5:00 Dinner 7:00 Classic TV: IN2L</p>	<p>29 8:00 Breakfast 9:00 Jukebox Oldies: IN2L 10:00 Sit & Be Fit: IN2L 11:00 Animal Kingdom 12:00 Lunch 1:00 Flower Arranging 3:00 Bingo 4:00 Local News 5:00 Dinner 7:00 Skip-Bo</p>	<p>30 8:00 Breakfast 9:00 Morning News 10:15 Exercise w/ Casey 10:30 Trivia & Riddles 11:00 Scenic Drive 12:00 Lunch 2:00 Church Service 2:00 Family Patio Visits 4:00 Social 5:00 Dinner</p>			<p>Happy Birthday!!</p> <p>Senait 09/01 Mabel 09/06 Kelly 09/11 Gladys 09/12 Beatrice 09/13 Jennifer 09/18 Bill 09/22 Peggy S. 09/29</p>