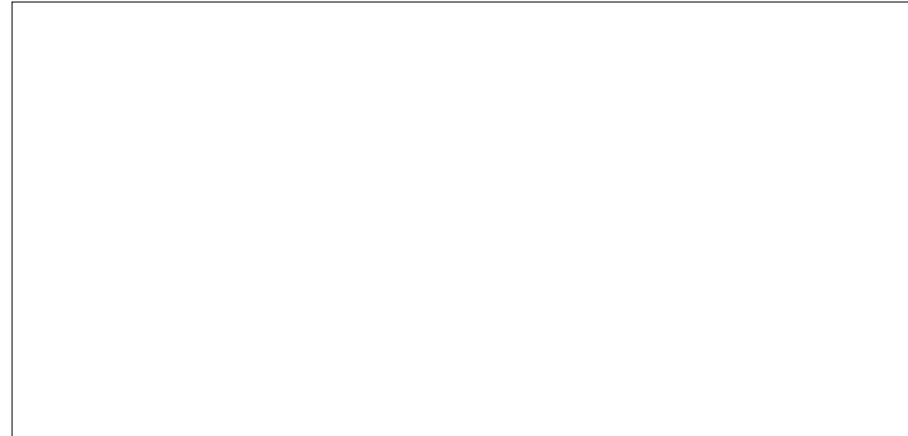




10330 4th Ave. West  
Everett, WA 98204

Stamp



### Administrative Team:

Executive Director: Cindy Davis  
Wellness Nurse: Robin Lawrence RN  
Dining Services Director: Jaime Curay  
Maintenance Director: Darin Mueller  
Life Enrichment Director: Casey Bolex

### Connect:

425-513-5645

[info@southpointe-al.com](mailto:info@southpointe-al.com)

[www.southpointe-al.com](http://www.southpointe-al.com)

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

# South Pointe News

November 2020 Newsletter



2 Veteran's Day History & Significance  
3 Team & Resident Spotlight  
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6 Highlights, Notes, Daylight Savings  
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8 Mission & Team



## The History & Significance of Veterans Day

With great gratitude, on November 11th, U.S. citizens will honor those who have bravely served our country on what is known as Veterans Day.

The day is a U.S. holiday that honors veterans of all wars. Its history has not been without changes, though!

In 1918, during World War I, on the 11th hour of the 11th day of the 11th month, hostilities ended between the Allied nations and Germany—on “Armistice Day.” The Treaty of Versailles, which marked the end of the war, was signed on June 28, 1919, but the armistice date was the one most people considered the conflict’s end.

In November of 1919, Armistice Day was observed by many countries with parades, public celebrations, and pauses to business and school activities at 11 am.

Then, in June of 1926, Congress passed a resolution saying November 11 should be commemorated yearly. As of May 13,

1938, Armistice Day was a legal Federal holiday. Changes would still occur though.

During World War II, more than 16 million Americans served in the Army, Air Force, Marines, and Navy. Another 5.7 million served in the Korean War. Thus, Veteran’s service organizations lobbied for the words “Veterans Day” to replace Armistice Day in honor of the American veterans of *all* wars. In 1954, President Dwight D. Eisenhower signed legislation for the name to be changed.

The day would still see some changes!

As of 1971, Veterans Day was moved to the fourth Monday in October when Congress passed a Uniform Holidays Bill to make Monday “the” day for federal holidays. But in 1978, due to many states’ confusion and disapproval over the change, the holiday was moved back to its original observance date.

Since then, Veterans Day continues to be observed on November 11th. That day, and throughout the year, we thank all who have served for our great nation.



**What is the difference between Veterans Day and Memorial Day?** Memorial Day, in May, is dedicated to Americans who have served and who passed away during (or as a result of) serving. Veterans Day honors all Veterans, alive and who have passed.

## Special Moments



Happy Birthday!

Ray 11/04  
Delta 11/05



- Those born in November are Scorpios (Oct. 23-Nov. 21) or Sagittarius (Nov. 22-Dec 21.)
- Their birthstone is topaz or citrine.
- Their birth flower is the Chrysanthemum which is said to bring happiness and laughter to the home!



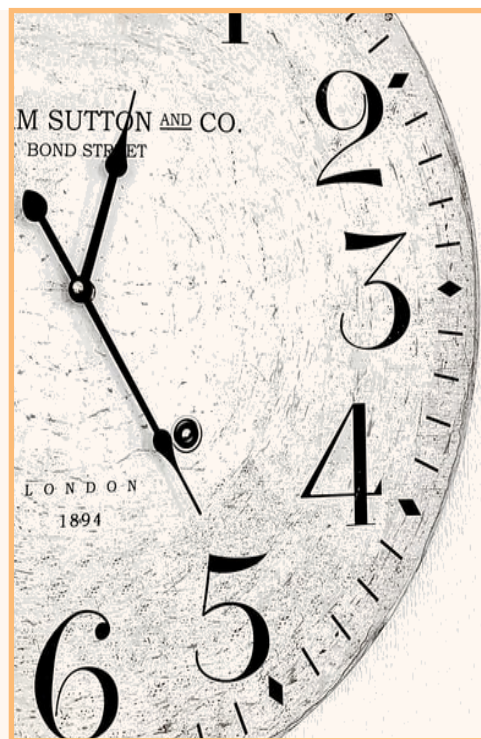
# November 2020 Highlights

November observes Alzheimer's Disease Month, Diabetes Month, Gratitude Month, and Native American Heritage Month. It celebrates such foods as: banana pudding, raisin bread, and peanut butter. It is Novel Writing Month so it's a great time to work on writing!

- |   |  |
|---|--|
| 01 Calzone Day; Cinnamon Day              | 16 Button Day; Fast Food Day             |
| 02 Deviled Egg Day; Ohio Day              | 17 Baklava Day; Take a Hike Day          |
| 03 Housewife Day; Sandwich Day            | 18 Princess Day; Mickey Mouse Birthday   |
| 04 Candy Day; Stress Awareness Day        | 19 Play Monopoly Day                     |
| 05 Donut Day; Men Make Dinner Day         | 20 Peanut Butter Fudge Day               |
| 06 Jersey Friday; Nachos Day              | 21 Gingerbread Cookie Day; Stuffing Day  |
| 07 Bittersweet Chocolate w/ Almond Day    | 22 Cranberry Relish Day                  |
| 08 Cappuccino Day                         | 23 Espresso Day; Cranberry Day           |
| 09 Scrapple Day; Louisiana Day            | 24 Sardines Day                          |
| 10 Marines Bday; Vanilla Cupcake Day      | 25 Parfait Day; Jukebox Day              |
| 11 Sundae Day; Veterans Day               | 26 Cake Day; Thanksgiving Day            |
| 12 French Dip Day; Chicken Soup Day       | 27 Native American Heritage Day          |
| 13 World Kindness Day; Indian Pudding Day | 28 French Toast Day; Small Business Sat. |
| 14 Pickle Day; Family PJ Day; Guac Day    | 29 Electronic Greetings Day              |
| 15 Philanthropy Day; Raisin Bran Day      | 30 Mousse Day; Mason Jar Day             |

## 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.



**Daylight Savings Time Ends!** On Sunday, November 1st, at 1 AM, turn your clocks back one hour. Enjoy more light in the morning.



## RESIDENT SPOTLIGHT:

Eleanor

Here are a few fun facts about Eleanor: She has been on so many adventures! She has traveled to Egypt, Australia, China, Greece, and has been to every state except Oklahoma. Eleanor is a retired teacher of 25 years. After teaching, she became a Justice of the peace in Arlington, Vermont! Eleanor even got the honor of performing the marriage ceremonies of a few of her former students!



## STAFF SPOTLIGHT:

Daira

We are very pleased to have Daira as a great addition to our dinning room staff! Daira loves to spend time with her two lovable pups who are named Buddy and Bambi! They are Chihuahua & Pug mixes, cutely called Chungs! Daira likes to take herself on 2-mile runs and is planning to go to medical school to become a dermatologist. Thank you, Daira, for all your hard work!



| <div> <div>NOVEMBER</div> <div> <div>South Pointe</div> <div> <div>10330 4th Avenue West Everett, Washington 98204</div> <div>425-513-5645</div> </div> </div> </div>   |  |   |   |   |  |  |
|---|--|---|---|---|--|--|
| SUN   | MON  | TUE   | WED   | THU   | FRI  | SAT  |
| <div>1</div> <div> 8:00 Breakfast<br/> 9:00 Local News<br/> 10:00 Sit &amp; Be Fit: IN2L<br/> <b>11:00 Live Stream Everett Community Church: IN2L</b><br/> 12:00 Lunch<br/> 2:00 Hulu Movie<br/> 4:00 Local News<br/> 5:00 Dinner<br/> 6:00 Creative Coloring </div>  | <div>2</div> <div> 8:00 Breakfast<br/> 9:00 Local News<br/> 10:00 Sit &amp; Be Fit: IN2L<br/> 11:00 Armchair Travel<br/> 12:00 Lunch<br/> 2:00 Walking Group<br/> 4:00 Local News<br/> 5:00 Dinner<br/> 7:00 Yahtzee </div>  | <div>3</div> <div> 8:00 Breakfast<br/> 9:00 Local News<br/> 10:00 Sit &amp; Be Fit: IN2L<br/> 11:00 Armchair Travel<br/> 12:00 Lunch<br/> <b>1:00 Flower Arranging</b><br/> 2:00 Bingo<br/> 3:00 Coffee Social<br/> 4:00 Local News<br/> 5:00 Dinner </div>         | <div>4</div> <div> 8:00 Breakfast<br/> 9:00 Morning Music: IN2L<br/> 10:15 Exercise with Casey<br/> 10:30 Trivia<br/> 11:00 Scenic Drive<br/> 12:00 Lunch<br/> <b>2:00 Virtual Church: IN2L</b><br/> 3:00 Cocoa Social<br/> 4:00 Local News<br/> 5:00 Dinner </div>       | <div>5</div> <div> 8:00 Breakfast<br/> 9:00 Morning Music: IN2L<br/> 10:15 Exercise With Casey<br/> 10:30 Trivia<br/> 11:00 Bingo<br/> 12:00 Lunch<br/> <b>2:00 Hand Care</b><br/> 3:00 Coffee Social<br/> 4:00 Local News<br/> 6:00 Cards </div>   | <div>6</div> <div> 8:00 Breakfast<br/> 9:00 Morning Music: IN2L<br/> <b>10:15 Resident Council</b><br/> 10:30 Exercise with Casey<br/> 11:00 Fun Facts &amp; Trivia<br/> 12:00 Lunch<br/> 2:00 Happy Hour<br/> 4:00 Local News<br/> 5:00 Dinner<br/> 6:00 Cards </div> | <div>7</div> <div> 8:00 Breakfast<br/> 9:00 Morning Tunes<br/> 10:15 Exercise with Casey<br/> 10:30 Balloon Toss<br/> 11:00 Fun Facts &amp; Trivia<br/> 12:00 Lunch<br/> <b>2:00 Craft Time: Painting</b><br/> 4:00 Local News<br/> 5:00 Dinner<br/> 7:00 Hulu Movie </div>    |
| <div>8</div> <div> 8:00 Breakfast<br/> 9:00 Local News<br/> 10:00 Sit &amp; Be Fit: IN2L<br/> <b>11:00 Live Stream Everett Community Church: IN2L</b><br/> 12:00 Lunch<br/> 2:00 Hulu Movie<br/> 4:00 Local News<br/> 5:00 Dinner<br/> 6:00 Creative Coloring </div>  | <div>9</div> <div> 8:00 Breakfast<br/> 9:00 Local News<br/> 10:00 Sit &amp; Be Fit: IN2L<br/> 11:00 Armchair Travel<br/> 12:00 Lunch<br/> 2:00 Walking Group<br/> 4:00 Local News<br/> 5:00 Dinner<br/> 7:00 Yahtzee </div>  | <div>10</div> <div> 8:00 Breakfast<br/> 9:00 Local News<br/> 10:00 Sit &amp; Be Fit: IN2L<br/> <b>10:30 Chat with Cindy</b><br/> 12:00 Lunch<br/> <b>1:00 Flower Arranging</b><br/> 2:00 Bingo<br/> 3:00 Coffee Social<br/> 4:00 Local News<br/> 5:00 Dinner </div> | <div>11</div> <div> 8:00 Breakfast<br/> 9:00 Morning Music: IN2L<br/> 10:15 Exercise with Casey<br/> 10:30 Trivia<br/> 11:00 Scenic Drive<br/> 12:00 Lunch<br/> <b>2:00 Virtual Church: IN2L</b><br/> 3:00 Ice cream social<br/> 4:00 Local News<br/> 5:00 Dinner </div>  | <div>12</div> <div> 8:00 Breakfast<br/> 9:00 Morning Music: IN2L<br/> 10:15 Exercise With Casey<br/> 10:30 Trivia<br/> 11:00 Bingo<br/> <b>1:30 Food Committee</b><br/> 2:00 Hand Care<br/> 4:00 Local News<br/> 5:00 Dinner<br/> 6:00 Cards </div> | <div>13</div> <div> 8:00 Breakfast<br/> 9:00 Morning Music:IN2L<br/> 10:15 Exercise with Casey<br/> 10:30 Balloon Toss<br/> 11:00 Fun Facts &amp; Trivia<br/> 12:00 Lunch<br/> <b>2:00 Tea Party</b><br/> 4:00 Local News<br/> 5:00 Dinner<br/> 6:00 Cards </div>      | <div>14</div> <div> 8:00 Breakfast<br/> 9:00 Morning Tunes<br/> 10:15 Exercise with Casey<br/> 10:30 Balloon Toss<br/> 11:00 Fun Facts &amp; Trivia<br/> 12:00 Lunch<br/> <b>2:00 Craft Time: Turkeys!</b><br/> 4:00 Local News<br/> 5:00 Dinner<br/> 7:00 Hulu Movie </div>   |
| <div>15</div> <div> 8:00 Breakfast<br/> 9:00 Local News<br/> 10:00 Sit &amp; Be Fit: IN2L<br/> <b>11:00 Live Stream Everett Community Church: IN2L</b><br/> 12:00 Lunch<br/> 2:00 Hulu Movie<br/> 4:00 Local News<br/> 5:00 Dinner<br/> 6:00 Creative Coloring </div> | <div>16</div> <div> 8:00 Breakfast<br/> 9:00 Local News<br/> 10:00 Sit &amp; Be Fit: IN2L<br/> 11:00 Armchair Travel<br/> 12:00 Lunch<br/> 2:00 Walking Group<br/> 4:00 Local News<br/> 5:00 Dinner<br/> 7:00 Yahtzee </div> | <div>17</div> <div> 8:00 Breakfast<br/> 9:00 Local News<br/> 10:00 Sit &amp; Be Fit: IN2L<br/> 11:00 Armchair Travel<br/> 12:00 Lunch<br/> <b>1:00 Flower Arranging</b><br/> 2:00 Bingo<br/> 3:00 Coffee Social<br/> 4:00 Local News<br/> 5:00 Dinner </div>        | <div>18</div> <div> 8:00 Breakfast<br/> 9:00 Morning Music: IN2L<br/> 10:15 Exercise with Casey<br/> 10:30 Trivia<br/> 11:00 Scenic Drive<br/> 12:00 Lunch<br/> <b>2:00 Virtual Church: IN2L</b><br/> 3:00 Cocoa Social<br/> 4:00 Local News<br/> 5:00 Dinner </div>      | <div>19</div> <div> 8:00 Breakfast<br/> 9:00 Morning Music: IN2L<br/> 10:15 Exercise With Casey<br/> 10:30 Trivia<br/> 11:00 Bingo<br/> 12:00 Lunch<br/> <b>2:00 Hand Care</b><br/> 3:00 Coffee Social<br/> 4:00 Local News<br/> 6:00 Cards </div>  | <div>20</div> <div> 8:00 Breakfast<br/> 9:00 Morning Music:IN2L<br/> 10:15 Exercise with Casey<br/> 10:30 Balloon Toss<br/> 11:00 Fun Facts &amp; Trivia<br/> 12:00 Lunch<br/> <b>2:00 Happy Hour</b><br/> 4:00 Local News<br/> 5:00 Dinner<br/> 6:00 Cards </div>     | <div>21</div> <div> 8:00 Breakfast<br/> 9:00 Morning Tunes<br/> 10:15 Exercise with Casey<br/> 10:30 Balloon Toss<br/> 11:00 Fun Facts &amp; Trivia<br/> 12:00 Lunch<br/> <b>2:00 Card Game &amp; Puzzle</b><br/> 4:00 Local News<br/> 5:00 Dinner<br/> 7:00 Hulu Movie </div> |
| <div>22</div> <div> 8:00 Breakfast<br/> 9:00 Local News<br/> 10:00 Sit &amp; Be Fit: IN2L<br/> <b>11:00 Live Stream Everett Community Church: IN2L</b><br/> 12:00 Lunch<br/> 2:00 Hulu Movie<br/> 4:00 Local News<br/> 5:00 Dinner<br/> 6:00 Creative Coloring </div> | <div>23</div> <div> 8:00 Breakfast<br/> 9:00 Local News<br/> 10:00 Sit &amp; Be Fit: IN2L<br/> 11:00 Armchair Travel<br/> 12:00 Lunch<br/> 2:00 Walking Group<br/> 4:00 Local News<br/> 5:00 Dinner<br/> 7:00 Yahtzee </div> | <div>24</div> <div> 8:00 Breakfast<br/> 9:00 Local News<br/> 10:00 Sit &amp; Be Fit: IN2L<br/> 11:00 Armchair Travel<br/> 12:00 Lunch<br/> <b>1:00 Flower Arranging</b><br/> 2:00 Bingo<br/> 3:00 Coffee Social<br/> 4:00 Local News<br/> 5:00 Dinner </div>        | <div>25</div> <div> 8:00 Breakfast<br/> 9:00 Morning Music: IN2L<br/> 10:15 Exercise with Casey<br/> 10:30 Trivia<br/> 11:00 Scenic Drive<br/> 12:00 Lunch<br/> <b>2:00 Virtual Church: IN2L</b><br/> <b>3:00 Hand Care*</b><br/> 4:00 Local News<br/> 5:00 Dinner </div> | <div>26</div> <div> <b>Happy Thanksgiving</b><br/> 8:00 Breakfast<br/> 9:00 Thanksgiving Day Parade<br/> 12:00 Thanksgiving Feast<br/> 2:00 Holiday Movie<br/> 4:00 Local News<br/> 5:00 Dinner<br/> 7:00 Movie &amp; Popcorn </div>                | <div>27</div> <div> 8:00 Breakfast<br/> 9:00 Morning Music:IN2L<br/> 10:15 Exercise with Casey<br/> 10:30 Balloon Toss<br/> 11:00 Fun Facts &amp; Trivia<br/> 12:00 Lunch<br/> <b>2:00 Happy Hour</b><br/> 4:00 Local News<br/> 5:00 Dinner<br/> 6:00 Cards </div>     | <div>28</div> <div> 8:00 Breakfast<br/> 9:00 Morning Tunes<br/> 10:15 Exercise with Casey<br/> 10:30 Balloon Toss<br/> 11:00 Fun Facts &amp; Trivia<br/> 12:00 Lunch<br/> <b>2:00 Door Decorating</b><br/> 4:00 Local News<br/> 5:00 Dinner<br/> 7:00 Hulu Movie </div>        |
| <div>29</div> <div> 8:00 Breakfast<br/> 9:00 Local News<br/> 10:00 Sit &amp; Be Fit: IN2L<br/> <b>11:00 Live Stream Everett Community Church: IN2L</b><br/> 12:00 Lunch<br/> 2:00 Hulu Movie<br/> 4:00 Local News<br/> 5:00 Dinner<br/> 6:00 Creative Coloring </div> | <div>30</div> <div> 8:00 Breakfast<br/> 9:00 Local News<br/> 10:00 Sit &amp; Be Fit: IN2L<br/> 11:00 Armchair Travel<br/> 12:00 Lunch<br/> 2:00 Walking Group<br/> 4:00 Local News<br/> 5:00 Dinner<br/> 7:00 Yahtzee </div> |   | <div> <div>Happy Birthday!</div> <div>Ray 11/04</div> <div>Delta 11/05</div> </div>   |    | <div>All activities subject to change per mandated health guidelines.</div>  |  |