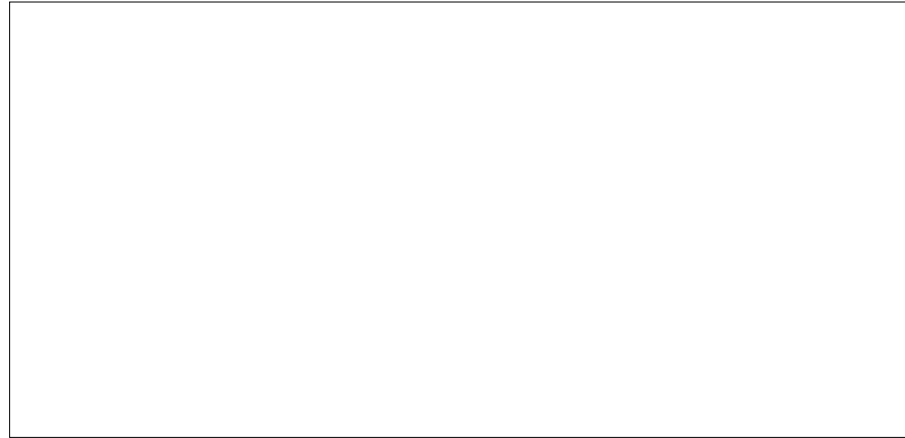




10330 4th Ave. West
Everett, WA 98204

Stamp Here



Administrative Team:

Executive Director: Cindy Davis
Wellness Nurse: Robin Lawrence RN
Community Relations: Lauri Ferguson
Dining Services Director: Jaime Curay
Maintenance Director: Nathen Hutchins
Life Enrichment Director: Casey Bolex

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

Connect:

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South Pointe News

February 2021 Newsletter



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- 3 Our Residents
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Prioritize Your Heart Health With Daily Choices

Please follow advice of your medical professional and speak with them before changing diet, exercise, or supplements. This is for informational use only.

When we think of February, we think of hearts, and it's appropriately the month that observes heart health in America. It's been that way since 1963 when then President Lyndon B. Johnson encouraged citizens to support heart disease solutions for a "nationwide problem of heart and blood-vessel diseases."

There are many actions people can take to combat heart health issues. Awareness of heart health risk factors like high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol use is key.

For older adults, specific steps can be taken to improve heart health. Stopping smoking, reducing alcohol consumption to no more than two drinks per day for men and no more than one drink per day for women, and improving physical activity and diet are impactful actions.

Get Active

Getting out for a daily walk is not only good for mental health and weight management, but also for heart health! The World Health Organizations says adults over 65 should do at least 150 minutes of moderate-intensity aerobic physical activity each week—That's just around 20 minutes per day! Aerobic activity should be done in bouts of at least 10 minutes. Making sure to get exercise in every day (as opposed to several times a week) is also helpful.



Heart health can be impacted by stress. Along with a healthy lifestyle, help manage stress with good sleep habits, meditation, exercise, and sharing emotions with family or friends.

Eat Better

Is the way to your heart through your stomach? The Mayo Clinic recommends eating more vegetables and fruits as they may help cardiovascular health. They also recommend whole grains like whole-grain bread and high-fiber cereals. Go for skinless poultry, fish, nuts, and legumes. Monitoring sodium is also important. Items high in salt include tomato juice, soy sauce, and many prepared foods.

Manage Cholesterol

Getting physically active and eating better will go a long way in helping with this last action: managing cholesterol! The first step in improving cholesterol is to seek out a medical professional to find your levels for both cholesterol types. Having your blood pressure taken regularly can help you to know the state of your heart's health. If your bad cholesterol (LDL) is high, make sure to have a health professional help you to monitor it.

Give yourself a Valentine this February with a commitment to improve your heart health!



Special Moments



Happy Birthday!



**Happy
Birthday
Seraiah!**

02/04

Those born in February are Aquarius (Jan. 20 - Feb. 18) or Pisces (Feb. 19 - March 20). Their birthstone is amethyst. Their birth flowers are the violet, primrose, and iris. So many celebrities have been born in February that it is touted those born this month have higher chances of being famous!

February 2021 Highlights

February observes Black History Month, American Heart Month, and the Boy Scouts Anniversary. It celebrates the library, bird counting, pie making, embroidery, and donating canned foods.

- | | |
|---|--|
| 01 Baked Alaska Day; Serpent Day | 15 Presidents' Day; Gumdrop Day |
| 02 Groundhog Day; Ukulele Day | 16 Fat Tuesday; Almond Day |
| 03 Carrot Cake Day | 17 Ash Wed.; Cabbage Day; Kind Act Day |
| 04 Homemade Soup Day | 18 Wine Day; Battery Day; Pluto Day |
| 05 Nutella Day; Gum Day | 19 Caregivers' Day; Chocolate Mint Day |
| 06 Frozen Yogurt Day; Chopsticks Day | 20 Cherry Pie Day; Muffin Day; Pet Day |
| 07 Superbowl LV; Send Cards Day | 21 Grain-Free Day; Sticky Bun Day |
| 08 Boy Scouts Day; Kite Flying Day | 22 Sweet Potato Day; Margarita Day |
| 09 Bagel and Lox Day; Pizza Day | 23 Banana Bread Day; Dog Biscuit Day |
| 10 Cream Cheese Brownie Day | 24 Tortilla Chip Day |
| 11 Inventors' Day; Peppermint Patty Day | 25 Chocolate Covered Nuts Day; Clam Chowder Day; Pancake Day |
| 12 Chinese New Year; Plum Pudding Day | 26 Pistachio Day; Toast Day; Chili Day |
| 13 Cheddar Day; Tortellini Day; Global Movie Day; World Radio Day | 27 Retro Day; Strawberry Day |
| 14 Valentine's Day; Chocolate Truffle Day | 28 Floral Day; Chocolate Souffle Day |

Regarding Covid-19: Resident and staff safety and comfort 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. All activities are subject to cancellation per those current guidelines. To read our measures taken, and our current visitor policy, please visit our website.

Make a New Friend Day is on February 11

We asked our residents and staff: What are some of the fun ways/instances in which you've made new friends?

"Going to the dog park" - Casey

"Making goodie bags" - Tammy

"Just start talking" - Anja & Frida

"Playing guitar with strangers" - Shane



South Pointe Residents are Awesome!

FEBRUARY 2021

South Pointe • 10330 4th Avenue West Everett, WA 98204 • 425.513.5645

SUN	MON	TUE	WED	THU	FRI	SAT
	1 8:00 Breakfast 9:00 Local News 10:00 Sit & Be Fit: IN2L 11:00 Armchair Travel 12:00 Lunch 2:00 Walking Group 4:00 Local News 5:00 Dinner 7:00 Yahtzee	2 8:00 Breakfast 9:00 Local News 10:00 Sit & Be Fit: IN2L 11:00 Armchair Travel 12:00 Lunch 1:00 Flower Arranging 2:00 Bingo 3:00 Coffee Social 4:00 Local News 5:00 Dinner	3 8:00 Breakfast 9:00 Morning Music: IN2L 10:15 Exercise with Casey 10:30 Trivia 11:00 Mini Documentary 11:30 Lunch on the Bus 2:00 Virtual Church: IN2L 3:00 Cocoa Social 4:00 Local News 5:00 Dinner	4 8:00 Breakfast 9:00 Morning Music: IN2L 10:15 Exercise With Casey 10:30 Trivia 11:00 Bingo 12:00 Lunch 2:00 Hand Care 3:00 Coffee Social 4:00 Local News 6:00 Cards	5 8:00 Breakfast 9:00 Morning Music: IN2L 10:15 Resident Council 10:30 Exercise with Casey 11:00 Fun Facts & Trivia 12:00 Lunch 2:00 Happy Hour 4:00 Local News 5:00 Dinner 6:00 Cards	6 8:00 Breakfast 9:00 Morning Tunes 10:15 Exercise with Casey 10:30 Balloon Toss 11:00 Scenic Drive 2:00 Making Valentines 4:00 Local News 5:00 Dinner 7:00 Hulu Movie
	7 8:00 Breakfast 9:00 Local News 10:00 Sit & Be Fit: IN2L 11:00 Live Stream Everett Community Church: IN2L 12:00 Lunch 2:00 Hulu Movie 4:00 Local News 5:00 Dinner 6:00 Creative Coloring	8 8:00 Breakfast 9:00 Local News 10:00 Sit & Be Fit: IN2L 11:00 Armchair Travel 12:00 Lunch 2:00 Walking Group 4:00 Local News 5:00 Dinner 7:00 Yahtzee	9 8:00 Breakfast 9:00 Local News 10:00 Sit & Be Fit: IN2L 10:30 Chat with Cindy 12:00 Lunch 1:00 Flower Arranging 2:00 Bingo 3:00 Coffee Social 4:00 Local News 5:00 Dinner	10 8:00 Breakfast 9:00 Morning Music: IN2L 10:15 Exercise with Casey 10:30 Trivia 11:00 Scenic Drive 2:00 Virtual Church: IN2L 3:00 Cookie Social 4:00 Local News 5:00 Dinner	11 8:00 Breakfast 9:00 Morning Music: IN2L 10:15 Exercise With Casey 10:30 Trivia 11:00 Bingo 1:30 Food Committee 2:00 Hand Care 4:00 Local News 5:00 Dinner 6:00 Cards	12 Chinese New Year 8:00 Breakfast 9:00 Morning Music: IN2L 10:15 Exercise with Casey 10:30 Balloon Toss 11:00 Fun Facts & Trivia 12:00 Lunch 2:00 Year of the Ox Happy Hour 4:00 Local News 5:00 Dinner
14 Valentines Day 8:00 Breakfast 9:00 Local News 10:00 Sit & Be Fit: IN2L 11:00 Live Stream Everett Community Church: IN2L 12:00 Lunch 2:00 Hulu Movie 4:00 Local News 5:00 Dinner 6:00 Creative Coloring	15 Presidents Day 8:00 Breakfast 9:00 Local News 10:00 Sit & Be Fit: IN2L 11:00 History of Presidents 12:00 Lunch 2:00 Walking Group 4:00 Local News 5:00 Dinner 7:00 Yahtzee	16 8:00 Breakfast 9:00 Local News 10:00 Sit & Be Fit: IN2L 11:00 Armchair Travel 12:00 Lunch 1:00 Flower Arranging 2:00 Poker with Daman 3:00 Coffee Social 4:00 Local News 5:00 Dinner	17 Ash Wednesday 8:00 Breakfast 9:00 Morning Music: IN2L 10:15 Exercise with Eleanor 10:30 Trivia 11:00 Mini Documentary 12:00 Lunch 2:00 Virtual Church: IN2L 3:00 Armchair Travel: IN2L 4:00 Local News 5:00 Dinner	18 8:00 Breakfast 9:00 Morning Music: IN2L 10:15 Exercise with Eleanor 11:00 Bingo with Mabel 12:00 Lunch 2:00 Skip-Bo 3:00 Cocoa with Daira 4:00 Local News 6:00 Cards	19 8:00 Breakfast 9:00 Morning Music: IN2L 10:15 Exercise with Eleanor 10:30 Balloon Toss 11:00 Fun Facts & Trivia 12:00 Lunch 2:00 Root Beer Floats 4:00 Local News 5:00 Dinner 6:00 Cards	20 8:00 Breakfast 9:00 Morning Tunes 10:15 Exercise with Eleanor 10:30 Fun Facts & Trivia 11:00 Armchair Travel 12:00 Lunch 2:00 Card Game & Puzzle 4:00 Local News 5:00 Dinner 7:00 Hulu Movie
21 8:00 Breakfast 9:00 Local News 10:00 Sit & Be Fit: IN2L 11:00 Live Stream Everett Community Church: IN2L 12:00 Lunch 2:00 Hulu Movie 4:00 Local News 5:00 Dinner 6:00 Creative Coloring	22 8:00 Breakfast 9:00 Local News 10:00 Sit & Be Fit: IN2L 11:00 Armchair Travel 12:00 Lunch 2:00 Walking Group 4:00 Local News 5:00 Dinner 7:00 Yahtzee	23 8:00 Breakfast 9:00 Local News 10:00 Sit & Be Fit: IN2L 11:00 Armchair Travel 12:00 Lunch 1:00 Flower Arranging 2:00 Bingo 3:00 Coffee Social 4:00 Local News 5:00 Dinner	24 8:00 Breakfast 9:00 Morning Music: IN2L 10:15 Exercise with Casey 10:30 Trivia 11:00 Scenic Drive 12:00 Lunch 2:00 Virtual Church: IN2L 3:00 Coco Social 4:00 Local News 5:00 Dinner	25 8:00 Breakfast 9:00 Morning Music: IN2L 10:15 Exercise with Casey 10:30 Trivia 11:00 Bingo 12:00 Lunch 2:00 Nail Care 4:00 Local News 5:00 Dinner 7:00 Movie & Popcorn	26 8:00 Breakfast 9:00 Morning Music: IN2L 10:15 Exercise with Casey 10:30 Balloon Toss 11:00 Fun Facts & Trivia 12:00 Lunch 2:00 Chocolate Map 4:00 Local News 5:00 Dinner 6:00 Cards	27 Full Moon 8:00 Breakfast 9:00 Morning Tunes 10:15 Exercise with Casey 10:30 Fun Facts & Trivia 11:00 Scenic Drive 12:00 Lunch 2:00 Family Feud 4:00 Local News 5:00 Dinner 7:00 Hulu Movie
28 8:00 Breakfast 9:00 Local News 10:00 Sit & Be Fit: IN2L 11:00 Live Stream Everett Community Church: IN2L 12:00 Lunch 2:00 Hulu Movie 4:00 Local News 5:00 Dinner	Happy Birthday! Seraiah 2/4 					All activities subject to change per mandated health guidelines.