

Stamp

**Administrative Team:**

**Executive Director: Cindy Davis**

**Community Relations: Lauri Ferguson**

**Dining Services Director: Ron Stonke**

**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:**

**425-513-5645**

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# South Pointe News

April 2021 Newsletter



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# Gardening Benefits for Health & The Environment

Spring has sprung! Those who have been waiting for the gardening season to begin are ready for the last frost to end so they can dig in. When gardeners get into the soil and get to work, they are not only enjoying a fun hobby, they are also doing wonders for their health and the planet!

## Dig Into Better Health

Gardening positively impacts wellness in various ways:

- It relieves stress. Gardening can lower cortisol levels that cause stress and increase blood pressure. Gardening also increases serotonin, which helps people feel happy.
- Friendly bacteria in the soil can boost immunity. It may help against asthma.
- It provides great exercise. It is low-impact and can be comfortable work with the right padding or protective gear, but it takes energy, and the weather can make it more challenging.
- It involves hand-eye coordination and sensory intake. Both of these can positively affect cognition.
- It presents opportunities for a sense of community. Socializing among friends while gardening can be so much fun.
- It encourages outside activity. For some, gardening is the best reason to head out and enjoy sunshine and the environment



(albeit with proper sun protection).

## Impact the Planet

Gardening also benefits the environment, and no act is too small for making our world a better place.

- It can help with pollution. In large-scale harvesting of fruits and vegetables, pollution often results. The transport of those goods also causes pollution. It may seem like a small step, but gardening at home or in the community influences the big picture.
- It can reduce the size of landfills. This is possible when people compost garden waste rather than sending everything to the landfill when it's gone bad.
- Plants in the garden take in CO2 and release oxygen, improving air quality.
- It helps local habitats of insects and animals which play important roles in our environment (like bees pollinating).
- Plants and mulch can hold soil in place and reduce erosion, and keep sediment out of waterways, drains, and roads.

These are just some of the benefits that gardening can bring! This Spring and Summer, give gardening a try and share the benefits with others. Let us know about your efforts!

# Special Moments





# April 2021 Highlights

**April observes Stress Awareness, Healthcare Innovation, & Parkinson's Awareness. It celebrates volunteering, poetry, and jazz!**

- |   |   |
|---|---|
| <b>01 April Fools Day; Sourdough Day</b>                              | <b>17 Crawfish Day; Ellis Island History Day</b>                      |
| <b>02 Peanut Butter and Jelly Day; Ferret Day</b>                     | <b>18 Animal Cracker Day; Intl. Day for Monuments and Sights</b>      |
| <b>03 Film Score Day; Handmade Day</b>                                | <b>19 Amaretto Day; Garlic Day</b>                                    |
| <b>04 Easter; School Librarian Day</b>                                | <b>20 Twin Day; Pineapple Upside Down Day</b>                         |
| <b>05 Caramel Day; Deep Dish Pizza Day</b>                            | <b>21 Administrative Professionals' Day; British National Tea Day</b> |
| <b>06 Caramel Popcorn Day; Librarians Day</b>                         | <b>22 Earth Day; Jelly Bean Day</b>                                   |
| <b>07 Coffeecake Day; Beer Day</b>                                    | <b>23 Arbor Day; Picnic Day</b>                                       |
| <b>08 Zoo Lovers Day; Empanada Day</b>                                | <b>24 Pigs in Blankets Day; Sense of Smell Day</b>                    |
| <b>09 Unicorn Day; Antique Love Day</b>                               | <b>25 Thank Plumbers Day; Zucchini Bread Day</b>                      |
| <b>10 Hug Dog Day; Farm Animals Day</b>                               | <b>26 Audubon Day; Pretzel Day</b>                                    |
| <b>11 Quartet Day; Fondue Day; Pet Day</b>                            | <b>27 Babe Ruth Day; Prime Rib Day</b>                                |
| <b>12 Ramadan Begins; Grilled Cheese Day</b>                          | <b>28 Blueberry Pie Day; Superhero Day</b>                            |
| <b>13 Scrabble Day; Peach Cobbler Day</b>                             | <b>29 Shrimp Scampi Day; Intl. Dance Day</b>                          |
| <b>14 Dolphin Day; Gardening Day; Pecan Day</b>                       | <b>30 Hairstylist Appreciation Day; Oatmeal Cookie Day</b>            |
| <b>15 World Art Day; Banana Day; Guess Day</b>                        |   |
| <b>16 Bean Count Day; Eggs Benedict Day; Wear PJs Day; Orchid Day</b> |   |

**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.

**April 8th is Zoo Lover's Day.**

**Staff and residents shared their favorite animals!**

- "Little monkeys" - Cindy & Frida
- "Elephants" - Damon & Peggy S.
- "Lions & Tigers" - Shane
- "Lemurs" - Casey
- "Zebras" - BK
- "Penguins" - Eleanor & Kim
- "Giraffes" - Tracey



## Staff Spotlight: Nathen

We are so fortunate to have such an awesome new Maintenance Director here at South Pointe! Nathen is excited to be here and has enjoyed getting to know all of our residents! When Nathen isn't here at South Pointe keeping the building running smoothly, he has a few hobbies that include skating, trying new foods and he also likes to learn about history! Nathen also likes to spend time with his family and friends outside in the sunshine! Welcome Nathen!



## Schedule your Visit!

We are so happy to announce that we are able to open South Pointe's doors for inside visits! We have all waited so long to see our family and friends! Please come see Casey to schedule an inside visit! All visits must be scheduled in advance and slots are limited do to health and safety measures that need to be met. Visiting is 7 days a week. Masks are required throughout the entire visit.



# APRIL 2021

• 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><b>Happy Earth Day!</b></p>			<p><b>1 April Fool's Day</b>  8:00 Dinner  9:00 Yodeling Contest  10:00 Hike Mount Everest  11:00 Sky Diving  12:00 Breakfast  1:00 Deep Sea Diving  2:00 Surfing  3:00 Bobbing  For watermelons  5:00 Lunch</p>	<p><b>2 Good Friday</b>  8:00 Breakfast  9:00 Morning Music  <b>10:15 Resident Council</b>  10:30 Trivia &amp; Riddles  11:00 Family Feud  12:00 Lunch  2:00 Happy Hour  4:00 Local News  5:00 Dinner</p>	<p><b>3</b>  8:00 Breakfast  9:00 Jukebox Oldies  10:15 Morning Exercise  10:30 Balloon Toss  11:00 Trivia &amp; Riddles  <b>1:00 Coloring Eggs</b>  2:00 Yahtzee  4:00 Local News  5:00 Dinner  6:00 Hulu Movie</p>
<p><b>4 Easter Sunday</b>  8:00 Breakfast  9:00 Gospel Music: IN2L  10:00 Online Church Service  12:00 Lunch  1:00 Armchair Travel: IN2L  2:00 Yahtzee  3:00 Patio Social  4:00 Local News  5:00 Dinner  6:00 Creative Coloring</p>	<p><b>5</b>  8:00 Breakfast  9:00 Morning Music  10:00 Sit &amp; Be Fit: IN2L  12:00 Lunch  1:00 Rick Steve's Travel  2:00 Walking Group  3:00 Patio Social  4:00 Local News  5:00 Dinner  6:30 Cards</p>	<p><b>6</b>  8:00 Breakfast  9:00 Classic Country: IN2L  10:00 Sit &amp; Be Fit: IN2L  10:30 Flower Arranging  12:00 Lunch  1:00 IN2L— Live Stream  2:00 Bingo  4:00 Local News  5:00 Dinner  6:30 Skip-Bo</p>	<p><b>7</b>  8:00 Breakfast  9:00 Jukebox Oldies  10:15 Morning Exercise  10:30 Trivia  <b>11:00 Lunch on the Bus</b>  1:00 Armchair Travel  2:00 Zoom Church  3:00 Sing Along IN2L  4:00 Local News  5:00 Dinner</p>	<p><b>8</b>  8:00 Breakfast  9:00 Karaoke IN2L  10:15 Morning Exercise  10:30 Trivia  11:00 Bingo  <b>1:30 Food Committee</b>  2:00 Hand Care  3:00 Patio Social  4:00 Local News  5:00 Dinner</p>	<p><b>9</b>  8:00 Breakfast  9:00 Morning Music  10:15 Morning Exercise  10:30 Trivia &amp; Riddles  11:00 Family Feud  12:00 Lunch  2:00 Happy Hour  4:00 Local News  5:00 Dinner</p>	<p><b>10</b>  8:00 Breakfast  9:00 Jukebox Oldies  10:15 Morning Exercise  10:30 Balloon Toss  11:00 Scenic Drive  1:00 Armchair Travel  2:00 Yahtzee  4:00 Local News  5:00 Dinner  6:00 Hulu Movie</p>
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