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Dining Services Director: Ron Stonke
Maintenance Director: Nathen Hutchins
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Our mission is to create and sustain comfortable, caring environments for those who depend on us.

South Pointe News

May 2021 Newsletter



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Hands On Arthritis Facts and Care Tips

Follow your medical professional's advice and speak with them before changing diet, exercise, or supplements.

This May marks National Arthritis Month to bring attention to the condition of joint pain and joint disease.

For those wondering whether they have Arthritis, it's best to go through a primary care provider or Rheumatologist for a diagnosis. In general, Arthritis symptoms may come and go and include mild to severe swelling, pain, stiffness, and decreased motion range. It can also limit one's ability to do some daily activities.

Read on to learn about arthritis types and ways to help arthritic conditions.

Types of Arthritis

- Osteoarthritis is the most common Arthritis type. Risk factors include family history, overweightness, age, and prior injuries. Those with non-severe Osteoarthritis can help the condition with a healthy weight, proper exercise, rest per activity level - especially during flare ups, avoiding repetitive movements, strengthening muscles by joints, and hot/cold therapy.
- Inflammatory Arthritis is another type. Rheumatoid and Psoriatic Arthritis are in this category. It occurs when the immune system creates inflammation to rid of what it falsely sees as infection. It occurs in people with genetic predisposition and environmental risk factors, like smoking. Early diagnosis and strong treatment are key in slowing the condition.



American Adults Diagnosed: 54 million+
Americans Likely to Have Arthritis: 91 million
Types of Arthritis That Exist: Over 100
Working Adults With Arthritis: 60%

Arthritis Pain Management Tips:

Are you dealing with Arthritis pain? Try some of the below tips for potential relief:

- Create a plan with your rheumatologist.
- Be aware of, and track, your warning signs, like a dull hand ache or daytime sleepiness.
- Stay up to date on vaccinations and wash hands frequently to avoid infections which could trigger a flare.
- Stay on top of your emotional health. Anxiety and stress can raise inflammation.
- Slow your movements, but continue moving to avoid stiff joints.
- Do hot & cold therapy, no more than 15 minute intervals, two to four times a day.
- Sleep on a schedule with lights off, devices off, and have no caffeine hours before bed.

We hope you find pain relief this National Arthritis Month. Let us know if you've found this helpful or received relief from these tips!

Special Moments



May 2021 Highlights

May observes Blood Pressure Education, Asthma Awareness, and Osteoporosis. It celebrates BBQs, Nurses, Photography, & Seniors!

01 Kentucky Derby; Scrapbook Day; Fit Day	16 BBQ Day; Sea Monkey Day; Mimosa Day
02 Lemonade Day; Truffle Day; Tuna Day	17 Cherry Cobbler Day; Walnut Day
03 Garden Meditation Day; Textiles Day	18 Cheese Souffle Day; Intl. Museum Day
04 Firefighters Day; Teacher's Day; Bird Day	19 Devil's Food Cake Day; Juice Slush Day
05 Astronaut Day; Cartoon Day; Hoagie Day	20 Quiche Day; Pick Strawberries Day
06 Nurses Day; Beverage Day	21 Waitstaff Day; Pizza Party Day; Tea Day
07 Space Day; Military Spouse Day	22 Solitaire Day; Vanilla Pudding Day
08 Mother's Day; Coke Day; Mini Golf Day	23 Lucky Penny Day; Taffy Day; Turtle Day
09 Lost Sock Memorial Day; Moscato Day	24 Brother's Day; Scavenger Hunt Day
10 Shrimp Day; Hamster Day	25 Tap Dance Day; Wine Day; Geek Pride Day
11 Twilight Zone Day; Eat Whatever Day	26 Sr. Health/Fitness Day; Paper Airplane Day
12 Intl. Nurses Day; Receptionists' Day;	27 Grape Popsicle Day
Third Shift Workers' Day	28 Burger Day; Road Trip Day; Brisket Day
13 Apple Pie Day; Fruit Cocktail Day	29 Paperclip Day; Coq Au Vin Day
14 Buttermilk Biscuit Day; Chicken Dance Day	30 Water Flowers Day; Mint Julep Day
15 Chocolate Chip Day; Armed Forces Day;	31 Memorial Day; Macaroon Day; Smile Day
World Baking 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.

May 6th is Beverage Day!

Our residents and staff shared their favorite drinks!

"Good cup of coffee" - Frida

"Pepsi Max" - Mabel

"Diet Pepsi" - Tammy

"Coke Zero Cherry" - Lauri

"Water" - Nathen

"Root Beer" - Peggy G.

"Water" - Eleanor

"Iced Tea" - Casey



Staff Spotlight:

Lauri

This month our Team Member Spotlight shines on Lauri!

Lauri is our Community Relations Director. When she isn't zipping around South Pointe she enjoys going to the beach, watching her children play sports and enjoying the sunshine!

Lauri has 4 children, three boys and one girl ranging from ages 19-14 years old. Being a Mother is one of Lauri's biggest achievements!



Resident Spotlight:

Damon

This month our Resident Spotlight shines on a man of many names! He will answer to Damon, Dave, and even George sometimes! Damon enjoys keeping active, eating good food and playing Yahtzee. Damon is very proud of his children, grandchildren and great grandchildren! If you ever want to talk about tugboats, living in the great state of Washington, Damon is your guy! When you see him around the community stop and say Hi!

MAY 2021

South Pointe

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SUN	MON	TUE	WED	THU	FRI	SAT
2 (1st in last box) 8:00 Breakfast 9:00 Gospel Music 10:00 Sit & Be Fit 11:00 Online Church Service 12:00 Lunch 1:00 Armchair Travel 2:00 Creative Coloring 3:00 Patio Social 4:00 Evening News 5:00 Dinner	3 8:00 Breakfast 9:00 Jukebox Oldies 10:15 Sit & Be Fit 12:00 Lunch 1:00 Armchair Travel 2:00 Walking Group 3:00 Patio Social 4:00 Evening News 5:00 Dinner 6:30 Hulu Movie	4 8:00 Breakfast 9:00 Golden Classics 10:15 Sit & Be Fit 11:00 Flower Arranging 12:00 Lunch 1:00 Bird Watching: IN2L 2:00 Bingo 3:00 Patio Social 4:00 Evening News 5:00 Dinner	5 8:00 Breakfast 9:00 Jazzy Jazz 10:15 Exercise with Casey 10:30 Trivia 11:00 Scenic Drive 2:00 Church Service 3:00 Patio Social 4:00 Evening News 5:00 Dinner 6:30 Hulu Movie	6 8:00 Breakfast 9:00 Jukebox Oldies 10:15 Exercise with Casey 10:30 Trivia 11:00 Bingo 12:00 Lunch 2:00 Hand Care 3:00 Patio Social 4:00 Evening News 5:00 Dinner	7 8:00 Breakfast 9:00 Morning Music 10:15 Resident Council 10:30 Trivia & Weather 12:00 Lunch 2:00 Mother's Day Tea 3:00 Patio Social 4:00 Evening News 5:00 Dinner 6:00 Hulu Movie	8 8:00 Breakfast 9:00 Jukebox Oldies 10:15 Exercise 11:00 Trivia 12:00 Lunch 1:00 Armchair Travel 2:00 Yahtzee 3:00 Patio Social 4:00 Evening News 5:00 Dinner
9 Happy Mother's Day 8:00 Breakfast 9:00 Gospel Music 10:00 Sit & Be Fit 11:00 Online Church Service 12:00 Mother's Day Lunch 1:00 Armchair Travel 2:00 Creative Coloring 3:00 Patio Social 4:00 Evening News 5:00 Dinner	10 8:00 Breakfast 9:00 Jukebox Oldies 10:15 Sit & Be Fit 12:00 Lunch 1:00 Armchair Travel 2:00 Walking Group 3:00 Patio Social 4:00 Evening News 5:00 Dinner 6:30 Hulu Movie	11 8:00 Breakfast 9:00 Golden Classics 10:30 Chat with Cindy 11:00 Flower Arranging 12:00 Lunch 1:00 Bird Watching: IN2L 2:00 Bingo 3:00 Patio Social 4:00 Evening News 5:00 Dinner	12 8:00 Breakfast 9:00 Jazzy Jazz 10:15 Exercise with Casey 10:30 Trivia 11:00 Scenic Drive 2:00 Church Service 3:00 Patio Social 4:00 Evening News 5:00 Dinner 6:30 Hulu Movie	13 8:00 Breakfast 9:00 Jukebox Oldies 10:15 Exercise with Casey 10:30 Trivia 11:00 Bingo 1:30 Food Committee 2:00 Hand Care 3:00 Patio Social 4:00 Evening News 5:00 Dinner	14 8:00 Breakfast 9:00 Morning Music 10:15 Exercise with Casey 10:30 Trivia & Weather 12:00 Lunch 1:00 Armchair Travel 2:00 Show & Tell 3:00 Patio Social 4:00 Evening News 5:00 Dinner	15 8:00 Breakfast 9:00 Jukebox Oldies 10:15 Exercise with Casey 10:30 Trivia 11:00 Scenic Drive 1:00 Armchair Travel 2:00 Creative Coloring 3:00 Patio Social 4:00 Evening News 5:00 Dinner
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23 8:00 Breakfast 9:00 Gospel Music 10:00 Sit & Be Fit 11:00 Online Church Service 12:00 Lunch 1:00 Armchair Travel 2:00 Creative Coloring 3:00 Patio Social 4:00 Evening News 5:00 Dinner	24 8:00 Breakfast 9:00 Jukebox Oldies 10:15 Sit & Be Fit 12:00 Lunch 1:00 Armchair Travel 2:00 Walking Group 3:00 Patio Social 4:00 Evening News 5:00 Dinner 6:30 Hulu Movie	25 8:00 Breakfast 9:00 Golden Classics 10:15 Sit & Be Fit 11:00 Flower Arranging 12:00 Lunch 1:00 Bird Watching: IN2L 2:00 Bingo 3:00 Patio Social 4:00 Evening News 5:00 Dinner	26 Full Moon 8:00 Breakfast 9:00 Jazzy Jazz 10:15 Exercise with Casey 10:30 Trivia 11:00 Scenic Drive 2:00 Church Service 3:00 Patio Social 4:00 Evening News 5:00 Dinner 6:30 Hulu Movie	27 8:00 Breakfast 9:00 Jukebox Oldies 10:15 Exercise with Casey 10:30 Trivia 11:00 Bingo 12:00 Lunch 2:00 Hand Care 3:00 Patio Social 4:00 Evening News 5:00 Dinner	28 8:00 Breakfast 9:00 Morning Music 10:15 Exercise with Casey 10:30 Trivia & Weather 12:00 Lunch 1:00 Armchair Travel 2:00 Pool Party 3:00 Patio Social 4:00 Evening News 5:00 Dinner	29 8:00 Breakfast 9:00 Jukebox Oldies 10:15 Exercise with Casey 10:30 Trivia 11:00 Scenic Drive 1:00 Armchair Travel 2:00 Creative Coloring 3:00 Patio Social 4:00 Evening News 5:00 Dinner
30 8:00 Breakfast 9:00 Gospel Music 10:00 Sit & Be Fit 11:00 Online Church Service 12:00 Lunch 1:00 Armchair Travel 2:00 Creative Coloring 3:00 Patio Social 4:00 Evening News 5:00 Dinner	31 Memorial Day 8:00 Breakfast 9:00 Jukebox Oldies 10:15 Sit & Be Fit 12:00 Lunch 1:00 Armchair Travel 2:00 Walking Group 3:00 Patio Social 4:00 Evening News 5:00 Dinner 6:30 Hulu Movie	All activities subject to change per mandated health guidelines.				1st 8:00 Breakfast 9:00 Jukebox Oldies 10:15 Exercise with Casey 10:30 Trivia 11:00 Scenic Drive 1:00 Armchair Travel 2:00 Yahtzee 3:00 Patio Social 4:00 Evening News 5:00 Dinner