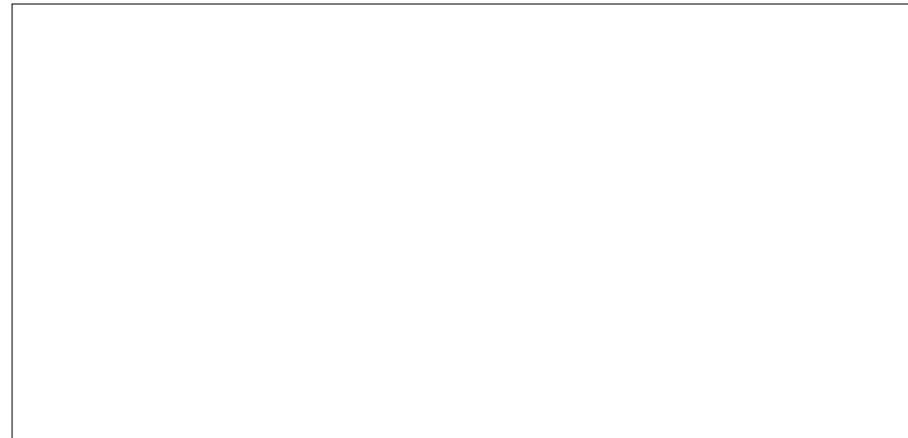


Stamp



Administrative Team:
Executive Director: Cindy Davis
Community Relations: Lauri Ferguson
Wellness Director: Mary Noyes
Dining Services Director: Ron Stonke
Maintenance Director: Nathen Hutchins
Life Enrichment Director: Casey Bolex

Connect:
425-513-5645
info@southpointe-al.com
www.southpointe-al.com
Facebook.com/southpointeseniorliving

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



South Pointe News

June 2021 Newsletter



2 Alzheimer's Awareness Month
3 Resident Smiles
4 - 5 Activities Calendar

6 Highlights, Notes, In Our Words
7 Special Moments & Birthdays
8 Mission & Team

Support an End to Alzheimer's Disease!

This **Alzheimer's & Brain Awareness Month**, take action toward an end to Alzheimer's! The Alzheimer's Association has a slew of opportunities for getting involved. Check out the info and links here to start supporting!



⇒ Volunteer Community Educator, providing education and expanding program reach. Learn more at: volunteer.alz.org/Volunteeropportunities/becoming

Alzheimer's Facts

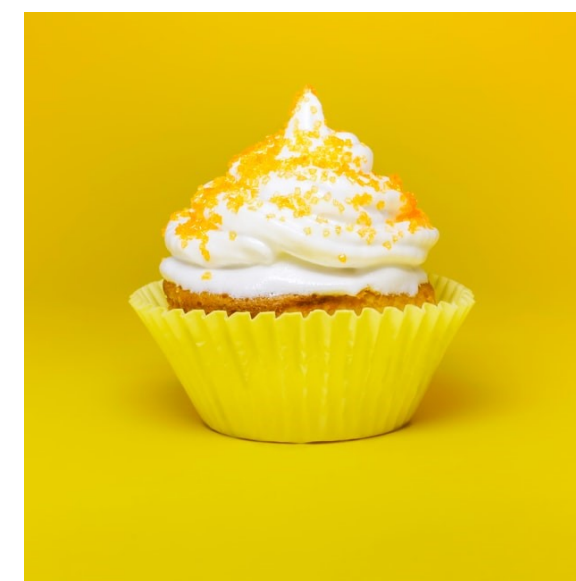
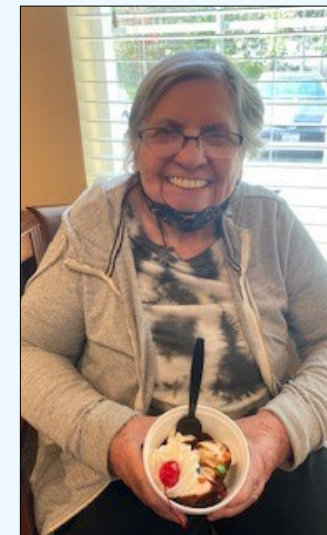
- Americans who have Alzheimer's is growing. More than 6 million Americans have Alzheimer's in 2021.
- 1 in 3 seniors pass with Alzheimer's or Dementia. Deaths from Alzheimer's increased 145% from 2000 to 2019.
- Early diagnosis can: provide medical, emotional, and social benefits; aid with participation in vital clinical trials; enable individuals to be in control of their legal and financial wishes; and create significant cost savings in medical and long-term care.

The more information about Alzheimer's that is shared, the more people will support the fight against Alzheimer's. Follow along with our Facebook page this month as we "Go Purple for Alzheimer's" and as we share resources and information to support the cause.

Make a Difference Against Alzheimer's

- Take part in the Longest Day on June 20—the day with the most light, the day we fight— by taking an activity you enjoy and making it a fundraiser to fight Alzheimer's.
- Walk in the Walk to End Alzheimer's! Register for your local walk as part of a team or independently. Our local walk date is: **Oct. 9**. Set up a Tribute or Memorial Page with fundraising support options at act.alz.org
- Participate in the Ride to End Alzheimer's on August 29, 2021. You can bike ride anywhere for this Summer Challenge.
- Help with Research. TrialMatch is a free service that pairs potential participants with clinical studies. See: trialmatch.alz.org
- Advocate. Urge congress to support the Alzheimer's and dementia community. There are online fillable forms for contacting congress about vital issues at alz.org/get-involved-now/advocate
- Donate vehicles, boats, and RVs through the Donate-A-Car Program. Proceeds support the Alzheimer's Association and may provide tax benefits. Visit alz.careasy.org/home
- Be a Volunteer:
 - ⇒ Support Group Facilitator, creating safe environments for sharing feelings or experiences of Alzheimer's or dementia.
 - ⇒ Volunteer Faith Outreach Representative, sharing information and free resources through the Alzheimer's Association.

Ice Cream Sundaes!



Happy Birthday!

Nathen 06/15

Shane 06/16

Those born in June are Gemini (May 21– June 20) and Cancer (June 21–July 22). The birthstone for June are alexandrite and pearl. The birth flowers for June are the rose and honeysuckle. Those born in June are said to be optimistic and creative!

June 2021 Highlights

June observes Men's Health, Cataract Awareness, and Headaches. It celebrates the Great Outdoors, Roses, and Fresh Fruits & Veggies!

- | | |
|---|---|
| 01 Olive Day; Nail Polish Day; Pen Pal Day | 16 Fudge Day |
| 02 Rocky Road Day; Rotisserie Chicken Day | 17 Mascot Day; Apple Strudel Day |
| 03 Egg Day; Chocolate Macaroons Day | 18 Go Fishing Day; Picnic Day; Tapas Day |
| 04 Cheese Day; Donut Day; Fish & Chips Day | 19 Juneteenth; Garfield Day; Wear Blue Day |
| 05 Veggie Burger Day; Environment Day | 20 Father's Day; Seashell Day; It's Summer! |
| 06 D-Day; Glasses Day; Sweden Day | 21 Peach N' Cream Day; Selfie Day; Yoga Day |
| 07 Oklahoma Day; Chocolate Ice Cream Day | 22 Chocolate Éclair Day; Onion Rings Day |
| 08 Best Friends Day; Positive Thinking Day | 23 Hydrate Day; Pecan Sandy Day; Pink Day |
| 09 Donald Duck Day; Strawb. Rhubarb Pie Day | 24 Praline Day; Red, White, Blue Pops Day |
| 10 Egg Roll Day; Iced Tea Day | 25 Catfish Day; Strawberry Parfait Day |
| 11 Corn Cob Day; German Choc. Cake Day | 26 Coconut Day; Beautician's Day |
| 12 PB Cookie Day; Red Rose Day; Falafel Day | 27 Ice Cream Cake Day; Sunglasses Day |
| 13 Weed the Garden Day; Sew Machine Day | 28 Alaska Day |
| 14 Flag Day; Strawberry Shortcake Day | 29 Camera Day; Waffle Iron Day |
| 15 Photography Day; Smile Power Day | 30 Parchment Day; Meteor Watch 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.


June 20 marks the Start of Summer!
Our residents and staff shared their favorite things about summer!
 "Solstice" - Damon
 "Memorial Day" - Eleanor
 "Going to the beach" - Casey
 "Being out doors more" - Mary
 "The weather is Beautiful" - Ron
 "Going camping" - Peggy S.
 "The Sunshine" - Tracey
 "Relaxing outside" - Shane



Friends, smiles and making memories!!!

JUNE 2021

• South Pointe • 10330 4th Avenue West Everett, Washington • 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 Golden Classics 10:15 Sit & Be Fit: IN2L 11:00 Flower Arranging 12:00 Lunch 1:00 Bird Watching 2:00 Bingo 3:00 Patio Social 4:00 Local News 5:00 Dinner</p>	<p>2 8:00 Breakfast 9:00 Jazzy Jazz 10:15 Sit & Be Fit 10:30 Trivia & Riddles 10:45 Current Events 12:00 Picnic- Mukilteo 2:00 Church 3:00 Patio Social 4:00 Local News 6:30 Skip-Bo</p>	<p>3 8:00 Breakfast 9:00 Jukebox Oldies 10:15 Exercise with Casey 10:30 Trivia & Riddles 11:00 Bingo 1:00 Kitty Cam Live Stream 2:00 Hand Care 3:00 Patio Social 4:00 Local News 6:30 Hulu Movie</p>	<p>4 8:00 Breakfast 9:00 Sing-a-long: IN2L 10:15 Resident Council 10:30 Trivia & Riddles 11:00 Torpedo Shot 1:00 Yahtzee 2:00 Root Beer Floats 4:00 Local News 6:30 Skip-Bo</p>	<p>5 8:00 Breakfast 9:00 Country Music 10:15 Exercise w/ Eleanor 10:30 Trivia 12:00 Lunch 1:00 Kitty Live Stream 2:00 Yahtzee 3:00 Patio Social 4:00 Local News 7:00 Hulu Movie</p>		
		<p>6 8:00 Breakfast 9:00 Gospel Music: IN2L 10:00 Sit & Be Fit: IN2L 11:00 Online Church: IN2L 12:00 Lunch 1:00 Armchair Travel: IN2L 2:00 Creative Coloring 3:00 Patio Social 4:00 Local News 5:00 Dinner</p>	<p>7 8:00 Breakfast 9:00 Jukebox Oldies 10:15 Sit & Be Fit: IN2L 12:00 Lunch 1:00 Armchair Travel: IN2L 2:00 Walking Group 3:00 Patio Social 4:00 Local News 5:00 Dinner 6:30 Cards</p>	<p>8 8:00 Breakfast 9:00 Golden Classics 10:30 Chat with Cindy 11:00 Flower Arranging 12:00 Lunch 1:00 Bird Watching 2:00 Bingo 3:00 Patio Social 4:00 Local News 5:00 Dinner</p>	<p>9 8:00 Breakfast 9:00 Jazzy Jazz 10:15 Exercise with Casey 10:30 Trivia & Riddles 10:45 Current Events 11:00 Scenic Drive 2:00 Church 3:00 Patio Social 4:00 Local News 5:00 Dinner</p>	<p>10 8:00 Breakfast 9:00 Jukebox Oldies 10:15 Exercise with Casey 10:30 Trivia & Riddles 11:00 Bingo 1:30 Food Committee 2:00 Hand Care 3:00 Patio Social 4:00 Local News 6:30 Hulu Movie</p>	<p>11 Pajama Day 8:00 Breakfast 9:00 Sing-a-long: IN2L 10:15 Exercise with Casey 10:30 Trivia & Riddles 11:00 Noodle Ball 1:00 Yahtzee 2:00 Happy Hour 4:00 Local News 6:30 Skip-Bo</p>	<p>12 8:00 Breakfast 9:00 Country Music 10:15 Exercise w/ Casey 10:30 Picnic-Local Park 12:00 Lunch 1:00 Kitty Live Stream 2:00 Yahtzee 3:00 Patio Social 4:00 Local News 7:00 Hulu Movie</p>
		<p>13 8:00 Breakfast 9:00 Gospel Music: IN2L 10:00 Sit & Be Fit: IN2L 11:00 Online Church: IN2L 12:00 Lunch 1:00 Armchair Travel: IN2L 2:00 Creative Coloring 3:00 Patio Social 4:00 Local News 5:00 Dinner</p>	<p>14 8:00 Breakfast 9:00 Jukebox Oldies 10:15 Sit & Be Fit: IN2L 12:00 Lunch 1:00 Armchair Travel: IN2L 2:00 Walking Group 3:00 Patio Social 4:00 Local News 5:00 Dinner 6:30 Cards</p>	<p>15 8:00 Breakfast 9:00 Golden Classics 10:15 Sit & Be Fit: IN2L 11:00 Flower Arranging 12:00 Lunch 1:00 Bird Watching 2:00 Bingo 3:00 Patio Social 4:00 Local News 5:00 Dinner</p>	<p>16 8:00 Breakfast 9:00 Jazzy Jazz 10:15 Exercise with Casey 10:30 Trivia & Riddles 10:45 Current Events 11:00 Picnic- Mystery 2:00 Church 3:00 Patio Social 4:00 Local News 5:00 Dinner</p>	<p>17 8:00 Breakfast 9:00 Jukebox Oldies 10:15 Exercise with Casey 10:30 Trivia & Riddles 11:00 Bingo 1:00 Kitty Cam Live Stream 2:00 Hand Care 3:00 Patio Social 4:00 Local News 6:30 Hulu Movie</p>	<p>18 Theme T-Shirt Day 8:00 Breakfast 9:00 Sing-a-long: IN2L 10:15 Exercise with Casey 10:30 Trivia & Riddles 11:00 Torpedo Shot 1:00 Yahtzee 2:00 Happy Hour 4:00 Local News 6:30 Skip-Bo</p>	<p>19 8:00 Breakfast 9:00 Country Music 10:15 Exercise w/ Casey 10:30 Trivia 11:00 Scenic Drive 1:00 Kitty Live Stream 2:00 Yahtzee 3:00 Patio Social 4:00 Local News 7:00 Hulu Movie</p>
		<p>20 Happy Fathers Day 8:00 Breakfast 9:00 Gospel Music: IN2L 10:00 Sit & Be Fit: IN2L 11:00 Online Church: IN2L 12:00 Lunch 1:00 Armchair Travel: IN2L 2:00 Creative Coloring 3:00 Patio Social 4:00 Local News 5:00 Dinner</p>	<p>21 8:00 Breakfast 9:00 Jukebox Oldies 10:15 Sit & Be Fit: IN2L 12:00 Lunch 1:00 Armchair Travel: IN2L 2:00 Walking Group 3:00 Patio Social 4:00 Local News 5:00 Dinner 6:30 Cards</p>	<p>22 8:00 Breakfast 9:00 Golden Classics 10:15 Sit & Be Fit: IN2L 11:00 Flower Arranging 12:00 Lunch 1:00 Bird Watching 2:00 Bingo 3:00 Patio Social 4:00 Local News 5:00 Dinner</p>	<p>23 8:00 Breakfast 9:00 Jazzy Jazz 10:15 Exercise with Casey 10:30 Trivia & Riddles 10:45 Current Events 11:00 Scenic Drive 2:00 Church 3:00 Patio Social 4:00 Local News 5:00 Dinner</p>	<p>24 8:00 Breakfast 9:00 Jukebox Oldies 10:15 Exercise with Casey 10:30 Trivia & Riddles 11:00 Bingo 1:00 Kitty Cam Live Stream 2:00 Hand Care 3:00 Patio Social 4:00 Local News 6:30 Hulu Movie</p>	<p>25 Crazy Hair/Hat Day 8:00 Breakfast 9:00 Sing-a-long: IN2L 10:15 Exercise with Casey 10:30 Trivia & Riddles 11:00 Noodle Ball 1:00 Yahtzee 2:00 Happy Hour 4:00 Local News 6:30 Skip-Bo</p>	<p>26 8:00 Breakfast 9:00 Country Music 10:15 Exercise w/ Casey 10:30 Trivia 11:00 Picnic- Local Park 1:00 Kitty Live Stream 2:00 Yahtzee 3:00 Patio Social 4:00 Local News 7:00 Hulu Movie</p>
		<p>27 8:00 Breakfast 9:00 Gospel Music: IN2L 10:00 Sit & Be Fit: IN2L 11:00 Online Church: IN2L 12:00 Lunch 1:00 Armchair Travel: IN2L 2:00 Creative Coloring 3:00 Patio Social 4:00 Local News 5:00 Dinner</p>	<p>28 8:00 Breakfast 9:00 Jukebox Oldies 10:15 Sit & Be Fit: IN2L 12:00 Lunch 1:00 Armchair Travel: IN2L 2:00 Walking Group 3:00 Patio Social 4:00 Local News 5:00 Dinner 6:30 Cards</p>	<p>29 8:00 Breakfast 9:00 Golden Classics 10:15 Sit & Be Fit: IN2L 11:00 Flower Arranging 12:00 Lunch 1:00 Bird Watching 2:00 Bingo 3:00 Patio Social 4:00 Local News 5:00 Dinner</p>	<p>30 8:00 Breakfast 9:00 Jazzy Jazz 10:15 Exercise with Casey 10:30 Trivia & Riddles 10:45 Current Events 11:00 Scenic Drive 2:00 Church 3:00 Patio Social 4:00 Local News 5:00 Dinner</p>	<p>Happy Birthday Nathen 06/15 Shane 06/16</p>		