

**Administrative Team:**

**Executive Director: Casey Bolex**

**Community Relations: Lauri Ferguson**

**Business Office Director: Christa Ogle**

**Wellness Nurse: Linda Hall R.N.**

**Wellness Director: Mary Noyes**

**Dining Services Director: Amanda Cavazos**

**Maintenance Director: Nathen Hutchins**

**Connect:**

**425-513-5645**

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

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

**[Facebook.com/southpointeseniorliving](https://www.facebook.com/southpointeseniorliving)**

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

# South Pointe News

**August 2021 Newsletter**



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# Explore Paths to Improved Eye Wellness

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

August is Eye Exam Month and in observance, we've gathered some insight for eyesight! It can be frustrating to experience changes to eyes which result from an array of factors. Luckily, there are many ways to address eye health.

One of the best ways to stay on top of eye health is to have annual eye exams. Practicing precautionary measures through lifestyle is also important. People with diabetes, high blood pressure, or medications that affect eyes have increased risk for vision problems.

Some lifestyle recommendations from the National Eye Institute include having a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields as appropriate; avoiding smoking; reducing eyestrain from screens by looking 20 feet before you for 20 seconds every 20 minutes; and cleaning hands often to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms that may affect seniors is also helpful toward eye wellness.

**Four Eye Issues That Can Affect Older Adults:**

- Dry eye is a common issue for seniors, in which not enough tears or quality tears are made, and poor vision may result.
- Age-related macular degeneration is an issue that causes central (not side) vision loss. The macula of the eye allows people to see fine details and colors, so when it is affected, activities like reading, watching movies, and recognizing faces could be challenging



Did you know? UV rays can negatively affect your eye's surface tissue, cornea, and lens. When in the sun, protect your eyes with sunglasses that have 100% UV or UV400 protection.

- Cataracts are cloudy areas in the eye lens (usually in both eyes, to different degrees) that can cause blurry vision, poor contrast awareness, dulled colors, and glare sensitivity.
- Glaucoma is a group of issues which damage the optic nerve and in time can take away side vision. While glaucoma is often painless with no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. Prescription devices are also available, like spectacle-mounted magnifiers for close-up tasks; hand-held or spectacle-mounted telescopes for near and far vision; handheld and stand magnifiers to assist with short-term reading; and video magnification that enlarges items on video.

Let us know if this information has been helpful for you in the comments section of our newsletter Facebook post on the first.

## Special Moments



- Casey: August 6
- Segen: August 6
- Frida: August 9
- Linda: August 22
- James August 29

Those born in August are either Leo (Aug. 1-22) or Virgo (August 23-31). The birthstone for August is peridot. The birth flower for August is the gladiola. August babies are said to be natural leaders and teachers who thrive in the spotlight. They can often be described as charismatic.

# August 2021 Highlights

August is Eye Exam Month, Wellness Month, and Sun Safety Month. It celebrates peaches, paninis, golf, catfish, sandwiches, and goat cheese!



01 Mahjong Day; Sister Day; Colorado Day	19 Aviation Day; Potato Day; Hair Bow Day
02 Coloring Day; Ice Cream Sandwich Day	20 Radio Day; Lemonade Day
03 Watermelon Day; National Night Out Day	21 Senior Day; Spumoni Day; Geocache Day
04 Chocolate Chip Cookie Day	22 Pecan Torte Day; Be an Angel Day
05 Oyster Day; Work Like a Dog Day; IPA Day	23 Sponge Cake Day; Cuban Sandwich Day
06 Root Beer Float Day; Water Balloon Day	24 Maryland Day; Waffle Day; Peach Pie Day
07 Mustard Day; Disc Golf Day	25 Banana Split Day
08 Froyo Custard Day; Zucchini Day; Cat Day	26 Cherry Popsicle Day; Dog Day
09 Book Lovers' Day; Rice Pudding Day	27 Pots de Crème Custard Day; Just Cuz Day
10 S'mores Day; Connecticut Day	28 Bow Tie Day; Cherry Turnover Day
11 Son & Daughter Day; Kinetic Sand Day	29 Chop Suey Day; Lemon Juice Day
12 Vinyl Record Day; World Elephant Day	30 Toasted Marshmallow Day; Beach Day
13 Intl. Left Handers' Day; Prosecco Day	31 Trail Mix Day; Intl. Bacon Day
14 Creamsicle Day; Bowling Day	
15 Lemon Meringue Pie Day; Honey Bee Day	
16 Tell a Joke Day; Airborne Day	
17 Black Cat Day; Thrift Shop Day	
18 Fajita Day; Ice Cream Pie 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.

**August 9th is Book Lovers Day!**

**Our residents and staff shared their favorites!**

**"Maximum Override" - Christa**

**"Fly Guy" - Casey**

**"Bible" - Frida**

**"Ten" - Sydney**

**"The princess Bride" - Rose**

**"Tom Sawyer" - Shane**

**"Elvis Book" - Peggy G.**



**Staff Spotlight:**  
Sydney

This month our staff spotlight shines on Sydney! Sydney is an energetic young lady that was born and raised here in Snohomish County! Her love of helping others started when she was about 11, she would volunteer to help kids, seniors and individuals with special needs. In her spare time Sydney enjoys drawing, going to concerts and spending time with her family! We are so lucky to have you here at South Pointe.



**Scenic Drives!**


On Wednesdays we hop on the South Pointe bus pick a destination and drive! Sometimes we go to a local park and have an picnic lunch and other times we just drive and look for new things to see! We always have a delightful time, if you would like to go on our next scenic drive let Casey know and we will save a seat for you!

# AUGUST 2021

South Pointe

• 10330 4th Avenue West Everett, Washington 98204 •

425-513-5645

<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
<b>1</b> 8:00 Breakfast 9:00 Morning Music 10:00 Sit & Be Fit: IN2L 10:30 Live Church Stream 12:00 Lunch 1:00 Armchair Travel 2:00 Creative Coloring 3:00 Patio Social 4:00 Local News 5:00 Hulu Movie	<b>2</b> 8:00 Breakfast 9:00 Morning Music 10:00 Sit & Be Fit: IN2L 11:00 Armchair Travel 12:00 Lunch 1:00 Walking Group 2:00 Yahtzee 4:00 Local News 5:00 Dinner 6:00 Skip-Bo	<b>3</b> 8:00 Breakfast 9:00 Morning Music 10:00 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 6:00 Hulu Movie	<b>4</b> 8:00 Breakfast 9:00 Morning Music 10:15 Exercise 11:00 Scenic Drive 12:00 Lunch 2:00 Church Service 3:00 Patio Social 4:00 Local News 5:00 Dinner 6:00 Skip-Bo	<b>5</b> 8:00 Breakfast 9:00 Morning Music 10:15 Exercise 10:45 Trivia 11:00 Bingo! 1:00 Hand Care 3:00 Patio Social 4:00 Local News 5:00 Dinner 6:00 Puzzles & Cards	<b>6</b> Root beer float Day 8:00 Breakfast 9:00 Morning Music 10:00 Exercise 11:00 Trivia 12:00 Lunch 1:00 Kitty Cam: IN2L 2:00 Performance By: Erika! 4:00 Local News 6:00 Skip-Bo	<b>7</b> 8:00 Breakfast 9:00 Morning Music 10:15 Exercise 11:00 Trivia & Riddles 12:00 Lunch 1:00 Creative Coloring 2:00 Armchair Travel 3:00 Patio Social 4:00 Local News 6:00 Hulu Movie
<b>8</b> 8:00 Breakfast 9:00 Morning Music 10:00 Sit & Be Fit: IN2L 10:30 Live Church Stream 12:00 Lunch 1:00 Armchair Travel 2:00 Creative Coloring 3:00 Patio Social 4:00 Local News 5:00 Hulu Movie	<b>9</b> 8:00 Breakfast 9:00 Morning Music 10:00 Sit & Be Fit: IN2L 11:00 Armchair Travel 12:00 Lunch 1:00 Walking Group 2:00 Yahtzee 4:00 Local News 5:00 Dinner 6:00 Skip-Bo	<b>10</b> 8:00 Breakfast 9:00 Morning Music 10:00 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 6:00 Hulu Movie	<b>11</b> 8:00 Breakfast 9:00 Morning Music 10:15 Exercise 11:00 Scenic Drive 12:00 Lunch 2:00 Church Service 3:00 Patio Social 4:00 Local News 5:00 Dinner 6:00 Skip-Bo	<b>12</b> 8:00 Breakfast 9:00 Morning Music 10:15 Exercise 10:45 Trivia 11:00 Bingo! 1:00 Hand Care 3:00 Patio Social 4:00 Local News 5:00 Dinner 6:00 Puzzles & Cards	<b>13</b> 8:00 Breakfast 9:00 Morning Music 10:15 Exercise 11:00 Trivia 12:00 Lunch 1:00 Kitty Cam: IN2L 2:00 Performance By: Dusty Rose 4:00 Local News 6:00 Skip-Bo	<b>14</b> 8:00 Breakfast 9:00 Morning Music 10:15 Exercise 11:00 Trivia & Riddles 12:00 Lunch 1:00 Creative Coloring 2:00 Armchair Travel 3:00 Patio Social 4:00 Local News 6:00 Hulu Movie
<b>15</b> 8:00 Breakfast 9:00 Morning Music 10:00 Sit & Be Fit: IN2L 10:30 Live Church Stream 12:00 Lunch 1:00 Armchair Travel 2:00 Creative Coloring 3:00 Patio Social 4:00 Local News 5:00 Hulu Movie	<b>16</b> 8:00 Breakfast 9:00 Morning Music 10:00 Sit & Be Fit: IN2L 11:00 Armchair Travel 12:00 Lunch 1:00 Walking Group 2:00 Yahtzee 4:00 Local News 5:00 Dinner 6:00 Skip-Bo	<b>17</b> 8:00 Breakfast 9:00 Morning Music 10:00 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 6:00 Hulu Movie	<b>18</b> 8:00 Breakfast 9:00 Morning Music 10:15 Exercise 11:00 Scenic Drive 12:00 Lunch 2:00 Church Service 3:00 Patio Social 4:00 Local News 5:00 Dinner 6:00 Skip-Bo	<b>19</b> 8:00 Breakfast 9:00 Morning Music 10:15 Exercise 10:45 Trivia 11:00 Bingo! 1:00 Hand Care 3:00 Patio Social 4:00 Local News 5:00 Dinner 6:00 Puzzles & Cards	<b>20</b> 8:00 Breakfast 9:00 Morning Music 10:15 Exercise 11:00 Trivia 12:00 Lunch 1:00 Kitty Cam: IN2L 2:00 Performance By: Eric Andrews 4:00 Local News 6:00 Skip-Bo	<b>21</b> 8:00 Breakfast 9:00 Morning Music 10:15 Exercise 11:00 Trivia & Riddles 12:00 Lunch 1:00 Creative Coloring 2:00 Armchair Travel 3:00 Patio Social 4:00 Local News 6:00 Hulu Movie
<b>22</b> 8:00 Breakfast 9:00 Morning Music 10:00 Sit & Be Fit: IN2L 10:30 Live Church Stream 12:00 Lunch 1:00 Armchair Travel 2:00 Creative Coloring 3:00 Patio Social 4:00 Local News 5:00 Hulu Movie	<b>23</b> 8:00 Breakfast 9:00 Morning Music 10:00 Sit & Be Fit: IN2L 11:00 Armchair Travel 12:00 Lunch 1:00 Walking Group 2:00 Yahtzee 4:00 Local News 5:00 Dinner 6:00 Skip-Bo	<b>24</b> 8:00 Breakfast 9:00 Morning Music 10:00 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 6:00 Hulu Movie	<b>25</b> 8:00 Breakfast 9:00 Morning Music 10:15 Exercise 10:45 Trivia 11:00 Bingo! 1:00 Hand Care 3:00 Patio Social 4:00 Local News 5:00 Dinner	<b>26</b> 8:00 Breakfast 9:00 Morning Music 10:15 Exercise 10:45 Trivia 11:00 Bingo! 1:00 Hand Care 3:00 Patio Social 4:00 Local News 5:00 Dinner 6:00 Puzzles & Cards	<b>27</b> 8:00 Breakfast 9:00 Morning Music 10:15 Exercise 10:30 Balloon Toss 11:00 Trivia 12:00 Lunch 1:00 Kitty Cam: IN2L 2:00 Happy Hour 4:00 Local News 6:00 Skip-Bo	<b>28</b> 8:00 Breakfast 9:00 Morning Music 10:15 Exercise 11:00 Trivia & Riddles 12:00 Lunch 1:00 Creative Coloring 2:00 Armchair Travel 3:00 Patio Social 4:00 Local News 6:00 Hulu Movie
<b>29</b> 8:00 Breakfast 9:00 Morning Music 10:00 Sit & Be Fit: IN2L 10:30 Live Church Stream 12:00 Lunch 1:00 Armchair Travel 2:00 Creative Coloring 3:00 Patio Social 4:00 Local News 5:00 Hulu Movie	<b>30</b> 8:00 Breakfast 9:00 Morning Music 10:00 Sit & Be Fit: IN2L 11:00 Armchair Travel 12:00 Lunch 1:00 Walking Group 2:00 Yahtzee 4:00 Local News 5:00 Dinner 6:00 Skip-Bo	<b>31</b> 8:00 Breakfast 9:00 Morning Music 10:00 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 6:00 Hulu Movie	<b>Happy Birthday!!</b>  Casey 08/06 Segen 08/06 Frida 08/09 Linda 08/22 James 08/29			<b>All activities subject to change per mandated health guidelines.</b>