

**Administrative Team:**

**Executive Director:** Casey Bolex  
**Community Relations:** Lauri Ferguson  
**Business Office Director:** Mary Noyes  
**Wellness Nurse:** Kristin Conner  
**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

**September 2021 Newsletter**



**2 Achieving Better Balance**  
**3 Team & Resident Spotlight**  
**4 - 5 Activities Calendar**

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



# Achieving Better Balance & A More Active Lifestyle

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

Do you ever feel lightheaded upon standing or feel your surroundings spin when taking a step? These are signs of balance issues. Most stem from the inner ear, but can be related to medications, the circulatory system, or blood pressure, among other causes. Fortunately, balance issues can be improved with attention to health, and action.

In September, Balance Awareness Week takes place, the 19th-25th. In observance, we’re sharing causes and improvement ideas.

### Balance Issue Causes

Vertigo, lightheadedness, unsteadiness, and dizziness are four symptoms that can point to specific causes, per the Mayo Clinic. Causes are not limited to these, but can include: motion sickness, migraine, and Meniere's behind **vertigo**; cardiovascular issue or blood pressure change with movement behind **lightheadedness**; eyesight issue, medication, inner ear issue, leg nerve damage, or neurological issue behind **unsteadiness**; and inner ear issue, medication, or psychiatric issue behind **dizziness**. Balance disorders can bring about symptoms including but not limited to: confusion, disorientation, nausea and vomiting, diarrhea, changes in heart rate and blood pressure, fear, anxiety, or panic.

If you suspect you have an issue, speak with your medical professional for diagnosis and treatment. Depending on the issue, treatment can include medications to control dizziness and vomiting, balance retraining, inner ear



positioning procedures, surgery, change to diet (specific to the cause), and lifestyle change.

Lifestyle change many can benefit from is increased physical activity for muscle strength and flexibility. If your health professional approves, here are a few ideas to try, with a spotter present!

### Exercises

- Tai Chi or Chair Chi! This is meditation in motion, with movements that shift weight from foot to foot, helping posture and balance.
- Hold a chair and stand on one leg at a time for several intervals.
- Tightrope Walking: Hold arms straight out at your sides. Walk a straight line with a 1-2 second pause as your back leg lifts from the ground. Have head up and eyes fixed ahead.
- Wall Pushups: Stand arm’s length from a wall. Lean forward slightly with palms flat on wall at height and width of shoulders. Keep feet in place as you move your body forward. Gently push back until arms are straight.

Let us know if this information has been helpful to you on our facebook page!

## Special Moments



Gladys: September 12  
Beatrice: September 13  
Jennifer: September 18  
Bill: September 22  
Peggy S: September 29



Those born in September are either Virgo (Aug. 23-Sept. 22) or Libra (Sept. 23-Oct. 22). The birthstone for September is sapphire. The birth flowers for September are asters and morning glory. Virgos are best known for being practical, loyal, and organized. Libras are balanced, social, and fair-minded. September has 11 of the top birthdates in the nation with more babies born on September 9 than any other day of the year!



# September 2021 Highlights

**September is Healthy Aging Month, Cholesterol Education Month, Food Safety Education Month, and World Alzheimer's Month. It celebrates Hispanic Heritage, Sewing, Piano, Honey, Chicken, and Americana!**

01 Building & Code Staff Day; Write Letters Day	16 Cinnamon Raisin Bread Day; Guacamole Day
02 Blueberry Popsicle Day	17 Apple Dumpling Day; Country Music Day
03 Bowling League Day; College Colors Day	18 Cheeseburger Day; Dance Day
04 Macadamia Nut Day; Tailgating Day	19 Butterscotch Pudding Day
05 Cheese Pizza Day; Intl. Day of Charity	20 Pepperoni Pizza Day; String Cheese Day
06 Labor Day; Rosh Hashanah; Book Day	21 Chai Day; NY Day; World Alzheimer's Day
07 Acorn Squash Day; Salami Day	22 Centenarians' Day; White Chocolate Day
08 Intl. Literacy Day; Ampersand Day	23 Pot Pie Day; Snack Stick Day
09 Teddy Bear Day; Wiener Schnitzel Day	24 Cherries Jubilee Day; Punctuation Day
10 Swap Ideas Day; TV Dinner Day	25 Family Health & Fitness Day; Quesadilla Day;
11 Hot Cross Bun Day; Patriot Day	26 HR Prof's Day; Pancake Day; Dumpling Day
12 Assisted Living Week Kickoff; Grandparent Day	27 Family Day; Corned Beef Hash Day; Scarf Day
13 Peanut Day	28 Good Neighbor Day; North Carolina Day
14 Cream Filled Donut Day; Hoagie Day	29 Coffee Day; Women's Health Day
15 Yom Kippur; Learn Online Day; Linguine Day	30 Hot Mulled Cider Day; Love Others Day

**"O sweet September, thy first breezes bring. The dry leaf's rustle and the squirrel's laughter. The cool fresh air whence health and vigor spring. And promise of exceeding joy hereafter." — George Arnold, September Days**

**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.

## **Autumn Begins September 22!**

**Our residents and staff shared what they love most about Autumn!**

**"Jumping into a big pile of leaves" - Shane**

**"All the colors of the leaves" - Eleanor & Peggy S.**

**"Crisp air" - Nathen**

**"Hot apple cider" - Sydney**

**"It's almost Halloween" - Casey**

**"Sweaters & Boots" - Kim**



## **Resident Meetings!**

**Just a friendly reminder that we have several meetings for residents to attend each month! Please see our calendar for days and times!**

**Resident Council  
Chat with Casey  
Food Committee**



## **Resident Spotlight: Joe**

### **Meet Joe!**

**Joe is a man of many skills! He likes to work with his hands and has held many types of different jobs in his life! His favorite thing to do is to design and build cabinets! Joe owned his own business in Everett called Cabinets by Joe! Did you ever shop there? Joe also plays the harmonica, and likes to show off his music skills when ever he gets a chance!**



# SEPTEMBER 2021

South Pointe • 10330 4th Avenue West Everett, WA 98204 • 425-513-5645

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	<b>Happy Birthday!</b>		1 9:00 Jukebox Oldies 10:15 Exercise 10:30 Trivia & Riddles 11:00 Scenic Drive 1:00 Kitty Cam: IN2L 2:00 Church with Doris 3:00 Cookie Social 4:00 Local News	2 9:00 Classic Country 10:15 Exercise 10:30 State Game 11:00 Bingo! 1:00 Bird Watching: IN2L 2:00 Hand Care 3:00 Show & Tell 4:00 Local News	3 9:00 Morning Music 10:15 Resident Council 10:45 Trivia 11:00 Millionaire: IN2L 2:00 Happy Hour 4:00 Local News 7:00 Skip-Bo	4 9:00 Jukebox Oldies 10:15 Exercise 10:30 Trivia 11:00 Family Feud: IN2L 1:00 Armchair Travel 2:00 Terrarium Craft 4:00 Yahtzee 7:00 Hulu Movie
	5 9:00 Gospel Music 10:00 Sit and be Fit: IN2L 10:30 Online Church: IN2L 2:00 Yahtzee 3:00 Creative Coloring 4:00 Local News	6 <b>Labor Day</b> 9:00 Jukebox Oldies 10:00 Chat with Casey 11:00 Bird Watching: IN2L 2:00 Walking Group 3:00 Cards & Puzzles 4:00 Local News 7:00 Skip-Bo	7 9:00 Classic Hits 10:30 Flower Arranging 12:00 Lunch 1:00 Funny Animals: IN2L 2:00 Bingo! 3:00 Scrap Book Club 4:00 Local News 7:00 Hulu Movie	8 9:00 Jukebox Oldies 10:15 Exercise 10:30 Trivia & Riddles 11:00 Scenic Drive 1:00 Kitty Cam: IN2L 2:00 Church with Doris 3:00 Cookie Social 4:00 Local News	9 9:00 Classic Country 10:15 Exercise 10:30 State Game 11:00 Bingo! 1:00 Bird Watching: IN2L 2:00 Hand Care 3:00 Craft Time 4:00 Local News	10 9:00 Morning Music 10:15 Exercise 10:30 Trivia & Riddles 11:00 Millionaire:IN2L 2:00 Happy Hour 4:00 Local News 7:00 Skip-Bo
	12 <b>Grandparents Day</b> 9:00 Gospel Music 10:00 Sit and be Fit: IN2L 10:30 Online Church: IN2L 2:00 Yahtzee 3:00 Creative Coloring 4:00 Local News	13 9:00 Jukebox Oldies 10:00 Chat with Casey 11:00 Bird Watching: IN2L 2:00 Walking Group 3:00 Cards & Puzzles 4:00 Local News 7:00 Skip-Bo	14 9:00 Classic Hits 10:30 Flower Arranging 1:00 Funny Animals:IN2L 2:00 Bingo! 3:00 Scrap Book Club 4:00 Local News 7:00 Hulu Movie	15 9:00 Jukebox Oldies 10:15 Exercise 10:30 Trivia & Riddles 11:00 Scenic Drive 1:00 Kitty Cam: IN2L 2:00 Church with Doris 3:00 Cookie Social 4:00 Local News	16 9:00 Classic Country 10:15 Exercise 10:30 State Game 11:00 Bingo! 1:00 Bird Watching: IN2L 2:00 Hand Care 3:00 Family Feud: IN2L 4:00 Local News	17 9:00 Morning Music 10:15 Exercise 10:30 Trivia & Riddles 11:00 Millionaire: IN2L 2:00 Happy Hour 4:00 Local News 7:00 Skip-Bo
	19 9:00 Gospel Music 10:00 Sit and be Fit: IN2L 10:30 Online Church: IN2L 2:00 Yahtzee 3:00 Creative Coloring 4:00 Local News	20 9:00 Jukebox Oldies 10:00 Chat with Casey 11:00 Bird Watching: IN2L 2:00 Walking Group 3:00 Cards & Puzzles 4:00 Local News 7:00 Skip-Bo	21 9:00 Classic Hits 10:30 Flower Arranging 1:00 Funny Animals: IN2L 2:00 Bingo! 3:00 Scrap Book Club 4:00 Local News 7:00 Hulu Movie	22 9:00 Jukebox Oldies 10:15 Exercise 10:30 Trivia & Riddles 11:00 Scenic Drive 1:00 Kitty Cam: IN2L 2:00 Church with Doris 3:00 Cookie Social 4:00 Local News	23 9:00 Classic Country 10:15 Exercise 10:30 State Game 11:00 Bingo! 1:00 Bird Watching: IN2L 2:00 Hand Care 3:00 Name That Tune 4:00 Local News	24 <b>Native American Day</b> 9:00 Morning Music 10:15 Exercise 10:30 Trivia & Riddles 11:00 Millionaire: IN2L 2:00 Happy Hour 4:00 Local News 7:00 Skip-Bo
	26 9:00 Gospel Music 10:00 Sit and be Fit: IN2L 10:30 Online Church: IN2L 2:00 Yahtzee 3:00 Creative Coloring 4:00 Local News	27 9:00 Jukebox Oldies 10:00 Chat with Casey 11:00 Bird Watching: IN2L 2:00 Walking Group 3:00 Cards & Puzzles 4:00 Local News 7:00 Skip-Bo	28 9:00 Classic Hits 10:30 Flower Arranging 1:00 Funny Animals: IN2L 2:00 Bingo! 3:00 Scrap Book Club 4:00 Local News 7:00 Hulu Movie	29 9:00 Jukebox Oldies 10:15 Exercise 10:30 Trivia & Riddles 11:00 Scenic Drive 1:00 Kitty Cam: IN2L 2:00 Church with Doris 3:00 Cookie Social 4:00 Local News	30 9:00 Classic Country 10:15 Exercise 10:30 State Game 11:00 Bingo! 1:30 Food Committee 2:00 Hand Care 3:00 Craft Time 4:00 Local News	