



10330 4th Ave. West
Everett, WA 98204

PLACE STAMP
HERE



Administrative Staff:

Laura Novak
Executive Director

Sue Frisbee
Community Relations Director

Maria Greene
Business Office Manager

Carole Gillmore
Registered Nurse

Sherri Bryant
Dietary Director

Ricky Meyers
Maintenance Director

Christina Campbell
Activities Director

Contact us at:

425-513-5645

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

South Pointe Newsletter

South Pointe Independent & Assisted Living Newsletter — February 2017



INSIDE THIS ISSUE

- P2 Heart Health
- P3 Karaoke Happy Hour
- P3 Connect on Facebook
- P4 Activities Calendar
- P6 February Highlights
- P6 Favorite Valentines
- P7 A Bingo Twist
- P8 Mission & Team

How to Boost Your Heart Health

February has long been associated with hearts. Americans have been exchanging heart-shaped Valentines in the leap month since the cards were first mass produced in the United States in 1847. More recently in the US however - since December 30, 1963 - February has also been designated American Heart Month.

Fifty four years ago, in his Proclamation 3566, former US President Lyndon B. Johnson cited a "nationwide problem of heart and blood-vessel diseases" and urged citizens to support programs required to bring about its solution. Sadly, five decades later, heart disease is the number one cause of death in the US for men and women – more than all cancers combined – and it takes an average of 610,000 lives every year, according to the Centers for Disease Control and Prevention.

Heart disease remains a battle, but it is one that can be fought at all ages. The first step is knowing the risks that lead to poor heart health. According to the CDC, risks for heart disease include medical conditions and lifestyle choices such as:

- high blood pressure
- high cholesterol
- smoking
- diabetes
- obesity
- overweightness
- following a poor diet
- physical inactivity
- excessive alcohol use

For seniors, specific actions can be taken to reduce such risks. In addition to quitting smoking and decreasing excessive alcohol consumption, here are a few of them:

Note: Each individual should follow the advice of their medical professional(s) or doctors and speak with them before making changes to diet and/or exercise.



Get Active

According to the American Heart Association, older adults should have at least 30 minutes of moderate physical activity five times each week or 20 minutes of vigorous activity three times each week, with intensity levels varying per person. Muscle strengthening and endurance activities twice each week, as well as flexibility and balance exercises are important.

Eat Better

The US Department of Agriculture recommends the following diet for seniors in the US who get fewer than 30 minutes of moderate physical activity each day. Those who are more active than that may be able to consume more while meeting calorie needs.

Manage Cholesterol

There are two types of cholesterol in our bodies, good (HDL) and bad (LDL). The first step in improving cholesterol is to seek out a medical professional to find out your levels for both cholesterol types. If your bad cholesterol (LDL) is high, make sure to have a health professional help you to monitor it. Cholesterol is very much related to diet. According to the USDA, eating more unsaturated fats than saturated and trans fats can reduce the risk of heart disease and improve good (HDL) cholesterol.

A Bingo Twist



This month we will be spicing up our Bingo Activity. We invited our sister community Ashley Pointe to our place for a friendly game of Bingo on February 8th. We anticipate a lot of fun and plenty of new friendships between.

On February 28th we will have a Mardi Gras themed Bingo complete with beads and masks. If you haven't tried Bingo, now would be the perfect time. So we hope you dressed ready for a Mardi Gras good time!

ines



One year I got a dozen roses because I couldn't have sugar.

Patsy

One year Dean surprised me with dinner, roses, and a nice card.

Sue



February Highlights — You're Invited!

- 2/1—Resident Meeting
- 2/1—Angels Of The Wind Casino
- 2/3—Happy Hour with Lee Howard
- 2/8—Bingo with Ashley Pointe (home)
- 2/8—Shopping at Goodwill
- 2/10—Happy hour with Dave and P.J
- 2/14—Valentines Dinner and music by Naomi Morgan
- 2/15—South Pointe Auction
- 2/15—Shopping at Fred Meyer
- 2/17—Karaoke Happy Hour
- 2/22—Lunch at Applebee's
- 2/22—Educational Event featuring: Heart Health with Carole Gillmore
- 2/24—Happy Hour with Bill Moyer
- 2/28—Mardi Gras Bingo



February is upon us and we have a lot in store for you , come join us for some fun Everyone is welcome

Karaoke South Pointe Style



Below :Laura, Peggy and Sue singing some Elvis Presley.
Lower Right hand : Laura, Sue, and Bonnie
Upper right: Sue and Patricia
Above: Kelsi joined in the fun.



Karaoke Happy Hour with the staff and residents of South Pointe. We hope to see all of our residents at the next karaoke hour for some good clean fun!



Our Favorite Valent



When I got a 25 lb. heart shape box of chocolate from See's Candies —Tami



Find us on Facebook!



We've been sharing more and more on our Facebook page recently and would love to have you join the conversation!

LIKE our Facebook page today!

www.facebook.com/SouthPointeSeniorLiving

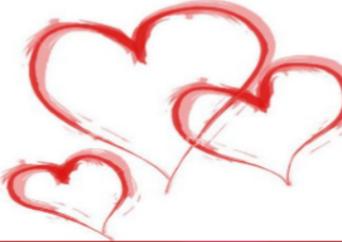
February 2017

South Pointe

10330 4TH Avenue W.

Everett WA. 98204

425-513-5645

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>RESIDENTS</p> <p>Linda Clayton 2/9</p> <p>Peggy Marceliussen 2/9</p> 	<p>HAPPY BIRTHDAY</p>	<p>STAFF</p> <p>Maria Greene 2/7</p> 	<p>1</p> <p>10:00 Fitness Fun 10:30 Balloon Toss 11:00 Resident Meeting 1:00 Fred Meyer 3:00 Church Services</p>	<p>2 Groundhog Day</p> <p>10:00 Fitness Fun 10:30 Balloon Toss 1:30 Manicures W/ Trish 2:00 Put Put Golf 3:00 Jog Your Memory 5:30 Card Games</p>	<p>3</p> <p>10:00 Fitness Fun 10:30 Balloon Toss 11:00 Cash in S.P. Dollars 1:30 You Be The Judge 3:00 Happy Hour with Lee Howard</p> 	<p>4</p> <p>10:00 Fitness Fun 10:30 Balloon Toss 1:00 Bingo 2:30 Ice Cream Social 3:00 Jog Your Memory</p> <p>Thank a Mailman Day</p> 
<p>7</p> <p>10:00 Coffee Chatter 10:30 Weekly Bible Verse 5:30 Sunday Night Movie</p> 	<p>6</p> <p>10:00 Bible Study 10:30 Word Search Monday 2:00 Yahtzee with Rick 3:30 American Heritage Girls -Arts and Crafts</p>	<p>7</p> <p>10:00 Fitness Fun 10:30 Balloon Toss 11:00 Flower Arranging 2:00 Bingo 5:30 Pinochle</p> <p>Send a card day</p>	<p>8</p> <p>BINGO</p> <p>10:00 Fitness Fun 10:15 Balloon Toss 10:30 Bingo—Ashley Pointe -Home Game 3:00 Church Services</p>	<p>9</p> <p>10:00 Fitness Fun 10:30 Balloon Toss 1:30 Manicures with Trish 2:00 Put Put Golf 3:00 Jog Your Memory 5:30 Card Games</p>	<p>10</p> <p>10:00 Fitness Fun 10:30 Balloon Toss 1:30 You Be The Judge 2:00 Crafts for Auction 3:00 Happy Hour with Dave and P.J</p> 	<p>11</p> <p>10:00 Fitness Fun 10:30 Balloon Toss 1:00 Bingo 3:00 Jog Your Memory</p>
<p>12</p> <p>10:00 Coffee Chatter 10:30 Weekly Bible Study 5:30 Sunday Night Movie</p> 	<p>13</p> <p>10:00 Bible Study 10:30 Word Search Monday</p>	<p>14 Valentine's Day</p> <p>10:00 Fitness Fun 10:30 Balloon Toss 11:00 Flower Arranging 2:00 Bingo 4:00– 6:00 Valentine Dinner Naomi Morgan</p> 	<p>15</p> <p>AUCTION</p> <p>10:00 Fitness Fun 10:15 Balloon Toss 10:30 South Pointe Auction 1:30 Fred Meyer 3:00 Church Services</p>	<p>16</p> <p>10:00 Fitness Fun 10:30 Balloon Toss 1:30 Manicures with Trish 2:00 Put Put Golf 3:00 Jog Your Memory 5:30 Card Games</p>	<p>17</p> <p>KARAOKE</p> <p>10:00 Fitness Fun 10:30 Balloon Toss 1:30 You Be The Judge 3:00 Happy Hour-Karaoke</p> <p>Random Acts of Kindness</p>	<p>18</p> <p>10:00 Fitness Fun 10:30 Balloon Toss 1:00 Bingo 2:30 Ice Cream Social 3:00 Jog Your Memory</p> 
<p>19</p> <p>10:00 Coffee Chatter 10:30 Weekly Bible Verse 5:30 Sunday Night Movie</p> 	<p>20</p> <p>10:00 Bible Study 10:30 Word Search Monday 2:00 Yahtzee with Rick</p>	<p>21</p> <p>10:00 Fitness Fun 10:30 Balloon Toss 11:00 Flower Arranging 2:00 Bingo 5:30 Pinochle</p>	<p>22 Be Humble Day</p> <p>10:00 Fitness Fun 10:30 Balloon Toss 11:00 Applebee's 1:00 Heart Health 3:00 Church Services</p>	<p>23</p> <p>10:00 Fitness Fun 10:30 Balloon Toss 1:30 Manicures with Trish 2:00 Put Put Golf 3:00 Jog Your Memory</p>	<p>24</p> <p>HR HAPPY HOUR</p> <p>10:00 Fitness Fun 10:30 Balloon Toss 1:30 You Be The Judge 3:00 Happy Hour with Bill Moyer</p>	<p>25</p> <p>10:00 Fitness Fun 10:30 Balloon Toss 1:00 Bingo 3:00 Jog Your Memory</p>
<p>26</p> <p>10:00 Coffee Chatter 10:30 Weekly Bible Verse 5:30 Sunday Night Movie</p> 	<p>27</p> <p>10:00 Bible Study 10:30 Word Search Monday</p>	<p>28 MARDI GRAS</p> <p>10:00 Fitness Fun 10:30 Balloon Toss 11:00 Flower Arranging 2:00 Bingo 5:30 Pinochle</p> 			<p>Home is where you Learn to Laugh, to Share, to Live, to Love to Forgive</p>	