

ASHLEY POINTE
SENIOR LIVING COMMUNITY

11117 20th St. NE
Lake Stevens, WA 98258

STAMP
HERE



Administrative Team:

Loretta Kreeger
Executive Director

Sue Frisbee
Community Relations Director

Jennifer Valenti
Resident Care Coordinator

Kate Jones
Business Office Manager

Hilda Cole
Registered Nurse

Autumn Blizard
Dietary Director

Chuck Hendrick
Maintenance Director

Diane Blas
Activities Director

Contact us at:
425-397-7500

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



Ashley Pointe Newsletter

Ashley Pointe Independent & Assisted Living Newsletter



P2 Arthritis Facts and Care Tips
P3 Chaplain's Corner
P4 & P5 Activities Calendar

P6 Social Media, & Highlights
P7 Memories & Mother's Day
P8 Mission & Team

May 2018 Edition

Arthritis Facts and Care Tips

May marks National Arthritis Month to bring awareness to a very common, but often misunderstood condition. A wide misconception about Arthritis is that it is a single disease. It's actually a way of referring to joint pain or joint disease.

Symptoms of Arthritis can come and go, and include mild to severe swelling, pain, stiffness, and lessened motion range. It can limit a person's ability to partake in some daily activities.

Osteoarthritis is the most common type of Arthritis. Risk factors include family history, being overweight, age, and injuries sustained. Those with non-severe Osteoarthritis can help the condition if they: achieve a healthy weight, get enough exercise, rest per activity level - especially during a flare up, avoid repetitive movements, strengthen muscles around joints, and use hot and cold therapy.

Inflammatory Arthritis is another type. Rheumatoid and Psoriatic Arthritis are in this category. It occurs when the immune system creates inflammation to get rid of what it falsely perceives as infection. It occurs in people with genetic predisposition and environmental risk factors like smoking. Early diagnosis and strong treatment are key



Arthritis by the Numbers

- American Adults Diagnosed: 54 million+**
- American Children Diagnosed: 300,000 est.**
- Americans Likely to Have Arthritis: 91 million**
- Direct Medical Costs: At least \$81 billion**
- Types of Arthritis That Exist: Over 100**
- Working Adults With Arthritis: 60%**

in slowing the condition.

Receiving a diagnosis for Arthritis can be done through a primary care provider or Rheumatologist. There are many ways that Arthritis can be helped.

Arthritis Foundation Pain Management Tips:

- Create a plan with your rheumatologist.
- Be aware of and track your warning signs, like a dull hand ache or daytime sleepiness for days.
- 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 increase inflammation.

- Slow your movements, but continue moving to avoid stiff joints. Move joints through the fullest range of motion you can. If it causes

more pain, stop.

- Do hot & cold therapy, no more than 15 minute intervals, two to four times a day.
- Sleep on a schedule, get restful sleep with lights off, devices off, and avoid caffeine in the hours before you head to bed.

Memories in the Making!



A beautiful day on the Sound!

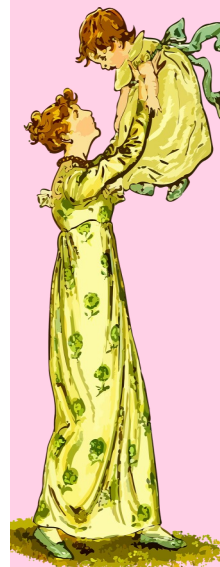


Dungeness Crab Luncheon on board the Chinook!



Deception Pass Bridge

May 13 is Mother's Day Tea



A fond memory of my mother by Virginia H.

My mother was 4'11 & 98 lbs. She loved to dance & sing. After my baby was born she would come and help me with the new baby. People would call her a little bird because she floated like a bird when she moved.

She volunteered up until she was in her 80's.

She was such a vibrant women.

My mother & father had a beautiful married life together. I was so fortunate growing up in a loving family.

Join us for Mothers Tea

Sunday, May 13

at 2:00 pm

Entertainment with Robbie E.

Please RSVP



May Highlights



MAY 1 - May Day Flower Craft

May 5-Cinco de Mayo Lunch

May 3-Book Club Meeting

May 10-Animal Encounters

May 13 - Mother's Day Tea

May 17 - Royal Hats Craft

May 19 - The Royal Wedding TV

May 24 - Lil Sprout Nursery



May 30-Memorial Day BBQ

May 31-Historic Flights-\$12.00 tickets

Tuesday Shopping Days

**Sign Up Book located at the
Front Desk**



Wednesday Happy Hour

May 2~Betsy & Gerry

May 9~Doug Williams

May 16~OD Scudder

May 23~Stilly Singers

May 30~Mel Graham



Follow us on Social Media:

Facebook.com/
Blog.radiantseniorliving.com
Radiantsrliving on Instagram
Radiantvoices on Instagram
RadiantSrLiving on Twitter
Pinterest.com/radiantsrliving
Radiant Senior Living on YouTube

Meet Our New Team Members

Chuck H.- Maintenance Director

Stephanie H.—Dietary Aide

Jennifer V.—RCC

Welcome New Team Members



New Residents

Please Welcome Our

New Residents

Bill H.

Pat W.



Chaplain's Corner....



Since Mother's Day and the first day of National Nursing Home Week is Sunday, May 13, **let me tell you about Marcia!**

During her two years at the care center where I was privileged to serve as Chaplain, Marcia and I had many opportunities to share together. She would attend our worship services as much as possible and she seemed to especially enjoy the hymns of our faith. Since my wife and I enjoy antiques, I found my visits in Marcia's room like a trip down memory lane. The many reminders of her life that were in her room always gave us lots to talk about.

As her quality of life slowly but surely began to change, one thing didn't change....and that was her smile and her sense of humor....especially as it related to the food served at our facility. Since Marcia had a reputation as a great cook, she, at times, threatened to apply for the job of cook!

Marcia also had a lot of experience being a caregiver having cared for her mother for over 2 years and for her husband for over 20 years. As all of us know from experience, it's much easier to give care than it is to receive care. But Marcia was just as gracious as a care receiver as she was as a care giver!

For 14 years, God gave me the privilege of sharing in the lives of care center residents who have been described as being "a hidden people in plain view." There always seems to be one special memory that I have of each of them. For Marcia, it would have to be the day when I received a special email from her daughter Gail all the way from Australia.

Gail had been sending messages through me to her mom for several months. One day, Gail was prompted to send a "farewell" message to her mom. It was a touching letter in which Gail shared with her mom her love and her thanks for all that she had done for her.

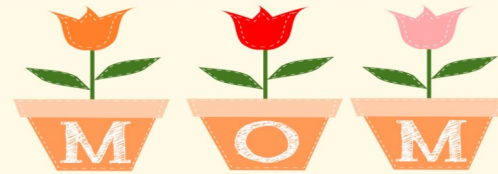
As I walked down the hall to Marcia's room, I wondered if she would be able to understand and comprehend the contents of Gail's letter. She was in bed but awake when I arrived in her room. I asked her if it would be OK if I read her another letter from Gail. I watched the expression on her face as I read Gail's letter....I could tell that she was really connecting with what was being said. At the end of the letter, she looked at me with her classic smile and said very clearly, "Isn't that nice!"

That moment taught me a valuable lesson that I hope we will all take to heart. If you have something nice to say to someone, say it. Say it now. Say it while both of you are on this earth. You never know what effect your kind words will have, and you may not get a second chance!

At her funeral, Marcia's other daughter wrote the following about her mother: "Mom was my best friend....she always let me know that I was loved!"

We all need encouragement...all of us. We all need to feel appreciated...all of us. We all need to know we are loved....all of us. Words that we speak will often live on long after we have left this earth. As the author of Hebrews expressed it, "...let us encourage one another---and all the more as you see the day approaching!" (10:25)

May 2018



Ashley Pointe
1117 20th Street NE
Lake Stevens, Washington 98258
425-397-7500

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Birthday Stone: Emerald Flower: Lily of the Valley</i></p> 	<p><i>Happy May Birthday's Residents</i></p> <p><i>May 20~Vi P.</i></p> 	<p>1 May Day</p> <p>10:00 Shopping: Fred Meyer 10:30 Exercise w/LDS 1:15 Cottage Community Meeting 2:30 Bingo 3:30 May Day Paper Flower Craft 6:00 Pinochle</p>	<p>2 Margarita Wednesday</p> <p>9:45 Bible Study 10:30 Balloon Toss 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game 3:45 Margarita & Chips Happy Hour w/Betsy & Gerry</p>	<p>3 Hug Your Cat Day</p> <p>10:30 Exercise w/LDS 11:15 Ebenezer Senior Lunch "Western Theme" 1:30 Bingo w/Betty & John 3:00 Book Club Meeting 3:30 Skip Bo 6:00 Pinochle</p>	<p>4</p> <p>10:30 Walk for Exercise 11:00 Sing Along-IN2L 1:30 Bingo 2:30 Adult Coloring 3:30 LCR Game 6:00 Movie: Resident Choice</p>	<p>5</p>  <p>10:30 Sit & Be Fit-IN2L 12:30 Everett Civic Music (Ticket Holders) 1:30 Bingo 3:30 Skip Bo 6:00 Classic TV</p> 
<p>6 National Nurses Week</p> <p>10:00 Sunday Current Events 1:30 Movie: The Music Man 2:30 Root Beer Floats 4:00 Play Harmonica & Name that Tune w/Dave</p>	<p>7 Doctor Appointments</p> <p>10:30 Strength & Balance w/Larry 11:00 Poker-IN2L 1:30 Bingo 3:00 Painting 6:00 Bridge</p>	<p>8 Coconut Cream Pie Day</p> <p>10:30 Exercise w/LDS 11:00 Adult Coloring 1:15 Assisted Living Community Meeting 2:15 Shopping: Safeway 2:30 Bingo 6:00 Pinochle</p>	<p>9</p> <p>9:45 Bible Study 10:30 Balloon Toss 11:00 Lunch: Senior Center 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game 3:45 Happy Hour w/Doug Williams</p>	<p>10</p> <p>10:00 Tai Chi w/Larry 10:30 Animal Encounters 11:35 Library on Wheels 1:30 Bingo w/Betty & John 3:30 Skip Bo 6:00 Pinochle</p>	<p>11</p> <p>10:30 Walk for Exercise 11:00 Sing Along-IN2L 1:30 Bingo 2:30 Adult Coloring 3:30 LCR Game 6:00 Movie: Resident Choice</p>	<p>12</p> <p>10:30 Sit & Be Fit-IN2L 1:00 Jig Saw Puzzles 1:30 Bingo 3:30 Skip Bo 6:00 Classic TV</p>
<p>13 Mother's Day</p> <p>10:00 Sunday TV 2:00 Mother's Day Tea Entertainment by Robbie E. 4:00 Play Harmonica & Name that Tune w/Dave</p>	<p>14 Doctor Appointments</p> <p>10:30 Walking Group 11:00 Puzzles (Activity Room) 1:30 Bingo 3:00 Painting 6:00 Bridge</p>	<p>15</p> <p>10:30 Exercise w/LDS 11:00 Adult Coloring 1:30 Bingo 2:00 Shopping: Haggen 3:30 Skip Bo 6:00 Pinochle</p>	<p>16 National Chicken Day</p> <p>9:45 Bible Study 10:30 Balloon Toss 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game 3:45 Happy Hour w/OD Scudder</p>	<p>17</p> <p>10:30 Exercise w/LDS 11:30 Lunch At Dairy Queen 1:30 Bingo w/Betty & John 3:00 Royal Hat Craft 3:30 Skip Bo 6:00 Pinochle</p>	<p>18</p> <p>10:30 Walk for Exercise 11:00 Sing Along-IN2L 1:30 Bingo 2:30 Adult Coloring 3:30 LCR Game 6:00 Movie: Resident Choice</p>	<p>19 The Royal Wedding Day</p> <p>10:30 Sit & Be Fit-IN2L 1:00 Jig Saw Puzzles 1:30 Bingo 3:30 Skip Bo 6:00 Classic TV</p> <p><i>Armed Forces Day</i></p>
<p>20 Happy Birthday, Vi P.</p> <p>10:00 Sunday Current Events 1:30 Movie: Seven Brides for Seven Brothers 2:30 Strawberry Ice Cream Treats 4:00 Restoration Church Service</p>	<p>21 Victoria Day</p> <p>10:30 Strength & Balance w/Larry 11:00 Games (Activity Room) 1:30 Bingo 3:00 Victoria Day High Tea Afternoon Social 6:00 Bridge</p> <p><i>Doctor Appointments</i></p>	<p>22</p> <p>10:30 Exercise w/LDS 11:00 Adult Coloring 1:30 Bingo 2:00 Shopping: Walmart 3:30 Skip Bo 6:00 Pinochle</p>	<p>23 Lucky Penny Day</p> <p>9:45 Bible Study 10:30 Balloon Toss 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game 3:45 Happy Hour w/Stilly Singers</p>	<p>24</p> <p>10:00 Outing: Lil Sprout Nursery (Mill Creek) 10:30 Tai Chi w/Larry 1:30 Bingo w/Betty & John 3:00 Picture Perfect Pets w/Alix 3:30 Skip Bo 6:00 Pinochle</p>	<p>25</p> <p>10:30 Walk for Exercise 11:00 Sing Along-IN2L 1:30 Bingo 3:30 LCR Game 6:00 Movie: Resident Choice</p>	<p>26</p> <p>10:30 Sit & Be Fit-IN2L 1:00 Jig Saw Puzzles 1:30 Bingo 3:30 Skip Bo 6:00 Classic TV</p>
<p>27 Grape Popsicle Day</p> <p>10:00 Sunday Current Events 1:30 Movie: The Ghost and Mr. Chicken 2:30 Grape Popsicles 4:00 Play Harmonica & Name that Tune w/Dave</p>	<p>28 Memorial Day </p> <p>10:00 Cake Decorating 12:00 Memorial Day Lunch BBQ 2:00 Scavenger Hunt 3:00 Refreshments & Snacks 6:00 Bridge</p>	<p>29</p> <p>10:30 Exercise w/LDS 11:00 Adult Coloring 1:30 Bingo 2:00 Shopping: Dollar Tree 3:30 Skip Bo 6:00 Pinochle</p>	<p>30</p> <p>9:45 Bible Study 10:30 Balloon Toss 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game 3:45 Happy Hour w/Mel Graham</p>	<p>31</p> <p>10:30 Exercise w/LDS 1:00 Outing: Historic Flights Museum Everett Paine Field 1:30 Bingo w/Betty & John 3:30 Skip Bo 6:00 Pinochle</p>	<p><i>Staff Birthdays</i></p> <p><i>May 4~Pam B.</i> <i>May 6~Kate J.</i></p> 	