

ASHLEY POINTE
SENIOR LIVING COMMUNITY

11117 20th St. NE
Lake Stevens, WA 98258

STAMP
HERE



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Dietary Director

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**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



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October 2018 Edition

5 Benefits of Physical Therapy

Learn more on physical therapy in our blog online!

Physical therapy is more than just therapy for injuries. For seniors, physical therapists can encourage more physical activity and help with arthritis, osteoporosis, dementia, and balance challenges. That's hardly where physical therapy services end however; there are many reasons to seek it out for healthy living!

Note: Each individual should follow the advice of their medical professionals and speak with them before making changes to diet, exercise, or supplements. This article is for informational use only and should not be considered medical advice.

Five Potential Benefits of Physical Therapy:

1. **Improved Movement:** Physical therapists can identify, diagnose, and treat movement challenges.
2. **Pain Relief or Prevention:** Physical therapy can provide long-term pain solutions with techniques like exercises, joint and soft tissue mobilization, ice/heat therapy, ultrasound, and electrical stimulation for relief and/or restoring function.
3. **Management of Issues Associated with Diabetes:** Physical therapists can help

prescribe and teach exercise for lowering blood glucose levels, treat chronic pain, improve walking ability, treat sores, help with assistive devices, and restore normal movement and balance.

4. **Management of Issues Associated with Aging:** Physical Therapists may be able to help with managing arthritis, back pain, osteoporosis and or recovering from procedures like joint replacements. They may also be able to help prevent or recover from falls with strengthening and balance exercises.
5. **Strengthening After a Stroke:** Physical therapists can help clients improve function and balance with therapies such as Constraint-Induced Movement Therapy, functional electrical stimulation, and motor imagery among others.

These are just five potential benefits of physical therapy. There are so many more! For those who haven't tried physical therapy, but are interested, a great first step would be to reach out to a local physical therapist clinic and speak to them about how they might be able to play a positive role in healthy living.

Great photography is about depth of feeling, not depth of field." -Peter Adams



Congratulations Bill, on your new Great Granddaughter



Autumn Funnies (answers on page 6)

- | | | |
|-------------------------------------------------------|---------------------------------------------------------|--------------------------------------------------------------------|
| 1. What type of vehicle is best for a hayride? | the fall? | 6. How do you fix a broken pumpkin? |
| 2. What do trees say when they get their leaves back? | 4. How do you know when the moon has had enough to eat? | 7. What is the ratio of a pumpkin's circumference to its diameter? |
| 3. What type of vest should you wear in | 5. How do football players stay cool during games? | |

October Highlights



10/1-Crazy Hair Day
10/2-Lee Denim Jean Day
10/4-Ebenezer Senior Luncheon
10/4-Healthcare Food Service Appreciation
10/6-Alzheimer's Walk
10/8-Columbus Day
10/9-Crazy Hat Day-Wear your Funniest Hat
10/11-Lunch Out "Mukilteo Beach"
10/18-Magic Show w/Brian Ledbetter
10/23-Cara Harp Group (Music)
10/25-Picture Perfect Pets (Painting)
10/29-Book Club Review
10/30-October Birthday Celebrations
10/30-Sunnyside Pre-School Trick or Treaters
10/31-Halloween Party

A sign up sheet for Sunnyside Preschool Trick or Treaters will be out if you would like them to knock on your door!

- ♦ Tuesday Shopping at 10:00 am
- ♦ Happy Hour Wednesday 3:45

Just a Reminder: IN2L is for everyone, anytime!

Please Join Us For The
Halloween Party
On
Wednesday, October 31
Costumes are a **MUST!**



Follow us on Social Media:
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[RadiantSrLiving on Twitter](#)
[Pinterest.com/radiantsrliving](https://www.pinterest.com/radiantsrliving)
[Radiant Senior Living on YouTube](#)

October Birthdays!

*We hope you enjoy
your special day!*

Bob Br., October 16th
Darlene J., October 30th

*Happy
Birthday*

3 Autumn Safety Tips to Remember

- 1) Make sure lit candles are not unattended at any time.
- 2) Leaves that may look dry on top could be wet and slippery underneath. Walk carefully near leaves.
- 3) Avoid AM glare with sunglasses.

1. An autumn-mobile. 2. What a re-leaf! 3. A harvest 4. When it's full. 5. They stand by the fans. 6. With a pumpkin patch! 7. Pumpkin pie!

Answers to the Fall Funnies on 7

Chaplain's Corner

This fall when you see geese heading south for the winter flying in a "V" formation, you might be interested in knowing what science has discovered about why they fly that way!

Scientists have determined that as each bird flaps its wings, it creates an uplift for the bird immediately following. By flying in a "V" formation, the whole flock adds at least 71% greater flying range than if each bird flew on its own.

Let's consider together 4 lessons we can learn from geese and apply to our lives as we "fly" together as residents and staff here at Ashley Pointe:

LESSON #1: PEOPLE WHO SHARE A COMMON DIRECTION AND SENSE OF COMMUNITY ARE TRAVELING ON THE THRUST OF ONE ANOTHER.

The author of the book of Hebrews wrote these words of encouragement for himself and his readers: *"Let us consider how we may SPUR one another on to love and good deeds!"* (Hebrews 10:24)

LESSON #2: IF WE HAVE AS MUCH SENSE AS A GOOSE, WE WILL STAY IN FORMATION WITH THOSE WHO ARE HEADED WHERE WE WANT TO GO.

God's Word contains some similar words of advice:

"Whoever walks with the wise becomes wise..." Proverbs 13:20

"Keep away from angry, short-tempered people, or you will learn to be like them and endanger your soul." Proverbs 22:24-25

LESSON #3: WE NEED TO MAKE SURE OUR HONKING FROM BEHIND IS **ENCOURAGING**, NOT SOMETHING LESS HELPFUL.

We are often presented with situations where there is someone who needs encouragement. Our tendency, however, is to criticize instead. It may be important at times to point out someone's shortcomings, but before we have the right to do this, we must build that person's trust through encouragement. These words of exhortation from the pen of the bear repeating: *"Encourage each other and build each other up!"* (1 Thessalonians 5:11)

LESSON #4: IF WE HAVE AS MUCH SENSE AS THE GEESE, WE WILL STAND BY EACH IN OUR TIME OF NEED.

Scientists have learned through observation that when a goose gets sick, or is wounded by gun shots and falls out of formation, two other geese fall out of formation and follow him down to help and protect him. They stay with him until he is either able to fly or until he is dead. Then and only then do they launch out on their own or with another formation to eventually catch up with the group.

It has been said that a "false friend" is like your shadow. As long as there is sunshine, he sticks close by. But the minute you step into the shade, he disappears.

It has been said that a "true friend" is one

Who believes in you when you have ceased to believe in yourself.

Who answers when you call---who often answers before you call.

Who is on the scene when you need him, and who quietly leaves when you want to be alone.

SO WHAT KIND OF FRIEND ARE YOU? Do you know someone who has dropped out of "formation" and needs help or encouragement? *"Share each other's troubles and problems, and in this way obey the law of Christ!"* (Galatians 6:2)

October 2018

Ashley Pointe / 11117 20th Street NE Lake Stevens, Washington 98258 / 425-397-7500

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Doctor Appointments 1 9:00 Puzzles-IN2L 10:30 Tai Chi w/Larry 11:00 Poker Game 1:30 Bingo 3:00 Western Movies 4:00 Hair Styles on IN2L National Crazy Hair Day	National Lee Denim Day 2 <i>Wear Your Denims Today</i> <i>\$5.00 Donation Towards Alzheimer's Walk</i> 10:00 Shopping: Fred Meyer 1:30 Bingo 3:00 History of Denims 6:00 Pinochle	National Kale Day 3 9:45 Bible Study 10:00 Hangman Game 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game 3:45 Happy Hour w/Lee Howard	National Taco Day 4 11:15 Outing: Ebenezer Senior Luncheon 1:30 Bingo w/Betty & John 2:30 Food Service Appreciation 3:00 Skip Bo Card Game 6:00 Pinochle	Blue Friday 5 9:00 Puzzles-IN2L 10:30 Sit & Be Fit 1:30 Bingo 3:30 Games on IN2L 6:00 Evening Movie	ALZHEIMERS WALK 6 8:00 Everett Box Car Park 9:30 Walk Begins 12:00 Lunch At Scuttle-butts After the Walk 1:30 Jig Saw Puzzles 3:00 Skip Bo Card Game 6:00 Classic TV Shows
7 10:00 Hymn Book Sing Along 12:30 Everett Civic Music Center (Ticket Holders) 1:25 Seahawks vs. LA Rams 4:00 Classic TV Shows	Columbus Day 8 9:00 Puzzles-IN2L 10:30 Tai Chi w/Larry 11:00 Poker Game 1:30 Bingo 3:00 Western Shows 4:00 Native American History (Activity Room)	Crazy Hat Day 9 9:00 Puzzles-IN2L 10:00 Shopping: The New Bartell Drug Store 1:15 Cottage Community MTG 3:00 Bingo 4:00 Old Time Music 6:00 Pinochle	Angel Food Cake Day 10 9:45 Bible Study 10:00 Crossword Puzzle 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game 3:45 Happy Hour w/Gary Hood	Sausage Pizza Day 11 9:00 Puzzles-IN2L 11:15 Lunch Outing: Mukilteo Beach 11:35 Library on Wheels 1:30 Bingo w/Betty & John 3:00 Skip Bo Card Game 6:00 Pinochle	Blue Friday 12 9:00 Puzzles-IN2L 10:30 Sit & Be Fit 1:30 Bingo 3:30 Games on IN2L 6:00 Evening Movie	13 9:00 Puzzles 10:30 Walking for Exercise 1:00 Jig Saw Puzzles (Rose Room) 1:30 Bingo 3:00 Skip Bo Card Game 6:00 Classic TV Shows
14 10:00 Seahawks vs. Raiders 12:30 Everett Philharmonic Orchestra (Masterworks) 1:30 Bingo 3:00 Puzzles/Games IN2L 4:00 Classic TV Shows	Doctor Appointments 15 9:00 Puzzles-IN2L 10:30 No Larry Today-Regular Exercise 1:30 Bingo 3:00 Western Movie 4:00 Sing Along w/Suzie	Happy Birthday, Bob Br.! 16 10:00 Shopping: Safeway 1:15 Assisted Living Community Meeting 2:30 Bingo 3:30 Halloween Crafts 6:00 Pinochle National Bosses Day	Pastoral Appreciation Day17 9:45 Bible Study 10:00 Family Feud 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game 3:45 Happy Hour w/OD Scudder	Chocolate Cupcake Day 18 9:00 Puzzles-IN2L 10:30 Exercise Group 1:30 Bingo w/Betty & John 3:00 Magic Show w/Brian Ledbetter 4:00 Skip Bo Card Game 6:00 Pinochle	Blue Friday 19 9:00 Puzzles-IN2L 10:30 Sit & Be Fit 1:30 Bingo 3:30 Games on IN2L 6:00 Evening Movie	20 9:00 Puzzles 10:30 Walking for Exercise 1:00 Jig Saw Puzzles (Rose Room) 1:30 Bingo 3:00 Skip Bo Card Game 6:00 Classic TV Shows
Pumpkin Cheesecake Day 21 10:00 Hymn Book Sing Along 1:30 Bingo Seahawk BYE 2:30 Sunday Matinee 3:00 Ice Cream Social 4:30 Sing Along w/Suzie	Doctor Appointments 22 9:00 Puzzles-IN2L 10:30 Tai Chi w/Larry 1:30 Bingo 3:00 Western Shows 4:00 Family Feud Game	Boston Cream Pie Day 23 9:00 Puzzles-IN2L 10:00 Shopping: Walmart 1:30 Outing: Dairy Queen 3:00 Activity Planning w/Diane 4:00 Reminiscing 6:00 Pinochle 6:15 Cara Harp Players	24 9:45 Bible Study 10:00 Millionaire Game 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game 3:45 Happy Hour w/Doug Williams	25 9:00 Puzzles-IN2L 10:30 Exercise Group 1:30 Bingo w/Betty & John 3:00 Picture Perfect Pets w/Alix (Painting) 3:15 Skip Bo Card Game 6:00 Pinochle	Blue Friday 26 9:00 Puzzles-IN2L 10:30 Sit & Be Fit 1:30 Bingo 3:30 Games on IN2L 6:00 Evening Movie	27 9:00 Puzzles 10:30 Walking for Exercise 1:00 Jig Saw Puzzles (Rose Room) 1:30 Bingo 3:00 Skip Bo Card Game 6:00 Classic TV Shows
National Chocolate Day 28 10:00 Seahawks vs. Detroit Lions 10:30 Coffee & Donuts 1:30 Bingo 3:00 Sunday Movie 3:30 Chocolate Ice Cream 4:30 Old Radio Music	Doctor Appointments 29 9:00 Puzzles-IN2L 10:30 Tai Chi w/Larry 11:00 Poker 1:30 Bingo 3:00 Book Club Review 3:30 Western Movies 4:00 Show Off Your Cats National Cat Day	Happy Birthday, Darlene! 30 9:00 Puzzles-IN2L 10:00 Shopping: Dollar Tree 1-2:00 Sunnyside Pre-school Trick or Treaters 1:30 Bingo 3:00 Birthday Celebration 6:00 Pinochle	Halloween 31 9:00 Puzzles 9:45 Bible Study 2:00-4:00 Halloween Party 		Staff Birthdays 10/2-Marilyn B. 10/17-Autumn B. 	