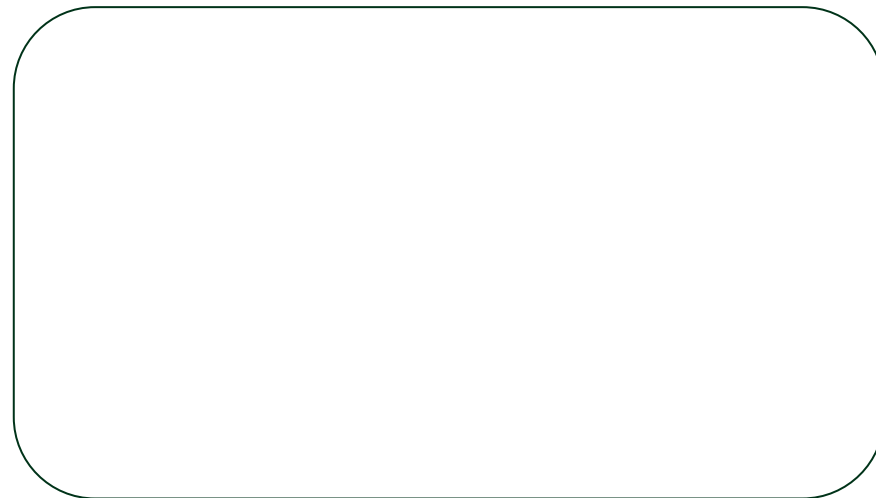


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Administrative Team:

Loretta Kreeger
Executive Director

Sue Frisbee
Community Relations Director

Jennifer Valenti
Resident Care Coordinator

Kristina Pasiecznik
Business Office Manager

Saba Demile
Registered Nurse

Autumn Blizzard
Dietary Director

Jerold Fall
Maintenance Director

Diane Blas
Activities Director

Contact us at:
425-397-7500



Ashley Pointe News

Independent & Assisted Living Newsletter



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November 2018 Edition

Flu Prevention Steps for Seniors

It's that time of year again! The leaves are falling and the air has a chill that gets us excited about wearing our sweaters and coats. Unfortunately, it's also when the flu virus begins to make its rounds—and it typically continues through February.

People of all ages and walks of life can catch the flu, but those over 65 or at home in senior living communities are among those particularly at risk for flu-related complications like pneumonia, bronchitis, and sinusitis.

The good news is seniors can take actions to avoid the flu—the best of which, for many, is getting an annual flu shot early in flu season. It takes two weeks to become fully effective.

Those who wish to get the flu shot should consult their medical professionals, disclose allergies to them, and not consider this article medical advice. Those with a history of Guillain-Barré Syndrome should not get the shot, per the CDC.

Seniors can certainly benefit from learning about flu and, thus, avoid coming into contact with it or spreading it. The flu is a contagious respiratory illness brought on by influenza viruses A,B,C, and D, which infect the nose,



throat, and lungs. Flu is believed to spread through tiny droplets when people with flu cough, sneeze, or talk. The droplets can transfer to mouths or noses of those nearby or reach a surface (and live there for two hours or more) that another person may touch and transfer to their own mouth, nose, or eyes.

People with flu are most contagious in the first three to four days after their

illness starts, and they can pass it to another person before or while knowing they are sick. The time between exposure and infection is usually two days, but can be one to four.

Best practices for preventing the flu, in addition to those previously mentioned, include

avoiding close contact with others who are sick; covering mouth and nose with a tissue when coughing or sneezing; washing hands with soap and warm water for 15 to 20 seconds, several times a day, and definitely after coughing or sneezing; sanitizing hands if water is not available; and avoiding contact with eyes, nose, and mouth.

For more information, please visit [CDC.gov](https://www.cdc.gov).

Differences Between a Flu and a Cold

Flu is fast-coming and usually brings on fever, chills, cough, body aches, headaches, and tiredness. Flu only sometimes includes sneezing, sore throat, and/or stuffy nose. Flu can be tested for, and antiviral drugs do exist for it.

A cold brings gradual effects including a runny or stuffy nose, chest discomfort, a cough, sore throat, sneezing, and sometimes fatigue and aches. Colds do not often bring chills, fever, or headaches. (CDC)

“When I say I want to photograph someone, what it really means is that I’d like to know them.” - Annie Leibovitz



Walk to End Alzheimer's 2018



The Best Autumn Dish

We asked around, “What’s the best autumn dish?”

“Zucchini & Mushrooms sautéed in balsamic Vinegar”
- Ruby Ann

“Baked Squash with lots of butter”
- Winn
“Pumpkin Pie”
- Yvonne

“Chili & Cornbread”
- Marilyn B.

“Apple Pie”
- Sherry

November Highlights

11/1-Ebenzer Senior Luncheon
 11/4-Daylight Saving Time Ends- "Fall Back"
 11/5-National Donut Day-Donut Social
 11/5-Cottage Community Meeting
 11/6-Election Day
 11/9-Veterans Day Program Lake Stevens High School
 11/11-Sunday Brunch & American Legion Visits our Veterans @ 4:30 pm
 11/12-Assisted Living Community Meeting
 11/13-National Sundae Day-Sundae Social
 11/14-National Pickle Day
 11/15-Food Forum w/Autumn
 11/18-National Homemade Bread Day
 11/19-Activity Planning w/Diane
 11/20-National PB Fudge Day
 11/22-Thanksgiving Day
 11/25-National Parfait Day Social
 11/25-Music for the Imagination \$10.00
 11/26-Apple Cider Monday & Painting
 11/27-November Birthday Celebrations
 11/28-Outing: 2018 Festival of Trees at Tulalip Casino "FREE"

Happy Birthday

to all with November birthdays!

Joanne S. -11/13

Audree W. -11/17

Rita S.-11/23

Joyce G. - 11/25

Yvonne M.-11/26

No-Bake Peanut Butter Fudge Squares

Recipe modified from All Recipes' one

Ingredients:

1/2 cup of butter

16 ounces of brown sugar

1/2 cup of milk

3/4 cup of peanut butter

1 teaspoon of vanilla

3 and 1/2 cups of confectioners sugar

Steps:

In saucepan, on medium heat, melt butter.

Add brown sugar and milk and stir.

Bring to a boil for two minutes while stirring.

Move from heat.

Mix in vanilla and peanut butter.

Pour on top of confectioners sugar in a big mixing bowl.

Beat together until smooth.

Pour into a pan that is 8x8.



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Radiant Senior Living on YouTube

Chaplain's Corner



The saying is certainly true---"One picture is worth a thousand words!" Here's a picture that I took a few years ago while visiting my brother-in-law and his family in Alabama.



It's the steeple of the Mooresville Brick Church that was built in 1839. Yes, it is a hand pointing up to heaven that is on their steeple instead of the traditional cross. I have seen a lot of churches but never one with such a steeple.

So what message did the leadership of this church want to convey to their church members and their community by putting a hand pointing up to heaven on their steeple? I can think of many possible messages:

- When you come here to worship, don't fix your eyes on the Pastor...."fix your eyes on Jesus, the Author and Perfecter of our faith." (Heb. 11:2)
- When you come here to worship, remember that no matter what is happening in your world, there is still "a throne in heaven with someone sitting on it!" (Rev. 4:2) He's in control.
- When you come here to worship following the death of someone you love, remember that Jesus has gone to prepare a place for us. (John 14:2)
- When you come here to worship and you don't know how to face the problems and pressures in your life, LOOK UP, "casting all your care upon Him because He cares for you!" (I Peter 5:7)
- When you come here to worship, remember that the focus of your life should be "laying up treasures in heaven...for where your treasure is, there your heart will be also." (Matt. 6:19-21)
- When you come here to worship on Christmas Day, remember that Jesus left His home in heaven so that one day you could join Him in His home in heaven. (II Cor. 8:9)
- When you come here to worship on Easter Sunday, remember that the Risen Christ always lives to intercede for us. (Heb. 7:25)
- When you come here to worship on Ascension Day, remember that the same Jesus who left in the clouds will one day return in the clouds! (Acts 1:11)

When you come here to worship on THANKSGIVING DAY, remember that "whatever is good and perfect comes down to us from God our Father, who created all the lights in the heavens. He never changes or casts a shifting shadow." (James 1:17)

So maybe having a hand pointing to heaven on the top of a church steeple isn't such a bad idea after all! It has certainly provided me with a lot of food for thought as has the following quote that someone once shared with me:

"What if you woke up tomorrow with only the things you thanked God for today!"



November 2018

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

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | | | | 1 All Saints' Day 9:00 Puzzles 11:15 Outing: Ebenezer Senior Luncheon 1:30 Bingo w/Betty & John 3:00 Skip Bo Card Game 6:00 Pinochle | 2 All Souls Day /Blue Friday 9:00 Puzzles 10:30 Sit & Be Fit 1:30 Bingo 3:30 LCR Game 6:00 Resident Choice Evening Movie | 3 Book Lovers Day 9:00 Puzzles 10:30 Walking Exercise 1:00 Jig Saw Puzzles 1:30 Bingo 2:30 Adult Coloring 3:30 Skip Bo Card Game 6:00 Classic TV |
| 4 Daylight Saving Time Ends 10:00 Hymn Book 1:05 Seahawks vs. LA Chargers 2:30 Game Day Snacks & Drinks 3:00 Puzzles-IN2L 4:00 Western TV | 5 Doctor Appointments 9:00 Puzzles 10:00 Monday Donut Social 10:30 Tai Chi w/Larry 1:15 Cottage Community Meeting 2:30 Bingo 4:00 Sing Along w/Suzie | 6 Election Day 9:00 Puzzles 10:00 Shopping: Fred Meyer 1:30 Bingo 2:00 Exercise-Swimming 3:00 Saxophone Music on IN2L 6:00 Pinochle | 7 9:45 Bible Study 10:00 Brain Game 1:30 Bingo w/Betty & John 2:30 Farkle Dice Game 3:45 Happy Hour w/Lee Howard | 8 Cappuccino Day 9:00 Puzzles 10:00 Cappuccino Social 1:30 Bingo w/Betty & John 3:00 Skip Bo Card Game 6:00 Pinochle | 9 Blue Friday 8:00 Lake Stevens High School Veteran's Day Program 10:30 Sit & Be Fit 1:30 Bingo 3:30 LCR Game 6:00 Evening Movie | 10 9:00 Puzzles 10:30 Walking Exercise 1:00 Jig Saw Puzzles 1:30 Bingo 2:30 Adult Coloring 3:30 Skip Bo Card Game 6:00 Classic TV |
| 11 VETERANS DAY 8:00-1:00 Sunday Brunch 10:00 Hymn Book 1:25 Seahawks at LA Rams 3:00 Game Day Snacks & Drinks 4:30 American Legion Visits our Veterans | 12 Doctor Appointments 9:00 Puzzles 10:30 Tai Chi w/Larry 11:00 Poker Game 1:15 Assisted Living Community Meeting 2:15 Bingo 4:00 Sing Along w/Suzie | 13 Happy Birthday, Joanne! 9:00 Puzzles 10:00 Shopping: Haggen 1:30 Bingo 2:30 Sundae Social 3:00 Music on the Juke-box 6:00 Pinochle National Sundae Day | 14 National Pickle Day 9:45 Bible Study 10:00 Memory Games 1:30 Bingo w/Betty & John 2:30 Farkle Dice Game 3:45 Happy Hour w/Doug Williams | 15 9:00 Puzzles 10:00 Outing: Scenic Drive 1:30 Bingo w/Betty & John 2:00 Food Forum w/Autumn 3:00 Skip Bo Card Game 5:20 Seahawks vs. Green Bay Packers 6:00 Pinochle | 16 Blue Friday 9:00 Puzzles 10:30 Sit & Be Fit 1:30 Bingo 3:30 LCR Game 6:00 Resident Choice Evening Movie | 17 Happy Birthday, Audree W! 9:00 Puzzles 10:30 Walking Exercise 1:00 Jig Saw Puzzles 1:30 Bingo 2:30 Adult Coloring 3:30 Skip Bo Card Game 6:00 Classic TV |
| 18 Homemade Bread Day 10:00 Hymn Book 11:00 Adult Coloring 1:30 Bingo 2:30 Sunday Matinee 3:00 Bread & Jam Social 4:00 Puzzles-IN2L | 19 Doctor Appointments 9:00 Puzzles 10:30 Tai Chi w/Larry 11:00 Poker Game 1:30 Bingo 3:00 Activity Planning "Christmas" w/Diane 4:00 Sing Along w/Suzie | 20 Peanut Butter Fudge Day 9:00 Puzzles 10:00 Sit & Be Fit 1:30 Bingo 3:00 IN2L Games 4:00 Sing Along w/Suzie-IN2L 6:00 Pinochle | 21 Gingerbread Cookie Day 9:45 Bible Study 10:00 Google Earth Maps 1:30 Bingo w/Betty & John 2:30 Farkle Dice Game 3:45 Happy Hour w/NW Country Band | 22 Thanksgiving 9:00 Macy's Day Thanksgiving Parade 12:00 Traditional Resident & Family Thanksgiving Dinner 3:00 Family Movie: An Old Fashioned Thanksgiving | 23 Happy Birthday, Rita S! 9:00 Puzzles 10:30 Sit & Be Fit 1:30 Bingo 3:30 LCR Game 6:00 Resident Choice Evening Movie Blue Friday | 24 9:00 Puzzles 10:30 Walking Exercise 1:00 Jig Saw Puzzles 1:30 Bingo 2:30 Adult Coloring 3:30 Skip Bo Card Game 6:00 Classic TV |
| 25 Happy Birthday, Joyce G.! 10:00 Seahawks/Carolina Panthers 10:30 Fruit Parfaits Social 1:30 Bingo 2:00 Music for the Imagination Concert 3:00 Sunday Movie & Popcorn 4:00 Puzzles-IN2L | 26 Happy Birthday, Yvonne! 9:00 Puzzles 10:30 Tai Chi w/Larry 11:00 Poker Game 1:30 Bingo 3:00 Picture Perfect Pets Painting & Apple Cider 3:00 Book Club Review 4:00 Sing Along w/Suzie | 27 9:00 Puzzles 10:00 Shopping: Walmart 1:30 Bingo 3:00 November Birthday Celebration 4:00 Traveling the U.S. IN2L | 28 French Toast Day 9:45 Bible Study 10:00 Balloon Toss 1:00 Outing: 2018 Festival of Trees 1:30 Bingo 2:30 Farkle Dice Game 3:45 Happy Hour w/Betsy & Gerry | 29 Decorating for Christmas 9:00 Puzzles 10:00 Reminisce Time 1:30 Bingo 3:30 Skip Bo Card Game 6:00 Pinochle | 30 Blue Friday 9:00 Puzzles 10:30 Sit & Be Fit 1:30 Bingo 3:30 LCR Game 6:00 Resident Choice Evening Movie | STAFF BIRTHDAY 11/15 ~ Nicole G.  |