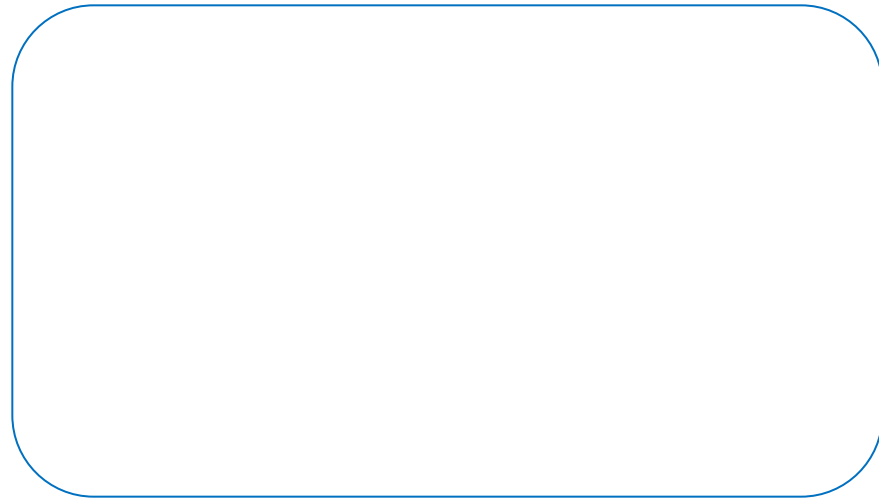


ASHLEY POINTE
SENIOR LIVING COMMUNITY

11117 20th St. NE
Lake Stevens, WA 98258

PLACE
STAMP
HERE



Administrative Team:

Loretta Kreeger
Executive Director

Dwight Edwards
Community Relations Director

Jennifer Valenti
Wellness Director

Kristina Pasciecnik
Business Office Director

Saba Demile
Wellness Nurse

Autumn Blizzard
Dining Services Director
Maintenance Director

Diane Blas
Life Enrichment Director

Contact us at:
425-397-7500



Ashley Pointe News

Independent & Assisted Living Newsletter



January 2019

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- 3 • Chaplain's Corner
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- 6 • Birthdays, Highlights, Social Media, Chuckle
- 7 • Special Moments & Favorite Art Styles

Life-Changing New Year's Resolutions

Setting New Year's resolutions is pretty easy, but sticking to them can be a challenge. For extra incentive to follow through on goals in 2019, check out these big-reward resolutions!

Take a Daily "Me Moment" to Breathe

Every day, make time (even if it is one actual minute) to connect with yourself. Close your eyes, sit up straight, relax your body, and breathe in through your nose and out deeply through your mouth. You'll feel the benefits instantly.

Become an Active Listener

For this one, you do yourself a favor and the person with whom you're conversing. Maintain eye contact, really hear what the other person is saying, and think before responding. Your conversations will become much more meaningful.

Only Apologize When it's Appropriate

People of all ages and walks of life can struggle with apologizing when another word or phrase would better communicate a feeling. Examples: pardon me, excuse me, thank you, that sounds very difficult, how frustrating, I would prefer, might I suggest...Doing so can raise self-esteem and help with communication.

Reach Out to a Friend

In certain instances, distance or time can put



wedges into relationships. Other times, they don't, but we perceive that they have! Take the first step and reach out to a friend with a note or a call to let them know you care, are there for them, or that you miss them.

Thoughtfully Avoid Judging Others

Sometimes, people judge things or actions without even realizing it. Try to change your thought process if you start to judge. It will make you more empathetic and

understanding, and can improve relationships.

Avoid Looking at Screens Before Bedtime

This one is a challenge. It's hard for many to disconnect, but doing so can vastly improve how fast you are able to get to sleep, and your sleep quality. Try some reading before bed if you need to busy your mind.

Take a Daily Walk

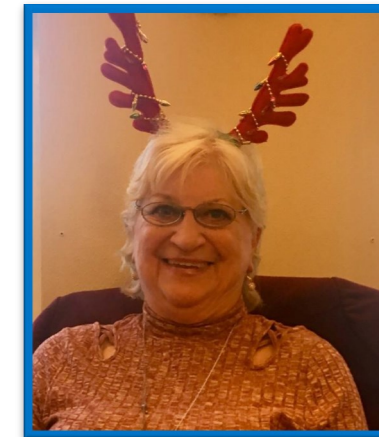
Taking a walk every day can improve overall health and well-being. It can be as simple as you want and may just brighten your day.

Share Your Knowledge or a Skill

People often have the resolution to learn a new skill, but how about teaching one? Everyone has their areas of expertise and what could be nicer than sharing them for free with those who would like to learn?!

Let us know your resolutions! We will post them in the newsletter next month!

Special Moments



What type of creative outlet or artist most inspires you?

"Picture Perfect Pets"

Diane

"Monet"

-Virginia

"Classical Music"

- Annette

"Tai Chi"

- Larry

"When Alix comes to Ashley Pointe with animal canvases to paint"

- Hazel



January Highlights

- Jan. 1 Happy New Year 2019
Rose Bowl Huskies vs. Ohio State Buckeyes
- Jan. 3-Outing: Ebenezer Luncheon
- Jan. 6-National Bird Day-Pinecone Feeders
- Jan. 7-Cottage Community Meeting
- Jan. 8-Show & Tell Day
- Jan. 10-Outing: Normanna Hall Dance
- Jan. 14-Assisted Living Meeting
- Jan. 15-Hat Day
- Jan 16-Hot Buttered Rum at Happy Hour
- Jan. 17-Getting to Know You Social
- Jan. 20-Cheese Lovers Day Social
- Jan. 21-Martin Luther King Jr. Day
- Jan. 22-Southern Food Day
- Jan. 23-Handwriting Day
- Jan. 24-Compliment Day-Make sure you give out COMPLIMENTS Today!
- Jan. 27-Irish Coffee Day Social
- Jan. 28-Book Club Readers Book Review
- Jan. 29-Blueberry Pancake Day
- Jan. 31-Mystery Drive & Lunch Out

10:00 AM TUESDAY SHOPPING DAY

3:45 PM WEDNESDAY HAPPY HOUR & ENTERTAINMENT



We're online @

- ♦ [Facebook.com/AshleyPointeSeniorLiving](https://www.facebook.com/AshleyPointeSeniorLiving)
- ♦ [Blog.radiantseniorliving.com](https://www.blog.radiantseniorliving.com)
- ♦ Radiantsrliving & Radiantvoices on Instagram
- ♦ RadiantSrLiving on Twitter
- ♦ [Pinterest.com/radiantsrliving](https://www.pinterest.com/radiantsrliving)
- ♦ Radiant Senior Living on YouTube



Chuckle of the Month:

“Plant carrots in January and you'll never have to eat carrots.” - Gardening Saying

January Birthdays!



We wish you a very Happy Birthday!

- Jan. 3 ~ Judy G.
- Jan. 7 ~ Loretta K. (ED)
- Jan. 14 ~ RubyAnn M.
- Jan. 15 ~ Kaylena A. (Housekeeper)
- Jan. 27 ~ Maury F.



Chaplain's Corner.....

I am always grateful when someone passes on to me a meaningful and thought-provoking story! Recently one of the residents here at Ashley Pointe, Rita Sturm, shared with me a story that truly provides us with some "food for thought" as we enter a New Year!

A man died...when he realized it, he saw God coming closer with a suitcase in his hand.

Man: So soon? I had a lot of plans...

God: **I am sorry but, it's time to go**

Man: What do you have in that suitcase?

God: **Your belongings**

Man: My belongings? You mean my things...

Clothes... money...

God; **Those things were never yours, they belong to the Earth**

Man: Is it my memories?

God: **No. They belong to Time**

Man: Is it my talent?

God: **No. They belong to Circumstance**

Man: Is it my friends and family?

God: **No son. They belong to the Path you travelled**

Man: Is it my wife and children?

God: **No. they belong to your Heart**

Man: Then it must be my body

God: **No No... It belongs to Dust**

Man: Then surely it must be my Soul!

God: **You are sadly mistaken son. Your Soul belongs to me.**

Man with tears in his eyes and full of fear took the suitcase from the God's hand and opened it...

Empty...with heartbroken and tears down his cheek he asks God...

Man: I never owned anything?

God: **That's Right. You never owned anything*.*

Man: Then? What was mine?

God: *Your *MOMENTS*. Every moment you lived was *yours*.*

Do Good in every moment

Think Good in every moment

Thank God for every moment

Life is just a Moment.

Love it...

Love it...

Enjoy it.....Please share this beautiful message with everyone to know the meaning of life.






January 2019



Ashley Pointe 11117 20th Street NE Lake Stevens, Washington 98258

425-397-7500

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Resident Birthdays Jan. 3 ~ Judy G. Jan. 14~ Ruby Ann M. Jan. 27~ Maury F. 		1  2:00  & Ohio State Buckeyes	2 Cream Puff Day 9:00 Puzzles-IN2L 9:45 Bible Study 11:00 Word Games 1:30 Bingo 2:30 Farkle Dice Game 3:45 Happy Hour w/ Robbie E.	3 Happy Birthday, Judy G 9:00 Puzzles –IN2L 10:00 Funny Videos 11:15 Outing: Ebenezer Luncheon 1:30 Bingo w/Betty & John 3:30 Skip Bo Card Game 6:00 Pinochle	4 National Spaghetti Day 9:00 Puzzles or Games 10:30 Sit & Be Fit 11:00 Sing Along w/Suzie 1:30 Bingo 3:30 LCR Game 6:00 Evening Movie	5 Whipped Cream Day 9:00 Puzzles-IN2L 10:00 Games 1:30 Bingo 2:30 Adult Coloring 3:30 Skip Bo Card Game 6:00 Classic TV
6 National Bird Day 10:00 Hymn Book 11:00 IN2L 1:30 Bingo 2:00 Sunday Matinee 3:00 Craft: Pinecone Bird Feeders 4:00 Sing Along w/Suzie	7 Doctor Appointments 9:00 Puzzles-IN2L 10:30 Tai Chi w/Larry 11:00 Poker Games 1:15 Cottage Community Meeting 2:30 Bingo 3:30 Hot Chocolate & Conversation	8 Show & Tell Day 9:00 Games 10:00 Shopping: Fred Meyer 11:00 Sing Along w/Suzie 1:30 Bingo 3:30 Show & Tell Social 6:00 Pinochle	9 Law Enforcement Day 9:00 Puzzles-IN2L 9:45 Bible Study 11:00 Scrambled Words 1:30 Bingo w/Betty & John 2:30 Farkle Dice Game 3:45 Happy Hour w/Guy Johnson	10 9:00 Puzzles-IN2L 10:00 Travel Show 11:35 Library on Wheels 1:00 Outing: Normanna Hall Dance-Bob's Swing 1:30 Bingo w/Betty & John 3:30 Skip Bo Card Game 6:00 Pinochle	11 Milk Day 9:00 Puzzles or Games 10:30 Sit & Be Fit 11:00 Sing Along w/Suzie 1:30 Bingo 3:30 LCR Game 6:00 Evening Movie	12 9:00 Puzzles-IN2L 10:00 Games 1:30 Bingo 2:30 Adult Coloring 3:30 Skip Bo Card Game 6:00 Classic TV
13 National Hot Tea Day 8:00-1:00 Sunday Brunch 10:00 Hymn Book 11:00 IN2L 1:30 Bingo 2:30 Hot Tea & Cookies 3:00 Sunday Matinee 4:00 Puzzles-IN2L	14 Happy Birthday, RubyAnn 9:00 Puzzles-IN2L 10:30 Tai Chi w/Larry 11:00 Poker Games 1:15 Assisted Living Community Meeting 2:30 Bingo 3:30 Hot Chocolate & Conversation	15 National Hat Day 9:00 Puzzles-IN2L 10:00 Shopping: Safeway 11:00 Sing Along w/Suzie 1:30 Bingo 3:30 Classy Hat Fashions -IN2L 6:00 Pinochle	16 Hot Buttered Rum Day 9:00 Puzzles-IN2L 9:45 Bible Study 11:00 Word Search 1:30 Bingo w/Betty & John 2:30 Farkle Dice Game 3:45 Happy Hour w/ Bonnie Birch	17 Getting to Know You 9:00 Puzzles-IN2L 10:00 Music & Adult Coloring 11:00 Memory Games 1:30 Bingo w/Betty & John 3:00 Getting to Know You Tea Social 3:30 Skip Bo Card Game 6:00 Pinochle	18 9:00 Puzzles or Games 10:30 Sit & Be Fit 11:00 Sing Along w/Suzie 1:30 Bingo 3:30 LCR Game 6:00 Evening Movie	19 Popcorn Day 9:00 Puzzles-IN2L 10:00 Games 1:30 Bingo 2:30 Adult Coloring 3:30 Skip Bo Card Game 6:00 Classic TV
20 Cheese Lovers Day 10:00 Hymn Book 11:00 IN2L 1:30 Bingo 3:00 Sunday Matinee 3:30 Cheese & Crackers Social 4:00 Jig Saw Puzzles	21 M. L. K. Jr. Day 9:00 Puzzles-IN2L 10:30 Tai Chi w/Larry 11:00 Poker Games 1:15 Event Planning w/ Diane 2:30 Bingo 3:30 Hot Chocolate & Conversation	22 Southern Food Day 9:00 Puzzles-IN2L 10:00 Shopping: Dollar Tree 11:00 Travel to the South-IN2L & Southern Recipes 1:30 Bingo 3:30 What was the Cost? 6:00 Pinochle	23 Handwriting Day 9:00 Puzzles-IN2L 9:45 Bible Study 11:00 Handwriting Letters 1:30 Bingo w/Betty & John 2:30 Farkle Dice Game 3:45 Happy Hour w/Doug Williams	24 Compliment Day 9:00 Puzzles-IN2L 10:00 Adult Coloring 1:30 Bingo w/Betty & John 2:00 Food Forum w/Autumn 3:00 Picture Perfect Pet Painting 3:30 Skip Bo Card Game 6:00 Pinochle	25 9:00 Puzzles or Games 10:30 Sit & Be Fit 11:00 Sing Along w/Suzie 1:30 Bingo 3:30 LCR Game 6:00 Evening Movie	26 9:00 Puzzles-IN2L 10:00 Games 1:30 Bingo 2:30 Adult Coloring 3:30 Skip Bo Card Game 6:00 Classic TV
27 Happy Birthday, Maury 10:00 Hymn Book 11:00 IN2L 1:30 Bingo 3:00 Sunday Matinee 3:30 Irish Coffee Social 4:00 Puzzles Irish Coffee Day	28 Doctor Appointments 9:00 Puzzles-IN2L 10:30 Tai Chi w/Larry 11:00 Poker Games 1:30 Bingo 3:00 Book Club Review 4:00 IN2L Games	29 Blueberry Pancake Day 9:00 Puzzles-IN2L 10:00 Shopping: Walmart 11:00 Breakfast Trivia 1:30 Bingo 3:30 Classic Commercials 6:00 Pinochle	30 Corn Chip Day 9:00 Puzzles-IN2L 9:45 Bible Study 11:00 Matching Game 1:30 Bingo w/Betty & John 2:30 Farkle Dice Game 3:45 Happy Hour w/Lee Howard	31 9:00 Puzzles-IN2L 10:30 Mystery Drive 11:30 Lunch Out-Burger King 1:30 Bingo w/Betty & John 3:30 Skip Card Game 6:00 Pinochle	Staff Birthdays Jan. 7th ~ Loretta K. Jan. 15th ~ Kaylena A. 