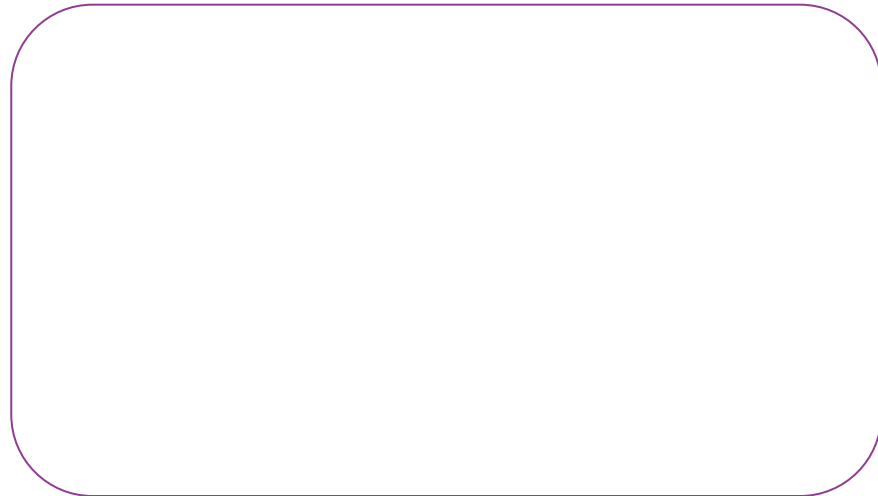


ASHLEY POINTE
SENIOR LIVING COMMUNITY

11117 20th St. NE
Lake Stevens, WA 98258

PLACE
STAMP
HERE



Administrative Team:

Loretta Kreeger
Executive Director
Community Relations Director
Wellness Director

Kristina Pasciecnik
Business Office Director

Hilda Cole
Wellness Nurse

Autumn Blizzard
Dining Services Director
Maintenance Director

Diane Blas
Life Enrichment 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 News

Independent & Assisted Living Newsletter



February 2019

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3 Chaplain's Corner
4/5 Activities Calendar

6 Highlights, Social Media, Birthdays
7 Special Moments & Acts of Kindness
8 Mission & Team

Show Yourself Some Love: Prioritize Heart Health

The month of cupid, candy, and hearts isn't just about love, but also about showing yourself you care by prioritizing your heart health. February has been associated with hearts since Valentines were mass produced in the United States in 1847. In addition, since 1963, February has also been designated American Heart Month in the U.S.

In his Proclamation 3566, former President Lyndon B. Johnson called out a "nationwide problem of heart and blood-vessel diseases" and urged citizens to support programs toward a solution to the problem of heart disease.

Heart disease can be fought. The first step is knowing risks that lead to poor heart health, which include: high blood pressure, high cholesterol, smoking, diabetes, obesity, being overweight, following a poor diet, physical inactivity, and excessive alcohol use.

In addition to quitting smoking and decreasing excessive alcohol consumption, actions can be taken to reduce such risks.

Get Active

Getting out for a daily walk is not only good for mental health and weight management, but also for heart health! The World Health Organizations says adults over 65 should do at least 150 minutes of moderate-intensity aerobic physical activity each week—That's just around 20 minutes



per day! Aerobic activity should be done in bouts of at least 10 minutes.

Eat Better

Is the way to your heart through your stomach? The Mayo Clinic recommends eating more vegetables and fruits as they have substances that may help

cardiovascular health. They also recommend whole grains such as whole-grain bread and high-fiber cereals. Monitoring sodium is also important. Items high in salt include tomato juice, soy sauce, and many prepared foods.

Manage Cholesterol

Getting active and eating better will go a long way in helping you achieve this final suggestion for better heart health, managing cholesterol! The first step in improving cholesterol is to seek out a medical professional to find 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.

Give yourself a Valentine this February with a commitment to improving your overall heart health!

Note: Each individual should follow their medical professional or doctor's advice and speak with them before making diet or exercise changes.

Special Moments



The Sweetest Acts of Kindness We've Seen

"When I see our kitchen staff helping the residents.

- Annetta

"When residents help each other"

- Cheryl

"One day we had an outing to Starbucks. I had 4 residents in line ready order their drinks. When we got to the cashier; she said the lady in front of you paid for all your drinks"

- Life Enrichment Director

"When others go out of their way to be kind"

- Michelle

February 17 celebrates Random Acts of Kindness!

"Giving out hugs! Saying Thank you!"

- Adrea

February Highlights

2/1-Wear Red Day-Go Red for Women
"American Heart Association"

2/2-Groundhog Day

2/3-Super Bowl Sunday

2/4-Homemade Soup Day

2/5-Chinese New Year-Year of the Pig

2/7-Outing: Ebenezer Senior Luncheon

2/9-National Bagel Day

2/11-Frozen Yogurt Day

2/12-Wear A White T-Shirt Day

2/14-Creamed Filled Chocolate Day

2/14-Valentines Day Party w/Ed Pearson

2/17-Random Act of Kindness Day

Do something Kind for someone today!

2/18-Presidents' Day

2/19-Full Snow Moon

2/20-Cherry Pie Day

2/21-Outing: Nordic Museum –Ballard
Cost is \$12.00

2/23-Banana Bread Day

2/24-Tortilla Chip Day Social

2/25-Clam Chowder Day

2/26-Outing: Angel of the Winds Casino

2/28-Lunch Out: Beijing Restaurant –
Marysville

* SIGN UP FOR OUTINGS AT THE
FRONT DESK



* HAPPY HOUR WITH ENTERTAINMENT
EVERY WEDNESDAY WITH A GLASS
OF WINE!

We're online @

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

Oh Special Wintry Days:

"Winter came down to our home one night
Quietly pirouetting in on silvery-toed slippers of
snow,
And we, we were children once again."
- Bill Morgan, Jr.



February Birthdays & Anniversaries!

We are celebrating
several anniversaries this month !

Autumn Blizzard is celebrating her 4th
year as being our awesome Kitchen
Manager!

Our ED, Loretta Kreeger is also celebrat-
ing her 4th year with Radiant!



We Wish You A Very Happy Birthday



2/5-Rodney B.

2/8-Elda W.

2/13-Virginia H.

2/18-Bob B.

2/26-Pat W.

2/27-Joy P.

Chaplain's Corner....

Since we live in the state of Washington and his image is on our flag and road signs, we should remember **Friday, February 22** as **George Washington's Birthday**.

One of our residents at the care center where I served as Chaplain recalled a special memory of the 200th Anniversary of the birth of George Washington. The year was 1932 and she was 10 years old. She was given an assignment to write something in honor of George Washington. She wrote a poem that she still remembered. It went like this:

George Washington was born in 1732

In Mount Vernon, Virginia by the Potomac River blue.

One day with his brand new hatchet he cut down his father's cherry tree.

He straightway told his father for never a lie told he.

He served in the United States Army, helped to make our nation free;

And later became President over the nation for you and me.

One historian summed up the life of George Washington in these terms:

"He might well be regarded as the epitome of the 18th century gentleman, except that his qualities far transcended that ideal. As a general he showed his skill not so much in brilliance of his operations as by his policy in maintaining the war while avoiding pitched engagements which his army would undoubtedly have lost. As a statesman he placed the interest of his country first and firmly followed the policies he believed in without regard for popular sentiment. His courage and his faith sustained and unified a divided people as it sustained his own armies."

Speaking of our First President's faith, there is ample documentation to support the depth of his faith. For example, Washington once wrote: "It is the duty of all nations to acknowledge the providence of Almighty God, to obey His will, to be grateful for His benefits, and humbly implore His protection and favor."

One of my favorite stories about George Washington occurred during the Revolutionary War. A rider on horseback came across a squad of soldiers trying to move a heavy piece of timber. A corporal stood by importantly, giving orders to "heave," but the timber was a bit too heavy for the squad.

"Why don't you help them?" the quiet man on the horse asked the corporal.

"Me? Why I'm a corporal, sir!"

Dismounting, the stranger took his place with the soldiers. "Now altogether boys, heave!" he directed and the big piece of timber slid into place. Turning to the corporal, the stranger said, "The next time you have a job too big for your men corporal, send for the commander-in-chief!"

The horseman was George Washington....a man of courage and faith....but also a man of true humility with a servant's heart....a man that we would ALL do well to model as we share life together at Ashley Pointe.

Here's my other favorite story about our first President. Rev. Nathaniel Snowden had personally witnessed General Washington on his knees before God at Valley Forge in January of 1778. About 15 years later, Rev. Snowden visited President Washington on his birthday. Here's what he wrote about our First President after that birthday visit: "I felt much impressed and reflected upon the hand and wonderful providence of God in raising him up and qualifying him with so many rare qualities and virtues for the good of this country and the world. Washington was not only brave and talented, but a truly excellent and pious man of God and of prayer. He always retired before a battle and in any emergency for prayer and direction!"

Our first President and our State's namesake has left us with another great example to follow. Prayer should be our first response not our last resort as we face the challenges of life.

**PLEASE JOIN US FOR BIBLE STUDY WITH CHAPLAIN HIGHLAND
EVERY WEDNESDAY AT 9:45 AM IN THE SMALL DINING ROOM**



February 2019



Ashley Pointe • 11117 20th Street NE Lake Stevens, WA. 98258 • 425-397-7500

Sun	Mon	Tue	Wed	Thu	Fri	Sat
IN2L "It's Never To Late" Large Computer Located In The Activity Room	DOCTOR APPOINTMENT MONDAYS See Diane to schedule		Resident Birthdays 2/5-Rodney B 2/8-Elda W. 2/13-Virginia H. 2/18-Bob B. 2/26-Pat W. 2/27-Joy P. 		1 Wear Red Day 9:00 Puzzles-IN2L 10:30 Sit & Be Fit-IN2L 11:00 Adult Coloring 1:30 Bingo-IN2L 3:30 LCR Dice Game 6:00 Evening Movie	2 Ground Hog Day 9:00 Puzzles-IN2L 10:00 Games-IN2L 10:30 Walking Exercise 1:00 Jig Saw Puzzles 1:30 Bingo-IN2L 3:00 Movie: "Groundhog Day" 3:30 Skip Bo Card Game 6:00 Classic TV
3  10:00 Hymn Book –IN2L 11:00 IN2L Resident Choice 3:00 Super Bowl Sunday 3:30 Football Snacks 4:00 IN2L Games 6:00 Movie	4 Homemade Soup Day 9:00 Puzzles-IN2L 10:30 Tai Chi w/Larry 11:00 Poker Game-IN2L 1:30 Bingo-IN2L 4:00 Travel to China-IN2L 6:00 Resident Choice: Evening Movie	5 Happy Birthday, Rod! 9:00 Puzzles-IN2L 10:00 Shopping: Fred Meyer 10:30 Adult Coloring 1:15 Cottage Community Meeting 3:00 New Residents Tea Social 6:00 Pinochle 	6 9:00 Puzzles-IN2L 9:45 Bible Study 10:00 Memory Games-IN2L 1:30 Bingo-IN2L 2:30 Farkle Dice Game 3:45 Happy Hour w/Retro Matics	7 Fettuccine Alfredo Day 9:00 Puzzles-IN2L 10:00 Balloon Toss 11:15 Outing: Ebenezer Luncheon 1:30 Bingo w/Betty & John 3:00 IN2L Games w/Mason 3:30 Skip Bo Card Game 6:00 Pinochle	8 Happy Birthday, Elda! 9:00 Puzzles-IN2L 10:30 Sit & Be Fit-IN2L 11:00 Adult Coloring 1:30 Bingo-IN2L 3:30 LCR Dice Game 6:00 Evening Movie	9 National Bagel Day 9:00 Puzzles-IN2L 10:00 Bagels & Coffee 10:30 Walking Exercise 1:00 Jig Saw Puzzles 1:30 Bingo-IN2L 3:00 Adult Coloring 3:30 Skip Bo Card Game 6:00 Classic TV
10 8:00-1:00 Sunday Brunch 10:00 Hymn Book–IN2L 11:00 IN2L Resident Choice 2:00 Sunday Matinee "Mama Mia" 3:00 Popcorn & Soda's 4:00 IN2L Games 6:00 Movie	11 Frozen Yogurt Day 9:00 Puzzles-IN2L 10:30 Tai Chi w/Larry 11:00 Poker Game 1:30 Bingo-IN2L 3:00 Frozen Yogurt Time 3:30 Nail Care w/Diane 6:00 Resident Choice:	12 White T-Shirt Day 9:00 Puzzles-IN2L 10:00 Shopping: Safeway 1:15 Assisted Living Community Meeting 3:00 Painting w/Alix 6:00 Pinochle	13 Happy Birthday, Virginia! 9:00 Puzzles-IN2L 9:45 Bible Study 10:00 Puzzles-IN2L 1:30 Bingo-IN2L 2:30 Farkle Dice Game 3:45 Happy Hour w/Gary Hood	14 Cream Filled Chocolates 9:00 Puzzles-IN2L 10:00 Balloon Toss 11:35 Library on Wheels 1:30 Bingo 2:30—3:30 Valentine's Day Party Music by Ed Pearson 6:00 Pinochle	15 Casual Friday 9:00 Puzzles-IN2L 10:30 Sit & Be Fit-IN2L 11:00 Adult Coloring 1:30 Bingo-IN2L 3:30 LCR Dice Game 6:00 Evening Movie	16 9:00 Puzzles-IN2L 10:00 Games-IN2L 10:30 Walking Exercise 1:00 Jig Saw Puzzles 1:30 Bingo-IN2L 3:00 Adult Coloring 3:30 Skip Bo Card Game 6:00 Classic TV
17 Acts of Kindness Day 10:00 Hymn Book-IN2L 11:00 Adult Coloring 12:30 Everett Music Center (TICKET HOLDER) 2:00 Sunday Matinee 3:00 Chips & Drinks 4:00 IN2L Games 6:00 Movie	18 Presidents' Day 9:00 Puzzles-IN2L 10:30 Tai Chi w/Larry 11:00 Poker Game-IN2L 1:30 Bingo-IN2L 3:00 Presidential Trivia-IN2L 3:30 Nail Care w/Diane 6:00 Resident Choice: Evening Movie	19 Full Snow Moon 9:00 Puzzles-IN2L 10:00 Shopping: Dollar Tree 10:30 Funny Videos-IN2L 1:30 Mystery Drive 3:00 Games-IN2L 4:00 Event Planning w/Diane 6:00 Pinochle	20 Cherry Pie Day 9:00 Puzzles-IN2L 9:45 Bible Study 10:00 Brain Teasers-IN2L 1:30 Bingo-IN2L 2:30 Farkle Dice Game 3:45 Happy Hour w/Lee Howard	21 Chili Day 9:00 Puzzles-IN2L 10:00 Outing: Nordic Museum in Ballard 1:30 Bingo w/Betty & John 2:00 Food Forum w/Autumn 3:00 IN2L Games w/Mason 3:30 Skip Bo Card Game 6:00 Pinochle	22 Casual Friday 9:00 Puzzles-IN2L 10:30 Sit & Be Fit-IN2L 11:00 Adult Coloring 1:30 Bingo-IN2L 3:30 LCR Dice Game 6:00 Evening Movie	23 Banana Bread Day 9:00 Puzzles-IN2L 10:00 Games-IN2L 10:30 Walking Exercise 1:00 Jig Saw Puzzles 1:30 Bingo-IN2L 3:00 Adult Coloring 3:30 Skip Bo Card Game 6:00 Classic TV
24 Tortilla Chip Day 10:00 Hymn Book-IN2L 11:00 Adult Coloring 2:00 Sunday Matinee "O Brother, Where Art Thou" 3:00 Tortilla Chips & Dip 4:00 IN2L Games 6:00 Movie	25 Clam Chowder Day 9:00 Puzzles-IN2L 10:30 Tai Chi w/Larry 11:00 Poker Game-IN2L 1:30 Bingo-IN2L 2:30 Nail Care w/Diane 3:00 Book Club Review 6:00 Evening Movie	26 Happy Birthday, Pat! 9:00 Puzzles-IN2L 10:00 Outing: Angel of the Winds Casino 10:30 Adult Coloring w/Music 1:30 Bingo-IN2L 3:00 Word Games-IN2L 6:00 Pinochle	27 Happy Birthday, Joy! 9:00 Puzzles-IN2L 9:45 Bible Study 10:00 Word Search-IN2L 1:30 Bingo-IN2L 2:30 Farkle Dice Game 3:45 Happy Hour w/OD Scudder Strawberry Day	28 9:00 Puzzles-IN2L 10:00 Balloon Toss 11:30 Lunch Out: Beijing Chinese Restaurant 1:30 Bingo w/Betty & John 3:00 IN2L Games w/Mason 3:30 Skip Bo Card Game 6:00 Pinochle	Staff Birthdays 2/6-Shirlee Walter 2/13-Kelle Hillard 	