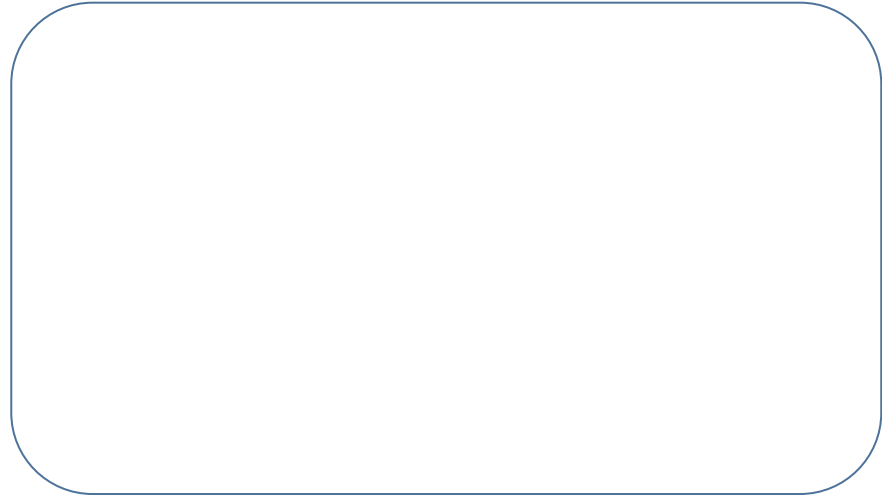


ASHLEY POINTE
SENIOR LIVING COMMUNITY

11117 20th St. NE
Lake Stevens, WA 98258

PLACE
STAMP
HERE



Administrative Team:

Loretta Kreeger
Executive Director

Annette Contreras
Wellness Director

Kristina Pasciecnik
Business Office Director

Hilda Cole
Wellness Nurse

Autumn Blizzard
Dining Services 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



March 2019

2 Senior Eye Wellness
3 Chaplain's Corner
4/5 Activities Calendar

6 Highlights, Social Media, Birthdays
7 Special Moments & Spring Joys
8 Mission & Team

Senior Eye-Condition Awareness & Wellness Tips

At times, we may find details in the scenery we love may be dulling, or written words we read may be blurring. Changes like these can be frustrating. Fortunately, there are ways to proactively manage eye health and ensure precautions and/or treatments are in place for best vision!

One of the best ways to stay on top of eye health is to have annual eye exams. Practicing precautionary measures through lifestyle is also important. People with diabetes, high blood pressure, or who take medications that affect eyes are at higher risk for vision problems.



Lifestyle recommendations from the National Eye Institute include: eating a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields when appropriate; avoiding smoking; reducing eyestrain by looking 20 feet before you for 20 seconds every 20 minutes if you use screens often; and cleaning hands regularly to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms that may affect seniors is also helpful toward eye wellness.

Four Eye Issues That Can Affect Seniors:

- **Dry eye** is a common issue for seniors, in which not enough tears or quality tears are made, and poor vision may result.
- **Age-related macular degeneration** is an issue that causes central vision loss, but

does not affect side vision. The macula of the eye allows people to see fine details and colors, so when it is affected, activities such as reading, watching movies, and recognizing faces could be challenging.

- **Cataracts** are cloudy areas that occur in the eye lens (usually in both eyes, to different degrees) that can cause blurry vision, poor contrast awareness, dulled colors, and extra sensitivity to glare.
- **Glaucoma** is a group of eye issues

which damage the optic nerve and in time can take away side vision. While glaucoma is often painless and has no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. Prescription devices are also available, like spectacle-mounted magnifiers that aid in close-up tasks; hand-held or spectacle-mounted telescopes that help near and far vision; handheld and stand magnifiers that assist with short-term reading; and video magnification that enlarges items on video.

This has been just a glimpse into eye wellness. For more info, visit aoa.org online.

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

Special Moments



Our Favorite Things About Spring!

“First sight of blooms on the trees”
– Diane

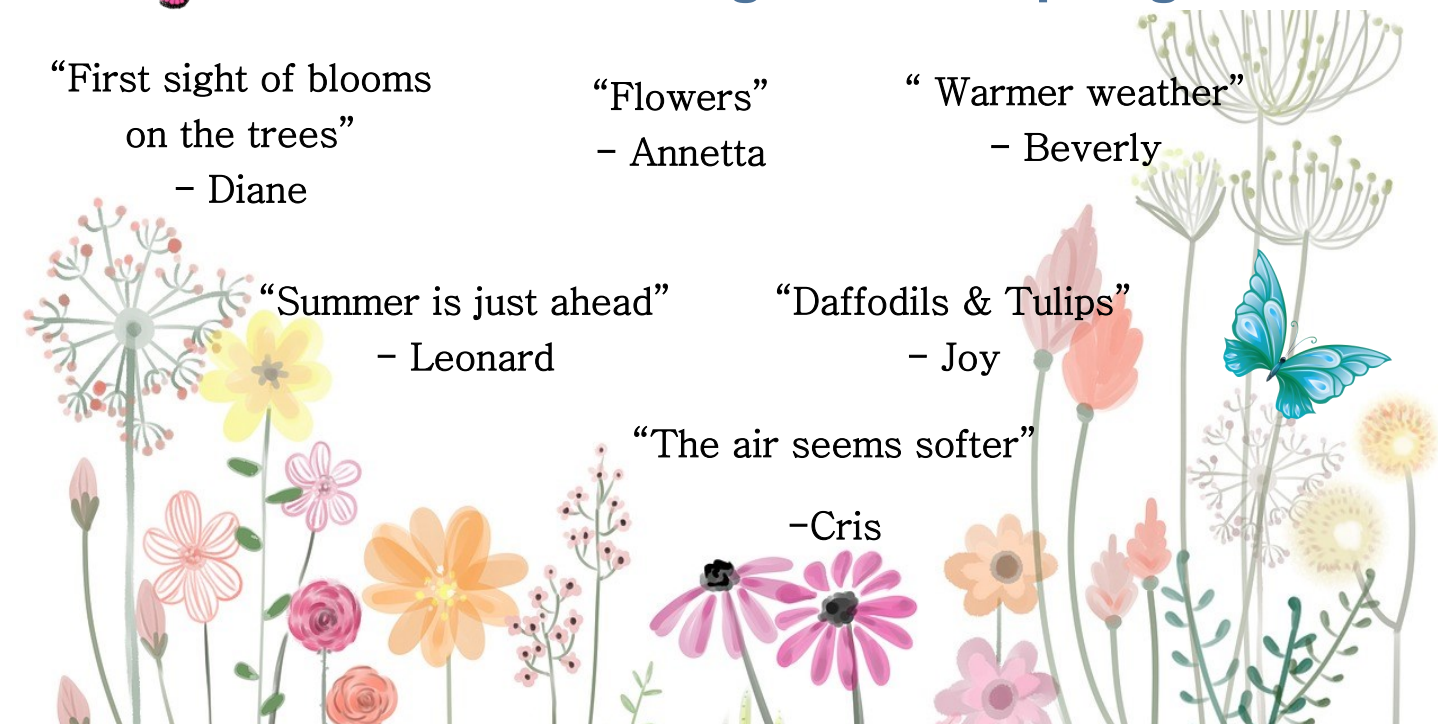
“Flowers”
– Annetta

“Warmer weather”
– Beverly

“Summer is just ahead”
– Leonard

“Daffodils & Tulips”
– Joy

“The air seems softer”
–Cris



March Highlights



- 3/1-Peanut Butter Day
- 3/2-Banana Cream Pie Day
- 3/4-Pound Cake Day
- 3/5-Mardi Gras/Fred Meyer
- 3/6-Ash Wednesday
- 3/7-Ebenezer Luncheon/Cereal Day
- 3/8-Peanut Cluster Day
- 3/9-Meatball Day
- 3/10-Daylight Savings Time Begins
- 3/10-SUNDAY BRUNCH
- 3/12-Plant a Flower Day/Safeway
- 3/14-Lunch Out: The Irishman
- 3/16-IRISH ENTERTAINMENT
- 3/17-St. Patrick's Day Lunch
- 3/18-Oatmeal Cookies Day & Trivia
- 3/19-Let's Laugh Day
- 3/20-SPRING BEGINS
- 3/21-Mystery Drive
- 3/23-Chip & Dip Day
- 3/24-Chocolate Covered Raisins Day
- 3/27-National Spinach Day
- 3/28-Outing: Marysville Museum



- * Tuesday Shopping
- * Wednesday Happy Hours w/ Entertainment

SIGN UP BOOK IS LOCATED AT THE FRONT DESK!

Families, you're welcomed to join us for any of the outings!

We're online @

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

**Happy St. Patrick's Day everyone! Take note:
"Never iron a four-leaf clover because you don't want to press your luck!"**



March Birthdays

We wish you a Very Happy Birthday!

3/1-Kristina P.
(Business Office Director)

3/20-Kayla S.
(Med Tech)

3/21-Zelda M.

**Birthstone: Aquamarine
Flower: Daffodil**



CHAPLAIN'S CORNER...

March 6 is Ash Wednesday.....the beginning of the Lenten Season....a period of 40 days before Easter.

Whether or not we observe some or all the traditions of Lent, the following "disciplines" are appropriate for ALL of us to consider and to put into practice:

Fast from judging others;

Feast on Christ dwelling in them.

(Luke 6:37)

Fast from words that tear others down;

Feast on words that build others up.

(Ephesians 4:29)

Fast from discontent;

Feast on gratitude.

(Psalm 92:1-2)

Fast from anger;

Feast on patience.

(Ephesians 4:26-27)

Fast from pessimism;

Feast on optimism.

(Philippians 4:13)

Fast from bitterness;

Feast on forgiveness.

(Ephesians 4:32)

Fast from self-concern;

Feast on compassion.

(I Peter 3:8)

Fast from suspicion;

Feast on truth.

(Ephesians 4:15)

Fast from problems that overwhelm;

Feast on prayer that sustains.

(Philippians 4:4-7)

Fast from worry;

Feast on faith.

(Matthew 6:25-27)

March 2019



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 10:00 Hymn Book-IN2L 11:00 Classical Music & Adult Coloring 2:00 Sunday Matinee 3:00 Ice Cream Sundae's 4:00 IN2L Games 6:00 Movie	IN2L "It's Never to Late" Computer located in the Activity Room Monday Doctor Appointments See Diane to Schedule Rides 		<u>EMPLOYEE BIRTHDAYS</u> 3/1 – KRISTINA P. 3/20 – KAYLA S. 		1 Peanut Butter Day 9:00 Puzzles-IN2L 10:30 Sit & Be Fit 11:00 Adult Coloring 1:30 Bingo 3:30 LCR Dice Game 6:00 Evening Movie	2 Banana Cream Pie Day 9:00 Puzzles-IN2L 10:00 Games-IN2L 10:30 Walking Exercise 1:00 Jig Saw Puzzles 1:30 Bingo 3:00 Adult Coloring 3:30 Skip Bo Card Game 6:00 Classic TV
3 10:00 Hymn Book-IN2L 11:00 Jukebox & Adult Coloring 2:00 Sunday Matinee 3:00 Root Beer Floats 4:00 IN2L Games 6:00 Movie	4 Pound Cake Day 10:30 Tai Chi w/Larry 11:00 Poker-IN2L 1:15 Cottage Community Meeting 1:30 Bingo-IN2L 3:00 Pound Cake & Coffee 4:00 Classic Commercials 6:00 Pinochle	5 Mardi Gras 9:00 Puzzles-IN2L 10:00 Shopping: Fred Meyer 10:30 Adult Coloring & Jukebox 1:30 Bingo 3:00 Mardi Gras Party 6:00 Pinochle	6 Ash Wednesday 9:00 Puzzles-IN2L 9:45 Bible Study 10:00 Let's Make a Deal 1:30 Bingo 2:30 Farkle Dice Game 3:00 Happy Hour w/Bonnie Birch	7 Cereal Day 9:00 Puzzles-IN2L 10:00 Balloon Toss 11:15 Outing: Ebenezer Senior Luncheon 1:30 Bingo 3:00 Making Rice Krispy Bars 3:30 Skip Bo Card Game 6:00 Pinochle	8 Peanut Cluster Day 9:00 Puzzles-IN2L 10:30 Sit & Be Fit 11:00 Adult Coloring 1:30 Bingo 3:30 LCR Dice Game 6:00 Evening Movie	9 Meatball Day 9:00 Puzzles-IN2L 10:00 Games-IN2L 10:30 Walking Exercise 1:00 Jig Saw Puzzles 1:30 Bingo 3:00 Adult Coloring 3:30 Skip Bo Card Game 6:00 Classic TV
10 Daylight Savings Begins 8:00-1:00 Sunday Brunch 10:00 Hymn Book-IN2L 11:00 Andy Griffin Show 2:00 Sunday Matinee 3:00 Ice Cream 4:00 IN2L Games 6:00 Movie	11 9:00 Puzzles-IN2L 10:30 Tai Chi w/Larry 11:00 Poker-IN2L 1:15 Assisted Living Community Meeting 2:00 Bingo-IN2L 3:30 Animal Kingdom 6:00 Pinochle	12 Plant a Flower Day 9:00 Puzzles 10:00 Shopping: Safeway 10:30 Adult Coloring 1:30 Bingo 3:00 Planting Flowers 4:00 Spring Flowers-IN2L 6:00 Pinochle	13 Potato Chip Day 9:00 Puzzles 9:45 Bible Study 10:00 Millionaire Game 1:30 Bingo 2:30 Farkle Dice Game 3:45 Happy Hour w/Doug Williams	14 9:00 Puzzles-IN2L 10:00 Balloon Toss 11:00 Lunch Out: The Irishman-Everett 11:35 Library on Wheels 1:30 Bingo 3:00 Travel Ireland-IN2L 3:30 Skip Bo Card Game 6:00 Pinochle	15 Wear Green Today 9:00 Puzzles-IN2L 10:30 Sit & Be Fit 11:00 Adult Coloring 1:30 Bingo 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 2:00 Irish Entertainment-"The Fiddlers" 3:00 Adult Coloring 3:30 Skip Bo Card Game 6:00 Classic TV
17 St. Patrick's Day 10:00 Hymn Book-IN2L 11:00 Pastimes 12:30 Everett Music Center Pop! Go the Classics (Ticket Holders) 3:00 Green Ice Cream 4:00 Adult Coloring 6:00 Movie	18 Oatmeal Cookie Day 9:00 Puzzles-IN2L 10:30 Tai Chi w/Larry 11:00 Poker-IN2L 1:30 Bingo-IN2L 3:00 Cookies & Trivia Games 4:00 Sing Along -IN2L 6:00 Pinochle	19 Let's Laugh Day 9:00 Puzzles-IN2L 10:00 Shopping: Dollar Tree 10:30 Adult Coloring 1:30 Bingo 3:30 Let's Play Harmonica 4:00 Laughter 6:00 Pinochle	20  Spring is here! 9:00 Puzzles-IN2L 9:45 Bible Study 10:00 Family Feud Game 1:30 Bingo 2:30 Farkel Dice Game 3:45 Happy Hour w/Lee Howard	21 Happy Birthday, Zelda! 9:00 Puzzles-IN2L 10:00 Balloon Toss 1:00 Outing: Mystery Drive 2:00 Food Forum w/Autumn 3:30 Skip Bo Card Game 6:00 Pinochle	22 9:00 Puzzles-IN2L 10:30 Sit & Be Fit 11:00 Adult Coloring 1:30 Bingo 3:30 LCR Dice Game 6:00 Evening Movie	23 Chip & Dip Day 9:00 Puzzles-IN2L 10:00 Games-IN2L 10:30 Walking Exercise 1:00 Jig Saw Puzzles 1:30 Bingo 3:00 Chips & Dip Social 3:30 Skip Bo Card Game 6:00 Classic TV
24 Chocolate Covered Raisin Day 10:00 Hymn Book-IN2L 11:00 Classic TV Shows 2:00 Sunday Matinee 3:00 Root Beer Floats 4:00 IN2L Games 6:00 Movie	25 9:00 Puzzles-IN2L 10:30 Tai Chi w/Larry 11:00 Poker-IN2L 1:30 Bingo-IN2L 3:00 Book Club Review 4:00 Word Scrabble 6:00 Pinochle	26 9:00 Puzzles-IN2L 10:00 Shopping: Walmart 1:30 Bingo 3:00 Event Planning w/Diane (Activities) 4:00 Let's Play Harmonica 6:00 Pinochle	27 National Spinach Day 9:00 Puzzles-IN2L 9:45 Bible Study 10:00 Hangman 1:30 Bingo 2:30 Farkel Dice Game 3:45 Happy Hour w/Robbie	28 9:00 Puzzles-IN2L 10:00 Balloon Toss 1:00 Outing: The Marysville Museum 1:30 Bingo 3:30 Skip Bo Card Game 6:00 Pinochle	29 Nevada Day 9:00 Puzzles-IN2L 10:30 Sit & Be Fit 11:00 Adult Coloring 1:30 Bingo 3:30 LCR Dice Game 6:00 Evening Movie	30 9:00 Puzzles-IN2L 10:00 Games-IN2L 10:30 Walking Exercise 1:00 Jig Saw Puzzles 1:30 Bingo 3:00 Adult Coloring 3:30 Skip Bo Card Game 6:00 Classic TV