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**Our mission is to create and sustain  
comfortable, caring environments for  
those who depend on us.**

# Ashley Pointe News

Independent & Assisted Living Newsletter



April 2019

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# Gardening Benefits for Health & The Environment Unearthed

Spring is here and it's a joyous time for those with green thumbs who have been waiting for the gardening season to begin. As it happens, there is a lot in the garden that is beneficial for health and the environment.

## Dig Into Better Health

Gardening positively impacts wellness in various ways.:

- **It relieves stress.** Gardening can lower cortisol levels that cause stress and increase blood pressure. It also increases serotonin, which helps people feel happy.
- **Friendly bacteria in the soil can boost immunity.** It may particularly help against asthma.
- **It provides great exercise.** It is low-impact and can be comfortable work with the right padding or protective gear, but it takes energy, and the elements can make it more challenging.
- **It involves hand-eye coordination and sensory intake.** Both of these factors can positively affect cognition.
- **It presents opportunities for a sense of community.** Socializing among friends while gardening can be so much fun.
- **It encourages outside activity.** For some, gardening is the best reason to head outside and enjoy sunshine and the environment (albeit with proper sun protection).
- **It is an ongoing activity that can extend**



**beyond the garden for learning.** Why not make predictions for when plants may sprout up and see who comes closest? Or learn about what to grow when and where, and share those techniques,

## Impact the Planet

Gardening also benefits the environment, and no act is too small toward making our world a better place.

- **It can help with pollution.** In large-scale harvesting of fruits and vegetables, pollution typically results. The transportation of those goods also causes pollution. It may seem a small step, but gardening at one's home or in the community influences the big picture.
- **It can reduce the size of landfills.** This is possible when people compost garden waste rather than sending everything to the landfill when it's gone bad.
- **Plants in the garden take in CO2 and release oxygen,** improving air quality.
- **It helps local habitats of insects and animals** which play important roles in our environment (like bees pollinating).
- **Plants and mulch can hold soil in place and reduce erosion,** and keep sediment out of waterways, drains, and roads.

These are just some of the benefits that gardening can bring! This Spring and Summer, give gardening a try and share the benefits with others.

# Special Moments







## April Highlights

April is Poetry Month, Stress Awareness Month, Humor Month, and Gardening Month

4/1-April Fools Day  
 4/2-Peanut Butter & Jelly Day  
 4/3-National Walking Day-Lets go for a walk!  
 4/4-Ebenezer Senior Luncheon  
 4/7-National Volunteer Week  
 4/9-Cottage Community Meeting  
 4/10-\$5.00 Paparazzi Jewelry  
 4/11-Angel of the Winds Casino  
 4/16-Wear your Pajamas to Work/Balance & Walker Safety Presentation  
 4/17-Ebenezer Easter Choir  
 4/18-San Juan Crab Cruise Luncheon  
 4/19-Good Friday Service w/Chaplain Highland  
 4/20-Passover/Bob Barone Memorial  
 4/21-Easter Service & Brunch  
 4/23-Picnic Day-Picnic in the Park "Weather Permitting"  
 4/25-Take your Kids to Work Day  
 4/25-Lunch Out: Whistle Stop Sweet Shop/Sip & Paint w/Alex  
 4/27-Ashley Pointe Garage Sale  
 4/30-April Birthday Celebrations

*Moon at twilight*  
*A cluster of petals falling*  
*From the cherry tree*



Memorial Service for  
 Bob Barone  
 Saturday, April 20th  
 At 1:00 pm  
 Holy Cross Church

### We're online @

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

Why are people exhausted on April 1st?  
 Because they just finished a 31-day March!

## April Birthdays!

### Staff Birthday

4/4-Cheryl Kelly (Med Tech)



### Staff Anniversaries

4/13-Stephanie Hansen (Dietary Aid)

4/23-Krystal Boals ( Med Tech)



### WE WISH YOU A VERY HAPPY BIRTHDAY!

4/3-Eileen A.

4/4-Peggy S.

4/6-Cris B.

4/13-Sheila L.

4/18-Lois N.

4/27-Ella K.

4/28-Hazel J.

Happy Birthday!

Birthstone: Diamond  
 Flower: Sweet Pea

## THE CHAPLAIN'S CORNER



From a human perspective, we might have understood if Jesus had called out to the army of heaven at any point from Gethsemane to Calvary, "Come get me out of here!" But our Lord consistently resisted the temptation to call for help! Instead, he decided to keep going!!

On **GOOD FRIDAY, April 19 at 3 PM** in the small dining room we will pause to remember the events surrounding Jesus' journey to Calvary and the truth that Jesus kept going for us! Those attending will be given the opportunity to share in the ordinance of communion.

On **EASTER SUNDAY MORNING, April 21 at 9 am** we will have the opportunity to celebrate the truth that "we serve a risen Savior!" Plan to worship with us before the Easter Brunch! Easter provides us with an opportunity each year to celebrate the fact that because our Lord Jesus lives, His children will live forever in His presence! This truth is especially comforting for those who have recently lost loved ones!

On **WEDNESDAY MORNING, April 24 at 9:45 AM**



is coming back to Ashley Pointe!

So what is *The Story*? I am glad you asked! *The Story* is all about the story of the Bible, God's great love affair with humanity. Condensed into 31 chapters, *The Story* sweeps you into the unfolding progression of Bible characters and events from Genesis to Revelation. Using the clear, readable text of the NIV Bible, it allows the stories, poems, and teachings of the Bible to read like a novel. *The Story* contains portions of Scripture that were thoughtfully and carefully excerpted and then placed in **chronological order!**

And like any good story, *The Story* is filled with intrigue, drama, conflict, romance, and redemption; and this story's true! From the preface by Max Lucado and Randy Frazee:

*'This book tells the grandest, most compelling story of all time: the story of a true God who loves his children, who established for them a way of salvation and provided a route to eternity. Each story in these 31 chapters reveals the God of grace—the God who speaks; the God who acts; the God who listens; the God whose love for his people culminated in his sacrifice of Jesus, his only Son, to atone for the sins of humanity.'*

Our schedule will take us through the Old Testament by Thanksgiving. We will conclude our walk through the New Testament in the summer of 2020. If you would like to join us on this journey through THE STORY, it will require of you only a \$5 investment. If you would like to order a copy of the book, let me or Diane Blas know as soon as possible so we can get one ordered for you!



# APRIL 2019



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1 April Fools Day</b> <b>Doctor Appointments</b> 9:00 Puzzles-IN2L 10:30 Tai Chi w/Larry 11:00 Poker Games-IN2L 1:30 Bingo 3:00 Games 4:00 Sing Along w/Mary-IN2L <b>7:10 Mariners &amp; LAA-TV</b>	<b>2 Peanut Butter &amp; Jelly Day</b> 9:00 Sit & Be Fit-Ch. 9 10:00 Puzzles-IN2L 1:30 Bingo <b>2:00 Shopping: Fred Meyer</b> 4:00 PB & J Social 6:00 Pinochle <b>7:10 Mariners &amp; LAA-TV</b>	<b>3 National Walking Day</b> 9:00 Sit & Be Fit Ch. 9 9:45 Bible Study 10:00 Google Maps 10:30 Walking Group 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game <b>3:45 Happy Hour w/ Mike Bush</b>	<b>4 Happy Birthday, Peggy S.</b> 9:00 Puzzles-IN2L 10:30 Circle Exercise Group <b>11:10 Mariners &amp; CWS-TV</b> <b>11:15 Outing: Ebenezer Senior Luncheon</b> 1:30 Bingo w/Betty & John 3:00 IN2L Games 3:30 Skip Bo Card Game 6:00 Pinochle	<b>5</b> 9:00 Puzzles-IN2L 10:30 Sit & Be Fit-Ch. 9 11:00 Adult Coloring 1:30 Bingo 3:00 Trivia 3:30 LCR Dice Game 6:00 Evening Movie	<b>6 Happy Birthday, Cris B.</b> 9:00 Puzzles-IN2L 10:00 Games 10:30 Walking Exercise <b>11:10 Mariners &amp; CWS-TV</b> 1:00 Jig Saw Puzzles 1:30 Bingo 3:00 IN2L Games 3:30 Skip Bo Card Game 6:00 Classic TV
<b>7 National Volunteer Week</b> 10:00 Hymn Book-IN2L <b>11:10 Mariners &amp; CWS-TV</b> 2:00 Sunday Matinee 3:00 Cross Word Puzzles 3:15 Ice Cream Sundae's 3:30 Card Games 4:00 Adult Coloring 6:00 Evening Movie	<b>8 Doctor Appointments</b> 10:30 Tai Chi w/Larry 11:00 Poker Games-IN2L 1:30 Bingo 3:00 IN2L Games 4:00 Sing Along w/Mary Sue-IN2L <b>5:15 Mariners &amp; KC-TV</b> 6:00 Sing Along w/Suzie-IN2L	<b>9</b> 9:00 Sit & Be Fit Ch. 9 <b>10:00 Shopping: Safeway</b> 11:00 Cute Animals-IN2L <b>1:15 Cottage Community Meeting</b> 2:30 Bingo <b>5:15 Mariners &amp; KC-TV</b> 6:00 Pinochle	<b>10 Volunteer Luncheon</b> 9:00 Sit & Be Fit Ch. 9 9:45 Bible Study <b>10:30-1:30</b> <b>\$5.00 Paparazzi Jewelry</b> 10:30 Walking Group 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game <b>3:45 Happy Hour w/Doug Williams</b>	<b>11</b> 9:00 Puzzles-IN2L <b>10:00 Outing: Angel of the Winds Casino</b> 10:30 Circle Exercise Group <b>11:35 Library on Wheels</b> 1:30 Bingo w/Betty & John 3:30 Skip Bo Card Game 6:00 Pinochle	<b>12</b> 9:00 Puzzles-IN2L 10:30 Sit & Be Fit Ch. 9 11:00 Adult Coloring 1:30 Bingo 3:00 Family Feud 3:30 LCR Dice Game 6:00 Evening Movie	<b>13 Happy Birthday, Sheila L</b> 9:00 Puzzles-IN2L 10:00 Games 10:30 Walking Exercise <b>12:30 Everett Music Center</b> 1:00 Jig Saw Puzzles 1:30 Bingo 3:00 IN2L Games 3:30 Skip Bo Card Game 6:00 Classic TV
<b>14 Palm Sunday</b> 10:00 Hymn Book-IN2L 11:00 Travels <b>1:00 Sunday Drive</b> 3:00 Family Feud 3:15 Root Beer Floats 3:30 Card Games 4:00 Adult Coloring 6:00 Evening Movie	<b>15 Doctor Appointments</b> 9:00 Puzzles-IN2L 10:30 Tai Chi w/Larry 11:00 Poker Games-IN2L 1:30 Bingo 3:00 IN2L Games 4:00 Funny Animals-IN2L 6:00 Sing Along w/Mary-IN2L	<b>16 Wear Your Pajama Day</b> <b>10:00 Shopping: Hagen</b> <b>1:15 Assisted Living Community Meeting</b> <b>2:00 Walker &amp; Balance Safety Presentation</b> 3:00 Funny Seniors-IN2L 3:30 Puzzles-IN2L 6:00 Pinochle	<b>17</b> 9:00 Sit & Be Fit 9:45 Bible Study 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game <b>3:45 Happy Hour w/Gary Hood</b> <b>6:15 Easter w/Iris &amp; Ebenezer Choir</b>	<b>18 Happy Birthday, Lois N.</b> <b>9:00 Outing: San Juan Crab Lunch Cruise</b> 10:30 Circle Exercise Group 1:30 Bingo w/Betty & John <b>2:00 Food Forum w/Autumn</b> 3:30 Skip Bo Card Game 6:00 Pinochle	<b>19 Good Friday</b> 9:00 Puzzles-IN2L 10:30 Sit & Be Fit-Ch. 9 11:00 Adult Coloring 1:30 Bingo <b>3:00 Good Friday Service w/Chaplain Highland</b> 3:30 LCR Dice Game 6:00 Evening Movie	<b>20 Passover</b> 9:00 Puzzles-IN2L 10:00 Games 10:30 Walking Exercise <b>12:30 Bob Barone Memorial</b> 1:00 Jig Saw Puzzles 1:30 Bingo 3:00 IN2L Games 3:30 Skip Bo Card Game 6:00 Mariners & LAA-TV
<b>21</b>  <b>8:00 - 1:00 Easter Brunch</b> <b>9:00 Easter Service w/ Chaplain Highland</b> 2:00 Movie: <b>Easter Parade</b> 3:00 Card Games 3:30 Ice Cream Time 4:00 Adult Coloring 6:00 Evening Movie	<b>22 Earth Day</b> <b>Doctor Appointments</b> 9:00 Puzzles-IN2L 10:30 Tai Chi w/Larry 11:00 Poker Games-IN2L 1:30 Bingo 3:00 IN2L Games 4:00 Travel America 6:00 Sing Along w/Suzie	<b>23 Picnic Day</b> 9:00 Puzzles-IN2L <b>10:00 Shopping: Dollar Tree</b> <b>12:00 Outing: Picnic Lunch at Lundeen Park</b> (Weather Permitting) 1:30 Bingo <b>3:00 Event Planning w/Diane</b> 6:00 Pinochle	<b>24 Pigs in a Blanket Day</b> 9:00 Sit & Be Fit Ch. 9 9:45 Bible Study 10:30 Harmonica w/Dave 11:00 Walking Group 1:30 Bingo 2:30 Farkel Dice Game <b>3:45 Happy Hour w/Jim's Bluegrass Group</b>	<b>25 Take your kids to Work Day</b> 9:00 Puzzles-IN2L <b>11:30 Lunch Outing: Whistle Stop Shop-Marysville</b> 1:30 Bingo w/Betty & John <b>3:00 Sip &amp; Paint w/Alix</b> 3:30 Skip Bo Card Game 6:00 Pinochle	<b>26 Pretzel Day</b> 9:00 Puzzles-IN2L 10:30 Sit & Be Fit 11:00 Adult Coloring 1:30 Bingo 3:00 IN2L Games 3:30 LCR Dice Game 6:00 Evening Movie	<b>27 A.P. Garage Sale</b> 9:00 Puzzles-IN2L 10:00 Games 10:30 Walking Exercise 1:00 Jig Saw Puzzles 1:30 Bingo 3:00 IN2L Games 3:30 Skip Bo Card Game 6:00 Classic TV <b>Happy Birthday, Ella!</b>
<b>28 Happy Birthday, Hazel J.</b> 10:00 Hymn Book-IN2L 11:00 Hangman 2:00 Sunday Matinee 3:00 Word Search 3:15 Ice Cream Cones 3:30 Card Games 4:00 Adult Coloring 6:00 Evening Movie	<b>29 Doctor Appointments</b> 9:00 Puzzles-IN2L 10:30 Tai Chi w/Larry 11:00 Poker Games-IN2L 1:30 Bingo 3:00 IN2L Games <b>3:00 Book Club Review</b> 4:00 Travel National Parks 6:00 Sing Along w/Mary-IN2L	<b>30</b> 9:00 Puzzles-IN2L <b>10:00 Shopping: Walmart</b> 11:00 Funny Seniors-IN2L 1:30 Bingo <b>3:00 April Birthday Celebrations</b> 6:00 Pinochle		<u>Resident Birthdays</u> 4/3-Eileen A. 4/4-Peggy S. 4/6-Cris B. 4/13-Sheila L. 4/18-Lois N. 4/27-Ella K. 4/28-Hazel J. 		<u>Employee Birthdays</u> 4/4-Cheryl Kelly   <u>Anniversaries</u> 4/13-Stephanie Hanson 4/23-Krystal Boals