

PLACE
STAMP
HERE

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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



May 2019

**2 Skin Protection Practices
3 Chaplain's Corner
4/5 Activities Calendar**

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

Best Practices for Skin Health

Whether lounging outside with a book or chatting with friends over lemonades on the patio, there's a factor to pay attention to so we don't harm our skin, and that's the sun. Spending time outdoors is beneficial for so many reasons, including increasing Vitamin D

and our activity levels. But too much sun can make a good thing not so good for us. A little skin protection and general hot weather safety will go a long way in letting us enjoy a good, warm day.



TIPS FOR PROTECTING YOUR SKIN

Seek Shade: When the sun is at its strongest, between 10 am and 4 pm, enjoy the outdoors and protect your skin in the shade. Hang out under a sun umbrella or covered patio and avoid direct sunlight.

Cover Up: Long sleeves and pants seem counterintuitive when it's hot, but can help a lot with sun protection. Wear lighter-weight clothing with long sleeves and pants to help protect skin while not overheating. Don't forget a broad-brimmed hat and UV-blocking sunglasses!

May has been designated Skin Cancer Awareness Month in hopes it will build awareness of ways to protect skin, the need for regular dermatologist visits, and causes and treatments for skin cancer.

WHY CARE ABOUT SKIN PROTECTION?

Sun damage myths would have you believe most harm to skin occurs before age 18. However, studies have shown sun damage is actually cumulative; only 23 percent of lifetime exposure happens by age 18.

Skin cancer is a disease that one in five Americans will develop by age 70. That said, most skin cancer forms can be prevented, including the scariest, melanoma. While it is the most common form of cancer in the U.S., it is also the most preventable. Awareness and frequent skin checks are essential for preventing and treating melanoma.

Wear Sunscreen: The most critical part of avoiding skin cancer is avoiding sunburns. Sunburns are proof of skin damage by the sun, and they hurt. Avoid sunburns with the top two tips and by wearing sunscreen. The Skin Cancer Foundation recommends using a broad-spectrum (UVA/UVB) sunscreen with SPF 15 or higher every single day. For extended activity outdoors, opt for an SPF 30 broad-spectrum (UVA/UVB) sunscreen.

Stay Aware: Examine your skin and visit a dermatologist regularly. Conduct a head-to-toe skin check once a month to look for early warning signs of skin cancer. Visit with your dermatologist once a year or if you find anything suspicious in your examination.

For more useful skin care information and a self-exam guide, visit skincancer.org online.

Special Moments

San Juan Cruise aboard the 80 ft. Chinook-La Conner/Deception Pass



May Highlights



**May is Get Caught Reading Month
and Military Appreciation Month**

5/22-Vanilla Pudding Day
5/23-Scenic Drive
5/27-Memorial Day BBQ Luncheon
5/28-Hamburger Day-Lunch Out
"McDonalds"
5/29-May Birthday Celebrations
5/30-Water a Flower Day/Outing
"The Bread Farm" in Bow

- ♦ **Tuesday Shopping Days**
- ♦ **Happy Hour Wednesday**
- ♦ **Lots of FUN outings!**
- ♦ **Sign up book located at the front desk**

5/1-Chocolate Parfait Day
5/2-Truffles Day/Ebenezer Senior Lunch
5/4-2019 Kentucky Derby Day
5/5-Cinco de Mayo (5th of May) Lunch
Special & Hit the Piñata
5/6-Nurses Day
5/7-Cottage Community Meeting/Teacher
Appreciation Day
5/8-Have a Coke Day
5/9-Painting w/Alix for a Good Cause
5/10-National Shrimp Day
5/12-Mother's Day Tea Party
5/13-Apple Pie Day
5/14-Assisted Living Meeting/Third
Shift Appreciation Day-(Nichole)
5/15-Boys & Girls Club Visit
5/17-Pizza Day
5/18-Armed Forces Day
5/21-National Waitstaff Day

We're online @

- ♦ [Facebook.com/AshleyPointeSeniorLiving](https://www.facebook.com/AshleyPointeSeniorLiving)
 - ♦ [Blog.radiantseniorliving.com](https://www.blog.radiantseniorliving.com)
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 - ♦ [RadiantSrLiving on Twitter](#)
 - ♦ [Pinterest.com/radiantsrliving](https://www.pinterest.com/radiantsrliving)
 - ♦ [Radiant Senior Living on YouTube](#)
- Happy Mother's Day to all the moms out there!***

Staff Birthdays & Anniversaries

**HAPPY
BIRTHDAY!**

5/8 ~ Krystal Boals
(Weekend Med Tech)

Happy Anniversary

Nichole Gregg-5/22/2015
(NOC Shift)

Thank you for all you do!

May Birthdays

*We wish you a
Happy Birthday!*



5/20 - Vi P.

May Birthstone: Emerald
Flower: Lily of the Valley
Birth Sign: Taurus



It was Anna Jarvis (1864-1948) who first suggested the national observance of annual day honoring all mothers. At a memorial service for her mother on May 10, 1908, Miss Jarvis gave a carnation (her mother's favorite flower) to each person who attended. Within the next few years, the idea of a day to honor mothers gained popularity, and Mother's Day was observed in a large number of large cities in the United States.

In 1913, Congress resolved that Mother's Day would henceforth be a national holiday to be observed the second Sunday of May. In 1914, President Woodrow Wilson issued the first Mother's Day proclamation.

Years later, Peter Marshall, Chaplain of the United States Senate, wrote the following Mother's Day Prayer:

On this day of sacred memories, our Father, we would thank Thee for our mothers who gave us life, who surrounded us early and late with love and care, whose prayers on our behalf still cling around the Throne of Grace, a perfume of love's petitions.

Help us, their children, to be more worthy of their love. We know that no sentimentality on this one day, no material gifts—no flowers or boxes of candy—can atone for our neglect during the rest of the year.

So in the days ahead, may our love speak to the hearts who know love best—by kindness, by compassion, by simple courtesy and daily thoughtfulness.

Bless her—whose name we whisper before Thee—and keep her in perfect peace, through Jesus Christ, our Lord, Amen.

One day a little boy was visiting his uncle who played for him a recording of the 1812 overture that included the incredible sound of cannons being fired. The thought occurred to that little boy..."I wish I could buy that!" But **Mother's Day** was approaching and he needed to buy something for his mom. So he got the bright idea that she would just love a recording of the 1812 overture for **Mother's Day**! So he bought it, wrapped it up and gave it to her. After she unwrapped it, he was more than a little embarrassed by the look on her face and by her question to him: **"Did you buy this for me or for yourself?"**

And now about 60 years later, that grown/old man is still embarrassed and ashamed when he remembers her look and recalls her question. And one day the one who died in my place and who is seated today and forever on His throne in heaven will look me in the eye like my mom did and ask me a question like my mom asked, "Did you run your race and live your life on earth for me or for yourself? Let's take a look at your checkbook, your calendar and your connections with others and find out!"

HAPPY MOTHER'S DAY!



May 2019



Ashley Pointe • 1117 20th St. N.E. Lake Stevens, WA. 98258 • 425-397-7500

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Resident Birthdays: 5/20~Vi Pugh 	Monday Doctor Appointments To schedule a ride, please see Diane!	Staff Birthdays: 5/8~Krystal Boals Staff Anniversaries: 5/22/2015~Nicole Gregg	1 Chocolate Parfait Day 9:00 Sit & Be Fit-Ch. 9 9:45 Bible Study 10:30 Funny Senior Videos 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game 3:45 Happy Hour w/Lee Howard 6:00 Movie Night	2 Truffles Day 9:00 Puzzles-IN2L 10:00 Circle Exercise 11:15 Outing: Ebenezer Senior Luncheon 1:30 Bingo w/Betty & John 3:00 IN2L Games/Trivia 3:30 Skip Bo Card Game 6:00 Pinochle	3 9:00 Puzzles-IN2L 10:30 Sit & Be Fit 11:00 Adult Coloring 1:30 Bingo 3:00 Sing Along w/Suzie-IN2L 3:30 LCR Dice Game 6:00 IN2L Games	4 2019 Kentucky Derby 9:00 Puzzles-IN2L 10:00 Games 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
5 Cinco de Mayo 10:00 Hymn Book-IN2L 12:00 Margarita Lunch Special & Hit the Piñata 2:00 Everett Philharmonic Orchestra \$20.00 tickets 3:00 Travel Mexico-IN2L 3:30 Nachos Social 6:00 Evening TV	6 Nurses Day 9:00 Puzzles-IN2L 10:30 Tai Chi w/Larry 11:00 Poker-IN2L 1:30 Bingo 3:00 1962 News Reels 4:00 Harmonica w/Dave 6:00 Evening TV	7 Teacher Appreciation Day 9:00 Puzzles-IN2L 10:00 Adult Coloring 1:15 Cottage Community MTG 2:00 Shopping: Fred Meyer 2:30 Bingo 4:00 Nail Care w/Diane 6:00 Pinochle	8 Have a Coke Day 9:00 Sit & Be Fit-Ch. 9 9:45 Bible Study 10:30 Trivia-IN2L 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game 3:45 Happy Hour w/Eric Andrews 6:00 Travel Europe-IN2L	9 9:00 Puzzles-IN2L 10:00 Circle Exercise 11:00 Harmonica w/Dave 11:35 Library on Wheels 1:30 Bingo w/Betty & John 3:00 Picture Perfect Pets Painting w/Alix 3:30 Skip Bo Card Game 6:00 Pinochle	10 National Shrimp Day 9:00 Puzzles-IN2L 10:30 Sit & Be Fit 11:00 Adult Coloring 1:30 Bingo 3:00 Sing Along w/Suzie-IN2L 3:30 LCR Dice Game 6:00 IN2L	11 9:00 Puzzles-IN2L 10:00 Games 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
12 Mother's Day 10:00 Hymn Book 11:00 Postcards-IN2L 2:00 Mother's Day Tea Party & Music w/Robbie 4:00 Movie: Mamma Mia 	13 Apple Pie Day 9:00 Puzzles-IN2L 10:30 Tai Chi w/Larry 11:00 Poker-IN2L 1:30 Bingo 3:00 Betty White Movie Memories 4:00 Harmonica w/Dave 6:00 Evening TV	14 Third Shift Workers Day 9:00 Puzzles-IN2L 10:00 Shopping: Safeway 1:15 Assisted Living Community MTG 2:30 Bingo 4:00 Outing: Happy Hour at Francisco's Cantina 4:15 National Parks-IN2L 6:00 Pinochle	15 Crazy Hat Day 9:00 Sit & Be Fit-Ch. 9 9:45 Bible Study 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game 3:30 Boys & Girls Club Visit w/May Flowers 3:45 Happy Hour w/Doug Williams 6:00 Travel Hawaii-IN2L	16 9:00 Puzzles-IN2L 10:00 Circle Exercise 11:00 Harmonica w/Dave 1:30 Bingo w/Betty & John 2:30 Food Forum 3:00 IN2L Games/Trivia 3:30 Skip Bo Card Game 6:00 Pinochle	17 Pizza Day 9:00 Puzzles-IN2L 10:30 Sit & Be Fit 11:00 Adult Coloring 1:30 Bingo 3:00 Sing Along w/Suzie-IN2L 3:30 LCR Dice Game 6:00 Evening Movie	18 Armed Forces Day 9:00 Puzzles-IN2L 10:00 Games 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
19 10:00 Hymn Book 11:00 Puzzles-IN2L 2:00 Sunday Matinee 3:30 Harmonica w/Dave & Name that Tune 4:00 Beverages 4:30 Adult Coloring 6:00 Evening TV	20 Happy Birthday, Vi 9:00 Puzzles-IN2L 10:30 Tai Chi w/Larry 11:00 Poker-IN2L 1:30 Bingo 3:00 Book Club Review 4:00 Harmonica w/Dave 6:00 Evening TV	21 National Wait Staff Day 9:00 Puzzles-IN2L 10:00 Shopping: Dollar Tree 10:30 Adult Coloring 1:30 Recognizing Our Wait-Staff 2:30 Bingo 4:30 Jukebox-Big Band 6:00 Pinochle	22 Vanilla Pudding Day 9:00 Sit & Be Fit-Ch. 9 9:45 Bible Study 10:30 Hangman-IN2L 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game 3:45 Happy Hour w/Betsy & Gerry 6:00 Movie Night	23 9:00 Puzzles-IN2L 10:00 Circle Exercise 11:00 Harmonica w/Dave 1:30 Scenic Drive 3:00 IN2L Jukebox 3:30 Skip Bo Card Game 6:00 Pinochle	24 9:00 Puzzles-IN2L 10:30 Sit & Be Fit 11:00 Adult Coloring 1:30 Bingo 3:00 Sing Along w/Suzie-IN2L 3:30 LCR Dice Game 6:00 IN2L Games	25 9:00 Puzzles-IN2L 10:00 Games 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
26 10:00 Hymn Book 11:00 Puzzles-IN2L 2:00 Memorial Day-IN2L 2:30 Ice Cream Social 3:00 Harmonica w/Dave & Name that Tune 4:00 Adult Coloring 6:00 Evening TV	27 MEMORIAL DAY 12:00 Memorial Day BBQ Lunch 1:30 Bingo 3:00 Adult Coloring 4:00 Harmonica w/Dave 6:00 Evening TV	28 Hamburger Day 9:00 Puzzles-IN2L 11:30 Lunch Out: McDonalds 1:30 Bingo 3:00 Movie Memories 4:00 Nail Care w/Diane 6:00 Pinochle	29 9:00 Sit & Be Fit-Ch. 9 9:45 Bible Study 1:30 Bingo 2:30 Farkel Dice Game 3:00 May Birthday Celebrations 6:00 Travel America	30 Water a Flower Day 9:00 Puzzles-IN2L 10:00 Circle Exercise 11:00 Outing: The Bread Farm in Bow 1:30 Bingo 3:00 Watering Outside Plants 3:30 Skip Bo Card Game 6:00 Pinochle	31 9:00 Puzzles-IN2L 10:30 Sit & Be Fit 11:00 Adult Coloring 1:30 Bingo 3:00 Sing Along w/Suzie-IN2L 3:30 LCR Dice Game 6:00 Evening Movie	