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Wellness Director

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Diane Blas
Life Enrichment Director

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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



June 2019

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Alzheimer's Research Updates and Facts

This Alzheimer's and Brain Awareness Month, learn about current advancements relating to Alzheimer's.

Advance: Brain Scans Improve Diagnosis

The Alzheimer's Association shares that as of April 2019, a national study found a form of brain imaging that detects Alzheimer's-related plaques greatly influenced the clinical management of patients with mild cognitive impairment and dementia.

Advance: Early Onset Detection with Tests

In 2019, several types of blood tests have been in the news for their potential to diagnose Alzheimer's before symptoms show. The latest may be able to predict the disease 10 years before symptoms show by looking at the IRS-1 protein. Another is said to predict the disease within 3 years. There is much that is moving forward on this front.

Advance: Brain Disorder LATE That Mimics Alzheimer's Has Been Defined

Diagnostic criteria and guidelines are now recommended for a brain disorder that mimics symptoms of Alzheimer's. It's called LATE and when those with only LATE are not grouped with those with Alzheimer's (and not LATE), there may be research improvements. (Science Daily)

Have you registered for your local 2019 Walk to End Alzheimer's? Everett's walk is on September 7th. Register at: alz.org/walk



Alzheimer's Facts

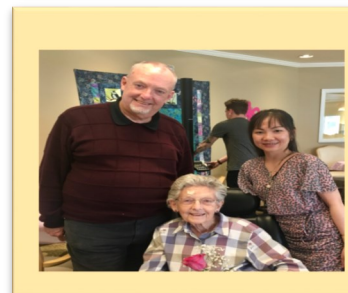
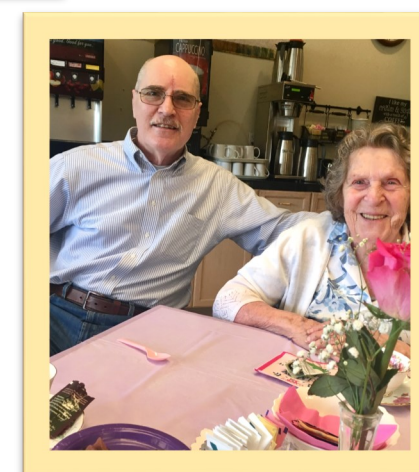
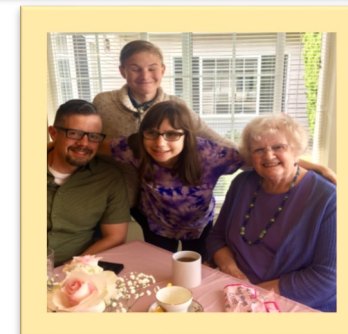
- Americans who have Alzheimer's is growing. Every 65 seconds, someone in the U.S. develops Alzheimer's.
- 5.8 million Americans have Alzheimer's in 2019; 5.5 mil of those are over age 65.
- 1 in 3 seniors pass with Alzheimer's or Dementia.
- Alzheimer's and Dementias cost the U.S. \$290 billion in 2019.
- 90% of what we know about Alzheimer's has been discovered in the past 20 years.
- There are more than 5 drugs that may treat Alzheimer's symptoms, but no cure for the disease yet.

Early diagnosis can:

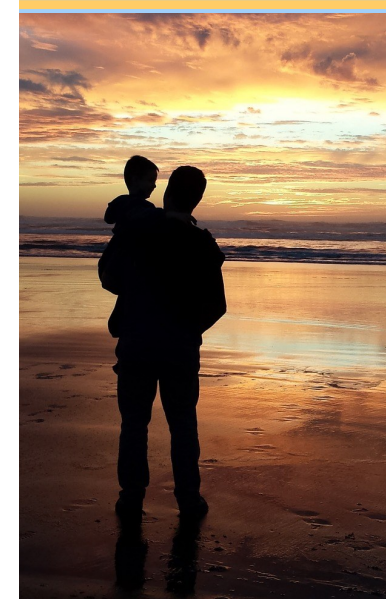
- provide medical, emotional, and social benefits
- aid with participation in vital clinical trials
- enable individuals to be in control of their legal and financial wishes
- create significant cost savings in medical and long-term care

For more facts, visit Alz.org/Facts

Special Mother's Day Moments

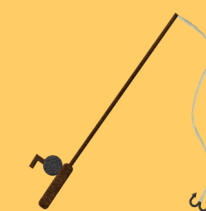


June 16th is Father's Day



"Dependable & a man of his word"
- Autumn

"A good man. We done a lot of family fun trips"
- Karin



"Really good fisherman & teacher"
- Donna

"He was small & a good provider"
- Annetta

In honor of our dads, we asked: What is something you have always loved about your father?

Happy Father's Day!

June 2019 Highlights



June is Great Outdoors Month, Iced Tea Month, and Fresh Fruit and Veggies Month

- 6/1-Nail Polish Day
- 6/2-Rocky Road Ice Cream Day
- 6/4-Cheese Day
- 6/5-Frozen Yogurt Day-Outing: Blue Frozen Yogurt Lake Stevens/Ebenezer Choir
- 6/6-D-Day/Maintenance Meeting
- 6/7-Chocolate Ice Cream Day/Chocolate Ice Cream Bars
- 6/8-Best Friends Day
- 6/9-Jelly Donut Day
- 6/11-Assisted Living Community Meeting
- 6/12-Red Roses Day
- 6/13-Strawberry Day/Biringer Berry Farm
- 6/15-Smile Day & Julie Brookins Duvic will make you smile with her songs
- 6/15-Father’s Day Super Hero Lunch
- 6/18-Fishing Day Trivia
- 6/19-Outing: Angel of the Winds Casino
- 6/20-Vanilla Milkshake Day/Amy Adams w/ The Ombudsman
- 6/21-First Day of Summer/Iced Tea Time
- 6/23-Chocolate Éclair Day
- 6/25-Picnic Day/Picnic at Forest Park
- 6/26-Wear Your Crazy Vacation Attire Day
- 6/27-Sunglasses Day
- 6/28-Tapioca Pudding Day

6/29-Waffle Day
6/30-Wedding Day Social-Bring your wedding pictures and a story about you wedding day to share

- ♦ Tuesday Shopping Trips
- ♦ Happy hour Wednesdays
- ♦ Sign up for outings at the front desk
- ♦ Could you please bring in photos of your dad a week before Father’s Day? We’re going to have a “Guess Who” display board with pictures of your dads.



We’re online @
Facebook.com/AshleyPointeSeniorLiving
Blog.radiantseniorliving.com
Radiantsrliving on Instagram
Radiantvoices on Instagram
RadiantSrLiving on Twitter
Pinterest.com/radiantsrliving
Radiant Senior Living on YouTube

June Birthdays!

June Flower: Rose

Birthstone: Pearl

Birth Sign: June 1-20 Gemini—June 21-30 Cancer

Your birthday comes along with bright and sunny days. June is such a special month in oh so many ways.

Here’s a birthday wish for happy days to come, and may your year be filled with laughter, joy and fun.

We wish you a

HAPPY BIRTHDAY

6/5-Dave J.

6/20-Vi B.

6/5-Shirley D.

6/22-Annetta S.

6/11-Curt I.

6/27-Vera W.

6/15-Marilyn S.

6/30-Nancy H.

6/18-Jim G.



Mention the month of June and you will probably think about weddings. My favorite definition of marriage is that it is “an unconditional commitment to an imperfect person.” Commitment is not a popular word today, especially when it is applied to marriage. But it has been rightly said “Surrendering is not an option if you plan to win a war....or succeed in a marriage.” Commitment was and commitment remains an integral part of God’s “blueprint” for marriage. He said, “*For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh.*” (Genesis 2:24) Jesus then added these words; “*Therefore what God has joined together, let not man separate!*” (Mark 10:9)

Chuck Swindoll tells the story of a husband and wife who were hanging wallpaper together. If you’ve ever done that as a husband -wife team, you know how tough that project is on a marriage. Chuck shared with the husband the 3 stages couples go through when they hang wallpaper together:

First week: The couple considers separation.

Second week: The couple separates.

Third week: Divorce proceedings begin.

After the joke, the husband said with great sincerity, “Do you know what makes our marriage work? I am committed to that woman and she is to me....forever!”

For the wife of one of our residents where I served as the full time Chaplain, commitment was not just another word in her vocabulary. It also became a real part of her life. Victoria’s husband (not her real name) was a resident for almost 6 years. During that time, Victoria and members of her family almost daily showered him with love! She wrote a letter to him that one of her grandchildren read for her at his funeral.

*“Fifty-six years ago we started our life on a road together. The road we traveled was like any other road with a few bumps along the way. We got over them by sharing whatever it was between us. You shocked us by your sudden departure. God must have thought your job on earth was done. I will now travel the road alone. I’m sure you will help our family and me from your place in heaven. You were a man who had a heart bigger than yourself. You were a kind of trickster, who endeared yourself to the people at the Care Center, where you spent the last six years of your life. **I will never regret** coming to see you everyday but Saturday. Sundays we brought you home to spend the day with us! Now I must say goodbye to the light of my life.”*

The question is asked, "Is there anything more beautiful in life than a young couple clasping hands and pure hearts in the path of marriage? Can there be anything more beautiful than young love?"

And the answer is given. "Yes, there is a more beautiful thing. It is the spectacle of an old man and an old woman finishing their journey together on that path. Their hands are gnarled, but still clasped; their faces are seamed, but still radiant; their hearts are physically bowed and tired, but still strong with love and devotion for one another. Yes, there is a more beautiful thing than young love... old love."

On May 31st, my wife Patty and I celebrated our 50th Wedding Anniversary! We are praying for AT LEAST another 25 but that is in God’s hands. What is in OUR hands is our commitment to keep honoring our vows and to keep growing in our love until death separates us....for a time!



Bible Study with Chaplain Highland
every Wednesday at 9:45 am
In the small dining room



Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 Ice Cream Soda Day 10:00 Hymn Book-IN2L 11:00 Funny Seniors 2:00 Tell us About Your Wedding Day 3:00 Ice Cream Soda's 4:00 Sing Along-IN2L		 Chaplain Highland 6/21	<u>Resident Birthdays</u> 6/5-Dave J. 6/5-Shirley D. 6/11-Curt I. 6/15-Marilyn S. 6/18-Jim G. 6/20-Vi B. 6/22-Annetta S. 6/27-Vera W. 6/30-Nancy H. 	<u>Staff Anniversaries</u> 6/27 – Diane Blas		1 Nail Polish Day 9:00 Sensory Games-IN2L 10:00 Adult Coloring 10:30 Walking Exercise 1:00 Nail Polish 1:30 Bingo 3:00 IN2L Games 3:30 Skip Bo Card Games 6:00 Classic TV
2 Ice Cream Day 10:00 Hymn Book-IN2L 11:00 Morning Newspaper 1:00 Sunday Movie 2:00 IN2L Games 3:00 Rocky Road Ice Cream 4:00 Sing Along-IN2L	3 Doctor Appointments 9:00 Puzzles-IN2L 10:30 Tai Chi w/Larry 11:00 Poker Game 1:30 Bingo 3:00 Movie Memories-Gags & Gals 4:00 Harmonica w/Dave 6:00 Evening TV	4 Cheese Day 9:00 Puzzles-IN2L 10:00 Adult Coloring 11:00 Favorite Cheese Recipes 1:00 Cottage Community Meeting 2:00 Shopping: Fred Meyer 2:30 Bingo 6:00 Pinochle	5 Frozen Yogurt Day 9:45 Bible Study 10:30 Word Search-IN2L 1:30 Outing: Blue Frozen Yogurt 2:30 Farkel Dice Game 3:45 Happy Hour w/Lee Howard 6:15 Iris & Ebenezer Choir	6 D-Day Remembrance 9:00 Butterflies-IN2L 10:00 Circle Exercise 11:00 Games IN2L 1:00 Maintenance Meeting w/Eric 3:00 Remembering D-Day 3:30 Skip Bo Card Game 6:00 Pinochle	7 Chocolate Ice Cream Day 9:00 Puzzles-IN2L 10:30 Sit & Be Fit-IN2L 11:00 Harmonica w/Dave 2:00 Active Life Balance w/Tammy 2:30 Chocolate Ice Cream Bars 3:30 LCR Dice Game 6:00 Evening Movie	8 Best Friends Day 9:00 Sensory Games-IN2L 10:00 Adult Coloring 10:30 Walking Exercise 1:00 Jig Saw Puzzles 1:30 Bingo 3:00 IN2L Games 3:30 Skip Bo Card Games 6:00 Classic TV
9 Jelly Donut Day 10:00 Jelly Donuts & Coffee 10:30 Morning Newspaper 1:00 Sunday Movie: A Star is Born 3:00 Root Beer Floats 4:00 Reminisce	10 Doctor Appointments 9:00 Puzzles-IN2L 10:30 Balloon Toss 11:00 Poker Game 1:30 Bingo 3:00 Movie Memories-Pony Contest 4:00 Harmonica w/Dave 6:00 Evening TV	11 9:00 Puzzles-IN2L 10:00 Shopping: Safeway 1:00 Assisted Living Community Meeting 2:30 Bingo 3:00 Funny Seniors-IN2L 6:00 Pinochle	12 Red Roses Day 9:45 Bible Study 10:30 Outing: Lundeen Park 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game 3:45 Happy Hour 6:00 Armchair Travel-Sweden	13 Strawberry Day 9:00 Horses-IN2L 10:30 Balloon Toss 11:35 Library on Wheels 1:00 Food Service Meeting 1:30 Outing: Biringer Strawberry Farms 3:00 Reminiscing 3:30 Skip Bo Card Game 6:00 Pinochle	14 9:00 Puzzles-IN2L 10:30 Sit & Be Fit-IN2L 11:00 Harmonica w/Dave 3:00 On This Day-Flag History-IN2L 3:30 LCR Dice Game 6:00 Evening Movie	15 Smile Day 9:00 Sensory Games-IN2L 10:00 Adult Coloring 10:30 Walking Exercise 1:00 Jig Saw Puzzles 2:00 Julie Brookins Duvic Vocal Entertainment 3:30 Skip Bo Card Games 6:00 Classic TV
16  10:00 Outdoor Life Fishing-IN2L 12:00 Super Hero Luncheon 3:00 John Wayne Movies	17 Doctor Appointments 9:00 Puzzles-IN2L 10:30 Tai Chi w/Larry 11:00 Poker Game 1:30 Bingo 3:00 Movie Memories-Popeye Zoo 4:00 Harmonica w/Dave 6:00 Evening TV	18 Fishing Day 9:00 Puzzles-IN2L 10:00 Shopping: Dollar Tree 1:00 Activity Planning w/Diane 2:30 Bingo 3:00 Nail Care w/Diane 3:30 Fishing Trivia & Video 6:00 Pinochle	19 National Martini Day 9:45 Bible Study 10:00 Outing: Angel of the Winds Casino 2:30 Farkel Dice Game 3:45 Happy Hour w/Gary Hood 6:00 Armchair Travel	20 Vanilla Milkshake Day 9:00 Marine Life-IN2L 10:30 Balloon Toss 11:00 Trivia IN2L 1:30 Amy Adams with Ombudsman & Vanilla Milkshakes 3:00 Travel Slideshow 3:30 Skip Bo Card Game 6:00 Pinochle	21  9:00 Puzzles-IN2L 10:30 Sit & Be Fit-IN2L 11:00 Harmonica w/Dave 1:30 Bingo 2:30 Iced Tea Time Outside 3:30 LCR Dice Game 6:00 Evening Movie	22 9:00 Sensory Games-IN2L 10:00 Adult Coloring 10:30 Walking Exercise 1:00 Jig Saw Puzzles 1:30 Bingo 3:00 IN2L Games 3:30 Skip Bo Card Games 6:00 Classic TV
23 Chocolate Eclair Day 10:30 Chocolate Eclairs & Coffee 11:00 Foot Care w/Lori 1:00 Sunday Movie 3:00 Cold Refreshments 4:00 Sing Along	24 Doctor Appointments 9:00 Puzzles-IN2L 10:30 Tai Chi w/Larry 11:00 Poker Game 1:30 Bingo 3:00 Book Club 3:30 Movie Memories-1960 Wheels 4:00 Harmonica w/Dave 6:00 Evening TV	25 Catfish Day/Picnic Day 9:00 Puzzles-IN2L 11:00 Outing: Picnic Lunch & Petting Zoo Forest Park 2:00 Jukebox-Crooners 3:00 June Birthday Celebration 6:00 Pinochle	26 Crazy Vacation Attire 9:45 Bible Study 10:00 IN2L Games 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game 3:45 Happy Hour w/Doug Williams 6:00 Armchair Travel	27 Sunglasses Day 9:00 Cats-IN2L 11:00 IN2L Games 1:30 Bingo w/Betty & John 3:00 Painting w/Alix 3:30 Skip Bo Card Game 6:00 Pinochle	28 Tapioca Day 9:00 Puzzles-IN2L 10:30 Sit & Be Fit 11:00 Harmonica w/Dave 1:30 Bingo 3:00 Sing Along w/Suzie 3:30 LCR Dice Game 6:00 Evening Movie	29 Waffle Day 9:00 Sensory Games-IN2L 10:00 Adult Coloring 10:30 Walking Exercise 1:00 Jig Saw Puzzles 1:30 Bingo 3:00 IN2L Games 3:30 Skip Bo Card Games 6:00 Classic TV