



Administrative Team:

Loretta Kreeger
Executive Director

Annette Contreras
Wellness Director

Shelley Castellino
Wellness Nurse

Nicole Gregg
Business Office Director

Autumn Blizzard
Dining Services Director

Diane Blas
Life Enrichment Director

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



Peachy Keen! Reach for a Peach this National Peach Month!

2 A Look into Senior Citizen's Day
3 Chaplain's Corner
4/5 Activities Calendar

6 Birthdays, Highlights, Social Media
7 Photos, Summer Sentiments
8 Mission, Team

August 2019

Celebrating National Seniors' Day!

For the past 31 years, August 21st has been National Senior Citizens' Day in the United States and we hope you'll join us in observing it!

It was back in 1988 that then President Ronald Reagan set in motion the day to annually highlight seniors' achievements, and bring awareness and assistance to their needs. He stated: "We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older, places in which older people can participate to the fullest and can find the **encouragement, acceptance, assistance, and services** they need to continue to lead lives of independence and dignity. [...] For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and heartfelt salute."

We are proud to celebrate and thank our seniors for their contributions to society. As part of observing such a day, read on for seniors reaching golden-year goals, hobby ideas, and a few helpful online resources.

Success Can Come at Any Age

Seniors most certainly prove one can reach for the stars at an older age. A few examples: Laura Ingalls Wilder wrote the "Little House" series between the ages of 65 and 76. Gladys Burrill completed the Honolulu Marathon at age 92. Peter Mark Roget of "Roget's Thesaurus of English Words and Phrases" did not start the book until age 69. Painter Grandma Moses was 78 when she



gained fame for her works. Julia Child was 50 when she released her first cookbook. And Colonel Sanders didn't come into great success with KFC until age 62. These are encouraging examples for all of us goal-chasers. Stick to your goals no matter how small you think they are, and feel the pride

Hobbies to Consider Trying Out

Cooking: Share and make recipes in groups.
Golf: Whether for fun or competition!
Painting: Acrylics, watercolors, or oils
Poetry: Spoken or written, alone or for friends

that comes from taking the journey.

3 Resources Seniors May Find Helpful:

- **U.S. Department of Treasury Tax Counseling for Seniors:** <https://www.benefits.gov/benefit/722>
- **Social Security Administration Social Security Retirement Benefits:** <https://www.ssa.gov/benefits/retirement>
- **Corp. of National & Community Service**

Special Moments



What is the very best thing about summer?

"Warm weather" - Ann

"Long days" - Wes

"Walks on the beach" - Annette

"Ice cream" - Lois

"Lake Stevens Aquafest" - Donna

"Sitting on the patio reading" - Cris



August Highlights

August is Catfish Month, Eye Exam Month, Family Fun Month, Golf Month, Peaches Month, and Sandwich Month!

- Aug. 1: Raspberry Cream Pie Day
- Aug. 2: Ice Cream Sandwich Day Social
- Aug. 3: Watermelon Day Social
- Aug. 4: Friendship Day
- Aug. 6: Root Beer Float Day/National Night Out
- Aug. 7: Lighthouse Day/Outing: Mukilteo Light-house
- Aug. 8: Come check us out on Face Book
- Aug. 9: Book Lover's Day/Short Stories on IN2L
- Aug. 10: Foot Care w/Lori
- Aug. 11: Diane's Vacation Pictures/Ice Cream
- Aug. 13: Left-Handers Day
- Aug. 14: Creamsicles & Bingo
- Aug. 15: Pearle Vison-Need your glasses re-paired, adjusted, or cleaned? (Act. Room)
- Aug. 17: Bee Day
- Aug. 18: Ice Cream Pie Social
- Aug. 20: Lemonade & Painting Outside
- Aug. 21: Senior Citizens Day
- Aug. 22: Evergreen State Fair-Free Admission
- Aug. 24: Ashley Pointe's Summer Bash
- Aug. 25: Banana Split Day Social
- Aug. 28: Bow Tie Day-Wear a Bow Tie to Lunch
- Aug. 30: Wear you College Colors Today
- Aug. 31: Trail Mix Day



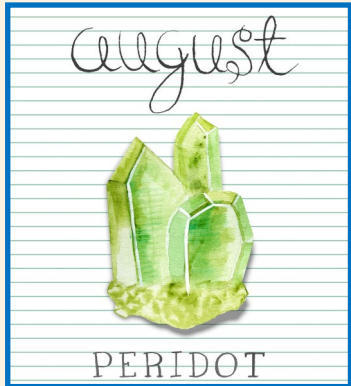
Families & friends! Please join us for our
Summer Bash on
Saturday, August 24th
Summer Music w/DJ Daniel, Food & Fun
Please don your summer attire!
This will be a good time to sign up for the
Alzheimer's walk on Saturday, September 7th
Donations are accepted at the time of the party!

Follow us on Social Media:
[Facebook.com/AshleyPointeSeniorLiving](https://www.facebook.com/AshleyPointeSeniorLiving)
[Blog.radiantseniorliving.com](https://www.blog.radiantseniorliving.com)
 Radiantsrliving on Instagram
 Radiantvoices on Instagram
 RadiantSrLiving on Twitter
[Pinterest.com/radiantsrliving](https://www.pinterest.com/radiantsrliving)
 Radiant Senior Living on YouTube



Happy Birthday to all those who celebrate their special day during the month of August!

- Phyllis G., August 6
- Diane B., August 10
- Bill W., August 12
- Annette K., August 14
- Karin H., August 25
- Reva R., August 30



I was about 10 years old. It was a hot summer day and my friend across the street had asked me if I would like to go swimming. His mom was taking him and a few friends to a small beach on a lake. I was excited about the possibility, but when I went home to ask my mom if I could go, I was not happy with her answer. I don't remember the reasons she gave me as to why I couldn't go. But I DO remember that I was pretty mad.

About 10 minutes later, I snuck back into the house. I went quietly to my room, put my swim suit and a towel in a bag, and got out of the house without being heard or seen by my mom. Running across the street as fast as I could, I found my friend and told him I could go.

We had a lot of fun at the lake that day! The sun was hot and the water felt great! There was only one problem....and it turned out to be a major problem....I didn't have and I didn't use sun tan lotion! By the end of the day, my shoulders and back started to have a strange sensation....one that I had never felt before.

When it was time to leave, I went to put on my shirt but it hurt to lift my arms. So I left it off. On the way home, my friend said to me, "You've got funny looking bumps all the way across your shoulders!" Those bumps, about the size of quarters, were actually blisters and I was quickly discovering that they were not very funny!

By the time we got home and unpacked the car, I was beginning to experience a new level of pain.....not only the pain generated by a very bad sunburn but the pain of having to face my mom! It began to dawn on me that while I was getting cooked at the lake, my mom had probably been at home all afternoon getting pretty steamed over my blatant disobedience of her direct order.

I shall never forget that moment when I walked into the house. As our eyes meet, she started to say something and I just knew that the boom was about to lowered on me. I was expecting her to boldly declare, "Just wait until your father gets home!" But one look at my cooked body, changed her feelings of anger to feelings of compassion. Without one word of rebuke for my blatant disobedience, she simply said to me, "I believe God has already punished you!" She then began to respond to my pain.

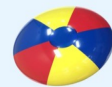
Later she shared with me what I had come to suspect. The moment she saw my cooked body, she knew in her heart that she didn't need to discipline me because my blatant act of rebellion was ultimately not against her but against God. It was obvious to her and to me that God had gotten my attention and demonstrated His love for me *"because the Lord disciplines those He loves and He punishes everyone He accepts as sons."* (Hebrews 12:6) She therefore believed that what I needed from her at that moment was her love, not a lecture and/or a spanking. There were many other times that I benefitted a great deal from her words of discipline and wisdom. But that was one day that I really appreciated her silence and her love! And I also appreciated the fact that when my father finally got home from work that day, his response to my cooked body was the same as my mom's! **I was truly blessed** with a godly mother and father who laid the foundation of my life!

I have also been blessed by the Ashley Pointe residents and staff in the last 5 years! It has truly been a privilege and a joy to study the Bible together and to develop deep relationships. As I pass "the baton" on to those who will now be serving you in the spirit of Christ's love, I pray that you will support and encourage them as you have me! THE LORD IS NEAR!

Thank you Chaplain Highland, for your 5 years volunteering at Ashley Pointe!
Our community will miss you!



August 2019



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 SUNSHINE AND SUMMERTIME	<u>Resident Birthdays</u> 8/6~Phyllis G. 8/12~Bill W. 8/14~Annette K. 8/25~Karin H. 8/30~Riva R.		<u>Staff Birthdays</u> 8/10~Diane B. <u>Staff Anniversary</u> 8/31/2016~Cheryl Kelly	1 Hello August 9:00 Puzzles-IN2L 10:30 Exercise 1:30 Bingo w/Betty & John 3:00 Adult Coloring 3:30 Skip Bo Card Game 6:00 Pinochle	2 Ice Cream Sandwich Day 9:00 Puzzles-IN2L 10:30 Walking Exercise 1:30 LCR Dice Game 3:00 Ice Cream Sandwich Social 4:00 Jukebox "Big Band" 6:00 Evening TV	3 Watermelon Day 9:00 Puzzles/Games-IN2L 10:30 Adult Coloring 11:00 Seafair Races -TV 1:30 Bingo 2:30 Watermelon Social 3:30 Skip Bo Card Game 6:00 Classic TV
4 Friendship Day 10:00 Hymn Book 11:00 Crossword 1:30 Adult Coloring 2:00 Sunday Matinee 3:00 Walk around the Community with Friends 4:00 Iced Tea Social Outside	5 Doctor Appointments 9:00 Puzzles-IN2L 10:30 Tai Chi w/Larry 11:00 Poker Games 1:30 Bingo 3:00 Lemonade Social 4:00 Sing Along –IN2L 6:00 Evening News	6 National Night Out 9:00 Puzzles-IN2L 10:30 Adult Coloring 1:00 Cottage Community MTG 2:00 Shopping: Fred Meyer 5:30 Root Beer Floats 6:00 Pinochle <i>Happy Birthday, Phyllis!</i>	7 Lighthouse Day 9:00 Puzzles-IN2L 9:45 Bible Study 10:30 Mukilteo Lighthouse 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game 3:45 Happy Hour w/Lee Howard	8 Zucchini Day 9:00 Puzzles-IN2L 10:30 Exercise w/Diane 11:35 Library on Wheels 1:30 Ashley Pointe Facebook 3:00 Building Your Story 3:30 Skip Bo Card Game 6:00 Pinochle	9 Book Lovers Day 9:00 Puzzles-IN2L 10:30 Walking Exercise 1:30 LCR Dice Game 3:00 Short Stories Audio Book-IN2L 4:00 Jukebox "Crooners" 6:00 Evening TV	10 Happy Birthday, Diane! 9:00 Puzzles/Games-IN2L 10:30 Adult Coloring 11:00 Foot Care w/Lori 1:30 Bingo 3:30 Skip Bo Card Game 6:00 Classic TV
11 Spirit of 45` Day 10:00 Hymn Book 11:00 Hangman 2:30 Diane's Vacation Pictures 3:00 Peaches & Ice Cream 4:00 Reminiscing "1945"	12 Doctor Appointments 9:00 Puzzles-IN2L 10:30 Tai Chi w/Larry 11:00 Poker Games 1:30 Bingo 3:00 Lemonade Social 4:00 Sing Along –IN2L <i>Happy Birthday, Bill W.!</i>	13 Left Handers Day 9:00 Puzzles-IN2L 10:30 Coffee & Chat Social 1:00 Assisted Living Community MTG 2:30 Trivia Games 4:00 Travel National Parks 6:00 Pinochle	14 Creamsicle Day 9:45 Bible Study 10:30 Balloon Toss 1:30 Outside Bingo w/Diane 2:00 Creamsicles & Bingo 2:30 Farkel Dice Game 3:45 Happy Hour w/Gary Hood <i>Happy Birthday, Annette K.!</i>	15 Relaxation Day 9:00 Puzzles-IN2L 10:30 Exercise w/Diane 1:00 Food Service Meeting 1:00 Pearle Vison 3:00 Building Your Story 3:30 Skip Bo Card Game 6:00 Pinochle	16 9:00 Puzzles-IN2L 10:30 Walking Exercise 1:30 LCR Dice Game 3:00 IN2L "Your Choice" 4:00 Jukebox "Big Band" 6:00 Evening TV	17 Honey Bees Day 9:00 Puzzles/Games-IN2L 10:30 Adult Coloring 11:00 Jig Saw Puzzles 1:30 Bingo 3:30 Skip Bo Card Game 6:00 Classic TV
18 Ice Cream Pie Day 10:00 Hymn Book 11:00 Word Search 1:30 Sunday Matinee 2:00 Ice Cream Pie Social 3:00 Group Walk 4:00 Refreshments	19 Doctor Appointments 9:00 Puzzles-IN2L 10:30 Tai Chi w/Larry 11:00 Poker Games 1:30 Bingo 3:00 Lemonade Social 4:00 Sing Along –IN2L 6:00 Evening News	20 Lemonade Day 9:00 Puzzles-IN2L 10:00 Shopping: Safeway 1:00 Activity Planning 3:00 Paws for Cause Painting w/Alix & Lemonade 4:00 Sing Along-IN2L 6:00 Pinochle	21 Seniors Day 9:45 Bible Study 10:30 Balloon Toss 11:00 Funny Seniors-IN2L 1:30 Outside Bingo w/Diane 2:30 Farkel Dice Game 3:45 Happy Hour w/Tom & Jill Huton	22 Peach Pie Day 9:00 Puzzles-IN2L 10:00 Outing: Evergreen State Fair-FREE DAY 10:30 Sit & Be Fit–IN2L 1:30 Matching Game-IN2L 3:30 Skip Bo Card Game 6:00 Pinochle	23 9:00 Puzzles-IN2L 10:30 Walking Exercise 1:30 LCR Dice Game 3:00 IN2L "Your Choice" 4:00 Jukebox "Hawaiian" 6:00 Evening TV	24 Be an Angel Day 12:00 –3:00 ASHLEY POINTE BEACH BASH
25 Banana Split Day 10:00 Hymn Book 11:00 Build Word Game 1:30 Sunday Matinee 2:00 Banana Split Social 3:00 Group Walk 4:00 Refreshments <i>Happy Birthday, Karin H.!</i>	26 Doctor Appointments 9:00 Puzzles-IN2L 10:30 Tai Chi w/Larry 11:00 Poker Games 1:30 Bingo 3:00 Book Club Review 4:00 Sing Along–IN2L 6:00 Evening News	27 9:00 Puzzles-IN2L 10:30 Coffee & Chat Social 10:30 Outing: Camano Island 3:00 Audio Book Short Stories & Discussion 6:00 Pinochle	28 Bow Tie Day 9:45 Bible Study 10:30 Balloon Toss 1:30 Outside Bingo w/Diane 2:30 Farkel Dice Game 3:45 Happy Hour w/Doug Williams	29 College Colors Day 9:00 Puzzles-IN2L 10:30 Exercise w/Diane 2:00 August Birthday Celebration & Sing Along (Act. Room) 3:30 Skip Bo Card Game 6:00 Pinochle	30 9:00 Puzzles-IN2L 10:30 Walking Exercise 1:30 LCR Dice Game 3:00 IN2L "Your Choice" 4:00 Jukebox "1950" 6:00 Evening TV <i>Happy Birthday, Reva R.!</i>	31 Trail Mix Day 9:00 Puzzles/Games-IN2L 10:30 Adult Coloring 11:00 Jig Saw Puzzles 1:30 Bingo 3:30 Skip Bo Card Game 6:00 Classic TV <i>Happy Anniversary, Cheryl!!</i>