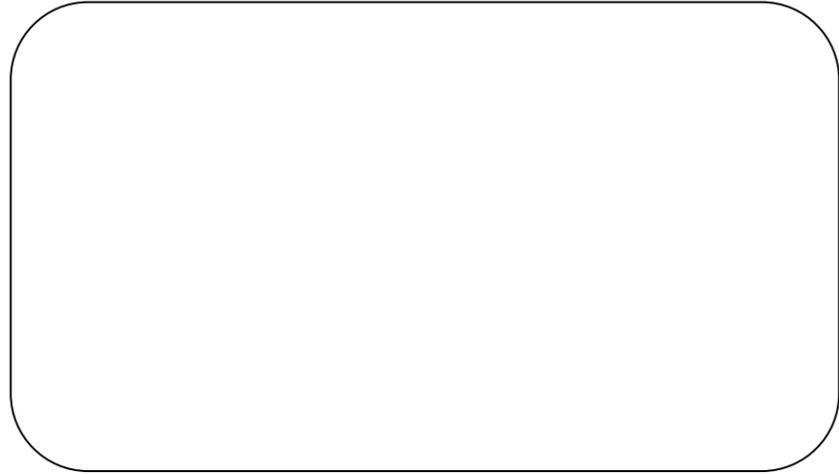


ASHLEY POINTE
SENIOR LIVING COMMUNITY

11117 20th St. NE
Lake Stevens, WA 98258

PLACE
STAMP
HERE



Administrative Team:
425-397-7500

Loretta Kreeger
Executive Director

Erin Jones
Wellness Director

Nicole Gregg
Business Office Director

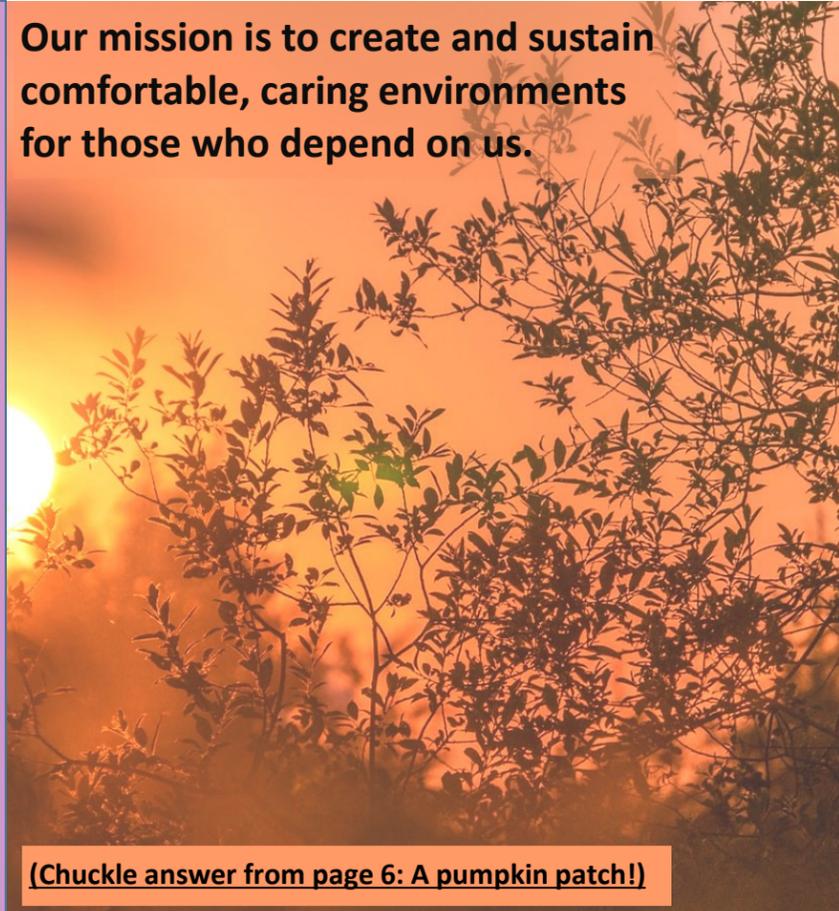
Shelley Castellino
Wellness Nurse

Autumn Blizzard
Dining Services Director

Diane Blas
Life Enrichment Director

Robert Foxley
Maintenance Director

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



(Chuckle answer from page 6: A pumpkin patch!)

Ashley Pointe News

Independent & Assisted Living Newsletter



October 2019

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3 Resident/Team Spotlight
4 Activities Calendar

6 Highlights, Social Media, Birthdays
7 Special Moments & All About Autumn!
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Breast Cancer Awareness Increases Chances of Early Detection and Treatment

October is for Breast Cancer Awareness! We know when it takes place by the pink we see people wearing, but we may not know the significance Breast Cancer Awareness Month can have in our own lives.

In addition to promoting breast cancer knowledge importance, raising research funds, and supporting survivors and those in the fight, Breast Cancer Awareness Month encourages people to take steps to help themselves detect the disease in early stages.

This October, increase your awareness level with some breast cancer facts and early detection information. Your know-how could help a loved one, friend, or yourself.

Note: This article should not be considered medical advice. Consult your medical provider before making changes to diet, medications, or lifestyle.

What is Breast Cancer?

When cells, in the breast or nearby tissue, divide and grow without normal control of regular cell division, breast cancer occurs. This process is often slow. When a lump can be felt, it may have already been growing for 10 years.

Breast cancer may occur in men or women, but affects women more often than men. In the U.S., about one percent of cases occur in men. In 2019, for U.S. women, there will have been about 268,600 new cases of invasive breast cancer. For men, there will have been an estimated 2,670 new breast cancer cases. Early detection increases breast cancer survival.



Early Detection is Key

There are ways to detect breast cancer early including regular self-examinations and clinical screenings. Clinical screenings include mammography (X-ray breast imaging); clinical breast exams (where a trained provider feels for abnormalities); and in certain high risk cases, breast MRIs. More information on screening is available at www.cancer.gov.

Women should be familiar with how their breasts normally look and report any changes to a medical provider. The American Cancer Society recommends women 45-54 get annual mammograms, earlier for those who are high-risk for breast cancer. Those 55+ can switch to every other year if in good health.

Men at high risk for breast cancer should discuss how to manage their risk with their doctor.

It is our hope that these facts encourage awareness and continued learning beyond this special month.

Special Moments



We're All About Autumn!

Autumn officially started on September 23. With it now in full swing, we asked around for the best things about Autumn!

"Changing colors of the leaves" - Mary Jo

"Beautiful fall leaves" - Virginia

"Fresh air & rain drops" - Marilyn

"Warm cozy blanket on a cool night" - Diane

"Colors of the trees" - Wes

October Highlights



October is Dessert Month, Pizza Month, Seafood Month, Arts & Humanities Month, & Popcorn Month

- 10/1-Hair Day/Maintenance Meeting w/Robert
- 10/2-Oktoberfest/Beer & Pretzels
- 10/3-Techies Day/Ebenezer Senior Luncheon
- 10/6-Flutternutter Day Social
- 10/7-Fall Leaves Art
- 10/8-Mad Hatter Day/Wear your **CRAZY** Hat!
- 10/9-Italian Night Spaghetti Sauce Cook Off
- 10/10-Stevens Pass Scenic Fall Drive
- 10/12-Gumbo Day
- 10/13-Harvest Brunch
- 10/14-Columbus Day
- 10/15-I Love Lucy Day/I Love Lucy Show-in2L
- 10/16-Bosses Day/Rhodes River Ranch
- 10/19-Seafood Bisque Day
- 10/22-Favorite Colors Day
- 10/23-Boston Cream Pie Day/Book Club at Lake Stevens Senior Center
- 10/24-Bologna Day/Cravens Pumpkin Farm Outing
- 10/27-Beer Day/Beer Tasting Social

- 10/29-October Birthday Celebration
- 10/30-Sunnyside Preschool Trick or Treaters (Please sign up if you want trick or treaters) Sign up at the front desk!
- 10/31-Addams Family Halloween Party & Pumpkin Painting



Join us for our Halloween Party
 Thursday, October 31st
 2:30 pm-5:30 pm
 Food, Costume Contest, Music & Basket Drawing!

Check us out online at:

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

Chuckle Time: What do you use to mend a Jack-O-Lantern? (Answer on back cover)

October Birthdays!



A birthday in October can be a special treat, the harvest has begun of pumpkins, gourds and wheat. So on your happy day here's a birthday wish for you - May you gather joy & laughter, love and friendships too.

We wish you a Very Happy Birthday!

- October 30~Bob K.
- October 30~Darlene J.
- October 31~Dave P.

Staff

- October 10~Courtney W. (Housekeeper)
- 10/15~Sally B. (Med Tech)
- October 17~Autumn B. (Kitchen Manager)

Birth Sign: Libra/Scorpio
 Flower: Marigold
 Birthstone: Opal



Resident Spotlight!

Jim is in the Resident Spotlight this month!

Jim and his beloved wife, Judy, moved to Lake Stevens in 2004 from Leavenworth, Wash., where they lived for 34 years. They owned and operated the Edelweiss Hotel & Restaurant there. Judy worked in the gift shop and did all the hiring. While working at the hotel and restaurant, Jim worked on the city council for 8 years and was the assistant mayor, fire chief, a fireman, an EMT, and a first responder! He says there was never a dull moment up to his retirement in 1993.

We love having Jim here at Ashley Pointe. He has a wonderful sense of humor and a great family that includes daughter Linda, son-in-law Ted, and grandson.



Staff Spotlight!



Michelle Osborn

Congratulations to Michelle!

With dedication, passion and love, you have served at Ashley Pointe for 8 years! Helping out in dietary, housekeeping, safety meetings, training and cooking, you have made a difference in so many peoples' lives! With thousands of meals served, a trillion miles put in, tons of laughter, and hugs and tears, you continue to make a difference. Thank you Michelle, for the past and present!

Congratulations on 8 amazing years!

Thank You!

October 2019

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



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|---|--|--|--|
| <p>Anniversary Colleen Bleedlove 10/16/2013</p>  <p>Staff Birthdays 10/10~Courtney W. 10/15~Sally B. 10/17~Autumn B.</p> | <p>HAPPY BIRTHDAY</p> <p>10/30~Bob K. 10/30~Darlene J. 10/31~Dave P.</p>  | <p>1 Hair Day 9:00 Short Stories-in2L 10:30 Good News-in2L 1:00 Maintenance MTG w/ Robert 2:00 Shopping: Fred Meyer 3:00 Family Feud w/Staff 6:00 Pinochle</p> | <p>2 Oktoberfest 9:45 Bible Study 10:30 Oktoberfest in Germany-in2L 1:30 Bingo w/Betty & John 2:30 Pretzels & Beer Farkel Dice Game 3:45 Happy Hour w/Mel & The Dirt Grass Band 6:00 Evening Movie</p> | <p>3 Techies Day 9:00 Puzzles 11:00 Outing: Ebenezer Senior Luncheon 1:30 Bingo w/Betty & John 3:00 Skip Bo Card Game 4:00 Car Parking-in2L 5:20 Seahawks/LAR 6:00 Pinochle</p> | <p>4 Blue Friday 9:00 Short Stories-in2L 10:30 Walking Exercise 11:00 Jukebox "Big Band" 1:30 UNO Cards w/Nicole 3:00 in2L Games w/Staff 6:00 Showtime: Life with Father-in2L</p> | <p>5 9:00 Puzzles 10:30 Chair Yoga-in2L 1:00 Jig Saw Puzzles 1:30 Bingo 3:00 Skip Bo Card Game 4:00 Travel Germany-in2L 6:00 Movie: Swing Parade- in2L</p> |
| <p>6 Fluffernutter Day 10:00 Spiritual Hymns- in2L 11:00 Bible Study 1:30 Sunday Movie 2:30 Fluffernutter Sand- wiches Social 3:00 New England Travel 6:00 Little Rascals-in2L</p> | <p>7 Doctor Appointments 9:00 Puzzles 10:30 Tai Chi w/Larry 11:00 Poker on in2L 1:30 Bingo 3:00 Fall Leaves Art 4:00 Fall Matching-in2L 6:00 Evening TV</p> | <p>8 Mad Hatter Day 9:00 Short Stories-in2L 10:30 New York Times- in2L 1:00 Cottage Community MTG 2:30 Cooking Your Favorite Spaghetti Sauce 6:00 Pinochle</p> | <p>9 Italian Night Cook Off 9:45 Bible Study 10:30 Balloon Toss 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game 3:30-5:30 Italian Night Dinner 6:00 Evening Movie</p> | <p>10 9:00 Puzzles 10:00 Outing: Scenic Fall Drive "Stevens Pass" 11:35 Library on Wheels 1:30 Bingo 3:00 Skip Bo Card Game 4:00 Bubble Popper-in2L 6:00 Pinochle</p> | <p>11 Blue Friday 9:00 Short Stories-in2L 10:30 Walking Exercise 11:00 Sing Along w/Suzie 1:30 UNO Cards 3:00 in2L Games w/Staff 6:00 Showtime: Lost Honeymoon-in2L</p> | <p>12 Gumbo Day 9:00 Puzzles 10:30 Chair Yoga-in2L 1:00 Jig Saw Puzzles 1:30 Bingo 3:00 Skip Bo Card Game 4:00 Travel 6:00 Movie: Desperate Mission-in2L</p> |
| <p>13 Hunters Full Moon 8:00 am -1:00 pm Harvest Brunch</p>  <p>10:00 Seahawks @ CLE 2:00 Armchair Travel 6:00 Mickey Rooney-in2L</p> | <p>14 Doctor Appointments Columbus Day 9:00 Puzzles 10:30 Balloon Toss 11:00 Poker-in2L 1:30 Bingo 3:00 Gin Rummy Cards 4:00 Hangman-in2L 6:00 Evening TV</p> | <p>15 I Love Lucy Day 9:00 Puzzles 10:30 Weather Bug-in2L 1:00 Assisted Living MTG 2:00 Shopping: Safeway 4:00 I Love Lucy Show 6:00 Pinochle</p> | <p>16 Bosses Day 9:45 Bible Study 11:00 Lunch Out: Rhodes River Ranch w/Loretta 1:30 Bingo 2:30 Farkel Dice Game 3:45 Happy Hour w/Gary Hood 6:00 Evening Movie</p> | <p>17 9:00 Puzzles 1:00 Food Service MTG 1:30 Bingo 3:00 Avon Presentation w/ Carrie 3:00 Skip Bo Card Game 4:00 Harvest Moon Crossword -in2L 6:00 Pinochle</p> | <p>18 Blue Friday 9:00 Short Stories-in2L 10:30 Walking Exercise 11:00 Jukebox "Country" 1:30 UNO Cards 3:00 in2L Games w/Staff 6:00 Showtime: Blonde Comet-in2L</p> | <p>19 Seafood Bisque Day 9:00 Puzzles 10:30 Chair Yoga 1:00 Jig Saw Puzzles 12:30 Everett Civic Music (Ticket Holders) 3:00 Skip Bo Card Game 4:00 Travel 6:00 Movie: Groom in Spurs-in2L</p> |
| <p>20 10:00 Hymn Book-in2L 1:25 Seahawks/BAL 2:00 Apples & Caramel Social 4:00 Armchair Travel 6:00 Carol Burnett Show- in2L</p> | <p>21 Doctor Appointments 9:00 Puzzles 10:30 Tai Chi w/Larry 11:00 Poker-in2L 1:30 Bingo 3:00 Gin Rummy Cards 4:00 Harvest Word Scram- ble-in2L 6:00 Evening TV</p> | <p>22 Favorite Colors Day 9:00 Puzzles 10:30 Thought for the Day- in2L 1:30 Activity Planning & in2L Games 3:00 Family Feud-in2L 4:00 Word Search-in2L 6:00 Pinochle</p> | <p>23 Boston Cream Pie Day 9:45 Bible Study 10:30 Balloon Toss 1:00-3:00 Lake Stevens Senior Center Book Club 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game 3:45 Happy Hour w/Lee Howard</p> | <p>24 Bolonga Day 9:00 Puzzles 10:30 Outing: Craven Pumpkin Farm-Snohomish 1:30 Bingo w/Betty & John 3:00 Skip Bo Card Game 4:00 Name that Sound-in2L 6:00 Pinochle</p> | <p>25 Blue Friday 9:00 Short Stories-in2L 10:30 Walking Exercise 11:00 Art on in2L 1:30 UNO Cards 3:00 in2L Games w/Staff 6:00 Showtime: Captain Scarlet-in2L</p> | <p>26 9:00 Puzzles 11:00 Foot Care w/Lori (Activity Room) 1:00 Jig Saw Puzzles 3:00 Skip Bo Card Game In Small Dining Room 6:00 Movie: Haunted Hill- in2L</p> |
| <p>27 National Beer Day 10:00 Seahawks @ ATL 10:30 Seahawk Donuts & Coffee Klatch 2:00 Beer Tasting Social 4:00 Armchair Travel 6:00 Bet Your Life-in2L</p> | <p>28 Doctor Appointments 9:00 Puzzles 10:30 Tai Chi w/Larry 11:00 Poker-in2L 1:30 Bingo 3:00 Gin Rummy Cards 4:00 Halloween Trivia 6:00 Evening TV</p> | <p>29 Cat Day 9:00 Puzzles 10:30 Laugh Out Loud Jokes-in2L 1:00 Cats-in2L 2:00 October Birthday Celebration 3:00 Yahtzee 6:00 Pinochle</p> | <p>30 Candy Corn Day 9:45 Bible Study 10:30 Movie: Addams Family Values 1:00 Sunnyside Preschool Trick or Treaters 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game 3:45 Happy Hour w/Doug Williams</p> | <p>31 HALLOWEEN</p> <p>10:30 Pumpkin Painting Ashley Pointe Addams Family Halloween Party 2:30 pm-5:30 pm</p> |  <p>Come and check out the in2L Located in the Activity Room! Loads of fun!</p> |  <p>FLU SHOTS FLU SHOTS WILL BE AVAILABLE WITH HAGGEN SIGN UP SHEET AT FRONT DESK</p> |