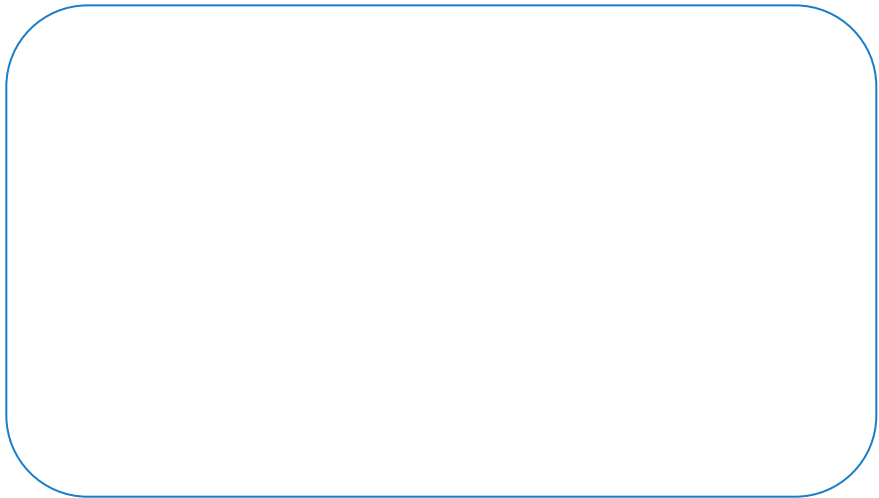


**ASHLEY POINTE**  
SENIOR LIVING COMMUNITY

11117 20th St., NE  
Lake Stevens, WA 98258

STAMP  
HERE



**Administrative Team:**  
425-397-7500

**Cindy Davis**  
Executive Director

**Erin Jones**  
Wellness Director

**Nicole Gregg**  
Business Office Director

**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.**

# Ashley Pointe News

## Monthly Newsletter



January 2020

2 Healthy New Year’s Resolutions  
3 Team & Resident Spotlight  
4-5 Activities Calendar

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



## Do It Up Big With Healthy New Year's Resolutions

Heading into a new decade is a great time to reevaluate goals and set new ones! It's a momentous occasion that calls for equally momentous goals. What better way to make a splash—and keep on splendidly splashing—than through healthy living? Embrace new-you success in the '20s!

**Note:** Each individual should follow their medical professional's advice and speak with them before making diet or exercise changes.

### Get Social

Taking part in group activities, being with others, and sharing your feelings boosts overall health. Ways to bring out your social butterfly:

- Attend group activities. Set small social goals each time you take part. Greet and share an observation or compliment.
- Have your hearing and vision tested to ensure that you aren't missing things.
- Practice your favorite hobby in a common area. It will increase the odds another person will approach you or join you.
- If religious, attend group services.
- Use IN2L with your Life Enrichment Director.

### Embrace Your Exercise Passion

Being active helps the whole body. Do some thinking about your favorite ways to be active and set small goals for daily activities (walking, dancing, swimming, stretching, lifting, bowling, golfing, or chair exercises). Work out with a buddy for motivation and safety. Mark successes on a calendar or share aloud!

### Hydrate

Dehydration can affect people of all ages, but especially seniors. Ask your health professional how much water you should get each day, as it varies from person to person. To help make hydration fun, in addition to water, try hydrating foods like watermelon, spinach, cucumbers,



**Goal Idea: Eat more blueberries! Did you know blueberries can: improve brain function, protect the body from unstable molecules, lower blood pressure, and help prevent heart disease? These little blue buddies pack quite the health punch!**

green peppers, and celery. Good ways to detect that fluid intake is adequate include rarely feeling thirsty and colorless or light yellow urine.

### Prioritize Your Wellness

Reach out to your medical and dental health professionals as you head into 2020 to schedule wellness appointments. Staying on top of your well-being is the best gift you can give yourself.

### Sleep Well

Sleep quality can be compromised in many ways. Try these goals to improve your sleep:

- Follow a pre-sleep routine / sleep schedule
- Avoid late afternoon naps or caffeine
- Avoid bright screens and lights, and large pre-bedtime meals

### Have A Rainbow A Day...

We know, the saying goes "an apple a day..." but a rainbow is much more fun. When you eat, improve nutrition with a rainbow of different colored foods on your plate at each meal, with many colors coming from fruits and vegetables.

We wish you a healthy year ahead!

## ❄️ Special Moments...



## A 1920's Recipe to Try in 2020: Lemon Ginger Icebox

This Lemon Ginger Icebox Cake is modified from a *Taste of Home* version that has great reviews. It takes 20+ minutes to prep and chill and it makes 12 servings.

**Ingredients:** Two cups of heavy whipping cream \* Eight ounces of soft cream cheese \* Two teaspoons of grated lemon zest \* Ten ounces of lemon curd \* Two tablespoons of chopped and crystallized ginger \* Two packages of thin ginger cookies that are 5 and 1/4 ounces each



**Directions:** In a big bowl, beat the lemon zest with the cream cheese until creamy. Beat in the lemon curd until it is smooth. Gradually add in cream and beat on medium to high until soft peaks set in. Line the bottom of an eight inch dish with nine cookies. Spread with two thirds of a cup of cream cheese mixture. Repeat for six layers. Sprinkle with ginger. Cover and refrigerate for two hours or more.



## January 2020 Highlights

January is Hot Tea Month, Braille Literacy Month, Oatmeal Month, Soup Month, Hobby Month, Mentoring Month, and Bath Safety

It's 2020! Happy New Year's Everyone!

1/1-New Year's Day Rose Bowl Parade & Rose Bowl  
"Oregon vs. Wisconsin"

1/2-Outing: Ebenezer Luncheon

1/3-Music & Sing Along w/Tom Bahr

1/4-Spaghetti Day

1/5-Bird Day/Bird Feeder Craft

1/6-Shortbread Day; Tech Day

1/7-Tempura Day

1/8-Elvis Presley Birthday/Scenic Drive

1/9-Snowflake Craft/Painting w/Alix

1/10-Bittersweet Chocolate Day

1/11-FOOT CARE w/Lori

1/12-Marzipan Day; Curry Chicken Day

1/13-Peach Melba Day; Rubber Ducky Day

1/14-Dress Up Your Pet Day

1/15-Chat with the Chiefs of Lake Stevens

Chief of Police John Dyer & Fire Chief Kevin O'Brien

1/16-Outing: Normanna Hall "Bob's Swing Dance"

1/17-Hot Buttered Rum Day

1/18-Winnie the Pooh Day; Thesaurus Day

1/19-Popcorn Day & Sunday Matinee

1/20-MLK Jr. Day

1/21-Clam Chowder Day

1/22-Blonde Brownie Day

1/23-Lunch Out: Chop Sticks Chinese

1/24-Compliment Day; Peanut Butter Day

1/25-CHINESE NEW YEAR "Year of the Rat"

1/26-62nd Grammy Awards-TV

1/27-Chocolate Cake Day; Bubble Wrap Day

1/28-Blueberry Pancake Day-Blueberry Breakfast

1/29-Corn Chip Day

1/30-Croissant Day

1/31-Hot Chocolate Day; Inspire Your Heart with Art Day

\* Monday Doctor Appointments

\* Tuesday Shopping Trips

\* Wednesday Happy Hour w/Entertainment & Wine

\* Thursday Fun Outings

Sign up book is located at the front desk!



## January Birthdays & Our Community Online

Best  
*Birthday*  
Wishes

Mary Jo-Jan. 1

Stacie-Jan. 1

Ruby Ann-Jan. 14

Donna-Jan. 16

Maury-Jan. 27



Come visit us online at:

Facebook.com/AshleyPointeSeniorLiving

Blog.radiantseniorliving.com

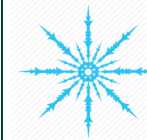
Radiantsrliving on Instagram

Radiantvoices on Instagram

RadiantSrLiving on Twitter

Pinterest.com/radiantsrliving

Radiant Senior Living on YouTube



## Resident Spotlight Virginia Hoult

Virginia has been at Ashley Pointe for 8 years. She and her husband, John moved into a cottage where they lived for 6 years. The time came when John had to move into assisted living. Virginia remained in her cottage until July 2019.

She was born in L.A. California. Not to mention, she had famous neighbors, Bing Crosby & Bob Hope. Virginia & John moved to Washington in 1960. Where her husband was starting a new job at Boeing. She and her family enjoyed snow skiing, back country skiing, camping and hiking. Virginia loves spending time near the ocean water.

She has 2 sons, 2 grandchildren and a Grand-dog named Bella who is a cancer survivor!

Virginia volunteered teaching English as a second language. She has a degree in education and was a substitute teacher in Kent WA. school district for many years. She's such an amazing women.



## Staff Spotlight Cheryl

Cheryl has been an employee at Ashley Pointe since August 2016. She is one of our best Med Techs. Always stepping in, filling in when needed. The residents love her. She's a very caring & patient person.

Cheryl is married and has one daughter, Ashley.

When not at work, her and her family enjoys ,camping, hiking, the ocean beaches & going to Westport to spent time in their cabin.

We're so happy to have Cheryl as a part of our Ashley Pointe team!





# JANUARY 2020



Ashley Pointe · 11117 20th Street N.E., Lake Stevens, WA 98258 · 425-397-7500

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<u><b>Resident Birthdays</b></u>  Mary Jo T.~1/1 Ruby Ann M.~1/14 Donna G.~1/16 Maury F.~1/27  	<u><b>Staff Birthday</b></u>  Stacie Allison 1/1    <u><b>Staff Anniversary</b></u>  Courtney Weber 1/7/2019	<b>1 Happy New Year!</b> <b>8:00-12:00 131st Rose Bowl Parade</b> 9:45 Bible Study 10:30 Exercise 1:30 Bingo <b>2:00 Rose Bowl "Oregon vs Wisconsin"</b> 2:30 Farkel Dice Game 4:00 Singalong	<b>2</b> 9:00 Puzzles 10:00 January Trivia 10:30 Auld Lang Syne Lyrics Sing Along <b>11:15 Outing: Ebenezer Senior Luncheon</b> 1:30 Bingo w/ Betty & John 3:00 Skip Bo Card Game 4:00 Bahama Travel Show 6:00 Pinochle	<b>3</b> 9:00 Puzzles 10:30 Simple Stretch Exercise- iN2L 11:00 Adult Coloring 1:30 Bingo <b>3:00 Music with Tom Bahr</b> 4:00 iN2L Games 6:00 Petticoat Junction- iN2L	<b>4 Spaghetti Day</b> 9:00 Puzzles 10:00 Short Stories 11:00 Walking Exercise 1:00 Jigsaw Puzzles 1:30 Bingo 3:00 Skip Bo Card Game 6:00 Movie Memories
<b>5 Bird Day</b> 9:30 Bible Trivia 10:00 Bible Sermons 10:30 Hymn Book 1:30 Bird Watching Video/ Crossword & Trivia 2:00 Sunday Matinee <b>2:30 Bird Feeder Craft</b> 3:00 Skip Bo Card Game 6:00 Evening Movie	<b>6 Doctor Appointments</b> 9:00 Puzzles 10:30 Tai Chi with Larry 11:00 Poker Game 1:30 Bingo 3:00 Short Stories 4:00 Crossword Puzzles 6:00 Rick Steve's Travel Show	<b>7 Tempura Day</b> 9:00 Puzzles 10:00 Adult Coloring <b>1:00 Maintenance Meeting</b> 1:30 Bingo <b>2:00 Shopping: Fred Meyer</b> 3:00 iN2L Games 4:00 Hot Chocolate & Sing Along 6:00 Pinochle	<b>8 Elvis Presley's Birthday</b> 1/8/1935 9:00 Puzzles 9:45 Bible Study <b>10:30 Outing: Scenic Drive</b> 1:30 Bingo 2:30 Farkel Dice Game 2:45 Elvis Presley Trivia Game <b>3:45 Happy Hour with Ed Pearson</b>	<b>9</b> 9:00 Puzzles 10:00 Winter Word Scrabble 10:30 Snowflake Craft 11:35 Library on Wheels 1:30 Bingo w/Betty & John <b>3:00 Painting w/Alix</b> 3:30 Skip Bo Card Game 6:00 Pinochle	<b>10 Full Moon</b> 9:00 Puzzles 10:30 Simple Stretch Exercise-iN2L 11:00 Adult Coloring 1:30 Bingo 4:00 iN2L Games 6:00 Beverly Hillbillies- iN2L	<b>11 Foot Care w/Lori</b> <b>Foot Care Starts at 11:00 In the Activity Room</b> 9:00 Puzzles 10:00 Short Stories 11:00 Walking Exercise 1:00 Jigsaw Puzzles 1:30 Bingo 3:00 Skip Bo Card Game 6:00 Movie Memories
<b>12</b> 9:30 Bible Trivia 10:00 Bible Sermons 10:30 Hymn Book 1:30 Crossword Puzzles 2:00 Sunday Matinee 3:00 Ice Cream Treats 6:00 Evening Movie	<b>13 Doctor Appointments</b> 9:00 Puzzles 10:30 Tai Chi with Larry 11:00 Poker Game 1:30 Bingo 3:00 Short Stories 4:00 Hangman 6:00 Resident Choice: Travel Show	<b>14 Dress Up Your Pet Day</b> 9:00 Puzzles 10:00 Adult Coloring <b>1:00 Cottage Community Meeting</b> 1:30 Bingo <b>2:00 Shopping: Safeway</b> 3:00 iN2L Games 4:00 Hot Chocolate & Sing Along 6:00 Pinochle	<b>15 Strawberry Ice Cream Day</b> 9:00 Puzzles 9:45 Bible Study 10:30 Exercise <b>1:00 Chat with Lake Stevens Chiefs &amp; Strawberry Ice Cream</b> 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game <b>3:45 Happy Hour with the Salt Grass Dirt Band</b>	<b>16</b> 9:00 Puzzles 10:30 White Words Game 11:00 Balloon Toss <b>1:00 Outing: Normanna Hall Bob's Swing Dance-Everett</b> <b>2:00 Food Service Forum</b> 3:00 Skip Bo Card Game 6:00 Pinochle	<b>17</b> 9:00 Puzzles 10:30 Simple Stretch Exercise-iN2L 11:00 Adult Coloring 1:30 Bingo 4:00 iN2L Games 6:00 Mayberry-iN2L	<b>18</b> 9:00 Puzzles 10:00 Short Stories 11:00 Walking Exercise 1:00 Jigsaw Puzzles 1:30 Bingo 3:00 Skip Bo Card Game 6:00 Movie Memories
<b>19 Popcorn Day</b> 9:30 Bible Trivia 10:00 Bible Sermons 10:30 Hymn Book 1:30 MLK Jr. Trivia & Crossword Puzzle 2:00 Sunday Matinee & Popcorn 6:00 Evening Movie	<b>20 MLK Jr. Day</b> 9:00 Puzzles 10:30 Tai Chi with Larry 11:00 Poker Game 1:30 Bingo 3:00 Short Stories 4:00 Hangman 6:00 Resident Choice: Travel Show	<b>21 Clam Chowder Day</b> 9:00 Puzzles 10:00 Adult Coloring <b>1:00 Assisted Living Community Meeting</b> 1:30 Bingo <b>2:00 Shopping: Walmart</b> 4:00 Hot Chocolate & Sing Along 6:00 Pinochle	<b>22</b> 9:00 Puzzles 9:45 Bible Study 10:30 Exercise 1:30 Bingo 2:30 Farkel Dice Game <b>3:45 Happy Hour w/Silver Creek Band</b>	<b>23 Handwriting Day</b> 9:00 Puzzles 10:30 Handwriting Group <b>11:30 Lunch at Chopsticks Lake Stevens</b> 1:30 Bingo 2:30 Chinese Tea Party 4:00 Chinese Astrology & Trivia 6:00 Pinochle	<b>24</b> 9:00 Puzzles 10:30 Simple Stretch Exercise-iN2L 11:00 Adult Coloring 1:30 Bingo 4:00 iN2L Games 6:00 Ozzie & Harriet- iN2L	<b>25 Chinese New Year</b> 9:00 Puzzles 10:00 Short Stories 11:00 Walking Exercise 1:00 Jigsaw Puzzles 1:30 Bingo 3:00 Skip Bo Card Game 6:00 Movie Memories
<b>26 62nd Grammy Awards</b> 9:30 Bible Trivia 10:00 Bible Sermons 10:30 Hymn Book 1:30 Hollywood Travels 2:00 Sunday Matinee 3:00 Ice Cream Treats 5:00 Grammy Awards- TV	<b>27 Doctor Appointments</b> 9:00 Puzzles 10:30 Tai Chi w/Larry 11:00 Poker Game 1:30 Bingo 3:00 Short Stories 4:00 Hangman 6:00 Resident Choice: Travel Show	<b>28 Blueberry Pancake Day</b> 8:00 Blueberry Pancake Breakfast 9:00 Puzzles 10:00 Adult Coloring <b>1:00 Activity Planning</b> 1:30 Bingo <b>2:00 Shop: Dollar Tree</b> 4:00 Hot Chocolate & Sing Along 6:00 Pinochle	<b>29 Corn Chip Day</b> 9:00 Puzzles 9:45 Bible Study 10:30 Exercise 1:30 Bingo 2:30 Farkel Dice Game <b>3:45 Corn Chips &amp; Happy Hour w/Doug Williams</b>	<b>30</b> 9:00 Puzzles 10:30 Balloon Toss 1:30 Bingo w/ Betty & John 2:00 360° Travel Videos 3:30 Skip Bo Card Game 6:00 Pinochle	<b>31</b> 9:00 Puzzles 10:30 Simple Stretch Exercise- iN2L 11:00 Adult Coloring 1:30 Bingo 4:00 iN2L Games 6:00 Dragnet- iN2L	