



Administrative Team:

Executive Director: Jeff Hendrickson

Wellness Director: Erin Jones

Business Office Director: Nicole Gregg

Community Relation Director: Amber Ford

Dining Services Director: Scott Campbell

Life Enrichment Director: Diane Blas

Maintenance Director: Robert Foxley

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

Ashley Pointe News

Monthly Newsletter



February 2020

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Early Detection Factors Into Improved Cancer Statistics

Perhaps unbelievable, but true, some of the best news of the last decade comes from recent statistics regarding cancer. Both the rate of new cancer diagnoses and the rate of mortality due to cancer have decreased over the last 10 years. This is exciting news, and early detection has played a vital role in decreasing these stats.

Early diagnosis can also have a more personal benefit of empowering us with knowledge about our health and giving us the opportunity to stall, stop, or receive needed support. February is National Cancer Prevention Month; read on to learn more about the importance of early detection, and some lifestyle choices that may lead to a cancer diagnosis.

Remember, to talk with your medical provider about the best test type and frequency of testing as it varies depending on risk factors and general health.

Early Detection for Men

Men are suggested to get screening for colon, prostate, and lung cancers. Testing for colon cancer generally is suggested starting at age 45, prostate at 50, and lung at 55.

Early Detection for Women

Testing for cancers such as breast, cervical, colon, and lung are recommended for women. Regular pap smears beginning at age 30 help doctors monitor for cervical cancers throughout aging. Starting at an



age range of 45 to 54 years, women are encouraged to receive annual mammograms to test for breast cancer. Colon cancer testing should start at age 50. Typically, testing for lung cancer is suggested starting at age 55.

Risk Factors & Lifestyle

While even living the healthiest life, someone can be diagnosed with cancer, but there are some lifestyle choices that can increase overall risk and evidence to suggest that a healthy lifestyle may not only decrease risk, but increase the likelihood of remission if diagnosed. Cancer risks can be reduced by avoiding tobacco, maintaining a healthy weight, engaging in regular physical activity, following a healthy diet with at least 2.5 cups of fruits and vegetables daily, limiting alcohol intake, and protecting skin.

Help do your part to continue the downward trend of cancer statistics and increase your chances of a cancer-free life by living a risk-reduced lifestyle and talking to your doctor about suggested cancer screenings at your next appointment.

Special Moments



This month, join us for
our...

Valentine Social
On February 13, 2020
At 2 PM

Located in the activity room

Our Thoughts On...

what we love about
Valentine's Day!

"Shaving cream message on the
mirror" - Annette

"Heart-shaped cake" - Virginia

"Heart-shaped box of chocolate"
- Mary Jo



February 2020 Highlights



February is Black History Month, Heart Month, Hot Breakfast Month, Library Lover's Month, Bake for Family Fun Month, and Embroidery Month

2/1-Read Aloud Day-Audio Books

2/2-Groundhog Day-Super Bowl

2/3-Foodservice Pride Week Kicks Off

2/4-Maintenance MTG

2/5-Nutella Day Sandwich Social

2/6-Frozen Yogurt Day

2/7-Food Service Recognition

2/8-Boy Scout Day-Full Snow Moon

2/9-Pizza Day-Games & Crafts w/Lake Stevens Boys Baseball League

2/11-Make a Friend Day-Cottage Community MTG

2/12-Wear Red Day/Valentine Crafts

2/14-Valentine's Day Social

2/15-Gumdrop Day

2/16-Games/Crafts w/Lake Stevens Boys Baseball League

2/17-Presidents' Day

2/18-Assisted Living Community MTG



2/19-Wine Day

2/20-Cherry Pie/Painting w/Alix

2/21-Caregivers Day Recognition

2/22-Cook a Sweet Potato Day

2/23-Banana Bread Day Social

2/25-Fat Tuesday "Mardi Gras"

2/26-Ash Wednesday

2/29-Leap Day!



- ♦ Sign up book located at the front desk for shopping & outings
- ♦ Bible Study held each Wednesday at 9:45 am
- ♦ Happy Hour Wednesday at 3:45 pm
- ♦ Tai Chi Exercise every Monday at 10:30 am
- ♦ Library on Wheels second Thursday each month in the living room area

Best
Birthday
Wishes

Rodney B.: February 5

Virginia H.: February 13

Joy P.: February 27



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AshleyPointeSeniorLiving

Blog.radiantseniorliving.com

Radiantsrliving on Instagram

Radiantvoices on Instagram

RadiantSrLiving on Twitter

Pinterest.com/radiantsrliving

Radiant Senior Living on
YouTube

Resident Spotlight: Joanne

Joanne is one of our longtime residents. She moved to Ashley Pointe in June of 2006. Joanne was born in Powell, Wyoming. At 9 months old, her family moved to Wenatchee, then to Northport, WA. From there they moved to Virginia. She graduated from high school in 1944 at Richmond High in California. She got her first job as a hand grenade fuse inspector. Joanne met her soon-to-be husband Glen when she was 16. Glen was in the US Marine Corp. They married in 1947. They have two children, Ronda and Stan. They settled down in Eureka, Ca. for 30 years. After retirement, she and Glen purchased a commercial fishing boat and enjoyed a hobby of fishing. Some other of Joanne's hobbies have included crocheting, doll collecting, and reading. We love Joanne's great sense of humor.

Thank you Joanne for being in our spotlight this month!



Staff Spotlight: Norma

Norma is the newest member of our team since November of 2019. Norma is married and has a daughter who is currently attending Everett Community College. Before Norma came to the U.S. from the Philippines, she lived and worked in Vancouver, Canada as a caregiver. During her time off, she and her husband enjoy hiking.

We're so happy, Norma, that you are a part of the Ashley Pointe team!



SUN	MON	TUE	WED	THU	FRI	SAT
		 <p>Rod 2/5 Virginia 2/13 Joy 2/27</p> <p>Staff Birthday Marg Carver-Med Tzeh 2/13</p>				1 Read Aloud Day 9:00 Puzzles 10:00 Morning Walk 10:30 Audio Books-in2L 12:30 Everett Civic Music (Ticket Holders) 1:00 Jig Saw Puzzles 1:30 Bingo 3:00 Skip Bo Card Game 6:00 Movie Memories
2 Groundhog Day  <p>9:30 Bible Trivia 10:00 Hymn Book 1:00 Super Bowl Trivia</p> <p>3:30 Super Bowl XLI “54” FOX TV Tailgate Snacks & Beverages</p>	3 Food Service Week 9:00 Puzzles 10:30 Tai Chi w/Larry 11:00 Poker Game 1:30 Bingo 3:30 Read Aloud Book Club “A Summer Walk” 6:00 Travel Argentina	4 9:00 Puzzles 10:00 Adult Coloring 1:00 Maintenance MTG 1:30 Bingo 2:00 Shopping: Fred Meyer 3:30 Classic Radio “Bob Hope” 6:00 Pinochle	5 Happy Birthday, Rodney! Nutella Day 9:45 Bible Study 10:30 Hangman 1:30 Bingo w/Betty & John 2:00 Nutella Sandwich Snack 2:30 Farkel Dice Game 3:30 Happy Hour w/Gary Hood 6:00 Evening Movie	6 Frozen Yogurt Day 9:00 Puzzles 10:00 Stretching Exercise 11:15 Outing: Ebenezer Luncheon 1:30 Bingo 3:00 An Afternoon w/Eleanor Roosevelt-Debbie Dimitre CD Story Teller 3:00 Skip Bo Card Game 3:15 Frozen Yogurt Treat 6:00 Pinochle	7 9:00 Puzzles 10:30 Chair Exercise 11:00 Adult Coloring 1:30 Bingo 2:00 Food Service Recognition 3:00 Music w/Tom Bahr 3:30 Short Stories 4:00 IN2L Games 6:00 What’s Up Today-Artwork	8 Full Snow Moon Boy Scout Day 9:00 Puzzles 10:00 Morning Walk 10:30 Funny Jokes 1:00 Jig Saw Puzzles 1:30 Bingo 3:00 Skip Bo Card Game 3:30 Boy Scout Trivia Game 6:00 Movie Memories
9 Pizza Day 9:30 Bible Trivia 10:00 Hymn Book 1:00 Games & Crafts with Lake Stevens Baseball League Boys 1:30 Root Beer Floats 2:30 Sunday Matinee 3:00 Skip Bo Card Game	10 9:00 Puzzles 10:30 Tai Chi w/Larry 11:00 Poker Game 1:30 Bingo 3:30 Read Aloud Book Club “A Summer Walk” 6:00 Travel Australia	11 9:00 Puzzles 10:00 Reminiscing Time 1:00 Cottage Community MTG 1:30 Bingo 2:00 Shopping: Safeway 3:30 Classic Radio “Duke Ellington” 6:00 Pinochle	12 Wear Red Day 9:45 Bible Study 10:30 Valentine Crafts 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game 3:45 Happy Hour w/Robert & Summer 6:00 Evening Movie	13 Happy Birthday, Virginia! 9:00 Puzzles 10:30 Chair Exercise 11:35 Library on Wheels 1:30 Bingo 3:00 Skip Bo Card Game 4:00 Balloon Toss 6:00 Pinochle	14 Valentine’s Day 9:00 Puzzles 10:30 Chair Exercise 11:00 Adult Coloring 2:00 Valentine Day Social 3:30 Short Stories 4:00 IN2L Games 6:00 What’s Up Today-Comics	15 Gum Drop Day 9:00 Puzzles 10:00 Morning Walk 10:30 Funny Jokes 1:00 Jig Saw Puzzles 1:30 Bingo 3:00 Skip Bo Card Game 6:00 Movie Memories
16 9:30 Bible Trivia 10:00 Hymn Book 1:00 Games & Crafts w/Lake Stevens Baseball League Boys 1:30 Ice Cream Treats 2:30 Sunday Matinee 3:00 Skip Bo Card Game	17 Presidents’ Day 9:00 Puzzles 10:30 Tai Chi w/Larry 11:00 Poker Game 1:30 Bingo 2:30 President Trivia 3:30 Read Aloud Book Club “A Summer Walk” 6:00 Travel Bahamas	18 9:00 Puzzles 10:00 Classic Shows 1:00 Assisted Living Community MTG 1:30 Bingo 2:00 Shopping: Walmart 3:30 Classic Radio “Grand Ole Opry” 6:00 Pinochle	19 Wine Day 9:45 Bible Study 10:30 Black History Trivia 1:30 Bingo 2:30 Farkel Dice Game 3:45 Happy Hour w/Ed Pearson 6:00 Evening Movie	20 Cherry Pie Day 9:00 Puzzles 10:30 Chair Exercise 11:00 Your Favorite Classic TV Shows 1:30 Bingo w/Betty & John 2:30 Cherry Pie Social 3:00 Picture Perfect Pet Painting w/Alix 6:00 Pinochle	21 Caregivers Day 9:00 Puzzles 10:30 Chair Exercise 11:00 Adult Coloring 1:30 Bingo 2:00 Caregiver Recognition 3:30 IN2L Games 6:00 What’s Up Today-Wildlife Photo	22 9:00 Puzzles 10:00 Morning Walk 10:30 Funny Jokes 1:00 Jig Saw Puzzles 1:30 Bingo 3:00 Skip Bo Card Game 6:00 Movie Memories
23 Banana Bread Day 9:30 Bible Verses 10:00 Hymn Book 1:00 Short Stories 2:00 Banana Bread Social 2:30 Classic Radio 3:00 Skip Bo Card Game	24 9:00 Puzzles 10:30 Tai Chi w/Larry 11:00 Poker Game 1:30 Bingo 3:30 Read Aloud Book Club “A Summer Walk” 6:00 Travel Belgium	25  <p>9:00 Puzzles 10:00 Audio Books 1:00 Outing: Normanna Hall “Bob’s Swing Dance” 4:00 Classic Radio “Paul Harvey” 6:00 Pinochle</p>	26 Ash Wednesday 9:45 Bible Study 10:30 Our Plant Earth 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game 3:45 Happy Hour w/Doug Williams 6:00 Evening Movie	27 Happy Birthday, Joy! 9:00 Puzzles 10:30 Chair Exercise 11:00 Your Favorite Classic TV Shows 1:30 Bingo w/Betty & John 3:00 February Birthday Celebration 6:00 Pinochle	28 9:00 Puzzles 10:30 Chair Exercise 11:00 Adult Coloring 1:30 Bingo 3:30 IN2L Games 6:00 What’s Up Today-Wildlife Photo	29 Leap Day Foot Care w/Lori 9:00 Puzzles 10:00 Morning Walk 10:30 Funny Jokes 1:00 Jig Saw Puzzles 1:30 Bingo 3:00 Skip Bo Card Game 6:00 Movie Memories