

Administrative Team: 425-397-7500

Executive Director: Jeff Hendrickson

Business Office Director: Nicole Gregg

Wellness Nurse: Julie Santos

Dining Services Director: Scott Campbell

Life Enrichment Director: Katie Matthews

Maintenance Director: Robert Foxley

Hairdresser: Sherry Miller (425-466-5775)

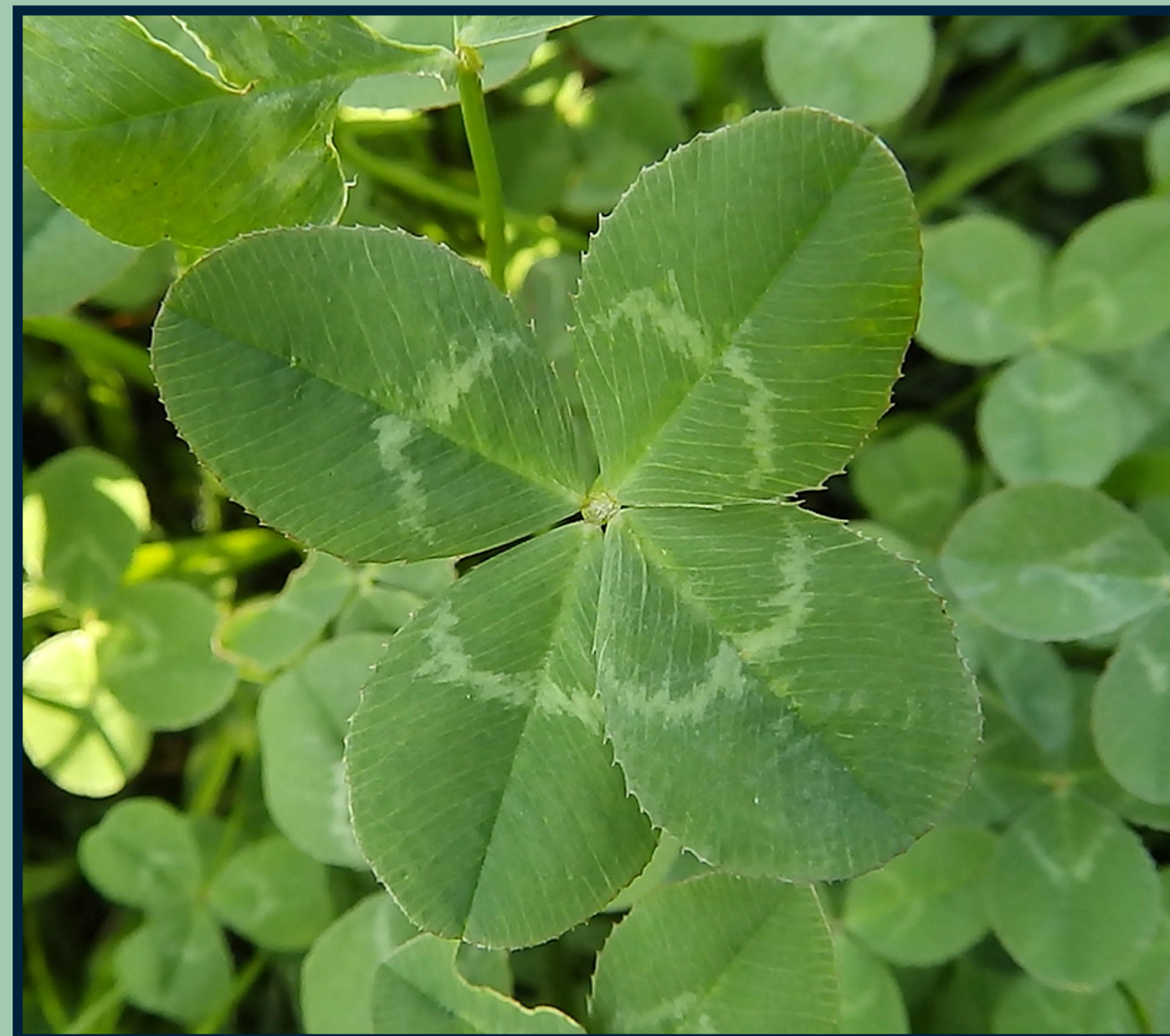
Pictured: Slieve League, Ireland



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

Ashley Pointe News

Monthly Newsletter



March 2020

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Artistic Engagement Benefits & Ideas

American Artist Georgia O'Keeffe once said, "Whether you succeed or not is irrelevant, there is no such thing. Making your unknown known is the important thing." O'Keeffe's words ring true when we think of art's importance in our daily lives. Art forms provide people of all ages, walks of life, and creative abilities the opportunity to express feelings and become engaged; by extension positively affecting health.



artistic expression can have on older adults. It:

- Aids in relaxation, anxiety, and depression
- Gives feelings of control
- Improves communication and socialization
- Encourages humor and playfulness
- Improves cognition
- Offers sensory stimulation
- Fosters a strong sense of identity
- Bolsters self-esteem
- Nurtures faith
- Reduces boredom

The next time you engage in an art form, remember how many ways you may be benefitting yourself. For those who wish to start taking part in artistic expression, or help a loved one to do so, a great place to start is with music and an empty page.

This is especially true for older adults, according to Gene Cohen, MD, PhD. Cohen concluded in a 2006 study that older adults active in arts had better physical health, fewer visits to the doctor, required less medication, and fell less frequently than those in the study not involved in arts (Today's Geriatric Medicine).

Such findings shed light upon the value that painting, dancing, drawing, knitting, sculpting, drama, photography, poetry, creative writing, and playing or moving to music can bring in senior living communities.

In an article entitled "Aging: What's Art Got to Do With It," in Geriatric Monthly, Barbara Bagan, PhD, ATR-BC, shared plenty of detailed positive effects

Special Moments: 1. Amy with Marilyn, 2. Vera's painted nails, 3. Ricochet, 4. Virginia and Katie



RESIDENTS:

3/17 Ima S.
3/21 Zelda M.
3/24 Carol L.

STAFF:

3/1 Julie S. (RN)

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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

March 2020 Highlights

March is Noodle Month, Peanut Month, Women’s History Month, and Craft Month.

- 01 Peanut Butter Day; Pig Day

02 Read Across America Day

03 Cold Cuts Day; Soup it Forward Day

04 Grammar Day; Pound Cake Day

05 Cheese Doodle Day

06 Oreo Day; Staff Appreciation Day

07 Cereal Day

08 Oregon Day; Women’s Day

09 Meatball Day; Barbie Day

10 Blueberry Popover Day

11 Oatmeal Nut Waffles Day

12 Girl Scouts Day; Plant Flowers Day

13 K9 Veterans Day; Good Deed Day

14 Butterflies Day; Potato Chip Day

15 Pears Helene Day

16 Artichoke Hearts Day; Panda Day
- 17 St. Patrick’s Day; 3D Day

18 Lacy Cookie Day; Sloppy Joes Day

19 Certified Nurses Day; Spring Begins!

20 Ravioli Day; Flour Day

21 French Bread Day; CA Strawberry Day

22 Bavarian Crepes Day

23 Melba Toast Day; Chip and Dip Day

24 Chocolate Covered Raisins Day

25 Lobster Newburg Day; Manatee Day

26 Spinach Day; Nougat Day

27 Scribble Day; Spanish Paella Day

28 Food on Sticks Day

29 Nevada Day; Lemon Chiffon Cake Day

30 Virtual Vacay Day; Park Walks Day

31 Crayon Day; Tater Day

SPRING FORWARD! On the evening of Saturday, March 7, set your clocks forward one hour for Daylight Savings Time which will take effect at 2 AM.



What’s Up? Vera’s nails are being painted by Katie, and Dave is painting at Alix’s painting class! Nice work Dave!



Resident Spotlight: Judy N.

Meet one of our newest residents, Judy. Judy was born in Everett, and has lived in the area ever since. She has two daughters, seven grandchildren, and one great granddaughter. Judy has enjoyed her time here at Ashley Pointe and looks forward to many more years of living here. Judy enjoys reading, and doing puzzles. Her favorite game is Rummikub. Judy plans to attend outings on the bus if they work with her schedule. Be sure to welcome Judy to the Ashley Pointe family!
Congratulations on being in the spotlight this month, Judy!



Staff Spotlight: Amy K.


Meet one of our newest team members, Amy. She is our housekeeper in the main building! Amy started working here in January of 2020. She was born in Monroe, in 1994. She lives with her family in Lake Stevens. When Amy is not working, she enjoys spending time with her friends, nieces, and nephews. She also loves to play board games and paint.

We are very excited to have Ms. Amy be a part of the Ashley Pointe family!



March 2020

• Ashely Pointe • 11117 20th Street NE Lake Stevens, Washington 98258 • 425-397-7500

SUN	MON	TUE	WED	THU	FRI	SAT
1 9:30 Bible Trivia (IN2L) 10:00 Hymn Book (IN2L) 1:00 Sunday Matinee (IN2L) 3:00 Skip Bo Card Game (A) 6:00 Movie (L)	2 10:00 Tai Chi W/ Larry (L) 11:00 Poker (A) 1:00 Chocolate Bingo (A) 2:00 Bowling w/ Katie (A) 3:00 Nail Polish Change (A) 3:30 Cocoa & Conversation w/ Shae (Volunteer) (L) 6:00 Movie (L)	3 9:30 Rummikub (A) 10:30 Exercise w/ Katie (L) 11:00 Bible History (A) 1:00 Maintenance Meeting w/ Robert (A) 2:00 The Stilly Singers (Seniors) (L) 3:00 Fred Meyer (B) 6:00 Pinochle (C)	4 9:45 Bible Study (PDR) 10:30 Exercise w/ Katie (L) 1:00 Chocolate Bingo w/ Betty & John (A) 2:00 Farkel Dice Game (PDR) 3:00 Happy Hour w/ The Bob & Kevin Band (L) 6:00 Movie (L)	5 9:30 UNO Card Game (A) 10:30 Exercise w/ Katie (L) 11:00 Ebenezer Lutheran Church Luncheon (B) 1:00-3:30 Men's Afternoon Movie & Social Hosted By Scott (Movie, Midway) (A) 6:00 Pinochle (C)	6 10:00 Therapy Dog, Ricochet to Visit (A) 10:00-1:00 Alterations w/ Karen (L) 11:00 Maltby Café For Brunch w/ Katie (B) 1:00 Chocolate Bingo w/ Betty & John (A) 3:00 Coffee w/ Jeff (A) 6:00 Movie (L)	7 9:00 Puzzles (IN2L) 10:00 Morning Walk (Meet in Lobby Please) 1:00 Chocolate Bingo (A) 2:00 Adult Coloring (A) 3:00 Skip Bo Card Game (A) 6:00 Movie (L)
8 9:30 Bible Trivia (IN2L) 10:00 Hymn Book (IN2L) 1:00 Sunday Matinee (IN2L) 3:00 Skip Bo Card Game (A) 6:00 Movie (L)	9 10:00 Tai Chi W/ Larry (A) 10:00-1:00 \$5.00 Jewelry Sales & Clothing Sales (L) 11:00 Poker (A) 1:00 Chocolate Bingo (A) 2:00 Nail Polish Change (A) 3:00 Ladies Tea Party (RSVP To Katie Please) (A) 3:30 Cocoa & Conversation w/ Shae (Volunteer) (L) 6:00 Movie (L)	10 9:30 Rummikub (A) 10:30 Exercise w/ Katie (L) 11:00 Bible History (A) 1:00 Cottage Community Meeting (A) 2:00 Safeway "OR" Dollar Tree (B) 3:00 Adult Coloring (A) 6:00 Pinochle (C)	11 9:45 Bible Study (PDR) 10:30 Exercise w/ Katie (L) 1:00 Chocolate Bingo w/ Betty & John (A) 2:00 Farkel Dice Game (PDR) 3:00 Happy Hour w/ The Salt Grass Dirt Band (L) 6:00 Movie (L)	12 9:30 UNO Card Game (A) 10:30 Exercise w/ Katie (L) 11:35 Library on Wheels (L) 1:00 St. Patty's Day Craft w/ Teresa (Volunteer) (A) 3:00 Resident Council Meeting (A) 6:00 Pinochle (C)	13 9:00 Coloring w/ Amy (A) 1:00 Chocolate Bingo w/ Betty & John (A) 2:00 Thrift Store Shopping & A Stop For Ice Cream Cones (B) 4:00-6:00 Girl Scout Cookie Sales (\$5.00 per box) (L) 6:00 Movie (L)	14 9:00 Puzzles (IN2L) 10:00 Morning Walk (Meet in Lobby Please) 1:00 Chocolate Bingo (A) 2:00 Adult Coloring (A) 3:00 Skip Bo Card Game (A) 6:00 Movie (L)
15 9:30 Bible Trivia (IN2L) 10:00 Hymn Book (IN2L) 1:00 Sunday Matinee (IN2L) 3:00 Skip Bo Card Game (A) 6:00 Movie (L)	16 10:00 Tai Chi W/ Larry (L) 11:00 Poker (A) 1:00 Chocolate Bingo (A) 2:00 Bowling w/ Katie (A) 3:00 Nail Polish Change (A) 3:30 Cocoa & Conversation w/ Shae (Volunteer) (L) 6:00 Movie (L)	17 9:30 Rummikub (A) 10:30 Exercise w/ Katie (L) 11:00 Bible History (A) 1:00 Assisted Living Community Meeting (A) 4:00-6:00 St. Patrick's Day Party (WEAR GREEN) (Fun Event) (DR) 6:00 Pinochle (C)	18 9:45 Bible Study (PDR) 10:30 Exercise w/ Katie (L) 1:00 Chocolate Bingo w/ Betty & John (A) 2:00 Farkel Dice Game (PDR) 3:00 Happy Hour w/ Silver Creek Band (L) 6:00 Movie (L)	19 9:30 UNO Card Game (A) 10:30 Exercise w/ Katie (L) 1:00 Reminisce w/ Katie (A) 2:00 Coffee w/ The Chiefs of Lake Stevens Police & Fire Departments (L) 3:00 Connect 4 w/ Katie (A) 6:00 Pinochle (C)	20 10:00 Therapy Dog, Ricochet to Visit (A) 11:00 Mystery Trip & Lunch (Lunches Provided) (B) 1:00 Chocolate Bingo w/ Betty & John (A) 2:00 Chef's Kitchen Hosted By Scott (A) 6:00 Movie (L)	21 9:00 Puzzles (IN2L) 10:00 Morning Walk (Meet in Lobby Please) 1:00 Chocolate Bingo (A) 2:00 Adult Coloring (A) 3:00 Skip Bo Card Game (A) 6:00 Movie (L)
22 9:30 Bible Trivia (IN2L) 10:00 Hymn Book (IN2L) 1:00 Sunday Matinee (IN2L) 3:00 Skip Bo Card Game (A) 6:00 Movie (L)	23 10:00 Tai Chi W/ Larry (L) 11:00 Poker (A) 1:00 Chocolate Bingo (A) 2:00 Nail Polish Change (A) 3:00 Health Chat w/ Julie, RN (A) 3:30 Cocoa & Conversation w/ Shae (Volunteer) (L) 6:00 Movie (L)	24 9:30 Rummikub (A) 10:30 Exercise w/ Katie (L) 11:00 Bible History (A) 1:00 Food Forum w/ Scott (A) 2:00 Walmart (B) 3:00 Adult Coloring (A) 6:00 Pinochle (C)	25 9:45 Bible Study (PDR) 10:30 Exercise w/ Katie (L) 1:00 Chocolate Bingo (A) 2:00 Farkel Dice Game (PDR) 3:00 Happy Hour w/ Doug Williams (L) 6:00 Movie (L)	26 9:30 UNO Card Game (A) 10:30 Exercise w/ Katie (L) 12:00 "March" Birthday Luncheon w/ Cake For All (Dining Room) 2:00 Sip & Paint Party w/ Katie (A) 3:00 Tic Tac Toe w/ Katie (A) 6:00 Pinochle (C)	27 9:00 Coloring w/ Amy (A) 11:00 Angel of the Winds Casino For Lunch & Fun (Back to AP by 4:00pm) (B) 1:00 Chocolate Bingo w/ Betty & John (A) 3:00 Digital Accordion Music w/ Tom Bahr (L) 6:00 Movie (L)	28 9:00 Puzzles (IN2L) 10:00 Morning Walk (Meet in Lobby Please) 12:30 Everett Civic Music (Ticket Holders) (B) 1:00 Chocolate Bingo (A) 2:00 Adult Coloring (A) 3:00 Skip Bo Card Game (A) 6:00 Movie (L)
29 9:30 Bible Trivia (IN2L) 10:00 Hymn Book (IN2L) 1:00 Sunday Matinee (IN2L) 3:00 Skip Bo Card Game (A) 6:00 Movie (L)	30 10:00 Tai Chi W/ Larry (L) 11:00 Poker (A) 1:00 Chocolate Bingo (A) 2:00 Bowling w/ Katie (A) 3:00 Nail Polish Change (A) 3:30 Cocoa & Conversation w/ Shae (Volunteer) (L) 6:00 Movie (L)	31 9:30 Rummikub (A) 10:30 Exercise w/ Katie (L) 11:00 Bible History (OA) 1:00 Resident Activity Meeting w/ Katie (DR) 2:00 Target "OR" Haggen's (B) 6:00 Pinochle (C)	Room Key A=Activity Center B=Bus Outing C=Card Room DR=Dining Room IN2L=TV Program L=Lobby PDR=Private Dining Room		MONDAY'S DOCTORS APPOINTMENTS CAN BE SCHEDULED BETWEEN 9:00-3:00PM, PLEASE SEE KATIE IN THE ACTIVITY DEPARTMENT TO SCHEDULE YOUR TRANSPORTATION OR ASK QUESTIONS!	