

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

**Executive Director, Christina James**

**Executive Director, AIT: Jeff Hendrickson**

**Business Office Director: Nicole Gregg**

**Wellness Nurse: Julie Santos**

**Dining Services Director: Scott Campbell**

**Maintenance Director: Robert Foxley**

**Hairdresser: Sherry Miller (425-466-5775)**



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

# Ashley Pointe News

## Monthly Newsletter



## April 2020

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## How to Move Toward a More Active Lifestyle & Improved Strength

It's a fact of life that as we age to around 50, our body composition changes with naturally occurring reductions to muscle mass, bone mass, and physical capacity. But it's also true that there's lots we can do to increase our strength and mobility, helping to improve our lives overall.

Head into the spring season with more opportunities for outside fun, with these guidelines and tips for improving strength and balance. Of course, always consult your health professional before making changes to diet, exercise, or medication.

Starting out on a path toward getting more active doesn't have to be a struggle. It is never too late to start being physically active. All should strive to be as physically active as their abilities and conditions allow, and for all people, some activity is better than none.

U.S. Government Guidelines state for substantial health benefits, adults should do aerobic physical activity for either:

**Option One:** 2 hours and 30 minutes up to 5 hours per week of moderate intensity **or...**

**Option Two:** 1 hour and 15 minutes up to 2 hours and 30 minutes per week of vigorous intensity

For older adults specifically, physical activity should include balance training,



**Magic Three!** Performing activities at least three separate days of the week produces health benefits, according to consistent research studies.

and aerobic and muscle-strengthening activities. Muscle-strengthening activities of moderate or greater intensity, involving all major muscle groups should be done two or more days weekly.

**What is aerobic activity?** Cardio activity in which a person moves their muscles rhythmically for a sustained period of time. Examples include brisk walking, raking, tennis, jogging, or dancing.

**What is muscle-strengthening activity?** Activity that works against a resistance. Examples include some Tai Chi, some Yoga, carrying groceries, lifting or digging for gardening, using exercise bands or hand weights for exercise moves, push ups, pull ups, and squats.

For more information and ideas, visit [health.gov](https://health.gov) and click on Physical Activity!

## Beautiful Grounds



### RESIDENTS

4/3 Eileen A.  
4/4 Peggy S.  
4/6 Cris B.  
4/6 Jim G.  
4/13 Sheila L.  
4/18 Lois N.  
4/24 Ella K.  
4/25 Bill R.

### STAFF

4/4 Cheryl  
(Med Tech)



## April 2020 Highlights

**April is Lawn & Garden Month, Poetry Month, Volunteer Month, and Jazz Month.**

01 Walking Day; Sourdough Day  
02 Burrito Day; PB&J Day  
03 Film Score Day  
04 Walk Around Things Day  
05 Deep Dish Pizza Day  
06 Caramel Popcorn Day  
07 Coffee Cake Day  
08 Empanada Day; Zoo Love Day  
09 Antiques Day; Passover Starts  
10 Young Writers Day; Good Friday  
11 Cheese Fondue Day; Pet Day  
12 Easter Day; Grilled Cheese Day  
13 Peach Cobbler Day; Scrabble Day  
14 Gardening Day; Look at the Sky Day  
15 Glazed Spiral Ham Day  
16 High Five Day; Eggs Benedict Day  
17 Cheeseball Day; Haiku Poetry Day  
18 Animal Cracker Day; Record Shop Day  
19 Garlic Day



20 Lime Bean Day; Cheddar Fries Day  
21 Kindergarten Day; Choco. Cashews Day  
22 Earth Day; Jelly Bean Day  
23 Picnic Day; Talk Like Shakespeare Day  
24 Pigs in Blankets Day; Arbor Day  
25 Telephone Day; Sense of Smell Day  
26 Pretzel Day; Audubon Day  
27 Devil Dog Day; Tell a Story Day  
28 Poetry Reading Day; Superhero Day  
29 Denim Day; Zipper Day  
30 Shelter Pet Day; Raisin Day

### A note regarding Coronavirus:

The safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines.

Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website:

<https://www.ashley-pointe.com>

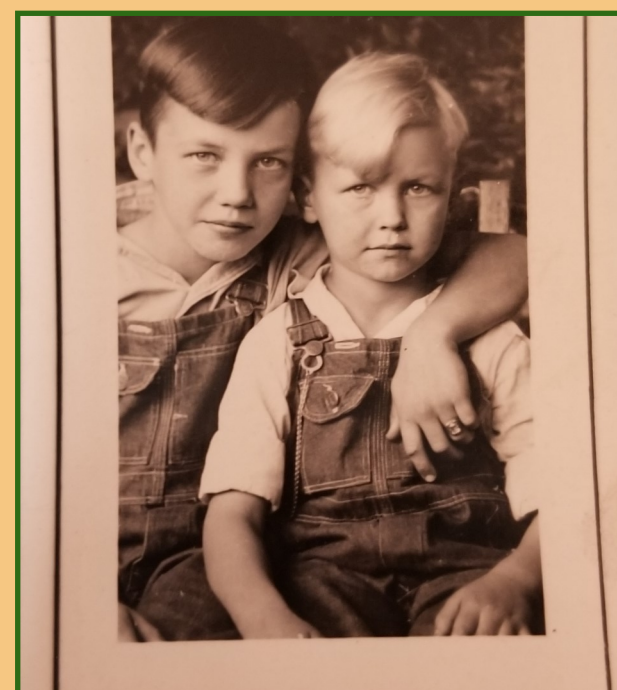
April 26th is **Audubon Day**, honoring John James Audubon's birthday back in 1785!



Audubon is celebrated for his American bird studies. He documented their mannerisms and created educational illustrations of birds in their natural habitats. He created 435 watercolor paintings of North American birds!

**Our resident spotlight shines on:  
Dave J.**

**Dave was born in Lake Stevens, Washington. He grew up with two brothers, Leland and Victor. Dave graduated from L.S. High School in 1949 and his favorite subject was “girls!” He spent two years in the Army, and worked in the newspaper industry until retirement. Dave has three children and five grandchildren. He has been very blessed to visit nine countries and 25 states. Dave is also lucky to have spent 26 winters in Arizona! Dave’s Motto: “Don’t take things too seriously!” Congratulations on being in the spotlight this month, Dave!**



**Our staff spotlight shines on:  
Shelby W.**

**Shelby is one of our newest Dining Room Servers. She previously held a packaging warehouse position in the Seattle area at Botanica for two years.**

**Shelby lives in Lake Stevens with her family. In her spare time, she enjoys spending time with her three dogs. Shelby is in the midst of planning her wedding which is scheduled for late October.**

**Congrats Shelby!**

**Shelby has enjoyed her time here at Ashley Pointe and hopes to work on getting her Caregiving License. We are very excited to have Shelby as part of the Ashley Pointe family!**



# April 2020

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

SUN	MON	TUE	WED	THU	FRI	SAT
	MONDAY'S DOCTORS APPOINTMENTS CAN BE SCHEDULED BETWEEN 9:00-3:00 PM. PLEASE SEE THE ACTIVITY DEPARTMENT TO SCHEDULE YOUR TRANSPORTATION OR ASK QUESTIONS!		<b>1</b> 9:45 Bible Study (PDR) 10:30 Exercise (L) 1:00 Chocolate Bingo w/ Betty & John (A) 2:00 Farkel Dice Game (PDR) <b>3:00 Happy Hour w/ Gary Lee Hood (L)</b> 6:00 Movie (L)	<b>2</b> 9:30 UNO Card Game (A) 10:30 Exercise (L) 1:00 Resident Show & Tell (A) 3:00 Connect 4 (A) 6:00 Pinochle (C)	<b>3</b> <b>10:00 Harmonica Fun w/ Dave (A)</b> 1:00 Chocolate Bingo w/ Betty & John (A) 6:00 Movie (L)	<b>4</b> 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)
<b>5</b> 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)	<b>6</b> 10:00 Tai Chi W/ Larry (L) 11:00 Poker (A) 1:00 Chocolate Bingo (A) 2:00 Bowling (A) 3:00 Nail Polish Change (A) 6:00 Movie (L)	<b>7</b> 9:30 Rummikub (A) 10:30 Exercise (L) 11:00 Bible History (A) 1:00 Maintenance Meeting w/ Robert (A) 3:00 Skip Bo Card Game (A) 6:00 Pinochle (C)	<b>8</b> 9:45 Bible Study (PDR) 10:30 Exercise (L) 1:00 Chocolate Bingo w/ Betty & John (A) 2:00 Farkel Dice Game (PDR) <b>3:00 Happy Hour w/ Robert &amp; Summer (L)</b> <b>6:15 Ebenezer Choir (L)</b>	<b>9</b> 9:30 UNO Card Game (A) 10:30 Exercise (L) 11:35 Library on Wheels (L) 1:00 Resident Reminisce (A) 2:00 Art Fun w/ Nicole (A) <b>3:00 Resident Council Meeting (A)</b> 6:00 Pinochle (C)	<b>10</b> 9:00 Coloring w/ Amy (A) 1:00 Chocolate Bingo w/ Betty & John (A) 6:00 Movie (L)	<b>11</b> <b>11:00-1:00 Easter Brunch (Dining Room)</b> 3:00 Skip Bo Card Game (A) 6:00 Movie (L)
<b>12</b> 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)	<b>13</b> 10:00 Tai Chi W/ Larry (A) 11:00 Poker (A) 1:00 Chocolate Bingo (A) 2:00 Nail Polish Change (A) <b>3:00 Blood Pressure &amp; Weight Checks (A)</b> 6:00 Movie (L)	<b>14</b> 9:30 Rummikub (A) 10:30 Exercise (L) 11:00 Bible History (A) 1:00 Cottage Community Meeting (A) 3:00 Skip Bo Card Game (A) 6:00 Pinochle (C)	<b>15</b> 9:45 Bible Study (PDR) 10:30 Exercise (L) 1:00 Chocolate Bingo w/ Betty & John (A) 2:00 Farkel Dice Game (PDR) <b>3:00 Happy Hour w/ Ed Pearson (L)</b> 6:00 Movie (L)	<b>16</b> 9:30 UNO Card Game (A) 10:30 Exercise (L) <b>1:00 Sing Along Hosted By Doris &amp; Sheila (L)</b> <b>2:00 Ladies Tea Party (A)</b> 3:00 Connect 4 (A) 6:00 Pinochle (C)	<b>17</b> 1:00 Chocolate Bingo w/ Betty & John (A) 2:00 IN2L Games (A) 6:00 Movie (L)	<b>18</b> 9:00 Puzzles (IN2L) 10:00 Morning Walk (Meet in Lobby Please) <b>12:30 Everett Civic Music (Ticket Holders) (B)</b> 1:00 Chocolate Bingo (A) 2:00 Adult Coloring (A) 3:00 Skip Bo Card Game (A) 6:00 Movie (L)
<b>19</b> <b>9:00 Foot Care w/ Lori (A)</b> 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)	<b>20</b> 10:00 Tai Chi W/ Larry (L) 11:00 Poker (A) 1:00 Chocolate Bingo (A) 2:00 Bowling (A) 3:00 Nail Polish Change (A) 6:00 Movie (L)	<b>21</b> 9:30 Rummikub (A) 10:30 Exercise (L) 11:00 Bible History (A) 1:00 Assisted Living Community Meeting (A) 3:00 Skip Bo Card Game (A) 6:00 Pinochle (C)	<b>22</b> 9:45 Bible Study (PDR) 10:30 Exercise (L) 1:00 Chocolate Bingo w/ Betty & John (A) 2:00 Farkel Dice Game (PDR) <b>3:00 Happy Hour w/ Doug Williams (L)</b> 6:00 Movie (L)	<b>23</b> 9:30 UNO Card Game (A) 10:30 Exercise (L) <b>12:00 "April" Birthday Luncheon w/ Cake For All (Dining Room)</b> <b>2:00 Coffee w/ Jeff (L)</b> 3:00 Tic Tac Toe (A) 6:00 Pinochle (C)	<b>24</b> 9:00 Coloring w/ Amy (A) 1:00 Chocolate Bingo w/ Betty & John (A) <b>3:00 Tom Bahr on the Accordion (L)</b> 6:00 Movie (L)	<b>25</b> 9:00 Puzzles (IN2L) 1:00 Chocolate Bingo (A) 2:00 Adult Coloring (A) 3:00 Skip Bo Card Game (A) 6:00 Movie (L)
<b>26</b> 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)	<b>27</b> 10:00 Tai Chi W/ Larry (L) 11:00 Poker (A) 1:00 Chocolate Bingo (A) 2:00 Nail Polish Change (A) 3:00 IN2L Games (A) 6:00 Movie (L)	<b>28</b> 9:30 Rummikub (A) 10:30 Exercise (L) 11:00 Bible History (A) 1:00 Food Forum w/ Scott (A) 3:00 Skip Bo Card Game (A) 6:00 Pinochle (C)	<b>29</b> 9:45 Bible Study (PDR) 10:30 Exercise (L) 1:00 Chocolate Bingo w/ Betty & John (A) 2:00 Farkel Dice Game (PDR) <b>3:00 Happy Hour w/ Betsy Haber (L)</b> 6:00 Movie (L)	<b>30</b> 9:30 UNO Card Game (A) 10:30 Exercise (L) 2:00 Resident Activity Meeting (A) 3:00 Connect 4 (A) 6:00 Pinochle (C)	<b>Room Key</b> A=Activity Center B=Bus Outing C=Card Room DR=Dining Room IN2L=TV Program L=Lobby PDR=Private Dining Room	<b>ALL ACTIVITIES ARE SUBJECT TO CANCELLATION PER CURRENT MANDATED HEALTH GUIDELINES!!</b>