

Administrative Team: 425-397-7500

Executive Director: Christina James

Executive Director, AIT: Jeff Hendrickson

Wellness Director: Malena Skultety

Wellness Coordinator: Janet Hill

Wellness Nurse Robin Lawrence

Business Office Director:

Nicole Gregg - Henriques

Food Services Director: Amanda Cavazos

Life Enrichment Director: Pamela J Smith



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

Ashley Pointe News

Monthly Newsletter



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Our Favorite Summer Pastimes!

Ah, summer! The days between June 20th and September 22nd are ones many of us in the U.S. look forward to for warm weather, relaxation, and outdoor fun! There's also Independence Day and vacations that stir excitement for many. No matter where you are, or what your plans are, we have some shining summer ideas for you.

- **Picnics.** Gathering on blankets on the grass with yummy foods and friends nearby (they can be on their own blankets with distancing in place) is an activity involving togetherness and nature that brings fun and relaxation.
- **Gardening.** Heading out into the garden, alone or with others distanced, is a fun way to get exercise and relieve stress. Ask any gardener; they'll tell you it's also fun! Just remember to check the heat index, stay hydrated, and use sun protection.
- **Painting and Placing "Positivity" Stones.** There's a trend of people painting rocks with positive, encouraging words and putting them in spaces for people to find. This activity is great because we can be creative, do art, cheer up others, and be out in nature.
- **Lounging by the Sprinkler.** Enjoy some cooling water fun on a lounge chair by a sprinkler! Friends can get in on this activity with lots of distance between.

There are many ideas beyond these that can make summer the best season! Our residents and team members have shared some of their favorite summer activities at the right! We encourage you to let us know your favorites on our Facebook in the comments section of our newsletter post on the 1st. Let's Get Summering!



Leonard adores games in all seasons!



Marilyn enjoys the garden in summer!



We love music performances outside!

Special Moments



Bowling! Sunny 10 Pin Skittles!



Table tennis is a big hit here!



Marilyn L. on July 23
Jack L. on July 24
Ann S. on July 30

July 2020 Highlights

July is Picnic Month, Hot Dog Month, Ice Cream Month, & Culinary Arts Month!

- 01 Postal Worker Day; Stamp Day; Joke Day
- 02 Anisette Day; UFO Day
- 03 Chocolate Wafer Day; Beans Day
- 04 Independence Day; Caesar Salad Day
- 05 Graham Cracker Day; Hawaii Day
- 06 Fried Chicken Day
- 07 Strawberry Sundae Day; Macaroni Day
- 08 Chocolate with Almonds Day
- 09 Sugar Cookie Day; Love Cows Day
- 10 Kitten Day; Pina Colada Day
- 11 Blueberry Muffin Day; Amer. Pet Pic Day
- 12 Pecan Pie Day; Car Collector Day;
- 13 French Fry Day; Beans N Franks Day
- 14 Mac N Cheese Day; Tape Measure Day
- 15 Tapioca Pudding Day; Love Horses Day
- 16 Corn Fritters Day; Personal Chef’s Day
- 17 Peach Ice Cream Day; Emoji Day
- 18 Sour Candy Day; Strawberry Wine Day
- 19 Ice Cream Day
- 20 Lollipop Day; Chess Day



- 21 Junk Food Day
- 22 Hot Dog Day; Penuche Fudge Day
- 23 Refreshment Day; Vanilla Ice Cream Day
- 24 Amelia Earhart Day; Drive-Thru Day
- 25 Thread a Needle Day; Cowboy Day
- 26 Parent Day; Bagel Day; Coffee Shake Day
- 27 Crème Brulee Day
- 28 Milk Chocolate Day; Waterpark Day
- 29 Lasagne; Chicken Wing Day; Lipstick Day
- 30 Cheesecake Day; Chili Dog Day; Friend 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: www.ashley-pointe.com



- Looking for s’more ideas beyond classic marshmallow + chocolate + graham? Try:
- Candied bacon + dark chocolate
 - Chocolate chip cookie + Nutella
 - Rice Krispy treat as the graham
 - Roasted berries + waffle cone

Ideas by Shared Appetite.com



Our resident spotlight shines on: Angelina

Angie is 96 years young, and we mean young! She walks the grounds twice a day; and takes part in many activities including Sit and Stretch. She is a pro at Bingo, having 5 wins in a row quite regularly!

Angie hails from Brooklyn and two years ago moved here to be close to her daughter. Angie has a delightful positive outlook on life. Her faith helps her stay strong emotionally. For her career, Angie worked as an accountant with a busy department to run.

We so enjoy having you at Ashley Pointe, Angie!

Our staff spotlight shines on: Jeff Hendrickson

Jeff is our awesome new Executive Director, energizing Ashley Pointe and keeping us all strong and well. He has been in his new role for four months, and has worked for Radiant for five years. He was the RSL Plant Operation Manager, previously in Portland, Oregon. He currently resides in Lake Stevens.

Jeff hails from Santa Barbara California and is an avid Surfer Dude. He also has been a wrestler since the grand age of 5! Jeff enjoys many adventures.

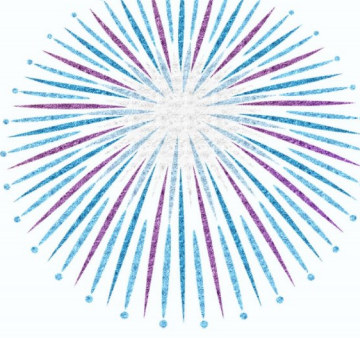


JULY 2020

Ashley Pointe

• 11117 20th Street NE., Lake Stevens, WA 98258

• Phone (425) 397-7500

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>			<p>1</p> <p>10.00 Stretch Exercise 10.30 Walk Outside 11.00 Room Visits 1:30 Bingo 2:30 Mind Games 3:30 Sing-a-Long 4:30 Puzzles 6.00 Action Movie</p>	<p>2</p> <p>10.00 Stretch Exercise 10.30 Rummikub 11.00 Room Visits 1:30 Trivia IN2L 2:30 Ping Pong 3:00 Skip Bo 4:30 Puzzles 6:00 Drama Movie</p>	<p>3</p> <p>10.00 Stretch Exercise 10.30 Outside Walk 11.00 Room Visits 1:30 Bingo 2:30 Wii Game 3:30 Name that Tune 4:30 Puzzles 6:00 Comedy Movie</p>	<p>4 Independence Day</p> <p>10.00 Stretch Exercise 11:00 Outside Walk 1:30 Bingo 2:30 Extra Bingo 3:30 IN2L Games 4:30 Puzzles</p>
<p>5</p> <p>9:00 Church 10:00 Stretch 11:00 Outside Walk 1:30 Sunday Matinee 3.00 Skip Bo 4.30 Puzzles</p>	<p>6</p> <p>10.00 Stretch Exercise 10.30 Ball Toss 11:00 Room Visits 1:30 Bingo 2:30 Creative Writing 3:30 Bowling 4:30 Hymn Sing 6:00 Golden Oldie</p>	<p>7</p> <p>10.00 Pamela in Webinar 10.30 Uno 11.00 Room Visits 1:30 Art 2:30 Bible Study 3:00 Skip Bo 4:30 Puzzles 6.00 Gin Rummy</p>	<p>8</p> <p>10.00 Stretch Exercise 10.30 Walk Outside 11:00 Room Visits 1:30 Bingo 2:30 Mind Games 3:30 Sing-a-Long 4:30 Puzzles 6.00 Action Movie</p>	<p>9</p> <p>10.00 Stretch Exercise 10.30 Rummikub 11:00 Room Visits 1:30 Resident Council 2:30 IN2L Games 3:00 Skip Bo 4:30 Puzzles 6:00 Drama Movie</p>	<p>10</p> <p>10.00 Stretch Exercise 10.30 Outside Walk 11:00 Room Visits 1:30 Bingo 2:30 Wii Games 3:30 Name that Tune 4:30 Puzzles 6:00 Comedy Movie</p>	<p>11</p> <p>10.00 Stretch Exercise 11.00 Outside Walk 1:30 Bingo 2:30 Extra Bingo 3:30 IN2L Games 4:30 Puzzles</p>
<p>12</p> <p>9:00 Church 10.00 Stretch Exercise 11:00 Outside Walk 1:30 Sunday Matinee 3.00 Skip Bo 4:30 Puzzles</p>	<p>13</p> <p>10.00 Stretch Exercise 10.30 Ball Toss 11:00 Room Visits 1:30 Bingo 2:30 Creative Writing 3:30 Bowling 4:30 Hymn Sing 6:00 Golden Oldie</p>	<p>14</p> <p>10.00 Stretch Exercise 10.30 Uno 11:00 Room Visits 1:30 Fireside with Jeff 2:30 Bible Study 3:00 Skip Bo 4:30 Puzzles 6.00 Gin Rummey</p>	<p>15</p> <p>10.00 Stretch Exercise 10.30 Walk Outside 11:00 Room Visits 1:30 Bingo 2:30 Mind Games 3:30 Sing-a-Long 4:30 Puzzles 6:00 Action Movie</p>	<p>16</p> <p>10.00 Stretch Exercise 10.30 Rummikub 11:00 Room Visits 1:30 Trivia IN2L 2:30 Ping Pong 3:00 Skip Bo 4:30 Puzzles 6:00 Drama Movie</p>	<p>17</p> <p>10.00 Stretch Exercise 10.30 Outside Walk 11.00 Room Visits 1:30 Bingo 2:30 Wii Games 3:30 Name that Tune 4:30 Puzzles 6.00 Comedy Movie</p>	<p>18</p> <p>10:00 Stretch Exercise 11:00 Outside Walk 1:30 Bingo 2:30 Extra Bingo 3:30 IN2L Games 4:30 Puzzles</p>
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