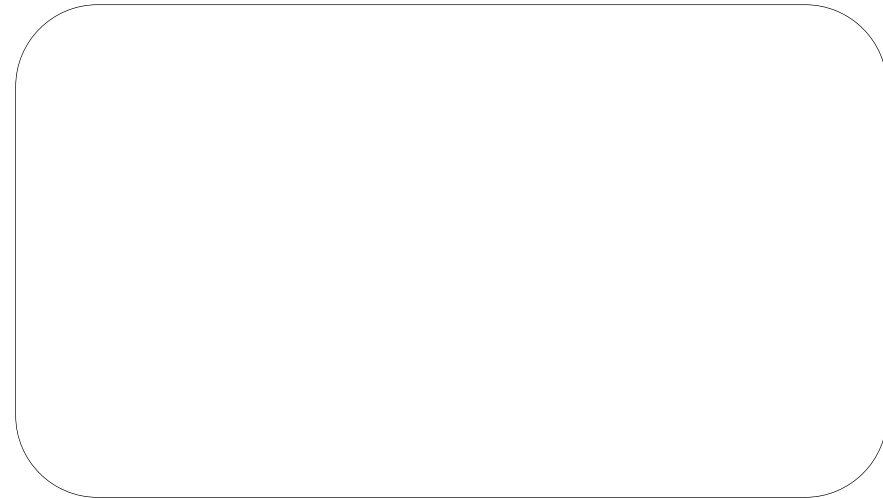


ASHLEY POINTE
SENIOR LIVING COMMUNITY

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

STAMP
HERE



Administrative Team: 425-397-7500
Executive Director: Christina James
Executive Director, AIT: Jeff Hendrickson
Wellness Director:
Business Office Director:
Nicole Henriquez
Wellness Co-Coordinator: Janet Hill
Dining Services Director:
Amanda Cavazos
Life Enrichment Director: Pamela J Smith
Maintenance Director:



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

Ashley Pointe News

Monthly Newsletter



Aug. 6th is Root Beer Float Day!

August 2020

2 Here Comes the Sun!
3 Team & Resident Spotlight
4-5 Activities Calendar

6 Highlights, Notes, Seniors Day
7 Special Moments & Birthdays
8 Mission & Team

Here Comes the Sun! Summertime Sun Safety Tips



These summer days, we want to head right outside for some fun outdoors. But before doing so, check out these tips about how to protect yourself and loved ones while out having fun! Note: This is not medical advice, and all should consult with their doctors about their personal sun safety guidelines.

Before heading outside, consider where and when you're going out. In the cooling shade, like under trees or umbrellas, is the best place to be if outside between the hours of 10 am and 4 pm during summer. Reflective surfaces like snow, sand, water, or concrete are areas in which to be extra careful of the sun's rays. UV rays are also quite strong at high altitudes.

Make sure to check the heat index. For those wondering, the heat index measures how hot it *feels* when relative humidity factors into actual air temperature. For example, if air is 96°F and relative humidity is 65%, it may feel like 121°F! Yikes! Heat

index can be checked online at weather.gov or even on OSHA's Heat Safety App!

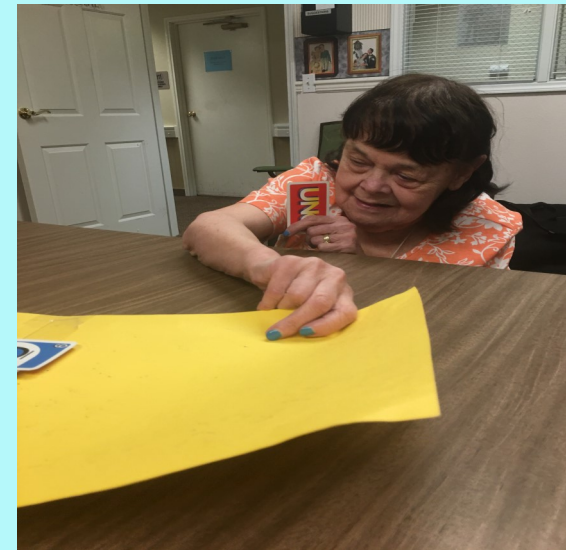
Dress for the weather. If you're headed outside during sunny summer days, wear protective clothing. Long-sleeved loose shirts, pants, wide-brimmed hats, and UV-blocking sunglasses are all a good idea. Make sure to apply a broad spectrum sunscreen at least 15 minutes before going outside - even if it's cloudy. An SPF of 15 or higher is recommended by the CDC, with reapplication every 2 hours, and after swimming, sweating, or drying off.

Have fun out there, enjoy the sun, and be sun safe while doing it!

Did You Know?

Some actively seek out sun exposure to increase Vitamin D, but the National Council on Skin Cancer Protection recommends obtaining Vitamin D through food and supplements rather than UV rays.

Special Moments



- Phyllis: Aug. 06
- Michelle: Aug. 11
- Bill: Aug. 12
- Annette: Aug. 14
- Pamela: Aug. 24
- Karin: Aug. 25
- Reva: Aug. 30

August 2020 Highlights

August is Sandwich Month, Wellness Month, Family Fun Month, and Golf Month!

- | | |
|---|--|
| 01 Disc Golf Day; Mustard Day | 21 Seniors Day!; Spumoni Day |
| 02 Friendship Day; Ice Cream Sandwich Day | 22 Tooth Fairy Day; Pecan Torte Day |
| 03 Watermelon Day | 23 Sponge Cake Day |
| 04 Chocolate Chip Cookie Day | 24 Peach Pie Day; Waffle Day |
| 05 Oyster Day | 25 Banana Split Day; Park Service Day |
| 06 Root Beer Float Day; Wiggle Toes Day | 26 Dog Day; Cherry Popsicle Day |
| 07 Lighthouse Day; Water Balloon Day | 27 Pots de Crème Day; Just Because Day |
| 08 Frozen Custard Day; Bowling Day | 28 Bow Tie Day; Red Wine Day |
| 09 Rice Pudding Day; Book Lovers Day | 29 Chop Suey Day |
| 10 S'mores Day; Lazy Day | 30 Toasted Marshmallow Day; Beach Day |
| 11 Raspberry Bombe Day; Son Daughter Day | 31 Trail Mix Day |
| 12 Julienne Fries Day; Vinyl Record Day | |
| 13 Prosecco Day; Left Handers Day | |
| 14 Creamsicle Day | |
| 15 Leathercraft Day; Lemon Meringue Day | |
| 16 Tell a Joke Day | |
| 17 Black Cat Appreciation Day; Thrift Day | |
| 18 Fajita Day; Ice Cream Pie Day | |
| 19 Aviation Day; Soft Ice Cream Day | |
| 20 Radio Day; Chocolate Pecan Pie Day | |



August 21st is National Seniors Day! It has been observed since 1988 when then President Regan made it a holiday in part to share appreciation for older adults' accomplishments and services. Get involved by connecting with and thanking senior loved ones!

A note regarding Coronavirus:
Safety and comfort of our residents and staff is our number one priority during the Coronavirus cases that have happened nationwide. We will continue to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. All of our activities are subject to cancellation. To read a full list of measures taken, and our current visitor policy, please visit our website: www.ashley-pointe.com



Our resident spotlight shines on: David.

He worked in Seattle as an electrical engineer for Boeing for 30 years! He graduated from Seattle University as an electrical engineer. Before Boeing, Dave was a Cartographer for the Airforce in Korea for 4 years. He was married for 62 wonderful years. He has three adult children, seven grandkids, and seven great grandchildren. Besides making model aircrafts, Dave carves woodwork. Dave has lived here for 4 years now; two after the passing of his wife who he misses.

We love having Dave here at Ashley Pointe!

Our staff spotlight shines on: Ruzanna Davis, a fairly new Caregiver to our community! Ruzanna started April 27th and is 18 years old. She is the proud owner of a pet lizard named Raspberry who is one years old. Her favorite foods are pasta and fried rice. Her hobbies include makeup, hiking, camping, and the outdoors. She enjoys taking care of people and has been a nanny in the past. She was born and brought up in Everett and still resides there. Thank you for all you do, Ruzanna.



AUGUST 2020

Ashley Pointe • 11117 20th Street NE., Lake Stevens, WA 98258 • (425) 397-7500

SUN	MON	TUE	WED	THU	FRI	SAT
2 (1st at bottom right) 09:00 Church 10:00 Stretch 11:00 Outside Walk 01:30 Sunday Matinee 03:00 Skip Bo 04:30 Puzzles	3 10:00 Stretch Exercise 10:30 Ball Toss 11:00 Room Visits 01:30 Bingo 02:30 Head Massage (men) 03:30 Bowling 04:30 Hymn Sing 06:00 Golden Oldie	4 10:00 Pamela in Webinar 10:30 Uno 11:00 Room Visits 01:30 Lawn Croquet 02:30 Bible Study 03:00 Skip Bo 04:30 Puzzles 06:00 Gin Rummy	5 10:00 Stretch Exercise 10:30 Walk Outside 11:00 Room Visits 01:30 Bingo 02:30 Mind Games 03:00 Happy Hour 04:30 Puzzle 06:00 Action Movie	6 10:00 Stretch Exercise 10:30 Rummikub 11:00 Room Visits 01:30 Ladies Facials 02:30 Ping Pong 03:00 Skip Bo 04:30 Puzzles 06:00 Drama Movie	7 10:00 Stretch Exercise 10:30 Outside Walk 11:00 Room Visits 01:30 Bingo 02:30 Wii Game 03:30 Name that Tune 04:30 Puzzles 06:00 Comedy Movie	8 10:00 Stretch Exercise 11:00 Outside Walk 01:30 Bingo 02:30 Extra Bingo 03:30 IN2L Games 04:30 Puzzles
9 09:00 Church 10:00 Stretch 11:00 Outside Walk 01:30 Sunday Matinee 03:00 Skip Bo 04:30 Puzzles	10 10:00 Stretch Exercise 10:30 Ball Toss 11:00 Room Visits 01:30 Bingo 02:30 Head Massage (men) 03:30 Bowling 04:30 Hymn Sing 06:00 Golden Oldie	11 10:00 Pamela in Webinar 10:30 Uno 11:00 Room Visits 01:30 Lawn Croquet 02:30 Bible Study 03:00 Skip Bo 04:30 Puzzles 06:00 Gin Rummy	12 10:00 Stretch Exercise 10:30 Walk Outside 11:00 Room Visits 01:30 Bingo 02:30 Mind Games 03:00 Happy Hour 04:30 Puzzles 06:00 Action Movie	13 10:00 Stretch Exercise 10:30 Resident Council 11:00 Room Visits 01:30 Ladies Facials 02:30 IN2L Games 03:00 Skip Bo 04:30 Puzzles 06:00 Drama Movie	14 10:00 Stretch Exercise 10:30 Outside Walk 11:00 Room Visits 01:30 Bingo 02:30 Wii Games 03:30 Name that Tune 04:30 Puzzles 06:00 Comedy Movie	15 10:00 Stretch Exercise 11:00 Outside Walk 01:30 Bingo 02:30 Extra Bingo 03:30 IN2L Games 04:30 Puzzles
16 09:00 Church 10:00 Stretch Exercise 11:00 Outside Walk 01:30 Sunday Matinee 03:00 Skip Bo 04:30 Puzzles	17 10:00 Stretch Exercise 10:30 Ball Toss 11:00 Room Visits 01:30 Bingo 02:30 Head Massage (men) 03:30 Bowling 04:30 Hymn Sing 06:00 Golden Oldie	18 10:00 Stretch Exercise 10:30 Uno 11:00 Room Visits 01:30 Fireside with Jeff 02:30 Bible Study 03:00 Skip Bo 04:30 Puzzles 06:00 Gin Rummy	19 10:00 Stretch Exercise 10:30 Walk Outside 11:00 Room Visits 01:30 Bingo 02:30 Mind Games 03:00 Happy Hour 04:30 Puzzles 06:00 Action Movie	20 10:00 Stretch Exercise 10:30 Rummikub 11:00 Room Visits 01:30 Ladies Facials 02:30 Ping Pong 03:00 Skip Bo 04:30 Puzzles 06:00 Drama Movie	21 10:00 Stretch Exercise 10:30 Outside Walk 11:00 Room Visits 01:30 Bingo 02:30 Wii Games 03:30 Name that Tune 04:30 Puzzles 06:00 Comedy Movie	22 10:00 Stretch Exercise 11:00 Outside Walk 01:30 Bingo 02:30 Extra Bingo 03:30 IN2L Games 04:30 Puzzles
23 09:00 Church 10:00 Stretch Exercise 11:00 Outside Walk 01:30 Sunday Matinee 03:00 Skip Bo 04:30 Puzzles	24 10:00 Stretch Exercise 10:30 Ball Toss 11:00 Room Visits 01:30 Bingo 02:30 Head Massage (men) 03:30 Bowling 04:30 Hymn Sing 06:00 Golden Oldie	25 10:00 Stretch Exercise 10:30 Uno 11:00 Room Visits 01:30 Lawn Croquet 02:30 Bible Study 03:00 Skip Bo 04:30 Puzzles 06:00 Gin Rummy	26 10:00 Stretch Exercise 10:30 Walk Outside 11:00 Room Visits 01:30 Bingo 02:30 Mind Games 03:00 Happy Hour 04:30 Puzzles 06:00 Action Movie	27 10:00 Stretch Exercise 10:30 Rummikub 11:00 Room Visits 01:30 Ladies Facials 02:30 Ping Pong 03:00 Skip Bo 04:30 Puzzles 06:00 Drama Movie	28 10:00 Stretch Exercise 10:30 Outside Walk 11:00 Room Visits 01:30 Bingo 02:30 Wii Games 03:30 Name that Tune 04:30 Puzzles 06:00 Comedy Movie	29 10:00 Stretch Exercise 11:00 Outside Walk 01:30 Bingo 02:30 Extra Bingo 03:30 IN2L Games 04:30 Puzzles
30 09:00 Church 10:00 Stretch Exercise 11:00 Outside Walk 01:30 Sunday Matinee 03:00 Skip Bo 04:30 Puzzles	31 10:00 Stretch Exercise 10:30 Ball Toss 11:00 Room Visits 01:30 Bingo 02:30 Head Massage (men) 03:30 Bowling 04:30 Hymn Sing 06:00 Golden Oldie	All activities subject to change per mandated health guidelines.				Aug. 1st 10:00 Stretch Exercise 11:00 Outside Walk 01:30 Bingo 02:30 Extra Bingo 03:30 IN2L Games 04:30 Puzzles