

**Administrative Team:**

**Executive Director: Christina James**  
**Executive Director, AIT: Jeff Hendrickson**  
**Wellness Coordinator: Janet Hilt**  
**Business Office Director: Nicole Henriques**  
**Wellness Nurse: Robin Lawrence, RN**  
**Dining Services Director: Amanda Cavazos**  
**Life Enrichment Director: Pamela Smith**  
**Community Relations: Renee Wallace**

**Connect:**

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



# Ashley Pointe News

**September 2020 Newsletter**



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# Paths Toward Better Balance, More Active Lifestyle

Have you ever stood up to suddenly feel unsteady or light-headed? Have you stepped and felt a sense of spinning? These are common signs of balance issues that can be caused by a variety of issues, including medications or even inner ear problems. Balance can be improved with attention to health and some simple exercises!



Walking with a friend is a great way to stay strong and lift your mood!

Each September, Balance Awareness Week takes place, shedding light on issues that affect balance. In observance of Sept. 13-19, we’re sharing causes for balance issues, and ideas for balance improvement.

Signs of a balance issue can include vertigo, dizziness, falling feel, lightheadedness, confusion, or changes to hearing, vision, or cognition. If you suspect you have a balance issue, speak with your medical professional regarding diagnosis and treatment. Depending on the balance issue occurring, treatments can include medications, vestibular rehabilitation, inner ear positioning procedures, surgery, or diet and lifestyle changes.

In addition to potential treatments, a lifestyle change many can benefit from is increased physical activity for muscle strength and flexibility.

If your health professional approves, and with a spotter present, here are a few ideas to try!

### Exercises to Improve Balance:

- **Tai Chi or Chair Chi!** This is meditation in motion, with movements that shift weight from one foot to another. It improves posture and balance.
- **Hold a chair** and stand on one leg at a time for several intervals.
- **Tightrope Walking:** Hold arms straight out at your sides. Walk a straight line with a 1-2 second pause as your back leg lifts from the ground. Have head up and eyes fixed ahead.
- **Wall Pushups:** Stand arm’s length from a wall. Lean forward slightly with palms flat on wall at height and width of shoulders. Keep feet in place as you move your body forward. Gently push back until arms are straight.

Falls happen to one in four Americans aged 65+ each year. Take steps to monitor and improve your balance to avoid a potential fall starting today!



Special Moments



Angie:	Sept. 10
Doris M:	Sept. 13
Doris T:	Sept. 15
Darleen P:	Sept. 20
Leanne:	Sept. 21



# September 2020 Highlights

September celebrates Hispanic heritage, honey, piano, and square dancing!

Autumn begins Tuesday, September 22nd!

01 No Rhyme Nor Reason Day	17 Housekeepers Day; Apple Dumpling Day
02 Blueberry Popsicle Day	18 Airforce Birthday; Cheeseburger Day
03 Bowling League Day	19 Butterscotch Pudding Day; Pirate Talk Day
04 College Colors Day; Macadamia Nut Day	20 Fried Rice Day; Pepperoni Pizza Day
05 Cheese Pizza Day; Beard Day	21 Chai Day; Pecan Cookie Day; NY Day
06 Read a Book Day; Coffee Ice Cream Day	22 Centenarians Day; White Chocolate Day
07 Labor Day; Acorn Squash Day	23 Snack Stick Day; Pot Pie Day
08 Ants on a Log Day; Ampersand Day	24 Quesadilla Day; Cherries Jubilee Day
09 Teddy Bear Day; Weiner Schnitzel Day	25 Comic Book Day; Story Day; Lobster Day
10 Swap Ideas Day; Portrait Day	26 Pancake Day; Family Health & Fitness Day
11 Patriot Day; Hot Cross Bun Day	27 Chocolate Milk Day; Scarf Day
12 Chocolate Shake Day; Video Game Day	28 Neighbor Day; Strawberry Cream Pie Day
13 Grandparents Day; Assisted Living Week	29 Coffee Day; VFW Day
14 Boss Day; Hoagie Day; Crème Donut Day	30 Gum Day; Hot Mulled Cider Day
15 Online Learning Day; Cheese Toast Day	31 Avocado Day; Mutt Day
16 Mayflower Day; Guac Day; Play-Doh Day	

## Regarding Covid-19:

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.

## Our Autumn Favorites:

“The air has a fresh crispiness to it” - Cris

“My favorite thing about Fall is when the leaves fall while it’s raining” - Joy

“I love it when the leaves change color and fall to the ground” - Ruzanna

“We get some rainfall finally!” - Dave

“Autumn means scary movies, pumpkin patches, and rain...my favorite” - Sydney



## RESIDENT SPOTLIGHT:

**Marilyn**

Marilyn was born in Everett, WA, and into the Trinity Lutheran Church. At the age of 5, she began taking piano lessons and was paid 5 cents an hour by her parents to practice. Over time, she became the organist at her church, playing for them for 40 years. Marilyn is a graduate of Everett High and Pacific Lutheran College. She met her husband Jack at a church wedding. He was the best man and she was the matron of honor, and they have just celebrated their 67th wedding anniversary on Aug. 8th. They have 6 children: 3 boys and 3 girls, and she is currently working on a coloring art project for her family!



## STAFF SPOTLIGHT:

**Sydney**


Sydney is a relatively new Caregiver to our community. She was born in Edmonds, WA, but has lived the past 12 years in Arlington, and is a Lake Stevens High School graduate. Sydney has a cat and two dogs. Her hobbies include make-up and drawing, and she enjoys falling to sleep watching true crime documentaries. While only being 19 years old, she has already traveled to and visited 13 states; her goal is to visit 25 states by the age of 21.

Thank you for all you do, Sydney, Ashley Pointe is proud to have you as a part of our team!!!



# SEPTEMBER 2020

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

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.		1 10:00 Sit and Be Fit 10:30 Watercolors 11:00 Board Games 01:30 Uno 02:30 Bible Study 03:00 Skip Bo 04:30 Puzzles 06:00 Gin Rummy	2 10:00 Sit and Be Fit 10:30 Walk Outside 11:00 Room Visits 01:30 Bingo 02:30 Mind Games IN2L 03:00 Happy Hour 04:30 Puzzles 06:00 Action Movie	3 10:00 Sit and Be Fit 10:30 Rummikub 11:00 Ball Toss 01:30 Trivia IN2L 02:30 Ping Pong 03:00 Skip Bo 04:30 Puzzles 06:00 Drama Movie	4 10:00 Sit and Be Fit 10:30 Outside Walk 11:00 Room Visits 01:30 Bingo 02:30 Wii Games/Manicures 03:30 Name that Tune 04:30 Puzzles 06:00 Comedy Movie	5 10:00 Sit and Be Fit 11:00 Outside Walk 01:30 Bingo 02:30 Extra Bingo 03:30 IN2L Games 04:30 Puzzles
6 09:00 Church 10:00 Sit and Be Fit 11:00 Outside Walk 01:30 Sunday Matinee 03:00 Skip Bo 04:30 Puzzles	7 10:00 Sit and Be Fit 10:30 Walk Outside 11:00 Poem of the Day 01:30 Bingo 02:30 PEN PAL Letters 03:30 Bowling 04:30 Hymn Sing 06:00 Golden Oldies	8 10:00 Sit and Be Fit 10:30 <b>Resident Council</b> 11:00 Room Visits 01:30 Fleece Tie Pillow Art 02:30 Bible Study 03:00 Skip Bo 04:00 Book Club 04:30 Puzzles	9 10:00 Sit and Be Fit 10:30 Walk Outside 11:00 Room Visits 01:30 Bingo 02:30 Mind Games IN2L 03:00 Happy Hour 04:30 Puzzles 06:00 Action Movie	10 10:00 Sit and Be Fit 10:30 Rummikub 11:00 Coffee & News 01:30 Resident Council 02:30 IN2L Games 03:00 Skip Bo 04:30 Puzzles 06:00 Drama Movie	11 10:00 Sit and Be Fit 10:30 Outside Walk 11:30 Scenic Drive 01:30 Bingo 02:30 Calligraphy Class 03:30 Board Games 04:30 Puzzles 06:00 Comedy Movie	12 10:00 Sit and Be Fit 11:00 Outside Walk 01:30 Bingo 02:30 Extra Bingo 03:30 IN2L Games 04:30 Puzzles
13 09:00 Church 10:00 Sit and Be Fit 11:00 Outside Walk 01:30 Sunday Matinee 03:00 Skip Bo 04:30 Puzzles	14 10:00 Sit and Be Fit 10:30 Ball Toss 11:00 Watercolors 01:30 Bingo 02:30 Creative Writing 03:30 Bowling 04:30 Hymn Sing 06:00 IN2L Games	15 10:00 Sit and Be Fit 10:30 Uno 11:00 Scenic Drive 01:30 Bingo 02:30 Bible Study 03:00 Skip Bo 04:30 Puzzles 06:00 Gin Rummy	16 10:00 Sit and Be Fit 10:30 Walk Outside 11:00 Card Making Art 02:00 <b>Fireside with Jeff</b> 02:30 Mind Games IN2L 03:00 Happy Hour 04:30 Puzzles 06:00 Action Movie	17 10:00 Sit and Be Fit 10:30 Rummikub 11:00 Ball Toss 02:00 <b>Food Forum</b> 02:30 Ping Pong 03:00 Skip Bo 04:30 Puzzles 06:00 Drama Movie	18 10:00 Sit and Be Fit 10:30 Outside Walk 11:00 Room Visits 01:30 Bingo 02:30 Wii Games/Manicures 03:30 Name that Tune 04:30 Puzzles 06:00 Comedy Movie	19 10:00 Sit and Be Fit 11:00 Outside Walk 01:30 Bingo 02:30 Extra Bingo 03:30 IN2L Games 04:30 Puzzles
20 09:00 Church 10:00 Sit and Be Fit 11:00 Outside Walk 01:30 Sunday Matinee 03:00 Skip Bo 04:30 Puzzles	21 10:00 Sit and Be Fit 10:30 Walk Outside 11:00 Poem of the Day 01:30 Bingo 02:30 PEN PAL Letters 03:30 Bowling 04:30 Hymn Sing 06:00 Golden Oldies	22 10:00 Sit and Be Fit 10:30 Watercolors 11:00 Uno 01:30 Rock Painting Art 02:30 Bible Study 03:00 Skip Bo 04:00 Book Club 06:00 Gin Rummy	23 10:00 Stretch Exercise 10:30 Walk Outside 11:00 Room Visits 01:30 Bingo 02:30 Mind Games IN2L 03:00 Happy Hour 04:30 Puzzles 06:00 Action Movie	24 10:00 Sit and Be Fit 10:30 Rummikub 11:00 Coffee & News 01:30 Trivia IN2L 02:30 Ping Pong/Cherry Jubilee Social 03:00 Skip Bo 04:30 Puzzles	25 10:00 Sit and Be Fit 10:30 Outside Walk 11:00 Room Visits 01:30 Bingo 02:30 Calligraphy Class 03:30 Board Games 04:30 Puzzles 06:00 Comedy Movie	26 10:00 Sit and Be Fit 11:00 Outside Walk 01:30 Bingo 02:30 Extra Bingo 03:30 IN2L Games 04:30 Puzzles
27 09:00 Church 10:00 Sit and Be Fit 11:00 Outside Walk 01:30 Sunday Matinee 03:00 Skip Bo 04:30 Puzzles	28 10:00 Sit and Be Fit 10:30 Ball Toss 11:00 Manicures 01:30 Bingo 02:30 Creative Writing 03:30 Bowling 04:30 Hymn Sing 06:00 IN2L Games	29 10:00 Sit and Be Fit 10:30 Uno 11:00 Scenic Drive 01:30 Acrylic Painting 02:30 Bible Study 03:00 Skip Bo 04:30 Puzzles 06:00 Gin Rummy	30 10:00 Sit and Be Fit 10:30 Walk Outside 11:00 Room Visits 01:30 Bingo 02:30 Mind Games IN2L 03:00 Sept. B-day Party 04:30 Puzzles 06:00 Action Movie		