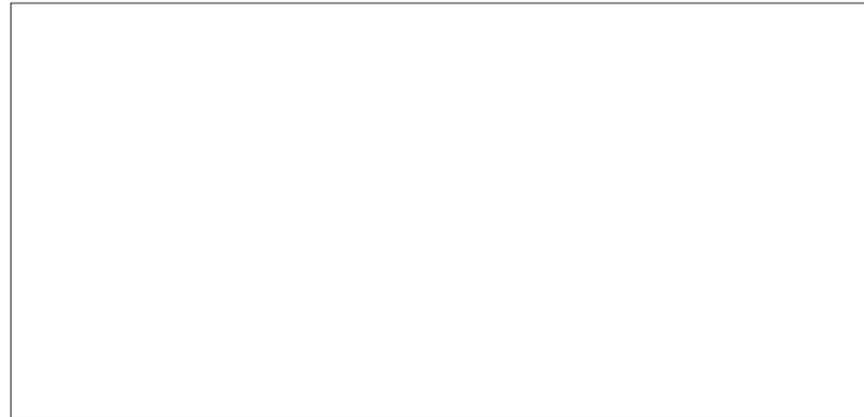


Stamp



Administrative Team:

Executive Director, AIT: Jeff Hendrickson
Wellness Director: 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
Wellness Coordinator: Ruzanna Davis

Connect:

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www.ashley-pointe.com

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

Ashley Pointe News

October 2020 Newsletter



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Breast Cancer Awareness Increases Likelihood for Early Detection and Treatment

October is for Breast Cancer Awareness! Many know it's a month to wear pink, promote breast cancer knowledge, raise research funds, or support survivors and those in the fight—but it also can have significance in lives beyond that.

Breast Cancer Awareness Month encourages people to take steps to help themselves detect the disease in early stages. This October, increase your awareness level with some breast cancer facts and early detection information. Your knowledge could help a loved one, friend, or yourself.

Note: This article is not intended to be medical advice. Consult your doctor before changing diet, medications, or lifestyle.

What is Breast Cancer?

When cells in the breast or nearby tissue divide and grow without normal control of cell division, breast cancer occurs. This process is often slow. If a lump can be felt, it may have been growing for 10 years.

Breast cancer may occur in men or women, but affects women more often than men. In the U.S., less than one percent of cases occur in men. In 2019, for U.S. women, there were about 268,600 new cases of invasive breast cancer. For men, there were an estimated 2,670 new breast cancer cases. Early



detection increases breast cancer survival.

Early Detection is Key

There are ways to detect breast cancer early including regular self-examinations and clinical screenings. Clinical screenings include mammography (X-ray breast imaging); clinical breast exams (where a trained provider feels for abnormalities); and in certain high risk cases, breast MRIs. Learn more on screening at cancer.gov.

Women should be familiar with how their breasts normally look and report changes to a medical provider. The American Cancer Society recommends women 45-54 get annual mammograms, earlier for those who are high-risk for breast cancer. Those 55+ can switch to every other year if in good health.

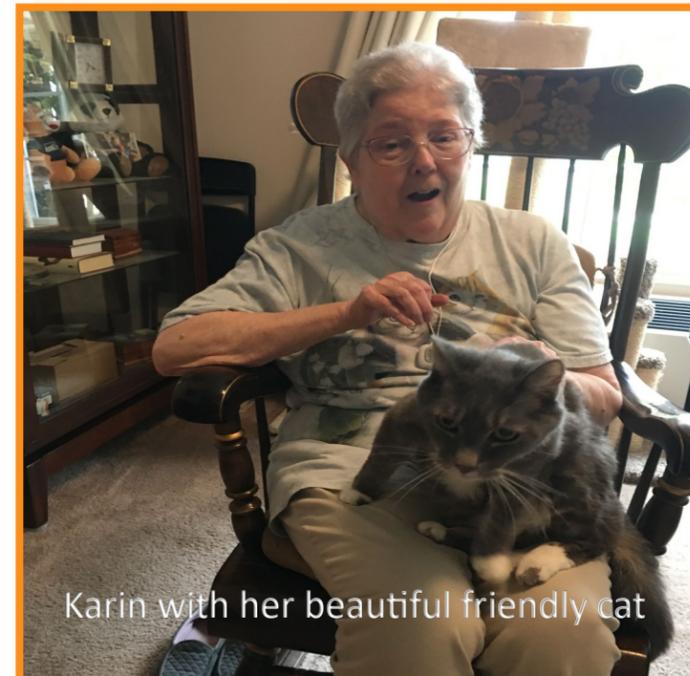
Men at high risk for breast cancer should discuss managing their risk with their doctor.

We hope these facts encourage awareness and continued learning beyond this special month.



Judy is a master at Rummikub

Special Moments



Karin with her beautiful friendly cat



Dave is a wonderful Artist

Happy Birthday!



Ceferino: Oct. 13
 Darlene J: Oct. 30
 Bob K: Oct. 30
 David: Oct. 31

- Those born in October are Libras (Sept. 23 -Oct. 22) or Scorpios (Oct. 23-Nov. 21).
- Their birthstones are opals & tourmaline.
- Their birth flower is the Calendula.
- More American presidents have October birthdays than any other month!

October 2020 Highlights

October observes emotional wellness, dental hygiene, and protecting hearing.

Foods celebrated: chili, apples, spinach, rhubarb, pretzels, pasta, and pizza.

- | | |
|---|---|
| 01 Homemade Cookies Day; Hair Day | 17 Pasta Day; Sweetest Day |
| 02 Custodial Worker Day; Car Naming Day | 18 No Beard Day; Choco Cupcake Day |
| 03 Techies Day | 19 Seafood Bisque Day; Kentucky Day |
| 04 Golf Love Day; Taco Day; Cinn. Bun Day | 20 Brandy Fruit Day; Youth Confidence Day |
| 05 Rhode Island Day; Get Funky Day | 21 Pumpkin Cheesecake Day; Reptile Day |
| 06 Mad Hatter Day; Orange Wine Day | 22 Nut Day; Color Day; Make a Dog's Day |
| 07 Frappe Day; Pumpkin Seed Day | 23 Boston Crème Pie Day; Talk Show Day |
| 08 Fluffernutter Day; Pierogi Day | 24 Make a Difference Day; Bologna Day |
| 09 Moldy Cheese Day | 25 Mother In Law Day; Greasy Food Day |
| 10 Angelfood Cake Day; Chess Day | 26 Pumpkin Day; Mincemeat Day |
| 11 Sausage Pizza Day; Clergy Apprec. Day | 27 American Beer Day; Black Cat Day |
| 12 Gumbo Day; Native Americans Day | 28 Chocolate Day |
| 13 Yorkshire Pudding Day; Navy Birthday | 29 Oatmeal Day; National Cat Day |
| 14 Fossil Day; Dessert Day | 30 Candy Corn Day; Breadstick Day |
| 15 Cheese Curd Day; I Love Lucy Day | 31 Halloween |
| 16 Sports Day; Global Cat Day; Bosses Day | |

Regarding Covid-19:

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.

Apple Pie Bread Recipe

- | | |
|-----------------------------------|-----------------------|
| Baking spray w/ flour in 9x5" pan | 1 tsp vanilla |
| ⅔ cup granulated sugar | 1 tsp baking soda |
| ½ cup whole-milk Greek yogurt | 1 tsp apple pie spice |
| 2 eggs | ½ tsp salt |
| ⅔ cup applesauce | 1 Green apple (diced) |
| 7 tbsp unsalted butter, melted | ½ cup chop walnuts |
| 1 cup flour, plus 1 tbsp divided | 3 tbsp brown sugar |
| ¾ cup whole-wheat flour | ¼ tsp cinnamon |

Preheat oven to 350 F. Stir sugar, yogurt, eggs together. Add applesauce, vanilla, 6 tbsp butter. Separately whisk 1 cup flour, whole-wheat flour, baking soda, apple pie spice, salt. Add apple, stir until coated. Add flour-apple mix to egg mix; stir. Spoon into sprayed pan. Mix walnuts, brown sugar, cinnamon & 1 tbsp butter, flour in a bowl. Sprinkle on batter. Bake 55-60 minutes. Cool 1 hour (Modified from EatingWell)



RESIDENT SPOTLIGHT: Hooshey

Hooshey has led a much travelled life, having been to most nations of the world during his career as an Ambassador. Eileen, his lovely wife, travelled with him, including living in the U.K. Hooshey enjoys talking about his experiences and watching Rick Steve's Travel. Hooshey loves beautiful music, art and enjoys listening to Robbie on classical guitar in particular. Hooshey is enthusiastic about our sit and be fit morning exercises and going for short walks outside. We love having you as part of the Ashley Pointe family, Hooshey!



STAFF SPOTLIGHT: Liz

A true Seattleite; Liz was born in Seattle, but raised here. Liz is one of our rocks of stability having worked for Radiant for 17 years prior to coming to us. She came from our sister location, La Conner Retirement Inn, and is our reigning Radiant employee of the year! Liz works at Ashley as Lead Server in the Dining Room. Liz resides in Sedro Wooley with three happy dogs in her care. Thank you for all you do, Liz!

OCTOBER 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 Rummikub 11:00 Room Visits 01:30 Trivia IN2L 02:30 Ping Pong 03:00 Skip Bo 04:30 Puzzles 06:00 Drama Movie	2 10:00 Sit and Be Fit 10:30 Outside Walk 11:00 Room Visits 01:30 Bingo 02:30 Wii Game/Manicures 03:30 Name that Tune 04:30 Puzzles 06:00 Comedy Movie	3 10:00 Sit and Be Fit 11:00 Outside Walk 01:30 Bingo 02:30 Extra Bingo 03:30 IN2L Games 04:30 Puzzles
	4 09:00 Church 10:00 Sit and Be Fit 11:00 Outside Walk 01:30 Sunday Matinee 03:00 Skip Bo 04:30 Puzzles	5 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	6 10:00 Sit and Be Fit 10:30 Coffee & News 11:00 Room Visits 01:30 Watercolors 02:30 Bible Study 03:00 Skip Bo 04:00 Book Club	7 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	8 10:00 Sit and Be Fit 10:30 Rummikub 11:00 Coffee & News 01:30 Manicures 02:30 IN2L Games 03:00 Skip Bo 04:30 Puzzles	9 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
11 09:00 Church 10:00 Sit and Be Fit 11:00 Outside Walk 01:30 Sunday Matinee 03:00 Skip Bo 04:30 Puzzles	12 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	13 10:00 Sit and Be Fit 10:30 Resident Council 11:00 Skip Bo 01:00 Ceramic Coaster Art 02:30 Bible Study 03:00 Bingo 04:30 Puzzles	14 10:00 Sit and Be Fit 10:30 Walk Outside 11:00 Scenic Drive 02:30 Mind Games IN2L 03:00 Happy Hour 04:30 Puzzles 06:00 Action Movie	15 10:00 Sit and Be Fit 10:30 Rummikub 11:00 Room Visits 02:00 Food Forum 02:30 Ping Pong 03:00 Skip Bo 04:30 Puzzles	16 10:00 Sit and Be Fit 10:30 Outside Walk 11:00 Pizza Party Matinee 01:30 Bingo 02:30 Wii Game/Manicures 03:30 Name that Tune 04:30 Puzzles	17 10:00 Sit and Be Fit 11:00 Outside Walk 01:30 Bingo 02:30 Extra Bingo 03:30 IN2L Games 04:30 Puzzles
18 09:00 Church 10:00 Sit and Be Fit 11:00 Outside Walk 01:30 Sunday Matinee 03:00 Skip Bo 04:30 Puzzles	19 10:00 Sit and Be Fit 10:30 Ball Toss 11:00 Rummikub 01:30 Bingo 02:30 PEN PAL Letters 03:30 Bowling 04:30 Hymn Sing 06:00 Golden Oldies	20 10:00 Sit and Be Fit 10:30 Watercolors 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	21 10:00 Stretch Exercise 10:30 Walk Outside 01:30 Bingo 02:00 Fireside with Jeff 03:00 Happy Hour & Pumpkin Cheesecake Social 06:00 Action Movie	22 10:00 Sit and Be Fit 10:30 Rummikub 11:00 Coffee & News 01:30 Trivia IN2L 02:30 Ping Pong 03:00 Skip Bo 04:30 Puzzles 06:00 Drama Movie	23 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	24 10:00 Sit and Be Fit 11:00 Outside Walk 01:30 Bingo 02:30 Extra Bingo 03:30 IN2L Games 04:30 Puzzles
25 09:00 Church 10:00 Sit and Be Fit 11:00 Outside Walk 01:30 Sunday Matinee 03:00 Skip Bo 04:30 Puzzles	26 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 05:00 IN2L Games	27 10:00 Sit and Be Fit 10:30 Uno 11:00 Scenic Drive 01:30 Pumpkin Decorating 02:30 Bible Study 03:00 Skip Bo 04:30 Puzzles 06:00 Gin Rummy	28 10:00 Sit and Be Fit 10:30 Walk Outside 11:00 Room Visits 01:30 Bingo 02:30 Mind Games IN2L 03:00 Oct. Birthday Party 06:00 Action Movie	29 10:00 Sit and Be Fit 10:30 Rummikub 11:00 Coffee & News 01:30 Manicures 02:30 IN2L Games 03:00 Skip Bo 04:30 Puzzles	30 10:00 Sit and Be Fit 10:30 Outside Walk 11:00 Room Visits 01:30 Bingo 02:30 Wii Game/Manicures 03:30 Name that Tune 04:30 Puzzles	31 10:00 Sit and Be Fit 11:00 Outside Walk 01:30 Bingo 02:00 Halloween Party 04:30 Puzzles