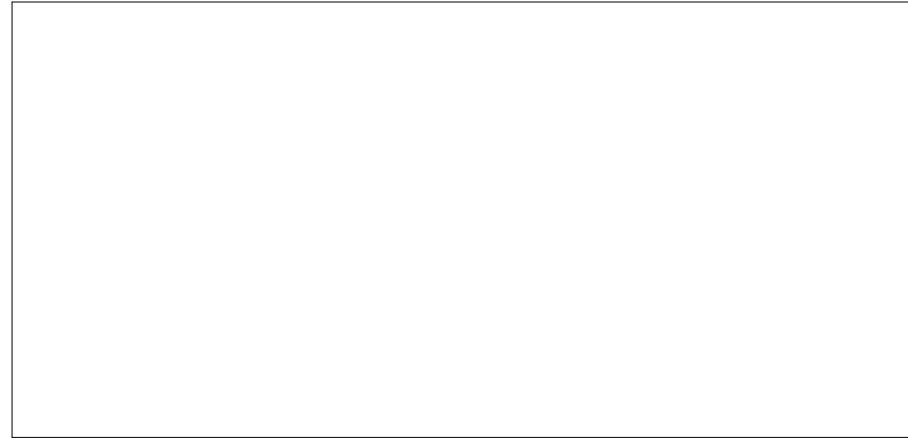


Stamp



Administrative Team:

Executive Director: Jeff Hendrickson
Wellness Director: Janet Hilt
Wellness Nurse: Robin Lawrence
Business Office Director: Nicole Gregg
Community Relations Director:
Lauri Ferguson
Dining Services Director: Amanda Cavazos
Life Enrichment Director: Pamela Smith
Maintenance Assistant: Porter Coats

Connect:

425-397-7500

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

Ashley Pointe News

January 2021 Newsletter



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How to Boost Cognition with Diet & Exercise

Please follow advice of your medical professional and speak with them before changing diet, exercise, or supplements. This is for informational use only.

Cognitive health is affected by genetics, age, environment, diet, and physical lifestyle, among other influences. Some factors are out of our control, but diet and exercise are within reach. Here are several approaches to diet and exercise to improve cognition.

When it comes to diets, several approaches may achieve better brain health. One is the **Mediterranean Diet** which includes fish, fruits, vegetables, whole grains, beans, nuts and olive oil. It aids heart and brain health, red meat ought be limited, and herbs -not salt- should flavor food.

A second is the Dietary Approaches to Stop Hypertension Diet, or the **DASH Diet**. It focuses on vegetables, fruits, and low-fat or fat-free dairy products. It includes whole grains, fish, poultry, beans, seeds, nuts, and vegetable oils. It encourages limited sodium, sweets, and red meat.

Another is the Mediterranean-DASH Intervention for Neurodegenerative Delay Diet, or the **MIND Diet**, combining Mediterranean and DASH parameters, to promote a healthy mind. It emphasizes berries over other fruits, recommends fish at least once per week, and promotes leafy vegetables along with other vegetables.

A common thread through each diet is that sugar should be avoided as much as possible. Multiple studies have found a correlation between a diet high in refined sugars and impaired brain function, as well as a worsening of mood disorder symptoms like depression.



A study of 16,000 older women over 15 years found those who consumed at least 1/2 cup of blueberries or strawberries weekly had slower cognitive decline.

10 foods on the brain health “yes” list

include fish (salmon and trout especially), blueberries, cruciferous vegetables (broccoli, spinach, kale, Brussel sprouts, collard greens, cauliflower, arugula), nuts (especially walnuts), avocados, beans and lentils, eggs, seeds, whole grains (like brown rice, whole-wheat bread, quinoa, and oats), and coffee and tea.

Regular exercise may be beneficial in helping to lower Alzheimer’s and vascular dementia risk. Several studies have found a link between physical activity and reduced risk of cognitive decline.

Exercise can help prevent things that can lead to memory loss, like diabetes, high blood pressure, high cholesterol, obesity, and stroke. It may increase blood and oxygen flow in the brain - benefiting brain cells, may reduce stress hormones, and may reduce inflammation.

A diverse menu of physical activities may bring the best results, including walking regularly, tai chi, aerobic exercise, resistance training, balance and coordination exercises, weightlifting, and dancing.

We hope these ideas inspire you as they have us. Help others boost cognition and share these tips with friends and family!

Special Moments

QUILTS MADE BY LOIS USED FOR CHRISTMAS DECORATIONS.



SNOWFLAKE CRAFTING!

Happy Birthday!



Mary Jo: Jan 1.
Ruby-Ann: Jan. 14
Donna: Jan. 16

Those born in January are Capricorn (Jan. 1-19) or Aquarius (Jan. 20-31). Their birthstone is garnet which symbolizes love and was discovered in Ancient Egypt. Their birth flowers are Carnations and Snow Drops. Carnations are among few flowers that can bloom in the cold!

January 2021 Highlights

January observes Healthy Weight Week, Bath Safety Month, and Mentoring Month. It celebrates hot tea, oatmeal, soup, pizza, and fresh squeezed juice, as well as taking part in beloved hobbies!

- | | |
|---|---|
| 01 New Year's Day; Bloody Mary Day | 17 Hot Buttered Rum Day |
| 02 Cream Puff Day; Science Fiction Day | 18 Winnie the Pooh Day; Thesaurus Day |
| 03 Chocolate Cherry Day | 19 Popcorn Day; Tin Can Day |
| 04 Spaghetti Day; Trivia Day; Braille Day | 20 Martin Luther King Jr. Day; Cheese Day |
| 05 Whipped Cream Day; Bird Day | 21 Granola Bar Day; Squirrel Lovers Day |
| 06 Bean Day; Tech Day; Shortbread Day | 22 Blonde Brownie Day; Library Fix Up Day |
| 07 Bobble head Day; Tempura Day | 23 Pie Day; Handwriting Day |
| 08 Argyle Day; English Toffee Day | 24 Compliment Day; Peanut Butter Day |
| 09 Apricot Day; Balloon Day | 25 Opposite Day; Irish Coffee Day |
| 10 Bittersweet Chocolate Day | 26 Green Juice Day; Peanut Brittle Day |
| 11 Milk Day; Vision Board Day | 27 Bubble Wrap Day; Chocolate Cake Day |
| 12 Pharmacist Day; Marzipan Day | 28 Kazoo Day; Blueberry Pancake Day |
| 13 Rubber Duck Day; Sticker Day | 29 Corn Chip Day; Puzzle Day |
| 14 Dress Your Pet Day; Pastrami Day | 30 Croissant Day |
| 15 Hat Day; Bagel & Lox Day | 31 Inspire with Art Day; Backwards Day; |
| 16 Fig Newton Day; Intl. Spicy Food Day | Hot Chocolate Day |

Regarding Covid-19: Resident and staff safety and comfort 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. All activities are subject to cancellation per those current guidelines. To read our measures taken, and our current visitor policy, please visit our website.

Jan. 6 is **Shortbread Day** and here's a recipe for it (modified from a Food Network version)!
3/4 lb. salt free butter; 1 cup of sugar; 1 tsp. vanilla extract; 3 1/2 cups of flour; 1/4 tsp. salt; 7 oz. of semisweet chocolate chopped
 Preheat oven to 350. Mix butter + 1 cup sugar with mixer until combined. Add vanilla. In medium bowl sift flour with salt and add to butter and flour. Mix on low until dough comes together. Dust a surface with flour, put dough on it. Shape into flat circle. Wrap in plastic and chill for 30 min. Roll dough 1/2" thick and cut with 3 by 1" rectangle cutter. Put cookies on ungreased baking sheet and top with extra sugar. Bake 20-25 min until edges start to brown. Cool to room temp.



Staff Spotlight:
Cheryl

Cheryl started here five years ago. She came to work here at Ashley Pointe as one of our Med Techs.

Cheryl is originally from Arizona and came to the north west to be with family. She loves the weather here. She is an avid hiker, camper, and loves fishing.

Thank you for all you do,
Cheryl!



Resident Spotlight:
Dave

Dave loves art and music. He used to have his own music band called Road-Kill where he played in the pacific north west; Alaska; Trieste, Italy; and Hermosillo in Mexico.

Dave joined the army in Italy Trieste at the 7th Hospital Station. He snow skied in Germany on the highest mountains named der Zugspitze. Dave loves to play the Harmonica and teach others to play too.

JANUARY 2021

Ashley Pointe • 11117 20th ST NE Lake Stevens, WA 98258 • 425-397-7500

SUN	MON	TUE	WED	THU	FRI	SAT
Sunday, Jan. 31, from calendar bottom: 10:00 Online church 11:00 Board Games 1:30 Outside Walk 2:00 Sunday Matinee 3:00 Skip Bo 4:00 Extended Skip Bo 6:00 IN2L Games	All activities subject to change per mandated health guidelines				1 New Year's Day 10:00 Sit & Be Fit 10:30 Balloon Toss 11:00 Bring Pet Photos 1:30 Bingo 2:30 Calligraphy 3:30 Celebrations 4:00 Puzzles 6:00 Board Games	2 10:00 Sit & Be Fit 11:00 Coffee & Chat 1:30 Bingo 2:00 Extra Bingo 3:00 IN2L Trivia 4:00 Puzzles 6:00 Board Games
3 10:00 Online church 11:00 Board Games 1:30 Outside Walk 2:00 Sunday Matinee 3:00 Skip Bo 4:00 Extended Skip Bo 6:00 IN2L Games	4 10:00 Sit & Be Fit 11:00 Coffee & Chat 1:30 Food Forum 2:30 Knitting Class 3:00 Vision Board Making 4:00 Hymn Sing 4:30 Puzzles 6:00 IN2L Games	5 10:00 Sit & Be Fit 10:30 Coffee & Chat 11:00 Uno 1:30 Fireside Chat with Jeff 2:30 Bible Study 3:00 Skip Bo 4:00 Sing al Long IN2L 6:00 IN2L Games	6 10:00 Sit & Be Fit 11:00 Hair Salon 1:30 Bingo 2:30 Geography Trivia 3:00 Happy Hour 4:00 Song Writing 6:00 Action Movie	7 10:00 Sit & Be Fit 10:30 Coffee & Chat 11:00 Rummikub 1:30 Play Reading 2:30 Manicures 3:00 Skip Bo 4:00 Memory Stimulation 6:00 Drama Movie	8 10:00 Sit & Be Fit 10:30 Balloon Toss 11:00 Pet Tails 1:30 Bingo 2:30 Calligraphy 3:30 Name That Tune 4:00 Puzzles 6:00 Board Games	9 10:00 Sit & Be Fit 11:00 Coffee & Chat 1:30 Bingo 2:00 Extra Bingo 3:00 IN2L Trivia 4:00 Puzzles 6:00 Board Games
10 10:00 Online church 11:00 Board Games 1:30 Outside Walk 2:00 Sunday Matinee 3:00 Skip Bo 4:00 Extended Skip Bo 6:00 IN2L Games	11 10:00 Sit & Be Fit 11:00 Coffee & Chat 1:30 Bingo 2:30 Knitting Class 3:00 Vision Board Making 4:00 Hymn Sing 4:30 Puzzles 6:00 IN2L Games	12 10:00 Sit & Be Fit 10:30 Sit & Chat 11:00 Resident Council 1:30 Memory Games 2:30 Bible Study 3:00 Skip Bo 4:00 Puzzles 6:00 IN2L Games	13 10:00 Sit & Be Fit 11:00 Hair Salon 1:30 Bingo 2:30 Geography Trivia 3:00 Happy Hour 4:00 Song Writing 6:00 Action Movie	14 10:00 Sit & Be Fit 10:30 Coffee & Chat 11:00 Rummikub 1:30 Play Reading 2:30 Manicures 3:00 Skip Bo 4:00 Memory Stimulation 6:00 Drama Movie	15 10:00 Sit & Be Fit 10:30 Balloon Toss 11:00 Show & Tell 1:30 Bingo 2:30 Calligraphy 3:30 Name That Tune 4:00 Puzzles 6:00 Board Games	16 10:00 Sit & Be Fit 11:00 Coffee & Chat 1:30 Bingo 2:00 Extra Bingo 3:00 IN2L Trivia 4:00 Puzzles 6:00 Board Games
17 10:00 Online church 11:00 Board Games 1:30 Outside Walk 2:00 Sunday Matinee 3:00 Skip Bo 4:00 Extended Skip Bo 6:00 IN2L Games	18 Martin Luther King Jr. Day 10:00 Sit & Be Fit 10:30 Coffee & Chat 11:00 MLK Trivia 1:30 Bingo 2:30 Knitting Class 3:00 Collage 4:00 Hymn Sing 4:30 Puzzles 6:00 IN2L Games	19 10:00 Sit & Be Fit 10:30 Coffee & Chat 11:00 Uno 1:30 Memory Games 2:30 Bible Study 3:00 Skip Bo 4:00 Sing a Long IN2L 6:00 IN2L Games	20 10:00 Sit & Be Fit 11:00 Hair Salon 1:30 Bingo 2:30 Geography Trivia 3:00 Happy Hour 4:00 Song Writing 6:00 Action Movie	21 10:00 Sit & Be Fit 10:30 Coffee & Chat 11:00 Rummikub 1:30 Play Reading 2:30 Manicures 3:00 Skip Bo 4:00 Memory Stimulation 6:00 Drama Movie	22 10:00 Sit & Be Fit 10:30 Balloon Toss 11:00 Once Upon a Time 1:30 Bingo 2:30 Calligraphy 3:30 Name That Tune 4:00 Puzzles 6:00 Board Games	23 10:00 Sit & Be Fit 11:00 Coffee & Chat 1:30 Bingo 2:00 Extra Bingo 3:00 IN2L Trivia 4:00 Puzzles 6:00 Board Games
24 10:00 Online church 11:00 Board Games 1:30 Outside Walk 2:00 Sunday Matinee 3:00 Skip Bo 4:00 Extended Skip Bo 6:00 IN2L Games	25 10:00 Sit & Be Fit 11:00 Coffee & Chat 1:30 Bingo 2:30 Knitting Class 3:00 Bowling 4:00 Hymn Sing 4:30 Puzzles 6:00 IN2L Games	26 10:00 Sit & Be Fit 10:30 Coffee & Chat 11:00 Watercolors 1:30 Memory Games 2:30 Bible Study 3:00 Skip Bo 4:00 Sing a Long IN2L 6:00 IN2L Games	27 10:00 Sit & Be Fit 11:00 Hair Salon 1:30 Bingo 2:30 Geography Trivia 3:00 Happy Hour 4:00 Song Writing 6:00 Action Movie	28 10:00 Sit & Be Fit 10:30 Coffee & Chat 11:00 Rummikub 1:30 Play Reading 2:30 Manicures 3:00 Skip Bo 4:00 Memory Stimulation 6:00 Drama Movie	29 10:00 Sit & Be Fit 10:30 Balloon Toss 11:00 Once Upon a Time 1:30 Bingo 2:30 Calligraphy 3:30 Name That Tune 4:00 Puzzles 6:00 Board Games	30 10:00 Sit & Be Fit 11:00 Coffee & Chat 1:30 Bingo 2:00 Extra Bingo 3:00 IN2L Trivia 4:00 Puzzles 6:00 Board Games