



Administrative Team:

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

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

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Ashley Pointe News

February 2021 Newsletter



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Prioritize Your Heart Health With Daily Choices

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

When we think of February, we think of hearts, and it's appropriately the month that observes heart health in America. It's been that way since 1963 when then President Lyndon B. Johnson encouraged citizens to support heart disease solutions for a "nationwide problem of heart and blood-vessel diseases."

There are many actions people can take to combat heart health issues. Awareness of heart health risk factors like high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol use is key.

For older adults, specific steps can be taken to improve heart health. Stopping smoking, reducing alcohol consumption to no more than two drinks per day for men and no more than one drink per day for women, and improving physical activity and diet are impactful actions.

Get Active

Getting out for a daily walk is not only good for mental health and weight management, but also for heart health! The World Health Organizations says adults over 65 should do at least 150 minutes of moderate-intensity aerobic physical activity each week—That's just around 20 minutes per day! Aerobic activity should be done in bouts of at least 10 minutes. Making sure to get exercise in every day (as opposed to several times a week) is also helpful.



Heart health can be impacted by stress. Along with a healthy lifestyle, help manage stress with good sleep habits, meditation, exercise, and sharing emotions with family or friends.

Eat Better

Is the way to your heart through your stomach? The Mayo Clinic recommends eating more vegetables and fruits as they may help cardiovascular health. They also recommend whole grains like whole-grain bread and high-fiber cereals. Go for skinless poultry, fish, nuts, and legumes. Monitoring sodium is also important. Items high in salt include tomato juice, soy sauce, and many prepared foods.

Manage Cholesterol

Getting physically active and eating better will go a long way in helping with this last action: managing cholesterol! The first step in improving cholesterol is to seek out a medical professional to find your levels for both cholesterol types. Having your blood pressure taken regularly can help you to know the state of your heart's health. If your bad cholesterol (LDL) is high, make sure to have a health professional help you to monitor it.

Give yourself a Valentine this February with a commitment to improve your heart health!

Special Moments



MICHELLE GETTING A MANICURE



BILL PLAYING BINGO



JOSEPHINE ENJOYING HAPPY HOUR



LOIS WITH A SELF-KNITTED HAT FOR HOMELESS SCHOOL CHILDREN

Happy Birthday!



Rodney: Feb. 5
Virginia: Feb. 13
Joy: Feb. 27

Porter: Feb. 2
Jeff: Feb. 7

Those born in February are Aquarius (Jan. 20 - Feb. 18) or Pisces (Feb. 19 - March 20). Their birthstone is amethyst. Their birth flowers are the violet, primrose, and iris. So many celebrities have been born in February that it is touted those born this month have higher chances of being famous!

February 2021 Highlights

February observes Black History Month, American Heart Month, and the Boy Scouts Anniversary. It celebrates the library, bird counting, pie making, embroidery, and donating canned foods.

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| 01 Baked Alaska Day; Serpent Day | 15 Presidents' Day; Gumdrops Day |
| 02 Groundhog Day; Ukulele Day | 16 Fat Tuesday; Almond Day |
| 03 Carrot Cake Day | 17 Ash Wed.; Cabbage Day; Kind Act Day |
| 04 Homemade Soup Day | 18 Wine Day; Battery Day; Pluto Day |
| 05 Nutella Day; Gum Day | 19 Caregivers' Day; Chocolate Mint Day |
| 06 Frozen Yogurt Day; Chopsticks Day | 20 Cherry Pie Day; Muffin Day; Pet Day |
| 07 Superbowl LV; Send Cards Day | 21 Grain-Free Day; Sticky Bun Day |
| 08 Boy Scouts Day; Kite Flying Day | 22 Sweet Potato Day; Margarita Day |
| 09 Bagel and Lox Day; Pizza Day | 23 Banana Bread Day; Dog Biscuit Day |
| 10 Cream Cheese Brownie Day | 24 Tortilla Chip Day |
| 11 Inventors' Day; Peppermint Patty Day | 25 Chocolate Covered Nuts Day; Clam Chowder Day; Pancake Day |
| 12 Chinese New Year; Plum Pudding Day | 26 Pistachio Day; Toast Day; Chili Day |
| 13 Cheddar Day; Tortellini Day; Global Movie Day; World Radio Day | 27 Retro Day; Strawberry Day |
| 14 Valentine's Day; Chocolate Truffle Day | 28 Floral Day; Chocolate Soufflé 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.

Make a New Friend Day is on February 11

We asked our residents and staff: What are some of the fun ways/instances in which you've made new friends?

"Getting a new job." - Porter

"Working." - Sydney

"Talking to people." - Charlene

"Work." - Ruzanna

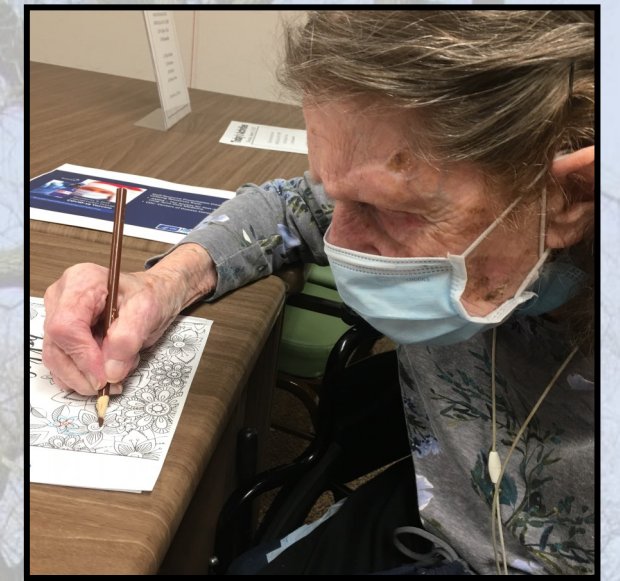


Staff Spotlight:
Ashley K.

Ashley is our new and wonderful Housekeeper. She has been here for approximately four months and enjoys working here.

She came to us from Everett Community College where she attained an Associates Degree.

Ashley currently lives in Granite Falls and loves animals, especially dogs. She loves being outdoors - especially camping, fishing and painting.



Resident Spotlight:
Joanne S.

Joanne is 94 years old and is one of our long-standing residents here at Ashley Pointe, having previously lived in the Cottages.

During the war, Joanne worked for the government checking over hand grenades to make sure they would not go off in our soldiers' hands. She also worked in topography, preparing ground maps. After that, she was a homemaker and raised her family of two.

FEBRUARY 2021

Ashley Pointe • 11117 20th St., 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 & Be Fit 11:00 Coffee & Chat 1:30 Food Forum 2:30 Knitting Class 3:30 Bird Feeding Day 4:00 Hymn Sing 6:00 Board Games	2 Groundhog Day 10:00 Sit & Be Fit 10:30 Mobile Library 11:00 Pets Dylie & Rolly 1:30 <i>Fireside with Jeff</i> 2:30 Bible Study 3:00 Skip Bo 4:00 Sing-a-Long IN2L 6:00 Movie Ground Hog	3 10:00 Sit & Be Fit 10:30 Coffee & Chat 10:30 Hair Salon Open 1:30 Bingo 3:00 Happy Hour 4:00 Name That Tune 6:00 IN2L Games	4 10:00 Sit & Be Fit 10:30 Coffee & Chat 11:00 Pen Pal, (school kids) 1:30 Play Reading 2:30 Manicures 3:00 Skip Bo 4:00 Piano Music 6:00 Movie of Choice	5 10:00 Sit & Be Fit 10:30 Coffee & Chat 11:00 Story Time, Narnia 1:30 Bingo 2:30 Scavenger Hunt 3:30 Name That Tune 4:00 Puzzles 6:00 IN2L Games	6 10:00 Sit & Be Fit 11:00 Coffee & Chat 1:30 Bingo 3:00 IN2L Games 4:00 Matching Games 6:00 Movie of Choice
7 Super Bowl 10:30 Online Church 11:00 Hydration 1:30 Walk Outside 2:30 Sunday Matinee 3:30 Skip Bo 4:00 Word Searches 6:00 Movie of Choice	8 10:00 Sit & Be Fit 11:00 Coffee & chat 1:30 Bingo 2:30 Trivia IN2L 3:00 Painting 4:00 Hymn Sing 6:00 Board Games	9 <i>Random Kindness Day</i> 10:00 Sit & Be Fit 11:00 <i>Resident Council</i> 1:30 Memory Games 2:30 Bible Study 3:00 Skip Bo 4:00 Sing-a-Long IN2L 6:00 Movie of Choice	10 10:00 Sit & Be Fit 10:30 Coffee & Chat 11:00 Hair Salon Open 1:30 Bingo 3:00 Happy Hour 4:00 Name That Tune 6:00 IN2L Games	11 10:00 Sit & Be Fit 10:30 Coffee & Chat 11:00 Rummikub 1:30 Pen Pal Writing 2:00 Heart Door Wreaths 3:00 Skip Bo 4:00 Memory Stimulation 6:00 Movie of Choice	12 10:00 Sit & Be Fit 10:30 Coffee & Chat 11:00 Story Time, Narnia 1:30 Valentines drive by 1:30 Bingo 3:00 Scavenger Hunt 4:00 Piano Music 6:00 IN2L Movie	13 10:00 Sit & Be Fit 10:30 Coffee & Chat 1:30 Bingo 2:00 Bingo Extended 3:00 Outside Walking 4:00 Beveridge 6:00 Movie of Choice
14 Valentine's Day 10:30 Online Church 11:00 Hydration 1:30 Sunday Matinee 3:00 Skip Bo 4:00 Cross Word Puzzles 6:00 Movie of Choice	15 10:00 Sit & Be Fit 10:30 Coffee & Chat 11:00 Room Visits 1:30 Bingo 2:30 Trivia IN2L 3:00 Painting 4:00 Hymn Sing	16 10:00 Sit & Be Fit 10:30 Coffee w/ Dyllie & Rolly 11:00 Uno 1:30 Quiz to Donate Rice 2:30 Bible Study 3:00 Skip Bo 4:00 Sing a Long IN2L 6:00 Movie of Choice	17 10:00 Sit & Be Fit 10:30 Coffee & Chat 11:00 Hair Salon Open 1:30 Bingo 3:00 Happy Hour 4:00 Name That Tune 6:00 IN2L Games	18 10:00 Sit & Be Fit 10:30 Coffee & Chat 11:00 Rummikub 1:30 Play Reading 2:30 Laughter Hour 3:00 Skip Bo 4:00 Piano Music 6:00 Movie of Choice	19 10:00 Sit & Be Fit 10:30 Coffee & Chat 11:00 Story Time, Narnia 1:30 Bingo 3:00 Calligraphy 4:00 Piano Music 6:00 Movie IN2L	20 10:00 Sit & Be Fit 10:30 Coffee & Chat 11:00 Social Interaction 1:30 Bingo 2:00 Bingo Extended 3:00 Walk Outside 4:00 Beveridge 6:00 Movie IN2L
21 10:30 Online Church 11:00 Hydration 1:30 Sunday Matinee 3:00 Skip Bo 4:00 Cross Word Puzzles 6:00 Movie of Choice	22 10:00 Sit & Be Fit 10:30 Coffee & Chat 11:00 Coffee & Chat 1:30 Bingo 2:30 Trivia IN2L 3:00 Your Own Fashion Show 4:00 Hymn Sing 6:00 Board Games	23 10:00 Sit & Be Fit 10:30 Coffee & Chat 11:00 Uno 1:30 Quiz to Donate Rice 2:30 Bible Study 3:00 Skip Bo 4:00 Sing a Long IN2L 6:00 Movie of Choice	24 10:00 Sit & Be Fit 10:30 Coffee & Chat 11:00 Hair Salon Open 1:30 Bingo 3:00 Happy Hour 4:00 Name That Tune 6:00 IN2L Games	25 10:00 Sit & Be Fit 10:30 Coffee & Chat 11:00 Rummikub 1:30 Play Reading 2:30 Book Club Discussion 3:00 Skip Bo 4:00 Piano Music 6:00 Movie of Choice	26 10:00 Sit & Be Fit 10:30 Coffee & Chat 11:00 Story Time, Narnia 1:30 Bingo 3:00 Funny Animals 4:00 Piano Music 6:00 Movie IN2L	27 10:00 Sit & Be Fit 10:30 Coffee & Chat 11:00 Social Interaction 1:30 Bingo 2:00 Bingo Extended 3:00 Outside Walking 4:00 Beveridge 6:00 Movie of Choice
28 10:30 Online Church 11:00 Hydration 1:30 Sunday Matinee 3:00 Skip Bo 4:00 Cross Word Puzzles 6:00 Movie of Choice						