

Stamp

Administrative Team:

Executive Director-AIT: Jeff Hendrickson
Wellness Director: Janet Hilt
Business Office Director: Nicole Henriques
Community Relations Dir.: Lauri Ferguson
Dining Services Director: Amanda Cavazos
Maintenance Assistant: Porter Coats

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

Ashley Pointe News

April 2021 Newsletter



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Gardening Benefits for Health & The Environment

Spring has sprung! Those who have been waiting for the gardening season to begin are ready for the last frost to end so they can dig in. When gardeners get into the soil and get to work, they are not only enjoying a fun hobby, they are also doing wonders for their health and the planet!

Dig Into Better Health

Gardening positively impacts wellness in various ways:

- It relieves stress. Gardening can lower cortisol levels that cause stress and increase blood pressure. Gardening also increases serotonin, which helps people feel happy.
- Friendly bacteria in the soil can boost immunity. It may help against asthma.
- It provides great exercise. It is low-impact and can be comfortable work with the right padding or protective gear, but it takes energy, and the weather can make it more challenging.
- It involves hand-eye coordination and sensory intake. Both of these can positively affect cognition.
- It presents opportunities for a sense of community. Socializing among friends while gardening can be so much fun.
- It encourages outside activity. For some, gardening is the best reason to head out and enjoy sunshine and the environment



(albeit with proper sun protection).

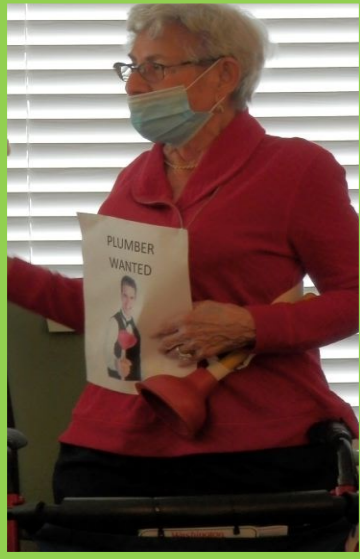
Impact the Planet

Gardening also benefits the environment, and no act is too small for making our world a better place.

- It can help with pollution. In large-scale harvesting of fruits and vegetables, pollution often results. The transport of those goods also causes pollution. It may seem like a small step, but gardening at home

- or in the community influences the big picture.
- It can reduce the size of landfills. This is possible when people compost garden waste rather than sending everything to the landfill when it's gone bad.
- Plants in the garden take in CO2 and release oxygen, improving air quality.
- It helps local habitats of insects and animals which play important roles in our environment (like bees pollinating).
- Plants and mulch can hold soil in place and reduce erosion, and keep sediment out of waterways, drains, and roads.

These are just some of the benefits that gardening can bring! This Spring and Summer, give gardening a try and share the benefits with others. Let us know about your efforts!



Special Moments



Happy Birthday!



Lori : April 1st
Eileen : April 3rd
Cheryl : April 4th
Peggy : April 4th

Cris : April 6th
Shelia : April 13th
Lois : April 18th
Bill R : April 25th
Ella : April 27th

Those born in April are Aries (March 21 - April 19) and Taurus (April 20-May 20). The birthstone for April is the diamond. The birth flowers for April are the daisy and the sweet pea. April babies are said to be fearless and enthusiastic.

April 2021 Highlights

April observes Stress Awareness, Healthcare Innovation, & Parkinson's Awareness. It celebrates volunteering, poetry, and jazz!

01 April Fools Day; Sourdough Day	17 Crawfish Day; Ellis Island History Day
02 Peanut Butter and Jelly Day; Ferret Day	18 Animal Cracker Day; Intl. Day for Monuments and Sights
03 Film Score Day; Handmade Day	19 Amaretto Day; Garlic Day
04 Easter; School Librarian Day	20 Twin Day; Pineapple Upside Down Day
05 Caramel Day; Deep Dish Pizza Day	21 Administrative Professionals' Day; British National Tea Day
06 Caramel Popcorn Day; Librarians Day	22 Earth Day; Jelly Bean Day
07 Coffeecake Day; Beer Day	23 Arbor Day; Picnic Day
08 Zoo Lovers Day; Empanada Day	24 Pigs in Blankets Day; Sense of Smell Day
09 Unicorn Day; Antique Love Day	25 Thank Plumbers Day; Zucchini Bread Day
10 Hug Dog Day; Farm Animals Day	26 Audubon Day; Pretzel Day
11 Quartet Day; Fondue Day; Pet Day	27 Babe Ruth Day; Prime Rib Day
12 Ramadan Begins; Grilled Cheese Day	28 Blueberry Pie Day; Superhero Day
13 Scrabble Day; Peach Cobbler Day	29 Shrimp Scampi Day; Intl. Dance Day
14 Dolphin Day; Gardening Day; Pecan Day	30 Hairstylist Appreciation Day; Oatmeal Cookie Day
15 World Art Day; Banana Day; Guess Day	
16 Bean Count Day; Eggs Benedict Day; Wear PJs Day; Orchid 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.

April 8th is Zoo Lover's Day.

Staff and residents shared their favorite animals!

- "I love the elephants" - Amanda
- "My favorite animal is a dog" - Jim
- "A fawn..." - Marilyn
- "Of course it's the owl!!" - Nicole
- "I love frogs and dogs" - Karen J
- "I like zebras" - Janet
- "I like horses" - Marjorie
- "Elephants..." - Cheryl



Staff Spotlight:

Angelita

New to our Community, Angelita is a kind and thoughtful Caregiver. She graduated from Lake Stevens High School in 2018, and is currently enrolled at Everett Community College for nursing. She decided to join our team so that she can gain experience working in the medical field, while working closely with our residents.

In her free time, she enjoys playing board games (Monopoly), listening to old school punk music, watching movies (her favorite movie is "Aliens") and spending time with her significant other. She has 4 brothers, a 20 gallon fish tank, and a dog named Brutus.

Welcome to Ashley Pointe, Angelita!



Resident Spotlight:

Karen J.


Karen and her husband Dave are new residents to our community. They recently located to Lake Stevens from their home in Bandon, Oregon. She and her husband met 22 years ago on the internet through a message board. After getting to know each other through phone calls, they met in person in March, and were married in July! Between the two of them, they have five kids, four boys and one girl. Karen enjoys crafting and has made numerous tie blankets for donation to non-profits. She likes to cross stitch, rock hound, go to the beach, camp and watch game shows (like "Let's Make a Deal"). She loves to relax while spending time with her 3 year old Border Collie Healer and 13 year old chihuahua. Welcome to Ashley Pointe, Karen!

APRIL 2021

Ashley Pointe

• 11117 20th ST NE Lake Stevens, WA 98258

• 425-397-7500

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>	 <p>Happy Earth Day!</p>			<p>1 April Fool's Day</p> <p>10:00 Sit & Be Fit 11:00 Coffee & Chat 1:30 Room Visits 3:00 Skip Bo 4:00 Adult Coloring 6:00 Jenga</p>	<p>2 Good Friday</p> <p>10:00 Sit & Be Fit 11:00 Easter Brunch 12:00 Easter Festivities 1:30 Bingo 2:30 IN2L Games 3:00 Manicures 4:00 Puzzles 6:00 Comedy Movie</p>	<p>3</p> <p>10:00 Sit & Be Fit 11:00 Coffee & Chat 1:30 Skip Bo 2:30 Painting Craft 3:00 Uno 4:00 Puzzles 6:00 Dominos</p>
<p>4 Easter</p> <p>10:00 Sit & Be Fit 11:00 Take a Walk 1:30 Bingo 2:00 IN2L Games 3:00 Sunday Matinee 4:00 Puzzles 6:00 Jenga</p>	<p>5</p> <p>10:00 Sit & Be Fit 11:00 News Chat 1:30 Bingo 2:30 Adult Coloring 3:00 Watercolors 4:00 Rummikub 6:00 Action Movie</p>	<p>6</p> <p>10:00 Sit & Be Fit 11:00 Coffee & Chat 1:00 Memory Games 2:00 Plant a Bonsai Tree 3:00 Skip Bo 4:00 Puzzles 6:00 Dominos</p>	<p>7</p> <p>10:00 Sit & Be Fit 11:00 News Chat 1:30 Bingo 2:00 Bible Study 3:00 Happy Hour 4:00 Puzzles 6:00 IN2L Movie</p>	<p>8</p> <p>10:00 Sit & Be Fit 11:00 Coffee & Chat 1:00 Manicures 1:30 Room Visits 3:00 Skip Bo 4:00 Adult Coloring 6:00 Jenga</p>	<p>9</p> <p>10:00 Sit & Be Fit 11:00 Poem of the day 1:30 Bingo 2:30 Card Making 3:00 Pen Pals 4:00 Puzzles 6:00 Comedy Movie</p>	<p>10</p> <p>10:00 Sit & Be Fit 11:00 Coffee & Chat 1:30 Skip Bo 2:00 Take a Walk 3:00 Uno 4:00 Puzzles 6:00 IN2L Movie</p>
<p>11</p> <p>10:00 Sit & Be Fit 11:00 Take a Walk 1:30 Bingo 2:00 IN2L Games 3:00 Sunday Matinee 4:00 Puzzles 6:00 Jenga</p>	<p>12</p> <p>10:00 Sit & Be Fit 11:00 News Chat 1:30 Bingo 2:30 Book Club 3:00 Indoor Bowling 4:00 Rummikub 6:00 Action Movie</p>	<p>13</p> <p>10:00 Sit & Be Fit 11:00 Coffee & Chat 1:30 Fireside with Jeff 2:30 Memory Games 3:00 Skip Bo 4:00 Puzzles 6:00 Dominos</p>	<p>14</p> <p>10:00 Sit & Be Fit 11:00 News Chat 1:30 Bingo 2:00 Bible Study 3:00 Happy Hour 4:00 Puzzles 6:00 IN2L Movie</p>	<p>15</p> <p>10:00 Sit & Be Fit 11:00 Coffee & Chat 1:00 Scenic Drive 2:00 Manicures 3:00 Skip Bo 4:00 Adult Coloring 6:00 Jenga</p>	<p>16</p> <p>10:00 Sit & Be Fit 11:00 Poem of the day 1:30 Bingo 2:30 IN2L Games 3:00 Oil Pastel Art Class 4:00 Puzzles 6:00 Comedy Movie</p>	<p>17</p> <p>10:00 Sit & Be Fit 11:00 Coffee & Chat 1:30 Skip Bo 2:00 Take a Walk 3:00 Uno 4:00 Puzzles 6:00 Dominos</p>
<p>18</p> <p>10:00 Sit & Be Fit 11:00 Take a Walk 1:30 Bingo 2:00 IN2L Games 3:00 Sunday Matinee 4:00 Puzzles 6:00 Jenga</p>	<p>19</p> <p>10:00 Sit & Be Fit 11:00 News Chat 1:30 Food Forum 2:30 Adult Coloring 3:00 Watercolors 4:00 Rummikub 6:00 Action Movie</p>	<p>20</p> <p>10:00 Sit & Be Fit 11:00 Coffee & Chat 1:00 Manicures 2:00 Memory Games 3:00 Skip Bo 4:00 Puzzles 6:00 Dominos</p>	<p>21</p> <p>10:00 Sit & Be Fit 11:00 News Chat 1:30 Bingo 2:00 Bible Study 3:00 Happy Hour 4:00 Puzzles 6:00 IN2L Movie</p>	<p>22 Earth Day</p> <p>10:00 Sit & Be Fit 11:00 Coffee & Chat 1:30 Room Visits 3:00 Skip Bo 4:00 Adult Coloring 6:00 Jenga</p>	<p>23</p> <p>10:00 Sit & Be Fit 11:00 Poem of the day 1:30 Bingo 2:30 Card Making 3:00 Pen Pals 4:00 Puzzles 6:00 Comedy Movie</p>	<p>24</p> <p>10:00 Sit & Be Fit 11:00 Coffee & Chat 1:30 Skip Bo 2:00 Take a Walk 3:00 Uno 4:00 Puzzles 6:00 IN2L Movie</p>
<p>25</p> <p>10:00 Sit & Be Fit 11:00 Take a Walk 1:30 Bingo 2:00 IN2L Games 3:00 Sunday Matinee 4:00 Puzzles 6:00 Jenga</p>	<p>26</p> <p>10:00 Sit & Be Fit 11:00 News Chat 1:30 Bingo 2:30 Indoor Bowling 3:00 Soft Pretzel Social 4:00 Rummikub 6:00 Action Movie</p>	<p>27</p> <p>10:00 Sit & Be Fit 11:00 Coffee & Chat 1:00 Scenic Drive 2:00 Memory Games 3:00 Skip Bo 4:00 Puzzles 6:00 Dominos</p>	<p>28</p> <p>10:00 Sit & Be Fit 11:00 News Chat 1:30 Bingo 2:00 Bible Study 3:00 Happy Hour 4:00 Puzzles 6:00 IN2L Movie</p>	<p>29</p> <p>10:00 Sit & Be Fit 11:00 Coffee & Chat 1:30 Room Visits 3:00 Resident B-day Party 4:00 Adult Coloring 6:00 Jenga</p>	<p>30</p> <p>10:00 Sit & Be Fit 11:00 Poem of the day 1:30 Bingo 2:30 IN2L Games 3:00 Oil Pastel Art Class 4:00 Puzzles 6:00 Comedy Movie</p>	<p><u>Save the Date!!!</u></p> <p><u>May 15th, 2021</u></p> <p><u>Cottage Yard Sale</u></p> 