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



Ashley Pointe News

June 2021 Newsletter



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Support an End to Alzheimer's Disease!

This **Alzheimer's & Brain Awareness Month**, take action toward an end to Alzheimer's! The Alzheimer's Association has a slew of opportunities for getting involved. Check out the info and links here to start supporting!

Make a Difference Against Alzheimer's

- Take part in the Longest Day on June 20—the day with the most light, the day we fight—by taking an activity you enjoy and making it a fundraiser to fight Alzheimer's.
- Walk in the Walk to End Alzheimer's! Register for your local walk as part of a team or independently. Our local walk date is: **Oct. 9**. Set up a Tribute or Memorial Page with fundraising support options at **act.alz.org**
- Participate in the Ride to End Alzheimer's on August 29, 2021. You can bike ride anywhere for this Summer Challenge.
- Help with Research. TrialMatch is a free service that pairs potential participants with clinical studies. See: **trialmatch.alz.org**
- Advocate. Urge congress to support the Alzheimer's and dementia community. There are online fillable forms for contacting congress about vital issues at **alz.org/get-involved-now/advocate**
- Donate vehicles, boats, and RVs through the Donate-A-Car Program. Proceeds support the Alzheimer's Association and may provide tax benefits. Visit **alz.careasy.org/home**
- Be a Volunteer:
 - ⇒ Support Group Facilitator, creating safe environments for sharing feelings or experiences of Alzheimer's or dementia.
 - ⇒ Volunteer Faith Outreach Representative, sharing information and free resources through the Alzheimer's Association.



⇒ Volunteer Community Educator, providing education and expanding program reach. Learn more at: **volunteer.alz.org/Volunteeropportunities/becoming**

Alzheimer's Facts

- Americans who have Alzheimer's is growing. More than 6 million Americans have Alzheimer's in 2021.
- 1 in 3 seniors pass with Alzheimer's or Dementia. Deaths from Alzheimer's increased 145% from 2000 to 2019.
- Early diagnosis can: provide medical, emotional, and social benefits; aid with participation in vital clinical trials; enable individuals to be in control of their legal and financial wishes; and create significant cost savings in medical and long-term care.

The more information about Alzheimer's that is shared, the more people will support the fight against Alzheimer's. Follow along with our Facebook page this month as we "Go Purple for Alzheimer's" and as we share resources and information to support the cause.

Special Moments



Happy Birthday!

Floy Ann M: 6/3
Jack H: 6/5
David J: 6/5
Curt I: 6/11
Jim G: 6/18
Norma: 6/20



Those born in June are Gemini (May 21– June 20) and Cancer (June 21-July 22). The birthstone for June are alexandrite and pearl. The birth flowers for June are the rose and honeysuckle. Those born in June are said to be optimistic and creative!

June 2021 Highlights

June observes Men's Health, Cataract Awareness, and Headaches. It celebrates the Great Outdoors, Roses, and Fresh Fruits & Veggies!

01 Olive Day; Nail Polish Day; Pen Pal Day	16 Fudge Day
02 Rocky Road Day; Rotisserie Chicken Day	17 Mascot Day; Apple Strudel Day
03 Egg Day; Chocolate Macaroons Day	18 Go Fishing Day; Picnic Day; Tapas Day
04 Cheese Day; Donut Day; Fish & Chips Day	19 Juneteenth; Garfield Day; Wear Blue Day
05 Veggie Burger Day; Environment Day	20 Father's Day; Seashell Day; It's Summer!
06 D-Day; Glasses Day; Sweden Day	21 Peach N' Cream Day; Selfie Day; Yoga Day
07 Oklahoma Day; Chocolate Ice Cream Day	22 Chocolate Éclair Day; Onion Rings Day
08 Best Friends Day; Positive Thinking Day	23 Hydrate Day; Pecan Sandy Day; Pink Day
09 Donald Duck Day; Strawb. Rhubarb Pie Day	24 Praline Day; Red, White, Blue Pops Day
10 Egg Roll Day; Iced Tea Day	25 Catfish Day; Strawberry Parfait Day
11 Corn Cob Day; German Choc. Cake Day	26 Coconut Day; Beautician's Day
12 PB Cookie Day; Red Rose Day; Falafel Day	27 Ice Cream Cake Day; Sunglasses Day
13 Weed the Garden Day; Sew Machine Day	28 Alaska Day
14 Flag Day; Strawberry Shortcake Day	29 Camera Day; Waffle Iron Day
15 Photography Day; Smile Power Day	30 Parchment Day; Meteor Watch 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.

June 20 marks the Start of Summer!

Our residents and staff shared their favorite things about summer!

"Going on trips" - Karin H.

"The sun" - Miguel V.

"Riding horses with my daughter" - Kim H.

"Flowers" - Phyllis G.

"Surfing" - Jeff H.

"Listening to good music" - Hooshey F.

"Being outside ALL the time" - Angie B.

"The Beach" - Angelita E.



Staff Spotlight: Amara

Amara is a new employee at Ashley Pointe, she has just started her position in housekeeping and has lived in Lake Stevens for 16 years, she has 4 siblings. Amara loves music and photography and has just started learning pyrography (the free handed art of decorating wood or other materials with burn marks using a controlled application of a heated object, such as a poker)

Amara would love to travel to Spain someday and she enjoys celebrating Christmas traditions. One of her all time favorite movies is Nacho Libre! Welcome to Ashley Pointe!!!!



Resident Spotlight: "Tiny"

Tiny, is one of our cottage residents. She was born in Marysville, in her grandmothers house (which is still there...93 years later!) She is the youngest of 4 children. She has 4 children and her life's work has been to be there for her family and others that need her. She also has several grandchildren and great-grandchildren.

Tiny enjoys gardening and cooking, her Morning Glory Muffins are delicious!! Her favorite color is red and she likes elevator music (as her kids call it). She was married for 50 years before and is about to celebrate 22 years of marriage to her husband Curt. They are a delightful couple, that enjoy laughing together and both feel blessed to have each other, especially during this pandemic.

JUNE 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 10:30 Library Cart Route Service 11:00 Name that Tune 1:30 Bingo 3:00 IN2L Games 4:00 Puzzles	2 10:00 Sit & Be Fit 11:00 Coffee & Chit Chat 1:30 Nature Walk 3:00 Happy Hour 4:00 Adult Coloring 5:00 Jenga 6:00 Western Movie	3 10:00 Sit & Be Fit 11:00 Name that Scent 1:30 Bingo 2:30 IN2L Games 3:00 Manicures 4:00 Puzzles 6:00 Comedy Movie	4 10:00 Sit & Be Fit 11:00 Coffee & Chit Chat 1:30 Rock Painting 2:30 Painting Craft 3:00 Skip Bo 4:00 Puzzles 6:00 Dominos	5 10:00 Sit & Be Fit 11:00 Nature Walk 1:30 Guest Speaker 2:00 IN2L Games 4:00 Puzzles 6:00 Jenga
	6 11:00 Coffee & Chit Chat 1:30 Bingo 3:00 Watercolors 4:00 Rummikub 6:00 Romantic Comedy Movie	7 10:00 Sit & Be Fit 11:00 Nature Walk 1:00 Manicures 3:00 Skip Bo 4:00 Puzzles 6:00 Dominos	8 10:00 Sit & Be Fit 11:00 Name that Tune 1:30 FIRESIDE CHAT W/ JEFF 2:00 Adult Coloring 3:00 IN2L Games 4:00 Puzzles	9 10:00 Sit & Be Fit 11:00 Coffee & Chit Chat 12:00 Adult Coloring 1:30 Nature Walk 3:00 Happy Hour 4:00 IN2L Geography	10 10:00 Sit & Be Fit 11:00 Name that Scent 1:30 Bingo 3:00 Guest Speaker 4:00 Puzzles 6:00 Comedy Movie	11 10:00 Sit & Be Fit 11:00 Coffee & Chit Chat 2:00 Nature Walk 3:00 Skip Bo 4:00 Puzzles 6:00 IN2L Movie
	13 11:00 Coffee & Chit Chat 1:30 Bingo 2:30 Word Search 3:00 Puzzles 4:00 Rummikub 6:00 Action Movie	14 10:00 Sit & Be Fit 11:00 Room Visits 1:30 Card Making 2:30 Memory Games 3:00 Skip Bo 4:00 Puzzles 6:00 Dominos	15 10:00 Sit & Be Fit 11:00 Name that Tune 1:30 Bingo 2:00 Adult Coloring 3:00 IN2L Games 4:00 Puzzles	16 10:00 Sit & Be Fit 11:00 Coffee & Chit Chat 1:30 Nature Walk 3:00 Happy Hour 5:00 Jenga 6:00 Western Movie	17 10:00 Sit & Be Fit 11:00 Name that Scent 1:30 Bingo 2:30 IN2L Games 3:30 Arts and Crafts 6:00 Comedy Movie	18 10:00 Sit & Be Fit 11:00 Coffee & Chit Chat 2:00 Nature Walk 3:00 Skip Bo 4:00 Puzzles 6:00 IN2L Movie
	20 FATHERS DAY 11:00 Coffee & Chit Chat 1:30 Bingo 2:30 Adult Coloring 3:00 Watercolors 4:00 Rummikub 6:00 Romantic Comedy Movie	21 10:00 Sit & Be Fit 11:00 Nature Walk 1:00 Manicures 2:00 Memory Games 3:00 Skip Bo 4:00 Puzzles	22 10:00 Sit & Be Fit 11:00 Name that Tune 1:30 Bingo 2:30 Balloon Art 3:00 IN2L Games 4:00 Puzzles	23 10:00 Sit & Be Fit 11:00 Coffee & Chit Chat 1:30 Nature Walk 3:00 Happy Hour 4:00 IN2L Geography 5:00 Jenga	24 10:00 Sit & Be Fit 11:00 Name that Scent 1:30 Bingo 3:00 FOOD FORUM 4:00 Puzzles 6:00 Comedy Movie	25 10:00 Sit & Be Fit 11:00 Coffee & Chit Chat 1:30 Arts and Crafts 2:00 Nature Walk 3:00 Skip Bo 4:00 Puzzles 6:00 IN2L Movie
	27 11:00 Coffee & Chit Chat 1:30 Bingo 2:30 Word Search 3:00 4:00 Rummikub 6:00 Action Movie	28 10:00 Sit & Be Fit 11:00 Room Visits 1:00 Card Making 2:00 Memory Games 3:00 Skip Bo 4:00 Puzzles 6:00 Dominos	29 10:00 Sit & Be Fit 11:00 Name that Tune 1:30 Bingo 2:00 Adult Coloring 3:00 IN2L Games 4:00 Puzzles	30 10:00 Sit & Be Fit 11:00 Coffee & Chit Chat 1:30 Nature Walk 2:30 IN2L Games 3:00 Happy Hour 4:00 Puzzles 6:00 Comedy Movie		