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Executive Director: Jeff Hendrickson  
Wellness Director: Janet Hilt  
Business Office Director: Nicole Henriques  
Community Relations Director: Lauri Ferguson  
Dining Services Director: Amanda Cavazos  
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Our mission is to create and sustain comfortable, caring environments for those who depend on us.

# Ashley Pointe News

July 2021 Newsletter



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# Fun in the Sun: Hot Weather Safety Tips

*Follow your medical professional's advice and speak with them before changing diet, exercise, or supplements.*

Summer can be the most fun season of the year! With weather being warm and the sun shining bright, there are so many opportunities for activities outside - from gardening and picnics to ball-game watching and seashell hunting on the beach. To ensure a summer full of fun and one free from sunburns, heat stroke, or exhaustion, here are sun-safe guidelines to consider.

**Stay hydrated.** Older adults are especially susceptible to dehydration. The body's ability to conserve water reduces with age, as does thirst. It is important for older adults to drink lots of fluids and eat foods with high water content, like berries and celery. The Mayo Clinic's recommended daily water intake for men is 15.5 cups and for women is 11.5 cups.

**Use sunscreen.** Protecting the skin is always a good idea. A sunscreen with an SPF of at least 30 is recommended by the Mayo Clinic. Apply it at least 15 minutes before heading outside. It should be applied generously and reapplied every two hours or more if a person is swimming or sweating. Ears, scalp, lips, nose, hands, and neck are spots to remember!

**Cover up.** When headed out into the heat or sun, it is best to wear loose-fitting, lightweight, light-colored clothing. Wide-brimmed hats and sunglasses are smart for protective purposes. It is good to have a lightweight jacket handy to protect the skin from sun exposure. If possible, find a shady spot to be in.



Did You Know? Water, snow, sand and concrete reflect light and raise sunburn risk.

**Try to avoid the sun during peak hours.** Peak sun hours are between 10 am and 4 pm, with the sun highest in the sky at noon and the temp. highest at 3 pm. UV rays from the sun are greatest between late spring and early summer in the U.S.

**Pay attention to the heat index and UV index.** The Heat Index measures how hot it feels in a place when relative humidity is factored in with actual air temperature. It can be found on local weather websites. There is also a UV index for seeing how strong UV light is where you are at [www.epa.gov/sunsafety/uv-index-1](http://www.epa.gov/sunsafety/uv-index-1)

**Medications and sun don't always mix.** Certain medications can increase sensitivity to sunlight. Sunburns, hives and rashes can result if one is not careful while on such medications. Research your medications before going out.

**Have a great, safe summer!** We hope these suggestions are helpful to you in your preparation for summer fun this year!



Special Moments



**Marilyn L: 7/23**

**Ann S: 7/30**

**Karla T: 7/30**



Those born in July are either Cancer (June 21-July 22) or Leo (July 23-August 22). The birthstone for July is ruby. The birth flowers for July are larkspurs (delphinium) and water lilies. July babies are said to have a sunny disposition and great self control.



# July 2021 Highlights

July observes Eye Injury Prevention, UV Safety, and Social Wellness. It celebrates Blueberries, Peaches, Ice Cream, and Watercolors!

01 Stamp Day; Creative Ice Cream Day	17 Peach Ice Cream Day; Emoji Day
02 Anisette Day; World UFO Day	18 Sour Candy Day; Ice Cream Day
03 Chocolate Wafer Day; Eat Beans Day;	19 Daiquiri Day
04 Independence Day; Scarecrow Build Day	20 Fortune Cookie Day; Penn. Day; Chess Day
05 Apple Turnover Day; Graham Cracker Day	21 Be Someone Day; Junk Food Day
06 Fried Chicken Day; Sushi Hand Rolls Day	22 Penuche Fudge Day; Hot Dog Day
07 Macaroni Day; Strawberry Sundae Day	23 Vanilla Ice Cream Day; Lovely Grandma Day
08 Almond Chocolate Day; Blueberry Day	24 A. Earhart Day; DriveThru Day; Cowboy Day
09 Sugar Cookie Day	25 Culinaricians' Day; Parents' Day
10 Collector Car Day; Pina Colada Day	26 Bagelfest Day; Coffee Milkshake Day
11 Blueberry Muffin Day; Amer. Pet Pic Day	27 Creme Brulee Day; New Jersey Day
12 Pecan Pie Day; Jello Day	28 Milk Chocolate Day; Waterpark Day
13 Beans N' Franks Day; French Fries Day	29 Intern Day; Eat Chicken Wings Day
14 Mac and Cheese Day; Tape Measure Day	30 Cheesecake Day; Chili Dog Day
15 Give Something Away Day; Tapioca Day	31 Mutt Day; Avocado Day
16 Corn Fritter Day; Personal Chefs' 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.

## Summertime Quotes:

"Live in the sunshine, swim in the sea, drink in the wild air." ~ Ralph Waldo Emerson

"No sun outlasts its sunset, but will rise again and bring the dawn. " ~ Maya Angelou

"Summer means happy times and good sunshine. It means going to the beach, enjoying the scenery, having fun with family and friends." ~Brian Wilson

"And so with the sunshine and the great bursts of leaves growing on trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer. ~ F. Scott Fitzgerald



## Staff Spotlight: Hannah

Hannah is 18 and is a great fit here at Ashley Pointe. She said, "This is only my third job, but it's my favorite. I always go home feeling fulfilled, even after a long day."

She's making a difference by sharing her beautiful smile with our residents while taking good care of them and helping them with their needs.

Hannah has lived in Lake Stevens for 9 years. She has 6 siblings and a cute little cat named Pickles. Pickles earned her name by knocking a pickle jar off the table; fortunately the pickle jar did not break!

Musically talented, Hannah has played the flute for 6 years and the piano for 12 years; she also loves singing.

Hannah loves to stay busy by baking; currently she is learning how to make tiramisu. She also likes cleaning and knitting, and is working on making a colorful scarf for her grandma.



## Resident Spotlight: Earl

Earl is a new resident at Ashley Pointe. He grew up in Spokane, WA, and lived there for 25 years. A man of many trades, he was a contractor that worked on mostly renovations for medical and dental offices, before moving to Anacortes, WA, 30 years ago, where he worked in yacht sales and repaired boats.

Earl met his wife Floy Ann at the age of 21 and they have been married for 67 years. They have 4 children. During his downtime, Earl loves to walk and work out.

We enjoy his smile and kindness and are so happy to have him and his wife as members of our Ashley Pointe Community.




# JULY 2021

Ashley Pointe

• 11117 20th ST NE Lake Stevens, WA 98258

• 425-397-7500

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>All activities subject to change per mandated health guidelines.</b></p>				<p>1</p> <p>10:00 Morning Exercises 11:00 Gather &amp; Chat 12:45 Storytime 1:30 Bingo 3:00 Nature Walk 4:00 Puzzles</p>	<p>2</p> <p>10:00 Morning Exercises 11:00 Coloring 12:45 Storytime 2:00 Skip Bo 3:00 Knit/Crochet Club</p>	<p>3</p> <p>10:00 Morning Exercises 10:45 Gather &amp; Chat 1:30 Jenga 3:00 History Lesson 4:00 IN2L Games</p>
<p>4 <b>4<sup>th</sup> of July</b></p> <p>11:00 Gather &amp; Chat 1:30 Hymn Singing 3:00 Nature Walk 6:00 American History Movie <b>8:00 Watch Fireworks outside</b></p>	<p>5</p> <p>10:00 Morning Exercises 10:45 Gather &amp; Chat 1:30 Bingo 3:00 Puzzles 4:00 Dominos</p>	<p>6</p> <p>10:00 Morning Exercises <b>10:30 Library Cart Route Service</b> 12:45 Storytime <b>1:15 Bible Fellowship</b> <b>2:30 Fireside Chat w/ Jeff</b> 4:00 Nature Walk</p>	<p>7</p> <p>10:00 Morning Exercises 10:45 Gather &amp; Chat 12:45 Storytime <b>1:30 Paper Craft</b> <b>3:00 Happy Hour</b> 4:00 Nerf Basketball</p>	<p>8</p> <p>10:00 Morning Exercises 10:45 Group Word Games 12:45 Storytime 1:30 Bingo <b>2:30 Rock Art</b> 6:00 Comedy Movie</p>	<p>9</p> <p>10:00 Morning Exercises 11:00 Coloring 12:45 Storytime <b>1:30 Sugar Cookie Decorating</b> 3:00 Skip Bo 4:00 Nature Scavenger Hunt</p>	<p>10</p> <p>10:00 Morning Exercises 10:45 Gather &amp; Chat <b>1:30 Guest Speaker</b> 3:00 IN2L Games 5:30 Action Movie</p>
<p>11</p> <p>11:00 Gather &amp; Chat <b>1:30 Gospel Message &amp; Music</b> 3:00 Watercoloring 4:00 Puzzles 6:00 Documentary Movie</p>	<p>12</p> <p>10:00 Morning Exercises 10:45 Room Visits 12:45 Storytime 1:30 Bingo <b>2:30 Group Pictionary</b> 4:30 Dominos</p>	<p>13</p> <p>10:00 Morning Exercises 10:45 Name that Scent 12:45 Storytime <b>1:15 Bible Fellowship</b> 2:30 Rummikub 4:00 Puzzles</p>	<p>14</p> <p>10:00 Morning Exercises 10:45 Gather &amp; Chat 12:45 Storytime <b>1:30 Paper Craft</b> <b>3:00 Happy Hour</b> 6:00 Romantic Comedy Movie</p>	<p>15</p> <p>10:00 Morning Exercises 10:45 Group Word Games 12:45 Storytime 1:30 Bingo <b>2:30 Canvas Painting</b> 4:00 Jenga</p>	<p>16</p> <p>10:00 Morning Exercises <b>11:15 Picnic in the Park</b> 2:00 Memory Games 3:00 Skip Bo 6:00 Action Movie</p>	<p>17</p> <p>10:00 Morning Exercises 11:00 Nature Walk 1:30 Card Games 2:30 Coloring 3:30 Puzzles</p>
<p>18</p> <p>11:00 Gather &amp; Chat <b>1:30 Gospel Message &amp; Music</b> 3:00 Word Search 6:00 History Movie</p>	<p>19</p> <p>10:00 Morning Exercises <b>11:00 Field Trip – Out to Lunch</b> 1:30 Bingo <b>2:30 Food Forum</b> 3:00 Skip Bo 4:00 IN2L Games</p>	<p>20</p> <p>10:00 Morning Exercises 10:45 Name that Tune 12:45 Storytime <b>1:15 Bible Fellowship</b> 2:30 Rummikub 3:30 Travel Video</p>	<p>21</p> <p>10:00 Morning Exercises 10:45 Room Visits 12:45 Storytime <b>1:30 Nature Scavenger Hunt</b> <b>3:00 Happy Hour</b> 4:00 IN2L Geography</p>	<p>22</p> <p>10:00 Morning Exercises 10:45 Group Word Games 12:45 Storytime 1:30 Bingo <b>3:00 Food Forum</b> 4:00 Puzzles</p>	<p>23 <b>SPA DAY</b></p> <p><b>10:00 Yoga &amp; Smoothies</b> <b>10:45 Aromatherapy</b> <b>12:30 Hand Massages</b> <b>1:30 Manicures &amp; Music</b> <b>2:30 Chocolate Tasting</b> <b>3:30 Facials &amp; Foot Soaks</b></p>	<p>24</p> <p>10:00 Morning Exercises 10:45 Gather &amp; Chat <b>1:30 Guest Speaker</b> 3:00 Nature Walk 6:00 Classic Movie</p>
<p>25</p> <p>11:00 Gather &amp; Chat <b>1:30 Gospel Message &amp; Music</b> 3:00 Dominos 5:30 Puzzles 6:00 Card Games</p>	<p>26</p> <p>10:00 Morning Exercises 10:45 Room Visits 12:45 Storytime 1:30 Bingo <b>2:30 Arts &amp; Crafts</b> <b>3:30 Knit/Crochet Club</b></p>	<p>27</p> <p>10:00 Morning Exercises 10:45 Group Pictionary 12:45 Storytime <b>1:15 Bible Fellowship</b> 2:30 Rummikub 3:30 Nature Walk</p>	<p>28</p> <p>10:00 Morning Exercises <b>10:30 Scenic Drive</b> 12:45 Storytime 1:30 Nerf Basketball <b>3:00 Happy Hour</b> 6:00 Documentary</p>	<p>29</p> <p>10:00 Morning Exercises <b>10:45 Name that Sound</b> 12:45 Storytime 1:30 Bingo <b>2:30 Book Club</b> 4:00 Dominos</p>	<p>30</p> <p>10:00 Morning Exercises <b>10:45 Show &amp; Tell</b> 12:45 Storytime <b>1:30 Quote Quest</b> 3:00 Skip Bo 6:00 Comedy Movie</p>	<p>31</p> <p>10:00 Morning Exercises 11:00 Memory Games 1:00 Geography Lesson <b>2:00 Pin Knockdown</b> 3:00 Nature Walk 4:00 Puzzles</p>