

**Administrative Team:**

**Executive Director: Jeff Hendrickson**

**Business Office Director: Nicole Henriques**

**Wellness Director: Janet Hilt**

**Wellness Nurse: Linda Hall, RN**

**Community Relations Director: Lauri Ferguson**

**Dining Services Director: Jamie Curay**

**Life Enrichment Director: Natalie Lavering**

**Maintenance Assistant: Mason Ferguson**

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

# Ashley Pointe News

**August 2021 Newsletter**



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# Explore Paths to Improved Eye Wellness

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

August is Eye Exam Month and in observance, we've gathered some insight for eyesight! It can be frustrating to experience changes to eyes which result from an array of factors. Luckily, there are many ways to address eye health.

One of the best ways to stay on top of eye health is to have annual eye exams. Practicing precautionary measures through lifestyle is also important. People with diabetes, high blood pressure, or medications that affect eyes have increased risk for vision problems.

Some lifestyle recommendations from the National Eye Institute include having a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields as appropriate; avoiding smoking; reducing eyestrain from screens by looking 20 feet before you for 20 seconds every 20 minutes; and cleaning hands often to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms that may affect seniors is also helpful toward eye wellness.

### Four Eye Issues That Can Affect Older Adults:

- Dry eye is a common issue for seniors, in which not enough tears or quality tears are made, and poor vision may result.
- Age-related macular degeneration is an issue that causes central (not side) vision loss. The macula of the eye allows people to see fine details and colors, so when it is affected, activities like reading, watching movies, and recognizing faces could be challenging



Did you know? UV rays can negatively affect your eye's surface tissue, cornea, and lens. When in the sun, protect your eyes with sunglasses that have 100% UV or UV400 protection.

- Cataracts are cloudy areas in the eye lens (usually in both eyes, to different degrees) that can cause blurry vision, poor contrast awareness, dulled colors, and glare sensitivity.
- Glaucoma is a group of issues which damage the optic nerve and in time can take away side vision. While glaucoma is often painless with no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. Prescription devices are also available, like spectacle-mounted magnifiers for close-up tasks; hand-held or spectacle-mounted telescopes for near and far vision; handheld and stand magnifiers to assist with short-term reading; and video magnification that enlarges items on video.

Let us know if this information has been helpful for you in the comments section of our newsletter Facebook post on the first.



### Special Moments



Bruce 8/3  
Phyllis 8/6  
Josephine 8/6  
Michele 8/11  
Bill W 8/12

Annette 8/14  
Karin 8/25  
Frehiwot 8/27  
Reva 8/30  
Jeanie 8/30

Those born in August are either Leo (Aug. 1-22) or Virgo (August 23-31). The birthstone for August is peridot. The birth flower for August is the gladiola. August babies are said to be natural leaders and teachers who thrive in the spotlight. They can often be described as charismatic.



# August 2021 Highlights

August is Eye Exam Month, Wellness Month, and Sun Safety Month. It celebrates peaches, paninis, golf, catfish, sandwiches, and goat cheese!



01 Mahjong Day; Sister Day; Colorado Day  
 02 Coloring Day; Ice Cream Sandwich Day  
 03 Watermelon Day; National Night Out Day  
 04 Chocolate Chip Cookie Day  
 05 Oyster Day; Work Like a Dog Day; IPA Day  
 06 Root Beer Float Day; Water Balloon Day  
 07 Mustard Day; Disc Golf Day  
 08 Froyo Custard Day; Zucchini Day; Cat Day  
 09 Book Lovers' Day; Rice Pudding Day  
 10 S'mores Day; Connecticut Day  
 11 Son & Daughter Day; Kinetic Sand Day  
 12 Vinyl Record Day; World Elephant Day  
 13 Intl. Left Handers' Day; Prosecco Day  
 14 Creamsicle Day; Bowling Day  
 15 Lemon Meringue Pie Day; Honey Bee Day  
 16 Tell a Joke Day; Airborne Day  
 17 Black Cat Day; Thrift Shop Day  
 18 Fajita Day; Ice Cream Pie Day  
 19 Aviation Day; Potato Day; Hair Bow Day  
 20 Radio Day; Lemonade Day  
 21 Senior Day; Spumoni Day; Geocache Day  
 22 Pecan Torte Day; Be an Angel Day  
 23 Sponge Cake Day; Cuban Sandwich Day  
 24 Maryland Day; Waffle Day; Peach Pie Day  
 25 Banana Split Day  
 26 Cherry Popsicle Day; Dog Day  
 27 Pots de Crème Custard Day; Just Cuz Day  
 28 Bow Tie Day; Cherry Turnover Day  
 29 Chop Suey Day; Lemon Juice Day  
 30 Toasted Marshmallow Day; Beach Day  
 31 Trail Mix Day; Intl. Bacon 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.

S B W K I S U N W M K W V  
 Y E K Q H X A E S K O V P  
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 S A Y E U C P O O L N O N  
 V R S E S S A L G N U S G

**WORD BANK:** HOT ICE CREAM PLAY POOL SUN  
 BBQ ICE CREAM POOL POOLSICLE SWIM  
 BEACH JUMP KITE SAND SWING  
 CAMPING KITE SAND SWING  
 FUN PICNIC SUMMER VACATION



## Staff Spotlight: Jaime

Jaime is the new chef here at Ashley Pointe. He loves to cook and is doing a great job!

Jaime grew up in Lima, Peru and has one older sister and one younger brother. He has lived in America for 25 years and has never gone back to Peru, but has plans to go for a visit next year. He is the father of one son and has a black cat named Eva. Jaime enjoys watching sports - especially soccer. His favorite thing to cook is Peruvian food, and when asked which dish, he said "Arroz con pollo." Jaime likes to listen to music while he's cooking and often has Frank Sinatra playing on the radio. His favorite dessert is creme brulee - yum! If we get him a kitchen torch, maybe he'll make creme brulee for all of us!

Welcome to Ashley Pointe, Jaime!



## Resident Spotlight: Shirley

Shirley is one of our cottage residents. She grew up in Bend, Oregon and loves the Oregon Coast. The beach is her favorite place.

Shirley has three daughters, six grandchildren, and three great-grandchildren. She also has one very cute little dog named Bella! Shirley enjoys doing puzzles - any kind, but jigsaw and crossword are her favorite. She also loves to garden and used to have a huge vegetable garden. If you stop by her cottage, you will see pretty flowers in her porch garden. Hydrangeas are her favorite flower.

When asked what her favorite meal is, she said "A good old-fashioned grilled hamburger."

We're glad Shirley is here at Ashley Pointe; she's a lovely lady!



# AUGUST 2021

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

SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b>  11:00 Gather & Chat 12:30 Nature Walk <b>1:30 Sabbath Day Devotional &amp; Hymns</b> 3:00 Dominoes 6:00 Documentary Movie	<b>2</b>  10:00 Morning Exercises 10:45 Gather & Chat 1:30 Bingo <b>2:30 Rummikub</b> 3:30 Pin Knockdown 5:30 Puzzles	<b>3 Happy Birthday, Bruce!</b>  10:00 Morning Exercises 10:45 Word Games <b>1:15 Bible Fellowship</b> <b>2:30 Fireside Chat with Jeff</b> 3:30 Skip-Bo 5:30 Coloring	<b>4</b>  10:00 Morning Exercises <b>10:45 Name that Sound</b> 12:45 Storytime 1:30 Rummikub <b>3:00 Happy Hour</b> 6:00 History Movie	<b>5</b>  10:00 Morning Exercises <b>10:45 Words Within a Word</b> 12:45 Storytime 1:30 Bingo 3:30 Nature Walk	<b>6 Happy Birthday, Phyllis! Happy Birthday, Josephine!</b>  10:00 Morning Exercises <b>11:00 Bus Outing: Beach Day! Mukilteo Beach &amp; Ivar’s</b> 3:00 Skip-Bo 6:00 Comedy Movie	<b>7</b>  10:00 Morning Exercises 10:45 Gather & Chat <b>1:30 Coloring</b> 2:30 Nature Walk 3:30 Jenga 5:30 IN2L Travel Video
<b>8</b>  11:00 Gather & Chat <b>1:30 Sabbath Day Devotional &amp; Hymns</b> 3:00 Memory Games 4:00 Puzzles 6:00 Disney Movie	<b>9</b>  10:00 Morning Exercises 10:45 Room Visits <b>12:45 Storytime</b> 1:30 Bingo <b>2:30 Rummikub</b> 5:30 IN2L Geography	<b>10</b>  10:00 Morning Exercises <b>10:30 Bus Outing: Local Shopping</b> 12:45 Storytime <b>1:15 Bible Fellowship</b> 2:30 Skip-Bo 4:00 Coloring	<b>11 Happy Birthday, Michele!</b>  10:00 Morning Exercises <b>11:00 Bus Outing: Out to Lunch</b> 1:30 Rummikub <b>3:00 Happy Hour</b> 5:30 Western Movie	<b>12 Happy Birthday, Bill W!</b>  10:00 Morning Exercises <b>10:45 Words Within a Word</b> <b>12:00 Library Cart Route Service</b> 12:45 Storytime 1:30 Bingo 2:30 Nature Walk	<b>13</b>  10:00 Morning Exercises 10:45 Room Visits 12:45 Storytime <b>1:30 Croquet</b> <b>3:00 Skip-Bo</b> 5:30 Romantic Comedy Movie	<b>14 Happy Birthday, Annette!</b>  10:00 Morning Exercises 10:45 Gather & Chat 12:30 Puzzles <b>1:30 Nature Walk</b> 3:00 IN2L Games
<b>15</b>  11:00 Gather & Chat <b>1:30 Sabbath Day Devotional &amp; Hymns</b> <b>3:00 Family History Work</b> 4:00 Card Games 6:00 Classic Movie	<b>16</b>  10:00 Morning Exercises <b>10:45 Book Sharing</b> <b>12:45 Storytime</b> 1:30 Bingo 2:30 Pin Knockdown 5:30 Travel Video	<b>17</b>  10:00 Morning Exercises <b>10:45 Scattergories</b> 12:45 Storytime <b>1:15 Bible Fellowship</b> 2:30 Skip-Bo 3:30 Memory Games	<b>18</b>  10:00 Morning Exercises <b>10:45 Name that Animal</b> 12:45 Storytime 1:30 Rummikub <b>3:00 Happy Hour</b> 6:00 Documentary	<b>19</b>  10:00 Morning Exercises <b>10:45 Words Within a Word</b> <b>12:30 Bus Outing: Stanwood</b> 1:30 Bingo 2:30 Puzzles 3:30 Coloring	<b>20</b>  10:00 Morning Exercises <b>10:45 Craft Project</b> 12:45 Storytime <b>1:30 Harmonica Playing</b> 2:30 Skip-Bo 4:00 Dominoes	<b>21</b>  10:00 Morning Exercises 10:45 Gather & Chat <b>11:00 Card-Making</b> <b>1:30 Guest Speaker</b> <b>3:00 Croquet</b> 5:30 IN2L History Class
<b>22</b>  11:00 Gather & Chat 11:30 Morning Walk <b>1:30 Sabbath Day Devotional &amp; Hymns</b> <b>3:00 Family History Work</b> 4:00 Dominoes	<b>23</b>  10:00 Morning Exercises <b>11:00 Bus Outing: Out to Lunch</b> <b>1:30 Bingo</b> 3:30 Knit/Crochet Club 5:30 Travel Video	<b>24</b>  10:00 Morning Exercises 10:45 Scattergories 12:45 Storytime <b>1:15 Bible Fellowship</b> <b>2:30 Food Forum w/ Chef Jaime</b> 3:30 Skip-Bo	<b>25 Happy Birthday, Karin!</b>  10:00 Morning Exercises <b>10:45 Name that Scent</b> 12:45 Storytime 1:30 Rummikub <b>3:00 Happy Hour</b> 5:30 Sudoku	<b>26</b>  10:00 Morning Exercises <b>10:45 Words Within a Word</b> 12:45 Storytime <b>1:30 Bingo</b> <b>2:30 Bookclub</b> <b>4:00 Nature Walk</b>	<b>27 Happy Birthday, Frehiwot!</b>  10:00 Morning Exercises <b>11:00 Bus Outing: Picnic at the Beach</b> <b>3:30 Skip-Bo</b> 5:30 Adventure Movie	<b>28</b>  10:00 Morning Exercises 10:45 Gather & Chat <b>11:00 IN2L Games</b> <b>1:30 Nature Walk</b> 3:00 Puzzles
<b>29</b>  11:00 Gather & Chat 11:30 Word Search <b>1:30 Sabbath Day Devotional &amp; Hymns</b> <b>3:00 Family History Work</b> 6:00 Classic Movie	<b>30 Happy Birthday, Reva! Happy Birthday, Jeanie!</b>  10:00 Morning Exercises <b>10:45 Memory Games</b> 12:45 Storytime 1:30 Bingo <b>2:30 Show &amp; Tell</b> 3:30 Croquet	<b>31</b>  <b>10:00 Bus Outing: Evergreen State Fair (details to come!)</b> 10:00 Morning Exercises <b>1:15 Bible Fellowship</b> 2:30 Skip-Bo 3:30 Nature Walk 4:00 Coloring				<b>All activities subject to change per mandated health guidelines.</b>