

Stamp

Administrative Team:

Executive Director: Jeff Hendrickson
Business Office Director: Nicole Henriques
Wellness Director: Janet Hilt
Wellness Nurse: Kristen Connor, 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

September 2021 Newsletter



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Achieving Better Balance & A More Active Lifestyle

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

Do you ever feel lightheaded upon standing or feel your surroundings spin when taking a step? These are signs of balance issues. Most stem from the inner ear, but can be related to medications, the circulatory system, or blood pressure, among other causes. Fortunately, balance issues can be improved with attention to health, and action.

In September, Balance Awareness Week takes place, the 19th-25th. In observance, we’re sharing causes and improvement ideas.

Balance Issue Causes

Vertigo, lightheadedness, unsteadiness, and dizziness are four symptoms that can point to specific causes, per the Mayo Clinic. Causes are not limited to these, but can include: motion sickness, migraine, and Meniere's behind **vertigo**; cardiovascular issue or blood pressure change with movement behind **lightheadedness**; eyesight issue, medication, inner ear issue, leg nerve damage, or neurological issue behind **unsteadiness**; and inner ear issue, medication, or psychiatric issue behind **dizziness**. Balance disorders can bring about symptoms including but not limited to: confusion, disorientation, nausea and vomiting, diarrhea, changes in heart rate and blood pressure, fear, anxiety, or panic.

If you suspect you have an issue, speak with your medical professional for diagnosis and treatment. Depending on the issue, treatment can include medications to control dizziness and vomiting, balance retraining, inner ear



positioning procedures, surgery, change to diet (specific to the cause), and lifestyle change.

Lifestyle change many can benefit from is increased physical activity for muscle strength and flexibility. If your health professional approves, here are a few ideas to try, with a spotter present!

Exercises

- Tai Chi or Chair Chi! This is meditation in motion, with movements that shift weight from foot to foot, helping posture and balance.
- Hold a chair and stand on one leg at a time for several intervals.
- Tightrope Walking: Hold arms straight out at your sides. Walk a straight line with a 1-2 second pause as your back leg lifts from the ground. Have head up and eyes fixed ahead.
- Wall Pushups: Stand arm’s length from a wall. Lean forward slightly with palms flat on wall at height and width of shoulders. Keep feet in place as you move your body forward. Gently push back until arms are straight.

Let us know if this information has been helpful to you on our facebook page!



SPECIAL MOMENTS!



September 2021 Highlights

September is Healthy Aging Month, Cholesterol Education Month, Food Safety Education Month, and World Alzheimer's Month. It celebrates Hispanic Heritage, Sewing, Piano, Honey, Chicken, and Americana!

01 Building & Code Staff Day; Write Letters Day	16 Cinnamon Raisin Bread Day; Guacamole Day
02 Blueberry Popsicle Day	17 Apple Dumpling Day; Country Music Day
03 Bowling League Day; College Colors Day	18 Cheeseburger Day; Dance Day
04 Macadamia Nut Day; Tailgating Day	19 Butterscotch Pudding Day
05 Cheese Pizza Day; Intl. Day of Charity	20 Pepperoni Pizza Day; String Cheese Day
06 Labor Day; Rosh Hashanah; Book Day	21 Chai Day; NY Day; World Alzheimer's Day
07 Acorn Squash Day; Salami Day	22 Centenarians' Day; White Chocolate Day
08 Intl. Literacy Day; Ampersand Day	23 Pot Pie Day; Snack Stick Day
09 Teddy Bear Day; Wiener Schnitzel Day	24 Cherries Jubilee Day; Punctuation Day
10 Swap Ideas Day; TV Dinner Day	25 Family Health & Fitness Day; Quesadilla Day;
11 Hot Cross Bun Day; Patriot Day	26 HR Prof's Day; Pancake Day; Dumpling Day
12 Assisted Living Week Kickoff; Grandparent Day	27 Family Day; Corned Beef Hash Day; Scarf Day
13 Peanut Day	28 Good Neighbor Day; North Carolina Day
14 Cream Filled Donut Day; Hoagie Day	29 Coffee Day; Women's Health Day
15 Yom Kippur; Learn Online Day; Linguine Day	30 Hot Mulled Cider Day; Love Others Day

"O sweet September, thy first breezes bring. The dry leaf's rustle and the squirrel's laughter. The cool fresh air whence health and vigor spring. And promise of exceeding joy hereafter." — George Arnold, September Days

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.

Autumn Begins September 22!

Our residents and staff shared what they love most about Autumn!

"All the leaves on the trees turning different colors!! So beautiful!! - Darlene

"The crisp, cool tang in the air." - Sheila

"One of my favorite things about fall is the sight and sounds of the geese flying over head." - J

"I like the colors and the smells" - Nicole

"Thanksgiving" - Doris T

"Outings to the pumpkin patch" - Dave



Staff Spotlight: Mason

Mason is our awesome maintenance director!

This summer, he was one of 6,300 wrestlers at the National Wrestling Championship in Fargo, ND.

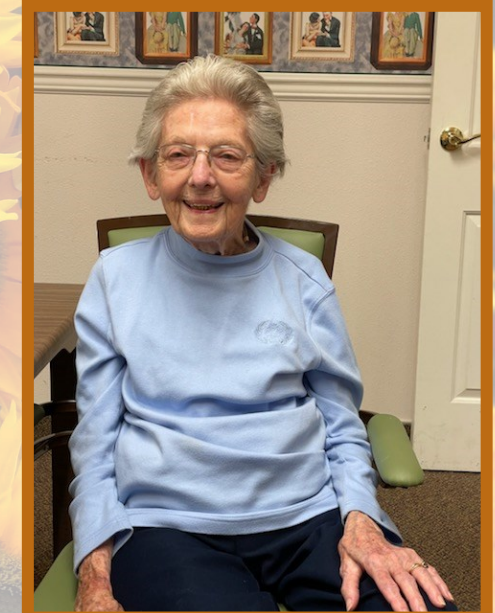
He is also a football player.

His favorite vacation has been hiking in Southern Utah - Arches and Zion National Parks.

Lasagna is his favorite dinner, and Moose Tracks ice cream and ginger snaps are his favorite desserts.

He plans to go into Finance.

Thank you for all you do, Mason!



Resident Spotlight: Virginia

Virginia grew up in North Hollywood. She met her husband, John, at a dance hall in 1952, they were married in 1954, and kept dancing together for nearly 54 years!! They have two sons, a daughter, a grandson and a granddaughter. They loved to go camping on the beach. She volunteered for seven years at the Children's Hospital. Her favorite dinner is venison and baked potato with strawberry shortcake for dessert!

We are so happy to have you here at Ashley Pointe, Virginia!

SEPTEMBER 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 Morning Exercises 11:00 Name that Tune 1:00 Storytime 1:30 Rummikub 3:00 Happy Hour: Tom & Jill Hudon 6:00 Disney Movie	2 10:00 Morning Exercises 11:00 Fireside Chat with Jeff 11:30 Words within Word 1:00 Storytime 1:30 Bingo 3:00 IN2L: Trivia 4:00 Pre-Dinner Chat	3 10:00 Morning Exercises 11:00 Bus Outing: Grand Avenue Park & Picnic 1:30 Storytime 2:30 Skip-Bo 3:30 Rummikub 4:00 Coloring 6:00 IN2L: TV Games	4 Happy Birthday, Channing! 10:00 Morning Exercises 11:00 Memory Games 1:00 Jenga 2:00 Nature Walk 3:00 Dominoes 4:00 Pin Knockdown
5 11:00 Gather & Chat 1:30 Sabbath Day Devotional & Hymns 3:00 Family History Work 4:00 Puzzles 4:30 Pre-Dinner Chat 6:00 IN2L: The Roy Rogers Show	6 10:00 Morning Exercises 11:00 Room Visits 1:30 Bingo 3:00 Rummikub 4:00 Book Sharing Table 6:00 IN2L: Crossword	7 9:00 Bus Outing: Fred Meyer - Senior Discount Day 10:00 Morning Exercises 11:30 Scattergories 1:15 Bible Fellowship 2:30 Skip-Bo 3:45 Nerf Basketball	8 10:00 Morning Exercises 11:00 Name that Country 1:00 Storytime 1:30 Rummikub 3:00 Happy Hour: Olde Tyme Fiddlers 6:00 Comedy Movie	9 10:00 Morning Exercises 11:00 Library Cart Route Service 11:30 Words within Word 1:00 Storytime 1:30 Bingo 3:00 Group Pictionary with LSHS Interact Club 4:30 Pre-Dinner Chat	10 Happy Birthday, Angie! 10:00 Morning Exercises 11:00 Fall Craft Project 1:00 Storytime 2:30 Skip-Bo 4:00 Outdoor Scavenger Hunt 6:00 Adventure Movie	11 10:00 Bus Outing: Fishing on Lake Stevens (to noon) 10:00 Morning Exercises 1:00 Fall Card-Making 2:30 Fall Dessert Tasting 3:30 IN2L: Symphony 4:30 Pre-Dinner Chat
12 11:00 Gather & Chat 1:30 Sabbath Day Devotional & Hymns 3:00 Family History Work 4:00 IN2L: Bible Trivia 4:30 Pre-Dinner Chat 6:00 Classic Movie	13 10:00 Morning Exercises 11:00 Room Visits 1:00 Storytime 1:30 Bingo 3:00 Rummikub 4:15 IN2L: Nature Show	14 10:00 Morning Exercises 11:00 Scattergories 1:15 Bible Fellowship 2:30 Skip-Bo 3:30 Fall Leaf Painting 4:30 Pre-Dinner Chat	15 Happy Birthday, Doris! 10:00 Morning Exercises 11:00 Name that Famous Person 1:00 Storytime 1:30 Rummikub 3:00 Happy Hour: Doug Williams	16 Happy Birthday, Angelita! 10:00 Morning Exercises 10:45 Words within Word 1:00 Storytime 1:30 Bingo 3:00 Dominoes 4:00 Puzzles	17 10:00 Morning Exercises 11:00 Puzzles 1:30 Harmonica Playing 2:30 Skip-Bo 3:30 Nature Walk 6:00 Action Movie	18 10:00 Morning Exercises 11:00 Sudoku 1:00 IN2L: Word Scramble 2:00 Pin Knockdown 3:00 Coloring 4:00 Memory Games
19 11:00 Gather & Chat 1:30 Sabbath Day Devotional & Hymns 3:00 Family History Work 4:00 Dominoes 4:30 Pre-Dinner Chat 6:00 Documentary	20 Happy Birthday, Darleen! 10:00 Morning Exercises 11:00 Show & Tell 1:30 Bingo 3:00 Rummikub 4:00 Jenga 6:00 IN2L: Travel Video	21 10:00 Morning Exercises 11:00 Scattergories 1:15 Bible Fellowship 2:30 Skip-Bo 4:00 Fall Fun Word Games 6:00 Nerf Basketball	22 10:00 Morning Exercises 11:00 Manicures 1:00 Puzzles 2:00 Coloring 3:00 Happy Hour: Jim Smith 6:00 History Movie	23 10:00 Morning Exercises 10:45 Words within Word 1:30 Bingo 2:00 Nature Walk 3:00 Uno card game 4:00 IN2L: Classic TV 6:00 Coloring	24 10:00 Morning Exercises 11:00 Memory Games 1:00 IN2L: Relaxation 2:30 Skip-Bo 3:30 Rummikub 4:00 IN2L: Word Games 6:00 Romantic Comedy Movie	25 10:00 Morning Exercises 11:00 Puzzles 1:00 Nature Walk 2:00 Nerf Basketball 3:00 IN2L: Match Game 4:30 Pre-Dinner Chat
26 11:00 Gather & Chat 1:30 Sabbath Day Devotional & Hymns 3:00 Family History Work 4:00 IN2L: Faith Group Worship Music 4:30 Pre-Dinner Chat 6:00 Classic Movie	27 10:00 Morning Exercises 11:00 Room Visits 1:00 Storytime 1:30 Bingo 2:30 Rummikub 3:30 Knit/Crochet Club 4:30 Pre-Dinner Chat	28 10:00 Morning Exercises 11:00 Scattergories 1:15 Bible Fellowship 2:30 Food Forum with Chef Jaime 3:30 Skip-Bo 4:00 Nature Walk 6:00 IN2L: Trivia	29 Happy Birthday, Sali! 10:00 Morning Exercises 11:00 Name that Scent 1:00 Storytime 1:30 Fall Craft Project 3:00 Happy Hour: Tom Bahr 6:00 Documentary	30 10:00 Morning Exercises 11:00 Bus Outing: Lunch at Rhodes River Ranch 1:30 Bingo 2:30 Words within Word 3:00 Book Club 4:00 Nature Walk		