



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

Ashley Pointe News

October 2021 Newsletter



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Physical Therapy for Improved Quality of Life

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

You may think of a physical therapist as one to go to for healing and strengthening after an injury. While physical therapists are great for that, they also do much more. Physical therapists can help people by diagnosing physical conditions, improving movement, managing pain, restoring function, and preventing disabilities, according to the American Physical Therapy Association.

Physical therapists help people through all stages of life with care, education, and treatment plans that aim to improve overall quality of life. They may approach issues with proper stretching techniques, strengthening and core-focused exercises, ice and heat, or ultrasound, to name a few approaches.

This Physical Therapy Month, we've delved into five ways physical therapy can help people, especially older adults.

5 Potential Physical Therapy Benefits

Improved Movement: Physical therapists can identify, diagnose, and treat movement challenges, and in some cases can help people to avoid having surgery.

Pain Relief or Prevention: Physical therapy can provide long-term pain solutions with exercises, joint and soft tissue mobilization, ice/heat therapy, ultrasound, and electrical stimulation for relief or restoring function.



Did you know? There are many physical therapy focus areas, including but not limited to: orthopedic, neurological, vestibular, and cardiovascular!

Management of Issues with Diabetes:

Physical therapists can help prescribe and teach exercise for lowering blood glucose levels, treat chronic pain, improve walking ability, treat sores, help with assistive devices, and restore normal movement and balance.

Management of Issues As We Age: Physical Therapists may be able to help with managing arthritis, managing pain, osteoporosis and/or recovering from procedures like joint replacements. They may also be able to help prevent or recover from falls with exercises.

Strengthening After a Stroke: Physical therapists can help improve function and balance with Constraint-Induced Movement Therapy, functional electrical stimulation, and motor imagery, among others.

For those who haven’t tried physical therapy, but are interested, a great first step would be to reach out to a local physical therapist and see how they might be able to play a positive role in healthy living. Let us know if this information has been helpful to you on our facebook page!



Special Moments



October 2021 Highlights

October is Emotional Wellness Month, Physical Therapy Month, Dental Hygiene Month, and Breast Cancer Awareness Month. It celebrates Chili, Pretzels, Global Diversity, Adopting Shelter Dogs, and World Space Week!

01 Intl. Seniors Day; Homemade Cookies Day	17 Pasta Day
02 Custodial Workers' Day; Fried Scallops Day	18 Chocolate Cupcake Day; No Beard Day
03 Techies' Day	19 Seafood Bisque Day; Kentucky Day
04 Golf Love Day; Taco Day; Cinnamon Bun Day	20 Confident Youth Day; Medical Asst. Day
05 Nice Act Day; International Teachers' Day	21 Pumpkin Cheesecake Day; Reptile Day
06 Mad Hatter Day; Pumpkin Seed Day	22 Color Day; Nut Day; Make a Dog's Day
07 Frappe Day; Chocolate Pretzel Day	23 Boston Cream Pie Day; Make Difference Day
08 Fluffernutter Day; Pierogi Day; Heroes Day	24 Bologna Day; Mother-In-Laws' Day
09 Leif Ericson Day; Chess Day; I Love Yarn Day	25 Greasy Food Day; Sourest Day
10 Decorate Cake Day; Clergy Appreciation Day	26 Pumpkin Day; Mincemeat Day
11 Native Americans' Day; Columbus Day	27 Navy Day; American Beer Day; Black Cat Day
12 World Arthritis Day; Farmers' Day	28 Chocolate Day; First Responders' Day
13 Navy Birthday; Train Brain Day; Fossil Day	29 Cat Day; Oatmeal Day; Nevada Day
14 Dessert Day	30 Candy Corn Day
15 I Love Lucy Day; Bosses Day	31 Halloween; Girl Scout Founder's Day
16 Global Cat Day; Sports Day; Sweetest Day	

"I wish that every day was Saturday and every month was October." - Charmaine J. Forde

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.

October 14 is Dessert Day!

Our residents and staff shared their favorites!

"Chocolate Cake" - Vi

"Apple Pie" - Carol

"Red Velvet Cake" - Bruce

"Pecan Pie" - Michele

"Peach Cobbler with Cream" - Floy Ann

"Any kind of cake" - Hooshey

"Chocolate Cake" - Bill R



Staff Spotlight:
Tabatha

Tabatha is our awesome housekeeper! She was born in Texas and grew up on a farm in East Texas with her grandparents and great-grandparents. She and her husband have 6 kids and 2 dogs: a beagle and a chihuahua named Lily & Chica. Her favorite fun place to visit is Schlitterbahn Waterpark known as the best water park in the world. Tabatha enjoys hiking & scootering. Her favorite food is tacos, and her favorite color is purple. Tabatha has an amazing work ethic and is a huge blessing here at Ashley Pointe!



Resident Spotlight:
Pat

Welcome to our newest Ashley Pointe resident, Pat! Pat was born at home on a farm in Whatcom County, one of four children. She and her husband Dave were married nearly 50 years and have 3 sons, 3 granddaughters, and 2 grandsons. Pat trained to be a Home Ec. Teacher, but only taught for one year before she found what she really loved and that was being an ESL teacher for many years at a community college. Pat loves reading, crossword puzzles, and playing the piano. Her favorite holiday is Christmas. Blue is her favorite color and she loves oysters and all kinds of seafood. We are so happy to have you here at Ashley Pointe, Pat!

OCTOBER 2021

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SUN		MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.						1 10:00 Morning Exercises 10:45 Nature Walk 11:30 Joke-Telling Time 1:00 Storytime 1:30 Skip-Bo 2:30 Bus Outing: Scenic Drive 4:00 IN2L: On This Day	2 10:00 Morning Exercises 11:00 Coloring 1:00 Sudoku 2:00 Pin Knockdown 3:00 Big Band Music 4:00 Pre-Dinner Chat 6:00 Action Adventure Movie
		3 11:00 Gather & Chat 1:00 Bible Reading 2:00 Puzzles 3:00 Family History Work 4:00 IN2L: Symphony 6:00 Classic Movie	4 Happy Birthday, Frances! 10:00 Morning Exercises 11:00 Room Visits 1:00 Storytime 1:30 Bingo 3:00 Rummikub 4:00 Book Sharing Table 4:30 Pre-Dinner Chat	5 9:00 Bus Outing: Fred Meyer - Senior Discount Day (2 - hr Outing) 10:00 Morning Exercises 11:30 Scattergories 1:15 Bible Fellowship 2:30 Skip-Bo 4:00 Fall Craft Project	6 10:00 Morning Exercises 11:00 Name That Company 11:30 Charades 1:00 Storytime 1:30 Rummikub 3:00 Happy Hour: Six– Gun Road 4:30 Pre-Dinner Chat	7 10:00 Morning Exercises 11:00 Fireside Chat with Jeff 11:30 Words w/I a Word 1:15 Bus Outing: Pumpkin Patch with Cider & Donuts 3:45 Bingo 6:00 IN2L: Classic TV	8 10:00 Morning Exercises 11:00 Joke-Sharing Time 11:30 Pre-Lunch Visiting 1:00 Rummikub 2:30 Skip - Bo 3:30 IN2L: Belgium Travel Video 4:15 Nerf Basketball
10 11:00 Gather & Chat 11:30 IN2L: Nature Show 1:30 Sabbath Day Devotional & Hymns 3:00 Family History Work 4:00 Dominoes 6:00 Documentary		11 Happy Birthday, Ruth! 10:00 Morning Exercises 11:00 Room Visits 1:00 Storytime 1:30 Bingo 3:00 Rummikub 4:00 Apple Activity 6:00 IN2L: TED Talk	12 10:00 Morning Exercises 11:15 Bus Outing: Lunch at Andy’s Fish House 12:00 Activity 1:15 Bible Fellowship 2:30 Skip-Bo 3:30 IN2L: Art History 4:15 Pre-Dinner Chat	13 Happy Birthday, Ceferino! 10:00 Morning Exercises 11:00 Name That Fruit or Vegetable 1:00 Storytime 1:30 Rummikub 3:00 Happy Hour: Gary Lee Hood 4:30 Funny Animal Videos	14 10:00 Morning Exercises 11:00 Library Cart Route Service 11:30 Words w/I a Word 1:00 Storytime 1:30 Bingo 3:15 Pumpkin Painting with LSHS Interact Club	15 9:30 Bus Outing: Shopping at Alderwood Mall (3- 4 hr Outing) 10:00 Morning Exercises 11:00 Crossword Puzzles 1:30 Storytime 2:00 Gold Medal Training: Fall Prevention Seminar 3:30 Movie Event : Stay Tuned for More Details!	16 8:30 Festive Fall Breakfast with live entertainment 11:15 Nature Walk 1:30 Guest Speaker: Bruce Morton, Principal Electrical Engineer, OceanGate - Titanic 3:30 IN2L: Train Your Brain
17 11:00 Gather & Chat 1:30 Sabbath Day Devotional & Hymns 3:00 Family History Work 4:00 Puzzles 4:30 Pre-Dinner Visiting 6:00 IN2L: Opera		18 SPIRIT WEEK!! Wear Your School or Team Colors Today!! 10:00 Morning Exercises 11:00 Room Visits 1:00 Storytime 1:30 Bingo 3:00 Rummikub 4:00 Spirit Week Activity	19 SPIRIT WEEK!! Crazy Hair & Crazy Sock Day!! 10:00 Morning Exercises 11:00 Scattergories 11:30 Spirit Week Activity 1:15 Bible Fellowship 2:30 Bus Outing: Scenic Drive 4:15 IN2L: Crooners Music	20 SPIRIT WEEK!! Dress Like a Pirate Day ... Arrgh!! 10:00 Morning Exercises 11:00 Name That Movie 11:30 Learn to Talk Like a Pirate 1:00 Storytime 1:30 Rummikub 3:00 Happy Hour: Gaby Soto & Friends	21 SPIRIT WEEK!! Nerd Day!! 10:00 Morning Exercises 11:00 Words w/I a Word 1:00 Storytime 1:30 Bingo 3:00 Book Club 4:15 Nature Walk 6:00 Comedy Movie	22 SPIRIT WEEK!! Superhero Day!! 10:00 Morning Exercises 10:45 Bus Outing: Lunch at Nutty’s Junkyard Grill 11:00 Charades 1:30 Storytime 2:30 Skip-Bo 3:30 Movie Event: Stay Tuned for More Details!	23 10:00 Morning Exercises 11:00 IN2L: History Lesson 1:00 Nature Walk 2:00 Sudoku 3:00 UNO card game 4:00 Brain Teasers 4:30 Pre-Dinner Chat
24 11:00 Gather 1:30 Devtnl 3:00 Fam Hist 4:00 Music 4:30 Chat 6:00 Movie	31 Happy Birth-Day, Dave P! 11:00 Gather 1:30 Devtnl 2:30 Treats 3:00 Fam Hist 4:30 Visiting 6:00 Movie Halloween	25 10:00 Morning Exercises 11:00 Show & Tell 1:00 Storytime 1:30 Bingo 2:30 Room Visits 3:30 Knit/Crochet Club 4:30 Pre-Dinner Chat	26 Happy Birthday, Doris L! 10:00 Morning Exercises 11:00 Scattergories 1:15 Bible Fellowship 2:30 Food Forum with Chef Jaime 3:30 Skip - Bo 4:30 Pre-Dinner Chat	27 10:00 Morning Exercises 11:00 Manicures 1:00 IN2L: TED Talk 1:30 Rummikub 3:00 Happy Hour: Dino 4:30 IN2L: Relaxation 6:00 Documentary	28 10:00 Morning Exercises 11:00 Words w/I a Word 1:00 IN2L: Trivia 1:30 Bingo 3:00 Yahtzee 4:00 IN2L: Big Band Music 4:30 Pre-Dinner Chat	29 10:00 Chair Yoga Class 11:00 Memory Games 11:30 Pre-Lunch Visiting 1:30 Harmonica Playing 2:30 Skip - Bo 3:30 IN2L: Germany Travel Video 6:00 Western Movie	30 Happy Birthday, Darlene! Happy Birthday, Bob! 10:00 Morning Exercises 11:00 Word Search 1:30 Nerf Basketball 2:00 Puzzles 3:00 Nature Walk 4:00 Coloring