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



Ashley Pointe News

November 2021 Newsletter



- | | |
|-----------------------------|-------------------------------|
| 2 Flu Prevention Steps | 6 Highlights, Notes |
| 3 Team & Resident Spotlight | 7 Special Moments & Birthdays |
| 4 - 5 Activities Calendar | 8 Mission & Team |

Flu Prevention Steps for Seniors This Season

Autumn brings much to be excited for: gatherings, delicious foods, crisp air, and beautiful sights outdoors! Less exciting, the influenza virus, a respiratory illness that infects the nose, throat, and lungs, makes its rounds in fall, typically on through February.

Anyone can catch the flu, but those 65+ or at senior living communities are at increased risk for flu-related complications like pneumonia, bronchitis, or sinusitis. The good news is older adults can take actions to avoid the flu. The best for many is an annual flu vaccine early in the flu season, with approval from one's medical professional.

All of us can benefit from knowing how to avoid getting and spreading the flu. It can spread in tiny drops when people with the flu cough, sneeze, or talk. The drops can transfer to nearby mouths, noses, or surfaces. Those with flu are most contagious in three to four days after their illness starts. They can pass it to others before or while aware they're sick. Time between exposure and infection is often two days, but can be one to four.

Best preventions, aside from the flu vaccine for many, include: covering mouth and nose when coughing and sneezing; washing hands with soap and



Differences Between Flu and a Cold

Flu is fast-coming and often brings fever, chills, cough, bodyache, headache, and tiredness. It only sometimes includes sneezing, sore throat, or stuffy nose. The flu can be tested for, and antiviral drugs exist for it. A cold brings gradual effects including a runny or stuffy nose, chest discomfort, cough, sore throat, sneezing, and sometimes fatigue and aches. Colds don't often bring chills, fever, or headache. (CDC)

warm water for 15-20 seconds several times daily and after coughing/sneezing; and avoiding contact with eyes, nose, and mouth. Since the Covid-19 pandemic began, many have been wearing masks, social distancing, hand washing, and staying home when ill, which can help prevent the flu.

With many great habits in place, we're set up to stand up to this year's flu virus. We hope this information helps everyone navigate this year's flu season!

Follow your medical professional's advice and speak with them before changing diet, exercise, or medications. This article is for informational use only and should not be considered medical advice.



Special Moments



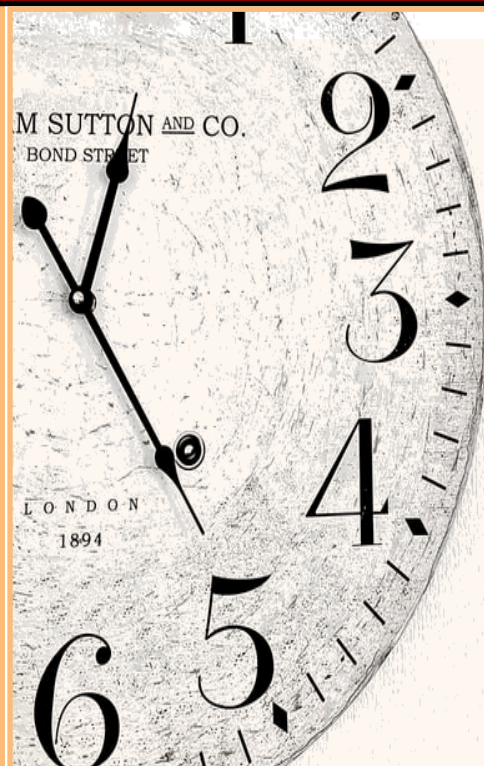
November 2021 Highlights

November observes Alzheimer's Disease Month, Diabetes Month, Gratitude Month, and Native American Heritage Month. It celebrates such foods as: pomegranates, raisin bread, squash, and peanut butter. It is Novel Writing Month so it's a great time to work on writing!

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|--|---|
| 01 Calzone Day; Cinnamon Day | 16 Button Day; Fast Food Day |
| 02 Deviled Egg Day; Traffic Directors' Day | 17 Hike Day; Homemade Bread Day |
| 03 Sandwich Day; Stress Awareness Day | 18 Mickey's Birthday |
| 04 Candy Day; Men Make Dinner Day | 19 Monopoly Day; Intl. Men's Day |
| 05 Donut Day; Favorite Team Jersey Day | 20 Peanut Butter Fudge Day |
| 06 Nachos Day; Saxophone Day | 21 Gingerbread Cookie Day; Stuffing Day |
| 07 Bittersweet Almond Chocolate Day | 22 Cranberry Relish Day |
| 08 Cappuccino Day | 23 Espresso Day; Cranberry Day |
| 09 Louisiana Day; Scrapple Pork Day | 24 Sardines Day; Jukebox Day |
| 10 Vanilla Cupcake Day; Accounting Day | 25 Thanksgiving Day; Parfait Day |
| 11 Veterans' Day; Sundae Day | 26 Cake Day; Native American Heritage Day |
| 12 Pizza with Works Day; French Dip Day | 27 Bavarian Cream Pie Day; Small Biz Sat. |
| 13 World Kindness Day | 28 Hannukah Begins; French Toast Day |
| 14 Pickle Day; Spicy Guacamole Day | 29 Electronic Greetings Day |
| 15 Recycle Day; Raisin Bran Cereal Day | 30 Mason Jar Day; Mousse Day |

Regarding Covid-19:

Safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.



Daylight Savings Time Ends! On Sunday, November 7th, at 2 AM, turn your clocks back one hour. Enjoy more light in the morning.



RESIDENT SPOTLIGHT: Cheryl

Welcome to our new resident, Cheryl (whose name is pronounced Chair-al). Cheryl was born in North Dakota and married to Richard but was widowed at age 34. She has four sons & seven granddaughters, and worked as a bookkeeper at a high school in Tacoma. Some of her interests include the computer and sewing. Cheryl's favorite color is blue and a favorite dinner is spaghetti. For dessert, she enjoys pineapple upside down cake. We're so happy to have you here at Ashley Pointe, Cheryl!



STAFF SPOTLIGHT: Shauna

Shauna is one of our awesome cooks here at Ashley Pointe and recently made a fabulous frittata for a special breakfast! She was born in a military hospital in Tacoma and is the mother of three talented daughters. She also has 3 pampered kitty cats. Shauna loves the 20's style ... everything Gatsby and flappers. Her favorite car is a red Rolls Royce; yellow is her favorite color and homemade enchiladas is her favorite dinner. Dessert: cannoli cheesecake. A favorite vacation spot: Ocean Shores.

NOVEMBER 2021

Ashley Pointe

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<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
All activities subject to change per mandated health guidelines.	1	2	3	4	5	6
	10:00 Morning Exercises 11:00 Room Visits 1:00 Storytime 1:30 Bingo 2:30 Book Sharing Table 3:00 Rummikub 4:15 IN2L Jukebox	10:00 Morning Exercises 11:15 Bible Fellowship 1:00 Bus Outing: Fred Meyer - Senior Discount Day (2-hr Outing) 2:00 Dominoes 3:30 Skip-Bo 4:30 IN2L Big Band Music	10:00 Morning Exercises 11:00 Charades 1:00 Storytime 1:30 Puzzles 3:00 Happy Hour: Tom Bahr 4:30 Pre-Dinner Visiting 6:00 Comedy Movie	Happy Birthday, Hooshey! 10:00 Morning Exercises 11:00 Fireside Chat with Jeff 11:30 Words W/I a Word 1:00 Storytime 1:30 Bingo 3:00 Art Project w/ Lauren 4:00 IN2L: Dogs	10:00 Morning Exercises 11:00 Group Pictionary 11:30 Joke-Telling Time 1:00 Storytime 2:30 Skip - Bo 3:30 Nature Walk 4:00 Yahtzee 6:00 Action Adventure Movie	10:00 Morning Exercises 11:00 IN2L Match Game 1:00 Jenga 2:00 Word Search 3:00 Coloring 4:00 Nature Relax: The Dolomites 4:30 Pre-Dinner Visiting
7	8	9	10	11	12	13
11:00 Gather & Chat 11:30 Morning Walk 1:30 Sabbath Day Devotional & Hymns 2:30 Chess 3:00 Family History Work 4:15 HG Wells Audio Story (IN2L)	10:00 Morning Exercises 11:00 Hangman 1:00 Storytime 1:30 Bingo 3:00 Yahtzee 4:00 World Architecture Tour on IN2L	10:00 Morning Exercises 11:15 Bible Fellowship 1:00 Storytime 1:30 IN2L Funny Animals 2:30 Skip - Bo 4:00 Thank you Notes 6:00 Documentary	10:00 Morning Exercises 11:00 Bus Outing: Olive Garden for Lunch 1:30 Nature Walk 2:00 Rummikub 3:00 Happy Hour: Tom & Jill Hudon 4:15 IN2L Folk Art	Veterans Day 10:00 Morning Exercises 11:11 Two-Minute Nat'l Moment of Silence In honor of Veterans 11:15 Words W/I a Word 1:30 Bingo 3:00 Karaoke: Americana 4:00 IN2L Veterans Trivia 4:30 Pre-Dinner Chat	10:00 Morning Exercises 11:00 Memory Games 1:00 Harmonica Playing 2:30 Skip - Bo 3:00 Puzzles 3:30 IN2L ShowTunes 6:00 Movie: Drama	10:00 Morning Exercises 11:00 Sudoku 1:00 IN2L: Birds 2:00 Nerf Basketball 3:00 Dominoes 4:00 Comedy Hour IN2L 6:00 IN2L: Travel Video
14	15	16	17	18	19	20
11:00 Gather & Chat 11:30 Morning Walk 1:30 Sabbath Day Devotional & Hymns 2:30 Puzzles 3:00 Family History Work 4:00 Coloring 6:00 Classic Movie	Happy Birthday, Shirley! Happy Birthday, Nicole! 10:00 Morning Exercises 11:00 Room Visits 1:30 Bingo 2:30 Rummikub 3:30 IN2L Slideshow: Barns 4:00 Pre-Dinner Chat	10:00 Morning Exercises 11:15 Bible Fellowship 1:00 IN2L Ted Talk 2:30 Skip - Bo 3:30 Dominoes 4:00 Coloring 4:30 IN2L Ted Talk	Happy Birthday, Cathy! 10:00 Morning Exercises 11:00 Hangman 1:00 Storytime 1:30 Yahtzee 3:00 Happy Hour: Doug Williams 4:30 Pre-Dinner Visiting	10:00 Bus Outing: Christmas Shopping at Target 10:00 Morning Exercises 1:00 Storytime 1:30 Bingo 3:15 Turkey Project with LSHS Interact Club 4:30 IN2L: Crooners	10:00 Morning Exercises 11:00 Painting Class 1:00 Storytime 2:30 Skip - Bo 3:00 Thanksgiving Trivia 5:00 Ashley Pointe Thanksgiving Dinner with live piano music 6:30 IN2L: History	10:00 Morning Exercises 11:00 Rummikub 1:00 IN2L: Woodworking 2:00 Puzzles 3:00 Dominoes 4:00 Uno
21	22	23	24	25	26	27
11:00 Gather & Chat 11:30 Morning Walk 1:30 Sabbath Day Devotional & Hymns 2:00 Crossword Puzzles 3:00 Family History Work 4:00 Dominoes	10:00 Morning Exercises 11:00 Memory Games 1:30 Bingo 2:30 Rummikub 3:30 Sharing Childhood Thanksgiving Memories 6:00 Western Movie	10:00 Morning Exercises 11:00 Library Cart Route Service 11:30 Thanksgiving Craft 1:15 Bible Fellowship 2:30 Skip - Bo 4:00 IN2L Oldies 4:30 Pre-Dinner Visiting	10:00 Morning Exercises 11:00 Charades 1:00 Jules Verne Audio Story (IN2L) 2:00 Nerf Basketball 3:00 Happy Hour: Lee Howard 6:00 Documentary	25 Happy Thanksgiving!! Happy Birthday, Beverly Jo! 10:00 Morning Exercises 11:00 Gratitude Project 1:00 Football Games 1:30 Bingo 3:00 Afternoon Walk 4:00 Puzzles 4:30 IN2L The Met Opera	10:00 Morning Exercises 11:00 Coloring 1:00 IN2L Nature Show 2:30 Skip - Bo 3:30 TV Commercials 50's 4:00 IN2L Brain Teasers 4:30 Pre-Dinner Visiting	10:00 Morning Exercises 11:00 On this Day in History 1:00 IN2L: This or That 2:00 Memory Games 3:00 Modeling Clay 4:00 Nerf Basketball 6:00 Disney Movie
28	29	30				
11:00 Gather & Chat 11:30 Morning Walk 1:30 Sabbath Day Devotional & Hymns 2:30 Sudoku 3:00 Family History Work 6:00 IN2L Symphony	10:00 Morning Exercises 11:00 Show & Tell 1:00 Storytime 1:30 Bingo 2:30 Group Movie: TBD 3:30 Knit/Crochet Club 6:00 Puzzles	10:00 Morning Exercises 11:15 Bible Fellowship 1:00 Skip-Bo 2:15 Food Forum with Chef Jaime 3:00 Book Club: The River of Doubt 4:30 Pre-Dinner Visiting				