



Administrative Team:

Executive Director: Jeff Hendrickson
Business Office Director: Nicole Henriques
Wellness Director: Janet Hilt
Wellness Nurse: Kristin Connor, RN
Community Relations Dir.: Lauri Ferguson
Dining Services Director: Shauna Van Dyke
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

December 2021 Newsletter



2 Cold Weather Wellness Tips
3 Team & Resident Spotlight
4 - 5 Activities Calendar

6 Highlights, Notes, In Our Words
7 Special Moments
8 Mission & Team

Cold Weather Safety & Wellness Tips

We've all heard—and many agree, it's "the most wonderful time of the year!" With the changing weather in mind, here are a few ways to keep as safe and merry as possible!

Dress for Warmth

Stay toasty throughout winter with appropriate clothing for your surroundings. Outdoors, if it's very cold, be sure to wear warm socks, gloves, a heavy coat, a scarf, and a hat or ear muffs, and make sure exposed skin is covered. Indoors, if cold, dress in layers and keep feet covered. One's body temperature should never dip below 95 degrees.

Avoid Falling

In the winter, falls may occur due to slips on icy sidewalks and roads or wet indoor spaces. Avoid injury by wearing shoes with good traction and non-skid soles. Stay inside when at all possible, and wait to walk on sidewalks until you know that they have been treated for ice. It is also smart to have a walking buddy or two if you do head outdoors. If you have been outside and are returning to an indoor space, take off your shoes to avoid slipping due to wet soles.

Ward off Wintertime Blues

In the winter, there are fewer opportunities for people to get regular exercise and sunshine. There are also some stressors that come along with the holidays. These changes in routine may lead to feelings of loneliness, isolation, and sadness. Help fight off the winter blues by getting regular



exercise, participating in social activities, and eating a varied diet of Vitamin D fortified foods.

Avoid Fire Hazards & Carbon Monoxide Poisoning

It's lovely to enjoy the warmth of the fireplace or a scented candle in winter, but be prepared to avoid fire dangers. Heaters, fireplaces, stoves, candles, and holiday decorations can pose fire risks. Avoid possible fires and carbon monoxide poisoning by following fire safety rules, abiding by device manufacturer instructions, and making sure all alarms are functional. Also, practice routine fireplace maintenance, make sure electrical sockets are operating properly, and keep holiday decorations neat and in good repair. There's no shame in reaching out to a friend or loved one for help tending to these tasks.

We wish everyone a safe, warm, and fun-filled winter season this year! Let us know if you've found this information helpful in the comments section when we post our newsletter on the 1st!

Special Moments



December 2021 Highlights

December observes human rights, handwashing awareness, older driver's safety awareness, spiritual literacy, learning languages, and food service safety! December celebrates writing to friends, being neighborly, root vegetables, pears, bingo, tropical fruits, eggnog, and art and architecture!

01 Red Apple Day; Pie Day; Rosa Park Day

02 Mutt Day; Special Ed. Day; Fritter Day

03 Persons w/ Disabilities Day; Faux Fir Day

04 Team Appreciation Day; Sock Day

05 Sacher Torte Day; Intl. Volunteers' Day

06 Gazpacho Day; Microwave Day

07 Remember Pearl Harbor Day; Illinois Day

08 Be a Time Traveler Day; Brownie Day

09 Pastry Day; Christmas Card Day

10 Chanukah Begins; Nobel Prize Day

11 Noodle Ring Day; App Day; Indiana Day

12 Gingerbread House Day; Ambrosia Day

13 Cocoa Day; Violin Day; Horse Day

14 Alabama Day; Monkey Day

15 Cupcake Day; Wear Pearls Day; Tea Day

16 Chocolate Covered Anything Day

17 Syrup Day; Ugly Holiday Sweater Day

18 Twin Day; Roast Suckling Pig Day

19 Oatmeal Muffin Day; Hard Candy Day

20 Sangria Day

21 Winter Begins; Crossword Puzzle Day

22 Date Nut Bread Day; Forefathers' Day

23 Pfeffernusse Cookies Day

24 Christmas Eve; Eggnog Day

25 Christmas Day; Pumpkin Pie Day

26 Kwanzaa Begins; Candy Cane Day; Thank

You Note Day

27 Fruitcake Day

28 Chocolate Day; Cards Day; Short Film Day

29 Pepper Pot Day

30 Bacon Day

Regarding Covid-19:

Resident and staff safety and comfort remains our number one priority. 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.

Winter Begins December 21st!

Our residents and staff shared what they love most about the season!

"The association of friends & family" - Jack

"Snow again on the mountain peaks" - Wes

"Staying home when it snows" - Mary

"Getting together with family" - Kim M

"The music" - Janet

"I love the Christmas carols

and the Christmas lights

everywhere!" - Sheila



Staff Spotlight:

April

Born in Everett, April is the first in her family to graduate high school and go to college and is a first-generation Mexican-American. She's the eldest of 4, and enjoys family road trips to California. April is multi-talented as a painter and musician amongst other things. She enjoys painting forestscapes and landscapes. She also plays five instruments: guitar, piano, accordion, flute, and cello, wow! April is one of our awesome caregivers!



Resident Spotlight:

Judith

Born and raised in Austin, Texas, Judith is so grateful for God and Jesus. "You have to have faith to get through your challenges," she says. She graduated from the University of Texas with her Master's in Speech Pathology & Audiology. She taught at both the Texas State School for the Deaf as well as in public school. Growing up she & her family camped in state parks and national parks. She enjoys amateur radio & chocolate!

DECEMBER 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 Charades 1:00 Storytime 1:30 Yahtzee 3:00 Happy Hour: Gaby Soto 4:30 Pre-Dinner Visiting	2 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 Christmas Project with Lauren 4:00 IN2L: Austria Tour	3 10:00 Seated Chair Yoga 11:00 Bus Outing: Ixtapa Mexican for lunch 1:00 Puzzles 1:30 Storytime 2:30 Skip - Bo 3:00 Christmas Movie 6:00 IN2L: Nature Relax	4 9:00-11:00 Holiday Pan- cake & Pajama Breakfast *Hot Cocoa Bar *Pictures with Santa *Ornament Station *Raffle 3:00 Nature Walk 3:30 Rummikub 6:00 Adventure Movie
5 10:00 Gather & Chat 11:00 Sudoku 1:30 Sabbath Day Devotional & Hymns 3:00 Family History Work 4:00 IN2L: Classical Piano 6:00 Documentary	6 10:00 Morning Exercises 11:00 Room Visits 1:30 Bingo 2:30 Brain Teasers 3:30 Christmas Word Search 4:30 Music & Socializing	7 10:00 Morning Exercises 11:15 Remember Pearl Harbor 12:45 Bus Outing: Fred Meyer - Senior Dis- count Day 2:30 Skip - Bo 3:30 Christmas Craft w/ Youth Advisory Grp 4:30 Music & Socializing	8 10:00 Morning Exercises 10:45 Bus Outing: Alderwood Mall 11:00 Puzzles 1:00 Rummikub 2:00 IN2L: Puppies 3:00 Happy Hour: Gary Lee Hood 6:00 Comedy Movie	9 Happy Birthday, Wes! 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 Christmas Activity: LSHS Interact Club 4:30 Music & Socializing	10 10:00 Seated Chair Yoga 11:00 Silver Bells Memory Game 1:00 Storytime 2:30 Skip— Bo 3:45 Holiday Scattergories 4:30 Cub Scouts: Troop 41 Singing Christmas	11 10:00 Morning Exercises 11:00 Puzzles 1:15 Jenga 2:00 IN2L: Reminisce 3:00 Coloring 3:30 Manicures 6:00 Action Movie
12 Happy Birthday, Mina! 10:00 Gather & Chat 11:00 Dominoes 1:30 Sabbath Day Devotional & Hymns 3:00 Family History Work 4:00 IN2L: Symphony	13 10:00 Morning Exercises 11:00 Book Sharing Table 1:00 Storytime 1:30 Bingo 3:00 Rummikub 4:30 Music & Socializing	14 10:00 Morning Exercises 11:00 Holiday Pictionary 1:00 Storytime 2:30 Skip - Bo 3:15 LSHS FCCLA Activity 5:45 Bus Outing: Local Christmas Lights	15 10:00 Morning Exercises 11:00 Group Pictionary 1:00 Storytime 2:00 Ashley Pointe Christmas Party 3:00 Happy Hour: Tom Bahr 5:00 Ashley Pointe Christmas Dinner	16 10:00 Morning Exercises 11:00 Words W/I a Word 1:00 Storytime 1:30 Bingo 3:00 Christmas Bookclub: Sharing favorite Christmas Stories 4:15 Music & Socializing	17 10:00 Seated Chair Yoga 11:00 Name that Christmas Tune 1:00 Storytime 1:30 Holiday Humor 2:30 Skip - Bo 3:30 Movie: Miracle on 34th Street	18 10:00 Morning Exercises 11:00 Memory Games 1:00 IN2L: On This Day 2:00 Nature Walk 3:00 Puzzles 4:00 IN2L: England Tour
19 10:00 Gather & Chat 11:00 Puzzles 1:30 Sabbath Day Devotional & Hymns 3:00 Family History Work 4:00 IN2L: Christmas History	20 Happy Birthday, Ashley! 10:00 Morning Exercises 11:00 Lake Stevens Home School Co-op Christmas Activity 1:30 Bingo 2:30 IN2L: On This Day 3:15 Yahtzee 4:30 Christmas Music	21 10:00 Morning Exercises 11:00 Group Pictionary 1:15 Bible Fellowship: The Nativity 2:30 Skip - Bo 3:30 Puzzles 4:00 Christmas Carol Singalong with April and her guitar!	22 10:00 Morning Exercises 11:00 Charades 1:00 Storytime 1:30 Rummikub 2:30 Dominoes 3:00 Happy Hour: Deano 4:15 IN2L: Nature Relax	23 Happy Birthday, Doris S! Happy Birthday, Tyler! 10:00 Morning Exercises 11:00 Words W/I a Word 1:00 Storytime 1:30 Bingo 3:00 Movie: It's a Wonderful Life 6:00 IN2L: Symphony	24 Christmas Eve! 10:00 Morning Exercises 11:00 Sharing Christmas Memories 1:00 Christmas Stories 2:00 IN2L: Christmas Music Trivia 2:30 Skip - Bo 4:00 Christmas Poetry	25 Merry Christmas!! 10:00 Cocoa & Visiting 11:00 IN2L: Christmas Slideshow 1:00 Christmas Stories 2:00 Sharing Christmas Memories 2:30 Movie: The Sound of Music
26 Happy Birthday, Orin! Happy Birthday, Mary! 10:00 Gather & Chat 11:00 Crossword Puzzles 11:30 Pre-Lunch Visiting 1:30 Sabbath Day Devotional & Hymns 3:00 Family History Work 4:00 IN2L: Faith Group Worship Music	27 10:00 Morning Exercises 11:00 Show & Tell 1:30 Bingo 2:30 Coloring 3:30 Knit & Crochet Club 4:30 IN2L: Humor 6:00 Romantic Comedy Movie	28 Happy Birthday, Leonard! 10:00 Morning Exercises 11:00 IN2L: Word Scramble 1:15 Bible Fellowship 2:00 Food Forum with Chef Shauna 3:00 Skip - Bo 4:00 Music & Socializing	29 10:00 Morning Exercises 11:15 Joke-Telling 1:30 Rummikub 2:00 IN2L: Nature Show 3:00 Happy Hour: Six-Gun Road 4:30 Pre-Dinner Visiting	30 Happy Birthday, John! 10:00 Morning Exercises 11:00 Bus Outing: Lucky Dragon Chinese for Lunch 1:30 Storytime 2:00 Words W/I a Word 3:00 Puzzles 4:00 IN2L: Geography	31 New Year's Eve! 10:00 Seated Chair Yoga 11:00 Charades 1:00 Storytime 2:00 New Year's Eve Extravaganza!! *Cheese-Tasting *Games & *Music 4:15 Salute to 2022	