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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

January 2022 Newsletter



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Here's to You in 2022: Healthy New Year's Resolutions

A new year is a great time to focus on health and look at what great habits you have in place for yourself, and what areas you could improve upon. There's so many ways to approach taking on better habits, from exercise to sleep. These are just a few to consider!

Get Social

Taking part in group activities, being with others, and sharing your feelings boosts overall health. Ways to bring out your social butterfly:

- Attend group activities. Set small social goals each time you take part. Greet and share an observation or compliment.
- Have your hearing and vision tested to ensure that you aren't missing things.
- Practice your favorite hobby in a common area. Others may join you!
- If religious, attend group services.
- Use IN2L with your Life Enrichment Director.

Make Exercise Fun

Being active helps the whole body. Do some thinking about your favorite ways to be active and set small goals for daily activities (walking, dancing, stretching, lifting, bowling, golfing, or chair exercises). Work out with a buddy for motivation and safety. Share your successes!

Hydrate

Dehydration can affect people of all ages, but especially older adults. Ask your health professional how much water you should get each day, as it varies from person to person. To make hydration fun, in addition to water, try foods like watermelon, spinach, cucumbers, green peppers, and celery. Ways to detect fluid intake is adequate include rarely feeling thirsty and colorless or light yellow urine.

Prioritize Your Wellness

Reach out to your medical and dental health



Goal Idea: Eat more blueberries! Did you know blueberries can: improve brain function, protect the body from unstable molecules, lower blood pressure, and help prevent heart disease? These little blue buddies pack quite the health punch!

professionals as you head into 2022 to schedule wellness appointments. Staying on top of your well-being is the best gift you can give yourself.

Sleep Well

Sleep quality can be compromised in many ways. Try these goals to improve your sleep:

- Follow a pre-sleep routine / sleep schedule
- Avoid late afternoon naps or caffeine
- Avoid screens, lights, & large pre-bed meals

Have A Rainbow A Day...

It's true, the saying goes "an apple a day..." but a rainbow is more fun. When you eat, improve nutrition with a rainbow of different colored foods on your plate at each meal, with many colors coming from fruits and vegetables.

We wish you a healthy 2022! Let us know which of these focus areas spark your interest on our Facebook post on the 1st. 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



January 2022 Highlights

January observes bath safety, mentoring, and braille literacy. It celebrates oatmeal, soup, hot tea, slow cooking, and Sunday suppers. It's Hobby Month so it's a great time to indulge in and share about hobbies!

- | | |
|---|--|
| 01 Bloody Mary Day; Set Resolutions | 17 MLK Jr. Day; Hot Buttered Rum Day |
| 02 Cream Puff Day; Science Fiction Day | 18 Pooh Bear Day; Thesaurus Day |
| 03 Chocolate Covered Cherry Day | 19 Popcorn Day; World Quark Day |
| 04 Spaghetti Day; Trivia Day; Braille Day | 20 Cheese Lovers' Day; Butter crunch Day |
| 05 Whip Cream Day; Bird Day; Keto Day | 21 Granola Bar Day; Squirrels Day |
| 06 Bean Day; Tech Day; Shortbread Day | 22 Blonde Brownie Day |
| 07 Bobble head Day; Tempura Day | 23 Pie Day; Handwriting Day |
| 08 Argyle Day; English Toffee Day | 24 Compliment Day; Peanut Butter Day |
| 09 Law Enforcement Day; Apricot Day | 25 Opposite Day; Intl. Irish Coffee Day |
| 10 Bittersweet Chocolate Day; Eagles Day | 26 Green Juice Day; Peanut Brittle Day |
| 11 Arkansas Day; Milk Day | 27 Chocolate Cake Day |
| 12 Pharmacists' Day; Chicken Curry Day | 28 Kazoo Day; Blueberry Pancake Day |
| 13 Stickers Day; Peach Melba Day | 29 Corn Chip Day; Puzzle Day |
| 14 Dress Pet Day; Pastrami Sandwich Day | 30 Croissant Day |
| 15 Hat Day; Bagel Day | 31 Artsy Day; Backwards Day; Cocoa Day |
| 16 Fig Newton Day; Eat Hot & Spicy Day; | |

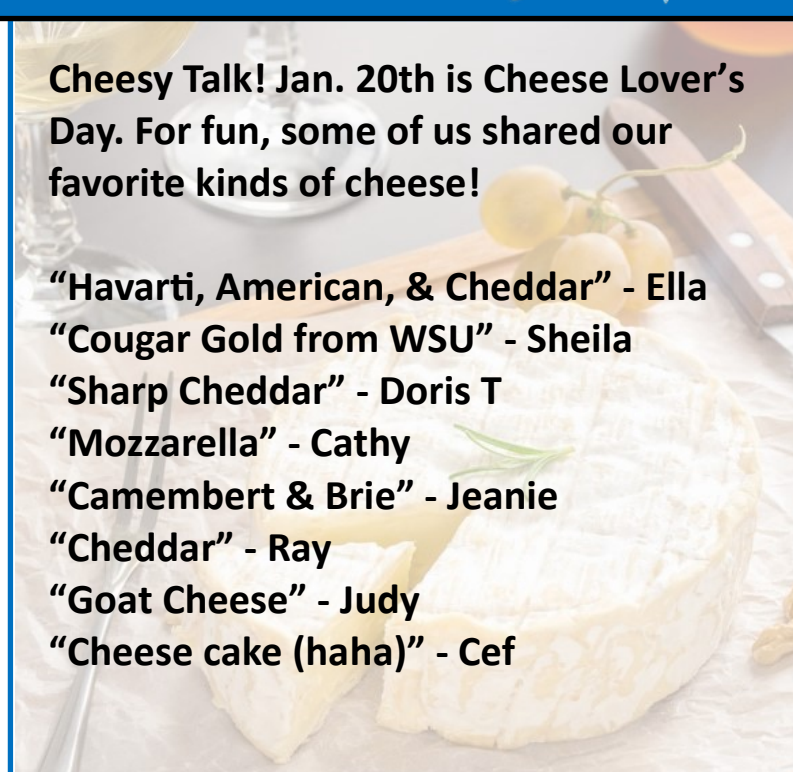


Regarding Covid-19:

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.

Cheesy Talk! Jan. 20th is Cheese Lover's Day. For fun, some of us shared our favorite kinds of cheese!

- "Havarti, American, & Cheddar" - Ella
- "Cougar Gold from WSU" - Sheila
- "Sharp Cheddar" - Doris T
- "Mozzarella" - Cathy
- "Camembert & Brie" - Jeanie
- "Cheddar" - Ray
- "Goat Cheese" - Judy
- "Cheese cake (haha)" - Cef



RESIDENT SPOTLIGHT:
John

John, one of five boys, was born and raised in Rapid City, South Dakota. He and his wife raised four children in Anchorage, Alaska. He has eight grandchildren. He worked as civil engineer for the Army Corps of Engineers and has many interesting stories about digging tunnels. His favorite meal was "anything my mother cooked." His favorite dessert is any kind of ice cream. Welcome to Ashley Pointe, John!



STAFF SPOTLIGHT:
Kristin

Kristin is our awesome RN here at Ashley Pointe! She is married to Lee, and they have four beautiful girls. They also have a dog and a cat. Kristin was born in California and raised in Washington. She has only ever worked in healthcare. She and her family enjoy the outdoors and going on road trips including a surprise trip to Disneyland. Her favorite food is Italian especially lasagna and manicotti, and her dessert choice is also Italian: tiramisu.

JANUARY 2022

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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>
2 10:00 Gather & Chat 11:00 Word Search 11:30 Dominoes 1:30 Sabbath Day Devotional & Hymns 2:30 Fellowshiping 3:30 Family History Work 4:00 IN2L: European Tour	3 10:00 Morning Exercises 11:00 Room Visits 1:30 Bingo 2:30 IN2L: On This Day 3:00 Afternoon Walk 4:00 Tech Class with April 6:00 Adventure Movie	4 Happy Birthday, Rosemary! 10:00 Seated Chair Yoga 11:15 Bible Study 12:45 Bus Outing: Fred Meyer Discount Day 1:30 Coloring 2:30 Skip-Bo 3:30 Youth Advisory Grp Yahtzee Game	5 10:00 Latin Soul Dancing 11:00 Live Piano Music With Andrea 1:00 Storytime 1:30 UNO game 3:00 Happy Hour: Tom & Jill Hudon 4:30 Pre-Dinner Visiting	6 10:00 Morning Exercises 10:30 Words W/I a Word 11-11:15 Fireside Chat with Jeff - Main Bldg Residents 11:15-11:30 Fireside Chat with Jeff - Cottage Residents 1:00 Storytime 1:30 Bingo 3:00 Winter Craft Project With Lauren	7 10:00 Seated Chair Yoga 10:45 Bus Outing: Dollar Store 1:00 Storytime 1:30 IN2L: Art History 2:30 Skip-Bo 3:30 Movie Event with Popcorn & Treats	8 10:00 Morning Exercises 11:00 IN2L: History Class 1:00 Wheel of Fortune 2:30 Jenga 3:30 Big Band Music 4:30 Pre-Dinner Visiting 6:00 Action Movie
9 10:00 Gather & Chat 11:00 Sudoku 1:30 Sabbath Day Devotional & Hymns 2:30 Fellowshiping 3:30 IN2L: Classical Music 4:15 Pre-Dinner Visiting 6:00 Documentary	10 10:00 Seated Chair Yoga 10:45 Book Sharing Table 11:00 Room Visits 1:30 Bingo 2:30 IN2L: Animal Videos 3:00 Dominoes 4:00 Tech Class with April	11 10:00 Morning Exercises 11:00 Bus Outing for Lunch: Conto's 1:30 Bible Study 2:30 Skip-Bo 3:30 LSHS FCCLA Activity 6:00 Comedy Movie	12 10:00 Latin Soul Dancing 11:00 Live Piano Music With Andrea 1:00 Storytime 1:30 Rummikub 3:00 Happy Hour: Gary Lee Hood 6:00 Western Movie	13 Happy Birthday, Natalie! 10:00 Morning Exercises 11:00 Words W/I a Word 11:30 Library Cart Route Service 1:00 Storytime 1:30 Bingo 3:15 LSHS Interact Club: Winter Activity	14 Happy Birthday, Ruby Ann! 10:00 Seated Chair Yoga 11:15 Joke-Sharing Time 1:00 Storytime 1:30 IN2L: Cooking Demo 2:30 Skip-Bo 4:15 Music & Socializing	15 10:00 Morning Exercises 11:00 Brain Teasers 1:00 Wheel of Fortune 2:30 Afternoon Walk 3:30 Coloring 4:00 IN2L: Classic TV 4:30 Pre-Dinner Visiting
16 Happy Birthday, Donna! 10:00 Gather & Chat 11:00 Coloring 1:30 Sabbath Day Devotional & Hymns 2:30 Fellowshiping 3:00 Puzzles 4:00 IN2L: Faith Group Worship Music	17 Martin Luther King, Jr Day 10:00 Seated Chair Yoga 11:00 Room Visits 1:30 Bingo 2:00 Afternoon Walk 3:00 Rummikub 4:00 Tech Class with April	18 10:00 Morning Exercises 10-12 Professional Manicures 1:00 Storytime 1:30 Bible Study 2:30 Skip-Bo 3:30 Indoor Scavenger Hunt	19 10:00 Latin Soul Dancing 11:00 Live Piano Music With Andrea 1:00 Storytime 1:30 Dominoes 3:00 Happy Hour: Tom Bahr 4:30 Pre-Dinner Visiting	20 10:00 Morning Exercises 11:00 Words W/I a Word 1:00 Storytime 1:30 Bingo 3:00 IN2L: Winter Program 4:00 Charades 6:00 Comedy Movie	21 10:00 Seated Chair Yoga 10:45 Bus Outing: Surprise! 1:00 Storytime 2:30 Skip-Bo 3:30 Scattergories 4:30 Music and Socializing	22 10:00 Morning Exercises 11:00 IN2L: Geography 1:00 Wheel of Fortune 2:00 Dominoes 3:00 Nerf Basketball 3:30 Word Search 4:00 Puzzles
23 10:00 Gather & Chat 11:00 Family History Work 1:30 Sabbath Day Devotional & Hymns 2:30 Fellowshiping 3:00 UNO card game 4:00 IN2L: Opera 6:00 Classic Movie	24 10:00 Seated Chair Yoga 11:00 Show & Tell 1:30 Bingo 2:00 IN2L: Relaxation 3:00 Knit & Crochet Club 4:00 Tech Class with April 6:00 Romantic Comedy Movie	25 10:00 Morning Exercises 10:45 Bus Outing: Bartells 1:30 Bible Study 2:30 Food Forum with Chef David 3:30 Skip-Bo 4:30 Music & Socializing	26 10:00 Latin Soul Dancing 11:00 Live Piano Music With Andrea 1:00 Storytime 1:30 Rummikub 3:00 Happy Hour: Jim Smith 6:00 Documentary	27 10:00 Morning Exercises 11:00 Words W/I a Word 1:00 Storytime 1:30 Bingo 3:00 Book Club: The Story of the Trapp Family Singers (meeting in the Garden Rm) 4:30 Pre-Dinner Visiting	28 10:00 Seated Chair Yoga 10:30 IN2L: Relaxation 11:00 Memory Games 1:00 Storytime 2:30 Skip-Bo 3:30 Jukebox Music 6:00 Adventure Movie	29 10:00 Morning Exercises 11:00 IN2L: On This Day 1:00 Wheel of Fortune 2:30 Pin Knockdown 3:00 Afternoon Walk 3:30 Sudoku 4:00 IN2L: Travel Video
30 10:00 Gather & Chat 11:00 Puzzles 1:30 Sabbath Day Devotional & Hymns 2:30 Fellowshiping 3:30 IN2L: Symphony 4:30 Pre-Dinner Visiting	31 10:00 Seated Chair Yoga 11:00 Room Visits 1:30 Bingo 2:30 IN2L: Ted Talk 3:00 Puzzles 4:00 Tech Class with April	All activities subject to change per mandated health guidelines.				1st Happy New Year! Happy Birthday, Mary Jo! Happy Birthday, Pat! 10:00 Morning Exercises 11:00 Brain Teasers 11:30 Sudoku 1:00 Wheel of Fortune 2:00 Dominoes 3:00 Coloring 4:00 Puzzles