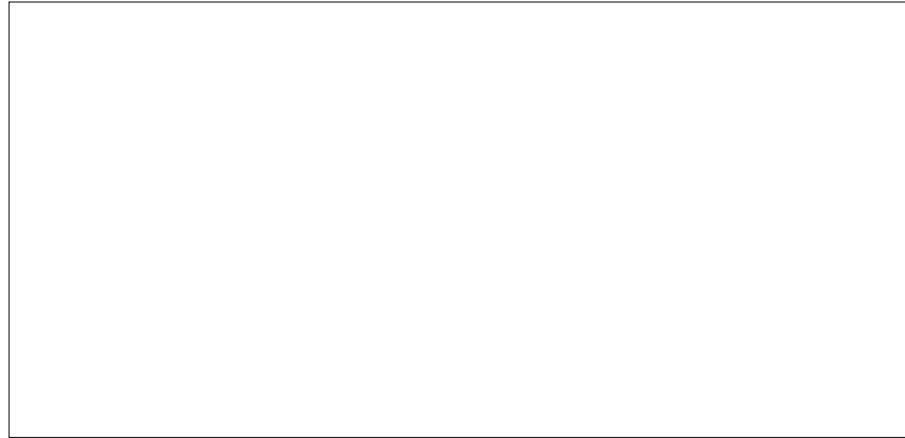


Stamp



**Administrative Team:**

Executive Director: Jeff Hendrickson  
Business Office Director: Nicole Henriques  
Wellness Nurse: Kristin Connor, RN  
Community Relations Dir.: Lauri Ferguson  
Dining Services Director: David Winslow  
Maintenance Director: Randy Lang  
Life Enrichment Director: Natalie Lavering

Connect:  
425-397-7500  
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Our mission is to create and sustain comfortable, caring environments for those who depend on us.



# Ashley Pointe News

February 2022 Newsletter



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3 Team & Resident Spotlight  
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## Healthy Habits to Consider for Heart-Smart Living

*Please follow advice of your medical professional and speak with them before changing diet, exercise, or supplements. This is for informational use only and should not be considered medical advice.*



February is an important health month for all as it is heart-focused! It became so in 1963, when President Lyndon B. Johnson encouraged citizens to support solutions for a nationwide problem of heart diseases.

Solutions to better heart health—of which there are many—come from knowing risk factors, like high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol. Many risk factors can be addressed with lifestyle changes.

Where better to start than with an active lifestyle?! Getting out for a daily walk is great for weight management and the heart. The National Heart, Lung & Blood Institute recommends 30 minutes of moderate-level physical activity on most days of the week. Aerobic activity should be done in bouts of at least 10 minutes.

A healthy diet is also key. The American Heart Association lists a heart healthy diet as one that is rich in fruits, vegetables, whole-grains, low-fat dairy, skinless poultry and fish, nuts and legumes, and non-tropical vegetable oils. It limits saturated and trans fats, red meat, sweets, sugar-sweet beverages, and sodium. Items high in salt include tomato juice, soy sauce, and many prepared foods. The DASH Diet is a recommended one by the NHLBI.

### Blood Pressure By the Numbers

(Source: National Heart, Lung, & Blood Institute)

Monitoring blood pressure with your medical professional is a smart move. If one has Hypertension (high blood pressure), that can almost always be prevented with a healthy weight, being physically active, a healthy diet, low sodium, alcohol only in moderation, and taking prescribed medications as directed.

Blood Pressure Category	Systolic (Upper Number)	Diastolic (Lower Number)
Normal	Less than 120	& Less than 80
Prehypertension	120-139	Or 80-89
Hypertension	140 or above	Or 90 or above

For older adults, impactful actions can be taken to improve heart health, such as stopping smoking, being physically active, having a healthy diet, and reducing alcohol to no more than two drinks per day for men, and no more than one drink per day for women. Managing stress is also important and can be approached with mindfulness meditation, deep breathing, and physical activity.

Let us know what heart healthy choices you make as part of your daily routine on our facebook post for this month's newsletter. We'd love to hear of your efforts!

## Special Moments



# February 2022 Highlights

February is American Heart Month, Black History Month, Cancer Prevention Month and Wise Healthcare Consumer Month. It celebrates libraries, bird feeding, canned foods, embroidery, cherries, and American pies.

- |  |  |
|--|--|
| 01 Dark Chocolate Day; Baked Alaska Day        | 15 Gumdrop Day; World Hippo Day                |
| 02 Groundhog Day; Tater Tot Day; Ukulele Day   | 16 Fat Tuesday; Almond Day; Anthropology Day   |
| 03 Carrot Cake Day; Optimist Day               | 17 Cabbage Day; Random Kind Acts Week          |
| 04 Homemade Soup Day; Thank a Mail Carrier Day | 18 Wine Day; Pluto Day; Caregivers' Day        |
| 05 World Nutella Day; Fun Outside Day          | 19 Chocolate Mint Day; Arabian Horse Day       |
| 06 FroYo Day; Chopsticks Day; Pizza Baking Day | 20 Cherry Pie Day; Muffin Day; Love Pets Day   |
| 07 Alfredo Day; Periodic Table Day             | 21 Presidents' Day; Sticky Bun Day             |
| 08 Boy Scouts Day; Kite Flying Day; Iowa Day   | 22 Sweet Potato Day; Margarita Day             |
| 09 Bagel and Lox Day; Pizza Day                | 23 Banana Bread Day; Dog Biscuit Day; Tile Day |
| 10 Cream Cheese Brownie Day; Donation Day      | 24 Tortilla Chip Day; Toast Day; Chili Day     |
| 11 Inventor Day; Backyard Bird Count Day       | 25 Chocolate Nut Day; Clam Chowder Day         |
| 12 Plum Pudding Day; Global Movie Day          | 26 Pistachio Day; Tell a Fairy Tale Day        |
| 13 Cheddar Day; Tortellini Day; Super Bowl LVI | 27 Retro Day; Strawberry Day; Kahlua Day       |
| 14 Valentine's Day; Book Giving Day            | 28 Floral Design Day; Chocolate Souffle Day    |

February Facts: February is named for the Latin word Februum, or purification. The Welsh call February "y mis bach" meaning "little month." At one time, February had as few as 23 days! Together with January, it was the last of the months added to the Roman calendar.

## Regarding Covid-19:

Safety and comfort of our residents and staff remains our first 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.



Visit our facebook at:  
[www.facebook.com/AshleyPointeSeniorLiving](https://www.facebook.com/AshleyPointeSeniorLiving)

Inventors' Day is Feb. 11. These are some inventions we are grateful for!

- "Electricity" - Jim
- "Air Conditioners" - Angelita
- "TV" - David
- "Telephones & computers" - Ruth
- "Wristwatch" - Dave
- "Toilet" - Annette
- "Printing press & books" - Kim H
- "Sewing Machine" - Lois



## RESIDENT SPOTLIGHT: Doris

Born in Tennessee and married to a career Air Force guy, Doris traveled the country for over 23 years. She loves to travel, and two of her favorite spots are Hawaii and southern Arizona. She is an avid quilter along with many other hobbies including painting, caring for plants, playing the piano, putting picture books together and just about anything creative. Doris loves the beach too! She has 3 children, 5 grandchildren, and 4 great-grandchildren. A favorite dinner is cornbread with pinto beans and collard greens along with real banana pudding for dessert. We love Doris!



## STAFF SPOTLIGHT: Randy

Randy is our new maintenance director, and we are delighted to welcome him to Ashley Pointe! He was born in Everett and has lived in the Everett area most of his life.

Randy has two daughters and a grandson and a granddaughter. He enjoys golfing, fishing, and camping as well as watching adventure movies like Indiana Jones and the Raiders of the Lost Ark. He has enjoyed trips to Disneyland with his family. He really likes Eggs Benedict, and for dessert, his favorite is German Chocolate Cake, but cheesecake is the runner-up!

# FEBRUARY 2022

Ashley Pointe • 11117 20th Street NE • Lake Stevens, WA 98258 • 425-397-7500

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>All activities subject to change per mandated health guidelines.</b></p>		<p>1</p> <p>10:00 Morning Exercises  <b>11:15 Bible Study</b>                      1:00 Storytime  <b>2:30 Skip-Bo</b>                      3:30 IN2L: Brain Games                      4:00 UNO game  <b>4:30 Pre-Dinner Visiting</b></p>	<p>2</p> <p>10:00 Latin Soul Dancing Exercise Class  <b>11:00 Brain Games</b>                      1:00 Storytime                      1:30 Rummikub  <b>3:00 Happy Hour</b>                      6:00 Western Movie</p>	<p>3</p> <p><b>10:00 Morning Exercises</b>  <b>11:00 Words W/I a Word</b>                      1:00 Storytime  <b>1:30 Bingo</b>                      2:30 IN2L: Travel Tour  <b>3:30 Crossword Puzzles</b>                      4:00 Music &amp; Socializing</p>	<p>4</p> <p>10:00 Chair Yoga  <b>11:00 Charades</b>                      1:00 Puzzles  <b>2:30 Skip-Bo</b>                      3:30 Matching Games  <b>4:00 IN2L: Animals</b>                      6:00 Adventure Movie</p>	<p>5</p> <p><b>Happy Birthday, Rodney!</b></p> <p>10:00 Morning Exercises                      11:00 On This Day  <b>1:00 Wheel of Fortune</b>                      2:00 Dominoes  <b>3:00 IN2L: Relaxation</b>                      4:00 IN2L: Classic TV</p>
	<p>6</p> <p><b>10:00 Gather &amp; Chat</b>                      11:00 Brain Teasers  <b>1:30 Sabbath Day Devotional &amp; Hymns</b>  <b>3:00 Family History Work</b>                      4:00 Fellowshiping                      6:00 Classic Movie</p>	<p>7</p> <p><b>Happy Birthday, Jeff!</b></p> <p><b>10:00 Chair Yoga</b>  <b>10:30 I SPY Game</b>                      11:00 Room Visits  <b>1:30 Bingo</b>  <b>2:30 Word Mania</b>                      3:30 IN2L: Crooners  <b>4:00 Tech Class with April</b></p>	<p>8</p> <p>10:00 Morning Exercises  <b>11-11:15 Fireside Chat with Jeff - Main Bldg Residents</b>  <b>11:15-11:30 Fireside Chat with Jeff - Cottage Residents</b>                      1:00 Storytime  <b>2:30 Skip-Bo</b>  <b>3:45 Valentine Craft</b>                      6:00 Comedy Movie</p>	<p>9</p> <p>10:00 Latin Soul Dancing  <b>10:30 Food Forum with Chef David</b>  <b>11:00 Famous Couples Valentine Activity</b>                      1:00 Storytime                      1:30 Rummikub  <b>3:00 Happy Hour</b>                      6:00 Documentary</p>	<p>10</p> <p>10:00 Morning Exercises  <b>11:00 Words W/I a Word</b>  <b>11:30 Library Cart Route Service</b>                      1:00 Storytime                      1:30 Bingo  <b>2:30 IN2L: Discussion—Wedding Memories</b>  <b>4:00 Love Songs &amp; Visiting</b></p>	<p>11</p> <p>10:00 Chair Yoga  <b>11:15 Joke-Telling Time</b>                      1:00 Sudoku  <b>2:30 Skip-Bo</b>  <b>3:30 Craft Project</b>                      4:30 IN2L: Big Band Music                      6:00 Action Movie</p>
<p>13</p> <p><b>Happy Birthday, Virginia!</b></p> <p>10:00 Gather &amp; Chat                      11:00 Dominoes  <b>1:30 Sabbath Day Devotional &amp; Hymns</b>                      2:30 Word Search  <b>3:00 Family History Work</b>                      4:00 IN2L: Classical Music</p>	<p>14</p> <p><b>Happy Valentine's Day!</b></p> <p>10:00 Chair Yoga  <b>11:15 Opposites Attract</b>  <b>1:00 Love Stories</b>                      1:30 Bingo  <b>3:30 Hearts &amp; Chocolate: Valentine's Day Party (Details to come!)</b>  <b>5:00 Pizza Party</b>                      6:00 Romantic Comedy</p>	<p>15</p> <p>10:00 Morning Exercises  <b>11:15 Bible Study</b>                      1:00 Storytime                      2:30 Skip-Bo  <b>3:30 Youth Advisory Grp Get-to-Know-You!</b>  <b>4:30 Pre-Dinner Visiting And Music: Crooners</b></p>	<p>16</p> <p><b>Happy Birthday, Judith!</b></p> <p>10:00 Latin Soul Dancing  <b>11:00 Live Piano Music With Andrea</b>                      1:00 Storytime                      1:30 Rummikub  <b>3:00 Happy Hour: Tom &amp; Jill Hudon</b>                      4:30 Pre-Dinner Visiting</p>	<p>17</p> <p>10:00 Morning Exercises  <b>11:00 Words W/I a Word</b>  <b>1:00 Storytime</b>                      1:30 Bingo  <b>2:30 Scattergories</b>  <b>3:15 LSHS Interact Club: Valentine Project</b>                      6:00 History Movie</p>	<p>18</p> <p>10:00 Chair Yoga  <b>11:00 Bus Outing for Lunch: Conto's AND Dollar Store</b>                      2:00 Puzzles  <b>2:30 Skip-Bo</b>                      3:30 Dominoes                      4:30 Music &amp; Socializing</p>	<p>19</p> <p>10:00 Morning Exercises                      11:00 IN2L: Cooking Class  <b>1:00 Wheel of Fortune</b>                      2:30 Nature Walk                      3:00 Coloring                      4:00 Brain Games</p>
<p>20</p> <p>10:00 Gather &amp; Chat  <b>11:00 IN2L: Symphony</b>  <b>1:30 Sabbath Day Devotional &amp; Hymns</b>                      2:30 Puzzles  <b>3:00 Family History Work</b>                      4:00 Rummikub                      6:00 Documentary</p>	<p>21</p> <p><b>Happy President's Day!</b></p> <p>10:00 Chair Yoga                      11:00 Room Visits  <b>1:30 Bingo</b>  <b>2:30 Presidential Trivia</b>                      3:00 IN2L: History Lesson  <b>4:00 Tech Class with April</b></p>	<p>22</p> <p>10:00 Morning Exercises  <b>11:15 Bible Study</b>                      1:00 Storytime                      2:30 Skip-Bo  <b>3:30 Bus Outing: Go for a Drive!</b>                      4:30 Jukebox Music</p>	<p>23</p> <p>10:00 Latin Soul Dancing  <b>11:00 Live Piano Music With Andrea</b>                      1:00 Storytime                      1:30 Rummikub  <b>3:00 Happy Hour: Deano</b>                      6:00 IN2L: Classic TV</p>	<p>24</p> <p>10:00 Morning Exercises  <b>11:00 Words W/I a Word</b>                      1:00 Storytime  <b>1:30 Bingo</b>  <b>3:00 Book Club: The Hundred-Foot Journey (meeting in the Garden Rm)</b>                      4:30 Pre-Dinner Visiting</p>	<p>25</p> <p><b>10:00 Donuts &amp; Coffee &amp; Morning Socializing</b>  <b>11:00 Art Class</b>  <b>1:00 After-Lunch Joke-Telling Time</b>                      1:30 Puzzles                      2:30 Skip-Bo  <b>3:30 Movie Event: The Hundred-Foot Journey</b></p>	<p>26</p> <p>10:00 Morning Exercises  <b>10:45 Guest Speaker: Mayor Brett Gailey</b>  <b>1:00 Wheel of Fortune</b>                      3:00 UNO                      4:00 IN2L: Humor                      4:30 Puzzles</p>
<p>27</p> <p>10:00 Gather &amp; Chat                      11:00 IN2L: Faith Worship  <b>1:30 Sabbath Day Devotional &amp; Hymns</b>                      2:30 Afternoon Walk  <b>3:00 Family History Work</b>  <b>4:00 Fellowshiping</b></p>	<p>28</p> <p>10:00 Chair Yoga  <b>11:00 Show &amp; Tell</b>  <b>1:30 Bingo</b>  <b>3:00 Knit &amp; Crochet Club</b>  <b>4:00 Tech Class with April</b>                      4:30 Music &amp; Socializing</p>					