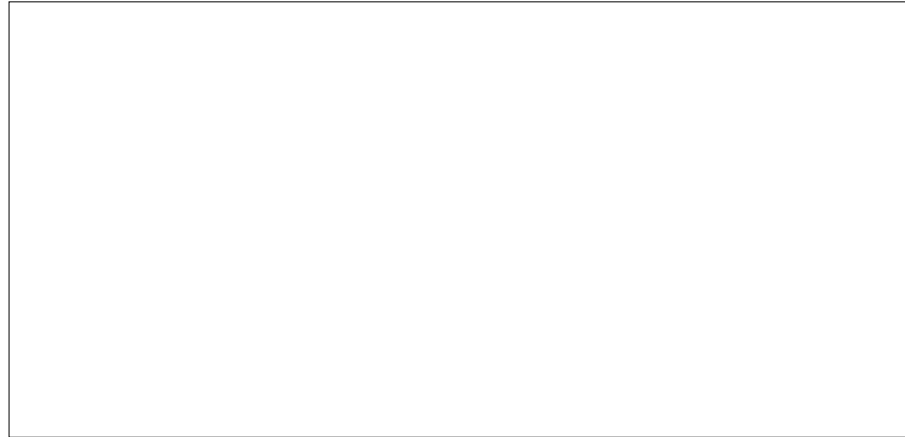


ASHLEY POINTE
SENIOR LIVING COMMUNITY

11117 20th St., NE
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Stamp



Leadership Team

Executive Director:
Jeff Hendrickson

Community Relations Director:
Lauri Ferguson

Wellness Nurse:
Melissa Delgado

Business Office Director:
Nicole Henriques

Life Enrichment Director:
Natalie Lavering

Dining Services Director:
Kim Mata

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



Ashley Pointe News

March 2022 Newsletter



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Spilling the Beans on Caffeine: Is Your Cup of Joe a Friend ...or a Foe?

Most of us have a relationship with caffeine - whether we love it to love it, or wish we didn't want it. It's in coffee, soda, and tea that we drink (unless we opt for decaf, though even *that* has a little), and we turn to it in times of tiredness for a quick energy boost.



Did you know? Caffeine can be found in chocolate. It can also be hidden in some yogurt, ice cream, and protein bars! If seeking a non-caffeinated energy boost, consider having some blueberries!

This National Caffeine Awareness Month, we've set out to unearth facts about caffeine that are worth poring over.

First off, if you're wondering what exactly caffeine is, ponder no further. Caffeine is a bitter stimulant substance whose chemical name is trimethylxanthine. It occurs naturally in the fruit, leaves, and beans of coffee, cacao, and guarana plants. Human-made caffeine also exists and is added to some medicines, foods, and drinks.

When consumed, caffeine is typically absorbed by the human body within 45 minutes. An average 8-ounce cup of coffee has 95 milligrams of caffeine, but can vary. According to the Mayo Clinic, up to 400 milligrams of caffeine per day is safe for most healthy adults. Though, there are different recommendations for pregnant and breastfeeding women, and the American Academy of Pediatrics discourages caffeine for children.

There are both pros and cons to caffeine intake for adults. On the upside, it can increase energy, speed up reaction times,

and aid in concentration. Coffee, specifically, is said to have some health benefits, from slowing cognitive decline in older adults to protecting against certain cancers and Type Two Diabetes. As for drawbacks, it may bring on stomach acid release (heartburn), increase blood pressure, and act as a diuretic. It can also interact poorly with some medications. For some with caffeine sensitivity, even small amounts can cause restlessness, sleep issues, and anxiety.

An area where opinions vary is its level of addictiveness. The facts are: it does raise dopamine a little, and can bring withdrawal symptoms if one stops intake.

So...Stick with or skip? For those who enjoy caffeinated beverages or foods, as with anything, it's best to enjoy in moderation. Let us know your thoughts about caffeine in our newsletter post on our facebook.

Special Moments



March 2022 Highlights

March observes Women’s History Month, Nutrition Month, and Save Your Vision Month. It celebrates crafting, aviation, and cleaning!

- | | |
|--|---|
| 01 Peanut Butter Day; Music Therapy Day | 17 St. Patrick’s Day |
| 02 Banana Cream Pie Day; Read Day | 18 Lacy Cookie Day; Sloppy Joe Day |
| 03 Cold Cuts Day; World Wildlife Day | 19 Certified Nurses Day; Poultry Day |
| 04 Marching Music Day; Pound Cake Day | 20 Spring Begins; Ravioli Day; Corn Dog Day |
| 05 Employee Appreciation Day | 21 French Bread Day; Puppetry & Poetry Day |
| 06 Dentists’ Day; Oreo Day; Dress Day | 22 Bavarian Crepes Day; West Virginia Day |
| 07 Cereal Day; Flapjack Day | 23 Chip Dip Day; Puppy Day; Tamale Day |
| 08 Intl. Women’s Day; Oregon Day | 24 Cheesesteak Day; Chocolate Raisins Day |
| 09 Barbie Day; Meatball Day | 25 Swedish Waffle Day; Physicians’ Week |
| 10 Blueberry Popover Day; Bagpipe Day | 26 Nougat Day; Spinach Day |
| 11 Oatmeal Nut Waffles Day; Plumbing Day | 27 Spanish Paella Day; World Theatre Day |
| 12 Girl Scouts Day; Plant a Flower Day | 28 Black Forest Cake Day; Food on Stick Day |
| 13 Coconut Torte Day; K9 Veterans Day | 29 Vietnam Vet Day; Nevada Day; Piano Day |
| 14 Child Craft Day; Spider Day; Chip Day | 30 Doctors’ Day; Park Walk Day |
| 15 Pears Helene Day; Health Care HR Week | 31 Crayon Day; Tater Day |
| 16 Artichoke Hearts Day; Panda Day | |

Spring forward! Sunday, March 13, set your clocks forward one hour!



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: ashley-pointe.com.



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

March 12th celebrates Plant a Flower Day!

We’re sharing our favorite flowers!

“Hydrangeas” - Shirley

“Tulips” - Lois

“Red Roses or Daffodils” - Cheryl

“Hollyhocks or Sweet Peas” - Marilyn L

“Gardenias” - Virginia

“Yellow Roses” - Marjorie

“Orange Lilies” - Kim M

“Daffodils” - Cathy



Staff Highlight: Dolores

Dolores was born in Hawaii, but has lived most of her life in Lake Stevens. She is married to Travis, her high school sweetheart, and they are parents to two little girls: Harlow, 9, and Irie, 6. Their family also includes a St. Bernard named Millie. Dolores enjoys gardening and caring for her 50+ houseplants including pothos and snake plants. She also loves to read. A favorite getaway was a family mountain trip to Central Washington. She likes shrimp fajitas at Ixtapa, a local Mexican restaurant, and for dessert: a classic chocolate chip cookie. Dolores is excited to work here at Ashley Pointe, and we’re happy to welcome her!



Resident Highlight: David

David was born in Texas, but has lived in many states including Oklahoma, Louisiana, and California. He is one of six siblings. He worked for the City of San Jose in Recreation. Before coming to Ashley Pointe, David lived on San Juan Island for 27 years. He loves the natural beauty of the state of Washington. He also enjoyed a visit to northern New Mexico. He especially loves to be creative, and is a gifted craftsman: rug hooking, basket weaving, felting, silk painting, and quilting are some of his hobbies. David enjoys Cajun food and for dessert, he likes pie: apple, cherry, or pecan. We’re glad to welcome David!

MARCH 2022

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

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>		<p>1 Mardi Gras</p> <p>10:00 Morning Exercises 11:00 Mardis Gras Fun 12:45 Bus Outing: Fred Meyer-Senior Discount Day 3:30 Skip-Bo 4:30 Jazz Music & Visiting 6:00 History Movie</p>	<p>2</p> <p>10:00 Latin Soul Dancing 11:00 Live Piano Music With Andrea</p> <p>1:00 Storytime 1:30 UNO 3:00 Happy Hour: Doug Roraback 4:00 Rummikub</p>	<p>3</p> <p>10:00 Morning Exercises 10:30 Food Forum with Chef Kim 11:00 Words W/I a Word</p> <p>1:00 Storytime 1:30 Bingo 3:00 Craft Project with Lauren</p>	<p>4</p> <p>10:00 Chair Yoga 11:00 Table Topics Conversation Game</p> <p>1:00 After-lunch Walk 2:30 Skip-Bo 3:30 Manicures & Music 6:00 Comedy Movie</p>	<p>5</p> <p>10:00 Morning Exercises 11:00 Train Your Brain 1:00 Yahtzee 2:00 Rummikub 3:00 IN2L: TRAVEL 4:00 Coloring 4:30 Pre-Dinner Visiting</p>
	<p>6</p> <p>10:00 Gather & Chat 11:00 IN2L: Orchestra 1:30 Sabbath Day Devotional & Hymns 3:00 Family History Work 4:00 Puzzles 6:00 IN2L: Documentary</p>	<p>7</p> <p>10:00 Simply Stretch 11:00 Book Sharing</p> <p>1:30 Bingo 2:30 Word Mania 3:30 Room Visits 4:30 Crooners Music and Socializing</p>	<p>8</p> <p>10:00 Morning Exercises 11:00 Fireside Chat With Jeff</p> <p>1:00 Storytime 1:30 Bible Study 2:30 Skip-Bo 3:15 Lake Stevens Youth Advisory Group Activity</p>	<p>9 Happy Birthday, Lauri!</p> <p>10:00 Latin Soul Dancing 10:30 IN2L: What Did it Cost?</p> <p>11:00 Live Piano Music With Andrea</p> <p>1:00 Storytime 1:30 UNO 3:00 Happy Hour: TBA 4:15 Rummikub</p>	<p>10</p> <p>10:00 Morning Exercises 11:00 Words W/I a Word 11:30 Library Cart Route Service</p> <p>1:00 Storytime 1:30 Bingo 3:15 LSHS Interact Club: St Patrick's Day Activity</p>	<p>11</p> <p>10:00 Chair Yoga 10:30 Bus Outing: Bartells</p> <p>1:30 Charades 2:30 Skip-Bo 3:30 Candy Trivia Game 4:30 Jukebox Music & Socializing 6:00 Disney Movie</p>
<p>13</p> <p>Daylight Savings Time Begins</p> <p>10:00 Gather & Chat 11:00 Word Games 1:30 Sabbath Day Devotional & Hymns 2:30 IN2L: Symphony 3:30 Afternoon Walk 6:00 IN2L: Family Fun</p>	<p>14</p> <p>10:00 Simply Stretch 11:00 Room Visits</p> <p>1:30 Bingo 2:30 IN2L: Art World 3:00 Art Project 4:00 IN2L: Would You Rather? 6:00 Action Movie</p>	<p>15</p> <p>10:00 Morning Exercises 11:00 Bus Outing: Lunch-Lucky Dragon Chinese Food</p> <p>1:00 Storytime 1:30 Bible Study 2:30 Skip-Bo 3:30 Name That Person</p>	<p>16</p> <p>10:00 Latin Soul Dancing 11:00 Live Piano Music With Andrea</p> <p>1:00 Storytime 1:30 UNO 3:00 Happy Hour: Tom Bahr 4:30 Pre-Dinner Visiting</p>	<p>17 St Patrick's Day! ***Wear GREEN today!***</p> <p>10:00 Morning Exercises 10:30 Trivia Fun 11:00 Words W/I a Word</p> <p>1:00 Storytime 1:30 Bingo 2:45 Decorate Shamrock Sugar Cookies 4:00 IN2L: Ireland</p>	<p>18</p> <p>10:00 Chair Yoga 10:45 The "IF" Game</p> <p>1:30 Word Scramble 2:30 Skip-Bo 3:30 Scavenger Hunt 4:30 Big Band Music & Socializing</p>	<p>19</p> <p>10:00 Morning Exercises 11:00 Brain Teasers 1:00 Yahtzee 2:00 Sudoku 3:00 IN2L: Health Quiz 4:00 Coloring 6:00 Western Movie</p>
<p>20 Welcome, Spring!!</p> <p>10:00 Gather & Chat 11:00 Puzzles 1:30 Sabbath Day Devotional & Hymns 2:30 Afternoon Walk 3:00 Family History Work 4:00 IN2L: Faith Group Worship Music</p>	<p>21</p> <p>10:00 Simply Stretch 11:00 Room Visits</p> <p>1:30 Bingo 2:30 IN2L: Relaxation 3:00 Magazine Collages 4:00 IN2L: Brain Teasers</p>	<p>22</p> <p>10:00 Morning Exercises 11:15 Bible Study</p> <p>1:00 Storytime 1:30 Bus Outing: Signs of Spring Scenic Drive</p> <p>2:30 Skip-Bo 3:30 IN2L: On This Day 6:00 Comedy Movie</p>	<p>23 Happy Birthday, Cheryl S!</p> <p>10:00 Latin Soul Dancing 11:00 Live Piano Music With Andrea</p> <p>1:00 Storytime 1:30 UNO 3:00 Happy Hour: Gary Lee Hood</p>	<p>24 Happy Birthday, Carol! Happy Birthday, Virginia!</p> <p>10:00 Morning Exercises 11:00 Words W/I a Word</p> <p>1:00 Storytime 1:30 Bingo 3:00 Book Club: A Town Like Alice (meeting in the Garden Rm)</p>	<p>25</p> <p>10:00 Chair Yoga 11:00 Spring Art Project</p> <p>1:00 Puzzles 2:30 Skip-Bo 3:30 Nature Walk 4:30 Music & Visiting 6:00 Adventure Movie</p>	<p>26</p> <p>10:00 Morning Exercises 11:00 Spring Word Search 1:00 Yahtzee 2:00 IN2L: TED Talk 2:30 IN2L: History 3:00 Lake Stevens Youth Advisory Group Activity</p>
<p>27</p> <p>10:00 Gather & Chat 11:00 Brain Games 1:30 Sabbath Day Devotional & Hymns 3:00 IN2L: Nature Show 4:00 Sudoku 4:30 Fellowshiping</p>	<p>28 Happy Birthday, Marjorie!</p> <p>10:00 Simply Stretch 11:00 Show & Tell</p> <p>1:30 Bingo 2:30 IN2L: Cute Pets 3:00 Knit & Crochet Club 4:15 Pre-Dinner Visiting</p>	<p>29</p> <p>10:00 Morning Exercises 11:15 Bible Study</p> <p>1:00 Storytime 1:30 Bus Outing: Milkshakes & Drive 3:30 Skip-Bo 4:30 IN2L: Humor</p>	<p>30</p> <p>10:00 Latin Soul Dancing 11:00 Live Piano Music With Andrea</p> <p>1:00 Storytime 1:30 UNO 3:00 Happy Hour: Jim Smith 4:00 Rummikub</p>	<p>31</p> <p>10:00 Morning Exercises 11:00 Bus Outing: Picnic Lunch at Park</p> <p>1:00 Storytime 1:30 Bingo 3:00 Movie Event: Hidden Figures 6:00 IN2L: Classical Music</p>		