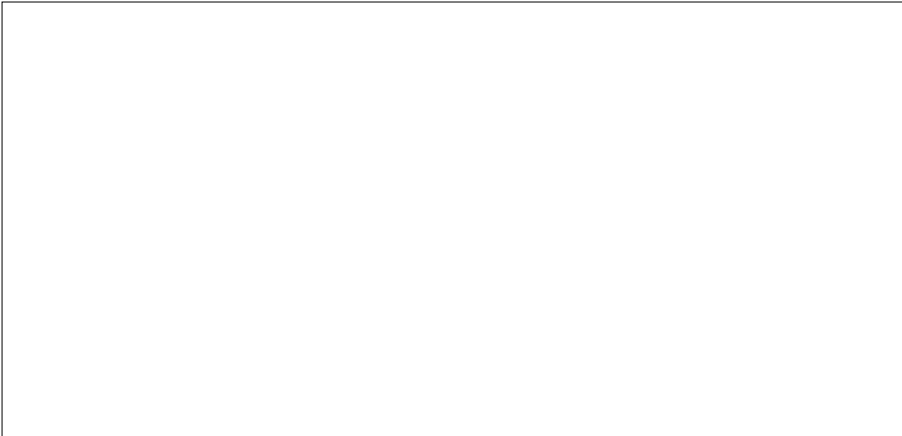


Stamp



**Leadership Team**

Call: 425.397.7500

Email: [info@ashley-pointe.com](mailto:info@ashley-pointe.com)

Website: [ashley-pointe.com](http://ashley-pointe.com)

**Executive Director:**

Jeff Hendrickson

**Community Relations Director:**

Lauri Ferguson

**Wellness Nurse:**

Kristin Connor, RN

**Business Office Director:**

Nicole Henriques

**Life Enrichment Director:**

Natalie Lavering

**Dining Services Director:**

Kim Mata

**Maintenance Director:**

Robert Bertrain

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

# Ashley Pointe News

April 2022 Newsletter



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# Spring Into Volunteering!

You've probably heard the famous Aesop quote: "No act of kindness, no matter how small is ever wasted." It's true - we can better the world in so many different ways. This Spring, consider making a difference in a way you feel passionately about. It's the perfect time of year for giving as the season brings re-growth, warmer weather for connecting, and more opportunities to do so outdoors.

Starting right here at our senior living community, we offer options for volunteering including companionship, therapy animal visits, interactive lessons for many skillsets, and talent showcases (musical instrument playing, singing, magic, art, etc.). Reach out to our life enrichment director at our main number for information on how to sign-up.

In the greater community, consider numerous options for making a difference!

- Seek out a local community gardening group that gets together to grow vegetables or plant trees. Gardening with others of all ages is a great way to better the community, source produce locally, and grow intergenerational relationships.
- Head to a nearby animal shelter or call up an animal rescue organization to see how you can be of service. Rescues can benefit from animal companions, fosters, and donators. You may just fall in love with some fuzzy friends in the process!
- Contact a local food bank. FeedingAmerica.org is a great spot to start as it can link you to food banks in need of volunteers. Efforts vary from sorting and packing food for distribution to assisting at drive-up pantries, delivering meals, fundraising, food drives, and beyond.



**Ring Ring! Let the doorbell signal to supplies on the front step for one in need. Giving to others is also giving to yourself! Those who volunteer may experience mental health benefits and an increased sense of belonging in the greater community.**

- Join a clean up crew! Keep America Beautiful has an online portal for volunteering. This Spring, you can participate in the Great American Cleanup program between March 21 and June 22.
- Visit the library and spend some time assisting with shelving books, helping with story time, hosting classes, or doing outreach. This option is great for inspiring responsibility among young volunteers.
- Get creative. Knit some hats for local NICU babies, create craft kits for children's hospitals, or write letters for seniors or soldiers who would love to receive them!

Check out VolunteerMatch.org for more ideas local to your area and interests. If you have a chance, let us know your favorite ways to volunteer or ideas for others to do so on our Facebook newsletter post on the first!

## Special Moments





# April 2022 Highlights

**April observes Volunteering, Stress Awareness, and Healthcare Innovations. It celebrates guitars, jazz, poetry, humor, and gardening!**

01 April Fool's Day; Sourdough Bread Day  
 02 PBJ Day; Ferret Day; Handmade Day  
 03 Film Score Day; Chocolate Mousse Day  
 04 Walk Around Things Day; Vitamin C Day  
 05 Caramel Day; Deep Dish Pizza Day  
 06 Bookmobile Day; Walking Day  
 07 World Health Day; Beer Day; Burrito Day  
 08 Zoo Lovers' Day; Reflect on Gratitude Day  
 09 Cherish Antiques Day; Name Yourself Day  
 10 Farm Animal Day; Cinnamon Crescent Day  
 11 Barbershop Quartet Day; Pet Day  
 12 Grilled Cheese Day; Colorado Day  
 13 Scrabble Day; Peach Cobbler Day  
 14 Gardening Day; Pecan Day; Dolphin Day  
 15 Good Friday; Glazed Ham Day  
 16 Bean Count Day; Eggs Benedict Day; PJ Day  
 17 Easter; Haiku Day; Ellis Island History Day  
 18 Intl. Monuments & Sights Day; Radio Day  
 19 Amaretto Day; Garlic Lovers' Day

20 Twin Day; Pineapple Upside Down Day;  
 21 British Tea Day; Chocolate Cashews Day  
 22 Earth Day; Jelly Bean Day  
 23 Picnic Day; Cherry Cheesecake Day  
 24 Pigs in Blankets Day; Pet Parent Day  
 25 Hairstylist Day; Zucchini Bread Day;  
 26 Audubon Day; Pretzel Day  
 27 Prime Rib Day; Administrative Staff Day  
 28 Poem Day; Superhero Day  
 29 Arbor Day; Dance Day  
 30 Oatmeal Cookie Day; Raisin Day; Jazz Day

Did you know?  
 Earth Day, first  
 celebrated in 1970,  
 has a new theme  
 each year. In 2022,  
 it's "Invest in Our  
 Planet!"



## Regarding Covid-19:

Our resident and staff safety and comfort remain our first priority as Coronavirus cases have occurred nationwide. We are following mandated health guidelines. All activities are subject to cancellation per those guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.



April 26th is Audubon Day celebrating the birth of John James Audubon in 1785. He was a French-American bird expert and painter famous for his illustrations and studies of American birds. These are some of the birds we admire:

"Robin" - Carol  
 "Blue Jay" - Hooshy  
 "Bushtit" - Kelsey  
 "Yellow Canary" - Leonard  
 "Parrot" - Cheryl  
 "Black-capped Chickadee" - Sheila  
 "Hummingbird" - Carl



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



**Staff Spotlight: Kim**

We are happy to welcome Kim as our Dining Services Director! Kim was born in Georgia and raised in the South. She has 5 daughters and 2 sons, and 5 grandkids with 2 on the way! Kim says, "My grandkids are the love of my life. It sort of feels like a new beginning when you become a grandparent." Hawaii is Kim's favorite vacation spot. She enjoys re-working old furniture and selling it. "Mexican food is my ultimate," she says. Her favorite meal: Beef enchiladas with rice and beans. She loves cooking and has a dream to open her own food truck someday.



**Resident Spotlight: Bette**

Bette was born in Yakima and has lived many places including Guam and Hawaii. She and her husband, Paul, have been married 42 years. About Paul, Bette says, "He's a keeper!" They have 2 sons, 1 daughter, 3 grandchildren, and 1 great-granddaughter. Bette was an elementary school teacher and a reading specialist. In 1990 she was in a bike accident which left her in a wheelchair. However, her secret to life is to say "Oh, yes I can!" She learned to scuba dive in Guam. Bette and Paul took in foster children while living in Hawaii where she also enjoyed silk painting. She enjoys Thai Food and cherry pie with vanilla ice cream.



<div> <div>APRIL 2022</div> <div> <div>Ashley Pointe</div> <div>•</div> <div>11117 20th Street NE</div> <div>•</div> <div>Lake Stevens, WA 98258</div> <div>•</div> <div>425-397-7500</div> </div> </div>						
SUN	MON	TUE	WED	THU	FRI	SAT
<div>All activities subject to change per mandated health guidelines.</div>					<div>1</div> <div> <div>10:00 Chair Yoga</div> <div>10:30 IN2L: On This Day</div> <div>11:00 Funny Stories</div> <div>1:00 Riddle Me This</div> <div>1:30 Pet Therapy!</div> <div>2:30 Skip - Bo</div> <div>3:45 Outdoor Visiting</div> <div>6:00 Movie: Adventure</div> </div>	<div>2</div> <div> <div>10:00 Morning Walk</div> <div>11:00 Sudoku</div> <div>1:00 Yahtzee</div> <div>2:30 Brain Teasers</div> <div>3:30 IN2L: Explore Europe</div> <div>4:00 Rummikub</div> <div>6:00 After-dinner Socializing</div> </div>
<div>3</div> <div> <div>10:00 Gather &amp; Chat</div> <div>11:00 Puzzles</div> <div>1:30 No Devotional Today</div> <div>2:00 IN2L: Ted Talk</div> <div>3:00 Bible Reading</div> <div>4:00 Family History Work</div> <div>6:00 IN2L: Symphony</div> </div>	<div>4</div> <div> <div>Happy Birthday, Earl!</div> <div>Happy Birthday, Cheryl K!</div> <div>10:00 Simply Stretch</div> <div>11:00 Room Visits</div> <div>1:30 Bingo</div> <div>2:45 Journal Writing for Brain Health</div> <div>4:00 Dominoes</div> <div>6:00 Documentary</div> </div>	<div>5</div> <div> <div>10:00 Chair Yoga</div> <div>10:30 Bible Study (Meeting in Garden Room)</div> <div>11:15 Fireside Chat with Jeff</div> <div>12:45 Bus Outing: Fred Meyer-Senior Discount Day (back by 3:15)</div> <div>2:00 Afternoon Walk</div> <div>3:30 Skip - Bo</div> </div>	<div>6</div> <div> <div>10:00 Latin Soul Dancing</div> <div>11:00 Live Piano Music with Andrea</div> <div>1:00 Storytime</div> <div>1:30 UNO</div> <div>3:00 Happy Hour: Tom &amp; Jill Hudon</div> <div>6:00 Movie: Comedy</div> </div>	<div>7</div> <div> <div>10:00 Morning Exercises</div> <div>10:30 Food Forum with Chef Kim</div> <div>11:00 Words W/I a Word</div> <div>1:00 Storytime</div> <div>1:30 Bingo</div> <div>3:00 Easter Craft Project With Lauren</div> <div>4:30 IN2L: Big Band Music</div> </div>	<div>8</div> <div> <div>10:00 Chair Yoga</div> <div>10:45 Bus Outing: Collector's Choice for Lunch (Snohomish)</div> <div>1:30 Pet Therapy!</div> <div>2:30 Skip - Bo</div> <div>3:30 Manicures &amp; Music</div> <div>4:30 IN2L: Crooners Music</div> </div>	<div>9</div> <div> <div>10:00 Morning Exercises</div> <div>10:30 Puzzles</div> <div>11:00 Coloring</div> <div>1:00 Yahtzee</div> <div>2:30 Afternoon Walk</div> <div>4:00-6:00 Movie Event: Swing Kids -(WWII Movie) Pizza Dinner Served along with Popcorn &amp; Drinks</div> </div>
<div>10</div> <div> <div>10:00 Gather &amp; Chat</div> <div>11:00 Sudoku</div> <div>1:30 Sabbath Day Devotional &amp; Hymns</div> <div>2:30 Rummikub</div> <div>3:00 IN2L: Nature Show</div> <div>4:00 Fellowship</div> <div>6:00 Movie: Classic</div> </div>	<div>11</div> <div> <div>10:00 Simply Stretch</div> <div>11:00 Book Sharing</div> <div>1:30 Bingo</div> <div>2:45 Journal Writing for Brain Health</div> <div>4:00 Spring Craft</div> <div>6:00 IN2L: Travel Tour</div> </div>	<div>12</div> <div> <div>10:00 Morning Exercises</div> <div>11:00 Bible Study: The Easter Story (Meeting in Garden Room)</div> <div>1:00 Storytime</div> <div>1:30 Manicures &amp; Music</div> <div>2:15 Skip-Bo</div> <div>3:15 Lake Stevens Youth Advisory Grp Activity</div> </div>	<div>13</div> <div> <div>Happy Birthday, Sheila!</div> <div>10:00 Latin Soul Dancing</div> <div>11:00 Live Piano Music with Andrea</div> <div>1:00 Storytime</div> <div>1:30 UNO</div> <div>3:00 Happy Hour: Ed Pearson</div> <div>4:30 Pre-Dinner Visiting</div> </div>	<div>14</div> <div> <div>10:00 Morning Exercises</div> <div>11:00 Words W/I a Word</div> <div>11:30 Library Cart Route Service</div> <div>1:00 Storytime</div> <div>1:30 Bingo</div> <div>3:15 LSHS Interact Club: Easter Activity</div> </div>	<div>15</div> <div> <div>10:00 Chair Yoga</div> <div>11:00 Easter Trivia Activity</div> <div>1:30 Pet Therapy!</div> <div>2:30 Skip - Bo</div> <div>3:30 Afternoon Walk</div> <div>4:00 Outdoor Visiting</div> <div>4:30 IN2L: Health Quiz</div> </div>	<div>16</div> <div> <div>10:00 Morning Walk</div> <div>11:00 Dominoes</div> <div>1:00 Yahtzee</div> <div>2:30 IN2L: Matching Games</div> <div>3:30 Puzzles</div> <div>4:00 Word Search</div> <div>6:00 IN2L: Classic TV</div> </div>
<div>17</div> <div> <div>Happy Easter!!</div> <div>Happy Birthday, David S!</div> <div>10:00 Gather &amp; Chat</div> <div>11:00 Easter Egg Hunt</div> <div>12:00 Easter Brunch for Lunch</div> <div>1:30 Sabbath Day Devotional &amp; Hymns</div> <div>3:00 Afternoon Walk</div> <div>4:00 Family History Work</div> </div>	<div>18</div> <div> <div>Happy Birthday, Lois!</div> <div>Happy Birthday, Anna!</div> <div>Happy Birthday, Tabatha!</div> <div>10:00 Simply Stretch</div> <div>11:00 Room Visits</div> <div>1:30 Bingo</div> <div>2:45 Journal Writing for Brain Health</div> <div>4:00 IN2L: Travel Video</div> <div>6:00 Movie: Western</div> </div>	<div>19</div> <div> <div>10:00 Morning Exercises</div> <div>11:00 Charades</div> <div>1:00 Storytime</div> <div>1:30 Bible Study (Meeting in Garden Room)</div> <div>2:30 Skip - Bo</div> <div>3:30 Afternoon Walk</div> <div>4:30 Pre-Dinner Visiting</div> </div>	<div>20</div> <div> <div>10:00 Latin Soul Dancing</div> <div>11:00 Live Piano Music with Andrea</div> <div>1:00 Storytime</div> <div>1:30 UNO</div> <div>3:00 Happy Hour: Deano</div> <div>4:00 Rummikub</div> </div>	<div>21</div> <div> <div>10:00 Bus Outing: Tulip Festival, Skagit Historical Museum, Skagit Acres (5-6 hr Outing!!)</div> <div>11:00 Words W/I a Word</div> <div>1:30 Bingo</div> <div>2:30 Puzzles</div> <div>4:00 Sudoku</div> </div>	<div>22</div> <div> <div>10:00 Chair Yoga</div> <div>11:00 Word Pun Fun</div> <div>1:30 Pet Therapy!</div> <div>2:30 Skip - Bo</div> <div>3:45 Conversation Starters Game</div> <div>4:30 Pre-Dinner Visiting</div> <div>6:00 Movie: Comedy</div> </div>	<div>23</div> <div> <div>9:00-4:00 Ashley Pointe Yard Sale (Annette-Organizer)</div> <div>10:00 Morning Exercises</div> <div>11:00 IN2L: Norway</div> <div>1:00 Yahtzee</div> <div>2:00 Jenga</div> <div>3:00 Lake Stevens Youth Advisory Activity</div> </div>
<div>24</div> <div> <div>10:00 Gather &amp; Chat</div> <div>11:00 Puzzles</div> <div>1:30 Sabbath Day Devotional &amp; Hymns</div> <div>2:30 Afternoon Walk</div> <div>3:00 Word Search</div> <div>4:00 Bible Reading</div> <div>6:00 IN2L: Classical Radio</div> </div>	<div>25</div> <div> <div>10:00 Simply Stretch</div> <div>11:00 Show &amp; Tell</div> <div>1:30 Bingo</div> <div>2:45 Journal Writing for Brain Health</div> <div>4:00 Knit &amp; Crochet Club</div> <div>6:00 Movie: Disney</div> </div>	<div>26</div> <div> <div>10:00 Morning Exercises</div> <div>11:00 Bible Study (Meeting in Garden Room)</div> <div>1:00 Storytime</div> <div>1:30 Bus Outing: Going to a Movie at the Everett Regal Theater (back by 5!)</div> <div>2:30 Skip - Bo</div> <div>3:30 Afternoon Walk</div> <div>4:30 IN2L: Brain Games</div> </div>	<div>27</div> <div> <div>Happy Birthday, Ella!</div> <div>10:00 Latin Soul Dancing</div> <div>11:00 Live Piano Music with Andrea</div> <div>1:00 Storytime</div> <div>1:30 UNO</div> <div>3:00 Happy Hour: Tom Bahr</div> <div>4:30 Pre-Dinner Visiting</div> </div>	<div>28</div> <div> <div>10:00 Morning Exercises</div> <div>11:00 Words W/I a Word</div> <div>1:00 Storytime</div> <div>1:30 Bingo</div> <div>3:00 Book Club: The Help (Meeting in Garden Room)</div> <div>4:30 IN2L: Art History</div> <div>6:00 IN2L: Reminisce</div> </div>	<div>29</div> <div> <div>10:00 Chair Yoga</div> <div>10:30 Donut Day!</div> <div>1:00 Hangman Game</div> <div>1:30 Pet Therapy!</div> <div>2:00 Skip - Bo</div> <div>3:00 - 5:00 Movie Event: The Help With Popcorn &amp; Drinks</div> </div>	<div>30</div> <div> <div>10:00 Morning Walk</div> <div>11:00 IN2L: Relaxation</div> <div>1:00 Yahtzee</div> <div>2:00 - 4:00 Ashley Pointe Spring Art Show</div> <div>4:00 Guest Speaker: Artist</div> <div>6:00 IN2L: Symphony</div> </div>