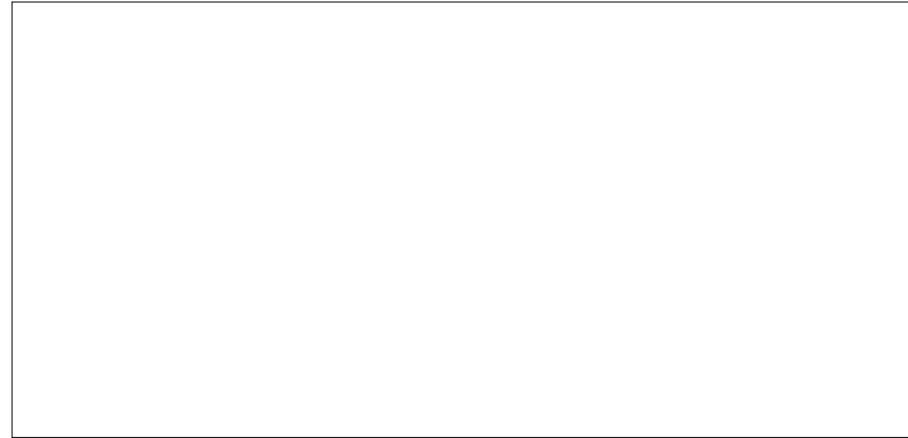


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Ashley Pointe News

June 2022 Newsletter



June is National Camping Month!

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



Leadership Team
Call: 425.397.7500
Email: info@ashley-pointe.com
Website: ashley-pointe.com

Executive Director:
Jeff Hendrickson
Community Relations Director:
Lauri Ferguson
Wellness Nurse:
Patty Whiting, RN
Business Office Director:
Nicole Henriques
Life Enrichment Director:
Natalie Lavering
Dining Services Director:
Kim Mata
Maintenance Director:
Rob Bertrain

Share in the Hope for an End to Alzheimer's Disease

This **Alzheimer's & Brain Awareness Month**, take action in the fight to end Alzheimer's! The Alzheimer's Association has many types of opportunities for getting involved. Check out the information and links here to start supporting!

Join the Fight Against Alzheimer's

- Participate in the Longest Day on June 21—the day with the most light, the day we fight— by taking an activity you enjoy and making it a fundraiser to fight Alzheimer's.
- Walk in the Walk to End Alzheimer's! Register for your local walk as part of a team or independently. Set up a Tribute or Memorial Page with fundraising support options at act.alz.org
- Participate in the Ride to End Alzheimer's on August 28, 2022. You can bike ride anywhere for this Summer Challenge.
- Help with Research. TrialMatch is a free service that pairs potential participants with clinical studies. See: trialmatch.alz.org
- Advocate. Urge congress to support the Alzheimer's and dementia community. There are online fillable forms for contacting congress about vital issues at alz.org/get-involved-now/advocate
- Donate vehicles, boats, and RVs through the Donate-A-Car Program. Proceeds support the Alzheimer's Association and may provide tax benefits. Visit alz.careasy.org/home
- Be a Volunteer:
 - ⇒ Support Group Facilitator, creating safe environments for sharing feelings or experiences of Alzheimer's or dementia.
 - ⇒ Volunteer Faith Outreach Representative, sharing information and free resources through the Alzheimer's Association.



Alzheimer's Facts

- Americans who have Alzheimer's is growing. More than 6.5 million Americans have Alzheimer's in 2022.
- 1 in 3 seniors pass with Alzheimer's or Dementia. Deaths from Alzheimer's increased 145% from 2000 to 2019.
- Early diagnosis can: provide medical, emotional, and social benefits; aid with participation in vital clinical trials; enable individuals to be in control of their legal and financial wishes; and create significant cost savings in medical and long-term care.

⇒ Volunteer Community Educator, providing education and expanding program reach. Learn more at: volunteer.alz.org/Volunteeropportunities/becoming

The more information about Alzheimer's that is shared, the more people will support the fight against Alzheimer's. Follow along with our Facebook pages this month as we "Go Purple for Alzheimer's" and as we share resources and information to support the cause. Don't forget to hashtag your efforts on social media with #endalz.

Special Moments



June 2022 Highlights

June includes awareness observances for cataracts, headaches and migraines, liver health, men’s health, and PTSD. It celebrates camping, dairy, the outdoors, roses, papayas, and fresh fruits and vegetables!

- | | |
|---|---|
| 01 Olive Day; Kind Words Day; Intl. Parent Day | 20 Vanilla Shake Day; Ice Cream Soda Day; Hike Day |
| 02 Rocky Road Day; Rotisserie Chicken Day | 21 Summer!; Peaches N’ Cream Day; Selfie Day |
| 03 Egg Day; Donut Day; World Bike Day | 22 Éclair Day; Onion Ring Day; World Rainforest Day |
| 04 Cheese Day; Fish/Chips Day; Trail Day | 23 Hydrate Day; Pecan Sandies Day; Color Pink Day |
| 05 Veggie Burger Day; Cancer Survivors’ Day | 24 Pralines Day; World UFO Day; Cream Tea Day |
| 06 Applesauce Cake Day; Garden Exercise Day | 25 Strawberry Parfait Day; Summersgiving |
| 07 Chocolate Ice Cream Day; World Food Safety Day | 26 Coconut Day; Beautician Day; Choc. Pudding Day |
| 08 Best Friends Day; World Oceans Day | 27 Ice-Cream Cake Day; Sunglasses Day; Onion Day |
| 09 Donald Duck Day; Strawberry Rhubarb Pie Day | 28 Alaska Day; Paul Bunyan Day |
| 10 Egg Roll Day; Iced Tea Day; Spice Day | 29 Camera Day; Waffle Iron Day; Buttercrunch Day |
| 11 Corn on Cob Day; German Chocolate Cake Day | 30 Meteor Day; Show off Your Personal Style Day |
| 12 PB Cookie Day; Red Rose Day; Jerky Day | |
| 13 Weeding Garden Day; Men’s Health Week | |
| 14 Army Bday; Flag Day; Strawberry Shortcake Day | |
| 15 Nature Photography Day; Smile Power Day | |
| 16 Fudge Day; Intl. Tapas Day; Nurse Assistant Day | |
| 17 Waste Collectors’ Day; Mascot Day; Apple Strudel Day; Wear Blue Day (for Men’s Health) | |
| 18 Go Fishing Day; Intl. Picnic Day | |
| 19 Father’s Day; Juneteenth; Turkey Lovers’ Day | |



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.

In Our Words

June means the arrival of summer! Some favorite summer moments:

- “Swimming!” -Pat
- “Laying out in the sun” -Virginia
- “Children playing outside” -Melody
- “Walking on the beach in the sand” -Cheryl
- “The heat” -Grace
- “The air conditioning!” -Marilyn H
- “Swimming!” -Angie
- “The beach!” -Virginia
- “Beach Time!” -Natalie



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



Staff Spotlight: Mary

Mary is our Ashley Pointe baker. Her delicious baked goods make everyone happy! Mary was born in Van Nuys, CA, but moved a lot due to her dad’s career as a nuclear physicist. She especially enjoyed living in Fayetteville, AR. She graduated from BYU with an English degree and worked as a technical editor for 20 years. She is married to Matt (33-years!) and they have two kids & three grand-kids. A favorite meal of Mary’s is Thai red curry and mango sticky rice. A dessert she really enjoys is Cathy Rogers’ homemade crème wafers.



Resident Spotlight: Grace

Grace was born in Los Angeles and lived there a few years before moving to Pasco, WA, which is where she grew up. She studied at the University of Washington earning her degree as an RN. She worked most of her career at Harborview Medical Center. Grace has a daughter and three sons. She has traveled extensively throughout the United States and especially enjoyed visiting Hawaii. She loves Chinese food and for dessert, she likes all kinds of ice cream. Her hobbies include reading, knitting, sewing, crocheting, and other types of handiwork. We truly enjoy Grace’s presence here at Ashley Pointe!

JUNE 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 10:00 Latin Soul Dancing 10:30 IN2L: Travel Tour 11:00 Live Piano Music with Andrea 12:45 Bus Outing: Dollar Store (til 2) 1:30 UNO 2:30 IN2L: Sing-a-long 3:00 Happy Hour: Six-Gun Road</p> | <p>2 10:00 Morning Exercises with Weights 11:00 Words W/I a Word 1:00 Storytime 1:30 Bingo! 3:00 LSHS Interact Club End-of-School Party 6:00 IN2L: Art History</p> | <p>3 Happy Birthday, Floy Ann! 10:00 Chair Yoga 10:30 IN2L: Surprise! 11:00 Last Letter First Group Game 1:30 Pet Therapy 2:00 Skip-Bo 3:30 Afternoon Walk 6:00 Movie: Adventure</p> | <p>4 10:00 Morning Walk 10:30 Puzzles 11:00 Rummikub 1:00 Yahtzee 2:00 Card Playing Grp 3:00 IN2L: TED Talk 4:00 IN2L: Jukebox</p> | |
| | <p>5 Happy Birthday, Dave J! Happy Birthday, Jack! 10:00 Gather & Chat 11:00 IN2L: Reminisce 1:30 Sabbath Day Devotional & Hymns 3:00 Family History 4:00 Dominoes 6:00 Movie: Classic</p> | <p>6 10:00 Simply Stretch 10:30 IN2L: Funny Animals 11:00 Book Sharing Table 1:30 Bingo! 2:45 Journal Writing for Brain Health 4:00 Outdoor Socializing 4:30 IN2L: Big Band</p> | <p>7 10:00 Morning Exercises with Weights 11:00 Bible Study (Meeting in Garden Rm) 1:00 IN2L: Short Stories 2:00 Skip-Bo 3:00 IN2L: Relaxation 3:30 Afternoon Walk 4:30 Pre-Dinner Visiting</p> | <p>8 10:00 Latin Soul Dancing 10:30 IN2L: Humor 11:00 Live Piano Music with Andrea 1:00 IN2L: Short Stories 1:30 UNO 3:00 Happy Hour: Deano 6:00 Movie: Comedy</p> | <p>9 Happy Birthday, Cathy R! 10:00 Morning Exercises with Weights 11:00 Words W/I a Word 11:30 Library Cart Route Service 1:00 IN2L: Short Stories 1:30 Bingo! 3:00 IN2L: Music Therapy</p> | <p>10 Happy Birthday, Dalton! 10:00 Chair Yoga 10:45 Manicures and Visiting with Leah 1:30 Pet Therapy 2:30 Skip-Bo 3:30 Afternoon Walk 4:00 IN2L: World Tour 6:00 Movie: Family</p> | <p>11 Happy Birthday, Curt! 10:00 Morning Walk 10:30 Sudoku 11:00 Brain Games 1:00 Yahtzee 3:00 Movie Event: Singin' in the Rain! 6:00 IN2L: Crooners</p> |
| | <p>12 10:00 Gather & Chat 11:00 Word Search 1:30 Sabbath Day Devotional & Hymns 3:00 Puzzles 4:00 IN2L: Faith 4:30 Pre-Dinner Visiting 6:00 IN2L: Nature</p> | <p>13 10:00 Simply Stretch 10:30 IN2L: Health Quiz 11:00 Room Visits 1:30 Bingo! 2:45 Journal Writing for Brain Health 4:00 Card-Making 6:00 IN2L: Opera</p> | <p>14 Flag Day! 10:00 Fireside Chat with Jeff and Food Forum with Kim 11:00 Bible Study (Meeting in Garden Rm) 1:00 Storytime 1:30 Flag Day Program 2:00 Skip-Bo 3:15 Lake Stevens Youth Advisory Activity</p> | <p>15 10:00 Latin Soul Dancing 10:30 IN2L: Travel Tour 11:00 Live Piano Music with Andrea 1:00 Storytime 1:30 UNO 3:00 Happy Hour: Ed Pearson 6:00 Movie: Drama</p> | <p>16 10:00 Morning Exercises with Weights 11:00 Words W/I a Word 1:00 Storytime 1:30 Bingo! 3:00 Scattergories 4:00 Piano Recital by Local Schoolchildren</p> | <p>17 10:00 Chair Yoga 10:30 Matching Game 11:00 Rebus Puzzles 1:30 Pet Therapy 2:00 Skip-Bo 3:00 Bus Outing: Scenic Drive (Back by 4:45) 6:00 Movie: Action</p> | <p>18 Happy Birthday, Jim! 10:00 Morning Walk 11:00 Puzzles 1:00 Yahtzee 2:00 Jenga 3:00 IN2L: On This Day 3:30 Card Playing Grp 4:30 IN2L: Big Band</p> |
| | <p>19 Happy Father's Day!! 10:00 Gather & Chat 11:00 IN2L: Symphony 1:30 Sabbath Day Devotional & Hymns 3:00 Family History 4:00 Rummikub 6:00 Movie: Western</p> | <p>20 10:00 Simply Stretch 10:30 IN2L: Nature 11:00 Room Visits 1:30 Bingo! 2:45 Journal Writing for Brain Health 4:00 Outdoor Visiting 4:30 IN2L: TED Talk</p> | <p>21 Welcome, Summer!! 10:00 Morning Exercises with Weights 11:00 Bible Study 1:00 Storytime 1:30 Skip-Bo 2:30 Bus Outing: Frozen Yogurt at The Creamery in Marysville</p> | <p>22 10:00 Latin Soul Dancing 10:30 IN2L: Humor 11:00 Live Piano Music with Andrea 1:00 Storytime 1:30 UNO 3:00 Happy Hour: Tom Bahr 6:00 Movie: History</p> | <p>23 10:00 Morning Exercises with Weights 11:00 Words W/I a Word 1:00 Storytime 1:30 Bingo! 3:00 Book Club: The Prize Winner of Defiance, Ohio (Meeting in Garden Room) 4:15 Afternoon Walk</p> | <p>24 10:00 Chair Yoga 10:45 Bus Outing: Alderwood Mall (3+ hours) 1:30 Pet Therapy 2:00 Skip-Bo 3:00 Movie Event: Seven Brides for Seven Brothers (Popcorn & Drinks)</p> | <p>25 10:00 Morning Walk 10:30 Coloring 11:00 IN2L: Cooking Class 1:00 Yahtzee 2:00 Dominoes 3:00 Lake Stevens Youth Advisory Activity 4:30 IN2L: 50's Music</p> |
| <p>26 10:00 Gather & Chat 10:30 Morning Walk 11:00 IN2L: Instrumental 1:30 Sabbath Day Devotional & Hymns 3:00 Puzzles 4:00 UNO 4:30 Pre-Dinner Visiting</p> | <p>27 10:00 Simply Stretch 11:00 Show & Tell 1:30 Bingo! 2:45 Journal Writing for Brain Health 4:00 Knit & Crochet Club 4:30 IN2L: Geography</p> | <p>28 Happy Birthday, Irma! 10:00 Morning Exercises with Weights 10:45 Bus Outing: Lunch at The Cabbage Patch in Snohomish 1:30 Storytime 2:30 Skip-Bo 3:30 Bible Study (Meeting in Garden Rm)</p> | <p>29 10:00 Latin Soul Dancing 10:30 Last Letter First Group Game 11:00 Live Piano Music with Andrea 1:00 Storytime 1:30 UNO 3:00 Happy Hour: The Jack Turk Magic Show</p> | <p>30 10:00 Morning Exercises with Weights 11:00 Words W/I a Word 1:00 Storytime 1:30 Bingo! 3:00 Afternoon Walk 4:00 Outdoor Visiting 6:00 IN2L: History</p> | | | |