



**Leadership Team**  
Call: 425.397.7500  
Email: [info@ashley-pointe.com](mailto:info@ashley-pointe.com)  
Website: [ashley-pointe.com](http://ashley-pointe.com)  
Facebook: [AshleyPointeSeniorLiving](https://www.facebook.com/AshleyPointeSeniorLiving)

**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:**  
Robert Bertrain

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

# Ashley Pointe News

July 2022 Newsletter



2 Social Wellness Month  
3 Team & Resident Spotlight  
4 - 5 Activities Calendar

6 Highlights & In Our Words  
7 Special Moments  
8 Mission & Team



# Social Wellness Efforts Impact Overall Health

July, with its warm weather and ample gathering opportunities, is the perfect occasion for **Social Wellness Month**. It's a time for celebrating connections and relationships with others, as well as support systems we have in place.

The counseling group Words of Wellness so-named the monthlong observance, but social wellness has long been valued. In July of 1905, Dr. Joseph Hersey Pratt pioneered group therapy among tuberculosis patients in Boston, making its mark for decades to follow. Then in 1948, the World Health Organization identified how social wellness positively impacts overall health.

According to the Mayo Clinic, research shows strong social nets positively impact our ability to handle stress, cardiovascular functions, and self-esteem. Harvard Medical School shared that studies indicate people with satisfying relationships have fewer health problems and live longer, while those lacking social ties may suffer from depression and cognitive decline in later life.

At our community, we encourage social wellness through group activities and events. Live music is an interactive opportunity we love opening our doors for. We welcome visitors and volunteers of all walks of life who share their time and talents with us. We also welcome the greater community to our events in the hope that connections will be made, and great times will be had.

## Steps Toward a More Social You

To increase your social wellness, consider actions you can work into your daily life.

- Know you can start small. Wave, smile, and say, "Hi, How are you?" That can open doors for great conversation.



**The more, the merrier! Taking part in a holiday event can be a fun, easy way to naturally engage with others.**

- Take part in art, fitness, music, cooking gardening, spiritual, or game groups.
- Volunteer to share your experience with others or teach a skill to others.
- Be there for people by being present with them and being a good listener.
- Be an active conversationalist. Ask others questions in conversation, and let people know when you relate with them.
- Express gratitude and compliments toward others in a genuine manner.
- Enjoy others' successes with them.
- Schedule things on your calendar. It may encourage or remind you to engage more.

While social wellness is an area that takes time to grow, it's certainly one whose benefits can be felt after socializing. We hope that you find some of the suggestions here helpful if you're looking to grow in relationships with others. Let us know how these ideas work for you on our Facebook on the 1st!





# July 2022 Highlights

**July observes Eye Injury Prevention, Minority Mental Health, Social Wellness, and UV Safety. It celebrates: Blueberries, Baked Beans, Culinary Arts, Grilling, Horseradish, Hot Dogs, Ice Cream, Independent Retailers, Peaches, Picnics, and Watercolors!**

01 Unique Ice Cream Day; Gingersnap Day; Joke Day	20 Fortune Cookie Day; Hot Dog Day; Chess Day
02 Made in the USA Day	21 Junk Food Day
03 Chocolate Wafer Day; Beans Day; Fried Clam Day	22 Hammock Day; Mango Day; Penuche Fudge Day;
04 Independence Day; Caesar Salad Day	23 Gorgeous Grandma Day; Vanilla Ice Cream Day
05 Apple Turnover Day; Hawaii Day	24 Parents' Day; A. Earhart Day; Drive Thru Day
06 Fried Chicken Day; Hand Roll Day	25 Hire Veterans Day; Sundae Day; Wine/Cheese Day
07 Macaroni Day; Chocolate Day	26 Aunt & Uncle Day; Bagel Day; Coffee Shake Day
08 Chocolate Almonds Day; Freezer Pop Day	27 Crème Brûlée Day; Love Is Kind Day
09 Sugar Cookie Day; Collector Car Day; Kebab Day	28 Intern Day; Milk Chocolate Day; Chili Dog Day
10 Kitten Day; Pina Colada Day	29 Chicken Wing Day; Lasagna Day; Lipstick Day
11 US Pet Pics Day; 711 Day; Blueberry Muffin Day	30 Friends Day; Father-in-Law Day; Cheesecake Day
12 Jell-O Day; Pecan Pie Day	31 Avocado Day; Mutt Day; Raspberry Cake Day
13 Barbershop Music Day; French Fry Day	
14 Mac & Cheese Day; Tape Measure Day	
15 Gummi Worm Day; Tapioca Day; Horses Day	
16 Corn Fritters Day	
17 Peach Ice Cream Day; Ice Cream Day	
18 Caviar Day; Sour Candy Day	
19 Daiquiri Day	

## In Our Words...

July celebrates ice cream so we asked residents and team members their favorite ice cream flavors and combinations. Here's what they shared!

"Neapolitan" - John

"Strawberry" - Mary

"Rocky Road" - Judith

"Chocolate" - Angie

"Chocolate" - Earl

"All of them!" - Dave J

"Orange Sherbet" - Jo

"Salted Caramel" - Michele

"Chocolate" - Leonard

"Vanilla" - Bette



**Staff Spotlight: Elsa**

We are delighted to welcome Elsa, our new housekeeper, to Ashley Pointe! Elsa was born in Camden, New Jersey, and due to her father being in the Navy, she has moved 8 times. She has 3 siblings and has lived in Lake Stevens for 10 years. Elsa LOVES plants, gardening, and hiking. She plans to study botany, biochemistry, and forestry in college. Her lifelong dream is to become a park ranger in Olympic National Park. A vacation she especially enjoyed was a 2-week family trip to the many spectacular parks in Utah. She likes brisket with grits and coleslaw as a favorite dinner with blackberry pie for dessert. Elsa also enjoys knitting and cooking.

Thank you for all you do, Elsa!



**Resident Spotlight: John & Mary**

John and Mary are new residents here at Ashley Pointe, and we are so happy to welcome them! Both John and Mary were born in Joliet, Illinois. They met in a bowling alley and got to know each other after high school. After college, John was drafted into the Army during the Korean War. He and Mary married in April of 1960; they recently celebrated 62-years of marriage! They lived in Wisconsin most of their lives where they raised 2 kids, daughter Cathy, a nurse practitioner, and son Mark, an ER doctor. John & Mary moved West to be closer to family. A favorite dinner of Mary's is a good old-fashioned Sunday pot roast with all the trimmings and for dessert, chocolate cake. One of John's favorite meals is corned beef hash with a sunnyside egg on top, and for dessert, a scoop of vanilla ice cream with hot fudge sauce.

Welcome to you both!



JULY 2022

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

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.					1  10:00 Chair Yoga 11:00 Craft: USA Door Hangers 1:45 Bus Outing: Scenic Drive to a Beach! 2:00 Skip - Bo 4:15 Independence Day Trivia 4:30 Sharing Time: Childhood Memories of The Fourth of July	2  10:00 Morning Walk 11:00 Dominoes 1:00 Yahtzee 2:00 Rummikub 3:00 IN2L: Health Quiz 4:00 Outdoor Visiting 6:00 Movie: Adventure
3  10:00 Bible Reading 11:00 Puzzles 1:30 Sabbath Day Devotional & Hymns 2:30 Fellowshiping 3:30 Word Games 4:00 Coloring 6:00 IN2L: Symphony	4 Happy 4th of July!!!  10:00 Simply Stretch 10:30 IN2L:Americana Slideshow 11:00 Room Visits 1:30 Bingo! 2:30 IN2L:4th of July Slideshow 3:00 Afternoon Walk 4:00 Patriotic Music and Pre-Dinner Visiting 9:00 Fireworks!!	5  10:00 Morning Exercises with Weights 11:00 Bible Study 12:45 Bus Outing: Fred Meyer Senior Discount Day 2:30 Afternoon Walk 3:30 Skip-Bo 4:30 Outdoor Visiting	6  10:00 Latin Soul Dancing 10:30 IN2L: Travel Tour 11:00 Patriotic Scattergories 1:00 Storytime 1:30 UNO (Activity Room) 1:30 Farkle (Dining Room) 3:00 Happy Hour: Tom & Jill Hudon Light Rock, Gospel, Jazz, and Patriotic Music	7  10:00 Morning Exercises with Weights 11:00 Words W/I a Word 1:00 Storytime 1:30 Bingo! 2:30 Bus Outing: Frozen Yogurt at The Creamery in Marysville 6:00 Movie: Family	8  10:00 Chair Yoga 10:30 IN2L: Caribbean 11:00 Charades 1:00 Brain Teasers 2:00 Skip - Bo 3:00 Extra Happy Hour! Tom Bahr - Digital Accordion : Traditional, Waltz, Toe Tappers	9  Happy Birthday, Nicoletta!  10:00 Morning Walk 11:00 Crossword Puzzles 1:00 Yahtzee 2:00 IN2L: Geography 3:00 Jenga 4:00 IN2L: TED Talk 6:00 Movie: Documentary
10  10:00 Gather & Chat 11:00 Family History Work 1:30 Sabbath Day Devotional & Hymns 2:30 Brain Games 3:30 Afternoon Walk 4:00 IN2L: Nature Program 4:30 Puzzles	11  10:00 Simply Stretch 10:30 IN2L: Funny Videos 11:00 Room Visits 1:30 Bingo! 2:30 Puzzles 3:00 Movie Event: Seven Brides for Seven Brothers (Popcorn & Drinks)	12  10:00 Morning Exercises with Weights 11:00 Bible Study 1:00 Group Word Games 2:00 Skip-Bo 3:00 Lake Stevens Youth Advisory Group Activity: “Kindness Rocks”	13 Happy Birthday, Jessica! 10:00 Latin Soul Dancing 10:30 IN2L: Coral Reef 11:00 Rebus Picture Puzzles 1:00 Storytime 1:30 UNO (Activity Room) 1:30 Farkle (Dining Room) 3:00 Happy Hour: Robbie - Classical Guitar 4:00 Bus Outing: Lake Stevens Farmer’s Market	14  Happy Birthday, Grace!  10:00 Morning Exercises with Weights 11:00 Words W/I a Word 11:30 Library Cart Route Service 1:00 Storytime 1:30 Bingo! 2:30 Bus Outing: Michaels & Safeway (Lk Stevens)	15  10:00 Chair Yoga 10:30 IN2L: Philharmonic 11:00 Bus Outing: Lunch at Buzz Inn - Snohomish (Harvey Airfield) 2:00 Skip - Bo 3:00 Guess Who? Game 6:00 Movie: Musical	16  Happy Birthday, Pat!  10:00 Morning Walk 11:00 IN2L: Music Therapy 1:00 Yahtzee 2:00 Coloring 3:00 Dominoes 4:00 Card Games 4:30 Outdoor Visiting Time
17  10:00 Morning Visiting 10:30 Bible Reading 11:00 Family History Work 1:30 Sabbath Day Devotional & Hymns 2:30 Afternoon Walk 3:00 IN2L: Music Therapy 6:00 Movie: Classic	18  10:00 Simply Stretch 11:00 Room Visits 1:30 Bingo! 2:45 Journal Writing for Brain Health 3:00 Card Games in Game Rm (More details to come!) 4:00 IN2L: Big Band Music 4:30 Pre-Dinner Socializing	19  10:00 Morning Exercises with Weights 10:30 Bible Study 11:00 Fireside Chat with Jeff & Food Forum with Kim 1:00 Bus Outing: Michael’s Craft Store & Safeway 3:30 Skip-Bo 4:30 IN2L: Matching Game	20 Happy Birthday, Taylor!  10:00 Latin Soul Dancing 10:30 IN2L: Explore the World 11:00 Craft: Summer Cards 1:00 Storytime 1:30 UNO (Activity Room) 1:30 Farkle (Dining Room) 3:00 Happy Hour: Doug Roraback - Country, Classic, Folk	21  10:00 Morning Exercises with Weights 11:00 Words W/I a Word 11:45 Bus Outing: Sack lunch at Local Park 1:30 Bingo! 3:00 Popsicles & Punch Lines (Outside Activity) 6:00 Movie: History	22  10:00 Chair Yoga 10:30 Donut Day! 11:30 Conversation Starters 1:00 Name That Tune 2:00 Skip - Bo 3:00 Outdoor Scavenger Hunt 4:00 IN2L: Crooners Music 6:00 Movie: Action	23  Happy Birthday, Marilyn!  10:00 Morning Walk 11:00 Puzzles 1:00 Yahtzee 2:00 Rummikub 3:00 Lake Stevens Youth Advisory Group Activity 4:30 IN2L: Humor
24  10:00 Gather & Chat 11:00 IN2L: Orchestra 1:30 Sabbath Day Devotional & Hymns 2:30 Fellowshiping 3:00 Family History Work 4:00 Coloring 6:00 Movie: Documentary	25  10:00 Simply Stretch 11:00 Show & Tell 1:30 Bingo! 3:00 Card Games in Game Rm (More details to come!) 4:00 Knit & Crochet Club 6:00 Movie: Comedy	26  10:00 Morning Exercises with Weights 11:00 Bible Study 1:00 Bus Outing: Mystery!!! (Back by 4pm!) 2:00 Afternoon Walk 3:30 Skip - Bo 4:30 Outdoor Visiting	27 Happy Birthday, Paul!  10:00 Latin Soul Dancing 10:45 Bus Outing: Lunch at Olive Garden 1:30 UNO (Activity Room) 1:30 Farkle (Dining Room) 3:00 Happy Hour: Jim Smith - 50’s Favorites 4:00 Bus Outing: Lake Stevens Farmer’s Market	28  10:00 Morning Exercises with Weights 11:00 Words W/I a Word 1:00 Storytime 1:30 Bingo! 3:00 Book Club: Catch Me If You Can (Meeting in Garden Room) 6:00 Movie: Western	29 Happy Birthday, Ray! ASHLEY POINTE 2ND ANNUAL SPA DAY 10:00 Yoga with Guest Teacher 10:30 Aromatherapy Facials 1:00 Hand Exfoliating Scrub & Hand Massages 2:00 Manicures & Music 3:00 Fruit & Cheese Fest 4:00 Fragrant Foot Soaks ....ahhhhhhhh!	30  10:00 Morning Walk 11:00 Summer Word Search 1:00 Yahtzee 2:00 Sudoku 3:00 IN2L: Geography 3:30 IN2L: Big Band Music 6:00 Movie: Family
31  10:00 Morning Visiting 11:00 Puzzles 1:30 Sabbath Day Devotional & Hymns 2:30 Afternoon Walk 3:30 IN2L: History 4:30 Pre-Dinner Visiting						