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



Ashley Pointe News

August 2022 Newsletter



2 A Look Into Eye Wellness
3 Team & Resident Spotlight
4 - 5 Activities Calendar

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

Looking Forward Toward Improved Eye Wellness

Follow your medical professional’s advice and speak with them before changing diet, exercise, or supplements.

Do either of these scenarios sound familiar? You’re excitedly diving into a new book and you need to squint to see the words more clearly—or you’re taking a walk and you look to the street signs, but they’re not as clear as you expect them to be. Both frustrating instances example changes having occurred in the eyes. Fortunately, this Eye Exam Month, we've gathered insight that may be helpful toward improving eye wellness.

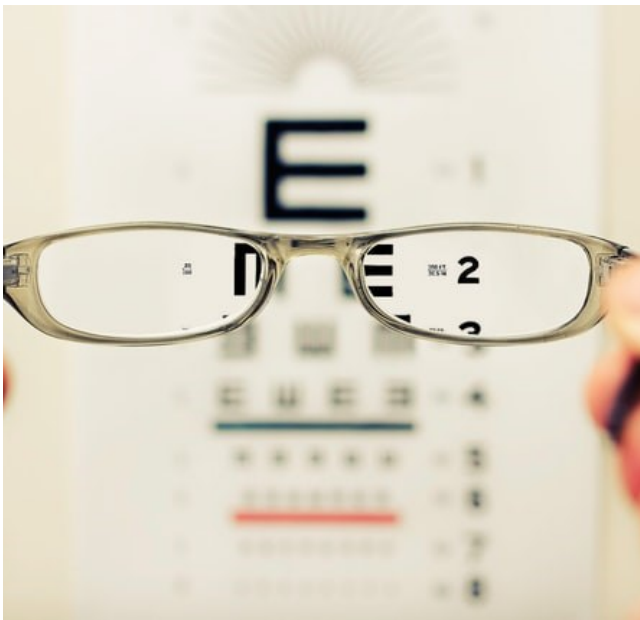
One of the best ways to stay on top of eye health is to have annual eye exams. That is at the top of all eye wellness insights we have to share.

Proactive measures through lifestyle are also important. Some recommendations from the National Eye Institute include having a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields as appropriate; avoiding smoking; reducing screen eyestrain by looking 20 feet before you for 20 seconds every 20 minutes; and cleaning hands often to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms is also helpful toward eye wellness. People with diabetes, high blood pressure, or medications that affect eyes have increased risk for vision problems.

When it comes to older adults, there are specific eye issues to watch for. A few include:

- Dry eye, in which not enough tears or quality tears are made, leading to poor vision
- Age-related macular degeneration, an issue that causes central (not side) vision loss. The



macula of the eye allows for fine detail and color, so when affected, reading, watching tv, and recognizing faces could be challenging.

- Cataracts, cloudy areas in the eye lens (usually in both eyes, to different degrees) can cause blurry vision, poor contrast awareness, dulled colors, and glare sensitivity.

- Glaucoma, a group of issues which damage the optic nerve, can in time take away side vision. While glaucoma is often painless with no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. There are also many prescription devices, like spectacle-mounted magnifiers for close tasks; hand-held or spectacle-mounted telescopes for near and far vision; handheld and stand magnifiers to assist with short-term reading; and video magnification that enlarges items on video.

Let us know if this information has been helpful for you in the comments section of our newsletter Facebook post on the first.

Special Moments



In Our Words...

August 8th is Happiness Happens Day. We asked our residents and staff, “What brings you great happiness?” Here’s what they shared!

“Peace” -Marilyn L.
“Helping Hooshy” -Ainsley
“Making new friends and playing games with everyone here at Ashley Pointe!” -Pam
“Good health” -Angie
“Family” -Jack H.
“My kids! I adore them ... most of the time!” -Lauri

“God & Family” -Pat
“Family” -Darlene
“My grandkids, of course” -Donna
“Not having allergies!” -Tabatha
“My husband and grandson” -Irma
“My daughter” -Charlene



August 2022 Highlights

Observes: Eye Exams, Medic Alert Awareness, Immunizations, Water Quality, and Wellness

Celebrates: Black Businesses, Catfish, Crayons, Dogs, Family Fun, Goat Cheese, Golf, Happiness, Peace, and Sandwiches

- | | |
|---|--|
| 01 Mahjong Day; Raspberry Cream Pie Day | 17 Black Cat Day; Massachusetts Day; Thrift Day |
| 02 Coloring Book Day; National Night Out Day | 18 Fajita Day; Ice Cream Pie Day; Pinot Noir Day |
| 03 Georgia Day; Nuts Day; Watermelon Day | 19 Bow Day; Aviation Day; Potato Day |
| 04 Coast Guard Day; Chocolate Chip Cookie Day | 20 Chocolate Pecan Pie Day; Radio Day |
| 05 Oyster Day; Beer Day; Water Balloon Day | 21 Seniors Day; Spumoni Day |
| 06 Root beer Float Day; Disc Golf Day | 22 Pecan Torte Day |
| 07 Raspb. & Cream Day; Family Day; Friend Day | 23 Cuban Sandwich Day; Sponge Cake Day |
| 08 Frozen Custard Day; Happiness Happens Day | 24 Maryland Day; Peach Pie Day; Waffle Day |
| 09 Book Lovers Day; Rice Pudding Day | 25 Banana Split Day; Park Service Founders Day |
| 10 Connecticut Day; S'mores Day | 26 Dog Day; Cherry Popsicle Day |
| 11 Raspberry Bombe Day; Son & Daughter Day | 27 Just Because Day; Pots De Creme Day |
| 12 Julienne Fries Day; Vinyl Record Day | 28 Bow Tie Day; Cherry Turnovers Day |
| 13 Left Handers Day; Bowling Day | 29 Chop Suey Day; Lemon Juice Day |
| 14 Creamsicle Day; Spirit of '45 Day | 30 Beach Day; Toasted Marshmallow Day |
| 15 Leathercraft Day; Lemon Meringue Pie Day | 31 Eat Outside Day; Trail Mix Day |
| 16 Airborne Day; Tell a Joke Day | |



Staff Spotlight: Cathy

Cathy, one of our great cooks, was born in St Louis, MO. She grew up mostly in Oregon and has 4 brothers. Cathy and her husband have two daughters, two sons, and two granddaughters. She enjoys hanging out with her family, cooking and baking, and pickleball. One of her favorite vacations was to Kauai with family where they did a river float through an old sugar cane plantation. Her favorite dinner is pheasant with pheasant gravy, and for dessert: crème wafers and pavlova, an Australian dessert.



Resident Spotlight: Pam

One of our newer residents, Pam was born in Mobile, AL and moved often from coast to coast due to her father being in the Coast Guard. Pam has two sisters and a brother. She also has a daughter, a son, five granddaughters, and a grandson. Pam's favorite vacations were to Nassau in the Bahamas and Mazatlan. She loves to crochet, cross-stitch, and do embroidery. Her favorite dinner is an Italian dish called Broccoli & Shells, and for dessert, it's a toss-up between fruit pie and NY cheesecake.

AUGUST 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	2 Happy Birthday, Kim!	3 Happy Birthday, Bruce!	4	5	6 Happy Birthday, Jesikah!
	10:00 Simply Stretch 11:00 Room Visits 1:30 Bingo! 2:30 Afternoon Walk 3:00 IN2L: Sing-a-long 4:00 IN2L: Brain Games	10:00 Morning Exercises 11:00 Bible Study 12:45 Bus Outing: Fred Meyer Senior Discount Day 2:30 Outdoor Socializing 3:00 Skip - Bo 4:00 IN2L: Animal Webcam	10:00 Latin Soul Dancing 10:45 Bus Outing: Mukilteo Beach and Ivar's for Lunch (back by 2pm) 1:30 Farkle 3:00 Happy Hour: Joe Carolus - piano 4:30 Pre-Dinner Visiting	10:00 Morning Exercises 11:00 Words W/I a Word 1:00 Storytime 1:30 Bingo! 3:00 UNO 4:30 Macrame Craft Class with Monica	10:00 Chair Yoga 10:30 IN2L: Train your Brain 11:00 Summer Memories 2:00 Skip-Bo 3:00 Extra Happy Hour: Tom Bahr - Digital Accordion: Traditional, Toe Tappers, Waltzes 6:00 Movie: Comedy	10:00 Morning Walk 11:00 Rummikub 1:00 Yahtzee 2:00 Coloring 3:00 Word Search 4:00 IN2L: Geography
7	8	9	10	11 Happy Birthday, Michele!	12	13
10:00 Gather & Chat 11:00 Puzzles 1:30 Sabbath Day Devotional & Hymns 3:00 Family History Work 4:00 Dominoes 6:00 Movie: Classic	10:00 Simply Stretch 10:30 IN2L: Reminisce 11:00 Room Visits 1:30 Bingo! 2:30 Afternoon Walk 3:00 UNO 4:00 IN2L: Travel	10:00 Morning Exercises 11:00 Bible Study 12:00 Outdoor Sack Lunch Picnic with Lake Stevens Youth Advisory Group 2:30 Skip - Bo 3:30 Craft: Beach Project 6:00 Movie:Documentary	10:00 Latin Soul Dancing 10:30 IN2L: Active Relaxation 11:00 Hangman 1:00 Storytime 1:30 Farkle 3:00 Happy Hour: Doug Williams	10:00 Morning Exercises 11:00 Words W/I a Word 11:30 Library Cart Route Service 1:00 Special Outing: Pontoon Boat Ride around Lake Stevens 4:30 IN2L: Crooners	10:00 Chair Yoga 11:00 Beach Ball Volleyball 1:00 Bus Outing: Safeway 3:30 Skip - Bo 4:00 IN2L: Jukebox 4:30 Pre-Dinner Visiting	10:00 Morning Walk 10:30 IN2L: Orchestra 1:00 Yahtzee 2:00 Puzzles 3:00 IN2L: Funny Videos 4:00 Crossword Puzzles
14 Happy Birthday, Annette!	15	16	17 Happy Birthday, Judy!	18	19	20
10:00 Gather & Chat 11:00 Sudoku 1:30 Sabbath Day Devotional & Hymns 3:00 Afternoon Walk 3:30 IN2L: Symphony 6:00 Movie:Documentary	10:00 Simply Stretch 10:30 IN2L: Trivia 11:00 Room Visits 1:30 Bingo! 3:00 UNO 4:00 IN2L: Big Band 4:30 Pre-Dinner Visiting	10:00 Morning Exercises 11:00 Fireside Chat with Jeff & Food Forum w/ Kim 1:00 Bus Outing: Value Village Senior Discount Day 2:00 Afternoon Walk 3:30 Skip-Bo 4:30 Outdoor Visiting	10:00 Latin Soul Dancing 11:00 Charades 1:00 Storytime 1:30 Farkle 3:00 Happy Hour: Jack Turk Magic Show 4:15 Bus Outing: Lake Stevens Farmer's Market	10:00 Morning Exercises 11:00 Words W/I a Word 1:00 Storytime 1:30 Bingo! 3:00 IN2L: Chocolate Class (with real chocolate!) 4:30 IN2L: 50's music	10:00 Chair Yoga 11:00 Frog Jumping Contest (not with real frogs!) 1:30 Guessing Game 2:00 IN2L: Gardening Trivia 3:00 Skip-Bo 4:00 Pre-Dinner Visiting 6:00 Movie: Adventure	10:00 Morning Walk 11:00 Jenga 1:00 Yahtzee 2:00 IN2L: Health Quiz 3:00 Rummikub 4:00 UNO 6:00 IN2L: Humor
21	22	23	24	25	26	27
10:00 Gather & Chat 11:00 Coloring Pages 1:30 Sabbath Day Devotional & Hymns 3:00 Puzzles 4:00 Brain Games 4:30 Jenga	10:00 Simply Stretch 10:30 IN2L: TED Talk 11:00 Show & Tell 1:30 Bingo! 2:30 IN2L: Animal Webcam 3:00 UNO 4:00 IN2L: Classic TV	10:00 Morning Exercises 11:00 Bible Study 1:00 Scattergories 1:30 Pet Therapy with Janice Huxford and Hap the English Bulldog 3:00 Extra Happy Hour: Mark Cormican - Old School Favorites	10:00 Latin Soul Dancing 10:45 Bus Outing: Lunch at Cristiano's Italian - Msvl (back by 1:30pm) 1:30 Farkle 3:00 Happy Hour: Six-Gun Road - Country 6:00 Movie: Family	10:00 Morning Exercises 11:00 Words W/I a Word 1:00 Storytime 1:30 Bingo! 3:00 Book Club: Saving CeeCee Honeycutt (Meeting in Garden Room) 4:30 Outdoor Visiting	10:00 Chair Yoga 10:30 IN2L: Music Therapy 11:00 Craft: Painting 1:30 Walking Field Trip to Doris T's cottage to Feed the Koi Fish 3:00 Movie Event: The Sandlot (Popcorn & Drinks)	10:00 Morning Walk 11:00 IN2L: Travel 1:00 Yahtzee 2:00 Puzzles 3:00 Lake Stevens Youth Advisory Group Activity: Outdoor Games 4:30 Pre-Dinner Visiting
28 Happy Birthday, Anna! Happy Birthday, Heather!	29	30 Happy Birthday, Jeanie!	31			
10:00 Gather & Chat 11:00 Bible Reading 1:30 Sabbath Day Devotional & Hymns 2:30 Outdoor Socializing 3:00 Family History Work 6:00 Movie: History	10:00 Simply Stretch 10:45 Bus Outing: Evergreen State Fair Senior Day! (back by 4pm) 1:30 Bingo 3:00 Afternoon Walk 6:00 Movie: Western	10:00 Morning Exercises 11:00 Bible Study 1:00 Group Word Games 2:00 Bus Outing: "Shake Drive" - Milkshakes from Chicken Drive-In and Scenic Drive	10:00 Latin Soul Dancing 11:00 Trivia Time 1:00 Storytime 1:30 Farkle 3:00 Happy Hour: Gary Lee Hood-piano 6:00 Movie: Disney			