

ASHLEY POINTE
SENIOR LIVING COMMUNITY

11117 20th St. NE
Lake Stevens, WA 98258

PLACE STAMP
HERE



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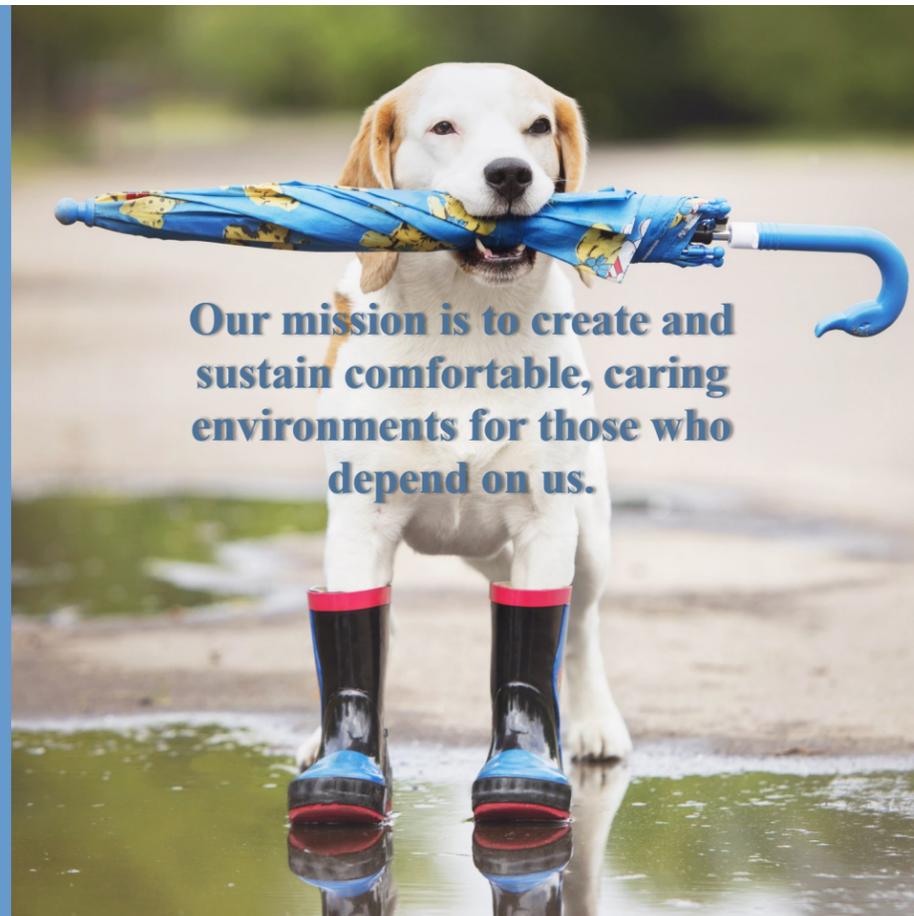
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Contact us at:
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**Our mission is to create and
sustain comfortable, caring
environments for those who
depend on us.**

Ashley Pointe Newsletter

Ashley Pointe Independent & Assisted Living Newsletter — April 2017

Happy Easter



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A Look Into Parkinson's Disease

April is Parkinson's Awareness Month.

What is Parkinson's? According to the National Parkinson Foundation (NPF), Parkinson's Disease is a neurodegenerative brain disorder which progresses slowly in most cases. Most people with Parkinson's live for years with the disease and symptoms may take years to develop.

What is occurring in a person with Parkinson's? The brain is slowly stopping production of dopamine, and with decreased dopamine a person has less ability to control their movements, body and emotions (NPF).

How common is the disease? Nearly one million people in the United States live with Parkinson's, and more than 10 million people worldwide have it, according to the Parkinson's Disease Foundation (PDF).

What are signs and symptoms of the disease? According to the Mayo Clinic, the disease starts gradually. Early signs can be mild and go unnoticed. They often begin on one side and remain worse on that side, even when symptoms start to affect both sides. Symptoms can include, but are not limited to: a hand tremor, stiffness or slowing of movement, little or no facial expression, rigid muscles, arms that do not sway when one walks, soft or slurred speech, and writing changes. Symptoms worsen as the condition progresses over time.

What are the risk factors for Parkinson's? According to the Mayo Clinic, there are several. Parkinson's normally begins in early or late life. People usually develop the disease around age 60 or older. Having close relatives with the disease can increase the chances of a person having it, but risks are still small unless many in the family have it. Men are more likely to have the disease than women. Ongoing exposure to herbicides and pesticides may put people at a

slightly increased risk for the disease.

Is it fatal? Parkinson's disease is not fatal, but complications from it are serious.

Is there a cure? There is not currently a cure for Parkinson's Disease. That said, there are ways to treat symptoms to improve quality of life, according to the NPF. In certain cases, doctors may suggest surgery to regulate regions of the brain and help with symptoms, according to the Mayo Clinic. Other treatments may include ongoing aerobic exercises, physical therapy to help with balance, and help from a speech pathologist to improve speech problems.

How is Parkinson's diagnosed? Parkinson's can be diagnosed by a skilled practitioner's review of a patient's symptoms and, likely, a series of diagnostic testing.

For those who suspect they or someone they know may have symptoms of Parkinson's Disease, the foundation suggests making an appointment with a movement disorder specialist. To find a specialist by location, the foundation has a help line available Mondays through Fridays from 9am to 5 pm at 800-457-6676.



April Highlights



We have a new activity program coming this month. Make sure you stop in the Activity Room to check it out!



WANTED:

GAME OR CARD PLAYERS



National Volunteer Week

April 23-29



Thank you to all our volunteers, we couldn't do it without you!

Please join us for a luncheon at Ashley Pointe on April 25th at noon!

Earth Day is Saturday, April 22



We'll have a group of ASB students coming from Lake Stevens High School. The students will be helping us do yard work around Ashley Pointe. Please sign up if you would like them to help in your yard. If you have any questions, please feel free to come and see me!

Mardi Gras Party



Thanks to everyone who participated & helped out with Mardi Gras!

It was a BIG success!





You're Invited

- April 6 ~ Ebenezer Luncheon
- April 6 ~ The Cocoa Exchange 3:00 pm
- April 9 ~ Everett Civic Music Center
- April 10 ~ Morning in the Park
- April 12 ~ Ebenezer Church Choir
- Easter Presentation @ 6:00 pm
- April 13 ~ Easter Egg Coloring 2:30
- April 14 ~ Good Friday Service w/Highland
- April 16 ~ 9:00 am Easter Service w/ Highland ~ Easter Brunch 11:00 - 2:00
- April 19 ~ Lunch Out: Boondockers
- April 22 ~ Earth Day w/Lake Stevens High School ASB Students 1:00—3:00
- April 25 ~ Volunteer Luncheon
- April 27 ~ Animal Encounters 10:30 am
- April 27 ~ Picture Perfect Pets 2:30 pm
- April 5 & 23 Mystery Drives



3:45 Wednesday Happy Hour Entertainment



- April 5 ~ David Layton—Saxophone
- April 12 ~ Bonnie Birch—Accordion
- April 19 ~ Lee Howard—Guitar
- April 26 ~ Doug Williams—Guitar



Tuesday Shopping:



- Fred Meyer
- Safeway
- The Dollar Tree—Marysville
- Walmart

Residents & family join us for
Sunday Easter Brunch
11:00am—2:00 pm
\$5.00 for Guest Meals
Sign up sheet in the Lobby!



Ashley Pointe Scrapbook



We've been sharing more and more on our Facebook page recently and would love to have you join the conversation!

LIKE our Facebook page today!

www.Facebook.com/AshleyPointeSeniorLiving



Chaplain's Corner

From a human perspective, we might have understood if Jesus had called out to the army of heaven at any point from Gethsemane to Calvary, "Come get me out of here!" But our Lord consistently resisted the temptation to call for help! Instead, he decided to keep going!!

On GOOD FRIDAY, April 14 at 3 PM in the small dining room we will pause to remember the events surrounding Jesus' journey to Calvary and the truth that Jesus kept going for us! Those attending will be given the opportunity to share in the ordinance of communion.

There are 7 passages in the New Testament that expand on the question "Why did He keep going?" From those passages we learn that Jesus completed His mission to suffer and die for us:

"In order that He might rescue us from this evil world." (Galatians 1:4)

"In order that we might follow His example and walk in his steps" as we face adversity. (I Peter 2:21-24)

"In order that He might redeem us and purify for Himself a people of His very own." (Titus 2:14)

"In order that He might bring us safely home to God." (I Peter 3:18)

"In order that we might not live to please ourselves but that we will live to please Christ who died and was raised for us!" (II Corinthians 5:15)

"In order that He might be Lord of those who are alive and those who have died." (Romans 14:9)

"In order that we might live WITH HIM forever." (I Thessalonians 5:9-10)

The concluding promise of being with Jesus forever is found throughout the New Testament:

"Don't be troubled. You trust in God, now trust in me. There are many rooms in my Father's home, and I am going there to prepare a place for you. If this were not so, I would tell you plainly. When

everything is ready, I will come and get you, so that you will always be WITH ME where I am!"

(John 14:1-3)

"Father, I want those you have given me to be WITH ME where I am and to see my glory!" (John 17:24)

"We are fully confident, and we would rather be away from these bodies, for then we will be at home

WITH THE LORD." (II Cor. 5:8)

"All the Christians who have died will rise from their graves. Then, together with them, we who are still

alive and remain on the earth will be caught up in the clouds to meet the Lord in the air and remain

WITH HIM forever!" (I Thess. 4:17)

Three very wonderful and practical conclusions can be drawn from the promise of being with our Lord forever.

WHEN WE LOSE A FELLOW BELIEVER WE LOVE TO **DEATH**, we have the blessed assurance of being together again in His presence forever!

AT THE MOMENT OF OUR **DEATH**, we have the blessed assurance of being in His presence forever if we have placed our faith in His finished work on the cross!

THROUGHOUT OUR **LIVES** as His children, we have the blessed assurance of being in His presence forever!

Easter provides us with an opportunity each year to celebrate the fact that because our Lord Jesus lives, His children will live forever in His presence! This truth is especially comforting for those who have recently lost loved ones!

On Easter Sunday morning, April 16 at 9 am we will have the opportunity to celebrate the truth that "we serve a risen Savior!" Plan to worship with us before the Easter Brunch!

And don't forget.....**THE STORY** begins Wednesday, April 19 at 9:45 AM

April 2017



Ashley Pointe

11117 20th St. N.E.

Lake Stevens, Washington 98258

425-397-7500

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>HAPPY BIRTHDAY RESIDENTS April 3 ~ Eileen Anderson April 6 ~ Cris Britton April 13 ~ Sheila Lindholm April 18 ~ Lois Nay</p>	<p>Happy Birthday STAFF April 4 ~ Cheryl Kelly</p>			<p>April showers bring May flowers</p>	<p>APRIL FOOLS' DAY - APRIL 1</p>	<p>1 April Fools' Day 9:30 Current Events 10:00 Coffee Social 1:00 Puzzles (Sun Room) 1:30 Bingo 4:00 Crazy Eights</p>
<p>2 9:30 Trivia 10:00 Coffee Social 1:30 Bingo 2:30 Movie & Popcorn 4:00 Skip Bo</p>	<p>3 Happy Birthday, Eileen A. 9:30 Current Events 10:30 Strength & Balance w/Larry 11:15 Wood Sculpting w/Dave 1:30 Bingo 3:00 Activity Forum 4:00 Pointe Guys (Men's Group) 6:00 Bridge</p>	<p>4 Happy Birthday, Cheryl K. 9:30 Current Events 10:30 Exercise w/LDS 11:30 Wii Bowling 1:30 Bingo 3:00 Shopping: Fred Meyer 6:00 Pinochle</p>	<p>5 9:45 Bible Study 10:00 Mystery Drive 1:30 Bingo 2:30 Farkel Dice Game 3:45 Happy Hour w/David Layton</p>	<p>6 Happy Birthday, Cris B. 10:30 Exercise w/LDS 11:15 Ebenezer Luncheon 1:30 Bingo 3:00 The Cocoa Exchange Presentation w/Stephanie Wong 4:00 Humor w/Lew</p>	<p>7 9:30 Current Events 10:30 Exercise w/LDS 1:30 Bingo 2:30 LCR Game 3:30 Adult Coloring 6:00 Game Night</p>	<p>8 9:30 Current Events 10:00 Coffee Social 1:00 Puzzles (Sun Room) 1:30 Bingo 4:00 Crazy Eights</p>
<p>9 Palm Sunday 9:30 Trivia 10:00 Coffee Social 12:20 Everett Civic Music Center (Ticket Holders) 1:30 Bingo 2:30 Movie & Ice Cream 4:00 Skip Bo</p>	<p>10 9:30 Current Events 10:30 Morning Walk at Lundeen Park-Weather Permitting 11:15 Calligraphy Writing 1:30 Bingo 3:00 Art Day—Painting 4:00 Pointe Guys (Men's Group) 6:00 Bridge</p>	<p>11 Full Pink Moon 9:30 Current Events 10:30 Exercise w/LDS 11:30 Wii Bowling 1:30 Bingo 3:00 Shopping: Safeway 6:00 Pinochle</p>	<p>12 9:45 Bible Study 10:30 Scattergories Game 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game 3:45 Happy Hour w/Bonnie Birch 6:00 Easter Presentation with Ebenezer Church Choir</p>	<p>13 Happy Birthday, Sheila L. 9:30 Current Events 10:30 Tai Chi w/Larry 11:35 Library on Wheels 1:30 Bingo w/Betty & John 2:30 Easter Egg Coloring 6:00 Movie Night</p>	<p>14 Good Friday 9:30 Current Events 10:30 Exercise w/LDS 1:30 Bingo 3:00 Good Friday Service w/Highland 4:00 LCR Game 6:00 Game Night</p>	<p>15 9:30 Current Events 10:00 Coffee Social 1:00 Puzzles (Sun Room) 1:30 Bingo w/Cameron 4:00 Crazy Eights</p>
<p>16 Easter Sunday 9:00 Easter Service w/Highland 11:00 - 2:00 pm Easter Sunday Brunch 2:30 Bingo 4:00 Skip Bo</p>	<p>17 Income Tax Pay Day 9:30 Current Events 10:30 Strength & Balance w/Larry 11:30 Wood Sculpting w/Dave 1:30 Bingo 3:00 Inside Resident Council 4:00 Pointe Guys (Men's Group) 6:00 Bridge</p>	<p>18 Happy Birthday, Lois N. 9:30 Current Events 10:30 Exercise w/LDS 11:30 Wii Bowling 1:30 Bingo 2:00 Shopping: Dollar Tree 6:00 Pinochle</p>	<p>19 9:45 Bible Study 11:15 Lunch Out: Boondockers In Marysville 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game 3:45 Happy Hour w/Lee Howard</p>	<p>20 9:30 Current Events 10:30 Exercise w/LDS 11:15 Wii Bowling 1:30 Bingo w/Betty & John 2:30 Food Forum 3:00 Earth Day Art 6:00 Movie Night</p>	<p>21 9:30 Current Events 10:30 Exercise w/LDS 1:30 Bingo 2:30 LCR Game 3:30 Adult Coloring 6:00 Game Night</p>	<p>22 Earth Day 9:30 Current Events 10:00 Coffee Social Earth Day Project with Lake Stevens ABS Students 1:00 Puzzles (Sun Room) 1:30 Bingo 4:00 Crazy Eights</p>
<p>23 National Volunteer Week Thank You! 9:30 Current Events 10:00 Mystery Drive 1:30 Bingo 2:30 Movie & Popcorn 4:00 Restoration Church Service</p>	<p>24 9:30 Current Events 10:30 Balloon Toss 11:30 Calligraphy Writing 1:30 Bingo 3:00 Art Day-Painting 4:00 Pointe Guys (Men's Group) 6:00 Bridge</p>	<p>25 9:30 Current Events 10:30 Exercise w/LDS 11:15 Wii Bowling Volunteer Luncheon 1:30 Bingo 3:00 Shopping: Walmart 6:00 Pinochle</p>	<p>26 Administrator Day 9:45 Bible Study 10:30 Adult Coloring 11:30 Harmonica w/Dave 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game 3:45 Happy Hour w/Doug</p>	<p>27 10:00 Tai Chi w/Larry 10:30 Animal Encounters 11:15 Wii Bowling 1:30 Bingo w/Betty & John 2:30 Picture Perfect Pets w/Alix 6:00 Movie Night</p>	<p>28 Arbor Day 9:30 Current Events 10:30 Exercise w/LDS 1:30 Bingo 2:30 LCR Game 3:30 Adult Coloring 6:00 Game Night</p>	<p>29 9:30 Current Events 10:00 Coffee Social 1:00 Puzzles (Sun Room) 1:30 Bingo 4:00 Crazy Eights</p>
<p>30 9:30 Trivia 1:30 Bingo 2:00 Everett Philharmonic Orchestra (Ticket Holders) 2:30 Movie</p>	<p>Reminder! Doctor Appointments on Mondays 9:00 am—12:00 pm</p>					