

ASHLEY POINTE
SENIOR LIVING COMMUNITY

11117 20th St. NE
Lake Stevens, WA 98258



PLACE STAMP
HERE



Find us on Facebook!

Administrative Staff:

Loretta Kreeger
Executive Director

Sue Frisbee
Community Relations Director

Andrea DaSilva
Resident Care Coordinator

Maria Greene
Business Office Manager

Hilda Cole
Registered Nurse

Autumn Blizard
Dietary Director

Robert McCleve
Maintenance Director

Diane Blas
Activities Director

Contact us at:
425-397-7500



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](http://www.Facebook.com/AshleyPointeSeniorLiving)

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



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Ashley Pointe Newsletter

Ashley Pointe Independent & Assisted Living Newsletter — March 2017



Steps Toward Great Nutrition

March is National Nutrition Month, a campaign created by the Academy of Nutrition and Dietetics, and the theme for this year's campaign is "Put Your Best Fork Forward."

For seniors, this means making healthy eating choices and also recognizing unique, age-specific nutrition needs. We always provide registered dietician approved menus, but to put best forks even further forward, here are some tips worth following.

(Note: The following content is for informational purposes and should not be mistaken for medical advice. Please consult a physician, medical professional or specialist for all health matters.)

Have Healthy Habits!

Healthy habits to adopt could include consuming a variety of foods, avoiding empty calories found in chips, desserts, soda and alcohol; and picking foods that are low in cholesterol and fat (especially saturated and trans fats). Other best practices include quitting smoking and tobacco, and getting at least 30 minutes of physical activity daily.

Go For The Rainbow!

When a plate of food features a rainbow of brightly colored fruits and vegetables, it tends to have a variety of important nutrients, according to the National Council on Aging.

Skip the Salt!

Most people take in more sodium than they need, so avoiding the salt shaker is a big step



toward lowering sodium intake. Certain spices can serve as great salt substitutes! It also helps to be aware of foods in which sodium may be high, such as packaged or prepared meat, poultry and seafood; pizza; pre-packaged rice and/or pasta; salad dressings and seasonings; sandwiches; sauces and gravies; taco mixes; and soups.

Avoid Added Sugars!

Sugars that are added to foods and drinks when they are prepared or processed should be avoided if possible. Ways to limit added sugars include: drinking water, unsweetened beverages, low-fat or fat-free milk, and/or 100 percent fruit juice; choosing fruit as dessert; eating small portions of sweets; and choosing packaged foods without added sugars, such as frozen fruit, unsweetened applesauce or plain yogurt.

Help Out Your Digestive System!

Consuming the right amounts of fluids and fiber help to prevent constipation. Water, whole grain foods with fiber, legumes, bran cereal, and fruits and vegetables all may help with constipation.

Ashley Pointe Scrapbook



A great time had by all at the Sweetheart Valentine Dance! Dancing, Chocolate & Strawberries, wine & good friends. Thanks to everyone who helped out with decoration and set up.

Thanks to Autumn, and her staff for all their hard work in the kitchen, from the delicious meal to the great Valentine goodies. Thanks to Daniel, our DJ, who did a great job with the music choice; everyone danced their legs off! Cookies from Jenny's Bake Shop in Lake Stevens for the drawing; was won by Marlene Harless. Our Sweetheart couple was Bill and Ruth Weaver who have been married for 61 years. We're all looking forward to the next big event!



Autumn & Michelle Dancing!



Anna & Darlene doing a little dancing!



Mary having a good time!



You're Invited!

- March 1 ~ Special Guest "Ken Hammond"
- March 6 ~ Activity Forum
- March 8 ~ Community Meeting
- March 9 ~ Red Hat Tea Party
- March 14 ~ Skagit Valley Daffodil Fields 
- March 15 ~ Connect Hearing
- March 16 ~ Food Forum
- March 18 ~ Irish Music w/Marsha & Violin Students
- March 19 ~ Everett Civic Music Center
- March 25 ~ Ludus-"Into The Woods" \$10.00
- March 30 ~ Movie Outing—TBA



3:45 EVERY WEDNESDAY

Join us for painting on Mondays in the Activity Room!

Have you ever thought about writing your own memoir?

Author/Speaker Ken Hammond

will be here on

Wednesday, March 1st at 1:30

Tuesday Shopping Trips:

- 3/7 ~ Fred Meyer
- 3/14 ~ Haggen
- 3/21 ~ Safeway
- 3/28 ~ Walmart

Lunch Out:

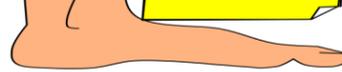
- 3/2 ~ Ebenezer Church Luncheon
- 3/28 ~ Trails End

PLEASE WELCOME OUR NEW RESIDENTS TO ASHLEY POINTE



Jim & Judy Gottschalk
Doris Mitchell
&
Zelda Mills 

Footnote



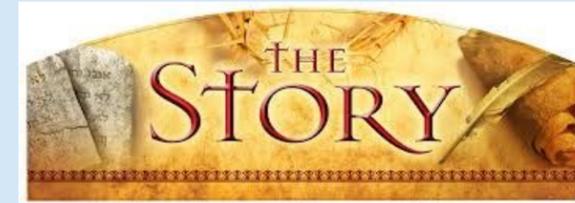
LORI NICHOLE'S

FOOT CARE

SUNDAY, MARCH 12

SIGN UP SHEET IN THE LOBBY

Chaplain's Corner



The Story is coming to Ashley Pointe on April 19!

So what is *The Story*? I am glad you asked!

The Story is all about the story of the Bible, God's great love affair with humanity. Condensed into 31 chapters, *The Story* sweeps you into the unfolding progression of Bible characters and events from Genesis to Revelation. Using the clear, readable text of the NIV Bible, it allows the stories, poems, and teachings of the Bible to read like a novel. *The Story* contains portions of Scripture that were thoughtfully and carefully excerpted and then placed in **chronological order!**

And like any good story, *The Story* is filled with intrigue, drama, conflict, romance, and redemption; and this story's true!

From the preface by Max Lucado and Randy Frazee:

'This book tells the grandest, most compelling story of all time: the story of a true God who loves his children, who established for them a way of salvation and provided a route to eternity. Each story in these 31 chapters reveals the God of grace—the God who speaks; the God who acts; the God who listens; the God whose love for his people culminated in his sacrifice of Jesus, his only Son, to atone for the sins of humanity.'

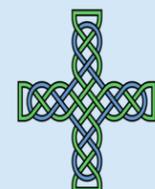
We will begin a journey through THE STORY on **Wednesday, April 19 at 9:45 AM.** Our schedule will take us through the Old Testament by Thanksgiving. We will conclude our walk through the New Testament in the spring of 2018.

If you would like to join us on this journey through THE STORY, it will require of you only a \$10 investment. If you would like to order a copy of the book, let me or Diane Blas know as soon as possible so we can get one ordered for you!

Thought for St. Patrick's Day, Friday, March 17:

An Irish Blessing

*May the road rise to meet you.
May the wind be always at your back.
May the sun shine warm upon your face.
May the rains fall soft upon your fields.
And until we meet again,
May God hold you in the hollow of His hand.*



March 2017



Ashley Pointe
 11117 20th St. N.E.
 Lake Stevens, Washington 98258
 425-397-7500

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|---|---|--|---|
| <p>March 3~Sue Frisbee March 27 ~ Nastya Tarasenko</p> | <p><i>Birthstone: Bloodstone</i> <i>Flower: Jonquil (Daffodil)</i> Color: White</p> | <p><i>Dr. Appointments Mondays 9-12</i></p> <p>Sunday, March 12</p> | <p>Ash Wednesday</p> <p>9:45 Bible Study 11:15 Wii Bowling 1:30 Author/Speaker ~ Ken Hammond 2:30 Farkel Dice Game 3:45 Happy Hour w/Gary Hood</p> | <p>9:30 Current Events 10:30 Exercise w/LDS 11:15 Ebenezer Luncheon 11:30 Wii Bowling 1:30 Bingo w/Betty & John 4:00 Humor With Lew 6:00 Movie Night</p> | <p><i>Happy Birthday, Sue</i></p> <p>9:30 Current Events 10:30 Exercise w/LDS 11:30 Piano w/Judy 1:30 Bingo 2:30 LCR Game 3:30 Adult Coloring 6:00 Game Night</p> | <p>9:30 Current Events 10:00 Coffee Social 1:00 Puzzles (Sun Room) 1:30 Bingo 4:00 Crazy Eights</p> |
| <p>5</p> <p>9:30 Current Events 10:00 Sunday Coffee Social 1:30 Bingo 2:30 Sunday Movie & Popcorn 4:00 Skip Bo Game</p> | <p>6</p> <p>9:30 Current Events 10:30 Strength & Balance w/Larry 11:30 Wood Sculpting w/Dave 1:30 Bingo 2:30 Activity Forum 3:30 Art -Painting 4:00 Pointe Guys (Men's Group) 6:00 Bridge</p> | <p>7</p> <p>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>8</p> <p>9:45 Bible Study 10:00 Community Meeting 11:30 Wii Bowling 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game 3:45 Happy Hour w/Betty & Gerry Bring Your Kazoos</p> | <p>9</p> <p>9:30 Current Events 10:30 Tai Chi w/Larry 11:30 Wii Bowling 11:35 Library on Wheels 1:30 Bingo w/Betty & John 3:00 Red Hat Tea Party 6:00 Movie Night</p> | <p>10</p> <p>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>11</p> <p>9:30 Current Events 10:00 Coffee Social 1:00 Puzzles (Sun Room) 1:30 Bingo 4:00 Crazy Eights</p> |
| <p>12 Daylight Saving Time Begins Purim-Full Moon</p> <p>9:30 Current Events 10:00 Sunday Coffee Social 10:00 FOOTCARE w/LORI 1:30 Bingo 2:30 Movie & Ice Cream Bars 4:00 Skip Bo Game</p> | <p>13</p> <p>9:30 Current Events 10:30 Balloon Toss 11:30 Calligraphy Writing 1:30 Bingo 3:00 Art-Painting 4:00 Pointe Guys (Men's Group) 6:00 Bridge</p> | <p>14</p> <p>9:30 Current Events 10:00 Outing: Scenic Drive Skagit Valley Daffodil Fields 10:30 Exercise w/LDS 1:30 Bingo 3:00 Shopping: Haggen 6:00 Pinochle</p> | <p>15 Dress In Green Day</p> <p>9:45 Bible Study 11:00 Harmonica w/Dave 1:30 Bingo w/Betty & John 2:00 Connect Hearing 2:30 Farkel Dice Game 3:45 Happy Hour w/Doug Williams</p> | <p>16 10:00 South Pointe Visits Ashley Pointe</p> <p>10:30 Exercise w/LDS 11:30 Wii Bowling 1:30 Bingo w/Betty & John 2:30 Food Forum 3:00 Scattergories (Game) 6:00 Movie Night</p> | <p>17 Dress Like A Leprechaun Day St. Patrick's Day</p> <p>9:30 Current Events 10:30 Exercise w/LDS 11:30 Piano w/Judy 1:30 Bingo 2:30 LCR Game 3:30 Adult Coloring 6:00 Game Night</p> | <p>18</p> <p>9:30 Current Events 10:00 Coffee Social 1:00 Puzzles (Sun Room) 1:30 Bingo w/Cameron 2:00 Irish Music w/Marsha & Her Violin Students 4:00 Crazy Eights</p> |
| <p>19</p> <p>9:30 Current Events 10:00 Sunday Coffee Social 12:20 Everett Civic Music Center "Classical Pianist" Alina Kiryayeva (Ticket Holders) 1:30 Bingo 2:30 Movie & Popcorn 4:00 Restoration Church Service</p> | <p>20 Spring Begins</p> <p>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>21</p> <p>9:30 Current Events 10:30 Exercise w/LDS 1:30 Bingo 2:30 Shopping: Safeway 3:00 Cottage Resident Council 6:00 Pinochle</p> | <p>22</p> <p>9:45 Bible Study 11:00 Name That Tune w/Dave 11:30 Lunch at The Senior Center 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game 3:45 Happy Hour w/Lee Howard</p> | <p>23</p> <p>9:30 Current Events 10:30 Tai Chi w/Larry 11:30 Wii Bowling 1:30 Bingo w/Betty & John 3:00 Crafts-Collages 6:00 Movie Night</p> | <p>24</p> <p>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>25</p> <p>9:30 Current Events 10:00 Coffee Social 1:00 Puzzles (Sun Room) 12:30 LUDUS-Performing Arts "Into The Woods" 1:30 Bingo</p> |
| <p>26</p> <p>9:30 Current Events 10:00 Sunday Coffee Social 1:30 Bingo 2:30 Movie & Popcorn 4:00 Skip Bo</p> | <p>27 Happy Birthday, Nastya</p> <p>9:30 Current Events 10:30 Balloon Toss 11:15 Calligraphy Writing 1:30 Bingo 3:00 Art -Painting 4:00 Pointe Guys (Men's Group) 6:00 Bridge</p> | <p>28</p> <p>9:30 Current Events 10:30 Exercise w/LDS 11:30 Lunch Out: Trails Ends—Snohomish 1:30 Bingo 3:00 Shopping: Walmart 6:00 Pinochle</p> | <p>29</p> <p>9:45 Bible Study 11:00 Harmonica w/Dave 1:30 Bingo w/Betty & John 2:30 Farkel Dice Game 3:45 March Birthday Celebrations w/Bill Clayton</p> | <p>30 H&R BLOCK HERE TODAY</p> <p>9:30 Current Events 10:30 Exercise w/LDS 11:30 Wii Bowling 1:30 Bingo w/Betty & John</p> <p>Movie Outing TBA "La La Land"</p> | <p>31</p> <p>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>Everyone's Irish On March 17th.</p> |