

Ashley Gardens of Mount Vernon

3807 E College Way
Mount Vernon, WA 98273 | P 360-419-9422 | F 360-336-9256



Don't forget
weekly music engagement with Lynn
Mondays, 9:45 am



Staff

Executive Director, Chehara Green

Wellness Director, Alison Lee

Life Enrichment Director, Deborah Snider

Business Office Manager, Hannah Lemieux

Dining Services Director, Vickie Sherwood

Maintenance Director, Angel Cortazar



Alison Lee, Wellness Director

We are thrilled to shine a spotlight on Alison, our exceptional **Wellness Director**, as the Employee Spotlight of the month! Alison's dedication to ensuring Ashley Gardens operates smoothly is truly remarkable. Her proactive approach to wellness initiatives has fostered a positive environment where residents thrive. From preparing detailed service plans to coordinating care for the residents, Alison's passion and expertise consistently exceed expectations. Her commitment to enhancing the quality of life for everyone at Ashley Gardens exemplifies excellence in every sense. And have I mentioned her smile? It brightens everyone's day as soon as she enters the room, radiating warmth and positivity with just one flash of her big smile! Congratulations, Alison, on this well-deserved recognition

CELEBRATING SEPTEMBER

Community Food Bank Project
All week from Sept 2 – 6th
Ending Friday Sept 6th BBQ Family
Bring your foodbank to Life
Enrichment Office.

National Charity Day Activity Sept 5th
Residents will prepare
items for donations

Seattle Seahawks Party.
Watch with us!
NFL Season Begins vs Broncos
September 8 at 1:00 pm
Snacks Provided

Friday 20th – 11:30am
Salmon BBQ - Please RSVP
\$7.00 per plate.
Celebrate the last
Friday of Summer with us.

Friday 27th
Oktoberfest BBQ

WEEKLY
Sunday Seattle Seahawks social
(A Cottage)

Music with Lynn
Guitar sing-along
Mondays at 9:30

Floral and Garden Therapy

Flower arrangement is a therapeutic horticulture activity that you can easily do. It promotes fine motor skills, mindfulness and creative expression.



Science Validates the Mental Health Benefits of Gardening

- Reductions in depression
- Less anxiety
- Increased life satisfaction
- Better quality of life
- Enhanced sense of community.

Research shows garden engagement can provide what they called "an instantaneous beneficial influence on health (e.g., reductions in depression and anxiety symptoms).





National Food Bank Day

Honored to bring awareness to the persistent issue of hunger around the world.

First Friday in September

Charity Begins at home – our community will be participating on September 6

Food Bank Project: Our Residents and Life Enrichment will bag September donation for the Mount Vernon Food Bank and Habitat.

*“Coloring mandalas allows the brain to enter a peaceful state and to be focused on filling in the geometrical shapes instead of thinking about their worries.”
-Carl Jung*

Mandala Coloring available daily.

Mandalas are often used for meditation and are used to achieve a feeling of wholeness. Coloring mandalas is a form of art therapy meant to relieve stress and increase focus while exercising the brain and expressing creativity.



1:30 pm Mandela’s with Patricia

September Socials

Sunday September 8th, Seahawks Party Game 1 – 1pm in B House

Chef’s Corner

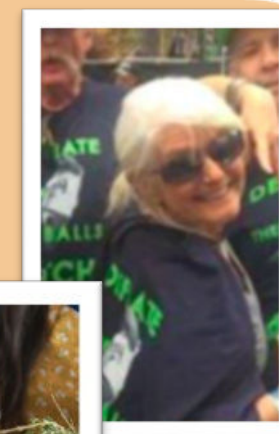
Friday 20th - Celebrate last Friday of Summer with us.

Salmon BBQ - Please RSVP – non-residents \$7.00 / per plate

Friday 27th

Oktoberfest BBQ

- Pretzels
- Brats
- Sauerkraut
- apple strudel



Kick Off

NALW begins on **Grandparents’ Day Aug 8th**
Celebrate with Grandparents Day and watch game 1 of the Seattle Seahawks.

End the week with us Friday Sept 13th
At our Community BBQ - Games & Photo Booth.

Our Staff will be celebrating the spirit of that week too!

Participate - when you visit, we and residents will dress in colors of

- Sunday – Team Colors
- Monday – Green
- Tuesday – Orange
- Wednesday – Pink
- Thursday – Yellow
- Friday – Blue
- Saturday - Purple