

Ashley Gardens of Mount Vernon  
3807 E College Way  
Mount Vernon, WA 98273

Postage  
Information

February 2024

# Ashley Gardens

Ashley Gardens of Mount Vernon | 3807 E College Way Mt. Vernon | 360-419-9422



## Facts of February

February is the only month where it's possible to go the entire time without having a full moon.

Of all the words you can misspell, February is one of the most misspelled words in the English language. Even the White House has misprinted the word "February" before in a press release!

It was in February 1964 when The Beatles made their first American television appearance on the "Ed Sullivan Show." Over 73 million Americans watched!

Sadly, on [February 1, 2003](#), the Space Shuttle "Columbia" broke apart in flight, which killed all seven crew members. The accident was believed to be a result of damage that occurred during lift-off. The tragedy occurred only 16 minutes before the shuttle was scheduled to land.

## February Birthdays

If you were born between February 1–18, you are an Aquarius, the Water Bearer. Aquarians are loyal and smart humanitarians who want to make a difference in the world. They are energetic, have inquisitive minds, and come up with creative solutions. Those born from February 19–29 are Pisces, the Fish. Like fish, Pisces like to go with the flow in an easygoing manner, but on the inside, they are intuitive, intensely spiritual, and deeply emotional.

William Crawford (Resident) – Feb. 11<sup>th</sup>  
Ada (Care Associate) – Feb. 18<sup>th</sup>  
Verina (Care Associate) – Feb. 14<sup>th</sup>

Lisa Marie Presley (singer) – Feb. 1, 1968  
Farrah Fawcett (actress) – Feb. 2, 1947  
James Michener (author) – Feb. 3, 1907  
Mary Leakey (scientist) – Feb. 6, 1913  
Sarah Palin (politician) – Feb. 11, 1964  
Peter Tork (guitarist) – Feb. 13, 1942

## Celebrating February

- Bird Feeding Month**
- Spunky Old Broads Month**
- Women Inventors Month**
- Engineers Week**  
February 18–24
- Change Your Password Day**  
February 1
- Liberace Day**  
February 4
- Periodic Table Day**  
February 7
- Chinese Lunar New Year's Day**  
February 10
- Galentine's Day**  
February 13
- Valentine's Day**  
February 14
- Presidents' Day**  
February 17
- For Pete's Sake Day**  
February 26
- Leap Day**  
February 29

## Celebrating Chris & Corky's 38th Wedding Anniversary!



We are delighted to share with you the heartwarming celebration of Chris and Corky's 38th wedding anniversary! This devoted couple, who have been inseparable since their high school days, recently marked this significant milestone at the end of January 2024.

As we reflect on their remarkable journey of love and companionship, it's evident that Chris and Corky's bond is as strong as ever. From their shared love for music, including their admiration for Elton John and 80's rock and roll, to their fondness for their hometown of Bellingham, WA, every aspect of their relationship exudes warmth and harmony.

Despite facing new challenges due to Corky's journey with memory impairment and cognitive issues, Chris and Corky have embraced their new lifestyle with grace and resilience. Living separately has provided Corky with the opportunity to form new friendships and receive the care needed while allowing Chris to step into the role of a devoted wife once again.

Their enduring love and unwavering commitment serve as an inspiration to us all. Through laughter, shared memories, and the support of their forever friend, Wendy, Chris, and Corky continue to navigate life's ups and downs with grace and optimism.

As we congratulate Chris and Corky on their 38th wedding anniversary, let us all take a moment to celebrate the power of love, friendship, and resilience. Here's to many more years of laughter, music, and unwavering love for this remarkable couple.

With warmest regards and heartfelt congratulations,  
Ashley Gardens

## The Magic of Mardi Gras



Mardi Gras, the vibrant and exhilarating Carnival season celebrated in various parts of the world, is a spectacle of merriment, color, and culture. It typically involves parades, masquerade balls, and the donning of elaborate costumes, offering a unique blend of tradition and modern revelry. Each year, it is a time for people to indulge in festivities and enjoy the spirit of community. In 2024, the celebration begins on January 6. It leads up to Fat Tuesday on February 13—the culmination of the Carnival season.

In 2024, Mardi Gras promises to be an exceptional experience. While the details of the celebrations vary from place to place, grand parades with intricate floats, live music, and colorful Mardi Gras beads are common features. The heart of Mardi Gras lies in its diverse cultural influences, blending elements of French, Spanish, African, and Creole heritage, which contribute to the rich tapestry of this celebration.

A tasty aspect of Mardi Gras is the king cake, a traditional pastry with a hidden figurine or token inside that brings good luck to the person who discovers it. Vivid, intricate masks and costumes add to the visual spectacle of Mardi Gras, as participants embrace anonymity and the freedom to be anyone they choose for a day.

Whether you're in New Orleans, Rio de Janeiro, or any of the other cities that celebrate Mardi Gras, the joyous atmosphere and sense of unity are universal. Partygoers let loose, enjoy the parades, savor delicious cuisine, and partake in a global festival of life and culture.

But Mardi Gras is more than just a party; it's a colorful expression of tradition, diversity, and the indomitable human spirit. Mark your calendars for Mardi Gras 2024 and prepare to join the revelry!

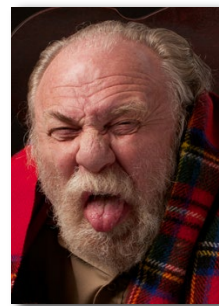
## A Cutting-Edge Hobby

It's not an illusion or a magic trick—sword swallowing is a serious and even ancient art. On February 24, World Sword Swallowers Day, many practitioners will perform free demonstrations of their weird art form.

How does one learn to swallow a sword? Apprentices begin by putting objects of increasing size down their throats: fingers, spoons, paintbrushes, knitting needles, coat hangers, and then swords. Eventually, a swallower's esophagus is so relaxed that the sword travels down the throat and into the stomach. Today it may be a showy act for street performers and circus sideshows, but in ancient India, it was considered a demonstration of divine union with their gods, akin to walking over hot coals. Only a few dozen people worldwide currently risk this dangerous pastime. Luckily, for many, the worst injury they suffer is "sword throat."

## Spreading Sunshine

Is there someone in your life who is a perpetual grouch? Are they forever grumpy? Is every day a bad day? February 16 may be your day to help them. It's Do a Grouch a Favor Day.



Hunger is a definite biological cause of grouchiness. Perhaps the best favor you can do for a grouch is bake them a treat or buy them lunch. Some people are grouchy first thing in the morning. The grouch might say they're "not a morning

person," but this grouchiness may have a biological cause. Some suffer a groggy period after waking up that is called the "sleep inertia" phase. It takes from five to 30 minutes for a person to feel awake. If someone is an interminable grouch, perhaps the biggest favor you can do for them, and yourself, is leave them alone.

## Thank You Staff Members!

As we reflect on the incredible efforts and dedication you have consistently shown, I am compelled to express our deepest gratitude for the invaluable contributions you make to our team and the lives of our residents. Your unwavering commitment to providing exceptional care, love, and support to our residents is truly remarkable. Each day, you embody the essence of compassion and empathy, ensuring that every individual under our care feels valued, respected, and cherished. Your dedication goes beyond mere duty; it emanates from a place of genuine concern and a desire to make a meaningful difference in the lives of others. It's not just the tasks you perform or the services you provide that make you indispensable—it's the way you do it. Your kindness, patience, and willingness to go above and beyond never fail to inspire us all. Whether it's a comforting smile, a listening ear, or a reassuring touch, your presence brings solace and reassurance to our residents and their families alike.

Beyond your interactions with our residents, your teamwork and camaraderie create a supportive and nurturing environment for everyone. The bonds you forge with one another strengthen our team, fostering collaboration, innovation, and mutual respect. Your collective efforts truly exemplify the power of unity and cooperation, laying the foundation for our shared success and growth.

On behalf of our entire team, I want to express our deepest appreciation for all that you do. Your dedication, passion, and unwavering commitment are the heart and soul of our organization, and we are immensely grateful for the love, care, and support you bring to our community each day.

Thank you for being the compassionate and dedicated individuals that you are. We are blessed to have you as part of our team, and we love you all dearly.

With heartfelt gratitude,  
The Management Team.

## Ashley Gardens of Mount Vernon ... our difference.

Mosaic is our life-enriching memory support program and lifestyle for those living with Alzheimer's disease and other forms of dementia. We call our Memory Care Program, Mosaic because we believe that just like in a mosaic, there are many unique parts that make up every life. We respect and celebrate every part of a person's life — even when some of the pieces may be fading due to memory loss.

Centered around Teepa Snow's Positive Approach® to memory care, the team at Ashley Gardens of Mount Vernon provides residents with a meaningful, purposeful lifestyle that is personalized to individual preferences, abilities, and needs. With a belief that memory care should celebrate every resident's personal story, we build relationships rooted in authenticity, encouragement, and compassion. Memory care residents at Ashley Gardens of Mount Vernon are enabled and empowered because we draw on their distinct life experiences to find the most compassionate — and successful — way to support them. It's all here...

## Get Ready to LOL



February 8 is Laugh and Get Rich Day. If only it was that easy! Gelotology is the psychological study of laughter, and scientists are still trying to figure out just why we laugh. Laughter involves many different parts of the

the brain as well as the coordination of many muscles. Laughing 100 times is equal to 15 minutes of exercise on a bike. It's a total body workout, with all the physical and psychological health benefits to boot. So, while laughter may not fill our bank accounts, it certainly enriches our lives.