

Ashley Gardens of Mount Vernon hosts 'Spring Fling'

MT. VERNON, Wash.—Ashley Gardens of Mount Vernon, a memory care community located at 3807 College Way, will host a “Spring Fling” with guest speaker Annette Davis, Ph.D., on Thursday, May 21, at 2 p.m. The Spring Fling is free and open to the public. Refreshments and networking will also be included in this Spring Fling.

Guest speaker Annette Davis, Ph.D. will introduce her book “Blessed is She: Elder Care – Women’s Stories of Choice, Challenge and Commitment.” Drawing its title from Psalm 41, “Blessed is she who has regard for the weak; the Lord delivers her in times of trouble,” the book delves into the lives of more than 60 women caring for elderly loved ones. Davis will offer insight into eldercare with a spiritual twist.

All are welcome to attend. For more information, please call Helen Fisher at 360-419-9422.