



204 N. 1st St.  
PO Box 1087  
La Conner, WA 98257

PRESORTED  
STANDARD  
US POSTAGE  
LA CONNER, WA  
PERMIT #3



Lena says,  
Happy Mother's  
Day!

#### Administrative Team:

**Christina James**

Executive Director

**Laura Novak**

Community Relations Director

**Tonya Whidden**

Resident Care Coordinator

**Stacy Boydston**

Business Office Manager

**Katie Kramer**

Registered Nurse

**Dana Whitney**

Dietary Director

**Tony Bjornstad**

Maintenance Director

**BJ Johnson**

Activities Director

Contact us at:  
**360-466-5700**

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



# La Conner Retirement Inn News

La Conner Retirement Inn & Assisted Living Newsletter



Please join us for our Mother's Day Tea

Saturday, May 12th at 3 pm

**May 2018 Edition**



# Arthritis Facts and Care Tips

May marks National Arthritis Month to bring awareness to a very common, but often misunderstood condition. A wide misconception about Arthritis is that it is a single disease. It's actually a way of referring to joint pain or joint disease.

Symptoms of Arthritis can come and go, and include mild to severe swelling, pain, stiffness, and lessened motion range. It can limit a person's ability to partake in some daily activities.

Osteoarthritis is the most common type of Arthritis. Risk factors include family history, being overweight, age, and injuries sustained. Those with non-severe Osteoarthritis can help the condition if they: achieve a healthy weight, get enough exercise, rest per activity level - especially during a flare up, avoid repetitive movements, strengthen muscles around joints, and use hot and cold therapy.

Inflammatory Arthritis is another type. Rheumatoid and Psoriatic Arthritis are in this category. It occurs when the immune system creates inflammation to get rid of what it falsely perceives as infection. It occurs in people with genetic predisposition and environmental risk factors like smoking. Early diagnosis and strong treatment are key

in slowing the condition.

Receiving a diagnosis for Arthritis can be done through a primary care provider or Rheumatologist. There are many ways that Arthritis can be helped.

## Arthritis Foundation Pain Management Tips:

- Create a plan with your rheumatologist.
- Be aware of and track your warning signs, like a dull hand ache or daytime sleepiness for days.
- Stay up to date on vaccinations and wash hands frequently to avoid infections which could trigger a flare.
- Stay on top of your emotional health.

Anxiety and stress can increase inflammation.

- Slow your movements, but continue moving to avoid stiff joints. Move joints through the fullest range of motion you can. If it causes

more pain, stop.

- Do hot & cold therapy, no more than 15 minute intervals, two to four times a day.
- Sleep on a schedule, get restful sleep with lights off, devices off, and avoid caffeine in the hours before you head to bed.

### Arthritis by the Numbers

American Adults Diagnosed: 54 million+

American Children Diagnosed: 300,000 est.

Americans Likely to Have Arthritis: 91 million

Direct Medical Costs: At least \$81 billion

Types of Arthritis That Exist: Over 100

Working Adults With Arthritis: 60%



## Tulip Time in La Conner





## May Highlights

May 2nd at 2 pm: “Fed Up”  
Documentary & Discussion Group

May 4th at 3:45 pm: Salt Grass Dirt  
Band

May 5th: Cinco de Mayo

May 7th at 10 am: Spelling Bee

May 8th at 4 pm: Presentation:  
Damsels in Distress

May 12th at 3 pm: Mother’s Day Tea

May 13th: Mother’s Day

May 17th from 4 to 6 pm: Wine Social  
and Family/Friends Dinner

May 28th: Memorial Day



### “Fed Up”

We will look at the hidden truths contributing to one of the largest health epidemics in history. This documentary blows the lid off everything we thought we knew about food and exercise. There will be a discussion following the film.

## May Birthdays!

We hope you enjoy your special day!

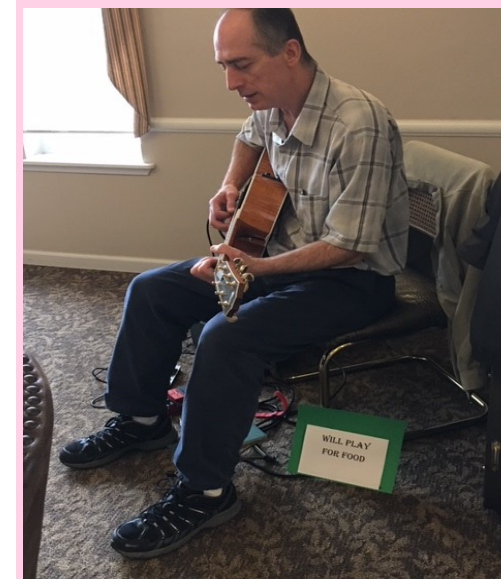
Vivian L. 2nd	And our team too...
Gertie M. 14th	Cristal F. 2nd
Mert S. 19th	Stacy B. 7th
Shirley V. 19th	Tara L. 12th
Kathy T. 21st	Michelle M. 13th
Eva B. 26th	Cat B. 18th
Sherry H. 26th	Gavin S. 23rd



Out on yet another fun adventure!



We had a Pajama Party! Who knew that lounge wear could be so much fun?!



Brad played music for our Easter Brunch. We are so blessed to have Brad with us. His talent and jokes are priceless.

## Guess Who?



A big thanks to Dan for supporting our rummage sale with his fabulous purchases. Stunning!

## Lethologica

The state of forgetting the word you’d like to use.



# May 2018

**La Conner Retirement Inn**  
**204 N. 1st**  
**La Conner, Wa 98275**  
**360-466-5700**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:30 Morning Stretch Class 10:30 to 12:00 PO-KE-NO 1:30 The Day in Pictures 2:00 Family Feud 3:00 Newcomer's Tea 6:00 Evening Movie	2 9:30 to 12:00 Manicures 10:00 Writing Workshop 1:00 Shopping: Local Market 1:30 Stretch Class 2:00 Documentary: Fed Up 3:30 Discussion Group 4:00 Happy Neurons	3 9:00 Kindergarten Visit 9:30 Morning Stretch Class 9:30 Lecture Series 10:00 Memory Class 11:00 Bible Study 12:00 Out for Lunch 1:30 Doodle Class 2:30 Rice Bowl Words 3:00 Match Game 4:00 Volleyball Turnout	4 9:30 to 12:00 PO-KE-NO 1:30 Stretch Class 2:00 Happy Neurons 2:30 Millionaire Game 3:45 Salt Grass Dirt Band	5    Cinco de Mayo 9:30 Morning Stretch Class 10:00 Happy Neurons 11:00 Rick Steves Tours 1:00 to 2:30 PO-KO-NO 3:00 Ice Cream Social 3:30 Sunday Matinee
6 9:30 Morning Stretch Class 10:00 Gospel Sing-a-long 11:15 Chapel Service 1:00 to 2:30 PO-KE-NO 3:00 Rice Bowl Words 3:30 Sunday Matinee	7 10:00 Spelling Bee 11:00 Name that Tune 1:00 Reading with Nancy 2:30 to 4:00 PO-KE-NO 4:00 Classic Car Show 4:15 Wine Social	8 9:30 Yoga Class 10:30 to 12:00 PO-KE-NO 1:15 Resident Council 3:00 Resident Birthday Party 4:00 Presentation 5:00 Wine Social 6:00 Rice Bowl Words	9 9:30 to 12:00 Spa Day 10:00 Writing Workshop 1:00 Shopping Local Market 1:30 Stretch Class 2:00 Art Class 3:00 Unusual Foods 3:30 to 4:30 Happy Neurons	10 9:30 Morning Stretch Class 9:30 Lecture Series 10:00 Memory Class 11:00 Bible Study 1:00 Mystery Drive 1:30 Art & Music 3:00 Happy Neurons 4:00 Volleyball Turnout 4:30 Remember Me Game 6:00 Movie Night	11 9:00 Catholic Mass 10:00 to 12:00 PO-KE-NO 1:30 Stretch Class 2:00 "Where did you Live? "game 2:30 Family Feud 3:45 Music with the Melodeons	12 9:30 Morning Stretch Class 10:00 Happy Neurons 11:00 Rick Steves Tours 1:00 to 2:30 PO-KE-NO 3:00 Mother's Day Tea 3:30 Saturday Matinee
13    Mother's Day 9:30 Morning Stretch Class 10:00 Gospel Sing-a-long 11:15 Chapel Service 1:00 to 2:30 PO-KE-NO 3:00 Hang Man Game 3:30 Sunday Matinee	14 9:30 Qi Gung Class 10:00 Memory Class 11:00 Name that Tune 1:00 Reading with Nancy 2:30 to 4:00 PO-KE-NO 4:00 Name the Price Game 4:15 Specialty Ciders	15 9:30 Morning Stretch Class 10:30 to 12:00 PO-KE-NO 1:00 Shopping at Fred Meyer 1:30 Rick Steves Travels 3:00 Millionaire Game 3:30 Rice Bowl Words 6:00 Evening Movie	16 9:30 Morning Stretch Class 10:00 Writing Workshop 10:30 Music: The Renegades 1:30 to 4:00 Manicures 4:00 The Day in Photos 4:30 Family Feud	17 9:00 Kindergarten Visit 9:30 Morning Stretch Class 9:30 Lecture Series 10:00 Memory Class 11:00 Bible Study 1:00 Shopping: Thrift Stores 1:30 Travel Video {England} 2:30 Art & Music 3:30 Word Games	18 9:30 to 12:00 PO-KE-NO 1:30 Stretch Class 2:00 Word Games 2:30 Classic Commercials 3:30 Music with Terry & Caroline	19 9:30 Morning Stretch Class 10:00 Happy Neurons 11:00 Rick Steves Tours 1:00 to 2:30 PO-KE-NO 3:00 Ice Cream Social 3:30 Saturday Matinee
20 9:30 Morning Stretch Class 10:00 Gospel Sing-a-long 11:15 Chapel Service 1:00 to 2:30 PO-KE-NO 3:00 Millionaire Game 3:30 Sunday Matinee	21 9:30 Morning Stretch Class 10:00 to 12:00 PO-KE-NO 1:00 Reading with Nancy 2:30 Memory Class 3:00 Name that Tune 3:45 Music with Lee Howard	22 9:30 Yoga Class 10:30 to 12:00 PO-KE-NO 1:30 to 3:00 Art Class 3:30 Family Feud 4:00 The Day in Photos 6:00 Evening Movie	23    3:00 Ears to You 9:30 to 12:00 Spa Day 10:00 Writing Workshop 1:00 Shopping Local Market 1:30 Stretch Class 2:00 Happy Neurons 3:00 Tell me a Joke 4:00 The Day in Photos	24 9:30 Morning Stretch Class 9:30 Lecture Series 10:00 Memory Class 11:00 Bible Study 1:00 Drive & Dairy Queen 1:30 Travel Video {Norway} 2:30 Art & Music 3:30 Word Games 4:30 Happy Neurons	25 9:30 to 12:00 PO-KE-NO 1:30 Stretch Class 2:00 Happy Neurons 2:30 Hang Man Game 3:00 Word Games 3:45 Music with Mary	26 9:30 Morning Stretch Class 10:00 Happy Neurons 11:00 Rick Steves Tours 1:00 to 2:30 PO-KE-NO 3:00 Ice Cream Social 3:30 Saturday Matinee
27 9:30 Morning Stretch Class 10:00 Gospel Sing-a-long 11:15 Chapel Service 1:00 to 2:30 PO-KE-NO 3:00 Rice Bowl Words 3:30 Sunday Matinee	28    Memorial Day 9:30 Qi Gung 10:00 Memory Class 11:00 Name that Tune 1:00 Reading with BJ 2:30 to 4:00 PO-KE-NO 4:15 Margarita Monday	29 9:30 Morning Stretch Class 10:30 to 12:00 PO-KE-NO 1:30 3:00 Art Class 3:30 The Day in Photos 4:00 Happy Neurons 4:30 Volleyball Turnout	30 9:30 to 12:00 Manicures 10:00 Writing Workshop 1:00 Shopping Local Market 1:30 Stretch Class 2:00 World's Greatest Inventions 3:00 Rice Bowl Words 4:00 Name the Price Game	31 9:30 Morning Stretch Class 9:30 Lecture Series 10:00 Memory Class 11:00 Bible Study 1:00 Mystery Drive 1:30 Travel Video {Rome} 2:30 Art & Music 3:30 Millionaire Game 4:30 Tell me a Joke Game		