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La Conner Retirement Inn News

Monthly Newsletter October 2018

P2 - 5 Physical Therapy Benefits
P3 - Team Member/ Resident of the Month
P4/5 - Activities Calendar
P6 - Birthdays, Highlights, Social Media, Safety
P7 - Photo Booth Fun
P8 - Mission, Team

It's that time of year again that we ask for candy donations for the little ones who come through the community.

Learn more on physical therapy in our blog online!

Physical therapy is more than just therapy for injuries. For seniors, physical therapists can encourage more physical activity and help with arthritis, osteoporosis, dementia, and balance challenges. That's hardly where physical therapy services end however; there are many reasons to seek it out for healthy living!

Note: *Each individual should follow the advice of their medical professionals and speak with them before making changes to diet, exercise, or supplements. This article is for informational use only and should not be considered medical advice.*

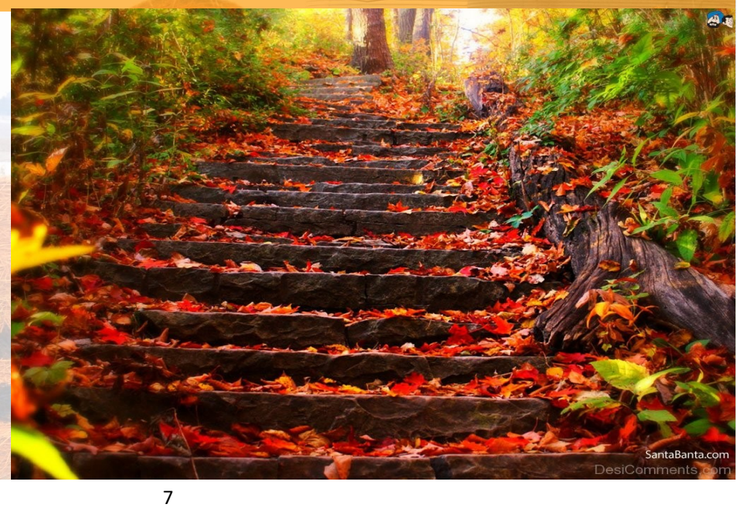
Five Potential Benefits of Physical Therapy:

1. **Improved Movement:** Physical therapists can identify, diagnose, and treat movement challenges.
2. **Pain Relief or Prevention:** Physical therapy can provide long-term pain solutions with techniques like exercises, joint and soft tissue mobilization, ice/heat therapy, ultrasound, and electrical stimulation for relief and/or restoring function.
3. **Management of Issues Associated with Diabetes**: Physical therapists can help prescribe and teach exercise for lowering blood glucose levels, treat chronic pain, improve walking ability, treat sores, help with assistive devices, and restore normal movement and balance.
4. **Management of Issues Associated with Aging:** Physical Therapists may be able to help with managing arthritis, back pain, osteoporosis and or recovering from procedures like joint replacements. They may also be able to help prevent or recover from falls with strengthening and balance exercises.
5. **Strengthening After a Stroke:** Physical therapists can help clients improve function and balance with therapies such as Constraint-Induced Movement Therapy, functional electrical stimulation, and motor imagery among others.

These are just five potential benefits of physical therapy. There are so many more! For those who haven't tried physical therapy, but are interested, a great first step would be to reach out to a local physical therapist clinic and speak to them about how they might be able to play a positive role in healthy living.

Photo Booth Fun

All of our residents had such a fun time with the photo booth last month. It was laughs and smiles all around!



October Highlights

October 1: Intl. Day for Older Persons
October 1: National Hair Day
October 2: Lee Natl. Denim Day
October 3: National Kale Day
October 4: National Taco Day
October 4: National Golf Day
October 6: World Card Making Day
October 10: National Angel Food Cake Day
October 11: National Sausage Pizza Day
October 13: National Chess Day
October 14: Pastoral Appreciation Day
October 18: National Chocolate Cupcake Day
October 21: National Pumpkin Cheesecake Day
October 21: National Reptile Awareness Day
October 23: National Boston Cream Pie Day
October 26: National Breadstick Day
October 26: National Pumpkin Day
October 27: National Make a Difference Day
October 28: National Chocolate Day
October 29: National Cat Day
October 30: National Candy Corn Day
October 31: Halloween

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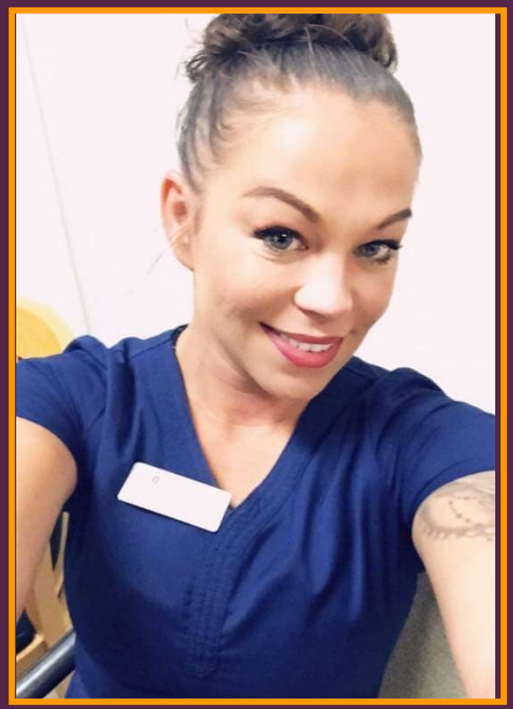
October Birthdays!

3 Autumn Safety Tips to Remember

1) Make sure lit candles are not unattended at any time.
2) Leaves that may look dry on top could be wet and slippery underneath. Walk carefully near leaves.
3) Avoid AM glare with sunglasses.

Resident of the Month!
Barbara S.

Barbara was born in Mount Vernon, WA, but has lived in La Conner her entire life. During her time in La Conner, she was a housewife and worked as a school secretary at the La Conner School. Barbara also traveled to Europe multiple times. Her favorite place is Spain. She has 3 children, 5 grandchildren, and 3 great grand children.



Team Member Highlight!
Tabetha

Tabetha was born on the NAS naval base where she lived until she was 3. She then moved to Maine. During her time in Maine, she was a manager at a night club and at the age of 21 she then moved to Florida where she was a housewife to her two children and did some work in online sales. Tabetha finally made her way back to Oak Harbor, WA, and is now here at the Inn with us as a caregiver.

October 2018

La Conner Retirement Inn 204 N. 1st St., La Conner, WA 98257 360-466-5700

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30 Stretch Class 10:00 Brain Games 11:00 Dominos 1:00 Reading w/Nancy 2:30 PO-KE-NO 3:45 Wine and Cheese Social	2 9:30 Yoga Class 10:30 PO-KE-NO 1:00 Hangman Game 2:00 UNO 3:45 Talk with BJ 6:00 Evening Movie	3 9:30 Spa Day 9:30 Men's Poker 10:00 Writing Workshop 1:00 Shopping at the Market 1:30 The Day in Photos 2:00 Family Feud 3:00 Tech Time with Laura	4 9:00 Kindergarten Visit 9:30 Lecture Series 9:30 Stretch Class 10:00 Brain Games 11:00 Bible Study 1:00 Mystery Drive 2:00 Happy Neurons 3:00 Millionaire Game	5 9:30 PO-KE-NO 1:30 Stretch Class 2:00 Match Games 3:00 Corn Hole Game 3:45 October Fest & Educational Beer Tasting	6 9:30 Stretch Class 10:00 Hangman Game 11:00 Happy Neurons 1:00 PO-KE-NO 3:00 Ice Cream Social 3:30 The Legacy Group 4:30 Evening Movie
7 9:30 Stretch Class 10:00 Gospel Sing Along 11:00 Chapel service 1:00 PO-KE-NO 4:00 Poker Night!!	8 9:30 Qi Gung 10:00 Brain Games 11:00 Happy Neurons 1:00 Reading w/Nancy 2:30 PO-KE-NO 3:45 Music with Lee Howard	9 9:30 Stretch Class 10:30 PO-KE-NO 1:15 Resident Council 3:00 Resident Birthday 4:00 Matinee and Popcorn!	10 9:30 Manicures 9:30 Men's Poker 10:00 Writing Workshop 1:00 Shopping at the Market 1:30 Stretch Class 2:00 Hangman Game 3:00 Secret Files	11 9:30 Lecture Series 9:30 Stretch Class 10:00 Brain Games 11:00 Bible Study 1:00 Pumpkin Patch Trip 2:00 Happy Neurons	12 9:00 Catholic Mass 10:00 PO-KE-NO 1:30 Stretch Class 2:00 Happy Neurons 3:00 UNO 3:45 The Melodeons	13 9:30 Stretch Class 10:00 Family Feud 11:00 Match Game 1:00 PO-KE-NO 3:00 Ice Cream Social 3:30 The Legacy Group 4:30 Evening Movie
14 9:30 Stretch Class 10:00 Gospel Sing Along 11:00 Chapel Service 1:00 PO-KE-NO 2:00 Side Show Play Outing 4:00 Poker Night!!	15 9:30 Stretch Class 10:00 Brain Games 11:00 What's it cost 1:00 Reading w/Nancy 2:30 PO-KE-NO 3:45 Wine and Cheese	16 9:30 Yoga Class 10:30 PO-KE-NO 1:00 Shopping at Fred Meyer 3:00 Newcomers Tea 4:00 Today in History 6:00 Evening Movie	17 9:30 Manicures 9:30 Men's Poker 10:00 Writing Workshop 10:30 The Renegades 11:00 Doodling on Pumpkins 1:00 Shopping at the Market 1:30 Stretch Class 2:00 Mexican Train 3:00 Halloween Matinee	18 9:30 Kindergarten Visit 9:30 Lecture Series 9:30 Stretch Class 10:00 Brain Games 11:00 Bible Study 1:00 Thrift Stores 2:00 Family Feud 3:00 UNO 4:00 Happy Neurons	19 9:30 PO-KE-NO 1:30 Stretch Class 2:00 Corn Hole Game 3:00 Dominos 3:45 Sing Along w/Terry and Caroline	20 9:30 Stretch Class 10:00 Happy Neurons 11:00 Millionaire Game 1:00 PO-KE-NO 3:00 Ice Cream Social 3:30 The Legacy Group 4:00 Evening Movie
21 9:30 Stretch Class 10:00 Gospel Sing Along 11:00 Chapel Service 1:00 PO-KE-NO 4:00 Poker Night!!	22 9:30 Qi Gung 10:00 Brain Games 11:00 Happy Neurons 1:00 Reading w/Nancy 2:30 PO-KE-NO 3:45 Wine & Cheese	23 9:30 Stretch Class 10:30 PO-KE-NO 1:00 Millionaire Game 2:00 What's it Cost 3:00 Laconneropoly 4:00 Match Game 6:00 Evening Movie	24 9:30 Manicures 9:30 Men's Poker 10:00 Writing Workshop 1:00 Shopping at the Market 1:30 Stretch Class 2:00 Split Words 3:00 Staff Pumpkin Judging 4:00 Hangman Game	25 9:30 Lecture Series 9:30 Stretch Class 10:00 Brain Games 11:00 Bible Study 1:00 Mystery Drive 2:00 Volleyball 3:00 Mexican Train	26 9:30 PO-KE-NO 1:30 Stretch Class 2:00 Scavenger Hunt 3:00 Family Feud Game 3:45 Music w/ Mike Bush	27 9:30 Stretch Class 10:00 The Price is Right 11:00 Match Game 1:00 PO-KE-NO 3:00 Ice Cream Social 3:30 The Legacy Group 4:00 Evening Movie
28 9:30 Stretch Class 10:00 Gospel Sing Along 11:00 Chapel Service 1:00 PO-KE-NO 4:00 Poker Night!!	29 9:30 Stretch Class 10:00 Brain Games 11:00 Dominos 1:00 Reading w/Nancy 2:30 PO-KE-NO 3:45 Hallo-Wine Social	30 9:30 Stretch Class 10:30 PO-KE-NO 1:00 Volleyball 3:00 Today in History 4:00 Making Candy Apples	31 9:30 Spa Day 9:30 Men's Poker 10:00 Writing Workshop 1:00 Shopping at the Market 1:30 Stretch Class 3:30 Trick or Treaters Arrive 4:00 Staff and Resident Halloween Party			