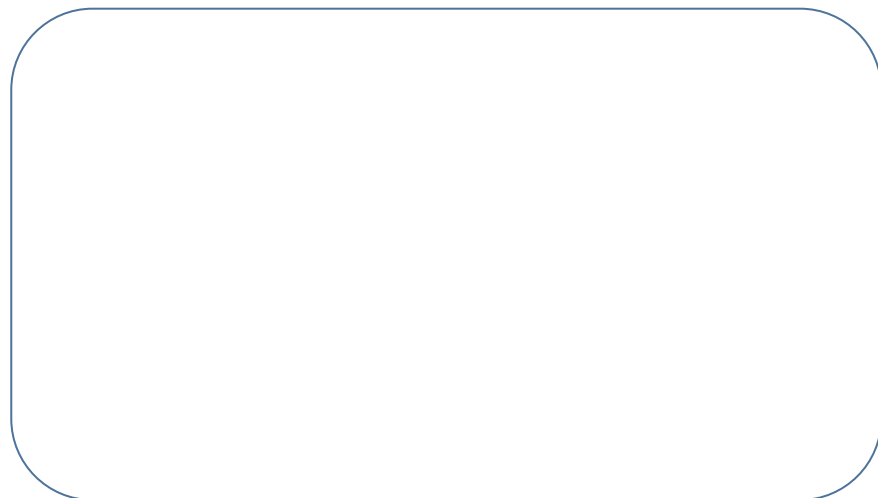




204 N. 1st St.
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La Conner, WA 98257

PRESORTED
STANDARD
US POSTAGE
LA CONNER, WA

PERMIT #3



Administrative Team

Christina James
Executive Director

Laura Novak
Community Relations Director

Tonya Whidden
Resident Care Coordinator

Stacy Boydson
Business Office Manager

Katie Kramer
Registered Nurse

Dana Whitney
Dietary Director

Anthony Bjornstad
Maintenance Director

Erika Hoffmire
Life Enrichment Director

360-466-5700



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

La Conner Retirement Inn News

Monthly Newsletter



May 2019

**2 Skin Protection Practices
3 Resident Spotlight
4/5 Activities Calendar**

**6 Highlights, Social Media, Birthdays
7 Special Moments & Fitness Favorites
8 Mission & Team**

Best Practices for Skin Health

Whether lounging outside with a book or chatting with friends over lemonades on the patio, there's a factor to pay attention to so we don't harm our skin, and that's the sun. Spending time outdoors is beneficial for so many reasons, including increasing Vitamin D and our activity levels. But too much sun can make a good thing not so good for us. A little skin protection and general hot weather safety will go a long way in letting us enjoy a good, warm day.



May has been designated Skin Cancer Awareness Month in hopes it will build awareness of ways to protect skin, the need for regular dermatologist visits, and causes and treatments for skin cancer.

WHY CARE ABOUT SKIN PROTECTION?

Sun damage myths would have you believe most harm to skin occurs before age 18. However, studies have shown sun damage is actually cumulative; only 23 percent of lifetime exposure happens by age 18.

Skin cancer is a disease that one in five Americans will develop by age 70. That said, most skin cancer forms can be prevented, including the scariest, melanoma. While it is the most common form of cancer in the U.S., it is also the most preventable. Awareness and frequent skin checks are essential for preventing and treating melanoma.

TIPS FOR PROTECTING YOUR SKIN

Seek Shade: When the sun is at its strongest, between 10 am and 4 pm, enjoy the outdoors and protect your skin in the shade. Hang out under a sun umbrella or covered patio and avoid direct sunlight.

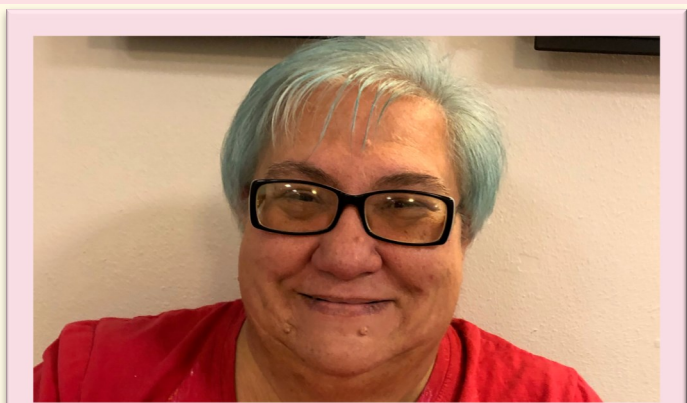
Cover Up: Long sleeves and pants seem counterintuitive when it's hot, but can help a lot with sun protection. Wear lighter-weight clothing with long sleeves and pants to help protect skin while not overheating. Don't forget a broad-brimmed hat and UV-blocking sunglasses!

Wear Sunscreen: The most critical part of avoiding skin cancer is avoiding sunburns. Sunburns are proof of skin damage by the sun, and they hurt. Avoid sunburns with the top two tips and by wearing sunscreen. The Skin Cancer Foundation recommends using a broad-spectrum (UVA/UVB) sunscreen with SPF 15 or higher every single day. For extended activity outdoors, opt for an SPF 30 broad-spectrum (UVA/UVB) sunscreen.

Stay Aware: Examine your skin and visit a dermatologist regularly. Conduct a head-to-toe skin check once a month to look for early warning signs of skin cancer. Visit with your dermatologist once a year or if you find anything suspicious in your examination.

For more useful skin care information and a self-exam guide, visit skincancer.org online.

Special Moments



Our Favorite Fitness Activities

"Football"
- Dan

"Football"
- Judy

Senior Health & Fitness Day is on May 28. Our residents and team members sound off on ways they enjoy being active.

"Baseball"
- Elaine

"Football"
- Amanda

"Basketball"
- Virginia



May Highlights

May is Get Caught Reading Month
and Military Appreciation Month

- 01 Chocolate Parfait Day
- 02 Truffle Day
- 03 Garden Meditation Day
- 04 Bird Day
- 05 Hoagie Day
- 06 Nurses Day
- 07 Teacher Appreciation Day
- 08 Receptionists Day
- 09 Butterscotch Brownie Day
- 10 Shrimp Day
- 11 Mini Golf Day
- 12 Mother's Day
- 13 Fruit Cocktail Day
- 14 Dance Like a Chicken Day
- 15 Chocolate Chip Day
- 16 Love a Tree Day
- 17 Endangered Species Day
- 18 Armed Forces Day
- 19 Devil's Food Cake Day

- 20 Pick Strawberries Day
- 21 Waitstaff Day
- 22 Vanilla Pudding Day
- 23 Lucky Penny Day
- 24 Scavenger Hunt Day
- 25 Tap Dance Day
- 26 Blueberry Cheesecake Day
- 27 Memorial Day
- 28 Hamburger Day
- 29 Senior Health & Fitness Day
- 30 Water a Flower Day
- 31 Heat Awareness Day

We're online @

- ◆ Facebook.com/LaConnerRetirementInn
- ◆ Blog.radiantseniorliving.com
- ◆ Radiantsrliving & Radiantvoices on Instagram
- ◆ RadiantSrLiving on Twitter
- ◆ Pinterest.com/radiantsrliving
- ◆ Radiant Senior Living on YouTube

Happy Mother's Day to all the moms out there!

May Birthdays



We wish you a Happy Birthday!

Gerdy, 5 -14	<u>Staff</u>
Elizabeth S., 5 -18	Ivy, 5 -1
Gem, 5 -19	Stacy, 5 -7
Mert, 5 -19	Tara, 5 -12
Shirley V., 5 -19	Michelle, 5 -13
Eva, 5 -26	Cat, 5 -18
Emilie, 5 -31	



May 2019

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			9:30 Manicures 10:00 Writers Workshop 1:00 Trip to the Market 1:30 Stretch Class 2:00 Po-Ke-No 4:00 Fashion Show Meeting	9:30 Stretch Class 9:30 Lecture Series 10:30 Brain Games 11:00 Bible Study 12:00 Lunch Out 2:30 Chat with Chef Dana 3:30 Gardening	9:30 Po-Ke-No 11:15 Discussion Group 1:30 Stretch 2:00 Volley Ball 3:45 Social Hour w/ The Esquires 6:30 Movie Night	9:30 Stretch Class 10:00 Wordsearch Puzzles 10:30 Crafts Group 1:00 Po-Ke-No 3:00 Kentucky Derby Social 3:50 Kentucky Derby Race 6:30 Game Night
Cinco de Mayo 5	6	7	8	9	10	11
9:30 Stretch Class 10:15 Gardening 11:00 Millionaire Game 1:00 Po-Ke-No 3:30 Cinco de Mayo Social 6:30 Movie Night	9:30 Morning Tea 10:15 Brain Games 11:00 Volleyball 1:00 Reading w/ Gem 1:30 Stretch Class 2:00 Po-Ke-No 4:00 Social Hour	9:30 Chair Yoga 10:15 Matching Game 11:00 Hangman 1:30 Virtual Tours 3:00 Games 6:30 Movie Night	9:30 Spa Day 10:00 Writers Workshop 1:00 Trip to the Market 1:30 Stretch Class 2:00 Po-Ke-No 4:00 Popsicle Party	9:30 Stretch Class 9:30 Lecture Series 10:30 Brain Games 11:00 Bible Study 1:00 Mystery Drive 2:30 Chat with Christina 3:00 Family Feud	9:00 Catholic Mass 10:00 Po-Ke-No 1:30 Stretch Class 2:00 Volley Ball 3:45 Social Hour w/ The Melodians 6:30 Movie Night	9:30 Stretch Class 10:00 Po-Ke-No 1:00 Fashion Show Set up 2:00 Mothers Day Tea and Fashion Show 6:30 Game Night
Mother's Day 12	National Frog Jumpin' Day 13	14	15	16	17	18
9:30 Stretch Class 10:15 Gardening 11:00 Millionaire Game 1:00 Po-Ke-No 3:30 Crafts 6:30 Movie Night	9:30 Morning Tea 10:15 Frog Races 11:00 Volleyball 1:00 Reading w/ Gem 1:30 Stretch Class 2:00 Po-Ke-No 4:00 Social Hour	9:30 Qi Gong Class 10:15 Matching Game 11:00 Hangman 1:00 Resident Council 3:00 Resident Birthday Party 6:30 Movie Night	9:30 Manicures 10:00 Writers Workshop 10:30 Music w/ the Renegades 1:00 Trip to the Market 1:30 Stretch Class 2:00 Po-Ke-No	9:30 Stretch Class 9:30 Lecture Series 10:30 Brain Games 11:00 Bible Study 1:00 Trip to Fredmeyer 4:00 Social Hour 5:00 Friends & Family	9:30 Po-Ke-No 11:00 Picnic at the Park 1:30 Stretch Class 2:00 Volley Ball 3:45 Sing-a-long w/ Terry & Caroline 6:30 Movie Night	9:30 Stretch Class 10:15 Crossword Puzzles 10:30 Crafts Group 1:00 Po-Ke-No 3:00 Social 6:30 Game Night
19	SPirit WEEK !!! 20	21	22	23	24	25
9:30 Stretch Class 10:15 Gardening 11:00 Millionaire Game 1:00 Po-Ke-No 3:30 Crafts 6:30 Movie Night	Wear Purple and Green 9:30 Morning Tea 10:15 Brain Games 11:00 Volleyball 1:00 Reading w/ Gem 1:30 Stretch Class 2:00 Po-Ke-No 4:00 Social Hour	Wear your Sports Jersey 9:30 Chair Yoga 10:15 Matching Game 11:00 Hangman 1:30Art Class w/ Logan Fox 3:00 Games 6:30 Movie Night	Wear your Western attire 9:30 Spa Day 10:00 Writers Workshop 1:00 Trip to the Market 1:30 Stretch Class 2:00 Po-Ke-No 3:00All About Hearing Clinic	Dress as whacky as you can 9:30 Stretch Class 9:30 Lecture Series 10:30 Brain Games 11:00 Bible Study 1:00 Trip to Walmart 3:00 Family Feud	Wear your pajamas today 9:30 Po-Ke-No 11:15 Matching Game 1:30 Stretch Class 2:00 Social Hour 3:00 What was the Price? 6:30 Movie Night	Wear RED, WHITE & BLUE 9:30 Stretch Class 10:30 Veteran's Coffee 12:00 BBQ 1:00 Back Yard Games 2:00 Po-Ke-No 6:30 Game Night
26	Memorial Day 27	28	29	30	31	
9:30 Stretch Class 10:15 Gardening 11:00 Millionaire Game 11:15 Memory Games 1:00 Po-Ke-No 3:30 Crafts 6:30 Movie Night	9:30 Morning Tea 10:15 Brain Games 11:00 Volleyball 1:00 Reading w/ Gem 1:30 Stretch Class 2:00 Po-Ke-No 4:00 Social Hour	9:30 Stretch Class 10:15 Matching Game 11:00 Hangman 1:30 Virtual Tours 3:00 Games 6:30 Movie Night	9:30 Manicures 10:00 Writers Workshop 1:00 Trip to the Market 1:30 Stretch Class 2:00 Po-Ke-No 4:00 Chips and Soda Social	9:30 Stretch Class 9:30 Lecture Series 10:30 Brain Games 11:00 Bible Study 1:30 Poker 3:00 Family Feud	9:30 Po-Ke-No 11:00 Lunch at the Casino 1:30 Stretch Class 2:00 Social Hour 3:00 What Was the Price? 6:30 Movie Night	