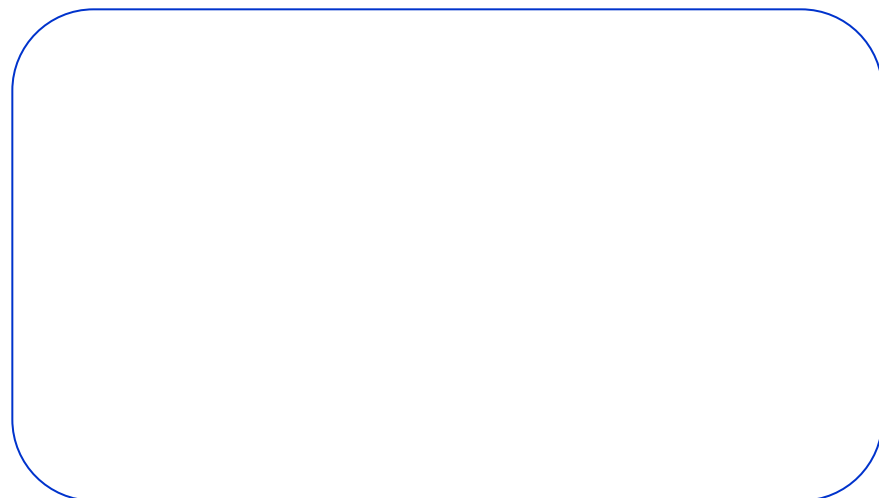




204 N. 1st St.  
PO Box 1087  
La Conner, WA 98257

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**Administrative Team: 360-466-5700**

Christina James  
Executive Director

Stacy Boydson  
Assistant Executive Director

Tonya Whidden  
Resident Care Coordinator

Katie Kramer  
Registered Nurse

Dana Whitney  
Dietary Director

Anthony Bjornstad  
Maintenance Director

Erika Hoffmire  
Life Enrichment Director

Kathy James & Vickie Mertins  
Front Office Team



# La Conner Retirement Inn News

## Monthly Newsletter



2 iN2L at Our Community  
3 Spotlight  
4-5 Activities Calendar

6 Birthdays, Social Media & Highlights  
7 Special Moments & Culinary Arts  
8 Mission & Team

## July 2019



# It's Never Too Late for Tech



## What is iN2L?

Our residents can use iN2L's picture-based, touchscreen interface to explore 4,000+ pieces of engaging, educational, spiritual, and personalized content. From mind-stimulating games, to exercise, to music immersion, and to google earth for looking back at former neighborhoods, iN2L has it all! We invite you to come try it.

*“iN2L is a wonderful tool that helps us keep our minds engaged and helps us give the residents an easy way to keep in touch with family.”*

**- Life Enrichment Director, Erika**

## Up Close with iN2L at Our Community

La Conner Retirement Inn prides itself on delivering a vibrant, engaging, life enrichment program for our residents, and a shining component of that program is iN2L technology that we use in conjunction with our daily activities. Just as surely as technology advances, so too does our involvement with it and how we use it. Learn the latest about our iN2L engagement, and hear from our community how we feel about it.

## What's New on the iN2L Front?

Every two months, iN2L content is refreshed with new and engaging games, activities, programs and more. We train our team to understand iN2L, to build their own personal appreciation for it, and we do regular trainings with our team to stay on top of the latest and greatest iN2L has to offer to our residents.

## How We Use iN2L

Here at La Conner Retirement Inn, we use iN2L to exercise our minds and our bodies. Life Enrichment Director Erika commented, “We have everything from word games, matching games, and puzzles to the ability to let residents video chat with their families. We have also used iN2L to reminisce days on Navy ships through video.” Additionally, iN2L has equipped us with many senior exercise opportunities, like chair dancing/yoga.

## Moving Forward in iN2L Style

We are excited to get everyone in La Conner tuned in to iN2L. Whether you are a resident or family member and want to know more about iN2L, please visit our Life Enrichment team! We would love to show you and your family how to use the family portal to share email, pictures, and videos, as well as other tools. If you have any questions, please email: [ehoffmire@laconnerretirementinn.com](mailto:ehoffmire@laconnerretirementinn.com).

# Special Moments



## It's Culinary Arts Month!

**We asked residents and team members:  
What is a dish or dessert that you find unique or special?**

**“Coconut Cream Pie”**

**- Tonya**

**“Apple Pie Ala Mode”**

**- Cat**

**“M&M Cookies”**

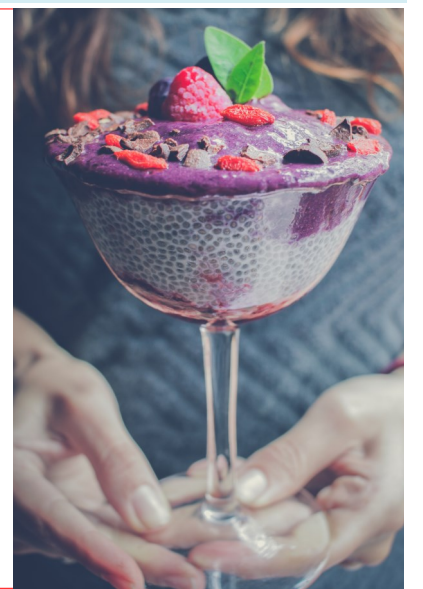
**- Lori**

**“Ice Cream”**

**- Nan**

**“Lemon Meringue Pie”**

**- Michael**





# July Highlights

July is Picnic Month, World Watercolor Month, Blueberries Month & Grilling Month!

- 01 Creative Ice Cream Flavors Day
- 02 Anisette Day
- 03 Chocolate Wafer Day
- 04 Independence Day; Caesar Salad Day
- 05 Graham Cracker Day
- 06 Hop a Park Day; Fried Chicken Day
- 07 Macaroni Day; Father Daughter Walk Day
- 08 Chocolate with Almonds Day
- 09 Sugar Cookie Day
- 10 Pina Colada Day
- 11 American Pet Photo Day
- 12 Collector Appreciation Day; Jello Day
- 13 French Fries Day
- 14 Mac and Cheese Day
- 15 Tapioca Pudding Day; Horses Day
- 16 Corn Fritters Day
- 17 Peach Ice Cream Day; Emoji Day
- 18 Sour Candy Day; Caviar Day

- 19 Daiquiri Day
- 20 Lollipop Day; Strawberry Wine Day
- 21 Junk Food Day
- 22 Penuche Fudge Day
- 23 Vanilla Ice Cream Day
- 24 Amelia Earhart Day; Drive-Thru Day
- 25 Hot Fudge Sundae Day; Chili Dog Day
- 26 Bagel Day; Coffee Milkshake Day
- 27 Dance Day; Crème Brulee Day
- 28 Parents Day; Milk Chocolate Day
- 29 Chicken Wing Day; Lasagne Day
- 30 Cheesecake Day; Father-in-Law Day
- 31 Avocado Day; Raspberry Cake Day

**Follow us on Social Media:**  
Facebook.com/LaConnerRetirementInn  
Blog.radiantseniorliving.com  
Radiantsrliving on Instagram  
Radiantvoices on Instagram  
RadiantSrLiving on Twitter  
Pinterest.com/radiantsrliving  
Radiant Senior Living on YouTube

## July Birthdays!

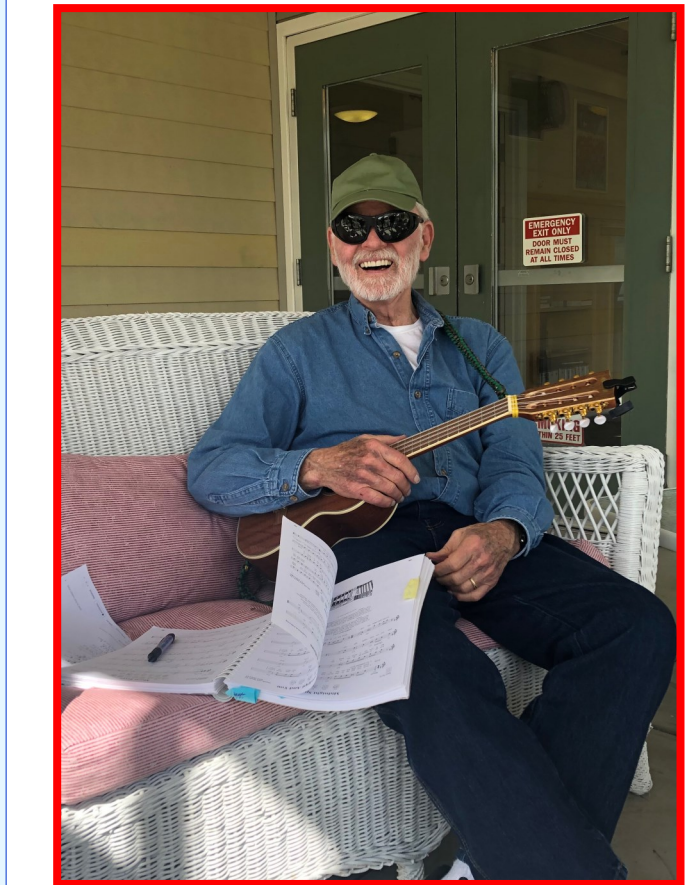


We hope you enjoy your special day!

<u>Residents</u>	<u>Staff</u>
Monte, 7/5	Michael, 7/1
Al, 7/6	Kathy, 7/4
Pam, 7/ 6	Katie, 7/9
Pat, 7/21	
Barbara, 7/29	
Ginny, 7/29	

## In Memory of Lonnie Neal

Please join us on Saturday, July 20th, at 3:00 pm in the Activity Room in memory of Lonnie Neal. Come share your stories while celebrating the life of a wonderful man.



## Learn to play the Ukulele!

Join us on July 5 at 11 am for an informational meeting on our upcoming ukulele lessons. Explore instruments, learn the different types and what they do, as well as the general price range and what to look for when purchasing-along with where rentals are available. Meet the instructor Mike and ask any questions you may have. Lessons will run for 6 weeks on Fridays at 11 am from July 19 to August 23.



# July 2019

La Conner Retirement Inn • 204 North 1st Street, La Conner WA 98257 • 360-466-5700

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Michael's Birthday 1  9:30 Morning News 10:15 Brain Games 11:00 Walking Club 1:00 Reading w/ Gem 1:30 Stretch Class 2:00 Po-Ke-No 4:00 Social Hour	2  9:30 Qi Gong Class 10:15 Matching Game 11:00 Hangman 1:30 Virtual Tours 3:00 Uno Game 6:30 Movie Night	3  9:30 Spa Day 10:00 Writers Workshop 1:30 Stretch Class 2:00 Trip to the Market 2:00 Po-Ke-No 4:00 Classic TV	Independence Day 4 Kathy's Birthday  9:30 Stretch Class 10:00 4th of July Fun 12:00 Parade on 1st St 10:00 Fireworks Show	Monte's Birthday 5  9:30 Po-Ke-No 11:00 Intro to Ukulele 1:30 Stretch Class 2:00 Roasting Marshmallows 3:45 Music w/ The Esquires 6:30 Movie Night	Al's Birthday 6 Pam's Birthday  9:30 Stretch Class 10:15 Word Search Puzzles 11:00 Piggy Bankers Game 1:30 Po-Ke-No 3:00 Chicken Social 6:30 Game Night
7  9:30 Stretch Class 10:15 Garden Club 11:00 Funny Photo Booth 1:30 Po-Ke-No 3:30 Judge & Jury Game 6:30 Movie Night	8  9:30 Morning News 10:15 Brain Games 11:00 Walking Club 1:00 Reading w/ Gem 1:30 Stretch Class 2:00 Po-Ke-No 4:00 Social Hour	Katie's Birthday 9  9:30 Chair Yoga 10:15 Hangman 11:00 Name That Smell 1:00 Resident Council 3:00 Resident Birthday Party 6:30 Movie Night	10  9:30 Manicures 10:00 Writers Workshop 1:30 Stretch Class 2:00 Trip to the Market 2:00 Po-Ke-No 4:00 Classic TV	11  9:30 Stretch Class 9:30 Lecture Series 10:30 Brain Games 11:00 Bible Study 2:30 Chat with Christina 3:30 Pet Photo Contest	12  9:00 Catholic Mass 10:00 Po-Ke-No 1:30 Stretch Class 2:00 Share Your Collection 3:45 Social Hour w/ The Melodians 6:30 Movie Night	13  9:30 Stretch Class 10:15 Word Search Puzzles 11:00 Piggy Bankers Game 1:30 Po-Ke-No 3:00 French Fry Social 6:30 Game Night
14  9:30 Stretch Class 10:15 Garden Club 11:00 Water Painting 1:30 Po-Ke-No 3:00 Music at Gilkey Square 6:30 Movie Night	15  9:30 Morning News 10:15 Brain Games 11:00 Walking Club 1:00 Reading w/ Gem 1:30 Stretch Class 2:00 Po-Ke-No 4:00 Social Hour	16  9:30 Qi Gong Class 10:15 Matching Game 11:00 Hangman 1:30 Virtual Tours 3:00 Uno Game 6:30 Movie Night	17  9:30 Spa Day 10:00 Writers Workshop 10:30 Music w/ the Renegades  1:30 Stretch Class 2:00 Trip to the Market 2:00 Po-Ke-No	18  9:30 Stretch Class 9:30 Lecture Series 10:30 Brain Games 11:00 Bible Study 1:30 Trip to Fredmeyer 4:00 Social Hour 5:00 Friends & Family Dinner	19  9:30 Po-Ke-No 11:00 Ukulele Practice 1:30 Stretch Class 2:00 Daiquiri Social 3:45 Sing-a-long w/ Terry & Caroline 6:30 Movie Night	20  9:30 Stretch Class 10:15 Word Search Puzzles 11:00 Piggy Bankers Game 1:30 Po-Ke-No 3:00 Memorial for Lonnie Neal 6:30 Game Night
Pat's Birthday 21  9:30 Stretch Class 10:15 Garden Club 11:00 Funny Photo Booth 1:30 Po-Ke-No 3:30 Judge & Jury Game 6:30 Movie Night	22  9:30 Morning News 10:15 Brain Games 11:00 Walking Club 1:00 Reading w/ Gem 1:30 Stretch Class 2:00 Po-Ke-No 4:00 Social Hour	23  9:30 Chair Yoga 10:15 Hangman 11:00 Name That Smell 1:30 Virtual Tours 3:00 Yahtzee Game 6:30 Movie Night	24  9:30 Manicures 10:00 Writers Workshop 1:30 Stretch Class 2:00 Trip to the Market 2:00 Po-Ke-No 3:00 All About Hearing	25  9:30 Stretch Class 9:30 Lecture Series 10:30 Brain Games 11:00 Bible Study 2:30 Chat with Chef Dana 3:30 Family Feud	26  9:30 Po-Ke-No 11:00 Ukulele Practice 1:30 Stretch Class 2:00 Volley Ball 3:30 Milk Shake Social 6:30 Movie Night	27  9:30 Stretch Class 10:15 Word Search Puzzles 11:00 Chair Dancing 1:30 Po-Ke-No 3:00 Crème Brulee Social 6:30 Game Night
28  9:30 Stretch Class 10:15 Garden Club 11:00 Water Painting 1:30 Po-Ke-No 3:00 Music at Gilkey Square 6:30 Movie Night	Barbara's Birthday 29 Ginny's Birthday  9:30 Morning News 10:15 Brain Games 11:00 Walking Club 1:00 Reading w/ Gem 1:30 Stretch Class 2:00 Po-Ke-No 4:00 Social Hour	30  9:30 Qi Gong Class 10:15 Matching Game 11:00 Hangman 1:30 Virtual Tours 3:00 Uno Game 6:30 Movie Night	31  9:30 Manicures 10:00 Writers Workshop 1:30 Stretch Class 2:00 Trip to the Market 2:00 Po-Ke-No 4:00 Classic TV			