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

PRESORTED
STANDARD
US POSTAGE
LA CONNER, WA
PERMIT #3

Administrative Team:
360-466-5700

Christina James
Executive Director

Stacy Boydson
Assistant Executive Director

Katie Kramer
Registered Nurse

Dana Whitney
Dietary Director

Mark White
Maintenance Director

Erika Hoffmire
Life Enrichment Director

Kathy James & Vickie Mertins
Front Office Team

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

La Conner Retirement Inn News

Monthly Newsletter

January 2020

2 Healthy New Year's Resolutions
3 Team & Resident Spotlight
4-5 Activities Calendar
6 Birthdays, Social Media, & Highlights
7 Special Moments, Recipe Corner
8 Mission & Team

Do It Up Big With Healthy New Year's Resolutions

Heading into a new decade is a great time to reevaluate goals and set new ones! It's a momentous occasion that calls for equally momentous goals. What better way to make a splash—and keep on splendidly splashing– than through healthy living? Embrace new-you success in the '20s!

Note: Each individual should follow their medical professional's advice and speak with them before making diet or exercise changes.

Goal Idea: Eat more blueberries! Did you know blueberries can: improve brain function, protect the body from unstable molecules, lower blood pressure, and help prevent heart disease? These little blue buddies pack quite the health punch!

Get Social

Taking part in group activities, being with others, and sharing your feelings boosts overall health. Ways to bring out your social butterfly:

- Attend group activities. Set small social goals each time you take part. Greet and share an observation or compliment.
- Have your hearing and vision tested to ensure that you aren't missing things.
- Practice your favorite hobby in a common area. It will increase the odds another person will approach you or join you.
- If religious, attend group services.
- Use IN2L with your Life Enrichment Director.

Embrace Your Exercise Passion

Being active helps the whole body. Do some thinking about your favorite ways to be active and set small goals for daily activities (walking, dancing, swimming, stretching, lifting, bowling, golfing, or chair exercises). Work out with a buddy for motivation and safety. Mark successes on a calendar or share aloud!

Hydrate

Dehydration can affect people of all ages, but especially seniors. Ask your health professional how much water you should get each day, as it varies from person to person. To help make hydration fun, in addition to water, try hydrating foods like watermelon, spinach, cucumbers, green peppers, and celery. Good ways to detect that fluid intake is adequate include rarely feeling thirsty and colorless or light yellow urine.

Prioritize Your Wellness

Reach out to your medical and dental health professionals as you head into 2020 to schedule wellness appointments. Staying on top of your well-being is the best gift you can give yourself.

Sleep Well

Sleep quality can be compromised in many ways. Try these goals to improve your sleep:

- Follow a pre-sleep routine / sleep schedule
- Avoid late afternoon naps or caffeine
- Avoid bright screens and lights, and large pre-bedtime meals

Have A Rainbow A Day…

We know, the saying goes "an apple a day…" but a rainbow is much more fun. When you eat, improve nutrition with a rainbow of different colored foods on your plate at each meal, with many colors coming from fruits and vegetables.

We wish you a healthy year ahead!

Special Moments

A 1920's Recipe to Try in 2020: Lemon Ginger Icebox Cake

This Lemon Ginger Icebox Cake is modified from a *Taste of Home* version that has great reviews. It takes 20+ minutes to prep and chill and it makes 12 servings.

Ingredients: Two cups of heavy whipping cream * Eight ounces of soft cream cheese * Two teaspoons of grated lemon zest * Ten ounces of lemon curd * Two tablespoons of chopped and crystallized ginger * Two packages of thin ginger cookies that are 5 and 1/4 ounces each

Directions: In a big bowl, beat the lemon zest with the cream cheese until creamy. Beat in the lemon curd until it is smooth. Gradually add in cream and beat on medium to high until soft peaks set in. Line the bottom of an eight inch dish with nine cookies. Spread with two thirds of a cup of cream cheese mixture. Repeat for six layers. Sprinkle with ginger. Cover and refrigerate for two hours or more.

January 2020 Highlights

January is Hot Tea Month, Braille Literacy Month, Oatmeal Month, Soup Month, Hobby Month, Mentoring Month, and Bath Safety

It's 2020! Happy New Year's Everyone!
01 New Year's Day; Bloody Mary Day
02 Cream Puff Day; Science Fiction Day
03 Chocolate Covered Cherry Day
04 Spaghetti Day; Trivia Day
05 Bird Day; Whipped Cream Day
06 Shortbread Day; Tech Day
07 Tempura Day
08 Argyle Day; Toffee Day
09 Apricot Day; Law Enforcement Day
10 Bittersweet Chocolate Day
11 Vision Board Day; Milk Day
12 Marzipan Day; Curry Chicken Day
13 Peach Melba Day; Rubber Ducky Day
14 Dress Up Your Pet Day
15 Bagel Day; Strawberry Ice Cream Day
16 Fig Newton Day
17 Hot Buttered Rum Day
18 Winnie the Pooh Day; Thesaurus Day
19 Popcorn Day
20 Cheese Lover's Day; MLK Jr. Day
21 Granola Bar Day; Hugging Day
22 Blonde Brownie Day
23 Handwriting Day; Pie Day
24 Compliment Day; Peanut Butter Day
25 Opposite Day; Irish Coffee Day
26 Green Juice Day; Peanut Brittle Day
27 Chocolate Cake Day; Bubble Wrap Day
28 Blueberry Pancake Day; Kazoo Day
29 Corn Chip Day; Puzzle Day
30 Croissant Day
31 Backward Day; Hot Chocolate Day; Inspire Your Heart with Art Day

January Birthdays & Our Community Online

Happy Birthday Wishes!
Linda: Jan. 12th
Arlene: Jan. 27th
Dan C.: Jan. 27th
Dan M.: Jan. 29th

Staff

Debi: Jan. 12th

Anniversaries

Erika -1 year Jan.2nd
Michael-3 years Jan 6th

Come visit us online at:

Facebook.com/LaConnerRetirementInn

Blog.radiantseniorliving.com

Radiantsrliving on Instagram

Radiantvoices on Instagram

RadiantSrLiving on Twitter

Pinterest.com/radiantsrliving

Radiant Senior Living on YouTube

Resident Spotlight
Prue

Prue was born and grew up in Newark, New Jersey. After that she attended Parsons School of Interior design. She met her husband in 1948 and they were married three years later. In the 65 years they were married they had one boy and one girl and two granddaughters and two grandsons. Prue moved to Washington from Palm Desert 3 years ago and has been with us every since. She was a former runner up in the Senior Miss America Pageant prior to moving and has enjoyed a life time of love and laughter.

Staff Spotlight
Nathan

Nathan was born in Oak Harbor, Washington. Nathan has two younger siblings, one brother and one sister. He has lived in Washington his entire life. Nathan has been a caregiver for 15 years. Nathan has worked at the Inn for a year and a half. Prior to coming to work at the inn he has work at Regency on Whidbey and Brookdale Senior Living. Before moving back to Whidbey Island, Nathan lived in Monroe, Washington for 25 years.

Thank you, Nathan, for all you do!

JANUARY 2020

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 **9:30 Spa Day** 10:00 Writers Workshop 10:00 Word Searches 1:30 Stretch Class **2:15 New Year's Trivia**	**2** 9:30 Stretch Class 10:15 Name that Sound Game 11:00 Bible Study 1:30 Adult Coloring 2:30 Word Searches 3:30 Classic TV	**3** 9:30 Po-Ke-No **10:00 Puzzle Time** 1:30 Stretch Class 2:15 Matching Game **3:45 Music with The Esquires** 6:30 Movie: The Lion King	**National Trivia Day** **4** 9:30 Stretch Class 10:15 Animal Trivia Game 11:00 Name that Flower 1:30 Po-Ke-No 3:00 **Music: The Salt Grass Dirt Band** 6:30 Movie Night
5 9:30 Stretch Class 10:00 NFL Playoffs 11:00 Bean Bag Toss 1:30 Po-Ke-No 3:30 Collage Making 6:30 Movie: The Big Year	**6** 9:30 News Update 10:15 Baking Club 11:00 Matching Game 1:30 Stretch Class 2:00 Po-Ke-No 4:00 Social Hour	**7** 9:30 Stretch Class 10:00 **Birding For Beginners** 11:00 Adult Coloring **1:30 Chat with Christina** **2:30 Trip to Fred Meyer** 3:00 Farkel-dice game	**Elvis' Birthday** **8** 9:30 Manicures 10:00 Writers Workshop 1:30 Stretch Class 2:00 Po-Ke-No **4:00 Elvis Music** 6:30 Movie: It Happened at the World's Fair	**9** 9:30 Stretch Class 10:15 What's the Price Game 11:00 Bible Study 1:30 **Trip to the Movies** 1:30 Yahtzee-game 2:30 Word Searches 3:30 Classic TV	**10** **9:00 Catholic Mass** 10:00 Po-Ke-No 1:30 Stretch Class **3:45 Winter Beach Party & Music: The Melodians** **6:30** Movie: Beach Blanket Bingo	**11** 9:30 Stretch Class 10:15 Geography Game 11:00 Hangman 1:30 Po-Ke-No **3:30 Hot Cocoa by the Fire** 6:30 Movie Night
12 9:30 Stretch Class 10:15 Snowflake Making 11:00 Winter Trivia 1:30 Po-Ke-No 3:30 Jewelry Making 6:30 Movie Night	**13** 9:30 Sports Trivia 10:15 Baking Club 11:00 Family Feud Game 1:30 Stretch Class 2:00 Po-Ke-No **3:00 Play Practice** 4:00 Social Hour	**14** 9:30 Stretch Class **10:15 Snow Globe Craft** 11:00 Crossword Puzzles **1:15 Resident Council Meet** **3:00 Play Practice** **3:30 Resident Birthday Party & Singalong with Logan**	**15** **9:30 Spa Day** 10:00 Writers Workshop **10:30 Music: The Renegades** 1:30 Stretch Class **2:00 Trip to the Market** 2:00 Po-Ke-No **3:00 Play Practice** **3:45 Strawberry Ice Cream Social**	**16** 9:30 Stretch Class 9:30 Lecture Series 11:00 Bible Study 1:30 Hangman **1:30 Trip to Grocery Outlet** **3:00 Play Practice** 3:30 Buddhism with **Bill Malcomson**	**17** 9:30 Po-Ke-No 11:00 Who wants to be a Millionaire- Game 1:30 Stretch Class 2:15 Matching Game **3:00 Play Practice** 3:45 **Singalong with Terry & Caroline** 6:30 Movie Night	**18** 9:30 Stretch Class 10:15 Water Color Painting 11:00 Word Searches 1:30 Po-Ke-No 3:30 **Hot Apple Cider by the fire** 6:30 Movie Night
Popcorn Day **19** 9:30 Stretch Class 10:00 NFL Playoffs 11:00 Bowling 1:30 Po-Ke-No 3:30 Popcorn Ball Making 6:30 Movie: Selma	**Martin Luther King Jr. Day** **20** 9:30 MLK Trivia 10:15 Baking Club 11:00 Puzzles 1:30 Stretch Class 2:00 Po-Ke-No **3:00 Play Practice** 4:00 Cheese Social Hour	**21** 9:30 Stretch Class 10:15 Adult Coloring 11:00 **Music: The Wayfaring Strangers** 1:30 Pictionary **2:00 Afternoon Tea** **3:00 Play Practice**	**22** 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** **3:00 Play Practice**	**23** 9:30 Stretch Class 9:30 Lecture Series 11:00 Bible Study 1:30 Lovebug Craft **4:00 Social Hour** **5:00 Friends and Family Murder Mystery Dinner**	**24** 9:30 Po-Ke-No 11:00 Classic TV 1:30 Stretch Class 2:15 Chair Badminton 3:30 **Music w/ Mike Bush** 6:30 Movie Night	**Chinese New Year** **25** 9:30 Stretch Class 10:15 Lantern Making 11:00 Chinese Trivia 1:30 Po-Ke-No **3:30 Chinese New Year Social** 6:30 Movie: It's a Mad Mad Mad World
26 9:30 Stretch Class 10:15 Classic TV 11:00 Scrabble 1:30 Po-Ke-No 3:30 Jewelry Making 6:30 Movie Night	**27** 9:30 News Update 10:15 Baking Club **11:30 Lunch Outing** 1:30 Stretch Class 2:00 Po-Ke-No 4:00 Social Hour	**28** 9:30 Stretch Class 10:15 Morning Tea 11:00 Puzzle Hour 1:30 Matching Game 2:00 Flower Arrangements 3:30 Uno Game	**29** **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 Card Making	**30** 9:30 Stretch Class 9:30 Lecture Series 11:00 Bible Study **1:00 Trip to Rockport** 1:30 Water Color Painting 2:30 **Radio Broadcast: Lone Ranger** 3:30 Cookies & Coffee	**31** 9:30 Po-Ke-No 11:00 Classic TV 1:30 Stretch Class 2:15 Lovebug Craft 3:00 Checkers Game 6:30 Movie Night	