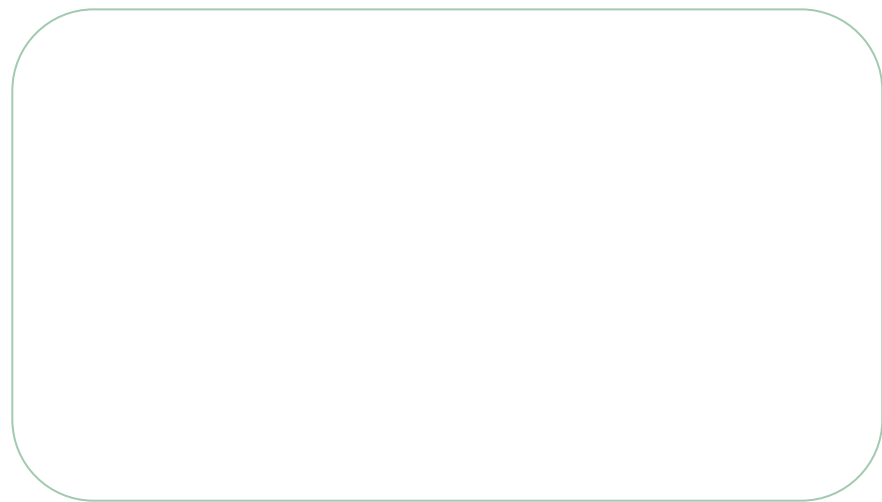




204 N. 1st St.  
PO Box 1087  
La Conner, WA 98257

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

Executive Director: Christina James

Office Director: Stacy Boydson

Wellness Director: Elena Vrinceanu

Registered Nurse: Katie Kramer

Dietary Director: Dana Whitney

Maintenance Director: Mark White

Front Office: Kathy James & Vickie Mertins

Life Enrichment Director: Allie Kester

Community Relations: Magen Goldstein

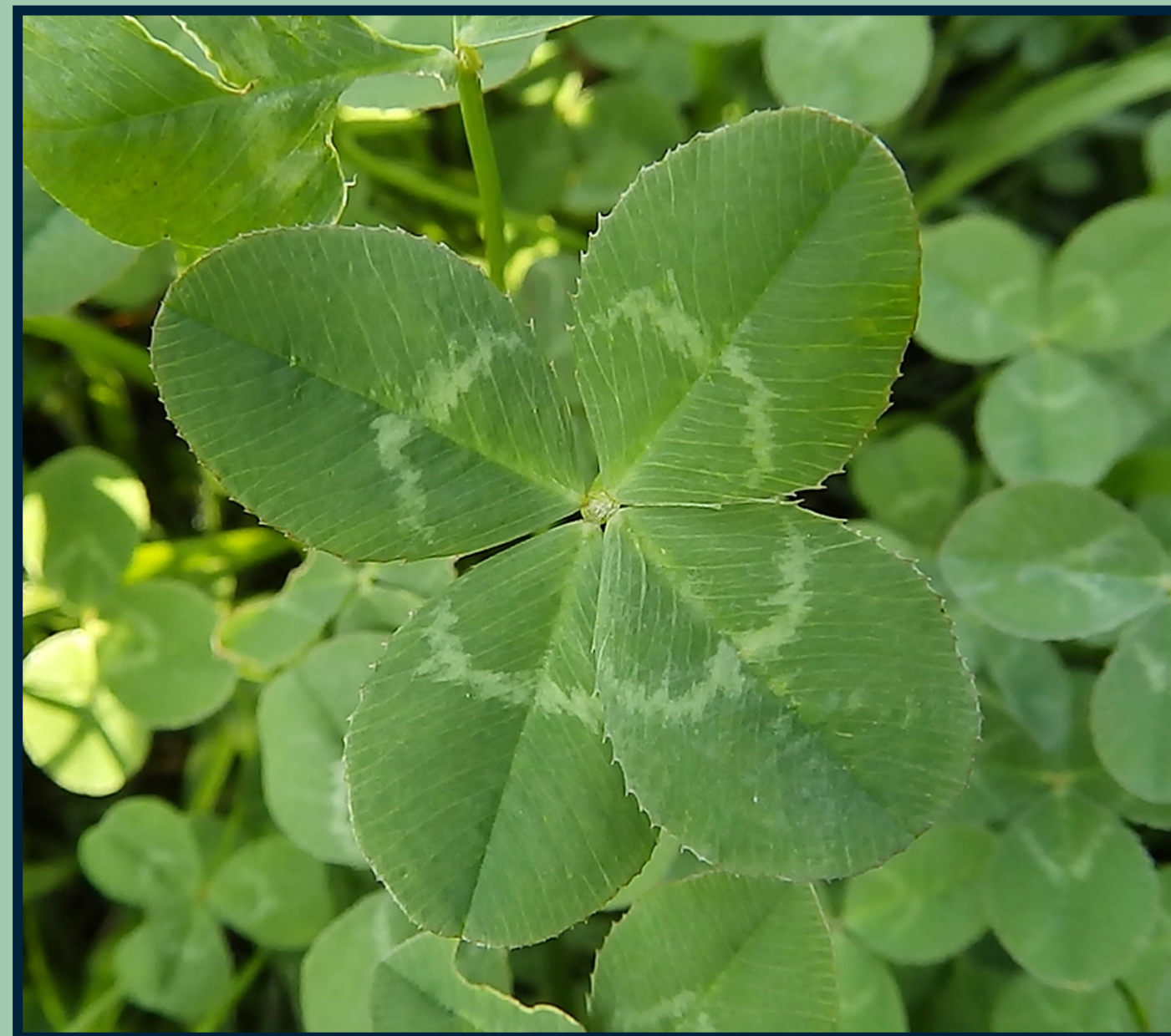


Pictured: Slieve League, Ireland

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

# La Conner Retirement Inn News

## Monthly Newsletter



### March 2020

2 Artistic Engagement  
3 Team & Resident Spotlight  
4-5 Activities Calendar

6 Highlights & Our Artistic Expression  
7 Special Moments, Birthdays, Social Media  
8 Mission & Team

# Artistic Engagement Benefits & Ideas

American Artist Georgia O'Keefe once said, "Whether you succeed or not is irrelevant, there is no such thing. Making your unknown known is the important thing." O'Keefe's words ring true when we think of art's importance in our daily lives. Art forms provide people of all ages, walks of life, and creative abilities the opportunity to express feelings and become engaged; by extension positively affecting health.



This is especially true for older adults, according to Gene Cohen, MD, PhD. Cohen concluded in a 2006 study that older adults active in arts had better physical health, fewer visits to the doctor, required less medication, and fell less frequently than those in the study not involved in arts (Today's Geriatric Medicine).

Such findings shed light upon the value that painting, dancing, drawing, knitting, sculpting, drama, photography, poetry, creative writing, and playing or moving to music can bring in senior living communities.

In an article entitled "Aging: What's Art Got to Do With It," in Geriatric Monthly, Barbara Bagan, PhD, ATR-BC, shared plenty of detailed positive effects

artistic expression can have on older adults. It:

- Aids in relaxation, anxiety, and depression
- Gives feelings of control
- Improves communication and socialization
- Encourages humor and playfulness
- Improves cognition
- Offers sensory stimulation
- Fosters a strong sense of identity
- Bolsters self-esteem
- Nurtures faith
- Reduces boredom

The next time you engage in an art form, remember how many ways you may be benefitting yourself. For those who wish to start taking part in artistic expression, or help a loved one to do so, a great place to start is with music and an empty page.

## Special Moments



### Happy Birthday Wishes!

- Barbara S: March 5th
- Dorothy J: March 7th
- Alma K: March 7th
- Betty Jo W: March 12th
- Mike E: March 15th
- Lee S: March 21st
- Barbara H: March 25th
- Betty J: March 28th
- Staff Birthday Wishes**
- Amanda C: March 2cd**
- Carmen R: March 12th**

### Visit us Online:

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

# March 2020 Highlights

March is Noodle Month, Peanut Month, Women’s History Month, and Craft Month.

- 01 Peanut Butter Day; Pig Day
- 02 Read Across America Day
- 03 Cold Cuts Day; Soup it Forward Day
- 04 Grammar Day; Pound Cake Day
- 05 Cheese Doodle Day
- 06 Oreo Day; Staff Appreciation Day
- 07 Cereal Day
- 08 Oregon Day; Women’s Day
- 09 Meatball Day; Barbie Day
- 10 Blueberry Popover Day
- 11 Oatmeal Nut Waffles Day
- 12 Girl Scouts Day; Plant Flowers Day
- 13 K9 Veterans Day; Good Deed Day
- 14 Butterflies Day; Potato Chip Day
- 15 Pears Helene Day
- 16 Artichoke Hearts Day; Panda Day

- 17 St. Patrick’s Day; 3D Day
- 18 Lacy Cookie Day; Sloppy Joes Day
- 19 Certified Nurses Day; Spring Begins!
- 20 Ravioli Day; Flour Day
- 21 French Bread Day; CA Strawberry Day
- 22 Bavarian Crepes Day
- 23 Melba Toast Day; Chip and Dip Day
- 24 Chocolate Covered Raisins Day
- 25 Lobster Newburg Day; Manatee Day
- 26 Spinach Day; Nougat Day
- 27 Scribble Day; Spanish Paella Day
- 28 Food on Sticks Day
- 29 Nevada Day; Lemon Chiffon Cake Day
- 30 Virtual Vacay Day; Park Walks Day
- 31 Crayon Day; Tater Day

**SPRING FORWARD!** On the evening of Saturday, March 7, set your clocks forward one hour for Daylight Savings Time which will take effect at 2 AM.



## Our Staff Spotlight Shines On: Elena V.

Elena was born in Romania where she studied International Business for Marketing. She went on to work for an oil drilling company preventing eruptions for nine years. She came to the United States in 2002. She enrolled in Edmonds community college where she studied ESL classes. After college Elena went into caregiving where she worked her way up to Med Tech and then to resident care coordinator. She comes to us with a wealth of experience with the title of Wellness Director.

Elena has two daughters and one grandson and her hobbies include knitting, camping, and fishing.

Thank you, Elena, for everything you do



## Our Resident Spotlight Shines On: John R.

John was born right here in Lake McMurry. His family moved to Burlington where he went to school and graduated from Burlington Edison High. One day after graduating, John began his work life at Northern State Hospital just east of Sedro-Woolley. He worked in many departments before the hospital closed. Shortly after, he was offered a job with the state. He worked for the State Highway department till he retired. John spent many decades fishing and hunting with his friends and his son.

We are glad you are here, John!

# March 2020

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

SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b> 9:30 Happy Hearts Fitness 10:00 Coffee & Current Events 11:00 Ring Toss 2:00 Bingo 4:00 Craft Time 6:30 Movie Night	<b>2</b> 9:30 Puzzles 10:00 Baking Club 11:00 Memory Game 1:30 Happy Hearts Fitness 2:00 Po-Ke-No 4:00 Social Hour with Coffee/Tea and Snack	<b>3</b> 9:30 Happy Hearts Fitness 10:00 Brain Games 11:00 Scrabble 1:30 Bridge 1:30 Trip to Fred Meyers 3:00 Bingo 4:00 Afternoon Tea Time & Snack	<b>4</b> 9:30 Manicures 10:00 Writer's Workshop 1:30 Happy Hearts Fitness 1:30 Trip to Market 2:00 Craft Time 3:00 Po-Ke-No	<b>5</b> 9:30 Happy Hearts Fitness 9:30 Lecture Series 11:00 Bible Study 1:30 Museum Trip 2:00 Hangman 3:00 Chat with Allie and Nathan 4:00 Board games	<b>6</b> 9:30 Happy Hearts Fitness 10:00 Memory Games 11:00 Volleyball 2:00 Po-Ke-No 4:00 Happy Hour and Music with Marcia Kester 6:30 Movie Night	<b>7</b> 9:30 Happy Hearts Fitness 10:00 Ring Toss 11:00 Throw the Ball 1:30 Fireside Chat w/ Tea and Cookies 3:00 Dorothy Jeffries Birthday, come celebrate in the activities room 6:30 Movie Night w/ popcorn
<b>8 DAYLIGHT SAVINGS BEGINS</b> 9:30 Happy Hearts Fitness 10:00 Coffee & Current Events 11:00 Bean Bag Toss 1:30 Coloring with Style 3:00 Craft Time Made easy 4:00 Matching Game	<b>9</b> 9:30 Spring Trivia 10:00 Baking Club 11:00 Memory Game 1:30 Happy Hearts Fitness 2:00 Po-Ke-No 4:00 Social Hour with Coffee, Tea, and Snacks	<b>10</b> 9:30 Happy Hearts Fitness 10:00 Brain Games 11:00 Scrabble 1:30 Bridge 1:00 Out to the Movies 1:00 Chat with Christina 2:00 Bingo 3:30 Resident Birthday Party & Sing-along	<b>11</b> 9:30 Spa Day 10:00 Writer's Workshop 1:30 Trip to the Market 1:30 Happy Hearts Fitness 2:00 Craft Time 3:00 Po-Ke-No	<b>12</b> 9:30 Happy Hearts Fitness 9:30 Lecture Series 11:00 Bible Study 11:00 Mystery Drive w/ sack lunch 1:30 Chat with Chef Dana 3:00 Travel to England	<b>13</b> 9:00 Catholic Mass 9:30 Happy Hearts Fitness 10:00 Memory Games 11:00 Volleyball 2:00 Po-Ke-No 4:00 Happy Hour With Music By Lee Howard 6:30 Movie Night	<b>14</b> 9:30 Happy Hearts Fitness 10:00 Ring Toss 11:00 Throw the Ball 2:00 Hangman 3:00 National Pie Day Party Social with Fireside Chat 6:30 Movie Night w/ popcorn
<b>15</b> 9:30 Happy Hearts Fitness 10:00 Coffee & Current Events 11:00 Bean Bag Toss 1:30 Coloring with style 3:00 Craft Time Made Easy 4:00 Matching Game 6:30 Movie Night	<b>16</b> 9:30 St. Patrick's Day Trivia 10:00 Baking Club 11:00 Memory Game 1:30 Happy Hearts Fitness 2:00 Po-Ke-No 4:00 Social Hour with Coffee, Tea and Snacks	<b>17 ST. PATRICK'S DAY</b> 9:30 Happy Hearts Fitness 10:00 Brain Games 11:00 Scrabble 1:30 Bridge 1:30 Trip to the Thrift store 2:00 Irish Bingo 3:30 Afternoon Irish Tea time with Shamrock Cookies	<b>18</b> 9:30 Manicures 10:30 Music with the Renegades 1:30 Happy Hearts Fitness 1:30 Trip to Market & Edison Bakery 2:00 Craft Time 3:00 Po-Ke-No	<b>19 SPRING BEGINS</b> 9:30 Happy Hearts Fitness 9:30 Lecture Series 11:00 Bible Study 1:30 Bank Tour 2:00 Walking in the sun 3:00 to 4:00 Irish Happy Hour w/ Music 4:00 Travel Log to Ireland 5:00 Friends and Family Irish Dinner	<b>20</b> 9:30 Happy Hearts Fitness 10:00 Memory Games 11:00 Volleyball 2:00 Po-Ke-No 4:00 Happy Hour with Salt Dirt Band 6:30 Movie Night	<b>21</b> 9:30 Happy Hearts Fitness 10:00 Ring Toss 11:00 Throw the Ball 1:30 Hangman 2:00 Jigsaw Puzzle 3:00 Fireside Chat Coffee and Cookies 6:30 Movie Night with popcorn
<b>22</b> 9:30 Happy Hearts Fitness 10:00 Coffee & Current Events 11:00 Bean Bag Toss 1:30 Coloring with style 3:00 Craft Time Made Easy 4:00 Matching Game 6:30 Movie Night	<b>23</b> 9:30 Puzzles 10:00 Baking Club 11:00 Memory Game 1:30 Happy Hearts Fitness 2:00 Po-Ke-No 4:00 Social Hour with Coffee & Cookies	<b>24</b> 9:30 Happy Hearts Fitness 10:00 Brain Games 11:00 Scrabble 1:30 Trip to Costco or Target 2:00 Bingo 4:00 Gardening	<b>25</b> 9:30 Spa Day 10:00 Writer's Workshop 1:30 Trip To The Market 1:30 Happy Hearts Fitness 2:00 Craft Time Made Easy and Flag Making 3:00 All About hearing 3:00 Po-Ke-No	<b>26</b> 9:30 Happy Hearts Fitness 9:30 Lecture Series 11:00 Bible Study 1:30 Mystery Tour 2:00 Gardening 4:00 Brain Games	<b>27</b> 9:00 Happy Hearts Fitness 10:00 Memory Games 11:00 Volleyball 1:00 Sorting Seeds 2:00 Po-Ke-No 4:00 Pajama Happy Hour with Music by Harmony Northwest Chorus	<b>28</b> 9:30 Happy Hearts Fitness 10:00 Plant Spring Time Seeds 11:00 Toss the Ball 1:30 Ring Toss 2:30 Jigsaw Puzzle 3:00 Fireside Chat with Coffee and snacks 4:00 Sort by Shape, Color and Size
<b>29</b> 9:30 Happy Hour Fitness 10:00 Coffee & Current Events 11:00 Bean Bag Toss 1:30 Coloring with Style 3:00 Craft Time Made Easy 4:00 Matching Game 6:30 Movie Night	<b>30</b> 9:00 Puzzles 10:00 Baking Club 11:00 Memory Game 1:30 Happy Hearts Fitness 2:00 Po-Ke-No 4:00 Social Hour with Coffee & Cookies	<b>31</b> 9:00 Happy Hearts Fitness 10:00 Brain Games 11:00 Scrabble 1:00 Mystery Drive Surprise Stop 2:00 Bingo 4:00 Gardening				