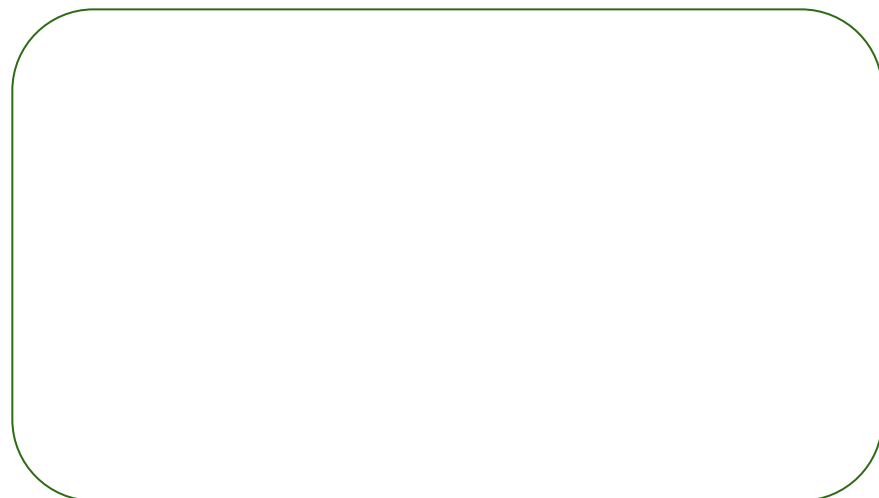




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Administrative Team: 360-466-5700

Executive Director: Christina James

**Assistant Executive Director: Stacy
Boydston**

Wellness Director: Elena Vrinceanu

Comm. Relations Director: Megan Goldstein

Registered Nurse: Katie Kramer

Dietary Director: Dana Whitney

Maintenance Director: Mark White

Front Office: Kathy James & Vickie Mertins

Life Enrichment Dir.: Allie Kester



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

La Conner Retirement Inn News

Monthly Newsletter



April 2020

2 Move Toward an Active Lifestyle
3 Team & Resident Spotlight
4-5 Activities Calendar

6 Highlights, Notes, Audubon Day
7 Special Moments & Birthdays
8 Mission & Team

How to Move Toward a More Active Lifestyle & Improved Strength

It's a fact of life that as we age to around 50, our body composition changes with naturally occurring reductions to muscle mass, bone mass, and physical capacity. But it's also true that there's lots we can do to increase our strength and mobility, helping to improve our lives overall.

Head into the spring season with more opportunities for outside fun, with these guidelines and tips for improving strength and balance. Of course, always consult your health professional before making changes to diet, exercise, or medication.

Starting out on a path toward getting more active doesn't have to be a struggle. It is never too late to start being physically active. All should strive to be as physically active as their abilities and conditions allow, and for all people, some activity is better than none.

U.S. Government Guidelines state for substantial health benefits, adults should do aerobic physical activity for either:

Option One: 2 hours and 30 minutes up to 5 hours per week of moderate intensity **or...**

Option Two: 1 hour and 15 minutes up to 2 hours and 30 minutes per week of vigorous intensity

For older adults specifically, physical activity should include balance training,



Magic Three! Performing activities at least three separate days of the week produces health benefits, according to consistent research studies.

and aerobic and muscle-strengthening activities. Muscle-strengthening activities of moderate or greater intensity, involving all major muscle groups should be done two or more days weekly.

What is aerobic activity? Cardio activity in which a person moves their muscles rhythmically for a sustained period of time. Examples include brisk walking, raking, tennis, jogging, or dancing.

What is muscle-strengthening activity? Activity that works against a resistance. Examples include some Tai Chi, some Yoga, carrying groceries, lifting or digging for gardening, using exercise bands or hand weights for exercise moves, push ups, pull ups, and squats.

For more information and ideas, visit health.gov and click on Physical Activity!

Special Moments



Robert W.: April 2nd
Virginia R.: April 21st
Jean S.: April 28th
Shirley L.: April 30th

Staff

Lori B.: April 1st

April 2020 Highlights

April is Lawn & Garden Month, Poetry Month, Volunteer Month, and Jazz Month.

01 Walking Day; Sourdough Day
02 Burrito Day; PB&J Day
03 Film Score Day
04 Walk Around Things Day
05 Deep Dish Pizza Day
06 Caramel Popcorn Day
07 Coffee Cake Day
08 Empanada Day; Zoo Love Day
09 Antiques Day; Passover Starts
10 Young Writers Day; Good Friday
11 Cheese Fondue Day; Pet Day
12 Easter Day; Grilled Cheese Day
13 Peach Cobbler Day; Scrabble Day
14 Gardening Day; Look at the Sky Day
15 Glazed Spiral Ham Day
16 High Five Day; Eggs Benedict Day
17 Cheeseball Day; Haiku Poetry Day
18 Animal Cracker Day; Record Shop Day
19 Garlic Day



20 Lime Bean Day; Cheddar Fries Day
21 Kindergarten Day; Choco. Cashews Day
22 Earth Day; Jelly Bean Day
23 Picnic Day; Talk Like Shakespeare Day
24 Pigs in Blankets Day; Arbor Day
25 Telephone Day; Sense of Smell Day
26 Pretzel Day; Audubon Day
27 Devil Dog Day; Tell a Story Day
28 Poetry Reading Day; Superhero Day
29 Denim Day; Zipper Day
30 Shelter Pet Day; Raisin Day

A note regarding Coronavirus:

The safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website:

<https://www.laconnerretirementinn.com>

April 26th is **Audubon Day**, honoring John James Audubon's birthday back in 1785!



Audubon is celebrated for his American bird studies. He documented their mannerisms and created educational illustrations of birds in their natural habitats. He created 435 watercolor paintings of North American birds!

Our resident spotlight shines on: Mary

Mary was raised in Bremerton. After attending school, she worked as a cook in many restaurants, as well as stores before she retired.

Mary enjoys her children and grandchildren. She loves nature; everything from flowers and birds to wildlife and scenery. Mary says after moving to the La Conner Retirement Inn, she has enjoyed joining the activities and meeting new friends. If you see Mary around, make sure to say hello!

We are so glad you are here, Mary!



Our staff spotlight shines on: Megan G.

Megan is our Community Relations Director. She came to the Inn with years of expertise. She grew up in Anacortes, and after graduating, she received her Therapeutic Creation degree from Western. Her heart is in Christian Ministry. Her goal is to combine her degree and love of ministry to create a women's retreat center. Megan adores the great outdoors, fishing, hiking, and sitting by the campfire. She is married with two children.

We are so happy to have you on the team, Megan!

SUN	MON	TUE	WED	THU	FRI	SAT
			1 9:30 Happy Hearts Fitness 10:00 Sketching activity 1:00 Memory Games 1:00 Bridge 2:00 Coloring with style on IN2L 3:00 PO-KE-NO 4:00 Hangman on IN2L	2 9:30 Happy Hearts Fitness 10:00 Presidents Trivia on IN2L 11:00 Sing-A-Long IN2L 1:00 today in History on IN2L 2:00 Toss the Ball 3:00 Chat With Allie 4:00 Puzzles on IN2L	3 9:30 Happy Hearts Fitness 10:00 Toss the Ball with Allie 11:00 Poets and Writers Little Women part 1 on IN2L 1:00 Jigsaw Puzzles 2:00 PO-KE-NO 4:00 Happy Hour 6:30 Movie Night	4 9:30 Happy Hearts Fitness 10:00 Ball Toss with Allie 11:00 Poets and Writers Little women part 2 on IN2L 1:30 Hangman on IN2L 2:00 Bingo 3:30 Social Hour 6:30 A Movie Night
5 9:30 Hangman on IN2L 10:00 Current Events on IN2L 11:00 Bean Bag Toss 1:30 Happy Hearts Fitness 2:00 TV Games Family Feud on IN2L 3:00 Craft Time 4:00 Sports Auto Racing On IN2L 6:30 Movie Night	6 9:30 Brain Games on IN2L 10:00 Matching Games on IN2L 11:00 Memory Games on IN2L 1:00 Bridge 1:30 Happy Hearts Fitness 2:00 PO-KE-NO 4:00 Social Hour 6:30 Movie Night	7 9:30 Happy Hearts Fitness 10:00 Toss the Ball with Allie 11:00 Current Events on IN2L 1:15 Resident Council 2:00 Bingo 3:00 Sing a Long on IN2L 4:00 Puzzles on IN2L	8 9:30 Happy Hearts Fitness 10:00 Sketching activity 1:00 Memory Games on IN2L 1:00 Bridge 2:00 Coloring with style on IN2L 3:00 PO-KE-NO 4:00 Hangman on IN2L	9 9:30 Happy Hearts Fitness 10:00 Today in History on IN2L 11:00 Sing-A-Long on IN2L 1:30 Chat with Chef Dana 2:00 Toss the ball 3:00 Trivia on IN2L 4:00 Puzzles on IN2L	10 GOOD FRIDAY 9:30 Happy Hearts Fitness 10:00 Toss the Ball with Allie 11:00 Poets and Writers Little Women part 1 on IN2L 1:00 Jigsaw Puzzles 2:00 PO-KE-NO 4:00 Happy Hour 6:30 Movie Night	11 9:30 Happy Hearts Fitness 10:00 Ball Toss with Allie 11:00 Poets and Writers Little Women Part 2 on IN2L 1:30 Hangman on IN2L 2:00 Bingo 3:30 Social Hour 6:30 A Movie Night
12 EASTER SUNDAY Easter Brunch 9:30 Hangman on IN2L 10:00 Current Events on IN2L 11:00 Bean Bag Toss 1:30 Happy Hearts Fitness 2:00 TV Games Who Wants to Be a Millionaire on IN2L 3:00 Craft Time 4:00 Sports Swimming On IN2L 6:30 Movie Night	13 9:30 Brain Games on IN2L 10:00 Matching Games on IN2L 11:00 Memory Games on IN2L 1:00 Bridge 1:30 Happy Hearts Fitness 2:00 PO-KE-NO 4:00 Social Hour 6:30 Movie Night	14 9:30 Happy Hearts Fitness 10:00 Toss the Ball with Allie 11:00 Current Events on IN2L 1:00 Bridge 2:00 Bingo 3:30 resident Birthday Party And Sing a Long	15 9:30 Happy Hearts Fitness 10:00 Sketching activity 1:00 Memory Games on IN2L 1:00 Bridge 2:00 Coloring with Style on IN2L 3:00 PO-KE-NO 4:00 Hangman on IN2L	16 9:30 Happy Hearts Fitness 10:00 Today in History on IN2L 11:00 Sing-A-Long on IN2L 1:30 Women's Trivia on IN2L 2:00 Toss the ball 3:00 Trivia on IN2L 4:00 Puzzles on IN2L	17 9:30 Happy Hearts Fitness 10:00 Toss the Ball with Allie 11:00 Poets and Writers Little Women part 1 on IN2L 1:00 Jigsaw Puzzles 2:00 PO-KE-NO 4:00 Happy Hour 6:30 Movie Night	18 9:30 Happy Hearts Fitness 10:00 Ball Toss with Allie 11:00 Poets and Writers Little women part 2 on IN2L 1:30 Hangman on IN2L 2:00 Bingo 3:30 Social Hour 6:30 A Movie Night
19 9:30 Hangman on IN2L 10:00 Current Events on IN2L 11:00 Bean Bag Toss 1:30 Happy Hearts Fitness 2:00 TV Games Family Feud on IN2L 3:00 Craft Time 4:00 Sports Horse Racing On IN2L 6:30 Movie Night	20 9:30 Brain Games on IN2L 10:00 Matching Games on IN2L 11:00 Memory Games on IN2L 1:00 Bridge 1:30 Happy Hearts Fitness 2:00 PO-KE-NO 4:00 Social Hour 6:30 Movie Night	21 9:30 Happy Hearts Fitness 10:00 Toss the Ball with Allie 11:00 Current Events on IN2L 1:00 Bridge 1:00 Chat with Christina 2:00 Bingo 3:00 Sing a Long on IN2L 4:00 Puzzles on IN2L	22 9:30 Happy Hearts Fitness 10:00 Sketching activity 1:00 Memory Games on IN2L 1:00 Bridge 2:00 Coloring with Style on IN2L 3:00 PO-KE-NO 4:00 Hangman on IN2L	23 9:30 Happy Hearts Fitness 10:00 Today in History on IN2L 11:00 Sing-A-Long on IN2L 1:30 Women's Trivia on IN2L 2:00 Toss the ball 3:00 Trivia on IN2L 4:00 Puzzles on IN2L	24 ARBOR DAY 9:30 Happy Hearts Fitness 10:00 Toss the Ball with Allie 11:00 Poets and Writers Little Women part 1 on IN2L 1:00 Jigsaw Puzzles 2:00 PO-KE-NO 4:00 Happy Hour 6:30 Movie Night	25 9:30 Happy Hearts Fitness 10:00 Ball Toss with Allie 11:00 Poets and Writers Little women part 2 on IN2L 1:30 Hangman on IN2L 2:00 Bingo 3:30 Social Hour 6:30 A Movie Night
26 9:30 Hangman on IN2L 10:00 Current Events on IN2L 11:00 Bean Bag Toss 1:30 Happy Hearts Fitness 2:00 TV Games: The Price is Right on IN2L 3:00 Craft Time 4:00 Sports Figure Skating On IN2L 6:30 Movie Night	27 9:30 Brain Games on IN2L 10:00 Matching Games on IN2L 11:00 Memory Games on IN2L 1:00 Bridge 1:30 Happy Hearts Fitness 2:00 PO-KE-NO 4:00 Social Hour 6:30 Movie Night	28 9:30 Happy Hearts Fitness 10:00 Toss the Ball with Allie 11:00 Current Events on IN2L 1:00 Bridge 2:00 Bingo 3:00 Sing a Long on IN2L 4:00 Puzzles on IN2L	29 9:30 Happy Hearts Fitness 10:00 Sketching activity 1:00 Memory Games on IN2L 1:00 Bridge 2:00 Coloring with Style on IN2L 3:00 PO-KE-NO 4:00 Hangman on IN2L	30 9:30 Happy Hearts Fitness 10:00 Today in History on IN2L 11:00 Sing-A-Long on IN2L 1:30 Top Ten First on IN2L 2:00 Toss the ball 3:00 Trivia on IN2L 4:00 Puzzles on IN2L		Activities Subject to Cancellation per current mandated health guidelines.