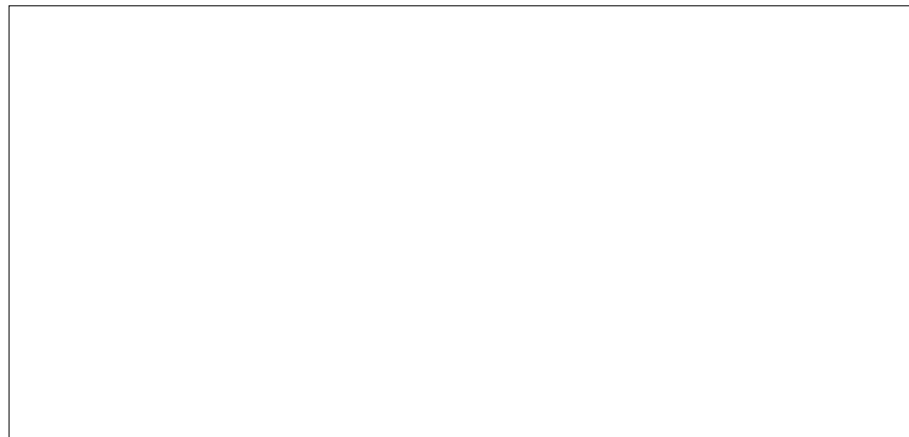




204 N. 1st St.
PO Box 1087
La Conner, WA 98257

PRESORTED
STANDARD
US POSTAGE
LA CONNER, WA
PERMIT #3



Administrative Team:

Executive Director: Christina James
Business Office Director: Stacy Boydston
Wellness Director: Elena Vrinceanu
Comm. Relations Dir.: 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

Connect:

360-466-5700
info@laconnerretirementinn.com
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**Our mission is to create and
sustain comfortable, caring
environments for those
who depend on us.**



La Conner Retirement Inn News

September 2020 Newsletter



2 Balance Awareness Week
3 Team & Resident Spotlight
4 - 5 Activities Calendar

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

Paths Toward Better Balance, More Active Lifestyle

Have you ever stood up to suddenly feel unsteady or light-headed? Have you stepped and felt a sense of spinning? These are common signs of balance issues that can be caused by a variety of issues, including medications or even inner ear problems. Balance can be improved with attention to health and some simple exercises!

Each September, Balance Awareness Week takes place, shedding light on issues that affect balance. In observance of Sept. 13-19, we're sharing causes for balance issues, and ideas for balance improvement.

Signs of a balance issue can include vertigo, dizziness, falling feel, lightheadedness, confusion, or changes to hearing, vision, or cognition. If you suspect you have a balance issue, speak with your medical professional regarding diagnosis and treatment. Depending on the balance issue occurring, treatments can include medications, vestibular rehabilitation, inner ear positioning procedures, surgery, or diet and lifestyle changes.

In addition to potential treatments, a lifestyle change many can benefit from is increased physical activity for muscle strength and flexibility.

If your health professional approves, and with a spotter present, here are a few ideas to try!

Walking with a friend is a great way to stay strong and lift your mood!



Exercises to Improve Balance:

- **Tai Chi or Chair Chi!** This is meditation in motion, with movements that shift weight from one foot to another. It improves posture and balance.
- **Hold a chair** and stand on one leg at a time for several intervals.
- **Tightrope Walking:** Hold arms straight out at your sides. Walk a straight line with a 1-2 second pause as your back leg lifts from the ground. Have head up and eyes fixed ahead.
- **Wall Pushups:** Stand arm's length from a wall. Lean forward slightly with palms flat on wall at height and width of shoulders. Keep feet in place as you move your body forward. Gently push back until arms are straight.

Falls happen to one in four Americans aged 65+ each year. Take steps to monitor and improve your balance to avoid a potential fall starting today!

Special Moments



Resident

Joan J: Sept. 3
Charlie: Sept 4
Jo C.: Sept. 21
Betty W: Sept. 23
Jay: Sept. 26
Lee: Sept. 2

Staff

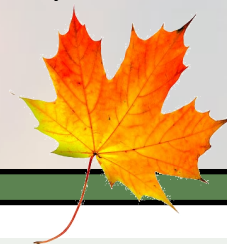
Kendra: Sept. 12
Elena: Sept. 13

September 2020 Highlights

September celebrates Hispanic heritage, honey, piano, and square dancing!

Autumn begins Tuesday, September 22nd!

- | | |
|---|--|
| 01 No Rhyme Nor Reason Day | 17 Housekeepers Day; Apple Dumpling Day |
| 02 Blueberry Popsicle Day | 18 Airforce Birthday; Cheeseburger Day |
| 03 Bowling League Day | 19 Butterscotch Pudding Day; Pirate Talk Day |
| 04 College Colors Day; Macadamia Nut Day | 20 Fried Rice Day; Pepperoni Pizza Day |
| 05 Cheese Pizza Day; Beard Day | 21 Chai Day; Pecan Cookie Day; NY Day |
| 06 Read a Book Day; Coffee Ice Cream Day | 22 Centenarians Day; White Chocolate Day |
| 07 Labor Day; Acorn Squash Day | 23 Snack Stick Day; Pot Pie Day |
| 08 Ants on a Log Day; Ampersand Day | 24 Quesadilla Day; Cherries Jubilee Day |
| 09 Teddy Bear Day; Weiner Schnitzel Day | 25 Comic Book Day; Story Day; Lobster Day |
| 10 Swap Ideas Day; Portrait Day | 26 Pancake Day; Family Health & Fitness Day |
| 11 Patriot Day; Hot Cross Bun Day | 27 Chocolate Milk Day; Scarf Day |
| 12 Chocolate Shake Day; Video Game Day | 28 Neighbor Day; Strawberry Cream Pie Day |
| 13 Grandparents Day; Assisted Living Week | 29 Coffee Day; VFW Day |
| 14 Boss Day; Hoagie Day; Crème Donut Day | 30 Gum Day; Hot Mulled Cider Day |
| 15 Online Learning Day; Cheese Toast Day | 31 Avocado Day; Mutt Day |
| 16 Mayflower Day; Guac Day; Play-Doh Day | |



Regarding Covid-19:

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.

Some Favorite Quotes:

"A little wine to make me shine" - Elaine C

"Happy as a clam at high tide" - Mary

"A penny earned is a penny saved" -
Buttons

"Early to bed, early to rise makes a man
healthy, wealthy, and wise" - Elaine S.

"Don't be afraid to fail, be afraid not to
try" - Christina



RESIDENT SPOTLIGHT:

Monty

Monty was born in Santa Cruz California, then his family moved to Watsonville, Calif. After graduation, he went to Santa Clarita University. He worked for a canning company for 15 years. He went through WWII serving in the Navy as a electrician 3rd class. After serving, he became a mortgage broker for 45 years. Monty has one son and three girls. His favorite football team is the 49ers. Monty has been with us at the Inn for five years. We are happy he's part of the family!



STAFF SPOTLIGHT:

Stacy

Stacy is our business office director here at the Inn and has been here for 3 years. She has worked in this industry for 20 years. She moved here from Valdez, Alaska. Stacy feels very blessed to live in an area that she calls paradise. She is close to her family and her adult children Jorden and Justine. Some hobbies that she enjoys are boating, fishing, camping, and kayaking. What she treasures most is spending time with her family and her mini Australian Shepherd Trigger. We are happy she is here with us.

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.		1 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bingo 3:00 Craft time with Allie 4:00 Trivia IN2L	2 9:30 Card Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 3:00 Matching Games IN2L 4:00 Strategy game IN2L	3 9:30 Sport Trivia IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 One on one with Allie 3:00 Manicures 4:00 Classic TV IN2L	4 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia IN2L 2:00 Name that sound IN2L 3:00 Parking lot Happy Hour	5 9:30 Happy Neuron IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Geography IN2L 2:30 Casino Games IN2L 3:30 Tell me a joke IN2L
6 9:30 Word Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bingo 2:30 Crafts 4:00 TV Games IN2L	7 9:30 Brain Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 3:00 Trivia IN2L 4:00 Word Games Labor Day	8 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bingo 3:00 Resident Birthday Party 4:00 Trivia IN2L	9 9:30 Card Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 3:00 Matching Games IN2L 4:00 Strategy game IN2L	10 9:30 Sport Trivia IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 One on one with Allie 3:00 Manicures 4:00 Classic TV IN2L	11 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia IN2L 2:00 Name that sound IN2L 3:00 Hallway Happy Hour	12 9:30 Happy Neuron IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Geography IN2L 2:30 Casino Games IN2L 3:30 Tell me a joke IN2L
13 9:30 Word Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bingo 2:30 Crafts 4:00 TV Games IN2L Grandparents Day	14 9:30 Brain Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 3:00 Trivia IN2L 4:00 Word Games	15 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bingo 3:00 Craft time with Allie 4:00 Trivia IN2L	16 9:30 Card Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 3:00 Matching Games IN2L 4:00 Strategy game IN2L	17 9:30 Sport Trivia IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 One on one with Allie 3:00 Manicures 4:00 Classic TV IN2L	18 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia IN2L 2:00 Name that sound IN2L 3:00 Hallway Happy Hour	19 9:30 Happy Neuron IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Geography IN2L 2:30 Casino Games IN2L 3:30 Tell me a joke IN2L
20 9:30 Word Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bingo 2:30 Crafts 4:00 TV Games IN2L	21 9:30 Brain Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 3:00 Trivia IN2L 4:00 Word Games	22 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bingo 3:00 Craft time with Allie 4:00 Trivia IN2L First day of Fall	23 9:30 Card Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 3:00 Matching Games IN2L 4:00 Strategy game IN2L	24 9:30 Sport Trivia IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 One on one with Allie 3:00 Manicures 4:00 Classic TV IN2L	25 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia IN2L 2:00 Name that sound IN2L 3:00 Hallway Happy Hour	26 9:30 Happy Neuron IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Geography IN2L 2:30 Casino Games IN2L 3:30 Tell me a joke IN2L
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