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PRESORTED  
STANDARD  
US POSTAGE  
LA CONNER, WA  
PERMIT #3



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Business Office Director: Stacy Boydston  
Wellness Director: Elena Vrinceanu  
Registered Nurse: Katie Kramer  
Dietary Director: Dana Whitney  
Maintenance Director: Mark White  
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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

December 2020 Newsletter



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# Stay Healthy this 2020 Flu Season

It's that time of year! The air has a chill that gets us excited about warm drinks, cozy sweaters, and the holidays.

Unfortunately, flu is also making its rounds — and will likely do so through February. Flu prevention is important every year, but especially this year when Covid-19 is also a health risk. Flu prevention efforts will also aid in preventing the contraction of Covid-19.

People of all ages and walks of life can catch flu, but seniors over 65 are among those at particular risk for flu-related complications. The good news is there are various actions—from hand-hygiene to vaccination—that may be taken to prevent the flu.

## The Best Defense

Seasonal flu shots are designed to protect against the 3 or 4 influenza viruses likely to be most prevalent this season. While shot effectiveness varies by season and by different levels of health of those who receive them, it is the best line of defense for flu prevention.

Studies have shown that those who contract flu despite receiving a flu shot have less severe illnesses than those who did not get vaccinated. It is helpful to get the shot annually, and to know it takes two weeks to become fully effective. Those who wish to get a flu shot should consult their medical professional(s) and disclose allergies to them.

## Is it flu, a cold, or coronavirus?

All share symptoms of fever, chills, body aches, and cough. In all cases, make efforts to stay home, wear a mask, and wash hands. It is recommended you contact your doctor about your symptoms.



The best line of defense in flu prevention is getting a yearly flu shot.

- Flu is fast-coming and usually brings fever, chills, cough, body aches, headaches, and tiredness. Flu only sometimes includes sneezing, sore throat, or stuffy nose. Flu can be tested for, and antiviral drugs exist for it.
- A cold, on the other hand, brings gradual effects, including a runny or stuffy nose, chest discomfort, a cough, sore throat, sneezing, and sometimes fatigue and aches. Colds do not often bring chills, fever, or headaches.
- Coronavirus is harder to pinpoint due to its wide range of symptoms. It rarely is accompanied by runny or stuffy nose or sneezing. It often is accompanied by a loss of taste or smell. Doctors can test for Coronavirus.

Flu prevention is important every year, but especially this one! Take care of your health by eating well, staying hydrated, practicing good hand-hygiene, and getting a flu shot. Spend more time enjoying this season and less time searching for the box of tissues.

## Stop the Flu Before it Starts! Best practices:

- Get an annual flu shot
- Avoid close contact with those who are sick
- Wear a mask when out in public
- Cover mouth and nose with a tissue when coughing or sneezing
- Wash hands with soap and warm water for 15 to 20 seconds, several times a day
- Sanitize hands if water is not available
- Avoid contact with eyes, nose, and mouth
- Follow a healthy diet and staying hydrated
- Exercise regularly
- Get regular checkups by your doctor

# Special Moments



## Happy Birthday!



### Residents

Margaret: Dec. 3  
Joye: Dec. 7  
Glenda: Dec. 18  
Elaine S: Dec. 18

### Staff

Johnny: Dec. 2  
Ashley: Dec. 8  
Christina: Dec. 28  
Jessica: Dec. 30

- Those born in December are Sagittarius (Nov. 22-Dec 21) or Capricorn (Dec. 22-Jan. 19).
- Their birthstone is Turquoise, zircon, or tanzanite
- Their birth flower is Narcissus or Holly. Narcissus symbolizes rebirth and respect.



# December 2020 Highlights

December observes Handwashing Awareness, Food Service Safety, and Older Drivers' Safety. It celebrates Bingo, pears, writing to friends, spiritual literacy, root veggies, and exotic fruits!

- |  |   |
|--|---|
| 01 Eat a Red Apple Day; Pie Day        | 17 Maple Syrup Day; Wright Brothers Day     |
| 02 Mutt Day; Fritters Day              | 18 Twin Day; Ugly Christmas Sweater Day     |
| 03 UN's Day of Persons w/ Disabilities | 19 Oatmeal Muffin Day; Hard Candy Day       |
| 04 Sock Day; Dice Day                  | 20 Sangria Day                              |
| 05 Earmuff Day; Volunteer Day          | 21 Winter Solstice; Crossword Puzzle Day    |
| 06 Gazpacho Day; Microwave Day         | 22 Date Nut Bread Day                       |
| 07 Cotton Candy Day                    | 23 Pfeffernusse Cookie Day; Forefathers Day |
| 08 Time Traveler Day; Brownie Day      | 24 Christmas Eve; Eggnog Day                |
| 09 Pastry Day                          | 25 Christmas Day; Pumpkin Pie Day           |
| 10 Chanukah Begins; Nobel Prize Day    | 26 Kwanzaa starts; Candy Cane Day           |
| 11 Noodle Ring Day; App Day            | 27 Fruitcake Day                            |
| 12 Gingerbread House Day               | 28 Card Playing Day; Short Film Day         |
| 13 Cocoa Day; Violin Day               | 29 Pepper Pot Day                           |
| 14 Bouillabaisse Fish Stew Day         | 30 Bacon Day                                |
| 15 Cupcake Day; Wear Pearls Day        | 31 New Year's Eve; Champagne Day            |
| 16 Chocolate Covered Day               |   |

**Regarding Covid-19:** Resident and staff safety and comfort 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. All activities are subject to cancellation per those current guidelines. To read our measures taken, and our current visitor policy, please visit our website.



## Our Favorite Wintertime Foods!

Pumpkin pie - Dee A.

Eggnog - Nathan

Lefse - Jerry

Hot apple cider - Glenda

Meatloaf - Charlie



## Staff Spotlight: Shelley

Shelley was born in St. Charles Missouri, and raised in Las Vegas. She graduated from Hahn American HS on Hahn Air Force Base West Germany in 1985. Shelley moved all over the U.S. before moving to Washington in 1990. She likes it here. She married her high school sweetheart in 2019 and still feels like a newlywed. Shelley comes to us with a wealth of experience, having worked in this industry for 28 years. She enjoys arts and crafts, painting rocks, and hiding them for someone to find. She is a huge science fiction fan; she LOVES Star Wars. She collects anything sci-fi. We are happy you are here, Shelley!



## Resident Spotlight: Barbara S

Barbara S. was born and raised in La Conner. Barbara went to college in Mount-Vernon and Bellingham where she studied psychology. She found her true love and married and had three wonderful children. She became a stay at home mom and wife. Barbara went to Europe six different times. The most important thing to her is her family. She is blessed to have eight grandchildren. Barbara loves to write and belongs to the writing club here at the Inn.

We love having you here, Barbara!



# December 2020

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SUN	MON	TUE	WED	THU	FRI	SAT
		<b>1</b> 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Chat with Christina 2:00 Bingo 3:30 Trivia IN2L	<b>2</b> 9:30 Card Games IN2L 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 3:30 Geography	<b>3</b> 9:30 Matching Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Caregiver support group 3:00 Chat with Allie 4:00 Fall Trivia	<b>4</b> 9:30 Dominoes 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia IN2L 2:00 Name that sound IN2L 3:00 Happy Hour	<b>5</b> 9:30 Brain Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bingo IN2L 3:00 Board Games 4:00 Classic T.V IN2L
<b>6</b> 9:30 Word Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Bible Study w/ Dan M 1:30 Bingo IN2L 3:00 Crafts 4:00 T.V Games IN2L	<b>7</b> 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 Happy Neurons IN2L	<b>8</b> 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:15 Resident Council 3:00 Resident Birthday Party 4:00 Trivia IN2L	<b>9</b> 9:30 Card Games IN2L 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 3:30 Geography	<b>10 Hanukkah Begins</b> 9:30 Matching Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Caregiver support group 3:00 Chat with Dana 3:30 Trivia IN2L	<b>11</b> 9:30 Dominoes 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia IN2L 2:00 Name that sound IN2L 3:00 Happy Hour	<b>12</b> 9:30 Brain Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bingo IN2L 3:00 Board Games 4:00 Classic T.V IN2L
<b>13</b> 9:30 Word Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Bible Study w/ Dan M 1:30 Bingo IN2L 3:00 Crafts 4:00 T.V Games IN2L	<b>14</b> 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 Happy Neurons IN2L	<b>15</b> 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bingo 3:00 Crafts with Allie 4:00 Trivia IN2L	<b>16</b> 9:30 Card Games IN2L 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 3:30 Geography	<b>17</b> 9:30 Matching Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Caregiver support group 3:00 Trivia IN2L	<b>18</b> 9:30 Dominoes 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia IN2L 2:00 Name that sound IN2L 3:00 Happy Hour	<b>19</b> 9:30 Brain Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bingo IN2L 3:00 Board Games 4:00 Classic T.V IN2L
<b>20</b> 9:30 Word Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Bible Study w/ Dan M 1:30 Bingo IN2L 3:00 Crafts 4:00 T.V Games IN2L	<b>21 Winter Solstice</b> 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 Happy Neurons IN2L	<b>22</b> 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bingo 3:00 Crafts with Allie 4:00 Trivia IN2L	<b>23</b> 9:30 Card Games IN2L 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 3:30 Geography	<b>24 Christmas Eve</b> 9:30 Sports Trivia 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Christmas Trivia 2:00 Christmas Movie	<b>25 Christmas Day</b> 9:30 Dominoes 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia IN2L 2:00 Christmas Movie	<b>26</b> 9:30 Brain Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bingo IN2L 3:00 Board Games 4:00 Classic T.V IN2L
<b>27</b> 9:30 Word Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Bible Study w/ Dan M 1:30 Bingo IN2L 3:00 Crafts 4:00 T.V Games IN2L	<b>28</b> 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 Happy Neurons IN2L	<b>29</b> 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bingo 3:00 Crafts with Allie 4:00 Trivia IN2L	<b>30</b> 9:30 Card Games IN2L 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 3:30 Geography	<b>31 New Year's Eve</b> 9:30 Sports Trivia 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 New Year's Trivia 2:00 Movie		All activities subject to change per mandated health guidelines.