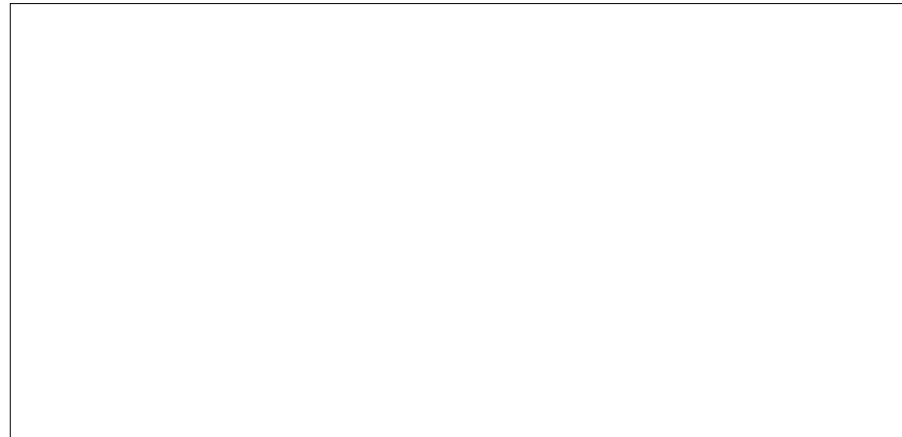




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Registered Nurse: Katie Kramer
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Our mission is to create and
sustain comfortable, caring
environments for those
who depend on us.

La Conner Retirement Inn

January 2021 Newsletter



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How to Boost Cognition with Diet & Exercise

Please follow advice of your medical professional and speak with them before changing diet, exercise, or supplements. This is for informational use only.

Cognitive health is affected by genetics, age, environment, diet, and physical lifestyle, among other influences. Some factors are out of our control, but diet and exercise are within reach. Here are several approaches to diet and exercise to improve cognition.

When it comes to diets, several approaches may achieve better brain health. One is the **Mediterranean Diet** which includes fish, fruits, vegetables, whole grains, beans, nuts and olive oil. It aids heart and brain health, red meat ought be limited, and herbs -not salt- should flavor food.

A second is the Dietary Approaches to Stop Hypertension Diet, or the **DASH Diet**. It focuses on vegetables, fruits, and low-fat or fat-free dairy products. It includes whole grains, fish, poultry, beans, seeds, nuts, and vegetable oils. It encourages limited sodium, sweets, and red meat.

Another is the Mediterranean-DASH Intervention for Neurodegenerative Delay Diet, or the **MIND Diet**, combining Mediterranean and DASH parameters, to promote a healthy mind. It emphasizes berries over other fruits, recommends fish at least once per week, and promotes leafy vegetables along with other vegetables.

A common thread through each diet is that sugar should be avoided as much as possible. Multiple studies have found a correlation between a diet high in refined sugars and impaired brain function, as well as a worsening of mood disorder symptoms like depression.



A study of 16,000 older women over 15 years found those who consumed at least 1/2 cup of blueberries or strawberries weekly had slower cognitive decline.

10 foods on the brain health “yes” list

include fish (salmon and trout especially), blueberries, cruciferous vegetables (broccoli, spinach, kale, Brussel sprouts, collard greens, cauliflower, arugula), nuts (especially walnuts), avocados, beans and lentils, eggs, seeds, whole grains (like brown rice, whole-wheat bread, quinoa, and oats), and coffee and tea.

Regular exercise may be beneficial in helping to lower Alzheimer’s and vascular dementia risk. Several studies have found a link between physical activity and reduced risk of cognitive decline.

Exercise can help prevent things that can lead to memory loss, like diabetes, high blood pressure, high cholesterol, obesity, and stroke. It may increase blood and oxygen flow in the brain - benefiting brain cells, may reduce stress hormones, and may reduce inflammation.

A diverse menu of physical activities may bring the best results, including walking regularly, tai chi, aerobic exercise, resistance training, balance and coordination exercises, weightlifting, and dancing.

We hope these ideas inspire you as they have us. Help others boost cognition and share these tips with friends and family!

Special Moments



Residents	Staff
Arlene: Jan. 27	Anna: Jan. 2
Dan C: Jan. 27	Allie: Jan. 9
Dan M: Jan. 29	

Those born in January are Capricorn (Jan. 1-19) or Aquarius (Jan. 20-31). Their birthstone is garnet which symbolizes love and was discovered in Ancient Egypt. Their birth flowers are Carnations and Snow Drops. Carnations are among few flowers that can bloom in the cold!

January 2021 Highlights

January observes Healthy Weight Week, Bath Safety Month, and Mentoring Month. It celebrates hot tea, oatmeal, soup, pizza, and fresh squeezed juice, as well as taking part in beloved hobbies!

- | | |
|-------------------------------------------|-------------------------------------------|
| 01 New Year's Day; Bloody Mary Day | 17 Hot Buttered Rum Day |
| 02 Cream Puff Day; Science Fiction Day | 18 Winnie the Pooh Day; Thesaurus Day |
| 03 Chocolate Cherry Day | 19 Popcorn Day; Tin Can Day |
| 04 Spaghetti Day; Trivia Day; Braille Day | 20 Martin Luther King Jr. Day; Cheese Day |
| 05 Whipped Cream Day; Bird Day | 21 Granola Bar Day; Squirrel Lovers Day |
| 06 Bean Day; Tech Day; Shortbread Day | 22 Blonde Brownie Day; Library Fix Up Day |
| 07 Bobblehead Day; Tempura Day | 23 Pie Day; Handwriting Day |
| 08 Argyle Day; English Toffee Day | 24 Compliment Day; Peanut Butter Day |
| 09 Apricot Day; Balloon Day | 25 Opposite Day; Irish Coffee Day |
| 10 Bittersweet Chocolate Day | 26 Green Juice Day; Peanut Brittle Day |
| 11 Milk Day; Vision Board Day | 27 Bubble Wrap Day; Chocolate Cake Day |
| 12 Pharmacist Day; Marzipan Day | 28 Kazoo Day; Blueberry Pancake Day |
| 13 Rubber Duck Day; Sticker Day | 29 Corn Chip Day; Puzzle Day |
| 14 Dress Your Pet Day; Pastrami Day | 30 Croissant Day |
| 15 Hat Day; Bagel & Lox Day | 31 Inspire with Art Day; Backwards Day; |
| 16 Fig Newton Day; Intl. Spicy Food Day | Hot Chocolate 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.

Jan. 6 is **Shortbread Day** and here's a recipe for it (modified from a Food Network version)!
3/4 lb. salt free butter; 1 cup of sugar; 1 tsp. vanilla extract; 3 1/2 cups of flour; 1/4 tsp. salt; 7 oz. of semisweet chocolate chopped
 Preheat oven to 350. Mix butter + 1 cup sugar with mixer until combined. Add vanilla. In medium bowl sift flour with salt and add to the butter and flour. Mix on low until dough comes together. Dust a surface with flour and put dough on it. Shape into flat circle. Wrap in plastic and chill for 30 min. Roll dough 1/2" thick and cut with 3 by 1" rectangle cutter. Put cookies on ungreased baking sheet and top with extra sugar. Bake 20-25 min until edges start to brown. Cool to room temp.



Staff Spotlight:
Scott

Scott is a native of Bethlehem, PA and went into the U.S Coast Guard after high school graduation. He then attended Bethany University in Scotts Valley, Ca., with a degree in Theology and Church Leadership. He served as an associate pastor for several years until he was given the opportunity to serve as a missionary pastor for three years in South Korea. Upon his return to the U.S., he entered into the Northwest University in Kirkland, Wa., for his Master's Degree. It was at that time Scott began serving in the senior care industry, firstly within In-Home Care for 10 years and then within senior living communities which were Quail Park of Lynnwood and Harbor Pointe in Mukilteo. His recent position had him as the Community Outreach Director at Warm Beach Senior Community in Stanwood, Wa., where his position was closed due to the Covid-19 epidemic. He comes to La Conner Retirement Inn as the community relations director with a heart for serving our wonderful residents and community.

We are happy you are here, Scott!



Resident Spotlight:
Jerry

Jerry was born in Seattle and attended school in Portland, Oregon. He graduated from Mount-Vernon High and went to college at WSU. He married the love of his life in 1958. They have 3 children and 8 grandkids together. Jerry was a meat cutter and truck driver for 20 years. Then he moved on to the state fire marshall office and became a private investigator for the insurance industry. Jerry taught fire fighting training for 6 years. He retired 3 times and since his last retirement he became a teacher of woodworking, specializing in small toys. His natural abilities as a teacher have given him a lot of satisfaction over the years.

We are happy you are here, Jerry!

JANUARY 2021

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SUN	MON	TUE	WED	THU	FRI	SAT
Sun., Jan. 31 from bottom 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	All activities subject to change per mandated health guidelines.				1 New Year's Day 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	2 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
3 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	4 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	5 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	6 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	7 9:30 Matching Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Baking Club 3:00 Chat with Dana 4:00 Trivia IN2L	8 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	9 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
10 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	11 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	12 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bingo 3:30 Crafts with Allie 4:00 Trivia IN2L	13 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	14 9:30 Matching Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Baking Club 3:00 Manicures 4:00 Trivia IN2L	15 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	16 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
17 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	18 Martin Luther King Jr. Day 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	19 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bingo 3:30 Crafts with Allie 4:00 Trivia IN2L	20 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	21 9:30 Sports Trivia 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Baking Club 2:00 Manicures 4:00 Trivia IN2L	22 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	23 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
24 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	25 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	26 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	27 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	28 9:30 Sports Trivia 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Baking Club 2:00 Manicures 4:00 Trivia IN2L	29 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	30 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