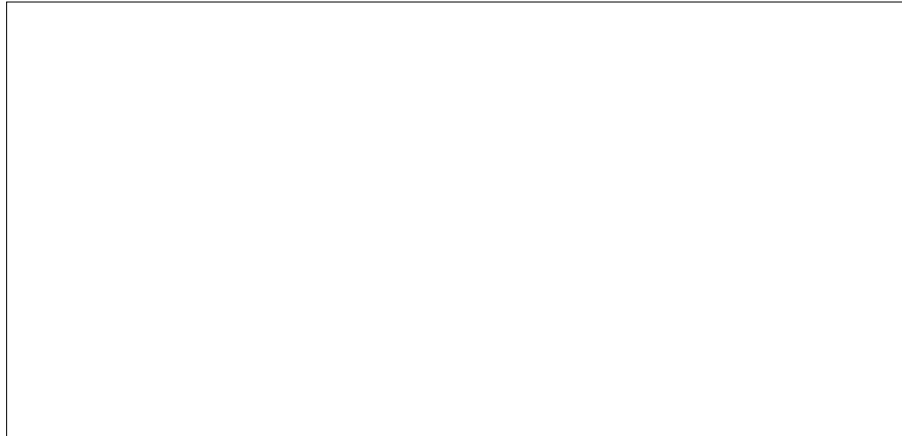




204 N. 1st St.  
PO Box 1087  
La Conner, WA 98257

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#### Administrative Team:

Executive Director: Christina James  
Business Office Director: Stacy Boydston  
Wellness Director: Elena Vrinceanu  
Registered Nurse: Katie Kramer & Linda Hall  
Dietary Director: Dana Whitney  
Maintenance Director: Mark White  
Front Office: Michelle Giezentanner  
Life Enrichment Director: Allie Kester

Connect:

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

# La Conner Retirement Inn

February 2021 Newsletter



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# Prioritize Your Heart Health With Daily Choices

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

When we think of February, we think of hearts, and it's appropriately the month that observes heart health in America. It's been that way since 1963 when then President Lyndon B. Johnson encouraged citizens to support heart disease solutions for a "nationwide problem of heart and blood-vessel diseases."

There are many actions people can take to combat heart health issues. Awareness of heart health risk factors like high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol use is key.

For older adults, specific steps can be taken to improve heart health. Stopping smoking, reducing alcohol consumption to no more than two drinks per day for men and no more than one drink per day for women, and improving physical activity and diet are impactful actions.

### Get Active

Getting out for a daily walk is not only good for mental health and weight management, but also for heart health! The World Health Organizations says adults over 65 should do at least 150 minutes of moderate-intensity aerobic physical activity each week—That's just around 20 minutes per day! Aerobic activity should be done in bouts of at least 10 minutes. Making sure to get exercise in every day (as opposed to several times a week) is also helpful.



Heart health can be impacted by stress. Along with a healthy lifestyle, help manage stress with good sleep habits, meditation, exercise, and sharing emotions with family or friends.

### Eat Better

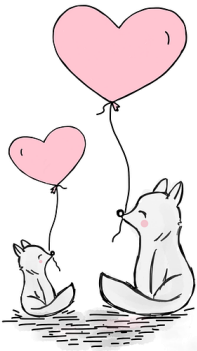
Is the way to your heart through your stomach? The Mayo Clinic recommends eating more vegetables and fruits as they may help cardiovascular health. They also recommend whole grains like whole-grain bread and high-fiber cereals. Go for skinless poultry, fish, nuts, and legumes. Monitoring sodium is also important. Items high in salt include tomato juice, soy sauce, and many prepared foods.

### Manage Cholesterol

Getting physically active and eating better will go a long way in helping with this last action: managing cholesterol! The first step in improving cholesterol is to seek out a medical professional to find your levels for both cholesterol types. Having your blood pressure taken regularly can help you to know the state of your heart's health. If your bad cholesterol (LDL) is high, make sure to have a health professional help you to monitor it.

Give yourself a Valentine this February with a commitment to improve your heart health!

# Special Moments



## Happy Birthday!



- |                    |                  |
|--------------------|------------------|
| Don F: Feb. 2      | Nikki: Feb. 4    |
| Sue: Feb. 3        | Cricket: Feb. 6  |
| LaMone Feb. 4      | Sara: Feb. 10    |
| Carla: Feb. 6      | Nathen: Feb. 23  |
| Barbara S: Feb. 12 | Maryann: Feb. 24 |
| Elaine C: Feb. 14  |                  |

Those born in February are Aquarius (Jan. 20 - Feb. 18) or Pisces (Feb. 19 - March 20). Their birthstone is amethyst. Their birth flowers are the violet, primrose, and iris. So many celebrities have been born in February that it is touted those born this month have higher chances of being famous!



# February 2021 Highlights

February observes Black History Month, American Heart Month, and the Boy Scouts Anniversary. It celebrates the library, bird counting, pie making, embroidery, and donating canned foods.

- |   |  |
|---|--|
| 01 Baked Alaska Day; Serpent Day                                  | 15 Presidents' Day; Gumdrop Day                              |
| 02 Groundhog Day; Ukulele Day                                     | 16 Fat Tuesday; Almond Day                                   |
| 03 Carrot Cake Day  | 17 Ash Wed.; Cabbage Day; Kind Act Day                       |
| 04 Homemade Soup Day  | 18 Wine Day; Battery Day; Pluto Day                          |
| 05 Nutella Day; Gum Day   | 19 Caregivers' Day; Chocolate Mint Day                       |
| 06 Frozen Yogurt Day; Chopsticks Day                              | 20 Cherry Pie Day; Muffin Day; Pet Day                       |
| 07 Superbowl LV; Send Cards Day                                   | 21 Grain-Free Day; Sticky Bun Day                            |
| 08 Boy Scouts Day; Kite Flying Day                                | 22 Sweet Potato Day; Margarita Day                           |
| 09 Bagel and Lox Day; Pizza Day                                   | 23 Banana Bread Day; Dog Biscuit Day                         |
| 10 Cream Cheese Brownie Day                                       | 24 Tortilla Chip Day   |
| 11 Inventors' Day; Peppermint Patty Day                           | 25 Chocolate Covered Nuts Day; Clam Chowder Day; Pancake Day |
| 12 Chinese New Year; Plum Pudding Day                             | 26 Pistachio Day; Toast Day; Chili Day                       |
| 13 Cheddar Day; Tortellini Day; Global Movie Day; World Radio Day | 27 Retro Day; Strawberry Day                                 |
| 14 Valentine's Day; Chocolate Truffle Day                         | 28 Floral Day; Chocolate Souffle 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.

**Make a New Friend Day is on February 11**

**We asked our residents: What are some of the fun ways/instances in which you've made new friends?**

**Virginia:** "Having meals with my dear friend Bertha"

**John:** "Joining activities here at the Inn"

**Al:** "I like to help the staff and people who live here."

**Kesa** "I like to be busy and make people laugh."



## Staff Spotlight:

**Christina**

Christina was born in Seattle and weighed only 3lbs. She grew up in Montana and then went to school at WSU. Christina has been an Executive Director for over 8 years. She joined the La Conner Retirement inn team in 2017. She is married and together they have 7 children and 4 dogs. She still has 4 teenage boys that live at home. Two of the boys are currently learning how to drive and one works here as a server. When she is not at work, she enjoys her weekends relaxing and cooking good food for family and friends.



## Resident Spotlight:

**Kesa**

Kesa was born in Japan. She graduated from high school. Then she met and married her husband and came to the states in 1964. Her husband was stationed in Montana until 1966 when they moved to the Seattle, Washington, area. Kesa went to school at night to study English and taught dance during the day. Kesa shares how much she loved her mother in-law who treated her so nicely.

Nowadays, Kesa is very involved in activities here.

We are so happy you are here, Kesa!



FEBRUARY 2021

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

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	1 9:30 Brain Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 3:30 Trivia IN2L 4:00 Happy Neurons IN2L	2 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bingo 3:00 Word Games IN2L 4:00 Hangman IN2L  Groundhog Day	3 9:30 Card Games 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Crafts With Allie 3:30 Geography	4 9:30 Matching Game IN2L 10:30 Happy Hearts Fitness 1:00 Board Games 1:30 PO-KE-NO 3:30 Trivia 4:00 Classic T.V	5 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	6 9:30 Brain Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bingo IN2L 3:00 Board Games 4:00 Classic TV IN2L
	7 9:30 Word Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Bible Study w/Dan M 1:30 Bingo 3:00 Crafts 4:00 T.V Games IN2L	8 9:30 Brain Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 3:30 Trivia IN2L 4:00 Happy Neurons IN2L	9 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bingo 3:00 Resident Birthday Party 4:00 Hangman IN2L	10 9:30 Card Games 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Crafts With Allie 3:30 Geography	11 9:30 Matching Game IN2L 10:30 Happy Hearts Fitness 1:00 Board Games 1:30 PO-KE-NO 3:30 Trivia 4:00 Classic T.V	12 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  Lincoln's Birthday
	14 9:30 Word Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Bible Study w/Dan M 1:30 Bingo 3:00 Crafts 4:00 T.V Games IN2L  Valentine's Day	15 9:30 Brain Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 3:30 Trivia IN2L 4:00 Happy Neurons IN2L  President's Day	16 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bingo 3:00 Word Games IN2L 4:00 Hangman IN2L	17 9:30 Card Games 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Crafts With Allie 3:30 Geography  Ash Wednesday	18 9:30 Matching Game IN2L 10:30 Happy Hearts Fitness 1:00 Board Games 1:30 PO-KE-NO 3:30 Trivia 4:00 Classic T.V	19 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
	21 9:30 Word Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Bible Study w/Dan M 1:30 Bingo 3:00 Crafts 4:00 T.V Games IN2L	22 9:30 Brain Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 3:30 Trivia IN2L 4:00 Happy Neurons IN2L  Washington's Birthday	23 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bingo 3:00 Word Games IN2L 4:00 Hangman IN2L	24 9:30 Card Games 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Crafts With Allie 3:30 Geography	25 9:30 Matching Game IN2L 10:30 Happy Hearts Fitness 1:00 Board Games 1:30 PO-KE-NO 3:30 Trivia 4:00 Classic T.V	26 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
	28 9:30 Word Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Bible Study w/Dan M 1:30 Bingo 3:00 Crafts 4:00 T.V Games IN2L					