



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

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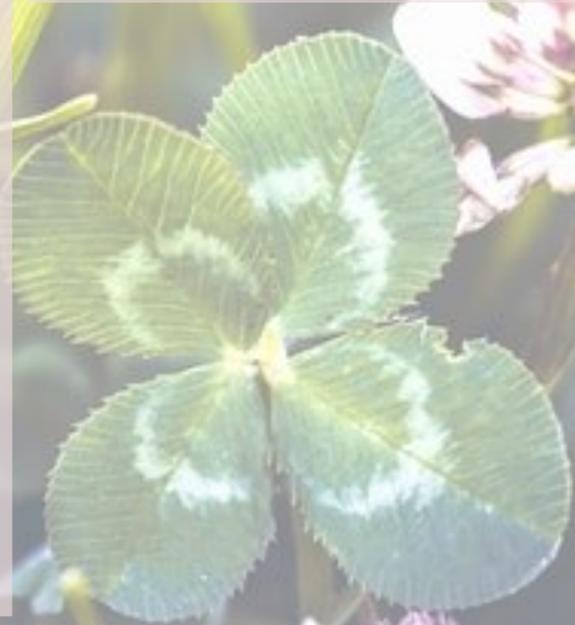
**Executive Director: Christina James**  
**Business Office Director: Stacy Boydston**  
**Wellness Director: Elena Vrinceanu**  
**Registered Nurse: Katie Kramer & Linda Hall**  
**Dietary Director: Dana Whitney**  
**Maintenance Director: Mark White**  
**Front Office: Michelle Giezentanner**  
**Life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

**360-466 5700**

**info@laconnerretirementinn.com**

**www.laconnerretirementinn.com**

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



# La Conner Retirement Inn News

March 2021 Newsletter



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## The Better to See You With: Eye Health & Wellness Tips

*Follow your medical professional's advice and speak with them before changing diet, exercise, or supplements.*

Do you ever find details in scenery that you've always loved growing duller, or written words appearing blurrier? Such changes can be frustrating. Fortunately, regular exams, daily habits, and treatments, can help. This "Save Your Vision Month," check out ways you may be able help with your eye wellness.

### Be Seen

One of the ways to stay on top of your eye health is to have annual eye exams. Knowing family eye history and general medical history and disclosing it to your optometrist may bring a clearer picture to them of issues that may have the potential to affect you.

### Form Eye-Health Habits

Practicing healthy habits in daily life is another—and perhaps the best—way to help aid your eye health. These are a few:

- Eating a diet rich in fruits and vegetables, particularly dark, leafy greens; and fish
- Wearing glasses, goggles, or safety shields when appropriate, like when using tools
- Reducing eye strain by looking 20 feet before you for 20 seconds every 20 minutes, if you use screens.
- Washing hands often to avoid infections
- Avoiding smoking
- Managing blood pressure, blood sugar, and cholesterol, and keeping a healthy weight
- Routinely safely cleaning and storing



- glasses and/or contacts
- Wearing UV protective sunglasses outdoors

### Vision Issues

People with diabetes, high blood pressure, or who take medications that affect eyes are at higher risk for vision issues. Older adults can be affected by: age-related macular degeneration (that causes central vision loss); cataracts (that can cause blurry vision, poor contrast, and glare sensitivity); glaucoma (several issues which damage the optic nerve and can take away side vision); and dry eyes.

### Looking Ahead

There is a lot on the bright side for those with vision issues. Some optometrists have rehabilitation programs to help with low vision for daily routines. There are also prescription devices for close-up tasks, near and far vision, reading, and watching screens. In addition, eye surgeries are available that can help against conditions affecting the eyes. Talk with your optometrist about what options may be right for your eye health.

## Special Moments



**Alma: March 7**  
**Mike E: March 15**  
**Lee: March 21**

**Carmen: March 12**

Those born in March are Pisces (Feb. 19 - March 20) and Aries (March 21 - April 19). The birthstones for March are aquamarine and bloodstone (which is dark green). The birth flowers for March are the daffodil and jonquil. March babies are said to have a sunny disposition!

# March 2021 Highlights

March observes Women's History Month, Nutrition Month, and Save Your Vision Month. It celebrates crafting, aviation, and cleaning!

- |  |   |
|--|---|
| 01 Peanut Butter Day; Pig & Horse Day      | 17 St. Patrick's Day                        |
| 02 Banana Cream Pie Day; Read Day          | 18 Lacy Cookie Day; Sloppy Joe Day          |
| 03 Mulled Wine Day; World Wildlife Day     | 19 Certified Nurses Day; March Equinox      |
| 04 Marching Music Day; Sons' Day           | 20 Ravioli Day; Corn Dog Day; Quilting Day  |
| 05 Staff Appreciation Day                  | 21 French Bread Day; World Puppetry Day     |
| 06 Dentists' Day; Oreo Day; Dress Day      | 22 Bavarian Crepes Day; Be Silly Day        |
| 07 Cereal Day; Flapjack Day                | 23 Puppy Day; Tamale Day; 3-D Day           |
| 08 Intl. Women's Day; Peanut Cluster Day   | 24 Cheesesteak Day; Chocolate Raisins Day   |
| 09 Barbie Day; Meatball Day                | 25 Medal of Honor Day; Swedish Waffle Day   |
| 10 Registered Dietician Nutritionists' Day | 26 Spinach Day; Wear Purple (Epilepsy) Day  |
| 11 Johnny Appleseed Day                    | 27 Spanish Paella Day; World Theatre Day    |
| 12 Girl Scouts Day; Plant a Flower Day     | 28 Black Forest Cake Day; Food on Stick Day |
| 13 Coconut Torte Day; K9 Veterans Day      | 29 Vietnam War Vets Day;                    |
| 14 Daylight Savings Starts; Chips Day      | Piano Day                                   |
| 15 Pears Helene Day; Kansas Day            | 30 Doctors Day; Park Day;                   |
| 16 Artichoke Hearts Day; Panda Day         | Virtual Vacay Day                           |

Saturday night, March 13, set your clocks forward one hour!



**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.

## March 5th is Learn What Your Name Means Day!

Staff and residents looked up meanings of their first names! These are a few!

**Allie means harmony, noble, defender, and exalted.**

**Don means Chief.**

**Joanne means God is gracious.**

**Margarete means Pearl.**



## Staff Spotlight: Morgan

Morgan Brooks has been in the Senior Living industry since 2011 in multiple capacities. She has held Sales, Management, Community Relations and Business office positions within the industry. She is originally from Monroe, WA, where she grew up, graduated high school and her two children were born. She and her husband have recently moved to La Conner from the Big Lake area. She is a novice rock hound, a new passion and hobby she shares with her husband. She loves camping, hiking, and communing in the great outdoors. She is currently a board member for the Skagit Valley Tulip Festival! Morgan believes that sales is not about selling anymore, but is about building trust and the education of others. "Become an asset to all you meet. Be knowledgeable, be transparent, be open and you will be successful in any industry you choose."

Keep up the good work, Morgan!



## Resident Spotlight: Glenda

Glenda was born in Lexington, Nebraska. Her first 8 years of school were in a one-room school house with separate outhouses for the boys and girls. Glenda's 8th grade graduation was the first time she wore nylons. She went to college to be a bookkeeper and married the love of her life in 1958. They were married for 58 years and during that time they had 3 girls, 6 grandkids, and 7 great grandkids. Her husband worked for the phone company which allowed them to travel all over the United States. They decided to sell the family home and buy a 5th wheel. They continued to travel in mostly Texas, Arizona, and Nebraska. Glenda loves nothing more than to spend time with her girls and family, and can't wait to see them all again. One of her hobbies that she has enjoyed is crocheting and giving her prized creations to family and friends.

We are so happy you are here, Glenda!

# MARCH 2021

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

| SUN  | MON  | TUE   | WED  | THU   | FRI  | SAT  |
|--|--|---|--|---|--|--|
| <p><b>All activities subject to change per mandated health guidelines.</b></p>   | <p>1</p> <p>9:30 Brain Games IN2L<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>1:30 PO-KE-NO<br/>2:00 Bridge Piano room<br/>3:30 Trivia IN2L<br/>4:00 Classic T.V</p>  | <p>2</p> <p>9:30 Current Events<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>1:00 Chat with Christina<br/>2:00 Bingo<br/>3:30 Zig Saw Puzzles</p>   | <p>3</p> <p>9:30 Card Games<br/>10:00 Writing Club<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>2:00 Bridge Piano Room<br/>3:00 Geography</p>                                  | <p>4</p> <p>9:30 Board Games<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>1:30 Baking Club<br/>3:00 Chat with Allie<br/>4:00 Classic T.V IN2L</p> | <p>5</p> <p>9:30 Dominoes<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>1:30 Manicures<br/>2:00 Bridge Piano Room<br/>3:00 Happy Hour</p>       | <p>6</p> <p>9:30 Brain Games IN2L<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>1:00 Crafts with Allie<br/>3:00 Board Games<br/>4:00 Classic T.V</p>  |
|  | <p>7</p> <p>9:30 Word Games IN2L<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>11:00 Bible Study w/ Dan M<br/>1:30 Bingo<br/>3:00 Geography IN2L<br/>4:00 Classic T.V IN2I</p>                                | <p>8</p> <p>9:30 Brain Games IN2L<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>1:30 Chat with Dana<br/>2:00 Bridge Piano Room<br/>3:30 Trivia IN2L<br/>4:00 Classic T.V</p> <p><b>International Women's Day</b></p> | <p>9</p> <p>9:30 Current Events<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>1:15 Resident Council<br/>2:00 Bingo<br/>3:30 Zig Saw Puzzles</p>                                 | <p>10</p> <p>9:30 Card Games<br/>10:00 Writing Club<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>2:00 Bridge Piano Room<br/>3:00 Geography</p>    | <p>11</p> <p>9:30 Board Games<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>1:30 Baking Club<br/>3:00 Renaissance<br/>4:00 Classic T.V IN2L</p> | <p>12</p> <p>9:30 Dominoes<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>1:30 Manicures<br/>2:00 Bridge Piano Room<br/>3:00 Happy Hour</p>  |
| <p>14</p> <p>9:30 Word Games IN2L<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>11:00 Bible Study w/ Dan M<br/>1:30 Bingo<br/>3:00 Geography IN2L<br/>4:00 Classic T.V IN2I</p>                           | <p>15</p> <p>9:30 Brain Games IN2L<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>1:30 PO-KE-NO<br/>2:00 Bridge Piano Room<br/>3:30 Trivia IN2L<br/>4:00 Classic T.V</p> <p><b>Daylight Savings Begins</b></p> | <p>16</p> <p>9:30 Current Events<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>1:00 Classic T.V<br/>2:00 Bingo<br/>3:30 Zig Saw Puzzles</p>  | <p>17</p> <p>9:30 Card Games<br/>10:00 Writing Club<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>2:00 Bridge Piano Room<br/>3:00 Geography</p> <p><b>St. Patrick's Day</b></p> | <p>18</p> <p>9:30 Board Games<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>1:30 Baking Club<br/>3:00 Renaissance<br/>4:00 Classic T.V IN2L</p>    | <p>19</p> <p>9:30 Dominoes<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>1:30 Manicures<br/>2:00 Bridge Piano Room<br/>3:00 Happy Hour</p>      | <p>20</p> <p>9:30 Brain Games IN2L<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>1:00 Crafts with Allie<br/>3:00 Board Games<br/>4:00 Classic T.V</p> <p><b>International Earth Day</b></p> |
| <p>21</p> <p>9:30 Word Games IN2L<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>11:00 Bible Study w/ Dan M<br/>1:30 Bingo<br/>3:00 Geography IN2L<br/>4:00 Classic T.V IN2I</p>                           | <p>22</p> <p>9:30 Brain Games IN2L<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>1:30 PO-KE-NO<br/>2:00 Bridge Piano Room<br/>3:30 Trivia IN2L<br/>4:00 Classic T.V</p>                                       | <p>23</p> <p>9:30 Current Events<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>1:00 Classic T.V<br/>2:00 Bingo<br/>3:30 Zig Saw Puzzles</p>  | <p>24</p> <p>9:30 Card Games<br/>10:00 Writing Club<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>2:00 Bridge Piano Room<br/>3:00 Geography</p>                                 | <p>25</p> <p>9:30 Board Games<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>1:30 Baking Club<br/>3:00 Renaissance<br/>4:00 Classic T.V IN2L</p>    | <p>26</p> <p>9:30 Dominoes<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>1:30 Manicures<br/>2:00 Bridge Piano Room<br/>3:00 Happy Hour</p>      | <p>27</p> <p>9:30 Brain Games IN2L<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>1:00 Crafts with Allie<br/>3:00 Board Games<br/>4:00 Classic T.V</p> <p><b>Passover</b></p>                |
| <p>28</p> <p>9:30 Word Games IN2L<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>11:00 Bible Study w/ Dan M<br/>1:30 Bingo<br/>3:00 Geography IN2L<br/>4:00 Classic T.V IN2I</p> <p><b>Palm Sunday</b></p> | <p>29</p> <p>9:30 Brain Games IN2L<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>1:30 PO-KE-NO<br/>2:00 Bridge Piano Room<br/>3:30 Trivia IN2L<br/>4:00 Classic T.V</p>                                       | <p>30</p> <p>9:30 Current Events<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>1:00 Classic T.V<br/>2:00 Bingo<br/>3:30 Zig Saw Puzzles</p>  | <p>31</p> <p>9:30 Card Games<br/>10:00 Writing Club<br/>10:00 Happy Hearts Fitness<br/>10:30 Battle Ball<br/>2:00 Bridge Piano Room<br/>3:00 Geography</p>                                 |   |  |  |