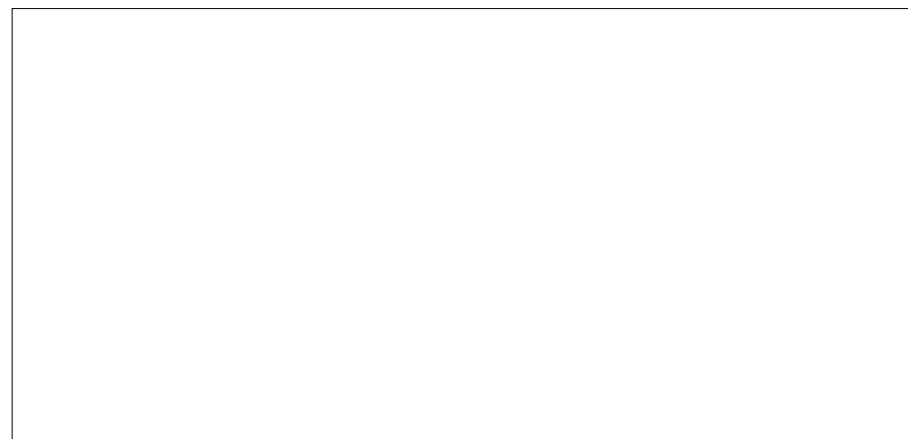




204 N. 1st St.
PO Box 1087
La Conner, WA 98257

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US POSTAGE
LA CONNER, WA
PERMIT #3



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: Jen Morgan
Life Enrichment Director: Allie Kester
Community Relations Director: Morgan Brooks

Connect:

360-466 5700
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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

April 2021 Newsletter



2 Gardening Benefits
3 Team & Resident Spotlight
4 - 5 Activities Calendar

6 Highlights, Notes, In Our Words
7 Special Moments & Birthdays
8 Mission & Team

Gardening Benefits for Health & The Environment

Spring has sprung! Those who have been waiting for the gardening season to begin are ready for the last frost to end so they can dig in. When gardeners get into the soil and get to work, they are not only enjoying a fun hobby, they are also doing wonders for their health and the planet!

Dig Into Better Health

Gardening positively impacts wellness in various ways:

- It relieves stress. Gardening can lower cortisol levels that cause stress and increase blood pressure. Gardening also increases serotonin, which helps people feel happy.
- Friendly bacteria in the soil can boost immunity. It may help against asthma.
- It provides great exercise. It is low-impact and can be comfortable work with the right padding or protective gear, but it takes energy, and the weather can make it more challenging.
- It involves hand-eye coordination and sensory intake. Both of these can positively affect cognition.
- It presents opportunities for a sense of community. Socializing among friends while gardening can be so much fun.
- It encourages outside activity. For some, gardening is the best reason to head out and enjoy sunshine and the environment



(albeit with proper sun protection).

Impact the Planet

Gardening also benefits the environment, and no act is too small for making our world a better place.

- It can help with pollution. In large-scale harvesting of fruits and vegetables, pollution often results. The transport of those goods also causes pollution. It may seem like a small step, but gardening at home

- or in the community influences the big picture.
- It can reduce the size of landfills. This is possible when people compost garden waste rather than sending everything to the landfill when it's gone bad.
- Plants in the garden take in CO2 and release oxygen, improving air quality.
- It helps local habitats of insects and animals which play important roles in our environment (like bees pollinating).
- Plants and mulch can hold soil in place and reduce erosion, and keep sediment out of waterways, drains, and roads.

These are just some of the benefits that gardening can bring! This Spring and Summer, give gardening a try and share the benefits with others. Let us know about your efforts!

Special Moments



Happy Birthday!



Virginia: April 21
Jean S: April 28

Morgan: April 4
Maddy: April 10
Nicole R: April 18
Victor: April 27

Those born in April are Aries (March 21 - April 19) and Taurus (April 20-May 20). The birthstone for April is the diamond. The birth flowers for April are the daisy and the sweet pea. April babies are said to be fearless and enthusiastic.

April 2021 Highlights

April observes Stress Awareness, Healthcare Innovation, & Parkinson's Awareness. It celebrates volunteering, poetry, and jazz!

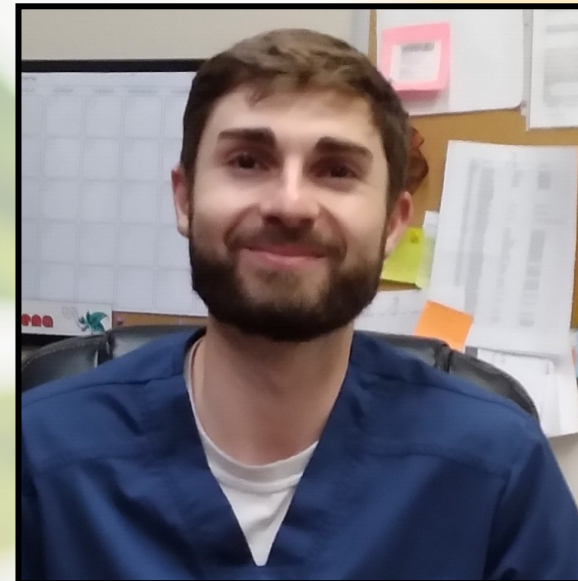
01 April Fools Day; Sourdough Day	17 Crawfish Day; Ellis Island History Day
02 Peanut Butter and Jelly Day; Ferret Day	18 Animal Cracker Day; Intl. Day for Monuments and Sights
03 Film Score Day; Handmade Day	19 Amaretto Day; Garlic Day
04 Easter; School Librarian Day	20 Twin Day; Pineapple Upside Down Day
05 Caramel Day; Deep Dish Pizza Day	21 Administrative Professionals' Day; British National Tea Day
06 Caramel Popcorn Day; Librarians Day	22 Earth Day; Jelly Bean Day
07 Coffeecake Day; Beer Day	23 Arbor Day; Picnic Day
08 Zoo Lovers Day; Empanada Day	24 Pigs in Blankets Day; Sense of Smell Day
09 Unicorn Day; Antique Love Day	25 Thank Plumbers Day; Zucchini Bread Day
10 Hug Dog Day; Farm Animals Day	26 Audubon Day; Pretzel Day
11 Quartet Day; Fondue Day; Pet Day	27 Babe Ruth Day; Prime Rib Day
12 Ramadan Begins; Grilled Cheese Day	28 Blueberry Pie Day; Superhero Day
13 Scrabble Day; Peach Cobbler Day	29 Shrimp Scampi Day; Intl. Dance Day
14 Dolphin Day; Gardening Day; Pecan Day	30 Hairstylist Appreciation Day; Oatmeal Cookie Day
15 World Art Day; Banana Day; Guess Day	
16 Bean Count Day; Eggs Benedict Day; Wear PJs Day; Orchid 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.

April 8th is Zoo Lover's Day.

Staff and residents shared their favorite animals!

- "A rat because it was different" - Al
- "Dogs for hunting ducks and geese" - John
- "I like dogs because they like me!" - Jack
- "Dogs because they are fun and comfy" - Sue
- "Cats because I like to hear them purr" - Betty
- "I like dogs because they are friendly!" - Ray
- "I like dogs and cats, and my 4 kids. The kids grew up and the animals got old" - Charlie



Staff Spotlight:
Spencer

Spencer was born in Mount Vernon, Washington. He grew up in La Conner and graduated from La Conner High School. Spencer has a BA in finance from Western Washington University in Bellingham. His ambition is to become a Registered Nurse. Spencer works the NOC shift here at the Inn. He is into health and fitness, and he plays recreational basketball.

Keep up the good work, Spencer!



Resident Spotlight:
Sharon

Sharon was born in Missouri where she grew up and graduated. She went to monastery training for five years to become a nun. Then it occurred to her that she really wanted kids so she went to her mother superior and asked to go home. Sharon got a job at Bell telephone where she worked for 20 plus years. During that time, she met the love of her life and had 3 kids. They moved to Washington when work transferred them here. Sharon loves to walk and exercise. We are so happy you are here!

APRIL 2021

La Conner Retirement Inn

• 204 N. St, La Conner, WA 98257

• 360-466-5700

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>	 <p>Happy Earth Day!</p>			<p>1 9:30 Puppy Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat w/ Allie 2:00 Mexican Train 4:00 Funny Videos</p> <p>April Fool's Day</p>	<p>2 9:30 Kitten Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Manicures 2:00 Bridge in Piano room 3:00 Hallway Happy Hour 4:00 Funny Bloopers</p> <p>Good Friday</p>	<p>3 9:30 Broadway Musicals 10:00 Happy Hearts fitness 10:30 Battle Ball 1:30 Crafts 3:00 Jewelry Cleaning 4:00 Panda Webcams</p>
<p>4 9:30 Word Games 10:00 Happy Hearts fitness 10:30 Battle Ball 11:00 Bible Study w/ Dan M 1:30 Bingo 3:00 Geography 4:00 Classic T.V</p> <p>Easter</p>	<p>5 9:30 Brain Games 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Chat with Dana 1:30 PO-KE-NO 2:00 Bridge in Piano Room 3:30 Trivia 4:00 Classic T.V</p>	<p>6 9:30 Current Events 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bingo 2:00 Mexican Train 3:00 Resident Birthday's 4:00 Jig Saw Puzzles</p>	<p>7 9:30 Card Games 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 2:00 Bridge in Piano room 3:30 Candid Camera</p>	<p>8 9:30 Puppy Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat w/ Allie 2:00 Mexican Train 4:00 Funny Videos</p>	<p>9 9:30 Kitten Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Manicures 2:00 Bridge in Piano room 3:00 Hallway Happy Hour 4:00 Funny Bloopers</p>	<p>10 9:30 Broadway Musicals 10:00 Happy Hearts fitness 10:30 Battle Ball 1:30 Crafts 3:00 Jewelry Cleaning 4:00 Panda Webcams</p>
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<p>18 9:30 Word Games 10:00 Happy Hearts fitness 10:30 Battle Ball 11:00 Bible Study w/ Dan M 1:30 Bingo 3:00 Geography 4:00 Classic T.V</p>	<p>19 9:30 Brain Games 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Chat with Dana 1:30 PO-KE-NO 2:00 Bridge in Piano Room 3:30 Trivia 4:00 Classic T.V</p>	<p>20 9:30 Current Events 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bingo 2:00 Mexican Train 3:00 Resident Birthday's 4:00 Jig Saw Puzzles</p>	<p>21 9:30 Card Games 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 2:00 Bridge in Piano room 3:30 Candid Camera</p>	<p>22 Earth Day 9:30 Puppy Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat w/ Allie 2:00 Mexican Train 4:00 Funny Videos</p>	<p>23 9:30 Kitten Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Manicures 2:00 Bridge in Piano room 3:00 Hallway Happy Hour 4:00 Funny Bloopers</p>	<p>24 9:30 Broadway Musicals 10:00 Happy Hearts fitness 10:30 Battle Ball 1:30 Crafts 3:00 Jewelry Cleaning 4:00 Panda Webcams</p>
<p>25 9:30 Word Games 10:00 Happy Hearts fitness 10:30 Battle Ball 11:00 Bible Study w/ Dan M 1:30 Bingo 3:00 Geography 4:00 Classic T.V</p>	<p>26 9:30 Brain Games 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Chat with Dana 1:30 PO-KE-NO 2:00 Bridge in Piano Room 3:30 Trivia 4:00 Classic T.V</p>	<p>27 9:30 Current Events 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bingo 2:00 Mexican Train 3:00 Resident Birthday's 4:00 Jig Saw Puzzles</p>	<p>28 9:30 Card Games 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 2:00 Bridge in Piano room 3:30 Candid Camera</p>	<p>29 9:30 Puppy Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat w/ Allie 2:00 Mexican Train 4:00 Funny Videos</p>	<p>30 9:30 Kitten Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Manicures 2:00 Bridge in Piano room 3:00 Hallway Happy Hour 4:00 Funny Bloopers</p>	