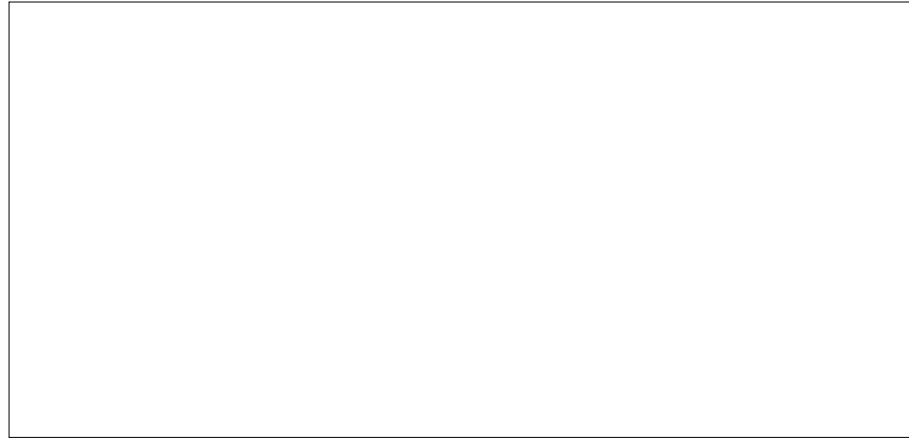




204 N. 1st St.
PO Box 1087
La Conner, WA 98257

PRESORTED
STANDARD
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

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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

June 2021 Newsletter



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3 Team & Resident Spotlight
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7 Special Moments & Birthdays
8 Mission & Team

Support an End to Alzheimer's Disease!

This **Alzheimer's & Brain Awareness Month**, take action toward an end to Alzheimer's! The Alzheimer's Association has a slew of opportunities for getting involved. Check out the info and links here to start supporting!

Make a Difference Against Alzheimer's

- Take part in the Longest Day on June 20—the day with the most light, the day we fight— by taking an activity you enjoy and making it a fundraiser to fight Alzheimer's.
- Walk in the Walk to End Alzheimer's! Register for your local walk as part of a team or independently. Our local walk date is: **Sept. 18**. Set up a Tribute or Memorial Page with fundraising support options at act.alz.org
- Participate in the Ride to End Alzheimer's on August 29, 2021. You can bike ride anywhere for this Summer Challenge.
- Help with Research. TrialMatch is a free service that pairs potential participants with clinical studies. See: trialmatch.alz.org
- Advocate. Urge congress to support the Alzheimer's and dementia community. There are online fillable forms for contacting congress about vital issues at alz.org/get-involved-now/advocate
- Donate vehicles, boats, and RVs through the Donate-A-Car Program. Proceeds support the Alzheimer's Association and may provide tax benefits. Visit alz.careasy.org/home
- Be a Volunteer:
 - ⇒ Support Group Facilitator, creating safe environments for sharing feelings or experiences of Alzheimer's or dementia.
 - ⇒ Volunteer Faith Outreach Representative, sharing information and free resources through the Alzheimer's Association.



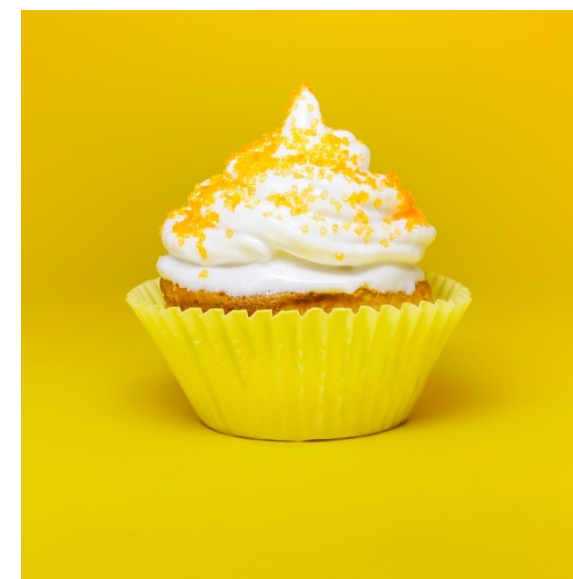
⇒ Volunteer Community Educator, providing education and expanding program reach. Learn more at: volunteer.alz.org/Volunteeropportunities/becoming

Alzheimer's Facts

- Americans who have Alzheimer's is growing. More than 6 million Americans have Alzheimer's in 2021.
- 1 in 3 seniors pass with Alzheimer's or Dementia. Deaths from Alzheimer's increased 145% from 2000 to 2019.
- Early diagnosis can: provide medical, emotional, and social benefits; aid with participation in vital clinical trials; enable individuals to be in control of their legal and financial wishes; and create significant cost savings in medical and long-term care.

The more information about Alzheimer's that is shared, the more people will support the fight against Alzheimer's. Follow along with our Facebook page this month as we "Go Purple for Alzheimer's" and as we share resources and information to support the cause.

Special Moments



Happy Birthday!

- | | |
|-------------------------|---------------------------|
| Judy: June 5 | Ian: June 7 |
| Eddie: June 6 | Jacqueline: June 8 |
| Elaine C: June 9 | Jenn: June 21 |
| Jean N: June 12 | |
| Norm: June 14 | |
| Heather: June 18 | |
| Clair: June 21 | |

Those born in June are Gemini (May 21– June 20) and Cancer (June 21–July 22). The birthstone for June are alexandrite and pearl. The birth flowers for June are the rose and honeysuckle. Those born in June are said to be optimistic and creative!

June 2021 Highlights

June observes Men's Health, Cataract Awareness, and Headaches. It celebrates the Great Outdoors, Roses, and Fresh Fruits & Veggies!

- | | |
|---|---|
| 01 Olive Day; Nail Polish Day; Pen Pal Day | 16 Fudge Day |
| 02 Rocky Road Day; Rotisserie Chicken Day | 17 Mascot Day; Apple Strudel Day |
| 03 Egg Day; Chocolate Macaroons Day | 18 Go Fishing Day; Picnic Day; Tapas Day |
| 04 Cheese Day; Donut Day; Fish & Chips Day | 19 Juneteenth; Garfield Day; Wear Blue Day |
| 05 Veggie Burger Day; Environment Day | 20 Father's Day; Seashell Day; It's Summer! |
| 06 D-Day; Glasses Day; Sweden Day | 21 Peach N' Cream Day; Selfie Day; Yoga Day |
| 07 Oklahoma Day; Chocolate Ice Cream Day | 22 Chocolate Éclair Day; Onion Rings Day |
| 08 Best Friends Day; Positive Thinking Day | 23 Hydrate Day; Pecan Sandy Day; Pink Day |
| 09 Donald Duck Day; Strawb. Rhubarb Pie Day | 24 Praline Day; Red, White, Blue Pops Day |
| 10 Egg Roll Day; Iced Tea Day | 25 Catfish Day; Strawberry Parfait Day |
| 11 Corn Cob Day; German Choc. Cake Day | 26 Coconut Day; Beautician's Day |
| 12 PB Cookie Day; Red Rose Day; Falafel Day | 27 Ice Cream Cake Day; Sunglasses Day |
| 13 Weed the Garden Day; Sew Machine Day | 28 Alaska Day |
| 14 Flag Day; Strawberry Shortcake Day | 29 Camera Day; Waffle Iron Day |
| 15 Photography Day; Smile Power Day | 30 Parchment Day; Meteor Watch 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.

June 20 marks the Start of Summer!

Our residents and staff shared their favorite things about summer!

- "Family and friends BBQs" - Christina
- "Being able to wear lighter weight clothes" - Trudy
- "Hanging out at the beach" - Stacy
- "getting outside with the sun on my face" - Mary
- "Long walks with my dog Marley" - Dee
- "Being able to have more activities" - Lee
- "Picnics with family and grandkids" - Linda
- "The warm weather" - Al



Staff Spotlight:

Jenn

Jenn was born in Seattle and grew up in Bellingham. She is an only child and she became a mom of four kids who had 13 grandkids—plus another on the way that she is very excited about. Jenn swam with the dolphins in Mexico in the past and something she wants to do next is to learn to scuba dive. Jenn loves tacos and dark chocolate. Her hobbies are reading, rock hounding, gaming, and swimming. Jenn loves to visit the beach as often as possible. We are happy you are part of our team, Jenn!



Resident Spotlight:

Jackie

Jackie was born in Mount Vernon and lived her whole life there before coming to the Inn. She married her love of her life and they had two gorgeous girls who had seven grandkids and six great grandkids who she adores. Jackie has always been good natured. She loves people and walks on the beach. Jackie could eat pizza every day. One thing she'd love to do is visit the Grand Canyon. Since coming to the Inn Jackie has fit right in and met many new friends. Welcome Jackie!

JUNE 2021

La Conner Retirement Inn • 204 N. 1st 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>1 9:30 Current Events 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Chat with Christina 2:00 Mexican Train 4:00 Travel to Bulgaria</p>	<p>2 9:30 What did it cost 10:00 Happy Hearts Fitness 10:00 Writing Club 10:30 Battle Ball 1:30 PO-KE-NO 2:00 Bridge in Piano Room 3:30 Board Games</p>	<p>3 9:30 Puppy Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat with Allie 2:00 Mexican Train 3:00 Funny animal videos</p>	<p>4 9:30 Kitten Webcam 10:00 Happy Hearts Fitness 10:00 Bridge 10:30 Battle Ball 1:00 Manicures 3:00 Hallway Happy Hour 4:00 Classic cars 7:00 Cribbage</p>	<p>5 9:30 Renaissance 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Crafts 3:30 Travel to Egypt 3:30 Walk the Boardwalk</p>
	<p>6 9:30 Word Games 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Bible Study W/Dan M 2:00 Bingo 3:30 Salt T.V</p>	<p>7 9:30 Brain Games 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 PO-KE-NO 2:00 Bridge in Piano Room 3:30 Trivia 4:00 Classic T.V</p>	<p>8 9:30 Current Events 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:15 Resident Council/ Ask the Nurse your concerns 3:00 Resident Birthday's 2:00 Mexican Train 4:00 Travel to Italy</p>	<p>9 9:30 What did it cost 10:00 Happy Hearts Fitness 10:00 Writing Club 10:30 Battle Ball 1:30 PO-KE-NO 2:00 Bridge in Piano Room 3:30 Board Games</p>	<p>10 9:30 Puppy Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat with Allie 2:00 Mexican Train 3:00 Funny animal videos</p>	<p>11 9:30 Kitten Webcam 10:00 Happy Hearts Fitness 10:00 Bridge 10:30 Battle Ball 1:00 Manicures 3:00 Hallway Happy Hour 4:00 Classic cars 7:00 Cribbage</p>
<p>13 9:30 Word Games 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Bible Study W/Dan M 2:00 Bingo 3:30 Salt T.V</p>	<p>14 9:30 Brain Games 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 PO-KE-NO 2:00 Bridge in Piano Room 3:00 Chat with Dana 3:30 Trivia 4:00 Classic T.V</p>	<p>15 9:30 Current Events 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia 2:00 Mexican Train 4:00 Travel to Turkey</p>	<p>16 9:30 What did it cost 10:00 Happy Hearts Fitness 10:00 Writing Club 10:30 Battle Ball 1:30 PO-KE-NO 2:00 Bridge in Piano Room 3:30 Board Games</p>	<p>17 9:30 Puppy Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat with Allie 2:00 Mexican Train 3:00 Funny animal videos</p>	<p>18 9:30 Kitten Webcam 10:00 Happy Hearts Fitness 10:00 Bridge 10:30 Battle Ball 1:00 Manicures 3:00 Hallway Happy Hour 4:00 Classic cars 7:00 Cribbage</p>	<p>19 9:30 Renaissance 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Crafts 3:30 Travel to Tokyo 3:30 Walk the Boardwalk</p>
<p>20 9:30 Word Games 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Bible Study W/Dan M 2:00 Bingo 3:30 Salt T.V</p>	<p>21 9:30 Brain Games 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 PO-KE-NO 2:00 Bridge in Piano Room 3:30 Trivia 4:00 Classic T.V</p>	<p>22 9:30 Current Events 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia 2:00 Mexican Train 4:00 Travel to the U.K.</p>	<p>23 9:30 What did it cost 10:00 Happy Hearts Fitness 10:00 Writing Club 10:30 Battle Ball 1:30 PO-KE-NO 2:00 Bridge in Piano Room 3:30 Board Games</p>	<p>24 9:30 Puppy Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat with Allie 2:00 Mexican Train 3:00 Funny animal videos</p>	<p>25 9:30 Kitten Webcam 10:00 Happy Hearts Fitness 10:00 Bridge 10:30 Battle Ball 1:00 Manicures 3:00 Hallway Happy Hour 4:00 Classic cars 7:00 Cribbage</p>	<p>26 9:30 Renaissance 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Crafts 3:30 Travel to Japan 3:30 Walk the Boardwalk</p>
<p>27 9:30 Word Games 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Bible Study W/Dan M 2:00 Bingo 3:30 Salt T.V</p>	<p>28 9:30 Brain Games 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 PO-KE-NO 2:00 Bridge in Piano Room 3:30 Trivia 4:00 Classic T.V</p>	<p>29 9:30 Current Events 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Trivia 2:00 Mexican Train 4:00 Travel to Bulgaria</p>	<p>30 9:30 What did it cost 10:00 Happy Hearts Fitness 10:00 Writing Club 10:30 Battle Ball 1:30 PO-KE-NO 2:00 Bridge in Piano Room 3:30 Board Games</p>			