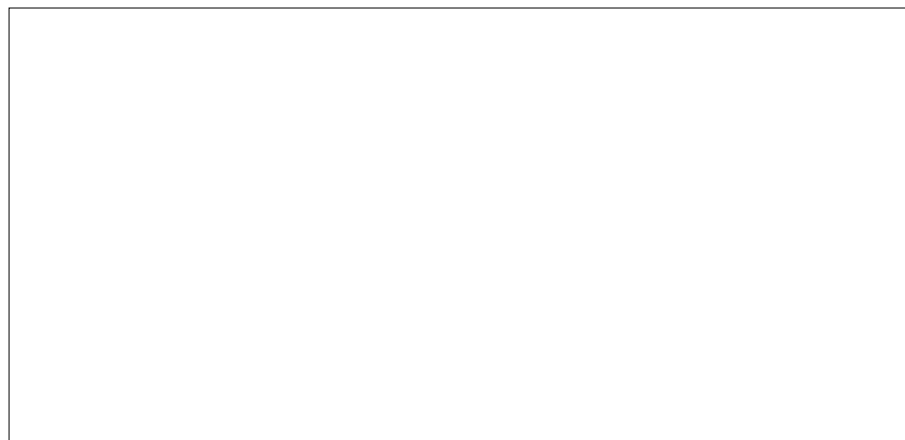




204 N. 1st St.
PO Box 1087
La Conner, WA 98257

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
Dietary Director: Dana Whitney
Maintenance Director: Zach Krebs
Front Office: Jenn Morgan
Life Enrichment Director: Allie Kester
Community Relations Director: Morgan Brooks

Connect:

360-466 5700
info@laconnerretirementinn.com
www.laconnerretirementinn.com
[Facebook.com/LaConnerRetirementInn](https://www.facebook.com/LaConnerRetirementInn)

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

La Conner Retirement Inn News

July 2021 Newsletter



2 Hot Weather Safety Tips
3 Team & Resident Spotlight
4 - 5 Activities Calendar

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

Fun in the Sun: Hot Weather Safety Tips

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

Summer can be the most fun season of the year! With weather being warm and the sun shining bright, there are so many opportunities for activities outside - from gardening and picnics to ball-game watching and seashell hunting on the beach. To ensure a summer full of fun and one free from sunburns, heat stroke, or exhaustion, here are sun-safe guidelines to consider.

Stay hydrated. Older adults are especially susceptible to dehydration. The body's ability to conserve water reduces with age, as does thirst. It is important for older adults to drink lots of fluids and eat foods with high water content, like berries and celery. The Mayo Clinic's recommended daily water intake for men is 15.5 cups and for women is 11.5 cups.

Use sunscreen. Protecting the skin is always a good idea. A sunscreen with an SPF of at least 30 is recommended by the Mayo Clinic. Apply it at least 15 minutes before heading outside. It should be applied generously and reapplied every two hours or more if a person is swimming or sweating. Ears, scalp, lips, nose, hands, and neck are spots to remember!

Cover up. When headed out into the heat or sun, it is best to wear loose-fitting, lightweight, light-colored clothing. Wide-brimmed hats and sunglasses are smart for protective purposes. It is good to have a lightweight jacket handy to protect the skin from sun exposure. If possible, find a shady spot to be in.



Did You Know? Water, snow, sand and concrete reflect light and raise sunburn risk.

Try to avoid the sun during peak hours. Peak sun hours are between 10 am and 4 pm, with the sun highest in the sky at noon and the temp. highest at 3 pm. UV rays from the sun are greatest between late spring and early summer in the U.S.

Pay attention to the heat index and UV index. The Heat Index measures how hot it feels in a place when relative humidity is factored in with actual air temperature. It can be found on local weather websites. There is also a UV index for seeing how strong UV light is where you are at www.epa.gov/sunsafety/uv-index-1

Medications and sun don't always mix. Certain medications can increase sensitivity to sunlight. Sunburns, hives and rashes can result if one is not careful while on such medications. Research your medications before going out.

Have a great, safe summer! We hope these suggestions are helpful to you in your preparation for summer fun this year!

Special Moments



- | | |
|--------------------|------------------|
| Monte: July 5 | Michael : July 1 |
| Al: July 6 | Ciara: July 2 |
| Pat A: July 21 | Katie: July9 |
| Jackie S: July 24 | Shelley: July 13 |
| Barbara S: July 29 | Krystal :July15 |
| | Zach: July 17 |

Those born in July are either Cancer (June 21-July 22) or Leo (July 23-August 22). The birthstone for July is ruby. The birth flowers for July are larkspurs (delphinium) and water lilies. July babies are said to have a sunny disposition and great self control.

July 2021 Highlights

July observes Eye Injury Prevention, UV Safety, and Social Wellness. It celebrates Blueberries, Peaches, Ice Cream, and Watercolors!

| | |
|--|--|
| 01 Stamp Day; Creative Ice Cream Day | 17 Peach Ice Cream Day; Emoji Day |
| 02 Anisette Day; World UFO Day | 18 Sour Candy Day; Ice Cream Day |
| 03 Chocolate Wafer Day; Eat Beans Day; | 19 Daiquiri Day |
| 04 Independence Day; Scarecrow Build Day | 20 Fortune Cookie Day; Penn. Day; Chess Day |
| 05 Apple Turnover Day; Graham Cracker Day | 21 Be Someone Day; Junk Food Day |
| 06 Fried Chicken Day; Sushi Hand Rolls Day | 22 Penuche Fudge Day; Hot Dog Day |
| 07 Macaroni Day; Strawberry Sundae Day | 23 Vanilla Ice Cream Day; Lovely Grandma Day |
| 08 Almond Chocolate Day; Blueberry Day | 24 A. Earhart Day; DriveThru Day; Cowboy Day |
| 09 Sugar Cookie Day | 25 Culinarians' Day; Parents' Day |
| 10 Collector Car Day; Pina Colada Day | 26 Bagelfest Day; Coffee Milkshake Day |
| 11 Blueberry Muffin Day; Amer. Pet Pic Day | 27 Creme Brulee Day; New Jersey Day |
| 12 Pecan Pie Day; Jello Day | 28 Milk Chocolate Day; Waterpark Day |
| 13 Beans N' Franks Day; French Fries Day | 29 Intern Day; Eat Chicken Wings Day |
| 14 Mac and Cheese Day; Tape Measure Day | 30 Cheesecake Day; Chili Dog Day |
| 15 Give Something Away Day; Tapioca Day | 31 Mutt Day; Avocado Day |
| 16 Corn Fritter Day; Personal Chefs' 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.

July 1st is Creative Ice Cream Day

Our residents and staff shared favorite or unique combinations they came up with!

"Chocolate with whip cream" - Buttons

"Rocky Road" - Al

"A good banana split on a hot day" - Bertha

"Peach sherbet with raspberry syrup" - Allie

"Good old chocolate plain" - Charlie

"I love sherbet" - Jean N

"Chocolate peanut butter ice cream with more peanut butter" - Shelley



Staff Spotlight: Nicole

Nicole was born in Boise, Idaho, and at the age of 12 her family moved to Mount-Vernon. Nicole finished her schooling in Mount-Vernon and started working here at the Inn. She wants to be a caregiver here after she turns 18. Her goal is to get the training and education to become a trauma nurse. Nicole has two cats that she loves very much and has named them Stevie and Knicks.


We are so happy you are part of our team, Nicole!



Resident Spotlight: Elizabeth T.

Elizabeth was born in Seattle along with two older brothers. Her education included studying art. She became an artist of print work and painting. She has always loved to sail and hike. Elizabeth loves spending time with her two kids, grandkids and great grandkids. Her favorite food is anything seafood. She has climbed mount Rainier and the Cascades. Elizabeth has a corgi dog named Tilda. She loves to read and take walks.

We are happy to have you here at the Inn, Elizabeth!

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|---|--|--|---|
| <div>All activities subject to change per mandated health guidelines.</div> | | | | <div>1 9:30 Humming Bird Webcam 10:00 Happy Hearts 10:30 Battle Ball 1:30 Chat w/ Allie 2:00 Mexican Train 3:00 Travel to Spain</div> | <div>2 9:30 Kitten Webcam 10:00 Happy Hearts 10:30 Battle Ball 1:00 Manicures 2:00 Bridge 3:00 Happy Hour 4:00 Classic Cars 7:00 Cribbage</div> | <div>3 9:30 Kitten Webcam 10:00 Happy Hearts 10:30 Battle Ball 1:30 Walk the Boardwalk 1:30 Movie 4:00 Funny Animals</div> |
| <div>4 9:30 Word Games 10:00 Happy Hearts 10:30 Battle Ball 11:00 Bible Study w/ Dan M 2:00 Bingo 4:00 Trivia</div> <div><i>Happy 4th of July!</i></div> | <div>5 9:30 Brain Games 10:00 Happy Hearts 10:30 Battle Ball 2:00 PO-KE-NO 2:00 Bridge 3:30 Trivia</div> | <div>6 9:30 Grizzly Bear Webcam 10:00 Happy Hearts 10:30 Battle Ball 1:30 Chat w/ Christina 2:00 Mexican Train 3:30 What did it cost? 4:00 Travel to Cuba</div> | <div>7 9:30 Farm Animals Webcam 10:00 Happy Hearts 10:00 Writing Club 10:30 Battle Club 1:30 Crafts 2:00 Bridge 3:30 Board Games</div> | <div>8 9:30 Humming Bird Webcam 10:00 Happy Hearts 10:30 Battle Ball 1:00 All about hearing 1:30 Trivia 2:00 Mexican Train 3:00 Travel to London</div> | <div>9 9:30 Farm Animals Webcam 10:00 Happy Hearts 10:30 Battle Ball 1:00 Trivia 2:00 Bridge 3:00 Happy Hour 4:00 White House Tour 7:00 Cribbage</div> | <div>10 9:30 Farm Animals Webcam 10:00 Happy Hearts 10:30 Battle Ball 1:30 Baking Club 1:30 Movie 4:00 Funny Animals</div> |
| <div>11 9:30 Word Games 10:00 Happy Hearts 10:30 Battle Ball 11:00 Bible Study w/ Dan M 2:00 Bingo 4:00 Trivia</div> | <div>12 9:30 Brain Games 10:00 Happy Hearts 10:30 Battle Ball 2:00 PO-KE-NO 2:00 Bridge 3:30 Trivia</div> | <div>13 9:30 Puppy Webcam 10:00 Happy Hearts 10:30 Battle Ball 2:00 Mexican Train 1:15 Resident Council 3:00 Resident Birthday Party 4:00 Travel to Egypt</div> | <div>14 9:30 Puppy Webcam 10:00 Happy Hearts 10:00 Writing Club 10:30 Battle Club 1:30 Trivia 2:00 Bridge 3:30 Board Games</div> | <div>15 9:30 Humming Bird Webcam 10:00 Happy Hearts 10:30 Battle Ball 1:30 Trivia 2:00 Mexican Train 3:00 Travel to Italy</div> | <div>16 9:30 Humming Bird Webcam 10:00 Happy Hearts 10:30 Battle Ball 1:00 Manicures 2:00 Bridge 3:00 Happy Hour 4:00 TED 7:00 Cribbage</div> | <div>17 9:30 Humming Bird Webcam 10:00 Happy Hearts 10:30 Battle Ball 1:30 Walk the Boardwalk 1:30 Movie 4:00 Funny Animals</div> |
| <div>18 9:30 Word Games 10:00 Happy Hearts 10:30 Battle Ball 11:00 Bible Study w/ Dan M 2:00 Bingo 4:00 Trivia</div> | <div>19 9:30 Brain Games 10:00 Happy Hearts 10:30 Battle Ball 2:00 PO-KE-NO 2:00 Bridge 3:30 Trivia</div> | <div>20 9:30 Kitten Webcam 10:00 Happy Hearts 10:30 Battle Ball 2:00 Mexican Train 3:30 What did it cost? 4:00 Travel to Costa Rica</div> | <div>21 9:30 Grizzly Bear Webcam 10:00 Happy Hearts 10:00 Writing Club 10:30 Battle Club 1:30 Crafts 2:00 Bridge 3:30 Board Games</div> | <div>22 9:30 Humming Bird Webcam 10:00 Happy Hearts 10:30 Battle Ball 1:30 Trivia 2:00 Mexican Train 3:00 Travel to Bolivia</div> | <div>23 9:30 Grizzly Bear Webcam 10:00 Happy Hearts 10:30 Battle Ball 1:00 Trivia 2:00 Bridge 3:00 Happy Hour 4:00 History 7:00 Cribbage</div> | <div>24 9:30 Puppy Webcam 10:00 Happy Hearts 10:30 Battle Ball 1:30 Baking Club 1:30 Movie 4:00 Funny Animals</div> |
| <div>25 9:30 Word Games 10:00 Happy Hearts 10:30 Battle Ball 11:00 Bible Study w/ Dan M 2:00 Bingo 4:00 Trivia</div> | <div>26 9:30 Brain Games 10:00 Happy Hearts 10:30 Battle Ball 2:00 PO-KE-NO 2:00 Bridge 3:30 Trivia</div> | <div>27 9:30 Humming Bird Webcam 10:00 Happy Hearts 10:30 Battle Ball 2:00 Mexican Train 3:30 What did it cost? 4:00 Travel to Romania</div> | <div>28 9:30 Kitten Webcam 10:00 Happy Hearts 10:00 Writing Club 10:30 Battle Club 1:30 Trivia 2:00 Bridge 3:30 Board Games</div> | <div>29 9:30 Humming Bird Webcam 10:00 Happy Hearts 10:30 Battle Ball 1:30 Trivia 2:00 Mexican Train 3:00 Travel to UK</div> | <div>30 9:30 Puppy Webcam 10:00 Happy Hearts 10:30 Battle Ball 1:00 Manicures 2:00 Bridge 3:00 Happy Hour 4:00 Animals 7:00 Cribbage</div> | <div>31 9:30 Kitten Webcam 10:00 Happy Hearts 10:30 Battle Ball 1:30 Walk the Boardwalk 1:30 Movie 4:00 Funny Animals</div> |