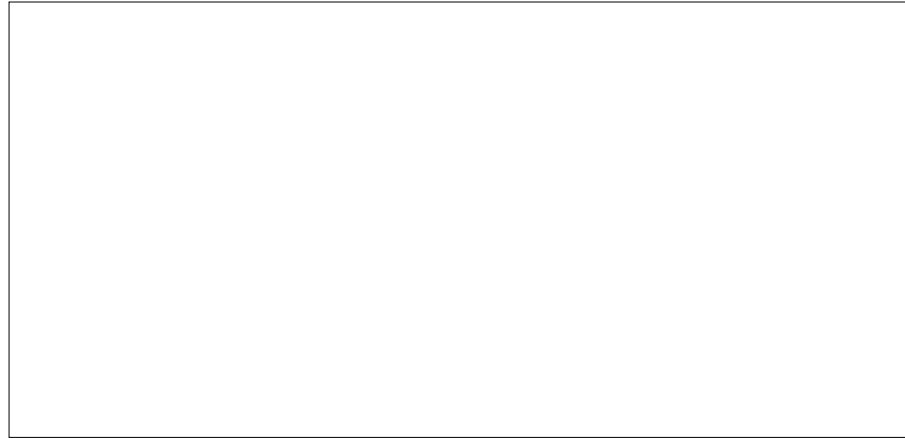




204 N. 1st St.
PO Box 1087
La Conner, WA 98257

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Administrative Team:

Executive Director: Christina James
Business Office Director: Stacy Boydston
Wellness Director: Elena Vrinceanu
Registered Nurse: Katie Kramer
Dietary Director: Dana Whitney
Maintenance Director: Blake Leech
Front Office: Jen Morgan & Kathy James
Life Enrichment Director: Allie Kester
Community Relations Director: Morgan Brooks

Connect:

360-466 5700

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[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

September 2021 Newsletter



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

Achieving Better Balance & A More Active Lifestyle

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

Do you ever feel lightheaded upon standing or feel your surroundings spin when taking a step? These are signs of balance issues. Most stem from the inner ear, but can be related to medications, the circulatory system, or blood pressure, among other causes. Fortunately, balance issues can be improved with attention to health, and action.

In September, Balance Awareness Week takes place, the 19th-25th. In observance, we’re sharing causes and improvement ideas.

Balance Issue Causes

Vertigo, lightheadedness, unsteadiness, and dizziness are four symptoms that can point to specific causes, per the Mayo Clinic. Causes are not limited to these, but can include: motion sickness, migraine, and Meniere's behind **vertigo**; cardiovascular issue or blood pressure change with movement behind **lightheadedness**; eyesight issue, medication, inner ear issue, leg nerve damage, or neurological issue behind **unsteadiness**; and inner ear issue, medication, or psychiatric issue behind **dizziness**. Balance disorders can bring about symptoms including but not limited to: confusion, disorientation, nausea and vomiting, diarrhea, changes in heart rate and blood pressure, fear, anxiety, or panic.

If you suspect you have an issue, speak with your medical professional for diagnosis and treatment. Depending on the issue, treatment can include medications to control dizziness and vomiting, balance retraining, inner ear



positioning procedures, surgery, change to diet (specific to the cause), and lifestyle change.

Lifestyle change many can benefit from is increased physical activity for muscle strength and flexibility. If your health professional approves, here are a few ideas to try, with a spotter present!

Exercises

- Tai Chi or Chair Chi! This is meditation in motion, with movements that shift weight from foot to foot, helping posture and balance.
- Hold a chair and stand on one leg at a time for several intervals.
- Tightrope Walking: Hold arms straight out at your sides. Walk a straight line with a 1-2 second pause as your back leg lifts from the ground. Have head up and eyes fixed ahead.
- Wall Pushups: Stand arm’s length from a wall. Lean forward slightly with palms flat on wall at height and width of shoulders. Keep feet in place as you move your body forward. Gently push back until arms are straight.

Let us know if this information has been helpful to you on our facebook page!

Special Moments

< Quesa says: “Prioritize getting a good night’s sleep each night!”



Joan: Sept. 3
Charlie: Sept. 4
Betty: Sept. 23
Jay: Sept. 26

Blake: Sept. 11
Elena: Sept. 13

Those born in September are either Virgo (Aug. 23-Sept. 22) or Libra (Sept. 23-Oct. 22). The birthstone for September is sapphire. The birth flowers for September are asters and morning glory. Virgos are best known for being practical, loyal, and organized. Libras are balanced, social, and fair-minded. September has 11 of the top birthdates in the nation with more babies born on September 9 than any other day of the year!

September 2021 Highlights

September is Healthy Aging Month, Cholesterol Education Month, Food Safety Education Month, and World Alzheimer's Month. It celebrates Hispanic Heritage, Sewing, Piano, Honey, Chicken, and Americana!

01 Building & Code Staff Day; Write Letters Day	16 Cinnamon Raisin Bread Day; Guacamole Day
02 Blueberry Popsicle Day	17 Apple Dumpling Day; Country Music Day
03 Bowling League Day; College Colors Day	18 Cheeseburger Day; Dance Day
04 Macadamia Nut Day; Tailgating Day	19 Butterscotch Pudding Day
05 Cheese Pizza Day; Intl. Day of Charity	20 Pepperoni Pizza Day; String Cheese Day
06 Labor Day; Rosh Hashanah; Book Day	21 Chai Day; NY Day; World Alzheimer's Day
07 Acorn Squash Day; Salami Day	22 Centenarians' Day; White Chocolate Day
08 Intl. Literacy Day; Ampersand Day	23 Pot Pie Day; Snack Stick Day
09 Teddy Bear Day; Wiener Schnitzel Day	24 Cherries Jubilee Day; Punctuation Day
10 Swap Ideas Day; TV Dinner Day	25 Family Health & Fitness Day; Quesadilla Day;
11 Hot Cross Bun Day; Patriot Day	26 HR Prof's Day; Pancake Day; Dumpling Day
12 Assisted Living Week Kickoff; Grandparent Day	27 Family Day; Corned Beef Hash Day; Scarf Day
13 Peanut Day	28 Good Neighbor Day; North Carolina Day
14 Cream Filled Donut Day; Hoagie Day	29 Coffee Day; Women's Health Day
15 Yom Kippur; Learn Online Day; Linguine Day	30 Hot Mulled Cider Day; Love Others Day

"O sweet September, thy first breezes bring. The dry leaf's rustle and the squirrel's laughter. The cool fresh air whence health and vigor spring. And promise of exceeding joy hereafter." — George Arnold, September Days

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.

Autumn Begins September 22!

Our residents and staff shared what they love most about Autumn!

"Falling leaves" - Natalie

"Colorful Scenery" - Joan

"The leaves" - Arlene M

"Yellow and red leaves" - Arlene S

"Halloween" - Barbara S.

"Colors of the trees" - John R.



Staff Spotlight: Jacqueline

Jacqueline was born in Everett and went to school in Mount Vernon. She studied and enjoys multimedia and designing websites. Jacqueline got married at age 19 and has two teenage boys. She met her husband when she was just 3 years old! Jacqueline's hobbies are computers, movies, camping, makeup, and hair. Her goal is to become a nurse. She is currently taking classes to be a Med tech. Her passion is working with seniors. We are happy you are a part of our team Jacqueline!



Resident Spotlight: Virginia M.

Virginia was born in Templeton California and finished her high school education at a provincial school. She then went to a junior college and studied Education.

She married her love of a life time and was with Glen for 50 years. They had 4 daughters and 2 sons. Her hobbies are gardening, knitting, hiking, back packing, and spending time with her friends. Virginia came to the Inn from Idaho and is starting to make more friends and take part in new activities.

We are so happy you are here at the Inn, Virginia!

<div> <div>SEPTEMBER 2021</div> <div> <div>La Conner Retirement Inn</div> <div>•</div> <div>204 N 1ST Street</div> <div>La Conner, WA 98257</div> <div>•</div> <div>360-466-5700</div> </div> </div>						
SUN	MON	TUE	WED	THU	FRI	SAT
<div>All activities subject to change per mandated health guidelines.</div>			<div>1</div> <div> 9:30 Animals Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Crafts 2:00 Bridge Game 3:30 Board Games </div>	<div>2</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 11:00 Stoned Soup Lecture 1:00 Bible Study 1:30 Chat with Allie 2:00 Mexican Train 3:00 Travel To Scandinavia </div>	<div>3</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:00 Trivia 2:00 Bridge Game 3:00 Happy Hour 7:00 Cribbage </div>	<div>4</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Walk the Boardwalk 1:30 Movie 4:00 Funny Animals </div>
<div>5</div> <div> 9:30 Word Games 10:00 Happy Hearts Fitness 10:30 Battle Ball ! 2:00 Bingo 4:00 Trivia </div>	<div>6</div> <div> 9:30 Brain Games 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Chat with Dana 2:00 Bridge 3:00 Labor Day Social with Live Music Labor Day </div>	<div>7</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Chat with Christina 2:00 Book Club 2:00 Mexican Train 3:30 What Did It Cost? 4:00 Travel to Slovenia </div>	<div>8</div> <div> 9:30 Animals Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:00 Shopping Trip to Pioneer Market 2:00 Bridge Game 3:30 Board Games </div>	<div>9</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 11:00 Stoned Soup Lecture 1:00 All About Hearing 1:00 Bible Study 2:00 Mexican Train 3:00 Travel To Little Europe </div>	<div>10</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:00 Trivia 2:00 Bridge Game 3:00 Happy Hour with Live Music 7:00 Cribbage </div>	<div>11</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Walk-About 1:30 Movie 4:00 Funny Animals </div>
<div>12</div> <div> 9:30 Word Games 10:00 Seahawks –vs– Colts 10:00 Happy Hearts Fitness 10:30 Battle Ball ! 2:00 Bingo 4:00 Trivia </div>	<div>13</div> <div> 9:30 Brain Games 10:00 Happy Hearts Fitness 10:30 Battle Ball! 2:00 PO-KE-NO 2:00 Bridge 3:30 Trivia </div>	<div>14</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:15 Resident Council 2:00 Book Club 2:00 Mexican Train 3:30 What Did It Cost? 4:00 Travel to Poland </div>	<div>15</div> <div> 9:30 Animals Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Crafts 2:00 Bridge Game 3:30 Board Games </div>	<div>16</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 11:00 Stoned Soup Lecture 1:00 Bible Study 1:30 Trip: Mystery Drive 2:00 Mexican Train 3:00 Travel To Croatia </div>	<div>17</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:00 Trivia 2:00 Bridge Game 3:00 Happy Hour with Live Music 7:00 Cribbage </div>	<div>18</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Walk the Boardwalk 1:30 Movie 4:00 Funny Animals </div>
<div>19</div> <div> 9:30 Word Games 10:00 Happy Hearts Fitness 10:30 Battle Ball ! 1:25 Seahawks –vs– Titans 4:00 Trivia </div>	<div>20</div> <div> 9:30 Brain Games 10:00 Happy Hearts Fitness 10:30 Battle Ball! 2:00 PO-KE-NO 2:00 Bridge 3:30 Trivia </div>	<div>21</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Trivia 2:00 Book Club 2:00 Mexican Train 3:30 What Did It Cost? 4:00 Travel to Hungary </div>	<div>22</div> <div> 9:30 Animals Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Shopping Trip to Pioneer Market 2:00 Bridge Game 3:30 Board Games 1st Day of Fall </div>	<div>23</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 11:00 Stoned Soup Lecture 1:00 Bible Study 2:00 Mexican Train 3:00 Travel To Belgium </div>	<div>24</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:00 Trivia 2:00 Bridge Game 3:00 Happy Hour 7:00 Cribbage </div>	<div>25</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Bingo 4:00 Funny Animals 7:00 Movie </div>
<div>26</div> <div> 9:30 Word Games 9:30 Worship Service 10:00 Happy Hearts Fitness 10:30 Battle Ball ! 1:25 Seahawks –vs– Vikings 4:00 Trivia </div>	<div>27</div> <div> 9:30 Brain Games 10:00 Happy Hearts Fitness 10:30 Battle Ball! 2:00 PO-KE-NO 2:00 Bridge 3:30 Trivia </div>	<div>28</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Trivia 2:00 Book Club 2:00 Mexican Train 3:30 What Did It Cost? 4:00 Travel to Austria </div>	<div>29</div> <div> 9:30 Animals Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Crafts 2:00 Bridge Game 3:30 Board Games </div>	<div>30</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 11:00 Stoned Soup Lecture 1:00 Bible Study 2:00 Mexican Train 3:00 Travel To Asia </div>		