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PRESORTED
STANDARD
US POSTAGE
LA CONNER, WA
PERMIT #3



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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

December 2021 Newsletter



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Cold Weather Safety & Wellness Tips

We've all heard—and many agree, it's "the most wonderful time of the year!" With the changing weather in mind, here are a few ways to keep as safe and merry as possible!

Dress for Warmth

Stay toasty throughout winter with appropriate clothing for your surroundings. Outdoors, if it's very cold, be sure to wear warm socks, gloves, a heavy coat, a scarf, and a hat or ear muffs, and make sure exposed skin is covered. Indoors, if cold, dress in layers and keep feet covered. One's body temperature should never dip below 95 degrees.

Avoid Falling

In the winter, falls may occur due to slips on icy sidewalks and roads or wet indoor spaces. Avoid injury by wearing shoes with good traction and non-skid soles. Stay inside when at all possible, and wait to walk on sidewalks until you know that they have been treated for ice. It is also smart to have a walking buddy or two if you do head outdoors. If you have been outside and are returning to an indoor space, take off your shoes to avoid slipping due to wet soles.

Ward off Wintertime Blues

In the winter, there are fewer opportunities for people to get regular exercise and sunshine. There are also some stressors that come along with the holidays. These changes in routine may lead to feelings of loneliness, isolation, and sadness. Help fight off the winter blues by getting regular



exercise, participating in social activities, and eating a varied diet of Vitamin D fortified foods.

Avoid Fire Hazards & Carbon Monoxide Poisoning

It's lovely to enjoy the warmth of the fireplace or a scented candle in winter, but be prepared to avoid fire dangers. Heaters, fireplaces, stoves, candles, and holiday decorations can pose fire risks. Avoid possible fires and carbon monoxide poisoning by following fire safety rules, abiding by device manufacturer instructions, and making sure all alarms are functional. Also, practice routine fireplace maintenance, make sure electrical sockets are operating properly, and keep holiday decorations neat and in good repair. There's no shame in reaching out to a friend or loved one for help tending to these tasks.

We wish everyone a safe, warm, and fun-filled winter season this year! Let us know if you've found this information helpful in the comments section when we post our newsletter on the 1st!

Special Moments



Happy Birthday!



Carol: Dec. 2	Elaine S: Dec. 18
Jerry: Dec. 5	John Radich: Dec. 22
Chuck B: Dec. 5	Elizabeth T: Dec. 31
Joye: Dec. 7	Clemens: Dec. 17
Ray: Dec. 10	Christina: Dec. 28
Glenda: Dec. 18	

Those born in December are Sagittarius (Nov. 22-Dec 21) or Capricorn (Dec. 22-Jan. 19). Their birthstone is Turquoise, zircon, or tanzanite. Their birth flower is Narcissus or Holly. Narcissus symbolizes rebirth and respect.

December 2021 Highlights

December observes human rights, handwashing awareness, older driver's safety awareness, spiritual literacy, learning languages, and food service safety! December celebrates writing to friends, being neighborly, root vegetables, pears, bingo, tropical fruits, eggnog, and art and architecture!

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|--|---|
| 01 Red Apple Day; Pie Day; Rosa Park Day | 17 Syrup Day; Ugly Holiday Sweater Day |
| 02 Mutt Day; Special Ed. Day; Fritter Day | 18 Twin Day; Roast Suckling Pig Day |
| 03 Persons w/ Disabilities Day; Faux Fir Day | 19 Oatmeal Muffin Day; Hard Candy Day |
| 04 Team Appreciation Day; Sock Day | 20 Sangria Day |
| 05 Sacher Torte Day; Intl. Volunteers' Day | 21 Winter Begins; Crossword Puzzle Day |
| 06 Gazpacho Day; Microwave Day | 22 Date Nut Bread Day; Forefathers' Day |
| 07 Remember Pearl Harbor Day; Illinois Day | 23 Pfeffernusse Cookies Day |
| 08 Be a Time Traveler Day; Brownie Day | 24 Christmas Eve; Eggnog Day |
| 09 Pastry Day; Christmas Card Day | 25 Christmas Day; Pumpkin Pie Day |
| 10 Chanukah Begins; Nobel Prize Day | 26 Kwanzaa Begins; Candy Cane Day; Thank You Note Day |
| 11 Noodle Ring Day; App Day; Indiana Day | 27 Fruitcake Day |
| 12 Gingerbread House Day; Ambrosia Day | 28 Chocolate Day; Cards Day; Short Film Day |
| 13 Cocoa Day; Violin Day; Horse Day | 29 Pepper Pot Day |
| 14 Alabama Day; Monkey Day | 30 Bacon Day |
| 15 Cupcake Day; Wear Pearls Day; Tea Day | 31 New Year's Eve; Champagne Day |
| 16 Chocolate Covered Anything Day | |

Regarding Covid-19:

Resident and staff safety and comfort remains our number one priority. 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.

Winter Begins December 21st!

Our residents and staff shared what they love most about the season!

"Family gatherings" - Allie

"Cooler weather" - Al

"Spending time with family" - Kesa

"Driving around looking at the Christmas lights" - Elena

"I like the food" - Trudy

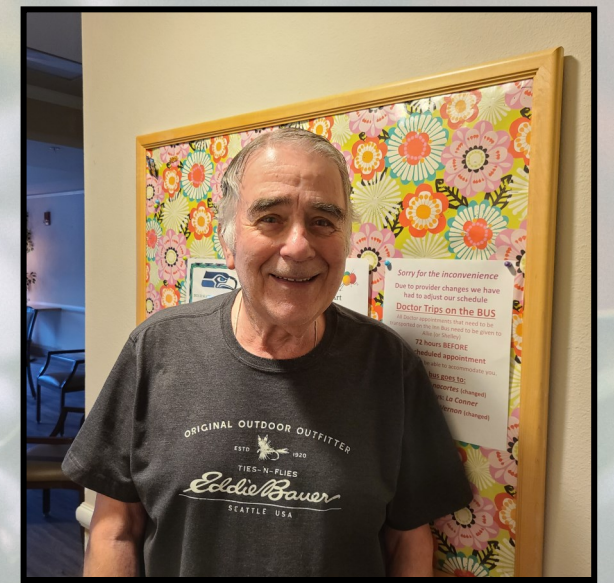
"It's my favorite time of the year, I love the wind, cooler, the colors of the leaves" - Shelly



Staff Spotlight: Molly

Amalia, who goes by the nickname Molly, was born in Milwaukee, WI. She grew up in Wisconsin Rapids and went to Lincoln High School where she explored many hobbies. She was in clubs such as, book club, knitting club, art club, yearbook, boys and girls club, photography club, and many more. Molly is now looking to start college this spring to study to be an Accountant. Only recently moving from the land of cheese to Washington state this July, she's found the areas of Burlington and La Conner breathtaking. She can't wait to see more of it, especially the mountains, something she saw for the first time when she flew over. One quote that keeps her going is something her mother always said when they were in hard times, "No matter what, we'll get through this together."

Keep up the great work!



Resident Spotlight: John Radich

John was born in Mount Vernon and when he was very young his family moved to Burlington where he attended school and graduated in 1958. Two days after graduation he got his first job at Northern State Hospital. He worked many job titles there for 30 years before the hospital closed. John found another job with the State Hwy Department. He married twice. Both were the loves of his life. He has one son who he adores. John enjoys hunting, fishing, hiking and telling a good joke. John really enjoys living at the Inn. He has made many friends and loves the activities.

We are happy you are here!

DECEMBER 2021

La Conner Retirement Inn • 204 North First 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>		 <small>shutterstock.com - 521619325</small>	<p>1 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Market Trip 3:00 Board Games 6:00 Penny Bingo</p>	<p>2 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 1:30 Chat with Allie 2:00 Mexican Train 3:00 Travel</p>	<p>3 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Trivia 2:00 Bridge 3:00 Happy Hour 7:00 Cribbage</p>	<p>4 9:30 Animals Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Board Games 2:00 Needle Art 3:00 Movie 4:00 Funny Animals</p>
<p>5 9:30 Animal Webcams 10:00 Happy Hearts fitness 10:30 Battle Ball 1:30 Travel 2:00 PO-KE-NO 3:45 Trivia 5:20 Seahawks Game (vs San Francisco)</p>	<p>6 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat with Dana 2:00 Bingo 3:45 Funny Animals</p>	<p>7 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat with Christina 2:00 Mexican Train 2:00 Crafts 4:00 Travel Europe</p>	<p>8 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bus Trip: Thrift Shop 3:00 Board Games</p>	<p>9 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Manicures 1:00 Bible Study 2:00 Mexican Train 3:00 Travel</p>	<p>10 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Trivia 2:00 Bridge 3:00 Happy Hour with live music, Lee Howard 7:00 Cribbage</p>	<p>11 9:30 Animals Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Board Games 2:00 Needle Art 3:00 Movie 4:00 Funny Animals</p>
<p>12 9:30 Animal Webcams 10:00 Seahawks Game (at Houston) 10:00 Happy Hearts fitness 10:30 Battle Ball 1:30 Travel 2:00 PO-KE-NO 3:45 Trivia</p>	<p>13 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel 2:00 Bingo 3:45 Funny Animals</p>	<p>14 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:15 Resident Council 2:00 Mexican Train 3:00 Resident Birthdays 4:00 Travel Europe</p>	<p>15 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Market Trip 3:00 Board Games 6:00 Penny Bingo</p>	<p>16 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Mexican Train 3:00 Travel</p>	<p>17 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Trivia 2:00 Bridge 3:00 Happy Hour 7:00 Cribbage</p>	<p>18 9:30 Animals Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Board Games 2:00 Needle Art 3:00 Christmas music by Timothy Michaels 4:00 Funny Animals</p>
<p>19 9:30 Animal Webcams 10:00 Happy Hearts fitness 10:30 Battle Ball 1:00 Travel 1:25 Seahawks Game (at Los Angeles Rams) 3:45 Trivia</p>	<p>20 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel 2:00 Bingo 3:45 Funny Animals</p>	<p>21 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Setup for staff party 2:00 Staff Christmas Party 4:00 Travel</p> <p>Winter Begins</p>	<p>22 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bus Trip: Hobby Lobby 3:00 Board Games</p>	<p>23 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Manicures 1:00 Bible Study 2:00 Mexican Train 3:00 Travel</p>	<p>24 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Trivia 2:00 Bridge 3:00 Happy Hour 7:00 Cribbage</p>	<p>25 9:30 Animals Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Board Games 2:00 Needle Art 3:00 Movie 4:00 Funny Animals</p>
<p>26 9:30 Animal Webcams 10:00 Happy Hearts fitness 10:30 Battle Ball 12:30 Coloring with Shelley 1:05 Seahawks Game (vs Chicago) 3:45 Trivia</p>	<p>27 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel 2:00 Bingo 3:45 Funny Animals</p>	<p>28 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train 2:00 Crafts 4:00 Travel Europe</p>	<p>29 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Market Trip 3:00 Board Games 6:00 Penny Bingo</p>	<p>30 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Mexican Train 3:00 Travel</p>	<p>31 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Trivia 2:00 Bridge 3:00 Happy Hour with live music, Salt Dirt Grass Band 7:00 Cribbage</p>	<p>Merry Christmas</p> 