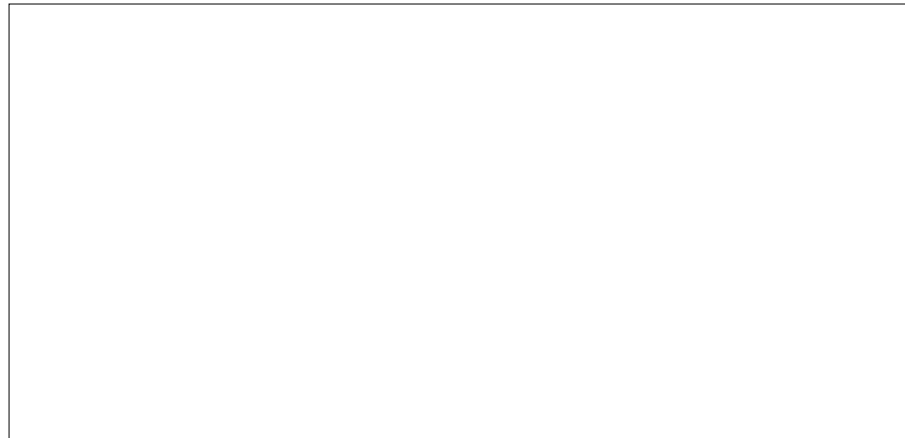




204 N. 1st St.
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La Conner, WA 98257

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LA CONNER, WA
PERMIT #3



Administrative Team:

Executive Director: Christina James
Business Office Director: Lisa Brown
Wellness Director: Elena Vrinceanu
Registered Nurse: Katie Kramer
Dietary Director: Dana Whitney
Maintenance Director: Sean
Front Office: Molly Turner & Kathy James
Life Enrichment Director: Allie Kester
Community Relations Dir.: Stacy Boydston

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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

January 2022 Newsletter



2 Healthy New Year's Resolutions
3 Team & Resident Spotlight
4 - 5 Activities Calendar

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

Here's to You in 2022: Healthy New Year's Resolutions

A new year is a great time to focus on health and look at what great habits you have in place for yourself, and what areas you could improve upon. There's so many ways to approach taking on better habits, from exercise to sleep. These are just a few to consider!

Get Social

Taking part in group activities, being with others, and sharing your feelings boosts overall health. Ways to bring out your social butterfly:

- Attend group activities. Set small social goals each time you take part. Greet and share an observation or compliment.
- Have your hearing and vision tested to ensure that you aren't missing things.
- Practice your favorite hobby in a common area. Others may join you!
- If religious, attend group services.
- Use IN2L with your Life Enrichment Director.

Make Exercise Fun

Being active helps the whole body. Do some thinking about your favorite ways to be active and set small goals for daily activities (walking, dancing, stretching, lifting, bowling, golfing, or chair exercises). Work out with a buddy for motivation and safety. Share your successes!

Hydrate

Dehydration can affect people of all ages, but especially older adults. Ask your health professional how much water you should get each day, as it varies from person to person. To make hydration fun, in addition to water, try foods like watermelon, spinach, cucumbers, green peppers, and celery. Ways to detect fluid intake is adequate include rarely feeling thirsty and colorless or light yellow urine.

Prioritize Your Wellness

Reach out to your medical and dental health



Goal Idea: Eat more blueberries! Did you know blueberries can: improve brain function, protect the body from unstable molecules, lower blood pressure, and help prevent heart disease? These little blue buddies pack quite the health punch!

professionals as you head into 2022 to schedule wellness appointments. Staying on top of your well-being is the best gift you can give yourself.

Sleep Well

Sleep quality can be compromised in many ways. Try these goals to improve your sleep:

- Follow a pre-sleep routine / sleep schedule
- Avoid late afternoon naps or caffeine
- Avoid screens, lights, & large pre-bed meals

Have A Rainbow A Day...

It's true, the saying goes "an apple a day..." but a rainbow is more fun. When you eat, improve nutrition with a rainbow of different colored foods on your plate at each meal, with many colors coming from fruits and vegetables.

We wish you a healthy 2022! Let us know which of these focus areas spark your interest on our Facebook post on the 1st. Follow your medical professional's advice and speak with them before changing diet, exercise, or medications. This article is for informational use only and should not be considered medical advice.

Special Moments



Happy Birthday!

Dan C: Jan. 27 **Anna L.: Jan. 2**
Arlene S.: Jan. 27 **Allie K.: Jan. 9**
Virginia M.: Jan. 31

Those born in January are Capricorn (Jan. 1-19) or Aquarius (Jan. 20-31). Their birthstone is garnet, symbolizing love and was discovered in Ancient Egypt. Their birth flowers are Carnations and Snow Drops. Carnations are among few flowers that can bloom in the cold!

January 2022 Highlights

January observes bath safety, mentoring, and braille literacy. It celebrates oatmeal, soup, hot tea, slow cooking, and Sunday suppers.

It's Hobby Month so it's a great time to indulge in and share about hobbies!

- | | |
|---|---|
| 01 Bloody Mary Day; Set Resolutions | 17 MLK Jr. Day; Hot Buttered Rum Day |
| 02 Cream Puff Day; Science Fiction Day | 18 Pooh Bear Day; Thesaurus Day |
| 03 Chocolate Covered Cherry Day | 19 Popcorn Day; World Quark Day |
| 04 Spaghetti Day; Trivia Day; Braille Day | 20 Cheese Lovers' Day; Buttercrunch Day |
| 05 Whip Cream Day; Bird Day; Keto Day | 21 Granola Bar Day; Squirrels Day |
| 06 Bean Day; Tech Day; Shortbread Day | 22 Blonde Brownie Day |
| 07 Bobblehead Day; Tempura Day | 23 Pie Day; Handwriting Day |
| 08 Argyle Day; English Toffee Day | 24 Compliment Day; Peanut Butter Day |
| 09 Law Enforcement Day; Apricot Day | 25 Opposite Day; Intl. Irish Coffee Day |
| 10 Bittersweet Chocolate Day; Eagles Day | 26 Green Juice Day; Peanut Brittle Day |
| 11 Arkansas Day; Milk Day | 27 Chocolate Cake Day |
| 12 Pharmacists' Day; Chicken Curry Day | 28 Kazoo Day; Blueberry Pancake Day |
| 13 Stickers Day; Peach Melba Day | 29 Corn Chip Day; Puzzle Day |
| 14 Dress Pet Day; Pastrami Sandwich Day | 30 Croissant Day |
| 15 Hat Day; Bagel Day | 31 Artsy Day; Backwards Day; Cocoa Day |
| 16 Fig Newton Day; Eat Hot & Spicy Day; | |

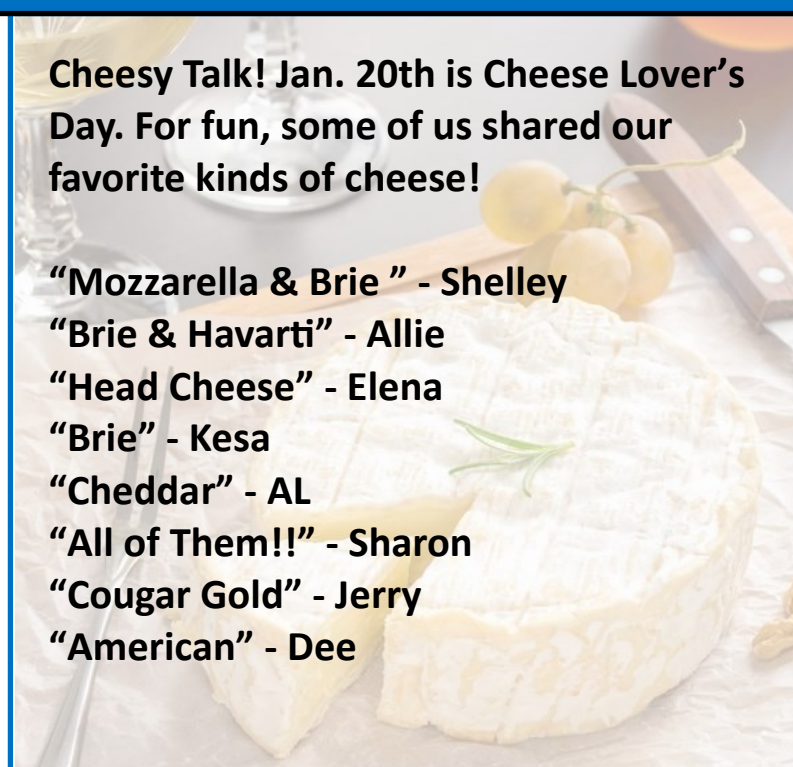


Regarding Covid-19:

Safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.

Cheesy Talk! Jan. 20th is Cheese Lover's Day. For fun, some of us shared our favorite kinds of cheese!

- "Mozzarella & Brie" - Shelley
- "Brie & Havarti" - Allie
- "Head Cheese" - Elena
- "Brie" - Kesa
- "Cheddar" - AL
- "All of Them!!" - Sharon
- "Cougar Gold" - Jerry
- "American" - Dee



RESIDENT SPOTLIGHT:

Fein

Fein was born in the Netherlands. She grew up in a little town in Holland and never had a desire to attend school much. Fein grew up to have two daughters. After they were grown, she wanted to see the world so she hitchhiked around the world for 50 years to see as much as she could. One of her daughters moved to the US and seeing the opportunities that afforded her, she came here too. Fein's philosophy has always been "The world is mine, I want to see it." We are happy your travels led you to us, Fein!



STAFF SPOTLIGHT:

Kathy

Kathy was born in California then moved to Washington State in 1972 at age 16. Kathy has two children and 9 grandchildren.

She enjoys painting, sewing, crafts, computer projects, and enjoyed gardening for many years.

She and her cat, "Mr. Kitty" live nearby, east of Conway.

Kathy came to work at the Inn as our full-time receptionist in June of 2017. She says it's the best job she has ever had and treasures the many friendships she has made here with staff, residents and their families.

Kathy's advice to everyone is:

Each day... try to make a positive difference in someone's Life... and to always be kind to yourself.

JANUARY 2022

La Conner Retirement Inn • 204 North First Street. La Conner, Wa 98257 • 360=466-5700

SUN	MON	TUE	WED	THU	FRI	SAT
2 (1st in last box) 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:25 Seahawks Game (vs Detroit) 3:45 Trivia	3 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat with Dana 2:00 Bingo 3:45 Funny Animal Videos	4 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	5 9:30 Animal Webcams 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bus Trip: Eagle Hunt Drive 3:00 Board Games	6 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	7 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Trivia 2:00 Bridge 3:00 Happy Hour/ Live Music 7:00 Cribbage	8 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:00 Battle Ball 1:30 Board Games 2:00 Needle Arts 3:00 Movie 4:00 Funny Animal Videos
9 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:25 Seahawks Game (@ Arizona) 3:45 Trivia	10 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Bingo 3:45 Funny Animal Videos	11 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	12 9:30 Animal Webcams 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Market Trip 3:00 Board Games	13 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 1:00 Manicures 2:00 Mexican Train 3:00 Travel	14 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	15 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:00 Battle Ball 1:30 Board Games 2:00 Needle Arts 3:00 Movie 4:00 Funny Animal Videos
16 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 PO-KE-NO 3:45 Trivia	17 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Bingo 3:45 Funny Animal Videos Martin Luther King Jr Day	18 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:15 Resident Council 2:00 Mexican Train 2:00 Crafts 4:00 Travel	19 9:30 Animal Webcams 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bus Trip: Mystery Drive 3:00 Board Games	20 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Mexican Train 3:00 Travel	21 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Trivia 2:00 Bridge 3:00 Happy Hour/ Live Music 7:00 Cribbage	22 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:00 Battle Ball 1:30 Board Games 2:00 Needle Arts 3:00 Movie 4:00 Funny Animal Videos
23 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 PO-KE-NO 3:45 Trivia	24 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Bingo 3:45 Funny Animal Videos	25 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Crafts 2:00 Mexican Train 4:00 Travel	26 9:30 Animal Webcams 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Market Trip 3:00 Board Games	27 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 1:00 Manicures 2:00 Mexican Train 3:00 Travel	28 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	29 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:00 Battle Ball 1:30 Board Games 2:00 Needle Arts 3:00 Movie 4:00 Funny Animal Videos
30 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 PO-KE-NO 3:45 Trivia	31 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Bingo 3:45 Funny Animal Videos	All activities subject to change per mandated health guidelines.				1st 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:00 Battle Ball 1:30 Board Games 2:00 Needle Arts 3:00 Movie 4:00 Funny Animal Videos New Years Day