



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

Connect:

360-466 5700

info@laconnerretirementinn.com

www.laconnerretirementinn.com

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



La Conner Retirement Inn News

February 2022 Newsletter



2 Healthy Heart Habits
3 Team & Resident Spotlight
4 - 5 Activities Calendar

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

Healthy Habits to Consider for Heart-Smart Living

Please follow advice of your medical professional and speak with them before changing diet, exercise, or supplements. This is for informational use only and should not be considered medical advice.

February is an important health month for all as it is heart-focused! It became so in 1963, when President Lyndon B. Johnson encouraged citizens to support solutions for a nationwide problem of heart diseases.

Solutions to better heart health—of which there are many—come from knowing risk factors, like high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol. Many risk factors can be addressed with lifestyle changes.

Where better to start than with an active lifestyle?! Getting out for a daily walk is great for weight management and the heart. The National Heart, Lung & Blood Institute recommends 30 minutes of moderate-level physical activity on most days of the week. Aerobic activity should be done in bouts of at least 10 minutes.

A healthy diet is also key. The American Heart Association lists a heart healthy diet as one that is rich in fruits, vegetables, whole-grains, low-fat dairy, skinless poultry and fish, nuts and legumes, and non-tropical vegetable oils. It limits saturated and trans fats, red meat, sweets, sugar-sweet beverages, and sodium. Items high in salt include tomato juice, soy sauce, and many prepared foods. The DASH Diet is a recommended one by the NHLBI.



Blood Pressure By the Numbers

(Source: National Heart, Lung, & Blood Institute)
Monitoring blood pressure with your medical professional is a smart move. If one has Hypertension (high blood pressure), that can almost always be prevented with a healthy weight, being physically active, a healthy diet, low sodium, alcohol only in moderation, and taking prescribed medications as directed.

Blood Pressure Category	Systolic (Upper)	Diastolic (Lower Number)
Normal	Less than 120	& Less than 80
Prehypertension	120-139	Or 80-89
Hypertension	140 or above	Or 90 or above

For older adults, impactful actions can be taken to improve heart health, such as stopping smoking, being physically active, having a healthy diet, and reducing alcohol to no more than two drinks per day for men, and no more than one drink per day for women. Managing stress is also important and can be approached with mindfulness meditation, deep breathing, and physical activity.

Let us know what heart healthy choices you make as part of your daily routine on our facebook post for this month’s newsletter. We’d love to hear of your efforts!

Special Moments



Happy Birthday!

- Sue Feb. 3

Norma: Feb. 4

Arlene M: Feb. 14

Elaine C: Feb. 14

Prue: Feb. 15
- Cricket: Feb. 6

Lisa: Feb. 7

Marsha: Feb. 21

Nathan: Feb. 23

Those born in February are either Aquarius “The Water Bearer” (Jan. 19-Feb. 19) or Pisces “The Fish” (Feb. 19-March 20). Aquarius birthstones are garnet or amethyst. Pisces birthstones are amethyst or aquamarine. The February birth flowers are iris and violet.

February 2022 Highlights

February is American Heart Month, Black History Month, Cancer Prevention Month and Wise Healthcare Consumer Month. It celebrates libraries, bird feeding, canned foods, embroidery, cherries, and American pies.

- | | |
|--|--|
| 01 Dark Chocolate Day; Baked Alaska Day | 15 Gumdrop Day; World Hippo Day |
| 02 Groundhog Day; Tater Tot Day; Ukulele Day | 16 Fat Tuesday; Almond Day; Anthropology Day |
| 03 Carrot Cake Day; Optimist Day | 17 Cabbage Day; Random Kind Acts Week |
| 04 Homemade Soup Day; Thank a Mail Carrier | 18 Wine Day; Pluto Day; Caregivers' Day |
| Day 05 World Nutella Day; Fun Outside Day | 19 Chocolate Mint Day; Arabian Horse Day |
| 06 FroYo Day; Chopsticks Day; Pizza Baking Day | 20 Cherry Pie Day; Muffin Day; Love Pets Day |
| 07 Alfredo Day; Periodic Table Day | 21 Presidents' Day; Sticky Bun Day |
| 08 Boy Scouts Day; Kite Flying Day; Iowa Day | 22 Sweet Potato Day; Margarita Day |
| 09 Bagel and Lox Day; Pizza Day | 23 Banana Bread Day; Dog Biscuit Day; Tile Day |
| 10 Cream Cheese Brownie Day; Donation Day | 24 Tortilla Chip Day; Toast Day; Chili Day |
| 11 Inventor Day; Backyard Bird Count Day | 25 Chocolate Nut Day; Clam Chowder Day |
| 12 Plum Pudding Day; Global Movie Day | 26 Pistachio Day; Tell a Fairy Tale Day |
| 13 Cheddar Day; Tortellini Day; Super Bowl LVI | 27 Retro Day; Strawberry Day; Kahlua Day |
| 14 Valentine's Day; Book Giving Day | 28 Floral Design Day; Chocolate Souffle Day |

February Facts: February is named for the Latin word Februum, or purification. The Welsh call February "y mis bach" meaning "little month." At one time, February had as few as 23 days! Together with January, it was the last of the months added to the Roman calendar.

Regarding Covid-19:

Safety and comfort of our residents and staff remains our first 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.



Visit our facebook at:
[Facebook.com/LaConnerRetirementInn](https://www.facebook.com/LaConnerRetirementInn)

Inventors' Day is Feb. 11. These are some inventions we are grateful for!

"Washing Machine" - Carol

"Printing Press" - Jerry

"Dish Washer" - Betty

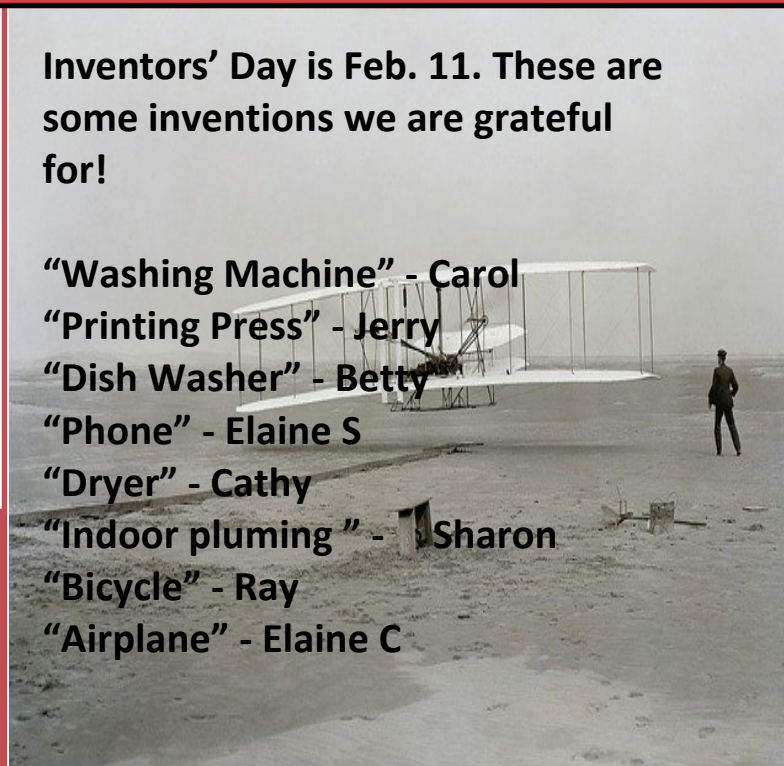
"Phone" - Elaine S

"Dryer" - Cathy

"Indoor plumbing" - Sharon

"Bicycle" - Ray

"Airplane" - Elaine C



RESIDENT SPOTLIGHT: Cathy

Cathy was born and raised in Minnesota. She went to trade school in Minneapolis and became a medical assistant and x-ray tech. She very much loved her job. Cathy was blessed in life with finding love twice. Her first husband passed at the young age of 25. She then married and enjoyed 51 years of marriage before the passing of her second husband. Her hobbies include card games and board games. She has 4 children and many grand and great grandchildren. Cathy came to Washington because her oldest daughter lives here.

We are happy you are here!



STAFF SPOTLIGHT: Lisa

Lisa has lived in Skagit County her whole life. She was raised on a small farm west of Mount Vernon. Lisa married the love of her life Jim and they reside in La Conner with their two cats. She has worked with seniors for last 14 years and has enjoyed every minute of it. In Lisa's spare time, she enjoys time with her two cats. Some of her hobbies include collecting antiques, gaming, and drinking coffee.

Keep up the good work, Lisa!

FEBRUARY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.		1 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	2 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:00 Writing Club 10:30 Battle Ball 1:30 Bus Trip 3:00 Scrabble	3 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 Penny Bingo	4 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Scrabble 3:00 Happy Hour 7:00 Cribbage	5 9:30 Animal Webcam 10:00 Happy Hearts 10:30 Battle Ball 1:30 Card Games 2:00 Manicures 3:00 Movie
6 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	7 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	8 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:15 Resident Council 2:00 Mexican Train 2:00 Crafts 3:00 Resident Birthday's 4:00 Travel	9 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:00 Writing Club 10:30 Battle Ball 1:30 Market Trip 3:00 Scrabble	10 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Mexican Train 3:00 Penny Bingo	11 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Scrabble 3:00 Happy Hour 7:00 Cribbage	12 9:30 Animal Webcam 10:00 Happy Hearts 10:30 Battle Ball 1:30 Card Games 2:00 Manicures 3:00 Movie
13 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 3:00 Super Bowl	14 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel 2:00 Bingo 3:45 Funny Animal Videos	15 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train 2:00 Crafts 4:00 Travel	16 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:00 Writing Club 10:30 Battle Ball 1:30 Bus Trip 3:00 Scrabble	17 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Mexican Train 3:00 Penny Bingo	18 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Scrabble 3:00 Happy Hour 7:00 Cribbage	19 9:30 Animal Webcam 10:00 Happy Hearts 10:30 Battle Ball 1:30 Card Games 2:00 Manicures 3:00 Movie
20 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	21 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel 2:00 Bingo 3:45 Funny Animal Videos	22 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train 2:00 Crafts 4:00 Travel	23 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:00 Writing Club 10:30 Battle Ball 1:30 Market Trip 3:00 Scrabble	24 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Mexican Train 3:00 Penny Bingo	25 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Scrabble 3:00 Happy Hour 7:00 Cribbage	26 9:30 Animal Webcam 10:00 Happy Hearts 10:30 Battle Ball 1:30 Card Games 2:00 Manicures 3:00 Movie
27 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	28 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel 2:00 Bingo 3:45 Funny Animal Videos					