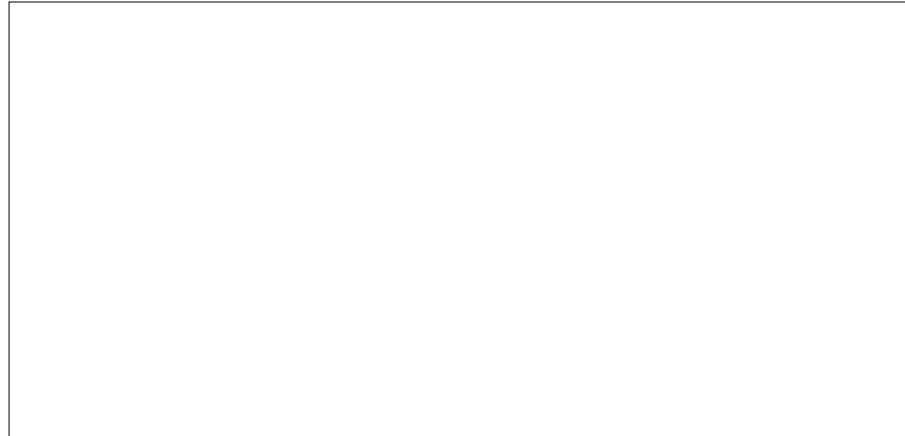




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La Conner, WA 98257

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Leadership Team

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Lisa Brown

Life Enrichment Director:
Allie Kester

Dining Services Director:
Dana Whitney

Maintenance Director:
Sean Miller

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



La Conner Retirement Inn News

March 2022 Newsletter



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3 Team & Resident Spotlight
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8 Mission & Team

Spilling the Beans on Caffeine: Is Your Cup of Joe a Friend ...or a Foe?

Most of us have a relationship with caffeine - whether we love it to love it, or wish we didn't want it. It's in coffee, soda, and tea that we drink (unless we opt for decaf, though even *that* has a little), and we turn to it in times of tiredness for a quick energy boost.

This National Caffeine Awareness Month, we've set out to unearth facts about caffeine that are worth poring over.

First off, if you're wondering what exactly caffeine is, ponder no further. Caffeine is a bitter stimulant substance whose chemical name is trimethylxanthine. It occurs naturally in the fruit, leaves, and beans of coffee, cacao, and guarana plants. Human-made caffeine also exists and is added to some medicines, foods, and drinks.

When consumed, caffeine is typically absorbed by the human body within 45 minutes. An average 8-ounce cup of coffee has 95 milligrams of caffeine, but can vary. According to the Mayo Clinic, up to 400 milligrams of caffeine per day is safe for most healthy adults. Though, there are different recommendations for pregnant and breastfeeding women, and the American Academy of Pediatrics discourages caffeine for children.

There are both pros and cons to caffeine intake for adults. On the upside, it can increase energy, speed up reaction times,



Did you know? Caffeine can be found in chocolate. It can also be hidden in some yogurt, ice cream, and protein bars! If seeking a non-caffeinated energy boost, consider having some blueberries!

and aid in concentration. Coffee, specifically, is said to have some health benefits, from slowing cognitive decline in older adults to protecting against certain cancers and Type Two Diabetes. As for drawbacks, it may bring on stomach acid release (heartburn), increase blood pressure, and act as a diuretic. It can also interact poorly with some medications. For some with caffeine sensitivity, even small amounts can cause restlessness, sleep issues, and anxiety.

An area where opinions vary is its level of addictiveness. The facts are: it does raise dopamine a little, and can bring withdrawal symptoms if one stops intake.

So...Stick with or skip? For those who enjoy caffeinated beverages or foods, as with anything, it's best to enjoy in moderation. Let us know your thoughts about caffeine in our newsletter post on our facebook.

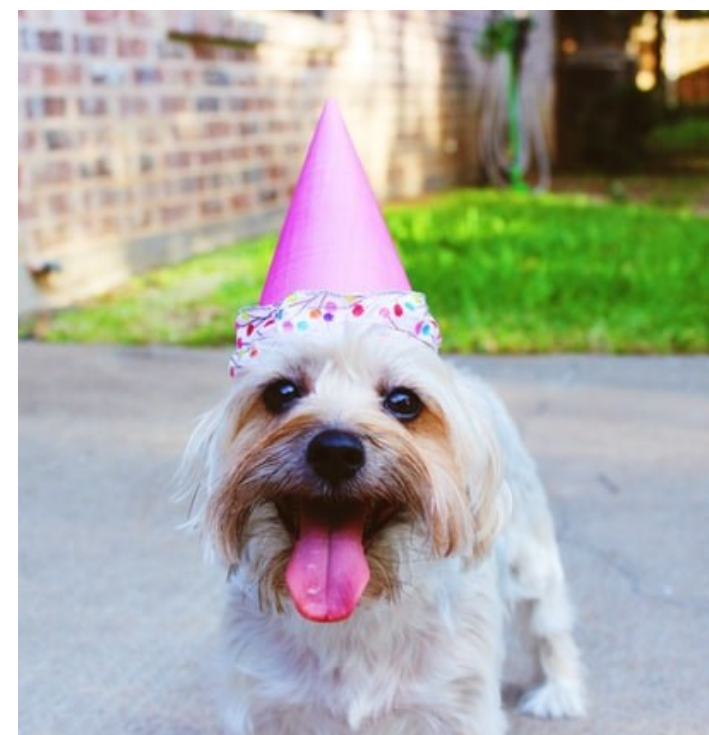
Special Moments



Happy Birthday!

Alma: March 7	Carmen: March 12
Dorothy: March 7	Shyanne: March 28
Lola: March 9	
Mike: March 15	
Lee S: March 21	

Those born in March are Pisces (Feb. 19 - March 20) and Aries (March 21 - April 19). The birthstones for March are aquamarine and bloodstone (which is dark green). The birth flowers for March are the daffodil and jonquil. March babies are said to have a sunny disposition!



March 2022 Highlights

March observes Women's History Month, Nutrition Month, and Save Your Vision Month. It celebrates crafting, aviation, and cleaning!

- | | |
|--|---|
| 01 Peanut Butter Day; Music Therapy Day | 17 St. Patrick's Day |
| 02 Banana Cream Pie Day; Read Day | 18 Lacy Cookie Day; Sloppy Joe Day |
| 03 Cold Cuts Day; World Wildlife Day | 19 Certified Nurses Day; Poultry Day |
| 04 Marching Music Day; Pound Cake Day | 20 Spring Begins; Ravioli Day; Corn Dog Day |
| 05 Employee Appreciation Day | 21 French Bread Day; Puppetry & Poetry Day |
| 06 Dentists' Day; Oreo Day; Dress Day | 22 Bavarian Crepes Day; West Virginia Day |
| 07 Cereal Day; Flapjack Day | 23 Chip Dip Day; Puppy Day; Tamale Day |
| 08 Intl. Women's Day; Oregon Day | 24 Cheesesteak Day; Chocolate Raisins Day |
| 09 Barbie Day; Meatball Day | 25 Swedish Waffle Day; Physicians' Week |
| 10 Blueberry Popover Day; Bagpipe Day | 26 Nougat Day; Spinach Day |
| 11 Oatmeal Nut Waffles Day; Plumbing Day | 27 Spanish Paella Day; World Theatre Day |
| 12 Girl Scouts Day; Plant a Flower Day | 28 Black Forest Cake Day; Food on Stick Day |
| 13 Coconut Torte Day; K9 Veterans Day | 29 Vietnam Vet Day; Nevada Day; Piano Day |
| 14 Child Craft Day; Spider Day; Chip Day | 30 Doctors' Day; Park Walk Day |
| 15 Pears Helene Day; Health Care HR Week | 31 Crayon Day; Tater Day |
| 16 Artichoke Hearts Day; Panda Day | |

Spring forward! Sunday, March 13, set your clocks forward one hour!



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: laconnerretirementinn.com.



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

March 12th celebrates Plant a Flower Day!

We're sharing our favorite flowers!

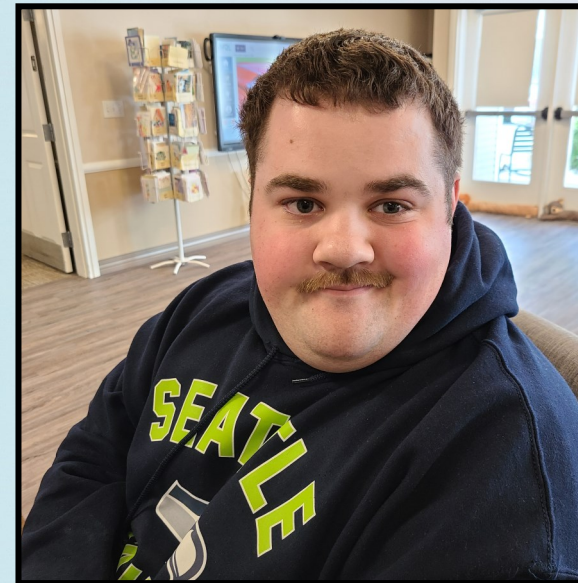
"I love all flowers" - Virginia M

"Camellias" - Arlene M

"Red roses" - Fred

"Daisies, Carnations and Poppies" - Katy

"Daisies" - Carmen



Staff Spotlight:

Josh

Josh was born in Monroe, WA. He went through school and graduated from Marysville Pilchuck High. Josh is planning a trip with his father to Disney Land, then a drive to L.A. to see Wrestle Mania live! He enjoys gaming and animated movies in his spare time. He comes to us with housekeeping experience.

Keep up the good work!



Resident Spotlight:

Elaine S

Elaine was delivered by her grandmother on the family farm in Spokane, WA. She graduated from Mead High School, then attended WSU where she had a roommate who introduced her to her future husband. They were married 65 years, having three children and many grandchildren. They traveled the world extensively. Her career included being a school secretary for 28 years. Elaine enjoys Bingo, PO-KE-NO, crafts & the occasional clerical job here for us. We are so glad you are here!

<div> <div>MARCH 2022</div> <div>La Conner Retirement Inn • 204 North First Street La Conner, WA. 98257 • 360-466-5700</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 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 Video </div>	<div>2</div> <div> 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bus Trip 3:00 Scrabble </div>	<div>3</div> <div> 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 </div>	<div>4</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Monopoly 3:00 Happy Hour 4:00 Funny Videos </div>	<div>5</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Manicures 3:00 Movie </div>
<div>6</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Painting 3:45 Trivia </div>	<div>7</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat with Dana 2:00 Penny Bingo 3:45 Funny Animal Videos </div>	<div>8</div> <div> 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 Video </div>	<div>9</div> <div> 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Market Trip 3:00 Scrabble </div>	<div>10</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Mexican Train 2:00 Manicures </div>	<div>11</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Monopoly 3:00 Happy Hour with Music 4:00 Funny Videos </div>	<div>12</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Walk the Boardwalk 3:00 Movie </div>
<div>13</div> <div> 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 </div> <div>Day light saving time</div>	<div>14</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel 2:00 Penny Bingo 3:45 Funny Animal Videos </div>	<div>15</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train 2:00 Crafts 4:00 Travel Video </div>	<div>16</div> <div> 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bus Trip 3:00 Scrabble </div>	<div>17</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Mexican Train 3:00 Irish Video 3:30 Irish Trivia </div> <div>St. Patrick's Day</div>	<div>18</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Monopoly 3:00 Happy Hour w/live music 4:00 Funny Videos </div>	<div>19</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Manicures 3:00 Movie </div>
<div>20</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Painting 3:45 Trivia </div> <div>1st day of spring</div>	<div>21</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel 2:00 Penny Bingo 3:45 Funny Animal Videos </div>	<div>22</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train 2:00 Coloring 4:00 Travel Video </div>	<div>23</div> <div> 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Market Trip 3:00 Scrabble </div>	<div>24</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Mexican Train 2:00 Manicures </div>	<div>25</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Monopoly 3:00 Happy Hour 4:00 Funny Videos </div>	<div>26</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Walk the Boardwalk 3:00 Movie </div>
<div>27</div> <div> 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 </div>	<div>28</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel 2:00 Penny Bingo 3:45 Funny Animal Videos </div>	<div>29</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train 2:00 Crafts 4:00 Travel Video </div>	<div>30</div> <div> 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bus Trip 3:00 Scrabble </div>	<div>31</div> <div> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Mexican Train 2:00 Manicures </div>		