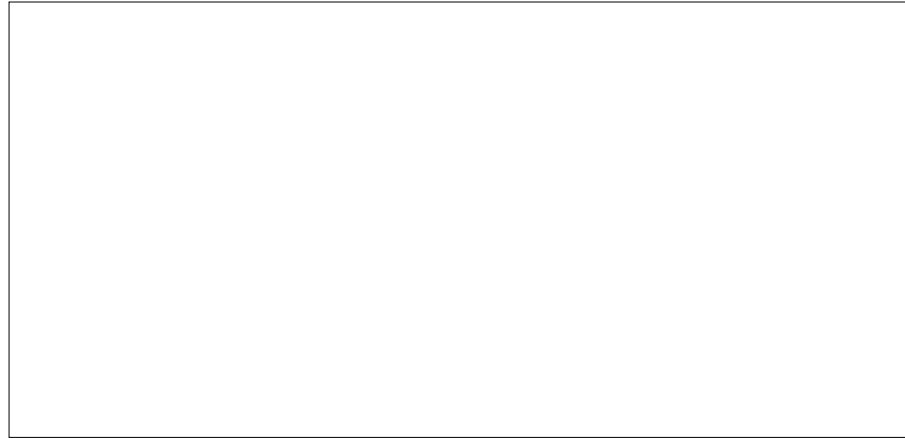




204 N. 1st St.
PO Box 1087
La Conner, WA 98257

PRESORTED
STANDARD
US POSTAGE
LA CONNER, WA
PERMIT #3



Leadership Team

Phone: 360.466.5700

Email: info@laconnerretirementinn.com

Website: laconnerretirementinn.com

Executive Director:

Christina James

Community Relations Director:

Stacy Boydston

Wellness Director:

Elena Vrinceanu

Wellness Nurse:

Katie Kramer

Business Office Director:

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

April 2022 Newsletter



2 Spring Into Volunteering
3 Team & Resident Spotlight
4 - 5 Activities Calendar

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

Spring Into Volunteering!

You’ve probably heard the famous Aesop quote: “No act of kindness, no matter how small is ever wasted.” It’s true - we can better the world in so many different ways. This Spring, consider making a difference in a way you feel passionately about. It’s the perfect time of year for giving as the season brings re-growth, warmer weather for connecting, and more opportunities to do so outdoors.

Starting right here at our senior living community, we offer options for volunteering including companionship, therapy animal visits, interactive lessons for many skillsets, and talent showcases (musical instrument playing, singing, magic, art, etc.). Reach out to our life enrichment director at our main number for information on how to sign-up.

In the greater community, consider numerous options for making a difference!

- Seek out a local community gardening group that gets together to grow vegetables or plant trees. Gardening with others of all ages is a great way to better the community, source produce locally, and grow intergenerational relationships.
- Head to a nearby animal shelter or call up an animal rescue organization to see how you can be of service. Rescues can benefit from animal companions, fosters, and donators. You may just fall in love with some fuzzy friends in the process!
- Contact a local food bank. FeedingAmerica.org is a great spot to start as it can link you to food banks in need of volunteers. Efforts vary from sorting and packing food for distribution to assisting at drive-up pantries, delivering meals, fundraising, food drives, and beyond.

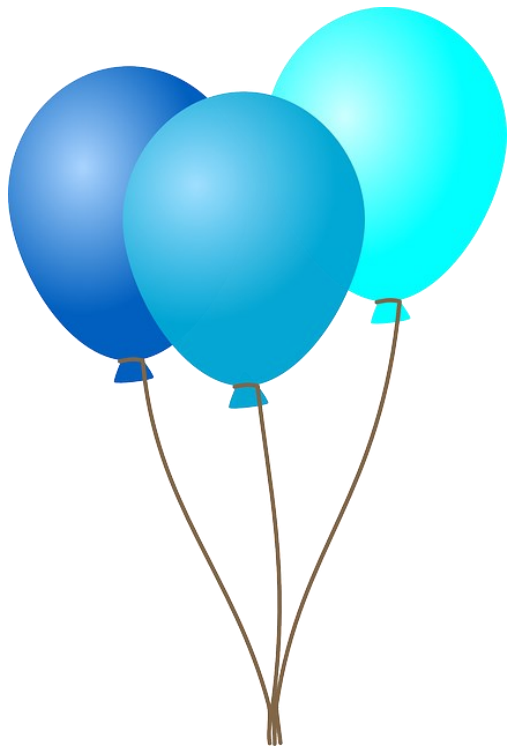


Ring Ring! Let the doorbell signal to supplies on the front step for one in need. Giving to others is also giving to yourself! Those who volunteer may experience mental health benefits and an increased sense of belonging in the greater community.

- Join a clean up crew! Keep America Beautiful has an online portal for volunteering. This Spring, you can participate in the Great American Cleanup program between March 21 and June 22.
- Visit the library and spend some time assisting with shelving books, helping with story time, hosting classes, or doing outreach. This option is great for inspiring responsibility among young volunteers.
- Get creative. Knit some hats for local NICU babies, create craft kits for children’s hospitals, or write letters for seniors or soldiers who would love to receive them!

Check out VolunteerMatch.org for more ideas local to your area and interests. If you have a chance, let us know your favorite ways to volunteer or ideas for others to do so on our Facebook newsletter post on the first!

Special Moments



Happy Birthday!

- | | |
|-----------------------------|-----------------------------|
| Cathy S: April 5 | Lori: April 1 |
| Myo: April 17 | Nicole R: April 18 |
| Nancy: April 26 | Victor: April 27 |
| Virginia S: April 27 | Raeschelle: April 30 |

Those born in April are Aries (March 21 - April 19) and Taurus (April 20-May 20). The birthstone for April is the diamond. The birth flowers for April are the daisy and the sweet pea. April babies are said to be fearless, enthusiastic, and optimistic!

April 2022 Highlights

April observes Volunteering, Stress Awareness, and Healthcare Innovations. It celebrates guitars, jazz, poetry, humor, and gardening!

01 April Fool's Day; Sourdough Bread Day
 02 PBJ Day; Ferret Day; Handmade Day
 03 Film Score Day; Chocolate Mousse Day
 04 Walk Around Things Day; Vitamin C Day
 05 Caramel Day; Deep Dish Pizza Day
 06 Bookmobile Day; Walking Day
 07 World Health Day; Beer Day; Burrito Day
 08 Zoo Lovers' Day; Reflect on Gratitude Day
 09 Cherish Antiques Day; Name Yourself Day
 10 Farm Animal Day; Cinnamon Crescent Day
 11 Barbershop Quartet Day; Pet Day
 12 Grilled Cheese Day; Colorado Day
 13 Scrabble Day; Peach Cobbler Day
 14 Gardening Day; Pecan Day; Dolphin Day
 15 Good Friday; Glazed Ham Day
 16 Bean Count Day; Eggs Benedict Day; PJ Day
 17 Easter; Haiku Day; Ellis Island History Day
 18 Intl. Monuments & Sights Day; Radio Day
 19 Amaretto Day; Garlic Lovers' Day

20 Twin Day; Pineapple Upside Down Day;
 21 British Tea Day; Chocolate Cashews Day
 22 Earth Day; Jelly Bean Day
 23 Picnic Day; Cherry Cheesecake Day
 24 Pigs in Blankets Day; Pet Parent Day
 25 Hairstylist Day; Zucchini Bread Day;
 26 Audubon Day; Pretzel Day
 27 Prime Rib Day; Administrative Staff Day
 28 Poem Day; Superhero Day
 29 Arbor Day; Dance Day
 30 Oatmeal Cookie Day; Raisin Day; Jazz Day

Did you know?
 Earth Day, first
 celebrated in 1970,
 has a new theme
 each year. In 2022,
 it's "Invest in Our
 Planet!"



Regarding Covid-19:

Our resident and staff safety and comfort remain our first priority as Coronavirus cases have occurred nationwide. We are following mandated health guidelines. All activities are subject to cancellation per those guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.



April 26th is Audubon Day celebrating the birth of John James Audubon in 1785. He was a French-American bird expert and painter famous for his illustrations and studies of American birds. These are some of the birds we admire:

"Osprey" -Allie
 "Darrell" -Red breasted robin
 "Owl" -Shelley
 "Eagle" -Al
 "Blue jay" -Virginia S
 "Humming bird" -Carol



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

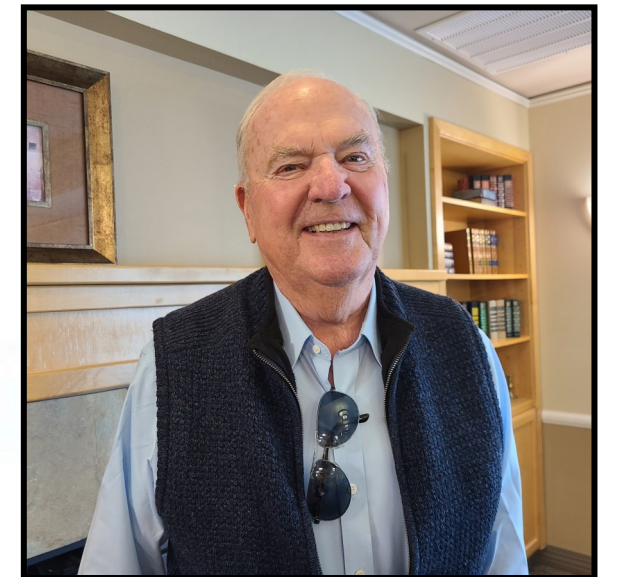


Staff Spotlight: Raeschelle

Raeschelle was born in Seattle. She is currently pursuing a bachelor's degree in human services after graduating from high school in 2018.

Raeschelle has four brothers and was raised by her grandmother. Her hobbies include hiking, gardening and being outdoors. She loves meeting new people and making friends.

Raeschelle recently transferred from working in the kitchen to joining our wellness staff which is more in tune with her career goals. Thank you for all you do here at the Inn, Raeschelle!



Resident Spotlight: Darrell

Darrell was born in Bellingham and raised in Bow. When he graduated he went to the University of Washington.

Darrell married the love of his life and they had two boys. He spent a total of nine years in the air force. Darrell continued his career by working for Wyerhaeuser for 40 years.

Some of his hobbies include traveling and meeting new people. We're so pleased to have here at the Inn Darrell!

APRIL 2022

La Conner Retirement Inn • 204 N. 1st Street, La Conner, WA 98257 • 360.466.5700

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 1:00 Monopoly 3:00 Happy Hour 4:00 Funny Videos April Fool’s Day	2 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Walk the Boardwalk 3:00 Movie
3 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Painting 3:45 Trivia	4 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	5 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat with Christina 2:00 Mexican Train 2:00 Easter Craft 4:00 Travel Video 7:00 Pinochle	6 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Market Trip 3:00 Scrabble	7 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	8 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	9 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Manicures 3:00 Movie
10 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 Palm Sunday	11 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Penny Bingo 3:45 Funny Animal Videos	12 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	13 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bus Trip 3:00 Scrabble	14 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Mexican Train 2:00 Dying Easter Eggs	15 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Monopoly 3:00 Happy Hour 4:00 Funny Videos Good Friday	16 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Walk the Boardwalk 3:00 Movie
17 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Painting 3:45 Easter Trivia Easter	18 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Penny Bingo 3:45 Funny Animal Videos	19 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train 2:00 Craft 4:00 Travel Video 7:00 Pinochle	20 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Market Trip 3:00 Scrabble	21 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Mexican Train 3:00 Earth Day Trivia	22 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Monopoly 3:00 Happy Hour 4:00 Funny Videos Earth Day	23 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Manicures 3:00 Movie
24 9:00 Church Service 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	25 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Penny Bingo 3:45 Funny Animal Videos	26 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train 2:00 Wii Bowling 4:00 Travel Video	27 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bus Trip 3:00 Scrabble	28 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Mexican Train 2:00 Manicures	29 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Monopoly 3:00 Happy Hour 4:00 Funny Videos	30 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Walk the Boardwalk 3:00 Movie