



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

May 2022 Newsletter



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3 Team & Resident Spotlight
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Creative Fitness & Hydration Ideas for Older Adults

Follow your medical professional’s advice and speak with them before changing diet, exercise, or supplements.

Physical fitness and staying hydrated, while naturally easy and fun for some, can seem intimidating for others. Look forward to creative approaches to both this Senior Health and Fitness Month!

Fun Fitness

For most of us, there’s some type of physical fitness that appeals (workout machines, sports, dance, yoga, swimming), but sometimes creativity spurs extra motivation! Think outside the box with ideas like: in-air arm swim strokes, hula hooping laughter yoga, gardening, soft darts, bean bag toss, bowling, croquet, mini golf, striking poses and holding them, noodle ball volleying, and scavenger hunts.

Our community uses It’s Never 2 Late (IN2L) that has many fitness avenues, from Conductorcize and Sit & Be Fit to Tai Chi and Chair Chi (for varying fitness levels). Explore the features with our life enrichment team.

Themed Walks

Walks can be more fun when paired with an activity. Consider a bird walk, tree walk, or flower walk and mark observations with a field guide book. Get artsy by collecting flowers for pressing. Head out on a nature walk where each walker collects a leaf, twig, rock, wildflower, blade of grass, etc. Paint positive-message rocks and on a walk leave them places for others to find. Other ideas: museum walk or mall-window shop, or see which walker can write down the most street sign names or models of cars spotted.



Physical fitness is important for older adults. It makes activities of daily life easier to do, and it helps with bone density and muscle strength. An added bonus is a decreased likelihood for falls.

Hydration Elation

For older adults, hydrating is especially important as thirst tends to decrease with age. Water doesn’t have to be the only source for hydrating though. Some foods high in water content include celery, cucumbers, watermelon, cantaloupe, strawberries, bell peppers, grapes, and tomatoes. Soups, broths, and stews also can increase fluid intake, but watch for sodium content. When it comes to beverages, add some excitement to water with fruit or mint infused in it, or try milk, coconut water, or herbal caffeine-free teas like hibiscus or chamomile.

Share Your Best Fitness/Hydration Idea

We hope you are inspired by these out of the box ideas for fitness and hydration! Did you think of a fun idea you would like to share? Please do so on our Facebook on the 1st!

Special Moments



"May! Queen of blossoms and fulfilling flowers. With what pretty music shall we charm the hours?" - Lord Edward Thurlow



Happy Birthday!

- | | |
|---------------------|------------------|
| Mary: May 5 | Stacy: May 7 |
| Dee: May 7 | Michelle: May 13 |
| Don T: May 12 | Thomas: May 20 |
| Elizabeth S: May 18 | Wendy: May 26 |
| John R.: May 19 | |

Those born in May are Taurus (May 1-20) and Gemini (May 21-June 20). The birthstone for May is emerald. The birth flower for May is lily of the valley. May is said to be the luckiest month in which to be born!



May 2022 Highlights

May includes awareness observances for mental health, asthma, blood pressure, osteoporosis, skin cancer, and strokes. It celebrates seniors, nurses, photography, strawberries, salsa, asparagus, and barbecues!

01 Chocolate Parfait Day; Lemonade Day
02 Truffle Day; World Tuna Day
03 Teachers Day; Two Different Shoes Day
04 Firefighters' Day; Bird Day; Star Wars Day
05 Astronauts' Day; Hoagie Day
06 Nurses' Day; Crepe Suzette Day
07 Kentucky Derby Day; Fitness Day; Trains Day
08 Mother's Day; Coconut Cream Pie Day
09 Lost Sock Memorial Day; Moscato Day
10 Shrimp Day; Washington Day
11 Receptionists' Day; 3rd Shift Staff Day
12 Intl. Nurse Day; Nutty Fudge Day
13 Apple Pie Day; Fruit Cocktail Day
14 Buttermilk Biscuit Day; Dog Mom Day
15 Chocolate Chip Day; World Baking Day
16 BBQ Day; Sea Monkey Day
17 Cherry Cobbler Day; Walnut Day; Idaho Day
18 Museum Day; Juice Slushies Day
19 Devil's Food Cake Day

20 Endangered Species Day; Pizza Party Day
21 Waiters' Day; Strawberries and Cream Day
22 Solitaire Day; Instrument Day
23 Lucky Penny Day; Turtle Appreciation Day
24 Brothers' Day; Scavenger Hunt Day
25 Tappers' Day; Senior Health & Fitness Day
26 Paper Plane Day; Blueberry Cheesecake Day
27 Grape Popsicle Day; Road Trip Day
28 Brisket Day; Enjoy a Hamburger Day
29 Paperclip Day; Coq Au Vin Day
30 Memorial Day; Creative Day; Mint Julep Day
31 Macaroon Day; Save Your Hearing Day



Happy Mother's Day to all
the moms out there!

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.



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

In Our Words

In honor of Senior Health & Fitness Day, these are some of our favorite healthy food/fitness choices.

"Fresh fruit salad" -Jackie

"PT" -Montana Mike

"Battle Ball" -Jerry

"Stay on the go" -John

"Dee" -Walking

"Eat salads" -Al

"Fruit salad" -Virginia S

"Keep moving" -Elizabeth

"Happy Heart Fitness" -Nancy



Staff Spotlight: Michael

Michael was born and raised in Mount Vernon. He graduated from Mount Vernon High. Michael attended Skagit Valley College and studied math. He got a job at Party City and has worked there for 6 years. He has been working 5 years job here at the Inn. He likes working two jobs. His hobbies are gaming, drawing, Science books and outdoor actives. Michael enjoys spending time with family and friends. His goals in life are to have his own home, a career in science, and a girlfriend.

Keep up the good work, Michael!



Resident Spotlight: Deanna

Deanna was born in Mount Vernon and attended school in Burlington where she graduated. She continued her education at Organ State University, where she earned her teaching degree. Deanna went on to get her Masters in literature. She has two daughters and three grandchildren with whom she loves to spend time. She loves to walk with her dog Annie and to listen to classical music. Deanna has always loved all animals. She fell in love with La Conner when her mom lived here at the Inn. Deanna decided that she would live here at the Inn one day.

We are so glad you are here!

MAY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
<div>1</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 May Day Trivia</div> <div>May Day</div>	<div>2</div> <div>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</div>	<div>3</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat with Christina 2:00 Mexican Train 3:00 Black Jack 4:00 Travel Video 7:00 Pinochle</div>	<div>4</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>5</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>Cinco de Mayo</div>	<div>6</div> <div>9:30 Animal Webcams 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Setup Happy Hour 3:00 Happy Hour with Live Music 4:00 Funny Videos</div>	<div>7</div> <div>9:30 Animal Webcams 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Manicures 3:00 Movie</div>
<div>8</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Art 3:45 Mother's Day Trivia</div> <div>Mother's Day</div>	<div>9</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>10</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>11</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>12</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 lecture with Jerry 1:00 Bible Study 2:00 Mexican Train 3:00 Black Jack</div>	<div>13</div> <div>9:30 Animal Webcams 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Setup Happy Hour 3:00 Happy Hour with Live Music 4:00 Funny Videos</div>	<div>14</div> <div>9:30 Animal Webcams 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Walk the Boardwalk 3:00 Movie</div>
<div>15</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>16</div> <div>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</div>	<div>17</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train 3:00 Black Jack 4:00 Travel Video 7:00 Pinochle</div>	<div>18</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>19</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 Black Jack</div>	<div>20</div> <div>9:30 Animal Webcams 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Setup Happy Hour 3:00 Happy Hour 4:00 Funny Videos</div>	<div>21</div> <div>9:30 Animal Webcams 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Manicures 3:00 Movie</div>
<div>22</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Art 3:45 Trivia</div>	<div>23</div> <div>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</div>	<div>24</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train 3:00 Black Jack 4:00 Travel Video</div>	<div>25</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>26</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 Black Jack</div>	<div>27</div> <div>9:30 Animal Webcams 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Setup Happy Hour 3:00 Happy Hour with Live Music 4:00 Funny Videos</div>	<div>28</div> <div>9:30 Animal Webcams 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Walk the Boardwalk 3:00 Movie</div>
<div>29</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 Memorial Day Trivia</div>	<div>30</div> <div>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</div> <div>Memorial Day</div>	<div>31</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train 3:00 Black Jack 4:00 Travel Video 7:00 Pinochle</div>				<div>All activities subject to change per mandated health guidelines.</div>