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PRESORTED
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US POSTAGE
LA CONNER, WA
PERMIT #3



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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

June 2022 Newsletter



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Share in the Hope for an End to Alzheimer's Disease

This **Alzheimer's & Brain Awareness Month**, take action in the fight to end Alzheimer's! The Alzheimer's Association has many types of opportunities for getting involved. Check out the information and links here to start supporting!

Join the Fight Against Alzheimer's

- Participate in the Longest Day on June 21—the day with the most light, the day we fight—by taking an activity you enjoy and making it a fundraiser to fight Alzheimer's.
- Walk in the Walk to End Alzheimer's! Register for your local walk as part of a team or independently. Set up a Tribute or Memorial Page with fundraising support options at act.alz.org
- Participate in the Ride to End Alzheimer's on August 28, 2022. You can bike ride anywhere for this Summer Challenge.
- Help with Research. TrialMatch is a free service that pairs potential participants with clinical studies. See: trialmatch.alz.org
- Advocate. Urge congress to support the Alzheimer's and dementia community. There are online fillable forms for contacting congress about vital issues at alz.org/get-involved-now/advocate
- Donate vehicles, boats, and RVs through the Donate-A-Car Program. Proceeds support the Alzheimer's Association and may provide tax benefits. Visit alz.careasy.org/home
- Be a Volunteer:
 - ⇒ Support Group Facilitator, creating safe environments for sharing feelings or experiences of Alzheimer's or dementia.
 - ⇒ Volunteer Faith Outreach Representative, sharing information and free resources through the Alzheimer's Association.



Alzheimer's Facts

- Americans who have Alzheimer's is growing. More than 6.5 million Americans have Alzheimer's in 2022.
- 1 in 3 seniors pass with Alzheimer's or Dementia. Deaths from Alzheimer's increased 145% from 2000 to 2019.
- Early diagnosis can: provide medical, emotional, and social benefits; aid with participation in vital clinical trials; enable individuals to be in control of their legal and financial wishes; and create significant cost savings in medical and long-term care.

⇒ Volunteer Community Educator, providing education and expanding program reach. Learn more at: volunteer.alz.org/Volunteeropportunities/becoming

The more information about Alzheimer's that is shared, the more people will support the fight against Alzheimer's. Follow along with our Facebook pages this month as we "Go Purple for Alzheimer's" and as we share resources and information to support the cause. Don't forget to hashtag your efforts on social media with #endalz.

Special Moments



Happy Birthday!

Judy: June 5
Elaine C: June 9
Norm: June 14
Clare: June 21
Jacqueline: June 8

Those born in June are Gemini (May 21-June 20) and Cancer (June 21-July 22). The birthstones for June are pearl and alexandrite. The birth flowers for June are roses and honeysuckles. People born in June are said to be sociable and enthusiastic.



June 2022 Highlights

June includes awareness observances for cataracts, headaches and migraines, liver health, men's health, and PTSD. It celebrates camping, dairy, the outdoors, roses, papayas, and fresh fruits and vegetables!

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| 01 Olive Day; Kind Words Day; Intl. Parent Day | 20 Vanilla Shake Day; Ice Cream Soda Day; Hike Day |
| 02 Rocky Road Day; Rotisserie Chicken Day | 21 Summer!; Peaches N' Cream Day; Selfie Day |
| 03 Egg Day; Donut Day; World Bike Day | 22 Éclair Day; Onion Ring Day; World Rainforest Day |
| 04 Cheese Day; Fish/Chips Day; Trail Day | 23 Hydrate Day; Pecan Sandies Day; Color Pink Day |
| 05 Veggie Burger Day; Cancer Survivors' Day | 24 Pralines Day; World UFO Day; Cream Tea Day |
| 06 Applesauce Cake Day; Garden Exercise Day | 25 Strawberry Parfait Day; Summersgiving |
| 07 Chocolate Ice Cream Day; World Food Safety Day | 26 Coconut Day; Beautician Day; Choc. Pudding Day |
| 08 Best Friends Day; World Oceans Day | 27 Ice-Cream Cake Day; Sunglasses Day; Onion Day |
| 09 Donald Duck Day; Strawberry Rhubarb Pie Day | 28 Alaska Day; Paul Bunyan Day |
| 10 Egg Roll Day; Iced Tea Day; Spice Day | 29 Camera Day; Waffle Iron Day; Buttercrunch Day |
| 11 Corn on Cob Day; German Chocolate Cake Day | 30 Meteor Day; Show off Your Personal Style Day |
| 12 PB Cookie Day; Red Rose Day; Jerky Day | |
| 13 Weeding Garden Day; Men's Health Week | |
| 14 Army Bday; Flag Day; Strawberry Shortcake Day | |
| 15 Nature Photography Day; Smile Power Day | |
| 16 Fudge Day; Intl. Tapas Day; Nurse Assistant Day | |
| 17 Waste Collectors' Day; Mascot Day; Apple Strudel Day; Wear Blue Day (for Men's Health) | |
| 18 Go Fishing Day; Intl. Picnic Day | |
| 19 Father's Day; Juneteenth; Turkey Lovers' Day | |



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/LaConnerRetirementInn](https://www.facebook.com/LaConnerRetirementInn)

In Our Words

June 30th is Show Off Your Personal Style Day. Our staff and residents shared their style favorites.



- "Bright and comfortable" -Katy
- "Hawaiian " -Montana Mike
- "Dress nicely " -Shirley
- "Sport style" -Elena
- "What ever is clean" -Sue
- "Hipspy" -Shelley
- "Comfort all the way" -Betty
- "Shorts and tees" -Al
- "Western" -Jerry



Staff Spotlight: Nicole

Nicole is a Caregiver here at the Inn. She was born in Denver, Colorado. At age six, she and her family moved to Kissimmee, Florida. When she was in the seventh grade, she met the love of her life! His name is Sean and he now is the Inn's Maintenance Director. They married in 2007 and have 3 children, two boys and one daughter. Sean was in the service which he left and they both moved to Oregon.

Nicole has a few hobbies that include reading, photography, and the great outdoors.

Keep up the good work, Nicole!



Resident Spotlight: John B.

John was born in Los Angeles and went to school in Glendale, Ca. He says that it was a great place back in the forties. John continued his education at UC Berkley studying law. He made a career as a lawyer until retirement. Two of his children live in Washington so it made sense to move there. John has always loved La Conner and says he loves living here at the Inn.

John enjoys opera, history, electronics, and dabbling in wood working.

We are happy you are here, John!

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.			1 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bus Trip 3:00 Scrabble	2 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 Wii Games	3 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Setup Happy Hour 3:00 Happy Hour with Music by Marsha Kestor 4:00 Funny Videos	4 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Manicures 3:00 Movie
5 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Wii Bowling 3:45 Trivia	6 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	7 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat with Christina 2:00 Mexican Train 3:00 Resident Birthdays 4:00 Travel Video 7:00 Pinochle	8 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Market Trip 3:00 Scrabble	9 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Mexican Train 3:00 Wii Games	10 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Setup Happy Hour 3:00 Happy Hour with Music by Mel Graham 4:00 Funny Videos	11 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Walk the Boardwalk 3:00 Movie
12 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	13 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	14 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:15 Resident Council 2:00 Mexican Train 3:00 Trumpeter Glenn Leadbetter 4:00 Travel Video 7:00 Pinochle Flag Day	15 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bus Trip 3:00 Scrabble	16 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Mexican Train 3:00 Wii Games	17 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Setup Happy Hour 3:00 Happy Hour with Music by Lee Howard 4:00 Funny Videos	18 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Manicures 3:00 Movie
19 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Wii Bowling 3:45 Trivia Father's Day	20 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	21 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 First Day of Summer	22 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Market Trip 3:00 Scrabble	23 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Mexican Train 3:00 Wii Games	24 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Setup Happy Hour 3:00 Happy Hour with Music by Mike Bush 4:00 Funny Videos	25 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Walk the Board Walk 3:00 Movie
26 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	27 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	28 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	29 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bus Trip 3:00 Scrabble	30 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Mexican Train 3:00 Wii Games		