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US POSTAGE
LA CONNER, WA
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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

July 2022 Newsletter



2 Social Wellness Month
3 Team & Resident Spotlight
4 - 5 Activities Calendar

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

Social Wellness Efforts Impact Overall Health

July, with its warm weather and ample gathering opportunities, is the perfect occasion for **Social Wellness Month**. It's a time for celebrating connections and relationships with others, as well as support systems we have in place.

The counseling group Words of Wellness so-named the monthlong observance, but social wellness has long been valued. In July of 1905, Dr. Joseph Hersey Pratt pioneered group therapy among tuberculosis patients in Boston, making its mark for decades to follow. Then in 1948, the World Health Organization identified how social wellness positively impacts overall health.

According to the Mayo Clinic, research shows strong social nets positively impact our ability to handle stress, cardiovascular functions, and self-esteem. Harvard Medical School shared that studies indicate people with satisfying relationships have fewer health problems and live longer, while those lacking social ties may suffer from depression and cognitive decline in later life.

At our community, we encourage social wellness through group activities and events. Live music is an interactive opportunity we love opening our doors for. We welcome visitors and volunteers of all walks of life who share their time and talents with us. We also welcome the greater community to our events in the hope that connections will be made, and great times will be had.

Steps Toward a More Social You

To increase your social wellness, consider actions you can work into your daily life.

- Know you can start small. Wave, smile, and say, "Hi, How are you?" That can open doors for great conversation.



The more, the merrier! Taking part in a holiday event can be a fun, easy way to naturally engage with others.

- Take part in art, fitness, music, cooking gardening, spiritual, or game groups.
- Volunteer to share your experience with others or teach a skill to others.
- Be there for people by being present with them and being a good listener.
- Be an active conversationalist. Ask others questions in conversation, and let people know when you relate with them.
- Express gratitude and compliments toward others in a genuine manner.
- Enjoy others' successes with them.
- Schedule things on your calendar. It may encourage or remind you to engage more.

While social wellness is an area that takes time to grow, it's certainly one whose benefits can be felt after socializing. We hope that you find some of the suggestions here helpful if you're looking to grow in relationships with others. Let us know how these ideas work for you on our Facebook on the 1st!

Special Moments



Happy Birthday!

Residents

Monte: July 5
Al: July 6
Philip: July 7
Jackie S.: July 24
Barbara S.: July 29

Staff

Michael: July 1
Ciara: July 2
Kathy: July 4
Katie: July 9
Shelley: July 13

Those born in July are either Cancer (June 21-July 22) or Leo (July 23-August 22). The birthstone for July is ruby. The birth flowers for July are larkspurs (delphinium) and water lilies. July babies are said to have a sunny disposition and great self control.

July 2022 Highlights

July observes Eye Injury Prevention, Minority Mental Health, Social Wellness, and UV Safety. It celebrates: Blueberries, Baked Beans, Culinary Arts, Grilling, Horseradish, Hot Dogs, Ice Cream, Independent Retailers, Peaches, Picnics, and Watercolors!

01 Unique Ice Cream Day; Gingersnap Day; Joke Day	20 Fortune Cookie Day; Hot Dog Day; Chess Day
02 Made in the USA Day	21 Junk Food Day
03 Chocolate Wafer Day; Beans Day; Fried Clam Day	22 Hammock Day; Mango Day; Penuche Fudge Day;
04 Independence Day; Caesar Salad Day	23 Gorgeous Grandma Day; Vanilla Ice Cream Day
05 Apple Turnover Day; Hawaii Day	24 Parents' Day; A. Earhart Day; Drive Thru Day
06 Fried Chicken Day; Hand Roll Day	25 Hire Veterans Day; Sundae Day; Wine/Cheese Day
07 Macaroni Day; Chocolate Day	26 Aunt & Uncle Day; Bagel Day; Coffee Shake Day
08 Chocolate Almonds Day; Freezer Pop Day	27 Crème Brûlée Day; Love Is Kind Day
09 Sugar Cookie Day; Collector Car Day; Kebab Day	28 Intern Day; Milk Chocolate Day; Chili Dog Day
10 Kitten Day; Pina Colada Day	29 Chicken Wing Day; Lasagna Day; Lipstick Day
11 US Pet Pics Day; 711 Day; Blueberry Muffin Day	30 Friends Day; Father-in-Law Day; Cheesecake Day
12 Jell-O Day; Pecan Pie Day	31 Avocado Day; Mutt Day; Raspberry Cake Day
13 Barbershop Music Day; French Fry Day	
14 Mac & Cheese Day; Tape Measure Day	
15 Gummi Worm Day; Tapioca Day; Horses Day	
16 Corn Fritters Day	
17 Peach Ice Cream Day; Ice Cream Day	
18 Caviar Day; Sour Candy Day	
19 Daiquiri Day	

In Our Words...

July celebrates ice cream so we asked residents and team members their favorite ice cream flavors and combinations. Here's what they shared!

"Strawberry" -Jerry A.

"Rocky Road"- Al

"Mt. Blackberry"- John R.

"Rainbow Sherbet"- Allie

"Rocky Road"- Shelley

"Butter Pecan"- Sue

"Maple Nut"- Virginia M.

"Cookies & Crème"- Stacy

"Black Licorice with Marshmallow sauce" - Mike B.

"Butter Pecan"- Bertha



Staff Spotlight: Michelle

Michelle has been our receptionist since February. Prior to that, she was one of our med techs from 2018 through 2021. She has a BA from Bellingham Tech in Radiologic Technologies.

She was born and raised in Oak Harbor and has 3 daughters, ages 10, 7 and 3 years. When she's not busy raising them, she enjoys acrylic painting, playing the piano, and sightseeing with her family. Those of us that have heard her playing the piano in the dining room might be surprised to learn she is completely self taught.

Reflecting on returning to the Inn, Michelle said she is glad to be back where she feels at home. Keep up the good work, Michelle!



Resident Spotlight: Faye

Faye was born on the Tulalip reservation, but raised in Tacoma. She got her BA in psychology from Evergreen State and her masters in Social Work Admin. from the University of WA. She has 12 children (7 girls, 5 boys), 40 grandkids, and 8 great-grandkids.

Being a part of the Swinomish Tribe has always been important to her family. Her dad was the last official Chief, helping to develop the land and attain Federal recognition for several local tribes. Her granddaughter carries on the tradition and is now the General Manager of the Swinomish Tribe. Faye spent her life building communities, believing we are all interdependent. We are so happy you are here, Faye!

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 Setup Happy Hour 3:00 Happy Hour with Music by Steve Ellis 4:00 Funny Videos 7:00 Cribbage	2 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Manicures 7:00 Movie
3 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 1:30 Travel Video 2:00 Wii Bowling 3:45 Trivia	4 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 4th of July Craft 3:45 Funny Animal Videos Independence Day	5 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat with Christina 2:00 Mexican Train 3:00 Snacks and Hydration 3:30 Cornhole Game 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 Black Jack 3:30 Snacks and Hydration	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 3:00 Snacks and Hydration	8 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 Miguel 4:00 Funny Videos 7:00 Cribbage	9 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Walk the Boardwalk 3:30 Pet therapy 7:00 Movie
10 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 1:30 Travel Video 2:00 PO-KE-NO 3:45 Trivia	11 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	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 3:30 Cornhole Game 7:00 Pinochle	13 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bus Trip 3:00 Black Jack 3:30 Snacks and Hydration	14 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Mexican Train 3:00 Snacks and Hydration	15 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 Marcia Kester 4:00 Funny Videos 7:00 Cribbage	16 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Manicures 7:00 Movie
17 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 1:30 Travel Video 2:00 Wii Golf 3:45 Trivia 5:00 Activity	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 3:00 Snacks and Hydration 3:30 Cornhole Game 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 Black Jack 3:30 Snacks and Hyration	21 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Mexican Train 3:00 Snacks and Hydration	22 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00-1:00 Car Show 1:00 Setup Happy Hour 3:00 Happy Hour with Music by Harmony Northwest 4:00 Funny Videos 7:00 Cribbage	23 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Walk the Boardwalk 3:30 Pet Therapy 7:00 Movie
24 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 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 3:00 Snacks and Hydration 3:30 Cornhole Game 7:00 Pinochle	27 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bus Trip 3:00 Black Jack 3:30 Snacks and Hyrations	28 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Mexican Train 3:00 Snacks and Hydration	29 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 7:00 Cribbage	30 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Manicures 7:00 Movie
31 9:00 Church Service 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 1:30 Travel Video 2:00 Wii Bowling 3:45 Trivia						