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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

## July 2022 Newsletter



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# 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.



**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!

## 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.

# 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.

"Butter Pecan" - Sue

"Rocky Road" - Al

"Maple Nut" - Virginia M.

"Mt. Blackberry" - John R.

"Cookies & Crème" - Stacy

"Rainbow Sherbet" - Allie

"Black Licorice with Marshmallow sauce" - Mike B.

"Rocky Road" - Shelley

"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!

# JULY 2022

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

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>All activities subject to change per mandated health guidelines.</b></p>					<p>1 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Setup Happy Hour <b>3:00 Happy Hour with Music by Steve Ellis</b> 4:00 Funny Videos 7:00 Cribbage</p>	<p>2 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Manicures 7:00 Movie</p>
<p>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</p>	<p>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</p> <p><b>Independence Day</b></p>	<p>5 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 <b>Chat with Christina</b> 2:00 Mexican Train 3:00 Snacks and Hydration 3:30 Cornhole Game 7:00 Pinochle</p>	<p>6 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:30 Market Trip</b> 3:00 Black Jack 3:30 Snacks and Hydration</p>	<p>7 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 1:30 <b>Chat with Allie</b> 2:00 Mexican Train 3:00 Snacks and Hydration</p>	<p>8 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Setup Happy Hour <b>3:00 Happy Hour with Music by Miguel</b> 4:00 Funny Videos 7:00 Cribbage</p>	<p>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</p>
<p>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</p>	<p>11 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 <b>Chat with Dana</b> 2:00 Penny Bingo 3:45 Funny Animal Videos</p>	<p>12 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:15 <b>Resident Council</b> 2:00 Mexican Train 3:00 <b>Resident Birthdays</b> 3:30 Cornhole Game 7:00 Pinochle</p>	<p>13 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:30 Bus Trip</b> 3:00 Black Jack 3:30 Snacks and Hydration</p>	<p>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</p>	<p>15 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Setup Happy Hour <b>3:00 Happy Hour with Music by Marcia Kester</b> 4:00 Funny Videos 7:00 Cribbage</p>	<p>16 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Manicures 7:00 Movie</p>
<p>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</p>	<p>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</p>	<p>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</p>	<p>20 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:30 Market Trip</b> 3:00 Black Jack 3:30 Snacks and Hydration</p>	<p>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</p>	<p>22 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>11:00-1:00 Car Show</b> 1:00 Setup Happy Hour <b>3:00 Happy Hour with Music by Harmony Northwest</b> 4:00 Funny Videos 7:00 Cribbage</p>	<p>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</p>
<p>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</p>	<p>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</p>	<p>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</p>	<p>27 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:30 Bus Trip</b> 3:00 Black Jack 3:30 Snacks and Hydration</p>	<p>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</p>	<p>29 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Setup Happy Hour <b>3:00 Happy Hour with Music by Lee Howard</b> 4:00 Funny Videos 7:00 Cribbage</p>	<p>30 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Manicures 7:00 Movie</p>
<p>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</p>						