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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

**August 2022 Newsletter**



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# Looking Forward Toward Improved Eye Wellness

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

Do either of these scenarios sound familiar? You’re excitedly diving into a new book and you need to squint to see the words more clearly—or you’re taking a walk and you look to the street signs, but they’re not as clear as you expect them to be. Both frustrating instances example changes having occurred in the eyes. Fortunately, this Eye Exam Month, we've gathered insight that may be helpful toward improving eye wellness.

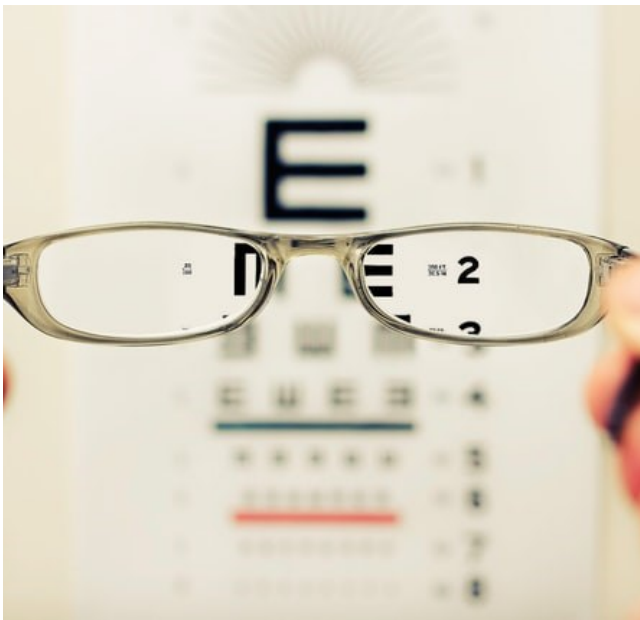
One of the best ways to stay on top of eye health is to have annual eye exams. That is at the top of all eye wellness insights we have to share.

Proactive measures through lifestyle are also important. Some recommendations from the National Eye Institute include having a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields as appropriate; avoiding smoking; reducing screen eyestrain by looking 20 feet before you for 20 seconds every 20 minutes; and cleaning hands often to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms is also helpful toward eye wellness. People with diabetes, high blood pressure, or medications that affect eyes have increased risk for vision problems.

When it comes to older adults, there are specific eye issues to watch for. A few include:

- Dry eye, in which not enough tears or quality tears are made, leading to poor vision
- Age-related macular degeneration, an issue that causes central (not side) vision loss. The



macula of the eye allows for fine detail and color, so when affected, reading, watching tv, and recognizing faces could be challenging.

- Cataracts, cloudy areas in the eye lens (usually in both eyes, to different degrees) can cause blurry vision, poor contrast awareness, dulled colors, and glare sensitivity.
- Glaucoma, a group of issues which damage the optic nerve, can in time take away side vision. While glaucoma is often painless with no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. There are also many prescription devices, like spectacle-mounted magnifiers for close tasks; hand-held or spectacle-mounted telescopes for near and far vision; handheld and stand magnifiers to assist with short-term reading; and video magnification that enlarges items on video.

Let us know if this information has been helpful for you in the comments section of our newsletter Facebook post on the first.

# Special Moments



## In Our Words...

August 8th is Happiness Happens Day. We asked our residents and staff, “What brings you great happiness?” Here’s what they shared!

- |                                 |                                    |
|---------------------------------|------------------------------------|
| “Family” -Bertha                | “nature” -Johnny                   |
| “4:00 wine time” -Elaine S      | “When people are nice to me” -Kesa |
| “Walking in the sunshine” - Dee | “Hands down, my grandkids” Allie   |
| “I’m glad to be here” -Darrell  | “Myself” -John R                   |
|                                 | “Good friends” -Al                 |





# August 2022 Highlights

**Observes: Eye Exams, Medic Alert Awareness, Immunizations, Water Quality, and Wellness**

**Celebrates: Black Businesses, Catfish, Crayons, Dogs, Family Fun, Goat Cheese, Golf, Happiness, Peace, and Sandwiches**

- |   |  |
|---|--|
| 01 Mahjong Day; Raspberry Cream Pie Day       | 17 Black Cat Day; Massachusetts Day; Thrift Day  |
| 02 Coloring Book Day; National Night Out Day  | 18 Fajita Day; Ice Cream Pie Day; Pinot Noir Day |
| 03 Georgia Day; Nuts Day; Watermelon Day      | 19 Bow Day; Aviation Day; Potato Day             |
| 04 Coast Guard Day; Chocolate Chip Cookie Day | 20 Chocolate Pecan Pie Day; Radio Day            |
| 05 Oyster Day; Beer Day; Water Balloon Day    | 21 Seniors Day; Spumoni Day                      |
| 06 Root beer Float Day; Disc Golf Day         | 22 Pecan Torte Day                               |
| 07 Raspb. & Cream Day; Family Day; Friend Day | 23 Cuban Sandwich Day; Sponge Cake Day           |
| 08 Frozen Custard Day; Happiness Happens Day  | 24 Maryland Day; Peach Pie Day; Waffle Day       |
| 09 Book Lovers Day; Rice Pudding Day          | 25 Banana Split Day; Park Service Founders Day   |
| 10 Connecticut Day; S'mores Day               | 26 Dog Day; Cherry Popsicle Day                  |
| 11 Raspberry Bombe Day; Son & Daughter Day    | 27 Just Because Day; Pots De Creme Day           |
| 12 Julienne Fries Day; Vinyl Record Day       | 28 Bow Tie Day; Cherry Turnovers Day             |
| 13 Left Handers Day; Bowling Day              | 29 Chop Suey Day; Lemon Juice Day                |
| 14 Creamsicle Day; Spirit of '45 Day          | 30 Beach Day; Toasted Marshmallow Day            |
| 15 Leathercraft Day; Lemon Meringue Pie Day   | 31 Eat Outside Day; Trail Mix Day                |
| 16 Airborne Day; Tell a Joke Day              |  |

## Happy Birthday!

### Residents:

Sally : August 8  
Jackie: August 19  
Kesa: August 21  
Janet: August 25

### Staff:

Nicole: August 12  
Ashlin: August 14  
Isaias: August 17  
Linda: August 22

Those born in August are either Leo (Aug. 1-22) or Virgo (August 23-31). The birthstone for August is peridot. The birth flower for August is the gladiola. August babies are said to be natural leaders and teachers who thrive in the spotlight. They can often be described as charismatic.



**Staff Spotlight: Marsha**

Marsha was born in Sitka, Alaska. She went to school in Sitka until her family pulled up stakes and moved to Seattle WA, and she continued her education at Bothell High. Marsha has spent the majority of her life serving and caring for her family and friends. She loves working here with the residents at the Inn where she continues to care and serve people. She has two children, two grandkids and one great grandchild. Marsha loves to kayak and all things fun. She lives by her motto, "The rest of my life, is the best of my life."



**Resident Spotlight: Jerry R**

Jerry was born in Mount Vernon on the family farm. He went to school in Conway and after graduating he married his wife. Shortly thereafter he was drafted into the Army. Jerry spent many years later serving on the board at Conway School District. Jerry was promised a job with John Deer when he came home from the Army where he worked his entire life up to retiring. He enjoys restoring old John Deer tractors and spending time with his two boys. We are so happy you are here, Welcome to the Family!



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 1:30 Travel Video 2:00 Penny Bingo 3:45 Funny Animal Videos	2  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 & Hydration 7:00 Pinochle	3  9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:30 Bus Trip: Goodwill</b> 3:30 Cornhole Game	4  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 Black Jack	5  9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia <b>3:00 Happy Hour with Live Music by Lee Howard</b> 4:00 Funny Videos 7:00 Cribbage	6  <b>8:00 Pancake Breakfast Fundraiser</b> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Manicures 3:30 Pet Therapy 7:00 Movie
	7  9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 1:30 Travel Video 2:00 Mexican Train 3:30 Cornhole Game	8  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	9  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 7:00 Pinochle	10  9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:30 Pioneer Market Trip</b> 2:00 Mexican Train 3:00 Wii Games	11  9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study <b>2:00 Lecture with Jerry</b> 3:00 Black Jack	12  9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia <b>3:00 Happy Hour with Live Music by Salt Dirt Band</b> 4:00 Funny Videos 7:00 Cribbage
	13  9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>11:30 Crab Cruise (pre-paid/pre-signed up)</b> 1:30 Cribbage 3:30 Black Jack 7:00 Movie					
	14  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 3:30 Trivia	15  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	16  9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Craft Project 2:00 Mexican Train 3:30 Snacks & Hydration 7:00 Pinochle	17  9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:30 Bus Trip: La Conner Museum</b> 3:30 Cornhole Game	18  9:30 Animal Webcam 10:00 Happy Hearts Fitness <b>10:00 Senior Day in the Park</b> 10:30 Battle Ball 1:00 Bible Study 2:00 Mexican Train 3:00 Black Jack	19  9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia <b>3:00 Happy Hour</b> 4:00 Funny Videos 7:00 Cribbage
	20  9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Manicures 3:30 Black Jack 7:00 Movie					
	21  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 3:00 James Webb Telescope Images	22  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	23  9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train 3:00 Cornhole Game 3:30 Snacks & Hydration 7:00 Pinochle	24  9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:30 Walmart Trip</b> 3:30 Wii Games	25  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	26  9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia <b>3:00 Happy Hour with Live Music by Marsha Kester</b> 4:00 Funny Videos 7:00 Cribbage
	27  9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Walk the Board Walk 3:30 Black Jack 7:00 Movie					
28  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 PO-KE-NO 3:30 Trivia	29  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	30  9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Craft Project 2:00 Mexican Train 3:30 Snacks & Hydration 7:00 Pinochle	31  9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:30 Bus Trip: Beach</b> 3:30 Cornhole Game			