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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

September 2022 Newsletter



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Pain Points: Tips for Managing Chronic Pain

Note: This article is for informational purposes and should not be mistaken for medical advice. Please consult a physician or other medical professional or specialist for all health matters.

While pain is a fact of life, for some it is more than an occasional occurrence. One in five adults in America experiences chronic pain. It is one of the most common reasons adults seek medical care and it can last for months, years, and possibly for life.

There are many reasons a person may experience pain, including injury, illness, birth defect, and bodily wear and tear over time. Pain is personal, and everyone experiences it differently, making diagnosis and treatment difficult. However, there are several ways to combat pain, and find relief.

Ways to Manage Pain (without or in conjunction with the use of pharmaceuticals):

- Regular exercise, particularly activities that are designed to improve flexibility and muscle tone (think yoga, Pilates, swimming) can be therapeutic and help you manage and even prevent pain. We suggest working with your medical provider to outline an appropriate exercise plan that meets your needs.
- In the same spirit as exercise, physical therapy is an excellent way to manage pain by treating it at its source. Maintaining your physical therapy exercises, even after your visits are over, can also help prevent future injury and pain to compromised joints and ligaments.
- Cognitive Behavioral Therapy is a form of psychotherapy that has been shown to be an effective way to manage pain and associated emotions through exercising mindfulness, ultimately improving quality of life. When pain is constant, it wears down more than just your body. Instances of depression and anxiety are higher in those who experience chronic pain.



There are various paths to relief. Strength and resistance training—like using elastic bands shown above—can improve muscle strength, decrease stiffness, and lead to some relief from pain. Aerobic exercise like walking and swimming are linked to weight loss and can reduce joint pressure, improving pain symptoms. Explore what may work for you.

Pain Management for Seniors

As we age, our bodies become more susceptible to experiencing pain and injury. Additionally, those who experience cognitive impairment in the form of Alzheimer's and other related dementia may find that pain management is complicated due to the difficulty they might experience in verbalizing the location and severity of pain.

It's important to know that you and your loved ones don't have to handle this alone. At our community, our care approach focuses on the individual needs of each resident, meeting them where they are. We incorporate the latest advances in building design and care philosophies to minimize the impact of our residents' symptoms, enabling them to live comfortably and securely.

As with any medical topic, we suggest that your journey begins with an open conversation with your medical provider. Don't be discouraged if it takes a while to find the answers you're looking for – health is a journey after all.

Special Moments



In Our Words...

September 23rd marks the start of Autumn!
These are our Fall Favorites:

"Picking wild black walnuts" -Mike E

"Beautiful colors of nature" -Jean

"Halloween" -Christina

"Football season, Go Hawks!" -Al

"The cooler weather" -Lisa



September 2022 Highlights

September Observes: World Alzheimer's Awareness, Healthy Aging, Intergenerational Ties, Pain Awareness, Prostate Health, and Self-Care.

September Celebrates: Americana, Chicken, Classical Music, Honey, Little League, Mushrooms, Piano, Potatoes, Rice, Sewing, and Square Dancing.

01 World Letter Writing Day
 02 Coconut Day, College Colors Day, Food Bank Day
 03 Bacon Day, U.S. Bowling League Day, Tailgating Day
 04 Macadamia Nut Day, Wildlife Day
 05 Labor Day, Beautician Week, Cheese Pizza Day
 06 Coffee Ice Cream Day, Read a Book Day
 07 Acorn Squash Day, Beer Day, Salami Day
 08 Literacy Day, Ampersand Day
 09 Sudoku Day, Teddy Bear Day, Wiener Schnitzel Day
 10 World First Aid Day, Swap Ideas Day
 11 Assisted Living Week, Grandparents' Day,
 Day of Service & Remembrance
 12 Chocolate Milkshake Day, Video Games Day
 13 Bald Is Beautiful Day, Peanut Day, Ants on a Log Day
 14 Cream Donut Day, Eat a Hoagie Day, Live Creative Day
 15 Cheese Toast Day, Linguine Day, Online Learning Day
 16 Raisin Bread Day, Guac Day, POW/MIA Recognition Day
 17 Thank Police Day, House Cleaners' Day, Dance Day
 18 Bamboo Day, Air Force Bday, Cheeseburger Day
 19 Butterscotch Pudding Day, Talk Like a Pirate Day

20 Fried Rice Day, Pepperoni Pizza Day, Punch Day
 21 World Alzheimer's Day, Chai Day, Pecan Cookie Day
 22 Centenarians' Day, Hobbit Day, White Chocolate Day
 23 Autumn Begins, Pot Pie Day, Snack Stick Day
 24 Family Health & Fitness Day, Hunting & Fishing Day
 25 Dining Staff Day, Daughters' Day, Quesadilla Day
 26 HR Staff Day, Family Day, Dumpling Day, Pancake Day
 27 Chocolate Milk Day, Scarf Day, Corned Beef Hash Day
 28 Strawberry Cream Pie Day, Ladies Health Day
 29 VFW Day, Coffee Day
 30 Chewing Gum Day, Hot Cider Day, Love People Day

"By all these lovely tokens, September days are here. With summer's best of weather and autumn's best of cheer." – Helen Hunt Jackson



Those born in September are either Virgo (Aug. 23-Sept. 22) or Libra (Sept. 23-Oct. 22). The birthstone for September is sapphire. The birth flowers are asters and morning glory. Virgos are best known for being practical, loyal, and organized. Libras are balanced, social, and fair-minded. September has 11 of the top birthdates in the nation with more babies born on Sept. 9 than any other day of the year!

Residents
Shirley: Sept. 3
Charlie W: Sept. 4
Jean W: Sept. 6
Mike D: Sept. 22
Betty: Sept. 23
Jay: Sept. 26
Lee L: Sept. 27

Staff
Elena: Sept. 13



Staff Spotlight:
Kody

Kody joined our kitchen team as a server in August. He will be a sophomore at La Conner High School in September.

Kody was born in Mt. Vernon and lived in Alger until he was about 5, when his family moved to La Conner.

His parents gave him the choice of playing sports or getting a job, so he decided earning a little money and gaining work experience was the best choice for him. He plans to continue here when school starts again.

Kody wants to join the Army when he graduates and go into law enforcement.

Welcome to our team, Kody!



Resident Spotlight:
Clara

Clara was born and raised in Rewey, Wisconsin. She attended college there to be an educator. She was a teacher for seven years, before meeting the love of her life at a YMCA single adult club. They married and had three beautiful children, two boys and a girl. Some of her hobbies include making porcelain, sewing, cross stitching, and spending time with her family.

Clara feels very blessed that she got to spend 64 wonderful years with her husband, Bill. She is happy here at the Inn, making new friends and joining in activities.

We are happy to have her here!

SEPTEMBER 2022

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 Bible Study 1:30 Chat with Allie 2:00 Mexican Train 3:00 Meet Our New Inhouse PTA “EMPOWERME” Onsite Therapy Services	2 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia Game 3:00 Happy Hour with Live Music by Steve Ellis 7:00 Cribbage	3 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Manicures 1:30 Cribbage 3:30 Black Jack 7:00 Movie
4 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 Game	5 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 Labor Day	6 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat with Christina 2:00 Mexican Train 3:00 Fall Prevention Class 7:00 Pinochle	7 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bus Trip: Market 3:30 Black Jack	8 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Mexican Train 3:00 EmpowerMe Walking Club	9 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia Game 3:00 Happy Hour with Live Music by Marcia Kester 7:00 Cribbage	10 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Penny Bingo 3:30 Black Jack 7:00 Movie
11 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 Game Grandparents Day	12 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 5:15 Seahawks Game	13 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train 1:15 Resident Council 3:00 Resident Birthdays 7:00 Pinochle	14 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bus Trip: Beach (weather permitting) 3:30 Black Jack	15 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Mexican Train 3:00 EmpowerMe Walking Club	16 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia Game 3:00 Happy Hour with Live Music by Lee Howard 7:00 Cribbage	17 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Manicures 1:30 Cribbage 3:30 Black Jack 7:00 Movie
18 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 1:05 Seahawks Game 3:30 Trivia Game	19 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	20 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train 3:00 Welcome Tea 7:00 Pinochle	21 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bus Trip: Market 3:30 Black Jack First Day of Autumn	22 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Mexican Train 3:00 EmpowerMe Walking Club	23 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia Game 3:00 Happy Hour 7:00 Cribbage	24 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Penny Bingo 3:30 Black Jack 7:00 Movie
25 9:00 Church Service 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 1:25 Seahawks Game 3:30 Trivia Game	26 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	27 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train 3:00 Craft Project 7:00 Pinochle	28 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bus Trip: New Library (if open) 3:00 Black Jack	29 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Mexican Train 3:00 EmpowerMe Walking Club	30 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia Game 3:00 Happy Hour with Live Music by Esquires 7:00 Cribbage	