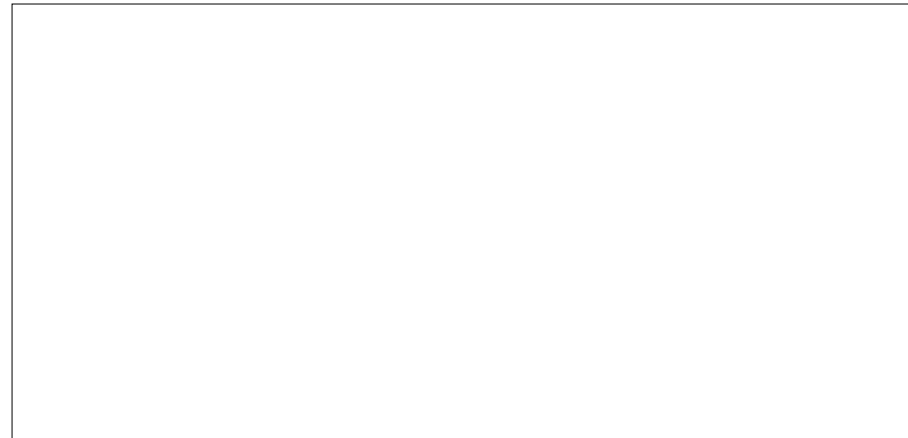




204 N. 1st St.  
PO Box 1087  
La Conner, WA 98257

PRESORTED  
STANDARD  
US POSTAGE  
LA CONNER, WA  
PERMIT #3



**Leadership Team**  
Phone: 360.466.5700  
Email: [info@laconnerretirementinn.com](mailto:info@laconnerretirementinn.com)  
Website: [laconnerretirementinn.com](http://laconnerretirementinn.com)  
Facebook: [LaConnerRetirementInn](https://www.facebook.com/LaConnerRetirementInn)  
**Executive Director:**  
Jeff Hendrickson  
**Community Relations Director:**  
Stacy Boydston  
**Wellness Director:**  
Elena Vrinceanu  
**Wellness Nurse:**  
Linda Hall  
**Business Office Director:**  
Lisa Brown  
**Life Enrichment Director:**  
Allie Kester  
**Dining Services Director:**  
Dana Whitney  
**Maintenance Director:**  
Sean Miller

**Our mission is to create and sustain comfortable, caring environments for those who depend on us.**

# La Conner Retirement Inn News

**December 2022 Newsletter**



**2 Ways to Give Back this Season**  
**3 Team & Resident Spotlight**  
**4 - 5 Activities Calendar**

**6 Highlights & Our ED's Corner**  
**7 Special Moments & Birthdays**  
**8 Mission & Team**

# Ways to Give Back This Holiday Season

The holiday season is the perfect time to embrace feelings of warmth and joy with loved ones. It's also a wonderful time of year to help give love and care toward the greater community.

This year, consider compassionate actions you can take to help those around you. In turn you may even help yourself! Studies show that giving back boosts happiness, health, self-esteem, and gives a greater sense of purpose.

## Find Causes That Speak to You

If you're looking for a place to figure out how you could give your time or talent in the world, check out **VolunteerMatch.org** where you can select areas of interest in your vicinity. There are thousands of opportunities there.

## Support Area Food Banks

Contact a local food bank and see what support they are seeking. Typical volunteer experiences include: sorting and packing food, delivering meals, assisting at drive-thru pantries, and garden harvesting. A resource to start with is: [www.feedingamerica.org/take-action/volunteer](http://www.feedingamerica.org/take-action/volunteer)

## Donate for Meaningful Causes

Before getting rid of items you no longer want, look online to see where you could make donations to make a difference in others' lives. Habitat For Humanity which helps provide homes across the world is one example. They accept building materials, furniture, and appliances at Habitat ReStores.



## Buy from Local Businesses

From heading to the farmers' market for local produce to checking out a new local artisan or coffee house, support the small businesses in your area. If you have relatives who you'll be sending holiday gifts to, consider buying from a unique local business.

## Give Your Time & Talent

If you have a skillset you could use to help in the community, teach others or provide entertainment, you would be enriching others' lives. Try contacting local recreation/senior centers, schools, community theatre programs, the library, or senior living communities to see where volunteers/entertainers may be needed. We welcome volunteers at our community! Contact our Life Enrichment Team for volunteer information.

## Put Pen to Paper

Throughout the year, and especially during the holidays, it brightens' people's hearts receiving mail. Consider sending some heart-felt cards to soldiers abroad! There are various websites online that orchestrate mail to our troops. Operation Gratitude is one to try.

We hope these ideas spark inspiration toward giving. Let us know of great ideas you have beyond this list on our facebook on the 1st.



# Special Moments



## Residents

- Jerry: Dec. 5
- Charles: Dec. 5
- Molly: Dec. 10
- Carolyn: Dec. 14
- Glenda: Dec. 18
- Elaine: Dec. 18
- John: Dec. 22
- Julie: Dec. 25
- Elizabeth: Dec. 31

## Staff

- Dawn: Dec. 6
- Ann: Dec. 23
- Brenden: Dec. 30
- Isaac: Dec. 30

# December 2022 Highlights

**Observes:** Sharps Injury Prevention, Human Rights, Safe Toys and Gifts, Universal Human Rights, and Worldwide Food Service Safety

**Celebrates:** Bingo, Car Donating, Fruit Cake, Learning Foreign Languages, Pears, Root Veggies & Exotic Fruits, and Spiritual Literacy

- |   |   |
|---|---|
| 01 Eat a Red Apple Day; Pie Day                   | 17 Maple Syrup Day; Wright Bros Day; Wreath Day     |
| 02 Fritters Day; Mutt Day; Special Ed Day         | 18 Hanukkah Start; Twin Day; Roast Suckling Pig Day |
| 03 Play Outside Day                               | 19 Hard Candy Day; Oatmeal Muffin Day               |
| 04 Thanks Team Day; Cookie Day; Sock Day          | 20 Go Caroling Day; Sangria Day                     |
| 05 Volunteers' Day; Sacher Torte Day              | 21 Crossword Puzzle Day; French Fried Shrimp Day    |
| 06 Gazpacho Day                                   | 22 Date Nut Bread Day; Forefathers' Day             |
| 07 Cotton Candy Day; Pearl Harbor Day             | 23 Festivus; Pfeffernusse Day                       |
| 08 Brownie Day; Be a Time Traveler Day            | 24 Christmas Eve; Eggnogg Day                       |
| 09 Sales Staff Day; Holiday Card Day; Pastry Day  | 25 Christmas Day; Pumpkin Pie Day                   |
| 10 Human Rights Day; Lager Day; Nobel Prize Day   | 26 Kwanzaa Begin; Hanukkah End; Candy Cane Day      |
| 11 Intl. Mountain Day; Noodle Ring Day            | 27 Fruitcake Day                                    |
| 12 Gingerbread House Day; Poinsettia Day          | 28 Card Play Day; Choco Candy Day; Short Film Day   |
| 13 Cocoa Day; Violin Day; National Guard Birthday | 29 Pepper Pot Day                                   |
| 14 Bouillabaisse Day; Monkey Day                  | 30 Bacon Day  |
| 15 Tea Day; Cupcake Day; Wear Pearls Day          | 31 New Year's Eve; Champagne Day                    |
| 16 Choco-Covered Day; Ugly Holiday Sweater Day    |   |

## Our Executive Director's Corner

Happy Holidays to all!

As we slide into the holiday season, I would like to wish you all the warmest and most perfect time of year. As we look back on our year, I would like to first give thanks to all of you. This time of year for most is a time of reflection, and one thing I reflect back on is the abundance of grace we have here. Thank you all for welcoming me to your community and being warm and vibrant. It is an honor to serve you all with the grace and warmth you have so kindly spread to all at La Conner Retirement Inn. I wish you all a happy holiday season! I can't wait to see what 2023 has in store for us all!



**Staff Spotlight:**  
**Jeff**

Jeff was born and raised in Santa Barbara, California. He enjoys off roading or as he calls it, destroying trucks and surfing. He is a natural beach bum at heart. He is single with no children.

Jeff comes to us as our new Executive Director with a wide range of skills. He has been a maintenance director, was formerly the Manager of Plant Operations for Radiant and the ED of another community for a couple of years. Jeff has been with us for just over a month and loves our small town feel and being near the water. His main goal is making a positive impact on our residents lives. Welcome aboard Jeff.



**Resident Spotlight:**  
**Mary**

Mary was born and raised in Mt. Vernon. After graduating from high school there, she attended Seattle University, majoring in humanities to become a teacher. She taught first grade for many years then moved on to teaching 6th and 7th . After retiring, she moved to Toronto, Canada, to marry the love of her life, Bill. They had 13 years together before his passing. She moved back to Washington about four years later.





Mary comes from a large family with five sisters and four brothers. She loves to read and swim and has a beautiful cat named Willie. She's always wanted to live in La Conner. We're glad you're here, Mary!

# DECEMBER 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 <b>10-12 Spa Day with Jo</b> <b>10-12 Manicures by Allie</b> 1:00 Bible Study with Carols &amp; Hymns 1:30 Chat with Allie 2:00 Chicken Foot 3:30-4:30 Choir Practice</p>	<p>2 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia Game <b>3:00 Happy Hour with Music by Glen Ledbetter</b> 7:00 Cribbage</p>	<p>3 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Penny Bingo 2:30 Black Jack 3:30 Travel Video</p>
<p>4 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion <b>1:05 Seahawk Game</b> 2:30 Adult Coloring</p>	<p>5 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Penny Bingo 3:30 Funny Animal Videos</p>	<p>6 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat with Jeff 2:00 Mexican Train <b>5:30 Bus Trip: Christmas Light Drive</b> (Caroling, Treats &amp; Looking)</p>	<p>7 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:00 I.C.R.S. Concert Band Christmas Performance</b> <b>2:00: Market Trip: Pioneer Market</b> 3:30 Black Jack</p>	<p>8 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study with Carols &amp; Hymns 2:00 Chicken Foot 3:30-4:30 Choir Practice</p>	<p>9 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia Game <b>3:00 Happy Hour with Music by Mel Gram</b> 7:00 Cribbage</p>	<p>10 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Penny Bingo 2:30 Black Jack 3:30 Travel Video</p>
<p>11 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion <b>1:25 Seahawk Game</b> 2:30 Adult Coloring</p>	<p>12 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Penny Bingo 3:30 Funny Animal Videos</p>	<p>13 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 <b>5:30 Bus Trip: Christmas Light Drive</b> (Caroling, Treats &amp; Looking)</p>	<p>14 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:30 Bus Trip: Skagit Valley Gardens</b> 3:30 Black Jack</p>	<p>15 <b>10-12 Spa Day with Jo</b> <b>10-12 Manicures by Allie</b> 1:00 Bible Study with Carols &amp; Hymns 2:00 Chicken Foot 3:30-4:30 Choir Practice <b>5:15 Seahawk Game</b> <b>5:30 Bus Trip: Christmas Light Drive</b> (Caroling, Treats &amp; Looking)</p>	<p>16 <b>12pm &amp; 1pm Friends &amp; Family Christmas Soiree</b>  <b>3:00 Resident Choir Performance</b> 7:00 Cribbage</p> 	<p>17 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:00 Skagit Valley Line Dancers</b> 2:15 Mexican Train 3:15 Black Jack</p>
<p>18 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</p>	<p>19 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Penny Bingo 3:30 Funny Animal Videos</p>	<p>20 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train <b>2:00 Christmas Craft</b> 4:00 Funny Videos</p> 	<p>21 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:30: Market Trip: Grocery Outlet</b> 3:30 Black Jack</p>	<p>22 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study with Carols &amp; Hymns 2:00 Chicken Foot</p>	<p>23 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia Game <b>3:00 Happy Hour with Music By Lee Howard</b> 7:00 Cribbage</p>	<p>24 9:30 Animal Webcam <b>10:00 Seahawk Game</b> 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Penny Bingo 2:30 Black Jack 3:30 Travel Video</p>
<p>25 <b>9:00 Church Service</b> 10:00 Fun Activity Packets available in Activity room</p> 	<p>26 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Penny Bingo 3:30 Funny Animal Videos</p>	<p>27 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train <b>3:00 Welcome Tea</b> 4:00 Funny Videos</p>	<p>28 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:30 Bus Trip: Hobby Lobby, Goodwill &amp; Dollar Tree</b> (Christmas Clearance sales) 3:30 Black Jack</p>	<p>29 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study with Carols &amp; Hymns <b>1:30 Chat the Medical Team</b> 2:00 Chicken Foot</p>	<p>30 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia Game <b>3:00 Happy Hour with Music By Ed Pearson</b> 7:00 Cribbage</p>	<p>31 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 New Years Trivia <b>3:00 New Years Champagne &amp; Beer Social</b> 4:00 Travel Video</p> 