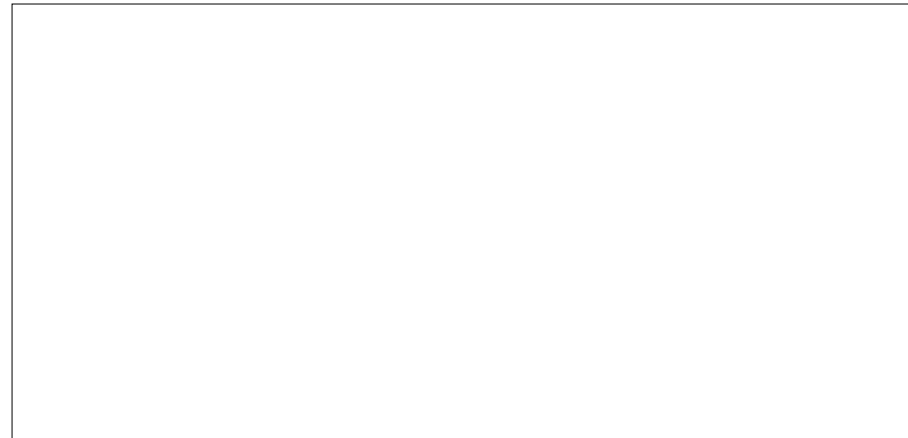




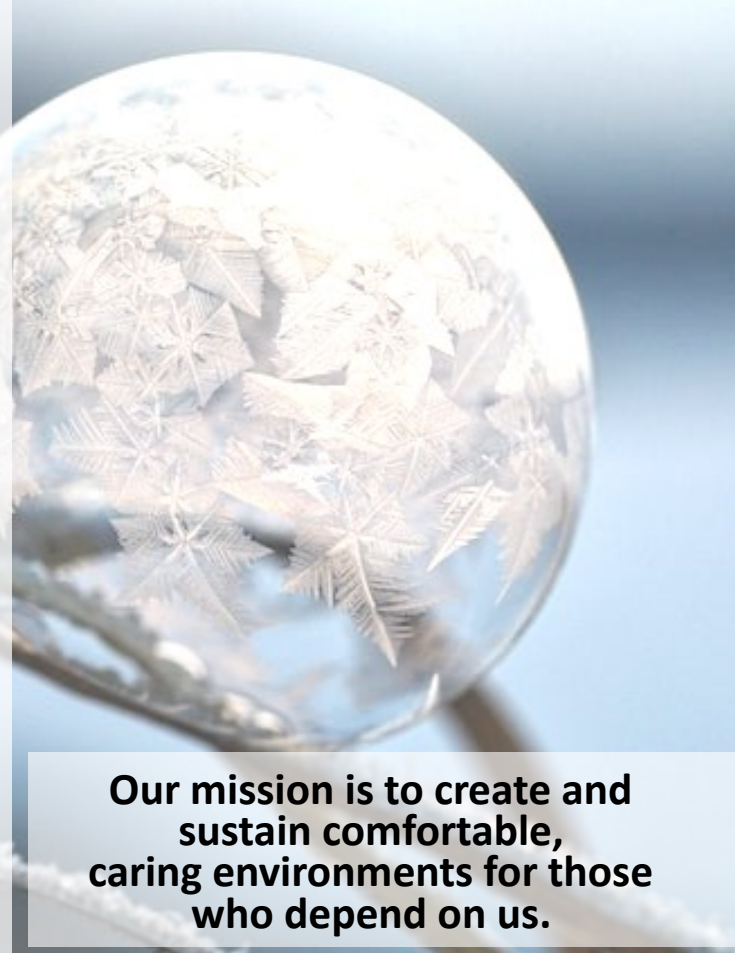
204 N. 1st St.
PO Box 1087
La Conner, WA 98257

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LA CONNER, WA
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Lisa Brown
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Dining Services Director:
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

January 2023 Newsletter



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3 Team & Resident Spotlight
4 - 5 Activities Calendar

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

Stress Free in 2023

Follow your doctor's instructions and consult with them before changing your diet, exercise routine, or supplements.

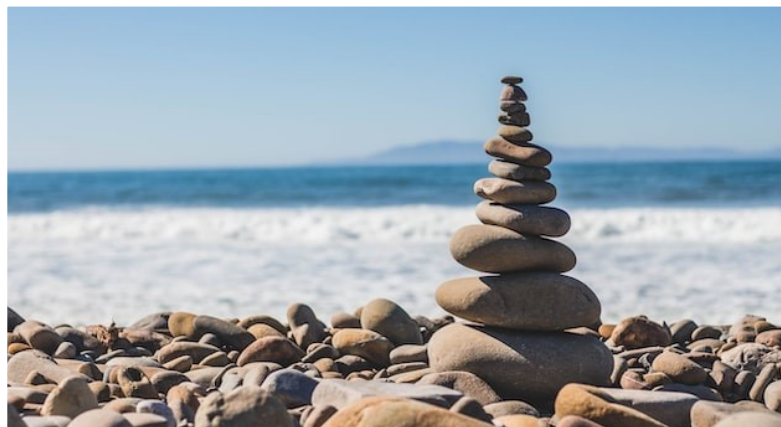
Stress affects us all. The human body uses stress responses to confront or avoid dangerous situations, but when stress occurs often enough, it can compromise one's immune system and affect overall health. While eliminating stressors may be difficult to do, changing how we respond to stressors is an achievable goal we'd love to help you with for 2023. Here are some techniques to try out.

Get Physically Active

A top recommendation when looking into stress relievers is physical activity. According to the Mayo Clinic, any aerobic activity can increase endorphins, the brain's "happy" neurotransmitters. It also can help you focus on the task at hand, resulting in calmness and positivity. If done on a regular basis, exercise can positively affect sleep, self-confidence, and mood. As for how much exercise to get, most healthy adults should aim for 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity weekly.

Practice Deep Breathing Daily

Taking time out of each day to habitually sit in a quiet space and do deep breathing for 10-20 minutes can bring great results. Harvard Health shared just how to do it: Head to a quiet spot and sit down. Breath slowly in through the nose, letting your chest and lower stomach rise as your lungs fully fill with air. Then exhale very slowly through your mouth. Doing this with eyes closed, and while imagining different images can increase your



relaxed state. Apps like Calm and Headspace can assist with deep breathing sessions.

Try Aromatherapy

Aromatherapy involves the use of essential oils inhaled through the nose or absorbed by the skin in massage. The scents from the oil act upon the hypothalamus, and in turn affect the hormonal system, according to Cleveland Clinic. The results are fast, with different scents bringing different effects. Lavender is a perfect one for stress - touted for its ability to calm, soothe, and relax people. As a Radiant Senior Living community, we use lavender oils from Red Chair Lavender in Eagle, Idaho.

Do's for Your Diet

Cortisol is a main hormone responsible for stress. Magnesium-high foods like bananas, broccoli, pumpkin seeds, and spinach help lower inflammation and metabolize cortisol. Foods high in Vitamin B, like beef, chicken, and eggs, can help the body metabolize cortisol. Those high in omega-3 fatty acid such as avocados, chia seeds, olive oil, salmon, tuna, and walnuts help lower inflammation. Good overall rules of thumb are to eat fewer processed foods and more whole foods, and to not skip meals. (Cleveland Clinic).

Let us know if these ideas have inspired you or if you have others on our facebook on the 1st.

Special Moments



Happy Birthday to our Staff & Residents:

Residents

Jannette: Jan. 3

Deanna: Jan. 4

Faye: Jan. 20

David: Jan. 24

Arlene: Jan. 27

Dan: Jan. 27

Virginia M.: Jan. 31

Staff

Allie: Jan. 9

January 2023 Highlights

Observes: Bath Safety, Blood Donors, Braille Literacy, Glaucoma Awareness, Cervical Health, Thyroid Awareness

Celebrates: Hobbies, Hot Tea, Menudo, Oatmeal, Slow Cooking, Soup, Brainteasers, Getting Organized, Creativity, Mentoring

01 Bloody Mary Day; Family Day	17 Classy Day; Hot Buttered Rum Day; Mentor Day
02 Cream Puff Day; Science Fiction Day	18 Peking Duck Day; Pooh Bear Day; Fancy Coffee Day
03 Chocolate Cherries Day; Wellness Day	19 Popcorn Day
04 Missouri Day; Spaghetti Day; Trivia Day	20 Buttercrunch Day; Cheese Day; Disc Jockey Day
05 Bird Day; Whipped Cream Day	21 Granola Bar Day; Squirrel Appreciation Day
06 Bean Day; Shortbread Day; Technology Day	22 Blonde Brownie Day; Polka Dot Day; Hot Sauce Day
07 Tempura Day; Fun Outside Day	23 Handwriting Day; Pie Day
08 Argyle Day; English Toffee Day; Elvis' Bday	24 Compliment Day; Peanut Butter Day
09 Apricot Day; Static Day; Police Officers' Day	25 Florida Day; Irish Coffee Day; Opposite Day
10 Bittersweet Chocolate Day; Houseplants Day	26 Green Juice Day; Peanut Brittle Day; Spouse Day
11 Arkansas Day; Milk Day; Take the Stairs Day	27 Chocolate Cake Day; National Geographic Day
12 Curry Chicken Day; Pharmacists' Day; Tea Day	28 Blueberry Pancake Day; Seed Swapping Day
13 Peach Melba Day; Sticker Day; Rubber Duck Day	29 Corn Chip Day; Puzzle Day; Carnation Day
14 Pet Dress Up Day; Hot Pastrami Sandwich Day	30 Croissant Day; Bubble Wrap Day
15 Bagel Day; Hat Day; Fresh Squeezed Juice Day	31 Backwards Day; Hot Chocolate Day
16 Martin Luther King Day; Fig Newton Day	

Our Executive Director's Corner

Dear residents, family members, and friends,

Happy new year!

I'm so excited to be with you all in 2023. La Conner is a beautiful place and calling the Inn my new home is an honor. Thank you all for making the latter part of 2022 amazing. I can't wait to for all the fun and wonderful things we can do together this year!



Staff Spotlight:
Cricket

Cricket was born in Des Moines, WA, but soon after, her family moved to Florida. That is where she gets her southern family roots. Cricket moved back to Washington state in 1960. She graduated from Anacortes High and joined the Army for the next six years. Cricket went on to study law enforcement and nursing at Skagit Valley College. Cricket fostered 14 teen boys for 12 years until they were of age. The last seven years, Cricket has worked here at the Inn. She loves dogs and to travel in her RV all over the United States. Thank you for being a dedicated employee, Cricket!



Resident Spotlight:
Carolyn

Carolyn was born in Santa Barbara California. She attended high school at Laguna Blanca during WWII, where girls were sent to boys schools. She went to Berkeley University where she studied history, sociology and art.

Carolyn's love for art continues to be one of her passions. She has two wonderful children who she likes to spend time with. Her hobbies include art, hiking and long walks.

We are happy you are here,
Carolyn!

JANUARY 2023

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



SUN	MON	TUE	WED	THU	FRI	SAT
<div>1</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 1:05 Seahawks Game 2:30 Adult Coloring</div> <div><div>New Years Day</div><div></div></div>	<div>2</div> <div>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</div>	<div>3</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train 3:00 Black Jack 4:00 Travel Video</div>	<div>4</div> <div>9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Market Trip: TBA 3:30 Travel Video</div>	<div>5</div> <div>9:30 Animal Webcam 10 –12 Spa Day with Jo 10-12 Manicures by Allie 1:00 Bible Study 1:30 Chat with Allie 2:00 Chicken Foot 3:30-4:30 Choir Practice</div>	<div>6</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia Game 3:00 Happy Hour with Mike Bush 7:00 Cribbage</div>	<div>7</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Penny Bingo 3:00 Black Jack 4:00 Travel Video</div>
<div>8</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion TBD Seahawks Game 2:30 Adult Coloring</div>	<div>9</div> <div>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</div>	<div>10</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:15 Resident Council 2:00 Mexican Train 2:00 All Staff Meeting 3:00 Resident Birthdays</div>	<div>11</div> <div>9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bus Trip: TBA 3:30 Travel Video</div>	<div>12</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Chicken Foot 3:30-4:30 Choir Practice</div>	<div>13</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia Game 3:00 Happy Hour 7:00 Cribbage</div>	<div>14</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Penny Bingo 3:00 Black Jack 4:00 Travel Video</div>
<div>15</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 2:00 PO-KE-NO 3:30 Trivia Game</div>	<div>16</div> <div>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</div> <div>Martin Luther King Jr. Day</div>	<div>17</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat with Jeff 2:00 Mexican Train 3:00 Adult Coloring</div>	<div>18</div> <div>9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Market Trip: TBA 3:30 Travel Video</div>	<div>19</div> <div>9:30 Animal Webcam 10 –12 Spa Day with Jo 10-12 Manicures by Allie 1:00 Bible Study 2:00 Chicken Foot 3:30-4:30 Choir Practice</div>	<div>20</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia Game 3:00 Happy Hour with Art Stillwell 7:00 Cribbage</div>	<div>21</div> <div>9:00 La Conner Council Meeting 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Penny Bingo 3:00 Black Jack 4:00 Travel Video</div>
<div>22</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 2:00 Moon T.E.D. Talk <i>The US is going back to the moon</i> 3:30 Lunar New Year Trivia</div> <div><div>Lunar New Year</div><div></div></div>	<div>23</div> <div>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</div>	<div>24</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train 3:00 Adult Coloring 4:00 Travel Video</div>	<div>25</div> <div>9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bus Trip: TBA 3:30 Travel Video</div>	<div>26</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 1:30 Chat the Medical Team 2:00 Chicken Foot 3:30-4:30 Choir Practice</div>	<div>27</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia Game 3:00 Happy Hour 7:00 Cribbage</div>	<div>28</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Penny Bingo 3:00 Black Jack 4:00 Travel Video</div>
<div>29</div> <div>9:00 Church Service 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 2:00 PO-KE-NO 3:30 Trivia Game</div>	<div>30</div> <div>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</div>	<div>31</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train 3:00 Welcome Tea 4:00 Travel Video</div>				<div>All activities subject to change per mandated health guidelines.</div>