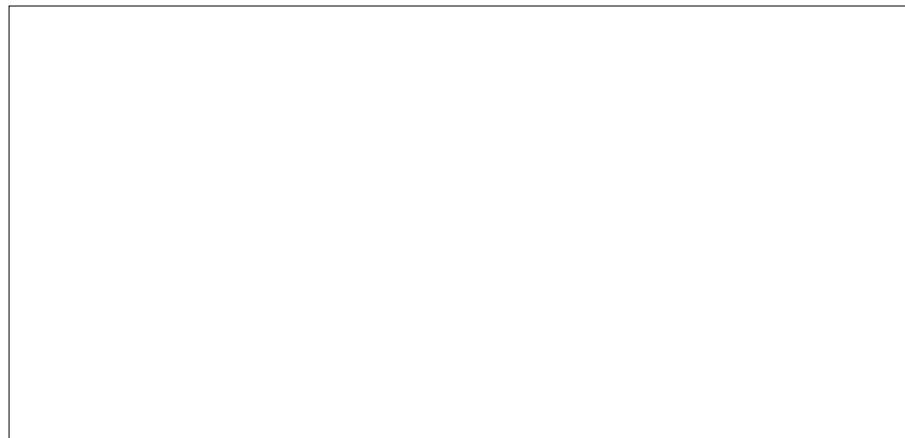




204 N. 1st St.
PO Box 1087
La Conner, WA 98257

PRESORTED
STANDARD
US POSTAGE
LA CONNER, WA
PERMIT #3



Leadership Team
Phone: 360.466.5700
Email: info@laconnerretirementinn.com
Website: laconnerretirementinn.com
Facebook: 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 Daniels
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

February 2023 Newsletter



2 Heart Healthy February
3 Team & Resident Spotlight
4 - 5 Activities Calendar

6 Highlights & Our Quotes
7 Special Moments & Birthdays
8 Mission & Team

February is for Heart Health

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

It's American Heart Month, a time when we can all focus on cardiovascular health. There are actions we can take to know more about heart health, and to help improve it for ourselves.

Knowing heart-health risk factors is an important part in learning about heart healthy living. Risk factors include high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol.

According to Harvard Health Publishing, preventative measures for a healthier heart include controlling high blood pressure, high cholesterol, and excess weight, not smoking and having long-term healthy habits for diet, exercise, and sleep. It is also helpful to reduce alcohol consumption.

In order to help you measure how heart healthy you are, it is important to know your cholesterol, blood pressure, and blood glucose levels. With your health provider, you can determine if there are goals you should set to help you improve your heart health.

Lifestyle recommendations that many can benefit from include getting regular physical activity and following a healthy diet.

Going for a daily walk is great for weight management and the heart. The National Heart, Lung & Blood Institute recommends 30 minutes of moderate-level physical activity on



Heart healthy diets include plenty of vegetables!

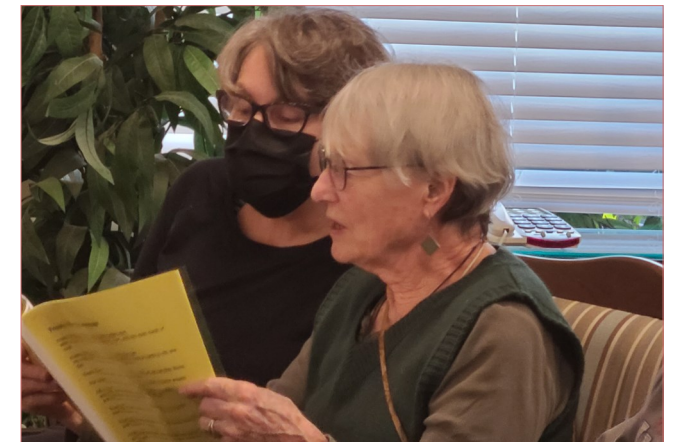
most days of the week. Aerobic activity should be done in sessions of at least 10 minutes. A creative way to increase your activity level is to add extra distance or movement when you are traveling to or from a destination.

As for eating, the American Heart Association lists a heart healthy diet as one that is rich in fruits, vegetables, whole-grains, low-fat dairy, skinless poultry and fish, nuts and legumes, and non-tropical vegetable oils. It limits saturated and trans fats, red meat, sweets, sugar-sweet beverages, and sodium. Items high in salt include tomato juice, soy sauce, and many prepared foods. The DASH Diet is a recommended one by the NHLBI.

Managing stress is also important when it comes to heart health, and can be approached with mindfulness meditation, deep breathing, and physical activity.

Let us know what heart healthy choices you make on our Facebook post for this month's newsletter.

Special Moments



Happy Birthday to our Staff & Residents:

Sue K: Feb. 3

Lamone: Feb. 4

Frank: Feb. 9

Barbara S: Feb. 12

Elaine C: Feb. 14

Prue: Feb. 15

Cricket: Feb. 6

Veronica: Feb. 12

Christine: Feb. 12

Mandy: Feb. 18

Marsha: Feb. 18

Nathan: Feb. 21

February 2023 Highlights

Observes: Cancer Prevention, Self-Checks, American Heart Month, Black History, Heart Health

Celebrates: Canned Foods, American Pies, Baking, Bird Feeding, Cherries, Libraries, Hot Breakfast, Embroidery, Vegan Cuisine

01 Baked Alaska Day, Dark Chocolate Day	15 Gumdrops Day, Wisconsin Day, World Hippo Day
02 Groundhog Day, Tater Tot Day, Ukulele Day	16 Almond Day, Innovation Day
03 Bubble Gum Day, Carrot Cake Day	17 Cabbage Day, Caregivers' Day, Kind Acts Day
04 Homemade Soup Day, Fun Outside Day	18 Wine Day, Pluto Day
05 Nutella Day, Yorkshire Pudding Day	19 Arabian Horse Day, Chocolate Mint Day
06 Frozen Yogurt Day, Chopsticks Day	20 President's Day, Cherry Pie Day, Pet Love Day
07 Fettuccine Alfredo Day, Send a Card Day	21 Mardi Gras, Sticky Bun Day, Pancake Day
08 Boy Scouts' Day, Opera Day, Molasses Bar Day	22 Ash Wednesday, Sweet Potato Day, Yoga Day
09 Bagel & Lox Day, Donate Day, Pizza Day	23 Banana Bread Day, Chili Day, Toast Day
10 Cream Cheese Brownie Day	24 Tortilla Chip Day, Tartar Sauce Day
11 Movie Day, Inventor Day, Peppermint Patty Day	25 Chocolate Coated Nuts Day, Clam Chowder Day
12 Plum Pudding Day, Pork Rind Day	26 Pistachio Day, Tell a Fairy Tale Day
13 Cheddar Day, Tortellini Day, World Radio Day	27 Polar Bear Day, Retro Day, Strawberry Day
14 Valentine's Day, Cream-Filled Chocolate Day	28 Chocolate Souffle Day, Floral Design Day

*"February is the border between winter and spring."
— Terri Guillemets, Years*

What's your favorite thing about Valentine's Day?

Deanna: *Chocolates!*

Elizabeth T.: *It's fun to say "I Love You" to everyone.*

Kathy: *The feeling of love in the air*

Elain S.: *I like to get cards from my family.*

Bertha: *The red & white flowers I get from my kids*

John R.: *The way the whole day feels*

Al: *Taking someone out to dinner and buying her flowers*



Staff Spotlight:
Linda

Linda was born in Flint, Michigan. She stayed in Flint until graduation, then in 1972 she met and married the love of her life. In 1983, they moved to La Conner, where they both attended Skagit Valley College for nursing. Linda has now been a nurse for 31 years. Together, she and her husband had seven children, 14 grandchildren and four great-grandchildren. Some of Linda's hobbies include traveling, crafts, and entertaining her family. Thank you, Linda, for all your good work here at The Inn.



Resident Spotlight:
Grace

Grace was born in Cairo, Egypt, living there 11 years, then moved to England where she attended school during WWII. She then went into the WAFF Service as a weather technician for three years where she met the love of her life, a rear gunner on a B-17. Christmas of 1945 they married. In 1946, they moved to California, where they both attended Berkeley as math majors. Grace's college life was interrupted by motherhood. She had two sons and spent 30 years in Sacramento as a pre-school teacher. In 1977, they sailed up the coast to our Skagit Valley and as a result of that trip, they both took early retirement to move here and lived on their boat for two years as they built a home in Shelter Bay. In 2020, her husband passed away, and Grace sold her house and moved into the Inn with us. Grace loves the friends and atmosphere of her new home.

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.			1 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Market Trip: Walmart 4:00 Funny Videos	2 10-12 Spa Day with Jo 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:30-11:30 Manicures 1:00 Bible Study 1:30 Chat with Allie 2:00 Chicken Foot 3:30-4:30 Choir Practice 6:00-8:00 Game Night Groundhog Day 	3 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia Game 3:00 Happy Hour with the Salt Dirt Band 7:00 Cribbage	4 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 RummiKub 3:00 Black Jack 4:00 History Video
5 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	6 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	7 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Manicures 2:00 Mexican Train 2:00 Valentine's Craft 4:00 Travel Video	8 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bus Trip: TBD 4:00 Funny Videos	9 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 6:00-8:00 Game Night	10 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia Game 3:00 Happy Hour with Megual 7:00 Cribbage	11 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Bingo 3:00 Black Jack 4:00 Broadway Musical
12 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 2:00 Speed Bunco 3:00 Superbowl LVII 	13 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	14 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:15 Resident Council 2:00-4:00 Sip & Paint Valentine's Party 4:00 History Video  Valentine's Day	15 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Market Trip: Fred Meyer 4:00 Funny Videos	16 10-12 Spa Day with Jo 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:30-11:30 Manicures 1:00 Bible Study 2:00 Chicken Foot 3:30-4:30 Choir Practice 6:00-8:00 Game Night	17 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia Game 3:00 Happy Hour with Monty 7:00 Cribbage	18 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Yahtzee Game 3:00 Black Jack 4:00 History Video
19 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	20 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 President's Day	21 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Manicures 1:30 Chat with Jeff 2:00 Mexican Train 3:00 Black Jack	22 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:00 Writing Club 1:30 Bus Trip: TBD 4:00 Funny Videos Ash Wednesday	23 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 6:00-8:00 Game Night	24 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia Game 3:00 Happy Hour 7:00 Cribbage	25 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Rummikub 3:00 Black Jack 4:00 Broadway Musical
26 9:00 Church Service 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 2:00 Mexican Train	27 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Chicken Foot 3:30 Funny Animal Videos	28 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train 3:00 Welcome Tea 4:00 History Videos				