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US POSTAGE
LA CONNER, WA
PERMIT #3



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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

March 2023 Newsletter



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Making Friends Over 60

Making friends at any age is all about seizing the social opportunities that come our way, and sometimes going out of our way to look for new ones. While older adults may not have a playground of potential friends all exploring simultaneously, they have plenty of avenues for gaining and maintaining friendships. Here are some tips for making new friends over 60.

Benefits to Seeking Out New Friendships

There are great benefits to increased social interactions and relationships. A 2019 study in “The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences” determined seniors who engaged in social interactions outside of their inner circle experienced more positive moods, fewer negative emotions, and had higher levels of physical activity. Friends can also encourage us to follow healthier lifestyle habits, reduce the risk for health problems, and improve our confidence and self-worth, according to the Mayo Clinic.

Ways to Increase Your Net of Friends

Starting new friendships can be done in so many different ways. Step outside of your routine and explore options you may not have considered.

- Take part in a club or consider starting one focused on an area of your interest like baking, birding, books, exercise, fishing, gardening, knitting, or movies in your community.
- If you are religious or spiritual, take part in a local service or church group.
- Attend a class teaching something you've always wanted to learn where you'll be able to interact with other students and gain a skill. Even one-off painting sessions can lead to friendships!
- Seek out a support group if you are struggling through a tough time and need



Never underestimate the power of your smile or a wave. It signals to others that you're open for positive interactions.

some peer support or to feel less alone.

- Consider volunteering or participating in work for a charitable cause with other peers.
- Look into the social calendar at your local senior or community center. Many offer way more than Bingo nowadays.
- Refresh healthy connections from the past. If a relationship was good and time or distance led to a break, consider seeking out an old friend through social media or a mutual connection.

How to Break the Ice

When it comes to making a first approach in a social situation, you can start small. The act of simply saying hello and asking a question can lead into a conversation. If you need to start smaller, for residents at senior living communities, spending time in common areas or leaving your door open at times you would welcome social interactions can increase possibilities for them to take place.

Let us know if our tips have been helpful for your friendship quest, and please share any ideas that you think our readers would find helpful on our Facebook on the first.

Special Moments



Happy Birthday to our Staff & Residents:

Fine: March 3
Lori G.: March 5
David A.: March 6
Dorothy: March 7
Alma: March 7
Lola: March 9
Evan: March 9
John B.: March 10
Jim F.: March 19
Erland: March 24
Barbara H.: March 25
Patricia: March 29



March 2023 Highlights

Observes: Multiple Sclerosis, Cerebral Palsy, Endometriosis, Developmental Disabilities, Brain Injury Awareness, Caffeine Awareness, Hemophilia

Celebrates: Noodles, Peanuts, Women’s History, Nutrition, Celery, Crafting, Athletic Training

- | | |
|--|--|
| 01 PB Lover’s Day; World Music Therapy Day | 18 Corn Dog Day; Lacy Oatmeal Cookie Day |
| 02 Banana Cream Pie Day; Read In America Day | 19 Certified Nurses’ Day; Chocolate Caramel Day |
| 03 Mulled Wine Day; Employee Appreciation Day | 20 Spring Begins; Ravioli Day; Flour Day |
| 04 Marching Music Day; Pound Cake Day; Sons’ Day | 21 3-D Day; Strawberries Day; French Bread Day |
| 05 Cheese Doodle Day | 22 Bavarian Crepes Day; West Virginia Day |
| 06 Oreo Cookie Day; White Choc. Cheesecake Day | 23 Chip Dip Day; Melba Toast Day; Tamale Day |
| 07 Flapjack Day; Tennis Day; Alex. Graham Bell Day | 24 Cheesesteak Day; Choco Raisin Day; Cocktail Day |
| 08 Intl. Women’s Day; Oregon Day | 25 Medal of Honor Day; Intl. Waffle Day |
| 09 Barbie Day; Popcorn Day; Meatball Day | 26 Nougat Day; Spinach Day |
| 10 Blueberry Popover Day; Bagpipe Day; Ranch Day | 27 Spanish Paella Day; World Theatre Day |
| 11 Oatmeal Nut Waffle Day; Johnny Appleseed Day | 28 Black Forest Cake Day; Food on a Stick Day; |
| 12 Daylight Savings; Plant a Flower Day | World Piano Day |
| 13 Coconut Torte Day; Good Samaritan Day | 29 Lemon Chiffon Cake Day; Nevada Day |
| 14 Butterflies Day; Pi Day; Potato Chip Day | 30 Doctors’ Day; Park Walking Day; |
| 15 Kansas Day; Pears Helene Day; Shoe Drive Day | Virtual Vacation Day |
| 16 Artichoke Hearts Day; Panda Day | 31 Tater Day; Prom Day; Clams on Half Shell Day; |
| 17 St. Patrick’s Day; Corned Beef & Cabbage Day | Cream Cheese Frosting Day |

What is your favorite thing about St. Patrick’s Day?

Lee: *Beer!*

Bertha: *Wearing green*

Jerry: *That I’m Norwegian*

Elaine S.: *Green clovers*

Faye: *The pretty jewelry people wear*

Janet: *Irish beer*



Staff Spotlight:
Alexis

Alexis was born and raised on Whidbey Island, graduating high school in Oak Harbor. She has 1 older sister and is a single mother to a 5-year-old son named Adrian. Her hobbies include driving, hanging out at the beach, and playing with her dog, an Australian Shepherd Boxer mix named Oaklynn.

Alexis has a passion for helping others, which is what led her to us. She joined our team last month as a caregiver/med tech. Her ultimate goal in life is to join the beauty industry as an esthetician, where she will be able to help others look their best. Welcome aboard Alexis.



Resident Spotlight:
Terry

Terry was born in Leesville, Louisiana, and raised in Sandpoint, Idaho. When he was young, his dad bought the abandoned mining town Talache, Idaho and turned it into a fishing and hunting resort. The family ran it successfully for 5 or 6 years before selling it to a local who expanded it further. Terry’s job was to pull the boats out of the lake every night in the summer to protect them from frequent storms.






Terry joined the Army at 18 in the middle of the Korean conflict. After his service, Terry returned home to attend University of Idaho majoring in Forestry. He ended up an Alaskan state trooper for 31 years before retiring.

In 1957, he married Freda. They had 2 children, resulting in 4 grandchildren and 2 great grandchildren.

Terry says the atmosphere here is very comfortable. Thanks for adding to that comfort, Terry!

MARCH 2023

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

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>			<p>1 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball! 2:00 Manicures By Allie 3:30 Funny Videos</p>	<p>2 10-12 Spa Day with Jo 10:00 Happy Hearts Fitness 10:30 Battle Ball! 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</p>	<p>3 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Trivia Game 3:00 Happy Hour with 7:00 Cribbage</p>	<p>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</p>
<p>5 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 10:45 Catholic Communion 2:00 Mexican Train 3:30 Laurel & Hardy</p>	<p>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</p>	<p>7 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Funny Videos 2:00 Mexican Train 3:30 Travel Video</p>	<p>8 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball! 2:00 Black Jack 3:30 Funny Videos</p>	<p>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</p>	<p>10 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Trivia Game 3:00 Happy Hour with 7:00 Cribbage</p>	<p>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</p>
<p>12 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</p> <p></p> <p>Daylight Savings Time Begins</p>	<p>13 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Travel Video 2:00 Penny Bingo 3:30 Laurel & Hardy</p>	<p>14 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:15 Resident Council 2:00 Mexican Train 2:00 St. Patrick's Craft 4:00 History Video</p>	<p>15 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Market Trip: Grocery Outlet 4:00 Funny Videos</p>	<p>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</p>	<p>17 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Trivia Game 3:00 St. Patty's Day Happy Hour with Lee Howard 7:00 Cribbage</p> <p></p>	<p>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</p>
<p>19 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 10:45 Catholic Communion 2:00 Speed Bunco 3:30 Trivia</p>	<p>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</p> <p></p> <p>First Day of Spring</p>	<p>21 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Chat with Jeff 2:00 "Lewis & Clark" on the Columbia Presentation by Jerry Anderson 3:00 Black Jack</p> <p></p>	<p>22 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Bus Trip: TBA 4:00 Funny Videos</p>	<p>23 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</p>	<p>24 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Trivia Game 3:00 Happy Hour with 7:00 Cribbage</p>	<p>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</p>
<p>26 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</p>	<p>27 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Travel Video 2:00 Penny Bingo 3:30 Laurel & Hardy</p>	<p>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 Video</p>	<p>29 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</p>	<p>30 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</p>	<p>31 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Trivia Game 3:00 Happy Hour with 7:00 Cribbage</p>	