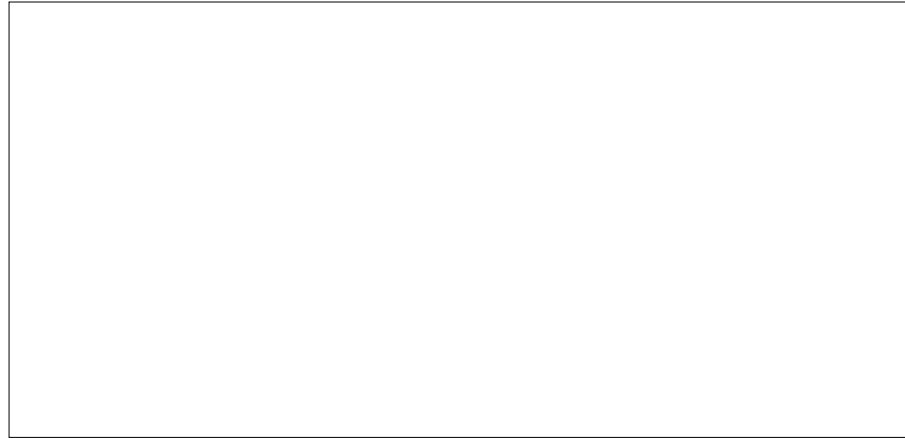




204 N. 1st St.
PO Box 1087
La Conner, WA 98257

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LA CONNER, WA
PERMIT #3



Leadership Team
Executive Director:
Jeff Hendrickson
Community Relations Director:
Stacy Boydston
Wellness Director:
Elena Vrinceanu
Wellness Nurse:
Linda Hall
Business Office Director:
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Life Enrichment Director:
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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

May 2023 Newsletter



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3 Team & Resident Spotlight
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7 Special Moments & Birthdays
8 Mission & Team

Staying on Top of Dental Care

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

It's May and that means it's Dental Care Month, a time for all of us to focus on taking good care of our teeth. In observance, we're sharing best practices and information to help adults and older adults improve dental habits.

First comes the advice you've likely heard: make sure to brush your teeth twice a day, in the morning and at night. However, we'll expand on that. After breakfast and before bedtime are best times to do it, and at least two minutes of brushing is recommended. It's wise to use a toothpaste with the American Dental Association (ADA) Seal on it signifying the paste has fluoride for fighting plaque and decay, per Harvard Health. As for what type of toothbrush to use, the ADA suggests one with soft bristles—manual or powered as both work effectively.

Flossing is another smart part of the daily dental health process. The National Institute on Aging recommends using small circular motions and short back and forth strokes to do so, and making sure to rinse after. It's best to floss after meals, and more than once daily.

When it comes to diet, some foods are better than others for our teeth. Acidic foods can erode enamel and crunchy foods like chips can lead to build up between teeth. For dental health, try low-sugar dairy, lean proteins, less acidic fruits and vegetables, nuts, and high-fiber foods.

Certain conditions can affect dental health in



Did you know? The ADA recommends replacing your toothbrush every three to four months to prevent bacteria build up on the brush.

older adults, and one of them is dry mouth, when a person doesn't make enough saliva to keep their mouth wet. If you think you have dry mouth, be sure to let your dental professional know. It can increase the risk for cavities, tooth decay, and fungal infections. Dry mouth is a side effect of some medications and can be due to some conditions, like diabetes. Fortunately, according to the NIA, sipping water or sugarless drinks, or having hard candy, or tart gum, can help. Avoiding smoking, alcohol, acidic juices, and spicy or salty foods can also be beneficial.

Another area that older adults may need to pay attention to is denture care. For those with dentures, make sure to brush them every day with a denture-care product and soak them in water or a denture-cleaner at night. To help gums, avoid small crunchy foods that can get stuck under dentures, and leave dentures out of your mouth when you sleep.

We hope this information has been helpful to you this Dental Care Month. Let us know on our Facebook newsletter post on the 1st.



Special Moments



Happy Birthday to our Staff & Residents:

Deanna A.: May 7
Stacy B.: May 7
Maxine: May 9
Don T.: May 12
Elizabeth S.: May 18

Happy 
Birthday

May 2023 Highlights

Observes: ALS, Improving Posture, Dental Care, Stroke Awareness, Mental Health Awareness, Blood Pressure Awareness, Brain Cancer, Skin Cancer

Celebrates: Older Americans, American Cheese, Drums, Asparagus, Our Military, Barbecues, Bicycles, Photography, Salad, Salsa, Strawberries, Eggs

- | | |
|---|---|
| 01 Chocolate Parfait Day; Mother Goose Day | 17 Cherry Cobbler Day; Idaho Day; Baking Day |
| 02 Truffle Day; World Asthma Day | 18 Cheese Souffle Day; Intl. Museum Day |
| 03 Garden Meditation Day; Raspberry Popover Day | 19 Nascar Day; Devil's Food Cake Day; Pizza Fun Day |
| 04 Bird Day; Orange Juice Day; Star Wars Day | 20 Pick Strawberries Day; Quiche Lorraine Day |
| 05 Astronaut Day; Hoagie Day; Space Day | 21 Strawberries & Cream Day; Thank a Server Day |
| 06 Kentucky Derby; Crepe Suzette Day; Nurses' Day | 22 Solitaire Day; Vanilla Pudding Day |
| 07 Lemonade Day; Paste-Up Day; Leg of Lamb Day | 23 Lucky Penny Day; Taffy Day; Library Staff Day |
| 08 Coconut Cream Pie Day; Have a Coke Day | 24 Brother's Day; Scavenger Hunt Day |
| 09 Butterscotch Brownie Day; Lost Sock Talk Day | 25 Tap Dance Day; Wine Day |
| 10 Receptionists' Day; 3rd Shift Staff Day; WA Day | 26 Paper Airplane Day; Road Trip Day |
| 11 Twilight Zone Day; Eat What You Want Day | 27 Grape Popsicle Day; Sunscreen Day |
| 12 Limerick Day; Nutty Fudge Day | 28 Brisket Day; Hamburger Day |
| 13 Apple Pie Day; Fruit Cocktail Day; Mini Golf Day | 29 Memorial Day; Paperclip Day; Cookie Day |
| 14 Mother's Day; Buttermilk Biscuit Day | 30 Creativity Day; Mint Julep Day |
| 15 Chocolate Chip Day; Straw Hat Day | 31 Macaroon Day; Senior Health & Fitness Day |
| 16 Barbecue Day; Love a Tree Day; Mimosa Day | |

What is Your Favorite Mother's Day Memory?

1. Jannette: My four sisters and I took my mom to see her cousins in California for the first time in her life.
2. Jackie: When my daughter's threw me a big party to celebrate
3. Grace: When my 50 yr. old son brought me a dead deer he found on the road while on his way to visit me for Mother's Day.
4. Deanna S.: That my daughters dreaded Mother's Day every year because my present was always a day of family yard work.
5. Shelley: Whenever I see a Whitman's Sampler box, it reminds me of Mother's Day, because it's her favorite and I always get her one.



Staff Spotlight:
Amanda

Amanda has been a part of our care staff for about 7 months now. She was born in La Puente, Calif., and was raised in Porterville, Calif. She moved up north to Mt. Vernon just last August.

Amanda is engaged to the love of her life. They have a blended family that keeps them very busy. This summer, they plan to officially join their families into one when they get married. Amanda enjoys crafting with her kids and trying new restaurants with her fiancé. She started her career as a beautician in senior communities then became a care aid about 12 years ago. Her passion is working with seniors.

Keep up the good work, Amanda!



Resident Spotlight:
Bertha

Bertha was born in Renton, raised in Woodenville, and moved to the La Conner area in 1955 when she married a dairy farmer named Joseph. Together, they had three sons, who gave them seven grandchildren and four great-grandchildren, with a set of twins on the way.

Before she settled down to become a local farmer, Bertha attended Edison Tech in Seattle to become a cake decorator. She had started working in a bakery in the 9th grade and continued to do so all through high school. Bertha's parents were also dairy farmers. She and her husband ran Fohn Farms here in the valley, which their son now runs. Bertha loves the community of people she has found living here at The Inn.

MAY 2023

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

• 360-466-5700

SUN	MON	TUE	WED	THU	FRI	SAT
<div><div><div>All activities subject to change per mandated health guidelines.</div><div></div></div></div>	<div><div><div>1 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Penny Bingo 3:00 Funny Videos 6:00-8:00 Discussion Night</div><div><div>May Day</div></div></div></div>	<div><div><div>2 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 6:00 Penny Bingo</div><div><div>National Brothers & Sisters Day</div><div></div></div></div></div>	<div><div><div>3 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:15 Market Trip: Grocery Outlet 4:00 Funny Videos</div><div><div>National Two Different Colored Shoes Day</div><div></div></div></div></div>	<div><div><div>4 9:30 Animal Webcam 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</div></div></div>	<div><div><div>5 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia 3:00 Happy Hour with Steve Ellis 7:00 Scrabble</div><div><div></div></div></div></div>	<div><div><div>6 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Three's Dice Game 3:00 Black Jack 4:00 History Video 7:00 Movie & Popcorn "West Side Story"</div><div><div>National Nurses Day</div><div></div></div></div></div>
<div><div><div>7 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 2:00 PO-KE-NO 3:00 Trivia</div><div><div>National Lemonade Day</div><div></div></div></div></div>	<div><div><div>8 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Penny Bingo 3:00 Funny Videos 6:00-8:00 Discussion Night Best Drink Options?</div><div><div>National Have a Coke Day</div><div></div></div></div></div>	<div><div><div>9 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 –4:00 Mother's Day Tea 6:00 Three's Dice Game</div><div><div>National Moscato Day</div><div></div></div></div></div>	<div><div><div>10 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:15 Bus Trip: Padilla Bay WALK weather permitting 4:00 Funny Videos</div><div><div></div></div></div></div>	<div><div><div>11 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat with Kimberly 2:00 Chicken Foot 3:30-4:30 Choir Practice 6:00-8:00 Game Night</div></div></div>	<div><div><div>12 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia 3:00 Happy Hour with Salt Dirt Band 7:00 Scrabble</div><div><div></div></div></div></div>	<div><div><div>13 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 7:00 Movie & Popcorn "Fried Green Tomatoes"</div><div><div>National Apple Pie Day</div><div></div></div></div></div>
<div><div><div>14 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 2:00 Mother's Day Puzzles & Trivia Packets</div><div><div>Mother's Day</div></div></div></div>	<div><div><div>15 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Penny Bingo 3:00 Funny Videos 6:00-8:00 Discussion Night What Role Should Religion Take in Our Country?</div></div></div>	<div><div><div>16 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat with Jeff 2:00 Mexican Train 4:00 Broadway Musical 6:00 Penny Bingo</div><div><div>National BBQ Day</div><div></div></div></div></div>	<div><div><div>17 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:15 Market Trip: Fred Meyer 4:00 Funny Videos 6:00-8:00 Show & Tell Oddities, Collections & Special Stories</div></div></div>	<div><div><div>18 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Chicken Foot 3:30-4:30 Choir Practice 6:00-8:00 Game Night</div><div><div>National Visit Your Relatives Day</div></div></div></div>	<div><div><div>19 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 La Conner H.S. Choir 3:00 Happy Hour with Lee Howard 7:00 Scrabble</div><div><div></div></div></div></div>	<div><div><div>20 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Three's Dice Game 3:00 Black Jack 4:00 Broadway Musical 7:00 Movie & Popcorn "The Secret Garden"</div><div><div>National Pick Strawberries Day</div><div></div></div></div></div>
<div><div><div>21 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 2:00 Mexican Train 3:00 Scrabble</div><div><div>National Dance Like a Chicken Day</div><div></div></div></div></div>	<div><div><div>22 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Penny Bingo 3:00 Funny Videos 6:00-8:00 Discussion Night Debate the State of Our Union</div></div></div>	<div><div><div>23 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train 3:00 Welcome Tea 6:00 Three's Dice Game</div><div><div>National Lucky Penny Day</div><div></div></div></div></div>	<div><div><div>24 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:30 Bus Trip: Double Thrift Store & Sack Lunch (All Day Trip) 4:00 Funny Videos</div><div><div>National Escargot Day</div><div></div></div></div></div>	<div><div><div>25 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat the Medical Team 2:00 Chicken Foot 3:30-4:30 Choir Practice 6:00-8:00 Game Night</div></div></div>	<div><div><div>26 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia 3:00 Happy Hour with Monty 7:00 Scrabble</div><div><div></div></div></div></div>	<div><div><div>27 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Yahtzee Game 3:00 Black Jack 4:00 Broadway Musical 7:00 Movie & Popcorn "It's A Wonderful Life"</div><div><div>National Sunscreen Day</div><div></div></div></div></div>
<div><div><div>28 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 3:00 Trivia</div><div><div>National Hamburger Day</div><div></div></div></div></div>	<div><div><div>29 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Memorial Day Trivia 2:00 U.S. Army Band Concert at Schlesinger Hall (1 hr. 45 min.) 6:00-8:00 Discussion Night Service to Country</div></div></div>	<div><div><div>30 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 3D Themed Picture Board Craft Project (Pick your theme) 2:00 Mexican Train 6:00 Penny Bingo</div><div><div>National Mint Julep Day</div><div></div></div></div></div>	<div><div><div>31 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:15 Market Trip: Grocery Outlet 4:00 Funny Videos</div><div><div>National Macaroon Day</div><div></div></div></div></div>	<div><div></div></div>		