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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

**June 2023 Newsletter**



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# Alzheimer's & Dementia Awareness & Updates

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

Summer solstice on June 21 is a notable date this Alzheimer's & Brain Awareness Month. The Alzheimer's Association observes it as the day with the most light, and the day we fight, encouraging fundraising toward an end to Alzheimer's. Our community hopes to bring awareness not only to this year's Longest Day, but also to this important month with facts and updates.

## Facts About Alzheimer's

- More than 6 million Americans are living with Alzheimer's.
- 1 in 3 seniors pass with Alzheimer's or dementia.
- Alzheimer's and dementias cost the U.S. \$321 billion in 2022.
- The difference between Alzheimer's and dementia is dementia is an overall term for a particular group of symptoms (difficulties with memory, language, problem-solving, and other thinking skills) while Alzheimer's disease is one cause of dementia.

## Updates and Research Studies

- Few Americans know about mild cognitive impairment, which can be an early stage of Alzheimer's. MCI causes cognitive changes that the affected person and those in their life can notice, but doesn't affect the ability to carry out everyday activities. Learn more at alz.org in a Special Report.
- Various studies indicate that keeping strong social connections and staying mentally active may lower the risk of cognitive decline and Alzheimer's.
- There seems to be a strong link between head trauma and future risk of cognitive



**The Longest Day:** Consider taking part in a fund-raising activity to support an end to Alzheimer's. The options for activities are great: from board games, gardening, and bowling to Yoga or having a cookout, and beyond! You can register for a creative fundraising activity at [act.alz.org](http://act.alz.org).

- decline. Help fall-proof your living space by reducing poor light, loose rugs, and clutter.
- Some conditions known to increase the risk of cardiovascular disease like high blood pressure, diabetes, and high cholesterol increase the risk of developing Alzheimer's.
- Regular physical exercise and heart-healthy eating may help to protect the brain. Two recommended diets include The Dash Diet and Mediterranean Diet.
- A current clinical trial by DIAN is testing if antibodies to beta-amyloid can reduce beta-amyloid plaque in the brains of people with certain genetic mutations and reduce, delay or prevent Alzheimer's symptoms. Another trial, A4 by the Alzheimer's Disease Cooperative Study, is testing if antibodies to beta-amyloid can lower Alzheimer's disease risk in people 65-85 at high risk for the disease.

We hope all of this information has been helpful toward broadening awareness of Alzheimer's during this important month.

# Special Moments



## Happy Birthday to our Staff & Residents:

- Judy: June 5**
- Elaine C.: June 9**
- Norm: June 14**
- Lee S.: June 21**
- Clair: June 21**
- Clara: June 21**
- Lou Ann: June 22**
- Cory: June 12**
- Alissa: June 22**



# June 2023 Highlights

**Observes:** Men’s Health, Headaches & Migraines, PTSD, Safety  
**Celebrates:** Zoos & Aquariums, Fruit & Veggies, Camping, Dairy, Great Outdoors, Iced Tea, Roses, Papaya, Turkey, African American Music, LGBTQIA Pride

- |   |   |
|---|---|
| 01 Nail Polish Day; Olives Day; Pen Pal Day         | 16 Fudge Day; World Tapas Day                       |
| 02 Donut Day; Rocky Road Day; Rotiss. Chicken Day   | 17 Apple Strudel Day; Eat Your Veggies Day          |
| 03 Egg Day; Chocolate Macaroons Day; Trails Day     | 18 Father’s Day; Go Fishing Day; Turkey Day         |
| 04 Cancer Survivors’ Day; Cheese Day; Corgi Day     | 19 Juneteenth; Garfield the Cat Day; Watch Day      |
| 05 Veggie Burger Day; World Environment Day         | 20 American Eagle Day; Ice Cream Soda Day           |
| 06 D-Day; Eyewear Day; Gardening Exercise Day       | 21 First Day of Summer; Peaches & Cream Day         |
| 07 Chocolate Ice-Cream Day; Oklahoma Day            | 22 Chocolate Éclair Day; Onion Rings Day            |
| 08 BFF Day; Positivity Day; World Oceans Day        | 23 Detroit-Style Pizza Day; Hydration Day           |
| 09 Donald Duck Day; Strawberry Rhubarb Pie Day      | 24 Pralines Day; Summersgiving                      |
| 10 Egg Roll Day; Iced Tea Day; Rose’ Day            | 25 Catfish Day; Strawberry Parfait Day; Beatles Day |
| 11 Children’s Day; Corn on Cob Day; Outlet Shop Day | 26 Beautician Day; Choc Pudding Day; Coconut Day    |
| 12 Men’s Health Week; Jerky Day; PB Cookie Day      | 27 Ice Cream Cake Day; Onion Day; Pineapple Day     |
| 13 World Softball Day; Weed Your Garden Day         | 28 Alaska Day; Parchment Day; Paul Bunyan Day       |
| 14 Flag Day; Strawberry Shortcake Day               | 29 Almond Buttercrunch Day; Waffle Iron Day         |
| 15 Photography Day; Smile Power Day                 | 30 Meteor Watch Day; Social Media Day               |

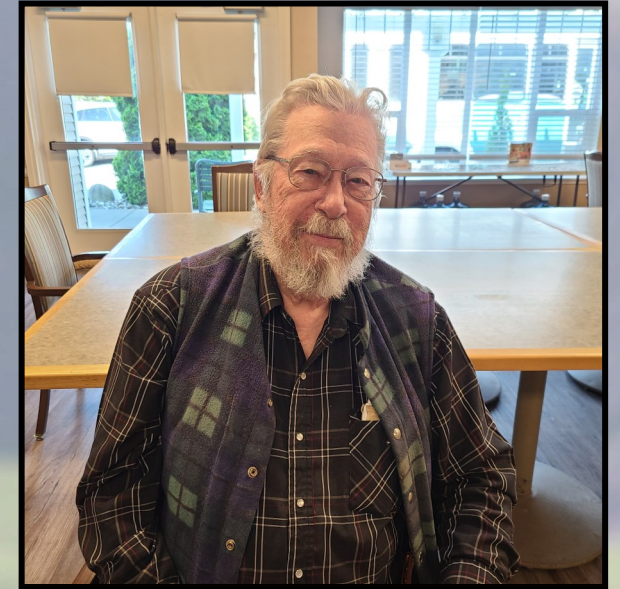
**What is your favorite flavor of ice cream?**

Mary—vanilla  
Dave—any and all  
Bertha—almond roca  
Ted—chocolate  
Marge—mudslide  
Molly—rocky road  
John—mountain blackberry



**Staff Spotlight:**  
**Claire**














Claire’s work in hair design began at the age of 14. Her first job was working for a neighbor who asked her to gather eggs from the backyard chicken coop. Claire was eager to be helpful, so carefully she placed the egg basket on the kitchen table, and asked what else she could do. The lady asked if she would fix her hair. She showed Claire her rollers and her interest was sparked. Now, over 30 years later, she has been designing hair. Clair has taken many advanced classes. She comes to us with a wealth of experience.  
Keep up the great work.



**Resident Spotlight:**  
**Lee**

Lee was born in Seattle and as a baby his parents moved to Diablo. He went to school in Diablo until the 8th grade. Lee graduated from North Bend High. He spent time in the Army and then became a machinist. The next 37 years, he worked for power houses and became the foreman. Lee spent 45 years with City Lights. He and his wife took their airstream all over to camp sites and played music. Some of his hobbies are playing his banjo (he taught his wife to play too!) and work. Lee owned 3 float planes. Through the course of his life, Lee has owned 45 motorcycles.  
We are so happy you are here.



SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>All activities subject to change per mandated health guidelines.</b></p>				<p>1  <b>10:00-12:00 Spa Day with Jo</b>            10:00 Happy Hearts Fitness            10:30 Battle Ball            1:00 Bible Study  <b>1:30 Chat with Allie</b>            2:00 Chicken Foot            3:30-4:30 Choir Practice            6:00-8:00 Game Night</p>	<p>2            9:30 Animal Webcam            10:00 Happy Hearts Fitness            10:30 Battle Ball            1:30 Trivia  <b>3:00 Happy Hour with Cisco Heights Country Band</b>            7:00 Scrabble</p> <p><i>I like your purple shirt!</i></p> <p><b>National Say Something Nice Day</b></p>	<p>3            9:30 Animal Webcam            10:00 Happy Hearts Fitness            10:30 Battle Ball            1:00-3:00 Manicures by Allie            2:00 Mexican Train            4:00 History Video            7:00 Movie &amp; Popcorn "Pearl Harbor"</p>
<p>4            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><b>National Fish &amp; Chips Day</b></p> 	<p>5            9:30 Animal Webcam            10:00 Happy Hearts Fitness            10:30 Battle Ball            1:30 Travel Video            2:00 Penny Bingo            3:00 Funny Videos            6:00-8:00 Discussion Night  <i>"Why are there so many kinds of cereal?"</i></p>	<p>6  <b>8:30 COVID Booster Shot Clinic</b>            9:30 Animal Webcam            10:00 Happy Hearts Fitness            10:30 Battle Ball            2:00 Mexican Train  <b>2:00 3D Themed Picture Board Craft Project</b>            6:00 Three's Dice Game</p>	<p>7            9:30 Animal Webcam            10:00 Writing Club            10:00 Happy Hearts Fitness            10:30 Battle Ball  <b>1:15 Bus Trip: To the Beach</b>            4:00 Funny Videos</p> <p><b>National Egg Day</b></p> 	<p>8            9:30 Animal Webcam            10:00 Happy Hearts Fitness            10:30 Battle Ball            1:00 Bible Study  <b>1:30 Meet the New Kitchen Manager Lawana</b>            2:00 Chicken Foot            3:30-4:30 Choir Practice            6:00-8:00 Game Night</p>	<p>9            9:30 Animal Webcam            10:00 Happy Hearts Fitness            10:30 Battle Ball            1:30 Trivia  <b>3:00 Happy Hour with Kim Kimmy</b>            7:00 Scrabble</p> <p><b>National Cheese Day</b></p> 	<p>10            9:30 Animal Webcam            10:00 Happy Hearts Fitness            10:30 Battle Ball            1:30 Black Jack            3:00 Chicken Foot            7:00 Movie &amp; Popcorn "My Fair Lady"</p> <p><b>National Hug Your Cat Day</b></p> 
<p>11            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><b>World Environment Day</b></p> 	<p>12            9:30 Animal Webcam            10:00 Happy Hearts Fitness            10:30 Battle Ball            1:30 Travel Video            2:00 Penny Bingo            3:00 Funny Videos            6:00-8:00 Discussion Night  <i>"Best Father's Day story"</i></p>	<p>13            9:30 Animal Webcam            10:00 Happy Hearts Fitness            10:30 Battle Ball  <b>1:15 Resident Council</b>            2:00 Mexican Train  <b>3:00 Resident Birthdays</b>            6:00 Penny Bingo</p> <p><b>National Gardening Exercise Day</b></p>	<p>14            9:30 Animal Webcam            10:00 Writing Club            10:00 Happy Hearts Fitness            10:30 Battle Ball  <b>1:15 Market Trip: Walmart</b>            6:00-8:00 Show &amp; Tell  <i>Oddities, Collections &amp; Special Stories</i></p> <p><b>Flag Day</b></p>  	<p>15  <b>10:00-12:00 Spa Day with Jo</b>            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>16            9:30 Animal Webcam            10:00 Happy Hearts Fitness            10:30 Battle Ball  <b>11:30 Fathers Day BBQ</b>            1:30 Trivia  <b>3:00 Happy Hour with Lee Howard</b></p> <p><b>National Donald Duck Day</b></p> 	<p>17            9:30 Animal Webcam            10:00 Happy Hearts Fitness            10:30 Battle Ball            1:30 Walk the Boardwalk            3:00 Mexican Train            7:00 Movie &amp; Popcorn "Good Night and Good Luck"</p>
<p>18            9:30 Animal Webcam            10:00 Happy Hearts Fitness            10:30 Battle Ball            10:45 Catholic Communion            2:00 Mexican Train</p> <p><b>Father's Day</b></p> 	<p>19            9:30 Animal Webcam            10:00 Happy Hearts Fitness            10:30 Battle Ball            1:30 Travel Video            2:00 Penny Bingo            3:00 Funny Videos            6:00-8:00 Discussion Night  <i>"What is Juneteenth?"</i></p> <p><b>Juneteenth</b></p>	<p>20            9:30 Animal Webcam            10:00 Happy Hearts Fitness            10:30 Battle Ball  <b>1:30 Chat with Jeff</b>  <b>Followed by a Complete Evacuation Drill</b>            3:00 Mexican Train            6:00 Three's Dice Game</p>	<p>21            9:30 Animal Webcam            10:00 Writing Club            10:00 Happy Hearts Fitness            10:30 Battle Ball  <b>1:00-3:00 Flamingo's in Florida Party With Salt Grass Band Performing</b></p> <p><b>First Day of Summer</b></p> 	<p>22            9:30 Animal Webcam            10:00 Happy Hearts Fitness            10:30 Battle Ball            1:00 Bible Study  <b>1:30 Chat the Medical Team</b>            2:00 Chicken Foot            3:30-4:30 Choir Practice            6:00-8:00 Game Night</p>	<p>23            9:30 Animal Webcam            10:00 Happy Hearts Fitness            10:30 Battle Ball            1:30 Trivia  <b>3:00 Happy Hour with Esquires</b>            7:00 Scrabble</p>	<p>24            9:30 Animal Webcam            10:00 Happy Hearts Fitness            10:30 Battle Ball            1:30 Black Jack            3:00 Chicken Foot            7:00 Movie &amp; Popcorn "South Pacific"</p>
<p>25  <b>9:00 Church Service</b>            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><b>National Bourbon Day</b></p> 	<p>26            9:30 Animal Webcam            10:00 Happy Hearts Fitness            10:30 Battle Ball            1:30 Travel Video            2:00 Penny Bingo            3:00 Funny Videos            6:00-8:00 Discussion Night  <i>"What do you think about the USA finally going back to the moon?"</i></p>	<p>27            9:30 Animal Webcam            10:00 Happy Hearts Fitness            10:30 Battle Ball  <b>1:30 3D Themed Picture Board Craft Project</b>            2:00 Mexican Train  <b>3:00 Welcome Tea</b>            6:00 Penny Bingo</p>	<p>28            9:30 Animal Webcam            10:00 Writing Club            10:00 Happy Hearts Fitness            10:30 Battle Ball  <b>1:15 Market Trip: Grocery Outlet</b>            4:00 Funny Videos</p> <p><b>National Fudge Day</b></p> 	<p>29  <b>10:00-12:00 Spa Day with Jo</b>            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><b>National Camera Day</b></p> 