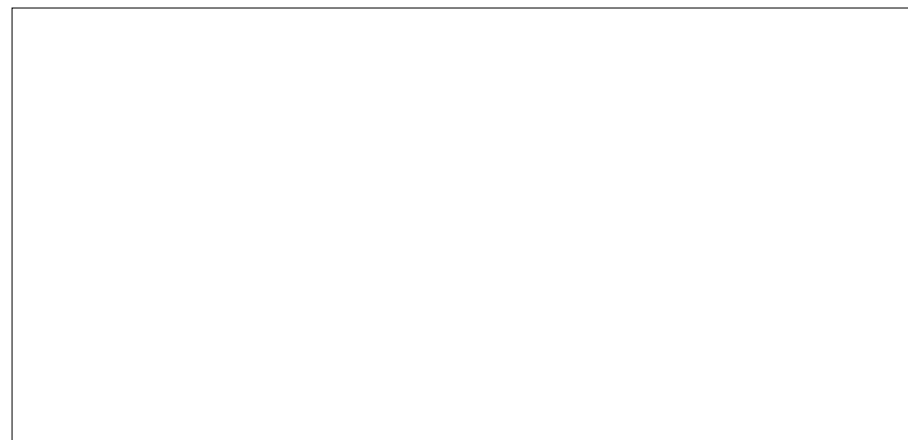




204 N. 1st St.
PO Box 1087
La Conner, WA 98257

PRESORTED
STANDARD
US POSTAGE
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:
Lisa Brown
Life Enrichment Director:
Allie Kester
Dining Services Director:
Nathen Torrence

Phone: 360.466.5700
Email: info@laconnerretirementinn.com
Website: laconnerretirementinn.com
Facebook: [LaConnerRetirementInn](https://www.facebook.com/LaConnerRetirementInn)



Our mission is to create and sustain comfortable, caring environments for those who depend on us.

La Conner Retirement Inn News

July 2023 Newsletter



2 All About UV Safety
3 Team & Resident Spotlight
4 - 5 Activities Calendar

6 Highlights & Holiday Question
7 Special Moments & Birthdays
8 Mission & Team

All About UV Safety: Summer Skin Protection Tips

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

It's a delight for many when colder weather gives way to warm and hot sunny days that allow for fun outdoor activities. It's also a great time to refresh knowledge about sun safety. This UV Safety Month, tune in to learn some safety tips for greeting golden rays.

If you're one who loves to head out into the sunshine, you're likely drawn to its benefits, from stress reduction and the opportunity for physical activity to the Vitamin D boost it brings. That being said, it's smart to know about its risks. A little UV-ray knowledge can go a long way toward protecting you outside.

UV Rays are invisible and are part of energy from the sun (as well as from sun lamps and tanning beds). UV rays that reach the Earth include UVA and UVB. UVA rays have the lowest energy of UV rays, but can cause aging in skin cells and indirect damage to cell DNA. They can damage the skin, cause wrinkles, and may have a role in some skin cancers. UVB rays bring more energy, can damage skin cells directly, and bring sunburn. They are the cause of most skin cancers. (American Cancer Society).

Avoiding the harmful effects of the sun's rays, while enjoying the sun's benefits can be as easy as setting up some routine sun rules. Before you head outside, consider these tips from the American Academy of Dermatology:

- Know that even when it doesn't seem like the sun could affect you, it can. The sun's UV rays can reach you on cloudy or cool



days, and they can reflect off of water, snow, sand, and cement.

- Apply a generous amount of broad-spectrum and water-resistant sunscreen with an SPF of at least 30 to all exposed skin 30 minutes before going out. Make sure to re-apply it every two hours and after sweating or going in water. Don't forget to cover your lips, ears, back of neck and tops of feet and hands. Wearing an SPF 15 lip balm is also a good idea.
- Dress in protective clothing, such as a long-sleeved shirt and pants in tightly-woven fabric, along with a wide brimmed hat and sunglasses.
- Know when to seek shade. The sun's rays are strongest between 10 am and 4 pm.
- Be aware that some medications can make us more sensitive to the sun. Read labels carefully in case of sun restrictions.
- Check out your local UV Index online for the level of UV exposure currently in your area. The lower the number, the safer it is.

We hope you feel confident to embrace summer fun under the sun. Let us know your outdoor plans on our Facebook on the 1st.

Special Moments



Happy Birthday to our Staff & Residents:

- Kathy J.: July 4**
Monte: July 5
Tony: July 5
Al: July 6
Lorena: July 12
Shelley: July 13
Carol S.: July 19
Jackie: July 24
Nathan T.: July 26
Barbara S.: July 29

July 2023 Highlights

Observes: Eye Injury Prevention, Minority Mental Health, Social Wellness, and UV Safety

Celebrates: Blueberries, Baked Beans, Culinary Arts, Grilling, Horseradish, Hot Dogs, Ice Cream, Peaches, Picnics, and Watercolors

- | | |
|--|---|
| 01: Postal Worker Day; Creative Ice Cream Day | 16: Corn Fritters Day; Ice Cream Day |
| 02: Anisette Day; Wildland Firefighter Day | 17: Lottery Day; Peach Ice Cream Day; Emoji Day |
| 03: Chocolate Wafer Day; Fried Clams Day | 18: Caviar Day; Sour Candy Day |
| 04: Barbecued Spareribs Day; Caesar Salad Day | 19: Daiquiri Day; Hot Dog Day |
| 05: Apple Turnover Day; Graham Cracker Day | 20: Fortune Cookie Day; Lollipop Day; Moon Day |
| 06: Fried Chicken Day; Hand Roll Day | 21: Be Someone Day; Junk Food Day |
| 07: Macaroni Day; Strawberry Sundae Day | 22: Mango Day; Penuche Fudge Day; Cowboy Day |
| 08: Chocolate with Almonds Day; Freezer Pop Day | 23: Gorgeous Grandma Day; Parents' Day |
| 09: Dimples Day; Sugar Cookie Day | 24: Amelia Earhart Day; Drive-Thru Day |
| 10: Clerihew Day; Kitten Day; Pina Colada Day | 25: Hot Fudge Sundae Day; Wine & Cheese Day |
| 11: 7-Eleven Day; Blueberry Muffin Day; Mojito Day | 26: Bagelfest Day; Coffee Milkshake Day |
| 12: Eat Jello Day; Pecan Pie Day; Simplicity Day | 27: Intern Day; Crème Brûlée Day; Chili Dog Day |
| 13: Barbershop Music Day; Beans 'N' Franks Day | 28: Milk Chocolate Day; Waterpark Day |
| 14: Mac & Cheese Day; Collector Car Day; Fries Day | 29: Chicken Wing Day; Lasagna Day; Lipstick Day |
| 15: Love Horses Day; Tapioca Pudding Day | 30: Father-in-Law Day; Cheesecake Day |
| | 31: Avocado Day; Raspberry Cake Day; Mutt Day |

What is your favorite Fourth of July Activity?

Jackie: *The Fireworks at night.*

Monte: *Blowing up tin cans.*

Virginia S.: *Swimming in the horse tank, after it was cleaned, of Course.*

Mike: *Performing with my band in the park after the parade every year.*

Glenda: *Eating my mom's homemade fried chicken and my dad's homemade potato salad and ice cream. Dad would let us kids help turn the crank too!*

HAPPY FOURTH OF JULY



Staff Spotlight:
Lorena

Lorena was born in Jalisco, Mexico. Her family moved to Bakersfield California when she was 14. She finished her education at Bakersfield High School. Lorena married the love of her life and have two wonderful children. Lorena volunteered as a teacher's aide and was awarded a trophy from the Governor of California for her dedication. She continued to volunteer to help the homeless, elderly, and cancer patients for many years. Lorena loves to cook and enjoy her family. She comes to us with a wealth of experience. Keep up the good work.



Resident Spotlight:
Marge

Marge was born in Trinidad, Colorado. She went to school at Hoehna High School where she was the Valedictorian of her class of 36 students. Marge attended Fort Worth College and enjoyed square dancing. She met Ted at one of the dances new right then that she wanted to marry him and she did just that. They went on to have 3 children, 9 grandchildren, 2 great grandchildren and two more on the way. Marge enjoys quilting and playing the piano. We are so happy you are here.

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>						<p>1</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:00 Gardening Club 2:00 Mexican Train 4:00 History Video 7:00 Movie & Popcorn “Out to Sea”</p>
<p>2</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 10:45 Catholic Communion 2:00 Root Beer Float Social 3:30 Trivia</p> <p><i>National I Forgot Day</i> </p>	<p>3</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Travel Video 2:00 Penny Bingo 3:30 Funny Videos 6:00-8:00 Discussion Night “What does Patriotism mean to you?”</p>	<p>4</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 11:30 Board Bus to be IN Parade 12:00 4th of July Parade Begins 2:00 Movie & Popcorn “Independence Day” Fireworks show at dusk</p> 	<p>5</p> <p>9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:15 Bus Trip: Walking Bay View Trail 4:00 Funny Videos</p> 	<p>6</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:00 Bible Study 2:00 Chat with Allie 3:00 Chicken Foot 6:00 Game Night Scrabble/Mexican Train/3's</p>	<p>7</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Trivia 3:00 Happy Hour with Music by Lee Howard 7:00 Scrabble</p>  <p><i>National Postal Worker Day</i></p>	<p>8</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:00 Gardening Club 2:00 Mexican Train 3:00 Chicken Foot 7:00 Movie & Popcorn “Independence Day: Resurgence”</p>
<p>9</p> <p>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>10</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Travel Video 2:00 Penny Bingo 3:30 Funny Videos</p>  <p><i>National Pina Colada Day</i></p>	<p>11</p> <p>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 Game Night</p>	<p>12</p> <p>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</p>  <p><i>National Pecan Pie Day</i></p>	<p>13</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:00 Bible Study 2:00 Chat with Nathan 3:00 Chicken Foot 6:00 Game Night Scrabble/Mexican Train/3's</p>	<p>14</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Trivia 3:00 Happy Hour with Music by Marcia Kester 7:00 Scrabble</p>	<p>15</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:00 Gardening Club 2:00 Mexican Train 7:00 Movie & Popcorn “Bruce Almighty”</p>
<p>16</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 10:45 Catholic Communion 2:00 Ice Cream Sandwich Social 3:00 Funny Videos</p>	<p>17</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 3:30 Funny Videos 6:00-8:00 Discussion Night</p> <p>8:30 Special Cruise Trip (all day) <i>Pre-booked in June</i> Activity Packets available at front desk for your enjoyment</p>	<p>18</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Chat with Jeff 2:00 Mexican Train 6:00 Game Night</p>  <p><i>National Ice Cream Day</i></p>	<p>19</p> <p>9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:15 Bus Trip: Walk the Reservation 4:00 Funny Videos</p>	<p>20</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:00 Bible Study 2:00 Chicken Foot 6:00 Game Night Scrabble/ Mexican Train/3's</p>  <p><i>National Moon Day</i></p>	<p>21</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Trivia 3:00 Happy Hour 7:00 Scrabble</p>	<p>22</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 12:00-2:00 Western BBQ with Skagit Line Dancers 4:00 History Video 7:00 Movie & Popcorn “Apollo 13”</p> 
<p>23</p> <p>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>24</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Travel Video 2:00 Penny Bingo 3:30 Funny Videos</p>	<p>25</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 2:00 Mexican Train 3:00 Welcome Tea 6:00 Game Night</p>	<p>26</p> <p>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</p>  <p><i>National Coffee Milkshake Day</i></p>	<p>27</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:00 Bible Study 2:00 Chat the Med Team 3:00 Chicken Foot 6:00 Game Night Scrabble/Mexican Train/3's</p>	<p>28</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Trivia 3:00 Happy Hour 7:00 Scrabble</p>  <p><i>National Milk Chocolate Day</i></p>	<p>29</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:00 Gardening Club 2:00 Chicken Foot 7:00 Movie & Popcorn “Mama Mai”</p>
<p>30</p> <p>9:00 Church Service 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 10:45 Catholic Communion 2:00 Sweet Iced Tea & Cookies Social 3:30 Trivia</p>	<p>31</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Travel Video 2:00 Penny Bingo 3:30 Funny Videos</p>  <p><i>Share a Hug Day</i></p>					