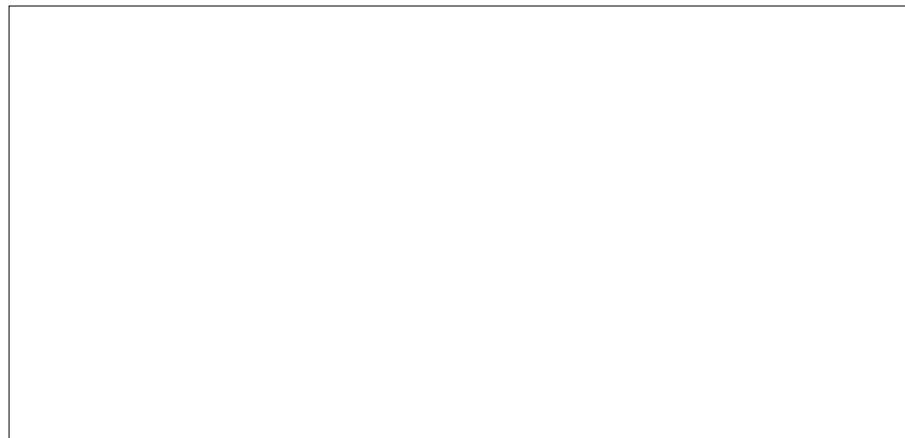




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Our mission is to create and sustain comfortable, caring environments for those who depend on us.

La Conner Retirement Inn News

August 2023 Newsletter



2 Ways to Increase Happiness
3 Team & Resident Spotlight
4 - 5 Activities Calendar

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8 Mission & Team

10 Ways to Increase Happiness: Some You Wouldn't Have Guessed!

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

"Come on get happy," so goes the Partridge Family theme song. But is it that easy? We hope to make it so with tips we've gathered toward happiness for older adults. Come on read along!

There are many different types of steps you can take to make a difference toward your happiness. Here are some actions to consider:

- **Keep connected.** Build and maintain social connections to boost mood, reduce stress, and improve self-esteem, per PsychCentral.
- Stop and smell the roses. Enjoy moments as they come by focusing on the present.
- **Brighten someone's day.** Lifting another person's mood with a kind comment can also benefit you by making you feel good.
- **Make your living space your own.** A recent study showed when living spaces reflect the personality and preferences of their inhabitants, older adults reported an increased sense of well-being.
- **Learn.** Investing time and energy into learning brings a sense of purpose and increased feelings of positivity.
- **Laugh.** If you can tune into a source that will make you laugh each day, do it. Laughing lowers the stress hormone cortisol and increases endorphins for a happy boost.

Physical health also plays a large role in how we feel. The way that we treat our bodies can go a long way, even as we face conditions that affect us. Prioritizing some key areas can boost happiness.



Try starting a daily gratitude journal. It can become your go-to happy spot!

- **Eat a healthy diet.** Make sure to consult your health professional to find out dietary advice specific to you. For most seniors, the plate should look like a rainbow with lean protein, fruits and vegetables, whole grains, and low-fat dairy, per the National Council on Aging. MyPlate.gov is a great source for plate specifics based on age.
- **Keep hydrated.** The NCOA recommends drinking small amounts of fluids consistently through the day.
- **Stay physically active.** Adults 65 and over ought to have a least 150 minutes of moderate intensity activity weekly, per the CDC.
- **Address hearing challenges and consider using a hearing aid to help with hearing loss.** The University of Michigan conducted a 2019 study that found seniors who got a hearing aid when diagnosed with hearing loss had reduced depression and anxiety, as well as a reduced risk for falling.

Do you have a special tip for boosting your happiness that we haven't shared? We'd love to hear it on our Facebook post for this month's newsletter.

Special Moments



Happy Birthday to our Staff & Residents:

- Seanen: Aug. 5
- Nicole: Aug. 12
- Laura: Aug. 17
- Jackie: Aug. 19
- Kesa: Aug. 21
- Linda: Aug. 22



August 2023 Highlights

Observes: Children's Eye Health, Eye Exams, Medic Alert Awareness, Immunizations, Water Quality, and Wellness

Celebrates: Black Businesses, Catfish, Crayons, Dogs, Family Fun, Goat Cheese, Golf, Happiness, Heading Back to School, Peace, and Sandwiches

01: Raspberry Cream Pie Day; Intl. Mahjong Day
02: Coloring Book Day; Ice Cream Sandwich Day
03: Georgia Day; Watermelon Day; IPA Day
04: Choc Chip Cookie Day; Beer Day
05: Oyster Day; Disc Golf Day; Mustard Day
06: Family Day; Root Beer Float Day; Sisters' Day
07: Lighthouse Day; Raspberries N' Cream Day
08: Frozen Custard Day; Sleep Under Stars Night
09: Book Lovers Day; Rice Pudding Day
10: Connecticut Day; S'mores Day
11: Sons & Daughters' Day; Raspberry Bombe Day
12: Julienne Fries Day; Vinyl Day; Bowling Day
13: Filet Mignon Day; Prosecco Day
14: Creamsicle Day; V-J Day; Spirit of '45 Day
15: Leathercraft Day; Lemon Meringue Pie Day

16: Airborne Day; Rum Day; Tell a Joke Day
17: Black Cat Day; Thrift Shop Day
18: Fajita Day; Ice Cream Pie Day; Pinot Noir Day
19: Aviation Day; Potato Day; Soft Ice Cream Day
20: Chocolate Pecan Pie Day; Radio Day
21: Seniors' Day; Spumoni Day
22: Be An Angel Day; Pecan Torte Day
23: Cuban Sandwich Day; Sponge Cake Day
24: Maryland Day; Peach Pie Day; Waffle Day
25: Banana Split Day; Park Service Founders Day
26: Cherry Popsicle Day; Dog Day
27: Just Because Day; Pots Dè Crème Day
28: Bow Tie Day; Cherry Turnover Day
29: Chop Suey Day; Lemon Juice Day
30: Beach Day; Toasted Marshmallow Day
31: Eat Outside Day; Trail Mix Day

What is your favorite part of summer?

Darrell: The warm weather

Grace: I love and adore having my windows open

Shelley: vacation and my birthday.

Sue C: Sunshine

Maxine: Everything

Jean: Warm weather

Allie: Less clothing

Jeff: Killer tan



Staff Spotlight:
Nathan T

Nathan was born in Lapine Oregon. His family moved to Washington when he finished kindergarten. They lived in a little town of Samish. He eventually went to Burlington Edison High for the ROTC program. He has known his wife for over 20 years, going in and out of each other lives they finally reconnected and fell in love. Nathan has 5 kids that he love to spend every extra minute with. Nathan learned his passion for cooking by all the amazing women in his life growing up. His hobbies is cooking and roll playing games.

Keep up the good work






Resident Spotlight:
Dorie

Dorie was born and raised in Chicago until her family moved to St. Paul when she was 11. She met the love of her life, Gene, on a ski slope in Minnesota , they were married in 1964 in Pittsburg. Together they lived in Connecticut , New York and Pittsburg before coming to the Tri-Cities area of WA. for Gene to work at Hanford Nuclear facility in 1980. Dorie learned fashion design at University of Pittsburg Vocational department and has taught design and volunteered as a clothing and textile advisor. They spent most of their free time travelling together; first by boat, then by RV until Gene passed in 2020. Dorie chose the Inn because she loves La Conner and the people here were so nice. Thanks for picking us!

AUGUST 2023

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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 Happy Hearts Fitness 10:30 Battle Ball 2:00 Hospice Advanced Directive Information 3:00 Mexican Train</p>	<p>2 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:15 Bus Trip: Deception Pass Beach 4:00 Funny Videos</p>	<p>3 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</p> <p>National Watermelon Day </p>	<p>4 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia 3:00 Happy Hour with Live Music by Steve Ellis 7:00 Scrabble</p>	<p>5 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Gardening Club 2:00 Penny Bingo 7:00 Movie & Popcorn "Saving Private Ryan"</p>
<p>6 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholica Communion 2:00 Root Beer Float Social 3:15 Trivia</p> 	<p>7 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 "History of La Conner"</p>	<p>8 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>9 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:15 Market Trip: Walmart 4:00 Funny Videos</p>  <p>National Book Lovers Day</p>	<p>10 9:30 Animal Webcam 10:00-12:00 Spa Day with Jo 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Themed 3D Art Board Project 2:00 Chicken Foot 6:00 Game Night</p>	<p>11 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia 3:00 Happy Hour with Live Music by the Salt Dirt Band 7:00 Scrabble</p>	<p>12 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Gardening Club 2:30 Manicures 7:00 Movie & Popcorn "A Million Ways to Die in the West"</p>
<p>13 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholica Communion 2:00 Mexican Train 3:15 Trivia</p>  <p>National Left-Handers Day</p>	<p>14 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:15 Bus Trip: Anacortes Drive with Cricket 3:30 Funny Videos 6:00-8:00 Discussion Night "The Agriculture History of Skagit Valley"</p>	<p>15 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>16 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:15 FUN Trip: Walk the Boardwalk & Ice Cream Tower 4:00 Funny Videos</p>  <p>National Tell a Joke Day</p>	<p>17 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</p>	<p>18 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia 3:00 Happy Hour with Live Music by Lee Howard 7:00 Scrabble</p>	<p>19 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Gardening Club 2:00 PO-KE-NO 7:00 Movie & Popcorn "Oceans 11"</p>
<p>20 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholica Communion 2:00 Lemon Social <i>Lemonade & Lemon Drop Cookies</i> 3:15 Trivia</p> 	<p>21 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 "The Logging History of Skagit Valley"</p>	<p>22 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Finance 101 with Jeff 3:00 Mexican Train 6:00 Game Night</p>	<p>23 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>24 9:30 Animal Webcam 10:00-12:00 Spa Day with Jo 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:30 Rosario Crab Lunch Cruise (pre-booked in July) 1:00 Bible Study 2:00 Chicken Foot 6:00 Game Night</p> 	<p>25 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia 2:00-4:00 Blast from the Past! 3:00 Happy Hour with Live Music by Sisco Heights 7:00 Scrabble</p>	<p>26 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 9:00-4:00 Garage Sale <i>All proceeds go to the Resident Council Fund</i> 7:00 Movie & Popcorn "The Green Mile"</p>
<p>27 9:00 Church Service 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholica Communion 2:00 Manicures 3:15 Trivia</p>	<p>28 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 "History of the Tulip Festival"</p>	<p>29 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 4th Street Yuke Sing-a-Long 3:00 Welcome Tea 6:00 Game Night</p>  <p>National Red Wine Day</p>	<p>30 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:15 Bus Trip: Bowmans Bay Beach 4:00 Funny Videos</p>	<p>31 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Chat the Medical Team 3:00 Chicken Foot 6:00 Game Night</p>	