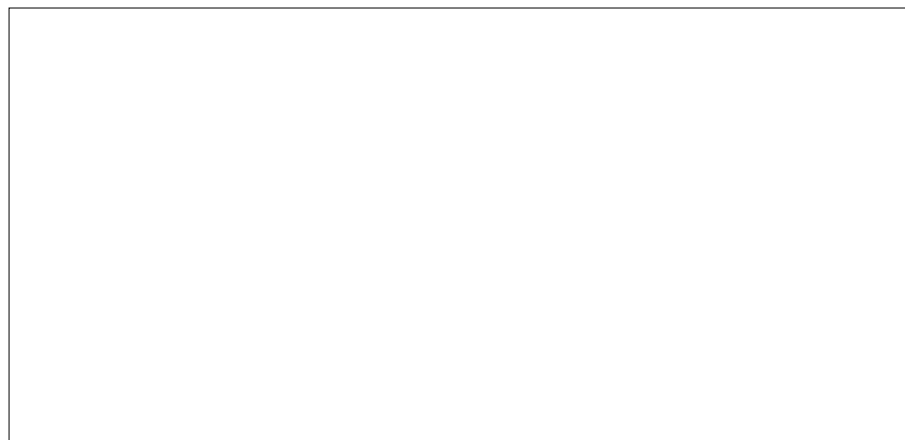




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Dining Services Director:
Nathan Torrance
Maintenance Director:
Troy Roach



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

La Conner Retirement Inn News

October 2023 Newsletter



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3 Team & Resident Spotlight
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Hearing Health Tips & New Technologies

If you're struggling to hear certain sounds or voices that you've always been able to hear just fine, you may be facing a common issue: age-related hearing loss (known as presbycusis). It affects one in three adults over 65, and fortunately, there are various ways to treat it.

The causes of presbycusis include changes in the inner ear, middle ear, or in nerve paths to the brain. Other contributors may include prolonged exposure to loud noises, loss of hair cells, genetic factors, health conditions like heart disease or diabetes, and some medications, per John Hopkins Medicine. It is not a reversible condition so prevention (by avoiding loud noise exposure or wearing ear plugs) is wise.

If you're wondering if you're experiencing hearing loss, but are not sure, there are symptoms to look out for. Presbycusis often occurs gradually and subtly over time. You may find it harder than usual to hear soft voices, children's voices, and speech during background noise, and you may miss words in conversation, according to the American Academy of Audiology. You may also experience ear ringing or hear mumbled or slurred speech. To find out if you are in fact experiencing hearing loss, you'll want to seek a diagnosis from your health provider. You may be referred to a hearing specialist who can test if there are tones you're unable to hear.

When it comes to treatment options for hearing loss, the options are plentiful.

- Hearing Aids are widely used and just recently became available over the counter. Their technology moves forward with recent improvements such as directional



Did you know? Hearing loss affects 30-35% of adults between 65 and 75, and 40-50% of those 75 and older. (American Academy of Audiology)

microphones that can help speech be understood over background noise.

- Cochlear implants can help by creating signals the brain interprets as sound.
- Telecoils can enhance hearing aids and cochlear implants.
- Assistive listening devices (a hearing loop system, FM system, or infrared system) help amplify sounds and can be used with or without hearing aids.
- Augmentative and alternative communication devices can help people express themselves via a picture board or text display.
- Alerting devices use sound, light, and vibrations to alert users of events. (National Institute on Deafness and Other Communication Disorders)

Let us know if this article has been helpful to you on our Facebook post for this month's newsletter.

Special Moments



Happy Birthday to our Staff & Residents:

Ron: Oct. 4

Grace: Oct. 5

Kimberly: Oct. 17

Terry: Oct. 29



October 2023 Highlights

Observes: Breast Cancer Awareness, Chiropractors, Dental Hygiene, Emotional Well-ness, Financial Planning, Long-Term Care Planning, Organizing Medical Info, Physical Therapy, Protecting Hearing, and Talking About Prescriptions

Celebrates: Apples, Baking, Books, Caramel, Chili, Cookies, Pasta, Pizza, Sausage, Sea-food, Stamp Collecting, Pears, Pineapples, and Spinach

- | | |
|---|---|
| 01: Hair Day; Bake Cookies Day; Pumpkin Spice Day | 16: Boss's Day; Dictionary Day; Sports Day |
| 02: Custodial Worker's Day; Fried Scallops Day | 17: Pasta Day; Pharmacy Technician Day |
| 03: Techies Day; Eat Fruit At Work Day | 18: Chocolate Cupcake Day; No Beard Day |
| 04: Cinnamon Bun Day; Golf Lover's Day; Taco Day | 19: Kentucky Day; Seafood Bisque Day |
| 05: Apple Betty Day; Do Something Nice Day | 20: Brandied Fruit Day; Chicken & Waffles Day |
| 06: Coaches Day; Mad Hatter Day; Noodle Day | 21: Pumpkin Cheesecake Day; Reptiles Day |
| 07: Chocolate Covered Pretzel Day; Frappe Day | 22: Happy Dog Day; Nut Day; Mother-in-Law Day |
| 08: American Touch Tag Day; Fluffernutter Day | 23: Boston Cream Pie Day; TV Talk Show Host Day |
| 09: Native American Day; Columbus Day | 24: Bologna Day; Food Day; United Nations Day |
| 10: Angel Food Cake Day; Cake Decorating Day | 25: Greasy Food Day; Merry Music Day; Sour Day |
| 11: Sausage Pizza Day; Fossil Day | 26: Day of the Deployed; Pumpkin Day; TN Day |
| 12: Farmers' Day; Freethought Day; Gumbo Day | 27: Black Cat Day; Breadstick Day; Navy Day |
| 13: Train Your Brain Day; Yorkshire Pudding Day | 28: Chocolate Day; First Responders Day |
| 14: Dessert Day; Chess Day; I Love Yarn Day | 29: Cat Day; Oatmeal Day; World Stroke Day |
| 15: Aestheticians' Day; I Love Lucy Day | 30: Candy Corn Day |
| | 31: Caramel Apple Day; Knock-Knock Jokes Day |

What is your favorite Halloween Candy?

Jeanette: *Anything with chocolate*

Bertha: *Candy Corn*

Maxine: *Chocolate*

Elaine: *Candy Corn*

Troy: *100,000 Bar*

Elizabeth: *Candy Corn*

Savannah: *Three Musketeers Bar*

Shelley: *Dove Milk Chocolate*

Allie: *Lindor Truffles*



Staff Spotlight:
Troy

Meet Troy, an animal lover who also loves to help people. He was born in Seattle, but raised in Arlington.

At home, he has a dog, a frog, a scorpion, and three tanks full of fish. For fun, he enjoys art and playing his guitar and banjo. He dreams of someday traveling to Africa to swim in Lake Malawi because that's where African Cichlid fish come from.

Troy considered becoming a fireman, but decided he would rather use his myriad of skills in maintenance. He loves keeping everything running here at the Inn. Thanks for all you do!



Resident Spotlight:
Mary B.

Born and raised in Everett, Mary had her first teaching assistant job in the Mukilteo School District. After leaving there, she went to volunteer at Coupeville Hospital for 10 years. Mary lost her first husband, but continued to volunteer at the hospital. Ten acres from her property, her current husband lived. He lost his wife and had been alone for some time. He decided to go to the hospital and ask Mary on a date and the rest is history. Mary has 3 children, 24 grandchildren, plus several great-grandchildren and even more great-great-grandchildren. Her hobbies include gardening, anything to do with the beach, walking and reading. Mary is a great addition to the Inn!

SUN	MON	TUE	WED	THU	FRI	SAT
<div>1</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 2:00 Manicures with Shelley 3:30 Trivia</div> <div></div> <div>Natl. Black Dog Day</div>	<div>2</div> <div>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 5:15 Seahawks Game</div>	<div>3</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train 2:00 3D Art Board Project 6:00 Game Night</div>	<div>4</div> <div>9:30 Animal Webcam 10:00 Writing Group 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:15 Market Trip: Walmart 4:00 Funny Videos</div> <div></div> <div>National Taco Day</div>	<div>5</div> <div>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 Chat with Allie 3:00 Chicken Foot 3:30-4:30 Choir Practice 6:00 Game Night</div>	<div>6</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia 3:00 Happy Hour with The Old Time Fiddlers 7:00 Scrabble</div>	<div>7</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Jewelry Cleaning 3:00 Black Jack 7:00 Movie & Popcorn</div>
<div>8</div> <div>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</div>	<div>9</div> <div>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 "More History of La Conner"</div> <div>Indigenous Peoples Day</div>	<div>10</div> <div>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</div> <div></div> <div>National Hug a Drummer Day</div>	<div>11</div> <div>9:30 Animal Webcam 10:00 Writing Group 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:15 Bus Trip: Pumpkin Patch 4:00 Funny Videos</div> <div></div> <div>National Sausage Pizza Day</div>	<div>12</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 1:30 Bus Trip: La Conner Museum (Barber Shop Exhibit) 2:00 Chicken Foot 3:30-4:30 Choir Practice 6:00 Game Night</div> <div></div>	<div>13</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia 3:00 Happy Hour with Lee Howard 7:00 Scrabble</div>	<div>14</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Manicures with Allie 2:00 Mexican Train 3:00 Black Jack 7:00 Movie & Popcorn</div>
<div>15</div> <div>9:30 Animal Webcam 10:00 Seahawks Game 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 2:00 Sunday Matinee & Popcorn 3:30 Trivia</div>	<div>16</div> <div>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 "More History of La Conner"</div>	<div>17</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat with Jeff 2:00 Finance 101 with Jeff 2:30 Painting our Pumpkins 6:00 Game Night</div> <div></div>	<div>18</div> <div>9:30 Animal Webcam 10:00 Writing Group 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:15 Market Trip: Grocery Outlet 4:00 Funny Videos</div>	<div>19</div> <div>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 Chat with Nathan 3:00 Chicken Foot 3:30-4:30 Choir Practice 6:00 Game Night</div>	<div>20</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia 3:00 Happy Hour with Kim Kimmy Harvest Northwest 7:00 Scrabble</div> <div></div>	<div>21</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Jewelry Cleaning 3:00 Black Jack 7:00 Movie & Popcorn</div>
<div>22</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 1:05 Seahawks Game</div>	<div>23</div> <div>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 "More History of La Conner"</div>	<div>24</div> <div>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</div> <div>National Bologna Day</div> <div></div>	<div>25</div> <div>9:30 Animal Webcam 10:00 Writing Group 10:00 Happy Hearts Fitness 10:30 Battle Ball 3:00-5:00 Octoberfest Dinner 4:00 Funny Videos</div> <div></div>	<div>26</div> <div>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 3:30-4:30 Choir Practice 6:00 Game Night</div>	<div>27</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia 3:00 Happy Hour with Sisco Heights 7:00 Scrabble</div>	<div>28</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Manicures with Allie 2:00 Mexican Train 3:00 Black Jack 7:00 Movie & Popcorn</div>
<div>29</div> <div>9:00 Church Service 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 1:05 Seahawks Game</div>	<div>30</div> <div>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 "More History of La Conner"</div>	<div>31</div> <div>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train 3:00 Halloween Parade 2:30-4:00 Trick or Treating</div> <div></div>	<div></div>	<div></div>	<div></div>	