



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

PRESORTED
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US POSTAGE
LA CONNER, WA
PERMIT #3



Lena says,
Time to get back to
School.

Administrative Staff:

Christina James

Executive Director

Chehara Green

Community Relations Director

Tonya Whidden

Resident Care Coordinator

Daisy York-Kinder

Business Office Manager

Katie Kramer

Registered Nurse

Shawn Green

Dietary Director

Tony Bjornstad

Maintenance Director

BJ Johnson

Activities Director

Contact us at:

360-466-5700

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



La Conner Retirement Inn News

La Conner Retirement Inn & Assisted Living Newsletter — September 2017



RESIDENT OF THE MONTH:

KATHY TIBBLES

Katherine Jean Tibbles was born in Seattle but her mother quickly took her home to Ketchikan, Alaska, where she lived until she had graduated from high school and had spent a year as Grand Worthy Advisor of Rainbow Girls. She was most proud of bucking the national policy and welcoming Tlingit girl into the national chapter, which heretofore had not been friendly to Natives.

Kathy graduated in psychology from Western Washington. Her first job was working in Whatcom County as a juvenile probation officer, but she was eager to return to Alaska and soon found a similar position in Juneau with the State. Kathy spent the next 28 years in the Department of Family and Youth Services, helping children in need of aid through hands-on social work, eventually becoming Southeast Regional Manager and then State Program Office. One of her many duties was testifying before the Legislature on proposed legislation that would affect her department.

Kathy's spare time was spent raising her daughter, Katrina, remodeling and renovating the houses she lived in, gardening, and turning out gourmet meals for family and friends. Her idea of fun has always been to have difficult project to complete. She and her wife, Beverly, had two wedding ceremonies before the last, third one made their marriage legal, thanks to the State of Washington and the U.S. Supreme Court.

Walk to End Alzheimer's 2017

This month, we had a chance to chat with Kara Griffey, the Walk Director at the Alzheimer's Association Oregon Chapter about the Walk to End Alzheimer's.

RSL: Since the Walk started in 1989, it has grown in participation and with funding. What goals are in place for success going forward? **KG:** "Our goal is always to make sure that the Walk to End Alzheimer's is reflective of the community, and an opportunity to share the mission, and passion of those touched by the disease. As we move forward, we hope that more people will become story tellers and use the Walk as a platform to spread the awareness this disease deserves, and, by doing so, inspire others to give to the cause. We will continue to rely on the amazing volunteers in the community that put on their local Walk, and to grow the volunteers leading this effort so we can continue to reach more and more people, and a diverse group of people."

RSL: How would you describe the Walk's interest and participation? **KG:** "The Walk to End Alzheimer's is one of the fastest growing events of its kind in the nation, seeing positive growth nationally, and locally. As more Americans are faced with the challenges of this disease, more people are interested in getting involved and making a difference in the trajectory of this disease, and that is fantastic! We look forward to seeing many new faces this year at all our Walks across the state and are working hard to recruit new teams with diverse backgrounds."

To read even more from this interview, visit blog.radiantseniorliving.com!

RSL: What are some of the Alzheimer's Association's nationwide efforts that we can support beyond the Walk? **KG:** The Alzheimer's Association is the leader in terms of care, support, research, and advocacy efforts, working globally and locally to advance all areas forward. There are many ways for people to get involved with us, whether by becoming an advocate and helping advance public policy, or volunteering to facilitate one of our local support groups and enrolling in TrialMatch®. TrialMatch is a free clinical trial matching service that helps us ensure that research is moving forward for treatment, prevention, and a cure. Be sure to visit alz.org/oregon for more information!

RSL: Any parting message you would like to pass on? **KG:** "Get involved in any of the ways mentioned above! Whether you are 1 or 100, there is a way to participate to help end this disease. Let's show the world our purple passion and that together we can do better today than we did yesterday. We are on our way to meeting the first survivor of this disease and that is something to be excited about, be hopeful about, and mobilize together around."

Support the Walk!

Date: Saturday, September 23

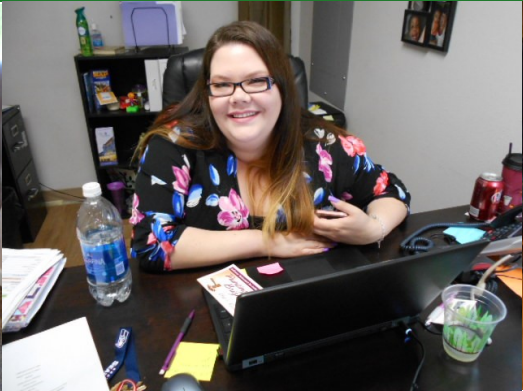
Time: 8 am to 10:30 am

Location: Downtown Mt. Vernon
Pine Square
Mt. Vernon, WA 98273

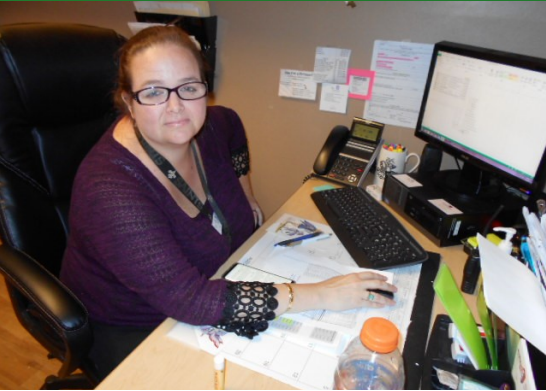
Welcome to our newest staff members



Daisy York-Kinder,
Business office Manager



Chehara Green, Community Relations
Director.



Tonya Whidden, Resident Care
Coordinator



Shawn Green, Dietary Manager



Madelyn
Messer,
Activity
Assistant

We are so
Glad that you
Have joined us

BFF

Have you seen them together,
or just heard Lena greet him?
Such an expression of joy!
Spirits soar when we hear her;
It's pure pleasure for us all.

We feel she belongs to us,
So we find pleasure in her
Happiness at greeting Rob.
It's her turn to have some fun,
And so we are glad for her.

Lena has her chores all day:
Spreading affection freely,
to one and all equally, patiently accepting the
caresses from admirers .
Bestowing her own favors
through her lovely melting eyes.
By her winning grace and charm
she makes us all smile with her.
She works hard [and sometimes naps].

Elizabeth Sharp Smith, 16 July, 2017



September Highlights — You're Invited!

September 23rd - "1941- The Year that Changed America" 1 pm - free
John Jensen, audio historian and former broadcaster. Learn about the last year of peace for America before it plunged into four years of war. Through rare audio and video clips you'll see and hear from the world of politics, entertainment, industry, and the average citizen as we revisit this turbulent year that resulted in permanent change for America.

Activity Highlights

Look closely at your calendar this month. There are some new programs available. The Activity Department will begin a new meditation program to help with weight loss. We also have a new exercise program.

Terry Leers will lead a Qi Gong class, Pronounced Chee-Gong. This gentle exercise helps improve health and overall well-being.

And if you have missed Margarita Monday, you've really missed out on the fun. Monday is the best day of the week!

Monthly Highlights

September 9th from 3:00 to 5:00:
"Painting a Brighter Future" art and gift silent auction

September 10th from 10:00 to 1:00:
Grandparents Day Brunch

September 12th at 4:00 :
Presentation: Cruising the Columbia

September 16th at 1:00
1941, The Year that Changed America

September 22nd at 3:00
Aloha Summer Programs

Lena also worked this summer as a part time kayak guide on Big Lake.



We visited the Bonhoeffer Botanical Garden. A beautiful outdoor art gallery.

Find us on Facebook!



We've been sharing more and more on our Facebook page recently and would love to have you join the conversation!
LIKE our Facebook page today!

[www.Facebook.com/LaConnerRetirementInn](https://www.facebook.com/LaConnerRetirementInn)

September 2017

La Conner Retirement Inn
204 North 1st Street
Ls Conner, Washington 98274
(360)-466-5700

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:30 to 12:00 PO-KE-NO 1:30 "What is it?" 2:30 Stretch Class 3:45 Music with Mary 6:00 Movie Night	2 9:30 Morning Stretch 10:00 Happy Neurons 11:00 Let's take a trip! 1:00 to 2:30 PO-KE-NO 3:00 Ice Cream Treats 3:30 Saturday Matinee
3 9:30 Stretch Class 10:00 Gospel Sing-a-long 11:00 Sunday Sermon 1:00 to 2:30 PO-KE-NO 3:00 Who wants to be a Millionaire? 4:00 Sunday Matinee	4 9:30 Morning Stretch Class 10:00 Memory Exercises 11:00 Meditation for Weight Loss 1:00 Reading with Nancy 2:30 - 4:00 PO-KE-NO 4:15 Margarita Monday	5 9:30 Yoga with Anne 10:30-12:00 PO-KE-NO 1:00 Meditation for Weight Loss 1:30 Happy Neurons 2:00 What's the Punch Line 3:00 Newcomer's Tea 6:00 Evening Movie	6 9:30 to 12:00 Spa Day 10:00 Writing Workshop 1:00 Shopping at Market 1:30 Stretch Class 2:00 Who wants to be a Millionaire? 3:00 See BJ's pictures 4:00 Meditation for Weight Loss 6:00 Evening Movie	7 9:30 Stretch Class 9:30 Lecture Series 10:00 Memory Exercises 11:00 Bible Study 12:00 Out for Lunch 1:30 Art Class 2:30 Happy Neurons 3:30 Good News 6:00 Movie Night	8 10:00 to 12:00 PO-KE-NO 9:00 Catholic Mass 1:30 Chat with Christina 2:30 Stretch Class 3:45 Music with Melodians 6:00 Movie Night	9 9:30 Morning Stretch 10:00 Match Game 11:00 Rice Bowl Words 1:00 to 2:30 PO-KE-NO 3:00 to 5:00 Art Auction: Painting a Brighter Future
10 Brunch 10 to 1 9:30 Stretch Class 10:00 Gospel Sing-a-long 11:00 Chapel Service 1:00 to 2:30 PO-KE-NO 3:00 Happy Neurons 4:00 Sunday Matinee	11 9:30 Morning Stretch Class 10:00 Memory Exercises 11:00 Meditation for Weight Loss 1:00 2:00-3:00 PO-KE-NO 3:45 Music with Lee Howard	12 9:30 Morning Stretch Class 10:30-12:00 PO-KE-NO 1:15 Resident Council 3:00 Resident Birthday Party 4:00 Presentation: Cruising the Co- lumbia The Columbia River	13 9:30 to 12:00 Manicures 10:00 Writing Workshop 1:00 Shopping at Market 1:30 Stretch Class 2:00 Happy Neurons 3:00 Volleyball Turnout 4:15 Relaxation Meditation 6:00 Movie Night	14 9:30 Stretch Class 9:30 Lecture Series 10:00 Memory Class 11:00 Bible Study 1:00 Mystery Drive 1:30 Art Class 2:30 Create a story game 3:00 Wine and hors d' oeuvres Social 6:00 Movie Night	15 9:30 to 12:00 PO-KE-NO 1:30 State Trivia Game 2:30 Stretch Class 3:30 Sing-a-Long 6:00 Movie Night	16 9:30 Morning Stretch 10:00 to 12:00 PO-KE-NO 11:00 Animal Antics 1:00 Presentation: 1941, the year that changed America
17 9:30 Stretch Class 10:00 Gospel Sing-a-long 11:00 Chapel Service 1:00 to 2:30 PO-KE-NO 3:00 Rice Bowl Words 4:00 Sunday Matinee	18 9:30 Morning Stretch Class 10:00 Memory Exercises 10:30 Volleyball Match 1:00 Reading with Nancy 2:30-4:00 PO-KE-NO 4:15 Margarita Monday	19 9:30 Yoga with Anne 10:30-12:00 PO-KE-NO 1:00 Shopping at Fred Meyer 1:30 Art Projects 2:30 Refreshments 3:30 Reminisce 4:00 Meditation for Weight Loss	20 9:30 Stretch Class 10:00 Writing Workshop 10:30 Music: Renegades 1:30 to 4:00 Spa Day 4:15 Relaxation Meditation 6:00 Movie Night	21 9:30 Stretch Class 9:30 Lecture Series 10:00 Memory Class 11:00 Bible Study 1:00 Mystery Drive 1:30 Art Class 3:00 Aloha Summer Party 6:00 Movie Night	22 9:30 to 12:00 PO-KE-NO 1:30 Happy Neurons Game 2:30 Stretch Class 3:00 Aloha Summer Fun 6:00 Movie Night	23 9:30 Morning Stretch 10:00 Create a Story Game 11:00 Rice Bowl Words 1:00 to 2:30 PO-KE-NO 3:00 Ice Cream Treats 3:30 Saturday Matinee
24 9:30 Stretch Class 10:00 Gospel Sing-a-long 11:00 Chapel Service 1:00 to 2:30 PO-KE-NO 3:00 Match Game 4:00 Sunday Matinee	25 9:30 Morning Stretch Class 10:00 Memory Exercises 11:00 Meditation for Weight Loss 1:00 Reading with Nancy 2:30-4:00 PO-KE-NO 4:15 Margarita Monday	26 9:30 Morning Stretch Class 10:30 to 12:00 PO-KE-NO 1:00 Fun Experiments 2:00 Chat with Shawn 3:00 Volleyball Turnout 3:30 "You be the Judge" 4:00 YouTube Adventures 6:00 Movie Night	27 9:30 to 12:00 Manicures 10:00 Writing Workshop 1:30 Who Wants to be a Millionaire? 2:00 Hearing Aid Clinic 2:30 "What's the punch line?" 3:30 Refreshments 4:00 The day in Photos 6:00 Movie Night	28 9:30 Stretch Class 9:30 Lecture Series 10:00 Memory Class 11:00 Bible Study 1:00 Shopping at Dollar Tree & Thrift 1:30 Art Class 2:30 Rice Bowl Words 3:30 Refreshment 6:00 Movie Night	29 9:30 to 12:00 PO-KE-NO 1:30 Match Game 2:30 Stretch Class 3:45 Music: The Jim Reynolds Band 6:00 Movie Night	30 9:30 Morning Stretch 10:00 Happy Neurons 11:00 Hang Man Game 1:00 to 2:30 PO-KE-NO 3:00 Ice Cream Treats 3:30 Saturday Matinee