



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

PRESORTED  
STANDARD  
US POSTAGE  
LA CONNER, WA  
PERMIT # 3



Lena says,  
Happy Halloween to all  
my fiends and ghouls!

**Administrative Staff:**

- Christina James**  
Executive Director
- Cehara 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 — October 2017



### Candy Donations

It's that time of year again, Halloween. And with that event comes trick or treaters. We need candy donations, lots of candy donations. There will be an estimated 200 little ones visiting us on the 31st. Please bring your donation to the activity room. Thank you so much.



# The Importance of Interaction and Engagement for Senior Health

From birth, humans have an instinct to express themselves and engage with others. This instinct remains crucial throughout life in all of its stages.

For older adults, maintaining these regular interactions and engagements is encouraged as changes may occur with retirement, a new schedule, moving, being apart from certain family members or friends, and/or physical health. Companionship and activities with others can provide comfort and stability through life changes.

Some changes can lead to depression, feelings of sadness and loneliness, and/or self-isolating behaviors. For those who struggle with loneliness or self-isolation, it is important to recognize that those feelings are there and to let someone know.

## Why Social Engagement is Necessary

Research studies suggest that there is a strong correlation between older adults' emotional and physical health and how social they are in their daily lives. The Alzheimer's Association has stated that brain vitality can best be maintained through physical and mental activities that involve social engagement, along with a brain-healthy diet.

## Ways to Increase Engagement

To increase social interactions, it is a good idea for people to try to spend time in spaces where others are engaging in group activities. Taking on activities and setting goals add senses of purpose to daily life.

Engaging activities could include playing cards or table games, making puzzles, creating art, using technology to connect with others, walking, exercising, taking a class, gardening, cooking, fishing, going on a trip, watching a movie, listening to or watching a musician or entertainer, and/or dining with others.

Discussion groups in which people talk about similar interests and activities or hobbies are also beneficial for senior health.

Helping out with a cause and/or taking care of a pet are two additional ways that seniors can find a sense of purpose and stay engaged. Having pride about a job well done or a person or animal cared for can lift up spirits and brighten daily life.

*Note: Each individual should follow the advice of their medical professionals or doctors and speak with them before making changes to diet and/or exercise.*

## Activity Highlights

- ◆ The Kindergarten kids will return on Thursday, Oct 5th at 9:00
- ◆ "All About Hearing" will be here on Wednesday Oct. 25th at 3:00 for hearing aid cleaning.
- ◆ Medicare informational presentation will be held on Friday Oct. 13th at 3:00 .



## Halloween Night

By Denise Cocchiaro

When days grow short and nights get cold, and autumn trees turn red and gold  
 Move, we may, through sun drenched days 'midst leaves and berries and bales of hay.  
 In our hearts we feel the lure toward darkness, shivers and things not pure. While ghostly shadows creep slowly by spying on witches and brooms that fly.  
 Icy fingers that grab their prey and do bad things 'til night turns  
 To day heed this plea to stay inside find covers and blankets and sheets to hide  
 Slowly this night will fade to day and fiends and monsters will crawl away once a year, on this dank night we'll shake and shiver 'til morning light



## Flu Season is Here!

Get a flu vaccine. This year. Every year.  
 Get your flu vaccination on Wednesday, October 11th

From 9:30 AM to 10:30 AM

Please see our resident care coordinator or executive director for registration paperwork.

## Pumpkin Doodling with Pauline

Pauline Server, Pauline teaches the art of doodling at the senior centers in the area and also at various local businesses.

She found herself drawn to Tranquil Doodling in which intricate and fun designs are created in a relaxing manner using mostly pen and ink on virtually any surface . Please join on Thursday October 19th at 1:30 for a pumpkin doodling class.



# October Highlights — You're Invited!

Oct. 6th at 3:45: Beauty Contest

Oct. 10th at 4:00: Presentation

Oct. 11th at 3:00: Ghost Stories, *We will hear stories from people that have encountered ghosts and things that go bump in the night.*

Oct. 19th at 1:30: Doodling Class

Oct. 27th at 1:30: Halloween Memories. *What were your Halloween traditions when you were young? We'll share stories about costumes, pranks and more.*

Oct. 31th at 2:30: Halloween Party, we will have games galore and best of all the kids visit at 3:30

## Presentation:

**"The Bering Sea Patrol and The Revenue Cutter Service in Alaska"**

**Tuesday, Oct. 10th at 4:00**

Kurt Dunbar will talk about the *Crystal Serenity* as it began its transit of the fabled Northwest Passage, the first large cruise ship to ever do so. Also learn about cutter captains like "Hell-Roaring Mike" Healey as he hauled reindeer from Siberia on his ship the *Bear* to desperately starving native peoples in Alaska.



Here are some highlights of our contest from last year. It was great fun and the Judges were awesome too!



LaConner Retirement Inn invites you to a...

**Faux Beauty Contest**

**FREE Public Welcome**

**Friday, October 6, 2017**  
3:45 - 5:00 pm

Appetizers & refreshments will be served!

Join us for fun and laughter at our tongue-in-cheek beauty contest!

Celebrate the beauty within! Residents and friends are invited to dress up in extravagant gowns and hats. Contestants will be asked questions by our emcee as a panel of judges vote on a winner. The crowd's reaction will also be considered in the crowning of our winner!

**LaConner**  
RETIREMENT INN & ASSISTED LIVING

RSVP by 9/29/2017 to **306-466-5700**

204 N. First St., La Conner, WA 98257 • [www.LaConnerRetirementInn.com](http://www.LaConnerRetirementInn.com)

# Halloween Memories from past years.....



## 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](http://www.Facebook.com/LaConnerRetirementInn)

# October 2017

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 Stretch Class 10:00 Gospel Music 11:00 Chapel Service 1:00 to 2:30 PO-KE-NO 3:30 Movie Matinee	2 9:30 Stretch Class 10:00 Memory Class 11:00 Name that Tune 1:00 Reading with Nancy 2:30 to 4:00 PO-KE-NO 4:15 Margarita Monday	3 9:30 Yoga with Anne 10:30 to 12:00 PO-KE-NO 1:30 Word Games 2:20 The day in photos 3:00 Newcomer's Tea	4 9:30 to 12:00 Spa Day 10:00 Writing Workshop 1:00 Shopping-Market 1:30 Stretch Class 2:00 "Millionaire" 3:30 Halloween Traditions 4:15 Hand Exercises	5 9:00 Kindergarten kids 9:30 Stretch Class 9:30 Lecture Serie 11:00 Bible Study 12:00 Out for lunch 1:30 Animal Webcam 2:30 Pumpkin Decorating	6 9:30 to 12:00 PO-KE-NO 1:30 Happy Neurons 2:30 Stretch Class 3:45 "Beauty Contest" 6:00 Evening Movie	7 9:30 Stretch Class 10:00 Happy Neurons 11:00 Let's take a trip 1:00 to 2:30 PO-KE-NO 3:00 Ice Cream Treats
8 9:30 Stretch Class 10:00 Gospel Music 11:00 Chapel Service 1:00 to 2:30 PO-KE-NO 3:30 Movie Matinee	9 9:30 Stretch Class 10:00 Memory Class 11:00 Name that Tune 1:00 Reading with Nancy 2:30 to 4:00 PO-KE-NO 4:15 Margarita Monday	10 9:30 Stretch Class 10:30 to 12:00 PO-KE-NO 1:15 Resident Council 3:00 Birthday Party 4:00 Presentation with Kurt Dunbar	11 9:30 to 12:00 Manicures 10:00 Writing Workshop 1:00 Shopping/Market 1:30 Stretch Class 2:00 Rice Bowl Words 3:00 Ghost Stories	12 9:00 Medicare Presentation 9:30 Lecture Series 10:00 Memory Class 11:00 Bible Study 1:00 Mystery Drive 3:00 Refreshments 3:30 "Millionaire "	13 9:00 Catholic Mass 10:00 to 12:00 PO-KE-NO 1:15 Chat with Christina 2:30 Stretch Class 3:00 Medicare Presentation 3:45 Music - Melodeons	14 9:30 Stretch Class 10:00 Memory Games 11:00 Animal Antics 1:00 to 2:30 PO-KE-NO 3:00 Ice Cream Treats
15 9:30 Stretch Class 10:00 Gospel Music 11:00 Chapel Service 1:00 to 2:30 PO-KE-NO 3:30 Movie Matinee	16 9:30 Stretch Class 10:00 Memory Class 11:00 Name that Tune 1:00 Reading with Nancy 2:30 to 4:00 PO-KE-NO 4:15 Margarita Monday	17 9:30 Yoga with Anne 10:30 to 12:00 PO-KE-NO 1:00 Shopping/Fred Meyer 1:00 "Let's take a trip" 3:00 Volleyball Turnout 4:00 Guess the Price	18 9:30 Stretch Class 10:00 Writing Workshop 10:30 Music-Renegades 1:30 to 4:00 Spa Day 3:00 Refreshments 4:00 Match Game	19 9:00 Kindergarten Kids 9:30 Stretch Class 10:00 Memory Class 11:00 Bible Study 1:00 Shopping at Dollar Tree, more 1:30 to 2:30 Doodling Workshop 3:00 What made America Great	20 9:30 to 12:00 PO-KE-NO 1:30 "What is it?" 2:30 Stretch Class 3:30 Sing-a-long 6:00 Evening Movie	21 9:30 Stretch Class 10:00 Hangman Game 11:00 Geography Quiz 1:00 to 2:30 PO-KE-NO 3:00 Ice Cream Treats
22 9:30 Stretch Class 10:00 Gospel Music 11:00 Chapel Service 1:00 to 2:30 PO-KE-NO 3:30 Movie Matinee	23 9:30 Stretch Class 10:00 Memory Class 11:00 Name that Tune 1:00 Reading with Nancy 2:30 to 4:00 PO-KE-NO 4:15 Margarita Monday	24 9:30 Stretch Class 10:30 to 12:00 PO-KE-NO 1:30 Chat with Shawn 2:00 "Millionaire!" 2:30 Animal Antics 3:00 Reminisce 4:00 Halloween Stories	25 9:30 to 12:00 Manicures 10:00 Writing Workshop 1:00 Shopping/Market 1:30 Stretch Class 2:00 Science Experiments 3:00 Geography Quiz 6:00 Dog Show	26 9:30 Stretch Class 10:00 Memory Class 11:00 Bible Study 1:00 Mystery Drive 3:00 Word Games 4:00 Hand Therapy Art Class 6:00 Movie Night	27 9:30 to 12:00 PO-KE-NO 1:30 "Halloween Memories" 2:30 Stretch Class 3:45 Happy Hour with Marcia	28 9:30 Stretch Class 10:00 Rice Bowl Words 11:00 Name the State 1:00 to 2:30 PO-KE-NO 3:00 Ice Cream Treats
29 9:30 Stretch Class 10:00 Gospel Music 11:00 Chapel Service 1:00 to 2:30 PO-KE-NO 3:30 Movie Matinee	30 9:30 Stretch Class 10:00 Memory Class 11:00 Name that Tune 1:00 Reading with Nancy 2:30 to 4:00 PO-KE-NO 4:15 Margarita Monday	31 9:30 Stretch Class 10:30 PO-KE-NO 2:30 Halloween Party 3:30 Trick or Treaters Arrive!!!				