



204 N. 1st St.  
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La Conner, WA 98257

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LA CONNER,WA  
PERMIT #3



Lena & friends  
wish you a Happy  
Thanksgiving

### 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 — November 2017



**Many thanks....**

to everyone for all of the candy donations. We have a lot of kids coming for trick or treats  
and we couldn't begin to provide all the candy without your help; you are all a blessing,  
Thank you!



# The History and Significance of Veterans Day

On Saturday, November 11, citizens across the United States will celebrate Veterans Day with gratitude toward the men and women who have bravely and selflessly served our country.

In conjunction with celebrating this important day, here are some facts about its history and significance. To all those who have served, we humbly thank you for your service, and Happy Veterans Day to you!

Veterans Day is a U.S. holiday that honors veterans of all wars. In 1918, during World War I, on the 11th hour of the 11th day of the 11th month, hostilities ceased between the Allied nations and Germany. The cessation was marked by many countries as Armistice Day. The Treaty of Versailles, which marked the end of the war, was signed on June 28, 1919, but the armistice date was the one that most people considered the end of the conflict.

In November of 1919, Armistice Day was marked by many countries. The observance included parades, public celebrations, and pauses to both business and school activities when the clock struck 11 am.

In June of 1926, Congress passed a resolution that November 11 should be commemorated each year. As of May 13, 1938, Armistice Day became a legal Federal holiday.

Changes were still abound, however. During World War II, more than 16 million Americans served in the Army, Air Force,

Marines, and Navy. Another 5.7 million served in the Korean war. This spurred Veterans service organizations to lobby for the words Veterans Day to replace the words Armistice Day in honor of the American veterans of all wars. In 1954, President Dwight D. Eisenhower signed legislation for the name to be changed.

The day would still see some changes. As of 1971, Veterans Day was moved to the fourth Monday in October. This followed Congress passing the Uniform Holidays Bill that brought about the celebration of four national holidays on Mondays. As of 1978, due to many states' confusion and disapproval over the change, the holiday was moved back to its original observance date. It continues to be held on that date.



**What is the difference between Veterans Day and Memorial Day? It is a common question. Memorial Day, celebrated in May, is dedicated to Americans who have served and who passed away while—or as a result of—serving. Veterans Day honors all Veterans, alive and those who have passed.**



## Happy Birthday to Trudy!

*November 2nd will mark Trudy's 101st birthday. She is a remarkable woman. Trudy plays bridge every week, is an avid reader and is active throughout the day. She is also an excellent speller!*

### Happy Birthday to.....

Trudy	2nd	<b>Happy Birthday to our Team Members:</b>	
Helen	6th		
Naomi	9th	Tony	5th
Buttons	13th	Chehara	12th
Fran	15th	Maria Fe	20th
Kitty	18th		
Jackie E.	20th		
George	22nd		
Andi	26th		



Let's roll out the welcome mat to our newest residents

Eva Burns &  
Donna Goett



**Welcome**  
*Glad you're here!*

### Directions:

1. Preheat oven to 350 and lightly grease a 9x13 inch baking dish
2. Set aside 1 C of cake mix. Combine remaining cake mix with melted butter and 1 egg , mix until well blended; spread mixture in the bottom of the baking dish.
3. In a large bowl combine pumpkin, brown sugar, mild, 3 eggs and pumpkin pie spice; mix well and pour this mixture over cake mix mixture in baking dish.
4. In a small bowl mix chilled butter and white sugar with reserved cake mix until mixture resembles crumbs. Sprinkle over pumpkin mixture.
5. Bake 45 to 50 minutes, until top is golden.



# November Highlights — You're Invited

November 2,3,4: Arts Alive with featured artist, Addy Nydegger

November 13th at 11:30: Veteran's Wall to be revealed

November 13th at 3:45: Musical Performance with Lee Howard

November 16th at 5:00: Family and Friends Thanksgiving Buffet

November 17th at 1:00: Doodling Class with Pauline

November 18th from 10 to 3: Annual Holiday Craft Bazaar



May your stuffing be tasty.  
May your turkey be plump.  
May your potatoes & gravy have nary a lump  
May your yams be delicious & your pies take the prize,  
And may your Thanksgiving dinner  
Stay off your thighs.

## My favorite Thanksgiving and/or Autumn dish is...



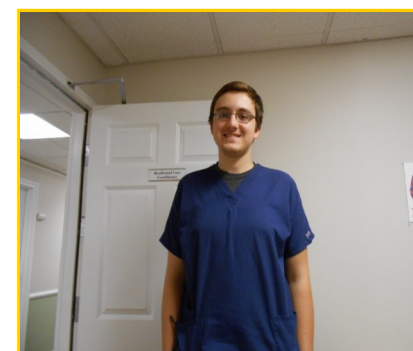
### PUMPKIN DESSERT

Ingredients:

- |                                      |                   |
|--------------------------------------|-------------------|
| 1 {18 ounce} package yellow cake mix |                   |
| 1/3 cup butter, melted               |                   |
| 1 egg                                |                   |
| 1 {29 ounce} can pumpkin             |                   |
| 1/2 cup brown sugar                  |                   |
| 2/3 cup milk                         | 1/4 C butter      |
| 3 eggs                               |                   |
| 2 tbl pumpkin pie spice              | 1/2 C white sugar |



Our Beauty Contest was a big hit with the contestants and visitors. Thank to everyone that participated, Edie, Zerma, Trudy, Joan, and Jackie. We couldn't have done this without your good humor and exquisite sense of beauty. Also thanks to Brad, our wonderful escort.



### Getting to know you: Gavin Sloan - Caregiver

1. *Where were you born?* Coupeville, Washington
2. *What do you like to do for fun?* Typically, I'll go for a drive though there's usually plenty of work needed on my car before I'm able to.
3. *Who do you admire?* I spend most of my free time with my girlfriend, so I'd say either her or my grandparents.
4. *What is your favorite holiday?* Probably Thanksgiving because I never get tired of eating!

## 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)



# November 2017

La Conner Retirement Inn  
204 N. 1st Street  
La Conner, Washington 98257  
360-466-5700

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Arts Alive will begin on the 2nd and will run through the 4th. Addy Nydegger will be our visiting artist for the event.	1 9:30 to 12:00 Spa Day 10:00 Writing Workshop 1:00 Shopping: Market 1:30 Stretch Class 2:30 Embracing Fall, poems, gingerbread, stories	2 9:00 Kindergarten Visit 9:30 Stretch Class 9:30 Lecture Series 10:00 Memory Class 11:00 Bible Study 12:00 Out for Lunch 1:30 Art Class 2:30 Name the Price Game	3 9:30 to 12:00 PO-KE-NO 1:30 Match Game 2:30 Stretch Class 3:45 Happy Hour with Matt	4 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
5 9:30 Stretch Class 10:00 Gospel Music 11:00 Sermon on Todd 1:00 to 2:30 PO-KE-NO 3:30 Movie Matinee	6 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 Hot Buttered Rum	7 9:30 Yoga with Anne 10:30 to 12:00 PO-KE-NO 1:30 Happy Neurons 2:00 The day in Photos 3:00 Newcomer' Tea	8 9:30 to 12:00 Manicures 10:00 Writing Workshop 1:00 Shopping-Market 1:30 Stretch Class 2:00 Art History 3:00 Volleyball Turnout	9 9:30 Stretch Class 9:30 Lecture Series 10:00 Memory Class 11:00 Bible Study 1:00 Mystery Drive 1:30 Match Game 2:30 World's Greatest Invention 3:30 Refreshments	10 9:00 Catholic Mass 10:00 to 12:00 PO-KE-NO 1:30 Chat with Christina 2:30 Stretch Class 3:45 Music with Melodeons	11 <b>Happy Veteran's Day</b> 9:30 Stretch Class 10:00 Happy Neurons 11:00 The Day in Photos 1:00 to 2:30 PO-KE-NO 3:00 Ice Cream Treats
12 9:30 Stretch Class 10:00 Gospel Music 11:00 Chapel Service 1:00 to 2:30 PO-KE-NO 3:30 Movie Matinee	13 9:30 Qi Gung Class 10:00 Memory Class <b>11:30 Veteran's Wall</b> 1:00 Reading with Nancy 2:30 to 3:30 Music with Lee Howard	14 9:30 Stretch Class 10:30 to 12:00 PO-KE-NO 1:15 Resident Council 3:00 Resident Birthday 4:15 Day in Photos <b>6:00 Evening Movie</b>	15 9:30 Stretch Class 10:00 Writing Workshop 10:30 Music-Renegades 1:30 Spa Day 3:30 Elephant Memory 4:00 Rice Bowl Words	16 9:00 Kindergarten Visit 9:30 Lecture Series 10:00 Memory Class 11:00 Bible Study 1:00 Shopping/Dollar Tree 2:30 Let's take a trip 3:30 Animal Antics <b>5:00 Family &amp; Friends Thanksgiving</b>	17 9:30 to 12:00 PO-KE-NO 1:00 Doodling Class 2:30 Stretch Class 3:30 Sing-a-Long 6:00 Evening Movie	18 <b>Holiday Craft Bazaar 10 to 3</b>
19 9:30 Stretch Class 10:00 Gospel Music 11:00 Chapel Service 1:00 to 2:30 PO-KE-NO 3:30 Movie Matinee	20 9:30 Stretch Class 10:00 Memory Class 11:00 Name that tune 1:00 Volleyball Match 1:00 Reading with Nancy 2:30 to 4:00 PO-KE-NO 4:15 Hot Buttered Rum	21 9:30 Yoga with Anne 10:30 to 12:00 PO-KE-NO 1:00 Shopping at Fred's 1:30 Art Class 2:30 The day in Photos 4:00 Volleyball Turnout	22 9:30 to 12:00 Manicures 10:00 Writing Workshop 1:30 Stretch Class 2:00 Google Earth Program 3:00 Millionaire Game 4:00 Thanksgiving Memories	23 <b>Happy Thanksgiving</b>  <b>3:30 Holiday Movie</b>	24 9:30 to 12:00 PO-KE-NO 1:30 State Trivia 2:30 Stretch Class 3:45 Music with Lena and Leif	25 9:30 Stretch Class 10:00 Happy Neurons 11:00 Millionaire Game 1:00 to 2:30 PO-KE-NO 3:00 Ice Cream Treats
26 9:30 Stretch Class 10:00 Gospel Music 11:00 Chapel Service 1:00 to 2:30 PO-KE-NO 3:30 Movie Matinee	27 9:30 Qi Gung 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 Hot Buttered Rum	28 9:30 Stretch Class 10:30 to 12:00 PO-KE-NO 1:30 Chat with Shawn 2:00 Trivia Challenge 2:30 Happy Neurons 3:30 "The Boys in the Boat"	29 9:30 to 12:00 Manicures 10:00 Writing Workshop 1:30 Stretch Class 2:00 The Day in Photos 2:30 Build a Story 3:00 Tell me a Joke	30 9:30 Stretch Class 9:30 Lecture Series 10:00 Memory Class 11:00 Bible Study 1:00 Mystery Drive 1:30 Inspirational Seniors 2:30 Millionaire Game 3:30 Refreshments & Paul Harvey 6:00 Movie Night		