



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

PRESORTED  
STANDARD  
US POSTAGE  
LA CONNER, WA  
PERMIT #3



Lena says,  
Have a very  
Merry Christmas

### 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 — December 2017**



*Elaine's high school graduation picture.*

### Resident of the Month: Elaine Campbell

Elaine was born on February 14, 1921 in Rhinelander, Wisconsin. Elaine was born into a large Norwegian immigrant family. Her parents emigrated from Norway around 1900, settled in Rhinelander, and proceeded to have a family of 9 children. Elaine and her twin brother, Alan, were the 7th and 8th children in the family. Her family moved to Coeur d' Alene, Idaho in about 1924, where her father became the foreman of a lumber mill. Elaine considers herself fortunate to have grown up in Coeur d' Alene, especially high school during which she was active in music, drama, clubs, swimming and cheerleading. Elaine graduated from high school in 1939 and received a scholarship to attend Sherwood Music College in Chicago where she played violin in the college symphony orchestra

After spending two years in Chicago, Elaine returned to Idaho and enlisted in the Women's Army Corps to contribute to the war effort. She went into flight training and made her first solo flight before she had ever driven a car. Elaine received flight instruction so she could introduce young army draftees to flying skills in the Link Trainer, which was the first flight simulator used by the military. After Elaine's dear younger brother, Gordy, was killed as pilot in command of a B-25 bomber, Elaine left the military service and returned to college at Lewiston Norman School in Lewiston, Idaho.

After receiving her teaching certificate, Elaine got her first teaching job on the Yakima Indian Reservation in White Swan, Washington in 1944, where she met her husband, Clarence. Clarence was a farmer who raised hops, cattle, potatoes and alfalfa. Elaine and Clarence lived on the family farm near Wapato, Washington until 1959, when they moved to the Columbia Basin to farm potatoes. Clarence and Elaine returned to Yakima, in the early 1960's where she taught grade school until her retirement in 1984.

Elaine has always enjoyed playing bridge and rejoined her original bridge group from her farming days when she returned to Yakima. Elaine played in several bridge groups in Yakima into her early nineties. She always kept a purse full of the money she won during friendly bridge games with her bridge groups.

Elaine has a daughter and son, both of whom graduated from the University of Washington Law School and have had successful legal careers. Elaine has three grandchildren.

Elaine moved from Yakima to La Conner and became a member of the Inn community on July 16, 2017.

She is an avid bridge player at the Inn and enjoys the staff and fellow residents.



# Prioritizing Wintertime Wellness

Winter is often a time of great joy. For some, it can also bring on sadness or depression. Factors such as low vitamin D, Seasonal Affective Disorder, and other sources may be to blame. Thankfully, there are ways to address them and get on track toward feeling the merriment of the season.

## Low Vitamin D:

Winter blues at older ages could be brought on by a vitamin D deficiency, according to Agingcare.com. People naturally get vitamin D from sunlight, and decreased exposure could lessen the ability to get enough. A deficiency could also result from medications affecting vitamin D production and metabolization, and aging skin decreasing vitamin D3 production.

Vitamin d levels can be increased with safe sun exposure and consumption of supplements, salmon, tuna, cod liver oil, egg yolks, mushrooms, oatmeal, cereal, soy milk, and cow milk. As for how much should be consumed daily, the National Institute on Aging recommends at least 600 IU, but not more than 4,000 IU, for those 50-70. At least 800 IU, but not more than 4,000 IU, is recommended for those 70 and older.

## Seasonal Affective Disorder:

Another source for wintertime mood change could be Seasonal Affective Disorder (SAD), a form of depression that cycles seasonally. SAD is a temporary condition that can be due to a lack of sunlight or hormone disruption with



season changes. Signs of SAD include loss of interest in things once enjoyed, changes to appetite or sleep, sadness, anxiety, tiredness, increased sensitivity, and feelings of hopelessness, according to Interim Healthcare.

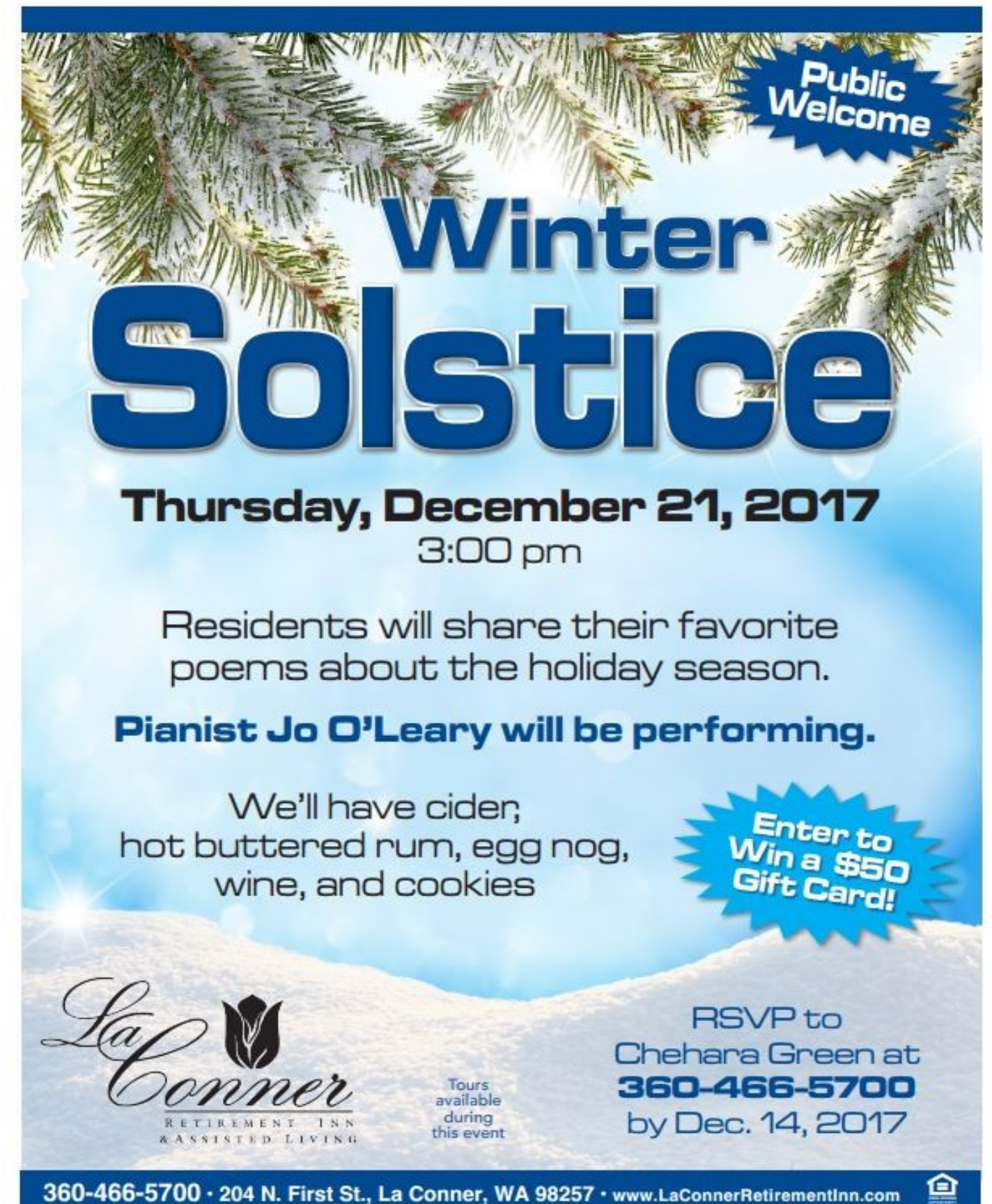
Treating SAD may include light therapy, talk therapy, aromatherapy, physical activity, and/or doctor-prescribed medications, to name a few options.

## Other sources of sadness or depression:

Winter sadness or depression could also result from poor dietary choices and/or lack of exercise—both which can be helped with lifestyle changes. Holiday stress, nostalgia, and social isolation may also bring down one's mood during winter.

Check out our suggested Mood Boosters at [blog.radiantseniorliving.com](http://blog.radiantseniorliving.com) to help with wintertime wellness. Remember that you are not alone!

**Note:** Each individual should follow the advice of their medical professionals or doctors and speak with



**Public Welcome**

# Winter Solstice

**Thursday, December 21, 2017**  
3:00 pm

Residents will share their favorite poems about the holiday season.

**Pianist Jo O'Leary will be performing.**

We'll have cider, hot buttered rum, egg nog, wine, and cookies

**Enter to Win a \$50 Gift Card!**

*La Conner*  
RETIREMENT INN  
& ASSISTED LIVING

Tours available during this event

RSVP to Chehara Green at  
**360-466-5700**  
by Dec. 14, 2017

360-466-5700 • 204 N. First St., La Conner, WA 98257 • [www.LaConnerRetirementInn.com](http://www.LaConnerRetirementInn.com)



## December Highlights — You're Invited!

December 1st at 2:00: Christmas Tree Lighting party Doodling Class with Pauline

December 12th & 19th at 6:00: Drive to see the Christmas lights

December 14th at 1:30: Doodling Class with Pauline

December 16th: Family and Friends Christmas Dinner. Social at 4:00, Dinner begins at 5:00

December 21st at 3:00: Winter Solstice Celebration

December 29th at 1:00: Kazoon Band Concert

December 29th at 3:45: New Year's Eve Party



### Wellness Clinic

December 7th

From 10:00 to 12:00

In the private dinning room

Services include blood pressure checks and vital signs, Katie, our nurse, will be available to answer questions.

### Christmas Pictures

By the tree.

One of our traditions at the Inn are resident Christmas pictures by the tree.

Residents can order pictures at 50 cents each.

We will be taking pictures on December 5th from 10:30 to 2:00

Here are some photos taken at our community!

Happy Birthday To.....



Our Thanksgiving dinner was a memorable event. We are so blessed here at the Inn.

Glenda L. 18th  
Elaine S. 18th  
Rhoda L. 26th  
Lonnie N. 30th  
And to out staff.....  
Madelyn 1st  
Shawn 16th  
Alexia 20th  
Marla 23rd



Don't forget To RSVP for the Christmas Dinner  
360-466\_5700



### Find us on Facebook!



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

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



# December 2017

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:30 to 12:00 PO-KE-NO 1:30 Stretch Class 2:00 Christmas Tree Party 3:45 Happy Hour with Marcia Kester	2 9:30 Stretch Class 10:00 Happy Neurons 11:00 Let's Take a Trip 1:00 Line Dancers 2:30 to 4:00 PO-KE-NO 3:00 Ice Cream Treats
3 9:30 Stretch Class 10:00 Gospel Music 11:00 Chapel Service 1:00 to 2:30 PO-KE-NO 3:30 Sunday Matinee	4 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 Eggnog Social	5 Christmas Pictures by the Tree 10:30 to 2:00 9:30 Yoga Class 10:30 to 12:00 PO-KE-NO 1:30 Rice Bowl Words 2:00 Match Game 3:00 Newcomer's Tea	6 9:30 to 12:00 Spa Day 10:00 Writing Workshop 1:00 Shopping: Market 1:30 Exercising Neurons 2:30 Let's go to Europe 3:30 Unusual Foods	7 9:00 Kindergarten Kids Visit 9:30 Stretch Class 9:30 Lecture Series 10:00 Memory Class 11:00 Bible Study 1:00 Out for lunch 1:30 Doodling Class 3:00 Rice Bowl Words 4:00 Christmas around the World	8 9:00 Catholic Mass 10:00 to 12:00 PO-KE-NO 1:30 School Concert 2:00 Animal Antics 3:45 Happy Hour with the Melodeons	9 9:30 Stretch Class 10:00 Tell me a Joke 11:00 Name the Price 1:00 to 2:30 PO-KE-NO 3:00 Ice Cream Treats 3:30 Saturday Matinee
10 9:30 Stretch Class 10:00 Gospel Music 11:00 Chapel Service 1:00 to 2:30 PO-KE-NO 3:30 Sunday Matinee	11 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 Peppermint Social	12 6:00 Drive to see the Lights 9:30 Stretch Class 10:30 to 12:00 PO-KE-NO 1:15 Resident Council 3:00 Resident Birthday Party 4:30 Kazoo Practice	13 9:30 to 12:00 Manicures 10:00 Writing Workshop 1:00 Shopping: Market 1:30 BJ's Travels 2:30 Millionaire Game 3:30 Volleyball Turnout	14 9:30 Stretch Class 9:30 Lecture Series 10:00 Memory Class 11:00 Bible Study 1:00 Shopping Trip 1:30 Happy Neurons 2:30 Tell me a Joke 3:30 The Day in Photos 4:00 Refreshments	15 9:30 to 12:00 PO-KE-NO 1:30 Chat with Christina 2:30 Stretch Class 3:30 Sing-a-Long	16 9:30 Stretch Class 10:00 Hangman Game 11:00 Animal Antics 1:00 to 2:30 PO-KO 4:00 Christmas Social 5:00 Christmas Dinner
17 9:30 Stretch Class 10:00 Gospel Music 1:00 Chapel Service 1:00 to 2:30 PO-KE-NO 3:30 Sunday Matinee	18 9:30 Stretch Class 10:00 Memory Class 11:00 Name that Tune 1:00 Reading with Nancy 1:30 Volleyball Match 2:30 to 4:00 PO-KE-NO 4:15 Eggnog Social	19 6:00 Drive to see the Lights 9:30 Yoga Class 10:00 to 12:00 PO-KE-NO 1:00 Shopping at Fred's 1:30 Art Class 2:30 Rice Bowl Words 3:30 Kazoo Practice	20 9:30 Stretch Class 10:00 Writing Workshop 10:30 Music: Renegades 1:30 Spa Day 4:00 Well Loved Christmas Stories	21 9:30 Lecture Series 9:30 Stretch Class 10:00 Memory Class 11:00 Bible Study 1:00 Mystery Drive 3:00 Winter Solstice Celebration 4:15 Meditation Class 6:00 Evening Movie	22 9:30 to 12:00 PO-KE-NO 1:30 My best Christmas 2:30 Stretch Class 3:45 Happy Hour with Ward	23 9:30 Stretch Class 10:00 Happy Neurons 11:00 You Be the Judge 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 Music 11:00 Chapel Service 1:00 to 2:30 PO-KE-NO 3:30 Sunday Matinee	25 Merry Christmas to all 10:00 Holiday Movie Marathon with all the well-loved classics	26 9:30 Stretch Class 10:30 to 12:00 PO-KE-NO 1:30 Happy Neurons 2:30 Chat with Shawn 3:30 Kazoo Practice 4:00 Refreshments	27 9:30 to 12:00 Manicures 10:00 Writing Workshop 1:30 Stretch Class 2:30 Rice Bowl Words 3:30 The Year in Review 4:00 The Day in Pictures	28 9:30 Lecture Series 9:30 Stretch Class 10:00 Memory Class 11:00 Bible Study 12:00 Out for Lunch 1:30 Art Class 2:30 Happy Neurons 3:30 Refreshments 4:00 The	29 9:30 to 12:00 PO-KE-NO 1:00 Kazoo Concert 2:00 Stretch Class 3:45 New Year's Eve Party!	30 9:30 Stretch Class 10:00 Millionaire Game 11:00 The Day in Photos 1:00 to 2:30 PO-KE-NO 3:00 Ice Cream Treats 3:30 Saturday Matinee
31 9:30 Stretch Class 10:00 Gospel Music 11:00 Chapel Service 1:00 to 2:30 PO-KE-NO 3:30 Sunday Matinee						