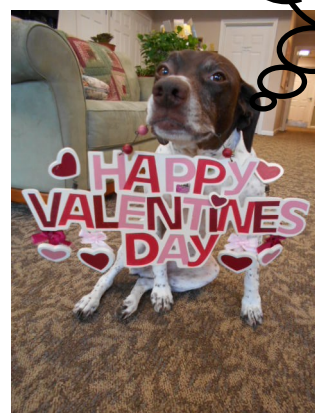




204 N. 1st St.
PO Box 1087
La Conner, WA 98257

PRESORTED
STANDARD
US POSTAGE
LA CONNER, WA
PERMIT #3

Lena says,
Happy Valentines
to all my friends.



Administrative Staff:

Christina James

Executive Director

Chehara Green

Community Relations Director

Tonya Whidden

Resident Care Coordinator

Stacy Boydston

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

February 2018 Edition

Resident of the Month: Abby Williams



Abby was born in 1922 at home on Hughes Ave., in Culver City California. Abby recalls that was a wonderful time to be living in that area. She fondly remembers seeing Charlie Chaplin on Venice Blvd. Abby tells a wonderful story of she and her sister on a boat out in the bay. She said that they had decided to boat around the bay on a particularly beautiful day.

As a they sailed along, another boat side-swiped them. A very large boat pulled up beside them and the Capitan tied their boats together. The next thing they knew, Humphrey Bogart was extending his hand to them and he helped them aboard his boat. Abby said that Bogart instructed Lauren Bacall to “get the girls a coke.” Abby said he was very nice to them and the visit was memorable. In other travels, Abby’s father took the family sailing to the South Sea Islands. Abby recalls that in 1927 the family sailed around the world for seven months. Abby states, “We celebrated my 4th birthday on Lucerne Island.” She said that her father was filming the trip all the way. “We visited Egypt, the Holy Land, and I saw the Pyramids while riding a camel with daddy.” They were in France on May 1927 when Charles Lindberg arrived.

Abby said that one of her favorite pictures is with her and her sisters in their wedding dresses. They were all married within a year of each other and her mother wanted “all of her little women” as she called them, together for a picture around the piano. Abby has a wealth of interesting stories and it is a delight to talk with about her adventures.



Detection for Prevention: A Look into Regular Cancer Screenings for Seniors

Regular health screenings can empower us with knowledge about our health. They can also give us the possibility to stall, stop, or receive support for a health issue so that we can lead our best lives. February is National Cancer Prevention Month. This month was designated to share information about lifestyle choices that may lead to cancer as well as the importance of early detection.

The American Cancer Society provides screening recommendations for seniors with average risk--those who do not present a high risk due to genetics or lifestyle. For many older adults, screenings for cancer can be beneficial. Largely due to the early detection that screening provide, the mortality rate for cancer has steadily declined over the past two decades - down 26 percent from 1991.

Screening Suggestions for Men:

- Colon cancer testing should begin at 50. At 65 or older, it is also recommended. Talk with your healthcare provider about the best test type (as there are many) and how often to get tested.
- Prostate cancer testing should be discussed with your healthcare provider at 50 and should depend on overall health when over 65. Talk with your healthcare provider about uncertainties, risks, and benefits.
- Lung cancer testing should be discussed with your healthcare provider at 55 or older. Low-dose CT scans for early detection should be discussed. The same is recommended for those 65 or older and with a smoking history.

Screening Suggestions for Women:

- For women, age 50-54, annual mammograms



are recommended. At 55, they can be every two years, or annually if preferred. Learn the screening pros and cons. At 65 or older, mammograms should be every two years, or annually. If at high risk for breast cancer, ask your healthcare provider if other tests should accompany the mammogram.

- At 50-64, women should get a Pap test and HPV test every five years, or just a Pap test every three years. No testing is needed after a hysterectomy that removed

the uterus and cervix - if removal was unrelated to cervical cancer. At 65 or older, no cervical cancer testing is needed if results were normal during the previous 10 years.

- Colon cancer testing should start at 50. There are several testing options that ought to be discussed with your healthcare provider. At 65 or older, testing is also recommended. Talk with your healthcare provider about the best test type and how often to do it.
- Lung cancer testing should be discussed with your healthcare provider when over 55. Low-dose CT scans for early lung cancer detection should be discussed at that time. At 65 or older, and with a smoking history, the same recommendation is given.

In addition to getting screenings and being aware of risk level (from personal and family history), one can reduce their risk of cancer by avoiding tobacco, getting to and staying at a healthy weight, engaging in regular physical activity, following a healthy diet, limiting alcohol intake, and protecting skin.



La Conner Retirement Inn Community Theater Players.

Cast: Zerma, Betty Y. Bob W. Pricilla, Edie, Elaine, Betty F. and Trudy.

This cast of talented people performed three skits on January 30th. It was a huge hit and the start of something big!

Happy Compliment Day! The best compliment I ever got was...

"I feel so happy when you are taking care of me."

"As a single parent, you raised great kids."

"How nice you look today."

"I can always depend on you to do everything right."

"You have lovely manners. Your parents did a good job when raising you."

"You make everything so nice."

"You are a good mother."

February Highlights — You're Invited!

- Feb. 1st at 1:30: Doodle Art Class
- Feb. 1st at 4:00: Start of Sign Language Class - check calendar for dates and times
- Feb. 2nd at 3:45: Musical Happy Hour with Marsha Kester
- Feb. 12th & 26th at 9:30: Qi Gung Class
- Feb. 13th at 4:00: "Facts about nutrition and your digestive health" with diet Amy Boettcher
- Feb. 14th at 4:00: Valentine's Day Social with music by Ward McCary. Dinner will begin at 5:00
- Feb. 21st at 3:00: "All About Hearing" will be offering a hearing aid clinic in the private dinning room

Super Bowl Party

Join us Sunday Feb. 4th at 3:30 in the activity room and root for you favorite team. Watch the game on our big screen TV. Naturally there will be plenty of snacks and refreshments.

Feb. 13th presentation: "Falling in love with your digestion"

Amy Boettcher and Dr. Sarah Martin will focus on how to fall in love with your digestive system so that you can enjoy foods and not be held back from what you want to do in life because of what you eat. "Digestion is so foundational in this life and without it we can't live to our full potential."

In honor of Compliment Day on February 24, we asked our residents and team members to write down the best compliment they have ever received. A board was posted and these are the anonymous words that were left. Kind words carry a lot of power and have a lifelong effect.

"Seeing your smile makes my day."

"Your in-laws are nicer than my in-laws."

"My husband told me on our wedding day, 'I know that I will never meet anyone as kind and hardworking as you.'"

"You are so happy all the time. You are always doing your best."

Happy Birthday to.....

- Virginia B. 1st
- Verna P. 7th
- Barbara S. 12th
- Elaine C. 14th
- Prue R. 15th
- Abby W. 16th
- Dave S. 17th
- Jack C. 29th

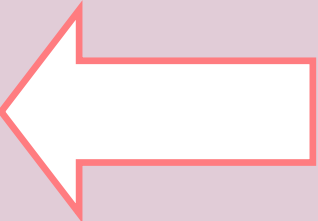
And to our staff too.....

- Cricket 6th
- Maryann 24th



Speaking of volunteers, we are in need of volunteers for our PO-KE-NO program. If you have a free few hours during the week your help would be greatly appreciated. The days are Monday & Friday. Call BJ for times.

We will be bidding Kathy a fond farewell. Kathy has been a faithful volunteer, facilitating the PO-KE-NO game very Tuesday. Kathy and her husband will be leaving for Des Moines Iowa for a year to work as missionaries. We wish her well and hope for a speedy return.



Join us on Social Media!

- Facebook : facebook.com/LaConnerRetirementInn
- Blog : blog.radiantseniorliving.com
- Instagram : [radiantsrliving](https://radiantsrliving.com) & [radiantvoices](https://radiantvoices.com)
- Twitter : [RadiantSrLiving](https://RadiantSrLiving.com)
- Pinterest : pinterest.com/radiantsrliving
- YouTube : Search "Radiant Senior Living"

February 2018

La Conner Retirement Inn
204 North 1st Street
La Conner, WA 98257
360-466-5700

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:00 Kindergarten Kids! 9:30 Lecture Series 9:30 Stretch Class 10:00 Bible Study 12:00 Out for Lunch 1:30 Doodle Art Class 3:00 The day in Photos 3:30 Rice Bowl Words 4:00 Sign Language Class 6:00 Movie Night	2 9:30 to 12:00 PO-KE-NO 1:30 Stretch Class 2:00 Family Feud 2:30 Inspirational Seniors 3:45 Music with Marsha Kester	3 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 Social 3:30 Saturday Matinee
4 9:30 Morning Stretch 10:00 Gospel Music 11:00 Chapel Service 1:00 to 2:30 PO-KE-NO 3:30 Super Bowl Party Super Bowl on channel 5	5 9:30 Morning Stretch 10:00 to 12:00 PO-KE-NO 1:00 Reading with Nancy 2:00 Movie Premier "Loving Vincent" 4:15 Wine Flips Social	6 9:30 Stretch Class 10:30 PO-KE-NO 1:30 Family Feud 2:00 The Day in Photos 3:00 Newcomer's Tea 4:30 Sign Language Class 6:00 Movie Night	7 9:30 to 12:00 Spa Day 10:00 Writing Workshop 1:00 Shopping: Market 1:30 Stretch Class 2:00 to 3:00 Art Class 2:30 The Day in Photos 3:00 Animal Antics 4:00 Sign Language Class	8 9:30 Stretch Class 9:30 Lecture Series 10:00 Memory Class 11:00 Bible Study 1:00 Mystery Drive 1:30 Puzzle Challenge 2:30 Tell me a Joke 3:00 Refreshments 3:30 YouTube Adventures 6:00 Movie Night	9 9:00 Catholic Mass 10:00 to 12:00 PO-KE-NO 1:30 Chat with Christina 2:00 Stretch Class 2:30 Art Appreciation 3:45 Music: Melodeons	10 9:30 Stretch Class 10:00 Happy Neurons 11:00 Family Feud 1:00 to 2:30 PO-KE-NO 3:00 Ice Cream Social 3:30 Saturday Matinee
11 9:30 Morning Stretch 10:00 Gospel Music 11:00 Chapel Service 1:00 to 2:30 PO-KE-NO 3:30 Sunday Matinee	12 9:30 Qi Gung 10:00 Memory Class 11:00 Name that Tune 1:00 Reading with Nancy 2:30 to 4:00 PO-KE-NO 4:15 White Russian Social	13 9:30 Yoga Class 10:30 to 12:00 PO-KE-NO 1:15 Resident Council 2:30 Millionaire Game 3:00 Resident Birthdays 4:00 Presentation: The Facts about Nutrition 6:00 Movie Night	14 Valentine's Day! 9:30 to 12:00 Manicures 10:00 Writing Workshop 1:00 Shopping: Market 1:30 Stretch Class 2:00 to 3:00 Art Class 4:00 Valentine Social 5:00 Family & Friends Dinner	15 9:00 Kindergarten kids! 9:30 Stretch Class 9:30 Lecture Series 10:00 Memory Class 11:00 Bible Study 1:00 Shopping: Dollar Tree 1:30 Running the Rapids 2:00 Animal Antics 3:00 Volleyball Turnout	16 9:30 to 12:00 PO-KE-NO 1:30 Stretch Class 2:00 Family Feud 2:30 The Day in Photos 3:30 Sing-a-Long	17 9:30 Stretch Class 10:00 Happy Neurons 11:00 Rice Bowl Words 1:00 to 2:30 PO-KE-NO 3:00 Ice Cream Social 3:30 Saturday Matinee
18 9:30 Morning Stretch 10:00 Gospel Music 11:00 Chapel Service 1:00 to 2:30 PO-KE-NO 3:30 Sunday Matinee	19 Presidents' Day! 9:30 Morning Stretch 10:00 Memory Class 11:00 Name that Tune 1:00 Reading with Nancy 2:30 to 4:00 PO-KE-NO 4:15 Wine Social	20 9:30 Morning Stretch 10:30 to 12:00 PO-KE-NO 1:00 Shop at Fred Meyer 1:30 Millionaire Game 2:30 "Let's take a trip" 3:30 Rice Bowl Words 4:00 Sign Language 6:00 Movie Night	21 3:00 Hearing Aid Clinic 9:30 Stretch Class 10:00 Writing Workshop 10:30 Music: Renegades 1:30 to 4:00 Spa Day 3:00 Refreshments 4:00 Sign Language Class	22 9:30 Stretch Class 9:30 Lecture Series 10:00 Memory Class 11:00 Bible Study 1:00 Mystery Drive 1:30 Puzzle Challenge 2:30 Animal Friends 3:00 Amazing Facts 4:00 Volleyball Turnout 6:00 Movie Night	23 9:30 to 12:00 PO-KE-NO 1:30 Stretch Class 2:00 Strange Experiments 3:00 Animal Antics 3:45 Music with Ward	24 9:30 Stretch Class 10:00 Happy Neurons 11:00 "How is it made?" 1:00 to 2:30 PO-KE-NO 3:00 Ice Cream Social 3:30 Saturday Matinee
25 9:30 Morning Stretch 10:00 Gospel Music 11:00 Chapel Service 1:00 to 2:30 PO-KE-NO 3:30 Sunday Matinee	26 9:30 Qi Gung 10:00 Memory Class 11:00 Name that Tune 1:00 Reading with Nancy 2:30 to 4:00 PO-KE-NO 4:15 Daiquiri Punch Social	27 9:30 Yoga Class 10:30 to 12:00 PO-KE-NO 1:30 Chat with Shawn 2:00 Memory Challenges 3:00 "My favorite poem" 4:00 Sign Language 6:00 Movie Night	28 9:30 to 12:00 Manicures 10:00 Writing Workshop 1:00 Shopping at Market 1:30 Stretch Class 2:00 Rice Bowl Words 2:30 Tell me a Joke 3:00 Volleyball Turnout 4:00 Refreshments 4:30 "What does that mean?"			