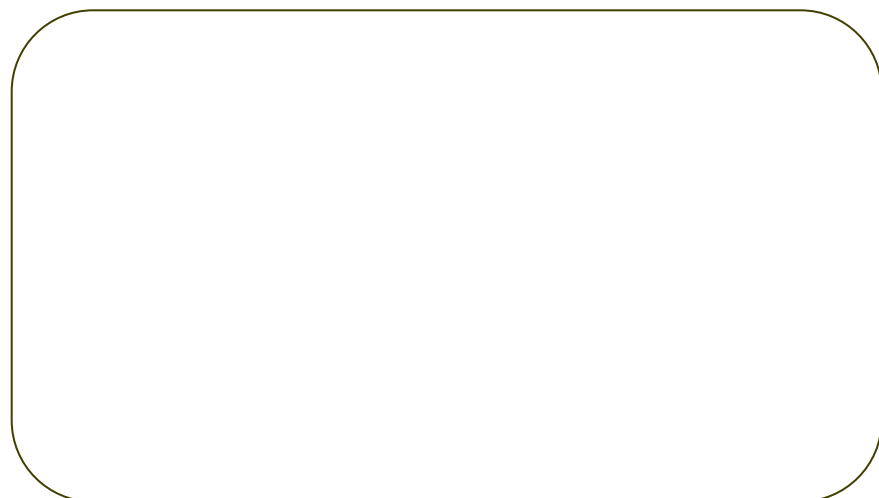




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**Laura Novak**  
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**Tonya Whidden**  
Resident Care Coordinator  
**Stacy Boydston**  
Business Office Manager  
**Katie Kramer**  
Registered Nurse  
**Dana Whitney**  
Dietary Director  
**Tony Bjornstad**  
Maintenance Director  
**Tara Little**  
Activities Director

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# La Conner Retirement Inn News

## Monthly Newsletter



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P3 Employee/Resident of the Month  
P4/P5 Activities Calendar

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## November 2018 Edition



# Flu Prevention Steps for Seniors

It's that time of year again! The leaves are falling and the air has a chill that gets us excited about wearing our sweaters and coats. Unfortunately, it's also when the flu virus begins to make its rounds—and it typically continues through February.

People of all ages and walks of life can catch the flu, but those over 65 or at home in senior living communities are among those particularly at risk for flu-related complications like pneumonia, bronchitis, and sinusitis.

The good news is seniors can take actions to avoid the flu—the best of which, for many, is getting an annual flu shot early in flu season. It takes two weeks to become fully effective.

Those who wish to get the flu shot should consult their medical professionals, disclose allergies to them, and not consider this article medical advice. Those with a history of Guillain-Barré Syndrome should not get the shot, per the CDC.

Seniors can certainly benefit from learning about flu and, thus, avoid coming into contact with it or spreading it. The flu is a contagious respiratory illness brought on by influenza viruses A,B,C, and D, which infect the nose,



throat, and lungs. Flu is believed to spread through tiny droplets when people with flu cough, sneeze, or talk. The droplets can transfer to mouths or noses of those nearby or reach a surface (and live there for two hours or more) that another person may touch and transfer to their own mouth, nose, or eyes. People with flu are most contagious in the first three to four days after their

illness starts, and they can pass it to another person before or while knowing they are sick. The time between exposure and infection is usually two days, but can be one to four.

Best practices for preventing the flu, in addition to those previously mentioned, include

avoiding close contact with others who are sick; covering mouth and nose with a tissue when coughing or sneezing; washing hands with soap and warm water for 15 to 20 seconds, several times a day, and definitely after coughing or sneezing; sanitizing hands if water is not available; and avoiding contact with eyes, nose, and mouth.

For more information, please visit [CDC.gov](https://www.cdc.gov).

### Differences Between a Flu and a Cold

**Flu is fast-coming and usually brings on fever, chills, cough, body aches, headaches, and tiredness. Flu only sometimes includes sneezing, sore throat, and/or stuffy nose. Flu can be tested for, and antiviral drugs do exist for it.**

**A cold brings gradual effects including a runny or stuffy nose, chest discomfort, a cough, sore throat, sneezing, and sometimes fatigue and aches. Colds do not often bring chills, fever, or headaches. (CDC)**

“When I say I want to photograph someone, what it really means is that I’d like to know them.” - Annie Leibovitz



## The Best Autumn Dish

We asked around, “What’s the best autumn dish?”

Pumpkin Pie -Tara	Turkey -Elaine	Beans and cornbread -Jackie
Carmel Pecan Pie -Elizabeth	Apple Pie -Jack	



# November Highlights

Nov. 3 & 17: The Legacy Group Meets

Nov. 11: Veterans Dinner

Nov. 13: Resident Birthday Party

Nov. 15: Friends & Family Holiday Feast

Nov. 17: Craft Fair

Nov. 18: Kitty's Quilt Show

Nov. 19: Performance by Lee Howard

Nov. 21: Holiday Baking

## No-Bake Peanut Butter Fudge Squares Recipe modified from All Recipes' one

### Ingredients:

1/2 cup of butter

16 ounces of brown sugar

1/2 cup of milk

3/4 cup of peanut butter

1 teaspoon of vanilla

3 and 1/2 cups of confectioners sugar

### Steps:

In saucepan, on medium heat, melt butter.

Add brown sugar and milk and stir.

Bring to a boil for two minutes while stirring.

Move from heat.

Mix in vanilla and peanut butter.

Pour on top of confectioners sugar in a big mixing bowl.

Beat together until smooth.

Pour into a pan that is 8x8.



# Happy Birthday

to all with November birthdays!

Trudy N. Nov. 2nd

Naomi H. Nov 9th

Button L. Nov. 13th

Fran P. Nov. 15th

Jacqueline E. Nov. 20th

Andi S. Nov. 26th

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## Resident of the Month!

Dorthy

Glenda was born in Lexiton, Nebraska in 1937, and was raised on a farm in Cozad, NE. She worked at the county assessor until she was married in 1958, at which time she moved away from Cozad and lived in several other places in the country. When Glenda and her hunsband had their first child, she became a stay at home mom. In 2016 Glenda moved to Washington to be closer to her 3 daughters. She also has 6 grandchildren and 5 great-grand children.



## Employee Highlight!

Jessica

Jessica is a caregiver here at the Inn and has been with us for a little over a year. She was born in Moses Lake Washington and raised in Snohomish, WA. Before coming to work for us here, she was a stay at home mom to her daughter. Jessica's hobbies include hiking, camping, and medieval re-enactments- and of course she always brings her dog along with her. Jessica's favorite thing about working here is all of the residents and her coworkers .



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				9:00 Kindergarten Visit 9:30 Stretch Class 9:30 Lecture Series 10:00 Brain Games 11:00 Bible Study 1:00 Mystery Drive 1:30 Family Feud 2:30 Meet with the Chef 3:30 The Day in Photos	9:30 PO-KE-NO 1:30 Stretch Class 2:00 Rice Bowl Words 3:00 Split Words 3:45 Live Music 6:00 Evening Movie	9:30 Stretch Class 10:00 Happy Neurons 11:00 Corn Hole Game 1:00 PO-KE-NO 3:00 Ice Cream Social 3:30 Legacy Group 4:30 Evening Matinee
4	5	6	7	8	9	10
9:30 Stretch Class 10:00 Gospel Trivia 11:00 Chapel Service 1:00 PO-KE-NO 4:00 Poker Night 6:00 Evening Movie	9:30 Stretch Class 10:00 Brain Games 11:00 Corn Hole Game 1:00 Reading with Gem 2:00 PO-KE-NO 3:45 Wine/Cheese Social	9:30 Stretch Class 10:30 PO-KE-NO 1:30 Match Game 2:30 Happy Neurons 3:30 Dominos 4:30 Family Feud Game	9:30 Manicures 9:30 Men’s Poker 1:00 Shop at the Market 1:30 Stretch Class 2:00 Rice Bowl Words 3:00 Today In History 4:00 Family Feud Game	9:30 Stretch Class 9:30 Lecture Series 10:00 Brain Games 11:00 Bible Study 1:00 Mystery Drive 2:00 Split Words 3:00 Hangman Game	9:00 Catholic Mass 10:00 PO-KE-NO 1:30 Stretch Class 2:00 Match Game 3:00 Rice Bowl Words 3:45 Music with Melodeons	9:30 Stretch Class 10:00 Family Feud Game 1:00 PO-KE-NO 3:00 Ice Cream Social 3:30 Afternoon Matinee
11	12	13	14	15	16	17
9:30 Stretch Class 10:00 Gospel Sing Along 11:00 Chapel Service 1:00 PO-KE-NO 4:00 Poker Night 6:00 Veterans Dinner	9:30 Qi Gung 10:00 Brain Games 11:00 Millionaire Game 1:00 Reading with Gem 2:00 PO-KE-NO 3:45 Wine/Cheese Social	9:30 Stretch Class 10:30 PO-KE-NO 1:15 Resident Council 3:00 Resident Birthday 4:00 Family Feud Game 6:00 Evening Movie	9:30 Spa Day 9:30 Men’s Poker 1:00 Shop at the Market 1:30 Stretch Class 2:00 Happy Neurons 3:00 Hangman Game 4:00 UNO	9:00 Kindergarten Visit 9:30 Stretch Class 9:30 Lecture Series 10:00 Brain Games 11:00 Bible Study 1:00 Mystery Drive 5:00 Friends/Family Feast	9:30 PO-KE-NO 1:30 Stretch Class 2:00 UNO 3:00 Corn Hole Game 3:45 Terry/Caroline Songs 6:00 Evening Movie	9:00 CRAFT FAIR!! 10:00 Stretch Class 11:00 Hangman Game 1:00 PO-KE-NO 3:00 Ice Cream Social 3:30 Legacy Group 6:00 Evening Matinee
18	19	20	21	22	23	24
9:30 Stretch Class 10:00 Gospel Trivia 11:00 Chapel Service 1:00 PO-KE-NO 2:00 Quilt Trunk Show 6:00 Evening Movie	9:30 Stretch Class 10:00 Brain Games 11:00 What is It?? 1:00 Reading with Gem 2:00 PO-KE-NO 3:45 Music w/ Lee Howard	9:30 Stretch Class 10:30 PO-KE-NO 1:00 Shop at Fred Meyer 2:00 Rice Bowl Words 3:00 Secret Files 4:00 Volleyball Turnout	9:30 Manicures 9:30 Men’s Poker 1:30 Stretch Class 2:00 Millionaire Game 3:00 Match Game 4:00 Holiday Baking	9:30 Stretch Class 9:30 Lecture Series 10:00 Brain Games 11:00 Bible Study 1:00 Mystery Drive 2:00 Hangman Game 3:00 Dominos 4:00 UNO	9:30 PO-KE-NO 1:30 Stretch Class 2:00 Split Words 3:00 Match Game 3:45 Happy Hour 6:00 Evening Movie	9:30 Stretch Class 10:00 Match Game 11:00 Secret Files 1:00 PO-KE-NO 3:00 Ice Cream Social 3:30 Afternoon Matinee
25	26	27	28	29	30	
9:30 Stretch Class 10:00 Gospel Sing Along 11:00 Chapel Service 1:00 PO-KE-NO 4:00 Poker Night 6:00 Evening Movie	9:30 Qi Gung 10:00 Brain Games 11:00 Happy Neurons 1:00 Reading with Gem 2:00 PO-KE-NO 3:45 Wine/Cheese Social	9:30 Stretch Class 10:30 PO-KE-NO 1:00 Family Feud Game 2:00 Millionaire Game 3:00 Volleyball Turnout 4:00 Match Game	9:30 Spa Day 9:30 Men’s Poker 1:00 Shop at the Market 1:30 Stretch Class 2:00 Happy Neurons 3:00 Family Feud Game 4:00 UNO	9:30 Stretch Class 9:30 Lecture Series 10:00 Brain Games 11:00 Bible Study 1:00 Mystery Drive 2:00 The Day in Photos 3:00 Spit Words 4:00 Trivia Game	9:30 PO-KE-NO 1:30 Stretch Class 2:00 Today in Photos 3:00 Millionaire Game 3:45 Happy Hour 6:00 Evening Movie	