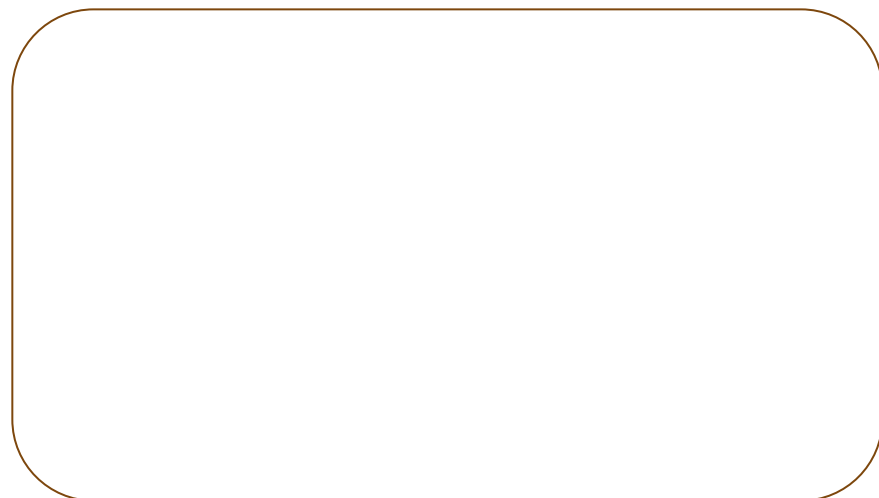




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Tonya Whidden
Resident Care Coordinator

Katie Kramer
Registered Nurse

Dana Whitney
Dietary Director

Mark White
Maintenance Director

Erika Hoffmire
Life Enrichment Director

Kathy James & Vickie Mertins
Front Office Team



Our mission is to create and sustain
comfortable, caring environments
for those who depend on us.

La Conner Retirement Inn News

Monthly Newsletter



November 2019

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3 Team & Resident Spotlight
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7 Special Moments & Don't Miss List
8 Mission & Team

The History & Significance of Veterans Day

At precisely 11 am on November 11th in the United States, massive crowds will begin ceremonies and celebrations in honor of our Veterans. With great gratitude, citizens will honor those who have bravely served our country. What has historically been a day of great significance, remains ever important today.

Veterans Day has been, and remains, a U.S. holiday that honors veterans of all wars. Its history has not been without its changes, however!

In 1918, during World War I, on the 11th hour of the 11th day of the 11th month, hostilities ended between the Allied nations and

Germany - referred to by many 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 most considered the conflict's end.

In November of 1919, Armistice Day was observed by many countries with parades, public celebrations, and pauses to business and school activities at 11 am.

Then, in June of 1926, Congress passed a resolution saying November 11 should be

commemorated each year. As of May 13, 1938, Armistice Day was a legal Federal holiday.

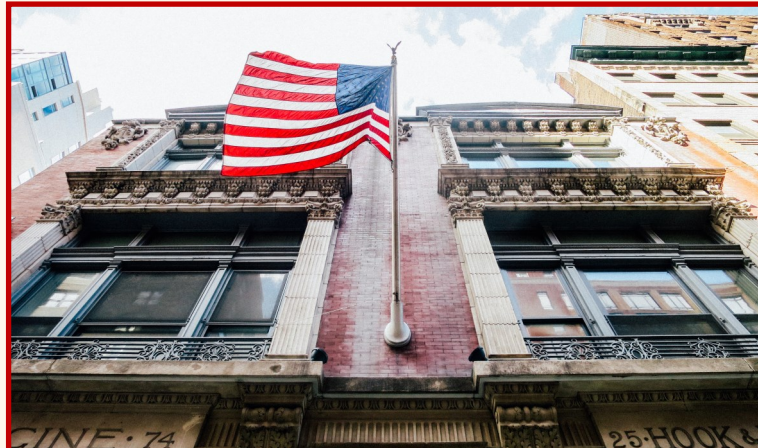
Changes were still abound, though. During World War II, more than 16 million Americans served in the Army, Air Force, Marines, and Navy. Another 5.7 million

served in the Korean War. This spurred Veteran's service organizations to lobby for the words "Veterans Day" to replace 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 when Congress passed a Uniform Holidays Bill to make Monday "the" day for federal holidays. But as of 1978, due to many states' confusion and disapproval over the change, the holiday was moved back to its original observance date.

And so it goes, Veterans Day continues to be observed on November 11th. That day, and throughout the year, we thank all who have served for our great nation.



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

Special Moments



November Dates You Don't Want to Miss

- | | |
|--------------------------------------|---|
| 1st- Music with the Esquires | 14th- Chat with Christina and World Religion Series |
| 2nd- Science Experiments | 15th- Sing-a-long with Terry and Caroline |
| 3rd- Crafts With Siri | 16th - CRAFT BAZAAR |
| 4th- Chat with Chef Dana | 17th- Church Service & Hymn Singing |
| 5th-Music w/ the Wayfaring Strangers | 18th- Baking Club |
| 6th- Lunch Out to Sliders | 19th-Trip to the Dollar Store |
| 7th- Chat with Activities | 21st- Music with Northwest Harmony |
| 8th-Music with the Melodians | 22nd- Music with Mike Bush |
| 9th- Memorial for Abby Williams | 23rd- THANKSGIVING FRIENDS & FAMILY DINNER |
| 10th- Live Worship Music | 26th- Joe Morovitz: Hermit of Mt. Baker Talk |
| 11th- Veteran's Coffee | 28th- "What I'm Thankful For" Tea Party |
| 12th-Resident Council/Bday Party | 30th - Christmas Card Crafts |
| 13th-Smile Card Crafts | |

November 2019 Highlights



November is Gratitude Month, Family Stories Month, Movember, and Novel Writing Month.

01 Authors Day; Vinegar Day
 02 Deviled Egg Day
 03 Daylight Savings Ends; Sandwich Day
 04 Candy Day; Traffic Directors Day
 05 Doughnut Day; Love Red Hair Day
 06 Stress Awareness Day; Saxophone Day
 07 Men Make Dinner Day
 08 Cappuccino Day
 09 Louisiana Day
 10 Vanilla Cupcake Day; Marines Day
 11 Veterans Day; Sundae Day
 12 Chicken Soup for the Soul Day
 13 World Kindness Day
 14 Pickle Day; Spicy Guac Day
 15 Philanthropy Day; Raisin Bran Day
 16 Button Day; Fast Food Day
 17 Take a Hike Day; Baklava Day
 18 Mickey Mouse's Birthday; Princess Day
 19 Play Monopoly Day
 20 Peanut Butter Fudge Day

21 Gingerbread Cookie Day
 22 Cranberry Relish Day
 23 Espresso Day; Eat a Cranberry Day
 24 Sardines Day
 25 Parfait Day
 26 Cake Day
 27 Jukebox Day; Bavarian Cream Pie Day
 28 Thanksgiving
 29 Native American Heritage Day; Floss Day

We're online @

- Facebook.com/LaConnerRetirementInn
- Blog.radiantseniorliving.com
- Radiantsrliving on Instagram
- Radiantvoices on Instagram
- RadiantSrLiving on Twitter
- Pinterest.com/radiantsrliving
- Radiant Senior Living on YouTube

November Birthdays



Wishing a very happy birthday to you!

Trudy, Nov. 2nd
 Buttons, Nov. 13th
 Jackie, Nov. 20th
Employees
 Mark, Nov. 4th
 Colleen, Nov. 17th



Staff Spotlight Cat



Catherine was born in Seattle, Washington and has also lived in California, Arizona, Montana, and North Dakota before returning back to Washington. Cat has two younger half sisters and one half brother who all live in Sedro Woolley along with her niece and nephew. She has worked in caregiving for 17 years and has been a med tech for 11 years. Prior to working here at the Inn, Cat worked at The Bridge Assisted Living, but we have been lucky enough to have her with us for almost 6 years.

Thank you, Cat, for all you do!



Resident Spotlight Bill

William M. was born in upstate New York and lived in 8 other states before settling in Washington State in 1987. Bill comes to us with a PH.D in World Religion from Princeton University. He taught in three theological seminaries, including the School of Theology and Ministry at Seattle University. Since retiring, Bill has taught world religions in senior centers in Mt. Vernon, La Conner, and Anacortes, and will now be teaching world religion here at the Inn! Bill, a widower, came to live with us in September. His daughter is a 3rd grade teacher here in La Conner and three of his grandchildren live in the area.

Welcome to the Inn, Bill!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					9:30 Po-Ke-No 1 11:00 Ukulele Practice 1:30 Stretch Class 2:00 Family Feud Game 3:45 Music w/ The Esquires 6:30 Movie Night	9:30 Stretch Class 2 10:15 Matching Game 11:00 Rice Bowl Words 1:30 Po-Ke-No 3:00 Saturday Science Experiments 6:30 Movie Night
3 9:30 Stretch Class 10:15 Word Searches 11:00 Adult Coloring 1:30 Po-Ke-No 3:30 Crafts w/ Siri 6:30 Movie Night	4 9:30 Stretch Class 10:00 Morning Tea 10:30 Baking Club 1:30 Chat with Chef Dana 2:30 Po-Ke-No 4:00 Social Hour	Election Day 5 9:30 Stretch Class 10:15 Name that Sound Game 11:00 Music w/ The Wayfaring Strangers 1:30 Volleyball 3:00 Uno Game 6:30 Movie Night	6 9:30 Manicures 10:00 Writers Workshop 11:30 Lunch Out to Slider's 1:30 Stretch Class 2:00 Trip to the Market 2:00 Po-Ke-No 4:00 Pictionary	7 9:30 Stretch Class 9:30 Lecture Series 11:00 Bible Study 1:30 What's the Price Game 2:00 Virtual Tours 3:00 Chat w/ Activities	8 9:00 Catholic Mass 10:00 Po-Ke-No 11:00 Ukulele Practice 1:30 Stretch Class 3:45 Music w/ The Melodians 6:30 Movie Night	9:30 Stretch Class 9 10:15 Matching Game 11:00 Hangman 12:30 Trip to Memorial Service For Sharon Salfer 1:30 Po-Ke-No 2:00 Trip to Memorial Service For Abby Williams 6:30 Movie Night
10 9:30 Stretch Class 10:15 Word Searches 11:00 Live Worship Music 1:30 Po-Ke-No 3:30 Jewelry Making 6:30 Movie Night	Veteran's Day 11 9:30 Veteran's Coffee 10:00 Veteran's Trivia 10:30 Baking Club 1:30 Stretch Class 2:00 Po-Ke-No 4:00 Social Hour	12 9:30 Stretch Class 10:15 Word Searches 11:00 Adult Coloring 1:00 Resident Council Meeting 3:30 Resident Birthday Party 6:30 Movie Night	World Kindness Day 13 9:30 Massages & Manicures 10:00 Writers Workshop 1:30 Stretch Class 2:00 Trip to the Market 2:00 Po-Ke-No 4:00 Smile Card Crafts	14 9:30 Stretch Class 9:30 Lecture Series 11:00 Bible Study 1:30 Chat with Christina 3:30 Understanding World Religion W/ Bill Malcomson	15 9:30 Po-Ke-No 11:00 Ukulele Practice 1:30 Stretch Class 2:00 Happy Neurons 3:45 Sing-A-Long w/ Terry & Caroline 6:30 Movie Night	Craft Bazaar 9:00 am-3:00 pm
17 9:00 Christian Worship & Hymn Sing 10:15 Stretch Class 11:00 Mini Golf 1:30 Po-Ke-No 3:30 Crafts w/ Siri 6:30 Movie Night	Mickey Mouse's Birthday 18 9:30 Matching Game 10:00 Animal Trivia 10:30 Baking Club 1:30 Stretch Class 2:00 Po-Ke-No 4:00 Social Hour	19 9:30 Stretch Class 10:00 Monopoly 11:00 Music w/ The Wayfaring Strangers 1:30 Trip to Dollar Tree 3:00 Newcomer's Tea 6:30 Movie Night	20 9:30 Manicures 10:00 Writers Workshop 1:30 Stretch Class 2:00 Trip to the Market 2:00 Po-Ke-No 4:00 Pictionary	Gingerbread Cookie Day 21 9:30 Stretch Class 9:30 Lecture Series 11:00 Bible Study 1:30 Piggy Banker 2:30 Word Searches 3:45 Music w/ Northwest Harmony	22 9:30 Po-Ke-No 11:00 Ukulele Practice 1:30 Stretch Class 2:00 Happy Neurons 3:45 Music w/ Mike Bush 6:30 Movie Night	Friends and Family 23 Thanksgiving Dinner 9:30 Stretch Class 10:15 Turkey Hunting 11:00 Bird Feeder Crafts 1:30 Po-Ke-No 4:00 First Dinner Seating 6:00 Second Dinner Seating
24 9:30 Stretch Class 10:15 Hangman 11:00 Live Worship Music 1:30 Po-Ke-No 3:30 Jewelry Making 5:30 Seahawks Game	25 9:30 Po-Ke-No 11:00 Baking Club 1:30 Stretch Class 2:00 Hangman 2:30 Classic TV 4:00 Parfait Social Hour	26 9:30 Stretch Class 10:15 Matching Game 11:00 Name that Sound Game 1:30 Trip to Fredmeyer 1:30 Thanksgiving Crafts 3:30 UNO game 6:30 Movie Night	27 9:30 Massages & Manicures 10:00 Writers Workshop 1:30 Stretch Class 2:00 Mystery Drive 2:00 Po-Ke-No 3:00 All About Hearing	Thanksgiving 28 9:30 Stretch Class 10:00 NFL Football 11:00 Thanksgiving Trivia 1:30 "What I'm Thankful For" Tea party	29 9:30 Po-Ke-No 11:00 Ukulele Practice 1:30 Stretch Class 2:00 Happy Neurons 3:00 Joe Morovitz: The Hermit of Mt. Baker. Presentation 6:30 Movie Night	30 9:30 Stretch Class 10:15 Matching Game 11:00 Christmas Card Crafts 1:30 Po-Ke-No 3:00 Saturday Science Experiments 6:30 Movie Night