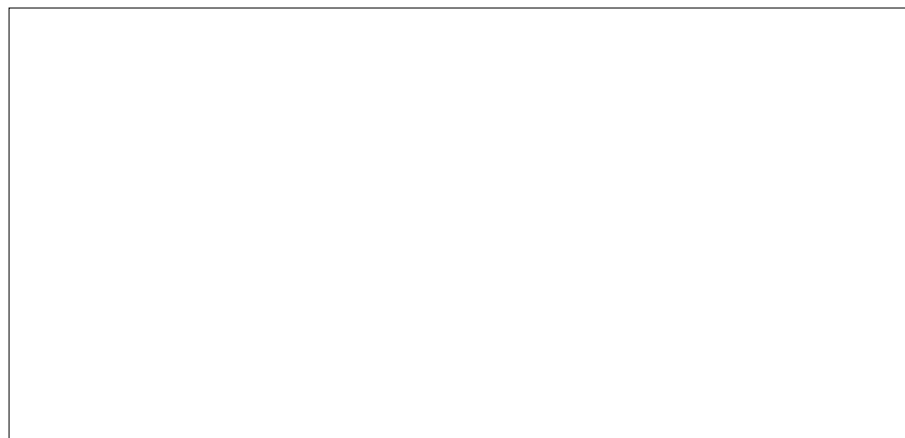




204 N. 1st St.
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Administrative Team:

Executive Director: Christina James
Business Office Director: Stacy Boydston
Wellness Director: Elena Vrinceanu
Comm. Relations Dir.: Megan Goldstein
Registered Nurse: Katie Kramer
Dietary Director: Dana Whitney
Maintenance Director: Mark White
Front Office: Kathy James & Vickie Mertins
Life Enrichment Dir.: Allie Kester

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

La Conner Retirement Inn News

October 2020 Newsletter



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3 Team & Resident Spotlight
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Breast Cancer Awareness Increases Likelihood for Early Detection and Treatment

October is for Breast Cancer Awareness! Many know it's a month to wear pink, promote breast cancer knowledge, raise research funds, or support survivors and those in the fight—but it also can have significance in lives beyond that.

Breast Cancer Awareness Month encourages people to take steps to help themselves detect the disease in early stages. This October, increase your awareness level with some breast cancer facts and early detection information. Your knowledge could help a loved one, friend, or yourself.

Note: This article is not intended to be medical advice. Consult your doctor before changing diet, medications, or lifestyle.

What is Breast Cancer?

When cells in the breast or nearby tissue divide and grow without normal control of cell division, breast cancer occurs. This process is often slow. If a lump can be felt, it may have been growing for 10 years.

Breast cancer may occur in men or women, but affects women more often than men. In the U.S., less than one percent of cases occur in men. In 2019, for U.S. women, there were about 268,600 new cases of invasive breast cancer. For men, there were an estimated 2,670 new breast cancer cases. Early



detection increases breast cancer survival.

Early Detection is Key

There are ways to detect breast cancer early including regular self-examinations and clinical screenings. Clinical screenings include mammography (X-ray breast imaging); clinical breast exams (where a trained provider feels for abnormalities); and in certain high risk cases, breast MRIs. Learn more on screening at [cancer.gov](https://www.cancer.gov).

Women should be familiar with how their breasts normally look and report changes to a medical provider. The American Cancer Society recommends women 45-54 get annual mammograms, earlier for those who are high-risk for breast cancer. Those 55+ can switch to every other year if in good health.

Men at high risk for breast cancer should discuss managing their risk with their doctor.

We hope these facts encourage awareness and continued learning beyond this special month.

Special Moments



Happy Birthday!



Resident	Staff
First Patsy: Oct. 17	First Vicki: Oct. 1
First Joanne: Oct. 25	First Victoria : Oct.
First Joyce: Oct. 31	
<ul style="list-style-type: none">Those born in October are Libras (Sept. 23 -Oct. 22) or Scorpios (Oct. 23-Nov. 21).Their birthstones are opals & tourmaline.Their birth flower is the Calendula.More American presidents have October birthdays than any other month!	

October 2020 Highlights

October observes emotional wellness, dental hygiene, and protecting hearing.

Foods celebrated: chili, apples, spinach, rhubarb, pretzels, pasta, and pizza.

- | | |
|---|---|
| 01 Homemade Cookies Day; Hair Day | 17 Pasta Day; Sweetest Day |
| 02 Custodial Worker Day; Car Naming Day | 18 No Beard Day; Choco Cupcake Day |
| 03 Techies Day | 19 Seafood Bisque Day; Kentucky Day |
| 04 Golf Love Day; Taco Day; Cinn. Bun Day | 20 Brandy Fruit Day; Youth Confidence Day |
| 05 Rhode Island Day; Get Funky Day | 21 Pumpkin Cheesecake Day; Reptile Day |
| 06 Mad Hatter Day; Orange Wine Day | 22 Nut Day; Color Day; Make a Dog's Day |
| 07 Frappe Day; Pumpkin Seed Day | 23 Boston Crème Pie Day; Talk Show Day |
| 08 Fluffernutter Day; Pierogi Day | 24 Make a Difference Day; Bologna Day |
| 09 Moldy Cheese Day | 25 Mother In Law Day; Greasy Food Day |
| 10 Angelfood Cake Day; Chess Day | 26 Pumpkin Day; Mincemeat Day |
| 11 Sausage Pizza Day; Clergy Apprec. Day | 27 American Beer Day; Black Cat Day |
| 12 Gumbo Day; Native Americans Day | 28 Chocolate Day |
| 13 Yorkshire Pudding Day; Navy Birthday | 29 Oatmeal Day; |
| 14 Fossil Day; Dessert Day | National Cat Day |
| 15 Cheese Curd Day; I Love Lucy Day | 30 Candy Corn Day; |
| 16 Sports Day; Global Cat Day; Bosses Day | Breadstick Day |
| | 31 Halloween |



Regarding Covid-19:

Safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.

Apple Pie Bread Recipe

Baking spray w/ flour in 9x5" pan	1 tsp vanilla
$\frac{2}{3}$ cup granulated sugar	1 tsp baking soda
$\frac{1}{2}$ cup whole-milk Greek yogurt	1 tsp apple pie spice
2 eggs	$\frac{1}{2}$ tsp salt
$\frac{2}{3}$ cup applesauce	1 Green apple (diced)
7 tbsp unsalted butter, melted	$\frac{1}{2}$ cup chop walnuts
1 cup flour, plus 1 tbsp divided	3 tbsp brown sugar
$\frac{3}{4}$ cup whole-wheat flour	$\frac{1}{4}$ tsp cinnamon

Preheat oven to 350 F. Stir sugar, yogurt, eggs together. Add applesauce, vanilla, 6 tbsp butter. Separately whisk 1 cup flour, whole-wheat flour, baking soda, apple pie spice, salt. Add apple, stir until coated. Add flour-apple mix to egg mix; stir. Spoon into sprayed pan. Mix walnuts, brown sugar, cinnamon & 1 tbsp butter, flour in a bowl. Sprinkle on batter. Bake 55-60 minutes. Cool 1 hour (Modified from EatingWell)



RESIDENT SPOTLIGHT:

Betty W

Betty was born in Dayton, Oregon. She attended McMinnville College in Oregon and studied physical therapy. Betty worked until she meet her husband and together they had three daughters. Betty had the opportunity to live in many different places because her husband was in the Air Force. They retired and moved to La Conner and after three years they moved in to the Inn. Betty enjoys physical fitness activities, reading, and good friends.

We are so happy you are here, Betty!



STAFF SPOTLIGHT:

Vicki

Vicki is a native of Whidbey Island and was raised on and dairy farm where she fell in love with animals. She graduated from Oak Harbor High School and married her high school sweetheart. Vicki has three amazing kids and enjoys family time with all of them. Vicki loves sunsets at West Beach and all outdoor activities. She is a sports fanatic, especially baseball and the Seattle Seahawks. Vicki and her husband were involved with little league for many years. Her dream is to attend a baseball game at every major league park in America.

OCTOBER 2020

La Conner Retirement Inn •

204 N 1st Street La Conner Wa 98257 •

Phone (360) 466-5700

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>				<p>1 9:30 Sport Trivia IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cooking Club 1:30 One on one with Allie 3:00 Manicures 4:00 Classic TV IN2L</p>	<p>2 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia IN2L 2:00 Name that sound IN2L 3:00 Parking lot Happy Hour 6:30 Movie Night</p>	<p>3 9:30 Happy Neuron IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Geography IN2L 2:30 Word Games IN2L 3:30 Tell me a joke IN2L</p>
<p>4 9:30 Word Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bingo 2:30 Crafts 4:00 TV Games IN2L</p>	<p>5 9:30 Brain Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 3:00 Trivia IN2L 4:00 Word Games</p>	<p>6 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bingo 3:00 Resident Birthday Party 4:00 Trivia IN2L</p>	<p>7 9:30 Card Games IN2L 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 3:00 Matching Game IN2L 3:30 Hangman IN2L 4:00 Strategy Game IN2L Afghanistan war began 2001</p>	<p>8 9:30 Sport Trivia IN2L 10:00 Happy Hearts Fitness 11:00 Battle Ball 1:30 One on Ones with Allie 1:30 Cooking Club 3:00 Manicures 4:00 Classic TV IN2L</p>	<p>9 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 11:00 Battle Ball 1:30 Trivia IN2L 2:00 Name that sound IN2L 3:00 Happy Hour 6:30 Movie Night</p>	<p>10 9:30 Happy Neuron IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Geography IN2L 2:30 Word Games IN2L 3:30 Tell me a joke IN2L</p>
<p>11 9:30 Word Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bingo 2:30 Crafts 4:00 TV Games IN2L</p>	<p>12 9:30 Brain Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 3:00 Trivia IN2L 4:00 Word Games Columbus Day </p>	<p>13 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bingo 3:00 Resident Birthday Party 4:00 Trivia IN2L U.S. Navy Established 1775</p>	<p>14 9:30 Card Games IN2L 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 3:00 Matching Game IN2L 3:30 Hangman IN2L 4:00 Strategy Game IN2L</p>	<p>15 9:30 Sport Trivia IN2L 10:00 Happy Hearts Fitness 11:00 Battle Ball 1:30 One on Ones with Allie 1:30 Cooking Club 3:00 Manicures 4:00 Classic TV IN2L</p>	<p>16 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 11:00 Battle Ball 1:30 Trivia IN2L 2:00 Name that sound IN2L 3:00 Happy Hour 6:30 Movie Night National Boss Day</p>	<p>17 9:30 Happy Neuron IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Geography IN2L 2:30 Word Games IN2L 3:30 Tell me a joke IN2L</p>
<p>18 9:30 Word Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bingo 2:30 Crafts 4:00 TV Games IN2L</p>	<p>19 9:30 Brain Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 3:00 Trivia IN2L 4:00 Word Games</p>	<p>20 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bingo 3:00 Resident Birthday Party 4:00 Trivia IN2L</p>	<p>21 9:30 Card Games IN2L 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 3:00 Matching Game IN2L 3:30 Hangman IN2L 4:00 Strategy Game IN2L</p>	<p>22 9:30 Sport Trivia IN2L 10:00 Happy Hearts Fitness 11:00 Battle Ball 1:30 One on Ones with Allie 1:30 Cooking Club 3:00 Manicures 4:00 Classic TV IN2L</p>	<p>23 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 11:00 Battle Ball 1:30 Trivia IN2L 2:00 Name that sound IN2L 3:00 Happy Hour 6:30 Movie Night</p>	<p>24 9:30 Happy Neuron IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Geography IN2L 2:30 Word Games IN2L 3:30 Tell me a joke IN2L</p>
<p>25 9:30 Word Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bingo 2:30 Crafts 4:00 TV Games IN2L</p>	<p>26 9:30 Brain Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 3:00 Trivia IN2L 4:00 Word Games</p>	<p>27 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bingo 3:00 Resident Birthday Party 4:00 Trivia IN2L Navy Day </p>	<p>28 9:30 Card Games IN2L 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 3:00 Matching Game IN2L 3:30 Hangman IN2L 4:00 Strategy Game IN2L</p>	<p>29 9:30 Sport Trivia IN2L 10:00 Happy Hearts Fitness 11:00 Battle Ball 1:30 One on Ones with Allie 1:30 Cooking Club 3:00 Manicures 4:00 Classic TV IN2L</p>	<p>30 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 11:00 Battle Ball 1:30 Trivia IN2L 2:00 Name that sound IN2L 3:00 Happy Hour 6:30 Movie Night</p>	<p>31 9:30 Happy Neuron IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Geography IN2L 2:30 Word Games IN2L 3:30 Tell me a joke IN2L Halloween </p>