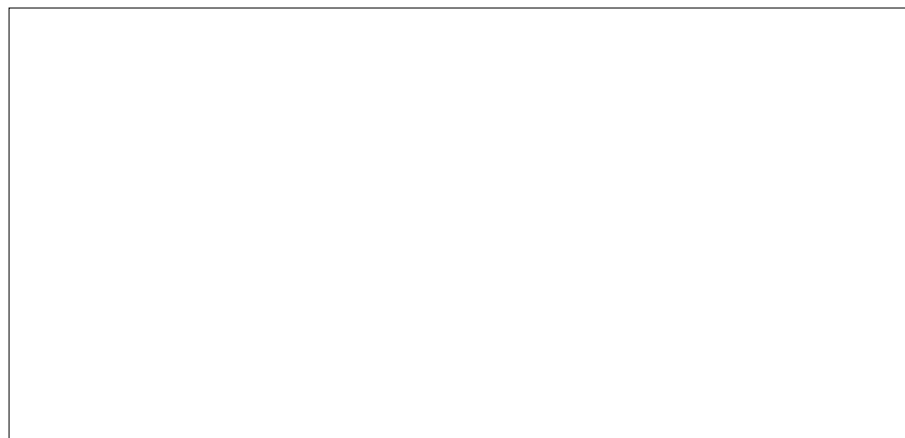




204 N. 1st St.  
PO Box 1087  
La Conner, WA 98257

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LA CONNER, WA  
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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

### Connect:

360-466-5700

[info@laconnerretirementinn.com](mailto:info@laconnerretirementinn.com)  
[www.laconnerretirementinn.com](http://www.laconnerretirementinn.com)

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

# La Conner Retirement Inn News

November 2020 Newsletter



2 Veteran's Day History & Significance  
3 Team & Resident Spotlight  
4 - 5 Activities Calendar

6 Highlights, Notes, Daylight Savings  
7 Special Moments & Birthdays  
8 Mission & Team



## The History & Significance of Veterans Day

With great gratitude, on November 11th, U.S. citizens will honor those who have bravely served our country on what is known as Veterans Day.

The day is a U.S. holiday that honors veterans of all wars. Its history has not been without changes, though!

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—on “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 people 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 yearly. As of May 13,

1938, Armistice Day was a legal Federal holiday. Changes would still occur 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. Thus, Veteran’s service organizations lobbied 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 in 1978, due to many states’ confusion and disapproval over the change, the holiday was moved back to its original observance date.

Since then, 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?** 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



## Happy Birthday!



Trudy: Nov. 2  
Bertha: Nov. 7  
Buttons: Nov. 13  
Sharen: Nov. 20  
Andra: Nov. 26

Mark: Nov. 4  
Colleen: Nov. 17  
Megan: Nov. 24

- Those born in November are Scorpios (Oct. 23-Nov. 21) or Sagittarius (Nov. 22-Dec 21.)
- Their birthstone is topaz or citrine.
- Their birth flower is the Chrysanthemum which is said to bring happiness and laughter to the home!



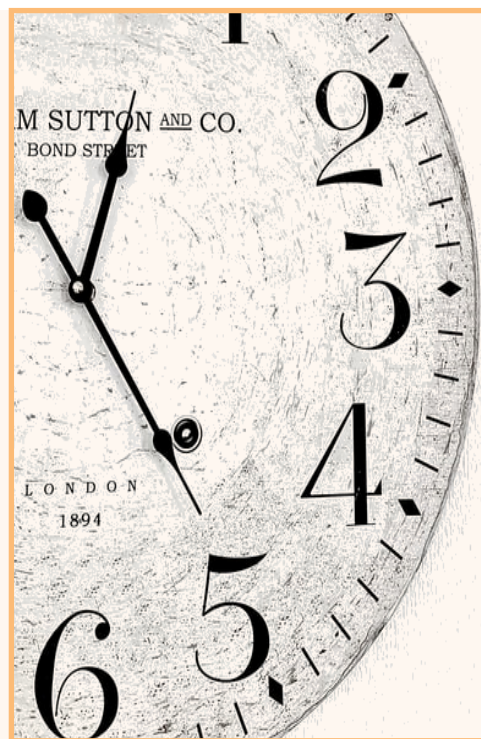
# November 2020 Highlights

November observes Alzheimer's Disease Month, Diabetes Month, Gratitude Month, and Native American Heritage Month. It celebrates such foods as: banana pudding, raisin bread, and peanut butter. It is Novel Writing Month so it's a great time to work on writing!

- |   |  |
|---|--|
| 01 Calzone Day; Cinnamon Day              | 16 Button Day; Fast Food Day             |
| 02 Deviled Egg Day; Ohio Day              | 17 Baklava Day; Take a Hike Day          |
| 03 Housewife Day; Sandwich Day            | 18 Princess Day; Mickey Mouse Birthday   |
| 04 Candy Day; Stress Awareness Day        | 19 Play Monopoly Day                     |
| 05 Donut Day; Men Make Dinner Day         | 20 Peanut Butter Fudge Day               |
| 06 Jersey Friday; Nachos Day              | 21 Gingerbread Cookie Day; Stuffing Day  |
| 07 Bittersweet Chocolate w/ Almond Day    | 22 Cranberry Relish Day                  |
| 08 Cappuccino Day                         | 23 Espresso Day; Cranberry Day           |
| 09 Scrapple Day; Louisiana Day            | 24 Sardines Day                          |
| 10 Marines Bday; Vanilla Cupcake Day      | 25 Parfait Day; Jukebox Day              |
| 11 Sundae Day; Veterans Day               | 26 Cake Day; Thanksgiving Day            |
| 12 French Dip Day; Chicken Soup Day       | 27 Native American Heritage Day          |
| 13 World Kindness Day; Indian Pudding Day | 28 French Toast Day; Small Business Sat. |
| 14 Pickle Day; Family PJ Day; Guac Day    | 29 Electronic Greetings Day              |
| 15 Philanthropy Day; Raisin Bran Day      | 30 Mousse Day; Mason Jar Day             |

## 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.



**Daylight Savings Time Ends!** On Sunday, November 1st, at 1 AM, turn your clocks back one hour. Enjoy more light in the morning.



## RESIDENT SPOTLIGHT:

**Ray**

Ray was born in Washington state and spent his first eighteen years there before being drafted in the Army. He spent three years in the Pacific, then returned to go to the University of Chicago where he studied engineering and Biology. Ray spent most of his working life in Structure Engineer Sales while living on Mercer Island. He married and had two children. He and his wife were married 59 years. Ray's interests include skiing, tennis, biking, and sailing. Ray really enjoys biking to this day.

We are glad you are here Ray!



## STAFF SPOTLIGHT:

**Maddie**

Maddie grew up and has lived her whole life in Concrete, Wa. She graduated from Concrete High School and is currently doing on line training for HCA with hopes of becoming a nurse in the future. Maddie enjoys going to the farm and feeding the cows. She also enjoys cleaning her home that she recently got with her boyfriend who she adores. Maddie played a lot of volleyball and basketball when she was in school and still loves the sports!

Thank you, Maddie, for all you do.



# NOVEMBER 2020


La Conner Retirement Inn



204 N. 1st Street, La Conner, Wa 98257



360-466-5700

SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b> 9:30 Word Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Bible Study w/ Dan M 1:30 Bingo IN2L 3:00 Crafts 4:00 T.V Games IN2L  Daylight savings time ends Set your clock back one hour	<b>2</b> 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 Happy Neurons IN2L	<b>3</b> 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Chat with Christina 1:30 Bingo 3:30 Crafts with Allie 4:00 Trivia IN2L  <b>Election Day</b> 	<b>4</b> 9:30 Card Games IN2L 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 3:30 Geography	<b>5</b> 9:30 Matching Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Baking Club 3:00 Chat with Allie 4:00 Fall Trivia	<b>6</b> 9:30 Dominoes 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia IN2L 2:00 Name that sound IN2L 3:00 Happy Hour	<b>7</b> 9:30 Brain Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bingo IN2L 3:00 Board Games 4:00 Classic T.V IN2L
<b>8</b> 9:30 Word Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Bible Study w/ Dan M 1:30 Bingo IN2L 3:00 Crafts 4:00 T.V Games IN2L	<b>9</b> 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 Happy Neurons IN2L	<b>10</b> 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:15 Resident Council 3:00 Resident Birthday Party 4:00 Trivia IN2L	<b>11</b> 9:30 Card Games IN2L 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 3:30 Geography  <b>Veterans Day</b> 	<b>12</b> 9:30 Matching Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Baking Club 3:00 Chat with Dana 4:00 Trivia IN2L	<b>13</b> 9:30 Dominoes 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia IN2L 2:00 Name that sound IN2L 3:00 Happy Hour	<b>14</b> 9:30 Brain Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bingo IN2L 3:00 Board Games 4:00 Classic T.V IN2L
<b>15</b> 9:30 Word Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Bible Study w/ Dan M 1:30 Bingo IN2L 3:00 Crafts 4:00 T.V Games IN2L	<b>16</b> 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 Happy Neurons IN2L	<b>17</b> 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bingo 3:30 Crafts with Allie 4:00 Trivia IN2L	<b>18</b> 9:30 Card Games IN2L 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 3:30 Geography	<b>19</b> 9:30 Matching Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Baking Club 3:00 Manicures 4:00 Trivia IN2L	<b>20</b> 9:30 Dominoes 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia IN2L 2:00 Name that sound IN2L 3:00 Happy Hour	<b>21</b> 9:30 Brain Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bingo IN2L 3:00 Board Games 4:00 Classic T.V IN2L
<b>22</b> 9:30 Word Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Bible Study w/ Dan M 1:30 Bingo IN2L 3:00 Crafts 4:00 T.V Games IN2L	<b>23</b> 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 Happy Neurons IN2L	<b>24</b> 9:30 Current Events IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bingo 3:30 Crafts with Allie 4:00 Trivia IN2L	<b>25</b> 9:30 Card Games IN2L 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 PO-KE-NO 3:30 Geography	<b>26</b> 9:30 Sports Trivia 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Thanksgiving Trivia 2:00 Thanksgiving Movie  <b>Thanksgiving Day</b> 	<b>27</b> 9:30 Dominoes 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia IN2L 2:00 Name that sound IN2L 3:00 Happy Hour	<b>28</b> 9:30 Brain Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bingo IN2L 3:00 Board Games 4:00 Classic T.V IN2L
<b>29</b> 9:30 Word Games IN2L 10:00 Happy Hearts Fitness 10:30 Battle Ball 11:00 Bible Study w/ Dan M 1:30 Bingo IN2L 3:00 Crafts 4:00 T.V Games IN2L	<b>30</b> 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 Happy Neurons IN2L					All activities subject to change per mandated health guidelines.