



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

PRESORTED
STANDARD
US POSTAGE
LA CONNER, WA
PERMIT #3



Administrative Team:

Executive Director: Christina James
Wellness Director: Elena Vrinceanu
Registered Nurse: Linda Hall
Dietary Director: Dana Whitney
Maintenance Director:
Front Office: Kathy James
Life Enrichment Director: Allie Kester
Community Relations Dir.: Stacy Boydston

Connect:

360-466 5700
info@laconnerretirementinn.com
www.laconnerretirementinn.com
[Facebook.com/LaConnerRetirementInn](https://www.facebook.com/LaConnerRetirementInn)

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



La Conner Retirement Inn News

November 2021 Newsletter



2 Flu Prevention Steps
3 Team & Resident Spotlight
4 - 5 Activities Calendar

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

Flu Prevention Steps for Seniors This Season

Autumn brings much to be excited for: gatherings, delicious foods, crisp air, and beautiful sights outdoors! Less exciting, the influenza virus, a respiratory illness that infects the nose, throat, and lungs, makes its rounds in fall, typically on through February.



Anyone can catch the flu, but those 65+ or at senior living communities are at increased risk for flu-related complications like pneumonia, bronchitis, or sinusitis. The good news is older adults can take actions to avoid the flu. The best for many is an annual flu vaccine early in the flu season, with approval from one’s medical professional.

Differences Between Flu and a Cold

Flu is fast-coming and often brings fever, chills, cough, body ache, headache, and tiredness. It only sometimes includes sneezing, sore throat, or stuffy nose. The flu can be tested for, and antiviral drugs exist for it. A cold brings gradual effects including a runny or stuffy nose, chest discomfort, cough, sore throat, sneezing, and sometimes fatigue and aches. Colds don’t often bring chills, fever, or headache. (CDC)

All of us can benefit from knowing how to avoid getting and spreading the flu. It can spread in tiny drops when people with the flu cough, sneeze, or talk. The drops can transfer to nearby mouths, noses, or surfaces. Those with flu are most contagious in three to four days after their illness starts. They can pass it to others before or while aware they’re sick. Time between exposure and infection is often two days, but can be one to four.

Best preventions, aside from the flu vaccine for many, include: covering mouth and nose when coughing and sneezing; washing hands with soap and

warm water for 15-20 seconds several times daily and after coughing/sneezing; and avoiding contact with eyes, nose, and mouth. Since the Covid-19 pandemic began, many have been wearing masks, social distancing, hand washing, and staying home when ill, which can help prevent the flu.

With many great habits in place, we’re set up to stand up to this year’s flu virus. We hope this information helps everyone navigate this year’s flu season!

Follow your medical professional’s advice and speak with them before changing diet, exercise, or medications. This article is for informational use only and should not be considered medical advice.

Special Moments

November 11th is Veterans Day!
It is a U.S. holiday that honors veterans of all wars. That day, and throughout the year, we thank all who have served for our great nation.



Happy Birthday!

Trudy: Nov. 2 Shelly C: Nov. 23
Bertha: Nov. 7
Buttons: Nov. 13
Sharen: Nov. 20
Andra: Nov. 26

- 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, said to bring happiness and laughter!

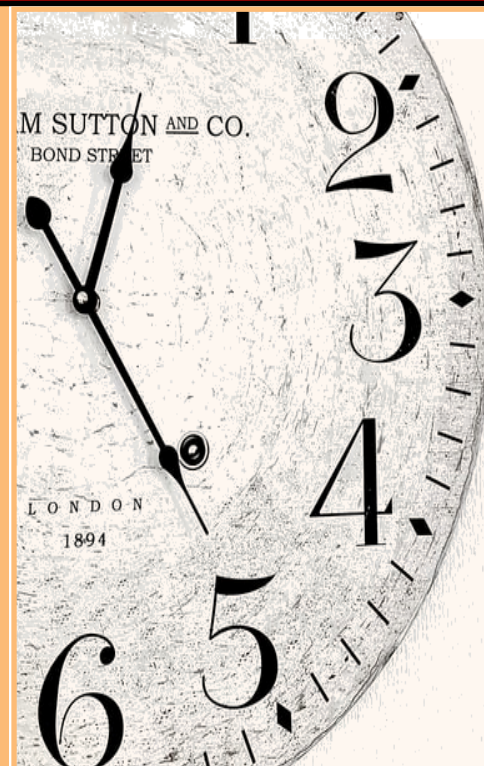
November 2021 Highlights

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

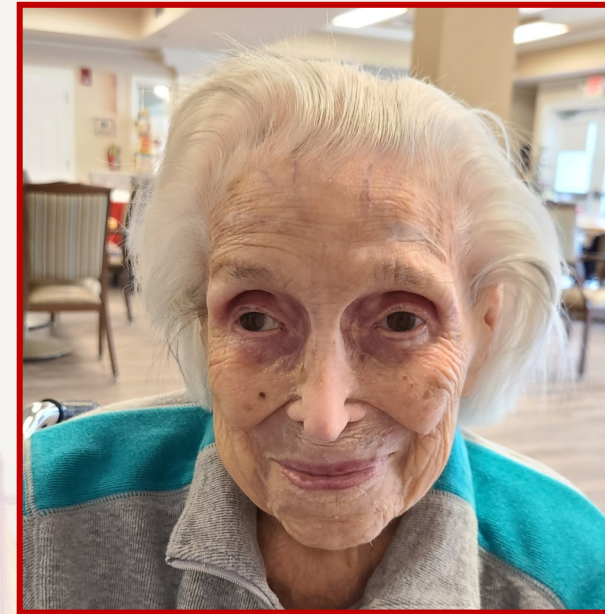
- | | |
|--|---|
| 01 Calzone Day; Cinnamon Day | 16 Button Day; Fast Food Day |
| 02 Deviled Egg Day; Traffic Directors' Day | 17 Hike Day; Homemade Bread Day |
| 03 Sandwich Day; Stress Awareness Day | 18 Mickey's Birthday |
| 04 Candy Day; Men Make Dinner Day | 19 Monopoly Day; Intl. Men's Day |
| 05 Donut Day; Favorite Team Jersey Day | 20 Peanut Butter Fudge Day |
| 06 Nachos Day; Saxophone Day | 21 Gingerbread Cookie Day; Stuffing Day |
| 07 Bittersweet Almond Chocolate Day | 22 Cranberry Relish Day |
| 08 Cappuccino Day | 23 Espresso Day; Cranberry Day |
| 09 Louisiana Day; Scrapple Pork Day | 24 Sardines Day; Jukebox Day |
| 10 Vanilla Cupcake Day; Accounting Day | 25 Thanksgiving Day; Parfait Day |
| 11 Veterans' Day; Sundae Day | 26 Cake Day; Native American Heritage Day |
| 12 Pizza with Works Day; French Dip Day | 27 Bavarian Cream Pie Day; Small Biz Sat. |
| 13 World Kindness Day | 28 Hannukah Begins; French Toast Day |
| 14 Pickle Day; Spicy Guacamole Day | 29 Electronic Greetings Day |
| 15 Recycle Day; Raisin Bran Cereal Day | 30 Mason Jar Day; Mousse 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. 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 7th, at 2 AM, turn your clocks back one hour. Enjoy more light in the morning.



RESIDENT SPOTLIGHT:

Trudy

Trudy was born in 1916 in Detroit Michigan. She married the love of her life and had three wonderful children. She graduated college with a business degree. She made her way to Washington state and lived across from where the Inn would be built. Trudy watched the construction of the Inn and when it opened she was their secretary for many years. When Trudy retired and sold her home, she moved into one of the cottages and eventually moved into the building where she still lives. Trudy will be turning 105 on November 2. She is referred to as the Inn's mascot.



STAFF SPOTLIGHT:

Shelly C.

Shelly was born in Aberdeen, WA. She grew up in Southern Washington and went to through school at Simi High, "Land of the Trojans." Shelly went on to study culinary arts through Job Corps. Shelly married the love of her life and is proud to say they have been married 21 years. Her hobbies are reading, cribbage, walking, sewing and embroidery. Shelly lives by this quote, "Get the most out of life that you can within legal limits" We are so happy you are here.

NOVEMBER 2021

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

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	1 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Chat with Dana 2:00 PO-KE-NO 3:45 Funny Animals	2 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Chat with Christina 2:00 Mexican Train 2:00 Crafts 4:00 Travel	3 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:00 Writing Club 10:30 Battle Ball! 1:30 Market Rip 2:00 Bridge 3:00 Board Games 6:00 Penny Bingo	4 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:00 Bible Study 1:30 Chat with Allie 2:00 Mexican Train 3:00 Travel 5:20 Seahawks Game 7:00 Cribbage Election Day	5 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:00 Trivia 2:00 Bridge 3:00 Happy Hour with the Salt Dirt Band 7:00 Cribbage	6 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Board Games 2:00 Needle Arts 3:00 Movie 4:00 Funny Animals
	7 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 travel 2:00 Bingo 3:45 Trivia Remember to turn your Clocks back 1 hour.	8 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Board Games 2:00 PO-KE-NO 3:45 Funny Animals	9 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:15 Resident Council 2:00 Mexican Train 3:00 Resident Birthdays 4:00 Travel	10 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:00 Writing Club 10:30 Battle Ball! 2:00 Staff Turkey Bowling 2:00 Bridge 3:00 Board Games	11 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:00 Bible Study 2:00 Mexican Train 3:00 Travel 7:00 Cribbage Veterans Day	12 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:00 Trivia 2:00 Bridge 3:00 Happy Hour with Lee Howard 7:00 Cribbage
	13 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Board Games 2:00 Needle Arts 2:00 Manicures 3:00 Movie 4:00 Funny Animals					
	14 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:25 Seahawks Game 3:45 Trivia					
	15 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Board Games 2:00 PO-KE-NO 3:45 Funny Animals					
	16 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Crafts 2:00 Mexican Train 4:00Travel					
	17 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:00 Writing Club 10:30 Battle Ball! 1:30 Market Trip 2:00 Bridge 3:00 Board Games 6:00 Penny Bingo					
	18 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:00 Bible Study 2:00 Mexican Train 3:00 travel 7:00 Cribbage					
	19 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:00 Trivia 2:00 Bridge 3:00 Happy Hour with Marcia Kester 7:00 Cribbage					
	20 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Board Games 2:00 Needle Arts 3:00 Movie 4:00-6:00 Resident Thanksgiving Dinner					
21 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:25 Seahawks Game 3:45 Trivia	22 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Board Games 2:00 PO-KE-NO 3:45 Funny Animals	23 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Trivia 2:00 Mexican Train 4:00 Travel	24 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:00 Writing Club 10:30 Battle Ball! 1:30 Fun Drive 2:00 Bridge 3:00 Board Games	25 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 2:00 Mexican Train 3:00 Thanksgiving Trivia 7:00 Cribbage Thanksgiving	26 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:00 Trivia 2:00 Bridge 3:00 Happy Hour 7:00 Cribbage	27 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Board Games 2:00 Needle Arts 2:00 Manicures 3:00 Movie 4:00 Funny Animals
28 9:00 Church Service 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Travel 2:00 Bingo 3:45 Trivia Hanukkah	29 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Board Games 2:00 PO-KE-NO 3:45 Funny Animals 5:15 Seahawks Game	30 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball! 1:30 Crafts 2:00 Mexican Train 4:00 Travel				