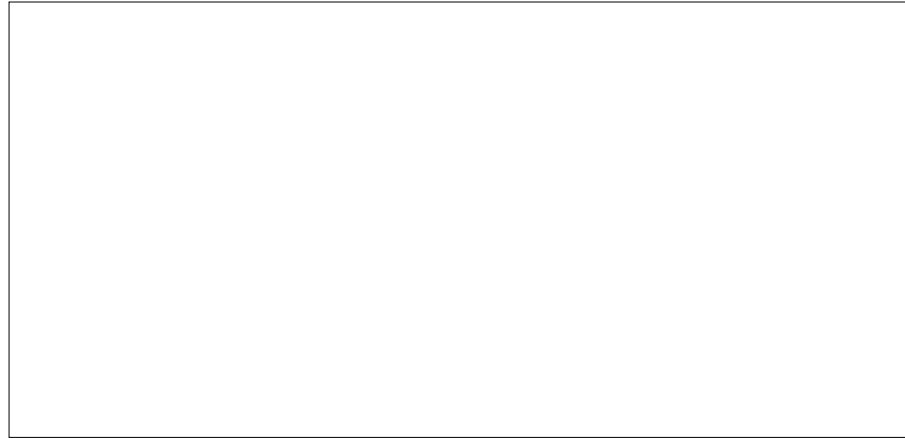




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Our mission is to create and sustain comfortable, caring environments for those who depend on us.

La Conner Retirement Inn News

October 2022 Newsletter



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Breast Cancer Awareness Month is Here!

Note: This is for informational purposes and should not be mistaken for medical advice. Please consult a physician or other medical professional or specialist for all health matters.

October observes Breast Cancer Awareness! It's a month for wearing pink, promoting knowledge, raising research funds, supporting those in and through the cancer fight, and taking steps to help detect the disease in early stages.

This October, increase your awareness with some breast cancer facts and early detection information. Your knowledge could help a loved one, friend, or yourself.

What is Breast Cancer?

Cells are tissue building blocks and are where cancer starts. During cell growth, sometimes new cells that are not needed form and mutate, and old or damaged cells do not die as they ought to. In the breast, when these cells spread to surrounding tissues, breast cancer occurs. This process is often slow. If a lump can be felt, it may have been growing for years. Finding a lump in the breast does not necessarily mean one has cancer, though if one is found, seeing a physician for a clinical breast exam is recommended.

Breast cancer may occur in men or women, but affects women more often than men. According to the National Breast Cancer Foundation, Inc., (NCBFI) in 2022, 287,500 estimated new cases of breast cancer will have been diagnosed in women in the U.S., as well as 51,400 new cases of non-invasive breast cancer. For men in the U.S. in 2022, 2,710 men will have been diagnosed with breast cancer.

Early Detection is Key

There are ways to detect breast cancer early, such as regular self-examinations and clinical



Did you know? 1 in 8 women in the U.S. will be diagnosed with breast cancer in their lifetime. There is hope though: There are more than 3.8 million U.S. breast cancer survivors. (NBCFI)

screenings. Clinical screenings include mammograms (breast x-rays); clinical breast exams (where a trained provider feels for abnormalities); and in certain cases, breast MRIs (usually in addition to a screening mammogram). Learn more on screening options at cancer.org.

Men at high risk for breast cancer should discuss managing their risk with their doctor. Women should be familiar with how their breasts normally look and report changes to a medical provider. Women at average risk for breast cancer between 40-44 have the option to start annual mammograms. The American Cancer Society recommends average-risk women ages 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. Learn more about risk level at cancer.org.

Some Positive News

Death rates from breast cancer have been on the decline since 1990 due to better screening, early detection, increased awareness, and improved treatments. In addition, for women over 50 and older, in recent years breast cancer incidence rates have decreased. (NCBFI)

This month and in those to follow, we hope to encourage breast cancer awareness and continued learning. We welcome your feedback on this article on our Facebook page on the 1st.

Special Moments



Happy Birthday!

Residents
Sue H: Oct. 22
Terry: Oct. 29

Staff
Kimberly: Oct. 17

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 2022 Highlights

October observes Breast Cancer Awareness, Dental Hygiene, Emotional Wellness, Financial Planning, Physical Therapy, and Protecting Hearing. It Celebrates: Apples, Arts, Humanities, Baking, Books, Caramel, Chili, Cookies, Pasta, Pizza, Sausage, Seafood, Stamp Collecting, Pears, Pineapples, Spinach, and Vegetarianism.

- | | |
|--|---|
| 01 Day for Seniors; Hair Day; Homemade Cookies Day; Pumpkin Spice Day | 17 Bosses Day; Pasta Day |
| 02 Custodial Day; Cards Day; Fried Scallops Day | 18 Pharmacy Tech Day; Choco Cupcake Day; No Beard Day |
| 03 Smoothie Day; Consign Day; Chili Week | 19 Chamber of Commerce Day; Seafood Bisque Day |
| 04 Cinn. Bun Day; Golf Day; Taco Day; Fruit Day | 20 Chefs' Day; Chicken & Waffles Day |
| 05 Teachers' Day; Do Something Nice Day | 21 Nachos Day; Pumpkin Cheesecake Day; Reptile Day |
| 06 Mad Hatter Day; Noodle Day | 22 Color Day; Nut Day; Make A Difference Day |
| 07 Choco Pretzel Day; Frappe Day; Smile Day | 23 Mother-in-Laws' Day; Boston Cream Pie Day |
| 08 Podiatry Day; Pierogi Day; Chess Day | 24 Bologna Day; UN Day |
| 09 Clergy Day; Migratory Birds Day | 25 Pasta Day; Opera Day; Greasy Food Day |
| 10 Columbus Day; Native American Day; Decorate Cake Day; Park Walk Day | 26 Day of the Deployed; Pumpkin Day |
| 11 Sausage Pizza Day | 27 Black Cat Day; Civics Day; Navy Day |
| 12 ER Nurse Day; Gumbo Day; Fossil Day | 28 First Responders' Day; Breadstick Day |
| 13 Train Your Brain Day; Yorkshire Pudding Day | 29 Cat Day; Oatmeal Day; World Stroke Day |
| 14 Dessert Day | 30 Orthopedic Nurse Day |
| 15 Cheese Curd Day; I Love Lucy Day | 31 Halloween; Girl Scout Day; Caramel Apple Day |
| 16 Pharmacy Week; Cat Day; Sports Day | |

Our Executive Director's Corner

Dear residents, family members, and friends,

I want to take a moment to introduce your new Executive Director. His name is Jeff Hendrickson. He has been with the company since 2014 and has most recently been the ED for our community in Lake Stevens.

I will miss you all and I have cherished the last 5 years with all of you. I also know I have left you in good hands and I haven't gone far. I will see you soon. Love, Christina James



Staff Spotlight:
Diamante

Diamante was born in Tucson, Az. She traveled much of her school life attending many schools. Diamante received a degree in liberal arts from the college of Pima Arizona. She went on and got her CAN license and her EMT license. Her hobbies include backpacking, hiking, reading, knitting and crocheting. Her dream is to one day own a retirement assisted living facility. Diamante has such a passion for the people here at the Inn.

Keep up the good work!



Resident Spotlight:
Jannette

Jannette was born in Lone Washington. She went to Lone School right through graduation. Jannette started the React Club which included CB radio and channel 9. Jannette married the love of her life and had four wonderful children. Between the four, they gave her seven grandkids! Jannette and her husband always loved to travel and see different parts of the country together. Reading and walking are some of the other hobbies she enjoys.

We are so happy you are here, Jannette!

OCTOBER 2022

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 1:00 Manicures 1:30 Cribbage 3:30 Black Jack 7:00 Movie
2 9:30 Animal Webcam 10:00 Seahawks Game 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 1:30 Travel Video 2:00 PO-KE-NO 3:30 Trivia Game	3 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Penny Bingo 3:45 Funny Animal Videos	4 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat with Jeff 2:00 Mexican Train 7:00 Pinochle	5 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bus Trip: Market 3:30 Black Jack	6 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 Adult Coloring & Sketching 3:30-4:30 Choir Practice	7 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia Game 3:00 Happy Hour Octoberfest with Lee Howard 7:00 Cribbage	8 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Penny Bingo 3:30 Black Jack 7:00 Movie
9 9:30 Animal Webcam 10:00 Seahawks Game 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 1:30 Travel Video 2:00 PO-KE-NO 3:30 Trivia Game	10 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat with Dana 2:00 Penny Bingo 3:45 Funny Animal Videos	11 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:15 Resident Council 3:00 Resident Birthdays 7:00 Pinochle	12 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bus Trip: Swinomish Casino 3:30 Black Jack	13 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 1:30 “Mt. Baker Pioneer” Lecture by Jerry 3:00 Mexican Train 3:30-4:30 Choir Practice	14 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia Game 3:00 Happy Hour with Salt Dirt Band 7:00 Cribbage	15 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Manicures 1:30 Cribbage 3:30 Black Jack 7:00 Movie
16 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 1:05 Seahawks Game 3:30 Trivia Game	17 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Penny Bingo 3:45 Funny Animal Videos	18 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train 3:00 Welcome Tea 7:00 Pinochle	19 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bus Trip: Market 3:30 Black Jack	20 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 1:30 Cricket’s Snackin’ Mystery Drive 2:00 Mexican Train 3:00 Adult Coloring & Sketching 3:30-4:30 Choir Practice	21 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia Game 3:00 Happy Hour with Harmony North West Choir 7:00 Cribbage	22 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Cribbage 2:00 Penny Bingo 3:30 Black Jack 7:00 Movie
23 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 1:25 Seahawks Game 3:30 Trivia Game	24 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Dan Miller DVD Presentation 3:45 Funny Animal Videos National Polio Day	25 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train 2:00 Halloween Craft 7:00 Pinochle	26 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Bus Trip: Bellis Fair Mall 3:30 Black Jack	27 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 1:30 Chat the Medical Team 2:00 Mexican Train 3:00 Adult Coloring & Sketching 3:30-4:30 Choir Practice	28 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia Game 3:00 Happy Hour with Mary Whiton 7:00 Cribbage	29 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Manicures 1:30 Cribbage 3:30 Black Jack 7:00 Movie
30 9:00 Church Service 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 1:25 Seahawks Game 3:30 Trivia Game	31 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball <i>3:00-5:00 Halloween Parade & Trick or Treating</i> Happy Halloween					