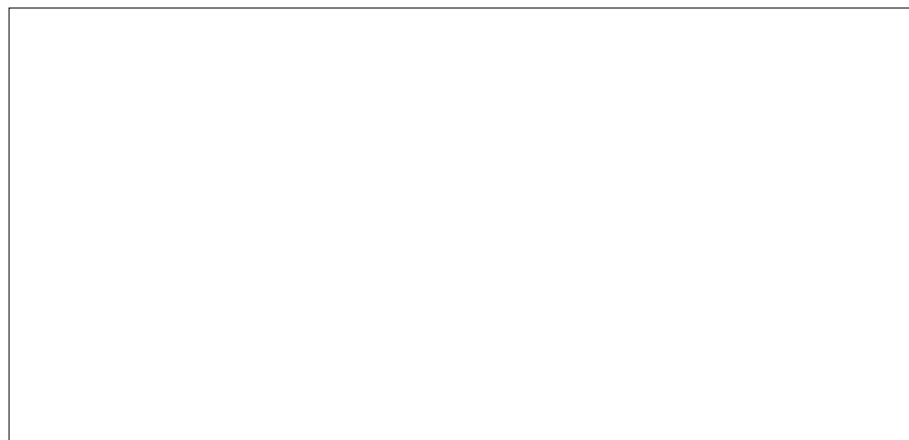




204 N. 1st St.  
PO Box 1087  
La Conner, WA 98257

PRESORTED  
STANDARD  
US POSTAGE  
LA CONNER, WA  
PERMIT #3



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**Life Enrichment Director:**  
Allie Kester  
**Dining Services Director:**  
Dana Whitney  
**Maintenance Director:**  
Sean Miller

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



# La Conner Retirement Inn News

**November 2022 Newsletter**



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# The History of Veterans Day, A Day of Gratitude

On November 11th, U.S. citizens will honor and express gratitude for those who have served our country on what is known as Veterans Day. It is a U.S. holiday that honors veterans of all wars.

What you may not know is that its history has had quite a few interesting twists and turns.

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.



**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.

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.

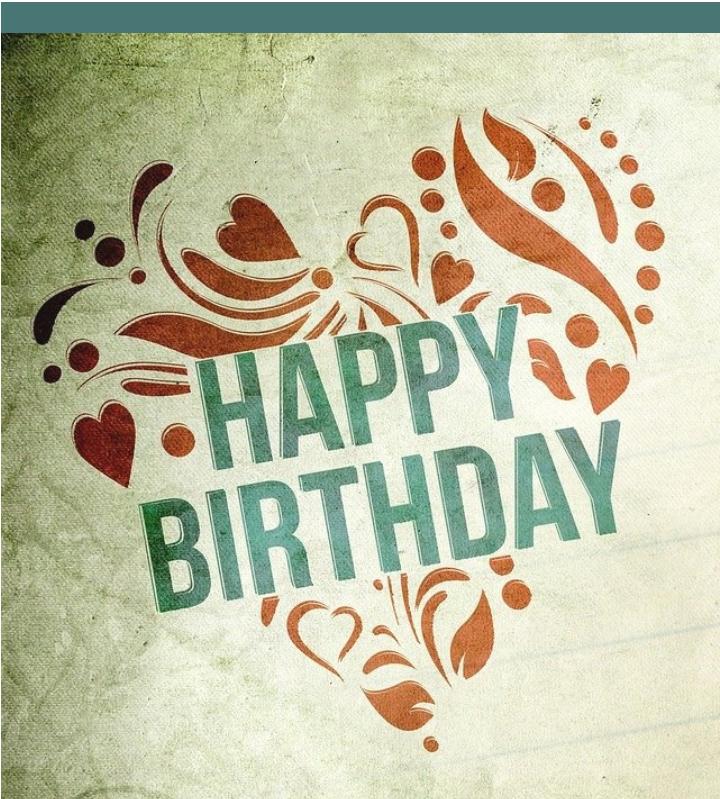
The day would still see some changes! As of 1971, Veterans Day was moved to the fourth Monday in October when Congress passed a Uniform Holidays Bill to make Monday “the” day for federal holidays. But in 1978, due to many states’ confusion and disapproval over the change, the holiday was moved back to 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.

We welcome you to share messages of thanks for our Veterans on our Facebook post on the 11th of November.

# Special Moments





**HAPPY BIRTHDAY**

**Residents**

**Trudy: Nov. 2**

**Bertha: Nov. 7**

**Darrell: Nov. 7**

**Sharen: Nov. 20**

**Andi: Nov. 26**

**Staff**

**Nick: Nov. 8**

**Sean: Nov. 20**



# November 2022 Highlights

**Observes:** Natl. Alzheimer's Awareness, COPD, Diabetes, Epilepsy, Hospice & Palliative Care, Long-term Care, and Lung Cancer

**Celebrates:** Aviation History, Career Development, Family Caregivers, Family Stories, Fondue, Gratitude, Life Writing, Movember, Military Families, Native American Heritage, Novels, Peanut Butter, Pomegranates, Raisin Bread, Spinach, and Squash

01 Calzone Day; Cinnamon Day; Fried Clams Day	17 Baklava Day; Homemade Bread Day; Guinness
02 Deviled Egg Day; Stress Awareness Day	World Record Book Day
03 Sandwich Day; World Jellyfish Day	18 Princess Day; Mickey Mouse's Birthday
04 Candy Day	19 Intl. Men's Day; Play Monopoly Day
05 Donut Day; Love Your Red Hair Day; Bison Day	20 Game & Puzzle Week; Peanut Butter Fudge Day
06 Daylight Savings End; Nacho Day; Saxophone Day	21 Gingerbread Cookie Day; Stuffing Day
07 Merlot Day; Bittersweet Chocolate & Almond Day	22 Cranberry Relish Day
08 Cappuccino Day; STEM Day	23 Cashew Day; Espresso Day; Jukebox Day
09 Scrapple Day	24 Thanksgiving Day; Unique Talent Day
10 Marine Corps Birthday; Vanilla Cupcake Day	25 Native American Heritage Day; Parfait Day
11 Veterans Day; Origami Day; Sundae Day	26 Cake Day; Small Business Saturday
12 Chicken Soup for Soul Day; French Dip Day	27 Bavarian Cream Pie Day; Craft Jerky Day
13 Nurse Practitioners' Week; World Kindness Day	28 French Toast Day
14 PJ Day; Pickle Day; Spicy Guacamole Day	29 Day of Giving
15 Recycle Day; Philanthropy Day; Raisin Bran Day	30 Mason Jar Day; Mousse Day
16 Button Day; Fast Food Day	

“It looked like the world was covered in a cobbler crust of brown sugar and cinnamon.” - Sarah Addison Allen, Author (reflecting on November)



## November Notes!

November 11th is Veterans Day! That day, and throughout the year, we thank all who have served for our great nation.

Daylight Savings Time Ends on Sunday, Nov. 6th. At 2 AM, your clocks should go back one hour. Enjoy more light in the morning.



**Staff Spotlight:**  
**Kimberly**

Our new receptionist comes to us from the customer service field, having done everything from retail to a memorial home. She was born in Tacoma, raised in Omak, and moved to Arlington three years ago to get back to the prettier side of WA. Because it's got it all!

She is a single lady and the proud mom of two grown daughters. Hobbies include crafting, dancing, music and all things outdoors. Kimberly sells Mary Kay as a side gig.

After two months here at The Inn, She says she has never had so much fun at a job before and just loves working here with us. Welcome to the team!



**Resident Spotlight:**  
**Erland**

Erland was born in Mt. Vernon, where he attended Burlington School District. After graduation, he attended Everett CC where he majored in Business. Then moved to West L.A. to work at Dould Mortgage Co., relocating again to Glendale, OR, to work for a utility company for a couple of years. He finished his career working for Skagit Regional Airport refurbishing luggage bins on airplanes.

Erland has 2 boys, 2 girls and 10 grandchildren. His hobbies include tennis and volunteering at Meals On Wheels.

We are so happy your many journeys brought you to us.



# NOVEMBER 2022

La Conner Retirement Inn

• 204 N. 1st Street, La Conner, WA 98257

• 360.466.5700

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>All activities subject to change per mandated health guidelines.</b></p>		<p>1 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat with Jeff 2:00 Mexican Train 3:00 Adult Coloring &amp; Sketching</p>	<p>2 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:30 Market Trip: Walmart</b> 3:30 Black Jack</p>	<p>3 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 1:30 Chat with Allie 2:00 Chicken Foot 3:30-4:30 Choir Practice</p>	<p>4 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia Game <b>3:00 Happy Hour with Lee Howard</b> 7:00 Cribbage</p>	<p>5 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Penny Bingo 3:00 Black Jack 7:00 Movie</p>
<p>6 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion <b>1:05 Seahawks Game</b> 3:30 Trivia Game</p> <p><b>Daylight Savings Time ENDS</b></p>	<p>7 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</p>	<p>8 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:15 Resident Council 2:00 Chicken Foot 3:00 Resident Birthdays</p> <p><b>Election Day</b></p> 	<p>9 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:30 Bus Trip: New Library</b> 3:30 Black Jack</p>	<p>10 9:30 Animal Webcam 10-12 Manicures by Allie <b>10-12 Spa Day with Joe</b> 1:00 Bible Study 2:00 Mexican Train 3:30-4:30 Choir Practice</p>	<p>11 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia Game <b>3:00 Happy Hour with Ed Pearson</b> 7:00 Cribbage</p> <p><b>Veterans Day</b></p> 	<p>12 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Penny Bingo 3:00 Black Jack 7:00 Movie</p>
<p>13 <b>6:30 Seahawks Game</b> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion <b>1:30 Chat with Dana</b> 2:00 Adult Coloring &amp; Sketching 3:30 Trivia Game</p>	<p>14 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</p>	<p>15 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train 3:00 Welcome Tea 3:30 Adult Coloring &amp; Sketching</p>	<p>16 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:30 Market Trip: Fred Meyer</b> 3:30 Black Jack</p>	<p>17 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study <b>1:30 Cricket's Mystery Drive</b> 2:00 Chicken Foot 3:30-4:30 Choir Practice</p>	<p>18 9:30 Animal Webcam <b>11am/1pm Friends &amp; Family Thanksgiving Dinner</b> <i>Sign up at the front desk RSVP required</i> <b>3:00 Happy Hour with Mike Bush</b> 7:00 Cribbage</p>	<p>19 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Penny Bingo 3:00 Black Jack 7:00 Movie</p>
<p>20 9:30 Animal Webcam 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</p>	<p>21 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</p>	<p>22 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Chicken Foot <b>2:00 Fall Craft</b> (Wine Glasses) 4:00 Funny Videos</p>	<p>23 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>10:45 Bus Trip: Lunch &amp; Christmas Shopping at Bellis Fair Mall</b> 3:30 Black Jack</p>	<p>24 9:00-12:00 Macy's Thanksgiving Day Parade  9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball</p> <p>Thanksgiving Day</p> 	<p>25 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia Game <b>3:00 Happy Hour with Esquires</b> 7:00 Cribbage</p>	<p>26 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Penny Bingo 3:00 Black Jack 7:00 Movie</p>
<p>27 9:00 Church Service 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion <b>1:05 Seahawks Game</b> 3:30 Trivia Game</p>	<p>28 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</p>	<p>29 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train 3:00 Adult Coloring &amp; Sketching 4:00 Funny Videos</p>	<p>30 9:30 Animal Webcam 10:00 Writing Club 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:30 Market Trip: Grocery Outlet</b> 3:30 Black Jack</p>			