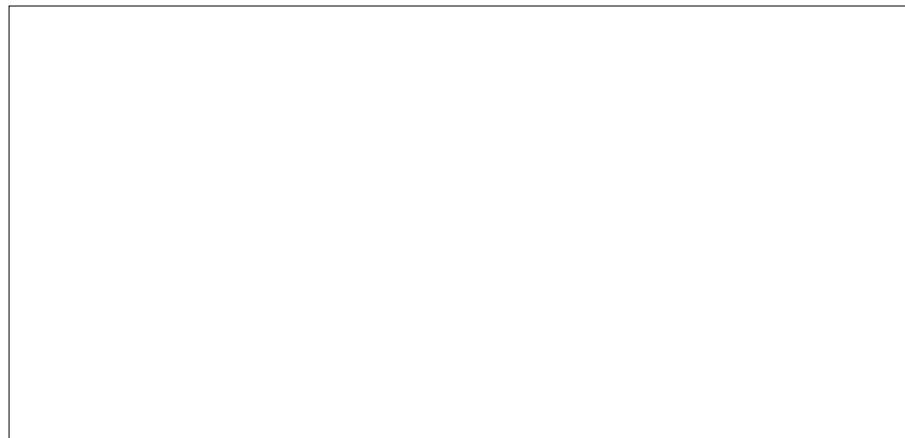




204 N. 1st St.
PO Box 1087
La Conner, WA 98257

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Leadership Team
Phone: 360.466.5700
Email: info@laconnerretirementinn.com
Website: laconnerretirementinn.com
Facebook: [LaConnerRetirementInn](https://www.facebook.com/LaConnerRetirementInn)

Executive Director:
Jeff Hendrickson
Community Relations Director:
Stacy Boydston
Wellness Director:
Elena Vrinceanu
Wellness Nurse:
Linda Hall
Business Office Director:
Lisa Brown
Life Enrichment Director:
Allie Kester
Dining Services Director:
Nathen Torrance
Maintenance Director:
Troy Roach

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

La Conner Retirement Inn News

September 2023 Newsletter



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Ways to Support an End to Alzheimer's Disease

This month, our community is looking forward to the Alzheimer’s Association’s Walk to End Alzheimer's. The walk takes place in more than 600 communities across the United States each year, fundraising toward Alzheimer's care, support, and research. For those looking to take action toward an end to Alzheimer's, here are some ways you can support the cause, from the walk and beyond.

- Walk in the Walk to End Alzheimer’s! Register for your local walk as part of a team or independently. Set up a Tribute or Memorial Page with fundraising support options at act.alz.org

Our local walk will be taking place:
Saturday, September 9
at Burlington Chamber of Commerce
(520 E Fairhaven Ave., Burlington, WA)
Registration at 9:00 a.m.
Ceremony at 10:00 a.m.
Walk at 10:30 a.m.
(Subject to change. Please check alz.org)

- Participate in the Ride to End Alzheimer’s. You can bike ride anywhere for this Summer Challenge and raise funds toward research.
- Help with Research. TrialMatch is a free service that pairs potential participants with clinical studies. See: trialmatch.alz.org
- Advocate. Urge congress to support the Alzheimer's and dementia community. There are online fillable forms for contacting congress about vital issues at alz.org/get-involved-now/advocate
- Donate vehicles, boats, and RVs with the Donate-A-Car Program. Proceeds support the Alzheimer's Association and may provide tax benefits. Call 855.277.6227.



Alzheimer’s Fast Facts: Americans who have Alzheimer's is growing. More than 6.7 million Americans have Alzheimer's and 1 in 3 seniors pass with Alzheimer's or Dementia. Early diagnosis can provide medical, emotional, and social benefits; aid with clinical trial participation; enable people to be in control of their legal and financial wishes; and create cost savings in medical and long-term care.

- Be a Volunteer Support Group Facilitator, creating safe environments for sharing feelings or experiences of Alzheimer’s or dementia.
- Be a Volunteer Faith Outreach Representative, sharing information and free resources through the Alzheimer’s Association.
- Be a Volunteer Community Educator, providing education and expanding program reach. Vist: volunteer.alz.org/Volunteeropportunities/becoming
- Share on social media: The more accurate information about Alzheimer's that is shared, the more people will support the fight against Alzheimer's. Don’t forget to hashtag your efforts with #endalz.

Let us know on the first of the month on our facebook what efforts you’re excited about taking part in toward an end to Alzheimer’s!

Special Moments



Happy Birthday to our Staff & Residents:

- Charlie: Sept. 4
- Alva Jean: Sept. 6
- David M.: Sept. 8
- Elena: Sept. 13
- Linda S.: Sept. 19
- Blossom: Sept. 21
- Ruth G.: Sept. 25
- Lee: Sept. 27

September 2023 Highlights

Observes: World Alzheimer’s Awareness, Healthy Aging, Intergenerational Ties, Pain Awareness, Prostate Health, and Self-Care

Celebrates: Americana, Chicken, Classical Music, Honey, Little League, Mushrooms, Piano, Potatoes, Rice, Sewing, and Square Dancing

- | | |
|--|---|
| 01: Chianti Day; College Colors Day; Food Bank Day | 16: Raisin Bread Day; Guac Day; Play-Doh Day |
| 02: V-J Day; World Beard Day; Tailgating Day | 17: Apple Dumpling Day; Monte Cristo Day |
| 03: Cinema Day; U.S. Bowling League Day | 18: Air Force Birthday; Cheeseburger Day |
| 04: Labor Day; Macadamia Nut Day; Wildlife Day | 19: Butterscotch Pudding Day; Talk Like Pirates Day |
| 05: Cheese Pizza Day | 20: Fried Rice Day; Pepperoni Pizza Day; Punch Day |
| 06: Coffee Ice Cream Day; Read A Book Day | 21: Chai Day; New York Day; Pecan Cookie Day |
| 07: Acorn Squash Day; Beer Lovers Day; Salami Day | 22: Centenarian’s Day; States and Capitals Day |
| 08: Star Trek Day; World Ampersand Day | 23: Fall Begins; Family Health & Fitness Day |
| 09: Teddy Bear Day; Wiener Schnitzel Day | 24: Cherries Jubilee Day; Punctuation Day |
| 10: Grandparent’s Day; Ideas Day; TV Dinner Day | 25: Daughter’s Day; Quesadilla Day; Family Day |
| 11: Hot Cross Bun Day; Patriot Day | 26: Dumpling Day; Pancake Day |
| 12: Chocolate Milkshake Day; Ants on a Log Day | 27: Women Health Fitness Day; Chocolate Milk Day |
| 13: Peanut Day; Uncle Sam Day | 28: Good Neighbor Day; Strawberry Cream Pie Day |
| 14: Cream Filled Donut Day; Eat a Hoagie Day | 29: Coffee Day; VFW Day |
| 15: Cheese Toast Day; Felt Hat Day; Linguine Day | 30: Chewing Gum Day; Hot Mulled Cider Day |

What do you like most about Autumn?

- 1.Lee: *Cold clear nights, and warm days.*
- 2.Glenda: *All the beautiful colors.*
- 3.Dorothy: *Halloween!*
- 4.Elain: *Not too hot but still warm (I hate winter!)*
- 5.John B.: *Football!!*



Staff Spotlight: Khloe

Meet Khloe, a vibrant soul hailing from Porterville, Calif., who moved to Washington with her family in 2022.

A student at Mount Vernon High School, Khloe's heart is as big as her dreams. With an insatiable passion for animals and a voracious appetite for reading, she's the girl who seizes every opportunity to shower someone else's pet with affection. Her ultimate aspiration? To one day call an animal her own.

As a cherished member of the Inn's team, Khloe's magnetic charm makes her a favorite among residents, leaving only words of admiration in her wake. Your dedication shines bright—keep soaring!



Resident Spotlight: Ruth

Meet Ruth, an Iowa native who called it home for two decades before setting her roots in Sedro Woolley until the age of 90.

With a fulfilling career as a registered nurse and a family that bloomed to include three sons and a daughter, Ruth's life journey was marked by love and dedication.

She enjoys the simple pleasures of playing bridge, solving puzzles, attending church, and taking walks. Now at the Inn, she eagerly looks forward to our outings.

We're thrilled to have you here, Ruth!

SEPTEMBER 2023

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

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>					<p>1</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia 3:00 Happy Hour with Music by The Old Time Fiddlers 7:00 Scrabble</p>	<p>2</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Gardening Club 1:00-3:00 Tim Robbins Day Parade 7:00 Movie & Popcorn "Looney Tunes the Movie"</p> 
<p>3</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 2:00 PO-KE-NO 3:30 Trivia</p>	<p>4</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Labor Day Social 6:00-8:00 Discussion Night "History of La Conner"</p> 	<p>5</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train 2:00 Themed 3D Art Board Project 6:00 Game Night</p>	<p>6</p> <p>9:30 Animal Webcam 10:00 Writing Group 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:15 Market Trip: Fred Meyer 4:00 Funny Videos</p>  <p>National Read a Book Day</p>	<p>7</p> <p>9:30 Animal Webcam 10:00-12:00 Spa Day with Jo 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Chat with Allie 3:00 Chicken Foot 3:30-4:30 Choir Practice 6:00 Game Night</p>	<p>8</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia 3:00 Fall Social with Live Music By Lee Howard 7:00 Scrabble</p>	<p>9</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Gardening Club 2:00 Black Jack 7:00 Movie & Popcorn "Armageddon"</p>
<p>10</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 1:25 Seahawks Game</p>  <p>Grandparents Day</p>	<p>11</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Penny Bingo 3:30 Funny Videos 6:00-8:00 Discussion Night "History of La Conner"</p> <p>Patriot Day</p> 	<p>12</p> <p>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 6:00 Game Night</p>	<p>13</p> <p>9:30 Animal Webcam 10:00 Writing Group 10:00 Happy Hearts Fitness 10:30 Battle Ball TBA Bus Trip: Lunch Out in Friday Harbor 4:00 Funny Videos</p>	<p>14</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Chicken Foot 3:30-4:30 Choir Practice 4:30-6:30 Date Night in Italy</p> 	<p>15</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia 3:00 Happy Hour with Live Music By Esquires 7:00 Scrabble</p>	<p>16</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Gardening Club 2:00 Black Jack 7:00 Movie & Popcorn "The Taking of Palham 123"</p>
<p>17</p> <p>9:30 Animal Webcam 10:00 Seahawks Game 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 2:00 PO-KE-NO 3:30 Trivia</p>	<p>18</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Penny Bingo 3:30 Funny Videos 6:00-8:00 Discussion Night "History of La Conner"</p>	<p>19</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chat with Jeff 2:00 Finance 101 with Jeff 3:00 Mexican Train 6:00 Game Night</p>	<p>20</p> <p>9:30 Animal Webcam 10:00 Writing Group 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:15 Market Trip: Grocery Outlet 4:00 Funny Videos</p>  <p>National Pepperoni Pizza Day</p>	<p>21</p> <p>9:30 Animal Webcam 10:00-12:00 Spa Day with Jo 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Chat with Nathan 3:00 Chicken Foot 3:30-4:30 Choir Practice 6:00 Game Night</p>	<p>22</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia 3:00 Happy Hour with Live Music By Monte 7:00 Scrabble</p> <p>First Day of Autumn</p> 	<p>23</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Gardening Club 2:00 Black Jack 7:00 Movie & Popcorn "You, Me, and Dupree"</p>
<p>24</p> <p>9:00 Church Service 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 1:05 Seahawks Game</p> 	<p>25</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Travel Video 2:00 Penny Bingo 3:30 Funny Videos 6:00-8:00 Discussion Night "History of La Conner"</p>	<p>26</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Mexican Train 3:00 Welcome Tea 6:00 Game Night</p> <p>National Pancake Day</p> 	<p>27</p> <p>9:30 Animal Webcam 10:00 Writing Group 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:15 Bus Trip: Larrabee Park Beach 4:00 Funny Videos</p>	<p>28</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 2:00 Chat the Medical Team 3:00 Chicken Foot 3:30-4:30 Choir Practice 6:00 Game Night</p>	<p>29</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia 3:00 Happy Hour with Live Music By 7:00 Scrabble</p>	<p>30</p> <p>9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Gardening Club 2:00 Black Jack 7:00 Movie & Popcorn "Young Guns"</p>