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PRESORTED  
STANDARD  
US POSTAGE  
LA CONNER, WA  
PERMIT #3



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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

## November 2023 Newsletter



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## Ways to Honor Our Veterans

Veterans Day takes place on November 11, honoring veterans of the United States' armed forces. On that day and beyond, here are some ways to honor the veterans in your life and community.

**Visit a VA Hospital.** Call ahead to find out their guidelines for visiting and/or volunteering and see how you can make a difference for the veterans there.

**Visit a War Memorial.** Take the time to observe and remind yourself and others about our veterans sacrifices.

**Send thank you mail to veterans.** There are various organizations that you can seek out for reaching veterans. A few links to do so include:

- [amillionthanks.org/letter/](http://amillionthanks.org/letter/)
- [supportourtroops.org/cards-letters](http://supportourtroops.org/cards-letters)
- [www.operationgratitude.com/volunteer/anywhere/letters/](http://www.operationgratitude.com/volunteer/anywhere/letters/)

**Strike up a conversation with a veteran.** It is not only a great feeling to connect with another person, but it is special to a veteran when you take the time to hear what they want to share from their story.

**Support charities that bring support to veterans.** A few include:

- K9s For Veterans: [k9sforwarriors.org](http://k9sforwarriors.org)
- Vehicles For Veterans: [www.vehiclesforveterans.org](http://www.vehiclesforveterans.org)
- Disabled American Veterans: [dav.org](http://dav.org)
- Wounded Warriors Family Support: [wwfs.org](http://wwfs.org)



Do you know all of the branches of U.S. Armed Forces? There are six: the Air Force, Army, Coast Guard, Marine Corps, Navy, and Space Force.

**Display and use your American flag properly.** Rules of thumb include not hanging the flag upside down or backwards and if you hang it vertically, have the stars on the viewer's left. Also, don't let the flag touch the ground. On Memorial Day, have the flag at half-mast from sunrise to noon then at full-mast the rest of the day.

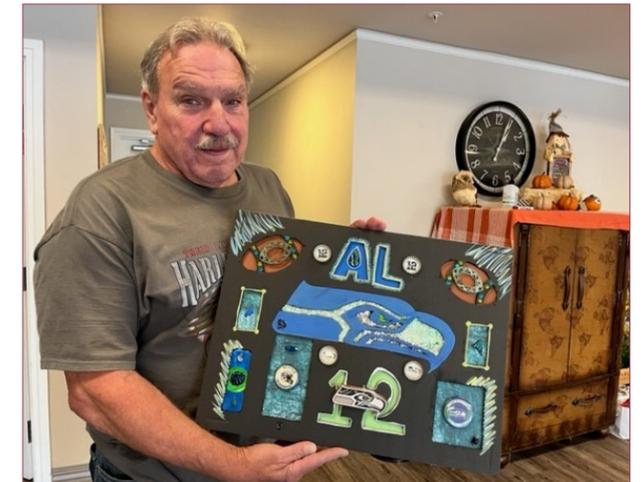
**Know the difference between Veterans Day and Memorial Day.** Memorial Day is the last Monday in May, honoring those who have passed serving in the military. Veterans Day honors all who have served in the Armed Forces.

**Buy a veteran a cup of coffee or help them with a task.** If you see a veteran out in your community, try to brighten their day by offering your assistance to them.

We would love to hear additional ideas from you about the ways you support veterans on our Facebook post for this month's newsletter on the first of November.



## Special Moments



**Happy Birthday to our Staff & Residents:**

**Trudy: Nov. 2**  
**Bertha: Nov. 7**  
**Andra: Nov. 26**  
**Nick: Nov. 8**  
**Khloe: Nov. 11**  
**Roshelle: Nov. 16**  
**Nicole: Nov. 24**  
**Ashley: Nov. 25**  
**Aiying: Nov. 26**

# November 2023 Highlights

**Observes:** National 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: Authors’ Day; Calzone Day; Cinnamon Day        | 17: Butter Day; Homemade Bread Day; Hike Day     |
| 02: Deviled Egg Day; Ohio Day                      | 18: Mickey Mouse's Birthday; Princess Day        |
| 03: Housewife’s Day; Sandwich Day; Jersey Friday   | 19: Play Monopoly Day                            |
| 04: Candy Day; Bison Day                           | 20: Child’s Day; Peanut Butter Fudge Day         |
| 05: Daylight Saving Time Ends; Donut Day           | 21: Gingerbread Cookie Day; Stuffing Day         |
| 06: Nachos Day; Saxophone Day                      | 22: Cranberry Relish Day; Jukebox Day            |
| 07: Bittersweet Chocolate with Almonds Day         | 23: Thanksgiving; Cashew Day; Espresso Day       |
| 08: Cappuccino Day; STEM/STEAM Day                 | 24: Native American Heritage Day; Sardines Day   |
| 09: Louisiana Day; Scrapple Day                    | 25: Parfait Day; Small Business Saturday         |
| 10: Veterans Day Observed; Vanilla Cupcake Day     | 26: Cake Day                                     |
| 11: Veterans Day; Sundae Day                       | 27: Bavarian Cream Pie Day; Craft Jerky Day      |
| 12: Chicken Soup For The Soul Day; French Dip Day  | 28: French Toast Day; Giving Day                 |
| 13: World Kindness Day; Indian Pudding Day         | 29: Electronic Greetings Day                     |
| 14: Family PJ Day; Pickle Day; Spicy Guacamole Day | 30: Mason Jar Day; Mousse Day, Floral Design Day |
| 15: Bundt Day; Philanthropy Day; Raisin Bran Day   |  |
| 16: Fast Food Day; Great American Smokeout         |  |

## What is your favorite memory of Thanksgiving?

Deanna: My granddaughter and my dog Anne

Jannette: My mom’s dressing

Seanene: My family

Myo: Gathering with my family

Charlie: Betsie, in loving memory of my wife and mother of our four children



**Staff Spotlight: Kat**

Kat was born in Sacramento California. As a baby, her family moved to Colorado and then at age six they moved to Washington. Kat was home schooled until 16. She had her first public school experience with the Running Start program. She had the chance to join many clubs and have fun. She is currently attending WWU in Bellingham. Kat shared that she really enjoys her work here at the Inn. Kat’s hobbies are working on her car, painting portraits, and baking.

**Keep up the good work, Kat!**



**Resident Spotlight: Sue C**

Sue was born and raised in Seattle. She attended Burien High School and after graduating she went into retail. Sue became the assistant manager for Calico Cupboard Fabrics. Sue married the love of her life. They had five children and two grandchildren. Sue’s hobbies are crafts, painting decorative art, and laughing with family and friends. Sue came to La Conner because of family connections.

**We are so happy you are here, Sue**

# NOVEMBER 2023

La Conner Retirement Inn

• 204 N. 1st St., La Conner, WA 98257

• 360-466-5700

SUN	MON	TUE	WED	THU	FRI	SAT
			<p>1 9:30 Animal Webcam 10:00 Writing Group 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:15 Market Trip: Fred Meyer</b> 4:00 Funny Videos</p>	<p>2 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study <b>2:00 Chat with Allie</b> 3:00 Chicken Foot 3:30-4:30 Choir Practice 6:00 Game Night</p>	<p>3 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia <b>3:00 Happy Hour with Live Music by Monte</b> 7:00 Scrabble</p>	<p>4 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Black Jack 3:00 Mexican Train <b>7:00 Movie &amp; Popcorn State Fair</b></p>
<p>5 9:30 Animal Webcam <b>10:00 Seahawks Game</b> 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 1:30 Manicures 3:00 PO-KE NO</p> <p><b>Daylight Savings Time Ends (Set clocks BACK 1 hour)</b></p>	<p>6 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chicken Foot 2:30 Black Jack  6:00-8:00 Discussion Night</p>	<p>7 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train 2:00 Fall Craft 6:00 Game Night</p>	<p>8 9:30 Animal Webcam 10:00 Writing Group 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:15 Bus Trip</b> 4:00 Funny Videos</p>	<p>9 9:30 Animal Webcam <b>10:00-12:00 Spa Day with Jo</b> 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study 1:30 Sing A Long 2:00 Mexican Train 3:00 Black Jack</p>	<p>10 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia <b>3:00 Happy Hour with Live Music by Salt Dirt Band</b> 7:00 Scrabble</p>	<p>11 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>2:30 Honoring Veterans w/ music by Ed Pearson</b> <b>4:00 Funny Videos</b> <b>7:00 Movie &amp; Popcorn Madagascar</b></p> 
<p>12 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 1:30 Mexican Train 2:30 Black Jack <b>1:25 Seahawks Game</b></p>	<p>13 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Root Beer Social 3:00 Mexican Train  6:00-8:00 Discussion Night</p>	<p>14 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:15 Resident Council</b> 2:00 Mexican Train <b>3:00 Resident Birthdays</b> 6:00 Game Night</p>	<p>15 9:30 Animal Webcam 10:00 Writing Group 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:15 Market Trip: Grocery Outlet</b> 4:00 Funny Videos</p>	<p>16 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study <b>2:00 Chat with Nathan</b> 3:00 Chicken Foot 3:30-4:30 Choir Practice 6:00 Game Night</p>	<p>17 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia <b>3:00 Happy Hour with Live Music by Lee Howard</b> 7:00 Scrabble</p>	<p>18 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>11:30-1:30 Friends &amp; Family Thanksgiving Dinner. RSVP</b> 2:30 Black Jack  <b>7:00 The Incredible Mr. Limpet</b></p>
<p>19 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion <b>1:25 Seahawks Game</b> 1:30 Manicures 3:00 PO-KE NO</p>	<p>20 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Chicken Foot 2:30 Black Jack  6:00-8:00 Discussion Night</p>	<p>21 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:30 Chat with Jeff</b> 2:00 Finance 101 with Jeff 3:00 Mexican Train 6:00 Game Night</p>	<p>22 9:30 Animal Webcam 10:00 Writing Group 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:15 Bus Trip</b> 4:00 Funny Videos</p>	<p>23 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Chicken Foot 3:00 Black Jack <b>5:20 Seahawks Game</b></p> 	<p>24 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Trivia <b>3:00 Happy Hour with Live Music by Sisco Heights</b> 7:00 Scrabble</p>	<p>25 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Manicures 3:00 Black Jack 7:00 Movie and Popcorn Mamma Mia</p>
<p>26 <b>9:00 Church Service</b> 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 10:45 Catholic Communion 1:30 Mexican Train 3:00 Black Jack</p>	<p>27 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:30 Ice Cream Social 3:00 Mexican  6:00-8:00 Discussion Night</p>	<p>28 9:30 Animal Webcam 10:00 Happy Hearts Fitness 10:30 Battle Ball 2:00 Mexican Train <b>3:00 Welcome Tea</b> <b>6:00 Game night</b></p>	<p>29 9:30 Animal Webcam 10:00 Writing Group 10:00 Happy Hearts Fitness 10:30 Battle Ball <b>1:15 Market Trip: Walmart</b> 4:00 Funny Videos</p>	<p>30 9:30 Animal Webcam <b>10:00-12:00 Spa Day with Jo</b> 10:00 Happy Hearts Fitness 10:30 Battle Ball 1:00 Bible Study <b>2:00 Chat with Med Team</b> 3:00 Chicken Foot 3:30-4:30 Choir Practice <b>5:15 Seahawks Game</b></p>		