



Logan Creek  
*Retirement Community*

August  
2022

## Logan Creek Ripples

2311 E. Division Street  
Mount Vernon, Washington  
98274

### Logan Creek Monthly Donation



This month's recipient is:  
**The Mount Vernon Senior Center & The  
Jolly Time Senior Dance Club!**

The Jolly Time Dance Club has been hosting dances for Senior in Mount Vernon for over 40 years. Dancers come from all over our county and from neighboring communities to enjoy the live music and fellowship, not to mention the joy of dancing.

Our donation will help them book music acts for future dances.

### Upcoming Birthdays:

Friday August 5th: Bill

Join us at 3PM in the lobby  
for a birthday celebration!



Grace celebrated her 90th birthday last month!



## Upcoming Bus Trips

Thursday, August 4th:

### **Heritage Flight Museum**

Founded in 1996, the Museum's vintage aircraft collection began with the P-51 Mustang "Val-Halla" and has steadily grown. The museum currently houses 15 aircraft, several antique military vehicles, a library and many artifacts donated by veterans.

Thursday, August 11th:

### **Skagit Casino**

Thursday, August 18th:

### **Padilla Bay National Estuarine Research Reserve**

Padilla Bay's diverse coastal lands are home to many species of birds and fish, as well as harbor seals and river otters. Join us to visit the reserve aquarium followed by a stop at the beach!

Thursday, August 25th:

### **Swinomish Casino**



4th of July Parade at Sedro Woolley's Loggerodeo

## Playing this month at the Logan Creek Cinema

8/1 - 8/6:

***I love Lucy***

8/8 - 8/13:

***Downton Abbey season 1***

8/15 - 8/20

***Perry Mason***

8/22 - 8/27

***Little House on the Prairie***

**Move Nights:**

(Fresh popcorn served)

8/4: ***Little Man Tate***

8/11: ***Still Mine***

8/18: ***The Nanny Diaries***

8/25: ***Guys and Dolls***



Celebrating our July birthdays with a little bubbly





enjoying the beautiful PNW summer with a picnic on the beach with friends

## Reminder: Grief Meetings

Logan Creek provides transportation to several grief meetings hosted by Kern's Funeral monthly.

**A luncheon on the third Wednesday of the month.** The programs range on a wide variety of topics such as:

- Financial and legal concerns following a death
- Nutrition and physical activities after a loss
- Further ways to receive support from friends and family
- Signs and practices of healthy grief

**There is group for men who have experienced a significant loss**, and these meetings are held on the 2nd Wednesday of the month at 10AM in the Social Hall. This is a coffee group that shares some of the pains as well as some of the growth experienced as a man who experienced loss.

**There is also a group for women who have experienced a significant loss.** These meetings are held on the 2nd Monday of the month at 10AM in the Social Hall.

## Visiting Bob at Skagit Connections



We are paying a visit to our dear friend Bob who, after 9 years of service working activities and maintenance at Logan Creek, has been staying busy volunteering his time for an incredible organization.

Skagit Connections is a non-profit, providing mobile showers and human services to the homeless and less fortunate neighbors of Skagit County. They are a multi-denominational and civic organization that is stepping "outside" the walls of their offices and churches to meet the basic needs of our neighbors living outside and lacking resources.

**Wednesday, August 3rd 3-4PM**



Too beautiful a day not to take bingo to the outdoors!



## Spotlight: Bud Schnell

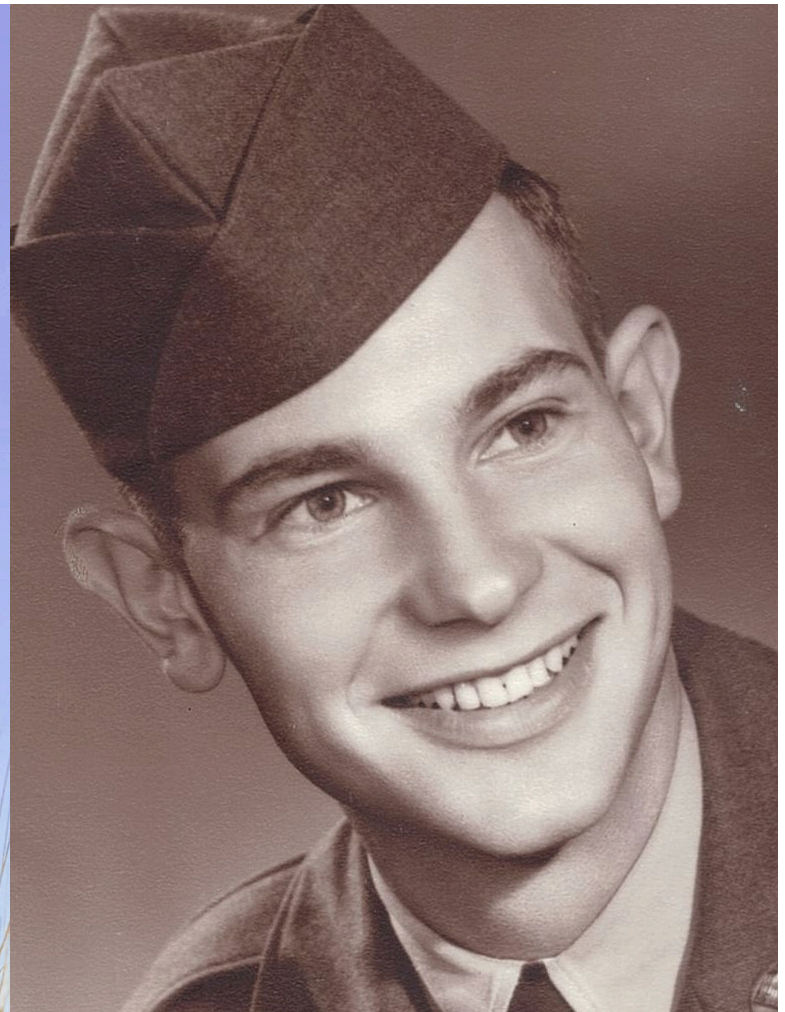


Born in Lincolnville Kansas in 1930, the 2nd of 5 kids. Bud's father was working for the railroad when he received a letter to be transferred. The family sold all their belongings and settled in Washington State, bringing them closer to Bud's grandparents. Bud went to school in Burlington and graduated from BEHS where he met Faye, his soon to be wife. Bud worked at a Seattle nursery for a couple of years and planned to go to school to become an engineer when he was drafted by the Army. The Air Force pulled Bud out of basic training to complete his 2-year degree in engineering over the course of 8 months. Bud proposed to Faye, married her in 1950, and saw the birth of his daughter before being deployed to Asia. After serving the Air Force, building runways for planes for two years, Bud returned home for good. Bud put his engineer degree to work at Puget Sound Energy for a few years before he took a big gamble and bought a nursery from a complete stranger. He successfully owned and operated this business for 20 years during which it grew to offer landscaping services, and several retail locations in our community. Bud and Faye grafted an average of 10,000 fruit trees annually!

Bud decided to give early retirement a try at the age of 47 but quickly grew restless and started a landscaping business with which he landed the bid to design and landscape the La Conner Schools grounds, a project that spanned 14 years.

Bud officially retired at 85. He and Faye were married 65 years and enjoyed spending time outdoors, boating, traveling, and building a beautiful family with Christian values. Bud has been deeply involved with his church, Bethany Covenant, which he helped build, landscape, and even taught kids to garden during the after-school program.

Bud has lived an amazingly rich life and has so many great stories to share!







A special little spread for our Garden Party:  
Strawberry lemonade, frozen strawberry margaritas  
and finger sandwiches!

## Putt Putt Golf Tournament



Join us a for a fun afternoon in our  
central courtyard to compete in  
our very own Logan Creek Putt  
Putt Golf Tournament!

**Monday, August 29th**  
2PM in our Central Courtyard



Pull your favorite Hawaiian  
shirt out of the closet and  
join us in our central  
courtyard for a special  
Happy Hour: Luau edition!

**Friday August 19th**  
**3PM**  
**in the central courtyard**



Enjoying refreshing fruit skewers in the sunshine





Lunch at one of MV's iconic establishments: Big Scoop. We got to chat with the owner, she's a HOOT!



An afternoon stroll along Mount Vernon's beautiful Skagit River

## Gratitude as a Practice

Positive psychology research suggests that there are real benefits to having an attitude of gratitude. Those who practice gratitude are consistently happier and may even receive health benefits. So, what does it mean to practice gratitude?

Let's start by understanding what gratitude is. Gratitude is a noun that comes from the Latin word *gratus*, which means "thankful, pleasing" and is defined as the quality of being thankful; readiness to show appreciation for and to return kindness. To practice gratitude, we need to change the noun into a verb by incorporating gratitude practices into our daily rhythm.

Even in challenging circumstances, we can choose to live gratefully; by living gratefully, we remain open to new opportunities, positive experiences, and laughter.

So how do you get started? Practice. Here are three easy ways to get started on your journey of living with an attitude of gratitude.

Start a gratitude journal- make it a daily practice to write down one or two things that you are thankful for.

Build a bliss board- create a bulletin board of photos, words, or items that make you feel blissful.

Seek goodness- look for the good in people and places.

"This morning, the sun endures past dawn. I realise that it is August: the summer's last stand."  
— Sara Baume