



2772 W. Avante Loop
Coeur d'Alene, ID 83815

STAMP
HERE



Administrative Team:

Tina M. Mouser
Executive Director
Angi Pauletto
Community Relations Director
Dana Seaman
Resident Care Coordinator
Kari Hakala
Business Office Manager
Lori Varbero
Registered Nurse
Annie Troester
Food Service Director
Lynette Hansen
Activity Director

Contact us at:
208-664-6116

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



The Renaissance Reader

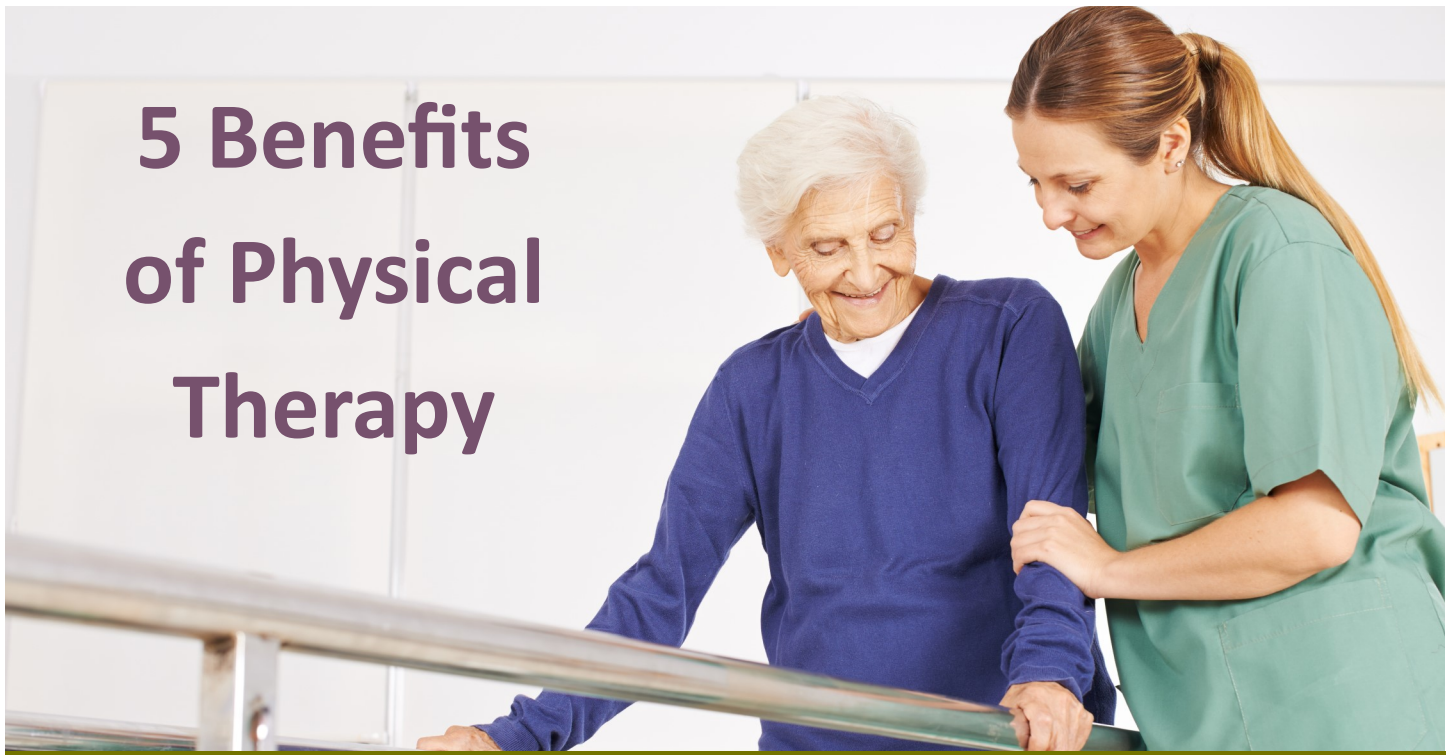
The Renaissance at Coeur D'Alene Monthly Newsletter



P2 - 5 Physical Therapy
Benefits
P3 - 100 Year Birthday
Celebration
P4/5 - Activities Calendar
P6 - Birthdays, Highlights,
Social Media, Safety
P7 - Photos, Autumn Funnies
P8 - Mission, Team

October 2018 Edition

5 Benefits of Physical Therapy



Learn more on physical therapy in our blog online!

Physical therapy is more than just therapy for injuries. For seniors, physical therapists can encourage more physical activity and help with arthritis, osteoporosis, dementia, and balance challenges. That’s hardly where physical therapy services end however; there are many reasons to seek it out for healthy living!

***Note:** Each individual should follow the advice of their medical professionals and speak with them before making changes to diet, exercise, or supplements. This article is for informational use only and should not be considered medical advice.*

Five Potential Benefits of Physical Therapy:

- 1. **Improved Movement:** Physical therapists can identify, diagnose, and treat movement challenges.
- 2. **Pain Relief or Prevention:** Physical therapy can provide long-term pain solutions with techniques like exercises, joint and soft tissue mobilization, ice/heat therapy, ultrasound, and electrical stimulation for relief and/or restoring function.
- 3. **Management of Issues Associated with Diabetes:** Physical therapists can help prescribe

- and teach exercise for lowering blood glucose levels, treat chronic pain, improve walking ability, treat sores, help with assistive devices, and restore normal movement and balance.
- 4. **Management of Issues Associated with Aging:** Physical Therapists may be able to help with managing arthritis, back pain, osteoporosis and or recovering from procedures like joint replacements. They may also be able to help prevent or recover from falls with strengthening and balance exercises.
- 5. **Strengthening After a Stroke:** Physical therapists can help clients improve function and balance with therapies such as Constraint-Induced Movement Therapy, functional electrical stimulation, and motor imagery among others.

These are just five potential benefits of physical therapy. There are so many more! For those who haven’t tried physical therapy, but are interested, a great first step would be to reach out to a local physical therapist clinic and speak to them about how they might be able to play a positive role in healthy living.

Great photography is about depth of feeling, not depth of field.” -Peter Adams



New Building Update

We are excited to see more progress on our new building! Our new building has been named, Chateau Rochelle. Residents have enjoyed watching the work crew bringing putting up the walls and prepping for a roof.



Autumn Funnies (answers on page 6)

- 1. What type of vehicle is best for a hayride?
- 2. What do trees say when they get their leaves back?
- 3. What type of vest should you wear in the fall?
- 4. How do you know when the moon has had enough to eat?
- 5. How do football players stay cool during games?
- 6. How do you fix a broken pumpkin?
- 7. What is the ratio of a pumpkin’s circumference to its diameter?

October Highlights

- October 1: Intl. Day for Older Persons
- October 1: National Hair Day
- October 2: Lee Natl. Denim Day
- October 3: National Kale Day
- October 4: National Taco Day
- October 4: National Golf Day
- October 6: World Card Making Day
- October 10: National Angel Food Cake Day
- October 11: National Sausage Pizza Day
- October 13: National Chess Day
- October 14: Pastoral Appreciation Day
- October 18: National Chocolate Cupcake Day
- October 21: National Pumpkin Cheesecake Day
- October 21: National Reptile Awareness Day
- October 23: National Boston Cream Pie Day
- October 26: National Breadstick Day
- October 26: National Pumpkin Day
- October 27: National Make a Difference Day
- October 28: National Chocolate Day
- October 29: National Cat Day
- October 30: National Candy Corn Day
- October 31: Halloween



Follow us on Social Media:
Facebook.com/
TheRenaissanceAssistedLiving
AtCoeurDAlene
Blog.radiantseniorliving.com
Radiantsrliving on Instagram
Radiantvoices on Instagram
RadiantSrLiving on Twitter
Pinterest.com/radiantsrliving
Radiant Senior Living on YouTube

October Birthdays!

We hope you enjoy
your special day!

Maxeen K. 4th
Barney R. 16th
Linda J. 24th

3 Autumn Safety Tips to Remember

- 1) Make sure lit candles are not unattended at any time.
- 2) Leaves that may look dry on top could be wet and slippery underneath. Walk carefully near leaves.
- 3) Avoid AM glare with sunglasses.

Answers to the Fall Funnies on 7
1. An autumn-mobile. 2. What a re-leaf! 3. A har-vest! 4. When it's full. 5. They stand by the fans. 6. With a pumpkin patch! 7. Pumpkin pi.



Happy Birthday Agnes!

We had a wonderful time this past month celebrating Agnes Haus' 100th birthday. A big thank you to everyone who came out to help make the day extra special.

Agnes was born on September 26th of 1918 in Elsworth ,Wisconsin. She lived in Sacramento for many years working at Montgomery Wards as a clerk where she sold plants. She retired as a nursery worker and moved to Coure d'Alene 20 years ago to be near her son Don.

"The Renaissance has treated my mother like a queen! She just LOVES the activities, staff and all of her new friends!" said Don Haus of his mother's time here at The Renaissance.

October 2018

The Renaissance of Coeur d'Alene
2772 W. Avante Loop, Coeur d'Alene, ID | 208-664-6116

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 7:30 Morning Chat 9:45 Rosary 10:30 Exercise 1:30 Choc Bingo	2 7:30 Tues Trivia 10:00 Exercise 1:30 Choc Bingo 3:00 Password	3 7:30 Morning Chat 10:00 Exercise 1:30 Scenic Drive 3:00 Pretty Nails	4 7:30 Morning Chat 10:00 Church Service 1:30 Choc Bingo 3:00 Password	5 7:30 Fun Facts 10:00 Exercise 11-2 Out to Lunch 6:00 Friday Cinema	6 7:30 Morning Chat 10:00 Exercise 11:00 Fall Crafts 2:00 Chocolate Bingo
7 10:00 Word Search 11:00 Coloring Hour 3:00 Puzzles 6:00 Sunday Cinema	8 7:30 Morning Chat 9:45 Rosary 10:30 Exercise 1:30 Password	9 7:30 Morning Chat 10:00 Exercise 11:00 Password 1:30 Sing Out 3 C's	10 7:30 Morning Chat 10:00 Exercise 1:30 Scenic Drive 3:00 Pretty Nails	11 7:30 Morning Chat 10:00 Church Service 1:30 Choc Bingo 3:00 Password	12 7:30 Fun Facts 10:00 Jim Dossey 2:00 October Birthdays 6:00 Friday Cinema	13 7:30 Morning Chat 10:00 Exercise 11:00 Crafts 2:00 Yahtzee
14 10:00 Puzzles 11:00 Coloring Hour 3:00 Dominos 6:00 Sunday Cinema	15 7:30 Morning Chat 9:45 Rosary 10:45 Exercise 1:30 Halloween Crafts	16 7:30 Tuesday Trivia 9:45 Exercise 10:45 Choc Bingo 3:00 Password	17 7:30 Morning Chat 10:00 Exercise 1:30 Scenic Drive 6:00 Wed Cinema	18 7:30 Morning Chat 10:00 Church Service 11:00 Exercise 2:00 Art with Angi	19 10:00 Fun Facts 11:00 Exercise 3:00 Happy Hour 6:00 Friday Cinema	20 7:30 Morning Chat 10:00 Exercise 11:00 Crafts 2:00 Chocolate Bingo
21 10:00 Word Search 11:00 Coloring Hour 2:00 Puzzles 6:00 Sunday Cinema	22 7:30 Morning Chat 9:45 Rosary 10:45 Exercise 1:30 Crafts	23 7:30 Tuesday Trivia 10:00 Exercise 1:00 Choc Bingo 3:00 Yahtzee	24 7:30 Morning Chat 10:00 Exercise 1:30 Scenic Drive 6:00 Wed Cinema	25 7:30 Morning Chat 10:00 Church Service 11:00 Exercise 4:00 F&F Dinner Octoberfest	26 7:30 Fun Facts 10:00 Jim Dossey 11:00 Out to Lunch 6:00 Friday Cinema	27 7:30 Morning Chat 10:00 Exercise 11:00 Crafts 2:00 Yahtzee
28 10:00 Coloring Hour 11:00 Puzzles 2:00 Word Search TIME Sunday Cinema	29 7:30 Morning Chat 9:45 Rosary 10:45 Exercise 1:30 Choc Bingo	30 7:30 Tuesday Trivia 10:00 Exercise 10:30 Choc Bingo 2:00 Scenic Drive	31 7:30 Morning Chat 10:00 Exercise 2:00 Halloween Party 6:00 Wed Cinema			All activities are subject to change without notice.

Highlights:



Scenic Drives

Wednesdays Oct.
3, 10, 17, and 24 at
1:30 PM.



Halloween Party

Join us for our
Halloween bash on
Wednesday,
October 31st at 2
PM. Costumes
encouraged.