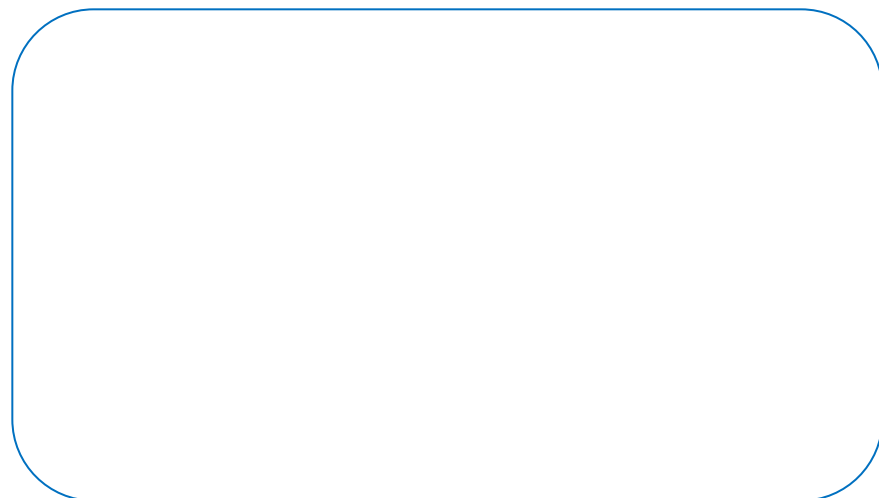




2772 W. Avante Loop  
Coeur d'Alene, ID 83815

PLACE  
STAMP  
HERE



**Administrative Team:**

**Tina Mouser**  
Executive Director

**Angi Pauletto-Koehn**  
Community Relations Director

**Lori Varbero**  
Business Office Director

**Maurice Long**  
Registered nurse

**Dana seaman**  
Wellness Director

**Kari Hakala**  
Wellness Coordinator

**Annie Troester**  
Dietary Services Director

**Kurt Mouser**  
Maintenance Director

**Jacob Bonagofski**  
Life Enrichment Director

Contact us at:  
208-664-6116



# The Renaissance Reader

The Renaissance at Coeur D'Alene Monthly Newsletter



## January 2019

- 2 • Life-Changing New Year's Resolutions
- 3 • Highlighted Resident / Paint and Sip
- 4 - 5 • Activities Calendar
- 6 • Birthdays, Highlights, Social Media, Chuckle
- 7 • Special Moments & Favorite Art Styles
- 8 • Mission, Team, Contact Us



# Life-Changing New Year's Resolutions

Setting New Year's resolutions is pretty easy, but sticking to them can be a challenge. For extra incentive to follow through on goals in 2019, check out these big-reward resolutions!

## Take a Daily "Me Moment" to Breathe

Every day, make time (even if it is one actual minute) to connect with yourself. Close your eyes, sit up straight, relax your body, and breathe in through your nose and out deeply through your mouth. You'll feel the benefits instantly.

## Become an Active Listener

For this one, you do yourself a favor and the person with whom you're conversing. Maintain eye contact, really hear what the other person is saying, and think before responding. Your conversations will become much more meaningful.

## Only Apologize When it's Appropriate

People of all ages and walks of life can struggle with apologizing when another word or phrase would better communicate a feeling. Examples: pardon me, excuse me, thank you, that sounds very difficult, how frustrating, I would prefer, might I suggest...Doing so can raise self-esteem and help with communication.

## Reach Out to a Friend

In certain instances, distance or time can put



wedges into relationships. Other times, they don't, but we perceive that they have! Take the first step and reach out to a friend with a note or a call to let them know you care, are there for them, or that you miss them.

## Thoughtfully Avoid Judging Others

Sometimes, people judge things or actions without even realizing it. Try to change your thought process if you start to judge. It will make you more empathetic and

understanding, and can improve relationships.

## Avoid Looking at Screens Before Bedtime

This one is a challenge. It's hard for many to disconnect, but doing so can vastly improve how fast you are able to get to sleep, and your sleep quality. Try some reading before bed if you need to busy your mind.

## Take a Daily Walk

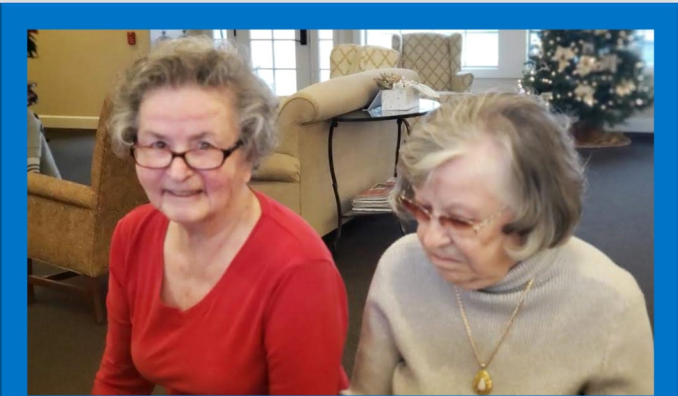
Taking a walk every day can improve overall health and well-being. It can be as simple as you want and may just brighten your day.

## Share Your Knowledge or a Skill

People often have the resolution to learn a new skill, but how about teaching one? Everyone has their areas of expertise and what could be nicer than sharing them for free with those who would like to learn?!

Let us know your resolutions! We will post them in the newsletter next month!

## Special Moments



## What type of creative outlet or artist most inspires you?

"The Eagles"

-Bob

"Education"

- James

"JJ Dion"

- Deloris

"Crochet"

- Inga

"Orchestra"

- Carl





# January Highlights

- 1 New Year's Day
- 2 National Science Fiction Day
- 3 National Chocolate-Covered Cherry Day
- 4 Spaghetti Day / Trivia Day
- 5 Whipped Cream Day
- 6 Shortbread Day / Technology Day
- 8 English Toffee Day / Skincare Day
- 9 Law Enforcement Appreciation Day
- 11 National Milk Day
- 14 National Dress Up Your Pet Day
- 15 Strawberry Ice Cream Day
- 16 Fig Newton Day
- 17 National Hot Buttered Rum Day
- 19 National Popcorn Day
- 20 Cheese Lover's Day
- 21 Martin Luther King Jr. Day
- 21 New England Clam Chowder Day
- 24 Peanut Butter Day / Compliment Day
- 23 Pie Day
- 25 Irish Coffee Day / Opposite Day
- 26 National Peanut Brittle Day

- 27 National Chocolate Cake Day
- 28 Blueberry Pancake Day / Kazoo Day
- 29 National Corn Chip Day
- 30 Croissant Day
- 31 Inspire your Heart with the Arts Day

## We're online @

- ◆ Facebook.com/TheRenaissanceAssistedLivingAtCoeurDAlene
- ◆ Blog.radiantseniorliving.com
- ◆ Radiantsrliving & Radiantvoices on Instagram
- ◆ RadiantSrLiving on Twitter
- ◆ Pinterest.com/radiantsrliving
- ◆ Radiant Senior Living on YouTube



## Chuckle of the Month:

"Plant carrots in January and you'll never have to eat carrots." - Gardening Saying

# January Birthdays!



We wish you a very Happy Birthday!

Daisey Boren, 1st

Dolores Gillett, 17th

Delbert Fitzsimmons, 20th



## Paint and sip

The Renaissance is hosting a night of fun, wine, hors d'oeuvres, and a fantastic painting class. For only \$30, artist Randy Wilhelm takes you through a step by step painting of his own creation while you sip wine and enjoy the calming and friendly environment. The class starts at 5pm on the 26th of January and will end around 8pm. Randy will Provide all of the tools to make your masterpiece and also provide a the canvas that at the end of the night you may take home. To see some of Randy's other art go to [www.RandyWilhelmart.com](http://www.RandyWilhelmart.com)

## Highlighted Resident!

Inga is a wonderful addition to our community. Her Kind heart and open mind makes her a joy to be around and have at all of our social events. Inga loves music and really enjoys when we have guests who come and sing for us. One of her all time favorite activities would have to be bingo, along with many others things that she likes to do such as crocheting and coloring. The Renaissance Assisted living community thanks you Inga for being such a great person.





# January 2019

The Renaissance Assisted living Community • 2772 W. Avante Loop • 208-664-6116

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<sup>1</sup> 	<sup>2</sup> 7:30 MORNING CHAT 10:00 HOKEY POKEY 1:30 ICE CREAM SOCIAL 2:30 BRIDGE	<sup>3</sup> 7:30 MORNING CHAT 10:00 CHURCH SERVICES 1:30 BALLOON VOLLEY-BALL 1:30 BRIDGE WITH EULA 2:30 POPCORN SOCIAL	<sup>4</sup> 7:30 MORNING CHAT 10:00 SHOPPING 1:30 EXERCISE 2:30 CHOCOLATE BIN-GO	<sup>5</sup> 7:30 MORNING CHAT 10:00 SCENIC RIDE 1:00 FINGERNAIL PAINTING 2:00 EGG NOG
<sup>6</sup> 10:00 IND. ACTIVITIES 1:00 <u>GAMES WITH YOUR CAREGIVERS</u> 6:00 MOVIE NIGHT	<sup>7</sup> 7:30 MORNING CHAT 9:45 ROSARY 11:00 BIBLE STUDY 1:00 CHOCOLATE BINGO 2:30 CRAFTS	<sup>8</sup> 7:30 MORNING CHAT 10:00 ELASTIC WORKOUT 11:00 CRAFTS 1:00 BOARD GAMES 2:30 MID DAY MOVIE	<sup>9</sup> 7:30 MORNING CHAT 9:30 <u>CHURCH AT HOLY FAMILY</u> 1:30 ICE CREAM SOCIAL 2:30 BRIDGE	<sup>10</sup> 7:30 MORNING CHAT 10:00 CHURCH SERVICES 11:00 <u>THERAPY DOGS</u> 1:30 BALLOON VOLLEY-BALL 1:30 BRIDGE WITH EULA 2:30 POPCORN SOCIAL	<sup>11</sup> 7:30 MORNING CHAT 10:00 <u>JIM DOSSEY</u> 1:30 EXERCISE 2:30 CHOCOLATE BIN-GO	<sup>12</sup> 7:30 MORNING CHAT 10:00 SCENIC RIDE 1:00 FINGERNAIL PAINTING 2:00 EGG NOG
<sup>13</sup> 10:00 IND. ACTIVITIES 1:00 <u>GAMES WITH YOUR CAREGIVERS</u> 6:00 MOVIE NIGHT	<sup>14</sup> 7:30 MORNING CHAT 9:45 ROSARY 11:00 BIBLE STUDY 1:30 <u>BIRTHDAY DAY</u>	<sup>15</sup> 7:30 MORNING CHAT 10:00 ELASTIC WORKOUT 11:00 CRAFTS 1:00 BOARD GAMES 2:30 MID DAY MOVIE <div>NATIONAL STRAWBERRY ICE-CREAM DAY</div>	<sup>16</sup> 7:30 MORNING CHAT 10:00 HOKEY POKEY 1:30 <u>SAM PLAYS THE FIDDLE</u> 1:30 ICE CREAM SOCIAL 2:30 BRIDGE	<sup>17</sup> 7:30 MORNING CHAT 10:00 CHURCH SERVICES 1:30 BALLOON VOLLEY-BALL 1:30 BRIDGE WITH EULA 2:30 POPCORN SOCIAL	<sup>18</sup> 7:30 MORNING CHAT 10:00 SHOPPING 1:30 EXERCISE 2:30 CHOCOLATE BIN-GO	<sup>19</sup> 7:30 MORNING CHAT 10:00 SCENIC RIDE 1:00 FINGERNAIL PAINTING 2:00 EGG NOG
<sup>20</sup> 10:00 IND. ACTIVITIES 1:00 <u>GAMES WITH YOUR CAREGIVERS</u> 6:00 MOVIE NIGHT	<sup>21</sup> 7:30 MORNING CHAT 9:45 ROSARY 11:00 BIBLE STUDY 1:00 CHOCOLATE BINGO 2:30 CRAFTS	<sup>22</sup> 7:30 MORNING CHAT 10:00 ELASTIC WORKOUT 11:00 CRAFTS 1:00 BOARD GAMES 2:30 MID DAY MOVIE	<sup>23</sup> 7:30 MORNING CHAT 9:30 <u>CHURCH AT HOLY FAMILY</u> 1:30 <u>JJ DION</u> 2:30 BRIDGE	<sup>24</sup> 7:30 MORNING CHAT 10:00 CHURCH SERVICES 11:00 <u>THERAPY DOGS</u> 1:30 BALLOON VOLLEY-BALL 1:30 BRIDGE WITH EULA 2:30 POPCORN SOCIAL	<sup>25</sup> 7:30 MORNING CHAT 10:00 <u>JIM DOSSEY</u> 1:30 EXERCISE 2:30 CHOCOLATE BIN-GO <div>OPPOSITE DAY</div>	<sup>26</sup> 7:30 MORNING CHAT 10:00 SCENIC RIDE 1:00 FINGERNAIL PAINTING 2:00 EGG NOG 5:00 <u>RANDY'S PAINTING CLASS</u>
<sup>27</sup> 10:00 IND. ACTIVITIES 1:00 <u>GAMES WITH YOUR CAREGIVERS</u> 6:00 MOVIE NIGHT	<sup>28</sup> 7:30 MORNING CHAT 9:45 ROSARY 11:00 BIBLE STUDY 1:30 <u>WINE AND CHEESE SOCIAL</u>	<sup>29</sup> 7:30 MORNING CHAT 10:00 ELASTIC WORKOUT 11:00 CRAFTS 1:00 BOARD GAMES 2:30 MID DAY MOVIE	<sup>30</sup> 7:30 MORNING CHAT 10:00 HOKEY POKEY 1:30 <u>RESIDENT COUNSEL</u> 1:30 ICE CREAM SOCIAL 2:30 BRIDGE	<sup>31</sup> 7:30 MORNING CHAT 10:00 CHURCH SERVICES 1:30 BALLOON VOLLEY-BALL 1:30 BRIDGE WITH EULA 2:30 POPCORN SOCIAL		ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT NOTICE