



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

Stamp
Here



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Kurt Mouser
Maintenance Director
Jacob Bonagofski
Life Enrichment 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



February 2019

2 Heart Healthy Living
3 Resident & Team Spotlight
4/5 Activities Calendar

6 Highlights, Social Media, Birthdays
7 Special Moments & Acts of Kindness
8 Mission & Team

Show Yourself Some Love: Prioritize Heart Health

The month of cupid, candy, and hearts isn't just about love, but also about showing yourself you care by prioritizing your heart health. February has been associated with hearts since Valentines were mass produced in the United States in 1847. In addition, since 1963, February has also been designated American Heart Month in the U.S.

In his Proclamation 3566, former President Lyndon B. Johnson called out a "nationwide problem of heart and blood-vessel diseases" and urged citizens to support programs toward a solution to the problem of heart disease.

Heart disease can be fought. The first step is knowing risks that lead to poor heart health, which include: high blood pressure, high cholesterol, smoking, diabetes, obesity, being overweight, following a poor diet, physical inactivity, and excessive alcohol use.

In addition to quitting smoking and decreasing excessive alcohol consumption, actions can be taken to reduce such risks.

Get Active

Getting out for a daily walk is not only good for mental health and weight management, but also for heart health! The World Health Organizations says adults over 65 should do at least 150 minutes of moderate-intensity aerobic physical activity



each week—That's just around 20 minutes per day! Aerobic activity should be done in bouts of at least 10 minutes.

Eat Better

Is the way to your heart through your stomach? The Mayo Clinic recommends eating more vegetables and

fruits as they have substances that may help cardiovascular health. They also recommend whole grains such as whole-grain bread and high-fiber cereals. Monitoring sodium is also important. Items high in salt include tomato juice, soy sauce, and many prepared foods.

Manage Cholesterol

Getting active and eating better will go a long way in helping you achieve this final suggestion for better heart health, managing cholesterol! The first step in improving cholesterol is to seek out a medical professional to find your levels for both cholesterol types. If your bad cholesterol (LDL) is high, make sure to have a health professional help you to monitor it.

Give yourself a Valentine this February with a commitment to improving your overall heart health!

Note: Each individual should follow their medical professional or doctor's advice and speak with them before making diet or exercise changes.

Special Moments



The Sweetest Acts of Kindness We've Seen

"Feeding me Breakfast"
- Inga

"A Simple Smile"
- Jacob

"Just Talking to someone who needs it"
- Ron

February 17 celebrates Random Acts of Kindness!

"Someone gave their first class seat up for a little girl who was a cancer patient"
- Angi

"The way residents look out for one another really fills my heart"
- Ashley

February Highlights

- 2 Ground Hog Day
- 3 Feed the Birds Day
- 4 Thank a Mailman Day
- 6 Chopsticks Day
- 7 Send a Card to a Friend Day
- 8 Kite Flying Day
- 9 National Pizza Day
- 11 Make a Friend Day
- 11 Inventors Day
- 12 Search for Pennies Day
- 14 Valentine’s Day
- 15 Susan B. Anthony Day
- 17 Random Acts of Kindness Day
- 18 President’s Day
- 19 Chocolate Mint Day
- 20 Cherry Pie Day
- 20 Love Your Pets Day
- 21 Card Reading Day
- 22 George Washington’s Birthday
- 23 Tennis Day
- 24 Tortilla Chip Day

- 26 Pistachio Day
- 27 Polar Bear Day
- 28 Floral Design Day
- 28 Tooth Fairy Day

- We’re online @
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Oh Special Wintry Days:
"Winter came down to our home one night
Quietly pirouetting in on silvery-toed slippers of snow,
And we, we were children once again."
- Bill Morgan, Jr.

February Birthdays!



**We wish you
a very Happy Birthday!**

Gerald , 4th
Lorraine, 14th

Stacie, 5th

Ann, 9th

Katherine, 8th

Angi , 10th

Art, 25th

Resident of the Month! Dolores

Dolores is such great person and cares so much about the well being of her fellow residents. Her passion for helping others makes her the best fit to be acknowledged on the month of caring and love. Dolores runs our resident counsel and does a very good job on addressing concerns of residents who are not as comfortable voicing them on their own. Dolores makes the Renaissance a better place everyday!



Team Member of the Month! Heidi



February is a month to show one another how much we truly care, a true kind hearted person comes to mind on this month of caring. Her loving heart and bright demeanor shows us all that a simple smile or even lending an ear can change someone's day. Heidi has much compassion for the well being of our amazing residents and works hard to make their lives better through fun and exciting activities. Heidi is one person who makes the Renaissance a great place to call home!

February 2019

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Activities are subject to change without notice					1 7:30 Morning Chat 10:00 <u>Sam and Family Band</u> 1:30 Prize Bingo 2:30 <u>IN2L</u>	2 7:30 Morning Chat 10:00 Scenic Bus Ride 11:00 Rosary 1:30 Italian Sodas 2:30 Sit and Be Fit
					Red Day	
3  10:00 <u>Super Bowl Party</u> Game Day!!!	4 7:30 Morning Chat 9:45 Rosary 10:30 Balloon Volleyball 11:00 Bible Study 1:30 Valentines Day Cards	5 7:30 Morning Chat 10:00 Elastic Exercise 1:30 <u>Violinists</u> 2:30 Mid Day Film	6 7:30 Morning Chat 10:00 <u>Holy Family Church Services</u> 1:30 Ice Cream Social 2:30 Bridge And More	7 7:30 Morning Chat 10:00 Church Services 11:00 <u>Therapy Dogs</u> 1:30 Balloon Volleyball 2:30 Popcorn Social 5:30 <u>Hospice Family Support Group</u>	8 7:30 Morning Chat 10:30 <u>Jim Dossey</u> 1:30 Chocolate Bingo 2:30 Exercise	9 7:30 Morning Chat 10:00 Scenic Bus Ride 11:00 Rosary 1:30 Italian Sodas 2:30 Sit and Be Fit
10 10:00 IND. Activities 1:30 Romance Flix 2:30 <u>Games With Your Caregivers</u>	11 7:30 Morning Chat 9:45 Rosary 10:30 Balloon Volleyball 11:00 Bible Study 1:30 <u>Birthday Day</u>	12 7:30 Morning Chat 10:00 <u>Living Decades 100 Years of Candy</u> 1:30 Elastic Exercise 2:30 Mid Day Film	13 7:30 Morning Chat 10:00 Hokey Pokey 1:30 <u>Weddle Twins</u> 2:30 Ice Cream Social	14  7:30 Morning Chat 10:00 Church Services 1:30 <u>Valentines Social</u> 2:30 Balloon Volleyball	15 7:30 Morning Chat 10:30 Shopping 1:30 Prize Bingo 2:30 Exercise National Caregiver day	16 7:30 Morning Chat 10:00 Scenic Bus Ride 11:00 Rosary 1:30 Italian Sodas 2:30 Sit and Be Fit
17 10:00 IND. Activities 1:30 Romance Flix 2:30 <u>Games With Your Caregivers</u> Random Acts Of Kindness	18 7:30 Morning Chat 9:45 Rosary 10:30 Balloon Volleyball 11:00 Bible Study 1:30 <u>Wine & Cheese</u>	19 7:30 Morning Chat 10:00 Elastic Exercise 1:30 Board Games and Crafts 2:30 Mid Day Film National Chocolate mint day	20 7:30 Morning Chat 10:00 <u>Holy Family Church Services</u> 1:30 Living Decades 100 years of Disney 2:30 Bridge And More	21 7:30 Morning Chat 10:00 Church Services 11:00 <u>Therapy Dogs</u> 1:30 <u>Mickey the Juggler</u> 2:30 Popcorn Social	22 7:30 Morning Chat 10:00 <u>Jim Dossey</u> 1:30 Chocolate Bingo 2:30 Exercise	23 7:30 Morning Chat 10:00 Scenic Bus Ride 11:00 Rosary 1:30 Italian Sodas 2:30 Sit and Be Fit
24 10:00 IND. Activities 1:30 Romance Flix 2:30 <u>Games With Your Caregivers</u>	25 7:30 Morning Chat 9:45 Rosary 10:30 Bible Study 1:30 <u>Living Decades 100 Year so Gameshow</u> 2:30 Crafts	26 7:30 Morning Chat 10:00 Elastic Exercise 1:30 <u>Resident Counsel</u> 2:30 Mid Day Film	27 7:30 Morning Chat 10:00 Hokey Pokey 1:30 <u>JJ Dion</u> 2:30 Bridge And More National Strawberry Day	28 7:30 Morning Chat 10:00 Church Services 1:30 Balloon Volleyball 2:30 Popcorn Social		