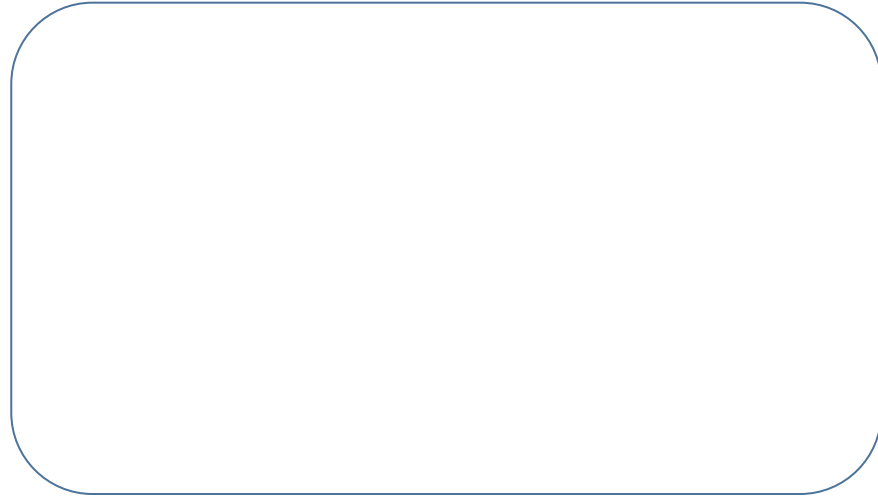




2772 W. Avante Loop  
Coeur d'Alene, ID 83815

Stamp  
Here



#### Administrative Team:

**Tina Mouser**  
Executive Director  
**Angela Koehn**  
Community Relations Director  
**Lori Varbero**  
Business Office Director  
**Deborah James**  
Registered nurse  
**Dana Seaman**  
Wellness Director  
**Kari Hakala**  
Wellness Coordinator  
**Annie Troester**  
Dietary Services Director  
**Kurt Mouser**  
Maintenance Director  
**Jacob Bonagofski**  
Life Enrichment Director

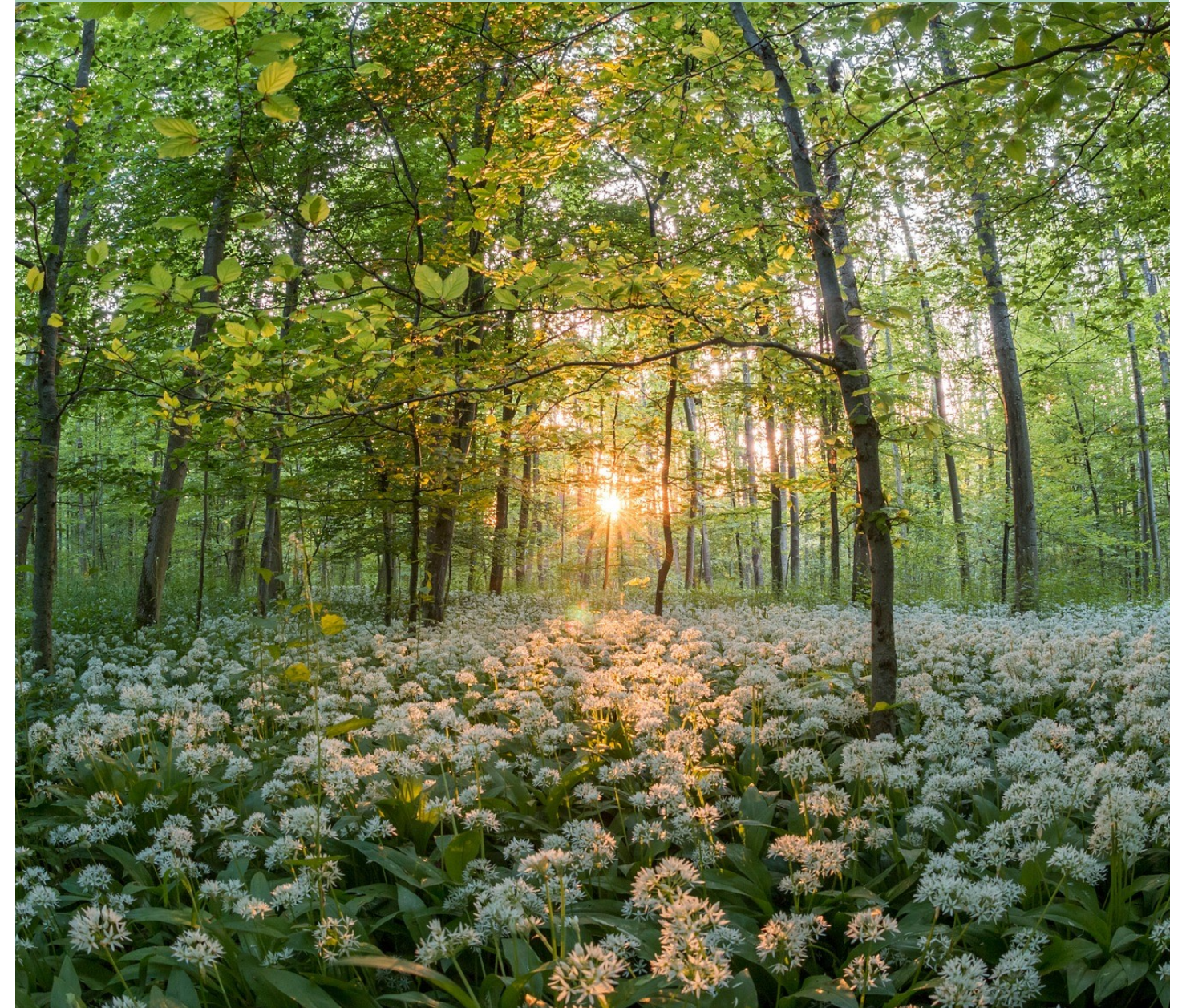
Contact us at:  
**208-664-6116**



**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



## March 2019

2 Senior Eye Wellness  
3 Resident & Team Spotlight  
4/5 Activities Calendar

6 Highlights, Social Media, Birthdays  
7 Special Moments & Spring Joys  
8 Mission & Team



# Senior Eye-Condition Awareness & Wellness Tips

At times, we may find details in the scenery we love may be dulling, or written words we read may be blurring. Changes like these can be frustrating. Fortunately, there are ways to proactively manage eye health and ensure precautions and/or treatments are in place for best vision!

One of the best ways to stay on top of eye health is to have annual eye exams. Practicing precautionary measures through lifestyle is also important. People with diabetes, high blood pressure, or who take medications that affect eyes are at higher risk for vision problems.

Lifestyle recommendations from the National Eye Institute include: eating a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields when appropriate; avoiding smoking; reducing eyestrain by looking 20 feet before you for 20 seconds every 20 minutes if you use screens often; and cleaning hands regularly to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms that may affect seniors is also helpful toward eye wellness.

## Four Eye Issues That Can Affect Seniors:

- **Dry eye** is a common issue for seniors, in which not enough tears or quality tears are made, and poor vision may result.
- **Age-related macular degeneration** is an issue that causes central vision loss, but



does not affect side vision. The macula of the eye allows people to see fine details and colors, so when it is affected, activities such as reading, watching movies, and recognizing faces could be challenging.

- **Cataracts** are cloudy areas that occur in the eye lens (usually in both eyes, to different degrees) that can cause blurry vision, poor contrast awareness, dulled colors, and extra sensitivity to glare.
- **Glaucoma** is a group of eye issues which damage the optic nerve and in time can take away side vision. While glaucoma is often painless and has no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. Prescription devices are also available, like spectacle-mounted magnifiers that aid in close-up tasks; hand-held or spectacle-mounted telescopes that help near and far vision; handheld and stand magnifiers that assist with short-term reading; and video magnification that enlarges items on video.

This has been just a glimpse into eye wellness. For more info, visit [aoa.org](http://aoa.org) online.

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

# Special Moments



# Our Favorite Things About Spring!

"The Sun"- Sadina

"Being able to go out and walk" - Regina

"The change of the colors " - Tina

"The Flowers" - Allie

"The changing of the seasons " - Carl

"The Flowers" - Anne



# March Highlights

- 1 Staff Appreciation Day, Peanut Butter Day
- 2 Banana Cream Pie Day
- 3 I Want You to be Happy Day
- 4 Pound Cake Day, Marching Music Day
- 5 Fat Tuesday, Pancake Day
- 6 Ash Wednesday, Oreo Day
- 7 Cereal Day
- 8 Intl. Women’s Day, Unplug Day
- 9 Meatball Day
- 10 Blueberry Popover Day
- 11 Oatmeal Nut Waffles Day
- 12 Plant a Flower Day
- 13 Good Samaritan Day, Jewel Day
- 14 Kid’s Craft Day, Potato Chip Day
- 15 Pears Helene Day
- 16 Artichoke Hearts Day, Panda Day
- 17 St. Patrick’s Day
- 18 Sloppy Joe Day, Lacy Cookies Day
- 19 Let’s Laugh Day, Poultry Day
- 20 Spring Begins, Ravioli Day
- 21 French Bread Day, Courtesy Day



- 22 Puppy Day, Bavarian Crepes Day
- 23 Chip Dip Day, Melba Toast Day
- 24 Chocolate Covered Raisins Day
- 26 Spinach Day
- 28 Something on a Stick Day
- 29 Vietnam War Veteran’s Day
- 30 Take a Walk in the Park Day
- 31 Crayon Day, Taters 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

“Never iron a four-leaf clover because you don’t want to press your luck!”

# March Birthdays!



## We wish you a Very Happy Birthday!

- Nancy, 3rd
- Karen, 4th
- Rose, 17th
- Mai, 18th
- Bernard, 23rd
- Sindy, 25th
- Annie, 1st
- Dana, 10th



## Resident Spotlight! Izzy

Positive attitude, kind heart, and an amazing collection of great looking hats! These are just a few descriptions of Isobel. Isobel’s love for her family reflects in her positive attitude every day. Early in the morning, as everyone comes to the breakfast table, a bright smiling face awaits you as Isobel sits at her table! She makes it her mission to ask how everyone is doing because she genuinely cares. Izzy is a wonderful conversationalist and loves to share stories of her family and how proud she is of them. The Renaissance is here to acknowledge Isobel for our Spotlitged Resident of March!



## Staff Spotlight! Ashley

Ashley's calming presences exudes a very welcoming feeling in the St. Michelle house. The determination to help her residents really shows, and the residents see it as well. Ashley takes the time to talk to the residents and see how they are doing! She makes sure residents are enjoying their time here at the Renaissance. Keep up the good work Ashley, and know that we at the Renaissance appreciate you!





# March 2019

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
March 31 7:30 Todays Events 8:30 Today in History 10:00 Exercise Class 11:00 Puzzles 1:00 Beading 1:30 Hacky Toss 3:00 Group Crosswords				Activities are Subject to Change Without Notice	<div>Wear Blue Day</div> <div>1</div> 7:30 Todays Events 8:30 Coffee & Catch Up 10:00 <a href="#">Shopping</a> 10:00 Balloon Volleyball 1:00 Yahtzee! 2:00 <a href="#">Welcome to IN2L</a> 3:00 Rec. Time	<div>2</div> 7:30 Todays Events 8:30 Coffee and the News 10:00 Scenic Bus Ride 10:00 Jenga! 11:00 Rosary 1:30 Doughnut Day 1:30 Bingo (A) 2:30 Nail Painting 2:30 <a href="#">Movie Premier!</a>
<div>3</div> 7:30 Todays Events 8:30 Today in History 10:00 Exercise Class 11:00 Puzzles 1:00 Beading 1:30 Hacky Toss 3:00 Group Crosswords	<div>4</div> 7:30 Todays Events 8:30 Coffee & Catch Up 9:45 Rosary 11:00 Bible Study 11:00 Balloon Volleyball 1:30 St Patty's Craft 2:30 Uno! 3:30 Rec. Time	<div>5</div> 7:30 Todays Events 8:30 House Chat 10:00 Group Coloring 1:00 Tv Together 2:00 Coffee & Catch up 3:00 One on One 3:30 Film Before Food	<div>6</div> 7:30 Todays Events 8:30 <a href="#">Holy Family Mass</a> 10:30 Elastic Exercise 1:00 One on One 1:30 <a href="#">Andy Rising's Cello (ST.)</a> 2:30 Ice Cream Social 3:30 Rec. Time	<div>7</div> 7:30 Todays Events 8:30 Coffee & Catch Up 10:00 Church Service 11:00 One on One 1:30 Popcorn Social 1:30 Balloon Volleyball 2:30 Bridge & More 5:30 <a href="#">Hospice Family Support Group</a>	<div>8</div> 7:30 Todays Events 8:30 Coffee & Catch Up 10:00 <a href="#">Jim Dossey (ST.)</a> 10:30 Balloon Volleyball 12:00 <a href="#">Out to Lunch</a> 1:30 <a href="#">Kitties!</a> 2:30 Uno! 3:30 Rec. Time	<div>9</div> 7:30 Todays Events 8:30 Coffee and the News 10:00 Scenic Bus Ride 10:00 Jenga! 11:00 Rosary 1:30 Italian Sodas 1:30 Bingo (V) 2:30 Nail Painting 2:30 <a href="#">Movie Premier!</a>
<div>10</div> <div>Day Lights Savings</div> <div>Clocks Go Forward</div> 7:30 Todays Events 8:30 Today in History 10:00 Exercise Class 11:00 Group Puzzles 1:00 Beading 1:30 Hacky Toss 3:00 Group Crosswords	<div>11</div> 7:30 Todays Events 8:30 Coffee & Catch Up 9:45 Rosary 11:00 Balloon Volleyball 11:00 Bible Study 1:45 <a href="#">Birthday Day (The Weddle Twins)</a> 2:30 Yahtzee 3:30 Rec. Time	<div>12</div> 7:30 Todays Events 8:30 House Chat 10:00 Group Coloring 1:00 Tv Together 2:00 Coffee & Catch up 3:00 One on One 3:30 Film Before Food	<div>13</div> 7:30 Todays Events 8:30 Coffee and the news 10:30 Elastic Exercise 1:00 One on One 1:30 <a href="#">Auburn Crest Hospice Living Decades</a> 2:30 Ice Cream Social 3:30 Rec. Time	<div>14</div> 7:30 Todays Events 8:30 Coffee & Catch Up 10:00 Church Service 11:00 One on One 1:30 Popcorn Social 1:30 Balloon Volleyball 2:30 Bridge & More 4:00 <a href="#">Grand Opening Party of Rochelle</a>	<div>15</div> 7:30 Todays Events 8:30 Coffee & Catch Up 10:00 <a href="#">Shopping</a> 10:30 Balloon Volleyball 1:00 Yahtzee! 2:00 Italian Sodas 3:00 Rec. Time	<div>16</div> 7:30 Todays Events 8:30 Coffee and the News 10:00 Scenic Bus Ride 10:00 Jenga! 11:00 Rosary 1:30 Doughnut Day 1:30 Bingo (ST.) 2:30 Nail Painting 2:30 <a href="#">Movie Premier!</a>
<div>17</div> <div>Happy St. Patty's Day!</div> 7:30 Todays Events 8:30 Today in History 10:00 Exercise Class 11:00 Group Puzzles 1:00 Beading 1:30 Hacky Toss 3:00 Group Crosswords	<div>18</div> 7:30 Todays Events 8:30 Coffee & Catch Up 9:45 Rosary 11:00 Bible Study 11:00 Balloon Volleyball 1:30 Chocolate Bingo 2:30 Yahtzee! 3:30 Rec. Time	<div>19</div> 7:30 Todays Events 8:30 House Chat 10:00 Group Coloring 1:00 Tv Together 2:00 Coffee & Catch up 2:30 One on One 3:00 <a href="#">Hospice Seminar Fresh Prospective</a>	<div>20</div> <div>Welcome! Spring is here!</div> 7:30 Todays Events 8:30 <a href="#">Holy Family Mass</a> 10:30 Elastic Exercise 1:00 One on One 1:30 <a href="#">Auburn Crest Hospice Living Decades</a> 2:30 Ice Cream Social 3:30 Rec. Time	<div>21</div> 7:30 Todays Events 8:30 Coffee & Catch Up 10:00 Church Service 11:00 One on One 1:30 Popcorn Social 1:30 Balloon Volleyball 2:30 Bridge & More 4:00 Film Before Food	<div>22</div> <div>Puppy Day!</div> 7:30 Todays Events 8:30 Coffee & Catch Up 10:00 <a href="#">Johnny John Johnson (M)</a> 10:30 Balloon Volleyball 1:00 Uno! 2:00 <a href="#">Doggy Central!</a> 3:30 Rec. Time	<div>23</div> 7:30 Todays Events 8:30 Coffee and the News 10:00 Scenic Bus Ride 10:00 Jenga 11:00 Rosary 1:30 Italian Sodas 1:30 Bingo (M) 2:30 Nail Painting 3:30 <a href="#">Movie Premier!</a>
<div>24</div> 7:30 Todays Events 8:30 Today in History 10:00 Exercise Class 11:00 Group Puzzles 1:00 Beading 1:30 Hacky Toss 3:00 Group Crosswords	<div>25</div> 7:30 Todays Events 8:30 Coffee & Catch Up 9:45 Rosary 11:00 Bible Study 11:00 Balloon Volleyball 1:45 <a href="#">Wine &amp; Cheese</a> 3:00 Uno!	<div>26</div> 7:30 Todays Events 8:30 House Chat 10:00 Group Coloring 1:30 <a href="#">Auburn Crest Hospice Living Decades</a> 2:00 Coffee & Catch Up 2:30 One on One 3:30 Film Before Food	<div>27</div> 7:30 Todays Events 8:30 Coffee and the news 10:00 <a href="#">Resident Council</a> 11:00 One on One 1:00 IN2L Puzzle 1:30 <a href="#">JJ Dion</a> 2:30 Ice cream Social 3:30 Rec. Time	<div>28</div> 7:30 Todays Events 8:30 Coffee & Catch Up 10:00 Church Service 11:00 One on One 1:30 Popcorn Social 1:30 Balloon Volleyball 2:30 Bridge & More 4:00 Film Before Food	<div>29</div> 7:30 Todays Events 8:30 Coffee & Catch Up 10:00 <a href="#">Shopping</a> 10:30 Balloon Volleyball 1:00 RummiKub 2:00 <a href="#">Senior Soccer!</a> 3:30 Rec. Room	<div>30</div> 7:30 Todays Events 8:30 Coffee and the News 10:00 Scenic Bus Ride 10:00 Jenga 11:00 Rosary 1:30 Doughnut Day 1:30 Bingo (A) 2:30 Nail Painting 3:30 <a href="#">Movie Premier!</a>