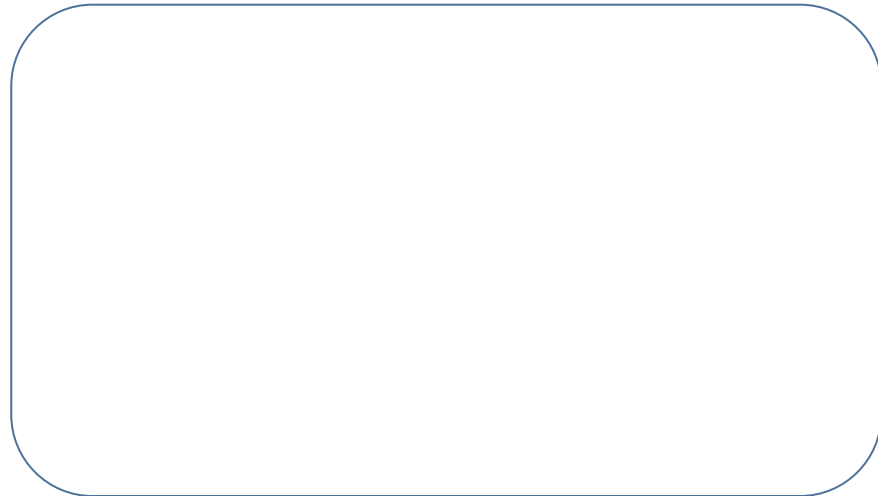




2772 W. Avante Loop
Coeur d'Alene, ID 83815

PLACE
STAMP
HERE



Administrative Team:

Tina Mouser
Executive Director
Angi Pauletto-Koehn
Community Relations Director
Lori Varbero
Business Office Director
Debbie 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



April 2019

2 Gardening Benefits
3 Resident/Team Spotlight
4/5 Activities Calendar

6 Highlights, Social Media, Birthdays
7 Special Moments & Animal Haikus
8 Mission & Team

Gardening Benefits for Health & The Environment Unearthed

Spring is here and it's a joyous time for those with green thumbs who have been waiting for the gardening season to begin. As it happens, there is a lot in the garden that is beneficial for health and the environment.

Dig Into Better Health

Gardening positively impacts wellness in various ways.:

- **It relieves stress.** Gardening can lower cortisol levels that cause stress and increase blood pressure. It also increases serotonin, which helps people feel happy.
- **Friendly bacteria in the soil can boost immunity.** It may particularly help against asthma.
- **It provides great exercise.** It is low-impact and can be comfortable work with the right padding or protective gear, but it takes energy, and the elements can make it more challenging.
- **It involves hand-eye coordination and sensory intake.** Both of these factors can positively affect cognition.
- **It presents opportunities for a sense of community.** Socializing among friends while gardening can be so much fun.
- **It encourages outside activity.** For some, gardening is the best reason to head outside and enjoy sunshine and the environment (albeit with proper sun protection).
- **It is an ongoing activity that can extend**



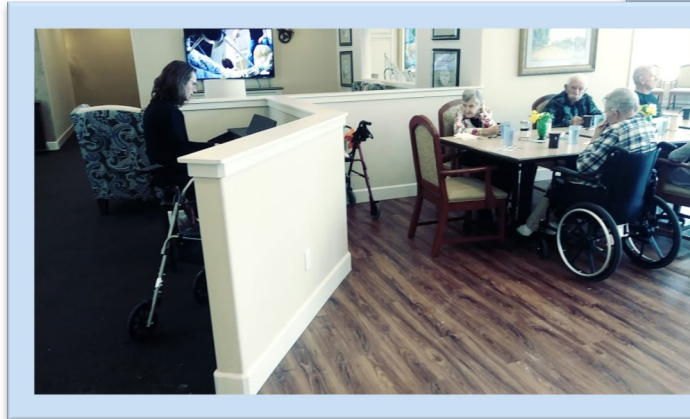
beyond the garden for learning. Why not make predictions for when plants may sprout up and see who comes closest? Or learn about what to grow when and where, and share those techniques,

Impact the Planet

Gardening also benefits the environment, and no act is too small toward making our world a better place.

- **It can help with pollution.** In large-scale harvesting of fruits and vegetables, pollution typically results. The transportation of those goods also causes pollution. It may seem a small step, but gardening at one's home or in the community influences the big picture.
 - **It can reduce the size of landfills.** This is possible when people compost garden waste rather than sending everything to the landfill when it's gone bad.
 - **Plants in the garden take in CO2 and release oxygen,** improving air quality.
 - **It helps local habitats of insects and animals** which play important roles in our environment (like bees pollinating).
 - **Plants and mulch can hold soil in place and reduce erosion,** and keep sediment out of waterways, drains, and roads.
- These are just some of the benefits that gardening can bring! This Spring and Summer, give gardening a try and share the benefits with others.

Special Moments



Haikus About Our Favorite Animals

"Doe a deer a female
Deer, ray a drop of Golden
Sun Jim I Call myself"
- James

"The horses run free
A stallion is for me
The horse I will choose"
- Ivy

*April celebrates animals and haikus so we paired the two!
The haiku is a Japanese verse.
Line one has 5 syllables, line 2 has 7 syllables, and line three has 5 syllables.*

"A rabbit so soft
Cuteness of a bunny's nose
Big feet and super speed"
- Regina

"A cat, a Dog I love
The choice is hard enough
I choose both with hugs"
- Gail

" Though the dogs are great
A cat is in the debate
A cat I would take"
- Daloris

April Highlights

April is Poetry Month, Stress Awareness Month, Humor Month, and Gardening Month

- 1 April Fool's Day
- 2 Peanut Butter & Jelly Day
- 3 Walking Day
- 4 Walk Around Things Day
- 5 Deep Dish Pizza Day
- 6 Caramel Popcorn Day
- 7 Handmade Day
- 8 Zoo Lover's Day
- 9 Antiques Day
- 10 Encourage Young Writers' Day
- 11 Barber Shop Quartet Day
- 12 Grilled Cheese Day
- 13 Scrabble Day
- 14 Dolphin Day
- 15 Take a Guess Day
- 16 Eggs Benedict Day
- 17 Haiku Poetry Day
- 18 High Five Day
- 19 Good Friday

- 20 Lookalike Day
- 21 Easter;
- 22 Earth Day
- 23 Picnic Day
- 24 Pigs in Blanket Day
- 25 Zucchini Bread Day
- 26 Arbor Day
- 27 Babe Ruth Day
- 28 Read Poetry Day
- 29 Shrimp Scampi Day
- 30 Oatmeal Cookie Day

We're online @

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

Why are people exhausted on April 1st?
Because they just finished a 31-day March!

April Birthdays!



We wish you a
Very Happy Birthday!

- Tom, 2nd
- John, 1st
- Sadina, 7th
- Chelsea, 16th

Resident Spotlights! Mary Lou & Tom

Mary Lou and Tom are such a great couple and love to be active. With the sun coming out, so are Mary Lou and Tom. They enjoy casual strolls around the community and visiting with everyone. Mary Lou is a strong thinker and delightful conversationalist. Tom is a very helpful soul and enjoys his time engaging in many fun activities. This couple have been married for many years and still enjoy each others company. Spring is here and we're happy to say from the Renaissance, Thank You for being such a sweet couple, Mary Lou and Tom!



Staff Spotlight! Azariah

Azariah started at the Renaissance new to this profession. He works really hard to learn anything new and is a great at what he does. Azariah really stepped into his role and cares a lot for our residents. Azariah aspires to chase his dreams as a musician and sing for the world, but for now, Azariah graces our residents with his lovely voice and wonderful piano playing. Azariah, keep up the good work and never give up on your dreams, the Renaissance believes in you!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	7:30 Morning Chat 8:00 Howdy With Heidi 9:45 Rosary 10:30 Balloon Volleyball 11:00 Bible Study 1:30 Chocolate Bingo (A) 3:00 Uno!	7:30 Breakfast With the Caregivers 10:00 IN2L Fitness 11:00 Classic Showings 1:30 IND. Activities 2:00 Coffee & Catch up 3:30 Film Before Food	Walking Day 7:30 Todays Events 8:00 Breakfast Announcements 10:00 Welcome to IN2L (M) 11:00 One on One 1:30 Walking Group! 2:30 Bridge and More (M) 3:30 Film Before Food	7:30 Todays Events 8:30 Video of the Day 10:00 Church Service (St.) 10:00 Popcorn Social (A) 11:00 Yahtzee! 1:30 Group Exercise (M) 2:30 Rummikub 3:30 IND. Color & Crosswords	7:30 Todays Events 8:30 Coffee & Catch Up 10:00 Jim Dossey (A) 10:00 Yahtzee! (R) 1:30 Balloon Volleyball 2:30 IN2L Bingo 3:30 Classic Showings	7:30 Todays Events 8:30 Coffee & Catch Ip 10:00 Scenic Bus Ride 10:00 IND. Exercise 11:00 Rosary 1:30 Root Beer Float 1:30 Bingo (V) 2:30 Afternoon Crafts
7	8	9	10	11	12	13
7:30 Weekly Morning Chat 8:30 Coffee & Catch Up 10:00 Walking Group! 11:00 Family Feud 1:30 Painting (M) 2:30 Movie Premier	7:30 Todays Events 8:00 Howdy with Heidi 9:45 Rosary 10:30 Resistant Bands 11:00 Bible Study 1:30 Easter Crafts 2:30 Yahtzee!	7:30 Breakfast With the Caregivers 10:00 IN2L Fitness 11:00 Classic Showings 1:30 IND. Activities 2:00 Coffee & Catch up 3:30 Film Before Food	7:30 Todays Events 8:00 Breakfast Announcements 10:00 Resistant Band Exercise 11:00 One on One 1:30 Ice Cream Social 2:30 Bridge and More 3:30 Film Before Food	7:30 Todays Events 8:30 Video of the Day 10:00 Church Services (St.) 10:00 Popcorn Social (R) 11:00 Yahtzee! 1:30 Conductorcise! (R) 2:30 Rummikub 3:30 IND. Color & Crosswords	7:30 Todays Events 8:30 Coffee & Catch Up 10:00 April Crafts (M) 11:30 Out to Lunch 1:30 Balloon Volley Ball 2:30 IN2L Bingo 3:30 Classic Showings	7:30 Todays Events 8:30 Coffee & Catch up 10:00 Shopping 10:00 IND. Fitness 11:00 Rosary 1:30 Scrabble! (R) 2:30 Afternoon Crafts 5:00 Randy's Paint & Sip
14	15	16	17	18	19	20
7:30 Weekly Morning Chat 8:30 Coffee & Catch Up 10:00 Walking Group! 11:00 Family Feud 1:30 Painting (M) 2:30 Movie Premier	7:30 Todays Events 8:00 Howdy with Heidi 9:45 Rosary 10:30 Balloon Volleyball 11:00 Bible Study 1:30 Birthday Day! (A) 3:30 Uno!	7:30 Breakfast With the Caregivers 10:00 IN2L Fitness 11:00 Classic Showings 1:30 Food Committee 2:00 Coffee & Catch up 3:30 Film Before Food	7:30 Todays Events 8:00 Breakfast Announcements 10:00 Resistant Band Exercise 11:00 One on One 1:30 Ice Cream Social 2:30 Bridge and More 3:30 Film Before Food	7:30 Todays Events 8:30 Video of the Day 10:00 Church Service (St.) 10:00 Popcorn Social (A) 11:00 Yahtzee! (R) 1:30 Group Exercise (A) 2:30 Rummikub (M) 3:30 IND. Color & Crosswords	7:30 Todays Events 8:30 Coffee & Catch Up 10:00 Jim Dossey (V) 10:00 Yahtzee! (A) 1:30 Balloon Volleyball 2:30 IN2L Bingo 3:30 Classic Showings	7:30 Todays Events 8:30 Coffee & Catch Ip 10:00 Scenic Bus Ride 10:00 IND. Exercise 11:00 Rosary (St.) 1:30 Root Beer Floats (M) 1:30 Bingo (M) 2:30 Afternoon Crafts (M)
21	22	23	24	25	26	27
Easter Day! 7:30 Weekly Morning Chat 8:30 Coffee & Catch Up 10:00 Walking Group! 11:00 Family Feud 1:30 Easter Celebration 2:30 Movie Premier	7:30 Morning Chat 8:00 Howdy with Heidi 9:45 Rosary 10:30 Resistant Bands 11:00 Bible Study 1:30 Chocolate Bingo (St.) 3:00 Yahtzee!	7:30 Breakfast With the Caregivers 10:00 IN2L Fitness 11:00 Classic Showings 1:30 IND. Activities 2:00 Coffee & Catch up 3:30 Film Before Food	7:30 Todays Events 8:00 Breakfast Announcements 10:00 Resident Council 11:00 One on One 1:00 Trivia! 1:30 JJ Dion 1:30 Ice cream Social 2:30 Film Before Food	7:30 Todays Events 8:30 Video of the Day 10:00 Church Service (St.) 10:00 Popcorn social (V) 11:00 Yahtzee! (A) 1:30 Conductorcise! (V) 2:30 Rummikub (M) 3:30 IND. Color & Crosswords	Arbor Day! 7:30 Todays Events 8:30 Coffee & Catch up 10:00 Shopping 11:00 One on One 1:30 Tree Sights Bus Ride 2:30 IN2L Bingo 3:30 Classic Showings	7:30 Todays Events 8:30 Coffee & Catch Ip 10:00 Scenic Bus Ride 10:00 IND. Exercise 11:00 Rosary (St.) 1:30 Bingo (A) 2:30 Afternoon Crafts (M)
28	29	30				
7:30 Weekly Morning Chat 8:30 Coffee & Catch Up 10:00 Walking Group! 11:00 Family Feud 1:30 Painting (M) 2:30 Movie Premier	7:30 Morning Chat 8:00 Howdy with Heidi 9:45 Rosary 11:00 Bible Study 1:45 Wine & Cheese (R) 3:30 Uno!	7:30 Breakfast With the Caregivers 10:00 IN2L Fitness 11:00 Classic Showings 1:30 IND. Activities 2:00 Coffee & Catch up 3:30 Film Before Food				