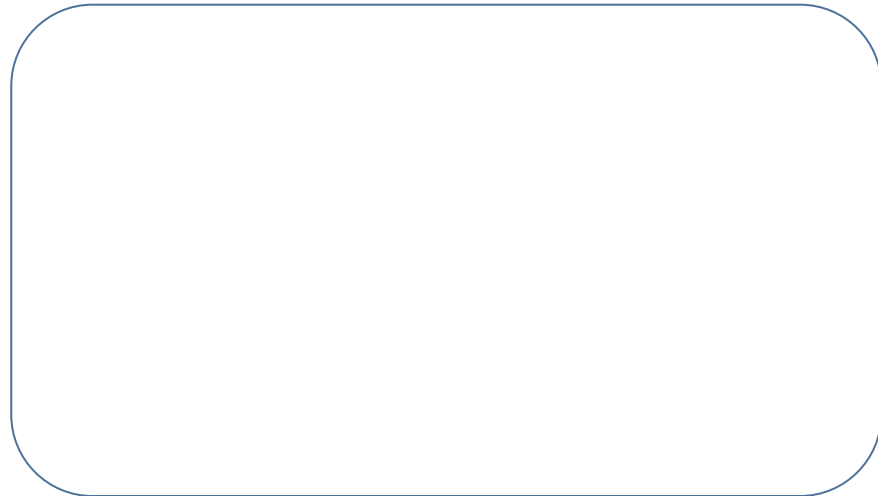




2772 W. Avante Loop
Coeur d'Alene, ID 83815

PLACE
STAMP
HERE



Administrative Team

Tina Mouser
Executive 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

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



May 2019

**2 Skin Protection Practices
3 Resident & Team Spotlight
4/5 Activities Calendar**

**6 Highlights, Social Media, Birthdays
7 Special Moments & Fitness Favorites
8 Mission & Team**

Best Practices for Skin Health

Whether lounging outside with a book or chatting with friends over lemonades on the patio, there's a factor to pay attention to so we don't harm our skin, and that's the sun. Spending time outdoors is beneficial for so many reasons, including increasing Vitamin D and our activity levels. But too much sun can make a good thing not so good for us. A little skin protection and general hot weather safety will go a long way in letting us enjoy a good, warm day.



May has been designated Skin Cancer Awareness Month in hopes it will build awareness of ways to protect skin, the need for regular dermatologist visits, and causes and treatments for skin cancer.

WHY CARE ABOUT SKIN PROTECTION?

Sun damage myths would have you believe most harm to skin occurs before age 18. However, studies have shown sun damage is actually cumulative; only 23 percent of lifetime exposure happens by age 18.

Skin cancer is a disease that one in five Americans will develop by age 70. That said, most skin cancer forms can be prevented, including the scariest, melanoma. While it is the most common form of cancer in the U.S., it is also the most preventable. Awareness and frequent skin checks are essential for preventing and treating melanoma.

TIPS FOR PROTECTING YOUR SKIN

Seek Shade: When the sun is at its strongest, between 10 am and 4 pm, enjoy the outdoors and protect your skin in the shade. Hang out under a sun umbrella or covered patio and avoid direct sunlight.

Cover Up: Long sleeves and pants seem counterintuitive when it's hot, but can help a lot with sun protection. Wear lighter-weight clothing with long sleeves and pants to help protect skin while not overheating. Don't forget a broad-brimmed hat and UV-blocking sunglasses!

Wear Sunscreen: The most critical part of avoiding skin cancer is avoiding sunburns. Sunburns are proof of skin damage by the sun, and they hurt. Avoid sunburns with the top two tips and by wearing sunscreen. The Skin Cancer Foundation recommends using a broad-spectrum (UVA/UVB) sunscreen with SPF 15 or higher every single day. For extended activity outdoors, opt for an SPF 30 broad-spectrum (UVA/UVB) sunscreen.

Stay Aware: Examine your skin and visit a dermatologist regularly. Conduct a head-to-toe skin check once a month to look for early warning signs of skin cancer. Visit with your dermatologist once a year or if you find anything suspicious in your examination.

For more useful skin care information and a self-exam guide, visit skincancer.org online.

Special Moments



Our Favorite Fitness Activities



May Highlights

May is Get Caught Reading Month
and Military Appreciation Month

- 01 Chocolate Parfait Day
- 02 Truffle Day
- 03 Garden Meditation Day
- 04 Bird Day
- 05 Hoagie Day
- 06 Nurses Day
- 07 Teacher Appreciation Day
- 08 Receptionists Day
- 09 Butterscotch Brownie Day
- 10 Shrimp Day
- 11 Mini Golf Day
- 12 Mother's Day
- 13 Fruit Cocktail Day
- 14 Dance Like a Chicken Day
- 15 Chocolate Chip Day
- 16 Love a Tree Day
- 17 Endangered Species Day
- 18 Armed Forces Day
- 19 Devil's Food Cake Day

- 20 Pick Strawberries Day
- 21 Waitstaff Day
- 22 Vanilla Pudding Day
- 23 Lucky Penny Day
- 24 Scavenger Hunt Day
- 25 Tap Dance Day
- 26 Blueberry Cheesecake Day
- 27 Memorial Day
- 28 Hamburger Day
- 29 Senior Health & Fitness Day
- 30 Water a Flower Day
- 31 Heat Awareness 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
- Happy Mother's Day to all the moms out there!**

May Birthdays



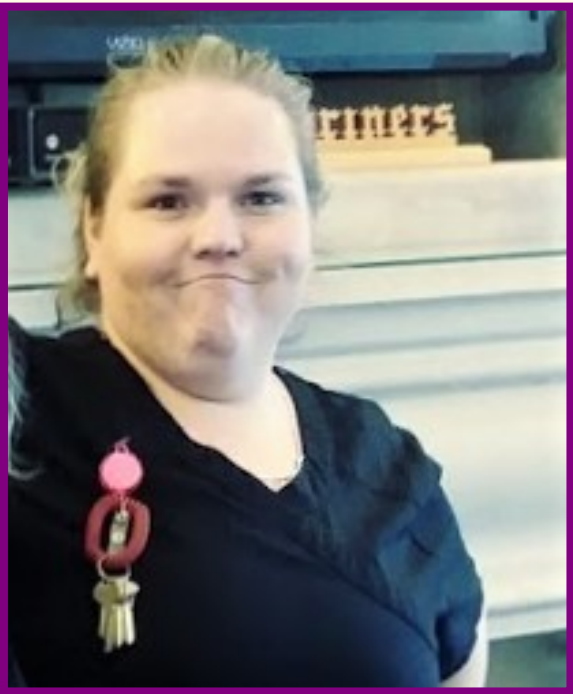
We wish you a Happy Birthday!

- Irys, May, 7th
- Joyce, May, 12th
- Jim, May, 13th
- Patti, May, 4th
- Azariah, May, 12th
- River, May, 15th
- Michael, May, 22nd
- Robyn, May, 30th
- Tina, May, 31st

Resident Spotlight!

Judi

Judi and her husband Bob are new to the community, and what a joy it is to have them. Judi really makes an effort to make it to every outing and activity. She is very social and loves to get to know people. Her fun personality makes every activity she goes to that much better. If you are ever looking for someone to talk to or play a game with Judi is your gal! The Renaissance wants to recognize Judi as our Spotlight Resident of the month. Thank you Judi for your happy outlook on life.



Staff Spotlight!

Suzi

The best way to describe Suzi would have to be, resident focused. Her knack for ensuring the resident's happiness really motivates the residents to enjoy many activities in the community. Suzi is such a joy and a very hard worker, when she is not tending to the cares of the resident you will see Suzi engaging residents in board games and fun applications on our amazing IN2L System. The Renaissance works hard everyday to ensure the residents are getting the best of care in every way. Suzi is a great example for that. Thank you Suzi for all you do!



May 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 Todays Events 8:00 Weekly Report 9:30 Holy Family Mass 10:30 Resistant Bands 1:30 Auburn Crest Living Decades 2:30 Bridge and More 3:30 Film Before Food	2 7:30 Todays Events 8:00 Coffee & Catch Up 10:00 Church Service (ST) 11:00 Trivia 1:30 Group Exercise 2:30 Puzzles! 3:30 Classic Showings	3 7:30 Todays Events 8:00 Coffee & Catch Up 10:00 Shopping 10:00 Puzzles 1:30 Balloon Volleyball 2:30 IN2L Bingo 3:30 Film Before Food	4 7:30 Todays Events 8:00 Coffee & Catch Up 10:00 Scenic Bus Ride 10:00 IN2L Exercise 1:30 Resistant Bands 2:30 Millionaire 3:30 IND. Coloring
			V	ST	M	R
Cinco de Mayo 5	6	7	8	9	10	11
7:30 Todays Events 8:00 Coffee & Catch Up 9:00 Morning News 10:00 Walking Group 12:00 Cinco de Mayo Lunch! 1:30 Afternoon Trivia 2:30 What's That sound? 3:30 Movie Premier!	7:30 Todays Events 8:00 Coffee & Caregivers 9:45 Rosary 11:00 Bible Study 1:30 Coloring 3:30 Film Before Food	10:00 Funny Videos 11:00 Classical Music 1:30 One on One 2:30 IND. Coloring 3:30 Classic TV	7:30 Todays Events 8:00 Weekly Report 10:00 Resistant Bands 11:00 Board Games 1:30 Auburn Crest Living Decades 2:30 Bridge and More 3:30 Film Before Food	7:30 Todays Events 8:00 Coffee & Catch Up 10:00 Church Service (ST) 11:00 Family Feud 1:30 Group Exercise 2:30 Rummikub 3:30 Classic Showings 5:30 Hospice Family Support Group	7:30 Todays Events 8:00 Coffee & Catch Up 10:00 Jim Dossey 11:30 Out To Lunch 1:30 Group Coloring 2:30 IN2L Bingo 3:30 Film Before Food	7:30 Todays Events 8:00 Coffee & Catch Up 10:00 Scenic Bus Ride 10:00 IN2L Exercise 1:30 Resistant Bands 2:30 Price is Right! 3:30 IND. Coloring
A	ST	ALL	A	R	M	ST
Mother's Day 12	13	14	15	16	17	18
7:30 Todays Events 8:00 Coffee & Catch Up 9:00 Morning News 10:00 Walking Group 1:30 Mothers Day Celebration 2:30 What's that sound? 3:30 Movie Premier!	7:30 Todays Events 8:00 Howdy with Heidi 9:45 Rosary 10:30 Resistant Bands 11:00 Bible Study 1:45 Birthday Party 3:00 Uno!	10:00 Funny Videos 11:00 Classical Music 1:30 One on One 2:30 IND. Coloring 3:30 Classic TV	7:30 Todays Events 8:00 Weekly Report 10:00 Resistant Bands 11:00 Board Games 1:30 Auburn Crest Living Decades 2:30 Crafts 3:30 Film Before Food	7:30 Todays Events 8:00 Coffee & Catch Up 10:00 Church Service (ST) 11:00 Family Feud 1:30 Ethereal and E 2:30 Scrabble! 3:30 Classic Showings	7:30 Todays Events 8:00 Coffee & Catch Up 10:00 Jim Dossey 10:00 Puzzles 1:30 Balloon Volleyball 2:30 Coloring 3:30 Film Before Food	7:30 Todays Events 8:00 Coffee & Catch Up 10:00 Walking Group 1:30 Resistant Bands 2:30 Millionaire 3:00 IND. Coloring 3:30 Uno!
V	H	ALL	R	A	V	ST
19	20	21	22	23	24	25
10:00 Funny Videos 11:00 Classical Music 1:30 One on One 2:30 IND. Coloring 3:30 Classic TV	7:30 Morning Chat 8:00 Howdy with Heidi 9:45 Rosary 10:30 Resistant Bands 11:00 Bible Study 1:30 Bingo 3:00 Crafts	7:30 Todays Events 8:00 Coffee & Catch Up 9:00 Morning News 10:00 Group Exercise 1:30 Afternoon Trivia 2:30 What's That sound? 3:30 Movie Premier!	7:30 Todays Events 8:00 Weekly Report 10:00 Resistant Bands 11:00 Board Games 1:30 Auburn Crest Living Decades 2:30 Bridge and More 3:30 Film Before Food	7:30 Todays Events 8:00 Coffee & Catch Up 10:00 Church Service (ST) 11:00 Family Feud 1:30 Food Committee 2:30 Yahtzee! 3:30 Classic Showings	7:30 Todays Events 8:00 Coffee & Catch Up 10:00 Shopping 10:00 Puzzles 1:30 Balloon Volleyball 2:30 IN2L Bingo 3:30 Film Before Food	7:30 Todays Events 8:00 Coffee & Catch Up 10:00 Scenic Bus Ride 10:00 IN2L Exercise 1:30 Resistant Bands 2:30 Price is Right! 3:30 IND. Coloring
ALL	H	ST	M	R	A	V
26	Memorial Day 27	28	Senior Health Day 29	30	31	
7:30 Todays Events 8:00 Coffee & Catch Up 9:00 Morning News 10:00 Walking Group 1:30 Afternoon Trivia 2:30 What's That sound? 3:30 Movie Premier!	7:30 Todays Events 8:00 Howdy with Heidi 9:45 Rosary 10:30 Resistant Bands 11:00 Bible Study 1:45 Wine & Cheese 2:45 Bubbles!	10:00 Funny Videos 11:00 Classical Music 1:30 One on One 2:30 IND. Coloring 3:30 Classic TV	7:30 Todays Events 8:00 Weekly Report 10:00 Resident Counsel 11:00 Board Games 1:30 JJ Dion 2:30 Resistant Bands 3:30 Film Before Food	7:30 Todays Events 8:00 Coffee & Catch Up 10:00 Church Service (ST) 11:00 Yahtzee! 1:30 Auburn Crest Living Decades 2:30 Uno! 3:30 Classic Showings	7:30 Todays Events 8:00 Coffee & Catch Up 10:00 Scenic Bus Ride 10:00 Puzzles 1:30 Balloon Volleyball 2:30 IN2L Bingo 3:30 Film Before Food	
ST	H	ALL	ST	M	R	