



**2772 W. AVANTE LOOP  
COEUR D'ALENE, ID 83815**

PLACE  
STAMP  
HERE



(Chuckle answer from page 6: A pumpkin patch!)

**Administrative Team: 208-664-6116**

**Tina Mouser  
Executive Director**

**Rebecca Georgius  
Community Relations Director**

**Lori Varbero  
Business Office Director**

**Debbie James  
Registered Nurse**

**Dana Seaman  
Wellness Nurse**

**Kari Hakala  
Wellness Director**

**Annie Troester  
Dietary Services Director**

**Kurt Mouser  
Maintenance Director**

**Jacob Bonagofski  
Life Enrichment Director**

**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 NEWSLETTER**



**OCTOBER 2019**

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**6 Highlights, Social Media, Birthdays  
7 Special Moments & Trick or Treat Event  
8 Mission & Team**



## Breast Cancer Awareness Increases Chances of Early Detection and Treatment

October is for Breast Cancer Awareness! We know when it takes place by the pink we see people wearing, but we may not know the significance Breast Cancer Awareness Month can have in our own lives.

In addition to promoting breast cancer knowledge importance, raising research funds, and supporting survivors and those in the fight, Breast Cancer Awareness Month encourages people to take steps to help themselves detect the disease in early stages.

This October, increase your awareness level with some breast cancer facts and early detection information. Your know-how could help a loved one, friend, or yourself.

*Note: This article should not be considered medical advice. Consult your medical provider before making changes to diet, medications, or lifestyle.*

### What is Breast Cancer?

When cells, in the breast or nearby tissue, divide and grow without normal control of regular cell division, breast cancer occurs. This process is often slow. When a lump can be felt, it may have already been growing for 10 years.

Breast cancer may occur in men or women, but affects women more often than men. In the U.S., about one percent of cases occur in men. In 2019, for U.S. women, there will have been about 268,600 new cases of invasive breast cancer. For men, there will have been an estimated 2,670 new breast cancer cases. Early detection increases breast cancer survival.



### Early Detection is Key

There are ways to detect breast cancer early including regular self-examinations and clinical screenings. Clinical screenings include mammography (X-ray breast imaging); clinical breast exams (where a trained provider feels for abnormalities); and in certain high risk cases, breast MRIs. More information on screening is available at [www.cancer.gov](http://www.cancer.gov).

Women should be familiar with how their breasts normally look and report any changes to a medical provider. The American Cancer Society recommends women 45-54 get annual mammograms, earlier for those who are high-risk for breast cancer. Those 55+ can switch to every other year if in good health.

Men at high risk for breast cancer should discuss how to manage their risk with their doctor.

It is our hope that these facts encourage awareness and continued learning beyond this special month.

## Special Moments



## Halloween Trick or Treat Event

**HERE AT THE RENAISSANCE WE WOULD LIKE TO WELCOME YOU TO OUR COMMUNITY FOR AN EVENT OF FUN AND CANDY. JOIN US WHILE WE TAKE YOU ON A GUIDED ADVENTURE AND TRICK OR TREATING. SHOW OFF YOUR COOLEST COSTUME AND MEET SOME REALLY GREAT PEOPLE. THE EVENT STARTS ON THE 31ST OF OCTOBER AT 10:00 AM AND WILL GO UNTIL 12 PM.**



## October Highlights

*October is Dessert Month, Pizza Month, Seafood Month, Arts & Humanities Month, & Popcorn Month*

**1 Hair Day; Homemade Cookies Day**

**2 Fried Scallops Day**

**3 Techies Day**

**4 Golf Lover's Day; Taco Day**

**5 Do Something Nice Day**

**6 Mad Hatter Day; Noodle Day**

**7 Frappe Day; Inner Beauty Day**

**8 Fluffernutter Day; Pierogi Day**

**9 ER Nurses Day**

**10 Angel Food Day; Mental Health Day**

**11 Sausage Pizza Day**

**12 Chess Day; Gumbo Day**

**13 Train Your Brain Day**

**14 Columbus Day; Dessert Day**

**15 Cheese Curd Day; I Love Lucy Day**

**16 Cat Day; Take Parents to Lunch Day**

**17 Pasta Day**

**18 Chocolate Cupcake Day**

**19 Seafood Bisque Day; Sweetest Day**

**20 Brandied Fruit Day**

**21 Pumpkin Cheesecake Day; Reptile Day**

**22 Nut Day; Favorite Colors Day**

**23 Boston Cream Pie Day**

**24 Bologna Day**

**25 Breadstick Day**

**26 Make a Difference Day**

**27 American Beer Day; Mother in Law Day**

**28 Chocolate Day**

**29 Cat Day; Oatmeal Day; Intl. Stroke Day**

**30 Candy Corn Day**

**31 Halloween; Knock-Knock Jokes Day**

**Check us out online at:**

- ♦ [Facebook.com/AssistedLivingAtCoeurDALene](https://www.facebook.com/AssistedLivingAtCoeurDALene)
- ♦ [Blog.radiantseniorliving.com](http://Blog.radiantseniorliving.com)
- ♦ Radiantsrliving & Radiantvoices on Instagram
- ♦ RadiantSrLiving on Twitter
- ♦ [Pinterest.com/radiantsrliving](https://www.pinterest.com/radiantsrliving)
- ♦ Radiant Senior Living on YouTube

**Chuckle Time: What do you use to mend a Jack-O-Lantern? (Answer on back cover)**

## October Birthdays!



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

**Linda, Oct 24th**

**Tiffany, Oct 7th**

**Jacob, Oct 11th**

**Debbie, 13th**

**Joel, Oct 17th**

**Bruce, Oct 19th**

**Marie, Oct 22nd**

**Jessica, Oct 30th**

## Resident Spotlight! Jane

**Jane, otherwise known as Janie, is somewhat new to our community, and is such a joy to have here. She is so welcoming and such a nice person to be around. She worked as a school teacher for most of her life and really enjoys the company of children. If you're ever looking for a nice story or someone to make you laugh, be sure to stop by and say hello to our wonderful Janie!**



## Staff Spotlight! Shayna

**On a day-to-day basis, caregiver Shayna works hard making residents and fellow staff comfortable with a happy smile and a great sense of humor. Shayna's kind heart and love for our residents is a breath of fresh air. With all the hard work and dedication to our residents, Shayna goes home to three wonderful children, and is a great mom. The Renaissance wants to recognize all the hard work you do here Shayna, and thank you for being so great!**



# October 2019

## The Renaissance Assisted Living

2772 W. Avante Loop 208-664-6116

| SUN   | MON   | TUE  | WED   | THU   | FRI   | SAT  |
|---|---|--|---|---|---|--|
| <b>ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT NOTICE.</b>                                       |   | 1<br>8:30 Announcements<br>10:00 Balloon Volleyball<br>11:00 Board Games<br>1:45 Choir Practice<br>2:30 Scenic Bus Ride<br>3:30 Film Before Food<br>HALLOWEEN HAIR DAY | 2<br>8:30 Announcements<br>9:30 IN2L Lessons<br>10:00 Wii Sports<br>1:45 Mall Outing<br>3:00 BINGO<br>6:00 After Meal Movie<br>             | 3<br>8:30 Announcements<br>10:00 Church Service<br>11:00 Yahtzee<br>1:45 Ice Cream Social<br>2:30 Board Games<br>3:30 IN2L Exercise<br>                             | 4<br>8:30 Announcements<br>10:00 Scenic Bus Ride<br>11:00 Board Games<br>1:45 Door Décoration Station<br>2:30 Afternoon Stroll<br>3:30 House Games<br>        | 5<br>8:30 Announcements<br>10:00 BINGO<br>11:00 IN2L Visuals<br>1:45 Uno!<br>2:30 Popcorn Social<br>3:30 Nature Shows<br>  |
| 6<br>10:00 IN2L Visuals<br>11:30 Music with Meal<br>1:30 One on One<br>2:30 IN2L and You<br>  | 7<br>8:30 Howdy with Heidi<br>9:45 Rosary<br>10:30 Bible Study<br>1:45 Mystery Reading<br>2:30 Halloween Crafts<br>3:30 Board Games<br>   | 8<br>8:30 Announcements<br>10:00 Derrick Presents<br>11:00 Board Games<br>1:45 Choir Practice<br>2:30 Balloon Volleyball<br>3:30 Film Before Food<br>                  | 9<br>8:30 Announcements<br>9:30 IN2L Lessons<br>10:00 Wii Sports<br>1:45 Shopping<br>3:00 BINGO<br>6:00 After Meal Movie<br>                | 10<br>8:30 Announcements<br>10:00 Church Service<br>11:00 Out to Lunch<br>1:45 Ice Cream Social<br>2:30 Board Games<br>3:30 IN2L Exercise<br>SUPERHERO COSTUME DAY  | 11<br>8:30 Announcements<br>10:00 Jim Dossey<br>11:00 Board Games<br>1:45 Halloween Baking<br>2:30 Afternoon Stroll<br>3:30 House Games<br>                   | 12<br>8:30 Announcements<br>10:00 BINGO<br>11:00 IN2L Visuals<br>1:45 Uno!<br>2:30 Popcorn Social<br>3:30 Nature Shows<br> |
| 13<br>10:00 IN2L Visuals<br>11:30 Music with Meal<br>1:30 One on One<br>2:30 IN2L and You<br> | 14<br>8:30 Howdy with Heidi<br>9:45 Rosary<br>10:30 Bible Study<br>1:45 Mystery Reading<br>2:30 October Birthdays<br>3:30 Board Games<br> | 15<br>8:30 Announcements<br>10:00 Balloon Volleyball<br>11:00 Board Games<br>1:45 Choir Practice<br>2:30 Scenic Bus Ride<br>3:30 Film Before Food<br>                  | 16<br>8:30 Announcements<br>9:30 IN2L Lessons<br>10:00 Wii Sports<br>1:45 Adam Foote<br>3:00 BINGO<br>6:00 After Meal Movie<br>             | 17<br>8:30 Announcements<br>10:00 Church Service<br>11:00 Yahtzee<br>1:45 Ice Cream Social<br>2:30 Board Games<br>3:30 IN2L Exercise<br>                            | 18<br>8:30 Announcements<br>10:00 Scenic Bus Ride<br>11:00 Board Games<br>1:45 Halloween Crafts<br>2:30 Afternoon Stroll<br>3:30 House Games<br>SUPER RED DAY | 19<br>8:30 Announcements<br>10:00 BINGO<br>11:00 IN2L Visuals<br>1:45 Uno!<br>2:30 Popcorn Social<br>3:30 Nature Shows<br> |
| 20<br>10:00 IN2L Visuals<br>11:30 Music with Meal<br>1:30 One on One<br>2:30 IN2L and You<br> | 21<br>8:30 Howdy with Heidi<br>9:45 Rosary<br>10:30 Bible Study<br>1:45 Mystery Reading<br>2:30 Wine and Cheese<br>3:30 Board Games<br>   | 22<br>8:30 Announcements<br>10:00 Scenic Ride<br>11:00 Board Games<br>1:45 Choir Practice<br>2:30 Scenic Bus Ride<br>3:30 Film Before Food<br>                         | 23<br>8:30 Announcements<br>9:30 IN2L Lessons<br>10:00 Wii Sports<br>1:45 Shopping<br>3:00 BINGO<br>6:00 After Meal Movie<br>MAD HATTER DAY | 24<br>8:30 Announcements<br>10:00 Church Service<br>11:00 Yahtzee<br>1:45 Ice Cream Social<br>2:30 Board Games<br>3:30 IN2L Exercise<br>                            | 25<br>8:30 Announcements<br>10:00 Jim Dossey<br>11:00 Board Games<br>1:45 Oct. Cookie Station<br>2:30 Afternoon Stroll<br>3:30 House Games<br>                | 26<br>8:30 Announcements<br>10:00 BINGO<br>11:00 IN2L Visuals<br>1:45 Uno!<br>2:30 Popcorn Social<br>3:30 Nature Shows<br> |
| 27<br>10:00 IN2L Visuals<br>11:30 Music with Meal<br>1:30 One on One<br>2:30 IN2L and You<br> | 28<br>8:30 Howdy with Heidi<br>9:45 Rosary<br>10:30 Bible Study<br>1:45 Mystery Reading<br>2:30 Halloween Crafts<br>3:30 Board Games<br>  | 29<br>8:30 Announcements<br>10:00 Balloon Volleyball<br>11:00 Board Games<br>1:45 Choir Practice<br>2:30 Scenic Bus Ride<br>3:30 Film Before Food<br>                  | 30<br>8:30 Announcements<br>10:00 Resident Council<br>11:00 Food Committee<br>1:45 Mall Outing<br>3:00 BINGO<br>6:00 After Meal Movie<br>   | 31<br>8:30 Announcements<br>10:00 Church Service<br>10:00 Trick or Treat<br>1:45 Ice Cream Social<br>2:30 Board Games<br>4:00 Community Trick or Treat<br>HALLOWEEN | Outings =<br>Bingo =<br>Exercise =<br>Shopping =<br>Live Entertainment =  |  |