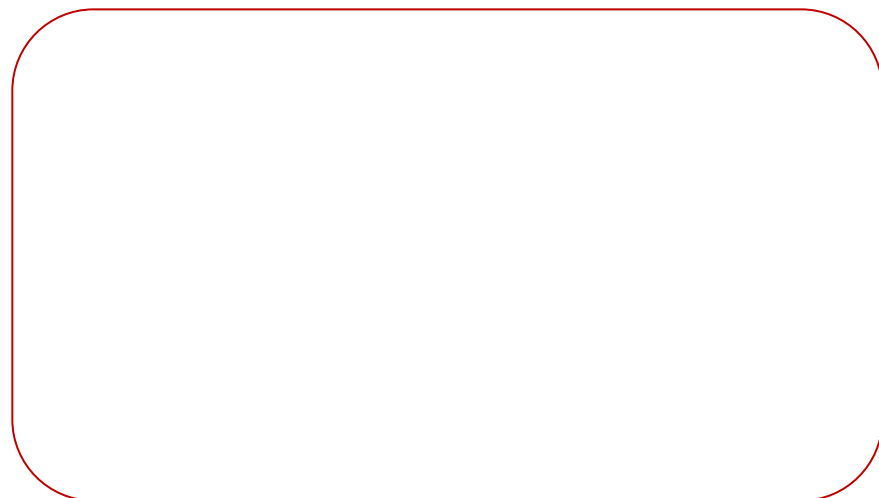




2772 W. Avante Loop
Coeur d'Alene, ID 83815

STAMP
HERE



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



December 2019

2 Cold Weather Safety & Wellness
3 Team & Resident Spotlight
4-5 Activities Calendar

6 Birthdays, Social Media, & Highlights
7 Special Moments, Recipe Corner
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Cold Weather Safety & Wellness Tips

It's that time of year again when temperatures begin to plummet, snowflakes kiss our noses, and "Baby, it's Cold Outside!" and "Walking in a Winter Wonderland" play on the radio.

The changing weather can be a joyous occurrence each year, but it's also one we can better prepare for with a few tips to aid in keeping us safe and merry.



Dress for Warmth

Stay toasty throughout winter with appropriate clothing for your surroundings. Outdoors, if it's very cold, be sure to wear warm socks, gloves, a heavy coat, a scarf, and a hat or ear muffs, and make sure exposed skin is covered. Indoors, if cold, dress in layers and keep feet covered. One's body temperature should never dip below 95 degrees.

Avoid Falling

In the winter, falls may occur due to slips on icy sidewalks and roads or wet indoor spaces. Avoid injury by wearing shoes with good traction and non-skid soles. Stay inside when at all possible, and wait to walk on sidewalks until you know that they have been treated for ice. It is also smart to have a walking buddy or two if you do head outdoors. If you have been outside and are returning to an indoor space, take off your shoes to avoid slipping due to wet soles.

Ward off the Wintertime Blues

In the winter, there are fewer opportunities for people to get regular exercise and sunshine. There are also some stressors that

come along with the holidays. These changes in routine may lead to feelings of loneliness, isolation, and sadness. Help fight off the winter blues by getting regular exercise, participating in social activities, and eating a varied diet of Vitamin D fortified foods.

Avoid Fire Hazards & Carbon Monoxide Poisoning

It's lovely to enjoy the warmth of the fireplace or a scented candle in winter, but be prepared to avoid fire dangers. Heaters, fireplaces, stoves, candles, and holiday decorations can pose fire risks. Avoid possible fires and carbon monoxide poisoning by following fire safety rules, abiding by device manufacturer instructions, and making sure all alarms are functional. Also, practice routine fireplace maintenance, make sure electrical sockets are operating properly, and keep holiday decorations neat and in good repair. There's no shame in reaching out to a friend or loved one for help tending to these tasks.

We wish everyone a safe, warm, and fun-filled winter season this year!

Special Moments

"Life isn't a matter of milestones, but of moments." - Rose Kennedy



'Tis the Season to Be Baking!

This Pfeffernusse recipe, modified from an All Recipes version by Thebeansma, requires 15 mins prep, 15 mins to cook, and 3 hours total. **Ingredients:** 1/2 cup molasses; 1/4 cup honey; 1/4 cup shortening; 1/4 cup margarine; 2 eggs; 4 cups flour; 3/4 cup sugar; 1/2 cup brown sugar; 1.5 tsp ground cardamom; 1 tsp ground nutmeg; 1 tsp ground cloves; 1 tsp ground ginger; 2 tsp anise extract; 2 tsp ground cinnamon; 1.5 tsp baking soda; 1 tsp pepper; 1/2 tsp salt; 1 cup confectioners sugar.

Steps: **1.)** Stir molasses, honey, shortening, margarine in saucepan over med heat. Stir until creamy. Remove from heat; cool to room temp. Stir in eggs. **2.)** Combine flour, white and brown sugars, cardamom, nutmeg, cloves, ginger, anise, cinnamon, baking soda, salt and pepper in big bowl. Add molasses mixture and mix together. Refrigerate 2 hours. **3.)** Preheat oven to 325. Roll dough into balls. Put on bake sheet 1 inch apart. **4.)** Bake 10-15 mins. Cool. Coat with confectioners sugar. Enjoy!



December 2019 Highlights

December is Safe Gifts Month, Spiritual Literacy Month, and Tomato Month

01 Pie Day; Eat a Red Apple Day
02 Fritters Day; Mutt Day
03 Day of Giving
04 Cookie Day; Dice Day; Sock Day
05 Sacher Torte Day
06 Faux Fur Friday; Gazpacho Day
07 Pearl Harbor Remembrance Day
08 Brownie Day; Be a Time Traveler Day
09 Pastry Day
10 Nobel Prize Day; Dewey Decimal Day
11 App Day; Noodle Ring Day
12 Ambrosia Day; Poinsettia Day
13 Cocoa Day; Violin Day
14 Bouillabaisse Day
15 Lemon Cupcake Day; Wear Pearls Day
16 Chocolate-Covered Anything Day
17 Maple Syrup Day; Wright Brothers Day
18 Roast Suckling Pig Day; Buddy the Elf Day
19 Oatmeal Muffin Day; Hard Candy Day
20 Sangria Day

21 Fried Shrimp Day; Holiday Sweater Day
22 Date Nut Bread Day; Chanukah Begins
23 Pfeffernusse Day; Festivus
24 Eggnog Day; Christmas Eve
25 Christmas Day; Pumpkin Pie Day
26 Candy Cane Day; Boxing Day; Thanks Day
27 Fruitcake Day; Card Playing Day
28 Chocolate Candy Day
29 Pepper Pot Day; Tick Tock Day
30 Bacon Day
31 New Year's Eve, Champagne Day

We're online @

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

December Birthdays!

december



BLUE TOPAZ

Wishing a very happy birthday to you!

Anne , Dec. 1st
John, Dec. 6th
Mary Ann, Dec. 10th
Dorothy, Dec. 12th
Pat, Dec. 13th
Leone, Dec. 22nd
Diane, Dec. 28th
Phyllis, Dec. 31st
Ali, Dec. 31st

Staff Spotlight

Dana
(Wellness Nurse)



Dana has one of the longest standings with The Renaissance and puts a lot of effort into everything she does. She works hard every day to ensure the best care for our residents. Dana takes time out of her busy schedule to make sure she stays healthy by waking up early to either go to the gym or take her dogs out on a jog. She truly takes the awesome title of Wellness Nurse to another level. The Renaissance is truly grateful to have someone so kind hearted to be looking over our residents.










































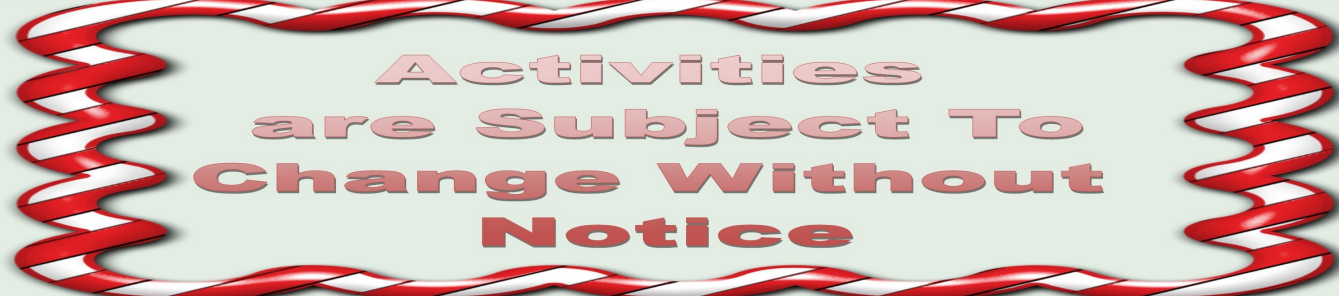


Resident Spotlight

Anne!

Anne loves to be active in the community and enjoys the many activities we provide at the Renaissance. One of her most frequent pasttimes is working on puzzles and socializing with others. Anne keeps a positive attitude and a happy melody in her heart. When attending social gatherings or even working by herself, Anne hums a tune of joy. It's great to have such a happy soul here at the Renaissance!

December 2019

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

 SUN	 MON	 TUE	 WED	 THU	 FRI	 SAT
1 10:00 IN2L VISUALS 11:30 MUSIC WITH MEAL 1:30 ONE ON ONE 2:30 IN2L AND YOU  ALL	2 8:30 MORNING CHAT 9:45 ROSARY 11:00 BIBLE STUDY 1:45 MONDAY MYSTERY READING 2:45 BINGO 4:00 ONE ON ONE H	3 8:30 ANNOUNCEMENTS 10:00 WII SPORTS  11:00 TV TOGETHER 1:45 BALLOON VOLLEYBALL 3:00 BUS RIDE  4:00 ONE ON ONE R	4 8:30 ANNOUNCEMENTS 10:00 BINGO 11:00 IN2L VISUALS 1:45 BOARD GAMES 3:00 WALKING GROUP  4:00 SHORT FILMS V	5 8:30 MORNING CHAT 10:00 CHURCH SERVICE 11:00 BOARD GAMES 1:45 RESISTANT BANDS  3:00 ICE CREAM SOCIAL 4:00 ONE ON ONE A	6 8:30 ANNOUNCEMENTS 10:00 SHOPPING  11:00 ONE ON ONE 1:45 IN2L EXERCISE  3:00 HOLIDAY CRAFTS 3:30 HOLIDAY MOVIES  M	7 8:30 ANNOUNCEMENTS 10:00 CHRISTMAS CARD CRAFTS 1:45 BALLOON VOLLEYBALL 3:00 CHRISTMAS LIGHT DRIVE  4:00 IN2L FUNNY FLIX ST.
8 10:00 IN2L VISUALS 11:30 MUSIC WITH MEAL 1:30 ONE ON ONE 2:30 IN2L AND YOU ALL	9 8:30 MORNING CHAT 9:45 ROSARY 11:00 BIBLE STUDY 1:45 DECEMBER BIRTHDAY DAY 3:30 CHRISTMAS TALES 4:00 ONE ON ONE H	10 8:30 ANNOUNCEMENTS 10:00 WII SPORTS  11:00 TV TOGETHER 1:45 BALLOON VOLLEYBALL 3:00 BUS RIDE  4:00 ONE ON ONE  R	11 8:30 ANNOUNCEMENTS 10:00 RONNIE MCGEE 11:00 IN2L VISUALS 1:45 BOARD GAMES 3:00 WALKING GROUP  4:00 SHORT FILMS V	12 8:30 MORNING CHAT 10:00 CHURCH SERVICE 11:00 BOARD GAMES 1:45 RESISTANT BANDS  2:30 OUT TO THE LIBRARY 4:00 ONE ON ONE   A	13 8:30 ANNOUNCEMENTS 10:00 JIM DOSSEY 11:00 ONE ON ONE 1:45 IN2L EXERCISE  3:00 GINGER BREAD BUILDER 3:30 HOLIDAY MOVIES  M	14 8:30 ANNOUNCEMENTS 10:00 BINGO 11:00 IN2L VISUALS 1:45 BALLOON VOLLEYBALL 3:00 CHRISTMAS LIGHT DRIVE  4:00 IN2L FUNNY FLIX ST.
15 10:00 IN2L VISUALS 11:30 MUSIC WITH MEAL 1:30 ONE ON ONE 2:30 IN2L AND YOU ALL	16 8:30 MORNING CHAT 9:45 ROSARY 11:00 BIBLE STUDY 1:45 MONDAY MYSTERY READING 2:45 BINGO 4:00 ONE ON ONE H	17 8:30 ANNOUNCEMENTS 10:00 WII SPORTS  11:00 TV TOGETHER 1:45 BALLOON VOLLEYBALL 3:00 BUS RIDE  4:00 ONE ON ONE R	18 8:00 WOODLAND CAROLERS 10:00 BINGO 11:00 IN2L VISUALS 1:45 BOARD GAMES 3:00 WALKING GROUP  4:00 SHORT FILMS V	19 8:30 MORNING CHAT 10:00 CHURCH SERVICE 11:00 BOARD GAMES 1:45 RESISTANT BANDS  3:00 ICE CREAM SOCIAL 4:00 ONE ON ONE A	20 8:30 ANNOUNCEMENTS 10:00 RESIDENT COUNCIL 11:00 FOOD COMMITTEE 1:45 IN2L EXERCISE  3:00 HOLIDAY CRAFTS 3:30 HOLIDAY MOVIES	21 8:30 ANNOUNCEMENTS 10:00 BINGO 11:00 IN2L VISUALS 1:45 BALLOON VOLLEYBALL 3:00 CHRISTMAS LIGHT DRIVE  4:00 IN2L FUNNY FLIX ST.
22 10:00 IN2L VISUALS 11:30 MUSIC WITH MEAL 1:30 ONE ON ONE 2:30 IN2L AND YOU ALL	23 8:30 MORNING CHAT 9:45 ROSARY 11:00 BIBLE STUDY 1:45 MONDAY MYSTERY READING 2:45 BALLOON VOLLEYBALL 4:00 ONE ON ONE H	24 8:30 ANNOUNCEMENTS 10:00 WII SPORTS  11:00 TV TOGETHER 1:45 CHRISTMAS EVE COOKIE SOCIAL 3:00 BOARD GAMES 4:00 ONE ON ONE R	25 	26 8:30 MORNING CHAT 10:00 CHURCH SERVICE 11:00 BOARD GAMES 1:45 RESISTANT BANDS  2:30 OUT TO THE LIBRARY 4:00 ONE ON ONE  A	27 8:30 ANNOUNCEMENTS 10:00 JIM DOSSEY 11:00 ONE ON ONE 1:45 IN2L EXERCISE  3:00 HOLIDAY CRAFTS 3:30 HOLIDAY MOVIES M	28 8:30 ANNOUNCEMENTS 10:00 BINGO  11:00 IN2L VISUALS 1:45 BALLOON VOLLEYBALL 3:00 CHRISTMAS LIGHT DRIVE  4:00 IN2L FUNNY FLIX ST.
29 10:00 IN2L VISUALS 11:30 MUSIC WITH MEAL 1:30 ONE ON ONE 2:30 IN2L AND YOU ALL	30 8:30 MORNING CHAT 9:45 ROSARY 11:00 BIBLE STUDY 1:45 WINE AND CHEESE 2:45 BOARD GAMES 4:00 ONE ON ONE H	31 8:30 ANNOUNCEMENTS 10:00 WII SPORTS  11:00 TV TOGETHER 1:45 BALLOON VOLLEYBALL 3:00 BUS RIDE  4:00 ONE ON ONE  R	 <p>Activities are Subject To Change Without Notice</p>			OUTINGS =  BINGO = BINGO EXERCISE =  RESIDENT BIRTHDAYS =