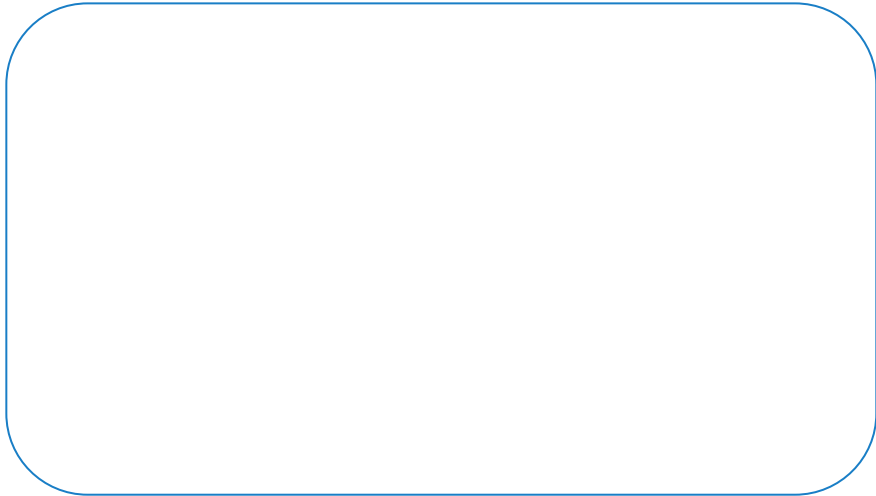




2772 W. Avante Loop
Coeur d’Alene, ID 83815

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

Monthly Newsletter



January 2020

2 Healthy New Year’s Resolutions
3 Team & Resident Spotlight
4-5 Activities Calendar

6 Birthdays, Social Media, & Highlights
7 Special Moments, Recipe Corner
8 Mission & Team

Do It Up Big With Healthy New Year's Resolutions

Heading into a new decade is a great time to reevaluate goals and set new ones! It's a momentous occasion that calls for equally momentous goals. What better way to make a splash—and keep on splendidly splashing—than through healthy living? Embrace new-you success in the '20s!

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

Get Social

Taking part in group activities, being with others, and sharing your feelings boosts overall health. Ways to bring out your social butterfly:

- Attend group activities. Set small social goals each time you take part. Greet and share an observation or compliment.
- Have your hearing and vision tested to ensure that you aren't missing things.
- Practice your favorite hobby in a common area. It will increase the odds another person will approach you or join you.
- If religious, attend group services.
- Use IN2L with your Life Enrichment Director.

Embrace Your Exercise Passion

Being active helps the whole body. Do some thinking about your favorite ways to be active and set small goals for daily activities (walking, dancing, swimming, stretching, lifting, bowling, golfing, or chair exercises). Work out with a buddy for motivation and safety. Mark successes on a calendar or share aloud!

Hydrate

Dehydration can affect people of all ages, but especially seniors. Ask your health professional how much water you should get each day, as it varies from person to person. To help make hydration fun, in addition to water, try hydrating foods like watermelon, spinach, cucumbers,



Goal Idea: Eat more blueberries! Did you know blueberries can: improve brain function, protect the body from unstable molecules, lower blood pressure, and help prevent heart disease? These little blue buddies pack quite the health punch!

green peppers, and celery. Good ways to detect that fluid intake is adequate include rarely feeling thirsty and colorless or light yellow urine.

Prioritize Your Wellness

Reach out to your medical and dental health professionals as you head into 2020 to schedule wellness appointments. Staying on top of your well-being is the best gift you can give yourself.

Sleep Well

Sleep quality can be compromised in many ways. Try these goals to improve your sleep:

- Follow a pre-sleep routine / sleep schedule
- Avoid late afternoon naps or caffeine
- Avoid bright screens and lights, and large pre-bedtime meals

Have A Rainbow A Day...

We know, the saying goes "an apple a day..." but a rainbow is much more fun. When you eat, improve nutrition with a rainbow of different colored foods on your plate at each meal, with many colors coming from fruits and vegetables.

We wish you a healthy year ahead!

Special Moments



A 1920's Recipe to Try in 2020: Lemon Ginger Icebox Cake

This Lemon Ginger Icebox Cake is modified from a *Taste of Home* version that has great reviews. It takes 20+ minutes to prep and chill and it makes 12 servings.

Ingredients: Two cups of heavy whipping cream * Eight ounces of soft cream cheese * Two teaspoons of grated lemon zest * Ten ounces of lemon curd * Two tablespoons of chopped and crystallized ginger * Two packages of thin ginger cookies that are 5 and 1/4 ounces each



Directions: In a big bowl, beat the lemon zest with the cream cheese until creamy. Beat in the lemon curd until it is smooth. Gradually add in cream and beat on medium to high until soft peaks set in. Line the bottom of an eight inch dish with nine cookies. Spread with two thirds of a cup of cream cheese mixture. Repeat for six layers. Sprinkle with ginger. Cover and refrigerate for two hours or more.

January 2020 Highlights

January is Hot Tea Month, Braille Literacy Month, Oatmeal Month, Soup Month, Hobby Month, and Mentoring Month



It's 2020! Happy New Year's Everyone!

- 01 New Year's Day; Bloody Mary Day
- 02 Cream Puff Day; Science Fiction Day
- 03 Chocolate Covered Cherry Day
- 04 Spaghetti Day; Trivia Day
- 05 Bird Day; Whipped Cream Day
- 06 Shortbread Day; Tech Day
- 07 Tempura Day
- 08 Argyle Day; Toffee Day
- 09 Apricot Day; Law Enforcement Day
- 10 Bittersweet Chocolate Day
- 11 Vision Board Day; Milk Day
- 12 Marzipan Day; Curry Chicken Day
- 13 Peach Melba Day; Rubber Ducky Day
- 14 Dress Up Your Pet Day
- 15 Bagel Day; Strawberry Ice Cream Day



- 16 Fig Newton Day
- 17 Hot Buttered Rum Day
- 18 Winnie the Pooh Day; Thesaurus Day
- 19 Popcorn Day
- 20 Cheese Lover's Day; MLK Jr. Day
- 21 Granola Bar Day; Hugging Day
- 22 Blonde Brownie Day
- 23 Handwriting Day; Pie Day
- 24 Compliment Day; Peanut Butter Day
- 25 Opposite Day; Irish Coffee Day
- 26 Green Juice Day; Peanut Brittle Day
- 27 Chocolate Cake Day; Bubble Wrap Day
- 28 Blueberry Pancake Day; Kazoo Day
- 29 Corn Chip Day; Puzzle Day
- 30 Croissant Day
- 31 Backward Day; Hot Chocolate Day; Inspire Your Heart with Art Day

January Birthdays & Our Community Online

Happy Birthday Wishes!

Daisey: Jan. 1st
Florence: Jan. 16th
Deloris: Jan. 17th

Come visit us online at:
[Facebook.com/AssistedLivingAtCoeurAlene](#)
[Blog.radiantseniorliving.com](#)
Radiantsrliving on Instagram
Radiantvoices on Instagram
RadiantSrLiving on Twitter
[Pinterest.com/radiantsrliving](#)
Radiant Senior Living on YouTube

Resident Spotlight Gail

Gail is such a lovely person, and a wonderful individual to talk to. She cares so much about others' well being and makes sure that everyone in the room is having a good time when going to activities. Gail has a positive attitude and a knack to always be active in our community. She shows her appreciation with kind words that would make even the toughest of hearts grow two times larger. Gail is such a joy to have in our community. There isn't a time that can be thought of that Gail hasn't had a smile to share with others. Thank you, Gail, for all that you do!



Staff Spotlight Jeff

Jeffery works in our dietary department here at The Renaissance. Through nominations from his coworkers and his hard work, Jeffery has been nominated for our January staff spotlight. He works hard every day to ensure our residents are getting the best quality of food and are happy with the meals that they are being served. Jeffery is one of the newest members in the kitchen, but has a lot of experience when it comes to cooking. His knowledge shows where it really counts, and that's flavor! Jeffrey goes out of his way to speak to each and every resident to ensure they are being fed just the right amount of food and that their tummies are nice and full. Keep up the good work, Jeffery The Renaissance really appreciates you.

January 2020

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Activities Are Subject To Change Without Notice						
⁵ 10:00 IN2L Visuals 11:30 Music with Meals 1:30 One on One 2:30 IN2L and You All	⁶ 8:30 Morning Chat 9:45 Rosary 11:00 Bible Study 1:45 Monday Mystery Ready 2:45 BINGO 4:00 One on One H	⁷ 8:00 Announcements 10:00 Wii Sports 🧑 11:00 TV Together 1:45 Balloon Volleyball 3:00 Bus Ride 🚌 4:00 One on One R	⁸ 8:00 Announcements 10:00 Balloon 🧑 Volleyball 11:00 Pre-Lunch Movie 1:45 Walking Group 3:00 In2l Nature Films 4:00 One on One V	⁹ 8:00 Announcements 10:00 Church Service 11:00 One on One 1:45 Resistant Bands 🧑 3:00 Bus Ride 🚌 4:00 IN2L Film A	¹⁰ 8:00 Announcements 10:00 Jim Dossey 11:00 One on One 1:45 Crafts 3:00 BINGO 3:30 Film Before Food M	¹¹ 8:00 Announcements 10:00 BINGO 11:00 One on One 1:45 Balloon Volleyball 🧑 3:00 Bus Ride 🚌 4:00 IN2L Funny Flix ST
¹² 10:00 IN2L Visuals 11:30 Music with Meals 1:30 One on One 2:30 IN2L and You All	¹³ 8:30 Morning Chat 9:45 Rosary 11:00 Bible Study 1:30 January Birthday! 2:45 Monday Mystery Ready 4:00 One on One H	¹⁴ 8:00 Announcements 10:00 Wii Sports 🧑 11:00 TV Together 1:45 Balloon Volleyball 3:00 Bus Ride 🚌 4:00 One on One R	¹⁵ 8:00 Announcements 10:00 Balloon 🧑 Volleyball 11:00 Pre-Lunch Movie 1:45 Walking Group 3:00 In2l Nature Films 4:00 One on One V	¹⁶ 8:00 Announcements 10:00 Church Service 11:00 One on One 1:45 Resistant Bands 🧑 3:00 Bus Ride 🚌 4:00 IN2L Film A	¹⁷ 8:00 Announcements 10:00 JJ Dion 11:00 Resident Council 1:45 Crafts 3:00 BINGO 3:30 Film Before Food M	¹⁸ 8:00 Announcements 10:00 BINGO 11:00 One on One 1:45 Balloon Volleyball 🧑 3:00 Bus Ride 🚌 4:00 IN2L Funny Flix ST
¹⁹ 10:00 IN2L Visuals 11:30 Music with Meals 1:30 One on One 2:30 IN2L and You All	²⁰ 8:30 Morning Chat 9:45 Rosary 11:00 Bible Study 1:45 Monday Mystery Ready 2:45 BINGO 4:00 One on One H	²¹ 8:00 Announcements 10:00 Wii Sports 🧑 11:00 TV Together 1:45 Balloon Volleyball 3:00 Bus Ride 🚌 4:00 One on One R	²² 8:00 Announcements 10:00 Balloon 🧑 Volleyball 11:00 Pre-Lunch Movie 1:45 Walking Group 3:00 In2l Nature Films 4:00 One on One V	²³ 8:00 Announcements 10:00 Church Service 11:00 One on One 1:45 Resistant Bands 🧑 3:00 Bus Ride 🚌 4:00 IN2L Film A	²⁴ 8:00 Announcements 10:00 Jim Dossey 11:00 One on One 1:45 Crafts 3:00 BINGO 3:30 Film Before Food M	²⁵ 8:00 Announcements 10:00 BINGO 11:00 One on One 1:45 Balloon Volleyball 🧑 3:00 Bus Ride 🚌 4:00 IN2L Funny Flix ST
²⁶ 10:00 IN2L Visuals 11:30 Music with Meals 1:30 One on One 2:30 IN2L and You All	²⁷ 8:30 Morning Chat 9:45 Rosary 11:00 Bible Study 1:45 Wine and Cheese 2:45 Monday Mystery Ready 4:00 One on One H	²⁸ 8:00 Announcements 10:00 Wii Sports 🧑 11:00 TV Together 1:45 Balloon Volleyball 3:00 Bus Ride 🚌 4:00 One on One R	²⁹ 8:00 Announcements 10:00 Balloon 🧑 Volleyball 11:00 Pre-Lunch Movie 1:45 Walking Group 3:00 In2l Nature Films 4:00 One on One V	³⁰ 8:00 Announcements 10:00 Church Service 11:00 One on One 1:45 Resistant Bands 🧑 3:00 Bus Ride 🚌 4:00 IN2L Film A	³¹ 8:00 Announcements 10:00 Shopping 11:00 One on One 1:45 Crafts 3:00 BINGO 3:30 Film Before Food M	Outings 🚌 Birthdays 🎈 Bingo BINGO Exercise 🧑