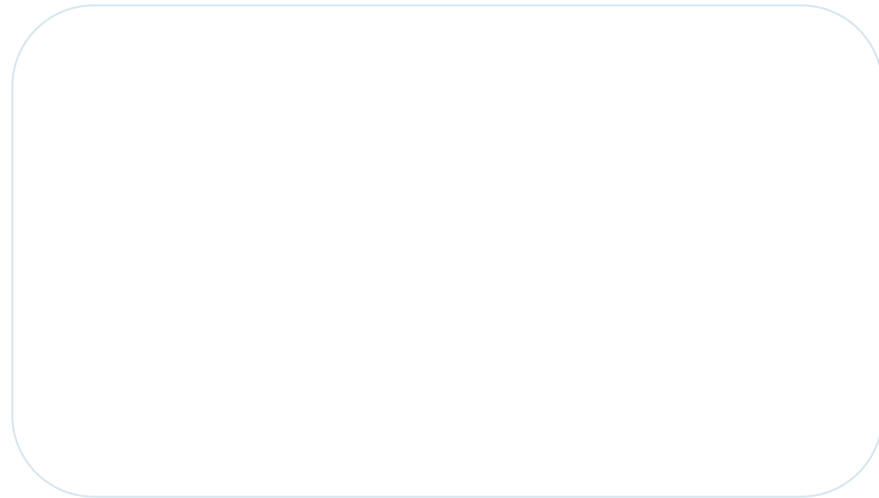




2772 W. Avante Loop
Coeur d'Alene, ID 83815

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Contact Us:

Administrative Team: 208-664-6116

Executive Director: Tina Mouser

Community Relations Dir.: Rebecca Georgius

Business Office Director: Lori Varbero

Registered Nurse: Debbie James

Wellness Nurse: Dana Seaman

Wellness Director: Kari Hakala

Dietary Services Director: Annie Troester

Maintenance Director: Kurt Mouser

Life Enrichment Director: Jacob Bonagofski



Our mission is to create and sustain comfortable, caring environments for those who depend on us.

The Renaissance Reader

Monthly Newsletter



February 2020

2 Detection for Prevention
3 Team & Resident Spotlight
4-5 Activities Calendar

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

Early Detection Factors Into Improved Cancer Statistics

Perhaps unbelievable, but true, some of the best news of the last decade comes from recent statistics regarding cancer. Both the rate of new cancer diagnoses and the rate of mortality due to cancer have decreased over the last 10 years. This is exciting news, and early detection has played a vital role in decreasing these stats.

Early diagnosis can also have a more personal benefit of empowering us with knowledge about our health and giving us the opportunity to stall, stop, or receive needed support. February is National Cancer Prevention Month; read on to learn more about the importance of early detection, and some lifestyle choices that may lead to a cancer diagnosis.

Remember, to talk with your medical provider about the best test type and frequency of testing as it varies depending on risk factors and general health.

Early Detection for Men

Men are suggested to get screening for colon, prostate, and lung cancers. Testing for colon cancer generally is suggested starting at age 45, prostate at 50, and lung at 55.

Early Detection for Women

Testing for cancers such as breast, cervical, colon, and lung are recommended for women. Regular pap smears beginning at age 30 help doctors monitor for cervical cancers throughout aging. Starting at an



age range of 45 to 54 years, women are encouraged to receive annual mammograms to test for breast cancer. Colon cancer testing should start at age 50. Typically, testing for lung cancer is suggested starting at age 55.

Risk Factors & Lifestyle

While even living the healthiest life, someone can be diagnosed with cancer, but there are some lifestyle choices that can increase overall risk and evidence to suggest that a healthy lifestyle may not only decrease risk, but increase the likelihood of remission if diagnosed. Cancer risks can be reduced by avoiding tobacco, maintaining a healthy weight, engaging in regular physical activity, following a healthy diet with at least 2.5 cups of fruits and vegetables daily, limiting alcohol intake, and protecting skin.

Help do your part to continue the downward trend of cancer statistics and increase your chances of a cancer-free life by living a risk-reduced lifestyle and talking to your doctor about suggested cancer screenings at your next appointment.

Special Moments

The Renaissance Assisted Living invites you to our...

Lifetime of Love

Golden Anniversary Photo Session & Social

Friday, February 14, 2020 • 1:30 PM - 4:00 p.m.



The Renaissance is celebrating your 50+ years of marriage with a complimentary photo session and social to meet other couples that have loved each other for more than five decades!



RSVP for your photo session.
The couple married the longest will receive dinner for two at Angelo's Italian Restaurant!



RSVP by Feb. 10, 2020 to
208-686-2961 or
rgeorgius@assistedlivingcda.com

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February 2020 Highlights

February is Black History Month, Heart Month, Hot Breakfast Month, Library Lover’s Month, Bake for Family Fun Month, and Embroidery Month.

- | | |
|---------------------------------------|---|
| 01 Baked Alaska Day; Read Aloud Day | 16 Almond Day |
| 02 Groundhog Day; Tater Tot Day | 17 Random Acts of Kindness Day |
| 03 Foodservice Pride Week Kicks Off | 18 Battery Day; Wine Day |
| 04 Thank Mail Carriers Day; Soup Day | 19 Chocolate Mint Day |
| 05 Nutella Day | 20 Love Your Pet Day; Cherry Pie Day |
| 06 Frozen Yogurt Day | 21 Caregivers Day; Sticky Bun Day |
| 07 Periodic Table Day; Send Cards Day | 22 Cook a Sweet Potato Day |
| 08 Boy Scout Day; Kite Flying Day | 23 Banana Bread Day; Tile Day |
| 09 Pizza Day; Bagel and Lox Day | 24 Tortilla Chip Day |
| 10 Clean Computer Day; Umbrella Day | 25 Fat Tuesday; Clam Chowder Day |
| 11 Inventors’ Day; Make a Friend Day | 26 Ash Wednesday; Pistachio Day |
| 12 Plum Pudding Day | 27 Chili Day; Strawberry Day; Toast Day |
| 13 Cheddar Day; Radio Day | 28 Floral Design Day; Tarter Sauce Day |
| 14 Valentine’s Day; Book Giving Day | 29 Leap Day! |
| 15 Gumdrop Day; Hippo Day | |



Happy Birthday Wishes!

Gerry: Feb. 4th
Harry: Feb. 5th
Robert: Feb. 8th
Vivian: Feb. 12th
Laraine: Feb. 14th
Donald: Feb. 14th
Milton: Feb. 15th
Betty: Feb. 16th
Susan: Feb. 26th

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Radiant Senior Living on YouTube

Resident Spotlight: Claudia

Claudia’s passion for music and ability to play the piano gives her fellow residents the opportunity to enjoy one another and sing songs together. Claudia has had a gift for music for a long time. She was a choir director for over 35 years!

Her active lifestyle and social skills are a joy when attending activities. The Renaissance recognizes Claudia for our Resident Spotlight in February!





















































Staff Spotlight: Marsha

Marsha is a wonderful hard working individual who really cares about the well being of our residents. She has been caregiving for longer then she can remember and raised two wonderful hard working daughters who happen to work for our community as well.

Marcia currently works in Rochelle and is the house mentor. She ensures the best care for our residents and makes sure the house is well organized.

Thank you for all that you do Marcia! We appreciate you!

SUN	MON	TUE	WED	THU	FRI	SAT
Activities are Subject To Change Without Notice			Bingo =  Outings =  Resident Birthday =  Exercise =  Birthday Day = 			1 8:00 Morning Chat 9:00 AM 15 Min. Exercise  10:00  11:00 Pre-Lunch Movie 1:45 Creative Arts 3:00 One on One 4:00 Music & Relaxation <div>ST</div>
2 SUPER BOWL DAY 10:00 IN2L Visual 11:30 Music with Meals 1:30 One on One 2:30 IN2L and You 3:30 <u>Super Bowl Party</u> <div> ALL</div>	3 8:30 Morning Chat 9:45 Rosary 11:00 Bible Study 1:45 Reading Group 2:30 Balloon Volleyball 3:30 One on One <div><div>H</div></div>	4 8:00 Morning Chat 9:00 AM 15 Min. Exercise  10:00 Wii Sports 11:00 TV Together 1:45 Balloon Volleyball 2:30 <u>Bus Ride</u>  3:30 Film Before Food <div><div>R</div></div>	5 8:00 Morning Chat 9:00 AM 15 Min. Exercise  10:00 <u>Walking Group</u>  11:00 One on One 1:45 <u>Sam on the Fiddle</u> 3:00 Board Game 4:00 Funny Videos <div><div>V</div></div>	6 8:00 Morning Chat 9:00 AM 15 Min. Exercise  10:00 <u>Church Service</u> 11:00 Current Events 1:45 <u>Out to the Library</u>  3:00 House Movies 4:00 One on One <div><div>A</div></div>	7 8:00 Morning Chat 9:00 AM 15 Min. Exercise  10:00 <u>Shopping</u>  11:00 One on One 1:45 <u>JJ Dion</u> 3:00 IN2L Interactive Learning 4:00 Board Games <div><div>M</div></div>	8 8:00 Morning Chat 9:00 AM 15 Min. Exercise  10:00  11:00 Pre-Lunch Movie 1:45 Creative Arts 3:00 One on One 4:00 Music & Relaxation <div>ST</div>
9 10:00 IN2L Visual 11:30 Music with Meals 1:30 One on One 2:30 IN2L and You <div>ALL</div>	10 8:30 Morning Chat 9:45 Rosary 11:00 Bible Study 1:45 Board Games 2:30 Reading Group 3:30 One on One <div><div> H</div></div>	11 8:00 Morning Chat 9:00 AM 15 Min. Exercise  10:00 Wii Sports 11:00 TV Together 1:45 Balloon Volleyball 2:30 <u>Bus Ride</u>  3:30 Film Before Food <div><div>R</div></div>	12 8:00 Morning Chat 9:00 AM 15 Min. Exercise  10:00 <u>Walking Group</u>  11:00 One on One 1:45 <u>Jim Dossey</u> 3:00 Board Game 4:00 Funny Videos <div><div>V</div></div>	13 8:00 Morning Chat 9:00 AM 15 Min. Exercise  10:00 <u>Church Service</u> 11:00 Current Events 1:45 <u>Out to the Library</u>  3:00 House Movies 4:00 One on One <div><div>A</div></div>	14 VALENTINE'S DAY 8:00 Morning Chat 9:00 AM 15 Min. Exercise  10:00 <u>Valentines Family Photo Celebration</u> 11:00 One on One 1:45 Crafts 3:00 IN2L Interactive Learning 4:00 Board Games <div><div>M</div></div>	15 8:00 Morning Chat 9:00 AM 15 Min. Exercise  10:00  11:00 Pre-Lunch Movie 1:45 Creative Arts 3:00 One on One 4:00 Music & Relaxation <div>ST</div>
16 10:00 IN2L Visual 11:30 Music with Meals 1:30 One in One 2:30 IN2L and You <div>ALL</div>	17 PRESIDENTS' DAY 8:30 Morning Chat 9:45 Rosary 11:00 Bible Study 1:45 <u>Birthday Day!</u> 2:30 Reading Group 3:30 One on One <div><div> H</div></div>	18 8:00 Morning Chat 9:00 AM 15 Min. Exercise  10:00 Wii Sports 11:00 TV Together 1:45 Balloon Volleyball 2:30 <u>Bus Ride</u>  3:30 Film Before Food <div><div>R</div></div>	19 8:00 Morning Chat 9:00 AM 15 Min. Exercise  10:00  11:00 One on One 1:45 <u>Walking Group</u>  3:00 Board Game 4:00 Funny Videos <div><div>V</div></div>	20 8:00 Morning Chat 9:00 AM 15 Min. Exercise  10:00 <u>Church Service</u> 11:00 Current Events 1:45 <u>Out to the Library</u>  3:00 House Movies 4:00 One on One <div><div>A</div></div>	21 8:00 Morning Chat 9:00 AM 15 Min. Exercise  10:00 <u>Shopping</u>  11:00 One on One 1:45 Crafts 3:00 IN2L Interactive Learning 4:00 Board Games <div><div>M</div></div>	22 8:00 Morning Chat 9:00 AM 15 Min. Exercise  10:00  11:00 Pre-Lunch Movie 1:45 Creative Arts 3:00 One on One 4:00 Music & Relaxation <div>ST</div>
23 10:00 IN2L Visual 11:30 Music with Meals 1:30 One on One 2:30 IN2L and You <div>ALL</div>	24 8:30 Morning Chat 9:45 Rosary 11:00 Bible Study 1:45 <u>Wine & Cheese</u> 2:30 Reading Group 3:30 One on One <div><div>H</div></div>	25 MARDI GRAS 8:00 Morning Chat 9:00 AM 15 Min. Exercise  10:00 Wii Sports 11:00 TV Together 1:45 Balloon Volleyball 2:30 <u>Bus Ride</u>  3:30 Film Before Food <div><div>R</div></div>	26 ASH WEDNESDAY 8:00 Morning Chat 9:00 <u>Out to Holy Family Catholic Mass</u> 11:00  1:45 <u>Walking Group</u>  3:00 Board Game 4:00 Funny Videos <div><div>V</div></div>	27 8:00 Morning Chat 9:00 AM 15 Min. Exercise  10:00 <u>Church Service</u> 11:00 Current Events 1:45 <u>Out to the Library</u>  3:00 House Movies 4:00 One on One <div><div> A</div></div>	28 8:00 Morning Chat 9:00 AM 15 Min. Exercise  10:00 <u>Jim Dossey</u> 11:00 One on One 1:45 Crafts 3:00 IN2L Interactive Learning 4:00 Board Games <div><div>M</div></div>	29 8:00 Morning Chat 9:00 AM 15 Min. Exercise  10:00  11:00 Pre-Lunch Movie 1:45 Creative Arts 3:00 One on One 4:00 Music & Relaxation <div>ST</div>