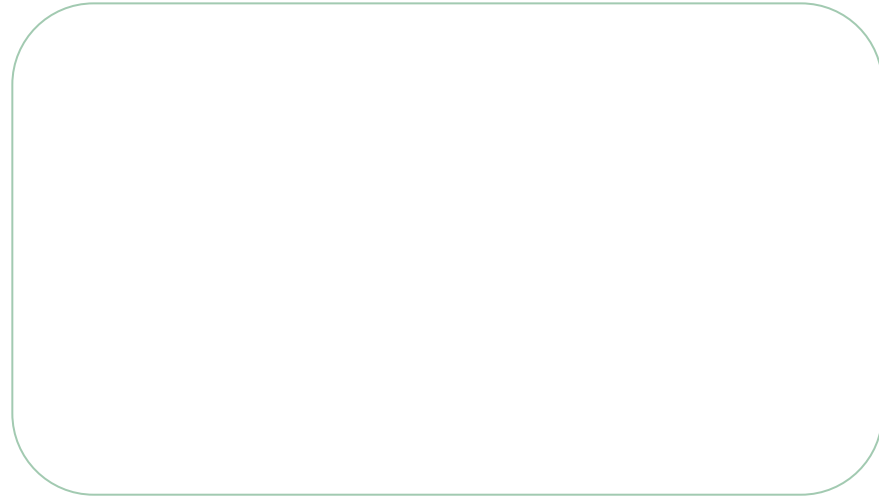




2772 W. Avante Loop
Coeur d'Alene, ID 83815

STAMP
HERE



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

Pictured: Slieve League, Ireland



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

The Renaissance Reader

Monthly Newsletter



March 2020

2 Artistic Engagement
3 Team & Resident Spotlight
4-5 Activities Calendar

6 Highlights & Birthdays
7 Special Events
8 Mission & Team

Artistic Engagement Benefits & Ideas

American Artist Georgia O'Keeffe once said, "Whether you succeed or not is irrelevant, there is no such thing. Making your unknown known is the important thing." O'Keeffe's words ring true when we think of art's importance in our daily lives. Art forms provide people of all ages, walks of life, and creative abilities the opportunity to express feelings and become engaged; by extension positively affecting health.



artistic expression can have on older adults. It:

- Aids in relaxation, anxiety, and depression
- Gives feelings of control
- Improves communication and socialization
- Encourages humor and playfulness
- Improves cognition
- Offers sensory stimulation
- Fosters a strong sense of identity
- Bolsters self-esteem
- Nurtures faith
- Reduces boredom

This is especially true for older adults, according to Gene Cohen, MD, PhD. Cohen concluded in a 2006 study that older adults active in arts had better physical health, fewer visits to the doctor, required less medication, and fell less frequently than those in the study not involved in arts (Today's Geriatric Medicine).

Such findings shed light upon the value that painting, dancing, drawing, knitting, sculpting, drama, photography, poetry, creative writing, and playing or moving to music can bring in senior living communities.

In an article entitled "Aging: What's Art Got to Do With It," in Geriatric Monthly, Barbara Bagan, PhD, ATR-BC, shared plenty of detailed positive effects

The next time you engage in an art form, remember how many ways you may be benefitting yourself. For those who wish to start taking part in artistic expression, or help a loved one to do so, a great place to start is with music and an empty page.

Special Moments

The Renaissance Assisted Living invites you to a...

St. Patrick's Day

Enter to win a gift card for two at Sargents Restaurant!



BUFFET

A 'thank you' to those who have served!

Tuesday, March 17, 2020
Noon to 1:30 PM

Local Veterans and a guest are invited to join us for a traditional corned beef and cabbage lunch with green beer at our St. Patrick's Day Veterans Lunch. RSVP today! Seating is limited.

The **RENAISSANCE** *at* Coeur d'Alene
ASSISTED LIVING COMMUNITY



RSVP by Mar. 13, 2020 to **208-686-2961**
or email: rgeorgius@assistedlivingcda.com

2772 W. Avante Loop, Coeur d'Alene, ID 83815 • www.AssistedLivingCDA.com

March 2020 Highlights

March is Noodle Month, Peanut Month, Women’s History Month, and Craft Month.

- | | |
|---------------------------------------|---|
| 01 Peanut Butter Day; Pig Day | 17 St. Patrick’s Day; 3D Day |
| 02 Read Across America Day | 18 Lacy Cookie Day; Sloppy Joes Day |
| 03 Cold Cuts Day; Soup it Forward Day | 19 Certified Nurses Day; Spring Begins! |
| 04 Grammar Day; Pound Cake Day | 20 Ravioli Day; Flour Day |
| 05 Cheese Doodle Day | 21 French Bread Day; CA Strawberry Day |
| 06 Oreo Day; Staff Appreciation Day | 22 Bavarian Crepes Day |
| 07 Cereal Day | 23 Melba Toast Day; Chip and Dip Day |
| 08 Oregon Day; Women’s Day | 24 Chocolate Covered Raisins Day |
| 09 Meatball Day; Barbie Day | 25 Lobster Newburg Day; Manatee Day |
| 10 Blueberry Popover Day | 26 Spinach Day; Nougat Day |
| 11 Oatmeal Nut Waffles Day | 27 Scribble Day; Spanish Paella Day |
| 12 Girl Scouts Day; Plant Flowers Day | 28 Food on Sticks Day |
| 13 K9 Veterans Day; Good Deed Day | 29 Nevada Day; Lemon Chiffon Cake Day |
| 14 Butterflies Day; Potato Chip Day | 30 Virtual Vacay Day; Park Walks Day |
| 15 Pears Helene Day | 31 Crayon Day; Tater Day |
| 16 Artichoke Hearts Day; Panda Day | |

SPRING FORWARD! On the evening of **Saturday, March 7**, set your clocks forward one hour for Daylight Savings Time which will take effect at 2 AM.



Happy Birthday Wishes!

- Robert, March 2nd
- Karen, March 4th
- Phyllis, March 17th
- Dalmar, March 25th
- Sindy, March 25th
- Elaine, March 30th

Visit us Online:

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

Tell us about your visit to our community on Google

Our Resident Spotlight Shines On: Alice

The Renaissance is truly blessed to have such a kind-hearted soul in our community. Alice and her family are very loving people and it’s much thanks to Alice herself. One of Alice's favorite activities is Bingo. She always likes to say, “I don’t come for the game; I like to listen to everyone laughing and enjoying themselves.” She, along with many other qualities, is a wonderful conversationalist, so the next time you stop by the Renaissance be sure to say hello to our loving Alice as she will give you the warmest welcome Ever!



Our Staff Spotlight Shines On: Micheal (RCC)

The Renaissance would like to welcome our newest member of management, Resident Care Coordinator Micheal!

Micheal started working for the Renaissance back when Radiant took over the reigns of the community. He previously worked as a CNA for our Executive director Tina in her last community, until she took over at The Renaissance. Micheal gladly followed, as with Tina’s guidance it truly makes the workplace a great place to be. With that being said, we know we are in great hands with Micheal as he truly has compassion for his residents and will always make sure they are getting the best care possible. Congratulations Micheal, we know you will do great!

SUN	All	MON	H	TUE	R	WED	V	THU	A	FRI	M	SAT	ST.
1	10:00 IN2L Visual 11:00 Music with Meals 1:30 One on One 2:30 IN2L and You 3:30 IND Coloring	2	8:00 Morning Chat 9:45 Rosary 11:00 Bible Study 1:45 Reading Group 2:30 Balloon Volleyball 3:30 One on One	3	8:30 Morning Chat 9:00 Morning 15 Min Exercise 10:00 Wii Sports 11:00 Pre Lunch Movie 1:45 Larry the Pianist 2:00 Ind. Crafts 2:30 Bus Ride 3:30 One on One	4	8:30 Morning Chat 9:00 Morning 15 Minute Exercise 10:00 Bingo 11:00 TV Together 1:45 Music and Motion 3:00 IN2L Trivia And Games 4:00 Film Before Food	5	8:30 Morning Chat 9:00 Morning 15 Minute Exercise 10:00 Church Service 11:00 Current Events 1:45 Out to the Library 2:00 Creative Arts 3:00 House Movies 4:00 One on One	6	8:30 Morning Chat 9:00 Morning 15 Minute Exercise 10:00 Shopping 11:00 One on One 1:45 JJ Dion 2:30 IN2L Interactive Learning 4:00 Board Games	7	8:30 Morning Chat 9:00 Morning 15 Minute Exercise 10:00 Bingo 11:00 One on One 1:45 Bus Ride 2:30 House Movie 3:30 Board Games
8 DAYLIGHT SAVINGS	10:00 IN2L Visual 11:00 Music with Meals 1:30 One on One 2:30 IN2L and You 3:30 IND Coloring	9	8:00 Morning Chat 9:45 Rosary 11:00 Bible Study 1:45 Red Hatter Tea Time 2:30 Reading Group 3:30 One on One	10	8:30 Morning Chat 9:00 Morning 15 Min Exercise 10:00 IN2L Games 11:00 Pre Lunch Movie 1:45 Balloon Volleyball 2:30 Bus Ride 3:30 One on One	11	8:30 Morning Chat 9:00 Morning 15 Minute Exercise 10:00 Bingo 11:00 TV Together 1:45 Music and Motion 3:00 IN2L Trivia And Games 4:00 Film Before Food	12	8:30 Morning Chat 9:00 Morning 15 Minute Exercise 10:00 Church Service 11:00 Current Events 1:45 Weddle Twins 2:00 Creative Arts 3:00 Out to the Library 4:00 One on One	13	8:30 Morning Chat 9:00 Morning 15 Minute Exercise 10:00 Jim Dossey 11:00 Bingo 1:45 Current Events 2:30 IN2L Interactive Learning 4:00 Board Games	14	8:30 Morning Chat 9:00 Morning 15 Minute Exercise 10:00 Bingo 11:00 One on One 1:45 Bus Ride 2:30 House Movie 3:30 Board Games
15	10:00 IN2L Visual 11:00 Music with Meals 1:30 One on One 2:30 IN2L and You 3:30 IND Coloring	16	8:00 Morning Chat 9:45 Rosary 11:00 Bible Study 1:45 Reading Group 2:30 Balloon Volleyball 3:30 One on One	17 ST. PATRICK'S DAY	8:30 Morning Chat 9:00 Morning 15 Min Exercise 10:00 Wii Sports 11:00 Pre Lunch Movie 1:45 St. Patrick's Day Celebration 2:30 Board games 3:30 One on One	18	8:30 Morning Chat 9:00 Morning 15 Minute Exercise 10:00 Bingo 11:00 TV Together 1:45 Music and Motion 3:00 IN2L Trivia And Games 4:00 Film Before Food	19 SPRING BEGINS	8:30 Morning Chat 9:00 Morning 15 Minute Exercise 10:00 Church Service 11:00 Current Events 1:45 Ronnie McGee 2:00 Creative Arts 3:00 Out to the Library 4:00 One on One	20	8:30 Morning Chat 9:00 Morning 15 Minute Exercise 10:00 Bingo 11:00 One on One 1:45 Monthly Birthday Celebration 2:30 IN2L Interactive Learning 4:00 Board Games	21	8:30 Morning Chat 9:00 Morning 15 Minute Exercise 10:00 Bingo 11:00 One on One 1:45 Bus Ride 2:30 House Movie 3:30 Board Games
22	10:00 IN2L Visual 11:00 Music with Meals 1:30 One on One 2:30 IN2L and You 3:30 IND Coloring	23	8:00 Morning Chat 9:45 Rosary 11:00 Bible Study 1:45 Wine & Cheese Social 2:30 Reading Group 3:30 One on One	24	8:30 Morning Chat 9:00 Morning 15 Min Exercise 10:00 IN2L Games 11:00 Pre Lunch Movie 1:45 Larry the Pianist 2:30 Bus Ride 3:30 One on One	25	8:30 Morning Chat 9:00 Morning 15 Minute Exercise 10:00 Bingo 11:00 TV Together 1:45 Music and Motion 3:00 IN2L Trivia And Games 4:00 Film Before Food	26	8:30 Morning Chat 9:00 Morning 15 Minute Exercise 10:00 Church Service 11:00 Current Events 1:45 Out to the Library 2:00 Creative Arts 3:00 House Movies 4:00 One on One	27	8:30 Morning Chat 9:00 Morning 15 Minute Exercise 10:00 Jim Dossey 11:00 Bingo 1:45 Crafts 2:30 IN2L Interactive Learning 4:00 Board Games	28	8:30 Morning Chat 9:00 Morning 15 Minute Exercise 10:00 Bingo 11:00 One on One 1:45 Bus Ride 2:30 House Movie 3:30 Board Games
29	10:00 IN2L Visual 11:00 Music with Meals 1:30 One on One 2:30 IN2L and You 3:30 IND Coloring	30	8:00 Morning Chat 9:45 Rosary 11:00 Bible Study 1:45 Reading Group 2:30 Balloon Volleyball 3:30 One on One	31	8:30 Morning Chat 9:00 Morning 15 Min Exercise 10:00 Wii Sports 11:00 Pre Lunch Movie 1:45 Balloon Volleyball 2:30 Bus Ride 3:30 One on One	Versailles = St. Michelle = Avonlea = Mirabelle = Rochelle =		Activities are Subject to Change Without Notice				Outings = Resident Birthday = Birthday Day = Live Entertainment =	