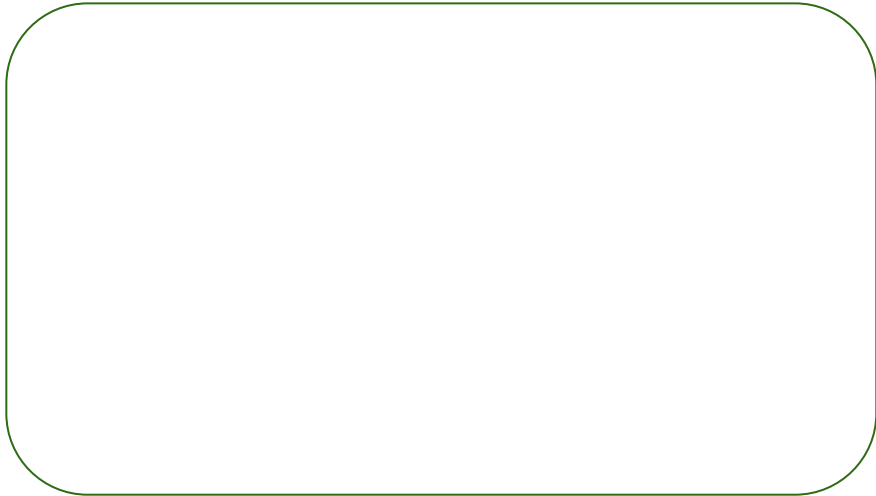




2772 W. Avante Loop  
Coeur d'Alene, ID 83815

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**



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

# The Renaissance Reader

## Monthly Newsletter



**April 2020**

- |                                   |                                  |
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| 2 Move Toward an Active Lifestyle | 6 Highlights, Notes, Audubon Day |
| 3 Team & Resident Spotlight       | 7 Special Moments & Birthdays    |
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## How to Move Toward a More Active Lifestyle & Improved Strength

It's a fact of life that as we age to around 50, our body composition changes with naturally occurring reductions to muscle mass, bone mass, and physical capacity. But it's also true that there's lots we can do to increase our strength and mobility, helping to improve our lives overall.

Head into the spring season with more opportunities for outside fun, with these guidelines and tips for improving strength and balance. Of course, always consult your health professional before making changes to diet, exercise, or medication.

Starting out on a path toward getting more active doesn't have to be a struggle. It is never too late to start being physically active. All should strive to be as physically active as their abilities and conditions allow, and for all people, some activity is better than none.

U.S. Government Guidelines state for substantial health benefits, adults should do aerobic physical activity for either:

**Option One:** 2 hours and 30 minutes up to 5 hours per week of moderate intensity **or...**

**Option Two:** 1 hour and 15 minutes up to 2 hours and 30 minutes per week of vigorous intensity

For older adults specifically, physical activity should include balance training,



**Magic Three!** Performing activities at least three separate days of the week produces health benefits, according to consistent research studies.

and aerobic and muscle-strengthening activities. Muscle-strengthening activities of moderate or greater intensity, involving all major muscle groups should be done two or more days weekly.

**What is aerobic activity?** Cardio activity in which a person moves their muscles rhythmically for a sustained period of time. Examples include brisk walking, raking, tennis, jogging, or dancing.

**What is muscle-strengthening activity?** Activity that works against a resistance. Examples include some Tai Chi, some Yoga, carrying groceries, lifting or digging for gardening, using exercise bands or hand weights for exercise moves, push ups, pull ups, and squats.

For more information and ideas, visit [health.gov](https://health.gov) and click on Physical Activity!

## Special Moments



Thomas: April 2nd  
Virginia: April 2nd  
April: April 10th  
Mary: April 27th  
Roger: April 29th



# April 2020 Highlights

April is Lawn & Garden Month, Poetry Month, Volunteer Month, and Jazz Month.

01 Walking Day; Sourdough Day  
02 Burrito Day; PB&J Day  
03 Film Score Day  
04 Walk Around Things Day  
05 Deep Dish Pizza Day  
06 Caramel Popcorn Day  
07 Coffee Cake Day  
08 Empanada Day; Zoo Love Day  
09 Antiques Day; Passover Starts  
10 Young Writers Day; Good Friday  
11 Cheese Fondue Day; Pet Day  
12 Easter Day; Grilled Cheese Day  
13 Peach Cobbler Day; Scrabble Day  
14 Gardening Day; Look at the Sky Day  
15 Glazed Spiral Ham Day  
16 High Five Day; Eggs Benedict Day  
17 Cheeseball Day; Haiku Poetry Day  
18 Animal Cracker Day; Record Shop Day  
19 Garlic Day



20 Lima Bean Day; Cheddar Fries Day  
21 Kindergarten Day; Choco. Cashews Day  
22 Earth Day; Jelly Bean Day  
23 Picnic Day; Talk Like Shakespeare Day  
24 Pigs in Blankets Day; Arbor Day  
25 Telephone Day; Sense of Smell Day  
26 Pretzel Day; Audubon Day  
27 Devil Dog Day; Tell a Story Day  
28 Poetry Reading Day; Superhero Day  
29 Denim Day; Zipper Day  
30 Shelter Pet Day; Raisin Day

## A note regarding Coronavirus:

The safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website:

<https://www.assistedlivingcda.com>

April 26th is **Audubon Day**, honoring John James Audubon's birthday back in 1785!



Audubon is celebrated for his American bird studies. He documented their mannerisms and created educational illustrations of birds in their natural habitats. He created 435 watercolor paintings of North American birds!

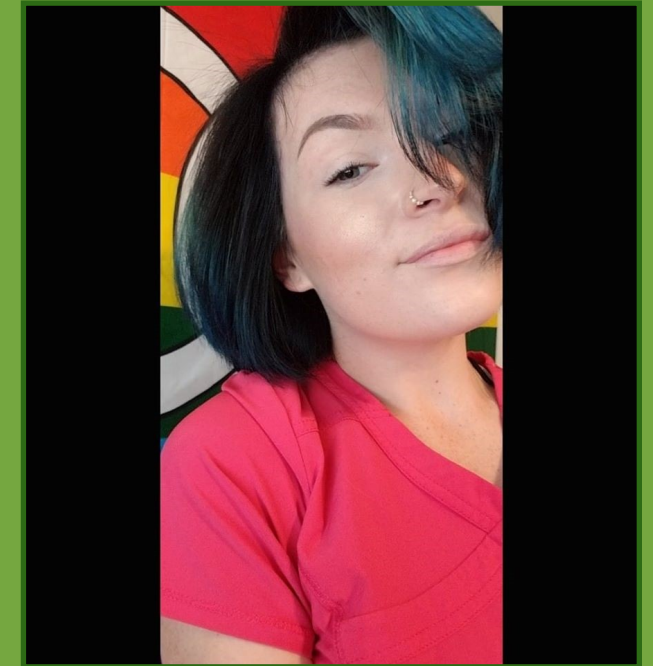
## Our resident spotlight shines on: Mickey

The Renaissance wants to recognize Mickey in our resident spotlight!

Mickey has such a big heart and a wonderful personality. She lives here with her husband, Clay, who is such a gentleman.

Mickey and Clay enjoy the simpler things in life, such as enjoying each others' company and coffee. Though she is not much for group activities, Mickey is very active when it comes to socializing and helping.

Thank you Micky for having such a big heart. We are so glad to have you here at the Renaissance.



## Our staff spotlight shines on: Alexis (House Mentor Rochelle)

The Renaissance wants to Congratulate Alexis for her new role as mentor for our Rochelle house. Her love for her residents and great organizing skills made her a wonderful fit for the role. Alexis has such a passion for the safety and daily joy of her residents that she always puts a smile on their faces. She works hard to also ensure that residents are able to be engaged in many activities that we provide.

Thank you for all you do and keep up the great work!



# April 2020

The Renaissance Assisted Living Community

• 2772 W. Avante Loop

• 208-664-6116

SUN	MON	TUE	WED	THU	FRI	SAT
<b>*Activities are subject to Cancellation per current mandated health guidelines</b>			1 9:00 IN2L Print Activities (All) 10:00 *Creative Arts (ST.) 10:00 Bingo (All) 11:00 One on One 1:45 *Family Feud (A) 1:45 IN2L Exercise (All) 3:00 *Board Games (V) 3:00 Movie Time (All) 4:00 One on One	2 9:00 IN2L Print Activities (All) 10:00* Balloon Volleyball (R) 10:00 IN2L Virtual tours (All) 11:00 One on One 1:45 *Flaggercise (v) 1:45 Snacks and Tunes (All) 3:00 *Board Games (M) 3:00 Funny Shows (All) 4:00 One on One	3 9:00 IN2L Print Activities (All) 10:00 *Morning News (A) 10:00 Bingo (All) 11:00 One on One 1:45 *Balloon Volleyball (ST) 1:45 IN2L Exercise (All) 3:00 *Board Games (V) 3:00 Movie time (All) 4:00 One on One	4 9:00 IN2L Print Activities (All) 10:00 *Family Feud (M) 10:00 Live church (All) 11:00 One on One 1:45 *Flaggercise (R) 1:45 Snacks and Tunes (All) 3:00 *Memory Games (ST) 3:00 Funny Shows (All) 4:00 One on One
5 9:00 IN2L Print Activities (All) 10:00 IN2L Movie (All ) 11:00 One on One (All) 1:45 IN2L Tunes (All) 3:00 Virtual Tours (All) 4:00 One on One (All)	6 9:00 Morning Chat 10:00 *Rosary (All) 10:00 Coloring (ST.) 11:00 One on One 1:45 *Reading Group (R) 1:45 Movie Time (All) 3:00 *Board Games (A) 4:00 One on One	7 9:00 IN2L Print Activities (All) 10:00 *Balloon Volleyball (V) 10:00 IN2L Virtual Tours (All) 11:00 One on One 1:45 *Movie Theater (M) 1:45 Snacks and Tunes (All) 3:00 *Ad Libs (R) 3:00 IN2L Live (All) 4:00 One on One	8 9:00 IN2L Print Activities (All) 10:00 *Creative Arts (ST.) 10:00 Bingo (All) 11:00 One on One 1:45 *Family Feud (A) 1:45 IN2L Exercise (All) 3:00 *Board Games (V) 3:00 Movie Time (All) 4:00 One on One Crazy Hair Day	9 9:00 IN2L Print Activities (All) 10:00* Balloon Volleyball (R) 10:00 IN2L Virtual tours (All) 11:00 One on One 1:45 *Flaggercise (v) 1:45 Snacks and Tunes (All) 3:00 *Board Games (M) 3:00 Funny Shows (All) 4:00 One on One	10 9:00 IN2L Print Activities (All) 10:00 *Morning News (A) 10:00 Bingo (All) 11:00 One on One 1:45 *Balloon Volleyball (ST) 1:45 IN2L Exercise (All) 3:00 *Board Games (V) 3:00 Movie time (All) 4:00 One on One	11 9:00 IN2L Print Activities (All) 10:00 *Family Feud (M) 10:00 Live church (All) 11:00 One on One 1:45 *Flaggercise (R) 1:45 Snacks and Tunes (All) 3:00 *Memory Games (ST) 3:00 Funny Shows (All) 4:00 One on One
12 9:00 IN2L Print Activities (All) 10:00 IN2L Movie (All ) 11:00 One on One (All) 1:45 IN2L Tunes (All) 3:00 Virtual Tours (All) 4:00 One on One (All) Easter Sunday	13 9:00 Morning Chat 10:00 *Rosary (All) 10:00 Coloring (ST.) 11:00 One on One 1:45 *Reading Group (R) 1:45 Movie Time (All) 3:00 *Board Games (A) 4:00 One on One Easter Monday	14 9:00 IN2L Print Activities (All) 10:00 *Balloon Volleyball (V) 10:00 IN2L Virtual Tours (All) 11:00 One on One 1:45 *Movie Theater (M) 1:45 Snacks and Tunes (All) 3:00 *Ad Libs (R) 3:00 IN2L Live (All) 4:00 One on One	15 9:00 IN2L Print Activities (All) 10:00 *Creative Arts (ST.) 10:00 Bingo (All) 11:00 One on One 1:45 *Family Feud (A) 1:45 IN2L Exercise (All) 3:00 *Board Games (V) 3:00 Movie Time (All) 4:00 One on One Silly Hat Day	16 9:00 IN2L Print Activities (All) 10:00* Balloon Volleyball (R) 10:00 IN2L Virtual tours (All) 11:00 One on One 1:45 *Flaggercise (v) 1:45 Snacks and Tunes (All) 3:00 *Board Games (M) 3:00 Funny Shows (All) 4:00 One on One	17 9:00 IN2L Print Activities (All) 10:00 *Morning News (A) 10:00 Bingo (All) 11:00 One on One 1:45 *Balloon Volleyball (ST) 1:45 IN2L Exercise (All) 3:00 *Board Games (V) 3:00 Movie time (All) 4:00 One on One	18 9:00 IN2L Print Activities (All) 10:00 *Family Feud (M) 10:00 Live church (All) 11:00 One on One 1:45 *Flaggercise (R) 1:45 Snacks and Tunes (All) 3:00 *Memory Games (ST) 3:00 Funny Shows (All) 4:00 One on One
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26 9:00 IN2L Print Activities (All) 10:00 IN2L Movie (All ) 11:00 One on One (All) 1:45 IN2L Tunes (All) 3:00 Virtual Tours (All) 4:00 One on One (All)	27 9:00 Morning Chat 10:00 *Rosary (All) 10:00 Coloring (ST.) 11:00 One on One 1:45 *Reading Group (R) 1:45 Movie Time (All) 3:00 *Board Games (A) 4:00 One on One	28 9:00 IN2L Print Activities (All) 10:00 *Balloon Volleyball (V) 10:00 IN2L Virtual Tours (All) 11:00 One on One 1:45 *Movie Theater (M) 1:45 Snacks and Tunes (All) 3:00 *Ad Libs (R) 3:00 IN2L Live (All) 4:00 One on One	29 9:00 IN2L Print Activities (All) 10:00 *Creative Arts (ST.) 10:00 Bingo (All) 11:00 One on One 1:45 *Family Feud (A) 1:45 IN2L Exercise (All) 3:00 *Board Games (V) 3:00 Movie Time (All) 4:00 One on One Denim Day	30 9:00 IN2L Print Activities (All) 10:00* Balloon Volleyball (R) 10:00 IN2L Virtual tours (All) 11:00 One on One 1:45 *Flaggercise (v) 1:45 Snacks and Tunes (All) 3:00 *Board Games (M) 3:00 Funny Shows (All) 4:00 One on One		