



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

STAMP
HERE



Administrative Team: 208-664-6116
Executive Director: Tina Mouser
Community Relations Dir.: Becky Georgius
Business Office Director: Lori Varbero
Registered Nurse: Debbie James
Wellness Nurse: Dana Seaman
Wellness Director: Kari Hakala
Wellness Coordinator: Michael Williams
Dietary Services Director: Annie Troester
Maintenance Director: Kurt Mouser
Life Enrichment Dir.: Jacob Bonagofski



The Renaissance Reader

Monthly Newsletter



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Our Favorite Summer Pastimes!

Ah, summer! The days between June 20th and September 22nd are ones many of us in the U.S. look forward to for warm weather, relaxation, and outdoor fun! There's also Independence Day and vacations that stir excitement for many. No matter where you are, or what your plans are, we have some shining summer ideas for you.

- **Picnics.** Gathering on blankets on the grass with yummy foods and friends nearby (they can be on their own blankets with distancing in place) is an activity involving togetherness and nature that brings fun and relaxation.
- **Gardening.** Heading out into the garden, alone or with others distanced, is a fun way to get exercise and relieve stress. Ask any gardener; they'll tell you it's also fun! Just remember to check the heat index, stay hydrated, and use sun protection.
- **Painting and Placing "Positivity" Stones.** There's a trend of people painting rocks with positive, encouraging words and putting them in spaces for people to find. This activity is great because we can be creative, do art, cheer up others, and be out in nature.
- **Lounging by the Sprinkler.** Enjoy some cooling water fun on a lounge chair by a sprinkler! Friends can get in on this activity with lots of distance between.

There are many ideas beyond these that can make summer the best season! Our residents and team members have shared some of their favorite summer activities at the right! We encourage you to let us know your favorites on our Facebook in the comments section of our newsletter post on the 1st. Let's Get Summering!



Balloon Volleyball is a great way to engage and encourage exercise!



We enjoy some ice cream on these warm summer days!



Coloring brings a fun social environment!

Special Moments



Gayle: July 14th
Janie: July 17th
Alice: July 27th

July 2020 Highlights

July is Picnic Month, Hot Dog Month, Ice Cream Month, & Culinary Arts Month!

- 01 Postal Worker Day; Stamp Day; Joke Day
- 02 Anisette Day; UFO Day
- 03 Chocolate Wafer Day; Beans Day
- 04 Independence Day; Caesar Salad Day
- 05 Graham Cracker Day; Hawaii Day
- 06 Fried Chicken Day
- 07 Strawberry Sundae Day; Macaroni Day
- 08 Chocolate with Almonds Day
- 09 Sugar Cookie Day; Love Cows Day
- 10 Kitten Day; Pina Colada Day
- 11 Blueberry Muffin Day; Amer. Pet Pic Day
- 12 Pecan Pie Day; Car Collector Day;
- 13 French Fry Day; Beans N Franks Day
- 14 Mac N Cheese Day; Tape Measure Day
- 15 Tapioca Pudding Day; Love Horses Day
- 16 Corn Fritters Day; Personal Chef’s Day
- 17 Peach Ice Cream Day; Emoji Day
- 18 Sour Candy Day; Strawberry Wine Day
- 19 Ice Cream Day
- 20 Lollipop Day; Chess Day



- 21 Junk Food Day
- 22 Hot Dog Day; Penuche Fudge Day
- 23 Refreshment Day; Vanilla Ice Cream Day
- 24 Amelia Earhart Day; Drive-Thru Day
- 25 Thread a Needle Day; Cowboy Day
- 26 Parent Day; Bagel Day; Coffee Shake Day
- 27 Crème Brulee Day
- 28 Milk Chocolate Day; Waterpark Day
- 29 Lasagne; Chicken Wing Day; Lipstick Day
- 30 Cheesecake Day; Chili Dog Day; Friend Day
- 31 Avocado Day; Mutt 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: www.assistedlivingcda.com



- Looking for s’more ideas beyond classic marshmallow + chocolate + graham? Try:
- Candied bacon + dark chocolate
 - Chocolate chip cookie + Nutella
 - Rice Krispy treat as the graham
 - Roasted berries + waffle cone

Ideas by Shared Appetite.com



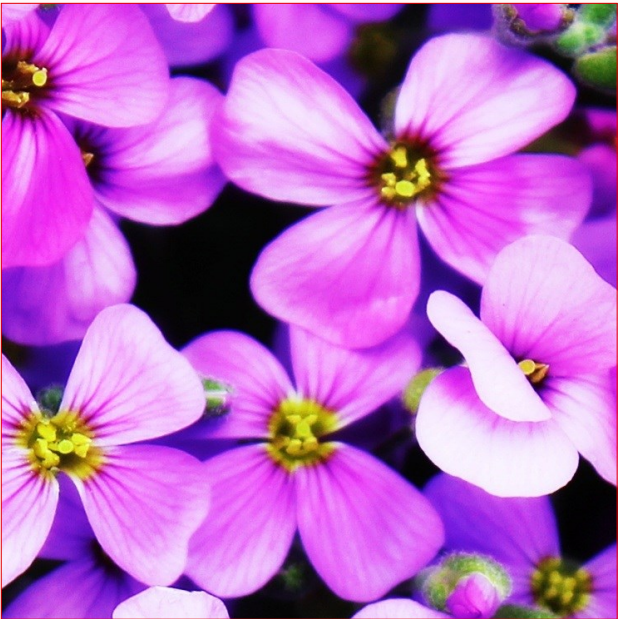
Our resident spotlight shines on: John

The Renaissance wants to recognize John as our spotlighted resident for the month of July. John is a kind soul with an amazing talent on the piano. He loves to share that talent with the residents of his house. During meal times, John loves listening to others stories and sharing some of his own. He also loves baseball and it shows. The coffee mug he uses everyday has his favorite team on it, The New York Yankees. Thank you John for always being someone that others can talk to and enjoy a good story or two.

Our staff spotlight shines on: Joel

If you have been in the community in the last four years, you have probably met Joel. He is usually in the kitchen or lending a hand to our staff and residents. He is quiet but has a quick wit! The residents love him. He strives to make excellent meals and delicious desserts and keep the residents on their mental toes. He is the extra right hand to our dietary manager and is always ready to cover a shift and lend a hand in the dietary department.

Joel has lived in Idaho for the last several years and we couldn’t imagine not having him around here.



JULY

The Renaissance • 2772 W Avante Loop, Coeur d'Alene, ID 83815 • 208-664-6116

SUN	ALL	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>				<p>1 9:00 Morning Exercise 10:00 Resistant Bands 10:00 Word Search (All) 11:00 One on One 1:30 Ice Cream Social 3:00 Fun Trivia Games 4:00 One on One</p>	<p>2 9:00 Morning Exercise 10:00 Creative Arts 10:00 Virtual Tours (All) 11:00 One on One 1:30 Balloon Volleyball 1:30 IN2L Live Feeds (All) 3:00 Memory Games 4:00 One on One</p>	<p>3 9:00 Morning Exercise 10:00 Wii Bowling 10:00 Word Search (All) 11:00 One on One 12:00 <u>Independence Barbeque</u> 1:30 IN2L Virtual Biking 1:30 Disney Movie Time (All) 3:00 Balloon Volleyball 4:00 One on One</p>	<p>4 9:00 Morning Exercise 10:00 Church Live (All) 10:00 Virtual Tours (All) 11:00 One on One 1:30 Virtual Biking Tours 3:00 Balloon Volleyball 4:00 One on One</p> <p>Independence Day</p>
	<p>5 9:00 IN2L Print 10:00 IN2L Movie 11:00 One on One 1:45 IN2L Tunes 3:00 Virtual Tours 4:00 One on One</p>	<p>6 9:00 Morning Exercise 10:00 Rosary 10:00 Coloring (All) 11:00 One on One 1:30 Reading Group 1:30 Virtual Tours (All) 3:00 Balloon Volleyball 4:00 One on One</p>	<p>7 9:00 Morning Exercise 10:00 Balloon Volleyball 10:00 Virtual Tours (All) 11:00 One on One 1:30 Movie and a Snack 1:30 Laughter and Comedies 3:00 IN2L Games 4:00 One on One</p>	<p>8 9:00 Morning Exercise 10:00 Resistant Bands 10:00 Word Search (All) 11:00 One on One 1:30 Ice Cream Social 3:00 Fun Trivia Games 4:00 One on One</p>	<p>9 9:00 Morning Exercise 10:00 Creative Arts 10:00 Virtual Tours (All) 11:00 One on One 1:30 Balloon Volleyball 1:30 IN2L Live Feeds (All) 3:00 Memory Games 4:00 One on One</p>	<p>10 9:00 Morning Exercise 10:00 Wii Bowling 10:00 <u>Jim Dossey</u> (All) 11:00 One on One 1:30 IN2L Virtual Biking 1:30 Disney Movie Time (All) 3:00 Balloon Volleyball 4:00 One on One</p>	<p>11 9:00 Morning Exercise 10:00 Church Live (All) 10:00 Virtual Tours (All) 11:00 One on One 1:30 Virtual Biking Tours 3:00 Balloon Volleyball 4:00 One on One</p>
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