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Stamp



### Administrative Team:

**Executive Director:** Christie Robinson  
**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  
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**Life Enrichment Director:** Jacob Bonagofski

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

# The Renaissance Reader

**October 2020 Newsletter**



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# Breast Cancer Awareness Increases Likelihood for Early Detection and Treatment

October is for Breast Cancer Awareness! Many know it's a month to wear pink, promote breast cancer knowledge, raise research funds, or support survivors and those in the fight—but it also can have significance in lives beyond that.

Breast Cancer Awareness Month encourages people to take steps to help themselves detect the disease in early stages. This October, increase your awareness level with some breast cancer facts and early detection information. Your knowledge could help a loved one, friend, or yourself.

*Note: This article is not intended to be medical advice. Consult your doctor before changing diet, medications, or lifestyle.*

## What is Breast Cancer?

When cells in the breast or nearby tissue divide and grow without normal control of cell division, breast cancer occurs. This process is often slow. If a lump can be felt, it may have been growing for 10 years.

Breast cancer may occur in men or women, but affects women more often than men. In the U.S., less than one percent of cases occur in men. In 2019, for U.S. women, there were about 268,600 new cases of invasive breast cancer. For men, there were an estimated 2,670 new breast cancer cases. Early



detection increases breast cancer survival.

## Early Detection is Key

There are ways to detect breast cancer early including regular self-examinations and clinical screenings. Clinical screenings include mammography (X-ray breast imaging); clinical breast exams (where a trained provider feels for abnormalities); and in certain high risk cases, breast MRIs. Learn more on screening at [cancer.gov](https://www.cancer.gov).

Women should be familiar with how their breasts normally look and report changes to a medical provider. The American Cancer Society recommends women 45-54 get annual mammograms, earlier for those who are high-risk for breast cancer. Those 55+ can switch to every other year if in good health.

Men at high risk for breast cancer should discuss managing their risk with their doctor.

We hope these facts encourage awareness and continued learning beyond this special month.



# Special Moments



# Happy Birthday!



## Resident Staff

Danny: Oct. 4th	Jacob: Oct. 11th
Jere: Oct. 9th	Debbie: Oct. 13th
Linda: Oct. 24th	Chris: Oct. 19th

- Those born in October are Libras (Sept. 23 -Oct. 22) or Scorpios (Oct. 23-Nov. 21).
- Their birthstones are opals & tourmaline.
- Their birth flower is the Calendula.
- More American presidents have October birthdays than any other month!



# October 2020 Highlights

October observes emotional wellness, dental hygiene, and protecting hearing.  
Foods celebrated: chili, apples, spinach, rhubarb, pretzels, pasta, and pizza.

- 01 Homemade Cookies Day; Hair Day

02 Custodial Worker Day; Car Naming Day

03 Techies Day

04 Golf Love Day; Taco Day; Cinn. Bun Day

05 Rhode Island Day; Get Funky Day

06 Mad Hatter Day; Orange Wine Day

07 Frappe Day; Pumpkin Seed Day

08 Fluffernutter Day; Pierogi Day

09 Moldy Cheese Day

10 Angelfood Cake Day; Chess Day

11 Sausage Pizza Day; Clergy Apprec. Day

12 Gumbo Day; Native Americans Day

13 Yorkshire Pudding Day; Navy Birthday

14 Fossil Day; Dessert Day

15 Cheese Curd Day; I Love Lucy Day

16 Sports Day; Global Cat Day; Bosses Day
- 17 Pasta Day; Sweetest Day

18 No Beard Day; Choco Cupcake Day

19 Seafood Bisque Day; Kentucky Day

20 Brandy Fruit Day; Youth Confidence Day

21 Pumpkin Cheesecake Day; Reptile Day

22 Nut Day; Color Day; Make a Dog's Day

23 Boston Crème Pie Day; Talk Show Day

24 Make a Difference Day; Bologna Day

25 Mother In Law Day; Greasy Food Day

26 Pumpkin Day; Mincemeat Day

27 American Beer Day; Black Cat Day

28 Chocolate Day

29 Oatmeal Day; National Cat Day

30 Candy Corn Day; Breadstick Day

31 Halloween

## Regarding Covid-19:

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.

## Apple Pie Bread Recipe

Baking spray w/ flour in 9x5" pan

$\frac{2}{3}$  cup granulated sugar

$\frac{1}{2}$  cup whole-milk Greek yogurt

2 eggs

$\frac{2}{3}$  cup applesauce

7 tbsp unsalted butter, melted

1 cup flour, plus 1 tbsp divided

$\frac{3}{4}$  cup whole-wheat flour

1 tsp vanilla

1 tsp baking soda

1 tsp apple pie spice

$\frac{1}{2}$  tsp salt

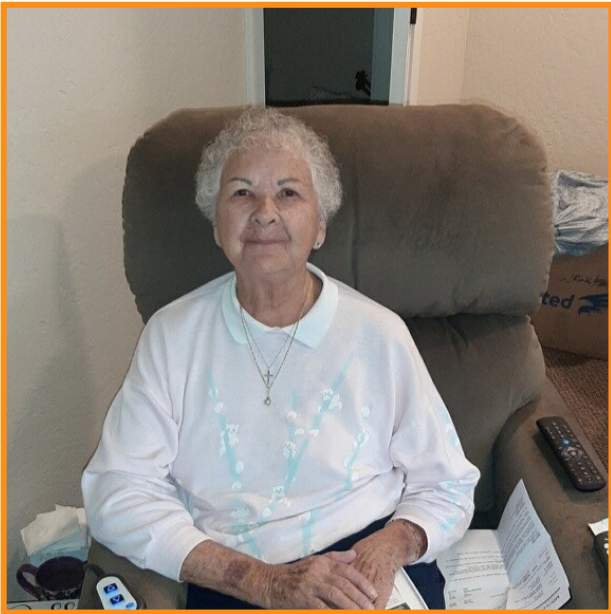
1 Green apple (diced)

$\frac{1}{2}$  cup chop walnuts

3 tbsp brown sugar

$\frac{1}{4}$  tsp cinnamon

Preheat oven to 350 F. Stir sugar, yogurt, eggs together. Add applesauce, vanilla, 6 tbsp butter. Separately whisk 1 cup flour, whole-wheat flour, baking soda, apple pie spice, salt. Add apple, stir until coated. Add flour-apple mix to egg mix; stir. Spoon into sprayed pan. Mix walnuts, brown sugar, cinnamon & 1 tbsp butter, flour in a bowl. Sprinkle on batter. Bake 55-60 minutes. Cool 1 hour (Modified from EatingWell)



## RESIDENT SPOTLIGHT: Patricia

Patricia and her husband Roger moved to our community in early February and have been a joy to have with us. Her positive attitude and witty humor makes her a real joy to have here at The Renaissance. One of Patricia's favorite activities is the one and only Bingo and not only that but she's one of our best! Patricia is what some would call, "a social butterfly." Since arriving here, she has made a lot of friends. One of her closest friends is none other than our very own Deloris. On a beautiful sunshiny day you will see Patrice, Roger, and Deloris socializing in the courtyard and swapping stories back and forth. Having Patricia here at our community is a real treat! Thank you Patricia for being such a great person.



## STAFF SPOTLIGHT: Joline

Joline is friendly, hard-working, and a wonderful person. The amount of effort she puts into her residents when it comes to caring for their everyday needs is an example for us all. She always ensures that activities are provided for her residents and enjoyed. Joline started on Noc shift when she was hired and always made sure tasks were completed. She then eventually changed to days where she keeps that positive attitude and drive to complete her tasks, on top of making it fun for her residents. Joline manages her time effectively and efficiently. Keep up the good work Joline, and thank you for all you do!



OCTOBER 2020

SUN	ALL	MON	H	TUE	V	WED	A	THU	M	FRI	R	SAT	ST.						
All activities subject to change per mandated health guidelines		Heidi: <div>H</div> Versailles: <div>V</div> Avonlea: <div>A</div> Mirabelle: <div>M</div> Rochelle: <div>R</div> St. Michelle: <div>ST.</div> All Other Houses: <div>All</div> (All)						1 9:00 Moring Exercise (All) 10:00 Bingo 10:00 Live Cams (All) 11:00 One on One 1:30 Balloon Volley Ball 1:30 TV Together (All) 3:00 IN2L Games 4:00 One on One			2 9:00 Moring Exercise (All) 10:00 Wii Games 10:00 Virtual Tours (All) 11:00 One on One 1:30 Balloon Volley Ball 1:30 Travel Videos (All) 3:00 Bingo 4:00 One on One			3 9:00 Morning Exercise (All) 10:00 Live Church (All) 11:00 One on One 1:30 Coloring Group 1:30 After Noon Movie 3:00 Sunshine and Lemonade (All) 4:00 One on One					
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