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Stamp



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



The Renaissance Reader

December 2020 Newsletter



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Stay Healthy this 2020 Flu Season

It's that time of year! The air has a chill that gets us excited about warm drinks, cozy sweaters, and the holidays.

Unfortunately, flu is also making its rounds — and will likely do so through February. Flu prevention is important every year, but especially this year when Covid-19 is also a health risk. Flu prevention efforts will also aid in preventing the contraction of Covid-19.

People of all ages and walks of life can catch flu, but seniors over 65 are among those at particular risk for flu-related complications. The good news is there are various actions—from hand-hygiene to vaccination—that may be taken to prevent the flu.

The Best Defense

Seasonal flu shots are designed to protect against the 3 or 4 influenza viruses likely to be most prevalent this season. While shot effectiveness varies by season and by different levels of health of those who receive them, it is the best line of defense for flu prevention.

Studies have shown that those who contract flu despite receiving a flu shot have less severe illnesses than those who did not get vaccinated. It is helpful to get the shot annually, and to know it takes two weeks to become fully effective. Those who wish to get a flu shot should consult their medical professional(s) and disclose allergies to them.

Is it flu, a cold, or coronavirus?

All share symptoms of fever, chills, body aches, and cough. In all cases, make efforts to stay home, wear a mask, and wash hands. It is recommended you contact your doctor about your symptoms.



The best line of defense in flu prevention is getting a yearly flu shot.

- Flu is fast-coming and usually brings fever, chills, cough, body aches, headaches, and tiredness. Flu only sometimes includes sneezing, sore throat, or stuffy nose. Flu can be tested for, and antiviral drugs exist for it.
- A cold, on the other hand, brings gradual effects, including a runny or stuffy nose, chest discomfort, a cough, sore throat, sneezing, and sometimes fatigue and aches. Colds do not often bring chills, fever, or headaches.
- Coronavirus is harder to pinpoint due to its wide range of symptoms. It rarely is accompanied by runny or stuffy nose or sneezing. It often is accompanied by a loss of taste or smell. Doctors can test for Coronavirus.

Flu prevention is important every year, but especially this one! Take care of your health by eating well, staying hydrated, practicing good hand-hygiene, and getting a flu shot. Spend more time enjoying this season and less time searching for the box of tissues.

Stop the Flu Before it Starts! Best practices:

- Get an annual flu shot
- Avoid close contact with those who are sick
- Wear a mask when out in public
- Cover mouth and nose with a tissue when coughing or sneezing
- Wash hands with soap and warm water for 15 to 20 seconds, several times a day
- Sanitize hands if water is not available
- Avoid contact with eyes, nose, and mouth
- Follow a healthy diet and staying hydrated
- Exercise regularly
- Get regular checkups by your doctor



At left is our “Gone Fishin” themed tree we decorated for the One More Time NW Deck the Halls 2020 Christmas Tree Gala Auction. One More Time NW grants wishes and life-changing experiences to adults and seniors with life limiting abilities. As for the trees in our community, stay-tuned because our team (and especially our Life Enrichment Director Jacob) love to decorate multiple trees each year!



Special Moments



Happy Birthday!



Resident Staff

Anne: Dec. 9th
MaryAnn: Dec. 10th
Dorothy: Dec. 12th
Leone: Dec. 22nd
Phyllis: Dec. 31st
Allie: Dec. 31st

Gloria: Dec. 19th
Dawn: Dec. 28th
Myranda: Dec. 22nd

- Those born in December are Sagittarius (Nov. 22-Dec 21) or Capricorn (Dec. 22-Jan. 19).
- Their birthstone is Turquoise, zircon, or tanzanite
- Their birth flower is Narcissus or Holly. Narcissus symbolizes rebirth and respect.

December 2020 Highlights

December observes Handwashing Awareness, Food Service Safety, and Older Drivers' Safety. It celebrates Bingo, pears, writing to friends, spiritual literacy, root veggies, and exotic fruits!

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| 01 Eat a Red Apple Day; Pie Day | 17 Maple Syrup Day; Wright Brothers Day |
| 02 Mutt Day; Fritters Day | 18 Twin Day; Ugly Christmas Sweater Day |
| 03 UN's Day of Persons w/ Disabilities | 19 Oatmeal Muffin Day; Hard Candy Day |
| 04 Sock Day; Dice Day | 20 Sangria Day |
| 05 Earmuff Day; Volunteer Day | 21 Winter Solstice; Crossword Puzzle Day |
| 06 Gazpacho Day; Microwave Day | 22 Date Nut Bread Day |
| 07 Cotton Candy Day | 23 Pfeffernusse Cookie Day; Forefathers Day |
| 08 Time Traveler Day; Brownie Day | 24 Christmas Eve; Eggnog Day |
| 09 Pastry Day | 25 Christmas Day; Pumpkin Pie Day |
| 10 Chanukah Begins; Nobel Prize Day | 26 Kwanzaa starts; Candy Cane Day |
| 11 Noodle Ring Day; App Day | 27 Fruitcake Day |
| 12 Gingerbread House Day | 28 Card Playing Day; Short Film Day |
| 13 Cocoa Day; Violin Day | 29 Pepper Pot Day |
| 14 Bouillabaisse Fish Stew Day | 30 Bacon Day |
| 15 Cupcake Day; Wear Pearls Day | 31 New Year's Eve; Champagne Day |
| 16 Chocolate Covered Day | |

Regarding Covid-19: Resident and staff safety and comfort 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. All activities are subject to cancellation per those current guidelines. To read our measures taken, and our current visitor policy, please visit our website.



The Renaissance would like to welcome our new Life Enrichment Assistant to the community, Cassidy! We know she will be a great addition to The Renaissance family. With Cassidy on board, we will be able to provide even more activities through the day and increase resident engagement!



Staff Spotlight:
Myranda

Myranda's passion for the well being of our residents is a great example of what caregiving is all about. She loves to engage her residents in new and fun activities through the day, even if she is busy with her daily tasks. With the holidays coming up, Myranda is a great choice for our staff spotlight. She has a great personality and joyful smile that brightens even the worst of moods.

Thank you for all you do here at the Renaissance each day, Myranda!



Resident Spotlight:
Bert

Bert is a wonderful and kind person who is always looking for ways to help those around him. He lives here at The Renaissance along with his beautiful wife, Betsy. Bert loves his wife so much it is almost as if they were newlyweds. They truly are an amazing couple. Bert's favorite hobby was in fishing and collecting old time fishing reels. He even built his own sailing boat with his brother and he loves to share his wonderful adventures with anyone who needs a good story. Bert is a great addition to the Renaissance.

We're so glad to have you here, Bert!

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.		1 8:30 Morning Chat 9:00 Morning Exercise 10:00 Bingo 11:00 One on One 1:30 IN2L Games 1:30 Virtual Tours 2:30 Snack and Chat 3:00 Afternoon Exercise 3:30 One on One	2 8:30 Morning Chat 9:00 Morning Exercise 10:00 Trivia and more 11:00 One on One 1:30 Bingo 1:30 Afternoon Movie 2:30 Snack and Chat 3:00 Afternoon Exercise 3:30 One on One	3 8:30 Morning Chat 9:00 Morning Exercise 10:00 Bingo 11:00 One on One 1:30 Balloon Volleyball 1:30 Oldies but goodies 2:30 Snack and Chat 3:00 Afternoon Exercise 3:30 One on One	4 8:30 Morning Chat 9:00 Morning Exercise 10:00 Wii Sports 11:00 One on One 1:30 Bingo 1:30 Old Radio Broadcast 2:30 Snack and Chat 3:00 Balloon Volleyball 3:00 Afternoon Exercise 3:30 One on One	5 8:30 Morning Chat 9:00 Morning Exercise 10:00 Church Service Live 11:00 One on One 1:30 Memory Games 1:30 Group Coloring 2:30 Snack and Chat 3:00 Afternoon Exercise 3:30 One on One
6 8:30 Morning Chat 9:00 Morning Exercise 10:00 Board Games and Fun 11:00 One on One 1:30 Bingo 2:30 Snack and Chat 3:00 Afternoon Exercise 3:30 Group Coloring	7 8:30 Morning Chat 9:00 Morning Exercise 10:00 Rosary 11:00 One on One 1:30 Reading Group 1:30 Travel Films 2:30 Snack and Chat 3:00 Afternoon Exercise 3:30 One on One	8 8:30 Morning Chat 9:00 Morning Exercise 10:00 Bingo 11:00 One on One 1:30 IN2L Games 1:30 Virtual Tours 2:30 Snack and Chat 3:00 Afternoon Exercise 3:30 One on One	9 8:30 Morning Chat 9:00 Morning Exercise 10:00 Trivia and more 11:00 One on One 1:30 Bingo 1:30 Afternoon Movie 2:30 Snack and Chat 3:00 Afternoon Exercise 3:30 One on One	10 Hanukkah Begins 8:30 Morning Chat 9:00 Morning Exercise 10:00 Bingo 11:00 One on One 1:30 Balloon Volleyball 1:30 Oldies but goodies 2:30 Snack and Chat 3:00 Afternoon Exercise 3:30 One on One	11 8:30 Morning Chat 9:00 Morning Exercise 10:00 Wii Sports 11:00 One on One 1:30 Bingo 1:30 Old Radio Broadcast 2:30 Snack and Chat 3:00 Balloon Volleyball 3:00 Afternoon Exercise 3:30 One on One	12 8:30 Morning Chat 9:00 Morning Exercise 10:00 Church Service Live 11:00 One on One 1:30 Memory Games 1:30 Group Coloring 2:30 Snack and Chat 3:00 Afternoon Exercise 3:30 One on One
13 8:30 Morning Chat 9:00 Morning Exercise 10:00 Board Games and Fun 11:00 One on One 1:30 Bingo 2:30 Snack and Chat 3:00 Afternoon Exercise 3:30 Group Coloring	14 8:30 Morning Chat 9:00 Morning Exercise 10:00 Rosary 11:00 One on One 1:30 Reading Group 1:30 Travel Films 2:30 Snack and Chat 3:00 Afternoon Exercise 3:30 One on One	15 8:30 Morning Chat 9:00 Morning Exercise 10:00 Bingo 11:00 One on One 1:30 IN2L Games 1:30 Virtual Tours 2:30 Snack and Chat 3:00 Afternoon Exercise 3:30 One on One	16 8:30 Morning Chat 9:00 Morning Exercise 10:00 Trivia and more 11:00 One on One 1:30 Bingo 1:30 Afternoon Movie 2:30 Snack and Chat 3:00 Afternoon Exercise 3:30 One on One	17 8:30 Morning Chat 9:00 Morning Exercise 10:00 Bingo 11:00 One on One 1:30 Balloon Volleyball 1:30 Oldies but goodies 2:30 Snack and Chat 3:00 Afternoon Exercise 3:30 One on One	18 8:30 Morning Chat 9:00 Morning Exercise 10:00 Wii Sports 11:00 One on One 1:30 Bingo 1:30 Old Radio Broadcast 2:30 Snack and Chat 3:00 Balloon Volleyball 3:00 Afternoon Exercise 3:30 One on One	19 8:30 Morning Chat 9:00 Morning Exercise 10:00 Church Service Live 11:00 One on One 1:30 Memory Games 1:30 Group Coloring 2:30 Snack and Chat 3:00 Afternoon Exercise 3:30 One on One
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27 8:30 Morning Chat 9:00 Morning Exercise 10:00 Board Games and Fun 11:00 One on One 1:30 Bingo 2:30 Snack and Chat 3:00 Afternoon Exercise 3:30 Group Coloring	28 8:30 Morning Chat 9:00 Morning Exercise 10:00 Rosary 11:00 One on One 1:30 Reading Group 1:30 Travel Films 2:30 Snack and Chat 3:00 Afternoon Exercise 3:30 One on One	29 8:30 Morning Chat 9:00 Morning Exercise 10:00 Bingo 11:00 One on One 1:30 IN2L Games 1:30 Virtual Tours 2:30 Snack and Chat 3:00 Afternoon Exercise 3:30 One on One	30 8:30 Morning Chat 9:00 Morning Exercise 10:00 Trivia and more 11:00 One on One 1:30 Bingo 1:30 Afternoon Movie 2:30 Snack and Chat 3:00 Afternoon Exercise 3:30 One on One	31 New Year's Eve 8:30 Morning Chat 9:00 Morning Exercise 10:00 Bingo 11:00 One on One 1:30 Balloon Volleyball 1:30 Oldies but goodies 2:30 Snack and Chat 3:00 Afternoon Exercise 3:30 One on One	Activities Locations Sunday: Avonlea Monday: Rochelle Tuesday: Versailles/St Michelle Wednesday: Avonlea/Mirabelle Thursday: Mirabelle/Versailles Friday: Rochelle Saturday: St. Michelle	Activities in red are provided to all houses. Please ask your caregivers for further information on upcoming events.