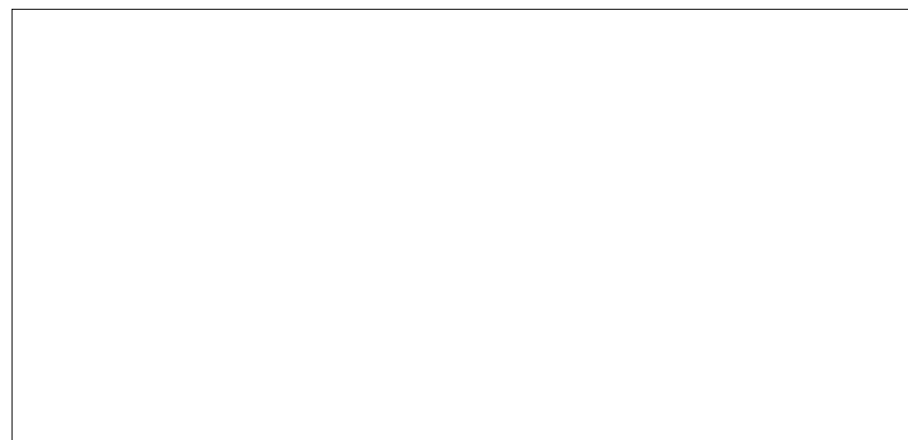




2772 W. Avante Loop
Coeur d'Alene, ID 83815

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: Lisa Kinservik
Dietary Services Director: Jay Hehr
Maintenance Director: Kyle Behnke
Life Enrichment Director: Jacob Bonagofski

Connect:

208-664-6116

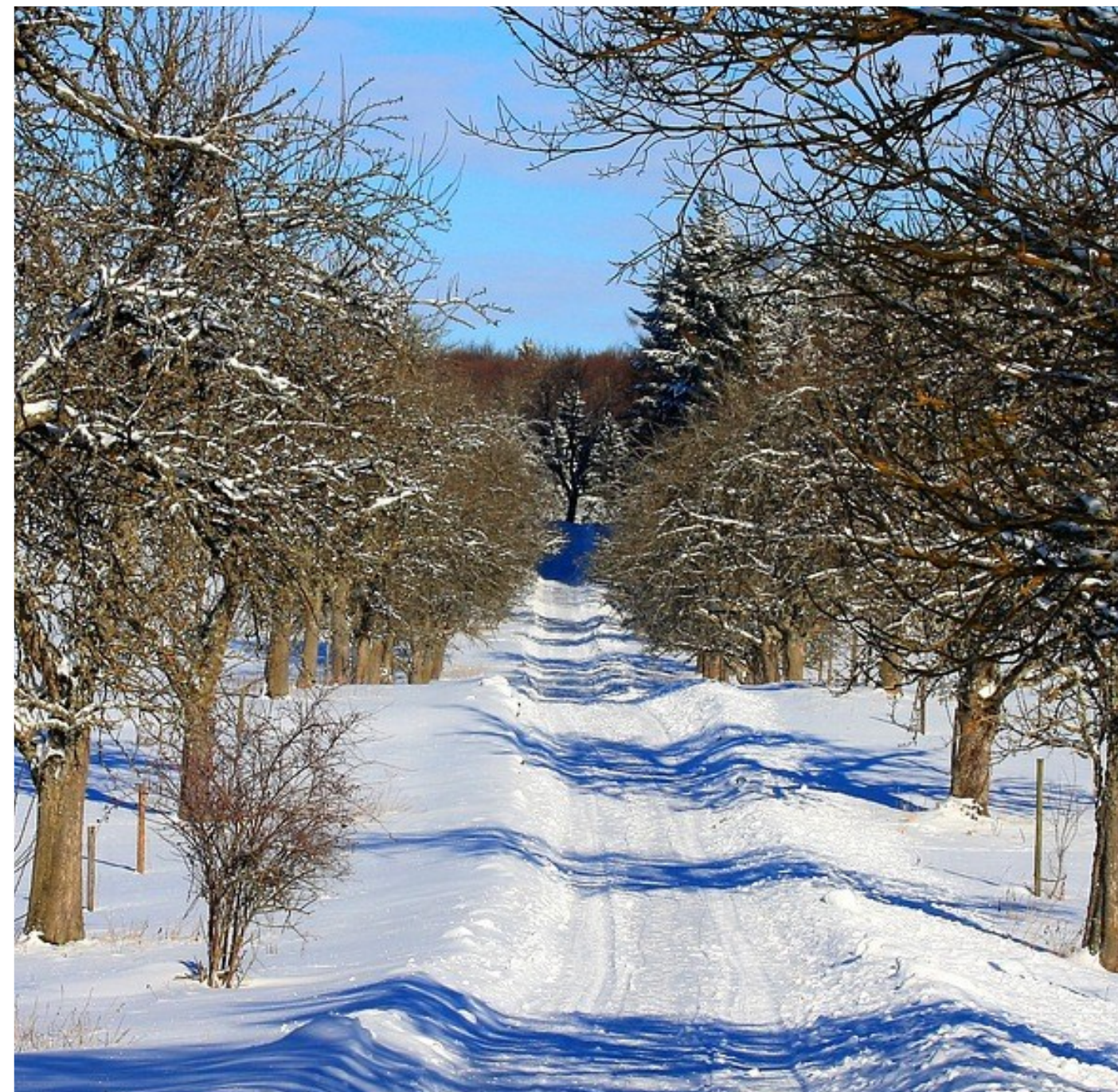
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www.assistedlivingcda.com

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

The Renaissance Reader

January 2021 Newsletter



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3 Team & Resident Spotlight
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How to Boost Cognition with Diet & Exercise

Please follow advice of your medical professional and speak with them before changing diet, exercise, or supplements. This is for informational use only.

Cognitive health is affected by genetics, age, environment, diet, and physical lifestyle, among other influences. Some factors are out of our control, but diet and exercise are within reach. Here are several approaches to diet and exercise to improve cognition.

When it comes to diets, several approaches may achieve better brain health. One is the **Mediterranean Diet** which includes fish, fruits, vegetables, whole grains, beans, nuts and olive oil. It aids heart and brain health, red meat ought be limited, and herbs -not salt- should flavor food.

A second is the Dietary Approaches to Stop Hypertension Diet, or the **DASH Diet**. It focuses on vegetables, fruits, and low-fat or fat-free dairy products. It includes whole grains, fish, poultry, beans, seeds, nuts, and vegetable oils. It encourages limited sodium, sweets, and red meat.

Another is the Mediterranean-DASH Intervention for Neurodegenerative Delay Diet, or the **MIND Diet**, combining Mediterranean and DASH parameters, to promote a healthy mind. It emphasizes berries over other fruits, recommends fish at least once per week, and promotes leafy vegetables along with other vegetables.

A common thread through each diet is that sugar should be avoided as much as possible. Multiple studies have found a correlation between a diet high in refined sugars and impaired brain function, as well as a worsening of mood disorder symptoms like depression.



A study of 16,000 older women over 15 years found those who consumed at least 1/2 cup of blueberries or strawberries weekly had slower cognitive decline.

10 foods on the brain health “yes” list

include fish (salmon and trout especially), blueberries, cruciferous vegetables (broccoli, spinach, kale, Brussel sprouts, collard greens, cauliflower, arugula), nuts (especially walnuts), avocados, beans and lentils, eggs, seeds, whole grains (like brown rice, whole-wheat bread, quinoa, and oats), and coffee and tea.

Regular exercise may be beneficial in helping to lower Alzheimer’s and vascular dementia risk. Several studies have found a link between physical activity and reduced risk of cognitive decline.

Exercise can help prevent things that can lead to memory loss, like diabetes, high blood pressure, high cholesterol, obesity, and stroke. It may increase blood and oxygen flow in the brain - benefiting brain cells, may reduce stress hormones, and may reduce inflammation.

A diverse menu of physical activities may bring the best results, including walking regularly, tai chi, aerobic exercise, resistance training, balance and coordination exercises, weightlifting, and dancing.

We hope these ideas inspire you as they have us. Help others boost cognition and share these tips with friends and family!

Special Moments



Happy Birthday!

A glass sphere containing a single feather is resting on a bed of white snow. The background is a soft, out-of-focus blue and white, suggesting a winter scene.

- Daisey: Jan. 1st

Dorothy: Jan. 7th

Carol: Jan. 9th
- Dolores: Jan. 17th

Robert: Jan. 19th

Beatrice: Jan. 24th

Those born in January are Capricorn (Jan. 1-19) or Aquarius (Jan. 20-31). Their birthstone is garnet which symbolizes love and was discovered in Ancient Egypt. Their birth flowers are Carnations and Snow Drops. Carnations are among few flowers that can bloom in the cold!

January 2021 Highlights

January observes Healthy Weight Week, Bath Safety Month, and Mentoring Month. It celebrates hot tea, oatmeal, soup, pizza, and fresh squeezed juice, as well as taking part in beloved hobbies!

- | | |
|---|---|
| 01 New Year's Day; Bloody Mary Day | 17 Hot Buttered Rum Day |
| 02 Cream Puff Day; Science Fiction Day | 18 Winnie the Pooh Day; Thesaurus Day |
| 03 Chocolate Cherry Day | 19 Popcorn Day; Tin Can Day |
| 04 Spaghetti Day; Trivia Day; Braille Day | 20 Martin Luther King Jr. Day; Cheese Day |
| 05 Whipped Cream Day; Bird Day | 21 Granola Bar Day; Squirrel Lovers Day |
| 06 Bean Day; Tech Day; Shortbread Day | 22 Blonde Brownie Day; Library Fix Up Day |
| 07 Bobblehead Day; Tempura Day | 23 Pie Day; Handwriting Day |
| 08 Argyle Day; English Toffee Day | 24 Compliment Day; Peanut Butter Day |
| 09 Apricot Day; Balloon Day | 25 Opposite Day; Irish Coffee Day |
| 10 Bittersweet Chocolate Day | 26 Green Juice Day; Peanut Brittle Day |
| 11 Milk Day; Vision Board Day | 27 Bubble Wrap Day; Chocolate Cake Day |
| 12 Pharmacist Day; Marzipan Day | 28 Kazoo Day; Blueberry Pancake Day |
| 13 Rubber Duck Day; Sticker Day | 29 Corn Chip Day; Puzzle Day |
| 14 Dress Your Pet Day; Pastrami Day | 30 Croissant Day |
| 15 Hat Day; Bagel & Lox Day | 31 Inspire with Art Day; Backwards Day; |
| 16 Fig Newton Day; Intl. Spicy Food Day | Hot Chocolate 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.

Jan. 6 is **Shortbread Day** and here's a recipe for it (modified from a Food Network version)!
3/4 lb. salt free butter; 1 cup of sugar; 1 tsp. vanilla extract; 3 1/2 cups of flour; 1/4 tsp. salt; 7 oz. of semisweet chocolate chopped
 Preheat oven to 350. Mix butter + 1 cup sugar with mixer until combined. Add vanilla. In medium bowl sift flour with salt and add to the butter and flour. Mix on low until dough comes together. Dust a surface with flour and put dough on it. Shape into flat circle. Wrap in plastic and chill for 30 min. Roll dough 1/2" thick and cut with 3 by 1" rectangle cutter. Put cookies on ungreased baking sheet and top with extra sugar. Bake 20-25 min until edges start to brown. Cool to room temp.



Staff Spotlight:
Gloria

Gloria is a hard working individual with a heart of gold. Her upbeat attitude and loving smile really brighten a room! Gloria is one of our housekeepers and she does a great job at making sure that things stay clean and tidy in the community. Though she is very task-oriented, she always takes time to engage the residents in conversation or even give them a lovely complement to brighten their day. The Renaissance would like to congratulate Gloria for becoming our first in the staff spotlight of the New Year!



Resident Spotlight:
Susan

Susan's playful nature and happy attitude earns her the spot of being our next resident of the month for the new year.

It is such a joy to walk in the community and see Susan at the dinning room table greeting those who walk in with a smile. Her favorite game to play is bingo, but mainly for chocolate!

Thank you Susan for being a part of our family here at the Renaissance!

JANUARY 2021

The Renaissance Assisted Living Community

2772 W. Avante Loop

208-664-6116

SUN	MON	TUE	WED	THU	FRI	SAT
Sun., Jan. 31 from bottom of calendar 9:00 Morning Exercise (All) 9:00 Balloon Volleyball (V) 10:00 Bingo (A) 11:00 Memory Boxes (St.) 1:00 Board Games (M) 2:00 Wii Bowling (R) 3:00 Afternoon Exercise (All)		All activities subject to change per mandated health guidelines.	<div>Index</div> Versailles (V) St. Michelle (St.) Avonlea (A) Mirabelle (M) Rochelle (R) All Houses (All)		<div>1</div> 	<div>2</div> 9:00 Morning Exercise (All) 9:00 Board Games (V) 10:00 Trivia (A) 11:00 Bingo (R) 1:00 Resistant Bands (M) 2:00 Group Coloring (St.) 3:00 Afternoon Exercise (All)
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