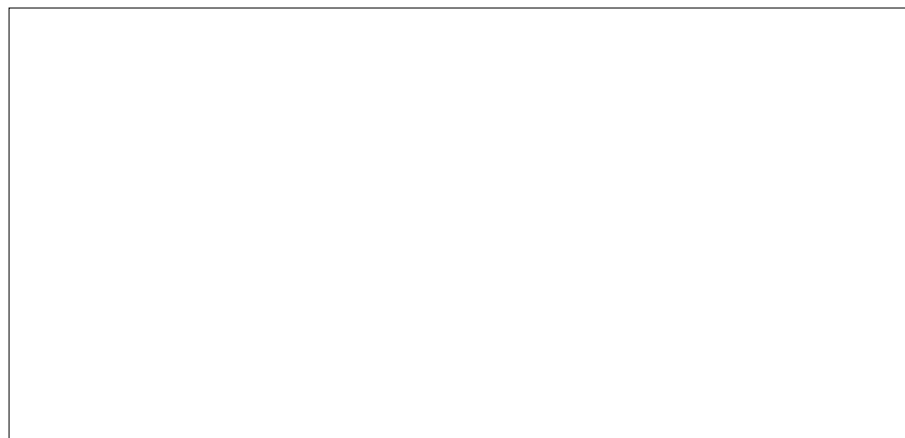




2772 W. Avante Loop  
Coeur d'Alene, ID 83815

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

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

Connect:

208-664-6116

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# The Renaissance Reader

February 2021 Newsletter



2 Prioritize Your Heart Health  
3 Team & Resident Spotlight  
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6 Highlights, Notes,  
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# Prioritize Your Heart Health With Daily Choices

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

When we think of February, we think of hearts, and it's appropriately the month that observes heart health in America. It's been that way since 1963 when then President Lyndon B. Johnson encouraged citizens to support heart disease solutions for a "nationwide problem of heart and blood-vessel diseases."

There are many actions people can take to combat heart health issues. Awareness of heart health risk factors like high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol use is key.

For older adults, specific steps can be taken to improve heart health. Stopping smoking, reducing alcohol consumption to no more than two drinks per day for men and no more than one drink per day for women, and improving physical activity and diet are impactful actions.

## Get Active

Getting out for a daily walk is not only good for mental health and weight management, but also for heart health! The World Health Organizations says adults over 65 should do at least 150 minutes of moderate-intensity aerobic physical activity each week—That's just around 20 minutes per day! Aerobic activity should be done in bouts of at least 10 minutes. Making sure to get exercise in every day (as opposed to several times a week) is also helpful.



Heart health can be impacted by stress. Along with a healthy lifestyle, help manage stress with good sleep habits, meditation, exercise, and sharing emotions with family or friends.

## Eat Better

Is the way to your heart through your stomach? The Mayo Clinic recommends eating more vegetables and fruits as they may help cardiovascular health. They also recommend whole grains like whole-grain bread and high-fiber cereals. Go for skinless poultry, fish, nuts, and legumes. Monitoring sodium is also important. Items high in salt include tomato juice, soy sauce, and many prepared foods.

## Manage Cholesterol

Getting physically active and eating better will go a long way in helping with this last action: managing cholesterol! The first step in improving cholesterol is to seek out a medical professional to find your levels for both cholesterol types. Having your blood pressure taken regularly can help you to know the state of your heart's health. If your bad cholesterol (LDL) is high, make sure to have a health professional help you to monitor it.

Give yourself a Valentine this February with a commitment to improve your heart health!

# Special Moments



## Happy Birthday!



- Gerald: Feb. 4th  
Harry: Feb. 5th  
Madeline: Feb. 9th  
Betty: Feb. 16th  
Virginia: Feb. 21st
- Susan: Feb, 26th

Those born in February are Aquarius (Jan. 20 - Feb. 18) or Pisces (Feb. 19 - March 20). Their birthstone is amethyst. Their birth flowers are the violet, primrose, and iris. So many celebrities have been born in February that it is touted those born this month have higher chances of being famous!



# February 2021 Highlights

February observes Black History Month, American Heart Month, and the Boy Scouts Anniversary. It celebrates the library, bird counting, pie making, embroidery, and donating canned foods.

- |   |  |
|---|--|
| 01 Baked Alaska Day; Serpent Day                                  | 15 Presidents' Day; Gumdrop Day                              |
| 02 Groundhog Day; Ukulele Day                                     | 16 Fat Tuesday; Almond Day                                   |
| 03 Carrot Cake Day  | 17 Ash Wed.; Cabbage Day; Kind Act Day                       |
| 04 Homemade Soup Day  | 18 Wine Day; Battery Day; Pluto Day                          |
| 05 Nutella Day; Gum Day   | 19 Caregivers' Day; Chocolate Mint Day                       |
| 06 Frozen Yogurt Day; Chopsticks Day                              | 20 Cherry Pie Day; Muffin Day; Pet Day                       |
| 07 Superbowl LV; Send Cards Day                                   | 21 Grain-Free Day; Sticky Bun Day                            |
| 08 Boy Scouts Day; Kite Flying Day                                | 22 Sweet Potato Day; Margarita Day                           |
| 09 Bagel and Lox Day; Pizza Day                                   | 23 Banana Bread Day; Dog Biscuit Day                         |
| 10 Cream Cheese Brownie Day                                       | 24 Tortilla Chip Day   |
| 11 Inventors' Day; Peppermint Patty Day                           | 25 Chocolate Covered Nuts Day; Clam Chowder Day; Pancake Day |
| 12 Chinese New Year; Plum Pudding Day                             | 26 Pistachio Day; Toast Day; Chili Day                       |
| 13 Cheddar Day; Tortellini Day; Global Movie Day; World Radio Day | 27 Retro Day; Strawberry Day                                 |
| 14 Valentine's Day; Chocolate Truffle Day                         | 28 Floral Day; Chocolate Souffle 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.

**Dont forget  
to leave  
us a Review**



**Staff Spotlight:**  
Becky

Attention to detail is very important when it comes to working with our residents. Becky is a prime example of this. Every morning, Becky always ensures our residents are looking good and feeling good by doing exceptional ADL's. Her positive playful attitude towards the residents makes it a joy to have her around. Becky is very task-oriented and works hard to engage the residents through the day.

Thank you for everything you do Becky; it is an honor to have you here at The Renaissance.



**Resident Spotlight:**  
Judi

If you ever need someone to lend you an ear, Judi is always there. Her kind heart and great sense of humor make it a joy to have her around. Judi was the first person to move into our newest house, Rochelle, when it was built a little over a year ago. She has always welcomed all who have ever moved into Rochelle and it usually makes it easier for most. The Renaissance would like to recognize Judi in our resident spotlight of the month!



# FEBRUARY 2021

## The Renaissance Assisted Living

## 2772 W. Avante Loop

**208-664-6116**

SUN	MON	TUE	WED	THU	FRI	SAT	
All activities subject to change per mandated health guidelines.	1 9:00 Morning Exercise (All) 9:00 Bingo (V) 9:00 Board Games (M) 10:00 Memory games (St.) 10:00 Trivia (R) 11:00 Rosary (A) 11:00 Matching Games (St.) 1:00 Crafts (M) 1:00 Coloring (V) 2:00 Snack and Chat (V) 3:00 Reading Croup (R) 3:00 Balloon Volleyball (A) 3:00 Afternoon Exercise (All)	2 9:00 Morning Exercise (All) 9:00 Jewelry Making (M) 10:00 Board Games (V) 10:00 Crosswords (A) 11:00 Wii Bowling (R) 11:00 Matching Games (St.) 1:00 Bingo (M) 1:00 Scrabble (V) 2:00 Memory Boxes (St.) 2:00 Snack and Chat (A) 3:00 Board Games (A) 3:00 Trivia (R) 3:00 Afternoon Exercise (All)	3 9:00 Morning Exercise (All) 9:00 Balloon Volleyball (M) 10:00 Group Coloring (V) 10:00 Trivia (A) 11:00 Pictionary (R) 11:00 Puzzles (St.) 1:00 Board Games (M) 1:00 Bingo (V) 2:00 Resistant Bands (St.) 2:00 Snack and Chat (St.) 3:00 Crafts (A) 3:00 Balloon Volleyball (R) 3:00 Afternoon Exercise (All)	4 9:00 Morning Exercise (All) 9:00 Crafts (M) 10:00 Jewelry Making (V) 10:00 Resistant Bands (A) 11:00 Word Games (R) 11:00 Balloon Volleyball (St.) 1:00 Trivia (M) 1:00 Board Games (V) 2:00 Group Coloring (St.) 2:00 Snack and Chat (M) 3:00 Bingo (A) 3:00 Bingo (R) 3:00 Afternoon Exercise (All)	5 9:00 Morning Exercise (All) 9:00 Bingo (V) 10:00 Board Games (A) 11:00 Crafts (R) 1:00 Bingo (M) 2:00 Snack and Chat (R) 2:00 Memory Boxes (St.) 3:00 Afternoon Exercise (All)	6 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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