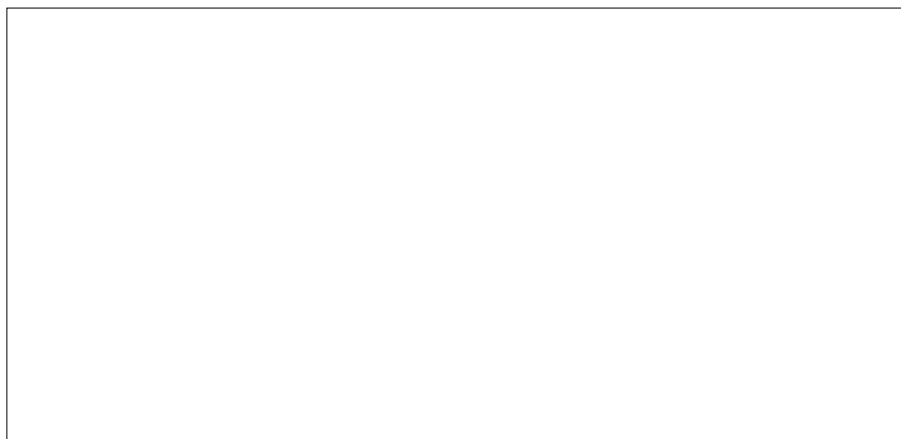




2772 W. Avante Loop  
Coeur d'Alene, ID 83815

Stamp



**Administrative Team:**

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

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[Facebook.com/](https://www.facebook.com/TheRenaissanceAssistedLivingAtCoeurDAlene)

[TheRenaissanceAssistedLivingAtCoeurDAlene](https://www.facebook.com/TheRenaissanceAssistedLivingAtCoeurDAlene)

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

# The Renaissance Reader

May 2021 Newsletter



2 Arthritis Facts & Care Tips  
3 Team & Resident Spotlight  
4 - 5 Activities Calendar

6 Highlights, Notes, In Our Words  
7 Special Moments & Birthdays  
8 Mission & Team



# Hands On Arthritis Facts and Care Tips

*Follow your medical professional’s advice and speak with them before changing diet, exercise, or supplements.*

This May marks National Arthritis Month to bring attention to the condition of joint pain and joint disease.

For those wondering whether they have Arthritis, it's best to go through a primary care provider or Rheumatologist for a diagnosis. In general, Arthritis symptoms may come and go and include mild to severe swelling, pain, stiffness, and decreased motion range. It can also limit one’s ability to do some daily activities.

Read on to learn about arthritis types and ways to help arthritic conditions.

### Types of Arthritis

- Osteoarthritis is the most common Arthritis type. Risk factors include family history, overweightness, age, and prior injuries. Those with non-severe Osteoarthritis can help the condition with a healthy weight, proper exercise, rest per activity level - especially during flare ups, avoiding repetitive movements, strengthening muscles by joints, and hot/cold therapy.
- Inflammatory Arthritis is another type. Rheumatoid and Psoriatic Arthritis are in this category. It occurs when the immune system creates inflammation to rid of what it falsely sees as infection. It occurs in people with genetic predisposition and environmental risk factors, like smoking. Early diagnosis and strong treatment are key in slowing the condition.



**American Adults Diagnosed: 54 million+**  
**Americans Likely to Have Arthritis: 91 million**  
**Types of Arthritis That Exist: Over 100**  
**Working Adults With Arthritis: 60%**

### Arthritis Pain Management Tips:

Are you dealing with Arthritis pain? Try some of the below tips for potential relief:

- Create a plan with your rheumatologist.
- Be aware of, and track, your warning signs, like a dull hand ache or daytime sleepiness.
- Stay up to date on vaccinations and wash hands frequently to avoid infections which could trigger a flare.
- Stay on top of your emotional health. Anxiety and stress can raise inflammation.
- Slow your movements, but continue moving to avoid stiff joints.
- Do hot & cold therapy, no more than 15 minute intervals, two to four times a day.
- Sleep on a schedule with lights off, devices off, and have no caffeine hours before bed.

We hope you find pain relief this National Arthritis Month. Let us know if you’ve found this helpful or received relief from these tips!

## Special Moments



Happy Birthday!



**Donna: May 1st**  
**Evelyn: May 5th**  
**Loretta: May 13th**  
**Charles: May 13th**  
**Shirley: May 16th**  
**Betsy: May 16th**  
**Loretta: May 18th**  
**Helen: May 22nd**  
**Shirley: May 25th**  
**Claire: May 29th**

**Teri May 5th**  
**Desirae: May 8th**  
**Azariah: May 12th**  
**Leslie: May 18th**  
**Mindy: May 22nd**

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# May 2021 Highlights

**May observes Blood Pressure Education, Asthma Awareness, and Osteoporosis. It celebrates BBQs, Nurses, Photography, & Seniors!**

01 Kentucky Derby; Scrapbook Day; Fit Day	16 BBQ Day; Sea Monkey Day; Mimosa Day
02 Lemonade Day; Truffle Day; Tuna Day	17 Cherry Cobbler Day; Walnut Day
03 Garden Meditation Day; Textiles Day	18 Cheese Souffle Day; Intl. Museum Day
04 Firefighters Day; Teacher's Day; Bird Day	19 Devil's Food Cake Day; Juice Slush Day
05 Astronaut Day; Cartoon Day; Hoagie Day	20 Quiche Day; Pick Strawberries Day
06 Nurses Day; Beverage Day	21 Waitstaff Day; Pizza Party Day; Tea Day
07 Space Day; Military Spouse Day	22 Solitaire Day; Vanilla Pudding Day
08 Mother's Day; Coke Day; Mini Golf Day	23 Lucky Penny Day; Taffy Day; Turtle Day
09 Lost Sock Memorial Day; Moscato Day	24 Brother's Day; Scavenger Hunt Day
10 Shrimp Day; Hamster Day	25 Tap Dance Day; Wine Day; Geek Pride Day
11 Twilight Zone Day; Eat Whatever Day	26 Sr. Health/Fitness Day; Paper Airplane Day
12 Intl. Nurses Day; Receptionists' Day;	27 Grape Popsicle Day
Third Shift Workers' Day	28 Burger Day; Road Trip Day; Brisket Day
13 Apple Pie Day; Fruit Cocktail Day	29 Paperclip Day; Coq Au Vin Day
14 Buttermilk Biscuit Day; Chicken Dance Day	30 Water Flowers Day; Mint Julep Day
15 Chocolate Chip Day; Armed Forces Day;	31 Memorial Day; Macaroon Day; Smile Day
World Baking 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.

**May 6th is Beverage Day!**

**Our residents and staff shared their favorite drinks!**

**"Hot Chocolate" - Dorothy**

**"Milk" - Jacob**

**"Coffee" - Bert**

**"Apple Cider" - Delores**

**"Coffee" - Leone**



**Staff Spotlight:**  
Skyler

Skyler is one of our great cooks here at The Renaissance. He has a kind heart and is always willing to help others without question. Skyler is one of the first people you will see when walking into our community and he loves to greet you with a smile and a warm cookie. Though he has been here for a short amount of time, Skyler truly understands what it means to be "Radiant". Thank you for all you do Skyler, keep up the good work!



**Resident Spotlight:**  
Lorretta

Lorretta is such a great person and very caring at that. She loves to socialize with others while enjoying a nice walk. Lorretta has been here for around a year and its been such a joy to have her. Her kindness shines brightest when someone is in need of assistance and is always willing to help another. The Renaissance would like to recognize Lorretta in our Resident Spotlight of May!



# MAY 2021

The Renaissance • 2772 W. Avante Loop, Coeur d’Alene, ID 83815 • 208.664.6116

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