Stamp

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Coeur d'Alene, ID 83815

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Business Office Director: Lori Varbero
Registered Nurse: Rebecca Knight
Wellness Nurse: Dana Seaman
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TheRenaissanceAssistedLivingAtCoeurDAlene

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

The Renaissance Reader

June 2021 Newsletter

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Support an End to Alzheimer's Disease!

This **Alzheimer's & Brain Awareness Month**, take action toward an end to Alzheimer's! The Alzheimer's Association has a slew of opportunities for getting involved. Check out the info and links here to start supporting!

Make a Difference Against Alzheimer's

- Take part in the Longest Day on June 20— the day with the most light, the day we fight– by taking an activity you enjoy and making it a fundraiser to fight Alzheimer's.
- Walk in the Walk to End Alzheimer's! Register for your local walk as part of a team or independently. Our local walk date is: **Sept. 25.** Set up a Tribute or Memorial Page with fundraising support options at **act.alz.org**
- Participate in the Ride to End Alzheimer's on August 29, 2021. You can bike ride anywhere for this Summer Challenge.
- Help with Research. TrialMatch is a free service that pairs potential participants with clinical studies. See: **trialmatch.alz.org**
- Advocate. Urge congress to support the Alzheimer's and dementia community. There are online fillable forms for contacting congress about vital issues at **alz.org/get-involved-now/advocate**
- Donate vehicles, boats, and RVs through the Donate-A-Car Program. Proceeds support the Alzheimer's Association and may provide tax benefits. Visit **alz.careasy.org/home**
- Be a Volunteer:

⇒ Support Group Facilitator, creating safe environments for sharing feelings or experiences of Alzheimer's or dementia.

⇒ Volunteer Faith Outreach Representative, sharing information and free resources through the Alzheimer's Association.

⇒ Volunteer Community Educator, providing education and expanding program reach. Learn more at: **volunteer.alz.org/ Volunteeropportunities/becoming**

Alzheimer's Facts

- Americans who have Alzheimer's is growing. More than 6 million Americans have Alzheimer's in 2021.
- 1 in 3 seniors pass with Alzheimer's or Dementia. Deaths from Alzheimer's increased 145% from 2000 to 2019.
- Early diagnosis can: provide medical, emotional, and social benefits; aid with participation in vital clinical trials; enable individuals to be in control of their legal and financial wishes; and create significant cost savings in medical and long-term care.

The more information about Alzheimer's that is shared, the more people will support the fight against Alzheimer's. Follow along with our Facebook page this month as we "Go Purple for Alzeheimer's" and as we share resources and information to support the cause.

Special Moments

Happy Birthday!

Residents

Viola: June 10th
Donna: June 19th
Lola: June 20th

Staff

Katelyn: June 7th
Mary: June 8th
Marisol: June 12th
Joline: June 21st
Braiden: June 23rd
Mikayla: June 29th

Those born in June are Gemini (May 21– June 20) and Cancer (June 21-July 22). The birthstone for June are alexandrite and pearl. The birth flowers for June are the rose and honeysuckle. Those born in June are said to be optimistic and creative!

June 2021 Highlights

June observes Men's Health, Cataract Awareness, and Headaches. It celebrates the Great Outdoors, Roses, and Fresh Fruits & Veggies!

01 Olive Day; Nail Polish Day; Pen Pal Day
02 Rocky Road Day; Rotisserie Chicken Day
03 Egg Day; Chocolate Macaroons Day
04 Cheese Day; Donut Day; Fish & Chips Day
05 Veggie Burger Day; Environment Day
06 D-Day; Glasses Day; Sweden Day
07 Oklahoma Day; Chocolate Ice Cream Day
08 Best Friends Day; Positive Thinking Day
09 Donald Duck Day; Strawb. Rhubarb Pie Day
10 Egg Roll Day; Iced Tea Day
11 Corn Cob Day; German Choc. Cake Day
12 PB Cookie Day; Red Rose Day; Falafel Day
13 Weed the Garden Day; Sew Machine Day
14 Flag Day; Strawberry Shortcake Day
15 Photography Day; Smile Power Day
16 Fudge Day
17 Mascot Day; Apple Strudel Day
18 Go Fishing Day; Picnic Day; Tapas Day
19 Juneteenth; Garfield Day; Wear Blue Day
20 Father's Day; Seashell Day; It's Summer!
21 Peach N' Cream Day; Selfie Day; Yoga Day
22 Chocolate Éclair Day; Onion Rings Day
23 Hydrate Day; Pecan Sandy Day; Pink Day
24 Praline Day; Red, White, Blue Pops Day
25 Catfish Day; Strawberry Parfait Day
26 Coconut Day; Beautician's Day
27 Ice Cream Cake Day; Sunglasses Day
28 Alaska Day
29 Camera Day; Waffle Iron Day
30 Parchment Day; Meteor Watch 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.

Happy Father's Day! (June 20)
Some thoughtful quotes we found about fathers...

- "Dads are most ordinary men turned by love into heroes, adventurers, storytellers and singers of song." —Unknown
- "Dad taught me everything I know. Unfortunately, he didn't teach me everything he knows." —Al Unser
- "[Fatherhood is] the greatest thing that could ever happen. You can't explain it until it happens; it's like telling somebody what water feels like before they've ever swam in it." —Michael Bublé
- "A man never stands as tall as when he kneels to help a child." —Knights of Pythagoras
- "Blessed indeed is the man who hears many gentle voices call him father." —Lydia Maria Child
- "My father gave me the greatest gift anyone could give another person: he believed in me." —Jim Valvano

Staff Spotlight:

Mikayla

The Renaissance works hard to ensure the best care is given to our residents every day. Mikayla does this very well and with a positive attitude at that. Her hard working and caring attitude makes her a great choice for this month's staff spotlight. Mikayla works in our memory care house, St. Michelle focusing on the needs of the residents by engaging them in activities through the day and keeping up on their ADL's. Thank you Mikayla for all you do here at the Renaissance!

Resident Spotlight:

Leone

Leone has been in the community for around 3 years and it has been a joy to have her. She loves the many activities that are provided here in the community. Leone's favorite activity here is our scenic bus rides. She loves to look at all the scenery in Kootenai County and also soak up the sun. Her favorite game is bingo. Even if she doesn't win, she enjoys the social aspect of it. The Renaissance is lucky to have such a fun and active person at our community.

JUNE 2021

The Renaissance Assisted Living • 2772 W. Avante Loop, Coeur d' Alene • 208-664-6116

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	**Index** **Versailles:** (V) **St. Michelle:** (St.) **Avonlea:** (A) **Mirabelle:** (M) **Rochelle:** (R) **All Houses** (All) **Community Cart** (Cart) **Live Entertainment** (LE) **Pre Made List** (List)	1	2 9:00 Morning Exercise 10:00 **JJ Dion** (LE) 11:00 Coloring Group (A) 1:00 Bingo (M) 2:00 Bus Ride (R) 3:00 Memory Boxes (St.) 3:00 Afternoon Exercise	3 9:00 Morning Exercise (All) 9:00 Bingo (M) 10:00 Balloon Volleyball (A) 10:00 Color and Calm (V) 11:00 Wii Bowling (R) 11:00 Crossword Handouts (A) 1:00 Community Audio book (St.) 1:00 Brain Teasers (M) 2:00 **Thirsty Thursdays** (All) 3:00 Walking Group (V) 3:00 Visual Sensory (St.)	4 9:00 Morning Exercise (All) 9:00 Walking Group (M) 10:00 **Jim Dossey** (LE) 11:00 Bingo (R) 11:00 Bus Ride (M) 12:00 **Lunch at the Park** (List) 2:00 Balloon volleyball (St.) 2:00 Walking Group (A) 3:00 Scrabble (V) 3:00 Coloring Group (St.) 3:00 Afternoon Exercise (All)	5 9:00 Morning Exercise 9:00 Bingo (R) 10:00 Bus Ride (St.) 11:00 Uno (V) 1:00 Bingo (A) 2:00 Bus Ride (M) 3:00 Memory Boxes (St.) 3:00 Afternoon Exercise (All)
6 9:00 Morning Exercise (All) 10:00 Crosswords (All) 11:00 Ind. Word Search (All) 1:00 Color and Calm (All) 2:00 Movie Time (All) 3:00 Afternoon Exercise (All)	7 9:00 Happy News (M) 9:00 *Fitness Group* (V)(A) 10:00 Trivia (R) 10:00 *Rosary* (A) 11:00 Bingo (A) 11:00 *Bingo* (M) 1:00 Color and Calm (St.) 1:00 *Reading Group* (R) 2:00 **Cookies & Milk** (Cart) 3:00 Color and Calm (V)	8 9:00 *Yahtzee* (M) 10:00 Color and Calm (V) 10:00 *Bingo* (R) 11:00 Crossword Handouts (A) 11:00 *Balloon Volleyball* (St.) 1:00 Brain Teasers (M) 1:00 *Reading Group* (V) 2:00 Puzzles (R) 2:00 Snack and Chat (R) 3:00 Visual Sensory (St.)	9 9:00 Morning Exercise (All) 10:00 Bus Ride (V) 11:00 Coloring Group (A) 1:00 Bingo (M) 2:00 Bus Ride (R) 3:00 Memory Boxes (St.) 3:00 Afternoon Exercise (All)	10 9:00 Morning Exercise (All) 9:00 Bingo (M) 10:00 Balloon Volleyball (A) 10:00 Color and Calm (V) 11:00 Wii Bowling (R) 11:00 Crossword Handouts (A) 1:00 Community Audio book (St.) 1:00 Brain Teasers (M) 2:00 **Thirsty Thursdays** (All) 3:00 Walking Group (V)	11 8:00 **Out for Fishing!** (List) 9:00 Morning Exercise (All) 11:00 Color and Calm (St.) 1:00 Scrabble (V) 1:00 Walking Group (A) 2:00 Bingo (R) 2:00 Bus Ride (M) 3:00 Corn Hole (M)(R) 3:00 Balloon Volleyball (St.) 3:00 Afternoon Exercise (All)	12 9:00 Morning Exercise 9:00 Bingo (M) 10:00 Word Games (R) 10:00 Bus Ride (St.) 11:00 Color and Calm (A) 11:00 Uno (V) 1:00 Walking Group (St.) 1:00 Puzzles (M) 2:00 Bus Ride (A) 3:00 Rummikub (V)
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