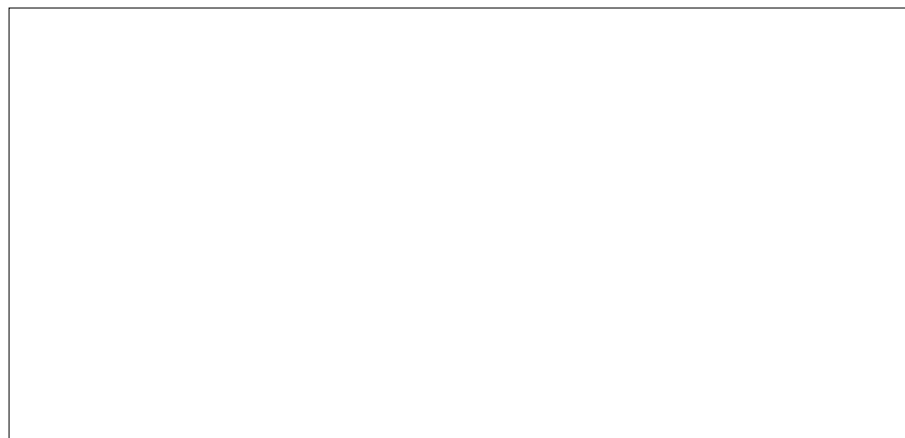




2772 W. Avante Loop
Coeur d'Alene, ID 83815

Stamp



Administrative Team:

Executive Director: Andrew Steighner
Community Relations Director: Jackie Zito
Business Office Director: Lori Varbero
Registered Nurse: Rebecca Knight
Wellness Nurse: Dana Seaman
Wellness Director: Lisa Kinservik
Dietary Services Director: Jay Hehr
Maintenance Director: Jeff Smith
Life Enrichment Director: Cassidy Huckaby

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



The Renaissance Reader

February 2022 Newsletter



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Healthy Habits to Consider for Heart-Smart Living

Please follow advice of your medical professional and speak with them before changing diet, exercise, or supplements. This is for informational use only and should not be considered medical advice.

February is an important health month for all as it is heart-focused! It became so in 1963, when President Lyndon B. Johnson encouraged citizens to support solutions for a nationwide problem of heart diseases.

Solutions to better heart health—of which there are many—come from knowing risk factors, like high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol. Many risk factors can be addressed with lifestyle changes.

Where better to start that with an active lifestyle?! Getting out for a daily walk is great for weight management and the heart. The National Heart, Lung & Blood Institute recommends 30 minutes of moderate-level physical activity on most days of the week. Aerobic activity should be done in bouts of at least 10 minutes.

A healthy diet is also key. The American Heart Association lists a heart healthy diet as one that is rich in fruits, vegetables, whole-grains, low-fat dairy, skinless poultry and fish, nuts and legumes, and non-tropical vegetable oils. It limits saturated and trans fats, red meat, sweets, sugar-sweet beverages, and sodium. Items high in salt include tomato juice, soy sauce, and many prepared foods. The DASH Diet is a recommended one by the NHLBI.



Blood Pressure By the Numbers

(Source: National Heart, Lung, & Blood Institute)
Monitoring blood pressure with your medical professional is a smart move. If one has Hypertension (high blood pressure), that can almost always be prevented with a healthy weight, being physically active, a healthy diet, low sodium, alcohol only in moderation, and taking prescribed medications as directed.

Blood Pressure Category	Systolic (Upper Number)	Diastolic (Lower Number)
Normal	Less than 120	& Less than 80
Prehypertension	120-139	Or 80-89
Hypertension	140 or above	Or 90 or above

For older adults, impactful actions can be taken to improve heart health, such as stopping smoking, being physically active, having a healthy diet, and reducing alcohol to no more than two drinks per day for men, and no more than one drink per day for women. Managing stress is also important and can be approached with mindfulness meditation, deep breathing, and physical activity.

Let us know what heart healthy choices you make as part of your daily routine on our facebook post for this month’s newsletter. We’d love to hear of your efforts!

Special Moments



Happy Birthday! Staff Resident

- Faith: Feb. 4**
- Harry: Feb. 5**
- Thelma: Feb. 7**
- Madalaine: Feb. 9**
- Violetta: Feb.13**
- Betty B: Feb. 16**
- Virginia H.: Feb. 21**
- Evelyn S.: Feb. 28**

Those born in February are either Aquarius “The Water Bearer” (Jan. 19-Feb. 19) or Pisces “The Fish” (Feb. 19-March 20). Aquarius birthstones are garnet or amethyst. Pisces birthstones are amethyst or aquamarine. The February birth flowers are iris and violet.

February 2022 Highlights

February is American Heart Month, Black History Month, Cancer Prevention Month and Wise Healthcare Consumer Month. It celebrates libraries, bird feeding, canned foods, embroidery, cherries, and American pies.

- | | |
|--|--|
| 01 Dark Chocolate Day; Baked Alaska Day | 15 Gumdrops Day; World Hippo Day |
| 02 Groundhog Day; Tater Tot Day; Ukulele Day | 16 Fat Tuesday; Almond Day; Anthropology Day |
| 03 Carrot Cake Day; Optimist Day | 17 Cabbage Day; Random Kind Acts Week |
| 04 Homemade Soup Day; Thank a Mail Carrier | 18 Wine Day; Pluto Day; Caregivers' Day |
| Day 05 World Nutella Day; Fun Outside Day | 19 Chocolate Mint Day; Arabian Horse Day |
| 06 FroYo Day; Chopsticks Day; Pizza Baking Day | 20 Cherry Pie Day; Muffin Day; Love Pets Day |
| 07 Alfredo Day; Periodic Table Day | 21 Presidents' Day; Sticky Bun Day |
| 08 Boy Scouts Day; Kite Flying Day; Iowa Day | 22 Sweet Potato Day; Margarita Day |
| 09 Bagel and Lox Day; Pizza Day | 23 Banana Bread Day; Dog Biscuit Day; Tile Day |
| 10 Cream Cheese Brownie Day; Donation Day | 24 Tortilla Chip Day; Toast Day; Chili Day |
| 11 Inventor Day; Backyard Bird Count Day | 25 Chocolate Nut Day; Clam Chowder Day |
| 12 Plum Pudding Day; Global Movie Day | 26 Pistachio Day; Tell a Fairy Tale Day |
| 13 Cheddar Day; Tortellini Day; Super Bowl LVI | 27 Retro Day; Strawberry Day; Kahlua Day |
| 14 Valentine's Day; Book Giving Day | 28 Floral Design Day; Chocolate Souffle Day |

February Facts: February is named for the Latin word Februum, or purification. The Welsh call February "y mis bach" meaning "little month." At one time, February had as few as 23 days! Together with January, it was the last of the months added to the Roman calendar.

Regarding Covid-19:

Safety and comfort of our residents and staff remains our first priority during the Coronavirus cases that have happened nationwide. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.

A Message from our Executive Director

What a fantastic way to start 2022! We all had a great January here at the Renaissance. I appreciate everyone's continued support with our team to provide the best for all of you. We have some great activities coming your way in February. We will be celebrating Valentine's Day a fun Valentine's Day party for all. We have lots of fun events for that day including chocolates and valentines for the residents. We have live entertainment on 2/11 Jim Dossey, 2/16 JJ Dion, 2/23 Ronnee McGee and 2/25 Jim Dossey - so please be sure to check that out and attend our live music events. We also have outings in the community every Saturday at 10 am with Bus Rides in our community. We will be planning more outings in the Spring when weather is better. I would like to also introduce our new life enrichment assistant Kate! We look forward to giving her a warm welcome and are very excited to work with her. We also have these fun events planned: 2/1 at 2 pm is the Birthday Bash and every Tuesday at 2 pm, we will be delivering you treats including sundaes, cookies, and cupcakes. Please join us for resident council meeting on 2/2 at 3 pm too. We wish you all a safe and healthy February and look forward to the upcoming months as spring is NOT too far away. "Even the impossible becomes possible through devotion."



Visit our facebook at:
www.facebook.com/TheRenaissanceAssistedLivingAtCoeurDALene



RESIDENT SPOTLIGHT:

Charlie

Dr. Charlie is always there to lend a listening ear and share his positive energy with the whole community. He is happy to help new residents and greet all the guests that walk through the door. Charlie enjoys walking outdoors, playing bingo, and going on bus rides! Thank you, Charlie, for sharing kindness and joy among our community!



STAFF SPOTLIGHT:

Zach








This month, we are recognizing our amazing Med Tech Zach! Zach has been with our community for over a year and we are so glad to have him as part of our team! Zach is very hardworking and always remains patient and caring to our residents. Thank you, Zach, for always being radiant!

FEBRUARY 2022

The Renaissance Assisted Living •

2772 W. Avante Loop Coeur d' Alene, Idaho 83814 •

208.664.6116

SUN 	MON 	TUE 	WED 	THU 	FRI 	SAT 	
All activities subject to change per mandated health guidelines.		1 8:00 Morning Chat (All) 9:00 <i>Memory Boxes</i> (St) 10:00 Wii Bowling (R) 10:00 <i>Rosary</i> (A) 11:00 Bingo (A) 11:00 <i>Bingo</i> (M) 1:00 Painting (St) 1:00 <i>Connect Four</i> (V) 2:00 February Birthday Celebration (All) 3:00 <i>Reading Group</i> (R) 3:00 Color and Calm (V)	2 8:00 Morning Chat (All) 9:00 <i>Puzzles</i> (V) 10:00 Drumming Circle (St) 10:00 <i>Painting</i> (A) 11:00 JJ Dion (LE) 1:00 Bingo (M) 1:00 <i>Jewelry Making</i> (A) 2:00 Scrabble (V) 2:00 <i>Trivia</i> (R) 3:00 Resident Council (All)	3 8:00 Morning Chat (All) 9:00 Morning Exercise (All) 10:00 Bingo (A) 11:00 Board Games (M) 1:00 Rummikub (V) 2:00 Left, Right, Center (R) 3:00 Musical Bells (St)	4 8:00 Morning Chat (All) 9:00 <i>Karaoke</i> (St) 9:00 Rummikub (M) 10:00 Dominoes (V) 10:00 Card Games (A) 11:00 <i>Bingo</i> (R) 11:00 Bingo (V) 1:00 <i>Reading Group</i> (A) 1:00 Pictionary (R) 2:00 Valentines Day Cards (M) 3:00 <i>Walking Group</i> (M) 3:00 Color and Calm (St)	5 8:00 Morning Chat (All) 9:00 Balloon Volleyball (St) 10:00 Bus Ride (A) 11:00 Valentines Day Cards (R) 1:00 Walking Group (M) 2:00 Uno (V) 3:00 Puzzles (St)	
	6 8:00 Morning Chat (All) 9:00 Chair Exercise (St) 10:00 Church Streaming (All) 11:00 Bingo (A) 1:00 Rummikub (M) 2:00 Puzzles (V) 3:00 Trivia (R)	7 8:00 Morning Chat (All) 9:00 <i>Puzzles</i> (St) 10:00 <i>Bingo</i> (R) 10:00 Color and Calm (V) 11:00 <i>Balloon Volleyball</i> (A) 11:00 Puzzles (M) 1:00 <i>Reading Group</i> (V) 1:00 Bowling (St) 2:00 Craft (M) 3:00 Scrabble (R) 3:00 <i>Walking Group</i> (A)	8 8:00 Morning Chat (All) 9:00 <i>Memory Boxes</i> (St) 10:00 Wii Bowling (R) 10:00 <i>Rosary</i> (A) 11:00 Bingo (A) 11:00 <i>Bingo</i> (M) 1:00 Painting (St) 1:00 <i>Connect Four</i> (V) 2:00 Coffee and Cookies (Cart) 3:00 <i>Reading Group</i> (R) 3:00 Color and Calm (V)	9 8:00 Morning Chat (All) 9:00 <i>Puzzles</i> (V) 10:00 Drumming Circle (St) 10:00 <i>Painting</i> (A) 11:00 Family Feud (R) 11:00 <i>Music Therapy</i> (St) 1:00 Bingo (M) 1:00 <i>Jewelry Making</i> (A) 2:00 Scrabble (V) 2:00 <i>Trivia</i> (R) 3:00 <i>Bus Ride</i> (M)	10 8:00 Morning Chat (All) 9:00 Morning Exercise (All) 10:00 Bingo (A) 11:00 Board Games (M) 1:00 Rummikub (V) 2:00 Left, Right, Center (R) 3:00 Musical Bells (St)	11 8:00 Morning Chat (All) 9:00 <i>Karaoke</i> (St) 9:00 Rummikub (M) 10:00 Jim Dossey (LE) 11:00 <i>Bingo</i> (R) 11:00 Bingo (V) 1:00 <i>Reading Group</i> (A) 1:00 Pictionary (R) 2:00 Valentines Day Cards (V) 3:00 <i>Walking Group</i> (M) 3:00 Color and Calm (St)	12 8:00 Morning Chat (All) 9:00 Balloon Volleyball (St) 10:00 Valentines Day Cards (A) 11:00 Bingo (R) 1:00 Walking Group (M) 2:00 Uno (V) 3:00 Puzzles (St)
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	27 8:00 Morning Chat (All) 9:00 Chair Exercise (St) 10:00 Church Streaming (All) 11:00 Bingo (A) 1:00 Walking Group (M) 2:00 Puzzles (V) 3:00 Trivia (R)	28 8:00 Morning Chat (All) 9:00 <i>Puzzles</i> (St) 10:00 <i>Bingo</i> (R) 10:00 Color and Calm (V) 11:00 <i>Balloon Volleyball</i> (A) 11:00 Puzzles (M) 1:00 <i>Reading Group</i> (V) 1:00 Bowling (St) 2:00 Craft (A) 3:00 Scrabble (R) 3:00 <i>Walking Group</i> (A)	All activities subject to change per mandated health guidelines	Index: Versailles (V) Avonlea (A) Rochelle (R) Mirabelle (M) St. Michelle (St) Live Entertainment (LE) Community Cart (Cart) All Houses (All)			