



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

Stamp



### Leadership Team

Phone: 208.664.6116

Email: [info@assistedlivingcda.com](mailto:info@assistedlivingcda.com)

**Executive Director:**  
Andrew Steighner

**Community Relations Director:**  
Jackie Zito

**Wellness Director:**  
Lisa Kinservik

**Wellness Nurse:** Rebecca Knewe  
**Wellness Nurse:** Dana Seaman

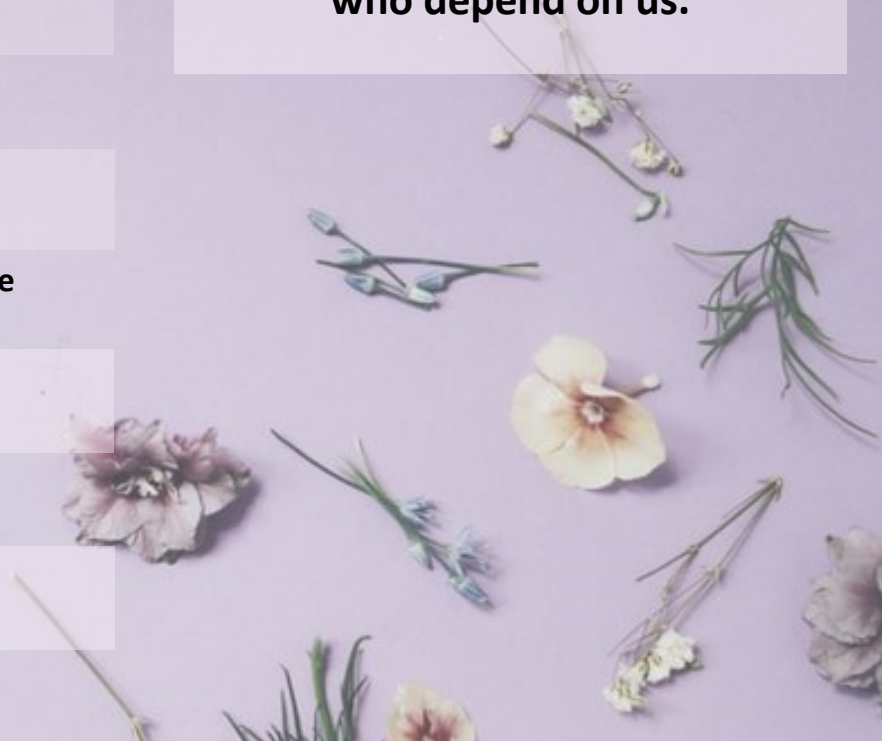
**Business Office Director:**  
Gina Allen

**Life Enrichment Director:**  
Cassidy Huckaby

**Dining Services Director:**  
Jay Hehr

**Maintenance Director:**  
Jeff Smith

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



# The Renaissance Reader

**March 2022 Newsletter**



**2 Caffeine: Friend or Foe?**  
**3 Team & Resident Spotlight**  
**4 - 5 Activities Calendar**

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



# Spilling the Beans on Caffeine: Is Your Cup of Joe a Friend ...or a Foe?

Most of us have a relationship with caffeine - whether we love it to love it, or wish we didn't want it. It's in coffee, soda, and tea that we drink (unless we opt for decaf, though even *that* has a little), and we turn to it in times of tiredness for a quick energy boost.

This National Caffeine Awareness Month, we've set out to unearth facts about caffeine that are worth poring over.

First off, if you're wondering what exactly caffeine is, ponder no further. Caffeine is a bitter stimulant substance whose chemical name is trimethylxanthine. It occurs naturally in the fruit, leaves, and beans of coffee, cacao, and guarana plants. Human-made caffeine also exists and is added to some medicines, foods, and drinks.

When consumed, caffeine is typically absorbed by the human body within 45 minutes. An average 8-ounce cup of coffee has 95 milligrams of caffeine, but can vary. According to the Mayo Clinic, up to 400 milligrams of caffeine per day is safe for most healthy adults. Though, there are different recommendations for pregnant and breastfeeding women, and the American Academy of Pediatrics discourages caffeine for children.

There are both pros and cons to caffeine intake for adults. On the upside, it can increase energy, speed up reaction times,



Did you know? Caffeine can be found in chocolate. It can also be hidden in some yogurt, ice cream, and protein bars! If seeking a non-caffeinated energy boost, consider having some blueberries!

and aid in concentration. Coffee, specifically, is said to have some health benefits, from slowing cognitive decline in older adults to protecting against certain cancers and Type Two Diabetes. As for drawbacks, it may bring on stomach acid release (heartburn), increase blood pressure, and act as a diuretic. It can also interact poorly with some medications. For some with caffeine sensitivity, even small amounts can cause restlessness, sleep issues, and anxiety.

An area where opinions vary is its level of addictiveness. The facts are: it does raise dopamine a little, and can bring withdrawal symptoms if one stops intake.

So...Stick with or skip? For those who enjoy caffeinated beverages or foods, as with anything, it's best to enjoy in moderation. Let us know your thoughts about caffeine in our newsletter post on our facebook.

## Special Moments



### Happy Birthday!

#### Staff

- Charlie: March 3
- Christine: March 4
- Matt: March 8
- Laura: March 9
- Dana: March 10
- Lisa: March 18

#### Residents

- Delores: March 5
- Mary Ellen: March 6
- Robert: March 12

Those born in March are Pisces (Feb. 19 - March 20) and Aries (March 21 - April 19). The birthstones for March are aquamarine and bloodstone (which is dark green). The birth flowers for March are the daffodil and jonquil. March babies are said to have a sunny disposition!





# March 2022 Highlights

March observes Women's History Month, Nutrition Month, and Save Your Vision Month. It celebrates crafting, aviation, and cleaning!

- |  |   |
|--|---|
| 01 Peanut Butter Day; Music Therapy Day  | 17 St. Patrick's Day                        |
| 02 Banana Cream Pie Day; Read Day        | 18 Lacy Cookie Day; Sloppy Joe Day          |
| 03 Cold Cuts Day; World Wildlife Day     | 19 Certified Nurses Day; Poultry Day        |
| 04 Marching Music Day; Pound Cake Day    | 20 Spring Begins; Ravioli Day; Corn Dog Day |
| 05 Employee Appreciation Day             | 21 French Bread Day; Puppetry & Poetry Day  |
| 06 Dentists' Day; Oreo Day; Dress Day    | 22 Bavarian Crepes Day; West Virginia Day   |
| 07 Cereal Day; Flapjack Day              | 23 Chip Dip Day; Puppy Day; Tamale Day      |
| 08 Intl. Women's Day; Oregon Day         | 24 Cheesesteak Day; Chocolate Raisins Day   |
| 09 Barbie Day; Meatball Day              | 25 Swedish Waffle Day; Physicians' Week     |
| 10 Blueberry Popover Day; Bagpipe Day    | 26 Nougat Day; Spinach Day                  |
| 11 Oatmeal Nut Waffles Day; Plumbing Day | 27 Spanish Paella Day; World Theatre Day    |
| 12 Girl Scouts Day; Plant a Flower Day   | 28 Black Forest Cake Day; Food on Stick Day |
| 13 Coconut Torte Day; K9 Veterans Day    | 29 Vietnam Vet Day; Nevada Day; Piano Day   |
| 14 Child Craft Day; Spider Day; Chip Day | 30 Doctors' Day; Park Walk Day              |
| 15 Pears Helene Day; Health Care HR Week | 31 Crayon Day; Tater Day                    |
| 16 Artichoke Hearts Day; Panda Day       |   |

Spring forward! Sunday, March 13, set your clocks forward one hour!



## A Message from our Executive Director

### Regarding Covid-19:

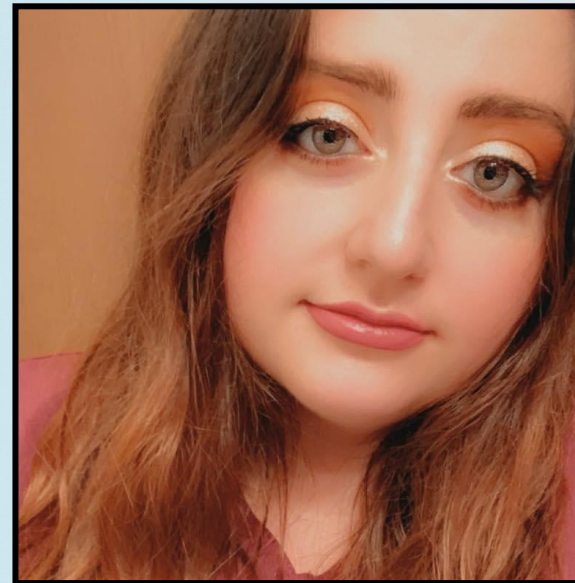
Safety and comfort of our residents and staff remains our first priority during the Coronavirus cases that have happened nationwide. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of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



Visit our facebook at:  
[Facebook.com/  
TheRenaissanceAssisted  
LivingAtCoeurDAlene](https://www.facebook.com/TheRenaissanceAssistedLivingAtCoeurDAlene)

We are getting closer and closer to spring everyone. I know we are all looking forward to warmer weather and being outside more. We had a fantastic month at the Renaissance the last month including some fun valentine's day events and parties. We are moving forward with spring in mind and getting past, hopefully soon, some of the COVID restrictions that we had as a community. I want to give a special introduction to our new Business Office Director Gina Allen and new Admin. Assistant Manjit Dada. We are very happy to be part of the family here and please introduce yourself when you have a chance. This month we are planning a fun St. Patty's day party, live entertainment, and some fun events so please look for those on the calendar.

"Perfection doesn't come from belief or faith. Talk does not count for anything. Parrots can do that. Perfection comes from selfless work."



## Staff Spotlight: Maddox

This month we would like to recognize one of our wellness coordinators, Maddox! Maddox has been a wonderful addition to our team. She is always so helpful and kind towards our team and our residents. Her kindness helps make the residents feel at home and deeply cared for. Thank you, Maddox, for providing a safe and happy place for our residents!



## Resident Spotlight: Marsha










This month we would like to recognize one of our residents, Marsha. Marsha always has a smile for everyone that walks into the room. Marsha was a CEO of L.A. Department of Water and Power and very respected in her community. Marsha enjoys music therapy, pet therapy, bus rides and church service. Thank you, Marsha, for sharing your contagious laughter and energy among our community!



# MARCH 2022

The Renaissance Assisted Living • 2772 W. Avante Loop Coeur d' Alene, Idaho 83814

• 208.664.6116

SUN 	MON 	TUE 	WED 	THU 	FRI 	SAT 
<b>All activities subject to change per mandated health guidelines.</b>		<b>1</b> 9:00 <i>Memory Boxes</i> (St) 10:00 <i>Wii Bowling</i> (R) 10:00 <i>Rosary</i> (A) 11:00 <i>Bingo</i> (A) 11:00 <i>Bingo</i> (M) 1:00 <i>Painting</i> (St) 1:00 <i>Connect Four</i> (V) 2:00 <b>March Birthday Celebration</b> (All) 3:00 <i>Reading Group</i> (R) 3:00 <i>Color and Calm</i> (V)	<b>2</b> 8:00 <i>Morning Chat</i> (All) 9:00 <i>Puzzles</i> (V) 10:00 <b>JJ Dion</b> (LE) 11:00 <i>Sorry</i> (R) 1:00 <i>Bingo</i> (M) 1:00 <i>Coloring Group</i> (A) 2:00 <i>Scrabble</i> (V) 3:00 <i>Balloon Volleyball</i> (St)	<b>3</b> 8:00 <i>Morning Chat</i> (All) 9:00 <i>Morning Exercise</i> (All) 10:00 <i>Bingo</i> (A) 11:00 <i>Board Games</i> (M) 1:00 <i>Rummikub</i> (V) 2:00 <i>Left, Right, Center</i> (R) 3:00 <i>Musical Bells</i> (St)	<b>4</b> 8:00 <i>Morning Chat</i> (All) 9:00 <i>Clay Art</i> (St) 10:00 <i>Trivia</i> (A) 11:00 <i>Bingo</i> (R) 1:00 <i>Reading Group</i> (A) 2:00 <i>Popcorn Cart</i> (All) 3:00 <i>Walking Group</i> (M)	<b>5</b> 8:00 <i>Morning Chat</i> (All) 9:00 <i>Balloon Volleyball</i> (St) 10:00 <i>Bus Ride</i> (A) 11:00 <i>Card Games</i> (R) 1:00 <i>Walking Group</i> (M) 2:00 <i>Uno</i> (V) 3:00 <i>Puzzles</i> (St)
	<b>6</b> 8:00 <i>Morning Chat</i> (All) 9:00 <i>Walking Group</i> (St) 10:00 <i>Church Streaming</i> (All) 11:00 <i>Bingo</i> (A) 1:00 <i>Rummikub</i> (M) 2:00 <i>Scrabble</i> (V) 3:00 <i>Trivia</i> (R)	<b>7</b> 8:00 <i>Morning Chat</i> (All) 9:00 <i>Puzzles</i> (St) 10:00 <i>Bingo</i> (R) 10:00 <i>Color and Calm</i> (V) 11:00 <i>Balloon Volleyball</i> (A) 11:00 <i>Puzzles</i> (M) 1:00 <i>Reading Group</i> (V) 1:00 <i>Bowling</i> (St) 2:00 <i>Craft</i> (M) 3:00 <i>Scrabble</i> (R) 3:00 <i>Walking Group</i> (A)	<b>8</b> 9:00 <i>Memory Boxes</i> (St) 10:00 <i>Wii Bowling</i> (R) 10:00 <i>Rosary</i> (A) 11:00 <i>Bingo</i> (A) 11:00 <i>Bingo</i> (M) 1:00 <i>Painting</i> (St) 1:00 <i>Connect Four</i> (V) 2:00 <i>Root Beer Floats</i> (Cart) 3:00 <i>Reading Group</i> (R) 3:00 <i>Color and Calm</i> (V)	<b>9</b> 8:00 <i>Morning Chat</i> (All) 9:00 <i>Puzzles</i> (V) 10:00 <i>Dominoes</i> (M) 11:00 <i>Sorry</i> (R) 1:00 <i>Bingo</i> (M) 1:00 <i>Coloring Group</i> (A) 2:00 <i>Scrabble</i> (V) 3:00 <i>Balloon Volleyball</i> (St)	<b>10</b> 8:00 <i>Morning Chat</i> (All) 9:00 <i>Morning Exercise</i> (All) 10:00 <i>Bingo</i> (A) 11:00 <i>Board Games</i> (M) 1:00 <i>Rummikub</i> (V) 2:00 <i>Left, Right, Center</i> (R) 3:00 <i>Musical Bells</i> (St)	<b>11</b> 8:00 <i>Morning Chat</i> (All) 9:00 <i>Clay Art</i> (St) 10:00 <b>Jim Dossey</b> (LE) 11:00 <i>Bingo</i> (R) 1:00 <i>Reading Group</i> (A) 2:00 <i>Popcorn Cart</i> (All) 3:00 <i>Walking Group</i> (M)
	<b>13</b> 8:00 <i>Morning Chat</i> (All) 9:00 <i>Walking Group</i> (St) 10:00 <i>Church Streaming</i> (All) 11:00 <i>Bingo</i> (A) 1:00 <i>Rummikub</i> (M) 2:00 <i>Scrabble</i> (V) 3:00 <i>Trivia</i> (R)	<b>14</b> 8:00 <i>Morning Chat</i> (All) 9:00 <i>Puzzles</i> (St) 10:00 <i>Bingo</i> (R) 10:00 <i>Color and Calm</i> (V) 11:00 <i>Balloon Volleyball</i> (A) 11:00 <i>Puzzles</i> (M) 1:00 <i>Reading Group</i> (V) 1:00 <i>Bowling</i> (St) 2:00 <i>Craft</i> (M) 3:00 <i>Scrabble</i> (R) 3:00 <i>Walking Group</i> (A)	<b>15</b> 9:00 <i>Memory Boxes</i> (St) 10:00 <i>Wii Bowling</i> (R) 10:00 <i>Rosary</i> (A) 11:00 <i>Bingo</i> (A) 11:00 <i>Bingo</i> (M) 1:00 <i>Painting</i> (St) 1:00 <i>Connect Four</i> (V) 2:00 <i>Doughnuts</i> (Cart) 3:00 <i>Reading Group</i> (R) 3:00 <i>Color and Calm</i> (V)	<b>16</b> 8:00 <i>Morning Chat</i> (All) 9:00 <i>Puzzles</i> (V) 10:00 <i>Dominoes</i> (M) 11:00 <b>JJ Dion</b> (LE) 1:00 <i>Bingo</i> (M) 1:00 <i>Coloring Group</i> (A) 2:00 <i>Scrabble</i> (V) 3:00 <i>Balloon Volleyball</i> (St)	<b>17</b> 8:00 <i>Morning Chat</i> (All) 9:00 <i>Morning Exercise</i> (All) 10:00 <i>Bingo</i> (A) 11:00 <i>Board Games</i> (M) 1:00 <i>Rummikub</i> (V) 2:00 <b>St. Patty's Celebration</b> (All) <div>  <b>St. Patrick's Day</b>  </div>	<b>18</b> 8:00 <i>Morning Chat</i> (All) 9:00 <i>Clay Art</i> (St) 10:00 <i>Trivia</i> (A) 11:00 <i>Bingo</i> (R) 1:00 <i>Reading Group</i> (A) 2:00 <i>Popcorn Cart</i> (All) 3:00 <i>Walking Group</i> (M)
	<b>20</b> 8:00 <i>Morning Chat</i> (All) 9:00 <i>Walking Group</i> (St) 10:00 <i>Church Streaming</i> (All) 11:00 <i>Bingo</i> (A) 1:00 <i>Rummikub</i> (M) 2:00 <i>Scrabble</i> (V) 3:00 <i>Trivia</i> (R)	<b>21</b> 8:00 <i>Morning Chat</i> (All) 9:00 <i>Puzzles</i> (St) 10:00 <i>Bingo</i> (R) 10:00 <i>Color and Calm</i> (V) 11:00 <i>Balloon Volleyball</i> (A) 11:00 <i>Puzzles</i> (M) 1:00 <i>Reading Group</i> (V) 1:00 <i>Bowling</i> (St) 2:00 <i>Craft</i> (M) 3:00 <i>Scrabble</i> (R) 3:00 <i>Walking Group</i> (A)	<b>22</b> 9:00 <i>Memory Boxes</i> (St) 10:00 <i>Wii Bowling</i> (R) 10:00 <i>Rosary</i> (A) 11:00 <i>Bingo</i> (A) 11:00 <i>Bingo</i> (M) 1:00 <i>Painting</i> (St) 1:00 <i>Connect Four</i> (V) 2:00 <i>Italian Sodas</i> (Cart) 3:00 <i>Reading Group</i> (R) 3:00 <i>Color and Calm</i> (V)	<b>23</b> 8:00 <i>Morning Chat</i> (All) 9:00 <i>Puzzles</i> (V) 10:00 <i>Dominoes</i> (M) 11:00 <i>Sorry</i> (R) 1:00 <i>Bingo</i> (M) 1:00 <i>Coloring Group</i> (A) 2:00 <i>Scrabble</i> (V) 3:00 <i>Balloon Volleyball</i> (St)	<b>24</b> 8:00 <i>Morning Chat</i> (All) 9:00 <i>Morning Exercise</i> (All) 10:00 <i>Bingo</i> (A) 11:00 <i>Board Games</i> (M) 1:00 <i>Rummikub</i> (V) 2:00 <i>Left, Right, Center</i> (R) 3:00 <i>Musical Bells</i> (St)	<b>25</b> 8:00 <i>Morning Chat</i> (All) 9:00 <i>Clay Art</i> (St) 10:00 <b>Jim Dossey</b> (LE) 11:00 <i>Bingo</i> (R) 1:00 <i>Reading Group</i> (A) 2:00 <i>Popcorn Cart</i> (All) 3:00 <i>Walking Group</i> (M)
	<b>27</b> 8:00 <i>Morning Chat</i> (All) 9:00 <i>Walking Group</i> (St) 10:00 <i>Church Streaming</i> (All) 11:00 <i>Bingo</i> (A) 1:00 <i>Rummikub</i> (M) 2:00 <i>Scrabble</i> (V) 3:00 <i>Trivia</i> (R)	<b>28</b> 8:00 <i>Morning Chat</i> (All) 9:00 <i>Puzzles</i> (St) 10:00 <i>Bingo</i> (R) 10:00 <i>Color and Calm</i> (V) 11:00 <i>Balloon Volleyball</i> (A) 11:00 <i>Puzzles</i> (M) 1:00 <i>Reading Group</i> (V) 1:00 <i>Bowling</i> (St) 2:00 <i>Craft</i> (M) 3:00 <i>Scrabble</i> (R) 3:00 <i>Walking Group</i> (A)	<b>29</b> 9:00 <i>Memory Boxes</i> (St) 10:00 <i>Wii Bowling</i> (R) 10:00 <i>Rosary</i> (A) 11:00 <i>Bingo</i> (A) 11:00 <i>Bingo</i> (M) 1:00 <i>Painting</i> (St) 1:00 <i>Connect Four</i> (V) 2:00 <i>Muffins</i> (Cart) 3:00 <i>Reading Group</i> (R) 3:00 <i>Color and Calm</i> (V)	<b>30</b> 8:00 <i>Morning Chat</i> (All) 9:00 <i>Puzzles</i> (V) 10:00 <i>Dominoes</i> (M) 11:00 <i>Sorry</i> (R) 1:00 <i>Bingo</i> (M) 1:00 <i>Coloring Group</i> (A) 2:00 <b>Ronnee McGee</b> (LE) 3:00 <i>Balloon Volleyball</i> (St)	<b>31</b> 8:00 <i>Morning Chat</i> (All) 9:00 <i>Morning Exercise</i> (All) 10:00 <i>Bingo</i> (A) 11:00 <i>Board Games</i> (M) 1:00 <i>Rummikub</i> (V) 2:00 <i>Left, Right, Center</i> (R) 3:00 <i>Musical Bells</i> (St)	<b>Index:</b> <b>Versailles (V)</b> <b>Avonlea (A)</b> <b>Rochelle (R)</b> <b>Mirabelle (M)</b> <b>Live Entertainment (LE)</b> <b>Community Cart (Cart)</b> <b>All Houses (All)</b>