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Coeur d'Alene, ID 83815

Stamp



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

The Renaissance Reader

April 2022 Newsletter



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Spring Into Volunteering!

You’ve probably heard the famous Aesop quote: “No act of kindness, no matter how small is ever wasted.” It’s true - we can better the world in so many different ways. This Spring, consider making a difference in a way you feel passionately about. It’s the perfect time of year for giving as the season brings re-growth, warmer weather for connecting, and more opportunities to do so outdoors.

Starting right here at our senior living community, we offer options for volunteering including companionship, therapy animal visits, interactive lessons for many skillsets, and talent showcases (musical instrument playing, singing, magic, art, etc.). Reach out to our life enrichment director at our main number for information on how to sign-up.

In the greater community, consider numerous options for making a difference!

- Seek out a local community gardening group that gets together to grow vegetables or plant trees. Gardening with others of all ages is a great way to better the community, source produce locally, and grow intergenerational relationships.
- Head to a nearby animal shelter or call up an animal rescue organization to see how you can be of service. Rescues can benefit from animal companions, fosters, and donators. You may just fall in love with some fuzzy friends in the process!
- Contact a local food bank. FeedingAmerica.org is a great spot to start as it can link you to food banks in need of volunteers. Efforts vary from sorting and packing food for distribution to assisting at drive-up pantries, delivering meals, fundraising, food drives, and beyond.

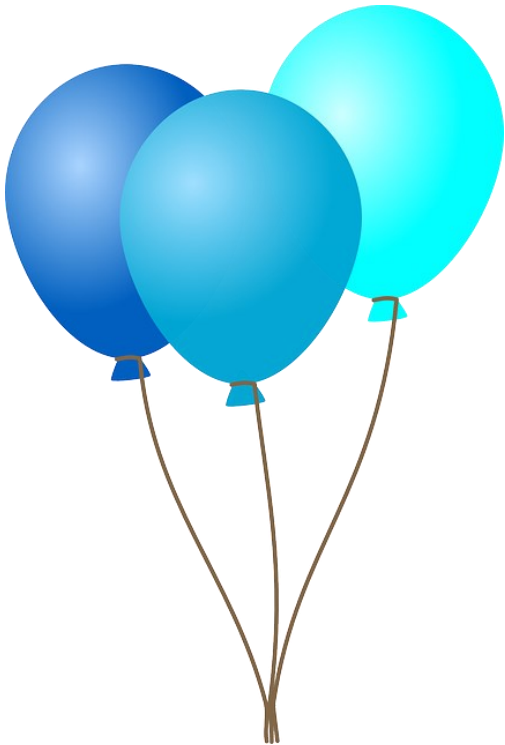


Ring Ring! Let the doorbell signal to supplies on the front step for one in need. Giving to others is also giving to yourself! Those who volunteer may experience mental health benefits and an increased sense of belonging in the greater community.

- Join a clean up crew! Keep America Beautiful has an online portal for volunteering. This Spring, you can participate in the Great American Cleanup program between March 21 and June 22.
- Visit the library and spend some time assisting with shelving books, helping with story time, hosting classes, or doing outreach. This option is great for inspiring responsibility among young volunteers.
- Get creative. Knit some hats for local NICU babies, create craft kits for children’s hospitals, or write letters for seniors or soldiers who would love to receive them!

Check out VolunteerMatch.org for more ideas local to your area and interests. If you have a chance, let us know your favorite ways to volunteer or ideas for others to do so on our Facebook newsletter post on the first!

Special Moments



Happy Birthday!

Residents	Staff
Carl : April 10th	Rebecca: April 1st
Judy: April 14th	Dillan: April 4th
Sondra: April 26th	Summer: April 10th
	Cassidy: April 21st
	Maddox: April 22nd

Those born in April are Aries (March 21 - April 19) and Taurus (April 20-May 20). The birthstone for April is the diamond. The birth flowers for April are the daisy and the sweet pea. April babies are said to be fearless, enthusiastic, and optimistic!

April 2022 Highlights

April observes Volunteering, Stress Awareness, and Healthcare Innovations. It celebrates guitars, jazz, poetry, humor, and gardening!

01 April Fool's Day; Sourdough Bread Day
02 PBJ Day; Ferret Day; Handmade Day
03 Film Score Day; Chocolate Mousse Day
04 Walk Around Things Day; Vitamin C Day
05 Caramel Day; Deep Dish Pizza Day
06 Bookmobile Day; Walking Day
07 World Health Day; Beer Day; Burrito Day
08 Zoo Lovers' Day; Reflect on Gratitude Day
09 Cherish Antiques Day; Name Yourself Day
10 Farm Animal Day; Cinnamon Crescent Day
11 Barbershop Quartet Day; Pet Day
12 Grilled Cheese Day; Colorado Day
13 Scrabble Day; Peach Cobbler Day
14 Gardening Day; Pecan Day; Dolphin Day
15 Good Friday; Glazed Ham Day
16 Bean Count Day; Eggs Benedict Day; PJ Day
17 Easter; Haiku Day; Ellis Island History Day
18 Intl. Monuments & Sights Day; Radio Day
19 Amaretto Day; Garlic Lovers' Day

20 Twin Day; Pineapple Upside Down Day;
21 British Tea Day; Chocolate Cashews Day
22 Earth Day; Jelly Bean Day
23 Picnic Day; Cherry Cheesecake Day
24 Pigs in Blankets Day; Pet Parent Day
25 Hairstylist Day; Zucchini Bread Day;
26 Audubon Day; Pretzel Day
27 Prime Rib Day; Administrative Staff Day
28 Poem Day; Superhero Day
29 Arbor Day; Dance Day
30 Oatmeal Cookie Day; Raisin Day; Jazz Day

Did you know?
Earth Day, first
celebrated in 1970,
has a new theme
each year. In 2022,
it's "Invest in Our
Planet!"



Regarding Covid-19:

Our resident and staff safety and comfort remain our first priority as Coronavirus cases have occurred nationwide. We are following mandated health guidelines. All activities are subject to cancellation per those guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.



Visit our facebook
at: [Facebook.com/
TheRenaissance
AssistedLiving
AtCoeurDAlene](https://www.facebook.com/TheRenaissanceAssistedLivingAtCoeurDAlene)

Well we are finally here! Spring has sprung and we are looking forward to the warmer weather here at The Renaissance. We have lots of exciting activities this month along with Manjit joining the activities team with Cassidy and Heidi. We will have musical guests throughout the whole month. We have our birthday celebration 4/5, outing to Riverstone 4/15, and our resident Easter party 4/12. Residents we are looking forward to our community Easter Egg hunt that will be 4/9 from 1pm-3pm. We will have lots of kiddos out in the courtyard to find eggs. I appreciate you all and wish all you a very safe and healthy Easter.

One should perform even an insignificant task with respect.

Blessings, Andrew Steighner, Executive Director



Staff Spotlight:
Alise

This month we would like to recognize one of our Med Techs, Alise! Alise has been at the Renaissance for almost a year and continues to grow and flourish. Alise started as a caregiver and has worked her way to Med-Tech, and we are very proud of her! Thank you Alise, for making Renaissance a safe and loving place for our residents!



Resident Spotlight:
Fran




This month we would like to recognize our resident Fran! Fran has been at the Renaissance for over a year and has been a great addition to the family. She enjoys live entertainment, crafts, snack and chat, walking group, balloon volleyball and spending time with her other housemates. Thank you Fran, for always lending a helping hand and a sweet smile!

APRIL 2022

The Renaissance Assisted Living

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

• 208.664.6116

SUN	MON	TUE	WED	THU	FRI	SAT
<p>All activities subject to change per mandated health guidelines.</p>	<p>Index: Versailles: (V) Avonlea: (A) Rochelle: (R) Mirabelle: (M) St. Michelle: (St) Live Entertainment: (LE) Community Cart: (Cart) Outing List: (List)</p>				<p>1 8:00 Morning Chat (All) 9:00 Trivia (A) 10:00 Walking Group (M) 11:00 Color and Calm (St) 1:00 Reading Group (A) 2:00 Bingo (R) 3:00 Reading Group (V)</p>	<p>2 8:00 Morning Chat (All) 9:00 Morning Exercise (All) 10:00 Crosswords (All) 11:00 Balloon Volleyball (All) 1:00 Puzzles (All) 2:00 Word Search (All) 3:00 Chair Exercise (All)</p>
<p>3 8:00 Morning Chat (All) 9:00 Bus Ride (St) 10:00 Church Streaming (All) 11:00 Bingo (A) 1:00 Rummikub (M) 2:00 Scrabble (V) 3:00 Trivia (R)</p>	<p>4 8:00 Morning Chat (All) 9:00 <i>Chair Dancing</i> (St) 10:00 <i>Bingo</i> (R) 10:00 Bingo (V) 11:00 <i>Walking Group</i> (M) 11:00 Balloon Volleyball (A) 1:00 <i>Reading Group</i> (V) 1:00 Tactile Boxes (St) 2:00 Easter Egg Coloring (M) 3:00 <i>Card Games</i> (A) 3:00 Sorry (R)</p>	<p>5 8:00 Morning Chat (All) 9:00 <i>Clay Art</i> (St) 10:00 <i>Rosary</i> (A) 10:00 Sing-a-longs (V) 11:00 <i>Bingo</i> (M) 11:00 Walking Group (A) 1:00 <i>Musical Bells</i> (St) 1:00 Color and Calm (V) 2:00 April Birthday Celebration (All) 3:00 <i>Reading Group</i> (R) 3:00 Trivia (M)</p>	<p>6 8:00 Morning Chat (All) 9:00 Bingo (A) 10:00 Family Feud (R) 11:00 JJ Dion (LE) 1:00 Bingo (M) 2:00 Easter Egg Coloring (V) 3:00 Balloon Volleyball (St)</p>	<p>7 8:00 Morning Chat (All) 9:00 Morning Exercise (All) 10:00 Painting (A) 11:00 Board Games (M) 1:00 Rummikub (V) 2:00 Puzzles (R) 3:00 Drumming Circle (St)</p>	<p>8 8:00 Morning Chat (All) 9:00 Color and Calm (St) 10:00 Jim Dossey (LE) 11:00 Walking Group (M) 1:00 Reading Group (A) 2:00 Bingo (R) 3:00 Uno (V)</p>	<p>9 8:00 Morning Chat (All) 9:00 Morning Exercise (All) 10:00 Crosswords (All) 11:00 Balloon Volleyball (All) 1:00 Puzzles (All) 2:00 Word Search (All) 3:00 Chair Exercise (All)</p>
<p>10 8:00 Morning Chat (All) 9:00 Bus Ride (St) 10:00 Church Streaming (All) 11:00 Bingo (A) 1:00 Rummikub (M) 2:00 Scrabble (V) 3:00 Trivia (R)</p>	<p>11 8:00 Morning Chat (All) 9:00 <i>Chair Dancing</i> (St) 10:00 <i>Bingo</i> (R) 10:00 Bingo (V) 11:00 <i>Walking Group</i> (M) 11:00 Balloon Volleyball (A) 1:00 <i>Uno</i> (V) 1:00 Tactile Boxes (St) 2:00 Easter Egg Coloring (R) 3:00 <i>Card Games</i> (A) 3:00 Sorry (R)</p>	<p>12 8:00 Morning Chat (All) 9:00 <i>Clay Art</i> (St) 10:00 <i>Rosary</i> (A) 10:00 Sing-a-longs (V) 11:00 <i>Bingo</i> (M) 11:00 Walking Group (A) 1:00 Easter Egg Coloring (A) 2:00 Easter Celebration (All) 3:00 <i>Reading Group</i> (R) 3:00 Trivia (M)</p>	<p>13 8:00 Morning Chat (All) 9:00 Simon Says (A) 10:00 <i>Balloon Volleyball</i> (V) 10:00 Resistant Band Exercise (M) 11:00 <i>Color and Calm</i> (St) 11:00 Puzzles (R) 1:00 <i>Bingo</i> (M) 1:00 Snack and Chat (A) 2:00 <i>Scrabble</i> (V) 2:00 Uno (R) 3:00 <i>Walking Group</i> (V) 3:00 Visual Meditation (St)</p>	<p>14 8:00 Morning Chat (All) 9:00 Morning Exercise (All) 10:00 Painting (A) 11:00 Board Games (M) 1:00 Rummikub (V) 2:00 Color and Calm (R) 3:00 Drumming Circle (St)</p>	<p>15 8:00 Morning Chat (All) 9:00 <i>Trivia</i> (A) 9:00 Music Therapy (St) 10:00 <i>Walking Group</i> (M) 10:00 Bus Ride (R) 11:00 Outing to Riverstone (List) 1:00 <i>Reading Group</i> (A) 1:00 Travel Films (St) 2:00 <i>Bingo</i> (V) 2:00 Bingo (R) 3:00 <i>Reading Group</i> (V) 3:00 Bus Ride (M)</p>	<p>16 8:00 Morning Chat (All) 9:00 Meditation (St) 10:00 Bus Ride (A) 11:00 Balloon Volleyball (R) 1:00 Bus Ride (V) 2:00 Bingo (M) 3:00 Chair Exercise (St)</p>
<p>17 8:00 Morning Chat (All) 9:00 Bus Ride (St) 10:00 Church Streaming (All) 11:00 Bingo (A) 1:00 Rummikub (M) 2:00 Scrabble (V) 3:00 Trivia (R)</p> <p>Happy Easter 🐣</p>	<p>18 8:00 Morning Chat (All) 9:00 <i>Chair Dancing</i> (St) 10:00 <i>Bingo</i> (R) 10:00 Bingo (V) 11:00 <i>Walking Group</i> (M) 11:00 Balloon Volleyball (A) 1:00 <i>Uno</i> (V) 1:00 Tactile Boxes (St) 2:00 Spring Craft (M) 3:00 <i>Card Games</i> (A) 3:00 Sorry (R)</p>	<p>19 8:00 Morning Chat (All) 9:00 <i>Clay Art</i> (St) 10:00 <i>Rosary</i> (A) 10:00 Sing-a-longs (V) 11:00 <i>Bingo</i> (M) 11:00 Walking Group (A) 1:00 <i>Musical Bells</i> (St) 1:00 Color and Calm (V) 2:00 Italian Sodas (Cart) 3:00 <i>Reading Group</i> (R) 3:00 Trivia (M)</p>	<p>20 8:00 Morning Chat (All) 9:00 Simon Says (A) 10:00 <i>Balloon Volleyball</i> (V) 10:00 Resistant Band Exercise (M) 11:00 JJ Dion (LE) 1:00 <i>Bingo</i> (M) 1:00 Snack and Chat (A) 2:00 <i>Scrabble</i> (V) 2:00 Uno (R) 3:00 <i>Walking Group</i> (V) 3:00 Visual Meditation (St)</p>	<p>21 8:00 Morning Chat (All) 9:00 Morning Exercise (All) 10:00 Painting (A) 11:00 Board Games (M) 1:00 Rummikub (V) 2:00 Puzzles (R) 3:00 Drumming Circle (St)</p>	<p>22 8:00 Morning Chat (All) 9:00 <i>Trivia</i> (A) 9:00 Music Therapy (St) 10:00 Jim Dossey (LE) 11:00 <i>Walking Group</i> (M) 11:00 Bus Ride (R) 1:00 <i>Reading Group</i> (A) 1:00 Travel Films (St) 2:00 <i>Bingo</i> (R) 2:00 Bingo (V) 3:00 <i>Reading Group</i> (V) 3:00 Bus Ride (M)</p>	<p>23 8:00 Morning Chat (All) 9:00 Meditation (St) 10:00 Bus Ride (A) 11:00 Balloon Volleyball (R) 1:00 Bus Ride (V) 2:00 Bingo (M) 3:00 Chair Exercise (St)</p>
<p>24 8:00 Morning Chat (All) 9:00 Morning Exercise (All) 10:00 Live Church Stream (All) 11:00 Balloon Volleyball (All) 1:00 Puzzles (All) 2:00 Word Search (All) 3:00 Chair Exercise (All)</p>	<p>25 8:00 Morning Chat (All) 9:00 <i>Chair Dancing</i> (St) 10:00 <i>Bingo</i> (R) 10:00 Bingo (V) 11:00 <i>Walking Group</i> (M) 11:00 Balloon Volleyball (A) 1:00 <i>Uno</i> (V) 1:00 Tactile Boxes (St) 2:00 Spring Craft (R) 3:00 <i>Card Games</i> (A) 3:00 Sorry (R)</p>	<p>26 8:00 Morning Chat (All) 9:00 <i>Clay Art</i> (St) 10:00 <i>Rosary</i> (A) 10:00 Sing-a-longs (V) 11:00 <i>Bingo</i> (M) 11:00 Walking Group (A) 1:00 <i>Musical Bells</i> (St) 1:00 Color and Calm (V) 2:00 Popcorn (Cart) 3:00 <i>Reading Group</i> (R) 3:00 Trivia (M)</p>	<p>27 8:00 Morning Chat (All) 9:00 Simon Says (A) 10:00 <i>Balloon Volleyball</i> (V) 10:00 Resistant Band Exercise (M) 11:00 <i>Color and Calm</i> (St) 11:00 Color and Calm (R) 1:00 <i>Bingo</i> (M) 1:00 Snack and Chat (A) 2:00 Ronnee McGee (LE) 3:00 <i>Walking Group</i> (V) 3:00 Visual Meditation (St)</p>	<p>28 8:00 Morning Chat (All) 9:00 Morning Exercise (All) 10:00 Painting (A) 11:00 Board Games (M) 1:00 Rummikub (V) 2:00 Puzzles (R) 3:00 Drumming Circle (St)</p>	<p>29 8:00 Morning Chat (All) 9:00 <i>Trivia</i> (A) 9:00 Music Therapy (St) 10:00 <i>Walking Group</i> (M) 10:00 Bus Ride (R) 11:00 Picnic at the Park (List) 1:00 <i>Reading Group</i> (A) 1:00 Travel Films (St) 2:00 <i>Bingo</i> (R) 2:00 Bingo (V) 3:00 <i>Reading Group</i> (V) 3:00 Bus Ride (M)</p>	<p>30 8:00 Morning Chat (All) 9:00 Meditation (St) 10:00 Bus Ride (A) 11:00 Balloon Volleyball (R) 1:00 Bus Ride (V) 2:00 Bingo (M) 3:00 Chair Exercise (St)</p>