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Stamp



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



# The Renaissance Reader

May 2022 Newsletter



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# Creative Fitness & Hydration Ideas for Older Adults

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

Physical fitness and staying hydrated, while naturally easy and fun for some, can seem intimidating for others. Look forward to creative approaches to both this Senior Health and Fitness Month!

## Fun Fitness

For most of us, there’s some type of physical fitness that appeals (workout machines, sports, dance, yoga, swimming), but sometimes creativity spurs extra motivation! Think outside the box with ideas like: in-air arm swim strokes, hula hooping laughter yoga, gardening, soft darts, bean bag toss, bowling, croquet, mini golf, striking poses and holding them, noodle ball volleying, and scavenger hunts.

Our community uses It’s Never 2 Late (IN2L) that has many fitness avenues, from Conductorcize and Sit & Be Fit to Tai Chi and Chair Chi (for varying fitness levels). Explore the features with our life enrichment team.

## Themed Walks

Walks can be more fun when paired with an activity. Consider a bird walk, tree walk, or flower walk and mark observations with a field guide book. Get artsy by collecting flowers for pressing. Head out on a nature walk where each walker collects a leaf, twig, rock, wildflower, blade of grass, etc. Paint positive-message rocks and on a walk leave them places for others to find. Other ideas: museum walk or mall-window shop, or see which walker can write down the most street sign names or models of cars spotted.



Physical fitness is important for older adults. It makes activities of daily life easier to do, and it helps with bone density and muscle strength. An added bonus is a decreased likelihood for falls.

## Hydration Elation

For older adults, hydrating is especially important as thirst tends to decrease with age. Water doesn’t have to be the only source for hydrating though. Some foods high in water content include celery, cucumbers, watermelon, cantaloupe, strawberries, bell peppers, grapes, and tomatoes. Soups, broths, and stews also can increase fluid intake, but watch for sodium content. When it comes to beverages, add some excitement to water with fruit or mint infused in it, or try milk, coconut water, or herbal caffeine-free teas like hibiscus or chamomile.

## Share Your Best Fitness/Hydration Idea

We hope you are inspired by these out of the box ideas for fitness and hydration! Did you think of a fun idea you would like to share? Please do so on our Facebook on the 1st!

# Special Moments



"May! Queen of blossoms and fulfilling flowers. With what pretty music shall we charm the hours?" - Lord Edward Thurlow



# Happy Birthday!

## STAFF

- Teri N.: May 5th
- Desirae M.: May 8th
- Taylor H.: May 8th
- Azariah B.: May 12th
- Leslie G.: May 18th
- Alise P.: May 23rd

## RESIDENTS

- Loretta W.: May 13th
- Buck W.: May 13th
- Betsy K.: May 16th
- Loretta H.: May 18th
- Linda M.: May 20th

Those born in May are Taurus (May 1-20) and Gemini (May 21-June 20). The birthstone for May is emerald. The birth flower for May is lily of the valley. May is said to be the luckiest month in which to be born!



# May 2022 Highlights

May includes awareness observances for mental health, asthma, blood pressure, osteoporosis, skin cancer, and strokes. It celebrates seniors, nurses, photography, strawberries, salsa, asparagus, and barbecues!

01 Chocolate Parfait Day; Lemonade Day  
02 Truffle Day; World Tuna Day  
03 Teachers' Day; Two Different Shoes Day  
04 Firefighters' Day; Bird Day; Star Wars Day  
05 Astronauts' Day; Hoagie Day  
06 Nurses' Day; Crepe Suzette Day  
07 Kentucky Derby Day; Fitness Day; Trains Day  
08 Mother's Day; Coconut Cream Pie Day  
09 Lost Sock Memorial Day; Moscato Day  
10 Shrimp Day; Washington Day  
11 Receptionists' Day; 3rd Shift Staff Day  
12 Intl. Nurse Day; Nutty Fudge Day  
13 Apple Pie Day; Fruit Cocktail Day  
14 Buttermilk Biscuit Day; Dog Mom Day  
15 Chocolate Chip Day; World Baking Day  
16 BBQ Day; Sea Monkey Day  
17 Cherry Cobbler Day; Walnut Day; Idaho Day  
18 Museum Day; Juice Slushies Day  
19 Devil's Food Cake Day

20 Endangered Species Day; Pizza Party Day  
21 Waiters' Day; Strawberries and Cream Day  
22 Solitaire Day; Instrument Day  
23 Lucky Penny Day; Turtle Appreciation Day  
24 Brothers' Day; Scavenger Hunt Day  
25 Tappers' Day; Senior Health & Fitness Day  
26 Paper Plane Day; Blueberry Cheesecake Day  
27 Grape Popsicle Day; Road Trip Day  
28 Brisket Day; Enjoy a Hamburger Day  
29 Paperclip Day; Coq Au Vin Day  
30 Memorial Day; Creative Day; Mint Julep Day  
31 Macaroon Day; Save Your Hearing Day



Happy Mother's Day to all the moms out there!

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

## Message from our Executive Director...

It's true what they say, April showers bring May flowers. We are ready to grow together as we look forward to a warm and sunny May. We have lots of fun activities this month, musical guests and great parties. Happy Mother's Day on May 8<sup>th</sup> to all of our wonderful moms who have done so much for us. I want to remind residents that we will be having a Mother's Day Tea on 5/3 so please join us for this great event. We will be celebrating Cinco De Mayo and will be planning a fun party for all residents. Make sure to join us for a weekend bus ride or sign up with Cassidy to get for a picnic at the park May 18. Among new activities will be exercise group, travel videos and meditation. We have our birthday bash May 10 at 2pm. Entertainment this month includes 5/13 Jim Dossey, 5/24 JJ Dion, and 5/25 Ronnee McGee. Just a reminder to all residents that the fire code prohibits us from use of any extension cords so please remember that. Again, I want to thank all of you for the support and we wish you a very Happy Mother's Day and a blessed May. "See for the highest, aim at the highest, and you shall reach the highest." Blessings - Andrew Steighner



Staff Spotlight:  
**Susie**

This month, we would like to recognize Susie! Susie has been with the Renaissance for almost a year and has been an absolute wonderful addition to our team. We can always count on Susie to spread joy to our residents and staff. She is an amazing team player and goes above and beyond. Thank you Susie!












Resident Spotlight:  
**Barbara**

This month, we would like to recognize our resident, Barbara! Barbara always has a smile on her face and is always willing to help her friends and the staff. Barbara enjoys balloon volleyball, live entertainment, bingo, and board games. Thank you, Barbara, for always being positive and kind.



# May 2022

The Renaissance Assisted Living • 2772 W. Avante Loop, Coeur d'Alene, ID 83815 • 208.664.6116

SUN 	MON 	TUE 	WED 	THU 	FRI 	SAT 
<b>1</b> 8:00 Morning Chat (All) 9:00 Bus Ride (St) 10:00 Live Church Stream (All) 11:00 Bingo (A) 1:00 Rummikub (M) 2:00 Scrabble (V) 3:00 Trivia (R)	<b>2</b> 8:00 Morning Chat (All) 9:00 Resistant Band Exercise (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 Craft (M) 3:00 Snack and Chat (A) 3:00 Color and Calm (R)	<b>3</b> 8:00 Morning Chat (All) 9:00 Meditation (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 <b>Mother's Day Tea</b> (All) 3:00 Color and Calm (V) 3:00 <i>Reading Group</i> (R)	<b>4</b> 8:00 Morning Chat (All) 9:00 Balloon Volleyball (St) 10:00 <i>Coloring Group</i> (A) 10:00 Visual Meditation (V) 11:00 <i>Family Feud</i> (R) 11:00 Bus Ride (A) 1:00 Resistant Band Exercise (R) 1:00 <i>Bingo</i> (M) 2:00 Puzzles (St) 2:00 <i>Scrabble</i> (V) 3:00 <b>Resident Council</b> (All)	<b>5</b> 8:00 Morning Chat (All) 9:00 Morning Exercise (All) 10:00 Painting (A) 11:00 Board Games (M) 1:00 Puzzles (R) 2:00 <b>Cinco de Mayo Party</b> (All) 3:00 Drumming Circle (St)	<b>6</b> 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 Uno (V) 11:00 Color and Calm (St) 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)	<b>7</b> 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)
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<b>15</b> 8:00 Morning Chat (All) 9:00 Bus Ride (St) 10:00 Live Church Stream (All) 11:00 Bingo (A) 1:00 Rummikub (M) 2:00 Scrabble (V) 3:00 Trivia (R)	<b>16</b> 8:00 Morning Chat (All) 9:00 Resistant Band Exercise (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 Reading Group (V) 1:00 Tactile Boxes (St) 2:00 Craft (M) 3:00 Snack and Chat (A) 3:00 Color and Calm (R)	<b>17</b> 8:00 Morning Chat (All) 9:00 Meditation (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 Cookie (Cart) 3:00 Color and Calm (V) 3:00 <i>Reading Group</i> (R)	<b>18</b> 8:00 Morning Chat (All) 9:00 Puzzles (V) 10:00 Coloring Group (A) 11:00 <b>Picnic at the Park</b> (List) 1:00 Bingo (M) 2:00 Scrabble (V) 3:00 Balloon Volleyball (St)	<b>19</b> 8:00 Morning Chat (All) 9:00 Morning Exercise (All) 10:00 Painting (A) 11:00 Board Games (M) 1:00 Puzzles (R) 2:00 Bingo (V) 3:00 Drumming Circle (St)	<b>20</b> 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 Uno (V) 11:00 Color and Calm (St) 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)	<b>21</b> 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)
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<b>29</b> 8:00 Morning Chat (All) 9:00 Bus Ride (St) 10:00 Live Church Stream (All) 11:00 Bingo (A) 1:00 Rummikub (M) 2:00 Scrabble (V) 3:00 Trivia (R)	<b>30</b> 8:00 Morning Chat (All) 9:00 Resistant Band Exercise (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 Reading Group (V) 1:00 Tactile Boxes (St) 2:00 Craft (M) 3:00 Snack and Chat (A) 3:00 Color and Calm (R)	<b>31</b> 8:00 Morning Chat (All) 9:00 Meditation (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 Popsicles (Cart) 3:00 Color and Calm (V) 3:00 <i>Reading Group</i> (R)			<b>Index</b> <b>Versailles: (V)</b> <b>Avonlea: (A)</b> <b>Mirabelle: (M)</b> <b>Rochelle: (R)</b> <b>St Michelle: (St)</b> <b>Community Cart: (Cart)</b> <b>Outings: (List)</b>	<b>All activities subject to change per mandated health guidelines.</b>