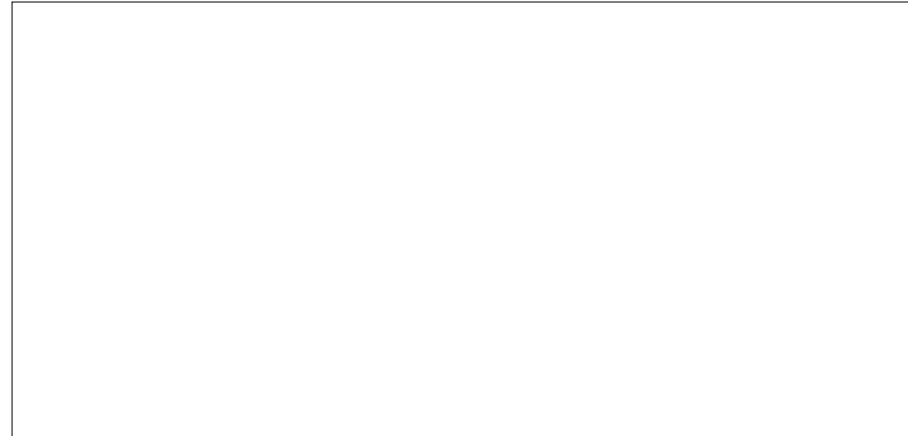




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Jay Hehr
Maintenance Director:
Jeff Smith

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

The Renaissance Reader

July 2022 Newsletter



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Social Wellness Efforts Impact Overall Health

July, with its warm weather and ample gathering opportunities, is the perfect occasion for **Social Wellness Month**. It's a time for celebrating connections and relationships with others, as well as support systems we have in place.

The counseling group Words of Wellness so-named the monthlong observance, but social wellness has long been valued. In July of 1905, Dr. Joseph Hersey Pratt pioneered group therapy among tuberculosis patients in Boston, making its mark for decades to follow. Then in 1948, the World Health Organization identified how social wellness positively impacts overall health.

According to the Mayo Clinic, research shows strong social nets positively impact our ability to handle stress, cardiovascular functions, and self-esteem. Harvard Medical School shared that studies indicate people with satisfying relationships have fewer health problems and live longer, while those lacking social ties may suffer from depression and cognitive decline in later life.

At our community, we encourage social wellness through group activities and events. Live music is an interactive opportunity we love opening our doors for. We welcome visitors and volunteers of all walks of life who share their time and talents with us. We also welcome the greater community to our events in the hope that connections will be made, and great times will be had.

Steps Toward a More Social You

- To increase your social wellness, consider actions you can work into your daily life.
- Know you can start small. Wave, smile, and say, "Hi, How are you?" That can open doors for great conversation.



The more, the merrier! Taking part in a holiday event can be a fun, easy way to naturally engage with others.

- Take part in art, fitness, music, cooking gardening, spiritual, or game groups.
- Volunteer to share your experience with others or teach a skill to others.
- Be there for people by being present with them and being a good listener.
- Be an active conversationalist. Ask others questions in conversation, and let people know when you relate with them.
- Express gratitude and compliments toward others in a genuine manner.
- Enjoy others' successes with them.
- Schedule things on your calendar. It may encourage or remind you to engage more.

While social wellness is an area that takes time to grow, it's certainly one whose benefits can be felt after socializing. We hope that you find some of the suggestions here helpful if you're looking to grow in relationships with others. Let us know how these ideas work for you on our Facebook on the 1st!

Special Moments



Happy Birthday!

Staff

- Jay : July 5th
Brooklyn : July 11th
Skyler : July 12th
Tammy : July 21st
Kaitlyn : July 22nd
Susan : July 23rd

Residents

- Mary Dell : July 3rd
Rey : July 10th
Mary W. : July 13th
Gayle : July 14th
Mary L. : July 17th

Those born in July are either Cancer (June 21-July 22) or Leo (July 23-August 22). The birthstone for July is ruby. The birth flowers for July are larkspurs (delphinium) and water lilies. July babies are said to have a sunny disposition and great self control.

July 2022 Highlights

July observes Eye Injury Prevention, Minority Mental Health, Social Wellness, and UV Safety. It celebrates: Blueberries, Baked Beans, Culinary Arts, Grilling, Horseradish, Hot Dogs, Ice Cream, Independent Retailers, Peaches, Picnics, and Watercolors!

01 Unique Ice Cream Day; Gingersnap Day; Joke Day	20 Fortune Cookie Day; Hot Dog Day; Chess Day
02 Made in the USA Day	21 Junk Food Day
03 Chocolate Wafer Day; Beans Day; Fried Clam Day	22 Hammock Day; Mango Day; Penuche Fudge Day;
04 Independence Day; Caesar Salad Day	23 Gorgeous Grandma Day; Vanilla Ice Cream Day
05 Apple Turnover Day; Hawaii Day	24 Parents' Day; A. Earhart Day; Drive Thru Day
06 Fried Chicken Day; Hand Roll Day	25 Hire Veterans Day; Sundae Day; Wine/Cheese Day
07 Macaroni Day; Chocolate Day	26 Aunt & Uncle Day; Bagel Day; Coffee Shake Day
08 Chocolate Almonds Day; Freezer Pop Day	27 Crème Brûlée Day; Love Is Kind Day
09 Sugar Cookie Day; Collector Car Day; Kebab Day	28 Intern Day; Milk Chocolate Day; Chili Dog Day
10 Kitten Day; Pina Colada Day	29 Chicken Wing Day; Lasagna Day; Lipstick Day
11 US Pet Pics Day; 711 Day; Blueberry Muffin Day	30 Friends Day; Father-in-Law Day; Cheesecake Day
12 Jell-O Day; Pecan Pie Day	31 Avocado Day; Mutt Day; Raspberry Cake Day
13 Barbershop Music Day; French Fry Day	
14 Mac & Cheese Day; Tape Measure Day	
15 Gummi Worm Day; Tapioca Day; Horses Day	
16 Corn Fritters Day	
17 Peach Ice Cream Day; Ice Cream Day	
18 Caviar Day; Sour Candy Day	
19 Daiquiri Day	

A message from our Executive Director, Andrew Steighner:

Happy Independence Day Renaissance Family! We have an awesome month lined up for us here in July. I want to remind all residents that we will be having bus drives every Wednesday, Friday, Saturday and Sunday. Please make sure that you sign up with our amazing activity team, Cassidy or Stacy. We have our 4th of July Blast on 7/4 and a July Birthday party on 7/5. We have a lunch outing on 7/20 for residents so please talk to Cassidy about getting out for some yummy food. Residents make sure to invite your friends and family to our open BBQ on 7/21 starting at 11am in our courtyard. Live music is scheduled 7/8, 7/13, and 7/22 with Jim Dossey. We have JJ Dion in the house on 7/13 and 7/27. This is going to be a great month I encourage all the residents to join in our gardening club in our beautiful courtyard with our planter boxes. Residents please join in outside too as we will be having lawn games outside too! I want to specially thank all the amazing team members that I work with here at the Renaissance. We certainly appreciate each and every one of you. I also want to thank all the residents for the support. I do have to honor, Cassidy, our Life Enrichment Director here at the Renaissance. July will be her last month with us as she is relocating to Georgia to be with Family. Cassidy we appreciate you and everything you have done for the residents here you will be greatly missed!

Thank you all and have a fun and safe July!

The person who works for others, without any motives really does good.

Blessings, Andrew



Staff Spotlight:

Taylor


This month we would like to recognize our Med-Tech, Taylor! Taylor has been with the Renaissance for almost a year and has been a wonderful addition to our team. Taylor is always kind and patient with our residents. Taylor is a hard worker and remembers to put the residents needs and wants first. Thank you Taylor for providing a positive and safe environment for our residents.



Resident Spotlight:

Carol

This month we would like to recognize one of our fantastic residents, Carol! Carol and her sweet dog, Gracie, are always there to greet you with a smile and an adorable tail wag. Carol is always willing to jump in and help out. Carol enjoys puzzles, cards, and occasionally a game of Scrabble. Thank you Carol & Gracie for always putting a smile on our faces and making all feel welcomed.

SUN 🇺🇸	MON 🇺🇸	TUE 🇺🇸	WED 🇺🇸	THU 🇺🇸	FRI 🇺🇸	SAT 🇺🇸
All activities subject to change per mandated health guidelines.					1 8:00 Morning Chat (All) 9:00 One on One (St) 9:00 Rummikub (V) 10:00 Scrabble (M) 10:00 Painting (A) 11:00 Puzzles (St) 11:00 Uno (V) 1:00 Left, Right, Center (R) 1:00 Reading Group (A) 2:00 Bus Ride (M) 2:00 Bingo (R) 3:00 Reading Group (V)	2 8:00 Morning Chat (All) 9:00 Tactile Boxes (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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