



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

Stamp



**Leadership Team**  
Phone: 208.664.6116  
Email: [info@assistedlivingcda.com](mailto:info@assistedlivingcda.com)  
Website: [assistedlivingcda.com](http://assistedlivingcda.com)  
Facebook: [Facebook.com/TheRenaissanceAssistedLivingAtCoeurDALene](https://www.facebook.com/TheRenaissanceAssistedLivingAtCoeurDALene)

**Executive Director:**  
Andrew Steighner

**Community Relations Director:**  
Brian Tucker

**Wellness Nurses:**  
Anna Ewing

**Business Office Director:**  
Tiffany Wallace

**Life Enrichment Director:**  
Stacy Pearson

**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

August 2022 Newsletter



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## Looking Forward Toward Improved Eye Wellness

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

Do either of these scenarios sound familiar? You're excitedly diving into a new book and you need to squint to see the words more clearly—or you're taking a walk and you look to the street signs, but they're not as clear as you expect them to be. Both frustrating instances example changes having occurred in the eyes. Fortunately, this Eye Exam Month, we've gathered insight that may be helpful toward improving eye wellness.

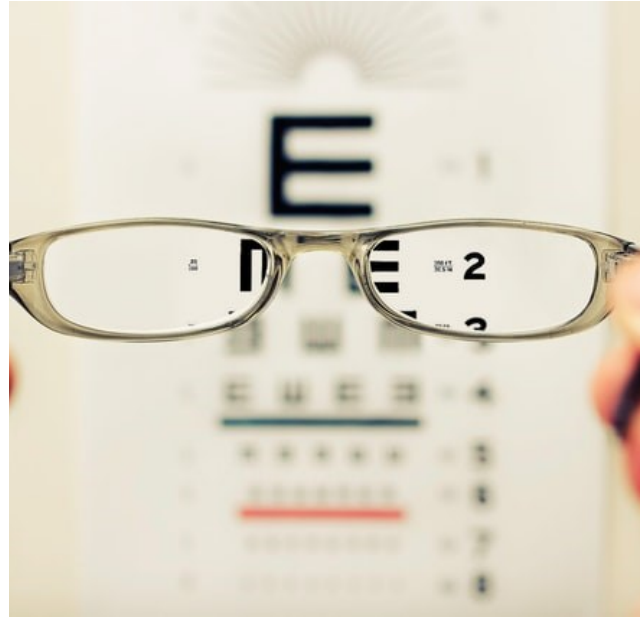
One of the best ways to stay on top of eye health is to have annual eye exams. That is at the top of all eye wellness insights we have to share.

Proactive measures through lifestyle are also important. Some recommendations from the National Eye Institute include having a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields as appropriate; avoiding smoking; reducing screen eyestrain by looking 20 feet before you for 20 seconds every 20 minutes; and cleaning hands often to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms is also helpful toward eye wellness. People with diabetes, high blood pressure, or medications that affect eyes have increased risk for vision problems.

When it comes to older adults, there are specific eye issues to watch for. A few include:

- Dry eye, in which not enough tears or quality tears are made, leading to poor vision
- Age-related macular degeneration, an issue that causes central (not side) vision loss. The



macula of the eye allows for fine detail and color, so when affected, reading, watching tv, and recognizing faces could be challenging.

- Cataracts, cloudy areas in the eye lens (usually in both eyes, to different degrees) can cause blurry vision, poor contrast awareness, dulled colors, and glare sensitivity.

- Glaucoma, a group of issues which damage the optic nerve, can in time take away side vision. While glaucoma is often painless with no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. There are also many prescription devices, like spectacle-mounted magnifiers for close tasks; hand-held or spectacle-mounted telescopes for near and far vision; handheld and stand magnifiers to assist with short-term reading; and video magnification that enlarges items on video.

Let us know if this information has been helpful for you in the comments section of our newsletter Facebook post on the first.

## Special Moments



### A message from our Executive Director, Andrew Steighner.....

**We are heading into the dog days of summer and it's heating up this month in August. I want to remind all our residents to make sure that you drink plenty of water. I want to make some announcements about management changes here as we thank our team that is moving on and welcome our new team members. Stacy will be our new Life Enrichment Director and we will be adding a new assistant for her very soon. Also, we will be adding another cook to our wonderful dining team as Charlie will be moving too. We want to give a special thanks to Lisa, our Wellness Director, as she is leaving. We will be introducing our new Wellness Director, Julie Jorgenson, starting 8/1. Lastly, we want to give our new RN, Anna Ewing a big welcome to the community. We look forward to continuing another great month at the Renaissance and creating more meaningful memories with all of you. We thank all of you here that make the Renaissance the best. Have a very blessed and safe August.**

***Silence is the highest form of Grace***  
**Blessings, Andrew**



# August 2022 Highlights

**Observes: Eye Exams, Medic Alert Awareness, Immunizations, Water Quality, and Wellness**

**Celebrates: Black Businesses, Catfish, Crayons, Dogs, Family Fun, Goat Cheese, Golf, Happiness, Peace, and Sandwiches**

- |   |  |
|---|--|
| 01 Mahjong Day; Raspberry Cream Pie Day       | 17 Black Cat Day; Massachusetts Day; Thrift Day  |
| 02 Coloring Book Day; National Night Out Day  | 18 Fajita Day; Ice Cream Pie Day; Pinot Noir Day |
| 03 Georgia Day; Nuts Day; Watermelon Day      | 19 Bow Day; Aviation Day; Potato Day             |
| 04 Coast Guard Day; Chocolate Chip Cookie Day | 20 Chocolate Pecan Pie Day; Radio Day            |
| 05 Oyster Day; Beer Day; Water Balloon Day    | 21 Seniors Day; Spumoni Day                      |
| 06 Root beer Float Day; Disc Golf Day         | 22 Pecan Torte Day                               |
| 07 Raspb. & Cream Day; Family Day; Friend Day | 23 Cuban Sandwich Day; Sponge Cake Day           |
| 08 Frozen Custard Day; Happiness Happens Day  | 24 Maryland Day; Peach Pie Day; Waffle Day       |
| 09 Book Lovers Day; Rice Pudding Day          | 25 Banana Split Day; Park Service Founders Day   |
| 10 Connecticut Day; S'mores Day               | 26 Dog Day; Cherry Popsicle Day                  |
| 11 Raspberry Bombe Day; Son & Daughter Day    | 27 Just Because Day; Pots De Creme Day           |
| 12 Julienne Fries Day; Vinyl Record Day       | 28 Bow Tie Day; Cherry Turnovers Day             |
| 13 Left Handers Day; Bowling Day              | 29 Chop Suey Day; Lemon Juice Day                |
| 14 Creamsicle Day; Spirit of '45 Day          | 30 Beach Day; Toasted Marshmallow Day            |
| 15 Leathercraft Day; Lemon Meringue Pie Day   | 31 Eat Outside Day; Trail Mix Day                |
| 16 Airborne Day; Tell a Joke Day              |  |

## Happy Birthday!

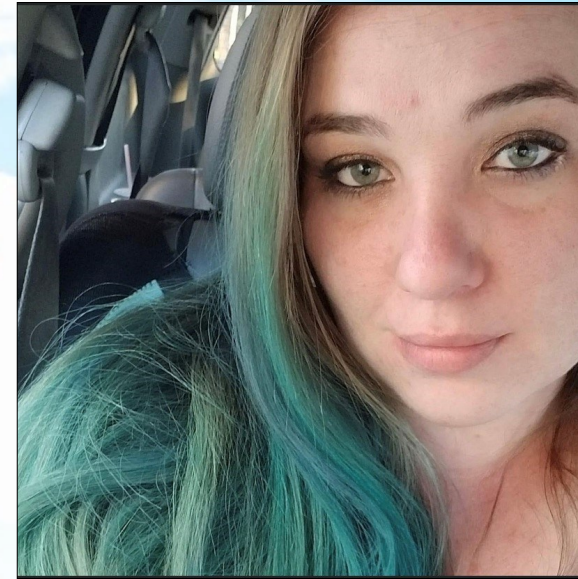
### Residents:

Ron : Aug. 4th  
Lilo: Aug. 6th  
Marilyn: Aug. 7th  
Judi: Aug. 11th  
Charles: Aug. 17th  
Susan: Aug. 27th  
Bonnie: Aug. 28th  
Sharon: Aug. 31st

### Staff:

Valerie: Aug. 8th  
Susan: Aug. 26th

Those born in August are either Leo (Aug. 1-22) or Virgo (August 23-31). The birthstone for August is peridot. The birth flower for August is the gladiola. August babies are said to be natural leaders and teachers who thrive in the spotlight. They can often be described as charismatic.



### Staff Spotlight: **Summer**

This month we would like to recognize our Med-Tech, Summer! Summer has been with the Renaissance for over a year and has been a great addition to our team. Summer is so appreciated by her NOC shift peers for her willingness to be helpful wherever help is needed. Summer is a hard worker and very caring towards the residents. Thank You Summer for your hard work and for providing a positive and safe environment for our residents.



### Resident Spotlight: **Tom**

This month we would like to recognize one of our outstanding residents, Tom! Tom is well traveled and has many interesting stories to share. Tom loves music, fishing, and anything that involves being in nature. Tom enjoys walks outside and stays very busy taking care of business. Thank you Tom for sharing your stories and your knowledge of the surrounding area.



AUGUST 2022

The Renaissance

• 2772 W. Avante Loop, Coeur d'Alene, ID 83815 • 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>Resistant Band Exercise</i> (St) 10:00 <i>Bingo</i> (R) 11:00 <i>Walking Group</i> (M) 1:00 <i>Reading Group</i> (V) 2:00 Craft (M) 3:00 <i>Snack and Chat</i> (A)	2 8:00 Morning Chat (All) 9:00 Coloring Group (St) 9:00 Puzzles (V) 10:00 <i>Rosary</i> (A) 10:00 Resistant Band Exercise (R) 11:00 Bingo (A) 11:00 <i>Bingo</i> (M) 1:00 Painting (St) 1:00 <i>Walking Group</i> (R) 2:00 Sundaes (Cart) 3:00 Gardening Club (M)	3 8:00 Morning Chat (All) 9:00 Music Therapy (St) 10:00 Bus Ride (R) 11:00 Checkers (M) 1:00 Bus Ride (A) 2:00 Scrabble (V) 3:00 <b>Resident Council</b> (All)	4 8:00 Morning Chat (All) 9:00 Walking Group (M) 10:00 Sit and Be Fit (R) 11:00 Bingo (A) 1:00 Trivia (R) 2:00 Karaoke (V) 3:00 Movie and Popcorn (St)	5 8:00 Morning Chat (All) 9:00 One on One (St) 9:00 <i>Rummikub</i> (V) 10:00 <i>Scrabble</i> (M) 10:00 <i>Painting</i> (A) 11:00 Puzzles (St) 11:00 <i>Uno</i> (V) 1:00 Left,Right,Center (R) 1:00 <i>Reading Group</i> (A) 2:00 <b>August Birthday Celebration</b> (All)	6 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)	
	7 8:00 Morning Chat (All) 9:00 Word Searches (All) 10:00 Church Live Stream (All) 11:00 Crosswords (All) 1:00 Puzzles (All) 2:00 Sudoku (All) 3:00 Color and Calm (All)	8 8:00 Morning Chat (All) 9:00 <i>Resistant Band Exercise</i> (St) 10:00 <i>Bingo</i> (R) 11:00 <i>Walking Group</i> (M) 1:00 <i>Reading Group</i> (V) 2:00 Craft (M) 3:00 <i>Snack and Chat</i> (A)	9 8:00 Morning Chat (All) 9:00 Coloring Group (St) 9:00 <i>Puzzles</i> (V) 10:00 Chair Exercise (R) 10:00 <i>Rosary</i> (A) 11:00 Bingo (A) 11:00 <i>Bingo</i> (M) 1:00 Painting (St) 1:00 <i>Walking Group</i> (R) 2:00 Huckleberry Floats (Cart) 3:00 Gardening Club (A)	10 8:00 Morning Chat (All) 9:00 Music Therapy (St) 10:00 Bus Ride (R) 11:00 <b>JJ Dion</b> (LE) 1:00 Bus Ride (A) 2:00 Scrabble (V) 3:00 Family Feud (R)	11 8:00 Morning Chat (All) 9:00 Walking Group (M) 10:00 Sit and Be Fit (R) 11:00 Bingo (A) 1:00 Trivia (R) 2:00 Karaoke (V) 3:00 Movie and Popcorn (St)	12 8:00 Morning Chat (All) 9:00 One on One (St) 9:00 <i>Rummikub</i> (V) 10:00 <b>Jim Dossey</b> (LE) 11:00 Puzzles (St) 11:00 <i>Uno</i> (V) 1:00 Left,Right,Center (R) 1:00 <i>Reading Group</i> (A) 2:00 Bus Ride (M) 2:00 <i>Bingo</i> (R) 3:00 <i>Reading Group</i> (V)	13 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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