



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  
**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

September 2022 Newsletter



2 Managing Chronic Pain  
3 Team & Resident Spotlight  
4 - 5 Activities Calendar

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



# Pain Points: Tips for Managing Chronic Pain

*Note: This article is for informational purposes and should not be mistaken for medical advice. Please consult a physician or other medical professional or specialist for all health matters.*

While pain is a fact of life, for some it is more than an occasional occurrence. One in five adults in America experiences chronic pain. It is one of the most common reasons adults seek medical care and it can last for months, years, and possibly for life.

There are many reasons a person may experience pain, including injury, illness, birth defect, and bodily wear and tear over time. Pain is personal, and everyone experiences it differently, making diagnosis and treatment difficult. However, there are several ways to combat pain, and find relief.

## Ways to Manage Pain (without or in conjunction with the use of pharmaceuticals):

- Regular exercise, particularly activities that are designed to improve flexibility and muscle tone (think yoga, Pilates, swimming) can be therapeutic and help you manage and even prevent pain. We suggest working with your medical provider to outline an appropriate exercise plan that meets your needs.
- In the same spirit as exercise, physical therapy is an excellent way to manage pain by treating it at its source. Maintaining your physical therapy exercises, even after your visits are over, can also help prevent future injury and pain to compromised joints and ligaments.
- Cognitive Behavioral Therapy is a form of psychotherapy that has been shown to be an effective way to manage pain and associated emotions through exercising mindfulness, ultimately improving quality of life. When pain is constant, it wears down more than just your body. Instances of depression and anxiety are higher in those who experience chronic pain.



There are various paths to relief. Strength and resistance training—like using elastic bands shown above—can improve muscle strength, decrease stiffness, and lead to some relief from pain. Aerobic exercise like walking and swimming are linked to weight loss and can reduce joint pressure, improving pain symptoms. Explore what may work for you.

## Pain Management for Seniors

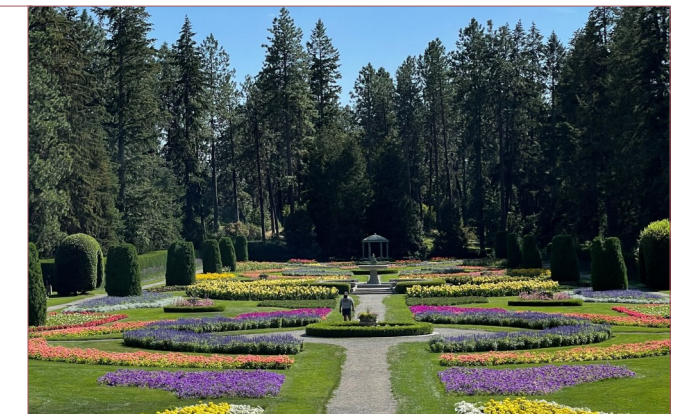
As we age, our bodies become more susceptible to experiencing pain and injury. Additionally, those who experience cognitive impairment in the form of Alzheimer's and other related dementia may find that pain management is complicated due to the difficulty they might experience in verbalizing the location and severity of pain.

It's important to know that you and your loved ones don't have to handle this alone. At our community, our care approach focuses on the individual needs of each resident, meeting them where they are. We incorporate the latest advances in building design and care philosophies to minimize the impact of our residents' symptoms, enabling them to live comfortably and securely.

As with any medical topic, we suggest that your journey begins with an open conversation with your medical provider. Don't be discouraged if it takes a while to find the answers you're looking for – health is a journey after all.



# Special Moments



## Message from our Executive Director...

To all residents, we have some exciting changes upcoming here at the Renaissance! We have new team members jumping onboard. We have Sean Mathis as Wellness Director, and Shantell Baker and William Collett as Wellness Coordinators here on campus. We want to thank all of you residents for making the Renaissance the best in CDA. We will continue with our bus rides for the month so please sign up with Stacy, I know she wants to take care of you all, and get you out and about in the community. Helping Stacy will be her new assistant Shyla so please make sure that she is welcomed too. New Business Office Director Zandra Stolz will be onboarding with us soon too. In other important news, I will be leaving soon to work in our sister community in Bozeman, MT. But don't worry, it will be an easy transition as Caitlyn Stolz will be joining us from the Bozeman community as the new director here at the Renaissance. She comes with a wealth of experience and will be transitioning into the role by end of September. I want to thank you all for the past year of support and all the great times we've had at the Renaissance. I do encourage all of you to attend the fun activities this month and enjoy!! We will be having live music on the 14<sup>th</sup>, 23<sup>rd</sup> and the 28th. Again, thank you all for your support and I wish all of you the very best in the future.



# September 2022 Highlights

**September Observes:** World Alzheimer's Awareness, Healthy Aging, Intergenerational Ties, Pain Awareness, Prostate Health, and Self-Care.

**September Celebrates:** Americana, Chicken, Classical Music, Honey, Little League, Mushrooms, Piano, Potatoes, Rice, Sewing, and Square Dancing.

01 World Letter Writing Day  
02 Coconut Day, College Colors Day, Food Bank Day  
03 Bacon Day, U.S. Bowling League Day, Tailgating Day  
04 Macadamia Nut Day, Wildlife Day  
05 Labor Day, Beautician Week, Cheese Pizza Day  
06 Coffee Ice Cream Day, Read a Book Day  
07 Acorn Squash Day, Beer Day, Salami Day  
08 Literacy Day, Ampersand Day  
09 Sudoku Day, Teddy Bear Day, Wiener Schnitzel Day  
10 World First Aid Day, Swap Ideas Day  
11 Assisted Living Week, Grandparents' Day,  
Day of Service & Remembrance  
12 Chocolate Milkshake Day, Video Games Day  
13 Bald Is Beautiful Day, Peanut Day, Ants on a Log Day  
14 Cream Donut Day, Eat a Hoagie Day, Live Creative Day  
15 Cheese Toast Day, Linguine Day, Online Learning Day  
16 Raisin Bread Day, Guac Day, POW/MIA Recognition Day  
17 Thank Police Day, House Cleaners' Day, Dance Day  
18 Bamboo Day, Air Force Bday, Cheeseburger Day  
19 Butterscotch Pudding Day, Talk Like a Pirate Day

20 Fried Rice Day, Pepperoni Pizza Day, Punch Day  
21 World Alzheimer's Day, Chai Day, Pecan Cookie Day  
22 Centenarians' Day, Hobbit Day, White Chocolate Day  
23 Autumn Begins, Pot Pie Day, Snack Stick Day  
24 Family Health & Fitness Day, Hunting & Fishing Day  
25 Dining Staff Day, Daughters' Day, Quesadilla Day  
26 HR Staff Day, Family Day, Dumpling Day, Pancake Day  
27 Chocolate Milk Day, Scarf Day, Corned Beef Hash Day  
28 Strawberry Cream Pie Day, Ladies Health Day  
29 VFW Day, Coffee Day  
30 Chewing Gum Day, Hot Cider Day, Love People Day

**"By all these lovely tokens, September days are here. With summer's best of weather and autumn's best of cheer." – Helen Hunt Jackson**



Those born in September are either Virgo (Aug. 23-Sept. 22) or Libra (Sept. 23-Oct. 22). The birthstone for September is sapphire. The birth flowers are asters and morning glory. Virgos are best known for being practical, loyal, and organized. Libras are balanced, social, and fair-minded. September has 11 of the top birthdates in the nation with more

## **Residents**

Tony: Sept. 7th  
Patricia: Sept. 9th  
Carolyn : Sept. 13t  
Michael: Sept. 14th  
MaryLou: Sept. 14th  
Romelle: Sept. 17th  
Betty: Sept. 19th  
Gail: Sept. 24th

## **Staff**

Sandy: Sept. 1st  
Savannah: Sept. 6th  
Zach: Sept. 9th  
Beatriz: Sept. 9th  
Hailey: Sept. 11th  
Stacy: Sept. 15th  
Jeff: Sept 26th



**Staff Spotlight:**

**Myranda**

**This month we would like to recognize our Med-Tech Myranda!**

**Myranda excels at going above and beyond for our residents. Myranda is adored by the residents and respected by her co-workers. Myranda is a hard worker and she does tasks with a smile! Thank you, Myranda, for all you do. Your hard work and kindness is valued and appreciated!**



**Resident Spotlight:**

**Bernice**

**This month we would like to recognize our treasured resident, Bernice. Bernice always has a smile to share. Bernice enjoys outings, socializing with her house mates, and is always willing to be helpful.**

**Bernice shared with us some fond memories about street dances and her father's dancing skills.**

**Thank you, Bernice, for all the sweetness you bring to the community!**



SUN	MON	TUE	WED	THU	FRI	SAT
				1 8:00 Morning Chat (All) 9:00 Trivia (M) 10:00 Sit and Be Fit (All) 11:00 Bingo (A) 1:00 Trivia (R) 2:00 Karaoke (V) 3:00 Bingo (St)	2 8:00 Morning Chat (All) 9:00 One on One (St) 9:00 <i>Walking Group (M)</i> 10:00 Scrabble (M) 10:00 <i>Painting (A)</i> 11:00 Puzzles (St) 11:00 <i>Uno (V)</i> 1:00 Left,Right,Center (R) 1:00 <i>Reading Group (V)</i> 2:00 <b>September Birthday Celebration</b>	3 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 Musical Bells (St)
4 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)	5 8:00 Morning Chat (All) 9:00 <i>One on One (St)</i> 9:00 Water Color (A) 10:00 Bingo (R) 10:00 Trivia (V) 11:00 Walking Group (M) 11:00 <i>Karaoke (A)</i> 1:00 <i>Reading Group (V)</i> 1:00 Tactile Boxes (St) 2:00 Craft (M) 3:00 Snack and Chat (A)	6 8:00 Morning Chat (All) 9:00 Craft (St) 9:00 <i>Puzzles (V)</i> 10:00 Resistant Band Exercise (R) 10:00 <i>Rosary (A)</i> 11:00 Bingo (A) 1:00 Yahtzee (M) 1:00 Tactile Boxes (St) 2:00 Popcorn (Cart) 3:00 Card Games (M)	7 8:00 Morning Chat (All) 9:00 Music Therapy (St) 9:00 <i>Puzzles (V)</i> 10:00 Bus Ride (R) 10:00 Craft (A) 11:00 Checkers (M) 11:00 Bowling (St) 1:00 Bus Ride (A) 1:00 Karaoke (R) 2:00 Scrabble (V) 3:00 Resident Council (All)	8 8:00 Morning Chat (All) 9:00 Trivia (M) 10:00 Sit and Be Fit (All) 11:00 Bingo (A) 1:00 Trivia (R) 2:00 Karaoke (V) 3:00 Movie and Popcorn (St)	9 8:00 Morning Chat (All) 9:00 One on One (St) 9:00 <i>Walking Group (M)</i> 10:00 <b>Jim Dossey (LE)</b> 11:00 Puzzles (St) 11:00 <i>Craft (A)</i> 1:00 Left,Right,Center (R) 1:00 <i>Reading Group (V)</i> 2:00 Bus Ride (M) 2:00 <i>Bingo (R)</i> 3:00 <i>Reading Group (R)</i>	10 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 Musical Bells (St)
11 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)	12 8:00 Morning Chat (All) 9:00 <i>One on One (St)</i> 9:00 Water Color (A) 10:00 Bingo (R) 10:00 Craft (V) 11:00 Walking Group (M) 11:00 <i>Karaoke (A)</i> 1:00 <i>Reading Group (V)</i> 1:00 Tactile Boxes (St) 2:00 Craft (M) 3:00 Snack and Chat (A)	13 8:00 Morning Chat (All) 9:00 Coloring Group (St) 9:00 <i>Puzzles (V)</i> 10:00 Resistant Band Exercise (R) 10:00 <i>Rosary (A)</i> 11:00 Bingo (A) 1:00 Yahtzee (M) 1:00 Tactile Boxes (St) 2:00 Hot Fudge Sundae (Cart) 3:00 Card Games (M)	14 8:00 Morning Chat (All) 9:00 Music Therapy (St) 10:00 <b>JJ Dion (LE)</b> 11:00 Checkers (M) 1:00 Bus Ride (A) 1:00 Karaoke (R) 2:00 Scrabble (V) 2:00 One on One (St) 3:00 Family Feud (R)	15 8:00 Morning Chat (All) 9:00 Trivia (M) 10:00 Sit and Be Fit (All) 11:00 Bingo (A) 1:00 Trivia (R) 2:00 Karaoke (V) 3:00 Bingo (St)	16 8:00 Morning Chat (All) 9:00 One on One (St) 9:00 <i>Walking Group (M)</i> 10:00 Scrabble (M) 10:00 <i>Painting (A)</i> 11:00 Puzzles (St) 11:00 <i>Uno (V)</i> 1:00 Left,Right,Center (R) 1:00 <i>Reading Group (V)</i> 2:00 Bus Ride (M) 2:00 <i>Bingo (R)</i> 3:00 <i>Reading Group (R)</i>	17 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 Musical Bells (St)
18 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)	19 8:00 Morning Chat (All) 9:00 <i>One on One (St)</i> 9:00 Water Color (A) 10:00 Bingo (R) 10:00 Trivia (V) 11:00 Walking Group (M) 11:00 <i>Karaoke (A)</i> 1:00 <i>Reading Group (V)</i> 1:00 Tactile Boxes (St) 2:00 Craft (M) 3:00 Snack and Chat (A)	20 8:00 Morning Chat (All) 9:00 Coloring Group (St) 9:00 <i>Puzzles (V)</i> 10:00 Resistant Band Exercise (R) 10:00 <i>Rosary (A)</i> 11:00 Bingo (A) 1:00 Yahtzee (M) 1:00 Tactile Boxes (St) 2:00 Carmel Sundae (Cart) 3:00 Card Games (M)	21 8:00 Morning Chat (All) 9:00 Music Therapy (St) 9:00 <i>Puzzles (V)</i> 10:00 Bus Ride (R) 10:00 Craft (A) 11:00 Checkers (M) 11:00 Bowling (St) 1:00 Bus Ride (A) 1:00 Karaoke (R) 2:00 Scrabble (V) 3:00 Family Feud® (R)	22 8:00 Morning Chat (All) 9:00 Trivia (M) 10:00 Sit and Be Fit (All) 11:00 Bingo (A) 1:00 Trivia (R) 2:00 Karaoke (V) 3:00 Movie and Popcorn (St)	23 8:00 Morning Chat (All) 9:00 One on One (St) 9:00 <i>Walking Group (M)</i> 10:00 <b>Jim Dossey (LE)</b> 11:00 Puzzles (St) 11:00 <i>Uno (V)</i> 1:00 Left,Right,Center (R) 1:00 <i>Reading Group (V)</i> 2:00 Bus Ride (M) 2:00 <i>Bingo (R)</i> 3:00 <i>Reading Group (R)</i>	24 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 Musical Bells (St)
25 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)	26 8:00 Morning Chat (All) 9:00 <i>One on One (St)</i> 9:00 Water Color (A) 10:00 Bingo (R) 10:00 Craft (V) 11:00 Walking Group (M) 11:00 <i>Karaoke (A)</i> 1:00 <i>Reading Group (V)</i> 1:00 Tactile Boxes (St) 2:00 Craft (M)	27 8:00 Morning Chat (All) 9:00 Coloring Group (St) 9:00 <i>Puzzles (V)</i> 10:00 Resistant Band Exercise (R) 10:00 <i>Rosary (A)</i> 11:00 Bingo (A) 1:00 Yahtzee (M) 1:00 Tactile Boxes (St) 2:00 Oreo Sundae (Cart) 3:00 Card Games (M)	28 8:00 Morning Chat (All) 9:00 Music Therapy (St) 10:00 <b>JJ Dion (LE)</b> 1:00 Bus Ride (A) 1:00 Karaoke (R) 2:00 <b>Ronnie McGee (LE)</b> 3:00 Family Feud® (R) 3:00 Water Color (A)	29 8:00 Morning Chat (All) 9:00 Trivia (M) 10:00 Sit and Be Fit All) 11:00 Bingo (A) 1:00 Trivia (R) 2:00 Karaoke (V) 3:00 Movie and Popcorn (St)	30 8:00 Morning Chat (All) 9:00 One on One (St) 9:00 <i>Walking Group (M)</i> 10:00 Scrabble (M) 10:00 <i>Painting (A)</i> 11:00 Puzzles (St) 11:00 <i>Uno (V)</i> 1:00 Left,Right,Center (R) 1:00 <i>Reading Group (V)</i> 2:00 Bus Ride (M) 2:00 <i>Bingo (R)</i>	All activities subject to change per mandated health guide- lines.