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

The Renaissance Reader

October 2022 Newsletter



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Breast Cancer Awareness Month is Here!

Note: This 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.

October observes Breast Cancer Awareness! It's a month for wearing pink, promoting knowledge, raising research funds, supporting those in and through the cancer fight, and taking steps to help detect the disease in early stages.

This October, increase your awareness with some breast cancer facts and early detection information. Your knowledge could help a loved one, friend, or yourself.

What is Breast Cancer?

Cells are tissue building blocks and are where cancer starts. During cell growth, sometimes new cells that are not needed form and mutate, and old or damaged cells do not die as they ought to. In the breast, when these cells spread to surrounding tissues, breast cancer occurs. This process is often slow. If a lump can be felt, it may have been growing for years. Finding a lump in the breast does not necessarily mean one has cancer, though if one is found, seeing a physician for a clinical breast exam is recommended.

Breast cancer may occur in men or women, but affects women more often than men. According to the National Breast Cancer Foundation, Inc., (NCBFI) in 2022, 287,500 estimated new cases of breast cancer will have been diagnosed in women in the U.S., as well as 51,400 new cases of non-invasive breast cancer. For men in the U.S. in 2022, 2,710 men will have been diagnosed with breast cancer.

Early Detection is Key

There are ways to detect breast cancer early, such as regular self-examinations and clinical



Did you know? 1 in 8 women in the U.S. will be diagnosed with breast cancer in their lifetime. There is hope though: There are more than 3.8 million U.S. breast cancer survivors. (NBCFI)

screenings. Clinical screenings include mammograms (breast x-rays); clinical breast exams (where a trained provider feels for abnormalities); and in certain cases, breast MRIs (usually in addition to a screening mammogram). Learn more on screening options at cancer.org.

Men at high risk for breast cancer should discuss managing their risk with their doctor. Women should be familiar with how their breasts normally look and report changes to a medical provider. Women at average risk for breast cancer between 40-44 have the option to start annual mammograms. The American Cancer Society recommends average-risk women ages 45-54 get annual mammograms, earlier for those who are high-risk for breast cancer. Those 55+ can switch to every other year if in good health. Learn more about risk level at cancer.org.

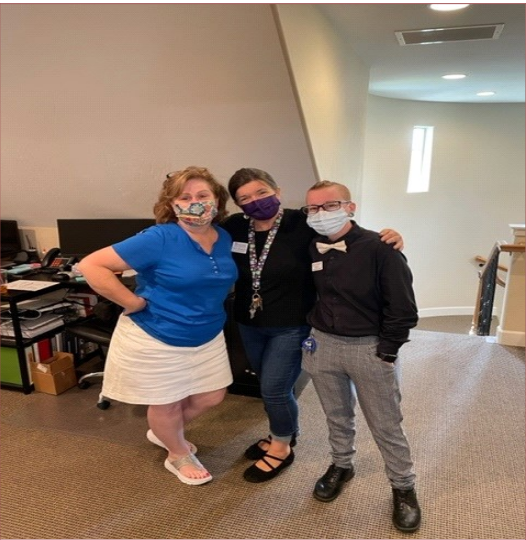
Some Positive News

Death rates from breast cancer have been on the decline since 1990 due to better screening, early detection, increased awareness, and improved treatments. In addition, for women over 50 and older, in recent years breast cancer incidence rates have decreased. (NCBFI)

This month and in those to follow, we hope to encourage breast cancer awareness and continued learning. We welcome your feedback on this article on our Facebook page on the 1st.



Special Moments



Happy Birthday!

Those born in October are Libras (Sept. 23-Oct. 22) or Scorpios (Oct. 23-Nov. 21). Their birthstones are opals & tourmaline. Their birth flower is the Calendula. More American presidents have October birthdays than any other month!

- Residents**
William: Oct. 4th
Marsha: Oct. 7th
Carol D: Oct. 7th
Barbara W: Oct. 20th
Linda J : Oct. 24th
Francis : Oct. 26th
Willette: Oct. 29th

- Staff**
Austin: Oct. 25th



October 2022 Highlights

October observes Breast Cancer Awareness, Dental Hygiene, Emotional Wellness, Financial Planning, Physical Therapy, and Protecting Hearing. It Celebrates: Apples, Arts, Humanities, Baking, Books, Caramel, Chili, Cookies, Pasta, Pizza, Sausage, Seafood, Stamp Collecting, Pears, Pineapples, Spinach, and Vegetarianism.

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| 01 Day for Seniors; Hair Day; Homemade Cookies Day; Pumpkin Spice Day | 17 Bosses Day; Pasta Day |
| 02 Custodial Day; Cards Day; Fried Scallops Day | 18 Pharmacy Tech Day; Choco Cupcake Day; No Beard Day |
| 03 Smoothie Day; Consign Day; Chili Week | 19 Chamber of Commerce Day; Seafood Bisque Day |
| 04 Cinn. Bun Day; Golf Day; Taco Day; Fruit Day | 20 Chefs' Day; Chicken & Waffles Day |
| 05 Teachers' Day; Do Something Nice Day | 21 Nachos Day; Pumpkin Cheesecake Day; Reptile Day |
| 06 Mad Hatter Day; Noodle Day | 22 Color Day; Nut Day; Make A Difference Day |
| 07 Choco Pretzel Day; Frappe Day; Smile Day | 23 Mother-in-Laws' Day; Boston Cream Pie Day |
| 08 Podiatry Day; Pierogi Day; Chess Day | 24 Bologna Day; UN Day |
| 09 Clergy Day; Migratory Birds Day | 25 Pasta Day; Opera Day; Greasy Food Day |
| 10 Columbus Day; Native American Day; Decorate Cake Day; Park Walk Day | 26 Day of the Deployed; Pumpkin Day |
| 11 Sausage Pizza Day | 27 Black Cat Day; Civics Day; Navy Day |
| 12 ER Nurse Day; Gumbo Day; Fossil Day | 28 First Responders' Day; Breadstick Day |
| 13 Train Your Brain Day; Yorkshire Pudding Day | 29 Cat Day; Oatmeal Day; World Stroke Day |
| 14 Dessert Day | 30 Orthopedic Nurse Day |
| 15 Cheese Curd Day; I Love Lucy Day | 31 Halloween; Girl Scout Day; Caramel Apple Day |
| 16 Pharmacy Week; Cat Day; Sports Day | |

Our Executive Director's Corner

Dear residents, family members, and friends,

It is an absolute pleasure to join the Renaissance family as Executive Director. I come to the Renaissance with 10 years of experience in Senior Living and I can honestly say I have loved every minute of it. I spend every day learning from all of you and wouldn't trade working along team members daily for anything. Please come introduce yourself, give me a call, and bring all your great ideas of how we can work as a team to make this the absolute best place in CDA. I look forward to meeting all of you and working with you! Let's have a great October!

~ Caitlyn



Staff Spotlight:
Sonya

This month we would like to recognize our Housekeeper Sonya! She works tirelessly to make sure the surroundings are clean and tidy for our community.

Sonya is a valued edition to the team. Sonya, as busy as she is, will still take time to chat with our residents and offer help where help is needed.

Thank you, Sonya, for everything you do for everyone! :)



Resident Spotlight:
Rey

This month our Resident Spotlight shines on Rey. Rey is a character!

He is adored and appreciated by his housemates and the staff.

Rey has a great sense of humor and he's kind and helpful. Rey likes his solitude but is always up for good conversation.

Rey loves Dogs and they love him!

Thank you, Rey, for all you bring to our community and for keeping life interesting!! :)

OCTOBER 2022

The Renaissance • 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>1 8:00 Morning Chat (All) 9:00 Tactile Boxes (St) 10:00 Bus Ride (A) 11:00 Residents Choice (R) 1:00 Bus Ride (V) 2:00 Bingo (M) 3:00 Musical Bells (St)</p>
<p>2 8:00 Morning Chat (All) 9:00 Word Searches (All) 10:00 Church Livestream (All) 11:00 Crosswords (All) 1:00 Puzzles (All) 2:00 Sudoku (All) 3:00 Color and Calm (All)</p>	<p>3 8:00 Morning Chat (All) 9:00 One on One (St) 10:00 Bingo (R) 11:00 Walking Group (M) 1:00 Bingo (A) 2:00 Chair Exercise (St) 3:00 Rummikub (V)</p>	<p>4 8:00 Morning Chat (All) 9:00 Music Therapy (St) 10:00 Bingo (V) 11:00 Sit –n– Be Fit (All) 1:00 Karaoke (St) 2:00 Italian Sodas (Cart) 3:00 Yahtzee (M)</p>	<p>5 8:00 Morning Chat (All) 9:00 One on One (St) 10:00 Craft (A) 10:00 Bus Ride (R) 11:00 Scrabble (V) 11:00 Bus Ride (St) 1:00 Craft (M) 1:00 Trivia (R) 2:00 Bus Ride (R) 2:00 Karaoke (A) 3:00 Resident Council (All)</p>	<p>6 8:00 Morning Chat (All) 9:00 Balloon Volleyball (St) 9:00 Trivia (M) 10:00 Walking Group (All) 11:00 Bingo (A) 1:00 Aroma Therapy (St) 2:00 Family Feud (R) 3:00 Karaoke (V)</p>	<p>7 8:00 Morning Chat (All) 9:00 Lovely Hands (St) 10:00 Painting (A) 11:00 Sit –n– Be Fit (All) 1:00 Trivia (V) 2:00 October Birthday's Celebration 😊</p>	<p>8 8:00 Morning Chat (All) 9:00 Tactile Boxes (St) 10:00 Bus Ride (A) 11:00 Residents Choice (R) 1:00 Bus Ride (V) 2:00 Bingo (M) 3:00 Musical Bells (St)</p>
<p>9 8:00 Morning Chat (All) 9:00 Word Searches (All) 10:00 Church Livestream (All) 11:00 Crosswords (All) 1:00 Puzzles (All) 2:00 Sudoku (All) 3:00 Color and Calm (All)</p>	<p>10 8:00 Morning Chat (All) 9:00 One on One (St) 10:00 Bingo (R) 11:00 Walking Group (M) 1:00 Bingo (A) 2:00 Chair Exercise (St) 3:00 Yahtzee (V)</p>	<p>11 8:00 Morning Chat (All) 9:00 Music Therapy (St) 10:00 Bingo (V) 11:00 Sit –n– Be Fit (All) 1:00 Craft (St) 2:00 Root Beer Floats (Cart) 3:00 Left, Right, Center (M)</p>	<p>12 8:00 Morning Chat (All) 9:00 One on One (St) 10:00 JJ Dion (LE) 11:00 Scrabble (V) 11:00 Bus Ride (St) 1:00 Craft (M) 1:00 Trivia (R) 2:00 Bus Ride (R) 2:00 Karaoke (A) 3:00 Cards (V)</p>	<p>13 8:00 Morning Chat (All) 9:00 Balloon Volleyball (St) 9:00 Trivia (M) 10:00 Walking Group (All) 11:00 Bingo (A) 1:00 Aroma Therapy (St) 2:00 Dawn Hewitt (LE) 3:00 Karaoke (V)</p>	<p>14 8:00 Morning Chat (All) 9:00 Lovely Hands (St) 10:00 Jim Dossey (LE) 11:00 Sit –n– Be Fit (All) 1:00 Trivia (V) 2:00 Bus Ride (M)</p>	<p>15 8:00 Morning Chat (All) 9:00 Tactile Boxes (St) 10:00 Bus Ride (A) 11:00 Residents Choice (R) 1:00 Bus Ride (V) 2:00 Bingo (M) 3:00 Musical Bells (St)</p>
<p>16 8:00 Morning Chat (All) 9:00 Word Searches (All) 10:00 Church Livestream (All) 11:00 Crosswords (All) 1:00 Puzzles (All) 2:00 Sudoku (All) 3:00 Color and Calm (All)</p>	<p>17 8:00 Morning Chat (All) 9:00 One on One (St) 10:00 Bingo (R) 11:00 Walking Group (M) 1:00 Bingo (A) 2:00 Chair Exercise (St) 3:00 Rummikub (V)</p>	<p>18 8:00 Morning Chat (All) 9:00 Music Therapy (St) 10:00 Bingo (V) 11:00 Sit –n– Be Fit (All) 1:00 Karaoke (St) 2:00 Sundaes (Cart) 3:00 Yahtzee (M)</p>	<p>19 8:00 Morning Chat (All) 9:00 One on One (St) 10:00 Craft (A) 10:00 Bus Ride (R) 11:00 Scrabble (V) 11:00 Bus Ride (St) 1:00 Craft (M) 1:00 Trivia (R) 2:00 Ronnee McGee (LE) 3:00 Karaoke (A)</p>	<p>20 8:00 Morning Chat (All) 9:00 Balloon Volleyball (St) 9:00 Trivia (M) 10:00 Walking Group (All) 11:00 Bingo (A) 1:00 Aroma Therapy (St) 2:00 Family Feud (R) 3:00 Karaoke (V)</p>	<p>21 8:00 Morning Chat (All) 9:00 Lovely Hands (St) 10:00 Painting (A) 11:00 Sit –n– Be Fit (All) 1:00 Trivia (V) 2:00 Bus Ride (M)</p>	<p>22 8:00 Morning Chat (All) 9:00 Tactile Boxes (St) 10:00 Bus Ride (A) 11:00 Residents Choice (R) 1:00 Bus Ride (V) 2:00 Bingo (M) 3:00 Musical Bells (St)</p>
<p>23 8:00 Morning Chat (All) 9:00 Word Searches (All) 10:00 Church Livestream (All) 11:00 Crosswords (All) 1:00 Puzzles (All) 2:00 Sudoku (All) 3:00 Color and Calm (All)</p>	<p>24 8:00 Morning Chat (All) 9:00 One on One (St) 10:00 Bingo (R) 11:00 Walking Group (M) 1:00 Bingo (A) 2:00 Chair Exercise (St) 3:00 Yahtzee (V)</p>	<p>25 8:00 Morning Chat (All) 9:00 Music Therapy (St) 10:00 Bingo (V) 11:00 Sit –n– Be Fit (All) 1:00 Craft (St) 2:00 Popcorn (Cart) 3:00 Left, Right, Center (M)</p>	<p>26 8:00 Morning Chat (All) 9:00 One on One (St) 10:00 JJ Dion (LE) 11:00 Bus Ride (St) 11:00 Scrabble (V) 1:00 Craft (M) 1:00 Trivia (R) 2:00 Bus Ride (R) 2:00 Karaoke (A) 3:00 Cards (V)</p>	<p>27 8:00 Morning Chat (All) 9:00 Balloon Volleyball (St) 9:00 Trivia (M) 10:00 Walking Group (All) 11:00 Bingo (A) 1:00 Aroma Therapy (St) 2:00 Dawn Hewitt (LE) 3:00 Karaoke (V)</p>	<p>28 8:00 Morning Chat (All) 9:00 Lovely Hands (St) 10:00 Jim Dossey (LE) 11:00 Sit –n– Be Fit (All) 1:00 Trivia (V) 2:00 Bus Ride (M)</p>	<p>29 8:00 Morning Chat (All) 9:00 Tactile Boxes (St) 10:00 Bus Ride (A) 11:00 Residents Choice (R) 1:00 Bus Ride (V) 2:00 Bingo (M) 3:00 Musical Bells (St)</p>
<p>30 8:00 Morning Chat (All) 9:00 Word Searches (All) 10:00 Church Livestream (All) 11:00 Crosswords (All) 1:00 Puzzles (All) 2:00 Sudoku (All) 3:00 Color and Calm (All)</p>	<p>31 8:00 Morning Chat (All) 9:00 One on One (St) 10:00 Bingo (R) 11:00 Walking Group (M) 1:00 Bingo (A) 2:00 Chair Exercise (St) 3:00 Rummikub (V) Trick or Treat 4:00 — 6:00pm</p>					