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

The Renaissance Reader

January 2023 Newsletter



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Stress Free in 2023

Follow your doctor's instructions and consult with them before changing your diet, exercise routine, or supplements.

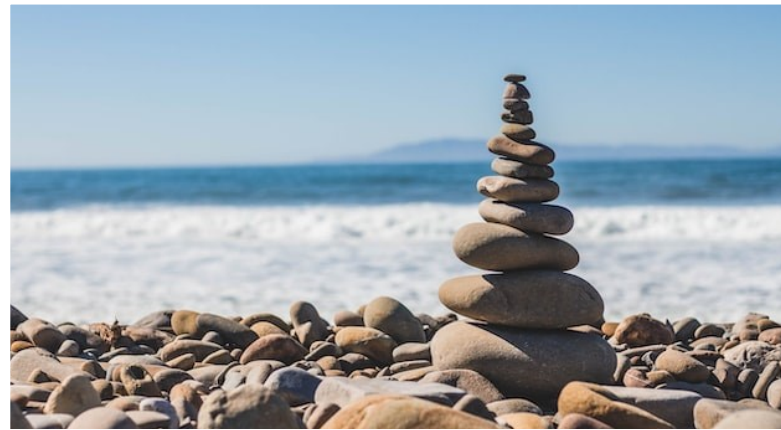
Stress affects us all. The human body uses stress responses to confront or avoid dangerous situations, but when stress occurs often enough, it can compromise one's immune system and affect overall health. While eliminating stressors may be difficult to do, changing how we respond to stressors is an achievable goal we'd love to help you with for 2023. Here are some techniques to try out.

Get Physically Active

A top recommendation when looking into stress relievers is physical activity. According to the Mayo Clinic, any aerobic activity can increase endorphins, the brain's "happy" neurotransmitters. It also can help you focus on the task at hand, resulting in calmness and positivity. If done on a regular basis, exercise can positively affect sleep, self-confidence, and mood. As for how much exercise to get, most healthy adults should aim for 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity weekly.

Practice Deep Breathing Daily

Taking time out of each day to habitually sit in a quiet space and do deep breathing for 10-20 minutes can bring great results. Harvard Health shared just how to do it: Head to a quiet spot and sit down. Breath slowly in through the nose, letting your chest and lower stomach rise as your lungs fully fill with air. Then exhale very slowly through your mouth. Doing this with eyes closed, and while imagining different images can increase your



relaxed state. Apps like Calm and Headspace can assist with deep breathing sessions.

Try Aromatherapy

Aromatherapy involves the use of essential oils inhaled through the nose or absorbed by the skin in massage. The scents from the oil act upon the hypothalamus, and in turn affect the hormonal system, according to Cleveland Clinic. The results are fast, with different scents bringing different effects. Lavender is a perfect one for stress - touted for its ability to calm, soothe, and relax people. As a Radiant Senior Living community, we use lavender oils from Red Chair Lavender in Eagle, Idaho.

Do's for Your Diet

Cortisol is a main hormone responsible for stress. Magnesium-high foods like bananas, broccoli, pumpkin seeds, and spinach help lower inflammation and metabolize cortisol. Foods high in Vitamin B, like beef, chicken, and eggs, can help the body metabolize cortisol. Those high in omega-3 fatty acid such as avocados, chia seeds, olive oil, salmon, tuna, and walnuts help lower inflammation. Good overall rules of thumb are to eat fewer processed foods and more whole foods, and to not skip meals. (Cleveland Clinic).

Let us know if these ideas have inspired you or if you have others on our facebook on the 1st.

Special Moments



Happy Birthday to our Staff & Residents:

Residents

Kathy A: Jan. 5th
Dorothy G: Jan. 7th
Carol S: Jan. 9th
Tom H: Jan. 23rd

Staff

Ashley: Jan. 23rd
Zandra: Jan 27th

January 2023 Highlights

Observes: Bath Safety, Blood Donors, Braille Literacy, Glaucoma Awareness, Cervical Health, Thyroid Awareness

Celebrates: Hobbies, Hot Tea, Menudo, Oatmeal, Slow Cooking, Soup, Brainteasers, Getting Organized, Creativity, Mentoring

01 Bloody Mary Day; Family Day	17 Classy Day; Hot Buttered Rum Day; Mentor Day
02 Cream Puff Day; Science Fiction Day	18 Peking Duck Day; Pooh Bear Day; Fancy Coffee Day
03 Chocolate Cherries Day; Wellness Day	19 Popcorn Day
04 Missouri Day; Spaghetti Day; Trivia Day	20 Buttercrunch Day; Cheese Day; Disc Jockey Day
05 Bird Day; Whipped Cream Day	21 Granola Bar Day; Squirrel Appreciation Day
06 Bean Day; Shortbread Day; Technology Day	22 Blonde Brownie Day; Polka Dot Day; Hot Sauce Day
07 Tempura Day; Fun Outside Day	23 Handwriting Day; Pie Day
08 Argyle Day; English Toffee Day; Elvis' Bday	24 Compliment Day; Peanut Butter Day
09 Apricot Day; Static Day; Police Officers' Day	25 Florida Day; Irish Coffee Day; Opposite Day
10 Bittersweet Chocolate Day; Houseplants Day	26 Green Juice Day; Peanut Brittle Day; Spouse Day
11 Arkansas Day; Milk Day; Take the Stairs Day	27 Chocolate Cake Day; National Geographic Day
12 Curry Chicken Day; Pharmacists' Day; Tea Day	28 Blueberry Pancake Day; Seed Swapping Day
13 Peach Melba Day; Sticker Day; Rubber Duck Day	29 Corn Chip Day; Puzzle Day; Carnation Day
14 Pet Dress Up Day; Hot Pastrami Sandwich Day	30 Croissant Day; Bubble Wrap Day
15 Bagel Day; Hat Day; Fresh Squeezed Juice Day	31 Backwards Day; Hot Chocolate Day
16 Martin Luther King Day; Fig Newton Day	

Our Executive Director's Corner

Dear residents, family members, and friends,

Happy New Year to all of our residents, family members, friends and providers. I hope this holiday season was nothing short of something special and that you're all looking forward to the new year and new opportunities ahead. We have been making so many exciting changes around The Renaissance including bringing on two fabulous nurses! We are extremely excited to have the opportunity to offer two excellent and skilled individuals to assist in taking the best care of our current and future residents.

Please join us in welcoming Casey our LPN who has an incredible background in resident care and a wealth of knowledge as a nurse. She spends her free time with her pups and lovely husband. Please also join us in welcoming Jennifer Shields, RN, who is an incredible nurse with a background in Home Health and implementing policy. In her free time, she likes to run a business with her husband and spend time with her kiddos.

When you see them give them a warm welcome and learn more about them!

~ Caitlyn



Staff Spotlight:
Jessica

This month our Spotlight shines on Jessica! Jessica is definitely an asset to our community. Her compassion for our residents is clear to see. She is kind, helpful, and loves to have fun with the residents. Thank you Jessica for everything you do!



Resident Spotlight:
Lucille

This month our Resident Spotlight shines on beautiful Lucille! Lucille is a gem. She loves staying fit and being involved in the activities. Lucille enjoys visiting with her housemates. Lucille is adored by all! Thank you Lucille for being your lovely self!

JANUARY 2023

The Renaissance • 2772 W Avante Loop, Coeur d' Alene, ID 83815



SUN	MON	TUE	WED	THU	FRI	SAT
1 8:00 Morning Chat (All) 9:00 Color and Calm (All) 10:00 Church Livestream (All) 11:00 Balloon Volleyball (V) 1:00 Bowling (St) 2:00 Tea Party (R) 3:00 Balloon Volleyball (M)	2 8:00 Morning Chat (All) 9:00 One on One (St) 10:00 Bingo (R) 11:00 Sit-n-Be Fit (M) 1:00 Bingo (A) 2:00 Scrabble (V) 3:00 Sit-n-Be Fit (St)	3 8:00 Morning Chat (All) 9:00 One on One (St) 9:00 <i>Family Feud</i> (A) 10:00 Bowling (M) 10:00 <i>Bingo</i> (V) 11:00 Sit-n-Be Fit (R) 11:00 <i>Sit-n-Be Fit</i> (A) 1:00 Karaoke (St) 1:00 <i>Residents Choice</i> (V) 2:00 Root Beer Float (Cart) 3:00 Bingo (M) 3:00 <i>Bowling</i> (R)	4 8:00 Morning Chat (All) 9:00 Trivia (V) 9:00 <i>One on One</i> (St) 10:00 Trivia (M) 10:00 <i>Bean Bag Toss</i> (A) 11:00 Bean Bag Toss (St) 11:00 <i>Balloon Volleyball</i> (R) 1:00 Craft (M) 1:00 <i>Trivia</i> (R) 2:00 Tea Party (V) 2:00 <i>Karaoke</i> (A) 3:00 Resident Council Meeting	5 8:00 Morning Chat (All) 9:00 What did it cost? (V) 9:00 <i>Musical Bells</i> (St) 10:00 Sit-n-Be Fit (M) 10:00 <i>Karaoke</i> (V) 11:00 Karaoke (R) 11:00 <i>Bingo</i> (A) 1:00 Aroma Therapy (St) 1:00 <i>Tea Party</i> (A) 2:00 Family Feud (R) 2:00 <i>Bowling</i> (M) 3:00 Bean Bag Toss (M) 3:00 <i>Bingo</i> (R)	6 8:00 Morning Chat (All) 9:00 Lovely Hands (St) 10:00 Water Color (A) 11:00 Trivia (R) 1:00 Bingo (V) 2:00 Tea Party (M) 3:00 Color and Calm (St)	7 8:00 Morning Chat (All) 9:00 Tactile Boxes (St) 10:00 Craft (A) 11:00 Sit-n-Be Fit (V) 1:00 Residents Choice (R) 2:00 Bingo (M) 3:00 Tea Party (St)
8 8:00 Morning Chat (All) 9:00 Color and Calm (All) 10:00 Church Livestream (All) 11:00 Balloon Volleyball (V) 1:00 Bowling (St) 2:00 Tea Party (R) 3:00 Balloon Volleyball (M)	9 8:00 Morning Chat (All) 9:00 One on One (St) 10:00 Bingo (R) 11:00 Sit-n-Be Fit (M) 1:00 Bingo (A) 2:00 Scrabble (V) 3:00 Sit-n-Be Fit (St)	10 8:00 Morning Chat (All) 9:00 One on One (St) 9:00 <i>Family Feud</i> (A) 10:00 Bowling (M) 10:00 <i>Bingo</i> (V) 11:00 Sit-n-Be Fit (R) 11:00 <i>Sit-n-Be Fit</i> (A) 1:00 Karaoke (St) 1:00 <i>Residents Choice</i> (V) 2:00 Italian Soda (Cart) 3:00 Bowling (R) 3:00 <i>Bingo</i> (M)	11 8:00 Morning Chat (All) 9:00 Trivia (V) 9:00 <i>One on One</i> (St) 10:00 JJ Dion (LE) 11:00 Bean Bag Toss (St) 11:00 <i>Balloon Volleyball</i> (R) 1:00 Craft (M) 1:00 <i>Trivia</i> (R) 2:00 Tea Party (V) 2:00 <i>Karaoke</i> (A) 3:00 Trivia (M) 3:00 <i>Cards</i> (V)	12 8:00 Morning Chat (All) 9:00 What did it cost? (V) 9:00 <i>Musical Bells</i> (St) 10:00 Sit-n-Be Fit (M) 10:00 <i>Karaoke</i> (V) 11:00 Karaoke (R) 11:00 <i>Bingo</i> (A) 1:00 Aroma Therapy (St) 1:00 <i>Tea Party</i> (A) 2:00 Dawn Hewitt (LE) 3:00 Bean Bag Toss (M) 3:00 <i>Bingo</i> (R)	13 8:00 Morning Chat (All) 9:00 Lovely Hands (St) 10:00 Water Color (A) 11:00 Trivia (R) 1:00 Bingo (V) 2:00 Tea Party (M) 3:00 Color and Calm (St) 6:30 Sip-n-Paint (sing up only)	14 8:00 Morning Chat (All) 9:00 Tactile Boxes (St) 10:00 Craft (A) 11:00 Sit-n-Be Fit (V) 1:00 Residents Choice (R) 2:00 Bingo (M) 3:00 Tea Party (St)
15 8:00 Morning Chat (All) 9:00 Color and Calm (All) 10:00 Church Livestream (All) 11:00 Balloon Volleyball (V) 1:00 Bowling (St) 2:00 Tea Party (R) 3:00 Balloon Volleyball (M)	16 8:00 Morning Chat (All) 9:00 One on One (St) 10:00 Bingo (R) 11:00 Sit-n-Be Fit (M) 1:00 Bingo (A) 2:00 Scrabble (V) 3:00 Sit-n-Be Fit (St)	17 8:00 Morning Chat (All) 9:00 One on One (St) 9:00 <i>Family Feud</i> (A) 10:00 Bowling (M) 10:00 <i>Bingo</i> (V) 11:00 Sit-n-Be Fit (R) 11:00 <i>Sit-n-Be Fit</i> (A) 1:00 Karaoke (St) 1:00 <i>Residents Choice</i> (V) 2:00 Sundae (Cart) 3:00 Bingo (M) 3:00 <i>Bowling</i> (R)	18 8:00 Morning Chat (All) 9:00 Trivia (V) 9:00 <i>One on One</i> (St) 10:00 Trivia (M) 10:00 <i>Bean Bag Toss</i> (A) 11:00 Bean Bag Toss (St) 11:00 <i>Balloon Volleyball</i> (R) 1:00 Craft (M) 1:00 <i>Trivia</i> (R) 2:00 Ronnee McGee (LE) 3:00 Trivia (M) 3:00 <i>Cards</i> (V)	19 8:00 Morning Chat (All) 9:00 What did it cost? (V) 9:00 <i>Musical Bells</i> (St) 10:00 Sit-n-Be Fit (M) 10:00 <i>Karaoke</i> (V) 11:00 Karaoke (R) 11:00 <i>Bingo</i> (A) 1:00 Aroma Therapy (St) 1:00 <i>Tea Party</i> (A) 2:00 Family Feud (R) 2:00 <i>Bowling</i> (M) 3:00 Bean Bag Toss (M) 3:00 <i>Bingo</i> (R)	20 8:00 Morning Chat (All) 9:00 Lovely Hands (St) 10:00 Water Color (A) 11:00 Trivia (R) 1:00 Bingo (V) 2:00 Tea Party (M) 3:00 Color and Calm (St)	21 8:00 Morning Chat (All) 9:00 Tactile Boxes (St) 10:00 Craft (A) 11:00 Sit-n-Be Fit (V) 1:00 Residents Choice (R) 2:00 Bingo (M) 3:00 Tea Party (St)
22 8:00 Morning Chat (All) 9:00 Color and Calm (All) 10:00 Church Livestream (All) 11:00 Balloon Volleyball (V) 1:00 Bowling (St) 2:00 Tea Party (R) 3:00 Balloon Volleyball (M)	23 8:00 Morning Chat (All) 9:00 One on One (St) 10:00 Bingo (R) 11:00 Sit-n-Be Fit (M) 1:00 Bingo (A) 2:00 Scrabble (V) 3:00 Sit-n-Be Fit (St)	24 8:00 Morning Chat (All) 9:00 One on One (St) 9:00 <i>Family Feud</i> (A) 10:00 Bowling (M) 10:00 <i>Bingo</i> (V) 11:00 Sit-n-Be Fit (R) 11:00 <i>Sit-n-Be Fit</i> (A) 1:00 Karaoke (St) 1:00 <i>Residents Choice</i> (V) 2:00 Strawberry Sundae (Cart) 3:00 Bowling (R) 3:00 <i>Bingo</i> (M)	25 8:00 Morning Chat (All) 9:00 Trivia (V) 9:00 <i>One on One</i> (St) 10:00 JJ Dion (LE) 10:00 <i>Bean Bag Toss</i> (A) 11:00 Bean Bag Toss (St) 11:00 <i>Balloon Volleyball</i> (R) 1:00 Craft (M) 1:00 <i>Trivia</i> (R) 2:00 Tea Party (V) 2:00 Karaoke (A) 3:00 Trivia (M) 3:00 <i>Cards</i> (V)	26 8:00 Morning Chat (All) 9:00 What did it cost? (V) 9:00 <i>Musical Bells</i> (St) 10:00 Sit-n-Be Fit (M) 10:00 <i>Karaoke</i> (V) 11:00 Karaoke (R) 11:00 <i>Bingo</i> (A) 1:00 Aroma Therapy (St) 1:00 <i>Tea Party</i> (A) 2:00 Dawn Hewitt (LE) 3:00 Bean Bag Toss (M) 3:00 <i>Bingo</i> (R)	27 8:00 Morning Chat (All) 9:00 Lovely Hands (St) 10:00 Water Color (A) 11:00 Trivia (R) 1:00 Bingo (V) 2:00 Tea Party (M) 3:00 Color and Calm (St)	28 8:00 Morning Chat (All) 9:00 Tactile Boxes (St) 10:00 Craft (A) 11:00 Sit-n-Be Fit (V) 1:00 Residents Choice (R) 2:00 Bingo (M) 3:00 Tea Party (St)
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