



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:**  
Caitlyn Stolz  
**Wellness Director:**  
Julie, Megan & Macy  
**Wellness Nurse:**  
Casey and Jennifer  
**Business Office Director:**  
Nicole Gose  
**Life Enrichment Director:**  
Stacy Pearson  
**Dining Services Director:**  
Jay Hehr

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

# The Renaissance Reader

February 2023 Newsletter



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# February is for Heart Health

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

It's American Heart Month, a time when we can all focus on cardiovascular health. There are actions we can take to know more about heart health, and to help improve it for ourselves.

Knowing heart-health risk factors is an important part in learning about heart healthy living. Risk factors include high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol.

According to Harvard Health Publishing, preventative measures for a healthier heart include controlling high blood pressure, high cholesterol, and excess weight, not smoking and having long-term healthy habits for diet, exercise, and sleep. It is also helpful to reduce alcohol consumption.

In order to help you measure how heart healthy you are, it is important to know your cholesterol, blood pressure, and blood glucose levels. With your health provider, you can determine if there are goals you should set to help you improve your heart health.

Lifestyle recommendations that many can benefit from include getting regular physical activity and following a healthy diet.

Going for a daily walk is great for weight management and the heart. The National Heart, Lung & Blood Institute recommends 30 minutes of moderate-level physical activity on



Heart healthy diets include plenty of vegetables!

most days of the week. Aerobic activity should be done in sessions of at least 10 minutes. A creative way to increase your activity level is to add extra distance or movement when you are traveling to or from a destination.

As for eating, the American Heart Association lists a heart healthy diet as one that is rich in fruits, vegetables, whole-grains, low-fat dairy, skinless poultry and fish, nuts and legumes, and non-tropical vegetable oils. It limits saturated and trans fats, red meat, sweets, sugar-sweet beverages, and sodium. Items high in salt include tomato juice, soy sauce, and many prepared foods. The DASH Diet is a recommended one by the NHLBI.

Managing stress is also important when it comes to heart health, and can be approached with mindfulness meditation, deep breathing, and physical activity.

Let us know what heart healthy choices you make on our Facebook post for this month's newsletter.

# Special Moments



**Happy Birthday to our Staff & Residents:**

## **Residents:**

**Thelma S: Feb. 7th**  
**Violetta Z: Feb. 13th**  
**Virginia H: Feb. 21st**  
**Evelyn S: Feb. 28th**

## **Staff:**

**Brandy U: Feb. 5th**  
**Jessica S: Feb. 7th**  
**Anne D: Feb. 8th**  
**Emily S: Feb. 14th**  
**Jennifer S: Feb. 15th**  
**Caitlyn S: Feb. 22nd**



# February 2023 Highlights

**Observes:** Cancer Prevention, Self-Checks, American Heart Month, Black History, Heart Health

**Celebrates:** Canned Foods, American Pies, Baking, Bird Feeding, Cherries, Libraries, Hot Breakfast, Embroidery, Vegan Cuisine

01 Baked Alaska Day, Dark Chocolate Day	15 Gumdrops Day, Wisconsin Day, World Hippo Day
02 Groundhog Day, Tater Tot Day, Ukulele Day	16 Almond Day, Innovation Day
03 Bubble Gum Day, Carrot Cake Day	17 Cabbage Day, Caregivers' Day, Kind Acts Day
04 Homemade Soup Day, Fun Outside Day	18 Wine Day, Pluto Day
05 Nutella Day, Yorkshire Pudding Day	19 Arabian Horse Day, Chocolate Mint Day
06 Frozen Yogurt Day, Chopsticks Day	20 President's Day, Cherry Pie Day, Pet Love Day
07 Fettuccine Alfredo Day, Send a Card Day	21 Mardi Gras, Sticky Bun Day, Pancake Day
08 Boy Scouts' Day, Opera Day, Molasses Bar Day	22 Ash Wednesday, Sweet Potato Day, Yoga Day
09 Bagel & Lox Day, Donate Day, Pizza Day	23 Banana Bread Day, Chili Day, Toast Day
10 Cream Cheese Brownie Day	24 Tortilla Chip Day, Tartar Sauce Day
11 Movie Day, Inventor Day, Peppermint Patty Day	25 Chocolate Coated Nuts Day, Clam Chowder Day
12 Plum Pudding Day, Pork Rind Day	26 Pistachio Day, Tell a Fairy Tale Day
13 Cheddar Day, Tortellini Day, World Radio Day	27 Polar Bear Day, Retro Day, Strawberry Day
14 Valentine's Day, Cream-Filled Chocolate Day	28 Chocolate Souffle Day, Floral Design Day

*"February is the border between winter and spring."  
— Terri Guillemets, Years*

## Our Executive Director's Corner

Dear residents, family members, and friends,

We are hopeful that your New Year is off to a wonderful start just like ours has been at The Renaissance! You will be seeing a lot of new fabulous faces around here as our leadership team has been working diligently to hire and train great new people to care for your amazing loved ones.

We have been enjoying tea parties, themed paint and sips and much more fun around here and there is even more to come! This month we have a Valentine's Dance that is themed to warm your heart!

We would love for you to stop by for a visit and join us for an activity or a cup of coffee soon!

~ Caitlyn



**Staff Spotlight:**  
*Dillan*

**This month we would like to shine our Staff Spotlight on Dillan. Dillan does an extraordinary job in his daily tasks and is always patient, kind and offering an extra hand to our residents and team. It doesn't take long to see that Dillan has a kind caring heart. The residents adore him and that's no surprise!**




**Resident Spotlight:**  
*Loretta*

**This month we would like to shine our spotlight on Loretta. Loretta is a sweet lady and she is known for being the life of the party. Loretta loves music and she loves to dance. Loretta's smile brightens the room and her hugs are the best! Thank You Loretta for your sugar and spice and everything nice!!**



# FEBRUARY 2023

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

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.			1 8:00 Morning Chat (All) 9:00 Trivia (V) 9:00 <i>One on One (St)</i> 10:00 Trivia (M) 10:00 <i>Bean Bag Toss (A)</i> 11:00 Bus Ride (St) 11:00 <i>Balloon Volleyball (A)</i> 1:00 Craft (M) 1:00 <i>Trivia (R)</i> 2:00 Karaoke (A) 2:00 <i>Movie/Popcorn (V)</i> 3:00 <b>Resident Council Meeting</b>	2 8:00 Morning Chat (All) 9:00 What did it cost? (V) 9:00 <i>Musical Bells (St)</i> 10:00 Sit-n-Be Fit (M) 10:00 <i>Karaoke (V)</i> 11:00 Karaoke (R) 11:00 <i>Bingo (A)</i> 1:00 Aroma Therapy (St) 1:00 <i>Tea Party (A)</i> 2:00 <b>Dawn Hewitt (LE)</b> 3:00 <i>Bean Bag Toss (M)</i> 3:00 <i>Bingo (R)</i>	3 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 Popcorn/Movie (M) 3:00 Color and Calm (St)	4 8:00 Morning Chat (All) 9:00 Tactile Boxes (St) 10:00 Word Games (A) 11:00 Sit-n-Be Fit (V) 1:00 Color and Calm (St) 2:00 Popcorn/Movie (R) 3:00 Bingo (M)
5 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 Left, Right, Center (R) 3:00 Balloon Volleyball (M)	6 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)	7 8:00 Morning Chat (All) 9:00 What did it Cost? (A) 9:00 <i>One on One (St)</i> 10:00 Brain Teasers (M) 10:00 <i>Bingo (V)</i> 11:00 Sit-n-Be Fit (R) 11:00 <i>Sit-n-Be Fit (A)</i> 1:00 Karaoke (St) 1:00 <i>Residents Choice (V)</i> 2:00 <b>Banana Sundae (Cart)</b> 3:00 Bowling (R) 3:00 <i>Bingo (M)</i>	8 8:00 Morning Chat (All) 9:00 Trivia (V) 9:00 <i>One on One (St)</i> 10:00 <b>JJ Dion (LE)</b> 11:00 Bean Bag Toss (St) 11:00 <i>Balloon Volleyball (A)</i> 1:00 Craft (M) 1:00 <i>Trivia (R)</i> 2:00 Karaoke (A) 2:00 <i>Bus Ride (V)</i> 3:00 Trivia (M) 3:00 <i>Cards (V)</i>	9 8:00 Morning Chat (All) 9:00 What did it cost? (V) 9:00 <i>Musical Bells (St)</i> 10:00 Sit-n-Be Fit (M) 10:00 <i>Karaoke (V)</i> 11:00 Karaoke (R) 11:00 <i>Bingo (A)</i> 1:00 Aroma Therapy (St) 1:00 <i>Tea Party (A)</i> 2:00 Family Feud (R) 2:00 <i>Rummikub (M)</i> 3:00 Bowling (St) 3:00 <i>Bingo (R)</i>	10 8:00 Morning Chat (All) 9:00 Lovely Hands (St) 10:00 <b>Jim Dossey (LE)</b> 11:00 Trivia (R) 1:00 Bingo (V) 2:00 Bus Ride (M) 3:00 Color and Calm (St)	11 8:00 Morning Chat (All) 9:00 Tactile Boxes (St) 10:00 Word Games (A) 11:00 Sit-n-Be Fit (V) 1:00 Color and Calm (St) 2:00 Bus Ride (R) 3:00 Bingo (M)
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