



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

Stamp



Leadership Team
Phone: 208.664.6116
Email: info@assistedlivingcda.com
Website: assistedlivingcda.com
Facebook: [Facebook.com/TheRenaissanceAssistedLivingAtCoeurDALene](https://www.facebook.com/TheRenaissanceAssistedLivingAtCoeurDALene)
Executive Director:
Kirk Goodin
Wellness Nurse:
Jennifer
LPN:
Julie
Wellness Directors:
Julie, Megan & Shantel
Business Office Director:
Nicole Gose
Life Enrichment Director:
Stacy Pearson
Dining Services Director:
Jay Hehr
Maintenance Director:
Rylan Cramblit



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

The Renaissance Reader

July 2023 Newsletter



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All About UV Safety: Summer Skin Protection Tips

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

It's a delight for many when colder weather gives way to warm and hot sunny days that allow for fun outdoor activities. It's also a great time to refresh knowledge about sun safety. This UV Safety Month, tune in to learn some safety tips for greeting golden rays.

If you're one who loves to head out into the sunshine, you're likely drawn to its benefits, from stress reduction and the opportunity for physical activity to the Vitamin D boost it brings. That being said, it's smart to know about its risks. A little UV-ray knowledge can go a long way toward protecting you outside.

UV Rays are invisible and are part of energy from the sun (as well as from sun lamps and tanning beds). UV rays that reach the Earth include UVA and UVB. UVA rays have the lowest energy of UV rays, but can cause aging in skin cells and indirect damage to cell DNA. They can damage the skin, cause wrinkles, and may have a role in some skin cancers. UVB rays bring more energy, can damage skin cells directly, and bring sunburn. They are the cause of most skin cancers. (American Cancer Society).

Avoiding the harmful effects of the sun's rays, while enjoying the sun's benefits can be as easy as setting up some routine sun rules. Before you head outside, consider these tips from the American Academy of Dermatology:

- Know that even when it doesn't seem like the sun could affect you, it can. The sun's UV rays can reach you on cloudy or cool



days, and they can reflect off of water, snow, sand, and cement.

- Apply a generous amount of broad-spectrum and water-resistant sunscreen with an SPF of at least 30 to all exposed skin 30 minutes before going out. Make sure to re-apply it every two hours and after sweating or going in water. Don't forget to cover your lips, ears, back of neck and tops of feet and hands. Wearing an SPF 15 lip balm is also a good idea.
- Dress in protective clothing, such as a long-sleeved shirt and pants in tightly-woven fabric, along with a wide brimmed hat and sunglasses.
- Know when to seek shade. The sun's rays are strongest between 10 am and 4 pm.
- Be aware that some medications can make us more sensitive to the sun. Read labels carefully in case of sun restrictions.
- Check out your local UV Index online for the level of UV exposure currently in your area. The lower the number, the safer it is.

We hope you feel confident to embrace summer fun under the sun. Let us know your outdoor plans on our Facebook on the 1st.

Special Moments



Happy Birthday to our Residents and Staff:

Residents:

- MaryDell R: July 3rd
- Darryl G: July 4th
- Mary W: July 13th
- Gayle W: July 14th

Staff:

- Jay H: July 5th
- Megan T: July 9th
- Kirk G: July 18th
- Brittany L: July 23rd
- Susie S: July 23rd
- Jade W: July 28th

July 2023 Highlights

Observes: Eye Injury Prevention, Minority Mental Health, Social Wellness, and UV Safety

Celebrates: Blueberries, Baked Beans, Culinary Arts, Grilling, Horseradish, Hot Dogs, Ice Cream, Peaches, Picnics, and Watercolors

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| 01: Postal Worker Day; Creative Ice Cream Day | 16: Corn Fritters Day; Ice Cream Day |
| 02: Anisette Day; Wildland Firefighter Day | 17: Lottery Day; Peach Ice Cream Day; Emoji Day |
| 03: Chocolate Wafer Day; Fried Clams Day | 18: Caviar Day; Sour Candy Day |
| 04: Barbecued Spareribs Day; Caesar Salad Day | 19: Daiquiri Day; Hot Dog Day |
| 05: Apple Turnover Day; Graham Cracker Day | 20: Fortune Cookie Day; Lollipop Day; Moon Day |
| 06: Fried Chicken Day; Hand Roll Day | 21: Be Someone Day; Junk Food Day |
| 07: Macaroni Day; Strawberry Sundae Day | 22: Mango Day; Penuche Fudge Day; Cowboy Day |
| 08: Chocolate with Almonds Day; Freezer Pop Day | 23: Gorgeous Grandma Day; Parents' Day |
| 09: Dimples Day; Sugar Cookie Day | 24: Amelia Earhart Day; Drive-Thru Day |
| 10: Clerihew Day; Kitten Day; Pina Colada Day | 25: Hot Fudge Sundae Day; Wine & Cheese Day |
| 11: 7-Eleven Day; Blueberry Muffin Day; Mojito Day | 26: Bagelfest Day; Coffee Milkshake Day |
| 12: Eat Jello Day; Pecan Pie Day; Simplicity Day | 27: Intern Day; Crème Brûlée Day; Chili Dog Day |
| 13: Barbershop Music Day; Beans 'N' Franks Day | 28: Milk Chocolate Day; Waterpark Day |
| 14: Mac & Cheese Day; Collector Car Day; Fries Day | 29: Chicken Wing Day; Lasagna Day; Lipstick Day |
| 15: Love Horses Day; Tapioca Pudding Day | 30: Father-in-Law Day; Cheesecake Day |
| | 31: Avocado Day; Raspberry Cake Day; Mutt Day |

Our Executive Director's Corner

Dear residents, family members, and friends,

Wow! School is out and so is the sunshine!

We have many activities in July, and of course the 4th celebrations! Please come see us all at the Renaissance we would love to host a meal for you and your loved one. It is so nice to see all of our residents enjoying the gardening club and evening conversations under the shade!

See you all soon!



Staff Spotlight:

Lisa

This month our Staff Spotlight shines on Lisa.

It's no surprise Lisa was voted employee of the month. She takes pride in her work and it shows. Our residents are her top priority—their hearts desires, needs, and wants are what you'll find her focused on.

Thank you, Lisa, for everything you do to ensure that our residents are happy, healthy and well cared for!

You are greatly appreciated!



Resident Spotlight:

Gerda

This month our Resident Spotlight is shining on Gerda. Gerda is very personable, and in the short time she's been here has made many friends. Her fellow residents and staff alike enjoy her company.


Gerda loves taking walks and our outings on the bus.

It's a joy getting to know this lovely lady.

Thank you Gerda for being so kind and sweet. We are happy to have you as part of the Renaissance family!

JULY 2023

The Renaissance • 2772 W Avante Lp . 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 Tactile Boxes (St) 10:00 Bus Ride (A) 11:00 Sit-n-Be Fit (V) 1:00 John Frayer (LE) 2:00 Cards (R) 3:00 Bingo (M)
2 8:00 Morning Chat (All) 9:00 One on One (St) 10:00 Church Livestream (All) 11:00 Connect Four (V) 1:00 Lovely Hands (A) 2:00 Roll the Dice (R) 3:00 Walking Group (M)	3 8:00 Morning Chat (All) 9:00 One on One (St) 10:00 Sit-n-Be Fit (M) 11:00 Soak up the Sun (St) 1:00 Walking Group (A) 2:00 Board Games (V) 3:00 Dance Party (St)	4 Happy Independence Day! 8:00 Morning Chat (All) 9:00 One on One (St) 9:00 <i>Chicken Soup for the Soul (A)</i> 10:00 Walking Group (V) 10:00 <i>Rummikub (M)</i> 11:00 Sit-n-Be Fit (R) 11:00 <i>Sit-n-Be Fit (A)</i> 1:00 Lovely Hands (V) 1:00 <i>Karaoke (St)</i> 2:00 Red, White and Blue Sundae (Cart) 3:00 Garden Club (All) 3:00 <i>Mystery Hour (R)</i>	5 8:00 Morning Chat (All) 9:00 Trivia (V) 9:00 <i>One on One (St)</i> 10:00 Balloon Volleyball (A) 10:00 <i>Trivia (M)</i> 11:00 Bus Ride (R/V) 1:00 Residents Choice (M) 1:00 <i>Trivia (R)</i> 2:00 Arts-n-Crafts (V) 2:00 <i>Karaoke (A)</i> 3:00 Puzzles (St) 3:00 <i>Craft (M)</i>	6 8:00 Morning Chat (All) 9:00 What Did it Cost? (V) 9:00 Make Music (St) 10:00 Sit-n-Be Fit (M) 10:00 Lovely Hands (R) 11:00 Arts-n-Crafts (R) 11:00 Bingo (A) 1:00 Word Games (M) 1:00 Reading Group (A) 2:00 Dawn Hewitt (LE) 3:00 Karaoke (V) 3:00 Bingo (R)	7 8:00 Morning Chat (All) 9:00 Lovely Hands (St) 10:00 Trivia (R) 11:00 Let's Paint (A) 1:00 Bingo (V) 2:00 Bus Ride (M)	8 8:00 Morning Chat (All) 9:00 Tactile Boxes (St) 10:00 Bus Ride (A) 11:00 Sit-n-Be Fit (V) 1:00 One on One (St) 2:00 Cards (R) 3:00 Bingo (M)
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