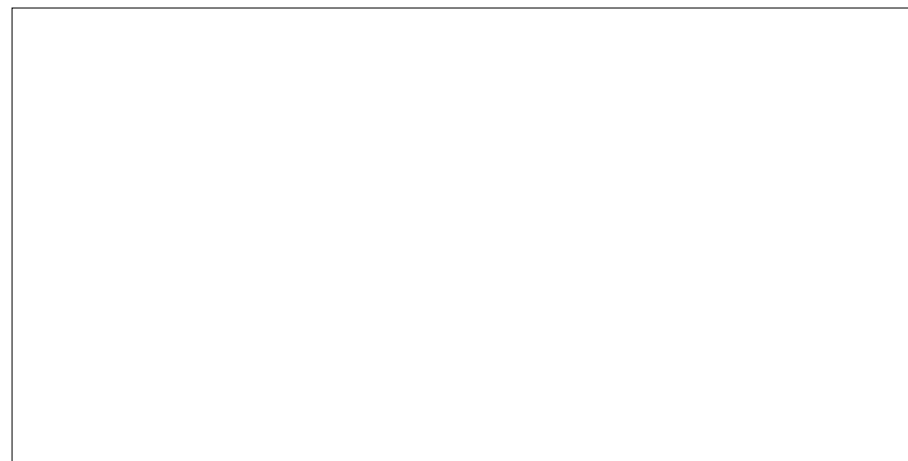




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Stamp



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Wellness Directors:
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Business Office Director:
Nicole Gose
Life Enrichment Director:
Stacy Pearson
Dining Services Director:
Jay Hehr
Maintenance Director:
Ryan Cramblit



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

The Renaissance Reader

August 2023 Newsletter



2 Ways to Increase Happiness
3 Team & Resident Spotlight
4 - 5 Activities Calendar

6 Highlights & Our ED's Corner
7 Special Moments & Birthdays
8 Mission & Team

10 Ways to Increase Happiness: Some You Wouldn't Have Guessed!

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

"Come on get happy," so goes the Partridge Family theme song. But is it that easy? We hope to make it so with tips we've gathered toward happiness for older adults. Come on read along!

There are many different types of steps you can take to make a difference toward your happiness. Here are some actions to consider:

- **Keep connected.** Build and maintain social connections to boost mood, reduce stress, and improve self-esteem, per PsychCentral.
 - Stop and smell the roses. Enjoy moments as they come by focusing on the present.
 - **Brighten someone's day.** Lifting another person's mood with a kind comment can also benefit you by making you feel good.
 - **Make your living space your own.** A recent study showed when living spaces reflect the personality and preferences of their inhabitants, older adults reported an increased sense of well-being.
 - **Learn.** Investing time and energy into learning brings a sense of purpose and increased feelings of positivity.
 - **Laugh.** If you can tune into a source that will make you laugh each day, do it. Laughing lowers the stress hormone cortisol and increases endorphins for a happy boost.
- **Eat a healthy diet.** Make sure to consult your health professional to find out dietary advice specific to you. For most seniors, the plate should look like a rainbow with lean protein, fruits and vegetables, whole grains, and low-fat dairy, per the National Council on Aging. MyPlate.gov is a great source for plate specifics based on age.
 - **Keep hydrated.** The NCOA recommends drinking small amounts of fluids consistently through the day.
 - **Stay physically active.** Adults 65 and over ought to have a least 150 minutes of moderate intensity activity weekly, per the CDC.
 - **Address hearing challenges and consider using a hearing aid to help with hearing loss.** The University of Michigan conducted a 2019 study that found seniors who got a hearing aid when diagnosed with hearing loss had reduced depression and anxiety, as well as a reduced risk for falling.

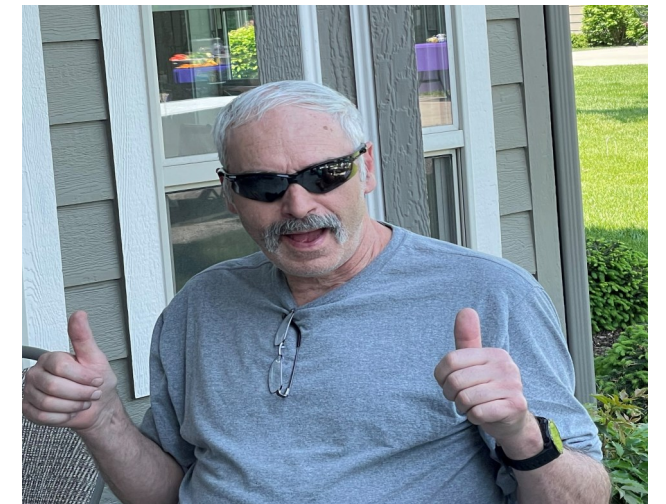
Physical health also plays a large role in how we feel. The way that we treat our bodies can go a long way, even as we face conditions that affect us. Prioritizing some key areas can boost happiness.



Try starting a daily gratitude journal. It can become your go-to happy spot!

Do you have a special tip for boosting your happiness that we haven't shared? We'd love to hear it on our Facebook post for this month's newsletter.

Special Moments



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

Marilyn J : Aug. 7th

Judi C : Aug. 11th

Bonnie C : Aug. 28th
Staff:

Aunaleah : Aug. 12th

Shantell B : Aug. 16th

Lisa H : Aug. 18th

Cole F : Aug. 19th

Susan B : Aug. 26th

Emma R: Aug. 30th

August 2023 Highlights

Observes: Children's Eye Health, Eye Exams, Medic Alert Awareness, Immunizations, Water Quality, and Wellness

Celebrates: Black Businesses, Catfish, Crayons, Dogs, Family Fun, Goat Cheese, Golf, Happiness, Heading Back to School, Peace, and Sandwiches

01: Raspberry Cream Pie Day; Intl. Mahjong Day
02: Coloring Book Day; Ice Cream Sandwich Day
03: Georgia Day; Watermelon Day; IPA Day
04: Choc Chip Cookie Day; Beer Day
05: Oyster Day; Disc Golf Day; Mustard Day
06: Family Day; Root Beer Float Day; Sisters' Day
07: Lighthouse Day; Raspberries N' Cream Day
08: Frozen Custard Day; Sleep Under Stars Night
09: Book Lovers Day; Rice Pudding Day
10: Connecticut Day; S'mores Day
11: Sons & Daughters' Day; Raspberry Bombe Day
12: Julienne Fries Day; Vinyl Day; Bowling Day
13: Filet Mignon Day; Prosecco Day
14: Creamsicle Day; V-J Day; Spirit of '45 Day
15: Leathercraft Day; Lemon Meringue Pie Day

16: Airborne Day; Rum Day; Tell a Joke Day
17: Black Cat Day; Thrift Shop Day
18: Fajita Day; Ice Cream Pie Day; Pinot Noir Day
19: Aviation Day; Potato Day; Soft Ice Cream Day
20: Chocolate Pecan Pie Day; Radio Day
21: Seniors' Day; Spumoni Day
22: Be An Angel Day; Pecan Torte Day
23: Cuban Sandwich Day; Sponge Cake Day
24: Maryland Day; Peach Pie Day; Waffle Day
25: Banana Split Day; Park Service Founders Day
26: Cherry Popsicle Day; Dog Day
27: Just Because Day; Pots Dè Crème Day
28: Bow Tie Day; Cherry Turnover Day
29: Chop Suey Day; Lemon Juice Day
30: Beach Day; Toasted Marshmallow Day
31: Eat Outside Day; Trail Mix Day

A message from our Registered Nurse, Jennifer

Summertime brings sunshine and beautiful days to be outdoors, but it can be a dangerous time for our very young and senior loved ones. Staying hydrated can be difficult. Remember that it doesn't have to be water! Caffeine-free tea, popsicles, jello, low sugar juices, melons, grapes and many other juicy fruits and veggies can also be a great way to stay cool and hydrated while enjoying the best summer has to offer.

Have a safe and fun summer!



Staff Spotlight:

Azariah

This month the Staff Spotlight shines on Azariah.

Azariah is such an asset to our community.

He is such a kind, sweet and compassionate young man.

He is always willing to jump in and do what needs to be done.

His calm and caring nature is apparent in everything he does.

Thank You Azariah for all you do! Your hard work and devotion to our community is greatly appreciated!



Resident Spotlight:

Nancy

This month our Resident Spotlight shines on Nancy.

Nancy is always in a good mood and her enthusiasm is contagious!

Nancy loves many genres of music and she has a beautiful singing voice. It is always a treat to hear her sing.

Nancy loves music, crafts, and bus rides.

Thank you Nancy for being such a sweet and lovely addition to the Renaissance family

AUGUST 2023

The Renaissance •

2772 W Avante Lp. 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</p> <p>8:00 Morning Chat (All) 9:00 Soup for the Soul (St) 9:00 Soup for the Soul (A) 10:00 Walking Group (V) 10:00 Garden Club (M) 11:00 Sit-n-Be Fit (R) 11:00 Sit-n-Be Fit (A) 1:00 Lovely Hands (V) 1:00 Karaoke (St) 2:00 Huckleberry Soda (Cart) 3:00 Rummikub (M) 3:00 Mystery Hour (R)</p>	<p>2 Wacky Hair Wednesday</p> <p>8:00 Morning Chat (All) 9:00 Craft (St) 10:00 Balloon Volleyball (A) 10:00 Trivia (M) 11:00 Bus Ride (R) 1:00 Walking Group (St) 1:00 Trivia (R) 2:00 Bus Ride (V) 2:00 Karaoke (A) 3:00 Craft (M)</p>	<p>3</p> <p>8:00 Morning Chat (All) 9:00 Make Music (St) 9:00 What Did it Cost (V) 10:00 Sit-n-Be Fit (M) 11:00 Arts-n-Crafts (R) 1:00 Word Games (M) 1:00 Reading Group (A) 2:00 Dawn Hewitt (LE) 3:00 Karaoke (V) 3:00 Bingo (A)</p>	<p>4</p> <p>8:00 Morning Chat (All) 9:00 Trivia (R) 10:00 Bus Ride (St) 11:00 Let's Paint (A) 1:00 Bingo (V) 2:00 Bus Ride (M)</p>	<p>5</p> <p>8:00 Morning Chat (All) 9:00 Soup for the Soul (St) 10:00 Bus Ride (A) 11:00 Sit-n-Be Fit (V) 1:00 John Frayer (LE) 2:00 Bingo (M/R) 3:00 Disco Dance Party (A)</p>
	<p>6</p> <p>8:00 Morning Chat (All) 9:00 One on One (St) 10:00 Church Livestream (All) 11:00 Connect Four (V) 1:00 Rosary (A) 2:00 Card Games (R) 3:00 Walking Group (M)</p>	<p>7</p> <p>8:00 Morning Chat (All) 9:00 One on One (St) 10:00 Sit-n-Be Fit (M) 11:00 Let's Paint! (V) 1:00 Walking Group (A) 2:00 Board Games (R) 3:00 Sit-n-Be Fit (St)</p>	<p>8</p> <p>8:00 Morning Chat (All) 9:00 Soup for the Soul (St) 9:00 Soup for the Soul (A) 10:00 Walking Group (V) 10:00 Garden Club (M) 11:00 Sit-n-Be Fit (R) 11:00 Sit-n-Be Fit (A) 1:00 Lovely Hands (V) 1:00 Karaoke (St) 2:00 Brownie Sundae (Cart) 3:00 Rummikub (M) 3:00 Mystery Hour (R)</p>	<p>9</p> <p>8:00 Morning Chat (All) 9:00 One on One (St) 9:00 Trivia (V) 10:00 Balloon Volleyball (A) 10:00 Trivia (M) 11:00 Bus Ride (R) 1:00 Walking Group (St) 1:00 Trivia (R) 2:00 Ronnie McGee (LE) 3:00 Craft (M)</p>	<p>10</p> <p>8:00 Morning Chat (All) 9:00 Make Music (St) 9:00 What Did it Cost (V) 10:00 Sit-n-Be Fit (M) 11:00 Arts-n-Crafts (R) 1:00 Word Games (M) 1:00 Reading Group (A) 2:00 Soak up the Sun (St) 3:00 Karaoke (V) 3:00 Bingo (A)</p>	<p>11</p> <p>8:00 Morning Chat (All) 9:00 Trivia (R) 10:00 Bus Ride (St) 11:00 Let's Paint (A) 1:00 Bingo (V) 2:00 Bus Ride (M)</p>
	<p>13</p> <p>8:00 Morning Chat (All) 9:00 One on One (St) 10:00 Church Livestream (All) 11:00 Connect Four (V) 1:00 Rosary (A) 2:00 Card Games (R) 3:00 Walking Group (M)</p>	<p>14</p> <p>8:00 Morning Chat (All) 9:00 One on One (St) 10:00 Sit-n-Be Fit (M) 11:00 Poetry (R) 1:00 Walking Group (A) 2:00 Board Games (V) 3:00 Sit-n-Be Fit (St)</p>	<p>15</p> <p>8:00 Morning Chat (All) 9:00 Soup for the Soul (St) 9:00 Soup for the Soul (A) 10:00 Walking Group (V) 10:00 Garden Club (M) 11:00 Sit-n-Be Fit (R) 11:00 Sit-n-Be Fit (A) 1:00 Lovely Hands (V) 1:00 Karaoke (St) 2:00 Root beer Float (Cart) 3:00 Rummikub (M) 3:00 Mystery Hour (R)</p>	<p>16</p> <p>8:00 Morning Chat (All) 9:00 Craft (St) 10:00 Balloon Volleyball (A) 10:00 Trivia (M) 11:00 Bus Ride (R) 1:00 Walking Group (St) 1:00 Trivia (R) 2:00 Bus Ride (V) 2:00 Karaoke (A) 3:00 Craft (M)</p>	<p>17</p> <p>8:00 Morning Chat (All) 9:00 Make Music (St) 9:00 What Did it Cost (V) 10:00 JJ Dion (LE) 11:00 Arts-n-Crafts (R) 1:00 Word Games (M) 1:00 Reading Group (A) 2:00 Soak up the Sun (St) 3:00 Karaoke (V) 3:00 Bingo (A)</p>	<p>18</p> <p>8:00 Morning Chat (All) 9:00 Trivia (R) 10:00 Bus Ride (St) 11:00 Let's Paint (A) 1:00 Bingo (V) 2:00 Bus Ride (M)</p>
	<p>20</p> <p>8:00 Morning Chat (All) 9:00 One on One (St) 10:00 Church Livestream (All) 11:00 Connect Four (V) 1:00 Rosary (A) 2:00 Card Games (R) 3:00 Walking Group (M)</p>	<p>21</p> <p>8:00 Morning Chat (All) 9:00 One on One (St) 10:00 Sit-n-Be Fit (M) 11:00 Lets Paint (V) 1:00 Walking Group (A) 2:00 Board Games (R) 3:00 Sit-n-Be Fit (St)</p>	<p>22</p> <p>8:00 Morning Chat (All) 9:00 Soup for the Soul (St) 9:00 Soup for the Soul (A) 10:00 Walking Group (V) 10:00 Garden Club (M) 11:00 Sit-n-Be Fit (R) 11:00 Sit-n-Be Fit (A) 1:00 Lovely Hands (V) 1:00 Karaoke (St) 2:00 Cookie (Cart) 3:00 Rummikub (M) 3:00 Mystery Hour (R)</p>	<p>23</p> <p>8:00 Morning Chat (All) 9:00 One on One (St) 9:00 Trivia (V) 10:00 Balloon Volleyball (A) 10:00 Trivia (M) 11:00 Bus Ride (R) 1:00 Walking Group (St) 1:00 Trivia (R) 2:00 Bus Ride (V) 2:00 Karaoke (A) 3:00 Craft (M)</p>	<p>24</p> <p>8:00 Morning Chat (All) 9:00 Make Music (St) 9:00 What Did it Cost (V) 10:00 Sit-n-Be Fit (M) 11:00 Arts-n-Crafts (R) 1:00 Word Games (M) 1:00 Reading Group (A) 2:00 Soak up the Sun (St) 3:00 Karaoke (V) 3:00 Bingo (A)</p>	<p>25</p> <p>8:00 Morning Chat (All) 9:00 Trivia (R) 10:00 Jim Dossey (LE) 11:00 Let's Paint (A) 1:00 Bingo (V) 2:00 Bus Ride (M)</p>
	<p>27</p> <p>8:00 Morning Chat (All) 9:00 One on One (St) 10:00 Church Livestream (All) 11:00 Connect Four (V) 1:00 Rosary (A) 2:00 Card Games (R) 3:00 Walking Group (M)</p>	<p>28</p> <p>8:00 Morning Chat (All) 9:00 One on One (St) 10:00 Sit-n-Be Fit (M) 11:00 Poetry (R) 1:00 Walking Group (A) 2:00 Board Games (V) 3:00 Sit-n-Be Fit (St)</p>	<p>29</p> <p>8:00 Morning Chat (All) 9:00 Chicken Soup for the Soul (St) 9:00 Chicken Soup for the Soul (A) 10:00 Walking Group (V) 10:00 Garden Club (M) 11:00 Sit-n-Be Fit (R) 11:00 Sit-n-Be Fit (A) 1:00 Lovely Hands (V) 1:00 Karaoke (St) 2:00 Banana Split (Cart) 3:00 Rummikub (M) 3:00 Mystery Hour (R)</p>	<p>30</p> <p>8:00 Morning Chat (All) 9:00 Craft (St) 9:00 Trivia (V) 10:00 Balloon Volleyball (A) 10:00 Trivia (M) 11:00 Bus Ride (R) 1:00 Walking Group (St) 1:00 Trivia (R) 2:00 Bus Ride (V) 2:00 Karaoke (A) 3:00 Craft (M)</p>	<p>31</p> <p>8:00 Morning Chat (All) 9:00 Make Music (St) 9:00 What Did it Cost (V) 10:00 Sit-n-Be Fit (M) 11:00 Arts-n-Crafts (R) 1:00 Word Games (M) 1:00 Reading Group (A) 2:00 Soak up the Sun (St) 3:00 Karaoke (V) 3:00 Bingo (A)</p>	