



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:**  
Kirk Goodin  
**Wellness Directors:**  
Julie Jorgensen/Shantell Baker  
**Business Office Director:**  
Lynn L  
**Life Enrichment Director:**  
Stacy Pearson  
**Dining Services Director:**  
Jay Hehr  
**Maintenance Director:**  
Rylan C



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

# The Renaissance Reader

October 2023 Newsletter



2 Hearing Health Tips & Tech  
3 Team & Resident Spotlight  
4 - 5 Activities Calendar

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



## Hearing Health Tips & New Technologies

If you're struggling to hear certain sounds or voices that you've always been able to hear just fine, you may be facing a common issue: age-related hearing loss (known as presbycusis). It affects one in three adults over 65, and fortunately, there are various ways to treat it.

The causes of presbycusis include changes in the inner ear, middle ear, or in nerve paths to the brain. Other contributors may include prolonged exposure to loud noises, loss of hair cells, genetic factors, health conditions like heart disease or diabetes, and some medications, per John Hopkins Medicine. It is not a reversible condition so prevention (by avoiding loud noise exposure or wearing ear plugs) is wise.

If you're wondering if you're experiencing hearing loss, but are not sure, there are symptoms to look out for. Presbycusis often occurs gradually and subtly over time. You may find it harder than usual to hear soft voices, children's voices, and speech during background noise, and you may miss words in conversation, according to the American Academy of Audiology. You may also experience ear ringing or hear mumbled or slurred speech. To find out if you are in fact experiencing hearing loss, you'll want to seek a diagnosis from your health provider. You may be referred to a hearing specialist who can test if there are tones you're unable to hear.

When it comes to treatment options for hearing loss, the options are plentiful.

- Hearing Aids are widely used and just recently became available over the counter. Their technology moves forward with recent improvements such as directional



Did you know? Hearing loss affects 30-35% of adults between 65 and 75, and 40-50% of those 75 and older. (American Academy of Audiology)

microphones that can help speech be understood over background noise.

- Cochlear implants can help by creating signals the brain interprets as sound.
- Telecoils can enhance hearing aids and cochlear implants.
- Assistive listening devices (a hearing loop system, FM system, or infrared system) help amplify sounds and can be used with or without hearing aids.
- Augmentative and alternative communication devices can help people express themselves via a picture board or text display.
- Alerting devices use sound, light, and vibrations to alert users of events. (National Institute on Deafness and Other Communication Disorders)

Let us know if this article has been helpful to you on our Facebook post for this month's newsletter.



## Special Moments



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

**Staff:**

**Julie J.: Oct. 10th**

**Cindy S.: Oct. 29th**

**Residents:**

**Nancy S.: Oct 4th**

**Carol D.: Oct. 7th**

**Lenore H.: Oct. 18th**

**Barbara W.: Oct. 20th**

**Linda J.: Oct. 24th**

**Willette H.: Oct 29th**



# October 2023 Highlights

**Observes:** Breast Cancer Awareness, Chiropractors, Dental Hygiene, Emotional Wellness, Financial Planning, Long-Term Care Planning, Organizing Medical Info, Physical Therapy, Protecting Hearing, and Talking About Prescriptions  
**Celebrates:** Apples, Baking, Books, Caramel, Chili, Cookies, Pasta, Pizza, Sausage, Seafood, Stamp Collecting, Pears, Pineapples, and Spinach

01: Hair Day; Bake Cookies Day; Pumpkin Spice Day	16: Boss's Day; Dictionary Day; Sports Day
02: Custodial Worker's Day; Fried Scallops Day	17: Pasta Day; Pharmacy Technician Day
03: Techies Day; Eat Fruit At Work Day	18: Chocolate Cupcake Day; No Beard Day
04: Cinnamon Bun Day; Golf Lover's Day; Taco Day	19: Kentucky Day; Seafood Bisque Day
05: Apple Betty Day; Do Something Nice Day	20: Brandied Fruit Day; Chicken & Waffles Day
06: Coaches Day; Mad Hatter Day; Noodle Day	21: Pumpkin Cheesecake Day; Reptiles Day
07: Chocolate Covered Pretzel Day; Frappe Day	22: Happy Dogs Day; Nut Day; Mother-in-Law Day
08: American Touch Tag Day; Fluffernutter Day	23: Boston Cream Pie Day; TV Talk Show Host Day
09: Native American Day; Columbus Day	24: Bologna Day; Food Day; United Nations Day
10: Angel Food Cake Day; Cake Decorating Day	25: Greasy Food Day; Merry Music Day; Sour Day
11: Sausage Pizza Day; Fossil Day	26: Day of the Deployed; Pumpkin Day; TN Day
12: Farmers' Day; Freethought Day; Gumbo Day	27: Black Cat Day; Breadstick Day; Navy Day
13: Train Your Brain Day; Yorkshire Pudding Day	28: Chocolate Day; First Responders Day
14: Dessert Day; Chess Day; I Love Yarn Day	29: Cat Day; Oatmeal Day; World Stroke Day
15: Aestheticians' Day; I Love Lucy Day	30: Candy Corn Day
	31: Caramel Apple Day; Knock-Knock Jokes Day

## Our Executive Director's Corner

Hello Residents and Families and friends!

It's hard to believe fall is here. Soon it will be the holidays and all of our wonderful winter weather, but for now we see all the wonderful fall colors and beautiful things this season brings.

Remember to drink plenty of fluids, especially water, and keep warm as we transition in temperature.

Thank you to all who helped us celebrate our end of summer BBQ in August! We had a blast and Jay's BBQ was great. We also had a little help from Josiah who was the GRILL MASTER for the day!

-Kirk



Staff Spotlight:  
**Kim**

It is no surprise Kim was voted Employee of the Month. She loves the people she cares for and it shows! Kim enjoys hearing their stories and is never too busy to engage with them. When Kim isn't working, you will find her in the outdoors, kayaking, camping and spending time with family. Kim's advice to new Caregivers is: "Give your people love, talk with and listen to them."

**Thank You, Kim, and Congratulations!!**



Resident Spotlight:  
**Lenore**

This month, the Resident Spotlight is shining on Lenore! "Lenny" is as sweet as she can be. She is kind and thoughtful and well loved in the community. Lenny loves outings with her daughter, watching sports, rides on the bus, and keeping fit. Lenny has fond memories of North Dakota and we love it when she shares them with us.

**Lenny, thank you for being so wonderful! Your nurturing nature is a blessing to our community!**



# OCTOBER 2023

The Renaissance

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

• 208-664-6116



SUN	MON	TUE	WED	THU	FRI	SAT
1 8:00 Morning Chat (All) 9:00 One on One (St) 10:00 Lovely Hands (All) 11:00 Bingo (V) 1:00 Rosary (A) 2:00 Sunday Service with Chris	2 8:00 Morning Chat (All) 9:00 Classical Music Monday (St) 10:00 Sit-n-Be Fit (M) 11:00 Karaoke (R) 1:00 Trivia (V) 2:00 Tea Time (A) 3:00 Water Color (St) with Aunaleah	3 8:00 Morning Chat (All) 9:00 Sweet Stories (St) 9:00 Soup for the Soul (A) 10:00 Sit-n-Be Fit (V) 10:00 Floral Design (M) 11:00 Sit-n-Be Fit (R) 11:00 Sit-n-Be Fit (A) 1:00 Bingo (St) 2:00 Cocoa-n-Cookies (Cart) 3:00 Rummikub (M) 3:00 Mystery Hour (R)	4 8:00 Morning Chat (All) 9:00 Puzzles (St) 9:00 Soup for the Soul (V) 10:00 Shopping (All) 11:30 Bus Ride (R) 1:00 Arts-n-Crafts (St) 2:00 Bus Ride (V) 3:15 <b>Resident Council Meeting (All)</b>	5 8:00 Morning Chat (All) 9:00 Animal Stories (St) 9:00 Short Stories (V) 10:00 Sit-n-Be Fit (M) 11:00 Arts-n-Crafts (R) 1:00 Arts-n-Crafts (A) 2:00 <b>Dawn Hewitt (LE)</b> 3:00 Karaoke (V) 3:00 Bingo (A)	6 8:00 Morning Chat (All) 9:30 Morning Laughs (R) 10:00 Bus Ride (St) 11:00 Karaoke (A) 1:00 Yahtzee (V) 2:00 Bus Ride (M)	7 8:00 Morning Chat (All) 9:00 Sweet Stories (St) 10:00 Sit-n-Be Fit (V) 11:00 Bus Ride (A) 1:00 Jenga (St) 2:00 Balloon Volleyball (St) 3:00 Saturday Laughs (A/R) with Stacy
8 8:00 Morning Chat (All) 9:00 One on One (St) 10:00 Church Livestream (All) 11:00 Bingo (V) 1:00 Rosary (A) 2:00 Bingo (R) 3:00 Afternoon Laughs (M) with Heidi	9 8:00 Morning Chat (All) 9:00 Classical Music Monday (St) 10:00 Sit-n-Be Fit (M) 11:00 Karaoke (R) 1:00 Trivia (V) 2:00 Tea Time (A) 3:00 Beading (St) with Aunaleah	10 8:00 Morning Chat (All) 9:00 Sweet Stories (St) 9:00 Soup for the Soul (A) 10:00 Sit-n-Be Fit (V) 10:00 Tea Time (M) 11:00 Sit-n-Be Fit (R) 11:00 Sit-n-Be Fit (A) 1:00 Karaoke (St) 2:00 Brownie Sundae (Cart) 3:00 Rummikub (M) 3:00 Mystery Hour (R)	11 8:00 Morning Chat (All) 9:00 Connect 4 (St) 9:00 Soup for the Soul (V) 10:00 Balloon Volleyball (A) 11:00 Bus Ride (R) 1:00 Arts-n-Crafts (St) 2:00 <b>Ronnee McGee (LE)</b> 3:00 Tea Time (R) 3:00 Arts-n-Crafts (M)	12 8:00 Morning Chat (All) 9:00 Animal Stories (St) 9:00 101 Jokes (V) 10:00 Sit-n-Be Fit (M) 11:00 Arts-n-Crafts (R) 1:00 Arts-n-Crafts (A) 2:00 Yahtzee (M) 3:00 Karaoke (V) 3:00 Bingo (A)	13 8:00 Morning Chat (All) 9:30 Morning Laughs (R) 10:00 Bus Ride (St) 11:00 Karaoke (A) 1:00 Jenga (V) 2:00 Bus Ride (M)	14 8:00 Morning Chat (All) 9:00 Sweet Stories (St) 10:00 Sit-n-Be Fit (V) 11:00 Bus Ride (A) 1:00 Jenga (St) 2:00 Balloon Volleyball (St) 3:00 Saturday Laughs (A/R) with Stacy
15 8:00 Morning Chat (All) 9:00 One on One (St) 10:00 Lovely Hands (All) 11:00 Bingo (V) 1:00 Rosary (A) 2:00 Sunday Service with Chris	16 8:00 Morning Chat (All) 9:00 Classical Music Monday (St) 10:00 Sit-n-Be Fit (M) 11:00 Karaoke (R) 1:00 Trivia (V) 2:00 Tea Time (A) 3:00 Rock Painting (St) with Aunaleah	17 8:00 Morning Chat (All) 9:00 Sweet Stories (St) 9:00 Soup for the Soul (A) 10:00 <b>JJ Dion (LE)</b> 11:00 Sit-n-Be Fit (R) 11:00 Sit-n-Be Fit (A) 1:00 Bingo (St) 2:00 Root Beer Float (Cart) 3:00 Rummikub (M) 3:00 Mystery Hour (R)	18 8:00 Morning Chat (All) 9:00 Puzzles (St) 9:00 Soup for the Soul (V) 10:00 Balloon Volleyball (A) 11:00 Bus Ride (R) 1:00 Fall Craft (St) 2:00 Bus Ride (V) 3:00 Arts-n-Crafts (M)	19 8:00 Morning Chat (All) 9:00 Animal Stories (St) 9:00 Riddles (V) 10:00 Sit-n-Be Fit (M) 11:00 Halloween Craft (R) 1:00 Arts-n-Crafts (A) 2:00 Jenga (M) 3:00 Karaoke (V) 3:00 Bingo (A)	20 8:00 Morning Chat (All) 9:30 Morning Laughs (R) 10:00 Bus Ride (St) 11:00 Karaoke (A) 1:00 Yahtzee (V) 2:00 Bus Ride (M)	21 8:00 Morning Chat (All) 9:00 Sweet Stories (St) 10:00 Sit-n-Be Fit (V) 11:00 Bus Ride (A) 1:00 Jenga (St) 2:00 Balloon Volleyball (St) 3:00 Saturday Laughs (A/R) with Stacy
22 8:00 Morning Chat (All) 9:00 One on One (St) 10:00 Church Livestream (All) 11:00 Bingo (V) 1:00 Rosary (A) 2:00 Bingo (R) 3:00 Afternoon Laughs (M) with Heidi	23 8:00 Morning Chat (All) 9:00 Classical Music Monday (St) 10:00 Sit-n-Be Fit (M) 11:00 Karaoke (R) 1:00 Trivia (V) 2:00 Tea Time (A) 3:00 Fall Craft (St) with Aunaleah	24 8:00 Morning Chat (All) 9:00 Sweet Stories (St) 9:00 Soup for the Soul (A) 10:00 Sit-n-Be Fit (V) 10:00 Tea Time (M) 11:00 Sit-n-Be Fit (R) 11:00 Sit-n-Be Fit (A) 1:00 Afternoon Laughs (V) 1:00 Karaoke (St) 2:00 Hot Cider/Muffins (Cart) 3:00 Rummikub (M) 3:00 Mystery Hour (R)	25 8:00 Morning Chat (All) 9:00 Connect 4 (St) 9:00 Soup for the Soul (V) 10:00 Balloon Volleyball (A) 11:30 Bus Ride (R) 1:00 Arts-n-Crafts (St) 2:00 Bus Ride (V) 3:00 Arts-n-Crafts (M)	26 8:00 Morning Chat (All) 9:00 Animal Stories (St) 9:00 Hometown Tour (V) 10:00 Sit-n-Be Fit (M) 11:00 Arts-n-Crafts (R) 1:00 Arts-n-Crafts (A) 2:00 Yahtzee (M) 3:00 Karaoke (V) 3:00 Bingo (A)	27 8:00 Morning Chat (All) 9:30 Morning Laughs (R) 10:00 <b>Jim Dossey (LE)</b> 11:00 Karaoke (A) 1:00 Jenga (V) 2:00 Bus Ride (M)	28 8:00 Morning Chat (All) 9:00 Sweet Stories (St) 10:00 Sit-n-Be Fit (V) 11:00 Bus Ride (A) 1:00 Jenga (St) 2:00 Balloon Volleyball (St) 3:00 Saturday Laughs (A/R) with Stacy
29 8:00 Morning Chat (All) 9:00 One on One (St) 10:00 Lovely Hands (All) 11:00 Bingo (V) 1:00 Rosary (A) 2:00 Sunday Service with Chris	30 8:00 Morning Chat (All) 9:00 Classical Music Monday (St) 10:00 Sit-n-Be Fit (M) 11:00 Karaoke (R) 1:00 Trivia (V) 2:00 Tea Time (A) 3:00 Water Color (St) with Aunaleah	31 8:00 Morning Chat (All) 9:00 Sweet Stories (St) 9:00 Soup for the Soul (A) 10:00 Sit-n-Be Fit (V) 10:00 Floral Designing (M) 11:00 Sit-n-Be Fit (R) 11:00 Sit-n-Be Fit (A) 1:00 Afternoon Laughs (V) 1:00 Karaoke (St) 2:00 Halloween Buffet 4:00-6:00 Trick or Treat				