

Winter 2010

the view

from The Renaissance



Your Life is a Masterpiece | savor it



sa·vor (verb) 1. to enjoy something unhurriedly
2. to enjoy with appreciation; to relish

Today we are not only living longer, many of us are discovering a renewed vigor and zest for life. If we take the time to enjoy the delicious, joyous moments each day brings, we can enhance our possibilities for continued health and happiness.

Each day at The Renaissance, residents savor all the delicious flavors of life with friends and family. **The banquet is set... why not pull up a chair, and join us?**

A PREMIER SENIOR CAMPUS

The Renaissance... A Proud Tradition of Exceptional Service

The Renaissance is proud to be a part of the renowned Eliza Jennings Senior Care Network, Cleveland's leader in senior care for more than a century. Since the founding of the original Eliza Jennings Home in 1888, our not-for-profit organization has built a strong legacy as one of the area's largest, most trusted senior care providers.

The Renaissance has been accredited by CARF-CCAC, the accrediting body for CCRCs, since 1995. Accreditation is given only to continuing care communities that demonstrate excellence in resident life, health and wellness, financial resources and transparency, governance and administration. ♦



Savor all the Flavors (and Colors) of Life



It turns out Mom was right. We are what we eat. In fact, according to the Center for Disease Control (CDC), the foods we consume can help our bodies fight cancer, heart disease and other diseases of aging. Here's a quick reference to the benefits of a varied (and colorful) diet rich in fruits and vegetables.



Blue-purple: Blackberries, blueberries, dried plums (or prunes), purple/black grapes, eggplants, plums, raisins, etc. may help reduce the risk of some cancers, increase urinary tract health, and help with memory and healthy aging.

Green: Avocados, green-skin apples, green grapes, honeydew melon, kiwi, asparagus, broccoli, brussels sprouts, cabbage, green beans, leafy greens, etc. can reduce the risk of cancer, protect eyes from cataracts and macular degeneration, and help keep bones and teeth strong.



White: Bananas, white nectarines or peaches, cauliflower, garlic, ginger, jicama, mushrooms, onions, potatoes, and turnips can promote heart health and reduce the risk of some cancers.

Yellow-orange: Yellow-skin apples, apricots, cantaloupe, grapefruit, lemons, mangos, nectarines, oranges, papayas, peaches, pumpkin, carrots, etc. can promote a healthy heart and immune system, protect eyes from cataracts and macular degeneration, and reduce the risk of some cancers.



Red: Red-skin apples, cherries, cranberries, red grapes, pink grapefruit, red-skin pears, raspberries, strawberries, rhubarb, tomatoes, etc. can promote urinary tract health, heart health, help with memory and reduce the risk of some cancers. ♦

“My son’s graduation party was fantastic thanks to Elite Catering. They took care of every detail, the food was delicious, and I got to relax and enjoy our guests. Perfect!”

— Katie Ramella

NOW AVAILABLE

The Renaissance Elite Catering

- ◆ Pick up, delivery and full-service catering
- ◆ On-site banquet and meeting facilities
- ◆ Customized party planning



SAMPLE MENU ITEMS

Hors D'oeuvres

Shrimp Cocktail
Veal Meatballs with Sauce of Choice
Crab Claws
Bacon Wrapped Scallops
Mini Potato Latkes
Shrimp Brochettes

Entrées

Stuffed Chicken Breast
Sesame Pork Teriyaki
Veal Saltimbocca
Roast Top Sirloin of Beef
Walleye
Chef's Classic Mealoaf

Accompaniments

Parsley Buttered Redskins
Wild Rice Blend
Broccoli with Butter Sauce
Peas and Pearl Onions
Gingered Beets
Honey Glazed Carrots

And more!

To learn about The Renaissance Elite Catering, request a menu, or enter a drawing to win a free catered meal for eight, visit www.therenaissance.org/cateredmeal or call 440-235-7112.

Elite Catering...Full Service in Your Home or Ours

We Make Entertaining Easy

The Renaissance is well-known for providing seniors an unparalleled lifestyle with a rich array of services and amenities, including delicious dining options that delight and satisfy. Now, with the introduction of Elite Catering, you can enjoy the same fine dining experience The Renaissance has had for years and savor it for yourself.

Elite Catering provides pick up, delivery and full-service catering, including on-site banquet and meeting facilities and customized party planning. Whether you're planning an intimate gathering for friends in your own home or a special celebration, our experienced and talented culinary team can help make your plans a reality.

Director of Food Services Dan Copenhaver says that Elite Catering is already proving to be a popular service. "We've already provided catering services for the local Kiwanis Club, the Jaycees, and several bridal parties," says Dan. **"We're excited with the possibilities Elite Catering offers, both to The Renaissance and to the community at large."**

Fill out the attached card in this newsletter to be entered in the drawing to win a "Savor It! – Catered Dinner for Eight." ♦



From Our Kitchen to Yours

Roasted Maple Glazed Butternut Squash

Ingredients:

2 medium butternut squash, halved lengthwise and seeded
4 teaspoons butter
4 teaspoons maple syrup
4 teaspoons brown sugar
Salt and pepper

Directions:

Preheat oven to 400 degrees F.
Arrange squash halves on a baking sheet flesh side up.
Place 1 teaspoon butter in the middle of each squash. Drizzle with maple syrup.
Sprinkle brown sugar over each squash.
Season with salt and pepper. Roast 30 minutes.



Sources of Beta-Carotene can be found in **yellow** and **orange** fruits, such as mangoes and papayas, orange root vegetables such as carrots and yams, **butternut squash**, and in green leafy vegetables such as spinach and kale. Beta-Carotene helps prevent night blindness and other eye problems, skin disorders, enhance immunity, protects against toxins and cancer formations, colds, flu, and infections. It is an antioxidant and protector of the cells while slowing the aging process. ♦



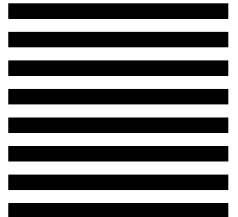
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Win a FREE catered dinner for EIGHT!

Prepared by The Renaissance Elite Catering

Four-course meal includes: appetizer, salad, entrée and dessert

To enter: Fill out the card below, drop it in the mail and be automatically entered in the drawing, or visit

www.therenaissance.org/cateredmeal

(Renaissance residents, their families and employees are not eligible.)

Return this card for more information and enter to win!

Please enter me in the drawing to win a FREE dinner for eight, prepared by The Renaissance Elite Catering.

Please send me more information about The Renaissance.
I am looking for: myself parent(s) other

I'm interested in visiting The Renaissance.
Please contact me for a personal visit.

Mr. Mrs. Ms. Mr. & Mrs. Miss

Name _____

Address _____

City _____ State _____ Zip _____

Telephone () _____

Email _____

Visit The Renaissance today!
26376 John Road ♦ Olmsted Township, OH 44138
www.therenaissance.org ♦ 440-235-7112



The Renaissance is just 10 minutes from Cleveland Hopkins International Airport, and 20 minutes from downtown Cleveland.

Traveling West: Take I-480 West to Exit 6A, Olmsted Falls (Route 252 South). Turn right onto John Road; the entrance is on the right.

Traveling East: Take I-480 East to Exit 6 (Great Northern Blvd South). Turn right onto John Road; the entrance is on the right.

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SENIOR CARE NETWORK

**Win a Free Catered Dinner
for EIGHT!**

see details inside