



Residents gather weekly in the billiard room to receive instruction and tips from Rich Tabor of Litehouse Pools. The new billiard room is a result of recent renovations to the Renaissance taproom and adjoining area.

## COLCANNON

Irish mashed potatoes mixed with kale or cabbage, green onions, and served with cream and butter. To serve, one makes a depression in the middle of the mashed potatoes and puts a knob of butter in it. To eat it, dip a forkful of the potatoes in the melted butter



*Our executive chefs offer Renaissance residents a world-class dining experience. Here is a St. Patrick's Day favorite from Network Director of Dining Services, Dan Copenhaver.*

### Method

1. Boil the potatoes: Put the potatoes in a medium pot and cover with cold water by at least an inch. Add 2 tablespoons of salt, and bring to a boil. Boil until the potatoes are fork tender (15 to 20 minutes). Drain in a colander.
2. Cook the greens and the green onions with butter: Return the pot to the stove and set over medium-high heat. Melt the butter in the pot and once it's hot, add the greens. Cook the greens for 3-4 minutes, or until they are wilted and have given off some of their water. Add the green onions and cook 1 minute more.
3. Mash the potatoes with milk or cream, add greens: Pour in the milk or cream, mix well, and add the potatoes. Reduce the heat to medium. Use a fork or potato masher and mash the potatoes, mixing them up with the greens. Add salt to taste and serve hot, with a knob of butter in the center.

**Yield:** Serves four as a side dish

For a variation, substitute half of the potatoes with parsnips. Chives, leeks, cottage ham, or bacon may also be added.

### Ingredients

- 4 russet potatoes (2 to 2 1/2 pounds), peeled and cut into large chunks
- Salt
- 5-6 Tbsp unsalted butter (with more butter for serving)
- 3 lightly packed cups of chopped kale, cabbage, chard, or other leafy green
- 3 green onions (including the green onion greens), minced (about 1/2 cup)
- 1 cup milk or cream



## STAYING ACTIVE DURING THE WINTER MONTHS

*Colder temperatures and fewer daylight hours don't necessarily need to limit opportunities to socialize, learn something new, or remain fit and active. Spending time with friends and pursuing favorite pastimes can be motivating and invigorating.*

### Stay in touch with friends and neighbors

There are many groups at the Renaissance that offer opportunities to get together with neighbors and make new friends. Sunday brunches, pinochle and bridge, book clubs, craft groups, outings to restaurants, and shopping trips are great ways to enjoy hobbies and learn new skills.

### Get moving

A short daily walk can help lower blood pressure and cholesterol, strengthen back and leg muscles, and burn

calories. The Renaissance offers a fitness center, and offers fitness classes, yoga, and Tai Chi, designed to promote flexibility, strength and balance.



### Exercise your brain

Learn about diverse cultures or historical figures. Read classic literature. Take a computer class. Enjoy a classical music program.

These and many other opportunities are available right on campus. And when the winter storms arrive, Renaissance residents can still venture out, thanks to maintenance crews that keep the grounds clear, and transportation services provided.

## WINTER AT THE RENAISSANCE

Inspired by the beauty of the landscape and wildlife on our 100-plus acre campus, resident Elise Fleming developed an interest in photography when she moved to the Renaissance in 2010.

To see an exhibit of Elise Fleming's nature photography, visit the Mezzanine Gallery at the Renaissance Retirement Campus during March.





## RESIDENT SPOTLIGHT

### Viv and Dave Bowditch

When Viv and Dave Bowditch toured the Renaissance, they were already acquainted with the benefits of living in a continuing care retirement community. Dave's mother was a Renaissance resident for several years. When a villa became available, they jumped at the opportunity to begin a new chapter in their lives, and experience all that the Renaissance has to offer.

"Renaissance staff members helped throughout the entire process, and took care of all the details," said Viv. Moving coordinators inventoried and labeled everything before the move, so when the Bowditches arrived in their new home, their furniture was already in place and their belongings were being unpacked and put away. "It was the easiest move we ever made," continued Viv. "We haven't had to change a thing."

Viv and Dave welcome the convenience of single-story living and having everything accessible on one floor. Concerns about home repairs and upkeep are a thing of the past, leaving time to pursue interests. A workbench in the garage gives Dave the space he needs for hobbies and projects.

Viv and Dave attend continuing education programs, social events, and guest performances on campus.

Outings to area attractions include Cleveland Indians games, the Ohio Light Opera, and performances at Baldwin Wallace University. The fitness center and scenic walking paths provide opportunities for maintaining wellness. "Plenty of shopping is located just around the corner" said Viv.

The Bowditches entertain long-time friends and family in the Bistro for a casual dining experience, or in the Renaissance Room for world-class meals prepared by executive chefs. They have made many new friends, too. "There were a number of people who helped us get to know other couples," said Dave.

While the Bowditches enjoy the many services and amenities the Renaissance offers, they especially value the peace



*The Renaissance welcomes pets, such as Viv and Dave's feline companion, Sadee.*

of mind that comes from knowing they have access to additional care should they ever need it. Assisted living, skilled nursing care, and rehabilitation

services are located on the Renaissance campus. They can also receive care in their home through Eliza Jennings' home health services.

Viv and Dave are glad they didn't wait to move to the Renaissance. They have achieved the lifestyle and peace of mind they wanted in retirement. They encourage others to consider making a move to the Renaissance sooner rather than later. "Do it now, so you can enjoy all the benefits longer," said Dave.

## SPRING PROGRESSIVE LUNCHEON

March 22 at 11:30 a.m.

Guests will take a tour of the Renaissance campus led by our own resident Ambassadors, and enjoy food tastings prepared by our executive chefs. **RSVP to Diane at 440.235.7112.**

Renaissance residents choose their maintenance-free villa or apartment from several distinct layouts. Bright, spacious floor plans offer one- and two-bedroom accommodations designed with warmth and comfort in mind, and feature luxuries including:

- Enclosed porch, patio or balcony
- Tranquil views of our sprawling 100-plus acre campus and stocked fishing lakes
- Access to the 18-hole golf course
- Weekly housekeeping
- Washer and dryer in each residence
- Free garage parking
- Flexible meal plan
- Pets welcome.

The Renaissance Retirement Campus is a Continuing Care Retirement Community conveniently located close to highways, shopping, cultural venues, and Cleveland Hopkins International Airport.



## WINTER LUNCH & LEARN

It's a new year – take the first steps toward an active, fulfilling lifestyle. Join us for lunch and learn how you can design your new, personalized lifestyle.

**Thursday,  
February 15, 2018**

11:00 a.m.

Stancato's  
7380 State Road  
Parma, Ohio 44134  
RSVP to Diane at  
440.235.7112

Independent Living at the Renaissance Retirement Campus is an ideal choice for seniors wishing to enjoy all that retirement living has to offer. Everything we do is guided by your preferences and choices, and we are dedicated to promoting health and well-being in every aspect of your life.

