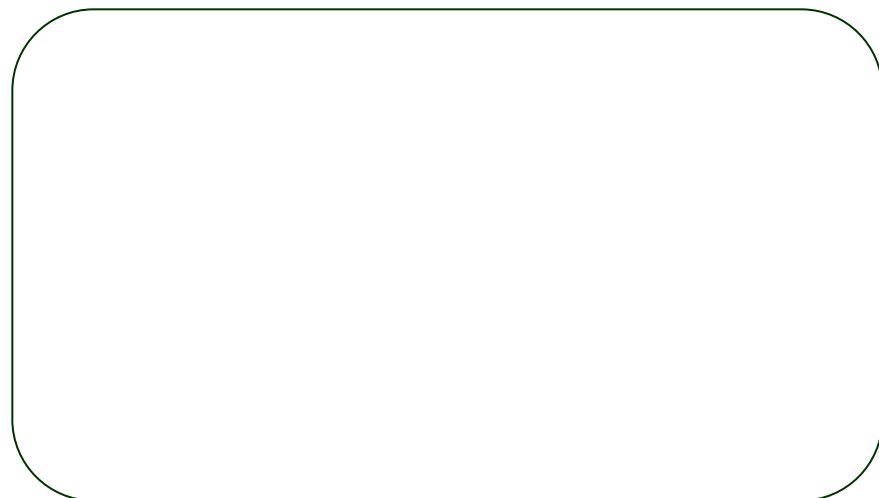




4185 Briargate Parkway
Colorado Springs, CO 80920

PLACE STAMP
HERE



Administrative Staff:

NANCY BRITTON

Executive Director

TOMAS AREBALO

Community Relations Director

SKY PERRY

Resident Care Coordinator

HANNA SCHULTZ

Business Office Manager

MARY JANE ADAMS

Registered Nurse

NOE HERNANDEZ

Dietary Director

RICHARD LEE

Maintenance Director

JODELL FREKING

Activities Director

Contact us at:

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



News from New Dawn

New Dawn Memory Care Newsletter — September 2017



INSIDE THIS ISSUE

P2 Walk to End Alzheimer's

P3 Social Media

P3 Connect on Facebook

P4 Activities Calendar

P6 Sept. Stand Out Days

P6 Our Favorite Books

P7 Early Alzheimer's

Walk to End Alzheimer's 2017

This month, we had a chance to chat with Kara Griffey, the Walk Director at the Alzheimer's Association Oregon Chapter about the Walk to End Alzheimer's.

RSL: Since the Walk started in 1989, it has grown in participation and with funding. What goals are in place for success going forward? **KG:** "Our goal is always to make sure that the Walk to End Alzheimer's is reflective of the community, and an opportunity to share the mission, and passion of those touched by the disease. As we move forward, we hope that more people will become story tellers and use the Walk as a platform to spread the awareness this disease deserves, and, by doing so, inspire others to give to the cause. We will continue to rely on the amazing volunteers in the community that put on their local Walk, and to grow the volunteers leading this effort so we can continue to reach more and more people, and a diverse group of people."

RSL: How would you describe the Walk's interest and participation? **KG:** "The Walk to End Alzheimer's is one of the fastest growing events of its kind in the nation, seeing positive growth nationally, and locally. As more Americans are faced with the challenges of this disease, more people are interested in getting involved and making a difference in the trajectory of this disease, and that is fantastic! We look forward to seeing many new faces this year at all our Walks across the state and are working hard to recruit new teams with diverse backgrounds."

To read even more from this interview, visit blog.radiantseniorliving.com!

RSL: What are some of the Alzheimer's Association's nationwide efforts that we can support beyond the Walk? **KG:** The Alzheimer's Association is the leader in terms of care, support, research, and advocacy efforts, working globally and locally to advance all areas forward. There are many ways for people to get involved with us, whether by becoming an advocate and helping advance public policy, or volunteering to facilitate one of our local support groups and enrolling in TrialMatch®. TrialMatch is a free clinical trial matching service that helps us ensure that research is moving forward for treatment, prevention, and a cure. Be sure to visit alz.org/oregon for more information!

RSL: Any parting message you would like to pass on? **KG:** "Get involved in any of the ways mentioned above! Whether you are 1 or 100, there is a way to participate to help end this disease. Let's show the world our purple passion and that together we can do better today than we did yesterday. We are on our way to meeting the first survivor of this disease and that is something to be excited about, be hopeful about, and mobilize together around."

Support the Walk!

Date: Saturday, September 16

Time: 7 am to 10 am

Location: America the Beautiful Park
Colorado Springs, CO

QUESTIONS ABOUT EARLY ALZHEIMERS



Noticing the first small signs of memory loss can be frightening for families. Confusion often surrounds this stage experience. However, the National Institutes of Health makes note of three important things for families and caregivers to know about early Alzheimer's.

- Consult a physician, even though it's not always possible to make a firm diagnosis on the first visit. A physician can help rule out other causes and assist with navigating the maze of additional tests that will lead to a proper diagnosis.

- it may be appropriate to seek out the advice of a specialist, or get a second opinion. Diagnosing the specific cause of memory loss is not a precise science, but early diagnosis can lead to better planning, and possibly use of medications to slow the disease process and improve symptoms.
- Get information—seek out a support group, contact the Alzheimer's Association and do your own research. Planning is an important activity at this stage of the disease and information is key. This is an important time to take care of financial planning as well as health planning for a time when your loved one can no longer make independent decision.

In the long run, a diagnosis of early Alzheimer's Disease, while frightening, can provide the patient, and his or her caregivers with a base from which to move forward.

"I've read for 80 years. No favorite. I put one down and pick up another one"

-Ben (resident)

"Almost any mystery"

-Nancy (staff)

International Literacy Day takes place on September 8. In honor of it, we have discussed our favorite books. A few of them are shared here!

Some Stand Out September Days

- September 2 VJ Day WWII
- September 4 Labor Day
- September 10 Grandparents Day
- September 11 Patriot Day
- September 14 Cream Filled Donuts Day
- September 18 Rice Krispies Treat Day
- September 15 National POW/MIA Recognition
- September 21 International Day of Peace
- September 25 White Chocolate Day
- September 22 Autumn Begins
- September 28 Strawberry Cream Pie Day
- September 29 International Coffee Day



September 19 is
Talk Like A Pirate Day!
“Argh, mateys!”

Our Favorite Books

“The Bible”
-Terri (resident)

“Tuesdays with Morrie”
by Mitch Albom”
-Tomas (staff)



Social Media World

It’s a brave new world for most of us trying to understand the role played by social media today. New Dawn is excited to be a part of this exciting technology in many ways:

- Follow us on Facebook! New Dawn Colorado Springs offers great information, as well as glimpses into our activities and events.
- Connect with our residents on Skype. Our IN2L system (It’s Never Too Late) allows us to set up a skype connection for each of our residents. We can also Facetime with families, or send pictures and videos
- Take advantage of “My Page”. Also a part of the IN2L system, “My Page” allows families to share photos and events with their resident in a private and secure system. “My Page” also permits staff to get to know each individual resident by exploring areas of interest unique to them.
- Check out the display boards in each

New
Dawn on
Social
Media

Building for up to date information you can use!
• Coming soon—Radiant Senior Living is currently piloting an electronic documentation system making it even easier to follow the health needs of each resident.

We LOVE this new world!

Find us on Facebook!






We’ve been sharing more and more on our Facebook page recently and would love to have you join the conversation!
LIKE our Facebook page today!

www.Facebook.com/NewDawnColoradoSprings

September 2017

New Dawn Memory Care
4185 Briargate Parkway
Colorado Springs, CO 80920
(719) 352-3069

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>40-year Labor Day Lift Off hot-air balloon tradition in Colorado Springs</p> <p>Roughly 70 hot air balloons will float effortlessly over the breathtaking Colorado Springs landscape. All the gentle giants come to life during the morning lift off at Memorial Park.</p>	<p>Colorado Balloon Classic Lift Off</p> 	<p>Colorado Balloon Classic Balloon Glow</p> 		<p>September 21 International Day of Peace</p> 	<p>1</p> <p>9:15 Morning Walk 9:30 Balloon Badminton 10:00 Animal Videos 10:30 Gardening 1:30 Bingo/Ball Games 2:30 Cocktails and Snacks 3:30 1:1/Walking/Music</p>	<p>2 VJ Day, WWII</p> <p>9:15 Coffee or Tea Time 9:30 iN2L Good News 10:00 Outside Walk 11:00 Reminiscing-WWII 1:30 Spa time 2:30 Popcorn and Movie 3:30 1:1/Walking/Music</p>
<p>3</p> <p>9:15 Morning Walk 9:30 Gardening 10:00 iN2L Church Group 10:30 Arts and Crafts 1:30 Music with Stephanie 2:30 Sunday Sports 3:30 1:1/Walking/Music</p>	<p>4 Labor Day</p> <p>9:00 News and Coffee 9:30 Morning Stretch 10:30 American Labor History 12:00 Picnic in the Gazebo 2:30 Balloon Race Videos 3:00 Your First Job ??? 3:30 1:1/Walking/Music</p>	<p>5</p> <p>9:15 Hot Chocolate Chat 9:30 Morning Exercise 10:00 Dog Therapy-Miller 10:30 Men's/Women's group 1:30 It's about Me 2:30 iN2L Games 3:30 1:1/Walking/Music</p>	<p>6</p> <p>9:15 Good News Fun Facts 9:30 Morning Exercise 10:30 iN2L Games 11:00 iN2L Music 1:30 Spa Time 2:30 Arts and Crafts 3:30 1:1/Walking/Music</p>	<p>7 National Beer Lovers Day</p> <p>9:15 Morning News & Coffee 9:30 iN2L Chair Yoga 10:00 Kerry Lane and Sons 11:00 Baking Club 1:30 Men's /Women's Group 2:30 Cocktails and Snacks 3:30 1:1/Walking/Music</p>	<p>8</p> <p>9:15 Morning Walk 9:30 Balloon Badminton 10:00 Dog Therapy-Abbey 10:30 President Videos 1:30 Bingo/Ball Games 2:30 Trivia Resident Choice 3:30 1:1/Walking/Music</p>	<p>9</p> <p>9:15 Coffee or Tea Time 9:30 iN2L Good News 10:00 Outside Walk 11:00 Reminiscing 1:30 Spa time 2:30 Popcorn and Movie 3:30 1:1/Walking/Music</p>
<p>10 Grandparents Day</p> <p>9:15 Morning Walk 9:30 Gardening 10:00 iN2L Church Group 10:30 Arts and Crafts 1:30 Music with Stephanie 2:30 Sunday Sports 3:30 1:1/Walking/Music</p>	<p>11 Patriot Day</p> <p>9:00 News and Coffee 9:30 Morning Stretch 10:30 Reading Club 1:30 Baking Club 2:30 Spa Time 3:00 Aroma Therapy 3:30 1:1/Walking/Music</p>	<p>12</p> <p>9:15 Hot Chocolate Chat 9:30 Morning Exercise 10:00 iN2L Karaoke 10:30 Men's/Women's group 1:30 It's about Me 2:30 iN2L Games 3:30 1:1/Walking/Music</p>	<p>13</p> <p>9:15 Good News Fun Facts 9:30 Morning Exercise 10:00 Bobby Jackson 10:30 iN2L Games 1:30 Spa Time 2:30 Arts and Crafts 3:30 1:1/Walking/Music</p>	<p>14 Cream-Filled Donut Day</p> <p>9:15 Morning News & Coffee 9:30 iN2L Chair Yoga 10:00 Noodle Ball 10:30 Men's /Women's Group 1:30 Baking Club 2:30 Trivia Resident Choice 3:30 1:1/Walking/Music</p>	<p>15 National POW/MIA Recognition</p> <p>9:15 Morning Walk 9:30 Balloon Badminton 10:00 Dog Therapy-Karra 10:30 Gardening 1:30 Bingo/Ball Games 2:30 Cocktails and Snacks 3:30 1:1/Walking/Music</p>	<p>16 Alzheimer's Walk</p> <p>9:15 Coffee or Tea Time 9:30 iN2L Good News 10:00 Outside Walk 11:00 Reminiscing 1:30 Northview Church 2:30 Popcorn and Movie 3:30 1:1/Walking/Music</p>
<p>17 Citizenship & Constitution Day</p> <p>9:15 Morning Walk 9:30 Gardening 10:00 iN2L Church Group 10:30 Arts and Crafts 1:30 Music with Stephanie 2:30 Sunday Sports 3:30 1:1/Walking/Music</p>	<p>18 Rice Krispies Treat Day</p> <p>9:00 News and Coffee 9:30 Morning Stretch 10:30 Reading Club 1:30 Baking Club 2:30 Spa Time 3:00 Aroma Therapy 3:30 1:1/Walking/Music</p>	<p>19</p> <p>9:15 Hot Chocolate Chat 9:30 Morning Exercise 10:00 Dog Therapy-Miller 10:30 Men's/Women's Group 1:30 It's about Me 2:30 iN2L Games 3:30 1:1/Walking/Music</p>	<p>20</p> <p>9:15 Good News Fun Facts 9:30 Morning Exercise 10:00 Bobby Jackson 10:30 iN2L Games 1:30 Spa Time 2:30 Arts and Crafts 3:30 1:1/Walking/Music</p>	<p>21 International Day of Peace</p> <p>9:15 Morning News & Coffee 9:30 iN2L Chair Yoga 10:00 Noodle Ball 10:30 Men's /Women's Group 1:30 Baking Club 2:30 Trivia Resident Choice 3:30 1:1/Walking/Music</p>	<p>22 Autumn Begins</p> <p>9:15 Morning Walk 9:30 Balloon Badminton 10:00 Dog Therapy-Abbey 10:30 Animal Videos 1:30 Bingo/Ball Games 2:30 Cocktails and Snacks 3:30 1:1/Walking/Music</p>	<p>23</p> <p>9:15 Coffee or Tea Time 9:30 iN2L Good News 10:00 Outside Walk 11:00 Reminiscing 1:30 Spa time 2:30 Popcorn and Movie 3:30 1:1/Walking/Music</p>
<p>24</p> <p>9:15 Morning Walk 9:30 Gardening 10:00 iN2L Church Group 10:30 Arts and Crafts 1:30 Music with Stephanie 2:30 Sunday Sports 3:30 1:1/Walking/Music</p>	<p>25 White Chocolate Day</p> <p>9:00 News and Coffee 9:30 Morning Stretch 10:30 Reading Club 1:30 Baking Club 2:30 Spa Time 3:00 Aroma Therapy 3:30 1:1/Walking/Music</p>	<p>26</p> <p>9:15 Hot Chocolate Chat 9:30 AF Airman Visit 10:00 iN2L Karaoke 10:30 Men's/Women's group 1:30 It's about Me 2:30 iN2L Games 3:30 1:1/Walking/Music</p>	<p>27</p> <p>9:15 Good News Fun Facts 9:30 Morning Exercise 10:00 Ginger Clark 10:30 iN2L Games 1:30 Spa Time 2:30 Arts and Crafts 3:30 1:1/Walking/Music</p>	<p>28 Strawberry Cream Pie Day</p> <p>9:15 Morning News & Coffee 9:30 iN2L Chair Yoga 10:00 Noodle Ball 10:30 Men's /Women's Group 1:30 Baking Club 2:30 Trivia Resident Choice 3:30 1:1/Walking/Music</p>	<p>29 International Coffee Day</p> <p>9:15 Morning Walk 9:30 Balloon Badminton 10:00 Animal Videos 10:30 Gardening 1:30 Bingo/Ball Games 2:30 Cocktails and Snacks 3:30 1:1/Walking/Music</p>	<p>30</p> <p>9:15 Coffee or Tea Time 9:30 iN2L Good News 10:00 Outside Walk 11:00 Reminiscing 1:30 Spa time 2:30 Popcorn and Movie 3:30 1:1/Walking/Music</p>