



2000 S. Blackhawk Street  
Aurora, CO 80014

### Administrative Staff:

**Mandy Hager**

Executive Director

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Licensed Practical Nurse

**Carl Briggs**

Dietary Director

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Maintenance Director

**Dawn Davis**

Activity Director

Contact us at:

**303-997-2929**

Website:

[www.NewDawnAurora.com](http://www.NewDawnAurora.com)

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



# The Sunflower Times

New Dawn Memory Care Newsletter — September 2017



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# 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](http://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](http://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:** Denver City Park  
2001 Colorado Blvd.  
Denver, CO 80205

## National Senior Citizen Day

August 21st we celebrated all our residents for National Senior Citizen Day. We had a Luau with Hawaiian rice, fruit, and good old fashion fun! Mandy our Executive Director (pictured right) joined in the fun with the hula hoops!

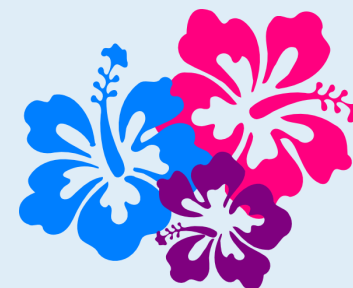
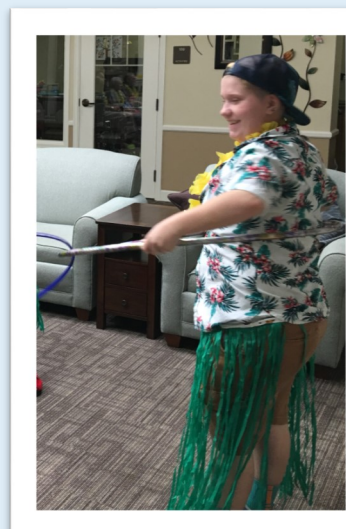


Our resident Hazel B. (98 years young) was honored with a bouquet of flowers!



Thank you to our residents and staff for making this event enjoyable.

Thank you our residents for all the wonderful knowledge that you are sharing with us.





## September Highlights — You're Invited!

Sept. 4th—Labor Day Join us for a BBQ at NOON at the Gazebo.

Sept. 11—Patriot Day Let us show our American Pride by wearing Red, White, & Blue.

Sept. 12th—Chocolate Milkshake Day Come stir up memories at 2:30 pm.

Sept 14th—Our men are gathering for a luncheon at Noon in each cottage.

Sept 16th— Walk to End Alzheimer's at Denver City Park

Sept. 17th—Broncos Party at 2:30, come cheer on our Team!



Sept. 23rd— National Checkers Day— Join us in a checkers competition.

Sept. 28th—Ladies turn for a special gathering at Noon in each cottage.

**Family Council**  
**Saturday, September 30th**  
**at 10 AM**  
**“Stages of Dementia” presented**  
**by Dr. Michael Ragsdale**

## Walk to End Alzheimer's



Our Team in 2016



*Join our New Dawn Aurora Team*

*September 16, 2017*

Denver City Park

Registration 7 am

Walk starts 9 am

Sign up Today

Alz.org

## Hawaiian Rice



We had a wonderful day of celebrating our residents here at New Dawn Aurora. We had our talented chiefs whip up this light snack along with a fruit plate to set a Hawaiian theme to our party.

Hawaiian Rice  
3/4 cup cooked chicken, diced  
1 egg  
2 cups cooked rice, cold  
2 green onions, diced  
1/4 cup carrot, finely diced  
1/4 cup pineapple, drained and diced  
2 tablespoons soy sauce

1 teaspoon sesame oil  
2 tablespoons vegetable oil  
Pepper

Heat oils, and add the chicken, rice, onions, carrots, & soy sauce.

Stir-fry until hot (about 2minutes).

Add the egg & continue stirring while cooking adding pepper to taste.

Add pineapple to warm rice and serve

Note: Always use cold cooked rice for stir fry & break apart with wetted fingers any clumps



## 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!

Search for “New Dawn Aurora” to find our page!



# Cottage A

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## September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> 9:00 Fitness/Hydration 10:00 Karaoke 10:30 iN2L Trivia 11:00 This Day in History 11:30 Get Up & Move 1:15 Puzzles & Games 2:30 Movie & Popcorn 3:30 1:1/Music	<b>2</b> 9:00 Fitness/Hydration 10:00 Outside Stroll 10:30 Sensory/Laughter 11:00 Classic TV 11:30 Ball Toss 1:15 Arts & Crafts 2:30 Glamour Day 3:30 1:1/Music
<b>3</b> 9:00 Fitness/Hydration 10:00 This Day in History 10:30 Spiritual Music 11:00 Hymns/Singing 11:30 Resident's Choice 1:15 iN2L Church Service 2:30 Puzzles & Games 3:30 1:1/Music	<b>4 Labor Day</b> 9:00 Fitness/Hydration 10:00 MIM 10:30 Classic Radio 11:00 Party Set Up <b>12:00 Labor Day Picnic</b> 1:15 Party Clean up 2:30 iN2L Trivia 3:30 1:1/Music	<b>5</b> 9:00 Fitness/Hydration 10:00 Sensory/Laughter 10:30 Classic Music 11:00 Karaoke 11:30 This Day in History 1:15 Outside Stroll 2:30 Tea Social 3:30 1:1/Music	<b>6 Read A Book Day</b> 9:00 Fitness/Hydration 10:00 Aroma Therapy 10:30 Hand Massage 11:00 Short Stories 11:30 Get Up & Move 1:15 Pencil Art 2:30 Smoothies 3:30 1:1/Music	<b>7</b> 9:00 Fitness/Hydration 10:00 Good News 10:30 Coffee Chat 11:00 Country Music 11:30 Nature Walk 1:30 Classic Radio 2:30 iN2L Resident's Choice 3:30 1:1/Music	<b>8</b> 9:00 Fitness/Hydration 10:00 Art History 10:30 iN2L Trivia 11:00 Resident's Choice 11:30 This Day in History 1:15 Scrappbooking 2:30 TGIF Drinks 3:30 1:1/Music	<b>9</b> 9:00 Fitness/Hydration 10:00 iN2L Game 10:30 Sensory 11:00 Music Therapy 11:30 Get Up & Move 1:15 Karaoke 2:30 Glamour Day 3:30 1:1/Music
<b>10</b> 9:00 Fitness/Hydration 10:00 Good News 10:30 Spiritual Music 11:00 Hymns/Singing 11:30 Resident's Choice 1:15 iN2L Church Service 2:30 Outside Reminisce 3:30 1:1/Music	<b>11 Patriot Day</b> 9:00 Fitness/Hydration 10:00 MIM 10:30 Coffee & Snacks 11:00 Reminisce 11:30 This Day in History 1:15 iN2L Trivia 2:30 Games & Puzzles 3:30 1:1/Music	<b>12 Chocolate Milkshake Day</b> 9:00 Fitness/Hydration 10:00 Classic TV 10:30 Brain Games 11:00 Good News 11:30 Get Up & Move 1:15 Baking Cookies <b>2:30 Milkshake Social</b> 3:30 1:1/Music	<b>13</b> 9:00 Fitness/Hydration 10:00 Funny Seniors 10:30 Karaoke 11:00 Bean Bag Toss 11:30 Music Therapy 1:15 What's in the Bag? 2:30 Smoothies/Sun Tree 3:30 1:1/Music	<b>14 Men's Luncheon</b> 9:00 Fitness/Hydration 10:00 Famous Men 10:30 Dick Van Dyke Show 11:00 iN2L Sensory <b>12:00 Men's Luncheon</b> 1:30 Ball Toss 2:30 Country Music 3:30 1:1/Music	<b>15 Make a Hat Day</b> 9:00 Fitness/Hydration 10:00 Funny Seniors 10:30 iN2L Games 11:00 Sports Trivia 11:30 iN2L Fun Facts <b>1:15 Make A Hat Day</b> 2:30 TGIF Drinks 3:30 1:1/Music	<b>16</b> 9:00 Fitness/Hydration 10:00 Good News 10:30 Noodle Ball 11:00 Country Music 11:30 Get Up & Move 1:15 Outdoor Reminisce 2:30 Glamour Day 3:30 1:1/Music
<b>17 Broncos Party</b> 9:00 Fitness/Hydration 10:00 This Day in History 10:30 Spiritual Music 11:00 Hymns/Singing 11:30 Resident's Choice 1:15 iN2L Church Service <b>2:30 Broncos Party</b> 3:30 1:1/Music	<b>18</b> 9:00 Fitness/Hydration 10:00 MIM 10:30 Noodle Ball 11:00 Memory Bio 11:30 1960's Parade 1:15 iN2L Trivia 2:30 Arts & Crafts 3:30 1:1/Music	<b>19</b> 9:00 Fitness/Hydration 10:00 Water Plants 10:30 Coffee Chat 11:00 This Day in History 11:30 Country Music 1:15 Outside Stroll 2:30 iN2L Games 3:30 1:1/Music	<b>20 Pepperoni Pizza Day</b> 9:00 Fitness/Hydration 10:00 Plant Plants 10:30 Sensory/Nature 11:00 Karaoke 11:30 Fun Facts 1:15 Noodle Ball <b>2:30 Making Mini Pizza</b> 3:30 1:1/Music	<b>21</b> 9:00 Fitness/Hydration 10:00 Water Plants 10:30 Arts & Crafts 11:00 Family Feud 11:30 Country Music 1:15 National Park Trivia 2:30 Nature Walk 3:30 1:1/Music	<b>22</b> 9:00 Fitness/Hydration 10:00 Water Plants 10:30 Ball Toss 11:00 This Day in History 11:30 Get Up & Move 1:15 Short Stories 2:30 Coffee Chat 3:30 1:1/Music	<b>23 National Day of Checkers</b> 9:00 Fitness/Hydration 10:00 Water Plants 10:30 Karaoke 11:00 History of Checkers 11:30 This Day in History <b>1:15 Checkers Game</b> 2:30 Glamour Day 3:30 1:1/Music
<b>24</b> 9:00 Fitness/Hydration 10:00 Water Plants 10:30 Spiritual Music 11:00 Hymns/Singing 11:30 Resident's Choice 1:15 iN2L Church Service 2:30 Puzzles & Games 3:30 1:1/Music	<b>25 National Comic Book Day</b> 9:00 Fitness/Hydration 10:00 MIM 10:30 Karaoke 11:00 Read Comics 11:30 Water Plants 1:15 Noodle Ball 2:30 Make Up Comics 3:30 1:1/Music	<b>26</b> 9:00 Fitness/Hydration 10:00 Water Plants 10:30 Memory Bio 11:00 iN2L Games 11:30 This Day in History 1:15 Tea Social 2:30 Outside Reminisce 3:30 1:1/Music	<b>27</b> 9:00 Fitness/Hydration 10:00 Water Plants 10:30 Hand Massage 11:00 Aroma Therapy 11:30 Reminisce 1:15 What's in the Bag? 2:30 Smoothies/Sun Tree 3:30 1:1/Music	<b>28 Ladies Luncheon</b> 9:00 Fitness/Hydration 10:00 Water Plants 10:30 Famous Ladies 11:00 Ball Toss <b>12:00 Ladies Luncheon</b> 1:30 Puzzles & Games 2:30 iN2L Resident's Choice 3:30 1:1/Music	<b>29 National Coffee Day</b> 9:00 Fitness/Hydration 10:00 Water Plants <b>10:30 Coffee &amp; Donuts</b> 11:00 Nature Walk 11:30 Get Up & Move 1:15 Classic TV <b>2:30 Pizza Party</b> 3:30 1:1/Music	<b>30</b> 9:00 Fitness/Hydration 10:00 Water Plants 10:30 Hand Massage 11:00 Sensory/Laughter 11:30 Reminisce 1:15 Arts & Crafts 2:30 Glamour Day 3:30 1:1/Music



# Cottage B

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<b>3</b> 9:00 Fitness/Hydration 10:00 This Day in History 10:30 Spiritual Music 11:00 Hymns/Singing 11:30 Resident's Choice 1:15 iN2L Church Service 2:30 Puzzles & Games 3:30 1:1/Music	<b>4 Labor Day</b> 9:00 Fitness/Hydration 10:00 History of Labor Day 10:30 Classic Radio 11:00 Party Set Up <b>12:00 Labor Day Picnic</b> 1:15 Party Clean up 2:30 iN2L Trivia 3:30 1:1/Music	<b>5</b> 9:00 Fitness/Hydration 10:00 Sensory/Laughter 10:30 iN2L Games 11:00 Karaoke 11:30 This Day in History 1:15 MIM 2:30 Tea Social 3:30 1:1/Music	<b>6 Read A Book Day</b> 9:00 Fitness/Hydration 10:00 Bingo 10:30 This Day in History 11:00 Short Stories 11:30 Get Up & Move 1:15 Pencil Art 2:30 Smoothies 3:30 1:1/Music	<b>7</b> 9:00 Fitness/Hydration 10:00 Good News 10:30 Coffee Chat 11:00 Classic Radio 11:30 Nature Walk 1:30 Chicktionary 2:30 iN2L Resident's Choice 3:30 1:1/Music	<b>8</b> 9:00 Fitness/Hydration 10:00 Art History 10:30 iN2L Trivia 11:00 Resident's Choice 11:30 This Day in History 1:15 Scrappbooking 2:30 TGIF Drinks 3:30 1:1/Music	<b>9</b> 9:00 Fitness/Hydration 10:00 iN2L Game 10:30 Sensory 11:00 Music Therapy 11:30 Get Up & Move 1:15 Karaoke 2:30 Glamour Day 3:30 1:1/Music
<b>10</b> 9:00 Fitness/Hydration 10:00 Good News 10:30 Spiritual Music 11:00 Hymns/Singing 11:30 Resident's Choice 1:15 iN2L Church Service 2:30 Outside Reminisce 3:30 1:1/Music	<b>11 Patriot Day</b> 9:00 Fitness/Hydration 10:00 Outside Stroll 10:30 Coffee & Snacks 11:00 Reminisce 11:30 This Day in History 1:15 iN2L Trivia 2:30 Games & Puzzles 3:30 1:1/Music	<b>12 Chocolate Milkshake Day</b> 9:00 Fitness/Hydration 10:00 Classic TV 10:30 State Trivia 11:00 History of Milkshakes 11:30 Get Up & Move 1:15 Baking Cookies <b>2:30 Milkshake Social</b> 3:30 1:1/Music	<b>13</b> 9:00 Fitness/Hydration 10:00 Funny Seniors 10:30 Karaoke 11:00 Bean Bag Toss 11:30 Music Therapy 1:15 What's in the Bag? 2:30 Smoothies/Sun Tree 3:30 1:1/Music	<b>14 Men's Luncheon</b> 9:00 Fitness/Hydration 10:00 Famous Men 10:30 Dick Van Dyke Show 11:00 iN2L Sports <b>12:00 Men's Luncheon</b> 1:30 Ball Toss 2:30 Country Music 3:30 1:1/Music	<b>15 Make a Hat Day</b> 9:00 Fitness/Hydration 10:00 Tell A Joke 10:30 iN2L Games 11:00 Sports Trivia 11:30 iN2L Fun Facts <b>1:15 Make A Hat Day</b> 2:30 TGIF Drinks 3:30 1:1/Music	<b>16</b> 9:00 Fitness/Hydration 10:00 Good News 10:30 Noodle Ball 11:00 Karaoke 11:30 Get Up & Move 1:15 Outdoor Reminisce 2:30 Glamour Day 3:30 1:1/Music
<b>17 Broncos Party</b> 9:00 Fitness/Hydration 10:00 This Day in History 10:30 Spiritual Music 11:00 Hymns/Singing 11:30 Resident's Choice 1:15 iN2L Church Service <b>2:30 Broncos Party</b> 3:30 1:1/Music	<b>18</b> 9:00 Fitness/Hydration 10:00 Coffee Chat 10:30 Noodle Ball 11:00 Memory Bio 11:30 1960's Parade 1:15 Bingo 2:30 Arts & Crafts 3:30 1:1/Music	<b>19</b> 9:00 Fitness/Hydration 10:00 Water Plants 10:30 Coffee Chat 11:00 This Day in History 11:30 1960's Stroll 1:15 MIM 2:30 iN2L Games 3:30 1:1/Music	<b>20 Pepperoni Pizza Day</b> 9:00 Fitness/Hydration 10:00 Plant Plants 10:30 Sensory/Nature 11:00 Karaoke 11:30 Fun Facts 1:15 Noodle Ball <b>2:30 Making Mini Pizza</b> 3:30 1:1/Music	<b>21</b> 9:00 Fitness/Hydration 10:00 Water Plants 10:30 Arts & Crafts 11:00 Family Feud 11:30 Music Therapy 1:15 National Park Trivia 2:30 Nature Walk 3:30 1:1/Music	<b>22</b> 9:00 Fitness/Hydration 10:00 Water Plants 10:30 Ball Toss 11:00 This Day in History 11:30 Get Up & Move 1:15 Short Stories 2:30 Coffee Chat 3:30 1:1/Music	<b>23 National Day of Checkers</b> 9:00 Fitness/Hydration 10:00 Water Plants 10:30 Karaoke 11:00 History of Checkers 11:30 This Day in History <b>1:15 Checkers Game</b> 2:30 Glamour Day 3:30 1:1/Music
<b>24</b> 9:00 Fitness/Hydration 10:00 Water Plants 10:30 Spiritual Music 11:00 Hymns/Singing 11:30 Resident's Choice 1:15 iN2L Church Service 2:30 Puzzles & Games 3:30 1:1/Music	<b>25 National Comic Book Day</b> 9:00 Fitness/Hydration 10:00 Water Plants 10:30 Karaoke 11:00 Read Comics 11:30 Water Plants 1:15 Noodle Ball 2:30 Make Up Comics 3:30 1:1/Music	<b>26</b> 9:00 Fitness/Hydration 10:00 MIM 10:30 Memory Bio 11:00 iN2L Games 11:30 This Day in History 1:15 Tea Social 2:30 Outside Reminisce 3:30 1:1/Music	<b>27</b> 9:00 Fitness/Hydration 10:00 Water Plants 10:30 Hand Massage 11:00 iN2L Games 11:30 Reminisce 1:15 What's in the Bag? 2:30 Smoothies/Sun Tree 3:30 1:1/Music	<b>28 Ladies Luncheon</b> 9:00 Fitness/Hydration 10:00 Water Plants 10:30 Famous Ladies 11:00 Ball Toss <b>12:00 Ladies Luncheon</b> 1:30 Card Games 2:30 iN2L Resident's Choice 3:30 1:1/Music	<b>29 National Coffee Day</b> 9:00 Fitness/Hydration 10:00 Water Plants <b>10:30 Coffee &amp; Donuts</b> 11:00 Nature Walk 11:30 Get Up & Move 1:15 "I Love Lucy" <b>2:30 Pizza Party</b> 3:30 1:1/Music	<b>30</b> 9:00 Fitness/Hydration 10:00 Water Plants 10:30 Hand Massage 11:00 Sensory/Laughter 11:30 Reminisce 1:15 Arts & Crafts 2:30 Glamour Day 3:30 1:1/Music



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<b>3</b> 9:00 Fitness/Hydration 10:00 This Day in History 10:30 Spiritual Music 11:00 Hymns/Singing 11:30 Resident's Choice 1:15 iN2L Church Service 2:30 Puzzles & Games 3:30 1:1/Music	<b>4 Labor Day</b> 9:00 Fitness/Hydration 10:00 Bubble Pop 10:30 Classic Radio 11:00 Party Set Up <b>12:00 Labor Day Picnic</b> 1:15 Party Clean up 2:30 iN2L Trivia 3:30 1:1/Music	<b>5</b> 9:00 Fitness/Hydration 10:00 Sensory/Laughter 10:30 Classic Music 11:00 Karaoke 11:30 Brain Games 1:15 Outside Stroll 2:30 Tea Social 3:30 1:1/Music	<b>6 Read A Book Day</b> 9:00 Fitness/Hydration 10:00 Aroma Therapy 10:30 Hand Massage 11:00 Short Stories 11:30 Get Up & Move 1:15 Pencil Art 2:30 Smoothies 3:30 1:1/Music	<b>7</b> 9:00 Fitness/Hydration 10:00 Paper Air Planes 10:30 Coffee Chat 11:00 Karaoke 11:30 Nature Walk 1:30 Classic Radio 2:30 iN2L Resident's Choice 3:30 1:1/Music	<b>8</b> 9:00 Fitness/Hydration 10:00 Bowling 10:30 Coffee and Snacks 11:00 Resident's Choice 11:30 Get Up & Move 1:15 Tell a Joke 2:30 TGIF Drinks 3:30 1:1/Music	<b>9</b> 9:00 Fitness/Hydration 10:00 Matching Game 10:30 Sensory 11:00 Music Therapy 11:30 Get Up & Move 1:15 Karaoke 2:30 Glamour Day 3:30 1:1/Music
<b>10</b> 9:00 Fitness/Hydration 10:00 Good News 10:30 Spiritual Music 11:00 Hymns/Singing 11:30 Resident's Choice 1:15 iN2L Church Service 2:30 Outside Reminisce 3:30 1:1/Music	<b>11 Patriot Day</b> 9:00 Fitness/Hydration 10:00 Karaoke 10:30 Coffee & Snacks 11:00 Reminisce 11:30 Matching Game 1:15 Get Up & Move 2:30 Games & Puzzles 3:30 1:1/Music	<b>12 Chocolate Milkshake Day</b> 9:00 Fitness/Hydration 10:00 Classic TV 10:30 Brain Games 11:00 Good News 11:30 1950's Parade 1:15 Baking Cookies <b>2:30 Milkshake Social</b> 3:30 1:1/Music	<b>13</b> 9:00 Fitness/Hydration 10:00 Funny Seniors 10:30 Karaoke 11:00 Bean Bag Toss 11:30 Music Therapy 1:15 What's in the Bag? 2:30 Smoothies/Sun Tree 3:30 1:1/Music	<b>14 Men's Luncheon</b> 9:00 Fitness/Hydration 10:00 Famous Men 10:30 Dick Van Dyke Show 11:00 iN2L Sensory <b>12:00 Men's Luncheon</b> 1:30 Ball Toss 2:30 Sing A Long 3:30 1:1/Music	<b>15 Make a Hat Day</b> 9:00 Fitness/Hydration 10:00 Funny Seniors 10:30 iN2L Games 11:00 Sports Shows 11:30 iN2L Fun Facts <b>1:15 Make A Hat Day</b> 2:30 TGIF Drinks 3:30 1:1/Music	<b>16</b> 9:00 Fitness/Hydration 10:00 Good News 10:30 Noodle Ball 11:00 Karaoke 11:30 Get Up & Move 1:15 Outdoor Reminisce 2:30 Glamour Day 3:30 1:1/Music
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