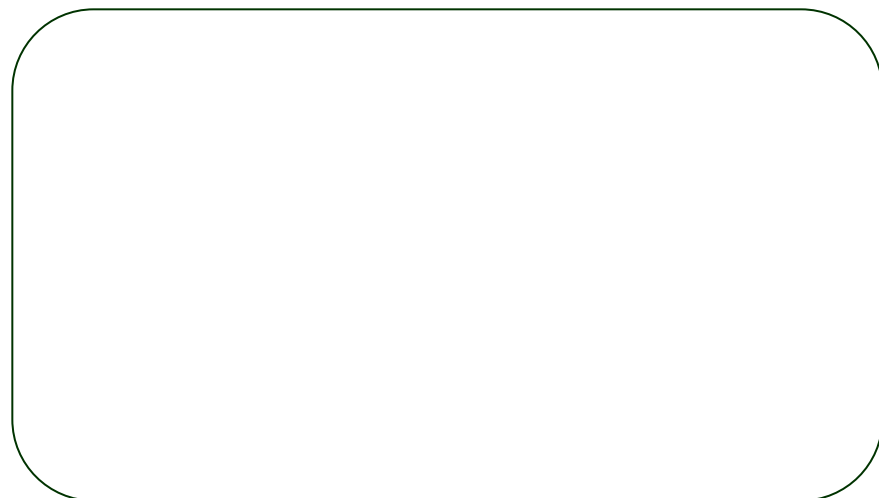




4185 Briargate Parkway  
Colorado Springs, CO 80920

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:  
**719-352-3069**



**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 — October 2017



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# The Importance of Interaction and Engagement for Senior Health

From birth, humans have an instinct to express themselves and engage with others. This instinct remains crucial throughout life in all of its stages.

For older adults, maintaining these regular interactions and engagements is encouraged as changes may occur with retirement, a new schedule, moving, being apart from certain family members or friends, and/or physical health. Companionship and activities with others can provide comfort and stability through life changes.

Some changes can lead to depression, feelings of sadness and loneliness, and/or self-isolating behaviors. For those who struggle with loneliness or self-isolation, it is important to recognize that those feelings are there and to let someone know.

## Why Social Engagement is Necessary

Research studies suggest that there is a strong correlation between older adults’ emotional and physical health and how social they are in their daily lives. The Alzheimer’s Association has stated that brain vitality can best be maintained through physical and mental activities that involve social engagement, along with a brain-healthy diet.

## Ways to Increase Engagement

To increase social interactions, it is a good idea for people to try to spend time in spaces where others are engaging in group activities. Taking on activities and setting goals add senses of purpose to daily life.

Engaging activities could include playing cards or table games, making puzzles, creating art, using technology to connect with others, walking, exercising, taking a class, gardening, cooking, fishing, going on a trip, watching a movie, listening to or watching a musician or entertainer, and/or dining with others.

Discussion groups in which people talk about similar interests and activities or hobbies are also beneficial for senior health.

Helping out with a cause and/or taking care of a pet are two additional ways that seniors can find a sense of purpose and stay engaged.

Having pride about a job well done or a person or animal cared for can lift up spirits and brighten daily life.

*Note: Each individual should follow the advice of their medical professionals or doctors and speak with them before making changes to diet and/or exercise.*

## It’s About Me



In this newsletter, you find information on the importance of social interaction for senior adults. If you look at the New Dawn Activity Calendar, you will see an activity called “It’s About Me.” That activity is just one example of the way we combine best practices into our programming at New Dawn to assist our residents with maintaining a sense of their own identity while stimulation social interaction.

Every single one of our residents is unique, and important. By talking about themselves, or by having a staff member speak about them, the resident, other residents and even staff get a snapshot of themselves and their continued importance to their families and communities.

The importance of feeling connected to other human beings can not be overstate. Dementia may reduce the size of a resident’s world, but that connection is still vitally important. The loss of a sense of social connection to others can be a byproduct of advancing dementia, increasing feelings of depression and isolation. Combatting this detrimental trend by increasing awareness of our residents as individuals is just one part of our programming.—for both residents and staff. Through reminiscing and memory stimulation, residents are encouraged to find connections.

“It’s About Me” is just one technique to encourage social connection. Check out our Memory Boxes for more examples of who we are. Finally, each resident has a personalized activity box that staff, or families can use during one to one time, or family visits.

“A mail-order bride  
(a bridal gown and fed-ex tape)”  
-Nici—staff

“My daughter was an adorable cat.”  
-Rainey– Staff

We asked residents and staff to share their favorite costumes!

“We were so poor, we were lucky to get a mask”  
- Max—resident



# October Highlights — You're Invited!

Join us for our annual Halloween festival on Tuesday, October 31 at 1:30 PM

Bring the kids for trick or treating, apple bobbing, and fun & games.

Tasteful costumes are welcome.



# The Best Halloween Costume I ever wore...

“A Ghost—with my mom’s good sheets”  
Wishing to remain anonymous—resident



# Combating Caregiver Burnout

The most frequent reason for placement in a memory care community is an event that marks a significant change for the patient. It is only after placement that most caregivers realize the extent of the physical and emotional toll on the caregiver.

The most important thing you can do to combat burnout is to *Be Aware of the Signs*. Over 46 % of caregivers suffer from depression. Other signs of burnout include a loss of energy, feeling run-down, difficulty getting restful and renewing sleep, not caring anymore about your own needs and being increasingly impatient and irritable with the person you care for.

To combat burnout, try these simple tips:

- 1) See your doctor to rule out any underlying physical issues, like high blood pressure or low blood sugar.
- 2) Exercise a little every day. It doesn't have to be a major workout—dancing while you vacuum works just as well
- 3) Try meditation— Find a quiet spot for 5



or 10 minutes and practice deep breathing to clear your mind.

- 4) Practice good nutrition. Feed your body with healthy food.
- 5) Consider how much help you need—maybe more help or a short term respite stay would get things on track

New Dawn is here as a resource. Give us a call!

# 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](http://www.Facebook.com/NewDawnColoradoSprings)



# October 2017

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 9:15 Morning Walk 9:30 iN2L Exercise 10:00 iN2L Church Group 10:30 iN2L Church Songs 1:30 Music with Stephanie 2:30 Sunday Sports	<b>2 Custodial Worker Day</b> 9:15 News and Coffee 9:30 Morning Stretch 10:30 Housekeeping Rocks 1:30 Baking Club 2:30 Spa Time 3:00 Aroma Therapy	<b>3</b> 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	<b>4 National Taco Day</b> 9:15 Good News Fun Facts 9:30 Morning Exercise 10:30 Bible Study 11:00 iN2L Music 1:30 Spa Time 2:30 Arts and Crafts	<b>5 Do Something Nice Day</b> 9:15 Morning News & Coffee 9:30 iN2L Chair Exercise 10:00 Kerry Lane and Sons 11:00 iN2L Travel Tours 1:30 Baking Club 2:30 Trivia Resident Choice	<b>6</b> 9:15 Morning Walk 9:30 Balloon Badminton 10:00 iN2L Dance to the Music 10:30 iN2L Nature Talks 2:00 Bingo/iN2L Games 2:30 Cocktails and Snacks	<b>7</b> 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
<b>8</b> 9:15 Morning Walk 9:30 iN2L Exercise 10:00 iN2L Church Group 10:30 iN2L Church Songs 1:30 Music with Stephanie 2:30 Sunday Sports	<b>9 Columbus Day</b> 9:15 News and Coffee 9:30 Morning Stretch 10:30 Columbus Videos 1:30 Baking Club 2:30 Columbus Voyage 3:00 History of the New Word	<b>10</b> 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	<b>11 Sausage Pizza Day</b> 9:15 Good News Fun Facts 9:30 Morning Exercise 10:00 Bobby Jackson 11:00 iN2L Music 1:30 Spa Time 2:30 Arts and Crafts	<b>12</b> 9:15 Morning News & Coffee 9:30 iN2L Chair Exercise 10:00 Balloon Badminton 11:00 National Geographic 1:30 Baking Club 2:30 Cocktails and Snacks	<b>13</b> 9:15 Morning Walk 9:30 Balloon Badminton 10:00 Dog Therapy-Abbey 10:30 Aspen Changing Videos 2:00 Bingo/iN2L Games 2:30 Trivia Resident Choice	<b>14</b> 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
<b>15 I Love Lucy Day</b> 9:15 Morning Walk 9:30 iN2L Exercise 10:00 iN2L Church Group 10:30 iN2L I Love Lucy 1:30 Music with Stephanie 2:30 Sunday Sports	<b>16</b> 9:15 News and Coffee 9:30 Morning Stretch 10:30 Today in History 1:30 Baking Club 2:30 Spa Time 3:00 Aroma Therapy	<b>17 National Pasta Day</b> 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	<b>18</b> 9:15 Good News Fun Facts 9:30 Morning Exercise 10:00 Bible Study 10:30 iN2L Games 1:30 Spa Time 2:30 Arts and Crafts	<b>19</b> 9:15 Morning News & Coffee 9:30 iN2L Chair Exercise 10:00 Kerry Lane and Sons 11:00 iN2L Travel Tours 1:30 Baking Club 2:30 Trivia Resident Choice	<b>20 Pink for a Cure</b> 9:15 Morning Walk 9:30 Balloon Badminton 10:00 Dog Therapy-Karra 10:30 Breast Cancer Talk 2:00 Bingo/iN2L Games 2:30 Cocktails and Snacks	<b>21</b> 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
<b>22</b> 9:15 Morning Walk 9:30 iN2L Exercise 10:00 iN2L Church Group 10:30 iN2L Church Songs 1:30 Music with Stephanie 2:30 Sunday Sports	<b>23</b> 9:15 News and Coffee 9:30 Morning Stretch 10:30 Today in History 1:30 Baking Club 2:30 Spa Time 3:00 Aroma Therapy	<b>24</b> 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	<b>25</b> 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	<b>26 Resident's Birthdays</b> 9:15 Morning News & Coffee 9:30 iN2L Chair Exercise 10:00 Baking Club 11:00 National Geographic 1:30 Birthday Party 2:30 Trivia Resident Choice	<b>27</b> 9:15 Morning Walk 9:30 Balloon Badminton 10:00 Dog Therapy-Abbey 10:30 Aspen Changing Videos 2:00 Bingo/iN2L Games 2:30 Cocktails and Snacks	<b>28</b> 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
<b>29</b> 9:15 Morning Walk 9:30 iN2L Exercise 10:00 iN2L Church Group 10:30 iN2L Church Songs 1:30 Music with Stephanie 2:30 Sunday Sports 3:30 1:1/Walking/Music	<b>30</b> 9:15 News and Coffee 9:30 Morning Stretch 10:30 Today in History 1:30 Baking Club 2:30 Spa Time 3:00 Aroma Therapy 3:30 1:1/Walking/Music	<b>31 Halloween Party</b> 9:15 Hot Chocolate Chat 9:30 AF Airman Visit 10:00 Halloween History 10:30 Halloween Videos 1:30 Halloween Party 2:30 Costume Contest 3:30 1:1/Walking/Music	<b>Halloween</b> 	<b>Changing of the Aspen in Colorado</b> The beautiful aspen is the quintessential Colorado tree. We've named towns, streets, dogs and our beer after this glorious tree. In the summer, the aspens provide shade for our state flower,	the columbine and when fall foliage comes on the scene, Coloradans rejoice as the aspens' gently tinkling leaves turn a vibrant shade of gold. 