



4185 Briargate Parkway  
Colorado Springs, CO 80920

PLACE STAMP  
HERE



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Dietary Director

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Maintenance Director

**JODELL FREKING**

Activities Director



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

Contact us at:  
**719-352-3069**

## News from New Dawn

New Dawn Memory Care Newsletter — November 2017



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# The History and Significance of Veterans Day

On Sunday, November 11, citizens across the United States will celebrate Veterans Day with gratitude toward the men and women who have bravely and selflessly served our country. In conjunction with celebrating this important day, here are some facts about its history and significance. To all those who have served, we humbly thank you for your service, and Happy Veterans Day to you!

Veterans Day is a U.S. holiday that honors veterans of all wars.

In 1918, during World War I, on the 11th hour of the 11th day of the 11th month, hostilities ceased between the Allied nations and Germany. The cessation was marked by many countries as Armistice Day. The Treaty of Versailles, which marked the end of the war, was signed on June 28, 1919, but the armistice date was the one that most people considered the end of the conflict.

In November of 1919, Armistice Day was marked by many countries. The observance included parades, public celebrations, and pauses to both business and school activities when the clock struck 11 am.

In June of 1926, Congress passed a resolution that November 11 should be commemorated each year. As of May 13, 1938, Armistice Day became a legal Federal holiday.

Changes were still abound, however. During World War II, more than 16 million Americans served in the Army, Air Force, Marines, and



Navy. Another 5.7 million served in the Korean war. This spurred Veterans service organizations to lobby for the words Veterans Day to replace the words Armistice Day in honor of the American veterans of all wars. In 1954, President Dwight D. Eisenhower signed legislation for the name to be changed.

The day would still see some changes. As of 1971, Veterans Day was moved to the fourth Monday in October. This followed Congress passing the Uniform Holidays Bill that brought about the celebration of four national holidays on Mondays. As of 1978, due to many states' confusion and disapproval over the change, the holiday was moved back to its original observance date. It continues to be held on that date.

**What is the difference between Veterans Day and Memorial Day? It is a common question. Memorial Day, celebrated in May, is dedicated to Americans who have served and who passed away while—or as a result of—serving. Veterans Day honors all Veterans, alive and those who have passed.**

# Our Parents & The Holidays



It's the holidays, and incorporating plans involving a loved one with memory loss can be an additional source of stress. Consider these thoughts:

- ◇ Take a realistic look at the physical needs of your loved one. Can they manage transfers and travel? Do they need bathroom or feeding assistance? What is their level of fatigue?
- ◇ Take a another look at their capacity to handle new situations and noisy environments.
- ◇ How long will the festivities last? Residents

of a memory care community are accustomed to times of quiet and rest, as well as structure to their day. Is there a plan and a place for your family members if the situation becomes overwhelming?

- ◇ Plan ahead—assign family members to take turns watching over your loved one. Educate them on communication techniques, non-verbal communication and plans for various situations (i.e., an angry outburst, tearful events, incontinence or fatigue).

It is quite possible that bringing mom or dad to Aunt Susie's for a full day of food, football, and great grandchildren is just not in the best interest of anyone. If that's the case, you may be able to attend a community function and keep your loved one in their own environment. Try not to feel guilty about choosing this option—it's often the best option for all involved. Honor your loved one at your festivity by starting another tradition, knowing that she is well cared for in the community.



**We asked residents and staff to share the dish they most look forward to each fall and/or Thanksgiving.**

**"Whatever I made from the leftovers in the garden,"  
-Betty, resident**

**"Turkey, stuffing, and squash Casserole,"  
- Night Shift**



# November Highlights — You’re Invited!

We will be hosting our annual Thanksgiving dinner again this year.

Watch for an invitation in your mailbox for the date and time!



Please help us keep you informed by making sure that your correct email, address, and phone number are up to date.

## My favorite Thanksgiving and/or fall dish is...



“Apple Pie with brown sugar Topping,”  
-Jonell, Staff

# Communication Can Be Easy

New Dawn Memory Care uses many different styles of communication to interact with our residents. Sight, touch, and smell can be options. However, most interactions have some component of speech and language.

Our philosophy for communication uses some of the same techniques that improvisational comedians use. The basic idea is to “ride the wave” and see where you go. By using these basic rules, you can reduce the frustration that often is so stressful for caregivers

- 1) Say YES— if your loved one is convinced that their long deceased father will be home soon, don’t try to disagree. Instead, try something like “oh my—is it time for him to come home from work already?” and see where that leads.
- 2) Say Yes AND— if your loved one is convinced it is time for dinner, try something like “yes, and I was thinking



about roast beef for dinner. Would you like that?

- 3) Make a STATEMENT—the idea is not to ask more questions, but to gently re-direct. For example, a family member who insists that they need to visit the store can often be re-directed with a statement such as “yes, and I’d like to make a list. We need milk.”
- 4) Finally, try to live in the moment. Constantly trying to ‘correct’ a misstatement only leads to frustration and stress. Use the opportunity to “go with the flow” as much as possible.

## 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)



# November 2017

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p><b>5 Daylight Savings Ends</b></p> <p>9:15 Morning Talk            9:30 iN2L Exercise            10:00 iN2L Church Group            10:30 iN2L Church Songs            1:30 Music with Stephanie            2:30 Sunday Sports</p>	 <p><b>6 National Nachos Day</b></p> <p>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</p>	 <p><b>7</b></p> <p>9:15 Hot Chocolate Chat            9:30 Morning Exercise            10:00 Dog Therapy-Miller            10:30 iN2L Karaoke            1:30 It's about Me            2:30 iN2L Games            3:30 1:1/Walking/Music</p>	<p><b>1</b></p> <p>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</p>	<p><b>2 Deviled Egg Day</b></p> <p>9:15 Morning News &amp; Coffee            9:30 iN2L Chair Exercise            10:00 Balloon Toss            11:00 iN2L Travel Tours            1:30 Baking Club            2:30 iN2L Music and Dance</p>	<p><b>3</b></p> <p>9:15 Morning Walk            9:30 Balloon Badminton            10:00 Dog Therapy-Abbey            10:30 iN2L Nature Talks            2:00 Bingo/iN2L Games            2:30 Cocktails and Snacks</p>	<p><b>4</b></p> <p>9:15 Coffee or Tea Time            9:30 iN2L Good News            10:00 iN2L Exercise            11:00 Reminiscing            1:30 Spa time            2:30 Popcorn and Movie</p>
<p><b>12 Chicken Soup for the Soul Day</b></p> <p>9:15 Morning Talk            9:30 iN2L Exercise            10:00 iN2L Church Group            10:30 Reading Club            1:30 Music with Stephanie            2:30 Sunday Sports</p>	<p><b>13 Caregiver Appreciation Day</b></p> <p>9:15 News and Coffee            9:30 Morning Stretch            10:00 Kerry Lane and Sons            1:30 Baking Club            2:30 Spa Time            3:00 Thank you Caregivers</p>	<p><b>14</b></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><b>15</b></p> <p>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            3:30 1:1/Walking/Music</p>	<p><b>16 National Fast Food Day</b></p> <p>9:15 Morning News &amp; Coffee            9:30 iN2L Chair Exercise            10:00 Balloon Toss            11:00 iN2L Travel Tours            1:30 Baking Club            2:30 iN2L Music and Dance            3:30 1:1/Walking/Music</p>	<p><b>17</b></p> <p>9:15 Morning Walk            9:30 Balloon Badminton            10:00 Dog Therapy-Karra            10:30 iN2L Nature Talks            2:00 Bingo/iN2L Games            2:30 Cocktails and Snacks            3:30 1:1/Walking/Music</p>	<p><b>18</b></p> <p>9:15 Coffee or Tea Time            9:30 iN2L Good News            10:00 iN2L Exercise            11:00 Reminiscing            1:30 Northview Church            2:30 Popcorn and Movie            3:30 1:1/Walking/Music</p>
<p><b>19</b></p> <p>9:15 Morning Talk            9:30 iN2L Exercise            10:00 iN2L Church Group            10:30 iN2L Church Songs            1:30 Music with Stephanie            2:30 Sunday Sports</p>	<p><b>20 Peanut Butter Fudge Day</b></p> <p>9:15 News and Coffee            9:30 Morning Stretch            10:30 Today in History            1:30 Baking Club            2:30 Spa Time</p>	<p><b>21</b></p> <p>9:15 Hot Chocolate Chat            9:30 Morning Exercise            10:00 Dog Therapy-Miller            10:30 iN2L Karaoke            1:30 It's about Me            2:30 iN2L Games</p>	<p><b>22</b></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</p>	<p><b>23 Thanksgiving Day</b></p> <p>9:15 Morning News &amp; Coffee            9:30 iN2L Chair Exercise            10:00 Thanksgiving Parade            12:00 Thanksgiving Lunch            1:30 I'm Thankful For ???            2:30 Thanksgivings Past</p>	<p><b>24</b></p> <p>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</p>	<p><b>25</b></p> <p>9:15 Coffee or Tea Time            9:30 iN2L Good News            10:00 iN2L Exercise            11:00 Reminiscing            1:30 Spa time            2:30 Popcorn and Movie</p>
<p><b>26</b></p> <p>9:15 Morning Talk            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</p>	<p><b>27 Advent Begins</b></p> <p>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</p>	<p><b>28 French Toast Day</b></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><b>29</b></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><b>30 Lemon Cream Pie</b></p> <p>9:15 Morning News &amp; Coffee            9:30 iN2L Chair Exercise            10:00 Baking Club            11:00 National Geographic            1:30 Birthday Party            2:30 iN2L Music and Dance            3:30 1:1/Walking/Music</p>		<p>God, sometimes life gets me down and I find it hard to see things to be thankful for. Open my eyes to see the gifts you've given me in my life. I'm going to start by thanking you for loving</p>