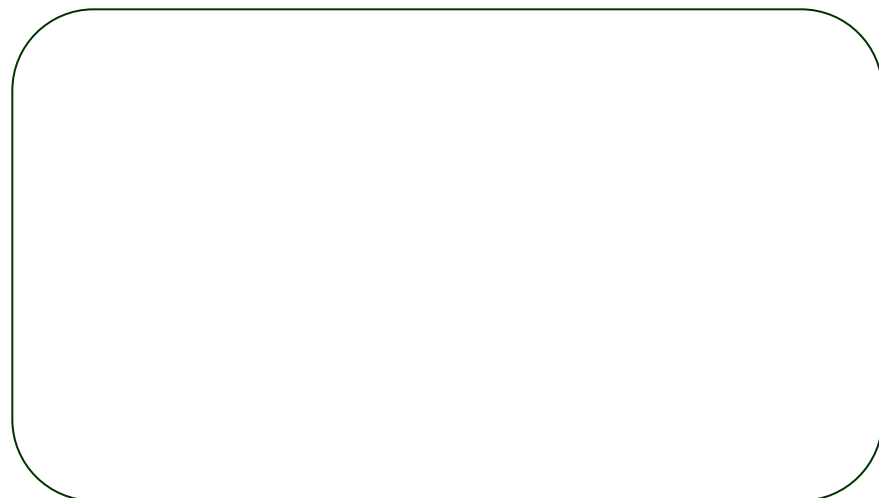




4185 Briargate Parkway
Colorado Springs, CO 80920

PLACE STAMP
HERE



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**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 — December 2017

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Prioritizing Wintertime Wellness

Winter is often a time of great joy. For some, it can also bring on sadness or depression. Factors such as low vitamin D, Seasonal Affective Disorder, and other sources may be to blame. Thankfully, there are ways to address them and get on track toward feeling the merriment of the season.

Low Vitamin D:

Winter blues at older ages could be brought on by a vitamin D deficiency, according to Agingcare.com. People naturally get vitamin D from sunlight, and decreased exposure could lessen the ability to get enough. A deficiency could also result from medications affecting vitamin D production and metabolization, and aging skin decreasing vitamin D3 production.

Vitamin d levels can be increased with safe sun exposure and consumption of supplements, salmon, tuna, cod liver oil, egg yolks, mushrooms, oatmeal, cereal, soy milk, and cow milk. As for how much should be consumed daily, the National Institute on Aging recommends at least 600 IU, but not more than 4,000 IU, for those 50-70. At least 800 IU, but not more than 4,000 IU, is recommended for those 70 and older.

Seasonal Affective Disorder:

Another source for wintertime mood change could be Seasonal Affective Disorder (SAD), a form of depression that cycles seasonally. SAD is a temporary condition that can be due to a lack of sunlight or hormone disruption with



season changes. Signs of SAD include loss of interest in things once enjoyed, changes to appetite or sleep, sadness, anxiety, tiredness, increased sensitivity, and feelings of hopelessness, according to Interim Healthcare.

Treating SAD may include light therapy, talk therapy, aromatherapy, physical activity, and/or doctor-prescribed medications, to name a few options.

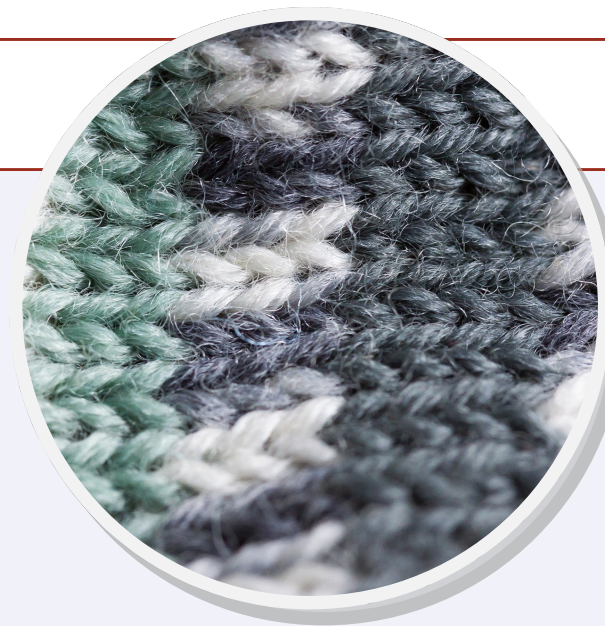
Other sources of sadness or depression:

Winter sadness or depression could also result from poor dietary choices and/or lack of exercise—both which can be helped with lifestyle changes. Holiday stress, nostalgia, and social isolation may also bring down one's mood during winter.

Check out our suggested Mood Boosters to help with wintertime wellness. Remember that you are not alone!

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.

Wintertime Mood Boosters!



Here are some tips to help brighten those long winter days:

- Bundle up and head outside for sunshine or sit by the window with a book and let the sun stream through if it's sunny
- Grab a friend for a game of cards or a talk
- Try to eat balanced meals all day
- Get exercise, even if it's a short walk
- Spend time with a furry companion.
- Enjoy some music or some dancing
- Have a cup of tea or cocoa to warm you and bring joy

- Take part in a cooking project
- Join in on karaoke with a group
- Play a board game with friends
- Brighten someone else's day by engaging with them and seeing how they are doing
- Build a model airplane
- Lead a Bible study group
- Knit, crochet, or cross stitch a gift
- Make a scrapbook or journal
- Have a puzzle competition with others
- Try to learn a new skill, like a language
- Watch a movie and have a snack
- Unclutter your space
- Go on an outing or shopping trip with a group when one is planned
- Make cards for family or friends
- Paint a picture of a scene outside
- List three good things from today
- Meditate or practice deep breathing
- Sign up for an activity for tomorrow
- Get a good night's sleep (you will be less sensitive to negative feelings)
- Practice smiling for an instant lift in mood

We asked residents and staff to share their favorite wintertime traditions.

"Baking Chex Mix"
- Nancy



December Highlights — You're Invited!

ALL are welcome to join us for our

HOLIDAY CELEBRATION

Saturday, December 16th

Music

Food

Entertainment

12:00 Noon



Watch your email for more information

What are your favorite winter traditions?

"Reading under a quilt"

-Kim

"Playing board games"

-Anonymous

"Deep cleaning the house before
putting up the Christmas Tree"

-Joliene

*Here are some photos
taken at
our community!*



Memories!



Find us on Facebook!



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

www.Facebook.com/NewDawnColoradoSprings

December 2017

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				 <i>Join us for our Resident Christmas Party December 15</i>	 9:30 iN2L Chair Yoga 10:00 Dog Therapy-Miller 10:30 iN2L Nature Talks 2:00 Bingo/iN2L Games 2:30 Cocktails and Snacks 3:00 Put up Christmas Trees	 9:30 iN2L Good News 10:00 iN2L Exercise 11:00 iN2L Games 1:30 Spa time 2:30 Popcorn and Movie 3:00 Put up Christmas Trees
3 Advent Begins 9:30 iN2L Exercise 10:00 iN2L Church Group 10:30 iN2L Church Songs 1:30 Music with Stephanie 2:30 Sunday Sports 3:00 iN2L Games	4 9:30 Morning Stretch 10:00 Kerry Lane and Sons 10:30 Reading Group 1:30 Baking Club 2:30 Spa Time 3:00 Aroma Therapy	5 9:30 Morning Exercise 10:00 iN2L Choir Practice 10:30 iN2L Christmas Songs 11:00 Men's/Women's Group 1:30 It's about Me 2:30 iN2L Games	6 9:30 Morning Exercise 10:30 Good News Fun Facts 10:00 iN2L December Trivia 11:00 Holiday Reminiscing 1:30 Spa Time 2:30 Arts and Crafts	7 9:30 iN2L Chair Exercise 10:00 Balloon Badminton 10:30 Christmas Trivia 11:00 National Geographic 1:30 Baking Club 2:30 iN2L Trivia	8  9:30 iN2L Chair Yoga 10:00 Dog Therapy-Abbey 10:30 iN2L Nature Talks 2:00 Bingo/iN2L Games 2:30 Cocktails and Snacks 3:00 Christmas Decorating	9 9:30 iN2L Good News 10:00 Academy Christian Church 11:00 Tree Decorating 1:30 Spa time 2:30 Popcorn and Movie 3:00 Christmas Arts and Crafts
10 9:30 iN2L Exercise 10:00 iN2L Church Group 10:30 iN2L Church Songs 1:30 Music with Stephanie 2:30 Sunday Sports 3:00 iN2L Games	11 9:30 Morning Stretch 10:00 Kerry Lane and Sons 10:30 Reading Group 1:30 Baking Club 2:30 Spa Time 3:00 Aroma Therapy	12 Hanukkah Begins 9:30 Morning Exercise 10:00 iN2L Choir Practice 10:30 iN2L Christmas Songs 11:00 Men's/Women's Group 1:30 It's about Me 2:30 iN2L Games	13 9:30 Morning Exercise 10:00 Bobby Jackson 10:30 Holiday Reminiscing 11:00 iN2L Music 1:30 Spa Time 2:30 Arts and Crafts	14 9:30 iN2L Chair Exercise 10:00 Balloon Badminton 10:30 Christmas Trivia 11:00 National Geographic 1:30 Baking Club 2:30 iN2L Trivia	15  9:30 iN2L Chair Yoga 10:00 Dog Therapy-Kara 10:30 Christmas Fun 1:30 Christmas games 3:00 Christmas Traditions 3:30 1:1/Evening Music	16 HOLIDAY PARTY  9:30 iN2L Good News 10:00 iN2L Exercise 12:00 Christmas Lunch and party starts 1:30 Northview Church 3:00 Christmas Arts and Crafts
17 9:30 iN2L Exercise 10:00 iN2L Church Group 10:30 iN2L Church Songs 1:30 Music with Stephanie 2:30 Sunday Sports 3:00 iN2L Games	18 9:30 Morning Stretch 10:00 Christmas Caroling 10:30 Christmas Traditions 1:30 Baking Club 2:30 Spa Time 3:00 Aroma Therapy	19 9:30 Morning Exercise 10:00 iN2L Choir Practice 10:30 iN2L Christmas Songs 11:00 Men's/Women's Group 1:30 It's about Me 2:30 iN2L Games	20 Hanukkah Ends 9:30 Morning Exercise 10:00 Bobby Jackson 10:30 Holiday Reminiscing 11:00 iN2L Music 1:30 Hanukkah Trivia 2:30 Arts and Crafts	21 Winter Solstice 9:30 iN2L Chair Exercise 10:00 Balloon Badminton 10:30 iN2L Christmas Carols 11:00 National Geographic 1:30 Baking Club 2:30 What is Winter Solstice	22 Staff Party  9:30 iN2L Chair Yoga 10:00 Dog Therapy-Abbey 10:30 iN2L Nature Talks 2:00 Bingo/iN2L Games 2:30 Cocktails and Snacks 3:00 Ugly Sweater Contest	23 9:30 iN2L Good News 10:00 iN2L Exercise 11:00 iN2L Games 1:30 Spa time 2:30 Popcorn and Movie 3:00 Christmas Arts and Crafts
24 Christmas Eve 9:30 iN2L Exercise 10:00 iN2L Church Group 10:30 iN2L Church Songs 1:30 Music with Stephanie 2:30 Sunday Sports 3:00 iN2L Games	25 Christmas Day 9:30 Morning Stretch 10:00 Christmas Caroling 10:30 Christmas Traditions 12:00 Christmas Lunch 2:30 Christmas Videos 3:00 Christmas Story	26 Kwanzaa 9:30 Morning Exercise 10:00 iN2L Good News 10:30 Nature Discussions 11:00 Men's/Women's Group 1:30 It's about Me 2:30 iN2L Games	27 9:30 Morning Exercise 10:00 Ginger Clark 10:30 New Year Trivia 11:00 iN2L Music 1:30 Spa Time 2:30 Arts and Crafts	28 9:30 iN2L Chair Exercise 10:00 Balloon Badminton 10:30 Winter Trivia 11:00 National Geographic 1:30 Baking Club 2:30 iN2L Trivia	29  9:30 iN2L Chair Yoga 10:00 Dog Therapy-Miller 10:30 iN2L Nature Talks 2:00 Bingo/iN2L Games 2:30 Cocktails and Snacks 3:00 Snowy Mtn Videos	30 9:30 iN2L Good News 10:00 iN2L Exercise 11:00 iN2L Games 1:30 Spa time 2:30 Popcorn and Movie 3:00 iN2L Travel Tours
31 New Years Eve 9:30 iN2L Exercise 10:00 iN2L Church Group 10:30 iN2L Church Songs 1:30 Music with Stephanie 2:30 Sunday Sports 3:00 iN2L Games				 Happy First Day of Winter December 21	 December 22 Ugly Sweater Day	 Happy New Year All Activities Subject to Change