



2000 S. Blackhawk Street  
Aurora, CO 80014

PLACE STAMP  
HERE



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Contact us at:  
**303-997-2929**

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

# *The Sunflower Times*

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.



## 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

## Wintertime Mood Boosters!

- 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.*

**"Hot cocoa by the fireplace."**

- Alisha, Caregiver



# December Highlights — You're Invited!

**Holiday Luncheon**

**Date: Saturday, December 16th**

**Time: 12:00PM**

**Hot Chocolate Chats**

**Every Sunday at 9:30 AM**

**December Birthday Celebration**

**Date: Friday, December 29th**

**Time: 2:30 PM**

**Bronco Game Viewing**

**Date: Sunday, December 31st**

**Time: 2:30 PM**

New Dawn invites you to celebrate with us at our...

## Holiday LUNCHEON

Join us for a buffet lunch of holiday favorites at:  
*Noon on Saturday, December 16th*

**Call or email today to RSVP!**  
Donita at 303-997-2929 | dadolf@newdawnmc.com

*Guests are entered to win a holiday raffle gift basket!*

**NEW DAWN**  
MEMORY CARE  
Memory Care • 2000 S. Blackhawk Street • Aurora, CO 80014 • 303-997-2929  
[www.NewDawnAurora.com](http://www.NewDawnAurora.com)

## What are your favorite winter traditions?

**“Snow ball fights with my nieces.”**

- Whitney, Caregiver

**“Eggnog.”**

- Micah, Caregiver

**“String popcorn on the tree.”**

- Robyn, Resident

**“Build a snowman.”**

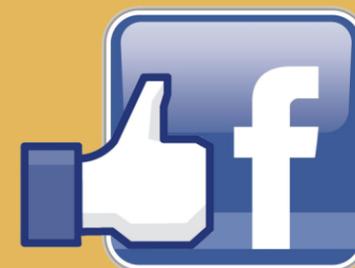
- Keisha, Resident

*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/NewDawnAurora](http://www.Facebook.com/NewDawnAurora)

# December 2017

2000 S. Blackhawk St., Aurora, CO 80014 \* 303-997-2929

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Eat A Red Apple Day 9:00 Fitness/Hydration 9:30 Good News 10:30 Bowling 11:00 Fun Facts 11:30 Get Up & Move 1:15 Bubble Pop 2:30 TGIF 3:30 1:1/Music	2 9:00 Fitness/Hydration 9:30 Coffee & Snacks 10:30 MIM 11:00 Resident Choice 11:30 Take A Stroll 1:15 Games & Puzzles 2:30 Glamour Day 3:30 1:1/Music
3 9:00 Fitness/Hydration 9:30 Hot Chocolate Chat 10:30 Spiritual Music 11:00 Hymns/Singing 11:30 Resident Choice 1:15 IN2L Church Svc 2:30 Sunday Matinee/Snacks 3:30 1:1/Music	4 National Sock Day 9:00 Fitness/Hydration 9:30 Memory Bio 10:30 Noodle Ball 11:00 Sensory/Laughter 11:30 Take A Stroll 1:15 Short Stories 2:30 Bingo 3:30 1:1/Music	5 9:00 Fitness/Hydration 9:30 This Day In History 10:30 Bowling 11:00 IN2L Resident Choice 11:30 This Day In History 1:15 Pencil Art 2:30 Resident Choice 3:30 1:1/Music	6 9:00 Fitness/Hydration 9:30 Music Therapy 10:30 Hand Massage 11:00 Aroma Therapy 11:30 Get Up & Move 1:15 Brain Games 2:30 Scrap Booking 3:30 1:1/Music	7 Men's Lunch/Pearl Harbor Day 9:00 Fitness/Hydration 10:00 Classic T.V 10:30 What Did It Cost 11:00 IN2L Trivia 12:00 Men's Luncheon 1:30 Bingo 2:30 Movie & Popcorn 3:30 1:1/Music	8 9:00 Fitness/Hydration 9:30 Good News 10:30 Bowling 11:00 Classic T.V 11:30 Take A Stroll 1:15 Noodle Ball 2:30 TGIF 3:30 1:1/Music	9 Holiday Card Day 9:00 Fitness/Hydration 9:30 Coffee & Snacks 10:30 MIM 11:00 Resident Choice 11:30 Get Up & Move 1:15 Arts & Crafts 2:30 Make Holiday Cards 3:30 1:1/Music
10 9:00 Fitness/Hydration 9:30 Hot Chocolate Chat 10:30 Spiritual Music 11:00 Hymns/Singing 11:30 Resident Choice 1:15 IN2L Church Svc 2:30 Bronco Game/Popcorn 3:30 1:1/Music	11 9:00 Fitness/Hydration 9:30 Past Times 10:30 Bowling 11:00 Family Feud 11:30 Get Up & Move 1:15 Classic Radio 2:30 Bingo 3:30 1:1/Music	12 9:00 Fitness/Hydration 9:30 Coffee & Snacks 10:30 Piggy Bankers 11:00 State Trivia 11:30 Take A Stroll 1:15 Pencil Art 2:30 IN2L Resident Choice 3:30 1:1/Music	13 National Cocoa Day 9:00 Fitness/Hydration 9:30 Music Therapy 10:30 Hand massage 11:00 Aroma Therapy 11:30 1970 Parade 1:15 Karaoke 2:30 Scrap Booking 3:30 1:1/Music	14 9:00 Fitness/Hydration 9:30 IN2L Games 10:30 Brain Games 11:00 Sports Trivia 11:30 Get Up & Move 1:15 Storytelling 2:30 Bingo 3:30 1:1/Music	15 9:00 Fitness/Hydration 9:30 Memory Bio 10:30 Bowling 11:00 Piggy Bankers 11:30 IN2L Music 1:15 Karaoke 2:30 TGIF 3:30 1:1/Music	16 Christmas Buffet 9:00 Fitness/Hydration 10:00 Resident Choice 10:30 Party Set Up 12:00 Christmas Buffet 2:30 Clean Up 3:30 1:1/Music
17 9:00 Fitness/Hydration 9:30 Hot Chocolate Chat 10:30 Spiritual Music 11:00 Hymns/Singing 11:30 Resident Choice 1:15 IN2L Church Svc 2:30 Movie & Popcorn 3:30 1:1/Music	18 Bake Cookies Day 9:00 Fitness/Hydration 9:30 Fun Facts 10:30 Laughing Seniors 11:00 Noodle Ball 11:30 Take A Stroll 1:15 Bake Cookies 2:30 Drinks & Cookies 3:30 1:1/Music	19 9:00 Fitness/Hydration 9:30 Classic T.V 10:30 Ball Toss 11:00 Family Feud 11:30 Get Up & Move 1:15 Pencil Art 2:30 Reminisce/Drinks 3:30 1:1/Music	20 9:00 Fitness/Hydration 9:30 Music Therapy 10:30 Hand Massage 11:00 Aroma Therapy 11:30 Take A Stroll 1:15 Sensory/Laughter 2:30 Arts & Crafts 3:30 1:1/Music	21 Crossword Puzzle Day 9:00 Fitness/Hydration 9:30 What Did It Cost 10:30 Funny Seniors 11:00 I Love Lucy 11:30 Get Up & Move 1:15 Entertainment with Calvin 2:30 Resident Choice 3:30 1:1/Music	22 9:00 Fitness/Hydration 9:30 Memory Bio 10:30 Bowling 11:00 IN2L Trivia 11:30 Take A Stroll 1:15 IN2L Trivia 2:30 TGIF 3:30 1:1/Music	23 9:00 Fitness/Hydration 9:30 Coffee & Snacks 10:30 MIM 11:00 Classic T.V 11:30 Get Up & Move 1:15 Arts & Crafts 2:30 Glamour Day 3:30 1:1/Music
24 9:00 Fitness/Hydration 9:30 Hot Chocolate Chat 10:30 Spiritual Music 11:00 Hymns/Singing 11:30 Resident Choice 1:15 IN2L Church Svc 2:30 Sunday Matinee 3:30 1:1/Music	25 Christmas Day 9:00 Fitness/Hydration 9:30 Coffee & Snacks 10:30 Funny Seniors 11:00 What Did It Cost 11:30 Past Times 1:15 Storytelling 2:30 IN2L Trivia 3:30 1:1/Music	26 National Candy Cane Day 9:00 Fitness/Hydration 9:30 Past Times 10:30 Piggy Bankers 11:00 Classic T.V 11:30 Get Up & Move 1:15 Pencil Art 2:30 Reminisce 3:30 1:1/Music	27 9:00 Fitness/Hydration 9:30 Music Therapy 10:30 Hand Massage 11:00 Aroma Therapy 11:30 This Day In History 1:15 Ball Toss 2:30 Reminisce Chat 3:30 1:1/Music	28 Ladies Luncheon 9:00 Fitness/Hydration 10:00 Famous Ladies 10:30 I Love Lucy 11:00 Past Times 12:00 Ladies Luncheon 1:30 IN2L Resident Choice 2:30 Scrap Booking 3:30 1:1/Music	29 Birthday Celebration 9:00 Fitness/Hydration 9:30 IN2L Trivia 10:30 Bowling 11:00 Famous Birthdays 11:30 Get Up & Move 1:15 Party Set Up 2:30 Birthday Party 3:30 1:1/Music	30 9:00 Fitness/Hydration 9:30 Coffee & Snacks 10:30 MIM 11:00 IN2L Games 11:30 Take A Stroll 1:15 Board Games 2:30 Glamour Day 3:30 1:1/Music
31 New Year's Eve 9:00 Fitness/Hydration 9:30 Hot Chocolate Chat 10:30 Spiritual Chat 11:00 Hymns/Singing 11:30 Resident Choice 1:15 IN2L Church Svc 2:30 Bronco Game/Popcorn						