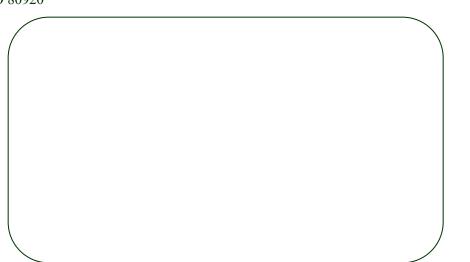


4185 Briargate Parkway Colorado Springs, CO 80920



Administrative Staff:

Nancy Britton Executive Director Tomas Arebalo Kim Treanor RN Resident Care Manager Nicole Heisler Business Office Manager Asst Executive Director Mary Jane Adams RN Registered Nurse Noe Hernandez Dietary Director **Rich Lee** Maintenance Director Jodell Freking Activities Director



STAMP HERE

News from New Dawn

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New Dawn Memory Care Newsletter

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February 2018 Edition

Detection for Prevention: A Look into Regular Cancer Screenings for Seniors

Regular health screenings can empower us with knowledge about our health. They can also give us the possibility to stall, stop, or receive support for a health issue so that we can lead our best lives. February is **National Cancer Prevention** Month. This month was designated to share information about lifestyle choices that may lead to cancer as well as the importance of early detection.

The American Cancer Society provides screening recommendations for seniors with average risk--those who do not present a high risk due to

genetics or lifestyle. For many older adults, screenings for cancer can be beneficial. Largely due to the early detection that screening provide, the mortality rate for cancer has steadily declined over the past two decades - down 26 percent from 1991.

Screening Suggestions for Men:

- Colon cancer testing should begin at 50. At 65 or older, it is also recommended. Talk with your healthcare provider about the best test type (as there are many) and how often to get tested.
- Prostate cancer testing should be discussed with your healthcare provider at 50 and should depend on overall health when over 65. Talk with your healthcare provider about uncertainties, risks, and benefits.
- Lung cancer testing should be discussed with your healthcare provider at 55 or older. Lowdose CT scans for early detection should be discussed. The same is recommended for those 65 or older and with a smoking history.

Screening Suggestions for Women:

For women, age 50-54, annual mammograms



are recommended. At 55, they can be every two years, or annually if preferred. Learn the screening pros and cons. At 65 or older, mammograms should be every two years, or annually. If at high risk for breast cancer, ask your healthcare provider if other tests should accompany the mammogram.

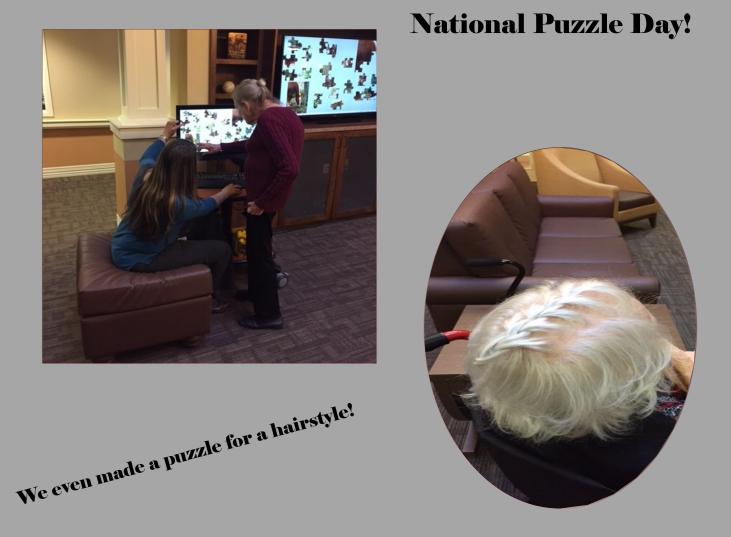
• At 50-64, women should get a Pap test and HPV test every five years, or just a Pap test every three years. No testing is needed after a hysterectomy that removed

the uterus and cervix - if removal was unrelated to cervical cancer. At 65 or older, no cervical cancer testing is needed if results were normal during the previous 10 years.

- Colon cancer testing should start at 50. There are several testing options that ought to be discussed with your healthcare provider. At 65 or older, testing is also recommended. Talk with your healthcare provider about the best test type and how often to do it.
- Lung cancer testing should be discussed with your healthcare provider when over 55. Lowdose CT scans for early lung cancer detection should be discussed at that time. At 65 or older, and with a smoking history, the same recommendation is given.

In addition to getting screenings and being aware of risk level (from personal and family history), one can reduce their risk of cancer by avoiding tobacco, getting to and staying at a healthy weight, engaging in regular physical activity, following a healthy diet, limiting alcohol intake, and protecting skin.

Memories



WELCOME TO NEW DAWN

Kim Treanor, RN Resident Care Manager



Autumn Miller Resident Care Coordinator

February Highlights — You're Invited!

Join us for a tribute performance to the greatest entertainer

Elvis Presley

February 15, 2018 Building C 1:30 PM

Watch for more details!



In honor of Compliment Day on February 24, we turned to our residents and team members to find out the best compliment they have ever received.

"My friend Mary Lou said, 'I love YOU'" - Larry—guest

"One of my residents said, 'You are fun to look at' " - Kaityn—Activities

"'Isn't any compliment pretty nice?" - Pat-resident

FOCUS ON FEELINGS, NOT FACTS

In the early stages of the dementia journ most (if not all) of the focus for both famil and patients is on correction and facts. some point however, current research shown this to be counter productive a may even be harmful to the pers diagnosed with dementia.

Feelings remain strong over the course the disease. Being repeatedly confront with conflicting facts, too many facts, being constantly corrected leads frustration on the part of the individual w dementia. Frustration leads to feelings anger, or giving up. Neither is good.

In the best interest of your loved one, it is not to confront them with corrections. they think it is a Sunday in June 1952, so it. If they think they drove to the store t morning, it's ok to go along. While upsetti to caregivers on occasion, "little white lies"

ney, lies At has	can often be a positive way to reduce the agitation and restore a feeling of calm or peace.						
and	It's often good to pair a little white lie with re						
son	-direction. For						
	example, the						
	family member						
of	fixated on driving						
ted	their car may						
or	benefit from a						
to	little white lie such						
/ith	as "you drove — , ~ , ~ , ~ , ~ , ~ , ~ , ~ , ~ , ~ ,						
of	yesterday—it's my						
	turn today and we						
	will go out later", along with re-direction						
ok	such as "before we go, I need to finish						
. If	making dinner. Please come help me".						
be							
this	Facts may change, but feelings are valid and						
ing	linger long after the facts change.						
es"							

Join us on Social Media!

Facebook : facebook.com/NewDawnColoradoSprings Blog: blog.radiantseniorliving.com **Instagram**: radiantsrliving & radiantvoices Twitter : **RadiantSrLiving Pinterest**: pinterest.com/radiantsrliving YouTube : Search "Radiant Senior Living"

New Dawn Memory Care 4185 Briargate Parkway Colorado Springs, CO 80920 (719) 352-3069								
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
SUPER BOWL	OPRESIDENTS OPAY	Mardi Gras February 13th	Happy Valentine's Dag	1 9:30 iN2L Chair Exercise 10:00 Balloon Badminton 10:30 iN2l Travel Trivia 11:00 National Geographic 1:30 Baking Club 2:30 iN2L Trivia	2 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 iN2l Bird Videos	3 9:30 iN2L Good News 10:00 iN2L Exercise 11:00 iN2L Games 1:30 Spa time 2:30 Movie 3:00 and Popcorn		
4 Super Bowl Sunday 9:00 Music with Stephanie 10:00 iN2L Church Group 10:30 iN2L Church Songs 1:30 Sunday Sports 2:30 Super Bowl Teams 3 3:00 Super Bowl Pre-Game		6 9:30 Morning Exercise 10:00 Reading Group 10:30 iN2L Travel 11:00 Men's/Women's Group 1:30 It's about Me 2:30 iN2L Games	10:00 iN2L Karaoke 10:30 Good News Fun Facts	8 Kite Flying Day 9:30 iN2L Chair Exercise 10:00 Kite Making 11:00 Kite Videos 11:30 National Geographic 1:30 Baking Club 2:30 iN2L Kite Trivia	9 9:30 iN2L Chair Yoga 2 10:00 Dog Therapy-Abbey 10:30 iN2L Nature Talks 2:00 Bingo/iN2L Games 2:30 Cocktails and Snacks 3:00 iN2L Cat Videos	10 9:30 iN2L Good News 10:00 Mask Making 11:00 iN2L Games 1:30 Church Group 2:30 Movie 3:00 and Popcorn		
10:00 iN2L Church Group	12Lincoln's Birth day9:30Morning Stretch10:00Dog Therapy-Miller10:30Lincoln Trivia11:00Today in History2:00Bingo/iN2L Games3:00Spa Time	13Mardi Gras9:30Morning Exercise10:00Mask Making10:30Travel to New Orleans11:00Mardi Gras1:30It's about Me2:30Mardi Gras Parade	14Valentines Day9:30Morning Exercise10:00Bobby Jackson10:30Romantic Travel11:00Valentine History1:30iN2L Love Songs2:00Valentine Snacks	15Elvis Performance9:30iN2L Chair Exercise10:00Valentine Love Stories10:30iN2L Valentine Trivia12:00Valentine Lunch1:30Elvis Performance2:30Valentine Pictures	16 9:30 iN2L Chair Yoga 10:00 Dog Therapy-Karra 10:30 iN2L Nature Talks 2:00 Bingo/iN2L Games 2:30 Popcorn Trivia 3:00 iN2L Dog Videos	17 9:30 iN2L Good News 10:00 iN2L Exercise 11:00 iN2L Games 1:30 Northview Church 2:30 Movie 3:00 and Popcorn		
10:30iN2L Church Songs1:30iN2L Exercise2:30Sunday Sports	19Presidents Day9:30Morning Stretch10:00Presidents Trivia10:30February Trivia11:00Presidential History2:00Bingo/iN2L Games3:00Spa Time	20 9:30 Morning Exercise 10:00 Reading Group 10:30 iN2L Travel 11:00 Men's/Women's Group 1:30 It's about Me 2:30 iN2L Games	21 9:30 Morning Exercise 10:00 Bobby Jackson 10:30 iN2L Karaoke 11:00 iN2L Today in History 1:30 Spa Time 2:30 Arts and Crafts-MIM	22 Washington's Birthday 9:30 iN2L Chair Exercise 10:00 Balloon Badminton 10:30 Washington Trivia 11:00 National Geographic 1:30 Baking Club-Cherry Pie 2:30 Washington History	23 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 iN2L Zoo Animals	24 9:30 iN2L Good News 10:00 Academy Christian Church 11:00 iN2L Games 1:30 Spa time 2:30 Movie 3:00 and Popcorn		
2:30 Sunday Sports	26 9:30 Morning Stretch 10:00 Kerry Lane and Sons 10:30 Reading Group 11:00 Today in History 2:00 Bingo/iN2L Games 3:00 Spa Time 4:00 1:1/Evening Music	27 9:30 Morning Exercise 10:00 Airforce Airman 10:30 Reading Group 11:00 Men's/Women's Group 1:30 It's about Me 2:30 iN2L Games 3:30 1:1/Evening Music	28 9:30 Morning Exercise 10:00 Ginger Clark 10:30 iN2L Karaoke 11:00 iN2L Today in History 1:30 Spa Time 2:30 Arts and Crafts-MIM 3:30 1:1/Evening Music	February Weather Our altitude and proximity to the mountains provides for a year-round, mild climate. Clas- sified as an alpine desert, we enjoy an average of 300 days of deep blue skies, abundant sunshine and low humidity.	The February birth flowers are the violet and the primrose . The violet signifies watchful- ness, loyalty, and faithfulness. Give a violet to someone to let them know you'll always be there for them. The primrose, lets someone know you can't	Amethyst The birthstone of February, is a variety of Quartz that carries a spectacular purple color that ranges from a blend of deep violet and red to a lighter lilac hue. Ancient Greeks believed that the stone protected the wearer from drunkenness and enabled them to keep a balanced mindset.		