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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

INSIDE THIS ISSUE

- P2 Regular Cancer Screening
- P2 Focus on Feelings
- P3 Connect with Us!
- P4 Activities Calendar
- P6 Happy Compliment Day
- P7 Memories in the Making
- P7 Welcome
- P8 Mission & Team

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. Low-dose 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. Low-dose 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

National Puzzle Day!



We even made a puzzle for a hairstyle!

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 journey, most (if not all) of the focus for both families and patients is on correction and facts. At some point however, current research has shown this to be counter productive and may even be harmful to the person diagnosed with dementia.

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

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

can often be a positive way to reduce the agitation and restore a feeling of calm or peace.

It's often good to pair a little white lie with re-direction. For

example, the family member fixated on driving their car may benefit from a little white lie such as “you drove yesterday—it's my turn today and we

will go out later”, along with re-direction such as “before we go, I need to finish making dinner. Please come help me”.

Facts may change, but feelings are valid and linger long after the facts change.



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February

New Dawn Memory Care
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(719) 352-3069

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Mardi Gras February 13th 	Happy Valentine's Day 	1 9:30 iN2L Chair Exercise 10:00 Balloon Badminton 10:30 iN2I 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 iN2I 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 3:00 Super Bowl Pre-Game	5 National Weatherman's Day 9:30 Morning Stretch 10:00 Kerry Lane and Sons 10:30 Reading Group 11:00 Colorado Weather 2:00 Bingo/iN2L Games 3:00 Spa Time	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	7 9:30 Morning Exercise 10:00 iN2L Karaoke 10:30 Good News Fun Facts 11:00 iN2L Today in History 1:30 Spa Time 2:30 Arts and Crafts	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 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
11 9:00 Music with Stephanie 10:00 iN2L Church Group 10:30 iN2L Church Songs 1:30 iN2L Exercises 2:30 Sunday Sports 3:00 Pet Videos	12 Lincoln's Birth day 9:30 Morning Stretch 10:00 Dog Therapy-Miller 10:30 Lincoln Trivia 11:00 Today in History 2:00 Bingo/iN2L Games 3:00 Spa Time	13 Mardi Gras 9:30 Morning Exercise 10:00 Mask Making 10:30 Travel to New Orleans 11:00 Mardi Gras 1:30 It's about Me 2:30 Mardi Gras Parade	14 Valentines Day 9:30 Morning Exercise 10:00 Bobby Jackson 10:30 Romantic Travel 11:00 Valentine History 1:30 iN2L Love Songs 2:00 Valentine Snacks	15 Elvis Performance 9:30 iN2L Chair Exercise 10:00 Valentine Love Stories 10:30 iN2L Valentine Trivia 12:00 Valentine Lunch 1:30 Elvis Performance 2:30 Valentine 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
18 9:00 Music with Stephanie 10:00 iN2L Church Group 10:30 iN2L Church Songs 1:30 iN2L Exercise 2:30 Sunday Sports 3:00 iN2L Games	19 Presidents Day 9:30 Morning Stretch 10:00 Presidents Trivia 10:30 February Trivia 11:00 Presidential History 2:00 Bingo/iN2L Games 3:00 Spa 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
25 9:00 Music with Stephanie 10:00 iN2L Church Group 10:30 iN2L Church Songs 1:30 iN2L Exercise 2:30 Sunday Sports 3:00 iN2L Games 3:30 1:1/Evening Music	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. Classified 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 watchfulness, 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.