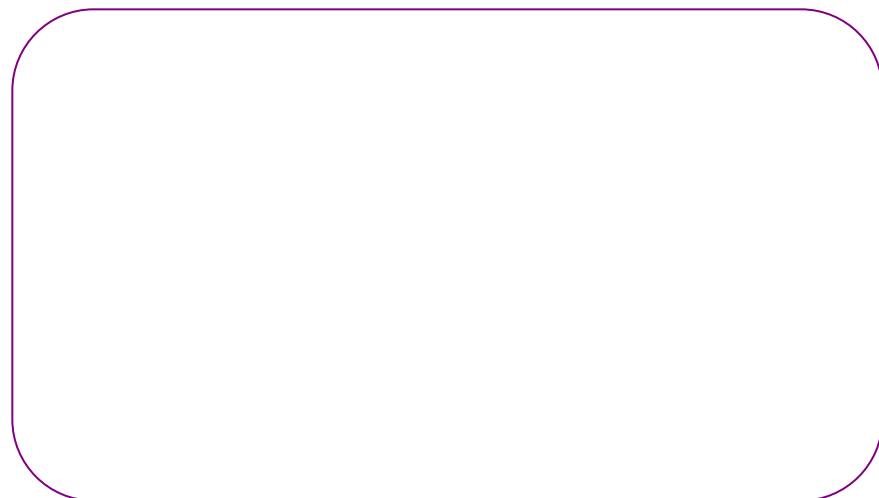




4185 Briargate Parkway
Colorado Springs, CO 80920

STAMP
HERE



Administrative Team:

Nancy Britton
Executive Director
Tomas Arebalo
Community Relations Director
Autumn Miller
Resident Care Coordinator
Nicole Heisler
Assist. Executive Director
Michael Moore
Resident Care Manager
Noe Hernandez
Dietary Director
Richard Lee
Maintenance Director
Jodell Freking
Activities Director

Contact us at:
719-352-3069

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



P2 Arthritis Facts and Care Tips
P3 Welcome and Property Update
P4 & P5 Activities Calendar

P6 Birthdays, Social Media, & Highlights
P7 Memories & Mother's Day
P8 Mission & Team

May 2018 Edition

Arthritis Facts and Care Tips

May marks National Arthritis Month to bring awareness to a very common, but often misunderstood condition. A wide misconception about Arthritis is that it is a single disease. It's actually a way of referring to joint pain or joint disease.

Symptoms of Arthritis can come and go, and include mild to severe swelling, pain, stiffness, and lessened motion range. It can limit a person's ability to partake in some daily activities.

Osteoarthritis is the most common type of Arthritis. Risk factors include family history, being overweight, age, and injuries sustained. Those with non-severe Osteoarthritis can help the condition if they: achieve a healthy weight, get enough exercise, rest per activity level - especially during a flare up, avoid repetitive movements, strengthen muscles around joints, and use hot and cold therapy.

Inflammatory Arthritis is another type. Rheumatoid and Psoriatic Arthritis are in this category. It occurs when the immune system creates inflammation to get rid of what it falsely perceives as infection. It occurs in people with genetic predisposition and environmental risk factors like smoking. Early diagnosis and strong treatment are key

in slowing the condition.

Receiving a diagnosis for Arthritis can be done through a primary care provider or Rheumatologist. There are many ways that Arthritis can be helped.



Arthritis by the Numbers

American Adults Diagnosed: 54 million+

American Children Diagnosed: 300,000 est.

Americans Likely to Have Arthritis: 91 million

Direct Medical Costs: At least \$81 billion

Types of Arthritis That Exist: Over 100

Working Adults With Arthritis: 60%

Arthritis Foundation Pain Management Tips:

- Create a plan with your rheumatologist.
- Be aware of and track your warning signs, like a dull hand ache or daytime sleepiness for days.
- Stay up to date on vaccinations and wash hands frequently to avoid infections which could trigger a flare.
- Stay on top of your emotional health.

Anxiety and stress can increase inflammation.

- Slow your movements, but continue moving to avoid stiff joints. Move joints through the fullest range of motion you can. If it causes

more pain, stop.

- Do hot & cold therapy, no more than 15 minute intervals, two to four times a day.
- Sleep on a schedule, get restful sleep with lights off, devices off, and avoid caffeine in the hours before you head to bed.

Memories in the Making!



“Her patience with me”

“Her hard work”

“Her kindness toward others”

“Her Faith”

In honor of our moms, we asked around: What is something you have always loved about your mother?

May Highlights

MAY 5: Cinco de Mayo

MAY 13: Mother's Day

May 28: Memorial Day

HELP NEEDED

New Dawn is looking for assistance with some special events this summer. In particular, we are looking for contributors to our Classic Car Rendezvous and our July Carnival.

If you, or someone you know would like more information on how you can help, please call Nancy at the community.



Follow us on Social Media:

Facebook.com/NewDawnColoradoSprings
Blog.radiantseniorliving.com
Radiantsrliving on Instagram
Radiantvoices on Instagram
RadiantSrLiving on Twitter
Pinterest.com/radiantsrliving
Radiant Senior Living on YouTube

May Birthdays!



We hope you enjoy your special day!

We have multiple birthdays for staff and residents in May.

If your resident is having a birthday and you would like to celebrate with them, we are happy to help with a private area, decorations and cake! Just let us know.

Welcome!



Michael Moore

Welcome Michael Moore—our new Resident Care Manager. Michael has been a night nurse with us since 2017 and we are very pleased to promote him.

Michael came to us after serving in the military for over 6 years as a Medic and later as a nurse. His most recent posting was in Hawaii.

Michael is true "Army Brat" - born in Fayetteville, North Carolina. He is married and has a daughter.

Please stop by and congratulate him!

Property Plans



We love our property, but we are very excited to move ahead with a large landscaping project this spring.

Included in the project are sidewalk repairs, new plantings, grading and mulch.



Resident will be able to help if they want. This project will make our exterior even more attractive!

In addition watch for our NEW BUS to be delivered this month! We are growing and expanding our programming all the time!!



May

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	May Day is observed on May 1st each year and is a Spring holiday with dancing and singing. 	1 May Day 9:30 Morning Exercise 10:00 Balloon Badminton 10:30 Arts and Crafts 11:00 May Day Videos 1:30 Reading Group 2:30 Mother Goose Trivia	2 9:30 Morning Exercise 10:00 Jeffrey VonKlock 10:30 Move to the Music 11:00 iN2L Music History 1:30 Manicure Time 2:30 Arts and Crafts-MIM	3 National Day of Prayer 9:30 iN2L Chair Exercise 10:00 Baking Club 10:30 Raspberry Popover 11:00 What's that Taste ? 1:30 Volunteer Visit 2:30 Arts and Crafts	4 Space Day 9:30 iN2L Chair Yoga 10:00 Dog Therapy-Miller 10:30 Move to the Music 1:30 US Space History 2:00 Bingo/iN2L Games 2:30 Cocktails and Snacks	5 9:30 Morning Stretch 10:00 Chair Dancing 11:00 Arts and Crafts 1:30 Manicure Time 2:00 Movie and 3:00 Buttered Popcorn
6 9:00 Music with Stephanie 10:00 iN2L Church Group 10:30 iN2L Church Songs 11:00 Bible Trivia 1:30 Get up and Move 2:30 Sunday Sports 3:30 iN2L Music	7 9:30 Morning Stretch 10:00 Lets Dance 10:30 Karaoke 11:00 iN2L Music Trivia 1:30 Colorado Weather 2:00 Bingo/iN2L Games 3:30 Evening Walk/Music	8 V-E Day 9:30 Morning Exercise 10:00 Parachute Fun 10:30 Arts and Crafts 11:00 It's About Me 1:30 Remember V-E Day 2:30 iN2L Games 3:30 iN2L Music	9 9:30 Morning Exercise 10:00 Bobby Jackson 10:30 Move to the Music 11:00 iN2L Today in History 1:30 Manicure Time 2:30 Arts and Crafts-MIM 3:30 Let's Take a Walk	10 9:30 iN2L Chair Exercise 10:00 Baking Club 10:30 What's that Smell ? 11:30 Baking Videos 1:30 Volunteer Visit 2:30 Arts and Crafts 3:30 Evening Walk/Music	11 Military Spouses Day 9:30 iN2L Chair Yoga 10:00 Dog Therapy-Abbey 10:30 Move to the Music 1:30 Military Spouses ? 2:00 Bingo/iN2L Games 2:30 Cocktails and Snacks 3:30 iN2L Music Videos	12 9:30 Morning Stretch 10:00 Chair Dancing 11:00 iN2L Games 1:30 Manicure Time 2:30 Movie Titanic and 3:00 Buttered Popcorn 3:30 Let's take a Stroll
13 Mothers Day 9:00 Music with Stephanie 9:30 Mother's Day Spa Time 10:30 iN2L Church Group 11:00 iN2L Church Songs 12:00 Mothers' Day Lunch 1:30 Mother's Day Fun 3:30 iN2L Music	14 Dance like a Chicken Day 9:30 Morning Stretch 10:00 Chicken Dance 10:30 Karaoke 11:00 iN2L Music Trivia 1:30 Springtime in CO 2:00 Bingo/iN2L Games 3:30 Evening Walk/Music	15 Chocolate Chip Day 9:30 Morning Exercise 10:00 Balloon Badminton 10:30 Arts and Crafts 11:00 Chocolate Chip Video 1:30 It's about Me 2:30 iN2L Games	16 Wear Purple for Peace 9:30 Morning Exercise 10:00 Karaoke 10:30 Move to the Music 11:00 Our History of Peace 1:30 Manicure Time 2:30 Arts and Crafts-MIM 3:30 Let's Take a Walk	17 Cherry Cobbler Day 9:30 iN2L Chair Exercise 10:00 Baking Club 10:30 What's that Taste ? 11:00 National Geographic 1:30 Volunteer Visit 2:30 Eat what we Made 3:30 Evening Walk/Music	18 Pizza Day 9:30 iN2L Chair Yoga 10:00 Dog Therapy-Miller 10:30 Move to the Music 1:30 iN2L Nature Talks 2:00 Bingo/iN2L Games 2:30 Cocktails and Snacks 3:30 iN2L Music Videos	19 Armed Forces Day 9:30 Morning Stretch 10:00 Chari Dancing 11:00 iN2L Games 1:30 Northview Church 2:30 Military Movie and 3:00 Buttered Popcorn 3:30 Let's take a Stroll
20 9:00 Music with Stephanie 10:00 iN2L Church Group 10:30 iN2L Church Songs 11:00 Bible Trivia 1:30 Get up and Move 2:30 Sunday Sports 3:30 iN2L Music	21 9:30 Morning Stretch 10:00 Lets Dance 10:30 Karaoke 11:00 iN2L Music Trivia 1:30 May Trivia 2:00 Bingo/iN2L Games 3:30 Evening Walk/Music	22 9:30 Morning Exercise 10:00 Parachute Fun 10:30 Arts and Crafts 11:00 It's About Me 1:30 Reading Group 2:30 iN2L Games 3:30 iN2L Music	23 Lucky Penny Day 9:30 Morning Exercise 10:00 Bobby Jackson 10:30 Move to the Music 11:00 History of Money 1:30 Manicure Time 2:30 Arts and Crafts-MIM 3:30 Let's Take a Walk	24 9:30 iN2L Chair Exercise 10:00 Baking Club 10:30 What's that Smell ? 11:00 Baking Videos 1:30 Volunteer Visit 2:30 Eat what we Made 3:30 Evening Walk/Music	25 9:30 iN2L Chair Yoga 10:00 Dog Therapy-Miller 10:30 Move to the Music 1:30 iN2L Nature Talks 2:00 Bingo/iN2L Games 2:30 Cocktails and Snacks 3:30 iN2L Music Videos	26 9:30 Morning Stretch 10:00 Chair Dancing 11:00 iN2L Games 1:30 Manicure time 2:30 Movie and 3:00 Buttered Popcorn 3:30 Let's take a Stroll
27 9:00 Music with Stephanie 10:00 iN2L Church Group 10:30 iN2L Church Songs 11:00 Bible Story Trivia 1:30 Get up and Move 2:30 Sunday Sports 3:30 iN2L Music	28 Memorial Day 9:30 Morning Stretch 10:00 Lets Dance 10:30 Karaoke/Patriot 11:00 Hamburger Day 12:00 Memorial Day Picnic 1:00 Outside games 3:30 Evening Walk/Music	29 9:30 Airforce Airman 10:00 Morning Exercise 10:30 Arts and Crafts 11:00 it's About Me 1:30 Reading Group 2:30 iN2L Games 3:30 iN2L Music	30 9:30 Morning Exercise 10:00 Karaoke 10:30 Move to the Music 11:00 iN2L Music History 1:30 Manicure Time 2:30 Arts and Crafts-MIM 3:30 Let's Take a Walk	31 National Macaroon Day 9:30 iN2L Chair Exercise 10:00 Baking Club 10:30 What's that Taste ? 11:00 National Geographic 1:30 Volunteer Visit 2:30 Eat what we Made 3:30 Evening Walk/Music	Memorial Day is observed on the last Monday of May. It was formerly known as Decoration Day and commemorates all men and women who have died in military service for the United States. Many people visit cemeteries and memorials on Memorial Day and it is traditionally seen as	Music with Stephanie in Bldg. A, B, and C Live Entertainment in Bldg. A, B and C Dog Therapy visits are in Bldg. A, B and C Airforce Airman visits are in Bldg. A, B and C