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

The Sunflower Times

New Dawn Memory Care Newsletter



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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



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%

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 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!



May 13 is Mother's Day



"I love her 'Momma' hugs"

- Arianna

"My mom was such a good, kind woman to everyone"

- Ann

"She was aa hard worker and was always there for me too"

-Martha

"She took good care of me and my brother— she was a good artist too!"

- Dorothy

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

May Highlights

MAY 4: Celebrating Cinco de Mayo with an afternoon fiesta

MAY 5: Cinco de Mayo

MAY 5: We welcome friends and family to our Mother's Day Luncheon

MAY 10: Singing and piano with Dave

MAY 13: Mother's Day

MAY 23: Our monthly birthday celebration with cake and ice cream

MAY 28: Memorial Day



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May Birthdays!



We hope you enjoy your special day!

Johanna, May 1st

Buell, May 28th

Featured Residents!



Martha

- Birth Place: Pennsylvania
- Birthday: September 28th
- Family: 5 Children
- Occupation prior to Retirement: Martha has worked as an office clerk at a doctor's office
- Fun Fact: Martha has previously spent lots of time researching her genealogy and loves looking through photo albums of her ancestors
- Hobbies: Enjoys walking outside and gardening. She is looking forward to planting flowers this spring!



Carol

- Birth Place: New Orleans, LA
- Birthday: January 28th
- Family: 3 Children
- Occupation prior to Retirement: International Flight Attendant
- Fun Fact: Carol's nickname as a child was Cookie from the cartoon TV show "Blondie"
- Hobbies: Carol is a social butterfly here at New Dawn and loves chatting and being around people! She also likes to sing, dance and go on walks.

May 2018

Cottages A/B

New Dawn Memory Care
2000 S Blackhawk Street
Aurora, CO 80014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:30 Balloon volleyball 10:00 What Did It Cost? 10:30 Craft—Ladybug Painted Stones (B) 11:30 Aromatherapy 1:00 Dog Walking (B) 1:30 IN2L U.S. Travel & Trivia—Colorado 2:15 Bingo (B) 3:00 IN2L Karaoke 3:30 Activity Boxes 4:00 Resident Outreach 4:30 Classic Radio	2 Brothers and Sisters Day 9:30 Sit & Be Fit 10:00 IN2L Hangman 10:45 Morning Walk Outside 11:15 IN2L Travel—Guided Tour 1:00 Bowling 1:30 Flower Arranging (A & B) 2:15 IN2L Memory Game—Resident Choice 3:00 Beach Ball Toss 3:30 Sit and Chat (Gazebo) 4:00 Resident Outreach 4:30 Life Skills— Watering Flowers	3 9:30 IN2L Exercise Video 10:00 IN2L Memory Games 10:30 Activity Boxes 11:15 Noodle Ball 11:45 Aromatherapy 1:00 Horseshoes (Gazebo) 1:30 IN2L Travel/Trivia—Ireland 2:00 Baking Club—Blueberry Muffins (B) 3:00 Good News 3:30 Jewelry/Beading 4:00 Resident Outreach 4:30 Life Skills— Set the Table	4 Bird Day 9:30 Beach Ball Toss 10:00 Bird Facts & Trivia 10:30 Bird House Craft (A & B) 11:30 Music and Dancing 1:00 Dog Walking (B) 1:30 Puzzles 2:00 Afternoon Walk Outside 2:30 Cinco de Mayo Party (A) 3:30 IN2L Brain Games—Resident's Choice 4:00 Resident Outreach 4:30 Friday Movie (ABC)	5 Cinco de Mayo 9:30 Saturday Morning Stroll 10:00 Flower Arranging (A & B) 10:30 Memories in the Making (A) 12:00 Mother's Day Luncheon (B) 1:45 Activity Boxes 2:15 IN2L Exercise Video 3:00 Coloring—Cinco de Mayo Theme 3:30 IN2L Matching Games 4:00 Resident Outreach 4:30 IN2L Audio Book
6 Lemonade Day 9:30 Sunday Stretching 10:00 Animal Matching Game 10:30 Hymn Singing 11:00 Church Service (B) 1:00 IN2L Memory Games—Resident Choice 1:30 Music & Coloring 2:00 Sunday Sports 3:00 Afternoon Walk 3:30 Discussion -My Favorites 4:00 Resident Outreach 4:30 Classic Radio	7 9:30 Bean Bag Toss 10:00 IN2L Trivia- Animals 10:30 Activity Boxes & Sorting 11:15 IN2L Today in History 1:00 Horseshoes (Gazebo) 1:30 Let's Make Lemonade! (A & B) 2:15 Manicure Monday 3:00 Card Games—Resident Choice 3:30 Bowling 4:00 Resident Outreach 4:30 Life Skills— Watering Flowers	8 9:30 IN2L Exercise Video 10:00 IN2L "Piggy Bankers" 10:30 Puzzles & Board Games 11:30 Aromatherapy 1:00 Walking Club 1:30 Bingo (B) 2:15 Craft—Animal Making Kit (A & B) 3:00 Beach Ball Toss 3:30 IN2L Guided Tour—Asia 4:00 Resident Outreach 4:30 Classic TV	9 9:30 Noodle Ball 10:00 IN2L Crossword Puzzles 10:30 Morning Walk Outside 11:15 IN2L Trivia— Fashion 1:00 Dance to Music 1:30 Activity Boxes 2:00 Garden Club (Gazebo) 3:00 Dog Walking (B) 3:30 Good News 4:00 Resident Outreach 4:30 Life Skills— Set the Table	10 9:30 Walking Club 10:00 What Did It Cost? 10:30 Craft - Painting Sun Catchers (A & B) 11:30 Aromatherapy 1:00 Bingo (B) 1:30 Life Skills— Watering Flowers 2:30 Music w/ Dave (A) 3:15 Racquetball Catch 4:00 Resident Outreach 4:30 IN2L Audio Book	11 TGIF Drinks 9:30 Sit & Be Fit 10:00 IN2L Memory Game—Resident Choice 10:30 Flower Arranging (A & B) 11:15 IN2L Travel—Guided Tour 1:00 Balloon Volleyball 1:30 Scrabble (A) 2:00 Happy Hour Social (A) 3:00 Afternoon Walk Outside 3:30 Beads/Buttons Sorting 4:00 Resident Outreach 4:30 Friday Movie (ABC)	12 Nurses Day 9:30 Saturday Morning Stroll 10:00 Activity Boxes & Sorting 10:30 Memories in the Making (A) 1:30 IN2L Exercise Video 2:15 IN2L Family Feud (A & B) 3:00 Dog Walking (B) 3:30 IN2L Karaoke 4:00 Resident Outreach 4:30 Life Skills— Resident Choice
13 Mother's Day 9:30 Dance to Music 10:00 Activity Boxes & Sorting 10:30 IN2L Today in History 11:00 Church Service (B) 1:00 Reminiscing— Our Mothers 1:30 Card Games—Resident Choice 2:00 Sunday Sports 3:00 Afternoon Walk 3:30 IN2L Crossword Puzzles 4:00 Resident Outreach 4:30 Classic TV	14 9:30 Sit & Be Fit 10:00 What Did It Cost? 10:30 IN2L Family Feud (A & B) 11:15 Life Skills— Watering Flowers 1:00 Noodle Ball 1:30 Bingo (B) 2:15 Coloring—Mother's Day Theme 3:00 Dog Walking (B) 3:30 Good News 4:00 Resident Outreach 4:30 Life Skills— Sorting/Folding Fabric	15 National Chocolate Chip Day 9:30 Bean Bag Toss 10:00 Chocolate Chip Facts & Trivia 10:30 IN2L—Sing w/ Susie Q 11:15 Morning Walk Outside 11:45 Aromatherapy 1:00 Horseshoes & Outdoor Games(Gazebo) 2:00 Baking Chocolate Chip Cookies (A) 3:00 Racquetball Catch 3:30 IN2L Hangman 4:00 Resident Outreach 4:30 IN2L Audio Book	16 Love a Tree Day 9:30 IN2L Exercise Video 10:00 Finish the Lyric 10:30 Activity Boxes 1:00 Balloon Volleyball 1:30 IN2L Travel/Trivia—Germany 2:15 Bingo (B) 3:00 Outdoor Games 3:30 Jewelry/Beading 4:00 Resident Outreach 4:30 Life Skills— Watering Flowers	17 9:30 Dance to Music 10:00 IN2L Trivia— Food 10:30 Scenic Drive 11:30 Aromatherapy 1:00 Dog Walking (B) 1:30 IN2L Matching Games 2:15 Snack Making—Trail Mix (A & B) 3:00 Bowling 3:30 IN2L Guided Tour—S. America 4:00 Resident Outreach 4:30 Life Skills— Set the Table	18 International Museum Day 9:30 IN2L Chair Exercise 10:00 IN2L U.S. Travel Trivia—Colorado 10:30 Virtual Museum Tour (A & B) 11:15 Life Skills— Watering Flowers 1:00 Horseshoes & Outdoor Activities (Gazebo) 2:00 Bingo (B) 2:45 Coffee & Chat (A & B) 3:30 What Did It Cost? 4:00 Resident Outreach 4:30 Friday Movie (ABC)	19 9:30 Saturday Morning Stroll 10:00 IN2L Trivia—Animals 10:30 Memories in the Making (A) 1:00 IN2L Exercise Video 1:30 IN2L—Sing w/ Susie Q 2:15 Good News 3:00 Animal Matching Game 3:30 Noodle Ball 4:00 Resident Outreach 4:30 IN2L Audio Book
20 Pick Strawberries Day 9:30 Sunday Stretching 10:00 IN2L Memory Games—Resident Choice 10:30 Coloring—Strawberry Picking 11:00 Church Service (B) 1:00 Reminiscing— Childhood 1:30 Dance to Music 2:00 Sunday Sports 3:00 Afternoon Walk 3:30 Hymn Singing 4:00 Resident Outreach 4:30 Classic Radio	21 9:30 Walking Club 10:00 IN2L Travel/Trivia—Europe 10:30 Puzzles/Board Games 11:15 Sit and Chat (Gazebo) 1:00 Horseshoes (Gazebo) 1:30 Bingo (B) 2:15 Manicure Monday 3:00 IN2L Crossword Puzzles 3:30 Finish the Lyric 4:00 Resident Outreach 4:30 Life Skills— Watering Flowers	22 9:30 Racquetball Catch 10:00 IN2L Trivia— Fashion 10:30 Flower Arranging (A & B) 11:15 IN2L Bubble Pop 11:45 Aromatherapy 1:00 Dog Walking (B) 1:30 Good News 2:00 Garden Club (Gazebo) 3:00 What Did It Cost? 3:30 Beads/Buttons Sorting 4:00 Resident Outreach 4:30 Life Skills— Set the Table	23 Birthday Celebration 9:30 Noodle Ball 10:00 IN2L U.S. Travel & Trivia—Colorado 10:30 Birthday Card Making (A) 11:15 Life Skills— Sorting/Folding Fabric 1:00 Bingo (B) 1:30 Bowling 2:30 Birthday Celebration (A) 3:30 Afternoon Walk Outside 4:00 Resident Outreach 4:30 IN2L Audio Book	24 9:30 Sit & Be Fit 10:00 IN2L "Piggy Bankers" 10:30 Activity Boxes 11:30 Aromatherapy 1:00 Balloon Volleyball 1:30 IN2L Trivia—Cars 2:00 Mystery Drive 3:00 Afternoon Walk Outside 3:30 IN2L—Sing w/ Susie Q 4:00 Resident Outreach 4:30 Life Skills— Watering Flowers	25 9:30 IN2L Exercise Video 10:00 IN2L Hangman 10:30 Puzzles/Board Games 11:15 Sit and Chat (Gazebo) 1:00 Bowling 1:30 Coloring—Summer Theme 2:00 Scrabble (A) 3:00 Dog Walking (B) 3:30 Animal Matching Game 4:00 Resident Outreach 4:30 Friday Movie (ABC)	26 International Jazz Day 9:30 Saturday Morning Stroll 10:00 Sensory Stations 10:30 Memories in the Making (A) 1:00 What Did It Cost? 1:30 Beach Ball Toss 2:15 IN2L Bubble Pop 3:00 Music & Coloring Hour—Jazz Music 4:00 Resident Outreach 4:30 Life Skills— Resident Choice
27 Grape Popsicle Day 9:30 Dance to Music 10:00 Activity Boxes 10:30 Reminiscing— Summer Vacation 11:00 Church Service (B) 1:00 Balloon Volleyball 1:30 Snack—Popsicles 2:00 Sunday Sports 3:00 Afternoon Walk 3:30 Good News 4:00 Resident Outreach 4:30 Classic TV	28 Memorial Day 9:30 Noodle Ball 10:00 IN2L Memory Game—Resident Choice 10:45 Coloring—Memorial Day Theme 11:30 Animal Matching Game 1:00 Bowling 1:30 IN2L Bubble Pop 2:15 Horseshoes & Outdoor Games(Gazebo) 3:15 Activity Boxes 4:00 Resident Outreach 4:30 Life Skills— Set the Table	29 9:30 IN2L Exercise Video 10:00 IN2L Word Games 10:45 Jewelry/Beading 11:30 Aromatherapy 1:00 Afternoon Walk 1:30 Bingo (B) 2:15 IN2L Travel/Trivia 3:00 Magazine Collage Craft (A & B) 3:30 Card Games—Resident Choice 4:00 Resident Outreach 4:30 Life Skills— Watering Flowers	30 Senior Health & Fitness Day 9:30 Balloon Volleyball 10:00 Senior Health & Fitness Facts/Trivia 10:30 Craft—Making Bird Feeders (A & B) 11:15 Morning Walk Outside 1:00 Horseshoes (Gazebo) 1:30 What Did It Cost? 2:15 IN2L Guided Tour—Europe 3:00 Sit & Chat (Gazebo) 3:30 IN2L Crossword Puzzles 4:00 Resident Outreach 4:30 Life Skills— Sorting/Folding Fabric	31 9:30 Walking Club 10:00 Finish the Lyric 10:30 Scenic Drive 11:30 Aromatherapy 1:00 Good News 1:30 Dance to Music 2:15 Bingo (B) 3:00 Racquetball Catch 3:30 Coloring—Summer Vacation Theme 4:00 Resident Outreach 4:30 Life Skills— Set the Table		