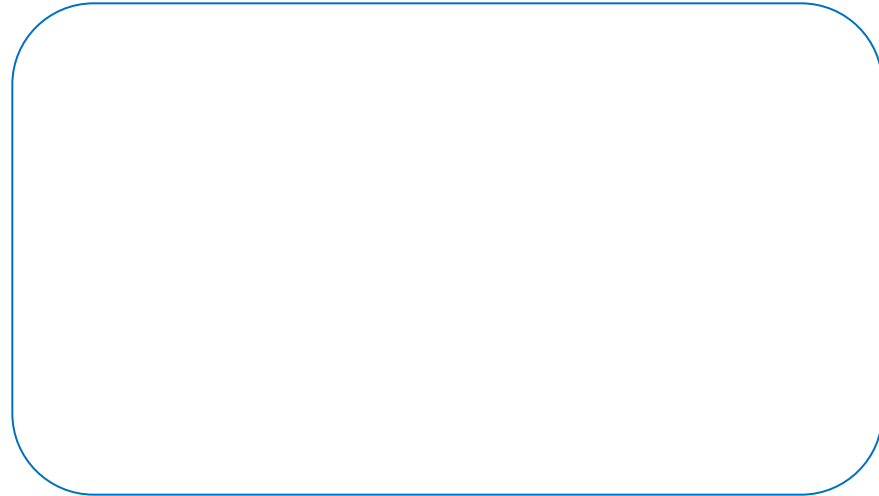




4185 Briargate Parkway
Colorado Springs, CO 80920

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STAMP
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Administrative Team:

Nancy Britton
Executive Director
Kristyn Gilbert
Community Relations Director
Leigha Horton
Wellness Director
Autumn Miller
Business Office Director
Bailey Roberts-Feathers
Wellness Coordinator
Tony Campbell
Dining Services Director
Richard Lee
Maintenance Director
Jeanne Bautista
Life Enrichment Director

Contact us at:
PHONE



**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



January 2019

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Life-Changing New Year's Resolutions

Setting New Year's resolutions is pretty easy, but sticking to them can be a challenge. For extra incentive to follow through on goals in 2019, check out these big-reward resolutions!

Take a Daily "Me Moment" to Breathe

Every day, make time (even if it is one actual minute) to connect with yourself. Close your eyes, sit up straight, relax your body, and breathe in through your nose and out deeply through your mouth. You'll feel the benefits instantly.

Become an Active Listener

For this one, you do yourself a favor and the person with whom you're conversing. Maintain eye contact, really hear what the other person is saying, and think before responding. Your conversations will become much more meaningful.

Only Apologize When it's Appropriate

People of all ages and walks of life can struggle with apologizing when another word or phrase would better communicate a feeling. Examples: pardon me, excuse me, thank you, that sounds very difficult, how frustrating, I would prefer, might I suggest...Doing so can raise self-esteem and help with communication.

Reach Out to a Friend

In certain instances, distance or time can put



wedges into relationships. Other times, they don't, but we perceive that they have! Take the first step and reach out to a friend with a note or a call to let them know you care, are there for them, or that you miss them.

Thoughtfully Avoid Judging Others

Sometimes, people judge things or actions without even realizing it. Try to change your thought process if you start to judge. It will make you more empathetic and

understanding, and can improve relationships.

Avoid Looking at Screens Before Bedtime

This one is a challenge. It's hard for many to disconnect, but doing so can vastly improve how fast you are able to get to sleep, and your sleep quality. Try some reading before bed if you need to busy your mind.

Take a Daily Walk

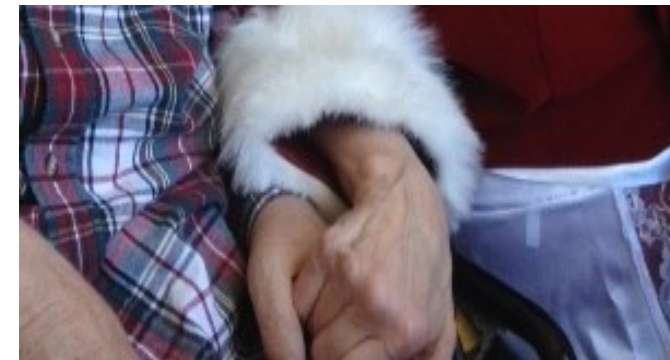
Taking a walk every day can improve overall health and well-being. It can be as simple as you want and may just brighten your day.

Share Your Knowledge or a Skill

People often have the resolution to learn a new skill, but how about teaching one? Everyone has their areas of expertise and what could be nicer than sharing them for free with those who would like to learn?!

Let us know your resolutions! We will post them in the newsletter next month!

Special Moments



What type of creative outlet or artist most inspires you?

"Cake Decorating"

-Judy

"Christian Music"

- Thelma

"Playing the Piano"

- Martha

"Church service"

- Judie



January Highlights

- 1 New Year's Day
- 2 National Science Fiction Day
- 3 National Chocolate-Covered Cherry Day
- 4 Spaghetti Day / Trivia Day
- 5 Whipped Cream Day
- 6 Shortbread Day / Technology Day
- 8 English Toffee Day / Skincare Day
- 9 Law Enforcement Appreciation Day
- 11 National Milk Day
- 14 National Dress Up Your Pet Day
- 15 Strawberry Ice Cream Day
- 16 Fig Newton Day
- 17 National Hot Buttered Rum Day
- 19 National Popcorn Day
- 20 Cheese Lover's Day
- 21 Martin Luther King Jr. Day
- 21 New England Clam Chowder Day
- 24 Peanut Butter Day / Compliment Day
- 23 Pie Day
- 25 Irish Coffee Day / Opposite Day
- 26 National Peanut Brittle Day

- 27 National Chocolate Cake Day
- 28 Blueberry Pancake Day / Kazoo Day
- 29 National Corn Chip Day
- 30 Croissant Day
- 31 Inspire your Heart with the Arts Day

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



Chuckle of the Month:

"Plant carrots in January and you'll never have to eat carrots." - Gardening Saying

January Birthdays!

Elvis' Birthday Bash!

First 25 guests will receive a free picture with Elvis!

Friday, January 11, 2019
1:00 pm - 3:00 pm

The King is in the House!
Elvis Impersonator "Everywhere Elvis," aka Dennis Thornberry, will be here in person!

Come sing and dance along to some of the greatest hits of all time!



Dennis has been performing his Tribute to Elvis professionally since 2004, but has been performing for fun his whole life and is a life long Elvis fan and historian.

Join us to celebrate the 85th anniversary of the birth of the

"King of Rock and Roll"

Thank you! Amy

Amy is the daughter of our resident Bill T. Amy's Bible Study group from Woodman Bible Chapel shared their time and fellowship with all our residents during the holidays. In fact, it was such a great experience, they will be back for Valentine's Day!

We appreciate our family volunteers so very much!

If you have a talent or time to share with us, please reach out to Jeanne, or to Nancy. We'd love to have you.



Team Member of the Month! Molly





Even though Molly is leaving us to return to Michigan and pursue her education or a career in bio-ethics, she has left a lasting impression on residents, families and her co-workers. Always upbeat, Molly has an eye for the little things that mean so much.

We wish her the very best. Keep in touch!

January 2019

New Dawn Memory Care | 4185 Briargate Parkway, Colorado Springs, CO 80920 | 719-352-3069 Bldg C

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		New Years Day 1 9:15 Balloon Badminton 10:00 Manicure Time 11:00 Gilligan Golf 1:30 iN2L Games 2:30 Arts and Crafts– MiM 4:00 Rock around the Block 6:00 Evening Movie	Nat'l Science Fiction Day 2 9:15 Morning Stretch 9:30 Jeff Von Klock 10:00 Game show time 11:00 iN2L Trivia 1:30 World of Dance 2:30 Chair Dancing 3:30 Flower Arranging	Nat'l Chocolate Cherry Day 3 9:15 Exercise with Vaughn 10:00 Baking Club 11:00 Good Eats 1:30 Laundry Folding 2:00 iN2L Travel 2:30 iN2L Music Party 3:00 Card Game Time	Nat'l Spaghetti Day 4 9:15 Ball Toss 10:00 Dog Therapy 11:00 Bingo/ iN2L Games 1:30 Karaoke 2:30 Mocktail Hour 3:00 Music Videos 4:00 iN2L Nature	Whipped Cream Day 5 9:15 Morning Stretch 10:00 Card Writing 10:30 iN2L Games 1:30 Spa Time 2:30 Movie and 3:00 Festive Snack 4:00 Rock the Block
Epiphany/ Shortbread Day 6 9:15 Hymn-sing 10:00 iN2L Church Group 11:00 iN2L Church Music 1:00 iN2L Bible trivia 2:00 Walking Group 2:30 Sunday Sports 4:30 Music w/ Stephanie	Old Rock Day 7 9:15 Ball Toss 10:00 Remember When? 11:00 iN2L Games 1:00 Karaoke 2:00 Snack Attack 2:30 Advanced Crafts 4:00 Afternoon Stroll	English Toffee Day 8 9:30 Yoga w/Lindsay 10:00 Manicure Time 11:00 Uno/Cards 1:30 iN2L Games 2:30 Arts and Crafts– MiM 4:00 Rock around the Block 6:00 Evening Movie	Law Enforcement Day 9 9:15 Morning Stretch 9:30 Bobby Jackson 10:00 Game show time 11:00 iN2L Trivia 1:30 iN2L Exercise 2:30 Flower Arranging 3:30 The Voice	Bittersweet Chocolate Day 10 9:15 iN2L Exercise 10:00 Baking Party 11:00 How It's Made 1:00 Laundry Folding 2:00 Snack Attack 2:30 iN2L Music Party 3:00 Card Game Time	National Milk Day 11 9:15 Ball Toss 10:00 Dog Therapy 11:00 Bingo/ iN2L Games 1:00 Elvis party 2:00 and Birthday cake 3:00 iN2L Nature 4:00 Music Videos	12 9:15 Chair Dancing 10:00 iN2L TED talk 11:00 iN2L Games 1:00 Manicure time 2:00 Movie and 3:00 Rootbeer Floats 3:30 Rock the Block
Int'l Skeptics Day 13 9:15 Hymn-sing 10:00 iN2L Church Group 11:00 iN2L Church Music 1:00 iN2L Bible trivia 2:00 Snack Attack 2:30 Sunday Sports 4:30 Music w/ Stephanie	Dress Your Pet Day 14 9:15 Morning Stretch 9:30 Dan Gariepy 10:00 Box of Memories 11:00 Name that Tune 1:00 Karaoke 2:30 Advanced Crafts 4:00 Afternoon Stroll	Strawberry Ice Cream Day 15 9:30 Gordon Johnson 10:30 Manicure Time 11:00 Gilligan Golf 1:30 iN2L Games 2:30 Arts and Crafts– MiM 4:00 Rock around the Block 6:00 Evening Movie	Fig Newton Day 16 9:15 Morning Stretch 9:30 Bobby Jackson 10:00 Game show time 11:00 iN2L Trivia 1:30 America's Got Talent 2:30 iN2L Exercise 3:30 Flower Arranging	Hot Butter'd Rum Day 17 9:15 Exercise with Vaughn 10:00 Manicure Time 11:00 Cooking Show 1:00 Laundry Folding 2:00 Snack Attack 2:30 iN2L Music Party 3:00 Card Game Time	Winnie The Pooh Day 18 9:15 Morning Workout 10:00 Dog Therapy 11:00 Bingo/ iN2L Games 1:30 Karaoke 2:30 Poetry Café 3:00 Music Videos 4:00 iN2L Nature	Nat'l Popcorn Day 19 9:15 Chair Dancing 10:00 Art Time 11:00 iN2L Games 1:00 Spa Time 2:00 Movie and 3:00 Ice Cream Social 3:30 iN2L Music
Nat'l Cheese Lovers Day 20 9:15 Hymn-sing 10:00 iN2L Church Group 11:00 iN2L Church Music 1:00 iN2L Bible trivia 2:00 Snack Attack 2:30 Sunday Sports 4:30 Music w/ Stephanie	Martin Luther King Jr Day 21 9:15 Ball Toss 10:00 Game show time 11:00 Bingo 1:00 Karaoke 2:00 Snack Attack 2:30 Advanced Crafts 4:00 Afternoon Stroll	Nat'l Blonde Brownie Day 22 9:30 Yoga w/Lindsay 10:00 Manicure Time 11:00 Uno/Cards 1:30 iN2L Games 2:30 Arts and Crafts– MiM 4:00 Rock around the Block 6:00 Evening Movie	National Pie Day 23 9:15 Morning Stretch 9:30 Hannah Geiger 10:00 Game show time 11:00 iN2L Exercise 1:30 Broadway Hour 2:30 Men's Group 3:30 Flower Arranging	Peanut Butter Day 24 9:15 iN2L Music 10:00 Baking Party 11:00 iN2L Travel 1:00 Laundry Folding 2:00 Snack Attack 2:30 Card Game Time 3:30 iN2L Exercise	Day Opposites 25 9:15 Ball Toss 10:00 Dog Therapy 11:00 Lane Brothers 1:30 Karaoke 2:30 Tea Party 3:00 Music Videos 4:00 iN2L Nature	Nat'l Peanut Brittle Day 26 9:15 Chair Yoga 10:00 Manicure time 11:00 iN2L TED talk 1:00 Let's Dance! 2:00 Movie and 3:00 Smoothies 4:00 Rock around the Block
Nat'l Chocolate Cake Day 27 9:15 Hymn-sing 10:00 iN2L Church Group 11:00 iN2L Church Music 1:00 iN2L Bible trivia 2:00 Snack Attack 2:30 Sunday Sports 4:30 Music w/ Stephanie	Fun at Work Day 28 9:30 Yoga w/Lindsay 10:00 Game show time 11:00 Bingo 1:00 Karaoke 2:00 Snack Attack 2:30 Advanced Crafts 4:00 Afternoon Stroll	Nat'l Corn Chip Day 29 9:15 Balloon Badminton 10:00 Manicure Time 11:00 Gilligan Golf 1:30 iN2L Games 2:30 Arts and Crafts– MiM 4:00 Rock around the Block 6:00 Evening Movie	Croissant Day 30 9:15 Morning Stretch 9:30 Jeff Von Klock 10:00 Game show time 11:00 Chair Dancing 1:30 World of Dance 2:30 Men's Group 3:30 Flower Arranging	Inspire Hearts with Arts 31 9:15 iN2L Exercise 10:00 Baking Party 11:00 How It's Made 1:00 Laundry Folding 2:00 Snack Attack 2:30 Card Game Time 3:30 iN2L Music Party	