



2000 S. Blackhawk Street
Aurora, CO 80014

PLACE
STAMP
HERE



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Charlotte Lutz
Community Relations Director
Linda Sloan
Wellness Director
Andrea Nichols
Business Office Director
Carl Briggs
Dining Services Director
Vincenzo Indolini
Maintenance Director

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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



February 2019

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3 Resident & Team Spotlight
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8 Mission & Team

Show Yourself Some Love: Prioritize Heart Health

The month of cupid, candy, and hearts isn't just about love, but also about showing yourself you care by prioritizing your heart health. February has been associated with hearts since Valentines were mass produced in the United States in 1847. In addition, since 1963, February has also been designated American Heart Month in the U.S.

In his Proclamation 3566, former President Lyndon B. Johnson called out a "nationwide problem of heart and blood-vessel diseases" and urged citizens to support programs toward a solution to the problem of heart disease.

Heart disease can be fought. The first step is knowing risks that lead to poor heart health, which include: high blood pressure, high cholesterol, smoking, diabetes, obesity, being overweight, following a poor diet, physical inactivity, and excessive alcohol use.

In addition to quitting smoking and decreasing excessive alcohol consumption, actions can be taken to reduce such risks.

Get Active

Getting out for a daily walk is not only good for mental health and weight management, but also for heart health! The World Health Organizations says adults over 65 should do at least 150 minutes of moderate-intensity aerobic physical activity



each week—That's just around 20 minutes per day! Aerobic activity should be done in bouts of at least 10 minutes.

Eat Better

Is the way to your heart through your stomach? The Mayo Clinic recommends eating more vegetables and

fruits as they have substances that may help cardiovascular health. They also recommend whole grains such as whole-grain bread and high-fiber cereals. Monitoring sodium is also important. Items high in salt include tomato juice, soy sauce, and many prepared foods.

Manage Cholesterol

Getting active and eating better will go a long way in helping you achieve this final suggestion for better heart health, managing cholesterol! The first step in improving cholesterol is to seek out a medical professional to find your levels for both cholesterol types. If your bad cholesterol (LDL) is high, make sure to have a health professional help you to monitor it.

Give yourself a Valentine this February with a commitment to improving your overall heart health!

Note: Each individual should follow their medical professional or doctor's advice and speak with them before making diet or exercise changes.

Special Moments



The Sweetest Acts of Kindness We've Seen

"Stopping for a man who broke down on the side of the road."

- Aundra

"Most people are born kind. I see it everywhere."

- Jerome

"You see it in foreign countries, with the military"

-John

"Watching our caregivers interact with residents even on their days off."

- Rosie

February 17 celebrates Random Acts of Kindness!

"Being a caregiver."

- Sharon

"People willing to donate to complete strangers."

-Judy

February Highlights

- 2 Ground Hog Day
- 3 Feed the Birds Day
- 4 Thank a Mailman Day
- 6 Chopsticks Day
- 7 Send a Card to a Friend Day
- 8 Kite Flying Day
- 9 National Pizza Day
- 11 Make a Friend Day
- 11 Inventors Day
- 12 Search for Pennies Day
- 14 Valentine’s Day
- 15 Susan B. Anthony Day
- 17 Random Acts of Kindness Day
- 18 President’s Day
- 19 Chocolate Mint Day
- 20 Cherry Pie Day
- 20 Love Your Pets Day
- 21 Card Reading Day
- 22 George Washington’s Birthday
- 23 Tennis Day
- 24 Tortilla Chip Day

- 26 Pistachio Day
- 27 Polar Bear Day
- 28 Floral Design Day
- 28 Tooth Fairy Day

We’re online @

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

Oh Special Wintry Days:
"Winter came down to our home one night
Quietly pirouetting in on silvery-toed slippers of snow,
And we, we were children once again."
- Bill Morgan, Jr.

February Birthdays!



We wish you
a very Happy Birthday!

- Vicki, 2/6
- Donald, 2/6
- Richard, 2/18

Resident of the Month! Mary!

Mary is a colorful, charming, and wonderful addition to our family here at New Dawn Aurora!

She brightens up the day of so many with her quick tongue and off the charts humor.

Mary was a nurse for most of her life and it shows in the way she advocates for those around her.

We love you, Mary!



Team Member of the Month! Juni!

Juni H. is a caring and dependable team member. She takes the time to get to know each resident and ensures they are taken care of.

Juni is our QMAP, qualified medication administration personnel. Juni comes to New Dawn to care for those who need it most.

Juni says, “I love my job. I love the people. You need to love your job! I love to do activities and get to know my residents. The more you know, the easier your job is.”

Congratulations Juni!



February 2019

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	National Tater Tot Day2
					9:00 Poetry Reading & Reflection 9:15 Morning Stretch 9:30 Sensory Tools 10:30 Manicures/Beauty Salon 1:15 Hand Massages 2:00 Music Minute 2:30 News & Current Events 3:00 Happy Hour Friday! (B) 4:00 Resident Outreach 4:30 Movie & Popcorn Friday!	9:30 Saturday Stretching 10:00 Good News 10:30 Reminiscing 1:15 Music Minute 2:00 Activity Boxes/ Sorting 2:30 News & Current Events 3:30 Snack & Chat 4:00 Short Stories 4:30 IN2L Classic Radio
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9:30 Noodle Ball 10:00 News & Current Events 10:00 Puzzles & Board Games 1:15 IN2L Which Came First? 2:00 State Trivia 2:30 Activity Boxes/Sorting 3:00 Balloon Volleyball 4:00 Bingo 4:30 Music Moves	9:30 Morning Stretching 10:00 IN2L Today in History 10:30 Manicures/Beauty Salon 1:15 Poetry & Reflection 2:00 Hand Massages 2:30 Noodle Ball 3:00 Activity Boxes/Sorting 4:00 Sensory Stations 4:30 IN2L Classic Radio	9:30 Community Walk 10:00 What Did It Cost? 10:30 Bingo 1:15 IN2L Brain Games 2:00 Good News 2:30 Golf 3:00 Baking Club 4:00 Resident Outreach 4:30 IN2L Classic TV	9:30 Noodle Ball 10:00 News & Current Events 10:30 Exercise w/ Weights 1:15 Afternoon Walk 2:00 Short Stories 2:30 Puzzles & Board Games 3:00 Sensory Tools 4:00 Stretch & Flex 4:30 Tell Me About It	9:30 Short Stories 10:00 IN2L Travel/Trivia 10:30 Hot Cocoa Making 1:15 Reminiscing 2:00 Bingo 2:30 IN2L Today in History 3:30 Music with Tim 4:30 IN2L Audio Book	9:30 IN2L Brain Games 10:00 Good News 10:30 Manicures/Beauty Salon 1:15 Noodle Ball 2:00 IN2L Which Came First? 2:30 Puzzles & Board Games 3:00 Community Walk 4:00 Baking Club 4:30 Movie & Popcorn Friday!	9:30 Saturday Morning Stroll 10:00 IN2L Brain Games 10:30 Valentine Craft 1:15 IN2L Audiobook 2:30 Mini Golf 3:30 Poetry & Reflection 4:00 Sensory Stations 4:30 IN2L Classic TV
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