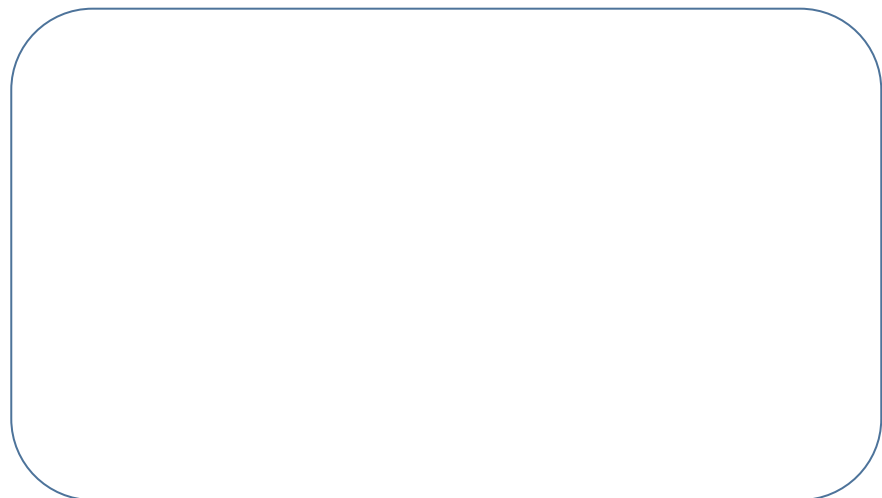




2000 S. Blackhawk Street
Aurora, CO 80014

PLACE
STAMP
HERE



Administrative Team:

Tim Watson
Executive Director
Linda Sloan
Wellness Director
Andrea Nichols
Business Office Director
Carl Briggs
Dining Services Director
Kelly Beall
Life Enrichment Director

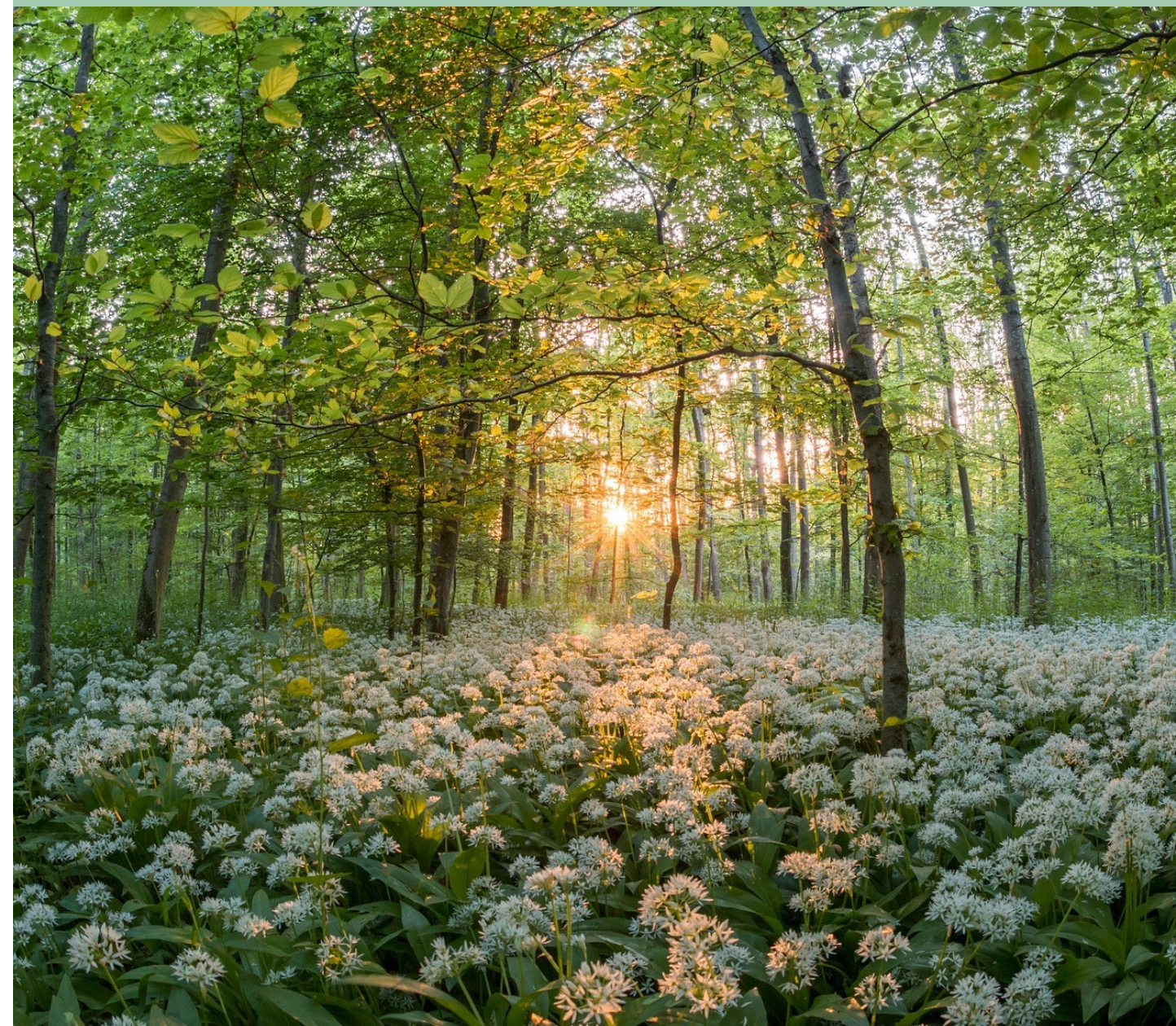
Contact us at:
(303) 997-2929



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

The Sunflower Times

New Dawn Memory Care Newsletter



March 2019

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Senior Eye-Condition Awareness & Wellness Tips

At times, we may find details in the scenery we love may be dulling, or written words we read may be blurring. Changes like these can be frustrating. Fortunately, there are ways to proactively manage eye health and ensure precautions and/or treatments are in place for best vision!

One of the best ways to stay on top of eye health is to have annual eye exams. Practicing precautionary measures through lifestyle is also important. People with diabetes, high blood pressure, or who take medications that affect eyes are at higher risk for vision problems.

Lifestyle recommendations from the National Eye Institute include: eating a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields when appropriate; avoiding smoking; reducing eyestrain by looking 20 feet before you for 20 seconds every 20 minutes if you use screens often; and cleaning hands regularly to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms that may affect seniors is also helpful toward eye wellness.

Four Eye Issues That Can Affect Seniors:

- **Dry eye** is a common issue for seniors, in which not enough tears or quality tears are made, and poor vision may result.
- **Age-related macular degeneration** is an issue that causes central vision loss, but



does not affect side vision. The macula of the eye allows people to see fine details and colors, so when it is affected, activities such as reading, watching movies, and recognizing faces could be challenging.

- **Cataracts** are cloudy areas that occur in the eye lens (usually in both eyes, to different degrees) that can cause blurry vision, poor contrast awareness, dulled colors, and extra sensitivity to glare.
- **Glaucoma** is a group of eye issues which damage the optic nerve and in time can take away side vision. While glaucoma is often painless and has no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. Prescription devices are also available, like spectacle-mounted magnifiers that aid in close-up tasks; hand-held or spectacle-mounted telescopes that help near and far vision; handheld and stand magnifiers that assist with short-term reading; and video magnification that enlarges items on video.

This has been just a glimpse into eye wellness. For more info, visit aoa.org online.

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

Special Moments



Our Favorite Things About Spring!

“I like spring because of all the colors; especially the tulips!”
-Jerome

“I love spring because of the warm weather and sunlight!”
- Lois

“I love spring because I can start golfing again!”
- Buell



March Highlights

- 1 Staff Appreciation Day, Peanut Butter Day
- 2 Banana Cream Pie Day
- 3 I Want You to be Happy Day
- 4 Pound Cake Day, Marching Music Day
- 5 Fat Tuesday, Pancake Day
- 6 Ash Wednesday, Oreo Day
- 7 Cereal Day
- 8 Intl. Women’s Day, Unplug Day
- 9 Meatball Day
- 10 Blueberry Popover Day
- 11 Oatmeal Nut Waffles Day
- 12 Plant a Flower Day
- 13 Good Samaritan Day, Jewel Day
- 14 Kid’s Craft Day, Potato Chip Day
- 15 Pears Helene Day
- 16 Artichoke Hearts Day, Panda Day
- 17 St. Patrick’s Day
- 18 Sloppy Joe Day, Lacy Cookies Day
- 19 Let’s Laugh Day, Poultry Day
- 20 Spring Begins, Ravioli Day
- 21 French Bread Day, Courtesy Day



- 22 Puppy Day, Bavarian Crepes Day
- 23 Chip Dip Day, Melba Toast Day
- 24 Chocolate Covered Raisins Day
- 26 Spinach Day
- 28 Something on a Stick Day
- 29 Vietnam War Veteran’s Day
- 30 Take a Walk in the Park Day
- 31 Crayon Day, Taters Day

We’re online @

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- ♦ Blog.radiantseniorliving.com
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- ♦ RadiantSrLiving on Twitter
- ♦ Pinterest.com/radiantsrliving
- ♦ Radiant Senior Living on YouTube

Happy St. Patrick’s Day everyone! Take note:
“Never iron a four-leaf clover because
you don’t want to press your luck!”

March Birthdays!

march



AQUAMARINE

We wish you a
Very Happy Birthday!

Jerome, 3/17

We love you, Jerome!



Resident Spotlight! Buell!

Buell is a charming, sweet, and helpful gentleman. He is a lover of sports: baseball in particular, and he will talk your ear off about when he used to play and how he could just watch it for hours. He loves to listen to music: jazz and classical to be precise. Buell is always ready to participate in any activity that life enrichment has to offer, but enjoys listening to music most of all. Buell can be shy at first, but once he gets to know you, he loves to really connect!

We love and appreciate you, Buell!



Staff Spotlight! Nora!

Nora is a caregiver here at New Dawn and is a very dependable team member; someone we can always count on. Nora knows each resident very well - what they like and don’t like, and really pays attention to their needs and wants. Nora does a great job at helping with activities, and is instrumental in getting residents to participate. Every day, Nora comes in with a smile on her face and is ready to help residents with whatever they may need. We appreciate you so much, Nora!

March 2019

New Dawn Memory Care—Cottage A • 2000 S. Blackhawk St, Aurora, CO 80216 • 303-997-2929

Sun	Mon	Tue	Wed	Thu	Fri	Sat
March 31 9:00 Today in History 9:30 Morning Stretches 10:00 Walk and Chat 1:00 Table Ball 2:00 Guided Imagery 3:00 Hymns of Faith 4:00 Hat Stories 4:30 IN2L Classic TV 6:00 Therapeutic Movie					¹ 9:00 Today in History 9:30 Morning Stretches 10:00 Whats NEW today 1:00 IN2L Travel 2:00 Poetry Reading 3:00 Movement Group 4:00 Spa Day 4:30 What Did it Cost?	² 9:00 Today in History 9:30 Morning Stretches 10:00 Music Memories 1:00 IN2L Trivia 2:00 Snack and Chat 3:00 Manicures/ Beauty 4:00 Sensory Boxes 4:30 Funny Videos
³ 9:00 Today in History 9:30 Morning Stretches 10:00 Chair Bowling 1:00 Crafters Corner 2:00 Reminiscing 3:00 Puzzles and Games 4:00 Hymns of Faith 4:30 IN2L Classic TV	⁴ 9:00 Today in History 9:30 Morning Stretches 10:00 Aromatherapy 1:00 Poetry Reading 2:00 Life Bio 3:00 Music Memories 4:00 IN2L Brain Games 4:30 Movement Group	⁵ 9:00 Today in History 9:30 Morning Stretches 10:00 Question Ball 1:00 Reminiscing 2:30 Change Makers 3:00 Name That Genre 4:00 IN2L Travel 4:30 IN2L Audio Book	⁶ 9:00 Today in History 9:30 Morning Stretches 10:00 Botanical Gardens 1:00 Hanging Ball 2:00 Music Minute 3:00 Puzzlin', Sortin' 4:00 Hand Massages 4:30 IN2L Past Times	⁷ 9:00 Today in History 9:30 Morning Stretches 10:00 I've Been There! 1:00 Life Bio 2:30 Change Makers 3:00 Sock it To me 4:00 Music with Tim 4:30 IN2L Trivia	⁸ 9:00 Today in History 9:30 Morning Stretches 10:00 Farkle Friday! 1:00 Movement Group 2:00 Reminiscing 3:00 IN2L Classic TV 4:00 What Did it Cost? 4:30 Spring Reflections	⁹ 9:00 Today in History 9:30 Morning Stretches 10:00 The Price is Right 1:00 Music Memories 2:00 Funny Videos 3:00 Short Stories 4:00 Feeling Useful 6:00 Therapeutic Movie
¹⁰ 9:00 Today in History 9:30 Morning Stretches 10:00 What Did it Cost? 1:00 Hymns of Faith 2:00 Short Stories 3:00 Movement Group 4:00 Reminiscing 4:30 Stick Questions	¹¹ 9:00 Today in History 9:30 Morning Stretches 10:00 Poetry Reflect 1:00 IN2L Classic TV 2:00 Spa Day 3:00 Sensory Stations 4:00 IN2L Past Times 4:30 Good News	¹² 9:00 Today in History 9:30 Morning Stretches 10:00 Sock it To Me 1:00 Aromatherapy 2:30 Change Makers 3:00 Name That Tune 4:00 Question Ball 4:30 IN2L Travel	¹³ 9:00 Today in History 9:30 Morning Stretches 10:00 N and S Museum 1:00 Noodle Exercise 2:00 Move to the Music 3:00 Current Events 4:00 Food Reminiscing 4:30 Sugar Scrubs	¹⁴ 9:00 Today in History 9:30 Morning Stretches 10:00 Hair and Beauty 1:00 Stencil Art 2:30 Change Makers 3:00 Funny Things 4:00 Music with Linda 4:30 Nature Lovers	¹⁵ 9:00 Today in History 9:30 Morning Stretches 10:00 Price is Right 1:00 Hand Massages 2:00 What did it Cost? 3:00 Music Memories 4:00 Stick Questions 4:30 IN2L Brain Games	¹⁶ 9:00 Today in History 9:30 Morning Stretches 10:00 Poetry and Reflect 1:00 IN2L Trivia 2:00 Sensory Stations 3:00 IN2L Classic Radio 4:00 Puzzles 6:00 Therapeutic Movie
St. Patrick's Day! ¹⁷ 9:00 Today in History 9:30 St. Patrick's Party 10:00 Irish Step Dancers 1:00 Pat My Back Game 2:00 IN2L Irish Music 3:00 IN2L Ireland Tour 4:00 Treasure Hunt 4:30 Shamrock Dance	¹⁸ 9:00 Today in History 9:30 Morning Stretches 10:00 Poetry Reflect 1:00 Hymns of Faith 2:00 Movement Group 3:00 Reminiscing 4:00 IN2L Trivia 4:30 IN2L Audio Book	¹⁹ 9:00 Today in History 9:30 Morning Stretches 10:00 State Trivia 1:00 IN2L Past Times 2:30 Change Makers 3:00 Table Ball 4:00 Hat Stories 4:30 Current Events	Start of Spring! ²⁰ 9:00 Today in History 9:30 Morning Stretches 10:00 Scenic View Outing 1:00 Tea Party and Chat 2:00 Guided Imagery 3:00 IN2L Trivia 4:00 Puzzlin, Sortin' 4:30 Music Memories	²¹ 9:00 Today in History 9:30 Morning Stretches 10:00 Paint to Music 1:00 Have You Ever? 2:30 Change Makers 3:00 Funny Videos 4:00 Music with Tim 4:30 IN2L Star Trivia	²² 9:00 Today in History 9:30 Morning Stretches 10:00 Farkle Friday! 1:00 Nature Lovers 2:00 Reminiscing 3:00 Hand Massages 4:00 Beauty/Health 6:00 Therapeutic Movie	²³ 9:00 Today in History 9:30 Morning Stretches 10:00 Sensory Hands 1:00 IN2L Past Times 2:00 Short Stories 3:00 Snack and Chat 4:00 Sock it To me 4:30 IN2L Animal Trivia
²⁴ 9:00 Today in History 9:30 Morning Stretches 10:00 Hymns of Faith 1:00 Guess That... 2:00 IN2L News 3:00 Reminiscing 4:00 IN2L Past Times 4:30 Stick Questions	²⁵ 9:00 Today in History 9:30 Morning Stretches 10:00 Noodle Exercise 1:00 Puzzles 2:00 Music Memories 3:00 Guided Imagery 4:00 Question Ball 4:30 IN2L Classic TV	²⁶ 9:00 Today in History 9:30 Morning Stretches 10:00 Beauty & Relax 1:00 Funny videos 2:30 Change Makers 3:00 Reminiscing 4:00 Hanging Ball 4:30 IN2L Audio Book	²⁷ 9:00 Today in History 9:30 Morning Stretches 10:00 Art Museum 1:00 Flower Making 2:00 IN2L Classic TV 3:00 Music Memories 4:00 IN2L Travel 4:30 Crafters Corner	²⁸ 9:00 Today in History 9:30 Morning Stretches 10:00 Good News 1:00 Animal Explore 2:30 Change Makers 3:00 Funny Videos 4:00 Music with Tim 4:30 Stick Questions	²⁹ 9:00 Today in History 9:30 Morning Stretches 10:00 Music Memories 1:00 Past/Present Chat 2:00 IN2L Travel 3:00 Guided Imagery 4:00 Farkle Friday! 4:30 IN2L Classic TV	³⁰ 9:00 Today in History 9:30 Morning Stretches 10:00 Music Memories 1:00 Beauty 2:00 Stick Questions 3:00 IN2L Brain Games 4:00 Reminiscing 4:30 IN2L Audio Book

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
March 31 9:00 Today in History 9:30 Morning Stretches 10:00 Question Ball 1:00 Music Memories 2:00 Crafters Corner 3:00 Spelling Challenge 4:00 Name That Tune 4:30 Looking Back					1 9:00 Today in History 9:30 Morning Stretches 10:00 Crafter’s Corner 1:00 Looking Back 2:00 Spelling Challenge 3:00 Farkle Friday! 4:00 Aromatherapy 4:30 IN2L Book	2 9:00 Today in History 9:30 Chair Yoga 10:00 Puzzles and Games 1:00 Painting to Music 2:00 Question Ball 3:00 Music Memories 4:00 Guess that... 4:30 IN2L Past Times
3 9:00 Today in History 9:30 Morning Stretches 10:00 Poetry Reading 1:00 Trivia 2:00 Crafters Corner 3:00 Hymns of Faith 4:00 BINGO 4:30 IN2L Classic TV	4 9:00 Today in History 9:30 Morning Stretches 10:00 Stress Balls 1:00 Spa Day 2:00 Life Bio 3:00 Karaoke 4:00 Table Ball 4:30 Do What I Do	5 9:00 Today in History 9:30 Morning Stretches 10:00 Jeopardy 1:00 Music Memories 2:30 Change Makers 3:00 What Did it Cost? 4:00 Funny Things 4:30 IN2L Past Times	6 9:00 Today in History 9:30 Chair Tai Chi 10:00 Botanical Gardens 1:00 State Trivia 2:00 Feeling Useful 3:00 Golf 4:00 Nature Lovers 4:30 Music Memories	7 9:00 Today in History 9:30 Stretch & Exercise 10:00 Music Memories 1:00 Name That Tune 2:30 Change Makers 3:00 IN2L Past Times 4:00 Music with Tim 4:30 Guess That...	8 9:00 Today in History 9:30 Morning Stretches 10:00 Life Bio 1:00 Crafters Corner 2:00 Farkle Friday! 3:00 Movement Group 4:00 Wheel of Fortune 4:30 Looking Back	9 9:00 Today in History 9:30 Chair Yoga 10:00 Classic Tunes 1:00 Price is Right 2:00 What Did it Cost? 3:00 News and Current Events 4:00 IN2L Brain Games 4:30 Stick Questions
10 9:00 Today in History 9:30 Morning Stretches 10:00 IN2L Audio Book 1:00 Crafters Corner 2:00 Movement Group 3:00 Hymns of Faith 4:00 Funny Videos 4:30 Short Stories	11 9:00 Today in History 9:30 Morning Stretches 10:00 Wacky Table Bowling 1:00 IN2L Brain Games 2:00 Crafters Corner 3:00 Sensory Stations 4:00 Life Bio 4:30 Name That Tune	12 9:00 Today in History 9:30 Morning Stretches 10:00 Hanging Ball 1:00 Crafters Corner 2:30 Change Makers 3:00 BINGO 4:00 Sortin’ and Puzzlin’ 4:30 Stick Questions	13 9:00 Today in History 9:30 Morning Stretches 10:00 N and S Museum 1:00 Painting with Music 2:00 IN2L Brain Games 3:00 Spa Day 4:00 Smile Party 4:30 IN2L Classic TV	14 9:00 Today in History 9:30 Morning Stretches 10:00 Penny Toss 1:00 Hand Massages 2:30 Change Makers 3:00 Current Events 4:00 Music with Linda 4:30 IN2L Brain Games	15 9:00 Today in History 9:30 Morning Stretches 10:00 Crafters Corner 1:00 Farkle Friday! 2:00 IN2L Audio Book 3:00 Price is Right 4:00 Sensory Boxes 6:00 Therapeutic Movie	16 9:00 Trivia 9:30 Morning Stretches 10:00 Noodle Exercises 1:00 Mini Putt Putt 2:00 Afternoon Walk 3:00 What Did it Cost? 4:00 Poetry and Reflect 4:30 Snack and Chat
St. Patrick’s Day! 17 9:00 Morning Stretches 9:30 St. Patrick’s Party 10:00 Irish Step Dancers 1:00 Pat My Back Game 2:00 Golf 3:00 IN2L Ireland Tour 4:00 Green Treasure Hunt 4:30 Shamrock Dance	18 9:00 Today in History 9:30 Morning Stretches 10:00 What Did it Cost? 1:00 Poetry Reading 2:00 Table Ball 3:00 Crafters Corner 4:00 Good News 4:30 Trivia	19 9:00 Trivia 9:30 Morning Stretches 10:00 Positive Painting 1:00 Sock it to Me 2:30 Change Makers 3:00 Reminiscing 4:00 Spring Reflections 4:30 IN2L Classic TV	Start of Spring! 20 9:00 Today in History 9:30 Morning Stretches 10:00 Scenic View Outing 1:00 Stencil Art 2:00 Table Ball 3:00 BINGO 4:00 Question Ball 4:30 Life Bio	21 9:00 Fun Facts 9:30 Morning Stretches 10:00 Scenic View Outing 1:00 Spring Flowers 2:30 Change Makers 3:00 Soap Making 4:00 Music with Tim 4:30 Poetry Reading	22 9:00 Today in History 9:30 Morning Stretches 10:00 Soap Making 1:00 Movement Group 2:00 Feeling Useful 3:00 Balloon Volleyball 4:00 Good News 4:30 IN2I Brain Games	23 9:00 Animal Trivia 9:30 Morning Stretches 10:00 Morning Books 1:00 Music Moves 2:00 Sensory Stations 3:00 Wacky Table Bowling 4:00 IN2L Classic Radio 6:00 Therapeutic Movie
24 9:00 Today in History 9:30 Morning Stretches 10:00 Hymns of Faith 1:00 Painting to Music 2:00 Funny Videos 3:00 Poetry Reflect 4:00 Life Bio 6:00 Therapeutic Movie	25 9:00 Today in History 9:30 Chair Tai Chi 10:00 Guess That... 1:00 Aromatherapy 2:00 Hand Massages 3:00 BINGO 4:00 Feeling Useful 4:30 IN2L Classic TV	26 9:00 Today in History 9:30 Morning Stretches 10:00 Nature Lovers 1:00 Golf 2:30 Change Makers 3:00 Question Ball 4:00 Current Events 4:30 Move to the Music	27 9:00 State Trivia 9:30 Chair Yoga 10:00 Outing to Art Museum 1:00 Crafters Corner 2:00 Table Ball 3:00 Karaoke 4:00 Puzzles and Games 4:30 Short Stories	28 9:00 Today in History 9:30 Morning Stretches 10:00 Spa Day 1:00 Guided Imagery 2:30 Change Makers 3:00 IN2L Brain Games 4:00 Music with Tim 4:30 IN2L Trivia	29 9:00 Today in History 9:30 Morning Stretches 10:00 Stress Painting 1:00 Noodle Ball 2:00 Poetry and Reflect 3:00 Current Events 4:00 What Did it Cost? 6:00 Therapeutic Movie	30 9:00 Old Movie Star Trivia 9:30 Morning Stretches 10:00 Snack and Chat 1:00 Guess That... 2:00 IN2L Classic TV 3:00 BINGO 4:00 IN2L Past Times 4:30 Sortin’ and Puzzlin’

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