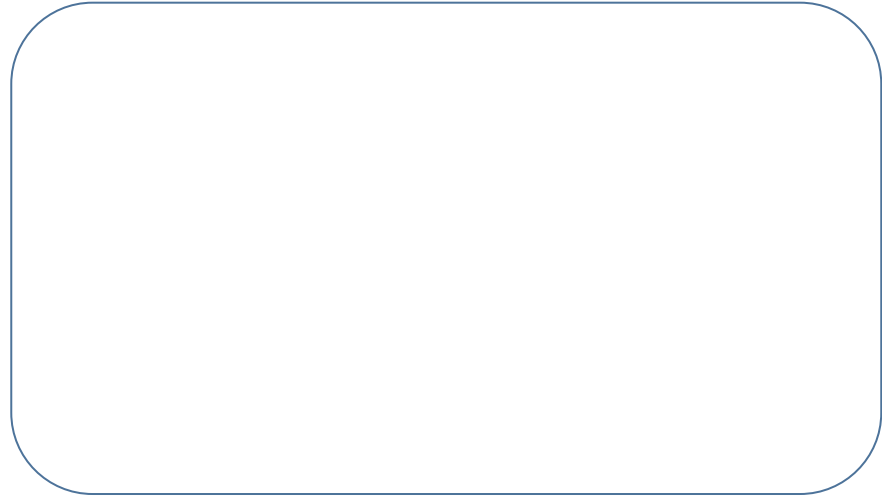




2000 S. Blackhawk Street
Aurora, CO 80014

PLACE
STAMP
HERE



Administrative Team:

- Tim Watson**
Executive Director
- Meredith Brady**
Community Relations Director
- Linda Sloan**
Wellness Director
- Andrea Nichols**
Business Office Director
- Carl Briggs**
Dining Services Director
- Cody Hendrix**
Maintenance 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



April 2019

2 Gardening Benefits
3 Resident/Team Spotlight
4/5 Activities Calendar

6 Highlights, Social Media, Birthdays
7 Special Moments & Animal Poetry
8 Mission & Team

Gardening Benefits for Health & The Environment Unearthed

Spring is here and it's a joyous time for those with green thumbs who have been waiting for the gardening season to begin. As it happens, there is a lot in the garden that is beneficial for health and the environment.

Dig Into Better Health

Gardening positively impacts wellness in various ways.:

- **It relieves stress.** Gardening can lower cortisol levels that cause stress and increase blood pressure. It also increases serotonin, which helps people feel happy.
- **Friendly bacteria in the soil can boost immunity.** It may particularly help against asthma.
- **It provides great exercise.** It is low-impact and can be comfortable work with the right padding or protective gear, but it takes energy, and the elements can make it more challenging.
- **It involves hand-eye coordination and sensory intake.** Both of these factors can positively affect cognition.
- **It presents opportunities for a sense of community.** Socializing among friends while gardening can be so much fun.
- **It encourages outside activity.** For some, gardening is the best reason to head outside and enjoy sunshine and the environment (albeit with proper sun protection).
- **It is an ongoing activity that can extend**



beyond the garden for learning. Why not make predictions for when plants may sprout up and see who comes closest? Or learn about what to grow when and where, and share those techniques,

Impact the Planet

Gardening also benefits the environment, and no act is too small toward making our world a better place.

- **It can help with pollution.** In large-scale harvesting of fruits and vegetables, pollution typically results. The transportation of those goods also causes pollution. It may seem a small step, but gardening at one's home or in the community influences the big picture.
 - **It can reduce the size of landfills.** This is possible when people compost garden waste rather than sending everything to the landfill when it's gone bad.
 - **Plants in the garden take in CO2 and release oxygen,** improving air quality.
 - **It helps local habitats of insects and animals** which play important roles in our environment (like bees pollinating).
 - **Plants and mulch can hold soil in place and reduce erosion,** and keep sediment out of waterways, drains, and roads.
- These are just some of the benefits that gardening can bring! This Spring and Summer, give gardening a try and share the benefits with others.

Special Moments



Poems About Our Favorite Animals

"The cows are eating,
Farm is full of friendly
Creatures,
All seems to be right."
-Donald

"There to cheer you up,
Their love never stops,
Dogs, a man's best friend"
- John

April celebrates animals and poetry so we paired the two!

"Spring has sprung,
Bunnies and squirrels roam,
Birds chirp beautiful songs."
- Buell

"Loyal to no end,
Always excited to be near,
Dogs, our best friends"
- Vicki

April Highlights

April is Poetry Month, Stress Awareness Month, Humor Month, and Gardening Month

1 April Fool's Day

2 Peanut Butter & Jelly Day

3 Walking Day

4 Walk Around Things Day

5 Deep Dish Pizza Day

6 Caramel Popcorn Day

7 Handmade Day

8 Zoo Lover's Day

9 Antiques Day

10 Encourage Young Writers' Day

11 Barber Shop Quartet Day

12 Grilled Cheese Day

13 Scrabble Day

14 Dolphin Day

15 Take a Guess Day

16 Eggs Benedict Day

17 Haiku Poetry Day

18 High Five Day

19 Good Friday

20 Lookalike Day

21 Easter;

22 Earth Day

23 Picnic Day

24 Pigs in Blanket Day

25 Zucchini Bread Day

26 Arbor Day

27 Babe Ruth Day

28 Read Poetry Day

29 Shrimp Scampi Day

30 Oatmeal Cookie Day

April Birthdays!



Happy Birthday to Rosie Gomez!

We're online @

- ◆ [Facebook.com/NewDawnAurora](https://www.facebook.com/NewDawnAurora)
- ◆ [Blog.radiantseniorliving.com](https://www.blog.radiantseniorliving.com)
- ◆ Radiantsriving & Radiantvoices on Instagram
- ◆ RadiantSrLiving on Twitter
- ◆ [Pinterest.com/radiantsriving](https://www.pinterest.com/radiantsriving)
- ◆ Radiant Senior Living on YouTube

**Why are people exhausted on April 1st?
Because they just finished a 31-day March!**

Resident Spotlight! Vicki!

Everyone meet Vicki! She is as darling as can be, and so helpful to staff and other residents constantly. Vicki is kind, gentle, and all around a wonderful woman! Vicki really enjoys animals, dogs in particular. Vicki lights up when our therapy dogs get the chance to come hang out with us. Vicki is a lover of music, really any genre, but some of favorites are Frank Sinatra, Sammy Davis Jr, and Patsy Cline. Vicki is a big participant in the activities we have going on at New Dawn, and we love that about her.



Staff Spotlight! Alisha!

Meet Alisha! Alisha is a caregiver here at New Dawn who is someone we constantly appreciate. She is someone who is really rooting for our community, and shows so much compassion to our residents. Alisha lights up the room with her humor and knows exactly how to cheer our residents up when needed. Alisha has been with us at New Dawn for two years and we appreciate her so much. Thank you for all you do, Alisha!



April 2019

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