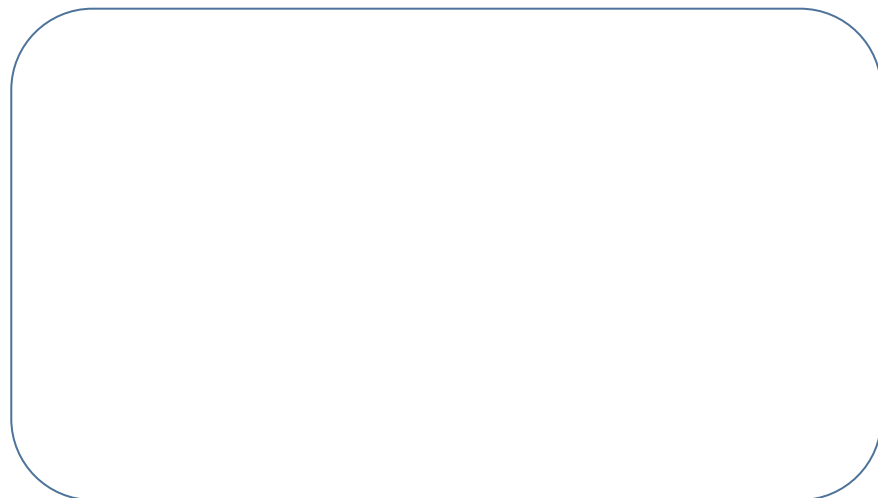




2000 S. Blackhawk Street
Aurora, CO 80014

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

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



May 2019

**2 Skin Protection Practices
3 Resident & Team Spotlight
4/5 Activities Calendar**

**6 Highlights, Social Media, Celebrating
7 Special Moments & Fitness Favorites
8 Mission & Team**

Best Practices for Skin Health

Whether lounging outside with a book or chatting with friends over lemonades on the patio, there's a factor to pay attention to so we don't harm our skin, and that's the sun. Spending time outdoors is beneficial for so many reasons, including increasing Vitamin D and our activity levels. But too much sun can make a good thing not so good for us. A little skin protection and general hot weather safety will go a long way in letting us enjoy a good, warm day.



May has been designated Skin Cancer Awareness Month in hopes it will build awareness of ways to protect skin, the need for regular dermatologist visits, and causes and treatments for skin cancer.

WHY CARE ABOUT SKIN PROTECTION?

Sun damage myths would have you believe most harm to skin occurs before age 18. However, studies have shown sun damage is actually cumulative; only 23 percent of lifetime exposure happens by age 18.

Skin cancer is a disease that one in five Americans will develop by age 70. That said, most skin cancer forms can be prevented, including the scariest, melanoma. While it is the most common form of cancer in the U.S., it is also the most preventable. Awareness and frequent skin checks are essential for preventing and treating melanoma.

TIPS FOR PROTECTING YOUR SKIN

Seek Shade: When the sun is at its strongest, between 10 am and 4 pm, enjoy the outdoors and protect your skin in the shade. Hang out under a sun umbrella or covered patio and avoid direct sunlight.

Cover Up: Long sleeves and pants seem counterintuitive when it's hot, but can help a lot with sun protection. Wear lighter-weight clothing with long sleeves and pants to help protect skin while not overheating. Don't forget a broad-brimmed hat and UV-blocking sunglasses!

Wear Sunscreen: The most critical part of avoiding skin cancer is avoiding sunburns. Sunburns are proof of skin damage by the sun, and they hurt. Avoid sunburns with the top two tips and by wearing sunscreen. The Skin Cancer Foundation recommends using a broad-spectrum (UVA/UVB) sunscreen with SPF 15 or higher every single day. For extended activity outdoors, opt for an SPF 30 broad-spectrum (UVA/UVB) sunscreen.

Stay Aware: Examine your skin and visit a dermatologist regularly. Conduct a head-to-toe skin check once a month to look for early warning signs of skin cancer. Visit with your dermatologist once a year or if you find anything suspicious in your examination.

For more useful skin care information and a self-exam guide, visit skincancer.org online.

Special Moments



Our Favorite Fitness Activities

"My favorite sport is baseball, or golf!"
- Buell

"I love to dance, especially the jitterbug!"
-Charlotte

"I enjoy watching Tennis, especially Rafael Nadal."
-Judith

"I love to watch NFL and NBA, but NFL I probably like more."
-Richard

"I love to watch my Texas Tech teams play, as well as playing golf myself."
-Troy

Senior Health & Fitness Day is on May 28. Our residents and team members sound off on ways they enjoy being active.



May Highlights

May is Get Caught Reading Month
and Military Appreciation Month

- 01 Chocolate Parfait Day
- 02 Truffle Day
- 03 Garden Meditation Day
- 04 Bird Day
- 05 Hoagie Day
- 06 Nurses Day
- 07 Teacher Appreciation Day
- 08 Receptionists Day
- 09 Butterscotch Brownie Day
- 10 Shrimp Day
- 11 Mini Golf Day
- 12 Mother's Day
- 13 Fruit Cocktail Day
- 14 Dance Like a Chicken Day
- 15 Chocolate Chip Day
- 16 Love a Tree Day
- 17 Endangered Species Day
- 18 Armed Forces Day
- 19 Devil's Food Cake Day

- 20 Pick Strawberries Day
- 21 Waitstaff Day
- 22 Vanilla Pudding Day
- 23 Lucky Penny Day
- 24 Scavenger Hunt Day
- 25 Tap Dance Day
- 26 Blueberry Cheesecake Day
- 27 Memorial Day
- 28 Hamburger Day
- 29 Senior Health & Fitness Day
- 30 Water a Flower Day
- 31 Heat Awareness 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

May Celebrations



We wish you a
Happy Birthday!!!

Buell: May 28

Happy Mother's Day
to all the moms out there!

Resident Spotlight! Mildred!

Meet Mildred, one of the sweetest people you will ever meet! Mildred has been at New Dawn for a little over a month and has been a wonderful addition to our family. Mildred loves to watch TV, sew, enjoys watching the birds outside, and listening to music. Mildred loves to participate in our 'Feeling Useful' groups as she likes to set the tables and make sure everything is tidy. We love you, Mildred!



Staff Spotlight! Teresa!

Meet Teresa! Teresa has been with New Dawn for a year and eight months. Teresa started in housekeeping, but has since been asked to be an activities assistant! We were so impressed Teresa was willing to help out the Life Enrichment Department. The great thing about Teresa is that she is willing to help anywhere she is needed. Teresa is not only great in activities, but making sure New Dawn stays in tip top shape. Thank you, Teresa!



May 2019

New Dawn Memory Care— Cottage B • 2000 S. Blackhawk St, Aurora, CO 80014 • 303-997-2929

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			¹ 9:00 Today in History 9:30 Morning Stretches 10:00 N and S Museum 1:15 Spa Day 2:00 Snack and Chat 2:30 Question Ball 3:00 Sensory Stations 3:30 State Trivia	² 9:00 Today in History 9:30 Morning Stretches 10:00 Snack and Chat 10:30 Crafters Corner 1:15 Hat Stories 2:00 Snack and Chat 2:30 Change Makers 3:15 Live Music with Tim	³ 9:00 Today in History 9:30 Morning Stretches 10:00 Snack and Chat 10:30 Music Memories 1:15 Feeling Useful 2:00 Snack and Chat 2:30 IN2L Funny Videos 3:00 Aromatherapy 6:00 Therapeutic Movie	⁴ 9:00 Today in History 9:30 Morning Stretches 10:00 Snack and Chat 10:30 Spelling Challenge 1:15 Animal Trivia 2:00 Snack and Chat 2:30 Table Ball 3:00 Stick Questions
⁵ Cinco de Mayo 9:00 Today in History 9:30 Morning Stretches 10:00 Snack and Chat 10:30 Hymns of Faith 1:15 IN2L Trivia 2:00 Snack and Chat 2:30 Music Memories 3:00 IN2L memory games	⁶ 9:00 Today in History 9:30 Morning Stretches 10:00 Snack and Chat 10:30 Bowling 1:15 Inspiring Stories 2:00 Snack and Chat 2:30 IN2L Learning 3:00 Reminisce Painting	⁷ 9:00 Today in History 9:30 Morning Stretches 10:00 Snack and Chat 10:30 Travel Reminiscing 1:15 Resident Life History 2:00 Snack and Chat 2:30 Change Makers 3:15 Karaoke	⁸ 9:00 Today in History 9:30 Morning Stretches 10:00 Bowling Alley 1:15 Aromatherapy 2:00 Snack and Chat 2:30 Stencil Art 3:00 IN2L Funny Videos 3:30 Write Poems	⁹ 9:00 Today in History 9:30 Morning Stretches 10:00 Snack and Chat 10:30 Classic Movie 1:15 Gardening 2:00 Snack and Chat 2:30 Change Makers 3:15 Live Music with Tim	¹⁰ 9:00 Today in History 9:30 Morning Stretches 10:00 Snack and Chat 10:30 Card Games 1:15 Dancing Decades 2:00 Snack and Chat 2:30 Sort This, Sort That 3:00 Paint to Music 6:00 Therapeutic Movie	¹¹ 9:00 Today in History 9:30 Morning Stretches 10:00 Snack and Chat 10:30 Scrabble 1:15 IN2L Short Stories 2:00 Snack and Chat 2:30 Travel Tours 3:00 Where Have You Been?
¹² Mother's Day 9:00 Today in History 9:30 Morning Stretches 10:00 Snack and Chat 10:30 Hymns of Faith 1:15 Yard Games 2:00 Snack and Chat 2:30 Puzzles and Ponder 3:00 Family Feud	¹³ 9:00 Today in History 9:30 Morning Stretches 10:00 Snack and Chat 10:30 Guess That... 1:15 IN2L Past Times 2:00 Snack and Chat 2:30 IN2L Travel 3:00 BINGO!	¹⁴ 9:00 Today in History 9:30 Morning Stretches 10:00 Snack and Chat 10:30 Aromatherapy 1:15 Resident Life History 2:00 Snack and Chat 2:30 Change Makers 3:15 Real Flower Arrange	¹⁵ 9:00 Today in History 9:30 Morning Stretches 10:00 Botanical Gardens 1:15 IN2L Classic TV 2:00 Snack and Chat 2:30 Poetry Reading 3:00 IN2L Trivia 3:30 Learning Dances	¹⁶ 9:00 Today in History 9:30 Morning Stretches 10:00 Snack and Chat 10:30 Tic Tac Toe Bowling 1:15 Crafters Corner 2:00 Snack and Chat 2:30 Change Makers 3:15 Live Music with Tim	¹⁷ 9:00 Today in History 9:30 Morning Stretches 10:00 Snack and Chat 10:30 Current Events 1:15 Culinary Time 2:00 Snack and Chat 2:30 Happy Hour 3:00 Farkle! 6:00 Therapeutic Movie	¹⁸ 9:00 Today in History 9:30 Morning Stretches 10:00 Snack and Chat 10:30 IN2L Brain Games 1:15 Chair Yoga 2:00 Snack and Chat 2:30 Afternoon Walk 3:00 National Geographic
¹⁹ 9:00 Today in History 9:30 Morning Stretches 10:00 Snack and Chat 10:30 Hymns of Faith 1:15 Poetry Reading 2:00 Snack and Chat 2:30 What Did it Cost? 3:00 Feeling Useful	²⁰ 9:00 Today in History 9:30 Morning Stretches 10:00 Snack and Chat 10:30 Hobby Reminisce 1:15 Jeopardy 2:00 Snack and Chat 2:30 IN2L Name That Tune 3:00	²¹ 9:00 Today in History 9:30 Morning Stretches 10:00 Snack and Chat 10:30 Manicures 1:15 Resident Life History 2:00 Snack and Chat 2:30 Change Makers 3:15 Soap Making	²² 9:00 Today in History 9:30 Morning Stretches 10:00 Denver Aquarium 1:15 Classic Movie 2:00 Snack and Chat 2:30 Good News 3:00 Hand Scrubs 3:30 Learning Dances	²³ 9:00 Today in History 9:30 Morning Stretches 10:00 Snack and Chat 10:30 Aromatherapy 1:15 Resident Show n Tell 2:00 Snack and Chat 2:30 Change Makers 3:15 Live Music with Tim	²⁴ 9:00 Today in History 9:30 Morning Stretches 10:00 Snack and Chat 10:30 Farkle! 1:15 Hand Scrubs 2:00 Snack and Chat 2:30 Happy Hour 3:00 IN2L Hometowns 6:00 Therapeutic Movie	²⁵ 9:00 Today in History 9:30 Morning Stretches 10:00 Snack and Chat 10:30 IN2L Relaxation 1:15 Funny Videos 2:00 Snack and Chat 2:30 Bowling 3:00 Kelly Says
²⁶ 9:00 Today in History 9:30 Morning Stretches 10:00 Snack and Chat 10:30 Hymns of Faith 1:15 Sensory Boxes 2:00 Snack and Chat 2:30 IN2L Past Times 3:00 Spring Reflections	²⁷ Memorial Day 9:00 Today in History 9:30 Morning Stretches 10:00 Snack and Chat 10:30 Memorial Appreciation 1:15 Patriotic Crafts 2:00 Snack and Chat 2:30 Flower Potting 3:00 America Sing-a-long	²⁸ 9:00 Today in History 9:30 Morning Stretches 10:00 Snack and Chat 10:30 Aromatherapy 1:15 Resident Life History 2:00 Snack and Chat 2:30 Change Makers 3:15 Learning Dances	²⁹ 9:00 Today in History 9:30 Morning Stretches 10:00 History of Colorado 1:15 IN2L Music Memories 2:00 Snack and Chat 2:30 Crafters Corner 3:00 All About Balance 3:30 Spelling Challenge	³⁰ 9:00 Today in History 9:30 Morning Stretches 10:00 Snack and Chat 10:30 IN2L Classic TV 1:15 Sensory Boxes 2:00 Snack and Chat 2:30 Change Makers 3:15 Live Music with Tim	³¹ 9:00 Today in History 9:30 Morning Stretches 10:00 Snack and Chat 10:30 Farkle! 1:15 IN2L Past Times 2:00 Snack and Chat 2:30 Happy Hour 3:00 Sports Reminiscing 6:00 Therapeutic Movie	