



4185 Briargate Parkway  
Colorado Springs, CO 80920

PLACE  
STAMP  
HERE



**Administrative Team**

Nancy Britton  
Executive Director

Leigha Horton  
Wellness Director

Autumn Miller  
Business Office Director

Tony Campbell  
Dining Services Director

Richard Lee  
Maintenance Director

Jeanne Bautista  
Life Enrichment Director

**719-352-3069**



**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



### May 2019

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

**6 Highlights, Social Media, Birthdays  
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.

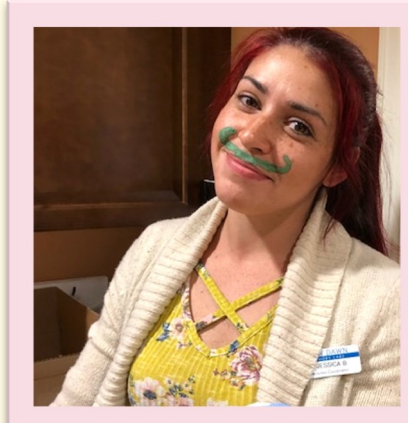
**Cover Up:** Long sleeves and pants seem counterintuitive when it's hot, but can help a lot with sun protection. Wear lighter-weight clothing with long sleeves and pants to help protect skin while not overheating. Don't forget a broad-brimmed hat and UV-blocking sunglasses!

**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](http://skincancer.org) online.

# Special Moments



# Our Favorite Fitness Activities

"Golf"  
- Judy B

"Walking"  
- Grace

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

"Swimming"  
- Nancy

"Riding"  
- Judie

"Gardening"  
- Sun



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

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

## You Are Invited

to Celebrate Mom at Our...

### Mother's Day Tea!

Join us on May 11, 2019 for an afternoon of crafts & music from 2 to 4 pm.

Enjoy a selection of specialty teas, tea sandwiches, & cakes.

RSVP by May 8, 2019 to  
nbritton@newdawnmc.com

Guests are Entered to Win a Spring Apron & Selection of Teas!

to Our Family-Friendly...

### BBQ Lunch & Petting Zoo

Saturday, May 25, 2019 from noon to 2 pm

Guests are entered to win a BBQ Grilling gift basket!

Bring your kids and grandkids to enjoy our not-to-be missed petting zoo!

RSVP by Wed. May 22nd  
nbritton@newdawnmc.com

## Resident Spotlight! Mary M

Mary is a new resident at New Dawn and has brought a real joy to Cottage C.

Mary was a military wife, raising her son and daughter at each of her husband's stateside assignments. Until just recently, she was an active participant and volunteer at her senior center. She loves to visit with other residents and staff and gains great comfort from her devout Catholic faith.

Welcome Mary!



## Staff Spotlight! Ashley

It's a pleasure to highlight Miss Ashley. Her unfailing good mood has lifted many a day since she started at New Dawn in 2018.

"Reliable," "Compassionate," and "Thoughtful" are all words her co-workers used to describe Ashley. "Shes's a real gem."





Ashley is a native of the South, but came to Colorado at age 16. She lives with her husband and fur babies.

Thank you Ashley—our Employee of the Month







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<b>Cinco de Mayo 5</b> 9:15 Hymn-sing 10:00 iN2L Church Group 11:00 iN2L Church Music 1:00 iN2L Trivia 2:00 Cinco De Mayo Fest 3:00 Sunday Sports 4:00 iN2L Music	<b>National Nurses Day 6</b> 9:30 Ball Toss 10:00 Remember When 11:00 Nurse History 1:00 iN2L Games 2:00 Snack Attack 2:30 Arts and Crafts 4:00 Afternoon Stroll	<b>Teacher Appreciation Day 7</b> 9:30 Manicure Time 10:00 Yoga w/Lindsay 11:00 iN2L Games 1:30 Flower Arranging 3:10 Dan Gariepy 4:00 Rock the Block 6:00 Evening Movie	<b>Receptionists Day 8</b> 9:30 iN2L Exercise 10:00 iN2L Reminisce 10:30 Bobby Jackson 11:00 iN2L Games 1:30 Men's Group 2:30 Arts & Crafts-MiM 3:30 The Voice	<b>Butterscotch Brownies 9</b> 9:15 iN2L Music 10:00 Baking Party 11:00 Cooking Show 1:00 iN2L Exercise 2:00 iN2L Travel 2:30 Card Game Time 3:30 Classic TV	<b>Military Spouses Day 10</b> 9:15 Morning Workout 10:00 Dog Therapy 11:00 Bingo/ iN2L Games 1:30 Karaoke 2:30 TV Classics 3:30 Tea Party 4:00 iN2L Nature	<b>National Train Day 11</b> 9:15 Chair Dancing 10:00 Laundry Folding 11:00 iN2L Games 1:00 Manicure time 2:00 Mother's Day Tea 3:00 and Crafts 3:30 Rock the Block
<b>Mother's Day 12</b> 9:15 Hymn-sing 10:00 iN2L Church Group 11:00 iN2L Church Music 1:00 Family Time 2:00 iN2L Trivia 3:00 Sunday Sports 4:30 iN2L Music	<b>Fruit Cocktail Day 13</b> 9:15 Ball Toss 10:00 Remember When 11:00 iN2L Trivia 1:00 Karaoke 2:00 Snack Attack 2:30 Arts and Crafts 4:00 Afternoon Stroll	<b>Dance Like A Chicken 14</b> 9:30 Manicure Time 10:00 Yoga w/Lindsay 11:00 iN2L Games 1:30 Flower Arranging 2:30 Pottery Time 4:00 Rock the Block 6:00 Evening Movie	<b>Chocolate Chip Day 15</b> 9:30 iN2L Exercise 10:00 iN2L Reminisce 10:30 Bobby Jackson 11:00 iN2L Games 1:30 Men's Group 2:30 Arts & Crafts-MiM 3:30 America's Got Talent	<b>Love a Tree Day 16</b> 9:15 Exercise w/ Vaughn 10:30 Baking Party 11:00 Cooking Show 1:00 iN2L Exercise 2:00 iN2L Travel 2:30 Card Game Time 3:30 Classic TV	<b>Endangered Species Day 17</b> 9:15 Ball Toss 10:00 iN2L Animal Trivia 11:00 Bingo/ iN2L Games 1:30 Karaoke 2:30 TV Classics 3:30 Mocktail Hour 4:00 iN2L Nature	<b>Armed Forces Day 18</b> 9:15 Chair Exercises 10:00 Laundry Folding 11:00 iN2L Games 1:00 Spa Time 2:30 Movie and 3:00 Ice Cream Social 4:00 iN2L Music
<b>Devils Food Cake Day 19</b> 9:15 Hymn-sing 10:00 iN2L Church Group 11:00 iN2L Church Music 1:00 iN2L Trivia 2:00 Walking Group 2:30 Sunday Sports 4:30 Music w/Stephanie	<b>Pick Strawberries Day 20</b> 9:15 Ball Toss 10:00 Remember When 11:00 iN2L Games 1:00 Karaoke 2:00 Strawberry Snack 2:30 Arts and Crafts 4:00 Afternoon Stroll	<b>Waitstaff Day 21</b> 9:30 Manicure Time 10:30 Gordon Johnson 11:00 Vacation Memories 1:30 iN2L Exercise 2:30 Flower Arranging 4:00 Rock the Block 6:00 Evening Movie	<b>Vanilla Pudding Day 22</b> 9:30 iN2L Exercise 10:00 iN2L Reminisce 10:30 Hannah Geiger 11:00 iN2L Games 1:30 Men's Group 2:30 Arts & Crafts-MiM 3:30 Broadway Hour	<b>Lucky Penny Day 23</b> 9:15 iN2L Music 10:00 Baking Party 11:00 Cooking Show 1:00 iN2L Exercise 2:00 iN2L Travel 2:30 Card Game Time 3:30 Classic TV	<b>Scavenger Hunt Day 24</b> 9:15 Morning Workout 10:00 Scavenger Hunt! 10:30 Lane Brothers 1:30 Karaoke 2:30 Poetry Café 3:00 Music Videos 4:00 iN2L Nature	<b>Tap Dance Day 25</b> 9:15 Chair Yoga 10:00 Manicure time 11:00 iN2L Trivia 12:00 Memorial BBQ 1:00 & Petting Zoo 2:30 iN2L Memorial Vid 4:00 Rock around the Block
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<p>Cinco de Mayo 5</p> <p>9:15 Hymn-sing</p> <p>10:00 iN2L Church Group</p> <p>11:00 iN2L Church Music</p> <p>1:00 iN2L Trivia</p> <p>2:00 Cinco De Mayo Fest</p> <p>3:00 Sunday Sports</p> <p>4:00 iN2L Music</p>	<p>National Nurses Day 6</p> <p>9:30 Ball Toss</p> <p>10:00 Remember When</p> <p>11:00 Nurse History</p> <p>1:00 iN2L Games</p> <p>2:00 Snack Attack</p> <p>2:30 Advanced Crafts</p> <p>4:00 Afternoon Stroll</p>	<p>Teacher Appreciation Day 7</p> <p>9:30 Yoga w/Lindsay</p> <p>10:30 Manicure Time</p> <p>11:00 Vacation Memories</p> <p>1:30 iN2L Games</p> <p>2:30 Dan Gariepy</p> <p>3:00 Arts &amp; Crafts-MiM</p> <p>6:00 Evening Movie</p>	<p>Receptionists Day 8</p> <p>9:30 Bobby Jackson</p> <p>10:00 Game show time</p> <p>11:00 iN2L Exercise</p> <p>1:30 Men's Group</p> <p>2:00 Snack Attack</p> <p>2:30 Flower Arranging</p> <p>3:30 The Voice</p>	<p>Butterscotch Brownies 9</p> <p>9:15 iN2L Music</p> <p>10:00 Baking Party</p> <p>11:00 Cooking Show</p> <p>1:00 iN2L Exercise</p> <p>2:00 iN2L Travel</p> <p>2:30 Card Game Time</p> <p>3:30 Classic TV</p>	<p>Military Spouses Day 10</p> <p>9:15 Morning Workout</p> <p>10:00 Dog Therapy</p> <p>11:00 Bingo/ iN2L Games</p> <p>1:30 Karaoke</p> <p>2:30 Tea Party</p> <p>3:00 Music Videos</p> <p>4:00 iN2L Nature</p>	<p>National Train Day 11</p> <p>9:15 Chair Dancing</p> <p>10:00 Laundry Folding</p> <p>11:00 iN2L Games</p> <p>1:00 Manicure time</p> <p>2:00 Mother's Day Tea</p> <p>3:00 and Crafts</p> <p>3:30 Rock the Block</p>
<p>Mother's Day 12</p> <p>9:15 Hymn-sing</p> <p>10:00 iN2L Church Group</p> <p>11:00 iN2L Church Music</p> <p>1:00 Family Time</p> <p>2:00 iN2L Trivia</p> <p>3:00 Sunday Sports</p> <p>4:30 iN2L Music</p>	<p>Fruit Cocktail Day 13</p> <p>9:15 Ball Toss</p> <p>10:00 Remember When</p> <p>11:00 iN2L Trivia</p> <p>1:00 Karaoke</p> <p>2:00 Snack Attack</p> <p>2:30 Advanced Crafts</p> <p>4:00 Afternoon Stroll</p>	<p>Dance Like A Chicken 14</p> <p>9:30 Yoga w/Lindsay</p> <p>10:30 Manicure Time</p> <p>11:00 Vacation Memories</p> <p>1:30 iN2L Games</p> <p>2:30 Pottery Time</p> <p>4:00 Rock the Block</p> <p>6:00 Evening Movie</p>	<p>Chocolate Chip Day 15</p> <p>9:30 Bobby Jackson</p> <p>10:00 Game show time</p> <p>11:00 iN2L Exercise</p> <p>1:30 Men's Group</p> <p>2:00 Snack Attack</p> <p>2:30 Flower Arranging</p> <p>3:30 America's Got Talent</p>	<p>Love a Tree Day 16</p> <p>9:45 Exercise w/ Vaughn</p> <p>10:30 Baking Party</p> <p>11:00 Cooking Show</p> <p>1:00 iN2L Exercise</p> <p>2:00 iN2L Travel</p> <p>2:30 Card Game Time</p> <p>3:30 Classic TV</p>	<p>Endangered Species Day 17</p> <p>9:15 Ball Toss</p> <p>10:00 iN2L Animal Trivia</p> <p>11:00 Bingo/ iN2L Games</p> <p>1:30 Karaoke</p> <p>2:30 Mocktail Hour</p> <p>3:00 Music Videos</p> <p>4:00 iN2L Nature</p>	<p>Armed Forces Day 18</p> <p>9:15 Chair Exercises</p> <p>10:00 Laundry Folding</p> <p>11:00 iN2L Games</p> <p>1:00 Spa Time</p> <p>2:30 Movie and</p> <p>3:00 Ice Cream Social</p> <p>4:00 iN2L Music</p>
<p>Devils Food Cake Day 19</p> <p>9:15 Hymn-sing</p> <p>10:00 iN2L Church Group</p> <p>11:00 iN2L Church Music</p> <p>1:00 iN2L Trivia</p> <p>2:00 Walking Group</p> <p>2:30 Sunday Sports</p> <p>4:30 iN2L Music</p>	<p>Pick Strawberries Day 20</p> <p>9:15 Ball Toss</p> <p>10:00 Remember When</p> <p>11:00 iN2L Games</p> <p>1:00 Karaoke</p> <p>2:00 Strawberry Snack</p> <p>2:30 Advanced Crafts</p> <p>4:00 Afternoon Stroll</p>	<p>Waitstaff Day 21</p> <p>9:30 Gordon Johnson</p> <p>10:00 Manicure Time</p> <p>11:00 Vacation Memories</p> <p>1:30 iN2L Exercise</p> <p>2:30 Arts &amp; Crafts-MiM</p> <p>4:00 Rock the Block</p> <p>6:00 Evening Movie</p>	<p>Vanilla Pudding Day 22</p> <p>9:30 Hannah Geiger</p> <p>10:00 Game show time</p> <p>11:00 iN2L Exercise</p> <p>1:30 Men's Group</p> <p>2:00 Snack Attack</p> <p>2:30 Flower Arranging</p> <p>3:30 Broadway Hour</p>	<p>Lucky Penny Day 23</p> <p>9:15 iN2L Music</p> <p>10:00 Baking Party</p> <p>11:00 Cooking Show</p> <p>1:00 iN2L Exercise</p> <p>2:00 iN2L Travel</p> <p>2:30 Card Game Time</p> <p>3:30 Classic TV</p>	<p>Scavenger Hunt Day 24</p> <p>9:15 Morning Workout</p> <p>10:00 Scavenger Hunt!</p> <p>11:30 Lane Brothers</p> <p>1:30 Karaoke</p> <p>2:30 Poetry Café</p> <p>3:00 Music Videos</p> <p>4:00 iN2L Nature</p>	<p>Tap Dance Day 25</p> <p>9:15 Chair Yoga</p> <p>10:00 Manicure time</p> <p>11:00 iN2L Trivia</p> <p>12:00 Memorial BBQ</p> <p>1:00 &amp; Petting Zoo</p> <p>2:30 iN2L Memorial Vid</p> <p>4:00 Rock around the Block</p>
<p>Blueberry Cheesecake 26</p> <p>9:15 Hymn-sing</p> <p>10:00 iN2L Church Group</p> <p>11:00 iN2L Church Music</p> <p>1:00 iN2L Trivia</p> <p>2:00 Walking Group</p> <p>2:30 Sunday Sports</p> <p>4:30 iN2L Music</p>	<p>Memorial Day 27</p> <p>9:15 Ball Toss</p> <p>10:00 Remember When</p> <p>11:00 iN2L Trivia</p> <p>1:00 Karaoke</p> <p>2:00 Snack Attack</p> <p>2:30 Advanced Crafts</p> <p>4:00 Afternoon Stroll</p>	<p>Nat'l Hamburger Day 28</p> <p>9:15 Balloon Badminton</p> <p>10:30 Manicure Time</p> <p>11:00 Vacation Memories</p> <p>1:00 Dan Gariepy</p> <p>2:30 Arts &amp; Crafts-MiM</p> <p>4:00 Rock the Block</p> <p>6:00 Evening Movie</p>	<p>Sr Health &amp; Fitness Day 29</p> <p>9:30 Musical Madness</p> <p>10:00 Game show time</p> <p>11:00 iN2L Exercise</p> <p>1:30 Men's Group</p> <p>2:00 Snack Attack</p> <p>2:30 Flower Arranging</p> <p>3:30 Senior Fitness!</p>	<p>Water a Flower Day 30</p> <p>9:15 iN2L Music</p> <p>10:00 Baking Party</p> <p>11:00 Cooking Show</p> <p>1:00 iN2L Exercise</p> <p>2:00 iN2L Travel</p> <p>2:30 Card Game Time</p> <p>3:30 Classic TV</p>	<p>Nat'l Macaroon Day 31</p> <p>9:15 Morning Workout</p> <p>10:00 Dog Therapy</p> <p>11:00 Bingo/ iN2L Games</p> <p>1:30 Karaoke</p> <p>2:30 Tea Party</p> <p>3:00 Music Videos</p> <p>4:00 iN2L Nature</p>	