



4185 Briargate Parkway
Colorado Springs, CO 80920

STAMP
HERE



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Dining Services Director

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Maintenance Director

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Life Enrichment Director

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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



Peachy Keen! Reach for a Peach this National Peach Month!

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3 Resident & Staff Spotlight
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August 2019

Celebrating National Seniors' Day!

For the past 31 years, August 21st has been National Senior Citizens' Day in the United States and we hope you'll join us in observing it!

It was back in 1988 that then President Ronald Reagan set in motion the day to annually highlight seniors' achievements, and bring awareness and assistance to their needs. He stated: "We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older, places in which older people can participate to the fullest and can find the **encouragement, acceptance, assistance, and services** they need to continue to lead lives of independence and dignity. [...] For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and heartfelt salute."

We are proud to celebrate and thank our seniors for their contributions to society. As part of observing such a day, read on for seniors reaching golden-year goals, hobby ideas, and a few helpful online resources.

Success Can Come at Any Age

Seniors most certainly prove one can reach for the stars at an older age. A few examples: Laura Ingalls Wilder wrote the "Little House" series between the ages of 65 and 76. Gladys Burrill completed the Honolulu Marathon at age 92. Peter Mark Roget of "Roget's Thesaurus of English Words and Phrases" did not start the book until age 69. Painter Grandma Moses was 78 when she gained fame for her works. Julia Child was 50



when she released her first cookbook. And Colonel Sanders didn't come into great success with KFC until age 62. These are encouraging examples for all of us goal-chasers. Stick to your goals no matter how small you think they are, and feel the pride that comes from taking the journey.

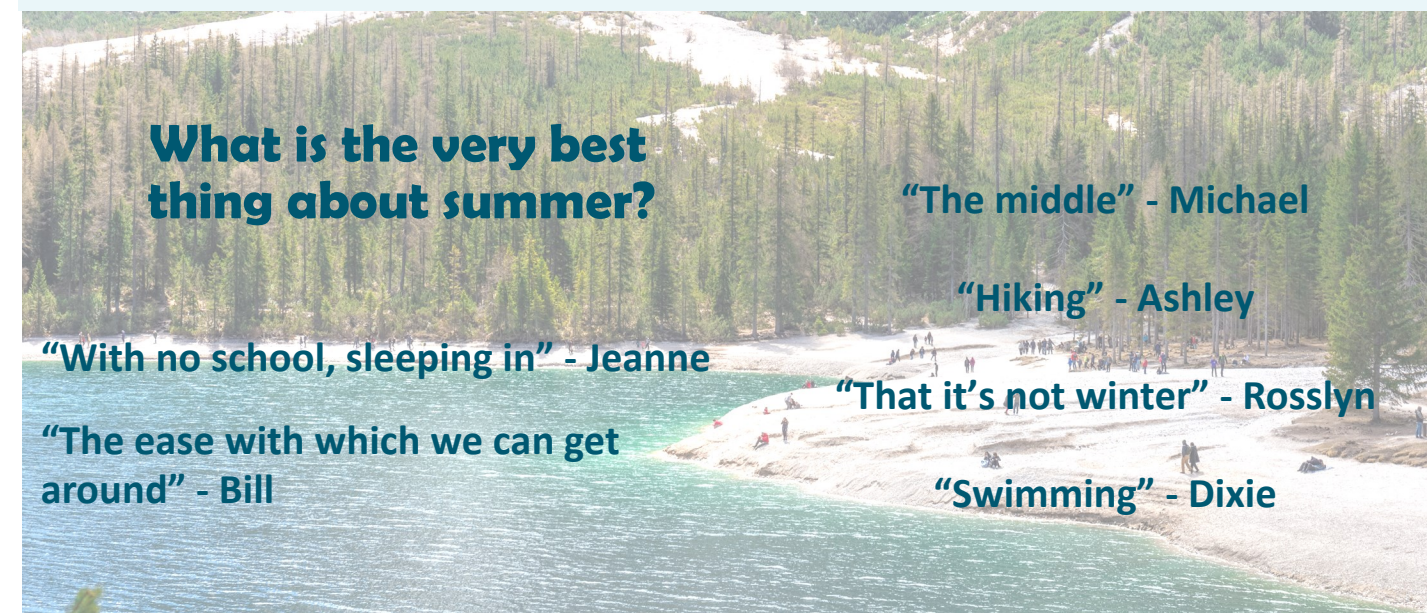
Hobbies to Consider Trying Out

- Cooking:** Share and make recipes in groups.
- Golf:** Whether for fun or competition!
- Painting:** Acrylics, watercolors, or oils
- Poetry:** Spoken or written, alone or for friends
- Pottery:** Start making hands-on masterpieces!

3 Resources Seniors May Find Helpful:

- **U.S. Department of Treasury Tax Counseling for Seniors:** <https://www.benefits.gov/benefit/722>
- **Social Security Administration Social Security Retirement Benefits:** <https://www.ssa.gov/benefits/retirement>
- **Corp. of National & Community Service Retired and Senior Volunteer Program:** <https://www.nationalservice.gov/serve>

Special Moments



What is the very best thing about summer?

"The middle" - Michael

"Hiking" - Ashley

"With no school, sleeping in" - Jeanne

"That it's not winter" - Rosslyn

"The ease with which we can get around" - Bill

"Swimming" - Dixie

August Highlights

August is Catfish Month, Eye Exam Month, Family Fun Month, Golf Month, Peaches Month, and Sandwich Month!

- Aug. 1: Raspberry Cream Pie Day
- Aug. 2: Ice Cream Sandwich Day
- Aug. 3: Disc Golf Day; Mustard Day
- Aug. 4: Friendship Day; Choc. Chip Cookie Day
- Aug. 5: Oyster Day
- Aug. 6: Root Beer Float Day; Wiggle Toes Day
- Aug. 7: Lighthouse Day; Purple Heart Day
- Aug. 8: Frozen Custard Day
- Aug. 9: Book Lover's Day; Rice Pudding Day
- Aug. 10: Bowling Day; S'mores Day
- Aug. 11: Son and Daughter Day
- Aug. 12: Julienne Fry Day; Middle Child Day
- Aug. 13: Left-Handers Day
- Aug. 14: Creamsicle Day
- Aug. 15: Relaxation Day; Lemon Meringue Day
- Aug. 16: Tell a Joke Day
- Aug. 17: Black Cat Day; Thrift Shop Day; Bee Day
- Aug. 18: Fajita Day; Ice Cream Pie Day
- Aug. 19: Aviation Day; Intl. Bow Day
- Aug. 20: Radio Day; Pecan Pie Day
- Aug. 21: Senior Citizens Day; Spumoni Day
- Aug. 22: Pecan Torte Day; Tooth Fairy Day
- Aug. 23: Sponge Cake Day



- Aug. 24: Peach Pie Day; Waffle Day
- Aug. 25: Banana Split Day; Park Service Founders Day
- Aug. 26: Dog Day; Cherry Popsicle Day
- Aug. 27: Pots de Crème Day; Just Because Day
- Aug. 28: Bow Tie Day; Cherry Turnovers Day
- Aug. 29: Chop Suey Day
- Aug. 30: College Colors Day; Marshmallows Day
- Aug. 31: Trail Mix Day

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- [RadiantSrLiving on Twitter](#)
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- [Radiant Senior Living on YouTube](#)



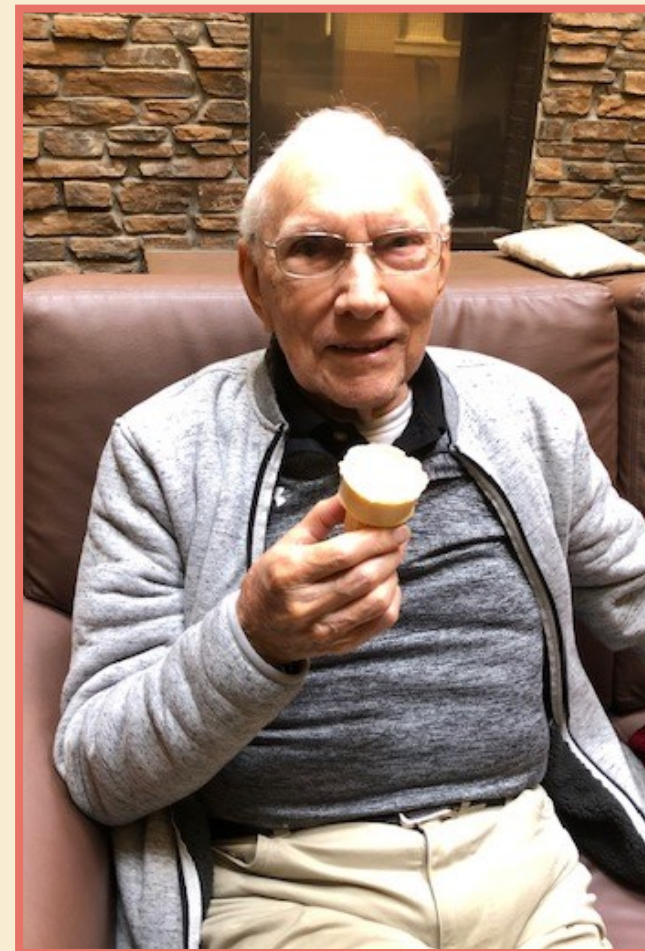
Happy Birthday to all those who celebrate their special day during the month of August!

- Jeanne, August 6**
- Marsie, August 21**
- Dixie, August 27**
- Judie, August 29**

Resident Spotlight!

Fred A.

Fred was born in a small Kentucky town, but went on to graduate from Purdue and then Georgia Tech, as a mechanical engineer. He has enjoyed swimming and gardening, and even played the glockenspiel in the band. His hobbies include westerns and jazz music, especially Stan Kenton. Fred has always been a great handyman, and even rebuilt a Triumph! Whether trying something new like painting in MiM, or showing his dance steps, Fred is a joy to have with us.



Welcome Chara Proctor

We are so glad to have Chara join our team as our new Wellness Coordinator. Chara has a background in case management and geriatric rehabilitation. She was born and raised in Colorado Springs, where she is proud to be raising her own three children.

One of Chara's hobbies is watching basketball, especially LeBron James, though she actually enjoys watching college ball more than the NBA.

August 2019

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
Choc Chip Cookie Day 4 9:15 Morning Stretch 10:00 iN2L Church 11:00 Hymn-sing 1:15 iN2L Trivia 2:00 Walking Group 2:30 Sunday Sports 4:00 Music Time	Oyster Day 5 9:15 Ball Toss 10:15 Remember When 11:00 iN2L Trivia 1:30 Karaoke 2:00 Snack Attack 2:30 Arts and Crafts 4:00 Afternoon Stroll	Rootbeer Float Day 6 9:30 iN2L Exercise 10:30 Manicure Time 11:00 Vacation Memories 1:30 iN2L Games 2:30 Flower Arranging 4:00 Walk About 6:00 Evening Movie	Purple Heart Day 7 9:30 iN2L Exercise 10:15 iN2L Games 11:00 Jeff Von Klock 1:30 Men's Group 2:00 Snack Attack 2:30 Arts & Crafts-MiM 3:30 World of Dance	Raspberry Cream Pie Day 1 9:15 iN2L Exercise 10:00 Baking Party 11:00 Cooking Show 1:30 iN2L Games 2:00 Snack Attack 2:30 Card Game Time 3:30 Classic TV	Ice Cream Sandwich Day 2 9:15 Ball Toss 10:00 Dog Therapy 11:00 Bingo 1:30 Karaoke 2:00 Music Videos 3:00 Mocktail Hour 4:00 iN2L Nature	Mustard and Disc Golf Day 3 9:15 Morning Stretch 10:00 Laundry Folding 10:30 iN2L Games 1:30 Spa Time 2:30 Movie and 3:00 Ice Cream Sundae 4:00 Take a Stroll
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Fajita Day 18 9:15 Morning Stretch 10:00 iN2L Church 11:00 Hymn-sing 1:15 iN2L Trivia 2:00 Walking Group 2:30 Sunday Sports 4:00 Music—Stephanie	Aviation Day 19 9:15 Ball Toss 10:15 Remember When 11:00 iN2L Trivia 1:30 Karaoke 2:00 Snack Attack 2:30 Arts and Crafts 4:00 Afternoon Stroll	Radio Day 20 9:30 iN2L Exercise 10:00 Gordon Johnson 11:00 iN2L Games 1:30 Manicure Time 2:30 Flower Arranging 4:00 Rock the Block 6:00 Evening Movie	Senior Citizens Day 21 9:30 iN2L Exercise 10:00 iN2L Games 10:30 Hannah Geiger 1:30 Men's Group 2:00 Snack Attack 2:30 Arts & Crafts-MiM 3:30 America's Got Talent	Pecan Torte Day 22 9:15 iN2L Exercise 10:00 Baking Party 11:00 Cooking Show 1:30 iN2L Games 2:00 Snack Attack 2:30 Card Game Time 3:30 Classic TV	Sponge Cake Day 23 9:15 Morning Workout 10:00 Dog Therapy 11:00 Bingo 1:30 Karaoke 2:30 Poetry Café 3:00 Music Videos 4:00 iN2L Nature	Waffle Day 24 9:15 Chair Exercises 10:00 Laundry Folding 11:00 iN2L Games 1:30 Spa Time 2:30 Movie and 3:00 Smoothies 4:00 iN2L Music
Banana Split Day 25 9:15 Morning Stretch 10:00 iN2L Church 11:00 Hymn-sing 1:15 iN2L Trivia 2:00 Walking Group 2:30 Sunday Sports 4:00 Music—Stephanie	Dog Day 26 9:15 Ball Toss 10:15 Remember When 11:00 iN2L Trivia 1:30 Karaoke 2:00 Snack Attack 2:30 Arts and Crafts 4:00 Afternoon Stroll	Just Because Day 27 9:30 Yoga w/Lindsay 10:30 Manicure Time 11:00 Vacation Memories 1:30 Dan Gariepy 2:30 Flower Arranging 4:00 Rock the Block 6:00 Evening Movie	Bow Tie Day 28 9:30 iN2L Exercise 10:00 iN2L Games 11:00 Sing-along 1:30 Men's Group 2:00 Snack Attack 2:30 Arts & Crafts-MiM 3:30 Broadway Hour	Chop Suey Day 29 9:15 iN2L Exercise 10:00 Baking Party 11:00 Cooking Show 1:30 iN2L Games 2:00 Snack Attack 2:30 Card Game Time 3:30 Classic TV	College Colors Day 30 9:15 Morning Workout 10:00 Dog Therapy 11:00 Lane Brothers 1:30 Karaoke 2:30 Mocktail Hour 3:00 Music Videos 4:00 iN2L Nature	Trail Mix Day 31 9:15 Chair Exercises 10:00 Laundry Folding 11:00 iN2L Games 1:30 Spa Time 2:30 Movie and 3:00 Orange/ Coke Floats 4:00 iN2L Music

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