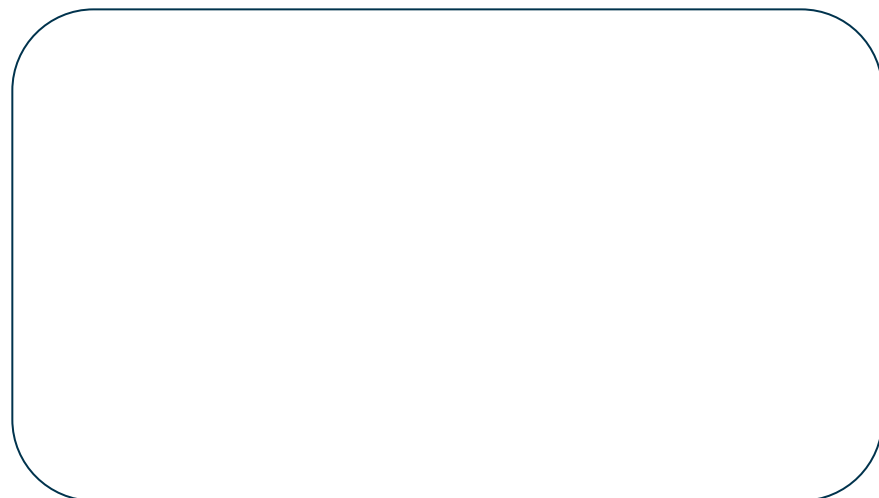




4185 Briargate Parkway
Colorado Springs, CO 80920

STAMP
HERE



Administrative Team:
719-352-3069

Nancy Britton
Executive Director

Amber Trucke
Community Relations Director

Chara Proctor
Wellness Coordinator

Autumn Miller
Business Office Director

Stephanie Eddins
Dining Services Director

Richard Lee
Maintenance Director

Jeanne Bautista
Life Enrichment Director

Mary Jane Adams
RN Consultant

**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



September 2019

2 Harvest Good Habits
3 Team Member & Resident Spotlight
4-5 Activities Calendar

6 Birthdays, Social Media, & Highlights
7 Special Moments & Father's Day
8 Mission & Team

Harvest Good Habits

September is **Self-Improvement Month!**
What better time to focus on a plan of action for betterment?! Taking positive actions here and there is great, but practicing positive habits is key to a self-improved lifestyle year-round.

To move toward a self-improved lifestyle, we've looked into habits galore: how they're made, how to keep them, and ones to try!

What is a Habit and How Does One Form?
A habit is a behavior that a person performs repeatedly. Our habits determine many actions we take and, therefore, our lives greatly reflect our habits.

When we are learning new things, it takes effort and energy. But when we do things we already know how to do, our conscious mind lets our subconscious mind take the wheel. This way, we can automatically do something without the effort or energy we needed when we were first learning that action.

- Habits to Embrace**
(as per approval by your medical professional. This is not medical advice.)
Getting a Good Night's Sleep: Routinely.
Healthy Diet: Try Dash or Mediterranean!
Joining a Social Activity Group: Cooking Club, Walking Club, Card Game Group, etc.
Prioritizing Wellness: Whether vaccines, check-ups, or screenings, make it a point to plan out health appointments on a calendar and follow through with them.
Meditating: Commit to easing your stress.
Working Out: Find the exercise that works best for you to do safely and often.



How Long Does It Take to Form a Habit?
Multiple sources say it takes 66 days to form a habit. This may sound like a long time, but there's good news. Making a few mistakes on the habit-forming journey don't seem to impact the result. Also, It's good to think about forming a habit as a challenge that will bring the auto-reward if you stick with it.

Tips for Making Those 66 Days a Success
A tactic using the acronym SMART is widely-shared for helping with habit journeys.
S: Specific. Focus the goal and accountability.
M: Measurable. Quantify days, minutes, etc.
A: Attainable. Make sure it's a possible goal.
R: Realistic. Consider time, money, schedule.
T: Timely. Set a time limit or timed aim for it.

How Does Someone Keep a Habit?
Habits become stronger when repeated and weaker when not. Such changeability means habits require devotion. Tips to help with that include seeking encouragement and support from a friend, reminding yourself with alarms and calendars, befriending role models with your habit, and removing temptations to fall back to former ways. Best of luck on your habit-harvesting journey!

Special Moments



The Best things
in life
aren't things.

The Best Advice I Ever Received Was:

"Stay in the Word"
- Roy

"Buy more pickles."
- Jean

"Read"
- Stephanie

"Make a plan. Follow it. See it through to the end."
- Marilyn

Let it go.
- Nancy

"Don't get married...just kidding.
My mom told me how to raise my family."
- Audrey

With self-improvement in mind, we asked residents and staff about the best advice they've gotten!

September 2019 Highlights

September is Self-Improvement Month, Honey Month, Americana Month & Courtesy Month.

- 01 No Rhyme or Reason Day
- 02 Labor Day; Blueberry Popsicle Day
- 03 U.S. Bowling League Day
- 04 Wildlife Day; Macadamia Nut Day
- 05 Cheese Pizza Day
- 06 Read a Book Day; Coffee Ice Cream Day
- 07 Salami Day; Tailgating Day; Beer Day
- 08 Grandparent’s Day; Hug Your Hound Day
- 09 Teddy Bear Day; Weiner Schnitzel Day
- 10 Ants on a Log Day; Swap Ideas Day
- 11 Hot Cross Bun Day; Patriot Day
- 12 Chocolate Milkshake Day
- 13 Peanut Day
- 14 Cream Filled Donut Day; Hoagie Day
- 15 Cheese Toast Day; Linguine Day
- 16 Cinnamon Raisin Bread Day
- 17 Apple Dumpling Day
- 18 Cheeseburger Day
- 19 Butterscotch Pudding Day

- 20 Pepperoni Pizza Day; String Cheese Day
- 21 Pecan Cookie Day
- 22 Centenarians Day; White Chocolate Day
- 23 Pot Pie Day; Snack Stick Day
- 24 Cherries Jubilee Day
- 25 Women’s Health and Fitness Day
- 26 Pancake Day; Dumpling Day
- 27 Corned Beef Hash Day; Chocolate Milk Day
- 28 Neighborly Day; Strawberry Cream Pie Day
- 29 Coffee Day
- 30 Hot Mulled Cider Day

We’re online @

Facebook.com/NewDawnColoradoSprings
Blog.radiantseniorliving.com
Radiantsrliving on Instagram
Radiantvoices on Instagram
RadiantSrLiving on Twitter
Pinterest.com/radiantsrliving
Radiant Senior Living on YouTube

September Birthdays!



We hope you enjoy your special day!

- Naomi, Sept. 12**
- Miyoko, Sept. 12**
- Stephanie, Sept. 27**

Team Member Spotlight Nick

Born in raised in Colorado, Nick loves long walks on the beach, dinner by candlelight, is very passionate about food & enjoys cooking, He is a movie nerd. He is also very caring person who enjoys work, a dog lover & loves to make people smile and laugh! We are glad to having him as part of our night caregiving staff!



Resident Spotlight Ursula

Ursula was born in Haida Czechoslovakia and was raised in Obertshausen, Germany from age 6 till she left for the USA in 1962. She fell in love with an Army soldier and they raised their two children around the US and Germany. Ursula learned English from “I Love Lucy”. She retired from Ford Aerospace as a computer operator. Ursula loves to dance, and loves Motown. Additionally, she and her husband just celebrated 61 years of marriage.

September 2019

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Grandparents Day 8 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	Teddy Bear Day 9 9:15 Ball Toss 10:15 Remember When 11:00 iN2L Trivia 1:30 Karaoke 2:00 Teddy Bear Picnic 2:30 Arts and Crafts 4:00 Afternoon Stroll	Swap Ideas Day 10 9:30 Yoga w/Lindsay 10:00 Manicure Time 11:00 Vacation Memories 1:30 Flower Arranging 2:30 Pottery Time 4:00 Rock the Block 6:00 Evening Movie	Patriot Day 11 9:30 iN2L Exercise 10:30 Bobby Jackson 11:00 iN2L Games 1:30 Men’s Group 2:00 Snack Attack 2:30 Arts & Crafts-MiM 3:30 The Voice	Chocolate Milkshake Day 12 9:15 Ball Toss 10:15 Baking Party 11:00 Cooking Show 1:15 iN2L Music 2:00 iN2L Travel 2:30 Card Game Time 3:30 Classic TV	Peanut Day 13 9:30 iN2L Exercise 10:10 Dan Gariepy 11:00 Bingo 1:30 iN2L Nature 2:30 Tea Party 3:00 Music Videos 4:00 Walk in the Garden	Hoagie Day 14 9:15 Chair Exercises 10:00 Laundry Folding 11:00 iN2L Games 1:30 Spa Time 2:30 Movie and 3:00 Rootbeer Floats 4:00 iN2L Music
Cheese Toast Day 15 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	Cinnamon Raisin Bread 16 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	Apple Dumpling Day 17 9:30 Manicure Time 10:00 Gordon Johnson 11:00 Vacation Memories 1:30 iN2L Exercise 2:30 Flower Arranging 4:00 Rock the Block 6:00 Evening Movie	Cheeseburger Day 18 9:30 iN2L Exercise 10:30 Bobby Jackson 11:00 iN2L Games 1:30 Men’s Group 2:00 Snack Attack 2:30 Arts & Crafts-MiM 3:30 America’s Got Talent	Butterscotch Pudding Day 19 9:15 Ball Toss 10:15 Baking Party 11:00 Cooking Show 1:15 iN2L Music 2:00 iN2L Travel 2:30 Card Game Time 3:30 Classic TV	String Cheese Day 20 9:45 iN2L Exercise 10:30 Karaoke 11:00 Bingo 1:15 iN2L Nature 1:45 Tasting Party 2:15 Mocktail Hour 4:00 Walk in the Garden	Alzheimer’s Walk 21 9:15 Morning Stretch 10:00 Laundry Folding 10:30 iN2L Games 1:30 Spa Time 2:30 Movie and 3:00 Ice Cream Social 4:00 Rock the Block
White Chocolate Day 22 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	Pot Pie Day 23 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	Cherries Jubilee Day 24 9:30 Yoga w/Lindsay 10:00 Manicure Time 11:00 Vacation Memories 1:40 Dan Gariepy 2:30 Flower Arranging 4:00 Rock the Block 6:00 Evening Movie	Women’s Health Day 25 9:30 iN2L Exercise 10:30 Hannah Geiger 11:00 iN2L Games 1:30 Men’s Group 2:00 Snack Attack 2:30 Arts & Crafts-MiM 3:30 Broadway Hour	Pancake Day 26 9:15 Ball Toss 10:15 Baking Party 11:00 Cooking Show 1:15 iN2L Music 2:00 iN2L Travel 2:30 Card Game Time 3:30 Classic TV	Chocolate Milk Day 27 9:45 iN2L Exercise 10:30 Karaoke 11:00 Bingo 1:30 iN2L Nature 2:30 Poetry Café 3:15 Music Videos 4:00 Walk in the Garden	Neighborly Day 28 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
Coffee Day 29 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	Hot Mulled Cider Day 30 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					

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