



2000 S. Blackhawk Street
Aurora, CO 80014

STAMP
HERE



Administrative Team:
303-997-2929

Lee Carlson
Executive Director

Meredith Brady
Community Relations Director

Linda Sloan
Wellness Director

Ariana Morales
Business Office Director

Carl Briggs
Dining Services Director

Juan Flores
Maintenance Director

Angie Rogers
Life Enrichment Director



**Our mission is to create and sustain
comfortable, caring environments
for those who depend on us.**

The Sunflower Times

Monthly Newsletter



December 2019

2 Cold Weather Safety & Wellness
3 Team & Resident Spotlight
4-5 Activities Calendar

6 Birthdays, Social Media, & Highlights
7 Special Moments, Recipe Corner
8 Mission & Team

Cold Weather Safety & Wellness Tips

It's that time of year again when temperatures begin to plummet, snowflakes kiss our noses, and "Baby, it's Cold Outside!" and "Walking in a Winter Wonderland" play on the radio.

The changing weather can be a joyous occurrence each year, but it's also one we can better prepare for with a few tips to aid in keeping us safe and merry.



Dress for Warmth

Stay toasty throughout winter with appropriate clothing for your surroundings. Outdoors, if it's very cold, be sure to wear warm socks, gloves, a heavy coat, a scarf, and a hat or ear muffs, and make sure exposed skin is covered. Indoors, if cold, dress in layers and keep feet covered. One's body temperature should never dip below 95 degrees.

Avoid Falling

In the winter, falls may occur due to slips on icy sidewalks and roads or wet indoor spaces. Avoid injury by wearing shoes with good traction and non-skid soles. Stay inside when at all possible, and wait to walk on sidewalks until you know that they have been treated for ice. It is also smart to have a walking buddy or two if you do head outdoors. If you have been outside and are returning to an indoor space, take off your shoes to avoid slipping due to wet soles.

Ward off the Wintertime Blues

In the winter, there are fewer opportunities for people to get regular exercise and sunshine. There are also some stressors that

come along with the holidays. These changes in routine may lead to feelings of loneliness, isolation, and sadness. Help fight off the winter blues by getting regular exercise, participating in social activities, and eating a varied diet of Vitamin D fortified foods.

Avoid Fire Hazards & Carbon Monoxide Poisoning

It's lovely to enjoy the warmth of the fireplace or a scented candle in winter, but be prepared to avoid fire dangers. Heaters, fireplaces, stoves, candles, and holiday decorations can pose fire risks. Avoid possible fires and carbon monoxide poisoning by following fire safety rules, abiding by device manufacturer instructions, and making sure all alarms are functional. Also, practice routine fireplace maintenance, make sure electrical sockets are operating properly, and keep holiday decorations neat and in good repair. There's no shame in reaching out to a friend or loved one for help tending to these tasks.

We wish everyone a safe, warm, and fun-filled winter season this year!

Special Moments

"Life isn't a matter of milestones, but of moments." - Rose Kennedy



'Tis the Season to Be Baking!

This Pfeffernusse recipe, modified from an All Recipes version by Thebeansma, requires 15 mins prep, 15 mins to cook, and 3 hours total. **Ingredients:** 1/2 cup molasses; 1/4 cup honey; 1/4 cup shortening; 1/4 cup margarine; 2 eggs; 4 cups flour; 3/4 cup sugar; 1/2 cup brown sugar; 1.5 tsp ground cardamom; 1 tsp ground nutmeg; 1 tsp ground cloves; 1 tsp ground ginger; 2 tsp anise extract; 2 tsp ground cinnamon; 1.5 tsp baking soda; 1 tsp pepper; 1/2 tsp salt; 1 cup confectioners sugar.

Steps: **1.)** Stir molasses, honey, shortening, margarine in saucepan over med heat. Stir until creamy. Remove from heat; cool to room temp. Stir in eggs. **2.)** Combine flour, white and brown sugars, cardamom, nutmeg, cloves, ginger, anise, cinnamon, baking soda, salt and pepper in big bowl. Add molasses mixture and mix together. Refrigerate 2 hours. **3.)** Preheat oven to 325. Roll dough into balls. Put on bake sheet 1 inch apart. **4.)** Bake 10-15 mins. Cool. Coat with confectioners sugar. Enjoy!



December 2019 Highlights

December is Safe Gifts Month, Spiritual Literacy Month, and Tomato Month

01 Pie Day; Eat a Red Apple Day
02 Fritters Day; Mutt Day
03 Day of Giving
04 Cookie Day; Dice Day; Sock Day
05 Sacher Torte Day
06 Faux Fur Friday; Gazpacho Day
07 Pearl Harbor Remembrance Day
08 Brownie Day; Be a Time Traveler Day
09 Pastry Day
10 Nobel Prize Day; Dewey Decimal Day
11 App Day; Noodle Ring Day
12 Ambrosia Day; Poinsettia Day
13 Cocoa Day; Violin Day
14 Bouillabaisse Day
15 Lemon Cupcake Day; Wear Pearls Day
16 Chocolate-Covered Anything Day
17 Maple Syrup Day; Wright Brothers Day
18 Roast Suckling Pig Day; Buddy the Elf Day
19 Oatmeal Muffin Day; Hard Candy Day
20 Sangria Day

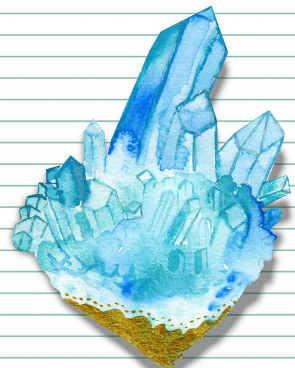
21 Fried Shrimp Day; Holiday Sweater Day
22 Date Nut Bread Day; Chanukah Begins
23 Pfeffernusse Day; Festivus
24 Eggnog Day; Christmas Eve
25 Christmas Day; Pumpkin Pie Day
26 Candy Cane Day; Boxing Day; Thanks Day
27 Fruitcake Day; Card Playing Day
28 Chocolate Candy Day
29 Pepper Pot Day; Tick Tock Day
30 Bacon Day
31 New Year's Eve, Champagne Day

We're online @

- Facebook.com/NewDawnAurora
- Blog.radiantseniorliving.com
- Radiantsriving on Instagram
- Radiantvoices on Instagram
- RadiantSrLiving on Twitter
- Pinterest.com/radiantsriving
- Radiant Senior Living on YouTube

December Birthdays!

december



BLUE TOPAZ

Wishing a very happy birthday to you!

Happy Birthday to Rebecca W.

12/22

**We hope you enjoy your
Special Day!**

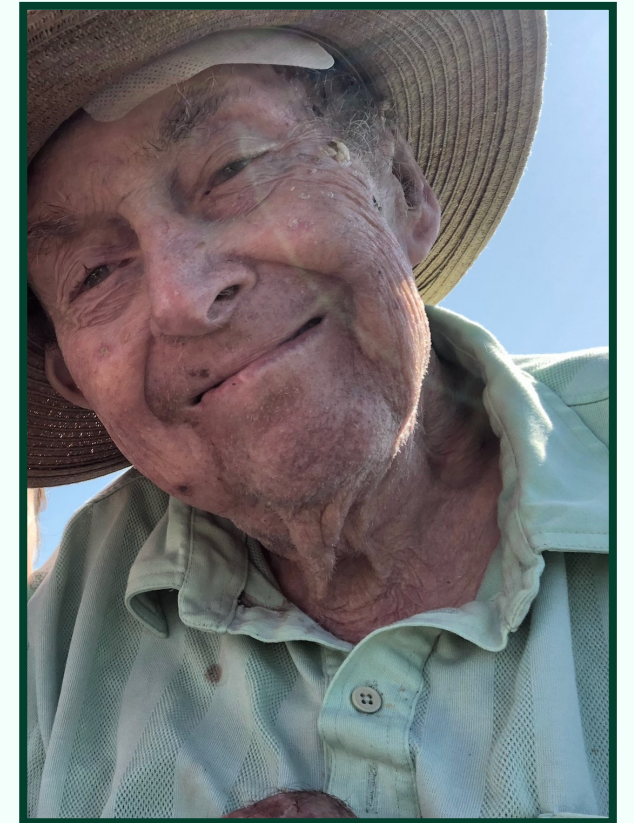
Staff Spotlight Carl Briggs



Chef Carl Briggs has over 15 years in food Service experience as a chef, restaurant general manager in high volume hotels such as Marriott and Hilton as well as a host of fine dining restaurants in several major U.S. cities such as San Francisco, Atlanta , and downtown Denver

Chef Carl has been with New Dawn for over 7 years and is an intricate part of our management team.

When he is not hard at work, he loves family time and Cowboys Football!



Resident Spotlight William "Bill" S.

Bill is such a pleasure to have here at New Dawn! He is very musically talented and can always be heard singing along with our live entertainment and with some of our Broadway sing-a-longs we do as a group. He spent many years singing in the church choir so we are so blessed to have his talent here to brighten our days.

Bill loves the holidays and is "looking forward to cookies, Christmas music and lots of snow outside!"

December 2019

New Dawn Memory Care · 2000 S. Blackhawk Street, Aurora, CO 80014 · 303-952-0791

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
9:30 Good News Network 10:00 Church with IN2L 11:00 Sing-a-long Hymns 2:00 Tea and Coffee Hour 3:00 Walk and Roll Exercise 4:00 Exploring with IN2L 6:00 Resident's Choice	9:30 Current Events 10:00 Noodle Calisthenics 11:00 My Story IN2L 2:00 Snack Social 3:00 Aromatherapy 4:00 Travel on IN2L 6:00 Sensory Boxes	9:30 Stretch it Out 10:00 Finish That Song 11:00 Coloring to Tunes 2:00 Snack and Hydrate 3:00 Dance Party 4:00 Classic Cars IN2L 6:00 Comedy Hour IN2L	9:30 Chair Exercise 10:00 Coffee Chat 11:00 Manicures 2:00 Sweet Treats 3:00 Reminisce IN2L 4:00 Radio Shows IN2L 6:00 Old Sitcoms IN2L	9:30 Movers and Shakers 1030 Reading Group 11:00 Guess the Price IN2L 2:00 Decorating Party 3:30 Afternoon Yoga 4:00 Aromatherapy 6:00 Light The Night	9:30 Group Exercise 10:00 Fold and Sort 11:00 ST. NICHOLAS DAY 2:00 Sing-A-Long IN2L 3:00 Sensory Bins 4:00 Balloon Toss 6:00 Christmas Shows	9:30 Tend to the Gardens 10:00 The Nutcracker 11:00 Puzzles 2:00 Refreshment Hour 3:00 Brain Teasers 4:00 Karaoke with IN2L 6:00 Movie Night
8	9	10	11	12	13	14
9:30 Good News Network 10:00 Church with IN2L 11:00 Sing-a-long Hymns 2:00 Tea and Coffee Hour 3:00 Walk and Roll Exercise 4:00 Exploring with IN2L 6:00 Resident's Choice	9:30 Current Events 10:00 Beauty School 11:00 My Story IN2L 2:00 Dean on Cello 3:00 Aromatherapy 4:00 Travel on IN2L 6:00 Sensory Boxes	9:30 Stretch it Out 10:00 Finish That Song 11:00 Coloring to Tunes 2:00 Snack and Hydrate 3:00 Dance Party 4:00 Classic Bikes IN2L 6:00 Comedy Hour IN2L	9:30 Chair Exercise 10:00 Coffee Chat 11:00 Manicures 2:00 Sweet Treats 3:00 Reminisce IN2L 4:00 Radio Shows IN2L 5:30 Holiday Light Tour	9:30 Movers and Shakers 1030 Christmas Cards 11:00 Guess the Price IN2L 2:00 Snack and Hydrate 3:30 Afternoon Yoga 4:00 Aromatherapy 6:30 Adult Church Choir	9:30 Group Exercise 10:00 Fold and Sort 11:00 Brain Games 2:00 Sing-A-Long IN2L 3:00 Sensory Bins 4:00 Balloon Toss 6:00 Christmas Shows	9:30 Tend to the Gardens 10:30 Stretch and Condition 11:00 Puzzles 2:00 Refreshment Hour 3:00 Brain Teasers 4:00 Karaoke with IN2L 6:00 Movie Night
15	16	17	18	19	20	21
9:30 Good News Network 10:00 Church with IN2L 11:00 Sing-a-long Hymns 2:00 Poco A Poco Choir 3:00 Walk and Roll Exercise 4:00 Exploring with IN2L 6:00 Resident's Choice	9:30 Current Events 10:00 Noodle Calisthenics 11:00 My Story IN2L 2:00 Music with Monica 3:00 Aromatherapy 4:00 Travel on IN2L 6:00 Sensory Boxes	9:30 Stretch it Out 10:30 Gingerbread Houses 11:00 Coloring to Tunes 2:00 Snack and Hydrate 3:00 Dance Party 4:00 Classic Holidays IN2L 6:00 Comedy Hour IN2L	9:30 Chair Exercise 10:00 Coffee Chat 11:00 Manicures 2:00 Sweet Treats 3:00 Reminisce IN2L 4:00 Radio Shows IN2L 6:00 Old Sitcoms IN2L	9:30 Movers and Shakers 1030 Reading Group 11:00 Guess the Price IN2L 2:00 Family Holiday Party 4:00 Aromatherapy 6:00 Soft Music Therapy	9:30 Group Exercise 10:00 Fold and Sort 11:00 Repeat the Song 2:00 Sing-A-Long IN2L 3:00 Sensory Bins 4:00 Balloon Toss 6:00 Christmas Shows	9:00 Breakfast with Santa 11:00 Stretch and Condition 2:00 Refreshment Hour 3:00 Brain Teasers 4:00 Karaoke with IN2L 6:00 Movie Night
22	23	24	25	26	27	28
9:30 Good News Network 10:00 Church with IN2L 11:00 Sing-a-long Hymns 2:00 Tea and Coffee Hour 3:00 Walk and Roll Exercise 4:00 Exploring with IN2L 6:00 Resident's Choice	9:30 Current Events 10:00 Noodle Calisthenics 11:00 My Story IN2L 2:00 Music with Gary 3:00 Aromatherapy 4:00 Travel on IN2L 6:00 Sensory Boxes	9:30 Stretch it Out 10:00 Cookies for Santa 11:00 Coloring to Tunes 2:00 Snack and Hydrate 3:00 Dance Party 4:00 Reminisce Christmas 6:00 Christmas Specials	MERRY CHRISTMAS! 9:00 Holiday Music 10:00 Treats and Chat 11:00 Christmas Movies 2:00 Sweet Treats 3:00 Reminisce IN2L 4:00 Radio Shows IN2L 6:00 Christmas on IN2L	HAPPY KWANZA! 9:30 Movers and Shakers 1030 Reading Group 11:00 Kwanza on IN2L 2:00 Snack and Hydrate 3:30 Afternoon Yoga 4:00 Aromatherapy 6:00 Soft Music Therapy	9:30 Group Exercise 10:00 Fold and Sort 11:00 Finish that Line 2:00 Sing-A-Long IN2L 3:00 Sensory Bins 4:00 Balloon Toss 6:00 Holiday Shows	9:30 Tend to the Gardens 10:30 Stretch and Condition 11:00 Puzzles 2:00 Refreshment Hour 3:00 Brain Teasers 4:00 Karaoke with IN2L 6:00 Movie Night
29	30	31				
9:30 Good News Network 10:00 Church with IN2L 11:00 Sing-a-long Hymns 2:00 Tea and Coffee Hour 3:00 Walk and Roll Exercise 4:00 Exploring with IN2L 6:00 Resident's Choice	9:30 Current Events 10:00 Noodle Calisthenics 11:00 My Story IN2L 2:00 Back Porch Sisters 3:00 Aromatherapy 4:00 Travel on IN2L 6:00 Sensory Boxes	9:30 Stretch it Out 10:00 New Year Resolutions 11:00 Coloring to Tunes 2:00 Snack and Hydrate 3:00 Dance Party 4:00 Classic Cars IN2L 6:00 NYE Count Down				

December 2019

New Dawn Memory Care Cottage C · 2000 S. Blackhawk Street, Aurora, Co 80014 · 303-952-0791

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
9:30 Good News Network 10:00 Church with IN2L 11:00 Sing-a-long Hymns 2:00 Tea and Coffee Hour 3:00 Walk and Roll Exercise 4:00 Exploring with IN2L 6:00 Resident's Choice	9:30 Current Events 10:00 Noodle Calisthenics 11:00 My Story IN2L 2:00 Snack Social 3:00 Aromatherapy 4:00 Travel on IN2L 6:00 Sensory Boxes	9:30 Stretch it Out 10:00 Finish That Song 11:00 Coloring to Tunes 2:00 Snack and Hydrate 3:00 Dance Party 4:00 Classic Cars IN2L 6:00 Comedy Hour IN2L	9:30 Chair Exercise 10:00 Coffee Chat 11:00 Manicures 2:00 Sweet Treats 3:00 Reminisce IN2L 4:00 Radio Shows IN2L 6:00 Old Sitcoms IN2L	9:30 Movers and Shakers 1030 Reading Group 11:00 Guess the Price IN2L 2:00 Decorating Party 3:30 Afternoon Yoga 4:00 Aromatherapy 6:00 Light The Night	9:30 Group Exercise 10:00 Fold and Sort 11:00 ST. NICHOLAS DAY 2:00 Sing-A-Long IN2L 3:00 Sensory Bins 4:00 Balloon Toss 6:00 Christmas Shows	9:30 Stretch and condition 10:00 The Nutcracker 11:30 Puzzles 2:00 Refreshment Hour 3:00 Animals on IN2L 4:00 Karaoke with IN2L 6:00 Movie Night
8	9	10	11	12	13	14
9:30 Good News Network 10:00 Church with IN2L 11:00 Sing-a-long Hymns 2:00 Tea and Coffee Hour 3:00 Walk and Roll Exercise 4:00 Exploring with IN2L 6:00 Resident's Choice	9:30 Current Events 10:00 Beauty School 11:00 My Story IN2L 2:00 Dean on Cello 3:00 Aromatherapy 4:00 Travel on IN2L 6:00 Sensory Boxes	9:30 Stretch it Out 10:30 Hot Cocoa Bar 11:00 Coloring to Tunes 2:00 Snack and Hydrate 3:00 Dance Party 4:00 Classic Bikes IN2L 6:00 Comedy Hour IN2L	9:30 Chair Exercise 10:00 Coffee Chat 11:00 Manicures 2:00 Sweet Treats 3:00 Reminisce IN2L 4:00 Radio Shows IN2L 5:30 Holiday Light Tour	9:30 Movers and Shakers 1030 Christmas Cards 11:00 Guess the Price IN2L 2:00 Snack and Hydrate 3:30 Afternoon Yoga 4:00 Aromatherapy 6:30 Adult Church Choir	9:30 Group Exercise 10:00 Fold and Sort 11:00 Brain Games 2:00 Sing-A-Long IN2L 3:00 Sensory Bins 4:00 Balloon Toss 6:00 Christmas Shows	9:30 Good News Network 10:30 Stretch and Condition 11:00 Puzzles 2:00 Refreshment Hour 3:00 Funny Babies IN2L 4:00 Karaoke with IN2L 6:00 Movie Night
15	16	17	18	19	20	21
9:30 Good News Network 10:00 Church with IN2L 11:00 Sing-a-long Hymns 2:00 Poco A Poco Choir 3:00 Walk and Roll Exercise 4:00 Exploring with IN2L 6:00 Resident's Choice	9:30 Current Events 10:00 Noodle Calisthenics 11:00 My Story IN2L 2:00 Music with Monica 3:00 Aromatherapy 4:00 Travel on IN2L 6:00 Sensory Boxes	9:30 Stretch it Out 10:30 Gingerbread Houses 11:00 Coloring to Tunes 2:00 Snack and Hydrate 3:00 Dance Party 4:00 Classic Holidays IN2L 6:00 Comedy Hour IN2L	9:30 Chair Exercise 10:15 Piano in Cottage A 11:00 Manicures 1:30 Bake Sweet Treats 3:00 Reminisce IN2L 4:00 Radio Shows IN2L 6:00 Old Sitcoms IN2L	9:30 Movers and Shakers 1030 Reading Group 11:00 Guess the Price IN2L 2:00 Family Holiday Party 4:00 Aromatherapy 6:00 Soft Music Therapy	9:30 Group Exercise 10:00 Fold and Sort 11:00 Repeat the Song 2:00 Sing-A-Long IN2L 3:00 Sensory Bins 4:00 Balloon Toss 6:00 Christmas Shows	9:00 Breakfast with Santa 11:00 Stretch and Condition 2:00 Refreshment Hour 3:00 Christmas Music IN2L 4:00 Karaoke with IN2L 6:00 Movie Night
22	23	24	25	26	27	28
9:30 Good News Network 10:00 Church with IN2L 11:00 Sing-a-long Hymns 2:00 Tea and Coffee Hour 3:00 Walk and Roll Exercise 4:00 Exploring with IN2L 6:00 Resident's Choice	9:30 Current Events 10:00 Noodle Calisthenics 11:00 My Story IN2L 2:00 Music with Gary 3:00 Aromatherapy 4:00 Travel on IN2L 6:00 Sensory Boxes	9:30 Stretch it Out 10:00 Cookies for Santa 11:00 Coloring to Tunes 2:00 Snack and Hydrate 3:00 Dance Party 4:00 Reminisce Christmas 6:00 Christmas Specials	MERRY CHRISTMAS! 9:00 Holiday Music 10:00 Treats and Chat 11:00 Christmas Movies 2:00 Sweet Treats 3:00 Reminisce IN2L 4:00 Radio Shows IN2L 6:00 Christmas on IN2L	HAPPY KWANZA! 9:30 Movers and Shakers 1030 Reading Group 11:00 Kwanza on IN2L 2:00 Snack and Hydrate 3:30 Afternoon Yoga 4:00 Aromatherapy 6:00 Soft Music Therapy	9:30 Group Exercise 10:00 Fold and Sort 11:00 Finish that Line 2:00 Sing-A-Long IN2L 3:00 Sensory Bins 4:00 Balloon Toss 6:00 Holiday Shows	9:30 Stretch and Condition 10:30 Holidays of the world 11:00 Puzzles 2:00 Refreshment Hour 3:00 Animals on IN2L 4:00 Karaoke with IN2L 6:00 Movie Night
29	30	31				
9:30 Good News Network 10:00 Church with IN2L 11:00 Sing-a-long Hymns 2:00 Tea and Coffee Hour 3:00 Walk and Roll Exercise 4:00 Exploring with IN2L 6:00 Resident's Choice	9:30 Current Events 10:00 Noodle Calisthenics 11:00 My Story IN2L 2:00 Back Porch Sisters 3:00 Aromatherapy 4:00 Travel on IN2L 6:00 Sensory Boxes	9:30 Stretch it Out 10:00 New Year Resolutions 11:00 Coloring to Tunes 2:00 Snack and Hydrate 3:00 Dance Party 4:00 Classic Cars IN2L 6:00 NYE Count Down				