



2000 S. Blackhawk Street
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STAMP
HERE



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

The Sunflower Times

Monthly Newsletter



January 2020

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3 Team & Resident Spotlight
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Do It Up Big With Healthy New Year's Resolutions

Heading into a new decade is a great time to reevaluate goals and set new ones! It's a momentous occasion that calls for equally momentous goals. What better way to make a splash—and keep on splendidly splashing—than through healthy living? Embrace new-you success in the '20s!

Note: Each individual should follow their medical professional's advice and speak with them before making diet or exercise changes.

Get Social

Taking part in group activities, being with others, and sharing your feelings boosts overall health. Ways to bring out your social butterfly:

- Attend group activities. Set small social goals each time you take part. Greet and share an observation or compliment.
- Have your hearing and vision tested to ensure that you aren't missing things.
- Practice your favorite hobby in a common area. It will increase the odds another person will approach you or join you.
- If religious, attend group services.
- Use IN2L with your Life Enrichment Director.

Embrace Your Exercise Passion

Being active helps the whole body. Do some thinking about your favorite ways to be active and set small goals for daily activities (walking, dancing, swimming, stretching, lifting, bowling, golfing, or chair exercises). Work out with a buddy for motivation and safety. Mark successes on a calendar or share aloud!

Hydrate

Dehydration can affect people of all ages, but especially seniors. Ask your health professional how much water you should get each day, as it varies from person to person. To help make hydration fun, in addition to water, try hydrating foods like watermelon, spinach, cucumbers,



Goal Idea: Eat more blueberries! Did you know blueberries can: improve brain function, protect the body from unstable molecules, lower blood pressure, and help prevent heart disease? These little blue buddies pack quite the health punch!

green peppers, and celery. Good ways to detect that fluid intake is adequate include rarely feeling thirsty and colorless or light yellow urine.

Prioritize Your Wellness

Reach out to your medical and dental health professionals as you head into 2020 to schedule wellness appointments. Staying on top of your well-being is the best gift you can give yourself.

Sleep Well

Sleep quality can be compromised in many ways. Try these goals to improve your sleep:

- Follow a pre-sleep routine / sleep schedule
- Avoid late afternoon naps or caffeine
- Avoid bright screens and lights, and large pre-bedtime meals

Have A Rainbow A Day...

We know, the saying goes "an apple a day..." but a rainbow is much more fun. When you eat, improve nutrition with a rainbow of different colored foods on your plate at each meal, with many colors coming from fruits and vegetables.

We wish you a healthy year ahead!

Special Moments



A 1920's Recipe to Try in 2020: Lemon Ginger Icebox Cake

This Lemon Ginger Icebox Cake is modified from a *Taste of Home* version that has great reviews. It takes 20+ minutes to prep and chill and it makes 12 servings.

Ingredients: Two cups of heavy whipping cream * Eight ounces of soft cream cheese * Two teaspoons of grated lemon zest * Ten ounces of lemon curd * Two tablespoons of chopped and crystallized ginger * Two packages of thin ginger cookies that are 5 and 1/4 ounces each



Directions: In a big bowl, beat the lemon zest with the cream cheese until creamy. Beat in the lemon curd until it is smooth. Gradually add in cream and beat on medium to high until soft peaks set in. Line the bottom of an eight inch dish with nine cookies. Spread with two thirds of a cup of cream cheese mixture. Repeat for six layers. Sprinkle with ginger. Cover and refrigerate for two hours or more.

January 2020 Highlights

January is Hot Tea Month, Braille Literacy Month, Oatmeal Month, Soup Month, Hobby Month, Mentoring Month, and Bath Safety



It's 2020! Happy New Year's Everyone!

01 New Year's Day; Bloody Mary Day

02 Cream Puff Day; Science Fiction Day

03 Chocolate Covered Cherry Day

04 Spaghetti Day; Trivia Day

05 Bird Day; Whipped Cream Day

06 Shortbread Day; Tech Day

07 Tempura Day

08 Argyle Day; Toffee Day

09 Apricot Day; Law

Enforcement Day

10 Bittersweet Chocolate Day

11 Vision Board Day; Milk Day

12 Marzipan Day; Curry Chicken Day

13 Peach Melba Day; Rubber Ducky Day

14 Dress Up Your Pet Day

15 Bagel Day; Strawberry Ice Cream Day



16 Fig Newton Day

17 Hot Buttered Rum Day

18 Winnie the Pooh Day; Thesaurus Day

19 Popcorn Day

20 Cheese Lover's Day; MLK Jr. Day

21 Granola Bar Day; Hugging Day

22 Blonde Brownie Day

23 Handwriting Day; Pie Day

24 Compliment Day; Peanut Butter Day

25 Opposite Day; Irish Coffee Day

26 Green Juice Day; Peanut Brittle Day

27 Chocolate Cake Day; Bubble Wrap Day

28 Blueberry Pancake Day; Kazoo Day

29 Corn Chip Day; Puzzle Day

30 Croissant Day

31 Backward Day; Hot Chocolate Day;

Inspire Your Heart with Art Day

January Birthdays & Our Community Online

Happy Birthday Wishes!

No Resident Birthdays this Month

Come visit us online at:

[Facebook.com/NewDawnAurora](https://www.facebook.com/NewDawnAurora)

[Blog.radiantseniorliving.com](https://blog.radiantseniorliving.com)

Radiantsriving on Instagram

Radiantvoices on Instagram

RadiantSrLiving on Twitter

[Pinterest.com/radiantsriving](https://www.pinterest.com/radiantsriving)

Radiant Senior Living on YouTube

Resident Spotlight Charlotte W.

Charlotte is a farm girl with country roots. She has grown to enjoy life here in Aurora, but finds comfort in reminiscing about the days she took care of her animals and the beautiful scenery in her little slice of heavenly solitude. Charlotte loves music, dancing, ice cream and she has a wicked sense of humor. One of her greatest joys in life is her daughter Nanette! Although Nanette doesn't live here in Aurora, when the two of them are together, it is all smiles! We asked Charlotte her favorite thing about the holidays and she said "family!"



Staff Spotlight Mirna C.

New Dawn has been so lucky to have a care giver like Mirna. She has been a devoted employee for almost 6 years! When asked what she loves most about working with this population she said "I like making sure they are well taken care of, happy and clean." She does everything from providing care, to sing-alongs and exercise classes with the residents. Mirna has lived in Colorado for about 22 years. She spends her time cleaning, cooking and enjoying family time when she is not here at New Dawn. Her New Year resolution is to "continue to learn and grow in her work."



JANUARY 2020

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

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5 9:30 Musical Movement 10:30 Church Service IN2L 11:00 Church Hymns 2:00 Tea Time 3:00 Which Go Together? 4:00 Nature on IN2L 6:00 Sensory Boxes	6 9:30 Work Out With IN2L 10:30 Good News & Coffee 11:00 Winter Memories 2:00 Music with Chris 3:00 Bowling 4:00 Folding and Sorting 6:00 Comedy on IN2L	7 9:30 Movers and Shakers 10:30 Snack and Chat 11:00 Table Top Games 2:00 IN2L Brain Teasers 3:00 Word Challenge 4:00 Aromatherapy 6:00 Radio Shows IN2L	8 9:30 Movers and Shakers 10:00 Culinary Corner 11:00 IN2L Travel 2:00 Afternoon Dance Party 3:00 Reminisce Therapy 4:00 Puzzles & Coloring 6:00 Soft Music Therapy	9 9:30 VANGUARD SCHOOL 10:30 Walking Club 11:00 Trivia On IN2L 2:00 Popsicle Stick Building 3:00 Book Club 4:00 Finish that Song 6:00 Dramas of the Past IN2L	10 9:30 Work Out with IN2L 10:30 Refreshments 11:00 Bible Study 2:00 Happy Hour 3:00 Painting Party 4:00 Name That Tune 6:30 Snacks and Socialize	11 9:30 Stretch and Condition 10:30 Walking Club 11:00 Puzzles 2:00 Arts and Crafts 3:00 BINGO 4:00 Karaoke on IN2L 6:00 Movie Night
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