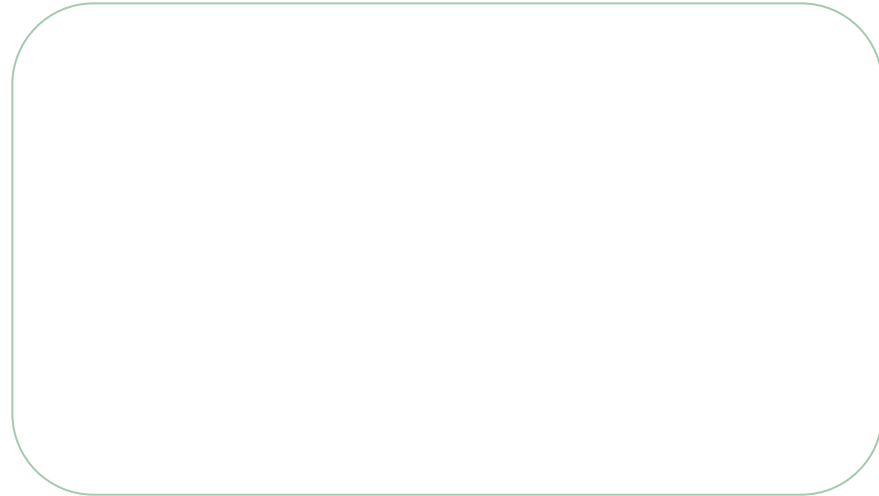




2000 S. Blackhawk Street
Aurora, CO 80014

STAMP
HERE



Administrative Team: 303-997-2929

Executive Director: Lee Carlson

Community Relations Dir.: Stephanie Marshall

Wellness Director: Linda Sloan

Business Office Director: Angie Rogers

Life Enrichment Director: Angie Rogers

Dining Services Director: Carl Briggs

Maintenance Director: Juan Flores



Pictured: Slieve League, Ireland

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

The Sunflower Times

Monthly Newsletter



March 2020

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3 Team & Resident Spotlight
4-5 Activities Calendar

6 Highlights & Our Artistic Expression
7 Special Moments, Birthdays, Social Media
8 Mission & Team

Artistic Engagement Benefits & Ideas

American Artist Georgia O'Keefe once said, "Whether you succeed or not is irrelevant, there is no such thing. Making your unknown known is the important thing." O'Keefe's words ring true when we think of art's importance in our daily lives. Art forms provide people of all ages, walks of life, and creative abilities the opportunity to express feelings and become engaged; by extension positively affecting health.



This is especially true for older adults, according to Gene Cohen, MD, PhD. Cohen concluded in a 2006 study that older adults active in arts had better physical health, fewer visits to the doctor, required less medication, and fell less frequently than those in the study not involved in arts (Today's Geriatric Medicine).

Such findings shed light upon the value that painting, dancing, drawing, knitting, sculpting, drama, photography, poetry, creative writing, and playing or moving to music can bring in senior living communities.

In an article entitled "Aging: What's Art Got to Do With It," in Geriatric Monthly, Barbara Bagan, PhD, ATR-BC, shared plenty of detailed positive effects

artistic expression can have on older adults. It:

- Aids in relaxation, anxiety, and depression
- Gives feelings of control
- Improves communication and socialization
- Encourages humor and playfulness
- Improves cognition
- Offers sensory stimulation
- Fosters a strong sense of identity
- Bolsters self-esteem
- Nurtures faith
- Reduces boredom

The next time you engage in an art form, remember how many ways you may be benefitting yourself. For those who wish to start taking part in artistic expression, or help a loved one to do so, a great place to start is with music and an empty page.

Special Moments



Happy Birthday Wishes!

Anne: March 15

Jerome: March 17

Visit us Online:

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

[Blog.radiantseniorliving.com](https://www.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

March 2020 Highlights

March is Noodle Month, Peanut Month, Women’s History Month, and Craft Month.

- 01 Peanut Butter Day; Pig Day
- 02 Read Across America Day
- 03 Cold Cuts Day; Soup it Forward Day
- 04 Grammar Day; Pound Cake Day
- 05 Cheese Doodle Day
- 06 Oreo Day; Staff Appreciation Day
- 07 Cereal Day
- 08 Oregon Day; Women’s Day
- 09 Meatball Day; Barbie Day
- 10 Blueberry Popover Day
- 11 Oatmeal Nut Waffles Day
- 12 Girl Scouts Day; Plant Flowers Day
- 13 K9 Veterans Day; Good Deed Day
- 14 Butterflies Day; Potato Chip Day
- 15 Pears Helene Day
- 16 Artichoke Hearts Day; Panda Day

- 17 St. Patrick’s Day; 3D Day
- 18 Lacy Cookie Day; Sloppy Joes Day
- 19 Certified Nurses Day; Spring Begins!
- 20 Ravioli Day; Flour Day
- 21 French Bread Day; CA Strawberry Day
- 22 Bavarian Crepes Day
- 23 Melba Toast Day; Chip and Dip Day
- 24 Chocolate Covered Raisins Day
- 25 Lobster Newburg Day; Manatee Day
- 26 Spinach Day; Nougat Day
- 27 Scribble Day; Spanish Paella Day
- 28 Food on Sticks Day
- 29 Nevada Day; Lemon Chiffon Cake Day
- 30 Virtual Vacay Day; Park Walks Day
- 31 Crayon Day; Tater Day

SPRING FORWARD! On the evening of Saturday, March 7, set your clocks forward one hour for Daylight Savings Time which will take effect at 2 AM.



Artistic Expression at Our Community!

Our Resident Spotlight Shines On: Randy

Randy is the newest member of our New Dawn Family. He joined us at the beginning of February. Randy is quiet, but has a smile that will light up the room. Randy is taking time to get to know all of his new friends as he joins us for live entertainment, zoo visits, old movies and for our snack chat hour. Randy has a beautiful wife, Estelita, who comes to visit him every day. They often sit and enjoy each other's company in our cozy living room. Once the weather is warmer, Randy will enjoy going for daily walks around our courtyard, soaking in the sunshine. Welcome to New Dawn, Randy! We are glad to have you with us.



Our Staff Spotlight Shines On: Josh

Josh joined New Dawn around the holidays. He has been in healthcare for 13 years. Josh said his favorite thing about working with those who have Alzheimer's and Dementia is “to love these individuals and give quality of life. They need to feel love and support!”



When Josh is not hard at work he says, “I love hanging with my three favorite people in this world, my two daughters and my beautiful wife.” Josh can’t wait for the warm weather ahead and enjoying spring here in sunny Colorado! Thanks, Josh for being such a special part of our New Dawn Family!

March 2020

New Dawn Memory Care Aurora • Cottages B&C • 2000 S. Blackhawk St. Aurora, CO 80014 • 303-952-0791

SUN	MON	TUE	WED	THU	FRI	SAT
1 9:00 Morning Meditation 10:00 Church Service 11:00 Spiritual Hymns 12:00 Life Skills 1:30 Nature Exploration 3:00 How Much? IN2L 4:00 Sunday Sports 5:00 Life Skills 6:00 Good News Network 7:00 Radio Shows IN2L	2 9:00 Bean Bag Toss 10:00 Manicure Mondays 11:00 Brain Games 12:00 Life Skills 1:30 Name That Tune 3:00 Puzzles 4:00 Sensory Boxes 5:00 Life Skills 6:00 Folding and Sorting 7:00 Comedies on IN2L	3 9:00 Sit & Be Fit 10:00 Snack Chat 11:00 Arts and Crafts 12:00 Life Skills 1:30 Dance It Out 2:00 Music Therapy 3:00 Travel on IN2L 4:00 Story Book Corner 5:00 Life Skills 6:00 Broadway Musicals	4 9:30 Axel Academy Students 10:30 Culinary Corner 11:00 Nail Care / Manicures 12:00 Hand Washing Station 2:00 Stretch and Condition 3:00 Inspirational Stories IN2L 4:00 Post Cards of the Past 5:00 Hand Washing Station 6:00 Time Lapse on IN2L 7:00 Sensory Screens IN2L	5 9:00 Stretch and Condition 10:00 Horoscopes IN2L 11:00 Group Games IN2L 12:00 Hand Washing Station 1:00 Explore IN2L Hour 2:00 Dean on Cello 3:00 Travel on IN2L 4:00 Puzzles 5:00 Hand Washing Station 6:00 Sensory Bins	6 9:30 Sit & Be Fit 10:00 Reminisce Therapy IN2L 11:00 Animals on IN2L 12:00 Life Skills 1:30 Balloon Volleyball 2:00 Happy Hour 3:00 Chair Yoga 4:00 Aromatherapy 5:00 Life Skills 6:00 Resident Choice	7 9:30 Today in History IN2L 10:00 Group Work Out 11:00 Sing-a-Long 12:00 Hand Washing Station 2:00 Walk & Roll Outside 3:00 Afternoon Tea 4:00 Sensory Group Games 5:00 Hand Washing Station 6:00 Art History IN2L 7:00 Movie Night
8 DAYLIGHT SAVINGS BEGINS 9:00 Morning Meditation 10:00 Church Service 11:00 Spiritual Hymns 12:00 Life Skills 1:30 Nature Exploration 3:00 How Much? IN2L 4:00 Sunday Sports 5:00 Life Skills 6:00 Good News Network 7:00 Radio Shows IN2L	9 9:00 Bean Bag Toss 10:00 Manicure Mondays 11:00 Brain Games 12:00 Life Skills 1:30 Name That Tune 3:00 Puzzles 4:00 Sensory Boxes 5:00 Life Skills 6:00 Folding and Sorting 7:00 Comedies on IN2L	10 9:00 Sit & Be Fit 10:00 Snack Chat 11:00 Arts and Crafts 12:00 Life Skills 1:30 Dance It Out 2:00 Music Therapy 3:00 Travel on IN2L 4:00 Resident Council 5:00 Life Skills 6:00 Broadway Musicals 7:00 Funny Videos IN2L	11 9:30 Axel Academy Letters 10:30 Culinary Corner 11:00 Nail Care / Manicures 12:00 Hand Washing Station 2:00 Stretch and Condition 3:00 Inspirational Stories IN2L 4:00 Post Cards of the Past 5:00 Hand Washing Station 6:00 Time Lapse on IN2L 7:00 Sensory Screens IN2L	12 9:00 Stretch and Condition 10:00 Butterfly Pavilion 11:00 Group Games IN2L 12:00 Hand Washing Station 1:00 Explore IN2L Hour 2:00 Cookie and Coffee Chat 3:00 Travel on IN2L 4:00 Puzzles 5:00 Hand Washing Station 6:00 Sensory Bins	13 9:30 Sit & Be Fit 10:00 Reminisce Therapy IN2L 11:00 Animals on IN2L 12:00 Life Skills 1:30 Balloon Volleyball 2:00 Happy Hour 3:00 Chair Yoga 4:00 Aromatherapy 5:00 Life Skills 6:00 Resident Choice 7:00 Dramas on IN2L	14 9:30 Today in History IN2L 10:00 Group Work Out 11:00 Sing-a-Long 12:00 Hand Washing Station 2:00 Walk & Roll Outside 3:00 Afternoon Tea 4:00 Sensory Group Games 5:00 Hand Washing Station 6:00 Art History IN2L 7:00 Movie Night
15 9:00 Morning Meditation 10:00 Church Service 11:00 Spiritual Hymns 12:00 Life Skills 1:30 Nature Exploration 3:00 How Much? IN2L 4:00 Sunday Sports 5:00 Life Skills 6:00 Good News Network 7:00 Radio Shows IN2L	16 9:00 Bean Bag Toss 10:00 Beauty School 11:00 Brain Games 12:00 Life Skills 1:30 Name That Tune 3:00 Puzzles 4:00 Sensory Boxes 5:00 Life Skills 6:00 Folding and Sorting 7:00 Comedies on IN2L	17 ST. PATRICK'S DAY 9:00 Sit & Be Fit 10:00 St. Patty's Baking 11:00 Arts and Crafts 12:00 Life Skills 1:30 Dance It Out 2:00 Music Therapy & Party 3:00 St. Patty's Scavenger 4:00 Story Book Corner 5:00 Life Skills 6:00 Broadway Musicals 7:00 Funny Videos IN2L	18 9:30 Axel Academy Students 10:30 Culinary Corner 11:00 Nail Care / Manicures 12:00 Hand Washing Station 2:00 Stretch and Condition 3:00 Inspirational Stories IN2L 4:00 Post Cards of the Past 5:00 Hand Washing Station 6:00 Time Lapse on IN2L 7:00 Sensory Screens IN2L	19 SPRING BEGINS 9:00 Stretch and Condition 10:00 Horoscopes IN2L 11:00 Group Games IN2L 12:00 Hand Washing Station 1:30 VAN RIDE SIGHT-SEE 2:00 Cookie and Coffee Chat 3:00 Travel on IN2L 4:00 Puzzles 5:00 Hand Washing Station 6:00 Sensory Bins	20 9:30 Sit & Be Fit 10:00 Reminisce Therapy IN2L 11:00 Support Group 12:00 Life Skills 1:30 Balloon Volleyball 2:00 Happy Hour 3:00 Chair Yoga 4:00 Aromatherapy 5:00 Life Skills 6:00 Resident Choice 7:00 Dramas on IN2L	21 9:30 Today in History IN2L 10:00 Group Work Out 11:00 Sing-a-Long 12:00 Hand Washing Station 2:00 Walk & Roll Outside 3:00 Afternoon Tea 4:00 Sensory Group Games 5:00 Hand Washing Station 6:00 Art History IN2L 7:00 Movie Night
22 9:00 Morning Meditation 10:00 Church Service 11:00 Spiritual Hymns 12:00 Life Skills 1:30 Nature Exploration 3:00 How Much? IN2L 4:00 Sunday Sports 5:00 Life Skills 6:00 Good News Network 7:00 Radio Shows IN2L	23 9:00 Bean Bag Toss 10:00 Manicure Mondays 11:00 Brain Games 12:00 Life Skills 1:30 Name That Tune 3:00 Puzzles 4:00 Sensory Boxes 5:00 Life Skills 6:00 Folding and Sorting 7:00 Comedies on IN2L	24 9:00 Sit & Be Fit 10:00 Snack Chat 10:30 Art Enrichment 12:00 Life Skills 1:30 Dance It Out 2:00 Music Therapy 3:00 Travel on IN2L 4:00 Story Book Corner 5:00 Life Skills 6:00 Broadway Musicals 7:00 Funny Videos IN2L	25 10:00 Aurora Library Outing 10:30 Culinary Corner 11:00 Nail Care / Manicures 12:00 Hand Washing Station 2:00 Stretch and Condition 3:00 Inspirational Stories IN2L 4:00 Post Cards of the Past 5:00 Hand Washing Station 6:00 Time Lapse on IN2L 7:00 Sensory Screens IN2L	26 9:00 Animal Sanctuary 10:00 Horoscopes IN2L 11:00 Group Games IN2L 12:00 Hand Washing Station 1:00 Explore IN2L Hour 2:00 Cookie and Coffee Chat 3:00 Travel on IN2L 4:00 Puzzles 5:00 Hand Washing Station 6:00 Sensory Bins	27 9:30 Sit & Be Fit 10:00 Reminisce Therapy IN2L 11:00 Animals on IN2L 12:00 Life Skills 1:30 Balloon Volleyball 2:00 Happy Hour 3:00 Chair Yoga 4:00 Aromatherapy 5:00 Life Skills 6:00 Resident Choice 7:00 Dramas on IN2L	28 9:30 Today in History IN2L 10:00 Group Work Out 11:00 Sing-a-Long 12:00 Hand Washing Station 2:00 Walk & Roll Outside 3:00 Afternoon Tea 4:00 Sensory Group Games 5:00 Hand Washing Station 6:00 Art History IN2L 7:00 Movie Night
29 9:00 Outing to Church 10:00 Church Service IN2L 11:00 Spiritual Hymns 12:00 Life Skills 1:30 Nature Exploration 3:00 How Much? IN2L 4:00 Sunday Sports 5:00 Life Skills 6:00 Good News Network 7:00 Radio Shows IN2L	30 9:00 Bean Bag Toss 10:00 Manicure Mondays 11:00 Brain Games 12:00 Life Skills 1:30 Name That Tune 3:00 Puzzles 4:00 Sensory Boxes 5:00 Life Skills 6:00 Folding and Sorting 7:00 Comedies on IN2L	31 9:00 Sit & Be Fit 10:00 Snack Chat 11:00 Arts and Crafts 12:00 Life Skills 1:30 Dance It Out 2:00 Music Therapy 3:00 Travel on IN2L 4:00 Story Book Corner 5:00 Life Skills 6:00 Broadway Musicals 7:00 Funny Videos IN2L				