



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**



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

# The Sunflower Times

## Monthly Newsletter



## April 2020

**2 Move Toward an Active Lifestyle  
3 Team & Resident Spotlight  
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**6 Highlights, Notes, Audubon Day  
7 Special Moments & Birthdays  
8 Mission & Team**

## How to Move Toward a More Active Lifestyle & Improved Strength

It's a fact of life that as we age to around 50, our body composition changes with naturally occurring reductions to muscle mass, bone mass, and physical capacity. But it's also true that there's lots we can do to increase our strength and mobility, helping to improve our lives overall.

Head into the spring season with more opportunities for outside fun, with these guidelines and tips for improving strength and balance. Of course, always consult your health professional before making changes to diet, exercise, or medication.

Starting out on a path toward getting more active doesn't have to be a struggle. It is never too late to start being physically active. All should strive to be as physically active as their abilities and conditions allow, and for all people, some activity is better than none.

U.S. Government Guidelines state for substantial health benefits, adults should do aerobic physical activity for either:  
**Option One:** 2 hours and 30 minutes up to 5 hours per week of moderate intensity **or...**  
**Option Two:** 1 hour and 15 minutes up to 2 hours and 30 minutes per week of vigorous intensity

For older adults specifically, physical activity should include balance training,



**Magic Three!** Performing activities at least three separate days of the week produces health benefits, according to consistent research studies.

and aerobic and muscle-strengthening activities. Muscle-strengthening activities of moderate or greater intensity, involving all major muscle groups should be done two or more days weekly.

**What is aerobic activity?** Cardio activity in which a person moves their muscles rhythmically for a sustained period of time. Examples include brisk walking, raking, tennis, jogging, or dancing.

**What is muscle-strengthening activity?** Activity that works against a resistance. Examples include some Tai Chi, some Yoga, carrying groceries, lifting or digging for gardening, using exercise bands or hand weights for exercise moves, push ups, pull ups, and squats.

For more information and ideas, visit [health.gov](http://health.gov) and click on Physical Activity!

## Special Moments



- Bill: April 9
- Norman: April 14
- Sue: April 15
- Charlotte: April 17

## April 2020 Highlights

April is Lawn & Garden Month, Poetry Month, Volunteer Month, and Jazz Month.

- 01 Walking Day; Sourdough Day
- 02 Burrito Day; PB&J Day
- 03 Film Score Day
- 04 Walk Around Things Day
- 05 Deep Dish Pizza Day
- 06 Caramel Popcorn Day
- 07 Coffee Cake Day
- 08 Empanada Day; Zoo Love Day
- 09 Antiques Day; Passover Starts
- 10 Young Writers Day; Good Friday
- 11 Cheese Fondue Day; Pet Day
- 12 Easter Day; Grilled Cheese Day
- 13 Peach Cobbler Day; Scrabble Day
- 14 Gardening Day; Look at the Sky Day
- 15 Glazed Spiral Ham Day
- 16 High Five Day; Eggs Benedict Day
- 17 Cheeseball Day; Haiku Poetry Day
- 18 Animal Cracker Day; Record Shop Day
- 19 Garlic Day



- 20 Lime Bean Day; Cheddar Fries Day
- 21 Kindergarten Day; Choco. Cashews Day
- 22 Earth Day; Jelly Bean Day
- 23 Picnic Day; Talk Like Shakespeare Day
- 24 Pigs in Blankets Day; Arbor Day
- 25 Telephone Day; Sense of Smell Day
- 26 Pretzel Day; Audubon Day
- 27 Devil Dog Day; Tell a Story Day
- 28 Poetry Reading Day; Superhero Day
- 29 Denim Day; Zipper Day
- 30 Shelter Pet Day; Raisin Day

### A note regarding Coronavirus:

The safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website:

<https://www.newdawnaurora.com>

April 26th is **Audubon Day**, honoring John James Audubon's birthday back in 1785!



Audubon is celebrated for his American bird studies. He documented their mannerisms and created educational illustrations of birds in their natural habitats. He created 435 watercolor paintings of North American birds!

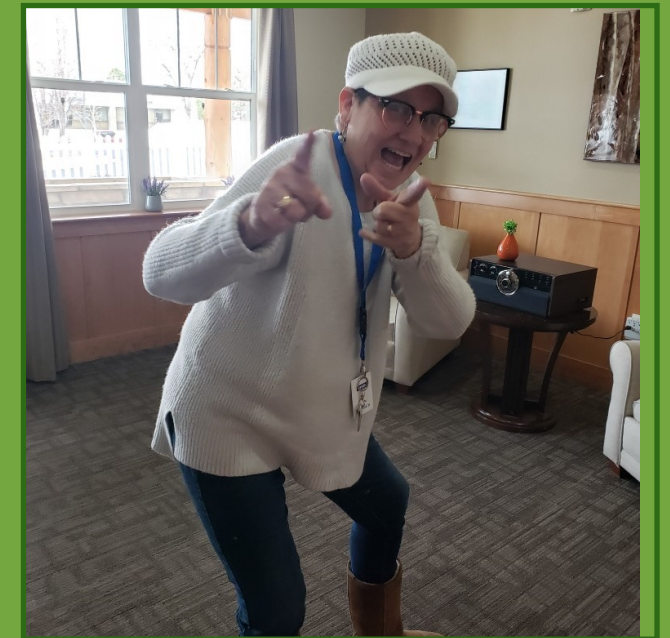
### Our resident spotlight shines on: Anne B.

Anne has been at New Dawn for over a year now. She stays busy with an array of activities; her favorites being sing-a-longs and eating the delicious treats we bake together.

She just celebrated a birthday in mid-March and said "I look forward to spending this year outside a lot!"

Anne has had many adventures in her life and is so interesting to reminisce with.

We're so glad to have you here at New Dawn, Anne!



### Our staff spotlight shines on: Linda S.

Linda has been the Wellness Director at New Dawn for over a year now. She and her special team of Wellness Coordinator and our full time Nurse, work hard to ensure our residents receive the utmost care and attention. Linda says her favorite thing about this demographic is "the unconditional love that flows so easy. This group of people change my life every day!" Linda's favorite thing about Spring being here is getting to work in her yard. She enjoys spending time with her dog and her three daughters. We are so grateful to have Linda on our team here at New Dawn!

# April 2020

New Dawn Memory Care

• Cottages B & C

• 2000 S Blackhawk St, Aurora, CO 80014

• 303-997-2929

SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1</b> 9:30 Movers and Shakers 10:00 IN2L Travel to Somewhere New 10:30 Sorting Activities 11:15 Racquetball Catch 1:00 Afternoon Stroll 1:30 Memory Challenge Games 2:15 Sing-a-long with Me IN2L 2:45 Classic Commercials IN2L 3:15 Beach Memories IN2L 4:00 Resident Outreach One on One Time 6:00 Coloring Pages 7:00 Comedies on IN2L	<b>2</b> 9:30 Bean Bag Toss 10:00 Bubble Pop IN2L 10:30 Coloring/Painting— Spring Theme 11:15 Aromatherapy 1:00 Balloon Volleyball 1:30 IN2L Good News Network 2:30 Music Therapy 3:15 IN2L Brain Games 3:30 Sensory Boxes 4:00 Resident Outreach One on One Time 4:30 Life Skills 6:00 Individual Puzzle Time 7:00 Radio Shows on IN2L	<b>3</b> 9:30 Bucket Toss 10:00 Animal Matching Game 10:30 Friday Dance Party 11:15 Chair Yoga 1:00 IN2L Exploration 1:30 Make Your Own Snack 2:00 Happy Hour 2:45 Sorting/Matching Activities 3:30 Walking Club 4:00 Resident Outreach One on One Time 4:30 IN2L Funny Videos 6:30 Friday Movie Night	<b>4</b> 9:30 Sat. Morning Stroll 10:00 Memory Games/ Puzzles 10:30 Tea Party 11:15 One Day Videos 1:00 Horseshoes 1:30 Sensory Cooking 2:00 Snack And Chat 2:30 Name That Tune 3:15 IN2L Chair Exercises 3:45 Sorting/Activity Boxes 4:30 Matching Games 6:30 Dramas on IN2L 7:00 Snack and Chat
<b>5</b> 9:30 Sunday Stretching 10:00 IN2L Memory Game 10:30 Reminiscing Therapy 11:00 Church Service (B) 1:00 Sunday Hymns 1:30 Coloring—Garden Theme 2:00 Dear Abby on IN2L 2:30 Sunday Stroll 3:00 Sensory Boxes 3:45 Sunday Sports 4:30 Noodle Ball 6:00 Classic Radio 7:00 Serene Screen on IN2L	<b>6</b> 9:30 Bowling 10:00 IN2L Memory Games 10:30 Spring Crafts (ABC) 11:15 Walk with Me 1:00 IN2L Exercise Video 1:30 Animal Matching Games 2:15 Horoscopes 3:00 Sensory Stations 3:30 Music Therapy 4:00 Resident Outreach One on One Time 4:30 Life Skills & Set the Table 6:00 Cars through time IN2L 7:00 Soft Music Therapy IN2L	<b>7</b> 9:30 Sit and Be Fit 10:00 Interactive IN2L 10:30 Arts and Crafts—Garden Theme 11:00 Culinary Arts 11:30 Life Skills 1:00 Prepare Gardens 2:00 IN2L Exercise Video 2:30 IN2L Puzzles 3:15 Snack Making 4:00 Resident Outreach One on One Time 4:30 Classic TV 6:00 Dance it out 7:00 History Channel on IN2L	<b>8</b> 9:30 Movers and Shakers 10:00 IN2L Travel to Somewhere New 10:30 Sorting Activities 11:15 Racquetball Catch 1:00 Afternoon Stroll 1:30 Memory Challenge Games 2:15 Sing-a-long with Me IN2L 2:45 Classic Commercials IN2L 3:15 Mountain Memories IN2L 4:00 Resident Outreach One on One Time 6:00 Coloring Pages 7:00 Comedies on IN2L	<b>9</b> 9:30 Bean Bag Toss 10:00 Bubble Pop IN2L 10:30 Plant Flowers 11:15 Aromatherapy 1:00 Balloon Volleyball 1:30 IN2L Good News Network 2:30 Music Therapy 3:15 IN2L Brain Games 3:30 Sensory Boxes 4:00 Resident Outreach One on One Time 4:30 Life Skills 6:00 Individual Puzzle Time 7:00 Radio Shows on IN2L	<b>10</b> 9:30 Bucket Toss 10:00 Animal Matching Game 10:30 Friday Dance Party 11:15 Chair Yoga 1:00 IN2L Exploration 1:30 Make Your Own Snack 2:00 Happy Hour 2:45 Sorting/Matching Activities 3:30 Walking Club 4:00 Resident Outreach One on One Time 4:30 IN2L Funny Videos 6:30 Friday Movie Night	<b>11</b> 9:30 Sat. Morning Stroll 10:00 Memory Games/ Puzzles 10:30 Tea Party 11:15 One Day Videos 1:00 Horseshoes 1:30 Sensory Cooking 2:00 Snack And Chat 2:30 Name That Tune 3:15 IN2L Chair Exercises 3:45 Sorting/Activity Boxes 4:30 Matching Games 6:30 Dramas on IN2L 7:00 Snack and Chat
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