



4185 Briargate Parkway  
Colorado Springs, CO 80920

STAMP  
HERE



**Administrative Team: 719-352-3069**

Executive Director: Nancy Britton

Community Relations Director: Amber Trucke

Wellness Director: Chara Proctor

Wellness Coordinator: Jenny Chavez

Business Office Director: Autumn Miller

Dining Services Dir.: Stephanie Eddins

Maintenance Director: Richard Lee

Life Enrichment Director: Kathleen Griffin



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

# News from New Dawn

## Monthly Newsletter



2 Our Favorite Summer Pastimes  
3 Team & Resident Spotlight  
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6 Highlights, Notes, S'more Ideas  
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# Our Favorite Summer Pastimes!

Ah, summer! The days between June 20th and September 22nd are ones many of us in the U.S. look forward to for warm weather, relaxation, and outdoor fun! There's also Independence Day and vacations that stir excitement for many. No matter where you are, or what your plans are, we have some shining summer ideas for you.

- **Picnics.** Gathering on blankets on the grass with yummy foods and friends nearby (they can be on their own blankets with distancing in place) is an activity involving togetherness and nature that brings fun and relaxation.
- **Gardening.** Heading out into the garden, alone or with others distanced, is a fun way to get exercise and relieve stress. Ask any gardener; they'll tell you it's also fun! Just remember to check the heat index, stay hydrated, and use sun protection.
- **Painting and Placing "Positivity" Stones.** There's a trend of people painting rocks with positive, encouraging words and putting them in spaces for people to find. This activity is great because we can be creative, do art, cheer up others, and be out in nature.
- **Lounging by the Sprinkler.** Enjoy some cooling water fun on a lounge chair by a sprinkler! Friends can get in on this activity with lots of distance between.

There are many ideas beyond these that can make summer the best season! Our residents and team members have shared some of their favorite summer activities at the right! We encourage you to let us know your favorites on our Facebook in the comments section of our newsletter post on the 1st. Let's Get Summering!



Painting Rocks for our gardens!



Working on our gardens!



Making fish for Father's Day Fishing!

# Special Moments: Father's Day Tie Party



## Employees

- Marcellus: July 3
- Nancy: July 4
- Liz: July 6
- Rosslyn: July 8
- Shirin: July 9
- Arianna: July 12
- Jessika: July 13
- Hannah: July 16



## Residents

- Sandy Y.: July 4
- Roy: July 16
- Lois: July 18
- Nellie: July 27



# July 2020 Highlights

## July is Picnic Month, Hot Dog Month, Ice Cream Month, & Culinary Arts Month!

01 Postal Worker Day; Stamp Day; Joke Day  
02 Anisette Day; UFO Day  
03 Chocolate Wafer Day; Beans Day  
04 Independence Day; Caesar Salad Day  
05 Graham Cracker Day; Hawaii Day  
06 Fried Chicken Day  
07 Strawberry Sundae Day; Macaroni Day  
08 Chocolate with Almonds Day  
09 Sugar Cookie Day; Love Cows Day  
10 Kitten Day; Pina Colada Day  
11 Blueberry Muffin Day; Amer. Pet Pic Day  
12 Pecan Pie Day; Car Collector Day;  
13 French Fry Day; Beans N Franks Day  
14 Mac N Cheese Day; Tape Measure Day  
15 Tapioca Pudding Day; Love Horses Day  
16 Corn Fritters Day; Personal Chef's Day  
17 Peach Ice Cream Day; Emoji Day  
18 Sour Candy Day; Strawberry Wine Day  
19 Ice Cream Day  
20 Lollipop Day; Chess Day



21 Junk Food Day  
22 Hot Dog Day; Penuche Fudge Day  
23 Refreshment Day; Vanilla Ice Cream Day  
24 Amelia Earhart Day; Drive-Thru Day  
25 Thread a Needle Day; Cowboy Day  
26 Parent Day; Bagel Day; Coffee Shake Day  
27 Crème Brulee Day  
28 Milk Chocolate Day; Waterpark Day  
29 Lasagne; Chicken Wing Day; Lipstick Day  
30 Cheesecake Day; Chili Dog Day; Friend Day  
31 Avocado Day; Mutt 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: [www.newdawncoloradosprings.com](http://www.newdawncoloradosprings.com)



Dear Visitors,  
Beginning July 1st, we ask that you please schedule any window visits with your loved one ahead of time. Unscheduled visits may be turned away.  
To schedule, call:  
Katy at 414-617-3927  
or as an Alternate:  
Nurse Phone at 719-661-8714



### Our resident spotlight shines on: Sharon

Sharon is a new resident to New Dawn. She grew up in Denver, and has 3 children. She is pleasant to talk to, and we are happy to have her with us!

Please give a warm welcome to Sharon when you see her!

### Our staff spotlight shines on: Ciarra

Ciarra has wanted to take care of others her whole life and just recently began caregiving in the past couple of months. She loves it! She loves making other people smile and laugh. Interesting tidbit: she enjoy coin collecting.

Please welcome her to our community!





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<b>5 Build a Scarecrow Day</b> 9:30 Morning Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 Table Games 1:30 iN2L Trivia 2:00 Snack Attack 2:30 Let's Walk 3:30 Sunday Sports 4:00 Hymn Sing	<b>6 National Fried Chicken Day</b> 9:30 Manicures 10:00 Morning Munch 10:30 iN2L Games 11:00 iN2L Exercise 1:30 Bingo 2:00 Snack Attack 2:30 Bowling 3:30 Afternoon Stroll 6:00 Movie Night	<b>7 World Chocolate Day</b> 9:30 Yoga 10:00 Morning Munch 10:30 Baking Party: Fudge 11:00 Morning Stroll 1:30 Wheel of Fortune 2:00 Snack Attack 2:30 Flower Arranging 4:00 Classic TV and 1:1s	<b>8 National Blueberry Day</b> 9:30 Remember When <b>10:00 Bobby Jackson</b> 10:30 Morning Munch 11:00 Ball Toss 1:30 Men's Group 2:00 Snack Attack 2:30 Watercolor MIM 3:30 iN2L Travel	<b>9 National Sugar Cookie Day</b> 9:30 iN2L Music 10:00 Morning Munch 10:30 Baking Party: Sugar Cookies 11:30 iN2L Exercise 1:30 Afternoon Stroll 2:00 Snack Attack 2:30 Get Crafty 3:30 Cooking Video	<b>10 Teddy Bear Picnic Day</b> 9:30 Let's Reminisce 10:00 Morning Munch 10:30 Gardening 11:00 iN2L Exercise 1:30 Bingo <b>2:00 Teddy Bear Picnic</b> 3:00 Afternoon Stroll 3:30 How it's made: Teddy Bears	<b>11 Cheer up the Lonely Day</b> 9:30 Chair Exercise 10:00 Morning Munch 10:30 Laundry Folding 11:00 iN2L Games 1:30 Take a Stroll 2:30 Movie and Spa 3:00 Ice Cream Sundae 4:00 iN2L Music
<b>12 Pecan Pie Day</b> 9:30 Morning Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 Table Games 1:30 iN2L Trivia 2:00 Snack Attack 2:30 Let's Walk 3:30 Sunday Sports 4:00 Hymn Sing	<b>13 French Fries Day</b> 9:30 Manicures 10:00 Morning Munch 10:30 iN2L Games 11:00 iN2L Exercise 1:30 Bingo 2:00 Snack Attack 2:30 Word Games 3:30 Afternoon Stroll 6:00 Movie Night	<b>14 Bastille Day</b> <b>Armchair Travels to France</b> 9:30 Yoga 10:00 Morning Munch <b>10:30 Baking Party:</b> <b>French Pastry</b> <b>11:00 France Trivia</b> <b>1:30 France Travel Video</b> 2:00 Snack Attack 2:30 Flower Arranging <b>4:00 French Riviera video</b>	<b>15 National Hot Dog Day</b> 9:30 Remember When 10:00 Morning Munch 10:30 Ball Toss 11:00 Standing Exercise 1:30 Men's Group 2:00 Snack Attack 2:30 Watercolor MIM 3:30 iN2L Travel	<b>16 World Snake Day</b> 9:30 iN2L Music 10:00 Morning Munch 10:30 Baking Party: Bread- stick Rattlesnakes 11:30 iN2L Exercise 1:30 Afternoon Stroll 2:00 Snack Attack 2:30 Get Crafty 3:30 Cooking Video	<b>17 World Emoji Day</b> 9:30 Let's Reminisce 10:00 Morning Munch 10:30 Gardening 11:00 iN2L Exercise 1:30 Bingo 2:00 Snack Attack 2:30 Afternoon Stroll 3:30 The Voice	<b>18 National Caviar Day</b> 9:30 Chair Exercise 10:00 Morning Munch 10:30 Laundry Folding 11:00 iN2L Games 1:30 Take a Stroll 2:30 Movie and Spa 3:00 Root Beer Floats 4:00 iN2L Music
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