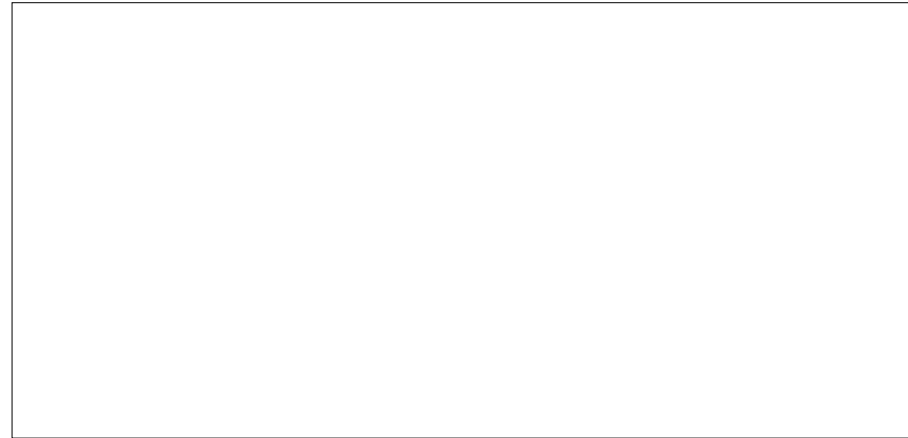




4185 Briargate Parkway
Colorado Springs, CO 80920

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Administrative Team:

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

Connect:

719-352-3069

info@newdawncoloradosprings.com

www.newdawncoloradosprings.com

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



News from New Dawn

September 2020 Newsletter



2 Balance Awareness Week
3 Team & Resident Spotlight
4 - 5 Activities Calendar

6 Highlights, Notes, Quotes
7 Special Moments & Birthdays
8 Mission & Team

Paths Toward Better Balance, More Active Lifestyle

Have you ever stood up to suddenly feel unsteady or light-headed? Have you stepped and felt a sense of spinning? These are common signs of balance issues that can be caused by a variety of issues, including medications or even inner ear problems. Balance can be improved with attention to health and some simple exercises!

Each September, Balance Awareness Week takes place, shedding light on issues that affect balance. In observance of Sept. 13-19, we're sharing causes for balance issues, and ideas for balance improvement.

Signs of a balance issue can include vertigo, dizziness, falling feel, lightheadedness, confusion, or changes to hearing, vision, or cognition. If you suspect you have a balance issue, speak with your medical professional regarding diagnosis and treatment. Depending on the balance issue occurring, treatments can include medications, vestibular rehabilitation, inner ear positioning procedures, surgery, or diet and lifestyle changes.

In addition to potential treatments, a lifestyle change many can benefit from is increased physical activity for muscle strength and flexibility.

If your health professional approves, and with a spotter present, here are a few ideas to try!

Walking with a friend is a great way to stay strong and lift your mood!



Exercises to Improve Balance:

- **Tai Chi or Chair Chi!** This is meditation in motion, with movements that shift weight from one foot to another. It improves posture and balance.
- **Hold a chair** and stand on one leg at a time for several intervals.
- **Tightrope Walking:** Hold arms straight out at your sides. Walk a straight line with a 1-2 second pause as your back leg lifts from the ground. Have head up and eyes fixed ahead.
- **Wall Pushups:** Stand arm's length from a wall. Lean forward slightly with palms flat on wall at height and width of shoulders. Keep feet in place as you move your body forward. Gently push back until arms are straight.

Falls happen to one in four Americans aged 65+ each year. Take steps to monitor and improve your balance to avoid a potential fall starting today!

Special Moments



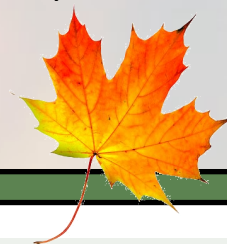
Rebecca: Sept. 5
Whitney: Sept. 9
Samantha: Sept. 20
Christi: Sept. 24
Helen: Sept. 26
Stephanie: Sept. 27
Mariah: Sept. 29

September 2020 Highlights

September celebrates Hispanic heritage, honey, piano, and square dancing!

Autumn begins Tuesday, September 22nd!

- | | |
|---|--|
| 01 No Rhyme Nor Reason Day | 17 Housekeepers Day; Apple Dumpling Day |
| 02 Blueberry Popsicle Day | 18 Airforce Birthday; Cheeseburger Day |
| 03 Bowling League Day | 19 Butterscotch Pudding Day; Pirate Talk Day |
| 04 College Colors Day; Macadamia Nut Day | 20 Fried Rice Day; Pepperoni Pizza Day |
| 05 Cheese Pizza Day; Beard Day | 21 Chai Day; Pecan Cookie Day; NY Day |
| 06 Read a Book Day; Coffee Ice Cream Day | 22 Centenarians Day; White Chocolate Day |
| 07 Labor Day; Acorn Squash Day | 23 Snack Stick Day; Pot Pie Day |
| 08 Ants on a Log Day; Ampersand Day | 24 Quesadilla Day; Cherries Jubilee Day |
| 09 Teddy Bear Day; Weiner Schnitzel Day | 25 Comic Book Day; Story Day; Lobster Day |
| 10 Swap Ideas Day; Portrait Day | 26 Pancake Day; Family Health & Fitness Day |
| 11 Patriot Day; Hot Cross Bun Day | 27 Chocolate Milk Day; Scarf Day |
| 12 Chocolate Shake Day; Video Game Day | 28 Neighbor Day; Strawberry Cream Pie Day |
| 13 Grandparents Day; Assisted Living Week | 29 Coffee Day; VFW Day |
| 14 Boss Day; Hoagie Day; Crème Donut Day | 30 Gum Day; Hot Mulled Cider Day |
| 15 Online Learning Day; Cheese Toast Day | 31 Avocado Day; Mutt Day |
| 16 Mayflower Day; Guac Day; Play-Doh Day | |



Regarding Covid-19:

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.



RESIDENT SPOTLIGHT:

Shirley

Shirley is a new resident we are happy to welcome to the community! She was raised in Hawaii, and had four sons with her husband who was half Hawaiian and Chinese and Portuguese. She was a stay at home mom and her world revolved around her family who she prays for every day. Her uncle gave her a Kamaka ukulele as a toddler. It is her most prized possession and she loves to play for herself and for others.

Welcome to your new place Shirley!



STAFF SPOTLIGHT:

Rich Lee

Rich has worked at new dawn for four and a half years. He is happy to be a part of this wonderful team of people. He loves being around residents and caring for others who can no longer do it on their own.

He loves fast fancy cars. He also loves being a dad and hanging out with his 5-year-old son Kendrick!

SEPTEMBER 2020

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