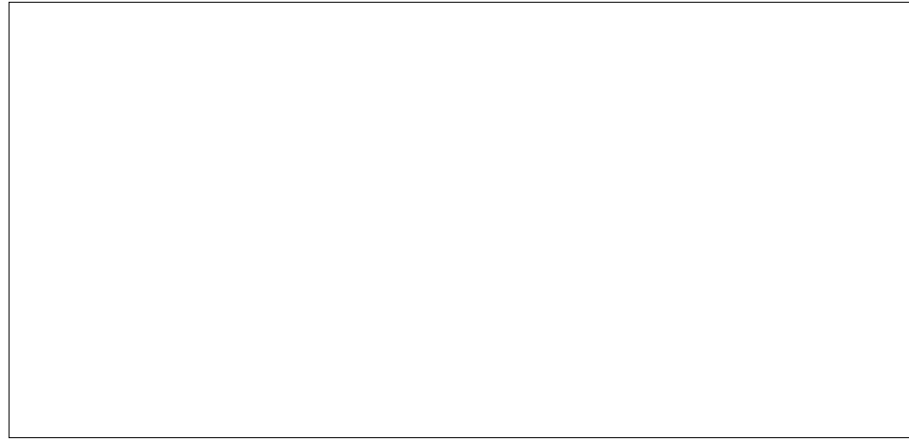




4185 Briargate Parkway
Colorado Springs, CO 80920

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Administrative Team:

Executive Director: Nici Heisler
Wellness Nurse: Christina Robertson
Wellness Director: Chara Proctor
Wellness Coordinator: Jenny Chavez
Community Relations Dir.: Amber Trucke
Lifestyles Director: Alfonso Olarte
Dining Services Dir.: Stephanie Eddins
Maintenance Director: Richard Lee

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

Connect:

719-352-3069

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News from New Dawn

January 2021 Newsletter



- | | |
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| 2 Boosting Cognition | 6 Highlights, Notes, Shortbread |
| 3 Team Spotlight | 7 Special Moments & Birthdays |
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How to Boost Cognition with Diet & Exercise

Please follow advice of your medical professional and speak with them before changing diet, exercise, or supplements. This is for informational use only.

Cognitive health is affected by genetics, age, environment, diet, and physical lifestyle, among other influences. Some factors are out of our control, but diet and exercise are within reach. Here are several approaches to diet and exercise to improve cognition.

When it comes to diets, several approaches may achieve better brain health. One is the **Mediterranean Diet** which includes fish, fruits, vegetables, whole grains, beans, nuts and olive oil. It aids heart and brain health, red meat ought be limited, and herbs -not salt- should flavor food.

A second is the Dietary Approaches to Stop Hypertension Diet, or the **DASH Diet**. It focuses on vegetables, fruits, and low-fat or fat-free dairy products. It includes whole grains, fish, poultry, beans, seeds, nuts, and vegetable oils. It encourages limited sodium, sweets, and red meat.

Another is the Mediterranean-DASH Intervention for Neurodegenerative Delay Diet, or the **MIND Diet**, combining Mediterranean and DASH parameters, to promote a healthy mind. It emphasizes berries over other fruits, recommends fish at least once per week, and promotes leafy vegetables along with other vegetables.

A common thread through each diet is that sugar should be avoided as much as possible. Multiple studies have found a correlation between a diet high in refined sugars and impaired brain function, as well as a worsening of mood disorder symptoms like depression.



A study of 16,000 older women over 15 years found those who consumed at least 1/2 cup of blueberries or strawberries weekly had slower cognitive decline.

10 foods on the brain health “yes” list

include fish (salmon and trout especially), blueberries, cruciferous vegetables (broccoli, spinach, kale, Brussel sprouts, collard greens, cauliflower, arugula), nuts (especially walnuts), avocados, beans and lentils, eggs, seeds, whole grains (like brown rice, whole-wheat bread, quinoa, and oats), and coffee and tea.

Regular exercise may be beneficial in helping to lower Alzheimer’s and vascular dementia risk. Several studies have found a link between physical activity and reduced risk of cognitive decline.

Exercise can help prevent things that can lead to memory loss, like diabetes, high blood pressure, high cholesterol, obesity, and stroke. It may increase blood and oxygen flow in the brain - benefiting brain cells, may reduce stress hormones, and may reduce inflammation.

A diverse menu of physical activities may bring the best results, including walking regularly, tai chi, aerobic exercise, resistance training, balance and coordination exercises, weightlifting, and dancing.

We hope these ideas inspire you as they have us. Help others boost cognition and share these tips with friends and family!



Special Moments



Happy Birthday!



Happy Birthday!

Coy: Jan. 5

Liliana: Jan. 24

Keith: Jan. 28

Those born in January are Capricorn (Jan. 1-19) or Aquarius (Jan. 20-31).

Their birthstone is garnet which symbolizes love and was discovered in Ancient Egypt. Their birth flowers are Carnations and Snow Drops. Carnations are among few flowers that can bloom in the cold!

January 2021 Highlights

January observes Healthy Weight Week, Bath Safety Month, and Mentoring Month. It celebrates hot tea, oatmeal, soup, pizza, and fresh squeezed juice, as well as taking part in beloved hobbies!

- | | |
|---|---|
| 01 New Year's Day; Bloody Mary Day | 17 Hot Buttered Rum Day |
| 02 Cream Puff Day; Science Fiction Day | 18 Winnie the Pooh Day; Thesaurus Day |
| 03 Chocolate Cherry Day | 19 Popcorn Day; Tin Can Day |
| 04 Spaghetti Day; Trivia Day; Braille Day | 20 Martin Luther King Jr. Day; Cheese Day |
| 05 Whipped Cream Day; Bird Day | 21 Granola Bar Day; Squirrel Lovers Day |
| 06 Bean Day; Tech Day; Shortbread Day | 22 Blonde Brownie Day; Library Fix Up Day |
| 07 Bobblehead Day; Tempura Day | 23 Pie Day; Handwriting Day |
| 08 Argyle Day; English Toffee Day | 24 Compliment Day; Peanut Butter Day |
| 09 Apricot Day; Balloon Day | 25 Opposite Day; Irish Coffee Day |
| 10 Bittersweet Chocolate Day | 26 Green Juice Day; Peanut Brittle Day |
| 11 Milk Day; Vision Board Day | 27 Bubble Wrap Day; Chocolate Cake Day |
| 12 Pharmacist Day; Marzipan Day | 28 Kazoo Day; Blueberry Pancake Day |
| 13 Rubber Duck Day; Sticker Day | 29 Corn Chip Day; Puzzle Day |
| 14 Dress Your Pet Day; Pastrami Day | 30 Croissant Day |
| 15 Hat Day; Bagel & Lox Day | 31 Inspire with Art Day; Backwards Day; |
| 16 Fig Newton Day; Intl. Spicy Food Day | Hot Chocolate Day |

Regarding Covid-19: Resident and staff safety and comfort 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. All activities are subject to cancellation per those current guidelines. To read our measures taken, and our current visitor policy, please visit our website.

Jan. 6 is **Shortbread Day** and here's a recipe for it (modified from a Food Network version)!
3/4 lb. salt free butter; 1 cup of sugar; 1 tsp. vanilla extract; 3 1/2 cups of flour; 1/4 tsp. salt; 7 oz. of semisweet chocolate chopped
 Preheat oven to 350. Mix butter + 1 cup sugar with mixer until combined. Add vanilla. In medium bowl sift flour with salt and add to the butter and flour. Mix on low until dough comes together. Dust a surface with flour and put dough on it. Shape into flat circle. Wrap in plastic and chill for 30 min. Roll dough 1/2" thick and cut with 3 by 1" rectangle cutter. Put cookies on ungreased baking sheet and top with extra sugar. Bake 20-25 min until edges start to brown. Cool to room temp.



Staff Spotlight: Grace, LPN

Grace was born in Kerala, India and moved to Florida in her early 20's. She pursued her dream to become a nurse and worked in one hospital for 24 years before coming to New Dawn. Three years ago, her family moved to Colorado to follow their dream to become missionaries. Grace is married with 2 wonderful children and has been with us for over 2 years at New Dawn. She has been integral in our fight against Covid-19 and we are thankful for her endless dedication & compassion.

Photos from our December Staff Meeting!
Thank you for being awesome, team!



Holiday Sweater fun!



<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
Sun., Jan. 31 from bottom *INSPIRE WITH ART DAY* 9:30 Sunday Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 iN2L Games 1:30 MIM Painting 2:30 Cake Creations 3:30 Hymn Sing	All activities subject to change per mandated health guidelines.				1 New Year's Day 9:30 Balloon Volleyball 10:00 Morning Munch 10:30 Travel Trivia 11:00 Travel Video 1:30 Walking Club 2:00 Snack Attack 2:30 Hand Massages 3:00 New Years Music	2 9:30 Standing Exercise 10:00 Morning Munch 10:30 Remember When 11:00 iN2L Games 1:30 Take A Stroll 2:30 Root Beer Floats 3:00 Greeting Card Craft 4:00 iN2L Music
3 9:30 Sunday Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 Disposable Bingo 1:30 Let's Walk & Talk 2:00 Snack Attack 3:30 Hymn Sing	4 9:30 iN2L Exercise 10:00 Morning Munch 10:30 Bubble Pop iN2L 11:30 Morning Stroll 1:30 Snowball Fight 2:00 Snack Attack 2:30 Tossing Game 3:30 Manicures	5 *WHIP CREAM DAY* 9:15 Chair Yoga 10:00 Morning Munch 10:30 Dancing/Karaoke 11:00 Reminiscing 1:30 Watercolor MIM 2:00 Snack Attack 2:30 Whip Cream Crafts 3:30 iN2L Games	6 *BEAN DAY* 9:30 Ball Toss 10:00 Morning Munch 10:30 Birthday Cake Bake 11:30 Remember When 1:30 Cocoa & Chat 2:00 Snack Attack 2:30 Flower Arranging 3:30 Painting Party	7 9:30 iN2L Exercise 10:00 Morning Munch 10:30 iN2L Trivia 11:00 iN2L Games 1:30 Planting Party 2:00 Men's Social 3:00 Afternoon Stroll 4:00 Home Town Facts	8 9:30 Balloon Volleyball 10:00 Morning Munch 10:30 Travel Trivia 11:00 Travel Video 1:30 Walking Club 2:00 Snack Attack 2:30 Hand Massages 3:00 Manicures	9 *BALLOON DAY* 9:30 Standing Exercise 10:00 Morning Munch 10:30 Remember When 11:00 iN2L Games 1:00 Take A Stroll 2:30 Snack Attack 3:00 Balloon Bash Fun 4:00 iN2L Music
10 9:30 Sunday Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 iN2L Games 1:30 Let's Walk 2:00 Snack Attack 3:00 Hymn Sing 4:40 AFC/NFC Football	11 *MILK DAY* 9:30 iN2L Exercise 10:00 Morning Munch 10:30 Remember When 11:30 Morning Stroll 1:30 Bingo 2:00 Flavored Milk Tasting 2:30 Craft Corner 3:30 Tossing Game 4:00 Manicures	12 9:15 Chair Yoga 10:00 Morning Munch 10:30 Dancing/Karaoke 11:00 Reminiscing 1:30 Watercolor MIM 2:00 Snack Attack 2:30 iN2L Games 3:30 Take a Stroll 6:00 Movie Night	13 *RUBBER DUCK DAY* 9:30 Ball Toss 10:00 Morning Munch 10:30 In2l Where I'm From 11:00 Remember When 1:00 Afternoon Stroll 2:00 Duck Fishing 3:30 Flower Arranging 4:00 Table Games	14 *DRESS YOUR PET DAY* 9:30 iN2L Exercise 10:00 Morning Munch 10:30 Funny Pet Videos 11:00 iN2L Games 1:30 Bowling 2:00 Snack Attack 2:30 Afternoon Stroll 4:00 How it's Made Video	15 9:30 Balloon Volleyball 10:00 Morning Munch 10:30 Travel Trivia 11:00 Travel Video 1:30 Walking Club 2:00 Snack Attack 2:30 Hand Massages 3:30 Manicures	16 9:30 Standing Exercise 10:00 Morning Munch 10:30 Remember When 11:00 iN2L Games 1:00 Take A Stroll 2:30 Tea Party 3:00 Movie and Spa 4:00 iN2L Music
17 9:30 Sunday Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 iN2L Games 1:30 Let's Walk & Talk 2:00 Snack Attack TBA Afternoon Football 3:30 Hymn Sing	18 Martin Luther King Jr. Day 9:30 iN2L Exercise 10:00 Morning Munch 10:30 Remember When 11:30 Morning Stroll 1:30 Bingo 2:00 Snack Attack 2:30 Candy Corn Ring Toss	19 *POPCORN DAY* 9:15 Chair Yoga 10:00 Morning Munch 10:30 Dancing/Karaoke 11:00 Reminiscing 1:30 Watercolor MIM 2:00 Popcorn Day Treats 2:30 Popcorn Crafts 3:30 iN2L Games	20 9:30 Ball Toss 10:00 Morning Munch 10:30 Baking Party: Cheer- io Parfaits 11:30 Remember When 1:30 iN2L Trivia 2:00 Snack Attack 2:30 Cocoa & Chat	21 *GRANOLA BAR DAY* 9:30 iN2L Exercise 10:00 Morning Munch 11:00 Name That Price 11:30 Walk & Talk 1:30 Bowling 2:00 Granola Bar Sampling 2:30 How it's Made Video	22 9:30 Balloon Volleyball 10:00 Morning Munch 10:30 Turkey Hunt 11:00 Travel Video 1:30 Walking Club 2:00 Snack Attack 2:30 Hand Massages 3:30 Manicures	23 *PIE DAY* 9:30 Standing Exercise 10:00 Morning Munch 10:30 Remember When 11:00 iN2L Games 1:00 Take A Stroll 2:30 The Five Senses 3:00 Mini pie treats 4:00 iN2L Music
24 *PEANUT BUTTER DAY* 9:30 Sunday Stretch 10:00 Morning Munch 10:30 iN2L Church 11:00 iN2L Games 1:30 Advent Wreath 2:00 PB & J Snack Party 3:05 NFC Champ. Game 4:00 Hymn Sing	25 9:30 iN2L Exercise 10:00 Morning Munch 10:30 Remember When 11:30 Morning Stroll 1:30 Bingo 2:00 Snack Attack 3:30 Manicures	26 *GREEN JUICE DAY* 9:15 Chair Yoga 10:00 Morning Munch 10:30 Dancing/Karaoke 11:00 Reminiscing 1:30 Watercolor MIM 2:00 Snack Attack 2:30 Smoothies To-Go 3:30 iN2L Games 6:00 Movie Night	27 *BUBBLE WRAP DAY* 9:30 Ball Toss 10:00 Morning Munch 10:30 Cookie Club 11:30 Remember When 1:30 iN2L Trivia 2:00 Snack Attack 2:30 Bubble Wrap 3:30 Flower Arranging	28 9:30 iN2L Exercise 10:00 Morning Munch 11:00 Thanksgiving Trivia 12:00 Thanksgiving Lunch 1:30 Bowling 2:00 Snack Attack 2:30 How it's Made Video	29 9:30 Balloon Volleyball 10:00 Morning Munch 10:30 Salon Pampering 11:00 Travel Video 1:30 Walking Club 2:00 Snack Attack 2:30 Hand Massages 3:30 Manicures	30 *CROISSANT DAY* 9:30 Standing Exercise 10:00 Morning Munch 10:30 Remember When 11:00 iN2L Games 1:00 Take A Stroll 2:30 Croissant & Coffee 3:00 Bingo 4:00 iN2L Music

JANUARY 2021

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JANUARY 2021

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