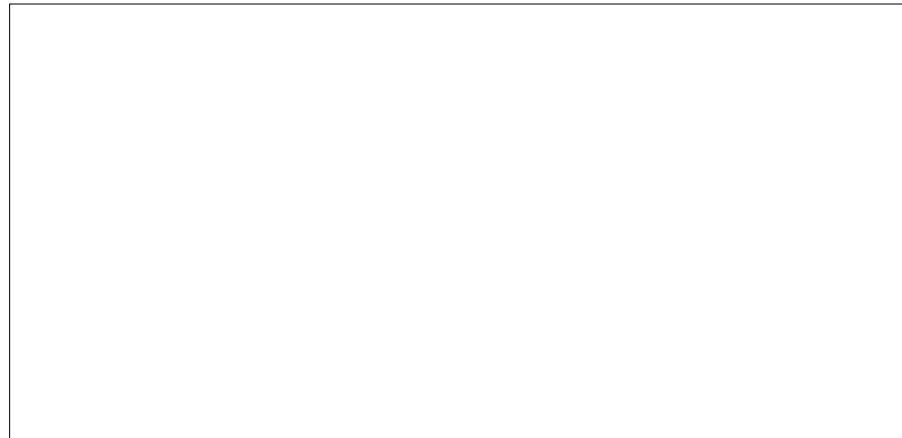




4185 Briargate Parkway  
Colorado Springs, CO 80920

Stamp Here



### Administrative Team:

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

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

**Connect:**  
**719-352-3069**

# News from New Dawn

February 2021 Newsletter



2 Prioritize Your Heart Health  
3 Team & Resident Spotlight  
4 - 5 Activities Calendar

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



# Prioritize Your Heart Health With Daily Choices

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

When we think of February, we think of hearts, and it's appropriately the month that observes heart health in America. It's been that way since 1963 when then President Lyndon B. Johnson encouraged citizens to support heart disease solutions for a "nationwide problem of heart and blood-vessel diseases."

There are many actions people can take to combat heart health issues. Awareness of heart health risk factors like high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol use is key.

For older adults, specific steps can be taken to improve heart health. Stopping smoking, reducing alcohol consumption to no more than two drinks per day for men and no more than one drink per day for women, and improving physical activity and diet are impactful actions.

## Get Active

Getting out for a daily walk is not only good for mental health and weight management, but also for heart health! The World Health Organizations says adults over 65 should do at least 150 minutes of moderate-intensity aerobic physical activity each week—That's just around 20 minutes per day! Aerobic activity should be done in bouts of at least 10 minutes. Making sure to get exercise in every day (as opposed to several times a week) is also helpful.



Heart health can be impacted by stress. Along with a healthy lifestyle, help manage stress with good sleep habits, meditation, exercise, and sharing emotions with family or friends.

## Eat Better

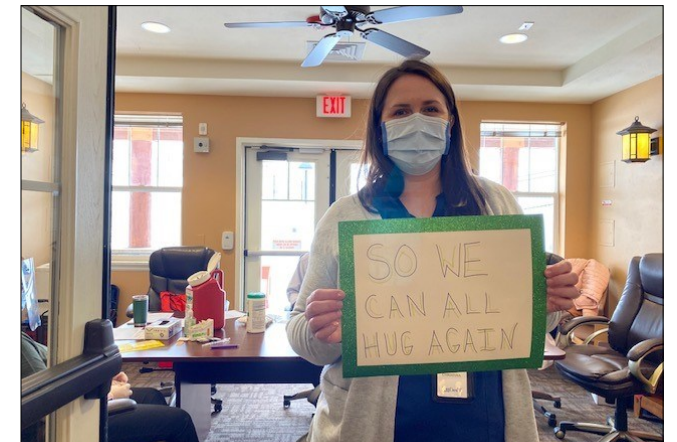
Is the way to your heart through your stomach? The Mayo Clinic recommends eating more vegetables and fruits as they may help cardiovascular health. They also recommend whole grains like whole-grain bread and high-fiber cereals. Go for skinless poultry, fish, nuts, and legumes. Monitoring sodium is also important. Items high in salt include tomato juice, soy sauce, and many prepared foods.

## Manage Cholesterol

Getting physically active and eating better will go a long way in helping with this last action: managing cholesterol! The first step in improving cholesterol is to seek out a medical professional to find your levels for both cholesterol types. Having your blood pressure taken regularly can help you to know the state of your heart's health. If your bad cholesterol (LDL) is high, make sure to have a health professional help you to monitor it.

Give yourself a Valentine this February with a commitment to improve your heart health!

# Special Moments



## Happy Birthday!



## EMPLOYEE BIRTHDAYS

Jenny C: Feb. 11th  
Daphne C: Feb. 11th  
Dom C: Feb. 16th  
Jim P: Feb. 16th

Those born in February are Aquarius (Jan. 20 - Feb. 18) or Pisces (Feb. 19 - March 20). Their birthstone is amethyst. Their birth flowers are the violet, primrose, and iris. So many celebrities have been born in February that it is touted those born this month have higher chances of being famous!



# February 2021 Highlights

February observes Black History Month, American Heart Month, and the Boy Scouts Anniversary. It celebrates the library, bird counting, pie making, embroidery, and donating canned foods.

- |   |  |
|---|--|
| 01 Baked Alaska Day; Serpent Day                                  | 15 Presidents' Day; Gumdrops Day                             |
| 02 Groundhog Day; Ukulele Day                                     | 16 Fat Tuesday; Almond Day                                   |
| 03 Carrot Cake Day  | 17 Ash Wed.; Cabbage Day; Kind Act Day                       |
| 04 Homemade Soup Day  | 18 Wine Day; Battery Day; Pluto Day                          |
| 05 Nutella Day; Gum Day   | 19 Caregivers' Day; Chocolate Mint Day                       |
| 06 Frozen Yogurt Day; Chopsticks Day                              | 20 Cherry Pie Day; Muffin Day; Pet Day                       |
| 07 Superbowl LV; Send Cards Day                                   | 21 Grain-Free Day; Sticky Bun Day                            |
| 08 Boy Scouts Day; Kite Flying Day                                | 22 Sweet Potato Day; Margarita Day                           |
| 09 Bagel and Lox Day; Pizza Day                                   | 23 Banana Bread Day; Dog Biscuit Day                         |
| 10 Cream Cheese Brownie Day                                       | 24 Tortilla Chip Day   |
| 11 Inventors' Day; Peppermint Patty Day                           | 25 Chocolate Covered Nuts Day; Clam Chowder Day; Pancake Day |
| 12 Chinese New Year; Plum Pudding Day                             | 26 Pistachio Day; Toast Day; Chili Day                       |
| 13 Cheddar Day; Tortellini Day; Global Movie Day; World Radio Day | 27 Retro Day; Strawberry Day                                 |
| 14 Valentine's Day; Chocolate Truffle Day                         | 28 Floral Day; Chocolate Souffle 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.

## Our Upcoming Covid-19 Vaccination Clinics will be taking place this month and next month:

- Our second clinic is Tuesday, Feb. 16, at 10 am.
- Our third clinic is Tuesday, March 9, at 10 am.



**Staff Spotlight:**  
Alfonso O.  
Life Enrichment Director

Alfonso relocated to Colorado Springs from Tampa, Florida approximately 1 year ago and enjoys the CO views, but misses the beach. He's worked as an event planner with Norwegian Cruise Line, studied cosmetology at The Aveda Institute, and practiced cosmetology at The Home Shopping Network and Tribeca Color Salons in Ybor City. Alfonso loves trying new things and is always up for a challenge. He has a passion for beauty and grooming and enjoys helping our residents look and feel their very best!

Welcome, Alfonso!



**Resident Spotlight:**  
Richard W.

Richard was born in Hamilton, Ohio, where he worked in Human Resources for the United States Air Force Academy as a civilian.

Richard is a history buff who majored in Political Science. He enjoys watching the news and reading the daily Gazette. Richard loves bowling, reading, camping, and a good craft beer! He also loves classic rock, Michael Buble, and even Lady Gaga!

We are so happy to welcome Richard to the New Dawn Family!



FEBRUARY 2021						
New Dawn 4185 Briargate Parkway, Colorado Springs, CO 80920 719-352-3069						
SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.	1 *National Freedom Day*	2 *Groundhog Day*	3 *Feed The Birds Day*	4	5	6
	9:30 IN2L exercise 10:00 Morning Social 11:00 Morning Stroll 12:00 Lunch 1:00 Bingo 2:00 Afternoon Snack 3:00 Manicures	9:30 Yoga 10:00 Morning Social 11:00 Dance Party 12:00 Lunch 1:30 Water Color 2:00 Afternoon Snack 3:00 IN2L games 4:00 Social Hour	9:30 Ball Toss 10:00 Morning Social 11:00 Bird Feeder craft 12:00 Lunch 1:00 Remember When 2:00 Afternoon Snack 3:00 Flower Arranging 4:00 Take a Stroll	9:30 Balloon Volleyball 10:00 Morning Social 11:00 Bowling 12:00 Lunch 1:00 Spa Time - Facials 2:00 Social Hour 3:00 Crafty Corner	9:30 Ball Toss 10:00 Morning Social 11:00 IN2L Games 12:00 Lunch 1:00 Walking 2:00 1 on 1's 3:00 Manicures	9:30 Standing Exercise 10:00 Morning Social 11:00 Glam Squad 12:00 Lunch 1:00 Take a Stroll 2:00 Afternoon Snack 3:00 Balloon Bash 4:00 IN2L Music
	7 *Super Bowl Sunday*	8	9 *Chocolate Day*	10 *National Flannel Day*	11 *Grandmothers' Day*	12 *Chinese New Year*
	9:00 Sunday Stretch 10:00 Morning Social 11:00 IN2L Church 12:00 Lunch 1:00 Water Color 2:00 Afternoon Snack	9:30 IN2L exercise 10:00 Morning Social 11:00 Morning Stroll 12:00 Lunch 1:00 Bingo 2:00 Afternoon Snack 3:00 Manicures 4:00 Karaoke	9:30 Yoga 10:00 Morning Social 11:00 Dance Party 12:00 Lunch 1:00 Reminiscing 2:00 Afternoon Snack 3:00 IN2L games 4:00 Social Hour	9:30 Ball Toss 10:00 Morning Social 11:00 Cake Bake 12:00 Lunch 1:00 Remember When 2:00 Afternoon Snack 3:00 Flower Arranging 4:00 Take a Stroll	9:30 Balloon Volleyball 10:00 Morning Social 11:00 Bowling 12:00 Lunch 1:00 Spa Time - Facials 2:00 Social Hour 3:00 Crafty Corner 4:00 Music of our time	9:30 Standing Exercise 10:00 Morning Social 11:00 Glam Squad 12:00 Lunch 1:00 Take a Stroll 2:00 Afternoon Snack 3:00 Balloon Bash 4:00 IN2L Music
	14 *Valentine's Day*	15 *Presidents' Day*	16 *Our 2nd Vaccine Clinic*	17 *Ash Wednesday*	18 *National Wine Day*	19 *National Caregivers Day*
	9:00 Sunday Singalong 10:00 Morning Social 11:00 IN2L Church 12:00 Lunch 1:00 Water Color 2:00 Afternoon Snack 3:00 Bowling 4:00 Valentines Party	9:30 IN2L exercise 10:00 Morning Social 11:00 Morning Stroll 12:00 Lunch 1:00 Bingo 2:00 Afternoon Snack 3:00 Manicures 4:00 Karaoke	9:30 Yoga 10:00 Morning Social 11:00 Dance Party 12:00 Lunch 1:00 Reminiscing 2:00 Afternoon Snack 3:00 IN2L Games 4:00 Social Hour	9:30 Ball Toss 10:00 Morning Social 11:00 Cake Bake 12:00 Lunch 1:00 Remember When 2:00 Afternoon Snack 3:00 Flower Arranging 4:00 Take a Stroll	9:30 Balloon Volleyball 10:00 Morning Social 11:00 Bowling 12:00 Lunch 1:00 Spa Time - Facials 2:00 Social Hour 3:00 Crafty Corner 4:00 1 on 1's	9:30 Standing Exercise 10:00 Morning Social 11:00 Glam Squad 12:00 Lunch 1:00 Take a Stroll 2:00 Afternoon Snack 3:00 Balloon Bash 4:00 IN2L Music
	21	22	23	24 *National Dance Day*	25 *National Chili Day*	26
	9:00 Sunday Stretch 10:00 Morning Social 11:00 Activity 12:00 Lunch 1:00 Let's Get Crafty 2:00 Afternoon Snack 3:00 Bowling	9:30 IN2L Exercise 10:00 Morning Social 11:00 Morning Stroll 12:00 Lunch 1:00 Bingo 2:00 Afternoon Snack 3:00 Manicures 4:00 Karaoke	9:30 Yoga 10:00 Morning Social 11:00 Dance Party 12:00 Lunch 1:00 Reminiscing 2:00 Afternoon Snack 3:00 IN2L Games 4:00 Finger Painting	9:30 Ball Toss 10:00 Morning Social 11:00 Cake Bake 12:00 Lunch 1:00 Remember When 2:00 Afternoon Snack 3:00 Flower Arranging 4:00 Take a Stroll	9:30 Balloon Volleyball 10:00 Morning Social 11:00 Bowling 12:00 Lunch 1:00 Spa Time - Facials 2:00 Social Hour 3:00 Crafty Corner 4:00 Music of our time	9:30 Standing Exercise 10:00 Morning Social 11:00 Glam Squad 12:00 Lunch 1:00 Take a Stroll 2:00 Afternoon Snack 3:00 Balloon Bash 4:00 IN2L Music
28						
9:00 Sunday Singalong 10:00 Morning Social 11:00 Dance Class 12:00 Lunch 1:00 IN2L Games 2:00 Afternoon Snack 3:00 Manicures						