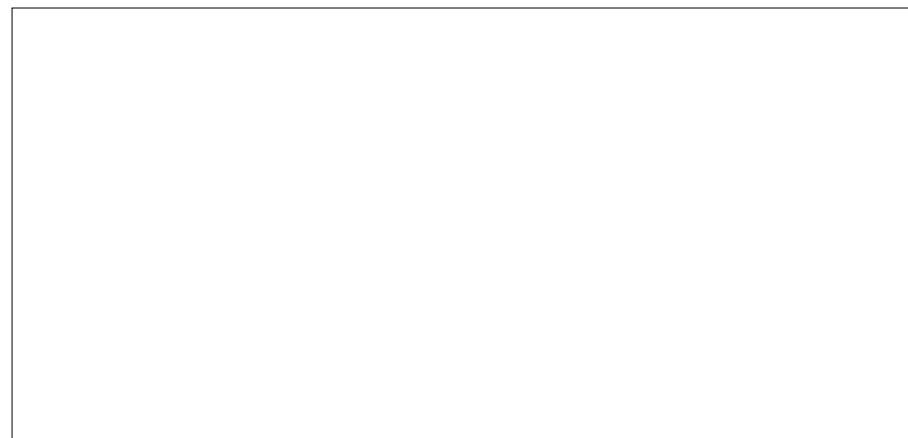




4185 Briargate Parkway  
Colorado Springs, CO 80920

Stamp



### Administrative Team:

Executive Director: Nici Heisler  
Wellness Director: Chara Proctor  
Wellness Nurse: Christina Howard  
Business Office Dir.: Kayla Escamilla  
Community Relations Dir.: Amber Trucke  
Dining Services Dir.: Tim Green  
Maintenance Director: Richard Lee  
Life Enrichment Director: Alfonso Olarte

### Connect:

719-352-3069

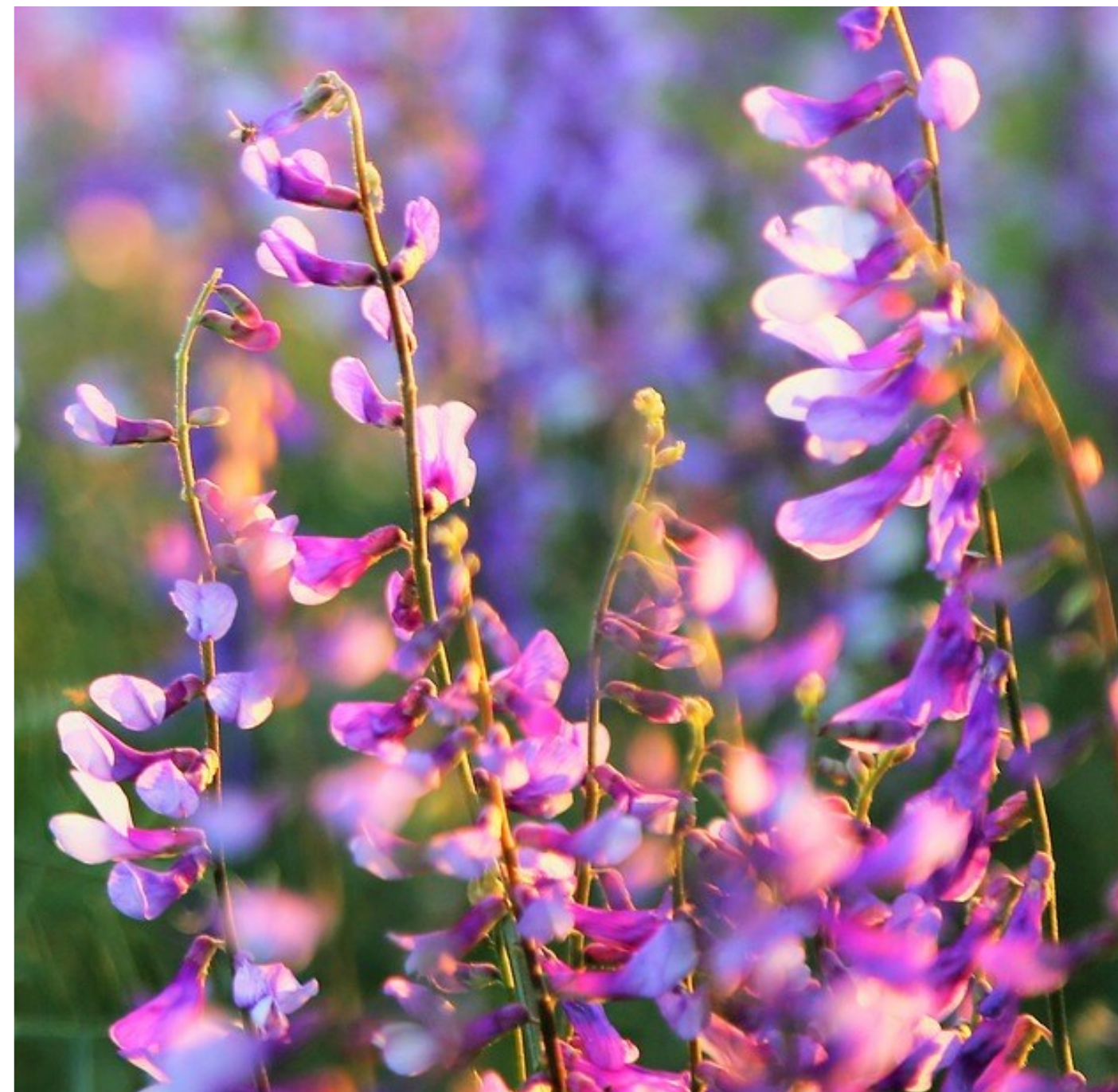
[info@newdawncoloradosprings.com](mailto:info@newdawncoloradosprings.com)  
[www.newdawncoloradosprings.com](http://www.newdawncoloradosprings.com)

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



# News from New Dawn

March 2021 Newsletter



2 Eye Health and Wellness Tips  
3 Team & Resident Spotlight  
4 - 5 Activities Calendar

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



# The Better to See You With: Eye Health & Wellness Tips

*Follow your medical professional's advice and speak with them before changing diet, exercise, or supplements.*

Do you ever find details in scenery that you've always loved growing duller, or written words appearing blurrier? Such changes can be frustrating. Fortunately, regular exams, daily habits, and treatments, can help. This "Save Your Vision Month," check out ways you may be able help with your eye wellness.

## Be Seen

One of the ways to stay on top of your eye health is to have annual eye exams. Knowing family eye history and general medical history and disclosing it to your optometrist may bring a clearer picture to them of issues that may have the potential to affect you.

## Form Eye-Health Habits

Practicing healthy habits in daily life is another—and perhaps the best— way to help aid your eye health. These are a few:

- Eating a diet rich in fruits and vegetables, particularly dark, leafy greens; and fish
- Wearing glasses, goggles, or safety shields when appropriate, like when using tools
- Reducing eye strain by looking 20 feet before you for 20 seconds every 20 minutes, if you use screens.
- Washing hands often to avoid infections
- Avoiding smoking
- Managing blood pressure, blood sugar, and cholesterol, and keeping a healthy weight
- Routinely safely cleaning and storing

- glasses and/or contacts
- Wearing UV protective sunglasses outdoors

## Vision Issues

People with diabetes, high blood pressure, or who take medications that affect eyes are at higher risk for vision issues. Older adults can be affected by: age-related macular degeneration (that causes central vision loss); cataracts (that can cause blurry vision, poor contrast, and glare sensitivity); glaucoma (several issues which damage the optic nerve and can take away side vision); and dry eyes.

## Looking Ahead

There is a lot on the bright side for those with vision issues. Some optometrists have rehabilitation programs to help with low vision for daily routines. There are also prescription devices for close-up tasks, near and far vision, reading, and watching screens. In addition, eye surgeries are available that can help against conditions affecting the eyes. Talk with your optometrist about what options may be right for your eye health.



## Special Moments



**Amber Trucke: March 1st**  
**Richard Lee: March 5th**  
**Alfonso Olarte: March 9th**  
**Kayla Escamilla: March 17**  
**April Gordon: March 19th**

Those born in March are Pisces (Feb. 19 - March 20) and Aries (March 21 - April 19). The birthstones for March are aquamarine and bloodstone (which is dark green). The birth flowers for March are the daffodil and jonquil. March babies are said to have a sunny disposition!



# March 2021 Highlights

March observes Women's History Month, Nutrition Month, and Save Your Vision Month. It celebrates crafting, aviation, and cleaning!

- |  |   |
|--|---|
| 01 Peanut Butter Day; Pig & Horse Day      | 17 St. Patrick's Day                        |
| 02 Banana Cream Pie Day; Read Day          | 18 Lacy Cookie Day; Sloppy Joe Day          |
| 03 Mulled Wine Day; World Wildlife Day     | 19 Certified Nurses Day; March Equinox      |
| 04 Marching Music Day; Sons' Day           | 20 Ravioli Day; Corn Dog Day; Quilting Day  |
| 05 Staff Appreciation Day                  | 21 French Bread Day; World Puppetry Day     |
| 06 Dentists' Day; Oreo Day; Dress Day      | 22 Bavarian Crepes Day; Be Silly Day        |
| 07 Cereal Day; Flapjack Day                | 23 Puppy Day; Tamale Day; 3-D Day           |
| 08 Intl. Women's Day; Peanut Cluster Day   | 24 Cheesesteak Day; Chocolate Raisins Day   |
| 09 Barbie Day; Meatball Day                | 25 Medal of Honor Day; Swedish Waffle Day   |
| 10 Registered Dietician Nutritionists' Day | 26 Spinach Day; Wear Purple (Epilepsy) Day  |
| 11 Johnny Appleseed Day                    | 27 Spanish Paella Day; World Theatre Day    |
| 12 Girl Scouts Day; Plant a Flower Day     | 28 Black Forest Cake Day; Food on Stick Day |
| 13 Coconut Torte Day; K9 Veterans Day      | 29 Vietnam War Vets Day;                    |
| 14 Daylight Savings Starts; Chips Day      | Piano Day                                   |
| 15 Pears Helene Day; Kansas Day            | 30 Doctors Day; Park Day;                   |
| 16 Artichoke Hearts Day; Panda Day         | Virtual Vacay Day                           |

Saturday night, March 13, set your clocks forward one hour!



**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.

## March 5th is Learn What Your Name Means Day!

Staff and residents looked up meanings of their first names! These are a few!

**"Noble and Ready" - Alfonso**

**"Victory of the people" - Nicole**

**"Priceless, Praise-worthy and beautiful" -Antonia**

**"Most holy" - Ariana**



## Staff Spotlight: Tim Green

Tim was born & raised in Chicago, Illinois. He has been cooking for more than 25 years, and attended culinary school at the International Art Institute in Denver. He says most of his knowledge came from his grandmother; she always was and is his inspiration for cooking. Tim loves to make comfort foods like soups, stews, and casseroles, but feels he is best at making pastas.

Tim started his career working for his step father in his bar & grill at the age of 13. He has since traveled a lot and has worked for Xanterra in the National Parks, Yellowstone, MT., Crater Lake, OR; Denali AK; Grand Canyon AZ; and the Denver Country Club. Tim has taken his experiences from each place to make his own unique style, and is looking forward to sharing it with the residents of New Dawn. Thank you for all you do, Tim!



## Resident Spotlight: George

George was born in Belfield, North Dakota. In years past, he owned and operated his own construction company along with a 40-acre cattle ranch. He also enjoyed volunteering at the Marian House Soup Kitchen.

George enjoys walking, jogging and any type of exercise. He loves watching his favorite television programs like Family Feud, Dancing with the Stars, and The Incredible Dr. Pol. We are so glad to Welcome George into our family here at New Dawn!



# MARCH 2021

New Dawn Memory Care

Breckenridge Cottage

4185 Briargate Parkway 719-352-3069

<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
All activities subject to change per mandated health guidelines.	1 Love Peanut Butter Day 9:00 Bowling 10:00 Social 11:00 Remember when 12:00 Lunch 1:00 Karaoke 2:00 Documentary 3:00 Peanut butter craft	2 Read Across America Day 9:00 Parachute 10:00 Remember when 11:00 Bingo 12:00 Lunch 1:00 50s music 2:00 Antiques Roadshow 3:00 Flower arranging 4:00 Aromatherapy	3.Caregiver Appreciation Day. 9:00 Yoga 10:00 Remember when 11:00 Word games 12:00 Lunch 1:00 Singalong 2:00 History documentary 3:00 Bingo	4 Sons' Day 9:00 Noodle Exercise 10:00 Today in history 11:00 What did it cost? 12:00 Lunch 1:00 Music ! 2:00 Documentary GI's 3:00 Puzzles / Crafts 4:00 60's Music	5 Staff Appreciation Day 9:00 IN2L Exercise 10:00 Today in History 11:00 IN2L Games 12:00 Lunch 1:00 Country music 2:00 Documentary: Flowers 3:00 Manicures	6 Get Outside Day 9:00 Yoga/Stretch 10:00 Remember when 11:00 Fun in the sun 12:00 Lunch 1:00 Music requests 2:00 Movie/ Popcorn 4:00 Afternoon stroll
	7 Cereal Day 9:00 Sunday stretch 9:30 IN2L Church 10:00 Sing along 11:00 Tea party 12:00 Lunch 1:00 Outside games 2:00 Watercolor 3:00 Trivia / games	8 Intl. Womens' Day 9:00 Bowling 10:00 Social 11:00 Remember when 12:00 Lunch 1:00 Karaoke 2:00 Documentary 3:00 Spa Time/Salon Time	9 Panic Day 9:00 Parachute 10:00 Remember when 11:00 Bingo 12:00 Lunch 1:00 50s music 2:00 Antiques Roadshow 3:00 Flower arranging	10 9:00 Yoga 10:00 Remember when 11:00 Word games 12:00 Lunch 1:00 Singalong 2:00 History Documentary 3:00 Bingo	11 9:00 Noodle exercise 10:00 Today in history 11:00 What did it cost? 12:00 Lunch 1:00 Music ! 2:00 Documentary GI's 3:00 Puzzles / Crafts 4:00 60's music	12 Girl Scouts' Day 9:00 IN2L exercise 10:00 Today in history 11:00 IN2L games 12:00 Lunch 1:00 Country music 2:00 Documentary: Poultry 3:00 Manicures 4:00 Aromatherapy
	14 Start Daylight Saving Time 9:00 Sunday stretch 9:30 IN2L Church 10:00 Sing along 11:00 Tea party 12:00 Lunch 1:00 Outside games 2:00 Watercolor 3:00 Trivia / games	15 Ides of March 9:00 Bowling 10:00 Social Hour 11:00 Remember when 12:00 Lunch 1:00 Karaoke 2:00 Documentary 3:00 Crafts	16 Artichoke Hearts Day 9:00 Parachute 10:00 Remember when 11:00 Bingo 12:00 Lunch 1:00 50s music 2:00 Antiques Roadshow 3:00 Flower arranging 4:00 Aromatherapy	17 St. Patrick's Day! *Wear green day* 9:00 Yoga 10:00 Remember when 10:30 Green food baking 11:00 Word games 12:00 Lunch 1:00 Singalong 2:00 History documentary 3:00 St patty's party	18 9:00 Noodle exercise 10:00 Today in history 11:00 What did it cost? 12:00 Lunch 1:00 Music ! 2:00 Documentary GI's 3:00 Puzzles / Crafts 4:00 60's music	19 Let's Laugh Day 9:00 IN2L Exercise 10:00 Today in history 11:00 IN2L games 12:00 Lunch 1:00 Country music 2:00 Comedy show 3:00 Manicures 4:00 Aromatherapy
	21 French Bread Day 9:00 Sunday stretch 9:30 IN2L Church 10:00 Sing along 11:00 Tea party 12:00 Lunch 1:00 Outside games 2:00 Watercolor 3:00 Trivia / games	22 9:00 IN2L Exercise 10:00 This day in history 11:00 Remember when 12:00 Lunch 1:00 Karaoke 2:00 Ball toss 3:00 Spa time	23 Puppy Day 9:00 Parachute 10:00 Remember when 11:00 Bingo 12:00 Lunch 1:00 50s music 2:00 Comedy show 3:00 Flower arranging 4:00 Aromatherapy	24 9:00 Yoga 10:00 Remember when 11:00 Word games 12:00 Lunch 1:00 Singalong 2:00 History documentary 3:00 Bingo	25 Waffle Day 9:00 Noodle exercise 10:00 Today in history 10:30 Waffle craft/snack 11:00 What did it cost? 12:00 Lunch 1:00 Music ! 2:00 Documentary GI's 3:00 Outside games 4:00 60's music	26 Spinach Day 9:00 IN2L Exercise 10:00 Today in history 11:00 IN2L games 12:00 Lunch 1:00 Country music 2:00 Document-ary:Farming 3:00 Manicures 4:00 Aromatherapy
	28 Palm Sunday 9:00 Sunday stretch 9:30 IN2L Church 10:00 Sing along 11:00 Tea party 12:00 Lunch 1:00 Outside games 2:00 Watercolor 3:00 Trivia / games	29 9:00 Bowling 10:00 Social 11:00 Remember when 12:00 Lunch 1:00 Karaoke 2:00 Documentary 3:00 Crafts 4:00 Afternoon stroll	30 Doctors' Day 9:00 Parachute 10:00 Remember when 11:00 Bingo 12:00 Lunch 1:00 50s music 2:00 Comedy show 3:00 Flower Arranging 4:00 Aromatherapy	31 9:00 Yoga 10:00 Remember when 11:00 Word games 12:00 Lunch 1:00 Singalong 2:00 History documentary 3:00 Bingo		