



4185 Briargate Parkway
Colorado Springs, CO 80920

Stamp

Administrative Team:

Executive Director: Nici Heisler

Wellness Nurse (RN): Christina Howard

Business Office Director: Kayla Escamilla

Community Relations Dir.: Amber Trucke

Dining Services Director: Tim Green

Maintenance Director: Richard Lee

Life Enrichment Director: Alfonso Olarte

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



News From New Dawn

April 2021 Newsletter



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Gardening Benefits for Health & The Environment

Spring has sprung! Those who have been waiting for the gardening season to begin are ready for the last frost to end so they can dig in. When gardeners get into the soil and get to work, they are not only enjoying a fun hobby, they are also doing wonders for their health and the planet!

Dig Into Better Health

Gardening positively impacts wellness in various ways:

- It relieves stress. Gardening can lower cortisol levels that cause stress and increase blood pressure. Gardening also increases serotonin, which helps people feel happy.
- Friendly bacteria in the soil can boost immunity. It may help against asthma.
- It provides great exercise. It is low-impact and can be comfortable work with the right padding or protective gear, but it takes energy, and the weather can make it more challenging.
- It involves hand-eye coordination and sensory intake. Both of these can positively affect cognition.
- It presents opportunities for a sense of community. Socializing among friends while gardening can be so much fun.
- It encourages outside activity. For some, gardening is the best reason to head out and enjoy sunshine and the environment



(albeit with proper sun protection).

Impact the Planet

Gardening also benefits the environment, and no act is too small for making our world a better place.

- It can help with pollution. In large-scale harvesting of fruits and vegetables, pollution often results. The transport of those goods also causes pollution. It may seem like a small step, but gardening at home

- or in the community influences the big picture.
- It can reduce the size of landfills. This is possible when people compost garden waste rather than sending everything to the landfill when it's gone bad.
- Plants in the garden take in CO2 and release oxygen, improving air quality.
- It helps local habitats of insects and animals which play important roles in our environment (like bees pollinating).
- Plants and mulch can hold soil in place and reduce erosion, and keep sediment out of waterways, drains, and roads.

These are just some of the benefits that gardening can bring! This Spring and Summer, give gardening a try and share the benefits with others. Let us know about your efforts!

Special Moments



Happy Birthday!



McKenna: April 1st
Monica April 2nd
Brandon: April 7th
Sarah: April 23rd

Those born in April are Aries (March 21 - April 19) and Taurus (April 20-May 20). The birthstone for April is the diamond. The birth flowers for April are the daisy and the sweet pea. April babies are said to be fearless and enthusiastic.

April 2021 Highlights

April observes Stress Awareness, Healthcare Innovation, & Parkinson's Awareness. It celebrates volunteering, poetry, and jazz!

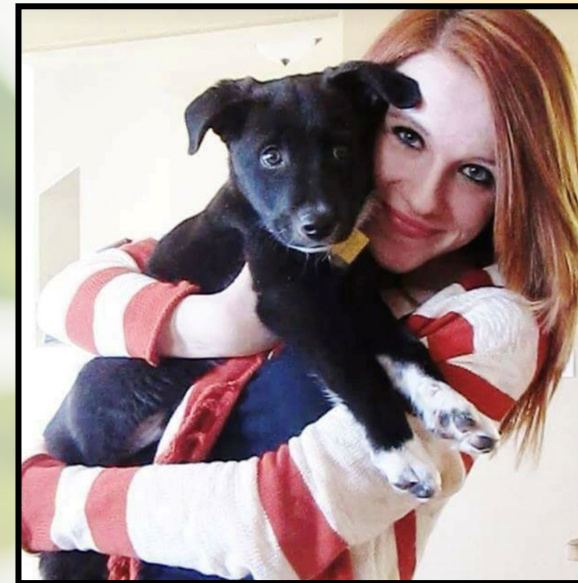
01 April Fools Day; Sourdough Day	17 Crawfish Day; Ellis Island History Day
02 Peanut Butter and Jelly Day; Ferret Day	18 Animal Cracker Day; Intl. Day for Monuments and Sights
03 Film Score Day; Handmade Day	19 Amaretto Day; Garlic Day
04 Easter; School Librarian Day	20 Twin Day; Pineapple Upside Down Day
05 Caramel Day; Deep Dish Pizza Day	21 Administrative Professionals' Day; British National Tea Day
06 Caramel Popcorn Day; Librarians Day	22 Earth Day; Jelly Bean Day
07 Coffeecake Day; Beer Day	23 Arbor Day; Picnic Day
08 Zoo Lovers Day; Empanada Day	24 Pigs in Blankets Day; Sense of Smell Day
09 Unicorn Day; Antique Love Day	25 Thank Plumbers Day; Zucchini Bread Day
10 Hug Dog Day; Farm Animals Day	26 Audubon Day; Pretzel Day
11 Quartet Day; Fondue Day; Pet Day	27 Babe Ruth Day; Prime Rib Day
12 Ramadan Begins; Grilled Cheese Day	28 Blueberry Pie Day; Superhero Day
13 Scrabble Day; Peach Cobbler Day	29 Shrimp Scampi Day; Intl. Dance Day
14 Dolphin Day; Gardening Day; Pecan Day	30 Hairstylist Appreciation Day; Oatmeal Cookie Day
15 World Art Day; Banana Day; Guess Day	
16 Bean Count Day; Eggs Benedict Day; Wear PJs Day; Orchid 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.

April 8th is Zoo Lover's Day.

Staff and residents shared their favorite animals!

- **"Owls because they're mysterious" - Kayla**
- **"Pandas! My son is obsessed and now I am too" - Nici**
- **"Snakes! Because they're elegant and awesome!" - Alfonso**
- **"Elephants because they are so cute!" - Missy**
- **"Puppies! I used to be a cat person, then I got converted" - Rosslyn**
- **"Fish because they are so peaceful to watch." - Hailey**



Staff Spotlight: McKenna

McKenna was born and raised right here in Colorado, though she admits she is a major Boston Bruins fan. McKenna is married to her best friend, her husband Jory, and together they have two dogs they love with their entire hearts.

McKenna is a skilled, passionate caregiver who has been working here at new dawn for 3 years. She enjoys time outside of work in the mountains hiking, camping, mudding, or fishing with her husband and pups.

Thank you for all you do, McKenna!



Resident Spotlight: Ester

Ester was born in a small town on a farm in Manzanola, Colorado where she grew up along with her multiple siblings. She later married and moved to Alabama at 16. Ester has also lived in Texas, Michigan, and Alaska. Ester absolutely loves to dance and was a professional dancer when she was younger. She now she enjoys taking it easy, aerobics, putting on makeup, and arranging flowers every Tuesday with our activities staff.

Ester is a wonderful woman with a huge heart and she gives the best hugs! We are so glad to have Ester here with us at New Dawn.


APRIL 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>
<p>All activities subject to change per mandated health guidelines.</p>	 <p>Happy Earth Day!</p>			<p>1 April Fool's Day 9:00 Noodle Exercise 10:00 Today in history 11:00 What did it cost? 12:00 Lunch 1:00 Joke telling 2:00 Comedy Show 3:00 Puzzles / Crafts 4:00 50's Music</p>	<p>2 Good Friday 9:00 IN2L Exercise 10:00 Snack 11:00 IN2L hymns/prayer 12:00 Lunch 1:00 Country music 2:00 Easter basket making 3:00 Manicures 4:00 Aromatherapy</p>	<p>3 Handmade Day 9:00 Yoga / Stretch 10:00 Easter egg stuffing 11:00 Fun in the sun 12:00 Lunch 1:00 Music requests 2:00 Movie / Popcorn 3:00 Handmade Craft 4:00 Afternoon stroll</p>
<p>4 Easter 9:00 Sunday stretch 9:30 IN2L Church 10:00 Easter crafts 11:00 Remember when 12:00 Lunch 1:00 Easter egg hunt 2:00 Easter cookie decorating 3:00 Trivia / Games</p>	<p>5 9:00 Bowling 10:00 Social 11:00 Remember when 12:00 Lunch 1:00 Karaoke 2:00 Documentary 3:00 Whiteboard games 4:00 Afternoon walk</p>	<p>6 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</p>	<p>7 9:00 Yoga 10:00 Pampering hour 11:00 Word games 12:00 Lunch 1:00 Green Thumb Club 2:00 History documentary 3:00 Bingo</p>	<p>8 Zoo Lovers 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 3:00 Adopt a pet 4:00 60's Music</p>	<p>9 Antique Love Day 9:00 IN2L Exercise 10:00 Snack 11:00 IN2L Games 12:00 Lunch 1:00 Country music 2:00 Documentary 3:00 Manicures 4:00 Aromatherapy</p>	<p>10 Farm Animal Day 9:00 Yoga / Stretch 10:00 Animal trivia 11:00 Fun in the sun 12:00 Lunch 1:00 Music requests 2:00 Movie / Popcorn 4:00 Afternoon stroll</p>
<p>11 Pet 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—animals 3:00 Trivia / Games</p>	<p>12 Ramadan Begins 9:00 Bowling 10:00 Whiteboard games 11:00 Remember when 12:00 Lunch 1:00 Karaoke 2:00 Documentary 3:00 Spa Care Time</p>	<p>13 Peach Cobbler Day 9:00 IN2L exercise 10:00 Remember when 11:00 Bingo 12:00 Lunch 1:00 60s music 2:00 Antiques Roadshow 3:00 Flower arranging</p>	<p>14 9:00 Yoga 10:00 Spa Care Hour 11:00 Word games 12:00 Lunch 1:00 Green Thumb Club 2:00 Watercolor 3:00 Bingo 4:00 Movie and Popcorn</p>	<p>15 World Art 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 3:00 Puzzles / Crafts 4:00 70's Music</p>	<p>16 9:00 IN2L Exercise 10:00 Snack 11:00 IN2L Games 12:00 Lunch 1:00 Country music 2:00 Documentary 3:00 Manicures 4:00 Aromatherapy</p>	<p>17 9:00 Yoga / Stretch 10:00 Remember when 11:00 Outdoor games 12:00 Lunch 1:00 Music requests 2:00 Movie / Popcorn 4:00 Afternoon stroll</p>
<p>18 Monuments 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</p>	<p>19 Amaretto Day 9:00 Bowling 10:00 Whiteboard games 11:00 Remember when 12:00 Lunch 1:00 Karaoke 2:00 Documentary 3:00 Crafts 4:00 Afternoon walk</p>	<p>20 9:00 Parachute 10:00 Remember when 11:00 Bingo 12:00 Lunch 1:00 70s music 2:00 Antiques Roadshow 3:00 Flower arranging</p>	<p>21 Admin Professionals Day 9:00 Chair Yoga 10:00 Spa Care Hour 11:00 Word games 12:00 Lunch 1:00 Green Thumb Club 2:00 Watercolor / Paint 3:00 Bingo 4:00 Movie and popcorn</p>	<p>22 Earth Day 9:00 Noodle Exercise 10:00 Today in history 11:00 What did it cost? 12:00 Lunch 1:00 Music! 2:00 Earth Day Activity 3:00 Crafts: Succulents. 4:00 50's Music</p>	<p>23 Picnic Day 9:00 IN2L Exercise 10:00 Snack 11:00 IN2L Games 12:00 Lunch 1:00 Country music 2:00 Picnic snack packs 3:00 Manicures 4:00 Aromatherapy</p>	<p>24 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 walk</p>
<p>25 Zucchini 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</p>	<p>26 Pretzel Day 9:00 Bowling 10:00 Whiteboard games 11:00 Remember when 12:00 Lunch 1:00 Karaoke 2:00 Documentary 3:00 Spa Care Time</p>	<p>27 Prime Rib Day 9:00 IN2L exercise 10:00 Remember when 11:00 Bingo 12:00 Lunch 1:00 50s music 2:00 Antiques Roadshow 3:00 Flower arranging</p>	<p>28 Blueberry Pie Day 9:00 Yoga 10:00 Spa Care Hour 11:00 Word games 12:00 Lunch 1:00 Singalong 1:30 Blueberry Pie Social 2:00 History documentary 3:00 Bingo</p>	<p>29 Dance Day 9:00 Noodle Exercise 10:00 Today in history 11:00 What did it cost? 12:00 Lunch 1:00 Dance party 2:00 Documentary: 3:00 Puzzles / Crafts 4:00 60's Music</p>	<p>30 9:00 IN2L Exercise 10:00 Snack 11:00 IN2L Games 12:00 Lunch 1:00 Whiteboard games 2:00 Documentary 3:00 Manicures 4:00 Aromatherapy</p>	