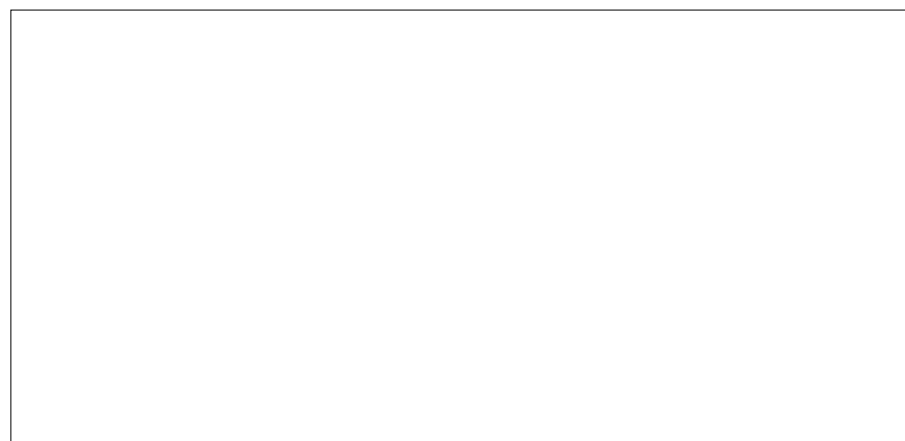




4185 Briargate Parkway  
Colorado Springs, CO 80920

Stamp



**Administrative Team:**  
Executive Director: Nici Heisler  
Wellness Nurse (RN): Christina Howard  
Business Office Director: Kayla Escamilla  
Community Relations Director: 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

May 2021 Newsletter



2 Arthritis Facts & Care Tips  
3 Team & Resident Spotlight  
4 - 5 Activities Calendar

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

# Hands On Arthritis Facts and Care Tips

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

This May marks National Arthritis Month to bring attention to the condition of joint pain and joint disease.

For those wondering whether they have Arthritis, it's best to go through a primary care provider or Rheumatologist for a diagnosis. In general, Arthritis symptoms may come and go and include mild to severe swelling, pain, stiffness, and decreased motion range. It can also limit one’s ability to do some daily activities.

Read on to learn about arthritis types and ways to help arthritic conditions.

## Types of Arthritis

- Osteoarthritis is the most common Arthritis type. Risk factors include family history, overweightness, age, and prior injuries. Those with non-severe Osteoarthritis can help the condition with a healthy weight, proper exercise, rest per activity level - especially during flare ups, avoiding repetitive movements, strengthening muscles by joints, and hot/cold therapy.
- Inflammatory Arthritis is another type. Rheumatoid and Psoriatic Arthritis are in this category. It occurs when the immune system creates inflammation to rid of what it falsely sees as infection. It occurs in people with genetic predisposition and environmental risk factors, like smoking. Early diagnosis and strong treatment are key in slowing the condition.



**American Adults Diagnosed: 54 million+**  
**Americans Likely to Have Arthritis: 91 million**  
**Types of Arthritis That Exist: Over 100**  
**Working Adults With Arthritis: 60%**

## Arthritis Pain Management Tips:

Are you dealing with Arthritis pain? Try some of the below tips for potential relief:

- Create a plan with your rheumatologist.
- Be aware of, and track, your warning signs, like a dull hand ache or daytime sleepiness.
- Stay up to date on vaccinations and wash hands frequently to avoid infections which could trigger a flare.
- Stay on top of your emotional health. Anxiety and stress can raise inflammation.
- Slow your movements, but continue moving to avoid stiff joints.
- Do hot & cold therapy, no more than 15 minute intervals, two to four times a day.
- Sleep on a schedule with lights off, devices off, and have no caffeine hours before bed.

We hope you find pain relief this National Arthritis Month. Let us know if you’ve found this helpful or received relief from these tips!

## Special Moments



Happy Birthday!



**Mary Jane: May 3**  
**Flo: May 4**  
**Savannah: May 10**  
**Tim Green: May 11**  
**Bailey: May 15**

Those born in May are Taurus (May 1-20) and Gemini (May 21-June 20). The birthstones for May are emerald and pearl. The birth flower for May is lily of the valley. A UK study showed that May is the luckiest month in which to be born!

# May 2021 Highlights

**May observes Blood Pressure Education, Asthma Awareness, and Osteoporosis. It celebrates BBQs, Nurses, Photography, & Seniors!**

01 Kentucky Derby; Scrapbook Day; Fit Day	16 BBQ Day; Sea Monkey Day; Mimosa Day
02 Lemonade Day; Truffle Day; Tuna Day	17 Cherry Cobbler Day; Walnut Day
03 Garden Meditation Day; Textiles Day	18 Cheese Souffle Day; Intl. Museum Day
04 Firefighters Day; Teacher's Day; Bird Day	19 Devil's Food Cake Day; Juice Slush Day
05 Astronaut Day; Cartoon Day; Hoagie Day	20 Quiche Day; Pick Strawberries Day
06 Nurses Day; Beverage Day	21 Waitstaff Day; Pizza Party Day; Tea Day
07 Space Day; Military Spouse Day	22 Solitaire Day; Vanilla Pudding Day
08 Mother's Day; Coke Day; Mini Golf Day	23 Lucky Penny Day; Taffy Day; Turtle Day
09 Lost Sock Memorial Day; Moscato Day	24 Brother's Day; Scavenger Hunt Day
10 Shrimp Day; Hamster Day	25 Tap Dance Day; Wine Day; Geek Pride Day
11 Twilight Zone Day; Eat Whatever Day	26 Sr. Health/Fitness Day; Paper Airplane Day
12 Intl. Nurses Day; Receptionists' Day;	27 Grape Popsicle Day
Third Shift Workers' Day	28 Burger Day; Road Trip Day; Brisket Day
13 Apple Pie Day; Fruit Cocktail Day	29 Paperclip Day; Coq Au Vin Day
14 Buttermilk Biscuit Day; Chicken Dance Day	30 Water Flowers Day; Mint Julep Day
15 Chocolate Chip Day; Armed Forces Day;	31 Memorial Day; Macaroon Day; Smile Day
World Baking 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.

## **May 6th is Beverage Day!**

**Our residents and staff shared their favorite drinks!**

**"Rockstars!" - Kayla**

**"Dirty chai latte" - Alfonso**

**"Vitamin water" - Nellie**

**"Soda pop!" - Lenny**

**"I really love sprite" - George**

**"Coffee, all the coffee" - Crystal**

**"Pina colada Fantas!" - Marcus**



## **Staff Spotlight:** **Nici Heisler**

**Nici is our Executive Director. She is originally from North Dakota, but has resided in Colorado now for 13 years. She is a passionate and innovative leader in the senior care industry. Educationally, she's received her MBA in healthcare Administration, BS in Management Studies & many other certifications. Her greatest joy is her 8, 9 & 11 year old children . They enjoy staycations, biking, picnics, day-trips and many sports together.**



## **Resident Spotlight:** **Linda**

**Linda was born in a small town on a farm in Conway, Missouri, where she grew up and eventually moved to Colorado. Linda joined the armed forces in her early twenties and served in the US Army where she worked in supply, logistics and even did some parachuting! Linda retired after 23 years of service. Linda enjoys reading, gardening, crossword puzzles and getting her hair done in in the New Dawn Salon!**

# MAY 2021

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<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
2 9:00 Sunday stretch 9:30 IN2L church 11:00 Spring tea 12:00 Lunch 1:00 Country music 2:00 Documentary 3:00 Manicures 4:00 Aromatherapy	3 9:00 Yoga/Stretch 10:00 Remember when 11:00 Fun in the sun 12:00 Lunch 1:00 Music requests 2:00 Popcorn & movie 3:00 Crafters corner 4:00 Afternoon stroll	4 9:00 Parachute 10:00 Remember when 11:00 Bingo 12:00 Lunch 1:00 40s music 2:00 Antiques Roadshow 3:00 Flower arranging 4:00 Aromatherapy	5 Cinco de mayo 9:00 Bowling 10:00 Spring Tea 11:00 Remember when 12:00 Lunch 1:00 Cinco de mayo party 2:00 Cinco de mayo craft 2:30 Green thumb club 3:00 Crafters Corner 4:00 Afternoon walk	6 Nurses day 9:00 Parachute 10:00 Remember when 11:00 Bingo 12:00 Lunch 1:00 Men's group 2:00 Antiques Roadshow 3:00 Flower arranging 4:00 Aromatherapy	7 Spouse appreciation day 9:00 IN2L Exercise 10:00 Snack 11:00 IN2L Games 12:00 Lunch 1:00 Flower watering club 2:00 Documentary 3:00 Manicures 4:00 Aromatherapy	8 9:00 Outdoor yoga 10:00 Remember when 11:00 Fun in the sun 12:00 Lunch 1:00 Music requests 2:00 Movie & Popcorn 3:00 Room service 4:00 Afternoon stroll
9 Mothers day 9:00 Sunday stretch 9:30 IN2L Church 10:00 Crafters corner 11:00 Remember when 12:00 Lunch 1:00 Outside games 2:00 Mothers day craft 3:00 Trivia / games	10 9:00 Bowling 10:00 Spring Tea 11:00 Remember when 12:00 Lunch 1:00 Room service 2:00 Documentary 3:00 Crafters corner 4:00 Afternoon stroll	11 9:00 IN2L exercise 10:00 Remember when 11:00 Bingo Buddies 12:00 Lunch 1:00 50s music 2:00 Antiques Roadshow 3:00 Flower arranging 4:00 Men's group	12 9:00 Noodle Exercise 10:00 Today in history 11:00 What did it cost? 12:00 Lunch 1:00 Bingo buddies 2:00 Documentary 2:30 Green thumb club 3:00 Crafters corner 4:00 60's Music & dancing	13 Ascension day 9:00 Parachute 10:00 Today in history 11:00 What did it cost? 12:00 Lunch 1:00 Women's group 2:00 Documentary 3:00 Puzzles / Crafts 4:00 50's Music & dancing	14 9:00 IN2L Exercise 10:00 Weekly drive! 11:00 IN2L Games 12:00 Lunch 1:00 Flower watering club 2:00 Documentary 3:00 Manicures 4:00 Aromatherapy	15 Armed forces day 9:00 Yoga/ stretch 10:00 Remember when 11:00 Outdoor games 12:00 Lunch 1:00 Music requests 2:00 Movie & Popcorn 3:00 Room service 4:00 Afternoon stroll
16 9:00 Sunday stretch 9:30 IN2L Church 10:00 Sing along 11:00 Spring tea 12:00 Lunch 1:00 Outside games 2:00 Creative Canvas 3:00 Trivia / games	17 9:00 Bowling 10:00 Spring Tea 11:00 Remember when 12:00 Lunch 1:00 Karaoke 2:00 Documentary 3:00 Spa Time/Salon Time 4:00 Afternoon stroll	18 9:00 IN2L exercise 10:00 Remember when 11:00 Bingo Buddies 12:00 Lunch 1:00 60s music 2:00 Antiques Roadshow 3:00 Flower arranging 4:00 Women's group	19 9:00 Noodle Exercise 10:00 Today in history 11:00 What did it cost? 12:00 Lunch 1:00 Bingo buddies 2:00 Documentary 2:30 Green thumb club 3:00 Crafters corner 4:00 60's Music & dancing	20 9:00 Noodle Exercise 10:00 Today in history 11:00 What did it cost? 12:00 Lunch 1:00 Men's Group 2:00 Documentary 3:00 Puzzles / Crafts 4:00 60's Music & dancing	21 9:00 IN2L Exercise 10:00 Weekly Drive! 11:00 IN2L Games 12:00 Lunch 1:00 Flower watering club 2:00 Documentary 3:00 Manicures 4:00 Aromatherapy	22 Maritime day 9:00 Outdoor yoga 10:00 Remember when 11:00 Outdoor games 12:00 Lunch 1:00 Music requests 2:00 Movie & Popcorn 3:00 Room Service 4:00 Afternoon stroll
23 9:00 Sunday stretch 9:30 IN2L Church 10:00 Sing along 11:00 Spring tea 12:00 Lunch 1:00 Outside games 2:00 Creative canvas 3:00 Trivia / games	24 9:00 Bowling 10:00 Spring tea 11:00 Remember when 12:00 Lunch 1:00 Room service 2:00 Documentary 3:00 Spa Time/Salon Time 4:00 Afternoon stroll	25 9:00 IN2L exercise 10:00 Remember when 11:00 Bingo Buddies 12:00 Lunch 1:00 70s music 2:00 Antiques Roadshow 3:00 Flower arranging 4:00 Men's group	26 9:00 Noodle Exercise 10:00 Today in history 11:00 What did it cost? 12:00 Lunch 1:00 Bingo buddies 2:00 Documentary 2:30 Green thumb club 3:00 Crafters corner 4:00 60's Music & dancing	27 9:00 Noodle Exercise 10:00 Today in history 11:00 What did it cost? 12:00 Lunch 1:00 Women's group 2:00 Documentary 3:00 Puzzles / Crafts 4:00 70's Music & dancing	28 9:00 IN2L Exercise 10:00 Weekly drive! 11:00 IN2L Games 12:00 Lunch 1:00 Flower watering club 2:00 Documentary 3:00 Manicures 4:00 Aromatherapy	29 9:00 Yoga/Stretch 10:00 Remember when 11:00 Outdoor games 12:00 Lunch 1:00 Music requests 2:00 Movie & Popcorn 3:00 Room service 4:00 Afternoon stroll
30 9:00 Sunday stretch 9:30 IN2L Church 10:00 Sing along 11:00 Spring tea 12:00 Lunch 1:00 Outside games 2:00 Creative canvas 3:00 Trivia / games	31 Memorial day 9:00 Bowling 10:00 Spring tea 11:00 Remember when 12:00 Lunch 1:00 Room service 2:00 Documentary 2:30 Green thumb club 3:00 Spa Time/Salon Time	<b>All activities subject to change per mandated health guidelines.</b>				1st Kentucky Derby day 9:00 Noodle Exercise 10:00 Today in history 11:00 What did it cost? 12:00 Lunch 1:00 Kentucky derby viewing 2:00 Comedy Show 3:00 Puzzles / Crafts 4:00 50's Music

# MAY 2021

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<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
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