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Colorado Springs, CO 80920

Stamp



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



# News from New Dawn

June 2021 Newsletter



2 Alzheimer's Awareness Month  
3 June Highlights & Local Birds  
4 - 5 Activities Calendar

6 Father's Day, Notes, In Our Words  
7 Special Moments & Birthdays  
8 Mission & Team



# Support an End to Alzheimer's Disease!

This **Alzheimer's & Brain Awareness Month**, take action toward an end to Alzheimer's! The Alzheimer's Association has a slew of opportunities for getting involved. Check out the info and links here to start supporting!

## Make a Difference Against Alzheimer's

- Take part in the Longest Day on June 20—the day with the most light, the day we fight—by taking an activity you enjoy and making it a fundraiser to fight Alzheimer's.
- Walk in the Walk to End Alzheimer's! Register for your local walk as part of a team or independently. Our local walk date is: **Oct. 2**. Set up a Tribute or Memorial Page with fundraising support options at [act.alz.org](https://act.alz.org)
- Participate in the Ride to End Alzheimer's on August 29, 2021. You can bike ride anywhere for this Summer Challenge.
- Help with Research. TrialMatch is a free service that pairs potential participants with clinical studies. See: [trialmatch.alz.org](https://trialmatch.alz.org)
- Advocate. Urge congress to support the Alzheimer's and dementia community. There are online fillable forms for contacting congress about vital issues at [alz.org/get-involved-now/advocate](https://alz.org/get-involved-now/advocate)
- Donate vehicles, boats, and RVs through the Donate-A-Car Program. Proceeds support the Alzheimer's Association and may provide tax benefits. Visit [alz.careasy.org/home](https://alz.careasy.org/home)
- Be a Volunteer:
  - ⇒ Support Group Facilitator, creating safe environments for sharing feelings or experiences of Alzheimer's or dementia.
  - ⇒ Volunteer Faith Outreach Representative, sharing information and free resources through the Alzheimer's Association.



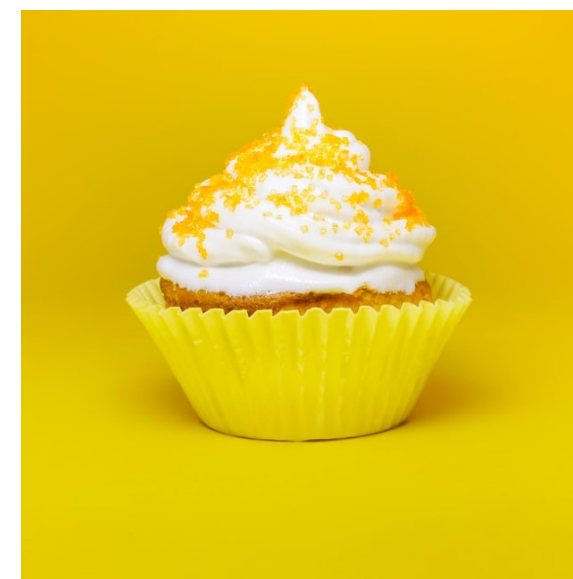
⇒ Volunteer Community Educator, providing education and expanding program reach. Learn more at: [volunteer.alz.org/Volunteeropportunities/becoming](https://volunteer.alz.org/Volunteeropportunities/becoming)

## Alzheimer's Facts

- Americans who have Alzheimer's is growing. More than 6 million Americans have Alzheimer's in 2021.
- 1 in 3 seniors pass with Alzheimer's or Dementia. Deaths from Alzheimer's increased 145% from 2000 to 2019.
- Early diagnosis can: provide medical, emotional, and social benefits; aid with participation in vital clinical trials; enable individuals to be in control of their legal and financial wishes; and create significant cost savings in medical and long-term care.

The more information about Alzheimer's that is shared, the more people will support the fight against Alzheimer's. Follow along with our Facebook page this month as we "Go Purple for Alzheimer's" and as we share resources and information to support the cause.

## Special Moments



# Happy Birthday!

**Christina: June 5th**  
**Kaitlin Proctor: June 24th**  
**Isaac: June 25th**  
**Ciarra: June 25th**

Those born in June are Gemini (May 21–June 20) and Cancer (June 21–July 22). The birthstone for June are alexandrite and pearl. The birth flowers for June are the rose and honeysuckle. Those born in June are said to be optimistic and creative!



# Happy Father's Day! (June 20)

## Some thoughtful sentiments shared about fathers...

- "Dads are most ordinary men turned by love into heroes, adventurers, storytellers and singers of song." —Unknown
- "Dad taught me everything I know. Unfortunately, he didn't teach me everything he knows." —Al Unser
- "[Fatherhood is] the greatest thing that could ever happen. You can't explain it until it happens; it's like telling somebody what water feels like before they've ever swam in it." —Michael Bublé
- "A man never stands as tall as when he kneels to help a child." —Knights of Pythagoras
- "Blessed indeed is the man who hears many gentle voices call him father." —Lydia Maria Child
- "My father gave me the greatest gift anyone could give another person: he believed in me." —Jim Valvano

**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.

## June 20 marks the Start of Summer!

**Our residents and staff shared their favorite things about summer!**

**"Spending time outside with my kids" - Kayla**

**"Hiking with my dogs" - Alfonso**

**"The sunshine, honey!" - Mary-Rose**

**"Singing of course" - Lenny**



# June 2021 Highlights

**June observes Men's Health, Cataract Awareness, and Headaches. It celebrates the Great Outdoors, Roses, and Fresh Fruits & Veggies!**

- |   |   |
|---|---|
| 01 Olive Day; Nail Polish Day; Pen Pal Day  | 16 Fudge Day                                |
| 02 Rocky Road Day; Rotisserie Chicken Day   | 17 Mascot Day; Apple Strudel Day            |
| 03 Egg Day; Chocolate Macaroons Day         | 18 Go Fishing Day; Picnic Day; Tapas Day    |
| 04 Cheese Day; Donut Day; Fish & Chips Day  | 19 Juneteenth; Garfield Day; Wear Blue Day  |
| 05 Veggie Burger Day; Environment Day       | 20 Father's Day; Seashell Day; It's Summer! |
| 06 D-Day; Glasses Day; Sweden Day           | 21 Peach N' Cream Day; Selfie Day; Yoga Day |
| 07 Oklahoma Day; Chocolate Ice Cream Day    | 22 Chocolate Éclair Day; Onion Rings Day    |
| 08 Best Friends Day; Positive Thinking Day  | 23 Hydrate Day; Pecan Sandy Day; Pink Day   |
| 09 Donald Duck Day; Strawb. Rhubarb Pie Day | 24 Praline Day; Red, White, Blue Pops Day   |
| 10 Egg Roll Day; Iced Tea Day               | 25 Catfish Day; Strawberry Parfait Day      |
| 11 Corn Cob Day; German Choc. Cake Day      | 26 Coconut Day; Beautician's Day            |
| 12 PB Cookie Day; Red Rose Day; Falafel Day | 27 Ice Cream Cake Day; Sunglasses Day       |
| 13 Weed the Garden Day; Sew Machine Day     | 28 Alaska Day                               |
| 14 Flag Day; Strawberry Shortcake Day       | 29 Camera Day; Waffle Iron Day              |
| 15 Photography Day; Smile Power Day         | 30 Parchment Day; Meteor Watch Day          |

# Backyard Birds of Our Area

**These are some of the common backyard birds in Colorado Springs. How many have you spotted?**



Black-Capped Chickadee



House Finch



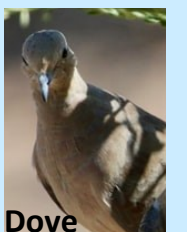
Common Grackle



Northern Flicker



< Rufous Humminbird



Dove



# JUNE 2021

New Dawn Memory Care • Breckenridge Cottage • 4185 Briargate Parkway, Colorado Springs, CO • 719-352-3069

<i>SUN</i>	<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THU</i>	<i>FRI</i>	<i>SAT</i>
<b>All activities subject to change per mandated health guidelines.</b>		<b>1</b> 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	<b>2</b> 9:00 Bowling 10:00 Spring Tea 11:00 Remember when 12:00 Lunch 1:00 Bingo Buddies 2:00 Documentary 2:30 Green thumb club 3:00 Crafters Corner 4:00 Afternoon walk	<b>3</b> 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	<b>4</b> 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	<b>5</b> 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
	<b>6</b> 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	<b>7</b> 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	<b>8</b> 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	<b>9</b> 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	<b>10</b> 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	<b>11</b> 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
	<b>13</b> 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	<b>14</b> 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	<b>15</b> 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	<b>16</b> 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	<b>17</b> 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	<b>18</b> 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
	<b>20</b> 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	<b>21</b> 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	<b>22</b> 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	<b>23</b> 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	<b>24</b> 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	<b>25</b> 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
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