



4185 Briargate Parkway  
Colorado Springs, CO 80920

Stamp

**Administrative Team:**  
Executive Director: Susan Morris  
Wellness Director: Kayla Escamilla  
Dining Services Director: 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)  
[Facebook.com/newdawncoloradosprings](https://www.facebook.com/newdawncoloradosprings)

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



# News from New Dawn

July 2021 Newsletter



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# Fun in the Sun: Hot Weather Safety Tips

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

Summer can be the most fun season of the year! With weather being warm and the sun shining bright, there are so many opportunities for activities outside - from gardening and picnics to ball-game watching and seashell hunting on the beach. To ensure a summer full of fun and one free from sunburns, heat stroke, or exhaustion, here are sun-safe guidelines to consider.

**Stay hydrated.** Older adults are especially susceptible to dehydration. The body's ability to conserve water reduces with age, as does thirst. It is important for older adults to drink lots of fluids and eat foods with high water content, like berries and celery. The Mayo Clinic's recommended daily water intake for men is 15.5 cups and for women is 11.5 cups.

**Use sunscreen.** Protecting the skin is always a good idea. A sunscreen with an SPF of at least 30 is recommended by the Mayo Clinic. Apply it at least 15 minutes before heading outside. It should be applied generously and reapplied every two hours or more if a person is swimming or sweating. Ears, scalp, lips, nose, hands, and neck are spots to remember!

**Cover up.** When headed out into the heat or sun, it is best to wear loose-fitting, lightweight, light-colored clothing. Wide-brimmed hats and sunglasses are smart for protective purposes. It is good to have a lightweight jacket handy to protect the skin from sun exposure. If possible, find a shady spot to be in.



Did You Know? Water, snow, sand and concrete reflect light and raise sunburn risk.

## Try to avoid the sun during peak hours.

Peak sun hours are between 10 am and 4 pm, with the sun highest in the sky at noon and the temp. highest at 3 pm. UV rays from the sun are greatest between late spring and early summer in the U.S.

## Pay attention to the heat index and UV index.

The Heat Index measures how hot it feels in a place when relative humidity is factored in with actual air temperature. It can be found on local weather websites. There is also a UV index for seeing how strong UV light is where you are at [www.epa.gov/sunsafety/uv-index-1](http://www.epa.gov/sunsafety/uv-index-1)

## Medications and sun don't always mix.

Certain medications can increase sensitivity to sunlight. Sunburns, hives and rashes can result if one is not careful while on such medications. Research your medications before going out.

**Have a great, safe summer!** We hope these suggestions are helpful to you in your preparation for summer fun this year!

## Special Moments



**Brandy: July 17**  
**Christina : July 17**  
**Faith: July 17**  
**Madison: July 27**

Those born in July are either Cancer (June 21-July 22) or Leo (July 23-August 22). The birthstone for July is ruby. The birth flowers for July are larkspurs (delphinium) and water lilies. July babies are said to have a sunny disposition and great self control.



# July 2021 Highlights

July observes Eye Injury Prevention, UV Safety, and Social Wellness. It celebrates Blueberries, Peaches, Ice Cream, and Watercolors!

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|--|--|
| 01 Stamp Day; Creative Ice Cream Day       | 17 Peach Ice Cream Day; Emoji Day            |
| 02 Anisette Day; World UFO Day             | 18 Sour Candy Day; Ice Cream Day             |
| 03 Chocolate Wafer Day; Eat Beans Day;     | 19 Daiquiri Day                              |
| 04 Independence Day; Scarecrow Build Day   | 20 Fortune Cookie Day; Penn. Day; Chess Day  |
| 05 Apple Turnover Day; Graham Cracker Day  | 21 Be Someone Day; Junk Food Day             |
| 06 Fried Chicken Day; Sushi Hand Rolls Day | 22 Penuche Fudge Day; Hot Dog Day            |
| 07 Macaroni Day; Strawberry Sundae Day     | 23 Vanilla Ice Cream Day; Lovely Grandma Day |
| 08 Almond Chocolate Day; Blueberry Day     | 24 A. Earhart Day; DriveThru Day; Cowboy Day |
| 09 Sugar Cookie Day                        | 25 Culinaricians' Day; Parents' Day          |
| 10 Collector Car Day; Pina Colada Day      | 26 Bagelfest Day; Coffee Milkshake Day       |
| 11 Blueberry Muffin Day; Amer. Pet Pic Day | 27 Creme Brulee Day; New Jersey Day          |
| 12 Pecan Pie Day; Jello Day                | 28 Milk Chocolate Day; Waterpark Day         |
| 13 Beans N' Franks Day; French Fries Day   | 29 Intern Day; Eat Chicken Wings Day         |
| 14 Mac and Cheese Day; Tape Measure Day    | 30 Cheesecake Day; Chili Dog Day             |
| 15 Give Something Away Day; Tapioca Day    | 31 Mutt Day; Avocado Day                     |
| 16 Corn Fritter Day; Personal Chefs' 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.

## July 1st is Creative Ice Cream Day

Our residents and staff shared favorite or creative combinations they came up with!

"Neapolitan!" - Nelly

"Banana splits are the best" - Lenny

"Sugar free with sprinkles" - David

"Mint chocolate chip with extra chips!" - Mary

"Peanut butter and M&M's!" - Richard

"Chocolate and vanilla" - Ethel



## Staff Spotlight: Susan Morris

We are pleased to announce that Susan Morris has been named the new Executive Director at New Dawn. Susan is a native Californian and decided to follow her family to beautiful Colorado Springs four years ago. She has been enjoying the hiking trails, wonderful eateries, and the beautiful seasons. As a young adult, Susan invested most of her career in sales, customer service, and business operations. She realized early on that her passion was in achieving a successful balance between operations, empowering teams, and supporting folks along their journey with respect and dignity.

She has followed her passion by serving as an executive director in the health care industry for over 16 years. Her dedication and perseverance enabled her to become a certified dementia specialist. She enjoys facilitating training classes and seminars on understanding the many faces of the various types of dementia. Welcome Susan!



## Resident Spotlight: Quana

Please help us welcome one of our newest residents, Quana! Quana is a wonderful and talented woman who loves life. She was born in California and before retiring she worked in admission administration. Throughout her life she has enjoyed many hobbies and interests. Quana is a master quilter and knitter. She loves to paint, draw, scrapbook, go on cruises, and attend tea parties. Quana is looking forward to her summer here at New Dawn and going on outings on the New Dawn bus!

We're so happy to have you here, Quana!



# JULY 2021

New Dawn Memory Care

• Breckenridge Cottage

• 4185 Briargate Parkway

• 719-352-3069

SUN	MON	TUE	WED	THU	FRI	SAT
				1 9:00 Morning walk 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	2 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	3 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
4 9:00 Sunday stretch 9:30 IN2L church 11:00 Spring tea 12:00 Lunch 1:00 July 4th BBQ 2:00 Documentary 3:00 Manicures 4:00 Aromatherapy	5 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	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	7 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	8 9:00 IN2L 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 50's Music & dancing	9 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	10 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
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