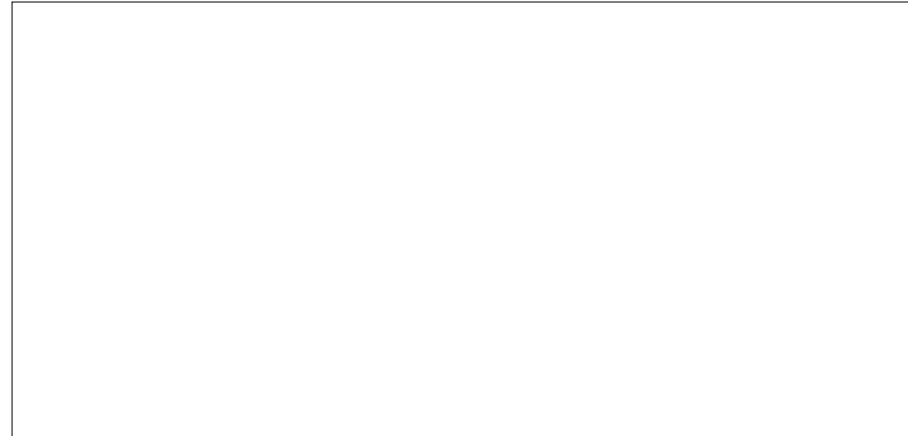




4185 Briargate Parkway  
Colorado Springs, CO 80920

Stamp



**Administrative Team:**

**Executive Director: Susan Morris**

**Asst Executive Director: Stefanie Autovino**

**Business Office Director: Kayla Escamilla**

**Community Relations Dir.: Karley Jankowski**

**Dining Services Director: Tim Green**

**Maintenance Director: Richard Lee**

**Life Enrichment Director: Alfonso Olarte**

**Connect:**

**719-352-3069**

**info@newdawncoloradosprings.com**

**www.newdawncoloradosprings.com**

**Facebook.com/newdawncoloradosprings**

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

# News from New Dawn

**August 2021 Newsletter**



**2 Paths to Improved Eye Wellness**

**3 Team & Resident Spotlight**

**4 - 5 Activities Calendar**

**6 Highlights, Notes, In Our Words**

**7 Special Moments & Birthdays**

**8 Mission & Team**



# Explore Paths to Improved Eye Wellness

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

August is Eye Exam Month and in observance, we've gathered some insight for eyesight! It can be frustrating to experience changes to eyes which result from an array of factors. Luckily, there are many ways to address eye health.

One of the best ways to stay on top of eye health is to have annual eye exams. Practicing precautionary measures through lifestyle is also important. People with diabetes, high blood pressure, or medications that affect eyes have increased risk for vision problems.

Some lifestyle recommendations from the National Eye Institute include having a diet rich in fruits and vegetables—particularly dark, leafy greens; maintaining a healthy weight; wearing glasses, goggles, and safety shields as appropriate; avoiding smoking; reducing eyestrain from screens by looking 20 feet before you for 20 seconds every 20 minutes; and cleaning hands often to avoid infections.

Knowing family eye history, and being educated about vision issues and symptoms that may affect seniors is also helpful toward eye wellness.

### Four Eye Issues That Can Affect Older Adults:

- Dry eye is a common issue for seniors, in which not enough tears or quality tears are made, and poor vision may result.
- Age-related macular degeneration is an issue that causes central (not side) vision loss. The macula of the eye allows people to see fine details and colors, so when it is affected, activities like reading, watching movies, and recognizing faces could be challenging



Did you know? UV rays can negatively affect your eye's surface tissue, cornea, and lens. When in the sun, protect your eyes with sunglasses that have 100% UV or UV400 protection.

- Cataracts are cloudy areas in the eye lens (usually in both eyes, to different degrees) that can cause blurry vision, poor contrast awareness, dulled colors, and glare sensitivity.
- Glaucoma is a group of issues which damage the optic nerve and in time can take away side vision. While glaucoma is often painless with no symptoms, older adults are at risk for it.

With all that in mind, there are many ways to help vision conditions, per the American Optometric Association. Some optometrists have rehabilitation programs to help with low vision for daily routines. Prescription devices are also available, like spectacle-mounted magnifiers for close-up tasks; hand-held or spectacle-mounted telescopes for near and far vision; handheld and stand magnifiers to assist with short-term reading; and video magnification that enlarges items on video.

Let us know if this information has been helpful for you in the comments section of our newsletter Facebook post on the first.





## Special Moments

## Happy Birthday to all born in the month of August!

Those born in August are either Leo (Aug. 1-22) or Virgo (August 23-31). The birthstone for August is peridot. The birth flower for August is the gladiola. August babies are said to be natural leaders and teachers who thrive in the spotlight. They can often be described as charismatic.





# August 2021 Highlights

**August is Eye Exam Month, Wellness Month, and Sun Safety Month. It celebrates peaches, paninis, golf, catfish, sandwiches, and goat cheese!**



|   |  |
|---|--|
| 01 Mahjong Day; Sister Day; Colorado Day    | 19 Aviation Day; Potato Day; Hair Bow Day  |
| 02 Coloring Day; Ice Cream Sandwich Day     | 20 Radio Day; Lemonade Day                 |
| 03 Watermelon Day; National Night Out Day   | 21 Senior Day; Spumoni Day; Geocache Day   |
| 04 Chocolate Chip Cookie Day                | 22 Pecan Torte Day; Be an Angel Day        |
| 05 Oyster Day; Work Like a Dog Day; IPA Day | 23 Sponge Cake Day; Cuban Sandwich Day     |
| 06 Root Beer Float Day; Water Balloon Day   | 24 Maryland Day; Waffle Day; Peach Pie Day |
| 07 Mustard Day; Disc Golf Day               | 25 Banana Split Day                        |
| 08 Froyo Custard Day; Zucchini Day; Cat Day | 26 Cherry Popsicle Day; Dog Day            |
| 09 Book Lovers' Day; Rice Pudding Day       | 27 Pots de Crème Custard Day; Just Cuz Day |
| 10 S'mores Day; Connecticut Day             | 28 Bow Tie Day; Cherry Turnover Day        |
| 11 Son & Daughter Day; Kinetic Sand Day     | 29 Chop Suey Day; Lemon Juice Day          |
| 12 Vinyl Record Day; World Elephant Day     | 30 Toasted Marshmallow Day; Beach Day      |
| 13 Intl. Left Handers' Day; Prosecco Day    | 31 Trail Mix Day; Intl. Bacon Day          |
| 14 Creamsicle Day; Bowling Day              |  |
| 15 Lemon Meringue Pie Day; Honey Bee Day    |  |
| 16 Tell a Joke Day; Airborne Day            |  |
| 17 Black Cat Day; Thrift Shop Day           |  |
| 18 Fajita Day; Ice Cream Pie 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.

**August 9th is Book Lovers Day!**

**Our residents and staff shared their favorites!**

**"Message in a Bottle" - Mindy**

**"Little Women" - Debbie**

**"The Bible, of course" - Ester**

**"The Great Gatsby" -Alfonso**

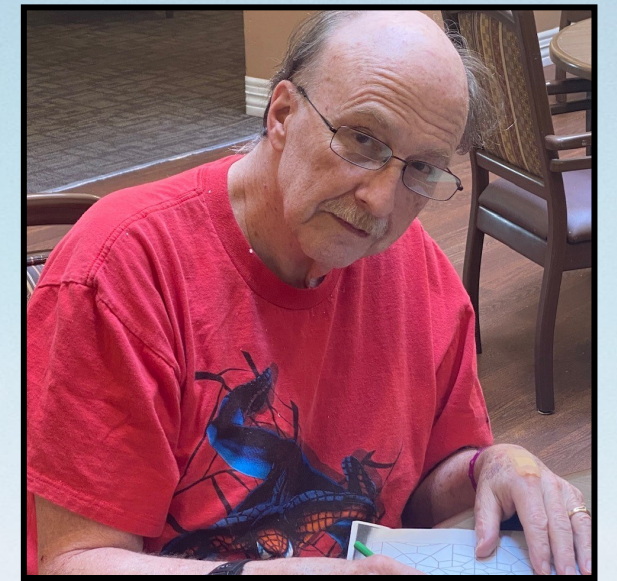
**"Where the Wild Things Are" - Kayla**

**"Soulfood" - Stefanie**



**Employee of the Month**  
Ciarra

We are excited to announce Ciarra as New Dawn's Employee of the Month. Ciarra is a dedicated caregiver who consistently goes above and beyond for our residents. The love and comfort she provides our residents, as well as her skillset in care giving has been invaluable over the years. We are beyond lucky to have Ciarra on our amazing team and want to thank her for all she does for New Dawn and our residents and their families.



**Resident Spotlight:**  
Michael

Michael was born in the city of angels, Los Angeles, California where he met and married his wife Mona in 1992. Michael was an engineering manager for Lockheed Martin along with a graphic designer and dialysis technician, as well as working tech for space equipment for Teledyne. Michael loves The Beatles, watching basketball, traveling, playing games, and everything Disney. We are so happy to welcome Michael to our community!



# AUGUST 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>   |
|--|--|---|--|--|---|--|
| <b>1</b><br>9:00 Sunday stretch<br>9:30 IN2L church<br>11:00 Spring tea<br>12:00 Lunch<br>1:00 Country music<br>2:00 Documentary<br>3:00 Manicures<br>4:00 Aromatherapy  | <b>2</b><br>9:00 Yoga/Stretch<br>10:00 Remember when<br>11:00 Fun in the sun<br>12:00 Lunch<br>1:00 Music requests<br>2:00 Popcorn & movie<br>3:00 Crafters corner<br>4:00 Afternoon stroll  | <b>3</b><br>9:00 Parachute<br>10:00 Remember when<br>11:00 Bingo<br>12:00 Lunch<br>1:00 50s music<br>2:00 Antiques Roadshow<br>3:00 Flower arranging<br>4:00 Men's group  | <b>4</b><br>9:00 Bowling<br>10:00 Spring Tea<br>11:00 Remember when<br>12:00 Lunch<br>1:00 Bingo buddies<br>2:00 Documentary<br>2:30 Green thumb club<br>3:00 Crafters Corner  | <b>5</b><br>9:00 Morning walk<br>10:00 Today in history<br>11:00 What did it cost?<br>12:00 Lunch<br>1:00 Women's group<br>2:00 Documentary<br>3:00 Puzzles / Crafts<br>4:00 50's Music & dancing  | <b>6</b><br>9:00 IN2L Exercise<br>10:00 Snack<br>11:00 IN2L Games<br>12:00 Lunch<br>1:00 Flower watering club<br>2:00 Documentary<br>3:00 Manicures<br>4:00 Aromatherapy  | <b>7</b><br>9:00 Saturday stroll<br>10:00 Remember when<br>11:00 Fun in the sun<br>12:00 Lunch<br>1:00 Music requests<br>2:00 Movie & Popcorn<br>3:00 Room service<br>4:00 Afternoon stroll  |
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| <b>15</b><br>9:00 Sunday stretch<br>9:30 IN2L church<br>11:00 Spring tea<br>12:00 Lunch<br>1:00 Country music<br>2:00 Documentary<br>3:00 Manicures<br>4:00 Aromatherapy | <b>16</b><br>9:00 Yoga/Stretch<br>10:00 Remember when<br>11:00 Fun in the sun<br>12:00 Lunch<br>1:00 Music requests<br>2:00 Popcorn & movie<br>3:00 Crafters corner<br>4:00 Afternoon stroll | <b>17</b><br>9:00 Parachute<br>10:00 Remember when<br>11:00 Bingo<br>12:00 Lunch<br>1:00 50s music<br>2:00 Antiques Roadshow<br>3:00 Flower arranging<br>4:00 Men's group | <b>18</b><br>9:00 Bowling<br>10:00 Spring Tea<br>11:00 Remember when<br>12:00 Lunch<br>1:00 Bingo buddies<br>2:00 Documentary<br>2:30 Green thumb club<br>3:00 Crafters Corner | <b>19</b><br>9:00 Morning walk<br>10:00 Today in history<br>11:00 What did it cost?<br>12:00 Lunch<br>1:00 Women's group<br>2:00 Documentary<br>3:00 Puzzles / Crafts<br>4:00 50's Music & dancing | <b>20</b><br>9:00 IN2L Exercise<br>10:00 Snack<br>11:00 IN2L Games<br>12:00 Lunch<br>1:00 Flower watering club<br>2:00 Documentary<br>3:00 Manicures<br>4:00 Aromatherapy | <b>21</b><br>9:00 Saturday stroll<br>10:00 Remember when<br>11:00 Fun in the sun<br>12:00 Lunch<br>1:00 Music requests<br>2:00 Movie & Popcorn<br>3:00 Room service<br>4:00 Afternoon stroll |
| <b>22</b><br>9:00 Sunday stretch<br>9:30 IN2L church<br>11:00 Spring tea<br>12:00 Lunch<br>1:00 Country music<br>2:00 Documentary<br>3:00 Manicures<br>4:00 Aromatherapy | <b>23</b><br>9:00 Yoga/Stretch<br>10:00 Remember when<br>11:00 Fun in the sun<br>12:00 Lunch<br>1:00 Music requests<br>2:00 Popcorn & movie<br>3:00 Crafters corner<br>4:00 Afternoon stroll | <b>24</b><br>9:00 Parachute<br>10:00 Remember when<br>11:00 Bingo<br>12:00 Lunch<br>1:00 50s music<br>2:00 Antiques Roadshow<br>3:00 Flower arranging<br>4:00 Men's group | <b>25</b><br>9:00 Bowling<br>10:00 Spring Tea<br>11:00 Remember when<br>12:00 Lunch<br>1:00 Bingo buddies<br>2:00 Documentary<br>2:30 Green thumb club<br>3:00 Crafters Corner | <b>26</b><br>9:00 Morning walk<br>10:00 Today in history<br>11:00 What did it cost?<br>12:00 Lunch<br>1:00 Women's group<br>2:00 Documentary<br>3:00 Puzzles / Crafts<br>4:00 50's Music & dancing | <b>27</b><br>9:00 IN2L Exercise<br>10:00 Snack<br>11:00 IN2L Games<br>12:00 Lunch<br>1:00 Flower watering club<br>2:00 Documentary<br>3:00 Manicures<br>4:00 Aromatherapy | <b>28</b><br>9:00 Saturday stroll<br>10:00 Remember when<br>11:00 Fun in the sun<br>12:00 Lunch<br>1:00 Music requests<br>2:00 Movie & Popcorn<br>3:00 Room service<br>4:00 Afternoon stroll |
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