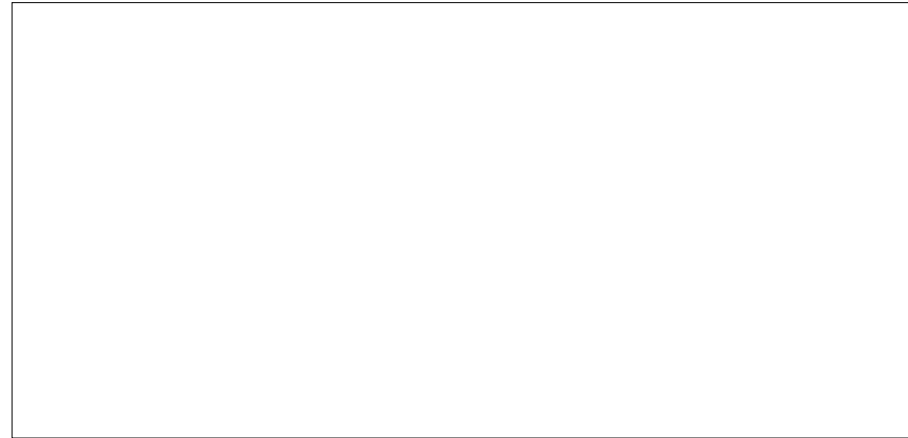




4185 Briargate Parkway
Colorado Springs, CO 80920

Stamp



Administrative Team:

Executive Director: Susan Morris
Asst Executive Director: Stephanie Autovino
Business Office Director: Kayla Escamilla
Community Relations Dir.: Karley Jankowski
Dining Services Director: Kilee Strickland
Maintenance Director: Richard Lee
Life Enrichment Director: Alfonso Olarte

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

Connect:

719-352-3069
info@newdawncoloradosprings.com
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News from New Dawn

September 2021 Newsletter



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3 Team & Resident Spotlight
4 - 5 Activities Calendar

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

Achieving Better Balance & A More Active Lifestyle

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

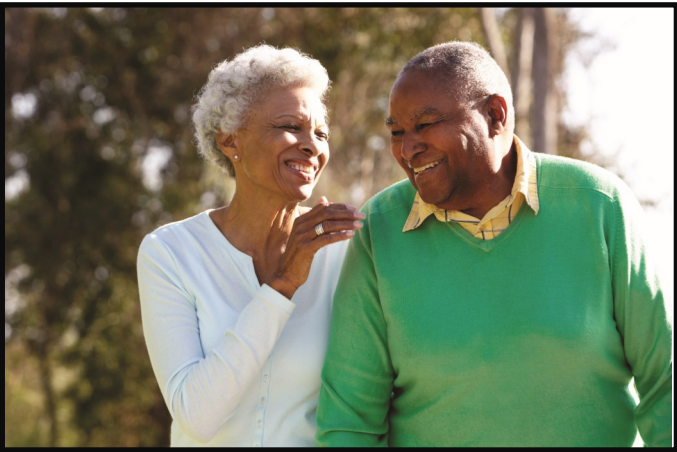
Do you ever feel lightheaded upon standing or feel your surroundings spin when taking a step? These are signs of balance issues. Most stem from the inner ear, but can be related to medications, the circulatory system, or blood pressure, among other causes. Fortunately, balance issues can be improved with attention to health, and action.

In September, Balance Awareness Week takes place, the 19th-25th. In observance, we’re sharing causes and improvement ideas.

Balance Issue Causes

Vertigo, lightheadedness, unsteadiness, and dizziness are four symptoms that can point to specific causes, per the Mayo Clinic. Causes are not limited to these, but can include: motion sickness, migraine, and Meniere's behind **vertigo**; cardiovascular issue or blood pressure change with movement behind **lightheadedness**; eyesight issue, medication, inner ear issue, leg nerve damage, or neurological issue behind **unsteadiness**; and inner ear issue, medication, or psychiatric issue behind **dizziness**. Balance disorders can bring about symptoms including but not limited to: confusion, disorientation, nausea and vomiting, diarrhea, changes in heart rate and blood pressure, fear, anxiety, or panic.

If you suspect you have an issue, speak with your medical professional for diagnosis and treatment. Depending on the issue, treatment can include medications to control dizziness and vomiting, balance retraining, inner ear



positioning procedures, surgery, change to diet (specific to the cause), and lifestyle change.

Lifestyle change many can benefit from is increased physical activity for muscle strength and flexibility. If your health professional approves, here are a few ideas to try, with a spotter present!

Exercises

- Tai Chi or Chair Chi! This is meditation in motion, with movements that shift weight from foot to foot, helping posture and balance.
- Hold a chair and stand on one leg at a time for several intervals.
- Tightrope Walking: Hold arms straight out at your sides. Walk a straight line with a 1-2 second pause as your back leg lifts from the ground. Have head up and eyes fixed ahead.
- Wall Pushups: Stand arm’s length from a wall. Lean forward slightly with palms flat on wall at height and width of shoulders. Keep feet in place as you move your body forward. Gently push back until arms are straight.

Let us know if this information has been helpful to you on our facebook page!

Special Moments



Rebecca: Sept 9

Those born in September are either Virgo (Aug. 23-Sept. 22) or Libra (Sept. 23-Oct. 22). The birthstone for September is sapphire. The birth flowers for September are asters and morning glory. Virgos are best known for being practical, loyal, and organized. Libras are balanced, social, and fair-minded. September has 11 of the top birthdates in the nation with more babies born on September 9 than any other day of the year!

September 2021 Highlights

September is Healthy Aging Month, Cholesterol Education Month, Food Safety Education Month, and World Alzheimer's Month. It celebrates Hispanic Heritage, Sewing, Piano, Honey, Chicken, and Americana!

01 Building & Code Staff Day; Write Letters Day	16 Cinnamon Raisin Bread Day; Guacamole Day
02 Blueberry Popsicle Day	17 Apple Dumpling Day; Country Music Day
03 Bowling League Day; College Colors Day	18 Cheeseburger Day; Dance Day
04 Macadamia Nut Day; Tailgating Day	19 Butterscotch Pudding Day
05 Cheese Pizza Day; Intl. Day of Charity	20 Pepperoni Pizza Day; String Cheese Day
06 Labor Day; Rosh Hashanah; Book Day	21 Chai Day; NY Day; World Alzheimer's Day
07 Acorn Squash Day; Salami Day	22 Centenarians' Day; White Chocolate Day
08 Intl. Literacy Day; Ampersand Day	23 Pot Pie Day; Snack Stick Day
09 Teddy Bear Day; Wiener Schnitzel Day	24 Cherries Jubilee Day; Punctuation Day
10 Swap Ideas Day; TV Dinner Day	25 Family Health & Fitness Day; Quesadilla Day;
11 Hot Cross Bun Day; Patriot Day	26 HR Prof's Day; Pancake Day; Dumpling Day
12 Assisted Living Week Kickoff; Grandparent Day	27 Family Day; Corned Beef Hash Day; Scarf Day
13 Peanut Day	28 Good Neighbor Day; North Carolina Day
14 Cream Filled Donut Day; Hoagie Day	29 Coffee Day; Women's Health Day
15 Yom Kippur; Learn Online Day; Linguine Day	30 Hot Mulled Cider Day; Love Others Day

"O sweet September, thy first breezes bring. The dry leaf's rustle and the squirrel's laughter. The cool fresh air whence health and vigor spring. And promise of exceeding joy hereafter." — George Arnold, September Days

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.

Autumn Begins September 22!

Our residents and staff shared what they love most about Autumn!

"My blue jacket" - Nellie

"Pumpkin lattes" - Kayla

"My coat collection" - Alfonso

"Dinner parties and dancing" - Ester

"The cool morning breeze" - Marlene

"Thanksgiving!" - Jim



Employee of the Month **Lucy**

We are pleased to announce Lucy as our Employee of the month. Lucy is our wellness nurse here at New Dawn Colorado Springs. Lucy has been a RN for 8 years and brings a unique set of skills to the table. Lucy has a heart of gold and can handle just about anything you throw at her. Lucy is a leader and she demonstrates her skills, knowledge and love to our community everyday.

Thank you, Lucy!



Resident Spotlight: **Patronella aka Nellie**

Nellie was born in a small rural town in Holland prior to WWII. Nellie then moved to Amsterdam and then onto New York, New Jersey, Maryland, and finally Colorado Springs. Nellie has been a homemaker, a housekeeper and a mother. She has 4 children who she loves dearly and speaks lovingly of often. Her favorite color is blue and she loves to spend her days chatting and joking with her caregivers.

We love having you here, Nellie!

SEPTEMBER 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>
All activities subject to change per mandated health guidelines.			1 9:00 Bowling 10:00 Tea Time 11:00 Remember when 1:00 Bingo buddies 2:00 Documentary 2:30 Green thumb club 3:00 Crafters Corner	2 9:00 Morning walk 10:00 Today in history 11:00 What did it cost? 1:00 Women's group 2:00 Documentary 3:00 Puzzles / Crafts 4:00 50's Music & dancing	3 9:00 IN2L Exercise 10:00 Snack 11:00 IN2L Games 1:00 Flower watering club 2:00 Documentary 3:00 Manicures 4:00 Aromatherapy	4 9:00 Saturday stroll 10:00 Remember when 11:00 Fun in the sun 1:00 Music requests 2:00 Movie & Popcorn 3:00 Room service 4:00 Afternoon stroll
5 9:00 Sunday stretch 9:30 IN2L church 11:00 Tea time 1:00 Country music 2:00 Documentary 3:00 Manicures 4:00 Aromatherapy	6 9:00 Yoga/Stretch 10:00 Remember when 11:00 Fun in the sun 1:00 Music requests 2:00 Popcorn & movie 3:00 Crafters corner 4:00 Afternoon stroll	7 9:00 IN2L exercise 10:00 Remember when 11:00 Bingo 1:00 50s music 2:00 Antiques Roadshow 3:00 Flower arranging 4:00 Men's group	8 9:00 Bowling 10:00 Tea Time 11:00 Remember when 1:00 Bingo buddies 2:00 Documentary 2:30 Green thumb club 3:00 Crafters Corner 4:00 Aroma therapy	9 9:00 Morning walk 10:00 Today in history 11:00 What did it cost? 1:00 Women's group 2:00 Documentary 3:00 Puzzles / Crafts 4:00 50's Music & dancing	10 9:00 IN2L Exercise 10:00 Snack 11:00 IN2L Games 1:00 Flower watering club 2:00 Documentary 3:00 Manicures 4:00 Aromatherapy	11 9:00 Saturday stroll 10:00 Remember when 11:00 Fun in the sun 1:00 Music requests 2:00 Movie & Popcorn 3:00 Room service 4:00 Afternoon stroll
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