



4185 Briargate Parkway
Colorado Springs, CO 80920

Stamp



Administrative Team:
Executive Director: Susan Morris
Asst Executive Director: Stephanie Autovino
Community Relations Dir.: Karley Jankowski
Dining Services Director: Kilee Strickland
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

October 2021 Newsletter



- 2 Physical Therapy Benefits
- 3 Team & Resident Spotlight
- 4 - 5 Activities Calendar

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

Physical Therapy for Improved Quality of Life

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

You may think of a physical therapist as one to go to for healing and strengthening after an injury. While physical therapists are great for that, they also do much more. Physical therapists can help people by diagnosing physical conditions, improving movement, managing pain, restoring function, and preventing disabilities, according to the American Physical Therapy Association.

Physical therapists help people through all stages of life with care, education, and treatment plans that aim to improve overall quality of life. They may approach issues with proper stretching techniques, strengthening and core-focused exercises, ice and heat, or ultrasound, to name a few approaches.

This Physical Therapy Month, we've delved into five ways physical therapy can help people, especially older adults.

5 Potential Physical Therapy Benefits

Improved Movement: Physical therapists can identify, diagnose, and treat movement challenges, and in some cases can help people to avoid having surgery.

Pain Relief or Prevention: Physical therapy can provide long-term pain solutions with exercises, joint and soft tissue mobilization, ice/heat therapy, ultrasound, and electrical stimulation for relief or restoring function.



Did you know? There are many physical therapy focus areas, including but not limited to: orthopedic, neurological, vestibular, and cardiovascular!

Management of Issues with Diabetes: Physical therapists can help prescribe and teach exercise for lowering blood glucose levels, treat chronic pain, improve walking ability, treat sores, help with assistive devices, and restore normal movement and balance.

Management of Issues As We Age: Physical Therapists may be able to help with managing arthritis, managing pain, osteoporosis and/or recovering from procedures like joint replacements. They may also be able to help prevent or recover from falls with exercises.

Strengthening After a Stroke: Physical therapists can help improve function and balance with Constraint-Induced Movement Therapy, functional electrical stimulation, and motor imagery, among others.

For those who haven’t tried physical therapy, but are interested, a great first step would be to reach out to a local physical therapist and see how they might be able to play a positive role in healthy living. Let us know if this information has been helpful to you on our facebook page!

Special Moments



Happy Birthday!

- | | |
|-------------------|------------------|
| Grace: Oct 17th | Susan: Oct. 8th |
| Terry: Oct. 22nd | Kilee: Oct. 20th |
| Bria: Oct. 26th | |
| Hope: Oct. 5th | |
| Shaina: Oct. 19th | |

Those born in October are Libras (Sept. 23-Oct. 22) or Scorpios (Oct. 23-Nov. 21). Their birthstones are opals & tourmaline. Their birth flower is the Calendula. More American presidents have October birthdays than any other month!



October 2021 Highlights

October is Emotional Wellness Month, Physical Therapy Month, Dental Hygiene Month, and Breast Cancer Awareness Month. It celebrates Chili, Pretzels, Global Diversity, Adopting Shelter Dogs, and World Space Week!

01 Intl. Seniors Day; Homemade Cookies Day	17 Pasta Day
02 Custodial Workers' Day; Fried Scallops Day	18 Chocolate Cupcake Day; No Beard Day
03 Techies' Day	19 Seafood Bisque Day; Kentucky Day
04 Golf Love Day; Taco Day; Cinnamon Bun Day	20 Confident Youth Day; Medical Asst. Day
05 Nice Act Day; International Teachers' Day	21 Pumpkin Cheesecake Day; Reptile Day
06 Mad Hatter Day; Pumpkin Seed Day	22 Color Day; Nut Day; Make a Dog's Day
07 Frappe Day; Chocolate Pretzel Day	23 Boston Cream Pie Day; Make Difference Day
08 Fluffernutter Day; Pierogi Day; Heroes Day	24 Bologna Day; Mother-In-Laws' Day
09 Leif Ericson Day; Chess Day; I Love Yarn Day	25 Greasy Food Day; Sourest Day
10 Decorate Cake Day; Clergy Appreciation Day	26 Pumpkin Day; Mincemeat Day
11 Native Americans' Day; Columbus Day	27 Navy Day; American Beer Day; Black Cat Day
12 World Arthritis Day; Farmers' Day	28 Chocolate Day; First Responders' Day
13 Navy Birthday; Train Brain Day; Fossil Day	29 Cat Day; Oatmeal Day; Nevada Day
14 Dessert Day	30 Candy Corn Day
15 I Love Lucy Day; Bosses Day	31 Halloween; Girl Scout Founder's Day
16 Global Cat Day; Sports Day; Sweetest Day	

"I wish that every day was Saturday and every month was October." - Charmaine J. Forde

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.

October 14 is Dessert Day!

Our residents and staff shared their favorites!

"Dairy Queen" - Ester

"Apple pie!" - Sherry

"I like Kool Aid" - Michael

"Those little wafer cookies" - Judith

"Ice Cream, any flavor" - Judy

"Almond croissants from Starbucks" - Alfonso



Staff Spotlight:
Mindy

New Dawn is happy to announce Mindy as our employee of the month. Mindy was born right here in Colorado Springs. She plans to become a teacher some day. Mindy is a caregiver here at New Dawn. She has worked with us for the last 8 months and has proven herself to be an essential asset to the team. Mindy uses her unique set of gifts and talents to provide love and care to our residents and we are very lucky to have her.



Resident Spotlight:
Delores

Please help us welcome one of our newest residents to the New Dawn family, Delores! Delores was born in Brantford, Ontario. She has three children and worked as an assistant editor at the LA Times. Delores has lived in Canada, California, North Carolina, and Colorado. She enjoys puzzles, knitting, cooking, and visiting with her wonderful daughter Denise. We are so happy to have Delores here with us!

OCTOBER 2021

New Dawn Memory Care • Breckenridge Cottage • 4184 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>
31 from bottom 9:00 Sunday stretch 9:30 IN2L church 11:00 Tea 12:00 Lunch 1:00 Country music 2:00 Documentary 3:00 Manicures 4:00 Aromatherapy	All activities subject to change per mandated health guidelines.				1 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	2 9:00 Saturday stroll 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
3 9:00 Sunday stretch 9:30 IN2L church 11:00 Tea 12:00 Lunch 1:00 Country music 2:00 Documentary 3:00 Manicures 4:00 Aromatherapy	4 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	5 9:00 IN2L exercise 10:00 Remember when 11:00 Bingo 12:00 Lunch 1:00 50s music 2:00 Antiques Roadshow 3:00 Flower arranging 4:00 Men's group	6 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	7 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	8 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	9 9:00 Saturday stroll 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
10 9:00 Sunday stretch 9:30 IN2L church 11:00 Tea 12:00 Lunch 1:00 Country music 2:00 Documentary 3:00 Manicures 4:00 Aromatherapy	11 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	12 9:00 IN2L exercise 10:00 Remember when 11:00 Bingo 12:00 Lunch 1:00 50s music 2:00 Antiques Roadshow 3:00 Flower arranging 4:00 Men's group	13 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	14 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	15 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	16 9:00 Saturday stroll 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
17 9:00 Sunday stretch 9:30 IN2L church 11:00 Tea 12:00 Lunch 1:00 Country music 2:00 Documentary 3:00 Manicures 4:00 Aromatherapy	18 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	19 9:00 IN2L exercise 10:00 Remember when 11:00 Bingo 12:00 Lunch 1:00 50s music 2:00 Antiques Roadshow 3:00 Flower arranging 4:00 Men's group	20 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	21 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	22 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	23 9:00 Saturday stroll 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
24 9:00 Sunday stretch 9:30 IN2L church 11:00 Tea 12:00 Lunch 1:00 Country music 2:00 Documentary 3:00 Manicures 4:00 Aromatherapy	25 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	26 9:00 IN2L exercise 10:00 Remember when 11:00 Bingo 12:00 Lunch 1:00 50s music 2:00 Antiques Roadshow 3:00 Flower arranging 4:00 Men's group	27 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	28 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	29 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	30 9:00 Saturday stroll 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