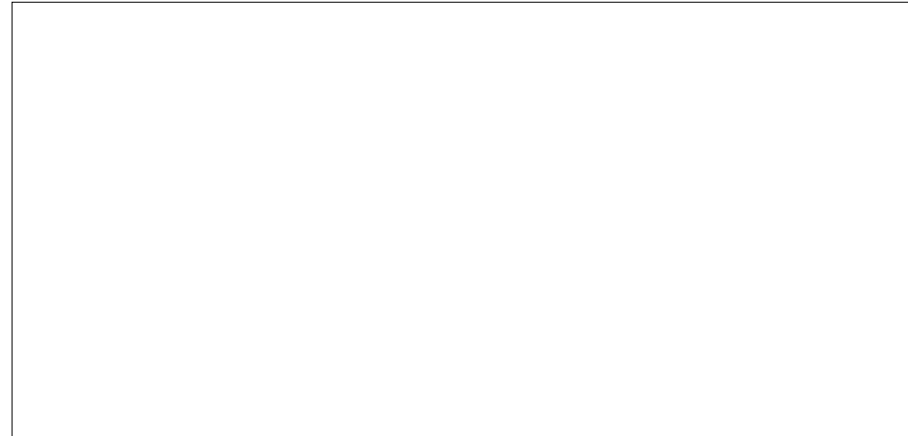




4185 Briargate Parkway
Colorado Springs, CO 80920

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
Wellness Director: Corina Hopper
Wellness Nurse: Karuna Timalsina

Connect:

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



News from New Dawn

November 2021 Newsletter



2 Flu Prevention Steps
3 Team & Resident Spotlight
4 - 5 Activities Calendar

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

Flu Prevention Steps for Seniors This Season

Autumn brings much to be excited for: gatherings, delicious foods, crisp air, and beautiful sights outdoors! Less exciting, the influenza virus, a respiratory illness that infects the nose, throat, and lungs, makes its rounds in fall, typically on through February.



Anyone can catch the flu, but those 65+ or at senior living communities are at increased risk for flu-related complications like pneumonia, bronchitis, or sinusitis. The good news is older adults can take actions to avoid the flu. The best for many is an annual flu vaccine early in the flu season, with approval from one’s medical professional.

Differences Between Flu and a Cold

Flu is fast-coming and often brings fever, chills, cough, bodyache, headache, and tiredness. It only sometimes includes sneezing, sore throat, or stuffy nose. The flu can be tested for, and antiviral drugs exist for it. A cold brings gradual effects including a runny or stuffy nose, chest discomfort, cough, sore throat, sneezing, and sometimes fatigue and aches. Colds don’t often bring chills, fever, or headache. (CDC)

All of us can benefit from knowing how to avoid getting and spreading the flu. It can spread in tiny drops when people with the flu cough, sneeze, or talk. The drops can transfer to nearby mouths, noses, or surfaces. Those with flu are most contagious in three to four days after their illness starts. They can pass it to others before or while aware they’re sick. Time between exposure and infection is often two days, but can be one to four.

Best preventions, aside from the flu vaccine for many, include: covering mouth and nose when coughing and sneezing; washing hands with soap and

warm water for 15-20 seconds several times daily and after coughing/sneezing; and avoiding contact with eyes, nose, and mouth. Since the Covid-19 pandemic began, many have been wearing masks, social distancing, hand washing, and staying home when ill, which can help prevent the flu.

With many great habits in place, we’re set up to stand up to this year’s flu virus. We hope this information helps everyone navigate this year’s flu season!

Follow your medical professional’s advice and speak with them before changing diet, exercise, or medications. This article is for informational use only and should not be considered medical advice.

Special Moments

November 11th is Veterans Day!
It is a U.S. holiday that honors veterans of all wars. That day, and throughout the year, we thank all who have served for our great nation.



Happy Birthday!

Marion: October 3
Kailey: October 2

- Those born in November are Scorpios (Oct. 23-Nov. 21) or Sagittarius (Nov. 22-Dec 21.)
- Their birthstone is topaz or citrine.
- Their birth flower is the Chrysanthemum, said to bring happiness and laughter!

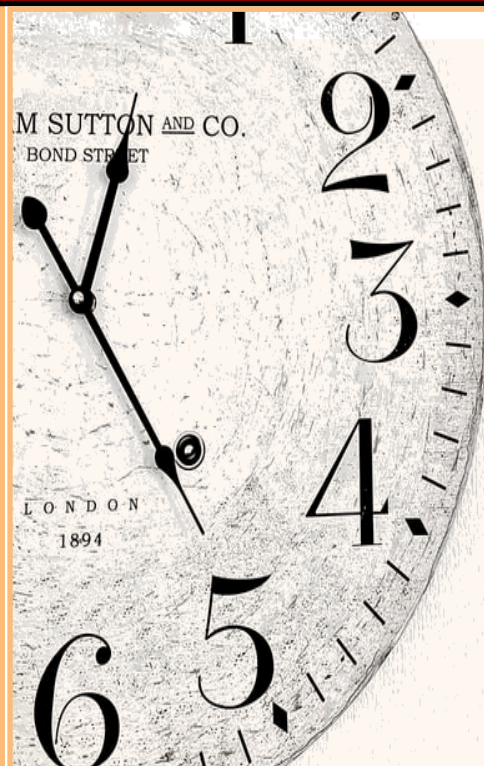
November 2021 Highlights

November observes Alzheimer's Disease Month, Diabetes Month, Gratitude Month, and Native American Heritage Month. It celebrates such foods as: pomegranates, raisin bread, squash, and peanut butter. It is Novel Writing Month so it's a great time to work on writing!

01 Calzone Day; Cinnamon Day	16 Button Day; Fast Food Day
02 Deviled Egg Day; Traffic Directors' Day	17 Hike Day; Homemade Bread Day
03 Sandwich Day; Stress Awareness Day	18 Mickey's Birthday
04 Candy Day; Men Make Dinner Day	19 Monopoly Day; Intl. Men's Day
05 Donut Day; Favorite Team Jersey Day	20 Peanut Butter Fudge Day
06 Nachos Day; Saxophone Day	21 Gingerbread Cookie Day; Stuffing Day
07 Bittersweet Almond Chocolate Day	22 Cranberry Relish Day
08 Cappuccino Day	23 Espresso Day; Cranberry Day
09 Louisiana Day; Scrapple Pork Day	24 Sardines Day; Jukebox Day
10 Vanilla Cupcake Day; Accounting Day	25 Thanksgiving Day; Parfait Day
11 Veterans' Day; Sundae Day	26 Cake Day; Native American Heritage Day
12 Pizza with Works Day; French Dip Day	27 Bavarian Cream Pie Day; Small Biz Sat.
13 World Kindness Day	28 Hannukah Begins; French Toast Day
14 Pickle Day; Spicy Guacamole Day	29 Electronic Greetings Day
15 Recycle Day; Raisin Bran Cereal Day	30 Mason Jar Day; Mousse Day

Regarding Covid-19:

Safety and comfort of our residents and staff remains our number one priority during the Coronavirus cases that have happened nationwide. We are following mandated health guidelines. Please note that all activities are subject to cancellation per current mandated health guidelines. To read a full list of measures taken, and our current visitor policy, please visit our website.



Daylight Savings Time Ends! On Sunday, November 7th, at 2 AM, turn your clocks back one hour. Enjoy more light in the morning.



RESIDENT SPOTLIGHT: Deloris

Please help us welcome our community's newest member, Miss Deloris! Deloris is a little lady with a big personality. She was born in Detroit, Michigan, and also lived in New Mexico before coming to Colorado. Deloris was an elementary school teacher and also a high school substitute. She enjoys Christian music, going for walks, and she adores animals and children. We are so happy to have Deloris here with us at New Dawn .



STAFF SPOTLIGHT: Karley

This month, the staff spotlight shines on Karley! Karley is our sales and marketing director here at New Dawn Memory Care. She brings over 20 years of experience to our community, as well as a lighthearted fun-loving attitude. She has a passion for helping people find the perfect place to live. When Karley isn't working hard around the community to ensure all of our residents' needs are being met, she enjoys concerts, shopping, football games, and early morning walks with her golden retriever Gabbie.

NOVEMBER 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>
All activities subject to change per mandated health guidelines.	1 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	2 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	3 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 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	5 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	6 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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NOVEMBER 2021

New Dawn Memory Care • Canyon Cottage • 4184 Briargate Parkway • 719-352-3069

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