



4185 Briargate Parkway
Colorado Springs, CO 80920

Stamp



Administrative Team:

Executive Director: Susan Morris

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Maintenance Director: Richard Lee

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

News from New Dawn

December 2021 Newsletter



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Cold Weather Safety & Wellness Tips

We've all heard—and many agree, it's "the most wonderful time of the year!" With the changing weather in mind, here are a few ways to keep as safe and merry as possible!

Dress for Warmth

Stay toasty throughout winter with appropriate clothing for your surroundings. Outdoors, if it's very cold, be sure to wear warm socks, gloves, a heavy coat, a scarf, and a hat or ear muffs, and make sure exposed skin is covered. Indoors, if cold, dress in layers and keep feet covered. One's body temperature should never dip below 95 degrees.

Avoid Falling

In the winter, falls may occur due to slips on icy sidewalks and roads or wet indoor spaces. Avoid injury by wearing shoes with good traction and non-skid soles. Stay inside when at all possible, and wait to walk on sidewalks until you know that they have been treated for ice. It is also smart to have a walking buddy or two if you do head outdoors. If you have been outside and are returning to an indoor space, take off your shoes to avoid slipping due to wet soles.

Ward off Wintertime Blues

In the winter, there are fewer opportunities for people to get regular exercise and sunshine. There are also some stressors that come along with the holidays. These changes in routine may lead to feelings of loneliness, isolation, and sadness. Help fight off the winter blues by getting regular



exercise, participating in social activities, and eating a varied diet of Vitamin D fortified foods.

Avoid Fire Hazards & Carbon Monoxide Poisoning

It's lovely to enjoy the warmth of the fireplace or a scented candle in winter, but be prepared to avoid fire dangers. Heaters, fireplaces, stoves, candles, and holiday decorations can pose fire risks. Avoid possible fires and carbon monoxide poisoning by following fire safety rules, abiding by device manufacturer instructions, and making sure all alarms are functional. Also, practice routine fireplace maintenance, make sure electrical sockets are operating properly, and keep holiday decorations neat and in good repair. There's no shame in reaching out to a friend or loved one for help tending to these tasks.

We wish everyone a safe, warm, and fun-filled winter season this year! Let us know if you've found this information helpful in the comments section when we post our newsletter on the 1st!

Special Moments



Happy Birthday!



Nikki: Dec. 13th
Jesusita: Dec. 17th
Amanda: Dec. 23rd
Etelvina: Dec. 29th

Those born in December are Sagittarius (Nov. 22-Dec 21) or Capricorn (Dec. 22-Jan. 19). Their birthstone is Turquoise, zircon, or tanzanite. Their birth flower is Narcissus or Holly. Narcissus symbolizes rebirth and respect.

December 2021 Highlights

December observes human rights, handwashing awareness, older driver's safety awareness, spiritual literacy, learning languages, and food service safety! December celebrates writing to friends, being neighborly, root vegetables, pears, bingo, tropical fruits, eggnog, and art and architecture!

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|--|---|
| 01 Red Apple Day; Pie Day; Rosa Park Day | 17 Syrup Day; Ugly Holiday Sweater Day |
| 02 Mutt Day; Special Ed. Day; Fritter Day | 18 Twin Day; Roast Suckling Pig Day |
| 03 Persons w/ Disabilities Day; Faux Fir Day | 19 Oatmeal Muffin Day; Hard Candy Day |
| 04 Team Appreciation Day; Sock Day | 20 Sangria Day |
| 05 Sacher Torte Day; Intl. Volunteers' Day | 21 Winter Begins; Crossword Puzzle Day |
| 06 Gazpacho Day; Microwave Day | 22 Date Nut Bread Day; Forefathers' Day |
| 07 Remember Pearl Harbor Day; Illinois Day | 23 Pfeffernusse Cookies Day |
| 08 Be a Time Traveler Day; Brownie Day | 24 Christmas Eve; Eggnog Day |
| 09 Pastry Day; Christmas Card Day | 25 Christmas Day; Pumpkin Pie Day |
| 10 Chanukah Begins; Nobel Prize Day | 26 Kwanzaa Begins; Candy Cane Day; Thank You Note Day |
| 11 Noodle Ring Day; App Day; Indiana Day | 27 Fruitcake Day! |
| 12 Gingerbread House Day; Ambrosia Day | 28 Chocolate Day; Cards Day; Short Film Day |
| 13 Cocoa Day; Violin Day; Horse Day | 29 Pepper Pot Day |
| 14 Alabama Day; Monkey Day | 30 Bacon Day |
| 15 Cupcake Day; Wear Pearls Day; Tea Day | 31 New Year's Eve; Champagne Day |
| 16 Chocolate Covered Anything Day | |

Regarding Covid-19:

Resident and staff safety and comfort remains our number one priority. 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.

Winter Begins December 21st!

Our residents and staff shared what they love most about the season!

"The carolers" - Deloris

"All of the lights!" - Quana

"Pie, lots" - Richard

"My family is all together" - Annie

"Family time" - Alfonso

"Getting dressed up" - Michael



Staff Spotlight: Monica

This month, the staff spotlight shines on Monica! Monica is a skilled and devoted caregiver who is consistently going above and beyond for her team and our community as a whole. Monica is dedicated to providing loving care to all of our residents and she has been an essential part of our team since 2019. We are so appreciative of everything she does for our residents! Thank you so much Monica!



Resident Spotlight: Warren

Please help us welcome one of our newest residents! Warren was born in Gull Lake, Canada, where he lived until he was 18. Warren traveled quite a bit around Ohio and surrounding states and has had quite the life. Warren owned and operated his own cement company and was also a professional hockey player. He went on to marry his wife Mary Rose, a professional clown! Warren and his family are well known and loved by the New Dawn staff and we are so happy to welcome Warren and his adorable dog Sammy into our community!

DECEMBER 2021

New Dawn Memory Care

• Breckenridge Cottage

• 4184 Briargate Parkway

• 719-352-3069

SUN	MON	TUE	WED	THU	FRI	SAT
All activities subject to change per mandated health guidelines.			1 9:00 Bowling 10:00 Tea time 11:00 Remember when 12:00 Music requests 1:00 Bingo buddies 2:00 Documentary 2:30 Green thumb club 3:00 Crafters Corner 4:00 Bible study	2 9:00 Morning walk 10:00 Today in history 11:00 What did it cost? 12:00 Social hour 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 12:00 Social hour 1:00 Flower watering club 2:00 Documentary 3:00 Manicures 4:00 Aromatherapy	4 9:00 IN2L Exercise 10:00 Snack 11:00 IN2L Games 12:00 Social hour 1:00 Flower watering club 2:00 Documentary 3:00 Manicures 4:00 Aromatherapy
5 9:00 Sunday stretch 9:30 IN2L church 11:00 Spring tea 12:00 Social hour 1:00 Country music 2:00 Documentary 3:00 Manicures 4:00 Bible Study	6 9:00 Yoga/Stretch 10:00 Remember when 11:00 Fun in the sun 12:00 Social hour 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 12:00 Social hour 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 12:00 Music requests 1:00 Bingo buddies 2:00 Documentary 2:30 Green thumb club 3:00 Crafters Corner 4:00 Bible study	9 9:00 Morning walk 10:00 Today in history 11:00 What did it cost? 12:00 Social hour 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 12:00 Social hour 1:00 Flower watering club 2:00 Documentary 3:00 Manicures 4:00 Aromatherapy	11 9:00 IN2L Exercise 10:00 Snack 11:00 IN2L Games 12:00 Social hour 1:00 Flower watering club 2:00 Documentary 3:00 Manicures 4:00 Aromatherapy
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• 4184 Briargate Parkway

• 719-352-3069

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