



4185 Briargate Parkway
Colorado Springs, CO 80920

Stamp

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

News from New Dawn

January 2022 Newsletter



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Here's to You in 2022: Healthy New Year's Resolutions

A new year is a great time to focus on health and look at what great habits you have in place for yourself, and what areas you could improve upon. There's so many ways to approach taking on better habits, from exercise to sleep. These are just a few to consider!

Get Social

Taking part in group activities, being with others, and sharing your feelings boosts overall health. Ways to bring out your social butterfly:

- Attend group activities. Set small social goals each time you take part. Greet and share an observation or compliment.
- Have your hearing and vision tested to ensure that you aren't missing things.
- Practice your favorite hobby in a common area. Others may join you!
- If religious, attend group services.
- Use IN2L with your Life Enrichment Director.

Make Exercise Fun

Being active helps the whole body. Do some thinking about your favorite ways to be active and set small goals for daily activities (walking, dancing, stretching, lifting, bowling, golfing, or chair exercises). Work out with a buddy for motivation and safety. Share your successes!

Hydrate

Dehydration can affect people of all ages, but especially older adults. Ask your health professional how much water you should get each day, as it varies from person to person. To make hydration fun, in addition to water, try foods like watermelon, spinach, cucumbers, green peppers, and celery. Ways to detect fluid intake is adequate include rarely feeling thirsty and colorless or light yellow urine.

Prioritize Your Wellness

Reach out to your medical and dental health



Goal Idea: Eat more blueberries! Did you know blueberries can: improve brain function, protect the body from unstable molecules, lower blood pressure, and help prevent heart disease? These little blue buddies pack quite the health punch!

professionals as you head into 2022 to schedule wellness appointments. Staying on top of your well-being is the best gift you can give yourself.

Sleep Well

Sleep quality can be compromised in many ways. Try these goals to improve your sleep:

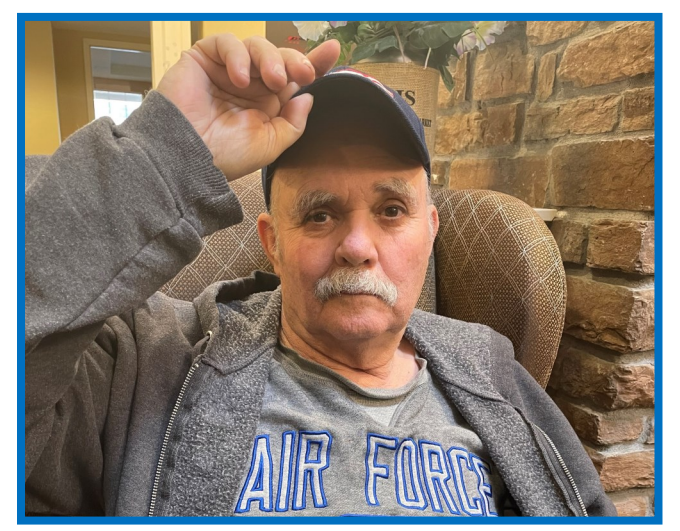
- Follow a pre-sleep routine / sleep schedule
- Avoid late afternoon naps or caffeine
- Avoid screens, lights, & large pre-bed meals

Have A Rainbow A Day...

It's true, the saying goes "an apple a day..." but a rainbow is more fun. When you eat, improve nutrition with a rainbow of different colored foods on your plate at each meal, with many colors coming from fruits and vegetables.

We wish you a healthy 2022! Let us know which of these focus areas spark your interest on our Facebook post on the 1st. 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



Happy Birthday!

Dakota on January 19th

Those born in January are Capricorn (Jan. 1-19) or Aquarius (Jan. 20-31). Their birthstone is garnet, symbolizing love and was discovered in Ancient Egypt. Their birth flowers are Carnations and Snow Drops. Carnations are among few flowers that can bloom in the cold!

January 2022 Highlights

January observes bath safety, mentoring, and braille literacy. It celebrates oatmeal, soup, hot tea, slow cooking, and Sunday suppers. It's Hobby Month so it's a great time to indulge in and share about hobbies!

- | | |
|---|---|
| 01 Bloody Mary Day; Set Resolutions | 17 MLK Jr. Day; Hot Buttered Rum Day |
| 02 Cream Puff Day; Science Fiction Day | 18 Pooh Bear Day; Thesaurus Day |
| 03 Chocolate Covered Cherry Day | 19 Popcorn Day; World Quark Day |
| 04 Spaghetti Day; Trivia Day; Braille Day | 20 Cheese Lovers' Day; Buttercrunch Day |
| 05 Whip Cream Day; Bird Day; Keto Day | 21 Granola Bar Day; Squirrels Day |
| 06 Bean Day; Tech Day; Shortbread Day | 22 Blonde Brownie Day |
| 07 Bobblehead Day; Tempura Day | 23 Pie Day; Handwriting Day |
| 08 Argyle Day; English Toffee Day | 24 Compliment Day; Peanut Butter Day |
| 09 Law Enforcement Day; Apricot Day | 25 Opposite Day; Intl. Irish Coffee Day |
| 10 Bittersweet Chocolate Day; Eagles Day | 26 Green Juice Day; Peanut Brittle Day |
| 11 Arkansas Day; Milk Day | 27 Chocolate Cake Day |
| 12 Pharmacists' Day; Chicken Curry Day | 28 Kazoo Day; Blueberry Pancake Day |
| 13 Stickers Day; Peach Melba Day | 29 Corn Chip Day; Puzzle Day |
| 14 Dress Pet Day; Pastrami Sandwich Day | 30 Croissant Day |
| 15 Hat Day; Bagel Day | 31 Artsy Day; Backwards Day; Cocoa Day |
| 16 Fig Newton Day; Eat Hot & Spicy Day; | |

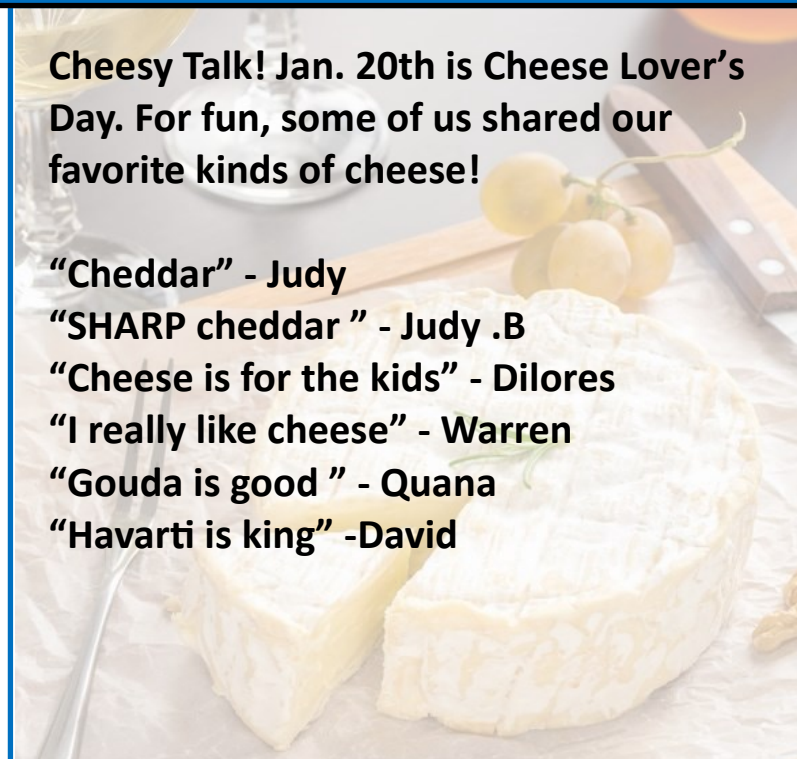


Regarding Covid-19:

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.

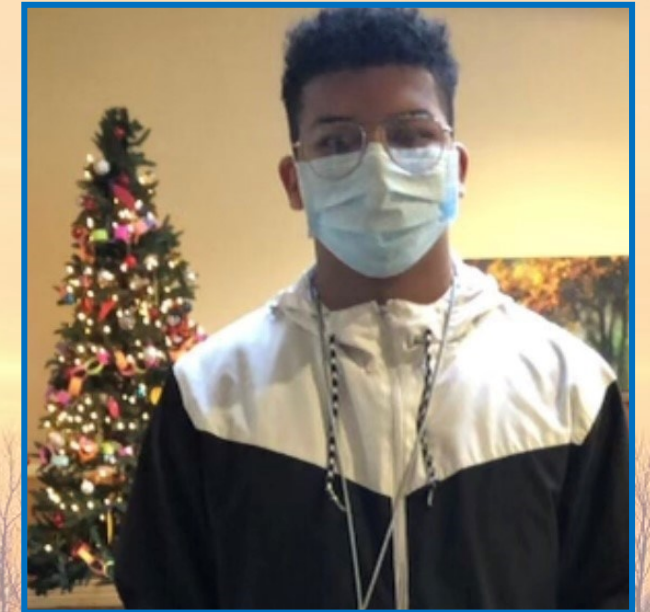
Cheesy Talk! Jan. 20th is Cheese Lover's Day. For fun, some of us shared our favorite kinds of cheese!

- "Cheddar" - Judy
- "SHARP cheddar " - Judy .B
- "Cheese is for the kids" - Diloires
- "I really like cheese" - Warren
- "Gouda is good " - Quana
- "Havarti is king" -David



RESIDENT SPOTLIGHT:
Sheila

Sheila was born in Vallejo California where she raised her children and worked as an elementary school teacher. Sheila is outgoing, sweet, and loves socializing with her friends, drinking coffee and doing word games and puzzles. Sheila is a master crafter and enjoys making art everyday to decorate her room. She has a cat named Olaf whom she loves like a child. We are lucky to have Sheila in our wonderful community. Say hi next time you see her, or challenge her to a bingo game if you think you have what it takes!



STAFF SPOTLIGHT:
Brandon

Our Employee of the month for January is Brandon! Brandon has been with New Dawn Memory Care for about a year and a half. In his short time here he's proven himself to be one of the most compassionate, patient, and capable caregivers. Brandon is a loyal and dedicated employee who bends over backwards for his residents, always has the best attitude and is willing to help in any situation. His dedication to New Dawn and our residents is so appreciated! Thank you for all you do Brandon!

JANUARY 2022

New Dawn Memory Care

• Breckenridge Cottage

• 4184 Briargate Parkway

• 719-352-3069

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• Canyon Cottage

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