



4185 Briargate Parkway
Colorado Springs, CO 80920

Stamp

Administrative Team:

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Asst. Executive Dir.: Stephanie Autovino
Dining Services Director: Mack James
Maintenance Director: Richard Lee
Community Relations Director: Bill Morris

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

News from New Dawn

February 2022 Newsletter



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Healthy Habits to Consider for Heart-Smart Living

Please follow advice of your medical professional and speak with them before changing diet, exercise, or supplements. This is for informational use only and should not be considered medical advice.

February is an important health month for all as it is heart-focused! It became so in 1963, when President Lyndon B. Johnson encouraged citizens to support solutions for a nationwide problem of heart diseases.

Solutions to better heart health—of which there are many—come from knowing risk factors, like high blood pressure, high cholesterol, smoking, diabetes, obesity, poor diet, physical inactivity, and excessive alcohol. Many risk factors can be addressed with lifestyle changes.

Where better to start that with an active lifestyle?! Getting out for a daily walk is great for weight management and the heart. The National Heart, Lung & Blood Institute recommends 30 minutes of moderate-level physical activity on most days of the week. Aerobic activity should be done in bouts of at least 10 minutes.

A healthy diet is also key. The American Heart Association lists a heart healthy diet as one that is rich in fruits, vegetables, whole-grains, low-fat dairy, skinless poultry and fish, nuts and legumes, and non-tropical vegetable oils. It limits saturated and trans fats, red meat, sweets, sugar-sweet beverages, and sodium. Items high in salt include tomato juice, soy sauce, and many prepared foods. The DASH Diet is a recommended one by the NHLBI.



Blood Pressure By the Numbers

(Source: National Heart, Lung, & Blood Institute)
Monitoring blood pressure with your medical professional is a smart move. If one has Hypertension (high blood pressure), that can almost always be prevented with a healthy weight, being physically active, a healthy diet, low sodium, alcohol only in moderation, and taking prescribed medications as directed.

Blood Pressure Category	Systolic (Upper Number)	Diastolic (Lower Number)
Normal	Less than 120	& Less than 80
Prehypertension	120-139	Or 80-89
Hypertension	140 or above	Or 90 or above

For older adults, impactful actions can be taken to improve heart health, such as stopping smoking, being physically active, having a healthy diet, and reducing alcohol to no more than two drinks per day for men, and no more than one drink per day for women. Managing stress is also important and can be approached with mindfulness meditation, deep breathing, and physical activity.

Let us know what heart healthy choices you make as part of your daily routine on our Facebook post for this month’s newsletter. We’d love to hear of your efforts!



Special Moments



Cheers!



Happy Birthday!

Suzie: Feb. 9th
Lisa: Feb. 12th
James: Feb. 22nd
Stephanie: Feb. 26th

Those born in February are either Aquarius “The Water Bearer” (Jan. 19-Feb. 19) or Pisces “The Fish” (Feb. 19-March 20). Aquarius birthstones are garnet or amethyst. Pisces birthstones are amethyst or aquamarine. The February birth flowers are iris and violet.

February 2022 Highlights

February is American Heart Month, Black History Month, Cancer Prevention Month and Wise Healthcare Consumer Month. It celebrates libraries, bird feeding, canned foods, embroidery, cherries, and American pies.

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| 01 Dark Chocolate Day; Baked Alaska Day | 15 Gumdrops Day; World Hippo Day |
| 02 Groundhog Day; Tater Tot Day; Ukulele Day | 16 Fat Tuesday; Almond Day; Anthropology Day |
| 03 Carrot Cake Day; Optimist Day | 17 Cabbage Day; Random Kind Acts Week |
| 04 Homemade Soup Day; Thank a Mail Carrier | 18 Wine Day; Pluto Day; Caregivers' Day |
| Day 05 World Nutella Day; Fun Outside Day | 19 Chocolate Mint Day; Arabian Horse Day |
| 06 FroYo Day; Chopsticks Day; Pizza Baking Day | 20 Cherry Pie Day; Muffin Day; Love Pets Day |
| 07 Alfredo Day; Periodic Table Day | 21 Presidents' Day; Sticky Bun Day |
| 08 Boy Scouts Day; Kite Flying Day; Iowa Day | 22 Sweet Potato Day; Margarita Day |
| 09 Bagel and Lox Day; Pizza Day | 23 Banana Bread Day; Dog Biscuit Day; Tile Day |
| 10 Cream Cheese Brownie Day; Donation Day | 24 Tortilla Chip Day; Toast Day; Chili Day |
| 11 Inventor Day; Backyard Bird Count Day | 25 Chocolate Nut Day; Clam Chowder Day |
| 12 Plum Pudding Day; Global Movie Day | 26 Pistachio Day; Tell a Fairy Tale Day |
| 13 Cheddar Day; Tortellini Day; Super Bowl LVI | 27 Retro Day; Strawberry Day; Kahlua Day |
| 14 Valentine's Day; Book Giving Day | 28 Floral Design Day; Chocolate Souffle Day |

February Facts: February is named for the Latin word Februum, or purification. The Welsh call February "y mis bach" meaning "little month." At one time, February had as few as 23 days! Together with January, it was the last of the months added to the Roman calendar.

Regarding Covid-19:

Safety and comfort of our residents and staff remains our first 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.



Visit our facebook page at: www.facebook.com/newdawncoloradosprings

Inventors' Day is Feb. 11. These are some inventions we are grateful for!

- "Computers and spacecrafts!" - Michael
- "Cell Phones are great" - Deloris
- "YouTube!" - David
- "Fancy cars like my sisters" - Helen
- "Cheese" - Alfonso
- "Wine" - Jay
- "Quick dry nail polish" - Esther



RESIDENT SPOTLIGHT: Judith

This month our resident spotlight shines on Miss Judy!

Judy was born on a ranch in Montana. She has always enjoyed taking care of her horses, painting, cooking, arranging flowers and decorating cakes. Judy is a veteran here at New Dawn and has been with us since 2017! In Judy's time here she has created countless works of art, beautiful crafts, and made so many of our staff members smile and laugh with her sweet quirky personality.

Thank you for being a light to us all Judy, we love you!



STAFF SPOTLIGHT: Brandy

New Dawn's employee of the month is Brandy!

Brandy has been with New Dawn for almost a year and has already become an essential part of the team. Brandy is a part of our dining services team and never fails to impress. Brandy enriches the community with her amazing energy and the recipes she creates with tender loving care. We are so lucky to have Brandy in our kitchen and community and look forward to many more delicious meals!

Thank you for all you do Brandy!

FEBRUARY 2022

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 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	2 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	3 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	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 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
	6 9:00 Sunday stretch 9:30 IN2L church 11:00 Tea time 12:00 Social hour 1:00 Country music 2:00 Documentary 3:00 Manicures 4:00 Bible Study	7 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	8 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	9 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	10 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	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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	20 9:00 Sunday stretch 9:30 IN2L church 11:00 Tea time 12:00 Social hour 1:00 Country music 2:00 Documentary 3:00 Manicures 4:00 Bible Study	21 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	22 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	23 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	24 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	25 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
	27 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	28 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				

FEBRUARY 2022

New Dawn Memory Care

• Canyon Cottage

• 4184 Briargate Parkway

• 719-352-3069

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	6 9:00 Sunday stretch 10:00 IN2L church 11:00 Tea Time 12:00 Social hour 1:00 Music/Sing along 2:00 Movie/popcorn 3:00 Manicures 4:00 Aroma therapy	7 9:00 Lets Stretch! 10:00 Snack and story 11:00 IN2L games 12:00 Social hour 1:00 Karaoke 2:00 Documentary 3:00 Room service 4:00 Happy hour	8 9:00 IN2L Exercise 10:00 Story time 11:00 Sensory therapy 12:00 Social hour 1:00 Fingerpainting 2:00 Family calls 3:00 Flower Arranging 4:00 Afternoon walk	9 8:00 Activity 9:00 Noodle Exercise 10:00 Sensory Stimulation 11:00 Morning walk 12:00 Social hour 1:00 Musical Therapy 2:00 Baking fun 3:00 Green Thumb Club	10 9:00 Morning walk 10:00 Arts and Crafts 11:00 Music Therapy 12:00 Social hour 1:00 Movie and Popcorn 2:00 Manicures 3:00 Mims 4:00 Room Service	11 9:00 Noodle Exercise 10:00 Sensory Stimulation 11:00 Morning walk 12:00 Social hour 1:00 Musical Therapy 2:00 Baking fun 3:00 Green Thumb Club 4:00 Aromatherapy
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