



4185 Briargate Parkway
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Stamp



Leadership Team

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Executive Director:

Susan Morris

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Bill Morris

Life Enrichment Director:

Dawn Thurman

Dining Services Director:

Mack James

Maintenance Director:

Richard Lee

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

News from New Dawn

April 2022 Newsletter



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Spring Into Volunteering!

You've probably heard the famous Aesop quote: "No act of kindness, no matter how small is ever wasted." It's true - we can better the world in so many different ways. This Spring, consider making a difference in a way you feel passionately about. It's the perfect time of year for giving as the season brings re-growth, warmer weather for connecting, and more opportunities to do so outdoors.

Starting right here at our senior living community, we offer options for volunteering including companionship, therapy animal visits, interactive lessons for many skillsets, and talent showcases (musical instrument playing, singing, magic, art, etc.). Reach out to our life enrichment director at our main number for information on how to sign-up.

In the greater community, consider numerous options for making a difference!

- Seek out a local community gardening group that gets together to grow vegetables or plant trees. Gardening with others of all ages is a great way to better the community, source produce locally, and grow intergenerational relationships.
- Head to a nearby animal shelter or call up an animal rescue organization to see how you can be of service. Rescues can benefit from animal companions, fosters, and donators. You may just fall in love with some fuzzy friends in the process!
- Contact a local food bank. FeedingAmerica.org is a great spot to start as it can link you to food banks in need of volunteers. Efforts vary from sorting and packing food for distribution to assisting at drive-up pantries, delivering meals, fundraising, food drives, and beyond.

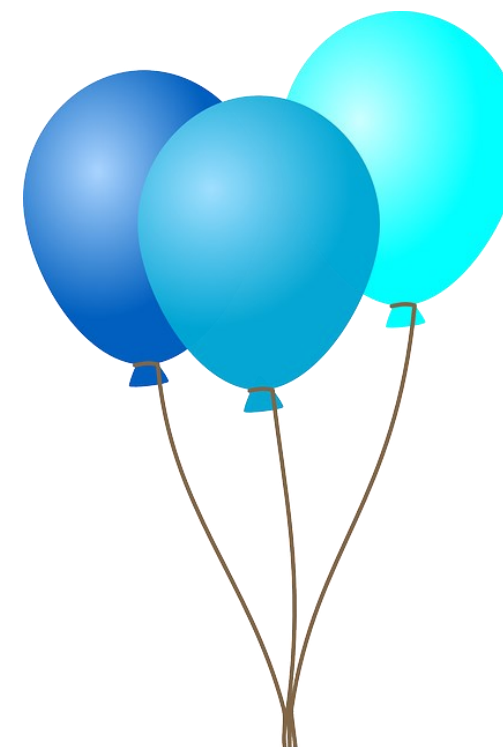
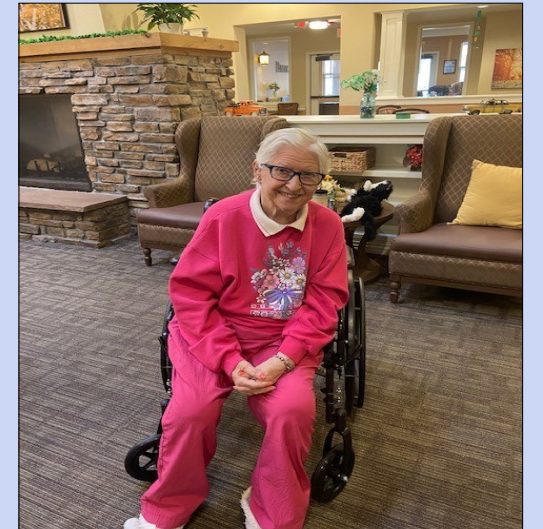


Ring Ring! Let the doorbell signal to supplies on the front step for one in need. Giving to others is also giving to yourself! Those who volunteer may experience mental health benefits and an increased sense of belonging in the greater community.

- Join a clean up crew! Keep America Beautiful has an online portal for volunteering. This Spring, you can participate in the Great American Cleanup program between March 21 and June 22.
- Visit the library and spend some time assisting with shelving books, helping with story time, hosting classes, or doing outreach. This option is great for inspiring responsibility among young volunteers.
- Get creative. Knit some hats for local NICU babies, create craft kits for children's hospitals, or write letters for seniors or soldiers who would love to receive them!

Check out VolunteerMatch.org for more ideas local to your area and interests. If you have a chance, let us know your favorite ways to volunteer or ideas for others to do so on our Facebook newsletter post on the first!

Special Moments



Happy Birthday!

Brandon: April 7th
Sarah: April 23rd

Those born in April are Aries (March 21 - April 19) and Taurus (April 20-May 20). The birthstone for April is the diamond. The birth flowers for April are the daisy and the sweet pea. April babies are said to be fearless, enthusiastic, and optimistic!

April 2022 Highlights

April observes Volunteering, Stress Awareness, and Healthcare Innovations. It celebrates guitars, jazz, poetry, humor, and gardening!

01 April Fool's Day; Sourdough Bread Day
 02 PBJ Day; Ferret Day; Handmade Day
 03 Film Score Day; Chocolate Mousse Day
 04 Walk Around Things Day; Vitamin C Day
 05 Caramel Day; Deep Dish Pizza Day
 06 Bookmobile Day; Walking Day
 07 World Health Day; Beer Day; Burrito Day
 08 Zoo Lovers' Day; Reflect on Gratitude Day
 09 Cherish Antiques Day; Name Yourself Day
 10 Farm Animal Day; Cinnamon Crescent Day
 11 Barbershop Quartet Day; Pet Day
 12 Grilled Cheese Day; Colorado Day
 13 Scrabble Day; Peach Cobbler Day
 14 Gardening Day; Pecan Day; Dolphin Day
 15 Good Friday; Glazed Ham Day
 16 Bean Count Day; Eggs Benedict Day; PJ Day
 17 Easter; Haiku Day; Ellis Island History Day
 18 Intl. Monuments & Sights Day; Radio Day
 19 Amaretto Day; Garlic Lovers' Day

20 Twin Day; Pineapple Upside Down Day;
 21 British Tea Day; Chocolate Cashews Day
 22 Earth Day; Jelly Bean Day
 23 Picnic Day; Cherry Cheesecake Day
 24 Pigs in Blankets Day; Pet Parent Day
 25 Hairstylist Day; Zucchini Bread Day;
 26 Audubon Day; Pretzel Day
 27 Prime Rib Day; Administrative Staff Day
 28 Poem Day; Superhero Day
 29 Arbor Day; Dance Day
 30 Oatmeal Cookie Day; Raisin Day; Jazz Day

Did you know?
 Earth Day, first
 celebrated in 1970,
 has a new theme
 each year. In 2022,
 it's "Invest in Our
 Planet!"



Executive Director's Corner

Often the change of the seasons can be a really significant time in your life, affecting more than just the weather. For me, spring feels like a rebirth, a fresh start, and an opportunity to make things happen. Our thoughts have a major impact on our day-to-day lives. Positive affirmations help to bring about spring in a positive light.



April 26th is Audubon Day celebrating the birth of John James Audubon in 1785. He was a French-American bird expert and painter famous for his illustrations and studies of American birds. These are some of the birds we admire:

"McCaw" -Mindy
 "Owl" -Allie
 "Hummingbird" -Rebeca
 "Peregrine Falcon" -Cyndi
 "Peacock" -Alyssa
 "Toucan" -Brady



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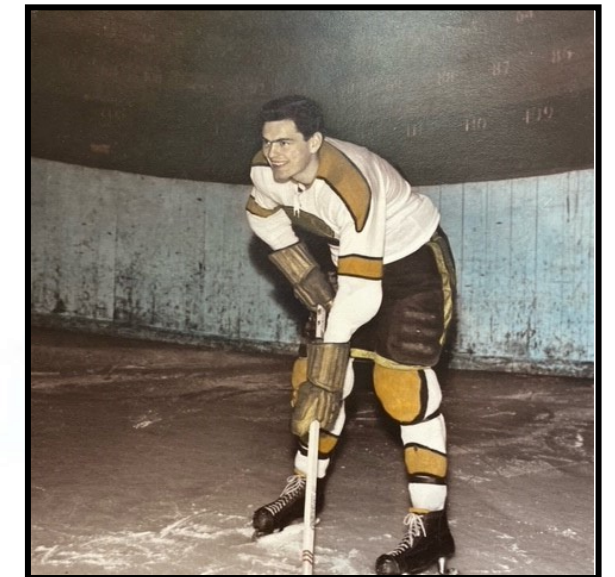


Staff Spotlight: Brady

Brady is our employee of the month. Brady has been at New Dawn for a very short time, but the residents love him as much as he loves them.

Brady goes to PPCC and majors in social work. He is one of New Dawn's housekeepers and is helping part time with activities. He is looking forward to the time when he will be able to do activities full time.

Brady likes to read mysteries and adventures novels. In his free time, he loves hiking, and spending time with his friends and loved ones. Brady is a hard worker and you can tell he has a big heart.



Resident Spotlight: Warren

This month, our resident spotlight is on Warren! Warren was born in Canada, and went to Alberta University. He played hockey for 10 years for many different teams. Warren was married to his wife, Mary Rosa, for 16 years, and had several children.

He loves playing golf. Warren had a golf course right next to his house in Canada. He likes to go for drives, and has traveled to England and Germany. He is a Christian and loves going to church. He also likes exercising and wants to go on more walks when the weather gets warmer.

We're so pleased to have you at New Dawn, Warren!

APRIL 2022

New Dawn

Breckenridge Cottage

4185 Briargate Parkway

Phone 719-352-3069

SUN	MON	TUE	WED	THU	FRI	SAT
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<div>3 9:00 Daily Devotion 9:30 Sing Favorite Hymns 10:00 Snack & Church 10:30 Hand Massages 11:00 Games On the IN2l 1:00 Popcorn and a Movie 3:00 Arm Chair Travel IN2L 4:00 Bible Study 6:00 Sunday Night Movie</div>	<div>4 9:00 Daily Devotion 9:10 Sing Favorite Hymns 9:30 Morning Stretch 10:00 Snacks 10:30 Short Story Reading 1:00 White Board Games 2:00 Snack & Reminisce 2:30 Ring Toss 3:00 Manicure & Massages 6:00 Favorite Classic on IN2L</div>	<div>5 9:00 Daily Devotion 9:10 Sing Favorite Hymns 9:30 Dancercise 10:00 Snack & Chat 10:30 White Board Games 11:00 Bingo 1:00 Favorite Show 2:00 Arm Chair Travel 4:00 Balloon Volleyball 6:00 Musical Movie Night</div>	<div>6 Music with Gus Mesa 9:00 Daily Devotion 9:10 Sing Favorite Hymns 9:30 Morning Stretch 10:00 Snack & Chat 11:00 Price is Right on IN2L 1:00 Arts & Crafts 2:00 Snack & Socialize 3:00 Music with Gus Mesa 4:00 Aroma Therapy 6:00 Residents Choice Movie</div>	<div>7 9:00 Daily Devotion 9:10 Sing Favorite Hymns 9:30 Dancercise 10:00 Snack & Reminisce 11:00 Spring Tea Party 1:00 Flower Arranging 2:00 Movie & Popcorn 3:00 One-On-Ones 4:00 50's Music & Dancing 6:00 Favorite Classic</div>	<div>8 Gratitude Day 9:00 Daily Devotion 9:10 Sing Favorite Hymns 9:30 Morning Stretch 10:00 Snack & Gratitude Chat 11:00 Mani's & Massages 1:00 Balloon Volleyball 2:00 Snack & Social 3:00 IN2L Games 4:00 Spring Craft 6:00 Friday Night Movie</div>	<div>9 9:30 Armchair Travel 10:00 Snack & Play on IN2L 10:30 Short Story Readings 11:00 Sing-a-long w/ Charles 1:00 Rock Painting 2:00 Bingo 3:00 Aroma Therapy 4:00 Let's Walk 6:00 Movie Night</div>
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<div>17 HAPPY EASTER 9:00 Easter Service 9:30 Sing Favorite Hymns 10:00 Easter Service 10:30 Hand Massages 11:00 Easter Egg Hunt 1:00 Popcorn and a Movie 3:00 History of Easter 4:00 Bible Study 6:00 Sunday Night Movie</div>	<div>18 Patriot's Day 9:00 Daily Devotion 9:30 Sing favorite Hymns 10:00 Snacks 10:30 Short Story Reading 11:00 Comedy Hour on IN2L 1:00 White Board Games 2:00 Snack & Reminisce 2:30 Ring Toss 3:00 Manicure & Massages 6:00 Favorite Classic on IN2L</div>	<div>19 9:00 Daily Devotion 9:10 Sing Favorite Hymns 9:30 Dancercise 10:00 Snack & Trivia 11:00 Bingo 1:00 Favorite Show 1:30 Bowling Challenge 2:00 Arm Chair Travel 4:00 Balloon Volleyball 6:00 Musical Movie Night</div>	<div>20 Banana Day 9:00 Daily Devotion 9:10 Sing Favorite Hymns 9:30 Morning Stretch 10:00 Snack & Chat 11:00 Price is Right on IN2L 1:00 Arts & Crafts 2:00 Snack & Socialize 3:00 Pampering & Mani's 4:00 Aroma Therapy 6:00 Residents Choice Movie</div>	<div>21 9:00 Daily Devotion 9:10 Sing Favorite Hymns 9:30 Dancercise 10:00 Snack & Reminisce 11:00 Finish the Lines 1:00 Puzzle Club 2:00 Movie & Popcorn 3:00 One-On-Ones 4:00 70's Music & Dancing 6:00 Favorite Classic</div>	<div>22 Earth Day 9:00 Daily Devotion 9:10 Sing Favorite Hymns 9:30 Morning Stretch 10:00 Snack & Gratitude Chat 11:00 Mani's & Massages 1:00 Balloon Volleyball 2:00 Snack & Social 3:00 Earth Day History on IN2L 4:00 Spring Craft 6:00 Friday Night Movie</div>	<div>23 9:30 Armchair Travel 10:00 Snack & Play on IN2L 10:30 Sing A-Long 11:00 Short Story Readings 1:00 Rock Painting 2:00 Bingo 3:00 Aroma Therapy 4:00 Let's Walk 6:00 Movie Night</div>
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