



2000 S. Blackhawk Street
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PLACE STAMP
HERE



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

The Sunflower Times

New Dawn Memory Care Newsletter — February 2017



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How to Boost Your Heart Health

February has long been associated with hearts. Americans have been exchanging heart-shaped Valentines in the leap month since the cards were first mass produced in the United States in 1847. More recently in the US however - since December 30, 1963 - February has also been designated American Heart Month.

Fifty four years ago, in his Proclamation 3566, former US President Lyndon B. Johnson cited a "nationwide problem of heart and blood-vessel diseases" and urged citizens to support programs required to bring about its solution. Sadly, five decades later, heart disease is the number one cause of death in the US for men and women – more than all cancers combined – and it takes an average of 610,000 lives every year, according to the Centers for Disease Control and Prevention.

Heart disease remains a battle, but it is one that can be fought at all ages. The first step is knowing the risks that lead to poor heart health. According to the CDC, risks for heart disease include medical conditions and lifestyle choices such as:

- high blood pressure
- high cholesterol
- smoking
- diabetes
- obesity
- overweightness
- following a poor diet
- physical inactivity
- excessive alcohol use

For seniors, specific actions can be taken to reduce such risks. In addition to quitting smoking and decreasing excessive alcohol consumption, here are a few of them:

Note: Each individual should follow the advice of their medical professional(s) or doctors and speak with them before making changes to diet and/or exercise.



Get Active

According to the American Heart Association, older adults should have at least 30 minutes of moderate physical activity five times each week or 20 minutes of vigorous activity three times each week, with intensity levels varying per person. Muscle strengthening and endurance activities twice each week, as well as flexibility and balance exercises are important.

Eat Better

The US Department of Agriculture recommends the following diet for seniors in the US who get fewer than 30 minutes of moderate physical activity each day. Those who are more active than that may be able to consume more while meeting calorie needs.

Manage Cholesterol

There are two types of cholesterol in our bodies, good (HDL) and bad (LDL). The first step in improving cholesterol is to seek out a medical professional to find out your levels for both cholesterol types. If your bad cholesterol (LDL) is high, make sure to have a health professional help you to monitor it. Cholesterol is very much related to diet. According to the USDA, eating more unsaturated fats than saturated and trans fats can reduce the risk of heart disease and improve good (HDL) cholesterol.

Valentine's Day History



killed. Valentine was a bishop who defied the Emperor's ban and performed marriage ceremonies in secret. Claudius found out about his activities and had him arrested. While in prison, Valentine was approached by the jailer and asked to restore sight to his blind daughter. According to lore, she was cured by Valentine and they fell in love.

Emperor Claudius met with Valentine in jail. He tried to convince him to worship the Roman Gods, in order to save his life, but was unsuccessful. Valentine's dignity and conviction angered Claudius and he sentenced him to death. It is said that on the morning of his execution, Valentine sent a farewell message to the jailer's daughter signed, "From your Valentine." Valentine was martyred for refusing to renounce his religion. He is believed to have been executed on February 14, 270 AD.

It is not exactly known why the 14th of February is Valentine's Day or if St. Valentine really had any relation to this day. The history of Valentine's Day is impossible to obtain from any archive. We have only legends as our source for the history of Valentine's Day.

According to legend, in the 3rd century the Emperor Claudius did not want any of his soldiers falling in love and marrying. He felt that married men were more attached to their families, and would not make good soldiers. So he declared marriage illegal and anyone performing ceremonies would be

February 14th became a day for all lovers and Valentine became its Patron Saint. It began to be annually observed by young Romans who offered handwritten greetings of affection, known as Valentine's.



**"Nice to be in Love"
- Carolyn J.**



**"Be Mine...."
- Lee D.**

February Highlights — You're Invited!

Feb. 2nd: Groundhog Day—Trivia and a Scavenger Hunt

Feb. 5th: Super Bowl Party

Feb. 14th: Valentine's Day—a day of showing our Love.

Feb. 18th: Sweetheart Dance for Resident's and Loved Ones
Celebrity Couples of the 1940's
2 pm till 4 pm

Feb. 20th: President's Day

Feb. 28th: Mardi Gras along with our February Birthday Celebration



Family Counsel Meeting!
"Bending Without Breaking"
Time and date to be
announced

Our Favorite Valentines



"Love is a good friend"
- Margaret M.

Q: What did the Valentine card say to the stamp?
A: Stick with me and we'll go places!

Knock, Knock,
Who's there?
Olive
Olive Who?
Olive you!

Chocolate Covered Strawberries

Prep time: 20 minutes

Total time: 20 minutes

Yield: 1 lbs. chocolate covered strawberries

Ingredients

- 1 pound strawberries
- 3/4 cup (6 oz.) semisweet chocolate
- 1 teaspoon coconut oil
- 1/2 teaspoon pure vanilla extract

Instructions

1. Wash the strawberries and pat them dry completely. Line a baking sheet with a silpat or parchment paper. Set aside.
 2. In a double-boiler, heat the semisweet chocolate, coconut oil, and vanilla extract until the chocolate is melted and smooth, stirring frequently.
 3. Dip the strawberries, holding them by the leaves, in the chocolate mixture and place on the prepared baking sheet.
 4. Place the chocolate covered strawberries in the freezer to set for about 10 minutes. You can serve at this point or melt some additional chocolate and drizzle it over the top.
- If you're making these ahead of time, place in a Pyrex container and pop them in the fridge until you're ready to serve. They'll keep for about 3-5 days in the fridge, or if you freeze them, they'll last for 3 months.
- Microwave method: Heat the semisweet chocolate in 30-second bursts, stirring in between each burst, until smooth and melted. Be careful not to burn the chocolate.



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February Birthdays

February 2017

New Dawn Memory Care
2000 S. Blackhawk Street
Aurora, CO 80014
www.NewDawnAurora.com

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|--|--|---|--|
| | | | 1 8:45 Current Events 9:00 Morning Stroll/Hydration 9:30 Memories In the Making 10:30 Green Word 11:00 IN2L 1:15 Noodle Ball 2:30 Aroma Therapy 3:30 1:1/Evening Stroll | 2 Groundhog Day 8:45 Morning News 9:00 Fitness/Hydration 9:30 Groundhog Day Trivia 10:30 String Art 11:00 Karaoke 1:15 Groundhog Day Hunt 2:30 Afternoon Coffee 3:30 1:1/Evening Stroll | 3 8:45 This Day in History 9:00 Fitness/Hydration 9:30 Arts & Crafts 10:30 IN2L Games 11:00 Sensory Stimulation 1:15 Get up & Move 2:30 Champagne & Cheese 3:30 1:1/Evening Stroll | 4 8:45 Local News 9:00 Fitness/Hydration 9:30 Music Therapy 10:30 Arts & Crafts 11:00 IN2L Trivia 1:15 Glamour Day 2:30 Board Games 3:30 1:1/Evening Stroll |
| 5 Super Bowl Sunday 8:45 This Day in History 9:00 Morning Stroll/Hydration 9:30 Ball Toss 10:30 Football Trivia 11:00 Hymns/Singing 1:00 Church Service 2:30 Super Bowl Party 3:30 1:1/Evening Stroll | 6 8:45 Morning News 9:00 Fitness/Hydration 9:30 Mystery Box 10:30 Arts & Crafts 11:00 Reminiscing 1:15 Puzzles & Games 2:30 Bingo 3:30 1:1/Evening Stroll | 7 8:45 This Day in History 9:00 Fitness/Hydration 9:30 Arts & Crafts 10:30 History of Cookies 11:00 Sensory Stimulation 1:15 Get up & Move 2:30 Tea & Cookies 3:30 1:1/Evening Stroll | 8 8:45 Local News 9:00 Yoga/Hydration 9:30 Memories In the Making 10:30 Aroma Therapy 11:00 Hand Massage 1:15 Chicktionary 2:30 Sun Catchers 3:30 1:1/Evening Stroll | 9 8:45 Current Events 9:00 Morning Stroll/Hydration 9:30 IN2L 10:30 I Spy Game 11:00 American Adventure 1:15 Noodle Ball 2:30 Smoothies 3:30 1:1/Evening Stroll | 10 8:45 Morning News 9:00 Fitness/Hydration 9:30 Arts & Crafts 10:30 Word Games 11:00 Music Therapy 1:15 Reminisce of the Past 2:30 Pizza & Beer 3:30 1:1/Evening Stroll | 11 8:45 This Day in History 9:00 Fitness/Hydration 9:30 Arts & Crafts 10:30 IN2L TV Commercials 11:00 Karaoke 1:15 Get up & Move 2:30 Glamour Day 3:30 1:1/Evening Stroll |
| 12 8:45 Morning News 9:00 Fitness/Hydration 9:30 Music Therapy 10:30 Catholic Church 12:00 Lunch 1:00 Church Service 2:30 Games/Cards 3:30 1:1/Evening Stroll | 13 8:45 Morning News 9:00 Fitness/Hydration 9:30 Arts & Crafts 10:30 Word Games 11:00 Valentine Matching 1:15 Reminiscing Ball 2:30 Afternoon Coffee 3:30 1:1/Evening Stroll | 14 Valentine's Day 8:45 History of Valentines Day 9:00 Fitness/Hydration 9:30 Valentine Card Making 10:30 Love Songs 11:00 Sensory Stimulation 1:15 Get up & Move 2:30 Tea and Treats 3:30 1:1/Evening Stroll | 15 8:45 News and Brew 9:00 Yoga/Hydration 9:30 Memories In the Making 10:30 Men in History 12:00 Men's Luncheon 1:30 Bingo 2:30 Games/Puzzles 3:30 1:1/Evening Stroll | 16 8:45 Current Events 9:00 Morning Stroll/Hydration 9:30 Jokes of the Day 10:30 American Adventure 11:00 Family Feud 1:15 1940's Parade 2:30 IN2L 3:30 1:1/Evening Stroll | 17 8:45 Morning News 9:00 Fitness/Hydration 9:30 Make Party Decorations 10:30 Blue Word 11:00 Classic Shows 1:15 Get Up & Move 2:30 Bake Cookies 3:30 1:1/Evening Stroll | 18 Sweetheart Dance 8:45 1940's Trivia 9:00 Fitness/Hydration 9:30 IN2L 10:30 Party Set up 2:00 Sweetheart Dance 4:00 Party Cleanup |
| 19 8:45 Morning News 9:00 Fitness/Hydration 9:30 Music Therapy 10:30 Chicktionary 11:00 Classic Shows 1:00 Church Service 2:30 Movie and Popcorn 3:30 1:1/Evening Stroll | 20 President's Day 8:45 Morning News 9:00 Fitness/Hydration 9:30 Mystery Box 10:30 Arts & Crafts 11:00 Name That President 1:15 1950's Parade 2:30 Family Feud 3:30 1:1/Evening Stroll | 21 8:45 This Day in History 9:00 Fitness/Hydration 9:30 Arts & Crafts 10:30 Sensory Stimulation 11:00 History of Cookies 1:15 Get up & Move 2:30 Tea & Cookies 3:30 1:1/Evening Stroll | 22 8:45 News and Brew 9:00 Yoga/Hydration 9:30 Memories In the Making 10:30 Karaoke 11:00 Aroma Therapy 1:15 IN2L 2:30 I Spy Game 3:30 1:1/Evening Stroll | 23 8:45 Current Events 9:00 Morning Stroll/Hydration 9:30 Jokes of the Day 10:30 Ladies in History 12:00 Women's Luncheon 1:30 Noodle Ball 2:30 Smoothies 3:30 1:1/Evening Stroll | 24 8:45 Morning News 9:00 Fitness/Hydration 9:30 Arts & Crafts 10:30 Name This Animal 11:00 Red Word 1:15 Bingo 2:30 TGIF Drinks 3:30 1:1/Evening Stroll | 25 8:45 This Day in History 9:00 Fitness/Hydration 9:30 Arts & Crafts 10:30 IN2L Trivia 11:00 Karaoke 1:15 Get up & Move 2:30 Glamour Day 3:30 1:1/Evening Stroll |
| 26 8:45 Morning News 9:00 Fitness/Hydration 9:30 Karaoke 10:30 Remember When? 11:00 IN2L Games 1:00 Church Service 2:30 American Adventure 3:30 1:1/Evening Stroll | 27 8:45 Morning News 9:00 Fitness/Hydration 9:30 Arts & Crafts 10:30 I Spy Game 11:00 Music Therapy 1:15 Get Up & Move 2:30 Reminiscing Ball 3:30 1:1/Evening Stroll | 28 Celebration Day 8:45 News and Brew 9:00 Fitness/Hydration 9:30 Sensory Stimulation 10:30 Classic Shows 11:00 Mystery Box 1:15 Birthday & Mardi Gras Celebration 3:30 1:1/Evening Stroll | | | | |

Activities are subject to change without notice.

Residents

Don D. (2/6)

Larry W. (2/13)

Shirley G. (2/15)

Dean N. (2/20)

Staff

Mary Rose (2/6)

Betty (2/13)

