

# Neurological Rehabilitation Adult Day Program

April 2022 Newsletter



## *“No matter how long the winter, spring is sure to follow.”*

On Thursday, March 10th, Easterseals Colorado hosted its inaugural “Top of the Morning” Breakfast Fundraiser. In effort to raise awareness for those living with disabilities and help them achieve greater independence, guests were invited to enjoy a delicious meal together and learn about the mission and work of Easterseals Colorado.

We are proud to say that Louis McGowan, stroke survivor and current participant of the NRADP, was the guest speaker. Joined by his youngest son, his mom, and his sister – Louis shared his story and shed a light on the obstacles that he and the other participants of the NRADP have overcome.

We are so grateful for the bravery and positivity displayed by Louis – and we thank him for always reminding us that  
*“no matter how long the winter, spring is sure follow!”*



*Where  
FLOWERS  
bloom,  
SO DOES  
hope*

## COVID-19 POLICY UPDATES

Despite the relaxation of many local and state mandates, the NRADP will continue to adhere to an indoor mask policy during program hours for all staff, participants, and visitors. We will also continue to encourage frequent hand washing and social distancing when possible.

**As of April 1<sup>st</sup>, we will no longer be requiring daily health screens. We ask that each participant takes a personal responsibility in monitoring for potential symptoms of Covid-19 or any other infectious disease. If you are feeling sick or are displaying any signs of illness, please stay home.**

We will continue to monitor the status of Covid-19 as it pertains to our day program. We will work on any piece that may change as things evolve and communicate the change appropriately.

## OCCUPATIONAL THERAPY MONTH

April is Occupational Therapy Month – a time to highlight a profession that “enables people of all ages to participate in daily living or live better with injury, illness, or disability.”

**Our wonderful team of Occupational Therapy clinicians – Jessica Richardson, COTA/L; Jaime Baker, COTA/L; Megan Bottinelli, OTR/L – work hard every day to develop and maximize the potential for our participants psychological, physical, emotional, and social goals. Thank you ladies for all that you do!!**

## “BACK TO BASICS” HEALTH TIPS

As we continue with our monthly reminder for healthy living habits, the focus for this month is movement. With winter coming to an end, it's the perfect time to put a little “spring” in your step. 😊 According to the CDC, a good starting goal is at least 150 minutes a week. That's about 20-30 minutes per day. If you don't want to sweat the numbers, **just move more!**

It's helpful to find forms of exercise you like and are able to stick with daily. Below are just a few examples:

- **Take a walk or a roll** around the house, out in your neighborhood, or here at the NRADP.
- **Perform chair stretches** just after waking up or before going to bed. They can be done seated at the edge of your bed.
- **Do some “sit-to-stands”** while watching TV. Give your glutes a rest and stretch out your hips during commercial breaks.

For more information, visit:

<https://www.cdc.gov/physicalactivity/basics/adults/index.htm>

## APRIL CELEBRATIONS

### Birthdays

Steve: April 1  
Michael: April 5  
Tina: April 18

### Holidays & Observances

April 1: April Fool's Day  
April 2: World Autism Day  
April 7: World Health Day  
April 14: Nat'l Gardening Day  
April 17: Easter Sunday  
April 19: Nat'l Garlic Day  
April 22: Earth Day  
April 28: Nat'l Superhero Day

*Occupational Therapy Month*



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