

Neurological Rehabilitation Adult Day Program

April 2023 Newsletter



LEARNING HOW TO COPE

Stress is inevitable. There is no single definition of stress, and there is also no single cause of stress. While not all stress is bad – we know that long-term physical, mental, or emotional stress can have serious negative effects on your health.

During the month of April, the NRADP is honoring **NATIONAL STRESS AWARENESS MONTH** by recognizing the negative impact of stress and offering some tips for coping. While it might not be possible to avoid all stress, we hope to provide a few simple ways to effectively manage some of that extra anxiety. We already know it's important to eat healthy, move your body, and get enough sleep. Here are a few other ideas on how to cope:

- **Take a break from the news/social media.** It's good to be informed, but constant information about negative events can be upsetting and overwhelming.
- **Connect with others.** Talking with people you trust or meeting with a community- or faith-based group can help to face challenges that would otherwise seem daunting.
- **Set aside time for you.** Mark it on your calendar or put it in your planner to take a few deep breaths, stretch, meditate, or engage in other activities that bring YOU peace.

For more information and resources, visit:

<https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress/>



COPING WITH CAREGIVING

As an added resource, the Colorado Respite Coalition is offering the **Caregiver Stress-Busting Program**. Offered at NO COST, this program is a great way for caregivers to take a break, make friends, and learn additional stress management techniques.

- **WHO:** Family caregivers of persons with dementia or a chronic illness
- **WHAT:** 9-week multi-component program that teaches techniques for stress management, relaxation, and coping
- **WHERE:** Virtual via Zoom
- **WHEN:** April 12-June 7, Wednesdays from 1:30-3:00PM (time is flexible based on interest)

To register or for more information, contact the Colorado Respite Coalition:

303.233.1666 (x614) • CRCinfo@eastersealscolorado.org

OCCUPATIONAL THERAPY MONTH

When it comes to neurological rehab, occupational therapy is an essential part of an individual's healing journey. Occupational therapy is a science-driven, evidence-based profession that enables people of all ages to live better with injury, illness, or disability.

This month we celebrate our exceptional team of OT clinicians – Megan Bottinelli, OTR/L; Jessica Richardson, COTA/L; and Jaime Baker, COTA/L. Because of their focus on a person's psychological, physical, emotional, and social make-up – the participants of the NRADP continue to work on:

- Achieving their goals
- Functioning at the highest possible level
- Concentrating on what matters most
- Rebuilding and maintaining their independence
- Participating in the everyday activities that make life possible and worth living

For more information on **#OTmonth** and this essential discipline, please visit: <https://www.aota.org/events/calendar/ot-month>

PROGRAM UPDATES

STAFFING CHANGES

We are sad to announce that our Physical Therapist Marcia Walker will be retiring in April. We are so grateful for the time, energy, and inspiration that Marcia has given to our participants and this program. We will miss her, but we wish her all the best in her new adventures of retirement! THANK YOU & GOOD LUCK!!

SUPPORT GROUP TIME CHANGE

As of April, the time of the NRADP Support Group will be changing. We will now be meeting from **11:00AM-12:00PM**. The support group will still take place on the 3rd Wednesday of every month. This time change will go into effect for the next meeting on April 19th.

EASTERSEALS 2024 ART CALENDAR

Easterseals National is inviting all participants to submit their original artwork for the chance to be featured in the 2024 Calendar. All submissions should be 8-1/2" x 11" or 18" x 24" in size and have a horizontal orientation. All entries must be received by May 8, 2023.

To review full details and receive a copy of the official entry form – please ask any of the NRADP staff members.

NRADP REFERRAL PROGRAM REMINDER

If you know of someone that would be a good fit for our program, you may be eligible to receive a \$50 Referral Incentive. Once the referral is a CONFIRMED participant and has attended the NRADP for a minimum of 4 days, the referring participant or caregiver will receive their \$50 payout.

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 5: Nat'l Walking Day
April 9: Easter Sunday
April 10: Nat'l Siblings Day
April 13: Scrabble Day
April 22: Earth Day
April 23: Nat'l Picnic Day
April 30: Nat'l Honesty Day

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