

Neurological Rehabilitation Adult Day Program

February 2023 Newsletter



HEART HEALTH MONTH

The month of February highlights loving others and loving ourselves. As we celebrate both Valentine's Day and American Heart Month, it is a great time to focus on the heart. Heart disease is the leading killer of Americans, but the good news is 80% of cardiovascular diseases may be preventable with education and action. There is a lot that can be done to keep your physical heart healthy, and it is never too late to start!

RECIPE FOR A HEALTHY HEART



- ♥ Eat a healthy diet
- ♥ Maintain a healthy weight
- ♥ Exercise regularly
- ♥ Monitor blood pressure
- ♥ Don't smoke
- ♥ Limit alcohol use
- ♥ Check your cholesterol
- ♥ Take medications as prescribed by your doctor

For more resources on fighting heart disease and stroke, visit:

<https://www.heart.org/en/>

HEART HEALTHY HABITS

It's easy to *TALK* about prevention, but what are some things that you can *DO* to take care of your heart? Here are a few simple tips to taking your heart health seriously.

STAY HYDRATED...

Adults who stay well-hydrated develop fewer chronic conditions like heart disease and tend to live longer lives, according to a National Institutes of Health study. The average adult should be consuming at least 8 cups of liquid per day. This can be done with water as well as other fluids or fruits and vegetables.

SOURCE: <https://neurosciencenews.com/hydration-aging-22156/>

...BUT AVOID THESE BEVERAGES!

If you are trying to reduce your risk of heart disease and other health problems, it is important to stay away from the following drinks, as they can cause increased levels of inflammation.

- Sugary lattes/coffee drinks
- Flavored milks
- Sweet tea
- Store-bought smoothies
- Soda

SOURCE: <https://www.yahoo.com/lifestyle/5-drinks-secretly-increasing-inflammation-014126903.html>

PROGRAM NEWS

Please note the following notices and updates for the NRADP:

PROGRAM MANAGER OUT OF OFFICE

Program Manager Marianne will be out of the office and unavailable from Monday, February 13 through Monday, February 27. She will return Tuesday, February 28. In her absence, please call or text:

Sr. Program Director Jessica, 303.596.2819

OTA Jaime, 720.769.9734

PROGRAM PRICE INCREASE

Effective March 1, 2023, the NRADP will be implementing the following price increases:

- **Full day** of participation: \$120
Begins at 9am and ends by 3pm. Lunch included.
- **Half day** of participation: \$95
Begins at 9am and ends by 12pm. Lunch NOT included.

We have worked hard to prevent this increase over the past few years, but we are now forced to make this change to account for inflation, rising costs of goods, and general increased operating expenses. Our staff continues to be dedicated to the rehabilitative success and furthered independence of all participants. If you have any questions, please do not hesitate to contact Jessica Richardson.

PARTICIPANT/CAREGIVER SURVEYS REMINDER

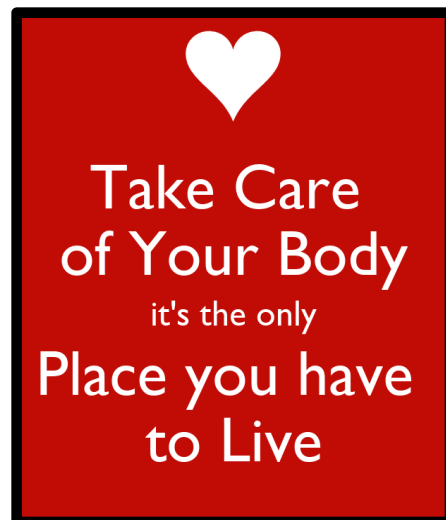
Your feedback matters! Please be sure to complete and return the Participant and Caregiver Surveys that were sent home. Your responses will help to evaluate the success of the NRADP and to address any current challenges. We appreciate your time and assistance with this request.

VIRTUAL PROGRAMMING

In the event of a Snow Day, the NRADP will offer virtual programming via the Easterseals Colorado Facebook page:

<https://www.facebook.com/EastersealsCO/>

Videos will be posted at 10AM and 1PM and can be viewed at your leisure. If you are able to tune in, please give the videos a LIKE or leave a COMMENT, so we know you are watching! 😊



FEBRUARY CELEBRATIONS

Holidays & Observances

- Feb 2: Groundhog Day
- Feb 3: Nat'l Wear Red Day
- Feb 9: Nat'l Pizza Day
- Feb 10: Int'l Cribbage Day
- Feb 12: Super Bowl Sunday
- Feb 14: Valentine's Day
- Feb 17: Nat'l Caregivers Day
- Feb 20: Presidents' Day
- Feb 21: Mardi Gras

*American Heart Month
Black History Month
Cancer Prevention Month*

Staff Contact Info

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