

Neurological Rehabilitation Adult Day Program

July 2022 Newsletter



RISING TOGETHER

We are proud to highlight Breanna, a participant of the NRADP, for her participation in the **RISE (Rising together In Search of Excellence)** program at Arapahoe Community College. A collaboration between ACC, Craig Hospital, and MINDSOURCE-Brain Injury Network at the Colorado Department of Human Services – RISE is a new program designed to bridge the transition between hospital-based rehabilitation and return to the community for adults living with an Acquired Brain Injury.



For individuals like Breanna, RISE offers these courses as a means to address the cognitive and psycho-social skills needed to achieve post-injury goals. To read more about this program, and to watch the full video of what Breanna has to say about her experience with RISE, follow the link below:

https://www.campusce.net/arapahoe/course/course.aspx?catId=103&fbclid=IwAR028mx689z_HEK_NPdrx9zTCUEiidQhp39CiYBP_33HgJDd-2MllyDQQDF0

LOOKING AHEAD *Community Outings*

In the coming weeks, we will be adding various community outings back to our monthly calendar. It is our hope and intention to offer different activities for our participants to experience within our local community. Please be on the lookout as we get these outings scheduled. We will be sure to communicate all pertinent details as available.

Special Olympics

Easterseals Colorado is currently in discussion to join and participate in team sports events with Special Olympics. Starting this fall, the intention will be to form a team of Easterseals Colorado program participants, with a coaching crew being provided and regular practices occurring. The goal will be to compete in the Spring 2023 events.

FOOD ASSISTANCE

The need for nutritious, affordable food is greater than ever right now. With increased costs and rising grocery bills, we understand that many budgets are being stretched to their limits. Should you or anyone you know be in need of food assistance, we have compiled a list of resources for you to use at your discretion.

Food Bank of the Rockies: Pantry Locator

<https://www.foodbankrockies.org/find-food/>
303-371-9250

We Don't Waste: Mobile Markets

<https://www.wedontwaste.org/what-we-do/mobile-markets/>
720-443-6113

Hunger Free Colorado

<https://hungerfreecolorado.org/find-food/>
855-855-4626

Denver Food Assistance Resources

<https://www.denvergov.org/Government/COVID-19-Information/Guidance-Resources/Residents/Relief-Resources-for-Residents/Food-Assistance>

We hope to eventually offer an in-program solution to help with this need. However, for the time being, should you need any assistance navigating these resources, please don't hesitate to ask.

DISABILITY BENEFITS SERVICES

As another resource, Easterseals Colorado offers its **Disability Benefits Services (DBS)** to all participants. DBS can help you navigate the many services available with acquiring income, health insurance, and other basic needs in order to stabilize your lives, health and living situations.

Individual assistance is provided for eligible participants who need help navigating the Social Security disability application process. For more details and assistance, please contact:

Byron Kish
(303) 515-1653
bkish@eastersealscolorado.org

INTRO TO BOXING

We are excited to add an "Intro to Boxing" class to our rehab schedule. This class will be taught by **Movement by TOB**, a non-profit initially started to help people with Parkinson's disease combat their symptoms through boxing fitness and movement. Offering non-contact and accessible boxing techniques, these classes will help the participants of the NRADP work on improving their motor skills, balance, hand-eye coordination, memory, and general strength and endurance. To learn more about Movement by TOB and what the foundation offers, visit: <https://movementbytob.org/>.

BACK TO BASICS

BEAT THE HEAT: How to Keep Cool During Summer Months

Avoid outdoor activity 12-3 PM.
Drink water before, during and after activities, even if not thirsty.
Wear lightweight clothes made with moisture-wicking fabrics.
Protect yourself with sunglasses, waterproof sunscreen and a hat.

Read the full article here:

<https://www.heart.org/en/health-living/fitness/fitness-basics/how-to-keep-cool-during-warm-weather-workouts>

JULY CELEBRATIONS

Birthdays

Jaime: July 4
Dave: July 5
Maia: July 9

Holidays & Observances

July 2: World UFO Day
July 4: Independence Day
July 11: 7-Eleven Slurpee Day
July 17: Nat'l Ice Cream Day
July 30: Internat'l Friendship Day

UPCOMING CLOSURE

Please note that we will be closed Monday, July 4th in observance of Independence Day.

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