

Neurological Rehabilitation Adult Day Program

March 2022 Newsletter

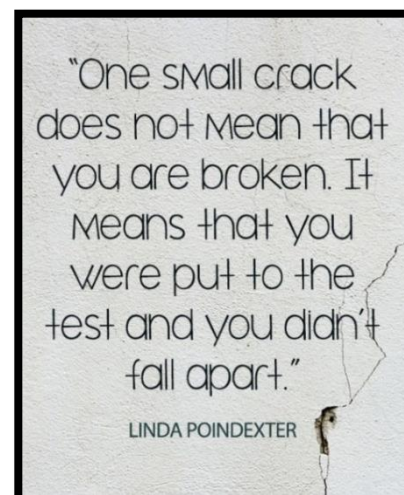


BRAIN INJURY AWARENESS

March is Brain Injury Awareness Month. Every year, the Brain Injury Association of America (BIAA) leads the nation in observing Brain Injury Awareness Month. The theme for the 2021 to 2023 campaign is **More Than My Brain Injury.**

Why #MoreThanMyBrainInjury? Many people with brain injuries have their lives defined for them. The **More Than My Brain Injury** campaign gives individuals a chance to overcome those definitions, allowing them to tell their own stories and change the narrative of their lives. By joining the **#MoreThanMyBrainInjury** campaign, you can help to:

- Increase understanding of brain injury as a chronic condition
- Reduce the stigma associated with having a brain injury
- Showcase the diversity of injury and the demographics of the community
- Improve care and support for individuals with brain injury and their families



For more information on the Brain Injury Association and to learn how to support their message, visit: <https://www.biausa.org/>

DURABLE MEDICAL EQUIPMENT & DEVICES

To inform our new participants, and as a reminder to all, the NRADP is here to help when it comes to acquiring or repairing the various medical devices or equipment that many of you utilize. From wheelchairs to walkers to orthotics and beyond – we will work with vendors and suppliers in-program to ensure each participant's individual needs are met. All we need from you is the following:

- **Current Insurance**
- **Prescription from Primary Care Physician or Specialist**

Once we have that information, we will move forward with scheduling the necessary appointments between the designated vendor and our team of therapists. If you have any questions or would like to know more, please do not hesitate to reach out. We are here to help!!

“BACK TO BASICS” HEALTH TIPS

As mentioned in last month’s newsletter, we are doing our part to help everyone stay on track with any New Year resolutions or personal goals recently set. Last month, we suggested a simple meditation technique to help with stress relief. This month, we are focusing on food!

The American Stroke Association offers its own cookbook for stroke survivors, their families, and anyone interested in learning how to cook simple AND healthy meals. In addition to complete meal recipes, the cookbook also provides tips on how to eat well after a stroke, meal preparation, and ideas for simple snacks and sides. That website can be found here: <https://www.stroke.org/en/life-after-stroke/recovery/simply-good-cookbook>.

One easy and tasty recipe that can be used as a snack, side dish, or topping is Guacamole! (And who doesn’t love Guacamole?! 😊)

Ingredients and directions are as follows:

- 1 ripe avocado
- small scoop of fat-free/low-fat sour cream
- dash of garlic powder, cumin, pepper
- a few squeezes of fresh lime juice to taste.

In a food processor or blender, process until the desired texture. If you don’t have a blender, you can mash all ingredients together in heavy/secure bowl using a potato masher or a fork.

SNOW DAY POLICY UPDATE

We will once again be returning to following Denver Public Schools’ lead in the case of inclement weather – **if Denver Public Schools are closed, then we are closed.** A “delayed start” will indicate no change to our programming, and we will still be open to participants as soon as they are able to arrive. Local school closings can be found here: <https://www.9news.com/closings>.

Should you have any questions about program hours prior to seeing an update on DPS, or you know you will not be attending program, please reach out to Jessica Richardson 303-596-2819 or Marianne Soliz 720-254-5447.

In addition – if the NRADP is closed due to weather, we will once again offer our virtual programming for that day. Morning Mindfulness will be at 10:00AM and Afternoon Strengthening at 1:00PM via our Facebook page: <https://www.facebook.com/EastersealsCO>.

Please be sure to tune in that day and give the videos a “Like” or leave a comment to let us know you’re watching! 😊

MARCH CELEBRATIONS

Birthdays

Marcia: March 5
David: March 12
Donavon: March 19
Red: March 27

Holidays & Observances

March 1: Mardi Gras
March 2: Dr. Seuss’ Birthday
March 5: Employee Appreciation Day
March 8: Int’l Women’s Day
March 13: March Madness
March 14: Nat’l Pi Day
March 17: St. Patrick’s Day
March 20: 1st Day of Spring

Women’s History Month
National Nutrition Month
Brain Injury Awareness Month

DON’T BE
PUSHED BY
YOUR PROBLEMS.
BE LED BY
YOUR DREAMS.

Staff Contact Info

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