

Neurological Rehabilitation Adult Day Program

March 2023 Newsletter



FROM HEART TO HEAD

Last month we highlighted the importance of heart health, but this month, our focus moves to the head! March is Brain Injury Awareness Month, and it is the perfect time to honor the fact that, just like the heart, our brain is like a muscle. It needs to be trained, strengthened, and supported – especially after an injury like a TBI or stroke.



Listed below are some simple suggestions on how to challenge your brain in new ways. Adding 1 or 2 new activities into your daily routine can help boost your mental fitness and improve overall brain health.

- **Play games:** jigsaw puzzles, crosswords, Sudoku, word searches, chess, Scrabble, card games
- **Learn a new skill:** drawing, painting, reading a book, cooking, singing, learning a new language
- **Relax your mind:** meditation, breath awareness, mindful walking/eating, limiting “autopilot” activities
- **Stay connected:** phone a friend, video call with family, schedule a lunch date, have meaningful conversations
- **Take care of mind AND body:** sleeping well, eating nutritious foods, stay active and hydrated

For more information, and to read the full article, visit:

<https://healthy.kaiserpermanente.org/colorado/health-wellness/healtharticle.exercise-your-mind>

ADDITIONAL BRAIN INJURY RESOURCES

As all of you know first-hand, navigating life after a brain injury can be overwhelming. However, you do not have to do it alone. In addition to the support of the NRADP, we encourage all participants and their caregivers to utilize these organizations for added information, resources, and support:

Brain Injury Alliance of Colorado - <https://biacolorado.org/>
Brain Injury Association of America - <https://www.biausa.org/>

SPASTICITY

The mind-body connection is very real, and rarely is that connection more apparent than after a brain injury. Spasticity is a common physical condition that many individuals experience after surviving a stroke. According to the American Stroke Association, the communication between the brain and muscles is disrupted after a stroke and can cause "painful, stiff, rigid muscles, involuntary contractions or muscle spasms, and overactive reflexes."

Managing your spasticity should be an individualized approach, but treatment options can include the following:

Things YOU Can Do

- Gentle stretching of tighter muscles
- Range-of-motion exercises
- Frequent movement and repositioning of body parts

Thing to ASK YOUR DOCTOR About

- Botox injections
- Oral medications
- Intrathecal baclofen therapy
- Surgical options

For more information on spasticity, visit:

<https://www.stroke.org/en/about-stroke/effects-of-stroke/physical-effects-of-stroke/physical-impact/spasticity>

REFERRAL PROGRAM

Help spread the word!! We are excited to announce the start of our NRADP Referral Program. If you know of someone that would be a good fit 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.**

ATTENDANCE REMINDER

As our program calendar continues to get busier, we ask that you **please notify us by 8AM on the days you will be absent.** Our programming operates based on the SCHEDULED ATTENDANCE of all participants. In order to keep all activities, outings, and vendors on schedule – it is important that we know when a participant is unable to attend. **If you know you will be out on your scheduled day, or if you would like to change or add a day to attend an outing, please CALL or TEXT Marianne at 720.254.5447 or Jaime at 720.769.9734.**

**On particularly rough days,
I like to remind myself
that my track record
for getting through bad days
so far is 100%
and that's pretty good.**

MARCH CELEBRATIONS

Birthdays

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

Holidays & Observances

Mar 3: World Book Day
Mar 7: Nat'l Cereal Day
Mar 8: Int'l Women's Day
Mar 12: Daylight Savings
Mar 14: Nat'l Pi Day
Mar 15: Ides of March
Mar 17: St. Patrick's Day
Mar 20: Spring Equinox
Mar 22: Ramadan Begins

*Brain Injury Awareness Month
Women's History Month
National Nutrition Month*

Staff Contact Info

Jessica Richardson, COTA/L
Senior Program Director

303.596.2819

jrichardson@eastersealscolorado.org

Marianne Soliz, PTA

Program Manager

720.254.5447

msoliz@eastersealscolorado.org

Bill Brewton, CNA

bbrewton@eastersealscolorado.org

Jaime Baker, COTA/L

jbaker@eastersealscolorado.org