

Neurological Rehabilitation Adult Day Program

June 2020 Newsletter



WE MISS YOU TOO!!!



Please know that the entire Neuro Rehab team is still working and available throughout the week. We are continuing to check in via phone, email and video calls for those who are interested. Please do not hesitate to contact us with any questions or concerns – or just to say hi! 😊

TENTATIVE RE-OPENING PLANS

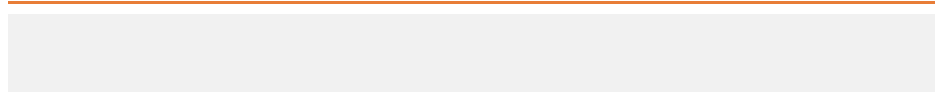
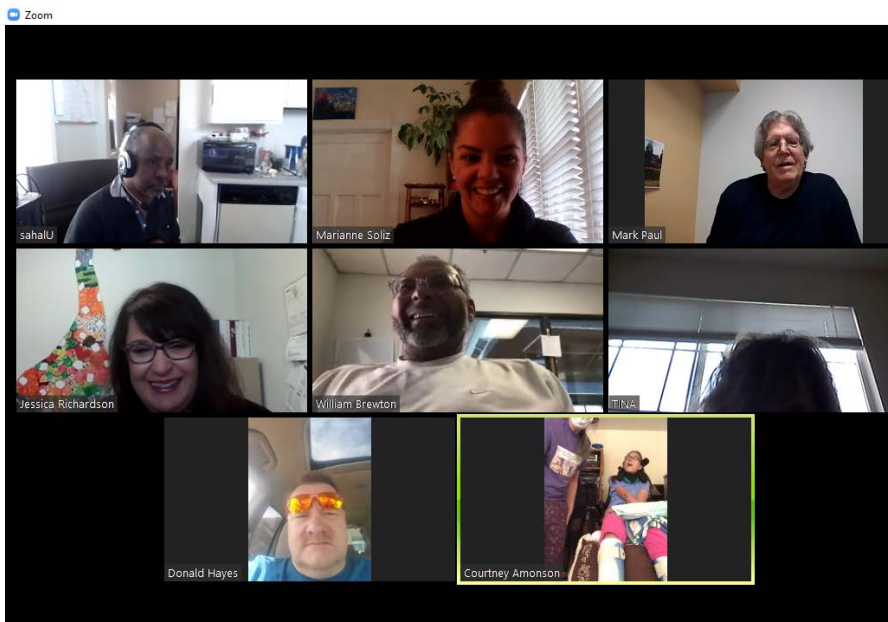
Our staff is just as excited and anxious to get back to our day program as you are. As we continue to work out the details for re-opening in June, please know that we are taking the COVID-19 pandemic very seriously. Several policies and procedures are being developed to ensure the safety of our participants and staff. All participants, providers and caregivers will have a copy of these updates prior to our re-opening.

These policies will include signing a waiver of liability, wearing masks while at our day program and participating in health screens before and upon arrival. We have developed these policies and procedures under the guidance of the federal, state, and CDC guidelines. We expect participants to follow the policies and procedures when attending our program.

We are hopeful these stringent policies will help reduce exposure to our high-risk participants, and we will continue to evaluate policies and procedures as the pandemic progresses. We appreciate your continued support, feedback, and understanding during these trying times.

ZOOM CALL RECAP

Thank you to everyone who was able to join our first Zoom call. It was great to “see” all of you! 😊



REASONS TO CELEBRATE

♥♥
To all the mothers, fathers, aunts, uncles, wives, husbands, grandmas grandpas, and fur parents....Happy Mother's and Father's Day to you!!
♥♥

June Birthdays ♥
Lyle: June 19

Virtual Denver Heart & Stroke Walk
June 5th, 2020
Check-In: No Check In Needed
Start Time: Virtual
Walk: 3-430pm MST
Visit denverheartwalk.org to register!

WE ARE STILL HERE FOR YOU

Your continued health and well-being are our top priority. Please see below for some additional resources and activities to assist you during this time. We are all in this together!

"SELF-CARE DURING STRESSFUL TIMES"

The **Colorado Respite Coalition**, a program of Easterseals Colorado, is excited to be sponsoring a **free upcoming class called "Embrace Your Emotional Load"** which is focused on identifying and implementing self-care strategies during stressful times. This 4-week online series will teach you how to embrace the full spectrum of emotions so that you can find ways to cope amidst an environment of constant change.

WHEN: Thursdays, 7-8:30pm Via Zoom

June 4: Embrace Your Emotional Load

June 11: Embrace Your Physical Sensations

June 18: Embrace Your Mental Patterns

June 25: Embrace Your True Self

Please register in advance to join one date or the full series:

<https://us02web.zoom.us/meeting/register/tZwsfuGgpz0jHtxGcc5tsPFszzFbr6epZMIK>

SPARK THE CHANGE COLORADO

It's OK to ask for help!!

And thanks to Spark the Change Colorado, doing so just got easier. Because the well-being of all participants and staff are a top priority of Easterseals Colorado, we have formed a business partnership with a local non-profit called Spark the Change Colorado who is offering Easterseals Colorado **several opportunities for mental health services at no cost.**

Here are 3 ways to get connected:

1. **Kind Connection Program** – Visit the website and complete the intake form for a kind connection call: <https://www.sparkthechangecolorado.org/kindconnection>. An Easterseals staff member may complete this on behalf of a participant should the participant need assistance.
2. **Individual Counseling** – Contact Kelly Groen (KGroen@sparkthechangecolorado.org) to request an appointment. Ms. Groen will do a short in-take questionnaire to get the person connected to the best counselor for the need.
3. **Webinar** – Interested in a grief topic webinar reframed towards the current situation with an opportunity to ask questions? Contact Lisa Dokter: ldokter@eastersealscolorado.org.

"WORKOUT AT HOME" with CRAIG HOSPITAL

Looking for inspiration for staying active at home? The team at Craig put together some stretches and exercises to keep your body moving. Watch them all on YouTube: <https://bit.ly/2Ae1diY>

STROKE AWARENESS MONTH!

Now more than ever, it's important that people stay healthy and know the symptoms of a stroke. With May being Stroke Awareness Month, help us continue to raise awareness of stroke warning signs using F.A.S.T. and learn what you can do to help prevent a second stroke.

Stroke Warning Signs

If someone shows any of these symptoms, call 9-1-1 or emergency medical services immediately.

- Spot a stroke **F.A.S.T.**
 - **FACE DROOPING**
 - **ARM WEAKNESS**
 - **SPEECH**
 - **TIME TO CALL 9-1-1**
- Additional Symptoms of Stroke
 - **NUMBNESS** or weakness of face, arm, or leg, especially on one side of the body
 - **CONFUSION**, trouble speaking or understanding speech
 - **TROUBLE SEEING** in one or both eyes
 - **TROUBLE WALKING**, dizziness, loss of balance or coordination
 - **SEVERE HEADACHE** with no known cause

Stroke Prevention

"I WILL Prevent Another Stroke or Heart Attack"

- Up to 80% of strokes and heart attacks may be prevented by managing your blood pressure, cholesterol, diabetes, and taking medications as recommended by a doctor.

ONE IS ENOUGH

Tips to help prevent another stroke or heart attack:

- ✓ Keep my follow-up appointments.
- ✓ Take my recommended meds and talk to my doctor before making any changes.
- ✓ Manage my risk factors with small, healthy steps for big impact.
- ✓ Connect with a group for support, information and shared experiences.
- ✓ Ask my doctor about stroke or cardiac rehab programs that are right for me.
- ✓ Call **911** if I see or have any stroke or heart attack warning signs or symptoms.

Stroke and COVID-19

For questions about the impact of COVID-19 on stroke survivors, check out the latest podcast series from the American Stroke Association

- <https://www.stroke.org/en/life-after-stroke/covid19-stroke-podcast-series-for-patients-and-caregivers>

Staff Contact Info

Jessica Richardson, COTA/L - Program Director
303.596.2819 · jrichardson@eastersealscolorado.org
Mark Paul, CNA
720.234.6844 · mpaul@eastersealscolorado.org

Marianne Soliz, PTA
720.446.8801 · msoliz@eastersealscolorado.org
Bill Brewton, Day Program Assistant
303.953.1377 x349 · bbrewton@eastersealscolorado.org