

Neurological Rehabilitation Adult Day Program

Spring 2020 Newsletter



WE MISS YOU!!!



Due to COVID-19, all Easterseals day programs continue to remain closed for in-person services until further notice in compliance with government orders. Our hope is to re-open in June, but this is tentative. A re-opening plan is being worked out, and we will continue to provide any and all updates as they become available.

Please know that the entire Neuro Rehab team is still working and available throughout the week. We plan to continue phone and email check-ins and will be adding video calls for those who are interested. Please do not hesitate to contact us with any questions or concerns – or just to say hi! 🤗

WE ARE HERE TO SUPPORT YOU

Below are some suggestions about activities you can do while you are at home to stay active and healthy. If you need additional ideas for or assistance with any of the activities listed below, please just ask! We are also open to any feedback or suggestions you may have.

Physical Activity

- Let us know if you want a copy of your home exercise program. We are happy to tailor safe activities for your personal needs.
- If you can do so safely, take a walk! Either in your home or around the block, walking additional steps each day is one of the easiest ways to keep the body and mind healthy.

Cognitive Activity

- We are happy to prepare packets of crossword puzzles, word searches, math problems, or any other worksheet activities you request. These could be available for pick-up or mail delivery.

Other At-home Activity Suggestions

- Collection of websites with live cams/virtual tours:
<https://virtualschoolactivities.com/>
- Denver Museum of Nature and Science virtual services:
<https://www.dmns.org/>
- Therapeutic Thursdays with Denver Botanic Gardens:
<https://www.botanicgardens.org/programs/therapeutic-thursdays>
 - This FREE offer has been extended by the Denver Botanic Gardens: please use coupon code **DBGTT** when registering.

DAILY STRETCHING + MINDFULNESS

Be sure to tune in every morning as PTA Marianne guides participants through our usual sequence of chair stretches followed by a mindfulness and meditation practice. With the added stress and uncertainty of our current circumstances, this is a great opportunity to join in and feel a sense of community while also taking time to stretch, relax and reflect. You can stretch with her live at 10:00am Monday-Friday via the Easterseals Colorado Facebook page, or catch up any time by re-watching the videos on Easterseals Colorado YouTube channel.

- Facebook: <https://www.facebook.com/EastersealsCO/>
- YouTube: https://www.youtube.com/playlist?list=PLhuzSML5E37GhkPFAWf3kJB_g_rpe_xZn

If we had not winter,
the spring would not
be so pleasant; if we
did not sometimes
taste of adversity,
prosperity would not
be so welcome.

Anne Bradstreet

REASONS TO CELEBRATE

April Birthdays ♥

Michael: April 5

Tina: April 18

May Birthdays ♥

Faye: May 4

Louis: May 15

Ken R: May 18

Carol: May 18

Easterseals Colorado Live Benefit Concert - Saturday, May 16th 2020 at 6:00 PM

Join us online for a night of music and laughter with local musicians.

Registration for the event is FREE! Please register beforehand:

<https://bit.ly/togetherwhileapart>

SUPPORT EASTERSEALS COLORADO BY SHOPPING!

Do you shop on Amazon?

If yes, **AmazonSmile** is an easy and simple way to support Easterseals Colorado every time you shop, at no cost to you. And it only takes a few minutes to set up! To shop at AmazonSmile simply go to smile.amazon.com, sign-in to your Amazon account or create an account. On your first visit to AmazonSmile, you will need to search for and select a charitable organization that you want to support — we are listed as '**Easterseals Colorado**'. Amazon will remember your selection, but you can change your charity of choice at any time.

The AmazonSmile Foundation will donate 0.5% of the purchase price from eligible AmazonSmile purchases back to Easterseals Colorado.

Tens of millions of products on AmazonSmile are eligible for donations— you will see eligible products marked 'Eligible for AmazonSmile donation' on their product detail pages. Remember, you must shop through AmazonSmile not Amazon.com for your selected charity to receive donations.

ADDITIONAL RESOURCES

Easterseals Colorado's website:

For all program and other current updates: <https://www.easterseals.com/co/>

Centers for Disease Control and Prevention:

For COVID-19 updates <https://www.cdc.gov/>

Colorado Crisis Services:

<https://coloradocrisisservices.org/>

Emergency food banks in the Denver metro area:

The "mobile pantry" is at Red Rocks Community Church, which is across the street from the main Easterseals office in Lakewood (on Harlan Street). If you are unable to pick up food, there is a proxy form and staff can arrange to pick it up for you.

<https://www.foodbankrockies.org/emergency-assistance/>

Additional Resources for older adults and their families:

<https://covid19.colorado.gov/resources-older-adults-and-their-families>

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