

# Neurological Rehabilitation Adult Day Program

November 2020 Newsletter



## A PART OF US....

***"What we once enjoyed and deeply loved we  
can never lose, for all that we love deeply  
becomes a part of us."***

**Helen Keller**

It is with a heavy heart that we share with you the passing of one of our dear participants, Faye. Faye's laughter was contagious and her happy "hello" could put a smile on anyone's face. She was a beloved member of the NRADP family and the entire Easterseals Colorado community. She will be missed greatly and always remembered as "a part of us."



### UPCOMING CLOSURES

With the holiday seasons around the corner, please note that Easterseals and its programs will be closed on the following days:

**Thanksgiving: Nov. 26 & 27**

**Christmas: Dec. 25**

**New Years: Jan. 1**

### BIRTHDAY CELEBRATIONS

**November**

Marianne: November 1

Greg: November 29

### NATIONAL FAMILY CAREGIVERS MONTH

Mental Health America (MHA) is proud to recognize November as National Family Caregivers Month - a time to celebrate the contributions of caregivers, provide them with tools that they need, and continue to advocate for individuals with mental illness.

Check out their website for more information and resources:

**<https://www.mhanational.org/national-family-caregivers-month>**

# MOVING FORWARD...

As we continue to navigate our re-opening process, please know that we are doing everything in our power to keep our participants safe, healthy and informed. We are grateful for your equal participation and ask that you continue to do your part in keeping our program open! Check out our new "Nurse's Corner" for additional tips. 😊

## SNOW DAY POLICY

With winter weather upon us, please remember our Snow Day policy - **if Denver Public Schools (DPS) are closed or have switched to Remote Learning due to inclement weather, Easterseals is closed.** Be sure to check your local news source or the DPS website for all updates.

## HOLIDAY SCHEDULE

If you know you will be absent from the program during or around the holidays, please contact Jessica Richardson as soon as possible.

From our family to yours....



**We are truly grateful for each and every one of you and we wish you healthy and happy holiday season!!**

## 🔥 NURSE'S CORNER 🔥

### HEALTH SCREEN REMINDERS

Please continue to update us on all changes in medical status, potential COVID or flu-like symptoms, and any social contact outside of your home. This reporting will allow us to stay vigilant and continue to prevent any outbreaks.

### SOCIAL RESPONSIBILITY

We all have a continued responsibility to ourselves and each other in helping to prevent the spread of COVID-19. **WHAT IF** you think or know you had COVID-19 and had symptoms?

Here's some insight from the CDC....

**You can be around others after:**

10 days since symptoms first appeared

**AND**

24 hours with no fever without the use of fever-reducing medications

**AND**

Other symptoms of COVID-19 are improved

### WINTER WEATHER PRECAUTIONS

- Dress appropriately and bring enough layers to keep warm in colder weather.
- Look out for black ice when walking and use your adaptive devices as needed.
- Drink plenty of water to avoid dehydration.

#### Staff Contact Info

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