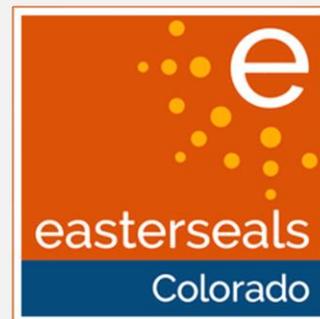


# Neurological Rehabilitation Adult Day Program

October 2021 Newsletter



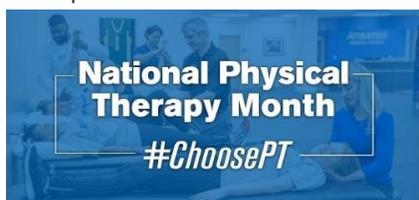
## LET'S KEEP MOVING!

With the combined observations of National Physical Therapy Month (October) and World Stroke Day (October 29), we want to acknowledge all the hard work and continued efforts of our participants. Since reopening our doors last fall, the NRADP has worked hard to refocus on the rehabilitative goals of each of our participants. From our daily stretches to one-on-one treatments to the afternoon activity, participants and staff alike have collectively encouraged and supported each other to get back on track and to keep moving forward!

### NATIONAL PHYSICAL THERAPY MONTH

October is National Physical Therapy Month – a month to highlight the importance of physical activity and the role PTs and PTAs play in helping people get moving! While physical activity plays a key role in just about every facet of health – an estimated 80% of U.S. adults don't get enough.

Now more than ever, it is critical to get the recommended amount of daily physical activity. **We are grateful for our Physical Therapy practitioners Marcia Walker, PT and Marianne Soliz, PTA who help our participants on a daily basis to keep moving and work to improve the quality of their lives!** Let's continue to make physical activity the rule, not the exception.



### WORLD STROKE DAY

World Stroke Day takes place on October 29. On a global level, it provides an opportunity to discuss the serious nature of strokes, increase awareness and drive action in treatment and support for stroke survivors and caregivers.

According to the American Stroke Association, "about 1 in 4 stroke survivors suffers a second one." However, up to 80% of those strokes could be prevented with a combination of the following action items:

- Manage High Blood Pressure
- Control Cholesterol
- Reduce Blood Glucose
- Increase Activity + Eat Healthier
- Quit Smoking/Tobacco/Vaping

**Be sure to check with your doctor before making any changes to diet or lifestyle. For more information, go to:**

**<https://www.stroke.org/en/life-after-stroke/preventing-another-stroke>**

## CAREGIVER SUPPORT

As a part of our commitment to provide a resource and support network for participants and caregivers alike, we would like to remind everyone that the NRADP is here for continued training and RE-training as needed.

Whether it be a change in medical condition, a new obstacle at home, or any other interruption in your normal routine – our staff and health professionals are available to provide reminders, refreshers, and any additional support you may need.

## OTA STUDENTS & VIRTUAL PROGRAMMING

With the help of our current OTA students, we have been able to once again offer an afternoon virtual programming class. **Tune in daily at 1:00PM via our Facebook page to join our “Afternoon Rehabilitation” videos.** All instruction is chair based and can be modified based on individual needs. Our virtual programming is a great way to add an extra dash of physical and cognitive activity to your day – regardless if you're in program or not!

**These and all previously recorded videos can be viewed on Easterseals Colorado's Facebook page at any time:**  
<https://www.facebook.com/EastersealsCO>.

## CONTINUED HEALTH MEASURES

With the routine of life slowly returning to normal – decreased regulations and increased social gatherings – it might be easy to forget that we are still navigating our way through a global pandemic. We are not yet out of the woods!

As a reminder, here are some simple ways to continue to protect both yourself and others from the spread of COVID-19 and other infectious diseases:

- Talk to your doctor about the vaccine.
- Wear a mask.
- Wash your hands.
- Stay home if you feel sick.

It is also important to stay updated on new and developing information regarding the virus that causes COVID-19 and its variants. For additional information and helpful tips on staying safe, be sure to check out the CDC's article:

**“What You Need to Know about Variants”**

<https://www.cdc.gov/coronavirus/2019-ncov/variants/variant.html>.

## 💧 NURSE'S CORNER 💧

### Flu Shot Reminder

Flu Season is just around the corner! According to the CDC – “everyone 6 months and older should get a flu vaccine every season with rare exceptions.”

Check with your doctor about getting the flu vaccine!

<https://www.cdc.gov/flu/prevent/vaccinations.htm>

## OCTOBER CELEBRATIONS

### Birthdays

Bunny: Oct. 5  
Janet: Oct. 13  
Robert: Oct. 16  
Kevin: Oct. 18

### Holidays & Observances

Oct. 1: World Smile Day ☺  
Oct. 10: World Mental Health Day  
Oct. 11: Indigenous Peoples' Day  
Oct. 16: Boss' Day  
Oct. 29: World Stroke Day  
Oct. 31: Halloween

## Staff Contact Info

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