

# Neurological Rehabilitation Adult Day Program

October 2022 Newsletter



## MOVE TOWARDS BETTER HEALTH

While the seasons may be changing, our commitment to the health and well-being of our participants remains steadfast. With the observance of National Physical Therapy Month in October and World Stroke Day on October 29, this month is the perfect time to highlight the benefits of physical therapy and serves as a reminder to us all to keep moving as often as possible.

### What do Physical Therapists do?

Physical Therapists and Physical Therapist Assistants are licensed health care providers who help people avoid surgery whenever possible, maximize mobility, manage pain and chronic conditions, and improve physical function and fitness.

### Who provides Physical Therapy in the NRADP?

Marcia Walker, PT and Marianne Soliz, PTA are the NRADP's team of movement experts that work to emphasize the benefits of physical therapy and help transform our participants' lives through regular physical activity.

### What does World Stroke Day have to do with Physical Therapy?

A stroke affects each person differently. PTs and PTAs will work together to assess an individual's symptoms and design a treatment plan based on specific needs and goals. World Stroke Day is an opportunity to raise awareness about the seriousness of strokes and how we can collectively work together for improved prevention, individualized treatment, and lifelong support for survivors.

### Nine Benefits of Physical Therapy for Stroke Survivors

1. Recover from brain damage and loss of muscle function.
2. Stimulate damaged nerves and muscles.
3. Reduce stiffness of and maintain circulation to affected muscles and nerves.
4. Relearn movements and activities.
5. Gain the most function and independence possible.
6. Learn new ways to move due to any lingering side effects.
7. Rebuild mobility and physical strength.
8. Prevent muscle loss.
9. Recover better and faster.

For more info on why to **#ChoosePT** and how to save **#Precioustime**, go to:

<https://www.choospt.com/>

<https://www.world-stroke.org/world-stroke-day-campaign>

## PARTICIPANT PAPERWORK

It is time once again for our annual chart audits. As a limited healthcare facility, it is necessary for us to maintain complete and current chart files for each participant. All participants and/or caregivers will be receiving a letter stating which forms are missing or require updating. The potential forms are listed below:

- Emergency Contact Information
- Consent for Release of Information
- Waiver for Equipment Use
- Waiver for Pet Assisted Therapy
- Waiver for Warm Water Therapy
- A copy of your Power of Attorney (POA) or Do Not Resuscitate (DNR) documentation.

We will be following up as needed to ensure completion of this housekeeping item. **We appreciate your assistance with this process by completing and returning the specified forms as soon as possible.** If you have questions or need clarification, please do not hesitate to reach out. We are here to help you help us!

## BIAC + NRADP SUPPORT GROUP

As a part of our relationship with Brain Injury Alliance of Colorado, we are excited to announce that our monthly support group is now open to all individuals living in the Denver metro area with a diagnosis of stroke, brain injury, or other neurological disorder. These support groups will continue to take place regularly here in program, now on the 3<sup>rd</sup> Wednesday of every month from 1:00-2:00PM. Visit here for the public listing: <https://biacolorado.org/support-groups/denver-metro-support-groups-for-all-types-of-brain-injury/>.

## SNOW DAY POLICY

While the leaves are barely beginning to turn, we know that in Colorado it is never too late to remind everyone of our Snow Day Policy! We are once again following Denver Public Schools' lead in the case of inclement weather – **if Denver Public Schools are closed, the NRADP is closed.** A "delayed start" will indicate no change to our programming, and we will still be open to participants as soon as they are able to arrive. Local school closings can be found here: <https://www.9news.com/closings>.

Should you have any questions about program hours prior to seeing an update on DPS, or you know you will not be attending program, please reach out to Jessica Richardson or Marianne Soliz.

## MASKING REQUIREMENTS

Based on CDC's county-based COVID-19 Community Level tool, the NRADP will adhere to the Community Levels of Jefferson County and follow the masking requirements listed below:

High	Masks <b>REQUIRED</b>
Medium	Masks <b>REQUIRED</b>
Low	Masks <b>OPTIONAL</b>

To find the Interactive County Lookup, go to:

<https://covid.cdc.gov/covid-data-tracker/#datatracker-home>

## OCTOBER CELEBRATIONS

### Birthdays

Bunny: October 5  
Janet: October 13  
Robert: October 16  
Kevin: October 18

### Holidays & Observances

Oct 1: Int'l Coffee Day  
Oct 7: World Smile Day  
Oct 11: Indigenous Peoples' Day  
Oct 15: Sweetest Day  
Oct 16: Boss' Day  
Oct 22: Make A Difference Day  
Oct 29: World Stroke Day  
Oct 31: Halloween 🎃

## Staff Contact Info

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