

Neurological Rehabilitation Adult Day Program

August 2022 Newsletter



MASK POLICY UPDATES

The Colorado Department of Public Health & Environment (CDPHE) has recently issued the 17th Revised Public Health Order (PHO) 20-38. Within this order, clarification and instructions for Day Program providers have been added related to masking. As a result, the Neurological Rehabilitation Adult Day Program will exclusively follow the instructions set forth in PHO 20-38, including any future revisions made by CDPHE.

NEW REQUIREMENTS FOR MASKING

All masking requirements are tied to the Centers for Disease Control and Prevention's (CDC's) county-based COVID-19 Community Level tool.

Overview of Tool:

<https://www.cdc.gov/coronavirus/2019-ncov/science/community-levels.html>

Interactive County Lookup & Map:

https://covid.cdc.gov/covid-data-tracker/#county-view?list_select_state=all_states&list_select_county=all_counties&data-type=CommunityLevels&null=

- ALL service recipients, staff, and visitors are REQUIRED to wear masks when the community level is MEDIUM or HIGH.
- NO masking requirements when the county's community level is in LOW.
- ALL service recipients, staff, and visitors are REQUIRED to wear masks when a provider experiences an outbreak, regardless of the CDC community level.

The NRADP will continue to monitor the community levels and make changes to our individual program policy as we see fit.

POLICY POSTINGS

17th Revised Public Health Order (PHO) 20-38

<https://drive.google.com/file/d/12cKqpVA1DkJbYGSmHvVO-WKHZORsO3YC/view>

Operational Memo 22-036

<https://hcpf.colorado.gov/sites/hcpf/files/HCPF%20OM%2022-036%20Updated%20Guidance%20Pertaining%20To%20Day%20Program%20And%20Transportation%20Services.pdf>

AQUATIC THERAPY + THERAPEUTIC SWIM

The NRADP is excited to announce the planned return of **Aquatic Therapy and Therapeutic Swim**. We plan to eventually offer a few visits per month to Lakewood's Link Leisure Pool. Participants will initially work with Physical Therapist Marcia Walker and CNA and Water Safety Instructor Bill Brewton. Individual and group activities will then be designated as appropriate.

Participation in Aquatic Therapy and Therapeutic Swim will be open to all participants, with a sign-up sheet available in advance. Sessions will be offered in the mornings, and transportation will be provided to and from the pool. **We will alert everyone of specific dates and times once available.**

For more information on the Link Leisure Pool, visit:

<https://www.lakewood.org/Government/Departments/Community-Resources/Recreation/Recreation-Centers/Lakewood-Link-Recreation-Center/Link-Leisure-Pool>

COMMUNITY OUTINGS

In addition to Aquatic Therapy, the NRADP is excited to be adding other community outings back to our monthly calendar. Moving forward, these outings will be listed on our new "Community Calendar" which we will send out along with our monthly newsletters and monthly calendar.

The community outings offered will not replace our in-program activities, rather they will be an additional offering and will be available on a first come, first served basis. **Sign-up sheets will be available in-program or participants can sign up by emailing Program Manager Marianne Soliz at msoliz@eastersealscolorado.org.**

CAREGIVER SUPPORT GROUP

Caregiving is no easy task, but you don't have to do it alone. **Rocky Mountain Stroke Center offers a "Caregiver Support Group"** as a way for caregivers to receive support, strategies, and resources from others who understand stroke caregiving. Details are as follows:

2nd & 4th Tuesday of each month:

10:30am-12:00pm

**This group is offered in-person and by Zoom.

**Stroke survivors do not attend this group.

For more information, contact Lindsey Nepple, LCSW at 303-730-8800 or lindsey@strokecolorado.org.

AUGUST CELEBRATIONS

Birthdays

Bill: August 6
Marvin: August 8
Duane: August 11
Barbara: August 19
Rita: August 20
Robin: August 25

Holidays & Observances

Aug 1: Colorado Day
August 10: Nat'l S'mores Day
Aug 13: Nat'l Bowling Day
Aug 15: Nat'l Relaxation Day
August 17: Nat'l Nonprofit Day
Aug 21: Nat'l Senior Citizens Day
Aug 26: Women's Equality Day

LOOKING AHEAD

Please note that we will be closed next month on Monday, Sept. 5th in observance of Labor Day.

Note to self:

When things feel overwhelming, remember:

- . One thought at a time*
- . One task at a time*
- . One day at a time*

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