

# Neurological Rehabilitation Adult Day Program

February 2022 Newsletter



## HEALTHY HEART, HEALTHY YOU

**February is American Heart Month** – a time to shine the spotlight on heart disease and to raise awareness about the leading cause of death in the United States. As the No. 1 health risk for Americans, heart disease causes one in four deaths each year. Focusing on your heart health has never been more important, and there's a lot YOU can do to live a heart-healthy life.

- **Educate** yourself and others, **celebrate** the survivors in your life, and **commit** to making healthy lifestyle choices so you can live your best life.
- **Prioritizing your heart** can help you avoid severe illness. People with poor cardiovascular health are also at increased risk of severe illness from COVID-19.
- **Practicing self-care** can keep our hearts healthy. Being physically active, eating healthier foods, getting enough sleep, not smoking, and finding healthy ways to reduce stress can help prevent heart disease.



### HEART-HEALTHY EATING

**Heart disease is largely preventable.** Choosing heart-healthy foods while limiting foods with saturated/trans fats and added sugars can help you protect your heart and stay healthy!

The following foods are the foundation of a heart-healthy eating plan:

- **Vegetables** such as leafy greens (spinach, collard greens, kale, cabbage), broccoli, and carrots
- **Fruits** such as apples, bananas, oranges, pears, grapes, and prunes
- **Whole grains** such as plain oatmeal, brown rice, and whole-grain bread or tortillas
- **Fat-free or low-fat dairy** foods such as milk, cheese, or yogurt
- **Protein-rich foods** such as fish, lean meats, eggs, nuts, seeds, and legumes
- **Oils and foods high in "good" fats**

*\*\* Be sure to check with your doctor regarding any changes in your diet. \*\**

For more information on healthy living, go to:  
<https://www.nhlbi.nih.gov/health-topics/heart-healthy-living>

## FEBRUARY FOLLOW UP (to New Year Intentions!)

While we love the idea of setting “New Year, New You” intentions, we believe that it is the actions that follow that make the difference – which is why we are highlighting **“FEBRUARY FOLLOW UP”** this month to ensure we are collectively staying on track with any personal goals we have already set or hope to set.

Whether physical, mental, emotional or other – we all have goals in our life that we strive to achieve. We are here to help encourage the journey towards those goals! **Starting with “FEBRUARY FOLLOW UP” and moving forward, we will be offering monthly “Back to Basic” wellness tips and insight.** It is our hope that we can take small steps together to achieve big results. Our offerings will include anything from physical activity ideas to simple stress relief techniques to healthy eating suggestions.

This month's tip offers a quick and simple technique to help with stress relief. By practicing this **3-Breath Meditation**, you can help ease the mind and relax the body.

1. Find a safe and comfortable place to sit or lie down.
2. Allow your body to relax, letting go of any active tension or contractions.
3. When you're ready, slowly take 3 deep breaths.
4. With every breath, see if you can “watch” each individual inhale followed by each individual exhale.
5. Once you have completed the 3 breaths, release any focus or expectations. Allow yourself a few moments to just sit.

For additional resources on meditation, check out the links below:

<https://americanstroke.org/relaxation-and-meditation-for-stroke-survivors-2/>

<https://www.flintrehab.com/meditation-for-stroke-recovery/>

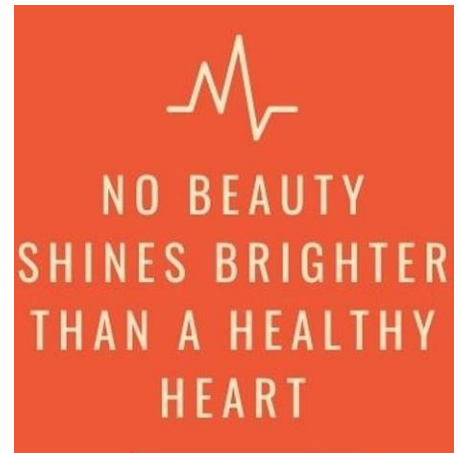
## SUPPORT GROUP & CRISIS RESOURCES

We are pleased to be offering our weekly peer-led support group again. With guidance from Speech Language Pathologist Whitney and Speech Pathology Clinical Fellow Mary, our participants have the opportunity to restart and rejoin conversations that are so critical to their emotional and social well-being. **This group is open to all participants on Wednesday afternoons from 1-2pm.**

For anyone needing additional support outside of our program, Colorado Crisis Services are available for any mental or behavioral challenges. This service is free, confidential, and available 24 hours a day, seven days a week.

**Text “TALK” to 38255 or call 1-844-493-825.**

<https://coloradocrisiservices.org/>



### FEBRUARY CELEBRATIONS

#### Birthdays

Fred: February 1

#### Holidays & Observances

Feb. 1: Lunar New Year  
Feb. 2: Groundhog Day  
Feb. 9: Nat'l Pizza Day  
Feb. 13: Super Bowl Sunday  
Feb. 14: Valentine's Day  
Feb. 18: Nat'l Caregivers Day  
Feb. 21: President's Day

American Heart Month  
Black History Month

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