

Neurological Rehabilitation Adult Day Program

January 2022 Newsletter



GREETINGS to 2022

We would like to wish a very Happy New Year to all participants, family, friends, and caregivers! The NRADP would simply not be what it is without your commitment and dedication to this program. Each and every day our participants show us the meaning of determination and hard work. Your efforts show us that it is never too late to set a new goal, whether big or small. We are so grateful for the opportunity to work with all of you, and we look forward to another year of opportunity and growth.

“You are never too old to set another goal or to dream a new dream.”

From the NRADP Staff...



Happy New Year!!!

GOOD HEALTH PRACTICES

While our routines continue to move back towards a new normal, it is important to remember to stay vigilant with good health practices in order to reduce the risk of getting and spreading COVID-19 and other communicable diseases.

With the emergence of the new Covid variants and flu season in full effect, please remember the following tips:

- Wear a mask when indoors or with large groups.
- Know that smaller gatherings are safer than larger gatherings.
- Wash your hands frequently & avoid touching your face.
- Ask your doctor about getting vaccinated.

NEW YEAR, NEW OFFERINGS...

Rehab Equipment

The NRADP was lucky enough to be the recipient of a grant from the Pinnacle's Community Investment Program. **This grant allowed us to purchase two new recumbent cross trainers – the PhysioStep LXT.**

Our participants now have access to additional machines that allow for an easy and effective low impact total body workout, one that mimics the natural feeling of walking while being smooth and easy on the joints. We are excited for this addition to our lineup of exercise equipment, furthering the depth of tools we can provide to help improve the physical health and well-being of the NRADP participants.

Weekly Support Group

Beginning in January, we will be resuming our weekly support group. With the assistance of our Speech Language Pathologist Whitney and a Speech Pathology Clinical Fellow volunteer, our participants will once again have the chance to participate in a peer-led discussion aimed at working through life's obstacles and other important topics of their choice. **These sessions will be open to all participants on Wednesday afternoons from 1-2pm.**

Music Therapy

We are thrilled to announce the addition of Music Therapy – **"Music with Mallory"** – to the 2022 lineup of planned activities. **Music Therapy is a complementary health care therapy that uses music as the therapeutic mode to work on a person's various physical, social, cognitive, and emotional goals.** Mallory Connors (of "Music with Mallory") is a board-certified Music Therapist who attended Colorado State University, one of the nation's leading Music Therapy research institutions. Her recent experience includes providing therapy to individuals who have experienced strokes and other traumatic brain injuries, as well as older adults and other persons with disabilities. We are excited for the opportunity to work with Mallory and experience her music!

VIRTUAL PROGRAMMING

As we enter the new year, we will be ending our output of virtual programming. With our in-person services back to standard operation, we no longer have the need for daily virtual offerings. If you wish to watch any previously recorded sessions of Morning Mindfulness or Rehabilitative Strengthening, all videos can still be viewed any time via Easterseals Colorado's Facebook page.

SNOW DAY POLICY REMINDER

Please keep in mind that as of last year, we have updated our Snow Day Policy. **In the case of inclement weather, we will now make the decision as soon as possible and alert everyone via text or phone call.** This is a change from our policy in previous years, so if you have any questions or concerns, feel free to reach out.

JANUARY CELEBRATIONS

Birthdays

Bob: January 5
Stacey: January 17
Breanna: January 27

Holidays & Observances

Jan. 1: New Years Day
Jan. 4: Nat'l Spaghetti Day
Jan. 17: MLK Jr. Day
Jan. 19: Nat'l Popcorn Day
Jan. 28: Fun at Work Day!
Jan. 29: Nat'l Puzzle Day

Please note that we will be closed Monday, January 17 in honor of Martin Luther King Jr. Day.

Staff Contact Info

Jessica Richardson, COTA/L
Senior Program Director
303.596.2819
jrichardson@eastersealscolorado.org
Marianne Soliz, PTA
Assistant Manager
720.254.5447
msoliz@eastersealscolorado.org
Bill Brewton, CNA
Day Program Assistant
bbrewton@eastersealscolorado.org
Jaime Baker, COTA/L
jbaker@eastersealscolorado.org