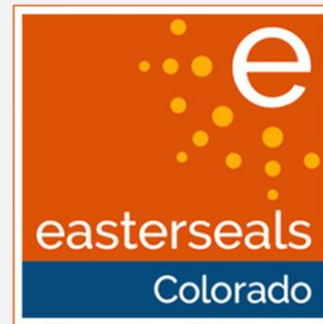


# Neurological Rehabilitation Adult Day Program

June 2022 Newsletter



## Be KIND to Your MIND

It's no secret that life can be tough. It can be even tougher when living with the outcome of a stroke or other neurological condition. On the heels of Mental Health Awareness Month (celebrated each year in May), we want to take the opportunity to check in and highlight the importance of **making your mental health a priority!**

According to an article posted by the American Heart Association, both past and current research shows that “depression is common after stroke, affecting nearly one-third of survivors.” It is important for survivors, family members and their caregivers to be on the lookout for signs of depression and other mental health disorders. If “any change in someone's post-stroke trajectory” is noticed, you should talk with your doctor right away.

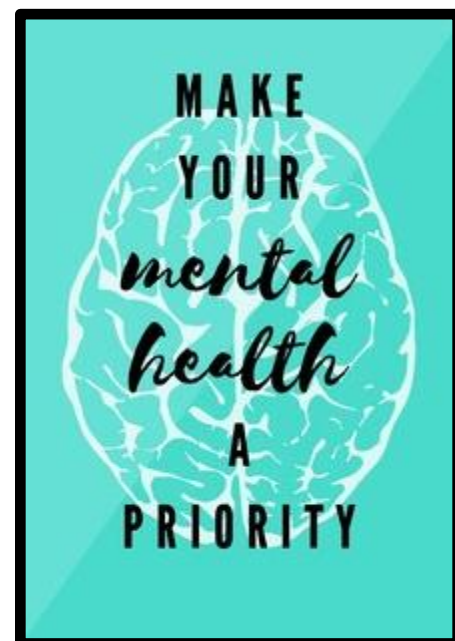
**The full article can be found here: <https://www.heart.org/en/news/2022/03/23/stroke-tied-to-higher-risk-for-depression-and-other-mood-disorders>**

### SUPPORT OFFERED

In addition to the daily challenges that our participants face, the past couple of years have seen an increase in adversities that have directly affected us all. From a global pandemic to political unrest to economic hardships, it is no wonder that some days just seem downright tough. We want to remind all of you that we are here to offer our support. Listed below are just a few of the resources and activities that we currently offer, both in-house and outsourced:

- **NRADP Support Group:** Wednesdays, 1-2x monthly
- **Music Therapy:** Tuesdays, biweekly
- **Pet Assisted Therapy:** Coming soon! (details below)
- **Brain Injury Alliance:** <https://biacolorado.org/>

**If you want more information on any of these items, or need additional support, please do not hesitate to contact us!**



## THE HEALING POWER OF MUSIC

Since being announced back in January, the NRADP has enjoyed the addition of Music Therapy to our lineup of rehabilitative activities. Mallory Connors (of "Music with Mallory") has been sharing her musical talents and beautiful voice and encourages all participants to do the same.



In addition to being a fun and lively activity, these sessions are a form of researched-based therapy that targets improving physical, social, cognitive, and emotional goals. According to the American Heart Association, a 2014 study demonstrated that "listening to music stimulated structural changes in the areas of the brain responsible for verbal memory, language skills and focused attention."

**For the full article and to read more about the healing powers of music, visit: <https://www.heart.org/en/news/2022/05/04/the-healing-power-of-music-for-stroke-survivors>**

## DENVER PET PARTNERS

We are excited to announce that the NRADP will once again be working with Denver Pet Partners to offer Pet Assisted Therapy and Activity. DPP's mission includes enhancing the health and wellness of people through animal-assisted intervention services. All DPP Therapy Teams consist of handler (human) and animal, and all have been thoroughly trained and tested to participate in this program.

The Therapy Teams will be available to work with our participants as deemed necessary and appropriate by the handlers and the NRADP rehab team. All participants will have the choice to opt out of this activity should they not wish to participate.

**For more information on Denver Pet Partners, visit: <https://www.denverpetpartners.org/>.**

## "BACK TO BASICS" HEALTH TIPS

### 5 Reason You Should GET OUTSIDE!

*Lowers your blood pressure  
& reduces stress  
Improves mood  
Improves focus  
Supports process of healing  
Supports graceful aging*

**Read the full article here:**  
<https://www.sharp.com/health-news/5-ways-being-outdoors-can-make-you-healthier-and-happier.cfm>

## JUNE CELEBRATIONS

### Birthdays

Megan: June 8  
Lyle: June 19  
Leah: June 26

### Holidays & Observances

June 3: Nat'l Donut Day  
June 5: World Environment Day  
June 14: Flag Day  
June 19: Juneteenth  
June 19: Father's Day  
June 20: World Refugee Day  
June 21: Summer Solstice

*Aphasia Awareness Month  
Alzheimer's and Brain  
Awareness Month  
Pride Month*

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