

Neurological Rehabilitation Adult Day Program

May 2022 Newsletter



“Awareness is the greatest agent for change.”

May is a month of awareness! Here at the NRADP, we try our best to bring you information to increase your knowledge on matters applicable to your lives. Our intention is to raise awareness on topics that directly affect our participants, so that meaningful action can follow.



STROKE AWARENESS MONTH

The aim of National Stroke Awareness Month is to help make the public aware that they may be able to **save a life** of a person experiencing a stroke. It is also a time to remind stroke survivors that despite being at a higher risk for a second stroke, up to 80% of second clot-related strokes may be preventable. You can do your part by being prepared – and learning more about the

FAST warning signs of a stroke:

- F** Face Drooping
- A** Arm Weakness
- S** Speech Difficulty
- T** Time to Call 911

For more information on stroke awareness and prevention, visit <https://www.stroke.org/>

BETTER HEARING & SPEECH MONTH

Better Hearing & Speech Month provides an opportunity to raise awareness about communication disorders and the role of ASHA members in providing life-altering treatment.

For more information on ASHA and this year's theme of "Connecting People," visit <https://www.asha.org/bhsm/>

OLDER AMERICANS MONTH

The nation's observance of Older Americans Month is an opportunity to explore the many ways older adults can remain in and be involved with their communities.

Read more about the 2022 theme "Age My Way" at <https://acl.gov/oam/2022/older-americans-month-2022>

UPDATED MEDICAL RECORDS

As a part of legally maintaining our records, and for the safety of our participants, **we ask that the NRADP is made aware of any changes in health status, medications, or any other matters related to your healthcare plan.** It is imperative that we know about any shifts or changes in status so that we may appropriately accommodate to and treat everyone's individual health needs. Please be sure to bring in any copies of updated medical charts, doctor's notes, or prescriptions so that all medical records can be kept current.

NEW OTA STUDENTS

We will once again have the opportunity to welcome Occupational Therapy Assistant Students from Pima Medical Institute. Over the next few months, you will see a few new faces helping with hands-on rehabilitation, therapeutic activities, and daily program tasks. Feel free to say hello and ask them any questions you might have.

"BACK TO BASICS" HEALTH TIPS

With May being National Stroke Awareness Month, it is a good time to again highlight the fact that 1 in 4 stroke survivors are at risk for having another stroke. The good news is you have the power to reduce that risk! According to the American Stroke Association – **simple acts like eating right, taking your prescribed medications, and being physically active, can help reduce up to 80% of repeat strokes.**

In addition to eating right and being active – **getting enough sleep, practicing mindfulness, and managing stress** – are all a part of a healthy lifestyle. A simple way to do this is by incorporating a daily gratitude practice. Listed below is a quick guide on how to do so!

Simple Ways to Practice Gratitude:

- Start your day with a smile. Name one thing (big or small) that you are grateful for and smile.
- Name three things you love about yourself. Either write them down or repeat them in your head.
- Find beauty in even the most unlikely places. Look around & capture a mental (or actual) snapshot of that beauty.
- Think of someone whose cooking warms your soul. Then tell them how grateful you are for sharing that gift with you.

For more information on Thankfulness and Gratitude, visit:

<https://www.stroke.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/thankfulness-how-gratitude-can-help-your-health>

MAY CELEBRATIONS

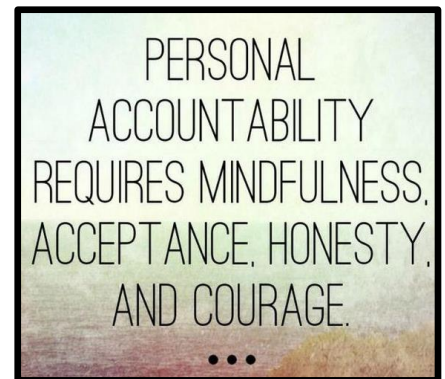
Birthdays

Louis: May 15
Carol: May 18
Ken R: May 18

Holidays & Observances

May 1: World Laughter Day
May 4: Star Wars Day
May 5: Cinco de Mayo
May 7: Nat'l Fitness Day
May 8: Mother's Day
May 16: Nat'l BBQ Day
May 30: Memorial Day
May 31: Nat'l Smile Day ☺

Please note that we will be closed on Monday, May 30 in observance of Memorial Day.



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