

Neurological Rehabilitation Adult Day Program

November 2021 Newsletter



YOU CAN'T POUR FROM AN EMPTY CUP!

November is National Family Caregivers Month! Spearheaded by Caregiver Action Network (CAN), it is a time to recognize and honor family caregivers across the country. As CAN reminds us, and as many of you know first-hand, "being a family caregiver is incredibly important, but it is critical not to lose sight of who you are."



As a means of self-care and a way to ultimately prevent caregiver burnout, read below for CAN's 10 Tips for Family Caregivers:

1. Seek support from other caregivers.
2. Take care of your own health. *You can't pour from an empty cup!*
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work so take respite breaks often.
6. Watch out for signs of depression. Be open to professional help when you need it.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so it's up to date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is!!

For more information on these self-care tips and other resources for caregivers, visit <https://www.caregiveraction.org/>.

The NRADP is incredibly grateful for all the caregivers who play a role in our participants' lives. Without your efforts, our program would not be what it is today. As a reminder of our commitment to provide a resource and support network for participants and caregivers alike, our staff and health professionals are here to provide education, training, and any additional assistance you may need.

Thank you for all that you do!!

SNOW DAY POLICY REMINDER

With winter right around the corner, it is only a matter of time before we get our first snowfall. **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.

STAFF RECOGNITION

We would like to acknowledge our Occupational Therapist Megan for being a part of the exceptional rehab team at Spalding Rehabilitation Hospital. According to their Facebook page, Spalding was recently named as one of Newsweek's Best Physical Rehabilitation Centers in 2021! We are lucky to have Megan on our team as well – able and willing to share her knowledge and experience with our program. **KUDOS & THANK YOU MEGAN!!**



WITH GRATITUDE

As we approach the holiday season, we are reminded of all that we have to be thankful for. Despite the ups and downs of the last two years, we feel lucky to be a part of this community. So, from our family to yours....



We are truly grateful for each and every one of you – and we wish you all a Healthy and Happy Thanksgiving!!

HOLIDAY CLOSURES

The holidays will be here before we know it! Please be sure to mark your calendars for the following dates, as Easterseals Colorado and the NRADP will be closed to all in-person and virtual services:

Thanksgiving: Nov. 25, 26
Christmas: Dec. 24
New Years: Dec. 31

If you know you will be absent from the program on days other than those listed, please contact Jessica Richardson or Marianne Soliz as soon as possible.

NOVEMBER CELEBRATIONS

Birthdays

Marianne: Nov. 1
Greg: Nov. 29

Holidays & Observances

Nov. 7: Daylight Savings
Nov. 11: Veterans Day
Nov. 13: World Kindness Day
Nov. 17: World Peace Day
Nov. 25: Thanksgiving
Nov. 30: Giving Tuesday

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