

# Neurological Rehabilitation Adult Day Program

November 2022 Newsletter



## NATIONAL CAREGIVERS MONTH

It's no secret that caregiving is a full-time job – one that requires a lot of time and energy. Every November, we celebrate National Family Caregivers Month to recognize and honor family caregivers. By celebrating National Family Caregivers Month, we can collectively **raise awareness** of family caregiver issues, **celebrate the efforts** of family caregivers, **educate family caregivers** about self-identification, and **increase support** for family caregivers.

### CARING FOR THE CAREGIVERS

As a way to give back and care for the family caregivers of Easterseals Colorado, the Colorado Respite Coalition offers the **Caregiver Stress-Busting Program** twice a year. Offered in a group setting and at NO COST, this program is a great way for caregivers to take a break, make friends, and learn stress management techniques.



- **WHO:** Family caregivers of persons with dementia or a chronic illness
- **WHAT:** Multi-component program that teaches techniques for stress management, relaxation, and coping
- **WHERE:** Virtual via Zoom
- **WHEN:** Spring 2023 (We do not yet have a selected start date for the Spring session, but the group typically meets Wednesdays for 90 minutes per week for 9 weeks.)

**We encourage anyone interested to reach out and join our “interest list” so that we can notify you as soon as more details emerge. To add your name to the list or for more information, call 303.233.1666 (x614) or email [CRInfo@eastersealscolorado.org](mailto:CRInfo@eastersealscolorado.org).**

**For additional caregiver resources, visit:**

<https://www.caregiveraction.org/national-family-caregivers-month>

<https://www.wellmedcharitablefoundation.org/caregiver-support/caregiver-stress-busters/>

## WHAT INSPIRES YOU?

Looking ahead, we will be working on a self-reflective creative project in the new year. In preparation for this project, we are asking that all participants start to bring in the following:

- Personal photos (either copies or ones that you are OK cutting up and/or not receiving back in whole)
- Magazines (must be OK with cutting up)
- Pictures, stickers, or any other art supplies that inspire you

## HOLIDAY HEALTH TIPS

The holidays are always a good reason to get together with family and friends. And while we love being able to celebrate these gatherings together again, we also want to stress healthy habits in order to keep everyone safe throughout the holiday season.

- **If you do not feel well, STAY HOME.** (We cannot stress this enough! Even if it is just the common cold, we ask that you keep your germs to yourself.)
- **Wash your hands.**
- **Wear a mask when indoors or in large gatherings.**
- **Ask your doctor about getting your FLU SHOT and COVID-19 boosters.**

These are just some simple ways to continue to protect both yourself and others from any illness or infectious disease. As a reminder, in the event that Easterseals Colorado or its programs experiences a COVID-19 outbreak – ALL participants, staff members, and visitors are REQUIRED to wear masks for 10 business days. We appreciate your cooperation and understanding in these situations.

## WE ARE GRATEFUL FOR YOU

It cannot be said enough...our program would not be what it is without the participation, support, and cooperation of all our participants and their caregivers. We feel so lucky you have chosen to be a part of the Easterseals Colorado community and the NRADP family. So from our family to yours...



***We hope you all have a Healthy  
and Happy Thanksgiving!!***

## HOLIDAY CLOSURES

The holidays are just around the corner! Please be sure to mark your calendars for the following dates, as Easterseals Colorado and the NRADP will be closed for all services:

**Thanksgiving: Nov. 24, 25**  
**Christmas Eve/Day: Dec. 23, 26**  
**(Observed)**  
**New Years Day: Jan. 2**  
**(Observed)**  
**MLK Day: Jan. 16**

If you know you will be absent from the program on days other than those listed, please inform us as soon as possible.

## NOVEMBER CELEBRATIONS

### Birthdays

Marianne: November 1  
Matthew: November 3  
Greg: November 29

### Holidays & Observances

Nov. 1: Dia de Los Muertos  
Nov. 8: Election Day  
Nov. 11: Veterans Day  
Nov. 13: World Kindness Day  
Nov. 15: America Recycles  
Nov. 24: Thanksgiving  
Nov. 29: Giving Tuesday

## Staff Contact Info

**Jessica Richardson, COTA/L**  
**Senior Program Director**  
303.596.2819

[jrichardson@eastersealscolorado.org](mailto:jrichardson@eastersealscolorado.org)

**Marianne Soliz, PTA**  
**Program Manager**  
720.254.5447

[msoliz@eastersealscolorado.org](mailto:msoliz@eastersealscolorado.org)

**Bill Brewton, CNA**

[bbrewton@eastersealscolorado.org](mailto:bbrewton@eastersealscolorado.org)

**Jaime Baker, COTA/L**

[jbaker@eastersealscolorado.org](mailto:jbaker@eastersealscolorado.org)