



# YOUR HEALTH AND WELLNESS NEWSLETTER

DECEMBER 2020 VOLUME 3 ISSUE 5

## Moving Forward

### *Ending 2020 on a positive note*

The year of 2020 has impacted all of us in many ways. We have faced new challenges, burdens, and blessings. With each challenge, there is an opportunity for growth. Sometimes, we find ourselves in the midst of grief and are unable to see the blessings. Each and everyone of us have unique experiences and different ways of coping with these experiences.

At Life Beyond Barriers Rehabilitation Group, we have had the privilege to be a part of many incredible journeys. We have witnessed resilience and relentless determination to push forward, a kind of grit we admire most! In honor of that, we (LBBRG) are taking steps to move forward in this journey to end 2020 on a positive note, through the acronym G.R.I.T. Each letter stands for **G**ratitude, **R**esilience, **I**nnovation, and **T**ranscend. We challenge you be mindful during the month of G.R.I.T. and to join in on this movement.

Week 1: Practice gratitude. **Gratitude** is being thankful and acknowledging your appreciation towards something or someone. What are you most thankful for this year? Take time to think about what you are most grateful for and why. Tell someone about it. This generates positive thinking. If you are up to it, take it a step further and express it. There are many ways to express gratitude: a thank you letter, spend time doing something you most enjoy (baking, painting, crocheting), spend time with someone, or give back by sharing. This doesn't have to turn into a dubious task, it can be as simple as writing it down, acknowledging what you are most grateful for.

Week 2: Have fun and challenge yourself! **Resilience** is to be strong emotionally, to want something enough that you are willing to overcome obstacles to get it. How can you challenge yourself this week? Can you hold a pose longer, take an exercise to the next level? If you are undergoing therapy, work with your therapist to co-create a safe challenge.

Week 3: Dare to innovate! **Innovation** is being creative or doing something differently. Through this you develop the tools and resources to achieve growth. Try something new! What can you do differently? Teach someone.

Week 4: To **transcend**, is to move beyond. As you leave 2020, what do you need to let go of? Perform an exercise of letting go. For example: while thinking about what you need to let go of, hold a rock in your hand. As you get ready to let go, purge the rock into the water.

# What's happening?

LBBRG has scaled back on small groups/gatherings due to recent governor mandates and health department recommendations related to COVID-19. **PWR! classes** have been placed on hold. We will continue to host **The Caregiver's Table** meetings in a virtual format. We have updated event information on our [website](http://lbbrehab.com/news) (lbbrehab.com/news) so that you can check back for upcoming meetings and events. If you need assistance in familiarizing yourself with the virtual format, please don't hesitate to reach out to us.

At LBBRG, we continue to stay up-to-date and adhere to the statewide mandates, as well as Michigan Department of Health and Human Services (MDHHS) and local health department guidelines. At both clinics, we have strict policies and procedures in place to help mitigate the spread of COVID-19. It is important for all of us to continue to do our part via self-monitoring and clear communication. Please report exposures to the clinical director by contacting the clinic or by email:

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**OPEN ENROLLMENT 2021:** Our **Billing Department** is working diligently to ensure all health insurance information is up-to-date. If there are any changes to your medical insurance, please contact your LBBRG Clinic immediately and provide the updated information. Rana Kaminski, Billing Supervisor, will be hosting open hours to help answer any benefit questions and/or concerns that you may have. You may contact her directly at 231-590-0076, during the listed timeframes:

**Monday, December 7th from 9am – 11am**

**Wednesday, December 16th from 1pm – 3pm**

Beginning January 4th, 2021, please bring your insurance card(s), so that they can be updated in our system.



## HOLIDAY SPIRIT FUNDAYS

Join in on the holiday spirit! December 16th-23rd, we will have different themes. If you are not in the clinic on one of these days, you can still join in on the fun from home! Share your picture with us.

Wednesday, December 16th: **Pajama Day!** Wear your favorite holiday themed pajamas, socks, slippers!

Thursday, December 17th: **Accessorize Thursday!** Got lights? Have a hat? Maybe it's some tinsel?

Friday, December 18th: **Flannel Friday!** Wear your flannel.

Monday, December 21st: **Mismatched Monday!** Feel free to add a little bit of crazy or character!

Tuesday, December 22nd: **UGLY SWEATER Day!**

Wednesday, December 23rd: **Light it up!** Wear your colors: Red and Green, Gold and Silver....

And add some lights...Whatever makes you happy!

