

## LETTER FROM THE DIRECTOR

I am excited to share that I have stepped in to the director roll for our program at NeuroRestorative, PA. I have worked for Main Line / NeuroRestorative for the past 15 years as a CRS, Clinical Coordinator and Clinical Supervisor. I look forward to guiding and working with everyone in this new capacity. As you may know, we have been impacted by the staffing shortage that has affected many business and industries across the country. We continue to work diligently to hire and train qualified staff to provide cognitive rehabilitation services in your homes and communities. We do offer telehealth services. This is an exciting new service line which came about because of the pandemic. We may be able to staff cases quicker via telehealth. If you would like to explore this option to get you back to a full schedule or if something has changed in your life where telehealth would work better in your schedule, let your clinical coordinator know. Wishing you all a safe and healthy start to 2023.

Best,

*Stephanie M. Larrisey* MS, LPC, CBIS

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## CLIENT SPOTLIGHT: KYLE KEECH

This quarter we would like to spotlight Stephen 'Kyle' Keech. Kyle has been with NeuroRestorative PA since 2018. In September, Kyle participated in a Duathlon charity event with the IM ABLE foundation. This event consists of a running leg, followed by a cycling leg, and then another running leg. The event was geared towards raising funds to provide grants, resources, and fitness opportunities for people affected by disabilities. He trained and completed a 6-mile cycling leg for his relay team during the event. Congratulations and Great Work Kyle!



For more information on the IM ABLE foundation, please visit [imablefoundation.org](http://imablefoundation.org)

# Your best shot at preventing:

## COLDS AND FLU

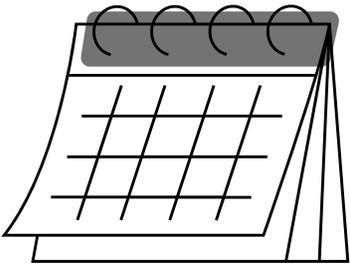


### GET YOUR FLU SHOT

The flu shot is designed to prepare your body to fight off the virus. You are 60% less likely to get the flu if you've gotten the flu shot.

### WHERE TO GET A FLU SHOT

Contact your doctor's office or local pharmacy (such as CVS, Walmart, or Giant) to schedule an appointment. Go to [Vaccines.org](https://www.vaccines.org) to find places in your community

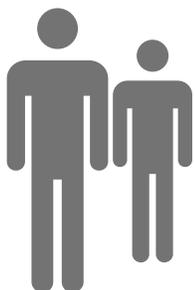


### WHEN TO GET A FLU SHOT

Flu season runs from October until May. After the vaccine, it takes your body 2 weeks to develop antibodies against the flu. Get your flu shot as soon as possible!

### DON'T TOUCH YOUR FACE & WASH YOUR HANDS

Don't touch your eyes, nose, or mouth. These areas are where a virus can enter your body. So, wash your hands frequently for 30 seconds with warm water and soap



### AVOID CONTACT

Avoid contact with people who are sick. Contact with people who are sick is the only way to get the flu! Wash your hands and use sanitizer after contact