



<http://www.yelp.com/biz/pasco-lakewood-2>



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The Newsletter That Serves Its Readers

PASCO Picayune

Volume 19, Issue 1

February, 2015

People First Language

"The difference between the right word and the almost right word is the difference between lightning and the lightning bug." -- Mark Twain

People-First Language puts the person before the disability. By placing the person first, the disability is no longer the primary, defining characteristic of an individual, but one of several aspects of the whole person.

Individuals who have a disability are people, first. A disability is not the "problem."

People-First Language describes what a person **EXPERIENCES**, not what a person **IS**.

Say:

People with disabilities
She has autism
She has Down Syndrome
The man with no home

Instead of:

The handicapped or disabled
She is autistic
A Down's kid
The homeless guy

When we start calling people by their right names, when we recognize that people with disabilities are people first, we can begin to see how we are all more alike than different.

We are **diverse of experience, but similar of spirit.**



PASCO as a PASA (Program Approved Service Agency) for those experiencing I/DD

We are excited to announce that PASCO was recently approved by the Colorado Health Care Policy and Financing agency (HCPF) and the Colorado Department of Public Health and Environment (CDPHE) to provide waiver services as a Program Approved Services Agency through the Division for Intellectual and/or Developmental Disabilities. This means that PASCO is approved to provide waiver services under the:

Children's Extensive Supports Waiver (CES)

Supported Living Services Waiver (SLS)
HCBS Developmental Disability Waiver (Also known as DD – Comprehensive, or DD – HCBS)

If your case manager approaches you about moving onto one of these waivers to access services, and you are interested in accessing these services through PASCO, please contact Cassidy Dellemonache at Cassidy.dellemonache@pascohh.com

pascohh.com.

We are continuing to develop this new program, but believe we may be able to help our existing PASCO families who are considering these services in the very near future.

**Save the date for
PASCO's
annual Summer Picnic
Monday, June 8th 2015
Morse Park
More details to follow**

Don't miss the Third Annual Adam's Camp Hoops for Hope!

**Sunday, March 8, 2015
1 PM**

**Cherry Creek High School
Doors open at noon**

Tickets will be available at the door for \$10. Space is limited so reserve your seats now online for just \$8. Click on the link below to order your tickets. *Sponsorships available*

Contact [Sarah](#) or call 303-563-8290 for more information

**Get more information
Register Now!**

Inside this issue:

Human Resources **2**

Inner City Health **3**

Message from the CEO **4**

Face with the name **5**

PASCO mom blog **6**

Nursing Corner **6**

Bonus **7-12**

Human Resource Corner-- Krystle, Holly, Chris & Steve

Happy new year to all of our dedicated employee's and Picayune readers! Thanks again for taking the time to read your quarterly HR update.

We are happy to say that our quarterly webinar is on track for February 11th. If you haven't yet registered you can email chris.lauer@pascohh.com for the link to attend the webinar live. If you aren't able to attend the live webinar, you may also view the recorded version which will be posted to the online forms section of PASS. It will have great info on why the change occurred, what may affect you, and some things that changed you may not yet be aware of.

Most of you are aware that annual CEU's (Continuing Education Units) are due each year during your anniversary month. Save time and paper by doing them online! Please remember that not completing your annual licensure requirements will lead to an interruption in your services and your employment will be placed on hold.

Also, as we continue to grow and expand we also continue to take into account that our

employee's working from home span almost the entire Front Range. We have been making good use of the Skills Den in Loveland, as well as still offering the Central Denver Location. If you think the Loveland location is closer to you, please remember to ask when it is your month to renew your skills den!

PASCO's Human Resources Department still has the same old faces, just new responsibilities. Holly Schan-hals will be moving into the Benefits Coordinator Position, taking over for Chris Lauer, who will move into a full-time recruitment director---if you know good and qualified CNA's and nurses, send them Chris's way. Once we get settled into the new building, we will be offering walk in interview times on Thursday afternoons. Potential candidates can either fill out their application and questionnaire online beforehand, or we will have a computer available for them to use.

Again it is a very exciting time for PASCO. We wanted to take a minute and thank every one of our employee's. We know that change is difficult, and we also know that all of you perform extremely difficult jobs, with a lot of extra challenges that not everyone faces. We are extremely grateful for all of your hard work!



Chronic Disease Awareness Day at the Capitol

Thursday, March 5, 2015

7:45 AM - Breakfast & Mingling

8:15 AM - Program

Old Supreme Court Chamber

Colorado State Capitol

200 E Colfax Avenue

Please join the Colorado

Respite Coalition & our

partners at the Chronic Care

Collaborative on to educate

legislators & advocate for

Coloradans living

with chronic

diseases. Volunteers, family

& friends are welcome.

Please RSVP to:

Caitlin.westerson@nmss.org

ADAMS COUNTY TRANSITION FAIR

FROM HIGH SCHOOL TO ADULTHOOD
For individuals with disabilities

JOIN US FOR RESOURCES AND OPPORTUNITIES TO MAKE THE TRANSITION SMOOTHER!



Employment

Recreation

Disability-related Organizations

Post-secondary Education



Health Care

Housing

If you need interpreting services or more information, contact Cristy Snyder, Adams 50 SWAP, 303-487-2897.



WHO:
Adams County School Districts 1, 12, 14, 27J, and 50 students and families

WHERE:
Westminster High School
6933 Raleigh Street
Westminster, CO 80030

WHEN:
Thursday, March 12, 2015
Presenters: 3pm-7pm
Vendors: 4pm-7pm

PRESENTATIONS:

- Healthy Relationships 3:00-4:00
- Social Security Benefits 4:00-5:00
- Employment 5:00-6:00
- Guardianship 6:00-7:00



Achieve with us.

Understanding SSI & SSDI Review the Basics and Learn the Facts



When it comes to Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI), what you don't know can hurt you. Join The Arc Arapahoe & Douglas Counties as we help you get a better understanding of these programs. SSDI and SSI can provide a gateway to Medicaid and the Supported Living Services (SLS) Waiver. It is important for parents, caregivers, and self-advocates to learn more about these disability benefits facilitated by the Social Security Administration.

During this workshop, participants will:

- Get clarification about common misconceptions related to SSI/SSDI
- Find out eligibility criteria for SSI/SSDI
- Learn the differences between SSI/SSDI
- Get informed about the Colorado Disability Benefits Support Program
- Have time to ask questions about the SSI/SSDI application process

February 11 (6:30-8:30p.m.)
REPEAT February 21 (12:00-2:00 p.m.)

*There is no cost to attend this workshop

WHERE: The Arc Arapahoe & Douglas Counties, 6538 S. Racine Circle, Centennial, CO 80111

A meal will be served at this presentation so we appreciate RSVPs; however, we understand that things come up. Please give us as much advance notice as possible but don't let an RSVP prevent you from attending!

Please RSVP to kim@arc-ad.org or call (720) 457-1032

Inner City Health Center (IHC)

Even after 31 years, and after the challenge laden and controversial Affordable Care Act implementation, Inner City Health Center (IHC) remains true to its founding mission and purpose: to treat the whole person, with dignity and the highest caliber of care. IHC was founded in 1983 in the heart of Five Points. The clinic shared space with a barber-shop.

Inner City Health Center moved to its current location at 3800 York in 2009. It is a full scale clinic providing medical, dental and counseling care for patients of all ages and so is one of very few clinics where each of these three types of care is available under one roof. IHC now has 18 medical exam rooms and six dental chairs. IHC treats patients without geographic restrictions; 65% have no insurance at all, 29% have Medicaid and 2% have Medicare. Approximately 85% come from disadvantaged minority communities, and almost 90% are poor. Inner City Health has seen more patients since the implementation of the Affordable Care Act (ACA). The ACA expanded Medicaid eligibility,

so more patients with Medicaid are seeking care, often for the first time. Many other private providers are reticent to take on new Medicaid patients. The Medicaid reimbursement rate is low, and the process complex. Many of these patients present challenging and serious conditions. A Colorado Health Institute study estimates at least 400,000 Coloradans will still go without insurance; these are



the working poor who earn too much to be eligible for Medicaid, but too little to afford private insurance. At Inner City Health Center, these patients pay what they can based on an affordable sliding scale payment plan. IHC provides the essential long-term, person-focused primary care that addresses a large majority of health care needs. Congregational Health Ministry, the Inner City Health Center outreach arm, provides screenings and testing free of charge at locations throughout the metro area. CHM provides free screenings, flu shots, and

health educational services to sites all over the metro area – churches, community centers etc. Individual follow up is provided for those who exhibit abnormal test results.

The Life, Health, & Fitness Center is next on the Inner City Health Center growth agenda. This facility, on the 3800 York campus, will be a place where members of our

community will be able to take proactive steps to ensure their good health. The Life, Health and Fitness Center will increase space to see

medical, dental and counseling patients, and feature classroom spaces for wellness education, a kitchen for healthy meal prep classes, and inside and outside fitness areas.

Inner City Health Center
3800 York Street
Denver, CO 80205

Medical: (303)296-1767

Dental: (303)296-4873

info@innercityhealth.org

FROM THE ARCHIVES

An excerpt from the February, 1999 Picayune.

Slogging through the iced boulevards of Lakewood town, heaving mounds of dirtied snow toppling apothecary and shopworn motored automobiles alike, the numbed mind wanders to the faraway Klondike, with the intrepid Jack London battling cold, exhaustion and scurvy. Siberian melancholia... an absence of color, the constant shiver. snow, snow and impossibly more snow fill the landscape-- Impenetrable to the plow, resilient to the shovel...



Charity Golf Tournament

We would like to invite you to be a part of this special day as either an event sponsor or participant.

Both morning & afternoon flights

7.13.2015

Save the Date

Hosted by:

Meridian Golf Course
Englewood, CO

Message from PASCO CEO-- Ryan Zeiger

Clients/Families/Employees/Friends,

It has been a busy start to 2015! Some updates:

PASCO is moving: PASCO will be in a new office as of February 17th. While we have loved the quirky offices we currently call home.....it was time. Everyone will have a little more room, and we think CNAs, families and nurses will find our training and work areas more comfortable and functional. That said, as someone in the office said today "We will be sure to bring that same authentic PASCO funk to the new space". Our new address is:

**9197 West 6th Avenue
Suite 1000
Lakewood, CO 80215**

(Please, please don't share this address with the skunk family in our basement, as that is one part of PASCO we would like to leave behind) (Many affectionately have known this new space, as the "Old ATG Rehab Offices").

New Integrated Electronic Health Records System Launched: We were very excited, and certainly somewhat nervous, when we flipped the switch on 12/8/14 for PASCO's new system for clinical management, scheduling, timekeeping, payroll, and billing. We had heard horror stories of other agencies who had launched new systems, and could not make payroll or bill for weeks. For those that did experience some of the bugs at initial launch, we want to thank you profusely for your patience as we troubleshoot and resolved technical issues.

We want to extend a HUGE THANKS to our field staff for their perseverance through some of the technical difficulties! Relative to the horror stories other agencies have faced, I am proud to say that on the whole, the launch was a success. We made payroll every week (thank you payroll team) despite a new system and short work weeks due to holidays, and were able to keep billing as well. Two months into the launch, we are excited to say that the system is performing well and that we continue to work to make the system perform even better every day. Everyone from our systems team, to the direct service providers, to the administrative team deserves credit for making this a success.

PASCO is Launching a Client Advisory Board: We don't ever want to lose sight of what PASCO was created to do. We want to get regular feedback from our clients about what we are doing well, could be doing better, what services we should be offering that we are not...with the ultimate goal of ensuring our services help our clients achieve their personal goals. We also want to bounce test new ideas with this Advisory Board. The time commitment would be 2 conference calls and 2 in person meetings a year. We will reimburse for any travel expenses and provide lunch at the in-person meetings. If you are interested in participating in this important initiative please e-mail me at ryan.zeiger@pascohh.com or call me at 303-233-3122

CLASP (Colorado Long Term Assistance Service Providers): PASCO is part of an organization, CLASP (formerly PACCA), of sister Home Health and In Home Support Services Agencies that are collaborating to advocate for services for people with disabilities, with a focus on supporting home and community based services and independent living principles. I serve as co-chair of this organization. The following are some key updates on old and new initiatives:

- **House bill - 1182** – In the 2015 legislative sessions, CLASP has again introduced new legislation to improve the delivery of long term home care services. House bill 1182 amends the CNA practice act to allow CNAs to be competency trained to perform bowel programs, g-tube and j-tube feedings, and assist with meds (place meds prescribed by a pharmacist or RN in a clients mouth). The bill will still require the CNA to be competency validated by a Registered Nurse, but it clarifies regulations so that these tasks do not have to be "delegated" by an RN. Delegation requires a burdensome and unnecessary level of RN supervision for tasks that are performed multiple times a day. We will keep you updated as this progresses through the legislative process.
- **In-Home Support Services (IHSS) Legislation** – As I noted in the November letter, we were extremely excited to work with the disability community to pass two pieces of legislation to improve this consumer directed service delivery option: One bill to renew the IHSS program (Sunset Review Legislation), and the 2nd bill to improve the program. The renewal bill that was passed, extended the program for another 5 years. And the 2nd bill improved IHSS by:
 - Allowing spouses to provide services
 - Allowing services outside the home in the community
 - Eliminating the 8.5 hour per week relative personal care limit
 - Providing guidance to regulators to allow for increased consumer direction
 - Requiring the Medicaid state agency to develop a plan to launch IHSS as a service delivery option in additional waivers (plan is due by 3/1/15, implementation timeline TBD).

PLEASE NOTE: Currently you can only access IHSS through the Elderly Blind and Disabled waiver or the Children's Home and Community Based Services waiver. CLASP worked over the last year as part of an IHSS workgroup to update the IHSS program rules to match the legislation. Those rules passed through the state's Medical Services Board in January of 2015.

Please note that while the original implementation for these changes to IHSS were planned for 3/1/2015, we just received notice from the state Medicaid agency that these changes will be delayed because we are awaiting final approval from the Centers for Medicare and Medicaid Services (the Feds). We will keep you updated as we get clarification on new timelines and details.

Intellectual and Developmental Disability Services: We were excited to become a Program Approved Services Agency for the Supportive Living Services (SLS), Developmental Disability – HCBS, and Children's Extensive Services (CES) waivers in November of 2014. At the end of 2014 we spent time carefully planning to launch these services. In January of 2015 we were excited to accept and provide services to our first clients in the I/DD waivers. If you have questions or are considering enrollment in the above waivers and would like consider PASCO as your service provider don't hesitate to contact us at ddservices@pascohh.com. The entire PASCO team is excited to expand our services to new populations.

HIRING: We are ALWAYS looking for good CNAs, LPNS and Registered Nurses. We have streamlined our application and hiring process by launching an online job application page on our website at: <http://www.pascohh.com/jobs/>. Please let us know if you have any friends or colleagues that are looking for employment. Contact steven.callaway@pascohh.com.

As always, the entire team in the central office and I are here to serve all of you so if you ever need anything please don't hesitate to contact us at 303-233-3122 or contact me at ryan.zeiger@pascohh.com. Thank you!





USA Mobility is a Colorado based provider of custom power and manual wheelchairs. We work with every major insurance provider including Medicare and Medicaid and have a staff dedicated to providing exceptional customer service. We have great showroom where customers can come and trial a variety of manual and power wheelchair. Our certified wheelchair specialists will work with you to design the perfect mobility solution. Please visit us online or in person at www.usamobilityinc.com or 7808 Cherry Creek S Dr STE 116 Denver, CO 80231. (303)377-8008.

2nd Annual

MITT Transitions Resource Fair

Providing Resources Across the Lifespan

Monday, April 13, 2015 from 4:00PM– 7:00PM

Tivoli Student Union at Auraria Campus

The Metro Interagency Transition Team (MITT) is excited to bring together resources to help individuals with disabilities and their families plan for the many transitions that occur throughout their lifespan.

You can expect to find resources around:

- Higher Education
- Employment
- Support & Advocacy
- Day Programs
- Respite (Sponsored by Easter Seals of CO and the Colorado Respite Coalition)
- And more!

Parking is Free (Validated at Fair)! No cost to attend!

No RSVPs required for families or individuals!

For information on parking and the location of the Tivoli Student Union, please visit: <http://www.ahec.edu/campusmaps/CampusMap.pdf>.

Follow the balloons from the garage to the Tivoli Student Union.



- Networking for Community Partners from 3-4pm
 - Resource fair open to the community from 4-7pm
- Accommodations requests, including interpretation, must be received by March 20, 2015.

Questions? Please contact Kim Tenure at kim@arc-ad.org or (720) 457-1032.

Putting a Face with the Name—Mary Jackson

One of the keys to PASCO's success over the last 20 years has been finding great employees; see where their respective strengths lie, and utilizing those strengths accordingly. Whether in Scheduling, Payroll or Medical Records, finding that perfect fit is extremely important, and makes a tremendous difference in day to day operations. PASCO found that perfect fit when we hired Mary Jackson, our world-class Intake Coordinator. As imagined, Mary is usually busy...very busy on the phone, oftentimes as the first contact individuals have with PASCO. With a background in social work, Mary came to PASCO after working for five years at Colorado Coalition for the Homeless, where she worked with former homeless individuals successfully living in supportive housing. Mary took over the Intake role in July, and with some help from former Intake Director, Ky Agnew, she has

thrived. "Like my last job as the Coalition, I find a real sense of purpose in helping people get services, find resources, and sometimes, when there is little I can do to help, just be someone who will take the time and listen...we all want to be heard." Mary's job as the Intake Coordinator is to pre-screen and determine eligibility with "Field Consumers", those interested in IHSS (In Home Support Services), as well as the Family CNA program. She loves hearing the stories, and being able to help navigate the path for families who have little to no idea of options and resources at their disposal, "just being able to give someone a bit of hope for a child or a loved one is pretty special." A Denver native, Mary is an enthusiastic snowboarder and hiker. A runner, who also enjoys yoga, kale, Swiss chard,

balsamic vinegar, and organic beef, Mary personifies healthy Colorado living. While looking forward to the move, Mary is a bit melancholy about leaving the old building, "the lack of space, and how the office was set up, really helped me meet people. It helped make PASCO a tight-knit family."



The Denver Metro Community Parent Resource Center's (CPRC) informs and empowers low-income, culturally and linguistically diverse families as advocates for their children with disabilities, ages birth through 26 to achieve meaningful participation in their schools and communities who live in the Denver metro area (Adams, Arapahoe, Boulder, Denver, Douglas, and Jefferson Counties).

The CPRC provides free parent advising by telephone, Internet or face-to face. They also offer free trainings for parents and professionals. Some of the topics are on Advocacy, Writing Effective Individualized Education Plans, Understanding Special Education Law, Sexuality and Puberty, and Positive Behavior Supports to name a few. They also have a resourceful website.

If you like to be on our email list to be abreast on what is happening in the Denver metro area that pertains to disability and education, or our upcoming workshops, please visit our website or contact us by email or phone.

**2600 S. Parker Rd. #3-332
Aurora, CO 80014
303-365-2772
303-365-2776 Spanish line
303-365-2778 fax
info@denvermetrocpirc.org
www.denvermetrocpirc.org**



Instructors for Special Needs is a newly established program that specializes in connecting children, teenagers, and young adults with physical, developmental, and learning disabilities to extracurricular programs in Boulder County. Clients' foundational skills are assessed before an extracurricular activity or program most relevant to their current skills and goals is recommended. Clients most often begin their extracurricular experience with one-on-one instruction before transitioning to small group and/or inclusion participation and then furthering their skills to participating with or without minimal support. Parents of clients are well-informed and adaptations or modifications are consistently evaluated and enforced to ensure the client's success.

Contact:

instructorsforspecialneeds@gmail.com

Phone:

720 263 2504

Website:

www.instructorsforspecialneeds.com

Nursing Corner—Stephanie & Denise

Hello from the nursing department. We hope you had a wonderful holiday season. We would like to thank you for all of your patience during the implementation of the new CNA care plans.

Just a reminder, please notify the agency of all hospitalizations. Please notify the agency immediately when discharged from the hospital. Per Federal and State Rules and Regulations, an agency has 48 hours to have a Registered Nurse complete a post hospitalization comprehensive assessment. CNA services cannot resume until the Registered Nurse has made a visit to your home to complete the comprehensive assessment, review the plan of care, medication list and discharge orders.

If your child is receiving CNA only services from PASCO, a Registered Nurse is required to supervise the CNA every 60 days per Federal, State and Licensure Rules. Recertification paperwork including: comprehensive pediatric assessment, medication profile review, case conference and plan of care must be completed every 56-60 days. If the Recertification is not completed on time, CNA services may be put on hold or discharged.

Thank you for all you do.

Rare Bird--Laurie Arnold (PASCO CNA)

Yesterday Jules and I took a walk over in the open space by our house.

We saw bunnies and prairie dogs and heard lots of birds chirping. I'm not a bird person, but I think most of the birds we saw and heard were your normal, run of the mill black bird or small brown chirp, chirp, chirpy bird.

On our second lap we heard something different. Not chirping but a coo. A soft gentle "coo...coo." Not far from us just off the path was a small gray bird, close to the ground, about to land on a rock. It's wings were flapping like a humming bird but it was much bigger than a humming bird. When it settled on the rock I could see beautiful dark blue markings near its wings, contrasting it's soft gray color. It continued it's soft cooing as we stopped to observe. I'd never seen a bird like this before, it was different, it was beautiful!

"Julia, oh my goodness, this is a special bird! A very special bird. A rare bird.... Just like you! My little rare bird."

I wish this is how see Julia and people. Special, unique, rare.

Why is it we can other species: fish, bugs, plants - own?



the world could ple like her. exquisite and

see the beauty in dogs, cats, birds, but not in our

something rare among other ered exotic and among our own fective and

Why is it that and different species is consid- valuable, but is considered de- wrong?

For other species we fight to protect and preserve the rare. But in our own we seem hell bent on killing them off. For many it is considered a positive thing to "catch" a difference early enough so that it can be "disposed" of. And those we don't kill off in time, well then we spend the rest of their lives doing everything we can to force them into something closer to us, closer to your average chirp, chirp, chirpy "normal" bird.

My Rare Bird.

Why? Why can't a rare bird simply be a rare bird.

When people look at Julia with disgust (sadly it does happen), I want to say to them (well first I want to punch them, and then I want to say to them), "People, you have no idea what you are witnessing! This is the rarest of the rare type of human. Scientists believe there is only *one like her* in the whole world, possibly in all of history. You are among the lucky few in all mankind getting the chance to see such a rare specimen. Take her in. Watch how she moves and interacts, it's fascinating. No, she won't make the same sounds as you do, but listen closely to her beautiful cooing, isn't that amazing."

There is so much to celebrate in the diversity of our species. Why are we scared of the rare bird among us when we could be in awe?

To read more from Laurie's Blog
[I'm Julia's Mom](http://imjuliasmom.blogspot.com/) (<http://imjuliasmom.blogspot.com/>)

Bragging, boasting, ranting and raving about life with this fabulous girl

What's the cure for whining?

In a list of things that irritate parents, we find children whining near the top! It's a behavior that every child tries sooner or later. Some children fall into whining and can't seem to climb back out. And by the time you search for advice about handling whining, you're beyond fed up.

Challenge #2: What's the cure for whining?

Usually, whining happens shortly after your child's sense of connection to you has broken. The ordinary things you must do, like feeding little brother, cooking dinner, or talking to a friend on the phone, can eat away at your child's sense that he's connected and cared about.

Your whining child probably won't be satisfied by changing her juice from the blue cup to the red cup, or by getting her a cookie with perfect edges. Your child needs you. She needs to feel connected to you. Only a sense of connection can mend that awful out-of-sorts feeling that's bother-

ing her.

Here are some steps you can take right away:

1. Try filling your child's request just once. If more whining follows, you can be sure that the real problem is her emotional "weather." A storm is coming.
2. Set a gentle limit—"no, the blue cup is a good cup for

ous snuggle instead of trying to solve her problem—"Oh, you're my girl who loves red cups! A swing around the kitchen for you!" with a hug and a swirl can get laughter going, to jumpstart the reconnection process.

Children know how to release feelings of upset. To get started, they just need us to pay attention to them long enough to communicate that we'll stay with them through this rough patch.



Skillful application of Setting Limits, Staylistening, and Playlistening can create breakthroughs that stop

now"—so she can cry or tantrum if she needs to. Stay close, and offer warmth. Offer yourself instead of the red cup. Unloading those feelings, and absorbing your caring, will cure that gnawing sense of helplessness or loneliness that causes your child to whine.

3. It may seem counter-intuitive, but go in for a vigor-

the whining.

For more information on how to use these Listening Tools and lighten your parenting load, [click here to join an exceptionally convenient and comprehensive online membership program.](#)



Join The Arc Arapahoe & Douglas Counties, The Colorado Respite Coalition, and Easter Seals Colorado in March for two workshops during which the topic of discussion and activity will be centered on "Caring for Caregivers". Caring for a loved one requires mental and physical resilience. Participants will be equipped with the resources, information, and support they need to be at their best so they can provide the best. If you or someone you know is in need of respite and support from others, please take advantage of this wonderful opportunity. Caring for Caregivers will take place on March 25 (5:30-8:30 p.m.) and March 28 (12:00-3:00 p.m.) at The Arc Arapahoe & Douglas Counties, 6538 S. Racine Circle, Centennial, CO 80111. For more information and/or to RSVP, please email kim@arc-ad.org or call 720-457-1032.

The Arc of Adams County and 17th Judicial District Present: "SPECIAL EDUCATION AND ADVOCACY TRAINING FOR FAMILIES"

PRESENTED BY: Paula Christina
LOCATION: The Arc, 641 E. 112th Ave, Northglenn, CO 80233
WHEN: February 25, 2015 6:00-8:00PM
One Evening workshop includes:

- Overview of Special Education
- Discussion of IEP's vs. 504 Plans
- Special Education and Discipline
- Conflict Resolution
- Ask Questions

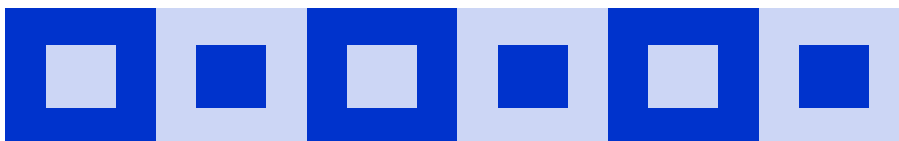
Dinner is provided! Space is limited—so please call to reserve your spot. Please RSVP to Amy Phone: (720)206-4270 amybishop17jd@comcast.net



Did you Notice?



Has Become





Joel as Greased Lightning in "Death of a Star" in 2011

Findings

- It was proved that Madagascar's fat-tailed dwarf lemurs hibernate in the winter dry season.
- Confused brown pelicans were observed crashing into streets in Arizona because heat waves rising from the pavement looked like water.
- New research suggested that planets are formed out of elongated dust chains or "worms" rather than fluffy dust blobs.
- Chiquita International was busy engineering bananas that taste like different fruits.
- Young bilingual children who learned one language first are likelier than monolingual children and bilingual children who learned languages simultaneously to say that a dog adopted by owls will hoot.
- A horticulturalist in Florida announced a new low-carb potato.

Magic Moments is a non-profit, 501(c)(3) musical theatre company dedicated to providing persons with physical and developmental disabilities the opportunity to experience the arts through performance in a yearly, original theatrical and musical production. Our 200 or so cast members include professional actors, singers, and dancers who are so proud to perform right alongside our phenomenal actors with special needs, several of which are your PASCO client friends. Everybody on stage is a shining star!

You may know my son Joel Gutierrez as deejay, The Joelman! Joel is also an actor and now in his 6th performance with

Magic Moments Inc.

Magic Moments. You never know what event will have a profound impact on your life. Since we saw the show "This just in" in 2009, everything about this company has been a life changing experience for us. Joel says "Being in Magic Moments has taught me a lot more about professional theatre and has reminded me how much work and fun both it is putting together a show. It all pays off in the end. Because we are professionals and we know that we are doing hard work." This show is now integrated into our life and we look forward to seeing all our friends at each rehearsal. I join in the fun by coordinating the details involved in supporting our actors with special needs.

But don't take our word for it. Come and see the unbelievable talent and possibilities for yourself. Our next performance called "A Dark and Stormy Night" is March 26-29, 2015 at the Anschutz Family Theater. It is a "horrifyingly hysterical musical" and even includes the Addams Family!! You can get tickets and more information at www.magicmomentsinc.org. You might even want to include a personal or business ad in our playbill program. Your ad will be viewed and enjoyed by over 2500 audience members. Contact Danny Rusak, 720-879-1697 for more information and with any questions you may have about that.

Challenger Little League Baseball

Baseball season is just around the corner. Are your children itching to get out on the field and bat some homeruns or throw a ball out of the park? The Challenger Program located at the Perl Mack Recreation Center in Adams County is now open for registration.

This program has no boundaries; all children from all locations are welcome to play.

There are new rules that were implemented this past year for the Little League Challenger program. This program now accepts players of all ages. Players will be separated into two different leagues. The younger league will be comprised of ages 14 and under. The older league will be comprised of ages 16 and older. 15 year old players will

have the option to play in either league, depending on individual preference.

The Little League Challenger division accommodates players with a variety of disabilities, including those with wheelchairs and gives disabled



Close play at the plate!

players the opportunity to participate allowing them to enjoy the benefits of the Little League program without the common struggles associated with typical baseball fields.

At this time registration fees are waived for the Challenger pro-

gram. So come on out and join us Saturday mornings for a good time!

Registration materials include media release, medical release and registration forms.

All children receive a team shirt, baseball cap, and a trophy with a picture at the end of the season. Registration will begin in February.

Again, a reminder that all players are now accepted into the Challenger program without age restrictions.

If you have any questions, please feel free to email me, Charlene McCune, VP Little League Challenger Program at lillymc@comcast.net. You can also call me at 720-421-8816 on my cell phone.



As an affiliate member of the national SAGE (Services and Advocacy for GLBT Elders) network, The Center's SAGE of the Rockies program offers activities and events that focus on health, housing, legal and financial planning, legacy

and social connection specifically for LGBT persons 50+. For more information, please contact Reynaldo Mireles, SAGE of the Rockies program manager at (303) 951-5222 or rmireles@glbtcolorado.org

**Come and Join the
Rocky Mountain Village & Rotary Club of Denver Southeast
RYLA Plus Leadership Camp!**

August 2 – 7, 2015

Rocky Mountain Village
Empire, CO



Rotary Youth Leadership Awards (RYLA) is an international youth program created by Rotary International to encourage leadership development in youth.



Easter Seals Colorado and the Rotary Club of Denver Southeast are reaching out to potential future leaders with physical disabilities, or other similar challenges, who are interested in participating in this sponsored, one week leadership program, well-known for its life-changing experiences.

Who Should Attend?

High School or college students between the ages of 16 to 20. Participants must be able to engage in an active program. Our initial focus is on individuals with physical disabilities.

APPLY TODAY!

For any questions or to apply please contact Jessica MacPhail at:
303-569-2333 x312 or jmacphail@eastersealscolorado.org

Retreats (from June to September) are 5-6 days in length and feature outdoor adventure activities ranging from rafting, canoeing, rock climbing, hand cycling, skiing, ropes courses and more. Developed for adult survivors of an injury to the brain. The Challenge By Choice Adventure Program is based in the mountains of

Breckenridge at BOEC'S beautiful and scenic Scott Griffith Lodge. The lodge sits on a quiet lake at the base of the Ten-Mile Mountains. Registered Nurses who have experience with brain injury survivors and their needs will be attending these retreats. Please contact Linda Heesch, Brain Injury Alliance

of Colorado,
camp@biacolorado.org
(303) 562-0401.



Reda Dillingham-PASCO
CNA
Certified Scentsy Consultant
720-290-8396
[hds://](http://hds://redadillingham.scentsy.us/)
redadillingham.scentsy.us/

Fantasticks-- Phamaly Theatre Company www.phamaly.org

January 29 - February 15, 2015 at the Aurora Fox
February 27 - March 1, 2015 at the Arvada Center

The world's longest running musical, this iconic romantic comedy has delighted audiences for over 50 years with its timeless story of love and captivating music. *The Fantasticks* is a hilarious and moving tale of two young lovers, their meddling

fathers, and the wall that divides them. Whether you are revisiting this beloved musical or experiencing it for the first time, *The Fantasticks* presented by Phamaly will leave audiences smiling and humming along to the music! Phamaly is thrilled to announce that the cast of *The Fantasticks* will also travel to Osaka, Japan in March of 2015 for Phamaly's first ever international tour! There will be one performance of *The Fantasticks* in Osaka at the International Communication Center for Persons with Disabilities, and cast members will also be trained to lead a se-

ries of community workshops.

Cast:

El Gallo - Jeremy Palmer
Luisa - Jenna Bainbridge
Matt - Daniel Traylor
Hucklebee - Mark Dissette
Bellomy - Robert Michael Sanders*
Henry - David Wright
Mortimer - Stewart Caswell
Mute - Lyndsay Palmer

*The Actor appears through the courtesy of Actors' Equity Association, the Union of Professional Actors and Stage Managers in the United States.



Tickets for all shows are now on sale! Call the Aurora Box Office at (303)739-1970 or the Arvada Center Box Office at (720)898-7200.

Changing the way a story is told -- Nick Roussos



Nick is Awesome in Action!

Nick Roussos, a Loveland, CO, author and business owner, is proud to present the publication of his first children's book, *Helping in Action!* This exciting adventure is about a boy in Africa who realizes he is capable of being a hero when he finds a lion cub in need of help. The main character, based on Roussos, depicts a boy with Cerebral Palsy requiring adaptive equipment and assistance from others throughout the story. Despite his special needs, the boy's daring ways inspire other children to believe that they can accomplish any of the great things to which they can aspire. Cathy Olmsted, a local teacher and advocate, describes the book as "a delightful story, weaving the true experiences of his (Nick's) childhood in Ethiopia with a thread of the fantastic." Through *Awesome in Action*, Nick promotes education and awareness of individuals with special needs. He provides

several workshops and presentations for any age group or education level that he modifies to fit any event. His mission is to inspire people around him, and to show them that a person can be successful and happy, no matter the circumstance with which they are presented. With his presentations, Nick hopes to open the minds of individuals who may see a disability as a person's defining characteristic.

For his dedication and business practice, Roussos has been recognized as an entrepreneur who is "Livin' the Dream" by Lululemon Athletica in Cherry Creek, Denver. He most recently was invited to receive the "Kyle Froehne Award for Excellence in Employment" from the Colorado Cross Disability Coalition in Denver, CO. Nick is an enthusiastic man with a colorful history and a

passion for life. During his childhood, he had many adventures, which are reflected in his stories; he had a lion for a pet, a confrontation with a hippo, and a showdown with a snake. All of these life experiences have led him to become the man that he is today. He is truly an adventure seeker; participating in adaptive sports including water skiing, snow skiing, horseback riding, white water rafting, and races with Athletes in Tandem. As Mary Cabela states in her review of *Helping in Action*; "As you get to know Nick through his books, I am confident you will come to love him as we do." Do not miss this opportunity to share the joy and excitement of Nick's first book, *Helping in Action!* Order your copy today! Check out his website here:

www.awesomeinaction.com

Check out a description of Nick's first book: <http://vimeo.com/91745606>

Coming Up For Air - A Family Weekend

A weekend workshop for families with teens and children facing the challenges disabilities pose. Children with special needs and their siblings will participate in fun recreational activities while parents gain disability resources, financial tips and tools to manage stress.



Easter Seals Colorado has been a leading disability service provider for more than 85 years.

Children with special needs will receive support during the weekend by trained staff and volunteers. Disability experts will lead sessions.

Lodging:
Parents will have the option to sleep with their children or in separate quarters during the weekend. Children will remain supervised.



www.eastersealscolorado.org
303-233-1666 EXT. 257



Coming Up For Air Family Weekend

March 6-8, 2015



\$65 per person
\$50 per person with 3 or more
Scholarships Available

Rocky Mountain Village
Empire, Colorado
I-70 & Exit 232 (Winter Park exit)
For more information,
please call 303-233-1666 ext 237





MDA Team Momentum is a powerful and inspiring program that empowers ordinary people to do extraordinary things to save and improve lives of people fighting muscle disease, including ALS and SMA. Did you know that muscle diseases progressively weaken the muscles and often result in people losing basic functions, such as walking, running, breathing, dressing, eating or even talking? The Team Momentum program enables walkers and runners to make a profound impact by training for and participating in

events like the [Colfax Half Marathon](#) while raising awareness and dollars to fight muscle disease. **Watch this VIDEO to see more. [Team Momentum](#)** Offering world class coach-led training, team events and camaraderie, fundraising tools and inspiration every step of the way, MDA Team Momentum is not only changing the lives of people fighting muscle disease; it is transforming the lives of the walkers and runners who are moving their muscles to strengthen the families that we serve. Attend an info session in Den-

ver to learn more, meet the coaches and fellow teammates and receive discounted team registration! If you are outside of Denver, contact Neon McCarthy to learn more! **DENVER INFO SESSION**

Thurs., Feb. 19, 6:30pm – Kickoff Party, Denver Beer Co. Barrel Room

Questions? Contact Neon McCarthy at nemccarthy@mdausa.org. Learn more and join the team today at

www.MDATeam.org.

Gala of Wines

To Benefit Connections for Independent Living

When: Friday, March 6, 6:00 to 9:00 pm

Where: UNC Ballroom

What: Our major fundraising event of the year

Why: To benefit our programs and services that help people with disabilities in Northern Colorado live more independent and self-sufficient lives.

Ticket Price: \$45 in advance, \$50 at the door

Details: Fine wine, food, cheese, and beer samples; silent and live auctions; door prizes; a chance to connect with your friends at Connections for Independent Living!

<http://www.galaofwines.org>



Family portraits located throughout the Picayune are taken from the TARP initiative. If interested in participating please contact Damian. (303)233-3122 damian.rosenberg@pascohh.com

What is Artonomy?

When was the last time you played with clay or mixed paints to make your own colors? Yep, this is for you. Artonomy's adult workshops allow you to take a break from your busy life. These creative pursuits will allow you to stop, listen and honor of your creative voice. Beyond fun, such endeavors validate who we are and fill us up. Artonomy offers a variety of studio experiences- clay tiles, printmaking, painting, collage, and mask-making to name a few. Each workshop will guide you through the skills and techniques that build towards creating a personal work of art.

Many workshops build off of a theme of idea. An example is we host a clay tile workshop "A place called Home", where we explore our sense of security and family through homes in our lives. Our batik workshop is designed around making personalized Mandalas.

Artonomy is aligning its efforts with PASCO to offer art retreats to its adult caregivers. Our intention is to bring respite, build camaraderie, and shine a light on the generous creative souls who are in service to others. We hope to have a workshop on the schedule for early spring.

So come dive in and put you

first. More info will be provided in the next newsletter.

If you have questions, don't hesitate to contact Maggie Smiley Artonomy@gmail.com

If you would like to see a glimpse of an Artonomy Mask Making Workshop, here is the video link to youtube. <http://youtu.be/BswVKlhSc9k>.

Additional images can be found on [facebook.com/artonomyart](https://www.facebook.com/artonomyart) I look forward to making art with you.



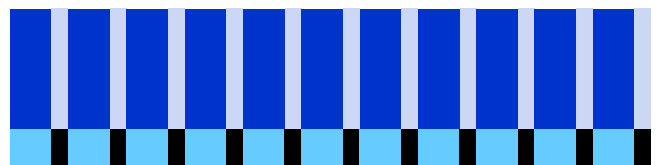
Artonomy –will allow participants to find their inner creative voice.

"Scarf For Life"

Inspired by beautiful and colorful paintings, painted by a miracle painter who was born at 23 weeks gestation, weighing only 1 pound and 7 ounces; Regal Rowe's fashion designer-Sinath Jerome is on a mission to create one scarf at a time to raise money for special needs programs at her neighborhood schools and NICU hospitals. Her goal is to create 17 million scarves for "Scarf For Life" project helping one school one hospital at a time.

How can I help?: You can help by purchasing the "Scarf For Life" and spreading the word! <https://www.etsy.com/shop/RegalRowe>

Wear it: Wear "Scarf For Life" as a reminder of how beautiful, colorful and precious life really is. Check it out.





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www.pascohh.com

Reference in this Newsletter to any specific product, service, or company does not constitute a recommendation by Personal Assistance Services of Colorado (although we do our best to support community friendly organizations.)

SAFE ZONE



This space **RESPECTS** all aspects of people including race, ethnicity, gender expression, sexual orientation, socio-economic background, age, religion, and ability.

This SAFE ZONE poster was adapted from a Boulder County Health Department poster and is brought to you by your branch at the High School Coalition. To print more posters, please visit www.collegehealthcoalition.org.

Your Home. Your Community. Your #1 Choice.

Personal Assistance Services of Colorado (PASCO) is certified under Medicare, Medicaid, and the Medicaid Home and Community Based Services (HCBS) program to provide personal assistance services to children and adults with severe disabilities. PASCO was incorporated in 1991 and began providing services to persons with disabilities on January 1, 1992. PASCO's mission is to provide personal assistance services, promoting independence and safety to clients and/or their families. PASCO continuously strives for client and employee satisfaction. The foundation of PASCO is CHOICE. To the maximum extent possible, PASCO works to accommodate the needs and wants of each consumer/client. PASCO provides services in the following counties: Adams, Arapahoe, Boulder, Broomfield, Clear Creek, Denver, Douglas, Elbert, Gilpin, Jefferson, Larimer, Morgan, Park & Weld.

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