

PASCO Picayune

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A NEW CHAPTER FOR PASCO: WORKING WITH PEOPLE EXPERIENCING INTELLECTUAL/DEVELOPMENTAL DISABILITIES

PASCO’s mission is to promote independent living and enhance the quality of life for individuals with disabilities. Since 1992, PASCO has been supporting people to live meaningful lives in their communities. Last fall PASCO applied to be a Medicaid Waiver Program Approved Service Agency (PASA) to offer services and supports for people with intellectual and/or developmental disabilities through Colorado’s Children’s Extensive Services (CES), Supported Living Services (SLS) or Developmental Disability Comprehensive (DD) Services. There was great thought and effort behind this new service line offered through PASCO – how can we continue to promote independent living and enhance the quality of life for people with I/DD

whom we already support through home health services? How can we offer the high quality, dependable, and reliable

that meets the needs of our PASCO families?

On Jan. 1, 2015 PASCO began providing services for people through HCBS waivers for people with I/DD. These services support the development of independent living skills and promote choice while assisting people with intellectual and/or developmental disabilities to live productive and meaningful lives. Services and supports are provided in the home, or in the community setting of a person’s choice. Services provided support the successful achievement of goals established by the person receiving services. Supports can include:

- Behavioral line staff
- Supported community connections
- Homemaker Services



Spots are quickly filling to participate in the TARP (Testimonial And Recognition Project) for the summer. Call Damian today.

services to the I/DD community that PASCO is known for? How do we offer a new service line

Continued “I/DD” Page 2

Public Notice

The Colorado Department of Local Affairs (COLA), Division of Housing (DOH) in conjunction with Developmental Pathways will open its Housing Choice Voucher Program waiting list for one day on Tuesday, June 30, 2015. The waiting list is only open to applicants who meet DOH’s disability preference and can verify disability as defined by the U.S. Department of Housing and Urban Development. To request an application, contact Developmental Pathways at (303) 858-2066. Completed applications can be submitted in two different ways. Applications will be accepted in person from 8:30-4:30 PM, on June 30, 2015 at the Developmental Pathways office located at 1111 E. Mississippi Ave, Aurora, CO 80012. Completed applications can also be mailed and postmarked on June 30, 2015. Only applications with a postmark of June 30, 2015 will be accepted. To request an application contact Developmental Pathways at (303) 858-2066.

THE CHANDA PLAN

Story: The Chanda Plan Foundation was created when founder, Chanda Hinton’s life was saved by integrative therapies. On her deathbed, at a scant 59 lbs. she was desperate to try anything. Through integrative therapies, Chanda regained her health and felt more alive than she ever had since that life changing day when she became a quadriplegic. Why in

10 years had integrative therapies not been recommended? Why wasn’t anybody talking about the benefits? These questions and Chanda’s life saving outcome fueled the start of the foundation and the mission of improving the quality of life for persons with physical disabilities through direct services and systemic change to access integrative therapies.

Information: The Chanda Plan Foundation is a Denver based non-profit organization providing access to wellness for individuals with long-term disabilities. Their programs includes direct services and systemic change, which provides free-of-charge access to acupuncture, massage, chiropractic care,

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

Exercise at Work

Courtney Hepner
NASM Certified Personal Trainer

The word exercise comes from the Latin *exercere*, meaning to keep busy or at work. But what do we do to our bodies when we go to work? We sit at a desk for 8 hours, plus we sit while we are commuting. This is a recipe for increasing our risk for obesity, cardiovascular disease, metabolic syndrome, poor posture, tense muscles, and a lower life expectancy.

The good news is there are simple things you can do to keep your body working properly. Short bouts of aerobics, strength exercises, and stretching throughout the day can improve your health!

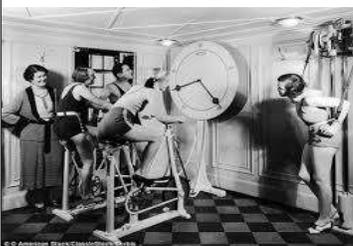
Here are a few ideas:

THE DESK SQUAT – start with your feet hip width apart, bend your knees so they are almost parallel to the ground, as if you were to sit in your chair. Hold for 15 seconds, then stand back up. Repeat 4-6 times.

AB SQUEEZE: This can be done while sitting at your desk or walking down the hall. Take a deep breath and tighten your abdominal muscles, bringing them in towards the spine as you exhale. Stay squeezed for 5-10 seconds and release. Repeat 12-15 times.

CHEST OPENER: This one is important for good posture! Sit up nice and tall and with your palms facing forward, reach your arms back, as if snapping a pencil between your shoulder blades. Hold for 10 seconds and release. Repeat 12-15 times.

What are you waiting for? Start “Deskercising” Today!



Happy (almost) summer everyone! We were hoping to see everyone at the June 8th picnic, but because of this crazy weather it has been postponed (Date TBD). Be that as it may, we are also in process of preparing for Open Enrollment. This is your opportunity as full time employee’s (28 hours per week or more) to make changes to your insurance benefits. We always recommend attending an open enrollment meeting. You can learn more about your benefits, and how to get the most out of the great benefits that PASCO offers. If you have any questions regarding Open Enrollment please contact Holly Schanhals (Holly.Schanhals@pascohh.com) in the HR department for more information.

Many of you have heard about our new line of Direct Service Providers (DSP) serving indi-

viduals with developmental and intellectual disabilities. We wanted to take a minute and give the employees working in this service line a heads up that we will be doing a webinar specifically regarding this service on June 10th. An e mail invite will be sent to all employees who need to attend in the coming days. If you have any questions regarding the webinar, please contact Cassidy.Dellemonache@pascohh.com.

Also, if you know someone who may be interested in working part time or full time in this service line, please have that person reach out to Chris, (chris.lauer@pascohh.com) for more information on the job, and potentially to schedule an interview.

Lastly, we would like to introduce our newest addition to our

HR department, Alejandra Merjil. Alejandra started with PASCO in the field as a CNA and provided great care. As PASCO’s Spanish speaking population has grown, so has our need to have someone in HR who is bilingual. Alejandra is that lady! You may hear her answering the phones as well as assisting with many of the day to day HR tasks. Please feel free to stop by and say hi, she is very friendly, and is very excited to have joined our admin team.

Again, PASCO’s HR department is here to serve our employees and please feel free to reach out to any of us with your questions, concerns, and feedback (especially good feedback). We want you to feel connected to the team!



“I/DD” From 1

- Mentorship
- Personal Care
- Respite
- Individual Residential Services & Supports – Personal Care Alternative

Admittedly we became quite overwhelmed at the response from our initial announcement that these services were available through PASCO. The phone calls of intense need poured in, and we quickly saw that these services were more greatly needed by PASCO’s family than we initially realized. In order to respond to the rapid need and quick growth we have enlarged our team, and are committed to continue to do so to meet the

needs of the people we serve.

Our newest PASCO I/DD team members bring vast amounts of professional and personal experiences, and are eager to work tirelessly to meet the needs of PASCO’s family -

- * Andrea Peralta: PASCO’s new I/DD Services Program Manager
- * Janis De Baca: PASCO’s new I/DD Outreach & Intake Coordinator
- * Danielle Miller: will be joining us the beginning of June as I/DD Services Coordinator

If you or a family member is in need of any of the services listed above, on the CES, SLS, or DD

waivers, and interested in learning more about how PASCO can provide these supports please call Mary on our intake team 303-233-3122 ext. 322. Due to the overwhelming response of people in need of these services we currently have a waitlist, but our team is diligently working to get all individuals in need of services the services they need as quickly as possible – please contact our office for more information about how we can support you or a family member.

As with all new things we are continuously learning how we can better serve the individuals for whom we provide services and supports, and thank you for your patience with us as we continue to learn and grow.

Message from PASCO CEO-- Ryan Zeiger

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

New Integrated Electronic Health Records System

Launched: We are now six months into the launch of our new EHR system, and it is running very smoothly. Every day we are learning new ways to utilize the system to improve our services, operations and compliance. Pretty soon you will see RNs coming to your home with a laptop, and updating your records electronically. This is the final phase of the EHR roll-out. Thank you for your support through this entire process.

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. As an update we have had a number of interested volunteers so thank you.

May-June Update:

We are doing one more round of recruitment, and then will establish the advisory group in July/August of 2015. 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 presorted 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.

May-June Update:

The legislation passed the house and senate and became law in April 2015! We were all very excited. Starting in June we will be working with the Department of Regulatory Agencies (DORA) and the nursing board to promulgate rules related to this legislated change. For now nothing should change in how CNAs practice, but we will update you when the new rules are in effect.

- **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 and increasing it to approx. 40 hours a week
- ◇ 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

May-June Update:

- ⇒ Please note that while the original implementation for these changes to IHSS were planned for 3/1/2015, we 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). In a meeting on 5/28/15 the state Medicaid agency confirmed they are still corresponding with the Feds to try and get the changes into place.

- ⇒ In April, the state Medicaid agency did release a plan for expanding the IHSS service delivery option into additional waivers to the legislature. CLASP and other advocates have requested a meeting with the key people at the state Medicaid agency who developed the schedule and budget in the plan to review and discuss. I will update you in future publications.

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. Subsequent to January, we have had strong interest from PASCO's existing client base for these services. We very much appreciate your interest and patience as we continue to work to hire staff and get services in place. Key contacts for PASCO I/DD Services:

- ◇ To inquire about I/DD services at PASCO please contact our Intake Team Lead, Mary Jackson at mary.jackson@pascohh.com
- ◇ We are also excited to announce the arrival of our new Manager of I/DD Services, Andrea Peralta. She can be reached at Andrea.Peralta@pascohh.com. Please do not hesitate to contact her with any questions or thoughts to share.
- ◇ We would also like to introduce Janis De Baca to the I/DD team. She is the Lead Intake and Outreach Coordinator.

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THE NEWEST AND MOST WONDERFUL SLIP-N-SLIDE® TO DATE
By Wham-O® CEO-Hunter DuBridge IV

The summer of 2015 brings with it many exciting things... most of them in the out-of-doors variety; the sweet subtle embrace of a newly bloomed peony, short pants, potato salad, winning the coveted De Schutte Cup at the Rowayton Yacht Club. Alas it also will bring the newest in Slip-N-Slide® ingenuity—the 18' Quad Surf-Hydroplane Runner Turbo. The Wham-O® brand remains synonymous with fun, play and sport, while also being supremely innovative in Frisbee® Disc, Ooze Blaster and Slip-N-Slide® technologies. Our amazing scientists in the lab have made a classic Slip-N-Slide®, which will make previous incarnations of the Slip-N-Slide® irrelevant. If your children loved the 16' Wave Runner, or thought the 15' Hydroplane was the “bee’s knees,” prepare them now, as Summer Has Never Been Hotter™.



Wham-O® CEO DuBridge is certain you will love the new Slip-N-Slide®.

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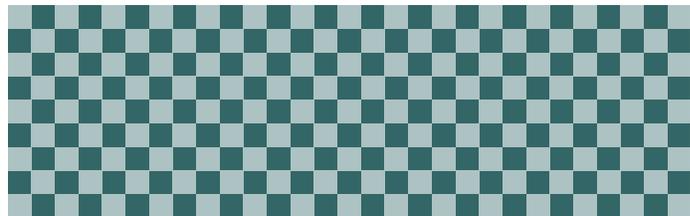
- ◇ Another addition will be the upcoming arrival of Danielle Miller to the I/DD team. She is our service coordinator who will be supporting the ongoing needs of the individuals we serve and their families.
- ◇ Lastly, we want to thank Cassidy Dellemonache for her work in helping us establish the I/DD services! In the coming months Cassidy will be moving on to new projects at PASCO and Andrea is now the main point of contact for all I/DD Service related questions.

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.



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adaptive yoga and adaptive exercise for those who meet the Direct Service eligibility requirements. The overall goal is to allow disability and wellness to co-exist. More about the programs you can access:

Direct Services: You can access acupuncture and massage at their facility in north Denver (location based services) or acupuncture, massage, chiro-

practic care, adaptive yoga and adaptive exercise at provider locations throughout the state of Colorado. Please visit the Chanda Plan Foundation website for eligibility and application material at <http://www.thechandaplanfoundation.org/apply.html>. All ages served!

Systemic Change: You can access acupuncture, massage and/or chiropractic care

through Colorado Sate Medicaid’s Spinal Cord Injury (SCI) Waiver. For additional information, please visit: http://www.thechandaplanfoundation.org/program-5_systemic-change.html

If you have questions or need support accessing eligibility and application documents, please contact Sarah at sarah@iamtheplan.org and/or 1-800-766-4255 x2

NURSING CORNER—STEPHANIE & DENISE

The nursing department wishes you a warm, sunny, fun filled summer.

We would like to welcome Becky Lynch, RN who has joined our team of nurses. Becky brings to the agency significant home health, public school nurse and teaching experience. We are a growing department and will be expanding our team of nurses.

Our nurses will be receiving training on our electronic health record system over the next several weeks. The nurses will be utilizing devices during

visits to input assessment information and update the clinical record. This will be a challenging time, however it has been anticipated and we are all excited.

Please remember to notify your primary registered nurse when discharging from the hospital. It is required that the nurse come to your home within 48 hours of discharge to complete a resumption of care, per Federal and State rules and regulations. A CNA cannot clock in while a consumer is hospitalized or prior to the nurse completing the resumption of care. If you have any questions or difficulties contacting

your primary nurse, please contact Stephanie Campbell, RN during office hours. You may also call on-call (303) 231-6479 if you need to speak to a nurse when the office is closed.

We wish you well, Denise Hodgert, RN, M.S./HSA Director of Nursing Administration x 313

Stephanie Campbell, RN, BSN Clinical Nursing Supervisor x 314

MARCY'S FIRST AIRPLANE TRIP-BY NINAVIGIL

My daughter Marcy is 41 years old with multiple disabling ailments and in the past taking family vacations has been difficult. If we took family vacations, it usually was for a few days that we called "short mini getaways" within Colorado. We traveled by car and Marcy didn't do well on these trips. Most of the time she wasn't happy... and I wasn't happy. The trips were long, hot and crowded. More importantly her daily care was quick, short, and simple. How does one change a diaper on the road (remember she is not an infant), travel with a bath chair that doesn't fold, a wheelchair that weighs a ton, all, while trying to remember

There were always a dozen reasons for not planning vacations; time, a proper car, money, but it mostly came down to my daughter's health concerns.

every detail needed for her personal care; medication, food blender, extra clothes and blanket? I would be praying all the way there and back that she didn't have a seizure on the "vacation". I was always uncomfortable and afraid to go any further with her, because of the memory of past emergency trips to hospitals. I was reluctant to travel far with her, because of these hospital (emergency room) memories.

Several years ago I left her in competent hands for a week while I flew to San Francisco California to be with my son who was in the military, for a medical emergency. As I was

happy to be there with my son, in the back of my mind I was constantly worried about my Marcy. There were always a dozen reasons for not planning vacations; time, a proper car, money, but it mostly came down to my daughter's health concerns. The second time I left her behind for a week to visit my sister in Florida, I had a really hard time enjoying myself as I was worried about Marcy the entire time I was there.

Thanks to PASCO I am home to care for my daughter and have money to do things with my family. Marcy is in better health and so I decided to try to have a real vacation this year. My grandson

gifted us with the airline tickets and my granddaughter went with us to help me with her aunt. We went to Florida to visit my sister and her family. For the first time my daughter flew on a plane. I didn't know how she would do on the trip and worried a little. While we were boarded and waiting to fly out of Colorado, she looked pleased and assured that we were with her. She smiled and shook excitedly. After weeks and months of planning we were on our way. All my worries and anxieties swirled around in my head; how would Marcy adjust to Florida? how would she do without her daily assisting equipment? How would she do on the plane, there and back?

Marcy smiled a lot and for the first time we all had a "real" vacation.

I would also say like to report that the things I imagined would happen, didn't happen. Sure in the air we experienced a little turbulence, but it didn't set off any of my daughter's seizures, that I thought it might. On a whole the plane was okay (coming back the airline seat did not recline and Marcy was uncomfortable and kept leaning over towards her niece or me). Marcy loved Florida! She enjoyed it all, from the music and dancing in the squares on cool breezy evenings, to the restaurants with great food. She loved the swimming pools, the trips out shopping and having ice cream among the green palm trees. Marcy loved seeing an alligator floating in a pond, having a tasty picnic, and of course laying in the hot Florida sun. My sister was well prepared for us having found a way to shower in her care Marcy smiled a lot and for the first time we all had a "real" vacation. My granddaughter was a big help in my daughters care by giving me a little respite time to spend with my sister.

If you were to ask Marcy, she would say it was fun, but she was also glad to be back in the comfort of her own room. Her smile told it all and I think we might be ready to do it all again next year, and with a little bit of experience between us, our vacation will be even better.

The [Home Builders Foundation](#) is currently seeking out applications for people needing ramps to be completed during its 2015 Blitz Build, taking place this year on August 27th, 28th and 29th.

The [Blitz Build](#) is an annual event that brings together contractors, remodels and volunteers to build 12-15 (possibly more!) ramps for individuals needing access to their homes. Even though the

HBF builds ramps year-round, during the Blitz Build event they are able to build so many in just 3 days by mobilizing up to 175 volunteers to complete the work.

If you or someone you know is in need of a ramp, please fill have them fill out the [HBF's application for assistance](#) and return it to the HBF.

Note: Any ramp applications received between now and July 2015 will be

considered for the Blitz Build. Projects need to meet the requisite qualifications and will be reviewed on a first-come, first-served basis of the completed application.

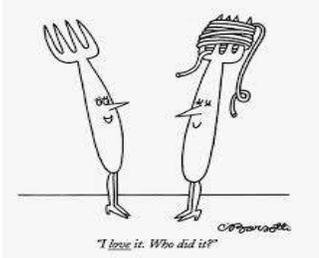


Momma, Marcy and Auntie on vacation in Florida. Another trip will be planned in the near future.



Here is my daughter senior pic! She graduated this past Friday from Prairie view high school. Her quote I wrote for her is this. "I have CP. That doesn't define me. People say that I have a smile and lashes that can be seen from a mile. I am thankful for all that helped me. We did it! The sky is the limit now! Thank you." We are so proud of her!—Lucinda Haro (PASCO CNA) about her daughter Estraella.

CONGRATULATIONS TO ALL 2015 GRADUATES!



Best Brownies Ever

1 cup butter, melted
 3 cups sugar, white
 1 T vanilla
 4 eggs
 1½ cups flour
 1 cup cocoa, unsweetened
 1 t salt
 1 cup chocolate chips, semi-sweet
 ½ cup walnuts, chopped, if desired

Mix together butter, sugar and vanilla.

Add eggs one at a time and mix well.

In another bowl combine flour, cocoa and salt.

Gradually add flour mixture to butter mixture.

Add chocolate chips.

Spread into a 9" x 13" baking pan lined with non-stick foil.

Bake 350* for 35-40 minutes.

Enjoy!

Angela Davis (PASCO CNA)

On **June 29th, 2015**, the **12th Annual Jumping Jack Golf Tournament, Wine Tasting, Dinner & Silent Auction** will be held at The Ranch Country Club and Golf Course in Westminster, Colorado. Guests are invited to join us for all or part of the day's events. You don't have to golf to be part of the fun! Proceeds raised benefit **Parent Project Muscular Dystrophy**, the largest, most comprehensive non-profit organization in the United States focused on finding a cure for Duchenne muscular dystrophy (Duchenne).

Duchenne, the most common form of childhood muscular dystrophy, is a progressive and fatal muscle disorder af-

fecting boys and young men that causes the loss of muscle function, wheelchair dependency and a decline in respiratory and cardiac function.

To date, there is no cure. The



Duchenne muscular dystrophy gene is found on the "X" chromosome meaning the disorder

manifests primarily in boys. Each year, approximately 20,000 children worldwide are born with Duchenne. It knows no boundaries; it affects all races and cultures. The gene that causes Duchenne muscular dystrophy was successfully identified and isolated by medical researchers in 1986. While significant research strategies are being pursued, little has impacted the survival rate. The funds being raised by the Jumping Jack Golf Tournament will help fund research that will End Duchenne.

For more information regarding the golf tournament, wine tasting, dinner & silent auction, please visit

www.parentprojectmd.org/jumpingjack.

Warmer weather may mean it's time to break out the grill, here are some tips and ideas for a healthier grilling cookout:

- **Go fish!** Fish, especially oily fish like tuna and salmon have great nutritional benefits including omega-3 fatty acids. Rub a fillet with lemon juice and parsley or rosemary for enhanced flavor.
- **Make a better burger:** if you're grilling burgers, be sure to buy lean or extra lean beef, drain off the excess fat after cooking and avoid making huge patties – remember that a serving of meat is about the size of a deck of cards (3 oz). Add finely chopped green pepper to your beef to get in some veggies.
- **Baked fries:** Slice white or sweet potatoes into sticks, lightly spray with olive oil cooking spray, pepper and paprika and bake on a cookie sheet for 40 minutes at 375 degrees.
- **Veggie kabobs:** load up skewers with mushrooms, peppers, cherry tomatoes, zucchini, yellow squash or other veggies. Spray lightly with olive oil cooking spray and grill until slightly blackened.



Is your family or someone you know affected by Duchenne or Beckers Muscular Dystrophy?

FACES is an acronym that stands for **Families Advocating, Connecting, Educating, and Supporting**. Duchenne FACES is the official parent led outreach initiative of Parent Project Muscular Dystrophy (PPMD).

FACES outreach locations offers families affected by

Duchenne and Becker a regional PPMD point of contact, as well as, serve as a volunteer extension of the PPMD central office. FACES groups meet about every other month, with meetings varying from educational seminars to fun events, like professional sports outings & family gatherings. F.A.C.E.S. of Colorado & Wyoming on Facebook: <https://www.facebook.com/groups/111511972204347/>

Coordinator: Angela Knight, Angela.CoFACES@parentprojectmd.org

Coordinator: Debbie Bowman, debbowman_550@msn.com

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NATIONAL SPORTS CENTER FOR THE DISABLED (NSCD)

What's the best thing about Colorado besides the delightful weather, expansive scenery, warm personalities, great beer and unique charm? Access. We have admission to more adventures in our 104,185 square miles than anyone can do in a lifetime. We have journeys for every taste and every ability level. Once you have lived here for a little while, it's easy to understand why so many "natives" (and "native-ish") don Colorado flag-branded garb so proudly and prattle on about how "Coloradical" our state is to their friends back in Virginia. At the top of the "Lovers of All Things Colorado" is the National Sports Center for the Disabled. For those who don't know us, The National Sports Denver (NSCD) enables the human spirit through therapeutic recreation and sport. Each year more than 3,000 children and adults with disabilities participate in our programs to improve the quality of their lives. With specially trained staff, a custom adaptive equipment lab and over 1,200 volun-

teers, the NSCD provides therapeutic recreation through a variety of winter and summer sports and activities to individuals with almost any physical, cognitive, emotional and/or behavioral diagnosis. Year-round programming is based out of Winter Park Resort and Sports Authority Field at Mile High to give access to everyone across a large swath of our great state and beyond. Now you are asking, "This all sounds great but what does this have to do with me?" Well, the NSCD needs your help with one of the most rewarding and unique volunteering endeavors you will ever access. The NSCD is looking for CNAs, Nurses, PTs and OTs to help us this summer and get a little something out of the deal. If you are looking for a new adventure, you must join us for our All Access Day Camp for people with profound and significant disabilities. With your help, we provide a chance of a lifetime to five lucky folks to explore our state and test their boundaries. As a volunteer, you can test your boundaries too!

We encourage you to try kayaking over that big wave or climb the ancient rock of Eldorado Canyon. We need 7-12 dedicated volunteers for this six day camp. The camp runs from 9am-4pm July 13, 15, 17, 20, 22, 24 at different venues across the Front Range. You can play with us for just one day, all six or something in between. Either way you will access Colorado in a way you may have never thought possible and change the lives of some of our favorite people. For more information, contact the undisputed king of adventure access, Josh, at [\(720\)333-5481](tel:7203335481) JThurmond@nscd.org <http://www.nscd.org>



To learn more about the TARP (Testimonial And Recognition Project) initiative, call or email Damian today!



The National Sports Denver (NSCD) enables the human spirit through therapeutic recreation and sport.

F.A.C.E.S. (Tentative) 2015 Meeting Schedule

June 18th – 21st – PPMD Connect Conference, Washington D.C.

June 29th - Annual Jumping Jack golf tournament, wine tasting, dinner & auction

July – Romito Camp: location & date to be confirmed

July – Cheyenne Mountain Zoo Day (Some families stay overnight on their own and visit other attractions together)

August – Adaptive Adventures afternoon paddle & ride at Bear Creek Lake Park

August - Family Camping trip @ WOW – www.wildernessonwheels.org

September – Guys advocacy activities, Coach to Cure MD

September/October – Regional Round Table: Cardiology, Endocrine, Pulmonology & Caring for the Care Giver

October – Halloween Party at Romito's clubhouse

November/December – Holiday Party at Knight House

60th Anniversary & Annual Picnic

Saturday, August 1, 2015

4:30 pm—Registration Begins

5:00—6:30 pm Catered Dinner (Must RSVP for a Meal Ticket)
Centennial Center Park, 13050 E. Peakview Ave., Centennial, CO 80112

6:45 pm Drum Parade

7:00—8:30 pm Concert by The Nacho Men

Everyone is welcome! Bring family, bring friends, tell community leaders. We're excited to share this milestone with all of our friends.

RSVP at 303-220-9228 or e-mail pam@arc-ad.org by Wednesday, July 17



PASCO

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**Picnic
Postponed-
Will be
Rescheduled
Date TBD**

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.)

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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 LoveParks! at the High Street Coalition. To print more posters, please visit www.loveparks.com.

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.

Your Home. Your Community. Your #1 Choice.



PASCO encourages you to check out our new website pascohh.com built by Adam Feldbrugge (rebirthcreative.com). Please check out its responsiveness on your phone, tablet, phablet, watch, or desk-top. If a particular resource isn't listed, a link does not work, or any other problem/concern please do not hesitate to contact Damian (303) 274-3654 or damian.rosenberg@pascohh.com