



The Newsletter That Serves Its Readers



# PASCO Picayune

#everybodyin

Your Home. Your Community. Your #1 Choice.

March, 2016

Volume 20, Issue 2

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## The King Adult Day Program (KADEP)

Since 1991, The King Adult Day Program (KADEP) at the Rocky Mountain Multiple Sclerosis Center (RMMSC) has served Colorado through its guiding mission: to improve the quality of life of individuals and their families living with MS and related neurological diseases.

KADEP is an innovative, community-based and cost-effective day program alternative to nursing home placement for younger

**ROCKY MOUNTAIN  
MS CENTER**  
— the answers begin here —

adults with MS, brain injury and other neurological conditions. KADEP provides a dynamic array of classes and activities, nursing care and other services designed to enhance the physical, emotional, cognitive and social wellbeing of

As part of the connection initiative, we are extending an invitation for field and administrative employees to get to know each other better over a free lunch- **PASCO will pick up the tab.** This is voluntary, but should be lots of fun. Please read below for some details, but if you're interested, please click on the link and send an email to Erika Swanson:



[Erika.Swanson@pascoh.com](mailto:Erika.Swanson@pascoh.com)

*Concept:* Whoever signs up will be put into two large groups: Group A is central office & nursing employees and Group B is field employees. We'll do our best to make them equal partnerships. The admin staff will randomly be assigned numbers and the field employees will be randomly assigned matching numbers. This will randomly associate *two* admin employees with *two* field employees. HR

will communicate with these four individuals to provide an introduction and set an expectation that one admin employee will be responsible for scheduling a date and time to meet for lunch and get to know one another. The admin employee will keep the receipts and get reimbursed for the lunch on behalf of all four participants.

*Example:*

- Joe Smith (admin) and Jack Kennedy (nurse) participate in Group A and are randomly assigned number 14
- Jane Doe (field CNA) and Pete Jones (PCW) participate and are randomly assigned number 14
- Everyone would get an email from HR with introductions to each other, informing them that they were connected by the drift bottle, with a target date 30 days later to complete the lunch. Joe (admin) would pay for

lunch and get reimbursed by PASCO.

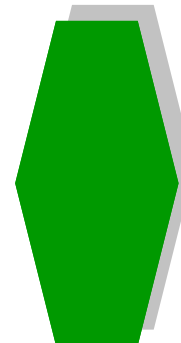
This concept was inspired by a function on WeChat, which is the Chinese version of Facebook. It's described briefly here: *WeChat ... introduced a feature called "Drift Bottle," where users throw a virtual bottle out to "sea" and connect with the user who picks it up.* These random connections can help build opportunities for admin staff to understand the value that field employees add in service delivery, while also providing some connections from the field to the central offices. We hope you will be excited to participate. Our goal is that the admin and nursing staff from Group A can establish a relationship with the field employees and serve as an advocate for them if they have issues they need to navigate with the main office.

If you are interested, please contact Erika Swanson at [Erika.Swanson@pascoh.com](mailto:Erika.Swanson@pascoh.com) or (303) 233-3122 ext 352. We will accept the first 40 people on either side. If it is successful, there may be additional opportunities to connect with drift bottle in the future.

each participant. Offering vital weekday respite and peace of mind to caregivers, KADEP strives to maximize the functioning, independence, wellness and life enjoyment for all who attend.

Participants may choose from more than 65 weekly exercise, recreational, educational and social groups and outings to learn new skills and to cultivate an independent, healthy and rewarding life experience.

Continued "KADEP" Page 4



## Message From Ryan



Ryan Zeiger, PASCO CEO

Dear Clients/Families/  
Employees/Friends,

2016 is off to an exciting start.

We have been excited to welcome new clients receiving the CES, SLS, and DD waiver services to the PASCO family! The PASCO I/DD team is continuing to work to refine, improve and enrich the services we offer.

IHSS Legislation from 2014 – GREAT NEWS! The Center for Medicare and Medicaid services (“the feds”) approved, and the state Medicaid agency is working to implement the following changes in the 2014 IHSS Legislation effective 2/1/16 forward:

- 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

*NOTE: I want to caution that not all four changes can be implemented immediately. Both HCPF and the agencies providing IHSS services have to work to make sure all rules and legis-*

*tical guidance is in place, especially for providing services in the community. We will update you as we make progress.*

Ryan joined the Governor’s Respite Task Force in fall of 2015. The group worked diligently to submit a report to the legislature in early 2016. The legislature is already taking preliminary action to address some of the recommendations. You can review the final report at:

<https://sites.google.com/a/state.co.us/cdhs-cai-aas/respite-care-task-force-overview>

Just a reminder of new benefits launched by Medicaid:

- The Children’s Personal Care Benefit launched in October – This is the first time that personal care has been offered to all kiddos on Medicaid for whom personal care is deemed medically necessary. For more information go to:

<https://www.colorado.gov/pacific/hcpf/pediatric-personal-care-services>

- Children’s Behavioral Therapy services can now be accessed by children on Medicaid under the Early Periodic Screening, Detection and Treatment rule. For more information go to:

<https://www.colorado.gov/pacific/hcpf/pediatric-behavioral-therapies>

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](mailto:ryan.zeiger@pascohh.com). Thank you and I hope you are enjoying this wonderful start to Spring!

### Urgent Care Clinics and Free-Standing Emergency Rooms

**Anthem Blue Cross/Blue Shield of Colorado estimates 60 to 70 percent of their customers who go to free-standing emergency rooms have conditions that could be treated in urgent cares. The insurance company also says the average bill from a Colorado urgent care is close to \$200. The average bill at a free-standing emergency room is closer to \$2,300. (Source 9News.com 11-16-2015)**

**Know Where to Go**      *Aurora is fortunate to have many different kinds of healthcare facilities to choose from when you have a healthcare need. Understanding the differences can have an impact on your time, your wallet, and your health.*

<b>Primary Care Clinic</b> <small>If you have a provider or clinic that you regularly visit, this is the best place to start when you have a healthcare need. They know you, and they have your medical records.</small> <small>Unless it is an emergency, call them first. They may offer walk-in appointments or be able to help you decide where to go.</small> <small>These are also called medical homes.</small>	<b>Urgent Care Clinic</b> <small>Urgent care clinics usually offer walk-in services and can treat most non-serious medical conditions like colds, allergies, cuts, and sore throats.</small> <small>These clinics are often open evenings and weekends, and usually have shorter wait times than emergency rooms.</small> <small>The level of services and hours can vary.</small> <small>These clinics accept many insurance plans.</small> <small>The costs (out-of-pocket, cash, and/or insurance co-pays) will usually be lower than in an emergency room.</small> <small>These are also called walk-in centers, retail clinics, or convenient care.</small>	<b>Free-Standing Emergency Room</b> <small>These facilities offer emergency room services in a facility separate from a hospital.</small> <small>They are required to have basically the same levels of staffing and service as a hospital-based emergency room.</small> <small>They treat the most serious needs first, so you might have a long wait if you don't have an emergency.</small> <small>For true emergencies, they accept all types of insurance, but for non-emergencies, you may end up paying significantly more for care.</small> <small>Costs are higher because of the higher-level of staffing and services required. Your health insurance co-pays may be much higher at these facilities.</small>	<b>Hospital Emergency Room</b> <small>If you are having a life- or limb-threatening emergency, call 9-1-1 or get to the nearest emergency room.</small> <small>An emergency room is not the best place to go for non-emergency health needs. You may face long waiting times and much higher costs.</small>
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**In a life- or limb-threatening emergency, call 9-1-1.**

**Colorado Crisis Services**

If you have a behavioral or mental health emergency, Aurora offers a 24 hours per day Crisis Center at 2206 Victor Street or call 1-844-493-8255.

**Know Before You Go**      *Before you have an emergency or an after-hours health issue arises...*

Contact your health insurance company to find out which facilities are covered and in your network, and what your co-pay would be.

Find or visit the health facilities in your neighborhood to find out more about their hours, the services they offer, whether they accept your insurance, and their payment policies.

\*If you are insured through Medicaid, while your own co-pay amounts aren't much different, if you go to the emergency room for non-emergencies, the cost to our health system, that everyone must pay, is much higher than using a primary care or urgent care clinic for that non-emergency. For help determining what level of care you need, you can call the Medicaid Nurse Hotline anytime at 800-283-3221.



# Home Builder's Foundation: Blitz Build

The Home Builders Foundation is currently seeking out applications for people needing ramps to be completed during our 2016 Blitz Build!



In 2011, the HBF organized the inaugural **Blitz Build**, where seven ramps were built for seven families across the Denver metro area in just three days. The Blitz Build was a huge success for the recipients, the HBF, and all of the companies involved. Since 2011, more than 65 ramps have been completed during Blitz Build weekends, mobilizing hundreds

of volunteers and impacting recipients and their extended networks of care. In 2016, we plan on building on the success of the past five years by completing 15 (or more!) ramps on **August 25<sup>th</sup>, 26<sup>th</sup> and 27<sup>th</sup> 2016**.

Even though the HBF builds

ramps year-round, during our Blitz Build event, we are able to build so many in just 3 days by mobilizing up to 200 volunteers to complete the work. We have the capacity to do 15 (possibly more!) ramps so we're reaching out to our community partners to spread the word about referring possible ramp projects to us.

If you have a client, colleague or family member who is in need of a ramp, please fill have them fill out the attached application for assistance (recently updated, so please save and use this one moving forward!) and return it to the HBF. **Note:** Any ramp applications received from now through June 2016 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.

Since 2011, more than 65 ramps have been completed during Blitz Build weekends, mobilizing hundreds and volunteers and impacting recipients and their extended networks of care

**HIGHLANDS RANCH COMMUNITY ASSOCIATION**  
Celebrating 35 years!

Get Inspired!

**A NIGHT UNDER THE BIG TOP WITH THERAPEUTIC RECREATION**

**Carnival Family Night**  
Saturday, April 23  
5:00 - 7:00 p.m.  
Southridge Recreation Center  
Ages: 8-18 with disabilities & their families • Free  
Register by April 10 online or by calling 303-471-7043.

• Fun and games for ages 8-18  
• Parents meet and greet • Community  
• Prizes • And more!

[www.HRCAonline.org/TR](http://www.HRCAonline.org/TR) 2016

**Webinar Series**  
JFK Partners and HCP,  
a program for Children and Youth with Special Health Care Needs

**Autism Spectrum Disorder Awareness Month**  
Thurs., April 21, 2016: 10:00-11:30 a.m.

We invite you to join us for an **Autism Awareness Month** educational event to learn about the most recent CDC prevalence data for Autism Spectrum Disorders, a new Registry to identify causes of ASD, and sleep interventions for children with ASD. This webinar is for care coordinators, health department personnel, school personnel, and other professionals working with children with ASD and their families. Anyone is welcome to attend this free webinar.

**Objectives:**  
Following this event, the audience will understand:

- most recent CDC data regarding the prevalence of Autism Spectrum Disorder (ASD)
- new research efforts to identify the causes of ASD and accelerate clinical research
- interventions for sleep problems in children with ASD

**Agenda:**

10:00-10:05 AM	Welcome and Introductions (Cordelia Robinson Rosenberg, PhD, RN)
10:05-10:35	ASD Prevalence Update from Autism and Developmental Disabilities Monitoring (ADDM) Network (Kelly Kast, MPH)
10:35-10:45	Simons Foundation Powering Autism Research for Knowledge (SPARK) Registry (Susan Hepburn, PhD)
10:45-11:30	Sleep Problems and Intervention Strategies for Children with ASD (Ann Reynolds, MD)

**Speakers:**

- Kelly Kast, MPH, Coordinator, Autism Projects, Colorado Department of Public Health and Environment
- Susan Hepburn, PhD, Associate Professor of Psychiatry, University of Colorado School of Medicine
- Ann Reynolds, MD, Associate Professor of Pediatrics, University of Colorado School of Medicine

**Registration:**  
[www.jfkpartners.org](http://www.jfkpartners.org) - click on the Events tab  
Pre-registration by **Mon, Apr 18, 2016** is required due to space limitations for both the live site and a webinar connection.

**Live Site Attendance**

**LIVE Site Location:**  
Anschutz Medical Campus, Education 2 North  
13120 E. 19<sup>th</sup> Ave., 1<sup>st</sup> Floor, Room 1103  
Aurora, CO 80045

A map with directions and **PARKING** information will be emailed along with a reminder a few days before the event. We strongly recommend you print and bring them with you to make finding parking and the room easier for you.

**OR**

**Webinar Attendance**

**ONLINE connection:**  
Be sure to register as a web participant in order to receive an email 2 business days before the event with a link and instructions for connecting.

There are limited numbers of webinar licenses available, so you are encouraged to collaborate with others in your agency to watch together so only one or two connections per agency are reserved.

Questions regarding web connection or other logistical questions can be directed to Dina Johnson at 303-724-7673 or [dina.johnson@ucdenver.edu](mailto:dina.johnson@ucdenver.edu).



## Rocky Mountain Autism Summit

**AUTISM SOCIETY**  
Improving the Lives of All Affected by Autism  
Colorado

**1st Annual Rocky Mountain Autism Summit**, presented by the Autism Society of Colorado. **The conference will bring many local organizations together who have never partnered before, and cover topics NEVER covered at a conference in Denver.**

WHO should attend? Anyone affected, impacted or supporting another in life with Autism Spectrum Disorders. Come to learn, lend an ear, and teach others. You will share the journey with everyone here!

**KEYNOTE SPEAKERS**



Dr. Stephen Brannan  
Keynote Speaker



Brent Anderson  
Keynote Speaker



LUCY JANE MILLER  
SPD Foundation



LAURA MATHES, LAW  
Law & Advocacy

**APRIL 19 2016**  
8:00 am - 5:00 pm  
at the **RENAISSANCE DENVER STAPLETON HOTEL**  
3801 Quebec Street  
Denver, CO 80207  
(303) 399-7500

**General Admission\*** \$75.00  
**Student\*** \$55.00  
**Individual with Autism\*** \$10.00  
Rooms Available \$187/Night

**KEY TOPICS and many more!**

Understanding & Supporting New Diagnoses

**Educational Advocacy**  
Improving Employment Success

**CCDC Advocacy Training**  
(The first intensive training for adults affected by ASD by the Colorado Center for Disability Connections)

Creating Sensory Friendly Space

Opening Doors™ Program

Sex Abuse Prevention

Nutrition and Dietary Intervention

**Legal & Planning Advocacy**  
Quality of Life Matters

**Sibling Panel**  
Educating ASD through Creative Facilitation

Supports for Independence

Early Start Denver Model

**CO-SPONSORS**





**PHAMALY**  
Autism Community Place

**REGISTRATION & ADDITIONAL INFORMATION**

**WWW.ROCKYMOUNTAINAUTISMSUMMIT.COM OR 720-214-0794**  
EMAIL: MIKAYLA@AUTISMCOLORADO.ORG AND SARAH@AUTISMCOLORADO.ORG

## BEYOND™ CLASSROOM WALLS

Real Life Language & Social Skills Groups

# RE-GRAND OPENING!

**THURSDAY, APRIL 21, 2016**  
**FROM 5:00PM-9:00PM**

**SOCIAL SKILLS AND LANGUAGE DEVELOPMENT GROUPS FOR KIDS WITH SPECIAL NEEDS**

**HAVANA PARKER OFFICE CENTER**  
2600 S. Parker Rd • Bldg 3 • Suite 336  
Aurora, CO 80014  
Directly off I-225 at Parker Rd

**COME SEE OUR EXPANDED SPACE AND NEW LOCATION \$5,000 IN PRIZES GIVEAWAY**

- Fun dinners and popular gift cards
- Three BCW services- Choose a 1 week camp or 8 week group
- Three, 2-day Business Seminars in Public Speaking, Leadership Development and Accent Reduction

**Meet our NUTRITION EXPERT and PHARMACIST to address any questions**

**Come and learn about our programs and meet the team at our grand opening.**

**Neighborhood Know-How**  
Instruction in the community at fun locations

**Movement and Milestones**  
Building language and social skills while blending fine and gross motor skills through fun sports and games

**Social Bunch and Academic Crunch**  
Elementary social skills and language development groups

**FUNCTIONAL SUCCESS**  
Middle and HS social skills and language development

**NEW High School, College and Beyond**  
Age level academic group for students struggling with social skills, social code and appropriate behaviors


**Summer Camps**  
Two one-week camps from 9:00-1:00 July 25 through August 5

*We accept the CES waiver and provide statements for insurance reimbursement*

**Learn more 303-330-3309 or [www.SocialSkillsDenver.com](http://www.SocialSkillsDenver.com)**  
**Please RSVP to ensure lots of drinks and snacks**

## Learning for Living Community Safety

For High School Students and Adults with Intellectual and Developmental Disabilities



**When:**  
Thursdays (March 31- May 19, 2016)  
6-7:30pm

**Where:**  
The Arc Arapahoe & Douglas Counties  
6538 S. Racine Circle  
Centennial, 80111

**Cost (for the 8 week session):**  
\$60 for members  
\$80 for nonmembers  
Scholarships are available.

**SPACE IS LIMITED! RSVP Required!**  
Please RSVP to Kim at [kim@arc-ad.org](mailto:kim@arc-ad.org)  
or call (720)457-1032

**Participants can expect to:**

- **Learn** effective communication skills for a variety of situations, from dealing with solicitors and strangers to family and friends.
- **Identify** types of relationships, different social boundaries, and set appropriate limits.
- **Prepare** to navigate and access the community.
- **Recognize** ways to prevent exploitation on the phone, social media or mail.
- **Decipher** common exploitation situations and learn ways to prevent them.
- **Create** a personal portfolio with pictures and notes to help retain and apply information from class.
- **Participate** in role playing activities and interact with guest speakers.

**The Arc**  
Arapahoe & Douglas Counties

*Instructor: Cynde Vaughn MSW, has facilitated social skill and community safety classes for people with I/DD for over fifteen years.*

## The Arc of Larimer County

# 4TH ANNUAL FILM FESTIVAL: REFRAME DISABILITY

Join us to celebrate Developmental Disabilities Awareness Month!

**MARCH 31ST, 2016** **LARRY STUDENT CENTER THEATER, CSU**  
6 - 8 P.M.

Tickets can be purchased through the CSU Box Office on campus and at [cstate.universitytickets.com](http://cstate.universitytickets.com)  
General: \$5 | Students: \$3

**Learn more at [www.TheArcOfLarimerCounty.org](http://www.TheArcOfLarimerCounty.org)**



**SPONSORED BY:**








## Human Resource Corner

We always want to thank our valued employee's for their hard work. We also appreciate you taking the time to read the Human Resources section of the newsletter. We have a few updates for you and some fun information.

Some of you may already be aware but PASCO has commissioned a committee of parents, field employees, and administrative staff to work together to make improvements with communication and connection. To date, the committee has worked on things like communication, events, and process improvements. They have led the efforts in implementing; (1) Lighthouse Services - a resource available to all employees for sharing of information (anonymously if desired), creating a risk-free connection with the leadership team to bring forward any topic or concern that an employee/client/vendor might wish to share and (2) One-Business Day commitment for response for all correspondence from the Admin Team. They are currently working on (1) a directory of staff to help all employees/clients/partners better identify and connect within PASCO for business needs, and (2) a tool to be available to employees and clients on a volunteer

basis for sharing of ideas, networking, community opportunities, etc. (i.e. an electronic bulletin board). More to come soon on these two projects. For more information on connection committee updates, please contact Erika Swanson in our human resources department.

One of our department goals for 2016 is an emphasis on compliance process for all employees. As many of you already know, your annual requirements must be completed in order to keep your working status active at PASCO. These are things like continuing education units, skills validation (skills den), CPR, and annual packets. It is important that these matters are taken care of in a timely manner. We have been working on improving our communication based on your feedback. Employees are grouped by their anniversary month to complete these. If you have any questions related to your anniversary month, or specific requirements for your service type please contact John or Erika in Human Resources.

Holly Schanhals has been on maternity leave, (congratulations Holly!). She has now returned from leave and is in the office part time

and we are looking forward to her full time return in the next few weeks. You can still reach out to her via e mail and/or voicemail.

PASCO will sponsor, for the 2<sup>nd</sup> straight year, a softball team. (maybe two, if we have enough reliable players). If you are interested in participating, there will be emails with information on how to join coming out soon. We had a lot of fun last year and hope some of you will join us this year. Maybe we'll even win a game!

The annual PASCO picnic is approaching and is scheduled for June 20<sup>th</sup> at Morse Park. We are all looking forward to this and other summer events. More details coming soon but please mark your calendars to attend this fun event.

Again thank you all for all that you do. Please feel free to reach out to any of us in human resources if you need anything.

**Chris Livesay, Chris Lauer, Holly Schanhals, Erika Swanson, John Binning, and Alejandra Merjil**



**If you are looking for a beach that has Beach wheelchairs? Lowerdormilk park/beach in Naples, Florida is the first place I have found them. I'm not an expert traveler. This was just luck for us. We also were able to find very inexpensive condos that are handicap accessible. It was a great trip. You can find them at this seemed to be cheaper <https://www.vrbo.com/vacation-rentals/usa/florida/south-west/naples-area/lelv/greenlinks?amenities=bookable>.**

**You can also find them here, but this was more expensive. <https://www.choicehotels.com/florida/naples/ascend-hotels/flc04?source=gglocalai1>.**

**Andrea had a great trip they also have a work out room, golf course, hot tub and heated pool! Really can't beat the price! Another great vacation in Naples!!!!**

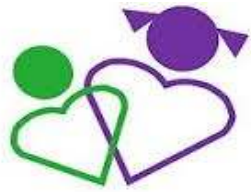
## Nursing Corner-- Denise & Stephanie (Introducing...June)

Hello PASCO clients, families and CNA's!  
We are off to a nice and warm start to the spring! As spring brings growth and change, PASCO's nursing department also continues to grow. We have had some nurses (Rebecca Puentes and Marcia Polynice) leave for outside opportunities and we would love to wish them the best! We also have some new nurses who have joined our team and want to wish them a warm welcome!! Jeanette Pearson, Kristina Baumer, Darla Korzen-iowski, Christine Bindi and Patty Wisell. If you happen to get one of them as a new nurse

please help us in welcoming them to the PASCO family! We have also had a few changes in the office. June Lamb who has been a nurse with us for a few years now has taken a position in the office as a clinical supervisor. We are excited to have her in here working with us and she will be working with new nurses on training and as always making sure our clients and families remain satisfied with our services. If you have questions or concerns and cannot reach Denise or Stephanie, please ask for June and she will be able to help you as well! She is at extension 385 or [june.lamb@pascohh.com](mailto:june.lamb@pascohh.com)  
Just a friendly reminder to the

C.N.A's, your Nurse is your supervisor and you must be available in the 55-60 day time range for your recertification to be completed. For clients and family members, remember that timely recertification will ensure your services are not put on hold. If you are a family CNA and your client is hospitalized for more than 24 hours please notify your Nurse and do not clock in at any time while in the hospital. You must also notify your Nurse once you are discharged from the hospital so that she/he may come to the home and complete an assessment and resumption of care with the client, which by Medicare/Medicaid rule the Nurse has 48 hours to complete. You will not be able to clock in until the assessment and resumption of care are complete.

As always, please let us know if you have any questions, please feel free to email or call us! Have a great spring and we hope to see you all at the Picnic this summer!



**Megan's Place**

We Want your Kids!!! Send them to us for field trips, arts/crafts, story time, movies and munchies, and just general fun!!! Oh yes, and you parental people can go on a date, run some errands, clean your house, or even (drum roll please) take a nap!

Megan's Place offers the unique opportunity to drop off your kids (children with disabilities as well as siblings if we have space). We are licensed as a childcare center - but we are trained and have a passion for kids with special needs. We are open 7 days a week including evenings. You can use us as a regular day care or as-needed as often or as little as you like. We take the CES Waiver, CCAP, and of course private pay. Contact Kristin at [720-427-1979](tel:720-427-1979) or [kristin@megansplacellc.org](mailto:kristin@megansplacellc.org) for more information and to register today.

## “KADEP” from Page 1

Weekly morning and afternoon classes change every trimester and cover a variety of compelling topics and formats. Some recent selections include:

- Gardening
- Tai Chi
- Brain Teasers
- Stress Management
- Surfing the Net
- Batik,
- Basic Cooking
- Current Events
- Bugs and Slugs
- Memory Book Making
- Hydrotherapy
- Adaptive Dance
- Bowling

In addition to on-campus offerings, KADEP offers outings that include trips to stores, movies, museums, sports venues and other community destinations. Our Adventure Recreation program stages off-site activities ranging from camping trips to relaxing retreats, many offering



overnight respite for caregivers.

**Care:** Supervised by an on-site registered nurse, KADEP’s nursing services include medication supervision, assistance with personal care needs and continuous health monitoring that emphasizes the prevention of secondary medical problems. On-call

neurology care is always available. Each client is matched with a staff personal care coordinator and benefits from an individual care plan. Most participants utilize Medicaid Home and

Community-Based Services (HCBS) Waiver funds to pay for KADEP program fees and transportation. KADEP also accepts reimbursement from the Veterans Administration,

the Brain Injury Waiver, some private insurers and other third party sources. Sliding scales fees are available for private pay participants with lower incomes. Since HCBS only partially subsidizes actual program expenses, the Rocky Mountain MS Center depends on charitable contributions from individuals, foundations and other private sources to cover costs.

Join us in our 25<sup>th</sup> anniversary year and learn more about KADEP by visiting our website at [www.mscenter.org](http://www.mscenter.org) or blog at [http://](http://www.adventuresatkadep.blogspot.com/)



[www.adventuresatkadep.blogspot.com/](http://www.adventuresatkadep.blogspot.com/) or call 303-433-6887 to schedule a tour.

## For ourselves and...for others; Caregiving for a loved one with Alzheimer’s disease

*“If I am not for myself, who will be for me? If I am for myself only, what am I.... If not now, when?”- Hillel the Elder*

They are the perennial questions in caregiving: Am I giving enough to my loved one? Have I lost myself in the process of caring? What is the difference between loving another and loving myself?

For those caring for a loved one with Alzheimer’s disease, answering these questions can be difficult.

The mere act of catching one’s breath may seem like an act of sheer will and yet caring for oneself while caring for another is imperative. Being in charge of our lives can make all the difference from merely getting through the day and feeling like a boat tossed about by the waves and winds of the sea to feeling as if one, although very busy, is at the helm of a ship steering confidently and navigating tricky waters.

When we think of the day to day of caregiving, it may be that we

think specifically of **physical** acts of caring, i.e. feeding, toileting, companionship. Nevertheless, setting emotional limits and recognizing our core beliefs about caregiving will help us feel emotionally in charge of the situation and thus help us make better choices about a variety of caregiving issues.

**Continued “Alzheimer’s” Page 5**

## “Alzheimer’s” Page 4

One way to better set emotional boundaries in caregiving is to examine the fundamental questions: “What do I believe about caregiving?” and “Who am I in the caregiving process?”

If we were raised in a family where caregiving was an assumption or where, perhaps, the emotional happiness of another person might have been dependent on another, i.e. a child cheering a parent up or vice versa, than a pattern of unhealthy boundaries may be in play. Some healthy ways to change these patterns include:

1. Recognize if caregiving has become about a need to make another person happy. Do you experience feelings of guilt if the person is not happy? If so, recognize you can only be in charge of your own feelings.
2. Have you taken on too much? Does this stem from a need to be needed? Establish clear directives about what you can and cannot do. If something has become too burdensome, let your loved one know how you will be cutting back on help, i.e. “Mom,

with my work commitments and caring for the kids I will not be able to clean your home any longer. We can hire an affordable help or look into Share the Care. This will help us all.”

3. Do you get caught up in the emotions of your loved one? If anger outbursts also upset you, learn to detach from the situation by either removing yourself physically or remembering that this is their issue and not yours.

One way to discern when caregiving is too much is to ask yourself, “What are the long term effects if I continue doing X for this person? What will happen if this person becomes emotionally, physically or financially dependent on me?”

Another way to strengthen boundaries within caregiving is to look at who you are as a person. When we strengthen our own identities we are able to firmly hold the boundaries with another person. Take some time to ponder:

1. What makes me unique?  
Where does my sense of

self reside? Who am I without the person for whom I am a caregiver?

2. Who are some key people who know me apart from my role as a caregiver? Can I rely on them as a network to support me?
3. Make caregiving smaller by making other parts of your life bigger, i.e. hobbies, social circles and spiritual practices. These will help clarify where you begin and your caregiving role begins.

In the end, effective caregiving comes from loving another based on a deep and abiding loving relationship with oneself. While it may feel uncomfortable at first and like saying “no” at times is hard, by flexing your self-care muscle and creating healthy boundaries all will benefit in the end.

*Marisa Volpe works for the Colorado Chapter of the Alzheimer’s Association. Her work focuses on supporting diverse communities living with Alzheimer’s disease.*



Join us for the third annual Rockabilly Roadhouse, a dance and fundraiser benefiting The Wayfaring Band! This 50s-themed event will have you swinging and jiving the night away to rockin' music in the company of great friends. Join us at 5:30pm for a free swing dance lesson led by champion instructors, or come at 6 for the full festivities.

// FEATURING //

- \* Beauty parlor & barbershop
- \* Silent auction
- \* Temporary tattoo parlor
- \* Light snacks, sweet sodas, and sudsy beers
- \* Dancing all night!

// DETAILS //

- \* Cost: \$10/person at the door (kids 5 and under are free)
- \* 6-10pm (free dance lesson at 5:30pm) ...
- \* Family-Friendly
- \* Alcohol available for guests age 21+ with ID
- \* Wheelchair-accessible
- \* ASL-interpreted

Bring cash, check, or credit card to get your hair done at our beauty parlor and barbershop, bid on fabulous items at our silent auction, and to make a donation to the band in support of our spring fundraiser.

\* DRESS TO IMPRESS in rockabilly style. Google it!



## 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 com-

prised 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 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 program. So come on out and join us 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 Nicole Calzada [pmlchallenger@yahoo.com](mailto:pmlchallenger@yahoo.com) -- VP Little League Challenger Program.



The TARP initiative (Testimonial And Recognition Project) is a way for you as an employee to write a brief testimonial about PASCO-- a paragraph or shorter, and we have a photographer take a 1/2 hour family photo session. You keep all the pictures on a disk. Dates for 2016

**Sunday, April 17**

**Saturday, May 14**

**Sunday, June 11**

**Saturday, July 23**

**Sunday, August 14**

**Saturday, September 17**

**Sunday, October 16**

**Saturday, November 12**

**Sunday, December 11**

Email Damian for more info

[damian.rosenberg@pascohh.com](mailto:damian.rosenberg@pascohh.com)



### A Few Tips on Planting Kale this Spring from Maine Farmer, Pete (Kooky) Koogen (who writes like he talks)

Ayuh, time to staht thinkin about plantin yah early spring greens- I'm talkin about yah Winterboh or yah fancieh Blue Cuhled Scotch varietal. They ah true and plant nice. fah best results remembah to nevah plant aftah Eastah. This yeah might be a smidge tricky becaws accohdin to my gawmy friend Rusell who lives outside of Ogunquit, and who is a resident expeht on loopehs-- we could be in fah a ton a Cabbagewohms, leaf minehs and othah such non-sense. Ayuh, good gahdenin.

## AUTISM SOCIETY

Improving the Lives of All Affected by Autism

### Colorado

#### Upcoming Events

##### Sensory Friendly Exhibit @ DMNS

Join the Autism Society of Colorado for a sensory friendly event at the Denver Museum of Nature & Science on April 2, 2016 from 6:00pm-8:00pm! During this event, you are able to explore the Space Odyssey exhibit at your leisure, and are free to enjoy other specialized activities. This Opening Doors event is FREE with RSVP through the ticketing website. \*\*Space is extremely limited to this sensory friendly event, so reserve your spot NOW! RSVP at <http://autismcolorado.do.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=549>

##### ThunderSplash Dash

The second annual ThunderSplash Dash will be held on Saturday, April 9th, 2016 at 9:00am. Come and join your favorite Thunderhawk (Lightning) for this 5K Charity Run/Walk. The ThunderSplash Dash is a paint race (arrive in white and leave in color). The course will consist of six checkpoints where Splashers will dress you with color! Prairie View High School has partnered with the Autism Society of Colorado. All proceeds will be donated to the Autism Society of Colorado for autism

awareness. Register online at <https://www.eventbrite.com/e/thundersplash-dash-tickets-20594544838>

##### Rocky Mountain Autism Summit

Get all of the latest information on autism, all in one place. Gather information from key autism exhibitors, and spend your conference learning from high-caliber speakers... and each other! Plan now to attend the Rocky Mountain Autism Summit! See **Page 6.**

##### Walk with Autism

Sloan's Lake, Denver – June 12, 2016  
America the Beautiful Park, Colorado Springs – June 25, 2016  
<http://autismcolorado.do.donordrive.com/index.cfm?fuseaction=donorDrive.eventGroup&eventGroupID=963209C5-5056-8A14-B7AB39C2AC7DBD53>

##### Ride with Autism

Support ASC by participating in a motorcycle and hot rod scavenger cruise from Denver to Black Hawk to raise awareness for autism! Join the fun on August 27, 2016

##### Recurring Events

**Beau Jo's Pizza Nights**

Each month, Beau Jo's opens their doors to individuals and families for an Autism Friendly Dining Experience! Please join the ASC staff and other families for dinner. Participants receive 10% off their bill at BOTH locations!

First Tuesdays – Arvada Beau Jo's @ 5:30PM – 7:30PM  
Wadsworth & 53rd — KIDS EAT FREE

First Wednesdays – Denver Beau Jo's @ 5:30PM – 7:30PM  
Colorado Blvd. & Yale in Denver — \$10.99 Buffet

##### AMC Sensory Friendly Films

Enjoy a unique movie experience where the typical rules don't apply. Silence is never golden and the audience is in control. Lights are brought up, the sound is turned down, and dancing in the aisle is encouraged!

2nd & 4th Tuesday of every month @ 7:00 pm

2nd & 4th Saturday of every month @ 10:00 am

For movie showings and participating locations, visit: <https://www.amctheatres.com/programs/sensory-friendly-films>

CASINO • OPEN BAR • DANCING • ARCADE GAMES • TAROT READER • CIRCUS ACTS • FOOD

Adaptive Adventures PRESENTS

# CARNIVAL OF FOOLS

— CASINO NIGHT —

Infinity Park Events Center | Glendale, CO  
Friday 04/01 | 7:00-11:00pm | [carnivaloffools.eventbrite.com](http://carnivaloffools.eventbrite.com)

\$100 Early Bird  
\$125 VIP Tickets



Ascent Mobility is a full service Colorado accessibility company that specializes in stairlifts, wheelchair lifts, ramps and other modifications including elevators, vehicle lifts and accessible bathrooms. Since 2008, the dedicated employees of Ascent Mobility have



**Ascent  
Mobility**

developed a product line that is reliable, economical and high quality. In addition, we strive to provide the highest level of customer service by truly caring about each client's needs.

Our goal is to help members

of the community stay comfortably in their homes as long as possible. Ascent is an approved Medicaid home modification provider in the state. Over the years, we have installed accessibility equipment in the homes of

thousands of satisfied clients throughout Colorado. We have an excellent reputation in the community,

proven by our A+ rating with the Better Business Bureau (BBB) in addition to being a winner of a Gold Star Certificate from BBB Denver/Boulder for 2015. Once an Ascent customer, you truly become a member of the As-

cent family. We work hard to provide an unbeatable sense of freedom, safety, and value.

Please feel free to come visit our showroom at 747 Sheridan Blvd #4B in Lakewood. We have an array of stairlifts and ramps on display, fully functional and ready for a test run. One of our friendly accessibility consultants will be happy to answer all of your questions. If coming to us is not feasible, give us a call at 720-545-9222 to schedule your free in-home assessment.

## THE COUNTDOWN TO National Sibling Day!

CELEBRATE THE SIBLINGS IN OUR LIVES WITH  
GOOD FOOD AND INCREDIBLE PEOPLE!

**April 10, 2016**

11 AM - 1 PM | Westminster Sensory Park  
W 103rd Ave and Church Ranch Blvd

RSVP to Sandra at [sandra@siblingtree.org](mailto:sandra@siblingtree.org)



### Teen Community Emergency Response and Recovery Training

Learn to protect yourself, your family and your friends in case of an emergency. This training teaches you about potential disasters that could affect the Denver metro area and how to safely and responsibly respond to and recover from them.

**Things You Learn**

- Extinguish small fires
- Conduct light search and rescue
- Assist those who are injured
- Set up medical treatment areas
- Assist emergency responders
- Identify and anticipate hazards
- Reduce hazards in the home, school and workplace
- Help reduce survivor stress

**March 29, 30, 31**

**Teen CERT**  
Denver Disaster Ready Club

**Time:** 8:30am - 4:30pm  
**Location:** La Alma Recreation Center  
1325 W. 11th Ave., Denver 80204

**Registration:** [www.Denvergov.org/OEM](http://www.Denvergov.org/OEM)

**Note:** Accepting up to 40 participants for this program.

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**June 14, 15, 16**

**Teen CERT**  
Denver's Disaster Ready Club

**Time:** 8:30am - 4:30pm  
**Location:** Montclair Recreation Center,  
729 Ulster Way, Denver, CO 80230

**Registration:** [www.Denvergov.org/OEM](http://www.Denvergov.org/OEM)

**Note:** Accepting up to 40 participants for this program.

**July 12, 13, 14**

**Teen CERT**  
Denver's Disaster Ready Club

**Time:** 8:30am - 4:30pm  
**Location:** Green Valley Ranch Recreation  
Center, 4890 Argonne Way, Denver, CO  
80249

**Registration:** [www.Denvergov.org/OEM](http://www.Denvergov.org/OEM)

**Note:** Accepting up to 40 participants for this program.

**Who:** This **FREE** training is open **teen's ages 14 - 18 years of age**. You must attend all class sessions (3 Days) to receive a certificate for 24 hours of community service.

**Sponsored by:** Denver's Office of Emergency Management and Homeland Security (OEMHS); City of Lakewood; Denver Parks & Recreation; Boys and Girls Club - Metro Denver; Denver Amateur Radio Emergency Service (ARES) and the Colorado North Central Region

**For additional information:** email [DenverCERT@DenverGov.org](mailto:DenverCERT@DenverGov.org)



COLORADO FOUNDATION  
FOR CONDUCTIVE EDUCATION  
**C F C E**

The Colorado Foundation for Conductive  
Education presents:

## CE Therapy Camps Summer 2016!

### Our Mission

Conductive education (CE) is a unique educational method, whose primary aide is to teach people with motor disabilities—such as Cerebral Palsy, Spina Bifida, and Paraplegia—to use their cognitive and physical potential to obtain the maximum level of independence. Our program merges the elements of education and rehabilitation in its approach to learning. The major feature of CE is a specific combination of using a group framework and incorporating the individual needs of each student with that of the group.

### A Day at Camp

A typical camp day involves 3 core programs, breaks for snack and lunch (not provided).

9:00 am: Arrival	12:00 pm: Individual sessions
9:15 am: Stretches	12:30pm: Lunch
9:45 am: Plinth program	1:00 pm: Hand program or speech program
10:30 am: Snack	1:45 pm: Walking Out
11:00 am: Sitting program	2:00 pm: Finish
11:45 am: Transition to next program	

### Camp Locations and Dates

Location	Duration	Dates
Denver	4 weeks	June 6th- July 1st
Denver	2 weeks	Aug. 1st- Aug 12th
Loveland	3.5 weeks	July 6th- July 29th

All ages and abilities are welcome!

### How to Register

Email [office@conductiveed.com](mailto:office@conductiveed.com) to obtain registration forms. Forms must be completed by **April 1st, 2016**, as space is limited. You can return by emailing the scanned form or mailing to: CFCE, PO Box 746297, Arvada, CO 80006.

### Contact/ Learn more about CFCE

If you would like further information about conductive education and what the camp will entail, please do not hesitate to contact our office at (970) 667- 0348 or email us at [office@conductiveed.com](mailto:office@conductiveed.com). Visit our website at [www.conductiveed.com](http://www.conductiveed.com)

9197 W. 16th Ave.  
Suite 1000  
Lakewood, CO 80215

Phone: (303)233-3122  
Fax: (303)233-1478  
info@pascohh.com



[www.pascohh.com](http://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 friends at the Safe Schools Coalition. To print more posters, please visit [www.safeschoolscoalition.org](http://www.safeschoolscoalition.org)

*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.*

**PHAMALY**  
THEATRE COMPANY  
theatre with possibility

I AM A PERFORMER | I AM A DANCER  
I AM A STORYTELLER | I AM A SINGER  
I AM AN ENTERTAINER | I AM AN ACTOR

**Play by Nagle Jackson**  
**Directed by Bryce Alexander**  
**April 1-17, 2016, Jones Theatre (Denver Performing Arts Complex)**

Shakespeare professor Eliot Pryne is packing what he thinks is a suitcase and leaving what he thinks is a hotel. In the early stages of Alzheimer's disease, he is "taking leave" of the real world and imagining a new one. His three daughters-- a public school counselor, an actress, and a free-roaming ex-drug user-- must decide the next steps for their father. This heart-warming dramatic comedy is about family, living life to its fullest, and the imminence of one's passing, filled with the often farcical behavior that goes along with this disease. A clever, charming, and honest reflection on the true magic of life.

Phamaly is proud to partner with the Alzheimer's Association on the production of *Taking Leave*.

[CLICK HERE TO LEARN MORE ABOUT CONTENT](#)

**ADVISORY, CASTING, AND MORE!**  
Promo Code-PASCO20 for 20% off tickets.

#### Mission

Phamaly Theatre Company's mission is to inspire people to re-envision disability through professional theatre.



#### Vision

Phamaly Theatre Company's vision is that

every individual with a disability has the opportunity to participate in all aspects of high quality performing arts.

**Office Address:**  
**Phamaly Theatre Company**  
4061 S. Eliot Street  
Englewood, CO 80110  
**Phone: (303) 365-0005**  
**Email: [info@phamaly.org](mailto:info@phamaly.org)**  
**<http://www.phamaly.org/>**

**Company Picnic**

**June 20th, 2016**

**Morse Park  
(8180 W. 20th Ave,  
Lakewood,  
CO 80215)**