

The Newsletter That Serves Its Readers

PASCO Picayune

Your Home. Your Community. Your #1 Choice.

VOLUME 21, ISSUE 1

JANUARY, 2017



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Home and Community Based Services (HCBS) HOME MODIFICATIONS



Home and Community Based Services (HCBS): *People who need long-term care but wish to remain in their own homes, rather than be in an institution. There is a \$14,000 lifetime cap for home modifications after qualifying under one of the following waiver programs:*

- Brain Injury (BI) (*eligible for home modification*)
- Elderly, Blind or Disabled (EBD) (*eligible for home modification*)
- Mental Illness (MI) (*eligible for home modification*)
- Developmentally Disabled (DD) (*eligible for home modification*)

- Supported Living Services for the Developmentally Disabled (SLS) (*eligible for home modification*)
- Children’s Extensive Services (CES)

Home Modification:

Making a specific change to your home that will allow you to continue living there and function with greater independence.

How Do You Know if You Qualify?

- Contact Your Community Centered Board (CCB) www.colorado.gov/hcpf
- Obtain a Medicaid Approval (hold a Medicaid card)

- Enroll in the HCBS Waiver Program & be Assigned a Case Manager
- Case Manager will Order a Therapist Evaluation
- Obtain Multiple Bids for Home Modification Work

Colorado Medicaid Customer Service (HealthFirst): [1.800.221.3943](tel:18002213943)

Visit Colorado’s ONLY Adapted Showhome!

3025 W. Jefferson Ave
Englewood, CO 80221
[303.693.7787](tel:3036937787)
accessiblemed.com

A HUGE thank you to everyone who brought what they could for our annual food drive!

Our amazing team brought in :

- 2 turkeys
- 11 hams
- 50 lbs. of potatoes
- 216 cans of vegetables
- 12 cans of fruit
- 22 cans of sweet potatoes
- 12 boxes of stuffing
- 16 jars of gravy
- 15 cans of cranberry sauce
- 3 cans of olives
- 100’s of miscellaneous items
- 35 bakery pastry’s

- 50 lbs. of oranges
- 50 lbs. of carrots
- 50 lbs. of onions
- 35 loaves of bread
- 35 toiletry bags filled with an assort-



butter, milk & supplemental stuffing, gravy and cranberries so every basket had these items

Together we provided a holiday meal that served 90 people!

Taking on this endeavor was a leap of faith, our team discussed limiting the number of baskets we could make because we did not know if we could bring in enough donations. But in the end we said if someone said they were in need we would work to provide and because of all of you we were able to!

Thank you to everyone who helped make this possible – those who contributed, sorted & packed bags, loaded cars, delivered, helped in any way!



Message from PASCO CEO-- Ryan Zeiger

The Republicans are currently taking steps to pass legislation to repeal the Affordable Care Act (ACA) - not the original Medicaid system

Colorado Community Church CHOSEN Special Needs Program

Colorado Community Church in Aurora offers multiple programs that encourage children, youth, adults & families impacted by disabilities to experience Christ, Community & Calling. Check out our webpage for more info at www.coloradocommunity.org/chosen/

Here is a list of what we offer:

- trained, screened adult "Buddies" for children so they can participate in the inclusive Sunday School classroom during church services
- sensory room for children, youth & adults
- parent support group & Bible study offered twice a month with adapted Bible classes for children, youth & adults & their siblings
- sibling support break-out for 3rd - 8th graders during adapted Bible class
- volunteer-hosted tables for youth & adults in cafe-style worship venue during Sunday 10:45am service
- monthly social events for youth & adults

Dear PASCO employees, clients, family members:

As I am sure you are aware, the recent national election brought change where a single party controls the house, senate, and White House. Anytime there is a single party in power we should expect change. My goal in any communications I send to you will be to try to remove any political bent to my message, and instead:

1. Identify potential changes that could impact your Medicaid funded healthcare services.
2. Communicate my understanding of the potential scope of the changes (I will identify clearly if I am speculating or editorializing)
3. Share things to watch for
4. Share opportunities to communicate to politicians and policy makers who will be making these changes how these changes impact your life

Repeal of the Affordable Care Act (ACA):

What I know:

- ⇒ Please consider two separate systems
 - The original Medicaid system was designed to support people with disabilities and lower income individuals by providing health insurance for hospitalizations, etc. as well as long term services and supports like those services PASCO provides.
 - The Affordable Care Act was designed to expand access to health insurance to a much broader population through Medicaid and private health insurance plans.
- ⇒ The Republicans are currently taking steps to pass legislation to repeal the Affordable Care Act (ACA) - not the original Medicaid system
- ⇒ Republicans are on record saying that they want to repeal and replace the ACA with something better with no lapse in health coverage

- ⇒ It is not yet clear what the replacement plan will look like, as there are different ideas being circulated
- ⇒ The predominant thinking is that congress will take action to repeal the ACA in the next couple of months, but will delay implementation of the repeal for some period of time while developing a replacement
- ⇒ The timeline for implementation of repeal has been projected at anywhere between 6 months and 4 years.

How repeal could impact your Medicaid funded healthcare services:

- ⇒ To be very honest, at this time we do not know for certain how the ACA repeal and replace will impact Medicaid funded services, because we have not seen a replacement plan
- ⇒ Many of the clients served by PASCO were on "original Medicaid" before the ACA was passed in 2009, and/or are eligible for Medicaid that was **not** dependent on passage of the ACA due to:
 - Income and a qualifying disability
 - Access to a Medicaid waiver program or buy-in program with a qualifying disability (even if they have income higher than standard Medicaid thresholds)

RYAN SPECULATION: The ACA expansion population, the 20 million that now have health insurance through Medicaid or private health insurance, face the most risk again depending on the nature of the replacement plan.

- Again, most of the clients PASCO serves do not fit into this category
- A smaller portion of the

clients served by PASCO may have obtained access to Medicaid after 2009 as a result of ACA provisions that allowed people with higher incomes to access Medicaid. This population may face risk of losing access to Medicaid as a result of the ACA repeal and or replacement plan.

- AGAIN – without a view into the repeal and replacement plan, it is very hard to determine overall impact.

RYAN EDITORIALIZING ON IMPACT:

Based on early indications of the direction Washington is headed related to the ACA and Medicaid funded services, there is real risk that people with disabilities could lose access to healthcare services they currently depend on to live in the community. This is not necessarily because those in Washington are actively trying to negatively impact people with disabilities, but more likely because the interests of the disability community will get buried beneath the other interest groups who are louder and have more resources. We should make sure the voices of the disability community are heard and weigh into these policy decisions. PASCO will continue to work closely with the various disability groups like the Colorado Cross-Disability Coalition and ADAPT to assure that benefits will not be cut or significantly reduced regarding the ACA and present Medicaid funded services.

What to watch for:

- ⇒ We all need to pay close attention and ask questions if:
 - We do not learn the details of the repeal and replacement plan in the next couple of months.

Continued "Ryan" Page 3



“Ryan” Page 2

- Based on the repeal and replacement plan, it is not clear what will happen to the Affordable Care Act expansion population (the 20 million people covered) or it is clear that the expansion population will be negatively impacted.
- The repeal and replacement plan has design elements that restructure “original Medicaid”, including the concept of “block grants”

How to get involved:

⇒ If you are interested in actively communicating concerns and questions to state and national legislators, politicians, and healthcare administrators please e-mail me to let me

know by e-mailing ryan.zeiger@pascohh.com, and I will add you to a list of people I can call on to share your stories at different times as well as connect you to places where you can get more directly involved.

⇒ You can track developments and opportunities to get involved on disability advocacy organization websites like:

- Colorado Cross Disability Coalition - <http://www.ccdconline.org/>
- The ARC of Colorado - <http://www.thearcofco.org/>
- ADAPT - <http://www.adapt.org/>

PASCO will of course continue to send updates as we see major developments.

Eggs



They’ve copped a bit of flack over the years due to their relatively high fat content and high level of dietary cholesterol. But it has been proven time and time again that eggs in fact raise HDL (the good) cholesterol. They also change LDL cholesterol from small, dense LDL (which is bad) to large LDL. These days mainstream medicine encourages us to eat eggs due to their dense nutritional make-up.

Nutritional benefits of eggs:

As we mentioned above, eggs are chock-full of essential nutrients. They’re a great addition to restricted diets and for those people with increased nutrient requirements such as vegetarians, pregnant

women, athletes, children and the elderly. Two eggs will give you:

- 25% of your daily protein requirements.
 - 29% of your iodine needs which is vital for optimal thyroid function and for developing bones and brains of fetuses in utero.
 - 59% of your RDI of selenium a trace element high in antioxidants which improves our immune systems and has been shown to decrease cancer risk, improve fertility, stimulate the thyroid and improve brain function.
 - Loads of essential electrolytes.
 - Vitamins A, B1, B2, B5, B6, B12, D, E and K. Omega-3 and 6 fatty acids.
- Eggs are one of the only foods that naturally contain vitamin D*

My name is Aimee Armijo. I was born on July 5th 1982 in Denver Colorado. I was born with cerebral palsy. Despite my limitations, I was raised to have the mentality that I can do whatever I want to do. My parents have been very encouraging and supportive of everything. If there’s some-

thing I want to do and I can’t do it one way; we work together until we figure out a way I can do it. I have

never been one to open up and express my thoughts and feelings, but my writing allows me to be able to do that. This collection of poems truly comes from my heart; they’re

DON'T LET YOUR VOICE BE MEEK

POEMS BY AIMEE ARMIJO

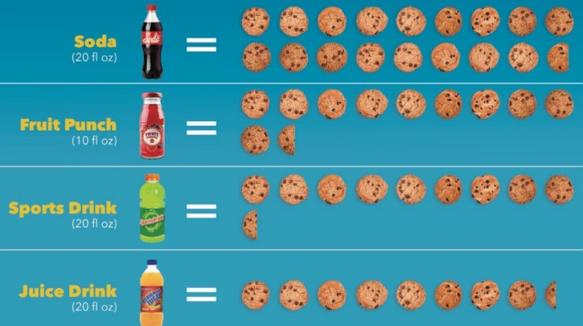
This book can be found on www.lulu.com

Fewer Sugary Drinks Today Leads to a Healthier Tomorrow.



IN COLORADO, 1 OUT OF 5 CHILDREN HAS AT LEAST 1 SUGARY DRINK PER DAY

SAME SUGAR. DIFFERENT PACKAGE.



SUGARY DRINKS CAN HURT YOUR HEALTH

Too much sugar can lead to:



1 sugary drink per day leads to:



IT'S EASY TO CHOOSE HEALTHY DRINKS



- Carry a refillable cup or water bottle.
- Choose healthier vending and menu options.
- Serve water during sports events.
- Serve water flavored with fruit slices (lemon, berries, cucumbers) at parties.

Healthy Beverage PARTNERSHIP Hidden-Sugar.org

PASCO Poet Published!

about life and things I feel and think about. Some of them are from actual experiences. My hope is to somehow inspire. Through my writing I have learned about myself. I learned that I’m not someone who should be looked at as having a disability, being handicapped, or physically challenged. I am who I am. I am a person just like everyone else. I am who I am, I am Aimee.



DON'T WAIT ITS TIME FOR ACTION

Human Resource Corner:
Chris Livesay, Holly Schanhals,
Mike Knutzen, Quinn Taccogno,

Happy Holiday's and Happy New Year, hope this finds you all doing well!

We've had some changes within our HR department these past couple of months. First off John Binning is no longer with PASCO. Taking over some of John's responsibilities along with some recruiting responsibilities is Mike Knutzen. Please feel free to stop by and say hello to him.

We have a few reminders for you as we head into 2017; First is your flu shot documentation, please send that in if you have not done so already. Second, you will be receiving an ACA (Affordable Care Act) information in the mail that will need to be submitted with your taxes. And last but not least if you are a CNA you will need to re-new your license by 1/31/2017. If you need help doing so please contact Quinn in the HR department.

As always please feel free to contact anyone in Human Resources regarding any issues, etc. you might be having, we will be happy to assist you or point you in the right direction. If you do not know who you need to contact we have a general email box you can use and your message will be directed to the correct person. HR@pascohh.com



Building Blocks

An Introduction to Supports and Services for Children with Special Needs

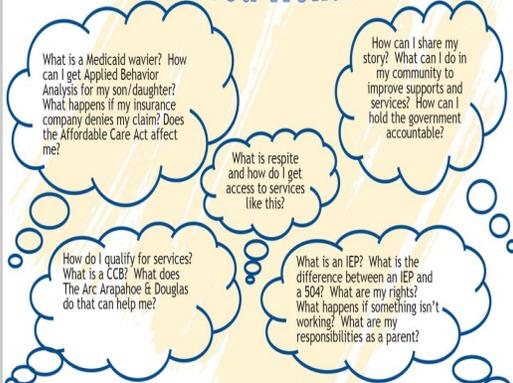
Join The Arc Arapahoe & Douglas Counties for a six week course for families with children with special needs. This series will equip you with information and resources that will be vital to your child's life: in the classroom, the doctor's office and the community.

Wednesday Nights from 6-8pm on 2/1, 2/8, 2/15, 2/22, 3/1, and 3/8
Dinner and childcare will be provided during each presentation.

Classes will be held at:
Hope Online Learning Academy, 373 Inverness Parkway, Englewood, CO, 80112

There is a one time fee for participants: \$30 for members of The Arc Arapahoe & Douglas, \$40 for Douglas County Residents or \$50 for out of district/ non members. Financial assistance is available.

Have You Wondered?



RSVPs are necessary for childcare. If you do not require childcare, RSVPs are helpful in the planning process, but we understand that things do come up. Please give us as much advance notice as possible so we have enough materials and food, but don't let an RSVP prevent you from attending.
Please RSVP to kim@arc-ad.org or call (720)457-1032.

The Arc Arapahoe & Douglas Counties

Presents

4-week course - Saturdays
(1:30pm - 3:30pm)
February 4
February 11
February 18
February 25



End-of-Course Event March 4 (5:00-7:00pm)

Cost: \$80 member/ \$100 nonmember
(*financial assistance and scholarships available)
Location: The Arc Arapahoe & Douglas Counties
6538 S. Racine Circle, Centennial, CO
Snacks and course materials will be provided
Space is limited to 10 individuals

RSVP: kim@arc-ad.org or (720) 457-1032

Learning for Living

Friendships - How to Create and Keep Healthy Relationships

For High School Students and Young Adults with Intellectual and Developmental Disabilities

Learning how to make friends can be both a challenging and rewarding experience. Friends provide emotional support, teach us new things about the world, and make life easier in general. During this installment of the "Learning for Living" series, facilitator Cynde Vaughn, MSW will provide appropriate education and support to ensure that young people with IDD learn how to integrate themselves in the community, avoid exploitive relationships, and expand their social circle.

Learn how to:

- Deal with anxiety in social situations.
- Understand the difference between close friends vs. social friends.
- Be yourself around others without feeling embarrassed.
- Make small talk and get to know new people.
- Gauge body language and read social cues.
- Be a good friend - develop long-term relationships, trust, and bonds.
- Recognize exploitation, set boundaries, and end a relationship if appropriate.

Plan a Party!: Participants will apply what they learn in class, establish a theme, create a budget, plan entertainment, and ultimately host a party for their friends!!



Achieve with us.

www.facebook.com/TheArcArapahoeDouglas
www.twitter.com/ArcArapDoug



For people with intellectual and developmental disabilities



COLORADO CROSS-DISABILITY COALITION

PROBATE POWER

Probate Power will focus exclusively on the disabled community and will work with individuals and families who need assistance in setting up guardianships, special needs trusts, simple wills, and similar legal services.

The Program will begin **January 10th** and will be overseen by managing attorney, Chris Brock. In honor of its Grand Opening, all fees will be reduced by 10% throughout the month of January when you mention this promotion.

"The goal of Probate Power,

first and foremost, is to always make sure our clients know they have a voice," Chris said. "Having a legal team that knows the questions to ask, the nuances, and how the system works – specific to the disability community – is crucial.

"For example," Chris added, "when a disabled person is set to receive substantial assets (such as an inheritance or an injury settlement), it is important to protect that person's eligibility for services like Medicaid through an appropriately drafted special needs trust."

Market rate fees will be charged. The net income from Probate Power will be used to support the advocacy and training programs of CCDC all year-round. To get more information about our fees and services of Probate Power, please contact Chris Brock at cdbrock@ccdconline.org or via phone at 720-279-8233.

CCDC advocates for Social Justice for people with all types of disabilities.

<http://www.ccdconline.org/>

303-839-1775 (Voice)

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.

One way to better set emotional boundaries in caregiving is to examine the fundamental questions: "What do I believe about caregiv-

ing?" 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 caregive?
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

Petal Pusher is a growing, home based business in Wheat Ridge, CO. The idea was planted 20 years ago when I was a Rose Girl in Austin, TX. I enjoyed watching and participating in the delight of giving and receiving flowers. Petal Pusher has taken root to do just that.

Our mission at Petal Pusher is simple: To provide delight, excitement, joy and surprise to you and those you love - with a quality product at a reasona-

ble price. We believe in paying it forward when we can, by offering our left-over vegetation to anyone who may need it as compost. We use recycled vases, containers and baskets - giving our customers an opportunity to return the vase once flowers have expired, or to donate any they no longer want. With every returned vase Petal Pusher will give you a discount on your next order. Petal Pusher appreciates the support you are giving when placing an order. To show our gratitude, we

give you a free (\$20 in value) arrangement after 5 orders or referrals.

In keeping with the recycling theme, Petal Pusher also uses dried flowers for arrangements and keepsakes. Currently, Petal Pusher is a freshly planted seed. We are in the process of breaking through the ground. We hope that you will grow, bud and bloom with us.

pusherofpetals@gmail.com

**VSA/Access Gallery
Respite Day: Collage Art**

Access Gallery is excited to become a respite provider for Colorado families. Our respite program will be unique in that it provides innovative art experiences and access to the community through the arts. Participants will work on a variety of creative, collaborative and individual art projects with various artists and members from the VSA arts community.

Our Upcoming Respite sessions:

- Saturday, January 14th**, 10:30AM – 2:30PM
- Friday, January 20th**, 4PM – 8PM
- Thursday, January 26th**, 10:30AM – 2:30PM

Our theme this month is collage! Come and create your own collage piece or work collaboratively on a larger community piece!

For more information please contact Cris at cris@accessgallery.org or [303.777.0797](tel:303.777.0797).



(303)332-1993
Mention PASCO
20% off for new customers

Bellevue Heights Presents
2017 CAREGIVER SELF-CARE



Light Refreshments Provided
 RSVP Morning of Class

➔ **3rd Thursday of the Month**
 6:00-7:30PM

EDUCATION CLASSES
presented by Lori Ramos Lemasters of Care Partners Resource

LIST OF MONTHLY TOPICS

- JANUARY 19** Create a Year with Self-Care!
- FEBRUARY 16** What do I need to feel loved?
- MARCH 16** How do I find time for me?
- APRIL 20** Asking for help....why is it so hard?
- MAY 18** Caregiving- it's what you are doing, NOT who you are
- JUNE 15** How to manage caregiver stress

BELLEVUE HEIGHTS
 ALZHEIMER'S SPECIAL CARE CENTER
 14500 E. Bellevue Ave., Aurora, CO 80015 | RSVP to 303-690-0700

Respite Camp Weekend
Free for individuals in Family Support and Community Outreach



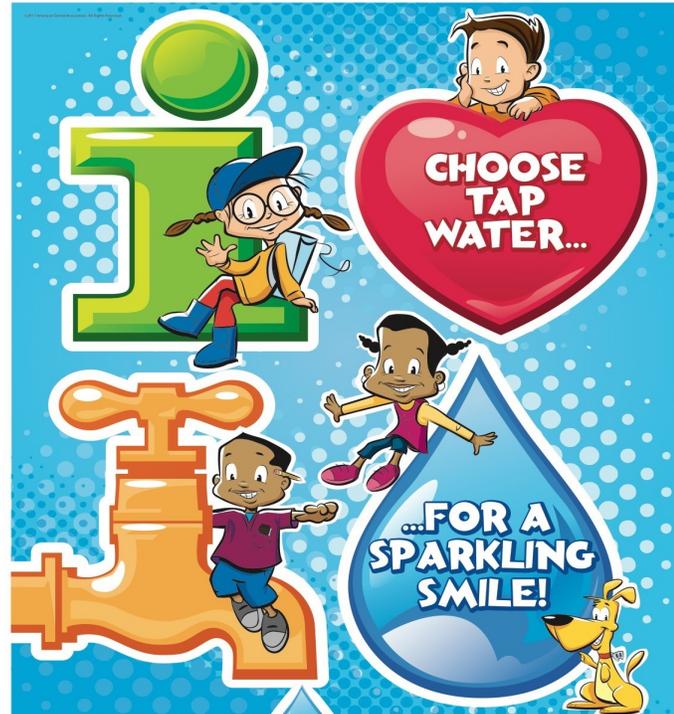
Limited Spaces
 Refundable \$100 holds your spot
 All Care, Meals, Activities, Lodging included
 February 17-19, 2017
 Ages 6+
 Transportation not provided

RSVP contact: Easter Seals
 To RSVP contact:
www.eastersealscolorado.org
 303-569-2333





February is National Children's Dental Health Month



CHOOSE TAP WATER...

...FOR A SPARKLING SMILE!

2min2x!
 Brush 2 minutes 2 times a day
 AND eat healthy for a healthy smile!

ADA.org/nedhm
 Brush two minutes, two times a day.
 Clean between your teeth daily.
 Limit snacks, eat healthy meals.
 Visit your dentist regularly.

ADA Foundation
 American Dental Association
 America's leading advocate for oral health

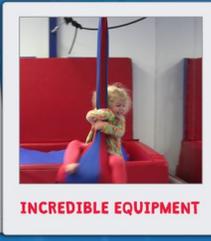
We Rock The Spectrum®
KID'S GYM
 For All Kids - Arvada

GRAND OPENING
 SATURDAY, JANUARY 21ST 10:00AM - 5:00PM

JOIN US FOR A DAY OF FUN WITH OUR TRAMPOLINE, ZIP LINE, SWINGS, FACE-PAINTING, MUSIC, RAFFLES, AND DELICIOUS TREATS FROM OUR LOCAL NEIGHBORHOOD BUSINESSES. PLUS, A FEW FUN SURPRISES FOR OUR ATTENDEES!

[f t i p]
 WRTSArvada

 \$12 per child. 20% of our proceeds go to the My Brother Rocks the Spectrum Foundation


A PLAYFUL EXPERIENCE FOR EVERYONE **INCREDIBLE EQUIPMENT** **MEET THE OWNERS**

8330 W. 80th Avenue Unit 1, Arvada, CO 80005
 (818) 996-6620
www.werockthespectrumarvada.com



REGISTER TODAY – we expect this event to SELL OUT! For more information visit <http://bit.ly/AboutPEAKConf> or call 800.284.0251

PEAK’s 2017 conference will share the practical strategies you need to create equity in education so ALL students can achieve success! Featured Presenters:

- Julie Causton
- George Stern
- Atasha James
- Michael McSheehan
- Denise Bissonnette
- And Many More!

Presented by PEAK Parent Center February 9-10, 2017

Denver, Colorado Renaissance Denver Stapleton Hotel

Topics Included

Accessing General Education Curriculum • Accommodations and Modifications • Assistive Technology (AT) • Behavior Strategies • Data that Supports Inclusive Education • Differentiated Instruction • Dispute Resolution • Disability Advocacy & Rights • Friendship Facilitation • The Individualized Education Plan (IEP) • Inclusive Practices • Inclusion in College • Literacy and Reading • Personalized Learning • Self-Advocacy • Significant Support Needs and Inclusion • Special Education Law • Systems Change for Inclusion • Transition to Adulthood • Universal Design for Learning • And more!



Audio Information Network of Colorado

Audio Information Network of Colorado (AINC) Brings Free Audio Information Services to PASCO Clients

Do you or your loved one have difficulty reading? Many people know about audio books but are unaware that other types of publications are also available in audio format. The Audio Information Network of Colorado provides free audio access to magazines, grocery ads, calendars of events, public service announcements, and nearly 100 Colorado newspapers. Volunteers read and record publications for all ages in both English and

Spanish. For over 25 years AINC has provided services statewide.

Listeners choose their access method. Some use a simple digital receiver to listen to one of three regional broadcasts. AINC offers the stand alone units at no cost. Others prefer the convenience of on-demand telephone access. Livestreaming and podcasting are available through the AINC website. We also provide large button speakerphones, internet radios, and MP3 players if requested for other listening options. Access to information helps AINC’s listeners live to their full potential. For more

information call 303-786-7777, 1-877-443-2001 or go to www.aincolorado.org. We look forward to serving you.



From the Nurses

We wish to extend our sincere wishes to you and your loved ones for a happy and healthy New Year! Thank you to all of the employees, including Certified Nursing Assistants, Personal Care Workers, Health Maintenance Attendants, Homemakers, Nurses and Therapist for all of the hard work over the last year.

Starting in January, our nurse’s will have you and/or the authorized representative sign three annual forms.

Employee influenza vaccination forms were due to be turned into Human Resources by January 5, 2017. If you have not done so, please turn the form in. The influenza season started on November 1, 2016 and ends on March 31, 2017. Masks are always available at the PASCO office in the supply closet.

If you have any questions or concerns, feel free to contact Denise Hodgert, RN, Director of Nursing Administration at denise.hodgert@pascohh.com or Stephanie Campbell, RN, Clinical Nursing Supervisor at stephanie.campbell@pascohh.com



A Little Tip--Submitted by PASCO’s own-Tracy Smith

Have you ever come home from an evacuation, vacation, business trip or maybe a weekend away with the family - and noticed your digital clocks flashing the wrong time?

You quickly realize that you had a power outage while you were away, but it's basically impossible to tell when it occurred or how long it lasted. It's therefore also impossible to tell just how long the food in your freezer may have thawed, gotten destroyed, and then frozen again.

But the trick is certainly also good to know in case of any prolonged de-

parture from your home - and will ease your mind about whether or not the food in your freezer is good to eat - or best be thrown out right away.

The trick lies in the magical combination of three simple but effective tools everyone already has at home: a mug, a coin and some tap water.

You put a cup of water in your freezer. Freeze it solid and then put a quarter on top of it and leave it in your freezer. That way when you come back after you've been away you can tell if your food went completely bad and just refroze or if it stayed frozen

while you were gone.

If the quarter has fallen to the bottom of the cup that means all the food defrosted and you should throw it out. But if the quarter is either on the top or in the middle of the cup then your food may still be ok. It would also be a great idea to leave this in your freezer all the time and if you lose power for any reason you will have this tip to fall back on ...



9197 W. 16th Ave. Suite 1000

Lakewood, CO 80215

PASCO

Phone: (303)233-3122

Fax: (303)233-1478

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.)

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 client. PASCO provides services in the following counties: Adams, Arapahoe, Boulder, Broomfield, Clear Creek, Denver, Douglas, Elbert, El Paso, Gilpin, Jefferson, Larimer, Morgan, Park & Weld.



Looking for Participants

- SPARK is a landmark national autism research study designed to speed up research and advance our understanding of autism to help improve lives.
- Autism is known to have a strong genetic component. While we know that genetic factors contribute to autism, there is still so much we don't know.
- SPARK will collect unique information from thousands of individuals affected by autism to give researchers the information they need to improve treatment and achieve scientific advances as rapidly as possible. More participants in SPARK means more good data for researchers.
- SPARK aims to recruit 50,000 individuals with autism and, when possible, their biological parents. Participants will provide basic medical information about themselves and a DNA sample and will agree to be contacted for additional research studies.
- Participation in SPARK can be done entirely at home—registration can be completed online and the DNA sample can be provided using a saliva collection kit mailed to the home. There is no cost to participate, and individuals with autism will receive gift cards valued at up to a total of \$50 for participation.
- Individuals of all ages with a professional diagnosis of autism, together with their family members, can participate

if they live in the United States and can read and understand English in order to complete consent forms and online questionnaires.

- Participants will agree to be recontacted about taking part in other research projects but are not required to join additional studies.
- Privacy is a top priority. Information submitted as part of SPARK will be immediately scrubbed of the person's identity, which will be replaced with a code, to provide the most security possible.

SPARK is sponsored by the Simons Foundation Autism Research Initiative. SPARK: Simons Foundation Powering Autism Research for Knowledge For more information or to join, visit www.SPARKforAutism.org/JFKPartners

or contact SPARK@ucdenver.edu



JFK Partners

SCHOOL OF MEDICINE
UNIVERSITY OF COLORADO
ANSCHUTZ MEDICAL CAMPUS



Children's Hospital Colorado
Neuroscience Institute

SPARK: Simons Foundation Powering Autism Research for Knowledge

SPARK Primary Investigator: Wendy Chung, MD, PhD • Protocol Number: 20151664 • Western Institutional Review Board