

# PASCO Picayune

VOLUME 21, ISSUE 4

LATE FALL, 2017

## Exciting PASCO News



**WE'RE HIRING!**  
JOIN OUR TEAM

**PASCO**

[www.pascohh.com/jobs](http://www.pascohh.com/jobs)

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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.)

Dear PASCO Friends/Families/  
Employees/Clients,

I hope you are having a wonderful holiday season! I am writing to you with exciting news. PASCO has now partnered with Team Risk Management Strategies and Acumen, two organizations that share PASCO's commitment to helping people with disabilities access care and services in the community from the people the individual chooses. Team Risk Management strategies helps people in all 50 states with special needs trusts to employ caregivers of their choosing. Acumen helps individuals participating in Medicaid consumer directed programs across 14 states employ caregivers of their choosing as well. We love what they do, and they love what PASCO does. We are extremely excited to partner and work with

these innovative organizations in the coming years to continue to build PASCO's Family CNA, Personal Care, IHSS, Intellectual and Developmental Disabilities, and Behavioral Therapy services to meet the needs of individuals in Colorado and beyond. Our three organizations bring combined experience and knowledge rooted in the core philosophies upon which Barry founded PASCO, supporting maximum choice and independence for people with disabilities. The partnership also brings together more resources and expertise for PASCO to identify new and innovative ways to continue to improve our supports and services for people with disabilities.

**What does this mean for you as a friend, family, employee, client?**

- You will not see or feel any difference at PASCO.
- PASCO will continue to do exactly what we have done for our 25 year history across all of our existing services.
- I will still serve as the President of PASCO overseeing day to day operations.
- Lee, Barry, Megan and I will still participate as owners of PASCO.
- We will continue to provide all of the services we currently provide.

The PASCO team is very excited to work together with our new partners! Please don't hesitate to contact me.

Ryan Zeiger  
[ryan.zeiger@pascohh.com](mailto:ryan.zeiger@pascohh.com)



Did you know that your child can receive free massage on the Children with Life Limiting Illness (CLLI) Waiver? These services are now available to you at a new location at the Chanda Center for Health, located in Lakewood, Colorado.

The Chanda Center for Health specializes in serving individuals with disabilities in a person-centered, accessible environment

with disability competent providers. The Center also provides free counseling and care coordination services along with access to other integrative therapies such as acupuncture, chiropractic care and adaptive yoga.

Please contact Maggie at 1-800-766-4255 ext. 4 or [maggie@iamtheplan.org](mailto:maggie@iamtheplan.org) for more information on how they can serve you and your family.

ly. Some home visits may be available. [www.iamtheplan.org](http://www.iamtheplan.org)



## Emergency Preparation

As the weather turns cold we like to think about snuggling on the couch and watching our favorite movie with those we love. Chances are though that we may face some time when the power is out. Maybe for a few hours, but it could also happen for a few days. Are you prepared?

First, do you have enough food and water in your home to last a few days. It is suggested that you have 14 gallons of water per person for emergencies. You can buy 5 gallon containers from Walmart or you can use empty clean juice or soda bottles to store water in for free. DO NOT use milk jugs or any jugs of that type to store water. They are made to biodegrade and will leak over time. You do not need to treat your stored water with anything special if you are using city water that is already treated and rotate your water yearly. If you can afford a good water filter, they are handy to have on hand for longer term emergencies.

### Food

Following a disaster or bad storm there may be power outages that could last for several days. Stock canned foods, dry mixes and other staples that do not require refrigeration, cooking, water or special preparation. **Be sure to include a manual can opener and eating utensils that do not require washing.** Paper plates, bowls and plastic silverware that can be disposed of can be essential when water and heat are limited. Make sure you dispose of trash properly to maintain sanitary conditions.

**Consider the following things when putting together your emergency food supplies:**

Store at least a three-day supply of non-perishable food. Choose foods your family will eat. The old saying that you will eat anything if you are hungry is simply not true. This especially applies to young children and the elderly.

Continued "Emergency" Page 3

# Conductive Education

"If you do not teach the child to be independent, you are teaching the child to be dependent." -Dr. Andras Peto, developer of conductive education

Have you ever heard of conductive education? Many people think about trains when they hear the phrase "conductive ed." Or maybe it's something to do with electrical work? It isn't. Conductive education (CE) is a program with an unusual name and an incredible impact on children with motor disabilities all over the world. **CE is a unique approach to teaching children with motor disabilities the skills they need to live independent and fulfilling lives.**

There are many elements that make CE unique and effective. Unlike most therapies, CE has group sessions, which creates a

dynamic and motivating environment. It also looks at the **whole child** and aims to develop all areas; physical (gross and fine motor skills, strength, balance, etc), social, psychological, and cognitive. In one holistic program, it encompasses all areas that are covered in traditional therapies and more. In CE we look at what a child **can** do and go from there, operating on the belief that children with disabilities can become more independent, they simply need to be in a supportive environment that teaches them how to do so.

When you step into our classroom you will see children in groups working on standing and walking, practicing brushing their hair and teeth, learning colors and numbers, playing games, doing crafts, and enjoying the company of their peers while learning how to

use their bodies more independently. The Colorado Foundation for Conductive Education, located in Arvada, CO and Loveland, CO is currently offering **free assessments** for places in our after school programs and well as our 3 week summer camps. We are also seeking enthusiastic individuals to fill positions as part-time class assistants, a hands-on opportunity to work with children with motor disabilities and gain experience in the fields of healthcare and education.

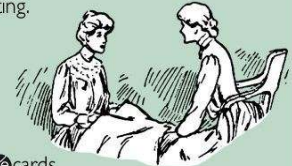
**If you are interested in our programs or have questions please call us at 970-667-0348, or email at [admin@conductiveed.com](mailto:admin@conductiveed.com), and check out our website for more information about who we are and what we do, [www.conductiveed.com](http://www.conductiveed.com)**



## Know your ABA Terminology

**Attention Seeking Behavior:** One of the major functions of behavior we see in our practice is attention-seeking. This means that the learner engages in this behavior to gain the attention of others. Attention can be in the form of reprimands, looks, play, touch, praise, etc.

I find your lack of attention to my attention-seeking behavior terribly upsetting.



your cards  
somecards.com

## Parents Encouraging Parents (PEP) Conferences

Three PEP Conferences are offered throughout the school year - one in the fall, one in winter and one in the spring. The purpose of these conferences is to bring Colorado parents (might include an adoptive parent(s), grandparent(s) or other relative(s), or a single parent) and professionals together to allow them an opportunity to share ideas,

discuss concerns, celebrate success, and obtain information relating to parenting, educating and supporting a child with a disability. PEP and its conferences promote partnerships that are essential in supporting and including children with disabilities and their families in schools and the community.

### Remaining Conference Dates & Locations

- Winter 2018 - February 22-24, 2018 - Colorado Springs, CO
- Spring 2018 - April 26-28, 2018 - Crested Butte, CO

<http://www.cde.state.co.us/cdesped/pep>

## Human Resources Corner

Happy holidays from the HR team!

The HR team has seen some transition over the last few weeks. Andrew Layne has left his role as Recruiting Manager and is in process of taking on a new role within PASCO as Business Systems Manager. Mike Knutzen has left PASCO to pursue other passions. Jennifer Rummel has joined us as the new Recruiting Manager. Erin McDonough has joined us as the new Recruiter. And, Lynn Baalman has joined us in a newly created role as HR Intake Coordinator (for new family providers and employ-

ees). Please stop by and say hi.

We are currently in process of updating PASCO's Employee Handbook. Since that is still several weeks away from being finalized, we wanted to go ahead and remind you that you can access PASCO's Employee Handbook electronically. The current version of the Employee Handbook supersedes all prior versions and can be obtained at <https://mybensite.com/pasco/policies-procedures.pdf> or from anyone on the HR team. W-2's will be made available to employees electronically this year. Many of you have already signed up and should have recently received an email to notify you that

you are signed up. If you did not receive that email or if you want to sign up, please contact anyone on the payroll team to sign the required release so that we have your authorization to send it electronically.



### Employing & empowering young adults with autism, one cup at a time

Dirt is a non-profit coffee truck, based out of Denver, with a mission to train and employ young adults affected by Autism Spectrum Disorders. Founded in 2013, Dirt Coffee strives to change perspectives in hopes for a more sustainable future for individuals along the spectrum. We proudly serve locally roasted, organic and fairly traded coffee and espresso. Check out our calendar to see where we're at and come grab a

perfectly brewed cup of Dirt while supporting this great cause!

### Help us open up a coffee shop! Learn why & donate here.

Our coffee shop will create a culture of acceptance, education, inclusion, advocacy and opportunity, while empowering others to do the same. We will break the expectation that a good cause comes with a lack of quality, while preserving Denver's craft coffee culture. Stay tuned for our coffee shop open-

ing in 2017!

[www.dirtcoffee.org/](http://www.dirtcoffee.org/)



the only program of this kind in the Denver metro area. At Humanex Academy we strive to bring the Human Experience back to education for each and every student we serve. For more information, please call Humanex Academy at 303-783-0137.

[www.humanexacademy.com/](http://www.humanexacademy.com/)



because of a mood or anxiety disorder. Our program has three core elements: an individualized academic curriculum, counseling support, and an empathetic and solution-focused approach to growth and development. We are

## Humanex Academy

Humanex Academy is a private, accredited, alternative middle and high school that offers a structured, supportive academic environment for students with unique academic, social, emotional, and behavioral needs since 1983. We work with students who present with a variety of learning disabilities, who are Twice Exceptional (2e), on the Autism Spectrum, or struggling in traditional academic setting

### "Emergency" Page 2

Remember any special dietary needs. If you have issues with Sodium, then avoid canned food and packaged food that can have high amounts of this etc.

Avoid foods that will make you thirsty. You do want to make sure you remain hydrated though, which is why it is important to store water. Adding powdered drink mixes can help if you want some variety.

The following items are suggested when selecting emergency food supplies. You may already have many of these on hand.

Ready-to-eat canned meats, fruits, vegetables and a can opener

Protein or fruit bars

Dry cereal or granola

Peanut butter

Dried fruit

Canned juices

Non-perishable pasteurized milk

Food for infants

Comfort/stress foods

Food Safety & Sanitation

Without electricity or a cold source, food stored in refrigerators and freezers can become unsafe. Bacteria in food grow rapidly at temperatures between 40 and 140 °F, and if these foods are consumed you can become very sick. Thawed food usually can be eaten if it is still "refrigerator cold." It can be re-frozen if it still contains ice crystals. To be safe, remember, "When in doubt, throw it out."

### "Emergency" Page 4



# SuperTracker:

## "Emergency" Page 4

### Don't:

Eat foods from cans that are swollen, dented or corroded, even though the product may look safe to eat.

Eat any food that looks or smells abnormal, even if the can looks normal.

Let garbage accumulate inside, both for fire and sanitation reasons.

### Cooking

Alternative cooking sources can be used in times of emergency including candle warmers, chafing dishes, fondue pots or a fireplace. Charcoal grills and camp stoves are for outdoor use only. Small Butane stoves can be used inside if you crack a window. These can be found at most Sporting Goods stores for a reasonable price. Commercially canned food may be eaten out of the can without warming.

### Managing Food without Power

Keep the refrigerator and freezer doors closed as much as possible. The refrigerator will keep food cold for about 4 hours if it is unopened. Refrigerated or frozen foods should be kept at 40° F or below for proper food storage. Use a refrigerator thermometer to check temperature. Refrigerated food should be safe as long as the power was out for no more than 4 hours. Discard any perishable food (such as meat, poultry, fish, eggs or leftovers) that has been above 40° F for two hours or more.

The last thing you want to have to do is run out to the store when a storm is coming or if an unexpected emergency arises. Be prepared ahead of time, then let everyone else fight over that last gallon of milk on the shelf!

### Other items that you should have on hand for emergencies:

## "Emergency" Page 4

<https://supertracker.usda.gov/>

### My foods. My fitness. My health.

● Get your personalized nutrition and physical activity plan.

● Track your foods and physical activities to see how they stack up.

● Get tips and support to help you make healthier choices and plan ahead.

Frozen produce can be equal, or superior, in terms of nutrient value, quality, shelf-life and cost. Fresh-picked vegetables and fruits straight from the farm or your own garden are of the highest quality, but when

you're shopping at the super-market, choose a mix of fresh and frozen to maximize your nutrition intake.

Produce selected for freezing is harvested when it's at its most ripe stage, rather than harvested early and allowed to ripen during transport to the market.



When ripe, vegetables and fruits provide the most nutrition, the "fresh" produce you

get at a grocery store was likely picked or pulled from the ground several days, or even weeks, ago. Store it in your fridge for another few days, and you've got vegetables and fruits that have a lot of lost nutrients.

Fruits are not typically blanched before being frozen, so fresh and frozen varieties are usually equally healthy. Both fresh and frozen blueberries, for example, have nearly equal health benefits. Some fruits, such as peaches, must be peeled before being frozen which may lower the fiber and phytonutrient content.



At the Colorado Cross-Disability Coalition, we navigate by our need to make the world for people with disabilities a better, more accessible one; to build equality, and open pathways to possibilities you may not have yet considered. We have witnessed over the summer, and are standing witness to again, that if we are to keep the rights already earned and make our voices heard above the rest, we must get involved.

Colorado needs more skilled advocates for people with disabilities - individuals that are educated and

knowledgeable, willing to stand up for those who can't and speak with the voice of CCDC.

Think about CCDC's Advocacy Classes. These sessions are 10-weeks (held one day a week). The first eight weeks are typical class sessions, meeting on Tuesdays on the beautiful DU campus from 10:00 am -

1:30 pm. Each class is an overview of the most relevant information needed to step into advocacy work. You will learn about topics like Rules, Regulations, Laws, and Lobbying; Principles, Values, and Ethics of Advocacy; Benefit systems such as SSI and SSDI, Medicare and Medicaid; Fair Housing and Reasonable Accommodations, and more. In between classes you will learn about the Americans with Disabilities Act and how it is (or isn't) used to create an accessible

take the class! The Basic Advocacy Training Class is now available online as well as in-person. Each online session is a parallel curriculum to the one presented in class-modified to be self-educational and supplemented by a weekly video conference with all enrolled e-learning students.

So, take that step you have wanted to make - get involved by becoming a disability advocate - a gift to you and others. Scholarships are available to cover the class fee if you are willing to be a CCDC volunteer for 12 months (just 10 hours per month). By becoming a volunteer, we pair you with a mentor who shares your interest, direction for your newly-earned advocacy skills, and a platform to support and guide you in your efforts.

Take a look at our [website](#) for more information.

If you aren't ready to commit just yet, join the Colorado Cross-Disability Coalition as a [free member](#) and choose the topics that interest you. When registration opens for the Spring 2018 session, you will be the first to know.



COLORADO  
CROSS-DISABILITY  
COALITION

world. Week nine is a site visit to the State Capitol where we will meet with legislators and see the Colorado General Assembly in action. The class wraps on week ten with time to share your experiences with each other, family and friends, and celebrate your graduation.

And the best part is you don't have to move to Denver just to

## Red Rocks Amphitheatre implements new ticket purchase and seating process to ensure access for fans with accessibility needs

DENVER – New ticketing and seating procedures are being implemented for concerts at Red Rocks Amphitheatre in 2018 in order to improve access for fans with accessibility needs, venue management has announced.

The most significant changes primarily affect the first four rows in the venue, including handicapped-accessible seats which are most likely to be fraudulently purchased and then resold on the secondary ticket market. Beginning with the 2018 concert season, those tickets must be used by the purchaser, who will be seated only with identification. AXS's Flash Seats digital ticketing system currently in use at other local venues, including Pepsi Center, will be the only ticketing method allowed in these seats. Flash Seats will also be the preferred delivery method for other seats in the venue.

"With these new procedures we are excited to put tickets in the hands of fans who truly need these accessible seats so they can experience the magic of Red Rocks," said Red

Rocks venue manager Tad Bowman.

Changes that will affect Red Rocks shows after Feb. 1, 2018 include:

- Flash Seats will be the mandatory method of delivery for tickets in the first four rows of the venue.
- Digital tickets will be delivered to the original purchaser's registered Flash Seats account.
- Ticket holders in Row 1 will be required to confirm the need for accessible seating when making the purchase and will be required to show photo ID matching the original purchaser when being seated.
- All members of the original purchaser's ticketed party must arrive together at the venue gates for entry into the venue, and again at the designated section. On arriving at the seating area, those with tickets in the first row will receive wrist bands allowing access to the seats.
- Attendees arriving separately from the original purchaser will not be allowed entry into the venue. With Flash Seats, a registered Flash Seats ID or Red Rocks Mobile App – available by April 1 – will be required for entry at the venue gates.

No paper or print-at-home tickets will be allowed for entry at the gates.

Refunds may not be given for violations of the above terms and conditions.

Tickets go on sale this week for a number of shows in the 2018 Red Rocks season including Niall Horan, Brandi Carlile, Barenaked Ladies, X Ambassadors and more. The new ticketing process will be in effect for these shows.

New ticketing procedures do not affect specialty programs like the venue's fitness programs or Film on the Rocks.

For concert updates and information visit [RedRocksOnline.com](http://RedRocksOnline.com) or follow us on at [Twitter.com/RedRocksCO](https://twitter.com/RedRocksCO), [Instagram.com/RedRocksCO](https://www.instagram.com/RedRocksCO)



## "Emergency" Page 4

Prescription medications and glasses. You can build up a supply of prescription medications by reordering as soon as your insurance will allow you to. After a few months you should have a few weeks of extra medicine available. Remember to continue to use it in the order you obtained it to avoid the chance it will expire.

Infant formula and diapers

Pet food and extra water for your pet

Important family documents such as copies of insurance policies,

identification and bank account records in a waterproof, portable container

Cash in small bills and change. If you have to buy something without power they will not be able to make change.

Emergency reference material such as a first aid book or information

Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.

Complete change of clothing including a long-sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.

Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. **Do not use scented, color safe or bleaches with added cleaners.** Bleach loses its effectiveness over time so rotate this.

For more information you can go to [www.ready.gov](http://www.ready.gov)

# 2018 SEASON

PHAMALY THEATRE COMPANY  
TICKETS ON SALE SOON AT PHAMALY.ORG!

## ROMEO AND JULIET

APRIL 14-22  
THE DAIRY CENTER FOR THE ARTS BOULDER

## INTO THE WOODS

JULY 12-AUGUST 5  
THE SPACE THEATER AT THE DENVER CENTER FOR THE PERFORMING ARTS

## HARVEY

OCTOBER 18-NOVEMBER 11  
THE OLIN HOTEL DENVER





## How We Serve Our Community

### Explore! Day Program

- Highly individualized farm-based program with activities designed to promote functional, behavioral outcomes for each unique participant
- Through animal-care, ranching and gardening projects, participants develop social skills, empowerment, resiliency, task analysis and coping skills--all of which support their autonomy and improve their quality of life
- Twice weekly supported community connections (educational and dynamic fieldtrips)

### Thrive! Respite Program

- A monthly adventure club where folks spend the day engaged in activities both on and off the farm exploring new interests and making new friends
- Facilitated by a graduate level social worker
- Each month has a new and exciting activity!

### Sprout! Early Childhood Program

- Barn Yard Story Time--experiential story time for children filled with animal interactions, animal stories and sensory-enhanced activities, as well as a parent group focused on support, parenting skills, sharing community resources, and more!



Kids Mobility Network is a local area charity that provides durable medical equipment such as walkers, standers, gait trainers, wheelchairs and more. Started in 2005 by a PASCO CNA family, we understand your child's mobility needs. We are a full service organization that provides top quality equipment as well as a professional seating analysis to make sure that your child is getting the right solution. This full service model optimizes safety, mobility and independence.

Today we are excited to announce that Kids Mobility Network has provided over \$5 million of community benefit to children with disabilities across Colorado and beyond. What does this mean to you? We are ready to continue our good work in 2018 and we look forward

to serving your family to ensure your mobility needs are met, regardless of your insurance coverage.

Here's how Kids Mobility Network can help your family:

- If you need equipment: fill out an application at [kidsmobility.org](http://kidsmobility.org)
- If you are on CES waiver we can help you get new equipment not traditionally covered by insurance such as adaptive tricycles, jogger strollers, etc.
- Get your old equipment out of your house by donating it to Kids Mobility Network

Here's how you can help Kids Mobility Network better serve our community:

- If you have a vehicle to donate and would like to participate

in our new Wheels for Wheels program, we can pick up and provide a tax donation receipt.

- Participate in our events such as our golf tournament, or attend our annual dinner party or annual car show
- Select Kids Mobility Network as your charity of choice on Smile.Amazon.com. Amazon will donate a portion of each purchase to Kids Mobility Network and it costs you nothing!
- Of course, we accept cash donations to keep our services available to our community

For more information please visit our website at [www.kidsmobility.org](http://www.kidsmobility.org) and check out our Facebook page to keep up to date on our events.

### Vocational Training

- Are you interested in working with animals?
- Develop vital work readiness skills through farm-based projects which promote time management, task analysis, social skills, creativity and so much more.
- Skills learned on the farm are highly applicable to careers within the animal care industry, and are also generalizable to other career fields.

### Horse-Powered Reading

- Learning to be a confident reader can be fun if you have a horse as a reading buddy! Through group and individual activities incorporating our animals, youth will identify barriers to learning and grow confidence by improved literacy skills and new coping strategies

- We can bring the farm to you! Contact us today to schedule a Horse-Powered Reading Session at your church, community center, school, or other agency.

**For more information about any of these programs, contact our program manager, [Gianna](mailto:Gianna@HopeFarmsProject.org) today!**

**Hope Farms Project**  
47695 Foxwood Drive  
Elizabeth, CO 80107  
Phone 720.996.1830

Email [Lisa@HopeFarmsProject.org](mailto:Lisa@HopeFarmsProject.org)

Take County Line Road past CR 29. Two miles after CR 29, turn right onto Foxwood Drive (3rd road from CR 29). We are the second house on the right. The house is tan, on a hill and there are two stone pillars at the beginning of the long driveway.



Project Worthmore works to restore worth to our refugee neighbors through the heart of the community. Our mission is to provide programs that foster community, self-sufficiency and increase quality of life among Denver-area refugees.

*Started as a makeshift response to the urgent needs of our refugee neighbors in 2009, we have grown to offer six comprehensive programs including:*

An English Language Program to increase comfort and fluency with English language to aid in integration.

DeLancy Community Farm to provide refugees access to farming, healthful food and community.

Community Navigators to foster independence and self-sufficiency.

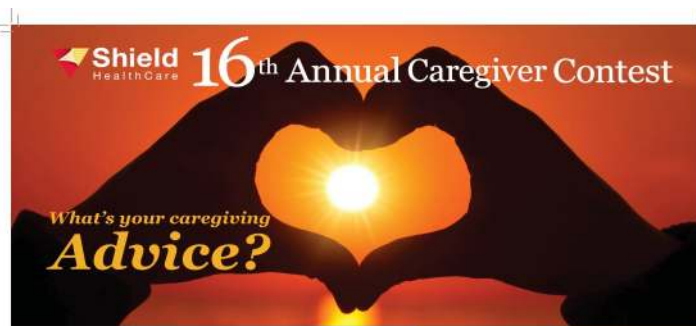
The Yu Mch Food Share to increase access to healthy, fresh food.

A Family Partnership Program to facilitate social bridging, provide a sense of inclusion, and encourage families to fulfill their personal goals.

The Worthmore Clinic to reduce and eliminate oral disease that relates to poor systemic health including diabetes, cancer, stroke, heart disease, and low birth weight for infants.



Project Worthmore  
1532 Galena St., Suite 380, Aurora, CO 80010  
720.460.1393 - [www.projectworthmore.org](http://www.projectworthmore.org)



Shield HealthCare recognizes caregivers for their dedication and talent. Caregiving is one of the most difficult jobs in the world, and one of the most rewarding.

How do you avoid caregiver burnout?  
What do you do to give the best care possible?

This year, we are asking caregivers...

**What advice would you give a fellow caregiver?**



**Top 3 prizes**

- \$500 American Express gift card
- One-year subscription to *Today's Caregiver*
- Commemorative wall plaque



**Top 5 runners-up prizes**

- \$150 American Express gift card
- One-year subscription to *Today's Caregiver*



**How to enter**

Write at least 150 words of the most important advice you would like to share and submit it in any of the following ways:

1. Online: [shieldhealthcare.com/caring](http://shieldhealthcare.com/caring)
2. Email: [caring@shieldhealthcare.com](mailto:caring@shieldhealthcare.com)

Contest details: Please submit a 150-word or more, typed entry. You must include your name, mailing address, and phone number. One entry per person. Contest begins Nov. 1 and ends Jan. 31, 2018. Entries must be submitted online or emailed with confirmed receipt by Jan. 31, 2018. At least one independent party will judge the entries. Previous winners and Shield HealthCare (Shield) employees are ineligible. Shield may publish and use selected content for publication at no cost. Shield will notify contest winners by Feb. 6, 2018. Other restrictions apply. Official rules at [shieldhealthcare.com/caring](http://shieldhealthcare.com/caring).

### Previous Winners...



Armando L.



Kathy Mays S.



Betty L.



Jessica A.



Rosanna S.



Don B.



Linda S.



Victor G.



## SAVE THE DATE for the 2018 Conference on Inclusive Education February 8-9, 2018!

### About Inclusive Education and PEAK's Annual Conference

Inclusive education is a process of school reform that creates equity in education and increases achievement for ALL students, including students with disabilities. PEAK Parent Center's annual Conference on Inclusive Education holds the tools you need to reinvent schools to be places where all students can achieve success! We've been bringing the nation best practice for over 30 years! Plan to attend in 2018 year and experience it for yourself!

### Who is this conference for?

- **A family member?** Come learn ways to increase family and school collaboration, and find out what strategies your children's teachers will or should be using in the classroom so you can support participation at home, in school, and in the community!
- **A general or special educator, or school professional?** Participate and access innovative, research based educational strategies, relevant to a wide range of hot topics in education today, that will enhance learning for ALL your students. And, these practical strategies can be put into practice immediately in your classroom!
- **An Administrator?** Join us and learn how to lead your school and staff so that they can support all students to achieve.

## Looking for Better Sleep, More Energy, Less Stress?

Not your  
Usual Care for  
the Caregiver  
Education

*Are you a CAREGIVER? Do you care for an elderly parent, someone with chronic illness, or perhaps someone with mental or physical disabilities?*

*Do you take the time to mind your own physical and mental health as well?*

*You can't pour water out of an empty pitcher, this is a MUST.*

*I have a child who lives on the autism spectrum and suffers with bipolar disorder.*

*I KNOW how hard it is to make sure you are caring for yourself,*

*often times you're too busy, too tired, or just don't care.*

*Come learn how Essential oils can help you to fill your pitcher. They are EASY to use, incorporate, have unlimited potential and can save you money.*



January 20, 2018 1:00pm-2:30pm  
Lakewood Library Meeting Room



RSVP is Mandatory Space is limited Reserve your seat NOW  
Text 720-350-7162 and tell me how many seats to save for you

\*\*\*This is an introduction only, leave your credit card at home\*\*\*

Jennifer Haptonstall  
Wellness Advocate

Essential Oils  
Gift of the Earth

dōTERRA





PERSONAL ASSISTANCE SERVICES OF COLORADO

(303) 233-3122

PASCOHH.COM

9197 W. 6th Ave., Suite 1000

Lakewood, CO 80215 USA

Phone: (303)233-3122

Fax: (303)233-1478

Email: [info@pascohh.com](mailto:info@pascohh.com)



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**P**ersonal 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.



Seek support from other caregivers. You are not alone!



Take care of your own health so that you can be strong enough to take care of your loved one.



Accept offers of help and suggest specific things people can do to help you.



Learn how to communicate effectively with doctors.

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Be open to new technologies that can help you care for your loved one.



Watch out for signs of depression and don't delay getting professional help when you need it.



Caregiving is hard work so take respite breaks often.

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Organize medical information so it's up to date and easy to find.



Make sure legal documents are in order.



Give yourself credit for doing the best you can in one of the toughest jobs there is!

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