

The Newsletter That Serves Its Readers

# PASCO Picayune

Your Home. Your Community. Your #1 Choice.

Volume 21, Issue 2

Spring, 2017

## Introducing PASCO's Nutrition Program

**"A healthy diet is one that helps to maintain or improve overall health."** Wikipedia 3.21.17

This simple definition explains the purpose of the PASCO Nutrition Program implemented in 2017. Nutritional support is provided to clients in addition to our other services essential to overall health.

First and foremost, the program works to ensure that every PASCO client, family and staff member has access to adequate food on a regular basis. PASCO partners with Hunger Free Colorado to connect people with a variety of food resources, including SNAP (application assistance), food banks, pantries and distribution sites, home delivered meals (Meals on Wheels and Project Angel Heart) and community meal sites. Everyone should have enough to eat every day!

Individual nutritional support is also available to clients needing assistance with shop-

ping and meal preparation to help them achieve and maintain better health. As Nutrition Coordinator, I meet with clients and their aides to determine the best way to get healthy, tasty, affordable meals on their plates. Grocery shopping on-line and menus with shopping lists and recipes included are helpful with client choice in healthy eating. Clients really appreciate

choosing a fresh cooked meal.

Also, throughout the year PASCO provides staff shopping and cooking education, cookware donations to clients, holiday meal deliveries, and advocacy with a variety of county, state and national organizations to promote healthy eating for healthy living.

If you are interested in learning more about the Nutrition Program, please contact me at [jan.mccarty@pascohh.com](mailto:jan.mccarty@pascohh.com) or 303 233-3122 x336. I will be happy to talk to you.



### How can I possibly eat 5-7 servings of fruits and vegetables???

It can be done!

Here's an example.

A glass of orange juice with breakfast

A salad with lunch

A piece of fruit for a mid-afternoon snack

A green vegetable and a baked potato (yam) with dinner

Or

A banana on your cereal with breakfast

A bowl of vegetable soup or cut veggies with lunch

Dried Fruit or Raisins for a mid-day snack

Dishes with a lot of vegetables for dinner (stew, stir-fry, casseroles)

Second helpings of green vegetables with dinner

Think of ways that will fit into your habits, likes and dislikes.



### Inside this issue:

Ryan	2
The Right Step	3
Human Resources	4
Realm of Caring	4
The Chanda Plan	5
Parent to Parent	5
Access Gallery	6
CCDC	6
Boy Scouts Troop	6
#5280	



### Join us for our annual Walk-N-Roll!

Sunday, May 7th, 2017  
On-site registration begins at 8 a.m.  
Opening ceremony begins at 9 a.m.  
Event ends around 12 p.m.  
All City Stadium located at  
1500 S Franklin St, Denver, CO, 80218

Vendor Setup is from 6 a.m. 7:30 a.m. (Accepting new vendors until April 21st, contact Spina Bifida Association of Colorado [mdeschamp@townsendregroup.com](mailto:mdeschamp@townsendregroup.com) for more information!)  
Start your team today!  
[www.crowdrise.com/2017SpinaBifidaofColoradoWalkNRoll](http://www.crowdrise.com/2017SpinaBifidaofColoradoWalkNRoll)

### JOIN US!

#### PASCO ADVENTURE

Where: Ute Trail in Boulder, Colorado

When: Saturday, June 10<sup>th</sup>, 2017 at 11:00am

People of all abilities are invited to participate in an outdoor journey, enjoying natural air, beautiful wildflowers, and good company.

Topher Downham, of Boulder Open Space, will lead a roll down the trail, accessible to people of all abili-

ties and levels, whether walking or using a chair. There will be



minimal elevation change and leisurely pace. On completion of the hike, PASCO will host a

lunch for everyone involved, so bring your appetite! We live in an amazing state and PASCO would love to enjoy it with you.

To RSVP and receive more details, please contact:

[adam.steinbrunner@pascohh.com](mailto:adam.steinbrunner@pascohh.com)  
More information on Boulder area accessible trails, please see:  
<https://bouldercolorado.gov/osmp/visitors-with-disabilities>



## Message from PASCO CEO-- Ryan Zeiger

I traveled with disability advocates to Washington DC on March 22<sup>nd</sup> and 23<sup>rd</sup> to share our concerns about the Ameri-



Inside the Capitol Rotunda, advocates meeting D.C. Police



6175 W 38<sup>th</sup> Avenue  
Wheat Ridge, Colo. 80033  
(303) 881-4988

Megan's Place is a respite center and summer camp for children with disabilities ages 3-18, located in the heart of Wheat Ridge on 38th Ave. Summer activities include weekday field trips to various destinations in and around Denver. These destinations include, but are not limited to: Denver Zoo, Denver Aquarium, local parks, Butterfly Pavilion, Boondocks, swimming, Jump Street, bowling, splash park, Skyzone, and many more! Weekend field trips include: Denver Zoo, WOW museum, splash park, Kid's Gym, and putt-putt. Enrollment begins April 1, 2017 on a first come, first served basis. Summer spots will fill up quickly, so don't wait! [www.megansplacellc.org/](http://www.megansplacellc.org/)

For enrollment information, please contact Kristin at 720-427-1979 or [kristin@megansplacellc.org](mailto:kristin@megansplacellc.org)

can Health Care Act (AHCA) with our representatives in Congress. We were prepared to share the stories of people with disabilities and how this bill as written would negatively impact their lives. But we heard a pattern repeated in every house and senate office we walked into. The staff were inundated with phone calls from constituents pleading for the representatives to vote "NO" on the AHCA. While we did get the chance to have productive conversations in those offices, it was clear to me that the people had spoken and that their representatives had no choice but to listen. And then on Friday after-

noon we heard that the President and congressional leadership had decided to pull the American Health Care Act. It was a good result for people with disabilities, as Medicaid was spared from the cuts in the bill. It was an amazing demonstration of the power of the people in a democratic society!

On Friday March 24th, the President and the House Speaker both confirmed they were **not** going to pursue further initiatives on healthcare and were going to focus in other areas. The following Tuesday (March 28) Speaker Ryan announced they would probably take a look at health care again in the future with no specific timeline. Then Senator McConnell, leader of the senate, indicated that he was not interested in taking another run at healthcare.

My opinion – For now I believe people who depend on Medicaid can breathe a deep sigh of relief. The administration and congressional leadership are

sending mixed messages on whether they will take another run at healthcare anytime soon. That said I would encourage everyone to stay vigilant and to



We ran into Senator Schumer (D-NY)

continue to communicate the needs of people with disabilities to your representatives. Feel free to contact me if you have any questions.

Have cool stories and pictures? Send them in and be a part of the magic, that is the PASCO Picayune.



My son Ryan went skiing at the Eldora disability program last month and truly enjoyed himself. He hadn't skied for more than 20 years and is ready to go back again. --PASCO Mom, Maureen

## The Arc of Adams County is now offering:

### Sibling Groups

The Sibling groups are run by a licensed therapist and they talk about anything related to growing up with and/or caring for a sibling with an intellectual/developmental disability. The teen group is for those 12-18 years old. The adult group is for those 18+. The groups are free, confidential, and meet once per month for an hour each.

If you would like more information about the groups, please contact Kari Easterly at 720-634-6886.



80 Years--Guernica Revisited, April 7-30, 2017 at Access Gallery



**THE RIGHT STEP, INC.**  
THE HEALING POWER OF HORSES  
A PATH Intl. Premier Therapeutic Riding Program

Imagine a place where a nonverbal child on the autism spectrum tells a horse to "walk on". Imagine a place where a woman who uses a wheelchair uses a horse's legs to move around instead of her own. Imagine a place where a horse stops in his tracks and refuses to move until his rider's seizure has passed. You're imagining The Right Step, a therapeutic riding program that betters the lives of people with disabilities through the healing power of horses. We teach horsemanship skills to clients of all ages with a range of physical, emotional, behavioral, and cognitive disabilities. We realize there's more to therapeutic riding than physical exercise. It's also a relationship built between client and horse where both benefit. We are holding our 6th Annual Good Ol' Fashioned Hoedown on Saturday, April 29th from noon to 5:00pm and we'd love for you to attend! It's an event that promises fun for the whole family! There's a little bit of everything from pony rides to face painting to horse painting to live entertainment to a craft fair! We'll be doing therapeutic riding demonstrations so you can see some of our clients in

action. There'll be great food, beer, wine, and soft drinks. All of this is included in the price of your ticket! It's \$30 for an individual or \$80 for a family of four or more (Tickets at the door \$10 more). Buy your tickets in advance on our website: [therightstepinc.org](http://therightstepinc.org). Proceeds from the Hoedown help support our scholarship fund for clients whose financial situation would otherwise prevent them from experiencing the benefits of therapeutic riding. We are a non-profit 501(c)(3) organization. Even if you can't come out for the Hoedown, we invite you to visit any time to see us in action. We have lessons seven days a week. To be sure someone is there to greet you, contact our Program Director, Sheryl Clossen, at [programdirector@therightstepinc.org](mailto:programdirector@therightstepinc.org) or 303-731-9057 to schedule a visit. More information about our program and about how to support our program is available on our website: [therightstepinc.org](http://therightstepinc.org). Experience the barn where you can enjoy a little bit of country life without leaving the city. We are proudly hosted by the family run and family friendly hunter/jumper barn, Coventry Farms.

# A GOOD OL' FASHIONED HOEDOWN!

**SATURDAY APRIL 29, 2017 12PM - 5PM**

**RIDE A HORSE THERAPEUTIC RIDING  
PAINT A HORSE DEMONSTRATIONS  
FEED A HORSE**

1:00pm | 2:30pm | 4:00pm

**PIG ROAST, BURGERS, AND DOGS**  
BY HARVEST MEAT CO.

& ALL THE FIXINS

**LIVE ENTERTAINMENT  
SILENT AUCTION  
FACE PAINTING  
CRAFT FAIR**

COVENTRY FARMS  
7990 SOUTH SANTA FE DRIVE  
LITTLETON, CO 80120

**\$30 PER TICKET, \$80 FAMILY OF 4+**  
(TICKETS AT THE DOOR \$10 MORE)



A benefit for:  
**THE RIGHT STEP, INC.**  
THE HEALING POWER OF HORSES  
A PATH Intl. Premier Therapeutic Riding Program

SPONSORSHIPS AVAILABLE

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



80 Years—Guernica Revisited, April 7-30, 2017 at Access Gallery

ABILITY CONNECTION COLORADO PRESENTS

## CHEERS TO 70 YEARS!

CELEBRATING A LEGACY OF OPPORTUNITY & INCLUSION

FRIDAY, MAY 12, 2017

### When

Friday, May 12, 2017  
from 4:30 PM to 7:30 PM  
MDT

### Add to Calendar

### Where

HYATT REGENCY  
Aurora-Denver Conference Center  
13200 East 14th Place  
Aurora, CO 80011

Whether you know us as **Ability Connection Colorado (ACCO)**, formerly Cerebral Palsy (CP) of Colorado, one of our programs or special events... please join us in celebrating our 70th Anniversary.

## Human Resource Corner

Happy Spring Everyone! We hope this finds you all doing well!

We have just a couple of reminders for you. The first one is open enrollment will be in July as usual. You will begin receiving notifications in June so please keep an eye out for that if you are interested in benefits.

Our annual summer picnic will be on a Friday this year. It will be on June 23<sup>rd</sup> from 11-2. This year should be bigger and better than ever so don't miss out. Invites will be going out in May so keep an eye out for those.

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](mailto:HR@pascohh.com)

Chris Livesay, Holly Schanhals, Mike Knutzen, Quinn Taccogno, and Andrew Layne



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 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 cli-

ent'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 Ascent fam-

ily. 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. [www.ascentmobility.com](http://www.ascentmobility.com)

## Realm of Caring-- [www.theroc.us](http://www.theroc.us)

"Mommy, I think Addy's so sick she's going to die." It was a cold, sunless Maine day in November 2013, when these words tumbled out of the mouth of my four year old son. It was true. We were all thinking the same dreadful thoughts. My sweet baby girl Addelyn had just turned one the previous month, and had already endured a dozen hospitalizations and multiple anti-epileptic medications to control the Infantile Spasms she suffered as a result of the brain malformation she was born with. At the time, Addy was sleeping the majority of every day, could barely muster enough energy to suckle half-heartedly at the bottle of Ketogenic formula, and the seizures raged on relentlessly, despite the best efforts of her medical team. After her last admission, Boston Children's Hospital sent us home and told us to simply "enjoy her" because there was nothing more they could do. We were devastated and losing hope.

It was then we began to research the benefits of CBD and medical cannabis for people with epilepsy. We quickly connected with other families, who like ours were caring for a very fragile family member, and these connections led us to the Stanley Brothers and the

Realm of Caring Foundation in Colorado Springs, Colorado. This glimmer of hope was enough for us to sell or give away everything we had, and leave all of our family and friends behind in Maine, on the hope that Colorado's specialized medicine would save our girl. In May of 2014, the Realm of Caring Foundation, and the other medical refugee families welcomed us with heaps of love and support.

Fast forward three years.....Addy is a happy, healthy little four year old. She is on 90% less medication and is THRIVING, not just merely surviving. She takes a high CBD, low THC hemp dietary supplement called Charlotte's Web and is enjoying a quality of life that is worth living once again. As for me, her mom? I now work for the very organization that provided me with the information and support I needed to save my daughter's life, the Realm of Caring Foundation.

Realm of Caring is a 501(c)3 non-profit that provides education, advocacy, and research into medical cannabis for those with life limiting medical conditions. We provide all programs and services for free to more than 33,000 clients all

over the world, but our headquarters is here in Colorado Springs. We are available via Facebook, Twitter, Instagram, phone, email, chat, and in-person individual appointments in both Denver and Colorado Springs. Although we don't produce or distribute cannabis, we exist to educate people on how medical cannabis may help improve their quality of life, or that of a loved one. Twice a month, we host educational opportunities for clients, and monthly we host a weekend social. We are also available to support our medical community via our monthly Practitioner Educations (available in our office or via the internet) and for individual questions and appointments.

Not sure if cannabis may help you? Start by reading what the current medical research says in our Research Library at [www.theroc.us/research-library](http://www.theroc.us/research-library), then reach out if we can provide further guidance for you. We are here to provide compassionate support and data-driven information to help you on your journey to health....**Because Quality of Life Matters.**

Meagan Patrick  
Realm of Caring Foundation  
[meagan@theroc.us](mailto:meagan@theroc.us)  
(719)347-5400



New at the Chanda Plan <http://www.iamtheplan.org>

- April 10<sup>th</sup> we open our new health center. Services to include massage, acupuncture, chiropractic care, adaptive yoga, care coordination and behavioral health services to persons with physical disabilities. Primary Care coming soon!
- Public open house for new Health Center: Saturday, July 22nd

Are you on Medicaid and interested in receiving acupuncture, massage and/or chiropractic services? This can be accessed as a covered benefit through Medicaid if you enroll on the SCI Waiver. These integrative therapies can be received weekly with no cost to you all while experiencing increased health outcomes.

### Results for SCI Waiver participants:

- **90% reported less pain and experienced pain on fewer days**
- **77% reported an increased range of motion**
- **57% reported a decrease in prescription medication use**

We encourage you to contact your Medicaid case manager and seek information on your eligibility and enrollment. Please note that you will not lose any of your existing Medicaid services by enrolling on this waiver, but rather you will gain access to acupuncture, massage and chiropractic care as a covered Medi-

caid benefit.

If you do not know who your case manager is or have questions about the waiver, please contact Maggie at the Chanda Plan Foundation, and she will help you access this information. She can be reached at 1-800-766-4255 ext. 1 or [Maggie@iamtheplan.org](mailto:Maggie@iamtheplan.org).

Eligibility criteria for the HCBS-SCI waiver is limited to individuals who:

- Are 18 years or older
- Reside in the Denver Metro Area as defined by Adams, Arapahoe, Denver, Douglas or Jefferson counties
- Have a diagnosis of Spinal Cord Injury
- Meet Hospital or Nursing Facility level of care



**Congratulations to Estrella "Strizzy" and PASCO Mom Lucinda!**

This is my Daughter Estrella but we call her Strizzy. She was 1 lb 11 oz born at 28 weeks. She is now 19 and graduated class of 2015! She had been diagnosed with spastic CP severe scoliosis and seizure disorder. But that does not stop her from loving life and smiling every day! I put my career on hold to care for my little girl full time and it had been one of the best decisions I have ever made!!! Colorado has a program for parents like myself to care for their loved ones in the privacy of our own homes!! I have been with PASCO for 13 years now and I am 100% dedicated to Strizzy's care. Thank you so much for letting us share our pictures and story with you and I love seeing all your little warriors also!!! <http://cpfamilynetwork.org/heroes-day-march-2017/>

## Why Parent to Parent Peer support?

At 30 weeks gestation, our little guy decided enough of this womb stuff and out he came. Our 3<sup>rd</sup> preemie. Our oldest was only a few weeks early and was a typical preschooler. Our 2<sup>nd</sup> child had only lived 45 minutes - all we wanted was for our son to live. So began a parenting journey that continues 30 years later.

He lived, we breathed a sigh of relief. He had multiple challenges - we had questions - doctors didn't have a lot of answers. I needed to talk to another parent, someone who'd been down this road before me. 30 years ago there were no parent to parents but the social worker connected me to another parent.

Though I've forgotten their names, I remember the conversation. Their daughter was Emily, she was 3 and I will never forget the last thing they said. They said that Emily was continuing to develop and learn but when she stopped it would be ok 'cuz she would still be Emily.' Wise words! I saw that there was another family who had been through this and lived to tell

the tale. They were thriving - we could too. Today there are more than 30 Parent to Parents around the country. I am proud to be a founding member and now on staff of Parent to Parent of Colorado. All P2Ps do different things but to be a Parent to Parent Network partner for P2P-USA a program must provide one to one peer matching. 30 years ago, I was a scared new mom of a preemie wanting to connect to another parent, so today parents come to us. With preemies, 3 year olds getting their first diagnosis, school aged children who have learning challenges, middle schoolers who have a diagnosis and the parents have never before met another parent with their child's diagnosis - they find us and we connect them in state or through one of our national partners. They come with high schoolers - what does the adult world look like when the little yellow bus quits coming to their door? They come as older par-

ents of adult sons and daughters who have been doing it on their own for decades and discover us and find out they do not have to do this alone.

The journey is unique to each family and the needs individual to the child, but through Parent to Parent connections:

- You realize you are not alone
- You find other parents who understand and support you
- You discover that together is better!

It is our Vision that parents and their sons and daughters are integral valued members of society with a voice in shaping their chosen communities. We offer emotional and information support for Colorado parents- Both through one to one parent matching with a trained peer support parent, and through an online private parent only support group with over 3000 families across the state. Free.

For more information and to register go to [www.p2p-co.org](http://www.p2p-co.org)

**Share good news with the intelligent readers of the PASCO Picayune!**

### Access Gallery\* pays homage to Picasso's *Guernica* 80 years later.

*80 Years–Guernica Revisited*, April 7-30, 2017 at Access Gallery (Denver) In the 80 years since Picasso painted his masterpiece *Guernica*, it has become one of the most recognizable works of art in the world. It is a symbol of resistance and a reminder of injustice in our world. Picasso's aim was to convey the horrors of war—specifically, the 1937 German bombing of the small Basque village in northern Spain seen as a base for the Republican forces during the Spanish Civil War. Access Gallery at 909 Santa Fe Drive is holding an exhibit honoring the original painting and the symbolic tradition it encompasses, while relating to modern injustices like disability rights, to the plight of Syrian refugees, to the struggle of deaf artists in the USA

The exhibit, *80 Years–Guernica Revisited* runs April 7-30, 2017 with a reception on April 21 from 5:30-8:30. The show will feature a mural entitled *Really* modeled on Picasso's piece, that was created in 2013 with Artist-in-Residence Javier Flores and Access Gallery artists. It was exhibited at the time and will be showcased again, along with other *Guernica* inspired works by Matt Sesow, Nancy Rourke, Javier Flores, Shazia'Ayn Babul, Josiah Lopez and the artists from the galleries' *ArtWorks* Program

\*The **Access Gallery ArtWorks Program** supports young people with disabilities between the ages of 17-30 transitioning out of high school by providing economic opportunities through the arts. ArtWorks artists work on their artistic technique with the help of teaching artists and mentors, develop job skills, and receive financial compensation.

Access Gallery is an inclusive nonprofit organization that engages the community by opening doors to creative and educational opportunities for people with disabilities to access and experience the arts. The gallery is located at 909 Santa Fe Drive, in Denver's Art District on Santa Fe and welcomes visitors on Tuesday, 10am-2pm, Wednesday & Thursday, 10am-4:00pm, First Friday, 3-9pm, Third Friday, 3-8pm, Second Saturday, 10am-2pm, and by appointment. For more information call 303-777-0797 or visit [www.accessgallery.org](http://www.accessgallery.org)



The next 8-week CCDC Basic Advocacy Course of 2017 will kick off on June 13!

**BECOME A COLORADO CROSS-DISABILITY COALITION VOLUNTEER PEER ADVOCATE, WORKING ONE-ON-ONE WITH INDIVIDUALS WHO ASK FOR ASSISTANCE IN ISSUE AREAS FROM MEDICAID TO HOUSING TO SERVICE ANIMAL QUESTIONS OR GET INVOLVED IN OUR SYSTEMS ADVOCACY AND POLICY WORK.**

**INTERESTED? YOU CAN ALSO CLICK [HERE](#) TO VISIT OUR WEBSITE.**

Focus will be on the following topics:

- CCDC History, What about CCDC and General Advocacy
- Advocates navigating Local, State, and Federal Benefit Systems
- Disability Determination-Social Security (SSI and SSDI)
- Medicaid – Disability Eligibility & Determination - The Affordable Care Act and Health Equity
- Due Process and the Appeals Process for Benefits
- Community and Grass Roots Organizing, Nonprofit and Regulatory Boards, The

### Boy Scout Troop #5280

For boys in the age range of 10 through 17. However, Boy Scouts of America will consider a Scout with developmental disabilities or with a severe physical challenge to remain a Boy Scout past 18 years of age. In Boy Scouting, the Scout is expected to complete all requirements for rank advancements and merit badges. However, if the Scout with special needs has a barrier(s) to completing some requirements due to a disability(s), alternate requirements will be explored as well as effective and individualized accommodations to the requirements. So each Boy Scout in our troop has an individually designed plan to successfully achieve rank advancements and completion of merit badges. More importantly, it is our goal that each Scout has a successful and positive Scouting program through having fun with a purpose, the purpose being learning, leadership, building friendships, and a strengthening of moral values as outlined in the Scout Oath and Law.

Troop 5280 is set up to be either transitional or a home for a Scout with special needs. We have had several Scouts join our troop and develop some fundamental Scouting skills and then moving to a Boy Scout troop in the area they live. Others have chosen to stay with our troop as they have formed new

relationships and would rather stay with their friends.

The Scoutmaster for Troop 5280 is Kathy Duran, email [gikduran@aol.com](mailto:gikduran@aol.com), phone number 303- 284-8802. Troop 5280 also meets the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday each month at Saint Peter Lutheran Church, 9300 East Bellevue Avenue, Centennial. Building entrance and parking is on the south side. Meeting time is 6:30 pm to 8 pm.



It is our goal to greatly increase the number of

boys with special needs into Scouting. Kathy and I are available to come out to your organization to make a Scouting presentation to your parents and/or set up an information table at one of your open house type of functions. Please give us a call.

If you have any questions or comments, please feel free to email or call.

John Peraro, Volunteer Boy Scout Troop 5280 Committee Chair  
Commissioner Service for the Special Needs District, Denver Area Council, Boy Scouts of America  
303-979-4683  
[jiperaro@comcast.net](mailto:jiperaro@comcast.net)

Legislative Process, and Rule Application

- Education, Employment, Housing, Transportation, and Technology Effective Communication, Requesting Reasonable Accommodation (ADA)

Email Angela Nevin at [anevin@ccdconline.org](mailto:anevin@ccdconline.org) for more information and to enroll in this course. Classes are held on Tuesday mornings at DU's University College or you can take the course ONLINE.



### Colorado Fusion Craft:

**We Love What We Do...it keeps us off the streets and keeps us close to our families who need us most.-- PASCO Mom, Laura**

Beth and Laura worked in the computer technology field for many, many years. We decided for our second career, we would indulge in our creative sides and have fun. So, we started playing with polymer clay in 2009 and one thing led to another and here we are!

We both left corporate America to care for our loved ones. We both had very different circumstances, and went to lunch one day in 2009 and agreed we both needed an outlet from the stresses that come from caring for loved ones. So, we bought a book about polymer clay and started out making beads for jewelry, we

quickly learned that jewelry is a small niche when it comes to polymer clay and that was not where we needed to be to support our polymer clay addiction. As time went on we improved our technique, finishes, designs and color palettes. When Beth and Laura play with clay, it is self-serving, fun, relaxing, and a good time. We believe that you must be able to laugh at yourself when plans don't quite turn out right, be able to laugh so hard with your friends that tears and crossing your legs are involved, and sometimes you can't even look

at each other because the tears of laughter come to your eyes...now that is a good time.

We are excited to share our exclusive lines of custom handmade polymer clay covered tins and glassware, wine charms, eye-glass chains, magnets and greeting cards.

**We would like to offer 20% off any purchase if you mention PACSO at any of our events.**

**For list of events go to:**  
[www.coloradofusioncrafts.com](http://www.coloradofusioncrafts.com)



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



## Free Low Sensory Mornings at the History Colorado Center



### 2017 Dates:

**Saturday, January 14 | 8 - 10 am**

**Saturday, April 8 | 8 - 10 am**

**Saturday, June 17 | 8 - 10 am**

**Saturday, September 16 | 8 - 10 am**

The History Colorado Center is happy to open its doors just for families that prefer a lower sensory environment. The museum will be closed to the general public, attendance limited, and sounds in exhibits turned down. Come and enjoy! Admission is free and space limited.

**RSVP is required.**

Please contact Shannon Voirol with questions and to RSVP:

[shannon.voirol@state.co.us](mailto:shannon.voirol@state.co.us) | 303.866.4691

Special thanks to the WE4Smith Foundation.

**HISTORY Colorado CENTER**

1200 Broadway  
Denver, CO 80203  
[HistoryColoradoCenter.org](http://HistoryColoradoCenter.org)



## Step Up Into Life After High School

*Learning What to Expect for Young Adults with Intellectual and/or Developmental Disabilities*

Join The Arc Arapahoe & Douglas Counties for a six week series designed to educate and empower families, caregivers, and educators to think and plan for life after high school. Each class builds upon information previously discussed. Participants are highly encouraged to attend as many sessions as possible.

### When:

6pm to 8pm on Wednesdays in April and May  
(4/5, 4/12, 4/19, 4/26, 5/3 and 5/10)

Dinner and childcare/respite will be provided at each presentation.

### Where:

Englewood High School (Personal Development Room)  
3800 S Logan St, Englewood, CO 80113

### Cost:

(one-time payment for all sessions)  
\$30 for members of  
The Arc Arapahoe & Douglas Counties  
\$40 for families in Englewood,  
Littleton or Sheridan School Districts  
\$50 for non-members

*Scholarships & Financial Assistance are available.*

SSI & SSDI

Decision Making

Healthcare

Housing

Daily Life:  
Respite, Recreation &  
Other Activities

Planning for the Future:  
Self Advocates & Parents

RSVPs are necessary for childcare/respite. If you need accommodations to attend, including an interpreter or any dietary restrictions, please let us know when you RSVP.



To RSVP, please visit: <https://www.eventbrite.com/e/step-up-into-planning-for-life-after-high-school-registration-31996523463>

Questions or concerns, please contact Kim at (720) 457-1032 or [kim@arc-ad.org](mailto:kim@arc-ad.org)



*Achieve with us.*



Your Home. Your Community. Your #1 Choice.

(303) 233-3122 | pascoh.com

**PASCO**  
9197 W. 6th Ave., Suite 1000  
Lakewood, CO 80215

Phone: (303) 233-3122  
Fax: (303) 233-1478  
Email: [info@pascoh.com](mailto:info@pascoh.com)



**Participate in a Research Study:**  
**Understanding the Costs of**  
**Caregiving -**  
**A Survey of Colorado Caregivers**

If you are over 18, live and provide care to an older adult (ages 60+) in Colorado:

You may qualify for a research study that uses a survey to understand how your work may impact caregivers' wellbeing and financial security in Colorado. These findings can help guide work place and state policy.

- If you are eligible, you will complete a one-time survey
- The survey will take 45-60 minutes to complete
- You may complete the survey online or by phone

You will be compensated \$20.00 for participating in the survey. This study is run by Dr. Jennifer Greenfield and Dr. Leslie Hasche from the Graduate School of Social Work at the University of Denver.

**For more information and to participate, call 303-871-4837 or email [cocaregivers@du.edu](mailto:cocaregivers@du.edu)**

**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.**

## The Rockabilly Roadhouse

**A dance and fundraiser benefiting The Wayfaring Band**



Join us for the fourth annual Rockabilly Roadhouse! This 50s-themed event will have you swinging and jiving the night away to rockin' music in the company of great friends. Get gussied up in your best rockabilly style and come eat, drink, and dance with your whole crew.

### SCHEDULE OF EVENTS

5:00pm Doors open  
6:00pm Free swing dance lesson  
7:00pm Planned program: welcome, stories from the road, costume contest, and an opportunity to give.

7:30pm Swing dance demo by professional dancers  
8:00pm Silent auction closes  
9:00pm Event ends... see you next year!

**FEATURING**  
Beauty parlor & barbershop  
Silent auction  
Tattoo parlor  
Cheesy pizza, salty snacks, sweet treats, and sudsy beer  
Dancing all night!

**DETAILS**  
\$15/person at the door (kids 5 and under are free)  
5-9pm (free dance lesson at 6pm)  
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.**  
There will be prizes awarded for best costume  
**The Denver Community Church Uptown**  
1595 Pearl St  
Denver, CO 80203

**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.)**