The Newsletter That Serves its Readers

PASCO PICAYUNE

Volume 22, Issue 1

March, 2018

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# **SEB'S RECREATION CENTER NOW OPEN!**

As the father of a disabled son, we struggle to find activities, both physically and socially, where we both can participate at the same time and under the same roof. The dream of opening a recreational center for the disabled stems from my son going to work with me one day at a 'recreational center and not being able to do anything. He asked me, 'Dad, what can I do here?' I replied, 'Son, we can swim, but that's about it.' I could tell that Sebian was upset and after some time had passed I asked him what was on his mind. He said. 'Dad it's not right that there is nothing here for me to do. We should open up a recreational center for people like me, the disabled.' My reply to him was, 'I think that is a great idea and I will do my best to make that happen.

In trying to fulfill my son's wish, my goal is to provide high quality products and services in one convenient location for all to enjoy. The center will be supported by professionally trained and knowledgeable staff. We will aim to have personal relationships with our clients and customers that will last for years to come. Please check back from time to time, as new information will become available regarding fundraising events that will be offered by SRC, as well as details about our upcoming location.

I thank you for taking the time to learn more about Sēb's Recreation Center. If you are inspired by our vision for SRC and would like to help make the center a success, please do not hesitate to volunteer or make a contribution.

I encourage you to explore our website to learn more about specific services and programs that will be offered by SRC. www.sebsrec.org

# **Our Philosophy**

It is important to SRC management that every person, regardless of physical limitations, has a place where they can thrive and achieve their personal goals, while improving their overall health.

SRC emphasis will be to provide a safe, comfortable environment for the physically challenged to work out, attend classes, participate in informational seminars, enjoy fellowship, relax and have fun. SRC believes it is equally important to extend and provide the same services to the families and caregivers of the disabled.

# **Our Mission**

SRC is dedicated to empowering individuals with special needs and unique challenges through Community Outreach, Health and Wellness, Recreation and Education that promote learning opportunities designed to strengthen and develop lives.

# **Our Goal**

SRC's goal is to become the primary recreation center for the physically disabled in the Denver Metro area that exceeds customer expectations. We will provide excellent customer service and deliver quality products and services with competitive pricing.

## **Our Focus**

Currently, there are no recreational facilities in the Denver Metro area that cater to the disabled community and their families. Seb's Recreation Center (SRC) will focus on individuals with disabilities to include their families and caregivers. SRC feels there is a need among the disabled community and will concentrate their efforts on the development of a continually comprehensive center that will create a safe family environment with accessible services and activities located in the Denver Metropolitan Area.







# **THE SEWING NURSE:** CREATIVE COMFORTS FOR ADULTS AND CHILDREN WITH SPECIAL NEEDS

Realizing that the cold utilitarian look and feel of many; wheelchairs, walkers, oxygen devices and the like, were both cold and soulless, PASCO Nurse extraordinaire, Tammy Aaron decided to do something. "I thought," Tammy said revealing how the idea came to her, "How can we personalize these devices, where a little of one's personality can come out and shine?" The answer came to Tammy at a Joann Fabric and Craft store, one afternoon, perusing for some last minute Halloween items. "I saw literally, hundreds of different styles of fleece fabric; baseball teams, ponies, camouflage...you name it, it was there." And an idea was born.

Now enlisting the help of Boy/ Girl Scouts—earning their Disability Awareness merit badge,

Continued "Sewing RN" Page 2

At Assistive Technology Partners, we have an important research project we are working on that could benefit from your participation.

We are investigating social media apps. We specifically want to know how easy or difficult it is for people with cognitive disabilities to use them. I wanted to see if you would be willing to participate in a 40-minute test of one of these products.

I'm asking adults with TBI or I/DD to try out some basic tasks using several social media apps on tablets and smartphones. I want to see how easy or difficult these apps are for people with autism to use, and what about these products hinders or enhances their usability for people with autism.

Each test session would take from 30 to 40 minutes. The test includes a few initial questions about your experience with apps, tablets and smartphones. Then I'll ask you to perform a few basic functions using the app with the tablet or smartphone. After that, I ask a few more questions about your experience with the app, what you liked, didn't like, and what you might change about it if you could. For each app you test, you receive a \$20 gift card from Target.

I am currently conducting tests at our lab at Assistive Technology Partners (address below), but am willing to come to a location convenient to groups of test participants to administer them there. I am available to run tests any time Monday through Friday, 7:30 am to 6:00 pm.

Would you be interested in participating? Please let me know. If so, we can schedule a time convenient to you. And if you have any questions, please feel free to call or email me.

#### Greg McGrew, MEBME

Product Testing Lab Coordinator | Assistive Technology Partners Research Instructor | UC Denver Bioengineering University of Colorado Denver | Anschutz Medical Campus 303-315-1289 greg.mcgrew@ucdenver.edu www.assistivetechnologypartners.org "Sewing RN" Page 1

Tammy is making quality items to order. The best part, all items are all provided completely for FREE.

Items can all be personalized. Email the following:

- Name and phone number
- Child/teen/adult
- Favorite color or theme
- Items(s) requested

**Please allow four weeks for production**—Please inquire what is in stock

You may support The Sewing Nurse by sending donations in the form of cash or JoAnn Fabrics cards to continue to provide more for others.

jtaaron1@yahoo.com (720)219-0428

## #thesewingnurseproject



Girl Scout Troop 2117, and Boy Scout Troop 47 model some of the Sewing Nurses' wears, earning a Disability awareness merit badge in the process.





Fleece, fleece, fleece fleece, fleece...



I'm BATMAN!

#### **Inclusive Higher Education Certificate Program**



# THE WAYFARING BAND: ROCKABILLY ROADHOUSE

This family-friendly event features an evening of social dancing, including performances by champion swing and jive dancers. Dress in your rockabilly best and plan to shimmy and shake, sample food and drink, style your hair at the beauty parlor and barber shop, peruse our bustling silent auction, or even get inked up with a permanent tattoo from our friends at All Sacred Tattoo Studio. Hosted at the historic Forney Transportation Museum, our event is smack dab in the middle of the show floor. Your ticket includes access to the museum's impressive collection of classic cars, motorcy-

cles, and even massive steam engines! One of our most popular annual events. Wheelchair accessible, ASL-interpreted, and family -friendly.

Saturday, April 28 | 5-9pm with a free dance class at 6pm

Forney Transportation Museum / 4303 Brighton Blvd Denver, CO 80216

**\$15/person** at the door (children 5 and under are free).

Food and drink are included in entry, but bring a little pocket money to support our fundraising efforts and to take advantage of the beauty parlor and silent auction! http://thewayfaringband.com/



# <u>Let's play some (Adaptive) Baseball!</u>

The Miracle League of Metro Denver is a 501c3 charitable organization. We provide children and adults who are living with various mental and/or physical challenges an opportunity to play baseball in an organized and safe league.

Our baseball games are played at Jason Jennings Adaptive Field at the Shaefer Athletic Complex off Kipling and Hamden. The field is a rubberized cushioned surface, the only in Colorado. This makes getting around easy for any of our wheelchair or visually impaired participants. Our league was founded in 2006 as Sports Made Possible. Last vear we affiliated with the nationwide adaptive baseball league. The Miracle League, and renamed to Miracle League of Metro Denver. We partner with Foothills Recreation district to put these seasons on

We have a spring season starting in late April, and a fall season in August. All abilities are welcome, and any age from 5 up can play. Games are on Saturdays between 9 am and 1:30 pm and last for approximately an hour.

To match up best with our participants abilities we offer two leagues, a recreational and a competitive. In both leagues everyone bats once an inning and is spaced out in the field when their team is not up to bat. On the recreational side each player is paired up with a volunteer buddy who will help them bat off a tee, run the bases or push their wheelchair, and engage them in the field. On the competitive side players are a bit more independent, a team will only have 2-3 volunteers for the whole team, and most the players can hit the foam ball that is thrown to them from a coach pitcher.

My daughter Peyton (a PASCO client) has played on the recreational league for 9 years. The time has been instrumental in getting her used to using her power wheelchair, and giving her confidence to have fun. She's now known for going from third base to Home Plate backwards, laughing the whole way.

The season fee is \$57 for seven games, and includes a nice button up Jersey. Financial Aid is available for anyone who needs this fee partial or fully paid. We're also having a "Spring Training" event on April 14 for anyone that wants to try it out and practice some games. This event is free, but we are asking people to register beforehand so if anything changes weather wise we can send out updates. The competitive practice is from 9-11, and the Recreational open house is from 12-2. The address of the field Is: 9750 W Hampden Ave, Denver, CO 80235.

For more information, and to register check out:

www.miracleleaguedenver.com. If you have any questions feel free to reach out to me:

ryan@miracleleaguedenver.com

# HILLS

Over the course of the past ten years, HILLS (Healthy Independent Leisure & LifestyleS) has dedicated itself in being able to bring travel opportunities to adults with developmental and/or intellectual disabilities and traumatic brain injury. We've traveled from coast-tocoast and beyond our borders to locations such as Jamaica, Mexico, and Iceland. Travel is an essential component of learning, growing, and expanding a person's values and beliefs. Extended trips are not always a viable option for all, therefore, we provide a wide array of day trip opportunities within and around our community which promote recreational involvement with peers as we learn what our town has to offer. This summer, HILLS is growing its mission and providing more opportunities for teens and young adults. We embrace the belief that expanding personal horizons at an early age has the potential to open countless doors in the future. With this core belief in mind and the support and knowledge of those at HILLS, individuals can positively engage the world around them while meeting potential life-long friends along the way.

http://hills-inc.org/ Phone: (303) 875-9149 Fax: (720) 458-3925 Email: info@hills-inc.org Mailing Address: 11310 Huron Street, Suite 240 Northglenn, CO 80234





Playball

# **ABOUT TGP**

Founded in 1986, The Gathering Place is the only daytime drop-in center in metropolitan Denver that serves women, children, and transgender individuals who are experiencing poverty, many of whom are homeless. While we refer to those we serve as "members", no fees are ever charged for programs or services.

We believe deeply in the **power of our community** and continually work to make it stronget. Our key values include recognizing **individual strength**, building **respect and trust**, and offering **unconditional acceptance**.

**MEASURING OUR IMPACT** 

2016 BY THE NUMBERS

61,744 VISITS 5,986 INDIVIDUALS SERVED 1,952 CHILDREN & YOUTH SERVED









MEDICAL SCREENINGS PROV



DONATE AT WWW.TGPDENVER.ORG

# **Human Resource Corner**

# **ABA TERM OF THE** WEEK

Data: In ABA, data is used to determine if a treatment is or is not working. The type of data that is being taken is dependent on what is being measured and how. Data is graphed so the BCBA can use visual analysis to make treatment decisions.





MAY 5, 2018

5:00 PM

Happy New Year! We hope you all had a wonderful holiday season and are ready for spring and summer, we sure are!

Please welcome Zoe Broughton to our HR team. Zoe has joined (for new family members and CPR classes through PASCO you already know her as she teaches the class; if you don't know Zoe stop by and say "hello".

Our annual summer picnic will be June 22<sup>nd</sup> this year, please keep an eve out for invites and more information that will be coming your way.

Most of you are aware that annual us as our HR intake coordinator CEU's are due each year during your anniversary month. Save time employees). If you've taken and paper by completing them online! Please remember that not completing your annual requirements will lead to your employment being placed on hold until the items are completed.

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 the correct person. to HR@pascohh.com

Chris Livesay, Holly Schanhals, Quinn Taccogno, Zoe Broughton, and Erin McDonough

# **ROCKY MOUNTAIN HUMAN SERVICES: MILL LEVY FUNDS**

Lots of programs, lots of resources... but sometimes it's hard to find exactly what you need. Each person's needs are different. What one person needs to live his or her best possible life is often completely different than what another person may need. Thanks to a property tax (mill levy) in the City of Denver, any Denver resident with a developmental disability is now able to get funding for exactly what makes the most sense for that person.

If you are a client of Rocky Mountain Human Services (RMHS). you may have already heard about these resources. If you're not an RMHS client, you're still eligible,

UNLIMITED FOOD & DRINK PAIRINGS

LOCAL FRENERIES, DISTULLERIES & RESTAURANTS

550 TICKETS 575 TICKETS STARTING MARCH 1 5100 TICKETS DAY OF EVENT

PROCEEDS SEND 20+ CHILDREN WITH DISABILITIES TO EASTERSEALS COLORADO ROCKY MOUNTAIN VILLAGE CAMP

HOSTED AT ROCKY MOUNTAIN VILLAGE CAMP

EMPIRE, COLORADO 80438

Coopers

2644 ALVARADO ROAD

A COMMUNITY EVENT SUPPORTING

EASTERSEALS COLORADO CHILDREN WITH DISABILITIES

BOUCK

as long as you're a Denver resident. Either way, you can talk directly to your PASCO representative to get connected with funding.

What can funding be used for? Anyone can request funding through RMHS' Client Assistance Program. People have used funding for all kinds of things, like:

Tree removal to allow installation of a wheel chair ramp

An air conditioner to help with heat-induced seizures

- Summer camp
- Hippotherapy
- Housing costs during a job loss

Sensory equipment for a child with autism

Additional respite care, beyond what you're currently receiving

... and much more.

To request funds or learn more about Client Assistance, go to https:// www.rmhumanservices.org/ individuals-families

If you're an RMHS client, you will also be able to access additional funding at your annual service plan meetings. Beginning last fall, some resources commonly funded by Medicaid or State SLS are being built into service plans – but at a higher level than what Medicaid or State SLS will fund. For example, maybe you currently receive day-hab services four days a week but would prefer five days a week. That can hap-pen! Not an RMHS client? You can get that additional day of dayhab or other services through the Client Assistance Program above.

So what are the most important things to know about this additional funding?

It's available to every Denver resident with a developmental disability.

The process to request funds is easy and quick.

You can request funds through RMHS' website or through your case manager at RMHS (if you are an RMHS client).

Or just ask your PASCO representative for assistance. We're here for you!



# DENVER PUBLIC SCHOOLS ALL. DENVER PUBLIC SCHOOLS MEDICAID DEPARTMENT **OUTREACH & ENROLLMENT**

DPS Medicaid Department can help you and your children get free or low-cost health insurance or SNAP food assistance.

We offer one-on-one appointments

CONTACT US TODAY: (720) 423-3661 · outreach@dpsk12.org



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# PROJECT INDEPENDENCE: WHAT HAPPENS AFTER HIGH SCHOOL



#### 5 Tuesday Nights Starting March 20th 6:00pm – 8:30pm

# TWO STRANDS OF WORKSHOPS FOR DENVER FAMILIES

Youth Only Workshops Parent Only Workshops All- day College Tour on Saturday, April 7th For Families Who Have a Child ages 14 -21 with a Disability, will Learn the Following:

- Obtaining Employment
- College as an option
- Transportation
- Self Advocacy
- Community Resources
- Soft Skills
- Life Skills
- Transition on the IEP
- College Tour

Location: Laradon 5100 Lincoln Street Denver, CO 80216

Register online: <u>http://www.thrivectr.org/new-events-1/</u> Contact Katie at 303-632-6840 or email her Katie@thrivectr.org to register on phone or by email.





#### **PASCO** Picayune

The world is now more accessible than ever before. Twenty percent (62 million) of the U.S. population has some form of disability, and the number of these individuals is increasing daily. These people need to, want to, and can travel. If you're part of that twenty percent, a world of travel awaits you.

Travel professionals such as myself who are accessible travel advocates certified by Special Needs Group www.specialneedsgroup.com, the leading global provider of special needs equipment for the travel industry, have unique, specialized knowledge about how to help individuals with disabilities enjoy a wonderful, hassle-free and memorable trip.

Here are a few tips from Special Needs Group to ensure that when your next travel opportunity arises, you are ready to go.

## **Outline your travel needs**

Take time to evaluate the logistics of your trip in relation to your ability to keep pace. What modes of transportation will you be using? Airplane, motor coach, train, ship, transit vans for ground transfers? Make a list, referring to relevant brochures, your trip organizer or travel agent to make sure you don't miss anything.

Now, make a list of your specific requirements. Be honest: what types of special needs equipment do you depend on at home? What do you use or need (or wish you had!) when shopping, sightseeing locally, dining out or going to the movies, attending concerts, the theater, street fairs or sporting events at home?

Can you hear and see clearly without special auditory equipment or visual aides? How far can you walk without a rest break? Are stairs difficult? Can you get in and out of the tub or shower at home without handgrips or other assistance? Travel, whether solo or in a group, is no time for roughing it or trying to "tough it out." If a wheelchair, scooter or portable oxygen will make your trip easier, place that item on your list. Many people who do not use wheelchairs or walkers at home feel more comfortable using these mobility aides for tour and excursions. In fact, most of Special Needs Group's wheelchair and scooter rentals are to individuals who only use such aides when traveling.

# Plan Ahead

If you already own a scooter or portable oxygen, it's important to know the policy and procedures for bringing that equipment onboard all the transport vehicles included in your itinerary, from planes to taxis to ferry boats. Does that transport have a way to stow your scooter or wheelchair? Is oxygen allowed on board? Some airlines prohibit certain types of batteries, such as wet cell batteries, or oxygen cylinders. Airlines operate under strict rules, so there may be packing procedures to follow if they do allow the equipment. Keep in mind, most airlines need at least 48 hours' notice to make special arrangements, and be prepared to fill out forms.

Overall, cruise ships are more lenient in allowing oxygen, but some disallow certain types of oxygen. All require that the oxygen be delivered to the ship, and that you have enough for the entire voyage. Oxygen may never be brought aboard in your luggage. Requirements vary, so check your cruise line for proper instructions. Again, documentation and paperwork are required.

Whether you are headed for a cruise ship, hotel or all-inclusive resort, double check for wheelchair access at that venue, plus any venues you will be visiting on the trip. Confirm that accessible hotel rooms, resort accommodations or ship staterooms are available for your travel dates. The earlier you book, the better your chances of securing fully accessible accommodations. And early booking increases your chances of securing a ground floor hotel room or cruise stateroom near the elevator, if these issues are important.

Check on the access to public rooms, restaurants, bars, toilets, the swimming pool, hot tub, beach area and other amenities. Are there TDD phone devices? How will you get in and out of the shower or bathtub? Are there flashing lights to accommodate hearing? Braille room numbers? Knowing in advance the scope of your needs gives you time to arrange advance rentals of any necessary equipment, scheduled to arrive when you do. Everything from scooters, lifts, ramps, TDD kits and special mattresses, including special needs cribs, is available for rental.

Will road travel or car excursions be part of the trip? Many car rental companies have vehicles that are modified for drivers or passengers with mobility limitations. Check ahead to make sure a suitable vehicle will be available for your travel dates. If you will be hiring a car or van, make sure the company is aware of your special needs.

When traveling with a limitation or disability, full travel insurance for medical coverage abroad and trip cancellation insurance are even more important and strongly advised.

#### Ask the Right Questions

When making the final bookings, be sure you ask the right questions, even if the accommodations or cruise stateroom are categorized as "accessible."

For example, are doorways wide enough for the largest wheelchairs? Do the doors open outwards or into the room?

Are all the public areas of the hotel, resort or ship accessible? Do you need to make special arrangements in the dining room to accommodate the wheelchair or scooter?

Will the bathroom facilities truly fit your needs? Is the bathroom

large enough for the wheelchair or scooter? Is there a roll-in shower? Grab-bars?

Are there facilities for companion/ assistance animals?

Are there shopping and entertainment facilities close by if you are staying at a hotel or resort?

On shore excursions or tours, does the van have a lift and method for transporting wheelchairs and scooters?

Simply stated, don't take anything for granted. It's easy to arrange for almost every situation, and the world is wonderfully accessible, once you know what's needed, what's available and how to find the necessary equipment.

I look forward to helping you with all your accessible travel needs!

Regina Lane Believe in the Magic Vacations, Inc.

(844)BR-Guest ext. 727 Believing is the just the beginning...







9197 West 6th Avenue Suite 1000 Lakewood, Colorado 80215

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



The Easterseals Disability Film Challenge gives filmmakers with and without disabilities the opportunity to collaborate to tell unique stories that showcase disability in its many forms.

The film challenge is a weekend –long competition in which filmmakers write, produce and complete an original three-five minute film. Filmmaking teams receive an assigned genre along with a list of required props and locations.

Teams are strongly encouraged to integrate story elements that acknowledge disability and include at least one person with a physical or cognitive disability.

Friday, December 1<sup>st</sup>-Wednesday, April 11<sup>th</sup>: Registration period Friday, April 13<sup>th</sup> @ 11:00 am PDST: Challenge begins Sunday, April 15<sup>th</sup> @5:59 pm PDST: Film submission deadline Wednesday, April 18<sup>th</sup>-Wednesday, May 2<sup>nd</sup>: Market your film Thursday, May 3<sup>rd</sup>: Finalists Announced Thursday, May 10<sup>th</sup>: Winners Announced at Awards event at

Announced at Awards event a United Talent Agency https://filmfreeway.com/

DisabilityFilmChallenge

ASCO (Personal Assistance Services of Colorado) 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.

Those of us without a chronically ill or special needs family member want to be supportive allies and advocates, we're just not always sure how to go about it. When we see a special -needs family having issues in a restaurant or dealing with obstacles, we may feel the kindest thing to do is simply to ignore them and look the other way. We shush our kids when they ask natural questions as though disability were an inappropriate topic. So how can we be supportive and inclusive? How can we become advocates, helpers, and cheerleaders? Siblings age 5-12 with special needs brothers and sisters will be our guides. They can tell us what is so very, very special about their special person. They can tell us that it is okay to ask why their brother is in a wheelchair. And they can tell us how to help if they or their special sibling is being bullied. Then we are going to spread the word using rocks! We are going to paint rocks with pictures and messages to let folks know how to celebrate special people. We will hide the rocks around Douglas County and anyone lucky enough to find one can take a picture of it and post it on our Facebook Rock Group. Oh yes, we will have a pizza and ice cream party too!

Reservation Required to <u>dcpar-</u> <u>enting@usa.com</u>



Who Should Come? Siblings age 5-12 with a special needs brother or sister-- Kids age 5-12 who want to learn more Pizzo & Ice Creom Portyl

Reservation Required to dcparenting@usa.com

Douglas County Parenting Coalition