



PASCO PICAYUNE



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MARCH MEETINGS DEEMED "WONDERFUL"

After the excitement of croissants, Marriott ballrooms, power-point presentations, sport coats and visiting with the entire staff had worn off, we all took a collective breath. Even with the nine meetings, five locations, hundreds of pencils to sharpen, the "Mandatory March Meetings" will be forever considered a wild success. We laughed, drank coffee, asked poignant insightful questions, drank coffee, shared resources, met one another, drank some more coffee, and exchanged information. There was little in the way of unforeseen problems (albeit there was a sewage leak at one Marriott) as Steve and Juana effectively introduced the unfamiliar to the PASS system via Power-Point Presentation. New and old policies were discussed and dissected, and for the most part the attendees remained enthusiastic (The caffeine probably helped). Barry gave his "State of the State" of PASCO, and much to everybody's relief the news was positive. A couple of comments

from employees suggested having more meetings, or rather informal get-togethers to visit one another and talk turkey. Also a mentoring program for parents C.N.A.'s was suggested so as to learn from one another. PASCO is game, and we would be more than happy to help arrange another gathering (besides the annual



PASCO employees hang on to Barry's every word picnic, and holiday party). Please feel free to call or email Damian (damian@pascoh.com) with any ideas or suggestions. Again thanks to everybody for making the meetings such a huge and positive success.

**Summer Picnic
Monday,
June 14th at
Morse Park!**

PASCO MAKING RESOURCE DIRECTORY

During the meetings a few things really stood out, but perhaps the biggest, were the resources we have as a company. 720 employees, not including spouses or extended family, who each have valuable skills and full on successful careers; Carpenters, balloon artists, mechanics, landscapers, private in-

vestigators, attorneys, bakers, chefs, poets, clergy, artists, blacksmiths, cobblers, candy distributors. Well the thought naturally occurs; how can PASCO link all of these reputable people together to promote and generate further business for one another? How about a resource book, a place to find a handy person, or unicycle-riding clown?

Please email Damian (damian@pascoh.com) with ideas, suggestions or people for his fledgling resource list.





DIRECTOR'S CORNER: BARRY ROSENBERG

It was really an honor meeting with the PASCO staff for the in-services we had this past March centering around personnel policy changes. Of the 730 employees on staff only eight did not show. (Those who did not show will be smitten with hail, frogs, darkness, etc)! I thought Steve and Damian did an outstanding job getting the word out, preparing the power point display and arranging the logistics of the nine meetings. As I stated at just about every meeting there have been many pro's and con's in going from a small mom and pop shop to a relatively big company. I still can't get my mind around being so big and hope it does not go to my head. I do miss the intimacy and not knowing the names of clients

and staff is quite embarrassing. Nonetheless, the large numbers of clients coming to PASCO has enabled us to ride through the present recession totally unscathed. We were able to maintain bonuses, increased the profit-sharing significantly and provide cost of living adjustments. Laura, Lee, Damian and I are looking at other benefits and will be meeting with brokers to get the best possible deals for the staff. We also have established a savings account that should help us through the present recession and possible future financial crises. As I stated at the in-services, I anticipate the federal match to Medicaid, which went up around 13% recently, will go back to 'normal' and we may not see any rate increases for years. Also, it is hard to know the impact of

Health Care Reform on Medicaid, particularly the Federal/State commitment to serve more clients.

The coalition PASCO has been involved with over the years is strong and I believe the State Medicaid agency respects us and will continue to invite us 'to the table' around issues related to children and adults with disabilities. We dodged a few big cuts last year and I am still committed to establishing an Association for Aides and Attendants that will address concerns of this oft too ignored provider. Just when I get ready to delve into this project, something else emerges and what was on the front burner recedes to the back. I have been trying to cut back a little at work and have had some modest success.

Continued "Director" Page 3

If interested in attending please RSVP to Damian by Friday, April 23 as seating is limited. If unable to attend there will be more seminars held throughout the year.

ESTATE PLANNING FOR PARENTS OF CHILDREN WITH SPECIAL NEEDS

PASCO is pleased to announce another Special-needs planning seminar with Steve Owen on Wednesday, April 28, 2010 at our Lakewood office. This seminar will provide a complex combination of legal tools, common sense arrangements, and well-thought-out contingency planning. The plan's goal is to provide maximum quality of

life and maximum independence for the special loved one. Steve's job is help you put such a plan in place, a plan which takes into account your unique financial situation, your loved one's unique challenges, and the current laws. Furthermore his job is to help you sleep at night. Steve loves this work, and it shows. Most of his referrals come from various therapists, hospitals,

clinics, schools, agencies and other people who work with challenged loved ones—they know the difference quality planning makes, and they know that our planning is simply the best available. If interested in attending please RSVP to Damian by Friday, April 23 as seating is limited. If unable to attend there will be more seminars held throughout the year.



Simon Nelson as a ring-bearer for sisters wedding. Photo Cheryl Nelson

If you do not know who your Colorado House Representative is, you can find out by going to:

<http://www.votesmart.org>

Simply type in your zip code and their name will be listed under State Legislature and their contact information will be located on the bottom right hand corner. This is a useful site as occasionally it is important to contact them to advocate for positive legislation.

**5TH ANNUAL
PEOPLE TO KNOW 2010
BENEFIT FOR THE CHANDA PLAN FOUNDATION**

WHAT: Event to raise awareness and funds for the Chanda Plan Foundation, whose mission is to improve the quality of life for people with physical disabilities through education and programs to access integrative therapies. The event will offer an evening of empowerment through music and messages. Also includes hardy hors d'oeuvres, cash bar, silent auction, and live auction.

TICKETS: \$50 in advance and \$55 at the door .

WHERE: EXDO Event Center
1399 35th St.
Denver, Colorado 80205

WHEN: Thursday, April 22, 2010
from 5-9 PM

ATTIRE: Cocktail Attire

MUSIC: Something Underground

KEYNOTE SPEAKER:

Aimee Mullins

Fashion model and actress from NY, who was born with fibular hemimelia (missing fibula bones) and, as a result, had both of her legs amputated below the knee when she was just a year old. Aimee first received worldwide media attention as an athlete by becoming the first woman with a "disability" to compete in the NCAA. Outfitted with woven carbon-fiber prostheses that were modeled after the hind legs of a

cheetah, she went on to set World Records, sparking a frenzy over the radical design of her prototype sprinting legs. Aimee soon landed a 10-page feature in the inaugural issue of Sports Illustrated for Women, which led to her accepting numerous invitations to speak at international design conferences. Being exposed to this discourse relating to aesthetic principles, she became interested in issues relating to body image and how fashion advertising impacted standard notions of femininity and beauty.



For more information or to purchase tickets, Please visit:
www.iamtheplan.org
Or call (303) 246-4290

STEP FORWARD TO CURE TSC

The Tuberous Sclerosis Alliance of the Rocky Mountain Region will be holding their 7th Annual Step Forward to Cure TSC walk a thon on May 22nd at E.B. Rains Park in Northglenn, CO.

80233. Registration will begin at 10:00 am walk at 11:00 am with food and fun to follow. You can also register online at www.StepForwardtoCureTSC.org and create your own fundraising page!

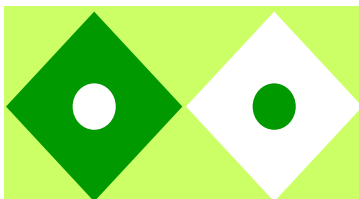
Please contact Dana Holinka for more details at emme01@msn.com



"Director" Page 2

However, the recession and subsequent budget cuts have forced me to be ever more vigilant. The PASCO Administrative staff has been nothing short of phenomenal, allowing me to concentrate on the more global issues, while they keep things running. Apart from assisting in the day-to-day operations, Damian is learning the political landscape in which we live in and will continue the tradition of advocating for persons with disabilities and CNA's. We are already looking at 2010 evaluations and I'm sure you will be

hearing from Gina pretty soon. So, despite rumors, real cuts, the day to day problems in the field, the office, and life, we at PASCO find ourselves strong and appreciative of the efforts of the field staff (both scheduled and non-scheduled) who figuratively and literally do the heavy lifting. Thank you and have a lovely Spring.



WALK WITH US!

Saturday, May 15, 2010

The mission of the Angelman Syndrome Foundation is to advance the awareness and treatment of Angelman Syndrome through research, education, information, and support for individuals with Angelman Syndrome, their families, and other concerned parties.

Location: Adams County Regional Park 9755 Henderson Road Brighton, CO 80601 (for more info contact Cindy Snyder at cinnredsnyder@q.com) Registration Time: 8:30 am, Walk Start 9:30

To Pre-register please visit: www.angelman.org/walk



PASCO employees have taken almost **116 Million Steps** and earned over **\$10,000** in cash rewards

Watch your thoughts, they become your words
Watch your words, they become your actions
Watch your actions, they become your habits
Watch your habits, they become your character
Watch your character, it becomes your destiny.

—Anonymous—



How does HealthMiles work?



Brought to you by PASCO

As a PASCO employee, you can now join a program where getting active and fit means getting great stuff! HealthMiles provides motivation, feedback, gadgets, tracking, challenges, prizes, more energy, feeling better, looking great... and rewards.

PASCO employees have taken almost **116 Million Steps** and earned over **\$10,000** in cash rewards

Here's what you get

- a secure, personalized Life-Zone website to easily manage all of your data in one place
- a fun & easy platform to create and run your own personal challenges
- chances to win big prizes
- articles and videos on the latest health and fitness topics
- real-time feedback, motivation and support to reach your goals
- a logbook to enter & monitor your health stats: weight, body fat, blood pressure
- a platform that integrates other tracking data from leading device manufacturers
- rebates when you shop at our Rebate Center

Call or email Juana or Damian to enroll, or with any questions.

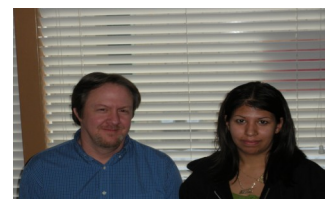
HUMAN RESOURCE CONNECTION

Juana and I would first like to say how nice it was to see everyone over the course of the Mandatory Meetings. It was good to see people connecting and networking and asking great questions. We received a lot of feedback and will be following up over the next few weeks. For anyone that is wanting to be trained on the PASS

system, please call us or Chris Lauer and we will be happy to get you set up for timesheets or to just be able to access the full website. The next big thing for HR is going to be Open Enrollment for our different types of insurance in July, we will keep you posted on meeting dates and times. Enjoy the springtime

weather and we will be in touch.

Steve and Juana



Steve and Juana —PASCO's Winning H.R. Team.

FAMILY VOICES COLORADO

Children with special health care needs and their friends play baseball to benefit Family Voices and Sports Made Possible!

Each team will play a one-inning game! Every child is given the chance to hit the ball and

score a run for a great cause!

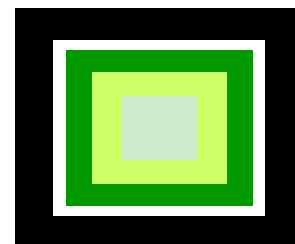
Saturday, June 26th, 2010

**8:00am until 12:00pm
9750 W. Hampden
Ave. (Hampden & Kipling)**

**Sports Made Possible
Field: All Accessible**

For more information call
Lisa at (303) 733-3000
Ext. 107 or email

lisa@familyvoicesco.org



Each morning when I open my eyes I say to myself: I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it.

—Groucho Marx—



Having trouble with your fancy P.C.? Are you sinking money into your computer faster than you can make it? Well friends, help is on the way. We repair and upgrade computers and our prices are always cheaper than the Geek Squad people. Also, we have a 30 days guarantee which means if our clients need to make any other changes to their computer within 30 days after we have already worked on it, it's free of charge. [Email me at aul.pedajas@comcast.net](mailto:aul.pedajas@comcast.net) or call me at (303) 232-3282. I'm looking forward to working with you! Your friend, Aul Pedjas



This Colorado Springs Chapter will hold its third event and be held at the Eleven Mile Reservoir at Lake George, CO.

(June 26th, 2010) Offering excellent new opportunities for persons with disabilities to learn to fish or to regain what might have been lost due to a tragic accident. This promises to be the premier event in the Rocky Mountain area and you are invited to attend their first

event through being a volunteer, a participant, or a sponsor. Colorado Springs Chapter Chair, Dan Saldana, feels this chapter will grow in size and popularity just by pure excitement of a new opportunity in a new state for persons with disabilities, regardless of age, severity, or gender.

For further information contact:

Chair Dan Saldana
1535 Saratoga Drive
Colorado Springs, CO 80910
phone: 719-328-1467

dansaldana@scsinc.comcastbiz.net

"Recreation's purpose is not to kill time, but to make life; not to keep a person occupied, but to keep them refreshed; not to offer an escape from life, but to provide a discovery of life." Anonymous



Do more than be-
long: participate.
Do more than
care: help. Do
more than believe:
practice. Do more
than be fair: be
kind. Do more
than forgive: for-
get. Do more than
dream: work.

William Arthur Ward

*A blessing of falling
sick is that it gives you
a chance to love and
treasure even more the
sick one, and even more
unexpectedly, people
have a chance to bless
you with their love and
support*

FREE WEBINARS

JOIN OTHER PARENTS AND EDUCATORS

**Transition: Grade to Grade —
April 20, 2010**

- Explore how to collect and share information so your child's teams can build on successes the student has already experienced.

**Transition: From Part C to Part
B — May 13, 2010**

- Explore educational options available to children after age 3 and learn information on how to make a smooth transition from IFSP services to IEP services.

**Starting the School Year Off
Right—September 23, 2010**

- Explore tips to build on your child's successes and get your child off on the right path for a successful school year.

Time: 6:30 p.m.-7:30 p.m.

**Space is limited so please
register online and you will
receive a confirmation
email with directions for
the webinar.**

To sign up online go to:

[www.peakparent.org/
workshopstrainings.asp](http://www.peakparent.org/workshopstrainings.asp)

Or call PEAK Parent Center

(719) 531-9400 or (800) 284-0251



THE HOPE OF SPRING-- BY JILL BRANDON

Well I don't think that I am the only one waiting for spring to arrive. Is it just me, or has this seemed like a long drawn out winter? I kept thinking, oh I bet we are going to get away with no sicknesses this winter...well I should just bite my tongue when I think that, because sure enough Bianca got sick two days ago. Now it just started out as a nasty cough, but now she is sneezing and has thrown up from all the goop in her body. I have been sleeping with her the last two nights, and even though that can be so tiring, I am also reminded of how precious the time can be when your child or loved one takes sick. She doesn't understand what is happening to her, but she does understand being held and loved, of this I am sure. I lay beside her and she cannot seem to draw her little body close enough to my side...it's so pre-

cious. Gradually amidst her coughs, and rattle like breathing she falls off to sleep. Even though my arm grows numb under the weight of her head I cannot bring myself to move it away from under her.

A blessing of falling sick is that it gives you a chance to love and treasure *even more* the sick one, and even more unexpectedly, people have a chance to bless you with their love and support. A dear friend of mine called in the afternoon, and announced that she was bringing the family over dinner....WOW...so sweet...and unexpected. So she arrives with a chicken enchilada casserole...still warm...and a lovely loaf of banana nut bread fresh from the oven. As if that wasn't enough, she also brought me a lovely bouquet of spring flowers and an encouraging card. WOW, that was priceless! Knowing that people care and take the time to bless others is incredible to me. No act of

kindness goes unnoticed, and the beauty of spreading thoughtfulness is that it is often contagious. I remember when Bianca was first diagnosed with her condition...the food and casseroles that came into our home was mind blowing. However as time passed, the meals diminished, and again I was left with feeding the family, which is not such a bad thing, however I was pleasantly reminded that when a treat like that happens again, it is cause to rejoice. I am now encouraged to seek out more people who are sick, and would love an unexpected breath of spring with fresh flowers and a warm home cooked meal to enjoy. We each have something wonderful to give, let us never forget that, and continue to hope for the spring.



THE CALL OF THE WILD BY JACK LONDON

CHAPTER 1

INTO THE PRIMITIVE

*Old longings nomadic leap,
Chafing at custom's chain;
Again from its brumal sleep
Wakens the feline strain.*

Buck did not read the newspapers, or he would have known that trouble was brewing, not alone for himself, but for every tidewater dog, strong of muscle and with warm, long hair, from Puget Sound to San Diego. Because men, groping in the Arctic darkness, had found a yellow

metal, and because steamship and transportation companies were booming the find, thousands of men were rushing into the Northland. These men wanted dogs, and the dogs they wanted were heavy dogs, with strong muscles by which to toil, and furry coats to protect them from the frost.

Buck lived at a big house in the sun-kissed Santa Clara Valley. Judge Miller's place, it was called. It stood back from the road, half-hidden among the trees, through which glimpses could be caught of the wide cool veranda that ran around its four sides. The house was approached by graveled driveways which wound about through

wide-spreading lawns and under the interlacing boughs of tall poplars. At the rear things were on even a more spacious scale than at the front. There were great stables, where a dozen grooms and boys held forth, rows of vine-clad servants' cottages, an endless and orderly array of outhouses, long grape arbors, green pastures, orchards, and berry patches. Then there was the pumping plant for the artesian well, and the big cement tank where Judge Miller's boys took their morning plunge and kept cool in the hot afternoon.

Continued Summer Newsletter



DIRECTOR OF NURSING CORNER

Happy Spring time everybody, seems like it took a long time getting here, but that sun sure feels nice. Anyhoo, we have been very busy working on the "back-end" of the PASS system. We are currently in the design and test phase, but when completed, PASS will be able to schedule nurse visits, provide documentation, and be really accessible for R.N.'s online. It's a huge undertaking, but we're up for the challenge.

We would also like to thank you

guys for signing and submitting your "Consumer Rights" forms, it really is crucial to have those, as the state has newly mandated them for our files. We have also just hired another Q/A nurse to make sure all I's are dotted and T's are crossed, so the state likes us even more.

Lastly, just a friendly reminder to see your nurse in required 56-60 day time frame for "recerts", and to call the office and cancel the visit if you cannot make it. Have a wonderful beginning of spring,

and look forward to seeing everyone at the picnic.



Laura Gilbert & Pat Lankford
PASCO's Directors of Nursing



Hmmmm, hmmm good!

PUTTING A FACE WITH THE NAME—CHRIS LAUER

A young man started at PASCO last May, and through his gritty hard work, dedication, and desire to succeed made a real impact within the organization. Chris came to PASCO just before the PASS system was launched, and the timing couldn't have been better. Chris has learned the complete functionality of the complex thingamajig and has become the resident expert. He currently trains new employees on PASS, as well as current employees eager to make the switch.

When not working with the computer system, Chris is the parent-training coordinator with the different C.N.A. schools. He comes from the hospitality business, and finds much more satisfaction in his current job at PASCO, "I really feel like I make a positive difference," he recently said over a piece



Chris Lauer— Jack of All Trades

of red licorice.

When he is not working, Chris enjoys hanging out with friends, playing basketball, listening to music, and going to concerts. Chris has been a wonderful addition to the PASCO family, and we are lucky to have him.

and we are lucky to have him.

Sausage Supper

By Angela Davis

1 package ECHRICH
SKINLESS SMOKED
SAUSAGE sliced $\frac{1}{2}$ " thick
2 peeled and cubed PO-
TATOES

1 large can GREEN
BEANS

Simmer all ingredients in stockpot for 15-20 minutes, or until potatoes are tender. Serve hot and enjoy!

Personal Assistance Services of
Colorado (PASCO)

6015 West 16th Ave
Lakewood, Colorado 80214
U.S.A.

Phone: 303-233-3122
Fax: 303-233-1478
E-mail: damian@pascohh.com

Check out our new
Website at
www.pascohh.com



Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine as children do. It's not just in some of us; it is in everyone. And as we let our own lights shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

—Nelson Mandela—

Personal Assistance Services of Colorado (PASCO) is certified under Medicare, Medicaid, and the Medicaid Home and Community Based Services (HCBS) program to provide personal assistance services to children and adults with severe disabilities. PASCO was incorporated in 1991 and began providing services to persons with disabilities on January 1, 1992.

PASCO's mission is to provide personal assistance services, promoting independence and safety to clients and/or their families. PASCO continuously strives for client and employee satisfaction. The foundation of PASCO is CHOICE. To the maximum extent possible, PASCO works to accommodate the needs and wants of each consumer/client.

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



ADAPTIVE EQUIPMENT EXPO

Craig Hospital's commitment to quality patient care focusing on seating, mobility, recreation and assistive technology.

Friday May 7th 2010 10-3:30

Friday, May 7, 2010
Doors are open from 10:00 a.m. – 3:30 p.m.
Come anytime and see everything at your own pace.
No scheduled presentations.

Come to Craig Hospital's Adaptive Equipment Expo and interact with sales representatives from over 50 major rehabilitation equipment manufacturers.

Enjoy this opportunity to see, test, and learn about the latest mobility and seating/positioning products, recreational equipment, computer and environmental access technology and more.

Who should attend:
Therapists, Case Managers, Claims Adjusters, Dealers and Consumers.

Certificate of Attendance provided.
1.5 hours CCM credits for Case Managers.

For any questions or further Expo information, you may contact:
Charlene Horan at 303-789-8248, choran@craighospital.org
OR Gail Gilinsky at 303-789-8079, ggilinsky@craighospital.org

FREE PARKING is available in Craig Hospital's Parking structure located on the Southeast corner of S. Clarkson St. and Old Hampden. Gates will be open all day.

Our Potential Exhibitors Include...

AbleLink
Accessible Designs, Inc.
Accessible Systems, Inc.
Activoid, Inc.
Adaptive AutoMobility
AEL - Adaptive Engineering Lab
Adaptive Solutions
Altimate Technology Assistance
Altimate Medical, Inc.
Amramp Colorado
Angletech

ATG Rehab
Bike-on.com
Clarity
Colours
Convergence Concepts
DynaVox Technologies
Falcon Rehab
Frank Mobility Systems, Inc.
Freedom Designs
Freedom Ryder Hand Cycle
Freewheel Mobility

Guldmann, Inc.
Ivavcare
KI Mobility
Learning Center Solutions
Marion Concepts
Nuance
Origin Instruments
Outdoor Accessible Recreation
Patterson Medical/Sammons Preston
Phillips Life Line
Permobil, Inc.

Pride Mobility/Quantum Rehab
PDG - Product Design Group
RAZ Design Inc.
Restorative Therapies
Ride Designs/Aspen Seating
SAJE Technologies
Sidelix Adventures
Spokes N Motion
SR-77 Enterprises
Stealth Products
Sunrise Medical

The Comfort Company
The ROHO Group
Three Rivers Holding
TILite
VMC Rugby Chairs.com
Wheelchair Gateways of Colorado
Youcan Toccan, Inc.