



PASCO Picayune

VOLUME 24, ISSUE 1

SPRING, 2020

The Denver Anti-Discrimination Office (DADO)

There have been recent local accounts of a rise in racist attacks on Denver's Asian American community and more specifically Denver's Chinese and Chinese American community.

The Denver Anti-Discrimination Office (DADO) stands in support of these communities and will continue to offer services to anyone who has experienced discrimination in employment, housing and commercial space, public accommodations, educational institutions, and health and welfare services.

DADO has been committed to a customer-centered philosophy, emphasizing advocacy and empowerment, and it's because of this commitment that DADO updated language in its municipal code ordinance to include prohibiting discrimination on ethnicity, citizenship, and immigration status.

If you feel you have been discriminated against, please visit: <http://bit.ly/D-A-D-O> or contact Darius Smith, Director of the Denver Anti-Discrimination Office at 720-913-8459 or darius.smith@denvergov.org.



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)

PASCOVID-19 Talk: Breaking down the Barriers of Isolation

As we continue to do our part to "flatten the {Covid-19} curve" and socially isolate, it can feel... well... isolating. To help minimize the loneliness, and anxiety from the separation, PASCO staff has created an opportunity to interact with one another through a program called; **PASCOVID-19 Talk**. Here's how it works, go to [Sign Up Genius](#), find a convenient time that works and simply call the provided number. Talk with a fellow staff member (PASCO Outreach Staff—Damian, Maribel, Alayne, Anne, Matt, and Tyler) about whatever's on your mind.



We all love to chat, connect, laugh, inspire, teach and learn. Covid-19 isolates us from our community, but the PASCO Family is bigger than the walls that keep us protected. Make a new friend; Listen to a book, work on your Spanish, trade recipes, practice mindfulness, and realize we will get through this event....together.

Find a PASCO Outreach Team member who seems interesting, highlight a few of their interests, book time(s). We look forward to chatting. Be safe. Wash your hands.

On a recent Tuesday afternoon, a stay at home directive went into effect for the City and County of Denver. On Thursday morning, the entire state of Colorado followed suit. For most of us, this means we can't go to our offices, neighborhood libraries or favorite restaurants. Our kids will soon embark on a completely new and unknown educational journey. Gone are the days of pick-up basketball games at Wash Park, or any other city park, for that matter — the hoops have been taken down. We can't even get together with family, outside of those already living under the same roof, to celebrate birthdays or to simply share a Sunday meal. This is our new normal until, at least, April 30.

Our lives as we knew them have come to a screeching halt and will be forever changed in the weeks and months ahead. Since one of *I Am Denver's* key principles is to capture today for tomorrow, we'd like to invite you to help us record history



as it's happening. We'd like to hear from teachers, students,

healthcare professionals, business owners, parents, seniors — everyone who's willing to share their #quarantine story with us on a weekly basis for the next several weeks. Think of it as a weekly video journal that we'll all be able to look back on once this virus becomes a thing of the past. In the end, our hope is to have a substantial repository of stories about these historic times and how Denver residents rode out the COVID-19 pandemic.

To that end, here's what we'll need from you:

1. Choose a day of the week to record your video. Ideally, you'll be recording yourself on the same day every week.
2. We will be sending you two new questions every week and we ask that you answer them by including the question in your answer. So, if we ask you about what you struggled with this week, your answer would sound something like this: "My biggest struggle this week was not being able to hug my grandkids." And then you can explain why or talk about them or whatever. Please know that there are no right or wrong answers. We're going for authenticity here, more than anything else.
3. Try to follow the technology tips included below as much as possible. We understand you're not a

Continued "I am Denver" Page 2

Attorney General Phil Weiser warns about coronavirus relief check scammers

Anyone who claims to be able to send the money now is likely a scammer.

As the coronavirus public health crisis takes a growing toll on Coloradans, Colorado Attorney General Phil Weiser today issued a consumer advisory warning that scammers are already trying to take advantage of Coloradans by using the checks the federal government is scheduled to send many Coloradans as a part of the coronavirus stimulus package as bait to encourage Coloradans to share bank account numbers or other sensitive personal information.

"As Congress worked to complete the first COVID-19 economic stimulus package, scammers were already working to deceive Coloradans and take advantage of those eagerly awaiting federal relief," said Weiser. "It's important to remember that the federal government hasn't issued a single stimulus check yet, and will not call you on the phone to ask for sensitive personal information. Anyone who calls claiming to be able to send money now—and asks for your personal information—is a scammer."

The following are some ways to protect yourself from government check scams:

- Don't respond to texts and emails about checks from the government. The details are still being finalized. Anyone who tells you they can get you the money now is a scammer.
- Don't click on links from sources you don't know. They could download viruses onto your computer or device.
- The government will not ask you to pay anything up front to get this money.
- The government will not call to ask for your Social Security number, bank account, or credit card number.

Most Americans will receive up to \$1,200 per person in coming weeks, as part of an historic \$2 trillion stimulus package that was signed into law Friday. Parents will receive up to another \$500 for each child under age 17.

If you are eligible for a payment, you will receive a payment directly from the IRS. The IRS specifies on its website that no sign-up is required, and there is no need to call. The agency will post additional information, when it's available, at www.irs.gov/coronavirus.

If you notice any scams, fraud, price gouging, or other attempts to take advantage of Coloradans during this public health emergency, contact Stop Fraud Colorado at 800-222-4444 or StopFraudColorado.gov.



Children's Hospital
Colorado

Coronavirus update



GLOBAL
DOWN SYNDROME FOUNDATION®

Everything You Need to Know About
COVID-19 & Down Syndrome

alzheimer's  association®

Tips for Dementia Caregivers

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professional videographer, but the tips we're sharing will help you record yourself in the best way possible, given the limitations.

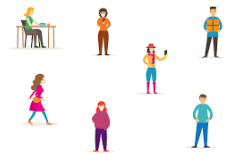
4. Try to stick to a total of five minutes maximum
5. Once you're done with your weekly video, please send it to us via text to 303-506-3418. If you'd like to use Dropbox, that's an option, too! Just email us the link once you upload your video to Dropbox and we'll go from there.
6. If you need help, we're here to guide you. Please reach out. You can email us at iamdenver@denvergov.org

INSTRUCTIONS for each video

1. For the very first video **ONLY**: Please introduce yourself with your full name, your neighborhood, what you do and the date. Ex. My name is Roxana Soto, I live in Five Points and I'm a storyteller. Today is March 25, 2020.
2. Answer the following two questions, with the last one being optional.
 - a. What is the single most significant way in which your life has changed since the pandemic started?
 - b. What have you done to adapt to the changes
 - c. OPTIONAL: How are you feeling right now?
3. For every video thereafter, include the date and the week number. Ex. Today is March 30 and this is week number 2.

VIDEO TIPS

1. Shoot the video horizontally.
2. Do a video test to make sure you can see and hear yourself before you start. If the video is upside down, try shooting the other direction.
3. Look directly into your phone as though you're video chatting with a friend on the phone.
4. Try to get the best light. You want a light source to be facing you, not behind you. Try to find a background that's not a white wall.
5. Hold the phone as steady as you can. If you have a tripod for your phone use that otherwise use a stack of books or place it on a bookshelf to hold it still. If you're quarantined with another person, you can ask them to help. If those are not options, sitting a table can help you keep your arms and hands still while freestyle shooting.
6. Try to record in a room or space without distracting background noise. Make sure to turn off the TV and all music too. If you're going to be holding the phone while recording, make sure you don't cover up the microphone.
7. These videos are not meant to look professional, so don't worry too much about it. Just answer the questions in the most honest way possible. We want you to be authentic rather than scripted — one of the most important goals of I Am Denver.



COLORADO
Department of Public
Health & Environment



COLORADO
State Emergency
Operations Center

COLORADO HOUSING FINANCIAL

SOCIAL DISTANCING

What does it mean?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases.

Social distancing measures include limiting large groups of people coming together, closing buildings and canceling events.

AVOID

Group gatherings
Sleepovers
Playdates
Concerts
Theater outings
Traveling
Athletic events
Crowded retail stores

Malls
Workouts in gyms
Church Services
Visitors in your house
Non-essential workers in your house
Mass transit systems

KEEP YOUR DISTANCE

Visit a local restaurant to get take out
Visit grocery store

Pick up medications
Play tennis in a park

Keep at least 6' - 8' between yourself and others

SAFE TO DO

Take a walk
Go for a hike
Yard work
Play in your yard

Clean out a closet
Read a good book
Listen to music
Cook a meal

Family game night
Go for a drive
Stream a favorite show

Call or email a friend or elderly neighbor to check in
Group video chats

Advocacy Corner

Due in part to the tireless advocacy of PASCO leaders David Bolin & Ryan Zeiger, the Colorado Health Department (CDPHE) approved using telehealth as a home health delivery model.

- For CNA services, this includes supervisory visits by your nurse every 14 days or 60 days.
- For IHSS services, this includes your annual skills evaluation performed by a nurse.
- For Personal Care / Homemaking, this includes supervisory visits required every 90 days.
- For Intellectual and/or Developmental Disability waivers, your coordinator and nurse will work to support you remotely based on your individualized plan.



Service Changes Implemented During COVID-19

Information, Referral, or Resources

These connections include all of Boulder County, including mountain and rural communities.

✉ infoADRC@bouldercounty.org
☎ 303-441-1617
🌐 www.bouldercountyhelp.org

Healthy Aging Programs

✉ InfoHealthyAging@bouldercounty.org
☎ 303-441-4995 (English) or 303-441-3774 (Spanish)

Medicare Counseling

Medicare Basics information will soon be available online.

✉ medicarecounseling@bouldercounty.org
☎ 303-441-1546 (English) or 303-678-6113 (Spanish)

Caregiver Programs

✉ infocaregiver@bouldercounty.org
☎ 303-678-6116

For updated information on BCAA operations and community resources, please follow BCAA's Facebook page:
www.facebook.com/BoulderCountyAreaAgencyonAging/

For more information about COVID-19, Boulder County closures, cancellations, and online services, please visit:
www.bouldercounty.org.

Veterans Services Officers

Boulder
✉ jpbrown@bouldercounty.org
☎ 303-441-3890
Longmont
✉ ktownsend@bouldercounty.org
☎ 720-864-6663

Long-Term Care Ombudsman

✉ infoLTCO@bouldercounty.org
☎ 303-441-1173

General Office Inquiries

✉ bcaaa@bouldercounty.org
☎ 303-441-3570 (English) or 303-441-3867 (Spanish)

Nutrition Resources

General inquiries regarding nutrition programs and meal deliveries

✉ tdeanni@bouldercounty.org
☎ 303-441-4995 (English) or 303-441-3867 (Spanish)

To learn more about available Nutrition Resources across the county, visit: <https://bit.ly/2ITLXu>

Connect with BCAA by phone and email for resource connection!



Community-Campus Partnership

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS



Running List of Links to Information & Resources Regarding COVID-19

Opportunity Availability: *Ongoing*

Check out and share the attached document which currently includes information and resources regarding the following topics:

- General information & news
- Food resources
- Request assistance
- Medical resources
- Resources for kids
- Financial/utility information & resources
- Education & entertainment resources
- Giving opportunities
- Self care & mental health tips

Reach out to the CCP staff if you've got any resources to add.

[View Flyer](#)

Contact Information

Contact: CCP Staff

community.campus@ucdenver.edu

Special Olympics
Colorado



Virtual Training and Exercise Resources

We may be stuck at home, but that doesn't mean we stop moving!

The team at Special Olympics Colorado has been hard at work creating [virtual content](#) to keep you - our athletes, coaches and entire community - healthy, active and competition-ready.

We are pleased to offer the following online resources:

- Spring sport-specific drills and training resources - *Presented by [Spectrum](#)*
- [Access to Fit 5 materials](#)
- [Young Athletes Activity Guide](#) - *Presented by [Comfort Dental](#)*
- Exercise videos
- And more!

We invite you to access these resources using the button below.

[Click Here to Access Virtual Training Materials](#)

Questions?

Athlete/Coach questions - Email [Jeff Franklin](#)

Fitness/Wellness questions - Email [Jena Twete](#)



COLORADO
Department of Education

COVID-19 Resources for Schools



Arts Resources
During COVID-19 Outbreak

PASCO



As a person with a disability, what is your risk factor, and what steps should you take to stay safe? [CCDC](#)

1. Risk factors vary for people with disabilities and increases with age and specific issues.
 - a. Those who are medically compromised are at high risk, mainly if you are over 40.
 - b. Those who are medically compromised and over 60 are in a more significant risk category.
 - c. The most considerable risk of infection resulting in extreme cases of the virus are people with weakened respiratory or immune systems – regardless of age. We recommend these individuals stay at home in self-quarantine as best they can.
2. All others with disabilities or without should be safe and smart. Avoid crowds, don't shake hands or hug, wash your hands regularly and thoroughly. Do not let anyone into your home who is ill. And finally, wash your hands every time you go into a building, after touching doors, elevator buttons, accessing public spaces, etc.
3. If you are in contact with someone who has the virus, please follow [quarantine guidelines](#).
 4. If you need attendant care, both you and your caregiver need to wear personal protective equipment. If you contact your durable medical equipment supplier, Medicaid should pay for your supplies. Your [local emergency management center](#) should be able to supply you as well. Be aware they will need an explanation of why you need them, and someone will have to pick them up.
 5. If you think you have the virus, unless you have no alternative, avoid hospitals. If you require transportation to a hospital, let EMS know you might have the virus (fever, cough, shortness of breath). Notification allows medics and other persons to take all needed precautions.
6. Use alternatives to clinics and doctor offices. Depending on what is available in your location, call your doctor, access care via a chat line, or use mobile services like [Dispatch Health](#).
7. Do your best not to panic. The goal underlying these strong precautions is to slow the spread of the virus and avoid overwhelming the health care system. Our inconveniences may last longer, but there will be a more significant outcome for people. Our healthcare system cannot handle millions of sick people at once.
8. Remember that not everyone gets this disease: 80% of cases are mild, 15% require hospitalization, and 5% or less are severe

NOTE: Be aware that when hospital beds are in short supply, people with disabilities are at higher risk of being transported to nursing facilities. Once in a facility, visitors are limited or banned during this pandemic. Unless you are at risk of dying, please avoid hospitals.



Have you completed your 2020 Census Questionnaire?

By now you should have received a couple of invitations to complete your 2020 Census questionnaire online or over the phone.

If you have completed your 2020 Census questionnaire, have you helped the older adults in your life to complete theirs? If you haven't, make it a goal today to help the older adults in your life to complete their 2020 Census questionnaire online or over the phone. Below is some information you need before you get started.

How to Respond

The 2020 Census will ask a few simple questions about you and everyone who is or will be living with you on April 1, 2020.

For the first time, you can choose to complete the census online, by phone, or by mail. Find out more about each of these methods below:

[Online](#)

[Phone](#)

[Mail](#)

Please note that if you are responding online, you must complete the census in one sitting, as you don't have the ability to save your progress. See [the questions the census asks here](#).

Guided By Humanity is a 501(c)(3) non-profit offering accessible, inclusive and compassionate yoga and mindfulness to ALL for healthy minds, bodies, and communities. We thrive to create environments that are trauma-sensitive providing a safer space for participants to engage in yoga and mindfulness practices. Our approach considers details such as the environment, language, accessible and adaptive poses, choice and historical context to best accommodate our students.

Our endeavor is to reach students who typically have limited access by providing services from affordable to zero cost programming throughout the Denver metro.

Programming may take place in yoga studios, day programs, schools, housing authorities, parks, assisted living facilities, homeless shelters, and beyond.

Our offerings include:

*All Abilities Yoga
Yoga for Everybody
Chair Yoga
Kids Yoga*

Adaptive Yoga

Private Sessions

*Community Yoga
Mindfulness Bus Program
Mindful Grief Support*



Mindful Cooking Class

Educational Workshops

and more.

Contact:

info@guidedbyhumanity.org

(303)437-9466

guidedbyhumanity.org



We are now offering FREE 30 minute private virtual sessions for our All Abilities students, care providers and Grief Support participants! Sessions are intended to support individual needs for more meaningful connections during this time of COVID-19. Sessions may include meditation, breathing techniques, mindfulness activities, and movement.

Sessions are scheduled on Friday's between 12-2:30pm. To schedule your session, please contact marv@guidedbyhumanity.org.

Caregiver Chat

a virtual judgement free support group

Please join Lori Lemasters, of CarePartnersResource, and other caregivers as we navigate the new feelings and emotions during this COVID 19 outbreak and the recent "Stay at Home" order.

Recognizing that this temporary situation may be causing added stress, anxiety and other challenges for caregivers, CarePartnersResource and Colorado Respite Coalition are joining together to bring you this virtual support group. Our goal is to provide a safe space to identify and express how you're feeling, as well as provide information and tips to help manage during this unique time.

When: Wednesday April 1, April 8, April 15, April 22, April 29

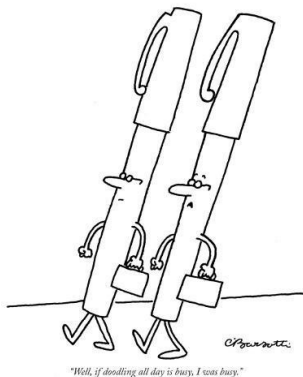
Time: 10:30 am to 11:30 am

Where: Zoom - this is an online format via computer, tablet or smart phone (camera is required)

Registration Required: Please email lori@carepartnersresource.com with your RSVP

Instructions: You will need to register at the email above 24 hours before the chat begins. You will receive an email with the information to connect to the Zoom Video Chat. If you are using a smart phone you will need to download the app prior to the call.

Go to the email provided on the device you intend to use for the call and click the link provided. If you have any questions please feel free to contact me via phone or email or if you no longer wish to receive emails from CarePartnersResource.



Don't Quit

When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low but the debts are high,
And you want to smile but you have to sigh,
When care is pressing you down a bit...
Rest if you must, but don't you quit!

Life is queer with its twists and turns,
As every one of us sometimes learns,
And many failures turn about
When we might have won had we stuck it out.
Don't give up though the pace seems slow...
You may succeed with another blow.

Often the struggler has given up
When he might have captured the victor's cup;
And he learned too late when the night came down,
How close he was to the golden crown.

Success is failure turned inside out...
And you can never tell how close you are
It may be near when it seems so far.
So stick to the fight when you're hardest hit
It's when things seem worst that you must not quit.

(Edgar A. Guest)



Food Delivery- What if I need to buy groceries?

Effective March 30: You may still book trips for essential purposes, including to purchase groceries. You must call one day in advance to schedule these trips. We will offer grocery pickup to your home from the following locations:

King Soopers · Safeway · Community Ministry
Southwest food bank · Senior Hub Senior Solutions · Adams County Food Bank

Food banks and grocers will be added as they become available. If you are a vendor interested in participating with RTD, you may contact 303-299-6000.

Customers interested in using this service must either call the grocer or food bank directly, or visit their website online, to set up the order and schedule the pickup time. Once the order has been placed, and you have a scheduled pickup time from your grocer or food bank, call **Access-a-Ride** reservations at **303-292-6560** and book a trip to pick up the groceries at that time. Please note:

This is a premium service during the COVID-19 state of emergency. This is to provide you a food delivery option which does not require you to ride. **The service is for Access-a-Ride customers only**, and does not require you to pay a fare;

- You must provide our reservations staff with the address of your grocer or food bank;
- You must provide us the scheduled date and pickup time;
- Our drivers cannot step inside your home. If your front door is not visible from the curb, please provide your contact phone number so that we can call you when the driver has arrived;
- Please do not order frozen food. Deliveries will be similar to passenger transit, and orders may be onboard for over an hour.



Trumpet Behavioral Health is still serving families!

We are able to meet the needs of families by providing in home ABA therapy services throughout Colorado. Our team is working hard to meet the health and safety needs of the community during this challenging time. Families can contact Emily Lenzini directly to learn more and/or get started with services - 720-414-3488, emily.lenzini@tbh.com

Only a CNA?

Who are you to refer to us
As "Only" a CNA?

We're the ones who wash and dress
Our patients for the day.

We're the ones who take the time
To listen to them speak.

We listen about their lifetime
In a forty hour week.

We also give our hands to hold
When someone's feeling scared.

It's not easy being a patient;
You're never quite prepared.

We take the time to listen
By lending both our ears.

We listen to their worries
Or how they've spent their years.

Our arms were made to reach
And even wrap around.

To give our patients hugs
When they're feeling a little down.

We help our patients do the things
They used to do on their own.

Everybody needs some help,
Even when we're grown.

So who are you to refer to us
As "only" a CNA?

We do our best to meet their needs
Within our working day.

We chose to do this job;
The job did not choose us.

We sympathize and empathize;
Compassion is a must.

We try to keep them comfortable
And free of any fear.

We sit along beside them
When that time is near.

We hold their hand, stroke their hair,
Just making sure they know.

They're not alone, an aide is there.
It's okay for them to go.

To all the CNAs, keep your head held
high,

We're not "only" CNAs.

WE'RE ANGELS IN DISGUISE!!

Dawn Mazzola



Ode to a Healthcare Worker

They go to work everyday,
knowing this could be the day that you could
be exposed.

But you go to work anyway.

To something you never want to bring home
to your friends or family.

But still you go to work anyway.

Scared like everyone else

Some without the proper equipment.

To keep you safe but you go to work any-
way.

Most days you go in shorts with not enough
bodies to go around, but you go to work
anyway.

Well everyone else is locked away you still
go to work each day.

You could be exposed at the grocery store or
the gas station you say.

And you go to work anyway.

You are in close proximity to other people
where it could be easily picked up.

But you go to work anyway

You get defecated on sometimes literally by
patients or family members alike.

But you go to work anyway.

You know when you leave home when you
get there you'll be short-staffed.

With not enough of you to go around.

But you go to work anyway.

Someone could coughs in your face.

But you go to work anyways

Risking your life without even any danger
pay.

But you go to work anyway.

Now covid-19 is going around and you act
like it's any other day.

And you go to work anyway.

[wiseoursources1](https://www.wisecourses.com/quotes/1)



Benefits in Action is delivering food boxes to
those who are homebound and live in Denver
or Jefferson County. Visit www.biaction.org
or call 720-221-8354 to arrange delivery.



PERSONAL ASSISTANCE SERVICES OF COLORADO

9197 West 6th Avenue
Suite 1000
Lakewood, Colorado 80215

Phone: (303)233-3122
Fax: (303)233-1478
Email: info@pascohh.com



PASCO (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.



Yes 	When 	COVID 19		Where 	No 																				
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
Stay 6 ft. Away 	Wash Hands 	Hand Sanitizer 	Dispose Trash 	Don't Touch Face 	Don't Share Dishes 	Clean & Disinfect 																			
Shower/Bathe 	Laundry 	Stay Inside 	Talk to Doctor 	Transportation 	Wear Facemask 	Hospital 																			
PPE 	Swab 	Medicine 	Pen & Paper 	Question 	Get My Family 	I Don't Understand 	Evacuate 																		
I feel sick 	Fever 	Cough 	Tired/Fatigue 	Trouble Breathing 	Joint Pain 																				
Sore Throat 	Headache 	Chills 	Nausea 	Stuffy Nose 	Diarrhea 																				