



Below is a list of upcoming FREE community COVID testing sites.

**DATE:** Friday August 21  
**TESTING TIME:** 9:00am – 1:00pm  
**LOCATION:** Mental Health Center of Denver  
**ADDRESS:** 3401 Eudora St. Denver, CO 80207

**DATE:** Saturday August 22  
**TESTING TIME:** 9:00am – 1:00pm  
**LOCATION:** Montbello High School  
**ADDRESS:** 5000 Crown Blvd. Denver 80239

**DATE:** Thursday August 27  
**TESTING TIME:** 2:00pm – 6:00pm  
**LOCATION:** RTD Central Park and Ride  
**ADDRESS:** 8200 Smith Rd, Denver, CO 80207

**DATE:** Saturday August 29  
**TESTING TIME:** 10:00am – 2:00pm  
**LOCATION:** Mexican Consulate  
**ADDRESS:** 5350 Leetsdale Dr. Denver 80246

## INSIDE THIS ISSUE:

Therapeutic Horse	2
United Access	3
Various Resources	4
Benefits in Action	5
Various Resources	5
Various Resources	6
PC's for People	7

The Newsletter That Serves its Readers

Covid-19 Resources

# PASCO Picayune

#Everybodyin

VOLUME 24, ISSUE 2

SUMMER, 2020

## Celebrating the 30th Anniversary of the ADA

PASCO appreciates the importance of the Americans with Disabilities Act (ADA). This important civil rights law prohibits discrimination against individuals with disabilities in all aspects of public life, such as jobs, schools, transportation, and every public and private place that is open to the general public. The purpose of the law is to make sure that people with disabilities have the same rights and opportunities as everyone else. As our nation celebrates the 30th anniversary of this law, it can be valuable to reflect on how this idea garnered momentum.

There is no single person responsible for the passage of the ADA, but rather a collection of actions that helped propel this law to the forefront. As the civil rights movement of the 60s and 70s changed America, more voices were being heard establishing disability rights as basic human rights. Disability activist groups were formed across the country. One action initiated in Colorado were the remarkable efforts of the Gang of 19. The Gang of 19 (with assistance from PASCO founder Barry Rosenberg) demanded that people with disabilities have the same level of access to public transportation as able-bodied individuals. In July of 1978, 19 brave individuals Rolled their wheelchairs into a



Disability-Rights Activists Protest in Denver

busy public transportation intersection and laid down on the asphalt to amplify the reach of their message. These efforts, among others, culminated in the late 1980s into a bill to establish civil rights protections for people with disabilities.

Continued "ADA" Page 2

## Denver Food Delivery Program for People with Disabilities

The Denver Department of Public Health & Environment (DDPHE) is partnering with the Division of Disability Rights to identify adult Denver residents living with disabilities who may be eligible for a new program that will deliver food and food pantry items to households through December 31. The purpose of this is to have food distribution in the City and County of Denver during the COVID-19 pandemic disaster response. This program specifically focuses on adults with disabilities; children with disabilities are receiving food under a separate program.

The COVID-19 pandemic has led to widespread impacts on Denver's food security. Emergency food providers and pantries have seen anywhere from double to 10 times the demand of families accessing their services. Food insecurity has surged above the pre-crisis rate of 11 percent and is estimated at approximately a quarter of the city's population. Communities of color have been some of the hardest hit as a result of COVID-19, suffering disproportionate health impacts from both the virus and deepened poor access to healthy foods.

Please share this opportunity with your contacts and anyone in the community who may benefit from this program. Please note: **Denver residence is a requirement.**

**How to Apply:** Anyone interested should contact the Division of Disability Rights at [disabilityaccess@denvergov.org](mailto:disabilityaccess@denvergov.org).

**ASL Version:** <https://youtu.be/ISJIEzxKaKo>



## Americans with Disabilities Act

The Americans with Disabilities Act (ADA) was a bipartisan effort, passed in 1989 by the Senate but stalled in the House of Representatives. On March 12, 1990, disability activists arrived at the U.S. Capitol to rally support for the bill. To highlight the necessity of this bill, protesters rolled their wheelchairs to the bottom steps of the U.S. Capitol. With the help of personal assistants or by their own mobility, they sat or laid down on the steps and began to crawl. The images of inaccessibility were unforgettable. This action became known as the "The Capitol Crawl." It showed the world what the disability community already knew: this world was not equally accessible to every-



one. The House passed the bill a few months later, and President George H.W. Bush signed the Americans with Disabilities Act into law on July 26, 1990. We are a ranch in Elizabeth,



## Therapeutic Horsemanship Availability

Colorado and we work with individuals with disabilities and teach them how to partner with a horse. It is a unique outdoor activity that can have some of these benefits:

- improved balance
- improved core strength
- improved gross motor skills and walking
- improved motor planning
- Sensory stimulation - so many smells and sounds and feels.
- Improved proprioception
- and more!

Students will have a weekly session that is custom designed in partnership with parents, teachers and therapists to focus on achieving measurable goals. This all takes place on trail rides in the forest with natural and man-made sensory opportunities.

We also host classes at the National Western Complex through the Temple Grandin Equine Center if that is a better location for some families.

We are following COVID precautions as it relates to outdoor activities.

Our instructors are PATH (Professional Association of Therapeutic Horsemanship) Certified and we are insured.

<http://www.coloradoranchito.com/>

Colorado Ranchito LLC  
4107 Katie Drive Elizabeth, CO 80107  
(303) 646-6166  
jamilyna@msn.com



Since I have a heart for the caregiver too, I am providing one free hour equine experience for caregivers when they sign their child up for a session of therapeutic riding classes. This is a great opportunity for caregivers to experience a peaceful hour of working with the horse and enjoying the forest. They will come away refreshed!

I see you taking your kid to therapy while your friends take their kids to football or ballet.

I see you sneak out of the conversation when all your friends boast about achievements and exam notes.

I see you juggle events and meetings.

I see you sitting on the computer for hours investigating what your child needs.

I see you make a bad face when people complain about what looks like nonsense.

I see you disappear little by little but you keep going beyond for your family.

I see you pull strength from weakness with a force you didn't even dream you had.

I see you showing respect for teachers, therapists and medical professionals who help your child and help you.

Watching you wake up early in the morning to do it all again after another chaotic night.

I see you when you're on the edge of the precipice struggling to live.

I know you feel invisible, like no one notices.

But I want you to know that I see you.

I see you push forward always. I see you choose to do everything you can to give your child the best care at home, school, therapy and the doctors.

What you do matters. It's worth the struggle.

On those days when you wonder if you can make it one more minute, I want you to know I see you.

I want you to know that you are beautiful.

I want you to know it's worth it. I want you to know that you are not alone. I want you to know that love is the most important thing, and that you are the best at it.

And in those days when you see an improvement, those moments when hard work has its reward, and you can taste success, I'll see you then too.

And I'm proud of you.

Whatever day today...  
...you're doing it right.

And I see you.

By Alethea Mshar



## Ride, Roll, Run, or Recreate to Help Craig Hospital Patients: **PEDAL 4 POSSIBLE HAS GONE VIRTUAL!**

Saturday, September 19 - Saturday, September 26

Last year's Pedal 4 Possible raised more than \$200,000 for **Craig Hospital**! We need YOUR help to make an even bigger difference for individuals with [spinal cord](#) and [brain injuries](#)!

As a virtual participant, you will have an entire week to **complete an activity of your choice from your location**. Ride, roll, run, or recreate—there's no limit to what is possible!

Every dollar you raise through your Virtual Pedal 4 Possible (V-P4P) fundraising directly supports [Craig's Culture of Care programs](#) that are vital to our patients' rehabilitation.

We are excited to see what is possible with your support!

LEARN MORE ABOUT V-P4P

#P4P20

REGISTER TODAY!



Team PASCO



### The Power of Partnership

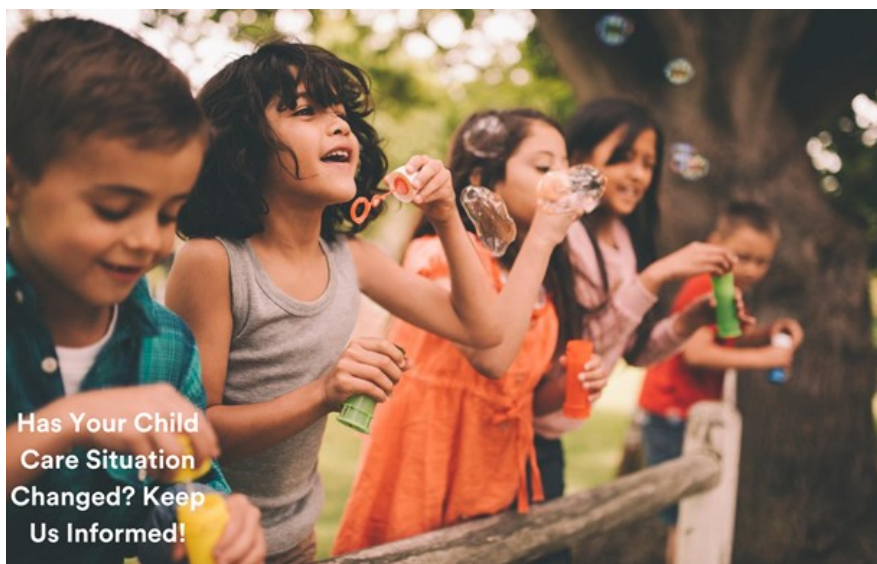
When you refer a friend or family member, you can earn up to **\$200** in cash or a donation after they make a purchase.

If Referral Purchases:	You Receive:
\$1 - \$500	\$25
\$501 - \$3,000	\$50
\$3,001 - \$10,000	\$100
\$10,001+	\$200

To submit a referral: [info@unitedaccess.com](mailto:info@unitedaccess.com) | 877-501-8267

To be eligible for the referral reward, you must:

- Be a current United Access customer
- Not be an employee of UA WAV, LLC
- Reside in the United States
- Be over the age of 18



Has Your Child  
Care Situation  
Changed? Keep  
Us Informed!

Participate in this one-minute survey to help providers, decision makers and community members understand the ongoing child care needs of families in Adams County.

Data will not be identifiable and your answers will remain anonymous. Responses will be collected on a regular basis to understand the constantly changing needs of families due to COVID-19.

Scan The QR code to take the survey or [Click Here!](#)



ADAMS COUNTY  
COVID-19 Response & Recovery





### In-Home Prosthetics Service

Agile Orthopedics provides in-home and on site prosthetic services to amputees in the Denver Metro area. In network with all insurance and accepts Medicare and Medicaid. Certified Prosthetists provide evaluations at no cost.

(720) 739-7266 [www.agileortho.com](http://www.agileortho.com)



## Ride Free Lafayette

The Ride Free Lafayette service is up and running! Make sure to let your employees and customers know that there is a new way to get around Lafayette and the best part is that it's free! Rides can be booked via phone, online, or through the *On Demand Transit: Rider App*, and Ride Free Lafayette will pick you up anywhere within the city! Hop on Ride Free Lafayette today and get to the places you visit most within Lafayette quickly and for free! Safety during COVID-19 is our top priority, which is why all Ride Free Lafayette buses are deep cleaned every day and high touch points are cleaned throughout the day. Riders and drivers are required to wear a non-surgical face mask and we are taking steps to ensure physical distancing can be maintained. Learn more and book your trip today by visiting [commutingsolutions.org/transit/ridefreelafayette](http://commutingsolutions.org/transit/ridefreelafayette).

This project is a wonderful example of collaboration in action! The service is provided by [Boulder County Transit Program](#), operated by [Via Mobility Services](#), marketed by [Commuting Solutions](#), and funded by the [Denver Regional Council of Governments Human Services Set Aside Fund](#)!



## REACH FOR Wellness SERIES

### How to Develop Healthy Internet Habits

COMMUNITY REACH CENTER

**AUGUST 27, 2020 — 3:30-5:00PM**  
Presented by: Benjamin Dungan

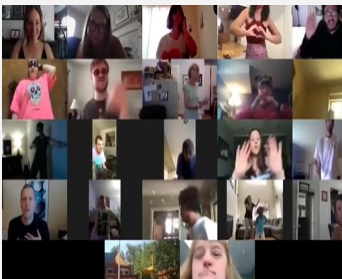
Learn to develop safe, healthy and balanced interaction with technology

### Wayfaring Band Dance Break

**Every Wednesday and Friday, 12:30 pm MT**

This is an easy 30(ish)-minute session that is fun for all ages and all bodies. Take a break from work, play, or whatever you're quaranstreaming to move and shake your body. Song requests accepted! Stick around after our dance party if you'd like to join a mini Happy Hour session hosted by team member Faith!

**Join on Zoom:** <https://us04web.zoom.us/j/3911712529?pwd=NEpCMmNwemNUSDIIV3dmYkRacHZwZz09>  
**Meeting ID:** 391-171-2529



I got your email and was inspired to share what we have been doing. I thought others might like it too. I found a web site that allows you to create your own cookbook. I will include it below. We have been typing up our favorite recipes and taking pictures of the outcome. I have not yet printed the book, but it has been fun to create. We try to do one recipe a day or every other day. We even have a craft section. It is hard to believe that we are already at 176 pages! (We do only one page per recipe since the pictures are fun too.) Just thought I would share. I am hoping this will be something my kids will use when they get older too:)

<https://createmycookbook.com/>

Andréa C.--PASCO







**COLORADO OFFICE OF  
EMPLOYMENT FIRST**  
Work Elevated

Are you a person with a disability between the ages of 14-26?

Are you looking for a job and / or working?

**Calling All Youth with Disabilities!**

Do you want to help lead Colorado's Employment First efforts?

**The Colorado Office of Employment First wants to hear from YOU!**

Please join one of our Youth Disability Employment Listening Sessions to share your voice and get involved!

**Thursday September 10, 2020 3-4 pm**

Register here: <https://ucdenver.zoom.us/j/9483212345>

**Thursday September 17, 2020 3-4 pm**

Register here: <https://ucdenver.zoom.us/j/9483212345>

**Thursday September 24, 2020 3-4 pm**

Register here: <https://ucdenver.zoom.us/j/9483212345>

For accommodation requests, please contact Layla Mauldin:  
[layla.mauldin@state.co.us](mailto:layla.mauldin@state.co.us)

**What's covered?**

- Up to two months of rent payments, not to exceed established fair market rent by HUD
- Payments are made directly to the landlord/property manager
- Mortgage assistance is not available through this program (contact your mortgage company for relief options or go to [AuroraGov.org/CommunityDevelopment](http://AuroraGov.org/CommunityDevelopment))

**City of Aurora Rental Assistance Program**

**UNABLE TO MAKE RENTAL PAYMENTS** because of financial hardships related to the COVID-19 pandemic?

**The city of Aurora may be able to help.**

The city of Aurora has heard from residents during the COVID-19 crisis that rental assistance is a key need, and is making funds available through the House Aurora Partnership and CARES Act funding from Arapahoe and Adams counties to help people stay in their homes.

**Who's eligible?**

- Household income is at or below 100% of Area Median Income (see chart below); financial verification is required
- The reason for requesting assistance is related to COVID-19 (for example, loss of income or employment due to COVID-19, or COVID-19 health-related expenses)
- Applicant does not receive other public housing support vouchers
- Applicant has a current lease in place in the city of Aurora

**How do I apply?**

Apply at [AuroraGov.org/RentAssist](http://AuroraGov.org/RentAssist). Please gather information about your income, rent, utilities and household members before applying.

Questions? [coa-rentassist@auroragov.org](mailto:coa-rentassist@auroragov.org)



Number of people in household	1	2	3	4	5	6	7	8
Area Median Income	\$70,000	\$80,000	\$90,000	\$100,000	\$108,000	\$116,000	\$124,000	\$132,000

# FREE/GRATIS DRIVE-THRU MARKET NIGHT

PRESENTED BY:  
PRESENTAD POR:



**PRODUCE BOXES TO ALL  
THORNTON RESIDENTS**  
**EVERY TUESDAY**  
**JULY - OCTOBER**

**CAJA DE VEGETALES A TODOS  
RESIDENTES DE THORNTON**  
**CADA MARTES**  
**JULIO A OCTUBRE**

**3PM - 6PM**  
**WHILE SUPPLIES LAST**  
**MIENTRAS DUREN LAS RESERVAS**

**THORNTON HIGH SCHOOL**  
**9351 WASHINGTON ST THORNTON, CO 80229**

PLEASE BRING ID AND PROOF OF  
YOUR THORNTON RESIDENCY  
POR FAVOR TRAIGA SU ID  
Y PRUEBA DE RESIDENCIA

**(303) 426 - 4408**

## Benefits in Action Creates New Programs to Serve Those Most Affected by the current pandemic.

Benefits in Action (BIA) is dedicated to increasing access, understanding, and utilization of health-related benefits. Volunteers serve throughout the organization, working with staff to provide the community with critical services.

During the Coronavirus quarantine, BIA has used innovation, technology, and creativity to implement effective social distancing guidelines—including remote work and the use of a no-contact food delivery method. In keeping with our mission to provide holistic services so that Coloradans can live healthier lives, **BIA has created two new programs to reach individuals are homebound due to the current pandemic.**

**The Food Delivery Program** delivers nutritious food to the homes of those in need throughout the Denver Metro Area. Each week, BIA delivers perishable and non-perishable items to more than 300 unique households. This program is possible thanks to partnerships with many other service providers. Volunteer drivers deliver food boxes to households and volunteer callers notify them that a delivery is on its way.

**Connectedness** serves those who are experiencing isolation and loneliness during this pandemic. Connectedness Volunteers call individuals weekly to check in with them and see how they are doing. Callers remind the clients that they are not alone and that someone is thinking of them. Our clients appreciate the contact and enjoy the chance to chat with a warm, caring, and friendly person.

We currently have a critical need for volunteers for both programs, as demand for these services has grown exponentially. If you would like to volunteer, please contact us at [volunteers@benefitsinaction.org](mailto:volunteers@benefitsinaction.org) or call 720-221-8354. If you know someone who needs our services, please reach out to us at [info@benefitsinaction.org](mailto:info@benefitsinaction.org) or by calling 720-221-8354. [www.benefitsinaction.org](http://www.benefitsinaction.org) **Volunteers Needed!**

**The Access-a-Ride Paratransit Advisory Committee (APAC) is currently accepting applications.**

**Purpose:**

A discussion-based group whose focus is on RTD's Access-a-Ride service. The Advisory Committee will seek to assist RTD to:

- Improve the quality and accessibility of Access-a-Ride services
- Advance the needs of those who require Access-a-Ride services
- Maximize services through effective planning
- Strengthen communication between RTD and organizations that advocate for the needs of Access-a-Ride customers
- Promote collaboration, transparency, and information sharing
- Provide a unique venue where everyone -from consumers to providers - can come together to discuss the issues facing those who rely on Access-a-Ride services
- Ensure meaningful and diverse community input, participation and involvement in RTD's para-transit related activities
- Work in concert with RTD's Advisory Committee for those Living with Disabilities as that committee works to make RTD's bus and train operations responsive to the needs of customers who are living with disabilities

**Who should apply:**

Interested, enthusiastic, team players who want to make their ideas and opinions heard and to share their desire to help improve ADA service by actively participating on the committee. All applicants will be kept on file for ongoing committee openings.

**Commitment:**

Attend meetings every other month on the second Tuesday from 10:00 am to 12:00 pm.

To learn more or apply, visit: <https://www.rtd-denver.com/services/accessibility/ada-committee>. For questions, contact Christina Dietz at 303-299-2960 ext. 1 or [christina.dietz@rtd-denver.com](mailto:christina.dietz@rtd-denver.com).

## Denver County students can get free school supplies from a number of local charities, non-profits, and even school districts..

There are school items for kids ranging from kindergarten to high school. Most charities in Denver provide free school supplies on a first come and served basis, so applications and registration should be done as early as possible.

### Salvation Army Family Services in Denver

Free school supplies, clothes, hygiene supplies and other basic needs are offered. This is but one of the number of social service and financial aid programs run by the charity. They also give out Christmas help, electronics, book bags, games, shoes, backpacks, and emergency food among other services.

### Catholic Charities of Denver

Location is 6240 Smith Rd Denver, CO 80216  
Call (303) 742-0828

Several services are offered. They include a free school supply event, low cost thrift store for clothes or basic needs (including educational or school items), and help for immigrants and the homeless.

### Assistance League of Denver

6265 E Evans Ave  
Denver, Colorado 80222  
(303) 322-1688

The assistance program is known as Operation School Bell. They partner with Denver and aurora schools as well as stores to provide clothes, shoes, backpacks, notebooks, calculators, and even free gift cards to students in need.

### Christ Lutheran Church

Location is 3460 Humboldt St  
Denver, Colorado 80205  
Phone: (303) 901-8789

They only support low income families in the immediate area of the church. One back to school drive is held each year.

### Clothes To Kids of Denver, Inc.

Location of clothing bank is 2890 S Colorado Blvd  
Denver, Colorado 80222  
Main number is (720) 379-4630

Uniforms, socks, belts, sneakers, and more is offered. Some of the clothing type goods can include backpacks or other school supplies that are worn.

### Denver Public Schools – Foundation and the United Way

A number of local schools in the county hold their own free school supply drives as well as giveaway events. They are specific to the kids and students from the district. A DPS foundation helps organize them. **For information, call 211 and get referrals.**

### Mile High United Way - Supplies for Success Event, Call 303-561-2205.

This is a school supply assistance program for Denver County residents with children, whether married or single moms or single dads.

### Urban League Young Professionals of Metro Denver

is at Address: 700 East 24th Ave., Suite 8, Denver, Colorado 80205. Once a year they give free food, snacks, and free school supplies based on donations.

### Kenzi's Causes

501 S Cherry St Suite 1100  
Denver, CO 80246  
(720) 330-2804

A number of events and assistance programs for teenagers, students and kids. Hygiene supplies, Christmas toys, school supplies, books, educational material and more free stuff may be passed out.

### Integrated Family Community Services

Location is 3370 S Irving St  
Englewood, Colorado 80110  
Main number is (303) 789-0501  
Programs include a food bank, soup kitchen, and school supply event.



## Upcoming Webinar: Back to School with IN!

Things look a little different this school year in light of COVID-19, but students are still in college and we're still raising awareness! Join us for this webinar to hear more about:

- How our school partners and their students are adapting to COVID-19 changes
- Projects IN! has underway to support teachers in raising awareness about college for students with intellectual disabilities
- Steps students with disabilities can take this year to prepare for college
- Updates on inclusive higher education programs in Colorado (CTP designation, financial aid, Comprehensive Higher Education Certificate)
- Resources for parents of students with intellectual disabilities currently in college or thinking about college
- Answers to your questions about having a disability and going to college

**When:** August 26th, 3-4:00pm

**Where:** Virtually via Zoom

**Who:** Teachers, disability professionals, prospective students with intellectual and developmental disabilities, parents, etc.

**Presenter:** Shelby Bates, IN! Education and Outreach Program Coordinator

**RSVP Today!**





## SEPTEMBER SUMMITS

Wednesday, Sept. 2, 5:30 - 8 p.m. MST

### Akaya Windwood: "Exploring the State of the Possible"

How can we contribute to healing the ills of our community and society if we are not taking care of ourselves? Akaya Windwood is internationally recognized for elevating the effectiveness of leadership and collaboration in the nonprofit and social benefit sectors. Her vision for our global community includes infusing a sense of purpose, delight and wonder into everything we do. She will be offering her perspective on patriarchy, hierarchy, race, the future of the planet, climate change, being a woman and where to source our wisdom. **Register [here](#) for this event.**

Monday, Sept. 14, 5:30 - 8 p.m. MST

### Young Leaders Rising: A Panel of Young People Making a Difference in Colorado

Emerging leaders in Colorado will share their experiences. We will discuss COVID-19 and the movement for racial equity and justice that have brought a new energy to building a better society. The visionaries behind the movement will discuss current realities and future opportunities. **Register [here](#) for this event.**

Monday, Sept. 28, 5:30 - 8 p.m. MST

### Young Leaders Rising: A Conversation with Amanda Gorman

Amanda Gorman is founder and executive director of One Pen One Page, which promotes literacy through free creative writing programming for underserved youth. Amanda made history in 2017 by being named the first-ever National Youth Poet Laureate in the United States. Amanda uses pen and paper to give voice to social change. In this session, Amanda will share her journey, work and vision for reforming systemic racism, and using the power of language to start social movements, energize revolutions and bring about widespread change. **Register [here](#) for this event.**

## STAY TUNED FOR MORE SPEAKERS AND DATES IN THE FALL!

Bookmark this [website](#) and check back in the future, or [sign up here](#) to be notified by email. For more information on the Health Equity Advocacy Summit Series, please contact [Kevin Fong](#).

*This series is sponsored by The Colorado Trust and the Colorado Health Foundation.*

## Save the Date ROC TURNS 7

VIRTUAL OPEN HOUSE  
FACEBOOK LIVE  
WEDNESDAY 8/26 4-6PM MT



Realm of Caring wants to celebrate with you!

We're delighted that August marks 7seven years since we began this journey with you. With COVID, we're hosting a live, virtual open house and we hope you'll join us.

Wednesday, August 26th from 4-6pm MT via [Facebook Live](#).

## SECURE RESPONSIBLE E-WASTE RECYCLING



PCs for People leads the nation in IT asset disposition, offering secure data destruction and recycling services



NAID AAA-Certified  
Data Sanitization



R2-Certified  
Sustainable Recycling



Free Pickup and Nationwide  
Shipping Logistics



Community Impact

Drop off recycling services  
available for individual donors



[recycle@pcsforpeople.org](mailto:recycle@pcsforpeople.org) | [pcsforpeople.org](http://pcsforpeople.org)

## ACCEPTED ELECTRONIC WASTE

PCs for People accepts nearly all electronic waste. Some items require a small recycling fee.

### SAMPLE ITEMS

Laptops  
Tablets  
Desktop PCs  
Monitors  
Cables & Accessories  
Circuit Boards/Cards  
Network Devices  
Cell Phones  
Tablets  
Cameras  
Fax Machines  
Video & Audio Equipment  
PBX Systems  
Projection Equipment

Servers  
Server Racks  
Storage Arrays  
Power Distribution Units  
Routers and Switches  
Switchgear  
Panelboard  
Mainframe Equipment

### ITEMS WITH FEES

Large Format Printers, Copiers,  
& Smart Boards (\$.25/lb)  
CRT (\$.55 lb)  
TVs (\$.55 lb)

Recycling Inquiries  
[recycle@pcsforpeople.org](mailto:recycle@pcsforpeople.org)

Over 1,000 companies nationwide  
continue to use PCs for People's secure  
IT Asset Disposition services.



Gillette Children's  
Specialty Healthcare



Mortenson  
Construction



THRIVENT  
FINANCIAL



DOMINIUM

## 2019 COMMUNITY IMPACT

By trusting PCs for People with your IT Asset Disposition needs, you are providing our community equitable access to technology - vital tools for full participation in today's society.



115,500  
Individuals Served



22,633  
Computers Distributed



29,514  
Connected to Internet



1.8 Million  
Pounds of E-Waste Recycled



[recycle@pcsforpeople.org](mailto:recycle@pcsforpeople.org) | [pcsforpeople.org](http://pcsforpeople.org)



PERSONAL ASSISTANCE SERVICES OF COLORADO

9197 West 6th Avenue  
Suite 1000  
Lakewood, Colorado 80215

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

## Participants Needed for Interviews about Sleep

If you have had recent **sleep troubles**, you may be eligible to participate in a study

### Community Interviews on Sleep

We are doing telephone interviews with people who have had sleep problems in the past year.

The purpose of this study is to increase understanding of sleep habits and issues, and possible barriers to diagnosing and treating sleep disorders in our community.

#### Do you know anyone with these signs?

- Their snoring is louder than talking
- They quit breathing during sleep
- They frequently feel tired or fatigued after sleep
- They have nodded off while driving a vehicle

#### Participants will receive:

- A gift card
- Information and resources about healthy sleep

#### What you have to do:

- Answer **two brief surveys** about sleep
- Complete an **interview** over the phone, lasting approximately 30-45 minutes

#### Are you eligible?

- At least 18 years old
- Have had sleep issues in the past year
- Have **NOT** been diagnosed with a sleep disorder



Call or email a member of  
the study team:

Tristen Hall  
Research Assistant  
[Tristen.Hall@CUAnschutz.edu](mailto:Tristen.Hall@CUAnschutz.edu)  
303-724-8009



University of Colorado

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)

**P**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.



**Guided By Humanity (GBH)** now has a home in Downtown Englewood! GBH will offer free to low cost yoga classes to include: All Abilities, Adaptive and inclusive offerings. Class schedule for the month of August will continue to offer virtual and very limited in-person offerings beginning as early as August 7th.

Make sure to **SAVE THE DATE** on Sept. 19th for the Grand Opening!

For more information follow Guided By Humanity on Instagram and Facebook to keep up with this up and coming mindful non-profit!

