

Brad Lomax was a member of the Black Panther Party and a Disability Rights Activist. Living with multiple sclerosis, Brad recognized a need for disability justice in his community. He founded the Center for Independent Living in East Oakland which provided support and counseling to African Americans with disabilities.

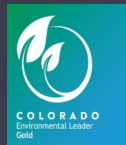
He helped organize the historic 504 sit-ins that prompted the government to implement Section 504 of the Rehabilitation Act.



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The Newsletter That Serves its Readers



# PASCO Picayune



#Everybodyin

VOLUME 29, ISSUE 1

WINTER, 2021

## Home Builders Foundation: Blitz Build 2021

Each year the [Home Builders Foundation](#) gathers builders, contractors, remodelers, trades and volunteers to execute Blitz Build. In this incredible 3-day event, held throughout metro Denver, Blitz Build mobilizes more than 200 volunteers. Crews spend the weekend completing ramps for individuals who need access to their homes. HBF is busy getting ready for Blitz Build, sponsored by [Fiberon](#), June 10-12, 2021.

In 2020, HBF celebrated the 10th anniversary of Blitz Build. With the help of more than 100 volunteers and supporters, crews built 15 ramps, serving 12 different clients. To learn more about the weekend's success and to see the news coverage provided, check out our [blog post](#) featuring the life-changing event.

Applications for Blitz Build crews and recipients will be available in early spring 2021. For the most up-to-date information on application dates follow us on [Facebook](#)!



## CCDC'S (Colorado Cross Disability Coalition) (NEW) TRAINING PROGRAM

Many of you have asked when our advocacy training will begin again. Well, we are officially launching the new (and improved) advocacy training program. The Coronavirus has changed and will continue to change our world. More people are developing disabilities due to the "Long-hauler" consequences of this virus, which means more people are advocating for themselves and their loved ones. To meet this need, we created a three-tiered training program:

**Tier One: Basic Advocacy Skills Course**  
**Tier Two: Topic-Specific Workshops**  
**Tier Three: Custom Designed Workshops (fee-based)**

Continued "CCDC" Page 2

**A tool to help you track down COVID-19 vaccine appointment openings at Colorado pharmacies. Updated every minute.**

### PASCO March Events

- **Mar 4<sup>th</sup> 3PM – 4PM** Community Support Group Part 1 - [Guided by Humanity](#)
- **Mar 11<sup>th</sup> 3PM – 4PM** Community Support Group Part 2 - [Guided by Humanity](#)
- **Mar 10<sup>th</sup> 10AM - 11AM** Special Needs Trust – [Steve Owens](#)
- **Mar 18<sup>th</sup> 3PM – 4PM** Community Support Group Part 3 - [Guided by Humanity](#)
- **Mar 25<sup>th</sup> 3PM – 4PM** Community Support Group Part 4 - [Guided by Humanity](#)

Email [robyn.kaplan@pascohh.com](mailto:robyn.kaplan@pascohh.com) for more information

## “CCDC” Page 1

### Tier one Training: Basic Advocacy Skills Course

- Open to all members of CCDC at **no charge** (Yep – **Free!**)
- Thursdays from 9 am-Noon for 3 hours
- Weekly sessions from March 4th to April 1st
- Registration is open for this session. [Click here to register](#)
- Some fieldwork/self-study is expected (1 – 2 hours per week)
- Perfect for anyone looking to learn more about:
  - *Advocacy and Activism*
  - *The History of the Disability Civil Rights Movement*
  - *Building Strength in Numbers*
  - *Defining Disability and Embracing Disability Pride*
  - *Advocacy Skills to Make Your Case*
  - *Disability Rights Laws and Impact*
  - *Legislation and Civics 101*

**WHO:** This tier is intended for individuals, families, and caregivers with a disability or a family member with a disability. This tier should not be considered for professional development.

**WHAT:** Specialized content designed to meet the needs of new advocates AND updated information relevant to our changing society. Q & A sessions with people who have lived experience in the disability advocacy field. Virtual instructor-led sessions to keep you safe from Covid-19 and still provide the benefits of classroom interactions.

**WHERE:** Virtual sessions via Zoom with additional content provided on Canvas. Register for the zoom sessions [here](#). Once your registration is approved, you will be given access to Canvas for the additional content.

**WHEN:** One three-hour session per week for five weeks, March 4th through April 1st, 9 am-Noon.

**HOW:** It is absolutely **FREE** to all CCDC Members, so all you have to do is [register](#).

**A little bit more:** If you need translation services or an ASL interpreter, it can be provided. Auto-generated captions are always available. Contact Ange at [anevin@ccdconline.org](mailto:anevin@ccdconline.org) for accommodation requests.

## CCDC'S (NEW) TRAINING PROGRAM

### Tier Two: Topic-Specific Workshops

- Workshops offering a deep-dive into specific topics
- Single topic workshops to allow in-depth study
- Taught by subject matter experts working in their fields
- Open to all members of CCDC at no charge (Yep – Free!)
- Designed for individuals, families, and caregivers with a disability or a family member with a disability (This course should not be considered as professional development)
- Beginning in April (dates TBD)
- Six hours of training divided into two three-hour days
- Workshops will discuss the structure and specifics of each topic and offer suggestions on how best to affect change through advocacy
- Topics being considered:
  - Fair Housing and Housing Access
  - Medicaid Structure, Waivers, and Eligibility
  - Benefit Appeals
  - Transportation Options for People with Disabilities
  - Governmental Structure and Your Role In Change
  - The ADA and Reasonable Accommodation
  - Employment Laws, Benefits, and Accommodations (for employees)
  - Other timely and critical topics
  - We will consider your topic suggestions as well

### Tier Three: Custom Designed (fee-based) Workshops

*This is the first time CCDC is making custom workshops a part of our overall training program!*

*CCDC has begun offering customized training for businesses and organizations. This past year our [Disability Cultural Competency Training for Physicians and Other Medical Professionals](#) received CME accreditation to offer 1.5 credits to all participants. We also created an *Introduction to Disability for Case Managers for one of the Colorado state agencies.**

As a business or agency, you most likely are finding an ever-growing population of employees, clients, and personnel with disabilities. Here is the opportunity to have a custom-designed training program built to meet your group or organization's professional needs.

And who better to create your training program than the organization run primarily by people with disabilities?

We offer options such as asynchronous, instructor-led, or train-the-trainer programs. If you are interested in discussing options for your organization, contact **Angela Nevin, CCDC Director of Training**, at [anevin@ccdconline.org](mailto:anevin@ccdconline.org).

Together we can create the perfect training program within your budget to meet your needs.

Colorado Cross-Disability Coalition •  
303.839.1775 • 1385 S. Colorado Blvd, #610A, Denver, CO 80222 [www.ccdconline.org](http://www.ccdconline.org)

## EXPLORYST

My son has mobility difficulties and finding recreational things to do in Colorado, without completing a huge amount of research, felt nearly impossible. Because of this frustration, I recently launched [Exploryst.com](http://Exploryst.com), a self-serve travel website that caters to the needs of individuals with mobility difficulties, their families, and their caregivers where the research needed has already been completed. This allows everyone to search for and filter things to do where the physicality of a location and/or activity can be personalized to their specific needs.

### The Facts

- People with disabilities spend \$34.6 Billion annually on recreational travel expenses.
- People with disabilities are the largest minority group in the world - 20% of the population.
- People with all levels of mobility difficulties account for 19 million people in the US, which is approximately 10% of the population, that's half a million (just in Denver) whose needs are not being considered. This is a population that is not being addressed by the tourism industry.

I would also like to get some early feedback to learn if this self-serve solution resonates with our intended user base. Please feel free to contact me if you have any questions or know a business that would like to be listed on [Exploryst.com](http://Exploryst.com).



COLORADO  
CROSS-DISABILITY  
COALITION

**ability specialists inc.**  
creating social change through connection

**February 2021**

**Ability Specialists Inc. Virtual Programs**  
The Ability Specialists Inc. Virtual Programs will be available **Monday – Friday**, start times ranging from 10am – 6pm. Throughout the day you will participate in a variety of interactive Zoom programs. Topics like Comics and Superheroes, Social Hours, Money Masters, Yoga, and many more. All virtual program links will be sent daily via text and email.

\* Program topics may change due to attendance.  
\* For schedule information, please contact [schedule@abilityspecialists.com](mailto:schedule@abilityspecialists.com)  
\* For technology assistance, please contact the office at (303) 690-5203

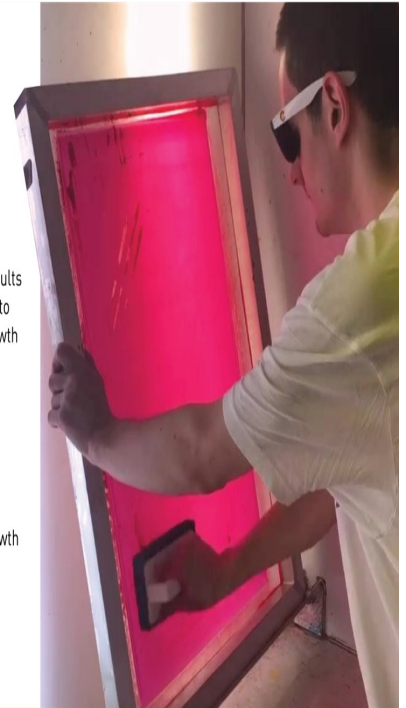
Monday	Tuesday	Wednesday	Thursday	Friday
<p>15. Good Morning Ability 11am – YearAbility Yoga 12pm – Grub Club 1pm – Awesome Animals 2pm – Rick's Florida Adventures 3pm – Mythical Creatures 4pm – Monday Evening Social Club 5pm – Anime Club 6pm – Harry Potter Read Along</p>	<p>16. Good Morning Ability 11am – Comics and Superheroes 12pm – Grub Club 1pm – Learning to Draw 2pm – Dodge Chousers 3pm – Movie Trivia 4pm – Tuesday Evening Social Club 5pm – Special Olympics Power Hour 6pm – Zippy Zumba</p>	<p>17. Good Morning Ability 11am – Science Experiment 12pm – Grub Club 1pm – Sports Talk 2pm – Stoner Social 3pm – Natural Disasters 4pm – Wednesday Evening Social Club 5pm – Cooking Class 6pm – Video Gamers Unite</p>	<p>18. Good Morning Ability 11am – Money Masters 12pm – Grub Club 1pm – Wonders of the World 2pm – Career Q &amp; A 3pm – Virtual Vacations 4pm – Thursday Evening Social Club 5pm – Spanish Language Basics 6pm – Movie &amp; Growl!</p>	<p>19. Good Morning Ability 11am – American Sign Language 12pm – Grub Club 1pm – Fun Fit 2pm – Sweetheart Dance Party! 3pm – Celebrity News and Gossip 4pm – Friday Evening Social Club 5pm – Drones! 6pm – Magical Movie Night</p>
<p>22. Good Morning Ability 11am – YearAbility Yoga 12pm – Grub Club 1pm – Awesome Animals 2pm – Rick's Florida Adventures 3pm – Mythical Creatures 4pm – Monday Evening Social Club 5pm – Anime Club 6pm – Harry Potter Read Along</p>	<p>23. Good Morning Ability 11am – Comics and Superheroes 12pm – Grub Club 1pm – Learning to Draw 2pm – Dodge Chousers 3pm – Movie Trivia 4pm – Tuesday Evening Social Club 5pm – Special Olympics Power Hour 6pm – Zippy Zumba</p>	<p>24. Good Morning Ability 11am – Science Experiment 12pm – Grub Club 1pm – Sports Talk 2pm – Stoner Social 3pm – Natural Disasters 4pm – Wednesday Evening Social Club 5pm – Cooking Class 6pm – Video Gamers Unite</p>	<p>25. Good Morning Ability 11am – Money Masters 12pm – Grub Club 1pm – Wonders of the World 2pm – Career Q &amp; A 3pm – Virtual Vacations 4pm – Thursday Evening Social Club 5pm – Spanish Language Basics 6pm – Movie &amp; Growl!</p>	<p>26. Good Morning Ability 11am – American Sign Language 12pm – Grub Club 1pm – Fun Fit 2pm – Sweetheart Dance Party! 3pm – Celebrity News and Gossip 4pm – Friday Evening Social Club 5pm – Drones! 6pm – Magical Movie Night</p>



Treeline Pass is committed to empowering adults with autism and developmental disabilities to cultivate lives rooted in purpose, joy, and growth in an inclusive community environment.

### WHAT SETS US APART:

- A New Standard for Adult Services
- Culture of High Expectations & Limitless Growth
- Highly-Trained Staff
- Nurturing, One-of-a-Kind Community Environment



Visit [treelinepass.org](http://treelinepass.org) to learn how your tax-deductible donation empowers adults with autism and developmental disabilities

# PATHWAYS TO INCLUSIVE HIGHER EDUCATION

**Aurora Public Schools Nutrition Services**

**FREE MEALS FOR INDIVIDUALS 18 AND YOUNGER**

**47 DRIVE THRU LOCATIONS!**  
**ONE STOP FOR THE ENTIRE FAMILY AT ANY LOCATION!**

It is still critical for every APS family to complete a free and reduced lunch application. These applications support our meal program and help determine additional school funding.

**HOT AND COLD GRAB & GO MEAL LOCATIONS**  
**MONDAY – FRIDAY | 10:45-11:30 AM**

<ul style="list-style-type: none"> <li>- Academy of Advanced Learning (Main Campus)</li> <li>- Altura</li> <li>- Arkansas</li> <li>- Aurora Central</li> <li>- Aurora Hills</li> <li>- Aurora Frontier</li> <li>- Aurora West College Prep</li> <li>- Boston</li> <li>- Century</li> <li>- Clyde Miller</li> <li>- Columbia</li> </ul>	<ul style="list-style-type: none"> <li>- Crawford</li> <li>- Dartmouth</li> <li>- East</li> <li>- Elkhart</li> <li>- Fulton</li> <li>- Gateway</li> <li>- Global Village Academy (West Campus)</li> <li>- Hinkley</li> <li>- Iowa</li> <li>- Jamaica</li> <li>- Jewell</li> </ul>	<ul style="list-style-type: none"> <li>- Kenton</li> <li>- Laredo</li> <li>- Lansing</li> <li>- Mrachek</li> <li>- Montview</li> <li>- Mosley</li> <li>- Murphy Creek</li> <li>- North</li> <li>- Paris</li> <li>- Park Lane</li> <li>- Rocky Mountain Prep</li> <li>- Sable</li> </ul>	<ul style="list-style-type: none"> <li>- Side Creek</li> <li>- Sixth Avenue</li> <li>- South</li> <li>- Tollgate</li> <li>- Vassar</li> <li>- Vanguard East</li> <li>- Vanguard West</li> <li>- Vaughn</li> <li>- Virginia Court</li> <li>- Vista PEAK Prep</li> <li>- Wheeling</li> <li>- Yale</li> </ul>
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**HIGH SCHOOL EVENING GRAB & GO MEAL LOCATIONS**  
**MONDAY – FRIDAY | 4:15-5:00 PM**

Aurora Central | Gateway | Hinkley | Rangeview | Vista PEAK Prep

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**

## Rhythmic Roots Music Services, LLC

### Online Services Provided:

- Adapted Lessons
- Music Therapy
- Music Groups
- Notation Services



Services are provided for ages 3+

Each session is individualized based on the clients' strengths, needs, and preferences!

Email [bonnie@rhythmicrootsmusictherapy.org](mailto:bonnie@rhythmicrootsmusictherapy.org) to schedule a free 30-min. consultation.

### Possible Goal Areas Music Therapy Can Address:

Social, Emotional, Communication, Sensory, Cognitive, and Motor Goals

### Schedule Availability

**Monday-Friday**  
**9am-6pm**

### Lessons can be provided on one or more instruments:

- Percussion
- Voice
- Guitar
- Ukulele
- Piano



Are you a parent of a child on the autism spectrum?

### Participate in RESEARCH



Does your child receive speech-language therapy and behavioral therapy/ABA therapy?



[https://msudenver.qualtrics.com/jfe/form/SV\\_d0fNsf3eMFbCtC](https://msudenver.qualtrics.com/jfe/form/SV_d0fNsf3eMFbCtC)

You will receive a book or a toy worth \$40 for participation in the survey and interview.

- Lavender was found to calm dressage horses.
- Humans hesitate to switch off a robot who begs them not to.
- Korean researchers investigated the cognitive effects of pet bugs on the elderly and warned against pointlessly delaying bedtime.
- European eels retain magnetic memories of their juvenile estuaries' tidal currents.

# cubby

Have you heard about Cubby Beds? They're a Colorado company that makes smart beds for kids with special needs. Designed to improve anxiety, sleep, and safety, they feature a friendly design and the latest sensory and monitoring technology. Best of all, many families have gotten them fully covered by Medicaid, Insurance, and Waivers. Learn more at [CubbyBeds.com](https://CubbyBeds.com)



**THE INITIATIVE**  
ABUSE-FREE CULTURE FOR ALL

**Get In Touch**  
Text: (720) 503-9580  
Call: (303) 839-5510  
Email: [info@TheInitiativeCo.org](mailto:info@TheInitiativeCo.org)  
[www.TheInitiativeColorado.org](http://www.TheInitiativeColorado.org)  
@TheInitiative\_Colorado

**Advocacy for People Experiencing Abuse**  
Specializing in Survivors with Disabilities

### What We Do

All services are **free and confidential**, and do not require documentation of abuse, disability, or citizenship. Disability accommodation requests are welcome.

- Safety**: Domestic Violence Information, Victim's Rights Act, Victim Compensation Assistance, Safety Planning, Relocation to Safety, Resource Navigation, Address Confidentiality Program, Court Accompaniment, and more!
- Self Sufficiency**
- Civil/Criminal Justice System Support**
- Healing and Recovery**

### Who We Serve

**All Types of Abuse:**  
Domestic Violence, Family Violence, Sexual Assault, Human Trafficking, Stalking, Financial, Caregiver, and Elder Abuse

**All Disabilities:**  
Physical, Mental Health, Sensory, Cognitive, Health Related, and Developmental

#### All Genders and Sexualities:

LGBTQ+ Advocacy

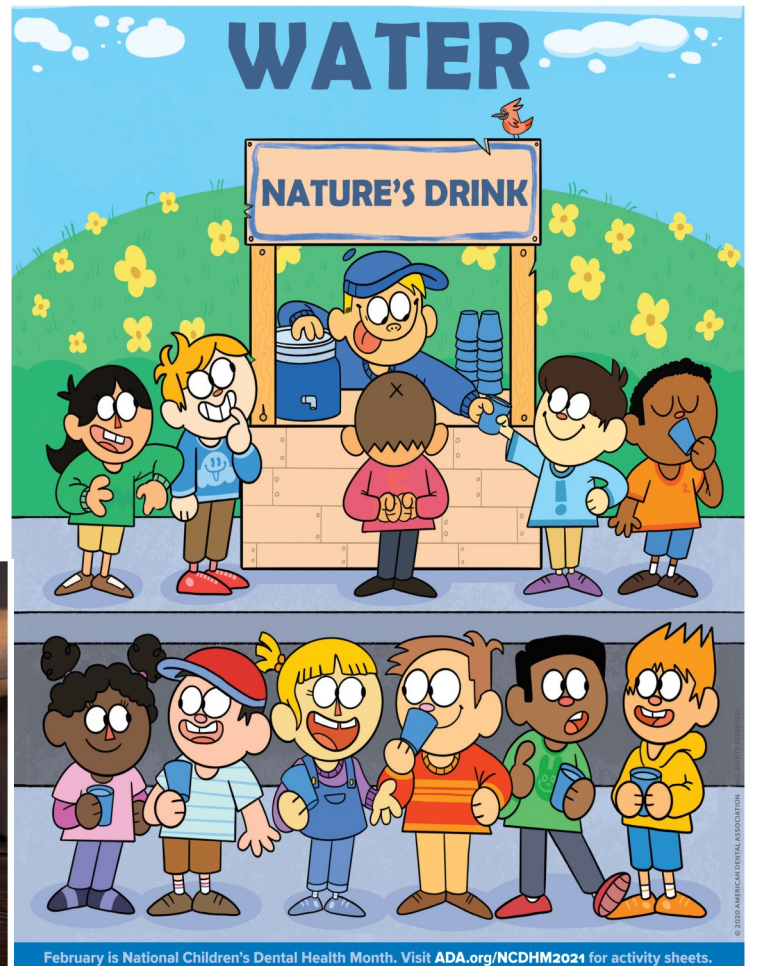
Gender Inclusive Advocacy

#### All Languages and Citizenship:

Bilingual/Bicultural Spanish Advocacy and access to confidential interpreters

#### All of Colorado:

Rural Advocacy



February is National Children's Dental Health Month. Visit [ADA.org/NCDHM2021](https://ADA.org/NCDHM2021) for activity sheets.

#### HEALTHY SMILE TIPS

- Brush your teeth twice a day with a fluoride toothpaste.
- Clean between your teeth daily.
- Eat a healthy diet that limits sugary beverages and snacks.
- See your dentist regularly for prevention and treatment of oral disease.

#### SPONSORS



## Colorado Medical Exemption Program (CMEP)

### What Is CMEP?

The Colorado Medical Exemption Program (CMEP) is a special energy assistance program offered by [Xcel Energy](#) and [Black Hills Energy](#) and overseen by the Chronic Care Collaborative. The program provides lower electric rates to customers who meet specific medical qualifications.

### Who Can Participate?

Xcel Energy or Black Hills Energy customers may be eligible for CMEP if they meet the following requirements:

Have medical conditions that require higher electric use during the summer and/or use life support equipment in their homes. (Some examples include: home dialysis, oxygen and CPAP machines, and electric wheelchairs.)

Meeting the household income eligibility. **For Xcel customers** – household income of must be less than 400% of federal poverty guidelines. **For Black Hills customers** – must provide proof of income and household income must be less than 250% of federal poverty guidelines.

Complete and return the program application. **For Xcel customers only the deadline is May 1, 2021. There is no deadline for Black Hills Energy customers.**

Energy usage: **For Xcel customers** – use a high level of electricity during June-September of more than 606 KWH of power each month. **For Black Hills customers**, the eligibility is above 780 kWh usage.

*Note: Customers must meet all qualifiers to be approved for the program.*

For additional information on how CMEP works or program eligibility, please view the [Black Hills Energy](#) website, [Xcel Energy](#) website, or [Xcel's program fact sheet](#).

### Federal Poverty Guidelines (400% of poverty)

Household size	Income limit
1	\$51,520
2	\$69,680
3	\$87,840
4	\$106,000
5	\$124,160
6	\$141,520
7	\$160,480
8	\$178,400

### Federal Poverty Guidelines (250% of poverty)

Household size	Income limit
1	\$32,200
2	\$43,550
3	\$54,900
4	\$66,050
5	\$77,600
6	\$88,950
7	\$100,300
8	\$111,500

CMEP Household Income Limits for 2021  
for Xcel Energy customers = 400% FPL

CMEP Household Income Limits for Black  
Hills Energy Customers = 250% FPL

### How to Apply:

Complete and sign the program application for [Xcel Energy](#) or [Black Hills Energy](#).

*Note: Page 2 of the application must be signed and completed by your health care provider.*

Mail or fax your completed application to:

Colorado Medical Exemption Program  
P.O. Box 461657  
Aurora CO 80015-9998

### Questions?

Contact Sabrina Padilla  
Phone: 303-993-5056  
Fax: 303-955-7538

[sabrina.padilla@ccc-co.org](mailto:sabrina.padilla@ccc-co.org)

For more information, click here for CMEP [frequently asked questions](#).

## Raising Resilient Children in The Era of Covid-19

Thursday, March 18, 2021  
1:00 pm - 2:00 pm

Presented by [Denver's Advocacy Center](#)

At birth, the brain of the child is underdeveloped. It develops very rapidly during the first 5 years of life. At the same time, a child's early brain development is profoundly influenced by his or her experiences. Adverse childhood experiences such as abuse, neglect, or exposure to violence may hinder a child's healthy developmental trajectory. These in turn, have significant consequences in the child's ability to think, feel, and behave. Also, the brain's extreme flexibility and plasticity allows for new reparatory and positive experiences. Teaching children resiliency skills and tools is vital to counteract the negative effects that a child has previously endured. While experiencing a pandemic and the unknowns associated with COVID-19, it is important to increase a child's ability to manage unpredictability and inconsistency through positive interactions and strength based coping skills.

Zoom Link will be provided one week prior to the training.

[Register Now](#)

Disabled,  
Impacted by a disaster,  
& Need help?



**The Partnership's**

**Disability & Disaster Hotline**

**(800) 626-4959 or**

**[info@disasterstrategies.org](mailto:info@disasterstrategies.org)**

#DisabLedDisasterRelief





- Fossilized clams in Florida were found to contain microtektites from an ancient meteor, and were then buried beneath a housing development.
- Biologists who counted the warts on the heads of octopuses in the Pacific found more warts on those who live in deeper water.
- Peruvian fishing nets illuminated with LEDs were entangling fewer cormorants.

My name is Aziza and I am one of the PASCO providers. My partner is an up and coming hip hop artist here in Denver. We are both blind, and I travel with a guide dog. Due to the frustrations that the public can sometimes present to people and their service dogs, my partner, wrote lyrics and we had a friend record a parody of [Meghan Trainor's song—No](#)

- from a service dog's perspective. Our goal is to spread awareness of the difficulties people distracting our dogs pose in public. We want to show as diverse of a group as possible, illustrating how disabilities and service dogs come in various shapes and sizes and can be anywhere, and are asking for pictures or clips of individuals working with their dogs. We'd love to have you involved in our project, so if you're interested, please send your submission to:

[daydreamingncol-or@gmail.com](mailto:daydreamingncol-or@gmail.com)

Please include the following information along with your picture or clip:

- 1: Your name
- 2: Your dog's name
- 3: Your location, city/state
- 4: Type of Service Dog and breed
- 5: Program where you got your dog, or if it was owner trained
- 6: A brief description of what is being shown

## Simple Steps to Support Your Immune System

By Meghan Perkins, RD

COVID-19 will be part of our lives for some time, but we're not powerless against the coronavirus that causes the disease. You can take an active role in maintaining your health by supporting your immune system. And eating healthy foods is a great place to start.

A well-balanced, nutritious diet is essential to supporting your immune system and overall health. A diet filled with vegetables, fruits, whole grains, healthy fats, and lean proteins can protect you from viruses, seasonal illnesses, and other health problems, and help you heal and recover from illness.

Many foods contain vitamins, minerals, and other nutrients that may improve your health and support your immune system, but there is no single food or supplement that can provide all of those benefits. Eating a variety of healthy foods regularly is essential.



**Project  
Angel Heart**  
a meal with heart gives hope

Vegetables and fruits tend to have the most health-boosting nutrients, so try to eat 3 to 5 cups of vegetables and fruits each day. Here are a few foods that are especially helpful to your immune system:

**Vitamin and mineral-rich foods:** oranges, grapefruit, bell peppers, sweet potatoes, carrots, broccoli, spinach, tomatoes, and whole grains (brown rice, barley, whole wheat breads/pastas)

**Proteins:** seafood and fish, eggs, poultry, lean meat, beans, peas, and soy

**Healthy fats:** nuts and seeds like sunflower seeds, almonds, hazelnuts, peanut/almond butter, and oils like sunflower, olive, avocado, and safflower

Want to do even more to support your immune system and overall health? In addition to a healthy diet, focus on reducing stress, stopping smoking, drinking less alcohol, and being physically active, if possible.

If you have specific health conditions, always talk to your doctor and/or a dietitian about changes you plan to make to your diet. Not all foods are right for everyone.

### Paprika Chicken Stew with Rice

Here is a quick and nutritious recipe full of immune-supporting ingredients. It's flavorful and low in sodium.

Serves: 8

3 lbs. boneless, skinless chicken breast, cubed

2 T. olive oil blend

3 onions, chopped

2 carrots, chopped

10 stalks celery, chopped

2 red bell peppers, chopped

2 yellow bell peppers, chopped

2 T. garlic, minced

3 T. paprika, ground

½ c. sherry or dry white wine

6 c. chicken broth (low sodium)

¼ c. fresh parsley, chopped

1 c. long grain or basmati rice, dry

2 t. black pepper

1 t. lemon juice

Heat a large soup pot on medium-high heat, then add the olive oil. Add the onions and carrots and sauté for 1 minute.

Add the chicken breast, celery, and both varieties of bell peppers, and sauté for 3-5 minutes, then add the garlic, paprika, sherry, and chicken broth.

Bring the mixture to a boil, then reduce to a simmer. Let it simmer for 30 minutes, then add the rice. If needed, add enough additional chicken broth to cook the rice.

Cook the stew for another 15-20 minutes, or until the rice is tender and cooked. Once the rice is done, fold in the chopped parsley, and season with black pepper and lemon juice.

**Nutrition Information**  
Amount per serving (8 total)  
Calories: 435kcal  
Fat: 9g  
Saturated Fat: 1g  
Carbohydrates: 40g  
Fiber: 5g  
Sodium: 424mg  
Protein: 43g

## File your taxes for free and get cash back for what you need!

Even if you aren't required to file your taxes, you may be eligible to claim up to

### \$6,600 in cash back

from the Earned Income Tax Credit!

Colorado offers a 10% match of the federal Earned Income Tax Credit (EITC) amount and now ITIN filers can get the state EITC tool!

- 1 Find out if you qualify
- 2 File your taxes for FREE
- 3 Get cash back



#### File in person

If you have a household income of **\$57,000** or less, you can file for free with a IRS-certified preparer—get help while you wait or drop off your taxes.

*Appointments required at most tax sites*



#### File online or remotely

If you make **\$66,000** or less and have access to a computer, file for free online.  
or  
Use your smartphone to securely upload your documents, then receive a call from a tax pro who will review and file your return remotely.

#### What you need to file:

- ☐ Photo ID
- ☐ W-2s
- ☐ Social security number or ITIN cards for all individuals on the return
- ☐ All other tax-related documents

**PS** - If you didn't receive your Economic Impact "stimulus" Payment last year, you can still get it by claiming it on your 2020 tax return.



@GetAheadColorado

Get Ahead Colorado is a program of The Piton Foundation that provides resources to families in Colorado who qualify for the Earned Income Tax Credit (EITC), free tax preparation and other resources that help move families forward. The EITC is a refundable federal tax credit worth up to \$6,600.



## In 1987, President Ronald Reagan declared March to be Developmental Disabilities Awareness Month!

He urged, "...all Americans to join me in according to our fellow citizens with such disabilities both encouragement and the opportunities they need to lead productive lives and to achieve their full potential."

There are lots of festive and meaningful DD Awareness Month activities during March, and we hope that you will get involved. Our theme this year is See Me, which reflects the common desire of many people to go from feeling invisible to really being SEEN! Scroll down to read about an exciting event coming soon!

- **Full list of The Arc's DD Awareness Month activities**
- **Ways that YOU can participate**
- **Stand with Self-Advocates—set up a Monthly Donation**
- **Read more about The Arc's See Me campaign**



## Rocky Mountain Conference on Dementia— Virtual (March 10-11, 2021)

Wednesday, March 10, 2021 - Thursday, March 11, 2021

9:30 AM - 2:30 PM MDT

24/7 Helpline: (800) 272-3900

[View Chapter Website](#)

[Show Chapter](#)

The region's premier education event for family caregivers and direct care providers to learn about Alzheimer's disease and other dementia, the 2021 Rocky Mountain Conference on Dementia will be a two-day live webinar with an exhibitor room to showcase local resources. The Conference is free of charge to participants.

### Additional Information

The Rocky Mountain Conference on Dementia brings together experts who will share ways to optimize caregiving during this global COVID-19 pandemic. The keynote address will provide an update on research and the latest advances in brain science. A featured panel of physicians will present insights on some of the other dementias: Frontotemporal, Lewy Body and Posterior Cortical Atrophy. Throughout the two-day conference, caregivers will learn ways to provide quality care and meaningful engagement, specific COVID-19 caregiving strategies, taking care of their own mental health with selfcare, knowing what to do when met with caregiving challenges, and tackling critical end-of-life decisions.

**Registration Info:** *Registration is required.*

Registration Opens: Monday, January 11, 2016

Deadline Date: Tuesday, March 9, 2021

Type: Register Online Only

**Payment Information:** Event Fee: Free

*Donations accepted and appreciated.*

[Register Now](#)

## Transition Age Youth: High Expectations for Employment

Mar 10, 2021 | 10:00 AM - 11:30 AM

The **Colorado Office of Employment First (COEF)** team will present on the importance of having high expectations of employment for young adults with disabilities. The presentation will review the building blocks of the transition planning process, discuss the importance of a strong postsecondary vision for employment and how we can best prepare young adults for success. Additionally, the COEF team will raise awareness about how connecting to community resources such as benefits counseling and developing community partnerships to support young adults achieve their goals of employment are also essential to the process of achieving postsecondary success. The intended audience for this webinar includes: professionals, families, youth and all those interested.

At the end of this session, participants will: Understand the basics of the transition planning process Gain understanding about the importance of high expectations at a young age Learn about early employment experiences and key points on how benefits counseling is an important step Understand the state system and resources that can support young adults.

**Speakers from the Colorado Office of Employment First:**  
Melanie Honsbruch, CPWIC  
Teresa Nguyen, MPH  
Jennifer Stewart, MPP

Questions can be directed to [Christine.Cook@cuanschutz.edu](mailto:Christine.Cook@cuanschutz.edu).



**Register**

## Rocky Mountain Stroke Center Written Communication Class

Do you have difficulty with reading, writing, or spelling? If so, this may be the class for you!



RMSC's new virtual Written Communication Class will be led by a board certified speech-language pathologist and take place on Zoom. It aims to help survivors practice functional reading skills and improve communication via written messages.

Please note that this class will *not* focus on motor movement/handwriting, but rather letter/sound recognition as it relates to reading and writing.

**Tuesdays 9:30-10:30am**  
(beginning February 2nd, 2021)

**\$20 per class**

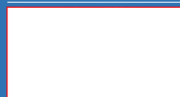
To sign up for the Written Communication class, or to learn more, please contact RMSC

[info@strokecolorado.org](mailto:info@strokecolorado.org)  
**303-730-8800**



5666 S. Bannock St., Littleton, CO 80120  
[www.strokecolorado.org](http://www.strokecolorado.org)

**You're  
invited**



Spring 2021 Online PEP Academy

Friday, March 19  
Saturday, March 20  
Saturday, March 27  
Saturday, April 3

### Live Sessions:

- Opening Session
- Parenting a Child with a Disability and Rebuilding Dreams
- Living with a Disability
- Positive Behavior Supports
- Panel for Questions and Answers
- Three Facilitated Small Group Discussions

### Self-Paced Content Sessions:

- The Law and the Education of Children with Disabilities
- Early Childhood Supports and Services
- Individualized Education Program (IEP)
- Transition IEP
- Facilitated IEPs
- Significant Support Needs
- Executive Function Skills
- Advocating with Your Child/Teen
- Mental Health



### 2020-2021 PEP Academy

Parents Encouraging Parents (PEP) Conferences is offering an Online PEP Academy in 2021. PEP brings families and professionals together by sharing ideas, discussing concerns, celebrating successes and obtaining information related to parenting, educating and partnering to support student learning. PEP is a non-specific disability conference that focuses on commonalities.

#### Who is encouraged to participate

- Colorado families who have a child with a disability birth-21
- Directors of special education, principals, special education teachers, general education teachers, related service providers
- Health care and Colorado professionals interested in the family and school partnership and who work with children or youth with disabilities

#### What to expect

Live and self-paced sessions that help promote family and school partnerships which are essential in supporting students with disabilities. Participants will have two weeks to complete the online PEP Academy program. Of no cost to attendees.

#### When

The PEP Academy opens on a Friday evening and continues for two to four hours live on three Saturdays. Live and self-paced sessions will be available to confirmed participants.

#### Where

Confirmed participants will be sent directions with links to access PEP Academy online from a desktop computer, laptop or other mobile device.

#### Apply Now!

[www.cde.state.co.us/cdesped/pep](http://www.cde.state.co.us/cdesped/pep)  
Or contact the PEP Hotline: (303) 866-6846

Sign language and other language interpretations are available. If you need an accommodation, please request it on your application.

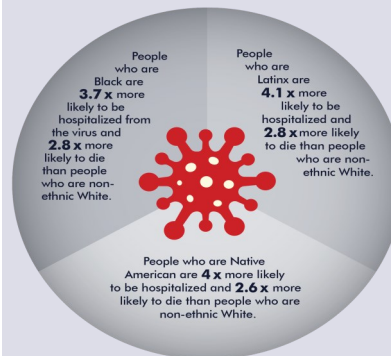
Colorado Department of Education  
1560 Broadway, Suite 1100, Denver, CO 80202 • 303-866-6943 • [ramer\\_d@cde.state.co.us](mailto:ramer_d@cde.state.co.us)

## ACCESS TO VACCINATIONS FOR ALL THE WORK OF THE TASKFORCE

The Colorado Vaccine Equity Taskforce exists to ensure that all groups – regardless of race, ethnicity, ability and other factors – have all the facts to make informed decisions about the safety of vaccines for their families, and to hold leaders accountable for ensuring access to these vaccines for all.

Taskforce members represent a diverse collection of Coloradans working to ensure all communities have all the facts to keep their families healthy.

### WHO WE ARE >







## OFFICE OF RESPONDENT PARENTS' COUNSEL

### Carrie Ann Lucas Disability Advocacy Training

Empower, Don't Pity

Thursday, February 25, 2021 | 9:00 AM - 5:00 PM

Virtual Zoom Training

Join us in celebrating Carrie's amazing life and accomplishments for disabled parents across the country. The Office of Respondent Parents' Counsel is hosting its 2nd Annual Carrie Ann Lucas training on disability rights; in particular what the law says about parenting and disability. The training will take place virtually via Zoom.

For questions, please contact Christy Van Gaasbeek at

[cvangaasbeek@coloradoorpc.org](mailto:cvangaasbeek@coloradoorpc.org)

## Registration

### VIRTUAL TOUR: SÃO TOMÉ and PRÍNCIPE!

**Tuesday, March 2nd, 5:00-7:00 pm MT**

Join the band for a virtual tour to São Tomé and Príncipe, a two-island nation off the west coast of Central Africa. It would take 8 days for us to walk around the entire island but a flight simulation will give us a bird eye's view of the striking rock and coral formations, sandy beaches, and lush rainforest. With our very own São Tomean tour guides, Ilidio and Jared Sacramento, we're set for an enriching and engaging experience. They'll share stories from the island and teach us the truth about the country's widely misunderstood history. While the country's main language is Portuguese, we'll get to learn a few words from the spoken Folo dialect. We'll listen to music, watch videos, and share in the joy of learning about Africa's second smallest country. If you're looking to travel 7,300 miles away from the comfort of your own home, this tour is for you!

**Tickets: \$50** per screen for a 2-hour experience (multiple viewers okay) Scholarships available. Email [info@thewayfaringband.com](mailto:info@thewayfaringband.com) for more information.

[Click here to Register.](#)

### BAND MEET N' GREET

**Tuesday, March 16th, 5:30-7:00 pm MT**

Time to get to know your fellow bandmates and make new friends. Wayfarers Faith Vidrine and James Ingham will lead us in the classic band activity, *The Question Game*. When we're on tour, this game is known to build new friendships and enhance existing relationships, so we're taking the game off the road and on to zoom. Let's come together as we grow in our capacity to learn about each other.

**FREE**

**Join on Zoom:** [https://us04web.zoom.us/j/3911712529?](https://us04web.zoom.us/j/3911712529?pwd=NEpCMmNwemNUSDIIV3dmYkRacHZwZz09)

[pwd=NEpCMmNwemNUSDIIV3dmYkRacHZwZz09](https://us04web.zoom.us/j/3911712529?pwd=NEpCMmNwemNUSDIIV3dmYkRacHZwZz09)

**Meeting ID:** 391-171-2529

**Password:** 80216



### Getting There Travel Training

Following are several online training sessions to help people learn how to use RTD and Lyft.



The Intro class is designed to help human services professionals understand the program as a whole; the numbered classes (101,102,103) are designed for riders in increasing depth.

We recommend that riders begin with the 101 class.

If you feel that you are already comfortable with our public transit options, you are welcome to join at any level although, we strongly recommend that you take the introductory class first.

Note: all these activities are virtual, and anyone is welcome to join. There is no cost. Advanced registration required – contact [lprante@drmac-co.org](mailto:lprante@drmac-co.org) to get the link.

101 Training: Feb. 23, 2-3pm, (partner) Bemis Library, Older adults

103 Training: Feb. 24, 10-11am, Mile High Connects

103 Training: Feb. 25, 10-11am, Aurora Public Library

**Intro Training:** March 2, 1:30-3pm, DRMAC

**Intro Training:** March 10, 10-11am, DRMAC

101 Training: March 11, 11:30am-12:30pm, Aurora Public Library

**Intro Training:** March 18, 12-1pm, Lunch & Learn Boulder & VIA

101 Training: March 23, 2-3pm, Bemis Library

102 Training: March 24, 11:30am-12:30pm, Aurora Public Library

103 Training: March 25, 11:30am-12:30pm, Aurora Public Library

### DANCE BREAKS (ONGOING)

**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 quarantstreaming 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!

Always **FREE**

**Join on Zoom:** [https://us04web.zoom.us/j/3911712529?](https://us04web.zoom.us/j/3911712529?pwd=NEpCMmNwemNUSDIIV3dmYkRacHZwZz09)

[pwd=NEpCMmNwemNUSDIIV3dmYkRacHZwZz09](https://us04web.zoom.us/j/3911712529?pwd=NEpCMmNwemNUSDIIV3dmYkRacHZwZz09)

**Meeting ID:** 391-171-2529

**Password:** 80216

## In Celebration of Black Americans with Disabilities

Article by Angela Nevin-- *Director of Training and Communications Facilitator*  
**Colorado Cross-Disability Coalition**

We know that month-long celebrations can fizzle and wane as the month goes by. So, we want to take the opportunity to add a fresh voice to celebrating the individuals who make a difference in the lives of Black Americans with disabilities.

Many people in the history of Black Americans have also been people with disabilities. Just a few to note:



**Harriet Tubman** (1820-1913), a remarkable conductor (those who helped others gain their freedom from slavery), had epilepsy resulting from a head injury as a young slave.

**Thomas "Blind Tom" Wiggins** (1849-1908) an extraordinary musician, was blind and believed to be autistic.



**Fannie Lou Hamer** (1917-1977) was arrested in June 1963, after successfully registering to vote. At the jailhouse, she was brutally beaten, leaving lifelong injuries from a blood clot in her eye, as well as kidney and leg damage.



However, many people are, right now, working to change the lives of Black Americans with disabilities. Let us introduce you to a few remarkable Black women with disabilities who are right now out there driving change.

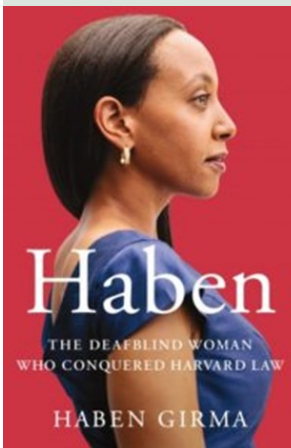
**Ms. Jane Dunham** is the founding member and director of the [National Black Disability Coalition](#), NBDC. Her experience in disability-related fields spans 50 years –



focusing on the intersections of race and disability. Her work as a nationally recognized speaker and lecturer has brought to the forefront a more accurate and complex understanding of Black

disabled people. Under her leadership, NBDC partnered with Seeking Ways Out Team (SWOT) to assist hundreds of individuals living in institutions to move into community living. While Ms. Dunham is not a person with a disability (as far as I can find), she is the single parent of an adult daughter with a developmental disability who lives in Arlington, Virginia, and is employed by the US Department of Labor. To

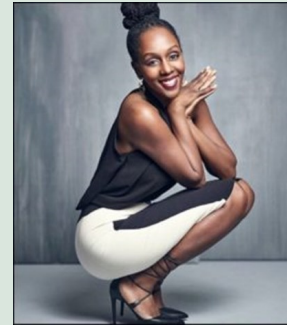
learn more about this remarkable leader, [click on this link](#).



**Haben Girma** is an American disability rights advocate, the first deaf-blind graduate of Harvard

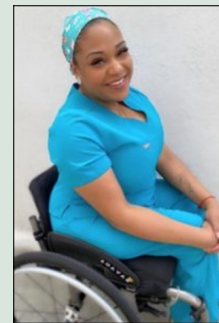
Law School, and now a human rights lawyer advancing disability justice. Haben believes disability is an opportunity for innovation and teaches organizations the importance of choosing inclusion. She was named a [White House Champion of Change](#) by President Barack Obama and got a spot on the [Forbes 30 Under 30 list](#). You can follow her on Instagram [@habengirma](#).

**Stephanie Thomas** is the epitome of disability pride. Born a congenital amputee, she has redefined fashion for individuals with disabilities. Thomas is also the founder of [Cur8able](#), a disability fashion and lifestyle blog-turned-company in 2015, pulling together disability-friendly clothing, disseminating advice, and offering discount



lists. She developed the Disability Fashion Styling System, which states that all clothing, accessories, and footwear must be Accessible (easy to put on and take off), Smart (medically safe for the wearer's health, and Fashionable (loved by the wearer and works with their body type.) You can follow her on Instagram [@cur8able](#). "Cur8able – Content at the Intersection of Fashion and Disability." True disability pride!

**Andrea Dalzell** is a nurse in New York City, where she has taken care of coronavirus patients during the pandemic. Calling herself "the seated nurse," she's a full-time wheelchair user due to transverse myelitis, who gives all her patients top-quality care. In her own words, Andrea describes being questioned daily about her ability. "I am a nurse! Period! I am questioned about my ability every day. I'm told that I can't deliver care like an able-bodied nurse. Written off because my disability is visible. I



have been told by patients that I belong in the hospital bed when I'm the one wiping their butt or holding their hand while an NG tube is placed. Nurses assume that I can take assignments based on ease. I am here to let

you know I can do any part of patient care. I had to prove this in nursing school and yet I'm still seen as a liability, incapable, infection risk with no evidence to back it up. I can do anything you can do, I'm just in the seated position!" Follow Andrea on Instagram [@theseatednurse](#).

## HCBS Funding in the COVID-19 Relief Package



For the first time since the pandemic started, Congress is working on a COVID-19 relief bill with funds for Home and Community Based Services (HCBS). The current COVID-19 relief bill has \$9.7 billion to support states (like Colorado) with Medicaid Home and Community Based Services (HCBS). These funds will be a shot in the arm that our state desperately needs.

We need your help to ensure the funding for HCBS stays in this COVID-19 relief bill. We need everyone who cares about people with IDD, that is every person we know and everybody you know, to tell Congress to Include the disability community in the next COVID-19 relief package!”.

Home and Community Based Services (HCBS) are critical for people with disabilities, their families, and the direct support professional (DSP) workforce. Unfortunately, they have been overlooked in all the previous coronavirus relief bills. With a new President and a new Congress, we have a chance to make sure we are not left out again.

Act now to tell Congress that we need dedicated funding for Medicaid Home and Community-based Services (HCBS). These funds are necessary to serve people with disabilities in their homes and communities and will provide better wages and support for the DSP workforce. Access to HCBS will reduce the risk of people with disabilities being put in institutions. Furthermore, state systems are already facing large cuts across the country making these federal dollars more important than ever.

How can you act? The Arcs have 3 simple ways for you to voice your concerns:

1. Follow this link: <https://bit.ly/3q0u9A5> and enter your name, address, and zip code and an email will be created telling your members of Congress to keep Home and Community Based Services (HCBS) in the current COVID-19 relief bill. You can also get your members of Congress’s Twitter and phone contact information to go beyond your email request.

2. Create your own personal message. Simply go to this link: [#WeAreEssential: Share Your Story! \(p2a.co\)](https://www.p2a.co/#WeAreEssential:ShareYourStory!), answer a few questions, write a short personal story on why HCBS services matter to you or those you love, and The Arc will create an email to send to your members of Congress.
3. Spread this far and wide. Send it to any providers, teachers, family members, or friends in any state to ensure Congress does right by people with disabilities and keeps Home and Community Based Services (HCBS) in the current COVID-19 relief bill.

Why are Home and Community Based Services (HCBS) so important to The [Arc Arapahoe & Douglas Counties](#)? Because it is the life blood for funding for a broad range of services for individuals with varying needs. The HCBS programs target three groups – individuals who are aged and disabled or both, children and adults with intellectual disabilities or developmental disabilities, and individuals with mental illnesses. HCBS programs allow individuals within these target populations to receive a mix of services in their own home or community rather than in the traditional, institutional setting. Here in Colorado these are what we call “Waiver Services” and for our IDD community the Children’s Habilitative Waiver, The Children’s Extensive Support Waiver, Supported Living Services Waiver (SLS) and Developmental Disabilities Waiver (DD-Waiver). These services support individuals with supported employment, personal care and respite services, residential services (in the DD-Waiver), day program, home delivered meals; home health aides; and homemaker services. According to Medicare and Medicaid Services (CMS) HCBS services are “effective and necessary to avoid institutionalization.”

The creation of HCBS has been vital to reducing one-size fits all institutional care in Colorado. As everyone, disability or not, should have the right to receive care in the comfort of their own home or community rather than in an institutional setting.

The funding outlined in the new COVID-19 relief bill will support our HCBS providers, ensuring there are people to care for those in waiver funded services. Here is a short video from The Arc from self-advocates on why HCBS matters: <https://www.youtube.com/watch?v=5AkkHS3CoNo&t>

**Thank you for your advocacy and being a voice to our Colorado members of Congress!**





9197 West 6th Avenue  
Suite 1000  
Lakewood, Colorado 80215  
(303)233-3122  
[info@pascohh.com](mailto:info@pascohh.com)

**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.



## COVID-19 vaccine information

**If you are eligible, here is a list of providers you can contact:**

Centura Health: 866-414-1562  
Clinica Family Health: 720-443-8461  
HealthONE: 303-453-2477  
Kaiser Permanente: 855-550-0951  
STRIDE Community Health Centers:  
303-360-6276  
Thornton Fire: 303-538-7602  
Salud Family Health Centers:  
303-697-2583  
UCHealth: 720-462-2255



For a more complete list of providers or more information:  
Call 303-220-9200 or visit [www.tchd.org/COVIDvaccine](http://www.tchd.org/COVIDvaccine)



**Find COVID-19 vaccine information**  
[www.tchd.org/COVID19](http://www.tchd.org/COVID19)

*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)*

### Are you in need of food or other assistance?

On **Saturday, Feb. 27**, Strive to Thrive is partnering with local food pantries to provide food and increase awareness of resources available for families in our community who are struggling. The event will take place at locations throughout Douglas County and times will vary. To learn more about how to participate call **303-660-7460**.

#### Locations and Times:

##### Castle Rock

- **The Rock Church** — 4881 Cherokee Drive Castle Rock, CO 80109  
Hours: 9 to 11 a.m.
- **Saint Vincent de Paul of Castle Rock** — 2746 5th Street Castle Rock, CO  
Hours: 8:30 to 11 a.m.

##### Highlands Ranch

- **Manna Care** — 3900 Grace Blvd. Highlands Ranch, CO 80126  
Hours: 9 to 11 a.m.

##### Northwest Douglas County

- **Valley View Cares**— 11004 Wildfield Lane Littleton, CO 80125  
Hours: 9 to 11 a.m.

##### Parker

- **SECOR Cares** — 17151 Pine Lane Parker, CO 80134  
Hours: 9 a.m to 12:30 p.m.

**STRIVE<sup>TO</sup>  
THRIVE**