



The Newsletter That Serves its Readers



PASCO Picayune



#Everybodyin

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SUMMER, 2021



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Benefits in Action (BIA) is a nonprofit organization dedicated to the understanding, access, and utilization of healthcare and healthcare benefits. Located in Lakewood and serving all of Colorado, BIA has served over 10,000 individuals since its founding in 2015. BIA aims to make



healthcare more accessible by providing education and navigation services, as well as application assistance.

Unsure which benefits you qualify for? Need help understanding and applying for healthcare or food assistance (SNAP)? BIA is here to help—free of charge!

Through education events and one-on-one appointments, BIA strives to keep the community informed about healthcare options and aware of our services, which make Medicare, Medicaid, SNAP, and other programs more accessible to those who qualify. Then, BIA Navigators will get clients the help they need. Our Navigators work with clients to understand which programs they could apply for and walk with them through the application process to start receiving benefits. If BIA cannot deliver the services needed, we do our best to connect you with the right resource in our network of assistance providers.

In response to the unprecedented need caused by COVID-19, Benefits in Action also started delivering food to families in need and homebound adults in Adams, Arapahoe, Denver, and Jefferson counties in April of 2020. The demand for boxes of fresh and nonperishable foods delivered safely to homes in the wake of a pandemic quickly established our food delivery program, which is now an important part of our organization.

At the start of the pandemic, BIA also transitioned to work remotely to protect the health and safety of our staff and clients. Providing the same services virtually, we now know that not even a global pandemic can stop us from getting our clients assistance. Today, BIA is operating in a hybrid model—some remote and some working in a safe (physically-distanced, masked, or vaccinated) workspace.

Regardless of our work environment, Benefits in Action is dedicated to helping individuals understand, access, and use the healthcare benefits they deserve. If you are in need of assistance, or know someone who is, contact us at (720)-221-8354 or get more information at benefitsinaction.org



We need your voice! Individuals with intellectual disabilities (ID) and families, please take 5-minutes to complete this anonymous survey about college options for students with ID in Colorado. IN! is a non-profit organization working to provide college opportunities for individuals with intellectual disabilities (ID) in the state of Colorado. We want to hear from individuals with ID and their families about your potential college plans and what barriers you may be facing. Your response will directly inform how we move forward with the continued development of college pathways in Colorado and ensuring college is more and more accessible



Advocacy Corner by David Bolin

American Rescue Plan Act: The Department of Health Care Policy and Financing has posted the Plan that they submitted to the Centers for Medicare and Medicaid Services (CMS) on June 12th at:

<https://hcpf.colorado.gov/sites/hcpf/files/CO%20State%20Spending%20Plan%20for%20Implementing%20Section%209817%20of%20ARPA%2C%20June%202021.pdf>

If CMS approves the plan, the Joint Budget Committee also has to approve the plan of spending. They plan to spend money on (1) Strengthening the Workforce for HCBS and Enhance Rural Sustainability; (2) Improve Crisis and Acute Services; (3) Improve Access to HCBS for Underserved Populations; (4) Support Post-Covid Recovery and HCBS Innovation; (5) Strengthen Case Management Redesign; (6) Invest in Tools and Technology; (7) Expand Emergency Preparedness; and (8) Enhance Quality Outcomes. One highlight is under strengthening the workforce, which intends to standardize training with the Community College system and the “hope to expand opportunities for workforce development.”

Nationally, the advocacy team is monitoring the various bills on infrastructure and caregiving. Each state is taking a different approach, but the overall themes to emerge from Colorado are similar across the US.

For IHSS Consumer/Attendants: HCPF started using a Utilization Review/Utilization Management (URUM) vendor, Telligen on March 1st to review all Prior Authorization Requests for Health Maintenance Activities (HMA). Some of you have been adversely affected due to the slowness of the system in place. Case management agencies may contact you to get additional documentation to support the need for HMA. Documentation could include more information from your physician, exercise plans, or other items to support HMA. Our IHSS and PAR team staff will help you gather the information requested to prevent service interruptions.

For Pediatric Home Health clients/CNAs: HCPF will start having a new and different URUM vendor for Home Health (KEPRO) to review Prior Authorization Requests in July or August. The Home Health Department and PAR Team are your go to contacts if you have questions.

HCPF develops Person Centered Planning for People with Disabilities: HCPF has developed an online 10-week course with the University of Colorado at Colorado Springs for clients to receive training on conducting their own person-centered planning sessions. For more information go to: <https://speakupcolorado.com/>

Suggestions: The Advocacy Team is planning for the next Colorado Legislative Session starting in January and is interested in hearing suggestions of homecare items to ask the Legislature to address.

New DD Waiver Slots Authorized

Wonderful news has been announced by the Colorado Department of Health Care Policy and Financing (HCPF)!

The Colorado General Assembly has [authorized](#) an additional 667 HCBS-DD Waiver slots. Under this new allocation, the General Assembly has appropriated a one-time funding amount to manage the DD-Waiver waitlist to ensure equitable access to services.

DID YOU KNOW?

- PASCO provides [services](#) under the DD waiver, including Individual Residential Services & Supports (IRSS), Supported Community Connections (SCC), and Specialized Habilitation.
- PASCO has provided transitions from home health to I/DD services for many of our clients and can help your family understand the benefits of either choice for your individual situation. We have a team of knowledgeable experts ready to assist.
- Colorado Medicaid provided this [Fact Sheet](#) to help provide some context and orientation, and we can answer many of the questions you might have in how this would impact pay, benefits, and service you may currently receive from PASCO.

If you are considering the DD waiver opportunity and want to discuss it with us, please choose a time that works for you [here](#) or call 303.233.3122 and ask for our Intake team.

Caring for Someone with Cerebral Palsy

Cerebral palsy (CP) is the most common childhood disability. In the United States, about 764,000 people currently have this condition. While some exhibit only a few symptoms, others need assistance with basic activities like walking and eating.

Depending on the severity of the condition, caring for someone with cerebral palsy can be complicated. Since CP affects motor skills, you may need to help the individual walk, go to the bathroom, eat, and dress. It's important to understand that cerebral palsy isn't a disease. It's a condition that affects areas of an individual's brain that are responsible for movement.

CP occurs due to abnormal brain development or an injury to a developing brain, usually this happens before birth. However, it can also occur during the first years of a child's life. People with cerebral palsy often suffer from associated health conditions. Some of them are the result of CP while others are unrelated but commonly occurring together with the condition such as:

- Respiratory Problems
- Digestive Problems
- Hearing Impairment
- Speech Impairment
- Vision Impairment
- Epilepsy

People with CP also report sleep problems due to muscle spasms, limited ability to change positions during sleeping. Some individuals also experience ongoing pain. With the right approach to care, people with cerebral palsy can improve their quality of life tremendously. Even if they suffer from severe CP, proper assistance can make a significant difference. To learn more please visit: <https://pascohh.com/caring-for-someone-with-cerebral-palsy/>





July GBH Calendar

MONDAY

Adaptive Yoga 12pm

TUESDAY

Gentle Yoga 12pm

Yin and Meditation 5pm

Yoga Sculpt and Deep Stretch 6:30pm

THURSDAY

Yoga for everyBODY 12pm

FRIDAY

Wind Down Series:

Slow Flow and Live Music w/Victor Towle (7-16-31)

Slow Flow and Live Music w/Justin Bank and Alexis McClain (7-23-31)

SUNDAY

Adaptive Yoga (7-25) w/Liza Morgan 10am

Yin and Sound Healing 6pm

Virtual Mindful Grief Support 6pm

MONDAY-FRIDAY ALL ABILITIES YOGA
RSVP REQUIRED

2021 Mobile Food Pantry Schedule

EVERYONE WELCOME — FREE FOOD FOR PEOPLE IN NEED

Empower Field at Mile High

(1701 Bryant St. Denver, CO 80204) the **fourth Monday** of every month from 9 - 11:30 a.m. or until all food is distributed.

January 25	February 22	March 22
April 26	May 24	June 28
July 26	August 23	September 27
October 25	November 22	December 27

Times and dates are subject to change in the event of inclement weather or holidays.

Please do not arrive earlier than 8 a.m.

Additional Information

- Eligibility is self-declared for government food distribution programs - you do not need to provide any proof of eligibility (photo IDs are encouraged but not required)
- Distribution is outdoors - please dress appropriately for the weather (hot or cold)
- Please bring bags or boxes to transport your food
- Call 303-371-9250 for weather information
- Visit www.foodbankrockies.org or call 2-1-1 for more information



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.



NO COST GROCERY PROGRAM

WEDNESDAY 2 - 3

www.feedingsunvalley.com

NOW HIRING

SELF-ADVOCATE INTERNS!

DP is looking for two self-advocates from Arapahoe & Douglas Counties to support our Voter Engagement Campaign as a paid intern from July to Mid-November. Interns would:

- ✓ Advise and Support our Voter Engagement Campaign
- ✓ Empower individuals with I/DD around voting processes/issues.
- ✓ Use their own experiences and interests to engage people with disabilities in the voting process.
- ✓ Ideally be interested in politics, social media, learning, teaching, current events.

visit tinyurl.com/dp-interns to apply





A healthy mouth, teeth and gums are important to whole body health.

As the dental administrator for Health First Colorado (Medicaid) and the Child Health Plan Plus (CHP+), DentaQuest is committed to providing the resources and support needed to connect all Coloradans with safe, effective and equitable oral health care.

For more information about dental benefits, help finding a provider or assistance making a dental appointment visit dentquest.com/colorado or contact DentaQuest Customer Service:

Health First Colorado: 855-225-1729, TTY: 711

Colorado Child Health Plan Plus: 888-307-6561, TTY: 711



BEYOND LOVE, RELATIONSHIPS, AND DISABILITY

Learn about the common struggles including, but not limited to finding love, impact on benefits, becoming a paid caregiver, and planning for the future.



Made possible through support from

<https://thinkchange.training/beyond-love-relationships-disability/>

Find the Right Services and Support For Children with Disabilities

Families of children with disabilities or special needs often face a confusing and difficult path when seeking therapy, support and other assistance. There is no roadmap, and the process of locating and selecting providers can be overwhelming.

A new service called Mountain Summit Consulting aims to bring clarity to the process and help families find their way. Recently launched by Erin Schneider, a mother of an autistic son, Mountain Summit Consulting works with families to understand their needs and match them up with the best providers to support their children with disabilities.

“When our son received his autism spectrum disorder diagnosis last year, our family felt like we didn’t know where to turn,” Schneider says. “I spent hours on the phone and weeks tracking down even the most basic information. Locating the appropriate providers was difficult and very time-consuming. And there are so many state and federal programs set up to help families, but they can be impossible to find and confusing to apply for.”

It can feel like wandering around lost in the dark, with no one to show the way. Schneider’s own journey fighting for her son inspired her to help others facing similar challenges.

“I want to put my experience, knowledge and passion to work helping families like ours,” she says. “When we finally found the right providers and the best help for our son, it made worlds of difference. The progress he’s made has been miraculous. I want to help other families find the success that we have.”

Mountain Summit Consulting offers a variety of programs to suit the needs and budgets of different families.

“I know how scary and overwhelming everything feels at the beginning, but the good news is that there is so much support and help out there for you,” Schneider says. “I look forward to helping parents and kids find that help.”

Interested families are encouraged to visit mountainsummitconsulting.com to learn more. There, you can also schedule a free 30-minute consultation.

YOUNG ADULT VIRTUAL CAREER EXPO

Arapahoe/Douglas Works!, Division of Vocational Rehabilitation (DVR) and multiple school districts have partnered to bring you the opportunity to meet with Employers and learn about careers in various industries.

Please join us for any or all of these events!

[Click here to get registered!](#)

Mechanical Learn about bike repair careers July 14, 2021 at 11:00 A.M.	Lockheed Martin Learn about Aerospace Careers July 13, 2021 at 9:00 A.M.
Education Learn about DSST apprenticeship July 14, 2021 at 2:00 P.M.	Wagner Power Learn about careers using heavy equipment July 14, 2021 at 1:00 P.M.
	Redstone Vet Learn about careers working with animals July 21, 2021 at 1:00 P.M.



Please register with [connectingcolorado](https://connectingcolorado.org) prior to attending the career expo.

www.adworks.org

<https://bit.ly/3uHCVL>



Arapahoe/Douglas Works! is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities.



The Arc
Colorado

**SUPPORTED DECISION-MAKING
REDUCES THE RISK OF
ABUSE OR EXPLOITATION**

SDM surrounds one person with a community of others who are listening and supportive, allowing them to control their own life.

Guardianship is a common form of decision-making that allows critical decisions to be determined by a judge and not the person for whom the decision impacts.

By putting final legal control over these critical decisions in the hands of the person with IDD, they develop a better understanding of their basic rights and how to assert themselves. It further establishes in the court and to the community at large that the person is not "incompetent" to make their own decisions, but rather emphasizes their strengths.

For more info, call The Arc of Colorado at (303) 864-9334 x14

diversity is beautiful



diversity in the animal world
there are millions of different kinds of animals - more than we can count!



diversity of people
people come in a great variety of shapes, sizes, genders, abilities, and appearances - we are all unique!



diversity of human brains
no two brains are alike, but we have names for different types - like ADHD, autistic, dyslexic, typical, & more!

©Erin Human 2017



**Casting for TV
documentary series**

Northern Pictures is making a TV documentary series in the US about dating and relationships featuring people on the autism spectrum.

We are looking for **SINGLE** people, living in the United States, who are on the autism spectrum and are interested in dating. You may have no history of dating, or you might be an experienced dater, feel free to get in touch and say hello.

We are also looking for **ANYONE** who is open to dating someone on the spectrum.

We are also looking for **COUPLES**, or people who have just started seeing each other, even if you're not yet official! Either one or both of you might be autistic.

There are many misconceptions out there about autism, one of them being that people aren't interested in finding love. We want to show that this isn't true, and to help people understand more about neurodiversity. We aim to make an honest, sensitive and insightful documentary series.

If you or someone you know might be interested in speaking with us, please send an email with a brief description of yourself, where you live and a photo to: production@northernpictures.com.au

Our company has produced many award-winning television documentaries.
You can find out more about us here: www.northernpictures.com.au

**PROVIDER RESOURCE FAIR
REGISTRATION NOW OPEN**



**WALK
WITH
AUTISM**

**Saturday, September 18, 2021
Berkeley Lake Park, Denver**

MediPal

The MediPal Seatbelt ID is a simple and comprehensive medical ID that wraps around your seatbelt and slides to any comfortable position. By virtue of its location on your seatbelt, the MediPal ID can better capture the attention emergency first responders at the scene of a traffic accident and thus offer immediate access to your health condition, emergency contacts, etc.

Inside each MediPal ID is a tri-fold health profile form that has been filled out by the user, (or guardian). There is ample room for noting allergies, medications, recent surgeries, blood type, etc. The user can fill this information out by hand, or download a PDF version which can be filled out using a computer. The user can save their Health Profile form to their computer and can return any-time to update their information. (MediPal Inc. never has access to the user's information.) The Health Profile form is printed and inserted it into the MediPal ID holder and is ready to be placed around the seatbelt with Velcro® attachment. There is also a designated spot for placing a small photo of the user to reduce the chances of confusion when/if there are multiple passengers.

medipal.com



Donations Needed for Food & Activities!



This summer, The Arc Pikes Peak Region and the Special Olympics team Cool C.A.T.S. are partnering to host **Chillin' with the C.A.T.S.**, socially distanced get-togethers at Memorial Park. We are asking for sponsors to donate picnic lunches, fun activities (i.e. hula hoops, bubbles, soccer balls), and water/beverages for these events.

The event dates are:

- Saturdays, July 10 & 24 (11 am-12:30 pm)
- Saturdays, August 14 & 28 (11 am-12:30 pm)

If you are interested in donating or volunteering for an event, please contact Shelby at shelbi@thearcppr.org or 719-471-4800 ext. 103.

SELF-EMPOWERMENT THROUGH MUSIC AND YOGA

FOR ADULTS WITH DISABILITIES

This is a virtual workshop hosted by Beyond Mental Space, LLC and Rhythmic Roots Music Services, LLC where individuals will have the opportunity to join in community and express themselves through songwriting and movement all while developing autonomy and self-empowering coping skills.

There are 6 workshops being offered:

July 25th 2pm-3:30pm
July 26th 10am-11:30 am
Aug. 9th 10am-11:30am

REGISTRATION REQUIRED!

Each workshop is \$5 thanks to Developmental Pathways who helped fund this project through a grant!

Please contact bonnie@rhythmicrootsmusictherapy.org or kathleen@beyondmentalspace.com if you have any questions



Why Advocate?

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed it's the only thing that ever has." ~ Margaret Mead



- An iguana spotted in a tree in Krakow was determined to be a croissant.
- Two species of photosynthetic sacoglossan sea slugs can sever their own heads and then regenerate their bodies, though ecologists remain uncertain what prompts the decision to do so.
- Cuttlefish are capable of delaying gratification.
- Humans and woolly mammoths coexisted in Vermont.



- **Spina Bifida Colorado's Walk N' Roll** is Saturday, July 17th, starting at 8:00 AM at Red Tailed Hawk Park in Aurora.

Walk N' Roll is the largest gathering of the Spina Bifida Association of Colorado community, typically over 250 people, with families coming from all over Colorado as well as Wyoming, Nebraska, Arizona, and New Mexico.



We Keep You Moving

Free Wheelchair Wash & Disinfect Event!

Action Seating & Mobility, a complex rehab & assistive technology company, is hosting a free wheelchair wash & disinfect event on Saturday, **July 17, from 8am to 12pm at 788 W 8th Ave, Denver, CO 80204.** Please call **(303) 482-1916** to **reserve** a time slot.



Action Seating specializes in providing custom power & manual wheelchairs, complex seating & positioning products, and assistive technologies. People with disabilities face challenges attaining the technology they need to pursue their dreams and enjoy all life has to offer. Action Seating & Mobility offers clients the freedom to move towards their goals by skillfully and compassionately providing and maintaining the most appropriate and best-fitting solutions available.

Denver
788 W 8th Ave | Denver, Colorado 80204
ph (303) 482-1916
ActionSeating.net

CAPTIONS (SUBTITLES) ARE UNIVERSAL CAPTIONS ARE FOR EVERYONE!

Open Captions(OC) movies make the experience inclusive for the public.

Different communities that benefit or appreciate captions on films may be people who are:

- students and instructors in education
- kids learning to read
- learning English as a second language
- supporting literacy
- D/deaf and Hard of Hearing
- veterans with battle-acquired hearing loss
- Gen X and Baby Boomers
- older adults
- watching films shown at retirement and community centers
- hearing people in public lobbies, at drive-in theaters, on subways, trains or airplanes

or have:

- sensitivity to noise, Hypersensitivity, Tinnitus, Meniere's
- Attention Deficit Disorder
- Autism
- Auditory Processing Disorder
- Dyslexia, Down Syndrome
- Auditory Neuropathy
- learning disabilities

Open captions help those who benefit from captions to fully enjoy the movie, as well as those who simply enjoy captions to enhance their movie experience through two sensory inputs – hearing and visual.



Please Sign and Share Petition at <https://change.org/ocmoviesnow>
Signatures From ALL US States are Welcomed!!!

Colorado Senators really want to hear from their constituents!

I wish there was more signatures from Coloradoans!

SENATOR Joann Ginal
District: 14 County: Larimer

Let's make some noise! Sign the petition! Thanks!

SENATOR Jessie Danielson
District: 20 County: Jefferson

**ALL Colorado Cinemarks Showing EVERY Movie (that Comes with Open Captions)
Two Days per week EVERY Week - Started on June 12, 2021, for THREE MONTH Program**

THEN Cinemark will re-evaluate this OC program like they re-evaluate any program Cinemark runs to see if OC program should continue.

CINEMARKS IN COLORADO

<https://tinyurl.com/CinemarkLocations>

Cinemark Fort Collins – Mondays & Saturdays
4721 South Timberline Rd, Fort Collins CO 80528

Cinemark Greeley Mall – Wednesdays & Sundays
2160 Greeley Mall, Greeley CO 80631

Century Boulder – Mondays & Saturdays
Twenty Ninth Street, Boulder CO 80301

Century Aurora and XD – Wednesdays & Sundays
14300 East Alameda Ave., Aurora, CO 80012

Cinemark Carefree Circle and IMAX – Weds & Sundays
3305 Cinema Point, Colorado Springs CO 80922

Cinemark Tinseltown USA and XD – Mondays & Saturdays
1545 E. Cheyenne Mountain Blvd., Colorado Springs CO 80906

Century 16 Bel Mar and XD - Mondays & Saturdays
440 S. Teller St., Lakewood CO 80226

Cinemark Tinseltown Pueblo – Mondays & Saturdays
4140 North Freeway, Pueblo CO 81008

Cinemark Movie Bistro and XD (NOT PARTICIPATING)
335 E. Foothills Parkway, Fort Collins CO 80525



Coronavirus (COVID-19) Funeral Assistance

The COVID-19 pandemic has brought overwhelming grief to many families. At FEMA, our mission is to help people before, during and after disasters. We are dedicated to helping ease some of the financial stress and burden caused by the virus.

FEMA is providing financial assistance for COVID-19-related funeral expenses incurred after January 20, 2020.



To be eligible for funeral assistance, you must meet these conditions:

- The death must have occurred in the United States, including the U.S. territories, and the District of Columbia.
- The death certificate must indicate the death was attributed to or caused by COVID-19.
- The applicant must be a U.S. citizen, non-citizen national or qualified alien who incurred funeral expenses after January 20, 2020.
- There is no requirement for the deceased person to have been a U.S. citizen, non-citizen national or qualified alien.

Which expenses will qualify for reimbursement?

Examples of eligible expenses for funeral services and interment or cremation may include, but not limited to:

- Transportation for up to two people to identify the deceased individual
- The transfer of remains, a casket or urn
- A burial plot or cremation niche
- A marker or headstone
- Clergy or officiant services
- The arrangement of a funeral ceremony
- The use of funeral home equipment or staff
- Cremation or interment costs
- Costs associated with producing multiple death certificates

What information do I need to provide to FEMA?

Please have the following information before contacting FEMA to apply:

- Your name, social security number, date of birth, mailing address and contact phone numbers.
- The name, social security number and date of birth for each deceased individual.
- The location or address where the deceased individual passed away.
- Documentation and receipts for any assistance already received from other sources, including burial or funeral insurance, donations, voluntary agencies, other government programs or non-profit organizations.
- If you and another person both incurred funeral expenses for the same deceased individual(s), you can also provide that person as a co-applicant — include their name, social security number and date of birth on the application.

HOW DO I APPLY FOR THIS ASSISTANCE?

Call FEMA's COVID-19 Funeral Assistance Helpline at
1-844-684-6333
(TTY: 800-462-7585)
from 9 a.m. to 9 p.m. ET,
Monday – Friday and begin the
application process.

For fastest service following your application, you can begin submitting documentation online through
[Disasterassistance.gov](https://disasterassistance.gov),
by fax **855-261-3452**.

Documents may also be mailed to:
COVID-19 Funeral Assistance
P.O. Box 10001
Hyattsville, MD 20782

FREQUENTLY ASKED QUESTIONS

You can also visit us online at
[FEMA.gov/funeral-assistance/faq](https://fema.gov/funeral-assistance/faq).
Information is provided in several
languages both by telephone and
the website.



Horizon Neuropsychological Services conducts neuropsychological evaluations for children, teens, adults, and geriatrics. Results provide diagnostic clarification and inform treatment planning.

More specifically, our doctors evaluate those with: Neurodevelopmental disorders (e.g., Autism, ADHD, tic disorders, and learning disabilities), neurocognitive disorders (e.g., traumatic brain injury, cognitive decline secondary to a medical condition), psychiatric conditions (e.g., anxiety, depression, OCD, psychosis, behavioral difficulties, trauma, and maladaptive family dynamics), and any challenges involving cultural, religious, gender, or sexual identity (e.g., gender dysphoria, difficulty with peer/family integration and acceptance, etc.). Within the context of testing data and diagnosis, our doctors then show how children can build upon their strengths and work around their weaknesses to be the best version of themselves in life. From a pediatrician's perspective, our comprehensive reports help inform decisions regarding medication intervention and multidisciplinary treatment planning. Unlimited consultation is available after, and our doctors are also willing to participate in the IEP process upon request.

Horizon Neuropsychological Services, LLC offers in-person testing for those in the Denver metro area at our Littleton office. Importantly, in-home testing is offered for those in need across the entire state of Colorado, and our doctors are willing to travel! Our doctors now also provide services via telehealth in Colorado to accommodate families during the pandemic.

7720 S Broadway Ave
Suite 570
Littleton, CO 80122

(720) 242-7533
horizonneuro.com



Therapies for Hope is a nonprofit organization on the rise planning a therapeutic camp for differently abled children in the spring of 2022. Please help us to gather data to plan an inclusive event. The goal is to offer a camp to families of underrepresented communities, accessible, affordable and inclusive. Access and share the survey using [THIS LINK](#).

Free COVID-19 Vaccine Clinic

Get the vaccine and get back to the Colorado we love. Available to everyone regardless of insurance status or immigration status.

Aurora Sports Park

19300 E Colfax Ave, Aurora, CO 80011

July 13th & 14th

5 p.m. - 8 p.m.



NO APPOINTMENT NEEDED
Walk-ins welcome

LEARN MORE ABOUT THE VACCINE:
www.tchd.org/COVIDvaccine





Strong Families, Strong Communities

Families Forward Resource Center (FFRC) has been strengthening families in northeast metro Denver and Aurora since 1995. We believe strong families are the key to strong communities. FFRC is a full-service community service center providing supportive services and programs. FFRC operates as a collaborative organization. Our mission is to enrich families through partnership and services that create a safe, healthy, and connected community. This fall FFRC is embarking on some new programming to help support our existing programming. The following programs will kick off fall of 2021.

Parent Advisory Committee: FFRC is excited to announce the creation of our new Parent Advisory Committee! The Parent Advisory Committee (PAC) is a group of parents and caregivers from the community whose purpose is to provide input to FFRC on designing programs and services that meet the needs of families in northeast Denver and Aurora. We will be hosting virtual information sessions this summer for anyone interested in getting involved, and the PAC will officially launch this fall. Please contact Community & Family Development Manager Briana Schlesinger (briana@familiesforwardrc.org) with any questions.

Parents as Teachers (PAT) Program: We have been awarded funding to establish a Parents as Teachers (PAT) Program at FFRC! PAT is an evidence-based home visiting program that operates from the understanding that parents and caregivers are a child's first and best teacher. The program supports families from pregnancy until their child enters kindergarten by providing early detection of developmental delays and health issues, helping in the prevention of child abuse and neglect, and increasing children's school readiness and success. FFRC plans to serve 30 families through PAT – be on the lookout for more information this fall! To learn more about any of our programs please check out our website at familiesforwardco.com or call 303-307-0718.

TRAINING: Creating an Anti-Racist Environment

Hosted by the Early Childhood Partnership of Adams County (ECPAC)

Presented by Dr. Rosemarie Allen

(Learn more about Dr. Allen [here](#))

Description

Participants will identify factors that promote an equitable, antibias/antiracist environment. They will identify critical factors related to equitable practices, including the importance of discussing race, recognizing messages and actions that ensure a sense of belonging and inclusion.

Learning Objectives

- Participants will define antiracism
- Participants will define White Spaces
- Participants will identify elements of White Spaces
- Participants will understand the connection between racism, antiracism, and white spaces.

Join us on: Tuesday, August 17th
~ 11:00-1:00

Register: [HERE](#)



ECPAC
EARLY CHILDHOOD PARTNERSHIP
OF ADAMS COUNTY

FREQUENTLY ASKED QUESTIONS



What is the benefit of working with Westpeak Mobility?

There are lots of benefits! We have a great team of ATP's and other professionals who are committed to not only fitting you for the right mobility product but also to making the entire experience as quick and efficient as possible.



I haven't seen my doctor yet. Are there specific questions I should ask?

Yes! Your doctor will need to provide documentation of your specific needs. Visit www.westpeakmobility.com/for-physicians-clinicians/ to see our physician letter.

Do you accept my insurance?

We primarily work with Medicare and Medicaid and do take many private insurances. To find out your specific coverage for services and equipment, we will need to gather your insurance information so we can submit an inquiry. Call the number(s) below:

COLORADO SPRINGS

(p) 719.299.2167 (f) 719.465.2895

DENVER

(p) 303.656.2240 (f) 303.648.6867

I have a prescription from my doctor already. Can I just bring that your office?

Getting a prescription for equipment from your doctor is a great first step, but the best way for us to begin collecting the information we need is to have it faxed directly to us so it can serve as a referral for services.

My wheelchair came from a different dealer.

Can I still use Westpeak for service?

We often have customers looking for service or repairs to equipment that was purchased elsewhere. Call the office and we will help you navigate the details of your coverage and your options with Westpeak.

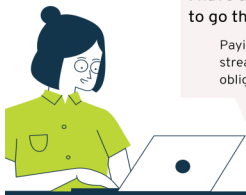


FREQUENTLY ASKED QUESTIONS



I have a prescription from my doctor, but I am not going to go through my insurance. What is my next step?

Paying cash for services or equipment can definitely streamline some processes and change the financial obligation. Call to schedule a free evaluation.



I think my insurance requires an authorization in order for me to get the equipment I need, but I really don't know how to find out?

We have amazing staff who are dedicated to working with you to make sure that all your required paperwork and authorizations are in order.

How quickly can Westpeak Mobility get my chair or equipment ordered and delivered?

One of our strengths is the ability to progress very efficiently through the evaluation, ordering, and delivery process, and our time-frames are typically much quicker than our competitors. Our goal is to get doctors, therapists, and patients working together to avoid delays, and our office staff focuses on communicating with all parties with the intent to keep things moving along.



I was told that I will need custom seating on my wheelchair. Do you do that?

Seating configurations, like people, are very unique. We specialize in custom seating and whether we mold your cushions in-house or work with one of our expert seating design partners, you can rest assured that we will not be satisfied until you have the perfect balance of comfort and function in your seating system.

What if my diagnosis is progressive?

At Westpeak Mobility, our experts are committed to providing equipment that allows for your changing needs.



PASCO PICAYUNE

Oxygen Cannister Filters-By Claudia C. (PASCO CNA)

We have had an oxygen concentrator in our home for our daughter for many years. Initially the vendor explained that we should clean the outside cabinet HEPA Filter, and they would be responsible for servicing the inside of the machine.

Recently our daughter was coughing, and nothing we tried would stop it. We tried cough medicine, allergy medicine, along with increasing the changing of oxygen tubing, and cleaning the outside filter on the concentrator. During this time of endless coughing and suctioning we decided to take a look into the back of the oxygen concentrator.

This concentrator was never serviced by the company after it was dropped off about 16 months ago. (We are on our 2nd Concentrator.) It was extremely dusty in the compartment, and the filter which is actually very accessible was never replaced and was completely blackened. After we discovered this problem, we immediately switched her over to an O2 E Tank and made a few phone calls to rectify this issue that was proving to be life threatening; as O2 saturation was going down, and heart rate was speeding up due to the increased secretions blocking her airway in response to the dirty dust filter. The change over to the straight oxygen gave her relief which helped us see that the concentrator dust was more than her system could handle. She was already dealing with the seasonal allergy stuff!

I want others to know that the concentrators interior filters need to be serviced and monitored for dust. Our Invacare Perfecto2 has three filters:

1. A black HEPA Filter that is a fibrous, black, foam-like maze that should be washed twice a week. You do not have to use soap just rinse and dry and put it back in.
2. Under the HEPA Filter plastic pad on our model is a Compressor Filter that can be changed quite easily. If your compressor is on 24-7 then you will likely need to replace it 2-4 times a year. Even though our vendor suddenly stopped changing it they said they would send out a new one for us to install. If it looks dusty it is dusty.
3. The Bacteria Filter requires undoing some screws, but it is replaceable as well. The Invacare Manufacturer states that it should be changed every 3 years or with each time it is sent out to a new patient's home. There are several online videos to guide you through the process.

All three filters are available online at Amazon as a kit if your vendor does not come out to do regular service. The Compressor Filter is only about eight dollars, which is a small price to pay for clean air and a compressor that works well.

I hope that all caregivers could inspect the Compressor Filter minimally twice a year for dust and request a new one from the oxygen company. Caregivers could be reminded to check the Oxygen Concentrator when they change the clocks twice a year. In keeping our clients safe we need to keep a check on the cleanliness of the Oxygen Concentrator in their home. It is their lifeline.

FAMILY ABA THERAPY IN THE GREATER DENVER METRO AREA

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Colorado Behavioral Health & Wellness Summit HYBRID CONFERENCE October 25-28, 2021

This year, in light of the COVID-19 pandemic, the Colorado Behavioral Health & Wellness Summit will be offered in a hybrid format (in-person and live streamed). We expect to host small in-person workshops on the campus of the University of Denver and will provide an opportunity for participants to connect with presenters virtually from anywhere in the world. Workshops will be live streamed, and recordings made available online. We are confident this approach is sensitive to public health concerns while ensuring individuals can still participate while physically distancing from one another.

Request for Presentations

Submission deadline extended: **Friday, July 9, 2021 at 11:59 pm MST**



INTRODUCTION: The Colorado Behavioral Health & Wellness Summit is currently seeking proposals for presentations on relevant and/or emerging topics on the behavioral health field including substance use and wellness programming. The Summit will engage the Colorado community to break down silos statewide and to bridge gaps in communication and collaboration. Additionally, the Summit will feature a series of workshops and trainings focused on the LGBTQ+ community. To facilitate these conversations, we are honored to invite you to submit a proposal to share your expertise at the Colorado Behavioral Health & Wellness Summit.

The Summit is scheduled **October 25-28, 2021** in hybrid format with small in-person workshops on the campus of the University of Denver in Denver, Colorado, and with a digital conference experience online.

The vision of the Summit is to provide a space to discuss strategies to address the intersection of substance use, mental health, and wellness. Proposals addressing the needs of marginalized populations are strongly encouraged. **Key themes for the Summit are: Awareness and Education; Training and Skills; and Policy, Advocacy and Action.**



The HealthONE Behavioral Health & Wellness Center is a leader in providing mental health services for all ages. We offer inpatient and outpatient levels of care for children, adults, and senior adults. We have access points in Aurora, Centennial, and Littleton. Our programs provide psychiatric and medication evaluation, intensive group therapy addressing behavioral and emotional challenges, evidenced-based interventions of Cognitive Behavioral Therapy and Dialectical Behavior Therapy, case management and aftercare planning. We accept most insurance plans, Medicare, Medicaid and private pay.

We provide 24/7 access to mental health support. Individuals can walk-in to the facility at **700 Potomac St, Aurora, CO 80011** or call 844-556-2012.

<https://healthonecares.com/specialties/behavioral-health/>

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Here are some of our providers, ready to help.

Meet some of our Northern Colorado providers

Meet some of our Denver Metro Area providers

Meet some of our Colorado Springs providers

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Life can feel overwhelming. If you feel like your life has become more than you can handle on your own, the therapists and counselors at Heart Centered Counseling can help. Whatever your situation, we teach surprisingly effective techniques that will help you feel better, no matter what life throws your way.

Child & Teen Counseling

You're the sort of caring parent who wants your child to thrive, even when times get tough. But your child seems suddenly withdrawn, stressed out, or tearful, and you don't know what's behind it all. Or maybe your home just feels like one, long, never-ending battle of wills. Whatever is happening, our specially trained counselors can help your child or teen reclaim healthy relationships and develop better coping skills, enabling your child to reclaim a balanced, healthy lifestyle.

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Psychiatry

At Heart Centered Counseling, we recognize that psychiatric medication can play a valuable, helpful role in the lives of many of our clients.

We have a team of psychiatric nurse practitioners (psych NPs) and psychiatrists working in partnership with our therapists. They will take the time to get to know you as a person, not just a name on an appointment sheet.

During your appointments, your provider will spend time talking with you about your mental health concerns, your current medications, how they're working for you, and what effects they're having on your daily life. If needed, you and your provider can agree on changes to your medication strategy, and then discuss the results during your next regular visit.

All of this is done in close consultation with your therapist, creating a well-rounded treatment program.

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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.

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How power soccer is changing kids' lives-- Podcast

<https://www.mlsoccer.com/news/how-power-soccer-is-changing-kids-lives>

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For booking contact:
mary@guidedbyhumanity.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)

Autism Resource Fair

2021

Sunday August 1st 11-3
Behind the Autism Community Store

Largest in Colorado!
80 Organizations!
ABA, OT and Speech Therapists, social skills programs, camps, advocates, respite providers, recreation programs and more!
Learn about services & supports for individuals with Autism, SPD, ADHD and related challenges.

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Autism Community Store
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Aurora, CO 80012
303-309-3647

Developmental Pathways

Autism Community CENTER

RMHS
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