



VOLUME 30, ISSUE 2

SUMMER 2022

The Newsletter That Serves its Readers

30 YEARS

PASCO
SERVING COLORADO'S DISABILITY COMMUNITY**Picayune****WALK WITH
AUTISM****GOLD
SPONSOR**

An August Haiku

Crickets still jabber

Colors bright as the sunrise
sparkle

August is announced

Submitted by Myrna
Schmidt

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The Fight Continues...2007 & 2022-Damian Rosenberg

Way back in the spring of aught-seven, on a lazy Saturday, after completing the three week-long CNA class the previous day (back when the honorable Jim Nelson taught such a class "In-House" at the fantastically funky PASCO Harlan office) I was wheels up heading for the nation's capital...on my first "action" with ADAPT. ADAPT is a disability advocacy group, that employs non-violent civil disobedience to advance the civil rights and improve the services of people with disabilities, patterned on the teachings of Martin Luther King and the black civil rights movement. I would be the attendant to the amazing (and now... sadly deceased) Larry Ruiz - one of the original "Gang of 19" - and a charismatic a guy as you'd ever hope to meet. A glint in Larry's eye warned of mischief, while his smile charmed and put one immediately at ease. A fixture around the PASCO office, where he would joke, flirt, chat, laugh and flirt, Larry had benefitted immensely from the early disability independence movement, and by



The Differences from 15 years ago are vast...but the mission remains the same. Washington DC, 2007.(Photo Tom Olin)

2007 was living life on his own terms... for it had not always been that way. Larry had been institutionalized for much of his early life because he had Cerebral palsy, and was of the age when it was customary that those with CP, should neither be seen nor heard and instead warehoused away. ADAPT - Was meaningful to Larry, as he personally understood what it meant to be castigated aside ("for his own good" they said) and segregated away. He knew that life on the "outside" was challenging, confusing, but ultimately worth fighting for... and fighting he did... Larry boasted of being arrested with ADAPT over 70 times. He understood the costs, and sacrifices that had to be made, in order that others wouldn't languish and wilt in nursing homes.

With me as his (nervous anxious semi-confident) attendant, Larry and a large contingent from Denver (the ancestral birthplace of ADAPT) flew the three plus hours to Reagan National Airport, where after another hour(s) spent in retrieval of bags, wheelchairs and necessities (that a weeklong stay consists of) there's the long (ish) DC Metro ride to our spot... L' Enfant Plaza station, and from there a short jaunt to our homebase...

Capitol Hill Holiday Inn. We finally arrive... exhausted, sweaty, irritable. The logistics getting from Point C to Point A having taken its toll on our collective nerves. However, there is no time for a quick nap, there will be no cherry blossom excursions, Smithsonian Air and Space...maybe some other time, because when those automatic doors open, we are greeted by a tremendous party.

Hundreds of activists (most in chairs, some blind, a few experiencing autism) had already descended into the city... they are all (to a person) clad in various ADAPT T-shirts and apparel. There was the Philly contingent. Chicago represented themselves well. Austin, Salt Lake City, Rochester, Milwaukee, Topeka, Atlanta, Memphis. The gentlemen with the home-made hats from Hawaii with his "Alohas" and Pacific cool. There was the guy from Connecticut, Clyde who used an old school wooden communication device, who when seeing Larry, motioned with his chin to various letters on his well-worn board... "Y--O--U--A--R--E--A--" **explicit**. There was the Englishman with the guitar, who must have smoked at least 20,000 cigarettes, while continuously serenading people with songs of protest - exultations of wins, ballads of losses, mourning those lost in the struggle and celebrating the triumphs. There was "Spitfire" who would throw herself off her manual wheelchair at Capitol Hill police.

The same Spitfire (I never learned her real name) who would eat hummus with a spoon and would seethe at the mere mention of being re-institutionalized. There were kid's (some probably conceived at various ADAPT Actions) who would lead chants "Our Homes... Not Nursing Homes!!" "How do you spell power? A-D-



The number of participants may have shrunken, but the mission remains vitality important. Washington DC, 2007 (Photo Tom Olin)

A-P-T!!!" "The People United Will Never be Defeated!" This was an amazing festival like atmosphere... hundreds of oftentimes marginalized individuals, now finding their people and collective voice. There were long days of important work ahead; arrests, long-marches, civil disobedience(s), McDonalds hamburgers, meetings with legislators and aides, and while many

of the advocates could have used the rest...the nights were spent living...independence indeed.

Continued "ADAPT Action" Page 2

"ADAPT ACTION" Page 1

And now 15 years later in 2022...I'm back to DC, with a much smaller group. Different state ADAPT groups have decided to focus on different disability issues. There is new way to get from Point A to Point B...Uber. Administrations have come and gone. There has been some rancor with hostilities across the political divide...and Tik Tok. Fellow ADAPT people had since passed away; loyal foot soldiers, tactical leaders, time had done a number on the ranks, yet new activists emerged; fresh-faced, indefatigable youngsters who had benefitted from the previous generations, and now wanted to do their part. Larry would be proud.

So, while in 2007 there were grand ADAPT processions to the Rayburn and Hart buildings complete with police escort... intersections blocked, "Important" people temporarily inconvenienced so hundreds of people with significant needs could make unannounced visits to Rep. John Dingell's (D-MI) and Rep. Joe Burton's (R-TX) (amongst a few of the legislators called upon) offices to have them support The Community Choice Act (CCA) ...in 2022 with no more than 20 of us (Rochester, Denver and another guy from Honolulu) we were spry, nimble and visited many offices; Mikie Sherill (D-NJ), Veronica Escobar (D-TX), Cindy Axne (D-IA) and countless others, all in the hopes they would resign on to The Latonya Reeves Freedom Act an important piece of legislation which would strengthen civil rights for people wishing to live independently and would further improve home and community based services in states where such services weren't seen as a priority. Civil rights...basic supports and structures, which had helped countless people live meaningful lives for many years—including those in Colorado where Medicaid programs and HCBS services in particular were better than most states in the union. Why should a person be forced to leave their family, friends and move across the country to find services – and why would those receiving said supports care? The stakes are too high, and just as easy as hard-fought legislation can be passed...things can quickly change, and a movement can be set back 50 years.



Rochester, Denver (and guy from Hawaii) ADAPT'ers visit the Rayburn Building. Washington DC, May 2022.

In 2017 the American Healthcare Act (also known as "Trumpcare"), came close to passing and would have destroyed decades of progress had it not been for the watchdog vigilance of ADAPT.

Thankfully, due to the hard work of ADAPT and the famous thumbs down "no" vote of the now deceased Senator McCain, the bill did not pass. The bill would have capped the Medicaid dollars that fund home and community-based services that

ADAPT had fought so hard to expand for people with disabilities. It would have been devastating and taken home and community-based services back decades. You can learn more about this critical fight at the following link –

<https://www.msnbc.com/rachel-maddow/watch/gop-threat-to-medicare-threatens-liberty-of-millions-of-americans->

974159427845

In 1963, Dr. Martin Luther King said: "Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly. Never again can we afford to live with the narrow, provincial



ADAPT Superstar Dawn Russell waits to see a Representative from Texas. Washington DC, May 2022.

'outside agitator' idea. Anyone who lives inside the United States can never be considered an outsider anywhere within its bounds." The long fight continues. For more information about participating with ADAPT please reach out.

GAMES

ACI
Annual
Celebration

PRIZES

Atlantis Community's Annual Celebration is BACK!
Come and celebrate with us eat food,
play games and win prizes!
COVID-19 vaccines and boosters will be available in
partnership with Denver Health, as well as information
sessions on the All of Us project.

TUESDAY, AUGUST 30TH
12 - 4 PM

201 S Cherokee St, Denver, CO, 80223
In the Atlantis Apartments Community Room

VACCINES

For more info visit
<https://atlantiscommunity.org/events/>



FAMILIES FORWARD
RESOURCE CENTER
www.familiesforwardrc.org

WE WELCOME OUR PARTNERS AND FUNDERS

FAMILIES FORWARD RESOURCE CENTER OFFICE

**GRAND
OPENING**

AND **BACK 2 SCHOOL EVENT**

THURSDAY, AUGUST 18, 2022
3PM - 7PM
PROGRAM BEGINS 4PM

12000 E. 47th Ave., Ste. 400
(Inside the Northfield Business Center Building)

REGISTER NOW



We are giving out backpacks and school supplies to our families during this event.
For more information please contact Chanell Reed at chanell@familiesforwardrc.org.

What do pastel flowers, “Fat Bottomed Girls”, and Autism have in common?

By Brigitta Hebdon

I’ve heard it said that “Love isn’t love until you give it away.” There is truth behind that little colloquialism. Love, being an action word, without sharing is just a private admiration without context and benefiting no one. But, add another human to the mix and... POW! Love can make all the difference in one’s life and in the life of the recipient.

In the disability community, isolation can be a common factor, especially in individuals who are not neuro typical. Friendships become complicated when even platonic relationships can be hard to maneuver. As a mom of two adult kids with Fragile X Syndrome at opposite ends of the spectrum, I have watched my kids navigate all their peer relationships with the delicacy of a bull in a china shop. Occasionally, they are the “bull” and sometimes they are the “china”. Although I try not to speak for others, I’m sure all moms in my situation have experienced the difficulty of wanting that one special friend for their child with developmental challenges. But finding a good match can become disheartening.

That’s why I want to introduce you to Sam and Shelby! I want to share some lessons they have taught me about romantic love in the disability community. Shelby is my youngest daughter; she has Fragile X Syndrome (FXS) and is on the Autism spectrum. Navigating the dating scene was tough for her... until she met Sam, that is.

Meet Sam, a handsome, kind, capable young man who also happens to be on the Autism spectrum. When they met, it was quickly obvious that they are extremely different in complementary ways. Shelby is loud and social, she loves to dance, talk, and play Taylor Swift... LOUDLY. Sam is soft-spoken, reticent, and he loves all genres of music... except Taylor Swift. Shelby loves pink, Sam loves video games. Despite their common diagnoses

The flag design:

- The Black Field – This is to represent people who have lost their lives due not only to their illness, but also to neglect, suicide, and eugenics.

Colors: each color of the flag represents a different aspect of the disability or deficiency:

- Red: physical disabilities
- Yellow: cognitive and intellectual disabilities
- White: invisible and undiagnosed disabilities
- Blue: mental illness
- Green: sensory perception disabilities



One of the most significant distinctions between them is that Sam is totally okay with being different. He normalizes Shelby’s challenges because, despite their opposing personalities, they share some of the same quirks. Needless to say, there is nothing boring about either of them, especially not about them together. After a long courtship, they were recently married.

On a day in July that was full of windy clouds, loud family and friends, flowers, balloons, dancing, tons and tons of pictures, two ceremonies, and a celebratory walk down the aisle as husband and wife to “Fat Bottomed Girls” (Shelby’s pick), they made a lifelong commitment to one another that had everyone teary. So, is this merely a long, and far too detailed wedding announcement?

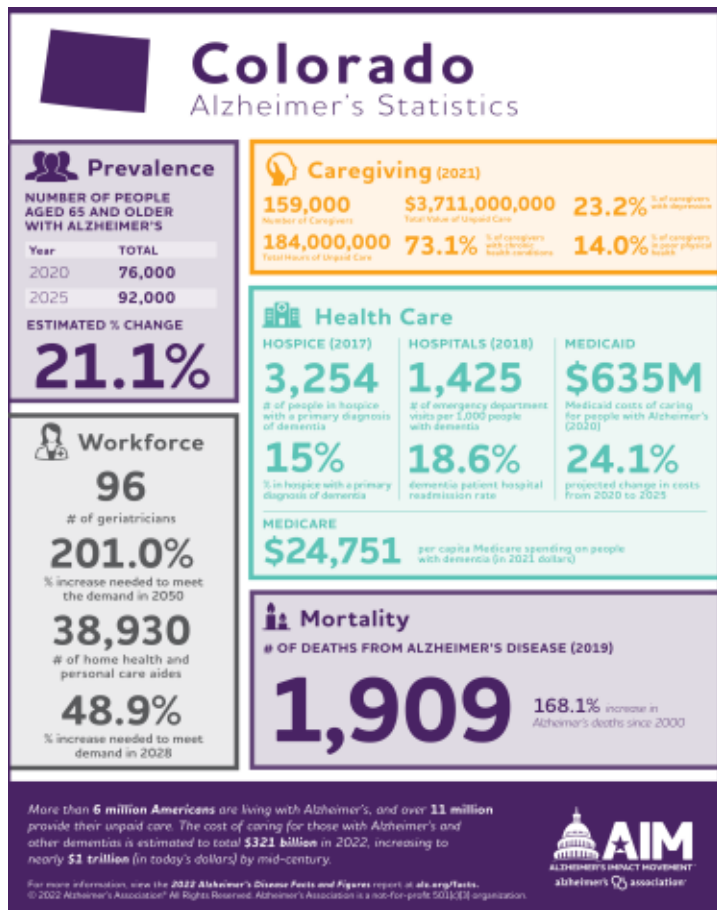
I guess so. I am proud of them. Aside from that, I’m sharing dreams that came true for two people who had the potential to miss so much in life. It’s a cautionary tale, but with a positive twist. And here’s the caution; leave room for love. Open your proverbial front door to the possibility of adding a family member with disabilities to your perfectly posed, perfectly sunlit, perfect location family pictures. Sam and Shelby’s story is better than the stuff of “The Notebook” because it’s real. They have taught me so much about possibilities. If you’re a parent or caregiver, I hope you’ll become a student of theirs, as well.



Congratulations to our friends at LuBird’s Light Foundation for being rated a Top 3 playground in Colorado by Colorado Parent Magazine



The Disability Pride Flag was created in 2021 by Ann Magill, a woman with a disability. Each element of the flag symbolizes a different part of the disability community.



EDUCATIONAL WORKSHOPS

TALLERES EDUCATIVOS

2022-2023

About Jeanette / Sobre Jeanette

Jeanette Cordova has more than 18 years supporting families with resources and as an advocate, especially in the areas of autism and Down syndrome. She is also a mother of a youth, so she understands the journey as a mother.

Jeanette Cordova tiene más de 18 años apoyando familias con recursos y defensor, especialmente en las áreas de autismo y síndrome de Down. Ella también es una madre de un joven, así que entiende el viaje como madre.

About the Workshops/Sobre los Talleres

Nuestros talleres son gratuitos para padres, tutores, familias con recursos y defensor, especialmente en las áreas de autismo y síndrome de Down. El costo para los profesionales es de \$10.00 (facturado después del registro).

Our workshops are free for parents, guardians, foster parents, siblings, and family members. The cost for professionals is \$10.00 (billed after registration).

[More information or Register / Mas información o Registro](#)

Sponsored by/ Patrocinado por:



Bright Futures Advocacy
Jeanette M. Cordova



Education Consultant & Advocate
Consultoría de Educación y Defensor

IDEA & Section 504 / IDEA y Sección 504

English - August 6 & October 1, 2022; January 7, March 4, & May 6, 2023

En Español - julio 30, Septiembre 17, Octubre 22 & Diciembre 10, 2022; Febrero 11 y Abril 15, 2023

IEP: Learn about the IEP and Be an Active Participant / IEP: Infórmese sobre el IEP y sea un participante activo

English - August 6 & October 1, 2022; January 7, March 4, & May 6, 2023

En Español - julio 30, Septiembre 17, Octubre 22 & Diciembre 10, 2022; Febrero 11 y Abril 15, 2023

Supported Decision Making and Guardianship Series/ Serie de SDM y Tutela

English - October 29, 2022; January 28, April 22, & June 24, 2023

En Español - Septiembre 24 & Diciembre 17, 2022; Febrero 25 y Mayo 20, 2023

Raising a Child with Disabilities and Understanding the Grief Cycle/ Criar a un niño con discapacidades y comprender el ciclo del duelo

English - September 3, 2022; January 21 & March 18, 2023

En Español - Agosto 20, 2022; Febrero 11 & Junio 17, 2023

How to Advocate for Your Child / Cómo Abogar por su Hijo(as)

English - December 3, 2022

En Español - junio 3, 2023

ADHD

English / En Español - November 19, 2022

Contact Us :
(720) 288-0733

<https://www.brightfuturesadvocacyllc.com/>

THINK+change
TALKS TRAININGS TOOLS



4-Part Vodcast & Podcast Series

Expanding Access and CBD Therapies for People with Developmental Disabilities

Made possible through support from



<https://thinkchange.training/expanding-access-cbd-therapies-people-developmental-disabilities/>

Show+Tell

Learning the Basics of Special Education



It is about your child being successful.

Thursday, September 15th
6:00pm - 7:15pm

Training will be Online



Scan QR Code above to register

You Will Learn the Following:

- Parental Rights
- Compensatory Services
- Free Appropriate Public Education
- Discipline/Behavior
- Related Services
- Independent Educational Evaluation
- Prior Written Notice

Click here to [register](#)

Contact Deb Payne for more information at 303-632-6840 or email her at deb@weshowandtell.org

988 IS NOW AVAILABLE NATIONWIDE

Starting today, this new three-digit phone number – staffed by trained crisis counselors – is just a call or text away during a mental health, substance use or suicide crisis.

This is a tremendous step toward providing life-saving support that will help countless people in crisis. But the work is just beginning.

Everyone, everywhere in the U.S. should have access to a mental health crisis response when they need it. That is why we are working tirelessly to **#ReimagineCrisis**.

Together, we must:



Expand Lifeline capacity and capability in every community to meet increasing demand for 988



Ensure mobile crisis teams are available in every community to provide people in crisis with a mental health response



Establish crisis stabilization options to provide somewhere to go in crisis



Invest in a mental health crisis workforce to bolster the help available in every community, including leveraging peer support



We need federal, state and local policymakers to continue to act on this important issue. Everyone deserves a compassionate, equitable, effective mental health response in a crisis.

Learn more and act now at ReimagineCrisis.org.

Daniel H. Gilliam, Jr.
Daniel H. Gilliam, Jr.
Executive Director
National Alliance on Mental Illness

Robert C. Glick
Robert C. Glick
Executive Director
National Alliance on Mental Illness

Saul Levin, M.D.
Saul Levin, M.D.
Executive Director
National Alliance on Mental Illness

Arthur C. Evans Jr., PhD
Arthur C. Evans Jr., PhD
Executive Director
National Alliance on Mental Illness

Bill Smith
Bill Smith
Executive Director
National Alliance on Mental Illness

Patrick J. Kennedy
Patrick J. Kennedy
Former U.S. Rep.
Patrick J. Kennedy
Executive Director
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Andy Miller, PhD
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Tyler Harris, MEd
Tyler Harris, MEd
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National Alliance on Mental Illness



REIMAGINE
Crisis Response

OUR PARTNERS:

American Academy of Pediatrics
American Association of University Professors
ACLU Campaign for Smart Justice
American College of Emergency Physicians
American Foundation for Suicide Prevention
American Psychiatric Association
American Psychological Association
The Arc of the US
Behavioral Health Foundation
Behavioral Health Foundation
The Center for Law and Social Policy
Carnegie
Children's Hospital Association
OT International

Connecticut Health Services
Crisis Developmental Association
Crisis Text Line
Depression and Suicide Support Alliance
Fourteen Music
Innovative
The Jed Foundation
The Kennedy Krieger
Lenses of United Latin American Citizens (LULAC)
Legal Action Center
Major County Sheriff's Office of Larimer
Mental Health America
Mental Health America
Mental Health America
National Alliance on Mental Illness
National Association for Suicide Prevention

National Association of County Mental Health and
Developmental Disability Directors
National Association of Peer Supporters
National Association of Social Workers
National Association of State Mental Health
Program Directors
National Council for Mental Wellness
Police, Treatment, and Community Collaborative (PTCC)
R International
Stanford Institute
The Black Panel
Treatment Advocacy Center
The Youth Project
Well Being Trust

Paid for by Reimagine Crisis partners led by the National Alliance on Mental Illness



Autism Society
Colorado

Taking strides to build acceptance

REGISTRATION IS OPEN!

SATURDAY, SEPTEMBER 17

10 AM - 4 PM

BERKELEY LAKE PARK

4601 W 46TH AVE | DENVER

AUTISMCOLORADO.ORG

**WALK WITH
AUTISM**



10075 Commons Street
Lone Tree, CO 80124
720.509.1000
www.lonetreeartscenter.org

Sensory Friendly Programming is now on sale!

SENSORY FRIENDLY PASSPORT TO CULTURE

These sensory-friendly modified performances are modified for theater-goers who have intellectual or developmental disabilities, autism, sensory processing disorder, or other conditions. Passport to Culture is a program specifically designed for children and families to experience arts and culture outside the classroom and inside a world of imagination through performances, workshops and pure entertainment to foster the growth of visual and performing arts, science and cultural understanding in our community.

Yokoso! A Japanese Culture Mix-Tape

Sunday, September 18 at 4pm



Sugar Skull! A Dia de Muertos Musical Adventure

Sunday, October 16 at 4pm



Cleo Parker Robinson Dance

Sunday, November 13 at 4pm



Home for the Holidays

Sunday, December 18 at 7pm



RTD Fares Waived in the Month of August

JUST HOP ON BOARD!

During the entire month of August, **RTD will offer zero fares** across its system as part of the Zero Fare for Better Air initiative.

This collaborative, statewide initiative, made possible by [Colorado Senate Bill 22-180](#), in partnership with the Colorado Energy Office, is designed to reduce ground-level ozone by increasing the use of public transit. Current RTD customers will also benefit as they will not have to use or purchase fare products from August 1-31, during Colorado's high ozone season.

RTD staff will be hosting in-person "Coffee Chats" at RTD stations across the Metro Area throughout the month to answer any questions you may have about this initiative. To find an in-person event near you, go to www.rtd-denver.com/zero-fare-events.



Join the Colorado Coalition for the Homeless on Thursday, August 18 at 5pm for the next session in our virtual Education Series: The Challenges of Living with a Disability While Experiencing Homelessness.

People living with disabilities are disproportionately represented within the cycle of poverty and homelessness. The American Community Survey considers people to have a disability if they report difficulty in at least one of the following: hearing, vision, cognition, ambulation, self-care, and independent living. In Colorado, 75% of people experiencing homelessness reported at least one disability in 2021. One in five people with disabilities who are experiencing homelessness are chronically homeless (experiencing repeated or long-term homelessness). The issue is worsening--between 2019 and 2020, chronic homelessness increased by 21%.

However, there are policies and practices proven to combat homelessness, and many specific to serving the needs of individuals with physical and mental disabilities who are experiencing homelessness. Join three experts in the fields of disability and homelessness to discuss the unique and varied issues faced by people with disabilities and innovative solutions in housing, healthcare, and policies to counteract ableist systems. Presenters will be announced as they are confirmed.

Presenters include: Dawn Howard, Community Engagement Coordinator for the Colorado Cross-Disability Coalition, Dr. Julie Knoeckel, MD, Division of Hospital Medicine, Denver Health and Hospital Authority, and Miriah Nunnaley, Director of Recuperative Care for the Colorado Coalition for the Homeless.

This session is designed for advocates and anyone who wants to listen, learn, ask questions, and engage with this important information on combatting homelessness and improving the lives of people experiencing homelessness or at risk of homelessness. Register now for this free event.

Register

Assistive Technology Expo 2022

WHEN: October 7, 2022 from 11 am - 6 pm

WHERE: The Conference Center at Adams Five Star Schools (1500 E. 128th Ave., Thornton, CO., 80241) with options to attend select presentations virtually

WHO: Hosted by Statewide Assistive Technology, Augmentative and Alternative Communication (SWAAAC) and the Center for Inclusive Design and Engineering (CIDE) at CU Denver. Anyone can attend this free event.

WHAT: RSVP to attend the Assistive Technology (AT) Expo 2022. This event is FREE and open to the public. Attend the event in-person to visit the vendor hall and attend presentations by vendors, clinicians, and researchers. If you are not able to attend in-person, select presentations will be made available for virtual attendance via Zoom. This event will be an invaluable opportunity to network and build relationships with vendor representatives and learn about new products and features of common AT supports for individuals with disabilities.

RSVP



Center for Inclusive Design and Engineering (CIDE)
COLLEGE OF ENGINEERING, DESIGN AND COMPUTING
UNIVERSITY OF COLORADO DENVER | ANSCHUTZ MEDICAL CAMPUS

THERAPEUTIC RECREATION (TR)

HRC staff members in all programs work together to support the leisure interests of people of all ages and abilities. Check the other sections of the guide for recreation program opportunities when participants are ready for more independence.

THERAPEUTIC RECREATION SERVICES
Explore your leisure interests, develop skills, and have fun. Our specialized services are offered to all ages and ability levels to enhance health, wellness, and quality of life. TR Specialists are certified by the National Council for Therapeutic Recreation (NCTRC). Ask the registration desk about our free assist parking.

SCHOLARSHIPS
Scholarships are available for participants who need financial assistance for HRC programs. Completion of a scholarship form is required.

FOR INFORMATION

For information about Therapeutic Recreation programs, birthday parties, scholarships, personal recreation opportunities, or to volunteer, call the Therapeutic Recreation Coordinator at 303-471-7043 or email summer.aden@hrcanline.org

THERAPEUTIC RECREATION INDIVIDUAL SERVICE PLAN/ANNUAL UPDATE

An Individual Service Plan (ISP) is required to participate in Special Needs Programs. An annual update is required each year after. For new enrollees, an ISP must be completed before service begins. This is a non-refundable fee. 1SP=one participant one-time fee: \$10/\$15

Therapeutic Recreation Aquatic & Land Personal Instruction (All Ages)

Individualized programs based on participant needs, goals, and strengths. Consultation session of less than 15 hours can result in a charge for the session.
Single Session: 30-minute \$45/\$50
TR 5 Pack: Five 30-minute sessions \$180/\$207
TR 10 Pack: Ten 30-minute sessions \$360/\$415

TR Small Group Instruction (All Ages)

Designed for small group needs, interests, and abilities in our gym, pool, weight rooms, or in the community. Small groups are led by a Therapeutic Recreation staff member. Call the Therapeutic Recreation program to form groups. Offered ongoing. Call to schedule.
Four half-hour sessions
2 participants \$75/\$107 per person
3 participants \$85/\$98 per person
4 participants \$75/\$98 per person



RECREATION CLASSES

A parent or caregiver may be required to assist during Therapeutic Recreation Programs if a participant needs one-on-one assistance.

Special Needs Yoga (Ages 5-Adult)

Come and experience a form of yoga that works to improve balance, focus, coordination, and strength. Learn poses to reduce fatigue, stiffness, and stress and stimulate the motor and sensory areas of the brain. Wheelchair accessible, all levels of mobility welcome. Westridge, Fitness Studio
Call 303-471-7043 for pricing details.
M 09/12/22 - 09/28/22 5:15 - 5:45 p.m.
M 10/03/22 - 10/24/22 5:15 - 5:45 p.m.
M 11/07/22 - 11/28/22 5:15 - 5:45 p.m.
M 12/05/22 - 12/19/22 5:15 - 5:45 p.m.

Special Needs Hip Hop

Dance Class (Ages 5-Adult)

The focus of this class is a fun dance movement. Enrichment Dance Studio Price \$77/\$89
Tu 09/06/22 - 09/27/22 5:45 - 6:45 p.m.
Tu 10/04/22 - 10/25/22 5:45 - 6:45 p.m.
Tu 11/01/22 - 11/22/22 5:45 - 6:45 p.m.
Tu 12/06/22 - 12/20/22 5:45 - 6:45 p.m.
Season package discount pricing all four months \$248/\$228
Tu 09/06/22 - 12/20/22 5:45 - 6:45 p.m.
*Adjusted Price \$94/\$110
**Adjusted Price \$58/\$67

Special Needs Indoor Basketball

(Ages 8-Adult)

Learn the skills to play basketball, the rules of the game, and good sportsmanship. Southridge, Gym Price \$80/\$104
W 09/07/22 - 09/28/22 5:15 - 6:00 p.m.
W 10/03/22 - 10/24/22 5:15 - 6:00 p.m.

To Volunteer -

303-471-7043 or email summer.aden@hrcanline.org

FALL/WINTER CAMPS

Special Needs Fall Break Sports

Camp (Ages 8-Adult)
Learn the skills necessary to play a variety of sports. Also learn the rules of the games, focusing on good sportsmanship and teamwork. Southridge, Gym Price \$48/\$69
Tu-Th 10/18/22 & 10/25/22 9:00 a.m. - Noon

Special Needs Winter Break

Sports Camp (Ages 8-Adult)
Learn the skills necessary to play a variety of sports. Also learn the rules of the games, focusing on good sportsmanship and teamwork. Southridge, Gym Price \$48/\$69
Tu-Th 12/12/22 & 12/19/22 9:00 a.m. - Noon



Special Olympics Bowling Team

(Ages 8-Adult)

AMF Bowling - Littleton, 2538 E. County Line Rd. Price \$128/\$144
Su 09/18/22 - 11/13/22 11:00 a.m. - 12:30 p.m.

Thrilling Thursdays (Ages 16+)

Participate in a variety of activities that increase motor skills, balance, and social skills. Activities include swimming, soccer, art, basketball, cooking, fitness, and more.
Southridge:
Su 09/18/22 - 09/26/22 12:15 - 3:15 p.m.
Price \$194/\$222
Th 10/06/22 - 10/27/22 12:15 - 3:15 p.m.
Price \$155/\$178
Th 11/03/22 - 11/22/22 12:15 - 3:15 p.m.
Price \$146/\$172
Th 12/01/22 - 12/22/22 12:15 - 3:15 p.m.
Price \$155/\$178



Register Now for the 2022 National Convention.

This year, The Arc's National Convention will be back in person! We're excited to get together again to connect face-to-face, share information, and learn from each other.

Register soon and book your hotel to join us in Denver, Colorado for three days of information-packed sessions and unrivaled networking opportunities.

The conference will feature dozens of speakers from across the disability community, including policy experts, self-advocates, and innovators at the forefront of disability services and supports. Don't miss your chance to learn how others in the disability sector are navigating challenges both old and new.

If you are interested in employment, education, advocacy, housing, criminal justice, decision-making supports, workforce development, and more, our sessions are sure to challenge, inspire, and motivate!

This in-person event will follow the safety guidelines in place at the time of the event, as set by the city of Denver, the state of Colorado, and the CDC. We will continue to monitor guidelines and recommendations and update our event safety protocols as necessary. Please check the [website](#) regularly for updates as they become available.

Register Now

We are Looking for Interpreters for Roles

Rocky Mountain Medical Reserve Corp is seeking actors with access and functional needs (including older adults and people with disabilities) for a large-scale regional disaster exercise to test shelter and medical operations.

****Lunch will be provided****

If you are able to participate, [please complete the registration form](#) and select "Castle Rock" for the role player location.

Date: Saturday, September 24, 2022 | **Time:** 9 a.m. to 1 p.m.

Location: New Hope Presbyterian Church, 3737 New Hope Way, Castle Rock, CO 80109



THERAPEUTIC RECREATION

Special Needs Unified Basketball

Join in the game! Unified Basketball integrates individuals with developmental disabilities (physical and intellectual) with individuals without disabilities (physical and intellectual) to play the game of basketball. Southridge, Gym Price \$48/\$69
W 10/03/22 - 11/03/22 5:30 - 6:30 p.m.
W 10/03/22 - 11/03/22 5:30 - 6:30 p.m.
Price \$48/\$69

Halloween Dance (Ages 16-Adult)

Dance the night away! Dress up in your favorite costume if you would like. Reception at 10! Southridge, Westridge Recreation Audiotone Price \$140/\$16
F 10/28/22 7:00 - 8:00 p.m.

YOUTH THERAPEUTIC RECREATION CLASSES

Splash Swim Group (Ages 3-7)

Learn water safety, swimming, and water games. Southridge, Fitness Pool Price \$58/\$68
F 09/02/22 - 09/30/22 1:00 - 1:30 p.m.
F 10/07/22 - 10/28/22 1:00 - 1:30 p.m.
F 11/04/22 - 11/25/22 1:00 - 1:30 p.m.
F 12/02/22 - 12/19/22 1:00 - 1:30 p.m.
*Adjusted Price \$43/\$52

Special Needs Tumbling (Ages 3-7)

Learn the basics of tumbling, including rolls, handstands, and more. Southridge, Fitness Studio Price \$48/\$69
F 09/02/22 - 09/30/22 1:00 - 1:30 p.m.
F 10/07/22 - 10/28/22 1:00 - 1:30 p.m.
F 11/04/22 - 11/25/22 1:00 - 1:30 p.m.
F 12/02/22 - 12/19/22 1:00 - 1:30 p.m.
*Adjusted Price \$43/\$52



Special Needs Taiwondo

(Ages 5-17)

Dojang master instructor. Students improve balance, coordination, self-control, and confidence. This class is open to all ability levels. Belt testing is determined by our certified instructor and requires a separate fee. Northridge, Martial Arts Studio Price \$140/\$16 No class 10/24
Tu-Th 09/12/22 - 09/28/22 1:55 p.m. - 4:30 p.m.
Tu-Th 10/04/22 - 10/27/22 1:55 p.m. - 4:30 p.m.
Tu-Th 11/01/22 - 11/24/22 1:55 p.m. - 4:30 p.m.
Tu-Th 12/01/22 - 12/22/22 1:55 p.m. - 4:30 p.m.



STAFF

Youth and Adult Therapeutic Recreation Programs
Summer Aden 303-471-7043
summer.aden@hrcanline.org



Visit us at HRCAnline.org/TR

Sports and Fitness Supervisor
Chad Mejia 303-471-7035
chad.mejia@hrcanline.org

HopeKids



Provides an ongoing calendar of free events and activities, and a powerful, unique support community for families who have a child with cancer or some other life-threatening medical condition

Check out the type of upcoming events we have that are free to HopeKids families!



Fishing Events



Nuggets Games



Private Movies



Private Pool Parties



Community Events



Holiday Party

To apply to be a HopeKids family visit:

WWW.HOPEKIDS.ORG

For more information email rachel.class@hopekids.org or call (303) 596-2329



AUGUST

FREE all-abilities activities for the whole family & more!

6

10:30-11:15
Rainbow Fitness
with Carlos Stevens

11:30-12:15
Gentle Movement Dance
with Annie Campbell

12:30-1:30
Rainbow Sound Therapy
with Colleen Delaney

12:30-1:30
Sibling Clubhouse
hangout for kids with siblings with Autism

13

10:30-11:15
Rainbow Fitness
with Carlos Stevens

1:00-3:00
Metro Autism Consortium
support group for adults with autism

6:00-8:00
Spectrum Parent Adventures
completer support group

20

10:30-11:15
Rainbow Fitness
with Carlos Stevens

11:30-12:15
Music & Movement
with Rhythmic Rocks Music

12:30-1:30
Art Meet Up
with Alia Williams

2:00-3:30
Supporting Neurodiverse Learners from Historically Underserved Populations
Panel discussion and book signing with Dr. Donna Hunter

27

10:30-11:15
Rainbow Fitness
with Carlos Stevens

11:30-12:15
Music & Movement
with Metro Music Therapy

12:30-1:30
Art Meet Up
with Alia Williams

2:00-3:00
ConnectTeen
support group for teen outcasts

COMMUNITY FEEDBACK SESSION

**RED ROCKS AMPHITHEATRE
ACCESSIBILITY IMPROVEMENT PROJECT**

Join The City and County of Denver's Division of Disability Rights for a discussion on accessibility improvements at Red Rocks Amphitheatre.

The City and County of Denver is currently working to address accessibility barriers throughout Denver facilities and parks. We want to hear your thoughts on accessibility improvements at Red Rocks, while recognizing the unique character and historic barriers at this historical venue.

Unlike previous Community Feedback Sessions, this meeting will focus on issues beyond architectural barriers, such as the sale of tickets and the enforcement of ADA seating requirements.

You can come with questions or comments, or send them in advance to be discussed at the meeting to disabilityaccess@denvergov.org.

To receive regular reminders about this meeting, and other events from the Disability Rights team, sign up for our mailing list by going to bit.ly/DDRWeeklyNewsletter.



Virtual Meeting Information

Wednesday, August 17th
4:00pm - 5:30pm

Zoom Meeting Link:
<https://denvergov.org/join/2022/08/17/RedRocksMeeting>

Meeting ID: 825 7095 2181
Passcode: 41821
On tap mobile:
+1 720 312 4121, +1 720 312 4121 (US & Canada)
On tap desktop:
+1 720 312 4121 (US & Canada)
Meeting ID: 825 7095 2181
Find your local location: <https://denvergov.org/locations>

If you need a sign language interpreter, please email denvergov.org or call 311, providing the CADA service contact. Sign language services are available for all events, including those held at Red Rocks Amphitheatre. For other public accommodations, requests for reasonable accommodations are available through the Denver Office of Disability Rights at disabilityaccess@denvergov.org.



**DISABILITY RIGHTS
DENVER HUMAN RIGHTS &
COMMUNITY PARTNERSHIPS**

disability@denvergov.org
231 W. Colfax Ave., Denver, CO 80202
DisabilityAccess@denvergov.org | 720.513.8450
@DenverCommissionerPeoplewithDisabilities

TACT PRESENTS

80'S FEVER

LIVE MUSIC!

BID ON A 1984 RED CORVETTE!

FRIDAY, OCTOBER 7 2022
6:00 - 10:00 PM
AT EVOLVE AT MILE HIGH
**2827 W 9TH AVE,
DENVER CO 80204**

**Sponsorships
and Tickets
Available**



Get Your Tickets for 99 Pieces!

99 Pieces (of art on the wall) is our most highly anticipated event of the year! It's your chance to marvel at 99 vibrant works of art from local artists and artists with disabilities. You can even get your favorite work for just \$99!

Besides being a fun night of art, beverages, and community, 99 Pieces is our annual fundraiser. All proceeds from the event are invested straight back into our programs opening doors to economic opportunities for people with disabilities in the arts! **Support our mission by getting your ticket today for just \$99.**

This year, the event will take place on **Friday, September 16th from 6-8:30 pm**. We can't wait to see you there.

RSVP for 99 Pieces

Presented by **ECPAC** and The Arc of Adams County



ECPAC
EARLY CHILDHOOD
PARTNERSHIP
OF ADAMS COUNTY



Coffee & Conversation

Please join Early Childhood Partnership of Adams County (ECPAC) and The Arc of Adams County for an informal gathering of parents and families who have children with special needs. The group will meet the first Thursday of the month from 9:30 AM to 11:00 AM at the ECPAC office. The Arc of Adams County will provide information at each session with time for families to ask questions and share!

Aug 4th - School Readiness
Sept 1st - Community Services and Resources
Oct 13th - Strengths Based IEPs
Nov 3rd - Social Skills/Friendships
Dec 1st - Winter Break Activities

Location: ECPAC
Community Resource Hub at South Platte Crossing
7190 Colorado Blvd, Suite B203 (basement level), Commerce City

If you need childcare during the meeting, please reach out to Briana:
briana@ecpac.org or call/text 720-705-7470.

Please join us for information and refreshments! We look forward to seeing you!



WE'RE HERE TO SUPPORT YOU!



Parent
to Parent
of Colorado



EMPOWER
Colorado

**are now joining together
& sharing resources!**

- Online Parent Support Groups (English and Spanish)
- Parent Training ► Information & Resources
- Individual Support

Need support? contact infop2p@abilityconnectioncolorado.org
or call 877-472-7201

5K FUN

RUN - WALK - ROLL



October 22, 2022
5k | 9:00-10:50am
Fun Run | 11:00-noon



Clement Park
7306 W Bowles Ave,
Littleton, CO 80123



The Traveling Gnomes provide
inclusive & accessible
travel opportunities
for individuals with
disabilities

www.thetravelinggnomes.org

DENVER WALK TO END HYDROCEPHALUS SUNDAY, SEPTEMBER 4, 2022

The WALK to End Hydrocephalus is the Hydrocephalus Association's largest annual fundraising event, raising critical funds for research, advocacy efforts, support and education. When you take part in a WALK to End Hydrocephalus, you join more than 1 million Americans and their families who want to change the future of hydrocephalus! Come join the fun and be part of the movement. **Register today!**

Redstone Park-- Highlands Ranch

[Directions to the park](#)

Well-behaved dogs on leash are welcome

For more information, contact our local volunteer leader:

Nick & Kristin Hoffman
DenverWalk@hydroassoc.org
Nick: (720) 266-7927

Join our online Hydrocephalus Association pages!



SUMMER ENERGY ASSISTANCE

HEAT WAVE HELP

bit.ly/SummerEnergyAssistance2022
RECEIVE \$300 TOWARDS YOUR XCEL BILL!
(FOR QUALIFIED DENVER COUNTY RESIDENTS)



PICAYUNE



Journey to Wellness

LIFESTYLE CHANGE PROGRAM

Gain the tools you need to become a healthier you for life. This lifestyle change program will provide you with a full year of support to help you reduce your risk of future health problems like diabetes and heart disease, all at no cost to you.

For more information or to register,
call 720-266-2971

or visit www.tchd.org/JourneytoWellness
or scan with your phone here!



TOPICS INCLUDE:

Eating Healthfully
Physical Activity
Weight Loss
Managing Stress
Overcoming Barriers
Finding Motivation for Change

See reverse side for
a list of upcoming
virtual and
in-person classes!

Class Schedule Fall 2022

Call 720-266-2971
or visit
www.tchd.org/JourneytoWellness

August Virtual - Thursday Lunch

Thursdays, starting August 17th, 2022
12:00 - 1:00 PM

September In-Person - Wednesday Evening

Trail Winds Recreation Center, 13495 Holly St, Thornton
Wednesdays, starting September 7, 2022
5:30 - 6:30 PM

September Virtual - Monday Evening

Mondays, starting September 19, 2022
6:00-7:00 PM

All virtual classes are held via Zoom -
call-in options or online access
assistance available, and no prior Zoom
or online learning experience needed.

Enrollment is open for the first
four weeks of class if space
allows. Call to confirm
availability.

CARETHARTIC CONVERSATIONS

FREE Monthly Self-Care Discussion Sessions



TEN MONTH 90 MINUTE ZOOM DISCUSSIONS AND SELF-CARE SESSIONS 2022/2023 SCHEDULE

TIME: 1:30 - 3:00 PM (MT)

THE THIRD WEDNESDAY OF EACH MONTH

AUGUST 2022 THROUGH JUNE 2023

TO RSVP EMAIL: 1001@CAREPARTNERSDENVER.ORG

FAQs

Have any questions about the Lottery process? Click below

Lottery FAQ's

2022 Housing Choice Voucher (section 8)
Lottery occurs the 3rd week of September, midnight Thursday through 11:59pm on Friday (Sept. 15 and 16, 2022)

Your new home begins here

Selected and approved families will need to meet the following basic program requirement to include but is not limited to:

- Meet HUD basic eligibility requirements: not a registered sex offender and/or not convicted of methamphetamine manufacture or production on public housing premises
 - Have not been evicted from federally assisted housing for drug-related criminal activity in the past 3 years
 - Have not been evicted from federally assisted housing within the past 5 years
 - Does not owe monies to any subsidized housing programs
- Cannot exceed income guidelines

ATTENTION PLEASE!

NEVER pay money to apply for housing!

If anyone asks you for money to put in an application for a Denver Housing Authority/HUD housing voucher, they are attempting to commit fraud. DO NOT give them money to receive an application. If your lottery number is selected, the Denver Housing Authority will send you an application.

Family Income Limits



Family Income Limits

1 Person Family	2 Person Family	3 Person Family	4 Person Family	5 Person Family	6 Person Family	7 Person Family	8 Person Family
\$36,700 or less	\$41,950 or less	\$47,200 or less	\$52,400 or less	\$56,600 or less	\$60,800 or less	\$65,000 or less	\$69,200 or less

Night Lights

Night Lights mission is to create safe and accepting environments by providing respite care for children who have special needs and their neuro-typical siblings.

Night Lights was started in March of 2011 at Waterstone Community Church by Kristin Steadman as a way to provide a few hours of temporary relief to primary care providers. On Night Lights first respite event, there were 10 kids and 26 volunteers who participated. Night Lights became an official 501c3 non-profit organization in November of 2012 and now cares for 25-30 children each month at each of our 3 sites.

Night Lights provides quality care for children ages 1 month to 13 years old who have special needs and their neuro- typical siblings under the age of 13.

This service helps parents or caregivers have time to take a bath, go out to dinner, go grocery shopping, run errands, or even just read a book. There is an onsite nurse to tend to medical needs and all of the staff and volunteers are background checked and trained.

During a Night Lights evening, each child has their own "buddy". This one-on-one attention ensures safety and personal attention for the entire evening. These trained volunteers are supported by a nursing staff to ensure the safety and comfort of the children. Night Lights is held one Friday each month from 6:30pm – 10:00pm (date varies based on location).



Visit our webpage to see how Night Lights supports families who have children with special needs.



Night Lights provides quality care for children ages 1 month to 13 years old who have special needs and their neuro-typical siblings under the age of 13.



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

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)

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.

JOIN THE DENVER HEALTH HCP TEAM IN PERSON OR VIRTUALLY FOR

THE AUTISM DILEMMA

A COMMUNITY CONVERSATION

WE RECENTLY SURVEYED DENVER'S CAREGIVERS OF CHILDREN/YOUTH WITH AUTISM AND A MENTAL OR BEHAVIORAL HEALTH NEED ABOUT THE AUTISM EVALUATION PROCESS AND ACCESSING AUTISM SERVICES. TOGETHER, WE'LL REVIEW OUR FINDINGS, DISCUSS BARRIERS TO CARE, AND WORK TO CREATE A PLAN TO IMPROVE THE EXPERIENCE OF DENVER'S FAMILIES.

THURSDAY, SEPTEMBER 15
11:30 AM - 1:30 PM

THE DANIELS FUND BUILDING
101 Monroe Street, Denver, CO 80206

RSVP NO LATER THAN AUGUST 15 TO MOLLY BENKERT
303-602-6765
molly.benkert@dhha.org

LUNCH PROVIDED

SCAN TO RSVP!

Disability Peer Support Group

Fridays at 1:30 pm

THE CENTER ON COLFAX
thecenteroncolfax.org

This hybrid peer support group is for individuals who have a disability and identify as a member of the LGBTQ+ community. This is a drop in space that provides conversation, social support, and resource sharing. This group is free to attend. Registration is required if you intend to participate virtually. For questions, please contact Bryant Mehay (Coordinator for Elder and Disability Services) at bmehay@lgbtqcolorado.org with any questions.

When: Every Friday from 1:30pm to 2:30pm

Where: In-Person at the Center on Colfax. A virtual option is also available to attend!

ROCKY MOUNTAIN DOWN SYNDROME ASSOCIATION

JOIN US ON SEPTEMBER 25TH FOR THE STEP UP FOR DOWN SYNDROME WALK!

CITY PARK, DENVER

REGISTER AT STEPUPDENVER.ORG

COME SUPPORT LU LU AND OTHER INDIVIDUALS WITH DOWN SYNDROME AT THE 26TH ANNUAL STEP UP FOR DOWN SYNDROME WALK!