



Picayune SERVING COLORADO'S DISABILITY COMMUNITY

The Newsletter That Serves its Readers

YEARS

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Save the Date for PASCO's 30th **Annual Summer** Picnic

Friday June 30th, 2023

Morse Park-Lakewood

Interested vendors reach out to Damian for a spot at Resource Fair.

Details to follow

Reference in this Newsletter to any specific product, service, or company does not constitute a recommendation by PASCO (although we do our best to support community friendly organizations)

Preparing for the Medicaid Renewal Process

The Public Health Emergency is Ending

In January 2020, the U.S. Department of Health and 1. Confirm and/or update your contact Human Services (HHS) declared a Public Health Emergency (PHE) in response to the outbreak of COVID-19. Congress subsequently passed legislation that guaranteed anyone enrolled in Health First Colorado (Colorado's Medicaid program) could keep their health coverage during the PHE. However, once the PHE has concluded, all individuals currently enrolled in Medicaid will need to go through the redetermination process to ensure that they still qualify.

President Biden has announced that the Public Health Emergency will end on May 11, 2023. However, the Department gave direction to States requiring them to start redetermining Medicaid eligibility by April 1, 2023. States will have up to 14 months to redetermine eligibility.

The Colorado Department of Health Care Policy and Financing, otherwise known as Health First Colorado, will be contacting all Medicaid clients by mail starting in March 2023 to inform them of restarting the revalidation process. The first redeterminations will be due by May 2023.

What This Means for You

This renewal process will need to be completed by all individuals currently receiving Medicaid. It is anticipated that 315,000 recipients in Colorado will no longer be eligible after the redetermination process is complete. However, a majority of upcoming denials are anticipated to be caused by not completing the required steps on time. These preventable instances can be avoided by taking the necessary steps as outlined below.

How can I prepare?

There are four crucial steps that need to be completed to successfully submit redetermination paperwork. These redetermination packets are time sensitive, and you must return all the requested information by the deadline date in the letter you will receive from the state.

To be prepared, we encourage all PASCO caregivers to take the following steps:

information

This step is crucial to ensure that you are receiving your Medicaid renewal paperwork at the correct location. This first step will allow all remaining processes to occur. Updating your address, phone number, and email is quick and easy. You can update your information in one of these

- Visit Colorado.gov/PEAK. If you don't have a PEAK account, you can create one at Colorado.gov/PEAK.
- Use the Health First Colorado app on your phone. This free app is for Health First Colorado and CHP+ members. Download it for free in the Google Play or Apple
- CHP+ members can call 800-359-1991 (State Relay: 711). Help is available in multiple languages.
- Contact your County Department of Human Services or Social Services to change your contact information. You can find your County office at: https:// cdhs.colorado.gov/our-partners/counties/contact-yourcounty-human-services-department
- Contact PASCO if you need assistance with this pro-

2. Check your mail for your renewal letter



The letter will be sent from "Consolidated Return Mail Center" with URGENT - PLEASE REPLY written in red.

Continued "Medicaid" Page 2

"Medicaid" page 1

You will receive a letter and an email informing you of your renewal date. This date is crucial, as it indicates when you can anticipate when you will receive your redetermination packet and begin the renewal process.

PLEASE NOTE: Some individuals will be automatically renewed based on information we have for them from other data sources. This means that some members will not receive a renewal packet, but rather receive a "notice of action" letter that lets them know they are still eligible for coverage.

3. Receive and sign the redetermination packet

Members will receive a renewal packet approximately 70 calendar days before their renewal deadline to allow time for completion. Your renewal date can be reviewed at CO.gov/ PEAK. Some individuals will be required to provide additional infor-



mation, like changes in income, care needs, and more. Even if no additional information is needed on your part to complete the process, this packet MUST be signed and returned by the deadline listed.

4. Return signed packet

This packet must be signed and returned on time. This can be completed via the following:

- Online at: CO.gov/PEAK
- Through the Health First Colorado
- By mail, fax, or bring the completed signature page and updated renewal form pages to the local





LEADERSHIP SKILLS, SELF ADVOCACY, CAREER AND EDUCATION OPTIONS, PROBLEM SOLVING AND ABOUT THE INDEPENDENT LIVING MOVEMENT ON A UNIVERSITY CAMPUS.

JUNE 26-30, 2023

COLORADO STATE UNIVERSITY

YOUNG ADULTS AGED 16-26 WITH DISABLITIES



CONTACT COORDINATOR@COLORADOSILC.ORG FOR MORE DETAILS!



NEURODIVERSITY

EARS - BRAINS?







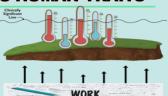
EVERYONE'S EYES AND EARS ARE DIFFERENT, WE CONSIDER IT NORMAL NEURODIVERSITY SAYS OUR MOST COMPLEX ORGAN, THE BRAIN, ALSO VARIES AND IS UNIQUELY INDIVIDUAL OUR DIFFERENT BRAINS CAUSE EACH OF US TO PERCEIVE AND PROCESS THE WORLD **DIFFERENTLY**

NEURODIVERSITY IS HUMAN TRAITS

The Neurocloud™ includes every way a human can perceive, process, and think. These thinking traits are human traits we all share at some level

Everyone's traits become more visible when we are stressed. Neurodistinct individuals may display higher or lower levels of a trait than most

Like all diversity, neurodiversity starts with awareness, we humans are all in the Neurocloud™, where everyone thinks differently



NEURODIVERSITY IS EVERYONE

NEUROCLOUD™: Concept that all human ways of being are the normal results of brain diversity. Traits mix together like a cloud of confetti with no solid borders but 2 arbitrarily divided general groups of thought among the cloud of all humans.

NEUROCLOUD™

NEUROTYPICAL: The most cohesive humans group. They perceive and think from similar perspectives or at least agree to them

NEURODISTINCT: Everyone else with perception & thinking which is distinct from neurotypicals

Tim Goldstein - Neurodiverse Communication Specialist Materials, Training, Consulting

Let's Talk Sense:

Join STAR Institute and some of its expert clinicians for three nights of learning as we explore the keys to a sensory-informed life. Each night, STAR's Clinical Director will be joined by a different STAR therapist to share tips and strategies around some of families' most often asked questions including:

- . "How can I support and be there for my family when I am constantly feeling burned out?"
- "What can I do to help my child transition from thing to thing/place to place more smoothly?"

 "We feel like we walk on egg shells around our child. Why is that and what can we do?

Each night will begin with a 30-40 minute conversation before leading into a live Q&A where you can ask STAR's occupational therapists and mental health providers your own questions.

Discussions You Don't Want to Miss:

Each Night from 6:30 PM-7:30 PM MT

Tuesday, April 25: Caring for Yourself So You Can Care for Others Wednesday, April 26: Keys to Successful Transitions in Life's Big and Small Moments Thursday, April 27: Beyond Fight, Flight, or Freeze: How to Support Regulation

STAR Voices You'll Hear From:















Curious about your options for community-based living?





We are here to help!

A local transition counselor will help you learn more about your options for returning to community-based living.

During an options counseling conversation. you can talk to a transition counselor about your current living situation and your goals for the future. The transition counselor will provide you with information and resources to understand your



What is community-based living?

Community-based living includes an apartment, house, group home, or Medicaid assisted living. You may be qualified to work with a Transition Coordination Agency to understand your housing options and access Medicaid Home and Community Based Services (HCBS)



What services are available in the community?

Medicaid HCBS services may

include home-delivered meals, non-medical transportation and homemaker and personal care assistance. Your transition coordination agency will help you explore additional benefits and support available

to maximize your independence and

help you remain in the community.



How can you qualify for transition coordination services?

If you are currently

- · A Health First Colorado (Medicaid) Member
- · Age 18 or older
- · Living in a nursing home

· Living in an intermediate care facility or regional center for people with intellectual disabilities



How to get started:

You, a social worker, family member, friend, legal guardian or someone you trust can submit a referral to learn

about your options. Requesting more information about community-based living does not guarantee any outcome, and you are not obligated to enroll in Medicaid Transition Services. After receiving your referral, a transition counselor will contact you. You can also call or email the Community Options Program any time with questions or requests for additional information. Our contact information is included below.



drcog.org/transitions

DRCOG Area Agency on Aging Community Options Program 303-480-6838 Email us: transitionsteam@drcog.org

THE WAYFARING BANDS: ROCKABILLY ROADHOUSE

April 29, 2023 | 5:30 - 9:00

4303 Brighton Blvd, Denver, CO 80216 | \$20 tickets | Purchase tickets here!



Time for everyone's favorite Band fundraiser! This familyfriendly event features an evening of social dancing, including performances by champion swing and jive dancers. Dress in your rockabilly best and plan to shimmy and shake, sample food and drink, style your hair at the beauty parlor and barbershop, or check out the talented artist as they ink up party-goers with permanent tattoos! Hosted at the historic Forney Transportation Museum, our event is smack dab in the middle of the show floor. Your ticket includes access to the museum's impressive collection of classic cars, motorcycles, and even massive steam engines!

Wheelchair accessible, ASL-interpreted, and family-friendly. Food and drink are included in the entry price but bring a little pocket money to support our fundraising efforts and, take advantage of the beauty parlor, tattoo studio, and score some Wayfaring swag.





Local Radically Inclusive and Affirming Equitable Health and Wellness Non-Profit Organization launches NEW Adaptive Clothing Line showcased at DENVER FASHION WEEK!

You won't want to miss out on this incredible night of inclusive fashion and celebration! Cheer on some fantastic models as they own the catwalk and gather together in the community to raise disability awareness and support for Guided By Humanity programming through their silent auction and opportunities to donate throughout the evening. It will be an event you will not for-

Guided By Humanity, the radically inclusive and affirming health and wellness non-profit continues to be a change-maker, growing its reach and its potential for impact by partnering with another local business, Resourceful Threads. Together they created an Adaptive Clothing line called everyBODY to serve the needs of people who use wheelchairs, who prefer velcro over zippers, and who feel better accessing their clothes from the sides instead of overhead.



Thursday, May 11 6 - 10pm MDT



The Brighton - A Non Plus Ultra Venue 3403 Brighton Boulevard Denver, CO 80216



APPLICATION DEADLINE EXTENDED FOR **UNC GOAL PROGRAM!**

New Deadline: May 1st Go to unco.edu/unc-goal or contact goal.info@unco.edu for more information



LOVE YOUR PRESENCE AT OUR

INCLUSION MIXER

Share what your group has been up to and catch up with other groups who believe in diversity and inclusion in action!

WED. APRIL 12TH 6:00PM-7:30PM BREWABILITY & PIZZABILITY 3445 S BROADWAY, ENGLEWOOD

Organized by the Tall Tales Ranch Young Professional Board. Please RSVP an

RESEARCH **PARTICIPANTS NEEDED**

AUTISM STUDY

Seeking children & teens (ages 6-16) with autism spectrum disorder

- 10 weeks of group sessions at Hearts & Horses Therapeutic Riding Center, free of charge
- Monetary compensation for study assessments and

Location: Hearts & Horses Therapeutic Riding Center in Loveland, CO



hannah.christensen@cuanschutz.edu Phone: 720-777-9255





HEARTS & HORSES

Reurodiversity Neurodiversity Resource Fair

Celebrating Different Minds!

Connect with Providers and Find Resources for:

ADHD, Executive Functioning, Autism, Mental Health, Speech, Sensory Processing, and more!

Saturday, June 24

10:00AM - 1:00 PM

PREMIER SPONSORS:











Accelerated Schools 2160 Cook Street Denver, CO 80210

REGISTER TODAY:



A DAY OF FAMILY FUN:

Food Trucks, Inflatable Obstacle Course, Face Painting, Balloon Animals, and fun for the whole family!

Brought to you by:

















The Adams County Health Department (ACHD) is proud to announce the official launch of the county's first ever health department. This new department is responsible for promoting and protecting the health of all Adams County residents through a variety of programs and services and believes the successful pursuit of public health requires an understanding of community and a shared future.

Adams County's vision for its new health department is guided by public health industry best practices and by a vision of incorporating the social determinants of health and equity into the foundation of the department's structure and activities. ACHD aims to deliver programs and services to enhance the conditions in which people are born, grow, live, work, and age. Stay informed with all ACHD news and information on our website adamscountyhealthdepartment.org and social media channels: Facebook, Instagram, Twitter and YouTube.

Shelby and Sam! By Brigitta Hebdon

In July 2022, Shelby and Sam W. were married. Shelby, a PASCO client, has Fragile X Syndrome with Autism. Sam has Autism, as well. They met on a dating app. Neither of them knew about the other's disability before their first date. It was like fate brought them together. Fate was working through an algorithm that day. When they met, Shelby immediately knew that this young man was different. It took Sam a little longer, but not much. They have been happily together ever since.

The two dated for almost three years by the time they tied the knot last summer. Because of their unique challenges, there was a lot to work out before they could make it official. For example, neither of them lived independently at the time of their engagement. They both have good jobs, but they relied on family for transportation. In addition, the cost of housing in Colorado was prohibitive.

The biggest challenge for them to overcome was rallying support from both families. It seemed like a really big hurdle to help the two manage their special needs as well as marriage. Despite the various misgivings of others, Shelby and Sam knew what they wanted and the two would not be dissuaded. They had faith that all would be well and that they should wed.

Since their wedding, the W's have settled quite nicely into an apartment of their own. To address their specific needs, Shelby's parents converted their basement into a full-scale, one bedroom apartment complete with kitchen, bath, and laundry facilities. Both Sam's and Shelby's parents help out with transportation demands so that the couple can get to their respective jobs. They take Uber or ride the train whenever it's practical to do so.

Shelby opened grocery delivery accounts so they don't have to depend on family or pay for a ride to meet their meal requirements. In order to keep track of the menu, because Shelby is often gone in the evenings, they keep a large white board in their kitchen. Every week, they update the board with their list of weekly meals and Shelby's work schedule. Sam is home every weeknight by 6pm, but it's not practical for him to prepare an entire dinner just for himself. So, they plan for those nights by listing easy meals such as "Leftovers" or "Hot dogs". On the days when they can eat together, Shelby has made a hobby of challenging herself with new recipes. She gets a real sense of accomplishment from feeding her little household. She

has developed quite a repertoire of meals since last summer

Sam and Shelby have lots of privacy and independence, but they also have the advantage of being close to family in case they need help. The apartment, rent, and all their personal financial needs are their



Shelby and Sam enjoying married life and all the routines associated with it.

responsibility.

They enjoyed decorating their first home together as a married couple last Christmas. The couple even has a little dog that sleeps with them every night. They share the duties for his care with Shelby's parents.

The Center's on Colfax LGBTQ+ Disability Community Program

As it was back in August 2022 when the first LGBTQ+ Disability Peer Support Group launched, the vision for this program is to engage and empower LGBTQ+ adults with disabilities towards self-actualization, to work towards reducing social isolation, and to build connection with the goal of improving the overall health and wellness of this community. This program is holistic, humanist, non-clinical, and evidenced-based. Right now, the focus of the program is on expanding the number of people we serve and connecting with more organizations that represent and serve you. Also note that groups through the West of 50 are available to you! Please know you can reach out to me at any time by email at bmehay@lgbtqcolorado.org or call in at 303.951.5228.

Thank you,

Bryant Mehay, MA, CTRS | Coordinator of Elder and Disability Services

Weekly Programming

Disability Peer Support Group:

Mondays 5:00pm-6:00pm & Fridays 1:30pm-3:00pm

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.

Virtual Registration: https://thecenteroncolfax.salsalabs.org/disability/index.html





They are currently planning a reiteration of their honeymoon by taking a trip to Glenwood Springs for their first anniversary. Amtrak runs directly from Union Station in Denver to Glenwood Springs daily. Glenwood Springs is such a small town; they can walk or Über to lots of attractions. They are especially looking forward to river rafting. They have found a way to plan a vacation alone that is both affordable and fun!

In many ways, Sam and Shelby are heroes in the disability community! They have proven that married people with special needs can live together independently, all the while accepting help when needed. Their living situation requires them to balance stepping up to be responsible for themselves but also to become excellent self-advocates as they work to make a life together.



What does every child want? The chance to play with friends, throw a ball, share their success with family, to know that they belong. What does every child with an intellectual or developmental disability want?

ACADEMYBANK

The exact same thing.

AARP

Usbank

Young Athletes is a sport and play program for children ages 2 to 7 with and without intellectual disabilities. Our focus is on fun activities that are important to mental and physical growth. This unique program brings siblings, friends, and strangers together to enjoy games and activities that develop motor skills like balance, flexibility, strength, and coordination. After participating, involved families shared that they played more together at home and in the community.

Young Athletes is easy to start, fun for all, and a great way to boost confidence and expectations. Special Olympics Colorado offers year-round "Learn to" sport activities, clinics, summer camp, and special events. Like all our programs, Young Athletes raises awareness and promotes inclusion and acceptance. Learn more and get involved by visiting SpecialOlympicsCo.org/YoungAthletes



Free Tax Preparation by North of Denver VITA January 31 to April 13, 2023

IRS VITS Certified Volunteers are providing FREE tax preparation at:

9471 Dorothy Blvd (Basement), Thornton, CO 80229 Tuesday through Thursday from 9 am to 2 pm NO APPOINTMENTS ARE NECESSARY – FIRST COME – FIRST SERVE

What to Bring for your FREE Tax Preparation:

- Photo identification for you and your spouse (if filing a joint return)
- SOCIAL SECRUITY CARDS or Individual Taxpayer ID documents for everyone listed on your return.
- All W2's for wages from each employer
- 1098 for Education Loan Interest or Tuition Credits
- Letter 6419 documenting any <u>advance</u> Child Tax Credit payments received.
- Letter 6476 2021 Recovery Rebate Credit payment amounts
- For direct deposit of refund or automatic withdrawal if you owe, bring proof of account (check)
- Birth dates for you, spouse, and dependents
- Information for all deductions/credits
- Total paid to day care provider and their tax ID number.

We Will NOT Prepare:

- Schedule C with loss, depreciation, or business use of home
- Rental Income
- Farm Income

WEAVE

- Complicated Schedule D (capital gains and losses)
- If you engaged in any transaction involving virtual currency.

Please see a professional prepare for assistance with complicated returns.



This communication is from Denver's Department of Housing Stability (HOST). If you are a renter or homeowner in Denver and need assistance with paying rent and/or utilities, including Denver Water and Xcel Energy, you may be eligible for rent and utility assistance through Denver's Temporary Rent & Utility Assistance (TRUA) Program. This program may support eligible tenants who are behind on rent and in need of financial assistance to avoid eviction.

To apply, call 311 and press 6 and you will be connected with a nonprofit agency providing rent and utility assistance.

Additionally, in late 2021, the Colorado General Assembly passed significant landlord-tenant law reform via <u>HB 21-1121</u> and <u>SB 21-173</u>. These legislative bills change the responsibilities that landlords owe to tenants and the steps required for evictions. Some significant changes to landlord obligations relate to unlawful removal or exclusion, and prohibited clauses in rental agreements. Below is a summary of the changes:

Unlawful Removal or Exclusion

- The revised law provides a new cause of action for a tenant who has been removed or excluded from a residential unit without a court order. Residential tenants can sue landlords for the following: a restraining order;
- ♦ the tenant's actual damages;
- ♦ the higher amount of \$5,000 or three times the monthly rent;
- ♦ any other damages;
- ♦ and attorney's fees and costs.
- The court can also restore possession to a tenant if the landlord violates these rules.

Prohibited Clauses in Rental Agreements

- A lease may not include:
- O an unreasonable liquidated damages clause that assigns costs stemming from an eviction to a party; or
- O a one-way fee-shifting clause that awards attorney's fees and costs only to one party.
- Any clause that violates these rules is void and unenforceable.

Already have a court date scheduled? Come in person!

There are free attorneys, rental assistance navigation, and resource support at the Denver County Courthouse located at 1437 Bannock St from 8am-12pm on Monday through Friday in room 163.









HOME BUILDERS FOUNDATION

APPLICATIONS FOR WHEELCHAIR RAMPS OPEN

YEAR AROUND- HBF BLITZ BUILD

Since 2011, more than 220 ramps have been complete during Blitz Build weekends, mobilizing hundreds of volunteers and impacting clients and their extended networks of care.



IN 2023 BLITZ BUILD WILL NO LONGER BE A SINGLE WEEKEND
IN THE SUMMER. INSTEAD, TO SERVE CLIENTS IN A TIMELY
MANNER, WE WILL BE HOLDING A MINI-BLITZ FOR 3 DAYS OUT
OF EACH MONTH FROM MAY-OCTOBER. EACH MONTH WE HAVE
COMMITTED TO BUILDING 2-4 RAMPS OVER A 3-DAY PERIOD.
IF YOU NEED A RAMP, OR HAVE A CLIENT, COLLEAGUE, OR
FRIEND WHO IS IN NEED OF A RAMP, PLEASE FILL OUT OUR
APPLICATION FOR ASSISTANCE AT WWW.HBFDENVER.ORG.

NOTE: PROJECTS NEED TO MEET THE REQUIRED QUALIFICATIONS. APPLICATIONS ARE REVIEWED ON A

Accessible Community Garden: Applewood

The Stober Community Garden, which is located on the grounds of Stober Elementary School in Jeffco's Applewood area (approximately 20th & Simms), is entering into its second year of operation. At the onset, we decided to build several of our garden beds raised higher than what is typical so they are easier to use for those with physical difficulties, and we installed two beds that are elevated and fully wheelchair accessible. I wanted to reach out to see if someone there might help us reach out to communities, organizations or individuals in our general area that might be interested in securing one of these more-accessible beds for the upcoming growing season. Our garden website has information and an application: https://stobergarden.wordpress.com/









DIVERSITY. HEALTH EQUITY & INCLUSION

Experience Different: A Conversation

Global Accessibility Awareness Day Thursday, May 18th, 2023 Mt. Oxford Auditorium 11 a.m. - 1:30 p.m.



Join the Children's Colorado Captains of Inclusion for a special Team Member viewing of Crip Camp: A Disability Revolution followed by a special edition of Experience Different: A Conversation to celebrate Global Accessibility Awareness Day. This film is rated R.



Questions? Email experiencedifferent@childrenscolorado.org



M

WOLFF CHILD PSYCHOLOGY ART THERAPY GROUP



Wednesdays 5pm-6:30pm Starting April 5th, 2023

APRIL 5th, 12th, 19th, 26th MAY 3rd, 10th, 17th, 24th, 31st

Danielle Mohr, Ph.D. & Alexandra Manion, Ph.D.

Children who may be a good fit for this group are 9-12 years old, interested in art, and need support with emotion regulation and expression.

\$1800 Tota 9 Classes

Contact Tami Newlin for any questions or to book your spot.

Wolff Child Psych 3345 W 38th Ave Denver, CO 80211

WOLFF

PASCO

MOBILITY EQUIPMENT

TUNE-UP CLINIC

FRIDAY APRIL 21st 3:00pm-5:00pm

Stop by for a tune-up on your manual or power wheelchair, gait and walking aids, and more!

PASCO 9197 W 6th Ave, Ste 1000 Lakewood, CO 80215



Disability Connections



Disability Connections is a 501(c)3 Non-Profit Organization dedicated to helping children and adults with developmental disabilities.

April

Video Game

Tournament

Bring your kids and friends and compete at

May

Spring Fling!

Join us for our Spring Fling! There will be a silent auction, music, food, and vendors from the community!

June 24

6

Painting w/ CoCo's Creations

Join us for Painting with Coco's Creations, where you can unleash your inner artist and follow along as you paint with guidance from Cocol Bring your family, friends, or day program for a fun activity! Supplies will be provided.

July 15

Summer Concert & Family Fun Day

Bring your whole family to our 2nd annual Summer Concert and Family Fun Day! There will be music, food, games and vendors from the comments.

September

Painting w/ CoCo's Creations

Join as for Painting with Coco's Creations, where you can unleash your inner artist and follow along as you paint with guidence from Coco! Bring your family, friends, or day program for a fun activity! Supplies will be

Goat Patch Brewery **Fundraiser** September

5

Join us for another year at Goat Patch Brewery Bloating Heart Nights! \$1 from every pint sold will be donated to our Non-Profit Organization! Gather your friends and family for a fun night of connecting with the community.

Fall Brawl! October

Join us for a indoor fall sports event! Gather your friends and family for some fun exercise with your community!

December

Painting w/ CoCo's Creations

Join us for Painting with Coco's Creations, where you can unleash your inner artist and follow along as you paint with guidance from Cocol Bring your family, friends, or day program for a fun activity! Supplies will be provided.

For more information email disabilityconnections.np@gmail.com, call 719-233-1199, or visit our website at www.disabilityconnections.net



The 2023 **Brain Injury** Survivor Series via ZOOM

Please join the Brain Injury Hope Foundation (BIHF) for another year of exciting and interactive survivor series designed just for YOU! We explore ways to achieve a better life for people with BI and Post Traumatic Stress (PTS). These sessions will help you accomplish your definition of success. Spouses, family, friends, and professionals who serve the BI community are welcome AND other communities (ABI, Stroke, Parkinson's, MS, etc.) are welcome too.

https://www.braininjuryhopefoundation.org/events/

April 14 1:00 p.m. to 2:30 p.m.

Nutrition Panel: Feeding Your Brain in a Healthy Way!

A healthy diet during the recovery (and beyond) from a brain injury is most important and beneficial. Learn how to help yourself, wisely fuel your body, and make healthy choices to improve memory, recall, and energy. Panelists include: Julie Nygard, Founder/Owner of The Chocolate Therapist; Dr. Shane Steadman, Clinic Director, Integrated Health Systems, and Cavin Balaster. Author of How to Feed a Brain: Nutrition for Optimal Brain Function and Repair.

PLEASE REGISTER ONLINE AT www.braininjuryhopefoundation.org

Please register by April 11, 2023

Registration is donation-funded so there is no cost to participants. If you do not have a computer with a camera, you can call in. All who register will receive a ZOOM invitation a few days prior to the event. Check your spam folder if you don't see the email. Please log in 10 minutes early to ensure video and audio are

TIME ZONES: Please check your time zone

- 12 noon—1:30 pm Pacific
- 1 pm-2:30 pm Mountain 2 pm-3:30 pm Central
- 3 pm-4:30 pm Eastern





FEED A BRAIN

SPONSORS

Upper Tier Sponsors: Dr. Steve and Debbie Cohen Thank you to many in our BI Community who also made generous donations.

We are looking for additional sponsors for 2023. Please contact a BIHF board member if you have any ideas!

All sessions are the second Friday of each month 1 pm—2:30

pm Mountain time. If you do not receive our emails for the Survivor Series, please email BIHF at

braininjuryhopefoundation.org

QUESTIONS? Contact Joanne Cohen at: (720)389-0670 ext. 2 TECHNICAL QUESTIONS on day of event? TEXT Gayann Brandenburg at 303-349-4058 before the event starts.

Spring MS Education Summit

Saturday, April 15 2023 9:00 a.m. - 12:15 p.m.

We hope you'll make time to join us for the MS Center's Spring Education Summit on Saturday, April 15 -- either online or in-person. We're excited to host you for this unique opportunity to learn directly from MS Center neurologists. Patients and supporters just like you have come to know our Education Summits as truly beneficial experiences, helping them keep informed about the latest developments in MS and get important insight into the many facets of the work of the MS Center's medical team.

Here's what one recent attendee had to say about the MS Center's Education Summits:

"I found myself nodding my head at every slide. Thanks for covering topics that are pertinent to so many of us and offering helpful suggestions."

Our Education Summits are presentations and discussions with leading minds in the care and treatment of multiple sclerosis at the Rocky Mountain MS Center Education Summit. RMMSC doctors, clinical staff and guests will be on hand for a morning of important and relevant topics for the entire MS commu-

Two Ways to Attend:

- Join us IN PERSON on the University of Colorado Anschutz Medical Campus in Aurora, Colorado. Limited seating is still available! In-person attendees will enjoy a complimentary light breakfast, a chance to meet and talk to others living with MS, and access to our exhibit hall featuring information from companies and organizations that work in the MS world.
- Can't make it in-person? Connect **ONLINE** from any computer or mobile device on our Zoom livestream. We'll bring the entire Education Summit to you!

FEATURED PRESENTATIONS

This agenda is subject to slight changes. We will have two short breaks between the morning's presentations. A complete detailed agenda and presentation slides will be emailed to all registrants before the event.

- COVID-19: Where are We Now? What Have We Learned? with Dr. Amanda Piquet
- What are BTK Inhibitors and Why Are They Different? with Dr. Enrique Alvarez
- Understanding MS Pain and Treatment Approaches with Dr. Rob-

The Importance of Lifestyle for MS Outcomes with Dr. John Corboy **Q&A Session** with the morning's presenters

Attend IN-PERSON at the **Anschutz Medical Campus** **Attend ONLINE with our Zoom livestream**

Learn more about the Education Summit

This Education Summit is presented in part by Rocky Mountain MS Center supporters, including patient education grants and/or sponsorships from Biogen, Bristol Myers Squibb, and Genentech.

Temnothorax rugatulus rock ants combine systematic meandering with random walks to search for food.

Exeter researchers who reared pheasant chicks, trained them on cognitive puzzles, and released them into the wild found that they were likelier to be eaten by foxes near the edges of their home range.

Microbes on Mars may have degraded the planet's atmosphere by overproducing greenhouse gases.





Project Independence Parent Workshop: What Happens After High School?



Parents will attend sessions focusing on:

- **Obtaining Employment**
- College as an Option
- Transportation
- Advocacy
- **Community Resources**
- Social Security Income
- Transition on IEP

REGISTER HERE or Scan QR Code to Register



Thursday March 30th, April 6th, 13th, 20th, 27th, and May 4th 6:00 - 8:00 PM (Dinner provided from 6:00 - 6:30 PM) In-Person at Colorado Community Church 14000 F. Jewell Ave.



For more info or to request an interpreter contact Deb at deb@weshowandtell.org

Project Independence: YOUTH ONLY WORKSHOP

What Happens After High School?



Thursday March 30th, April 6th, 13th, 20th, 27th, and May 4th 6:00 pm - 8:00 pm (Dinner Provided from 6:00 - 6:30 PM) In-Person at **Colorado Community Church** 14000 E. Jewell Ave. Aurora, CO 80012

> Register your child here:

This Interactive Workshop Is For Students with disabilities, Ages 14 - 21, we will explore:

- Self Advocacy
- Independence
- · Iob Readiness
- Mock IEP Meeting
- Social Skills
 - College Tour & Much More

Attend 4 out of 6 workshops, and receive a gift card



ONLY SUBMIT ONE REGISTRATION FORM



For more info or to request

FREE WORKSHOP

Accessing Community **Through Digital** Citizenship



Space is available for TEN residents of the city and county of Denve 18 years or older with an intellectual or developmental disability.



This free workshop is for individuals with intellectual and developmental disabilities who want to learn how to safely use a computer, navigate the internet, and use apps to increase their independent living skills, community access, and social opportunities

Topics will include computer basics, online safety, public vs. private information, social media and online dating dos and don'ts, using technology for selfentertainment, using apps to access local community, and more! The workshop will combine classroom time and community learning opportunities individualized for each participant's strengths and growth areas.

CLASS TIME

Classes will be 3-4 hours once a week for 12 weeks starting in April 2023. Exact dates and times are to be determined by registrants.

LOCATION

JFS office, 3201 S Tamarac Denver, CO 80231

WHAT TO BRING

Bring your laptop, or a laptop will be provided (to keep) at no cost to participants that don't have the technology. Reasonable accommodations are available upon request.



Please scan QR code or visit jewishfamilyservice.org/tech-workshop to register

If you need to complete registration form in a different format or for questions or concerns, please contact Paige Gallaher at 720,248,4649 or pgallaher@iewishfamilyservice.org.

FUNDED BY ROCKY MOUNTAIN HUMAN SERVICES MILL LEVY



You are invited to attend The Arc of Adams County



in partnership with North Metro Community Services

Wednesday, April 19th, 1–5 PM

Adams County Human Services Building Basement Level 11860 N Pecos St, Westminster, CO 80234

DISABILITY RESOURCES - DISABILITY SERVICES - EMPLOYMENT - LEGAL CONTINUING EDUCATION - HEALTHCARE - RECREATION

Presentations

A Parent's Journey Child Development & Services Estate Planning Guardianship Healthy Boundaries Social Security Administration - Tentative

Questions? Need interpretation services? Let us know!

tnevells@arcadams.org



More than two dozen community organizations & agencies including **Adams County public** assistance resources!



SAFETY RESPONSE TRAINING



Individuals with Developmental Disabilities trained by First Responders on **How to Respond in Emergency Situations**

Bridging the gap of understanding in safety response to assist those with developmental disabilities including sensory processing conditions and autism.



May 3, 2023 10am - 1:30pm

Hosted at: **Iliff School of Theology** 2323 E Iliff Denver, Colorado 80210 (303) 744-1287

FREE to Attend Lunch & Snacks Provided Swag Bag for Each I/DD ww.sensoryfriendlycolorado.org

- About the Training: This is a comprehensive training given by a Retired LT in Law Enforcement
- About the Training: This is a comprehensive training given by a Retired LT in Law Enforcement and Captain of Fire. They both have children with disabilities that are also on the autism spectrum. The goal is to train both I/DDs and First Responders so if there is ever an emergency situation, they will be prepared with the best tools!

 About the Event: This will be organized in a round table setting. Adult Day Programs are highly encouraged to register this will be beneficial for staff as well! There will be a drop off entrance before parking. We will have space to sit outside the conference room in addition to an atrium. Parking details are still to come. Please email me; julie@sensoryfriendlycolorado.org if you have any questions before registering! "Each individual will need to be registered, as this is how funding was granted.



RMHS



REGISTER AT: www.SensoryFriendly Colorado.org





SAFETY RESPONSE Q & A



Parents/Caregivers of Individuals with **Developmental Disabilities able to ask** First Responders on How to Respond in Emergency Situations

Bridging the gap of understanding in safety response to assist those with developmental disabilities including sensory processing conditions and autism



May 4, 2023 6pm - 8pm

Iliff School of Theology 2323 E Iliff Denver, Colorado 80210 (303) 744-1287

FREE to Attend Literature/Safety Stickers Register at ww.sensoryfriendlycolorado.org

- About the Event: This will be an open forum with guidance given by a Retired LT in Law Enforcement and Captain of Fire. They both have children with disabilities that are also on the autism spectrum. The overall goal is to train Parents/Caregivers of I/DDs the best way to respond to First Responders. They will also be speaking to the proactive measures you can take prior to an emergency situation. A School Resource Officer will also be available to answer questions about preparedness in school settings.

 Additional Details: This will be organized in a classroom type seating arrangement. If you do not have respite we will try to provide assistance, if you need an interpreter please include that in your registration response. Parents/Caregivers help to make this work! We hope to see you! Please email me: julie@sensoryfriendlycolorado.org if you have any questions before registering!





REGISTER AT: www.SensoryFriendly Colorado.org



















Disability Benefits Services (DBS)

2023 Disability Webinar Series

How to Successfully File a Disability Application

TIME: 3:00 to 4:00 p.m.

DATES: January 4, 11, 18, 25, and February 1, 8 April 5, 12, 19, 26, and May 3, 10 (Series 2) July 5, 12, 26, and August 2, 9, 16 October 11, 18, 25 and November 1, 8, 15 (Series 3) (Series 4)

About our Program & Webinars

Our mission is to help people understand and acquire Social Security disability benefits so they can improve their financial situation as well as their health. Our webinar series is designed to simplify Social Security's complex application process so an individual can successfully apply for benefits at the initial level without the need for representation.

Resources Provided

- A copy of the slides will be sent prior to each webinar.
 Video recordings of each webinar are provided to all registered participants following the live presentation or earlier upon request.
- In addition to the Q&A portion of the live webinar, a written Q&A will be provided following each webinar. This has the added benefit of allowing me to further research each question so I can provide accurate and concise information to everyone.

Candidates for this Training

Anyone assisting in or preparing for the SSA disability application process, including individuals applying for SSI/SSDI, families of individuals with disabilities, clinicians, case managers, advocates, and staff who provide services to individuals in need of accessing disability benefits.

For individuals: \$30 per webinar or \$150 for all 6 webinars. Group pricing is available for groups of six or more. Contact Byron Kish at bkish@eastersealscolorado.org for more information.

Please consider donating to the DBS program at Easterseals Colorado. Social Security Disability can provide several hundred thousand dollars of benefits and insurance over a lifetime and can be a significant factor in preventing homelessness. We greatly appreciate donations that help us continue to provide these life altering services to those we serve

How to Register

Register online by CLICKING HERE or complete the attached form and return by email, fax, or mail. Additional information and directions located on the registration form.

Questions

ease email Byron Kish at bkish@eastersealscolorado.org or call (303) 515-1653.

393 South Harlan, Suite 180, Lakewood, CO 80226 • Phone: 303-515-1653 • Fax: 888-396-9836

Webinar Topics

The SSA Disability Programs and Process

- Learn how the Social Security Administration's (SSA) defines disability
 Emphasizes why working can be good for you and your disability case
 Teaches the similarities and differences between Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI)
 Discusses the application process, its timeframe, as well as how and where to apply

The SSA Application Forms

- Instructs how, when, and where to submit SSA application forms and medical evidence Teaches how you should complete the SSA 821 Work Activity Report, the SSA 3368 Adult
- Disability Report, and the SSA 827 Authorization to Release Information Teaches the importance of the SSA 1696 Appointment of Representative form

The Medical Eligibility Criteria

- Teaches the medical criteria and the five-step determination process
- Teaches how to use this information to explain how a person meets the medical criteria Teaches what additional case development can improve the success of an application

- Transition from Child to Adult Disability

 Discusses child (SSI) and adult disability (SSI/SSDI) and the transition between them
 - Explains the requirements and importance of disabled adult child (DAC) benefits Teaches how to plan for disability issues that arise with transition age youth/adults
 - Discusses how parents and professionals, including, case workers, teacher, and doctors,
- can help support a disability application

- The SSA Work History Report

 Provides information on how to properly complete the SSA's Work History Report
 - Walks you through the report and explains what questions mean in simple terms
 - Provides a strategy to answering the Work History report's questions Provides important tips in filling out this report

The SSA Adult Function Report

- Walks you through the report and explains what questions mean in simple terms Further builds on strategies discussed in the Work History webinar and how to apply them to the Function Report
- Highlights concepts, organization, and strategies particularly important to this form Discusses common mistakes and how to avoid them in completing this form

Presenter

Byron J. Kish, Esq., Director of Disability Benefits Services (DBS), has worked in the disability field since 2010, both at the SSA and as an attorney advocate. In addition to representing clients and managing DBS, he trains and oversees SOAR advocates throughout Colorado, serves as a consulting expert to the national SOAR program and other organizations, and collaborates with the SSA and Disability Determination Services to ensure a quality and efficient adjudication process. Byron graduated from Central Michigan University with a Bachelor's in Business Administration and earned his Juris Doctorate from Catholic University of America, Columbus School of Law, graduating Magnum Cum Laude. His diverse background will help you understand how the SSA reviews an application, how to advocate for others, and how to avoid the common mistakes made by many advocates and claimants.









Sign Up Now!

DENVER, CO Sunday, June 4 - 9:00am **Washington Park**

LONGMONT, CO Sunday, June 11 - 9:00am Sandstone Ranch

Vitality Bash after the Event (Denver only Food, Beer, Games, Music - Fun for the whole family



No Registration Fee. The money you raise for Vitality 5k provides critical funds to allow



Scientific







KOSI 101.1 Supernus



Accessible Systems, Acorda Therapeutics, Jack and Marsha Feuer, LSVT Global, Merz Therapeutic, PASCO

For Questions: Contact Jess Nagell at JNagell@parkinsonrockies.org or call (303) 830-1839

www.ParkinsonRockies.org/Vitality

See Phamaly Theatre Company's Spring Awakening

Book and Lyrics by Steven Sater

Music by Duncan Sheik

Based on the play by Frank Wedekind

3/23 - 4/8 at Northglenn Arts

Tickets are \$15 for previews, \$25 for Opening and beyond.

Tickets can be purchased here: (click here)

SYNOPSIS

Winner of eight Tony Awards (including best musical), Spring Awakening is an alternative rock musical adaptation of Frank Wedekind's provocative 1891 play. In late nineteenth century Germany, a group of schoolchildren explore their own sexual identities within a brutal and suppressive society. Unable to break through their parents' and teachers' infantilization, these students set out to explore what it means to love and connect. Part realism painting and part My Chemical Romance concert, this musical gives a powerful voice to those who have traditionally been silenced and provides a stark warning for those who look to strip away autonomy.

CONTENT WARNINGS

Age Recommendation: 16+ Advisories: Adult content & humor, adult language, sexual situations, partial nudity, abortion, and suicide.



PERSONAL ASSISTANCE SERVICES OF COLORADO

9197 West 6th Avenue Suite 1000 Lakewood, Colorado 80215 (303)233-3122 info@pascohh.com ASCO (Personal Assistance Services of Colorado) is certified under Medicare, Medicaid, and the Medicaid Home and Community Based Services (HCBS) program to provide personal assistance services to children and adults with severe disabilities. PASCO was incorporated in 1991 and began providing services to persons with disabilities on January 1, 1992. PASCO's mission is to provide personal assistance services, promoting independence and safety to clients and/or their families. PASCO continuously strives for client and employee satisfaction. The foundation of PASCO is CHOICE. To the maximum extent possible, PASCO works to accommodate the needs and wants of each client. PASCO provides services in the following counties: Adams, Arapahoe, Boulder, Broomfield, Clear Creek, Denver, Douglas, Elbert, El Paso, Gilpin, Jefferson, Larimer, Morgan, Park & Weld.



Greetings IN! Friends and Family,

We invite you to mark your calendars and join us for our annual Tailgate Party! This is an incredibly fun and casual event that brings our community together to celebrate the importance of inclusive higher education for students with intellectual disabilities statewide.

The evening will be filled with students, games, cocktails, dinner, inspiring speeches, and fundraising to continue making college dreams come true.

You won't want to miss it!

- When: Thursday, July 27th, 2023 from 6:00-9:00pm
- Where: Pindustry 7939 E Arapahoe Rd, Greenwood Village, CO 80112

Why: To support the ongoing work of inclusive higher education for students with intellectual disabilities throughout Colorado

So, rally your friends, family, or colleagues, and <u>buy your tickets today!</u>

We look forward to celebrating with you.





Do not put anything in the person's mouth

Loosen clothing around the neck

Do not restrain the

person