



# PASCO Picayune

SERVING COLORADO'S DISABILITY COMMUNITY

The Newsletter That Serves its Readers



## INSIDE THIS ISSUE:

- Jeff Dagnault, CEO** 2
- Housing** 3
- DP Community Advisory Council** 4
- RTD** 5
- CCDC Advocacy** 6
- 2025 Colorado Bal-** 7
- Resources** 8/9
- Denver Art Museum** 10
- Resources** 11
- Intentional Community** 12
- Chronic Care Collaborative** 13
- Need Project Inc,** 14
- Children's Hospital** 15
- Resources** 16/17
- CFC** 18

The One Big Beautiful Bill Act (OBBBA), signed into law on July 4, 2025, permanently extends the 2017 tax cuts while largely financing those savings through increased borrowing and by slowing future Medicaid growth. Over 2025–2034, the law is projected to reduce federal Medicaid spending growth by roughly \$1 trillion — not as an immediate cut, but as lower year-over-year increases (from a previous projected annual increase of ~4.8% to a lower projected annual increase of ~2.7%). The largest Medicaid effects come from two policy changes: tighter eligibility plus new work and re-screening requirements for the Medicaid expansion population beginning in 2027, and limits on certain state financing mechanisms (including reduced permitted provider taxes) beginning in 2028 with peak impacts around 2032.

There are several offsets and mitigations in the law. A new home- and community-based services (HCBS) funding stream starts in 2028 for people previously excluded for not meeting nursing-facility level-of-care. The bill delays the nursing-home staffing rule until 2035, easing near-term state budget pressure, and creates a Rural Health Transformation Fund to support critical access and rural hospitals. Importantly for our work, most HCBS programs serving our clients do not face direct funding cuts, and individuals receiving HCBS were exempted from the most onerous work requirements and more frequent redeterminations after successful advocacy removed several harsher proposals.

Key takeaways: there are no immediate HCBS funding cuts although some isolated rate adjustments are possible in 2026; Medicaid expansion enrollees may face new administrative burdens we should prepare to assist with; significant fiscal pressure will likely fall on hospitals and funding for most Medicaid services will likely be impacted to some degree; but delayed implementation timelines leave space for continued advocacy.

Next steps: PASCO's Advocacy and Policy Team will assess state forecasts and projected programmatic impacts, coordinate with stakeholders to protect HCBS access, develop guidance and support for staff and clients around new administrative requirements, and provide regular updates as the situation evolves.



The Colorado Low-income Energy Assistance Program (LEAP) is a federally funded program that helps eligible hard-working Colorado families, seniors and individuals pay a portion of their winter home heating costs. Our goal is to help bring warmth, comfort and safety to your home and family by assisting with heating costs.

The LEAP program works to keep our communities warm during the winter (November through April) by providing assistance with heating costs, equipment repair and/or replacement of inoperable heating tools. While the program is not intended to pay the entire cost of home heating, we aim to help alleviate some of the burdens that come with Colorado's colder months. In most cases, the energy assistance benefit is paid directly to the household energy supplier. In most cases, if you are approved for LEAP, payments are made directly to your primary heating fuel vendor and a notice will be sent to you informing you of the benefit amount. Other benefits provided by LEAP include repair or replacement of a home's primary heating system, such as a furnace or wood-burning stove. The program does not provide financial assistance for any type of temporary or portable heating.

**LEAP eligibility**  
If your income is up to 60% of the state median income level, you may qualify for heating assistance through LEAP. The state median income level used for the 2025-26 LEAP season was released by the U.S. Department of Health and Human Services in April 2025. The amount of the energy assistance benefit varies depending on a variety of factors, including the primary heating fuel costs and income.

**How to apply**  
LEAP accepts applications between November and April. Click below to learn more about applying for LEAP benefits, including a checklist to help you prepare your application. If you're looking for assistance outside of LEAP season, it may be available. Please call 1-866-HEAT-HELP (1-866-432-8435) for more information.

**Contact information**  
The Colorado LEAP program is federally funded. If you received your LEAP application in the mail, please use the return envelope included to submit your application. Otherwise, please contact 1-866-HEAT-HELP (1-866-432-8435) to find the address of your county contact.

Home Builders Foundation

## Apply for Assistance

The Home Builders Foundation builds independence for individuals and families most in need by completing home modifications to enable greater access, safety and mobility. Each project must meet our requisite criteria, and all projects are considered based on funds and resources available when applications are received.

Apply Online Here: [hbdfoundation.org/apply-for-assistance/](http://hbdfoundation.org/apply-for-assistance/)

Contact our office for more information: 303-551-6728 Admin@hbdfoundation.org

PASCO CORE VALUES

**ACCOUNTABILITY**  
BE RESPONSIBLE TO OURSELVES AND TO THE COMMUNITY

**TEAMWORK**  
WORK TOGETHER TO ACHIEVE OUR COMMON GOALS

**ADVOCACY**  
SPEAK UP FOR THE NEEDS OF OUR COMMUNITY

**LEARNING**  
GROW THROUGH KNOWLEDGE AND EXPERIENCE

**ETHICS**  
BE FAIR AND HONEST IN EVERY INTERACTION

**Colorado Springs**

**PASCO**

**Town Hall**

**Wed, November 19th**

**The Arc Pikes Peak Region**  
10 N Meade Ave,  
Colorado Springs, CO  
80909

**Details: TBA**

Dear PASCO families and caregivers,

On my way to work last week, I watched a row of maples do their quiet October magic: leaves turning from sunset orange to a soft copper on the sidewalk. Seasons don't ask permission; they just arrive. In our world, change feels a lot like that lately, and I'm proud of how our community keeps adapting with grace.

It's no secret this has been a difficult budget season for Colorado, with a roughly \$1 billion shortfall putting pressure on programs people count on. I want you to know we're not standing still. PASCO is working closely with our lobbyists and provider organizations to advocate for stability, access, and common-sense decisions. We've been through tough budget years before and we've always come out on top: stronger, clearer, and even more focused on what matters - you.

Community First Choice (CFC) is a major step forward, but like any big change, the rollout has had bumps: new forms, shifting timelines, and the occasional mismatch between the guidance and real life. We've been rolling with the punches by implementing a dedicated CFC Specialist (Julia Mecklenburg) in place to focus on ongoing education for our teams and families, and direct communication with HCPF whenever challenges arise. When we see an issue, we move quickly to fix it and close the loop with you. If something doesn't make sense, please tell us. We will problem-solve it together and share what we learn across teams. It hasn't been perfect, but it's getting better every week. Thank you for your patience and for the feedback that helps us improve.

This will be my second PASCO Halloween, and I'm excited to celebrate with you at Boo at the Zoo on October 31st. Historically we've hosted Halloween at our office. This year we're trying a different venue we're genuinely excited about. It's a fresh setting, more accessible for many families, and we think it will make the night feel special. If you can make it on Halloween night, please come say hello, and don't miss our very own Steve Valente's band performing (Steve is our IDD Director!). It's a perfect snapshot of the heart and talent inside this community.

I'm also excited for our upcoming Town Hall in Colorado Springs (Wednesday, November 19th –The Arc Pikes Peak Region 10 N Meade Ave, Colorado Springs, CO 80909 4:30pm –6:30pm—Dinner Provided—more detail forthcoming.) I'm looking forward to being there in person, answering questions, and connecting with families face to face.

Most of all, I want to say something simple and true: PASCO is its people. The caregivers who show up day after day, the coordinators who untangle the hard stuff, the nurses who bring calm to tough moments, and the families who trust us. Policies set the stage; you make the difference. Thank you for the kindness, flexibility, and courage you bring to every shift and every visit.

As the leaves keep falling and the evenings turn colder, we'll keep doing what we've always done: work hard, communicate honestly, and keep the person in front of us at the center of every decision. If something isn't working, tell us. If something is, tell us that too so we can do more of it.

With gratitude,

Jeff Dagnault  
Chief Executive Officer, PASCO



**Jeff Dagnault**  
PASCO CEO

**Anne Bartels**  
Senior Director of Community Engagement  
Direct: (303) 233-3122 x510  
Cell: (720) 363-7896  
[anne.bartels@pascohh.com](mailto:anne.bartels@pascohh.com)

**Rachel Bergbower** MS, BSN, RN  
Director of Clinical Compliance & Informatics  
Phone: 303-233-3122 ext 106  
[rachel.bergbower@pascohh.com](mailto:rachel.bergbower@pascohh.com)

**Jeff Dagnault**  
Chief Executive Officer  
Direct: (303) 233-3122 x138  
Cell: (213) 458-9350  
[jeff.dagnault@pascohh.com](mailto:jeff.dagnault@pascohh.com)

**Kara Delgado**  
Senior Vice President of Operations  
Direct: (303) 274-3655  
[kara.delgado@pascohh.com](mailto:kara.delgado@pascohh.com)

**Kaylee Jeffrey**, LCSW  
Clinical Director, Child & Family Therapist  
Direct: (303)233-3122  
Cell: (720) 432-5854  
[kaylee.jeffrey@pascotherapy.com](mailto:kaylee.jeffrey@pascotherapy.com)

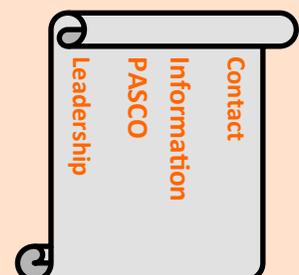
**Myria Normann**, MSN, RN  
Vice President of Clinical Services  
Direct: (303) 233-3122x 195  
Cell: (720) 429-2647  
[myria.normann@pascohh.com](mailto:myria.normann@pascohh.com)

**Damian Rosenberg**  
Senior Director of Engagement  
Cell: (720) 375-1792  
[damian.rosenberg@pascohh.com](mailto:damian.rosenberg@pascohh.com)

**AJ Schaffer**  
Director of Human Resources  
Cell: (607) 434-2290  
[aj.schaffer@pascohh.com](mailto:aj.schaffer@pascohh.com)

**Lexie Tilson**  
Director of Operations  
Direct: (303) 233-3122 x145  
Mobile: (469)766-9148  
[lexie.tilson@pascohh.com](mailto:lexie.tilson@pascohh.com)

**Steve Valente**  
Director of IDD  
Direct: (303) 233-3122x 347  
Cell: (720) 774-9272  
[steve.valente@pascohh.com](mailto:steve.valente@pascohh.com)





## 9 Key Steps and Resources to Help in the Search for Affordable Housing

**Finding affordable housing often takes time, persistence, and patience. These nine steps won't solve the shortage of available housing, but they will give you practical tools to organize your search and make the process more manageable.**

### 1. Start with a budget.

Begin by figuring out how much you can safely afford to spend on rent each month. A common guideline is to aim for about 30% of your monthly income, but in today's housing market many households, especially along the Front Range, find themselves spending more. If that's true for you, you're not alone.

Think of 30% as a reference point rather than a rule. Try sketching out two versions of your budget:

✦ **Your "ideal" budget**, based on the 30% benchmark.

✦ **Your "realistic" budget**, based on what you can manage once you factor in essentials like food, transportation, childcare, and health costs.

Even if your rent ends up taking a bigger share of your income, having these numbers in front of you can help you make more informed choices and spot tradeoffs—like whether paying a little more to live closer to work might save money on commuting.

### 2. Understand Area Median Income (AMI).

Knowing your AMI matters because it determines which affordable housing programs and units you qualify for. Affordable housing rent is often tied to your income and the number of people in your household. Properties may advertise units at "30% AMI" or "50% AMI," which means the rent is set for households earning that percentage of the area's median income. AMI differs by county and household size.

For example, if the AMI for a four-person household is \$80,000, then a unit at 50% AMI is priced for families of four making \$40,000 or less. A smaller or larger household will have a different income threshold. Each county publishes AMI charts that break down income limits by household size so you can see what you qualify for.

To learn more about AMI visit the [State of Colorado's Department of Local Affairs website](#).

### 3. Gather your documents.

Most affordable housing applications require proof of income, photo ID, rental history, and references. Some programs may also ask for recent pay stubs, bank statements, or tax returns. Having these ready in one folder (physical or digital) makes applying much less stressful and can speed things up when openings pop up.

### 4. Search multiple sources.

No single website or agency lists every affordable unit, so casting a wide net gives you the best chance of finding an opening. Start with online affordable housing databases, but also check local nonprofit organizations, housing authorities, property management companies, and even community bulletin boards. Some properties only advertise through their own websites or email lists, so it helps to go beyond the obvious places.

To stay organized, keep a running list or spreadsheet of where you've looked, application deadlines, and contact info. That way you're not doubling efforts, and you can quickly follow up when new openings pop up.

### 5. Ask about income-based or lower-cost units.

When reaching out to property managers or landlords, don't just ask if an apartment is available, ask if they offer special rental options. Some affordable units are never widely advertised, so speaking up can reveal hidden openings.

Be sure to ask specifically about:

✦ Affordable housing units set aside for lower-income households

✦ Income-based rent options, where rent adjusts to your income

Subsidized apartments supported by government or nonprofit programs  
Even if nothing is open today, you'll learn which properties *do* participate in affordable housing programs, so you know where to focus your energy next.

### 6. Get on waitlists.

Because demand is so high, most affordable housing programs and properties maintain waitlists. These lists can be long, but don't be discouraged, getting your name on them is one of the most

important steps you can take. Apply as early as possible, and don't limit yourself to just one property or program. The more waitlists you join, the more chances you'll have when openings come up.

Keep track of which lists you've applied to and update your contact information regularly, so you don't miss your turn. Some waitlists move faster than expected, and opportunities can disappear quickly if you're hard to reach.

### 7. Reach out for support.

You don't have to navigate this process alone. Call 2-1-1 Colorado or connect with a local housing navigator such [Colorado Housing Search](#). These services can point you toward open units, help explain eligibility rules, and guide you through the application process. Sometimes they also know about short-term programs or local nonprofits that aren't widely advertised.

### 8. Be proactive and check back.

Affordable units often fill quickly. If you don't hear back within one week, follow up with the property manager to confirm your application is complete. Re-check listings often, some update daily, and don't hesitate to reach out again if a unit becomes available. Staying visible keeps you on their radar.

### 9. Consider different housing options.

Flexibility can expand your options. Look into shared housing, smaller units, or areas slightly outside of your first-choice neighborhood. Even moving a few miles can sometimes make a big difference in affordability.

Finding affordable housing can feel overwhelming, but taking it step by step makes the process more manageable. By setting a budget, understanding eligibility, staying organized, and reaching out for support, you'll put yourself in the best position to find a place that works for you.

Ready to take the next step? View our [guide to Affordable Housing Providers with Units on the Front Range](#) to start connecting with properties in your area.

<https://www.rmhumanservices.org/wp-content/uploads/2025/09/RMHS-Affordable-Housing-Resource-Guide.pdf>

At [SPIRIT Club](#), we believe exercise is not only essential to living a happy and healthy life, it is also a human right. Therefore, fitness should be made accessible to you, regardless of your circumstance. Whether you're experienced with exercise or a total beginner; comfortable in gyms or don't feel like they are the right fit for you; able to participate in typical fitness programs or face limited opportunities due to a disability, SPIRIT Club is the place where you can successfully work toward your fitness goals.

SPIRIT Club strives to foster a culture of support and encouragement for ALL of our members. We create this environment by hiring dual-certified trainers who are experts in fitness and have completed certifications to provide support for people of all abilities. We offer individualized services in the form of both private training and group classes aimed at giving each member a meaningful fitness experience.

Through welcoming community members with and without disabilities, we have created a culture that welcomes EVERYONE and celebrates diversity.

#### SPIRIT CLUB'S MISSION

To offer a universal design for fitness that empowers people of all abilities to exercise successfully in a socially integrated setting.

##### To offer a universal design for fitness

Ensuring all SPIRIT Club fitness programs include scalable exercises that can be modified to accommodate limitations or progressions to increase the challenge.

##### That empowers people of all abilities

By making universally designed fitness available, SPIRIT Club is giving all people the opportunity to participate in exercise programs, and providing each person with the right to choose how to exercise, rather than being forced to fit into the one-size-fits-all mentality that many traditional fitness providers promote.

##### To exercise successfully

SPIRIT Club members set goals and participate in classes and training sessions specifically designed to meet those goals. Before finding SPIRIT Club, many of our members did not know or believe that they could be successful in an exercise program. We take responsibility to support our members and ensure their success in their fitness journey.

##### In a socially integrated setting

SPIRIT Club does not believe in segregating classes based on ability. SPIRIT Club members with different needs and abilities exercise side by side with one another, with modifiable exercises and personalized programs, so that each member is able to achieve a fulfilling workout experience.

**S**OCIAL  
**P**HYSICAL  
**I**NTERACTIVE  
**R**ESPECTFUL  
**I**NTEGRATED  
**T**EAMWORK



We want to  
hear from you!

Share your  
feedback  
at our upcoming  
CAC Meeting

October 22nd  
4:30pm-6:00pm

Developmental Pathway's Community Advisory Council (DP's CAC) welcomes input from the public!

We want to hear your thoughts and suggestions on how to enhance programming based on what is shared by the community. We also want to learn more about what is working well. We must work together to ensure DP receives public input for its programs and operations.

DP's CAC will offer public comments at every meeting, which are held at DP's offices at 14280 E Jewell Avenue, Suite A, Aurora, CO 80012. **See agendas under Meetings.**

Please be sure you are working to solve a complaint with the Case Management team through the proper channel ahead of bringing such complaint to CAC. Details on how to connect with us about concerns can be found on our [feedback page](#)

##### ● October 22, 2025

Time: 4:30pm to 6:00pm

○ Location: 14280 E Jewell Ave, Suite A, Aurora, CO 80012

[Meeting Agenda Opens a PDF document in a new window or tab](#)

○ Meeting Details:

<https://dpcolo.zoom.us/j/95779720915> Opens in new tab or window  
Phone one-tap:

+17193594580,,95779720915# US

+12532050468,,95779720915# US

Join via audio:

+1 719 359 4580 US

+1 253 205 0468 US



## RESILIENT PARENTING

A virtual parenting skills group for busy parents



### Why This Group?

Parenting in the modern era is overwhelming. We'll help bring clarity and direction for how to handle big feelings, communicate effectively, and face barriers to a more fulfilling parenting relationship.

We focus on building intentional, compassionate, and realistic parenting practices applicable to a wide range of ages and presentations (both neurodiverse and neurotypical).

Learn skills and tools you can tangibly apply today and that you can always come back to.



### The Deets

- For Colorado parents with children age 4-17
- Virtual via Zoom
- 12-1pm (30 min. learning + 30 min. Q&A)
- Active participation not required
- Join as few or as many groups as you like (\$40 each or \$200 for all 6)



### About the Facilitators

Dr. Hillary and Dr. Daniella, licensed clinical psychologists at Wolff Child Psychology, bring 10+ years of clinical and lived experience in parenting and child development. They share a passion for helping parents feel empowered, confident, and attuned – to themselves and their kids.



Scan or Click to Register Today!



303-500-3407



WolffChildPsychology.com

### 6 Topics to Choose From:

#### Group 1: Self-Care for Parents (10/15)

Explore common misconceptions about self-care and negative thoughts that interfere

#### Group 2: Do Less (10/22)

Learn to set boundaries and develop realistic expectations – for yourself and your children

#### Group 3: Play More (10/29)

Learn ways to strengthen the parent-child relationship and infuse playfulness and humor

#### Group 4: Get Comfortable with Big Feelings (11/5)

Increase your understanding of big feelings and your confidence in handling them when they come up

#### Group 5: Effective Repair (11/12)

Explore your own relationship with repair and get comfortable doing it more with your kids

#### Group 6: Command Communication (11/19)

Learn communication tools to support social-emotional development and foster compliance



Access-on-Demand



# WHAT'S CHANGING

Fares: \$0 → \$6.50

Subsidy: \$25 → \$20

Reduced service hours

## Access-on-Demand Under Threat

RTD is proposing major changes to Access-on-Demand (AoD) that will harm riders with disabilities:

New fare: from \$0 to \$6.50 per ride

Reduced subsidy: from \$25 to \$20

Reduced service hours: leaving many unable to get to or from work, medical care, or daily needs

For our community, AoD is not a “premium” service — it is a lifeline. Thousands rely on it for independence, employment, health, and basic living needs. These changes would force people to quit jobs, miss critical appointments, and make impossible choices between food and transportation.

We call on the RTD Board of Directors to reject these cuts at their September 30th meeting and to commission an independent impact study that includes people with disabilities in every step of the process.

Accessible, affordable transportation is a right — not a luxury. Colorado’s disability community deserves better.

[https://docs.google.com/forms/d/1LZ8wIcigMFGvT0PRGs\\_H2Ncgb31CAzOGsCyL5z8AKog/viewform?ed-](https://docs.google.com/forms/d/1LZ8wIcigMFGvT0PRGs_H2Ncgb31CAzOGsCyL5z8AKog/viewform?ed-)

## CU Anschutz 2nd Annual Healing the Divide Community Campus Forum

Saturday, November 15

Elliman Conference Center  
Anschutz Health Sciences Building  
8am - 2:30pm

All are invited to a collaborative conversation!

### Topics include:

- Brain Health & Healthy Living
- Community Leadership
- Community Health Worker Experiences
- Violence prevention
- Third Spaces
- Youth Mental Health
- Older Adult Health

Free event with food, beverages, simultaneous interpretation, health resources, and parking included

Learn about collaborative initiatives between the university and the community to promote a healthier future for everyone!

Register  
HERE!



Anschutz

[bit.ly/HTD2025Signup](https://bit.ly/HTD2025Signup)



coloroABLE

Coloradans Achieving a Better Life Experience



## Advocacy in Colorado law and policy

At CCDC, our motto is, “Nothing about us without us, ever,” meaning decisions that impact people with disabilities must never be made without including the perspectives of people with disabilities. This is why CCDC advocates for disability rights and equity in all three branches of government. Our staff and community members play active roles in deciding which laws and policies should be in place as well as how those laws and policies should be implemented, regulated, and enforced. We also work at all three levels of government – local, state, and federal – though the bulk of our work is at the state level.

### Our advocacy in the legislative branch

From January until May each year during our state’s legislative session, CCDC staff and our volunteer lobbyists have a robust presence in Colorado’s lawmaking processes. We **propose our own bills**, and we read others’ proposed laws each legislative session. We actively champion some bills, push for amendment of some, and urge the defeat of others, depending on how they could impact Colorado’s disability community. We also monitor any bill that has potential to affect us.

When the legislature is not in session, **our work continues**. Our staff and volunteer lobbyists have year-round relationships with many state lawmakers so we can provide them with ongoing information and education about our community’s needs.

**We welcome anyone invested in disability rights to join us in our legislative advocacy! Whether you are brand new to this kind of work or a seasoned advocate, we have a range of opportunities for engagement that will suit your interests and availability. Contact us today at [info@ccdconline.org](mailto:info@ccdconline.org) to get involved!** Feel free to check out our [Take Action](#) page as well for other opportunities with CCDC!

### Our advocacy in the executive branch

Once laws are passed in the legislative branch, they are implemented – or executed – by the executive branch. Our state’s agencies and departments that oversee public programs like Medicaid, for example, are part of the executive branch. These agencies and departments are also the structures that develop the policies, rules, and regulations governing how public programs are accessed and administered.

Because many people with disabilities receive services through state-run public programs, it is crucial that we continue to play key roles in how these programs are administered. Our staff and volunteer advocates **monitor and influence** the decision-making processes for multiple programs. We attend agency meetings, serve on relevant committees and boards, and give feedback consistently to these agencies.

If you’d like to **help us influence policy** that ensures disabled Coloradans have access to the programs and services they need, contact us at [info@ccdconline.org](mailto:info@ccdconline.org). You can also check out the many different [state committees and boards](#) we can help you get involved with using [this directory](#).

### Our advocacy in the judicial branch

The judicial branch of our government enforces the laws put into place by the legislative branch. CCDC has a small legal team that allows us to **advocate for people with disabilities** if their civil rights are violated under the Americans with Disabilities Act or other civil rights statutes as they relate to disabilities. Learn more about our work in this area [here](#).



### What’s Happening

A federal government shutdown began on **Wednesday, October 1**. The shutdown will have **no impact** on Health First Colorado (Colorado’s Medicaid program) and Child Health Plan *Plus* (CHP+).



### What This Means For Members

**Q:** Will the federal shutdown affect my Health First Colorado or CHP+ coverage?

**A:** No. Your coverage stays the same. You can keep using your benefits and getting care without disruption.

**Q:** Can I still see my doctor and get health care services?

**A:** Yes, you can continue seeing your doctor and get care.

**Q:** Do I need to do anything differently during the federal shutdown?

**A:** No. Keep using your benefits as usual. If anything changes, we will give updates.



### Need More Information?

Health First Colorado and the Department of Health Care Policy and Financing (HCPF) will keep members, providers, and stakeholders updated as more information becomes available.



## Wayfaring Bands--2026 Tour Release Party

**Illegal Pete’s Northside (1851 W 38th Street, Denver, CO)**

**November 12th, 5:00-10:00pm**

**Open House, all welcome!**

Join the [Wayfaring Band](#) for a night of good eats and good people as we announce where we are off to next in 2026! This is your first chance to learn about our next season of programming, sign up for tours, and meet your fellow travelers, all while supporting the Band!

Over the course of the evening, Illegal Pete’s will be donating 50% of profits straight back to our mission, so come hungry, bring a friend, and stay awhile!

***Tours will be released promptly at 5:00pm MST online and in person, via an online form.***



**Looking for Help?**

Are you looking to find help for yourself, a family member, or a friend? Find free or reduced-cost resources like food, housing, financial assistance, health care, and more.

**findhelp.org by findhelp - Search and Connect to Social Care**

- Food
- Housing
- Goods
- Transportation
- Health
- Money
- Etc...



**Colorado Rolling Rapids Power Soccer – Building Teams, Building Community**

The Colorado Rolling Rapids are a national-level **power soccer team** based in Denver and operated under the 501(c)(3) Freedom Power Soccer Foundation. Power soccer is the *only competitive team sport for athletes who use power wheelchairs*, opening the door to teamwork, competition, and belonging for players with disabilities such as SMA, muscular dystrophy, cerebral palsy, and spinal cord injuries.

This past summer the Rapids competed at **Nationals for the first time**, going 5–1, taking 3rd place, and earning promotion to the next division. More recently, the team partnered with **ARCH at Children’s Hospital Colorado** for an Intro to Power Soccer event that drew over 10 new families interested in joining.

The Rapids’ focus now is on **forming multiple teams** in Colorado, so more athletes have the chance to play. To learn more, visit [ColoradoRollingRapids.com](http://ColoradoRollingRapids.com), [FreedomPowerSoccer.org](http://FreedomPowerSoccer.org), or contact Coach Brian at [brian@coloradorollingrapids.com](mailto:brian@coloradorollingrapids.com)



**2025 COLORADO BALLOT BREAKDOWN**

YOUR VOTE IS YOUR VOICE... NOTHING ABOUT US WITHOUT US!



**EMPOWERING THE DISABILITY VOTE**

An educational package from THINK+change that designed to excite and educate the community about the power of their vote! Scan the QR codes to see the full list of products, including the call-to-action mini-documentary TALKS series and the Election Basics TRAINING that includes American Sign Language (ASL) interpretation.

TITLE	ABOUT	A YES VOTE MEANS	A NO VOTE MEANS
<b>Proposition LL</b> Retain and Spend State Revenue from Proposition FF	This allows the state to keep extra money that has already been collected to pay for the free school meal program called "Healthy School Meals for All".	You want the state to keep and use the extra money it has collected for "Healthy School Meals for All".	You want the state to return or refund the extra money to people who make more than \$300,000 a year, instead of using it for school meals.
<b>Proposition MM</b> Increase State Taxes for School Meals and Food Assistance	This will increase taxes for people who make \$300,000 a year or more, so there is more money for school meals and food programs called "Healthy School Meals for All".	You want people who make \$300,000 or more to pay more in taxes to help pay for school meals and food programs.	You want taxes to stay the same for people in Colorado, and more money will not go to school meals and food programs.

Discover why you should vote



DOCUMENTARY SERIES: THE POWER OF THE DISABILITY VOTE

Learn how to vote



ONLINE TRAINING: ELECTION BASICS

This guide is provided for information only and should not be considered legal advice. For the full text of Colorado’s ballot measures and initiatives, including fiscal analysis and additional information about Colorado’s elections, visit the Colorado Secretary of State’s website at [www.sos.state.co.us/pubs/elections](http://www.sos.state.co.us/pubs/elections)

PLAIN LANGUAGE BALLOT GUIDE DEVELOPED WITH SUPPORT FROM



COLORADO CROSS-DISABILITY COALITION



## COMMUNITY ENGAGEMENT SESSIONS



Three virtual event options on Zoom. Pick the one that works best with your schedule.

Registration is required.

**Option 1: Friday November 14<sup>th</sup>**  
12:00 - 2:00 PM  
Register at <https://tinyurl.com/2rj55npf>



**Option 2: Tuesday November 18<sup>th</sup>**  
4:00 - 6:00 PM  
Register at <https://tinyurl.com/2cck4upr>

**Option 3: Thursday November 20<sup>th</sup>**  
8:00 - 10:00 AM  
Register at <https://tinyurl.com/436d4w2n>

[www.coddcc.org/get-involved](http://www.coddcc.org/get-involved)



Colorado Developmental Disabilities Council

# Care Across the Ages

SAVE THE DATE

## BRAIN INJURY CONFERENCE

Strategies and considerations for professionals working with brain injuries across the lifespan.

**March 12, 2026**

7:30 AM - 4:30 PM  
Networking happy hour to follow.  
Multiple CEs available.

### Upper Larimer

3034 Larimer St, Denver, CO 80205

Care Across the Ages is designed for professionals working with survivors of a brain injury, with keynote and breakout sessions focused on youth, adults, and seniors living with brain injury.

Registration opens October 28<sup>th</sup> at [BIAColorado.org](http://BIAColorado.org).



[BIAColorado.org](http://BIAColorado.org)



## ACCESSIBILITY AWARENESS

### Inaugural Artisan Market and Job Resource Fair

Join the city of Aurora in recognizing National Disability Employment Awareness Month. This free event will feature unique, handmade gifts for sale, resources and employment information. This event is open to the public, including community members living with a disability, caregivers, service providers and anyone interested in learning more about building an inclusive community. No registration is required. Just stop by, shop and connect.

**SATURDAY, NOV. 1, 2025**  
10 a.m. to 3 p.m.

Aurora Central Library, 14949 E. Alameda Parkway

Questions? Email [officefoee@auroragov.org](mailto:officefoee@auroragov.org)



OFFICE OF EXPERIENCE AND ENGAGEMENT  
OFFICE OF ADA COMPLIANCE AND ACCESSIBILITY  
LIBRARY AND CULTURAL SERVICES

For accommodations, please visit [AuroraGov.org/Accessibility](http://AuroraGov.org/Accessibility)

DENVER MAYOR'S OFFICE

COME & JOIN US FOR

## THE POWER OF AGING

LIVING WELL, STAYING SAFE, GROWING TOGETHER

Thursday, October 30 | 12:30 PM - 2:30 PM

ADDRESS

**NEW HOPE BAPTIST CHURCH**  
3701 COLORADO BLVD  
DENVER, CO 80205

Light lunch, refreshments, and Spanish interpretation will be provided.

Space is limited. Please R.S.V.P

[LINK HERE](#)

COMMISSION ON AGING  
DENVER HUMAN RIGHTS & COMMUNITY PARTNERSHIP

## Are you in pain and cannot afford dental care?

Are you

- ✓ Permanently disabled?
- ✓ **OR** over the age of 65?
- ✓ **OR** medically fragile?
- ✓ **AND** need extensive dental treatment?

If you answered **YES** to any of these questions, you may be eligible to receive **FREE** dental care through **Donated Dental Services (DDS)**



Before



After

To apply and learn about eligibility contact  
**Holly Davis-Chatelain**  
303-534-3931  
or visit [www.DentalLifeline.org](http://www.DentalLifeline.org)



Dental Lifeline Network is a national humanitarian organization and a charitable affiliate of the American Dental Association

More than Dentistry. *Life*®

## Firefly Invites You To:

OUR 4<sup>TH</sup> ANNUAL SENSORY FRIENDLY PICTURES!

Saturday December 6<sup>th</sup>  
at Firefly Autism  
2001 Hoyt St. Lakewood CO, 80215  
10:00 AM-4:00 PM

Take pictures with Santa, the Grinch, and/or a Winter Wonderland for the whole family in a calm and sensory friendly environment!

Enjoy the hot chocolate and cookie bar while exploring resources from our partners, and watch a holiday movie!



Scan here to RSVP by November 22<sup>nd</sup>

Please email Sheila with any questions at [sorozco@fireflyautism.org](mailto:sorozco@fireflyautism.org)

## COMMUNITY RESOURCE: PATH TO HOMEOWNERSHIP WITH CHFA HOMEACCESS

DID YOU KNOW THERE'S A PROGRAM THAT HELPS COLORADANS WITH PERMANENT DISABILITIES- OR PARENTS CARING FOR A CHILD WITH ONE- BUY A HOME?

THE CHFA HOME ACCESS PROGRAM OFFERS UP TO \$25,000 IN A DOWN PAYMENT/CLOSING COST ASSISTANCE (SILENT SECOND, NO INTEREST, REPAID ONLY WHEN THE HOME IS SOLD/REFINANCED) INCOME LIMITS ARE GENEROUS AND YOU DON'T HAVE TO BE A FIRST-TIME BUYER.

AS A PARENT OF AN ADULT SON WITH A DISABILITY, I KNOW HOW LIFE-CHANGING STABLE HOUSING CAN BE. IF YOU WOULD LIKE MORE INFORMATION PLEASE REACH OUT.

YOU CAN FIND MORE INFO AT [CHFAINFO.COM](http://CHFAINFO.COM)



JOVAN CARDOZA  
MLO #1804505  
720.435.4767



opening  
Sept 2025



## Infinite Pediatric Partners



5889 Greenwood Plaza Blvd  
Suite 215  
Greenwood Village, CO 80111



Contact Us



(720) 618-7624



<https://infinitepediatricpartners.com>



It has been a year since we launched [Designing for Accessibility](#), a community-centered project that aims to transform the museum into a more welcoming and accessible place for all visitors. Over the course of the project, the museum will serve as a living laboratory for innovation—fostering meaningful connections between the disability community, museum staff, designers, and the public. The goal: to ensure that visitors with disabilities can access and experience the museum on their own terms and thrive in a welcoming environment for all.

“Nothing about us, without us” continues to be the project team’s guiding principle as we’ve seen the power and impact of collaborating closely with Denver’s disability communities on museum accessibility. Our focus for the first project year has been taking stock of our current accessibility standing as an institution and collaborating with our community to envision a more accessible museum experience. Between September 2024 and August 2025, the project team completed these goals through three main activities:

- **Listening Sessions:** We hosted two listening sessions in March and April 2025 with the goal of building relationships and better understanding how visitors with disabilities experience the DAM. Co-facilitated by six leaders from the disability community, and with 25 attendees, the sessions involved group discussions and gallery explorations to identify accessibility barriers and opportunities.
- **Staff and Volunteer Survey:** We conducted a staff and volunteer survey to establish a baseline measurement of DAM staff and volunteers’ understanding of incorporating accessible practices into their work. This helps us to better understand their relationship to access and disability.

**Working Group:** We convened a group of 11 community partners with lived ex-

perience of disability for monthly meetings to identify barriers, brainstorm solutions, and prototype accessible exhibition designs in collaboration with local designer Matt Gesualdi. The group will act as co-designers to develop prototypes for accessible seating and signage that will be used in the Designing for Accessibility Showcase exhibition and improve accessibility museum-wide.

#### Design Working Group Members

- Anmol Bhatia
- Aziza Rodriguez
- Beth Marshall
- Christine Markman
- Cori Pepelnjak
- Dan Burke
- Javier Flores
- Jocelyn Roy
- Kendall Hagar
- Nadelle Payne
- Sue Shusterman

#### Key Trends

Throughout the project we have worked with Trainer Evaluation to analyze data from these rich sources of feedback and have identified three key trends:

#### Provide a (More) Accessible Visitor Experience

We heard from staff, volunteers, and community partners that full access to museum spaces, exhibitions, and programs by visitors with disabilities is crucial. In response to the question, “Where do you feel the most welcome and included?” one listening session participant replied, “Places where I don’t have to be anyone other than myself.”

Visitors confirmed that accessibility accommodations at the DAM (like closed-captioning, verbal description and alt text, and even in-gallery seating) can help them to engage with artworks and interpretation to make their experience of the museum more meaningful. While visitors applauded the current DAM accommodations, they requested more consistency of these accessibility features across all galleries and enhanced communication of these accommodations. As one survey participant said, “Publicly displaying our commitment to accessibility and what accommodations we offer is JUST as important as being accessible in the first place.”

Additionally, DAM staff and visitors agree that the museum’s physical environment, especially the interior gallery doors which are not power-assist or automatic, can be a barrier to navigating the museum independently.

#### We Need to Build Capacity

In general, we heard that staff and volunteers view the DAM as committed to accessibility, however many asked for more support in understanding how accessibility relates to their work. Most respondents identified the need for institutional policies and best practices that would offer guidance on how accessibility can be incorporated into their project planning and workflow. This request was most common amongst DAM staff and departments who do not interact with visitors on a regular basis. While we were pleased to learn that visitor-facing staff are more confident in their knowledge of disabilities, we recognize that everyone on staff should be equipped to support visitors with disabilities. As one survey participant said, “The DAM can show its commitment to accessibility by continue to make it a museum-wide responsibility.” We know that staff and volunteer training plays an important role in helping all of us find success in this area.

#### Disability Visibility and Representation Matters

Representation continues to be an incredibly important aspect of the work we do at the DAM. When it comes to people with disabilities, how can we make sure they are represented not only by staff and volunteers who make up the museum, but also through the art and artists represented on the gallery walls? We heard from our listening session participants that seeing themselves represented in the museum makes them feel welcome and a sense of belonging. We know that when people with disabilities are included in our decision-making this can result in a culture change that prioritizes their perspectives and experiences.

As we move into year two of this project, we are excited to build on these learnings. The results of the survey will be shared with DAM staff and volunteers and inform the development of training resources. The Design Working Group will continue to meet monthly through 2025 to fabricate accessible design prototypes that will be on-view in the Design Studio in 2026.

Learn more about the Denver Art Museum’s commitment to accessibility on our website or by contacting [access@DenverArtMuseum.org](mailto:access@DenverArtMuseum.org).

**LOW SENSORY**

# TRICK OR TREAT

Join us for a Frightfully Fabulous Halloween Bash! Our ghouls and goblins are brewing up a low-sensory, all-inclusive adventure with candy, treats, and plenty of Halloween magic for the whole family.

- Non-food treats for families with allergies
- Spooky activities & games to keep the fun alive
- A safe, welcoming space for all witches & warlocks

**OCTOBER 25**  
10:00AM - 1:00PM

**FREE**  
GET YOUR TICKETS HERE!

STAR Institute  
6911 S Yosemite St  
Centennial, CO 80112

**Lakewood Recreation**

**FREE!**

# Sibshops

## FUN WORKSHOPS FOR SIBLINGS

Sept 18 • Oct 14 • Nov 15\* • Dec 4

Link Recreation Center 6-7:30 p.m.  
\*Link Recreation Center 10-11:30am (Nov 15 Only).

**WHO ATTENDS A SIBSHOP?**  
Sibshops are designed for youth and teens (ages 8-13) who have a sibling with a disability.

**WHAT WILL I DO AT SIBSHOP?**

- Play awesome games & engaging activities
- Meet new friends who "get it" (they have a sibling with a disability too!)
- Get ready for cool surprises & lots of laughs

**Lakewood Recreation**

**Sibshops**

To register: Scan the QR code, visit [Lakewood.org/Register](http://Lakewood.org/Register) or call 303-987-4800.



### TR Seated Strength

Ages 16+

Seated Strength helps to build strength, improve coordination, enhance your balance—all from a seated position. Using resistance bands, light weights, and bodyweight exercises, you'll engage major muscle groups while staying safe and supported.

An ideal fitness class for people with differing intellectual, developmental, physical, cognitive or emotional abilities. This class is wheelchair user friendly and is perfect for beginners, older adults, and anyone recovering from injury.

### TR Seated Strength

October 29, Wednesday 5:15 – 6pm – Community Recreation Center

[Register for TR Seated Strength](#)

### TR Skills and Games

12+

Skills and Games will include brain-stimulating activities, designed to support memory, focus, and coordination. Each session will include a fun, low pressure environment that will still challenge your thinking. Be prepared for gentle physical movement to warm up both the body and the brain! Skills and Games is an ideal class for people with differing intellectual, developmental, cognitive, physical or emotional abilities. This class is wheelchair user friendly, and great for anyone who needs help with balance or proprioceptive input. This class will be led by Julie Pierce.

### TR Skills and Games

October 29, Wednesday 3:00 – 3:45 – Racquetball Fitness Center

[Register for TR Skills and Games](#)

JOIN US FOR

# BOO AT THE ZOO

SNACKS, DRINK CONNECTION & WELCOMING SPACES FOR ALL

**Sorry WE'RE SOLD OUT**

**Get a FREE Blue Pumpkin Trick-or-Treat basket!**

Free blue pumpkin basket with ANY purchase over \$40

**Autism Community Store**

**Don't Miss our Trunk or Treat October 25th!**

Use coupon code TRICKORTREAT when shopping online or in-store      Offer valid October 1<sup>st</sup> - October 31<sup>st</sup> while supplies last



The Infinity House is expanding career development support for 2E adults and their families who want to achieve financial independence through meaningful work!

This neuro-affirming, intentional community residency in Arvada, Colorado designed for twice-exceptional (2E) adults who are ready to build meaningful work and life pathways that honor their wiring.

**The Residency Includes:**

- A private bedroom in a spacious 4-bedroom, 3.5-bath duplex near Old Town Arvada
- Monthly roommate meetings + executive function systems for shared living
- A fenced yard, pet-friendly policies, and sensory-aware common spaces
- Opportunities to co-create and attend potlucks, game nights, songwriting workshops, and other community events
- Career development support (including self employment coaching for entrepreneurial adults who want flexibility) to help you get paid doing what you love and build communication, leadership, and financial literacy skills

A highly supportive environment to develop a path that meets the adults' financial, emotional, intellectual, creative, and energy needs  
This is not just a place to live—it's a launchpad for 2E adults to grow, contribute, and create sustainable, joyful work.

Whether you're:

- A young adult transitioning into financial independence
- A college student navigating burnout that may want to consider taking a break and re-evaluating their post secondary path

Taking a gap year to reset and refocus  
We help 2E individuals build careers and lives that *leverage their strengths and honor their needs so they can work the way they're wired*. While this residency is currently private pay, I am in the process of becoming a **DVR-approved provider** and am happy to collaborate to include our offering in your employment plan.

**Want to learn more for yourself or someone you know?**

Complete [this inquiry form](#) and we will reach out to schedule a discovery call. Let's find out if the Infinity House Residency Program is the next right step.



**Gitana de la naranja**

by pabruce © paul allan bruce, All rights reserved

*In a world of sandalwood and jade*

*I began my study*

*of nartankay*

*was it a fragrance?*

*was it a fruit?*

*a shade of orange*

*with Tamil roots?*

*In a garden still,*

*neath the citrus shade*

*a lovely maiden held*

*my gaze*

*with skill,*

*her makeup was applied*

*light shades of henna*

*adorned each eye*

*and from her lips,*

*so blush and pure*

*I tasted fragrant*

*naranja's allure*

**BREWABILITY**

**HOLIDAY PARTY SEASON FAST APPROACHING!**

Here's to making beautiful memories with the ones you love!

Get your spot before they go! Availability November - December. Enquire now at: [brewabilitylab@gmail.com](mailto:brewabilitylab@gmail.com)

**Findings**

Anteaters have, since the beginning of the Cenozoic Era, evolved from other mammals at least twelve times.

Peacock tail feathers can be treated to emit laser beams.

Extensive equine-coat scoring determined that horses kept on pasture have higher tail moistness, that heavier horses have thicker skin, and that older horses have less-moist skin, even though their hair becomes more lustrous with age.

Leftovers on a plate are more disgusting than leftovers in a pot, and leftovers on someone else's plate more disgusting still.





CHRONIC CARE COLLABORATIVE

### Colorado Medical Exemption Program (CMEP)

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

#### Eligibility

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

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

Meeting the household income eligibility of less than 400% of federal poverty guidelines.

Complete and return the program application. For Xcel customers only the deadline is May 1 of the current calendar year. There is no deadline for Black Hills Energy customers.

Energy usage for Black Hills customers only, the eligibility is above 780 kWh usage.

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

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

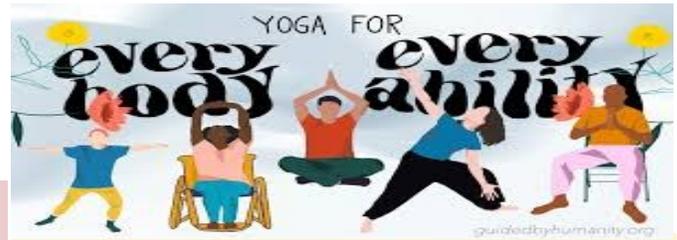
Household Size	Income Limit
1	\$62,600
2	\$84,600
3	\$106,600
4	\$128,600
5	\$150,600
6	\$172,600
7	\$194,600
8	\$216,600

#### How To Apply

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

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

Mail or fax your completed application to:



#### What is All Abilities Yoga?

All Abilities Yoga is a sensory-friendly, inclusive practice designed for neurodiverse individuals and those with disabilities. Classes welcome participants with autism, ADHD, Down syndrome, and other developmental differences, offering a safe, non-judgmental space for movement and expression.

We offer all abilities yoga classes in-person at our Englewood studio on S Broadway (serving the Denver metro), at our Lakewood studio, and virtually online.

#### Benefits of All Abilities Yoga

This program supports holistic wellness for participants and their families:

- **Emotional regulation** – Movement and breath help reduce anxiety and stress.
- **Confidence and self-expression** – A supportive environment encourages independence and self-advocacy.
- **Social engagement** – Group practice fosters communication and connection.
- **Caregiver support** – Classes welcome caregivers and families, creating shared wellness experiences.

**Inclusive belonging** – Every participant is valued and celebrated for who they are.

#### Who Can Join?

All Abilities Yoga is open to:

- Neurodiverse individuals (autism, ADHD, Down syndrome, etc.)
- People with developmental disabilities
- Families and caregivers seeking inclusive practices

Anyone who values sensory-friendly and judgment-free movement

<https://guidedbyhumanity.org/classes/all-abilities-yoga/>

Tears from people with less warmth in their faces are perceived as more sincere.

The past century of Chicago's urbanization enlarged the skulls of chipmunks and flattened those of meadow voles.

The world's oldest known boomerang-made from mammoth ivory, unearthed in southern Poland forty years ago, and now is thought to have been fashioned between 39,000 and 42,000 years ago—does not come back.



# Intro to College For Middle Schoolers



Presentation and Q&A with  
inclusive higher ed students

Thursday, November 13  
5:30-6:30 PM  
Zoom



This FREE online presentation allows middle school students, families, and educators to learn more about inclusive higher ed (IHE) in Colorado and ask questions of students/grads who've gone through it.

## You will:

- Hear a basic intro of college options geared towards 6th-8th grade students with ID (and their supportive adults)
- Get tips on how to begin early preparation
- Meet with IHE students to ask questions about their college experience

To register:  
Scan QR code or visit  
[inclusivehighered.org/news-events](https://inclusivehighered.org/news-events)



NEED PROJECT INC.

## DIGNITY CARE SPACE



Studies show that a significant portion of autistic adults and youth experience social isolation and limited community engagement.

Caregivers often must change children/adults with disabilities on bathroom floors, backseats of cars, or in secluded outdoor places, highlighting the inadequacy of current facilities.

Millions of Americans are absent from society due to the lack of accessible toileting facilities.

1 in 4 young adults with autism are socially isolated, due to environmental barriers, social and cognitive demands, and a lack of tailored support.

### Care Station & Sensory Room Trailer

## Because no one should miss out on Fun!

### Introducing Need Project's Dignity Care Trailer.

Bringing accessibility, comfort, and support to community events in Colorado!

- The sensory room will provide a calming and therapeutic environment for individuals to explore and regulate their senses.
- The safe and private adult-sized changing station (up to 400 lbs) will help families maintain the dignity of individuals who require assistance with incontinent care and hygiene, promoting independence and social inclusion.
- Families will be able to get out into their communities... and with dignity. Because everyone deserves to be included regardless of special needs.

#### Know an event organizer?

Invite them to host the Dignity Care Space trailer and enhance the inclusion and accessibility at their event.

Financial donations to Need Project will help fuel this vital service for families across Colorado!

Learn more or get in touch:

Visit: [needproject.org](https://needproject.org)

Email: [contactus@needproject.org](mailto:contactus@needproject.org)

Call: (719) 581-2405

Or use our contact form on the website



**NEED PROJECT**  
helping special needs families thrive



Every child wants to play with friends, throw a ball, share their success with family, and to know that they belong.

*What does every child with an intellectual or developmental disability want?*

***The exact same thing!***

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 to develop motor skills like balance, flexibility, strength, and coordination.

Special Olympics Colorado offers year-round "Learn to" sport activities, clinics, summer camp, and special events.

Learn more and get involved by visiting:

[SPECIALOLYMPICSCO.ORG/YOUNGATHLETES](https://SPECIALOLYMPICSCO.ORG/YOUNGATHLETES)

**Special  
Olympics  
Colorado**



**Young Athletes**

## Food as Medicine: Addressing Food Insecurity

At Children’s Hospital Colorado, our philosophy is that nutrition is a vital element of medical care. We’ve developed a multifaceted Food as Medicine initiative to help ensure that all children and families have access to affordable and nutritious foods for optimal health and well-being.

Food, healthcare costs and health outcomes

A growing body of research demonstrates inextricable links between food security and health outcomes, hunger and healthcare costs.

According to the American Academy of Pediatrics, “Children who live in households that are food insecure...are likely to be sick more often, recover from illness more slowly and be hospitalized more frequently. Lack of adequate healthy food can impair a child’s ability to concentrate and perform well in school and is linked to higher levels of behavioral and emotional problems from preschool through adolescence.” In its 2021 publication, “Food Is Medicine: Final Project Report,” Feeding America noted that food insecurity has been linked to more than \$77 billion in additional healthcare expenditures each year in the U.S.

Limited access to nutritious food is driven by many factors, including the inability to afford nutritious food, lack of availability of nutritious food and cultural differences that are not in line with typical American processed foods. Limited access to nutritious food can harm vital health, growth and developmental factors that start in childhood and compound over time.

### Our approach

Through our innovative Resource Connect initiative, we provide nutrition education with a hands-on, confidence building approach along with carefully curated food selection based on individual needs. We also provide guidance on:

- Core components of healthy eating, active living
- Meal planning and portion control
- Shopping, budgeting and recipe modification
- Food storage and preparation practices

### Healthy Roots Food Clinic

The Healthy Roots Food Clinic was created in 2019 and is based on the principle of Food as Medicine and the belief that hunger is a health issue. Here, families can stock up on healthy and nutritious foods at no cost, including fresh produce — some of which is grown in the hospital’s Healthy Roots Garden. The clinic also provides guidance on community resources and nutrition advice, safe food education and cooking lessons to patient-families.

In 2021-22, the Healthy Roots Food Clinic received nearly 1,800 referrals from primary care clinics in our Health Pavilion and served more than 12,000 people. One hundred percent of visits were “successful,” meaning that all families who sought food were provided nutritious groceries and basic food education.

We are taking steps toward full integration with our electronic medical record system. This is a crucial step in integrating our Healthy Food Roots Clinic into a clinical model that operationalizes the Food as Medicine initiative. Over the next several years, Children’s Colorado’s Food as Medicine initiative aims to evolve to a more holistic and integrated model by progressing

from simple food practices (i.e., food distribution) to nutrition planning to improved health outcomes.

### Healthy Roots Garden

We opened the Healthy Roots Garden on our Anschutz Medical Campus in Aurora in the summer of 2018. The 3,000-square-foot garden grew more than 1,200 pounds of fruits and vegetables in 2023, including 30-plus varieties of fruits and vegetables. The garden is maintained by a full-time urban gardener and volunteers, and the produce is distributed to families through our Healthy Roots Food Clinic.

### Healthy Roots Mobile

During the pandemic response, we shifted our on-site services to a mobile distribution model with our partner school district, Aurora Public Schools (APS). This community partnership continues.

In 2021, Resource Connect launched a pilot of the Healthy Roots Food Clinic in Crawford Elementary in the Aurora Public Schools (APS) District. The students in these schools come from 50+ different countries, speak over 150 languages, and 82% qualify for Free or Reduced Lunch. More than 3,400 APS student households were reached through these efforts, serving more than 10,000 unique individuals. The robust nature of this partnership extends our reach into the community.



**pizzapass** YOUR PIZZA MEMBERSHIP

Includes **26 pizzas**  
**One every week**  
**For 6 months**  
**Only \$195** \$468 PIZZA VALUE **SAVE \$273**

That's just **\$7.50 per pizza**

Sign Up **OFFER ENDS DECEMBER 31** Buy Now. Pay later with Klarna. 4 interest-free payments of \$52.68

 **Guided By Humanity is teaming up with Wee Meditate™ to offer...**

## Free Family Series: Story time with Dragon!

A playful path to calm, focus, & sleep

★ Discover the magic of meditation through stories with Dragon and Friends

🧘 Each week, children learn calming tools for focus, sleep, and managing big feelings

👉 Parents receive simple take-home tips to bring mindfulness into everyday life

- **Dates:** Fridays, Oct. 17- Nov. 14
- **Time:** 6:30-7:15pm
- **Location:** Online via Zoom (hosted by Guided By Humanity)
- **Cost:** **FREE**- open for all families!

♥ **BONUS:** Families who attend will receive a **25% discount** on one year of a Wee Meditate membership- so the magic (and calm) can continue at home

**Register with Guided By Humanity to receive the meeting link** ↓



Sign up Today



Wee Meditate™



Join us for a series of D&D sessions dedicated to magic, adventure, and the occasional dragon.

# YOUNG ADULT D&D



**Registration Open**  
Monday- Sunday

**contact**  
ndttrp@gmail.com

Note: all supplies will be provided



We are hosting our annual **SPREADLIGHT Night** on Saturday, December 13 from 6-8pm. This event is for the whole community, but we especially love to see families with individuals who have disabilities.

Visitors can take selfies with superheroes and Disney princesses while also enjoying free cookies and hot chocolate. There is no cost to attend, but donations to the Autism Society of Colorado are appreciated. To donate, visitors can just scan the QR code in the display.

The address for this event is **4822 S Picadilly Ct, Aurora, CO 80015**. Our display will feature 200,000 lights this year!





# Fall Ball

# SHOWCASE

FUN FOR THE FAMILY

## 29 NOVEMBER, 2025

TAPAS, SWEETS, DANCING, AND A SHOW  
NO BETTER WAY TO SPEND A SATURDAY NIGHT!  
SUPPORT DANCE FOR ALL AGES AND ABILITIES.

Doors Open 7PM  
Avalon Ballroom  
6185 Arapahoe Rd Boulder, CO 80303





# The Denver START Program



## Crisis mental health care for Denver children and adults with intellectual and developmental disabilities (I/DD).

Children and adults with I/DD are often misdiagnosed or underdiagnosed when it comes to mental health and behavioral challenges, leading to serious consequences. But with the right crisis care, people can avoid frequent hospitalizations and live more fulfilling lives.

As Colorado's only nationally certified START program, The Denver START Program at Rocky Mountain Human Services delivers timely, accessible crisis mental health support not only to the individual, but also to their broader support system.

### Denver START Provides:

- Access to START-certified team members with expertise in the mental health aspects of I/DD
- Person- and family-centered approach
- Coordinated care and assistance for the person supported, their families, and their service providers
- 24/7 in-person crisis support for people enrolled

### Program Requirements:

- Must be 6 or older
  - Must have mental health needs or behavioral health challenges
  - Must have I/DD diagnosis
  - Must reside within Denver city limits or be a youth in the custody of Denver Department of Human Services
- For questions about program eligibility, email [start@rmhumanservices.org](mailto:start@rmhumanservices.org)

### Getting Started and Referrals:

To learn more and refer others to the Denver START Program:

- Visit [www.rmhumanservices.org/start](http://www.rmhumanservices.org/start)
- Call 303-636-5600 and select option #8.



9900 E. Iliff Ave | Denver, CO 80231 | 303.636.5600 | [rmhumanservices.org](http://rmhumanservices.org)



Your Partner through the **Neurodivergent Journey**



## FREE RESOURCES

### Dynamic Community Events for Parents & Providers

- Free Parent Webinars (Virtual)
- Parents' Ask The Expert Series (Virtual)
- Bright Minds Collective Monthly Professional Networking Event (Virtual)
- Free Spanish-Speaking Parent Webinars (Virtual)
- Coffee & Conversations Monthly Networking Event
- Parents' Night Out Monthly Event
- Professional Connections Monthly Event
- Colorado's First and Largest Annual Neurodiversity Resource Fair
- Serving all ages, youth through adulthood

### Comprehensive Neurodiversity Resources

- Online directory of 250+ vetted neurodiversity organizations
- 4,000+ Fellow parents along the journey with you
- Summer Camp Guide (2026)
- Back to School Tool Box (2026)
- Empowering Parent Program\*
- Parent Playbooks\*
- Parent Pack\*
- Parent Educational Articles
- Community Events Calendar
- Resource Library

**NO PARENT SHOULD FACE THIS JOURNEY ALONE.**  
EVERY PARENT DESERVES CLARITY, COMMUNITY, AND CONFIDENCE.

[GUIDINGBRIGHTMINDS.COM](http://GUIDINGBRIGHTMINDS.COM)

Anschutz

IRB NUMBER: HS-2024-0105  
IRB APPROVAL DATE: 03/16/2025



## TOUCAN STUDY OPPORTUNITY FOR EVIDENCE-BASED INTERVENTION TRAINING

### About the study

- ✓ We are testing the effectiveness of two interventions to help children regulate their emotions, think flexibly, and reach their goals:
  - Unstuck and On Target (Unstuck)
  - Unified Protocol for Children (UP-C)

### Benefits

- ✓ Free evidence-based intervention training with certification opportunity
- ✓ Receive expert-level feedback
- ✓ All participants will earn gift cards for participation

### Who can participate?

#### Programs that:

- Provide psychotherapy to children
- Have 8+ providers
- Publicly-funded

#### Providers

- Staff or trainees at enrolled program for the next 9 months
- Providing psychotherapy services to youth

#### Child and Families

- Child ages 7-12 years old with documented or suspected autism AND
- Child ages 7-12 years old without documented or suspected autism

### What will they do?

#### Programs

- Approve program to participate in study activities
- Facilitate access to therapists and two of their clients to be enrolled

#### Providers

- Refer 2 eligible clients
- Participate in intervention training (incl. monthly consultations)
- Complete data collection (surveys, interview)
- Record monthly client sessions

#### Families

- Complete eligibility assessment with the team
- Complete data collection (surveys, interview)
- Allow recordings of monthly sessions

### INTERESTED? CONTACT US TO LEARN MORE!

Text or Call  
619-594-6021

Email  
[toucan@sdsu.edu](mailto:toucan@sdsu.edu)



## Scam Awareness Workshop

Protect Yourself. Protect Your Community.

Presented by **Cherlyn Marvin**

Parish Administrator | Advocate for Financial Literacy & Consumer Protection

**Location:** Atlantis Community, Inc.  
201 S. Cherokee St  
Denver, CO 80223

**Date:** October 29, 2025  
**Time:** 6pm - 7pm

### WHAT YOU'LL LEARN

- How to protect yourself from common scams
- How to act with strangers who text, phone, email or even use snail mail
- Red flags to watch for
- How to report a scam
- Where to find resources

### ABOUT THE PRESENTER

Cherlyn Marvin has a deep understanding of the tactics scammers use, from phone call schemes to sophisticated online phishing attempts. Her mission is to empower individuals with knowledge and confidence.

### THIS WORKSHOP IS FREE AND OPEN TO ALL.

Don't let scammers take advantage of you or your loved ones.





# Arts and Community Exploration Program (ACE)

The ACE program is welcoming new participants!



Arts and Community Exploration (ACE) is a person-centered interactive program for adults with intellectual and developmental disabilities engaging in both center-based and community outings.

The ACE program is packed with hands-on activities designed to inspire and empower! At our wheelchair accessible and sensory-friendly center, participants can dive into creative art projects and get their hands dirty with cooking, gardening, and more. They can explore the community through outdoor adaptive recreation opportunities, museum tours, and community performances. Participants also have regular opportunities to give back by volunteering with the Weinberg Food Pantry, JFS Community Table Lunch program, Justice Necessary, and seasonally with Free Range Bees.

**LEARN MORE** To learn about the program or schedule a tour visit [jewishfamilyservice.org/services/ace](http://jewishfamilyservice.org/services/ace) or contact Judy Pankoff, ACE Program Manager, at [jpankoff@jewishfamilyservice.org](mailto:jpankoff@jewishfamilyservice.org) or 720.459.3897.

# 2025 Inclusive Housing Summit

November 4<sup>th</sup> 12:00 PM – 4:00 PM



Join us for the second annual Neuro-Inclusive Housing Summit. Experts, leaders, and advocates will explore the opportunities and barriers to creating affordable, inclusive housing for Colorado's neuro-divergent community. Hear from project leaders bringing real housing models to life across the state.



## WHO SHOULD ATTEND

- Housing Development Professionals
- Policymakers
- I/DD Service Providers
- Parents of Disabled Adults & Self-Advocates

Corporate Representative: \$150

Parent or Self-Advocate: \$50

[CLICK HERE TO REGISTER](#)

## PROGRAM HIGHLIGHTS

12:00 – 12:30 | Opening Keynote  
 12:30 – 2:00 | What is Neuro-Inclusive Housing?  
 2:00 – 2:15 | Break  
 2:15 – 3:45 | Session 2: How is it Developed?

# What is CFC (Community First Choice)?



### Access

A Medicaid state plan option to increase access to home and community-based services (HCBS).



### Independence

Promotes independence and community integration for individuals needing long-term care while empowers participants to choose caregivers and manage their own care.



### Expansion

Open to Medicaid enrollees meeting institutional level of care criteria and expands availability of HCBS for recipients.



### Improves Quality of Life

Provides personalized care that enhances well-being and community participation.



# FISHING TRIP - STAUNTON STATE PARK



## ACCESSIBLE FISHING

Join us as we head to Staunton State Park for a fun-filled fishing trip made accessible. Whether you're new to fishing or a seasoned angler, this trip is for you. State park volunteers will be present to provide gear and assist with fishing off the accessible pier.

**October 24.**

Res. \$13 (non-res. \$20).

Contact Doug at [DougD@ApexPRD.org](mailto:DougD@ApexPRD.org), 303.467.7193, for more information or to register.



**COMMUNITY RECREATION CENTER**  
6842 Wadsworth Blvd,  
Arvada, CO 80003  
303.425.9583

ApexPRD.org



Do you, or someone you know, have trouble performing a basic task or routine due to a physical limitation?

Is there an activity that you, or someone you know, would like to do but can't due to a disability? If so...



May We Help creates assistive devices for those with disabilities.

Skilled volunteers design, develop, and fabricate uniquely tailored devices that allow individuals to pursue their passions- and realize their dreams.

At no cost to the recipient.

If you, or someone you know, needs help... request a solution.

Go to <https://maywehelp.org/request-a-solution/>



**MICHAEL STEINBERG**  
colorado volunteer  
ph: 303-960-0590

7501 Wooster Pike  
Cincinnati, OH 45227  
513-834-6443  
[www.maywehelp.org](http://www.maywehelp.org)



**FREE for Parents & Caregivers!**

autism DIETITIAN presents

## Nourishing Neurodiverse Tweens & Teens:

**A Practical Workshop + Q&A for Selective Eating and Beyond**

Featuring The Autism Dietitian Team:  
Founder Britlyn Coleman, MS, RD & Kamila Nosal, MS

**Key Topics Covered**

- ✓ How nutrition affects neurodivergent kids
- ✓ The role of nutrition in behavior, focus, & emotions
- ✓ Simple, age-appropriate tips for picky eaters
- ✓ Identifying sensory food needs + creating a plan
- ✓ Managing blood sugar with balanced meals
- ✓ Supporting nutrition at school
- ✓ Halloween tips for sweets, routines, and overload

📍 Temple Grandin School, Boulder, CO  
📅 Wednesday, October 29<sup>th</sup>, 2025  
🕒 6:30 PM MT  
🌐 [www.autismdietitian.com](http://www.autismdietitian.com) | @autismdietitian on Instagram

**SCAN TO RSVP**



**KBARR**  
COUNSELING  
EXPERIENCE  
CHANGE



**ALLIANCE**  
EXPERIENTIAL  
COUNSELING

## PEAK PRESENCE CLIMBING GROUP

Where presence meets progress

Therapeutic climbing group for youth ages 14 to 17

Throughout this fall semester, teens will develop trust, build resilience, and gain self-confidence – one climb at a time.

Led by clinical experts, bringing over 20 years of climbing experience. During this four-month course, the group will meet weekly to work on **Executive Functioning** skills, **Sociality**, **Emotional Regulation**, and **Mindfulness**.



**Climb Beyond Limits**

Peak Presence Climbing Group uses climbing to help teens tackle challenges and develop skills, promoting mastery in climbing and supporting mental health.



**Therapy in Action**

The program, run by licensed therapists and climbing instructors, integrates therapeutic methods like DBT, executive functioning strategies, mindfulness, and group work in a non-traditional setting.



**Build Trust & Belonging**

Through shared goals and reflective activities, teens build trust, regulate emotions, develop problem-solving skills, and communicate openly in a safe, supportive environment.

**NO PRIOR CLIMBING EXPERIENCE IS NEEDED—JUST A WILLINGNESS TO TRY.**

Beginning September 3rd, weekly sessions will take place throughout the fall, combining indoor climbing with group discussions and individual reflections.

To learn more, visit: [allianceexperiential.com/ppcg](http://allianceexperiential.com/ppcg)





PERSONAL ASSISTANCE SERVICES OF COLORADO

**PASCO Lakewood**

**3900 S Wadsworth Blvd #225 Lakewood, CO 80235**

**303.233.3122 | info@pascohh.com**

**PASCO Colorado Springs**

**6385 Corporate Drive Suite 303 Colorado Springs, CO 80919**

**(719) 960-4995 | info@pascohh.com**

**2025 NEURODIVERSITY EXPO**

**DENVER, COLORADO**

**Wings Over the Rockies Air & Space Museum**

7711 East Academy Blvd Denver, CO 80230



**Next Steps Neurodiversity**

**STEP INSIDE!! SUNDAY, 11/2/25 10:00 AM TO 3:00 PM**



**JOIN US INDOORS THIS NOVEMBER!**

Denver's premier event for neurodivergent individuals, families, and professionals

- Register for FREE!
- Includes full museum access
- Resources for every age & stage
- Live presentations, food trucks & special guests
- Sensory-break area
- Free parking

SCAN FOR INFO & REGISTER



Thank you Sponsors!



More info: [www.nextstepsneurodiversity.com](http://www.nextstepsneurodiversity.com)  
email: [office@nextstepsconsult.com](mailto:office@nextstepsconsult.com)

**Adaptive Mobility**

- Wheelchair Ramps
- Bathroom Remodels
- Grab Bars & Rails

719-204-5008

[www.AdaptiveMobilityUsa.com](http://www.AdaptiveMobilityUsa.com)

[Admin@AdaptiveMobilityUsa.com](mailto:Admin@AdaptiveMobilityUsa.com)



Free Estimates!

*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)*

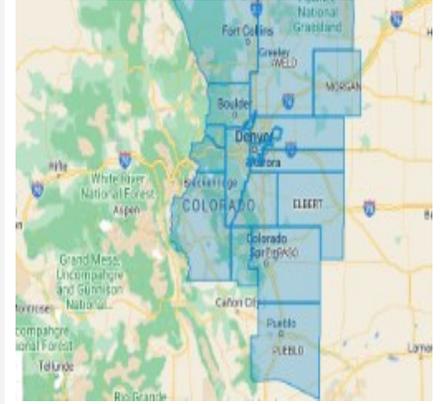
**P**ASCO (Personal Assistance Services of Colorado) is certified under Medicare, Medicaid, and the Medicaid Home and Community Based Services (HCBS) program to provide personal assistance services to children and adults with severe disabilities. PASCO was incorporated in 1991 and began providing services to persons with disabilities on January 1, 1992. PASCO's mission is to provide personal assistance services, promoting independence and safety to clients and/or their families. PASCO continuously strives for client and employee satisfaction. The foundation of PASCO is CHOICE. To the maximum extent possible, PASCO works to accommodate the needs and wants of each client.

**Our Service Area**

PASCO proudly serves the following counties:

**Class A, Class B, and PASA Services**

- Adams County
- Arapahoe County
- Boulder County
- Broomfield County
- Clear Creek County
- Denver County
- Douglas County
- El Paso County
- Elbert County
- Gilpin County
- Jefferson County
- Larimer County
- Morgan County
- Park County
- Pueblo County
- Teller County
- Weld County
- Yuma County



**Let's Plan Together: Access and Functional Needs (AFN) Emergency Planning for Jeffco**

To make sure we're planning *with* our community—not just *for* them—Jefferson County Emergency Management and Public Health are teaming up with our community and partners to launch an AFN Advisory Group for 2025–2026.

As a reminder, **Access and Functional Needs (AFN)** refers to individuals that require resources, supports and services to stay safe, healthy, and function independently during emergencies. This AFN Advisory group will bring together local voices to strengthen emergency planning for the whole community. Your insights and feedback will help shape more inclusive, responsive plans.

We're starting with a short survey to hear from you. Even if you can't join the advisory group meetings, please take a few minutes to fill out this survey! The more feedback we get now, the better we can include Access and Functional Needs (AFN) in our emergency plans and response. If you have any questions please contact Sarah Fry at [sfry@jeffco.us](mailto:sfry@jeffco.us)

If you would like this survey in another language or in a different format for an accommodation need, please contact Allison Wilson [awilson@jeffco.us](mailto:awilson@jeffco.us)

**To take Emergency Planning Survey**

<https://forms.office.com/g/09TfsYW049>