



# Colorado Therapeutic Recreation Society

## TR Times

### NEWSLETTER

*A Section of the Colorado Parks & Recreation Association*



**Colorado  
Therapeutic  
Recreation  
Society**

Second Edition

Volume 2

March 2008- May 2008

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**New 2008**

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## CPRA Update

By: Dody Erickson, CTRS

CPRA is beginning 2008 with a full slate of activity. The month of February was filled with the successful Performing Art Jamboree & Tradeshow, Rocky Mountain Revenue and Management School, Certified Pool Operator Course and the upcoming Student Conference at the new Erie Recreation Center. The rest of the year is already filling up with the Day at the Capitol, Parks Section Spring Workshop and Trade Show, PLAY Spring Conference, Colorado Recreation University (formerly Recreation Facilities Design and Management School), Small Communities/Western Slope Spring Summit and the CTRS Spring Workshop. All of these workshops and events couldn't occur without the dedicated CPRA members who volunteer their time and talents to organize the professional development opportunities for the profession.

This year's Annual Conference will be at the Vail Marriott, Sept. 23-26. We depend on members of CPRA to submit request for presentation in order to provide outstanding sessions to our members. Check out the CPRA website for forms and deadlines. If you have any questions about CPRA feel free to contact me directly and I'll try and assist you.

### Inside Volume Two:

- \*Program Spotlight
- \*March Grand Rounds
- \*Legislative Update
- \*CEU opportunities
- \*CPRA Update
- \*Rachel's Rap Up
- \*Spring Workshop
- \*Job Openings
- \*KADEP Open House

## **Services for individuals with Mild Traumatic Brain Injury (MTBI)**

*By: Cory Lasher-Miller, CTRS, EXPAND*

Did you know that there are more annual incidences of Brain Injury than Multiple Sclerosis, Spinal Cord Injury, HIV/Aids and Breast Cancer put together? – Just think of our returning war veterans! According to the Sept/Oct 2006 issue of Neurology Now, many experts are calling traumatic brain injury (TBI) the signature wound of the war. 1.5 to 2 million people suffer from traumatic brain injuries every year with the majority being classified as “mild”. Persons with MTBI (Mild Traumatic Brain Injury) often have intact intellect, language and sensory motor skills, yet experience a wide variety of clinical symptoms including: light headedness, vertigo, tinnitus, impaired memory, reduced attention span, inability to grasp new or abstract concepts, headaches, insomnia, blurred or double vision and a variety of other symptoms that can significantly impact their lives. These symptoms, coupled with an otherwise intact intellect and awareness, can lead to an increase in stress and what has been described as a “shaken sense of self.”

Unfortunately, adults with MTBI receive few if any services in the area of community recreation and leisure services designed specifically to meet their needs. Therefore, the Boulder Parks and Recreation EXPAND (EXciting Programs and New Dimensions) Program started *Journeys through EXPAND* in 2004. Journeys provides affordable recreational and leisure opportunities to adults who have suffered a MTBI as well as other neurological conditions. These services promote personal challenge, increase self-esteem and growth in a supportive and safe environment. One participant said “These programs have saved my life!” Some examples of programs that have been offered include 2-4 day trips, day trips to cultural events, fitness classes, golf, pottery, watercolor and stained glass workshops.

Although Journeys is a Parks and Recreation program, currently no city subsidy is available for activities. To learn more about Journeys or to make a donation visit our website at [www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org). Go to programs and registration, find the EXPAND page and then click on Journeys or better yet, call Cory Lasher, CTRS at 303-413-7269. Other great resources for survivors of TBI are the Brain Injury Association of Colorado (BIAC) at [www.biacolorado.org](http://www.biacolorado.org) and the Colorado Traumatic Brain Injury Trust Fund at 303-866-7477.

## **PROGRAM SPOTLIGHT**

*By: Andrea Riggins, CTRS, Special Needs Program*

### **Challenge Aspen**

In its 12<sup>th</sup> year, Challenge Aspen has proved to be very busy and successful. Winter and summer programs are offered year-round. Programs include, but are not limited to, individual ski lessons, buddy services, open enrollment camps and outdoor activities such as hiking, biking, fishing and horseback riding. The new Competition Program offers athletes with disabilities full-time training opportunities for alpine skiing. CAMO (Challenge Aspen Military Opportunities) is a program providing outdoor recreation for newly injured veterans and wounded warriors. In addition, Challenge Aspen also provides REC (Recreation, Education & Culture) programs and this year for the first time a pilot therapeutic recreation program. There are 11 program participants in the pilot program. A feasibility study is being conducted to determine the benefit of adding such a program to Challenge Aspen's repertoire. Challenge Aspen is also unique as they have access to a 130 acre wilderness ranch and adaptive ropes course near Ruedi Reservoir, which will be accessible to participants for the first time this summer.

Challenge Aspen core values are the heart of their operation.

- 1) Environment of LIGHT (Loyalty, Integrity, Generosity, Honesty & Trust)
- 2) Commitment to Professionalism
- 3) We Can...
- 4) Nurturing relationships
- 5) Promote well being

Their mission brings all these qualities together simply stated as, “making possibilities for people with disabilities.”

In addition to specific programming, Challenge Aspen hosts and provides several special events throughout the year. Below are some of this winter's special events. For more information regarding summer events contact HeLaine “Lanie” Weinstein at [laine@challengeaspen.com](mailto:laine@challengeaspen.com).

\*CHIP Snowboarding Camp on March 1<sup>st</sup>. Challenge Aspen is hosting a group of participants from the Children's Hospital Immunodeficiency Program of Denver for a fun-filled week of snowboarding.

\*Disability Awareness Day on March 15<sup>th</sup>. This event provides an opportunity for able-bodied individuals to try various adaptive ski techniques such as skiing in a bi-ski or being guided as if visually impaired.

\*Veterans Affairs Disabled American Veterans Winter Sports Clinic from March 30<sup>th</sup>-April 4<sup>th</sup> - 450 veterans will attend this clinic to learn various sports including skiing, rock climbing, sled hockey and much more. Challenge Aspen coordinates the ski and snowboard lessons component, with volunteer instructors coming from around the country to lend their skills. Education sessions are also offered to enforce learning principles.

Challenge Aspen is growing rapidly. In the last year alone, it has tripled in size. Challenge Aspen serves approximately more than 1000 participants each year. Amazing! In order to face this challenge and continue to provide quality services the program utilizes approximately 50 volunteers on a daily basis, 13 adaptive assistants and 7 interns in addition to a full-time team of staff to help with responsibilities such as registrations, marketing, training, program implementation, publicity, information technology, special events & volunteer coordination.

If you would like more information please check out the Challenge Aspen website at [www.challengeaspen.org](http://www.challengeaspen.org) or call the office directly at 970-923-0578.

## GRAND ROUNDS

### “SKIING & SNOWBOARDING FOR PARTICIPANTS WITH COGNITIVE DISABILITIES”

*Join us as we learn various strategies and techniques, how to properly outfit students, discuss various motivational techniques, setting and attaining goals and how these ultimately apply and relate to specific program goals, specific considerations will also be presented & a brief discussion on how these strategies are used to crossover into daily life. The outdoor practice session and on hill demonstration will take place within walking distance of the resort. No skiing or snowboarding experience is necessary to participate in this session.*

*(.4 CEUs pending)*

**\*Friday March 28<sup>th</sup>, 9 a.m.-12:30 p.m. (indoor session) & 1-2:30 p.m. (outdoor session),  
National Sports Center for the Disabled at Winter Park Resort, CO.**

**\*Speaker: Bryan Wood**

**\*Cost: \$8 CPRA members/ \$17 Non CPRA members  
(One time \$10 CEU fee, if not already paid)**

**For Registration & Information contact:  
Bryan Wood @ 970-726-1542 or [swood@nscd.org](mailto:swood@nscd.org)**

## **PARENT TOT ADAPTED AQUATICS PROGRAM!**

*By: Andrea Riggins, CTRS, Special Needs Program*

*Successful & New this season! After a year of trying, we've finely done it!. Currently the Special Needs program offers this adapted parent tot aquatic program once a week for eight weeks year-round. Each lesson is thirty minutes in duration. Lessons are taught by a certified lifeguard and water safety instructor. This adapted aquatics program is a great opportunity for children to experience water and practice basic water skills. Parent and/or careproviders are required to get into the water with the children weekly and teach from demonstrations provided by the class instructors.*

*Class lessons progress through the American Red Cross' Parent & Child Aquatic skills checklist. Progressions include skills and concepts which include but are not limited to: water adjustment, swimming on the front, swimming on the back, breath control, changing directions, personal safety & water exit. The lesson typically incorporates several games and tasks while singing various nursery rhymes to enhance skill acquisition. The class size is currently 6 tots with ages ranging from 6 months to 4 years of age with various disabilities.*

*Please help us spread the word! We welcome referrals!*

*For questions or how to start your own program contact: Andrea Riggins @ 720-865-0824 or  
[andrea.riggins@ci.denver.co.us](mailto:andrea.riggins@ci.denver.co.us)*

## **Quote Corner**

**“Only those who dare to fail greatly can ever achieve greatly”**

*Robert F. Kennedy*



**Continuing Education Workshops**  
**Issues of the Profession**  
 Metropolitan State College of Denver (MSCD)  
 Department of Health Professions/Recreation Professions Program

*Join in a unique learning opportunity with Metro State Faculty and Students! Six workshops will be offered this spring that are open to both students and practitioners. Select students and faculty will co-present on topical issues within the field of healthcare and recreational therapy.*

**Location:** Auraria Higher Education Center, Denver  
 (room: South Classroom, room 217);  
**Directions to campus:** [www.mscd.edu](http://www.mscd.edu)

**Time:** All workshops begin at 11:30am and end at 2:pm

**Instructor:** Allison Wilder, CTRS: Assistant Professor, MSCD

**Cost:** \$25.00 per workshop;  
**check payable to:** Dept. of Health Professions

**Registration:** Use the registration form at the end of this document. Enrollment is limited... Please register a minimum of one week prior to the workshop/s you wish to attend.

**CEU:** Approvals pending (.2 per session)

**February 14: Healthy Caring: How to avoid burnout in our high demand field**

Have you felt the edges of your psyche beginning to fray? High demands, low dollars or constant pressure to improve service can take a toll on the most dedicated TR professionals. Learn to recognize the signs and symptoms of professional burnout and some practical strategies to address it.

**February 28: Phenomenon of Excess Disability & Inclusion: challenges and rewards**

Often, we are so focused on meeting the demands of our jobs that we forget to focus on the unique needs and characteristics of our consumer base. This can lead to a disconnect in terms of expected outcomes versus actual outcomes. We may find ourselves asking "Why didn't that inclusion program lead to true integration for the participant?" This session is designed to renew your understanding of the challenges consumers face as they navigate life with an illness or disability and what you can do to facilitate both program outcomes and participant outcomes.

**March 6: Do the Right Thing: Ethics and TR**

Most of us face difficult decisions on a daily basis. Learn to distinguish the difference between a tough decision and a true ethical dilemma. Explore your basic personal and professional orientation to dealing with ethically complex situations and some useful strategies for resolving such dilemmas.

**April 3: What's New?**

**Understanding the ICF (international classification of function)**

Wouldn't it be nice if all health care professionals spoke the same clinical language? Wouldn't it be even nicer if TR professionals found themselves uniquely situated to address the treatment needs of patients and referrals came pouring in? Embracing the International Classification of Functioning, Disability and Health (ICF) is an exciting new opportunity for TR practitioners to situate themselves as a core healthcare service. Come and discover this exciting new opportunity for the future of TR.

**April 10: Evidenced-based Practice and Outcome attainment  
&  
Getting involved in applied research**

How do you know what you do really does work? The clarion call in health care and disability services today is to be able to demonstrate the effectiveness of your interventions. More and more third-party payers and the public are looking for evidence of outcomes as a mechanism for determining which services they are willing to pay for. This session will focus on helping you to set up research protocols that will allow you to scientifically demonstrate the outcomes and effectiveness of your interventions. Need to justify investing in a particular service, equipment or additional staff? This session will get you started on to systematically measure the outcomes of your services.

**April 24: Adopting Standards of Practice &  
Clinical Practice Guidelines**

Are you looking for ways to enhance the structure of your department? Are you interested in understanding and implementing nationally recognized standards of practice that will set your agency apart from the rest? This session will focus on examining the standards of practice espoused by our two professional organizations and how you can integrate these standards into your practice.

*Contact Allison Wilder at 303-352-4491 or [awilder2@mscd.edu](mailto:awilder2@mscd.edu) for a registration form!*

## Spring Workshop

Date: Friday, April 25<sup>th</sup>, 2008

Location: Wheat Ridge Recreation  
Center, 4005 Kipling St.  
(.4 CEU's pending)

**Registration Information to follow**

**FOR QUESTIONS:**

Contact Sarah Swain at 720-865-0826 or  
[special.needs@ci.denver.co.us](mailto:special.needs@ci.denver.co.us)

### TR TIMES NEWSLETTER 2008 Schedule

**Information Due      Distribution**

Mondays

Feb. 15<sup>th</sup>

May 5<sup>th</sup>

Aug. 4<sup>th</sup>

Fridays

Feb. 29<sup>th</sup>

May 16<sup>th</sup>

Aug. 15<sup>th</sup>

\*\*Please contact Andrea if you would like to submit information to be published in the next edition of the TR Times at 720-865-0824 or [andrea.riggins@ci.denver.co.us](mailto:andrea.riggins@ci.denver.co.us)

\*\*We welcome all information that pertains to the field of TR i.e.

- +New programs & Success stories
- +Special events
- +Resources to share
- +Cooperative event planning

## Rachel's Rap

The Board's been a-busy,  
With many projects and plans,  
So here's the quick run-down,  
From your #1 fans.

Allison's busy twisting arms,  
Arranging resourceful Grand Rounds,  
Around various locations in all of Colorado,  
Covering a lot of "therapeutic" ground.

Sarah's been tackling Spring Workshop,  
Lining up speakers to share,  
Their expertise on returning war vets,  
From PTSD to adapted chairs.

Woody's got quite the load,  
Planning TR sessions for Conference '08,  
And offering to host our March Grand Rounds,  
While chairing a new committee to date.

Andrea's gathering new logos,  
And the latest info for the TR Times,  
Plus a new section we tagged "Member Spotlight,"  
Take a peek; maybe it's your name you find.

Shane's diligently contacting our lawmakers,  
On issues, advocating strong 'n' proud,  
Such as Medicaid, TR refunds, and RTD Routes,  
Representing the voice of the TR crowd.

I've been busy with the Annual Meeting,  
And preparing the Membership Survey – please vote,  
As well as revising our CTRS bylaws.  
That's all I got – enjoy the note!

# Paralympic Academy Beijing Kick-off Sporting Event

By: Jen Heilveil

The Boulder Parks and Recreation Department's EXPAND program is happy to announce that we will be hosting an exciting event on Saturday, March 8 at the East Boulder Recreation Center. As you know, EXPAND provides a variety of recreation programs and services to children, youth and adults with disabilities. We have partnered with the US Paralympic Academy to bring elite paralympic athletes in to demonstrate the sports of wheelchair basketball, handcycling, quad rugby and power soccer. The event will take place from 1:00 - 5:00pm and will feature paralympic athletes Jason Reiger and Chance Sumner, Jacob Heilveil and Monica Bascio.

The goal of the event is to: introduce sports to more children and adults with physical disabilities, educate coaches, teachers and future participants and to create a fun community event. Admission is free.

Attached is a post card for your information or let me know if you are in need of printed postcards to send out. I would appreciate your assistance in letting other school officials, teachers, parents and kids know about this event. Thank you and let me know if you have any questions.

Thanks for your support!

**Saturday, March 8**  
**1 p.m. – 5 p.m.**  
**East Boulder Community Center**  
**5660 Sioux Dr.**

Event contact or for a pdf postcard: [heilveilj@bouldergov.org](mailto:heilveilj@bouldergov.org)

## Legislative Update

By: Shane Wright, CTRS, Legislative CTRS Chair

CTRS Community; it is with pleasure and pain that I write this Legislative Update. The pleasure is you. This group of people in Colorado are doing great things. We have world class rehab and recreation opportunities for people of all abilities. Inclusion is contagious and "it is happening". There is a feeling of motivated enthusiasm that seems to unite this community. You can and are making a difference daily. The painful part is that resources are getting cut dramatically. Therapeutic recreation is having to fight to merely defend itself and its value. Clinical and educational programs are being shut down and people are suffering due to this massive cut in economics and infrastructure.

ADA may have been in 1990 but, we have a long way to go. Many issues stem from massive cuts in the Medicare system. Bills such as HR 4248 are proposed to merely defend the language and essential value of TR. Other legislative action is proposed to end the wait list for long term health support and services to families of children and adults with developmental disabilities. Some families will have to wait over ten years to get long term support services! Proposed funds have recently been cut to around 2 million dollars while it has been estimated to cost over 40 million dollars to end the wait list as it stands today. This does not address the problem for the future. Economic support for people with disabilities is shrinking compared to the growing number of people needing service. There are also many grass roots problems that consistently face individuals with disabilities. Many of these issues are in regards to the struggle to find employment. Current problems with RTD exist with the Steamers Coffee House. Steamers is a for profit organizations in the Denver metropolitan area that emphasizes employment for people with disabilities. RTD's reallocation of a bus route has eliminated the use of Access-a-Ride to the Arvada location. These are situations that need our community to unite.

It is with great urgency that I ask you to act in support of TR programs and participants. A crisis of resource is not just looming, it is here. We need to defend support services for vulnerable populations. These rights are being attacked economically. CPRA Day at the Capital is March 20th! Help act to defend lifestyle choices for vulnerable populations!

Contact Shane at [shanewright.office@gmail.com](mailto:shanewright.office@gmail.com) for more legislative bill updates!

## News from Metropolitan State College of Denver *By: Jane Broida*

Beginning Fall 2007, our program officially changed its name to **Recreation Professions** (RECR)(from Leisure Studies). We continue to have two areas of concentration, Recreation Management and Therapeutic Recreation. We are comfortably "housed" within the Department of Health Professions, a move we made almost three years ago. This is an excellent "fit" for our program as it emphasizes our connection to health, and we get to interact with faculty/students from Health Care Management, Nutrition, Gerontology, and Integrative Therapeutic Practices. We are located in the South Classroom Building (303 556-3130) on the Auraria Higher Education Center in downtown Denver.

### **Faculty Updates**

We continue to welcome **Allison Wilder**, sometimes forgetting that she is going into her second year of teaching with us. Allison is a skilled and versatile professor, teaching both within our therapeutic recreation and recreation management concentrations. Watch for our Spring announcement for the party celebrating Allison's completion of her doctoral program... Dr. Allison soon to be - Stay Tuned!

**Jane Broida**, completing her 15th year at Metro and 20th year as a Colorado educator, teaches across concentrations too, and seeks to ensure that the curriculum is up-to-date, funds are raised for scholarships, and courses are adequately staffed. She gets particularly excited when a new major is "declared", raising the numbers for the small but growing program at MSCD.

The RECR program enjoys augmenting faculty with professionals to teach specialized courses. Some of our recent adjunct faculty include: Karen Wenzel, Paul Arambula, Chris Katzenmeyer, Howard Murray, and Jamie Sabbach. If you have a minimum of a master's degree and an interest in becoming part of our RECR pool of instructor's, contact Emily Maestas, Program Assistant, at 303 556-3130 for more information.

### **Curriculum Changes**

With the Program name change in Fall 2007, the course prefix was changed from LES to RECR (Recreation Professions). Additionally, our **internship** credit hours decreased to 10, with a 480 clock hour minimum over 12 weeks. We added an **Applied Research and Evaluation** course, which students complete online during their internship experience. Now, too, students in both concentrations take a combined **Design and Maintenance** course, helping to ensure that our therapeutic recreation students have competence in this area of growing importance to the profession.

RECR has been offering diverse one and two credit courses, in alternative formats... weekends, Friday/Saturday, evenings, etc. This has appealed to our working student population and encourages students to get certificates in the specialized areas offered (e.g., Arthritis Foundation Exercise Course, Older Adult Physical Assessment).

In order to help the program project needed changes and advancements, three focus groups have been held in the last year. Thanks to alum John Barnholt for conducting our Fall focus group for students.

### **Continuing Education for Professionals**

In order to provide a community service and raise program funds used for marketing and professional development, faculty offer a number of **continuing education opportunities available to professionals**. We have already successfully provided a Diversity and Winter Sports Symposium, Grant Writing Workshop, and a workshop on Healthy Caring: Avoiding Burnout.

### **Scholarships Help Students Attend School**

For years, we have been fortunate to have the **Furman Griffis Endowed Student Scholarship** to help fund our students. Annually, two scholarships have been awarded! This past Fall 2007, we were proud to be able to award our first **Mary Ann Loeffler Student Scholarship**. Now through additional fund raising efforts - donations by alumni/friends, sales from Avalanche tickets, and a student-generated special event Fall Rummage Sale (earning over \$1400) - we will be able to offer three scholarships for the next year, giving our program a total of 5 awards to make directly to our students!

**Thanks to our alums and friends** for designating their MSCD gift-giving to our Griffis or Loeffler scholarships ([www.mscd.edu](http://www.mscd.edu))!

### **What Does the Future Hold?**

As our program grows, we anticipate the need for more practicum and internship placements, additional adjunct faculty for teaching, and generally more resources to support our students. What a good place to be... growing, providing quality education to dedicated and committed students!

## Therapeutic Recreation Job Openings! 3 opportunities!



**JOB  
Openings!**

### #1: National Sports Center for the Disabled

Is hiring 5 full-time summer seasonal salaried Instructor positions!

Job responsibilities include: Working in various NSCD summer programs which may include: rafting, hiking, rock climbing, fishing, biking, camping etc. Occasional overnights may be required. (CTRS preferred but not required)

Dates of employment: May 26<sup>th</sup>-August 22<sup>nd</sup>, with possible extension into September

Deadline to apply: April 11<sup>th</sup>, 2008

Contact: Bryan Wood @ 970-726-1542 or [swood@nscd.org](mailto:swood@nscd.org)

### #2: City of Lakewood - Rise Above

Is currently hiring a full-time Program Specialist II with camp experience and is CTRS certified.

Contact: [www.lakewood.org](http://www.lakewood.org)

Go to: Employee relations, then position openings. This is where to find the job description & application!

### #3: South Suburban Parks & Recreation

Has announced a vacancy for a part-time position with the Individuals with Disabilities Program (IWD) at the Buck Community Recreation Center

Duties: Implement specialized and inclusive programming for Individuals with Disabilities.

Salary: \$10.00-\$12.00 w/some recreation benefits

Hours: vary from 10-25+

Contact: Submit application & resume to South Suburban Park & Recreation, Douglas H. Buck Community Recreation Center, Attn: Carey Overstreet, 2004 W Powers Ave., Littleton, CO 80120 or fax 303-794-9880. Open until filled. Applications are available on our website at: [www.sspr.org](http://www.sspr.org)

## Therapeutic Recreation Network Meeting

(All meetings are scheduled for 9:00 a.m.)

Thursday, March 13 – Denver Special Needs Program

Thursday, April 10 – North Jeffco

Thursday, May 15 (please note week change) – MSCD

June & July - No meeting

Thursday, August 14

Thursday, September 11 – Boulder EXPAND

Thursday, October 9 – City of Wheat Ridge

Thursday, November 13 – Lakewood RISE Above

Thursday, December 11 - Luncheon-TBA

**\*\*Please contact [JThompson@deveroptions.org](mailto:JThompson@deveroptions.org) if you're interested in hosting a meeting or would like to be added to the email list\*\***

## “Grease” The Musical

*By: Aimee Shipp, Intern, Special Needs Program*

As a new intern for the Denver Parks and Recreation Special Needs Program, I am required to complete a special project in the short 15 weeks that I am here that will benefit participants and the Special Needs program. As the first few weeks went by, I began to think of the endless possibilities for this assignment. Coming from a small town in California, there weren't many opportunities for kids and teens to stay active after school. Out of the few choices that I did have I began to take dance classes and it quickly became an integral part of my life and I have been dancing ever since. Because of my background in dance, I knew I wanted to introduce into the Special Needs Program some sort of program with an emphasis in dance.

The ideas quickly began to fly and I finally pinpointed a great idea...Grease! I decided that I would put together a drama program and began with the musical “Grease”. This musical performance will encompass all aspects of a musical-singing, dancing and dialogue. I know how my classes have affected me in a positive manner and I hope to bring that same feeling to my participants. Through this program I hope that the participants will gain new skills, confidence, responsibility, and respect for theatre and dance. The rehearsals are being held every Tuesday at Merrill Middle School from 5:30-7:00 p.m. The date of the final performance of “Grease” is set for Tuesday, April 22<sup>nd</sup>, 2008 at Merrill Middle School.

*Contact Aimee at 720-865-0820 for information*

# KADEP

**DATE: THURSDAY MARCH 6<sup>TH</sup>, 2008**

**TIME: 9:30-11:30 A.M.**

### Highlights

- \*Over 65 different therapeutic groups offered weekly
- \*Fully accessible facility
- \*Exercise gym, Computer Lab, Craft Room, and Kitchen
- \*Hydrotherapy, Skiing, Camping, Yoga, Pilates, Bowling

**Located:**  
**2851 West 52nd Ave**  
**Denver, CO 80221**

**Near the NE corner of W. 52 and Federal Blvd. on the Marycrest Campus**

The King Adult Day Enrichment Program would like to introduce you to a solution for quality, daytime care for individuals with MS and acquired neurological disabilities. KADEP is specifically designed for younger adults ages 18-65. We are a model program with an international reputation, serving the Denver metro area for over 16 years.

**Come see our program in action!**

**Contact: Laura Hartman**

**Ph. 303-433-6778 ext. 17**

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**Help Us Celebrate Multiple Sclerosis Awareness Month**