



POUDRE SCHOOL DISTRICT

**Integrated
Services**

PSD Transitions Newsletter:

*servicing elementary school through
post-high school students*

MARCH 2018

**PSD Transition
Services**

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Volunteering

Spring into Action!

Happy "Almost Spring"! Spring Break is right around the corner and this month we are focusing on ways to Spring into Action through Volunteer activities! This newsletter features an article about the benefits for the giver and receiver in volunteer opportunities. For many students who have a disability, they are frequently the ones receiving help or support from others. Volunteer work provides students with the opportunity to give back and contribute to the community. Volunteer efforts sometimes take the form of working with a group and that can provide our students with experiences that build confidence, positive relationships and other core skills that help a young person become employable.

In Poudre School District students can participate in service learning projects in their high schools. Our Transition Programs also engage students in volunteer opportunities that include working at Habitat for Humanity Re-Store, the Larimer County Food Bank, volunteering for community events such as, Cans Around the Oval and the Colorado Marathon. Other articles provide information about some fun and exciting volunteer opportunities in our community.

In closing I wanted to share a few great quotes about the power of volunteering!

- VOLUNTEERS DON'T GET PAID, NOT BECAUSE THEY'RE WORTHLESS, BUT BECAUSE THEY'RE PRICELESS. -Sherry Anderson
- GREAT THINGS ARE BROUGHT ABOUT, AND BURDENS ARE LIGHTENED THROUGH THE EFFORTS OF MANY HANDS ANXIOUSLY ENGAGED IN A GOOD CAUSE. -Elder M. Russel Ballard.
- LIFE'S MOST URGENT QUESTION IS: WHAT ARE YOU DOING FOR OTHERS? - Martin Luther King Jr.
- VOLUNTEERS DO NOT NECESSARILY HAVE THE TIME; THEY JUST HAVE THE HEART. -Elizabeth Andrew
- THE BEST WAY TO FIND YOURSELF IS TO LOSE YOURSELF IN THE SERVICE OF OTHERS. - Mahatma Gandhi.

Get inspired this Spring – Volunteer!

Romie Tobin-PSD Transition Coordinator

Achieve With Us

Since 2007, The Arc of Larimer County has helped individuals with intellectual and developmental disabilities and their families achieve full inclusion in every sector of the community.

Thanks to the generosity of donations made to arc Thrift! Stores, our services and supports are available at no cost.

Workshops, Services & Support Available



The Arc
of Larimer County

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Volunteer and Service Opportunities for People with Developmental Disabilities



(excerpts from IMPACT article, University of Minnesota, 2001)

Voluntary service, community service, and service learning offer many possibilities for persons with developmental disabilities to contribute to their communities in ways that bring them the joy, sense of belonging, opportunity to learn, and respect that come to all who contribute to the well-being of others.

Volunteerism has many faces. A person can volunteer once on a particular project or they can volunteer for many projects over a lifetime. They may choose to work on one event annually or they may choose to volunteer on a weekly basis. They may serve through the types of local volunteer opportunities available in virtually every community, or they may provide extended service through Corporation for National Service programs such as AmeriCorps, AmeriCorps VISTA, Senior Volunteers, and Service Learning. All of these options are a perfect venue for people with developmental disabilities to have meaningful volunteer experiences, increase social activities with all people, and ultimately have a greater sense of belonging and contributing to the community in which they live.

Benefits of volunteerism to individuals with developmental disabilities are many. Among them are the opportunity to give. The role of “recipient of services” traditionally has been the role assigned to people with developmental disabilities. It is important that individuals with disabilities have the opportunity to be on the giving end of the equation, to feel the good that comes from helping others, and to learn to give support to others when they have a need. Another of the many benefits of volunteerism for persons with disabilities is the chance to take part in activities where they can develop more peer relationships and increase future opportunities. Many individuals with disabilities interact primarily with their families, the people who provide service, and others in the programs in which they participate. These relationships can clearly be significant and should be encouraged. However, outside of family members, people may not have freely given and chosen relationships. Volunteerism could be a way to increase the opportunities for persons with developmental disabilities to form new friendships. Volunteerism offers an opportunity for continuity of friendships and relationships; a person can volunteer with the same group of people over time and learn about friendship as a different source of security, comfort and self-worth (The Arc, 1998).

(continued on next page)

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Volunteer and Service Opportunities for People with Developmental Disabilities *(continued)*

Volunteering also provides many opportunities to learn and to practice skills that can be useful in paid employment. Many programs across the country can provide examples of starting someone out in a volunteer situation that became a paid job. Of course, one of the things to beware of is that volunteering cannot substitute for work that should otherwise be paid. A useful gauge is whether non-disabled community members volunteer in that particular way; if they do, then it is also a legitimate volunteering opportunity for people with disabilities. Another benefit of volunteering is to build a social network. A fact of life is that “who you know” affects most everything. For instance, about 70% of all jobs are obtained through personal contacts. People who get to know politicians and legislators can often get personal and individual requests honored. Volunteering in elected officials’ offices, chambers of commerce, and city, county and federal public administration offices can provide very fruitful networking opportunities. Activities undertaken to establish individualized, meaningful volunteer opportunities can be more than worth the effort. They can lead to expanded opportunities and multiplied benefits for the person with disabilities, communities, and the larger society.

Where to Look for Volunteer Opportunities: Every community – large or small – has volunteer opportunities and needs. Below are some typical places where people volunteer, and where adults and youth with developmental disabilities may want to explore volunteer options:

- Faith communities
- Youth-serving organizations
- Special celebrations (e.g. parades, Kwanzaa, Cinco de Mayo, city festivals)
- Civic and business groups
- Sports leagues and events
- Community beautification committees
- Libraries
- Schools (K-12, pre-school)
- Refugee/immigrant centers
- Nursing homes and hospitals
- Crisis services (e.g. homeless shelters, food banks, counseling centers)
- Arts organizations
- Charitable organizations
- Block clubs
- Park and recreation programs
- Literacy programs
- Historical societies and museums
- Organizational and agency boards
- Fundraisers (e.g. for organizations, communities, and individuals)
- Community gardens
- Food coops
- Nature centers
- Community access television
- Election activities (e.g. voter registration drives, candidate campaigns)
- Disaster relief efforts
- Advocacy and education organizations (e.g., disability, environmental, human and civil rights)
- Senior centers
- Student service and leadership groups
- Animal shelters, wildlife rehabilitation centers



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PSD Cooper Home for Living for Learning Program

Cooper Home is a collaborative effort between students, parents and the community to assist students in moving toward natural supports within the community and the work site while fostering independence.

Services: Job development and coaching, training in work-related skills, independent living preparation, daily living and social skills training, assistance with navigating outside agency services, guidance with higher education, assistance accessing public transportation, leisure and recreation activities and other individualized services. This is a one or two year program depending on eligibility and student goals.

Eligibility: Students ages 18-21 who are currently receiving services through PSD Integrated Services and demonstrate transition needs in their Individualized Education Plan (IEP) are eligible. Students must be interested in community-based education and have completed their credits required for graduation prior to entering. It is preferred that students have taken at least two semesters of ACE in high school prior to participation.

Application: Work with your high school social worker, counselor or case manager to arrange transition plans and to see if Cooper Home Learning 4 Living is right for you.

If you are interested in additional information about Cooper Home Learning 4 Living Program, contact:

Gayna Jobe
217 E Swallow
Fort Collins, CO 80525



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Moore Animal Hospital

Moore Animal Hospital is a local business have a great passion for giving back to their community. As a key business partner for our PSD Transition Programs, Mandy Potts (Operations Manager) and her team at Moore Animal Hospital have hosted several student interns from Cooper Home and the School to Work Alliance Program (SWAP) over the past four years providing students with valuable work experiences. Through a collaboration with the Division of Vocational and the School to Work Program two students were provided paid work experiences. Other internships were unpaid and one student was eventually hired by Moore Animal Hospital as a part-time permanent employee.

Student interns at Moore Animal Hospital are rarely accompanied by job coaches, and instead quickly integrate into the work environment at learning job tasks and performance expectations through “natural supports” that include: new employee orientations, participating in daily team meetings, a checklist for daily job tasks to complete and frequent interactions with co-workers who provide support, feedback and encouragement. Students not only complete their internships with new job skills to add to their resumes, they also leave with lasting relationships. Mandy and her team members keep in contact with several previous student employees through email, Facebook and text messaging, following work careers, personal endeavors and successes.



“Moore Animal Hospital is not only an exemplary employer supporting our students in their work internship, they also provide on-going support for student mock interviews and provide valuable employer feedback and insights to our PSD ACE Advisory Committee.”
 - Dana Doonan, Cooper Home Learning 4 Living Transition Program



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Student Spotlight

Allison's Story

Fort Collins High School senior, Allison, took a deep breath and started her speech. Allison spoke eloquently and proudly about her experiences over the 2017 summer in the Larimer County Conservation Corps (LCCC) to an audience of Colorado state representatives, family, friends and community members at the state capitol building. The LCCC is a state funded program sending crews of eight members to repair local hiking trails, pull invasive weed species, install fences and other various conservation projects. Allison was one of eight LCCC members recognized statewide for their excellence in service and leadership during their summer employment. Allison recounted for the audience what she gained from her experience explaining how she was shy at first and avoided conflict with team members. By the end of the summer, Allison was a leader on her team and described by her teammates as "kind, respectful, highlighting the best in people and making outstanding strides in her attitude and work ethic". She described her team as being a second family, helping each other with professional and personal matters. Allison learned how to communicate and problem solve with her teammates, "to be more trusting and independent as well". She further stated the LCCC taught her to persevere and better herself as a person.

Allison is currently taking a career pathways class at Front Range Community College (FRCC) in the Wildlife and Forestry class. Allison will continue her studies at FRCC upon graduation in this field. Allison is also working with the PSD School to Work Alliance Program (SWAP) to assist her with career and post high school transition goals. SWAP helped prepare Allison for her summer job with the LCCC by understanding how to fill out applications and answer interview questions. Allison stated SWAP introduced her to the opportunity of the LCCC, which has now set her path for her future career interests. SWAP has been proud to be a part of Allison's journey and will continue to support her with her upcoming adventures.



Volunteering Opportunity

Front Range Exceptional Equestrians (F.R.E.E) is a non-profit therapeutic horseback riding organization that serves people with physical, cognitive or emotional needs. In addition to special events, our certified instructors and volunteers provide one-hour classes every March through October, in six-week sessions. Classes meet at the Colorado State University Equine Center on Tuesday and Thursday evenings and at Legacy Stable in northeast Fort Collins on Monday evenings.

F.R.E.E has been serving the Fort Collins community for more than 30 years and is recognized as a Premiere Accredited Center by the Professional Association of Therapeutic Horsemanship International. F.R.E.E. received the 2009 Mayor’s award for Service Provider of the Year.

Volunteers enable F.R.E.E. to serve children and adults with special needs. Whether your interest is in therapy, horses or helping individuals with special needs, there is a place for you in F.R.E.E. No experience is necessary. Volunteers must be at least 14 years of age.

- Serve as horse leaders and side walkers, enabling riders to participate in class activities (All volunteers working with horses and riders receive training for their positions).
- Help exercise horses at the barn, clean stalls, groom, etc.
- Serve on the Board or on a committee.
- Assist with special events.

If you have two hours a week or more and enjoy working with horses, then volunteer to be a horse leader or a side walker. Volunteers serving as a horse leader or side walker are asked to be available for one or more classes each week during a six-week spring, summer or fall class session. You can select which day of the week works best for you, as classes are scheduled on Mondays, Tuesdays and Thursdays. Volunteers get the horse ready, work with the rider in the arena and put the horse and tack away after class.

To get involved with F.R.E.E visit us at www.RidewithFREE.org or find us on Facebook to get updates and current information. Contact us by phone or email.

F.R.E.E
 PO Box 272452
 Fort Collins, CO 80527
 Phone (970) 221-0646
 Email: RideWithFREE@yahoo.com



Teachers and Technology Program

The CenturyLink Clarke M. Williams Foundation’s Teachers and Technology grants are designed to help fund projects that advance student success through the innovative use of technology in the classroom.

Eligibility - Full-time classroom teachers in public or private PreK-12 schools located in CenturyLink’s residential service areas may apply for a Teachers and Technology Grant for the 2017-18 school year. Applicants do not have to be CenturyLink customers in order to apply for these grants.

Key Dates - Applications will be accepted October 1, 2017 until January 12, 2018. Grants will be announced and presented between April 1 and May 15, 2018.

Grants - CenturyLink will award approximately \$145,000 across Colorado. Grants range from \$500 to \$5,000.

Apply here - www.centurylink.com/teachersandtechnology

For more information, contact:
 Brandon.Yergey@centurylink.com



Upcoming Events



Young Entrepreneur Tournament (YET)

This is our 10th year running the Young Entrepreneur Tournament (YET). To celebrate this milestone we are shifting the focus to highlight impact entrepreneurship. Impact entrepreneurship uses innovative approaches to address an unmet social, economic, or environmental need through business. The innovation may take the form of a new product, service, technological application, or program. The business may be structured as a for-profit company, nonprofit, or cooperative enterprise. Regardless of the form it takes, the innovation must improve the quality of life of people in measurable ways. We will work with 30 young, impact-minded entrepreneurs for 20 hours over the course of four consecutive Saturdays to guide them in the process of creating their socially impactful business plans. On Saturday, May 5th, they will pitch their plans to a panel of business owners and compete to win business investment prize money. Through the financial support of our community businesses and local foundations, we are able to offer over \$2,200 in prize money to our participants this year.

The Tournament will run from April 7th through May 5th and will meet from 10 AM to 3 PM each Saturday. Lunch is provided each day. We will meet at the Larimer County Courthouse Offices building, [200 West Oak Street](#) in Fort Collins, 80521.

Interested young people and their families are invited to attend a Pre-Tournament Information and Idea Night. Our lead facilitator, Charisse Bowen, will lead the group through an introduction of YET and an activity to help generate ideas. This will take place on March 7th from 6 PM to 8 PM at [200 West Oak Street](#).

You can find more information and apply online at: www.larimerworkforce.org/yet

Summer Employment Nights

Do you know a youth looking for a summer job?

The Larimer County Workforce Center's CareerRise team is connecting teens, ages 14-18, to businesses that are hiring for rewarding summer jobs. We are hosting two Summer Employment Nights for youth and their families, where you can expect the following:

- * **Hear** from a local employer panel about best job search practices
- * **Apply** to the Larimer County Conservation Corps
- * **Learn** about other summer jobs, paid internships & MORE!

The Summer Employment Nights are scheduled for:

- **Wednesday, March 21, 2018**, from 5:30-7:30 p.m. at the Loveland Public Library, 300 North Adams Avenue, Loveland, CO. Employers at this event: Scheels, Subway, Dunkin Donuts, City of Loveland, Larimer County Conservation Corps
- **Wednesday, March 28, 2018**, from 5:30-7:30 p.m. at the Larimer County Workforce Center, 200 West Oak Street, Fort Collins, CO. Employers at this event: Chipper's Lanes, City of Fort Collins, Larimer County Conservation Corps

5:30 p.m. – 6:00 p.m., Food and Refreshments

6:00 p.m. – 7:00 p.m., Summer Employment Panel

7:00 p.m. – 7:30 p.m., Meet and Greet with Employers

Go to <http://larimerworkforce.org/events-calendar/> for a complete calendar of offerings.

Upcoming Events

Events listed below are located at

The Arc of Larimer County

1721 W. Harmony Road, Unit 101
Fort Collins, CO 80526 United States

Public Transportation: Our office is accessible on Route 12.



Walk-In Advocacy Service Hours

To help individuals with I/DD living in Larimer County or their family members/guardians seeking information about basic questions, we offer walk-in advocacy hours the 1st, 2nd, and 3rd Wednesday of every month (excluding holidays) from 9am – 10am.

1st Wednesday:

IEP Questions
Social Security Questions

2nd Wednesday:

IEP Questions
Medicaid HCBS Waiver Questions
Criminal Justice System Questions

3rd Wednesday:

Medicaid HCBS Waiver Questions
Questions about services for adults with I/DD
Questions about employment supports

If you would like to fill out a request form for on-going advocacy services, please visit our Advocacy Services page.

Guardianship and Less Restrictive Options

March 21 at 6:00 pm - 8:00 pm

A Presentation on the Options Available, What They Mean to You and Your Family, and How to Begin the Process.

Space is limited and light snacks will be served. Registration is required to attend. Please note that each person attending, even if in the same group, needs to register. Childcare and Translation are available upon request.

Healthy Bodies, Healthy Boundaries

March 22 at 6:00 pm - 7:30 pm

A free educational series for preteens & teens with intellectual and developmental disabilities.

Join The Responsible Sex Education Institute, the Sexual Assault Victim Advocate Center and The Arc of Larimer County for a 7-week series designed specifically for 10-14 year olds with intellectual and developmental disabilities.

We'll cover topics like:

- Anatomy & puberty
- Relationships
- Differences between friends, crushes, & dating
- Setting & respecting boundaries
- How to stay safe using technology

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Events listed below are located at

The Arc of Larimer County

**1721 W. Harmony Road, Unit 101
Fort Collins, CO 80526 United States**

The workshop series will be held Thursday evenings March 22nd – May 3, 2018 from 6:00pm-7:30pm. It is recommended that participants attend each workshop.

For questions about the content of this series contact:
Molly Alderton, Education Program Manager
Phone: 970-482-5748
Email: molly.alderton@pprm.org

Wills and Trusts

April 4 at 6:00 pm - 8:00 pm

Do you know if you have planned effectively for the future of your child with a disability?

Presenter: Attorney Bill Beyers – Specializing in estate planning, elder law and special needs planning

Parent/Guardian Advocacy Training

April 25 at 6:00 pm - 8:00 pm

Save the date! Check back soon for more details, including registration information. Space is limited and light snacks will be served. Registration is required to attend.