



As the leaves change colors and the air turns crisp, we welcome the beautiful season of fall. In this month's newsletter, we're here to support you on your caregiving journey with valuable tips and updates to help you provide the best care during this cozy season.

1. Fall Safety Tips

With the changing weather and outdoor conditions, safety becomes a top priority. Here are some essential fall safety tips for caregivers:

- Ensure everyone has appropriate clothing for cooler weather.
- Keep walkways clear of fallen leaves to prevent slips and trips.
- Check heating systems to ensure they are functioning properly.
- Prepare for daylight saving time adjustments.

2. Seasonal Activities

Engaging in seasonal activities can boost the mood and create memorable moments. Consider these fall-themed activities:

- Pumpkin carving or painting.
- Nature walks to enjoy the fall foliage.
- Baking autumn treats together.
- Visiting local fall festivals or farmers' markets.

3. Flu Shots and Health Updates

Now is the time to schedule flu shots for both you and your loved one. Consult your healthcare provider for guidance on vaccinations and other health updates specific to this season.

4. Emotional Well-being

Caregiving can be emotionally challenging. Don't forget to take care of yourself as well. Reach out to friends and family for support or consider joining a caregiver support group.

5. Preparing for the Holidays

The holiday season is just around the corner. Start planning early to make the festivities enjoyable and stress-free for you and your loved one. We'll provide more tips in next month's newsletter!

Thank you for your dedication to caregiving!
PPRS

October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1. International Coffee Day ☕	2. International Day of Non-Violence	3. National Techies Day 🧑‍💻	4. World Animal Day 🐾🐧🐼🐙🐘🐻🐼	5. World Teachers' Day 👩‍🏫	6. World Smile Day 😊	
	9. World Post Day 📧	10. World Mental Health Day 🧠	11. National Coming Out Day 🏳️‍🌈	12. World Sight Day 👁️		14. National Dessert Day 🍰
	16. Boss's Day		18. National Chocolate Cupcake Day 🧁		20. World Osteoporosis Day 🦴	21. Back to the Future Day 📼
22. National Make a Difference Day		24. United Nations Day	25. World Pasta Day 🍝			28. International Animation Day
	30. National Checklist and Publicist Day ✅	31. Halloween 🎃👻				

October is Disability History and Awareness Month



2023 COLORADO FREE DAYS

<p>Denver Zoo 2300 Steele St., Denver 720.337.1400 denverzoo.org</p> <p>Jan. 6 Oct. 7 Jan. 22 Nov. 7 Feb. 5 Nov. 12 Apr. 9</p>	<p>Denver Botanic Gardens at York St. 1007 York St., Denver 720.865.3500 botanicgardens.org</p> <p>Jan. 16 Apr. 22 Aug. 15 Feb. 16 Jun. 6 Nov. 24 Mar. 15 Jul. 5</p>	<p>Children's Museum 2121 Children's Museum Dr., Denver 303.433.7444 mychildsmuseum.org</p> <p>May 19 Jul. 21 Sep. 15 Jun. 16 Aug. 18</p> <p><i>Joy Park free 4pm -8pm</i></p>	<p>Denver Art Museum 100 W. 14th Avenue Pkwy., Denver 720.865.5000 denverartmuseum.org</p> <p>Jan. 10 Apr. 11 Sep. Jan. 28 May 9 12 Feb. 14 Jun. 13 Oct. 1 Mar. 14 Jul. 11 Nov. 4 Aug. 8 Dec.</p>
<p>Denver Museum of Nature and Science 2001 Colorado Blvd., Denver 303.370.6000 dmns.org</p> <p>Jan. 9 Apr. 30 Sep. 6* Jan. 29 Jun. Sep. 18 Feb. 6 28* Oct. 15 Feb. 26 Aug. 16* Dec. 4</p> <p><i>*free 5pm - 10pm</i></p>	<p>Denver Botanic Gardens at Chatfield Farms 8500 W. Deer Creek Canyon Rd., Littleton 720.865.3500 botanicgardens.org</p> <p>Jan. 16 Apr. 22 Aug. 15 Feb. 16 Jun. 6 Nov. 24 Mar. 15 Jul. 5</p>	<p>Plains Conservation Center 21901 E. Hampden Ave., Aurora 303.326.8380 botanicgardens.org</p> <p>Jan. 19 Jun. 15 Nov. 18 Feb. 23 Jul. 15 Dec. 7 Mar. 11 Aug. 17</p>	<p>Broomfield Veterans Memorial Museum 12 Garden Center, Broomfield 303.460.6801 broomfieldveterans.org <i>free Thursdays & Saturdays</i></p>
<p>Longmont Museum and Cultural Center 400 Quail Rd, Longmont 303.651.8374 longmontcolorado. <i>free second Saturdays</i></p>		<p>Museum of Contemporary Art 1485 Delgany St, Denver 303.298.7554 mcadenvr.org</p> <p>Jan. 7 May 6 Sep. 2 Feb. 4 Jun. 3 Oct. 7 Mar. 4 Jul. 1 Nov. 7 Apr. 1 Aug. 5 Dec. 2</p>	

ALWAYS FREE!

	<p>Arvada Center Galleries arvadacenter.org</p> <p>Garden of the Gods Visitor Center gardenofgods.com</p> <p>Colorado Springs Pioneers Museum cspm.org</p> <p>US Air Force Academy Visitor Center usafa.af.mil</p> <p>United States Mint usmint.gov</p> <p>Hudson Gardens - Garden Area hudsongardens.org</p> <p>Colorado Sports Hall of Fame coloradosports.org</p>	<p>Peterson Air & Space Museum petemuseum.org</p> <p>CU Art Museum colorado.edu</p> <p>Lookout Mountain jeffco.us</p> <p>CU Museum of Natural History cumuseum.colorado.edu</p> <p>Aurora History Museum auroragov.org</p> <p>Golden History Museum goldenhistory.org</p> <p>Mines Museum of Earth Sciences mines.edu</p>
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visit →
WESTandMAINHOMES.COM

*dates subject to change, verify with organization before visiting



Homemade Applesauce

3 Pounds Apples
½ C. Water
2 Tablespoons Fresh Lemon Juice
¼ C. White Sugar (optional)
½ Teaspoon Ground Cinnamon
¼ Teaspoon Salt

INSTRUCTIONS

1. Place the peeled, cored, quartered and chopped apples in a large pot. Stir in the 1/2 cup of water, lemon juice, sugar (if using), 1/2 teaspoon ground cinnamon, and salt. Bring to a boil over high heat. Once simmering, reduce heat to low and cover pot with a tight-fitting lid. Maintain a low simmer for 30 minutes or until the apples are completely soft and cooked through.
2. Once fully cooked, remove from heat. For chunky applesauce, mash the apples directly in the pot using a potato masher. For smooth applesauce, add the apples to a food processor or blender and blend until smooth (if using a blender, work in batches and allow time to cool), or use a hand-held immersion blender and blend directly in the pot.
3. This applesauce is delicious served warm or cold.





SENSORY FRIENDLY FOR ALL AGES
OCTOBER 21ST, 10am-2pm
@ 1901 N. UNION BLVD - INTERIM

WE'LL HAVE:

- * **bounce house**
 - * **food truck**
 - * **face painter**
 - * **balloon artist**
- ...and more!**

**A \$5 donation is required
to secure your spot.**

SIGN UP AT:

**[https://buytickets.at/
autismvisionofcolorado/1010137](https://buytickets.at/autismvisionofcolorado/1010137)**



Free Activity
Calendar!



a month of crafts & activities for **October**



Where Imagination Grows



FROGSANDSWAILSANDPUPPYDOGTAIL.COM



[Pin on Where Imagination Grows \(pinterest.co.uk\)](https://www.pinterest.co.uk)

<https://www.pinterest.co.uk/pin/409757266101293968/>



1

Jeffry C.	1st	Kathleen R.	19th
Asha C.	5th	Kary T.	19th
Jerica H.	6th	Reace Z.	19th
Raquelle B.	9th	Paul H.	22nd
Dena V.	10th	Tamara M.	22nd
Hannah k.	18th	Renee F.	23rd
Vilma M.	18th	Tiffany P.	28th
Daesha W.	18th	Mary P.	29th



1 Year

Fahra B.
Brittany C.
Manuel D.
Roberta S.
Kristina W.
Nicole B.
Asia M.
Ciera H.

2 Years

Vanessa M
McKenna R.

3 Years

Amanda R.
Rene C.
Sabina R.

4 Years

Stacie C.

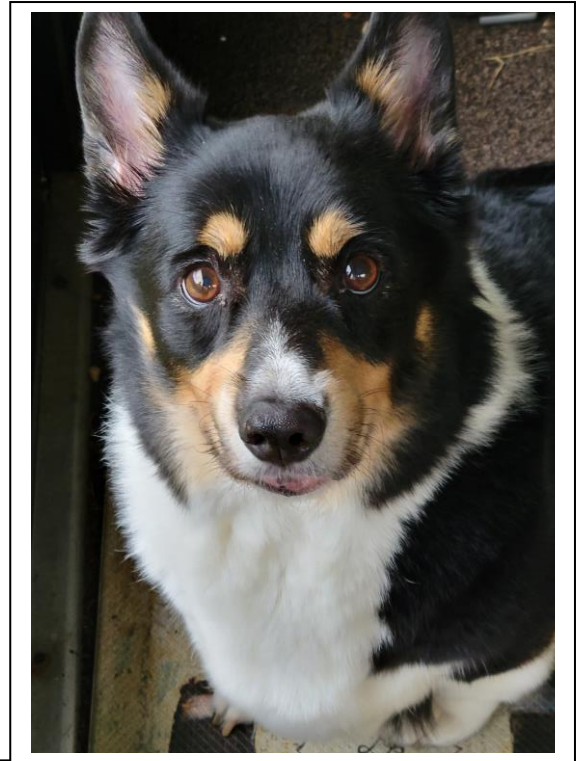
7 Years

Calista H.

Jessica’s Corgi Corner

Danny was completely disappointed! He was not able to participate in the 1st Annual Florida Corgi Derby it was canceled due to rain and lightning! It will be rescheduled we just don't know when yet. I will keep you posted.

Providers, please make sure you take the time with visit notes. Check and see you have your signature, and the goals are addressed if it's a goal based service. It avoids your note going into rejected. Everyone is so amazing thank you so much for your Hard work!!
~Jessica



From The Admin Team

From the Compliance Team:

Effective immediately:

- * All ISSPs, IBSSPs, and Protocols will be sent via Adobe Acrobat Sign by our compliance team.
- * Providers must sign and initial to acknowledge receipt and understanding.
- * Compliance with Pikes Peak Respite Services requires signing for record-keeping and is mandatory.
- * Signed documents are legally binding, making you responsible for the content.
- * Google Drive email acknowledgments will no longer be accepted and all access to the google drive has been removed.

For needed documents like an ISSP, IBSSP, or Protocols, contact the compliance team via email and we will send them as soon as possible via Adobe.

PPRS Facebook Page

For the most up to date news and Events
like our Facebook Page

**[https://www.facebook.com/PikesPeak
RespiteServices](https://www.facebook.com/PikesPeakRespiteServices)**

PPRS NEWSFLASH GROUP

Join our Facebook News flash Group to fill
your schedule!

[https://www.facebook.com/groups/1568239
36506856](https://www.facebook.com/groups/156823936506856)

We love to see you!
Stop by our office and say hi!

**If you know of any events that would be of interest to our Providers and Families
Let us know!!!**

PPRS is always on the lookout for things for our Providers and Families to do.

We keep a close eye on upcoming events in the areas we serve.

Many times we find out about events a few days or a week before they happen, and
always post them to our Facebook Page!

Please like and share our Facebook Page to receive up to the minute news!

Here is a list of a few great places to look for events!

<https://www.coloradosprings.com/events/#/>

<https://www.pueblo.us/2801/Events>

<https://www.denver.org/events/>

<https://www.fcgov.com/events/>

<https://www.peakradar.com/categories/free-events/>

<https://www.visitcos.com/events/>

<https://ppld.librarymarket.com/>

<http://pueblolibrary.libnet.info/events?et=Kits2Go>

<https://www.denver.org/events/free-events/>

<https://www.larimer.gov/events>

<https://poudrelibraries.evanced.info/signup/>

El Paso

Paws to Read	<p>Where: 832 Village Center Drive When: Every Wednesday 3:30 PM – 4:30 PM What: Children may practice reading skills by reading to a Canine Good Citizen dog. Cost: Free Admission</p>
Emma Crawford Coffin Races & Parade	<p>Where: Manitou Springs When: Saturday, October 29th What: This one-day festival is FREE and is preceded by a coffin parade. There will also be a free after-party featuring live entertainment at Soda Springs Park at 5 PM. Without a doubt, there is FUN in the word funeral in Manitou Springs. Cost: Free Admission</p>
Night at the Movies	<p>Where: Ivywild School Gym When: Oct 5, 2023 at 07:00 pm - 09:00 pm (Thu) What: Hocus Pocus 1993, PG, 1h 36m Cost: Free Admission</p>
Music in the Park	<p>Where: 2408 West Colorado Avenue When: Every Tuesday June – October. 6pm – 8pm. What: Music in the Park Cost: Free Admission</p>
Home Depot Kids Workshop	<p>Where: All Home Depot Locations – see local store for most accurate information When: 1st Saturday of every month 9am-12 noon What: Join us the first Saturday of each month between 9 am – 12 pm for free in-person Kids Workshops. While supplies last. Cost: Free Admission</p>
Fall Fun Fest	<p>Where: First & Main Town Center When: October 14th, 10am-3:00pm What: Artisan Market Live Music by Wirewood Station Kids activities including: Face Painting, Bounce House, Pumpkin Painting, & Balloon Animals Costume Contests with prizes for kids AND pets and MORE! Cost: Free Admission</p>

Pueblo

Trunk-or-Treat	<p>Where: Pueblo West When: October 31st, 4pm-6pm What: Enjoy balloon animals, face painting, free books, candy, toys, popcorn and more! While supplies last. Cost: Free</p>
Home Depot Kids Workshop	<p>Where: All Home Depot Locations – see local store for most accurate information</p>

	<p>When: 1st Saturday of every month 9am-12 noon</p> <p>What: Join us the first Saturday of each month between 9 am – 12 pm for free in-person Kids Workshops. While supplies last.</p> <p>Cost: Free Admission</p>
Halloweek	<p>Where: Lamb Library</p> <p>When: 10/27: Fantasy Friday</p> <p>10/28: Superhero Saturday</p> <p>10/29: CLOSED</p> <p>10/30: Magical Monday</p> <p>10/31: Happy Halloween (no theme)</p> <p>What: Costume fun at the library the week leading up to Halloween</p> <p>Stop by the Lamb Library in costume according to the theme for the day and earn a prize!</p> <p>Cost: Free Admission</p>
Scavenger Hunt	<p>Where: Greenhorn Valley</p> <p>When: October 1st, 2nd, 3rd, 4th, 19th, 28th</p> <p>What: Find all the pictures and receive a prize</p> <p>Cost: Free Admission</p>

Denver Metro

Denver Zoo Free Day	<p>Where: Denver Zoo: 2300 Steele St, Denver, Co 80205</p> <p>When: 4/9/2023, 10/7/2023, 11/7/2023, 11/12/2023</p> <p>What: limited number of tickets for each Free Day, using an online lottery system. Follow steps at the website to enter the lottery for 5 free tickets.</p> <p><u>Denver Zoo Free Days</u></p> <p>Cost: Free Admission</p>
Free Day at the Denver Art Museum	<p>Where: Denver Art Museum: 100 W. 14th Ave. Pkwy. Denver, CO 80204</p> <p>When: 4/11/2023, 4/30/2023, 5/9/2023, 5/14/2023, 6/13/2023, 7/11/2023, 7/30/2023, 8/8/2023, 9/9/2023, 9/12/2023, 10/10/2023, 11/4/2023, 11/14/2023, 12/12/2023</p> <p>What: Engage with art, explore onsite activities, and experience exhibitions on view all while enjoying free admission! Advance ticket reservations are encouraged.</p> <p>Cost: Free</p>
Hammonds Factory Candy Tour	<p>Where: Hammond’s Candies 5735 Washington St, Denver CO 80216</p> <p>When: Recurring weekly on Monday, Tuesday, Wednesday, Thursday, Friday, Saturday</p> <p>What: Bring your curiosity and your sweet tooth for a complimentary tour of our factory. Thousands of kids and kids at heart visit us every</p>

	year to watch as their favorite treats are pulled, twisted, shaped and packaged by hand
Mining Museum of Earth Science	<p>Where: Mines Museum of Earth Science 1310 Maple St., Golden, 303-273-3815</p> <p>When: Open Monday to Saturday, 9 a.m. to 4 p.m. Sunday, 1 p.m. to 4 p.m.</p> <p>What: It has two floors displaying fossils, gemstones, meteorites, minerals and mining artifacts.</p> <p>Cost: Free Admission</p>
Denver Botanic Gardens	<p>Where: 1007 York St. Denver, Colorado 80206</p> <p>When: 4/22/2023, 6/6/2023, 7/5/2023, 8/15/2023, 11/24/2023</p> <p>What: Free Days occur throughout the year, thanks to funding from the Scientific and Cultural Facilities District (SCFD). Advanced online registration is required to ensure that we can accommodate people safely given ongoing COVID-19 concerns. Free Days are for regular Gardens hours only and do not include ticketed events</p> <p>Cost: Free Admission</p>
U.S. Mint of Denver	<p>Where: 320 W. Colfax Ave., Denver</p> <p>When: Guided tours are offered at 8 a.m., 9:30 a.m., 12:30 p.m., 2 p.m. and 3:30 p.m. Monday through Thursday</p> <p>What : FREE tours show every step in the process of turning dull, blank metal slugs into shiny pocket change.</p> <p>Cost: Free Admission</p>
Home Depot Kids Workshop	<p>Where: All Home Depot Locations – see local store for most accurate information</p> <p>When: 1st Saturday of every month 9am-12 noon</p> <p>What: Join us the first Saturday of each month between 9 am – 12 pm for free in-person Kids Workshops. While supplies last.</p> <p>Cost: Free Admission</p>

Larimer County

Larimer County Farmers Market	<p>Where: Fort Collins 200 W. Oak Street</p> <p>When: Every Saturday from 9:00 AM to 1:00 PM until October 28th</p> <p>What: Farmers market</p> <p>Cost: Free Admission</p>
Elk Fest	<p>Where: Estes Park</p> <p>When: Sept.30th – October 1st</p> <p>What: Celebrate Estes Park's resident elk at Estes Park Elk Fest®, a family-friendly festival in Bond Park (170 MacGregor Ave). Enjoy vendors, live music, food trucks, bugling contests, performances and more!</p> <p>Cost: Free Admission</p>
Tiny Trekkers	<p>Where: Lions Open Space 2425 N. Overland Trail</p>

	<p>Laporte, CO 80535 When: What: Bring your 2–5-year-old for a morning filled with nature exploration, stories, and connection with our amazing natural world. A parent or guardian must accompany the child for this program. Registration is required but the program is free. Please call Natural Resources main desk at (970) 619-4564 or 4570 the night before or day of program to cancel or inquire about availability. Cost: Free Admission</p>
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Teller

<p>Florissant Fossil Beds National Monument</p>	<p>Where: 15807 Co Rd, Florissant CO When:</p> <ul style="list-style-type: none"> • January 16: Martin Luther King, Jr. Day • April 22: First day of National Park Week • August 4: Anniversary of the Great American Outdoors Act • September 23: National Public Lands Day • November 11: Veterans Day <p>What: Come experience the national parks! All National Park Service sites that charge an entrance fee will offer free admission to everyone. Mark your calendar for these entrance fee-free dates in 2023 Cost: Free</p>
<p>Parks and Recreation Family Fun Festival</p>	<p>Where: Greenhorn Valley When: What: Every Friday morning, families are invited to the library for crafts, games, or another activity. All ages welcome, guardian participation is recommended. Supplies are provided but are limited. Cost: Free Admission</p>
<p>Hallow-Palooza</p>	<p>Where: Woodland Park When: Pumpkin Dive Saturday October 21, 2023 6:00 PM - 8:00 PM Woodland Aquatic Center (111 N Baldwin St)</p> <p>Dive for pumpkins at the Woodland Aquatic Center! This fun, spooky event is kid friendly and will feature pumpkin diving, pumpkin decorating, caramel apple walk, and more!</p> <p>Trick or Treat in Memorial Park Friday October 27, 2023 3:30 PM - 5:00 PM Memorial Park (200 N Park St)</p>

	<p>Walk about Woodland Park's most loved community park and collect candy along the way! This event features numerous businesses in our community with fun activities! Wear your best costume and be prepared for some sugar-filled fun!</p> <p>Costume Cornhole Tournament Friday October 27, 2023 6:00 PM Ute Pass Cultural Center (210 E Midland Ave) Ages 18+</p> <p>Costume Cornhole is getting spooky! Grab a friend, get dressed up and enjoy the boos and booze with this fun twist on a Cornhole Tournament. Top 3 winners will get a cash prize. Make sure to wear your spookiest outfit (Winner receives a trophy!)</p>
	<p>Bark in the Park Saturday October 28, 2023 1:00 PM - 3:00 PM Golden Meadows Dog Park (2000 Evergreen Heights Dr)</p> <p>Bring your furry friends out to the park! Do you believe your pup has the best costume, best tricks, or even the best parent pup duo? Join the contests! 1st place winner from each contest will receive a trophy!</p> <p>What: We need YOU to help make this ghoulish affair a success! The City of Woodland Park, Parks and Recreation department has YOU covered! Featuring 4 fun events, you're bound to have a spook-tacular time! Hallow-Palooza is a fun, exciting series of events for the Woodland Park Community. The Parks & Recreation Department, Ute Pass Cultural Center, and Woodland Aquatic Center have come together to give our community 4 FUN FILLED events leading up to Halloween!</p> <p>Cost: Free</p>