



Newsletter



As August unfolds, we find ourselves transitioning from the relaxed days of summer into the busy back-to-school season. We hope you've had a chance to enjoy some restful moments and make wonderful memories with your loved ones.

Together, we can ensure all children have a successful, happy, and fulfilling school experience. As we approach the new school year, here are some helpful tips to ensure a smooth transition for your child and family:

Establish a Routine:

- **Adjust Sleep Schedules:** Gradually shift bedtimes and wake-up times to align with the school schedule.
- **Plan Meals:** Incorporate balanced meals and snacks into daily routines to support your child's energy and focus.

School Preparation:

- **Organize Supplies:** Make sure you have all necessary school supplies, and check with your child's school for any last-minute requirements.
- **Visit the School:** If possible, take a tour of the school or meet with teachers to ease any anxieties your child might have.

Emotional Support:

- **Open Conversations:** Talk about any worries or excitement your child might have about returning to school.
- **Encourage Positive Outlook:** Reinforce their strengths and past successes to build confidence.

Your commitment to providing exceptional care is truly inspiring, and we recognize the immense effort you put into every day! Remember, taking care of yourself is as important as caring for others.

Thank you, PPRS Admin Team

August 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August Social Media Holidays 2024 | Black Business Month & Back to School Month

August 1st: World Wide Web 🌐 #WorldWideWeb

August 2th: International Beer Day 🍺

August 3rd: National Watermelon Day 🍉

August 8th: International Cat Day 🐱 #InternationalCatDay

August 9th: International Day of the World's Indigenous Peoples

August 9th: National Book Lovers Day 📖

August 10th: World Lion Day 🦁

August 11th: National Son & Daughter Day 🧒

August 12th: International Youth Day #YouthDay

August 13th: International Lefthanders Day

August 14th: National Financial Awareness Day 💰 #FinancialAwarenessDay

August 15th: Relaxation Day 😌 #NationalRelaxationDay

August 17th: National Nonprofit Day #NationalNonprofitDay

August 18th: National Fajita Day 🌮

August 19th: World Photography Day 📷 #WorldPhotographyDay

August 20th: Lemonade Day 🍋

August 21st: World Senior Citizens Day 👴

August 22nd: World Plant Milk Day 🥛

August 24th: National Waffle Day 🍷

August 26th: International Dog Day 🐶 #InternationalDogDay

August 26th: US Open 🎾 (26 Aug - 8 Sep) #USOpen

August 30th: National Beach Day 🏖️

August 31st: Eat Outside Day 🍽️ #EatOutsideDay

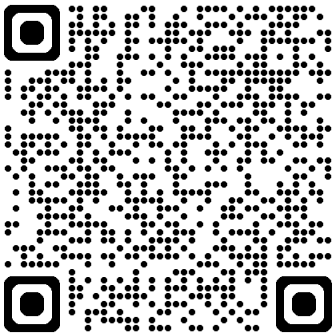
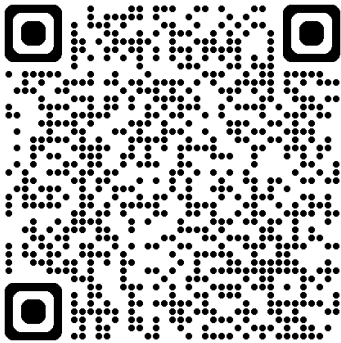
UPCOMING PPRS SPONSORED EVENTS



Challenger Baseball: "To provide an opportunity for individuals with intellectual and physical challenges to enjoy the benefits of Little League participation in an environment structured to their abilities."



COLORING PAGES



4 WAYS TO HELP YOUR CHILD SUCCESSFULLY TRANSITION BACK TO SCHOOL



TALK ABOUT IT

Discussing changes ahead of time can help an individual with autism successfully manage changes or transitions.



VISUAL CUES

Visuals of routines can help a child work independently while also setting reminders for what they can expect.

SIMPLIFIED ORGANIZATIONAL SYSTEMS

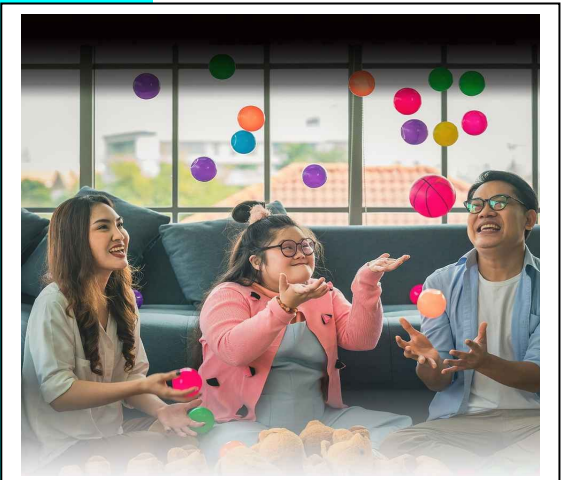
- Different color folders for each class
- A homework planner
- Envelopes for take-home notes
- Checklist reminders about what's due in each class

ROLE PLAY SCENARIOS

Think through role-play scenarios by asking yourself 'What should my child do if....?'

Role play with your child both before school begins and again throughout the year to make sure that they remember what to do in difficult instances.

www.AutismLearningPartners.com





SCHOOL JOKES FOR KIDS

free printable lunchbox notes



Q: What do elves learn in school?
A: The elf-abet!



Q: What did the paper say to the pencil?
A: You have a good point.



Q: What do librarians take with them when they go fishing?
A: Bookworms.



Q: Why didn't the sun go to college?
A: Because it already had a million degrees!



Q: When do astronauts eat?
A: At launch time!



Q: What did the pencil sharpener say to the pencil?
A: Stop going in circles and get to the point.



Q: What is the world's tallest building?
A: The library because it has the most stories.



Q: What kind of tree does a math teacher climb?
A: A Geometry!



Q: What is white when it's dirty and black when it's clean?
A: A blackboard.



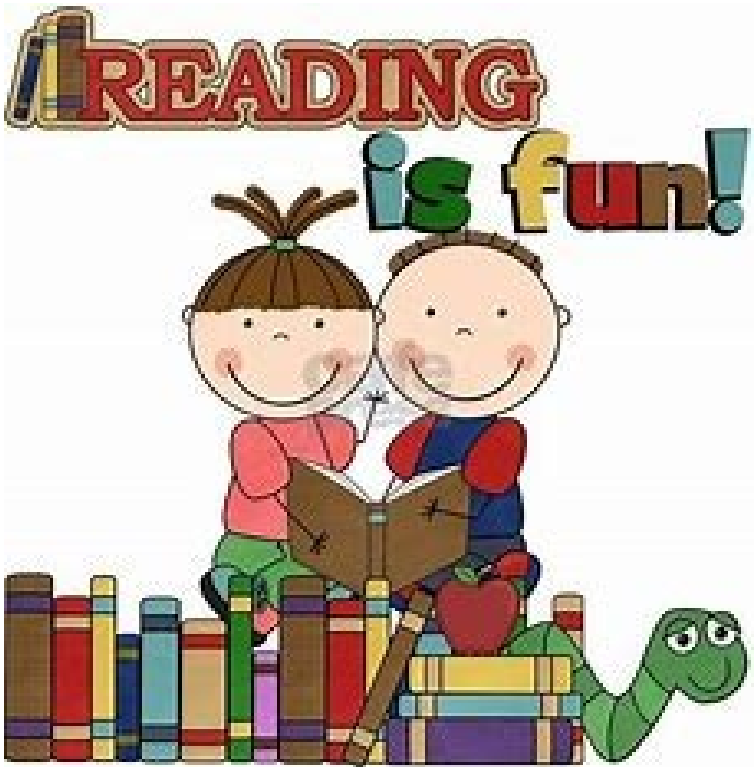
Q: What is more amazing than a talking dog?
A: A spelling bee.



Q: What is a snake's favorite subject in school?
A: Hisssssstory.



Q: Why did the cookie go to the nurse?
A: Because he was feeling crummy.





INGREDIENTS

- 2 cups water
- 1 cup sugar
- 1 cup Lemon juice ; (from 4 lemons)

INSTRUCTIONS

Combine the water and sugar in a medium saucepan. Bring to a boil over high heat, stirring to dissolve the sugar.

Roll the lemons on the counter with the palms of your hands, pressing down hard with one hand on top of the other.

Halve and juice the lemons. Remove the sugar syrup from the heat and stir in the lemon juice. Set aside to cool completely. You can store the lemonade syrup in a covered container in the refrigerator for up to one week.

** To make lemonade, place 1/4 cup of lemonade syrup in a glass, add ice cubes, if you like, and fill with water or seltzer.



BEAT THE HEAT

DRESS LIGHT

Wear loose-fitting clothing



STAY COOL

Stay somewhere with air conditioning



EAT LIGHT

Avoid hot foods and heavy meals



USE SUNSCREEN

Use sunscreen with SPF 15+ when going outside



COOL DOWN

Take a cool shower or bath



STAY HYDRATED

Stay hydrated but avoid alcohol and liquids with large amounts of sugar



STAY SAFE

Never leave infants, pets or children in parked cars



LEARN

Stay informed and learn how to prevent, recognize and treat heat-related illnesses





Health





FARMERS MARKETS IN COLORADO SPRINGS

WEDNESDAY

BRIARGATE FARMERS MARKET

Dates: TBD for 2024

Time: 9 am - 2 pm

Where: 7610 N. Union Blvd.

COLORADO FARM AND ART MARKET

Dates: June 12th-Oct 9th

Time: 3-7 p.m.

Where: Pioneers Museum, 215 S. Tejon St.

WESTERN MUSEUM OF MINING AND INDUSTRY

Dates: TBD for 2024

Time: 9 am - 6 pm

Where: 225 North Gate Blvd.

THURSDAY

BACKYARD MARKET AT PARK UNION

Dates: Every Thursday; June 20 - August 29, 2024

Time: 4:30 pm - 8 pm

Where: The Meanwhile Block, 108 West Cimarron, Park Union

BANNING LEWIS RANCH AT VISTA PARK

Dates: June 6-August 1

Time: 4 pm - 7 pm

Where: 8833 Vista Del Pico Blvd.

URBAN MARKET AT THE BUFFALO LODGE BICYCLE RESORT

Dates: Every Thursday May-September

Times: 5:30-8:30 pm

Where: 2 El Paso Blvd.

FRIDAY

WOODLAND PARK

Dates: Every Friday; June 7 - September 27, 2024

Time: 8 am - 1 pm

Where: 117 Center Ave.

SATURDAY

OLD COLORADO CITY FARMERS MARKET

Dates: Every Saturday; June 8 - October 12, 2024

Time: 8 am - 1 pm

Where: W. Colorado Ave. & 24th St.

MONUMENT HILL FARMERS MARKET

Dates: May 25 - October 5, 2024

Time: 8 am - 2 pm

Where: 66 S. Jefferson St.

COLORADO FARM & ART MARKET

Dates: June 15th-Oct 12th 2024

Time: 10 am - 2 pm

Where: Margarita at Pine Creek; 7350 Pine Creek Rd.

FOUNTAIN COMMUNITY MARKET

Dates: May 25 - September 28, 2024

Time: 8 am - 2 pm

Where: Metcalfe Park

BACKYARD MARKET IN BLACK FOREST

Dates: May 25 - October 5, 2024

Time: 9 am - 1 pm

Where: 12530 Black Forest Rd.

SUNDAY

CORDERA

Dates: June 2 - September 1, 2024

Time: 10 am - 2 pm

Where: 11894 Grand Lawn Cir

KINSHIP LANDING PATIO MARKETS

Dates: TBD for 2024

Time: 10 am - 2 pm

Where: Kinship Landing Greenhaus/Patio, 415 S Nevada Ave



2024 COLORADO FREE DAYS

Denver Zoo

2300 Steele St. Denver
denverzoo.org

1/5 & 1/21

2/11

4/7

11/1, 11/9, 11/17

Must reserve free tickets 7 days prior to free day. First come, first serve lottery system.

Clyfford Still Museum

1250 Bannock St. Denver
clyffordstillmuseum.org

2/29

4/28

7/28

11/2 (10am-10pm)

Must reserve free tickets 7 days prior to free day. There are also pay as you wish days offered.

Denver Botanic Gardens

1007 York St. Denver
8500 W Deer Creek Canyon Rd. Littleton
denverbotanicgardens.org

1/15

6/5

2/15

7/3

3/9

8/28

4/22

11/29

Must reserve free tickets the 1st of the month. No onsite tickets available.

Plains Conservation Center

21901 E Hampden Ave. Aurora
303-693-3621

1/18 10am-3pm

7/13 9am-2pm

2/22 10am-3pm

8/15 9am-2pm

3/16 10am-3pm

11/16 10am-3pm

6/13 9am-2pm

12/12 10am-3pm

Denver Museum of Nature & Science

2001 Colorado Blvd. Denver
dmns.org

1/8 & 1/28

9/10 (5pm-9pm)

2/25

9/30

4/28

10/20

6/4 (5pm-9pm)

11/2 (5pm-9pm)

6/19

11/18

8/21 (5pm-9pm)

12/8

Onsite free tickets available. A separate ticket is required for the planetarium or infinity theatre.

Four Mile Historic Park

715 S Forest St. Denver
fourmilepark.org

1/26

5/24

9/27

2/23

6/28

10/25

2/22

7/26

11/22

4/26

8/23

DEC TBD

Only free 10am-4pm and does not include admission to signature events or programs

Museum of Contemporary Art

1485 Delgany St. Denver
mcadenvr.org

1/6

5/4

9/7

2/3

6/1

10/5

3/2

7/6

11/2

4/6

8/3

12/7

Admission is \$0.01 for Colorado residents on the first Saturday of each month. Under 18 is always free.

Children's Museum

2121 Children's Museum Dr. Denver
mychildrensmuseum.org

5/17

8/16

6/21

9/20

7/19

Joy Park Free Nights 4:30pm-8pm Outdoors Only.

National Parks

nps.gov

1/15

8/4

4/20

9/28

6/19

11/11

Free admission for everyone to all national parks.



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HienKim.RealEstate



Andrew M.	1st	Robyn S.	15th
Felicia W.	2nd	Shanice P.	16th
Daniel R.	3rd	Theresa H.	17th
Shane B.	3rd	Stephen D.	18th
Elisia G.	3rd	Devin P.	21st
Liliana G.	4th	Adela T.	22nd
Karen M.	4th	Kate W.	22nd
Kimberly R.	5th	Patricia P.	24th
Jaime M.	7th	Janette T.	25th
Jordyn P.	8th	Monica W.	27th
Jermale R.	8th	Elena Z.	27th
Ryan T.	8th	Madison R.	28th
Benjamin P.	10th	Hosiana B.	29th
Ian H.	13th	Barry A.	30th
Karen T.	13th	Diane S.	31st
Luke Y.	14th	Mijonne C.	31st



1 Year

**Sonya E.
Jennifer M.
Tina M.
Paige T.**

**Paul H.
Jazzamine J.
Jovanni M.
Haley T.**

2 Years

**Deborah H.
Carrie H.
Jordyn P.
Les S.
Davery J.
Tina W.
Natalie W.**

5 Years

**Lei-Lani B.
Adela T.
Krista B.
Newlene L.
Jaime M.
Jeffrey P.
Alicia W.
Kylee W.
Kendra W.**

From The Admin Team

Just reminder: all employees may work up to 12 hours per day in a single shift or combination of shifts and services, except for Respite which is limited to no more than 10 hours per day.

CYM shifts may be worked up to 12 hours.

All employees are able to work up to 40 hours per week but not over 40 hours as overtime is not approved ~ Tiffany

PPRS Facebook Page

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

<https://www.facebook.com/PikesPeakRespiteServices>

PPRS NEWSFLASH GROUP

Join our Facebook News flash Group to fill your schedule!

<https://www.facebook.com/groups/156823936506856>

**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>
Concert in the Park	<p>Where: <i>First & Main Town Center, 3650 New Center Point, 955-6060, firstandmaintowncenter.com</i> When: 5-7 p.m. Fridays June June 7: SofaKillers (rock) June 14: The Runners Band (rock, pop, alternative) June 21: Zeppelin Alive (Led Zeppelin tribute) June 28: The Martini Shot (pop, rock, variety) July 5: Jason Wulf Band (country) July 12: WireWood Station (Americana) July 19: Playing With Smoke (rock, pop, blues, country) July 26: Black Rose Band (country, rock) Aug. 7: Cari Dell Trio (variety), Sturtz (Americana), John Wise and the Tribe (New Orleans R&B, blues, jazz) Aug. 14: Secret Six Jazz Band, Brandon Henderson and Taylor Biskup (alternative singer songwriter), John Wise and the Tribe (New Orleans R&B, blues, jazz) Aug. 21: WireWood Station (Americana), John Emerson (indie pop), John Wise and the Tribe (New Orleans R&B, blues, jazz) Aug. 28: Collective Groove (funk, soul, rock), Roma Ransom (bohemian psych-folk), Playing With Smoke (classic rock) Sept. 4: Zeppelin Alive (Led Zeppelin tribute), Mitguards (folk), John Wise and the Tribe (New Orleans R&B, blues, jazz) Sept. 11: WireWood Station (Americana), Jeremy Facknitz (jazz-infused folk-rock), John Wise and the Tribe (New Orleans R&B, blues, jazz) Sept. 18: Cari Dell Trio (variety), Westrock (country rock), John Wise and the Tribe (New Orleans R&B, blues, jazz) Sept. 25: SofaKillers (rock), Roma Ransom (bohemian psych-folk), The Dave and Jerry Show (rock) Oct. 2: Polka Folka (polka), Brandon Henderson and Taylor Biskup (singer songwriter), John Wise and the Tribe (New Orleans R&B, blues, jazz)</p> <p>What: Concerts in the park</p> <p>Cost: Free Admission</p>
Labor Day Lift Off	<p>Where: <u>Memorial Park</u> in Colorado Springs, 1605 E. Pikes Peak Ave When: August 31 - September 2 What: Prepare to be captivated by the return of spectacular balloon traditions at the biggest hot air balloon festival in Colorado. Each day, starting at 7 a.m., you will witness the awe-inspiring sight of <u>70 hot air balloons ascending into the Colorado Springs sky</u> during the morning balloon lift-offs. Additionally, the enchanting sunset hot air balloon glows at 7:30 p.m. on both Saturday, August 31, and Sunday, September 1, features the illuminated hot air balloons in a magical display of light and color. Cost: Free Admission</p>

Teen Game Night	<p>Where: 685 N Murray Boulevard, Colorado Springs 80915 – Ruth Holley Library</p> <p>When: Join us every 1st and 3rd Tuesday in the Ruth Holley Library Teen Space for Teen Game Night!</p> <p>What: Hang out with your friends for an evening of Nintendo Switch and Xbox games! Teens are welcome to bring their own games from home as well. Come ready to have some fun! Snacks will be provided.</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 on 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>

Pueblo

NARAM-65 Estes Family Day	<p>Where: Hudson Ranch Rocket Launch Site Pueblo, CO 81005</p> <p>When: August 3, 2024. 10:00 AM - 2:00 PM</p> <p>What: Join Estes Rockets at NARAM-65 for the inaugural Estes Family Day. Enjoy a day filled with FREE outdoor activities suitable for all ages and experience levels. Dive into the world of science with interactive displays, games, face painting, giveaways, and witness the breathtaking sight of rockets soaring through the sky! Our seasoned rocketry experts will be onsite all day to teach rocket launching basics and ensure launches take place in a safe and controlled environment. https://estesrockets.com/pages/naram65</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>
Scavenger Hunt	<p>Where: Greenhorn Valley</p> <p>When: Mondays, Wednesday's</p> <p>What: Find all the pictures and receive a prize</p> <p>Cost: Free Admission</p>

Movies in the Park at City Park	<p>Where: City Park 800 Goodnight Ave. Pueblo, CO 81003</p> <p>When: July 20, 2024, 6:30 PM</p> <p>What: The Super Mario Bros. Movie: Near The Rides at City Park</p> <p>Bring the whole family, and a blanket or chair to sit on for this FREE movie showing. Pre-movie activities will start at 6:30pm and the movie will start around dusk. The big screen will be set up in City Park in the grassy area near The Rides at City Park and playground. Bring food from home or visit our concession stand to purchase something to eat.</p> <p>Saturday, September 14, 2024: Pitch Perfect: Near The Rides at City Park</p> <p>Saturday, October 5, 2024: The Haunted Mansion: City Park Pool Parking Lot · 221 S. Parkside Ln. 81005</p> <p>Cost: Free Admission</p>

Denver Metro

Botanic Gardens	<p>Where: Botanic Gardens</p> <ul style="list-style-type: none"> ○ <u>York Street</u> 1007 York Street Denver, CO 80206 720-865-3500 ○ <u>Chatfield Farms</u> 8500 West Deer Creek Canyon Road Littleton, CO 80128 720-865-3500 <p>When: 2024 Free Days for York Street and Chatfield Farms</p> <p>Monday, Jan. 15 (Martin Luther King Jr. Day) Thursday, Feb. 15 Saturday, March 9 Monday, April 22 (Earth Day) Wednesday, June 5 Wednesday, July 3</p>
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	<p>Wednesday, Aug. 28 Friday, Nov. 29 (Thanksgiving Friday)</p> <p>2024 Free Days at Plains Conservation Center Thursday, Jan. 18, 10 a.m. – 3 p.m. Thursday, Feb. 22, 10 a.m. – 3 p.m. Saturday, March 16, 10 a.m. – 3 p.m. Thursday, June 13, 9 a.m. – 2 p.m. Saturday, July 13, 9 a.m. – 2 p.m. Thursday, Aug. 15, 9 a.m. – 2 p.m. Saturday, Nov. 16, 10 a.m. – 3 p.m. Thursday, Dec. 12, 10 a.m. – 3 p.m.</p> <p>What: Free Days occur throughout the year, thanks to funding from the Scientific and Cultural Facilities District (SCFD). Cost: Free Days – Please visit website for details and free tickets. www.botanicgardens.org/events/free-days</p>
<p>Free Day at the Denver Art Museum</p>	<p>Where: Denver Art Museum: 100 W. 14th Ave. Pkwy. Denver, CO 80204</p> <p>When:</p> <ul style="list-style-type: none"> • Tuesday, January 9 • Saturday, January 27 • Tuesday, February 13 • Tuesday, March 12 • Sunday, March 24 • Tuesday, April 9 • Sunday, April 28 • Tuesday, May 14 • Tuesday, June 11 • Tuesday, July 9 • Sunday, July 21 • Tuesday, August 13 • Saturday, September 7 • Tuesday, September 10 • Tuesday, October 8 • Saturday, November 2 • Tuesday, November 12 • Tuesday, December 10 <p>What: Engage with art, explore onsite activities, and experience exhibitions on view all while enjoying free admission! Advance ticket reservations are encouraged. 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 year to watch as their favorite treats are pulled, twisted, shaped and packaged by hand</p>
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>
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

Fort Collins Farmers Market	<p>Where: 1001 E Harmony Rd.</p> <p>When: Sundays and Wednesdays, 10am – 2pm</p> <p>What: Farmers Market</p> <p>Cost: Free Admission</p>
Tiny Trekkers	<p>Where: Lions Open Space 2425 N. Overland Trail Laporte, CO 80535</p> <p>When:</p> <p>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.</p> <p>Cost: Free Admission</p>
