

March 2022 Newsletter

March Birthdays

Shelby B: 03/19	Jeremy B: 03/05
Emiliano C: 03/04	Sophia G: 03/29
Chumpham M: 03/24	Alicia P: 03/02
Nathan P: 03/03	Michelle P: 03/14
Kylee W: 03/23	Kelcey W: 03/12

March Anniversaries

Ingrid A: 03/05	Alessandra B: 03/18
Karen E: 03/20	Tyler H: 03/09
Janell L: 03/08	Kathleen R: 03/01
Lisa R: 03/10	Daniel S: 03/08
Allison W: 03/10	Happy Anniversary!



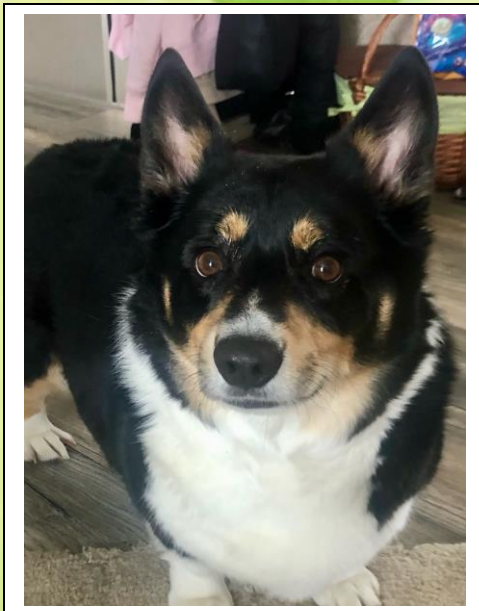
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And our Shift Coverage Page

[@PPRSNewsflash](#)

Jess's Corgi Corner



- I want to thank everyone for confirming visits it's very important for me to know where I'm going for the day!
- Parent feedback has been great this past month with their providers!
- I do have some parents needing help on the weekends.
- Overall everything in the field is going well.

Updates

Pikes Peak Respite Services Satisfaction Survey

Below is a link to a Pikes Peak Respite Services Satisfaction Survey. We would love to hear what we are doing well, what we can improve on, and anything you need from us.

If you could please take a minute to fill this out, We would love to have this once a month by the 15th. We will send out reminders and it is also on the Staff Portal.

<https://forms.office.com/Pages/ResponsePage.aspx?id=i1x4YXAV60qSJR1Cd39IZn2iedhRgT5Mob9oXyYu8hJUREkwMDg5SOJSNU5MRkINRzJKMjVXQVFZTC4u>



Please feel free to reach out if there are ever any questions or concerns. We are here to help!

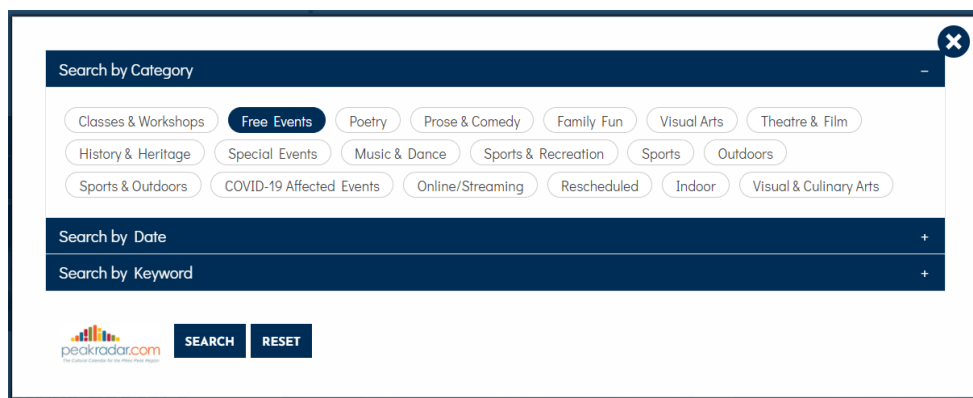
Supportive Community Connections

The purpose of Supportive Community Connections is to provide a wide variety of opportunities to facilitate and build relationships and natural supports in the community while utilizing the community as a learning environment to provide services and supports as identified in the participants service plan.

Unfortunately, it can be sometimes difficult to find free events and activities, however, Pikes Peak Respite Services is unable to reimburse staff for paid activities for Supportive Community Connections shifts. Families also should not be paying for activities.

Luckily, there are a lot of fun, free activities, available in most cities. Here are the two links that are used for the Colorado Springs and Denver "Events" pages.

COLORADO SPRINGS <https://www.visitcos.com/events-calendar/> (make sure that you are looking for free events)



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

More Updates - Visit Notes

The Visit Notes Process is changing dramatically. Below is a brief overview of the new visit note expectations, however, you will need to read to the full Visit Note Standard Operating Procedure (SOP). Tiffany sent these forms via email, and they will be posted on the staff portal. **After** you have read the Time Sheet SOP and Visit Note SOP, please follow the link below to fill out an acknowledgement form.

https://forms.office.com/Pages/ResponsePage.aspx?id=i1x4YXAV60qSJR1Cd39IZn2iedhRgT5Mob9oXyYu8hJUN_DkOVihWMjEONEMxUEVFOFZIUzNaUzFGTC4u

Here is another link which will take you to a form if you need to add something to or correct your visit notes

https://forms.office.com/Pages/ResponsePage.aspx?id=i1x4YXAV60qSJR1Cd39IZn2iedhRgT5Mob9oXyYu8hJU_MzqzNUPzRjBUVzM3MEpVMIIDWEQwM1hEQS4u

Visit notes must be complete with the following standards:

- ❖ A Visit Note should be reflective of the service plans and goals for each Person Supported.
- ❖ A Visit Note should not be the same day after day
- ❖ A Visit Note should detail steps for goals and how the people you are supporting are being taught
- ❖ A Visit should always highlight learning moments
- ❖ Visit Notes must include implementation of goals
- ❖ Visit Notes must be very specific – please see SOP examples
- ❖ Visit Notes must reflect all the above requirements and be inclusive of time. A two-hour shift will need the same requirements as a ten-hour shift; however, you must show that in a 10 hour shift more work was completed towards goals and more learning moments.

What Should a Visit Note include?

All visit notes should have the 5 W's –



Who – Is the Person you are Supporting? **Please use names in your visit notes.**

What – Is the Service you are Providing? Community Connector

When – Even though you have logged your time if it is relevant, you may say something like “Johnny and I went for a Morning Walk”

Why – Johnny and I went for a morning walk because one of his goals is to become more comfortable with leaving the house.

Where – Johnny and I went for our morning walk to the neighborhood park to help with his goal of leaving the house.

Also be sure to list the goal of the shift in your visit note.

How do the “what,” “when,” and “why” combine for goals?

Things to Remember:

- ❖ Visit Notes are legal documents
- ❖ Goals and Steps taken to teach Person Supported must be included
- ❖ A learning component for goal-based services must be in each Visit Note
- ❖ Be Consistent and Transparent
- ❖ Minimize Jargons and Abbreviations
- ❖ Highlight patients’ strengths and achievements
- ❖ Describe Behaviors (not moods) rather than labeling the patient or making judgments
- ❖ Please log Visit Notes at Time of Service
- ❖ Steps for goals and how persons supported are being taught and must have a learning component for goal based services.

If there are any questions or concerns, please contact Tiffany at 719-502-1444

El Paso County Events

<p>St Patrick's Day Parade</p>	<p>Where: Tejon St, COS When: March 12th at noon What: The Colorado Springs St. Patrick's Day parade is gearing up for its 38th annual Parade and Events! We host not only the biggest parade in Colorado Springs, but the flattest 5k, Funnest fun run, coolest kids' scavenger hunt, our super snazzy sports expo, and so much more! Join us for this year's events as we are back again after two years of COVID deferment! The Parade is Saturday, March 12, at 12 noon in Downtown Colorado Springs! We have all kinds of events, spread out over three weeks for you to participate in this year. Please see below to learn more and register! Cost: Free</p>
<p>Multimedia Graphic Design and Photography Student Exhibition</p>	<p>Where: 22 N. Sierra Madre, COS – Studio West Art Gallery When: All of March, Monday-Friday, 8:00am-5:00pm *Event durations (if noted) are approximate. Please check with the presenting organization or venue to confirm start times and duration. What: The Studio West Art Gallery hosts a wide range of events, including student and faculty exhibitions and regional/national guest artists, artist talks, salon discussions, interdisciplinary performances, visiting writer workshops, slam poetry and open mic nights and more. Community partnerships help connect our students to productive and relevant opportunities that form mentoring relationships with professional artists within the region. The Gallery has been nominated for and the recipient of several awards through the Pikes Peak Arts Council. Cost: Free</p>
<p>Ivywild Movie Night: 'The Babadook.'</p>	<p>Where: 1604 S Cascade Ave, COS – Ivywild School When: Thursday, March 3rd, 7:00pm-9:00pm What: Join us in the Ivywild School Gym to watch <i>The Babadook</i> on the large screen. We will show a Colorado-made short horror film prior. And local shop Odds & Ends will have a table setup inside! FREE admission, donations appreciated. <i>The Babadook</i> (2014, PG-13, 1h 35m) A troubled widow (Essie Davis) discovers that her son is telling the truth about a monster that entered their home through the pages of a children's book. Cost: Free – Donations Appreciated</p>
<p>'Moments and Place'</p>	<p>Where: 125 E. Boulder St., COS – Kreuser Gallery When: March 4th, 5th, 9th, 10th, 11th, 12th, 16th, 17th, and 18th , 12:00pm-5:00pm What: Nature themed Art Gallery by Emily. Cost: Free</p>
<p>'Magical Personified Vulnerable'</p>	<p>Where: 5225 N Nevada Ave, COS – GOCA 1420 When: March 3rd, 4th, 5th, 6th, 10th, 11th , 1:00pm-7:30pm What: The artist shares, "As an attempt to better understand my family's history and my heritage, I am particularly interested in the visual expression of the tethered experience, in both life and death, that immigrants face as they seek to assimilate while also striving to maintain connections to their home cultures." The exhibition title, <i>magical personified vulnerable</i>, borrows from scholarly writing on geomancy - the practice of close observation and divination of the natural landscape for the selection of auspicious locations for burial, focusing on sites channeling vital energy. Cost: Free</p>
<p>Therapeutic Thursday Adult Coloring Night</p>	<p>Where: 2727 N Cascade Ave, COS – Goat Patch Brewing Company When: March 3rd, 10th, 17th, 24th, 31st, 6:00pm-8:00pm What: Whether you are a true artist at heart, or just love to doodle, come try your skills at our Therapeutic Thursdays Adult Coloring Night! Every week we will have new (NSFC) coloring pages available starting at 6 p.m. Cost: Free Admission</p>
<p>Colorado Springs Fine Art Center Museum Free Days</p>	<p>Where: 30 West Dale St, COS – Colorado Springs Fine Arts Center When: Museum Free Days are offered the second Saturday and third Friday of each month. March 12th and 18th What: The goal of Museum Free Days is to provide access to the FAC's general admission offerings to the widest possible audiences in the Pikes Peak region. Museum Free Days, as a part of the FAC's other free and reduced-fee programs (such as scholarship programs at Bemis, and special military discounts through the Blue Star Theatres and Blue Star Museums programs), make an important impact in our community. Cost: Free – Advanced registration is required https://coloradospringsfineartscenter.secure.force.com/ticket/#/events/calendar?filter[category]=Gallery%20Admission</p>

Denver and Surrounding Events

<p>Denver St. Patrick's Day Parade</p>	<p>Where: Downtown Denver When: Saturday, March 12th, 2022, 9:00am-12:00pm What: Join us for the 60th anniversary of the Denver St. Patrick's Day Parade. Step off is at 9:00am. Check our Facebook and Instagram pages for the latest updates! Cost: Free</p>
<p>Olde Town Arvada's St. Patrick's Day Festival 2022</p>	<p>Where: 7307 Grandview Ave, Arvada When: March 12th, 2022, 12:00pm-6:00pm What: After a two year hiatus from our St. Patrick's Day Festival, we are back and better than ever! Everyone's Irish at our all-ages St. Patrick's Day Festival. This street festival features live stage music, unique vendors, food, and of course beer and other libations. Kids activities and plenty of great Olde Town merchants to visit make it a welcoming experience for the whole family. As always admission is free. Cost: Free</p>
<p>Jell-O Printmaking without a Press</p>	<p>Where: 445 S Saulsbury St, Lakewood – Valkarie Gallery When: March 6th, 13th, 20th & 27th, 1:00pm-4:00pm What: Megan Morgan will demonstrate how to print a mutli-layered artwork on Jell-O without a printing press. This is a FREE art event at Valkarie Gallery running each Sunday in March (6, 13, 20, and 27) from 1pm to 4pm. All ages are welcome and the art materials are free. A donation is appreciated to help cover art materials fees (but not required). This is an easy, fun, fast, and very creative printmaking technique that Megan can teach so anyone can do this at home. Cost: Free – Donations appreciated</p>
<p>Denver Art Museum Free Day</p>	<p>Where: 100 W. 14th Ave. Pkwy, Denver – Denver Art Museum When: Tuesday, March 8 (10 am - 9 pm) What: Enjoy free general admission for all! Engage with art, explore onsite activities and experience exhibitions on view all while enjoying free general admission. Cost: Free – Registration Required https://tickets.denverartmuseum.org/DateSelection.aspx?item=2264</p>
<p>Four Mile Historic Park Free Day</p>	<p>Where: 715 S Forest St., Denver – Four Mile Historic Park When: March 11th, 2022 What: Travel back to 1859...for free! General admission is free on the second Friday of each month courtesy of the support provided by your Scientific & Cultural Facilities District (SCFD). Reserve your spot online! Cost: Free – Registration Required https://fourmilepark.doubleknot.com/registration/register.aspx</p>
<p>Clyfford Still Museum Free Day</p>	<p>Where: 1250 Bannock St., Denver – Clyfford Still Museum When: March 19th, 2022, 10:00am-5:00pm What: In appreciation of the citizens who support the Scientific and Cultural Facilities District (SCFD), and in the spirit of community engagement, the Clyfford Still Museum offers free admission once a month on select days throughout the year. Walk-ins are welcome. Reservations are not required. Cost: Free</p>
<p>Plain Conversation Center Free Day</p>	<p>Where: 21910 E. Hampden Ave, Aurora – Plains Conservation Center When: Saturday, March 19, 10 a.m. – 3 p.m. What: Free Days occur throughout the year, thanks to funding from the Scientific and Cultural Facilities District (SCFD). Free Days at Plains Conservation Center are a joint effort by Denver Botanic Gardens and the City of Aurora. Advance registration is not required. Cost: Free</p>
<p>Syncopation</p>	<p>Where: 931 Sante Fe Dr., Denver – Syncopation When: February 17th-March 13th, 2022, Recurring weekly on Sunday, Thursday, Friday, Saturday. What: Sync Gallery presents Syncopation, a Contributing Artists exhibition. The twenty artists in this group work in a wide variety of mediums and styles. Like syncopated musical rhythms, their unique voices blend to enhance the richness and complexity of the cadre of artists that comprise Sync Gallery. Cost: Free</p>

Pueblo and Surrounding Events

Preschool Storytime	Where: 24644 E US Highway 50, Pueblo – Giodone Library When: Monday, March 7 th , 14 th , 21 st , 28 th , 11:00am-11:30am Saturday, March 5 th , 12 th , 19 th , 26 th , 10:30am-11:00am What: For ages 3 and up. Cost: Free
Maria's Kitchen Live! – Irish Soda Bread	Where: 100 E Abriendo Ave., Pueblo – Rawlings Library (Main Branch) When: Thursday, March 17 th , 12:00pm-1:00pm What: Learn how to make Irish Soda Bread Celebrate St. Patrick's Day with this wonderful and easy recipe for Irish Soda Bread. This recipe comes from one of our digital books in our collection called <i>Irish Puddings, Tarts, Crumbles, and Fools: 80 Glorious Desserts</i> by Margaret M. Johnson. This dish would be a great companion with Irish Stew, a recipe I made for you in March of 2021 on the Rawlings Facebook Page and the Rawlings Youtube Channel. Cost: Free
Teen Hangout	Where: 100 E Abriendo Ave., Pueblo – Rawlings Library (Main Branch) When: Tuesday March 1 st , 8 th , 15 th , 22 nd , and 29 th , 4:30pm-6:30pm Thursday March 3 rd , 10 th , 17 th , 24 th , and 31 st , 5:00pm-7:00pm What: Teens ages 13-18 join us in the teen zone for snacks and a fun activity, as well as just spending time together! Cost: Free
Beginning Tai Chi	Where: 298 South Joe Martinez Blvd, Pueblo West – Jerry King A When: Mondays and Wednesdays, March 2 nd , 7 th , 9 th , 14 th , 16 th , 21 st , 23 rd , 28 th , and 30 th , 1:00pm-2:00pm Cost: Free
Jammie Storytime: In Person	Where: 298 South Joe Martinez Blvd, Pueblo West When: Thursday, March 3 rd , 10 th , 17 th , 24 th , and 31 st , 6:30pm-7:00pm What: This Storytime is recommended for all developmental ages and caregivers. Bring your pillows, wear your coziest clothes, and unwind from the day by listening to stories and singing songs together. This Storytime is recommended for all developmental ages and caregivers Cost: Free
Lorina's Crafts – Fairy Glass	Where: 24644 E US Highway 50, Pueblo – Giodone Library When: Wednesday, March 23 rd , 5:00pm-6:00pm What: Create a one of a kind Fairy Glass, while supplies last. Cost: Free
Tina's Makerspace: DIY Hanging Tin Can Flowers Pots	Where: 1315 East 7 th Street, Pueblo – Patrick A. Lucero Library When: Wednesday, March 23 rd , 2:00pm-6:00pm What: Come to the Makerspace Table and see what we have going on! Cost: Free
Chair Yoga	Where: 298 South Joe Martinez Blvd, Pueblo West – Jerry King B When: March 1 st , 3 rd , 4 th , 8 th , 10 th , 11 th , 15 th , 17 th , 18 th , 22 nd , 24 th , 25 th , 29 th , 31 st , 9:00am-10:00am What: Chair Yoga Cost: Free
After School Movie: Cruella	Where: 24644 E US Highway 50, Pueblo – Giodone Library When: Thursday, March 31 st , 4:30pm-6:30pm What: Snacks provided. Cost: Free
Random Acts of Crafting	Where: 2525 South Pueblo Boulevard, Pueblo – Lamb Meeting Room (Lower Level) When: Thursday, March 24 th , 2:00pm-4:00pm What: Celebrate National Crafting month at Lamb. Join us downstairs at Lamb. Knitting , sewing, beading, scrapbooking, you name it we can craft it! Masks and Social Distancing. Please Register Cost: Free