



POUDRE SCHOOL DISTRICT

Integrated
Services

PSD Transitions Newsletter:

*serving elementary school through
post-high school students*

MAY 2017

PSD Transition Services

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Dear Students, Family and Staff Members,

With the 2016-2017 school year drawing near, students are thinking of time away from the pressures of school work and more time for fun! This edition of the Transition Newsletter addresses the topic of recreation, provides information about the benefits of recreation, and provides some varied resources to access recreational activities. As the first article mentions, recreational activities can help children and adults explore interests, build new skills, build friendships and heighten creative abilities. This is just a short list of the benefits of recreational activities!

Recreation is not just about summer activity, and should be built into our typical routines year-round, whether it is recreational reading, physical exercise, or the challenge of being part of a sports team. PSD Unified sports programs provide opportunities for many students to build new skills and friendships resulting in increased self-confidence and self-worth and of course school pride. The programs started in the High Schools with basketball and have expanded to Middle School and added additional sporting events.

We hope you have enjoyed these first 3 editions of the Transition newsletter and we plan to have at least 4 editions focusing on topics in Transition during the 2017-2018 school year. Remember, the newsletters are posted on the PSD-Integrated Services website and can be accessed and shared! Let us know if you have topics you would like us to dig into for future editions!

Have a wonderful summer – and try exploring something you’ve always wanted to do or have wondered about!

Romie Tobin, PSD Transition Coordinator



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Developing Recreation Skills in Persons with Learning Disabilities

selected excerpts Lorraine C. Peniston Sagamore Publishing 1998. Forward written by Regina Cicci, Ph.D.

Perhaps nothing reveals so much about individuals as how they choose to play - how they invest their time and energy for leisure time. Leisure is that time free from demands of school, work, or required activities of daily living. Everyone needs regular recreation that

develops skills, promotes good health, relieves stress, facilitates social interactions, and provides a general joy for living.

BENEFITS OF RECREATION PARTICIPATION

Why should a person with learning disabilities engage in recreation activities? Simply because they can derive many benefits from recreation participation. One benefit is learning from the experience. When the recreation activity experience has captivated the participant, this individual brings particular personality styles of learning, motivation, and expectations about the experience to the setting. The person faced with a specific environment, interpreted by the person or not, promotes one or more learning experiences. These learning experiences can be motor learning, understanding game directions, or performing a skill, all to meet the demands of that setting. These experiences may come from involvement in a structured recreation program and may be exhibited as part of the information outcomes of participation. Researchers in the field of learning and educational psychology have discovered a variety of learning outcomes. The following outcomes can be present because of participation in recreation activities: behavior change and skill learning, direct visual memory, information (factual) learning, concept learning, schemata learning, metacognition learning and attitude, and value learning (Roggenbuck, Loomis, & Dagostino, 1991).

The physiological benefits of recreation participation were derived from studies where people engage in physical activity of some kind (e.g., exercise, cycling, swimming, walking, jogging, running, hiking, weight lifting, etc). Specific results from involvement in a physical recreation activity are an increased lung capacity, reduced resting heart rates and lower blood pressure levels. Other benefits consist of decreased body fat mass, increased lean body mass, increased muscle strength, and improved structure and function of connective tissues (ligaments, tendons, cartilage) and joints. Weight-bearing and strength-building activities help sustain bone mass and reduce the incidence of trauma-induced fractures (Paffenbarger, Hyde, & Dow, 1990). Moderate physical recreation activities are known to reduce the symptoms of mild or moderate depression and anxiety through improved self-image, social skills, and mental health (Taylor, Sallis, & Needle, 1985).



Noted psychological benefits of recreation activity are as follows:

- perceived sense of freedom, independence, and autonomy
- enhanced self-competence through improved sense of self-worth, self-reliance, and self-confidence
- better ability to socialize with others, including greater tolerance and understanding
- enriched capabilities for team membership
- heightened creative ability
- improved expressions of and reflection on personal spiritual ideals
- greater adaptability and resiliency
- better sense of humor
- enhanced perceived quality of life
- more balanced competitiveness and a more positive outlook on life

(Academy of Leisure Sciences & Driver, 1994)



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Involvement in recreation activities releases stress and tension from the perils of society. Braum (1991) recalls the findings of researchers that state, "relaxation tends to alleviate many of the symptoms of stress. Activities that fill leisure time, performed within a group, strengthen social support ties known to negate stress" (p. 407). The idea of choice in leisure presents opportunities where one can recreate.

Worksheet abbreviated form of Cognitive Leisure Indicator Instrument Author: Lorraine C. Peniston, Ph.D., CTRS

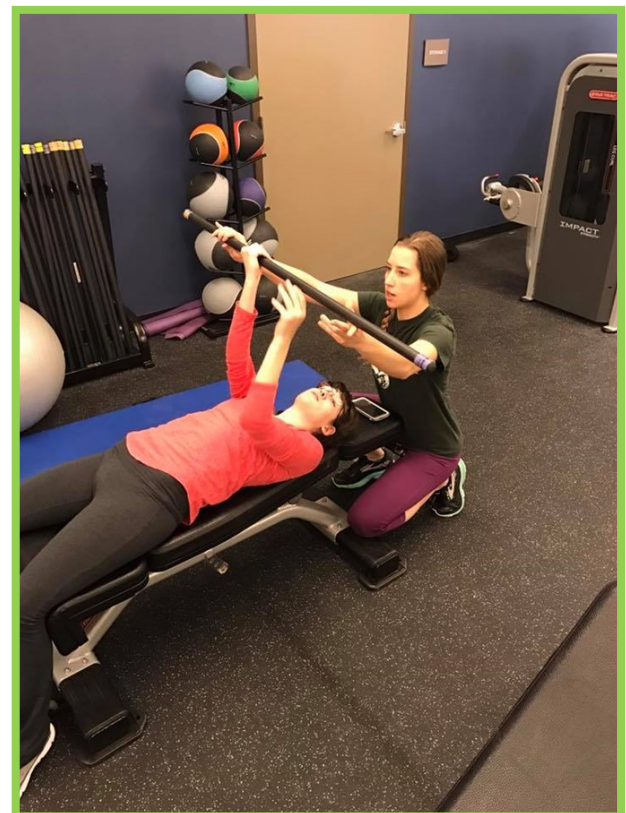
Ideas for Helping Students Pursue Recreation/Leisure Activities

Elementary and Middle School

- Focus on human relationships and develop good social skills at home and school.
- Ensure that accessibility issues or adaptive equipment (i.e. communication, wheelchairs) needs are being addressed.
- Make a list of your students' interests
- Look at joining a program such as Best Buddies/CSU Program or Hearts and Horses
- Model your own interests and include your student
- Find classes in the Fort Collins Recreator in your students' interest areas.
- Provide Opportunities to make friends; playdates, outings in the community

High School and Post High School

- Discuss transportation options and plan for community access; driving, bus training, Dial a Ride.
- Try a new hobby-biking, gardening, dance, pottery, music lessons, horseback riding, sewing, and cooking
- Find and check out volunteer sites within the community.
- Explore school groups like choir, theater, yearbook, clubs, sports
- Join a high school club such as drum club, connection club, card club
- Join a fitness club or gym
- Connect with adult service providers and begin to visit PASAs (Program Approved Service Agency) to find the best match.
- Ensure that you have a plan for medical/health coverage



Business Spotlight—Anytime Fitness

Poudre School District’s Project SEARCH Program would like to recognize Anytime Fitness for their commitment to supporting Project SEARCH interns who have an interest

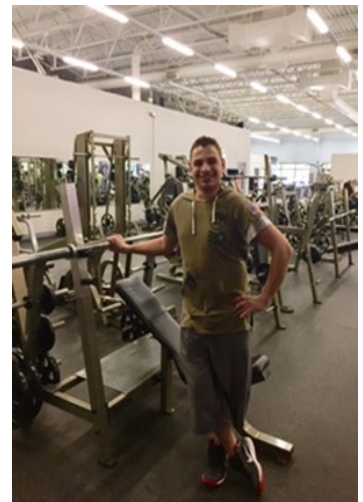


in working in the fitness community.

Chris Cattolica, Manager, and Ron Stuart, Owner, have provided opportunities for our students to intern with them, learn about the fitness business, and be part of their fun team.

Anytime Fitness hired a Project SEARCH intern in 2015 and the student, Cristian, has been successfully employed

there for over 2 years. They hired Cristian to support their organizational and custodial needs in order to provide the best experience for their clients. Both Ron and Chris attended a training to learn strategies for supporting Cristian and his unique hearing needs. They have gone above and beyond to support Cristian and the Project SEARCH Team. **Thank you!**



Cristian

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



Visit arclc.org for more information.



Kim's Story

This is Kimberly Nelson's second time accessing SWAP services to help find employment. After nearly eighteen months of stable, full time employment with Ruby Tuesday, Kim found herself without a job. Ruby Tuesday closed its doors at numerous sites, one being Kim's. Kim worked primarily in the back of the house maintaining the very popular salad bar. At times, Kim completed double shifts when the restaurant was short staffed and always went in with a positive attitude. Knowing what these shifts required, Kim wanted to take a slightly different approach in her next job venture. Kim's preference, if possible, was to have a set schedule with a specific time when she would be released from her shift. With Ruby Tuesday, Kim never quite knew when she was getting off, making it difficult to attend any family activities and figure out transportation.



Kim was assigned the same SWAP Specialist, Chris Jobin, as before. Very quickly, Kim came upon a great opportunity at the Colorado State University (CSU) Dining Hall. However, this employer relationship was new to SWAP and came with some unique hiring practices. After practicing interviewing and updating Kim's resume, Kim had a very brief interview with the CSU kitchen manager. Kim was hired on the spot, given a schedule and uniform. Kim was also given a packet with multiple steps she would have to complete, prior to starting. One of these steps was a physical in which Kim had to pass several weight lifting requirements. Right around this time, another SWAP participant, who just found employment at the same dining hall, failed her weight lifting tests and was sent to a physical therapist to increase her strength. Having learned this, Chris suggested DVR have Kim be evaluated to make sure Kim could pass the strength test. DVR arranged for Kim to be assessed of her weight lifting ability and it showed Kim was not ready for the CSU test. Kim then paid for several sessions with the physical therapist, on her own, to gain more strength and proper lifting techniques. Kim took the CSU test and passed! Chris and Kim then focused on the bus routes for Kim to get back and forth to work, as well as, navigating the huge CSU campus so Kim would not get lost. Chris and Kim practiced the route from where Kim was dropped off to her CSU dining hall kitchen. Kim quickly gained the confidence to travel on her own.

Kim is now working the lunch shift at the dining hall, serving the CSU students from different food stations. Kim is very quiet and shy so serving several hundred students is a little daunting. Chris and Kim practiced small talk and Kim is becoming more and more comfortable greeting the students and wishing them well. Kim reports liking the predictability of her job, the low stress, the set schedule, getting off at the same time each day and her supervisors. Kim does miss her old co-workers, though, as the dining hall has so many new faces that Kim rarely sees a repeat face. Kim wants to master her serving stations before moving onto food prep in the back. They do have a salad bar and Kim is interested in one day maintaining it. Kim likes that she does not have the same restaurant pressures and is encouraged by her supervisors to move at Kim's own pace. We're super proud of Kim for hanging in there as the time from when she was initially hired to actually starting was a span of several months. Kim never gave up and always had a positive attitude through this experience.

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Poudre School District Unified Sports Unified Sports will start again Fall 2017

Poudre School District (PSD) Unified Sports is a program in which students with and without intellectual disabilities participate in inclusive school sports. Part of the mission for students with disabilities in PSD is for our students to realize meaningful outcomes in an inclusive and collaborative environment...Unified Sports is a program that helps to support that mission.



Currently, we have over 100 student athletes and partners participating in Unified Sports during all seasons of the school year at Fort Collins High School, Fossil Ridge High School, Poudre High School, and Rocky High School. During the fall students can participate in Unified Cheerleading or Unified Flag Football, during the winter students can participate in Unified Cheer or Basketball, and during the spring students can participate in Unified Soccer.

Unified sports games are positive, competitive, supportive, exciting, and some of the best attended sporting events in Poudre School District. Attending a Unified game provides the audience the opportunity to view people with disabilities as people with abilities. Organizers hope to expand into middle schools in Poudre School District in the coming years.

For more information about Unified Sports please contact your neighborhood high school or Erin Coy at ecoy@psdsc.hools.org.



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Ideas for Recreation/Leisure Activities in Fort Collins this summer City of Fort Collins Adaptive Recreation Opportunities

Renee Lee, CTRS, Therapeutic Recreation Supervisor since 1998

The Adaptive Recreation Opportunities (ARO) program is part of the City of Fort Collins Recreation department and strives to ensure that people of any age with disabilities have the necessary support to participate in any recreation program of their choice and also have options for adaptive programs that are coordinated by ARO 's therapeutic recreation staff. We're advocates for Health, Fun and Adventure for all.

Recreation is such a great way to meet new friends, have fun, do healthy activities and be part of your community. It can also help you build skills that transfer to your work, home and school, it's an important part of everyone's life!

All of our programs and services are listed in the Recreator brochure and are under the heading Adaptive Recreation Opportunities. www.fcgov.com/recreator You can register for any program by calling or stopping by the front desk of any of our recreation centers; Sr. Center, EPIC, Mulberry Pool, Northside Aztlan. There is a fee associated with each class and is required upon registration. There is also a reduced rate application that you can fill out if you live within the City limits. If qualified, this will allow for reduced fees for classes and facility use. Let us know if you have financial needs and we can work with you. An ARO staff person will also send you a "Participant Information Form", if you are new to our program. This is good for 3 years and includes safety and emergency information.

Adaptive Program offerings: You can find complete information about ARO programs in the Recreator, Pages 14-18 and on our webpage fcgov.com/aro .

You can also sign up to receive our e-Newsletter that will inform you of each season's programs.

(continued on next page...)



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City of Fort Collins Adaptive Recreation Opportunities, continued...

I hope you check out the website, but I wanted to **highlight a few programs that are geared for young adults.**

- Unified Softball League- Monday nights, all summer are spent at Rolland Moore Park Ballfields, while 2 divisions (12 teams) of Unified softball teams play. It's also a great social event and every athletic ability is welcome. **This is a Special Olympics program that ARO runs**, we coordinate most of the team sports and leagues, while volunteer coaches still coach athletics and swimming. Softball starts May 15 so register now!
- Fathers Day 5K Roadies- Thursdays, June 1-16 and Sun June 18. Team up with ARO to help put on their annual fundraising event. Learn group involvement skills and event preparation, as you are part of our team! Father's Day, June 18th, is the event and is a great time for all!
- Alternative Yoga- New- Wednesdays starting June 7, 1:30-2:15 PM, Northside Aztlan Center. A new yoga class led by yoga instructor, Janel Matthias will provide modified practices specialized for people with sensory issues, autism or other, to teach breathwork, stretching, balancing and standing poses.
- Smart Phone Photography- Tuesdays, June 27- July 25 6:30-8:30 PM, Sr. Center. Learn how to use a lot of different features on your smart phone and incorporate artful photography practices. Chelsea McGowan is teaching this course and will include field trips, editing and production.
- Coop Poudre Raft Trip- Friday, 7/28, 7:00 AM-2:00 PM , For young adults and teens 16-25 yrs. We'll join with our Front Range Friends from other cities like Boulder and Denver to go on an exciting Poudre River Raft trip! Rocky Mountain Adventures (RMA) is our professional river guides and do a fantastic job!
- Poudre Raft Trip-(another option) also with RMA, Saturday, July 15, 17:30 AM-1:30 PM
- Monthly Theme Dances! April 28, May 19, June 30, July 28, August 25, the last Friday (mostly) from 6-8 PM Sr. Center, \$4 at the door.
- S'More Outdoors- Saturday, Aug. 5, 2-9 PM, leave from Sr. Center. An evening of campfire, songs, games, beautiful Red Feather Lakes. Everything, but sleeping overnight!
- Nachos and Night Games- Friday, June 9, 6-8:30 PM, SC- Kicks off the summer with all of your friends!
- Rockies Game- Thurs. July 6, 10:30 AM-6:00 PM
- Dive In Movie- Friday, Aug. 18 5:30-8:00 PM, Go swimming at City Park Pool, then watch a flick in the newly renovated Club Tico.

If you have questions or need assistance in making your recreation and leisure choices, then we can meet with you to discuss recreation opportunities. We can help design the next steps for you to take to get on your way to getting involved, meeting new people and living a healthy and satisfying lifestyle.

Don't hesitate to contact us directly!
Renee Lee, CTRS- rlee@fcgov.com, (970) 224-6027

Becca Heinze, CTRS, Ma.S Ed,
bheinze@fcgov.com, (970) 224-6125

Brenda McDowell, Unified Sports Manager,
bmcowell@fcgov.com, (970) 416-2024



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SWAP Summer Activities

June 15th

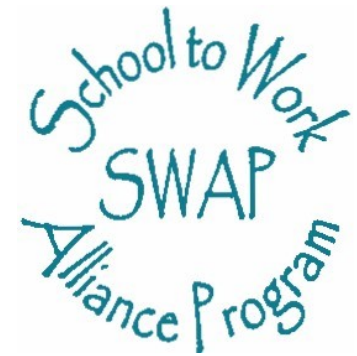
Volunteer Event with United Way

Time: Noon - 1:00pm - Pizza lunch will be provided

Meet at: SWAP office, 1630 S.Stover St. - PSD Partnership Center Building

Host: Jean K. Greuel

RSVP to Jean at 490-3286



June 28th

Scavenger Hunt - Downtown

• Time: 1:00 - 3:00 p.m.

Meet at: SWAP office, 1630 S.Stover St.- PSD Partnership Center Building

Host: Jean K. Greuel

RSVP to Jean at 490-3286

July 26th

Scavenger Hunt - Midtown & South

• Time: 1:30 - 3:30

Meet at: SWAP office, 1630 S.Stover St. - PSD Partnership Center Building

Host: Jean K. Greuel

RSVP to Jean at 490-3286

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Colorado Youth Outdoors

Colorado Youth Outdoors is Where Relationships Grow! CYO exists to build relationships through traditional outdoor recreation. We strengthen relationships between youth and their parents, teens and significant adults, youth with their peers, families, and all of our clients with the amazing natural resources in Colorado. At Swift Ponds, our 240 acre outdoor education and recreation facility, we build relationships through traditional outdoor recreation, including fishing, fly tying, archery, shooting sports and so much more. Providing an environment that fosters relationships, and providing the time to learn and enjoy outdoor recreation, is the truly unique gift of CYO. CYO has grown from a school based evening program to a site based regional program in Northern Colorado serving multiple communities and the youth and families within them. The programming we provide creates fun, lasting memories, and a lifelong love of the outdoors.



**Special Olympics
SUMMER GAMES**

Athletes are the core of the Special Olympics movement and the meaning behind everything we do through our association with Special Olympics Colorado.

Special Olympics Colorado athletes participate in a variety of competitions at the local, area, state, and international level. Special Olympics Colorado hosts more than 100 competitions. And, we have unique training events like the Denver Nuggets all-team clinic exclusive to Special Olympics athletes and a Unified soccer team that travels with the Colorado Rapids!



***Special
Olympics
Colorado***

Please visit <http://www.specialolympicsco.org/tag/summer-games/> for the summer calendar.

Fort Collins Downtown Downtown Sessions Concert Series

Jun 3, 2016 - Oct 6, 2017

A Friday evening concert series on the Old Town Square Stage that features a diverse line-up of small-medium sized Colorado musical acts. The concerts are FREE and open to the public.

When:

June 2nd, July 7th, August 4th, September 1st, October 6th

Event Hours: 7:00 pm – 10:00 pm

Location: Old Town Square

Price: Free to the public

Taste of Fort Collins

Jun 9, 2017 - Jun 11, 2017 This three-day festival offers attendees food from local and national restaurants, entertainment from regionally and internationally acclaimed musicians, and an eclectic display of fine artisans work as well as the region's best crafters.

Visit www.TasteofFortCollins.com for vendor applications, tickets, schedules and more.

Lagoon Summer Concert Series - Every Wednesday 6-8:30 pm June 14th-August 2nd

<http://lagoonseries.com/>

Fort Collins Natural Areas Calendar of Events - <https://engage.fcgov.com/D/NA/Calendar>

Some events include Astronomy and Skygazing, Poudre River Clean Up, National Trails Day and many more!

**Welcome to the Colorado Concours d'Elegance & Exotic Sports Car Show*****START YOUR ENGINES! THE CROWDS ARE COMING ON JUNE 11, 2017***

Ability Connection Colorado's Annual Colorado Concours d' Elegance and Exotic Sports Car Show—one of the premiere car shows in the Rocky Mountain Region is almost here. The Colorado Concours is an annual event showcasing nearly 500 rare sports and classic cars, early collectibles and the latest exotics provided by local and regional car clubs. Many of these cars venture out only once a year to help Colorado children. These prestigious beauties are treasures that few people ever get to experience.

This family-oriented event draws more than 14,000 participants/attendees and features delicious food, live music, exhibitors, vendors, and fun for everyone!

Proceeds from this spectacular event go to Ability Connection Colorado's Creative Options for Early Childhood Education Centers. The education centers provide early care, intervention, prevention, support and education services to at-risk Colorado families and nearly 700 infants, toddlers and pre-school children each year. Children receive developmental screenings and assessment services, individualized mental health services and other services tailored specifically to their learning. The wait-list consists of an average of 850 children annually.