Reopening on May 11, 2020

Although we are re-opening, we want to remind you that Gov. Polis has implemented “Safer at Home”. This means that we encourage all participants to cancel or decrease the frequency of services based on your need for bodywork as well as your individual health conditions and level of risk and vulnerability.

For those who are on a Medicaid waiver and not responded to Maggie’s email or Mackenzie’s call, please respond and know the will add you to the schedule based on availability.

On-site COVID-19 Protocols

The Chanda Center for Health will re-open for Medicaid waiver services only with some strict protocols defined by our health department. For the month of May, all providers, staff, and participants must follow these safety protocols while at the Chanda Center for Health

- Everyone must complete and pass COVID-19 screening prior to entering the building. **You will not be allowed in the building if:** (1) You have a temp of 99 degrees or above. (2) You have been within 6 feet of a person or had direct contact with their mucus or saliva with a lab-confirmed case of COVID-19 in the past 14 days. (3) In the last 48 hours, you have had a Fever of 100.5 F (38 C) or above or possible fever symptoms like alternating shivering and sweating. (4) New trouble breathing, shortness of breath or severe wheezing. (5) New cough or sore throat (6) New chills (7) New muscle aches (8) Diarrhea (9)New loss of smell or taste, or a change in taste. **If you do, please cancel your appointment in advance, we don’t want you to make an unnecessary trip.**
building. This means if you wish to be face down for massage or other services, the mask must remain on. Modifications to your session and positioning can be made to accommodate your ability to receive services while also meeting mask-wearing requirements.

- Sanitize and wash hands upon entering the building and throughout the day.
- Maintain a 6 ft distance to others as much as possible.
- The coffee and tea station in the tea bar will be removed.
- Providers MUST wear gloves while providing services, including massage.
- Treatment tables will be wiped down after every session.
- Providers and staff will wear gloves every time assisting a participant in the restroom.
- IF YOU HAVE TRANSPORTATION: You must wait in your car until your appointment. You must call us when you arrive to complete the COVID-19 screening before entering the building.
- IF YOU USE PUBLIC TRANSPORTATION: There will be squares taped on the floor indicating where you can wait for your appointment. This will be to ensure safe distancing.

May Online Classes

Join us for free online weekly meditation classes! Discover how meditation empowers us to access a deeper sense of inner peace, happiness, and well-being, feeling genuinely and consistently good on the inside. Connecting to the natural peace and joy within our mind opens us up to recognizing and identifying with the potential for happiness, inner strength, and other good qualities that exist within each one of us. Taught by Kadampa Meditation and sponsored by a generous donor, we will provide you with a new link and password each week to access a 30-minute meditation class.

Click Here to Join
Password: intention713

https://mailchi.mp/88eb11542f1/15-years-3863236?e=[UNIQID]
Free Harmonious Balance Workshop: Exercise, Self-Massage, Breath Work

The Life Journey Fitness & The Source Chiropractic will teach you simple strategies you can do at home that are rooted in Qi Gong & Tai Chi that address posture, upper and low back pain, neck pain, and headaches. The four workshops will be offered on May 7th, May 12th, May 14th, and May 19th. For more details or to sign up, please click here

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Peer & Family Mentor Program

The Christopher & Dana Reeve Foundation would like to invite you to become a certified peer mentor with the Christopher & Dana Reeve Foundation. Peer mentors help people living with paralysis and their family members/caregivers by offering them support, guidance, and information.

The training and certification process to become a Reeve certified peer mentor consists of submitting an application, attending a peer mentor training, and agreeing to a code of conduct and a background check.

They have scheduled a virtual peer mentor training specifically for family members/caregivers of individuals living with paralysis on Wednesday, May 27th, 2020 from 12:30 PM to 5:00 PM Eastern Time. The training will be conducted via videoconference so that participants can attend from their homes or offices. In order to participate, you will need to have the following equipment available: (1) a computer with a broadband/high-speed internet connection (2) a video camera (attached to the computer) (3) a microphone and speakers or a phone to connect to the videoconference’s audio.

If interested, please complete this short online application. Please disregard the note on the webpage stating that applications are not being accepted. After filling out the online application, you will receive a welcome email with additional information about the training. The deadline for submission of applications is May 20th.
Starting July 1, 2020, Rocky Mountain Human Services Replaces Colorado Access Long Term Support Services.

Rocky Mountain Human Services will be taking over the Single Entry Point Contract for Colorado Access beginning July 1st. What does this mean for participants on the SCI waiver? Essentially, nothing. You will most likely have the same Care Manager that you did at Colorado Access, but now they will be with Rocky Mountain Human Services, and your services will not change. Your Care Manager should be reaching out to you to tell you more information. Please check out the RMHS website for more information, or reach out to your Care Manager directly. CLICK HERE TO LEARN MORE

Wheelchair Van for Sale

1998 Dodge Ram (rear entry) wheelchair van for sale for $4,950. It has high mileage but is mechanically sound (previous owner's husband is a mechanic). If interested, please email Lilah Stoel at able1955@gmail.com and she will send pictures. Van is located in Colorado Springs.

COVID - 19 : Stay Informed!

Currently, the Chanda Center for Health is staying informed via responses within our community. Please visit our webpage dedicated to COVID-19 in order to keep yourself informed.

Click Here
You can update your preferences or unsubscribe from this list.