

Supplement: Resources

Last Updated 5/10/21

This reference list is compiled through the multi-disciplinary team working out of the UCH Neurology Supportive and Palliative Care Clinic, which includes recommendations from patients and family members of this clinic whom have used particular services and found them helpful.

Downloadable and extra copies of this booklet may be found at Neuro-Palliative Care website as well as additional local resources.

<https://medschool.cuanschutz.edu/palliativecare>

Mental & Spiritual Practices

Mindfulness Based Stress Reduction

UCHealth Integrative Medicine Clinic, phone 720-553-2750, specializes in many different complementary and alternative medicine therapies with conventional care, including MBSR, massage therapy, nutritional counseling, psychological counseling, biofeedback, traditional Chinese medicine, pharmaceutical/herbal counseling, spiritual counseling, chiropractic care and health and wellness consultations. Provider referrals are needed for insurance coverage.

<https://www.uchealth.org/Pages/Services/Integrative-Medicine.aspx>

Kasier Permanate Integrative Medicine Clinics. <http://www.kpccm.org/>

Kaiser Permanente Center for Complementary Medicine has several locations in Colorado. They offer mind-body and MBSR classes, chiropractic care, acupuncture, and therapeutic massage among many other services.

Meditation Centers and Contemplative Prayer

There are a number of meditation centers in Colorado including the Shambala Center <http://denver.shambhala.org/>; KMC CO, <https://meditationincolorado.org/>, and Contemplative Outreach in Colorado. <http://www.contemplativeoutreach-co.org/>
<http://www.contemplativeoutreach.org/>

UQ Mindfulness. Local Denver based practice that offers private individual, and group sessions for all ages, including children, teens, and families, (516) 361-4943

<https://uqmindfulness.com/>

The Center for Mindful Self-Compassion, <http://www.centerformsc.org/>

Center for Mindfulness in Medicine, Health Care, and Society.

University of Massachusetts Medical Center, <http://www.umassmed.edu/cfm/>

Atlas of Emotions. <http://atlasofemotions.org/>

“The Dalai Lama imagined ‘a map of our emotions to develop a calm mind.’ The goal is to gain better control over what triggers your emotions and how you respond.”

Ignatian Examen. <http://www.ignatianspirituality.com/>

San Francisco Zen Center, offers helpful chants, <http://www.sfzc.org/>

Information for patients and families *Neurology Supportive and Palliative Care Clinic*

UCLA Mindful Awareness Research Center – has video modules for learning about meditation
<http://marc.ucla.edu/>

The Center for Compassion and Altruism Research and Education, <http://ccare.stanford.edu/>

Pain and Meditation

American Chronic Pain Association
https://www.theacpa.org/acpa_maze/relaxation-guide/

There are quite a number of articles, books, and You Tube videos on meditation and pain management, we've listed a few, yet encourage you to research and explore others:

[Mindfulness Solution to Pain](#) by Jackie-Gardner-Nix

<https://www.theatlantic.com/health/archive/2014/04/treating-chronic-pain-with-meditation/284182/>

<https://www.psychologytoday.com/us/blog/experimentations/201711/how-mindfulness-based-interoceptive-exposure-pain>

<https://www.psychologytoday.com/us/blog/turning-straw-gold/201110/4-techniques-help-physical-pain>

There are many helpful **YouTube Stations, Websites** and **Apps** on Meditation, Gratitude, and Prayer to help guide and create structure. Peruse the App Store, start your search by trying some of these:

- Grid Diary (Gratitude Journal)
- Insight Timer, Pacifica Meditation, Calm, Headspace, Ten Percent Happier, Tara Brach (Meditation)
- Happify (improve emotional health and well-being)
- ThinkUp (positive affirmation and motivation daily)
- Worry Box (anxiety self-help)
- Personal Zen (stress reduction)
- Plasticity (work-specific happiness)
- Pay it Forward, Nobly (helping others)
- Breathe2Relax (mindful breathing)
- Examen, Contemplative Prayer, Hallow (prayer)

YouTube videos for guided meditation for children

- Guided Relaxation Meditation for Children: Your Secret Treehouse (New Horizon)

UCHealth EnhanceWellness Classes

Six months of wellness support through optional weekly classes, personal health coaching for nutrition, weight management and health challenges, self-paced exercise support and peer connections. Enrollment is ongoing.

- Cost is \$125 for full 6 month program (Some scholarships may be available)

“If you have a chronic condition, or feel you are losing control of your health, the idea of feeling well may seem like only a dream. When pain, fatigue, medications and doctor visits rule your life, realizing that dream can be difficult. The EnhanceWellness program is a proven, evidence-based program, full of tools to help you gain confidence and empower you to make changes and better manage your health or chronic condition. An EnhanceWellness registered nurse and registered

Information for patients and families *Neurology Supportive and Palliative Care Clinic*

dietitian team gives you guidance, education and support to make positive changes in nutrition, weight management, medication management, physical activity, symptom management and improve mental health.”

Julie Knighton, RN, 970-495-7335
Deanna O’Connell, RD, 970-495-7523
UCHealth Community Health Improvement Department

UCHealth Living Well Class Options

Classes are held for two and a half hours once a week for 6 weeks and are facilitated by two trained leaders. You’ll receive program materials, useful tools and resources. There is no fee for this program.

- Living Well with Chronic Conditions - Living a healthy life with one or more chronic conditions involves learning self-management skills to help you function at your best regardless of your chronic condition. This class gives you practical skills and tools to help manage symptoms, set goals, problem solve, stay active and enjoy life.
- Living Well with Chronic Pain - This 6 week class presents different techniques and tools to help you better manage your pain so that pain doesn’t control your life. You’ll learn tips to help you better manage your symptoms and become more active and involved in life. Workbook included.

Ellen Pihlstrom, Health Educator, 970-495-7509
UCHealth, Community Health Improvement Department

Biofeedback

UCHealth Integrative Medicine Clinic, phone 720-553-2750

Loving-kindness Meditation and Smiling Meditation

The Center for Compassion and Altruism Research and Education. Stanford University.

<http://ccare.stanford.edu/education/about-compassion-cultivation-training-cct/>

YouTube videos for self-compassion:

- 10-Minute Guided Meditation for Self-Compassion. (Live Sonima)
- Loving Kindness Meditation to Develop Mindfulness and Compassion. (WiseMindBody)
- Guided Mindfulness Meditation on Compassion. (Mindful Peace)

Aromatherapy

A study that has proposed that burning certain herbs results in higher alertness and mental energy

<http://www.webmd.com/balance/features/negative-ions-create-positive-vibes>

Medical Hypnosis

There are a number of certified hypnotherapists in Colorado.

Kimberly Love, certified Medical Hypnotherapist, 303-956-8840
Email: Kimberly@soullica.com
www.soullica.com

Mental Activities and Computer Apps

There are many card games, puzzles and other mental activities that may help stimulate mental activity. We've listed some:

Neuroracer	Game show
Luminosity brain trainer app and website	Talking Tom 2
Math vs. brain	Nymbbl
Mindgames	Iridis
Sudoku by EA	Timeless
Sleep cycle alarm clock	Mindmate
My reef 3D	A Walk
Game Changer (app)	
A Walk through Dementia (app)	
Alzheimer's Society Talking Point Forum (app)	

The Alzheimer's association "Game Changer" app helps promote research on dementia while providing mental stimulation. People play free brain games while information is sent to the Alzheimer's association. In addition, some organizations such as neuroscape are actively designing apps for those with cognitive impairments.

Creative Practices

Gratitude

Mental Health America

Simple and creative ideas to promote resilience and positive thinking

<http://www.mentalhealthamerica.net/stay-positive>

Music Therapists'

There are many music therapy programs across Colorado. Find music therapists in your area, across the state of Colorado.

Angela Wibben, MM, MT-BC, is a board-certified music therapist and has been practicing within adult and pediatric medical settings throughout her professional career. She has experience as an integral member of hospital interdisciplinary teams for pediatric and adult oncology, ICU/PICU/NICU, pain management, bereavement, and general medical/surgical units. Angela has additional professional training and experience in hospice and palliative care, neurologic music therapy, NICU and medical music therapy protocols, as well as drum circle facilitation. Contact Angela through the Creative Arts Therapy Program, Cheryl Balchunas at 303-724-6871 or Cheryl.Balchunas@ucdenver.edu

Colorado Association for Music Therapy. <https://musictherapycolorado.org/>

American Music Therapy Association. <http://www.musictherapy.org/>

Neuro Rhythm Music Therapy Services. <https://neurorhythm.com/>

Rehabilitative Rhythms Music Therapy, Aurora. <http://www.denvermusictherapy.com/>

Palliative Care Network of Wisconsin Fast Facts on Music Therapy

<https://www.mypcnw.org/blank-hfptr>

Art Therapists'

Many art programs exist in a variety of community centers.

Information for patients and families *Neurology Supportive and Palliative Care Clinic*

Amy Jones, registered art therapist and licensed professional counselor in the state of Colorado. Amy has extensive experience working with patients and families in medical settings, and she believes that the creative process is accessible to all people to promote hope and healing. Contact Amy through the Creative Arts Therapy Program, Cheryl Balchunas at 303-724-6871 or Cheryl.Balchunas@ucdenver.edu

Gail Opsahl, BFA, MA, Art Therapist, 720-848-2450
Gail has worked with UCH, provides fun, and inspiring hands-on art activities.

Singing/Music

Parkinson Association of the Rockies, 303-830-1839, Tremble Clef's Singing Classes,
Parkinson Association of the Rockies, Good Vibrations Music Classes

Relational Practices

Counseling

There are many counseling centers and agencies across the state of Colorado, including county based mental health networks, private practices, and faith based mental health organizations, clinics, and counseling centers. The following is a small list of providers who have been recommended by our patients and their families. Request additional handouts from our clinic providers for mental health providers.

Psychology Today Therapists

<https://therapists.psychologytoday.com/rms/state/Colorado.html>

Allows you to filter according to various parameters such as location, age, gender, sexual orientation, insurance, specialization, experience, and faith based preferences, etc.

Theravive

<http://www.theravive.com/cities/locations.aspx>

A network of independent counselors and clinics throughout North America who provide compassionate and competent therapy to people everywhere. Allows you to filter according to various parameters such as location, age, gender, sexual orientation, insurance, faith based, etc.

If **Medicaid** then: **DU Professional Psychology Center**: 303-871-3626.

Aurora

UCH Outpatient Psychiatry 303-724-1000

UCH Integrative Medicine Clinic 720-553-2750

Geriatric Mental Health Outpatient Clinic is housed under the Psychiatric Consultation for the Medically Complex Clinic (PCMC).

UCH Outpatient Psychiatry Clinic, Building 500
13001 E. 17th PI, 2nd floor, west wing.

We offer comprehensive mental health care for older adults and aging families. Our services are typically brief, including:

- Consultation, evaluation, and treatment Planning for mental health concerns among medically complex older adult patients and their family care partners.
- Consultation, evaluation, and treatment planning for adult patients experiencing psychiatric symptoms as a result of a progressive neurocognitive disorder.

Information for patients and families *Neurology Supportive and Palliative Care Clinic*

- Brief individual/group psychotherapy with older adults, patients with neurocognitive disorders, and family care partners.

Referrals: Please contact Karina Drake, MD *and* Evan Plys, PhD

Denver

Cynthia McRae, Ph.D, Psychologist, 720-556-6567 email: DrCynthiaMcRae@gmail.com
Private Practice, Registered Psychotherapist
Offers virtual counseling, 1720 S. Bellaire Street, Suite 907, Denver, CO 80222

Well known to our neurology clinic, Dr. McRae Specializes in health-related issues such as chronic illness, especially Parkinson's disease and other movement disorders, caregiver concerns, adjustment to major life transitions, challenges related to aging, depression, anxiety, and other mood disorders. Dr. McRae also has advanced training in spiritual direction for those interested.

Bennett Leslie, Psy.D., 303-579-6029

Shirley Asher, Ph.D., 303-329-3535

Jana Lomax, PsyD, (303) 800-3458
Experienced hospital psychologist, Shift Healing, LLC, <https://shifthealing.net/>

Luci Draayer, LCSW (Denver) 303-356-3421
<http://www.denvercounselingandcare.com/>

Nichole Laliberte, LCSW and Psychotherapist (Denver), 303-525-8331
Counseling services for Seniors, www.nicholelaliberte.com

Elizabeth Schane, LPC, LMHC (Denver and Littleton), 919-891-4295
www.wellrootscounseling.org

Denver Family Institute, 303-756-3340, <http://denverfamilyinstitute.org/>

Healthy Self, Healthy Life, <http://www.healthyselfhealthylife.com/>

Brain Injury Alliance Colorado, <http://biacolorado.org/directory/entry/a-wiser-mind/>

A Wiser Mind, <http://awisermind.com/>

Jewish Family Services, <https://www.jewishfamilyservice.org/>
Offer counseling on relationship issues, anxiety and depression, grief, family crisis, parenting issues, and trauma

Boulder area

Carol Spar, PsyD: At-home psychologist
<http://www.carolsparpsyd.com/>

CarePartners Counseling (Boulder), 303-618-7595
Specializing in family caregiving counseling, long distance caregiving counseling, professional caregiving counseling, and contract counseling

Lakewood

Sara Gilloth, PsyD - private psychologist who accepts Medicare, 720.937.7824
[Http://www.saragiloth.com/home.html](http://www.saragiloth.com/home.html)

Information for patients and families *Neurology Supportive and Palliative Care Clinic*

Jennifer Helton-Davis, LCSW and Psychotherapist (Lakewood), 720-939-3805
Counseling services for Seniors, office based and in-home services
jhelton.davis@gmail.com

Green Mountain Counseling (Lakewood), Provides faith-based and non-faith based counseling

Centennial

Elaine L. Blinn, LCSW and Psychotherapist (Centennial), 719-250-3705
blinnelaine@yahoo.com

Colorado In-Home Counseling (In home and via telehealth), (303) 578-3549
Gabrielle Juliano Villani, LCSW, <https://coloradocounselinginhome.com/>

SilverLinings Counseling (In home and via telehealth)
<https://www.silverliningscounselingservices.com>
Samantha Silverman, LCSW, 720-722-1731

Western Care Partners (In home and via telehealth)
www.westerncarepartners.com
Jill Eelkema, MSW, LSW, 720-675-9902

Pastoral Counseling of Denver, 303-741-5588 ext. 112
www.pcdcounseling.com, provides faith-based and non-faith based counseling

David Golberg, PhD, 720.204.6233, email davidgoldbergco@gmail.com.
Mile High Church counselor, Science of Mind tradition.
Provides faith-based and non-faith based counseling

Arizona – Offers Virtual Sessions

Optimal You. A large holistic integrative health (mind, body, spirit) counseling organization that offers a variety of therapies, psychiatric support, and counseling modalities, most offered virtually. <https://www.optimalyou.com/services/>

Grief

The Center for Loss & Life Transition, <https://www.centerforloss.com/>
Colorado based grief support and therapy. Website database offers over 150 grief counselors and support groups, mostly Colorado based.

Heart Light Center, <http://www.heartlightcenter.org/>
Colorado based affordable grief therapy, education, and support for the Denver metropolitan community.

The Compassionate Friends, <https://www.compassionatefriends.org/>
Several Front Range chapters provide support groups for those struggling with loss, sharing coping strategies and other resources.

Judi's House, <https://www.judishouse.org/>
Trained clinicians on staff support children and families dealing with grief. A10-week structured program put kids in groups of five to 10 other children.

GriefShare, <https://www.griefshare.org/countries/us/states/co>
Typically Christian oriented groups though often welcome persons of varying worldviews. Check with each local group in your area.

Information for patients and families *Neurology Supportive and Palliative Care Clinic*

Walk With Me, www.walkwithme-non-profit.org

Colorado based Christian based grief support for families who have experienced a fetal loss, or loss of a child.

Angel Eyes, <https://angeleyes.org/>

Bereavement counseling and support services at no charge to families, caregivers and others who are impacted by the sudden, unexpected death of an infant or toddler.

Jewish Family Services, <https://www.jewishfamilyservice.org/>

Military Widows, <http://www.militarywidows.org/home.aspx>

Local hospice and palliative care groups that offer grief support groups, <https://www.uchealth.org/services/palliative-care/denver-area-grief-and-bereavement-facilities-and-groups/>

Horan and Mconaty, <https://www.horancares.com/griefwords-library>

Local Colorado based funeral home that offers a library of grief resources.

The Center for Complicated Grief Columbia University, <https://complicatedgrief.columbia.edu>

Loss of a Pet, <http://www.petlosshelp.org/10commonquestions.html>

Support Groups

Check out links to various neurological movement disorder support groups at our Neuro-Palliative care website:

<http://www.ucdenver.edu/academics/colleges/medicalschoo/departments/neurology/clinical/palliativecare/patients/Pages/Support%20Groups.aspx>

Various clinics at UCH as well as community centers, organizations, and faith communities offer support groups tailored to unique needs and issues.

The Parkinson's Association of the Rockies offers support groups, some designed specifically for Care Partners. Parkinson Association of the Rockies, 303-830-1839

<http://www.parkinsonrockies.org/>

UCH Patient Resource Center, 720-848-1010

Institute for Life and Care Greenwood Village

Offers "a place where people can learn and grow personally and relate better with others doing similar work or on a similar journey." Participants are personally and actively engaged in a variety of small group settings or individually with Faculty, 720-506-4210 <http://www.lifeandcare.org/>

www.dementiamentors.com, On-line support group for both patients and caregivers.

Patient's Like Me (on-line support group), <https://www.patientslikeme.com/>

Jill Lorentz. Local Colorado based resilience trainer offers caregiver support, Jill Lorentz, who specializes in neurological diagnoses and works with both patients, and families.

www.summitresiliencetraining.com

The University of Colorado-Colorado Springs Aging Center

<https://www.uccs.edu/healthcircle/aging-center>

Information for patients and families *Neurology Supportive and Palliative Care Clinic*

The mission of the Aging Center is to enhance the quality of life for older adults and their families through excellence in psychological training, services, research, and integrated care partnerships.
719-255-8002

Jane W. Barton, MTS, MASM, CSA, is the founder of Cardinal, LLC. She provides educational programs in the Denver metro area (many are free), books, and blogs to assist people in confronting the challenges posed by aging, caregiving, and the end of life.

<http://www.cardinallife.com/>

The Veteran's Administration

This website has free education resources, and many downloadable tip sheets and tools as well as offers training and a dedicated Caregiver Support Line.

<https://www.caregiver.va.gov/index.asp>

<https://caregiver.com>

A provider of information, support and guidance for family and professional caregivers. Founded in 1995, they produce Today's Caregiver magazine, caregiving books, custom publications, and host the Fearless Caregiver Conferences.

<https://www.agingcare.com/>

A community of caregivers, providing a meeting place for the free exchange of ideas with everyday caregivers, and knowledgeable professionals and experts—"all sharing the experiences, insights, frustrations and hidden joys of caring for elderly family."

<https://www.caregiver.org/>

Founded in the late 1970s, Family Caregiver Alliance is a community-based nonprofit organization addressing the needs of families and friends providing long-term care for loved ones at home. "The services, education programs, and resources FCA provides are designed with caregivers' needs in mind and offer support, tailored information, and tools to manage the complex demands of caregiving including family care navigators which help caregivers locate support services state-by-state."

The Transition Network, <https://www.thetransitionnetwork.org/>

An inclusive community of professional women, 50 and forward, whose changing life situations lead them to seek new connections, resources, and opportunities.

Caring Across Generations, <http://www.caringacross.org/>

A very inspiring organization dedicated to caregivers and domestic workers.

Pet Therapy

There are many pet therapy and animal centers and agencies in the Denver metro area and across the state of Colorado.

Denver Pet Partners: www.denverpetpartners.org

Animal Assisted Therapy Programs Colorado: <http://animalassistedtherapyprograms.org/>

Storytelling/ Life Review

Personal Historian, Cherie Orwig, 720-839-5548; <http://journeysandmemories.com/>

Legacy Letters. www.legacyletter.org

Story Corps. www.storycorps.com

Peer Spirit, Inc. www.peerspirit.com

The Ojai Foundation. www.ojaifoundation.org

Storyworth. www.welcome.storyworth.com

Service Activities

Volunteering

There are many organizations and opportunities to volunteer, homeless shelters, animal shelters, hospitals, and nursing homes.

The Ripples Project - Explore the extraordinary power of tiny action,
<http://theripplesguy.com/ripples/>

Volunteers of America, <https://www.voacolorado.org/>, 303-297-0408

"Volunteers of America is a national, nonprofit, faith-based organization dedicated to helping those in need rebuild their lives and reach their full potential. Volunteers of America helps more than 200,000 Coloradans each year."

Body Kinetic Practices/Activities

Yoga/Stretching

There are a number of private and community yoga centers in Colorado who provide group lessons and individual instruction. There are many You tube videos and stations as well as websites that offer excellent instruction.

You Tube, "Yoga with Adrienne". There are many other You Tube yoga channels.

Yoga for Parkinson's, Parkinson Association of the Rockies, 303-830-1839.

Offered through the UCH integrative medicine clinic in collaboration with the Parkinson Association of the Rockies, 303-830-1839. Physician approval needed, classes are typically \$5 and billed directly to student by PAR.

UCHealth Stapleton Center, 720-553-2750, Yoga sessions, group and personal
Carolyn Valdez, Certified Yoga Therapist, 720-848-9010

Matt Zepelin, Guild Certified Feldenkrais Practitioner, 303-895-5278

Mindful Movement for Parkinson's, Recover Mobility <http://www.recovermobility.com/for-parkinsons-disease/>

Better Movement. <http://www.bettermovement.org/pain/>

Acupuncture

There are a number of centers, businesses, and practitioners in the Denver metro area who surrounding regions of Colorado that offer acupuncture.

UCHealth Integrative Medicine Clinic, 720-553-2750

Joseph Brady, M.S.T.C.M., L.A.c., Diploma of Oriental Medicine, Denver, 303-744-7676
www.taichidenver.com

Lakewood Community Acupuncture, 720-242-9756

Community acupuncture is a model for low cost, accessible and inclusive acupuncture.
www.lakewoodacupuncture.com

Exercise and Aquatic Therapy, UCHealth Stapleton Center, 720-848-9010

Tai Chi and Qigong

Information for patients and families *Neurology Supportive and Palliative Care Clinic*

There are a number of centers in the Denver metro area and surrounding regions of Colorado that offer classes, many specifically designed for seniors. One may also find free Internet videos (YouTube videos), to access guided lessons for Tai Chi or Qigong. For Tai Chi classes through UCH:

Colorado Springs area, call HealthLink at 719-444-2273 or email HealthLinkClasses@uchealth.org

Denver-metro area, contact the rehab department at 720-848-2000
UCHealth Stapleton Center, 720-848-9010, classes are available.

Northern Colorado, contact UCHealth Aspen Club at 970-495-8560 or uchealth.org/aspenclub

Dance

Parkinson Association of the Rockies, 303-830-1839
Rhythm and Grace: Dance for Parkinson's Classes

Laughter Therapy

Find laughter clubs in Denver, <http://www.denverlaughs.com/>

Therapeutic Massage

There are a number of centers, businesses, and practitioners in the Denver metro area and surrounding regions of Colorado that offer therapeutic massage.

UCHealth Integrative Medicine Clinic, 720-553-2750
UCHealth Medical Fitness – Windsor, 970-674-6500

Jenny Ettinger, massage therapist, 303-229-8425, www.mjtherapiesjenny.setmore.com
Jenny Ettinger has past experience working with dementia patients. Private practice and offers sliding scale specializing in deep tissue therapy.

Reiki/Healing Touch

There are a number of centers and Reiki practitioners in the Denver metro area and surrounding regions of Colorado.

Michelle Colarelli, Yoga instructor and Reiki restorative yoga, Mudra Yoga Studio, 720-341-2233

Equine and Hippotherapy

There are a number of ranches in Colorado that provide hippotherapy, listed below are a few options.

Praying Hands Ranch, 303-841-4043, <http://www.prayinghandsranch.org/>

Rocky Mountain Riding Therapy, 303-494-1299, <http://www.rmridingtherapy.org/programs.html>

Front Range Hippotherapy, 303-823-2320, <http://www.frontrangehippotherapy.org/>

Equine Therapy Program, www.equinetherapyco.org

GroundWorkRanch.org, <https://www.groundworkranch.org>

Float Pods/Cabins

Internet search “float pods Colorado” to find locations near you.

Nutrition

UCHealth Am I Hungry? Mindful Eating Program

An eight-week licensed program designed to introduce a new way of thinking about eating and physical activity. It is useful for those who would like to change eating habits or for those who have struggled with yo-yo dieting and would like to break free of the eat-repent-repeat cycle. In this class, you'll learn how to:

- Be in charge of your eating instead of out of control
- Eat the foods you love without guilt
- Understand the truth about nutrition without confusing, arbitrary rules
- Use mindfulness practices to pause before making eating decisions
- Increase physical activity and fitness without feeling intimidated

To learn more or sign up for Mindful Eating: Am I hungry? class call the Aspen Club 970.495.8560.

Deanna O'Connell, RD, 970-495-7523, UCHealth, Community Health Improvement Department

American Heart Association mindful eating

<https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/mindful-eating-infographic>

Emotional vs. Physical eating, <https://eatingmindfully.com/>

Eating Mindfully, <https://www.health.harvard.edu/staying-healthy/8-steps-to-mindful-eating>

Academy of Nutrition and Dietetics, <https://www.eatright.org/food/planning-and-prep/eat-right-on-a-budget/eat-right-on-a-budget>

Rituals/Ceremonial Practices

There are a number of retreat centers in Colorado, we listed a few:

Retreat Centers

Sacred Heart Jesuit Retreat House, Sedalia, CO	303-688-4198
Shoshoni Yoga Retreat, Rollinsville, CO	303-642-0116
Bennet Hill Monastery, CO Springs, CO	719-633-0655
Franciscan Retreat Center, CO Springs	719-955-7025
El Tesoro Retreat Center, Woodland Park, CO	719-686-1587
Nada Hermitage, Crestone, CO	719-256-4778
Haidakhandi Universal Ashram, Crestone, CO	719-256-4108
Holy Hill Hermitage, Crestone, CO	719-256-4778
Crestone Mountain Zen Center, Crestone, CO	719-256-4692
Shambhala Mountain Center, Red Feather Lakes, CO	888-788-7221
Sophia Peace Center, Dolores, CO	877-246-0567

Other Resources

Call our team to get in contact with our Social Worker for more resources and ideas.

Parkinson's

American Parkinson Disease Association (APDA), <https://www.apdaparkinson.org/>

Information for patients and families *Neurology Supportive and Palliative Care Clinic*

The Parkinson's Association of the Rockies offers support groups, some designed specifically for Care Partners. Parkinson Association of the Rockies, 303-830-1839, <http://www.parkinsonrockies.org/>

The Davis Phinney Foundation, <https://www.davisphinneyfoundation.org/>
Offers manual on coping with Parkinson's, "Every Victory Counts"

Michael J. Fox Foundation, offers resources on Parkinson's, <https://www.michaeljfox.org/>

My Parkinson's Team (on-line support group), <https://www.myparkinsonsteam.com/>

Speech Vive, <https://www.speechvive.com/>

Speak with your best voice using a speech device for people with Parkinson's. SpeechVive is a wearable speech device allowing you to speak louder and more clearly, every time you talk. It's automatic and eliminates the need for intensive therapy.

Huntington's

HDSA Center of Excellence at University of Colorado, <http://hdsa.org/hdsacoeuco/>

Huntington's Disease Society of America, Rocky Mountain Chapter, <http://rockymountain.hdsa.org/>

Huntington's Outreach Project for Education Stanford University, http://web.stanford.edu/group/hopes/cgi-bin/hopes_test/

National Youth Alliance Huntington's, <https://nya.hdsa.org/>

Huntington's Disease Youth Organization, <https://en.hdyo.org/>

Brain Donation for Research, <https://www.mcleanhospital.org/brain-bank>

Alzheimer's and Dementia

Alzheimer's Association, <https://www.alz.org/>
Local Colorado chapter, 455 N. Sherman St., #500, Denver, CO 80203, 303-813-1669

Dementia videos for education and training:
<https://www.uclahealth.org/dementia/caregiver-education-videos> (UCLA Dementia videos)

Active Minds, <http://www.activeminds.com/>

A Denver based organization that provides educational programs and has great links to local resources for seniors.

Dementia Society of America On-Line Dementia Groups, <https://www.memorycafedirectory.com/>

Jill Lorentz. Local Colorado based resilience trainer offers caregiver support, Jill Lorentz, who specializes in neurological diagnoses and works with both patients, and families., www.summitresiliencetraining.com

Teepa Snow, <https://teepasnow.com/>. Positive Approach to Care, an organization that provides dementia care training, services, and products.

Information for patients and families *Neurology Supportive and Palliative Care Clinic*

<https://www.awalkthroughdementia.org/> (Interactive video to help you understand the perspective of someone struggling with dementia)

<https://www.scie.org.uk/dementia/resources/dementia-videos.asp> (social care institute for excellence)

https://www.youtube.com/watch?v=DtA2sMAjU_Y (You Tube, “Barbara, the whole story” award winning video on dementia)

Alumia Institute, Englewood CO

A day program that focuses on the integration of research-based cognitive therapies and assessments for people with early-stage dementia, www.alumiainstitute.com

www.dementiamentors.org On-Line support group for both patients and families.

Multiple Sclerosis

Rocky Mountain Multiple Sclerosis Center, <https://www.mscenter.org/>

King Adult Day Enrichment Program, Westminster, 303-433-6887.

Speech Therapy

Consult with physicians for speech therapists. There are many augmentative and Alternative Communication devices and computer apps for those looking to use devices to help maintain communication.

LSVT – voice training for those struggling to project sound., <https://www.lsvtglobal.com/>

Speech Vive

<https://www.speechvive.com/>

Speak with your best voice using a speech device for people with Parkinson’s.

SpeechVive is a wearable speech device allowing you to speak louder and more clearly, every time you talk. It’s automatic and eliminates the need for intensive therapy.

<https://www.aphasia.com/>

Lingraphica is dedicated to helping adults with aphasia improve their communication and quality of life through devices, applications and resources developed by speech-language pathologists and leading researchers.

Medical Marijuana

Cannabinoid (consult with Dr. Vaughan)

Bill Arnold, 303-514-5148, Entourage Hemp, <http://www.entouragehemp.com>

Anna Stokes 720-773-9083, www.cannoid.com

Resilience

Stanford Chronic Disease Management,

<http://patienteducation.stanford.edu/programs/cdsmp.html>

Information for patients and families *Neurology Supportive and Palliative Care Clinic*

Managing stress (MedlinePlus) , <https://medlineplus.gov/stress.html>

Anxiety - (National Institute of Mental Health)-Information and treatment options
<https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>

Resilience - American Psychological Association, <http://www.apa.org/helpcenter/road-resilience.aspx>

HeartMath, <https://www.heartmath.org/>

HeartMath Institute empowers individuals, families, groups and organizations to enhance their life experiences using tools that enable them to better recognize and access their intuitive insight and heart intelligence.

Chronic Care Collaborative, www.chroniccarecollaborative.org

Medical Aid-In-Dying

Compassion & Choices, <https://compassionandchoices.org/in-your-state/colorado/>

“Compassion & Choices improves care, expands options and empowers everyone to chart their end-of-life journey. We envision a society that affirms life and accepts the inevitability of death, embraces expanded options for compassionate dying, and empowers everyone to choose end-of-life care that reflects their values, priorities, and beliefs.”

Advance Care Planning and Living Wills

Colorado Care Planning, <https://coloradocareplanning.org/>

Local organization and informative website offering guidance for Advance Care Planning for those interested in planning for future medical wishes if you should ever be unable to make those decisions for yourself. The process of Advance Care Planning is important and appropriate for anyone 18 years or older. You can find free advance directives and other legal Colorado forms on this website.

Colorado Programming for Patient Centered Decisions, <https://patientdecisionaid.org/>
Offers guidance and instruction for helping you making difficult medical decisions.

The Conversation Project, <http://theconversationproject.org/>

A organization that provides guidance for families to talk about Living Wills and Advance Care Planning.

Five Wishes, <https://fivewishes.org/>

“A complete approach to discussing and documenting your care and comfort choices. It's about connecting families, communicating with healthcare providers, and showing your community what it means to care for one another.”

Prepare for Your Care, <https://prepareforyourcare.org/welcome>

Offers step-by-step on-line guidance for advance care planning

Aging with Dignity, <https://www.agingwithdignity.org/>

Aging with Dignity is a national non-profit organization with a mission to affirm and safeguard the human dignity of individuals as they age and to promote better care for those near the end of life. The life and work of Mother Teresa of Calcutta served as the inspirational foundation of Aging with Dignity.

Information for patients and families *Neurology Supportive and Palliative Care Clinic*

Physician's Orders for Life Sustaining Treatments, <http://polst.org/>

"The POLST Paradigm was developed to improve the quality of patient care by creating a system that identifies patients' wishes regarding medical treatment and communicates and respects them by creating portable medical orders." In Colorado, we use the MOST form.

Death Doulas

Death doulas offer planning and emotional support for those who are dying as well as for their families. Death doulas are non-medical persons. In a similar way that birth doulas help pregnant women with birth plans, death doulas help their clients develop ways and plans to confront their end-of-life which could include talking about life completion projects, helping the dying to reconcile relationships, or determining how much medical intervention someone wants towards the end of their life.

Conscious Dying Institute, <https://www.consciousdyinginstitute.com>

"Our mission is to restore death and dying to its natural place in the sacred circle of life by creating a new wisdom-based culture of healing caregivers and professionals, practicing across all health care settings, who elevate the experience of end of life care."

Grace Filled Transitions, <https://gracefilledtransitions.com/index.html>, 303-995-3835

Getting Outdoors: Wheelchair Accessible Parks and Services

Adaptive Adventures, <https://adaptiveadventures.org/>

Staunton State Park Track Chair Program,

<http://cpw.state.co.us/placestogo/parks/Staunton/Pages/Track-Chair-Program.aspx>

A great way for people to hike who can no longer walk. Offers power track chair.

<https://www.5280.com/2018/06/7-wheelchair-accessible-outdoor-activities-in-colorado/>

<https://www.colorado.com/articles/accessible-colorado-travel>

Out and About Colorado, <http://www.outandaboutcolorado.org/>

The Lockwood Foundation, <https://www.thelockwoodfoundation.org/>, 303-587-0698

Nonprofit organization that is focused on creating accessibility to adventure. Our mission is to help underprivileged children and people with disabilities enjoy and explore the outdoors through creative event planning, volunteerism, and charitable contributions.

Other

Center for Inclusive Design and Engineering

"Our mission is to empower individuals with disabilities to achieve their highest potential through the use of assistive technology, by providing exemplary clinical services, consultation, education, research and innovative technology development."

303-315-1280, <https://www1.ucdenver.edu/centers/center-for-inclusive-design-and-engineering>

Domus Pacis, <http://www.domuspacis.org/>

Family respite program that uses unused time in vacation rental properties to offer a family vacation and tries to arrange fun activities, photography sessions, etc.

GoGo Grandparents Transportation Services, <https://gogograndparent.com/>

Information for patients and families *Neurology Supportive and Palliative Care Clinic*

Similar to on-demand transportation companies (Lyft, Uber) that help families take better care of older adults.