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Children's Case Management Who's Who

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Calling All Piglets!

The 14th Annual Flying Pig 5k is this Sunday!

Proceeds from the race benefit the Family Support Services Program, and we'd love to increase participation in the **PIGLET RACE** for children! All children 10 and under can run, walk, or roll. To participate, meet in the post-race area after the 5k (around 9:30 AM). Registration is not required for the Piglet Race. We'll see you at the finish line!

Children over 10, and adults, can register for the 5k here: <https://runsignup.com/Race/CO/FortCollins/2022FlyingPig5K>

14th Annual
Flying Pig 5K  **April 23, 2023**
8:30 am start time
Spring Canyon Park,
Fort Collins

Join us after the race for live music, sponsor tables, a **Piglet Race for kids**, and MORE!
The Piglet Race will take place after the race (around 9:30 am) in the post-race area. *All participants will get a fun goody bag and race shirt (available in Youth M). *as supplies last



Welcome Aboard

A new Children's Case Manager, Dulce Olmedo Vigil, has joined the team! Dulce has been working hard since her first day on April 3. She is currently working through her initial trainings and will begin meeting with families within the next few weeks. Dulce will be providing case management support to the families who previously worked with Kristine. She is fluent in Spanish and English. If you are Spanish-speaking and would prefer to receive your case management support in Spanish, please let your current case manager know. Welcome, Dulce!

Deadline Reminder

Fiscal year end is quickly approaching! ALL receipts and invoices for dates of service between July 1, 2022-June 30, 2023 must be submitted by **Monday, July 3, 2023 at noon**. Receipts and invoices received after this date and time **will not** be processed. Questions? Contact your case manager!

Employee Spotlight: Dani Murdock

The Children's team at Foothills Gateway is responsible for providing case management to individuals and families enrolled in the FSSP, CHCBS, and CHRP program. One of our newer team members is Dani Murdock. Dani joined the Children's Case Management team in August 2021, coming to Foothills Gateway after working as a case manager in Denver for people experiencing homelessness. In her current role, she assists individuals and families with navigating resources and programs to get the supports they need. Dani shared that she has "always enjoyed working directly with people, and the opportunity to do this at Foothills Gateway by helping families access a variety of programs and resources is what drew me to this position." Dani went on to share her observation that, "although we all have different abilities, as people we all experience both the joys and the struggles of life, which makes us more alike than we are different."



Dani and Nava

When she's not working, Dani she enjoys engaging in her current hobbies of roller skating and coffee roasting, as well as hiking, backpacking, and taking road trips with her husband and their dog, Nava. She and her husband met 7 years ago at CSU, where Dani earned a bachelors degree in sociology. Dani grew up in the Phoenix, Arizona area. She and her family moved to the Denver area when she was in high school.

Dani encourages families to "take advantage of the resources available [to you], and don't be hesitant to reach out to your case manager for support. We understand that a lot of these system can be difficult to navigate and that is why we are here to help."

Guest Article: How to Find—and Keep—Respite Providers!

Respite support is in high demand, and finding a qualified provider can be difficult. Heather Alderman is a member of the Family Support Council at Foothills Gateway, and is the parent of a young man enrolled in the Family Support Program. Heather and her husband have refined their process for finding respite providers for their son, and offer the following tips to others

Tips for finding a provider

- Write a short "job description" including the days and times you need respite and a little bit about your child(ren) and their needs

Sample: I have a 16-year old son with disabilities who attends Rocky Mountain HS. We are looking for someone who is available 3-4 hours per week (weekends) for walking, cooking, watching movies, listening to music, basic

"hanging out." He needs assistance with activities of daily living and uses a letterboard to communicate. We pay \$20/hour and provide meals and "extra" fun things from time to time. We ask that the individual is energetic, ambulatory, has their own transportation, and is creative in their approach to working with disability. We can provide training on the letterboard (used for communication) and other supports, as needed.

- When someone is interested in learning more, set up a time to talk to them about the realities of the work and to get a sense of their experience and willingness to do the job you are asking of them.
- After the phone interview, ask them to come to your home for an hour to meet your child and to do something with them while you are there (e.g., take a walk, play a game, etc.).
- Set up a time for them to be with your child, with you in the house, but they are "in charge." Answer any questions they have about what they are doing and what they are having trouble with.
- Set up your regular respite care and feel more comfortable leaving your child with the caregiver.
- Using the FSSP Respite Care Template, keep track of the caregiver's hours and amount you have paid. At the end of the month, have the caregiver sign the document and submit it for reimbursement.

Other tips

- Ask your caregiver periodically how things are going and get feedback from them with anything they are struggling with.
- Always be available during your respite hours to answer a quick text.
- Be very clear about the number of hours the respite is for and when you will return. Text if you are going to be late (or early!).
- Determine the caregiver's strengths and help match that with what your child likes to do.
- Provide suggestions for what they can do together during their time.
- Get boxed baked goods or easy-to-make foods and have them make meals together. If your caregiver is very comfortable in the kitchen, expand what they can do.
- Consider allowing your child and the caregiver to take a hike or pick up take-out at a restaurant. They could go shopping together for ingredients or gifts. Always provide money to the care provider in advance (or by Venmo).

Circumstances in which you may need respite

- Burnout prevention – before you feel overwhelmed with demands from your other children, job, spouse, family, etc. Make it a regular event so you may even feel like you don't "need" it. That is a good sign that you are replenishing yourself before you feel desperate!
- Parties/events/gatherings – When you are hosting or when invited to another person's house, you could bring your child with their caregiver so you can focus on socializing.
- "Chaotic" times – is there a time of day or of the week, when it would be helpful to have an extra pair of hands? When kids come home from school, when you are making dinner, when too many people need different things - these might be great times to have a respite care provider in your home to help.
- "Date" night – it is important that you and your spouse or partner have some time alone. Take that time to hang out, relax, be quiet, eat food **you** like, etc.
- Special events – You may want/need to attend a wedding, funeral, reunion, party, work event, etc. Plan for respite care to accompany you or to allow you to attend the event.
- Travel – This is an expensive option. Bringing a caregiver on a trip or vacation with your family will mean the cost of travel, hotel, meals, etc. However, it can mean a different kind of vacation for all of your children and adults. The extra pair of hands, the person who can allow adults to go out alone, or the person willing to do an activity with your child that you can't or won't do can be very helpful!

Caregiving for a person with disabilities can be a bonding experience between the family and the caregiver. You may have a friend/assistant for life! Keep in touch with caregivers who move on to do other things as you never know when your paths may cross again.

Updates from Council

The Family Support Council plays an important role in how the Family Support Services Program is implemented at Foothills Gateway. Council meets quarterly, in March, June, September and December, to discuss and plan FSSP activities and trainings, vote on procedure changes, and monitor the implementation of the program. Meetings last 90 minutes and are currently held virtually. The FSC is composed of family members of individuals with developmental disabilities, and interested community members. Individuals with disabilities are also welcome to join.

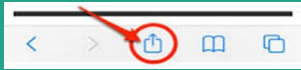
- The FSSP Fort Fun event was held on Saturday morning, March 25. Despite the snow, 36 families attended event! Each attendee was given a 4-hour Fun Pass for video games and laser tag, and Fort Fun opened its doors early so FSSP families experienced shorter wait times for activities, and had lots of opportunities to socialize!
- Stay tuned! FSC is planning some fun summer events!



FSSP Reimbursement Tips and Payment Dates

Did you know you can create shortcuts on your smart device to more easily access the FSSP Portal?

From your iPhone or iPad:

1. Open Safari (other browsers won't work for this)
 2. Navigate to the FSSP Portal home page
(<https://fgweb.foothillsgateway.org/communitylogin>)
 3. Tap the share button at the bottom of the screen
- 
4. From the list of options that appear, tap "Add to Home Screen"
A dialog box will appear that includes the website's icon and URL
 5. Choose a name for the shortcut, such as "FSSP Portal", then tap "Add" in the upper right corner
 6. The shortcut will now look like an app on your device's home screen; you will still need to enter your login information to gain access to the FSSP Portal

From your Android:

1. Open Chrome
2. Navigate to the FSSP Portal home page
(<https://fgweb.foothillsgateway.org/communitylogin>)
3. Tap the menu icon (three dots in the upper right corner)
4. Choose a name for the shortcut, such as "FSSP Portal", then tap "Add"
5. The shortcut will now appear on your device's home screen; you will still need to enter your login information to gain access to the FSSP Portal

Upcoming Payment Dates

April 14, 2023 · April 28, 2023

May 12, 2023 · May 26, 2023

June 9, 2023 · June 23, 2023 · June 30, 2023