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# Monthly Newsletter

November 2024 ✦



## Supporting Our Community: Community Food Share's Onsite Food Pantry

With the holiday season around the corner, we're spotlighting Community Food Share's Feeding Families pantry, a valuable resource providing nutritious groceries at no cost to families in need. Located in Louisville, Colorado, this pantry offers fresh produce, milk, and pantry essentials to eligible families once per week.

Community Food Share's compassionate staff and volunteers ensure that every visitor feels welcomed and supported. From helping kids pick out healthy snacks to lending a listening ear, they're dedicated to creating a positive shopping experience for everyone who visits.

### **Pantry Hours:**

Wednesdays: 9:00 AM – 3:00 PM

Thursdays: 12:00 PM – 6:00 PM

Fridays: 9:00 AM – 3:00 PM

How to Access the Pantry Getting started is simple. New shoppers can enroll by visiting [cfs.waitwell.us](https://cfs.waitwell.us) and should bring a photo ID and proof of address in Boulder or Broomfield County. Once registered, families can reserve a shopping spot up to a week in advance, ensuring a smooth experience with a 30-minute appointment window.

For more details on what to bring and how the pantry works, check out Community Food Share's helpful resources online. This season, we're proud to share this valuable service with our community and encourage anyone in need to reach out.

### **Learn More & Enroll**



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## Introducing Erin Davis, Our BCBA

We're excited to introduce Erin Davis, a seasoned Board Certified Behavior Analyst (BCBA), on our team! With a passion for providing individualized, top-quality care, Erin is dedicated to empowering individuals with developmental disabilities and supporting their families. Her journey in Applied Behavior Analysis (ABA) began in 2009 at the Marcus Autism Center in Atlanta, Georgia, where her experience in the Severe Behavior Day Treatment Clinic inspired her to pursue a master's degree and become a BCBA.

After moving to Colorado in 2015, Erin took on various impactful roles, first as a Clinical Supervisor for in-home ABA services and later as Director of Behavioral Programming at a special education school in Denver. Most recently, from 2018 to 2023, Erin held leadership positions as Manager and then Director of Behavioral Services at a Denver-based organization that provided lifespan services. Erin thrives in a collaborative team environment and is committed to delivering high-quality care within the IDD community.



When she's not working, Erin loves spending time with her husband and two children, enjoying Colorado's beautiful outdoors through activities like snowboarding and hiking. We're thrilled to have Erin join us and bring her expertise and enthusiasm to our team!

You can reach her at [erin.davis@karunacareservices.com](mailto:erin.davis@karunacareservices.com).

### Nurse's Corner: Stay Safe During Holiday Travel!

**Whether you're driving, flying, or taking the train, holiday travel can be hectic. Follow these tips to keep yourself and your loved ones safe:**

1. **Plan Ahead:** Check the weather forecast and your route. Allow extra time for delays due to heavy traffic or inclement weather.
2. **Vehicle Safety:** If you're driving, make sure your vehicle is winter-ready. Check your tires, brakes, lights, and fluids. In Colorado, winter driving can be especially tricky—make sure your tires are snow-rated and carry chains if you're traveling in the mountains. Keep an emergency kit, including blankets, a flashlight, snacks, and a first-aid kit, as road conditions can change quickly!
3. **Stay Alert:** Avoid distractions like texting while driving. Take regular breaks to stay fresh and focused. If you're flying, keep an eye on your belongings and follow airport safety guidelines.
4. **Health & Safety:** Stay hydrated, wear a mask in crowded places if needed, and carry hand sanitizer. Stay mindful of local health advisories and guidelines. Be sure to wash your hands frequently to prevent the spread of illness!
5. **Emergency Contacts:** Ensure your phone is charged and share your travel plans with someone you trust.

Stay safe and enjoy your holiday travels!

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## Share Your Favorite Holiday Recipes!

As the holiday season approaches, we invite the Karuna Care Services (KCS) community to share the dishes that make this time of year special for you. Whether it's a comforting winter soup, a favorite family dessert, or a dish tied to your cultural traditions, we'd love to feature the recipes that bring warmth to your holiday celebrations.

If you have a recipe that's unique to your culture, a treasured family dish, or a traditional favorite, please share it with us! We'll gather everyone's submissions into a special KCS holiday recipe collection to share with our community.

Submit your recipes, along with any story or tradition behind the dish, to [tiffany.nguyen@karunacareservices.com](mailto:tiffany.nguyen@karunacareservices.com)



## Holiday Closures: November 11th, 28th & 29th

Karuna Care Services will be closed on **Monday, November 11th, Tuesday, November 28th** and **Friday, November 29th**. We hope everyone enjoys this opportunity to relax, recharge, and spend time with loved ones, or simply take a peaceful break.

For any urgent needs during these days, please contact the KCS on-call number at **720-749-3232**. Our team will be available to provide essential support.

Wishing you a restful and joyful holiday season!

*Thank you for reading!*

For any questions please email [tiffany.nguyen@karunacareservices.com](mailto:tiffany.nguyen@karunacareservices.com)