
Monthly Newsletter

October 2024 ✦



Empowering Voters: The Arc of Larimer County Initiative

The Arc of Larimer County is launching this October. On the 2nd and 4th Wednesdays of the month, during our Ask-A-Disability Advocate Hour, they will be offering support for individuals with intellectual and developmental disabilities to register to vote and better understand the voting process.



Event Details:

Dates: October 9 and October 23

Time: 10:00 AM - 11:00 AM

Location: The Arc of Larimer County
1721 West Harmony Rd, Unit 101
Fort Collins, CO 80526

Their mission is to ensure that everyone in our community, regardless of ability, has the opportunity to participate in the electoral process and engage in civic activities. Voting is a fundamental right, and it's crucial that all individuals have the resources and support they need to make their voices heard. We encourage you to share this information with your networks and help spread the word to individuals who may benefit from this support. If someone is unable to attend in person, they can reach out for assistance during the designated times at **970-556-2381**.

Join Karuna Care Services at the Fall 2024 Provider Fair!

We are excited to announce that Karuna Care Services (KCS) will be participating in the first **A&I Avenues Case Management Agency Fall 2024 Provider Fair!** This event will take place on **October 8th, from 4:00 PM to 7:00 PM at the Avenues building, located at 1665 Coal Creek Drive, Lafayette, CO.**

The fair will welcome over 1,400 individuals and families currently being served through the Intellectual/Developmental Disabilities (IDD) waivers, Family Support Services Program (FSSP), and the Autism Spectrum Disorder (ASD) Program in Boulder, Broomfield, and Gilpin counties. Families will have the opportunity to explore potential providers, ask questions, network with others, and receive assistance from Avenues staff.

We look forward to connecting with the community, sharing more about the services we offer, and helping families find the support they need. We hope to see you there!



Nurse's Corner: Flu Season

The CDC recommends everyone 6 months and older get an influenza vaccine every year. Influenza vaccine has been shown to prevent millions of influenza illnesses, tens of thousands of hospitalizations, and thousands of deaths each year.

When should you get vaccinated?

Ideally, between September and October. However, you can get the vaccine throughout flu season as long as influenza viruses are circulating.

Why should you get vaccinated?

You will be protecting yourself and the people around you who may be more vulnerable to serious flu illness like children, older adults, pregnant people, and people with certain chronic health conditions. Vaccination of people at higher risk of developing serious flu complications will decrease their risk of severe flu illness.

Prevention

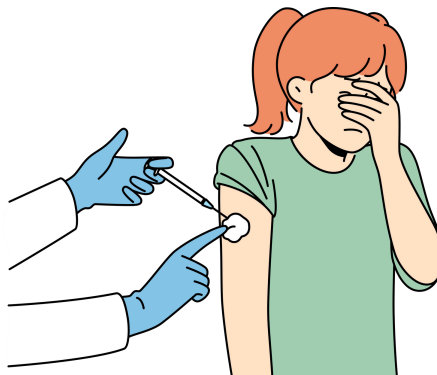
- Avoid close contact with people who are sick.
- If you are sick, limit contact with others as much as possible to keep from infecting them. Wear a mask if you must be around people or go out in public.
- Cover your mouth and nose with a TISSUE when you cough or sneeze. Please do not use your hands for coverage!
- Wash your hands often with soap and water or use an alcohol-based hand rub. This is the best way to prevent the spread of illness.
- Avoid touching your eyes, nose, and mouth as this is how germs spread.

Extra Information

The most common side effects from the influenza shot are soreness, redness, tenderness or swelling where the shot was given. If side effects do occur, they usually begin soon after vaccination and are mild and short-lived.

The side effects of the vaccine are much less severe than symptoms often associated with flu illness. Some people who get a flu vaccine still get sick, however, vaccination can make their illness less severe.

****Talk to your healthcare provider before getting the flu vaccine if you have severe allergies to the flu vaccine or any ingredient in the vaccine.****



October

October is packed with exciting events, and we're thrilled to share what's happening this month at Karuna Care Services (KCS). Mark your calendars and join us for these important initiatives!

October 4th – Neurodivergent Talent Show

Time: 1:00 PM - 3:00 PM

Location: YMCA in Lafayette (2800 Dagny Way, Lafayette, CO 80026)

Celebrate the talents of our amazing clients at the Neurodivergent Talent Show! Organized with the help of Mitchell, one of our clients, this event promises to be a fun-filled afternoon. Be sure to come out and show your support!

October 8th – A&I Avenues Case Management Agency Fall 2024 Provider Fair

Time: 4:00 PM - 7:00 PM

Location: Avenues Building (1665 Coal Creek Drive, Lafayette, CO)

KCS will be participating in this fair, where families in the IDD, FSSP, and ASD programs can find providers, ask questions, and network. We look forward to connecting with over 1,400 families across Boulder, Broomfield, and Gilpin counties!

October 9th & 23rd – The Arc of Larimer County: Voter Registration Support

Time: 10:00 AM - 11:00 AM

Location: The Arc of Larimer County (1721 West Harmony Rd, Unit 101, Fort Collins, CO 80526)

The Arc of Larimer County's initiative to help individuals with IDD register to vote and understand the voting process during the Ask-A-Disability Advocate Hour. Don't miss this opportunity to ensure everyone in our community has a voice!

October 11th – KCS Fall BBQ

Time: 12:00 PM - 3:00 PM

Location: Waneka Lake Park (1600 Caria Dr, Lafayette, CO 80026)

Join us for some fun in the sun at our annual KCS Fall BBQ! There will be food, games, and plenty of chances to connect with colleagues and clients. Bring your appetite and enjoy an afternoon of relaxation and community building.

October 24th – Dueling and Ghouling: A Dueling Pianos Show to Benefit the Autism Society of Boulder County

Time: 6:30 PM - 9:30 PM

Location: Nissi's (1455 Coal Creek Dr Unit T, Lafayette, CO)

Come dressed up for a great cause and enjoy a fun evening of dueling pianos, hosted by Denver Piano Shows! There will be prizes for the best costume, and proceeds will benefit the Autism Society of Boulder County. Doors open at 6:30 PM, and tickets are \$30 in advance or \$35 at the door.

We hope to see you at these events as we continue to build a stronger, more inclusive community!

A Commitment to Inclusivity at Karuna Care Services

At KCS, we pride ourselves on fostering an inclusive and welcoming environment for all individuals, regardless of their backgrounds, religions, or cultures. We recognize that two of our upcoming events—the Neurodivergent Talent Show on October 4th and the KCS Fall BBQ on October 11th—coincide with important Jewish holidays.

We want to take this opportunity to acknowledge this oversight and extend a sincere apology to anyone affected. This serves as a valuable reminder of the importance of being mindful when planning events that align with the values of diversity and inclusion that KCS upholds. Moving forward, we are committed to ensuring our scheduling is more considerate of the diverse religious and cultural practices within our community.

We deeply appreciate your understanding and remain dedicated to creating spaces where everyone feels respected and valued.

Thank you for being a part of the KCS community and helping us continue to grow and learn together.



Thank you for reading!

For any questions please email tiffany.nguyen@karunacareservices.com