Supplement: Local References
Last Updated 4/23/19

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:
http://www.ucdenver.edu/academics/colleges/medicalschool/departments/neurology/clinical/palliativecare/palliativecare/Pages/default.aspx

**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

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.

Shambala Center
http://denver.shambhala.org/

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/

“The Dalai Lama imagined ‘a map of our emotions to develop a calm mind.’ The Atlas represents what researchers have learned from the psychological study of emotion. The goal is to gain better control over what triggers your emotions and how you respond.”
**Centering Prayer and Meditation**


San Francisco Zen Center, offers helpful chants  

UCLA Mindful Awareness Research Center – has video modules for learning about meditation  
[http://marc.ucla.edu/](http://marc.ucla.edu/)

**Pain and Meditation**

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


There are many helpful **Apps** on Meditation, Gratitude Journal, 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, Calm, Headspace, Buddify (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 (prayer)

**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.  

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

**Medical Hypnosis**
There are a number of certified hypnotherapists in Colorado.

Kimberly Love, certified Medical Hypnotherapist, 303-956-8840  
Email: Kimberly@soulica.com and [www.soulica.com](http://www.soulica.com)

**Computer Games**
There are many games, puzzles and other mental activities. We’ve listed some references to start.

Luminosity app and website
Sudoku
Card Games

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.

**Creative Practices**

**Gratitude**
Mental Health America  
Simple and creative ideas to promote resilience and positive thinking
Music Therapists’
There any 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/


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


Palliative Care Network of Wisconsin Fast Facts on Music Therapy
https://www.mypcnow.org/blank-hfptr

Art Therapists’
Many art programs exist in a variety of community centers.

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. Request additional handouts from our clinic providers for mental health providers.

UCH Outpatient Psychiatry 303-724-1000
UCH Integrative Medicine Clinic 720-553-2750

Cynthia McRae, Ph.D, Psychologist, 720-556-6567 email: 
DrCynthiaMcRae@gmail.com
Private Practice, Registered Psychotherapist
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.

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.

Denver Family Institute
http://denverfamilyinstitute.org/
Denver Family Institute is a 501(c)(3) non-profit organization. They offer affordable counseling and therapy to individuals, families and couples of all backgrounds. Phone: 303-756-3340
Brain Injury Alliance Colorado.
http://biacolorado.org/directory/entry/a-wiser-mind/

A Wiser Mind.
http://awisermind.com/

Luci Draayer, LCSW (Denver)
http://www.denvercounselingandcare.com/
303-356-3421
LDraayer@DenverCounselingandCare.com

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

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

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

Healthy Self, Healthy Life (Denver based)
http://www.healthyselfhealthylife.com/

Grief

The Center for Loss & Life Transition
https://www.centerforloss.com/
3735 Broken Bow Road, Fort Collins, CO 80526, -970-226-6050

HeartLight Center
http://www.heartlightcenter.org/
Provides affordable grief therapy, education, and support for the Denver metropolitan community. Phone: 720-748-9908

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. A 10-week structured program put kids in groups of five to 10 other children.

Support Groups
Check out links to various neurological movement disorder support groups at our Neuro-Palliative care website:
http://www.ucdenver.edu/academics/colleges/medicalschool/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, 720-506-4210, offers “a place where people can learn and grow personally and relate better with others doing similar work or on a similar journey. Their process involves an integrated spectrum of programs, trainings, and personal guidance led by their own Faculty who are professionals in their fields of growth, including Counselors, Family Therapists, Medical and Nursing Professionals, Chaplains, Licensed Clinical Social Workers, Educators and Spiritual Directors. Participants are personally and actively engaged in a variety of small group settings or individually with Faculty. http://www.lifeandcare.org/

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/
Service Activities

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

Volunteers of America
https://www.voacolorado.org/
info@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.”

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.

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/


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

Mary Kay Christian, *Board Certified in Acupuncture and Chinese Medicine*
Whole Body Harmony, Inc. Phone 303-831-7072, email: mkchristian@msn.com

Lakewood Community Acupuncture
Community acupuncture is a model for low cost, accessible and inclusive acupuncture.
www.lakewoodacupuncture.com
720-242-9756

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

**Tai Chi and Qigong**
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.
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

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


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

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

Float Pods/Cabins
Internet search “float pods Colorado” to find locations near you.

Nutrition
American Heart Association mindful eating

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**

http://www.spirituallifeinstitute.org/index.html

**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). They "provide Parkinson's Disease patients, their families, friends, physicians, and other medical professionals with education, assistance, and resources to help understand and manage Parkinson's Disease and to improve the quality of life for both patient and caregiver."

http://parkinsons.stanford.edu/

Colorado Neurological Institute
http://www.thecni.org/

**Huntington’s disease**

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
National Youth Alliance Huntington’s
https://nya.hdsa.org/

Huntington’s Disease Youth Organization
https://en.hdyo.org/

Alzheimer’s and 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

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.

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

Augmentative and Alternative Communication devices and computer apps
For those looking to use devices to help maintain communication.

Medical Marijuana
Cannabinoid (consult with Dr. Kluger or Dr. Vaughan)

Bill Arnold, 303-514-5148, bill@cannoid.com
Entourage Hemp
http://www.entouragehemp.com

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

Local Colorado based resilience trainer, Jill Lorentz, who specializes in neurological diagnoses and works with both patients, and families. 
[www.summitresiliencetraining.com](http://www.summitresiliencetraining.com)

Stanford Chronic Disease Management

Managing stress (MedlinePlus)

Anxiety - (National Institute of Mental Health)-Information and treatment options

Resilience - American Psychological Association

HeartMath
[https://www.heartmath.org/](https://www.heartmath.org/)
[https://www.heartmath.com/](https://www.heartmath.com/)
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. An organization designed to improve resilience.

Chronic Care Collaborative
[www.chroniccarecollaborative.org](http://www.chroniccarecollaborative.org)

Medical Aid-In-Dying

Compassion & Choices
[https://compassionandchoices.org/in-your-state/colorado/](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
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. [https://coloradocareplanning.org/](https://coloradocareplanning.org/)

The Conversation Project
[http://theconversationproject.org/](http://theconversationproject.org/)
A organization that provides guidance for families to talk about Living Wills and Advance Care Planning.

Prepare for Your Care
[https://prepareforyourcare.org/welcome](https://prepareforyourcare.org/welcome)
Offers step-by-step on-line guidance for advance care planning

Aging with Dignity
[https://www.agingwithdignity.org/](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.

Physician’s Orders for Life Sustaining Treatments
“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](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.”
**Caregiver Support**

The University of Colorado Springs Aging Center  
[https://www.uccs.edu/healthcircle/aging-center](https://www.uccs.edu/healthcircle/aging-center)  
719-255-8002  
e-mail ac@uccs.edu  
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.

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.  

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://www.caregiver.va.gov/index.asp)

Volunteers of America  
[https://www.voacolorado.org/](https://www.voacolorado.org/)  
info@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 Coloradoans each year.”  

[https://caregiver.com](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/](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/](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.”

Care Journey (Family Caregiver Alliance)
Kathleen Kelly, Executive Director
kkelly@caregiver.org

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.

Getting Outdoors: Wheelchair Accessible Parks and Services

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/accessable-colorado-travel

Out and About Colorado
http://www.outandaboutcolorado.org/

Other

Active Minds
http://www.activeminds.com/
A Denver based organization that provides educational programs and has great links to local resources for seniors.

Assisted Technology Partners
“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.”
GenerallInfo@AT-Partners.org
303-315-1280
http://www.ucdenver.edu/academics/colleges/Engineering/research/AssistiveTechnologyPartners/Pages/Home.aspx

Healthcare Toolbox - Prevent Secondary Traumatic Stress in Healthcare Professionals
https://www.healthcaretoolbox.org/self-care-for-providers.html

Spirituality and Practice
http://www.spiritualityandpractice.com/

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.

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

Catholic Health Association of America
https://www.chausa.org/
View supportive information on palliative care and hospice from a Catholic perspective.

GoGo Grandparents Transportation Services
https://gogograndparent.com/
Similar to on-demand transportation companies (Lyft, Uber) that help families take better care of older adults.