

Summer 2023
(May, June, July, August)

Rocky Mountain VA Medical Center
1700 N. Wheeling St.
Aurora, CO 80045

SCI/D Recreational Therapy

Summer 2023 Newsletter

What's going on with recreational therapy?

Recreational Therapy has planned some exciting opportunities to keep both mind and body warm and active to match our upcoming Colorado weather! These group opportunities serve as means for you to get back into meaningful, activity, socialize with fellow Veterans, develop and practice healthy lifestyle skills, and work towards your personal recreation and leisure goals.

Please note at this time, meals and transportation will be not provided for outings & events. Make sure to stay hydrated and bring your own snacks and water bottle!

To RSVP for programs or learn more, contact:

Jennifer Heilveil, CTRS

Jennifer.Heilveil@va.gov

720-412-7429

Jonas Ely, CTRS

Jonas.Ely@va.gov

720-201-7045

What is recreational therapy?

Recreation Therapy is a treatment service designed to restore, remediate, and rehabilitate a person's level of functioning and independence in life activities, to promote health and wellness, and reduce or eliminate the activity limitations and restrictions to participation in life situations caused by an illness or disabling condition.



National Events

National Veterans
Creative Arts Festival

May, 2024

Denver, Colorado

<https://department.va.gov/veteran-sports/national-veterans-creative-arts-festival/>

National Disabled
Veterans Winter
Sports Clinic

April 1st-7th 2024

Snowmass, Colorado

Wintersportsclinic.org

UPCOMING EVENTS:

Please Contact Jonas Ely to RSVP:

Jonas.ely@va.gov, 720-201-7045

Rockies Game

When: Wednesday, August 16th

Time: 1:10 pm

Where: Coors Field

*if interested in tickets contact Jonas

Adaptive Fencing

When: Friday, August 18th

Time 1:00pm– 2:30pm

Where: Denver Fencing Center 1930 S
Navajo St, Denver, CO 80223



Denver Museum of Nature & Science

When: Friday, August 25th

Time: 10am

Where: 2001 Colorado Blvd, Denver,
CO 80

Lake Lehow Fishing

When: Friday, September 8th

Time: 4pm-6pm

Where: 11250 Waterton Rd., Littleton,
CO

*Families are welcome, all fishing gear
will be provided*

Try SCUBA

Try scuba diving with our community partners:

A-1 Scuba

When: Friday, August 11th

Where: A-1 Scuba

Time: 2-4pm

Contact Jennifer Heilveil to RSVP

Lincoln Hills Fishing: August 26th

We will be partnering with River Deep Foundation & Lincoln Hills Fly Fishing Facility near Blackhawk, CO

*Family members can come but are not allowed to fish

Contact Jessie Durham 720-527-8066 as spots are limited for this event.

Roll & Stroll @ Wash Park: Wednesdays

Join Recreation therapy on Wednesday mornings for some fitness and fun! We will meet at Denver South Highschool. All abilities welcome! **Must be able to roll or walk 2-4 miles independently.**

When: Wednesdays 10:00 am-12 noon

Where: Parking lot of Denver South High School

Please bring your own water bottle.

RSVP to Jen Heilveil: Jennifer.heilveil@va.gov; 720-412-7429



Wonderland Lake,
Boulder Colorado

Contact Topher (303-818-0284) if interested in adaptive mountain biking

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Connect with the PVA

The Paralyzed Veterans of America is focused on serving Veterans who have experienced Spinal Cord Injury or dysfunction. They are a leading advocate for quality health care, research and education, benefits, and civil rights.

If you would like to learn more about becoming a member, please contact Laura Gibson at 909-208-3635 or laura@msepva.org.

If you want to learn more about PVA benefits, please contact Joni Lawal at 720-723-3127 or jonis@pva.org.

You can also visit PVA.org for general information.



Paralyzed Veterans of America

Resources

PVA Adaptive Sports: [Adaptive Sports \(pva.org\)](http://AdaptiveSports(pva.org))

B-Bold (Adaptive boxing/Para Brazilian Jiu Jitsu): [HOME | B-Bold \(bbouldadaptiveliving.com\)](http://HOME|B-Bold(bbouldadaptiveliving.com))

Grants Information for 1 year Gym Memberships and equipment

Challenged Athletes Fund: [Military Program | Challenged Athletes Foundation](http://MilitaryProgram|ChallengedAthletesFoundation)

Catch a Lift: [GYMS GIVING BACK – Catch a Lift \(catchaliftfund.org\)](http://GYMSGIVINGBACK-CatchaLift(catchaliftfund.org))

Semper Fi Foundation: [Home - Semper Fi & America's Fund \(thefund.org\)](http://Home-SemperFi&America'sFund(thefund.org))

Guardian for Heroes Foundation: [Guardian for Heroes Foundation – Pure Charity](http://GuardianforHeroesFoundation-PureCharity)

Lift For the 22: [Lift For The 22 – Welcome to Lift For The 22, a register 501\(c\)3 organization built to help and encourage veterans.](http://LiftForThe22-WelcomeToLiftForThe22,aregister501(c)3organizationbuilttohelpandencourageveterans)

Move United: [Apply for the Warfighters Program - Move United \(moveunitedsport.org\)](http://ApplyfortheWarfightersProgram-MoveUnited(moveunitedsport.org))

Vet Tix: [Free event tickets for Veterans—www.vettix.org](http://FreeeventticketsforVeterans-www.vettix.org)

Mission 22: [Programs for Veterans – Mission 22](http://ProgramsforVeterans-Mission22)

We Defy Foundation: [Apply For A Scholarship – We Defy Foundation - Helping disabled combat veterans reclaim their lives through Jiu Jitsu and fitness](http://ApplyForAScholarship-WeDefyFoundation-HelpingdisabledcombatveteransreclaimtheirlivesthroughJiuJitsuandfitness)

Adaptive Adventures— <https://adaptiveadventures.org/> 303-679-27770

Free Veteran programs such as cycling, dragon boat, yoga, rock climbing, skiing, kayaking, waterskiing, whitewater rafting, indoor adapted skiing lessons year round, and more. All activities can be adapted to all skill levels and physical abilities. In person and virtual available.

National Sports Center for the Disabled (NSCD) — <https://nscd.org/> 970-726-1518

Free Veteran programs such as rock climbing, shooting, skiing, water sports (kayak, canoe, rafting, etc.), horseback riding, and more. All activities can be adapted to all skill levels and physical abilities. In person and virtual available.

Comeback Yoga—Live classes: <https://www.comebackyoga.org> 507-881-9642

Free yoga classes for Veterans. Virtual and in person available.

Move United: <https://www.moveunitedsport.org/> - Select Colorado in Locations Tab for list of organizations around Colorado providing adapted sports and veteran programs

River Deep Fishing: <https://www.riverdeepfoundation.org/> 303-881-0400

Fishing lessons for Veterans

Victory Service Dogs: <https://www.victorysd.org/>

Provides free service dog training to Veterans in Colorado Springs & Denver

Archery School of the Rockies: www.archeryschooloftherockies.com
719-272-4379