

Winter 2024
(December, January, February)



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

SCI/D Recreational Therapy

Winter 2024 Newsletter

What's going on with recreational therapy?

We are saddened by the departure of our friend and fellow Recreational Therapist Jennifer Heilveil. Her dedication to providing quality recreational programs for our veterans is unmatched. The SCI/D unit is actively working on hiring another quality recreational therapist. That being said, 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:

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 11th-18th, 2024

Denver, Colorado

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

National Veterans Wheel Chair Games

July 25th-30th, 2024

New Orleans, LA

Applications due April 5th

Contact Jonas Ely if interested

National Veterans Summer Sports Clinic

August 25th-30th, 2024

San Diego, CA

Please contact Jessie Durham (720) 527-8066 or Jessica Conyers (720) 376-6122 if interested

UPCOMING EVENTS:

Denver Museum of Nature and Science

When: Friday, January 12th

Time: 10am-12pm

Where: Denver Museum of Nature & Science

2001 Colorado Blvd., Denver, CO, 80205

Try Scuba

When: Friday, February 16th

Time: 2-4pm

Where: A-1 Scuba

1603 W Bellview Ave, Littleton, CO
80120

***Please note, a Doctor must clear you for this Scuba event. Contact Jonas for paperwork. Good for one year.**



Pickle Ball

When: Saturdays

December 9th, January 6th, February 3rd

Time: 1-4 pm

Where: RMR VA SCI/D Courtyard,
Dining Room

NeuAbility Adaptive Gym Workout

When: Wednesdays

December 6th & 20th

January 10th & 24th

February 7th & 21st

Time: 10:00am-11:00am

Where: NeuAbility

East 78th Avenue, Denver, CO 80229

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

River DEEP Winter Programs

Intro to Blacksmithing/Welding

When: 12/16, 1/20, 2/24

Time: 9am-12pm

Where: Kilroy's Workshop, Inc.,
7358 Cole View, Colorado Springs, CO 80915

Archery

When: 1/21, 2,18

Time: 10am-1pm

Where: Rocky Mountain Specialty Gear
Kipling St B, Wheat Ridge, CO 8003

Denver Art Classes

When: 1/16, 2/6

Time: 4:30pm-6:30pm

Where: Art Students League of Denver
200 Grant St, Denver, CO 80203

Fencing

When: Saturday, January 13th

Time: 12:30pm-2:00pm

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

Cottonwood Center Art Class

(Rose Solar Tea Lights Project)

When: Monday, January 8th

Time: 6pm-8pm

Where: 427 E Colorado Ave
Colorado Springs 80903

Try Scuba

When: Saturday, February 3rd

Time: 4:30pm-7pm

Where: 557 Milwaukee St, Denver, CO

* medical forms due 1 week prior*

RSVP to Jonas Ely: 720-201-7045

Roll & Stroll @ Colorado Mills Mall

Join Recreation therapy every other Wednesday mornings for some fitness and fun! We will meet inside near Dicks Sporting Goods. All abilities welcome!

Must be able to roll or walk 2-4 miles independently.

When: Wednesdays 10:00 am-12 noon

December 13th

January 3rd, 17th, 31st

February 14th,

Where: Colorado Mills Mall

Please bring your own water bottle.

RSVP to Jonas Ely: 720-201-7045



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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 James Kelly at 720-723-3127 or JamesK@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&AmericasFund(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