

Journeys through EXPAND

Providing Affordable Fitness, Leisure and Cultural Arts Programs for
Adults with Mild Traumatic Brain Injury and other similar
Neurological Conditions.



Spring/Summer Issue 27



Fairy Gardens—by Cory Lasher, CTRS



Recently, I was at my favorite garden center near Denver called Paulino Gardens when I discovered Fairy Gardens. Apparently, Fairy Gardens has been around for awhile and people are going crazy over them. I sure have and now I want to create a Fairy Garden Club through Journeys and get you involved! If you love flowers, plants and have a wild imagination, this might be the ticket for you! Fairy gardens can be any size or shape ranging from sprawling gardens to a tiny flower pot and they don't even need to consist of Fairy's. It could be an Alien garden, if you like Aliens..... Get the picture? In fact, it could be anything your imagination desires. Imagination, creativity and a pinch of time and you'll have a mesmerizing unique Fairy Garden before you know it. If you want to get involved, I would love to hear from you! However, it will take a little work on your part. For example, this summer I will start collecting miniatures of furniture, people, animals, etc..... from garage sales, stuff around the house as well as containers to create the Fairy Gardens in. To help keep the costs down, I am asking those who are interested to help do the same. For example, if you are currently taking our pottery classes, you can make miniatures at pottery! If I get enough people to join the Fairy Garden Club, I will offer a program this fall. This could be a really fun project and we could build our own Fairy Garden Community amongst ourselves. The possibilities are endless! I would love to hear from you if you want to be a part of the Fairy Garden Club! Call me at 303-413-7269 or email me at:

lasherc@bouldercolorado.gov.

Program
Registration
Starts
March 8th

See
Enclosed
Insert for
Upcoming
Spring &
Summer
Programs

Our Outing to the State Capital

It was a bitter cold gray day as eight of us started our journey to Denver to take a tour of the State Capital. However, before continuing on to Denver, we stopped at the Country Buffet in Westminster to engorge ourselves with a variety of food. This was a true test of will power as there was so much food to choose from. After lunch, we rolled into the bus and headed to the big City!

As we arrived, the Capital was bustling with activity and excitement since legislation was in session. Our guide Rose greeted us with enthusiasm and she really knew her stuff. Everyone enjoyed Rose's stories and the history she wove into the tour. Some of the history I found to be interesting were the tunnels underground that one could access through the basement of the Capital, and the beautiful Colorado Rose Onyx that the building was made from. This Onyx is a type of stone so rare that all known reserves were used in the Capital's construction. While admiring the stone, our guide Rose pointed out what looked like landscapes, people and animals within the stone that other staff and/or visitors have noticed throughout the years. The longer we stood there admiring the stone, the more we, too, started to find our own pictures. That was really fun!

The stained glass was also very beautiful and is dedicated to the 16 initial founders of the city of Denver. As you can see from the picture below, taken by Sherry Olson, the dome is currently under construction. It could be a couple more years before it is completed, which will be another day to go visit. We always have fun on our outings and we hope to see you at our next one!



**Offered by the City of Boulder Parks & Recreation Department
EXPAND Program**

www.BoulderParks-Rec.org →→ Cory Lasher, CTRS @ 303-413-7269

30th Annual Adaptive Water-ski Program

The EXPAND (EXciting Programs Adventures and New Dimensions) program has been offering adaptive water-ski at the Boulder Reservoir for the past 30 years! It was back in June of 1983 when a volunteer by the name of Jim Ziegler, started the program using his own boat and a hand full of volunteers and equipment, that he purchased. The adaptive water-ski program provides a unique and extremely safe opportunity for individuals with varying degrees of physical disabilities including brain injury, spinal cord injury, amputees, multiple sclerosis, muscular dystrophy, cerebral palsy and visual impairments. The program currently runs for 8 weeks every summer on Tuesday mornings, June through August.

The ability, past experience, and severity of disability are all taken into consideration in custom designing a program for each individual. Most of the individuals that participate are sit-skiers due to their inability to walk or their inability to have good balance. We have a variety of different types of skis and cages to provide a custom fit to each individual. So.....all of you Journey participants who do not want to attempt stand-up skiing, can sit-ski! Besides, I think it is much more fun! Every year, I have up to 30 dedicated boat drivers and volunteers who help me with this program and I personally would like to thank all of them as well as the EXPAND Beyond, Inc., for their continued financial support. To learn more about the program and watch a video of how it is done, you can visit: <http://expandbeyondinc.com>.

The adaptive water-ski program will be advertised under the EXPAND section in the upcoming summer brochure. The summer brochure will be out April 16th and you can register May 7th, but not before. Individuals can sign-up for all 8 weeks at \$70 or drop in at \$10. All drop in's must be called in ahead of time to make sure there is room. For more information, contact Cory Lasher at 303-413-7269.

