

## CHANGE A LIFE!

The Chanda Plan Foundation functions with the aid of donations, grants and in-kind services. Please consider making your contribution today!

I would like my contribution to be:

- Reoccurring Monthly for:  1 Year  2 Years  4 Years  
 One Time

In the amount of

- \$25.00  \$100.00  \$200.00 \$\_\_\_\_\_ (other)

Methods of Payment:

Please make checks payable to:

**The Chanda Plan Foundation.**

If contributing by credit card, please fill in the following information:

Name on Card: \_\_\_\_\_

Card number: \_\_\_\_\_

Expiration Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Type of Card: \_\_\_\_\_

CSC Number (3 digit code on back of card): \_\_\_\_\_

X. \_\_\_\_\_

Authorizing Signature

Billing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Home Telephone: (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

Please mail this tear away form and related payment to:

The Chanda Plan Foundation  
4226 Raritan Street  
Denver, CO 80211

## Get Involved!

To know more about how you can participate in our programs, volunteer or donation, please visit our website at [www.iamtheplan.org](http://www.iamtheplan.org)

The Chanda Plan Foundation is a  
501(c) 3 non-profit organization

4226 Raritan Street, Denver, CO 80211



the  
chanda  
plan  
foundation

Integrative therapies for  
the physically disabled

# History

Ms. Hinton's (founder) interest in integrative therapies started in 2003. Her spinal cord injury had compromised her health to the degree that her weight dropped to 59 lbs, she had chronic pain and her immune system had depleted to a dangerous level, resulting in 911 emergency calls, numerous doctor visits and a lengthy hospital stay.

After encouragement to participate in integrative therapies, such as, acupuncture, massage therapy, physical therapy and holistic nutrition, Ms. Hinton was able to gain back the 20 lbs she had originally lost and become almost pain free. In addition, her endurance, strength and movement have increased dramatically.

Medicaid, which is a primary insurance for people with long term disabilities, does not fund integrative therapies. Coverage of care is limited and the disabled population is underinsured and extremely unhealthy due to this limitation.

Due to her once unimaginable improvements and stories from other individuals within her community experiencing the same complications, Ms. Hinton was motivated to make these therapies accessible to others and founded The Chanda Plan Foundation in 2006.



## Mission

Improve the quality of life for people with physical disabilities through education and programs to access integrative therapies.

Given that the National Research Council reported the average cumulative cost per pressure sore is an estimated \$58,000, savings for preventative care is significant.

According to the National Institute on Disability and Rehabilitation Research (1990), 75% of the disabled population is unemployed due to chronic pain.

## Goals & Objectives

Our goal is to continue giving the disabled population an services that can improve their overall health and participation in life. The ultimate aim is to help an undeserved and unhealthy population heal with their whole bodies.

Objectives are to:

- Improve the wellness (i.e. reducing pain, hospitalizations, depression and narcotic in-take)
- Improve the quality of life (i.e. increase hope for the future, participation in community and employment)

“Since 2006, The Chanda Plan Foundation has covered \$74,000 in integrative therapies for those eligible to participant in our programs.”

