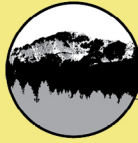


YELLOWBOOK



Pikes Peak Area
Council of Governments
Communities Working Together

2019 SENIOR INFORMATION AND ASSISTANCE DIRECTORY



719-471-2096

WWW.PPACG.ORG/YELLOWBOOK

Welcome to the Yellow Book!

We're pleased to present the Senior Information Directory (the "Yellow Book"), a basic resource guide to the many services of interest to older adults and their caregivers in El Paso, Park, and Teller counties.

We suggest that you take a moment to look at the organization of this guide. The Table of Contents (in the front) and the Index (in the back), which lists services by name, will help you find the specific services you need.

The section on Senior Service Organizations contains information on agencies that help meet the special needs of senior citizens, including information about us, the Pikes Peak Area Council of Governments Area Agency on Aging. We help older adults, their caregivers, and service providers with information on just about anything. In addition to the listings in this book, we have other information available through our computerized database (<http://www.pikespeak.co.networkofcare.org/aging/>). If you need information about services outside El Paso, Park, or Teller counties, call the National Eldercare Locator at 800-677-1116 or go to www.eldercare.gov.

Our Yellow Book has been published almost every year since 1967. If you have a need or a question that the Yellow Book does not appear to address, call us at (719) 471-2096.

We wish to thank our advertisers and our volunteers. They make it possible for us to publish this directory.

Do you find this resource helpful? Valuable? Essential?

We welcome your contributions toward the publication of this valuable community asset. Please send donations to:

PPACG AAA Yellow Book
15 South 7th Street
Colorado Springs, CO 80905

Quick Reference Page

EMERGENCY

- Police/Fire/Ambulance9 -1-1
- Poison Control (Rocky Mountain Poison Center)..... (800) 222-1222
- Veteran’s Crisis Line..... (800) 273-8255 (press 1)
- Colorado Crisis Services..... (844) 493-8255
- National Suicide Prevention Lifeline (800) 273-8255
- Adult Protective Services (Dept. of Human Services) (719) 444-5755

NON-EMERGENCY LAW ENFORCEMENT

- Police/Fire, Colorado Springs (719) 444-7000
- Sheriff, El Paso County (719) 390-5555
- Sheriff, Park County (719) 836-4121
- Sheriff, Teller County (719) 687-9652
- Victim Advocacy Unit (CSPD)..... (719) 444-7777

INFORMATION AND ASSISTANCE

- Senior Information and Assistance Center..... (719) 471-2096
- United Way 2-1-12-1-1
- From a cell phone: (719) 955-0742

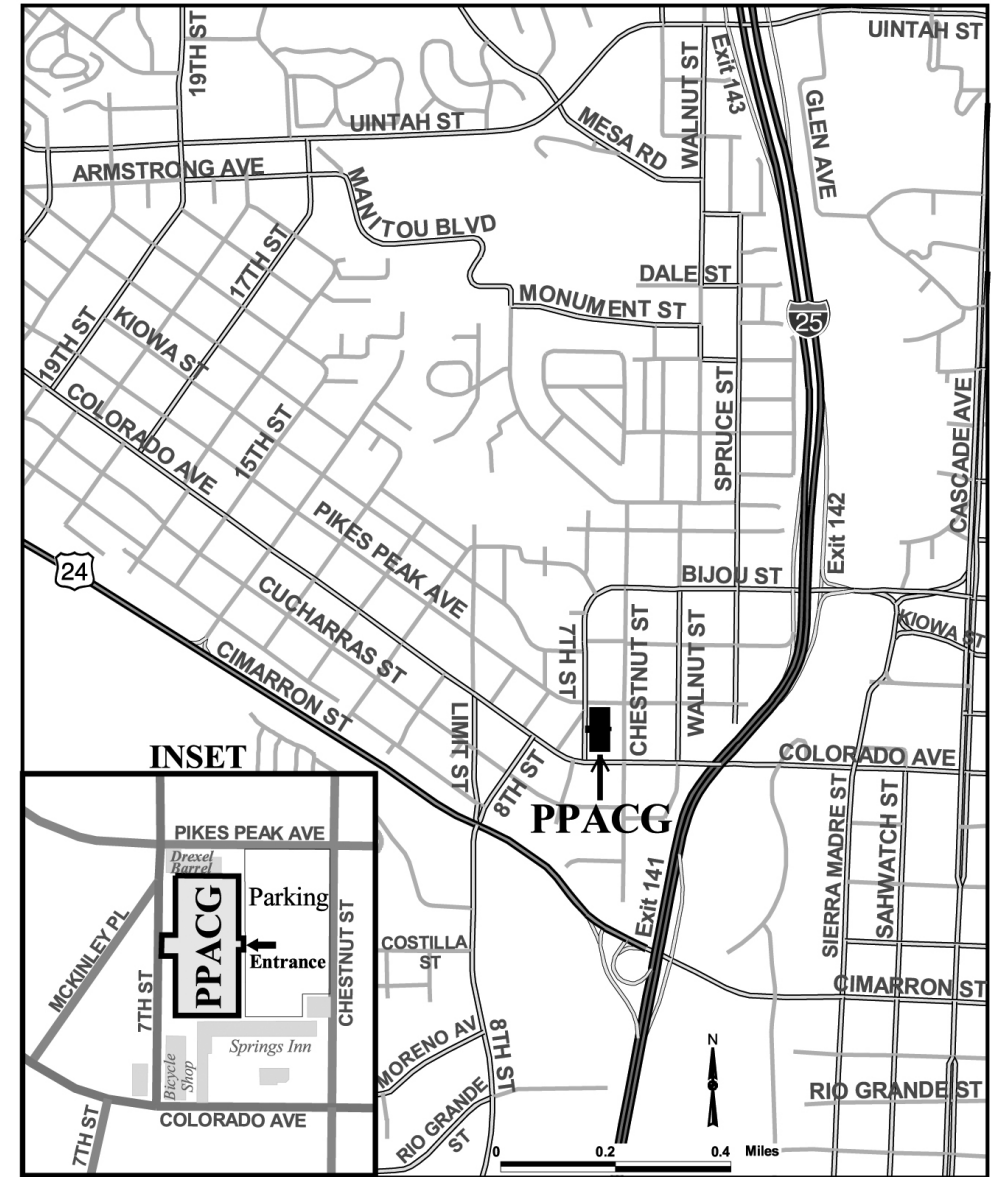
TIME OF DAY

- Time..... (719) 567-6742

WEATHER FORECAST

- National Weather Service (844) 202-1573

Add your own important numbers below:



Pikes Peak Area Council of Governments

Area Agency on Aging

14 South Chestnut Street

Colorado Springs, CO 80905

www.ppacg.org

(719)471-2096

On-site free parking

Convenient to city bus routes

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How to Use this Directory....

The purpose of the Senior Information and Assistance Directory is to connect the senior adult community with programs and services that will help people remain independent and safe in their own homes for as long as possible.

The following notes and tips are provided to help you find the information you need quickly and easily.

- The services in this directory are listed alphabetically under type of service.
- Information and provider listings cover our region: El Paso, Park and Teller counties.
- We have provided charts for several specific categories, including Apartments, Retirement, Assisted Living (AL)+, Skilled Nursing Facilities (SNF), Medical Home Health Care, and Hospice agencies.
- A glossary and list of acronyms commonly used by local, state and federal organizations and agencies has been provided and is located before the Index.

Every attempt has been made to provide current and accurate information; however, all information is subject to change without notice. This includes addresses, phone numbers and business/organization names.

The information within this directory is accurate to the best of our ability as of the date of publication.

Please feel free to contact the Area Agency on Aging/Senior Information and Assistance Center at (719) 471-2096 with any comments or questions regarding this publication or any of the services or resources available. We are always interested in hearing from the community we serve.

This publication and all of the services of the Area Agency on Aging are provided at no cost to our community. Donations are always welcome and appreciated to help us continue to provide these valuable services. Please send donations to:

PPACG AAA Yellow Book
15 South 7th Street
Colorado Springs, CO 80905

NOTES

ABUSE (ELDER)

Many services and programs attempt to reduce the incidence of financial, emotional, physical and sexual abuse or intimidation of elderly people and dependent adults by members of their families or other caregivers.

Colorado law requires many professional groups to report abuse, neglect, and exploitation to law enforcement when they observe or become aware of the mistreatment. The professionals that fall under this law are considered "mandatory reporters." This law also has legal penalties for mandatory reporters if they fail to report mistreatment.

Anyone who is concerned about the health and welfare of a senior or at-risk adult can contact a law enforcement agency to request a wellness check.

The following services are available specifically to help answer questions or provide assistance in these situations.

AARP ELDERWATCH.....(800) 222-4444 #2

303 E 17th Ave, #340, Denver, CO 80203
 Fights financial exploitation of older Coloradans through education and outreach and by providing information and referrals.
www.aarp.org

ADULT PROTECTIVE SERVICES, EL PASO COUNTY.....(719) 444-5755

1675 W Garden of the Gods Rd (80907) TDD (719) 444-5998
www.humanservices.elpasoco.com

ADULT PROTECTIVE SERVICES, PARK COUNTY.....(844) 264-5437

59865 Hwy 285, Bailey, CO 80421 (719) 836-4139 #4
www.parkco.us

ADULT PROTECTIVE SERVICES, TELLER COUNTY.....(719) 687-3335

800 Research Dr, #100, Woodland Park, CO 80863 (719) 686-5550
www.co.teller.co.us/DSS

COLORADO COALITION FOR ELDER RIGHTS

789 Sherman St, #250, Denver, CO 80230
 Contact by email only info@ccerap.org
www.ccerap.org

NATIONAL DOMESTIC VIOLENCE HOTLINE(800) 799-7233

PO Box 161810, Austin, TX 78716 (TTY) (800) 787-3224
www.thehotline.org

OMBUDSMAN FOR LONG-TERM CARE, PPACG AAA(719) 471-2096

14 S Chestnut St (80905)
Consultations are by appointment only.
www.ppacg.org/aging

SILVER KEY OUTREACH SERVICES (SOS).....(719) 884-2350

1605 S Murray Blvd (80916)
Connects to local mental health services and case management.
www.silverkey.org

TESSA..... 24 Hour Crisis Line (719) 633-3819

435 Gold Pass Hgts (80906) (719) 633-1462
Confidential services to victims of domestic violence and sexual assault.
www.tessacs.org

VICTIM ADVOCACY PROGRAM, ASIAN PACIFIC DEVELOPMENT CENTER OF COLORADO(303) 923-2920

1537 Alton St, Aurora, CO 80010
www.apdc.org

VICTIM ADVOCATE PROGRAM, TELLER COUNTY.....(719) 686-2509

911 Tamarac Pkwy, Woodland Park, CO 80863 (719) 687-9262
www.city-woodlandpark.org

ADULT DAY SERVICES

Adult Day services are specialized programs that provide personal care for dependent individuals in a supervised, protective setting during some portion of a day.

Services may include social, recreational and developmental activities and snacks and/or meals as appropriate. Adult day service centers may also provide health and related services as well as care and supervision for adults who require physical rehabilitation, dementia management or other condition-specific forms of assistance. Adult day service centers also provide respite for caregivers.

The following adult day services may specialize in caring for seniors or people with disabilities. Some may be able to bill insurance, such as Medicaid, while others do not. Be sure to call for details.

DAYBREAK(719) 687-3000

404 N State Highway 67, Woodland Park, CO 80863
www.daybreakadp.com

DayBreak
An Adult Day Program

Love ♥ Patience ♥ Acceptance
Respect ♥ Humor ♥ Community

www.daybreakadp.com
404 N. State Hwy 67
Woodland Park Mon-Fri: 9-5



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2019

719-687-3000 (o)
719-331-3640 (c)
Paula Levy
Executive Director



Voyages

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- Experienced and caring staff
- Weekly outings
- Peace of mind for caregivers
- Reliable transportation
- Engaging exercise programs
- Affordable and personalized care
- Medicaid, VA certified and private pay



(719) 785-9294
Info@DiscoverMyGoodwill.org
1460 Garden of the Gods Rd.
Colorado Springs, CO 80907

DISCOVER GOODWILL: JOURNEYS(719) 266-1202

2360A Montebello Square Dr (80918)
For individuals with developmental disabilities.
www.discovermygoodwill.org

DISCOVER GOODWILL: VOYAGES(719) 381-9484

1460 Garden of the Gods Rd (80907) (719) 661-2218
www.discovermygoodwill.org

LIFTING SPIRITS(719) 488-1415

755 Highway 105, #C, Palmer Lake, CO 80133
www.liftingspiritscare.net

MOSAIC(719) 380-0451

4775 Centennial Blvd, #150 (80919)
Adults of all ages who have intellectual disabilities.
www.mosaicinfo.org

SENIORS' RESOURCE CENTER (THE YELLOW HOUSE).....(303) 235-6986

5120 Hwy 73, Evergreen, CO 80439
Adult day program and respite care (private pay).
www.srcaging.org/src-evergreen

ADVOCATES/OMBUDSMAN (ELDER)

Long-term-care ombudsmen are advocates for residents in nursing homes and assisted living facilities. Ombudsman may also investigate and attempt to resolve complaints made by or on behalf of residents of nursing facilities, residential care homes, assisted living facilities and other supervised living facilities for older adults.

Ombudsmen also advocate for the quality of life, health, safety, welfare and rights of residents; and monitor laws, regulations and policies that affect those who live in long-term-care facilities.

AARP COLORADO(866) 554-5376

303 E 17th Ave, #510, Denver, CO 80203
www.aarp.org/co

AARP NATIONAL(888) 687-2277

601 E St NW, Washington, DC 20049
www.aarp.org

ADMINISTRATION FOR COMMUNITY LIVING (ACL).....(800) 677-1116

330 C ST SW, Washington, DC 20201
www.acl.gov

AMERICAN CIVIL LIBERTIES UNION (ACLU) COLORADO.....(303) 777-5482

303 E 17th Ave, #350, Denver, CO 80202
www.aclu-co.org

ASPEN MINE CENTER..... (719) 689-3584 x118

166 E Bennett Ave, Cripple Creek, CO 80813
www.aspenminecenter.org

COLORADO STATE LONG-TERM CARE OMBUDSMAN.....(800) 288-1376

455 Sherman St, #130, Denver, CO 80203 (303) 722-0300
www.disabilitylawco.org

DISABILITY LAW COLORADO.....(800) 288-1376

455 Sherman St, #130, Denver, CO 80203 (303) 722-0300
 Specializing in civil rights and discrimination issues in areas such as special education, housing, employment, long term care and voting rights for persons with disabilities.
www.disabilitylawco.org

LIFE CARE SOLUTIONS(877) 794-9582

1219 Lake Plaza Dr, #C (80906) (719)447-1711
www.lifecaresolutions.com

MEDSAVVY HEALTH ADVOCATES(719) 481-6440

245 Pinewood Loop, Monument, CO 80132
 Private medical healthcare advocates.
www.medsavvyhealthadvocates.com

OMBUDSMAN FOR MEDICAID MANAGED CARE.....(877) 435-7123

4500 Cherry Creek Dr South, #201, Glendale, CO 80246..... (303) 830-3560
www.coloradohealthpartnerships.com

OMBUDSMAN–NATIONWIDE LOCATOR(202) 332-2275


1001 Connecticut Ave NW, #632, Washington, DC 20036
www.ltombudsman.org

OMBUDSMAN FOR LONG-TERM CARE, PPACG AAA(719) 471-2096

14 S Chestnut St (80905)
www.ppacg.org/aging

PACE OMBUDSMAN(800) 288-1376

455 Sherman St, #120 Denver, CO 80203 (303) 722-0300
www.disabilitylawco.org



We're All About Dignity


Teaching Care skills to people giving care

Our goal is to teach you, the Caregiver, how to assist Loved ones correctly and easily.

Don't learn through trial and error. Let us teach you the correct way to care for your loved ones extra needs.

- ▷Alzheimer's/Dementia care ▷Behaviors
- ▷At risk patient needs ▷Bathing ▷Feeding
- ▷Shower help ▷Skin care ▷Denture care
- ▷Wheelchair transfers ▷Identifying strokes
- ▷Pressure sores ▷Care for end of life needs

For information about our classes
allaboutdignity.com
(719) 459-2017



If you are caring for your spouse, an aging parent, a friend or a loved one.
You are a caregiver



CAREGIVER SUPPORT Center

We can give you the tools you need to manage your caregiving responsibilities while also caring for yourself. Let us help you now; call for information about services and programs

Pikes Peak Area Council of Governments
 COMMUNITIES WORKING TOGETHER
 AREA AGENCY ON AGING

719-886-7526

SENIOR INFORMATION AND ASSISTANCE, PPACG AAA.....(719) 471-2096

14 S Chestnut St (80905)

www.ppacg.org/aging

SENIORCARE.....(719) 440-3426

PO Box 38422 (80937)

Private medical healthcare advocates.

www.seniorcarellc.org

VICTIMS ADVOCACY UNIT (Colorado Springs Police Department)

.....(719) 444-7777

Advocacy, crisis counseling and follow up support for victims of crime.

<http://cspd.coloradosprings.gov>

CARE MANAGEMENT (ELDER)

Senior Care Management programs develop plans for the evaluation, treatment and/or care of individuals who, because of age, illness or other difficulties, need assistance in planning and arranging for services to meet their long-term-care needs, improve their quality of life, and maintain their independence for as long as possible.

Care managers also follow up and monitor progress to ensure that services are having a beneficial impact on the individual.



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Rocky Mountain PACE (Program of All-Inclusive Care for the Elderly)

provides innovative, coordinated healthcare for seniors,
assisting participants so they can live enjoyable and
independent lives.

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 (719) 314-2327

 RMHCare.org

CARE PLANNERS(719) 520-0711

2960 N Academy Blvd, #201 (80917)

COLORADO COMMUNITY HEALTH ALLIANCE (719) 598-1540

PO Box 13406, Denver, CO 80202

Regional Accountability Entity (RAE).

INDEPENDENT HOME LIVING(719) 660-2401

4419 Centennial Blvd, #344 (80907)

www.independenthomelivingsolutions.com

LIFE CARE SOLUTIONS(877) 794-9582

1219 Lake Plaza Dr, #C (80906)(719) 447-1711

www.lifecaresolutions.com

MEDSAVVY HEALTH ADVOCATES(719) 481-6440

245 Pinewood Loop, Monument, CO 80132

medsavvyhealthadvocates.com

ROCKY MOUNTAIN OPTIONS FOR LONG-TERM CARE.....(719) 457-0660

1645 S Murray Blvd (80916)

www.rmoltc.org/

ROCKY MOUNTAIN PACE.....(TOLL FREE) (855) 207-0702

2502 E Pikes Peak Avenue (80909)(719) 314-2327

PACE: Program of All Inclusive Care for the Elderly.

www.rmhcare.org/programs/rocky-mountain-pace

SENIORCARE.....(719) 440-3426

PO Box 38422 (80937)

www.seniorcarellc.org

SENIORS' RESOURCE CENTER (THE YELLOW HOUSE).....(303) 235-6986

5120 Hwy 73, Evergreen, CO 80439

Adult day program and respite care (private pay).

www.srcaging.org/src-evergreen

SILVER KEY SENIOR ASSISTANCE.....(719) 884-2350

1605 S Murray Blvd (80916)

Case Management, Senior Outreach Services(SOS), guardianship & power of attorney.

www.silverkey.org

TELLER SENIOR COALITION(719) 687-3330

750 E Hwy 24, Bldg 2, #100, Woodland Park CO 80866

www.tellerseniorcoalition.org

TRI-LAKES CARES.....(719) 481-4864

235 N Jefferson, Monument, CO 80132

Case management services for residents of northern El Paso County.

www.tri-lakescares.org

CAREGIVER SUPPORT SERVICES

Family Caregiver consultants provide professional services to help develop the caregiver role and maintain the health and well-being of caregivers. Caregiver counselors also advocate on behalf of caregivers. They also provide emotional reassurance and training to caregivers and assist them with accessing information, support and community services.

The organizations listed below may offer one or all types of caregiver services such as care planning, wellness check services, support groups, counseling services, community resource coordination, educational classes/caregiver training, lending libraries and respite assistance to enable family caregivers to better manage their care-giving roles while also caring for themselves.

ALL ABOUT DIGNITY(719) 459-2017

Caregiver training.
www.allaboutdignity.com

ALZHEIMER'S ASSOCIATION OF CENTRAL COLORADO (800) 272-3900

Provides educational programs, care consultations, Medic Alert & Safe Returns program, support groups, 24/7 telephone HELPLINE, information, referral and support for caregivers.
www.alz.org/co

BEO TRAINING CENTER(719) 385-0200

5055 Mark Dabling Blvd (80918)
Certified Nurse Aide Training Program.
www.beopersonalcare.com/training-center

CARECHECKERS(888) 477-0435

2151 Ann St, Stroudsburg, PA 18360
A live-person telephone checkup service nationwide or monitored check-in service available nationwide.
www.carecheckers.com

CHEYENNE VILLAGE COMM OUTREACH PROGRAM.....(719) 592-0200

6275 Lehman Dr (80918)
For adults with developmental disabilities living with an aging caregiver.
www.cheyennevillage.org

DISCOVER GOODWILL: YOUR LIFE YOUR WAY.....(719) 381-9484

1460 Garden of the Gods Rd (80907)
www.discovermygoodwill.org

EL PASO COUNTY DHS, AGING SERVICES(719) 636-0000

1675 W Garden of the Gods Rd, 3rd Floor (80907)
dhs.elpasoco.com

FAMILY CAREGIVER SUPPORT CENTER, PPACG AAA..... (719) 471-2096 x115

14 S Chestnut St (80905)..... (719) 886-7526
Care planning consultations for adult caregivers caring for or concerned about a person 60+.
www.ppacg.org/aging

PARK COUNTY SENIOR COALITION(719) 836-4295

825 Clark St, #C, Fairplay, CO 80440
Respite vouchers.
www.parkcoseniors.org

TELLER SENIOR COALITION(719) 687-3330

750 E Hwy 24, Bldg 2, #100, Woodland Park, CO 80866
Caregiver respite and counseling.
www.tellerseniorcoalition.org

UCCS AGING CENTER.....(719) 255-8002

4863 N Nevada Ave, #321 (80918)
www.uccs.edu/agingcenter

COMMUNITY LIVING

Community Living services include a wide variety of services that can keep individuals connected to the community, help individuals remain independent in their homes, make life more enjoyable or keep individuals informed.

If unable to find a particular service in another category, try looking here.

BUSINESS RESOURCES

Information, assistance, mentoring and advocacy for local businesses.

COLORADO SPRINGS CHAMBER AND EDC(719) 471-8183

102 S Tejon St, #430 (80903)
www.coloradospringschamberedc.com

COLORADO SPRINGS SCORE(719) 636-3074

559 E Pikes Peak Ave#100 (80903)
Small-business planning assistance and counseling with branch offices in Leadville and Monument.
www.coloradosprings.score.org

FOUNTAIN VALLEY CHAMBER OF COMMERCE(719) 382-3190

116 S Main St, Fountain CO 80817
www.fountainvalleychamber.com

GREATER WOODLAND PARK CHAMBER OF COMMERCE.....(719) 687-9885

210 E Midland Ave, Woodland Park, CO 80866
www.woodlandparkchamber.com

MANITOU SPRINGS CHAMBER OF COMMERCE.....(800) 642-2567

354 Manitou Ave, Manitou Springs, CO 80829 (719) 685-5089
www.manitousprings.org

SENIOR RESOURCE COUNCIL (SRC)(719) 260-0744

2210 East LaSalle St (80909)
A professional association that provides opportunities to its members that serve seniors.
www.srccos.org

DELIVERY SERVICES

KING SOOPERS GROCERY HOME DELIVERY SERVICE.....(800) 677-5464

www.instacart.com/king-soopers

MEDS ON THE RUN.....(719) 822-6629

2860 S Circle Dr , #160 (80906)
Delivers pharmaceuticals, medial devices, documents, medical equipment and supplies. Delivers to and from pharmacies, patients, hospitals, labs, clinics, doctors and dentist offices, nursing homes, and research facilities. Service to veterinarians and pet pharmacies.

SOUTHERN BELLE CONCIERGE SERVICE(719) 629-7845

Grocery shopping and errand service.
www.southernbelleconciergeservice.com

MOVING/RELOCATION SERVICES

Packing, moving, downsizing, and more.

A CALL TO ORDER(719) 231-5425

www.acalltoorderco.com

A PERFECT SQUARE(719) 377-2997

www.aperfectsquare.com

ALL BOXED UP(719) 357-3645

5950 Nester Way (80922)
www.allboxedup.net

CARING TRANSITIONS OF COLORADO SPRINGS(719) 208-7969

4164 Austin Bluffs Pkwy (80918)
www.caringtransitionscoloradosprings.com

CLUTTER TRUCKER (719) 372-5009

Provides junk removal and hauling services. Specializes in hoarding cleanup and extreme cleaning.
www.cluttertrucker.com

COLDWELL BANKER..... (844) 812-1182

2075 Research Parkway (80920)
www.coldwellbanker.com/about

EL PASO COUNTY HOUSEHOLD CHEMICAL WASTE (719) 520-7878

3255 Akers Dr (80922)
Accepts household hazardous waste, some recyclables. Space limited, call first.
<https://communityservices.elpasoco.com/environmental-division/household-hazardous-waste/>

ERA SHIELDS REAL ESTATE(888) 535-7328

5475 Tech Center Drive (80919).....(719) 338-3050
www.era.com

HARRIS GROUP REALTY INC(719) 227-9900

7011 Campus Dr, #210 (80920).....(719) 338-0827
www.harrisgrouprealtyinc.com

KEEPSAKES PACKRATS(719) 648-6920

2041 Lark Dr (80909)

RE/MAX PROPERTIES, INC..... (719) 540-4663 (HOME)

2630 Tenderfoot Hill St (80906)
www.homescolorado.com

THINGS FORGOTTEN NOT GONE\A DIVISION OF DISCOVER

GOODWILL.....(719) 428-9271

1460 Garden of the Gods Rd (80907)
www.thingsforgottenllc.com

NEWSPAPER SERVICES

Local and neighborhood publications.

CHEYENNE EDITION.....(719) 476-4872

30 E Pikes Peak Ave (80903)
www.gazette.com/cheyenneedition/news

- LIFE AFTER 50 NEWSPAPER**(719) 418-2717
 1438 #B N Hancock (80903)
www.la50pikespeak.com
- PARK COUNTY REPUBLICAN AND FAIRPLAY FLUME**(866) 883-1154
 5138 County Rd 64, Bailey, CO 80421.....(303) 838-4423
www.theflume.com
- PIKES PEAK COURIER VIEW**(719) 687-3006
 1200 E Hwy 24, Woodland Park, CO 80863
www.gazette.com/pikespeakcourier
- TRI-LAKES TRIBUNE**(719) 687-3006
www.gazette.com/the-tribune
- WESTSIDE PIONEER**(719) 471-6776
 526 S 26th St (80904)
www.westsidepioneer.com
- WOODMAN EDITION**(719) 476-4872
 30 E Pikes Peak Ave (80903)
www.gazettecommunitynews.com/woodmanedition

If you are over age 50 and considering a new home purchase, selling your family residence, or transitioning into a care-based facility,

RE/MAX Properties, Inc. can help!

We have a team of agents with the SRES® (Seniors Real Estate Specialists) designation, and they are educated to create a customized approach to each situation: older homeowners planning life after retirement, transitioning from retirement with a companion to life alone, or contemplating selling the family home.

CALL 719-572-1234



PIKES PEAK AREA
 COUNCIL OF GOVERNMENTS
AREA AGENCY ON AGING

Our mission is to help older area residents remain in their own homes by removing barriers to independent living.

Our programs include:

- ▶ Senior Insurance Assistance
- ▶ Senior Information & Assistance Center
- ▶ Family Caregiver Support Center
- ▶ Ombudsman Program



 **Pikes Peak Area**
 Council of Governments
 Communities Working Together

OTHER COMMUNITY LIVING RESOURCES

- COLORADO STATE ANATOMICAL BOARD**(303) 724-2410
 13070 E 19th Ave, Aurora, CO 80045
 Anatomical donation.
www.ucdenver.edu
- DIGNITY MEMORIAL/SWAN LAW FUNERAL**.....(719) 471-9900
 501 N Cascade Ave (80903)
 Homeless veterans burial program.
www.dignitymemorial.com/contact-us
- NEPTUNE SOCIETY**(303) 427-5140
 5225 W. 80th Ave, #C-1, Arvada, CO 80003
 Cremation services.
www.neptunesociety.com/location/denver-cremation

PET SERVICES

- Pet sitting, veterinary care, adoption and grief support.
- ANIMAL EMERGENCY CARE CENTERS**(719) 260-7141
 5520 N Nevada Ave, #150 (80918)
www.animalercare.com
- COOK VETERINARY HOSPITAL**(719) 633-7769
 21 W Cimarron St (80903)
www.cookveterinary.com
- HARLEY'S HOPE FOUNDATION**(719) 495-6083
 PO Box 88146 (80908)
 Pet assistance-service animal fund, short-term foster care, pet first aid/CPR training.
www.harleys-hopefoundation.org
- HOMEWARD BOUND PET MEM CTR AND CREMATORIUM**(866) 636-1036
 318 Karen Ln (80907)(719) 636-1036
 Pet loss support group open to the public.
www.homeward-bound-pet.com
- HUMANE SOCIETY OF THE PIKES PEAK REGION**(719) 473-1741
 610 Abbot Ln (80905)
www.hsppr.org
- PEAK PET PANTRY** (719)354-0022
 Pet food assistance and monthly distribution in the Colorado Springs area.
www.coloradopetpantry.org
- SAFE PLACE FOR PETS**.....(719) 359-0201
 1520 N Hancock Ave (80903)
 Works with terminally ill pet owners to provide support and new forever homes.
www.safeplacepets.org

ST. PAWS THRIFT STORE.....(719) 597-3647

3275 E Platte Ave (80909)

www.stpaws.org

COMMUNITY/SENIOR CENTERS

Senior Centers can provide opportunities for older adults to socialize, exercise and learn through a variety of recreational, educational and informational programs. Some senior centers also sponsor direct services such as congregate meals, volunteer programs, and income tax assistance.

Community Centers are open to people of all ages, may offer a variety of programs, and may have some programming for seniors also.

ASPEN MINE CENTER.....(719) 689-3584

166 E Bennett Ave, Cripple Creek, CO 80813

www.aspenminecenter.org

COLORADO SPRINGS SENIOR CENTER.....(719) 955-3400

1514 N Hancock Ave (80903)

www.ppymca.org/colorado-springs-senior-center

COMMUNITY PARTNERSHIP FAMILY RESOURCE CENTER.....(719) 686-0705

11115 Hwy 24, Divide, CO 80814

www.cpteller.org

COTTONWOOD CREEK RECREATION CENTER.....(719) 385-6508

3920 Dublin Blvd (80918)

Partnership between the City of Colorado Springs and the YMCA.

www.ppymca.org

DEERFIELD HILLS COMMUNITY CENTER.....(719) 385-5996

4290 Deerfield Hills Rd (80916)

www.coloradosprings.gov

FAIRPLAY COMMUNITY CENTER.....(719) 836-4289

880 Bogue St, Fairplay, CO 80440

www.parkco.us

FOUNTAIN VALLEY SENIOR SERVICES.....(719) 520-6470

5745 Southmoor Dr, Fountain, CO 80817

www.humanservices.elpasoco.com/fountain-valley-senior-center

GUFFEY COMMUNITY CENTER.....(719) 836-4289

1625A County Rd 102, Guffey, CO 80820

www.parkco.us

HILLSIDE COMMUNITY CENTER.....(719) 385-7900

925 S Institute St (80903)

www.coloradosprings.gov

LAKE GEORGE COMMUNITY CENTER.....(719) 836-4289

39141 US Hwy 24, Lake George, CO 80827

www.parkco.us

MEADOWS PARK COMMUNITY CENTER.....(719) 385-7940

1943 S El Paso Ave (80905)..... (719) 385-7942

www.coloradosprings.gov

MEMORIAL PARK RECREATION CENTER.....(719) 385-5984

280 S Union Blvd (80910)

Partnership between City of Colorado Springs and YMCA.

www.ppymca.org

SALVATION ARMY RED SHIELD COMMUNITY CENTER.....(719) 636-3891

908 Yuma St (80909)

www.coloradosprings.salvationarmy.org

SHAWNEE COMMUNITY CENTER.....(719) 836-4289

57 Park County Rd 64, Shawnee, CO 80475

www.parkco.us

Colorado Springs Senior Center
A Beacon of Vitality for Adults Ages 55+

Step inside and enjoy:

- Health Presentations
- Lifelong Learning
- Exercise Classes
- Special Events
- Computer
- Day Trips
- Dance
- Art

An Innovative Partnership with

719.955.3400
csseniorcenter.com
1514 N. Hancock Ave.

Confused about Medicare? Health insurance? Bills and paperwork? Senior Insurance Assistance (SIA) can help!

Contact us at **719-635-4891**
or **1-888-696-7213**
seniorinsur@ppacg.org
www.ppacg.org

Pikes Peak Area Council of Governments
Communities Working Together

SILVER KEY ACTIVE LIVING & COMMUNITY ROOMS(719) 884-2300

1655 S Murray Blvd (80916)

Programs support health and wellbeing: recreational, creative, cultural, and inspirational activities; and lifelong learning.

www.silverkey.org

SOUTH PARK SENIOR CENTER.....(719) 836-1455

296 6th St, Fairplay, CO 80440

TELLER SENIOR COALITION(719) 687-3330

750 E Highway 24, Bldg 2, #100, Woodland Park, CO 80866

www.tellerseniorcoalition.org

TEMPLE SHALOM SENIOR PROGRAM.....(719) 634-5311

1523 E Monument St (80909)

Entertainment and other information for seniors.

www.templeshalom.com

TRI-LAKES SILVER ALLIANCE.....(719) 464-6873

PO Box 2931, Monument, CO 80132

Provides senior programs, services, activities and support for seniors in the Tri-Lakes area.

www.trilakesseniors.org

UTE PASS CULTURAL CENTER.....(719) 687-5284

210 E Midland Ave, Woodland Park, CO 80863

www.utepassculturalcenter.itgo.com

WESTSIDE COMMUNITY CENTER (719) 385-7920 x100

1628 W Bijou St (80904)

www.ourwestside.org

WOODLAND PARK SENIOR CENTER(719) 687-3877

321 N Pine St, Woodland Park, CO 80863

www.woodlandparkseniors.com

CONSUMER PROTECTION/INFORMATION

The agencies listed here provide information and guidance for people who need assistance in managing financial resources, evaluating competitive products and services, understanding their consumer rights and seeking redress when they believe their rights have been violated.

These providers can assist in identifying and avoiding fraud and scams, offer education or counseling about credit and financial issues, advocate for you if you are a victim of a scam or financial exploitation, and other services.

Telephone scams are still out there! Report any suspicious calls you have received to the proper authorities.

Here are some useful tips to keep in mind:

- Have you checked into the background of people you are doing business with, especially if they will be working in or around your home?
- Be wary of giving out your personal or private information over the phone unless you initiated the call.
- Remember, no government agency will ever call you and ask for your Social Security number, bank account information or address unless you ask them to.

AARP ELDERWATCH..... (800) 222-4444#2

303 E 17th Ave, #340, Denver, CO 80203

Fights financial exploitation of older Coloradans through information, assistance and referrals.

www.aarp.org

AARP TAX PREPARATION ASSISTANCE.....(888) 687-2277

Free to low/moderate income, priority for 60+. Call for locations.

www.aarp.org

AMERICAN CIVIL LIBERTIES UNION (ACLU), COLORADO.....(303) 777-5482

303 E 17th Ave, #350, Denver, CO 80203

www.aclu-co.org

ANNUAL CREDIT REPORT REQUEST SERVICE.....(877) 322-8228

PO Box 105283, Atlanta, GA 30348

Free credit reports.

www.annualcreditreport.com

BETTER BUSINESS BUREAU (BBB).....(719) 636-1155

25 N Wahsatch Ave #100 (80903)

www.bbb.org/southern-colorado

BROTHERS REDEVELOPMENT (844)926-6632
 2762 Janitell Rd (80906) (719) 888-9134
 Fair housing information, home buyer and renter education and consumer counseling.
www.brothersredevelopment.org

CALL FOR ACTION, CHANNEL 11 NEWS(719) 457-8211
 520 E Colorado Ave (80903)
 Assist consumers in resolving issues with businesses and other organizations after their own efforts have failed.
www.kktv.com

CLERK & RECORDER, EL PASO COUNTY.....(719) 520-6202
 1675 W Garden of the Gods Rd (80907)
 Marriage licenses, handicapped tags, real estate transactions and voter registration.
www.clerkandrecorder.elpasoco.com

COLORADO ATTORNEY GENERAL.....(800) 222-4444
 1300 Broadway, 6th Floor, Denver, CO 80203 (720) 508-6012
 Handles complaints about creditors, finance companies, payday lenders, consumer fraud scams and more.
www.coag.gov/uccc

COLORADO CIVIL RIGHTS DIVISION(800) 262-4845
 1560 Broadway, #825, Denver, CO 80202 (303) 894-2997
www.dora.colorado.gov/crd

COLORADO COALITION FOR ELDER RIGHTS www.ccerap.org
 789 Sherman St, #250, Denver, CO 80230
 Contact by email onlyinfo@ccerap.org

COLORADO DEPT OF REGULATORY AGENCIES (DORA)(800) 886-7675
 1560 Broadway, #110, Denver, CO 80202 (303) 894-7855
 Call/write for information, file complaint against a business/licensed individual.
www.colorado.gov/dora

COLORADO DIVISION OF LABOR(888) 390-7936
 633 17th St, #600, Denver, CO 80202 (303) 318-8441
 Answers questions about wages, hours, labor standards, etc.
www.coloradolaborlaw.gov

COLORADO NO-CALL LIST(800) 309-7041
 (Nat'l) (888) 382-1222
www.coloradonocall.com

COLORADO SPRINGS DRIVERS LICENSE OFFICE(719) 594-8701
 2447 N Union Blvd (80909) (303)205-5613
www.colorado.gov/dmv

COLORADO TAXPAYER SERVICE, DEPT OF REVENUE.....(303) 238-7378
 2447 N Union Blvd (80909) (719) 594-8706
 Income tax, rent/heat rebate for elderly, disabled and low-income.
www.colorado.gov/revenue

DEPT OF MOTOR VEHICLES, EL PASO COUNTY(719) 520-6240
 1675 W Garden of the Gods Rd (80907)
 Driver's license, registration/titles, handicap tags. Locations throughout the county.
www.clerkandrecorder.elpasoco.com/motor-vehicle-department

DISABILITY LAW COLORADO.....(800) 288-1376
 455 Sherman St, #130, Denver, CO 80203 (303) 722-0300
 Protects and promotes the rights of seniors and people with disabilities.
www.disabilitylawco.org

NAACP www.naacp.org

NATIONAL COMMITTEE FOR QUALITY ASSURANCE(888) 275-7585
 1100 13th St NW, Washington, DC 20005 (202) 955-3500
 Organization that works to improve health care quality.
www.ncqa.org

NATIONAL DO NOT CALL REGISTRY(888) 382-1222
www.donotcall.gov

OFFICE OF FAIR HOUSING & EQUAL OPPORTUNITY (800) 877- 7353
 1670 Broadway St, Denver, CO 80202 (303) 672-5440
www.hud.gov

PASSPORTS, UNITED STATES POSTAL SERVICE(877) 487-2778
 201 E Pikes Peak Ave (80903) (719) 570-5336
www.usps.com/international/passports.htm

REVERSE MORTGAGE COUNSELING SERVICES(855) 899-3778
www.ncoa.org/HomeEquity

TRANSFORMANCE(800) 249-2227
 8737 King George, Dallas, TX 75235
 Counseling/education services for debt management, housing, budget and credit, finances and pre-retirement.
www.transformanceusa.org

USAGOV(FORMERLY FEDERAL CITIZEN INFORMATION CENTER)
Government benefits, programs and services.(844) 872-4681
www.usa.gov/explore

US POSTAL SERVICE CONSUMER AFFAIRS.....(800) 275-8777
7500 E 53rd Pl, #2214, Denver, CO 80266 (303) 853-6185
Handles USPS complaints.
www.usps.com

US INTERNAL REVENUE SERVICE.....(844) 545-5640
2864 S Circle Dr (80906)..... (719) 226-3300
Taxpayer Advocate Service(877) 777-4778
www.irs.gov

VOTER REGISTRATION, EL PASO COUNTY(719) 575-8683
1675 W Garden of the Gods Rd, #2202 (80907)
www.govotecolorado.com

DISABILITY SERVICES

In this category you will find organizations that provide services or information more specific to people with disabilities. Resources not listed here may be found in other sections of this directory.

Americans with Disabilities Act-ADA: Legislation passed in 1990 that prohibits discrimination and ensures equal opportunity for persons with disabilities in employment, state and local government services, public accommodations, commercial facilities, and transportation.

ADVOCACY

Advocates (Disability) intercede on behalf of individuals with physical, mental or developmental disabilities to ensure that they receive the benefits and services for which they are eligible. Services provided include outreach, education, technical assistance, guardianship, benefits assistance.

AMERICAN CIVIL LIBERTIES UNION, COLORADO.....(303) 777-5482
303 E 17th Ave, #350, Denver, CO 80203
www.aclu-co.org

CHEYENNE VILLAGE COMM OUTREACH PROGRAM(719) 592-0200
6275 Lehman Dr (80918)
For adults with developmental disabilities who live with an aging caregiver.
www.cheyennevillage.org

DISABILITY LAW COLORADO.....(800) 288-1376
455 Sherman St, Denver, CO 80203 (303) 722-0300
Specializing in civil rights and discrimination issues.
www.disabilitylawco.org

THE ARC OF THE PIKES PEAK REGION(719) 471-4800
12 N Meade Ave (80909)
Provides advocacy, guardianship, education and social opportunity.
www.thearcppr.org

THE INDEPENDENCE CENTER.....(719) 471-8181
729 S Tejon St (80903)
Individual/systems advocacy for health care access, fair/accessible housing, disability awareness, assistance animals, ADA.
www.theindependencecenter.org

CARE/CASE MANAGEMENT

These programs develop plans for the evaluation, treatment and/or care of individuals due to illness, disability or other difficulties.

DISCOVER GOODWILL: YOUR LIFE YOUR WAY.....(719) 381-9484
1460 Garden of the Gods Rd (80907)
www.discovermygoodwill.org

MEDSAVVY HEALTH ADVOCATES.....(719) 481-6440
245 Pinewood Loop, Monument, CO 80132
Personal advocate for medical issues.
www.medsavvyhealthadvocates.com

MOSAIC(719) 380-0451
4775 Centennial Blvd, #150 (80919)
Residential services, vocational training, day programs and more.
www.mosaicinfo.org

THE RESOURCE EXCHANGE (TRE)(719) 380-1100
6385 Corporate Dr, #301 (80919)
www.tre.org

ROUNDUP FELLOWSHIP.....(719) 623-1131
21221 E La Salle St, #100 (80919)..... (719) 447-9333
Serving children and adults with developmental disabilities.

INFORMATION/ASSISTANCE

Information/resource directories, service animals and communication services.

AMERICAN COUNCIL OF THE BLIND(800) 424-8666

1703 N Beauregard St, #420, Arlington, VA 22311..... (202) 467-5081

Information & referral for all blind and visually impaired people.

www.acb.org

AUDIO INFORMATION NETWORK OF COLORADO(877) 443-2001

1700 55th St, #A, Boulder, CO 80301 (303) 786-7777

Free audio services that help individuals maintain independence.

www.aincolorado.org

CANINE COMPANIONS FOR INDEPENDENCE(719) 260-6151

PO Box 80960

www.cci.org

COLORADO INSTRUCTIONAL MATERIALS CENTER

FOR THE VISUALLY IMPAIRED(719) 578-2195

Provides teachers with instructional materials for visually impaired students.

www.csdb.org

COLORADO TALKING BOOK LIBRARY.....(800) 685-2136

180 Sheridan Blvd, Denver, CO 80226..... (303) 727-9277

Audio, Braille & large-print formats for people with visual, physical or learning disabilities.

www.myctbl.org

GUIDE DOGS FOR THE BLIND(800) 295-4050

350 Los Ranchitos Rd, San Rafael, CA 94903

www.guidedogs.com

HEARINGLIFE.....(719) 520-3311

1396 S 21st St, (80904)

www.hearinglife.com

HEAR NOW(800) 328-8602

6801 Washington Ave, #200 Minneapolis, MN 55439

Hearing aids to adults and children who meet financial criteria.

www.starkeyhearingfoundation.org

HEARING LOSS ASS'N OF AMERICA www.hlaacoloradosprings.org

H.E.A.R.S.....(719) 352-5124

2125 E La Salle St (80909)

Hearing, education and assistance to low-income El Paso County residents by Rocky Mt. Sertomans.

www.hearscosp.weebly.com

INTERNATIONAL HEARING DOG(303) 287-3277

5901 E 89th Ave, Henderson, CO 80640

www.hearingdog.org

ISIGHT REHAB (719)229-8000

Vision rehabilitation therapy, assistive technology, orientation and mobility instruction.

www.isightrehab.com

THE INDEPENDENCE CENTER(719) 471-8181

729 S Tejon St (80903)

Information, resources, and referrals, for internal support programs and other community agencies.

www.theindependencecenter.org

LANGUAGE INTERPRETER/TRANSLATION SERVICES

..... www.interpreternetwork.org

..... www.interpretersunlimited.com/colorado-interpreter-translator

..... www.languagealliance.com

..... www.ticenterdenver.com

MAGNISIGHT OF THE ROCKIES.....(800) 753-4767

Electronic magnification systems for people with low vision

MIRACLE EAR.....(719) 593-1994

4711 Opus Dr, #110 (80906) (719) 445-7976

www.miracle-ear-southcosprings.com

NETWORK OF CARE FOR SENIORS/DISABILITY, PPACG AAA

Information and assistance directory of local, state and national resources for older adults 60+ and people with disabilities.

<http://pikespeak.co.networkofcare.org/aging>

PEAK VISTA COMMUNITY HEALTH CENTERS

AUDIOLOGY SERVICES(719) 344-7106

4863 N Nevada Ave (80918)

Provides hearing tests, hearing aids, fittings, minor repairs and adjustments.

www.peakvista.org

RELAY COLORADO(800) 659-2656

333 Inverness Dr South, Englewood, CO 80112 (800) 659-3656

Calls and relay messages for hearing or speech-impaired persons.

www.relaycolorado.com

ROCKY MOUNTAIN ADA CENTER.....(800) 949-4232

3630 Sinton Road, #103 (80907) (719) 444-0268
To provide information on the Americans with Disabilities Act (ADA)
www.rockymountainADA.org

SERVICE SOURCE (719) 579-5700

3075 Janitell Road, #250 (80906)
Information and job placement assistance.
www.servicesource.org

SIGN LANGUAGE NETWORK.....(866) 599-4517

PO Box 25102 (80936).....(719) 599-4517
www.signlanguagenetwork.com

TUNSTALL (FORMERLY MOUNTAIN HOME MEDICAL) (866) 686-7504

Medical alarm and medication management tools.
www.mthommed.com

TTY SERVICES FOR THE DEAF, CO COMMISSION..... (TTY) (800) 659-2656

www.ccdhh.com

RECREATION/ACTIVITIES

Therapeutic and social or recreational programs and activities.

STABLESTRIDES(719) 495-3908

13620 Hallelujah Trail, Elbert, CO 80106
Therapeutic horseback riding for people with disabilities.
www.stablestrides.org

THERAPEUTIC RECREATION, CITY OF COLO SPRINGS.....(719) 385-6958

1315 E Pikes Peak Ave (80909).....(719) 385-6964
Social, general and therapeutic recreation.
www.coloradosprings.gov/tr

US ASSOCIATION OF BLIND ATHLETES(719) 866-3224

1 Olympic Plaza (80909)
www.usaba.org

WHEELCHAIR GETAWAYS OF COLORADO(800) 238-6920

PO Box 621429, Littleton, CO 80162.....(303) 674-1498
Rental of wheelchair and scooter-accessible vans.
www.wheelchairgetaways.com

TRANSPORTATION

Specialized service for those with functional disabilities and enhanced mobility needs.

COACH HOME CARE AND TRANSPORTATION (719) 391-4444

1900 E Pikes Peak Ave, #2 (80909)
www.thecoachhomecare.com

ENVIDA MOVES (FORMERLY AMBLICAB).....(719) 633-4677

5660 N Academy Blvd (80918)
Now connects Colorado Springs to several locations in eastern El Paso County.
www.amblicab.org

MOUNTAIN METRO MOBILITY (ADA PARATRANSIT)(719) 392-2396

1015 Transit Dr (80903)
Special vans for disabled people unable to use fixed transit services.
www.coloradosprings.gov/mountain-metro

ONE RIDE.....(719) 633-7433 (RIDE)

Coordinates ride services, provides information and options counseling.
www.coloradosprings.gov/mountain-metro/page/one-ride?mlid=30476

SILVER KEY RESERVE & RIDE.....(719) 884-2380

1605 S Murray Blvd (80916)
Door through door ADA accessible transportation.
www.silverkey.org

TRANSIT TO CARE(719) 644-6005

Non-emergency medical transportation.
2860 S Circle Dr, #350 (80906)
www.transit2care.com

TRANSPORTATION SECURITY ADMINISTRATION (TSA)(855) 787-2227

Information for passengers with disabilities/medical conditions before flying.
www.tsa.gov/travel/passenger-support

UNITED ACCESS(FORMERLY PERFORMANCE MOBILITY)(719) 590-1400

6285 Corporate Dr (80919)
Customized vans or minivans. Consignment sales or rentals.
www.performancemobility.com



more than a service.
our passion.

We believe our entire community deserves to live vibrantly. That's why as a nonprofit we've been providing transportation and homecare services to individuals with disabilities, older adults, and economically disadvantaged for nearly 50 years.

envida HOME: 719.301.6870 | envida MOVES: 719.633.4677
envidacares.org



EDUCATION/LIFELONG LEARNING

Education classes and opportunities are offered on many subjects and in a variety of settings, including workshops, traditional classrooms, and online courses.

ACADEMY OF LIFELONG LEARNING AT UCCS..... (800) 990-8227 x3498
1420 Austin Bluffs Pkwy (80918)..... (719) 255-3498
Campus-wide program for lifelong learners age 55+.
www.uccs.edu

CATHOLIC CHARITIES OF CENTRAL COLORADO.....(719) 636-2345
228 N Cascade Ave (80903)
English as a second language and immigration and naturalization services.
www.ccharitiescc.org

COLORADO SPRINGS FINE ARTS CENTER(719) 634-5583
30 W Dale St (80903) (719) 634-5581
www.csfineartscenter.org

COLORADO SPRINGS SENIOR CENTER.....(719) 955-3400
1514 N Hancock Ave (80903)
Classes in arts, lifelong learning, computers, fitness, health, dance and personal business.
www.ppmca.org/colorado-springs-seniorcenter

COLORADO STATE UNIVERSITY EXTENSION(719) 520-7690
17 N Spruce St (80905) (719) 520-7684
www.elpasoco.colostate.edu

COMMUNITY PARTNERSHIP FAMILY RESOURCE CENTER.....(719) 686-0705
11115 Hwy 24, Divide, CO 80814
www.cpteller.org

CONTINUING EDUCATION PROGRAM, CSU PUEBLO(800) 388-6154
2864 S Circle Dr (80906) (719) 442-2264
extendedstudies.csupueblo.edu

COOKING MATTERS COLORADO.....(303) 892-8480
1824 Lincoln St, Denver, CO 80203
Teaches families and low-income individuals cooking, nutrition and food budgeting skills.
www.co.cookingmatters.org

CSU EXTENSION OFFICE, PARK COUNTY(719) 836-4296
880 Bogue St, Fairplay, CO 80440
www.parkco.us/93/CSU-Extension

CSU EXTENSION OFFICE, TELLER CO(719) 686-7961
800 Research Dr, #230, Woodland Park, CO 80863
Off-campus continuing education/formal education.
www.teller.colostate.edu

FOUNTAIN VALLEY SENIOR SERVICES.....(719) 520-6470
5745 Southmoor Dr, Fountain, CO 80817
Computer skills, driver's safety, and nutrition classes, and informational presentations.
<https://humanservices.elpasoco.com/fountain-valley-senior-center>

GERONTOLOGY CENTER AT UCCS.....(719) 255-8005
4863 N Nevada Ave, #350 (80918)
Aging education, research, service programs and classes.
www.uccs.edu/geron

PILLAR INSTITUTE FOR LIFELONG LEARNING(719) 633-4991
1710 Briargate Blvd, #847 (80920)
Located in Chapel Hills Mall near Dillard's.
www.pillarinstitute.org

PRIME TIME, FIRST PRESBYTERIAN CHURCH(719) 884-6100

219 E Bijou St (80903)

A wide range of classes, workshops, fitness programs, outings, and trips.

www.firstprescos.org

ROAD SCHOLAR(800) 454-5768

11 Ave de Lafayette, Boston, MA 02111

Educational tours in all 50 states and 150 countries.

www.roadsscholar.org

SILVER KEY ACTIVE LIVING & COMMUNITY ROOMS(719) 884-2300

1655 S Murray Blvd (80916)

Programs support health and wellbeing; recreational, creative, cultural and inspirational activities; and lifelong learning.

www.silverkey.org

LIBRARIES

BAILEY LIBRARY(303) 838-5539

350 Bulldogger Rd, Bailey, CO 80421

www.parkcounty.colibraries.org/bailey

FRANKLIN FERGUSON MEMORIAL LIBRARY(719) 689-2800

410 B St, Cripple Creek, CO 80813

www.ccvschools.org

GUFFEY COMMUNITY CENTER/LIBRARY(719) 689-9280

1625B County Rd 102, Guffey, CO 80820

www.parkcounty.colibraries.org/guffey

KRAEMER LIBRARY (UCCS)(719) 255-3295

1420 Austin Bluffs Pkwy (80918)..... (719) 255-3296

www.uccs.edu/library

LAKE GEORGE LIBRARY(719) 748-3812

37900 Hwy 24, Lake George, CO 80827

<http://parkcounty.colibraries.org/lake-george>

MANITOU SPRINGS PUBLIC LIBRARY(719) 685-5206

701 Manitou Ave, Manitou Springs, CO 80829 (719) 531-6333

www.ppld.org/manitou-springs-library

PARK COUNTY PUBLIC LIBRARIES(719) 836-4299

400 Front St, Fairplay, CO 80440

<http://parkcounty.colibraries.org/fairplay>

PIKES PEAK COMMUNITY COLLEGE LIBRARY(719) 502-3410

5675 S Academy Blvd (80906)..... (719) 502-3430

www.pgcc.edu/services/library

PIKES PEAK LIBRARY DISTRICT(719) 531-6333

20 N Cascade Ave (80903) (719) 389-8968

Call or go online for all locations.

www.ppld.org/seniors

RAMPART LIBRARY DISTRICT(719) 687-9281

218 E Midland Ave, Woodland Park, CO 80863

Computer classes and other free programs for seniors.

<http://rampart.colibraries.org>

SECURITY PUBLIC LIBRARY(719) 391-3191

715 Aspen Dr, Security, CO 80911 (719) 391-3195

www.wsd3.org/Domain/24

TUTT LIBRARY, COLORADO COLLEGE.....(719) 389-6184

1021 N Cascade Ave (80903) (719) 389-6662

www.coloradocollege.edu/library

VICTOR PUBLIC LIBRARY(719) 689-2011

124 S 3rd St, Victor, CO 80860

EMERGENCY/DISASTER PREPAREDNESS

The following providers and organizations can provide direct assistance for events such as power outages or gas leaks, education about fire/flood mitigation and health hazards, and offer relief services such as food and shelter. These services are available through private, nonprofit or government organizations when they are needed most.

AMERICAN RED CROSS.....(719) 632-3563

1040 S 8th St (80905)

www.redcross.org/local/colorado

EMERGENCY 9-1-19-1-1

EMERGENCY MANAGEMENT, TELLER COUNTY(719) 686-7990

112 North A St, Cripple Creek, CO 80813..... (719) 687-9652

<http://co.teller.co.us/OEM>

EMERGENCY UTILITIES SERVICE(719) 448-4800

111 S Cascade Ave (80903)

www.csu.org

FEDERAL EMERGENCY MGMNT AGENCY (FEMA)(800) 621-3362

PO Box 25267, Denver, CO 80255 (303) 235-4800

www.fema.gov

- FOUR MILE EMERGENCY SERVICES(719) 689-3417**
 8437 Teller Rd, Florissant, CO 80816
www.fourmilefire.net
- HOPE RESTORED(719) 749-6286**
 Disaster relief and rebuild, and neighborhood relief.
www.hoperestored.org
- PARK COUNTY DISPATCH, NON-EMERGENCY(719) 836-4125**
www.parkco.us/94/9-1-1-Communications-Dispatch
- PUBLIC HEALTH, EL PASO COUNTY(719) 578-3199**
 1675 W Garden of the Gods Rd, #2044 (80907)
www.elpasocountyhealth.org
- PUBLIC HEALTH, PARK COUNTY(719) 836-4161**
 825 Clark St, Fairplay, CO 80440 Bailey (303) 816-5970
www.parkco.us/86/Public-Health
- PUBLIC HEALTH, TELLER COUNTY(719) 687-6416**
 11115 W Highway 24, #2C, Divide, CO 80814
www.co.teller.co.us/publichealth
- ROCKY MOUNTAIN POISON AND DRUG CENTER.....(800) 222-1222**
 1391 Speer Blvd, #600 Denver, CO 80204..... (303) 739-1100
www.rmpdc.org/
- SOUTH PARK AMBULANCE DISTRICT(719) 836-2055**
 911 Costello Ave, Fairplay, CO 80440
www.southparkambulance.com
- THE INDEPENDENCE CENTER(719) 471-8181**
 729 S Tejon St (80903)
 Emergency preparedness training for persons with disabilities to remain independent and have access to services and support.
www.theindependencecenter.com
- UTE PASS REGIONAL EMS(719) 687-2291**
 785 Redfeather Ln, Woodland Park, CO 80863
www.uprad.org

EMPLOYMENT SERVICES

Employment services may include agencies or programs that help in job search assistance, such as job-seeking skills, résumé writing and preparing for interviews. Job search assistance and training may also be available.

Some agencies may be specific to older adult job assistance.

- AARP EMPLOYMENT PROGRAM.....(719) 635-3579**
 1510 N Hancock St (80903)
 Assists job seekers 55+ find jobs in the public and private sector.
www.aarpworksearch.org
- ASPENPOINTE ENTERPRISES.....(719) 572-6100**
 220 Ruskin Dr (80910)
 Internal referrals made to career development services.
www.aspenpointe.org/education-and-training
- COLORADO DEPT OF VOCATIONAL REHABILITATION.....(719) 635-3585**
 1365 Garden of the Gods Rd, #250 (80907)
 Helps eligible individuals with documented disabilities find suitable employment.
www.dvrcolorado.com
- COMMUNITY OUTREACH CENTER(719) 347-7638**
 328 10th St, Calhan, CO 80808
 Employment resources for rural east El Paso County.
www.coccenter.org
- COMMUNITY PARTNERSHIP FAMILY RESOURCE CENTER.....(719) 686-0705**
 11115 Hwy 24, Divide, CO 80814
 GED, ESL, workforce and college preparation.
www.cpteller.org
- ECUMENICAL SOCIAL MINISTRIES (ESM).....(719) 636-1916**
 201 N Weber St (80903)
 Computer/résumé classes. Primarily assists those under 60 yrs.
www.ecusocmin.org
- MOSAIC(719) 380-0451**
 4775 Centennial Blvd, #150 (80919)
 Helps adults with intellectual disabilities learn vocational skills.
www.mosaicinfo.org
- PIKES PEAK WORKFORCE CENTER.....(719) 667-3700**
 1675 Garden of the Gods Rd (80907)
 Main office: call for other locations, hiring events, job-search workshops, career assessments and more.
www.ppwfc.org

- PIKES PEAK WORKFORCE CENTER, TELLER COUNTY(719) 667-3806**
 166 E Bennett Ave, Cripple Creek, CO 80813..... (719) 689-3584
 Hiring events, job search workshops, career assessments and more. All ages.
www.ppwfc.org
- REACH PIKES PEAK(719) 358-8396**
 31 N Tejon St, #310 (80903)
 Job training for low-income people.
www.reachpikespeak.org
- REACH PIKES PEAK, CALHAN (719) 347-2976**
 701 4th St, Calhan, CO 80808
 Linked to the Pikes Peak Workforce Center. Job training.
www.reachpikespeak.org
- REACH PIKES PEAK, FOUNTAIN (719) 382-8515**
 501 E Iowa St (80817)
www.reachpikespeak.org
- THE INDEPENDENCE CENTER.....(719) 471-8181**
 729 S Tejon St (80903)
 Employment support for obtaining a job and employment retention.
www.theindependencecenter.com
- VOLUNTEERS OF AMERICA.....(719) 632-1448**
 3140 Mallard Dr, #100 (80910)
 Tax-free stipend to volunteers 55+ who mentor children in schools, 15 hr/week minimum.
<http://www.voacolorado.org/volunteer-opportunities>
- WOMENS RESOURCE AGENCY(719) 471-3170**
 750 Citadel Dr E, #3128 (80909)
 Job development workshops and classes for women only.
www.wrainc.org

FINANCIAL ASSISTANCE

Services for people who are experiencing an unexpected financial shortfall, usually provided through nonprofit or religious organizations. Assistance is typically provided on a temporary or emergency basis. Eligibility requirements may apply based on age or income.

These organizations may also provide additional services designed to help people become and remain self-sufficient such as counseling, education or support groups.

Reverse Mortgages: Many seniors consider a reverse mortgage to help supplement their monthly income or to pay off debts by using the equity in their home. If you are considering a reverse mortgage, you should meet with a counselor from an independent government-approved housing counseling agency. In certain cases, *a counseling session is required by law*. A list of counselors may be obtained by calling (800) 569-4287.

- ASPEN MINE CENTER.....(719) 689-3584 x118**
 166 E Bennett Ave, Cripple Creek, CO 80813
www.aspenminecenter.org
- ASSURANCE WIRELESS.....(888) 321-5880**
 Discounted phone service to qualifying low-income households.
www.assurancewireless.com
- BENEFITS CHECKUP.....(866) 550-2752**
 2420 W 26th Ave, Denver, CO 80211 (720) 321-8850
www.benefitscheckup.org
- CENTURY LINK & LIFELINE TELEPHONE ASSISTANCE(800) 201-4099**
 PO Box 4918, Monroe, LA 71211 (TTY/voice) (800) 223-3131
- CENTURY LINK CUSTOMERS WITH DISABILITIES.....(800) 223-3131**
 PO Box 2670, Omaha, NE 68103
- COLORADO FORECLOSURE HOTLINE (877) 601-4673 (HOPE)**
 Counseling service for basic mortgage and financial information.
- COLORADO SPRINGS UTILITIES(800) 238-5434**
 111 S Cascade Ave (80903) (719) 448-4800
LEAP: Low Income Energy Assistance Program: winter financial assistance.
COPE: Citizen Options To Provide Energy: year-round financial assistance.
www.csu.org
- COMMUNITY OF CARING, ASPEN MINE CENTER.....(719) 689-3584**
 166 E Bennett Ave, Cripple Creek, CO 80813
 Financial resources for emergencies and medical bills.
www.aspenminecenter.org
- DEPARTMENT OF HUMAN SERVICES, EL PASO COUNTY(719) 636-0000**
 1675 W Garden of the Gods Rd (80907)
<http://dhs.elpasoco.com>
- DEPARTMENT OF HUMAN SERVICES, PARK COUNTY.....(303) 816-5939**
 59865 Hwy 285, Bailey, CO 80421 (719) 836-4139
<http://parkco.us/82/Human-Services>
- DEPARTMENT OF SOCIAL SERVICES, TELLER COUNTY(719) 687-3335**
 800 Research Dr, #100,Woodland Park, CO 80863
www.co.teller.co.us/DHS

ECUMENICAL SOCIAL MINISTRIES (ESM).....(719) 636-1916
 201 N Weber St (80903)
 Assistance primarily for ages 19-59 for basic emergency needs.
www.ecusocmin.org

ENERGY OUTREACH COLORADO(866) 432-8435
 225 E 16th Ave, #200, Denver, CO 80203(303) 825-8750
 Energy bill assistance program and heating system repair.
www.energyoutreach.org

ENERGY RESOURCE CENTER.....(719) 591-0772
 114 W Rio Grande St (80903)
 Weatherize houses & mobile homes and provide safety checks for furnace and hot water heater for low-income families.
HEAP: Home Efficiency Assistance Program
www.erc-co.org

FOUNTAIN DEPARTMENT OF UTILITIES(719) 322-2010
 101 N Main St, Fountain, CO 80817
www.fountainutilities.org

HELP THE NEEDY(719) 687-7273
 117 N Center St, Woodland Park, CO 80863
 Offers budget and credit counseling, job search assistance along with assisting with financial issues and helping clients to achieve financial stability.
www.htntc.org

MERCY'S GATE.....(719) 277-7470
 4360 Montebello Dr, #300 (80918)
 Services may include rental and utility assistance, transportation, food, clothing and medical assistance.
www.mercysgatecs.org

PARK COUNTY SENIOR COALITION(719) 836-4295
 825 Clark St, #C, Fairplay, CO 80440
www.parkcoseniors.org

Q LINK LIFELINE PROGRAM(855) 754-6543
 Affordable phone service to qualifying customers based on household income.
www.qlinkwireless.com

REACH PIKES PEAK(719) 358-8396
 31 N Tejon St, #310 (80903)
www.reachpikespeak.org

REACH PIKES PEAK CALHAN(719) 347-2976
 701 4th St, Calhan, CO 80808
www.reachpikespeak.org

REACH PIKES PEAK FOUNTAIN.....(719) 382-8515
 501 E Iowa St, Fountain, CO 80817
www.reachpikespeak.org

SALVATION ARMY FAMILY SERVICES(719) 636-3891
 908 Yuma St (80909)
www.tsacs.org

SALVATION ARMY FOUNTAIN VALLEY(719) 382-1182
 208 Cunningham Dr, Fountain, CO 80911
<https://fountainvalley.salvationarmy.org>

**SENIOR PROPERTY TAX EXEMPTION PROGRAM
 EL PASO COUNTY ASSESSOR'S OFFICE(719) 520-6600**
 1675 W Garden of the Gods Road, #2300 (80907)
<http://asr.elpasoco.com>

SILVER KEY SENIOR ASSISTANCE.....(719) 884-2350
 1605 S Murray Blvd (80916)
 Emergency financial requests reviewed by case management. Must meet eligibility criteria.
www.silverkey.org

STANDUP WIRELESS(800) 544-4441
 Discounted monthly telephone service for eligible low-income subscribers.
www.standupwireless.com

STOREHOUSE AT WOODLAND PARK COMM CHURCH.....(719) 229-4512
 700 Valley View Dr, #D, Woodland Park, CO 80863
 Financial assistance on a limited basis, medical lending closet, emergency food assistance.
www.woodlandparkcommunitychurch.com

TELLER SENIOR COALITION(719) 687-3330
 750 E Hwy 24, Bldg 2, #100, Woodland Park, CO 80866
www.tellerseniorcoalition.org

TRI-LAKES CARES.....(719) 481-4864
 235 N Jefferson, Monument, CO 80132
 Limited financial assistance for prescriptions, rent, utilities (with shut off notice). Must be a resident of northern El Paso county. Must meet eligibility requirements.
www.tri-lakescares.org

WESTSIDE CARES(719) 389-0759
 2808 W Colorado Ave (80904)
 Westside residents only.
www.westsidecares.org

FITNESS/RECREATION

The Pikes Peak region offers a variety of activities to keep you active, fit, and entertained. The following information includes National Parks, exercise classes, dancing and sports, swimming, social clubs, games and more.

See our Community and Senior Centers section for additional programs available in your neighborhood.

AGE 60+ SENIOR SOFTBALL LEAGUE.....(719) 385-6002

ASPEN MINE SENIOR CLUB(719) 689-3584

166 E Bennett Ave, Cripple Creek, CO 80813

www.aspenminecenter.org

COLORADO PARKS AND WILDLIFE(303) 297-1192

1313 Sherman St, Denver, CO 80203..... (719) 227-5200

Issues hunting/fishing licenses, manages state trail program and registers outdoor recreation vehicles.

<http://cpw.state.co.us>

COLORADO SPRINGS SENIOR CENTER(719) 955-3400

1514 N Hancock Ave (80903)

www.ppymca.org/colorado-springs-senior-center

COLORADO SPRINGS VISITOR INFORMATION CENTER.....(800) 888-4748

515 S Cascade Ave (80903) (719) 635-7506

Visitor Guide and lodging information.

www.visitcos.com

COTTONWOOD CREEK RECREATION CENTER.....(719) 385-6508

3920 Dublin Blvd (80918)

www.ppymca.org

CRIPPLE CREEK CASINO SHUTTLE(800) 772-6254

3465 Astrozon Pl (80910)..... (719) 590-8687 x777

Provided by Ramblin Express.

www.casinoshuttle.com

CRIPPLE CREEK CITY SHUTTLE.....(719) 689-7711

337 Bennett Ave, Cripple Creek, CO 80813

<https://visitcripplecreek.com/plan/transportation>

CRIPPLE CREEK HERITAGE CENTER.....(877) 858-4653(GOLD)

9283 S Hwy 67, Cripple Creek, CO 80813..... (719) 689-3315

www.visitcripplecreek.com

EL PASO COUNTY PARKS AND NATURE CENTERS.....(719) 520-7529

2002 Creek Crossing St (80905)

www.elpasocountyparks.com

FALCON SENIOR SERVICE.....(719) 495-8903

Exercise class.

INTERNATIONAL DANCE CLUB(719) 633-0195

2422 Busch Ave (80904)

www.internationaldanceclub.org

MANITOU SPRINGS POOL & FITNESS CENTER(719) 685-9735

202 Manitou Ave, Manitou Springs, CO 80829

www.manitoupool.com

MEMORIAL PARK RECREATION CENTER(719) 385-5984

280 S Union Blvd (80910)

www.ppymca.org

MOBILE FITNESS SYSTEMS(719) 287-4696

www.mobilefitnesssystemscs.com

NATIONAL PARKS ACCESS PASS OR SENIOR PASS.....(719) 636-1602

Access pass to National Parks and Federal Recreation Areas is free for the disabled. Senior Pass (62+) is lifetime for \$80.

www.nps.gov/findapark/passes.htm

PARKS AND RECREATION, CRIPPLE CREEK(719) 689-3514

128 East Bennett Ave, Cripple Creek, CO 80813

www.ccparksandrecreation.com

PRIME TIME, FIRST PRESBYTERIAN CHURCH(719) 884-6100

219 E Bijou St (80903)

www.firstprescos.org

ROAD SCHOLAR(800) 454-5768

11 Ave de Lafayette, Boston, MA 02111

Educational travel.

www.roadscholar.org

SERTICH ICE CENTER(719) 385-5983

1705 E Pikes Peak Ave (80909)

<http://parks.coloradosprings.gov>

SILVER KEY ACTIVE LIVING & COMMUNITY ROOMS(719) 884-2300

1655 S Murray Blvd (80916)

Programs support health and wellbeing: recreational, creative, cultural, and inspirational activities; and lifelong learning.

www.silverkey.org

- SILVER SNEAKERS FITNESS PROGRAM**(866) 584-7389
www.silversneakers.com
- SKYLINE WELLNESS AND AQUATIC CENTER**.....(719) 867-4658
 2365 Patriot Hts (80904)
www.brookdale.com
- SOUTH PARK RANGER DISTRICT**(719) 836-2031
 320 US Hwy 285, Fairplay, CO 80440
<http://fs.fed.us>
- SOUTH PARK RECREATION CENTER**.....(719) 836-0747
 1190 Bullet Rd, Fairplay, CO 80440
www.southparkrec.org
- SOUTH PLATTE RANGER DISTRICT**(303) 275-5610
 19316 Goddard Ranch Ct, Morrison, CO 80465
www.fs.usda.gov
- TELLER COUNTY PARKS**(719) 687-8812
 308A Weaverville Rd, Bldg A, Divide, CO 80814
www.co.teller.co.us/PublicWorks/parks.aspx
- THE BRIDGE CENTER**.....(719) 634-7250
 901 N 17th St (80904)
www.coloradospringsbridge.com
- US ASSOCIATION OF BLIND ATHLETES**(719) 866-3224
 1 Olympic Plaza (80909)
 Provides health and fitness opportunities for legally blind individuals.
www.usaba.org
- WOODLAND PARK SENIOR CLUB**(719) 687-3877
 321 N Pine St, Woodland Park, CO 80866
www.woodlandparkseniors.com
- YMCA ACTIVE OLDER ADULT PROGRAMS**(719) 593-9622
 2380 Montebello Dr W (80918)
www.ppyymca.org

FOOD & NUTRITION

The following organizations provide food at no cost or low cost. Most are available in emergency situations. Some programs are available on a daily basis.

- CARE AND SHARE FOOD BANK**(719) 528-1247
 for current locations call (719) 955-0742
 2605 Preamble Point (80915)
 Care and Share is a warehouse and does not distribute food to the general public.
www.careandshare.org

- SOUTH PARK FOOD BANK**(719) 839-0494
 530 Front St, Fairplay, CO 80440
- SUPPLEMENTAL NUTRITION ASSISTANCE PROG (SNAP)**(855) 855-4626
 Ongoing financial assistance to help you purchase groceries. Many agencies can assist with determining eligibility and completing SNAP applications.
 Colorado SNAP (Food Stamps) (hotline) (800) 536-5298
 Hunger-free Colorado (855) 855-4626
 Local assistance site (719) 471-2096
www.colorado.gov
- WOODLAND PARK SENIOR CLUB**(719) 687-3877
 321 N Pine St, Woodland Park, CO 80863
www.woodlandparkseniors.com

FOOD PANTRIES AND COMMODITIES

- Food Pantries** provide temporary or emergency food assistance. Some only serve those living within specific zip code. Call ahead to verify eligibility requirements.
- Commodities** programs provide monthly food assistance for low-income seniors. Monthly food packages are usually picked up at a food bank or local participating location.
- BLACK FOREST CARES**(719) 495-2221
 12455 Black Forest Rd (80908)
 Emergency food assistance.
www.bflchurch.org/black-forest-food-pantry.html
- CARE AND SHARE FOOD BANK CSFP PROGRAM**.....(719) 434-5724
 Commodity Supplemental Food Program..... (719) 434-4683
www.careandshare.org
- CHURCH FOR ALL NATIONS (OPEN ARMS)**(719) 591-1800
 6540 Templeton Gap Rd (80923)
www.churchforallnations.com
- COMMUNITY CUPBOARD OF WOODLAND PARK**.....(719) 687-3663
 414 N Hwy 67, Woodland Park, CO 80863
 Emergency food bank.
www.wpcommunitycupboard.com
- CROSSFIRE MINISTRIES**.....(719) 447-1806
 2120 E LaSalle St (80909)
 Emergency food assistance.
www.crossfireministries.com
- DEERFIELD HILLS COMMUNITY CENTER**.....(719) 385-5996
 4290 Deerfield Hills Rd (80916)
 Food pantry : 4th Friday of month, 11a-Noon.
 Food Co-op: Every Tuesday for residents of 80916.

DIVINE REDEEMER CATHOLIC CHURCH(719) 633-5559
 927 N Logan Ave (80909)
 Emergency food assistance.
www.divineredeemer.net

EASTERN PLAINS COMMUNITY PANTRY.....(719) 347-3062
 701 4th St, Calhan, CO 80808
www.easternplainscommunitypantry.org

ECUMENICAL SOCIAL MINISTRIES (ESM)..... (719) 636-1916
 201 N Weber St (80903)
 Emergency food pantry and commodities.
www.ecusocmin.org

ELLICOTT HELPING HANDS(719) 683-4724
 23355 Highway 94, Calhan, CO 80808
 Food pantry and emergency food.

FRESH START (FORMERLY HIGH PLAINS HELPING HANDS)(719) 495-3123
 7375 Adventure Way (80923)
 Emergency food pantry and commodities.
www.hphh.org

GOD'S PANTRY(719) 382-0643
 102 N Main St, Fountain, CO 80817
www.godspantryministry.org

LAKE GEORGE BIBLE CHURCH.....(719) 748-9088
 8989 County Rd 90, Lake George, CO 80827
www.lakegeorgebiblechurch.org

LEGACY FIRST WESLEYAN CHURCH..... (719) 473-7113
 502 N Walnut (80905)
www.legacywesleyan.org

LITTLE CHAPEL OF THE HILLS(719) 322-7610
 69 County Rd 5, Divide, CO 80814
www.littlechapelfoodpantry.org

MOUNTAIN RESOURCE CENTER LEIGH'S PANTRY(303) 838-7552
 11030 Kitty Dr, Conifer, CO 80433
www.mrcco.org

REACH PIKES PEAK, FOUNTAIN.....(719) 382-8515
 501 E Iowa St, Fountain, CO 80817
 Emergency food pantry, southern El Paso County.
www.reachpikespeak.org

SALVATION ARMY FAMILY SERVICES(719) 636-3891
 908 Yuma St (80909)
 Emergency food assistance.
<http://coloradosprings.salvationarmy.org>

SEVENTH DAY ADVENTIST CHURCH.....(719) 578-5616
 1305 N Union Blvd (80809)
 Emergency food assistance and commodities.
www.centernalsda.org

SILVER KEY SENIOR ASSISTANCE.....(719) 884-2350
 1605 S Murray Blvd (80916)
 Emergency food pantry and government food program distribution.
www.silverkey.org

SOUTH PARK FOOD BANK (719) 839-0494
 530 Front St, Fairplay, CO 80440

SPRINGS FOOD PANTRY(SANCTUARY CHURCH) (719) 634-7232
 1930 W Colorado Blvd (80904)
www.thesanctuarywestside.org/lovin-cos

SPRINGS RESCUE MISSION (SAMARITAN'S KITCHEN) (719) 632-1822
 111 W Las Vegas St (80903)
 Monthly food box program.
www.springsrescuemission.org

ST. PATRICKS CATHOLIC CHURCH (719) 598-3595
 6455 Brook Park Dr (80918)
 Emergency food pantry.
www.stpatscs.org

THE BREAD OF LIFE (HOLY CROSS LUTHERAN CHURCH)..... (719) 596-0661
 4125 Constitution Ave (80909)
 Serves zip codes 80909, 80915, 80916, 80917, 80951
www.holycrosscs.org/ministries

TRI-LAKES CARES..... (719) 481-4864
 235 N Jefferson, Monument, CO 80132
 Emergency food pantry, northern El Paso County.

TRUE SPIRIT BAPTIST CHURCH (719) 575-9287
 5120 Astrozon Blvd (80916)
 Emergency food pantry and commodities.

WESTSIDE CARES (719) 389-0759
 2808 W Colorado Ave (80904)
 Westside residents only. Emergency food assistance, call for pantry locations.

WIDOW'S OIL PANTRY (HARRIS PARK BIBLE CHURCH)..... (303) 838-1869

2257 Shelton Dr, Bailey, CO 80421

www.harrisparkbiblechurch.org

GROUP MEAL SITES

CALHAN SENIOR LUNCH EL PASO COUNTY FAIRGROUNDS....(719) 520-7880

366 10th St, Calhan, CO 80808

Noon meals served every other Wednesday at 366 10th St. Call for reservations.

SILVER KEY CONNECTIONS CAFE.....(719) 884-2304

1655 S Murray Blvd (80916)

Sites are managed by Silver Key Connection Cafe. To reserve meals, call first or visit www.silverkey.org

NORTH

Crestview Apartments

(719) 884-2304

3880 Van Teylingen Drive (80917)

Weekdays

Hatler-May Village

Onsite Reservations Only

5640 N Union Blvd (80918)

Weekdays

Mountain Community Mennonite Church

(719) 884-2304

643 Highway 105

Palmer Lake, CO 80133

Weekdays

EASTSIDE

Sunny Vista

(719) 635-9595

2480 East Dale Street (80909)

Weekdays

DOWNTOWN

Acacia Park Apartments

(719) 884-2304

104 East Platte Avenue (80903)

Weekdays

Centennial Plaza Apartments

(719) 884-2304

516 East Kiowa Street (80903)

Weekdays

CENTRAL

Colorado Springs Senior Center

(719) 387-6000

1514 North Hancock Avenue (80903)

Weekdays

Temple Shalom

(719) 634-5311

(Serving kosher meals)

1523 East Monument (80909)

2x week

WEST

St. Andrews Episcopal Church

(719) 685-9259

103 Cañon Avenue

Manitou Springs, CO 80829

Weekdays

Westside Community Center

(719) 385-7920

1628 W. Bijou Street (80904)

Weekdays

Woodland Park and Teller County

Senior Center

(719) 6873877

321 N Pine Street Woodland Park,

80863

Weekdays

SOUTH

Hillside Community Center

(719) 385-7900

925 South Institute (80903)

2x weekly

Fountain Valley Senior Center

(719) 520-6470

5745 Southmoor Drive

Fountain, CO 80817

Weekdays

Grinde Manor

(719) 382-7690

906 Grinde Drive

Fountain, CO 80817

Weekdays

Meadows Park Community Center

(719) 385-7940

1943 South El Paso (80905)

Weekdays

Pikes Peak Towers

(719) 632-1556

1912 Eastlake Blvd. (80919)

Weekdays

Silver Key at Connections Cafe

(719) 884-2304

1655 S. Murray Blvd. (80916)

Weekdays

Southview Plaza Apartments

(719) 884-2304

1462 E. Fountain Blvd. (80910)

Weekdays

Villa San Jose

(719) 632-7444

1810 South Corona (80905)

3x weekly

Villa Santa Maria

(719) 632-7444

405 St. Elmo (80905)

2x weekly

LAKE GEORGE COMMUNITY CENTER(719) 836-4289

39141 US Hwy 24, Lake George, CO 80827
www.parkco.us

MARIAN HOUSE (CATHOLIC CHARITIES)(719) 475-7314

14 W Bijou St (80903) (719) 636-2345
Marian House Soup Kitchen.
www.ccharitiescc.org

SACRED HEART CATHOLIC CHURCH.....(719) 633-8711

2021 W Pikes Peak Ave (80904)
Hot meal served on Sunday evening at 6 p.m.
www.tricomcommunity.org/outreach_ministries

SALVATION ARMY RED SHIELD COMMUNITY CENTER.....(719) 636-3891

908 Yuma St (80904)
Noon meals.
<http://coloradosprings.salvationarmy.org>

SHAWNEE COMMUNITY CENTER(719) 836-4289

57 Park County Rd 64, Shawnee, CO 80475
www.parkco.us

SOUTH PARK SENIOR CENTER.....(719) 836-1455

296 6th St, Fairplay, CO 80440
Meals on Wednesdays.

STOREHOUSE AT WOODLAND PARK COMM CHURCH.....(719) 229-4512

700 Valley View Dr, #D, Woodland Park, CO 80863
Free soup lunch program and food boxes.
www.woodlandparkcommunitychurch.com

WOODLAND PARK SENIOR CENTER(719) 687-3877

321 N Pine St, Woodland Park, CO 80863
Lunch provided by Silver Key Connections Cafe.
www.woodlandparkseniors.com

HOME-DELIVERED MEALS/ MEALS ON WHEELS

FOUNTAIN VALLEY SENIOR SERVICES.....(719) 520-6470

5745 Southmoor Dr, Fountain, CO 80817
Rural Area Meal Program (RAMP).
<http://humanservices.elpasoco.com/fountain-valley-senior-center>

PARK COUNTY SENIOR COALITION(719) 836-4295

825 Clark St, #C, Fairplay, CO 80440
www.parkcoseniors.org

PROJECT ANGEL HEART(719) 323-0084

1625 W Uintah St, #I (80904)
Denver program..... (303) 830-0202
Provides home-delivered meals at no cost for people diagnosed with life-challenging illness.
www.ProjectAngelHeart.org

SILVER KEY HOME DELIVERED MEALS(719) 884-2370

1605 S Murray Blvd (80916)
Silver Key Home Delivered meals including Meals on Wheels for anyone 60+.
www.silverkey.org

TELLER SENIOR COALITION(719) 687-3330

750 E Hwy 24, Bldg 2, #100, Woodland Park, CO 80866
RAMP (Rural Area Meal Program).
www.tellerseniorcoalition.org

GRANDPARENT/CAREGIVER SERVICES

There is an increasing awareness of the needs of grandparent caregivers and the organizations and programs dedicated to assisting them. Assistance can come in the form of financial assistance, support groups, information and after-school and education/mentoring programs.

Many of the information and referral resources are available online only.

AARP GRANDPARENT INFORMATION(888) 687-2277

601 E St NW, Washington, DC 20049
www.aarp.org/families/grandparents

CHILD CARE AWARE OF AMERICA.....(800) 424-2246

Child care information and resources.
www.childcareaware.org

COLORADO KINSHIP CONNECTION WEBSITE.....(303) 866-4617

1575 Sherman St, Denver, CO 80203
www.cokinship.org

COMMUNITY PARTNERSHIP FAMILY RESOURCE CENTER.....(719) 686-0705

11115 Hwy 24, Divide, CO 80814
www.cpteller.org

FOSTER GRANDPARENT PROGRAM (VOA)(719) 632-1448

3140 Mallard Dr # 100 (80910)
Volunteers 55+ who mentor children in schools, 15 hours a week minimum.
www.voacolorado.org/volunteer-opportunities

- GRANDFRIENDS, CS SCHOOL DISTRICT 11.....(719) 520-2202**
 Program places retirees, senior citizen volunteers in classroom..... (719) 520-2311
www.d11.org/Page/2214
- GRANDPARENTS RAISING GRANDKIDS(719) 884-6145**
 219 E Bijou St (80903) (719) 578-8007
 Mentoring and support, located at First Presbyterian Church.
www.first-prescos.org
- PEAK PARENT CENTER.....(800) 284-0251**
 917 E Moreno Ave, #140 (80903) (719) 531-9400
 Education, training, information for caring for disabled children.
www.peakparent.org
- SALVATION ARMY RED SHIELD COMMUNITY CENTER.....(719) 636-3891**
 908 Yuma St (80909)
 After-school care.
<http://coloradosprings.salvationarmy.org>
- SENIOR INFORMATION & ASST CENTER, PPACG AAA.....(719) 471-2096**
 14 S Chestnut St (80905)
 Information and referral.
www.ppacg.org/aging
- URBANITES LEADING THE PIKES PEAK REGION.....(719) 634-1525**
 506 E Moreno Ave (80903)
 Family resources.
www.ulppr.org

HEALTH & WELLNESS

Health refers to a physical state of being, whereas *wellness* refers to the attitude a person has toward their health.

Also see tables listing health-related facilities: Medical Home Health Agencies, page 88; Non-Medical Home Care Agencies, page 96 ; and Hospice Care, page 106.

- COMMUNITY HEALTH PARTNERSHIP (CATCH PROGRAM).....(719) 632-5094**
 121 S Tejon St, #601 (80903)
 Coordinated ccess to Community Health for Pikes Peak area residents who are low-income and uninsured or underinsured.
www.ppchp.org
- DEPARTMENT OF SOCIAL SERVICES, TELLER COUNTY(719) 687-3335**
 800 Research Dr, #100, Woodland Park, CO 80863
www.co.teller.co.us/DHS

- EL PASO COUNTY MEDICAL SOCIETY.....(719) 591-2424**
 1465 Kelly Johnson Blvd, #130 (80920)
www.epcms.org
- HEALTH CENTER AT DIVIDE (719) 687-4460**
 34 Hybrook Rd, Divide, CO 80814.....Dental (719) 475-0783
www.peakvista.org
- NATIONAL COMMITTEE FOR QUALITY ASSURANCE(888) 275-7585**
 1100 13th St NW, Washington, DC 20005..... (202) 955-3500
www.ncqa.org
- PEAK VISTA COMMUNITY HEALTH CENTERS.....(719) 632-5700**
 3205 N Academy Blvd, #100 (80917)
 Convenient Care Center: Medical, dental, and behavioral health for people of all ages.
www.peakvista.org
- PENROSE-ST. FRANCIS PRIMARY CARE CRIPPLE CREEK(719) 776-4310**
 412 North C St, Cripple Creek, CO 80813
 Medical, dental, and behavioral health for people of all ages.
www.centura.org
- PUBLIC HEALTH, PARK COUNTY.....(719) 836-4161**
 825 Clark St, Fairplay, CO 80440 Bailey (303) 816-5970
www.parkco.us/86/Public-Health
- PUBLIC HEALTH, TELLER COUNTY(719) 687-6416**
 11115 W Hwy 24, #2C, Divide, CO 80814
www.co.teller.co.us/publichealth
- ROCKY MOUNTAIN RURAL HEALTH.....(719) 836-2169**
 525 Hathaway St, Fairplay, CO 80440
 Assists underinsured/uninsured. Coordinated Care for Medicaid members in Park county.
www.rmrh.org
- SET FAMILY MEDICAL CLINIC(719) 776-8850**
 2864 S Circle Dr (80906)
 Providing care to the uninsured, under-insured, homeless and those on Medicaid.
www.centura.org/locations/set-family-medical-clinic

DENTAL

- COLORADO SPRINGS DENTAL SOCIETY**(719) 598-5161
1870 Dublin Blvd, #C (80918)
www.cs-ds.org
- COMMUNITY DENTAL HEALTH (FORMERLY SENIOR MOBILE DENTAL)**
1436 N Hancock Ave (80903)(719) 310-3315
902 W 29th Ave, Pueblo, CO 81008
Ethical dental care (x-rays, exams, cleanings, fillings, extractions, and dentures/ partials) for all ages who are low income/ uninsured/ under-insured, provided at low cost. Financial assistance may be available. Medicaid and other insurance accepted.
www.communitydentalhealth.org
- DARRELL KNEUPPER, DDS**(719) 963-2737
On-site denture services to nursing and private home residents only.
- DENTAL DISCOUNT PROGRAM**.....(877) 354-6226
Save 5% to 50% on dental care.
www.mycountycare.com
- DENTAL HYGIENE CLINIC, PUEBLO COMM COLLEGE**.....(719) 549-3286
900 W Orman Ave, Pueblo, CO 81004 Health Sciences Building
Preventative dental care at substantially reduced rates.
www.pueblocc.edu/Dental-Clinics
- DIRECT DENTAL PLANS OF AMERICA**.....(800) 377-2924
11178 Huron St, Northglenn, CO 80234..... (303) 457-9794
Dental, vision, prescription discount card.
www.directdentalplan.com
- PALMER PARK DENTISTRY**(719) 301-5300
3208 N Academy Blvd, #140 (80917)
Medicaid provider and private insurance.
www.palmerparkdentistry.com
- PEAK VISTA COMMUNITY HEALTH CENTERS**(719) 475-0783
2828 International Circle, #100 (80910)
Call for additional dental care locations.
www.peakvista.org
- UNIVERSITY OF CO SCHOOL OF DENTAL MEDICINE**(303) 724-6900
13065 E 17th Ave, Aurora, CO 80045
Low-cost dental treatments.
www.ucdenver.edu/academics/colleges/dentalmedicine

DISEASE-SPECIFIC ORGANIZATIONS

- ALS ASSOCIATION, ROCKY MOUNTAIN CHAPTER**(866) 257-3211
10855 Dover St, #500, Westminster, CO 80021 (303) 832-2322
<http://webco.alsa.org>
- ALZHEIMER'S ASSOCIATION OF CENTRAL COLORADO**(800) 272-3900
Provides educational programs, care consultations, Medic Alert & Safe Return program, support groups, 24/7 telephone HELPLINE, information, referral and support for caregivers.
www.alz.org/co
- ALZHEIMER'S EDUCATION AND REFERRAL CENTER**(800) 438-4380
P.O. Box 8057, Gaithersburg, MD 20898
www.nia.nih.gov/health/alzheimers
- AMERICAN BRAIN TUMOR ASSOCIATION**.....(800) 886-2282
8550 W Bryn Mawr Ave, #550, Chicago, IL 60631
www.abta.org
- AMERICAN CANCER SOCIETY**(719) 636-5101
Cancer Answer Line (800) 227-2345
1445 N Union Blvd, #B100 (80909)
www.cancer.org
- AMERICAN DIABETES ASSOCIATION**.....(800) 342-2383
2451 Crystal Dr, #900, Alexandria, VA 22202
www.diabetes.org
- AMERICAN HEART ASSOCIATION**(866) 698-5414
10900-B Stonelake Blvd. #320, Austin, TX 78759
Local events: The Heart Ball, Go Red for Women Luncheon and CycleNation.
www.buisness.facebook.com/ahacos
- AMERICAN LUNG ASSOCIATION IN COLORADO**(800) 586-4872
5600 Greenwood Plaza Blvd, #100 Greenwood Village, CO 80111(303) 388-4327
www.lung.org
- ANGEL NETWORK, PENROSE CANCER CENTER**.....(719) 776-5548
2222 N Nevada Ave (80907)
African-American Women Nurturing and Giving Each other Life network.
www.centura.org
- ARTHRITIS FOUNDATION, ROCKY MOUNTAIN CHAPTER**(720) 558-4969
2280 S Albion St, Denver, CO 80222
www.arthritis.org

BRAIN INJURY ALLIANCE OF COLORADO(800) 955-2443
1325 S Colorado Blvd, #B- 300, Denver, CO 80222 (303) 355-9969
Resource directory.
www.biacolorado.org

CEREBRAL PALSY ASSOCIATION OF COLO SPRINGS(719) 638-0808
1322 N Academy Blvd, #115 (80909)
www.cpappr.org

ELLA MAE BRANSOM SICKLE CELL ASSOCIATION(719) 602-1961
www.ellamae.org

LUPUS COLORADO.....(303) 597-4050
7853 E Arapahoe Court, #3100 Centennial, CO 80112
www.lupuscolorado.org

MULTIPLE SCLEROSIS (MS) SOCIETY(800) 344-4867(FIGHT-MS)
611 N Weber St, #101 (80903) (719) 634-2984
www.nationalmssociety.org

MULTIPLE SCLEROSIS ALLIANCE OF SO COLORADO.....(719) 633-4603
1322 N Academy Blvd, #119 (80909)
www.msasoco.org

NATIONAL CANCER INSTITUTE INFO SERVICE(800) 422-6237 (4-CANCER)
Smoking Quitline (877) 448-7848
www.cancer.gov

NATIONAL STROKE ASSOCIATION.....(800) 787-6537
9707 E Easter Ln, #B, Centennial, CO 80112
www.stroke.org

ROCKY MOUNTAIN STROKE CENTER.....(303) 730-8800
5666 S Bannock St, Littleton, CO 80120
www.strokecolorado.org

THE MESOTHELIOMA CENTER(800) 615-2270
1 S Orange Ave, #301, Orlando, FL 32801
www.asbestos.com

TOURETTE SYNDROME ASSOCIATION(888) 486-8738
www.tourette.org..... (720) 212-7535

FOOT CLINICS

COLORADO SPRINGS SENIOR CENTER FOOT CLINIC.....(719) 577-4448
1514 N Hancock (80903) (719) 955-3400
Services provided by the Visiting Nurse Association.
www.ppymca.org/colorado-springs-senior-center/services/clinic-services

INSTEP(719) 550-0766
Foot-care service provided in the client's home.

SOLELY YOURS, IN HOME FOOT & NAIL CARE(719) 392-1253

HEARING IMPAIRMENT

HEAR NOW(800) 328-8602
6801 Washington Ave, #200 Minneapolis, MN 55439
Provides hearing aids to those who meet the financial criteria.
www.starkeyhearingfoundation.org/Hear-Now

H.E.A.R.S......(719) 352-5124
2125 E. La Salle St (80909)
Hearing, education and assistance to low-income El Paso County residents by Rocky Mt. Sertomans.
<https://hearscosp.weebly.com>

HEARING LOSS ASSOCIATION OF AMERICA, COLORADO SPRINGS CHAPTER
www.hearinglosscolorado.org or www.hlaacoloradosprings.org

HEARINGLIFE.....(719) 520-3311
1396 S 21st Street (80904)
www.hearinglife.com

MIRACLE EAR.....(719) 593-1994
4711 Opus Dr, #110 (80906)..... (719) 445-7976
www.miracle-ear-southcosprings.com

PEAK VISTA AUDIOLOGY SERVICES.....(719) 344-7106
4863 N Nevada Ave (80918)
www.peakvista.org/services/additional/audiology

THE INDEPENDENCE CENTER(719) 471-8181
729 S Tejon St (80903)
Peer support, resources, equipment, services for deaf/hard of hearing.
www.theindependencecenter.com

HOSPITALS/CLINICS

AGEWELL MEDICAL ASSOCIATES(719) 475-5065
2350 International Cir (80910)
www.agewellmedical.com

ASCENDING TO HEALTH RESPITE CARE(719) 633-2800
723 N Weber St, #202 (80903)
A referral based organization that provides homeless individuals 18+, a safe place, a bed and supportive services to recuperate after a hospital stay.
www.ascendingtohealthrespitecare.org

CENTURA HEALTH URGENT CARE BROADMOOR.....(719) 776-3330

1263 Lake Plaza Dr, #120 (80906)

www.centura.org

CENTURA HEALTH URGENT CARE TRI-LAKES.....(719) 571-7070

17230 Jackson Creek Parkway, #120, Monument, CO 80132

www.centura.org

DEVELOPMENTAL DISABILITIES HEALTH CENTER.....(719) 632-5700

3207 N Academy Blvd, #3300 (80909)

www.peakvista.org

DISPATCH HEALTH(719) 270-0805

Mobile Urgent Care.

www.dispatchhealth.com

EASTERN PLAINS MEDICAL CLINIC.....(719) 347-0100

560 Crystola St, Calhan, CO 80808

www.easternplainsmedicalclinic.com

EL PASO COUNTY PUBLIC HEALTH DEPT(719) 578-3199

1675 W Garden of the Gods Rd, #2044 (80907)

Offers clinical and health services, disease education and prevention.

www.elpasocountyhealth.org

FRESENIUS KIDNEY CARE (FORMERLY LIBERTY DIALYSIS)(719) 227-7455

2508 Airport Rd (80910)

www.freseniuskidneycare.com

GRANDVIEW HOSPITAL (UC HEALTH)(719) 272-3600

5623 Pulpit Peak View (80918)

www.uhealth.org

INNER CITY HEALTH CENTER(303) 296-1767

3800 York St, Denver, CO 80205

Health and dental services for uninsured/underinsured Colorado residents.

www.innercityhealth.org

MEMORIAL HOSPITAL CENTRAL (UC HEALTH)(719) 365-5000

1400 E Boulder St (80909)

www.uhealth.org

MEMORIAL HOSPITAL NORTH (UC HEALTH)(719) 365-5000

4050 Briargate Pkwy (80920)

www.uhealth.org

MISSION MEDICAL CLINIC(719) 219-3402

2125 E La Salle St (80909)

Medical services to the uninsured and underinsured patients ages 19+.

www.missionmedicalclinic.org

NEW LIFE CHURCH DREAM CENTER(719) 388-1594

4360 Montebello, #900 (80918)

www.dreamcenterscos.org

OPEN BIBLE MEDICAL CLINIC + PHARMACY(719) 475-0972

555 E Costilla St (80903)..... (719) 475-2001

Medical and pharmacy services for uninsured and underinsured.

www.openbiblemedical.org

PENROSE CANCER CENTER.....(719) 776-5281

2222 N Nevada Ave (80907)

www.penrosecancercenter.org

PENROSE MOUNTAIN URGENT CARE(719) 686-0551

41 Hwy 67 N, Woodland Park, CO 80863

www.centura.org

PENROSE-ST. FRANCIS HEALTH SERVICES.....(719) 776-5000

2222 N Nevada Ave (80907)

www.centura.org

Get Established with one of our Health Care Providers at AgeWell, where we focus on primary care for older adults



Michael Kenny, PsyD, Elizabeth Allen, NP, Brad Bingham, NP



Whitney Pahl, NP, Jeffrey Kulp, MD, Paula Hardy, NP
Partnering with YOU to Achieve optimum health

Five Providers Now Accepting new patients AGE 60 AND UP

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- AARP Medicare Complete
- Humana
- United Healthcare/SecureHorizons
- Anthem BlueCross BlueShield

VISIT OUR WEBSITE AT www.agewellmedical.com
Please call (719) 475-5065 to schedule an appointment!

2350 International Cir,
Colorado Springs, CO 80910
Across from Stargazer's Theater

PENROSE-ST. FRANCIS PRIMARY CARE CRIPPLE CREEK(719) 776-4310

412 North C St, Cripple Creek, CO 80813
Outpatient medical clinic.
www.centura.org

PENROSE-ST. FRANCIS PRIMARY CARE FOR SENIORS(719) 776-4650

3027 N Circle Drive (80909)
www.penrosetfrancis.org

PENROSE-ST FRANCIS URGENT CARE(719) 776-3216

3027 N Circle Dr (80909)
www.penrosetfrancis.org

PIKES PEAK FAMILY MEDICINE.....(719) 686-0878

720 W Hwy 24, Woodland Park, CO 80863
Outpatient medical clinic.
www.pikespeakregionalhospital.com/services/family-medicine

PIKES PEAK REGIONAL HOSPITAL/SURGERY CENTER.....(719) 687-9999

16420 W Hwy 24, Woodland Park, CO 80863
www.pikespeakregionalhospital.com

PLANNED PARENTHOOD OF THE ROCKY MOUNTAINS.....(800) 230-7526

3480 Centennial Blvd (80907) (719) 475-7162
www.plannedparenthood.org/planned-parenthood-rocky-mountains

ROCKY MOUNTAIN CANCER CENTERS(888) 259-7622

2312 N Nevada Ave (80907) (719) 577-2555
www.rockymountaincancercenters.com

ST. FRANCIS MEDICAL CENTER (719) 571-1000

6001 E Woodman Rd (80923)
www.centura.org

UCCS HEALTHCIRCLE PRIMARY CARE CLINIC (719) 255-8001

4863 N Nevada Ave, #250 (80918)..... Nutrition Clinic (719) 255-7524
Offering full range of personal healthcare services including nutrition assessment and counseling.
www.uccs.edu/healthcircle/primary-care-clinic
www.uccs.edu/healthcircle/index.php/peak-nutrition-clinic

MEDICAL EQUIPMENT/SUPPLIES

ACCESSIBLE SYSTEMS(719) 387-0675

1880 Office Club Pointe (80920)
www.accessiblemed.com

AFFORDABLE MEDICAL SUPPLY(719) 632-4036

1833 N Circle Drive (80909)
www.affordablemedmart.com

ASCENT MOBILITY(719) 247-1499

Specializes in stair lifts, wheelchairs lifts, elevators and other accessibility equipment including ramps, vehicle lifts and walk in tubs.
www.ascentmobility.com

BEST PRICED MOBILITY SCOOTERS(719) 344-4720

912 N Circle Drive, #204 (80909)
By appointment. Scooters, power wheelchairs, lift chairs and outdoor mobility bikes.
www.bestpricescooters.com

HANGER PROSTHETICS(719) 632-5075

175 S Union Blvd, #370 (80910)
www.hangerclinic.com

HORIZON PROSTHETICS(719) 266-0949

622 Elkton Dr (80918)
www.horizonprosthetics.com

LINCARE(719) 473-1880

3330 Adobe Ct (80907)
Oxygen, hospital beds, wheelchairs.
www.lincare.com



**Donate. Shop.
Find. Repeat!**

1605 S. Murray Blvd.
Colorado Springs, CO 80916
Open Monday – Saturday 9 am to 4 pm
www.silverkey.org/thrift-store

**Wednesday Senior Day:
Save 15%**

Every Wednesday, seniors age 60+ receive a 15% discount (excluding items in the Home Medical Equipment Department)



**Confused about Medicare?
Health insurance?
Bills and paperwork?
Senior Insurance Assistance (SIA) can help!**

Contact us at **719-635-4891**
or **1-888-696-7213**
seniorinsur@ppacg.org
www.ppacg.org



Pikes Peak Area Council of Governments
Communities Working Together

MAJOR MEDICAL SUPPLY(719) 475-1236

5620 N Union Blvd (80918)
www.majormedicalsupply.com

MEDSOURCE MOBILITY / MEDSOURCE HOME MEDICAL.....(866) 293-3218

Durable medical equipment.
www.medsourcemobility.com

MISSION MEDICAL CLINIC(719) 219-3402

2125 E La Salle St (80909)
Durable medical equipment.
www.missionmedicalclinic.org

MORNING STAR ELEVATOR(719) 635-7960

11641 Ridgeline Dr, #100 (80921)
www.coloradohomeellevator.com

NEPENTHE HOME MEDICAL EQUIPMENT(888) 773-0202

1969 W Uintah St (80904) (719) 633-4400
Oxygen, hospital beds, wheelchairs and more.
www.nepenthemed.com

NUMOTION(719) 520-5577

4260 Buckingham Dr, #120 (80907)
Wheelchairs (electric/manual), seating, service and repair.
www.numotion.com

SILVER KEY FRIENDS THRIFT STORE(719) 884-2300

1605 S Murray Blvd (80916)
Home Medical Equipment department features used mobility aids. Donations accepted.
www.silverkey.org

STOREHOUSE AT WOODLAND PARK COMM CHURCH.....(719) 229-4512

700 Valley View Dr, #D, Woodland Park, CO 80863
Medical equipment loan closet.
www.woodlandparkcommunitychurch.com

TUNSTALL (FORMERLY MOUNTAIN HOME MEDICAL)(866) 686-7504

Medical alarm and medication management tools.
www.mthommed.com

YOU CAN TOO CAN

1925 Dominion Way, #201(80918).....(719) 630-2156
Durable medical equipment.
www.youcantoocan.com

PRESCRIPTION ASSISTANCE

Seniors and people with disabilities who are currently enrolled in Medicare and who have limited incomes may qualify for assistance with their prescription costs. Apply for the low-income subsidy or "Extra Help" by calling Social Security at (800) 772-1213, applying online at www.ssa.gov or calling your local SHIP office at (888) 696-7213.

BENEFITS CHECKUP(866) 550-2752

2420 W 26th Ave, Denver, CO 80211 (720) 321-8850
Identifying federal, state and local financial assistance and prescription benefit programs for 55+.
www.benefitscheckup.org/centura

CAREMARK PRESCRIPTION DISCOUNT PROGRAM.....(877) 321-2652

Free program for a prescription discount card.
www.caremark.com/nlc

DIRECT DENTAL PLANS OF AMERICA(800) 377-2924

Dental, vision, prescription discount card.
www.ddpcol.com

MISSION MEDICAL CLINIC(719) 219-3402

2125 E La Salle St (80909)
Prescription assistance to low income uninsured people.
www.missionmedicalclinic.org

TLC PHARMACY, OPEN BIBLE BAPTIST CHURCH.....(719) 596-4449

555 E Costilla (80903)

REHABILITATIVE SERVICES

Rehabilitative services can assist in recovering from an illness or injury. Services are given by physical, occupational, and speech therapists. Services can be offered in a home or community setting through a home care agency, in an outpatient rehabilitation center, or in a skilled nursing facility.

BALANCE POINT VESTIBULAR REHABILITATION(719) 667-0666

7606 N Union Blvd, #F (80920)
www.balancepointrehab.com/BPVR/Welcome.html

COLORADO SPORTS AND SPINE(719) 776-4888

3010 N Circle Dr (80909)
www.coloradosportsandspine.org

EDGE REHABILITATION AND WELLNESS(719) 599-5330

2150 Hollow Brook Dr, #100 (80918)
Physical rehabilitation and therapy.
Call for locations.
www.edgerehab.com

ENCOMPASS HEALTH REHABILITATION HOSPITAL (FORMERLY HEALTHSOUTH REHABILITATION HOSPITAL).....(719) 630-8000
325 Parkside Dr (80910)
Inpatient acute physical rehabilitation.
www.healthsouthcoloradosprings.com

OPTIMUM HEALTH CENTER(719) 635-2500
1809 N Circle Dr (80903)
Physical therapy.
www.optimumhealthco.com

PENROSE-ST. FRANCIS REHABILITATION SERVICES(719) 776-5000
2222 N Nevada Ave (80907) (719) 776-5200
Rehabilitation services
www.centura.org/care-and-health/rehabilitation

VISUAL IMPAIRMENTS

EYE CARE AMERICA, SENIORS EYECARE PROGRAM(877) 887-6327
www.eyecareamerica.org

ISIGHT REHAB(719) 229-8000
Vision rehabilitation therapy, assistive technology, orientation and mobility instruction.
www.isightrehab.com

LOW VISION SERVICES OF SOUTHERN COLORADO(719) 471-3200
5614 N Union Blvd (80918)
www.lowvisionsoco.com

MAGNISIGHT OF THE ROCKIES.....(800) 753-4767
307 Elmwood Dr, (80907)
Electronic magnification systems for people with low vision.

MISSION MEDICAL CLINIC(719) 219-3402
2125 E La Salle St (80909)
Free eye exams and glasses to people who cannot afford them.
www.missionmedicalclinic.org

NEW VISION PROFESSIONAL SERVICES(719) 634-1851
Low vision education.
www.newvision4you.com

THE INDEPENDENCE CENTER(719) 471-8181
729 S Tejon St (80903)
Peer support, resources, equipment, services for low vision/blindness.
www.theindependencecenter.org

WELLNESS

FOUNTAIN VALLEY SENIOR SERVICES.....(719) 520-6470
5745 Southmoor Dr, Fountain, CO 80817
Exercise classes, Tai Chi, Chi Kung, health screening services and more.
<http://humanservices.elpasoco.com/fountain-valley-senior-center>

HEALTH LEARNING CENTER.....(719) 776-3600
3207 N Academy Blvd, #1800 (80917)
Anticoagulation Clinic, Diabetes Care Clinic and medical nutrition therapy.
www.penrosetfrancis.org

LIFE CHANGING FITNESS(719) 213-9057
In-home senior fitness specialist and personal trainer.
www.lifechanging-fitness.com

MOVING FOR BETTER BALANCE AT THE YMCA(719) 963-0988
Fall prevention classes. (719) 329-7232
www.ppymca.org

NATIONAL HEALTH INFORMATION CENTER.....(240) 453-8280
www.health.gov/NHIC

ROCKY MOUNTAIN MS CENTER(303) 788-4030
8845 Wagner St, Westminster, CO 80031
www.mscenter.org

SILVER KEY ACTIVE LIVING & COMMUNITY ROOMS(719) 884-2300
1655 S Murray Blvd (80916)
Programs support health and wellbeing; recreational, creative, cultural, and inspirational activities; and lifelong learning.
www.silverkey.org

SILVER SNEAKERS FITNESS PROGRAM(866) 584-7389
Call for participating locations.
www.silversneakers.com

STEPPING ON AT MEMORIAL HOSPITAL (719) 444-2273(CARE) x3
Fall prevention workshop.
www.uchealth.org/services/community-health/stepping-on-program

UCCS HEALTHCIRCLE CENTER FOR ACTIVE LIVING(719) 255-8067
4863 N Nevada Ave, #128 (80918)
www.uccs.edu/healthcircle/center-for-active-living

YMCA ACTIVE OLDER ADULT PROGRAMS(719) 593-9622
2380 Montebello Dr W (80918)
www.ppymca.org

HOUSING

Also see tables listing housing facilities; Senior Apartments, page 114; Retirement Communities, page 120; Assisted Living Residences, page 124; and Nursing Homes, page 138.

HOME MODIFICATION/ACCESSIBILITY

Handyman services for basic/small home repairs can include painting, installing a grab bar or widening a doorway.

Home modification usually involves a larger project such as remodeling a bathroom to make it handicapped accessible or installing an elevator or stair lift in a home.

ACCESS TO FREEDOM(719) 260-7687
 PO Box 63507 (80962)
 Wheelchair ramps; stair, porch, and bath lifts; grab bars; roll-in showers; walk-in tubs. Senior discount.
www.accesstofreedom.com

ADAM'S HOME REPAIR(719) 243-6758

BROTHERS REDEVELOPMENT(719) 666-7181
 2762 Janitell Rd (80906) (844) 926-6632
 Home modification and repair program, Aging in Place program.
www.brothersredevelopment.org

BRYAN'S HOME REPAIR(719) 572-0677
 2520 Tremont St (80907)
www.bryanshomerepairs.com

EI PASO COUNTY ROOFING CONTRACTORS ASSOCIATION.....(719) 641-2159
 Assistance for low income seniors whose home is in need of roof repair or replacement.
www.epcrca.com/index.html

ENERGY RESOURCE CENTER.....(719) 591-0772
 114 W Rio Grande St (80903)
 Home-weatherization service, including insulation and safety checks on furnaces and hot-water heaters.
www.erc-co.org

HANDY ANDY'S HOME REPAIR & LANDSCAPING.....(719) 310-5414

INDEPENDENT HOME LIVING(719) 660-2401
 4419 Centennial Blvd, #344 (80907)
www.independenthomelivingsolutions.com

MORNING STAR ELEVATOR.....(719) 635-7960
 11641 Ridgeline Dr, #100 (80921)
www.mselevator.com

MOUNTAIN COMMUNITY SENIOR SERVICES(719) 488-0076
 PO Box 502, Palmer Lake, CO 80133
 Senior Safety Services: Minor home-safety repair for seniors 60+.
www.coloradoseniorhelp.com

NEXT DAY ACCESS COLORADO(719) 494-0443
 15954 Jackson Creek Pkwy, #B-501, Monument CO 80132
 Grab bars, tub steps, residential ramps, stair, porch, and patient lifts, spa/hot tub lifts, bath lifts and safety products.
www.nextdayaccess.com/colorado-springs-co

NUMBER 1 SON(719) 203-6603
www.number-1-son.com..... (719) 582-8321

REBUILDING TOGETHER COLORADO SPRINGS (719)377-8651
 PO BOX 63581 (80962)(303) 519-0056
 Free home repairs, painting, wheel chair ramps, and grab bars for low income home owners.
www.rebuildingtogether.org



Access to Freedom

Serving the Pikes Peak Region Since 1999

We are the leading installer and remodeler of all your home mobility needs. We work directly with your home care providers to make your home accessible.

- Ramps
- Stair Lifts
- Platform Lifts
- Grab Bars
- Bathrooms

**FREE ESTIMATES
(719) 260-7687**

Ombudsman Program
 Pikes Peak Area Agency on Aging

The Area Agency on Aging Ombudsman Program helps residents of assisted living and nursing home facilities, providing on-site help when problems arise.

Call an Ombudsman for assistance when looking for a care facility or needing to report a concern or a problem

719-471-2096




TWOCOR.....(719) 471-6916
625 Arrawanna St (80909)
Supervised Youth Community Project Crews for hire: landscaping, fence building, yard and garage clean out and other manual labor jobs.
www.twocor.org

WEATHERIZATION PROGRAM-NWCO COUNCIL OF GOVTS.....(800) 332-3669
PO Box 2308, Silverthorne, CO 80498
Assistance for Park County. Free for low/moderate income.
www.nwccog.org/programs/weatherization

HOUSING ORGANIZATIONS

Housing organizations that assist low-income residents typically have waiting lists.

ASCENDING TO HEALTH RESPITE CARE(719) 633-2800
723 N Weber St, #202 (80903) (719) 635-7639
A referral based organization that provides homeless individuals 18+ a safe place, a bed and supportive services to recuperate after a hospital stay.
www.athrc.org

ASCENDING TO HEALTH RESPITE CARE-A STEP UP(719) 635-7639
723 N Weber St, #202 (80903)
Permanent supportive housing for homeless with chronic health issues.
www.athrc.org

BROTHERS REDEVELOPMENT(844) 926-6632
2762 Janitell Rd (80906) (719) 888-9134
Home modification/ repair/ painting, fair housing information, housing search assistance, consumer counseling.
www.brothersredevelopment.org

COLORADO FORECLOSURE HOTLINE (877) 601-4673 (HOPE)
Counseling service for basic mortgage and financial information.

GRECCIO HOUSING(719) 475-1422
1015 E Pikes Peak Ave, #110 (80903)
Affordable housing options for low-income individuals and families and some limited supportive resources available to residents.
www.greccio.org

HOUSING AUTHORITY OF FOUNTAIN(719) 382-5639
501 E Iowa Ave, Fountain, CO 80817

HOUSING AUTHORITY, CITY OF COLORADO SPRINGS(719) 387-6700
831 S Nevada Ave (80903)..... TTY (800) 659-3656
www.csha.us

HOMEWARD PIKES PEAK.....(719) 473-5557
2010 E Bijou St (80909)
Supportive services for people who suffer from substance abuse, mental illness, and chronic homelessness. Eligibility requirements to include completion of the Housing Survey to determine risk and prioritization
www.homewardpp.org/housing-first

INTERFAITH HOSPITALITY NETWORK(719) 329-1244
519 N Tejon St (80903)
Housing in churches and self-sufficiency services for homeless families with children.
www.ihn-cos.org/interfaith-hospitality-network

ITHAKA LAND TRUST(719) 578-1629
Transitional and permanent rentals serving low-income individuals. Check for availability as waiting list applies.
www.ithakaland.org

PARTNERS IN HOUSING(719) 473-8890
Transitional housing for households with children: with employment and supportive service requirements.
www.partnersinhousing.org

ROCKY MOUNTAIN COMMUNITY LAND TRUST.....(719) 447-9300 x5
1212 W Colorado Ave (80903)
Affordable housing for low-income families/single older adults.
www.rmclt.org

SALVATION ARMY R.J. MONTGOMERY CENTER(719) 578-9190
709 S Sierra Madre (80903)
Provides shelter and meals to homeless men, women and children along with case management services.
www.tsacs.org

SALVATION ARMY TRANSITIONAL HOUSING.....(719) 635-1287
922 Yuma St (80909)
Program for homeless with focus on single males and females and families with children under age 18.
www.tsacs.org

SECTION 8 HOUSING, UAA COUNCIL OF GOVT(719) 269-7687
3224-A Independence Rd, Canon City, CO 81212 (719) 275-4191
Subsidized Section 8 housing voucher program, serves Teller County.
www.uaacog.com

SILVER KEY SENIOR ASSISTANCE.....(719) 884-2350

1605 S Murray Blvd. (80916)
Housing Navigation - primarily works with at-risk seniors. Internal referrals are made through case management.
www.silverkey.org

SPRINGS RESCUE MISSION(719) 884-2758

5 W Las Vegas St (80903)..... (719)314-2398
Year round nightly shelter.
www.springsrescuemission.org

SUMMIT COMBINED HOUSING AUTHORITY.....(970) 453-3555

110 Ski Hill Rd, Breckenridge, CO 80424
Subsidized Section 8 housing voucher program, serves Park County.
www.summithousing.us

INFORMATION & ASSISTANCE

AARP-COLORADO.....(866) 554-5376

303 E 17th Ave, #510, Denver, CO 80203
Provides services, benefits, and special products to the 50+ members.
www.aarp.org/co

AARP NATIONAL(888) 687-2277

601 E St NW, Washington, DC 20049
AARP advocates on a national level for the benefit of older adults age 50+.
www.aarp.org

ASPEN MINE CENTER..... (719) 689-3584 x118

166 E Bennett Ave, Cripple Creek, CO 80813
www.aspenminecenter.org

BROTHERS REDEVELOPMENT'S COLORADO HOUSING CONNECTS HELPLINE

2762 Janitel Rd (80906)..... (884) 926-6632
Information on housing-related issues, aging in place,(719) 347-7638
renters' rights and fair housing laws.
www.brothersredevelopment.org

COMMUNITY OUTREACH CENTER(719) 347-7638

328 10th St, Calhan, CO 80808
For rural communities east of Colorado Springs.
www.coccenter.org

ELDERCARE LOCATOR(800) 677-1116

Free service that provides access to older adult services in the US.
www.eldercare.gov

MOUNTAIN RESOURCE CENTER(303) 838-7552

11030 Kitty Dr, Conifer, CO 80433.....(303) 838-7552 x20
www.mrcco.org

NATIONAL HEALTH INFORMATION CENTER.....(240) 453-8280

www.health.gov/NHIC

NETWORK OF CARE FOR SENIORS AND PEOPLE W/DISABILITIES, PPACG AAA

Internet-based resource for seniors, adults with disabilities, caregivers, and service providers.
<http://pikespeak.co.networkofcare.org/aging>

PARK COUNTY SENIOR COALITION(719) 836-4295

825 Clark St, Fairplay, CO 80440
www.parkcoseniors.org

PIKES PEAK UNITED WAY 2-1-1(719) 955-0742

Local information and referral..... (719) 632-1543
www.ppunitedway.org/211database.html

SENIOR INFORMATION & ASSISTANCE, PPACG AAA(719) 471-2096

14 S Chestnut St (80905)
Information, referral and direct services for older adults and their caregivers.
www.ppacg.org/aging



Seniors BlueBook
Resources for Aging Well


We Love the Seniors Blue Book!



It's filled with great articles and resources as well as current activities happening in our area. We can also read it online at SeniorsBlueBook.com



Pick up a FREE copy at your Area Agency on Aging or call 800-201-9989
To advertise, contact Lucy Crandall lucy@seniorsbluebook.com



Pikes Peak Area Council of Governments
Communities Working Together

The Pikes Peak Area Council of Governments (PPACG) serves as a regional forum for:

- ▷ improving the transportation system
- ▷ supporting seniors
- ▷ ensuring clean air and clean water
- ▷ promoting economic development
- ▷ preparing for military growth

PPACG Members

City of Colorado Springs	Town of Alma	El Paso County
City of Cripple Creek	Town of Calhan	Park County
City of Fountain	Town of Fairplay	Teller County
City of Manitou Springs	Town of Green Mountain Falls	
City of Victor	Town of Monument	
City of Woodland Park	Town of Palmer Park	

www.ppacg.org

The Pikes Peak Area Council of Governments aims to provide a forum for local governments to discuss issues that cross their political boundaries, identify shared opportunities and challenges, and develop collaborative strategies for action.

15 South 7th St., Colorado Springs, CO 80905
Phone: 719-471-7080 ♦ Fax: 719-471-1226

- SENIOR RESOURCE COUNCIL (SRC)**(719) 260-0744
 2210 East La Salle St (80909)
 Information source for services and special events for seniors.
www.srccos.org
- SENIORS BLUE BOOK**.....(800) 201-9989
 PO Box 9364, Salt Lake City, UT 84109
 Senior resource guide.
www.seniorsbluebook.com
- SENIORS' RESOURCE CENTER (THE YELLOW HOUSE)**.....(303) 674-2843
 5120 Hwy 73, Evergreen, CO 80439
www.srcaging.org/src-evergreen
- SENIORS' RESOURCE GUIDE**www.seniorsresourceguide.com
 PO Box 237, Littleton, CO 80160
 On-line senior resource and service directory.
- SILVER KEY SENIOR ASSISTANCE**.....(719) 884-2350
 1605 S Murray Blvd. (80916)
 Provides information, resources and referrals to Silver Key programs.
www.silverkey.org
- TELLER SENIOR COALITION**(719) 687-3330
 750 E Hwy 24, Bldg 2, # 100 Woodland Park, CO 80866
www.tellerseniorcoalition.org
- THE INDEPENDENCE CENTER**(719) 471-8181
 729 S Tejon St (80903)
 Information, resources, and referrals, for internal support programs and other community agencies.
www.theindependencecenter.org
- USAGOV (FORMERLY FEDERAL CITIZEN INFORMATION CENTER)**
 Government benefits, programs and services.....(844) 872-4681
www.usa.org/explore

INSURANCE/BENEFITS ASSISTANCE

INSURANCE COUNSELING/INFORMATION

For free, one-on-one information and counseling about Medicare and all coverage options, contact the State Health Insurance Counseling Program (SHIP) office at (866) 696-7213. For SHIP assistance in El Paso, Park, and Teller counties, call (719) 635-4891.

- AREA AGENCY ON AGING SENIOR INSURANCE ASSISTANCE..(719) 635-4891**
 14 S Chestnut St (80905)..... (719) 471-2096
 Medicare insurance counseling: Part A, B, D and more. Nine-county service area to include El Paso, Park, and Teller.
www.ppacg.org/aging
- COLORADO DIVISION OF INSURANCE**(800) 930-3745
 1560 Broadway #850, Denver, CO 80202 (303) 894-7499
 Regulates the insurance industry and assists consumers with insurance issues.
www.colorado.gov
- HEALTH CARE REFORM**
 200 Independence Ave SW, Washington, DC 20201
www.healthcare.gov
- KEPRO**(844) 430-9504
 5700 Lombardo Center Dr, #100, Seven Hills, OH 44131
 A Medicare Quality Improvement Organization that assist people with Medicare with hospital discharge appeals and service terminations, quality of care concerns, immediate advocacy, and patient navigation. KEPRO's services are free for Medicare beneficiaries.
www.keproqio.com

CIVIL SERVICE PENSIONS

- NATIONAL ACTIVE & RETIRED FEDERAL EMPLOYEES**(800) 456-8410
www.narfe.org
- OFFICE OF PERSONNEL MANAGEMENT (OPM)**(888) 767-6738
 1900 E St, NW, Washington, DC 20415
 Manages pension benefits for retired federal employees.
www.opm.gov
- PERA (PUBLIC EMPLOYEES RETIREMENT ASS'N)**(800) 759-7372
 1301 Pennsylvania St, Denver, CO 80203
www.copera.org
- TRICARE FOR LIFE**(866) 773-0404
 1717 W Broadway, Madison, WI 53708
 For military retirees with Medicare.
www.tricare4u.com

MEDICARE/MEDICAID

Medicare provides hospital (Part A), outpatient medical services (Part B) and prescription coverage (Part D). Additional options are available to complement those benefits. The Medicare website (www.medicare.gov) provides lots of information and allows you set up a personal account.

Medicaid is a state-administered program for people with low and limited incomes. Medicaid can provide a range of assistance that can include: cash benefits, food assistance (SNAP), medical and dental coverage, and long-term-care cost assistance. Every program has different eligibility requirements. Contact your local Department of Human Services for more information or to apply for benefits.

Social Security Administration (SSA) administers Social Security, an insurance program providing retirement, disability, and survivors' income benefit. Social Security is responsible for determining eligibility for Medicare benefits. The Social Security website (www.ssa.gov) now allows you to set up your own account, apply for benefits or request information on line.

COLORADO LONG-TERM CARE PARTNERSHIP(303) 894-7495
Long-term-care partnership insurance allows more assets to be protected if state Medicaid program is applied for to pay for long-term care.
www.colorado.gov/pacific/lcpartnership

DEPARTMENT OF HUMAN SERVICES, EL PASO COUNTY(719) 636-0000
1675 W Garden of the Gods Rd (80907)
<http://dhs.elpasoco.com>

DEPARTMENT OF HUMAN SERVICES, PARK COUNTY.....(303) 816-5939
59865 Hwy 285, Bailey, CO 80421 (719) 836-4139
<http://parkco.us/82/Human-Services>

DEPARTMENT OF SOCIAL SERVICES, TELLER COUNTY(719) 687-3335
800 Research Dr, #100, Woodland Park, CO 80863
www.co.teller.co.us/DSS

MEDICARE.....(800) 633-4227
www.medicare.gov

ROCKY MOUNTAIN RURAL HEALTH.....(719) 836-2169
525 Hathaway St, Fairplay, CO 80440
www.rmrh.org

SOCIAL SECURITY ADMINISTRATION.....(888) 880-0688
2306 E. Pikes Peak Ave (80909)..... (800) 772-1213
www.ssa.gov

SOCIAL SECURITY ADMINISTRATION.....(866) 272-5728
115 N 10th St, Canon City, CO 81212 (800) 772-1213
Serves Park County.
www.ssa.gov

LAW ENFORCEMENT/FIRST RESPONDERS

AMERICAN MEDICAL RESPONSE(719) 636-2333
2370 N Powers Blvd (80915).....(719) 597-1277
www.amr.net/home/cos

COLORADO SPRINGS FIRE DEPARTMENT(719) 385-5950
375 Printers Pkwy (80910)
<http://csfd.coloradosprings.gov>

COLORADO SPRINGS POLICE DEPARTMENT (719) 444-7000
705 S Nevada Ave (80903)
<https://cspd.coloradosprings.gov>

CODE ENFORCEMENT(719) 444-7891

NEIGHBORHOOD WATCH PROGRAM.....(719) 444-7276

EMERGENCY 9-1-1

CRIPPLE CREEK POLICE DEPARTMENT.....(719) 689-2655
101 E Bennett Ave, Cripple Creek, CO 80813
www.cityofcripplecreek.com

FOUR MILE EMERGENCY SERVICES(719) 689-3417
8437 Teller Rd, Florissant, CO 80816
www.fourmilefire.net

SHERIFF'S OFFICE, EL PASO COUNTY(719) 520-7100
27 E Vermijo Ave (80903)..... (719) 390-5555
www.epcsheriffsoffice.com

SHERIFF'S OFFICE, PARK COUNTY(719) 836-2494
1180 Park County Rd, Fairplay, CO 80440 (719) 836-4122
www.parkco.us/88/Sheriffs-Office

SHERIFF'S OFFICE, TELLER COUNTY(719) 687-9652
11400 US Hwy 24, Divide, CO 80814
www.tellercountysheriff.com

SOUTH PARK AMBULANCE DISTRICT.....(719) 836-2055
911 Costello Ave, Fairplay, CO 80440
www.southparkambulance.com

UTE PASS REGIONAL EMS(719) 687-2291

785 Redfeather Ln, Woodland Park, CO 80863

www.uprad.org

WOODLAND PARK POLICE DEPARTMENT(719) 687-9262

911 Tamarac Pkwy, Woodland Park, CO 80863

<http://city-woodlandpark.org/home/police-department>

LEGAL SERVICES

Legal services is a broad term that can include many types of services; however, for the purposes of this directory, the services or agencies you will find listed here include:

County and state court offices, referral, mediation and information services, resources, free or low-cost advice or services, advocacy and representation for legal questions, or issues primarily regarding older adults.

This publication does not provide information on private businesses or groups of attorneys. For a complete list of elder law attorneys, contact the El Paso County Bar Association or consult the yellow pages of your phone book.

ABC LEGAL DOCS(719) 591-0433

4164 Austin Bluffs Pkwy, #101 (80918) Mailing address only.

Mobile notary service and do-it-yourself legal forms.

www.abclegaldocs.com

AMERICAN CIVIL LIBERTIES UNION (ACLU) CO(303) 777-5482

303 E 17th Ave, # 350, Denver, CO 80202

www.aclu-co.org

CLERK /RECORDER, EL PASO COUNTY(719) 520-6202

1675 W Garden of the Gods Rd (80907)

<http://car.elpasoco.com>

CLERK/RECORDER, PARK COUNTY-FAIRPLAY (719) 836 4333

856 Castello, Fairplay, CO 80440 Bailey (303) 816-5920

www.parkco.us/72/Clerk-Recorder

CLERK/RECORDER, TELLER COUNTY(719) 689-2951

101 W Bennett Ave, Cripple Creek, CO 80813

www.co.teller.co.us/cr/default.aspx

COLORADO ADVANCE DIRECTIVES CONSORTIUM

Download forms to document health care decisions\ treatment preferences.

www.coloroadvancedirectives.com

COLORADO CIVIL RIGHTS DIVISION(800) 262-4845

1560 Broadway, #825, Denver, CO 80202 (303) 894-2997

<http://dora.colorado.gov/crd>

COLORADO LEGAL SERVICES(800) 395-2465

617 S Nevada Ave (80903) (719) 471-0380

Free civil legal services to older adults 60+.

www.coloradolegalservices.org

COMBINED COURT, EL PASO COUNTY(719) 452-5000

270 S Tejon St (80903)

Civil, domestic, probate, criminal, traffic, juvenile, and small claims matters.

www.elpasocountycourts.com

DISABILITY LAW COLORADO(800) 288-1376

455 Sherman St, Denver, CO 80203 (303) 722-0300

Protects the rights of people with disabilities and older adults.

www.disabilitylawco.org

DISTRICT ATTORNEY, PARK COUNTY(719) 836-2080

310 Fourth St, Fairplay, CO 80440

www.da11thjd.org

DISTRICT ATTORNEY, TELLER COUNTY(719) 520-7168

112 North A St, Cripple Creek, CO 80813

www.4thjudicialda.com/index.html

ECONOMIC CRIME DIVISION, EL PASO COUNTY(719) 520-6000

105 E Vermijo Ave (80903)

Investigates and prosecutes economic, business, and consumer crime.

Bad Check Restitution Program.

www.4thjudicialda.com/prosecutionunits4.aspx

11TH JUDICIAL DISTRICT, PARK COUNTY(719) 836-2080

Self-represented litigant coordinator.

www.courts.state.co.us/courts/district/

LEGAL PUBLIC SERVICES (IN EL PASO COUNTY)

Public Service Programs/Resources:

Ask-a-Lawyer/ Call-a-Lawyer(719) 471-0380

Find a Lawyer (Lawyer Referral Service)(719) 636-1532

www.elpasocountybar.org/lawyer-referral-service

Pikes Peak Justice & Pro Bono Project/ Modest Means(719) 473-6212

www.elpasocountybar.org/legal-resources-for-the-public

NAACP www.naacp.org

NEIGHBORHOOD JUSTICE CENTER..... (719) 520-6000

105 E Vermijo Ave #230 (80903)
Free mediation service for neighborhood and co-worker disputes.
www.4thjudicialda.com/Community2.aspx

PHOENIX STRATEGIES MEDIATION/CONFLICT SERVICE (719) 266-8181

3730 Sinton Rd, #105 (80907)
Conflict resolution services related to senior life transitions.
www.phoenixstrategiescolorado.com

SENIOR LAW HANDBOOK, COLORADO BAR ASS'N.....(303) 860-0608

1290 Broadway #1700, Denver, CO 80203
Downloadable handbook.
www.cobar.org.org/for-the-public/senior-law-handbook

VICTIM COMPENSATION PROGRAM, 4TH JUDICIAL DIS.....(719) 520-6036

105 E Vermijo Ave, #111 (80903)
www.4thjudicialda.com/VictimCompensation.html

MILITARY SERVICES

Information and resources for families, relocation, separation, retirement, financial, veteran's benefits and benefit assistance, and hospital and medical clinics.

PEAK MILITARY CARE NETWORK (719)577-7417

Online information and resource directory for service members, veterans & their families.
<http://pikespeak.co.networkofcare.org/veterans>

ACTIVE DUTY

AIR FORCE ACADEMY CLINIC(719) 333-5111

4102 Pinon Dr, US Air Force Academy, CO (80840)..... (719) 333-5043
www.airforcemedicine.af.mil/MTF/Air-Force-Academy

EVANS ARMY COMMUNITY HOSPITAL(719) 526-7000

1650 Cochrane Cir, Fort Carson, CO 80913
www.evans.amedd.army.mil

FT CARSON ARMY COMMUNITY SERVICE (ACS)(719) 526-4590

6303 Wetzel Ave, Bldg 1526, Fort Carson, CO 80913
Provides services and programs for active-duty/retired military.
<http://carson.army.mil/acs>

MT CARMEL VETERANS SERVICE CENTER.....(719) 772-7000

530 Communication Circle (80905)
Benefits and resource assistance.
www.veteranscenter.org

PEAK MILITARY CARE NETWORK (719)577-7417

Connects military service members, veterans, and families to essential resources in the Pikes Peak Region.
www.pmcn.org

THE HOME FRONT CARES (HELPLINE) (719) 434-1501

1120 N Circle, #230 (80909) (719) 434-1407
Provides support for military families impacted by deployment.
www.thehomefrontcares.org

USAFA AIRMAN & FAMILY READINESS CENTER(719) 333-3444

6248 W Pine Loop, USAF Academy, CO 80840
www.usafasupport.com/a-frc.html

US ARMY JAG OFFICE(719) 526-5572

1633 Mekong St, Bldg 6222, Fort Carson, CO 80913 (719) 526-5573
www.carson.army.mil/LEGAL

VETERANS

THE AMERICAN LEGION(719) 599-8624

3613 Jennine Dr (80917)
www.legion209.org

COLORADO DIVISION OF VETERANS AFFAIRS(303) 284-6077

1355 S Colorado Blvd, Bldg C, #113, Denver, CO 80222
www.colorado.gov/vets

COLORADO SPRINGS VA OUTPATIENT CLINIC(800) 278-3883

3141 Centennial Blvd (80907) (719) 327-5660
www.denver.va.gov/locations/ColoradoSprings.asp

COLORADO SPRINGS VETERANS CENTER.....(719) 471-9992

602 S Nevada (80903)
Individual and group counseling.
www.va.gov/directory

DISABLED AMERICAN VETERANS (DAV)(719) 785-4164

660 Southpointe Ct (80906)
(VSO) Assists with filing claims, free transport to Denver VA hospital.
www.dav.org

GOLD STAR WIVES OF AMERICA(888) 751-6350

PO Box 361986, Birmingham, AL 35236..... (205) 823-1778
Support group for widow/widower/survivor child.
www.goldstarwives.org

HOMeward PIKES PEAK.....(719) 473-5557

2010 E Bijou St, (80909)

Supportive services for veterans who suffer from substance abuse, mental illness, and chronic homelessness.

www.homewardpp.org/housing-first

THE INDEPENDENCE CENTER(719) 471-8181

729 S Tejon St (80903)

Veteran directed care allows veterans to determine support/services needed to remain in their home/community.

www.theindependencecenter.org

SILVER KEY(719) 884-2300

1605 S Murray Blvd. (80916)

Services that support independence for veterans age 60+ : Silver Key Active Living, Connections Cafe, Home Delivered Meals including Meals on Wheels, Reserve Ride Transportation, and Senior Assistance.

www.silverkey.org

TRICARE FOR LIFE(866) 773-0404

For military retirees age 65+ /disabled, who have Medicare Part A and B.

www.tricare4u.com

UCCS HEALTHCIRCLE VETERANS HEALTH AND TRAUMA CLINIC

4863 N Nevada Ave, #380 (80918)(719) 255-8003

www.uccs.edu/healthcircle/index.php/veterans-health-andtrauma-clinic

VA MEDICAL CENTER (VAMC).....(888) 336-8262

1055 Clermont St, Denver, CO 80220 (303) 399-8020

www.denver.va.gov

VETERAN’S CRISIS LINE.....(800) 273-8255

www.veteranscrisisline.net

VETERANS SERVICE OFFICE, EL PASO COUNTY(719) 520-7750

5850 Championship View, #130 (80922)

Assists with filing claims.

<http://adm.elpasoco.com/VeteranServices>

VETERANS SERVICE OFFICE, TELLER COUNTY(719) 686-5526

800 Research Dr, #230, Woodland Park, CO 80863..... (719) 641-4804

Assists with filing claims.

<http://co.teller.co.us/Veterans>

MINORITY RESOURCES

The Pikes Peak region has a diverse population with people from around the world. The following resources and organizations are available to assist people from different cultures, ethnicities and backgrounds by offering advocacy, health services, education, and celebration.

ANGEL NETWORK, PENROSE CANCER CENTER.....(719) 776-5548

2222 N Nevada Ave (80907)

African American Women Nurturing and Giving Each Other Life Network.

www.centura.org

ASIAN PACIFIC DEVELOPMENT CENTER OF COLORADO(303) 923-2920

1537 Alton St, Aurora, CO 80010

www.apdc.org

CATHOLIC CHARITIES OF CENTRAL CO(719) 636-2345

228 N Cascade Ave (80903)

Immigration & Naturalization services with legal support.

www.ccharitiescc.org

CENTRO DE LA FAMILIA(719) 227-9170

1287 Lake Plaza Dr (80906)

Services to the Hispanic/Latino populations.

www.elcentrodelafamilia.org

COLORADO DIVISION OF CIVIL RIGHTS(800) 262-4845

1560 Broadway, #825, Denver, CO 80202 (303) 894-2997

www.dora.colorado.gov/crd

NAACPwww.naacp.org

ONE NATION WALKING TOGETHER.....(719) 329-0251

3150 N Nevada Ave (80907)

Humanitarian programs for Native Americans.

www.onenationwt.org

SPRINGS EQUALITY(719) 453-1526

Online LGBT and Allied community.

www.springsequality.org

WHITE BISON.....(719) 548-1000

6455 N Union Blvd, #102 (80918) (877) 871-1495

Native American culture-based healing programs.

www.whitebison.org

SAFETY & PREVENTION

The organizations and agencies listed below provide a variety of services to keep people independent and safe. Services may include health-related programs such as balance classes to prevent falls, medical alert buttons for seniors living alone, driver safety classes, education and outreach to prevent crime, and home rehabilitation for safety.

AARP DRIVERS SAFETY PROGRAM.....(719) 380-0180

State-approved course for seniors who complete driver's education course.
www.aarp.org/findacourse

ALL ABOUT DIGNITY(719) 459-2017

Instruction in non-medical personal-care skills for caregivers.
www.allaboutdignity.com

AMERICAN RED CROSS.....(719) 632-3563

1040 S 8th St (80905)
First Aid, CPR, and accident prevention training.
www.redcross.org/local/colorado

BEO TRAINING CENTER(719) 385-0200

5055 Mark Dabling Blvd (80918)
Certified Nurse Aide Training Program and CPR Certification.
www.beopersonalcare.com/training-center

DRIVE RIGHT ACADEMY(719) 282-9755

317 E Cache La Poudre St (80903)
www.driverightacademy.com

FITNESS TO DRIVE, HEALTH PROMOTION PARTNERS(719)231-6657

302 E Unitah St (80903)
Driving evaluations and training with adaptive equipment.
www.healthpromotionpartners.com

FOUNTAIN VALLEY SENIOR SERVICES.....(719) 520-6470

5745 Southmoor Dr, Fountain, CO 80817
<http://dhs.elpasoco.com>

MASTER DRIVE(719) 260-0999

3280 E Woodmen Rd, #100 (80920)
A driver training program for seniors.
www.masterdrive.com

MOVING FOR BETTER BALANCE AT THE YMCA(719) 963-0988

207 N Nevada Ave (80903)
Fall prevention classes.
www.ppymca.org

WILDFIRE MITIGATION PROGRAM (CSFD).....(719) 385-5950

375 Printers Pkwy (80910)
Chipping Program..... (719) 385-7342
<http://csfd.coloradosprings.gov>

MEDICAL ALERT SYSTEMS

ALERT1(800) 326-9727
www.alert1.com

ALERT RESPONSE.....(800) 317-2223
www.alertresponse.com

COLORADO LIFE TRAK, TELLER COUNTY SHERIFF OFFICE(719) 687-9652

11400 W Hwy 24, Divide, CO 80814
A program for locating missing persons with dementia in Teller County.
www.co.teller.co.us/sheriff/COLifetrak.aspx

CONNECT AMERICA(800) 215-4206
www.connectamericamedicalalert.com

GUARDIAN MEDICAL MONITORING(877) 435-7225
www.guardianmedicalmonitoring.com

LIFE ALARM SERVICES(800) 780-5433
www.life-alarm.org

LIFE ALERT EMERGENCY RESPONSES(800) 920-3410
www.lifealert.com

LIFEFONE(888) 687-0451
www.lifefone.com

LIFELINE OF COLORADO SPRINGS.....(719) 522-9779
Medical alarm service.
www.srda.org

MEDICALERT FOUNDATION INTERNATIONAL(800) 432-5378
2526 Pirrone Ct, Salida, CA 95368
Engraved medical bracelets.
www.medicalert.org

SENIOR SERVICE ORGANIZATIONS

The following providers offer a wide range of programs that may include financial assistance, transportation, advocacy, education, and social services specifically for seniors.

- AARP-COLORADO**(866) 554-5376
303 E17th Ave, #510, Denver, CO 80203
www.aarp.org/co
- AARP-NATIONAL**(888) 687-2277
601 E St NW, Washington, DC 20049
www.aarp.org
- ASPEN MINE CENTER**..... (719) 689-3584 x118
166 E Bennett Ave, Cripple Creek, CO 80813
www.aspenminecenter.org
- COLORADO SPRINGS SENIOR CENTER**.....(719) 955-3400
1514 N Hancock Ave (80903)
www.csseniorcenter.com
- FALCON SENIOR SERVICES**(719) 330-5994
Call for information.
- FOUNTAIN VALLEY SENIOR SERVICES**.....(719) 520-6470
5745 Southmoor Dr, Fountain, CO 80817
<http://dhs.elpasoco.com>
- MOUNTAIN COMMUNITY SENIOR SERVICES**.....(719) 488-0076
PO Box 502, Palmer Lake, CO 80133
Social and medical transportation available to those 60+ in Tri-Lakes/northwest El Paso County, and handyman services.
www.coloradoseniorhelp.com
- MOUNTAIN RESOURCE CENTER**(303) 838-7552
11030 Kitty Dr, Conifer, CO 80433.....(303) 838-7552 x20
www.mrcco.org
- PARK COUNTY SENIOR COALITION**(719) 836-4295
825 Clark St, Fairplay, CO 80440
ww.parkcoseniors.org
- SENIOR INFORMATION & ASSISTANCE, PPACG AAA**(719) 471-2096
14 S Chestnut St (80905)
Provides programs and services for older adults and their caregivers; advocates for senior services. Information and referral services for seniors.
www.ppacg.org/aging

- SENIORS' RESOURCE CENTER (THE YELLOW HOUSE)**.....(303) 679-2552
5120 Hwy 73, Evergreen, CO 80439..... (303) 674-2843
www.srcaging.org/src-evergreen
- SILVER KEY**(719) 884-2300
1605 S Murray Blvd (80916)
Supportive and advocacy services. Services that support 60+: Silver Key Active Living, Connections Cafe, Home Delivered Meals including Meals on Wheels, Reserve and Ride, and Senior Assistance.
www.silverkey.org
- SOUTH PARK SENIOR CENTER**.....(719) 836-1455
296 6th St, Fairplay, CO 80440
- TELLER SENIOR COALITION**(719) 687-3330
750 E Hwy 24, Bldg 2, #100, Woodland Park, CO 80866
www.tellerseniorcoalition.org
- TRI-LAKES SILVER ALLIANCE**.....(719) 464-6873
PO Box 2931, Monument, CO 80132
Programs, services, activities, and support for seniors.
www.trilakesseniors.org

SUBSTANCE ABUSE/BEHAVIORAL HEALTH

Over 25% of the adult population in the United States is affected by substance abuse or a mental health issue. The number of older adults affected by these issues continue to grow each year, and learning to recognize the signs and symptoms of these disorders can be difficult.

The organizations and agencies listed below provide services for people who are struggling with substance abuse, behavior health issues, and recovery. These services and programs can range from support groups to in-patient care. Also included are programs for housing, education/job training, homelessness and more.

- ASPENPOINTE ACUTE SERVICES (LIGHTHOUSE)**(719) 572-6100
115 S Parkside Dr (80901)..... (719) 572-6340
www.aspenpointe.org
- ASPENPOINTE HEALTH SERVICES**.....(719) 572-6100
179 S Parkside Dr (80901)..... Emergency number: (719) 635-7000
Bailey..... (855) 277-3678
460 County Rd 43a 80421
Calhan..... (719)572-6100
328 10th St 80808

Cripple Creek (Aspen Mine Center)..... (855) 277-3678
 166 E Bennett Ave 80813

Fairplay..... (855) 277-3678
 970 Castello 80440

Fountain..... (719)572-6100
 350 Lyckman Dr 80817

Woodland Park..... (855) 277-3678
 18401 Hwy 24, #119 80863
www.aspenpointe.org

CEDAR SPRINGS HOSPITAL.....(719) 633-4114
 2135 Southgate Rd (80906)
 Provides comprehensive, acute psychiatric hospital treatments.
www.cedarspringshospital.com

DBSA LATER LIFE GROUP.....(719) 477-1515
 2132 E Bijou St, #112 (80909)
 Free self-help support group for older adults w/ depression/bipolar disorder.
www.dbsacoloradosprings.org

DEBRA LEVACK, LCSW.....(719) 310-0254
 5265 N Academy Blvd, #3300 (80918)
 Private practice therapy office serving older adults, accepts Medicare.

HOMeward PIKES PEAK (HARBOR HOUSE CLINIC).....(719) 473-5557
 2010 E Bijou St, (80909)
 Housing and treatment for substance abuse addictions of the homeless, along
 with recovery groups.
www.homewardpp.org

JOURNEYS COUNSELING CENTER.....(719) 687-6927
 320 Burdette St, Woodland Park, CO 80863
www.journeyscounselingcenter.com

MOUNTAIN FAMILY CENTERS.....(719) 837-2000
 760 Bogue St, Fairplay, CO 80440
www.mountainfamilycenter.com

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI).....(719) 473-8477
 510 E Willamette Ave, #A (80903)..... (Crisis Line) (844) 493-8255
www.namicoloradosprings.org

NATIONAL SUICIDE PREVENTION LIFELINE.....(800) 273-8255
www.suicidepreventionlifeline.org

NEW LIFE CHURCH DREAM CENTER.....(719) 388-1594
 4360 Montebello Dr #900 (80918)
www.dreamcenterscos.org

PEAK VIEW BEHAVIORAL HEALTH.....(719) 444-8484
 7353 Sisters Grove (80923)
 Mental health care to seniors, adults and adolescents.
www.peakviewbh.com

PEAK VISTA COMMUNITY HEALTH CENTERS.....(719) 632-5700
 3205 N Academy Blvd, #130 (80917)
www.peakvista.org

THE RIEGEL CENTER.....(719) 776-6850
 2925 Professional Place, #101 (80904)
 Licensed facility treating alcohol and drug problems.
www.penrosetfrancis.org

SALVATION ARMY FAMILY SERVICES.....(719) 636-3891
 908 Yuma St (80909)
www.tsacs.org

SENIORS' RESOURCE CENTER (THE YELLOW HOUSE).....(303) 674-2843
 5120 Hwy 73, Evergreen, CO 80439
 Jefferson Co Senior Reach Mental health outreach..... (866) 217-5808
www.srcaging.org/src-evergreen

SILVER KEY OUTREACH SERVICES (SOS).....(719) 884-2350
 1605 S. Murray Blvd (80916)
 Connects to local mental health services and case management. El Paso and
 Teller counties.
www.silverkey.org

SPRINGS RESCUE MISSION.....(719) 632-1822
 15 E Las Vegas St (80903)
 Recovery program for men.
www.springsrescuemission.org

SUICIDE PREVENTION PARTNERSHIP.....(888) 885-1222
 704 N Tejon St (80903)..... (719) 573-7447
www.pikespeaksuicideprevention.org

UCCS AGING CENTER.....(719) 255-8002
 4863 N Nevada Ave, #321 (80918)
 Assessment and treatment services to individuals 55+.
www.uccs.edu/agingcenter

VETERAN'S CRISIS LINE.....(800) 273-8255
www.veteranscrisisline.net

SUPPORT GROUPS

Groups for health-related issues, grief support, and traumatic events are listed.

AL-ANON AND ALATEEN(719) 632-0063

3595 E Fountain Blvd, #120 (80910)
www.al-anon-co.org

ALCOHOLICS ANONYMOUS OF COLORADO SPRINGS(719) 573-5020

1353 S 8th St, #209 (80905)
www.coloradospringsaa.org

ALS ASSOCIATION, ROCKY MOUNTAIN CHAPTER(866) 257-3211

10855 Dover St, #500, Westminster, CO 80021
Local support group (719) 481-1906
www.alsaco.org

ALZHEIMERS AND DEMENTIA SUPPORT GROUPS(800) 272-3900

www.alz.org/co

AMERICAN CANCER SOCIETY(800) 227-2345

1445 N Union Blvd, #B100 (80909) (719) 636-5101
By appointment only.
www.cancer.org

AMERICAN DIABETES ASSOCIATION(800) 342-2383

2451 Crystal Dr, #900, Alexandria, VA 22202
www.diabetes.org

AMERICAN LUNG ASSOCIATION IN COLORADO(800) 586-4872

5600 Greenwood Plaza Blvd, Greenwood Village, CO 80111 (303) 388-4327
www.lung.org/associations/states/colorado

ARTHRITIS FOUNDATION, ROCKY MOUNTAIN CHAPTER(720) 588-4969

2280 S Albion St, Denver, CO 80222
www.arthritis.org/colorado

CANCARE(719) 641-6900

A survivor by your side.
www.facebook.com/cancarecoloradosprings

CENTRO DE LA FAMILIA(719) 227-9170

1287 Lake Plaza Dr (80906)
Provides an array of services to the Hispanic/Latino populations.
www.elcentrodefamilia.org

CEREBRAL PALSY ASSOCIATION OF COLORADO SPRINGS(719) 638-0808

1322 N Academy Blvd, #115 (80909)
www.cpappr.org

COLORADO PARKINSON FOUNDATION(719) 884-0103

1155 Kelly Johnson Blvd, #111 (80920)
www.co-parkinson.org

DIABETES SUPPORT GROUP(719) 884-6145

219 E Bijou St (80903)
Located at First Presbyterian Church.
www.firstprescos.org

ELLA MAE BRANSOM SICKLE CELL ASSOCIATION(719) 602-1961

www.ellamae.org

FAMILY CAREGIVER SUPPORT CENTER, PPACG AAA(719) 471-2096 x115

14 S Chestnut St (80905) (719) 886-7526
www.ppacg.org/aging

GRANDPARENTS RAISING GRDKIDS SUPPORT GROUP (719) 884-6145

219 E Bijou St (80903) (719) 578-8007
Located at First Presbyterian Church, mentoring and support.
www.firstprescos.org

GRIEF SHARE(719) 599-8652

290 E Woodmen Rd (80919) (719) 388-4974
Located at Woodmen Valley Chapel.
www.woodmenvalley.org

GRIEF WORKSHOP(719) 884-6145

219 E Bijou St (80903)
Located at First Presbyterian Church.
www.firstprescos.org

MENDING BROKEN HEARTS DIVORCE SUPPORT(719) 884-6145

219 E Bijou St (80903)
Located at First Presbyterian Church.
www.firstprescos.org

MULTIPLE SCLEROSIS (MS) SOCIETY(800) 344-4867

611 N Weber St, #101 (80903) (719) 634-2984
www.curemsco-wy.org

MULTIPLE SCLEROSIS ALLIANCE(719) 633-4603

1322 N Academy Blvd, #119 (80909)
www.msasoco.org

MYASTHENIA GRAVIS ASSOCIATION OF COLORADO(303) 360-7080

www.4-mga.org

- NAMI FAITHNET(719) 884-6145**
 105 N Weber St, (80905)
 Peer led family support group for family members, caregivers, and friends of individuals living with Mental illness.
www.firstprescos.org
- PARKINSON'S SUPPORT GROUP.....(719) 884-6145**
 219 E Bijou St (80903) (719) 844-0103
 Located at First Presbyterian Church.
www.firstprescos.org
- PIKES PEAK OSTOMY ASSOCIATION(719) 338-6218**
www.pikespeakostomy.com
- POLIO SURVIVORS SUPPORT GROUP.....(763) 377-2287**
 4125 Center Park Dr (80916)
www.coloradopolio.org/support-groups
- THE INDEPENDENCE CENTER.....(719) 471-8181**
 729 S Tejon St (80903)
 Peer support groups with self-advocacy skills training for men, women, youth, cross-disability traumatic brain injury, caregivers.
www.theindependencecenter.org

TRANSPORTATION

Transportation is an important link to independence for older adults. Older adults who become unable to drive experience a loss of independence that can affect their health and happiness.

- AMERICAN MEDICAL RESPONSE(719) 636-2333**
 2370 N Powers Blvd (80915) (719) 597-1277
www.amr.net
- ASPEN MINE CENTER..... (719) 689-3584 x118**
 166 E Bennett Ave, Cripple Creek, CO 80813
 Medicaid transport only.
www.aspenminecenter.org
- BEO MOBILITY(719) 362-8000**
 5055 Mark Dabling Blvd (80918)
 Non emergency medical transportation.
www.beopersonalcare.com/mobility
- CAREFUL WHEELS TRANSPORTATION.....(303) 668-7546**
 PO Box 391, Eastlake, CO 80614
 Will transport from Colorado Springs to Denver and back only.
www.carefulwheelstransportation.com

- COACH HOME CARE AND TRANSPORT.....(719) 391-4444**
 1900 E Pikes Peak Ave, #2 (80909)
 Medicaid, private pay, non medical, wheelchair, and non emergency medical transportation.
thecoachhomecare.com
- ENVIDA MOVES (FORMERLY AMBLICAB)..... (719) 633-4677**
 5660 N Academy Blvd (80918)
 Now connects Colorado Springs to several locations in eastern El Paso County.
www.amblicab.org
- FALCON SENIOR SERVICES (719) 683-2769**
- FOUNTAIN VALLEY SENIOR SERVICES.....(719) 520-6472**
 5745 Southmoor Dr, Fountain, CO 80817 (719) 520-6470
 For those 60+ or non-elderly disabled who live in southern and eastern El Paso County.
<http://humanservices.elpasoco.com/fountain-valley-senior-center>
- MED COACH(800) 247-3671**
 12075 A 34th St N, St. Petersburg, FL 33716
 Provides nationwide, long-distance, non-emergency patient transfers.
www.usamedcoach.com
- MOUNTAIN COMMUNITY SENIOR SERVICES.....(719) 488-0076**
 PO Box 502, Palmer Lake, CO 80133
 Social and medical transportation available to those 60+ in Tri-Lakes/northwest El Paso County only.
www.coloradoseniorhelp.com/Transportation
- MOUNTAIN METRO MOBILITY.....(719) 392-2396**
 1015 Transit Dr (80903)
 Special vans for disabled people who are unable to use fixed transit services.
www.coloradosprings.gov/mountain-metro
- MOUNTAIN METRO RIDES.....(719) 385-7433**
 1015 Transit Dr (80903)
 Coordination of carpools.
<http://transit.coloradosprings.gov>
- MOUNTAIN METRO TRANSIT PUBLIC BUS SYSTEM(719) 385-7433**
 1015 Transit Dr (80903)..... (719) 385-5974
 Schedules and passes.
www.mmtransit.com
- ONE RIDE.....(719) 663-7433 (RIDE)**
 "One Call Does It All" transportation connection for the Pikes Peak region.
www.coloradosprings.gov/mountain-metro/page/one-ride

PARK COUNTY SENIOR COALITION(719) 836-4295
 825 Clark St, Fairplay, CO 80440
www.parkcoseniors.org

ROCKY MOUNTAIN MOBILE MEDICAL.....(719) 362-8000
 5055 Mark Dabling Blvd (80918)
 Medical transport services to El Paso and Pueblo counties.
www.rockymountainambulance.com

SILVER KEY RESERVE AND RIDE(719) 884-2380
 1605 S Murray Blvd (80916)
 Door through door ADA accessible transportation.
www.silverkey.org

SPRINGS CAB..... (719) 444-8686
 2220 E Bijou St, #209 (80909) (719) 444-8989
www.springscabllc.com

TELLER CAB(719) 687-8222
 PO Box 2083, Woodland Park, CO 80866
www.tellercab.com/services

TELLER SENIOR COALITION(719) 687-3330
 750 E Hwy 24, Bldg 2, #100, Woodland Park, CO 80866
 Transportation for seniors 60+ and for low-income disabled citizens who are
 Teller County residents.
www.tellerseniorcoalition.org

TRANSIT RIDERS SENIOR AMBASSADOR.....(719) 385-7433
 Mountain Metropolitan Transit one-on-one training for new public bus riders
 60+ of age.
<https://transit.coloradosprings.gov/mountain-metro>

TRANSIT TO CARE(719) 644-6005
 2860 S Circle Dr, #350A (80906)
 Non emergency medical transportation.
www.transit2care.com

TRANSPORTATION SECURITY ADMINISTRATION (TSA).....(855) 787-2227
 Provides information for passengers with disabilities/medical conditions before
 flying.
www.tsa.gov/travel/passenger-support

UNITED ACCESS(FORMERLY PERFORMANCE MOBILITY).....(719) 590-1400
 6285 Corporate Dr (80919)
 Builds, sells, services, and rents custom vans or minivans.
www.unitedaccess.com

WHEELCHAIR GETAWAYS OF COLORADO(800) 238-6920
 PO Box 621429, Littleton, CO 80162..... (303) 674-1498
 Rental of wheelchair- and scooter-accessible vans.
www.wheelchairgetaways.com

ZTRIP OF COLORADO SPRINGS(FORMERLY YELLOW CAB).....(719) 777-7777
 4625 Town Center Dr (80916)..... (719) 550-9300
 Traditional taxi and app-based ride service.
www.ztrip

MEDICAL HOME HEALTH AGENCIES These agencies provide in-home skilled services including: nursing, speech, physical and occupational therapy, and medical social work. More information is available at www.cdphe.state.co.us . Persons needing financial assistance for healthcare should contact the Department of Human Services at 719-636-0000.	SEE AD ON PAGE	24 HR/7 DAY INTAKES	24-HOUR CARE	MENTAL HEALTH SERVICES		REHAB THERAPY	ALSO DOES NON-MEDICAL HOME CARE	MEDICARE CERTIFIED	MEDICAID CERTIFIED	VA CERTIFIED	HCBS CERTIFIED	ACCEPTS OTHER INSURANCE	ACCEPTS PRIVATE PAY	SERVES EL PASO CO	SERVES TELLER CO	SERVES PARK CO
A CARING HEART HOME HEALTH 2140 Hollowbrook Dr, #200 80918 (719) 505-1010		●				●	●	●	●		●		●	●	●	●
ABODE HOME HEALTH 5465 Mark Dabling Blvd, floor ,1 80918 (719) 358-6604						●		●	●	●				●		
AMAZING CARE HOME HEALTH 5755 Mark Dabling Blvd, #120 80919 (719) 219-0691						●		●	●			●	●	●		
AT HOME HEALTH CARE 75 Printers Parkway, #105 80910 (719) 227-8624		●				●		●		●			●	●	●	
BAYADA HOME CARE 5350 Tomah Dr, #2100 80918 (719) 598-9100						●		●	●				●	●	●	
BENEFIT HOME HEALTH CARE 5426 N Academy Blvd, #200 80918 (719) 532-1100						●		●	●				●	●	●	
BRIDGES COMMUNITY HOME CARE 7150 Campus Dr #330 80920 (719) 596-5001						●		●						●		
BRIGHTSTAR CARE 3730 Sinton Rd, #200 80907 (719) 264-8800		●	●				●			●			●	●	●	
BROOKDALE HOME HEALTH 5600 Quebec St, #300A, Denver 80111 (877) 312-6614						●		●	●					●		
CENTURA HEALTH AT HOME 7015 Tall Oak Dr 80919 (719) 776-7500						●		●	●			●		●	●	
COACH HOME HEALTH 1900 E Pikes Peak, #5 80909 (719) 391-4444						●	●	●	●		●	●	●	●	●	
COMFORT KEEPERS 5390 N Academy Blvd, #230 80918 (719) 522-9100	93	●	●				●		●		●	●	●	●	●	●
COMPLETE HOME HEALTH CARE 3225 Austin Bluffs Pkwy, #200 80918 (719) 599-7902						●	●	●	●	●		●	●	●		

MEDICAL HOME HEALTH AGENCIES These agencies provide in-home skilled services including: nursing, speech, physical and occupational therapy, and medical social work. More information is available at www.cdphe.state.co.us . Persons needing financial assistance for healthcare should contact the Department of Human Services at 719-636-0000.	SEE AD ON PAGE	24 HR/7 DAY INTAKES	24-HOUR CARE	MENTAL HEALTH SERVICES		REHAB THERAPY	ALSO DOES NON-MEDICAL HOME CARE	MEDICARE CERTIFIED	MEDICAID CERTIFIED	VA CERTIFIED	HCBS CERTIFIED	ACCEPTS OTHER INSURANCE	ACCEPTS PRIVATE PAY	SERVES EL PASO CO	SERVES TELLER CO	SERVES PARK CO
ENCOMPASS HOME HEALTH 910 Pinon Ranch View, #211 80907 (719) 265-6931						●		●	●			●		●	●	
FIRST CLASS HOME CARE 6165 Lehman Drive, #102 80918 (719) 428-3268						●		●	●					●		
HUMAN TOUCH HOME HEALTH 1160 Lake Plaza Dr, #100 80906 (719) 635-2003						●	●	●	●	●		●	●	●		
INDEPENDENCE CENTER, THE 729 S Tejon St 80903 (719) 471-8181						●	●	●	●		●	●	●	●	●	●
INTERIM HEALTHCARE OF S E COLORADO 1901 N Union Blvd, #202 80909 (719) 632-9900						●		●	●	●	●	●		●	●	
KINDRED AT HOME 5755 Mark Dabling Blvd, #325 80919 (719) 531-9585						●		●	●			●		●	●	
MAXIM HEALTHCARE SERVICES 7150 Campus Dr #160 80920 (719) 538-5600				●		●	●	●	●		●	●	●	●	●	
MGA HOME HEALTHCARE (719) 476-0200 1355 Garden of the Gods Rd, #130 80907				●		●		●				●	●	●	●	
MT EVANS HOME HEALTH CARE HOSPICE 3081 Bergen Peak Dr, Evergreen, 80439 (303) 674-6400		●				●		●	●							●
NURSE NEXT DOOR 2606 Palmer Park 80909 (719) 368-1695		●	●			●							●	●	●	
NURSECORE 5043 N Academy Blvd 80918 (719) 262-0300		●		●					●			●		●	●	
OPTIMAL HOME CARE 4380 S Syracuse, #600, Denver 80237 (719) 452-8457				●		●		●	●			●	●	●		
PRIMARY HOME HEALTH CARE 111 E Polk St 80907 (719) 577-4272						●	●	●	●	●	●	●	●	●		

MEDICAL HOME HEALTH AGENCIES	SEE AD ON PAGE	24 HR/7 DAY INTAKES	24-HOUR CARE	MENTAL HEALTH SERVICES		REHAB THERAPY	ALSO DOES NON-MEDICAL HOME CARE	MEDICARE CERTIFIED	MEDICAID CERTIFIED	VA CERTIFIED	HCBS CERTIFIED	ACCEPTS OTHER INSURANCE	ACCEPTS PRIVATE PAY	SERVES EL PASO CO	SERVES TELLER CO	SERVES PARK CO
PROFESSIONAL HOME HEALTH CARE 1040 S 8th St, #201 80905 (719) 532-0373						●		●	●	●	●			●	●	
RIGHT AT HOME (719) 634-4999 5446 N. Academy #203 80918		●	●				●					●	●	●	●	
ROCKY MOUNTAIN PACE 2502 E Pikes Peak (719) 314-2327	6		●			●	●	●	●					●		
SUMMIT HOME HEALTH CARE 1160 Lake Plaza Dr, #255 80906 (719) 533-0084		●				●		●	●	●		●	●	●	●	
TEAM SELECT HOME CARE (719)277-6647 1125 Kelly Johnson Blvd, #130 80920						●		●	●		●	●	●	●	●	
VOYAGER HOME HEALTH CARE 2233 Academy Pt #202 80909 (719) 722-4516						●						●	●	●	●	
YOUR LIFE YOUR WAY (719) 785-9294 1460 W Garden of the Gods Rd 80907	94		●			●	●	●	●	●	●	●	●	●	●	

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NON-MEDICAL HOME CARE AGENCIES These agencies provide in-home non-skilled services including: homemaking, personal care, companionship, errands, light meal preparation and transportation. More information is available at www.cdphe.state.co.us . Persons needing financial assistance for healthcare should contact the Department of Human Services at 719-636-0000	SEE AD ON PAGE	NO HOURLY MINIMUM	24 HR/7 DAY INTAKES	24-HOUR CARE		PERSONAL CARE, BATHING, DRESSING	HOMEMAKING	COMPANIONSHIP	PERSONAL TRANSPORTATION	ERRANDS	ALSO DOES MEDICAL HOME HEALTH	MEDICAID / HCBS CERTIFIED	SERVES EL PASO COUNTY	SERVES TELLER COUNTY	SERVES PARK COUNTY
AC HOME HEALTH CARE 4753 N Academy Blvd 80918 (719) 590-9510			●	●		●	●	●				●	●		
AKOTA HOME CARE 121 S Tejon St #900 80903 (719) 602-0305		4hr	●	●		●	●	●	●	●		●	●		
ACCLAIMED HOME CARE 2860 S Circle Dr, #160 80906 (800) 835-1965 (719) 464-1648		3hr		●		●	●	●				●	●	●	●
ALL CARE AT HOME 601 Del Norte St, Fountain 80817 (719) 494-3766		2hr		●		●	●	●		●		●	●	●	
ALWAYS THERE HOME CARE 2930 Austin Bluffs Pkwy, #305 80918 (719) 418-5567		2hr	●	●		●	●	●	●	●		●	●		
AMADA SENIOR CARE 1824 Woodmoor Dr, #203, Monument 80132 (719) 377-9120			●	●		●	●	●	●	●			●	●	●
BENEFIT BY YOUR SIDE 5426 N Academy, #200 80918 (719) 532-1100		●				●	●	●			●	●	●	●	
BEO PERSONAL CARE 5055 Mark Dabling Dr 80918 (719) 385-0200				●		●	●	●	●				●	●	
BRIGHTSTAR CARE 3730 Sinton Rd, #200 80907 (719) 264-8800		●	●	●		●	●	●	●	●	●		●	●	
COACH HOME CARE AND TRANSPORT 1900 E Pikes Peak, #4 80909 (719) 391-4444			●	●		●	●	●	●	●	●	●	●	●	●
COLORADO CAREASSIST 1641 Golf Peak Court 80921 (719) 428-3999			●	●		●	●	●	●				●		
COMFORT KEEPERS 5390 Academy Blvd, #230 80918 (719) 522-9100	93	●	●	●		●	●	●	●	●	●	●	●	●	●
COMPLETE HOME HEALTH CARE 3225 Austin Bluffs Pkwy, #200 80918 (719) 599-7902		●				●	●			●	●	●	●		
ELEMENT HOME CARE 8145 Candleflower Cir 80920 (719) 900-8820			●	●		●	●	●	●	●		●	●		

NON-MEDICAL HOME CARE AGENCIES These agencies provide in-home non-skilled services including: homemaking, personal care, companionship, errands, light meal preparation and transportation. More information is available at www.cdph.state.co.us . Persons needing financial assistance for healthcare should contact the Department of Human Services at 719-636-0000.	SEE AD ON PAGE	NO HOURLY MINIMUM	24 HR/7 DAY INTAKES	24-HOUR CARE		PERSONAL CARE, BATHING, DRESSING	HOMEMAKING	COMPANIONSHIP	PERSONAL TRANSPORTATION	ERRANDS	ALSO DOES MEDICAL HOME HEALTH	MEDICAID / HCBS CERTIFIED	SERVES EL PASO COUNTY	SERVES TELLER COUNTY	SERVES PARK COUNTY
ENVIDA HOME SERVICES 5660 N Academy Blvd 80918 (719) 301-6870	26		●			●	●		●	●		●	●	●	
FIRSTLIGHT HOME CARE 4445 Northpark Dr, #100 80907 (719) 424-5345		●	●	●		●	●	●	●				●	●	●
FRONTIER HOME HEALTH CARE 4718 N Elizabeth, #A, Pueblo 81008 (719) 544-5891		●	●			●		●		●	●	●	●		
GENTLE SHEPHERD HOME CARE 1880 Office Club Pointe 80920 (719) 359-8371	98		●	●		●	●	●	●	●			●	●	
GOLDEN HEART SENIOR CARE 5590 W Maplewood Pl, Littleton 80123 (303) 835-3423			●	●		●	●	●	●				●		●

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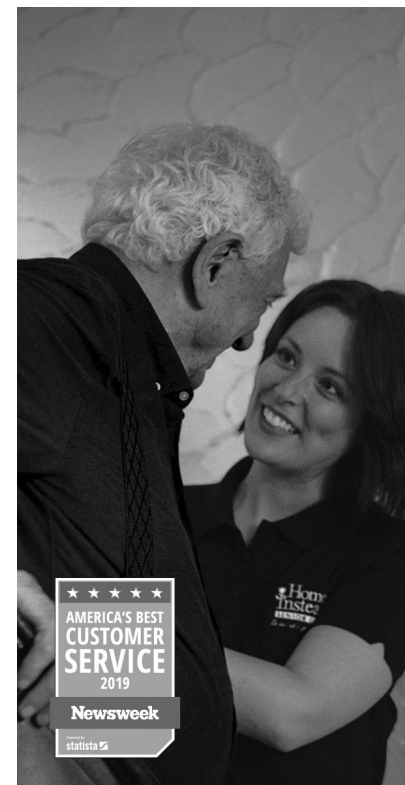
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- ◆ Toileting
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- ◆ Transportation
- ◆ Pet Care



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The first morning I helped Stanley down the stairs, the third step creaked. That's when I found out his wife, Martha always told him to fix it. And now he's just glad he never did, because that's home. I love hearing Stanley's stories about home. And now I get to be a part of them.

Maddie G.

– Maddie G.
Stanley's CAREGiver



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NON-MEDICAL HOME CARE AGENCIES These agencies provide in-home non-skilled services including: homemaking, personal care, companionship, errands, light meal preparation and transportation. More information is available at www.cdph.state.co.us . Persons needing financial assistance for healthcare should contact the Department of Human Services at 719-636-0000.	SEE AD ON PAGE	NO HOURLY MINIMUM	24 HR/7 DAY INTAKES	24-HOUR CARE		PERSONAL CARE, BATHING, DRESSING	HOMEMAKING	COMPANIONSHIP	PERSONAL TRANSPORTATION	ERRANDS	ALSO DOES MEDICAL HOME HEALTH	MEDICAID / HCBS CERTIFIED	SERVES EL PASO COUNTY	SERVES TELLER COUNTY	SERVES PARK COUNTY
GOODLIFE SENIOR CARE 6455 N Union Blvd, #100-C 80918 (719) 266-4799			●	●		●	●	●	●	●			●	●	
GRISWOLD HOME CARE 14960 Woodcarver Rd, #122 80918 (719) 418-5908		●	●	●		●	●	●	●	●			●	●	
HEARTFELT CARE AT HOME 1755 Telstar Drive, #300 80920 (719) 362-0094		●	●	●		●	●	●	●	●			●		
HOME CARE ASSISTANCE OF EL PASO CO 13395 Voyager Pkwy, #120 80921 (719) 822-1229			●	●		●	●	●	●	●			●		
HOME HELPERS OF COLORADO SPRINGS 3472 Research Pkwy, #104-202 80920 (719) 487-9919		●		●		●	●	●	●	●			●		
HOME INSTEAD SENIOR CARE 1955 N Union Blvd 80909 (719) 534-0908	99		●	●		●	●	●	●	●			●	●	
HUMAN TOUCH UNSKILLED SERVICES 1160 Lake Plaza Drive, #105 80906 (719) 635-2003		●				●	●			●	●	●	●		
INDEPENDENCE CENTER, THE 729 S Tejon 80903 (719) 471-8181		●				●	●	●		●	●	●	●	●	●
INNOVAGE HOME CARE 401 W Northern Ave, Pueblo 81004 (719) 553-0478			●	●		●	●	●	●			●	●	●	●
INTERIM HEALTHCARE OF SE COLORADO 1901 N Union, #202 80909 (719) 632-9900		●				●	●	●	●	●	●	●	●	●	
KIND HEART HOME HEALTH CARE 6170 Lehman Dr 80918 (719) 622-1708		●		●		●	●	●				●	●	●	●
MOUNTAIN HOME CARE 125 N Parkside Dr #201G 80909 (719) 634-7766		●				●	●	●		●		●	●		
MOUNTAIN VIEW HOME CARE 3724 West Quiet Circle 80917 (719) 452-0151						●	●	●		●		●	●		

NON-MEDICAL HOME CARE AGENCIES These agencies provide in-home non-skilled services including: homemaking, personal care, companionship, errands, light meal preparation and transportation. More information is available at www.cdph.state.co.us . Persons needing financial assistance for healthcare should contact the Department of Human Services at 719-636-0000.	SEE AD ON PAGE	NO HOURLY MINIMUM	24 HR/7 DAY INTAKES	24-HOUR CARE		PERSONAL CARE, BATHING, DRESSING	HOMEMAKING	COMPANIONSHIP	PERSONAL TRANSPORTATION	ERRANDS	ALSO DOES MEDICAL HOME HEALTH	MEDICAID / HCBS CERTIFIED	SERVES EL PASO COUNTY	SERVES TELLER COUNTY	SERVES PARK COUNTY
OPTIMAL HOME CARE 4380 S Syracuse St, #600 Denver 80237 (719) 452-8457		●				●	●	●				●	●		
PREFERRED CARE AT HOME PO Box 62968, Black Forest 80962 (719) 476-0130			●	●		●	●	●	●			●	●	●	
PREMIER HOME CARE 301 Highway 24 N, Buena Vista 81211 (719) 395-3124		●				●	●	●	●			●			●
PRIMARY HOME HEALTH CARE 1120 N Circle Dr, #15 80909 (719) 577-4272		●				●	●			●	●	●	●		
PROFESSIONAL HOME HEALTH CARE 1040 S 8th St, #201 80905 (719) 532-0373		●				●	●	●		●	●	●	●	●	
QUALITY SERVICE HOME CARE 1775 Telstar Dr, #300, 80920 (719) 616-7211	102	●	●	●		●	●	●	●	●			●		



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- ♥ Personal Care
- ♥ Companionship
- ♥ Sitter Services
- ♥ Housekeeping/Homemaker
- ♥ Respite Care
- ♥ Transportation



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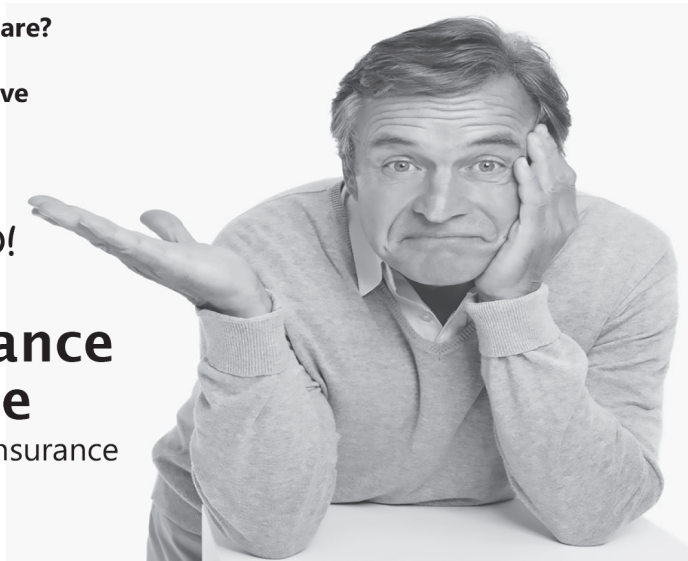
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NON-MEDICAL HOME CARE AGENCIES	SEE AD ON PAGE	NO HOURLY MINIMUM	24 HR/7 DAY INTAKES	24-HOUR CARE		PERSONAL CARE, BATHING, DRESSING	HOMEMAKING	COMPANIONSHIP	PERSONAL TRANSPORTATION	ERRANDS	ALSO DOES MEDICAL HOME HEALTH	MEDICAID / HCBS CERTIFIED	SERVES EL PASO COUNTY	SERVES TELLER COUNTY	SERVES PARK COUNTY
RIGHT AT HOME SENIOR CARE 5446 N Academy Blvd, #203 80918 (719) 634-4999		●	●	●		●	●	●	●	●	●		●	●	
SAGES ELDER CARE 6584 Bull Hill Ct 80919 (719) 393-3580						●	●	●	●	●			●		
SENIORS HELPING SENIORS (719) 629-7725 17030 Viscount Court, Monument 80132			●	●			●	●	●				●		
STATEWIDE HEALTH CARE 2130 S Academy Blvd 80916 (719) 434-1513		●	●	●		●	●	●		●		●	●	●	●
SYNERGY HOME CARE 4740 Flintridge, #205 80918 (719) 203-5848	95	●	●	●		●	●	●	●	●			●	●	
TALEM HOME CARE 3230 E. Woodmen Rd, #110E 80920 (719) 639-2663				●		●	●	●	●	●		●	●		
TOUCH OF CARE 7405 W Hwy 50, #120, Salida 81201 (719) 539-4090		●	●	●		●	●	●				●			●
UMBRELLA HOME HEALTH CARE 25 N Wahsatch Ave, #203A 80903 (719) 482-0774		●	2hr min.	●		●	●	●	●				●	●	
VISIONS 4 YOU HOME CARE 1229 Lake Plaza Dr, #D 80906 (719) 208-9935		●				●	●	●				●	●		
VISITING ANGELS LIVING ASSIST. SERVICES 3720 Sinton Rd, #202 80907 (719) 282-0180		●	●	●		●	●	●	●	●			●		
YOUR LIFE YOUR WAY HOME CARE 1460 Garden of the Gods Rd 80907 (719) 381-9468	94	●		●		●	●	●	●			●	●	●	

HOSPICE CARE A hospice is an organization that provides palliative care and social, emotional, and spiritual support to patients at the end of life, as well as their family members. Most hospices are Medicare certified. Medicaid, the VA, and many insurance plans also pay for hospice care. Information is available at www.cdphe.state.co.us . Agencies listed are licensed by the State of Colorado at time of publication.		SEE AD ON PAGE	MEDICAID CERTIFIED	SERVES EL PASO CO	SERVES TELLER CO	SERVES PARK CO
ABODE HOSPICE 5465 Mark Dabling Blvd 80918 (719) 358-6428				•		
BROOKDALE HOSPICE 7222 Commerce Center Drive, #140 80919 (719) 268-2582				•		
COMPASSUS HOSPICE & PALLIATIVE CARE 1115 Elkton Dr, #301 80907 (719) 226-0091			•	•	•	
FREMONT REGIONAL HOSPICE & PALLIATIVE CARE 1439 Main St, Canon City 81212 (719) 275-4315			•		•	•
FRONTIER HOSPICE 4718 N Elizabeth Street, #A Pueblo 81008 (877) 544-5891			•	•		
INTERIM HEALTHCARE HOSPICE 1901 N Union Blvd, #105 80909 (719) 314-4868			•	•	•	
KINDRED HOSPICE 5755 Mark Dabling Blvd, #375 80919 (719) 573-4166			•	•	•	•
MT EVANS HOME HEALTH CARE & HOSPICE 3081 Bergen Peak Dr, Evergreen 80439 (303) 674-6400			•			•
NEW CENTURY HOSPICE 1524 N Hancock 80903 (719) 330-6652				•		
PIKES PEAK HOSPICE & PALLIATIVE CARE 2550 Tenderfoot Hill St 80906 (719) 633-3400			•	•	•	
SUNCREST HOSPICE 7660 Goddard St, #100 80920 (719) 434-1773			•	•		

What kind of housing do I need?

Senior housing and healthcare facilities often vary dramatically in regard to available services, costs, and facility admission/discharge policies. Consumers can use this table as a guide. Be sure to clarify all questions with the facility before signing a contract for care.

*This continuum has been prepared by Age of America Associates, Inc.,
StevBender@aol.com.*

	Independent Living No state license required	Retirement Community No state license required		Assisted Living State license required	Nursing Facility State license required
Level of Care Profile	Covers a broad range of housing options (i.e., residential houses, apartments, condominiums, townhouses, subsidized senior housing, etc.) for older persons who are functionally and socially independent.	Provides a living arrangement which integrates shelter and some services for older persons who do not need 24 hour protective oversight.		Provides a living arrangement which integrates shelter and services for frailer older persons who are functionally and/or socially impaired and may need 24 hour protective oversight	Provides a living arrangement which integrates shelter with medical, nursing, psychosocial and rehabilitation services for older persons who require 24 hour nursing supervision.
Primary Services	-A- <ul style="list-style-type: none"> • Age-segregated buildings • Environmental security • Possible coordination of resident services, i.e., transportation, activities, housekeeping, etc. • OR no services are available 	-B- "A" services, plus: <ul style="list-style-type: none"> • Meals (1-3 per day) • Transportation • Activities • Housekeeping assistance • Assistance with coordination of community-based services 		-C- "A & B" services, plus: <ul style="list-style-type: none"> • Assistance with activities of daily living • Medication monitoring • 24-hour protective oversight • LPN/RN & social services are increasingly becoming available • Secure (dementia) environments may be available 	-D- "A, B & C" services, plus: <ul style="list-style-type: none"> • all medication administration • 24-hour nursing supervision • Secure environments (dementia) may be available • Physical therapies & rehabilitation services

RESIDENTIAL FUNCTIONAL ASSESSMENT CRITERIA

	Independent Living	Retirement Community		Assisted Living	Nursing Facility
Mobility	Capable of moving about independently. Able to seek and follow directions. Able to evacuate independently in emergency OR ambulatory with cane or walker Independent with wheelchair but needs help in an emergency.	Capable of moving about independently. Able to seek and follow directions. Able to evacuate independently in emergency OR ambulatory with cane or walker. Independent with wheelchair but may need help in an emergency.		Mobile but may require escort/ assistance due to confusion, poor vision, weakness, or poor motivation OR requires occasional assistance to move about but usually is independent with an assistive device.	May require assistance with transfers from bed, chair, toilet OR requires transfer and transport assistance OR requires turning and positioning in bed and wheelchair.

	Independent Living	Retirement Community		Assisted Living	Nursing Facility
Nutrition	Able to prepare own meals. Eats meals without assistance.	Able to prepare own meals. Eats meals without assistance. Generally a minimum of one meal a day is available and may be included in monthly rent..		All meals & snacks provided. May require reminders or assistance getting to dining room. May require minimal assistance, i.e. opening cartons or other packages, cutting food, or preparing trays.	May be unable or unwilling to go to dining room. May be dependent on staff for eating/feeding needs OR totally dependent on staff for nourishment (includes reminders to eat and/or feeding).
Hygiene	Independent in all care including bathing and personal laundry.	Independent in all personal care including bathing and personal laundry.		May require assistance with bathing or hygiene OR may require assistance, initiation, structure or reminders. Resident may be able to complete some tasks	May be dependent on staff for all personal hygiene.
Housekeeping	Independent in performing housekeeping functions (includes making bed, vacuuming, cleaning and laundry).	Independent in performing housekeeping functions (includes making bed, vacuuming, cleaning and laundry) OR may need assistance with heavy housekeeping, vacuuming, laundry and linens.		Housekeeping and laundry services provided.	Housekeeping and laundry services provided.
Dressing	Independent and dresses appropriately.	Independent and dresses appropriately.		May require occasional assistance with shoe laces, zippers, etc., and/or medical appliances or garments OR may require reminders, initiation or motivation. Resident may be able to complete tasks.	May be dependent on staff for dressing.
Toileting	Independent and completely continent.	Independent and completely continent OR may have incontinence, colostomy or catheter, but independent in caring for self through proper use of supplies.		Same as 'Retirement Community'. May have occasional problem with incontinence, colostomy, or catheter. May require assistance in caring for self through proper use of supplies.	May have problem with incontinence, colostomy, catheter and requires assistance OR may be dependent and unable to communicate toileting needs.
Medications	Responsible for self administration of all medications.	Responsible for self administration of all medications OR may arrange for family or home health agency to establish a medication administration system.		May be able to self-administer medications OR certified facility staff administer meds OR facility staffed by RN/LPN administer medications.	Medications administered by licensed or certified personnel.

	Independent Living	Retirement Community		Assisted Living	Nursing Facility
Mental Status	Oriented to person, place and time AND memory is intact, but has occasional forgetfulness without consistent pattern of memory loss AND able to reason, plan, and organize daily events. Mental capability to identify environmental needs and meet them.	Oriented to person, place and time AND memory is intact, but has occasional forgetfulness without consistent pattern of memory loss AND able to reason, plan, and organize daily events. Mental capability to identify environmental needs and meet them.		May require occasional direction or guidance in getting from place to place OR may have difficulty with occasional confusion which may result in anxiety, social withdrawal, or depression OR orientation to time or place or person may be impaired.	Judgment is likely to be poor and the resident may attempt tasks which are not within capacities OR may require strong orientation and reminder program. May need guidance in getting from place to place OR disoriented to time, place and person OR memory is severely impaired. Usually unable to follow directions.
Behavioral Status	Deals appropriately with emotions and uses available resources to cope with inner stress AND deals appropriately with other residents and staff.	Deals appropriately with emotions and uses available resources to cope with inner stress AND deals appropriately with other residents and staff OR may require periodic intervention from staff to resolve conflicts with others in order to cope with situational stress.		May require periodic intervention from staff to facilitate expression of feelings in order to cope with inner stress OR may require periodic intervention from staff to resolve conflicts with others in order to cope with situational stress.	May require regular intervention from staff to facilitate expression of feelings and to deal with periodic outbursts of anxiety or agitation OR maximum staff intervention is required to manage behavior OR resident may be a physical danger to self or others OR expectations are unrealistic and approach to staff is uncooperative

Independent Apartments

Independent living apartments are generally appropriate for persons who are socially and functionally independent all or most of the time. Residents are capable of moving about, taking care of their hygiene, preparing and eating their own meals, performing most housekeeping tasks, monitoring their medications, are able to reason, identify and meet their own needs, and deal appropriately with other people.

Apartment complexes vary greatly so take a complete tour and ask a lot of questions. Most importantly, READ EVERYTHING that you are asked to sign.

QUESTIONS TO ASK:

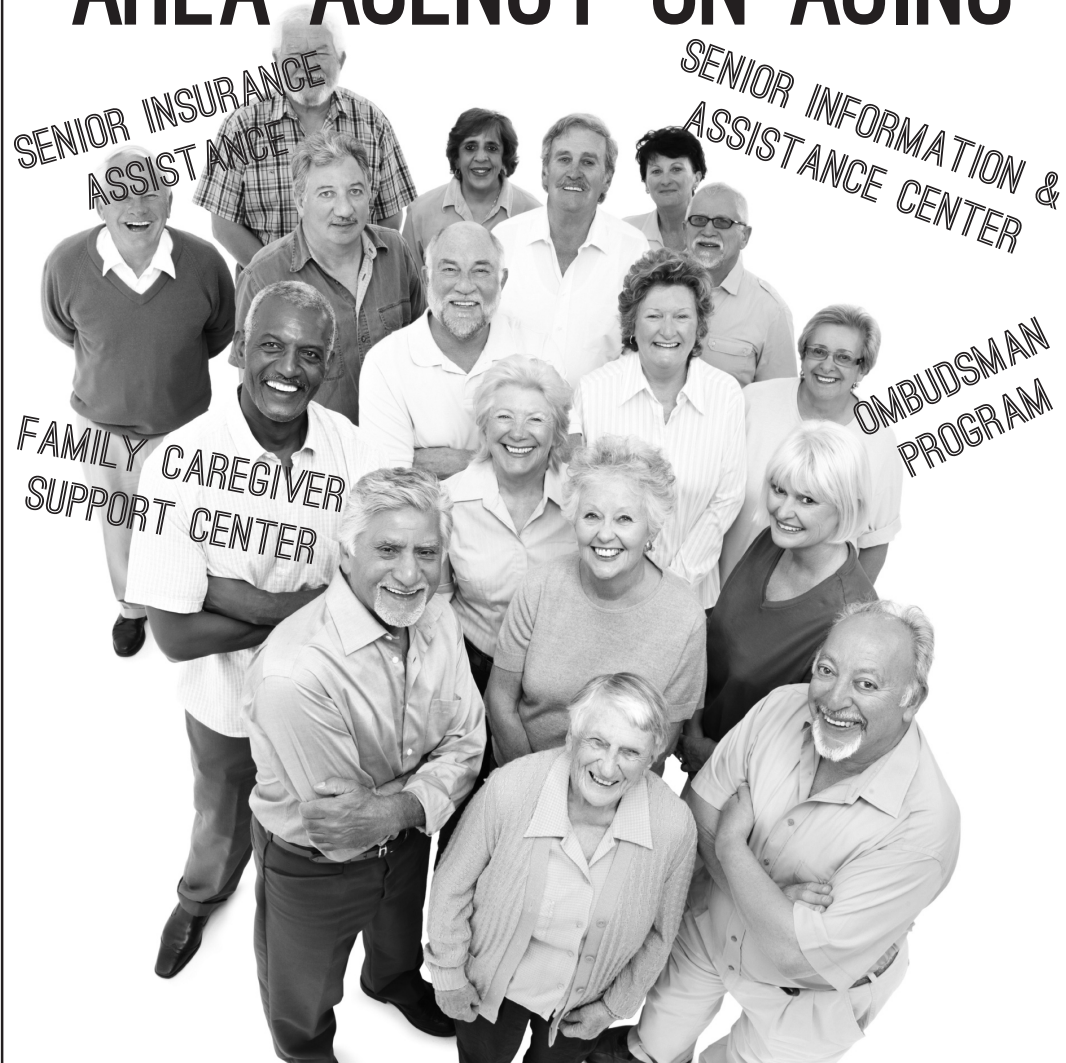
- How old is the building?
- How many floors and wings?
- Are there elevators? How many?

- Are there extra charges such as a pet fee, security deposit, application fee, late charge?
- What is required for deposit refund?
- Do you offer discounts?
- What is the lease term?
- Do you have a pool and/or exercise room?
- What are the laundry facilities like?
- What is the neighborhood like?
- Where is the closest bus stop?
- Where is the closest grocery store, park, senior center and hospital?
- What could cause me to be asked to move out?
- Who would determine that and what is my recourse?
- What is the complaint and grievance procedure?
- Is there handicapped access to all parts of the property?

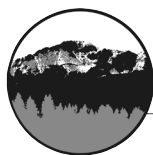
SENIOR APARTMENTS Apartments are for those who are able to live without assistance. Apartments listed generally have a high percentage of seniors. Those apartments marked as "affordable" may offer subsidized and/or reduced rent. The reduced rent may be the Section 8 Housing Choice Voucher Program, Low Income Tax Credit, Public Housing, below Fair Market Rent rates or other subsidies. Please check with each unit for details on rent and amenities. Rates are subject to change.	SEE AD ON PAGE	#OF UNITS		AFFORDABLE/ SUBSIDIZED	UTILITIES PAID	ON-SITE MEAL	LAUNDRY FACILITIES	GROUND LEVEL OR ELEVATORS	PETS ACCEPTED	WITHIN 3/4 MILE OF BUS ROUTE
ARCADIA PLAZA APARTMENTS 3128 N Arcadia St 80907 (719) 632-5738		26					●	●		●
BELCARO, THE 3475 American Dr 80917 (719) 380-9222		112					●	●	●	●
BUNNELL APARTMENTS 3933 E San Miguel St 80909 (719) 637-1856		16		●	●		●	●		●
FIFTY-FIVE PLUS APARTMENTS 825 S Union Blvd 80910 (719) 578-0581		60		●			●	●	●	●
FOUNTAIN GARDEN APARTMENTS 3165 E Fountain Blvd 80910 (719) 632-2155		55		●			●	●	●	●
FOUNTAIN OAKS 2610 E Fountain Blvd 80910 (719) 418-6835		59			●		●		●	●
GRINDE MANOR 906 Grinde Dr, Fountain 80817 (719) 382-5639		40		●	●	●	●	●		●
HATLER-MAY VILLAGE 2842 Vickers Drive 80918 (719) 354-4743		76		●	●		●	●	●	●
LAKEVIEW APARTMENTS 610 & 710 S Union Blvd 80910 (719) 475-0129		62		●	●		●	●		●
LAUREL GARDENS 3140 Mallard Dr 80910 (719) 227-7162		50		●	●		●	●	●	●
MAYFAIR APARTMENTS 118-120 E Platte Ave 80903 (719) 475-0129		52		●	●		●	●		●
MYRON STRATTON (CENTENNIAL APARTMENTS) 2525 Hwy 115 S 80906 (719) 540-3100		40		●	●	●	●	●	●	●
PIKES PEAK TOWERS 1912 Eastlake Blvd 80910 (719) 632-1556		145		●	●	●	●	●	●	●

SENIOR APARTMENTS Apartments are for those who are able to live without assistance. Apartments listed generally have a high percentage of seniors. Those apartments marked as “affordable” may offer subsidized and/or reduced rent. The reduced rent may be the Section 8 Housing Choice Voucher Program, Low Income Tax Credit, Public Housing, below Fair Market Rent rates or other subsidies. Please check with each unit for details on rent and amenities. Rates are subject to change.	SEE AD ON PAGE	# OF UNITS		AFFORDABLE/ SUBSIDIZED	UTILITIES PAID	ON-SITE MEAL	LAUNDRY FACILITIES	GROUND LEVEL OR ELEVATORS	PETS ACCEPTED	WITHIN 3/4 MILE OF BUS ROUTE
REGENCY TOWER APARTMENT HOMES 921 Greenstar Dr 80905 (719) 633-2121		124					●	●	●	●
SILVERCREST I 904 Yuma St 80909 (719) 389-0329		49		●	●		●	●	●	●
SILVERCREST II 824 Yuma St 80909 (719) 389-0329		49		●	●		●	●	●	●
SILVERCREST VILLAS 406 Cheyenne St, Calhan 80808 (719) 347-2616		20		●	●		●	●	●	
TAMARAC APARTMENTS 750 E Cheyenne Rd 80905 (719) 520-9400		50		●			●	●	●	●
VILLA AT SUNNY VISTA 2480 E Dale St 80909 (719) 635-9595		50		●	●	●	●	●	●	●
VILLAGE AT HOMEWOOD POINTE, THE 907 E Colorado Ave 80903 (719) 630-2260		70		●			●	●	●	●
VILLAGE AT THE BLUFFS 3495 American Dr 80917 (719) 550-8140		51		●	●		●	●	●	●
VILLAS AT SOUTHGATE 1810 S Corona Ave 80905 (719) 632-7444		100		●	●	●	●	●	●	●
<p>* Multiple low income and subsidized properties are operated by the Colorado Springs Housing Authority. Please call (719) 387-6700 or check www.csha.us for availability and more information The Fountain Housing Authority can be reached at (719)382-5630</p>										

PIKES PEAK AREA COUNCIL OF GOVERNMENTS AREA AGENCY ON AGING



Helping seniors maintain their independence



Pikes Peak Area
Council of Governments
Communities Working Together

**719-
471-2096**

Retirement Communities

Retirement communities provide private apartment or townhome living. They may offer optional amenities and a variety of floor plans. Many people choose to live in a senior community because they want to have a choice of prepared meals, socialization, planned activities, transportation, housekeeping, and security. Some retirement communities offer personal care services, a state-licensed assisted living program or a nursing center. These communities are referred to as "multi-level". It is important to know the availability and cost of services, amenities, and levels of assistance before making a move.

Residents of retirement communities are generally independent and capable of self-care. A resident recovering from an illness may use private funds or insurance to enlist home health services within the guidelines of the community policies. If a resident needs extensive daily care and supervision, the retirement community manager may recommend, or require, that the resident move to a higher care level. Retirement communities vary greatly, so take a complete tour and ask a lot of questions. Most importantly, **READ EVERYTHING** that you are asked to sign.

QUESTIONS TO ASK:

- What is included in the basic package: meals, transportation, housekeeping, security, laundry or utilities?
- Is the basic package flexible?
- Is any financial assistance available?
- Is personal care available?
- What recreational facilities and programs are available?
- What rules exist that may affect the quality of life: bylaws, resident association, pets, smoking, visitors?
- Is there a resident handbook?
- Is there a waiting list?
- Is there an application fee, security deposit, or other fees?
- What are the payment options for home health care services?

RETIREMENT COMMUNITIES Retirement communities provide housing and services for those who are generally independent and in good health but who prefer social activities, meals and minimal services. Multi-level communities cover a broad range of service options from independent status to assisted living or skilled (nursing home) care.	SEE AD ON PAGE	#OF UNITS	MEALS PER DAY	EMERGENCY CALL SYSTEM		24-HOUR STAFF	TRANSPORTATION	PETS OK	NON-SMOKING	HOUSEKEEPING	ACTIVITY PROGRAM	POOL/FITNESS CENTER	FLOOR PLANS ST=studio, 1BR=one bedroom, 2BR=two bedroom, 3BR=three bedroom, PH=patio home
BONAVENTURE OF COLORADO SPRINGS 9112 Grand Cordera Pkwy 80924 (719) 434-5230		80	3	●		●	●		●	●	●	●	ST, 1BR, 2BR
BROOKDALE SKYLINE 2365 Patriot Heights 80904 (719) 667-5360		350	3	●		●	●	●		●	●	●	ST, 1BR, 2BR, PH
CHEYENNE PLACE 945 Tenderfoot Hill Rd 80906 (719) 576-2122		96	3	●		●	●	●		●	●		ST, 1BR, 2BR, PH
INN AT GARDEN PLAZA, THE 2520 International Cir 80910 (719) 630-1155	126	150	3	●		●	●	●	●	●	●	●	ST, 1BR, 2BR
JACKSON CREEK SENIOR LIVING (719) 725-6060 16601 Jackson Creek Park, Monument 80132	126	27	3	●		●	●	●	●	●	●	●	1BR, 2BR,
LIBERTY HEIGHTS RETIREMENT COMMUNITY 12105 Ambassador Dr 80921 (719) 481-9494		143	3	●		●	●	●	●	●	●	●	ST, 1BR, 2BR, PH
MACKENZIE PLACE 1605 Elm Creek View 80907 (719) 633-8181		162	3	●		●	●	●	●	●	●	●	ST, 1BR, 2BR, 3BR, PH
MEDALION RETIREMENT COMMUNITY 1719 E Bijou St 80909 (719) 381-1000		60	3	●		●	●	●	●	●	●	●	ST, 1BR, 2BR
MYRON STRATTON HOME 2525 Hwy 115 S 80906 (719) 540-3111		67	3	●		●	●	●	●	●	●	●	1BR, 2BR
PALISADES AT BROADMOOR PARK 4547 Palisades Park View 80906 (719) 266-2229		51	2	●		●	●	●		●	●	●	ST, 1BR, 2BR, PH
SPRINGS RANCH 3315 Emmett View, 80922 (719) 472-4959		12		●			●	●	●	●	●		cottages
SUMMIT GLEN RETIREMENT LIVING 4825 Old Farm Dr 80917 (719) 380-1409		119	3	●		●	●	●		●	●	●	1BR, 2BR
SUNRIDGE INDEPENDENT RETIREMENT RESIDENCE 5820 Flintridge Dr 80918 (719) 590-1247		90	3	●		●	●	●	●	●	●	●	1BR, 2BR
VIEWPOINTE SENIOR RETIREMENT LIVING COMMUNITY 555 S Rockrimmon Blvd 80919 (719) 528-8000		44	3	●		●	●	●		●	●		1BR, 2BR
WINDSONG RETIREMENT COMMUNITY 5560 Library Ln 80918 (719) 590-9311		28	2	●		●	●	●	●	●	●		ST, 1BR, 2BR
WINSLOW COURT RETIREMENT COMMUNITY 3920 E San Miguel St 80909 (719) 597-1700		128	3	●		●	●	●		●	●		ST, 1BR, 2BR

Caring for the Caregiver



If you are caring for your spouse, an aging parent, a friend, or a loved one, then you are a caregiver.

As a caregiver, you are not alone.

Help is available from the

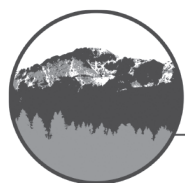
Family Caregiver Support Center,

a program of the Pikes Peak Area Council of Governments Area Agency on Aging.

Call us today for free information about services and programs for caregivers and their loved ones:

➡ **719-471-2096** ⬅

or visit www.ppacg.org and click on "Aging."



Pikes Peak Area
Council of Governments
Communities Working Together

Assisted Living Residences

Assisted living residences combine housing and general support services for residents that cannot live alone but do not require skilled nursing care. These facilities are licensed through the state health department; facilities that accept Medicaid are also licensed through a separate state agency. Any facility providing care to three or more unrelated individuals must be licensed. Assisted living residents require a referral and medication orders from a doctor.

Most ALRs provide housing, meals, snacks, laundry services, 24-hour staffing, activities, and certified medication administration. Optional services can include transportation, bathing, dressing, and special diets. Some facilities offer short-term "respite" care. Facility sizes can range from small private homes to multi-unit high-rise buildings. Rooms can be private or semi-private.

Many ALRs accept residents in the early stages of dementia or forgetfulness. Facilities identified as having a "secured dementia unit" have special requirements and provide a secured environment for residents that are at risk of wandering or may demonstrate challenging behaviors.

Assisted living residents vary in their conditions. Some have physical challenges such as balance, ambulation, hearing, or sight. Others may have mild cognitive challenges and need to be reminded about when to eat or take medications. They may require assistance with bathing, shopping, dressing, and daily activities.

Assisted living residences vary greatly, so take a complete tour and ask a lot of questions. Most importantly, READ EVERYTHING that you are asked to sign.

QUESTIONS TO ASK:

- Are the rooms private or semi-private?
- What do the monthly fees include: laundry, transportation, activities?
- Do they accept Medicaid?
- Do they have a secured dementia area?
- Do they allow pets?
- Do they allow smoking?
- Can they accommodate special diets?
- What types of personal care are provided (bathing, dressing, hair care)?
- Is nursing care available through the facility or an outside agency?
- What are the costs?
- How do they handle medical emergencies?

Concerns about care in assisted living residences can be referred to the Long-Term Care Ombudsman at 719-471-2096.

ASSISTED LIVING Assisted living residences provide meals, housing and support services for individuals who do not need skilled nursing care. Services may include personal care, medication administration, activities, and 24-hour supervision. Assisted Living facilities are licensed by the State of Colorado and more information may be found at www.colorado.gov/cdphe under health care facilities.	SEE AD ON PAGE	NUMBER OF UNITS	MONTHLY PRICE RANGE		MEDICAID CERTIFIED	RESPIRE CARE AVAILABLE	SECURED DEMENTIA CARE PROGRAM	MULTI-LEVEL COMMUNITY	SEMI-PRIVATE ROOMS AVAILABLE	ACCEPTS PETS	NON-SMOKING CAMPUS	TRANSPORTATION AVAILABLE
A DOCTOR'S TOUCH 1550 Hiawatha Drive 80915 (719) 638-8198		8	\$2200-\$4000		●	●			●			●
A ROBIN'S NEST 3182 E Oak Creek Dr 80906 (719) 226-2941		6	\$3000-\$6000			●			●		●	●
ASPEN, THE 107 East Village Terrace, Woodland Park 80863 (719) 440-1194		24	Opening in 2018			●				●		●
ASSISTED LIVING AT SPRING 1605 Jet Wing Dr 80916 (719) 434-7042		29	2500+		●	●		●	●			
BETHESDA GARDENS MONUMENT 55 Beacon Lite Rd, Monument 80132 (866) 958-8771		60	Call for rates			●	●	●		●	●	●
BONAVENTURE OF COLORADO SPRINGS 9112 Grand Cordera Pkwy 80924 (719) 434-5230		69	\$2195+				●	●				●
BRIDGE, THE 2494 International Cir 80910 (719) 630-3330	126	53	\$4000-\$5325			●		●	●	●	●	●
BROADMOOR COURT 2045 Roanoke St 80906 (719) 471-2285		44	\$2545+		●	●				●		●
BROOKDALE AT BEAR CREEK 1685 S 21st St 80904 (719) 329-1774		118	\$2500+			●	●	●		●		●
BROOKDALE BRIARGATE 7560 Lexington Dr 80920 (719) 598-4200		37	\$3100-\$4020			●	●			●		●
BROOKDALE BROADMOOR 615 Southpointe Ct 80906 (719) 579-5000		77	Call for rates			●	●					●
BROOKDALE MONUMENT VALLEY PARK 10 W Monument St 80903 (719) 635-6300		63	\$2585-\$5170			●	●		●	●		●
BROOKDALE SKYLINE 2365 Patriot Hghts 80904 (719) 667-5360		91	\$4080+			●		●		●		●
BROOKDALE VISTA GRANDE 2780 Vickers Dr 80918 (719) 598-0400		67	\$2800-\$4190			●				●		●
BROOKSIDE ASSISTED LIVING 225 W Brookside St 80905 (719) 632-6511		62	2650+		●							●

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- **Rated in Top 10% Nationally**

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www.telligenqinjo.com

- **CHCA Nurse of the Year**

Congratulations! to Kellye Nelson, our Assistant Director of Nursing, for her selection as the 2018-19 Nurse of the Year by the Colorado Health Care Association. She is proud to represent the commitment and dedication of our entire team.

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"The greatest thing about the Care Center is the feeling of 'home' for both the residents and staff. We truly are a 'family' and the team work shows every day! ...the residents well-being is at the center of all we do." Lawrence Cowan, Administrator

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ASSISTED LIVING Assisted living residences provide meals, housing and support services for individuals who do not need skilled nursing care. Services may include personal care, medication administration, activities, and 24-hour supervision. Assisted Living facilities are licensed by the State of Colorado and more information may be found at www.colorado.gov/cdphe under health care facilities.	SEE AD ON PAGE	NUMBER OF UNITS	MONTHLY PRICE RANGE		MEDICAID CERTIFIED	RESPIRE CARE AVAILABLE	SECURED DEMENTIA CARE PROGRAM	MULTI-LEVEL COMMUNITY	SEMI-PRIVATE ROOMS AVAILABLE	ACCEPTS PETS	NON-SMOKING CAMPUS	TRANSPORTATION AVAILABLE
COLORADO CARE ASSIST CASCADE HOME 2509 N Cascade Ave 80907 (719) 428-3999		8	\$4500-\$5550			●			●	●		●
COLORADO SPRINGS SENIOR HOMES 3102-3108 N Prospect St 80907 (719) 636-2731		36	\$2200-\$2600		●				●			
CONSTANT CARE OF COLORADO SPRINGS I 11 Westmark Ave 80906 (719) 660-6826		8	\$2500-\$5000			●			●			
CONSTANT CARE OF COLORADO SPRINGS II 8320 Sutterfield Dr 80920 (719) 660-6826		8	\$3000-\$5500		●				●			
COUNTRY CLUB ASSISTED LIVING 3205 Leslie Drive 80909 (719) 329-1200		8	\$3000+			●				●	●	●
FREEDOM HOME ASSISTED LIVING 10080 Lexington Dr 80920 (720) 436-3995		8	\$4500-\$5500			●			●		●	
GARDEN RANCH SENIOR CARE 5075 Saddle Dr 80918 (719) 260-9121		7	\$3000+			●			●			
GENTLE CARE HOUSE 1335 Darby St 80907 (719) 466-9863		8	\$2300-\$3700		●	●						
HEALTHCARE RESORT OF COLORADO SPRINGS 2818 Grand Vista Circle 80904 (719) 632-7000		28	\$3500+			●						
HOME CARE AT POPA'S ASSISTED LIVING 9340 Burgess Rd 80908 (719) 330-6882		8	Call for rates		●	●			●			●
HOME CARE KETTLE'S ASSISTED LIVING 1929 Meyers Ave 80909 (719) 330-6882		8	Call for rates		●	●			●			●
HOME CARE MOMA'S ASSISTED LIVING 2501 Bennett Ave 80909 (719) 330-6882		8	\$3000+		●	●			●			●
IVY COTTAGE I 2060 Pima Dr 80915 (719) 596-0076		11	\$2170		●	●			●	●		
IVY COTTAGE II 1945 Okeechobee Dr 80915 (719) 380-7986		10	\$2170		●	●			●	●		
JACKSON CREEK SENIOR LIVING 16601 Jackson Creek Pkwy Monument 80132 (719) 380-7986	126	80	3400-4875			●	●	●	●	●	●	●
LARK SPRINGS 2850 N Academy Blvd 80917 (719) 637-0877		60	\$2775-\$3550		●	●	●		●	●		●

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LIBERTY HEIGHTS ASSISTED LIVING 12105 Ambassador Dr 80921 (719) 481-9494		50	Call for rates				●	●		●		
LIFE QUALITY HOMES, WOODBURN 2402 Woodburn St 80906 (71 9) 380-7381		6	\$4500-\$4800			●	●		●	●		●
LIFE QUALITY HOMES, CHEYENNE 427 W Cheyenne Rd 80906 (719) 380-7381		6	\$4500-\$4800			●	●		●	●		●
LIFE QUALITY HOMES, LOMA LINDA 19 Loma Linda Dr 80906 (719) 380-7381		8	\$4500-\$4800			●	●		●	●		●
LIFE QUALITY HOMES, OAKRIDGE 2204 Oak Ridge Lane 80915 (719) 380-7381		6	\$4500-\$4800			●	●		●	●		●
MACKENZIE PLACE 1655 Elm Creek View 80907 (719) 633-8181		74	Call for rates			●	●	●				●
MEDALION RETIREMENT COMMUNITY 1719 E Bijou St 80909 (719) 381-1000		42	\$2400-\$4275		●	●		●				●
MORNINGSTAR AT BEAR CREEK 2450 Lower Camp Rd 80906 (719) 694-1411		48	\$4600+				●					●
MORNINGSTAR AT MOUNTAIN SHADOWS 5355 Centennial Blvd 80919 (719) 260-5605		64	Call for rates			●	●					●
MYRON STRATTON HOME (WINFIELD HOUSE) 2950 Hidden Treasure Pt 80906 (719) 540-3111		24	Medicaid only		●			●			●	●
NEW DAWN MEMORY CARE 4185 Briargate Pkwy 80920 (719) 352-3069		48	\$5430+			●	●					
NEW DAY COTTAGES AT PINE CREEK 10975 Howells Rd 80908 (719) 266-1100		12	\$3200-\$4000								●	
NEW DAY COTTAGES AT TURNER 1577 Turner Rd 80920 (719) 266-1100		11	\$3000-\$3600						●		●	●
PALISADES AT BROADMOOR PARK 4531 Palisades Park View 80906 (719) 266-2273		64	\$2800+			●	●	●		●		●
POINT OF THE PINES GARDENS 330 Elkton Dr 80907 (719) 265-0030		110	\$2850+		●							

ASSISTED LIVING Assisted living residences provide meals, housing and support services for individuals who do not need skilled nursing care. Services may include personal care, medication administration, activities, and 24-hour supervision. Assisted Living facilities are licensed by the State of Colorado and more information may be found at www.colorado.gov/cdphe under health care facilities.	SEE AD ON PAGE	NUMBER OF UNITS	MONTHLY PRICE RANGE		MEDICAID CERTIFIED	RESPIRE CARE AVAILABLE	SECURED DEMENTIA CARE PROGRAM	MULTI-LEVEL COMMUNITY	SEMI-PRIVATE ROOMS AVAILABLE	ACCEPTS PETS	NON-SMOKING CAMPUS	TRANSPORTATION AVAILABLE
RESIDENCE AT SKYWAY PARK, THE 886 Arcturus Dr 80905 (719) 227-7340		44	\$2695- \$3195		●				●		●	●
RESIDENCE AT VILLAGE GREEN, THE 3455 N Carefree 80917 (719) 999-5744		44	\$2650- \$3195		●				●		●	●
RETREAT AT SUNNY VISTA, THE 2450 E Cache Le Poudre 80909 (719) 888-3673		70	\$4200- \$4700			●		●		●	●	●
SECURITY ALTERNATIVE CARE 68 Security Blvd, Security 80911 (719) 390-4721		8	Call for rates		●							●
SPRINGS RANCH 3315 Emmett view 80922 (719) 472-4959		60	\$5310- \$8100		●	●	●	●	●	●	●	●
SOLANGE AT APPLE TREE 1125 Brockdell Dr 80911 (719) 282-1155		48	\$2800- \$3800		●							●
SOLANGE AT HIGHLAND PARK 2107 Princeton Way 80909 (719) 282-1155		8	\$2400- \$3600		●							●
SOLANGE AT THE GOLF COURSE 10102 Rolling Ridge Rd 80925 (719) 282-1155		10	\$2400- \$3600		●							●
ST PADRE PIO ASSISTED LIVING 2543 N Chelton Rd 80909 (719) 424-7366		5	\$3000- \$3500			●			●		●	●
SUNRISE ASSISTED LIVING AT UNIVERSITY PARK 2105 University Park Blvd 80918 (719) 268-1818		53	\$1500- \$3150			●	●		●	●		●
UNION PRINTERS HOME 101 S Union Blvd 80910 (719) 634-3711	141	20	Call for rates		●	●		●			●	●
VALLEY HI ASSISTED LIVING 3116 Wellshire Blvd 80910 (719) 471-4016		12	\$2500- \$3500		●			●				
VIEWPOINTE 555 S Rockrimmon Blvd 80919 (719) 528-8000		60	Call for rates				●	●		●	●	●
WESTSIDE ASSISTED LIVING 816 W Kiowa Street 80905 (719) 578-1355		16	\$2100- \$2300									●
WINSLOW COURT RETIREMENT COMMUNITY 3920 E San Miguel St 80909 (719) 597-1700		128	\$1800- \$2925		●			●	●	●		●

Skilled Healthcare

Skilled nursing facilities provide housing with medical, nursing, psychosocial, and rehabilitation services for persons who require 24-hour nursing supervision or need extensive assistance with everyday tasks. Some facilities provide both long-term care services as well as short-term rehabilitation (usually post-hospital stay). Some only provide short-term rehab. They all provide meals, laundry, housekeeping, planned activities, assistance with dressing, feeding, bathing, and toileting. They also have social services support and medical services that can include wound care, ventilator care, and intravenous therapies

Skilled nursing facilities vary greatly, so take a complete tour and ask a lot of questions. Most importantly, READ EVERYTHING that you are asked to sign. If you observe something during a tour that you are not comfortable with, ask the director of nursing about it and come back at an unannounced time for a follow-up visit.

Skilled nursing facilities are licensed by the state and are required to undergo yearly evaluations. The results of these surveys are available on the website of the Colorado Department of Public Health and Environment under Health Facilities.

There are four payment options available for skilled facilities:

1. Private pay: Out-of-pocket or reimbursed by long-term care insurance.
2. Medicare: Generally pays for 100% of first 20 days and roughly 80% of the next 80 days after an inpatient hospital admission (usually of three overnights or more) and a medical requirement for short-term rehabilitation.
3. Medicaid: Federal/state program that requires financial and functional eligibility. Focus is usually on long-term care.
4. Veterans benefits: These vary and may only apply to facilities that have VA contracts. Check with the facility or with the Veterans Administration office for more details. Assists veterans and their widows and can be combined with a private-pay option.

QUESTIONS TO ASK:

- Are the rooms private or semi-private?
- If the stay is for short-term rehab, will I be able to stay in long-term care if needed?
- What are the fees (usually charged by the day)?
- What do the fees include, and are there additional charges?
- Are they Medicare and/or Medicaid certified?

- What types of rehabilitation services are provided?
- Do they offer specialized dementia care?
- What types of activities are provided?
- How many beds does the facility have and what is the staffing ratio?
- Is smoking allowed?
- How do they ensure that high-quality care is being delivered?
- Are there support services for families?

Concerns about care in skilled nursing facilities can be referred to the Long-Term Care Ombudsman at 719-471-2096. The ombudsman's role is to respond to and investigate complaints regarding care issues in all licensed facilities. The ombudsman attempts to resolve issues on behalf of the resident and may, if appropriate, report serious incidents to an appropriate regulatory government agency.

NURSING HOMES\SKILLED NURSING Licensed nursing homes provide meals and housing along with medical, nursing, psychosocial, and rehabilitation services for individuals who require 24-hour nursing supervision or need extensive help with everyday tasks. Additional information is available at www.medicare.gov and www.colorado.gov/cdphe .	SEE AD ON PAGE	#OF BEDS		APPROXIMATE PRICE PER DAY	MEDICARE CERTIFIED	MEDICAID CERTIFIED	VA CONTRACT	REHABILITATION ONLY	MULTIPLE CARE LEVELS
ADVANCED HEALTH CARE OF COLORADO SPRINGS 55 S Parkside Dr 80910 (719) 418-4500		34		\$625	●			●	
BIJOU HILL REHAB AT CEDARWOOD HEALTH CARE CENTER 924 W Kiowa St 80905 (719) 636-5221		80		\$242-256	●	●			
BROOKDALE BEAR CREEK 1685 21st St 80904 (719) 329-1774		45		\$227-274	●				●
BROOKDALE SKYLINE 2365 Patriot Hgts 80904 (719) 337-6139		57		\$216-281	●				●
CENTER AT CENTENNIAL, THE 3490 Centennial Blvd 80907 (719) 685-8888		80		\$625	●			●	
CENTER AT CORDERA, THE 9208 Grand Cordera Pkwy 80924 (719) 522-2000		80		\$625	●			●	
CHEYENNE MOUNTAIN CARE CENTER 835 Tenderfoot Hill Rd 80906 (719) 576-8380		159		Call for rates	●				
COLONIAL COLUMNS SKILLED NURSING & MEMORY CARE 1340 E Fillmore St 80907 (719) 473-1105		80		\$214+	●	●			
CRIPPLE CREEK CARE CENTER 700 N A St, Cripple Creek 80813 (719) 689-2931	127	59		\$218-237	●	●	●		
FOREST RIDGE SENIOR LIVING AND REHABILITATION 16006 W Hwy 24, Woodland Park 80863 (719) 686-6500	140	80		\$275	●	●			●
GARDENS, THE 104 Lois Ln 80904 (719) 635-2569		45		\$205-230	●	●			
HEALTH CARE RESORT OF COLORADO SPRINGS 2818 Grand Vista Circle 80904 (719) 632-7000		97		\$250-300	●	●		●	●
LAUREL MANOR CARE CENTER 920 S Chelton Rd 80910 (719) 473-7780		81		\$215-408	●	●	●		
LIBERTY HTS HEALTH AND REHAB CTR 12205 Gunstock Dr 80921 (719) 481-5007		42		Call for rates	●				●

NURSING HOMES\SKILLED NURSING Licensed nursing homes provide meals and housing along with medical, nursing, psychosocial, and rehabilitation services for individuals who require 24-hour nursing supervision or need extensive help with everyday tasks. Additional information is available at www.medicare.gov and www.colorado.gov/cdphe.	SEE AD ON PAGE	# OF BEDS		APPROXIMATE PRICE PER DAY	MEDICARE CERTIFIED	MEDICAID CERTIFIED	VA CONTRACT	REHABILITATION ONLY	MULTIPLE CARE LEVELS
LIFE CARE CENTER OF COLORADO SPRINGS 2490 International Cir 80910 (719) 630-8888	126	121		\$271-308	●	●			●
MCCANDLESS STATE VETERANS CTR AT FLORENCE 903 Moore Dr, Florence 81226 (800) 283-2668		105		\$173-277	●	●	●		
MEDALION HEALTH CENTER 1719 E Bijou St 80909 (719) 381-1000		60		\$243	●	●			●
MOUNT ST FRANCIS NURSING CENTER 7550 Assisi Heights 80919 (719) 598-1336		108		\$247-263	●	●			
NAMASTÈ ALZHEIMER CENTER 2 Penrose Blvd 80906 (719) 442-4240		64		\$236		●			
PARKMOOR VILLAGE HEALTH AND REHAB CENTER 3625 Parkmoor Village Dr 80917 (719) 550-0200		147		\$217-434	●	●	●		
PIKES PEAK CARE & REHABILITATION CENTER 2719 N Union Blvd 80909 (719) 636-1676		210		Call for rates	●	●			
SPANISH PEAKS VETERANS COMMUNITY LIVING CENTER 23500 US Hwy 160, Walsenburg 81089 (800) 645-8387		120		\$145-261		●	●		
SPRINGS VILLAGE CARE CENTER 110 W Van Buren St 80907 (719) 475-8686		91		\$250-275	●	●			
SUNDANCE SKILLED NURSING AND REHAB 2612 W Cucharras St 80904 (719) 632-7474		68		\$215-235	●	●			
SUNNY VISTA LIVING CENTER 2445 E Cache La Poudre St 80909 (719) 471-8700		116		\$290	●	●			
TERRACE GARDENS HEALTH CARE CENTER 2438 E Fountain Blvd 80910 (719) 473-8000		108		\$211-234	●	●	●		
UNION PRINTERS HOME 101 S Union Blvd 80910 (719) 634-3711	141	120		\$200-250	●	●	●		●

NURSING HOMES\SKILLED NURSING Licensed nursing homes provide meals and housing along with medical, nursing, psychosocial, and rehabilitation services for individuals who require 24-hour nursing supervision or need extensive help with everyday tasks. Additional information is available at www.medicare.gov and www.colorado.gov/cdphe .	SEE AD ON PAGE	#OF BEDS		APPROXIMATE PRICE PER DAY	MEDICARE CERTIFIED	MEDICAID CERTIFIED	VA CONTRACT	REHABILITATION ONLY	MULTIPLE CARE LEVELS
VETERANS COMMUNITY LIVING CENTER AT FITZSIMONS 1919 Quentin St, Aurora 80045 (720) 857-6400		180		\$240-361	●	●	●		
VETERANS COMMUNITY LIVING CENTER AT HOMELAKE 3749 Sherman Ave, Monte Vista 81144 (888) 838-2687		60		\$133-237	●	●	●		
VETERANS COMMUNITY LIVING CENTER AT RIFLE 851 E 5th St, Rifle 81650 (970) 625-0842		89		\$173-280	●	●	●		
VISTA RIDGE REHAB HOME OF ASPEN LIVING CENTER 1795 Monterey Rd 80910 (719) 471-7850		102		\$221-328	●	●			



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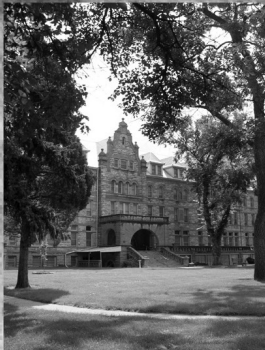


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GLOSSARY

Advocates: Individuals who intercede on behalf of elders or persons with physical, mental or developmental disabilities to ensure they receive the benefits and services for which they are eligible.

Advanced Directive: A statement written prior to a medical need that states how you want medical decisions to be made if you lose the ability to make your own decisions.

Assisted Living: Facilities or residences that combine shelter and general support services for individuals who cannot live alone but do not need skilled nursing care.

Behavioral Health: The scientific study of the emotions, behaviors and biology relating to a person's mental well-being, their ability to function in everyday life and their concept of self. "Behavioral health" is the preferred term to "mental health."

Care/Case Management: Programs that develop plans for the evaluation, treatment and/or care of individuals who, because of age, illness, disability or other difficulties, need assistance in planning and arranging for services.

Caregiver: A person who helps care for someone who is ill, disabled or aged. The caregiver can be a relative, friend or paid provider.

Care Plan: A written plan for your care that tells you what services you will receive.

Connect for Health Colorado: The government health insurance program, an on-line resource for all Colorado residents who need health coverage.

COLA: Cost of Living Adjustment. An adjustment to income benefits (commonly applied to Social Security or other retirement income) to compensate for inflation.

Disability: A physical or mental condition that limits a person's movements, senses or activities; a disadvantage or handicap, especially one imposed or recognized by the law. The ADA defines a person with a disability as a person who has a physical or mental impairment that substantially limits one or more major life activities.

Hospice: An organization that provides palliative care and social, emotional and spiritual support to patients and family during the final stage of life; hospice services are prescribed by a doctor.

Home Care Agency: Organizations/business that provide in-home skilled services (including nursing, home health aides, speech, physical and occupational therapy, and medical social work) to enable persons to remain in their own home. Also includes agencies providing personal care, homemaking and companionship.

Living Will: A legal document, also known as a medical directive or advance directive, that states your wishes regarding life-support or medical treatment in certain circumstances, usually when a physician has certified that death is imminent.

Long-Term Care: A variety of services that help meet both the medical and non-medical needs of people with a chronic illness or disability who cannot care for themselves for long periods of time.

Medicaid Program: A joint federal and state program that helps low-income individuals, families, elderly or disabled individuals pay for medical care. To receive Medicaid, an individual must meet income and asset limits and must go through an application process. Although largely funded by the federal government, Medicaid is run by the state, so coverage and services may vary.

Medicare: The federally funded and federally administered health insurance program that provides health insurance to individuals ages 65 and older, and to individuals who are disabled and receiving Social Security benefits.

Mental Health: A state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

Nursing Home/Facility: A facility that provides skilled nursing care and related services for the rehabilitation of injured, disabled or sick persons and custodial care for long-term care residents.

Ombudsman (Long-Term Care): Advocate trained to resolve problems for residents of nursing homes, board-and-care homes, and assisted living facilities.

Power of Attorney (Financial): A document appointing someone you trust to make decisions about your finances in the event you cannot make those decisions yourself.

Power of Attorney (Medical Durable): A document appointing someone you trust to make decisions about your medical care if you lose the ability to make them for yourself. This type of advance directive also may be called a health care proxy, appointment of health care agent, or a durable power of attorney for health care.

Respite: Care providing short-term relief to caregivers in various settings: the home, assisted living facilities, nursing homes and adult daycare centers.

Reverse Mortgage: A loan against the equity in your home. The senior homeowner remains the owner of the home and still pays property taxes and insurance. There is no repayment as long as you live in the home.

Qualified Medicare Beneficiary (QMB): Qualifying for QMB allows the state to pay the Medicare Part B premium, deductibles and co-insurances that Medicare does not cover for medical services.

Special Low-Income Medicare Beneficiary: Benefits for SLMBs are limited to payment of the Medicare Part B premium only.

Substance Abuse: Overindulgence in or dependence on an addictive substance, especially alcohol or drugs.

Urgent Care: Medical care for a sudden illness or injury that needs immediate treatment but is not life threatening.

ACRONYMS

Acronyms commonly used by government agencies, medical professionals and social service providers.

AAA: Area Agency on Aging. Administers programs and services that help older residents remain in their own homes by removing barriers to independent living. AAAs cover every county in the United States.

AARP: American Association of Retired Persons

ACA: Affordable Care Act

ADA: Americans with Disabilities Act

ADRC: Aging and Disability Resources for Colorado. Provides streamlined access to long-term services and supports for adults with disabilities and seniors.

ADL: Activities of Daily Living. Activities that are regularly necessary for personal care. These activities can include: transfers in or out of a bed or chair, toileting, walking, dressing, bathing, hygiene care and eating.

AoA: Administration on Aging. Federal agency that distributes funding and oversees State Units on Aging

APS: Adult Protective Services

CDHS: Colorado Department of Human Services

CICP: Colorado Indigent Care Program

CMS: Center for Medicare and Medicaid Services

COLA: Cost of Living Adjustment

COPE: Project COPE. A Colorado Springs Utilities program that provides utilities payment assistance to families and individuals struggling financially due to a personal crisis or emergency.

DHS: Department of Human Services

FPL: Federal Poverty Limit

HIPAA: Health Insurance Portability and Accountability Act (also known as the Privacy Act) was designed to facilitate health insurance reform, implement standards for the transfer of health data, and protect the privacy of healthcare consumers.

HCBS: Home and Community-Based Services

HHC: Home Health Care (Agency)

HUD: Housing and Urban Development

IADL: Independent Activity of Daily Living

LEAP: Low-Income Energy Assistance Program

LIS: Low-Income Subsidy

LTC: Long-Term Care

MSP: Medicare Savings Program

OAA: Older Americans Act

OT/PT/ST: Occupational Therapy/Physical Therapy/Speech Therapy

OAP: Old Age Pension

OTC: Over the Counter

PACE: Program of All-inclusive Care for the Elderly

POA: Power of Attorney

PPACG: Pikes Peak Area Council of Governments

RCCO: Regional Care Collaborative Organization

SHIP: State Health Insurance Program

SSA: Social Security Administration

SSDI: Social Security Disability Income

SSI: Supplemental Security Income. The federal program to provide financial assistance to low-income, aged, blind, and disabled individuals

SNAP: Supplemental Nutrition Assistance Program (Food Stamps)

SNF: Skilled Nursing Facility

VA: Veterans Administration

VOA: Volunteers of America

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