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 471-2096.

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

Quick Reference Page

EMERGENCY
Police/Fire/Ambulance ................................................................. 9-1-1
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
(719) 596-5433
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
Senior Victim Assistance Team (CSPD) ................................. (719) 444-7777

INFORMATION AND ASSISTANCE
Senior Information and Assistance Center ...........................(719) 471-2096
United Way 2-1-1 ................................................................................. 2-1-1
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:

____________________________________________________________________
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____________________________________________________________________
____________________________________________________________________

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
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
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PPACG AAA Senior Information & Assistance Center (719-471-2096)
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.

A new 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.” The new 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, Denver, CO 80203

**ADULT PROTECTIVE SERVICES, EL PASO COUNTY**
(719) 444-5755
1675 W Garden of the Gods Rd (80907)

**ADULT PROTECTIVE SERVICES, PARK COUNTY**
(303) 816-5939
59865 Hwy 285, Bailey, CO 80421

**ADULT PROTECTIVE SERVICES, TELLER COUNTY**
(719) 687-3335
800 Research Dr, Woodland Park, CO 80863

**COLORADO COALITION FOR ELDER RIGHTS**
789 Sherman St, Denver, CO 80203
Contact by email only: info@ccerap.org

**NATIONAL DOMESTIC VIOLENCE HOTLINE**
(800) 799-7233
PO Box 161810, Austin, TX 78716
(800) 787-3224 (TTY)

**OMBUDSMAN FOR LONG-TERM CARE, PPACG AAA**
(719) 471-2096 x113
14 S Chestnut St (80905)
Consultations are by appointment only.

**TESSA**
(719) 633-3819
435 Gold Pass Hqts (80906)
Confidential services to victims of domestic violence and sexual assault.

**VICTIM ADVOCACY PROGRAM, ASIAN PACIFIC DEVELOPMENT CENTER**
(719) 459-3947
Discover Goodwill Helps You Live Life to the Fullest!

In-Home Care
Personal support services that make independent living more enjoyable.
- Personalized care in your home
- Trained care providers offer support when you need it
- Assistance with meal preparation, personal hygiene, housekeeping, medication reminders, errands, grocery shopping and more
- Medicaid and private pay
- Therapy services provided by physical therapists, occupational therapists, and speech-language therapists
- Skilled healthcare services provided by nurses and certified nursing assistants
- Medicare/Medicaid-certified Home Health agency
- Services are provided in the home by caring, licensed, and experienced professionals

Adult Day Center
State-of-the-art adult day center that presents a journey of discovery and activity.
- Art studio
- Weekly outings
- Reliable transportation
- Affordable and personalized care
- Experienced and caring staff
- Peace of mind for caregivers
- Engaging exercise programs
- Medicaid, VA certified and private pay

DISCOVER GOODWILL: VOYAGES ..............................................(719) 381-9484
1460 Garden of the Gods Rd (80907) ......................................................(719) 661-2218
For individuals with developmental disabilities.

LIFTING SPIRITS .................................................................(719) 488-1415
755 Highway 105, # C, Palmer Lake, CO 80133

DAYBREAK ...........................................................(719) 687-3000
404 N Highway 67, Woodland Park, CO 80866

DISCOVER GOODWILL: VOYAGES ..............................................(719) 266-1202
2360A Montebello Square Dr (80918)
For individuals with developmental disabilities.

LIFING SPIRITS .................................................................(719) 381-9484
1460 Garden of the Gods Rd (80907) ......................................................(719) 661-2218

MOSAIC .................................................................(719) 380-0451
888 W Garden of the Gods Rd, #100 (80907)
Adults of all ages who have intellectual disabilities.

NORTH END ADULT DAY CARE .............................................(719) 351-8786
2704 N Cascade Ave (80907)

SENIORS RESOURCE CENTER (THE YELLOW HOUSE) ...............(303) 235-6986
5120 Hwy 73, Evergreen, CO 80439
Adult day and respite care (private pay).

STERLING CARE ADULT DAY SERVICES ....................................(719) 637-1568
1430 N Hancock Ave (80903)

DiscoverMyGoodwill.org
Licensed, insured and bonded

VPICM ASSISTANCE PROGRAM, TELLER COUNTY ..................(719) 686-2509
911 Tamarac Pkwy, Woodland Park, CO 80863 ..............................(719) 687-9262

ADULT DAY CARE

Adult Day Care 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. Daycare 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. Daycare centers also provide respite for caregivers.

The following Adult Daycare centers 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 Highway 67, Woodland Park, CO 80866

DISCOVER GOODWILL: JOURNEYS .............................................(719) 266-1202
2360A Montebello Square Dr (80918)
For individuals with developmental disabilities.

DISCOVER GOODWILL: VOYAGES ..............................................(719) 381-9484
1460 Garden of the Gods Rd (80907) ......................................................(719) 661-2218

LIFTING SPIRITS .................................................................(719) 488-1415
755 Highway 105, # C, Palmer Lake, CO 80133

MOSAIC .................................................................(719) 380-0451
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Adults of all ages who have intellectual disabilities.

NORTH END ADULT DAY CARE .............................................(719) 351-8786
2704 N Cascade Ave (80907)

SENIORS RESOURCE CENTER (THE YELLOW HOUSE) ...............(303) 235-6986
5120 Hwy 73, Evergreen, CO 80439
Adult day and respite care (private pay).

STERLING CARE ADULT DAY SERVICES ....................................(719) 637-1568
1430 N Hancock Ave (80903)
ADVCATES/OMBUDSMAN (ELDER)

Long-term-care ombudsmen are advocates for residents in nursing homes and assisted living facilities. Ombudsmen 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

AARP NATIONAL .................................(888) 687-2277
601 E St NW, Washington, DC 20049 .........................www.aarp.org

ADMINISTRATION FOR COMMUNITY LIVING (ACL) ...........................(800) 677-1116
1 Massachusetts Ave NW, Washington, DC 20020 ............(202) 619-0724

AMERICAN CIVIL LIBERTIES UNION (ACLU) COLORADO ............(303) 777-5482
300 E 17th Ave, #350, Denver, CO 80202 .....................www.aclu-co.org

APSEN MINE CENTER ................................ (719) 689-3584 X118
166 E Bennett Ave, Cripple Creek, CO 80813

COLORADO STATE LONG-TERM CARE OMBUDSMAN .............(800) 288-1376
455 Sherman St, #130, Denver, CO 80203 .......................(303) 722-0300

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

THE INDEPENDENCE CENTER ...................(719) 471-8181
729 S Tejon St (80903)

MEDSAVVY HEALTH ADVOCATES ...................(719) 481-6440
245 Pinewood Loop, Monument, CO 80132
Private medical healthcare advocates.

OMBUDSMAN−NATIONWIDE LOCATOR ..................(202) 332-2275
1001 Connecticut Ave NW, #425, Washington, DC 20036
..........................www.ltcombudsman.org

OMBUDSMAN FOR LONG-TERM CARE, PPACG AAA ........ (719) 471-2096 X113
14 S Chestnut St (80905)

OMBUDSMAN FOR MEDICAID MANAGED CARE ...................(877) 435-7123
4500 Cherry Creek Dr South, #201, Glendale, CO 80246 ..........(303) 830-3560

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

SENIOR INFORMATION AND ASSISTANCE, PPACG AAA ......(719) 471-2096
14 S Chestnut St (80905)

SENIORCARE ...........................................(719) 440-3426
PO Box 38422 (80937)
Private medical healthcare advocates.

VICTIMS ADVOCACY UNIT (Colorado Springs Police Department) ..................................................(719) 444-7777
Advocacy, crisis counseling and follow up support for victims of crime.

We help residents of assisted living facilities and nursing homes by answering their questions and advocating for their care and residential rights.

To report a problem or concern in an assisted living residence or nursing home facility, call:

719-471-2096 and ask for an ombudsman.

The Pikes Peak Area Council of Governments
Area Agency on Aging

Ombudsman Program
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.

CARE PLANNERS ............................................................(719) 520-0711
2960 N Academy Blvd, #201 (80917)

COMMUNITY CARE OF CENTRAL COLORADO .............. (719) 632-5094
722 S Wahsatch Ave (80903)
Regional Collaborative Care Organization (RCCO).

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

LIFE CARE SOLUTIONS ...............................................(719) 447-1711
1219 Lake Plaza Dr, #C (80906) .........................(877) 794-9582

MEDSAVVY HEALTH ADVOCATES ......................(719) 481-6440
245 Pinewood Loop, Monument, CO 80132

ROCKY MOUNTAIN OPTIONS FOR LONG-TERM CARE ... (719) 457-0660
1645 S Murray Blvd (80916)

ROCKY MOUNTAIN PACE ...........................................(719) 314-2327
2502 E Pikes Peak Avenue (80909) .............................(Toll free) (855) 207-0702
PACE: Program of All Inclusive Care for the Elderly.

SENIORCARE ..............................................................(719) 440-3426
PO Box 38422 (80937)

SENIOR RESOURCES CENTER (THE YELLOW HOUSE) .........(303) 235-6986
5120 Hwy 73, Evergreen, CO 80439
Adult day and respite care (private pay).

SILVER KEY SENIOR SERVICES .................................(719) 884-2300
1625 S Murray Blvd (80916)
Support and advocacy services for seniors 60+.

THE NEXT STEP ..............................................................(719) 634-2768
10 E Monument St (80903)

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 caregiving roles while also caring for themselves.

ALL ABOUT DIGNITY ....................................................(719) 459-2017
207 Crestmoor Dr (80906)
Caregiver training.

PPACG AAA Senior Information & Assistance Center (719-471-2096)
COMMUNITY LIVING
Community Living services include a wide variety of services that can keep you connected to your community, help you remain independent in your home, make life more enjoyable or keep you informed.
If you are not able 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)

COLORADO SPRINGS SCORE ..............................................(719) 636-3074
559 E. Pikes Peak Ave, #101 (80903)
Small-business planning assistance and counseling.

FOUNTAIN VALLEY FOUNDATION ....................................(719) 382-7837
501 E Iowa Ave, Fountain CO 80817

GREATER WOODLAND PARK CHAMBER OF COMMERCE ........(719) 687-9885
210 E Midland Ave, Woodland Park, CO 80863

MANITOU SPRINGS CHAMBER OF COMMERCE .........................(719) 685-5089
354 Manitou Ave, Manitou Springs, CO 80829 (800) 642-2567

SENIOR RESOURCE COUNCIL ..............................................(719) 260-0744
1625 S Murray Blvd (80916)
A professional association that provides opportunities to its members that serve seniors.

DELIVERY SERVICES
Home-delivered groceries.

KING SOOPERS GROCERY HOME DELIVERY SERVICE ...............(800) 677-5464
PO Box 5567, Denver, CO 80217

WISE CHOICE GROCERY SERVICE ...........................................(719) 229-9613
Grocery shopping and delivery service for seniors.

MOVING/RELOCATION SERVICES
Packing, moving, downsizing, and more.

A CALL TO ORDER ....................................................................(719) 231-5425

A PERFECT SQUARE ................................................................(719) 377-2997

ALL BOXED UP .....................................................................(719) 357-3645
5950 Nester Way (80922)

CARING TRANSITIONS OF COLORADO SPRINGS ..............(719) 208-7969
4164 Austin Bluffs Pkwy (80918)

COLDWELL BANKER ................................................................(844) 812-1182
2075 Research Parkway (80920)
EL PASO COUNTY HOUSEHOLD CHEMICAL WASTE .................................. (719) 520-7878
3255 Akers Dr (80922)
Accepts household hazardous waste, some recyclables. Space limited, call first.

ERA SHIELDS REAL ESTATE ........................................................................ (888) 535-7328
5475 Tech Center Drive (80919) ......................................................... (719) 338-3050

HARRIS GROUP REALTY ........................................................................ (719) 227-9900
2950 Professional Pl, #205 (80904) ......................................................... (719) 338-0827

IMAGO HOME TRANSITIONS SIMPLIFIED ........................................... (719) 330-4037

KEEPSAKES PACKRATS ........................................................................ (719) 648-6920
2041 Lark Dr (80909)

LIVING SIMPLY ORGANIZED ................................................................ (719) 622-6552
7120 Delmonico Dr (80919)

THINGS FORGOTTEN BUT NOT GONE | A DIVISON OF DISCOVER
GOODWILL ................................................................................................. (719) 291-0482
1460 Garden of the Gods Rd (80907)

NEWSPAPER SERVICES
Local and neighborhood publications.

BLACK FOREST NEWS ........................................................................... (719) 495-5924
6520 Shoup Rd (80908)

CHEYENNE EDITION ............................................................................ (719) 476-4872
30 E Pikes Peak Ave (80903)

LIFE AFTER 50 NEWSPAPER ................................................................ (719) 418-2717
PO Box 50125 (80949)

PARK COUNTY REPUBLICAN AND FAIRPLAY FLUME ....................... (303) 838-4423
5138 County Rd 64, Bailey, CO (80421) ................................................. (866) 883-1154

PIKES PEAK COURIER VIEW ................................................................. (719) 687-3006
1200 E Hwy 24, Woodland Park, CO (80863)

TRI-LAKES TRIBUNE .............................................................................. (719) 687-3006
153 Washington St, Monument CO (80132)

WESTSIDE PIONEER ............................................................................ (719) 471-6776
526 S 26th St (80904)

WOODMAN EDITION ............................................................................. (719) 476-4872
30 E Pikes Peak Ave (80903)

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526 S 26th St (80904)

WOODMAN EDITION ............................................................................. (719) 476-4872
30 E Pikes Peak Ave (80903)
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 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 X118
166 E Bennett Ave, Cripple Creek, CO 80813

CALHAN SENIOR SERVICES ............................................(719) 520-6472
366 10th St, Calhan, CO 80808 .............................................(719) 347-2221
Hot noon meals served every other Wednesday at 366 10th St in Calhan.

COLORADO SPRINGS SENIOR CENTER ................................(719) 955-3400
1514 N Hancock Ave (80903)

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

COTTONWOOD CREEK RECREATION CENTER ...................(719) 385-6508
3920 Dublin Blvd (80918) Partnership between the City of Colorado Springs and the YMCA.

DEERFIELD HILLS COMMUNITY CENTER ..........................(719) 385-5996
4290 Deerfield Hills Rd (80916)

FAIRPLAY COMMUNITY CENTER ....................................(719) 836-4289
880 Bogue St, Fairplay, CO 80440

FALCON SENIOR SERVICES .............................................(719) 683-2769
For more information
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 would ever call you and ask for your Social Security number, bank account information or address unless you asked them to.

CONSUMER PROTECTION/INFORMATION

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- Be wary of giving out your personal or private information over the phone unless you initiated the call.
- Remember, no government agency would ever call you and ask for your Social Security number, bank account information or address unless you asked them to.
AARP ELDERWATCH ......................................................... (800) 222-4444
303 E 17th Ave, #203, Denver, CO 80203
Fights financial exploitation of older Coloradans through information, assistance and referrals.

AARP TAX PREPARATION ASSISTANCE ....................................................(719) 531-5381
Free to low/moderate income, priority for 60+. Call for locations.

AMERICAN CIVIL LIBERTIES UNION (ACLU), COLORADO ...............(303) 777-5482
300 E 17th Ave, #350, Denver, CO 80203

ANNUAL CREDIT REPORT REQUEST SERVICE .......................(877) 322-8228
PO Box 105283, Atlanta, GA 30348
Free credit reports. Call or go to www.annualcreditreport.com

BETTER BUSINESS BUREAU (BBB) ..............................................(719) 636-1155
25 N Wahsatch Ave (80903)

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

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

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/ucc

COLORADO CIVIL RIGHTS DIVISION ...........................................(800) 262-4845
1560 Broadway, #1050, Denver, CO 80202 (303) 894-2997

COLORADO COALITION FOR ELDER RIGHTS
789 Sherman St, #250, Denver, CO 80230 (720) 508-6012
www.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.

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.

COLORADO NO-CALL LIST .........................................................(800) 309-7041
1560 Broadway, Denver, CO 80202 (Nat'l) (888) 382-1222
To register online: www.coloradonocall.com

COLORADO SPRINGS DRIVERS LICENSE OFFICE ..........................(719) 594-8701
2477 N Union Blvd (80909) (303)205-5613

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.

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.

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.

FEDERAL CITIZEN INFORMATION CENTER .................................(800) 333-4636
Government benefits, programs and services. www.publications.usa.gov

NAACP .................................................................................(719) 635-5337
1613 S Murray Blvd (80916)

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

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) 672-5248

PASSPORTS, UNITED STATES POSTAL SERVICE .......................(719) 570-5336
201 E Pikes Peak Ave (80903) (877) 487-2778

REVERSE MORTGAGE COUNSELING SERVICES .......................(855) 899-3778
Fee may be waived for low-income seniors.

TRANSFORMATION ..............................................................(719) 576-0909
8737 King George, Dallas, TX 75235 (800) 798-3328
Counseling/education services for debt management, housing, budget and credit, finances and pre-retirement.

US POSTAL SERVICE CONSUMER AFFAIRS .........................(800) 275-8777
7500 E 53rd Pl, Denver, CO 80266 (303) 853-6185
Handles USPS complaints.
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
300 E 17th Ave, #350 Denver, CO 80202

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

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

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

THE INDEPENDENCE CENTER ...........................................(719) 471-8181
729 S Tejon St (80903)

CARE/CASE MANAGEMENT

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

COMMUNITY CARE OF CENTRAL COLORADO ...................... (719) 314-2560
722 S Wahsatch Ave, #200 (80903)
Regional Collaborative Care Organization (RCCO).

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

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

MOSAIC ............................................................................(719) 380-0451
888 W Garden of the Gods Rd (80907)
Residential services, vocational training, day programs and more.

THE RESOURCE EXCHANGE (TRE) .................................(719) 380-1100
418 S Weber St (80903)

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 blindness.

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.

CANINE COMPANIONS FOR INDEPENDENCE .................(719) 260-6151
126 E Las Animas (80903)

COLORADO INSTRUCTIONAL MATERIALS CENTER
FOR THE VISUALLY IMPAIRED .........................................(719) 578-2195
1015 E High St (80903)

COLORADO TALKING BOOK LIBRARY .........................(800) 685-2136
180 Sheridan Blvd, Denver, CO 80226 .................(303) 727-9277
Audio, Braille & large-print formats for visual, physical or learning disabled.

GUIDE DOGS FOR THE BLIND .....................................(800) 295-4050
350 Los Ranchitos Rd, San Rafael, CA 94903

HEAR NOW .........................................................(800) 328-8602
6700 Washington Ave S, Eden Prairie, MN 55344
Hearing aids to adults and children who meet financial criteria.
HEARING LOSS ASS’N OF AMERICA ........................................... www.hearinglosscolorado.org PO Box 25954 (80936)

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

INTERNATIONAL HEARING DOG .................................................. (303) 287-3277
5901 E 89th Ave, Henderson, CO 80640

THE INDEPENDENCE CENTER .................................................. (719) 471-8181
729 S Tejon St (80903)

LANGUAGE INTERPRETER/TRANSLATION SERVICES
.................................................................................. www.interpretternetwork.org
.................................................................................. www.interpretersunlimited.com/colorado-interpreter-translator
.................................................................................. www.languagealliance.com
.................................................................................. www.ticenterdenver.com

MAGNISIGHT ............................................................................ (719) 578-8893
951 E Fillmore St (80907) ........................................................... (800) 753-4767
Products for the visually impaired.

MIRACLE EAR ........................................................................ (719) 593-1994
4711 Opus Dr, #110 (80906) ....................................................... (719) 445-7976

MOUNTAIN HOME MEDICAL .................................................. (866) 686-7504
Medical alarm and medication management tools.

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.

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.
.................................................................................. www.pikespeak.co.networkofcare.org/aging

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.

ROCKY MOUNTAIN ADA CENTER ........................................... (719)444-0268
3630 Sinton Road, #103 (80907) ................................................ (800)949-4232
To provide information on the American’s with Disabilities Act (ADA)

SERVICE SOURCE ........................................................................ (719) 579-5700
3075 Janitell Road, #250 (80906)
Information and job placement assistance.

SIGN LANGUAGE NETWORK .................................................. (719) 599-4517
PO Box 25102 (80936) ............................................................... (866) 599-4517
TTY SERVICES FOR THE DEAF, CO COMMISSION ............ (TTY) (800) 659-2656

RECREATION/ACTIVITIES
Therapeutic and social or recreational programs and activities.

PIKES PEAK THERAPEUTIC RIDING CENTER ...................... (719) 495-3908
13620 Hallelujah Trail, Elbert, CO 80106
Therapeutic horseback riding for people with disabilities.

THERAPEUTIC RECREATION, CITY OF COLO SPRINGS .......... (719) 385-6958
1315 E Pikes Peak Ave (80909) ................................................ (719) 385-6964
Social, general and therapeutic recreation.

US ASSOCIATION OF BLIND ATHLETES ................................ (719) 866-3224
1 Olympic Plaza (80909)

WHEELCHAIR GETAWAYS OF COLORADO ....................... (303) 674-1498
PO Box 621429, Littleton, CO 80162 ...................................... (800) 238-6920
Rental of wheelchair- and scooter-accessible vans.

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

AMBLICAB PARATRANSIT SERVICE ..................................... (719) 633-4677
5640 N Academy Blvd (80918)
For people with an ADA disability transportation certificate.

COACH HOME CARE AND TRANSPORTATION .................. (719) 391-4444
1900 E Pikes Peak Ave, #2 (80909)

MOUNTAIN METRO MOBILITY (ADA PARATRANSIT) ........ (719) 392-2396
1015 Transit Dr (80903)
Special vans for disabled people unable to use fixed transit services.

ONE RIDE ........................................................................... (719) 633-7433 (RIDE)
Coordinates ride services, provides information and options counseling.

PERFORMANCE MOBILITY ...................................................... (719) 590-1400
6285 Corporate Dr (80919)
Customized vans or minivans. Consignment sales or rentals.
Silent Key Senior Services: (719) 884-2300
1625 S Murray Blvd, (80916) (719) 884-2380

Transportation Security Administration (TSA): (855) 787-2227
Information for passengers with disabilities/medical conditions before flying.

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: (719) 255-3498
1420 Austin Bluffs Pkwy (80918) (800) 990-8227 x3498
Campus-wide program for lifelong learners age 55+.

Asian Pacific Development Center: (719) 459-3947
3847 E Pikes Peak Ave (80905)

Catholic Charities of Central Colorado: (719) 636-2345
228 N Cascade Ave (80903)
English as a Second Language and Immigration & Naturalization services.

Colorado Springs Fine Arts Center: (719) 634-5583
30 W Dale St (80903) (719) 634-5581

Colorado Springs Senior Center: (719) 955-3400
151 N Hancock Ave (80903)
Classes in arts, Lifelong Learning, computers, fitness, health, dance and personal business.

Colorado State University Extension: (719) 520-7690
17 N Spruce St (80905) (719) 520-7684

Community Partnership Family Resource Center: (719) 686-0705
11115 Hwy 24, Divide, CO 80814

Continuing Education Program, CSU Pueblo: (719) 442-2264
2864 S Circle Dr (80906) (800) 388-6154

Cooking Matters Colorado: (303) 892-8480
1824 Lincoln St, Denver, CO 80203
Teaches families and low-income individuals cooking, nutrition and food budgeting skills.

CSU Extension Office, Park County: (719) 836-4296
880 Bogue St, Fairplay, CO 80440

CSU Extension Office, Teller CO: (719) 686-7961

800 Research Dr, #230, Woodland Park, CO 80863
Off-campus continuing education/formal education.

Fountain Valley Senior Services: (719) 520-6470
5745 Southmoor Dr, Fountain, CO 80817
Computer skills, driver’s safety, and nutrition classes, and health-related presentations.

Gerontology Center at UCCS: (719) 255-8005
4863 N Nevada Ave, #350 (80918)
Aging education, research, service programs and classes.

Pillar Institute for Lifelong Learning: (719) 633-4991
4570 Hilton Pkwy, #101 (80907)

Prime Time, First Presbyterian Church: (719) 884-6100
219 E Bijou St (80903)
A wide range of classes, workshops, fitness programs, outings, and trips.

Road Scholar: (800) 454-5768
11 Ave de Lafayette, Boston, MA 02111
Educational tours in all 50 states and 150 countries.

Libraries

Bailey Library: (303) 838-5539
350 Bulldogger Rd, Bailey, CO 80421

Franklin Ferguson Memorial Library: (719) 689-2800
410 B St, Cripple Creek, CO 80813

Guffey Community Center/Library: (719) 689-9280
1625B County Rd 102, Guffey, CO 80820

Kraemer Library (UCCS): (719) 255-3295
1420 Austin Bluffs Pkwy (80918) (719) 255-3296

Lake George Library: (719) 748-3812
37900 Hwy 24, Lake George, CO 80827

Manitou Springs Public Library: (719) 685-5206
701 Manitou Ave, Manitou Springs, CO 80829 (719) 531-6333

Pike County Public Libraries: (719) 836-4299
400 Front St, Fairplay, CO 80440

Pikes Peak Community College Library: (719) 502-3410
5675 S Academy Blvd (80906) (719) 502-3430
PIKES PEAK LIBRARY DISTRICT .................................................(719) 531-6333
20 N Cascade Ave (80903) .........................................................(719) 389-8968
Senior Connection: ................................................................. www.ppld.org/seniors
Call or go online for all locations.

RAMPART LIBRARY DISTRICT .................................................(719) 687-9281
218 E Midland Ave, Woodland Park, CO 80863
Computer classes and other free programs for seniors

SECURITY PUBLIC LIBRARY .................................................(719) 391-3191
715 Aspen Dr, Security, CO (80911) .........................................(719) 391-3195

TUTT LIBRARY, COLORADO COLLEGE .................................(719) 389-6659
1021 N Cascade Ave (80903) ..................................................(719) 389-6662

VICTOR PUBLIC LIBRARY .......................................................(719) 689-2011
124 S 3rd St, Victor, CO 80860

EQUIPMENT/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)

EMERGENCY 9-1-1 ........................................................................911

EMERGENCY MANAGEMENT, TELLER COUNTY ...............(719) 686-7990
112 North A St, Cripple Creek, CO 80813 .................................(719) 687-9652

EMERGENCY UTILITIES SERVICE .......................................(719) 448-4800
111 S Cascade Ave (80903)

FEDERAL EMERGENCY MGMT AGENCY (FEMA) .......(800) 621-3362
PO Box 25267, Denver, CO 80255 ...........................................(303) 235-4800

FOUR MILE EMERGENCY SERVICES .................................(719) 689-2745
8437 Teller Rd, Florissant, CO 80816

HOPE RESTORED .................................................................(719) 749-6286
Disaster relief and rebuild, and neighborhood relief.

PARK COUNTY DISPATCH, NON-EMERGENCY ..............(719) 836-4125

PUBLIC HEALTH, EL PASO COUNTY ...................................(719) 578-3199
1675 W Garden of the Gods Rd, #2044 (80907)

PUBLIC HEALTH, PARK COUNTY ......................................(719) 836-4161
825 Clark St, Fairplay, CO 80440 ............................................(303) 816-5970

PUBLIC HEALTH, TELLER COUNTY ...................................(719) 687-6416
11115 W Highway 24, Divide, CO 80814

ROCKY MOUNTAIN POISON AND DRUG CENTER ............(800) 222-1222
990 Bannock St, Denver, CO 80204 ...........................................(303) 739-1100

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

UTE PASS REGIONAL EMS .................................................(719) 687-2291
785 Redfeather Ln, Woodland Park, CO 80863

VICTOR POLICE DEPARTMENT ..............................................(719) 689-9313
500 Victor Ave, Victor, CO 80860

EMPLOYMENT SERVICES

Employment services may include agencies or programs that help in job search assistance, such as job-seeking skills, resume 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.

ASPENPOINTE ENTERPRISES ..............................................(719) 572-6100
220 Ruskin Dr (80910)
Career development services for disabled, seniors and military.

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.

COMMUNITY OUTREACH CENTER .................................(719) 347-7638
328 10th St, Calhan, CO 80808
Employment resources for rural east El Paso county.

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

**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

**ECUMENICAL SOCIAL MINISTRIES (ESM)**

(719) 636-1916
201 N Weber St  (80903)
Computer/resumé classes. Primarily assists those under 60 yrs.

**MOSAIC**

(719) 380-0451
888 W Garden of the Gods Rd  (80907)
Helps adults with intellectual disabilities learn vocational skills.

**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.

**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.

**REACH PIKES PEAK**

(719) 358-8396
312 S Weber St  (80903)
Job training for low-income people.

**REACH PIKES PEAK, FOUNTAIN**

(719) 382-8515
501 E Iowa St  (80817)

**REACH PIKES PEAK, CALHAN**

(719) 347-2976
701 4th St, Calhan, CO 80808
Linked to the Pikes Peak Workforce Center. Job training.

**VOLUNTEERS OF AMERICA**

(719) 632-1448
3140 Mallard Dr  (80910)
Tax-free stipend to volunteers 55+ who mentor children in schools. 15 hr/week minimum.

**WOMEN'S RESOURCE AGENCY**

(719) 471-3170
750 Citadel Dr E, #3128  (80909)
Job development workshops and classes for women only.
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) 385-6012
Contact by phone for new members .....................................................(719)385-6001

ASPEN MINE SENIOR CLUB .........................................................(719) 689-3584
166 E Bennett Ave, Cripple Creek, CO 80813

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.

COLORADO SPRINGS SENIOR CENTER .......................................(719) 955-3400
1514 N Hancock Ave (80903)

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)

CRIppLE CREEK CASINO SHUTTLE ..............................................(719) 590-8687 X777
3465 Astrozon Pl (80910) .................................................................(800) 772-6254
Provided by Rambling Express.

CRIppLE CREEK CITY SHUTTLE ......................................................(719) 689-7711
337 Bennett Ave, Cripple Creek, CO 80813

CRIppLE CREEK HERITAGE CENTER ............................................(877) 858-4653(GOLD)
9283 S Hwy 67, Cripple Creek, CO 80813 .................................................(719) 689-3315

ECUMENICAL SOCIAL MINISTRIES (ESM) .................................(719) 636-1916
201 N Weber St (80903)

ENERGY OUTREACH COLORADO ..............................................(866) 432-8435
225 E 16th Ave, Denver, CO 80203 ......................................................(303) 825-8750
Energy bill assistance program.

ENERGY RESOURCE CENTER ......................................................(719) 591-0772
114 W Rio Grande St (80903) ...............................................................(800) 949-6444
HEAP: Home Efficiency Assistance Program: emergency financial assistance for broken/nonworking heaters.

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

HELP THE NEEDY .............................................................................(719) 687-7273
117 N Center St, Woodland Park, CO 80863

MERCY’S GATE ..............................................................................(719) 277-7470
4360 Montebello Dr, #300 (80918)

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

Q LINK LIFELINE PROGRAM .............................................................(800) 456-0858
www.qlinkwireless.com

REACH PIKES PEAK ......................................................................(719) 358-8396
312 S Weber St (80903)

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

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

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

SALVATION ARMY FOUNTAIN VALLEY .....................................(719) 382-1182
901 N Sante Fe, Fountain, CO 80817

SILVER KEY SENIOR SERVICES ......................................................(719) 884-2300
1625 S Murray Blvd (80916)

STOREHOUSE AT WOODLAND PARK COMM CHURCH ..............(719) 229-4512
700 Valley View Dr, #D, Woodland Park, CO 80863

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

TRI-LAKES CARES ..........................................................................(719) 481-4864
235 N Jefferson, Monument, CO 80132

TRIMBLE FUND ..............................................................................(719) 634-7360
3400 N Nevada Ave (80907)

WESTSIDE CARES ..........................................................................(719) 389-0759
2808 W Colorado Ave (80904)
Westside residents only.
EL PASO COUNTY PARKS AND NATURE CENTERS ..........(719) 520-7529
2002 Creek Crossing St  (80905)

FALCON SENIOR SERVICE ....................................................(719) 683-2769
Social gatherings and entertainment. Call for locations and events.

INTERNATIONAL DANCE CLUB ..............................................(719) 633-0195
2422 Busch Ave  (80904) ...................................................... (719) 598-9774

MANITOU SPRINGS POOL & FITNESS CENTER .................(719) 685-9735
202 Manitou Ave, Manitou Springs, CO  80829

MEMORIAL PARK RECREATION CENTER ............(719) 385-5984
280 S Union Blvd  (80910)

MOBILE FITNESS SYSTEMS ..................................................(719) 287-4696

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 $10.

PARKS AND RECREATION, CRIPPLE CREEK ...............(719) 389-3514
128 East Bennett Ave, Cripple Creek, CO  80813

PRIME TIME, FIRST PRESBYTERIAN CHURCH .............(719) 884-6100
219 E Bijou St  (80903)

ROAD SCHOLAR .................................................................(800) 454-5768
11 Ave de Lafayette, Boston, MA 02111
Educational travel.

SERTICH ICE CENTER ......................................................(719) 385-5983
1705 E Pikes Peak Ave  (80909)

SILVER SNEAKERS FITNESS PROGRAM .................(866) 584-7389

SKYLINE WELLNESS AND AQUATIC CENTER ..............(719) 867-4658
2365 Patriot Hts  (80904)

SOUTH PARK RANGER DISTRICT ......................(719) 836-2031
320 US Hwy 285, Fairplay, CO  80440

SOUTH PARK RECREATION CENTER ...............(719) 836-0747
1190 Bullet Rd, Fairplay, CO  80440

SOUTHPLETT RANGER DISTRICT ..................(303) 275-5610
19316 Goddard Ranch Ct, Morrison, CO  80465

TELLER COUNTY PARKS ..................................(719) 687-8812
308A Weaverville Rd, Divide, CO  80814

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.

WOODLAND PARK SENIOR CITIZENS CLUB ..............(719) 687-3877
321 N Pine St, Woodland Park, CO  80866

YMCA ACTIVE OLDER ADULT PROGRAMS ...............(719) 593-9622
2380 Montebello Dr W  (80918)
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
2605 Preamble Point  (80915)
for current locations call .................................................(719)955-0742
Care and Share is a warehouse and does not distribute food to the general public.

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

WOODLAND PARK SENIOR CITIZENS CLUB .......................(719) 687-3877
321 N Pine St, Woodland Park, CO  80863

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.

A HAND UP-NOT A HAND OUT ..............................................(970) 384-4303
10 Elm St, Hartsel, CO  80449

BLACK FOREST CARES ......................................................(719) 495-2221
12455 Black Forest Rd  (80908)
Emergency food assistance.

CARE AND SHARE FOOD BANK CSFP PROGRAM ...............(719) 434-5724
Commodity Supplemental Food Program.

CHURCH FOR ALL NATIONS (OPEN ARMS) ......................(719) 591-1800
6540 Templeton Gap Rd  (80923)

COMMUNITY CUPBOARD OF WOODLAND PARK ..............(719) 687-3663
414 N Hwy 67, Woodland Park, CO  80863
Emergency food bank.

CROSSFIRE MINISTRIES ......................................................(719) 447-1806
2120 E LaSalle St  (80909)
Emergency food assistance.

DEERFIELD HILLS COMMUNITY CENTER .........................(719) 385-5996
4290 Deerfield Hills Rd  (80916)
Emergency food assistance.

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

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

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

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

FAITH WORKS .................................................................(719) 459-9075
307 N Union Blvd  (80909)
Emergency food assistance, zip-code specific.

GOD’S PANTRY .................................................................(719) 382-0643
102 N Main St, Fountain, CO  80817

HARTSEL COMMUNITY CENTER ......................................(719) 836-2233
80 Valley Rd, Hartsel, CO  80449
Emergency food assistance.

HIGH PLAINS HELPING HANDS ........................................(719) 495-3123
7375 Adventure Way  (80923)
Emergency food pantry and commodities.

HOLY APOSTLES CHURCH ...............................................(719) 597-4249
4925 N Carefree Cir,  (80917)..........................................(719) 484-8739
Serves all zip codes.

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

LITTLE CHAPEL OF THE HILLS .......................................(719)322-7610
69 County Rd S, Divide, CO  80814
MOUNTAIN RESOURCE CENTER LEIGH’S PANTRY ......................(303) 838-7552
11030 Ketty Dr, Conifer, CO  80433

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

SALVATION ARMY FAMILY SERVICES ..............................(719) 636-3891
908 Yuma St  (80909)
Emergency food assistance.

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

SEVENTH DAY ADVENTIST CHURCH..............................(970) 201-3833
801 Castello Ave, Fairplay, CO  80440

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)
Food and pet pantry.

SPRINGS RESCUE MISSION ......................................................(719) 632-1822
1 W Las Vegas St  (80903)
Monthly food box program.

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

THE BREAD OF LIFE (HOLY CROSS LUTHERAN CHURCH).....(719) 596-4387
4125 Constitution Ave  (80909)

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)
Emergency food assistance. Westside residents only.

WESTSIDE FIRST WESLEYAN CHURCH..............................(719)473-7113
502 N Walnut (80905)

WIDOW’S OIL PANTRY (HARRIS PARK BIBLE CHURCH) .......(303) 838-1869
2257 Shelton Dr, Bailey, CO  80421

GROUP MEAL SITES

CALHAN SENIOR SERVICES..............................................(719) 520-6472
366 10th St, Calhan, CO  80808
Noon meals served every other Wednesday at 366 10th St. Call for reservations.

GOLDEN CIRCLE NUTRITION PROGRAM .........................(719) 884-2300
Sites are managed by Silver Key Senior Services. Call for times & reservations.

CENTRAL
Colorado Springs Senior Center
(719) 387-6000
1514 North Hancock Avenue  (80903)
Weekdays
Otis Park  (719) 385-6860
731 North Iowa  (80909)
Weekdays
Temple Shalom
(719) 634-5311
(serving kosher meals)
1523 East Monument  (80909)
2x week

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

NORTH
Crestview Apartments
(719) 884-2304
3880 Van Teylingen Drive (80917)
Weekdays
Mountain Community Mennonite Church
(719) 884-2304
643 Highway 105
Palmer Lake, CO 80133
Weekdays

WEST
St. Andrews Episcopal Church
(719) 685-9259
103 Cañon Avenue Manitou Springs, CO 80829
Weekdays
West Center
(719) 385-7920
Community Center
1628 W. Bijou Street  (80904)
Weekdays
GOLDEN CIRCLE NUTRITION CONTINUED

SOUTH

Hillside Community Center
(719) 385-7900
925 South Institute (80903)
3x weekly

Fountain Valley Senior Center
(719) 520-6470
5745 Southmoor Drive
Fountain, CO 80817
Weekdays

Silver Key at South Murray
(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

Meadows Park Community Center
(719) 385-7940
1943 South El Paso 80905)
Weekdays

Pikes Peak Towers
(719) 632-1556
1912 Eastlake Blvd. (80919)
Weekdays

EASTSIDE

Sunny Vista
(719) 635-9595
2480 East Dale Street (80909)
Weekdays

LAKE GEORGE COMMUNITY CENTER ...................................................(719) 836-4289
39141 W US Hwy 24, Lake George, CO 80827

MARIAN HOUSE ..............................................................(719) 475-7314
14 W Bijou St (80903) ......................................................(719) 636-2345
Marian House Soup Kitchen.

SACRED HEART CATHOLIC CHURCH ......................................(719) 389-0759
2021 W Pikes Peak Ave (80904)
Hot meal served on Sunday evening at 6 p.m.

SALVATION ARMY RED SHIELD COMMUNITY CENTER .............(719) 636-3891
908 Yuma St (80904) ......................................................(719) 884-1044
Noon meals.

SHAWNEE COMMUNITY CENTER .............................................(719) 836-4289
57 Park County Rd 64, Shawnee, CO 80475

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.

WOODLAND PARK SENIOR CENTER .......................................(719) 687-3877
321 N Pine St, Woodland Park, CO 80863
Golden Circle Nutrition Program.

HOME-DELIVERED MEALS

FOUNTAIN VALLEY SENIOR SERVICES ......................................(719) 520-6470
5745 Southmoor Dr, Fountain, CO 80817
Rural Area Meal Program (RAMP).

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

PROJECT ANGEL HEART .......................................................(719) 323-0084
1625 W Uintah St, #1 (80904) ..............................................(303) 830-0202
Provides home-delivered meals at no cost for people diagnosed with life-challenging illness.

SILVER KEY SENIOR SERVICES ...........................................(719) 884-2300
1625 S Murray Blvd (80916) .............................................(719) 884-2380
Meals on Wheels.

TELLER SENIOR COALITION ...............................................(719) 687-3330
750 E Hwy 24, Bldg 2, #100, Woodland Park, CO 80866
RAMP (Rural Area Meal Program).

GRANDPARENT/CAREGIVER SERVICES

There is an increasing awareness of the needs of grandparent caregivers and 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.

PPACG AAA Senior Information & Assistance Center [719-471-2096]
COMMUNITY HEALTH PARTNERSHIP (CATCH PROGRAM) .....(719) 632-5094
722 S Wasatch Ave (80903)
Community health-care-access program for the uninsured.

Cripple Creek-Victor Mountain Health Center .....(719) 776-4310
412 North C St, Cripple Creek, CO 80813
Medical, dental, and behavioral health for people of all ages.

Department of Social Services, Teller County .....(719) 687-3335
800 Research Dr, #100, Woodland Park, CO 80863

El Paso County Medical Society .....(719) 591-2424
1465 Kelly Johnson Blvd, #130 (80920)

Health Center at Divide ..........................(719) 687-4460
34 Hybrook Rd, Divide, CO 80814 .......................Dental (719) 475-0783

National Committee for Quality Assurance ..........................(202) 955-3500
1100 13th St NW, Washington, DC 20005 ..............(888) 275-7585

Peak Vista Community Health Centers ..........................(719) 632-5700
3205 N Academy Blvd, #100 (80917)
Convenient Care Clinic: Medical, dental, and behavioral health for people of all ages.

Public Health, Park County ..........................(719) 836-4161
825 Clark St, Fairplay, CO 80440 ......................(303) 816-5970

Public Health, Teller County ..........................(719) 687-6416
11115 W Hwy 24, #2C, Divide, CO 80814

Regional Care Collaborative Org. (RCCO) ..........................(719) 314-2560
722 S Washatch Ave, #200 (80903) ..............(866) 938-5091

Rocky Mountain Rural Health ..........................(719) 836-2169
525 Hathaway St, Fairplay, CO 80440
Assists underinsured/uninsured. Coordinated Care for Medicaid members in El Paso, Elbert, Park and Teller counties.

Set Family Medical Clinic ..........................(719) 776-8850
2864 S Circle Dr (80906)
Providing care to the uninsured, under-insured, homeless and medicaid.

Dental

All Smiles Dental ..........................(719) 836-2664
500 Front St, Fairplay, CO 80440
Senior discounts.

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 74; Non-Medical Home Care Agencies, page 84 ; and Hospice Care, page 92.
COLORADO MISSION OF MERCY (COMOM) .........................(720) 626-9778
Dental treatment provided at no cost at a different location each year.
October 13 and 14, 2017 Pueblo, CO ...........................................www.comom.org

COLORADO SPRINGS DENTAL SOCIETY .......................(719) 598-5161
1870 Dublin Blvd 80918
DARRELL KNEUPPER, DDS .................................................(719) 963-2737
On-site denture services to nursing and private home residents only.

DENTAL CLINIC, PUEBLO COMMUNITY COLLEGE ...............(719) 549-3378
900 W Orman Ave, Pueblo, CO 81004
Provides access to dental care at reduced fees.

DENTAL DISCOUNT PROGRAM .............................................(877) 354-6226
Save 5% to 50% on dental care.

DENTAL HYGIENE CLINIC, PUEBLO COMM COLLEGE ..........(719) 549-3286
415 Harrison St, Pueblo, CO 81004
Preventative dental care at substantially reduced rates.

DIRECT DENTAL PLANS OF AMERICA ...............................(800) 377-2924
11178 Huron St, Northglenn, CO 80234 (303) 457-9794
Dental, vision, prescription discount card.

MOUNTAIN DENTAL HYGIENE SERVICES .........................(303) 523-2851
26697 Pleasant Park Rd, Conifer, CO 80433

PALMER PARK DENTISTRY ..................(719) 301-5300
3208 N Academy Blvd, #140 (80917)
Medicaid provider and Private Insurance

PEAK VISTA COMMUNITY HEALTH CENTERS ...............(719) 475-0783
2828 International Circle, #100 (80910)
Call for additional dental care locations.

SENIOR MOBILE DENTAL ...................................................(719) 310-3315
1436 N Hancock Ave (80903)
902 W 29th Ave, Pueblo, CO 81008
Dental hygiene services for seniors.

UNIVERSITY OF CO SCHOOL OF DENTAL MEDICINE ..........(303) 724-6900
13065 E 17th Ave, Aurora, CO 80045
Low-cost dental treatments.

DISEASE-SPECIFIC ORGANIZATIONS

ALS ASSOCIATION, ROCKY MOUNTAIN CHAPTER .................(866) 257-3211
10855 Dover St, Westminster, CO 80021 (303) 832-2322

ALZHEIMER'S ASSN OF COLORADO SPRINGS ....................(719) 266-8773
2315 Bott Ave (80904) (800) 272-3900
Provides services to El Paso, Teller, Elbert, and Park counties.

ALZHEIMER'S EDUCATION AND REFERRAL CENTER ..........(800) 438-4380
31 Center Dr, Bethesda, MD 20892

AMERICAN BRAIN TUMOR ASSOCIATION .......................(800) 886-2282
8550 W Bryn Mawr Ave, #550, Chicago, IL 60631 www.abta.org

AMERICAN CANCER SOCIETY ..............................................(719) 630-4982
1445 N Union Blvd, #B100 (80909)
Cancer Answer Line (800) 227-2345

AMERICAN DIABETES ASSOCIATION ..............................(800) 342-2383
2451 Crystal Dr, #900, Alexandria, VA 22202

PPACG AAA Senior Information & Assistance Center [719-471-2096] 40
AMERICAN HEART ASSOCIATION ..............................(719) 635-7688
1365 Garden of the Gods Rd, #100  (80907)

AMERICAN LUNG ASSOCIATION IN COLORADO ..............................................(800) 586-4872
5600 Greenwood Plaza Blvd, Greenwood Village, CO  80111  ......(303) 388-4327

ANGEL NETWORK, PENROSE CANCER CENTER ..............................................(719) 776-5548
2222 N Nevada Ave  (80907)
African-American Women Nurturing and Giving Each Other Life Network

ARTHRTIS FOUNDATION, ROCKY MOUNTAIN CHAPTER ..............................(303) 756-8622
2280 S Albion St, Denver, CO  80222

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)

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

LUPUS COLORADO ..............................................................................(303) 592-4050
7853 E Arapahoe Court, Centennial, CO  80112

MULTIPLE SCLEROSIS (MS) SOCIETY .................................................................(719) 634-2984
611 N Weber St, #101  (80903)  ..(800) FIGHT-MS or (800) 344-4867
MULTIPLE SCLEROSIS ALLIANCE OF SO COLORADO ..............................................(719) 633-4603
1322 N Academy Blvd, #119  (80909)

NATIONAL CANCER INSTITUTE INFORMATION SERVICE .............................(800) 422-6237
.................................................................www.cancer.gov

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

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

THE MESOTHELIOMA CENTER .................................................................(800) 615-2270
189 S Orange Ave, #1620, Orlando, FL  32801

TOURETTE SYNDROME ASSOCIATION .................................................................(720) 212-7535
992 S 4th Ave, Brighton, CO  80601

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.

HEALTH LEARNING CENTER..............................................................................(719) 776-3600
3207 N Academy Blvd, #1800  (80917)

INSTEP .........................................................................................................(719) 550-0766
4518 Adieu Cir  (80917)
Foot-care service provided in the client’s home.

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

HEARING IMPAIRMENT

AUDIOLOGY SERVICES, PEAK VISTA .................................................................(719) 344-7106
4863 N Nevada Ave  (80918)

HEAR NOW .....................................................................................................(800) 328-8602
6700 Washington Ave S, Eden Prairie, MN  55344
Provides hearing aids to those who meet the financial criteria.

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

HEARING LOSS ASSOCIATION OF AMERICA .................................................................www.hearinglosscolorado.org
PO Box 25954  (80936)

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

HOSPITALS/CLINICS

CENTURA HEALTH URGENT CARE BROADMOOR ..............................................(719) 776-3330
1263 Lake Plaza Dr, #120  (80906)

CENTURA HEALTH URGENT CARE TRI-LAKES..............................................(719) 571-7070
17230 Jackson Creek Parkway, #120, Monument, CO  80132

CRIPPLE CREEK-VICTOR MOUNTAIN HEALTH CENTER ..............................................(719) 776-4310
412 North C St, Cripple Creek, CO  80813

DEVELOPMENTAL DISABILITIES HEALTH CENTER ..............................................(719) 632-5700
3207 N Academy Blvd  (80909)

EASTERN PLAINS MEDICAL CLINIC ...........................................................................(303) 756-8622
560 Crystola St, Calhan, CO  80808

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.
GRANDVIEW HOSPITAL (UC HEALTH) ...............................................(719) 272-3600
5623 Pulpit Peak View (80918)

INNER CITY HEALTH CENTER.......................................................(303) 296-1767
3800 York St, Denver, CO 80205
Health and dental for uninsured/underinsured Colorado residents.

KINDRED HOSPITAL - COLORADO SPRINGS .........................(719) 571-6000
6001 E Woodmen Rd (80923)

LIBERTY DIALYSIS .....................................................................(719) 227-7455
2508 Airport Rd (80910)

MEMORIAL HOSPITAL CENTRAL (UC HEALTH) .......................(719) 365-5000
1400 E Boulder St (80909)

MEMORIAL HOSPITAL NORTH (UC HEALTH) .........................(719) 365-5000
4050 Briargate Pkwy (80920)

MISSION MEDICAL CLINIC ......................................................(719) 219-3402
2125 E La Salle St (80909)
Medical services to the uninsured and under-insured patients ages 18–64.

NEW LIFE CHURCH DREAM CENTER .................................(719) 388-1594
4360 Montebello, #900 (80918)

OPEN BIBLE MEDICAL CLINIC ..............................................(719) 475-0972
824 S Union Blvd (80910) ......................................................(719) 475-2001
Medical services for uninsured and under-insured.

PENROSE CANCER CENTER ......................................................(719) 776-5281
2222 N Nevada Ave (80907) ......................................................(719) 776-2515

PENROSE COMMUNITY URGENT CARE ..................................(719) 776-3216
3027 N Circle Dr (80909)

PENROSE MOUNTAIN URGENT CARE ...............................(719) 686-0551
41 Hwy 67 N, Woodland Park, CO 80863

PENROSE-ST. FRANCIS HEALTH SERVICES ..........................(719) 776-5000
2222 N Nevada Ave (80907)

PIKES PEAK FAMILY MEDICINE .............................................(719) 686-0878
720 W Hwy 24, Woodland Park, CO 80863
Outpatient medical clinic.

PIKES PEAK REGIONAL HOSPITAL/SURGERY CENTER ............(719) 687-9999
16420 W Hwy 24, Woodland Park, CO 80863

PLANNED PARENTHOOD OF THE ROCKY MOUNTAINS ...........(719) 475-7162
3480 Centennial Blvd (80907) ..............................................(800) 230-PLAN

ROCKY MOUNTAIN CANCER CENTERS .................................(719) 577-2555
2312 N Nevada Ave (80907) ..................................................(888) 259-7622

ST. FRANCIS MEDICAL CENTER .............................................(719) 571-1000
6001 E Woodman Rd (80923)

MEDICAL EQUIPMENT/SUPPLIES

ACCESSIBLE SYSTEMS ......................................................(719) 387-0675
1880 Office Club Pointe (80920)

AFFORDABLE MEDICAL SUPPLY ...........................................(719) 632-4036
1833 N Circle Drive (80909)

BEST PRICE SCOOTERS AND POWER WHEELCHAIRS ...........(719) 344-4720
908 N Circle Drive, #F (80909)
By appointment.

CANDOIT-EZ WALK IN TUBS ...................................................(719) 429-5799
Services provided throughout the Colorado Springs, Canon City, Pueblo area.

COLORADO ORTHOTICS AND PROSTHETICS .................(720) 858-1111
925 Fillmore St (80907) ......................................................(719) 577-2533

HANGER PROSTHETICS .........................................................(719) 632-5075
175 S Union Blvd, #370 (80910)

HORIZON PROSTHETICS .........................................................(719) 266-0949
622 Elkton Dr (80918)

IN CARE OF YOU .................................................................(719) 442-6770
415 E Pikes Peak Ave (80903)
Mastectomy, compression and lymphedema products.

LIN CARE .................................................................................(719) 630-0202
3330 Adobe Ct (80907)
Oxygen, hospital beds, wheelchairs.

MAJOR MEDICAL SUPPLY ...............................................(719) 475-1236
5620 N Union Blvd (80918)

MEDSOURCE MOBILITY / MEDSOURCE HOME MEDICAL ......(720) 589-6949
Durable medical equipment. www.medsourcemobility.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

Identifying federal, state and local financial assistance and prescription benefit programs for 55+........................................www.benefitscheckup.org/centura

DIRECT DENTAL PLANS OF AMERICA ..................................(800) 377-2924

Dental, vision, prescription discount card.

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

Free program for a prescription discount card.

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)

COLORADO SPORTS AND SPINE ..................................(719) 776-4888

3010 N Circle Dr (80909)

EDGE REHABILITATION AND WELLNESS ......................(719) 599-5330

2150 Hollow Brook Dr, #100 (80918)

Physical rehab and therapy.

Inpatient acute physical rehabilitation.

HEALTHSOUTH REHABILITATION HOSPITAL .................(719) 630-8000

325 Parkside Dr (80910)

Inpatient acute physical rehabilitation.

INTERIM REHABILITATION SERVICES ...........................(719) 522-1080

1901 N Union Blvd, #202 (80909)

Out-patient rehabilitation clinic.

OPTIMUM HEALTH CENTER .......................................(719) 635-2500

1809 N Circle Dr (80903)

Physical therapy.

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

2222 N Nevada Ave (80907) ..............................................(719) 776-5200

Rehabilitation services and Fitness to Drive Program.

VISUAL IMPAIRMENTS

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

PO Box 429098, San Francisco, CA 94112

LOW VISION SERVICES OF SOUTHERN COLORADO ...........(719) 471-3200

5614 N Union Blvd (80918)
New Vision Professional Services, LLC

“Bridging the gap between Society and the Disabled.”

Services Offered:
* Support group facilitation, where clients are able to join with others who are experiencing sight loss.
* Individual counseling and emotional support to help individuals overcome fear and depression as they look towards a new and different future without sight.
* Proper adaptive material usage for low vision and blindness.
* Daily living skills/personal care to aid an individual to maintain the independence to remain in their own homes.
* Safety skills for food preparation and maintenance of a home, to include grocery and personal shopping in a public environment.
* New modes of reading and writing, ways to mark clothing and medications.
* Mobility training, caning skills, and the use of public transportation.
* Exploring employment opportunities for individuals.
* Independence and freedom to continue daily living, despite disabling factors.

Contact Information:
Rebecca Shields
719-634-1851
rebeccashields130@gmail.com

For more information, please visit us at:
NewVision4You.com

MAGNISIGHT .................................................................................(719) 578-8893
951 E Fillmore St (80907) ..................................................................(800) 753-4767
Vision aids.

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

RENEWED VISION EYEGlass CLINIC ...........................................(719) 227-0435
2125 E La Salle St (80909)
Free eye exams and glasses that are donated.

THE INDEPENDENCE CENTER ......................................................(719) 471-8181
729 S Tejon St (80903)

WELLNESS

A MATTER OF BALANCE AT THE YMCA .........................................(719) 329-7232
207 N Nevada Ave (80903) ................................................................(719) 963-0988

FOUNTAIN VALLEY SENIOR SERVICES .....................................(719) 520-6470
5745 Southmoor Dr, Fountain, CO 80817
Exercise classes, Tai Chi, Chi Kung, health screening services and more.

LIFE CHANGING FITNESS .............................................................(719) 213-9057
1235 Grass Valley Dr (80906)
In-home Senior Fitness Specialist and Personal Trainer.

MULTIPLE SCLEROSIS CENTER COLORADO ...............................(303) 788-4030
8845 Wagner St, Westminster, CO 80031

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

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

STEPPING ON AT MEMORIAL HOSPITAL .................................(719) 444-CARE x3
Fall prevention workshop...............................................................(719) 444-2273 x3

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

HOUSING

Also see tables listing housing facilities; Senior Apartments, page 100; Retirement Communities, page 106; Assisted Living Residences, page 112; and Nursing Homes, page 124.

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
8815 Boxelder Dr (80920)
Wheelchair ramps; stair, porch, and bath lifts; grab bars; roll-in showers; walk-in tubs. Senior discount.

AGING IN PLACE ........................................................................(719) 632-3994
2017 W Colorado Ave (80904)

BRYAN’S HOME REPAIR .........................................................(719) 572-0677
2520 Tremont St (80907)

COMMUNITY DEVELOPMENT DIVISION, CITY OF COLORADO SPRINGS
30 S Nevada, #604 (80903) .........................................................(719) 385-5912

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

ENERGY RESOURCE CENTER ......................................................(719) 591-0772
114 W Rio Grande St (80903) ......................................................(800) 949-6444
Home-weatherization service, including insulation and safety checks on furnaces and hot-water heaters.

HANDY ANDY’S HOME REPAIR & LANDSCAPING .........................(719) 310-5414
1320 Maxwell St (80906)

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

MORNING STAR ELEVATOR ........................................................(719) 635-7960
11641 Ridgeline Dr (80921)

MTN COMMUNITY TRANSPORTATION FOR SENIORS ...............(719) 488-0076
643 Hwy 105, Palmer Lake, CO 80133
Senior Safety Services: Minor home-safety repair for seniors 60+.

NEXT DAY ACCESS COLORADO ...............................................(719) 219-9887
15954 Jackson Creek Pkwy, #B-501, Monument CO 80132

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

COLORADO FORECLOSURE HOTLINE ...............................(877) 601-4673 (HOPE)
2250 Eaton St, Denver, CO 80214
Counseling service for basic mortgage and financial information.
SUMMIT COMBINED HOUSING AUTHORITY ........................................(970) 423-7044
110 Ski Hill Rd, Breckenridge, CO  80424
Subsidized Section 8 housing voucher program.

INFORMATION & ASSISTANCE

AARP-COLORADO .................................................................(866) 554-5376
303 E 17th Ave, Denver, CO  80203
Provides services, benefits, and special products to the 50+ members.

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

ASPERN MINE CENTER .........................................................(719) 689-3584
166 E Bennett Ave, Cripple Creek, CO  80813

COMMUNITY OUTREACH CENTER ..............................................(719) 347-7638
328 10th St, Calhan, CO  80808
For rural communities east of Colorado Springs.

ELDERCARE LOCATOR ..............................................................(800) 677-1116
Free service that provides access to older adult services in the US
..................................................................................................................www.eldercare.gov

FEDERAL CITIZEN INFORMATION CENTER .................................(800) 333-4636
Information for government benefits, programs and services.

MOUNTAIN RESOURCE CENTER ...............................................(303) 838-7552
11030 Kitty Dr, Conifer, CO  80433 .....................................................(303) 838-7552 x20

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

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

PIKES PEAK UNITED WAY 2-1-1 ..................................................(719) 632-1543
Local information and referral.

SENIOR INFORMATION & ASST CTR, PPACG AAA ......................(719) 471-2096
14 S Chestnut St  (80905)
Information, referral and direct services for older adults and their caregivers.
SENIORS RESOURCE CENTER (THE YELLOW HOUSE) ..............(303) 674-2843
5120 Hwy 73, Evergreen, CO 80439

SENIOR RESOURCE COUNCIL (SRC) ......................................(719) 260-0744
1625 S Murray Blvd (80916)
Information source for services and special events for seniors.

SENIORS BLUE BOOK .................................................................(800) 201-9989
PO Box 9364, Salt Lake City, UT 84109
Senior resource guide.

SENIORS RESOURCE GUIDE
PO Box 237, Littleton, CO 80160 ..............................www.seniorsresourceguide.com
On-line senior resource and service directory.

SILVER PLANET .................................................................(206) 451-4512
#203, 321 High School Rd NE, # D-3, Bainbridge Island, WA 98110
..................................................................................................................www.silverplanet.com

TELLER SENIOR COALITION ....................................................(719) 687-3330
750 E HWY 24, BLDG2, #100WOODLAND PARK, CO 80866

Signing up for the all NEW Seniors Blue Book Newsletter has its advantages:

• Monthly specials offered by local businesses
• FREE and low cost activities and events
• Volunteer Opportunities
• Educational Articles
• Connect with other local seniors and caregivers

Visit www.Seniorsbluebook.com to sign up now.

INSURANCE/BENEFITS ASSISTANCE

INSURANCE COUNSELING/INFORMATION

For free, one-on-one information and counseling about Medicare and all your 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.

COLORADO DIVISION OF INSURANCE .........................................(800) 930-3745
1560 Broadway, Denver, CO 80202 ........................................(303) 894-7499
Regulates the insurance industry and assists consumers with insurance issues.

HEALTH CARE REFORM ........................................................................www.healthcare.gov
200 Independence Ave SW, Washington, DC 20201

KEPRO ..............................................................................(844) 430-9504
5201 W Kennedy Blvd, Tampa, FL 33609
Assists Medicare beneficiaries who have questions about a hospital or home health agency and care received.

SENIOR INSURANCE ASSISTANCE, PPACG AAA ......................(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, Teller.

TRI-LAKES CARES ......................................................................(719) 481-4864
235 N Jefferson, Monument, CO 80132
Tri-Lakes residents only.

CIVIL SERVICE PENSIONS

NATIONAL ACTIVE & RETIRED FEDERAL EMPLOYEES ..........(719) 264-7669

OFFICE OF PERSONNEL MANAGEMENT (OPM) .................(888) 767-6738
1900 E St, NW, Washington, DC 20415
Manages pension benefits for retired federal employees.

PERA (PUBLIC EMPLOYEES RETIREMENT ASS’N) ..........(800) 759-7372
1301 Pennsylvania St, Denver, CO 80203

TRICARE FOR LIFE ............................................................(866) 773-0404
1717 W Broadway, Madison, WI 53708
For military retirees with Medicare.
**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 to 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 online.

COLORADO LONG-TERM CARE PARTNERSHIP ...........................................(303) 894-7547

Long-term-care partnerships insurance allows more assets to be protected if state Medicaid program is applied for to pay for long-term care.

DEPARTMENT OF HUMAN SERVICES, EL PASO COUNTY ..............(719) 636-0000
1675 W Garden of the Gods Rd (80907)

DEPARTMENT OF HUMAN SERVICES, PARK COUNTY ...............(303) 816-5939
59865 Hwy 285, Bailey, CO 80421 ......................................................(719) 836-4139

DEPARTMENT OF SOCIAL SERVICES, TELLER COUNTY .............(719) 687-3335
800 Research Dr, #100, Woodland Park, CO 80863

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

ROCKY MOUNTAIN RURAL HEALTH ..............................................(719) 836-2169
525 Hathaway St, Fairplay, CO 80440
Regional Care Collaborative (RCCO) for Park County.

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

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

**LAW ENFORCEMENT/FIRST RESPONDERS**

AMERICAN MEDICAL RESPONSE ...........................................(719) 636-2333
2370 N Powers Blvd (80915) .........................................................(719) 597-1277

COLORADO SPRINGS FIRE DEPARTMENT .................................(719) 385-5950
375 Printers Pkwy (80910)

COLORADO SPRINGS POLICE DEPARTMENT ..............................(719) 444-7000
705 S Nevada Ave (80903)

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

FOUR MILE EMERGENCY SERVICES ........................................(719) 689-2745
8437 Teller Rd, Florissant, CO 80816

SHERIFFS OFFICE, EL PASO COUNTY .....................................(719) 520-7100
27 E Vermijo Ave (80903) ...............................................................(719) 390-5555

SHERIFF, PARK COUNTY ............................................................(719) 836-2494
1180 Park County Rd, Fairplay, CO 80440 .................................(719) 836-4122

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

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

UTE PASS REGIONAL EMS .......................................................(719) 687-2291
785 Redfeather Ln, Woodland Park, CO 80863

VICTOR POLICE DEPARTMENT ..................................................(719) 689-9313
500 Victor Ave, Victor, CO 80860

WOODLAND PARK POLICE DEPARTMENT ................................(719) 687-9262
911 Tamarac Pkwy, Woodland Park, CO 80863

**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

PPACG AAA Senior Information & Assistance Center (719-471-2096)
resources, free or low-cost advice or services, and 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.

<table>
<thead>
<tr>
<th>ABC LEGAL DOCS</th>
<th>(719) 591-0433</th>
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<tbody>
<tr>
<td>4164 Austin Bluffs Pkwy, #101 (80918)</td>
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<tr>
<td>Mobile notary service and do-it-yourself legal documents.</td>
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<tr>
<th>AMERICAN CIVIL LIBERTIES UNION (ACLU) CO</th>
<th>(303) 777-5482</th>
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<tr>
<td>300 E 17th Ave, # 350 Denver, CO 80202</td>
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<tr>
<th>CLERK/RECORDER, EL PASO COUNTY</th>
<th>(719) 520-6202</th>
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<tr>
<td>1675 W Garden of the Gods Rd (80907)</td>
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<tr>
<th>CLERK/RECORDER, PARK COUNTY-FAIRPLAY</th>
<th>(719) 836 4333</th>
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<tbody>
<tr>
<td>501 Main St, Fairplay, CO 80440</td>
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<tr>
<th>CLERK/RECORDER, TELLER COUNTY</th>
<th>(719) 689-2951</th>
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<tbody>
<tr>
<td>101 W Bennett Ave, Cripple Creek, CO 80813</td>
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<tr>
<th>COLORADO ADVANCE DIRECTIVES CONSORTIUM</th>
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<tr>
<td>Download forms to document health care decisions/treatment preferences.</td>
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<tr>
<td><a href="http://www.coloradoadvancedirectives.com">www.coloradoadvancedirectives.com</a></td>
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<tr>
<th>COLORADO CIVIL RIGHTS DIVISION</th>
<th>(800) 262-4845</th>
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<tr>
<td>1560 Broadway, Denver, CO 80202</td>
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<tr>
<td>(303) 894-2997</td>
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<th>COLORADO LEGAL SERVICES</th>
<th>(719) 471-0380</th>
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<tr>
<td>617 S Nevada Ave (80903)</td>
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<tr>
<td>(800) 395-2465</td>
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<tr>
<td>Free civil legal services to older adults 60+.</td>
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<tr>
<th>COMBINED COURT, EL PASO COUNTY</th>
<th>(719) 452-5000</th>
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<tbody>
<tr>
<td>270 S Tejon St (80903)</td>
<td></td>
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<tr>
<td>Civil, domestic, probate, criminal, traffic, juvenile and small claims matters.</td>
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<tr>
<th>DISABILITY LAW COLORADO</th>
<th>(800) 288-1376</th>
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<tbody>
<tr>
<td>455 Sherman St, Denver, CO 80203</td>
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<tr>
<td>(303) 722-0300</td>
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<tr>
<td>Protects the rights of people with disabilities and older adults.</td>
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<tr>
<th>DISTRICT ATTORNEY, PARK COUNTY</th>
<th>(719) 836-2080</th>
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<tr>
<td>300 Fourth St, Fairplay, CO 80440</td>
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<tr>
<th>DISTRICT ATTORNEY, TELLER COUNTY</th>
<th>(719) 520-7168</th>
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<tr>
<td>112 North A St, Cripple Creek, CO 80813</td>
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<tr>
<th>ECONOMIC CRIME DIVISION, EL PASO COUNTY</th>
<th>(719) 520-6000</th>
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<tbody>
<tr>
<td>105 E Vermijo Ave (80903)</td>
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<tr>
<td>(866) 398-0759</td>
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<tr>
<td>Investigates and prosecutes economic, business and consumer crime.</td>
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<tr>
<td>Bad Check Restitution Program.</td>
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<tr>
<th>MILITARY SERVICES</th>
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<tbody>
<tr>
<td>Information and resources for families, relocation, separation, retirement, financial, veterans benefits and benefit assistance, and hospital and medical clinics</td>
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<tr>
<th>PEAK MILITARY CARE NETWORK</th>
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<td>Online information and resource directory for service members, veterans &amp; their families.</td>
<td><a href="http://pikespeak.co.networkofcare.org/veterans">http://pikespeak.co.networkofcare.org/veterans</a></td>
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<tr>
<th>ACTIVE DUTY</th>
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<tr>
<td>AIR FORCE ACADEMY CLINIC</td>
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<tr>
<td>4102 Pinon Dr, US Air Force Academy, CO 80840</td>
</tr>
<tr>
<td>PPACG AAA Senior Information &amp; Assistance Center [719-471-2096]</td>
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</tbody>
</table>
ARMY COMMUNITY SERVICE (ACS) ..............................................(719) 622-3567
2190 Jet Wing Dr  (80916)
Provides services and programs for active-duty/retired military.

COLORADO INTEGRATED MILITARY SUPPORT NETWORK ......(719) 526-4590
6303 Wetzel Ave  (80913)

EVANS ARMY COMMUNITY HOSPITAL .................................(719) 526-7000
1650 Cochrane Cir, Fort Carson, CO  80913

THE HOME FRONT CARES ....................................................(HELPLINE) (719) 434-1501
1120 N Circle, #7  (80909) ......................................................(719) 434-1407
Provides support for military families impacted by deployment.

USAFA AIRMAN & FAMILY READINESS CENTER ..............(719) 333-3444
6248 W Pine Loop, USAF Academy, CO  80840

US ARMY JAG OFFICE ...............................................................(719) 526-5572
1633 Mekong St, Fort Carson, CO  80913.................................(719) 526-5573

WARRIOR SUPPORT CENTER ..................................................(719) 640-5445
1330 Quail Lake Loop  (80906)
Clinical counseling services for retired and active-duty military personnel and their family.

AMERICAN LEGION ...............................................................(719) 632-0960
15 E Platte Ave  (80903)
(VSO) Assists with filing VA claims.

COLORADO DIVISION OF VETERANS AFFAIRS .................(303) 284-6077
1355 S Colorado Blvd, Bldg C, #113, Denver, CO  80222

COLORADO SPRINGS VA OUTPATIENT CLINIC .................(719) 327-5660
3141 Centennial Blvd  (80907) ...............................................(800) 278-3883

COLORADO SPRINGS VETERANS CENTER .......................(719) 471-9992
602 S Nevada  (80903)
Individual and group counseling.

DISABLED AMERICAN VETERANS (DAV) .......................(719) 785-4164
660 Southpointe Ct  (80906)
(VSO) Assists with filing claims, free transport to Denver VA hospital.

GOLD STAR WIVES OF AMERICA ...........................................(888) 751-6350
PO Box 361986, Birmingham, AL  35236.................................(205) 823-1778
Support group for widow/widower/survivor child.

HOUSING FIRST PIKES PEAK(HOMEWARD PIKES PEAK).........(719) 375-8794
610 S Tejon St,  (80903)
Homeless veterans assistance.

THE INDEPENDENCE CENTER ...............................................(719) 471-8181
729 S Tejon St  (80903)
VIC-Veteran in Charge & Veterans-Directed Home & Community Based Services Program.

TRICARE FOR LIFE ....................................................................(866) 773-0404
1717 W Broadway, Madison, WI  53708
For military retirees age 65+ /disabled, who have Medicare Part A and B.

VA MEDICAL CENTER (VAMC) ..............................................(303) 399-8020
1055 Clermont St, Denver, CO  80220.....................................(888) 336-8262

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

VETERANS SERVICE OFFICE, EL PASO COUNTY ............(719) 686-5526
800 Research Dr,  #230, Woodland Park, CO  80863...............(719) 641-4804
Assists with filing claims.

VETERANS SERVICE OFFICE, TELLER COUNTY ...............(719) 333-3444
6248 W Pine Loop, USAF Academy, CO  80840

American Red Cross .............................................................(719) 622-3567
2190 Jet Wing Dr, Colorado Springs, CO  80916

ANGEL NETWORK, PENROSE CANCER CENTER ..........(719) 776-5548
2222 N Nevada Ave  (80907)
African American Women Nurturing and Giving Each Other Life Network.

ASIAN PACIFIC DEVELOPMENT CENTER .......................(719) 459-3947
3847 E Pikes Peak Ave  (80909)

CATHOLIC CHARITIES OF CENTRAL CO .......................(719) 636-2345
228 N Cascade Ave  (80903)
Immigration & Naturalization services with legal support.

CENTRO DE LA FAMILIA ......................................................(719) 227-9170
122 E Las Animas  (80903)
Services to the Hispanic/Latino populations.

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.

ASIAN PACIFIC DEVELOPMENT CENTER .......................(719) 459-3947
3847 E Pikes Peak Ave  (80909)

CATHOLIC CHARITIES OF CENTRAL CO .......................(719) 636-2345
228 N Cascade Ave  (80903)
Immigration & Naturalization services with legal support.

CENTRO DE LA FAMILIA ......................................................(719) 227-9170
122 E Las Animas  (80903)
Services to the Hispanic/Latino populations.
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.

A MATTER OF BALANCE AT THE YMCA.........................(719) 963-0988
207 N Nevada Ave (80903) .................................................(719) 329-7232
Fall prevention classes.

AARÇP DRIVERS SAFETY PROGRAM...............................(719) 495-5022
State-approved course for seniors who complete driver’s education course.

ALL ABOUT DIGNITY..............................................................(719) 459-2017
207 Crestmoor Dr (80906)
Instruction in non-medical personal-care skills for caregivers.

AMERICAN HEART ASSOC, PIKES PEAK AFFILIATE..............(719) 635-7688
1365 Garden of the Gods Rd, #100, (80907)
CPR classes.

AMERICAN RED CROSS.......................................................(719) 632-3563
1040 S 8th St (80905)
First Aid, CPR, accident prevention training

BEO TRAINING CENTER ...................................................(719) 385-0200
5055 Mark Dabling Blvd (80918)
Certified Nurse Aide Training Program and CPR Certification.

COMMUNITY DEVELOPMENT DIVISION, CITY OF CO SPGS.....(719) 385-5912
30 S Nevada, #604 (80903)
Lights and Locks for Seniors Program.

DIGNITY MEMORIAL.............................................................(719) 471-9900
501 N Cascade Ave (80903) .....................................................(719) 360-1064
Personal safety program for older adults.

DRIVE RIGHT ACADEMY....................................................(719) 282-9755
317 E Cache La Poudre St (80903)

FITNESS TO DRIVE, PENROSE-ST. FRANCIS.......................(719)776-5200
2222 N Nevada Ave (80907)

FOUNTAIN VALLEY SENIOR SERVICES..............................(719) 520-6470
5745 Southmoor Dr, Fountain, CO 80817.........................(719) 520-6456

MASTER DRIVE.................................................................(719) 260-0999
3280 E Woodmen Rd, #100 (80920)
A driver training program for seniors.
WILDFIRE MITIGATION PROGRAM (CSFD) ...........................................(719) 385-5950
375 Printers Pkwy  (80910)  
Chipping Program .................................................................(719) 385-7342

MEDICAL ALERT SYSTEMS

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

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

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

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.lifelineofco.org

MEDICALERT FOUNDATION INTERNATIONAL .......................(800) 432-5378
2323 Colorado Avenue, Turlock, CA 95382
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, Denver, CO 80203

AARP–NATIONAL .................................................................(888) 687-2277
601 E St NW, Washington, DC 20049

ASPEN MINE CENTER .......................................................(719) 689-3584 X118
166 E Bennett Ave, Cripple Creek, CO 80813

CALHAN SENIOR SERVICES ....................................................(719) 520-6472
366 10th St, Calhan, CO 80811

COLORADO SPRINGS SENIOR CENTER ...............................(719) 955-3400
1514 N Hancock Ave (80903)

FALCON SENIOR SERVICES ...............................................(719) 683-2769

FOUNTAIN VALLEY SENIOR SERVICES ..............................(719) 520-6470
5745 Southmoor Dr, Fountain, CO 80817

HEALTH ADVOCACY PARTNERSHIP (TRI-LAKES) .............(719) 757-1423
PO Box 2931, Monument, CO 80132
Programs, services, activities and support for seniors.

MOUNTAIN RESOURCE CENTER ...........................................(303) 838-7552
11030 Kitty Dr, Conifer, CO 80433

PARK COUNTY SENIOR COALITION ....................................(719) 836-4295
825 Clark St, Fairplay, CO 80440

PPACG AREA AGENCY ON AGING (PPACG AAA) ..........(719) 471-2096
14 S Chestnut St (80905)
Provides programs and services for older adults and their caregivers; advocates for senior services.

SENIOR INFORMATION & ASST CENTER (PPACG AAA) ......(719) 471-2096
14 S Chestnut St (80905)
Information and referral services for seniors.

SENIORS RESOURCE CENTER (THE YELLOW HOUSE) ..............(303) 679-2552
5120 Hwy 73, Evergreen, CO 80439

SILVER KEY SENIOR SERVICES ..............................................(719) 884-2300
1625 S Murray Blvd (80916)
Supportive and advocacy services.

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

SUBSTANCE ABUSE/BEHAVIORAL HEALTH

Over 22% 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

**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
308 10th St 80808
Cripple Creek (Aspen Mine Center) (855) 277-3678
166 E Bennett Ave 80813
Fairplay: (855) 277-3678
295 5th St 80440
Fountain: (719) 572-6100
350 Lyckman Dr 80817
Woodland Park: (855) 277-3678
18401 Hwy 24, #119 80863

**BRIDGE TO AWARENESS COUNSELING CENTER** (719) 347-1642
129 W Costilla St (80903) Outpatient treatment for alcoholism and drug abuse.

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

**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.

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

**HARBOR HOUSE CLINIC** (719) 473-5557
606 S Tejon St (80903) Housing and treatment for substance abuse addictions of the homeless, along with recovery groups.

**JOURNEYS COUNSELING CENTER** (719) 687-6927
320 Burdette St, Woodland Park, CO 80863

**MOUNTAIN FAMILY CENTERS** (719) 837-2000
760 Bogue St, Fairplay, CO 80440

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

**NATIONAL SUICIDE PREVENTION LIFELINE** (800) 273-8255
(719) 564-6642

**NEW LIFE CHURCH DREAM CENTER** (719) 388-1594
4360 Montebello Dr (80918)

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

**PEAK VISTA COMMUNITY HEALTH CENTERS** (719) 632-5700
3205 N Academy Blvd, #130 (80917)

**PURA VIDA COUNSELING** (719) 839-0839
295 5th St, Fairplay, CO 80440

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

**SALVATION ARMY FAMILY SERVICES** (719) 636-3891
908 Yuma St (80909)

**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

**SILVER KEY SOS** (719) 884-2345
El Paso and Teller counties

**SPRINGS RESCUE MISSION** (719) 632-1822
15 E Las Vegas St (80903)

**SUICIDE PREVENTION PARTNERSHIP** (719) 573-7447
704 N Tejon St (80903) (888) 885-1222

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

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

**ALCOHOLICS ANONYMOUS OF COLORADO SPRINGS** ................(719) 573-5020
1353 S 8th St, #209 (80905)

**ALS ASSOCIATION, ROCKY MOUNTAIN CHAPTER** ..............(866) 257-3211
10855 Dover St, #500, Westminster, CO 80021
Local support group........................................................................(719) 481-1906

**ALZHEIMERS AND DEMENTIA SUPPORT GROUPS** ...............(719) 266-8773
2315 Bott Ave (80904) ..................................................................(800) 272-3900

**AMERICAN CANCER SOCIETY** .................................................(800) 227-2345
1445 N Union Blvd, #B100 (80909)

**AMERICAN DIABETES ASSOCIATION** ........................................(800) 342-2383
2451 Crystal Dr, #900, Alexandria, VA 22202

**AMERICAN LUNG ASSOCIATION IN COLORADO** .................(800) 586-4872
5600 Greenwood Plaza Blvd, Greenwood Village, CO 80111
(303) 388-4327

**ARTHRITIS FOUNDATION, ROCKY MOUNTAIN CHAPTER** ......(303) 756-8622
2280 S Albion St, Denver, CO 80222

**CENTRO DE LA FAMILIA** ..........................................................(719) 227-9170
122 E Las Animas St (80903)
Provides an array of services to the Hispanic/Latino populations.

**CEREBRAL PALSY ASSOCIATION OF COLORADO SPRINGS** ....(719) 638-0808
1322 N Academy Blvd, #115 (80909)

**COLORADO PARKINSON FOUNDATION** .....................................(719) 884-0103
1155 Kelly Johnson Blvd, #111 (80920)

**DIABETES SUPPORT GROUP** .....................................................(719) 884-6145
219 E Bijou St (80903) .................................................................(719) 287-6925
Located at First Presbyterian Church.

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

**FAMILY CAREGIVER SUPPORT CENTER, PPACG AAA** ......(719) 471-2096 X115
14 S Chestnut St (80905) ...............................................................(719) 886-7526

**GRANDPARENTS RAISING GRDKIDS SUPPORT GROUP** ......(719) 578-8007
219 E Bijou St (80903) .................................................................(719) 884-6145
Located at First Presbyterian Church.

**GRIEF SHARE, WOODMEN VALLEY CHAPEL** ......................(719) 599-8652
290 E Woodmen Rd (80919) ........................................................(719) 388-4974

**GRIEF WORKSHOP** .................................................................(719) 884-6145
219 E Bijou St (80903)
Located at First Presbyterian Church.

**INN-SIGHT LOW VISION SUPPORT GROUP** .........................(719) 591-0862
2520 International Cir (80910)

**MENDING BROKEN HEARTS DIVORCE SUPPORT** ...............(719) 884-6145
219 E Bijou St (80903)
Located at First Presbyterian Church.

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

**MULTIPLE SCLEROSIS ALLIANCE** .............................................(719) 633-4603
1322 N Academy Blvd, #119 (80909)

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**PEAK VIEW BEHAVIORAL HEALTH**

Helping Families put their lives back together one piece at a time

- Hospital Services
- Family Therapy
- Medication Management
- Treatment Planning
- Group Therapy
- Leisure Time Activities
- Snacks
- Free Evaluations
- Accepts Medicare, Medicaid, Tricare, and most commercial insurance

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**UNIVERSITY OF COLORADO COLORAD SPRINGS**

HealthCircle
Aging Center

[uccs.edu/agingcenter](http://uccs.edu/agingcenter)

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**Therapy, assessment, consultation, and caregiver support. Now accepting Medicare.**

4863 N. Nevada Ave., #321

(719) 255-8002

[uccs.edu/agingcenter](http://uccs.edu/agingcenter)
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.

AMBLICAB PARATRANSPORT SERVICE ..........(719) 633-4677
1352 N Academy Blvd (80918)
For people with an ADA disability transportation certificate.

AMERICAN MEDICAL RESPONSE .................(719) 636-2333
2370 N Powers Blvd (80915) ..........(719) 597-1277

APSPIN MINE CENTER ............................................(719) 689-3584 X118
166 E Bennett Ave, Cripple Creek, CO 80813
Medicaid transport only.

BEO MOBILITY .......................................................(719) 362-8000
5055 Mark Dabling Blvd (80918)
Non-medical transportation.

CALHAN SENIOR SERVICE .........................(719) 520-6472
366 10th St, Calhan, CO 80808 ..........(719) 347-2221
Provides transportation into Colorado Springs.

CAREFUL WHEELS TRANSPORTATION ........(303) 668-7546
PO Box 391, Eastlake, CO 80614
Will transport from Colorado Springs to Denver and back only.

COACH HOME CARE AND TRANSPORT ..........(719) 391-4444
1900 E Pikes Peak Ave, #2 (80909)
Provides wheelchair transportation and non medical Medicaid transportation.

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+ who live in southern and eastern El Paso County.

MED COACH .......................................................(800) 247-3671
12075 A 34th St N, St. Petersburg, FL 33716
Provides nationwide, long-distance, non-emergency patient transfers.

MOUNTAIN COMMUNITY TRANSPORTATION ......(719) 488-0076
PO Box 502, Palmer Lake, CO 80133
Available to those 60+ in Tri-Lakes/northwest El Paso County only.

MOUNTAIN METRO MOBILITY .......................(719) 392-2396
1015 Transit Dr (80903)
Special vans for disabled people who are unable to use fixed transit services.

MOUNTAIN METRO RIDES ...................................(719) 385-7433
1015 Transit Dr (80903)
Coordination of carpools.

MOUNTAIN METRO TRANSIT PUBLIC BUS SYSTEM ..(719) 385-7433
Schedules and passes. ........................................www.mmtransit.com

ONE RIDE .........................................................(719) 663-7433 (RIDE)
“One Call Does It All” transportation connection for the Pikes Peak region.

ROUNDTIP TRANSPORT AND MOBILITY SERVICE ..........(719) 235-1798
Non-Emergency Wheelchair Transport Service.

PARK COUNTY SENIOR COALITION ..........(719) 836-4295
825 Clark St, Fairplay, CO 80440

PERFORMANCE MOBILITY .................................(719) 590-1400
6285 Corporate Dr (80919)
Builds, sells, services and rents custom vans or minivans.

ROCKY MOUNTAIN MOBILE MEDICAL ............(719) 362-8000
5055 Mark Dabling Blvd (80918)
Medical transport services to El Paso and Pueblo counties.

SILVER KEY SENIOR SERVICES ..........(719) 884-2380
1625 S Murray Blvd (80916)

SUNRISE LTD ......................................................(719) 301-9191
953 Sully Ct (80920)
Non Emergency Medical Transportation for Medicaid Only
TELLER CAB ............................................................................(719) 687-8222
PO Box 2083, Woodland Park, CO 80866

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

TRANSIT RIDERS SENIOR AMBASSADOR ........................................(719) 385-7433
Mountain Metropolitan Transit one-on-one training for new public bus riders 60+ of age.

TRANSPORTATION SECURITY ADMINISTRATION (TSA) .................(855) 787-2227
Provides information for passengers with disabilities/medical conditions before flying.

WHEELCHAIR GETAWAYS OF COLORADO ........................................(303) 674-1498
PO Box 621429, Littleton, CO 80162 ...........................................................(800) 238-6920
Rental of wheelchair- and scooter-accessible vans.

YELLOW CAB OF COLORADO SPRINGS .................................................(719) 777-7777
4625 Town Center Dr (80916) .................................................................(719) 550-9300

PO Box 2083, Woodland Park, CO 80866

TELLER CAB ............................................................................(719) 687-8222
PO Box 2083, Woodland Park, CO 80866

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

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YELLOW CAB OF COLORADO SPRINGS .................................................(719) 777-7777
4625 Town Center Dr (80916) .................................................................(719) 550-9300

We can help you find transportation options to get you where you want to go.

Call 663-RIDE (7433)

ONE RIDE
One call does it all!

※ coordinates ride services with local nonprofit transportation providers.
※ provides customers with information on transportation services in their area.
※ provides transportation options counseling.

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

We help residents of long-term care facilities obtain the appropriate legal, social, recreational, physical, and emotional services they are entitled to.

To report a problem or concern in an assisted living residence or nursing home facility, call:
719-471-2096 (ask for an Ombudsman)

The Pikes Peak Area Council of Governments Area Agency on Aging
Ombudsman Program

Non-Emergency Wheelchair Transportation to Clinics, Hospitals, and Outpatient Surgical Centers.
Adaptive, Personal Assistance for Special Needs.
Affordable Transportation to DENVER Facilities.

MICHAEL SAUSER RN – Insured Owner & Advocate.
CALL OR TEXT: (719) 235-1798

GET AROUND!

We can help you find transportation options to get you where you want to go.

Contact the Area Agency on Aging to learn about how you can get around!
719-471-2096

ROUNDTRIP TRANSPORT & MOBILITY SERVICE

PPACG AAA Senior Information & Assistance Center [719-471-2096]
### 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.

<table>
<thead>
<tr>
<th>Agency Name</th>
<th>Address</th>
<th>Phone</th>
<th>24/7 Intakes</th>
<th>24-Hour Care</th>
<th>Mental Health Services</th>
<th>Rehab Therapy</th>
<th>Medicare Certified</th>
<th>Medicaid Certified</th>
<th>VA Certified</th>
<th>HCBS Certified</th>
<th>Accepts Other Insurance</th>
<th>Accepts Private Pay</th>
<th>Serves El Paso Co</th>
<th>Serves Teller Co</th>
<th>Serves Park Co</th>
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<tbody>
<tr>
<td>ABODE HOME HEALTH</td>
<td>1980 Dominion Way, #101 80918</td>
<td>(719) 358-6604</td>
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<td>AMAZING CARE HOME HEALTH</td>
<td>5755 Mark Dabling Blvd, #120 80919</td>
<td>(719) 219-0691</td>
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<td>ANGELS CARE HOME HEALTH</td>
<td>2500 N Circle Dr, #201 80909</td>
<td>(719) 598-3838</td>
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<td>ARMS OF AN ANGEL HOME HEALTH</td>
<td>835 E Platte Ave, #1 80903</td>
<td>(719) 645-8888</td>
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<td>AT HOME HEALTH CARE</td>
<td>75 Printers Parkway #105 80910</td>
<td>(719) 227-8753</td>
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<td>BENEFIT HOME HEALTH CARE</td>
<td>5426 N Academy Blvd, #200 80918</td>
<td>(719) 532-1100</td>
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<tr>
<td>BRIDGES COMMUNITY HOME CARE</td>
<td>2950 Professional Pl, #201 80904</td>
<td>(719) 596-5001</td>
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<td>BROOKDALE HOME HEALTH</td>
<td>5600 Quebec St, #300A, Denver 80111</td>
<td>(877) 312-6614</td>
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<td>CENTURA HEALTH AT HOME</td>
<td>7015 Tall Oak Dr 80919</td>
<td>(719) 776-7500</td>
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<td>COMPLETE HOME HEALTH CARE</td>
<td>3225 Austin Bluffs Pkwy, #200 80918</td>
<td>(719) 599-7902</td>
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<td>ENCOMPASS HOME HEALTH</td>
<td>910 Pinon Ranch View, #211 80907</td>
<td>(719) 265-6931</td>
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<td>FIRST CLASS HOME CARE</td>
<td>6165 Lehman Drive #102 80918</td>
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### 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.

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<th>Name</th>
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<th>24 HR/2 DAY INTAKES</th>
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<td>HUMAN TOUCH HOME HEALTH</td>
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<td>INDEPENDENCE CENTER, THE</td>
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<td>INTERIM HEALTHCARE OF S.E. COLORADO</td>
<td>1901 N Union Blvd, #202 80909</td>
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<td>KINDRED AT HOME</td>
<td>5755 Mark Dabling Blvd, #325 80919</td>
<td>(719) 531-9585</td>
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<td>MAXIM HEALTHCARE SERVICES</td>
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<td>MGA HOME HEALTHCARE</td>
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<td>(719) 476-0200</td>
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<td>MT EVANS HOME HEALTH CARE &amp; HOSPICE</td>
<td>3081 Bergen Peak Dr 80439</td>
<td>(303) 674-6400</td>
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<td>NURSECORE</td>
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<td>NURSE NEXT DOOR</td>
<td>2606 Palmer Park 80909</td>
<td>(719) 368-1695</td>
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<td>OPTIMAL HOME CARE</td>
<td>4380 S Syracuse, #600, Denver 80237</td>
<td>(719) 452-8457</td>
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<td>PRIMARY HOME HEALTH CARE</td>
<td>1120 N Circle Dr, #15 80909</td>
<td>(719) 577-4272</td>
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<td>PROFESSIONAL HOME HEALTH CARE</td>
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<td>(719) 532-0373</td>
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</table>
**MEDICAL HOME HEALTH AGENCIES**

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<table>
<thead>
<tr>
<th>Agency Name</th>
<th>Address/Contact Details</th>
<th>Services Provided</th>
<th>Insurance Acceptance</th>
<th>Location Served</th>
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<tbody>
<tr>
<td>PROSPECT HOME CARE &amp; HOSPICE</td>
<td>16222 W Hwy 24, #120 Woodland Park 80863 (719) 687-0549</td>
<td>• Therapy services provided by Physical Therapists, Occupational Therapists and Speech-Language Therapists</td>
<td>• Medicare/Medicaid certified</td>
<td>El Paseo CO</td>
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<tr>
<td>ROCKY MOUNTAIN PACE</td>
<td>2502 E Pikes Peak (719) 314-2327</td>
<td>108</td>
<td>* Medicare/Medicaid certified</td>
<td>El Paseo CO</td>
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<td>SUMMIT HOME HEALTH CARE</td>
<td>8011 Ferncliff Drive 80920 (719) 533-0084</td>
<td>* Medicare/Medicaid certified</td>
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<td>El Paseo CO</td>
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<tr>
<td>TEAM SELECT HOME CARE</td>
<td>1125 Kelly Johnson Blvd, #130 80920 (719)277-6647</td>
<td>* Medicare/Medicaid certified</td>
<td>* Medicare/Medicaid certified</td>
<td>El Paseo CO</td>
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<tr>
<td>VOYAGER HOME HEALTH CARE</td>
<td>8011 Ferncliff Drive 80920 (719) 722-4516</td>
<td>* Medicare/Medicaid certified</td>
<td>* Medicare/Medicaid certified</td>
<td>El Paseo CO</td>
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- Pet Care & Light Gardening
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  - Stroke/Heart
  - Dementia
  - Respite Care
  - Diabetes
  - Sitters
  - Post-Surgery
  - Hospice Support

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AREA AGENCY ON AGING

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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.

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<th>Agency Name</th>
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<th>Bathing, Dressing</th>
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<th>Companionship</th>
<th>Personal Transportation</th>
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<th>Also Does Medical Home Health</th>
<th>Medicaid / HCBS Certified</th>
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<td>AC HOME HEALTH CARE</td>
<td>5971 Omaha St 80917</td>
<td>(719) 590-9510</td>
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<td>ALL CARE AT HOME</td>
<td>2176 Bent Tree Lane, Fountain 80817</td>
<td>(719) 494-3766</td>
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<td>2930 Austin Bluffs Pkwy #305 80918</td>
<td>(719) 418-5567</td>
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<td>AMADA SENIOR CARE</td>
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<td>(719) 377-9120</td>
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<td>AMBLICAB HOME SERVICES</td>
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<td>(719) 205-9027</td>
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<td>(719) 385-0200</td>
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<td>3730 Sinton Rd, #200 80907</td>
<td>(719) 264-8800</td>
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<td>COACH HOMECARE AND TRANSPORT</td>
<td>1900 E Pikes Peak #4 80909</td>
<td>(719) 391-4444</td>
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<td>COLORADO CAREASSIST</td>
<td>1641 Gold Peak Court 80921</td>
<td>(719) 428-3999</td>
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<td>COMFORT KEEPERS</td>
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**NON-MEDICAL HOME CARE AGENCIES**

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<table>
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<tr>
<th>Agency Name</th>
<th>Address</th>
<th>Phone</th>
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<td>FIRSTLIGHT HOME CARE</td>
<td>4445 Northpark Dr, #100 80907</td>
<td>(719) 424-5345</td>
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<tr>
<td>FRONTIER HOME HEALTH CARE</td>
<td>4718 N Elizabeth, #A Pueblo 81008</td>
<td>(719) 544-5891</td>
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<td>GENTLE SHEPHERD HOME CARE</td>
<td>1880 Office Club Pointe 80920</td>
<td>(719) 359-8371</td>
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<td>GOLDEN HEART SENIOR CARE</td>
<td>5590 W Maplewood Pl, Littleton 80123</td>
<td>(303) 835-3423</td>
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<td>GOODLIFE SENIOR CARE</td>
<td>6455 N Union Blvd, #100-C 80918</td>
<td>(719) 266-4799</td>
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<td>GRISWOLD HOME CARE</td>
<td>14960 Woodcarver Rd, #122 80918</td>
<td>(719) 418-5908</td>
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<td>HEARTFELT CARE AT HOME</td>
<td>1755 Telstar Drive 80920</td>
<td>(719) 362-0094</td>
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<td>HOME CARE ASSISTANCE OF EL PASO CO</td>
<td>13395 Voyager, Pkwy #120 80921</td>
<td>(719) 822-1229</td>
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<td>HOME HELPERS OF COLORADO SPRINGS</td>
<td>3472 Research Pkwy, #104-202 80920</td>
<td>(719) 487-9919</td>
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<td>HOME INSTEAD SENIOR CARE</td>
<td>1955 N Union Blvd 80909</td>
<td>(719) 534-0908</td>
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<td>INNOVAGE HOME CARE</td>
<td>401 W Northern Ave, Pueblo 81004</td>
<td>(719) 553-0478</td>
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<td>KIND HEART HOME HEALTH CARE</td>
<td>6170 Lehman Dr 80918</td>
<td>(719) 622-1708</td>
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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, SERVICES EL PASO COUNTY, SERVICES TELLER COUNTY, SERVICES PARK COUNTY.
# 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.

<table>
<thead>
<tr>
<th>AGENCY NAME</th>
<th>Address</th>
<th>Phone Number</th>
<th>No-Hourly Minimum</th>
<th>24 HR/7 Day Intakes</th>
<th>24-Hour Care</th>
<th>Personal Care, Bathing, Dressing</th>
<th>Homemaking</th>
<th>Companionship</th>
<th>Personal Transportation</th>
<th>Errands</th>
<th>Also Does Medical Home Health</th>
<th>Medicaid / HCBS Certified</th>
<th>Serves El Paso County</th>
<th>Serves Teller County</th>
<th>Serves Park County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mountain Home Care</td>
<td>2220 E Bijou St, #203</td>
<td>(719) 634-7766</td>
<td>✔</td>
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<tr>
<td>Mountain View Home Care</td>
<td>3724 West Quiet Circle</td>
<td>(719) 452-0151</td>
<td>✔</td>
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<tr>
<td>Preferred Care at Home</td>
<td>PO Box 62968 80962</td>
<td>(719) 476-0130</td>
<td>✔</td>
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<tr>
<td>Premier Home Care</td>
<td>301 Highway 24 N, Buena Visa 81211</td>
<td>(719) 395-3124</td>
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<td>Right at Home Senior Care</td>
<td>1902 E Boulder St 80909</td>
<td>(719) 634-4999</td>
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<tr>
<td>Sages Elder Care</td>
<td>6584 Bull Hill Ct 80919</td>
<td>(719) 393-3580</td>
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<tr>
<td>Seniors Helping Seniors</td>
<td>17030 Viscount Court Monument 80132</td>
<td>(719) 629-7725</td>
<td>✔</td>
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<tr>
<td>Star Senior Care</td>
<td>4355 Valencia Cir 80917</td>
<td>(719) 210-5033</td>
<td>✔</td>
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<td>✔</td>
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<tr>
<td>Statewide Health Care</td>
<td>2130 S Academy Blvd 80916</td>
<td>(719) 434-1513</td>
<td>✔</td>
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<tr>
<td>Synergy Home Care</td>
<td>5376 Tomah Dr #204 80918</td>
<td>(719) 203-5848</td>
<td>✔</td>
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<tr>
<td>Touch of Care</td>
<td>50 W Hwy 50, #123, Salida 81201</td>
<td>(719) 539-4090</td>
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<tr>
<td>Umbrella Home Health Care</td>
<td>25 N Wahsatch Ave, #203A 80903</td>
<td>(719) 473-6599</td>
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<tr>
<td>Visiting Angels Living Assist. Services</td>
<td>3720 Sinton Rd, #202 80907</td>
<td>(719) 282-0180</td>
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<tr>
<td>Your Life Your Way Home Care</td>
<td>1460 Garden of the Gods Rd 80907</td>
<td>(719) 381-9468</td>
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</table>
Care and support for each step you choose

Every day can be challenging when you or someone you love is coping with a life-limiting illness.

Pikes Peak Hospice & Palliative Care helps patients and families find comfort, dignity and fulfillment at one of the most important times of life. We provide specialized medical care and practical support to holistically address your physical, emotional and spiritual needs.

For 37 years we’ve offered a different kind of healing – the kind that is based on hope: that your wishes will be honored and your life lived to the fullest.

Call us 24/7 to ask questions. We’ll help you make informed choices about your care.

719.633.3400
pikespeakhospice.org

A Community Nonprofit Organization Serving the Pikes Peak Region since 1980.

• PALLIATIVE CARE • HOSPICE • GRIEF SUPPORT

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 PPACG Area Agency on Aging. Call us today for free information about services and programs for caregivers and their loved ones:

719-886-7526
or visit www.ppacg.org and click on “Aging.”
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.

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Medicaid Certified</th>
<th>El Paso CO</th>
<th>Teller CO</th>
<th>Park CO</th>
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<tbody>
<tr>
<td>ABODE HOSPICE</td>
<td>1980 Dominion Way, #101 80918</td>
<td>(719) 358-6428</td>
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<tr>
<td>BROOKDALE HOSPICE</td>
<td>7222 Commerce Center Drive, #140 80919</td>
<td>(719) 268-2582</td>
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<tr>
<td>COMPASSUS HOSPICE &amp; PALLIATIVE CARE</td>
<td>1115 Elton Dr, #301 80907</td>
<td>(719) 226-0091</td>
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<tr>
<td>FRONTIER HOSPICE</td>
<td>4718 N Elizabeth Street, Pueblo</td>
<td>(877) 544-5891</td>
<td></td>
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<tr>
<td>INTERIM HEALTHCARE HOSPICE</td>
<td>1901 N Union Blvd, #105 80909</td>
<td>(719) 314-4868</td>
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<tr>
<td>KINDRED HOSPICE</td>
<td>5755 Mark Dabling Blvd #375 80909</td>
<td>(719) 573-4166</td>
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<tr>
<td>MT EVANS HOME HEALTH CARE &amp; HOSPICE</td>
<td>3081 Bergen Peak Dr, Evergreen 80439</td>
<td>(303) 674-6400</td>
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<tr>
<td>NEW CENTURY HOSPICE</td>
<td>6270 Lehman Dr, #100 80918</td>
<td>(719) 330-6652</td>
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<tr>
<td>PIKES PEAK HOSPICE &amp; PALLIATIVE CARE</td>
<td>2550 Tenderfoot Hill St 80906 parties</td>
<td>(719) 633-3400</td>
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<tr>
<td>PROSPECT HOME CARE &amp; HOSPICE</td>
<td>16222 W Hwy 24 #120 Woodland Park 80863</td>
<td>(719) 687-0549</td>
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<tr>
<td>SUNCREST HOSPICE</td>
<td>7660 Goddard St #100 80920</td>
<td>(719) 434-1773</td>
<td></td>
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<tr>
<td>VERACARE HOSPICE</td>
<td>5525 Erindale Drive #120 80918</td>
<td>(719) 419-5595</td>
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</table>
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.

<table>
<thead>
<tr>
<th>Level of Care Profile</th>
<th>Independent Living</th>
<th>Retirement Community</th>
<th>Assisted Living</th>
<th>Nursing Facility</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Profile</strong></td>
<td>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.</td>
<td>Provides a living arrangement which integrates shelter and some services for older persons who do not need 24 hour protective oversight.</td>
<td>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.</td>
<td>Provides a living arrangement which integrates shelter with medical, nursing, psychosocial and rehabilitation services for older persons who require 24 hour nursing supervision.</td>
</tr>
<tr>
<td><strong>Primary Services</strong></td>
<td><strong>A</strong>&lt;br&gt;- Age-segregated buildings&lt;br&gt;- Environmental security&lt;br&gt;- Possible coordination of resident services, i.e., transportation, activities, housekeeping, etc.&lt;br&gt;- OR no services are available</td>
<td><strong>B</strong>&lt;br&gt;- &quot;A&quot; services, plus:&lt;br&gt;- Meals (1-3 per day)&lt;br&gt;- Transportation&lt;br&gt;- Activities&lt;br&gt;- Housekeeping assistance&lt;br&gt;- Assistance with coordination of community-based services</td>
<td><strong>C</strong>&lt;br&gt;- &quot;A &amp; B&quot; services, plus:&lt;br&gt;- Assistance with activities of daily living&lt;br&gt;- Medication monitoring&lt;br&gt;- 24-hour protective oversight&lt;br&gt;- LPN/RN &amp; social services are increasingly becoming available&lt;br&gt;- Secure (dementia) environments may be available</td>
<td><strong>D</strong>&lt;br&gt;- &quot;A, B &amp; C&quot; services, plus:&lt;br&gt;- all medication administration&lt;br&gt;- 24-hour nursing supervision&lt;br&gt;- Secure environments (dementia) may be available&lt;br&gt;- Physical therapies &amp; rehabilitation services</td>
</tr>
</tbody>
</table>

**RESIDENTIAL FUNCTIONAL ASSESSMENT CRITERIA**

<table>
<thead>
<tr>
<th>Mobility</th>
<th>Independent Living</th>
<th>Retirement Community</th>
<th>Assisted Living</th>
<th>Nursing Facility</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mobility</strong></td>
<td>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.</td>
<td>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.</td>
<td>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.</td>
<td>May require assistance with transfers from bed, chair, toilet OR requires transfer and transport assistance OR requires turning and positioning in bed and wheelchair.</td>
</tr>
<tr>
<td></td>
<td>Independent Living</td>
<td>Retirement Community</td>
<td>Assisted Living</td>
<td>Nursing Facility</td>
</tr>
<tr>
<td>------------------</td>
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</tr>
<tr>
<td><strong>Nutrition</strong></td>
<td>Able to prepare own meals. Eats meals without assistance.</td>
<td>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.</td>
<td>All meals &amp; 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.</td>
<td>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).</td>
</tr>
<tr>
<td><strong>Hygiene</strong></td>
<td>Independent in all care including bathing and personal laundry.</td>
<td>Independent in all personal care including bathing and personal laundry.</td>
<td>May require assistance with bathing or hygiene OR may require assistance, initiation, structure or reminders. Resident may be able to complete some tasks</td>
<td>May be dependent on staff for all personal hygiene.</td>
</tr>
<tr>
<td><strong>Housekeeping</strong></td>
<td>Independent in performing housekeeping functions (includes making bed, vacuuming, cleaning and laundry).</td>
<td>Independent in performing housekeeping functions (includes making bed, vacuuming, cleaning and laundry) OR may need assistance with heavy housekeeping, vacuuming, laundry and linens.</td>
<td>Housekeeping and laundry services provided.</td>
<td>Housekeeping and laundry services provided.</td>
</tr>
<tr>
<td><strong>Dressing</strong></td>
<td>Independent and dresses appropriately.</td>
<td>Independent and dresses appropriately.</td>
<td>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.</td>
<td>May be dependent on staff for dressing.</td>
</tr>
<tr>
<td><strong>Toileting</strong></td>
<td>Independent and completely continent.</td>
<td>Independent and completely continent OR may have incontinence, colostomy or catheter, but independent in caring for self through proper use of supplies.</td>
<td>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.</td>
<td>May have problem with incontinence, colostomy, catheter and requires assistance OR may be dependent and unable to communicate toileting needs.</td>
</tr>
<tr>
<td><strong>Medications</strong></td>
<td>Responsible for self administration of all medications.</td>
<td>Responsible for self administration of all medications OR may arrange for family or home health agency to establish a medication administration system.</td>
<td>May be able to self-administer medications OR certified facility staff administer meds OR facility staffed by RN/LPN administer medications.</td>
<td>Medications administered by licensed or certified personnel.</td>
</tr>
</tbody>
</table>
### 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 around, 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 ultra 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?

<table>
<thead>
<tr>
<th>Mental Status</th>
<th>Independent Living</th>
<th>Retirement Community</th>
<th>Assisted Living</th>
<th>Nursing Facility</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td>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.</td>
<td>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.</td>
<td>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.</td>
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</table>

<table>
<thead>
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<th>Behavioral Status</th>
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<th>Retirement Community</th>
<th>Assisted Living</th>
<th>Nursing Facility</th>
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</thead>
<tbody>
<tr>
<td>Deals appropriately with emotions and uses available resources to cope with inner stress AND deals appropriately with other residents and staff.</td>
<td>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.</td>
<td>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.</td>
<td>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.</td>
<td></td>
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</table>
### 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.

<table>
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<th>SENIOR APARTMENTS</th>
<th>SEE AD ON PAGE</th>
<th># OF UNITS</th>
<th>AFFORDABLE/SUBSIDIZED</th>
<th>UTILITIES PAID</th>
<th>ON-SITE MEAL</th>
<th>LAUNDRY FACILITIES</th>
<th>GROUND LEVEL OR ELEVATORS</th>
<th>PETS ACCEPTED</th>
<th>WITHIN 3/4 MILE OF BUS ROUTE</th>
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<td><strong>ARCADIA PLAZA APARTMENTS</strong></td>
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<td>3128 N Arcadia St 80907</td>
<td>(719) 632-5738</td>
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<td>1912 Eastlake Blvd 80910</td>
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### 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.

<table>
<thead>
<tr>
<th>SENIOR APARTMENTS</th>
<th>SEE AD ON PAGE</th>
<th>#OF UNITS</th>
<th>AFFORDABLE/ SUBSIDIZED</th>
<th>UTILITIES PAID</th>
<th>ON-SITE MEAL</th>
<th>LAUNDRY FACILITIES</th>
<th>GROUND LEVEL OR ELEVATORS</th>
<th>PETS ACCEPTED</th>
<th>WITHIN 3/4 MILE OF BUS ROUTE</th>
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<tr>
<td>REGENCY TOWER APARTMENT HOMES</td>
<td>921 Greenstar Dr 80905</td>
<td>(719) 633-2121</td>
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<td>SIGNATURE AT PROMONTORY POINTE 50+</td>
<td>380 N Limit St 80904</td>
<td>(719) 635-2240</td>
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<td>VILLAGE AT HOMewood POINT, THE</td>
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<td>(719) 630-2260</td>
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<td>VILLAGE AT THE BLUFFS</td>
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<td>VILLAS AT SOUTHGATE</td>
<td>1810 S Corona Ave 80905</td>
<td>(719) 632-7444</td>
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*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.
Deluxe Retirement Living

... casual elegance with a personal touch for today’s independent senior
Third Generation Family Owned & Operated

- Studio, 1 & 2 bedroom apartment with full kitchen
- Most apartments with private patios
- On-Site Manager
- Weekly light housekeeping
- Courtesy transportation
- Concierge services
- Social Director
- Washer/Dryer in each apartment
- 2 meals daily (breakfast only on Sunday)
- Studios start at $1350 per month

Come see what you are missing!
We comply with the Fair Housing Act

WINDSONG
719-590-9311
5560 Library Lane
Colorado Springs, CO 80918
Adjacent to the East Library & George Fellows Park
www.WindsongLiving.com

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.

<table>
<thead>
<tr>
<th>Community</th>
<th>Address</th>
<th>Phone</th>
<th># of Units</th>
<th>Meals per Day</th>
<th>Emergency Call System</th>
<th>24-Hour Staff</th>
<th>Transportation</th>
<th>Pets OK</th>
<th>Non-Smoking</th>
<th>Housekeeping</th>
<th>Activity Program</th>
<th>Pool/Fitness Center</th>
<th>Floor Plans</th>
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<td>BONAVENTURE OF COLORADO SPRINGS</td>
<td>9112 Grand Cordera Pkwy 80924</td>
<td>(719) 434-5230</td>
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<td>BROOKDALE SKYLINE</td>
<td>2365 Patriot Heights 80904</td>
<td>(719) 667-5360</td>
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<td>CHEYENNE PLACE</td>
<td>945 Tenderfoot Rd 80906</td>
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<td>INN AT GARDEN PLAZA, THE</td>
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<td>LIBERTY HEIGHTS RETIREMENT COMMUNITY</td>
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<td>MEDALION RETIREMENT COMMUNITY</td>
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<td>MYRON STRATTON HOME</td>
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<td>PALISADES AT BROADMOOR PARK</td>
<td>4547 Palisades Park View 80906</td>
<td>(719) 226-2229</td>
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<td>SUMMIT GLEN RETIREMENT LIVING</td>
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<td>VIEWPOINTE SENIOR RETIREMENT LIVING COMMUNITY</td>
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Unique Care for Unique People

Innovative care for aging individuals

The innovative Program of All-inclusive Care for the Elderly (PACE) helps you take care of aging loved ones by providing and coordinating home and health care services. Transportation is included as well as easy access to doctors, nurses and the kind of therapies needed to keep elderly individuals safe and comfortable in their own homes and communities.

And out of a nursing home.

**Rocky Mountain PACE**

Call us – We can help. | CALL (719) 314-2327
rmhcare.org | It is 100% covered by Medicare & Medicaid

There are no hidden costs or co-payments for any Rocky Mountain PACE services. Once a person enrolls in Rocky Mountain PACE, all services are provided through Rocky Mountain PACE. The participant or family must pay for any resources used from outside the services system.

We provide:
- Primary and Specialty Medical Care
- Physical and Occupational Therapies
- Adult Day/Health Center
- In-home Support and Care
- Hospitalization and Emergency Services
- Social Work Services
- Transportation
- Prescriptions

The Program of All-inclusive Care for the Elderly (PACE) is a non-profit organization.

---

**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

---

**Teller county’s premier destination for post-hospital recovery, skilled nursing and memory care. Conveniently located in Woodland Park, Forest Ridge features private resident accommodations, intimate dining spaces, outstanding hospitality and clinical services within a picturesque mountain setting.**

Forest Ridge offers multiple levels of care:
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**QUALITY CONTINUUM-OF-CARE SERVICES**

Have peace of mind knowing our campus can provide the right health care in an environment that’s perfect for each stage of life. From carefree retirement living and assisted living, to short-term physical therapy, post-hospital care, and long-term care, we have a unique plan to meet every family’s needs.

Call us today to schedule a tour, and experience our deluxe senior care services for yourself.

---

**PPACG AAA Senior Information & Assistance Center [719-471-2096]**
Welcome Home!

Exceptional quality of life is waiting at New Day Cottages. Residents enjoy a cozy, comfortable, caring lifestyle; family enjoys peace of mind knowing their loved ones are happy, well cared for, and safe.

Join us for a personal tour with our professional staff. Or, visit us online and read our story. We look forward to welcoming your loved ones home.

719-266-1100

Website: www.NewDayCottages.com
Email: newdaycottages@q.com

New Day Cottages

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.
<table>
<thead>
<tr>
<th>ASSISTED LIVING</th>
<th>SEE AD ON PAGE</th>
<th>NUMBER OF UNITS</th>
<th>MONTHLY PRICE RANGE</th>
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## ASSISTED LIVING

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<th>SECURED DEMENTIA CARE PROGRAM</th>
<th>MULTI-LEVEL COMMUNITY</th>
<th>SEMI-PRIVATE ROOMS AVAILABLE</th>
<th>ACCEPTS PETS</th>
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114 PPACG AAA Senior Information & Assistance Center [719-471-2096] 115 PPACG AAA Senior Information & Assistance Center [719-471-2096]
ASSISTED LIVING
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<th>Respite Care Available</th>
<th>Secured Dementia Care Program</th>
<th>Multilevel Community</th>
<th>Semi-Private Rooms Available</th>
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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.

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We can help you find transportation options to get you where you want to go.
Contact the Area Agency on Aging to learn about how you can get around!

719-471-2096
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.
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

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.

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NURSING HOMES
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.

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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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<td>Family Caregiver Support Center, PPACG AAA</td>
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<td>Federal Citizen Information Center</td>
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<td>Federal Emergency Mgmt Agency (FEMA)</td>
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<td>Fifty-Five Plus Apartments</td>
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Area Agency on Aging
14 S. Chestnut Street
Colorado Springs, CO 80905
(719) 471-2096
www.ppacg.org/aging

AR E AGENCY ON AGING
REMOVING BARRIERS TO INDEPENDENCE

The AAA focuses on providing services that help older residents stay independent and secure. Our services are available to anyone over 60 years of age who lives in El Paso, Teller, or Park county. We put a special effort on reaching those who are socially isolated, are low income, and live in rural areas—but all are welcome! And our services are free. Please stop by or call the number below.

Programs directly provided by the PPACG AAA
Senior Information and Assistance
Family Caregiver Support Center
Senior Insurance Assistance
Long Term Care Ombudsman

Programs provided by partner agencies
Congregate Meals
Home-delivered Meals
Transportation Services
Case Management
Homemaker Services
Respite Care
Audiology Services
Legal Assistance
Personal Care
Medical Alert Systems
Caregiver Counseling
Individual Counseling
Home Safety Renovations
Nutrition Counseling and Education
Health and Exercise Classes
Household Chore Services

All services may not be available in all areas.