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. If you need information about services outside El Paso, Park, or Teller counties, call the National Eldercare Locator at 800-677-1116 or go to www.eldercare.gov.

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

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

Do you find this resource helpful? Valuable? Essential?

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

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

EMERGENCY
Police/Fire/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
Adult Protective Services (Dept of Human Services) .......... (719) 444-5755

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

INFORMATION AND ASSISTANCE
Senior Information and Assistance Center ......................... (719) 471-2096
United Way 2-1-1 ................................................................. 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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Pikes Peak Area Council of Governments
Area Agency on Aging
14 South Chestnut Street
Colorado Springs, CO 80905
www.ppacg.org
(719)471-2096
On-site free parking
Convenient to city bus routes
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How to Use this Directory....

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

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

• The services in this directory are listed alphabetically under the 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, Non-Medical Home 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
ABUSE (ELDER)

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

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

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

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

AARP ELDERWATCH............................................................(800) 222-4444 x2
303 E 17th Ave, #510, Denver, CO 80203
Fights financial exploitation of older Coloradans through education and outreach and by providing information and referrals. www.aarp.org

ADULT PROTECTIVE SERVICES, EL PASO COUNTY ..........(719) 444-5755
1675 W Garden of the Gods Rd (80907)................. TDD (719) 444-5998
www.humanservices.elpasoco.com

ADULT PROTECTIVE SERVICES, PARK COUNTY .............(844) 264-5437
59865 Hwy 285, Bailey, CO 80421.............................(719) 836-4139 x4
www.parkco.us

ADULT PROTECTIVE SERVICES, TELLER COUNTY ..........(719) 687-3335
800 Research Dr, #100, Woodland Park, CO 80863.......(719) 686-5550
www.co.teller.co.us/DSS

COLORADO COALITION FOR ELDER RIGHTS
789 Sherman St, #250, Denver, CO 80230
Provides education, training and links to resources.
Contact by email only ....................................................... info@ccerap.org
www.ccerap.org

NATIONAL DOMESTIC VIOLENCE HOTLINE................... (800) 799-7233
PO Box 90249, Austin, TX 78709 ................................. (TTY) (800) 787-3224
www.thehotline.org
OMBUDSMAN FOR LONG-TERM CARE, PPACG AAA......... (719) 471-2096
14 S Chestnut St  (80905)
Consultations are by appointment only.
www.ppacg.org/aging

SILVER KEY................................................................. (719) 884-2300
1605 S Murray Blvd  (80916)
SOS program connects to local mental health services and case
management. On site counseling service accepts Medicaid, private pay
and sliding fee scale.
www.silverkey.org

TESSA .................................................................24 Hour Safe Line (719) 633-3819
435 Gold Pass Hgts  (80906)..............................(719) 633-1462
Confidential services to victims of domestic violence and sexual assault.
www.tessacs.org

VICTIM ADVOCACY PROGRAM, ASIAN PACIFIC
DEVELOPMENT CENTER OF COLORADO...................(303) 923-2920
1537 Alton St, Aurora, CO  80010
www.apdc.org

VICTIM ADVOCATE PROGRAM, TELLER COUNTY ..........(719) 686-2509
911 Tamarac Pkwy, Woodland Park, CO  80863..........(719) 687-9262
www.city-woodlandpark.org
www.city-woodlandpark.org/our-services/victim-advocate/

---

DayBreak
An Adult Day Program

Love Patience Acceptance
Respect Humor Community

For information and assistance
719-471-2096
Adult Day services are specialized programs that provide personal care for dependent individuals in a supervised, protective setting during some portion of a day.

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

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

**DAYBREAK** .................................................................(719) 687-3000
404 N State Highway 67, Woodland Park, CO  80863
www.daybreakadp.com

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

**DISCOVER GOODWILL: VOYAGES** ....................................(719) 596-2010
1460 Garden of the Gods Rd  (80907)
www.discovermygoodwill.org

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

**MOSAIC** ...........................................................................(719) 380-0451
4775 Centennial Blvd, #150  (80919)
Adults of all ages who have intellectual disabilities.
www.mosaicinfo.org

**SECOND HOME ADULT DAY CENTER** ...............................(719) 375-8121
550 S Academy Blvd  (80910)
Adults of all ages who have intellectual disabilities.
www.www.secondhomeadc.com

**SENIORS’ RESOURCE CENTER (THE YELLOW HOUSE)** ....(303) 235-6986
5120 Hwy 73, Evergreen, CO  80439
Adult day program and respite care (private pay).
www.srcaging.org/src-evergreen
Long-term-care ombudsmen are advocates for residents in nursing homes and assisted living facilities. Ombudsman may also investigate and attempt to resolve complaints made by or on behalf of residents of nursing facilities, residential care homes, assisted living facilities and other supervised living facilities for older adults.

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

**AARP COLORADO** ..........................................................(866) 554-5376
303 E 17th Ave, #510, Denver, CO  80203
www.aarp.org/co

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

**ADMINISTRATION FOR COMMUNITY LIVING (ACL)** ....(202) 401-4634
Eldercare Locator ..........................................................(800) 677-1116
330 C ST SW, Washington, DC  20201
www.acl.gov

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

**ASPEN MINE CENTER** ...................................................(719) 689-3584 x118
166 E Bennett Ave, Cripple Creek, CO  80813
www.aspenminecenter.org

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

**DISABILITY LAW COLORADO** ...........................................(800) 288-1376
455 Sherman St, #130, Denver, CO  80203 .......................(303) 722-0300
Specializing in civil rights and discrimination issues in areas such as special education, housing, employment, long term care and voting rights for persons with disabilities.
www.disabilitylawco.org

**LIFE CARE SOLUTIONS** ..................................................(877) 794-9582
1219 Lake Plaza Dr, #C  (80906) .................................(719) 447-1711
www.lifecaresolutions.com
OMBUDSMAN FOR MEDICAID MANAGED CARE ...................(877) 435-7123
4500 Cherry Creek Dr South, #201, Glendale, CO  80246(303) 830-3560
Help123@maximus.com

OMBUDSMAN—NATIONWIDE LOCATOR.............................(202) 332-2275
1001 Connecticut Ave NW, #632, Washington, DC  20036
www.ltcombudsman.org

OMBUDSMAN FOR LONG-TERM CARE, PPACG AAA .......(719) 471-2096
14 S Chestnut St  (80905)
www.ppacg.org/aging

PACE OMBUDSMAN......................................................(800) 288-1376
455 Sherman St, #120 Denver, CO  80203 .....................(303) 722-0300
www.disabilitylawco.org

SENIOR INFORMATION AND ASSISTANCE, PPACG AAA...(719) 471-2096
14 S Chestnut St  (80905)
www.ppacg.org/aging

SENIORCARE LLC .......................................................(719) 440-3426
PO Box 38422  (80906)
Care Management, Guardianship, assist families of seniors.
www.seniorcarellc.org

VICTIM ADVOCACY UNIT (Colorado Springs Police Department)
....................................................................................(719) 444-7777
Advocacy, crisis counseling and follow up support for victims of crime.
http://cspd.coloradosprings.gov

Pikes Peak Area Agency on Aging
Helping seniors maintain their
INDEPENDENCE

The PPACG Area Agency on
Aging is a network of state
and local programs that
help older people to plan
and care for their life-long
needs and live independ-
ently in their own homes
for as long as possible.

Services
• Senior Information
  and Assistance
• Family Caregiver
  Support Center
• Ombudsman Program
• Senior Insurance
  Assistance

For information & assistance
719-471-2096
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)

COLORADO COMMUNITY HEALTH ALLIANCE ............... (719) 598-1540
PO Box 13406, Denver, CO 80202
Regional Accountability Entity (RAE).

INDEPENDENT HOME LIVING ..................................(719) 660-2401
Home Modifications.
www.independenthomelivingsolutions.com

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

ROCKY MOUNTAIN PACE .................. (TOLL FREE) (855) 207-0702
2502 E Pikes Peak Avenue #100 (80909)..................(719) 314-2327
PACE: Program of All Inclusive Care for the Elderly.
www.rmhcare.org/programs/rocky-mountain-pace

SENIORCARE LLC .........................................................(719) 440-3426
PO Box 38422 (80906)
Care management, guardianship, assists families of seniors.
www.seniorcarellc.org

SENIORS’ RESOURCE CENTER (THE YELLOW HOUSE) ....(303) 235-6986
5120 Hwy 73, Evergreen, CO 80439
Adult day program and respite care (private pay).
www.srcaging.org/src-evergreen

SILVER KEY SENIOR ASSISTANCE ......................(719) 884-2300
1605 S Murray Blvd (80916)
Case management, Senior Outreach Services (SOS), guardianship & power of attorney.
www.silverkey.org
TELLER SENIOR COALITION ...........................................(719) 687-3330
750 E Hwy 24, Bldg 2, #100, Woodland Park CO 80866
www.tellerseniorcoalition.org

THE RESOURCE EXCHANGE ...........................................(719) 380-1100
6385 Corporate Dr, #301 (80919)
The Resource Exchange (TRE), serves over 8,800 infants, children, teenagers, adults, and seniors in El Paso, Pueblo, Teller, and Park counties, coordinating access to and delivery of Medicaid waiver and state-funded services for individuals with disabilities and other needs. www.tre.org

TRI-LAKES CARES ...........................................(719) 481-4864
235 N Jefferson, Monument, CO 80132
Case management services for residents of northern El Paso County.
www.tri-lakescares.org

CAREGIVER SUPPORT SERVICES

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

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

ALL ABOUT DIGNITY ...........................................(719) 459-2017
Caregiver training.
www.allaboutdignity.com

ALZHEIMER’S ASSOCIATION OF CENTRAL COLORADO ....(800) 272-3900
Provides educational programs, care consultations, Medic Alert & Safe Returns program, support groups, 24/7 telephone HELPLINE, information, referral and support for caregivers.
www.alz.org/co

BEO TRAINING CENTER ...........................................(719) 385-0200
5055 Mark Dabling Blvd (80918)
Certified Nurse Aide Training Program.
www.beopersonalcare.com/training-center
CARECHECKERS
2151 Ann St, Stroudsburg, PA 18360
A live-person telephone checkup service nationwide or monitored check-in service available nationwide.
www.carecheckers.com

CHEYENNE VILLAGE COMMUNITY OUTREACH PROGRAM
6275 Lehman Dr (80918)
For adults with developmental disabilities living with an aging caregiver.
www.cheyennevillage.org

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

EL PASO COUNTY DEPARTMENT OF HUMAN SERVICES, AGING SERVICES
1675 W Garden of the Gods Rd, 3rd Floor (80907)
dhs.elpasoco.com

Pikes Peak Area Agency on Aging

CAREGIVER SUPPORT CENTER
We can give you the tools you need to manage your caregiving responsibilities while also caring for yourself.
Let us help you now.
For information and assistance
719-886-7526

All About Dignity
Teaching Care skills to people giving care
Our goal is to teach you, the Caregiver, how to assist Loved ones correctly and easily.

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

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

For information about our classes
allaboutdignity.com
(719) 459-2017
FAMILY CAREGIVER SUPPORT CENTER, PPACG AAA (719) 471-2096 x115
14 S Chestnut St (80905) ....................................................... (719) 886-7526
Care planning consultations for adult caregivers caring for or concerned about a person 60+.
www.ppacg.org/aging

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

UCCS AGING CENTER ............................................................(719) 255-8002
4863 N Nevada Ave, #321 (80918)
www.uccs.edu/agingcenter

COMMUNITY LIVING

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

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

BUSINESS RESOURCES

Information, assistance, mentoring and advocacy for local businesses.

COLORADO SPRINGS CHAMBER AND EDC ...............................(719) 471-8183
102 S Tejon St, #430 (80903)
www.coloradospringschamberedc.com

COLORADO SPRINGS SCORE ...................................................(719) 636-3074
559 E Pikes Peak Ave#100 (80903)
Small-business planning assistance and counseling with branch offices in Leadville and Monument.
www.coloradosprings.score.org

FOUNTAIN VALLEY CHAMBER OF COMMERCE .................(719) 382-3190
116 S Main St, Fountain CO 80817
www.fountainvalleychamber.com

GREATER WOODLAND PARK CHAMBER OF COMMERCE...(719) 687-9885
210 E Midland Ave, Woodland Park, CO 80866
www.woodlandparkchamber.com
MANITOU SPRINGS CHAMBER OF COMMERCE .....................(800) 642-2567
354 Manitou Ave, Manitou Springs, CO 80829 ..................(719) 685-5089
www.manitousprings.org

SENIOR RESOURCE COUNCIL (SRC) ..............................(719) 260-0744
2210 East LaSalle St (80909)
A professional association that provides opportunities to its members that serve seniors.
www.srccos.org

DELIVERY SERVICES

KING SOOPERS GROCERY HOME DELIVERY SERVICE .......(800) 677-5464
www.instacart.com/king-soopers

SOUTHERN BELLE CONCIERGE SERVICE .........................(719) 629-7845
Grocery shopping and errand service.
www.southernbelleconciergeservice.com

MOVING/RELOCATION SERVICES

Packing, moving, downsizing, and more.

A CALL TO ORDER .........................................................(719) 231-5425
www.acalltoorderco.com

A PERFECT SQUARE ....................................................(719) 377-2997
www.aperfectsquare.com

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

CARING TRANSITIONS OF COLORADO SPRINGS ..........(719) 208-7969
www.caringtransitionscoloradosprings.com

CLUTTER TRUCKER .......................................................(719) 372-5009
Provides junk removal and hauling services. Specializes in hoarding cleanup and extreme cleaning.
www.cluttertrucker.com

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

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

HARRIS GROUP REALTY INC ...........................................(719) 227-9900
7011 Campus Dr, #210 (80920) .......................................... (719) 338-0827
www.harrisgrouprealtyinc.com

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

RE/MAX PROPERTIES, INC .............................................(719) 572-1234
2630 Tenderfoot Hill St (80906)
www.homescolorado.com

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

RE/MAX Properties, Inc. can help!

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

CALL 719-572-1234
THINGS FORGOTTEN NOT GONE - A DIVISION OF DISCOVER GOODWILL .................................................................(719) 428-9271
1460 Garden of the Gods Rd (80907)
Full service senior transition assistance.
www.thingsforgottenllc.com

NEWSPAPER SERVICES

Local and neighborhood publications.

CHEYENNE EDITION ..........................................................(719) 476-4872
30 E Pikes Peak Ave (80903)
www.gazette.com/cheyenneedition/news

LIFE AFTER 50 NEWSPAPER ..........................................................(719) 418-2717
1438 #B N Hancock (80903)
www.la50pikespeak.com

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

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

TRI-LAKES TRIBUNE ..........................................................(719) 687-3006
www.gazette.com/the-tribune

WOODMAN EDITION ..........................................................(719) 476-4872
30 E Pikes Peak Ave (80903)
www.gazettecommunitynews.com/woodmanedition

OTHER COMMUNITY LIVING RESOURCES

COLORADO STATE ANATOMICAL BOARD .......................(303) 724-2410
13070 E 19th Ave, Aurora, CO 80045
Anatomical donation.
www.ucdenver.edu

DIGNITY MEMORIAL/SWAN LAW FUNERAL .......................(719) 471-9900
501 N Cascade Ave (80903)
Homeless veterans burial program.
www.dignitymemorial.com/contact-us

NEPTUNE SOCIETY .......................................................(303) 427-5140
5225 W. 80th Ave, #C-1, Arvada, CO 80003
Cremation services.
www.neptunesociety.com/location/denver-cremation
PET SERVICES

Veterinary care, adoption, grief support and pet pantry.

ANIMAL EMERGENCY CARE CENTERS .............................................. (719) 260-7141
5520 N Nevada Ave, #150  (80918)
www.animalercare.com

COOK VETERINARY HOSPITAL .............................................................. (719) 633-7769
21 W Cimarron St  (80903)
www.cookveterinary.com

HARLEY’S HOPE FOUNDATION ............................................................ (719) 495-6083
PO Box 88146  (80908)
Pet assistance-service animal fund, short-term foster care, pet first aid/ CPR training.
www.harleys-hopefoundation.org

HOMEWARD BOUND PET MEMORIAL CENTER AND CREMATORIUM ............................................................ (866) 636-1036
318 Karen Ln  (80907) ..........................................................(719) 636-1036
Pet loss support group open to the public. ..........................(719) 233-4341
www.homeward-bound-pet.com

HUMANE SOCIETY OF THE PIKES PEAK REGION ............... (719) 473-1741
610 Abbot Ln  (80905)
www.hsppr.org

PEAK PET PANTRY ................................................................. (303) 818-0618
Pet food assistance and monthly distribution in the Colorado Springs area.
www.coloradopetpantry.org

SAFE PLACE FOR PETS .............................................................. (719) 359-0201
1520 N Hancock Ave  (80903)
Works with terminally ill pet owners to provide support and new forever homes.
www.safeplacepets.org

ST. PAWS THRIFT STORE ............................................................ (719) 597-3647
3275 E Platte Ave  (80909)
www.stpaws.org
Senior Centers can provide opportunities for older adults to socialize, exercise and learn through a variety of recreational, educational and informational programs. Some senior centers also sponsor direct services such as congregate meals, volunteer programs, and income tax assistance.

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

**ASPEN MINE CENTER**
(719) 689-3584
166 E Bennett Ave, Cripple Creek, CO 80813
www.aspenminecenter.org

**BAILEY COMMUNITY CENTER**
(719) 836-4289
83 Main St, Bailey, CO (80421)
www.parkco.us

**COLORADO SPRINGS SENIOR CENTER**
(719) 955-3400
1514 N Hancock Ave (80903)
www.ppymca.org/colorado-springs-senior-center

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

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

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

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

**FOUNTAIN VALLEY SENIOR CENTER**
(719) 600-2644
5745 Southmoor Dr, Fountain, CO 80817
www.fvscenter.org

**GUFFEY COMMUNITY CENTER**
(719) 836-4289
1625A County Rd 102, Guffey, CO 80820
www.parkco.us
HILLSIDE COMMUNITY CENTER ...........................................................(719) 385-7900
925 S Institute St (80903)
www.coloradosprings.gov

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

MEADOWS PARK COMMUNITY CENTER ......................................(719) 385-7940
1943 S El Paso Ave (80905) .........................................................(719) 385-7942
www.coloradosprings.gov

MEMORIAL PARK RECREATION CENTER ....................................(719) 385-5984
280 S Union Blvd (80910)
Partnership between City of Colorado Springs and YMCA.
www.ppymca.org

SALVATION ARMY FOUNTAIN VALLEY ....................................(719) 382-1182
208 Cunningham Dr, Fountain, CO (80911)
www.fountainvalley.salvationarmy.org

SALVATION ARMY RED SHIELD COMMUNITY CENTER ......(719) 636-3891
908 Yuma St (80909)
www.coloradosprings.salvationarmy.org

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FOUNTAIN VALLEY SENIOR CENTER
5745 Southmoor Drive
Fountain, CO 80817
Main: 719-600-2644
Transportation: 719-600-2643
www.fvscenter.org
info@fvscenter.org
Nutrition, Transportation, Social Activities, Exercise Classes, Recreation, Travel Club, BINGO, Rural Area Meals Program

Step inside and enjoy:
• Health Presentations
• Lifelong Learning
• Exercise Classes
• Special Events
• Computer
• Day Trips
• Dance
• Art

An Innovative Partnership with
719.955.3400
csseniorcenter.com
1514 N. Hancock Ave.
SHAWNEE COMMUNITY CENTER.................................(719) 836-4289
57 Park County Rd 64, Shawnee, CO  80475
www.parkco.us

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

SOUTH PARK SENIOR CENTER...........................................(719) 836-1455
296 6th St, Fairplay, CO  80440

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

TEMPLE SHALOM SENIOR PROGRAM ...........................................(719) 634-5311
1523 E Monument St  (80909)
Entertainment and other information for seniors.
www.templeshalom.com

TRI-LAKES SILVER ALLIANCE...................................................(719) 464-6873
PO Box 2931, Monument, CO  80132
Provides senior programs, services, activities and support for seniors in the Tri-Lakes area.
www.trilakesseniors.org

UTE PASS CULTURAL CENTER...........................................(719) 687-5284
210 E Midland Ave, Woodland Park, CO  80863
www.utepassculturalcenter.itgo.com

WESTSIDE COMMUNITY CENTER.............................(719) 385-7920 x100
1628 W Bijou St  (80904)
A senior lounge for ages 60+ is free and open to the public.
www.ourwestside.org

WOODLAND PARK SENIOR CENTER...........................(719) 687-3877
321 N Pine St, Woodland Park, CO  80863
www.woodlandparkseniors.com
CONSUMER PROTECTION/INFORMATION

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

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

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

Here are some useful tips to keep in mind:

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

AARP ELDERWATCH .................................................... (800) 222-4444 x2
303 E 17th Ave, #510, Denver, CO 80203
Fights financial exploitation of older Coloradans through information, assistance and referrals.
www.aarp.org

AARP TAX PREPARATION ASSISTANCE .............................. (888) 687-2277
Free to low/moderate income, priority for 60+. Call for locations.
www.aarp.org

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

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

BETTER BUSINESS BUREAU (BBB)........................................... (719) 636-1155
25 N Wahsatch Ave #100 (80903)
www.bbb.org/southern-colorado
BROTHERS REDEVELOPMENT ..................................................(844) 926-6632
2762 Janitell Rd (80906) ..................................................(719) 888-9134
Fair housing information, home buyer and renter education and con-
sumer counseling.
www.brothersredevelopment.org

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

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

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

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

COLORADO COALITION FOR ELDER RIGHTS ...................... www.ccerap.org
789 Sherman St, #250, Denver, CO  80230
Provides education, training and links to resources
Contact by email only ....................................................... info@ccerap.org

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

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

COLORADO NO-CALL LIST ..................................................(800) 309-7041
..........................................................(Nat'l) (888) 382-1222
www.coloradonocall.com
COLORADO SPRINGS DRIVER’S LICENSE OFFICE .......... (719) 594-8701
2447 N Union Blvd  (80909) ...........................................(303) 205-5613
www.colorado.gov/dmv

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

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

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

NAACP ...........................................................................www.naaccp.org

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

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

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

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

REVERSE MORTGAGE COUNSELING SERVICES .......(877) 385-1941
www.ncoa.org/HomeEquity

USAGOV ...........................................................................(844) 872-4681
Government benefits, programs and services.
www.usa.gov/explore

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

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

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

DISABILITY LAW COLORADO ..........................(800) 288-1376
455 Sherman St, Denver, CO 80203..............................(303) 722-0300
Specializing in civil rights and discrimination issues.
www.disabilitylawco.org
THE ARC OF THE PIKES PEAK REGION ........................................ (719) 471-4800
12 N Meade Ave (80909)
Provides advocacy, guardianship, education and social opportunity for individuals with intellectual and developmental disabilities.
www.thearcppr.org

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

CARE/CASE MANAGEMENT

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

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

CONNECTIONS 4 LIFE CENTER ........................................... (719) 387-9919
6436-U South Hwy 85/87, Fountain, CO (80907)
www.connections4lifecenter.org

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

THE RESOURCE EXCHANGE (TRE) ............................... (719) 380-1100
The Resource Exchange (TRE), serves over 8,800 infants, children, teenagers, adults, and seniors in El Paso, Pueblo, Teller, and Park counties, coordinating access to and delivery of Medicaid waiver and state funded services for individuals with disabilities and other needs.
6385 Corporate Dr, #301 (80919)
www.tre.org

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

Information/resource directories, service animals and communication services.

AGE FRIENDLY PIKES PEAK ................................. www.agefriendlypikespeak.org
Features resources for support from arts to health to volunteering and much more.
www.ppacg.org/aging

AMERICAN COUNCIL OF THE BLIND ............................... (800) 424-8666
1703 N Beauregard St, #420, Arlington, VA  22311..............(202) 467-5081
Information & referral for all blind and visually impaired people.
www.acb.org

AMERICAN MEDICAL ALERT (FORMERLY TUNSALL) ........... (866) 686-7504
Medical alarm and medication management tools.
www.mthommed.com

AUDIO INFORMATION NETWORK OF COLORADO ............... (877) 443-2001
1700 55th St, #A, Boulder, CO  80301.............................(303) 786-7777
Free audio services that help individuals maintain independence.
www.aincolorado.org

CANINE COMPANIONS FOR INDEPENDENCE .................. (719) 260-6151
www.cci.org

COLORADO INSTRUCTIONAL MATERIALS CENTER
FOR THE VISUALLY IMPAIRED ........................................ (719) 578-2195
Provides teachers instructional materials for visually impaired students.
www.csdb.org

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

GUIDE DOGS FOR THE BLIND ..................................... (800) 295-4050
www.guidedogs.com

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

HEAR NOW .............................................................. (800) 328-8602
6801 Washington Ave, #200 Minneapolis, MN  55439
Hearing aids to adults and children who meet financial criteria.
www.starkeyhearingfoundation.org
HEARING LOSS ASSOCIATION OF AMERICA
COLORADO SPRINGS CHAPTER .......................... www.hlaacoloradosprings.org
H.E.A.R.S ............................................................... (719) 352-5124
2125 E La Salle St (80909)
Hearing education and assistance to low-income El Paso County residents by Rocky Mt. Sertomans.
www.hearscosp.weebly.com

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

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

THE INDEPENDENCE CENTER ............................................... (719) 471-8181
729 S Tejon St (80903)
Information, resources, and referrals, for internal support programs and other community agencies.
www.theindependencecenter.org

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

MAGNISIGHT OF THE ROCKIES ............................................. (800) 753-4767
.......................................................................................... (719) 247-7167
Electronic magnification and speech reading systems for people with low vision or blindness.

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

PEAK VISTA COMMUNITY HEALTH CENTERS
AUDIOLOGY SERVICES .................................................. (719) 344-7126
4863 N Nevada Ave  (80918)
Provides hearing tests, hearing aids, fittings, minor repairs and adjustments.
www.peakvista.org
RELAY COLORADO .................................................................................(800) 659-2656
333 Inverness Dr South, Englewood, CO 80112 .................. (800) 659-3656
Calls and relay messages for hearing or speech-impaired persons.
www.relaycolorado.com

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

SERVICE SOURCE .................................................................................................. (719) 579-5700
3075 Janitell Road, #250  (80906)
Assistive technology assessments and employment information assistance.
www.servicesource.org

SIGN LANGUAGE NETWORK .................................................................................. (866) 599-4517
PO Box 25102  (80936) .............................................................. (719) 599-4517
www.signlanguagenetwork.com

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

RECREATION/ACTIVITIES

Therapeutic and social or recreational programs and activities.

STABLESTRIDES ...................................................................................................... (719) 495-3908
13620 Hallelujah Trail, Elbert, CO  80106
Therapeutic horseback riding for people with disabilities.
www.stablestrides.org

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

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

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

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

**COACH HOME CARE AND TRANSPORTATION** ........................................ (719) 391-4444  
1900 E Pikes Peak Ave, #2 (80909)  
Medicaid, private pay, non-medical, wheelchair, and non-emergency medical transportation.  
www.thecoachhomecare.com

**ENVIDA MOVES (FORMERLY AMBLICAB)** ........................................... (719) 633-4677  
5660 N Academy Blvd (80918)  
Now connects Colorado Springs to several locations in eastern El Paso County.  
www.envidacares.org

**GOODWHEELS** .................................................................................. (719) 442-2077  
1460 Garden of the Gods Rd (80907)  
Transportation anywhere in Colorado. Accepts private pay and many types of insurance for qualified rides.

**MOUNTAIN METRO MOBILITY (ADA PARATRANSIT)** ........ (719) 392-2396  
1015 Transit Dr (80903)  
Special vans for disabled people unable to use fixed transit services.  
www.coloradosprings.gov/mountain-metro

**SILVER KEY RESERVE & RIDE** ......................................................... (719) 884-2300  
1605 S Murray Blvd (80916)  
Door through door ADA accessible transportation.  
www.silverkey.org

**TRANSIT TO CARE** ............................................................................. (719) 644-6005  
2860 S Circle Dr, #350 (80906)  
Non-emergency medical transportation.  
www.transit2care.com

**TRANSPORTATION SECURITY ADMINISTRATION (TSA)** ...(855) 787-2227  
Information for passengers with disabilities/medical conditions before flying.  
www.tsa.gov/travel/passenger-support

**UNITED ACCESS** .................................................................................. (719) 590-1400  
6285 Corporate Dr (80919)  
Customized vans or minivans. Consignment sales or rentals.  
www.unitedaccess.com/locations/colorado-springs-co
EDUCATION/LIFELONG LEARNING

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

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

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

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

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

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

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

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

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

CSU EXTENSION OFFICE, PARK COUNTY ....................(719) 836-4296
880 Bogue St, Fairplay, CO 80440
www.parkco.us/93/CSU-Extension
CSU EXTENSION OFFICE, TELLER CO ............................................(719) 686-7961
800 Research Dr, #224, Woodland Park, CO 80863
Off-campus continuing education/formal education.
www.teller.colostate.edu

FOUNTAIN VALLEY SENIOR CENTER ..............................................(719) 600-2644
5745 Southmoor Dr, Fountain, CO 80817
Computer skills, driver’s safety, and nutrition classes, and informational presentations.
www.fvscenter.org

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

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

PRIME TIME, FIRST PRESBYTERIAN CHURCH ..............................(719) 884-6100
219 E Bijou St (80903)
Wide range of classes, workshops, fitness programs, outings, and trips.
www.firstprescos.org

ROAD SCHOLAR .............................................................................(800) 454-5768
11 Ave de Lafayette, Boston, MA 02111
Educational tours in all 50 states and 150 countries.
www.roadscholar.org

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

LIBRARIES

BAILEY LIBRARY ..............................................................................(303) 838-5539
350 Bulldogger Rd, Bailey, CO 80421
www.parkcounty.colibraries.org/bailey

FAIRPLAY LIBRARY .........................................................................(719) 836-4299
400 Front Dr, Fairplay, CO 80440
https://parkcounty.colibraries.org/fairplay/
FRANKLIN FERGUSON MEMORIAL LIBRARY ...............................(719) 689-2800
410 B St, Cripple Creek, CO  80813
www.ccvschools.org

GUFFEY COMMUNITY CENTER/LIBRARY ...............................(719) 689-9280
1625B County Rd 102, Guffey, CO  80820
www.parkcounty.colibraries.org/guffey

KRAEMER LIBRARY (UCCS).....................................................(719) 255-3295
1420 Austin Bluffs Pkwy  (80918) ........................................(719) 255-3296
www.uccs.edu/library

LAKE GEORGE LIBRARY .....................................................(719) 748-3812
37900 Hwy 24, Lake George, CO  80827
http://parkcounty.colibraries.org/lake-george

MANITOU SPRINGS PUBLIC LIBRARY .....................................(719) 685-5206
701 Manitou Ave, Manitou Springs, CO  80829 .................(719) 531-6333
www.ppld.org/manitou-springs-library

PIKES PEAK COMMUNITY COLLEGE LIBRARY ...........................(719) 502-3410
5675 S Academy Blvd  (80906) ...........................................(719) 502-3430
www.ppcc.edu/services/library

PIKES PEAK LIBRARY DISTRICT ............................................(719) 531-6333
20 N Cascade Ave  (80903) .................................................(719) 389-8968
Call or go online for all locations.
www.ppld.org/seniors

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

SECURITY PUBLIC LIBRARY ...............................................(719) 391-3191
715 Aspen Dr, Security, CO  80911 .................................(719) 391-3195
www.wsd3.org/Domain/24

TUTT LIBRARY, COLORADO COLLEGE .................................(719) 389-6184
1021 N Cascade Ave  (80903) ...........................................(719) 389-6662
www.coloradocollege.edu/library

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

![](https://example.com/redcross.png)

- **Address**: 1040 S 8th St, (80905)
- **Phone**: (719) 632-3563
- **Website**: www.redcross.org/local/colorado

### EMERGENCY 9-1-1

- **Phone**: 9-1-1

### EMERGENCY MANAGEMENT, TELLER COUNTY

- **Address**: 112 North A St, Cripple Creek, CO 80813
- **Phone**: (719) 687-9652
- **Website**: http://co.teller.co.us/OEM

### EMERGENCY UTILITIES SERVICE

- **Address**: 111 S Cascade Ave, (80903)
- **Phone**: (719) 448-4800
- **Website**: www.csu.org

### FEDERAL EMERGENCY MANAGEMENT AGENCY (FEMA)

- **Phone**: (800) 621-3362
- **Website**: www.fema.gov

### FOUR MILE EMERGENCY SERVICES

- **Address**: 8437 Teller Rd, Florissant, CO 80816
- **Phone**: (719) 689-3417
- **Website**: www.fourmilefire.net

### HOPE RESTORED

- **Phone**: (719) 749-6286
- **Website**: www.hoperestored.org

### PARK COUNTY DISPATCH, NON-EMERGENCY

- **Phone**: (719) 836-4125
- **Website**: www.parkco.us/94/9-1-1-Communications-Dispatch

### PUBLIC HEALTH, EL PASO COUNTY

- **Address**: 1675 W Garden of the Gods Rd, #2044, (80907)
- **Phone**: (719) 578-3199
- **Website**: www.elpasocountyhealth.org

### PUBLIC HEALTH, PARK COUNTY

- **Address**: 825 Clark St, Fairplay, CO 80440
- **Phone**: Bailey (303) 816-5970
- **Website**: www.parkco.us/86/Public-Health

### PUBLIC HEALTH, TELLER COUNTY

- **Address**: 11115 W Highway 24, #2C, Divide, CO 80814
- **Phone**: (719) 687-6416
- **Website**: www.co.teller.co.us/publichealth
ROCKY MOUNTAIN POISON AND DRUG CENTER ................(800) 222-1222
1391 Speer Blvd, #600 Denver, CO  80204 ....................(303) 739-1100
www.rmpdc.org/

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

THE INDEPENDENCE CENTER ...........................................(719) 471-8181
729 S Tejon St  (80903)
Emergency preparedness training for persons with disabilities to remain independent and have access to services and support.
www.theindependencecenter.com

UTE PASS REGIONAL HEALTH SERVICES DISTRICT ..........(719) 687-2291
785 Redfeather Ln, Woodland Park, CO  80863
www.uprad.org

EMPLOYMENT SERVICES

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

Some agencies may be specific to older adult job assistance.

AARP EMPLOYMENT PROGRAM ..................................(719) 635-3579
1510 N Hancock St  (80903)
Assists low-income, unemployed individuals aged 55+ find work.
www.aarpworksearch.org

ASPENPOINTE ENTERPRISES .....................................(719) 572-6100
220 Ruskin Dr  (80910)
Internal referrals made to career development services.
www.aspenpointe.org/education-and-training

COLORADO DEPT OF VOCATIONAL REHABILITATION ....(719) 635-3585
1365 Garden of the Gods Rd, #250  (80907)
Helps eligible individuals with documented disabilities find suitable employment.
www.colorado.gov/dvr
COMMUNITY OUTREACH CENTER..............................................(719) 520-7895
328 10th St, Calhan, CO  80808
Employment resources for rural east El Paso County through the Pikes Peak Workforce Center.
www.cocccenter.org

COMMUNITY PARTNERSHIP FAMILY RESOURCE CENTER (719) 686-0705
11115 Hwy 24, Divide, CO  80814
GED, ESL, workforce and college preparation.
www.cpteller.org

ECUMENICAL SOCIAL MINISTRIES (ESM)..............................(719) 636-1916
201 N Weber St  (80903)
Computer/resumé classes. Primarily assists those under 60 yrs.
www.ecusocmin.org

MOSAIC.....................................................................................(719) 380-0451
4775 Centennial Blvd, #150  (80919)
Helps adults with intellectual disabilities learn vocational skills.
www.mosaicinfo.org

PIKES PEAK WORKFORCE CENTER..........................................(719) 667-3700
1675 Garden of the Gods Rd  (80907)
Main office: call for other locations, hiring events, career assessments, job search workshops, and more.
www.ppwfc.org

PIKES PEAK WORKFORCE CENTER, TELLER COUNTY ..........(719) 667-3806
166 E Bennett Ave, Cripple Creek, CO  80813 .................... (719) 689-3584
Hiring events, job search workshops, career assessments and more. All ages.
www.ppwfc.org

REACH PIKES PEAK...................................................................(719) 358-8396
31 N Tejon St, #310  (80903)
Job training for low-income people.
www.reachpikespeak.org

REACH PIKES PEAK, CALHAN ...................................................(719) 347-2976
701 4th St, Calhan, CO  80808
Linked to the Pikes Peak Workforce Center. Job training.
www.reachpikespeak.org

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

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

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

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

**ASPEN MINE CENTER** ......................................................(719) 689-3584 x118
166 E Bennett Ave, Cripple Creek, CO 80813
www.aspenminecenter.org

**ASSURANCE WIRELESS** ..........................................................(888) 321-5880
Discounted phone service to qualifying low-income households.
www.assurancewireless.com

**BENEFITS CHECKUP** ..........................................................www.benefitscheckup.org

**CENTURY LINK & LIFELINE TELEPHONE ASSISTANCE** ......(800) 201-4099
PO Box 4918, Monroe, LA 71211.................(TTY/voice) (800) 223-3131

**CENTURY LINK CUSTOMERS WITH DISABILITIES** ..........(800) 223-3131
PO Box 2670, Omaha, NE 68103
COLORADO FORECLOSURE HOTLINE .................(877) 601-4673 (HOPE)
Counseling service for basic mortgage and financial information.

COLORADO SPRINGS UTILITIES...........................................(800) 238-5434
111 S Cascade Ave  (80903)............................................(719) 448-4800
LEAP: Low Income Energy Assistance Program: winter financial assistance.
COPE: Citizen Options To Provide Energy: year-round financial assistance.
www.csu.org

COMMUNITY OF CARING, ASPEN MINE CENTER ..............(719) 689-3584
166 E Bennett Ave, Cripple Creek, CO  80813
Financial resources for emergencies and medical bills.
www.aspenminecenter.org

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

DEPARTMENT OF HUMAN SERVICES, PARK COUNTY .......................59865 Hwy 285, Bailey, CO  80421....................................(303) 816-5939
825 Clark St, Fairplay, CO  80440....................................(719) 836-4139
http://parkco.us/82/Human-Services

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

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

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

ENERGY RESOURCE CENTER ..............................(719) 591-0772
114 W Rio Grande St  (80903)
Weatherize houses & mobile homes and provide safety checks for furnace and hot water heater for low-income families.
HEAP: Home Efficiency Assistance Program
www.erc-co.org
FOUNTAIN DEPARTMENT OF UTILITIES..........................(719) 322-2010
101 N Main St, Fountain, CO  80817
www.fountainutilities.org

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

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

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

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

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

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

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

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

SALVATION ARMY FOUNTAIN VALLEY ...........................(719) 382-1182
208 Cunningham Dr, Fountain, CO  80911
https://fountainvalley.salvationarmy.org
SENIOR PROPERTY TAX EXEMPTION PROGRAM
EL PASO COUNTY ASSESSOR’S OFFICE...............................(719) 520-6600
1675 W Garden of the Gods Road, #2300 (80907)
http://asr.elpasoco.com

SILVER KEY SENIOR ASSISTANCE.................................(719) 884-2300
1605 S Murray Blvd (80916)
Emergency financial requests reviewed by case management. Must meet eligibility criteria.
www.silverkey.org

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

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

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

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

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

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

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

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

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

COLORADO PARKS AND WILDLIFE .......................................... (303) 297-1192
                    1313 Sherman St, Denver, CO  80203 ................................ (719) 227-5200
                    Issues hunting/fishing licenses, manages state trail program and
                    registers outdoor recreation vehicles.
                    http://cpw.state.co.us

COLORADO SPRINGS SENIOR CENTER ..................................... (719) 955-3400
                    1514 N Hancock Ave (80903)
                    www.ppymca.org/colorado-springs-senior-center

COLORADO SPRINGS VISITOR INFORMATION CENTER ... (800) 888-4748
                    515 S Cascade Ave (80903) ............................................ (719) 635-7506
                    Visitor Guide and lodging information.
                    www.visitcos.com

COTTONWOOD CREEK RECREATION CENTER ....................... (719) 385-6508
                    3920 Dublin Blvd (80918)
                    www.ppymca.org

CRIPPLE CREEK CASINO SHUTTLE ............................................. (800) 772-6254
                    3465 Astrozon Pl (80910) .......................................... (719) 590-8687 x777
                    Provided by Ramblin Express.
                    www.casinoshuttle.com

CRIPPLE CREEK CITY SHUTTLE .............................................. (719) 689-7711
                    337 Bennett Ave, Cripple Creek, CO  80813
                    https://visitcripplecreek.com/plan/transportation

CRIPPLE CREEK HERITAGE CENTER .................... (877) 858-4653(GOLD)
                    9283 S Hwy 67, Cripple Creek, CO  80813 .................... (719) 689-3315
                    www.visitcripplecreek.com
EL PASO COUNTY PARKS AND NATURE CENTERS ............(719) 520-7529
2002 Creek Crossing St  (80905)
https://communityservices.elpasoco.com/nature-centers/

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

INTERNATIONAL DANCE CLUB......................................................(719) 633-0195
2422 Busch Ave  (80904)
www.internationaldanceclub.org

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

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

MOBILE FITNESS SYSTEMS..............................................................(719) 287-4696
www.mobilefitnesssystemscs.com

NATIONAL PARKS ACCESS PASS OR SENIOR PASS............(719) 636-1602
Access pass to National Parks and Federal Recreation Areas is free for
the disabled. Senior Pass (62+) is lifetime for $80.
www.nps.gov/findapark/passes.htm

PARKS AND RECREATION, CRIPPLE CREEK.....................(719) 689-3514
128 East Bennett Ave, Cripple Creek, CO  80813
www.ccparksandrecreation.com

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

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

SERTICH ICE CENTER.................................................................(719) 385-5983
1705 E Pikes Peak Ave  (80909)
http://parks.coloradosprings.gov

SILVER KEY ACTIVE LIVING & COMMUNITY ROOMS........(719) 884-2300
1655 S Murray Blvd  (80916)
Programs support health and wellbeing: recreational, creative, cultural,
and inspirational activities; and lifelong learning.
www.silverkey.org
SILVER SNEAKERS FITNESS PROGRAM.................................(866) 584-7389
www.silversneakers.com

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

SOUTH PARK RANGER DISTRICT..............................................(719) 836-2031
320 US Hwy 285, Fairplay, CO 80440
www.southparkheritage.org/trip-planner/prehistory/south-park-ranger-district

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

SOUTH PLATTE RANGER DISTRICT ........................................(303) 275-5610
19316 Goddard Ranch Ct, Morrison, CO 80465
www.fs.usda.gov

TELLER COUNTY PARKS...........................................................(719) 687-8812
308A Weaverville Rd, Bldg A, Divide, CO 80814
www.co.teller.co.us/PublicWorks/parks.aspx

THE BRIDGE CENTER...............................................................(719) 634-7250
901 N 17th St (80904)
www.coloradospringsbridge.com

US ASSOCIATION OF BLIND ATHLETES.................................(719) 866-3224
1 Olympic Plaza (80909)
Provides health and fitness opportunities for legally blind individuals.
www.usaba.org

WOODLAND PARK SENIOR CENTER.........................................(719) 687-3877
321 N Pine St, Woodland Park, CO 80866
www.woodlandparkseniors.com

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

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

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

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

**SUPPLEMENTAL NUTRITION ASSISTANCE PROG (SNAP)** .(855) 855-4626
Ongoing financial assistance to help you purchase groceries. Many agencies can assist with determining eligibility and completing SNAP applications.
Colorado SNAP (Food Stamps) ................................. (hotline) (800) 536-5298
Hunger-free Colorado ......................................................(855) 855-4626
Local assistance site .............................(719) 471-2096
www.colorado.gov

**WOODLAND PARK SENIOR CENTER** ...........................................(719) 687-3877
321 N Pine St, Woodland Park, CO   80863
www.woodlandparkseniors.com

**FOOD PANTRIES AND COMMODITIES**

**Food Pantries** provide temporary or emergency food assistance. Some only serve those living within specific zip code. Call ahead to verify eligibility requirements.

**Commodities programs** provide monthly food assistance for low-income seniors. Monthly food packages are usually picked up at a food bank or local participating location.

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

**CARE AND SHARE FOOD BANK CSFP PROGRAM** .................................(719) 434-5724
Commodity Supplemental Food Program. .............................(719) 434-4683
www.careandshare.org
CHURCH FOR ALL NATIONS (OPEN ARMS)..........................(719) 591-1800
6540 Templeton Gap Rd   (80923)
www.churchforallnations.com

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

CONNECTIONS 4 LIFE CENTER...........................................(719) 387-9919
6436-U South Hwy 85/87, Fountain, CO   80817.
www.connections4lifecenter.org

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

DEERFIELD HILLS COMMUNITY CENTER...........................(719) 385-5996
4290 Deerfield Hills Rd   (80916)
Food pantry : 4th Friday of month, 11a-Noon.
Food Co-op: Every Tuesday.

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

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

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

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

FRESH START (FORMERLY HIGH PLAINS HELPING HANDS) ...................................................(719) 495-3123
7375 Adventure Way   (80923)
Emergency food pantry and commodities.
www.hphh.org
GOD’S PANTRY .............................................................. (719) 382-0643
30 Widefield Blvd, (80911)
www.godspantryministry.org

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

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

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

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

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

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

SILVER KEY SENIOR ASSISTANCE ................................ (719) 884-2300
1605 S Murray Blvd (80916)
Emergency food pantry and government food program distribution.
www.silverkey.org

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

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

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

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

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

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

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

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

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

CALHAN SENIOR LUNCH EL PASO COUNTY FAIRGROUNDS
....................................................................................(719) 520-7880
366 10th St, Calhan, CO  80808
Noon meals served every other Wednesday at 366 10th St. Call for reservations.

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

MARIAN HOUSE (CATHOLIC CHARITIES) ...............................(719) 475-7314
14 W Bijou St  (80903).......................................................(719) 636-2345
Marian House Soup Kitchen offers free hot meals 365 days a year, open to everyone.
www.ccharitiescc.org
SILVER KEY CONNECTIONS CAFE ................................ (719) 884-2300

1655 S Murray Blvd (80916)
Sites are managed by Silver Key Connections Cafe.
To reserve meals, call first or visit www.silverkey.org

CENTRAL
Colorado Springs Senior Center
(719) 387-6000
1514 North Hancock Avenue (80903)
Weekdays

Temple Shalom
(719) 634-5311
(Serving kosher meals)
1523 East Monument (80909)
2x week

Holiday Village
(719) 475-2915
3405 Sinton Road (80907)
Weekdays

WEST
St. Andrews Episcopal Church
(719) 685-9259
103 Canon Avenue
Manitou Springs, CO 80829
Weekdays

Westside Community Center
(719) 385-7920
1628 West Bijou Street (80904)
Weekdays

Woodland Park and Teller County Senior Center
(719) 687-3877
321 North Pine Street
Woodland Park, CO 80863
Weekdays

NORTH
Mountain Community Mennonite Church
(719) 884-2304
643 Highway 105, Palmer Lake, CO 80133
Weekdays

DOWNTOWN
Acacia Park Apartments
(719) 884-2304
104 East Platte Avenue (80903)
Weekdays

Centennial Plaza Apartments
(719) 884-2304
516 East Kiowa Street (80903)
Weekdays

SOUTH
Fountain Valley Senior Center
(719) 600-2644
5745 Southmoor Drive
Fountain, CO 80817
Weekdays

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

Silver Key at Connections Cafe
(719) 884-2300
1655 South Murray Blvd (80916)
Weekdays

Villa San Jose
(719) 632-7444
1810 South Corona (80905)
3x weekly

Villa Santa Maria
(719) 632-7444
405 East Saint Elmo Street (80905)
2x weekly
SACRED HEART CATHOLIC CHURCH.................................(719) 633-8711
2021 W Pikes Peak Ave  (80904)
Hot meal served on Sunday evening at 6 p.m.
www.tricommunity.org/outreach_ministries

SALVATION ARMY RED SHIELD COMMUNITY CENTER.....(719) 636-3891
908 Yuma St  (80904)
Noon meals.
http://coloradosprings.salvationarmy.org

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

SOUTH PARK SENIOR CENTER.................................(719) 836-1455
296 6th St, Fairplay, CO  80440
Meals on Wednesdays.

STOREHOUSE AT WOODLAND PARK COMMUNITY CHURCH
..............................................................................(719) 229-4512
700 Valley View Dr, #D, Woodland Park, CO  80863
Free soup lunch program and food boxes.
www.woodlandparkcommunitychurch.com

WOODLAND PARK SENIOR CENTER...........................(719) 687-3877
321 N Pine St, Woodland Park, CO  80863
Lunch provided by Silver Key Connections Cafe.
www.woodlandparkseniors.com

HOME-DELIVERED MEALS/ MEALS ON WHEELS

FOUNTAIN VALLEY SENIOR CENTER............................(719) 600-2644
5745 Southmoor Dr, Fountain, CO  80817
Rural Area Meal Program (RAMP).
www.fvscenter.org

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

PROJECT ANGEL HEART ............................................(719) 323-0084
1625 W Uintah St, #1  (80904)
Denver program......................................................(303) 830-0202
Provides home-delivered meals at no cost for people diagnosed with
life-challenging illness.
www.ProjectAngelHeart.org
SILVER KEY HOME DELIVERED MEALS..............................................................(719) 884-2300
1605 S Murray Blvd (80916)
Silver Key Home Delivered meals including Meals on Wheels for anyone 60+.
www.silverkey.org

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

GRANDPARENT/CAREGIVER SERVICES

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

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

AARP GRANDPARENT INFORMATION ....................................................(888) 687-2277
601 E St NW, Washington, DC 20049
www.aarp.org/families/grandparents

CHILD CARE AWARE OF AMERICA .....................................................(800) 424-2246
Child care information and resources.
www.childcareaware.org

COLORADO KINSHIP CONNECTION WEBSITE ....................................(303) 866-4617
1575 Sherman St, Denver, CO 80203
www.cokinship.org

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

FOSTER GRANDPARENT PROGRAM (VOA)...........................................(719) 632-1448
3140 Mallard Dr # 100 (80910)
Volunteers 55+ who mentor children in schools, 15 hours a week minimum.
www.voacolorado.org/volunteer-opportunities

GRANDFRIENDS, CS SCHOOL DISTRICT 11 .......................................(719) 520-2202
Program places retirees, senior citizen volunteers in classroom.
www.d11.org/Page/2214
GRANDPARENTS RAISING GRANDKIDS ...........................................(719) 884-6145
219 E Bijou St (80903) ..........................................................(719) 578-8007
Mentoring and support, located at First Presbyterian Church.
www.first-prescos.org

PEAK PARENT CENTER .............................................................(800) 284-0251
917 E Moreno Ave, #140 (80903) .............................................(719) 531-9400
Education, training, information for caring for disabled children.
www.peakparent.org

SALVATION ARMY RED SHIELD COMMUNITY CENTER.....(719) 636-3891
908 Yuma St (80909)
After-school care.
http://coloradosprings.salvationarmy.org

SENIOR INFORMATION & ASSISTANCE CENTER, PPACG AAA
........................................................................................................(719) 471-2096
14 S Chestnut St (80905)
Information and referral.
www/ppacg.org/aging

THE INDEPENDENCE CENTER .......................................................(719) 471-8181
729 S Tejon St (80903)
Caregiver Support Group for a caregiver or family member of person with a disability.
www.theindependencecenter.org

URBANITES LEADING THE PIKES PEAK REGION ...............(719) 634-1525
506 E Moreno Ave (80903)
Family resources.
www.ulppr.org

HEALTH & WELLNESS

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

Also see tables listing health-related facilities: Medical Home Health Agencies, page 92; Non-Medical Home Care Agencies, page 98; and Hospice Care, page 108.

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

EL PASO COUNTY MEDICAL SOCIETY..................................(719) 591-2424
1465 Kelly Johnson Blvd, #130  (80920)
www.epcms.org

HEALTH CENTER AT DIVIDE ....................................................(719) 687-4460
34 Hybrook Rd, Divide, CO  80814............................. Dental (719) 475-0783
www.peakvista.org

NATIONAL COMMITTEE FOR QUALITY ASSURANCE.........(888) 275-7585
1100 13th St NW, Washington, DC  20005..............(202) 955-3500
www.ncqa.org

PEAK VISTA COMMUNITY HEALTH CENTERS.............(719) 632-5700
3205 N Academy Blvd, #100  (80917)
Convenient Care Center: Medical, dental, and behavioral health for
people of all ages.
www.peakvista.org

PENROSE-ST FRANCIS PRIMARY CARE CRIPPLE CREEK ....(719) 776-4310
412 North C St, Cripple Creek, CO  80813
Medical, dental, and behavioral health for people of all ages.
www.centura.org

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

PUBLIC HEALTH, PARK COUNTY ...........................................(719) 836-4161
825 Clark St, Fairplay, CO  80440............................ Bailey (303) 816-5970
www.parkco.us/86/Public-Health

PUBLIC HEALTH, TELLER COUNTY .................................(719) 687-6416
11115 W Hwy 24, #2C, Divide, CO  80814
www.co.teller.co.us/publichealth

ROCKY MOUNTAIN RURAL HEALTH ..............................(719) 836-2169
525 Hathaway St, Fairplay, CO  80440
Navigation services for the underinsured/uninsured. Coordinated Care
for Medicaid in Park County.
www.rmrh.org
SET FAMILY MEDICAL CLINIC.................................................................(719) 776-8850
2864 S Circle Dr   (80906)
Providing care to the uninsured, under-insured, homeless and those on Medicaid.
www.centura.org/locations/set-family-medical-clinic

DENTAL

COLORADO SPRINGS DENTAL SOCIETY.............................................(719) 598-5161
1870 Dublin Blvd, #C   (80918)
www.cs-ds.org

COLORADO MISSION OF MERCY..........................................................(720) 648-0919
Canon City, CO
COMOM Dental Clinic, September 25-26, 2020
www.comom.org/2020-clinic/

COMMUNITY DENTAL HEALTH (FORMERLY SENIOR MOBILE DENTAL)
1436 N Hancock Ave   (80903).......................................................(719) 310-3315
2320 N Grand Ave, Pueblo, CO   81003.................................(719) 542-5300
Ethical dental care (x-rays, exams, cleanings, fillings, extractions, and dentures/partials) for all ages who are low income/uninsured/under-insured, provided at low cost. Financial assistance may be available. Medicaid and other insurance accepted.
www.communitydentalhealth.org

DARRELL KNEUPPER, DDS.........................................................(719) 963-2737
On-site denture services to nursing and private home residents only.

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

DENTAL HYGIENE CLINIC, PUEBLO COMMUNITY COLLEGE
.........................................................................................................(719) 549-3286
Health Sciences Building 900 W Orman Ave, Pueblo, CO   81004
Preventative dental care at substantially reduced rates.
www.pueblocc.edu/Dental-Clinics

DIRECT DENTAL PLANS OF AMERICA............................................(800) 377-2924
11178 Huron St, Northglenn, CO   80234...............................(303) 457-9794
Dental, vision, prescription discount card.
www.directdentalplan.com
PALMER PARK DENTISTRY ..............................................(719) 301-5300
3208 N Academy Blvd, #140  (80917)
Medicaid provider and private insurance.
www.palmerparkdentistry.com

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

UNIVERSITY OF COLORADO SCHOOL OF DENTAL MEDICINE
..............................................................................................................(303) 724-6900
13065 E 17th Ave, Aurora, CO  80045
Low-cost dental treatments.
www.ucdenver.edu/academics/colleges/dentalmedicine

DISEASE-SPECIFIC ORGANIZATIONS

ALS ASSOCIATION, ROCKY MOUNTAIN CHAPTER ..........(866) 257-3211
10855 Dover St, #500, Westminster, CO  80021 ..........(303) 832-2322
http://webco.alsa.org

ALZHEIMER'S ASSOCIATION OF CENTRAL COLORADO ....(800) 272-3900
Provides educational programs, care consultations, Medic Alert & Safe Return program, support groups, 24/7 telephone HELPLINE, information, referral and support for caregivers.
www.alz.org/co

ALZHEIMER'S EDUCATION AND REFERRAL CENTER ....(800) 438-4380
P.O. Box 8057, Gaithersburg, MD  20898
www.nia.nih.gov/health/alzheimers

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

AMERICAN CANCER SOCIETY ...........................................(719) 636-5101
Cancer Answer Line .................................................................(800) 227-2345
1445 N Union Blvd, #B100  (80909)
www.cancer.org

AMERICAN DIABETES ASSOCIATION ...............................(800) 342-2383
2451 Crystal Dr, #900, Alexandria, VA  22202
www.diabetes.org
AMERICAN HEART ASSOCIATION ..............................(866) 698-5414
12345 N Lamar Blvd, Austin, TX  78753
Local events: The Heart Ball, Go Red for Women Luncheon and CycleNa-
tion.
www.facebook.com/ahacos

AMERICAN LUNG ASSOCIATION IN COLORADO......(800) 586-4872
..................................................................................................
5600 Greenwood Plaza Blvd, #100 Greenwood Village, CO  80111
www.lung.org

AMERICAN STROKE ASSOCIATION .......................(303) 801-4530
..................................................................................................
(800) 242-8721
www.heart.org/en/affiliates/colorado/colorado-springs

ANGEL NETWORK, PENROSE CANCER CENTER ..........(719) 776-5548
2222 N Nevada Ave (80907)
African-American Women Nurturing and Giving Each other Life network.
www.centura.org

ARTHRITIS FOUNDATION, ROCKY MOUNTAIN CHAPTER(720) 588-4969
1355 S Colorado Blvd, Denver, CO  80222 ......................(800) 283-7800
www.arthritis.org

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

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

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

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

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

(719) 633-4603
7011 Campus Dr, #110 (80920)
www.msasoco.org

NATIONAL CANCER INSTITUTE INFO SERVICE

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

ROCKY MOUNTAIN STROKE CENTER

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

THE MESOTHELIOMA CENTER

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

TOURETTE SYNDROME ASSOCIATION

(888) 486-8738
www.tourette.org

FOOT CLINICS

COLORADO SPRINGS SENIOR CENTER FOOT CLINIC

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

INSTEP

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

HEARING IMPAIRMENT

HEAR NOW

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

H.E.A.R.S

(719) 352-5124
2125 E La Salle St (80909)
Hearing, education and assistance to low-income El Paso County residents by Rocky Mt. Sertomans.
https://hearscosp.weebly.com
HEARING LOSS ASSOCIATION OF AMERICA, COLORADO SPRINGS CHAPTER
www.hearinglosscolorado.org or www.hlaacoloradosprings.org

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

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

PEAK VISTA AUDIOLOGY SERVICES.................................(719) 344-7126
4863 N Nevada Ave (80918)
www.peakvista.org/services/additional/audiology

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

HOSPITALS/CLINICS

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

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

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

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

DEVELOPMENTAL DISABILITIES HEALTH CENTER ..........(719) 632-5700
3207 N Academy Blvd, #3300 (80909)
www.peakvista.org
DISPATCH HEALTH .................................................(719) 270-0805
Mobile Urgent Care.
www.dispatchhealth.com

EASTERN PLAINS MEDICAL CLINIC ............................(719) 347-0100
560 Crystola St, Calhan, CO  80808
www.easternplainsmedicalclinic.com

EL PASO COUNTY PUBLIC HEALTH DEPARTMENT ..........(719) 578-3199
1675 W Garden of the Gods Rd, #2044  (80907)
Offers clinical and health services, disease education and prevention.
www.elpasocountyhealth.org

FRESENIUS KIDNEY CARE (FORMERLY LIBERTY DIALYSIS) (719) 227-7455
2508 Airport Rd  (80910)
www.freseniuskidneycare.com

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

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

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

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

MISSION MEDICAL CLINIC ......................................(719) 219-3402
2125 E La Salle St  (80909)
Medical services to the uninsured and underinsured patients ages 19+.
www.missionmedicalclinic.org

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

OPEN BIBLE MEDICAL CLINIC + PHARMACY .............(719) 475-0972
555 E Costilla St  (80903)
Medical and pharmacy services for uninsured and underinsured.
www.openbiblemedical.org
PENROSE CANCER CENTER ............................................(719) 776-5281
2222 N Nevada Ave  (80907)
www.penrosecancercenter.org

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

PENROSE-ST FRANCIS PRIMARY CARE CRIPPLE CREEK ....(719) 776-4310
412 North C St, Cripple Creek, CO  80813
Outpatient medical clinic.
www.centura.org

PENROSE-ST FRANCIS URGENT CARE .............................(719) 776-3216
3027 N Circle Dr  (80909)
www.penrosegastfrancis.org

PIKES PEAK FAMILY MEDICINE ......................................(719) 686-0878
720 W Hwy 24, Woodland Park, CO  80863
Outpatient medical clinic.
www.pikespeakregionalhospital.com/services/family-medicine

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

PLANNED PARENTHOOD OF THE ROCKY MOUNTAINS ...(800) 230-7526
3480 Centennial Blvd  (80907).................................(719) 475-7162
www.plannedparenthood.org/planned-parenthood-rocky-mountains

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

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

UCCS HEALTHCIRCLE PRIMARY CARE CLINIC ..............(719) 255-8001
4863 N Nevada Ave, #250  (80918)..........Nutrition Clinic (719) 255-7524
Offering full range of personal healthcare services including nutrition
assessment and counseling.
www.uccs.edu/healthcircle/primary-care-clinic
www.uccs.edu/healthcircle/index.php/peak-nutrition-clinic
**MEDICAL EQUIPMENT/SUPPLIES**

**ACCESSIBLE SYSTEMS** ................................................................. (719) 387-0675
1880 Office Club Pointe  (80920)
www.accessiblemed.com

**AFFORDABLE MEDICAL SUPPLY** .................................................. (719) 632-4036
1833 N Circle Drive  (80909)
www.affordablemedmart.com

**AMERICAN MEDICAL ALERT (FORMALLY TUNSALL)** ..........(866) 686-7504
Medical alarm and medication management tools.
www.mthommed.com

**ASCENT MOBILITY** ................................................................. (719) 247-1499
Specializes in stair lifts, wheelchairs lifts, elevators and other accessibility equipment including ramps, vehicle lifts and walk-in tubs.
www.ascentmobility.com

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

**HORIZON PROSTHETICS** ............................................................ (719) 266-0949
622 Elkton Dr  (80918)
www.horizonprosthetics.com

**INDEPENDENT HOME LIVING** ....................................................... (719) 660-2401
Home medical equipment.
www.independenthomelivingsolutions.com

**LINCARE** .................................................................................. (719) 473-1880
4040 E Bijou St, #150  (80909)
Oxygen, hospital beds, wheelchairs, walkers.
www.lincare.com

**MAJOR MEDICAL SUPPLY** ......................................................... (719) 475-1236
5620 N Union Blvd  (80918)
www.majormedicalsupply.com

**MISSION MEDICAL CLINIC** ....................................................... (719) 219-3402
2125 E La Salle St  (80909)
Durable medical equipment.
www.missionmedicalclinic.org

**MORNING STAR ELEVATOR** ......................................................... (719) 635-7960
11641 Ridgeline Dr, #100  (80921)
www.coloradohomeelevator.com
NEPENTHE HOME MEDICAL EQUIPMENT ....................(888) 773-0202
1969 W Uintah St (80904)....................................................(719) 633-4400
Oxygen, hospital beds, wheelchairs and more.
www.nepenthemed.com

NUMOTION ...........................................................................(719) 520-5577
4260 Buckingham Dr, #120 (80907)
Wheelchairs (electric/manual), seating, service and repair.
www.numotion.com

SILVER KEY FRIENDS THRIFT STORE ....................... (719) 884-2300
1605 S Murray Blvd (80916)
Home Medical Equipment department features used mobility aids.
Donations accepted.
www.silverkey.org

STOREHOUSE AT WOODLAND PARK COMMUNITY CHURCH
.........................................................................................(719) 229-4512
700 Valley View Dr, #D, Woodland Park, CO 80863
Medical equipment loan closet.
www.woodlandparkcommunitychurch.com

YOUCAN TOOCAN ...............................................................(719) 630-2156
1925 Dominion Way, #201 (80918)
Durable medical equipment.
www.youcanotoocan.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
Identifying federal, state and local financial assistance and prescription benefit programs for 55+
www.benefitscheckup.org/centura

CAREMARK PRESCRIPTION DISCOUNT PROGRAM ........(877) 321-2652
Free program for a prescription discount card.
www.caremark.com/nlc
DIRECT DENTAL PLANS OF AMERICA ........................................(800) 377-2924
Dental, vision, prescription discount card.
www.ddpcol.com

MISSION MEDICAL CLINIC ....................................................(719) 219-3402
2125 E La Salle St  (80909)
Prescription assistance to low income uninsured people.
www.missionmedicalclinic.org

TLC PHARMACY, OPEN BIBLE BAPTIST CHURCH ..........(719) 596-4449
555 E Costilla  (80903)

REHABILITATIVE SERVICES

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

ABLE CARE MOBILE THERAPY .............................................(719) 629-6796
We make house calls.
www.ablecaretherapy.com

BALANCE POINT VESTIBULAR REHABILITATION .............(719) 667-0666
7606 N Union Blvd, #F  (80920)
www.balancepointrehab.com/BPVR/Welcome.html

COLORADO SPORTS AND SPINE ........................................... (719) 776-4888
3010 N Circle Dr  (80909)
https://www.centura.org/locations/colorado-sports-and-spine-center

EDGE PHYSICAL THERAPY ..................................................(719) 599-5330
1412 N Hancock  (80903)
Physical rehabilitation and therapy.
Locations in Monument and Cripple Creek.
www.myedgephysicaltherapy.com

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

OPTIMUM HEALTH CENTER .............................................(719) 635-2500
1809 N Circle Dr  (80903)
Physical therapy.
www.optimumhealthco.com
PENROSE-ST FRANCIS REHABILITATION SERVICES.........(719) 776-5000
2222 N Nevada Ave  (80907)..............................................................(719) 776-5200
Rehabilitation services
www.centura.org/care-and-health/rehabilitation

VISUAL IMPAIRMENTS

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

ISIGHT REHAB .................................................................(719) 229-8000
Vision rehabilitation therapy, assistive technology, orientation and mo-

bility instruction.
www.isightrehab.com

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

MAGNISIGHT OF THE ROCKIES ...........................................(719) 247-7167
..................................................................................................(800) 753-4767
Electronic magnification and speech reading systems for people with
low vision or blindness.

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

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

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

WELLNESS

FOUNTAIN VALLEY SENIOR CENTER..............................(719) 600-2644
5745 Southmoor Dr, Fountain, CO  80817
Exercise classes, Tai Chi, Chi Kung, health screening services and more.
www.fvscenter.org
HEALTH LEARNING CENTER .................................................. (719) 776-3600
3027 N Circle Dr (80909)
Anticoagulation Clinic, Diabetes Care Clinic and medical nutrition therapy.
www.penrosetransitions.org

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

MOVING FOR BETTER BALANCE AT THE YMCA ............... (719) 329-7233
Fall prevention classes.
www.ppyymca.org

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

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

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NEW VISION PROFESSIONAL SERVICES, LLC

Rebecca Shields

Services offered:

* Support group facilitation
* Individual counseling
* Adaptive material usage
* Daily living skills
* Safety in food preparation
* Braille reading training
* Mobility training
* Teaching independence

Contact Information:
Rebecca Shields
719-634-1851
Please visit us at:
NewVision4You.com

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PIKES PEAK AREA AGENCY ON AGING
Helping seniors maintain their INDEPENDENCE

Services
Senior Information and Assistance
Family Caregiver Support Center
Ombudsman Program
Senior Insurance Assistance

For information and assistance
719-471-2096

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PPACG AAA Senior Information & Assistance Center [719-471-2096] 59
SILVER KEY ACTIVE LIVING & COMMUNITY ROOMS ........ (719) 884-2300
1655 S Murray Blvd (80916)
Programs support health and wellbeing; recreational, creative, cultural,
and inspirational activities; and lifelong learning.
www.silverkey.org

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

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

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

YMCA ACTIVE OLDER ADULT PROGRAMS .................. (719) 593-9622
2380 Montebello Dr W (80918)
www.ppymca.org
Also see tables listing housing facilities; Senior Apartments, page 117; Retirement Communities, page 123; Assisted Living Residences, page 128; and Nursing Homes, page 142.

**HOME MODIFICATION/ACCESSIBILITY**

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

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

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

**ADAM'S HOME REPAIR..........................................................(719) 243-6758**
4618 Chicory Ct (80917)

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

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

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

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

**HANDY ANDY'S HOME REPAIR & LANDSCAPING ..............(719) 310-5414**
INDEPENDENT HOME LIVING ...........................................(719) 660-2401
www.independenthomelivingsolutions.com

MIKE’S HANDYMAN SERVICE .............................................(719) 338-4279
Home maintenance and repairs, yardwork. Senior discount for 62+.

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

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

NEXT DAY ACCESS COLORADO .............................................(719) 249-4816
15954 Jackson Creek Pkwy, #B-501, Monument CO  80132
Grab bars, tub steps, residential ramps, stair, porch, and patient lifts,
spa/hot tub lifts, bath lifts and safety products.
www.nextdayaccess.com/colorado-springs-co

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

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

THE INDEPENDENCE CENTER .............................................(719) 471-8181
729 S Tejon St (80903)
Assistive technology and home modifications to support independent
living.
www.theindependencecenter.org

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

WEATHERIZATION PROGRAM-NWCO COUNCIL OF GOVTS
............................................................................(800) 332-3669
PO Box 2308, Silverthorne, CO  80498
Assistance for Park County. Free for low/moderate income.
www.nwccog.org/programs/weatherization
Housing organizations that assist low-income residents typically have waiting lists.

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

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

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

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

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

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

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

HOMEWARD PIKES PEAK.......................................................(719) 473-5557
2010 E Bijou St  (80909)
Supportive services for people who suffer from substance abuse, mental illness, and chronic homelessness. Eligibility requirements to include completion of the Housing Survey to determine risk and prioritization.
www.homewardpp.org/housing-first
INTERFAITH HOSPITALITY NETWORK ...............................(719) 329-1244
519 N Tejon St  (80903)
Housing in churches and self-sufficiency services for homeless families with children.
www.ihn-cos.org/interfaith-hospitality-network

ITHAKA LAND TRUST ..............................................................(719) 578-1629
Transitional housing serving low-income individuals with barriers to securing housing. Employment and case management requirements.
www.ithakaland.org

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

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

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

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

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

SILVER KEY SENIOR ASSISTANCE ........................................(719) 884-2300
1605 S Murray Blvd  (80916)
Housing Navigation - primarily works with at-risk seniors. Internal referrals are made through case management.
www.silverkey.org
SPRINGS RESCUE MISSION..........................................................(719) 884-2758
5 W Las Vegas St  (80903)..........................................................(719) 314-2398
Year round nightly shelter.
www.springsrescuemission.org

SUMMIT COMBINED HOUSING AUTHORITY ......................(970) 453-3555
110 Ski Hill Rd, Breckenridge, CO  80424
Subsidized Section 8 housing voucher program, serves Park County.
www.summithousing.us

SUNSHINE HOME SHARE COLORADO.................................(719) 744-3911
A nonprofit organization helping older adults utilize the extra space in
their home as a way to generate income, receive assistance with basic
household chores, decrease isolation while also providing housing to
someone needing an affordable place to live and help with support.
www.sunshinehomeshare.org

INFORMATION & ASSISTANCE

AARP-COLORADO ..............................................................(866) 554-5376
303 E 17th Ave, #510, Denver, CO  80203
Provides services, benefits, and special products to the 50+ members.
www.aarp.org/co

AARP NATIONAL.................................................................(888) 687-2277
601 E St NW, Washington, DC  20049
AARP advocates on a national level for the benefit of older adults age
50+.
www.aarp.org

AGE FRIENDLY PIKES PEAK ............WWW.AGEFRIENDLYPIKESPEAK.ORG
Features resources for support from arts to health to volunteering and
much more.
www.ppacg.org/aging

ASPEN MINE CENTER.....................................................(719) 689-3584 x118
166 E Bennett Ave, Cripple Creek, CO  80813
www.aspenminecenter.org

BROTHERS REDEVELOPMENT’S COLORADO HOUSING CONNECTS
HELPLINE .................................................................(844) 926-6632
2762 Janitell Rd  (80906)
Information on housing-related issues, aging in place, renters' rights
and fair housing laws.
COMMUNITY OUTREACH CENTER .............................................(719) 347-7638
328 10th St, Calhan, CO 80808
For rural communities east of Colorado Springs.
www.coccenter.org

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

MOUNTAIN RESOURCE CENTER .............................................(303) 838-7552
11030 Kitty Dr, Conifer, CO 80433 ......................... (303) 838-7552 x20
Serving Park County.
www.mrcco.org

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

PIKES PEAK UNITED WAY 2-1-1 .............................................(719) 955-0742
Local information and referral...........................................(719) 632-1543

We DO NOT sell or endorse any insurance companies or products.

Contact Us
719-635-4891
Toll Free
888-696-7213
Email
seniorinsur@ppacg.org

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

Pick up a FREE copy at your Area Agency on Aging or call 800-201-9989
To advertise, contact Lucy Crandall
lucy@seniorsbluebook.com
SENIOR INFORMATION & ASSISTANCE, PPACG AAA .......(719) 471-2096
14 S Chestnut St (80905)
Information, referral and direct services for older adults and their caregivers.
www.ppacg.org/aging/caregiver

SENIOR RESOURCE COUNCIL (SRC)..........................(719) 260-0744
2210 East La Salle St (80909)
Information source for services and special events for seniors.
www.srccos.org

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

SENIORS' RESOURCE CENTER (THE YELLOW HOUSE) ......(303) 674-2843
5120 Hwy 73, Evergreen, CO 80439
www.srcaging.org/src-evergreen

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

SILVER KEY SENIOR ASSISTANCE..............................(719) 884-2300
1605 S Murray Blvd. (80916)
Provides information, resources and referrals to Silver Key programs.
www.silverkey.org

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

THE INDEPENDENCE CENTER ......................................(719) 471-8181
729 S Tejon St (80903)
Information, resources, and referrals, for internal support programs
and other community agencies.
www.theindependencecenter.org

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

INSURANCE COUNSELING/INFORMATION

For free, one-on-one information and counseling about Medicare and all coverage options, contact the State Health Insurance Counseling Program (SHIP) office at (888) 696-7213. For SHIP assistance in El Paso, Park, and Teller counties, call (719) 635-4891.

AREA AGENCY ON AGING SENIOR INSURANCE ASSISTANCE

.................................................................(719) 635-4891
14 S Chestnut St (80905) ........................................(719) 471-2096
Medicare insurance counseling: Part A, B, D and more. Nine-county service area to include El Paso, Park, and Teller.
www.ppacg.org/aging

COLORADO DIVISION OF INSURANCE.................................(800) 930-3745
1560 Broadway #850, Denver, CO 80202 (303) 894-7499
Regulates the insurance industry and assists consumers with insurance issues.
www.colorado.gov

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

KEPRO............................................................................(844) 430-9504
5700 Lombardo Center Dr, #100, Seven Hills, OH 44131
A Medicare Quality Improvement Organization that assist people with Medicare with hospital discharge appeals and service terminations, quality of care concerns, immediate advocacy, and patient navigation. KEPRO's services are free for Medicare beneficiaries.
www.keproqio.com

CIVIL SERVICE PENSIONS

NATIONAL ACTIVE & RETIRED FEDERAL EMPLOYEES.......(800) 456-8410
www.narfe.org

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

PERA (PUBLIC EMPLOYEES RETIREMENT ASS’N).............(800) 759-7372
1301 Pennsylvania St, Denver, CO 80203
www.copera.org
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 information and allows you set up a personal account.

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

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

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

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

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

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

MEDICARE.................................................................(800) 633-4227
www.medicare.gov
ROCKY MOUNTAIN RURAL HEALTH .............................................(719) 836-2169
525 Hathaway St, Fairplay, CO  80440
www.rmrh.org

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

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

LAW ENFORCEMENT/FIRST RESPONDERS

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

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

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

CODE ENFORCEMENT .................................................................(719) 444-7891

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

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

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

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

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

SHERIFF’S OFFICE, PARK COUNTY .............................................(719) 836-2494
1180 Park County Rd, Fairplay, CO  80440 ...................................(719) 836-4122
www.parkco.us/88/Sheriffs-Office
SHERIFF'S OFFICE, TELLER COUNTY ..............................(719) 687-9652
11400 US Hwy 24, Divide, CO 80814
www.tellercountysheriff.com

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

UTE PASS REGIONAL HEALTH SERVICES DISTRICT.........(719) 687-2291
785 Redfeather Ln, Woodland Park, CO 80863
www.uprad.org

WOODLAND PARK POLICE DEPARTMENT...........................(719) 687-9262
911 Tamarac Pkwy, Woodland Park, CO 80863
http://city-woodlandpark.org/home/police-department

LEGAL SERVICES

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

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

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

ABC LEGAL DOCS .................................................................(719) 591-0433
4164 Austin Bluffs Pkwy, #101 (80918) Mailing address only.
Mobile notary service and do-it-yourself legal forms.
www.abclegaldocs.com

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

CLERK /RECORDER, EL PASO COUNTY ......................(719) 520-6202
1675 W Garden of the Gods Rd (80907)
http://car.elpasoco.com
CLERK/RECORDER, PARK COUNTY
856 Castello, Fairplay, CO 80440................................. (719) 836-4333
59865 Highway 285, Bailey, CO 80421 ............... Bailey (303) 816-5920
www.parkco.us/72/Clerk-Recorder

CLERK/RECORDER, TELLER COUNTY.................................(719) 689-2951
101 W Bennett Ave, Cripple Creek, CO 80813
www.co.teller.co.us/cr/default.aspx

COLORADO ADVANCE DIRECTIVES CONSORTIUM
Download forms to document health care decisions\treatment preferences.
www.coloradoadvancedirectives.com

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

COLORADO LEGAL SERVICES.................................(800) 395-2465
617 S Nevada Ave (80903)............................................ (719) 471-0380
Free civil legal services to older adults 60+.
www.coloradolegalservices.org

COMBINED COURT, EL PASO COUNTY.................................(719) 452-5000
270 S Tejon St (80903)
Civil, domestic, probate, criminal, traffic, juvenile, and small claims matters.
www.elpasocountycourts.com

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

DISTRICT ATTORNEY, EL PASO COUNTY.................................(719) 520-6000
105 E Vermijo Ave (80903)
www.4thjudicialda.com

DISTRICT ATTORNEY, PARK COUNTY.................................(719) 836-2080
310 Fourth St, Fairplay, CO 80440
www.da11thjd.org

DISTRICT ATTORNEY, TELLER COUNTY.................................(719) 520-7168
112 North A St, Cripple Creek, CO 80813
www.4thjudicialda.com/index.html
ECONOMIC CRIME DIVISION, EL PASO COUNTY ..............(719) 520-6000
105 E Vermijo Ave  (80903)
Investigates and prosecutes economic, business, and consumer crime.
Bad Check Restitution Program.
www.4thjudicialda.com/prosecutionunits4.aspx

11TH JUDICIAL DISTRICT, PARK COUNTY ......................(719) 836-2080
Self-represented litigant coordinator.
www.courts.state.co.us/courts/district/

LEGAL PUBLIC SERVICES (IN EL PASO COUNTY)
Public Service Programs/Resources:
Ask-a-Lawyer/ Call-a-Lawyer ....................................... (719) 471-0380
Find a Lawyer (Lawyer Referral Service) ....................... (719) 636-1532
www.elpasocountybar.org/lawyer-referral-service
Pikes Peak Justice & Pro Bono Project/ Modest Means.....(719) 473-6212
www.elpasocountybar.org/legal-resources-for-the-public

NAACP .............................................................................. www.naACP.org

NEIGHBORHOOD JUSTICE CENTER .............................. (719) 520-6000
105 E Vermijo Ave #230  (80903)
Free mediation service for neighborhood and co-worker disputes.
www.4thjudicialda.com/Community2.aspx

PHOENIX STRATEGIES MEDIATION/CONFLICT SERVICE... (719) 266-8181
3730 Sinton Rd, #105  (80907)
Conflict resolution services related to senior life transitions.
www.phoenixstrategiescolorado.com

SENIOR LAW HANDBOOK, COLORADO BAR ASSOCIATION
.............................................................................................. (303) 860-0608
1290 Broadway #1700, Denver, CO  80203
Downloadable handbook.
www.cobar.org.org/for-the-public/senior-law-handbook

VICTIM COMPENSATION PROGRAM, 4TH JUDICIAL DISTRICT
..............................................................................................(719) 520-6036
105 E Vermijo Ave, #111  (80903)
www.4thjudicialda.com/VictimCompensation.html
MILITARY SERVICES

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

PEAK MILITARY CARE NETWORK...........................................(719) 577-7417
Online information and resource directory for service members, veterans & their families.
http://pikespeak.co.networkofcare.org/veterans

ACTIVE DUTY

AIR FORCE ACADEMY CLINIC..................................................(719) 333-5111
4102 Pinon Dr, US Air Force Academy, CO (80840).........(719) 333-5043
www.airforcemedicine.af.mil/MTF/Air-Force-Academy

EVANS ARMY COMMUNITY HOSPITAL ...................................(719) 526-7000
1650 Cochrane Cir, Fort Carson, CO 80913
www.evans.amedd.army.mil

FT CARSON ARMY COMMUNITY SERVICE (ACS)...............(719) 526-4590
6303 Wetzel Ave, Bldg 1526, Fort Carson, CO 80913
Provides services and programs for active-duty/retired military.
http://carson.army.mil/acs

MT CARMEL VETERANS SERVICE CENTER .......................(719) 772-7000
530 Communication Circle (80905)
Benefits and resource assistance.
www.veteranscenter.org

PEAK MILITARY CARE NETWORK...........................................(719) 577-7417
Connects military service members, veterans, and families to essential resources in the Pikes Peak Region.
www.pmcn.org

THE HOME FRONT CARES...........................................(HELPLINE) (719) 434-1501
1120 N Circle, #230 (80909).............................................(719) 434-1407
Provides support for military families impacted by deployment.
www.thehomefrontcares.org

USAFA AIRMAN & FAMILY READINESS CENTER ..........(719) 333-3444
6248 W Pine Loop, USAF Academy, CO 80840
www.usafasupport.com/a-frc.html

US ARMY JAG OFFICE......................................................(719) 526-5572
1633 Mekong St, Bldg 6222, Fort Carson, CO 80913 .......(719) 526-5573
www.carson.army.mil/LEGAL
THE AMERICAN LEGION .................................................. (719) 599-8624
3613 Jennine Dr  (80917)
www.legion209.org

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

COLORADO SPRINGS VA OUTPATIENT CLINIC ....................(800) 278-3883
3141 Centennial Blvd  (80907)...........................................(719) 327-5660
www.denver.va.gov/locations/ColoradoSprings.asp

COLORADO SPRINGS VETERANS CENTER ....................... (719) 471-9992
602 S Nevada  (80903)
Individual and group counseling.
www.va.gov/directory

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

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

HOMEWARD PIKES PEAK .............................................(719) 473-5557
2010 E Bijou St,  (80909)
Supportive services for veterans who suffer from substance abuse, mental illness, and chronic homelessness. Completion of Housing Survey required.
www.homewardpp.org/housing-first

SILVER KEY ............................................................................(719) 884-2300
1605 S Murray Blvd.  (80916)
Services that support independence for veterans age 60+ : Silver Key Active Living, Connections Cafe, Home Delivered Meals including Meals on Wheels, Reserve Ride Transportation, Senior Assistance, and Choose Home Initiative.
www.silverkey.org
THE INDEPENDENCE CENTER ..............................................(719) 471-8181
729 S Tejon St  (80903)
Veteran directed care allows veterans to determine support/services needed to remain in their home/community.
www.theindependencecenter.org

TRICARE FOR LIFE ..............................................................(866) 773-0404
For military retirees age 65+/disabled, who have Medicare Part A and B.
www.tricare4u.com

UCCS HEALTHCIRCLE VETERANS HEALTH AND TRAUMA CLINIC
4863 N Nevada Ave, #380  (80918) ..............................................(719) 255-8003
www.uccs.edu/healthcircle/index.php/veterans-health-andtrauma-clinic

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

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

VETERANS SERVICE OFFICE, EL PASO COUNTY ..............(719) 520-7750
5850 Championship View, #130  (80922)
Assists with filing claims.
https://communityservices.elpasoco.com/veterans-services

VETERANS SERVICE OFFICE, TELLER COUNTY ..............(719) 686-5526
800 Research Dr, #230, Woodland Park, CO  80863.......(719) 641-4804
Assists with filing claims.
http://co.teller.co.us/Veterans

MINORITY RESOURCES

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

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

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

AARP DRIVERS SAFETY PROGRAM ........................................(719) 495-5022
State-approved course for seniors who complete driver’s education course.
www.aarp.org/findacourse

ALL ABOUT DIGNITY .................................................................(719) 459-2017
Instruction in non-medical personal-care skills for caregivers.
www.allaboutdignity.com

AMERICAN RED CROSS ......................................................(719) 632-3563
1040 S 8th St (80905)
First Aid, CPR, and accident prevention training.
www.redcross.org/local/colorado
BEO TRAINING CENTER ...........................................(719) 385-0200
5055 Mark Dabling Blvd (80918)
Certified Nurse Aide Training Program and CPR Certification.
www.beopersonalcare.com/training-center

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

FITNESS TO DRIVE, HEALTH PROMOTION PARTNERS ......(719) 231-6657
2924 Beacon St, #D (80907)
Driving evaluations and training with adaptive equipment.
www.healthpromotionpartners.com

FOUNTAIN VALLEY SENIOR CENTER ...........................................(719) 600-2644
5745 Southmoor Dr, Fountain, CO 80817
www.fvscenter.org

MASTER DRIVE .......................................................................(719) 260-0999
3280 E Woodmen Rd, #100 (80920)
A driver training program for seniors.
www.masterdrive.com

MOVING FOR BETTER BALANCE AT THE YMCA .................(719) 329-7233
207 N Nevada Ave (80903)
Fall prevention classes.
www.ppymca.org

Pikes Peak Area Agency on Aging

CAREGIVER SUPPORT CENTER

We can give you the tools you need to manage your caregiving responsibilities while also caring for yourself.
Let us help you now.

For information and assistance
719-886-7526
WILDFIRE MITIGATION PROGRAM (CSFD)..............................(719) 385-5950
375 Printers Pkwy  (80910)
Chipping Program..........................................................(719) 385-7342
http://csfd.coloradosprings.gov

MEDICAL ALERT SYSTEMS

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

ALERT RESPONSE...............................................................(800) 289-6070
www.alertresponse.com

COLORADO LIFE TRAK, TELLER COUNTY SHERIFF OFFICE(719) 687-9652
11400 W Hwy 24, Divide, CO  80814
A program for locating missing persons with dementia in Teller County.
www.co.teller.co.us/sheriff/COlifetrak.aspx

CONNECT AMERICA .................................................................(800) 215-4206
www.connectamerica.medicalalert.com

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

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

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

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

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

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

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

AARP–COLORADO ........................................(866) 554-5376
303 E17th Ave, #510, Denver, CO  80203
www.aarp.org/co

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

ASPEN MINE CENTER ........................................(719) 689-3584 x118
166 E Bennett Ave, Cripple Creek, CO  80813
www.aspenminecenter.org

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

FALCON SENIOR SERVICES ..........................(719) 330-5994
Call for information.

FOUNTAIN VALLEY SENIOR CENTER ....................(719) 600-2644
5745 Southmoor Dr, Fountain, CO  80817
www.fvscenter.org

MOUNTAIN COMMUNITY SENIOR SERVICES ............(719) 488-0076
PO Box 502, Palmer Lake, CO  80133
Social and medical transportation available to those 60+ in Tri-Lakes/ northwest El Paso County, and handyman services.
www.coloradoseniorthelp.com

MOUNTAIN RESOURCE CENTER ..........................(303) 838-7552
11030 Kitty Dr, Conifer, CO  80433 ......................(303) 838-7552 x20
Serving Park County.
www.mrcco.org

PARK COUNTY SENIOR COALITION .........................(719) 836-4295
825 Clark St, Fairplay, CO  80440
www.parkcoseniorgroup.org
SENIOR INFORMATION & ASSISTANCE, PPACG AAA .......(719) 471-2096
14 S Chestnut St  (80905)
Provides programs and services for older adults and their caregivers; advocates for senior services. Information and referral services for seniors.
www.ppacg.org/aging

SENIORS’ RESOURCE CENTER (THE YELLOW HOUSE) ...........(303) 679-2552
5120 Hwy 73, Evergreen, CO  80439 .............................(303) 674-2843
www.srcaging.org/src-evergreen

SILVER KEY ...................................................(719) 884-2300
1605 S Murray Blvd  (80916)
Supportive and advocacy services. Services that support 60+: Silver Key Active Living, Connections Cafe, Home Delivered Meals including Meals on Wheels, Reserve and Ride, and Senior Assistance.
www.silverkey.org

SOUTH PARK SENIOR CENTER ....................................(719) 836-1455
296 6th St, Fairplay, CO  80440

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

TRI-LAKES SILVER ALLIANCE ......................................(719) 464-6873
PO Box 2931, Monument, CO  80132
Programs, services, activities, and support for seniors.
www.trilakesseniors.org

Pikes Peak Area Agency on Aging
Helping seniors maintain their INDEPENDENCE

The PPACG Area Agency on Aging is a network of state and local programs that help older people to plan and care for their life-long needs and live independently in their own homes for as long as possible.

Services
• Senior Information and Assistance
• Family Caregiver Support Center
• Ombudsman Program
• Senior Insurance Assistance

For information & assistance
719-471-2096
SUBSTANCE ABUSE/BEHAVIORAL HEALTH

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

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

ALLAN GREENFIELD, MSW AND LLOYD GREENFIELD, LCSW

.............................................................................................................................(719) 634-5800
1715 N Weber St,  (80907)
www.feelingbetterclinic.com

ASPENPOINTE ACUTE SERVICES (LIGHTHOUSE).....................(719) 572-6100
115 S Parkside Dr  (80901)..................................................(719) 572-6340
www.aspenpointe.org

ASPENPOINTE HEALTH SERVICES......................................................(719) 572-6100
179 S Parkside Dr  (80901).... Emergency number: (719) 635-7000
Bailey (460 County Rd 43a  80421)..............................................(855) 277-3678
Calhan (328 10th St  80808)....................................................(719) 572-6100
Cripple Creek - Aspen Mine Center...........................................(855) 277-3678
166 E Bennett Ave  80813
Fairplay (970 Castello  80440)..................................................(855) 277-3678
Fountain (350 Lyckman Dr  80817)..............................................(719) 572-6100
Woodland Park (18401 Hwy 24, #119  80863)......................(855) 277-3678
www.aspenpointe.org

CEDAR SPRINGS HOSPITAL.............................................(800) 888-1088
2135 Southgate Rd  (80906).....................................................(719) 633-4114
Provides comprehensive, acute psychiatric hospital treatments.
www.cedarspringshospital.com

DBSA LATER LIFE GROUP .............................................(719) 477-1515
2132 E Bijou St, #112  (80909)
Free self-help support group for older adults w/ depression/bipolar disorder.
www.dbsacoloradosprings.org
HOMEWARD PIKES PEAK (HARBOR HOUSE CLINIC) .......... (719) 473-5557
2010 E Bijou St (80909)
Housing and treatment for substance abuse addictions of the home-
less, along with recovery groups for women.
www.homewardpp.org

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

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

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) ........ (719) 473-8477
1615 S Murray Blvd, (80916) (Crisis Line) (844) 493-8255
www.namicoloradosprings.org

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

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

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

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

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

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

SENIORS’ RESOURCE CENTER (THE YELLOW HOUSE) ........(303) 674-2843
5120 Hwy 73, Evergreen, CO 80439
Jefferson Co Senior Reach Mental health outreach .......... (866) 217-5808
www.srcaging.org/src-evergreen
SILVER KEY........................................................................................................(719) 884-2300
1605 S. Murray Blvd (80916)
SOS program connects to local mental health services and case management. Onsite counseling service accepts Medicaid, private pay and sliding fee scale.
www.silverkey.org

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

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

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

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

SUPPORT GROUPS

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

AL-ANON AND ALATEEN..............................................................................(719) 632-0063
3595 E Fountain Blvd, #120 (80910)
www.al-anon-co.org

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

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

ALZHEIMERS AND DEMENTIA SUPPORT GROUPS .......... (800) 272-3900
www.alz.org/co
AMERICAN CANCER SOCIETY...................................................(800) 227-2345
1445 N Union Blvd, #B100 (80909).................................(719) 636-5101
By appointment only.
www.cancer.org

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

AMERICAN LUNG ASSOCIATION IN COLORADO...........(800) 586-4872
.........................................................................................(303) 388-4327
5600 Greenwood Plaza Blvd, Greenwood Village, CO 80111
www.lung.org/associations/states/colorado

ARTHRITIS FOUNDATION, ROCKY MOUNTAIN CHAPTER (720) 588-4969
2280 S Albion St, Denver, CO 80222
www.arthritis.org/colorado

CANCARE .............................................................................(719) 641-6900
A survivor by your side.
www.facebook.com/cancarecoloradosprings

CENTRO DE LA FAMILIA .....................................................(719) 227-9170
1287 Lake Plaza Dr (80906)
Provides an array of services to the Hispanic/Latino populations.
www.elcentrodelafamilia.org

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

COLORADO PARKINSON FOUNDATION .......................(719) 884-0103
1155 Kelly Johnson Blvd, #111 (80920)
www.co-parkinson.org

DIABETES SUPPORT GROUP..............................................(719) 884-6145
219 E Bijou St (80903)
Located at First Presbyterian Church.
www.firstprescos.org

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

FAMILY CAREGIVER SUPPORT CENTER, PPACG AAA(719) 471-2096 x115
14 S Chestnut St (80905).................................................(719) 886-7526
www.ppacg.org/aging/caregiver
GRANDPARENTS RAISING GRANDKIDS SUPPORT GROUP
...........................................................................................(719) 884-6145
219 E Bijou St (80903)...............................................................(719) 578-8007
Located at First Presbyterian Church, mentoring and support.
www.firstprescos.org

GRIEFSHARE ...........................................................................(719) 388-5000
290 E Woodmen Rd (80919)
Located at Woodmen Valley Chapel.
www.woodmenvalley.org

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

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

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

MULTIPLE SCLEROSIS ALLIANCE ......................................(719) 633-4603
7011 Campus Dr, #110 (80920)
www.msasoco.org

MYASTHENIA GRAVIS ASSOCIATION OF COLORADO ......(303) 360-7080
www.4-mga.org

NAMI FAITHNET .................................................................(719) 884-6145
105 N Weber St, (80905)
Peer led family support group for family members, caregivers, and friends of
individuals living with mental illness.
www.firstprescos.org

PARKINSON’S SUPPORT GROUP ...............................(719) 884-6145
219 E Bijou St (80903)
Located at First Presbyterian Church.
www.firstprescos.org

PIKES PEAK OSTOMY ASSOCIATION .............................(719) 338-6218
www.pikespeakostomy.com
POLIO SURVIVORS SUPPORT GROUP.............................................(763) 377-2287
4125 Center Park Dr  (80916)
www.coloradopolio.org/support-groups

THE INDEPENDENCE CENTER ...............................................................(719) 471-8181
729 S Tejon St  (80903)
Peer support groups with self-advocacy skills training for men, women, youth, cross-disability traumatic brain injury, caregivers, and other disability-related groups.
www.theindependencenecenter.org

WHY WAIT STORIES .............................................................................(719) 291-6967
Documentary style films for family stories. Offers free mini-sessions at no cost to terminal cancer patients.
www.whywaitstories.com

TRANSPORTATION

Transportation is an important link to independence for older adults. Older adults who become unable to drive experience a loss of independence that can affect their health and happiness.

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

ASPEN MINE CENTER ................................................................. (719) 689-3584 x118
166 E Bennett Ave, Cripple Creek, CO  80813
Medicaid transport only.
www.aspenminecenter.org

BEO MOBILITY.................................................................................(719) 362-8000
5055 Mark Dabling Blvd  (80918)
Non emergency medical transportation.
www.beopersonalcare.com/mobility

BLUE SKIES TRANSPORTATION ..................................................... (719) 357-9070
...........................................................................................................(719) 452-0525
Non-medical transportation for Medicaid eligible clients from El Paso County to Denver, Castle Rock, Pueblo and Canon City.
www.blueskiestransportation.com/

COACH HOME CARE AND TRANSPORT .................................. (719) 391-4444
1900 E Pikes Peak Ave, #2  (80909)
Medicaid, private pay, non medical, wheelchair, and non emergency medical transportation.
thecoachhomecare.com
ENVIDA MOVES (FORMERLY AMBLICAB)...............................(719) 633-4677
5660 N Academy Blvd  (80918)
Now connects Colorado Springs to several locations in eastern El Paso County.
www.envidacares.org

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

FOUNTAIN VALLEY SENIOR CENTER..............................(719) 600-2643
5745 Southmoor Dr, Fountain, CO  80817
For those 60+ or non-elderly disabled who live in southern and eastern El Paso County.
www.fvscenter.org

GOODWHEELS.................................................................(719) 442-2077
1460 Garden of the Gods Rd  (80907)
Transportation anywhere in Colorado. Accepts private pay and many types of insurance for qualified rides.
www.discovermygoodwill.org

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

MOUNTAIN COMMUNITY SENIOR SERVICES ............... (719) 488-0076
PO Box 502, Palmer Lake, CO  80133
Social and medical transportation available to those 60+ in Tri-Lakes/northwest El Paso County only.
www.coloradoseniorhelp.com/Transportation

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

MOUNTAIN METRO RIDES ..............................................(719) 385-7433
1015 Transit Dr  (80903)
Coordination of carpools.
http://transit.coloradosprings.gov

MOUNTAIN METRO TRANSIT PUBLIC BUS SYSTEM .... (719) 385-7433
1015 Transit Dr  (80903).................................................(719) 385-5974
Schedules and passes.
www.mmtransit.com
PARK COUNTY SENIOR COALITION .............................................. (719) 836-4295
825 Clark St, Fairplay, CO  80440
www.parkcoseniors.org

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

SILVER KEY RESERVE AND RIDE .........................................(719) 884-2300
1605 S Murray Blvd  (80916)
Door through door ADA accessible transportation.
www.silverkey.org

TELLER CAB ............................................................................. (719) 687-8222
PO Box 2083, Woodland Park, CO  80866
www.tellercab.com/services

TELLER SENIOR COALITION ................................................... (719) 687-3330
750 E Hwy 24, Bldg 2, #100, Woodland Park, CO  80866
Transportation for seniors 60+ and for low-income disabled citizens
who are Teller County residents.
www.tellerseniorcoalition.org

TRANSIT RIDERS SENIOR AMBASSADOR .............................. (719) 385-7433
Mountain Metropolitan Transit one-on-one training for new public bus
riders 60+ of age.
https://transit.coloradosprings.gov/mountain-metro

TRANSIT TO CARE ............................................................... (719) 644-6005
2860 S Circle Dr, #350A  (80906)
Non emergency medical transportation.
www.transit2care.com

TRANSPORTATION SECURITY ADMINISTRATION (TSA)  ...(855) 787-2227
Provides information for passengers with disabilities/medical
conditions before flying.
www.tsa.gov/travel/passenger-support

UNITED ACCESS ..................................................................... (719) 590-1400
6285 Corporate Dr  (80919)
Builds, sells, services, and rents custom vans or minivans.
www.unitedaccess.com
WHEELCHAIR GETAWAYS OF COLORADO ............................(800) 238-6920
PO Box 621429, Littleton, CO  80162..............................(303) 674-1498
Rental of wheelchair and scooter accessible vans.
www.wheelchairgetaways.com

ZTRIP OF COLORADO SPRINGS (FORMERLY YELLOW CAB)
.................................................................................................................(719) 766-4567
4625 Town Center Dr  (80916)...........................................(719) 550-9300
Traditional taxi and app-based ride service.
www.ztrip

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PPACG AAA Senior Information & Assistance Center [719-471-2096] 90
GOODWILL CAN HELP YOU
LIVE MORE INDEPENDENTLY!

In-Home Personal Care
We offer affordable and specialized meal preparation, personal hygiene assistance, housekeeping and medication reminders by our Personal Care Providers.

GoodWheels Community Transportation
We can take you anywhere in Colorado by calling our dispatch line at (719) 442-2077. We accept private pay and many types of insurance for qualified rides.

In-Home Support Services Agency
If you are the caretaker for a loved one who is disabled and on Medicaid, you might be eligible for salary and benefits! Goodwill is a Colorado Health First/Medicaid certified In-Home Support Services Agency.

Licensed, Insured and Bonded
For more information, call (719) 785-9294

Goodwill
1460 Garden of the Gods Road
Colorado Springs, CO 80907
DiscoverMyGoodwill.org
# 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](http://www.cdphe.state.co.us). Persons needing financial assistance for healthcare should contact the Department of Human Services at 719-636-0000.

<p>| A CARING HEART HOME HEALTH | (719) 505-1010 | • |
| 2140 Hollowbrook Dr, #200 80918 | | |
| ABODE HOME HEALTH | (719) 358-6604 | |
| 5465 Mark Dabling Blvd, Floor 1 80918 | | |
| AMAZING CARE HOME HEALTH | (719) 219-0691 | • |
| 5755 Mark Dabling Blvd, #120 80919 | | |
| AT HOME HEALTH CARE | (719) 227-8624 | • |
| 75 Printers Parkway, #105 80910 | | |
| BENEFIT HOME HEALTH CARE | (719) 532-1100 | • |
| 5426 N Academy Blvd, #200 80918 | | |
| BRIDGES COMMUNITY HOME CARE | (719) 596-5001 | • |
| 7150 Campus Dr, #330 80920 | | |
| BRIGHTSTAR CARE | (719) 264-8800 | • • |
| 3730 Sinton Rd, #200 80907 | | |
| BROOKDALE HOME HEALTH | (877) 312-6614 | • • |
| 5600 S Quebec St, #300A, Denver 80111 | | |
| CENTURA HEALTH AT HOME | (719) 776-7500 | |
| 7015 Tall Oak Dr 80919 | | |
| COACH HOME HEALTH | (719) 391-4444 | |
| 1900 E Pikes Peak, #5 80909 | | |
| COMFORT KEEPERS | (719) 522-9100 | • • |
| 5390 N Academy Blvd, #230 80918 | 97 | |
| COMPLETE HOME HEALTH CARE | (719) 599-7902 | • • |
| 3225 Austin Bluffs Pkwy, #200 80918 | | |
| ENCOMPASS HOME HEALTH | (719) 265-6931 | • • |
| 910 Pinon Ranch View, #211 80907 | | |</p>
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<table>
<thead>
<tr>
<th>Agency Name</th>
<th>Phone Number</th>
<th>Services</th>
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<th>Mental Health Services</th>
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<tr>
<td>FIRST CLASS HOME CARE</td>
<td>(719) 428-3268</td>
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<tr>
<td>6165 Lehman Drive, #102 80918</td>
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<td>HUMAN TOUCH HOME HEALTH</td>
<td>(719) 635-2003</td>
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<tr>
<td>1160 Lake Plaza Dr, #100 80906</td>
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<td>INDEPENDENCE CENTER, THE</td>
<td>(719) 471-8181</td>
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<td>729 S Tejon St 80903</td>
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<td>INTERIM HEALTHCARE OF S E COLORADO</td>
<td>(719) 632-9900</td>
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<td>1901 N Union Blvd, #202 80909</td>
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<td>KINDRED AT HOME</td>
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<td>5755 Mark Dabling Blvd, #325 80919</td>
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<td>7150 Campus Dr #160 80920</td>
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<td>(719) 476-0200</td>
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<td>1355 Garden of the Gods Rd, #130 80907</td>
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<td>MT EVANS HOME HEALTH CARE HOSPICE</td>
<td>(303) 674-6400</td>
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<td>3081 Bergen Peak Dr, Evergreen, 80439</td>
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<td>NURSECORE</td>
<td>(719) 884-1388</td>
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<td>5426 N Academy Blvd #110 80918</td>
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<td>OPTIMAL HOME CARE</td>
<td>(719) 452-8457</td>
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<td>4380 S Syracuse, #600, Denver 80237</td>
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<td>PRIMARY HOME HEALTH CARE</td>
<td>(719) 577-4272</td>
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<td>111 E Polk St, #110 80907</td>
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<td>(719) 532-0373</td>
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<td>(719) 634-4999</td>
<td>24 HR/7 DAY INAKTES</td>
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<td>5446 N. Academy #203 80918</td>
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<tr>
<td>ROCKY MOUNTAIN PACE</td>
<td>(719) 314-2327</td>
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<td>2502 E Pikes Peak</td>
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<td>SUMMIT HOME HEALTH CARE</td>
<td>(719) 533-0084</td>
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<td>1160 Lake Plaza Dr, #255 80906</td>
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<td>TEAM SELECT HOME CARE</td>
<td>(719) 277-6647</td>
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<td>1125 Kelly Johnson Blvd, #130 80920</td>
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<td>TLC HOME HEALTH CARE</td>
<td>(719) 502-5765</td>
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<td>2606 Palmer Park 80909</td>
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<td>VOYAGER HOME HEALTH CARE</td>
<td>(719) 722-4516</td>
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<td>2233 Academy Place #202 80909</td>
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<td>YOUR LIFE YOUR WAY</td>
<td>(719) 785-9294</td>
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<td>1460 W Garden of the Gods Rd 80907</td>
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### AGE-FRIENDLY Pikes Peak

The Age-Friendly Pikes Peak Portal features resources for support from arts to health to volunteering and much more.

agefriendlypikespeak.org
### MEDICAL HOME HEALTH AGENCIES

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### See Ad on Page 24 HR/7 DAY INTAKES

24-HOUR CARE

MENTAL HEALTH SERVICES

REHAB THERAPY

ALSO DOES NON-MEDICAL HOME CARE

MEDICARE CERTIFIED

MEDICAID CERTIFIED

VA CERTIFIED

HCBS CERTIFIED

ACCEPTS OTHER INSURANCE

ACCEPTS PRIVATE PAY

SERVES EL PASO CO

SERVES TELLER CO

SERVES PARK CO

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**Right At Home**

(719) 634-4999

5446 N. Academy #203 80918 • • • • • • • •

**Rocky Mountain PACE**

(719) 314-2327

2502 E Pikes Peak Inside Front Cover • • • • • • • •

**Summit Home Health Care**

(719) 533-0084

1160 Lake Plaza Dr, #255 80906 • • • • • • • • • • • •

**Team Select Home Care**

(719) 277-6647

1125 Kelly Johnson Blvd, #130 80920 • • • • • • • • • • • • • •

**TLC Home Health Care**

(719) 502-5765

2606 Palmer Park  80909     • • • • • • • • • • • • • •

**Voyager Home Health Care**

(719) 722-4516

2233 Academy Place #202 80909 • • • • • • • • • • • • • •

**Your Life Your Way**

(719) 785-9294

1460 W Garden of the Gods Rd 80907 91 • • • • • • • • • • • • • •

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**Comfort Keepers**

Elevating the Human Spirit

She’s always been the independent type. We aim to keep her that way.

We call our approach Interactive Caregiving™, which keeps our clients mentally and physically engaged while focusing on their needs.

Uplifting In-Home Senior Care

- Personal care
- Companionship & housekeeping
- Dementia care
- Transportation
- Medication reminders
- 24-hour care
# 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>
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<th>Intakes</th>
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<td>A Caring Heart</td>
<td>(719) 505-1010</td>
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<td>AC Home Health Care</td>
<td>(719) 590-9510</td>
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<td>Aide to You Home Care</td>
<td>(719) 639-6396</td>
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<tr>
<td>Akota Home Care</td>
<td>(719) 602-0305</td>
<td>4 hr</td>
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**NON-MEDICAL HOME CARE AGENCIES**

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NON-MEDICAL HOME CARE AGENCIES

These agencies provide in-home non-skilled services including: homemaking, personal care, companionship, errands, light meal preparation and transportation. More information is available at www.cdphe.state.co.us. Persons needing financial assistance for healthcare should contact the Department of Human Services at 719-636-0000.

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<td>MOUNTAIN VIEW HOME CARE</td>
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### Non-Medical Home Care Agencies

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**Home Help of COS**

(719) 487-9919

3472 Research Pkwy, #104-202 80920

**Home Instead Senior Care**

(719) 534-0908

1955 N Union Blvd, #100 80909

**Human Touch Unskilled Services**

1160 Lake Plaza Drive, #105 80906 (719) 635-2003

**Independence Center, The**

729 S Tejon 80903 (719) 471-8181

**Innovage Home Care**

(719) 553-0478

401 W Northern Ave, Pueblo 81004

**Interim Healthcare of SE Colorado**

1901 N Union, #202 80909 (719) 632-9900

**Kind Heart Home Health Care**

6170 Lehman Dr 80918 (719) 622-1708

**Mountain View Home Care**

1401 Potter Dr, #205 80909 (719) 452-0151

**Nursecore**

5426 N Academy Blvd, #110 80918

4hr

**Preferred Care at Home**

(719) 476-0130

PO Box 62968, Black Forest 80962

**Premier Home Care**

(719) 395-3124

301 Highway 24 N, Buena Vista 81211

**Primary Home Health Care**

(719) 577-4272

1120 N Circle Dr, #15 80909

**Professional Home Health Care**

1040 S 8th St, #201 80905 (719) 532-0373

**SERVES EL PASO COUNTY**

**SERVES TELLER COUNTY**

**SERVES PARK COUNTY**
## NON-MEDICAL HOME CARE AGENCIES

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<td>SAGES ELDER CARE</td>
<td>(719) 393-3580</td>
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<tr>
<td>6584 Bull Hill Ct 80919</td>
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<td>SENIORS HELPING SENIORS</td>
<td>(719) 629-7725</td>
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<td>17030 Viscount Court, Monument 80132</td>
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<td>STATEWIDE HEALTH CARE</td>
<td>(719) 434-1513</td>
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<tr>
<td>2130 S Academy Blvd 80916</td>
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<td>SYNERGY HOME CARE</td>
<td>(719) 203-5848</td>
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<tr>
<td>4740 Flintridge, #205 80918</td>
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<td>TALEM HOME CARE</td>
<td>(719) 639-2663</td>
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<td>3230 E. Woodmen Rd, #110E 80920</td>
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<td>TLC HOME HEALTH CARE</td>
<td>(719) 502-5765</td>
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<td>2606 Palmer Park Blvd 80909</td>
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<td>TOUCH OF CARE</td>
<td>(719) 539-4090</td>
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<td>7405 W Hwy 50, #120, Salida 81201</td>
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<td>UMBRELLA HOME HEALTH CARE</td>
<td>(719) 482-0774</td>
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<td>25 N Wahsatch Ave, #203A 80903</td>
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<td>VISIONS 4 YOU HOME CARE</td>
<td>(719) 208-9935</td>
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<td>1229 Lake Plaza Dr, #D 80906</td>
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<td>VISITING ANGELS LIVING ASSIST. SERVICES</td>
<td>(719) 282-0180</td>
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<td>3720 Sinton Rd, #202 80907</td>
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<td>VITALITY SENIOR SOLUTIONS</td>
<td>(719) 651-1430</td>
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<tr>
<td>225 E Cheyenne Mt Blvd, #215 80906</td>
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<td>YOUR LIFE YOUR WAY HOME CARE</td>
<td>(719) 381-9468</td>
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<td>1460 Garden of the Gods Rd 80907</td>
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<td>Personal Care, Bathing, Dressing</td>
<td>Homemaking</td>
<td>Companionship</td>
<td>Personal Transportation</td>
<td>Errands</td>
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</table>
more than a service. 
our passion.

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

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

Quality Service
HOME CARE

CALL NOW!
(719) 619 - 7211

24 HOUR CARE ♥ NO MINIMUM HOURS REQUIRED!

CARE SERVICES
♥ Personal Care
♥ Companionship
♥ Sitter Services
♥ Housekeeping/Homemaker
♥ Respite Care
♥ Transportation

WHAT MAKES US DIFFERENT?
♥ Independently Owned and Operated by a RN
♥ RN Support 24/7
♥ RN Supervision
♥ Caregivers receive hands on training by a RN

We care about all of your needs...whatever you need we can be a resource to you in all areas of your life!
We Accept Private Pay (ACU/Credit Card), Long Term Care Insurance, Workers Compensation claims, and VA Aid and Attendance assistance with filling out forms.
Rose has been growing her garden for over thirty years. The best part of my day is hearing all of Rose's memories rooted in her backyard. The slam of the garden gate reminds her of her kids running home from school. As a Home Instead CAREGiver, I can help Rose keep hearing that gate slam shut, because that is home.

– Gloria L.
Rose's CAREGiver

Over 4 million hours of service delivered to clients and their families, one hour at a time in the Colorado Springs area since 1998.

Call 719.534.0908 or visit Homelnstead.com/ColoradoSprings

PERSONAL CARE | MEMORY CARE | MEALS AND NUTRITION
Each Home Instead Senior Care franchise is independently owned and operated © 2020 Home Instead, Inc.

CAREGIVER SUPPORT CENTER

We can give you the tools you need to manage your caregiving responsibilities while also caring for yourself.

Let us help you now; call for information about services and programs.

For information & assistance
719-886-7526

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

PIKES PEAK AREA AGENCY ON AGING
Answers + Assistance + Advocacy
## 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](http://www.cdphe.state.co.us). Agencies listed are licensed by the State of Colorado at time of publication.

<table>
<thead>
<tr>
<th>Hospice Name</th>
<th>Phone Number</th>
<th>Address Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>ABODE HOSPICE</td>
<td>(719) 358-6428</td>
<td>5465 Mark Dabling Blvd 80918</td>
</tr>
<tr>
<td>BROOKDALE HOSPICE</td>
<td>(719) 268-2582</td>
<td>7222 Commerce Center Drive, #100 80919</td>
</tr>
<tr>
<td>COMPASSUS HOSPICE &amp; PALLIATIVE CARE</td>
<td>(719) 226-0091</td>
<td>5475 Tech Center Dr, #105 80919</td>
</tr>
<tr>
<td>FREMONT REGIONAL HOSPICE &amp; PALLIATIVE CARE</td>
<td>(719) 275-4315</td>
<td>1439 Main St, Canon City 81212</td>
</tr>
<tr>
<td>FRONTIER HOSPICE</td>
<td>(719) 544-5891</td>
<td>4718 N Elizabeth Street, #A Pueblo 81008</td>
</tr>
<tr>
<td>INTERIM HEALTHCARE HOSPICE</td>
<td>(719) 314-4868</td>
<td>1901 N Union Blvd, #105 80909</td>
</tr>
<tr>
<td>MT EVANS HOME HEALTH CARE &amp; HOSPICE</td>
<td>(303) 674-6400</td>
<td>3081 Bergen Peak Dr, Evergreen 80439</td>
</tr>
<tr>
<td>NEW CENTURY HOSPICE</td>
<td>(719) 573-4166</td>
<td>6270 Lehman Dr, #150 80918</td>
</tr>
<tr>
<td>PIKES PEAK HOSPICE &amp; PALLIATIVE CARE</td>
<td>(719) 633-3400</td>
<td>2550 Tenderfoot Hill St 80906</td>
</tr>
<tr>
<td>SUNCREST HOSPICE</td>
<td>(719) 434-1773</td>
<td>7660 Goddard St, #100 80920</td>
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</tbody>
</table>
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.

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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>
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</thead>
<tbody>
<tr>
<td></td>
<td>Covets 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>
</tr>
<tr>
<td>Primary Services</td>
<td>–A–</td>
<td>–B–</td>
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<tr>
<td></td>
<td>• Age-segregated buildings</td>
<td>&quot;A&quot; services, plus:</td>
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<td>• Environmental security</td>
<td>• Meals (1-3 per day)</td>
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<td>• Possible coordination of resident services, i.e., transportation, activities, housekeeping, etc.</td>
<td>• Transportation</td>
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<td>• OR no services are available</td>
<td>• Activities</td>
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<td></td>
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<td>• Housekeeping assistance</td>
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<td></td>
<td>• Assistance with coordination of community-based services</td>
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<tr>
<td>Mobility</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>
</tr>
</tbody>
</table>
This continuum has been prepared by Age of America Associates, Inc., StevBender@aol.com.

<table>
<thead>
<tr>
<th>Assisted Living</th>
<th>Nursing Facility</th>
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<td>State license required</td>
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</table>

**Provides a living arrangement which integrates shelter and services for frailer older persons who are functionally and/or socially impaired and may need 24 hour protective oversight.**

**Provides a living arrangement which integrates shelter with medical, nursing, psychosocial and rehabilitation services for older persons who require 24 hour nursing supervision.**

- **C–**
  - "A & B" services, plus:
    - Assistance with activities of daily living
    - Medication monitoring
    - 24-hour protective oversight
    - LPN/RN & social services are increasingly becoming available
    - Secure (dementia) environments may be available

- **D–**
  - "A, B & C" services, plus:
    - All medication administration
    - 24-hour nursing supervision
    - Secure environments (dementia) may be available
    - Physical therapies & rehabilitation services

**Mobile but may require escort/assistance due to confusion, poor vision, weakness, or poor motivation OR requires occasional assistance to move about but usually is independent with an assistive device.**

**May require assistance with transfers from bed, chair, toilet OR requires transfer and transport assistance OR requires turning and positioning in bed and wheelchair.**
## RESIDENTIAL FUNCTIONAL ASSESSMENT CRITERIA

<table>
<thead>
<tr>
<th></th>
<th>Independent Living</th>
<th>Retirement Community</th>
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<tbody>
<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>
</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>
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<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>
</tr>
<tr>
<td><strong>Dressing</strong></td>
<td>Independent and dresses appropriately.</td>
<td>Independent and dresses appropriately.</td>
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<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>
</tr>
<tr>
<td>Assisted Living</td>
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<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>
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<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>
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<td>Housekeeping and laundry services provided.</td>
<td>Housekeeping and laundry services provided.</td>
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<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>
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<tr>
<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>
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<td>Independent Living</td>
<td>Retirement Community</td>
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<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>
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<tr>
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<td><strong>Responsible for self administration of all medications.</strong></td>
<td><strong>Responsible for self administration of all medications OR may arrange for family or home health agency to establish a medication administration system.</strong></td>
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<tr>
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<td>OR may arrange for family or home health agency to establish a medication administration system.</td>
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<td><strong>May be able to self-administer medications OR certified facility staff administer meds OR facility staffed by RN/LPN administer medications.</strong></td>
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<td><strong>Medications administered by licensed or certified personnel.</strong></td>
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<td><strong>Mental Status</strong></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>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>
</tr>
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<td><strong>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.</strong></td>
<td><strong>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.</strong></td>
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<td><strong>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.</strong></td>
<td><strong>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.</strong></td>
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<td><strong>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.</strong></td>
<td><strong>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.</strong></td>
</tr>
<tr>
<td><strong>Behavioral Status</strong></td>
<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>
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<tr>
<td>Assisted Living</td>
<td>Nursing Facility</td>
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<tr>
<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>
<td></td>
</tr>
<tr>
<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>
<td></td>
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<tr>
<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>
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Independent Apartments

Independent living apartments are generally appropriate for persons who are socially and functionally independent all or most of the time. Residents are capable of moving about, taking care of their hygiene, preparing and eating their own meals, performing most housekeeping tasks, monitoring their medications, are able to reason, identify and meet their own needs, and deal appropriately with other people.

Apartment complexes vary greatly so take a complete tour and ask a lot of questions. Most importantly, READ EVERYTHING that you are asked to sign.

QUESTIONS TO ASK:

- How old is the building?
- How many floors and wings?
- Are there elevators? How many?
- Are there extra charges such as a pet fee, security deposit, application fee, late charge?
- What is required for deposit refund?
- Do you offer discounts?
- What is the lease term?
- Do you have a pool and/or exercise room?
- What are the laundry facilities like?
- What is the neighborhood like?
- Where is the closest bus stop?
- Where is the closest grocery store, park, senior center and hospital?
- What could cause me to be asked to move out?
- Who would determine that and what is my recourse?
- What is the complaint and grievance procedure?
- Is there handicapped access to all parts of the property?
- Who is responsible for repairs?
**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>
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<tbody>
<tr>
<td>ARCADIA PLAZA APARTMENTS</td>
<td>3128 N Arcadia St 80907</td>
<td>(719) 632-5738</td>
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<td>BELCARO, THE</td>
<td>3475 American Dr 80917</td>
<td>(719) 380-9222</td>
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<td>BUNNELL APARTMENTS</td>
<td>3933 E San Miguel St 80909</td>
<td>(719) 637-1856</td>
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<td>FOUNTAIN GARDEN APARTMENTS</td>
<td>3165 E Fountain Blvd 80910</td>
<td>(719) 632-2155</td>
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<td>FOUNTAIN OAKS</td>
<td>2610 E Fountain Blvd 80910</td>
<td>(719) 418-6835</td>
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<td>GRINDE MANOR</td>
<td>906 Grinde Dr, Fountain 80817</td>
<td>(719) 382-5639</td>
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<td>HATLER-MAY VILLAGE</td>
<td>2842 Vickers Drive 80918</td>
<td>(719) 354-4743</td>
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<tr>
<td>LAKEVIEW APARTMENTS</td>
<td>610 &amp; 710 S Union Blvd 80910</td>
<td>(719) 475-0129</td>
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<td>LAUREL GARDENS</td>
<td>3140 Mallard Dr 80910</td>
<td>(719) 227-7162</td>
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<td>MAYFAIR APARTMENTS</td>
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<td>(719) 475-0129</td>
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<td>MYRON STRATTON (CENTENNIAL APARTMENTS)</td>
<td>2525 Hwy 115 S 80906</td>
<td>(719) 540-3100</td>
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<td>PIKES PEAK TOWERS</td>
<td>1912 Eastlake Blvd 80910</td>
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<td>REGENCY TOWER APARTMENT HOMES</td>
<td>921 Greenstar Dr 80905</td>
<td>(719) 633-2121</td>
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### Apartments for Seniors

Apartments are for those who are able to live without assistance. Apartments listed generally have a high percentage of seniors. Those apartments marked as “affordable” may offer subsidized and/or reduced rent. The reduced rent may be the Section 8 Housing Choice Voucher Program, Low Income Tax Credit, Public Housing, below Fair Market Rent rates or other subsidies. Please check with each unit for details on rent and amenities. Rates are subject to change.

#### See Ad on Page 119

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<th>Apartments</th>
<th># of Units</th>
<th>AFFORDABLE/SUBSIDIZED</th>
<th>UTILITIES PAID</th>
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PPACG AAA Senior Information & Assistance Center [719-471-2096] 119
## 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.

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<th>SENIOR APARTMENTS</th>
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<td>SILVERCREST I</td>
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<td>SILVERCREST VILLAS</td>
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<td>406 Cheyenne St, Calhan 80808</td>
<td>(719) 347-2616</td>
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<td>TAMARAC APARTMENTS</td>
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<tr>
<td>750 E Cheyenne Rd 80905</td>
<td>(719) 520-9400</td>
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<td>TRADITIONS 55+</td>
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<tr>
<td>6010 Tutt Blvd 80923</td>
<td>(719) 259-3897</td>
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<td>VILLA AT SUNNY VISTA</td>
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<td>2480 E Dale St 80909</td>
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<td>VILLAGE AT HOMEWOOD POINTE, THE</td>
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<td>VILLAGE AT THE BLUFFS</td>
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<td>3495 American Dr 80917</td>
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<td>VILLAS AT SOUTHGATE</td>
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<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
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<th>LAUNDRY FACILITIES</th>
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</tbody>
</table>
LOVE WHERE YOU LIVE

Independent & Assisted Living
Short-Term Rehabilitation & Long-Term Care

Campus of Care

Call us today to schedule a tour, and experience our premier senior living communities

THE INN AT GARDEN PLAZA
A SENIOR LIVING COMMUNITY
719.630.1155

THE BRIDGE AT COLORADO SPRINGS
AN ASSISTED LIVING COMMUNITY
719.630.3330

LIFE CARE CENTER of Colorado Springs
719.630.8888

2520 International Circle • Colorado Springs, CO 80910
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>
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<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Open Date</th>
<th># of Units</th>
<th>Meals Per Day</th>
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<tr>
<td>ASPEN TRAIL RETIREMENT RESORT</td>
<td>5455 New Care Dr 80923</td>
<td>(719) 380-1203</td>
<td>Opens Late 2020</td>
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<td>BONAVENTURE OF COLORADO SPRINGS</td>
<td>9112 Grand Cordera Pkwy 80924</td>
<td>(719) 434-5230</td>
<td>80</td>
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<td>BROOKDALE SKYLINE</td>
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<td>(719) 667-5360</td>
<td>350</td>
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<td>CHEYENNE PLACE</td>
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<td>(719) 576-2122</td>
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<td>INN AT GARDEN PLAZA, THE</td>
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<td>(719) 630-1155</td>
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<td>JACKSON CREEK SENIOR LIVING</td>
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<td>(719) 725-6060</td>
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<td>LIBERTY HEIGHTS RETIREMENT COMMUNITY</td>
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<td>PROVINCE SPRINGS</td>
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<td>(719) 472-4959</td>
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<td>(719) 380-1409</td>
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## 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.

### ASPEN TRAIL RETIREMENT RESORT
- Address: 5455 New Care Dr 80923
- Phone: (719) 380-1203
- Opens: Late 2020

### BONAVENTURE OF COLORADO SPRINGS
- Address: 9112 Grand Cordera Pkwy 80924
- Phone: (719) 434-5230

### BROOKDALE SKYLINE
- Address: 2365 Patriot Heights 80904
- Phone: (719) 667-5360

### CHEYENNE PLACE
- Address: 945 Tenderfoot Hill Rd 80906
- Phone: (719) 576-2122

### INN AT GARDEN PLAZA, THE
- Address: 2520 International Cir 80910
- Phone: (719) 630-1155

### JACKSON CREEK SENIOR LIVING
- Address: 16601 Jackson Creek Park, Monument 80132
- Phone: (719) 725-6060

### LIBERTY HEIGHTS RETIREMENT COMMUNITY
- Address: 12105 Ambassador Dr 80921
- Phone: (719) 481-9494

### MACKENZIE PLACE
- Address: 1605 Elm Creek View 80907
- Phone: (719) 633-8181

### MEDALION RETIREMENT COMMUNITY
- Address: 1719 E Bijou St 80909
- Phone: (719) 381-1000

### MYRON STRATTON HOME
- Address: 2525 Hwy 115 S 80906
- Phone: (719) 540-3111

### PALISADES AT BROADMOOR PARK
- Address: 4547 Palisades Park View 80906
- Phone: (719) 247-2078

### PROVINCE SPRINGS
- Address: 2960 Tutt Blvd 80922
- Phone: (719) 888-2987

### SPRINGS RANCH CRAFTSMAN COTTAGES
- Address: 3315 Emmett View 80922
- Phone: (719) 472-4959

### SUMMIT GLEN RETIREMENT LIVING
- Address: 4825 Old Farm Dr 80917
- Phone: (719) 380-1409

### FLOOR PLANS
- ST=studio, 1BR=one bedroom, 2BR=two bedroom, 3BR=three bedroom, PH=patio home

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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>Retirement Community</th>
<th># of Units</th>
<th>Meals Per Day</th>
<th>Emergency Call</th>
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<tr>
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<td>VIEWPOINTE SENIOR RETIREMENT LIVING COMMUNITY</td>
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<td>(719) 597-1700</td>
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## 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 of Retirement Communities

<table>
<thead>
<tr>
<th>Community</th>
<th>Address</th>
<th>Phone</th>
<th>Units</th>
<th>Meals Per Day</th>
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<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>Winslow Court Retirement Community</td>
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</table>

### Pikes Peak Area Agency on Aging

**SENIOR INSURANCE ASSISTANCE**

Education about Medicare and health insurance options

Senior Insurance Assistance can assist people with their Medicare Eligibility or coverage questions.

**Contact Us**

*719-635-4891*  
Toll Free  
*888-696-7213*

Email  
*seniorinsur@ppacg.org*
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.

We Are Memory Care Specialists
24 Hour On-Site Nursing

Call us now to see what sets Koelsch apart.
(719) 377-3853 springsranchcolorado.com
**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.

<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Address</th>
<th>Phone Number</th>
<th>Units</th>
<th>Monthly Price Range</th>
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<tr>
<td>A DOCTOR'S TOUCH</td>
<td>1550 Hiawatha Drive 80915</td>
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<tr>
<td>A ROBIN'S NEST</td>
<td>3182 E Oak Creek Dr 80906</td>
<td>(719) 226-2941</td>
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<td>ASPEN, THE</td>
<td>107 East Village Terrace, Woodland Park 80863</td>
<td>(719) 465-3870</td>
<td>24</td>
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<tr>
<td>ASSISTED LIVING AT SPRING</td>
<td>1605 Jet Wing Dr 80916</td>
<td>(719) 434-7042</td>
<td>30</td>
<td>$695</td>
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<td>BETHELDA GARDENS MONUMENT</td>
<td>(866) 958-8771 55 Beacon Lite Rd, Monument 80132</td>
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<td>BONAVENTURE OF COLORADO SPRINGS</td>
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<td>(719) 434-5230</td>
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<td>BRIDGE, THE</td>
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<td>(719) 630-3330</td>
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<td>BROADMOOR COURT</td>
<td>2045 Roanoke St 80906</td>
<td>(719) 471-2285</td>
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<td>BROOKDALE AT BEAR CREEK</td>
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<td>(719) 329-1774</td>
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<td>BROOKDALE BRIARGATE</td>
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<td>BROOKDALE BROADMOOR</td>
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<td>BROOKDALE MONUMENT VALLEY PARK</td>
<td>10 W Monument St 80903</td>
<td>(719) 635-6300</td>
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<td>BROOKDALE SKYLINE</td>
<td>2365 Patriot Hghts 80904</td>
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<td>BROOKDALE VISTA GRANDE</td>
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ASSISTED LIVING

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<table>
<thead>
<tr>
<th>Facility Name</th>
<th>Address</th>
<th>Phone Number</th>
<th>Number of Units</th>
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<tr>
<td>COLORADO CARE ASSIST CASCADE HOME</td>
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<tr>
<td>COLORADO SPRINGS SENIOR HOMES</td>
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<td>(719) 636-2731</td>
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<tr>
<td>CONSTANT CARE OF COLORADO SPRINGS I</td>
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<td>(719) 660-6826</td>
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<tr>
<td>CONSTANT CARE OF COLORADO SPRINGS II</td>
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<td>(719) 660-6826</td>
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<tr>
<td>COUNTRY CLUB ASSISTED LIVING</td>
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<td>(719) 329-1200</td>
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<td>FREEDOM HOME ASSISTED LIVING</td>
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<td>GARDEN RANCH SENIOR CARE</td>
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<td>GENTLE CARE HOUSE</td>
<td>1335 Darby St 80907</td>
<td>(719) 466-9863</td>
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<tr>
<td>HEALTHCARE RESORT OF COLORADO SPRINGS</td>
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<tr>
<td>HOME CARE AT POPA’S ASSISTED LIVING</td>
<td>9340 Burgess Rd 80908</td>
<td>(719) 330-6882</td>
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<td>HOME CARE KETTLE’S ASSISTED LIVING</td>
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<td>Brookside Assisted Living</td>
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<td>Colorado Springs Senior Homes</td>
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<td>Constant Care of Colorado Springs I</td>
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<tr>
<td>Constant Care of Colorado Springs II</td>
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<td>Country Club Assisted Living</td>
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<td>Freedom Home Assisted Living</td>
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<td>1335 Darby St 80907</td>
<td>(719) 466-9863</td>
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<td>$2300-$3700</td>
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<tr>
<td>Healthcare Resort of Colorado Springs</td>
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<td>(719) 632-7000</td>
<td>28</td>
<td>$3500+</td>
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<tr>
<td>Home Care at Popa’s Assisted Living</td>
<td>9340 Burgess Rd 80908</td>
<td>(719) 330-6882</td>
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<td>$3500+</td>
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<tr>
<td>Home Care Kettle’s Assisted Living</td>
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<td>(719) 330-6882</td>
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<tr>
<td>Home Care Momma’s Assisted Living</td>
<td>2501 Bennett Ave 80909</td>
<td>(719) 330-6882</td>
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<td>$3500+</td>
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**Services**

- Medically certified
- Respite care available
- Secured dementia care program
- Multi-level community
- Semi-private rooms available
- Accepts pets
- Non-smoking campus
- Transportation available
ASSISTED LIVING

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<table>
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<td>MEDALION RETIREMENT COMMUNITY</td>
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ASSISTED LIVING

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PPACG AAA Senior Information & Assistance Center [719-471-2096] 135
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<th>Phone</th>
<th>Units</th>
<th>Monthly Price Range</th>
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<tr>
<td>MYRON STRATTON HOME (WINFIELD HOUSE)</td>
<td>2950 Hidden Treasure Pt 80906</td>
<td>(719) 540-3111</td>
<td>24</td>
<td>Medicaid only</td>
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<tr>
<td>NEW DAWN MEMORY CARE</td>
<td>4185 Briargate Pkwy 80920</td>
<td>(719) 352-3069</td>
<td>48</td>
<td>$6385</td>
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<tr>
<td>NEW DAY COTTAGES AT PINE CREEK</td>
<td>10975 Howells Rd 80908</td>
<td>(719) 266-1100</td>
<td>12</td>
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<td>NEW DAY COTTAGES AT TURNER</td>
<td>1577 Turner Rd 80920</td>
<td>(719) 266-1100</td>
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<tr>
<td>PALISADES AT BROADMOOR PARK</td>
<td>4531 Palisades Park View 80906</td>
<td>(719) 247-2078</td>
<td>64</td>
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<td>POINT OF THE PINES GARDENS</td>
<td>330 Elkton Dr 80907</td>
<td>(719) 265-0030</td>
<td>110</td>
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<td>RESIDENCE AT SKYWAY PARK, THE</td>
<td>886 Arcturus Dr 80905</td>
<td>(719) 227-7340</td>
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<td>RESIDENCE AT VILLAGE GREEN, THE</td>
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<td>(719) 999-5744</td>
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<td>RETREAT AT SUNNY VISTA, THE</td>
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<td>STARLIGHT ASSISTED LIVING</td>
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<td>SPRINGS RANCH MEMORY CARE</td>
<td>3315 Emmett View 80922</td>
<td>(719) 472-4959</td>
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<td>SOLANGE AT APPLE TREE</td>
<td>1125 Brockdell Dr 80911</td>
<td>(719) 282-1155</td>
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<td>SOLANGE AT HIGHLAND PARK</td>
<td>2107 Princeton Way 80909</td>
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<td>SOLANGE AT THE GOLF COURSE</td>
<td>10102 Rolling Ridge Rd 80925</td>
<td>(719) 282-1155</td>
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<td>New Dawn Memory Care</td>
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<td>(719) 265-0030</td>
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<td>Starlight Assisted Living</td>
<td>(719) 390-4721</td>
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<td>ST PADRE PIO ASSISTED LIVING</td>
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<td>SUNRISE ASSISTED LIVING AT UNIVERSITY PARK</td>
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<td>VALLEY HI ASSISTED LIVING</td>
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<td>(719) 471-4016</td>
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<tr>
<td>VIEWPOINTE</td>
<td>555 S Rockrimmon Blvd 80919</td>
<td>(719) 528-8000</td>
<td>60</td>
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<tr>
<td>WINSLOW COURT RETIREMENT COMMUNITY</td>
<td>3920 E San Miguel St 80909</td>
<td>(719) 597-1700</td>
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## Assisted Living

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<th>Phone Number</th>
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<td>Sunrise Assisted Living at University Park</td>
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<td>Viewpoint</td>
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<td>(719) 528-8000</td>
<td>Call for rates</td>
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<td>Winslow Court Retirement Community</td>
<td>3920 E San Miguel St 80909</td>
<td>(719) 597-1700</td>
<td>$2100-$3400</td>
<td>MED</td>
</tr>
</tbody>
</table>

### Caregiver Support Center

We can give you the tools you need to manage your caregiving responsibilities while also caring for yourself.

Let us help you now; call for information about services and programs.

**For information & assistance**

**719-886-7526**
COMING FALL 2020 | Reserve Now!

BECOME PART OF OUR FOUNDERS CLUB

Now is the time to select your preferred apartment and become part of the Founders Club.

• Reduced community fee
• Moving expenses
• Guaranteed rates
• Special events

CALL OUR SENIOR CARE EXPERTS TO LEARN MORE.

(719) 917-0400

Welcome Center
2435 Research Pkwy, Ste 205
Colorado Springs, CO 80920

Broomfield | Greeley | Colorado Springs
LegendSeniorLiving.com
Cripple Creek Care Center
Your Colorado Mountain Home

Love of the Colorado mountains does not fade with age!

A 5-STAR COMMUNITY

We have been dedicated to and committed to the care of the Teller County and surrounding area elderly and disabled population for over 40 years.

We are owned and managed by members of this community. If you or a loved one need nursing or rehabilitative care on a short or long-term basis, come for a visit with us. Meet those who will care for you and share in your daily lives.

“The greatest thing about the Care Center is the feeling of ‘home’ for both the residents and staff. We truly are a ‘family’ and the team work shows every day! …the residents well-being is at the center of all we do.” Lawrence Cowan, Administrator

719.689.2931 ~ www.cc-care.org
700 North ‘A’ Street ~ Cripple Creek, CO 80813
Skilled Nursing Facilities

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\SKILLED NURSING

Licensed nursing homes provide meals and housing along with medical, nursing, psychosocial, and rehabilitation services for individuals who require 24-hour nursing supervision or need extensive help with everyday tasks. Additional information is available at [www.medicare.gov](http://www.medicare.gov) and [www.colorado.gov/cdphe](http://www.colorado.gov/cdphe).

<table>
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<tr>
<th>Licensed Nursing Home</th>
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<td>BIJOU HILL REHAB AT CEDARWOOD HEALTH CARE CENTER</td>
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<td>(719) 636-5221</td>
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<tr>
<td>BROOKDALE BEAR CREEK SENIOR LIVING</td>
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<td>BROOKDALE SKYLINE</td>
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<td>CENTER AT CENTENNIAL, THE</td>
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<td>CHEYENNE MOUNTAIN CARE CENTER</td>
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<td>CRIPPLE CREEK CARE CENTER</td>
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### NURSING HOMES\SKILLED NURSING

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<td>(800) 645-8387</td>
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<tr>
<td>Life Care Center of Colorado Springs</td>
<td>2490 International Cir 80910</td>
<td>(719) 630-8888</td>
</tr>
<tr>
<td>MCCandlelss State Veterans Center at Florence</td>
<td>903 Moore Dr, Florence 81226</td>
<td>(800) 283-2668</td>
</tr>
<tr>
<td>Medalion Health Center</td>
<td>1719 E Bijou St 80909</td>
<td>(719) 381-1000</td>
</tr>
<tr>
<td>Mount St Francis Nursing Center</td>
<td>7550 Assisi Heights 80919</td>
<td>(719) 598-1336</td>
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<tr>
<td>Namaste Alzheimer Center</td>
<td>2 Penrose Blvd 80906</td>
<td>(719) 442-4240</td>
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<tr>
<td>Parkmoor Village Health and Rehabilitation Center</td>
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<td>(719) 550-0200</td>
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<tr>
<td>Pikes Peak Care &amp; Rehabilitation Center</td>
<td>2719 N Union Blvd 80909</td>
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<tr>
<td>Spanish Peaks Veterans Community Living Center</td>
<td>23500 US Hwy 160, Walsenburg 81089</td>
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<td>Terrace Gardens Healthcare Center</td>
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**NURSING HOMES\SKILLED NURSING**

Licensed nursing homes provide meals and housing along with medical, nursing, psychosocial, and rehabilitation services for individuals who require 24-hour nursing supervision or need extensive help with everyday tasks. Additional information is available at www.medicare.gov and www.colorado.gov/cdphe.

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<tr>
<td>1795 Monterey Rd 80910 (719) 471-7850</td>
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**OMBUDSMAN PROGRAM**

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

Call an Ombudsman for assistance when needing to report a concern or problem.

**CAREGIVER SUPPORT CENTER**

We can give you the tools you need to manage your caregiving responsibilities while also caring for yourself.

Let us help you now; call for information about services and programs.

For information and assistance

719-886-7526
## Licensed 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](http://www.medicare.gov) and [www.colorado.gov/cdphe](http://www.colorado.gov/cdphe).

### VETERANS COMMUNITY LIVING CENTER AT FITZSIMONS
- Address: 1919 Quentin St, Aurora 80045
- Phone: (720) 857-6400
- Beds: 180
- Cost: $240–361

### VETERANS COMMUNITY LIVING CENTER AT HOMELAKE
- Address: 3749 Sherman Ave, Monte Vista 81144
- Phone: (888) 838-2687
- Beds: 60
- Cost: $133–237

### VETERANS COMMUNITY LIVING CENTER AT RIFLE
- Address: 851 E 5th St, Rifle 81650
- Phone: (970) 625-0842
- Beds: 89
- Cost: $173–280

### VISTA RIDGE REHAB HOME OF ASPEN LIVING CENTER
- Address: 1795 Monterey Rd, 80910
- Phone: (719) 471-7850
- Beds: 104
- Cost: $221–328

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### AGE-FRIENDLY Pikes Peak

The Age-Friendly Pikes Peak Portal features resources for support from arts to health to volunteering and much more.

[agefriendlypikespeak.org](http://agefriendlypikespeak.org)
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 care programs.
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.
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.

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.

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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Area Agency on Aging

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.

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