YOUR FIRST CALL FOR SENIOR SERVICES

The AAA focuses on providing services that help older adults stay independent and secure. Our services are available to anyone over 60 years of age in El Paso, Teller, or Park counties. We put a special effort on reaching those who are socially isolated, are low income, or live in rural areas—but all are welcome!

All of our services are free.

Programs provided by partner agencies
- Congregate Meals
- Home-delivered Meals
- Transportation Services
- Case Management
- Homemaker Services
- Audiology Services
- Legal Assistance
- Personal Care
- Visually Impaired Services
- Dental and Dentures
- Information and Assistance
- Mental Health Screening and Counseling
- Caregiver Counseling and Respite Services
- Individual Counseling
- Home Safety Renovations
- Nutrition Counseling and Education
- Health and Exercise Classes
- Household Chore Services

Programs directly provided by the PPACG AAA

Pikes Peak Area Council of Governments Area Agency on Aging
14 S. Chestnut Street
Colorado Springs, CO 80905
(719) 471-2096
www.ppacg.org/aging

WWW.PPACG.ORG/YELLOWBOOK
LIVING AT HOME

Your Goal, Our Priority

As an older adult, being independent has always been a source of pride for you. Part of that independence is living at home, in your community, among familiar surroundings.

But sometimes you need assistance with your health care, transportation, meals, or even medications. This is where Rocky Mountain PACE (Program of All-Inclusive Care for the Elderly), can help.

PACE allows senior citizens who would otherwise require nursing home care to live in their homes as long as possible by providing:

- A team of health care professionals.
- Primary and specialist care.
- Transportation to/from the PACE center and other medical appointments.
- Assistance at home with daily activities.
- Social activities.
- Medication management.
- And much more.

Contact us today for lunch and a tour! (719) 314-2327
Welcome to the Yellow Book!

The Pikes Peak Area Agency on Aging is 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.

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Do you find this resource helpful? Valuable? Essential?

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

PPACG AAA Yellow Book
15 South 7th Street
Colorado Springs, CO 80905
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 (Colorado Springs Police) ............... (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:
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
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
Join Our Committees

Interested in serving your community or want to learn more about resources for older adults? The Pikes Peak Area Agency on Aging has three public committees that meet monthly to discuss aging in place and are looking for members to join. We strive for members over 60 but are open to any age.

Regional Advisory Council
The purpose of the Council is to advise and recommend to the Pikes Peak Area Council of Governments Board of Directors and PPACG staff action on matters regarding the development of an area-wide system of coordinated and comprehensive services for older persons to enable them to maintain as much independence as possible.

Pikes Peak Commission on Aging
The purpose of the Commission is to advise and recommend to the Pikes Peak Area Council of Governments Board of Directors and PPACG staff action on matters regarding the development of an area-wide system of advocacy and policy recommendations for older persons to enable them to maintain as much independence as possible.

Mobility Coordinating Committee
The purpose of the MCC is to improve transportation service delivery to those that are transit dependent and/or those who choose to use public transit to access our region. Also, to improve the independence of several underserved groups (the chronically disabled, individuals with limited incomes, refugees, people with limited English proficiency, and older adults), while building social capital and encouraging civic engagement.

For more information contact Melissa Marts at (719) 471-2096 or mmarts@ppacg.org.
**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
................................................................. TTY (719) 444-5998
1675 W Garden of the Gods Rd, Colorado Springs, CO 80907
humanservices.elpasoco.com/adult-protective-services/

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

**ADULT PROTECTIVE SERVICES, TELLER COUNTY** .......... (719) 687-3335
................................................................................................. (719) 686-5550
800 Research Dr, #100, Woodland Park, CO 80863
www.co.teller.co.us/DHS/ProtectiveSvcs.aspx
COLORADO COALITION FOR ELDER RIGHTS .................. info@ccerap.org
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
.......................................................................................... TTY (800) 787-3224
PO Box 90249, Austin, TX 78709
www.thehotline.org

OMBUDSMAN FOR LONG-TERM CARE, PPACG AAA .......... (719) 301-6388
14 S Chestnut St, Colorado Springs, CO 80905
Provides education and consultation about accessing long-term care.
Advocates for residents of assisted living and nursing home facilities.
www.ppacg.org/aging

TESSA ............................................................. 24 Hour Safe Line (719) 633-3819
................................................................................................. (719) 633-1462
435 Gold Pass Hgts, Colorado Springs, CO 80906
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
................................................................................................. (719) 687-9262
911 Tamarac Pkwy, Woodland Park, CO 80863
www.city-woodlandpark.org
ADULT DAY SERVICES

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

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

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

DISCOVER GOODWILL: JOURNEYS ...................................... (719) 785-9210
2360A Montebello Square Dr, Colorado Springs, CO 80918
For individuals with developmental disabilities.
www.goodwillcolorado.org

DISCOVER GOODWILL: VOYAGES ........................................(719) 785-9210
1460 Garden of the Gods Rd, Colorado Springs, CO 80907
www.goodwillcolorado.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, Colorado Springs, CO 80919
Adults of all ages who have intellectual disabilities.
www.mosaicinfo.org

SECOND HOME ADULT DAY CARE CENTER .........................(719) 375-8121
550 S Academy Blvd, Colorado Springs, CO 80910
Adults of all ages who have physical and intellectual disabilities.
www.secondhomeadc.com
ADVOCATES/OMBUDSMAN (ELDER)

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

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

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

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

ADMINISTRATION FOR COMMUNITY LIVING (ACL) ..........(800) 677-1116
Eldercare Locator ................................................................. (202) 401-4634
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
100 E Bennett Ave, Cripple Creek, CO 80813
www.aspenminecenter.org

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

DISABILITY LAW COLORADO ..............................................(800) 288-1376
.................................................................................................(303) 722-0300
455 Sherman St, #130, Denver, CO 80203
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
415 N Tejon St, Colorado Springs, CO 80903
www.lifecaresolutions.com

OMBUDSMAN FOR MEDICAID MANAGED CARE ...................(877) 435-7123
4500 Cherry Creek S Dr, #201, Glendale, CO 80246
Help123@maximus.com

OMBUDSMAN-NATIONWIDE LOCATOR..............................(202) 332-2275
1025 Connecticut Ave NW, #1000, Washington, DC 20036
www.ltcombudsman.org

OMBUDSMAN FOR LONG-TERM CARE, PPACG AAA .......(719) 301-6388
14 S Chestnut St, Colorado Springs, CO 80905
Provides education and consultation about accessing long-term care. Advocates for residents of assisted living and nursing home facilities.
www.ppacg.org/aging

PACE OMBUDSMAN.................................................................(800) 288-1376
455 Sherman St, #130, Denver, CO 80203
www.disabilitylawco.org

PIKES PEAK ELDER JUSTICE CENTER ............................(719) 318-7459
Works toward preventing and eliminating elder abuse in the Pikes Peak Region and beyond.
www.pikespeakelderjusticecenter.org

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

SENIORCARE LLC .................................................................(719) 440-3426
PO Box 38422, Colorado Springs, CO 80937
Care Management, guardianship, assessment and advocacy, 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
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.

AGING IN PLACE ........................................................................................................ (719) 684-5389
  Non-medical support agency that provides services to seniors aging in their living environment.

CARE PLANNERS ........................................................................................................ (719) 520-0711
  2960 N Academy Blvd, #201, Colorado Springs, CO 80917
  Services Provided include Guardianship, Care Management, Long-Term Care Planning, Durable Medical Power of Attorney, Functional Assessment and Financial Management.

COLORADO COMMUNITY HEALTH ALLIANCE .............................................. (719) 598-1540
  Regional Accountability Entity (RAE)

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

LIFE CARE SOLUTIONS ............................................................................................... (877) 794-9582
  ................................................................................................................................. (719) 447-1711
  415 N Tejon St, Colorado Springs, CO 80903
  www.lifecaresolutions.com

PARK COUNTY SENIOR COALITION .................................................................... (719) 836-4295
  825 Clark St, #C, Fairplay, CO 80440
  www.parkcoseniors.org
ROCKY MOUNTAIN PACE ................................................................. (TOLL FREE) (855) 207-0702
2502 E Pikes Peak Ave, #100, Colorado Springs, CO 80909
PACE: Program of All Inclusive Care for the Elderly.
www.rmhcare.org/programs/rocky-mountain-pace

SENIORCARE LLC .......................................................................... (719) 440-3426
PO Box 38422, Colorado Springs, CO 80937
Care management, guardianship, assists families of seniors.
www.seniorcarellc.org

SILVER KEY SENIOR ASSISTANCE ...................................... (719) 884-2300
1625 S Murray Blvd, Colorado Springs, CO 80916
Resource navigation, care management and case management services. Reassurance+ Companionship Program available through private pay: provides home visit, Porchlight digital connection and a delivered meal.
www.silverkey.org

TELLER SENIOR COALITION ............................................... (719) 687-3330
11115 W Hwy 24, #2D, Divide, CO 80814
Case Management Services
www.tellerseniorcoalition.org

THE RESOURCE EXCHANGE (TRE) ........................................ (719) 380-1100
6385 Corporate Dr, #100, Colorado Springs, CO 80919
The Resource Exchange (TRE), serves over 9,000 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 St, Monument, CO 80132
Financial assistance, food pantry 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.

AGING IN PLACE ................................................................. (719) 684-5389
Provides support to caregivers through companion care, errands, medical appointments and community activities.

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

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, Colorado Springs, CO 80918
Certified Nurse Aide Training Program.
www.beopersonalcare.com

CARECHECKERS ............................................................ (888) 477-0435
2151 Ann St, Stroudsburg, PA 18360
A live-person telephone checkup service nationwide or monitored check-in service available nationwide.
www.carecheckers.com
CHEYENNE VILLAGE COMMUNITY OUTREACH PROGRAM ..(719) 592-0200
6275 Lehman Dr, Colorado Springs, CO 80918
For adults with developmental disabilities living with an aging caregiver.
www.cheyennevillage.org

DEPARTMENT OF HUMAN SERVICES - AGING SERVICES, EL PASO COUNTY.................................................................(719) 636-0000
1675 W Garden of the Gods Rd, 3rd Floor, Colorado Springs, CO 80907
https://dhs.elpasoco.com

DISCOVER GOODWILL: YOUR LIFE YOUR WAY..................(719) 367-4160
1460 Garden of the Gods Rd, Colorado Springs, CO 80907
www.goodwillcolorado.org

FAMILY CAREGIVER SUPPORT CENTER, PPACG AAA ..........(719) 886-7526
......................................................................................(719) 471-2096 x115
14 S Chestnut St, Colorado Springs, CO 80905
Care planning consultations for adult caregivers caring for or concerned about a person 60+.
www.ppacg.org/aging

PEARLS (Program to Encourage Active Rewarding Lives) ..(719) 459-2017
A free program designed to teach new ways for a person to reduce their symptoms of depression, anxiety, and sadness.
https://pearlsprogram.net

SKILLS2CARE, HEALTH PROMOTION PARTNERS ..............(719) 231-6657
2924 Beacon St, #D, Colorado Springs, CO 80907
Caregiver skill building program for family caregivers of people with dementia.
www.healthpromotionpartners.com

TELLER SENIOR COALITION .................................................(719) 687-3330
11115 W Hwy 24, #2D, Divide, CO 80814
Caregiver respite.
www.tellerseniorcoalition.org

UCCS AGING CENTER............................................................ (719) 255-8002
4863 N Nevada Ave, #321, Colorado Springs, CO 80918
https://healthcircle.uccs.edu/aging-center
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, #1200, Colorado Springs, CO 80903
www.coloradospringschamberedc.com

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

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

DELIVERY SERVICES

AGING IN PLACE ................................................................. (719) 684-5389
Delivers groceries and prescriptions.

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.
MOVING/RELOCATION SERVICES

Packing, moving, downsizing, and more.

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

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 .........................................................(719) 550-2500
2075 Research Pkwy, Colorado Springs, CO 80920
https://coldwellbankerhomes.com

EL PASO COUNTY HOUSEHOLD CHEMICAL WASTE .......(719) 520-7879
3255 Akers Dr, Colorado Springs, CO 80922
Accepts household hazardous waste, some recyclables. Space limited, call first.
https://communityservices.elpasoco.com/household-hazardous-waste/

ERA SHIELDS REAL ESTATE ...........................................(719) 338-3050
.....................................................................................(719) 593-1000
5475 Tech Center Drive, Colorado Springs, CO 80919
www.era.com

GALE FORCE ORGANIZERS ............................................(719) 653-5610
www.galeforceorganizers.com

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

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

THINGS FORGOTTEN NOT GONE - A DIVISION OF DISCOVER GOODWILL ...................................................(719) 428-9271
1460 Garden of the Gods Rd, Colorado Springs, CO 80907
Full service senior transition assistance.
https://goodwillcolorado.org/services/things-forgotten-not-gone/
NEWSPAPER SERVICES
Local and neighborhood publications.

GAZETTE.................................................................(719) 476-4872
30 E Pikes Peak Ave, Colorado Springs, CO 80903
www.gazette.com

LIFE AFTER 50 NEWSPAPER......................................(719) 900-7664
PO Box 50125, Colorado Springs, CO 80949
www.la50pikespeak.com

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

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

PIKES PEAK SENIOR NEWS MAGAZINE.............................(719) 321-1971
www.pikespeakseniornews.com

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

(719) 301-6388

PIKES PEAK SENIOR NEWS
Magazine
Local Resources For Active Seniors

Always Free!
To Advertise call Anne: 719-321-1971
or email anne@pikespeakseniornews.com
or Trudy: 719-447-7685
or email trudy@pikespeakseniornews.com

PIKES PEAK AREA AGENCY ON AGING
Answers. Assistance. Advocacy.

OMBUDSMAN PROGRAM
This program helps residents of assisted living and nursing home facilities, providing on-site help when problems arise.
OTHER COMMUNITY LIVING RESOURCES

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

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.

AGING IN PLACE ................................................................. (719) 684-5389
Provides pet sitting and dog walking services.

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

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

HARLEY’S HOPE FOUNDATION ............................................. (719) 495-6083
PO Box 88146, Colorado Springs, CO 80908
Pet assistance-service animal fund, short-term foster care. Some emergency or major veterinarian assistance. Pet food assistance.
www.harleys-hopefoundation.org
HOMEWARD BOUND PET MEMORIAL CENTER AND CREMATORIUM ............................................... (719) 636-1036
318 Karen Ln, Colorado Springs, CO 80907
www.homeward-bound-pet.com

HUMANE SOCIETY OF THE PIKES PEAK REGION ............... (719) 473-1741
610 Abbot Ln, Colorado Springs, CO 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, Colorado Springs, CO 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, Colorado Springs, CO 80909
www.stpaws.org
COMMUNITY/SENIOR CENTERS

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

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

**ASPEN MINE CENTER............................................................(719) 689-3584**
100 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, Colorado Springs, CO 80903
https://ppymca.org/colorado-springs-senior-center

**COMMUNITY PARTNERSHIP FAMILY RESOURCE CENTER. (719) 686-0705**
701 Gold Hill Place S, Woodland Park, CO 80863
www.cpteller.org

**COTTONWOOD CREEK RECREATION CENTER ....................(719) 385-6508**
3920 Dublin Blvd, Colorado Springs, CO 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, Colorado Springs, CO 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, Colorado Springs, CO 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, Colorado Springs, CO 80905
www.coloradosprings.gov

MEMORIAL PARK RECREATION CENTER ............................ (719) 385-5984
280 S Union Blvd, Colorado Springs, CO 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, Colorado Springs, CO 80909
www.coloradosprings.salvationarmy.org

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

SILVER KEY AT TRI-LAKES SENIOR CENTER .................... (719) 884-2300
66 Jefferson St, Monument, CO 80132
www.silverkey.org

SILVER KEY SENIOR SERVICES ........................................ (719) 884-2300
1655 S Murray Blvd, Colorado Springs, CO 80916
Programs support health, wellbeing and lifelong learning. Recreational,
creative, cultural, and inspirational activities are offered.
www.silverkey.org

TELLER SENIOR COALITION ........................................... (719) 687-3330
11115 W Hwy 24, #2D, Divide, CO 80814
Sponsors senior activities such as bingo, trips, and classes.
www.tellerseniorkoalition.org
TEMPLE SHALOM SENIOR PROGRAM ........................................ (719) 634-5311
1523 E Monument St, Colorado Springs, CO 80909
Entertainment and other information for seniors.
www.templeshalom.com

UTE PASS CULTURAL CENTER ............................................. (719) 687-5284
210 E Midland Ave, Woodland Park, CO 80863
https://city-woodlandpark.org/318/culturalcenter

WESTSIDE COMMUNITY CENTER ................................... (719) 385-7920 x100
1628 W Bijou St, Colorado Springs, CO 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

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, BINGO, Rural Area Meals Program
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), CO ..........(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, Colorado Springs, CO 80903
www.bbb.org/southern-colorado

BROTHERS REDEVELOPMENT............................................(844) 926-6632
(719) 888-9134
2860 S Circle Dr, #307, Colorado Springs, CO 80906
Fair housing information, home buyer and renter education and consumer counseling.
www.brothersredevelopment.org

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

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

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

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

COLORADO COALITION FOR ELDER RIGHTS..............info@ccerap.org
789 Sherman St, #250, Denver, CO 80230
Provides education, training and links to resources
Contact by email only info@ccerap.org
www.ccerap.org
COLORADO DEPT OF REGULATORY AGENCIES (DORA) ..... (800) 886-7675
................................................................................................. (303) 894-7855
1560 Broadway, #110, Denver, CO 80202
Call/write for information, file complaint against a business/licensed individual.
www.colorado.gov/dora

COLORADO DIVISION OF LABOR ........................................... (888) 390-7936
................................................................................................. (303) 318-8441
633 17th St, #600, Denver, CO 80202
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
................................................................................................. (303) 205-5613
Call to confirm office locations and hours
www.colorado.gov/dmv

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

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

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

INTERNAL REVENUE SERVICE .............................................. (844) 545-5640
................................................................................................. (719) 226-3300
2864 S Circle Dr, #700, Colorado Springs, CO 80906

INTERNAL REVENUE SERVICE, TAXPAYER ADVOCATE SERVICE. (844) 777-4778
www.irs.gov/taxpayer-advocate
NAACP ............................................................................................................. (877) 622-2798
www.naacp.org

NATIONAL COMMITTEE FOR QUALITY ASSURANCE........ (888) 275-7585
......................................................................................................................... (202) 955-3500
1100 13th St NW, Washington, DC 20005
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
......................................................................................................................... (303) 672-5440
1670 Broadway St, Denver, CO 80202
Investigates housing discrimination.
www.hud.gov

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

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

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

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

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

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

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

**ADVOCACY**

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

**AMERICAN CIVIL LIBERTIES UNION (ACLU), 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, Colorado Springs, CO 80918
For adults with developmental disabilities who live with an aging caregiver.
www.cheyennevillage.org

**DISABILITY LAW COLORADO** ..................................................(800) 288-1376
.................................................................................................(303) 722-0300
455 Sherman St, #130, Denver, CO 80203
Specializing in civil rights and discrimination issues.
www.disabilitylawco.org

**THE ARC OF THE PIKES PEAK REGION**................................. (719) 471-4800
12 N Meade Ave, Colorado Springs, CO 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, Colorado Springs, CO 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.

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

DISCOVER GOODWILL: YOUR LIFE YOUR WAY.................. (719) 367-4160
1460 Garden of the Gods Rd, Colorado Springs, CO 80907
www.goodwillcolorado.org

DIVERSUS HEALTH ................................................................(719) 572-6100
115 S Parkside Dr, Colorado Springs, CO 80910
Case management services for established clients.
https://diversushealth.org

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

THE RESOURCE EXCHANGE (TRE) ........................................ (719) 380-1100
6385 Corporate Dr, #100, Colorado Springs, CO 80919
The Resource Exchange (TRE), serves over 9,000 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

ROUNDUP FELLOWSHIP......................................................... (719) 623-1131
2122 E La Salle St, #100, Colorado Springs, CO 80919
Serving children and adults with developmental disabilities.
www.rup.org
INFORMATION / ASSISTANCE

Information/resource directories, service animals and communication services.

AGE FRIENDLY PIKES PEAK ..................http://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
Information & referral for all blind and visually impaired people.
www.acb.org

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

AUDIO INFORMATION NETWORK OF COLORADO .......... (877) 443-2001
1700 55th St, #A, Boulder, CO 80301
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
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
HEARING LOSS ASSOCIATION OF AMERICA COLORADO SPRINGS
CHAPTER .............................................. www.hlaacoloradosprings.org
H.E.A.R.S ................................................................................................. (719) 352-5124
2125 E La Salle St, Colorado Springs, CO 80909
Hearing education and assistance to low-income El Paso County residents by Rocky Mt. Sertomans.
www.hearscosp.weebly.com

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

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

ISIGHT CONNECTIONS ........................................................................ (719) 229-8000
Vision rehabilitation therapy, assistive technology, orientation and mobility instruction.
www.isightconnections.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) 576-0059
4711 Opus Dr, #110, Colorado Springs, CO 80906
www.miracle-ear.com/coloradospringssco

RELAY COLORADO ................................................................. (800) 659-2656
................................................................. (800) 659-3656
333 Inverness Dr S, Englewood, CO 80112
Calls and relay messages for hearing or speech-impaired persons.
www.relaycolorado.com
ROCKY MOUNTAIN ADA CENTER .............................................(800) 949-4232
3630 Sinton Road, #103, Colorado Springs, CO 80907
Provide information on the Americans with Disabilities Act (ADA)
www.rockymountainADA.org

SAGE NATIONAL RESOURCE CENTER ON LGBTQ+ AGING .. (877) 360-5428
Technical resource center focused on improving the quality of services
and support offered to lesbian, gay, bisexual and/or transgender older
adults, their families, and caregivers.
https://www.lgbtagingcenter.org

SERVICE SOURCE ..................................................................(719) 579-5700
3075 Janitell Road, #250, Colorado Springs, CO 80906
Employment information assistance for those with disabilities.
www.servicesource.org

SIGN LANGUAGE NETWORK ................................................(866) 599-4517
PO Box 25102, Colorado Springs, CO 80936
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 Trl, Elbert, CO 80106
Therapeutic horseback riding for people with disabilities.
www.stablestrides.org

THERAPEUTIC RECREATION, CITY OF COLORADO SPRINGS .(719) 385-6855
1628 W Bijou St, Colorado Springs, CO 80904
Social, general and therapeutic recreation.
www.coloradosprings.gov/tr

US ASSOCIATION OF BLIND ATHLETES ................................(719) 866-3224
1 Olympic Plz, Colorado Springs, CO 80909
www.usaba.org
WHEELCHAIR GETAWAYS OF COLORADO .......................... (800) 238-6920
PO Box 621429, Littleton, CO 80162
Rental of wheelchair and scooter-accessible vans.
www.wheelchairgetaways.com

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

AGING IN PLACE ................................................................. (719) 684-5389
Private transportation for those able to get in and out of the vehicle with minimal assistance.

ENVIDA MOVES ............................................................... (719) 633-4677
5660 N Academy Blvd, Colorado Springs, CO 80918
Serving residents of El Paso and Teller Counties.
www.envidacares.org

GOODWHEELS ................................................................. (719) 442-2077
1460 Garden of the Gods Rd, Colorado Springs, CO 80907
Transportation anywhere in Colorado. Accepts both private pay and Medicaid.
www.goodwillcolorado.com

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

SILVER KEY RESERVE & RIDE ....................................... (719) 884-2300
1625 S Murray Blvd, Colorado Springs, CO 80916
Door through door ADA accessible transportation.
www.silverkey.org

TELLER SENIOR COALITION .......................................... (719) 687-3330
11115 W Hwy 24, #2D, Divide, CO 80814
Transportation for Teller County, Eastern Park County and Western El Paso County. Transportation to Colorado Springs.
www.tellerseniorcoalition.org
TRANSIT TO CARE ................................................................. (719) 644-6005
2860 S Circle Dr #239, Colorado Springs, CO 80906
Non-emergency medical transportation. Accepts Medicaid or Private Pay.
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, Colorado Springs, CO 80919
Builds, sells, services and rents wheelchair accessible and drive adapted vehicles.
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.

A CHEERFUL HEART OUTREACH MINISTRY ......................... (719) 229-9613
Self-management education for diabetes and hypertension
http://www.acheerfulheartco.org

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

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

COLORADO SPRINGS FINE ARTS CENTER AT COLORADO COLLEGE ..(719) 634-5583
.............................................................................................................. (719) 634-5581
30 W Dale St, Colorado Springs, CO 80903
www.csfineartscenter.org

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

COMMUNITY PARTNERSHIP FAMILY RESOURCE CENTER. (719) 686-0705
701 Gold Hill Pl S, Woodland Park, CO 80863
www.cpteller.org

CONTINUING EDUCATION PROGRAM, CSU PUEBLO .......(800) 388-6154
.............................................................................................................. (719) 442-2264
2864 S Circle Dr, Colorado Springs, CO 80906
http://www.csupueblo.edu/extended-studies

COOKING MATTERS COLORADO ............................................. (303) 892-8480
1824 Lincoln St, Denver, CO 80203
Teaches families and low-income individuals cooking, nutrition and food budgeting skills.
http://co.cookingmaters.org
CSU EXTENSION OFFICE, EL PASO COUNTY ...................... (719) 520-7690
17 N Spruce St, Colorado Springs, CO 80905
https://extension.colostate.edu

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

CSU EXTENSION OFFICE, TELLER COUNTY ..................... (719) 686-7961
800 Research Dr, #224, Woodland Park, CO 80863
Off-campus continuing education/formal education.
https://teller.extension.colostate.edu

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

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

PEARLS (Program to Encourage Active Rewarding Lives) ..................... (719) 459-2017
A free program designed to teach new ways for a person to reduce their symptoms of depression, anxiety, and sadness.
https://pearlsprogram.net

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

PRIME TIME, FIRST PRESBYTERIAN CHURCH .................... (719) 884-6100
219 E Bijou St, Colorado Springs, CO 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 SENIOR SERVICES ............................................ (719) 884-2300
1625 S Murray Blvd, Colorado Springs, CO 80916
Programs support health, wellbeing and lifelong learning. Recreational, creative, cultural, and inspirational activities are offered.
www.silverkey.org

LIBRARIES

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

FAIRPLAY LIBRARY, PARK COUNTY ...................................... (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
https://steller.colibraries.org

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

KRAEMER FAMILY LIBRARY (UCCS) ......................... (719) 255-3295
1420 Austin Bluffs Pkwy, Colorado Springs, CO 80918
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
515 Manitou Ave, Manitou Springs, CO 80829
www.ppld.org/manitou-springs-library

PIKES PEAK STATE COLLEGE LIBRARY ....................... (719) 502-3410
5675 S Academy Blvd, Colorado Springs, CO 80906
www.pikespeak.edu
PIKES PEAK LIBRARY DISTRICT ............................................ (719) 531-6333
20 N Cascade Ave, Colorado Springs, CO 80903
Call or go online for all locations.
https://ppld.org

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
.................................................................................................(719) 391-3195
715 Aspen Dr, Security, CO 80911
www.securitypubliclibrary.org/

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

VICTOR PUBLIC LIBRARY.......................................................... (719) 689-2011
124 S 3rd St, Victor, CO 80860
https://steller.colibraries.org
EMERGENCY/DISASTER PREPAREDNESS

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

AMERICAN RED CROSS................................................................. (719) 632-3563
1040 S 8th St, Colorado Springs, CO 80905
www.redcross.org/local/colorado

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

EMERGENCY MANAGEMENT, TELLER COUNTY...................... (719) 686-7990
..................................................................................................... (719) 687-9652
112 North A St, Cripple Creek, CO 80813
http://co.teller.co.us/OEM

EMERGENCY COLORADO SPRINGS UTILITIES SERVICE...... (719) 448-4800
111 S Cascade Ave, Colorado Springs, CO 80903
www.csu.org

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

FOUR MILE FIRE PROTECTION DISTRICT............................... (719) 689-3417
8437 Teller Rd, Florissant, CO 80816
www.4milefire.com

HOPE RESTORED ................................................................... (719) 749-6286
Disaster relief and rebuild, and neighborhood relief.
http://hoperestored.org
PARK COUNTY DISPATCH, NON-EMERGENCY ..................... (719) 836-4125
www.parkco.us/94/9-1-1-Communications-Dispatch

PIKES PEAK REGIONAL OFFICE OF EMERGENCY MANAGEMENT.. (719) 385-5957
3755 Mark Dabling Blvd, Colorado Springs, CO 80907
https://admin.elpasoco.com/pproem

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

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

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

ROCKY MOUNTAIN POISON AND DRUG CENTER ............... (800) 222-1222
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, Colorado Springs, CO 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
3204 N Academy Blvd, #210, Colorado Springs, CO 80917
SCSEP programs which assists low-income, unemployed individuals aged 55+ find work.
www.aarpworksearch.org

COLORADO DEPT OF VOCATIONAL REHABILITATION ...... (719) 635-3585
1365 Garden of the Gods Rd, #250, Colorado Springs, CO 80907
Helps eligible individuals with documented disabilities find suitable employment.
www.colorado.gov/dvr

COMMUNITY PARTNERSHIP FAMILY RESOURCE CENTER. (719) 686-0705
701 Gold Hill Pl S, Woodland Park, CO 80863
GED, ESL, workforce and college preparation.
www.cpteller.org

DIVERSUS HEALTH ................................................................(719) 572-6100
115 S Parkside Dr, Colorado Springs, CO 80910
Career development services for established clients.
https://diversushealth.org/

FOSTER GRANDPARENT PROGRAM (VOA)...................... (719) 632-1448
3140 Mallard Dr #100, Colorado Springs, CO 80910
Volunteers 55+ who mentor children in schools. Tax free hourly stipend for seniors on fixed income, 15 hours a week minimum.
www.voacolorado.org/volunteer-opportunities
MOSAIC ................................................................. (719) 380-0451
4775 Centennial Blvd, #150, Colorado Springs, CO 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, Colorado Springs, CO 80907
Main office: call for other locations, hiring events, career assessments, job search workshops, and more.
www.ppwfc.org

PIKES PEAK WORKFORCE CENTER, CALHAN ...................... (719) 520-7895
328 10th St, Calhan, CO 80808
Employment resources for rural east El Paso County through the Pikes Peak Workforce Center.
www.coccenter.org

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

THE INDEPENDENCE CENTER ............................................. (719) 471-8181
729 S Tejon St, Colorado Springs, CO 80903
Employment support for obtaining a job and employment retention.
www.theindependencecenter.com

TRI-LAKES CARES ........................................................... (719) 481-4864
235 N Jefferson St, Monument, CO 80132
Employment program to equip people with resources and skills to reduce barriers that may otherwise interfere with their ability to obtain a job.
https://tri-lakescares.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.

**ASPERN MINE CENTER** ........................................................................................................ (719) 689-3584
100 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) 244-1111
........................................................................................................... (TTY/voice) (800) 223-3131
PO Box 4918, Monroe, LA 71211

**CENTURY LINK CUSTOMERS WITH DISABILITIES** .............. (800) 244-1111
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
......................................................................................................................... (719) 448-4800
111 S Cascade Ave, Colorado Springs, CO 80903
LEAP: Low Income Energy Assistance Program: winter financial assistance.
COPE: Citizen Options To Provide Energy: year-round financial assistance.
www.csu.org

DEPARTMENT OF HUMAN SERVICES, EL PASO COUNTY... (719) 636-0000
1675 W Garden of the Gods Rd, Colorado Springs, CO 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 HUMAN SERVICES, TELLER COUNTY..... (719) 687-3335
800 Research Dr, #100, Woodland Park, CO 80863
www.co.teller.co.us/DHS

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

ENERGY RESOURCE CENTER ................................................................. (719) 591-0772
540 E Cimarron St, Colorado Springs, CO 80903
Weatherizes homes & mobile homes and can provide safety checks for furnace and hot water heater for low-income families. Toilet replacement program.
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
Assists residents of Teller County with rent, mortgage, utility and auto repair expenses.
www.htntc.org
MERCY’S GATE.................................................................(719) 277-7470
4360 Montebello Dr, #300, Colorado Springs, CO 80918
Services may include rental and utility assistance, transportation, food, clothing, medical, and vision assistance.
www.mercysgatecs.org

MOUNTAIN RESOURCE CENTER.......................................(303) 838-7552
11030 Kitty Dr, Conifer, CO 80433
Serving Park County. Assistance for seniors, families, individuals and veterans, with mortgage, rent and utilities.
www.mrcco.org

PARK COUNTY SENIOR COALITION.................................(719) 836-4295
825 Clark St, #C, Fairplay, CO 80440
Serving Park County seniors 60+. Provides programs for transportation, meals, homemaking, chore, case management and reassurance.
www.parkcoseniors.org

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

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

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

SILVER KEY SENIOR ASSISTANCE............................................. (719) 884-2300
1625 S Murray Blvd, Colorado Springs, CO 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, gas cards and firewood.
www.woodlandparkcommunitychurch.com

TELLER SENIOR COALITION ...................................................... (719) 687-3330
11115 W Hwy 24, #2D, Divide, CO 80814
Limited financial assistance and heating assistance.
www.tellerseniorcoalition.org

TRI-LAKES CARES .................................................................. (719) 481-4864
235 N Jefferson St, Monument, CO 80132
Limited financial assistance for prescriptions, rent, mortgage, utilities, medical, and transportation. Budgeting assistance. 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, Colorado Springs, CO 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, 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
  100 E Bennett Ave, Cripple Creek, CO 80813
  www.aspenminecenter.org

COLORADO PARKS AND WILDLIFE ........................................... (303) 297-1192
  .................................................................................................. (719) 227-5200
  6060 Broadway, Denver, CO 80216
  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, Colorado Springs, CO 80903
  www.ppymca.org/colorado-springs-senior-center

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

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

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

CRIPPLE CREEK CITY SHUTTLE ............................................. (719) 689-7711
  337 Bennett Ave, Cripple Creek, CO 80813
  https://visitcripplecreek.com/about/cripple-creek-transportation
CRIPPLE CREEK HERITAGE CENTER .................................(877) 858-4653 (GOLD)
...............................................................................................................(719) 689-3315
9283 S Hwy 67, Cripple Creek, CO 80813
www.visitcripplecreek.com

EL PASO COUNTY PARKS AND NATURE CENTERS ..........(719) 520-7529
2002 Creek Crossing St, Colorado Springs, CO 80905
https://communityservices.elpasoco.com/nature-centers/

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

INTERNATIONAL DANCE CLUB.........................................(719) 633-0195
2422 Busch Ave, Colorado Springs, CO 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, Colorado Springs, CO 80910
www.ppymca.org

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 E Bennett Ave, Cripple Creek, CO 80813
www.ccparksandrecreation.com

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

ROAD SCHOLAR ......................................................................(800) 454-5768
11 Ave de Lafayette, Boston, MA 02111
Educational travel.
www.roadscholar.org
SERTICHI ECE CENTER..............................................................(719) 385-5983
1705 E Pikes Peak Ave, Colorado Springs, CO 80909
http://parks.coloradosprings.gov

SILVER KEY SENIOR SERVICES.............................................(719) 884-2300
1625 S Murray Blvd, Colorado Springs, CO 80916
Programs support health, wellbeing and lifelong learning. Recreational,
creative, cultural, and inspirational activities are offered.
www.silverkey.org

SILVER SNEAKERS FITNESS PROGRAM.................................(866) 584-7389
www.silversneakers.com

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

SOUTH PARK RANGER DISTRICT............................................(719) 836-2031
320 US Hwy 285, Fairplay, CO 80440
https://www.fs.usda.gov/detail/psicc/about-forest

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

SOUTH PLATTE RANGER DISTRICT.........................................(303) 275-5610
30403 Kings Valley Dr, #3-115, Conifer, CO 80433
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 BREAKFAST CLUB..........................................................(719) 260-0651
Open to all singles over age 50. Monthly activities to meet new people
and make new friends.
www.tbc50plus.org

THE BRIDGE CENTER..............................................................(719) 634-7250
901 N 17th St, Colorado Springs, CO 80904
www.coloradospringsbridge.com
US ASSOCIATION OF BLIND ATHLETES..........................(719) 866-3224
1 Olympic Plz, Colorado Springs, CO 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, Colorado Springs, CO 80918
Call for locations and programs.
www.ppymca.org

Pikes Peak Area Agency on Aging
YOUR FIRST CALL FOR SENIOR SERVICES

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
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 Pt, Colorado Springs, CO 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
501 Front St, Fairplay, CO 80440

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (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.

ASPEN MINE CENTER..........................................................(719) 689-3584
166 E Bennett Ave, Cripple Creek, CO 80813
Food pantry and commodities
www.aspenminecenter.org
BLACK FOREST CARES ................................................................. (719) 495-2221
12455 Black Forest Rd, Colorado Springs, CO 80908
Emergency food assistance.
www.bflchurch.org

CARE AND SHARE FOOD BANK CSFP PROGRAM .................... (719) 528-1247
Commodity Supplemental Food Program.
www.careandshare.org

CHURCH FOR ALL NATIONS (OPEN ARMS) ................................. (719) 591-1800
6540 Templeton Gap Rd, Colorado Springs, CO 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 US Hwy 87, #U, Fountain, CO 80817
Weekly food pantry, monthly commodities & monthly senior food boxes. Pet pantry.
www.connections4lifecenter.org

CROSSFIRE MINISTRIES .............................................................. (719) 447-1806
3975 N Academy Blvd, Colorado Springs, CO 80917
Emergency food assistance.
www.crossfireministries.com

DEERFIELD HILLS COMMUNITY CENTER ................................. (719) 385-5996
4290 Deerfield Hills Rd, Colorado Springs, CO 80916
Food pantry: 4th Friday of month, 11 a.m. - Noon

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

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

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

SACRED HEART CATHOLIC CHURCH ................................. (719) 633-8711
2021 W Pikes Peak Ave, Colorado Springs, CO 80904
www.sacredheartcos.org

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

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

SILVER KEY SENIOR ASSISTANCE ..................................... (719) 884-2300
1625 S Murray Blvd, Colorado Springs, CO 80916
Emergency food pantry and government food program distribution.
www.silverkey.org

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

SPRINGS FOOD PANTRY (SANCTUARY CHURCH) ............ (719) 634-7232
1930 W Colorado Blvd, Colorado Springs, CO 80904
www.thesanctuarywestside.org

SPRINGS RESCUE MISSION (SAMARITAN’S KITCHEN) ...... (719) 632-1822
5 W Las Vegas St, Colorado Springs, CO 80903
Monthly food box program. Hot meals for those in need.
www.springsrescuemission.org

ST PATRICKS CATHOLIC CHURCH ................................. (719) 598-3595
6455 Brook Park Dr, Colorado Springs, CO 80918
Emergency food pantry.
www.stpatscs.org
TELLER SENIOR COALITION .................................................. (719) 687-3330
11115 W Hwy 24, #2D, Divide, CO 80814
Food available to meet the immediate nutritional needs of seniors.
www.tellerseniorcoalition.org

THE BREAD OF LIFE (HOLY CROSS LUTHERAN CHURCH) .. (719) 596-0661
4125 Constitution Ave, Colorado Springs, CO 80909
www.holycrosscs.org/ministries

TRI-LAKES CARES .................................................................. (719) 481-4864
235 N Jefferson St, Monument, CO 80132
Emergency food pantry, offering groceries, household and hygiene supplies, northern El Paso County.
https://tri-lakescares.org

TRUE SPIRIT BAPTIST CHURCH ............................................. (719) 575-9287
5120 Astrozon Blvd, Colorado Springs, CO 80916
Emergency food pantry and commodities.
https://truespiritbaptistchurch.com

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

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

GROUP MEAL SITES

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
................................................................................................. (719) 636-2345
14 W Bijou St, Colorado Springs, CO 80903
Marian House Soup Kitchen offers free hot meals 365 days a year, open to everyone.
www.ccharitiescc.org

SALVATION ARMY RED SHIELD COMMUNITY CENTER...... (719) 636-3891
908 Yuma St, Colorado Springs, CO 80904
Noon meals.
http://coloradosprings.salvationarmy.org
SHAWNEE COMMUNITY CENTER ..................................................... (719) 836-4289
57 Park County Rd 64, Shawnee, CO 80475
www.parkco.us

SILVER KEY CONNECTIONS CAFE ...........................................(719) 884-2300
1655 S Murray Blvd, Colorado Springs, CO 80916
To reserve meals, call first or visit www.silverkey.org.
Sites are managed by Silver Key Connections Cafe.

SILVER KEY CONNECTIONS CAFE - CENTRAL LOCATIONS
Colorado Springs Senior Center ...........................................(719) 955-3400
1514 N Hancock Ave, Colorado Springs, CO 80903
Weekdays.
Temple Shalom ........................................................................(719) 634-5311
1523 E Monument St, Colorado Springs, CO 80909
Serving kosher meals, twice a week.
Holiday Village ........................................................................(719) 475-2915
3405 Sinton Rd, Colorado Springs, CO 80907
Weekdays.

SILVER KEY CONNECTIONS CAFE - WEST LOCATIONS
St Andrews Episcopal Church ..............................................(719) 685-9259
103 Canon Ave, Manitou Springs, CO 80829
Weekdays.
Westside Community Center ...............................................(719) 385-7920
1628 W Bijou St, Colorado Springs, CO 80904
Weekdays.
Woodland Park and Teller County Senior Center ............(719) 687-3877
321 N Pine St, Woodland Park, CO 80863
Weekdays.

SILVER KEY CONNECTIONS CAFE - DOWNTOWN LOCATIONS
Acacia Park Apartments ......................................................(719) 884-2300
104 E Platte Ave, Colorado Springs, CO 80903
Weekdays.
Centennial Plaza Apartments ..............................................(719) 884-2300
516 E Kiowa St, Colorado Springs, CO 80903
Weekdays.
SILVER KEY CONNECTIONS CAFE - SOUTH LOCATIONS

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

Pikes Peak Towers ..............................................................(719) 632-1556
1912 Eastlake Blvd, Colorado Springs, CO 80919
Weekdays.

Silver Key at Connections Cafe .........................................(719) 884-2300
1655 S Murray Blvd, Colorado Springs, CO 80916
Weekdays.

Villa San Jose .....................................................................(719) 632-7444
1810 S Corona Ave, Colorado Springs, CO 80905
Three times a week.

Villa Santa Maria ...............................................................(719) 632-7444
405 E Saint Elmo St, Colorado Springs, CO 80905
Twice a week.

SILVER KEY CONNECTIONS CAFE - NORTH LOCATIONS

Silver Key at Tri-Lakes Senior Center .................................(719) 884-2300
66 Jefferson St, Monument, CO 80132

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
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
Provides Park County Senior Coalition clients frozen and shelf stable meals delivered to each main community once a month. Freezers stocked with frozen meals in several communities available for pickup.
www.parkcoseniors.org

PROJECT ANGEL HEART .......................................................... (719) 323-0084
1625 W Uintah St, #I, Colorado Springs, CO 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
1625 S Murray Blvd, Colorado Springs, CO 80916
Silver Key Home Delivered meals including Meals on Wheels. Open to all ages. Call for details.
www.silverkey.org

TELLER SENIOR COALITION ..................................................... (719) 687-3330
11115 W Hwy 24, #2D, Divide, CO 80814
Home delivered meals and additional nutrition support available.
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
701 Gold Hill Pl S, Woodland Park, CO 80863
www.cpteller.org

FOSTER GRANDPARENT PROGRAM (VOA)............................ (719) 632-1448
3140 Mallard Dr, # 100, Colorado Springs, CO 80910
Volunteers 55+ who mentor children in schools, tax free hourly stipend for seniors on fixed income, 15 hours a week minimum.
www.voacolorado.org/volunteer-opportunities
GRANDFRIENDS, COLORADO SPRINGS SCHOOL DISTRICT 11...(719) 520-2202
.................................................................(719) 520-2311
Program places retirees, senior citizen volunteers in classroom.
www.d11.org/Page/2214
GRANDPARENTS RAISING GRANDKIDS SUPPORT GROUP. (719) 578-8007
Mentoring and support.
PEAK PARENT CENTER..........................................................(719) 531-9400
917 E Moreno Ave, #140, Colorado Springs, CO 80903
Education, training, information for caring for disabled children.
www.peakparent.org
SALVATION ARMY RED SHIELD COMMUNITY CENTER......(719) 636-3891
908 Yuma St, Colorado Springs, CO 80909
After-school care.
http://coloradosprings.salvationarmy.org
SENIOR INFORMATION & ASSISTANCE CENTER, PPACG AAA
..........................................................................................(719) 471-2096
14 S Chestnut St, Colorado Springs, CO 80905
Information and referral.
www.ppacg.org/aging
URBANITES LEADING THE PIKES PEAK REGION.................(719) 634-1525
506 E Moreno Ave, Colorado Springs, CO 80903
Family resources.
www.ulprr.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 104; Non-Medical Home Care Agencies, page 110; and Hospice Care, page 118.

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

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

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

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

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

PUBLIC HEALTH, PARK COUNTY ................................. (719) 836-4161
Bailey ................................................................. (303) 816-5970
825 Clark St, Fairplay, CO 80440
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
600 Main 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, #450, Colorado Springs, CO 80906
Providing care to the uninsured, under-insured, homeless and those on Medicaid.
www.centura.org/locations/set-family-medical-clinic

DENTAL

ALPHA DENTAL PLAN .........................................................(800) 807-0706
Dental & vision discount program.
www.alphadentalplan.com

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

COMMUNITY DENTAL HEALTH
1436 N Hancock Ave, Colorado Springs, CO 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

 MOUNTAIN DENTAL HYGIENE SERVICES ...............................(303) 523-2851
Preventative dental services, cleaning, fluoride, and education. Serving Park and Teller Counties.
PALMER PARK DENTISTRY ...................................................(719) 301-5300
3208 N Academy Blvd, #140, Colorado Springs, CO 80917
Medicaid provider and private insurance.
https://palmerparkdentistry.com

PEAK VISTA COMMUNITY HEALTH CENTERS DENTAL ........(719) 475-0783
2828 International Circle, #100, Colorado Springs, CO 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
.................................................................................................................. (303) 832-2322
10855 Dover St, #500, Westminster, CO 80021
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
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 ........................................ (800) 227-2345
Cancer Answer Line.
Advocacy, information and lodging resources.
www.cancer.org

AMERICAN DIABETES ASSOCIATION ................................. (800) 342-2383
2451 Crystal Dr, #900, Alexandria, VA 22202
www.diabetes.org
AMERICAN HEART ASSOCIATION ............................................. (719) 600-4840
Local events: The Heart Ball, Go Red for Women Luncheon and CycleNation.
https://www.heart.org/en/affiliates/colorado/colorado-springs

AMERICAN LUNG ASSOCIATION IN COLORADO.................... (303) 388-4327
5600 Greenwood Plaza Blvd, #100, Greenwood Village, CO 80111
www.lung.org

AMERICAN STROKE ASSOCIATION ..................................... (303) 801-4630
................................................................................................. (800) 242-8721
www.heart.org/en/affiliates/colorado/colorado-springs

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

ARTHRITIS FOUNDATION.................................................. (800) 283-7800
www.arthritis.org

BRAIN INJURY ALLIANCE OF COLORADO ......................... (800) 955-2443
................................................................................................. (303) 355-9969
1325 S Colorado Blvd, #B300, Denver, CO 80222
Resource directory.
www.biacolorado.org

CEREBRAL PALSY ASSOCIATION OF COLORADO SPRINGS . (719) 638-0808
1322 N Academy Blvd, #115, Colorado Springs, CO 80909
Assists individuals who live with cerebral palsy and related neuro-motor disorders.
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 ALLIANCE OF SOUTHERN COLORADO . (719) 633-4603
7011 Campus Dr, #110, Colorado Springs, CO 80920
www.msasoco.org

MULTIPLE SCLEROSIS (MS) SOCIETY ....................... (800) 344-4867 (FIGHT-MS)
900 S. Broadway, #200, Denver, CO 80209
www.nationalmssociety.org
**NATIONAL CANCER INSTITUTE INFO SERVICE. (800) 422-6237 (4-CANCER)**
Smoking Quitline.................................................................(877) 448-7848
www.cancer.gov

**PEARLS (Program to Encourage Active Rewarding Lives) ..(719) 459-2017**
A free program designed to teach new ways for a person to reduce their symptoms of depression, anxiety and sadness.
https://pearlsprogram.net

**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**
http://tourette.org

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**FOOT CLINICS**

**COLORADO SPRINGS SENIOR CENTER FOOT CLINIC.......(719) 577-4448**
1514 N Hancock Ave, Colorado Springs, CO 80903
Services provided by the Visiting Nurse Association.
www.ppymca.org/colorado-springs-senior-center/services

**HAPPY FEET FOOT AND NAIL CARE..........................(719) 330-8267**
Maggie Echols RN, Certified Foot Care Specialist. Provides service in clients home and Assisted Living Facilities.

**INSTEP ...........................................................................(719) 550-0766**
...............................................................................(719) 331-6169
Foot-care service provided in the client’s home.

**MOBILE RN .................................................................(719) 347-5492**
Mobile senior foot and nail care

**SENIOR ALLIANCE OF PLATTE CANYON ..............(720) 385-8300**
83 Main St, Bailey, CO 80421
Foot Care and Blood Pressure clinics held in Park County at the Bailey Community Center. For more information call the Bailey Community Center at (720) 385-8300. Services provided by Mount Evans Home Health Care & Hospice.
http://seniorsalliance.org
HEARING IMPAIRMENT

H.E.A.R.S. ......................................................... (719) 352-5124
2125 E La Salle St, Colorado Springs, CO 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.hlaacoloradosprings.org
....................................................................... www.hearinglosscolorado.org

MIRACLE EAR ......................................................... (719) 576-0059
4711 Opus Dr, #110, Colorado Springs, CO 80906
www.miracle-ear-southcosprings.com

THE INDEPENDENCE CENTER .............................................. (719) 471-8181
729 S Tejon St, Colorado Springs, CO 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, Colorado Springs, CO 80910
www.agewellmedical.com

ASCENDING TO HEALTH RESPITE CARE ........................................ (719) 635-7639
723 N Weber St, #202, Colorado Springs, CO 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, Colorado Springs, CO 80906
www.centura.org

CENTURA HEALTH URGENT CARE FOUNTAIN .................. (719) 776-3737
7955 Fountain Mesa Rd, Fountain, CO 80817
www.centura.org

CENTURA HEALTH URGENT CARE TRI-LAKES .................. (719) 571-7070
17230 Jackson Creek Pkwy, #120, Monument, CO 80132
www.centura.org
DEVELOPMENTAL DISABILITIES HEALTH CENTER ............. (719) 632-5700
3207 N Academy Blvd, #3300, Colorado Springs, CO 80909
www.peakvista.org

DREAM CENTERS................................................................. (719) 388-1594
4360 Montebello, #900, Colorado Springs, CO 80918
Medical clinic for underinsured and uninsured women.
www.dreamcenterscos.org

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

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

FRESENIUS KIDNEY CARE .....................................................(719) 227-7455
2508 Airport Rd, Colorado Springs, CO 80910
www.freseniuskidneycare.com

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

INNER CITY HEALTH CENTER..............................................(303) 296-1767
3800 York St, Denver, CO 80205
Primary care, dental, behavioral health services for uninsured/
derunderinsured Colorado residents.
www.innercityhealth.org

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

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

MISSION MEDICAL CLINIC ...................................................(719) 219-3402
2125 E La Salle St, Colorado Springs, CO 80909
Medical services to the uninsured and underinsured patients ages 19+.
www.missionmedicalclinic.org
NEURO LOGIC REHABILITATION AND WELLNESS ............. (719) 306-0009
Mobile physical therapy services for neurological conditions and mobile mental behavioral health.
www.neurologicrehab.com

OPEN BIBLE MEDICAL CLINIC + PHARMACY ...................... (719) 475-0972
555 E Costilla St, Colorado Springs, CO 80903
Medical and pharmacy services for uninsured and underinsured.
www.openbiblemedical.org

PENROSE CANCER CENTER ............................................... (719) 776-5281
2222 N Nevada Ave, Colorado Springs, CO 80907
www.penrosecancercenter.org

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

PENROSE-ST FRANCIS URGENT CARE ......................... (719) 776-3216
3027 N Circle Dr, Colorado Springs, CO 80909
www.penrosestfrancis.org

PIKES PEAK REGIONAL HOSPITAL (UC HEALTH) .......... (719) 374-6060
16420 W Hwy 24, Woodland Park, CO 80863
www.pikespeakregionalhospital.com

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

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

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

UC HEALTH FAMILY MEDICINE AT WOODLAND PARK ...... (719) 686-0878
16222 W Hwy 24, #200, Woodland Park, CO 80863
Outpatient medical clinic.
https://www.uchealth.org/
**UCCS HEALTHCIRCLE PRIMARY CARE CLINIC** ...........................(719) 255-8001  
Nutrition Clinic.............................................................................(719) 255-7524  
4863 N Nevada Ave, #250, Colorado Springs, CO 80918  
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  

**VISITING MEDICAL CLINIC** .....................................................(719) 428-3911  
Care in your home, assisted living facility or retirement community.  
www.visitingmedicalclinic.com  

**MEDICAL EQUIPMENT / SUPPLIES**

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
<th>Address</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACCESSIBLE SYSTEMS</td>
<td>(719) 387-0675</td>
<td>4472 Barnes Rd, Colorado Springs, CO 80917</td>
<td><a href="http://www.accessiblemed.com">www.accessiblemed.com</a></td>
</tr>
<tr>
<td>AEROCARE</td>
<td>(719) 475-1236</td>
<td>5620 N Union Blvd, Colorado Springs, CO 80918</td>
<td><a href="http://www.majormedicalsupply.com">www.majormedicalsupply.com</a></td>
</tr>
<tr>
<td>AFFORDABLE MEDICAL SUPPLY</td>
<td>(719) 632-4036</td>
<td>1833 N Circle Dr, Colorado Springs, CO 80909</td>
<td><a href="http://www.affordablemedmart.com">www.affordablemedmart.com</a></td>
</tr>
<tr>
<td>AMERICAN MEDICAL ALERT</td>
<td>(866) 686-7504</td>
<td></td>
<td><a href="http://www.connectamerica.com">www.connectamerica.com</a></td>
</tr>
<tr>
<td>ASCENT MOBILITY</td>
<td>(719) 247-1499</td>
<td></td>
<td><a href="http://www.ascentmobility.com">www.ascentmobility.com</a></td>
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<tr>
<td>HANGER PROSTHETICS</td>
<td>(719) 632-5075</td>
<td>175 S Union Blvd, #320, Colorado Springs, CO 80910</td>
<td><a href="http://www.hangerclinic.com">www.hangerclinic.com</a></td>
</tr>
<tr>
<td>HORIZON PROSTHETICS</td>
<td>(719) 266-0949</td>
<td>1110 Elkton Dr #E, Colorado Springs, CO 80918</td>
<td><a href="http://www.horizonprosthetics.com">www.horizonprosthetics.com</a></td>
</tr>
<tr>
<td>INDEPENDENT HOME LIVING</td>
<td>(719) 660-2401</td>
<td></td>
<td><a href="http://www.independenthomelivingsolutions.com">www.independenthomelivingsolutions.com</a></td>
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LINCARE.................................................................(719) 473-1880
4040 E Bijou St, #150, Colorado Springs, CO 80909
Oxygen, hospital beds, wheelchairs, walkers.
www.lincare.com

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

MORNING STAR ELEVATOR ...............................................(719) 635-7960
11641 Ridgeline Dr, #100, Colorado Springs, CO 80921
www.coloradohomeelevator.com

NEPENTHE HOME MEDICAL EQUIPMENT ....................(888) 773-0202
(719) 633-4400
1969 W Uintah St, Colorado Springs, CO 80904
Oxygen, hospital beds, wheelchairs and more.
www.nepenthehomemedical.com

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

PANTRY COLLECTIVE .....................................................(719) 428-0789
A basic needs pantry providing incontinence items. Donations accepted.
www.pantrycollective.org

SILVER KEY FRIENDS THRIFT STORE .........................(719) 884-2366
1605 S Murray Blvd, Colorado Springs, CO 80916
Home Medical Equipment department features used mobility aids. Donations accepted. Open to all ages.
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

TRI-LAKES SENIOR CENTER THRIFT STORE ..................(719) 488-3495
755 CO 105 N, Palmer Lake, CO 80133
www.silverkey.org
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.

ALPHA DENTAL PLAN ........................................................... (800) 807-0706
Dental & vision discount program.
www.alphadentalplan.com

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

CAREMARK PRESCRIPTION DISCOUNT PROGRAM .......... (877) 321-2652
Free program for a prescription discount card.
www.caremark.com/nlc

OPEN BIBLE MEDICAL CLINIC + PHARMACY ............... (719) 475-0972
555 E Costilla, Colorado Springs, CO 80903
https://openbiblecares.org/

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, #140, Colorado Springs, CO 80920
www.balancepointrehab.com/BPVR/Welcome.html

COLORADO SPORTS AND SPINE ........................................... (719) 776-4888
3010 N Circle Dr, Colorado Springs, CO 80909
EDGE PHYSICAL THERAPY ....................................................... (719) 599-5330
1412 N Hancock Ave, Colorado Springs, CO 80903
Physical rehabilitation and therapy.
Locations in Monument and Cripple Creek.
www.myedgephysicaltherapy.com

ENCOMPASS HEALTH REHABILITATION HOSPITAL .......... (719) 630-8000
325 Parkside Dr, Colorado Springs, CO 80910
Inpatient acute physical rehabilitation.
http://encompasshealth.com

HOMEFIT THERAPY ............................................................... (719) 301-7607
Mobile Therapy practice focusing on home safety and senior wellness.
www.homefittherapy.com

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

QUALITY REHAB PHYSICAL THERAPY  ................................ (719) 550-4613
3604 Galley Rd, #200, Colorado Springs, CO 80909
Accepts Medicare, Medicaid, VA.
https://www.qualityrehabphysicaltherapy.com/

UCHEALTH OUTPATIENT PHYSICAL THERAPY AND REHABILITATION
Committed to providing the highest-quality rehabilitative care in the southern Colorado region.
www.uchealth.org
Printers Park Medical Plaza ...................................................(719) 365 -5642
175 S Union Blvd, #245, Colorado Springs, CO 80910
Powers ................................................................................ (719) 365 -5842
2999 New Center Pt, Colorado Springs, CO 809222
Grand View ........................................................................ (719) 365-6871
5818 N Nevada Ave, #325, Colorado Springs, CO 80918
Scarborough ........................................................................ (719) 365-5742
8540 Scarborough Dr, #190, Colorado Springs, CO 80918
Woodmen ........................................................................... (719) 365-2821
4150 E Woodmen Dr, #200, Colorado Springs, CO 80918
Monument ........................................................................... (719) 364-9940
15854 Jackson Creek Pkwy, #120, Monument, CO 80132
Woodland Park .................................................................... (719) 374-6172
16422 W US-24, Woodland Park, CO 80863
VISUAL IMPAIRMENTS

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

ISIGHT CONNECTIONS ......................................................... (719) 229-8000
Vision rehabilitation therapy, assistive technology, orientation, and mobility instruction.
www.isightconnections.org

LOW VISION SERVICES OF SOUTHERN COLORADO ........... (719) 471-3200
5614 N Union Blvd, Colorado Springs, CO 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.

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

THE INDEPENDENCE CENTER .......................................... (719) 471-8181
729 S Tejon St, Colorado Springs, CO 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, Colorado Springs, CO 80909
Anticoagulation Clinic, Diabetes Care Clinic and medical nutrition therapy.
www.penrosestfrancis.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.ppymca.org

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

PEARLS (Program to Encourage Active Rewarding Lives) ..(719) 459-2017
A free program designed to teach new ways for a person to reduce
their symptoms of depression, anxiety and sadness.
https://pearlsprogram.net

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

SILVER KEY SENIOR SERVICES......................................(719) 884-2300
1625 S Murray Blvd, Colorado Springs, CO 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.
https://uchealth.org/events

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

YMCA ACTIVE OLDER ADULT PROGRAMS...........................(719) 593-9622
2380 Montebello Dr W, Colorado Springs, CO 80918
www.ppymca.org
Also see tables listing housing facilities; Independent Apartments, page 130; Retirement Communities, page 136; Assisted Living Residences, page 142; and Nursing Homes, page 152.

**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, Colorado Springs, CO 80962
Wheelchair ramps; stair, porch, and bath lifts; grab bars; roll-in showers; walk-in tubs. Senior discount.
www.accesstofreedom.com

**AMADA SENIOR CARE** ............................................................. (719) 374-0216
Small interior and exterior jobs.
https://www.amadaseniorcare.com/colorado-springs-senior-care/

**BROTHERS REDEVELOPMENT** .............................................. (719) 666-7181
................................................................................................. (844) 926-6632
2860 S Circle Dr, #307, Colorado Springs, CO 80906
Home modification and repair program.
www.brothersredevelopment.org

**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
540 E Cimarron St, Colorado Springs, CO 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
Home modifications to keep seniors at home.
www.independenthomelivingsolutions.com

MORE THAN A HANDYMAN ......................................................(719) 338-4279
Home maintenance and repairs, yardwork. Senior discount for 62+.

MORNING STAR ELEVATOR .......................................................(719) 635-7960
11641 Ridgeline Dr, #100, Colorado Springs, CO 80921
https://coloradohomeelevator.com

MOUNTAIN COMMUNITY SENIOR SERVICES ....................(719) 488-0076
PO Box 502, Palmer Lake, CO 80133
www.coloradoseniorhelp.com

NEXT DAY ACCESS COLORADO ..............................................(719) 249-4816
4756 N Chestnut St, Colorado Springs, CO 80907
Grab bars, tub steps, residential ramps, stair, porch and patient lifts, bath lifts and safety products. By appointment only.
www.nextdayaccess.com/colorado-springs-co

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

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

TELLER SENIOR COALITION .....................................................(719) 687-3330
11115 W Hwy 24, Divide, CO 80814
Safety related items such as grab bars and railings.
https://tellerseniorcoalition.org/

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

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

ASCENDING TO HEALTH RESPITE CARE .................................................. (719) 633-2800
723 N Weber St, #202, Colorado Springs, CO 80903
A referral based organization that provides homeless individuals 18+ a safe place, a bed and supportive services to recuperate after a hospital stay. Assistance with housing for homeless individuals with chronic health issues.
www.athrc.org

BROTHERS REDEVELOPMENT .................................................... (844) 926-6632
2860 S Circle Dr, #307, Colorado Springs, CO 80906
Home modification/repair/painting, fair housing information, housing search assistance and 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, Colorado Springs, CO 80903
Affordable housing options for low-income individuals and families, and some limited supportive resources available to residents.
www.greccio.org

HOMEWARD PIKES PEAK ..................................................... (719) 473-5557
2010 E Bijou St, Colorado Springs, CO 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

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, Colorado Springs, CO 80903
TTY (800) 659-3656
www.csha.us
INTERFAITH HOSPITALITY NETWORK...........................................(719) 329-1244
.................................................................(719) 538-6220
1647 S Nevada Ave, Colorado Springs, CO 80905
Housing in churches and self-sufficiency services for homeless families
with children.
www.ihn-cos.org/interfaith-hospitality-network

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, Colorado Springs, CO 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 St, Colorado Springs, CO 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, Colorado Springs, CO 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
.................................................................(719) 275-4191
3224-A Independence Rd, Canon City, CO 81212
Subsidized Section 8 housing voucher program, serves Teller County.
www.uaacog.com

SILVER KEY SENIOR ASSISTANCE.............................................(719) 884-2300
1625 S Murray Blvd, Colorado Springs, CO 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, Colorado Springs, CO 80903
Year round nightly shelter.
www.springsrescuemission.org

SUMMIT COMBINED HOUSING AUTHORITY ................................. (970) 668-4172
110 Ski Hill Rd, Breckenridge, CO 80424
Subsidized Section 8 housing voucher program serving 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.

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

BROTHERS REDEVELOPMENT's COLORADO HOUSING CONNECTS HELPLINE ................................................................. (844) 926-6632
2860 S Circle Dr, #307, Colorado Springs, CO 80906
Information on housing-related issues, aging in place, renters' rights and fair housing laws.
www.brothersredevelopment.org

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

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

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

PARK COUNTY SENIOR COALITION .................................... (719) 836-4295
825 Clark St, #C, Fairplay, CO 80440
www.parkcoseniors.org
PIKES PEAK UNITED WAY 2-1-1....................................................(719) 955-0742
Local information and referral.
www.ppunitedway.org/211database.html

SENIOR INFORMATION & ASSISTANCE, PPACG AAA ..........(719) 471-2096
14 S Chestnut St, Colorado Springs, CO 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, Colorado Springs, CO 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 GUIDE .......................... www.seniorsresourceguide.com
PO Box 237, Littleton, CO 80160
On-line senior resource and service directory.

SILVER KEY SENIOR ASSISTANCE .............................. (719) 884-2300
1625 S Murray Blvd, Colorado Springs, CO 80916
Provides information, resources and referrals to Silver Key programs.
www silverkey.org

TELLER SENIOR COALITION .............................. (719) 687-3330
11115 W Hwy 24, #2D, Divide, CO 80814
Provides information, resources, and referrals to Teller Senior Coalition programs and other available resources for seniors.
www tellseniorcoalition.org

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

TRI-LAKES CARES .............................................. (719) 481-4864
235 N Jefferson St, Monument, CO 80132
Provides information, resources and referrals.
www.tri-lakescares.org

USAGOV (FORMERLY FEDERAL CITIZEN INFORMATION CENTER) ..(844) 872-4681
Government benefits, programs and services.
www.usa.org/explore
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, Colorado Springs, CO 80905
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
Regulates the insurance industry and assists consumers with insurance issues.
https://doi.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 ASSOCIATION) .. (800) 759-7372
1301 Pennsylvania St, Denver, CO 80203
www.copera.org

TRICARE FOR LIFE .........................................................(866) 773-0404
For military retirees with Medicare.
www.tricare4u.com

MEDICARE / MEDICAID

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

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

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

COLORADO LONG-TERM CARE PARTNERSHIP ............... (303) 894-7495
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, Colorado Springs, CO 80907
http://dhs.elpasoco.com

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

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

MEDICARE .............................................................................. (800) 633-4227
http://medicare.gov

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

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

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

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

COLORADO SPRINGS FIRE DEPARTMENT ................................. (719) 385-5950
375 Printers Pkwy, Colorado Springs, CO 80910
https://coloradosprings.gov/fire-department

COLORADO SPRINGS POLICE DEPARTMENT ............................. (719) 444-7000
705 S Nevada Ave, Colorado Springs, CO 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 FIRE PROTECTION DISTRICT ............................ (719) 689-3417
8437 Teller Rd, Florissant, CO 80816
www.4milefire.com

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

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, Colorado Springs, CO 80907
https://clerkandrecorder.elpasoco.com

CLERK/RECORDER, PARK COUNTY................................. (719) 836-4333
856 Castello, Fairplay, CO 80440
Bailey ................................................................. (303) 816-5920
59865 Highway 285, Bailey, CO 80421
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
................................................ www.coloradoadvancedirectives.com
Download forms to document health care decisions/treatment preferences.
www.coloradoadvancedirectives.com

COLORADO CIVIL RIGHTS DIVISION ............................ (800) 262-4845
............................................................................. (303) 894-2997
1560 Broadway, #825, Denver, CO 80202
https://ccrd.colorado.gov
COLORADO LEGAL SERVICES ......................................................... (800) 395-2465
.......................................................................................................... (719) 471-0380
102 S Tejon St, #430, Colorado Springs, CO 80903
Free civil legal services to older adults 60+.
www.coloradolegalservices.org

COMBINED COURT, EL PASO COUNTY ........................................ (719) 452-5000
270 S Tejon St, Colorado Springs, CO 80903
Civil, domestic, probate, criminal, traffic, juvenile and small claims matters.
https://www.courts.state.co.us/Courts/County/Index.cfm?County_ID=6

DISABILITY LAW COLORADO ....................................................... (800) 288-1376
.......................................................................................................... (303) 722-0300
455 Sherman St, #130, Denver, CO 80203
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, Colorado Springs, CO 80903
www.da4colorado.gov

DISTRICT ATTORNEY, PARK COUNTY ........................................ (719) 836-2080
310 Fourth St, Fairplay, CO 80440
www.courts.state.co.us/Courts/District/Index.cfm?District_ID=11

DISTRICT ATTORNEY, TELLER COUNTY ................................. (719) 520-7168
112 North A St, Cripple Creek, CO 80813
www.da4colorado.gov

ECONOMIC CRIME DIVISION, EL PASO COUNTY .................. (719) 520-6000
105 E Vermijo Ave, Colorado Springs, 80903
Investigates and prosecutes economic, business and consumer crime.
Bad Check Restitution Program.
www.da4colorado.gov

11TH JUDICIAL DISTRICT, PARK COUNTY ............................... (719) 836-2080
Self-represented litigant coordinator.
www.courts.state.co.us/Courts/District/Index.cfm?District_ID=11

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
Pikes Peak Justice & Pro Bono Project/Modest Means..... (719) 473-6212
www.justicecentercos.org
NAACP .............................................................................................................(877) 622-2798
www.naaccp.org

NEIGHBORHOOD JUSTICE CENTER.................................................................(719) 520-6000
105 E Vermijo Ave, #230, Colorado Springs, CO 80903
Free mediation service for neighborhood and co-worker disputes.
www.4thjudicialda.com/NeighborhoodJustice.html

PATTY'S MOBILE NOTARY SERVICE .........................................................(719) 459-0300
www.pattythenotary.com

PHOENIX STRATEGIES MEDIATION/CONFLICT SERVICE ....(719) 266-8181
Conflict resolution services related to senior life transitions. Online service only.
www.phoenixstrategiescolorado.com

SENIOR LAW HANDBOOK, COLORADO BAR ASSOCIATION .(303) 860-0608
1290 Broadway, #1700, Denver, CO 80203
Downloadable handbook.
https://seniorlawhandbook.org

VICTIM COMPENSATION PROGRAM, 4TH JUDICIAL DISTRICT ..(719) 520-6036
105 E Vermijo Ave, #111, Colorado Springs, CO 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.

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

ACTIVE DUTY

AIR FORCE ACADEMY CLINIC .................................................. (719) 333-5111
4102 Pinon Dr, #100, US Air Force Academy, CO 80840
www.airforcemedicine.af.mil

EVANS ARMY COMMUNITY HOSPITAL ........................................ (719) 526-7000
1650 Cochrane Cir, Fort Carson, CO 80913
https://evans.tricare.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

HOME FRONT MILITARY NETWORK ........................................... (719) 577-7417
1120 N Circle Dr, #230, Colorado Springs, CO 80909
Provides emergency financial assistance, information and assistance, resource connections and case management support for service members, veterans and their families.
https://homefrontmilitarynetwork.org/

MT CARMEL VETERANS SERVICE CENTER ............................ (719) 772-7000
530 Communication Cir, Colorado Springs, CO 80905
Benefits and resource assistance.
www.veteranscenter.org
USAFA AIRMN & FAMILY READINESS CENTER ............. (719) 333-3444
6248 W Pine Loop, US Air Force Academy, CO 80840
https://usafasupport.com/afrc/

US ARMY JAG OFFICE .......................................................... (719) 526-5572
1633 Mekong St, Bldg 6222, Fort Carson, CO 80913

VETERANS

THE AMERICAN LEGION ....................................................... (719) 599-8624
3613 Jennine Dr, Colorado Springs, CO 80917
www.legion209.org

COLORADO DIVISION OF VETERANS AFFAIRS ............. (303) 914-5832
155 Van Gordon St, #201, Lakewood, CO 80228
www.colorado.gov/vets

COLORADO SPRINGS VA OUTPATIENT CLINIC ............ (800) 278-3883
3141 Centennial Blvd, Colorado Springs, CO 80907
www.va.gov/eastern-colorado-health-care/locations

COLORADO SPRINGS VETERANS CENTER ....................... (719) 471-9992
3920 N Union Blvd, #310, Colorado Springs, CO 80907
Individual and group counseling.
www.vetcenter.va.gov

DISABLED AMERICAN VETERANS (DAV) ................... (719) 785-4164
660 Southpointe Ct, #317, Colorado Springs, CO 80906
(VSO) Assists with filing claims, free transport to Denver VA hospital.
Call ahead for appointments.
www.dav.org
GOLD STAR WIVES OF AMERICA ............................................. (888) 751-6350
PPACG AAA Senior Information & Assistance Center (719) 471-2096
PO Box 361986, Birmingham, AL 35236
Support group for widow/widower/survivor child.
www.goldstarwives.org

HOMEWARD PIKES PEAK .................................................................. (719) 473-5557
2010 E Bijou St, Colorado Springs, CO 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 SENIOR SERVICES ............................................... (719) 884-2300
1625 S Murray Blvd, Colorado Springs, CO 80916
Services that support independence for veterans: Connections Cafe, Home Delivered Meals including Meals on Wheels, Reserve Ride Transportation, Senior Assistance and Silver Key Vets Program.
www.silverkey.org

TELLER SENIOR COALITION .................................................. (719) 687-3330
11114 W Hwy 24, Divide, CO 80814
Transportation available to veterans.
www.tellerseniorcoalition.org

THE INDEPENDENCE CENTER .................................................. (719) 471-8181
729 S Tejon St, Colorado Springs, CO 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
ROCKY MOUNTAIN REGIONAL VA MEDICAL CENTER (VAMC) .............................................................. (888) 336-8262
1700 N Wheeling St, Aurora, CO 80045
www.denver.va.gov

UCCS HEALTHCIRCLE VETERANS HEALTH AND TRAUMA CLINIC
..................................................................................................................... (719) 255-8003
4863 N Nevada Ave, #380, Colorado Springs, CO 80918
https://healthcircle.uccs.edu/veterans-health-and-trauma-clinic

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

VETERANS SERVICE OFFICE, EL PASO COUNTY .......................... (719) 520-7750
5850 Championship Vw, #130, Colorado Springs, CO 80922
Assist veterans, their dependents and their survivors concerning any
VA benefits which they may be eligible to receive.
https://communityservices.elpasoco.com/veterans-services

VETERANS SERVICE OFFICE, TELLER COUNTY ....................... (719) 686-5526
..................................................................................................................... (719) 641-4804
800 Research Dr, #230, Woodland Park, CO 80863
Assist veterans, their dependents and their survivors concerning any
VA benefits which they may be eligible to receive.
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, Colorado Springs, CO 80907
African American Women Nurturing and Giving Each Other Life Network.
www.centura.org

ASIAN PACIFIC DEVELOPMENT CENTER OF COLORADO ... (303) 923-2920
1537 Alton St, Aurora, CO 80010
Adult education, behavioral health and victim assistance.
www.apdc.org

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

CENTRO DE LA FAMILIA ....................................................... (719) 227-9170
1645 S Murray Blvd, Colorado Springs, CO 80916
Services to the Hispanic/Latino populations.
www.coscentro.org
COLORADO DIVISION OF CIVIL RIGHTS..........................(800) 262-4845
.................................................................................................(303) 894-2997
1560 Broadway, #825, Denver, CO 80202
https://ccrd.colorado.gov

NAACP ................................................................................... (877) 622-2798
www.naacp.org.

ONE NATION WALKING TOGETHER .................................(719) 329-0251
3150 N Nevada Ave, Colorado Springs, CO 80907
Humanitarian programs for Native Americans.
www.onenationwt.org

PEARLS (Program to Encourage Active Rewarding Lives) ..(719) 459-2017
A free program designed to teach new ways for a person to reduce
their symptoms of depression, anxiety and sadness.
https://pearlsprogram.net

SAGE NATIONAL RESOURCE CENTER ON LGBTQ+ AGING . (877) 360-5428
Technical resource center focused on improving the quality of services
and supports offered to lesbian, gay, bisexual and/or transgender
older adults, their families, and caregivers.
https://www.lgbtagingcenter.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..................www.aarp.org/findacourse
  State-approved course for seniors who complete driver’s education course.

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

AMERICAN RED CROSS.........................................................(719) 632-3563
  1040 S 8th St, Colorado Springs, CO 80905
  First Aid, CPR, and accident prevention training.
  www.redcross.org/local/colorado

BEO TRAINING CENTER........................................................(719) 385-0200
  5055 Mark Dabling Blvd, Colorado Springs, CO 80918
  Certified Nurse Aide Training Program, CPR Certification and EMT IV Certification.
  www.beopersonalcare.com

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

FITNESS TO DRIVE, HEALTH PROMOTION PARTNERS ...... (719) 231-6657
  2924 Beacon St, #D, Colorado Springs, CO 80907
  Driving evaluations and training after medical or age-related changes.
  Mobile outpatient occupational therapy.
  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, Colorado Springs, CO 80920
  A driver training program for seniors.
  www.masterdrive.com
MOVING FOR BETTER BALANCE AT THE YMCA .................... (719) 329-7233
207 N Nevada Ave, Colorado Springs, CO 80903
Fall prevention classes. Call for class schedule and locations.
www.ppymca.org

WILDFIRE MITIGATION PROGRAM (CSFD) ......................... (719) 385-5950
375 Printers Pkwy, Colorado Springs, CO 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

AMERICAN MEDICAL ALERT ...................................... (866) 686-7504
www.connectamerica.com

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

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

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

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

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.tellercountysheriff.com

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

UCHEALTH HOME COMPANION MONITOR .............. (719) 365-2260
www.uchealth.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 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

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

COLORADO SPRINGS SENIOR CENTER............ (719) 955-3400
1514 N Hancock Ave, Colorado Springs, CO 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 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
Serving Park County.
www.mrcco.org

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

SENIOR INFORMATION & ASSISTANCE, PPACG AAA .......... (719) 471-2096
14 S Chestnut St, Colorado Springs, CO 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

SILVER KEY AT TRI-LAKES SENIOR CENTER .................... (719) 884-2300
66 Jefferson St, Monument, CO 80132
www.silverkey.org

SILVER KEY SENIOR SERVICES ........................................... (719) 884-2300
1625 S Murray Blvd, Colorado Springs, CO 80916
Supportive and advocacy services. Services that support older adults: Connections Cafe, Home Delivered Meals including Meals on Wheels, Reserve and Ride, and Senior Assistance.
www.silverkey.org

TELLER SENIOR COALITION ............................................. (719) 687-3330
11114 W Hwy 24, Divide CO 80814
www.tellerseniorcoalition.org
SUBSTANCE ABUSE/BEHAVIORAL HEALTH

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

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

ALLAN GREENFIELD, MSW AND LLOYD GREENFIELD, LCSW . (719) 634-5800
224 E Willamette Ave, #2, Colorado Springs, CO 80903
www.feelingbetterclinic.com

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

DBSA LATER LIFE GROUP ..................................................... (719) 477-1515
1586 21st St, #13, Colorado Springs, CO 80904
Free self-help support group for older adults w/ depression/bipolar disorder. Additional types of support groups available. Call for times and locations.
www.dbsacoloradosprings.org

DIVERSUS HEALTH ................................................................(719) 572-6100
Emergency number .............................................................. (719) 635-7000
179 S Parkside Dr, Colorado Springs, CO 80901
Bailey, 460 County Rd 43a, 80421 ....................................... (303) 838-5013
Calhan, 328 10th St, 80808 .................................................. (719) 572-6100
Cripple Creek Aspen Mine Center, 100 E Bennett Ave, 80813 .(719) 572-6100
Fairplay, 970 Castello, 80440 ............................................... (719) 836-9087
Woodland Park, 18401 Hwy 24, #119, 80863 ................. (719) 572-6100
Some locations may be temporarily closed.
https://diversushealth.org/
DIVERSUS HEALTH (LIGHTHOUSE) ............................................(719) 572-6100
115 S Parkside Dr, Colorado Springs, CO 80901
Walk in crisis center.

DREAM CENTER WOMEN’S CLINIC ......................................(719) 388-1594
4360 Montebello Dr, #900, Colorado Springs, CO 80918
For uninsured and under-insured women.
www.dreamcenterscos.org

HOMEWARD PIKES PEAK (HARBOR HOUSE CLINIC) .......... (719) 473-5557
2010 E Bijou St, Colorado Springs, CO 80909
Outpatient addiction recovery clinic with specialized women’s services.
www.homewardpp.org

JOURNEYS COUNSELING CENTER ........................................(719) 510-1268
750 Hwy 24, #120, Woodland Park, CO 80863
www.journeyscounselingcenter.com

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

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

PEAK VIEW BEHAVIORAL HEALTH .....................................(719) 444-8484
7353 Sisters Grove, Colorado Springs, CO 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, Colorado Springs, CO 80917
www.peakvista.org

PEARLS (Program to Encourage Active Rewarding Lives) ..(719) 459-2017
A free program designed to teach new ways for a person to reduce their symptoms of depression, anxiety and sadness.
https://pearlsprogram.net

SALVATION ARMY FAMILY SERVICES ..............................(719) 636-3891
908 Yuma St, Colorado Springs, CO 80909
www.tsacs.org
SILVER KEY SENIOR SERVICES....................................................(719) 884-2300
1625 S. Murray Blvd, Colorado Springs, CO 80916
Resource navigation, care management, and case management services.
www.silverkey.org

SPRINGS RESCUE MISSION (MEN’S RECOVERY PROGRAM)..(719) 632-1822
15 E Las Vegas St, Colorado Springs, CO 80903
www.springsrescuemission.org

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

UCCS AGING CENTER.................................................................(719) 255-8002
4863 N Nevada Ave, #321, Colorado Springs, CO 80918
Assessment and treatment services to individuals 55+.
http://healthcircle.uccs.edu/aging-center

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

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Pikes Peak Area Agency on Aging

SERENITY INSURANCE ASSISTANCE
Education about Medicare and health insurance options

Services
Medicare 101 classes
Employer Group Outreach
Annual Open Enrollment assistance
Screening and application assistance

For information and assistance
719-635-4891

PEARLS is a free & effective skill-building program designed to improve the quality of life of adults (aged 60+) by reducing symptoms of sadness, depression, anxiety, & loneliness. Our life coaches meet with clients 1-on-1 for up to eight sessions. We focus on goals to improve problem-solving skills, becoming socially & physically active, & adding daily, enjoyable activities to their lives.

Learn more online at:
pearlsprogram.net
or call us at
(719) 459-2017
**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, Colorado Springs, CO 80910
www.al-anon-co.org

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

**ALS ASSOCIATION, ROCKY MOUNTAIN CHAPTER** ............ (866) 257-3211
................................................................................................. (303) 832-2322
10855 Dover St, #500, Westminster, CO 80021
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, Colorado Springs, CO 80909
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 COLORADO** .............. (800) 586-4872
................................................................................................. (303) 388-4327
5600 Greenwood Plaza Blvd, #100, Greenwood Village, CO 80111
www.lung.org/associations/states/colorado

**ARTHRITIS FOUNDATION** ............................................. (800) 283-7800
www.arthritis.org/colorado

**CENTRO DE LA FAMILIA** ..................................................... (719) 227-9170
1645 S Murray Blvd, Colorado Springs, CO 80916
Provides an array of services to the Hispanic/Latino populations.
www.coscentro.org
CEREBRAL PALSY ASSOCIATION OF COLORADO SPRINGS  ..(719) 638-0808
1322 N Academy Blvd, #115, Colorado Springs, CO 80909
Assists individuals with cerebral palsy and other related neuro-motor disorders.
www.cpappr.org

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

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

FAMILY CAREGIVER SUPPORT CENTER, PPACG AAA ....... (719) 886-7526
...........................................................................................(719) 471-2096 x115
14 S Chestnut St, Colorado Springs, CO 80905
www.ppacg.org/aging/caregiver

GRIEFSHARE ........................................................................... (719) 388-5000
290 E Woodmen Rd, Colorado Springs, CO 80919
Available at Woodman Valley Chapel and other local churches.
www.griefshare.org

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

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

MULTIPLE SCLEROSIS (MS) SOCIETY ......................... (800) 344-4867
900 S Broadway, #200, Denver CO 80209
www.curemsco-wy.org

MYASTHENIA GRAVIS ASSOCIATION OF COLORADO....... (303) 360-7080
www.4-mga.org
NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) .......... (719) 473-8477
Support groups meet at 1st United Methodist Church.
www.namicoloradosprings.org

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

PIKES PEAK OSTOMY ASSOCIATION.................................(719) 310-7032
www.pikespeakostomy.com

POLIO SURVIVORS SUPPORT GROUP.............................. (303) 212-0017
For general information
www.easterseals.com/co/our-programs/learn/colorado-post-polio/
support-groups.html

POST PEARLS CONNECT SUPPORT............................... (719) 459-2017
For those over 60, looking to work on life issues.
www.pearlsprogram.net

THE INDEPENDENCE CENTER ........................................... (719) 471-8181
729 S Tejon St, Colorado Springs, CO 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.theindependencecenter.org
TRANSPORTATION

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

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

AXEL MEDICAL TRANSPORTATION .................................................... (719) 401-7870
Non-emergency medical transportation. Medicaid transportation.
www.axtransit.com

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

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

BUSTANG .................................................................................. (800) 900-3011
Bustang is an interregional bus line, connecting commuters along the I-25 Front Range and I-70 Mountain Corridors.
www.ridebustang.com

ENVIDA MOVES ............................................................................ (719) 633-4677
5660 N Academy Blvd, Colorado Springs, CO 80918
Serving residents of El Paso and Teller counties. Envida provides services in collaboration with Silver Key Senior Services and Fountain Valley Senior Center.
www.envidacares.org

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. Fountain Valley Senior Center provides transportation services in collaboration with Silver Key Senior Services and Envida.
www.fvscenter.org
GOODWILL OF COLORADO GOODWHEELS .................................(719) 442-2077
1460 Garden of the Gods Rd, Colorado Springs, CO 80907
Transportation anywhere in Colorado. Accepts both private pay and Medicaid.
https://goodwillcolorado.org/services/community-transportation/

MOUNTAIN COMMUNITY SENIOR SERVICES ...................... (719) 488-0076
PO Box 502, Palmer Lake, CO 80133
Social 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, Colorado Springs, CO 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, Colorado Springs, CO 80903
Coordination of carpools.
http://transit.coloradosprings.gov

MOUNTAIN METRO TRANSIT PUBLIC BUS SYSTEM .......... (719) 385-7433
................................................................................................. (719) 385-5974
1015 Transit Dr, Colorado Springs, CO 80903
Schedules and passes.
www.mmtransit.com

PARK COUNTY SENIOR COALITION ...................................... (719) 836-4295
825 Clark St, #C, Fairplay, CO 80440
Mileage reimbursement for seniors 60+ to be driven to medical appointments or grocery shopping.
www.parkcoseniors.org

ROCKY MOUNTAIN MOBILE MEDICAL .............................. (719) 362-8000
5055 Mark Dabling Blvd, Colorado Springs, CO 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, Colorado Springs, CO 80916
Door through door ADA accessible transportation. Silver Key provides services in collaboration with Envida and Fountain Valley Senior Center.
www.silverkey.org
TELLER CAB ........................................................................... (719) 687-8222
1115 W Hwy 24, Divide, CO 80814
www.tellercab.com/services

TELLER SENIOR COALITION .................................................(719) 687-3330
11114 W Hwy 24, #2D, Divide, CO 80814
Transportation for seniors 60+ and for low-income disabled citizens who are in Teller County, Eastern Park County and Western El Paso County.
www.tellerseniorcoalition.org

TRANSIT RIDERS SENIOR AMBASSADOR ......................... (719) 385-7434
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, #239, Colorado Springs, CO 80906
Non-emergency medical transportation. Accepts Medicaid or Private Pay.
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, Colorado Springs, CO 80919
Builds, sells, services and rents wheelchair accessible and drive adapted vehicles.
www.unitedaccess.com

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

ZTRIP OF COLORADO SPRINGS (FORMERLY YELLOW CAB) .(719) 766-4567
.................................................................................................(719) 550-9300
4625 Town Center Dr, Colorado Springs, CO 80916
Traditional taxi and app-based ride service.
www.ztrip.com/colorado-springs/
DON'T LET TRANSPORTATION KEEP YOU FROM WHAT'S IMPORTANT!

CLEAN, SAFE, ECONOMICAL, AND EASY!
**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 [https://cdphe.colorado.gov/health-facilities](https://cdphe.colorado.gov/health-facilities).

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### MEDICAL HOME HEALTH AGENCIES

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PPACG AAA Senior Information & Assistance Center (719) 471-2096
**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 [https://cdphe.colorado.gov/health-facilities](https://cdphe.colorado.gov/health-facilities).

Persons needing financial assistance for healthcare should contact the Department of Human Services at (719) 636-0000

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<th>NON-MEDICAL HOME CARE AGENCIES</th>
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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 [https://cdphe.colorado.gov/health-facilities](https://cdphe.colorado.gov/health-facilities).

Persons needing financial assistance for healthcare should contact the Department of Human Services at (719) 636-0000.

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<th>Agency</th>
<th>Contact Information</th>
<th>Services</th>
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<th>24-Hour Care</th>
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<td>ENVIDA HOME SERVICES</td>
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<td>FIRSTLIGHT HOME CARE</td>
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<td>4445 Northpark Dr, #100 80907</td>
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<tr>
<td>GENTLE SHEPHERD HOME CARE</td>
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<tr>
<td>12081 W Alameda Pkwy #476, Lakewood 80228</td>
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<td>HOME INSTEAD</td>
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<td>1955 N Union Blvd, #100 80909</td>
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<td>HUMAN TOUCH UNSKILLED SERVICES</td>
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<td>INDEPENDENCE CENTER, THE</td>
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<td>INTERIM HEALTHCARE OF SE COLORADO</td>
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<td>13395 Voyager Pkwy, #120 80921</td>
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| NON-MEDICAL HOME CARE AGENCIES | PROVIDES IN-HOME NON-SKILLED SERVICES INCLUDING: HOMEMAKING, PERSONAL CARE, COMPANIONSHIP, ERRANDS, LIGHT MEAL PREPARATION AND TRANSPORTATION. MORE INFORMATION IS AVAILABLE AT HTTPS://CDPHE.COLORADO.GOV/HEALTH-FACILITIES. | PERSONS NEEDING FINANCIAL ASSISTANCE FOR HEALTHCARE SHOULD CONTACT THE DEPARTMENT OF HUMAN SERVICES AT (719) 636-0000.

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<th>ALSO DOES MEDICAL HOME HEALTH</th>
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Serves: Park County, Teller County, El Paso County, Serves Medicaid / HCBS, Certified, Also Does Medical Home Health, Errands, Personal Transportation, Companionship, Homemaking, Personal Care, Bathing, Dressing. |
## NON-MEDICAL HOME CARE AGENCIES

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<table>
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<th>AGENCY NAME</th>
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<td>MOUNTAIN VIEW HOME CARE</td>
<td>(719) 452-0151</td>
<td>1401 Potter Dr, #205 80909</td>
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<td>NURSECORE</td>
<td>(719) 884-1388</td>
<td>5426 N Academy Blvd, #110 80918</td>
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<tr>
<td>PREFERRED CARE AT HOME</td>
<td>(719) 476-0130</td>
<td>PO Box 62968, Black Forest 80962</td>
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<td>PRIMARY HOME HEALTH CARE</td>
<td>(719) 577-4272</td>
<td>111 E Polk St, #110 80907</td>
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<td>PROFESSIONAL HOME HEALTH CARE</td>
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<td>RIGHT AT HOME</td>
<td>(719) 634-4999</td>
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<td>SAGES ELDER CARE</td>
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<td>(719) 629-7725</td>
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<td>2 hr</td>
<td></td>
</tr>
<tr>
<td>STATEWIDE HEALTH CARE</td>
<td>(719) 434-1513</td>
<td>2130 S Academy Blvd 80916</td>
<td></td>
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</tr>
<tr>
<td>SYNERGY HOMECARE</td>
<td>(719) 203-5848</td>
<td>21 E Willamette Ave 80903</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TALEM HOME CARE</td>
<td>(719) 639-2663</td>
<td>3230 E Woodmen Rd, #110G 80920</td>
<td></td>
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</tr>
<tr>
<td>TLC HOME HEALTH CARE</td>
<td>(719) 502-5765</td>
<td>6816 Millbrook Cir, Fountain 80817</td>
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</tr>
<tr>
<td>Service Provided</td>
<td>Homemaking</td>
<td>Personal Care, Bathing, Dressing</td>
<td>Personal Transportation</td>
<td>Companionship</td>
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<tr>
<td>Kind Heart Home Health Care</td>
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<tr>
<td>Right At Home</td>
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<tr>
<td>Sages Elder Care</td>
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<tr>
<td>Seniors Helping Seniors</td>
<td>✗</td>
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<tr>
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<td>TLC Home Health Care</td>
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</tbody>
</table>
**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 [https://cdphe.colorado.gov/health-facilities](https://cdphe.colorado.gov/health-facilities).

Persons needing financial assistance for healthcare should contact the Department of Human Services at (719) 636-0000.

<table>
<thead>
<tr>
<th>Agency</th>
<th>Phone Number</th>
<th>Hours</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>UMBRELLA HOME HEALTH CARE</td>
<td>(719) 482-0774</td>
<td>3 hr</td>
<td>Homemaking, Personal Care, Bathing, Dressing</td>
</tr>
<tr>
<td>VISIONS 4 YOU HOME CARE</td>
<td>(719) 208-9935</td>
<td>2 hr</td>
<td>Homemaking, Companionship</td>
</tr>
<tr>
<td>VISITING ANGELS LIVING ASSIST SERVICES</td>
<td>(719) 282-0180</td>
<td>2 hr</td>
<td>Homemaking, Companionship</td>
</tr>
<tr>
<td>YOUR LIFE YOUR WAY HOME CARE</td>
<td>(719) 381-9468</td>
<td></td>
<td>Homemaking, Companionship</td>
</tr>
</tbody>
</table>

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**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
# 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 [https://cdphe.colorado.gov/health-facilities](https://cdphe.colorado.gov/health-facilities).

Persons needing financial assistance for healthcare should contact the Department of Human Services at (719) 636-0000.

## UMBRELLA HOME HEALTH CARE
- Phone: (719) 482-0774
- Address: 25 N Wahsatch Ave, #203A 80903

## VISIONS 4 YOU HOME CARE
- Phone: (719) 208-9935
- Address: 1229 Lake Plaza Dr, #D 80906

## VISITING ANGELS LIVING ASSIST SERVICES
- Phone: (719) 282-0180
- Address: 3720 Sinton Rd, #202 80907

## YOUR LIFE YOUR WAY HOME CARE
- Phone: (719) 381-9468
- Address: 1460 Garden of the Gods Rd 80907

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The Pikes Peak Area Agency on Aging offers:

- The Senior Information and Assistance Center
- Medicare Counseling
- Medicare, Social Security and Retirement Classes
- Family Caregiving Support Services
- Ombudsman Services
- And many other things, including service and support vouchers

**Your First Call for Senior Services**

For information & assistance

(719) 471-2096

or

[www.ppacg.org/aging](http://www.ppacg.org/aging)
HOSPICE CARE

A hospice is an organization that provides palliative care and social, emotional, and spiritual support to patients at the end of life, as well as their family members. Most hospices are Medicare certified. Medicaid, the VA, and many insurance plans also pay for hospice care. Information is available at https://cdphe.colorado.gov/health-facilities. Agencies listed are licensed by the State of Colorado at time of publication.

<table>
<thead>
<tr>
<th>Agency</th>
<th>Phone Number</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>ABODE HOSPICE</td>
<td>(719) 358-6428</td>
<td>5465 Mark Dabling Blvd 80918</td>
</tr>
<tr>
<td>BRISTOL HOSPICE</td>
<td>(719) 434-1773</td>
<td>7660 Goddard St, #100 80920</td>
</tr>
<tr>
<td>CENTERCARE HOSPICE</td>
<td>(719) 544-5891</td>
<td>4718 N Elizabeth St, #B, Pueblo 81008</td>
</tr>
<tr>
<td>COLORADO PALLIATIVE &amp; HOSPICE CARE</td>
<td>(719) 419-5595</td>
<td>5445 Mark Dabling Blvd, #205 80918</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>ENVISION HEALTHCARE AT HOME (Hospice and Palliative Care)</td>
<td>(719) 596-5001</td>
<td>7150 Campus Dr, #330 80920</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>GENTIVA HOSPICE</td>
<td>(719) 330-6652</td>
<td>6270 Lehman Dr, #150 80918</td>
</tr>
<tr>
<td>HEALTHONE HOSPICE AND FAMILY CARE</td>
<td>(719) 268-2582</td>
<td>7222 Commerce Center Dr, #100 80919</td>
</tr>
<tr>
<td>INTERIM HEALTHCARE HOSPICE</td>
<td>(719) 314-4868</td>
<td>1901 N Union Blvd, #105 80909</td>
</tr>
<tr>
<td>LUMICARE HOSPICE</td>
<td>(719) 226-7733</td>
<td>1775 Telstar Dr, #300 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 [https://cdphe.colorado.gov/health-facilities](https://cdphe.colorado.gov/health-facilities). Agencies listed are licensed by the State of Colorado at time of publication.

<table>
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<tr>
<th>SEE AD ON PAGE</th>
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<th>SERVES TELLER CO</th>
<th>SERVES PARK CO</th>
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</table>
### 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 [https://cdphe.colorado.gov/health-facilities](https://cdphe.colorado.gov/health-facilities). Agencies listed are licensed by the State of Colorado at time of publication.

<table>
<thead>
<tr>
<th>Agency Name</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>MOUNTAIN RIDGE HOSPICE</td>
<td>(719) 418-3475</td>
</tr>
<tr>
<td>3204 N Academy Blvd, #110 80917</td>
<td></td>
</tr>
<tr>
<td>MT EVANS HOME HEALTH CARE &amp; HOSPICE</td>
<td>(303) 674-6400</td>
</tr>
<tr>
<td>3081 Bergen Peak Dr, Evergreen 80439</td>
<td></td>
</tr>
<tr>
<td>PIKES PEAK HOSPICE &amp; PALLIATIVE CARE</td>
<td>(719) 633-3400</td>
</tr>
<tr>
<td>2550 Tenderfoot Hill St 80906</td>
<td></td>
</tr>
<tr>
<td>SOLARIS HOSPICE</td>
<td>(719) 473-1017</td>
</tr>
<tr>
<td>1045 Garden of the Gods Rd, #L 80907</td>
<td></td>
</tr>
</tbody>
</table>

### OMBUDSMAN PROGRAM

This program helps residents of assisted living and nursing home facilities, providing on-site help when problems arise.

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

(719) 301-6388
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 https://cdphe.colorado.gov/health-facilities. Agencies listed are licensed by the State of Colorado at time of publication.

<table>
<thead>
<tr>
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</table>

Senior Insurance Assistance can assist people approaching, or on, Medicare with their Medicare Eligibility or coverage questions.

**Offering:**
- Medicare 101 classes
- Employer Group Outreach
- Annual Open Enrollment assistance
- Application assistance

For information & assistance
(719) 635-4891
**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>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>No state license required</td>
<td>No state license required</td>
</tr>
<tr>
<td>Covers a broad range of housing options (i.e., residential houses, apartments, condominiums, townhouses, subsidized senior housing, etc.) for older persons who are functionally and socially independent.</td>
<td>Provides a living arrangement which integrates shelter and some services for older persons who do not need 24 hour protective oversight.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Primary Services</th>
<th>-A-</th>
<th>-B-</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Age-segregated buildings</td>
<td>&quot;A&quot; services, plus:</td>
</tr>
<tr>
<td></td>
<td>Environmental security</td>
<td>• Meals (1-3 per day)</td>
</tr>
<tr>
<td></td>
<td>Possible coordination of resident services, i.e., transportation, activities, housekeeping, etc.</td>
<td>• Transportation</td>
</tr>
<tr>
<td></td>
<td>OR no services are available</td>
<td>• Activities</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Housekeeping assistance</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Assistance with coordination of community-based services</td>
</tr>
</tbody>
</table>

<p>| Mobility | Capable of moving about independently. Able to seek and follow directions. Able to evacuate independently in an emergency OR ambulatory with cane or walker. Independent with wheelchair but needs help in an emergency. | Capable of moving about independently. Able to seek and follow directions. Able to evacuate independently in an emergency OR ambulatory with cane or walker. Independent with wheelchair but may need help in an emergency. |</p>
<table>
<thead>
<tr>
<th>Assisted Living</th>
<th>Nursing Facility</th>
</tr>
</thead>
<tbody>
<tr>
<td>State license required</td>
<td>State license required</td>
</tr>
<tr>
<td>Provides a living arrangement which integrates shelter and services for frailer older persons who are functionally and/or socially impaired and may need 24 hour protective oversight.</td>
<td>Provides a living arrangement which integrates shelter with medical, nursing, psychosocial and rehabilitation services for older persons who require 24 hour nursing supervision.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>-C-</th>
<th>-D-</th>
</tr>
</thead>
</table>
| "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 | "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>
</tr>
</thead>
<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>
</tr>
<tr>
<td><strong>Housekeeping</strong></td>
<td>Independent in performing housekeeping functions (includes making bed, vacuuming, cleaning and laundry).</td>
<td>Independent in performing housekeeping functions (includes making bed, vacuuming, cleaning and laundry) OR may need assistance with heavy housekeeping, vacuuming, laundry and linens.</td>
</tr>
<tr>
<td><strong>Dressing</strong></td>
<td>Independent and dresses appropriately.</td>
<td>Independent and dresses appropriately.</td>
</tr>
<tr>
<td><strong>Toileting</strong></td>
<td>Independent and completely continent.</td>
<td>Independent and completely continent OR may have incontinence, colostomy or catheter, but independent in caring for self through proper use of supplies.</td>
</tr>
<tr>
<td>Residential Functional Assessment Criteria</td>
<td>Independent Living Retirement Community</td>
<td>Assisted Living</td>
</tr>
<tr>
<td>-------------------------------------------</td>
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</tr>
<tr>
<td>Nutrition</td>
<td>Able to prepare own meals. Eats meals without assistance. Generally a minimum of one meal a day is available and may be included in monthly rent.</td>
<td>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>
</tr>
<tr>
<td>Hygiene</td>
<td>Independent in all personal care including bathing and personal laundry.</td>
<td>May require assistance with bathing or hygiene OR may require assistance, initiation, structure or reminders. Resident may be able to complete some tasks.</td>
</tr>
<tr>
<td>Housekeeping</td>
<td>Independent in performing housekeeping functions (includes making bed, vacuuming, cleaning and laundry).</td>
<td>May require occasional assistance with shoe laces, zippers, etc., and/or medical appliances or garments OR may require reminders, initiation or motivation. Resident may be able to complete some tasks.</td>
</tr>
<tr>
<td>Dressing</td>
<td>Independent and dresses appropriately.</td>
<td>Same as ‘Retirement Community’. May have occasional problem with incontinence, colostomy, or catheter. May require assistance in caring for self through proper use of supplies.</td>
</tr>
</tbody>
</table>
## Residential Functional Assessment Criteria

<table>
<thead>
<tr>
<th></th>
<th>Independent Living</th>
<th>Retirement Community</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medications</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>
</tr>
<tr>
<td>Mental Status</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>
<tr>
<td>Behavioral Status</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>
</tr>
<tr>
<td>Assisted Living</td>
<td>Nursing Facility</td>
<td></td>
</tr>
<tr>
<td>-----------------</td>
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<td></td>
</tr>
<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>
</tr>
<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>
<td></td>
</tr>
</tbody>
</table>
Independent Apartments

Independent living apartments are generally appropriate for persons who are socially and functionally independent all or most of the time. Residents are capable of moving 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?
Absolute Expert Care
In-Home Services

- Personal Care
- Dressing
- Ambulation Assistance
- Light Housekeeping
- Laundry Assistance
- Meal Preparation
- Accompany to Appointments
- Medication Reminders
- Respite Care

Over 30 years experience in Denver. Now also serving El Paso and Teller Counties.

Absolute Expert Care
Call 719-654-5440
303-223-7808 fax
www.absoluteexpertcare.com
absoluteexpertcare@gmail.com
Call for Address

1 John 4:19
INDEPENDENT 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>Name of Complex</th>
<th>Phone Number</th>
<th># of Units</th>
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<tbody>
<tr>
<td>ATRIUM AT AUSTIN BLUFFS</td>
<td>(719) 419-5601</td>
<td>54</td>
</tr>
<tr>
<td>4921 Templeton Gap Rd 80923</td>
<td></td>
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<tr>
<td>BELCARO, THE</td>
<td>(719) 380-9222</td>
<td>112</td>
</tr>
<tr>
<td>3475 American Dr 80917</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BUNNELL APARTMENTS</td>
<td>(720) 373-9330</td>
<td>16</td>
</tr>
<tr>
<td>3933 E San Miguel St 80909</td>
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<tr>
<td>FOUNTAIN GARDEN APARTMENTS</td>
<td>(719) 632-2155</td>
<td>55</td>
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<tr>
<td>3165 E Fountain Blvd 80910</td>
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<tr>
<td>GLENPOND APARTMENTS</td>
<td>(719) 475-0538</td>
<td>75</td>
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<tr>
<td>1714 Lorraine St 80905</td>
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<td></td>
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<tr>
<td>GRINDE MANOR</td>
<td>(719) 382-5639</td>
<td>40</td>
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<tr>
<td>906 Grinde Dr, Fountain 80817</td>
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<tr>
<td>HATLER-MAY VILLAGE</td>
<td>(719) 354-4743</td>
<td>76</td>
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<tr>
<td>2842 Vickers Dr, 80918</td>
<td></td>
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<tr>
<td>LAKEVIEW APARTMENTS</td>
<td>(719) 475-0129</td>
<td>62</td>
</tr>
<tr>
<td>610 &amp; 710 S Union Blvd 80910</td>
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<tr>
<td>LAUREL GARDENS</td>
<td>(719) 227-7162</td>
<td>50</td>
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<tr>
<td>3140 Mallard Dr 80910</td>
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<tr>
<td>MAYFAIR APARTMENTS</td>
<td>(719) 475-0129</td>
<td>52</td>
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<tr>
<td>120 E Platte Ave 80903</td>
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</tbody>
</table>
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>AFFORDABLE/SUBSIDIZED</th>
<th>UTILITIES PAID</th>
<th>ON-SITE MEAL</th>
<th>LAUNDRY FACILITIES</th>
<th>GROUND LEVEL OR ELEVATORS</th>
<th>PETS ACCEPTED</th>
<th>WITHIN 3/4 MILE OF BUS ROUTE</th>
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</table>
INDEPENDENT APARTMENTS

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<table>
<thead>
<tr>
<th>Apartment Name</th>
<th>Contact Phone</th>
<th># of Units</th>
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<tbody>
<tr>
<td>MYRON STRATTON (CENTENNIAL APARTMENTS)</td>
<td>(719) 579-0930</td>
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<tr>
<td>555 Gold Pass Hts 80906</td>
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<tr>
<td>PIKES PEAK TOWERS</td>
<td>(719) 632-1556</td>
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<tr>
<td>1912 Eastlake Blvd 80910</td>
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<tr>
<td>PROSPECT PARK</td>
<td>(719) 578-0581</td>
<td>60</td>
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<tr>
<td>825 S Union Blvd 80910</td>
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<tr>
<td>REGENCY TOWER APARTMENT HOMES</td>
<td>(719) 633-2121</td>
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<tr>
<td>921 Greenstar Dr 80905</td>
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<tr>
<td>SILVERCREST I</td>
<td>(719) 389-0329</td>
<td>49</td>
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<tr>
<td>904 Yuma St 80909</td>
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<tr>
<td>SILVERCREST II</td>
<td>(719) 389-0329</td>
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<td>824 Yuma St 80909</td>
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<td></td>
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<tr>
<td>SILVERCREST VILLAS</td>
<td>(719) 347-2616</td>
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<tr>
<td>406 Cheyenne St, Calhan 80808</td>
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<tr>
<td>TAMARAC APARTMENTS</td>
<td>(719) 520-9400</td>
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<td>750 E Cheyenne Rd 80905</td>
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<td>TRADITIONS 55+</td>
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<td>6010 Tutt Blvd 80923</td>
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<tr>
<td>VILLA AT SUNNY VISTA</td>
<td>(719) 635-9595</td>
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<tr>
<td>2480 E Dale St 80909</td>
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<thead>
<tr>
<th>AFFORDABLE/SUBSIDIZED</th>
<th>UTILITIES PAID</th>
<th>ON-SITE MEAL</th>
<th>LAUNDRY FACILITIES</th>
<th>GROUND LEVEL OR ELEVATORS</th>
<th>PETS ACCEPTED</th>
<th>WITHIN 3/4 MILE OF BUS ROUTE</th>
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</tbody>
</table>

**MYRON STRATTON (CENTENNIAL APARTMENTS) (719) 579-0930**
555 Gold Pass Hts 80906 67

**PIKES PEAK TOWERS (719) 632-1556**
1912 Eastlake Blvd 80910 144

**PROSPECT PARK (719) 578-0581**
825 S Union Blvd 80910 60

**REGENCY TOWER APARTMENT HOMES (719) 633-2121**
921 Greenstar Dr 80905 124

**SILVERCREST I (719) 389-0329**
904 Yuma St 80909 49

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6010 Tutt Blvd 80923

**VILLA AT SUNNY VISTA (719) 635-9595**
2480 E Dale St 80909 50
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<table>
<thead>
<tr>
<th>VILLAGE AT HOMEWOOD POINTE, THE</th>
<th>(719) 630-2260</th>
<th>70</th>
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<tbody>
<tr>
<td>907 E Colorado Ave 80903</td>
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<table>
<thead>
<tr>
<th>VILLAGE AT SOLID ROCK (Opening Fall 2023)</th>
<th>(719) 715-0123</th>
<th>77</th>
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<tbody>
<tr>
<td>2510 Arlington Cir 80910</td>
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<table>
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<tr>
<th>VILLAGE AT THE BLUFFS</th>
<th>(719) 550-9225</th>
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<tbody>
<tr>
<td>3495 American Dr 80917</td>
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<table>
<thead>
<tr>
<th>VILLAS AT MESA RIDGE</th>
<th>(719) 375-5053</th>
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<tbody>
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<td>7100 Cross Creek Ave, Fountain 80817</td>
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<table>
<thead>
<tr>
<th>VILLAS AT SOUTHGATE</th>
<th>(719) 632-7444</th>
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<td>1810 S Corona Ave 80905</td>
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<tr>
<th>WYNDAM PLACE</th>
<th>(719) 635-4832</th>
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<tr>
<td>350 E Las Animas St 80903</td>
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</tbody>
</table>

* 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.
### Apartments for Seniors

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Rates are subject to change.

<table>
<thead>
<tr>
<th>Number of Units</th>
<th>Affordability/Subsidization</th>
<th>Utilities Paid</th>
<th>On-Site Meal</th>
<th>Laundry Facilities</th>
<th>Ground Level or Elevators</th>
<th>Pets Accepted</th>
<th>Within 3/4 Mile of Bus Route</th>
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<tbody>
<tr>
<td>70</td>
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<td>25 lbs</td>
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</table>

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Retirement Communities

Retirement communities provide private apartment or townhome living. They may offer optional amenities and a variety of floor plans. Many people choose to live in a senior community because they want to have a choice of prepared meals, socialization, planned activities, transportation, housekeeping, and security. Some retirement communities offer personal care services, a state-licensed assisted living program or a nursing center. These communities are referred to as “multi-level”. It is important to know the availability and cost of services, amenities, and levels of assistance before making a move.

Residents of retirement communities are generally independent and capable of self-care. A resident recovering from an illness may use private funds or insurance to enlist home health services within the guidelines of the community policies. If a resident needs extensive daily care and supervision, the retirement community manager may recommend, or require, that the resident move to a higher care level. Retirement communities vary greatly, so take a complete tour and ask a lot of questions. Most importantly, READ EVERYTHING that you are asked to sign.

Questions to ask:
• What is included in the basic package: meals, transportation, housekeeping, security, laundry or utilities?
• Is the basic package flexible?
• Is any financial assistance available?
• Is personal care available?
• What recreational facilities and programs are available?
• What rules exist that may affect the quality of life: bylaws, resident association, pets, smoking, visitors?
• Is there a resident handbook?
• Is there a waiting list?
• Is there an application fee, security deposit, or other fees?
• What are the payment options for home health care services?
## Retirement Communities

Retirement communities provide housing and services for those who are generally independent and in good health but who prefer social activities, meals and minimal services. Multi-level communities cover a broad range of service options from independent status to assisted living or skilled (nursing home) care.

<table>
<thead>
<tr>
<th>Retirement Community</th>
<th>Phone Number</th>
<th># of Units</th>
<th>Meals Per Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aspen Trail Resort Lifestyle Community (719) 755-5000</td>
<td>128</td>
<td>3</td>
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<tr>
<td>5455 New Car Dr 80923</td>
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<tr>
<td>Bonaventure of Colorado Springs (719) 434-5230</td>
<td>80</td>
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<tr>
<td>9112 Grand Cordera Pkwy 80924</td>
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<tr>
<td>Brookdale Skyline (719) 667-5360</td>
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<tr>
<td>2365 Patriot Hts 80904</td>
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<tr>
<td>Cheyenne Place (719) 576-2122</td>
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<tr>
<td>945 Tenderfoot Hill Rd 80906</td>
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<td></td>
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<tr>
<td>Inn at Garden Plaza, The (719) 630-1155</td>
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<tr>
<td>2520 International Cir 80910</td>
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<td>Jackson Creek Senior Living (719) 725-6060</td>
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<td>16601 Jackson Creek Park, Monument 80132</td>
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<td>Liberty Heights Retirement Community (719) 481-9494</td>
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<td>12105 Ambassador Dr 80921</td>
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<tr>
<td>Mackenzie Place (719) 633-8181</td>
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<td>1605 Elm Creek Vw 80907</td>
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<td>Medalion Retirement Community (719) 381-1000</td>
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<td>1719 E Bijou St 80909</td>
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<td>Myron Stratton Home (719) 540-3111</td>
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<td>3</td>
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<tr>
<td>2525 Hwy 115 S 80906</td>
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<tr>
<td>Palisades at Broadmoor Park (719) 355-3200</td>
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<td>4547 Palisades Park Vw 80906</td>
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<td>Revel Province (719) 377-3900</td>
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<td>2960 Tutt Blvd 80922</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 Name</th>
<th>Address</th>
<th>Units</th>
<th>Meals</th>
<th>Emergency Call</th>
<th>Transportation</th>
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<th>Floor Plans</th>
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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.

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<th>Retirement Community</th>
<th>Phone Number</th>
<th># of Units</th>
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<td>1889 Silversmith Rd 80921</td>
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<td>5820 Flintridge Dr 80918</td>
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<td>(719) 590-9311</td>
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<td>5560 Library Ln 80918</td>
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<td>3920 E San Miguel St 80909</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.

### Comparison Table

<table>
<thead>
<tr>
<th>Feature</th>
<th>Stoner Creek of Flying Horse</th>
<th>Summit Glen Retirement Living</th>
<th>Sunridge Independent Retirement Residence</th>
<th>Viewpoint Senior Retirement Living Community</th>
<th>Windsong Retirement Community</th>
<th>Winslow Court Retirement Community</th>
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<tr>
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<td>Pool/Fitness Center</td>
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### Floor Plans
- **Stoner Creek of Flying Horse**: 1BR, 2BR, 3BR, PH
- **Summit Glen Retirement Living**: ST, 1BR, 2BR
- **Sunridge Independent Retirement Residence**: ST, 1BR, 2BR
- **Viewpoint Senior Retirement Living Community**: 1BR, 2BR, 3BR
- **Windsong Retirement Community**: ST, 1BR, 2BR
- **Winslow Court Retirement Community**: ST, 1BR, 2BR
**Assisted Living Residences**

Assisted living residences (ALRs) 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.

Residents of assisted living facilities 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.

Residents of assisted living facilities 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) 301-6388.
**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 [https://cdphe.colorado.gov/health-facilities under health care facilities.](https://cdphe.colorado.gov/health-facilities)

<table>
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<th>SEE AD ON PAGE</th>
<th>NUMBER OF UNITS</th>
<th>MONTHLY PRICE RANGE</th>
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<td>107 East Village Terrace, Woodland Park 80863</td>
<td>(719) 465-3870</td>
<td>(719) 465-3870</td>
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<td>ASSISTED LIVING AT SPRING</td>
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<tr>
<td>1605 Jet Wing Dr 80916</td>
<td>(719) 434-7042</td>
<td>(719) 434-7042</td>
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<td>BEAR CREEK SENIOR LIVING</td>
<td>121</td>
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<tr>
<td>1685 S 21st St 80904</td>
<td>(719) 329-1774</td>
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<tr>
<td>BETHESDA GARDENS MONUMENT</td>
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<td>(719) 579-5000</td>
<td>(719) 579-5000</td>
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<td>BROOKDALE MONUMENT VALLEY PARK</td>
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<td>COLORADO SPRINGS SENIOR HOMES</td>
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<tr>
<td>3102-3108 N Prospect St 80907</td>
<td>(719) 636-2731</td>
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ASSISTED LIVING

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<th>MULTI-LEVEL COMMUNITY</th>
<th>SEMI-PRIVATE ROOMS AVAILABLE</th>
<th>ACCEPTS PETS</th>
<th>NON-SMOKING CAMPUS</th>
<th>TRANSPORTATION AVAILABLE</th>
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<td>MEDICAID CERTIFIED</td>
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**ASPEN, THE (719) 465-3870**
107 East Village Terrace, Woodland Park 80863
21 Call for rates
35 lb •

**ASSISTED LIVING AT SPRING (719) 434-7042**
1605 Jet Wing Dr 80916
30 Call for rates
• • • • • •

**BEAR CREEK SENIOR LIVING (719) 329-1774**
1685 S 21st St 80904
121 $3125+
• • • • • •

**BETHESDA GARDENS MONUMENT (719) 247-4400**
55 Beacon Lite Rd, Monument 80132
57 $3540+
• • • 30 lb • •

**BONAVENTURE OF COLORADO SPRINGS (719) 434-5230**
9112 Grand Cordera Pkwy 80924
57 $4470+
• • • • • •

**BRIDGE, THE (719) 630-3330**
2494 International Cir 80910
53 $3300+
• • • • •

**BROADMOOR COURT (719) 471-2285**
2045 Roanoke St 80906
44 $2995+
• • • • •

**BROOKDALE BRIARGATE (719) 598-4200**
7560 Lexington Dr 80920
37 $4167+
• • • • •

**BROOKDALE BROADMOOR (719) 579-5000**
615 Southpointe Ct 80906
77 Call for rates
• • • • • •

**BROOKDALE MONUMENT VALLEY PARK (719) 635-6300**
10 W Monument St 80903
63 Call for rates
• • • • • •

**BROOKDALE SKYLINE (719) 667-5360**
2365 Patriot Hghts 80904
86 $4595+
• • • • • •

**BROOKDALE VISTA GRANDE (719) 598-0400**
2780 Vickers Dr 80918
67 Call for rates
• • ••

**BROOKSIDE ASSISTED LIVING (719) 632-6511**
225 W Brookside St 80905
62 2750+
• •

**COLORADO SPRINGS SENIOR HOMES (719) 636-2731**
3102-3108 N Prospect St 80907
38 Call for rates
• • • •
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 https://cdphe.colorado.gov/health-facilities under health care facilities.

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<th>SEE AD ON PAGE</th>
<th>NUMBER OF UNITS</th>
<th>MONTHLY PRICE RANGE</th>
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<td>CONSTANT CARE HOMES, LOMA LINDA (719) 380-7381 19 Loma Linda Dr 80906</td>
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<td>CONSTANT CARE HOMES, WOODBURN (719) 380-7381 2402 Woodburn St 80906</td>
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<td>IVY COTTAGE II (719) 380-7986 1945 Okeechobee Dr 80915</td>
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<tr>
<td>LARK SPRINGS (719) 637-0877 2850 N Academy Blvd 80917</td>
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**ASSISTED LIVING**

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<th>SEMI-PRIVATE ROOMS AVAILABLE</th>
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### Assisted Living

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<th>Secured Dementia Care Program</th>
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**Contact Numbers:**
- Retreat at Sunny Vista, The: (719) 888-3673
- Solange at Apple Tree: (719) 354-1346
- Solange at Highland Park: (719) 985-0467
- Solange at Logan: (719) 985-0467
- Solange at The Golf Course: (719) 985-0467
- Springs Ranch Memory Care: (719) 896-4168
- Starlight Assisted Living: (719) 390-4721
- Stonecreek of Flying Horse: (719) 888-4547
- Sunrise Assisted Living at University Park: (719) 268-1818
- Viewpointe: (719) 528-8000
- Winslow Court Retirement Community: (719) 597-1700
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 rehabilitation. 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) 301-6388. 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 [https://cdphe.colorado.gov/health-facilities](https://cdphe.colorado.gov/health-facilities).

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<td>LIBERTY HEIGHTS HEALTH AND REHAB CENTER</td>
<td>(719) 481-5007</td>
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<td>LIFE CARE CENTER OF COLORADO SPRINGS</td>
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<td>MEDALION POST ACUTE REHABILITATION AND SENIOR LIVING</td>
<td>(719) 381-1000</td>
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<td>MOUNT ST FRANCIS NURSING CENTER</td>
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<td>NAMASTÈ ALZHEIMER CENTER</td>
<td>(719) 442-4240</td>
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<td>PIKES PEAK CARE &amp; REHABILITATION CENTER</td>
<td>(719) 636-1676</td>
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<td>SPANISH PEAKS VETERANS COMMUNITY LIVING CENTER</td>
<td>(800) 645-8387</td>
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<td>SPRINGS VILLAGE CARE CENTER</td>
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<td>SUNDANCE SKILLED NURSING AND REHAB</td>
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<td>VETERANS COMMUNITY LIVING CENTER AT RIFLE</td>
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Glossary

**Advocates:** Individuals who intercede on behalf of elders or persons with physical, mental or developmental disabilities to ensure they receive the benefits and services for which they are eligible.

**Advanced Directive:** A statement written prior to a medical need that states how you want medical decisions to be made if you lose the ability to make your own decisions.

**Assisted Living:** Facilities or residences that combine shelter and general support services for individuals who cannot live alone but do not need skilled nursing care.

**Behavioral Health:** The scientific study of the emotions, behaviors and biology relating to a person’s mental well-being, their ability to function in everyday life and their concept of self. “Behavioral health” is the preferred term to “mental health.”

**Care/Case Management:** Programs that develop plans for the evaluation, treatment and/or care of individuals who, because of age, illness, disability or other difficulties, need assistance in planning and arranging for services.

**Caregiver:** A person who helps care for someone who is ill, disabled or aged. The caregiver can be a relative, friend or paid provider.

**Care Plan:** A written plan for your care that tells you what services you will receive.

**Connect for Health Colorado:** The government health insurance program, an on-line resource for all Colorado residents who need health coverage.

**COLA:** Cost of Living Adjustment. An adjustment to income benefits (commonly applied to Social Security or other retirement income) to compensate for inflation.
**Disability:** A physical or mental condition that limits a person's movements, senses or activities; a disadvantage or handicap, especially one imposed or recognized by the law. The ADA defines a person with a disability as a person who has a physical or mental impairment that substantially limits one or more major life activities.

**Hospice:** An organization that provides palliative care and social, emotional and spiritual support to patients and family during the final stage of life; hospice services are prescribed by a doctor.

**Home Care Agency:** Organizations/business that provide in-home skilled services (including nursing, home health aides, speech, physical and occupational therapy, and medical social work) to enable persons to remain in their own home. Also includes agencies providing personal care, homemaking and companionship.

**Living Will:** A legal document, also known as a medical directive or advance directive, that states your wishes regarding life-support or medical treatment in certain circumstances, usually when a physician has certified that death is imminent.

**Long-Term Care:** A variety of services that help meet both the medical and non-medical needs of people with a chronic illness or disability who cannot care for themselves for long periods of time.

**Medicaid Program:** A joint federal and state program that helps low-income individuals, families, elderly or disabled individuals pay for medical care. To receive Medicaid, an individual must meet income and asset limits and must go through an application process. Although largely funded by the federal government, Medicaid is run by the state, so coverage and services may vary.

**Medicare:** The federally funded and federally administered health insurance program that provides health insurance to individuals ages 65 and older, and to individuals who are disabled and receiving Social Security benefits.

**Mental Health:** A state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.
**Nursing Home/Facility:** A facility that provides skilled nursing care and related services for the rehabilitation of injured, disabled or sick persons and custodial care for long-term care residents.

**Ombudsman (Long-Term Care):** Advocate trained to resolve problems for residents of nursing homes, board-and-care homes, and assisted living facilities.

**Power of Attorney (Financial):** A document appointing someone you trust to make decisions about your finances in the event you cannot make those decisions yourself.

**Power of Attorney (Medical Durable):** A document appointing someone you trust to make decisions about your medical care if you lose the ability to make them for yourself. This type of advance directive also may be called a health care proxy, appointment of health care agent, or a durable power of attorney for health care.

**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.

2023 Regional Advisory Council

The Regional Advisory Council of the Area Agency on Aging consists of laypersons and service providers who represent the interests of older adults in the AAA Planning and Service Area of El Paso, Park and Teller counties, and advocate on their behalf.

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The AAA focuses on providing services that help older adults stay independent and secure. Our services are available to anyone over 60 years of age in El Paso, Teller, or Park counties. We put a special effort on reaching those who are socially isolated, are low income, or live in rural areas—but all are welcome!

All of our services are free.

Programs directly provided by the PPACG AAA

- Senior Information and Assistance
- Family Caregiver Support Center
- Medical Alert Systems
- Mobility Coordination
- Senior Insurance Assistance
- Long Term Care Ombudsman
- Homemaker and Personal Care Services

Programs provided by partner agencies

- Congregate Meals
- Home-delivered Meals
- Transportation Services
- Case Management
- Homemaker Services
- Audiology Services
- Legal Assistance
- Personal Care
- Visually Impaired Services
- Dental and Dentures
- Information and Assistance
- Mental Health Screening and Counseling
- Caregiver Counseling and Respite Services
- Individual Counseling
- Home Safety Renovations
- Nutrition Counseling and Education
- Health and Exercise Classes
- Household Chore Services

All services may not be available in all areas.

Pikes Peak Area Council of Governments Area Agency on Aging
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