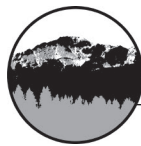


YELLOWBOOK



Pikes Peak Area
Council of Governments
Communities Working Together

2018 SENIOR INFORMATION AND ASSISTANCE DIRECTORY



719-471-2096

WWW.PPACG.ORG/YELLOWBOOK

AMADA

SENIOR CARE



OUR SERVICES

LONG-TERM CARE INSURANCE

- Free expert policy review
- Understanding your claim

FINDING SENIOR LIVING

- Assisted Living
- Independent Living
- Adult Family Homes

IN-HOME CAREGIVERS

- Personal Care
- Meal Preparation
- Medication Reminders
- Laundry
- Transportation Services
- Exercise Assistance
- Light Housekeeping
- Companionship

LONG-TERM CARE INSURANCE COMPREHENSION

Long-term care insurance is a valuable tool to protect your family's assets. If your loved one has purchased a policy, the next step is to understand and strategize how to best utilize the policy.

FINANCIAL AID FOR AMERICAN VETERANS

The Veterans Aid & Attendance Pension provides wartime veterans and their surviving spouses with tax-free financial aid for senior care needs.

UNDERSTANDING SENIOR CARE OPTIONS

Have you ever wondered what Medicare covers versus what you pay privately? Understanding the available payment options and obligations for Elder Care Services is critical.



Call for a Complimentary Long-Term Care Assessment
(719) 377-9121 | www.AmadaColorado.com

Welcome to the Yellow Book!

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

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

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

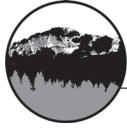
Our Yellow Book has been published almost every year since 1967. If you have a need or a question that the Yellow Book does not appear to address, call us at (719) 471-2096.

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

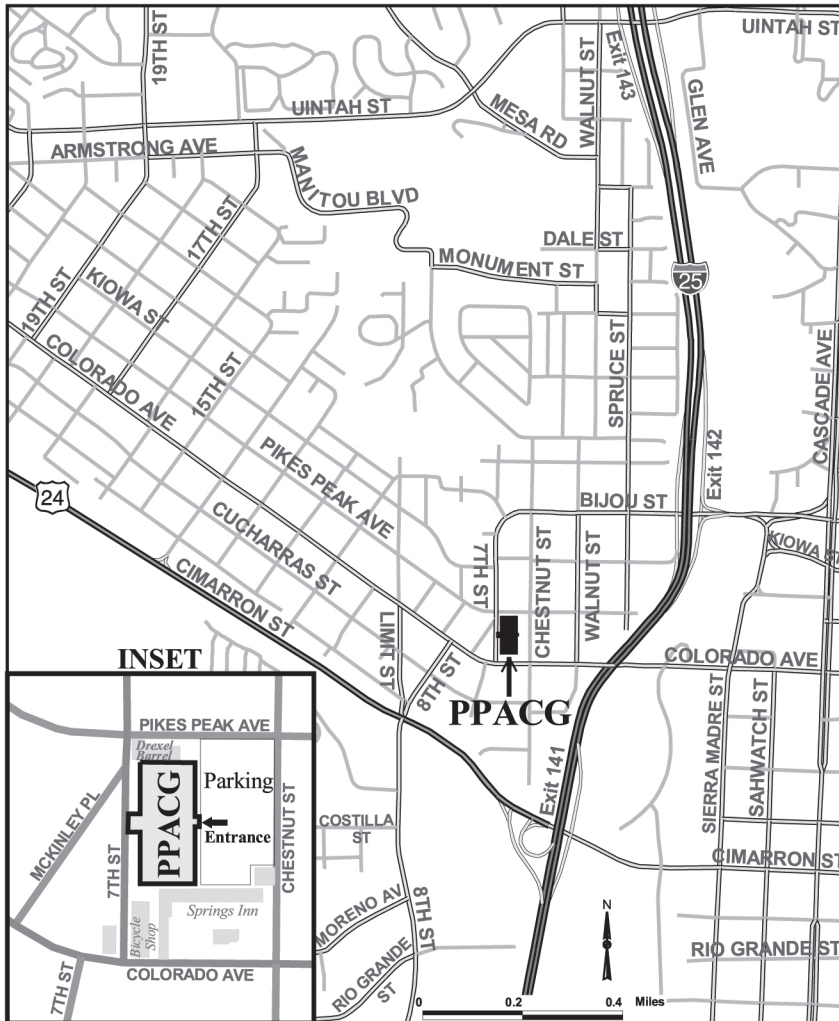
Do you find this resource helpful? Valuable? Essential?

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

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



Pikes Peak Area
Council of Governments
Communities Working Together



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 ROUTE

Quick Reference Page

EMERGENCY

- Police/Fire/Ambulance9 -1-1
- Poison Control (Rocky Mountain Poison Center)..... (800) 222-1222
- Veteran’s Crisis Line..... (800) 273-8255 (press 1)
- Colorado Crisis Services (844) 493-8255
- National Suicide Prevention Lifeline (800) 273-8255
(719) 596-5433
- Adult Protective Services (Dept. of Human Services) (719) 444-5755

NON-EMERGENCY LAW ENFORCEMENT

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

INFORMATION AND ASSISTANCE

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

TIME OF DAY

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

WEATHER FORECAST

- National Weather Service (844) 202-1573

Add your own important numbers below:

How to Use this Directory...

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

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

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

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

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

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

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

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

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ABUSE (ELDER)

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

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

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

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

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

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

www.aarp.org

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

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

www.dhs.elpasoco.com

ADULT PROTECTIVE SERVICES, PARK COUNTY.....(303) 816-5939

59865 Hwy 285, Bailey, CO 80421 (719) 836-4139

www.parkco.us

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

800 Research Dr, Woodland Park, CO 80863..... (719) 686-5550

www.co.teller.co.us/DSS

COLORADO COALITION FOR ELDER RIGHTS

789 Sherman St, #250, Denver, CO 80203

Contact by email only info@ccerap.org

www.ccerap.org

NATIONAL DOMESTIC VIOLENCE HOTLINE.....(800) 799-7233

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

www.thehotline.org

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

14 S Chestnut St (80905)

Consultations are by appointment only.

www.ppacg.org/aging

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

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

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

ADULT DAY CARE

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

Services may include social, recreational and developmental activities and snacks and/or meals as appropriate. Day care 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. Day care centers also provide respite for caregivers.

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

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

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

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

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

Discover Goodwill Helps You Live Life to the Fullest!



In-Home Care

Personal support services that make independent living more enjoyable.

- Skilled healthcare services provided by nurses and certified nursing assistants in your home
- Therapy services provided by physical therapists, occupational therapist and speech-language therapists
- Trained care providers offer support when you need it
- Assistance with meal preparation, personal hygiene, housekeeping, medication reminders, errands, grocery shopping, variety of transportation services and more
- Medicare/Medicaid- certified Home Health agency, VA and private insurance

DiscoverMyGoodwill.org

Licensed, insured and bonded



Adult Day Center

State-of-the-art adult day center that presents a journey of discovery and activity.

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



(719) 785-9294

info@DiscoverMyGoodwill.org

1460 Garden of the Gods Rd.
Colorado Springs, CO 80907

MOSAIC(719) 380-0451

4775 Centennial Blvd, #150 (80919)

Adults of all ages who have intellectual disabilities.

www.mosaicinfo.org

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

5120 Hwy 73, Evergreen, CO 80439

Adult day and respite care (private pay).

www.srcaging.org/src-evergreen

ADVOCATES/OMBUDSMAN (ELDER)

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

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

AARP COLORADO(866) 554-5376

303 E 17th Ave, 510, Denver, CO 80203

www.aarp.org/co

AARP NATIONAL(888) 687-2277

601 E St NW, Washington, DC 20049

www.aarp.org

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

330 C ST SW, Washington, DC 20201

www.acl.gov

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

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

www.aclu-co.org

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

166 E Bennett Ave, Cripple Creek, CO 80813

www.aspenminecenter.org

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

455 Sherman St, #130, Denver, CO 80203 (303) 722-0300

www.disabilitylawco.org

- DISABILITY LAW COLORADO.....(800) 288-1376**
 455 Sherman St, #130, Denver, CO 80203 (303) 722-0300
 Specializing in civil rights and discrimination issues in areas such as special education, housing, employment, long term care and voting rights for persons with disabilities.
www.disabilitylawco.org
- THE INDEPENDENCE CENTER.....(719) 471-8181**
 729 S Tejon St (80903)
www.theindependencecenter.org
- MEDSSAVVY HEALTH ADVOCATES.....(719) 481-6440**
 245 Pinewood Loop, Monument, CO 80132
 Private medical healthcare advocates.
www.medsavvyhealthadvocates.com
- OMBUDSMAN–NATIONWIDE LOCATOR(202) 332-2275**
 1001 Connecticut Ave NW, #632, Washington, DC 20036
www.ltombudsman.org
- OMBUDSMAN FOR LONG-TERM CARE, PPACG AAA(719) 471-2096**
 14 S Chestnut St (80905)
www.ppacg.org/aging
- OMBUDSMAN FOR MEDICAID MANAGED CARE.....(877) 435-7123**
 4500 Cherry Creek Dr South, #201, Glendale, CO 80246..... (303) 830-3560
www.coloradohealthpartnerships.com
- PACE OMBUDSMAN.....(800) 288-1376**
 455 Sherman St, #120 Denver, CO 80203 (303) 722-0300
www.disabilitylawco.org
- SENIOR INFORMATION AND ASSISTANCE, PPACG AAA(719) 471-2096**
 14 S Chestnut St (80905)
www.ppacg.org/aging
- SENIORCARE.....(719) 440-3426**
 PO Box 38422 (80937)
 Private medical healthcare advocates.
www.seniorcarellc.org
- VICTIMS ADVOCACY UNIT (Colorado Springs Police Department)**
(719) 444-7777
 Advocacy, crisis counseling and follow up support for victims of crime.
<http://cspd.coloradosprings.gov>

CARE MANAGEMENT (ELDER)

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

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

CARE PLANNERS(719) 520-0711

2960 N Academy Blvd, #201 (80917)

COMMUNITY CARE OF CENTRAL COLORADO (719) 314-2560

6005 Delmonico Dr, #225 (80919)

Regional Collaborative Care Organization (RCCO) through 6/30/18.

www.mycommunitycare.org

INDEPENDENT HOME LIVING(719) 660-2401

4419 Centennial Blvd, #344 (80907)

www.independenthomelivingsolutions.com

LIFE CARE SOLUTIONS(877) 794-9582

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

www.lifecaresolutions.com

MEDSAVVY HEALTH ADVOCATES(719) 481-6440

245 Pinewood Loop, Monument, CO 80132

medsavvyhealthadvocates.com

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

1645 S Murray Blvd (80916)

www.rmoltc.org/

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

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

PACE: Program of All Inclusive Care for the Elderly.

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

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

PO Box 38422 (80937)

www.seniorcarellc.org

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

5120 Hwy 73, Evergreen, CO 80439

Adult day and respite care (private pay).

www.srcaging.org/src-evergreen

Unique Care for Unique People

Innovative care for aging individuals

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



**Rocky Mountain
PACE**

Call us – We can help. | **CALL (719) 314-2327**

rmhcare.org | It is **100% covered by Medicare & Medicaid**

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

We provide:

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

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

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

1625 S Murray Blvd (80916)

Support and advocacy services for seniors 60+.

www.silverkey.org

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

235 N Jefferson, Monument, CO 80132

www.tri-lakescares.org

CAREGIVER SUPPORT SERVICES

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

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

ALL ABOUT DIGNITY(719) 459-2017

Caregiver training.
www.allaboutdignity.com

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

2315 Bott Ave (80904)(303) 813-1669 X113
www.alz.org/co

BEO TRAINING CENTER(719) 385-0200


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

CARECHECKERS(888) 477-0435

2151 Ann St, Stroudsburg, PA 18360
A live-person telephone checkup service nationwide.
www.carecheckers.com

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

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



We're All About Dignity


Teaching Care skills to people giving care

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


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

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

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



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



CAREGIVER SUPPORT Center

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

719-886-7526

Pikes Peak Area Council of Governments
Communities Working Together
AREA AGENCY ON AGING

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

1460 Garden of the Gods Rd (80907)

www.discovermygoodwill.org

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

1675 W Garden of the Gods Rd, 3rd Floor (80907)

dhs.elpasoco.com

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

14 S Chestnut St (80905)..... (719) 886-7526

Care planning consultations for adult caregivers caring for or concerned about a person 60+.

www.ppacg.org/aging

PARK COUNTY SENIOR COALITION(719) 836-4295

825 Clark St, #C, Fairplay, CO 80440

Respite vouchers.

www.parkcoseniors.org

TELLER SENIOR COALITION(719) 687-3330

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

Caregiver respite and counseling.

www.tellerseniorcoalition.org

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

4863 N Nevada Ave, #321 (80918)

www.uccs.edu/agingcenter

COMMUNITY LIVING

Community Living services include a wide variety of services that can keep you connected to your community, help you remain independent in your home, make life more enjoyable or keep you informed.

If you are not able to find a particular service in another category, try looking here.

BUSINESS RESOURCES

Information, assistance, mentoring and advocacy for local businesses.

COLORADO SPRINGS CHAMBER AND EDC(719) 471-8183

102 S Tejon St, #430 (80903)

www.coloradospringschamberedc.com

COLORADO SPRINGS SCORE(719) 636-3074

555 E Pikes Peak Ave, #120 (80903)
Small-business planning assistance and counseling.
www.coloradosprings.score.org

FOUNTAIN VALLEY FOUNDATION(719) 382-7837

501 E Iowa Ave, Fountain CO 80817
www.fountainvalleyfoundation.org

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

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

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

354 Manitou Ave, Manitou Springs, CO 80829 (719) 685-5089

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

665 Southpointe Ct, #100 (80906)
A professional association that provides opportunities to its members that serve seniors.
www.srccos.org

DELIVERY SERVICES

Home-delivered groceries.

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

PO Box 5567, Denver, CO 80217
www.homeshop.kroger.com

SOUTHERN BELLE CONCIERGE SERVICE(719) 629-7845

Grocery shopping and errand service.
www.southernbelleconciergeservice.com

MOVING/RELOCATION SERVICES

Packing, moving, downsizing, and more.

A CALL TO ORDER(719) 231-5425

www.acalltoorderco.com

A PERFECT SQUARE(719) 377-2997

www.aperfectsquare.com

ALL BOXED UP(719) 357-3645

5950 Nester Way (80922)
www.allboxedup.net

CARING TRANSITIONS OF COLORADO SPRINGS(719) 208-7969

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

CLUTTER TRUCKER (719) 372-5009

Specializes in helping individuals with a hoarding disorder to clean their homes.
www.cluttertrucker.com

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

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

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

3255 Akers Dr (80922)
Accepts household hazardous waste, some recyclables. Space limited, call first.
adm.elpasoco.com

ERA SHIELDS REAL ESTATE(888) 535-7328

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

HARRIS GROUP REALTY INC(719) 227-9900

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

When clutter is overwhelming and you don't know where to start...

- Paper Control and Flow
- Space and Storage
- Emergency Preparedness
- Hoarding Issues
- Chronic Disorganization
- Estate Liquidation
- Relocation Services
- "Right-sizing"
- Declutter:
 - Closets
 - Garages/Attics/Basements
 - Kitchens
 - Other "Problem" Spaces



A Call to Order

Professional Organizers

Certified Professional Organizer

Member: NAPO, NASMM and ICD

719-231-5425

www.acalltoorderco.com



Before, during and after the sale...

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

NEWSPAPER SERVICES

Local and neighborhood publications.


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

LIFE AFTER 50 NEWSPAPER(719) 418-2717
PO Box 50125 (80949)
www.lifeafter50online.com

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

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thingsforgotten@discovermygoodwill.org



- PIKES PEAK COURIER VIEW**(719) 687-3006
 1200 E Hwy 24, Woodland Park, CO 80863
www.pikespeaknewspapers.com/the-pikes-peak-courier
- TRI-LAKES TRIBUNE**(719) 687-3006
 153 Washington St, Monument CO 80132
www.pikespeaknewspapers.com/the-tribune
- WESTSIDE PIONEER**(719) 471-6776
 526 S 26th St (80904)
www.westsidepioneer.com
- WOODMAN EDITION**(719) 476-4872
 30 E Pikes Peak Ave (80903)
www.gazettecommunitynews.com

OTHER COMMUNITY LIVING RESOURCES

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

PET SERVICES

- Pet sitting, veterinary care, adoption and grief support.
- ANIMAL EMERGENCY CARE CENTERS**(719) 260-7141
 5520 N Nevada Ave, #150 (80918)
www.animalercare.com
- COOK VETERINARY HOSPITAL**(719) 633-7769
 21 W Cimarron St (80903)
www.cookveterinary.com

- HARLEY’S HOPE FOUNDATION(719) 495-6083**
 PO Box 88146 (80908)(Emergencies) (719) 362-6335
 Pet assistance-service animal fund, short-term foster care, pet first aid/CPR
 training.
www.harleys-hopefoundation.org
- HOMEWARD BOUND PET MEM CTR AND CREMATORIUM(866) 636-1036**
 318 Karen Ln (80907) (719) 636-1036
www.homeward-bound-pet.com
- HUMANE SOCIETY OF THE PIKES PEAK REGION(719) 473-1741**
 610 Abbot Ln (80905)
www.hsppr.org
- PEAK PET PANTRY(719) 354-0022**
 PO Box 38554 (80937)
 Temporary pet food assistance.
www.peakpetpantry.org
- SAFE PLACE FOR PETS(719) 359-0201**
 1141 Manitou Ave, Manitou Springs, CO 80829
 Works with terminally ill pet owners to provide support and new forever homes.
www.safeplacepets.org
- ST. PAWS THRIFT STORE(719) 597-3647**
 3275 E Platte Ave (80909)
www.stpaws.org

COMMUNITY/SENIOR CENTERS

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

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

- ASPEN MINE CENTER (719) 689-3584 x118**
 166 E Bennett Ave, Cripple Creek, CO 80813
www.aspenminecenter.org
- COLORADO SPRINGS SENIOR CENTER(719) 955-3400**
 1514 N Hancock Ave (80903)
www.csseniorcenter.com

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

11115 Hwy 24, Divide, CO 80814

www.cpteller.org

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

3920 Dublin Blvd (80918)

Partnership between the City of Colorado Springs and the YMCA.

www.ppymca.org

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

4290 Deerfield Hills Rd (80916)

www.coloradosprings.gov

FAIRPLAY COMMUNITY CENTER(719) 836-4289

880 Bogue St, Fairplay, CO 80440

www.parkco.us

FALCON SENIOR SERVICES(719) 330-5994

Call for more information.

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

5745 Southmoor Dr, Fountain, CO 80817

www.dhs.elpasoco.com

Open to anyone 55 and over
Fountain Valley Senior Center



- * Information & Referral
- * Support Groups
- * Outings
- * Arts & Crafts
- * "Has Bin" Thrift Shop
- * Health Screenings
- * Health & Nutrition
- * Wellness Activities

- * Classes: Computer, Dance, Exercise
- * Food: Hot Congregate Meals,
Home Delivered Meals (R.A.M.P)
- * Medical Equipment Closet
- * Transportation, Wheelchair Lift Vehicles
- * Volunteer Opportunities

8:00 a.m. to 4:00 p.m. Monday - Friday
 5745 Southmoor Drive, Fountain, CO. 80817
 Phone (719) 520-6470, Fax (719) 392-2994
<http://dhs.elpasoco.com/FVSC>



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- Special Events
- Computer
- Day Trips
- Dance
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 csseniorcenter.com
 1514 N. Hancock Ave.




- GUFFEY COMMUNITY CENTER.....(719) 836-4289**
 1625A County Rd 102, Guffey, CO 80820
www.parkco.us
- HILLSIDE COMMUNITY CENTER.....(719) 385-7900**
 925 S Institute St (80903)
www.coloradosprings.gov
- LAKE GEORGE COMMUNITY CENTER(719) 836-4289**
 39141 US Hwy 24, Lake George, CO 80827
www.parkco.us
- MEADOWS PARK COMMUNITY CENTER.....(719) 385-7940**
 1943 S El Paso Ave (80905)..... (719) 385-7942
www.coloradosprings.gov
- MEMORIAL PARK RECREATION CENTER(719) 385-5984**
 280 S Union Blvd (80910)
 Partnership between City of Colorado Springs and YMCA.
www.pymca.org
- SALVATION ARMY RED SHIELD COMMUNITY CENTER.....(719) 636-3891**
 908 Yuma St (80909)
www.coloradosprings.salvationarmy.org
- SHAWNEE COMMUNITY CENTER(719) 836-4289**
 57 Park County Rd 64, Shawnee, CO 80475
www.parkco.us
- SOUTH PARK SENIOR CENTER.....(719) 836-1455**
 296 6th St, Fairplay, CO 80440
- TELLER SENIOR COALITION(719) 687-3330**
 750 E Highway 24, Bldg 2, #100, Woodland Park, CO 80866
www.tellerseniorcoalition.org
- TEMPLE SHALOM SENIOR PROGRAM.....(719) 634-5311**
 1523 E Monument St (80909)
 Entertainment and other information for seniors.
www.templeshalom.com
- TRI-LAKES SILVER ALLIANCE.....(719) 464-6873**
 PO Box 2931, Monument, CO 80132
 Provides senior programs, services, activities and support for seniors in the Tri-Lakes area.
www.trilakesseniors.org

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

210 E Midland Ave, Woodland Park, CO 80863

www.utepassculturalcenter.itgo.com

WESTSIDE COMMUNITY CENTER (719) 385-7920 x100

1628 W Bijou St (80904)

www.ourwestside.org

WOODLAND PARK SENIOR CENTER(719) 687-3877

321 N Pine St, Woodland Park, CO 80863

www.woodlandparkseniors.com

CONSUMER PROTECTION/INFORMATION

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

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

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

Here are some useful tips to keep in mind:

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

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

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

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

www.aarp.org

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

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

www.aarp.org

- AMERICAN CIVIL LIBERTIES UNION (ACLU), COLORADO.....(303) 777-5482**
 303 E 17th Ave, #350, Denver, CO 80203
www.aclu-co.org
- ANNUAL CREDIT REPORT REQUEST SERVICE.....(877) 322-8228**
 PO Box 105283, Atlanta, GA 30348
 Free credit reports.
www.annualcreditreport.com
- BETTER BUSINESS BUREAU (BBB).....(719) 636-1155**
 25 N Wahsatch Ave (80903)
www.bbb.org/southern-colorado
- CALL FOR ACTION, CHANNEL 11 NEWS(719) 457-8211**
 520 E Colorado Ave (80903)
 Assist consumers in resolving issues with businesses after their own efforts have failed.
www.kktv.com
- CLERK & RECORDER, EL PASO COUNTY.....(719) 520-6202**
 1675 W Garden of the Gods Rd (80907)
 Marriage licenses, divorces, handicapped tags, real estate transactions and voter registration.
car.elpasoco.com
- COLORADO ATTORNEY GENERAL.....(800) 222-4444**
 1300 Broadway, 6th Floor, Denver, CO 80203 (720) 508-6012
 Handles complaints about creditors, finance companies, payday lenders, consumer fraud scams and more.
www.coag.gov/uccc
- COLORADO CIVIL RIGHTS DIVISION.....(800) 262-4845**
 1560 Broadway, #825, Denver, CO 80202 (303) 894-2997
www.dora.colorado.gov/crd
- COLORADO COALITION FOR ELDER RIGHTS www.ccerap.org**
 789 Sherman St, #250, Denver, CO 80230
- COLORADO DEPT OF REGULATORY AGENCIES (DORA)(800) 886-7675**
 1560 Broadway, #110, Denver, CO 80202 (303) 894-7855
 Call/write for information, file complaint against a business/licensed individual.
www.colorado.gov/dora
- COLORADO DIVISION OF LABOR(888) 390-7936**
 633 17th St, #600, Denver, CO 80202 (303) 318-8441
 Answers questions about wages, hours, labor standards, etc.
www.coloradolaborlaw.gov

- COLORADO NO-CALL LIST(800) 309-7041**
 1560 Broadway, Denver, CO 80202(Nat'l) (888) 382-1222
www.coloradonocall.com
- COLORADO SPRINGS DRIVERS LICENSE OFFICE(719) 594-8701**
 2447 N Union Blvd (80909) (303)205-5613
www.colorado.gov/dmv
- COLORADO TAXPAYER SERVICE, DEPT OF REVENUE.....(303) 238-7378**
 2447 N Union Blvd (80909) (719) 594-8706
 Income tax, rent/heat rebate for elderly, disabled and low-income.
www.colorado.gov
- DEPT OF MOTOR VEHICLES, EL PASO COUNTY(719) 520-6240**
 1675 W Garden of the Gods Rd (80907)
 Driver's license, registration/titles, handicap tags.
car.elpasoco.com
- DISABILITY LAW COLORADO.....(800) 288-1376**
 455 Sherman St, #130, Denver, CO 80203 (303) 722-0300
 Protects and promotes the rights of seniors and people with disabilities.
www.disabilitylawco.org
- FEDERAL CITIZEN INFORMATION CENTER(800) 333-4636**
 Government benefits, programs and services.
www.publications.usa.gov
- NAACPwww.naacp.org**
- NATIONAL COMMITTEE FOR QUALITY ASSURANCE(888) 275-7585**
 1100 13th St NW, Washington, DC 20005 (202) 955-3500
 Organization that works to improve health care quality.
www.ncqa.org
- NATIONAL DO NOT CALL REGISTRY(888) 382-1222**
www.donotcall.gov
- OFFICE OF FAIR HOUSING & EQUAL OPPORTUNITY(800) 877- 7353**
 1670 Broadway St, Denver, CO 80202 (303) 672-5440
www.hud.gov
- PASSPORTS, UNITED STATES POSTAL SERVICE(877) 487-2778**
 201 E Pikes Peak Ave (80903) (719) 570-5336
www.usps.com/international/passports.htm
- REVERSE MORTGAGE COUNSELING SERVICES(855) 899-3778**
 Fee may be waived for low-income seniors.
www.ncoa.org/HomeEquity

TRANSFORMANCE.....(800) 249-2227

8737 King George, Dallas, TX 75235

Counseling/education services for debt management, housing, budget and credit, finances and pre-retirement.

www.transformanceusa.org

US POSTAL SERVICE CONSUMER AFFAIRS.....(800) 275-8777

7500 E 53rd Pl, #2214, Denver, CO 80266..... (303) 853-6185

Handles USPS complaints.

www.usps.com

US INTERNAL REVENUE SERVICE.....(844) 545-5640

2864 S Circle Dr (80906)..... (719) 226-3300

Taxpayer Advocate Service (877) 777-4778

www.irs.gov

VOTER REGISTRATION, EL PASO COUNTY(719) 575-8683

1675 W Garden of the Gods Rd, #2202 (80907)

www.govotecolorado.com

DISABILITY SERVICES

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

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

ADVOCACY

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

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

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

www.aclu-co.org

CHEYENNE VILLAGE COMM OUTREACH PROGRAM(719) 592-0200

6275 Lehman Dr (80918)

For adults with developmental disabilities who live with an aging caregiver.

www.cheyennevillage.org

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

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

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

COMMUNITY CARE OF CENTRAL COLORADO (719) 314-2560
6005 Delmonico Dr, #225 (80919)
Regional Collaborative Care Organization (RCCO) through 6/30/18.
www.mycommunitycare.org

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

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

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

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

INFORMATION/ASSISTANCE

Information/resource directories, service animals and communication services.

AMERICAN COUNCIL OF THE BLIND(800) 424-8666

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

Information & referral for all blind and visually impaired people.

www.acb.org

AUDIO INFORMATION NETWORK OF COLORADO (877) 443-2001

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

Free audio services that help individuals maintain independence.

www.aincolorado.org

CANINE COMPANIONS FOR INDEPENDENCE(719) 260-6151

126 E Las Animas (80903)

www.cci.org

COLORADO INSTRUCTIONAL MATERIALS CENTER

FOR THE VISUALLY IMPAIRED(719) 578-2195

1015 E High St (80903)

www.csdb.org

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

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

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

www.myctbl.org

GUIDE DOGS FOR THE BLIND(800) 295-4050

350 Los Ranchitos Rd, San Rafael, CA 94903

www.guidedogs.com

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

1396 S 21st St, (80904)

www.hearinglife.com/colorado-springs

HEAR NOW(800) 328-8602

6700 Washington Ave S, Eden Prairie, MN 55344

Hearing aids to adults and children who meet financial criteria.

www.starkeyhearingfoundation.org

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

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

2125 E La Salle St (80909)

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

www.hearscosp.weebly.com

INTERNATIONAL HEARING DOG(303) 287-3277

5901 E 89th Ave, Henderson, CO 80640

www.hearingdog.org

THE INDEPENDENCE CENTER(719) 471-8181

729 S Tejon St (80903)

www.theindependencecenter.org

LANGUAGE INTERPRETER/TRANSLATION SERVICES

..... www.interpreternetwork.org

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

..... www.languagealliance.com

..... www.ticenterdenver.com

MAGNISIGHT (800) 753-4767

951 E Fillmore St (80907) (719) 578-8893

www.magnisight.com

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

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

www.miracle-ear-southcosprings.com

MOUNTAIN HOME MEDICAL.....(866) 686-7504

Medical alarm and medication management tools.

www.mthommed.com

NETWORK OF CARE FOR SENIORS/DISABILITY, PPACG AAA

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

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

PEAK VISTA COMMUNITY HEALTH CENTERS

AUDIOLOGY SERVICES(719) 344-7106

4863 N Nevada Ave (80918)

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

www.peakvista.org

RELAY COLORADO(800) 659-2656

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

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

www.relaycolorado.com

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

3630 Sinton Road, #103 (80907) (719) 444-0268

To provide information on the American's with Disabilities Act (ADA)

www.rockymountainADA.org

SERVICE SOURCE (719) 579-5700

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

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

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

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

www.ccdhh.com

RECREATION/ACTIVITIES

Therapeutic and social or recreational programs and activities.

PIKES PEAK THERAPEUTIC RIDING CENTER(719) 495-3908

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

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

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

US ASSOCIATION OF BLIND ATHLETES(719) 866-3224

1 Olympic Plaza (80909)
www.usaba.org

WHEELCHAIR GETAWAYS OF COLORADO(800) 238-6920

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

TRANSPORTATION

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

COACH HOME CARE AND TRANSPORTATION (719) 391-4444

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

ENVIDA PARATRANSIT SERVICE (FORMERLY AMBLICAB)(719) 633-4677

5640 N Academy Blvd (80918)
www.amblicab.org

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

1015 Transit Dr (80903)

Special vans for disabled people unable to use fixed transit services.

www.coloradosprings.gov/mountain-metro

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

Coordinates ride services, provides information and options counseling.

www.coloradosprings.gov/my1ride

PERFORMANCE MOBILITY(719) 590-1400

6285 Corporate Dr (80919)

Customized vans or minivans. Consignment sales or rentals.

www.performancemobility.com

SILVER KEY SENIOR SERVICES.....(719) 884-2380

1625 S Murray Blvd (80916)

www.silverkey.org

TRANSIT TO CARE(719) 644-6005

Non-emergency medical transportation.

2860 S Circle Dr, #350 (80906)

www.transit2care.com

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

Information for passengers with disabilities/medical conditions before flying.

www.tsa.gov/travel/passenger-support

EDUCATION/LIFELONG LEARNING

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

ACADEMY OF LIFELONG LEARNING AT UCCS..... (800) 990-8227 x3498

1420 Austin Bluffs Pkwy (80918)..... (719) 255-3498

Campus-wide program for lifelong learners age 55+.

www.uccs.edu

CATHOLIC CHARITIES OF CENTRAL COLORADO.....(719) 636-2345

228 N Cascade Ave (80903)

English as a second language and immigration and naturalization services.

www.ccharitiescc.org

COLORADO SPRINGS FINE ARTS CENTER(719) 634-5583

30 W Dale St (80903)..... (719) 634-5581

www.csfineartscenter.org

- COLORADO SPRINGS SENIOR CENTER.....(719) 955-3400**
 1514 N Hancock Ave (80903)
 Classes in arts, lifelong learning, computers, fitness, health, dance and personal business.
www.csseniorcenter.com
- COLORADO STATE UNIVERSITY EXTENSION(719) 520-7690**
 17 N Spruce St (80905) (719) 520-7684
www.elpasoco.colostate.edu
- COMMUNITY PARTNERSHIP FAMILY RESOURCE CENTER.....(719) 686-0705**
 11115 Hwy 24, Divide, CO 80814
www.cpteller.org
- CONTINUING EDUCATION PROGRAM, CSU PUEBLO(800) 388-6154**
 2864 S Circle Dr (80906) (719) 442-2264
extendedstudies.csupueblo.edu
- COOKING MATTERS COLORADO(303) 892-8480**
 1824 Lincoln St, Denver, CO 80203
 Teaches families and low-income individuals cooking, nutrition and food budgeting skills.
www.co.cookingmatters.org
- CSU EXTENSION OFFICE, PARK COUNTY(719) 836-4296**
 880 Bogue St, Fairplay, CO 80440
www.parkco.us/93/CSU-Extension
- CSU EXTENSION OFFICE, TELLER CO(719) 686-7961**
 800 Research Dr, #230, Woodland Park, CO 80863
 Off-campus continuing education/formal education.
www.teller.colostate.edu
- FOUNTAIN VALLEY SENIOR SERVICES.....(719) 520-6470**
 5745 Southmoor Dr, Fountain, CO 80817
 Computer skills, driver's safety, and nutrition classes, and health-related presentations.
<http://dhs.elpasoco.com>
- GERONTOLOGY CENTER AT UCCS.....(719) 255-8005**
 4863 N Nevada Ave, #350 (80918)
 Aging education, research, service programs and classes.
www.uccs.edu/geron

- PILLAR INSTITUTE FOR LIFELONG LEARNING**(719) 633-4991
 1710 Briargate Blvd, #84 (80920)
 Located in Chapel Hills Mall near Dillard's.
www.pillarinstitute.org
- PRIME TIME, FIRST PRESBYTERIAN CHURCH**(719) 884-6100
 219 E Bijou St (80903)
 A wide range of classes, workshops, fitness programs, outings, and trips.
www.first-pres.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

LIBRARIES

- BAILEY LIBRARY**(303) 838-5539
 350 Bulldogger Rd, Bailey, CO 80421
www.parkcounty.colibraries.org/bailey
- FRANKLIN FERGUSON MEMORIAL LIBRARY**(719) 689-2800
 410 B St, Cripple Creek, CO 80813
www.ccvschools.org
- GUFFEY COMMUNITY CENTER/LIBRARY**(719) 689-9280
 1625B County Rd 102, Guffey, CO 80820
www.parkcounty.colibraries.org/guffey
- KRAEMER LIBRARY (UCCS)**(719) 255-3295
 1420 Austin Bluffs Pkwy (80918)..... (719) 255-3296
www.uccs.edu/library
- LAKE GEORGE LIBRARY**.....(719) 748-3812
 37900 Hwy 24, Lake George, CO 80827
<http://parkcounty.colibraries.org/lake-george>
- MANITOU SPRINGS PUBLIC LIBRARY**(719) 685-5206
 701 Manitou Ave, Manitou Springs, CO 80829 (719) 531-6333
www.ppld.org/manitou-springs-library
- PARK COUNTY PUBLIC LIBRARIES**(719) 836-4299
 400 Front St, Fairplay, CO 80440
<http://parkcounty.colibraries.org/fairplay>
- PIKES PEAK COMMUNITY COLLEGE LIBRARY**(719) 502-3410
 5675 S Academy Blvd (80906)..... (719) 502-3430
www.ppcc.edu/services/library

- PIKES PEAK LIBRARY DISTRICT(719) 531-6333**
 20 N Cascade Ave (80903) (719) 389-8968
 Call or go online for all locations.
www.ppld.org/seniors
- RAMPART LIBRARY DISTRICT(719) 687-9281**
 218 E Midland Ave, Woodland Park, CO 80863
 Computer classes and other free programs for seniors.
<http://rampart.colibraries.org>
- SECURITY PUBLIC LIBRARY(719) 391-3191**
 715 Aspen Dr, Security, CO 80911 (719) 391-3195
www.wsd3.org/Domain/24
- TUTT LIBRARY, COLORADO COLLEGE.....(719) 389-6184**
 1021 N Cascade Ave (80903) (719) 389-6662
www.coloradocollege.edu/library
- VICTOR PUBLIC LIBRARY(719) 689-2011**
 124 S 3rd St, Victor, CO 80860

EMERGENCY/DISASTER PREPAREDNESS

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

- AMERICAN RED CROSS.....(719) 632-3563**
 1040 S 8th St (80905)
www.redcross.org/local/colorado
- EMERGENCY 9-1-19-1-1**
- EMERGENCY MANAGEMENT, TELLER COUNTY(719) 686-7990**
 112 North A St, Cripple Creek, CO 80813 (719) 687-9652
<http://co.teller.co.us/OEM>
- EMERGENCY UTILITIES SERVICE(719) 448-4800**
 111 S Cascade Ave (80903)
www.csu.org
- FEDERAL EMERGENCY MGMNT AGENCY (FEMA)(800) 621-3362**
 PO Box 25267, Denver, CO 80255 (303) 235-4800
www.fema.gov

- FOUR MILE EMERGENCY SERVICES**(719) 689-2745
 8437 Teller Rd, Florissant, CO 80816
www.fourmilees.com
- HOPE RESTORED**(719) 749-6286
 Disaster relief and rebuild, and neighborhood relief.
www.hoperestored.org
- PARK COUNTY DISPATCH, NON-EMERGENCY**(719) 836-4125
www.parkco.us/94/9-1-1-Communications-Dispatch
- PUBLIC HEALTH, EL PASO COUNTY**(719) 578-3199
 1675 W Garden of the Gods Rd, #2044 (80907)
www.elpasocountyhealth.org
- PUBLIC HEALTH, PARK COUNTY**.....(719) 836-4161
 825 Clark St, Fairplay, CO 80440 Bailey (303) 816-5970
www.parkco.us/86/Public-Health
- PUBLIC HEALTH, TELLER COUNTY**(719) 687-6416
 11115 W Highway 24, Divide, CO 80814
www.co.teller.co.us/publichealth
- ROCKY MOUNTAIN POISON AND DRUG CENTER**.....(800) 222-1222
 990 Bannock St, Denver, CO 80204 (303) 739-1100
www.rmpdc.org/
- SOUTH PARK AMBULANCE DISTRICT**(719) 836-2055
 911 Costello Ave, Fairplay, CO 80440
www.southparkambulance.com
- UTE PASS REGIONAL EMS**(719) 687-2291
 785 Redfeather Ln, Woodland Park, CO 80863
www.uprad.org

EMPLOYMENT SERVICES

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

Some agencies may be specific to older adult job assistance.

- AARP EMPLOYMENT PROGRAM**.....(719) 635-3579
 1510 N Hancock St (80903)
 Assists job seekers 55+ find jobs in the public and private sector.
www.aarpworksearch.org

ASPENPOINTE ENTERPRISES.....(719) 572-6100

220 Ruskin Dr (80910)
Career development services for disabled, seniors and military.
www.aspenpointe.org/education-and-training

COLORADO DEPT OF VOCATIONAL REHABILITATION.....(719) 635-3585

1365 Garden of the Gods Rd, #250 (80907)
Helps eligible individuals with documented disabilities find suitable employment.
www.dvrcolorado.com

COMMUNITY OUTREACH CENTER(719) 347-7638

328 10th St, Calhan, CO 80808
Employment resources for rural east El Paso County.
www.coccenter.org

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

11115 Hwy 24, Divide, CO 80814
GED, ESL, workforce and college preparation.
www.cpteller.org

ECUMENICAL SOCIAL MINISTRIES (ESM).....(719) 636-1916

201 N Weber St (80903)
Computer/résumé classes. Primarily assists those under 60 yrs.
www.ecusocmin.org

MOSAIC.....(719) 380-0451

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

PIKES PEAK WORKFORCE CENTER.....(719) 667-3700

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

PIKES PEAK WORKFORCE CENTER, TELLER COUNTY(719) 667-3806

166 E Bennett Ave, Cripple Creek, CO 80813..... (719) 689-3584
Hiring events, job search workshops, career assessments and more. All ages.
www.ppwfc.org

REACH PIKES PEAK(719) 358-8396

31 N Tejon St, #310 (80903)
Job training for low-income people.
www.reachpikespeak.org

- REACH PIKES PEAK, CALHAN** (719) 347-2976
 701 4th St, Calhan, CO 80808
 Linked to the Pikes Peak Workforce Center. Job training.
www.reachpikespeak.org
- REACH PIKES PEAK, FOUNTAIN** (719) 382-8515
 501 E Iowa St (80817)
www.reachpikespeak.org
- VOLUNTEERS OF AMERICA**.....(719) 632-1448
 3140 Mallard Dr, #100 (80910)
 Tax-free stipend to volunteers 55+ who mentor children in schools, 15 hr/week minimum.
<http://www.voacolorado.org/volunteer-opportunities>
- WOMENS RESOURCE AGENCY**(719) 471-3170
 750 Citadel Dr E, #3128 (80909)
 Job development workshops and classes for women only.
www.wrainc.org

FINANCIAL ASSISTANCE

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

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

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

- ASPEN MINE CENTER**.....(719) 689-3584 x118
 166 E Bennett Ave, Cripple Creek, CO 80813
www.aspenminecenter.org
- ASSURANCE WIRELESS**..... (888) 321-5880
www.assurancewireless.com
- BENEFITS CHECKUP**(866) 550-2752
 2420 W 26th Ave, Denver, CO 80211 (720) 321-8850
www.benefitscheckup.org

- CENTURY LINK & LIFELINE TELEPHONE ASSISTANCE(800) 201-4099**
 PO Box 4918, Monroe, LA 71211 (TTY/voice) (800) 223-3131
- CENTURY LINK CUSTOMERS WITH DISABILITIES.....(800) 223-3131**
 PO Box 2670, Omaha, NE 68103
- COLORADO FORECLOSURE HOTLINE (877) 601-4673 (HOPE)**
 2250 Eaton St, Denver, CO 80214
 Counseling service for basic mortgage and financial information.
www.coloradoforeclosurehotline.org
- COLORADO SPRINGS UTILITIES(800) 238-5434**
 111 S Cascade Ave (80903) (719) 448-4800
LEAP: Low Income Energy Assistance Program: winter financial assistance.
COPE: Citizen Options To Provide Energy: year-round financial assistance.
www.csu.org
- COMMUNITY OF CARING, ASPEN MINE CENTER.....(719) 689-3584**
 166 E Bennett Ave, Cripple Creek, CO 80813
 Financial resources for emergencies and medical bills.
www.aspenminecenter.org
- DEPARTMENT OF HUMAN SERVICES, EL PASO COUNTY(719) 636-0000**
 1675 W Garden of the Gods Rd (80907)
<http://dhs.elpasoco.com>
- DEPARTMENT OF HUMAN SERVICES, PARK COUNTY.....(719) 836-4139**
 59865 Hwy 285, Bailey, CO 80421 (303) 816-5939
<http://parkco.us/82/Human-Services>
- DEPARTMENT OF SOCIAL SERVICES, TELLER COUNTY(719) 687-3335**
 800 Research Dr, #100,Woodland Park, CO 80863
www.co.teller.co.us/DHS
- ECUMENICAL SOCIAL MINISTRIES (ESM).....(719) 636-1916**
 201 N Weber St (80903)
www.ecusocmin.org
- ENERGY OUTREACH COLORADO(866) 432-8435**
 225 E 16th Ave, Denver, CO 80203 (303) 825-8750
 Energy bill assistance program.
www.energyoutreach.org

- ENERGY RESOURCE CENTER.....(800) 949-6444**
 114 W Rio Grande St (80903)..... (719) 591-0772
 Weatherize houses & mobile homes for low-income families.
HEAP: Home Efficiency Assistance Program: emergency financial assistance for broken/nonworking heaters.
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
www.htntc.org
- MERCY'S GATE.....(719) 277-7470**
 4360 Montebello Dr, #300 (80918)
www.mercysgatecs.org
- PARK COUNTY SENIOR COALITION(719) 836-4295**
 825 Clark St, #C, Fairplay, CO 80440
www.parkcoseniors.org
- Q LINK LIFELINE PROGRAM (855) 754-6543**
[www.qlinkwireless.com](http://www qlinkwireless.com)
- REACH PIKES PEAK(719) 358-8396**
 31 N Tejon St, #310 (80903)
www.reachpikespeak.org
- REACH PIKES PEAK CALHAN(719) 347-2976**
 701 4th St, Calhan, CO 80808
www.reachpikespeak.org
- REACH PIKES PEAK FOUNTAIN.....(719) 382-8515**
 501 E Iowa St, Fountain, CO 80817
www.reachpikespeak.org
- SALVATION ARMY FAMILY SERVICES(719) 636-3891**
 908 Yuma St (80909)
www.tsacs.org
- SALVATION ARMY FOUNTAIN VALLEY(719) 382-1182**
 208 Cunningham Dr, Fountain, CO 80911
<https://fountainvalley.salvationarmy.org>

- SENIOR PROPERTY TAX EXEMPTION PROGRAM**
EL PASO COUNTY ASSESSOR'S OFFICE(719) 520-6600
 1675 W Garden of the Gods Road, #2300 (80907)
<http://asr.elpasoco.com>
- SILVER KEY SENIOR SERVICES**.....(719) 884-2350
 1625 S Murray Blvd (80916)
www.silverkey.org
- STANDUP WIRELESS**(800) 544-4441
www.standupwireless.com
- STOREHOUSE AT WOODLAND PARK COMM CHURCH**.....(719) 229-4512
 700 Valley View Dr, #D, Woodland Park, CO 80863
www.woodlandparkcommunitychurch.com
- TELLER SENIOR COALITION**(719) 687-3330
 750 E Hwy 24, Bldg 2, #100, Woodland Park, CO 80866
www.tellerseniorcoalition.org
- TRI-LAKES CARES**.....(719) 481-4864
 235 N Jefferson, Monument, CO 80132
www.tri-lakescares.org
- WESTSIDE CARES**(719) 389-0759
 2808 W Colorado Ave (80904)
 Westside residents only.
www.westsidecares.org

FITNESS/RECREATION

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

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

- AGE 60+ SENIOR SOFTBALL LEAGUE**.....(719) 385-6012
 Contact by phone for new members (719) 385-6001
- ASPEN MINE SENIOR CLUB**(719) 689-3584
 166 E Bennett Ave, Cripple Creek, CO 80813
www.aspenminecenter.org

- COLORADO PARKS AND WILDLIFE(303) 297-1192**
 1313 Sherman St, Denver, CO 80203..... (719) 227-5200
 Issues hunting/fishing licenses, manages state trail program and registers
 outdoor recreation vehicles.
<http://cpw.state.co.us>
- COLORADO SPRINGS SENIOR CENTER.....(719) 955-3400**
 1514 N Hancock Ave (80903)
www.csseniorcenter.com
- COLORADO SPRINGS VISITOR INFORMATION CENTER.....(800) 888-4748**
 515 S Cascade Ave (80903) (719) 635-7506
 Visitor Guide and lodging information.
www.visitcos.com
- COTTONWOOD CREEK RECREATION CENTER.....(719) 385-6508**
 3920 Dublin Blvd (80918)
www.ppymca.org
- CRIPPLE CREEK CASINO SHUTTLE(800) 772-6254**
 3465 Astrozon Pl (80910)..... (719) 590-8687 x777
 Provided by Ramblin Express.
www.casinoshuttle.com
- CRIPPLE CREEK CITY SHUTTLE.....(719) 689-7711**
 337 Bennett Ave, Cripple Creek, CO 80813
<https://visitcripplecreek.com/plan/transportation>
- CRIPPLE CREEK HERITAGE CENTER.....(877) 858-4653(GOLD)**
 9283 S Hwy 67, Cripple Creek, CO 80813..... (719) 689-3315
www.visitcripplecreek.com
- EL PASO COUNTY PARKS AND NATURE CENTERS.....(719) 520-7529**
 2002 Creek Crossing St (80905)
www.elpasocountyparks.com
- FALCON SENIOR SERVICE.....(719) 330-5994**
 Social gatherings and entertainment. Call for locations and events.
- INTERNATIONAL DANCE CLUB(719) 633-0195**
 2422 Busch Ave (80904)
www.internationaldanceclub.org
- MANITOU SPRINGS POOL & FITNESS CENTER(719) 685-9735**
 202 Manitou Ave, Manitou Springs, CO 80829
www.manitoupool.com

- MEMORIAL PARK RECREATION CENTER(719) 385-5984**
 280 S Union Blvd (80910)
www.ppymca.org
- MOBILE FITNESS SYSTEMS(719) 287-4696**
www.mobilefitnesssystems.com
- NATIONAL PARKS ACCESS PASS OR SENIOR PASS.....(719) 636-1602**
 Access pass to National Parks and Federal Recreation Areas is free for the disabled. Senior Pass (62+) is lifetime for \$80.
www.nps.gov/findapark/passes.htm
- PARKS AND RECREATION, CRIPPLE CREEK(719) 689-3514**
 128 East Bennett Ave, Cripple Creek, CO 80813
www.ccparksandrecreation.com
- PRIME TIME, FIRST PRESBYTERIAN CHURCH(719) 884-6100**
 219 E Bijou St (80903)
www.first-pres.org/ministries/adults/prime-time
- ROAD SCHOLAR(800) 454-5768**
 11 Ave de Lafayette, Boston, MA 02111
 Educational travel.
www.roadscholar.org
- SERTICH ICE CENTER(719) 385-5983**
 1705 E Pikes Peak Ave (80909)
<http://parks.coloradosprings.gov>
- SILVER SNEAKERS FITNESS PROGRAM(866) 584-7389**
www.silversneakers.com
- SKYLINE WELLNESS AND AQUATIC CENTER.....(719) 867-4658**
 2365 Patriot Hts (80904)
www.brookdale.com
- SOUTH PARK RANGER DISTRICT(719) 836-2031**
 320 US Hwy 285, Fairplay, CO 80440
<http://fs.fed.us>
- SOUTH PARK RECREATION CENTER.....(719) 836-0747**
 1190 Bullet Rd, Fairplay, CO 80440
www.southparkrec.org
- SOUTH PLATTE RANGER DISTRICT(303) 275-5610**
 19316 Goddard Ranch Ct, Morrison, CO 80465
www.fs.usda.gov

- TELLER COUNTY PARKS(719) 687-8812**
 308A Weaverville Rd, Bldg A, Divide, CO 80814
www.co.teller.co.us/PublicWorks/parks.aspx
- THE BRIDGE CENTER.....(719) 634-7250**
 901 N 17th St (80904)
www.coloradospringsbridge.com
- US ASSOCIATION OF BLIND ATHLETES(719) 866-3224**
 1 Olympic Plaza (80909)
 Provides health and fitness opportunities for legally blind individuals.
www.usaba.org
- WOODLAND PARK SENIOR CLUB(719) 687-3877**
 321 N Pine St, Woodland Park, CO 80866
www.woodlandparkseniors.com
- YMCA ACTIVE OLDER ADULT PROGRAMS(719) 593-9622**
 2380 Montebello Dr W (80918)
www.ppymca.org

FOOD & NUTRITION

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

- CARE AND SHARE FOOD BANK(719) 528-1247**
 for current locations call (719) 955-0742
 2605 Preamble Point (80915)
 Care and Share is a warehouse and does not distribute food to the general public.
www.careandshare.org
- SOUTH PARK FOOD BANK(719) 839-0494**
 530 Front St, Fairplay, CO 80440
- SUPPLEMENTAL NUTRITION ASSISTANCE PROG (SNAP)(855) 855-4626**
 Ongoing financial assistance to help you purchase groceries. Many agencies can assist with determining eligibility and completing SNAP applications.
 Colorado SNAP (Food Stamps) (hotline) (800) 536-5298
 Hunger-free Colorado..... (855) 855-4626
 Local assistance site..... (719) 471-2096
www.colorado.gov
- WOODLAND PARK SENIOR CLUB(719) 687-3877**
 321 N Pine St, Woodland Park, CO 80863

FOOD PANTRIES AND COMMODITIES

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

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

BLACK FOREST CARES.....(719) 495-2221

12455 Black Forest Rd (80908)
Emergency food assistance.
www.bflchurch.org/black-forest-food-pantry.html

CARE AND SHARE FOOD BANK CSFP PROGRAM.....(719) 434-5724

Commodity Supplemental Food Program..... (719) 434-4683
www.careandshare.org

CHURCH FOR ALL NATIONS (OPEN ARMS)(719) 591-1800

6540 Templeton Gap Rd (80923)
www.churchforallnations.com

COMMUNITY CUPBOARD OF WOODLAND PARK.....(719) 687-3663

414 N Hwy 67, Woodland Park, CO 80863
Emergency food bank.
www.wpcommunitycupboard.com

CROSSFIRE MINISTRIES.....(719) 447-1806

2120 E LaSalle St (80909)
Emergency food assistance.
www.crossfireministries.com

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

4290 Deerfield Hills Rd (80916)
Food pantry : 4th Friday of month, 11a-Noon.
Food Co-op: Every Tuesday for residents of 80916.

DIVINE REDEEMER CATHOLIC CHURCH(719) 633-5559

927 N Logan Ave (80909)
Emergency food assistance.
www.divineredeemer.net

EASTERN PLAINS COMMUNITY PANTRY.....(719) 347-3062

701 4th St, Calhan, CO 80808
www.easternplainscommunitypantry.org

- ECUMENICAL SOCIAL MINISTRIES (ESM)..... (719) 636-1916**
 201 N Weber St (80903)
 Emergency food pantry and commodities.
www.ecusocmin.org
- ELLCOTT HELPING HANDS(719) 683-4724**
 23355 Highway 94, Calhan, CO 80808
 Food pantry and emergency food.
- GOD’S PANTRY(719) 382-0643**
 102 N Main St, Fountain, CO 80817
www.godspantryministry.org
- HIGH PLAINS HELPING HANDS(719) 495-3123**
 7375 Adventure Way (80923)
 Emergency food pantry and commodities.
www.hphh.org
- HOLY APOSTLES CHURCH.....(719) 597-4249**
 4925 N Carefree Cir, (80917) (719) 484-8739
 Serves all zip codes.
www.holyapostlescc.org
- LAKE GEORGE BIBLE CHURCH.....(719) 748-9088**
 8989 County Rd 90, Lake George, CO 80827
www.lakegeorgebiblechurch.org
- LEGACY FIRST WESLEYAN CHURCH..... (719) 473-7113**
 502 N Walnut (80905)
- LITTLE CHAPEL OF THE HILLS(719) 322-7610**
 69 County Rd 5, Divide, CO 80814
www.littlechapelfoodpantry.org
- MOUNTAIN RESOURCE CENTER LEIGH’S PANTRY(303) 838-7552**
 11030 Kitty Dr, Conifer, CO 80433
www.mrcco.org
- REACH PIKES PEAK, FOUNTAIN.....(719) 382-8515**
 501 E Iowa St, Fountain, CO 80817
 Emergency food pantry, southern El Paso County.
www.reachpikespeak.org
- SALVATION ARMY FAMILY SERVICES(719) 636-3891**
 908 Yuma St (80909)
 Emergency food assistance.
<http://coloradosprings.salvationarmy.org>

- SEVENTH DAY ADVENTIST CHURCH.....(719) 578-5616**
 1305 N Union Blvd (80809)
 Emergency food assistance and commodities.
www.centralsda.org
- SOUTH PARK FOOD BANK (719) 839-0494**
 530 Front St, Fairplay, CO 80440
- SPRINGS FOOD PANTRY(SANCTUARY CHURCH) (719) 634-7232**
 1930 W Colorado Blvd (80904)
www.thesanctuarywestside.org/lovin-cos
- SPRINGS RESCUE MISSION (719) 632-1822**
 1 W Las Vegas St (80903)
 Monthly food box program.
www.springsrescuemission.org
- ST. PATRICKS CATHOLIC CHURCH (719) 598-3595**
 6455 Brook Park Dr (80918)
 Emergency food pantry.
www.stpatscs.org
- THE BREAD OF LIFE (HOLY CROSS LUTHERAN CHURCH)..... (719) 596-4387**
 4125 Constitution Ave (80909)
www.holycrosscs.org/ministries
- TRI-LAKES CARES..... (719) 481-4864**
 235 N Jefferson, Monument, CO 80132
 Emergency food pantry, northern El Paso County.
- TRUE SPIRIT BAPTIST CHURCH (719) 575-9287**
 5120 Astrozon Blvd (80916)
 Emergency food pantry and commodities.
- WESTSIDE CARES (719) 389-0759**
 2808 W Colorado Ave (80904)
 Emergency food assistance. Westside residents only.
- WIDOW'S OIL PANTRY (HARRIS PARK BIBLE CHURCH) (303) 838-1869**
 2257 Shelton Dr, Bailey, CO 80421
www.harrisparkbiblechurch.org

GROUP MEAL SITES

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

366 10th St, Calhan, CO 80808

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

GOLDEN CIRCLE NUTRITION PROGRAM(719) 884-2304

Sites are managed by Silver Key Senior Services. Call for times & reservations.

CENTRAL

Colorado Springs Senior Center

(719) 387-6000

1514 North Hancock Avenue
(80903)

Weekdays

Otis Park (719) 385-5993

731 North Iowa (80909)

Weekdays

Temple Shalom

(719) 634-5311

(Serving kosher meals)

1523 East Monument (80909)

2x week

NORTH

Crestview Apartments

(719) 884-2304

3880 Van Teylingen Drive (80917)
Weekdays

Hatler-May Village

Onsite Reservations Only

5640 N Union Blvd (80918)

Weekdays

Mountain Community Mennonite Church

(719) 884-2304

643 Highway 105

Palmer Lake, CO 80133

Weekdays

DOWNTOWN

Acacia Park Apartments

(719) 884-2304

104 East Platte Avenue (80903)

Weekdays

Centennial Plaza Apartments

(719) 884-2304

516 East Kiowa Street (80903)

Weekdays

WEST

St. Andrews Episcopal Church

(719) 685-9259

103 Cañon Avenue

Manitou Springs, CO 80829

Weekdays

West Center

(719) 385-7920

Community Center

1628 W. Bijou Street (80904)

Weekdays

EASTSIDE

Sunny Vista

(719) 635-9595

2480 East Dale Street (80909)

Weekdays

SOUTH

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

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

Grinde Manor
(719) 382-7690
906 Grinde Drive
Fountain, CO 80817
Weekdays

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

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

Silver Key at South Murray
(719) 884-2304
1655 S. Murray Blvd. (80916)
Weekdays

Southview Plaza Apartments
(719) 884-2304
1462 E. Fountain Blvd. (80910)
Weekdays

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

Villa Santa Maria
(719) 632-7444
405 St. Elmo (80905)
2x weekly

LAKE GEORGE COMMUNITY CENTER(719) 836-4289

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

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

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

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

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

- SALVATION ARMY RED SHIELD COMMUNITY CENTER.....(719) 636-3891**
 908 Yuma St (80904)
 Noon meals.
<http://coloradosprings.salvationarmy.org>
- SHAWNEE COMMUNITY CENTER(719) 836-4289**
 57 Park County Rd 64, Shawnee, CO 80475
www.parkco.us
- SOUTH PARK SENIOR CENTER.....(719) 836-1455**
 296 6th St, Fairplay, CO 80440
 Meals on Wednesdays.
- STOREHOUSE AT WOODLAND PARK COMM CHURCH.....(719) 229-4512**
 700 Valley View Dr, #D, Woodland Park, CO 80863
 Free soup lunch program and food boxes.
www.woodlandparkcommunitychurch.com
- WOODLAND PARK SENIOR CENTER(719) 687-3877**
 321 N Pine St, Woodland Park, CO 80863
 Golden Circle Nutrition Program.
www.woodlandparkseniors.com

HOME-DELIVERED MEALS

- FOUNTAIN VALLEY SENIOR SERVICES.....(719) 520-6470**
 5745 Southmoor Dr, Fountain, CO 80817
 Rural Area Meal Program (RAMP).
<http://dhs.elpasoco.com>
- PARK COUNTY SENIOR COALITION(719) 836-4295**
 825 Clark St, #C, Fairplay, CO 80440
www.parkcoseniors.org
- PROJECT ANGEL HEART(719) 323-0084**
 1625 W Uintah St, #1 (80904)
 Denver program.....(303) 830-0202
 Provides home-delivered meals at no cost for people diagnosed with
 life-challenging illness.
www.ProjectAngelHeart.org
- SILVER KEY SENIOR SERVICES.....(719) 884-2300**
 1625 S Murray Blvd (80916)
 Meals on Wheels.
www.silverkey.org

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

GRANDPARENT/CAREGIVER SERVICES

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

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

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

CHILD CARE AWARE OF AMERICA.....(703) 341-4101
Child care information and resources.
www.childcareaware.org

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

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

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

GRANDFRIENDS, CS SCHOOL DISTRICT 11(719) 520-2202
Program places retirees, senior citizen volunteers in classroom..... (719) 520-2311
www.d11.org/Page/2214

GRANDPARENTS RAISING GRANDKIDS(719) 884-6145
219 E Bijou St (80903) (719) 578-8007
Mentoring and support, located at First Presbyterian Church.
www.first-pres.org

- PEAK PARENT CENTER.....(800) 284-0251**
 917 E Moreno Ave, #140 (80903)(719) 531-9400
 Education, training, information for caring for disabled children.
www.peakparent.org
- SALVATION ARMY RED SHIELD COMMUNITY CENTER.....(719) 636-3891**
 908 Yuma St (80909)
 After-school care.
<http://coloradosprings.salvationarmy.org>
- SENIOR INFORMATION & ASST CENTER, PPACG AAA.....(719) 471-2096**
 14 S Chestnut St (80905)
 Information and referral.
www.ppacg.org/aging
- URBANITES LEADING THE PIKES PEAK REGION.....(719) 634-1525**
 506 E Moreno Ave (80903)
 Family resources.
www.ulppr.org

HEALTH & WELLNESS

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

Also see tables listing health-related facilities: Medical Home Health Agencies, page 88; Non-Medical Home Care Agencies, page 96 ; and Hospice Care, page 104.

- COMMUNITY HEALTH PARTNERSHIP (CATCH PROGRAM).....(719) 632-5094**
 6005 Delmonico Dr, #225 (80919)
 Community health care access program for the uninsured.
www.ppchp.org
- DEPARTMENT OF SOCIAL SERVICES, TELLER COUNTY(719) 687-3335**
 800 Research Dr, #100, Woodland Park, CO 80863
www.co.teller.co.us/DHS
- EL PASO COUNTY MEDICAL SOCIETY(719) 591-2424**
 1465 Kelly Johnson Blvd, #130 (80920)
www.epcms.org
- HEALTH CENTER AT DIVIDE (719) 687-4460**
 34 Hybrook Rd, Divide, CO 80814.....Dental (719) 475-0783
www.peakvista.org

Let's Redefine Senior Health Care Together



Your opportunity to participate in a new kind of health care for seniors is here. By choosing a Medicare Advantage Plan through UnitedHealthcare®, you can select a physician with Penrose-St. Francis Primary Care for Seniors. With us, you'll be connected to:

- A passionate community of caregivers on a mission to change senior care for the better
- Whole person care where individuals thrive – body, mind and spirit
- Tools to aid in disease prevention, health promotion and well-being

If you are turning age 65, you can join a Medicare Advantage Plan through UnitedHealthcare®. Learn more at CHPGPrimaryCare.org/penrose-seniors or call **719-776-4650** for our next informational presentation.

Penrose-St. Francis
Primary Care for Seniors



3027 N. Circle Drive
Colorado Springs, CO

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

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

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

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

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

ROCKY MOUNTAIN RURAL HEALTH.....(719) 836-2169
525 Hathaway St, Fairplay, CO 80440
Assists underinsured/uninsured. Coordinated Care for Medicaid members in El Paso, Elbert, Park and Teller counties.
www.rmrh.org

SET FAMILY MEDICAL CLINIC(719) 776-8850
2864 S Circle Dr (80906)
Providing care to the uninsured, under-insured, homeless and those on Medicaid.
www.centura.org/locations/set-family-medical-clinic

DENTAL

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

COMMUNITY DENTAL HEALTH (FORMERLY SENIOR MOBILE DENTAL)
1436 N Hancock Ave (80903)(719) 310-3315
902 W 29th Ave, Pueblo, CO 81008
Dental hygiene services for seniors.
www.seniormobiledental.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 COMM COLLEGE**.....(719) 549-3286
415 Harrison St, Pueblo, CO 81004
Preventative dental care at substantially reduced rates.
www.pueblocc.edu/Dental-Clinics
- DIRECT DENTAL PLANS OF AMERICA**.....(800) 377-2924
11178 Huron St, Northglenn, CO 80234..... (303) 457-9794
Dental, vision, prescription discount card.
www.directdentalplan.com
- PALMER PARK DENTISTRY**(719) 301-5300
3208 N Academy Blvd, #140 (80917)
Medicaid provider and private insurance.
www.palmerparkdentistry.com
- PEAK VISTA COMMUNITY HEALTH CENTERS** (719) 475-0783
2828 International Circle, #100 (80910)
Call for additional dental care locations.
www.peakvista.org
- UNIVERSITY OF CO SCHOOL OF DENTAL MEDICINE**(303) 724-6900
13065 E 17th Ave, Aurora, CO 80045
Low-cost dental treatments.
www.ucdenver.edu/academics/colleges/dentalmedicine

DISEASE-SPECIFIC ORGANIZATIONS

- ALS ASSOCIATION, ROCKY MOUNTAIN CHAPTER**(866) 257-3211
10855 Dover St, Westminster, CO 80021 (303) 832-2322
<http://webco.alsa.org>
- ALZHEIMER'S ASSOCIATION OF COLORADO SPRINGS** (800) 272-3900
2315 Bott Ave (80904) (303) 813-1669 x311
Provides services to El Paso, Teller, Elbert, and Park counties.
www.alz.org/co
- ALZHEIMER'S EDUCATION AND REFERRAL CENTER**(800) 438-4380
P.O. Box 8057, Gaithersburg, MD 20898
www.nia.nih.gov/health/alzheimers

- AMERICAN BRAIN TUMOR ASSOCIATION**(800) 886-2282
 8550 W Bryn Mawr Ave, #550, Chicago, IL 60631
www.abta.org
- AMERICAN CANCER SOCIETY**(719) 630-4982
 1445 N Union Blvd, #B100 (80909)
 Cancer Answer Line (800) 227-2345
www.cancer.org
- AMERICAN DIABETES ASSOCIATION**.....(800) 342-2383
 2451 Crystal Dr, #900, Alexandria, VA 22202
www.diabetes.org
- AMERICAN HEART ASSOCIATION**(719) 635-7688
 1365 Garden of the Gods Rd, #100 (80907)
www.heart.org
- AMERICAN LUNG ASSOCIATION IN COLORADO**(800) 586-4872
 5600 Greenwood Plaza Blvd, Greenwood Village, CO 80111 (303) 388-4327
www.lung.org
- ANGEL NETWORK, PENROSE CANCER CENTER**.....(719) 776-5548
 2222 N Nevada Ave (80907)
 African-American Women Nurturing and Giving Each other Life network.
www.centura.org
- ARTHRITIS FOUNDATION, ROCKY MOUNTAIN CHAPTER**(720) 758-9827
 2280 S Albion St, Denver, CO 80222
www.arthritis.org
- BRAIN INJURY ALLIANCE OF COLORADO**(800) 955-2443
 1325 S Colorado Blvd, #B- 300, Denver, CO 80222 (303) 355-9969
 Resource directory.
www.biacolorado.org
- CEREBRAL PALSY ASSOCIATION OF COLO SPRINGS**(719) 638-0808
 1322 N Academy Blvd, #115 (80909)
www.cpappr.org
- ELLA MAE BRANSOM SICKLE CELL ASSOCIATION**(719) 602-1961
www.sicklecelldisease.org
- LUPUS COLORADO**.....(303) 592-4050
 7853 E Arapahoe Court, #3100 Centennial, CO 80112
www.lupuscolorado.org

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

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

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

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

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

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

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

FOOT CLINICS

COLORADO SPRINGS SENIOR CENTER FOOT CLINIC.....(719) 577-4448
1514 N Hancock (80903)..... (719) 955-3400
Services provided by the Visiting Nurse Association.
www.csseniorcenter.com

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

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

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

HEARING IMPAIRMENT

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

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

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

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

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

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

HOSPITALS/CLINICS

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

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

DEVELOPMENTAL DISABILITIES HEALTH CENTER.....(719) 632-5700
3207 N Academy Blvd, #3300 (80909)
www.peakvista.org

DISPATCH HEALTH(719) 270-0805
Mobile Urgent Care.
www.dispatchhealth.com

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

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

- GRANDVIEW HOSPITAL (UC HEALTH)(719) 272-3600**
 5623 Pulpit Peak View (80918)
www.uchealth.org
- INNER CITY HEALTH CENTER(303) 296-1767**
 3800 York St, Denver, CO 80205
 Health and dental services for uninsured/under insured Colorado residents.
www.innercityhealth.org
- LIBERTY DIALYSIS(719) 227-7455**
 2508 Airport Rd (80910)
www.freseniuskidneycare.com
- MEMORIAL HOSPITAL CENTRAL (UC HEALTH)(719) 365-5000**
 1400 E Boulder St (80909)
www.uchealth.org
- MEMORIAL HOSPITAL NORTH (UC HEALTH)(719) 365-5000**
 4050 Briargate Pkwy (80920)
www.uchealth.org
- MISSION MEDICAL CLINIC(719) 219-3402**
 2125 E La Salle St (80909)
 Medical services to the uninsured and under-insured patients ages 19+.
www.missionmedicalclinic.org
- NEW LIFE CHURCH DREAM CENTER(719) 388-1594**
 4360 Montebello, #900 (80918)
www.dreamcenterscos.org
- OPEN BIBLE MEDICAL CLINIC.....(719) 475-0972**
 824 S Union Blvd (80910)..... (719) 475-2001
 Medical services for uninsured and under-insured.
www.openbiblemedical.org
- PENROSE CANCER CENTER.....(719) 776-5281**
 2222 N Nevada Ave (80907) (719) 776-2515
www.penrosecancercenter.org
- PENROSE MOUNTAIN URGENT CARE(719) 686-0551**
 41 Hwy 67 N, Woodland Park, CO 80863
www.centura.org
- PENROSE-ST. FRANCIS HEALTH SERVICES.....(719) 776-5000**
 2222 N Nevada Ave (80907)
www.centura.org

- PENROSE-ST. FRANCIS PRIMARY CARE CRIPPLE CREEK(719) 776-4310**
 412 North C St, Cripple Creek, CO 80813
 Outpatient medical clinic.
www.centura.org
- PENROSE-ST. FRANCIS PRIMARY CARE FOR SENIORS(719) 776-4650**
 3027 N Circle Drive (80909)
www.penrosetfrancis.org
- PENROSE-ST FRANCIS URGENT CARE(719) 776-3216**
 3027 N Circle Dr (80909)
www.penrosetfrancis.org
- PIKES PEAK FAMILY MEDICINE.....(719) 686-0878**
 720 W Hwy 24, Woodland Park, CO 80863
 Outpatient medical clinic.
www.pikespeakregionalhospital.com/services/family-medicine
- PIKES PEAK REGIONAL HOSPITAL/SURGERY CENTER.....(719) 687-9999**
 16420 W Hwy 24, Woodland Park, CO 80863
www.pikespeakregionalhospital.com
- PLANNED PARENTHOOD OF THE ROCKY MOUNTAINS.....(800) 230-7526**
 3480 Centennial Blvd (80907) (719) 475-7162
www.plannedparenthood.org/planned-parenthood-rocky-mountains
- ROCKY MOUNTAIN CANCER CENTERS(888) 259-7622**
 2312 N Nevada Ave (80907) (719) 577-2555
www.rockymountaincancercenters.com
- ST. FRANCIS MEDICAL CENTER (719) 571-1000**
 6001 E Woodman Rd (80923)
www.centura.org

MEDICAL EQUIPMENT/SUPPLIES

- ACCESSIBLE SYSTEMS(719) 387-0675**
 1880 Office Club Pointe (80920)
www.coloradosprings.accessiblemed.com
- AFFORDABLE MEDICAL SUPPLY(719) 632-4036**
 1833 N Circle Drive (80909)
www.affordablemedmart.com
- BEST PRICED MOBILITY SCOOTERS(719) 344-4720**
 912 N Circle Drive, #204 (80909)
 By appointment. Scooters, power wheelchairs, lift chairs and outdoor mobility bikes.
www.bestpricescooters.com

- HANGER PROSTHETICS**(719) 632-5075
 175 S Union Blvd, #370 (80910)
www.hangerclinic.com
- HORIZON PROSTHETICS**(719) 266-0949
 622 Elkton Dr (80918)
www.horizonprosthetics.com
- LINCARE**(719) 473-1880
 3330 Adobe Ct (80907)
 Oxygen, hospital beds, wheelchairs.
www.lincare.com
- MAJOR MEDICAL SUPPLY**(719) 475-1236
 5620 N Union Blvd (80918)
www.majormedicalsupply.com
- MEDSOURCE MOBILITY / MEDSOURCE HOME MEDICAL**.....(866) 293-3218
 Durable medical equipment.
www.medsourcemobility.com
- MISSION MEDICAL CLINIC**(719) 219-3402
 2125 E La Salle St (80909)
www.missionmedicalclinic.org
- MORNING STAR ELEVATOR**.....(719) 635-7960
 11641 Ridgeline Dr, #100 (80921)
www.mselevator.com
- MOUNTAIN HOME MEDICAL**.....(866) 686-7504
 Medical alarm and medication management tools.
www.mthommed.com
- NEPENTHE HOME MEDICAL EQUIPMENT**(888) 773-0202
 1969 W Uintah St (80904) (719) 633-4400
 Oxygen, hospital beds, wheelchairs and more.
www.nepenthemed.com
- NUMOTION**(719) 520-5577
 4260 Buckingham Dr, #120 (80907)
 Wheelchairs (electric/manual), seating, service and repair.
www.numotion.com
- SILVER KEY SENIOR SERVICES**.....(719) 884-2366
 1605 S Murray Blvd (80916)
 Health/medical supplies and equipment for purchase. Donations accepted.
www.silverkey.org

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

YOU CAN TOO CAN
1438 N Hancock Ave, Colorado Springs (80903).....**(719) 630-2156**
6460 E Yale Ave, Denver, CO 80222 (303) 759-9525
Durable medical equipment.
www.youcantoocan.com

PRESCRIPTION ASSISTANCE

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

BENEFITS CHECKUP.....(866) 550-2752
2420 W 26th Ave, Denver, CO 80211 (720) 321-8850
Identifying federal, state and local financial assistance and prescription benefit programs for 55+.
www.benefitscheckup.org/centura

DIRECT DENTAL PLANS OF AMERICA(800) 377-2924
Dental, vision, prescription discount card.
www.ddpcol.com

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

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

REHABILITATIVE SERVICES

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

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

COLORADO SPORTS AND SPINE(719) 776-4888

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

EDGE REHABILITATION AND WELLNESS(719) 599-5330

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

HEALTHSOUTH REHABILITATION HOSPITAL(719) 630-8000

325 Parkside Dr (80910)
Inpatient acute physical rehabilitation.
www.healthsouthcoloradosprings.com

INTERIM REHABILITATION SERVICES(719) 522-1080

1901 N Union Blvd, #202 (80909)
Out-patient rehabilitation clinic.
www.interimhealthcare.com

OPTIMUM HEALTH CENTER(719) 635-2500

1809 N Circle Dr (80903)
Physical therapy.
www.optimumhealthco.com

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

2222 N Nevada Ave (80907) (719) 776-5200
Rehabilitation services and Fitness to Drive Program.
www.centura.org/care-and-health/rehabilitation

VISUAL IMPAIRMENTS

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

PO Box 429098, San Francisco, CA 94112
www.eyecareamerica.org

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

5614 N Union Blvd (80918)
www.lowvisionsoco.com

MAGNISIGHT(800) 753-4767

951 E Fillmore St (80907) (719) 578-8893
Vision aids.
www.magnisight.com

Rebecca Shields



New Vision

Professional Services, LLC

“Bridging the gap between Society
and the Disabled.”

Services Offered:

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

Contact Information:

Rebecca Shields

719-634-1851

rebeccashields130@gmail.com

For more information, please visit us at:

NewVision4You.com

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

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

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

WELLNESS

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

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

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

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

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

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

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

WORKOUT WITH BRANDEN(720) 394-2766
Senior fitness specialist, certified personal trainer and corrective exercise specialist.
<https://www.workoutwithbranden.com>

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

HOUSING

Also see tables listing housing facilities; Senior Apartments, page 112; Retirement Communities, page 118; Assisted Living Residences, page 124; and Nursing Homes, page 136.

HOME MODIFICATION/ACCESSIBILITY

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

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

ACCESS TO FREEDOM(719) 260-7687

PO Box 63507 (80962)

Wheelchair ramps; stair, porch, and bath lifts; grab bars; roll-in showers; walk-in tubs. Senior discount.

www.accesstofreedom.com

AGING IN PLACE(719) 632-3994

2017 W Colorado Ave (80904)

www.seniorhomeremodel.com

BRYAN'S HOME REPAIR(719) 572-0677

2520 Tremont St (80907)

www.bryanshomerepairs.com

COMMUNITY DEVELOPMENT DIVISION, CITY OF COLORADO SPRINGS

30 S Nevada, #604 (80903)(719) 385-5912

Housing Rehab Program (barrier removal, home modification, housing rehab loans, "Lights and Locks" for Seniors, emergency repair).

www.coloradosprings.gov/housing

EI PASO COUNTY ROOFING CONTRACTORS ASSOCIATION(719) 641-2159

Assistance for low income seniors whose home is in need of roof repair or replacement.

www.epcrca.com/index.html

ENERGY RESOURCE CENTER.....(800) 949-6444

114 W Rio Grande St (80903)..... (719) 591-0772

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**
1320 Maxwell St (80906)
- INDEPENDENT HOME LIVING.....(719) 660-2401**
4419 Centennial Blvd, #344 (80907)
www.independenthomelivingsolutions.com
- MORNING STAR ELEVATOR.....(719) 635-7960**
11641 Ridgeline Dr, #100 (80921)
www.mselevator.com
- MTN COMMUNITY SENIOR SERVICES.....(719) 488-0076**
643 Hwy 105, Palmer Lake, CO 80133
Senior Safety Services: Minor home-safety repair for seniors 60+.
www.coloradoseniorhelp.com
- NEXT DAY ACCESS COLORADO(719) 494-0443**
15954 Jackson Creek Pkwy, #B-501, Monument CO 80132
Grab bars; tub steps; residential ramps; stair porch, and patient lifts; spa/hot tub lifts; bath lifts and safety products.
www.nextdayaccess.com/colorado-springs-co
- NUMBER 1 SON(719) 203-6603**
2374 Shady Aspen Dr (80921)..... (719) 582-8321
www.number-1-son.com
- REBUILDING TOGETHER COLORADO SPRINGS(303) 519-0056**
PO BOX 63581 (80962)(800) 473-4229
www.rebuildingtogether.org
- TWOCOR.....(719) 471-6916**
625 Arrawanna St (80909)
Supervised Youth Community Project Crews for hire: landscaping, fence building, yard and garage clean out and other manual labor jobs.
www.twocor.org
- WEATHERIZATION PROGRAM-NWCO COUNCIL OF GOVTS(800) 332-3669**
PO Box 2308, Silverthorne, CO 80498
Assistance for Park County. Free for low/moderate income.
www.nwccog.org/programs/weatherization

HOUSING ORGANIZATIONS

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

- COLORADO FORECLOSURE HOTLINE (877) 601-4673 (HOPE)**
2250 Eaton St, Denver, CO 80214
Counseling service for basic mortgage and financial information.
www.coloradoforeclosurehotline.org

- GRECCIO HOUSING**(719) 475-1422
 1015 E Pikes Peak Ave, #110 (80903)
www.greccio.org
- HOUSING AUTHORITY OF FOUNTAIN**(719) 382-5639
 501 E Iowa Ave, Fountain, CO 80817
- HOUSING AUTHORITY, CITY OF COLORADO SPRINGS**(719) 387-6700
 831 S Nevada Ave (80903)..... TTY (800) 659-3656
www.csha.us
- HOUSING FIRST PIKES PEAK (HOMEWARD PIKES PEAK)** (719)-375-8794
 610 S Tejon St (80903)
 Supportive services for people who suffer from substance abuse, mental illness, homelessness.
www.homewardpp.org/housing-first
- INTERFAITH HOSPITALITY NETWORK**(719) 329-1244
 519 N Tejon St (80903)
 Housing in churches and self-sufficiency services for homeless families with children.
www.ihn-cos.org/interfaith-hospitality-network
- ITHAKA LAND TRUST**(719) 578-1629
 Transitional and permanent rentals serving low-income individuals. Check for availability as waiting list applies.
www.ithakaland.org
- PARTNERS IN HOUSING**(719) 473-8890
 Transitional housing with employment and supportive service requirements.
www.partnersinhousing.org
- ROCKY MOUNTAIN COMMUNITY LAND TRUST**.....(719) 447-9300 x5
 1212 W Colorado Ave (80903)
 Affordable housing for low-income families/single older adults.
www.rmclt.org
- SALVATION ARMY R.J. MONTGOMERY CENTER**(719) 578-9190
 709 S Sierra Madre (80903)
 Homeless shelter.
www.tsacs.org
- SALVATION ARMY TRANSITIONAL HOUSING**.....(719) 635-1287
 922 Yuma St (80909)
 Program for homeless with focus on single males and females and families with children under age 18.
www.tsacs.org

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

SPRINGS RESCUE MISSION(719) 632-1822
5 W Las Vegas St (80903)
Emergency winter shelter.
www.springsrescuemission.org

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

INFORMATION & ASSISTANCE

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

EXPERT STAIRLIFT SOLUTIONS AND MORE...

- Factory Certified Technicians
- Competitive Pricing
- Expert Service

GRAB BARS

RAMPS

(719) 494-0443
To find out more visit us online at:
www.NextDayCOS.com

Next Day Access

STAIR LIFTS • PATIENT LIFTS • BATHROOM MODIFICATIONS

The advertisement features a central image of a white stairlift on a wooden staircase. To the right, there are two circular inset images: the top one shows a hand gripping a silver grab bar, and the bottom one shows a metal ramp with handrails. The background is a grayscale image of a modern interior with columns and a fireplace.

- AARP NATIONAL(888) 687-2277**
 601 E St NW, Washington, DC 20049
 AARP advocates on a national level for the benefit of older adults age 50+.
www.aarp.org
- ASPEN MINE CENTER..... (719) 689-3584 x118**
 166 E Bennett Ave, Cripple Creek, CO 80813
www.aspenminecenter.org
- COMMUNITY OUTREACH CENTER(719) 347-7638**
 328 10th St, Calhan, CO 80808
 For rural communities east of Colorado Springs.
www.coccenter.org
- ELDERCARE LOCATOR(800) 677-1116**
 Free service that provides access to older adult services in the US.
www.eldercare.gov
- FEDERAL CITIZEN INFORMATION CENTER(800) 333-4636**
 Information for government benefits, programs and services.
www.publications.usa.gov
- MOUNTAIN RESOURCE CENTER(303) 838-7552**
 11030 Kitty Dr, Conifer, CO 80433.....(303) 838-7552 x20
www.mrcco.org
- NATIONAL HEALTH INFORMATION CENTER(240) 453-8280**
www.health.gov/NHIC
- NETWORK OF CARE FOR SENIORS AND PEOPLE W/DISABILITIES, PPACG AAA**
 Internet-based resource for seniors, adults with disabilities, caregivers and service providers.
<http://pikespeak.co.networkofcare.org/aging>
- PARK COUNTY SENIOR COALITION(719) 836-4295**
 825 Clark St, Fairplay, CO 80440
www.parkcoseniors.org
- PIKES PEAK UNITED WAY 2-1-1(719) 632-1543**
 Local information and referral.
www.ppunitedway.org/211database.html
- SENIOR INFORMATION & ASST, PPACG AAA.....(719) 471-2096**
 14 S Chestnut St (80905)
 Information, referral and direct services for older adults and their caregivers.
www.ppacg.org/aging

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

665 Southpoint Ct, #100 (80906)

Information source for services and special events for seniors.

www.srccos.org

SENIORS BLUE BOOK.....(800) 201-9989

PO Box 9364, Salt Lake City, UT 84109

Senior resource guide.

www.seniorsbluebook.com

SENIORS' RESOURCE CENTER (THE YELLOW HOUSE).....(303) 674-2843

5120 Hwy 73, Evergreen, CO 80439

www.srcaging.org/src-evergreen

SENIORS' RESOURCE GUIDEwww.seniorsresourceguide.com

PO Box 237, Littleton, CO 80160

On-line senior resource and service directory.

TELLER SENIOR COALITION(719) 687-3330

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

www.tellerseniorcoalition.org



**Serving the Pikes Peak
Region Since 1999**

**We are the leading installer
and remodeler of all your home
mobility needs.**

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

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

www.accesstofreedom.com



**SENIORS
BlueBook**

Resources for Aging Well

We Love Our Seniors Blue Book!

It's filled with great articles and resources as well as current activities happening in our area.

We can also read it online at SeniorsBlueBook.com.



*Pick up a FREE copy at your local
senior center or call 800-201-9989*

To advertise, contact Lucy Crandall 719-641-6850 (o)
719-641-6850 (c) • lucy@seniorsbluebook.com

INSURANCE/BENEFITS ASSISTANCE

INSURANCE COUNSELING/INFORMATION

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

COLORADO DIVISION OF INSURANCE(800) 930-3745

1560 Broadway, Denver, CO 80202 (303) 894-7499

Regulates the insurance industry and assists consumers with insurance issues.

www.colorado.gov

HEALTH CARE REFORM

200 Independence Ave SW, Washington, DC 20201

www.healthcare.gov

KEPRO(844) 430-9504

5700 Lombardo Center Dr, #100, Seven Hills, OH 44131

A Medicare Quality Improvement Organization that assist people with Medicare with hospital discharge appeals and service terminations, quality of care concerns, immediate advocacy and patient navigation. KEPRO's services are free for Medicare beneficiaries.

www.keproqio.com

SENIOR INSURANCE ASSISTANCE, PPACG AAA(719) 635-4891

14 S Chestnut St (80905)..... (719) 471-2096

Medicare insurance counseling: Part A, B, D and more. Nine-county service area to include El Paso, Park, Teller.

www.ppacg.org/aging

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

235 N Jefferson, Monument, CO 80132

Tri-Lakes residents only.

www.tri-lakescares.org

CIVIL SERVICE PENSIONS

NATIONAL ACTIVE & RETIRED FEDERAL EMPLOYEES(800) 456-8410

www.narfe.org

OFFICE OF PERSONNEL MANAGEMENT (OPM)(888) 767-6738

1900 E St, NW, Washington, DC 20415

Manages pension benefits for retired federal employees.

www.opm.gov

PERA (PUBLIC EMPLOYEES RETIREMENT ASS'N)(800) 759-7372

1301 Pennsylvania St, Denver, CO 80203

www.copera.org

TRICARE FOR LIFE(866) 773-0404

1717 W Broadway, Madison, WI 53708

For military retirees with Medicare.

www.tricare4u.com

MEDICARE/MEDICAID

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

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

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

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

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

www.colorado.gov/pacific/ltcpartnership

DEPARTMENT OF HUMAN SERVICES, EL PASO COUNTY(719) 636-0000

1675 W Garden of the Gods Rd (80907)

<http://dhs.elpasoco.com>

DEPARTMENT OF HUMAN SERVICES, PARK COUNTY.....(303) 816-5939

59865 Hwy 285, Bailey, CO 80421 (719) 836-4139

<http://parkco.us/82/Human-Services>

DEPARTMENT OF SOCIAL SERVICES, TELLER COUNTY(719) 687-3335

800 Research Dr, #100, Woodland Park, CO 80863

www.co.teller.co.us/DSS

MEDICARE.....(800) 633-4227

ww.medicare.gov

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

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

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

LAW ENFORCEMENT/FIRST RESPONDERS

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

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

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

CODE ENFORCEMENT(719) 444-7891

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

EMERGENCY 9-1-1

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

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

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

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

SHERIFF'S OFFICE, TELLER COUNTY(719) 687-9652

11400 US Hwy 24, Divide, CO 80814

www.tellercountysheriff.com

SOUTH PARK AMBULANCE DISTRICT(719) 836-2055

911 Costello Ave, Fairplay, CO 80440

www.southparkambulance.com

UTE PASS REGIONAL EMS(719) 687-2291

785 Redfeather Ln, Woodland Park, CO 80863

www.uprad.org

WOODLAND PARK POLICE DEPARTMENT(719) 687-9262

911 Tamarac Pkwy, Woodland Park, CO 80863

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

LEGAL SERVICES

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

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

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

ABC LEGAL DOCS(719) 591-0433

4164 Austin Bluffs Pkwy, #101 (80918)

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

www.abcllegaldocs.com

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

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

www.aclu-co.org

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

1675 W Garden of the Gods Rd (80907)

<http://car.elpasoco.com>

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

501 Main St, Fairplay, CO 80440 Bailey (303) 816-5920

www.parkco.us/72/Clerk-Recorder

- CLERK/RECORDER, TELLER COUNTY(719) 689-2951**
 101 W Bennett Ave, Cripple Creek, CO 80813
www.co.teller.co.us/cr/default.aspx
- COLORADO ADVANCE DIRECTIVES CONSORTIUM**
 Download forms to document health care decisions\ treatment preferences.
www.coloradoadvancedirectives.com
- COLORADO CIVIL RIGHTS DIVISION(800) 262-4845**
 1560 Broadway, #825, Denver, CO 80202 (303) 894-2997
<http://dora.colorado.gov/crd>
- COLORADO LEGAL SERVICES(800) 395-2465**
 617 S Nevada Ave (80903)..... (719) 471-0380
 Free civil legal services to older adults 60+.
www.coloradolegalservices.org
- COMBINED COURT, EL PASO COUNTY(719) 452-5000**
 270 S Tejon St (80903)
 Civil, domestic, probate, criminal, traffic, juvenile and small claims matters.
www.elpasocountycourts.com
- DISABILITY LAW COLORADO.....(800) 288-1376**
 455 Sherman St, Denver, CO 80203 (303) 722-0300
 Protects the rights of people with disabilities and older adults.
www.disabilitylawco.org
- DISTRICT ATTORNEY, PARK COUNTY(719) 836-2080**
 310 Fourth St, Fairplay, CO 80440
www.da11thjd.org
- DISTRICT ATTORNEY, TELLER COUNTY(719) 520-7168**
 112 North A St, Cripple Creek, CO 80813
www.4thjudicialda.com/start.aspx
- ECONOMIC CRIME DIVISION, EL PASO COUNTY(719) 520-6000**
 105 E Vermijo Ave (80903)
 Investigates and prosecutes economic, business and consumer crime.
 Bad Check Restitution Program.
www.4thjudicialda.com/prosecutionunits4.aspx
- 11TH JUDICIAL DISTRICT, PARK COUNTY(719) 836-2080**
 Self-represented litigant coordinator.
www.da11thjd.org

LEGAL PUBLIC SERVICES (IN EL PASO COUNTY)

Public Service Programs/Resources:

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

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

www.elpasocountybar.org/lawyer-referral-service

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

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

NAACP www.naacp.org

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

105 E Vermijo Ave (80903)

Free mediation service for neighborhood and co-worker disputes.

www.4thjudicialda.com/Community2.aspx

PHOENIX STRATEGIES MEDIATION/CONFLICT SERV..... (719) 266-8181

3730 Sinton Rd, #105 (80907)

Conflict resolution services related to senior life transitions.

www.phoenixstrategiescolorado.com

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

1900 Grant St, Denver, CO 80203

www.seniorlawday.org

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

105 E Vermijo Ave, #111 (80903)

www.4thjudicialda.com/VictimWitness4.aspx

MILITARY SERVICES

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

PEAK MILITARY CARE NETWORK (719)577-7417

Online information and resource directory for service members, veterans & their families.

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

ACTIVE DUTY

AIR FORCE ACADEMY CLINIC(719) 333-5111

4102 Pinon Dr, US Air Force Academy, CO (80840)..... (719) 333-5043

www.airforcemedicine.af.mil/MTF/Air-Force-Academy

COLORADO INTEGRATED MILITARY SUPPORT NETWORK(719) 622-9622

2190 Jet Wing Dr (80916)

- EVANS ARMY COMMUNITY HOSPITAL**(719) 526-7000
 1650 Cochrane Cir, Fort Carson, CO 80913
www.evans.amedd.army.mil
- FT CARSON ARMY COMMUNITY SERVICE (ACS)**(719) 526-4590
 6303 Wetzel Ave, Bldg 1526, Fort Carson, CO 80913
 Provides services and programs for active-duty/retired military.
<http://carson.army.mil/acs>
- MT CARMEL VETERANS SERVICE CENTER**.....(719) 772-7000
 530 Communication Circle (80905)
 Benefit and resource assistance.
www.veteranscenter.org
- PEAK MILITARY CARE NETWORK** (719)577-7417
 Connects military service members, veterans, and families to essential resources
 in the Pikes Peak Region.
www.pmcn.org
- THE HOME FRONT CARES** (HELPLINE) (719) 434-1501
 1120 N Circle, #7 (80909) (719) 434-1407
 Provides support for military families impacted by deployment.
www.thehomefrontcares.org
- USAFA AIRMAN & FAMILY READINESS CENTER**(719) 333-3444
 6248 W Pine Loop, USAF Academy, CO 80840
www.usafasupport.com/a-frc.html
- US ARMY JAG OFFICE**(719) 526-5572
 1633 Mekong St, Bldg 6222, Fort Carson, CO 80913 (719) 526-5573
www.carson.army.mil/LEGAL

VETERANS

- THE AMERICAN LEGION**(719) 632-0960
 15 E Platte Ave (80903)
 (VSO) Assists with filing VA claims.
www.coloradolegion.org
- COLORADO DIVISION OF VETERANS AFFAIRS**(303) 284-6077
 1355 S Colorado Blvd, Bldg C, #113, Denver, CO 80222
www.colorado.gov/vets
- COLORADO SPRINGS VA OUTPATIENT CLINIC**(800) 278-3883
 3141 Centennial Blvd (80907) (719) 327-5660
www.denver.va.gov/locations/ColoradoSprings.asp

- COLORADO SPRINGS VETERANS CENTER.....(719) 471-9992**
602 S Nevada (80903)
Individual and group counseling.
www.va.gov/directory
- DISABLED AMERICAN VETERANS (DAV)(719) 785-4164**
660 Southpointe Ct (80906)
(VSO) Assists with filing claims, free transport to Denver VA hospital.
www.dav.org
- GOLD STAR WIVES OF AMERICA(888) 751-6350**
PO Box 361986, Birmingham, AL 35236..... (205) 823-1778
Support group for widow/widower/survivor child.
www.goldstarwives.org
- HOUSING FIRST PIKES PEAK (HOMEWARD PIKES PEAK) (719) 375-8794**
610 S Tejon St, (80903)
Homeless veterans assistance.
www.homewardpp.org/housing-first
- THE INDEPENDENCE CENTER.....(719) 471-8181**
729 S Tejon St (80903)
VIC-Veteran in Charge & Veterans-Directed Home & Community Based Services Program.
www.theindependencecenter.org
- TRICARE FOR LIFE(866) 773-0404**
1717 W Broadway, Madison, WI 53708
For military retirees age 65+ /disabled, who have Medicare Part A and B.
www.tricare4u.com
- VA MEDICAL CENTER (VAMC).....(888) 336-8262**
1055 Clermont St, Denver, CO 80220..... (303) 399-8020
www.denver.va.gov
- VETERAN'S CRISIS LINE.....(800) 273-8255**
- VETERANS SERVICE OFFICE, EL PASO COUNTY(719) 520-7750**
5850 Championship View, #130 (80922)
Assists with filing claims.
<http://adm.elpasoco.com/VeteranServices>
- VETERANS SERVICE OFFICE, TELLER COUNTY(719) 686-5526**
800 Research Dr, #230, Woodland Park, CO 80863..... (719) 641-4804
Assists with filing claims.
<http://co.teller.co.us/Veterans>

MINORITY RESOURCES

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

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

2222 N Nevada Ave (80907)

African American Women Nurturing and Giving Each Other Life Network.

www.centura.org

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

1537 Alton St, Aurora, CO 80010

www.apdc.org

CATHOLIC CHARITIES OF CENTRAL CO(719) 636-2345

228 N Cascade Ave (80903)

Immigration & Naturalization services with legal support.

www.ccharitiescc.org

CENTRO DE LA FAMILIA(719) 227-9170

1287 Lake Plaza Dr (80906)

Services to the Hispanic/Latino populations.

www.elcentrodelafamilia.org

COLORADO CIVIL RIGHTS DIVISION.....(800) 262-4845

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

www.dora.colorado.gov/crd

COLORADO SPRINGS INDIAN CENTER

Focal point for the Native American community.

www.coloradospringsindiancenter.com

NAACPwww.naacp.org

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

3150 N Nevada Ave (80907)

Humanitarian programs for Native Americans.

www.onenationwt.org

SPRINGS EQUALITY(719) 425-9048

Online LGBT and Allied community.

www.springsequality.org

WHITE BISON(719) 548-1000
6455 N Union Blvd, #102 (80918) (877) 871-1495
Native American culture-based healing programs.
www.whitebison.org

SAFETY & PREVENTION

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

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

AARP DRIVERS SAFETY PROGRAM.....(719) 282-1844
State-approved course for seniors who complete driver's education course.
www.aarp.org/findacourse

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

AMERICAN HEART ASSOC, PIKES PEAK AFFILIATE.....(719) 635-7688
1365 Garden of the Gods Rd, #100, (80907)
CPR classes.
<http://www.heart.org>

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

BEO TRAINING CENTER(719) 385-0200
5055 Mark Dabling Blvd (80918)
Certified Nurse Aide Training Program and CPR Certification.
www.beopersonalcare.com/training-center

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

- DRIVE RIGHT ACADEMY**(719) 282-9755
 317 E Cache La Poudre St (80903)
www.driverightacademy.com
- FITNESS TO DRIVE, PENROSE-ST. FRANCIS**(719)776-5200
 2222 N Nevada Ave (80907)
 Driving evaluations and training with adaptive equipment.
www.centura.org
- FOUNTAIN VALLEY SENIOR SERVICES**.....(719) 520-6470
 5745 Southmoor Dr, Fountain, CO 80817 (719) 520-6456
<http://dhs.elpasoco.com>
- MASTER DRIVE**(719) 260-0999
 3280 E Woodmen Rd, #100 (80920)
 A driver training program for seniors.
www.masterdrive.com
- WILDFIRE MITIGATION PROGRAM (CSFD)**.....(719) 385-5950
 375 Printers Pkwy (80910)
 Chipping Program..... (719) 385-7342
<http://csfd.coloradosprings.gov>

MEDICAL ALERT SYSTEMS

- ALERT1**(800) 326-9727
www.alert1.com
- COLORADO LIFE TRAK, TELLER COUNTY SHERIFF OFFICE**(719) 687-9652
 11400 W Hwy 24, Divide, CO 80814
 A program for locating missing persons with dementia in Teller County.
www.co.teller.co.us/sheriff/COlifetrak.aspx
- CONNECT AMERICA**(800) 215-4206
www.connectamericamedicalalert.com
- GUARDIAN MEDICAL MONITORING**(877) 435-7225
www.guardianmedicalmonitoring.com
- LIFE ALARM SERVICES**(800) 780-5433
www.life-alarm.org
- LIFE ALERT EMERGENCY RESPONSES**(800) 920-3410
www.lifealert.com
- LIFEFONE**(888) 687-0451
www.lifefone.com

Lifeline of Colorado Springs (719) 522-9779



Philips Lifeline is the #1 **medical alert device** in the U.S. and is recommended by over 200,000 healthcare professionals. With its one of a kind AutoAlert **fall detection feature**, it automatically calls for help if a fall is detected even if you are unable to respond or push your button, whether you are **at home or on the go**. So you never have to worry about being alone.



LIFELINE OF COLORADO SPRINGS.....(719) 522-9779

Medical alarm service.

www.srda.org

MEDICALERT FOUNDATION INTERNATIONAL(800) 432-5378

2323 Colorado Avenue, Turlock, CA 95382

Engraved medical bracelets.

www.medicalert.org

SENIOR SERVICE ORGANIZATIONS

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

AARP-COLORADO(866) 554-5376

303 E17th Ave, #510, Denver, CO 80203

www.aarp.org/co

AARP-NATIONAL(888) 687-2277

601 E St NW, Washington, DC 20049

www.aarp.org

- ASPEN MINE CENTER..... (719) 689-3584 x118**
 166 E Bennett Ave, Cripple Creek, CO 80813
www.aspenminecenter.org
- COLORADO SPRINGS SENIOR CENTER.....(719) 955-3400**
 1514 N Hancock Ave (80903)
www.csseniorcenter.com
- FALCON SENIOR SERVICES(719) 330-5994**
- FOUNTAIN VALLEY SENIOR SERVICES.....(719) 520-6470**
 5745 Southmoor Dr, Fountain, CO 80817
<http://dhs.elpasoco.com>
- MOUNTAIN COMMUNITY SENIOR SERVICES(719) 488-0076**
 PO Box 502, Palmer Lake, CO 80133
 Social and medical transportation available to those 60+ in Tri-Lakes/northwest El Paso County and handyman services.
www.coloradoseniorhelp.com
- MOUNTAIN RESOURCE CENTER(303) 838-7552**
 11030 Kitty Dr, Conifer, CO 80433.....(303) 838-7552 x20
www.mrcco.org
- PARK COUNTY SENIOR COALITION(719) 836-4295**
 825 Clark St, Fairplay, CO 80440
ww.parkcoseniors.org
- SENIOR INFORMATION & ASSISTANCE, PPACG AAA(719) 471-2096**
 14 S Chestnut St (80905)
 Provides programs and services for older adults and their caregivers; advocates for senior services. Information and referral services for seniors.
www.ppacg.org/aging
- SENIORS' RESOURCE CENTER (THE YELLOW HOUSE).....(303) 679-2552**
 5120 Hwy 73, Evergreen, CO 80439..... (303) 674-2843
www.srcaging.org/src-evergreen
- SILVER KEY SENIOR SERVICES.....(719) 884-2300**
 1625 S Murray Blvd (80916)
 Supportive and advocacy services.
www.silverkey.org
- SOUTH PARK SENIOR CENTER.....(719) 836-1455**
 296 6th St, Fairplay, CO 80440

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

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

VILLAGE ABOVE THE CLOUDS(719) 600-8795
PO Box 303, Woodland Park, CO 80866
Assistance for seniors that focuses on help around the home, personal transportation and help with technology.
www.villageabovetheclouds.org

SUBSTANCE ABUSE/BEHAVIORAL HEALTH

Over 22% of the adult population in the United States is affected by substance abuse or a mental health issue. The number of older adults affected by these issues continue to grow each year, and learning to recognize the signs and symptoms of these disorders can be difficult.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

- PEAK VISTA COMMUNITY HEALTH CENTERS.....(719) 632-5700**
 3205 N Academy Blvd, #130 (80917)
www.peakvista.org
- PURA VIDA COUNSELING.....(719) 839-0839**
 295 5th St, Fairplay, CO 80440
www.puravidacounseling.com
- THE RIEGEL CENTER.....(719) 776-6850**
 2925 Professional Place, #101 (80904)
 Licensed facility treating alcohol and drug problems.
www.penrosetfrancis.org
- SALVATION ARMY FAMILY SERVICES(719) 636-3891**
 908 Yuma St (80909)
www.tsacs.org
- SENIORS' RESOURCE CENTER (THE YELLOW HOUSE).....(303) 674-2843**
 5120 Hwy 73, Evergreen, CO 80439
 Jefferson Co Senior Reach Mental health outreach..... (866) 217-5808
www.srcaging.org/src-evergreen
- SILVER KEY SOS.....(719) 884-2345**
 El Paso and Teller counties.
www.silverkey.org
- SPRINGS RESCUE MISSION(719) 632-1822**
 15 E Las Vegas St (80903)
www.springsrescuemission.org
- SUICIDE PREVENTION PARTNERSHIP.....(888) 885-1222**
 704 N Tejon St (80903)..... (719) 573-7447
www.pikespeaksuicideprevention.org
- UCCS AGING CENTER.....(719) 255-8002**
 4863 N Nevada Ave, #321 (80918)
 Assessment and treatment services to individuals 55+.
www.uccs.edu/agingcenter
- VETERAN'S CRISIS LINE.....(800) 273-8255**
www.veteranscrisisline.net

SUPPORT GROUPS

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

AL-ANON AND ALATEEN(719) 632-0063

3595 E Fountain Blvd, #120 (80910)

www.al-anon-co.org

ALCOHOLICS ANONYMOUS OF COLORADO SPRINGS(719) 573-5020

1353 S 8th St, #209 (80905)

www.coloradospringsaa.org

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

10855 Dover St, #500, Westminster, CO 80021

Local support group (719) 481-1906

www.alsaco.org

ALZHEIMERS AND DEMENTIA SUPPORT GROUPS(800) 272-3900

2315 Bott Ave (80904)

www.alz.org/co

AMERICAN CANCER SOCIETY(800) 227-2345

1445 N Union Blvd, #B100 (80909) (719) 630-4982

www.cancer.org

AMERICAN DIABETES ASSOCIATION(800) 342-2383

2451 Crystal Dr, #900, Alexandria, VA 22202

www.diabetes.org

AMERICAN LUNG ASSOCIATION IN COLORADO(800) 586-4872

5600 Greenwood Plaza Blvd, Greenwood Village, CO 80111 (303) 388-4327

www.lung.org/associations/states/colorado

ARTHRITIS FOUNDATION, ROCKY MOUNTAIN CHAPTER(720) 758-9827

2280 S Albion St, Denver, CO 80222

www.arthritis.org/colorado

CENTRO DE LA FAMILIA(719) 227-9170

1287 Lake Plaza Dr (80906)

Provides an array of services to the Hispanic/Latino populations.

www.elcentrodelafamilia.org

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

1322 N Academy Blvd, #115 (80909)

www.cpappr.org

- COLORADO PARKINSON FOUNDATION(719) 884-0103**
 1155 Kelly Johnson Blvd, #111 (80920)
www.co-parkinson.org
- DIABETES SUPPORT GROUP(719) 884-6145**
 219 E Bijou St (80903)
 Located at First Presbyterian Church.
www.first-pres.org
- ELLA MAE BRANSOM SICKLE CELL ASSOCIATION(719) 602-1961**
www.sicklecelldisease.org
- FAMILY CAREGIVER SUPPORT CENTER, PPACG AAA.....(719) 471-2096 x115**
 14 S Chestnut St (80905).....(719) 886-7526
www.ppacg.org/aging
- GRANDPARENTS RAISING GRDKIDS SUPPORT GROUP (719) 884-6145**
 219 E Bijou St (80903)(719) 578-8007
 Located at First Presbyterian Church, mentoring and support.
www.first-pres.org
- GRIEF SHARE(719) 599-8652**
 290 E Woodmen Rd (80919)(719) 388-4974
 Located at Woodmen Valley Chapel.
www.woodmenvalley.org
- GRIEF WORKSHOP(719) 884-6145**
 219 E Bijou St (80903)
 Located at First Presbyterian Church.
www.first-pres.org
- INN-SIGHT LOW VISION SUPPORT GROUP(719) 591-0862**
 2520 International Cir (80910)
- MENDING BROKEN HEARTS DIVORCE SUPPORT(719) 884-6145**
 219 E Bijou St (80903)
 Located at First Presbyterian Church.
www.first-pres.org
- MULTIPLE SCLEROSIS (MS) SOCIETY(800) 344-4867**
 611 N Weber St, #101 (80903)(719) 634-2984
www.curemsco-wy.org
- MULTIPLE SCLEROSIS ALLIANCE(719) 633-4603**
 1322 N Academy Blvd, #119 (80909)
www.msasoco.org
- MYASTHENIA GRAVIS ASSOCIATION OF COLORADO(303) 360-7080**
www.4-mga.org

PARKINSON'S SUPPORT GROUP(719) 884-6145
219 E Bijou St (80903) (719) 495-1853
Located at First Presbyterian Church.
www.first-pres.org

PIKES PEAK OSTOMY ASSOCIATION(719) 338-6218
www.pikespeakostomy.com

POLIO SURVIVORS SUPPORT GROUP.....(763) 377-2287
4125 Center Park Dr (80916)
www.coloradopolio.org/support-groups

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

TRANSPORTATION

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

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

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

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

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

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

ENVIDA (FORMERLY AMBLICAB) (719) 633-4677
5640 N Academy Blvd (80918)
www.amblicab.org

FALCON SENIOR SERVICES (719) 330-5994

FOUNTAIN VALLEY SENIOR SERVICES.....(719) 520-6472

5745 Southmoor Dr, Fountain, CO 80817 (719) 520-6470

For those 60+ who live in southern and eastern El Paso County.

<http://dhs.elpasoco.com>

MED COACH(800) 247-3671

12075 A 34th St N, St. Petersburg, FL 33716

Provides nationwide, long-distance, non-emergency patient transfers.

www.usamedcoach.com

MOUNTAIN COMMUNITY SENIOR SERVICES(719) 488-0076

PO Box 502, Palmer Lake, CO 80133

Social and medical transportation available to those 60+ in Tri-Lakes/northwest El Paso County only.

www.coloradoseniorhelp.com/Transportation

MOUNTAIN METRO MOBILITY.....(719) 392-2396

1015 Transit Dr (80903)

Special vans for disabled people who are unable to use fixed transit services.

www.coloradosprings.gov/mountain-metro

MOUNTAIN METRO RIDES.....(719) 385-7433

1015 Transit Dr (80903)

Coordination of carpools.

<http://transit.coloradosprings.gov>

MOUNTAIN METRO TRANSIT PUBLIC BUS SYSTEM(719) 385-7433

1015 Transit Dr (80903)..... (719) 385-5974

Schedules and passes.

www.mmtransit.com

ONE RIDE.....(719) 663-7433 (RIDE)

“One Call Does It All” transportation connection for the Pikes Peak region.

www.coloradosprings.gov/my1ride

PARK COUNTY SENIOR COALITION(719) 836-4295

825 Clark St, Fairplay, CO 80440

www.parkcoseniors.org

PERFORMANCE MOBILITY(719) 590-1400

6285 Corporate Dr (80919)

Builds, sells, services and rents custom vans or minivans.

www.performancemobility.com

- ROCKY MOUNTAIN MOBILE MEDICAL.....(719) 362-8000**
 5055 Mark Dabling Blvd (80918)
 Medical transport services to El Paso and Pueblo counties.
www.rockymountainambulance.com
- SILVER KEY SENIOR SERVICES.....(719) 884-2380**
 1625 S Murray Blvd (80916)
www.silverkey.org
- SPRINGS CAB..... (719) 444-8686**
 2220 E Bijou St, #209 (80909) (719) 444-8989
www.springscabllc.com
- TELLER CAB (719) 687-8222**
 PO Box 2083, Woodland Park, CO 80866
www.tellercab.com/services
- TELLER SENIOR COALITION(719) 687-3330**
 750 E Hwy 24, Bldg 2, #100, Woodland Park, CO 80866
www.tellerseniorcoalition.org
- TRANSIT RIDERS SENIOR AMBASSADOR.....(719) 385-7433**
 Mountain Metropolitan Transit one-on-one training for new public bus riders
 60+ of age.
<https://transit.coloradosprings.gov/mountain-metro>
- TRANSIT TO CARE(719) 644-6005**
 2860 S Circle Dr, #350 (80906)
 Non emergency medical transportation.
www.transit2care.com
- TRANSPORTATION SECURITY ADMINISTRATION (TSA)(855) 787-2227**
 Provides information for passengers with disabilities/medical conditions before
 flying.
www.tsa.gov/travel/passenger-support
- WHEELCHAIR GETAWAYS OF COLORADO(800) 238-6920**
 PO Box 621429, Littleton, CO 80162..... (303) 674-1498
 Rental of wheelchair- and scooter-accessible vans.
www.wheelchairgetaways.com
- ZTRIP OF COLORADO SPRINGS(FORMERLY YELLOW CAB).....(719) 777-7777**
 4625 Town Center Dr (80916)..... (719) 550-9300
 Traditional taxi and app-based ride service.
www.yccos.com or www.ztrip

MEDICAL HOME HEALTH AGENCIES These agencies provide in-home skilled services including: nursing, speech, physical and occupational therapy, and medical social work. More information is available at www.cdph.state.co.us . Persons needing financial assistance for healthcare should contact the Department of Human Services at 719-636-0000.	SEE AD ON PAGE	24 HR/7 DAY INTAKES	24-HOUR CARE	MENTAL HEALTH SERVICES	
A CARING HEART HOME HEALTH 2140 Hollowbrook Dr, #200 80918 (719) 505-1010		●			
ABODE HOME HEALTH 1980 Dominion Way, #101 80918 (719) 358-6604					
AMAZING CARE HOME HEALTH 5755 Mark Dabling Blvd, #120 80919 (719) 219-0691					
AT HOME HEALTH CARE 75 Printers Parkway, #105 80910 (719) 227-8624		●			
BAYADA HOME CARE 5350 Tomah Dr, #2100 80918 (719) 598-9100					
BENEFIT HOME HEALTH CARE 5426 N Academy Blvd, #200 80918 (719) 532-1100					
BRIDGES COMMUNITY HOME CARE 2950 Professional Pl, #201 80904 (719) 596-5001					
BRIGHTSTAR CARE 3730 Sinton Rd, #200 80907 (719) 264-8800		●	●		
BROOKDALE HOME HEALTH 5600 Quebec St, #300A, Denver 80111 (877) 312-6614					
CENTURA HEALTH AT HOME 7015 Tall Oak Dr 80919 (719) 776-7500					
COACH HOME HEALTH 1900 E Pikes Peak, #5 80909 (719) 391-4444					
COMFORT KEEPERS 5390 N Academy Blvd, #230 80918 (719) 522-9100	96	●	●		
COMPLETE HOME HEALTH CARE 3225 Austin Bluffs Pkwy, #200 80918 (719) 599-7902					

	REHAB THERAPY	ALSO DOES NON-MEDICAL HOME CARE	MEDICARE CERTIFIED	MEDICAID CERTIFIED	VA CERTIFIED	HCBS CERTIFIED	ACCEPTS OTHER INSURANCE	ACCEPTS PRIVATE PAY	SERVES EL PASO CO	SERVES TELLER CO	SERVES PARK CO
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MEDICAL HOME HEALTH AGENCIES These agencies provide in-home skilled services including: nursing, speech, physical and occupational therapy, and medical social work. More information is available at www.cdphe.state.co.us . Persons needing financial assistance for healthcare should contact the Department of Human Services at 719-636-0000.	SEE AD ON PAGE	24 HR/7 DAY INTAKES	24-HOUR CARE	MENTAL HEALTH SERVICES	
ENCOMPASS HOME HEALTH 910 Pinon Ranch View, #211 80907 (719) 265-6931					
FIRST CLASS HOME CARE 6165 Lehman Drive, #102 80918 (719) 428-3268					
HUMAN TOUCH HOME HEALTH 1160 Lake Plaza Dr, #100 80906 (719) 635-2003					
INDEPENDENCE CENTER, THE 729 S Tejon St 80903 (719) 471-8181					
INTERIM HEALTHCARE OF S E COLORADO 1901 N Union Blvd, #202 80909 (719) 632-9900					
KINDRED AT HOME 5755 Mark Dabling Blvd, #325 80919 (719) 531-9585					
MAXIM HEALTHCARE SERVICES 630 Southpointe Ct, #105 80906 (719) 538-5600				●	
MGA HOME HEALTHCARE (719) 476-0200 1355 Garden of the Gods Rd, #130 80907				●	
MT EVANS HOME HEALTH CARE HOSPICE 3081 Bergen Peak Dr, Evergreen, 80439 (303) 674-6400		●			
NURSE NEXT DOOR 2606 Palmer Park 80909 (719) 368-1695		●	●		
NURSECORE 5043 N Academy Blvd 80918 (719) 262-0300		●		●	
OPTIMAL HOME CARE 4380 S Syracuse, #600, Denver 80237 (719) 452-8457				●	
PRIMARY HOME HEALTH CARE 111 E Polk St 80907 (719) 577-4272					

	REHAB THERAPY	ALSO DOES NON-MEDICAL HOME CARE	MEDICARE CERTIFIED	MEDICAID CERTIFIED	VA CERTIFIED	HCBS CERTIFIED	ACCEPTS OTHER INSURANCE	ACCEPTS PRIVATE PAY	SERVES EL PASO CO	SERVES TELLER CO	SERVES PARK CO
	●		●	●			●		●	●	
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MEDICAL HOME HEALTH AGENCIES	SEE AD ON PAGE	24 HR/7 DAY INTAKES	24-HOUR CARE	MENTAL HEALTH SERVICES
PROFESSIONAL HOME HEALTH CARE 1040 S 8th St, #201 80905 (719) 532-0373				
PROSPECT HOME CARE & HOSPICE (719) 687-0549 16222 W Hwy 24, #120, Woodland Park 80863		●		
RIGHT AT HOME (719) 634-4999 1902 E Boulder St 80909		●	●	
ROCKY MOUNTAIN PACE 2502 E Pikes Peak (719) 314-2327	7		●	
SUMMIT HOME HEALTH CARE 1160 Lake Plaza Dr, #255 80906 (719) 533-0084		●		
TEAM SELECT HOME CARE (719)277-6647 1125 Kelly Johnson Blvd, #130 80920				
VOYAGER HOME HEALTH CARE 8011 Ferncliff Drive 80920 (719) 722-4516				
YOUR LIFE YOUR WAY (719) 785-9294 1460 W Garden of the Gods Rd 80907	100		●	

Network of Care

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and Caregivers in the Pikes Peak Region

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www.pikespeak.co.networkofcare.org/aging



Pikes Peak Area
Council of Governments
Communities Working Together

AREA AGENCY ON AGING



	REHAB THERAPY	ALSO DOES NON-MEDICAL HOME CARE	MEDICARE CERTIFIED	MEDICAID CERTIFIED	VA CERTIFIED	HCBS CERTIFIED	ACCEPTS OTHER INSURANCE	ACCEPTS PRIVATE PAY	SERVES EL PASO CO	SERVES TELLER CO	SERVES PARK CO
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Pikes Peak Area
Council of Governments
Communities Working Together

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

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

PPACG Members

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

www.ppacg.org

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

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NON-MEDICAL HOME CARE AGENCIES These agencies provide in-home non-skilled services including: homemaking, personal care, companionship, errands, light meal preparation and transportation. More information is available at www.cdph.state.co.us . Persons needing financial assistance for healthcare should contact the Department of Human Services at 719-636-0000	SEE AD ON PAGE	NO HOURLY MINIMUM	24 HR/7 DAY INTAKES	24-HOUR CARE	
AC HOME HEALTH CARE 4753 N Academy Blvd 80918 (719) 590-9510			●	●	
ADEN HOME CARE 5875 Lehman Blvd 80918 (719) 459-7976		●	●	●	
ALL CARE AT HOME 601 Del Norte St, Fountain 80817 (719) 494-3766				●	
ALWAYS THERE HOME CARE 2930 Austin Bluffs Pkwy, #305 80918 (719) 418-5567			●	●	
AMADA SENIOR CARE (719) 377-9120 1824 Woodmoor Dr, #203, Monument 80132	Inside Front Cover		●	●	
BENEFIT BY YOUR SIDE 5426 N Academy, #200 80918 (719) 532-1100		●			
BEO PERSONAL CARE 5055 Mark Dabling Dr 80918 (719) 385-0200				●	
BRIGHTSTAR CARE 3730 Sinton Rd, #200 80907 (719) 264-8800		●	●	●	
COACH HOMECARE AND TRANSPORT 1900 E Pikes Peak, #4 80909 (719) 391-4444			●	●	
COLORADO CAREASSIST 1641 Golf Peak Court 80921 (719) 428-3999			●	●	
COMFORT KEEPERS 5540 N Academy Blvd, #210 80918 (719) 522-9100	96	●	●	●	
COMPLETE HOME HEALTH CARE 3225 Austin Bluffs Pkwy, #200 80918 (719) 599-7902		●			
ELEMENT HOME CARE (719) 900-8820 2480 Waynoka Rd, #214 80915			●	●	

	PERSONAL CARE, BATHING, DRESSING	HOMEMAKING	COMPANIONSHIP	PERSONAL TRANSPORTATION	ERRANDS	ALSO DOES MEDICAL HOME HEALTH	MEDICAID / HCBS CERTIFIED	SERVES EL PASO COUNTY	SERVES TELLER COUNTY	SERVES PARK COUNTY
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NON-MEDICAL HOME CARE AGENCIES

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

SEE AD ON PAGE	NO HOURLY MINIMUM	24 HR/7 DAY INTAKES	24-HOUR CARE
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ENVIDA HOME SERVICES

5640 N Academy Blvd 8091 (719) 205-9027

FIRSTLIGHT HOME CARE

4445 Northpark Dr, #100 80907 (719) 424-5345

FRONTIER HOME HEALTH CARE

4718 N Elizabeth, #A, Pueblo 81008 (719) 544-5891

GENTLE SHEPHERD HOME CARE

1880 Office Club Pointe 80920 (719) 359-8371

GOLDEN HEART SENIOR CARE

5590 W Maplewood Pl, Littleton 80123 (303) 835-3423

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	PERSONAL CARE, BATHING, DRESSING	HOMEMAKING	COMPANIONSHIP	PERSONAL TRANSPORTATION	ERRANDS	ALSO DOES MEDICAL HOME HEALTH	MEDICAID / HCBS CERTIFIED	SERVES EL PASO COUNTY	SERVES TELLER COUNTY	SERVES PARK COUNTY
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- ◆ Medication Reminders
- ◆ Laundry
- ◆ 24-hours Care
- ◆ Light Housekeeping
- ◆ Toileting
- ◆ Hourly Care
- ◆ Transportation
- ◆ Pet Care



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Home Care**

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NON-MEDICAL HOME CARE AGENCIES These agencies provide in-home non-skilled services including: homemaking, personal care, companionship, errands, light meal preparation and transportation. More information is available at www.cdphs.state.co.us . Persons needing financial assistance for healthcare should contact the Department of Human Services at 719-636-0000.	SEE AD ON PAGE	NO HOURLY MINIMUM	24 HR/7 DAY INTAKES	24-HOUR CARE	
GOODLIFE SENIOR CARE 6455 N Union Blvd, #100-C 80918 (719) 266-4799			●	●	
GRISWOLD HOME CARE 14960 Woodcarver Rd, #122 80918 (719) 418-5908		●	●	●	
HEARTFELT CARE AT HOME 1755 Telstar Drive, #300 80920 (719) 362-0094		●	●	●	
HOME CARE ASSISTANCE OF EL PASO CO 13395 Voyager Pkwy, #120 80921 (719) 822-1229			●	●	
HOME HELPERS OF COLORADO SPRINGS 3472 Research Pkwy, #104-202 80920 (719) 487-9919		●		●	
HOME INSTEAD SENIOR CARE 1955 N Union Blvd 80909 (719) 534-0908	93		●	●	
HUMAN TOUCH UNSKILLED SERVICES 1160 Lake Plaza Drive, #105 80906 (719) 635-2003		●			
INDEPENDENCE CENTER, THE 729 S Tejon 80903 (719) 471-8181		●			
INNOVAGE HOME CARE 401 W Northern Ave, Pueblo 81004 (719) 553-0478			●	●	
INTERIM HEALTHCARE OF SE COLORADO 1901 N Union, #202 80909 (719) 632-9594		●			
KIND HEART HOME HEALTH CARE 6170 Lehman Dr 80918 (719) 622-1708		●		●	
MOUNTAIN HOME CARE 2220 E Bijou St, #203 80909 (719) 634-7766		●			
MOUNTAIN VIEW HOME CARE 3724 West Quiet Circle 80917 (719) 452-0151					

NON-MEDICAL HOME CARE AGENCIES

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

SEE AD ON PAGE

NO HOURLY MINIMUM

24 HR/7 DAY INTAKES

24-HOUR CARE

OPTIMAL HOME CARE

4380 S Syracuse St, #600 Denver 80237 (719) 452-8457

PREFERRED CARE AT HOME

PO Box 62968, Black Forest 80962 (719) 476-0130

PREMIER HOME CARE

301 Highway 24 N, Buena Vista 81211 (719) 395-3124

PRIMARY HOME HEALTH CARE

1120 N Circle Dr, #15 80909 (719) 577-4272

PROFESSIONAL HOME HEALTH CARE

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

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5446 N Academy Blvd, #203 80918 (719) 634-4999



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Ombudsman Program

Pikes Peak Area Agency on Aging

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

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

719-471-2096



NON-MEDICAL HOME CARE AGENCIES		SEE AD ON PAGE	NO HOURLY MINIMUM	24 HR/7 DAY INTAKES	24-HOUR CARE
SAGES ELDER CARE 6584 Bull Hill Ct 80919	(719) 393-3580				
SENIORS HELPING SENIORS 17030 Viscount Court, Monument 80132	(719) 629-7725			●	●
STATEWIDE HEALTH CARE 2130 S Academy Blvd 80916	(719) 434-1513		●	●	●
SYNERGY HOME CARE 4740 Flintridge, #205 80918	(719) 203-5848	92	●	●	●
TOUCH OF CARE 7405 W Hwy 50, #120, Salida 81201	(719) 539-4090		●	●	●
UMBRELLA HOME HEALTH CARE 25 N Wahsatch Ave, #203A 80903	(719) 473-6599		●	●	●
VISITING ANGELS LIVING ASSIST. SERVICES 3720 Sinton Rd, #202 80907	(719) 282-0180		●	●	●
YOUR LIFE YOUR WAY HOME CARE 1460 Garden of the Gods Rd 80907	(719) 381-9468	100	●		●



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

719.633.3400

pikespeakhospice.org

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

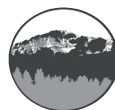
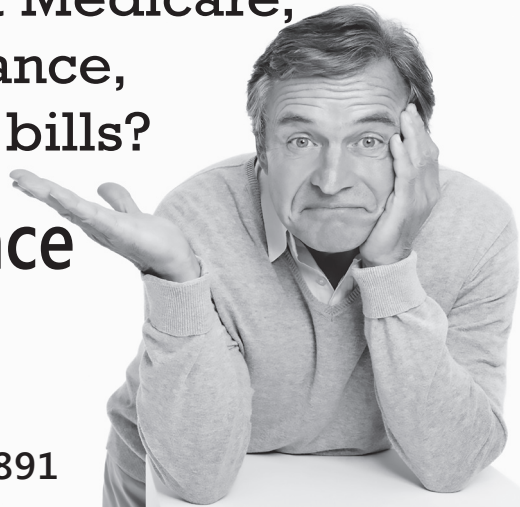
• PALLIATIVE CARE • HOSPICE • GRIEF SUPPORT

	PERSONAL CARE, BATHING, DRESSING	HOMEMAKING	COMPANIONSHIP	PERSONAL TRANSPORTATION	ERRANDS	ALSO DOES MEDICAL HOME HEALTH	MEDICAID / HCBS CERTIFIED	SERVES EL PASO COUNTY	SERVES TELLER COUNTY	SERVES PARK COUNTY
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health insurance,
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Pikes Peak Area
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Communities Working Together

HOSPICE CARE

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

ABODE HOSPICE

1980 Dominion Way, #101 80918

(719) 358-6428

BROOKDALE HOSPICE

7222 Commerce Center Drive, #140 80919

(719) 268-2582

COMPASSUS HOSPICE & PALLIATIVE CARE

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(719) 226-0091

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1439 Main St, Canon City 81212

(719) 275-4315

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(877) 544-5891

INTERIM HEALTHCARE HOSPICE

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(719) 314-4868

KINDRED HOSPICE

5755 Mark Dabling Blvd, #375 80919

(719) 573-4166

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3081 Bergen Peak Dr, Evergreen 80439

(303) 674-6400

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1524 N Hancock 80903

(719) 330-6652

PIKES PEAK HOSPICE & PALLIATIVE CARE

2550 Tenderfoot Hill St 80906

(719) 633-3400

PROSPECT HOME CARE & HOSPICE

16222 W Hwy 24, #120, Woodland Park 80863

(719) 687-0549

SUNCREST HOSPICE

7660 Goddard St, #100 80920

(719) 434-1773

VERACARE HOSPICE

5525 Erindale Drive, #120 80918

(719) 419-5595

	SEE AD ON PAGE	MEDICAID CERTIFIED	SERVES EL PASO CO	SERVES TELLER CO	SERVES PARK CO
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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.

	Independent Living No state license required	Retirement Community No state license required	
Level of Care Profile	Covers a broad range of housing options (i.e., residential houses, apartments, condominiums, townhouses, subsidized senior housing, etc.) for older persons who are functionally and socially independent.	Provides a living arrangement which integrates shelter and some services for older persons who do not need 24 hour protective oversight.	
Primary Services	<p align="center">-A-</p> <ul style="list-style-type: none"> • Age-segregated buildings • Environmental security • Possible coordination of resident services, i.e., transportation, activities, housekeeping, etc. • OR no services are available 	<p align="center">-B-</p> <p>"A" services, plus:</p> <ul style="list-style-type: none"> • Meals (1-3 per day) • Transportation • Activities • Housekeeping assistance • Assistance with coordination of community-based services 	

RESIDENTIAL FUNCTIONAL ASSESSMENT CRITERIA

	Independent Living	Retirement Community	
Mobility	Capable of moving about independently. Able to seek and follow directions. Able to evacuate independently in emergency OR ambulatory with cane or walker Independent with wheelchair but needs help in an emergency.	Capable of moving about independently. Able to seek and follow directions. Able to evacuate independently in emergency OR ambulatory with cane or walker. Independent with wheelchair but may need help in an emergency.	

*This continuum has been prepared by Age of America Associates, Inc.,
StevBender@aol.com.*

	Assisted Living State license required	Nursing Facility State license required
	Provides a living arrangement which integrates shelter and services for frailer older persons who are functionally and/or socially impaired and may need 24 hour protective oversight	Provides a living arrangement which integrates shelter with medical, nursing, psychosocial and rehabilitation services for older persons who require 24 hour nursing supervision.
	<p align="center">-C-</p> "A & B" services, plus: <ul style="list-style-type: none"> • Assistance with activities of daily living • Medication monitoring • 24-hour protective oversight • LPN/RN & social services are increasingly becoming available • Secure (dementia) environments may be available 	<p align="center">-D-</p> "A, B & C" services, plus: <ul style="list-style-type: none"> • all medication administration • 24-hour nursing supervision • Secure environments (dementia) may be available • Physical therapies & rehabilitation services

	Assisted Living	Nursing Facility
	Mobile but may require escort/ assistance due to confusion, poor vision, weakness, or poor motivation OR requires occasional assistance to move about but usually is independent with an assistive device.	May require assistance with transfers from bed, chair, toilet OR requires transfer and transport assistance OR requires turning and positioning in bed and wheelchair.

	Independent Living	Retirement Community	
Nutrition	Able to prepare own meals. Eats meals without assistance.	Able to prepare own meals. Eats meals without assistance. Generally a minimum of one meal a day is available and may be included in monthly rent..	
Hygiene	Independent in all care including bathing and personal laundry.	Independent in all personal care including bathing and personal laundry.	
Housekeeping	Independent in performing housekeeping functions (includes making bed, vacuuming, cleaning and laundry).	Independent in performing housekeeping functions (includes making bed, vacuuming, cleaning and laundry) OR may need assistance with heavy housekeeping, vacuuming, laundry and linens.	
Dressing	Independent and dresses appropriately.	Independent and dresses appropriately.	
Toileting	Independent and completely continent.	Independent and completely continent OR may have incontinence, colostomy or catheter, but independent in caring for self through proper use of supplies.	
Medications	Responsible for self administration of all medications.	Responsible for self administration of all medications OR may arrange for family or home health agency to establish a medication administration system.	

	Assisted Living	Nursing Facility
	All meals & snacks provided. May require reminders or assistance getting to dining room. May require minimal assistance, i.e. opening cartons or other packages, cutting food, or preparing trays.	May be unable or unwilling to go to dining room. May be dependent on staff for eating/feeding needs OR totally dependent on staff for nourishment (includes reminders to eat and/or feeding).
	May require assistance with bathing or hygiene OR may require assistance, initiation, structure or reminders. Resident may be able to complete some tasks	May be dependent on staff for all personal hygiene.
	Housekeeping and laundry services provided.	Housekeeping and laundry services provided.
	May require occasional assistance with shoe laces, zippers, etc., and/or medical appliances or garments OR may require reminders, initiation or motivation. Resident may be able to complete tasks.	May be dependent on staff for dressing.
	Same as 'Retirement Community'. May have occasional problem with incontinence, colostomy, or catheter. May require assistance in caring for self through proper use of supplies.	May have problem with incontinence, colostomy, catheter and requires assistance OR may be dependent and unable to communicate toileting needs.
	May be able to self-administer medications OR certified facility staff administer meds OR facility staffed by RN/LPN administer medications.	Medications administered by licensed or certified personnel.

	Independent Living	Retirement Community	
Mental Status	Oriented to person, place and time AND memory is intact, but has occasional forgetfulness without consistent pattern of memory loss AND able to reason, plan, and organize daily events. Mental capability to identify environmental needs and meet them.	Oriented to person, place and time AND memory is intact, but has occasional forgetfulness without consistent pattern of memory loss AND able to reason, plan, and organize daily events. Mental capability to identify environmental needs and meet them.	
Behavioral Status	Deals appropriately with emotions and uses available resources to cope with inner stress AND deals appropriately with other residents and staff.	Deals appropriately with emotions and uses available resources to cope with inner stress AND deals appropriately with other residents and staff OR may require periodic intervention from staff to resolve conflicts with others in order to cope with situational stress.	

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?

Assisted Living	Nursing Facility
<p>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.</p>	<p>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.</p>
<p>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.</p>	<p>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</p>

- Are there extra charges such as a pet fee, security deposit, application fee, late charge?
- What is required for deposit refund?
- Do you offer discounts?
- What is the lease term?
- Do you have a pool and/or exercise room?
- What are the laundry facilities like?
- What is the neighborhood like?
- Where is the closest bus stop?
- Where is the closest grocery store, park, senior center and hospital?
- What could cause me to be asked to move out?
- Who would determine that and what is my recourse?
- What is the complaint and grievance procedure?
- Is there handicapped access to all parts of the property?

SENIOR APARTMENTS Apartments are for those who are able to live without assistance. Apartments listed generally have a high percentage of seniors. Those apartments marked as "affordable" may offer subsidized and/or reduced rent. The reduced rent may be the Section 8 Housing Choice Voucher Program, Low Income Tax Credit, Public Housing, below Fair Market Rent rates or other subsidies. Please check with each unit for details on rent and amenities. Rates are subject to change.	SEE AD ON PAGE	#OF UNITS	
ARCADIA PLAZA APARTMENTS 3128 N Arcadia St 80907 (719) 632-5738		26	
BELCARO, THE 3475 American Dr 80917 (719) 380-9222		112	
BUNNELL APARTMENTS 3933 E San Miguel St 80909 (719) 637-1856		16	
EMERALD TOWERS 107 W Cheyenne Rd 80906 (719) 635-3272		73	
FIFTY-FIVE PLUS APARTMENTS 825 S Union Blvd 80910 (719) 578-0581		60	
FOUNTAIN GARDEN APARTMENTS 3165 E Fountain Blvd 80910 (719) 632-2155		55	
FOUNTAIN OAKS 2610 E Fountain Blvd 80910 (719) 418-6835		59	
GRINDE MANOR 906 Grinde Dr, Fountain 80817 (719) 382-5639		40	
HATLER-MAY VILLAGE 2842 Vickers Drive 80918 (719) 354-4743		76	
LAKEVIEW APARTMENTS 610 & 710 S Union Blvd 80910 (719) 475-0129		62	
LAUREL GARDENS 3140 Mallard Dr 80910 (719) 227-7162		50	
MAYFAIR APARTMENTS 118-120 E Platte Ave 80903 (719) 475-0129		52	
MYRON STRATTON (CENTENNIAL APARTMENTS) 2525 Hwy 115 S 80906 (719) 540-3100		40	
PIKES PEAK TOWERS 1912 Eastlake Blvd 80910 (719) 632-1556		145	

	AFFORDABLE/ SUBSIDIZED	UTILITIES PAID	ON-SITE MEAL	LAUNDRY FACILITIES	GROUND LEVEL OR ELEVATORS	PETS ACCEPTED	WITHIN 3/4 MILE OF BUS ROUTE
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SENIOR APARTMENTS Apartments are for those who are able to live without assistance. Apartments listed generally have a high percentage of seniors. Those apartments marked as “affordable” may offer subsidized and/or reduced rent. The reduced rent may be the Section 8 Housing Choice Voucher Program, Low Income Tax Credit, Public Housing, below Fair Market Rent rates or other subsidies. Please check with each unit for details on rent and amenities. Rates are subject to change.	SEE AD ON PAGE	# OF UNITS	
REGENCY TOWER APARTMENT HOMES 921 Greenstar Dr 80905 (719) 633-2121		124	
SIGNATURE AT PROMONTORY POINTE 50+ 380 N Limit St 80904 (719) 635-2240		93	
SILVERCREST I 904 Yuma St 80909 (719) 389-0329		49	
SILVERCREST II 824 Yuma St 80909 (719) 389-0329		49	
SILVERCREST VILLAS 406 Cheyenne St, Calhan 80808 (719) 347-2616		20	
TAMARAC APARTMENTS 750 E Cheyenne Rd 80905 (719) 520-9400		50	
VILLA AT SUNNY VISTA 2480 E Dale St 80909 (719) 635-9595		50	
VILLAGE AT HOMEWOOD POINTE, THE 907 E Colorado Ave 80903 (719) 630-2260		70	
VILLAGE AT THE BLUFFS 3495 American Dr 80917 (719) 550-8140		51	
VILLAS AT SOUTHGATE 1810 S Corona Ave 80905 (719) 632-7444		100	
<p>* Multiple low income and subsidized properties are operated by the Colorado Springs Housing Authority. Please call (719) 387-6700 or check www.csha.us for availability and more information</p> <p>The Fountain Housing Authority can be reached at (719)382-5630</p>			

	AFFORDABLE/ SUBSIDIZED	UTILITIES PAID	ON-SITE MEAL	LAUNDRY FACILITIES	GROUND LEVEL OR ELEVATORS	PETS ACCEPTED	WITHIN 3/4 MILE OF BUS ROUTE
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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.	SEE AD ON PAGE	#OF UNITS	MEALS PER DAY	EMERGENCY CALL SYSTEM	
BONAVENTURE OF COLORADO SPRINGS 9112 Grand Cordera Pkwy 80924 (719) 434-5230		80	3	●	
BROOKDALE SKYLINE 2365 Patriot Heights 80904 (719) 667-5360		350	3	●	
CHEYENNE PLACE 945 Tenderfoot Hill Rd 80906 (719) 576-2122		96	3	●	
INN AT GARDEN PLAZA, THE 2520 International Cir 80910 (719) 630-1155	121	150	3	●	
LIBERTY HEIGHTS RETIREMENT COMMUNITY 12105 Ambassador Dr 80921 (719) 481-9494		143	3	●	
MACKENZIE PLACE 1605 Elm Creek View 80907 (719) 633-8181		162	3	●	
MEDALION RETIREMENT COMMUNITY 1719 E Bijou St 80909 (719) 381-1000		60	3	●	
MYRON STRATTON HOME 2525 Hwy 115 S 80906 (719) 540-3111		67	3	●	
PALISADES AT BROADMOOR PARK 4547 Palisades Park View 80906 (719) 266-2229		51	2	●	
SUMMIT GLEN RETIREMENT LIVING 4825 Old Farm Dr 80917 (719) 380-1409		119	3	●	
SUNRIDGE INDEPENDENT RETIREMENT RESIDENCE 5820 Flintridge Dr 80918 (719) 590-1247		90	3	●	
VIEWPOINTE SENIOR RETIREMENT LIVING COMMUNITY 555 S Rockrimmon Blvd 80919 (719) 528-8000		44	3	●	
WINDSONG RETIREMENT COMMUNITY 5560 Library Ln 80918 (719) 590-9311	116	28	2	●	
WINSLOW COURT RETIREMENT COMMUNITY 3920 E San Miguel St 80909 (719) 597-1700		128	3	●	

	24-HOUR STAFF	TRANSPORTATION	PETS OK	NON-SMOKING	HOUSEKEEPING	ACTIVITY PROGRAM	POOL/FITNESS CENTER	FLOOR PLANS ST=studio, 1BR=one bedroom, 2BR=two bedroom, 3BR=three bedroom, PH=patio home
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Connor Maikranz, Senior Advisor

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Assisted Living Residences

Assisted living residences combine housing and general support services for residents that cannot live alone but do not require skilled nursing care. These facilities are licensed through the state health department; facilities that accept Medicaid are also licensed through a separate state agency. Any facility providing care to three or more unrelated individuals must be licensed. Assisted living residents require a referral and medication orders from a doctor.

Most ALRs provide housing, meals, snacks, laundry services, 24-hour staffing, activities, and certified medication administration. Optional services can include transportation, bathing, dressing, and special diets. Some facilities offer short-term “respite” care. Facility sizes can range from small private homes to multi-unit high-rise buildings. Rooms can be private or semi-private.

Many ALRs accept residents in the early stages of dementia or forgetfulness. Facilities identified as having a “secured dementia unit” have special requirements and provide a secured environment for residents that are at risk of wandering or may demonstrate challenging behaviors.

Assisted living residents vary in their conditions. Some have physical challenges such as balance, ambulation, hearing, or sight. Others may have mild cognitive challenges and need to be reminded about when to eat or take medications. They may require assistance with bathing, shopping, dressing, and daily activities.

Assisted living residences vary greatly, so take a complete tour and ask a lot of questions. Most importantly, READ EVERYTHING that you are asked to sign.

QUESTIONS TO ASK:

- Are the rooms private or semi-private?
- What do the monthly fees include: laundry, transportation, activities?
- Do they accept Medicaid?
- Do they have a secured dementia area?
- Do they allow pets?
- Do they allow smoking?
- Can they accommodate special diets?
- What types of personal care are provided (bathing, dressing, hair care)?
- Is nursing care available through the facility or an outside agency?
- What are the costs?
- How do they handle medical emergencies?

Concerns about care in assisted living residences can be referred to the Long-Term Care Ombudsman at 719-471-2096.

ASSISTED LIVING Assisted living residences provide meals, housing and support services for individuals who do not need skilled nursing care. Services may include personal care, medication administration, activities, and 24-hour supervision. Assisted Living facilities are licensed by the State of Colorado and more information may be found at www.colorado.gov/cdphe under health care facilities.	SEE AD ON PAGE	NUMBER OF UNITS	MONTHLY PRICE RANGE	
A COUNTRY CLUB ASSISTED LIVING 3205 Leslie Drive 80909 (719) 329-1203		8	\$3000+	
A DOCTOR'S TOUCH 1550 Hiawatha Drive 80915 (719) 638-8198		8	\$2200- \$4000	
A ROBIN'S NEST 3182 E Oak Creek Dr 80906 (719) 226-2941		6	\$3000- \$6000	
ASPEN, THE 107 Village Terrace, Woodland Park 80863 (719) 440-1194		24	Opening in 2018	
ASSISTED LIVING AT SPRING 1605 Jet Wing Dr 80916 (719) 635-4734		29	2500+	
BETHESDA GARDENS MONUMENT 55 Beacon Lite Rd, Monument 80132 (719) 247-4400		60	Call for rates	
BONAVENTURE OF COLORADO SPRINGS 9112 Grand Cordera Pkwy 80924 (719) 434-5230		69	\$2195+	
BRIDGE, THE 2494 International Cir 80910 (719) 630-3330	121	53	\$4000- \$5325	
BROADMOOR COURT 2045 Roanoke St 80906 (719) 471-2285		44	\$2545+	
BROOKDALE AT BEAR CREEK 1685 S 21st St 80904 (719) 329-1774		118	\$2500+	
BROOKDALE BRIARGATE 7560 Lexington Dr 80920 (719) 598-4200		37	\$3100- \$4020	
BROOKDALE BROADMOOR 615 Southpointe Ct 80906 (719) 579-5000		77	Call for rates	
BROOKDALE MONUMENT VALLEY PARK 10 W Monument St 80903 (719) 635-6300		63	\$2585- \$5170	
BROOKDALE PALMER PARK 2850 N Academy Blvd 80917 (719) 637-0877		60	\$2775- \$3550	

	MEDICAID CERTIFIED	RESPIRE CARE AVAILABLE	SECURED DEMENTIA CARE PROGRAM	MULTI-LEVEL COMMUNITY	SEMI-PRIVATE ROOMS AVAILABLE	ACCEPTS PETS	NON-SMOKING CAMPUS	TRANSPORTATION AVAILABLE
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ASSISTED LIVING Assisted living residences provide meals, housing and support services for individuals who do not need skilled nursing care. Services may include personal care, medication administration, activities, and 24-hour supervision. Assisted Living facilities are licensed by the State of Colorado and more information may be found at www.colorado.gov/cdphe under health care facilities.	SEE AD ON PAGE	NUMBER OF UNITS	MONTHLY PRICE RANGE
BROOKDALE SKYLINE 2365 Patriot Hgths 80904 (719) 667-5360		91	\$4080+
BROOKDALE VISTA GRANDE 2780 Vickers Dr 80918 (719) 598-0400		67	\$2800-\$4190
BROOKSIDE ASSISTED LIVING 225 W Brookside St 80905 (719) 632-6511		62	2650+
COLORADO CAREASSIST CASCADE HOME 2509 N Cascade Ave 80907 (719) 428-3999		8	\$4500-\$5550
COLORADO SPRINGS SENIOR HOMES 3102-3108 N Prospect St 80907 (719) 636-2731		36	\$2200-\$2600
CONSTANT CARE OF COLORADO SPRINGS I 11 Westmark Ave 80906 (719) 660-6826		8	\$2500-\$5000
CONSTANT CARE OF COLORADO SPRINGS II 8320 Sutterfield Dr 80920 (719) 660-6826		8	\$3000-\$5500
COUNTRY CLUB ASSISTED LIVING 3205 Leslie Drive 80909 (719) 329-1200		8	\$3000+
FREEDOM HOME ASSISTED LIVING 10080 Lexington Dr 80920 (720) 436-3995		8	\$4500-\$5500
GARDEN RANCH SENIOR CARE 5075 Saddle Dr 80918 (719) 260-9121		7	\$3000+
GENTLE CARE HOUSE 1335 Darby St 80907 (719) 522-1671		8	\$2300-\$3700
HEALTHCARE RESORT OF COLORADO SPRINGS 2818 Grand Vista Circle 80904 (719) 632-7000		28	\$3500+
HOME CARE AT POPA'S ASSISTED LIVING 9340 Burgess Rd 80908 (719) 330-6882		8	Call for rates
HOME CARE KETTLE'S ASSISTED LIVING 1929 Meyers Ave 80909 (719) 330-6882		8	Call for rates

	MEDICAID CERTIFIED	RESPIRE CARE AVAILABLE	SECURED DEMENTIA CARE PROGRAM	MULTI-LEVEL COMMUNITY	SEMI-PRIVATE ROOMS AVAILABLE	ACCEPTS PETS	NON-SMOKING CAMPUS	TRANSPORTATION AVAILABLE
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ASSISTED LIVING Assisted living residences provide meals, housing and support services for individuals who do not need skilled nursing care. Services may include personal care, medication administration, activities, and 24-hour supervision. Assisted Living facilities are licensed by the State of Colorado and more information may be found at www.colorado.gov/cdphe under health care facilities.	SEE AD ON PAGE	NUMBER OF UNITS	MONTHLY PRICE RANGE
HOME CARE MOMA'S ASSISTED LIVING 2501 Bennett Ave 80909 (719) 330-6882		8	\$3000+
IVY COTTAGE I 2060 Pima Dr 80915 (719) 596-0076		11	\$2170
IVY COTTAGE II 1945 Okeechobee Dr 80915 (719) 380-7986		10	\$2170
LIBERTY HEIGHTS ASSISTED LIVING 12105 Ambassador Dr 80921 (719) 481-5109		50	Call for rates
LIFE QUALITY HOMES, WOODBURN 2402 Woodburn St 80906 (719) 380-7381		6	\$4500-\$4800
LIFE QUALITY HOMES, CHEYENNE 427 W Cheyenne Rd 80906 (719) 380-7381		6	\$4500-\$4800
LIFE QUALITY HOMES, LOMA LINDA 19 Loma Linda Dr 80906 (719) 380-7381		8	\$4500-\$4800
LIFE QUALITY HOMES, OAKRIDGE 2204 Oak Ridge Lane 80915 (719) 380-7381		6	\$4500-\$4800
MACKENZIE PLACE 1655 Elm Creek View 80907 (719) 633-8181		74	Call for rates
MEDALION RETIREMENT COMMUNITY 1719 E Bijou St 80909 (719) 381-1000		42	\$2400-\$4275
MORNINGSTAR AT BEAR CREEK 2450 Lower Camp Rd 80906 (719) 694-1411		48	\$4600+
MORNINGSTAR AT MOUNTAIN SHADOWS 5355 Centennial Blvd 80919 (719) 260-5605		64	Call for rates
MYRON STRATTON HOME (WINFIELD HOUSE) 2525 Hwy 115 S 80906 (719) 540-3111		24	Medicaid only
NEW DAWN MEMORY CARE 4185 Briargate Pkwy 80920 (719) 352-3069		48	\$5430+

	MEDICAID CERTIFIED	RESPIRE CARE AVAILABLE	SECURED DEMENTIA CARE PROGRAM	MULTI-LEVEL COMMUNITY	SEMI-PRIVATE ROOMS AVAILABLE	ACCEPTS PETS	NON-SMOKING CAMPUS	TRANSPORTATION AVAILABLE
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ASSISTED LIVING Assisted living residences provide meals, housing and support services for individuals who do not need skilled nursing care. Services may include personal care, medication administration, activities, and 24-hour supervision. Assisted Living facilities are licensed by the State of Colorado and more information may be found at www.colorado.gov/cdphe under health care facilities.	SEE AD ON PAGE	NUMBER OF UNITS	MONTHLY PRICE RANGE
NEW DAY COTTAGES AT PINE CREEK 10975 Howells Rd 80908 (719) 266-1100		12	\$3200-\$4000
NEW DAY COTTAGES AT TURNER 1577 Turner Rd 80920 (719) 266-1100		11	\$3000-\$3600
PALISADES AT BROADMOOR PARK 4531 Palisades Park View 80906 (719) 266-2273		64	\$2800+
POINT OF THE PINES GARDENS 330 Elkton Dr 80907 (719) 265-0030		110	\$2850+
RESIDENCE AT SKYWAY PARK, THE 886 Arcturus Dr 80905 (719) 227-7340		44	\$2695-\$3195
RESIDENCE AT VILLAGE GREEN, THE 3455 N Carefree 80917 (719) 999-5744		44	\$2650-\$3195
RETREAT AT SUNNY VISTA, THE 2450 E Cache Le Poudre 80909 (719) 888-3673		70	\$4200-\$4700
SECURITY ALTERNATIVE CARE 68 Security Blvd, Security 80911 (719) 390-4721		8	Call for rates
SOLANGE AT APPLE TREE 1125 Brockdell Dr 80911 (719) 282-1155		48	\$2800-\$3800
SOLANGE AT HIGHLAND PARK 2107 Princeton Way 80909 (719) 282-1155		8	\$2400-\$3600
SOLANGE AT THE GOLF COURSE 10102 Rolling Ridge Rd 80925 (719) 282-1155		10	\$2400-\$3600
ST PADRE PIO ASSISTED LIVING 2543 N Chelton Rd 80909 (719) 424-7366		5	\$3000-\$3500
SUNRISE ASSISTED LIVING AT UNIVERSITY PARK 2105 University Park Blvd 80918 (719) 268-1818		53	\$1500-\$3150

	MEDICAID CERTIFIED	RESPIRE CARE AVAILABLE	SECURED DEMENTIA CARE PROGRAM	MULTI-LEVEL COMMUNITY	SEMI-PRIVATE ROOMS AVAILABLE	ACCEPTS PETS	NON-SMOKING CAMPUS	TRANSPORTATION AVAILABLE
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ASSISTED LIVING				
Assisted living residences provide meals, housing and support services for individuals who do not need skilled nursing care. Services may include personal care, medication administration, activities, and 24-hour supervision. Assisted Living facilities are licensed by the State of Colorado and more information may be found at www.colorado.gov/cdphe under health care facilities.	SEE AD ON PAGE	NUMBER OF UNITS	MONTHLY PRICE RANGE	
UNION PRINTERS HOME 101 S Union Blvd 80910 (719) 634-3711	141	20	Call for rates	
VALLEY HI ASSISTED LIVING 3116 Wellshire Blvd 80910 (719) 471-4016		12	\$2500-\$3500	
VIEWPOINTE 555 S Rockrimmon Blvd 80919 (719) 528-8000		60	Call for rates	
WESTSIDE ASSISTED LIVING 816 W Kiowa Street 80905 (719) 578-1355		16	\$2100-\$2300	
WINSLOW COURT RETIREMENT COMMUNITY 3920 E San Miguel St 80909 (719) 597-1700		128	\$1800-\$2925	



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	MEDICAID CERTIFIED	RESPIRE CARE AVAILABLE	SECURED DEMENTIA CARE PROGRAM	MULTI-LEVEL COMMUNITY	SEMI-PRIVATE ROOMS AVAILABLE	ACCEPTS PETS	NON-SMOKING CAMPUS	TRANSPORTATION AVAILABLE
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Opening Fall 2018



Independent and Assisted
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Ombudsman Program

Pikes Peak Area Agency on Aging

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

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

719-471-2096



Skilled Healthcare

Skilled nursing facilities provide housing with medical, nursing, psychosocial, and rehabilitation services for persons who require 24-hour nursing supervision or need extensive assistance with everyday tasks. Some facilities provide both long-term care services as well as short-term rehabilitation (usually post-hospital stay). Some only provide short-term rehab. They all provide meals, laundry, housekeeping, planned activities, assistance with dressing, feeding, bathing, and toileting. They also have social services support and medical services that can include wound care, ventilator care, and intravenous therapies

Skilled nursing facilities vary greatly, so take a complete tour and ask a lot of questions. Most importantly, READ EVERYTHING that you are asked to sign. If you observe something during a tour that you are not comfortable with, ask the director of nursing about it and come back at an unannounced time for a follow-up visit.

Skilled nursing facilities are licensed by the state and are required to undergo yearly evaluations. The results of these surveys are available on the website of the Colorado Department of Public Health and Environment under Health Facilities.

There are four payment options available for skilled facilities:

1. Private pay: Out-of-pocket or reimbursed by long-term care insurance.
2. Medicare: Generally pays for 100% of first 20 days and roughly 80% of the next 80 days after an inpatient hospital admission (usually of three overnights or more) and a medical requirement for short-term rehabilitation.
3. Medicaid: Federal/state program that requires financial and functional eligibility. Focus is usually on long-term care.
4. Veterans benefits: These vary and may only apply to facilities that have VA contracts. Check with the facility or with the Veterans Administration office for more details. Assists veterans and their widows and can be combined with a private-pay option.

QUESTIONS TO ASK:

- Are the rooms private or semi-private?
- If the stay is for short-term rehab, will I be able to stay in long-term care if needed?
- What are the fees (usually charged by the day)?
- What do the fees include, and are there additional charges?
- Are they Medicare and/or Medicaid certified?

- What types of rehabilitation services are provided?
- Do they offer specialized dementia care?
- What types of activities are provided?
- How many beds does the facility have and what is the staffing ratio?
- Is smoking allowed?
- How do they ensure that high-quality care is being delivered?
- Are there support services for families?

Concerns about care in skilled nursing facilities can be referred to the Long-Term Care Ombudsman at 719-471-2096. The ombudsman's role is to respond to and investigate complaints regarding care issues in all licensed facilities. The ombudsman attempts to resolve issues on behalf of the resident and may, if appropriate, report serious incidents to an appropriate regulatory government agency.

NURSING HOMES Licensed nursing homes provide meals and housing along with medical, nursing, psychosocial, and rehabilitation services for individuals who require 24-hour nursing supervision or need extensive help with everyday tasks. Additional information is available at www.medicare.gov and www.colorado.gov/cdphe .	SEE AD ON PAGE	#OF BEDS	
ADVANCED HEALTH CARE OF COLORADO SPRINGS 55 S Parkside Dr 80910 (719) 418-4500		34	
BIJOU HILL REHAB AT CEDARWOOD HEALTH CARE CENTER 924 W Kiowa St 80905 (719) 636-5221		80	
BROOKDALE BEAR CREEK 1685 21st St 80904 (719) 329-1774		45	
BROOKDALE SKYLINE 2365 Patriot Hghts 80904 (719) 337-6139		57	
CENTER AT CENTENNIAL, THE 3490 Centennial Blvd 80907 (719) 685-8888		80	
CENTER AT CORDERA, THE 9208 Grand Cordera Pkwy 80924 (719) 522-2000		80	
CHEYENNE MOUNTAIN CARE CENTER 835 Tenderfoot Hill Rd 80906 (719) 576-8380		159	
COLONIAL COLUMNS SKILLED NURSING & MEMORY CARE 1340 E Fillmore St 80907 (719) 473-1105		80	
CRIPPLE CREEK CARE CENTER 700 N A St, Cripple Creek 80813 (719) 689-2931	122	59	
FOREST RIDGE SENIOR LIVING AND REHABILITATION 16006 W Hwy 24, Woodland Park 80863 (719) 635-6500	140	80	
GARDENS, THE 104 Lois Ln 80904 (719) 635-2569		45	
HEALTH CARE RESORT OF COLORADO SPRINGS 2818 Grand Vista Circle 80904 (719) 632-7000		97	
LAUREL MANOR CARE CENTER 920 S Chelton Rd 80910 (719) 473-7780		81	
LIBERTY HTS HEALTH AND REHAB CTR 12205 Gunstock Dr 80921 (719) 481-5007		42	

	APPROXIMATE PRICE PER DAY	MEDICARE CERTIFIED	MEDICAID CERTIFIED	VA CONTRACT	REHABILITATION ONLY	MULTIPLE CARE LEVELS
	\$625	●			●	
	\$242-256	●	●			
	\$227-274	●				●
	\$216–281	●				●
	\$625	●			●	
	\$625	●			●	
	Call for rates	●				
	\$214+	●	●			
	\$218–237	●	●	●		
	\$275	●	●			●
	\$205–230	●	●			
	\$250-300	●			●	●
	\$215–408	●	●	●		
	Call for rates	●				●

NURSING HOMES Licensed nursing homes provide meals and housing along with medical, nursing, psychosocial, and rehabilitation services for individuals who require 24-hour nursing supervision or need extensive help with everyday tasks. Additional information is available at www.medicare.gov and www.colorado.gov/cdphe .	SEE AD ON PAGE	# OF BEDS	
LIFE CARE CENTER OF COLORADO SPRINGS 2490 International Cir 80910 (719) 630-8888	121	121	
MCCANDLESS STATE VETERANS CTR AT FLORENCE 903 Moore Dr, Florence 81226 (800) 283-2668		105	
MEDALION HEALTH CENTER 1719 E Bijou St 80909 (719) 381-1000		60	
MOUNT ST FRANCIS NURSING CENTER 7550 Assisi Heights 80919 (719) 598-1336		108	
NAMASTÈ ALZHEIMER CENTER 2 Penrose Blvd 80906 (719) 442-4240		64	
PARKMOOR VILLAGE HEALTH AND REHAB CENTER 3625 Parkmoor Village Dr 80917 (719) 550-0200		147	
PIKES PEAK CARE & REHABILITATION CENTER 2719 N Union Blvd 80909 (719) 636-1676		210	
SPANISH PEAKS VETERANS COMMUNITY LIVING CENTER 23500 US Hwy 160, Walsenburg 81089 (800) 645-8387		120	
SPRINGS VILLAGE CARE CENTER 110 W Van Buren St 80907 (719) 475-8686	120	91	
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SUNNY VISTA LIVING CENTER 2445 E Cache La Poudre St 80909 (719) 471-8700		116	
TERRACE GARDENS HEALTH CARE CENTER 2438 E Fountain Blvd 80910 (719) 473-8000		108	
UNION PRINTERS HOME 101 S Union Blvd 80910 (719) 634-3711	141	120	

	APPROXIMATE PRICE PER DAY	MEDICARE CERTIFIED	MEDICAID CERTIFIED	VA CONTRACT	REHABILITATION ONLY	MULTIPLE CARE LEVELS
	\$271-308	●	●			●
	\$173-277	●	●	●		
	\$243	●	●			●
	\$247-263	●	●			
	\$236		●			
	\$217-434	●	●	●		
	Call for rates	●	●			
	\$145-261		●	●		
	\$250-275	●	●			
	\$215-235	●	●			
	\$290	●	●			
	\$211-234	●	●	●		
	\$200-250	●	●	●		●

NURSING HOMES Licensed nursing homes provide meals and housing along with medical, nursing, psychosocial, and rehabilitation services for individuals who require 24-hour nursing supervision or need extensive help with everyday tasks. Additional information is available at www.medicare.gov and www.colorado.gov/cdphe .	SEE AD ON PAGE	# OF BEDS
VETERANS COMMUNITY LIVING CENTER AT FITZSIMONS 1919 Quentin St, Aurora 80045 (720) 857-6400		180
VETERANS COMMUNITY LIVING CENTER AT HOMELAKE 3749 Sherman Ave, Monte Vista 81144 (888) 838-2687		60
VETERANS COMMUNITY LIVING CENTER AT RIFLE 851 E 5th St, Rifle 81650 (970) 625-0842		89
VISTA RIDGE REHAB HOME OF ASPEN LIVING CENTER 1795 Monterey Rd 80910 (719) 471-7850		102



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	APPROXIMATE PRICE PER DAY	MEDICARE CERTIFIED	MEDICAID CERTIFIED	VA CONTRACT	REHABILITATION ONLY	MULTIPLE CARE LEVELS
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	\$133-237	●	●	●		
	\$173-280	●	●	●		
	\$221-328	●	●			



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To provide excellent person-centered care in an enjoyable HOME environment where ALL are treated with respect and dignity.

GLOSSARY

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

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

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

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

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

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

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

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

COLA: Cost of Living Adjustment. An adjustment to income benefits (commonly applied to Social Security or other retirement income) to compensate for inflation.

Disability: A physical or mental condition that limits a person's movements, senses or activities; a disadvantage or handicap, especially one imposed or recognized by the law. The ADA defines a person with a disability as a person who has a physical or mental impairment that substantially limits one or more major life activities.

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

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

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

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

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

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

Mental Health: A state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

Nursing Home/Facility: A facility that provides skilled nursing care and related services for the rehabilitation of injured, disabled or sick persons and custodial care for long-term care residents.

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

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

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

Respite: Care providing short-term relief to caregivers in various settings: the home, assisted living facilities, nursing homes and adult daycare centers.

Reverse Mortgage: A loan against the equity in your home. The senior homeowner remains the owner of the home and still pays property taxes and insurance. There is no repayment as long as you live in the home.

Qualified Medicare Beneficiary (QMB): Qualifying for QMB allows the state to pay the Medicare Part B premium, deductibles and co-insurances that Medicare does not cover for medical services.

Special Low-Income Medicare Beneficiary: Benefits for SLMBs are limited to payment of the Medicare Part B premium only.

Substance Abuse: Overindulgence in or dependence on an addictive substance, especially alcohol or drugs.

Urgent Care: Medical care for a sudden illness or injury that needs immediate treatment but is not life threatening.

ACRONYMS

Acronyms commonly used by government agencies, medical professionals and social service providers.

AAA: Area Agency on Aging. Administers programs and services that help older residents remain in their own homes by removing barriers to independent living. AAAs cover every county in the United States.

AARP: American Association of Retired Persons

ACA: Affordable Care Act

ADA: Americans with Disabilities Act

ADRC: Aging and Disability Resources for Colorado. Provides streamlined access to long-term services and supports for adults with disabilities and seniors.

ADL: Activities of Daily Living. Activities that are regularly necessary for personal care. These activities can include: transfers in or out of a bed or chair, toileting, walking, dressing, bathing, hygiene care and eating.

AoA: Administration on Aging. Federal agency that distributes funding and oversees State Units on Aging

APS: Adult Protective Services

CDHS: Colorado Department of Human Services

CICP: Colorado Indigent Care Program

CMS: Center for Medicare and Medicaid Services

COLA: Cost of Living Adjustment

COPE: Project COPE. A Colorado Springs Utilities program that provides utilities payment assistance to families and individuals struggling financially due to a personal crisis or emergency.

DHS: Department of Human Services

FPL: Federal Poverty Limit

HIPAA: Health Insurance Portability and Accountability Act (also known as the Privacy Act) was designed to facilitate health insurance reform, implement standards for the transfer of health data, and protect the privacy of healthcare consumers.

HCBS: Home and Community-Based Services

HHC: Home Health Care (Agency)

HUD: Housing and Urban Development

IADL: Independent Activity of Daily Living

LEAP: Low-Income Energy Assistance Program

LIS: Low-Income Subsidy

LTC: Long-Term Care

MSP: Medicare Savings Program

OAA: Older Americans Act

OT/PT/ST: Occupational Therapy/Physical Therapy/Speech Therapy

OAP: Old Age Pension

OTC: Over the Counter

PACE: Program of All-inclusive Care for the Elderly

POA: Power of Attorney

PPACG: Pikes Peak Area Council of Governments

RCCO: Regional Care Collaborative Organization

SHIP: State Health Insurance Program

SSA: Social Security Administration

SSDI: Social Security Disability Income

SSI: Supplemental Security Income. The federal program to provide financial assistance to low-income, aged, blind, and disabled individuals

SNAP: Supplemental Nutrition Assistance Program (Food Stamps)

SNF: Skilled Nursing Facility

VA: Veterans Administration

VOA: Volunteers of America

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