

Chapter 8

Programs, Services, and Resources for Older Adults

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The Senior Hub, Inc.

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8-1. Introduction

A wide range of programs and services are available for older adults to protect or enhance their health and well-being and to help them maintain safety and independence while living in the comfort of their own homes. These programs and services include everything from personal care services to free and low-cost home repairs, from Meals on Wheels to recreational and social opportunities. Services have increased and evolved over time to meet the needs of a rapidly growing older adult population. As the baby boomer generation continues to age, the need for services will expand and Congress will continue to enact legislation that will impact the variety and availability of resources and services in local com-

munities. The Older Americans Act is one of many laws enacted to assist older adults in maintaining their health and well-being, and is the basis for local Area Agencies on Aging, discussed below.

Many of the programs and services that follow are not always well known or advertised, as they are most often provided by agencies that have a very limited budget for marketing and outreach and must direct most of their funding into providing the services. If you have difficulty locating a program, service, senior center, or senior organization in your area, call 211 (United Way Helpline) or contact your local Area Agency on Aging (see listings in Exhibit 8C appearing at the end of this chapter).

8-2. Area Agencies on Aging

An Area Agency on Aging (AAA) plans, coordinates, and funds services that enable seniors to live independently in their own homes. AAAs were established under the Older Americans Act in 1973 to respond to the needs of Americans aged 60 and over in every local community throughout the country. Services available through AAAs fall into five categories:

- 1) **Information and Access Services**, including information and referral, health insurance counseling, client assessment, care management, transportation, caregiver support, retirement planning, and education.
- 2) **Community-Based Services**, including employment services, senior centers, congregate meals, adult day services, and volunteer opportunities.
- 3) **In-Home Services**, including meals on wheels, homemakers, chore services, telephone reassurance, friendly visiting, energy assistance and weatherization, emergency response systems, home health services, personal care services, and respite care.
- 4) **Housing**, including senior housing for independent living and alternative living facilities, such as assisted living.
- 5) **Elder Rights**, such as legal assistance, elder abuse prevention programs, and ombudsman services for complaint resolution.

The services provided by AAAs across the country may vary and reflect the needs of the local communities they serve. Transportation and in-home care may be a priority in rural areas, for example, while Meals on Wheels and adult day services may be more of a priority in urban areas. AAAs continue to assess the needs of older adults in the communities they serve and adjust to meet these changing needs.

A list of Area Agencies on Aging for Colorado appears at the end of this chapter as Exhibit 8C.

8-3. Adult Protective Services

Adult Protective Services (APS) provides assistance to at-risk adults whose health and well-being may be compromised or in danger due to abuse, neglect, or exploitation. In the Colorado Adult Protective Services statute, an at-risk adult is defined as

an individual eighteen years of age or older who is susceptible to mistreatment or self-neglect because the individual is unable to perform or obtain services necessary for the individual's health, safety, or welfare or lacks sufficient understanding or capacity to make or communicate responsible decisions concerning the individual's person or affairs.

Mistreatment of an at-risk adult can include physical abuse, self-abuse, sexual abuse, neglect, confinement, financial exploitation, and other forms of exploitation. Physical abuse includes hitting, slapping, pushing, kicking, and confinement. Self-abuse is the infliction of injury to the adult by the adult's own volition, including suicide attempts, self-inflicted wounds, pulling out hair, etc. Neglect may include untreated medical conditions, malnourishment, dehydration, unclean appearance, bedsores, unsanitary conditions in the home, and being left alone for long periods of time when in need of supervision. Self-neglect may also include the above and may be caused by confusion, wandering, inability to communicate needs, and medication mismanagement.

To report suspected abuse, neglect, or exploitation: Call the county Department of Social Services where the at-risk individual lives and ask for Adult Protection intake. Have as many facts together as possible when you make the call, including names, addresses, phone numbers, dates, times, and the reasons you are making the call on this individual's behalf. If you are concerned about the welfare of an at-risk adult, you may also contact local police with your concerns and ask them to do a wellness check. They can then assess the situation and make a referral, if necessary, to Adult Protective Services. If the individual is in immediate danger, call 911.

What Adult Protective Services will do: APS staff will assess the individual's ability to make appropriate decisions for himself or herself and decide whether to open a case and make interventions on the individual's behalf. All at-risk adults have the right of self-determination and may refuse or reject protective services. A court must sometimes decide whether the individual is competent to make decisions for himself or herself. When given consent or appointed by the court, APS staff will investigate reports of abuse, neglect, and exploitation; remove at-risk adults from danger; and make arrangements for appropriate programs and services. If interventions are made, they are provided in a manner that will cause minimal disruption to the at-risk adult's life and ensure that his or her dignity and confidentiality are protected.

8-4. Senior Recreation Centers

Senior Recreation Centers may provide a number of different services depending upon the size and characteristics of the community they serve. Senior centers are a gathering place where older adults can participate in social, educational, fitness, and recreational opportunities.

Most all senior centers offer fitness classes, which may include aerobics, dance, yoga, tai chi, water fitness, etc. Most centers also offer various enjoyment/educational classes, including painting, pottery, jewelry-making, scrapbooking, cooking, computers, and languages. Many senior centers offer travel and outdoor recreation programs, as well as groups, clubs, and indoor games such as bingo, poker, pool, and bridge. Some senior centers may offer non-recreational programs, such as transportation services, congregate meal sites, and information and referral services. Again, classes and programs offered usually reflect the needs and interests of the local communities they serve.

Lists of senior recreation centers and other organizations serving seniors appear in Exhibits 8A, 8B, and 8C at the end of this chapter. As mentioned above, you may call 211 or your local AAA if your locality does not appear on this list.

8-5. Senior Service and Resource Organizations

A wide variety of programs and services of a non-recreational nature are offered by senior organizations and resource centers throughout the state. These services are vital to the health, safety, and well-being of older adults and may be funded entirely or in part by counties, municipalities, private foundations, and local Area Agencies on Aging.

As with senior recreation centers, senior resource organizations usually reflect and focus on the most significant needs of older adults in the communities they serve. Many of the programs and services listed in the section below may be offered by local senior resource organizations. Check the listings in Exhibits 8A, 8B, and 8C for senior resource organizations near you, or call 211 or your local AAA.

8-6. Key Programs and Services for Seniors

Adult Day Services: Provides care, activities, and meals for functionally impaired adults while their caregivers work or attend to other needs. Participants in the program are able to interact with peers in a social setting during the day, then return to the comfort of their own homes at night when family or other caregivers are present. This service is provided by both for-profit and non-profit agencies, and is often covered by insurance, Medicaid, or other public funds.

Benefits Check-Up: This program, developed and maintained by the National Council on Aging, connects seniors age 55 and over to financial benefit programs for which they may be eligible. Seniors with limited incomes may discover, for example, they are eligible for programs such as Old Age Pension or programs that pay all or part of their Medicare Part B premiums. Since 2001, millions have used Benefits Check-Up to find public benefits, veterans benefits, and programs to help pay for prescription drugs, health care, etc. Seniors can go online to www.benefitscheckup.org, enter the requested information, and receive a printout of benefits. They may also call (866) 550-2752 for assistance with this.

Caregiver and Homemaker Services: Public funds are sometimes available to provide in-home care and/or homemaker services. As mentioned above, AAAs often fund these services in local communities. County Options for Long-Term Care agencies fund programs such as Home and Community Based Services (HCBS), which place caregivers in the homes of persons in need of help with activities of daily living. A Home Care Allowance (HCA) may also be available, which gives those in need of care a monthly allowance with which to pay someone for cleaning or caregiving. Some agencies provide free Respite Care, in which either a volunteer or paid staff is placed in the home for several hours or more per week to give the primary caregiver a respite, or break, from their duties.

Colorado Property Tax Exemption: Seniors age 65 and over who have lived in their homes for at least 10 years or who are the surviving spouse of someone who meets this requirement may be exempt from 50 percent, or half of the first \$200,000 in assessed value of their primary residence. Call your county assessor's office for details and an application. Some school districts also offer programs whereby seniors can volunteer in local schools and have their property taxes reduced.

Dental, Vision, and Hearing Services: A number of foundations, clinics, agencies, and service groups help pay for dentures and dental work, vision and glasses, and hearing and hearing aids, or provide services at a greatly reduced rate. Call 211 or your local senior organization for more information.

Employment Programs: Various agencies, such as AARP and county workforce centers, have programs that help seniors find employment. The Senior Community Employment Program (SCEP) is operated under Title V of the Older Americans Act. Seniors 55 and over are paid to perform up to 20 hours per week of community service in a training position in non-profit and governmental organizations while they learn new skills and pursue permanent employment.

Fall Prevention Services: Falls are the leading cause of injury deaths among older adults and the most common cause for hospitalization. Prevention may include home safety assessments and modifications, medications reviews, health assessments, and vision screenings. A number of free and low-cost programs and services are available to reduce or eliminate falls.

Forms Assistance: Seniors often are reluctant to apply for benefits for which they are eligible because of sometimes lengthy and confusing applications. Many senior resource organizations have staff who help seniors through the maze of paperwork necessary to receive benefits. County social services departments also have staff who help with applications for benefits such as food stamps, Medicaid, etc.

Free 911 Cell Phone: Some senior organizations and law enforcement agencies offer free cell phones for seniors. These cell phones are typically used and reconditioned and will only dial 911, so that seniors can dial for help in an emergency involving themselves or others. There is no contract or monthly service fee, as any working cell phone will dial 911.

Friendly Visiting and Telephone Reassurance: Volunteers are often available in local communities to make visits to homebound seniors who are isolated or in frail health. This provides regular social contact and helps to assure safety and well-being. Volunteers also provide telephone reassurance, whereby isolated seniors are called on a regular basis for

socialization and to check on their well-being. This is also a great volunteer opportunity, and often connects homebound seniors looking for something to do with similar individuals. Check with your local senior organization for more information.

Handyman, Home Rehabilitation, and Weatherization Services: Many senior organizations offer low- to no-cost handyman services. Services may be performed by professionals or skilled volunteers. Many counties and municipalities offer housing rehabilitation programs where grants or low-interest loans are given to low-income homeowners to assist in repairing or replacing major housing systems that are potential health or safety concerns. Weatherization programs, which assist low-income homeowners in saving energy dollars by insulating homes, may also be available.

Information and Referral: Information on resources and services of all types is available through senior centers, resource centers, emergency assistance centers, social services agencies, Area Agencies on Aging, United Way (dial 211), and many other agencies. Often, an agency employs an information and referral specialist, whose job is to identify needs, help solve problems, and make appropriate referrals.

Medical Equipment Lending: Programs are available that loan durable medical equipment, such as walkers, wheelchairs, bath benches, etc., free of charge to older adults recovering from surgery or temporarily in need of these items for health and safety. Call 211 or check with your local senior organization for details.

Nutrition Services: Services to help meet the nutritional needs of seniors include the following programs. *Meals on Wheels:* This is a nationwide program that may vary in services and scope from community to community. In general, volunteers deliver hot meals to homebound individuals who are unable to shop or prepare nutritious meals on their own. The daily contact by the volunteer also provides a wellness check and social contact for often frail, at-risk individuals. Costs are usually on a sliding scale. *Congregate Meals:* Group meals are provided free or at low cost at various sites, including schools, senior centers, and other public sites. Older adults are able to enjoy a nutritious meal in the company of others. *Other Food Programs:* Food banks, food stamps, and other programs are available to older adults living on limited, fixed incomes. Food banks usually serve geographical areas and have various days and hours of operation. Call 211 or your county social services department for a food bank in your area. Food stamp programs provide a regular monthly amount that may be spent on food-only items. Enroll for food stamps through your county department of social services. Government programs, such as the Commodity Supplemental Food Program (CSFP) may also be available on a monthly basis. Seniors are able to pick up government commodities at a site in their community, or have them brought to their house if they are homebound.

Personal Emergency Response Systems: A personal emergency response system (PERS) is an electronic device designed to let the user summon help in an emergency. This system has three components: a small radio transmitter or help button worn by the user, a console connected to the user's telephone, and an emergency response center that monitors calls. PERS may be purchased, rented, or leased and monthly service fees apply. As with any major purchase, it is important to check out several systems before you buy and to compare prices and features.

Rent and Utility Assistance: Various non-profit and faith-based organizations offer rent, utility, and prescription assistance. Funding may come from a number of government and private sources. Call 211 or your local information and referral source for names and numbers of local agencies.

Resources for Pets: Pets are often vital companions for older adults, many of whom are homebound and have limited social contacts. Some agencies offer seniors the opportunity to adopt a pet free of charge. Other agencies offer spaying and neutering and other health services for pets for free or at low cost. Some food banks and other organizations often have pet food and other products available so that low-income seniors can provide for their pets. There are also for-profit businesses that come directly to the home for pet grooming, vaccinations, and other services.

Reverse Mortgage: A reverse mortgage is a loan against the home that does not need to be repaid for as long as the owner lives there. With a reverse mortgage, the equity or value of the home can be turned into a regular monthly cash advance or can be taken out in a single lump sum. Other options may also be available. Typically, nothing is repaid on the loan until the owner passes away, moves, or sells the home, at which time it will be repaid out of the equity or estate. The home remains in possession of the owner and may still be passed on to heirs. To be eligible for a reverse mortgage, seniors must be 62 or over and own and reside in the home. Many older adults living on limited, fixed incomes find a reverse mortgage an ideal way to increase monthly income and meet current needs. A number of lenders offer reverse mortgages, and loan and processing fees are involved. It is advisable to talk to at least two companies and compare fees and services offered. See Chapter 20, "Reverse Mortgages," for more information.

Senior Liaison Officers: Some law enforcement agencies employ a senior liaison officer, who will answer questions and concerns for seniors and provide information on frauds, scams, and guarding personal safety. They help to prevent seniors from being victims of crime and link them to other resources and agencies for assistance. Senior liaison officers often have a weekly presence in senior centers, shopping malls, and other public places.

Support Groups: In a support group, members give each other support, encouragement, and understanding about a similar problem, whether it be grief, caregiving, addiction, disease, etc. Support groups are usually led by a professional who offers encouragement and resources while allowing members to guide the conversation in a relaxed, non-threatening atmosphere. Most all groups are free of charge and provide a social connection for those experiencing loss or disease. A wide variety of support groups are available for seniors and their caregivers. Contact your local senior organization or mental health department for support groups in your area.

Tax Counseling: Many local senior organizations partner with the Internal Revenue Service to provide the Volunteer Income Tax Assistance (VITA) program. Trained volunteers from non-profit organizations provide free tax counseling and basic income tax return preparation for seniors, the disabled, and lower-income people. Many seniors who do not normally file are often unaware of rebates and refunds for which they may be eligible, such as rent, heat, and property tax rebates. This program is usually conducted at senior and other community centers during tax preparation season. Most locations offer electronic filing. To locate the nearest VITA site, call (800) 829-1040.

Transportation: Many local transportation districts have programs to serve disabled and frail individuals who are unable to use regular public transportation. Costs are minimal. Some senior organizations have government funding to provide free transportation to doctors, dentists, meal sites, food banks, or grocery stores. Some agencies serving seniors may also have volunteers who will provide free transportation.

Volunteer Opportunities — Senior Corps: Senior Corps is a nationwide program that connects adults age 55+ to a wide variety of volunteer opportunities in the communities in which they live. It offers three programs. The *Retired and Senior Volunteer Program (RSVP)* connects volunteers age 55 and over with service opportunities in their communities that match their interests and skills. Volunteers are placed with schools, hospitals, food banks, and many other non-profit agencies. The *Foster Grandparent Program* connects volunteers age 60 and over with children and young people with exceptional needs. Volunteers mentor, support, and offer guidance to vulnerable children. The *Senior Companion Program* matches volunteers aged 60 and over with adults in their community who have difficulty with the simple tasks of daily living. They may assist with shopping or light chores or just make friendly visits.

Exhibit 8A.
Colorado Senior Recreation Centers

Front Range — Denver Metropolitan Area

Arvada

North Jeffco Senior Center (303) 425-9583
6842 Wadsworth Blvd.
www.apexprd.org

Aurora

Aurora Senior Center (303) 739-7950
30 Del Mar Cir.
www.auroragov.org

Brighton

Brighton Senior Center (303) 655-2075
575 Bush St.
www.brightonco.gov

Broomfield

Broomfield Senior Center (303) 464-5530
280 Lamar St.
www.broomfield.org

Castle Rock

Castle Rock Senior Center (303) 688-9498
2323 N. Woodlands Blvd.
www.castlerockseniorcenter.org

Commerce City

Commerce City Senior Center (303) 227-8851
6060 Parkway Dr.
www.ci.commerce-city.co.us/pages/recreation

Denver

www.denvergov.org/recreation

Athmar Recreation Center (303) 937-4600
2680 W. Mexico

Barnum Senior Center (303) 937-4655
360 Hooker St.

Berkeley Senior Center (303) 458-4870
5031 W. 46th Ave.

College View Rec. Center 2525 Decatur St.	(303) 937-4633
Cook Recreation Center 7100 Cherry Creek Dr. S.	(303) 692-5659
Curtis Park Community Center 929 29th Ave.	(303) 295-2399
Denver Indian Center 4407 Morrison Rd.	(303) 936-2688
Denver Inner City Parish 1212 Mariposa St.	(303) 629-0636
Glenarm Recreation Center 2800 Glenarm Pl.	(303) 295-4475
Highland Senior Center 2880 Osceola St.	(303) 458-4868
Jewish Community Center 350 S. Dahlia St.	(303) 399-2660
La Alma Recreation Center 1325 W. 11th Ave.	(303) 572-4790
La Familia Recreation Center 65 S. Elati St.	(303) 698-4995
Martin Luther King Center 3880 Newport St.	(303) 331-4034
Montbello Recreation Center 15555 E. 53rd Ave.	(303) 373-8710
Montclair Recreation Center 729 Ulster Way	(303) 364-8607
Mulroy Neighborhood Center 3550 W. 13th St.	(303) 892-1540
Our Savior's Senior Center 915 E. 9th Ave.	(303) 831-7023

Platte Park Senior Center 1500 Grant St.	(303) 698-4965
Quigg Newton Center 4430 Navajo St.	(303) 458-4873
Red Shield Salvation Army 2915 High St.	(303) 295-2109
Salvation Army – West Adams 2821 W. 65th Pl.	(303) 428-6430
St. Charles Rec. Center 3777 Lafayette St.	(303) 295-4462
Schlessman Family YMCA 2625 S. Colorado Blvd.	(303) 757-8484
Senior Support Services 846 E. 18th Ave.	(303) 832-1622
Sunset Park Senior Center 1865 Larimer St.	(303) 297-0230
Swansea Recreation Center 2650 E. 49th Ave.	(303) 295-4434
Twentieth Street Rec. Center 1011 20th St.	(303) 295-4430
Washington Park Community Center 809 S. Washington St.	(303) 733-4643
Westwood Community Center 1000 S. Lowell Blvd.	(303) 934-2181
Zion Senior Center 5151 E. 33rd Ave.	(303) 333-5746
Englewood Malley Senior Citizens Center 3880 S. Lincoln St. www.inglewoodrec.org	(303) 762-2660
Evergreen Evergreen Recreation Center 5300 S. Olive Rd.	(303) 674-6441

Golden

Golden Community Center (303) 384-8130
1470 10th St.
www.ci.golden.co.us

Highlands Ranch

South Highlands Ranch Community Center (303) 471-7031
4800 McArthur Ranch Rd.

Lakewood

Clements Community Center (303) 987-4820
1580 Yarrow St.
www.lakewood.org

Littleton Area

Douglas H. Buck Community Recreation Center (303) 797-8787
2004 W. Powers Ave.

Foothills Park & Recreation District (303) 409-2100
6612 S. Ward St.

Northglenn

Northglenn Senior Center (303) 450-8801
11801 Community Center Dr.
www.northglenn.org

Parker

Parker Senior Center (303) 841-5370
10675 Longs Way
www.parkerseniorcenter.org

Thornton

Thornton Senior Center (303) 255-7850
9471 Dorothy Blvd.
www.cityofthornton.net/senr/home.asp

Westminster

MAC Center (303) 426-4310
3295 W. 72nd Ave.
www.ci.westminster.co.us

Wheat Ridge

Wheat Ridge Community Center (303) 205-7500
6363 W. 35th Ave.
www.ci.wheatridge.co.us

Eastern Plains

Burlington

McArthur Senior Center (719) 346-7986
350 Hollowell St.

Limon

Hub City Senior Center (719) 775-2721
220 East Ave.

Strasburg

Strasburg Comanche VIPs (303) 622-4549
1743 Burton St.

Northern Colorado

Boulder

www.bouldercolorado.gov

Boulder Senior Services East (303) 441-4150
5660 Sioux Dr.

Boulder Senior Services West (303) 441-3148
909 Arapahoe Ave.

Berthoud

Berthoud Community Center (970) 532-2730
248 Welch

Brush

Brush Senior Center (970) 842-4740
412 Ray St.

Eaton

Legacy Senior Center (970) 454-3411
1325 3rd St.

Erie

Erie Senior Coordinator (303) 926-2717
1149 Taleen Ave.

Estes Park

Estes Park Senior Center (970) 586-2996
220 4th St.
www.estesnet.com/seniorcenter

Fort Collins

Fort Collins Senior Center (970) 221-6644
1200 Raintree Dr.
www.fcgov.com/recreation/seniorcenter.php

Fort Lupton

Fort Lupton Community Center (303) 857-4080
203 Harrison

Greeley

Greeley Senior Activities Center (970) 350-9440
1010 6th St.
www.greeleygov.com

Johnston

Johnston Senior Center (970) 587-5251
1011 Jay St.

Lafayette

Lafayette Senior Center (303) 665-9052
103 S. Iowa Ave.
www.lafayettechamber.org

Longmont

Longmont Senior Center (303) 651-8411
910 Longs Peak Ave.
www.ci.longmont.co.us/sen_ctr

Loveland

Chilson Senior Center (970) 962-2783
700 E. 4th St.
www.ci.loveland.co.us

Louisville

Louisville Senior Center (303) 666-7400
900 W. Via Appia
www.louisvillerecreation.com

Nederland

Nederland Area Seniors, Inc. (303) 258-0799
750 Hwy. 72 #109

Sterling

Heritage Senior Citizen Center (970) 522-1237
821 N. Division Ave.

Wellington

Wellington Senior Center
3800 Wilson Ave.

(970) 568-7402

Southern Colorado

Alamosa

South Central Colorado Seniors
116 3rd St.

(719) 589-4511

Calhan

Paulson Senior Center
406 Cheyenne St.

(719) 347-2616

Cañon City

Golden Age Senior Center
728 Main St.

(719) 275-5177

Colorado Springs

www.springsgov.com

Acacia Community Center
104 E. Platte

(719) 387-6758

Colorado Springs Senior Center
1514 N. Hancock

(719) 385-5933

Hillside Community Center
925 S. Institute

(719) 385-7900

Meadows Park
1943 S. El Paso

(719) 385-7940

Otis Park
731 N. Iowa

(719) 385-5993

Salvation Army Community Center
908 Yuma

(719) 636-3891

Florence

Florence Community Center
100 Railroad

(719) 784-6493

www.whereinfremontcounty.com/FlorenceSeniors.html

La Junta

La Junta Senior Citizen Center (719) 384-5486
114 E. 2nd St.
www.ci.la-junta.co.us

Lamar

Lamar Senior Center (719) 336-8039
407 E. Olive St.
www.lamarchamber.com

Penrose

Penrose Senior Center (719) 372-0892
405 Broadway

Pueblo

Joseph Edwards Senior Center (719) 545-8900
230 N. Union
www.srda.org

Rocky Ford

Rocky Ford Senior Center (719) 254-7547
503 N. 9th St.

Salida

Salida Senior Center (719) 539-3351
305 F St.
www.salida.com

Trinidad

H.R. Sayre Senior Center (719) 846-8336
1222 San Pedro Ave.

Woodland Park

Woodland Park Senior Center (719) 687-3877
312 Center

Western Colorado

Aspen

Pitkin County Senior Center (970) 920-5432
275 Castle Creek Rd.
www.aspenpitkin.com

Basalt

Mid-Valley Adult Services (970) 927-6430
1400 E. Valley Rd.

Cedaredge

Cedaredge Senior Center (970) 856-3636
140 NW 2nd Ave.

Craig

Senior Citizen Center (970) 824-3911
633 Ledford St.

Delta

Columbine Senior Services (970) 874-7661
247 Meeker St.

Durango

Durango/La Plata Senior Center (970) 247-1965
2424 Main Ave.
www.co.laplata.co.us/senior/senior.htm

Hotchkiss

Hotchkiss Senior Center (970) 872-3494
276 Main St.

Glenwood Springs

Lucy Huntly Senior Center (Colo. Mtn. College) (970) 947-8464
1402 Blake Ave.

Grand Junction

Mesa County Senior Rec. Center (970) 243-7408
550 Ouray Ave.

Gunnison

Senior Citizen Center (970) 641-2107
200 E. Spencer Ave.

Montrose

Montrose Pavilion (970) 252-4884
1800 Pavilion Rd.

Nucla

Nucla Senior Center (970) 864-7278
386 Main St.

Olathe

Olathe Community Center (970) 323-5391
115 Main St.

Paonia

Paonia Senior Center
106 3rd St.

(970) 527-3435

Parachute

Parachute Valley Senior Center
540 N. Parachute

(970) 285-7216

Steamboat Springs

Routt County Council on Aging, Senior Center
1255 Lincoln

(970) 879-0633

Rifle

Rifle Senior Center
50 Ute Ave.

(970) 262-1877

Exhibit 8B.
Senior Service and Resource Organizations

Front Range — Denver Metropolitan Area

AARP State Office, www.aarp.org/states/co	(866) 554-5376
AARP ElderWatch, www.elderwatch.org/public	(303) 222-4444
Area Agency on Aging (DRCOG), www.drcog.org	(303) 455-1000
Benefits Check-Up, www.benefitscheckup.org	(303) 899-5582
Care Management Solutions of Lutheran Family Services, www.lfsc.org	(303) 922-3433
Catholic Charities — Senior Outreach	(303) 742-0828
Colorado Commission on Aging, www.cdhs.state.co.us/aas/commissiononaging	(303) 866-2800
Colorado Division of Insurance, www.dora.state.co.us/insurance	(303) 894-7499
Colorado Housing and Finance Authority, www.chfainfo.com	(303) 297-7317
Community Housing Services, www.chsico.org	(303) 831-4046
Denver Commission on Aging, www.denvergov.org/aging	(720) 913-8477
Douglas County Senior Outreach Services, www.douglas.co.us	(303) 660-7519
Foster Grandparents Program, www.voacolorado.org/fostergrandparent	(303) 297-0408
Guardianship Alliance of Colorado, www.guardianshipallianceofcolorado.org	(303) 423-2898
Interfaith Community Services, www.ifcs.org	(303) 789-0501
Jewish Family Service, www.jewishfamilyservice.org	(303) 597-5000
Long-Term Care Ombudsman, www.thelegalcenter.org	(303) 480-6734
National Eldercare Locator, www.eldercare.gov	(800) 677-1116
Rebuilding Together Metro Denver, www.rebuildingdenver.org	(720) 524-0840
RSVP (Retired and Senior Volunteer Program) Adams and Eastern Arapahoe counties	(303) 426-4408
Denver, Douglas, and Western Arapahoe counties	(303) 297-0408
Jefferson County	(303) 235-6907
Senior Answers and Services, www.senioranswers.org	(303) 333-3482
Senior Hub, Inc., www.seniorhub.org	(303) 426-4408
Seniors Inc., www.seniorsinc.org	(303) 300-6900
Seniors Resource Center, www.srcaging.org	(303) 238-5151
Senior Support Services, www.seniorsupportservices.org	(303) 832-1622

Northern Colorado

Boulder, Lafayette, and Louisville

Boulder County Aging Services, www.bouldercounty.org/cs/ag	(303) 441-3570
Boulder Community Resources East	(303) 441-4150
Boulder Long-Term Care Ombudsman	(303) 441-1173
Boulder County Aging Services	
Allenspark Area	(303) 747-2592
Boulder Senior Services	(303) 441-3148
Lafayette Senior Center	(303) 665-9052
Longmont Senior Center	(303) 651-8411
Louisville Senior Center	(303) 335-4914
Lyons Senior Resources	(303) 823-9016
Nederland Senior Resources	(303) 258-3068
Niwot Senior Resources	(303) 652-3850
Circle of Care/Arts for Elders, www.circleofcareproject.org	(303) 358-4300
Eldercare Network, www.eldercarenet.org	(970) 495-3442
Guardianship Alliance	(303) 423-2898
Jewish Family Service, www.jewishfamilyservice.org	(303) 415-1025
Ombudsman Monitoring Program	(303) 441-3570
Project HOPE	(303) 441-3945
Retired and Senior Volunteer Program (RSVP)	(303) 443-1933

Estes Park

Larimer County Office on Aging, www.larimer.org	
Answers on Aging (Senior Hotline)	dial 211
Family Caregiver Support Program	(970) 498-6820
Long-Term Care Ombudsman	(970) 498-6803
Property Tax Work Off Program	(970) 498-6812

Fort Collins

Aspen Club	(970) 495-8560
Elderly Outreach Program (Catholic Charities)	(970) 484-5010
Answers on Aging (Senior Hotline)	dial 211
Family Caregiver Support Program	(970) 498-6820
Long-Term Care Ombudsman	(970) 498-6803
Pathways: Programs for Grief and Loss	(970) 663-3500
Poudre Valley Hospital Care Management	(970) 495-8554
Volunteers of America (many programs for seniors)	(970) 472-9630

Fort Lupton

Catholic Charities	(303) 857-0521
Recreation Community Complex Coordinator	(303) 857-4200

Greeley

Area Agency on Aging, www.co.weld.co.us (970) 353-3800, ext. 3323
Catholic Charities Northern (970) 353-6433
Retired and Senior Volunteer Program (RSVP) (970) 351-2588

Longmont

Boulder County Aging Services Division (303) 441-3570
Long-Term Care Ombudsman (303) 441-1173
Outreach United Resource Center (303) 772-5529
Senior Resource Specialist (303) 651-8716
RSVP of Boulder County (many services for seniors) (303) 772-2262

Loveland

Catholic Charities North Senior Services (970) 663-1880
Larimer County Office on Aging
Answers on Aging dial 211
Family Caregiver Support Program (970) 498-6820
Long-Term Care Ombudsman (970) 498-6803
Volunteers of America (many programs for seniors) (970) 669-5460

Southern Colorado

Cañon City

Council of Governments, www.uaacog.com (719) 275-1675
Retired and Senior Volunteer Program (RSVP) (719) 275-0294
Upper Arkansas Council of Governments (719) 275-4979

Colorado Springs

El Paso Department of Human Services,
<http://dhs.elpasoco.com> (719) 636-0000
HealthLink 50+ Program (719) 444-2273
Pikes Peak Area Agency on Aging, www.ppacg.org (719) 471-7080
Pikes Peak Community Action Agency, www.ppcaa.org (719) 634-4115
Senior Information and Assistance Center (719) 471-2096
Senior Insurance Assistance (719) 635-4891
Senior Resource Council (719) 260-0744
Silver Key Senior Services (719) 884-2300

Monument

Tri-Lakes Cares (719) 661-3432

Pueblo

AARP Information Center	(719) 583-6120
Administration on Aging, www.pueblo.gsa.gov/links/he37links	(800) 677-1116
Colorado Commission on Aging	(303) 866-2800
Long-Term Care Ombudsman	(719) 583-6123
Parkview Senior Services	(719) 584-4760
Retired and Senior Volunteer Program (RSVP)	(719) 545-8900
Senior Health Insurance Program (Centura)	(800) 544-9181
Seniors, Inc.	(719) 269-1524
Senior Resource Development Association	(719) 545-8900
United Way of Pueblo	(719) 583-4455

Salida

Upper Arkansas Area Agency on Aging	(877) 610-3341
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Western Colorado

Aspen

Pitkin County Senior Services, www.aspenpitkin.com/depts/27	(970) 920-5432
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Carbondale

Senior Matters	(970) 963-2536
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Delta

Delta County Senior Resource Council	(970) 527-7005
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Eagle

Eagle County Retired and Senior Volunteer Program	(970) 328-8818
Mid-Valley Adult Services	(970) 704-2767
Northwest Colorado Options for LTC	(970) 945-9191

Glenwood Springs

Colorado Mountain College Senior Programs, www.coloradomtn.edu/programs/support	(970) 945-9117
High Country Retired and Senior Volunteer Program	(970) 947-8462

Grand Junction

Center for Independence, www.cfigj.org	(800) 613-2271
Mesa County Supporting Our Seniors (SOS)	(970) 248-2722
RSVP Handyman Project	(970) 243-9839

Rifle

Colorado Mountain College Senior Programs	(970) 625-1366
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Exhibit 8C.

Resource Directory – Denver Region Area Agency on Aging

RESOURCE DIRECTORY
FOR PERSONS 60 YEARS OF AGE OR OLDER

January 2009



AREA AGENCY ON AGING
1290 Broadway, Suite 700 Denver, CO 80203-5606

303-480-6700 in metro Denver
1-866-959-3017 toll free outside metro Denver
E-mail: kroberts@drcog.org
Web site: www.drcog.org

INFORMATION AND REFERRAL

AARP of Colorado.....	1-866-554-5376
Adams County/Senior Hub.....	303-426-4408
Arapahoe County/Aurora Senior Link.....	303-739-7960
Broomfield Senior Services (Community Center).....	303-464-5526
Clear Creek County/Project Support Senior Center.....	303-567-2382
Colorado Department of Human Services...General Information Line... Aging and Adult Services...	303-866-5700 303-866-2800
Denver Commission on Aging.....	720-913-8450
Douglas County/S.O.S.....	303-660-7519
DRCOG Area Agency on Aging.....	303-455-1000
Gilpin County Senior Center.....	303-582-5444
Jefferson County Aging and Adult Services.....	303-271-1388
Jewish Family Service.....	303-597-5000
Lutheran Family Services.....	303-922-3433
Malley Senior Recreation Center.....	303-762-2660
National Eldercare Locator.....	1-800-677-1116
Senior Reachout (Lakewood).....	303-987-4838
Seniors Inc. Help Program.....	303-300-6900
Seniors' Resource Center (Metro Denver).....	303-238-8151
Senior Resource Center-Mountain Services (Evergreen).....	303-674-2843
Volunteers of America Over 60 Services.....	303-297-0408

ADULT DAY PROGRAMS

Adult Care Supreme.....	303-922-6512
Alterra Adult Day Enrichment / Multiple Sclerosis Center.....	303-433-6887
ART Incorporated.....	720-323-2286
Centura Adult Day Program.....	303-899-5200
Chas. and Frances Johnson Adult Day Program.....	303-789-1519
Daybreak Adult Care Services.....	303-307-8855
Christian Living Communities.....	720-974-3555
Easter Seals Stroke Adult Day.....	303-233-1666
Elder Place.....	720-424-9288

Homestead at Lakewood.....	303-233-2121
Lana Adult Day Care	720-309-3953
Monaco Adult Day Care	303-333-2299
Morning Star Senior Day Program.....	303-361-0898
Parker Adult Day Care.....	303-873-1700
Prima Adult Day Services.....	720-524-9206
Prima 2 Adult Day Services.....	720-524-9206
Rocky Mountain Adult Day Care	303-691-2373
Royal Adult Day Center	303-307-4483
Senior Hub Adult Day Program	303-287-2400
Senior's Choice Adult Day Programs	303-344-0046
Seniors' Resource Center/Adult Day	303-238-8151
Skycliff Adult Day Program at Castle Rock.....	303-814-2863
Sunrise Adult Day Center.....	720-581-0388
Vermel's Adult Day Center	303-632-6449

CONSUMER AFFAIRS/LEGAL ASSISTANCE

AARP ElderWatch	1-800-222-4444
Colorado & Denver Bar Association	303-860-1115
Colorado Civil Rights Division	303-894-2997
Colorado Consumer Line (Fraud, Complaints, etc)	1-800-222-4444
Colorado Legal Services Corporation	
Senior Citizens' Law Center	(VTDD) 303-837-1313
<i>Do –it-Yourself</i> Legal Information Online.....	www.ColoradoLegal/Services.org
Consumer Credit Counseling Service.....	1-866-889-9347
Economic Crime (D.A.'s office for Denver).....	720-913-9179
Guardianship Alliance of Colorado	303-228-5382
Landlord/Tenant Disputes-Community Housing Services	303-831-1935
Adams County.....	303-227-2075
Jeffco Action Center	303-237-0230
Legal Center	303-722-0300
Metropolitan Lawyer Referral Service (normal cost).....	303-831-8000

ELDER ABUSE

AARP ElderWatch	1-800-222-4444
Adult Protection	Call the County Department of Human Services
Colorado Coalition for Elder Rights and Adult Protection	1-800-773-1366
DRCOG Long-Term Care Ombudsman	
(Nursing Homes/Assisted Living Facilities).....	303-455-1000
Denver Center for Crime Victims Hotline.....	303-894-8000 or (V/TTY) 303-860-9555
Denver Center for Crime Victims Hotline in Spanish	303-718-8289
Victims Assistance Services for Older Adults	
(Jefferson/Gilpin Counties)	303-238-8151

EMPLOYMENT PROGRAMS

AARP Senior Community Service Employment Program (55+)	720-946-2901
Colorado Workforce Centers:	
Adams County Workforce Center (Main Office)	303-452-2304
Arapahoe/Douglas County Workforce Center (Main Office)	303-636-1160
Broomfield Workforce Center	303-464-5855
Clear Creek County Workforce Center	303-567-3135
Douglas/Arapahoe Counties Workforce Center (Main Office)	303-734-5200
Gilpin County Workforce Center	303-378-9342 or 303-567-3135
Jefferson County Workforce Center	303-271-4742
Senior Community Service Employment Program:	
Seniors' Resource Center/Job Training Services	303-235-6982
Servicios de la Raza	303-458-5851

FINANCIAL/EMERGENCY ASSISTANCE

Association for Senior Citizens	303-455-9642
BenefitsCheckUp	www.BenefitsCheckUp.org
BenefitsCheckUp	or 1-866-550-2752 or 303-899-5582
St. Anthony Hospital serves older persons in the eight-county DRCOG Region:	
(Assist with Medicare Part D Prescription Drug Plan)	1-866-550-2752 or 303-899-5581
Catholic Charities Family Center	303-742-0828
Colorado "Quest Card" Customer Services	1-888-328-2656
Colorado "Quest Card" Customer Services	(TTY) 1-800-659-2656
<u>County Departments of Human Services:</u>	
Adams County Dept. of Human Services	303-287-8831
Arapahoe County Human Services	303-636-1130
Broomfield County Depart of Human Services	720-887-2200
Clear Creek County Dept of Human Services	303-679-2365
Denver County Dept of Human Services	720-944-3666
Douglas County Dept of Human Services	303-688-4825
Gilpin County Dept of Human Services	303-582-5444
Jefferson County Division of Human Services	303-271-1388
Denver Indian Center	303-936-2688
Denver Urban Renewal Authority	303-534-3872
Inter-Faith Community Services	303-789-0501
LEAP (Heating bill assistance)....	Call the County Dept of Human Services
Salvation Army	303-295-3366
Red Shield Center	303-295-2107
Senior Answers and Service	303-333-3482
Senior Hub (Adams County)	303-426-4408
Seniors Inc. (Money Management Program)	303-300-6946
Seniors' Resource Center/Case Manager Program	303-238-8151
Evergreen Program	303-674-2843
Servicios de la Raza	303-458-5851
Social Security and SSI Information	1-800-772-1213
Social Security Fraud Hotline	1-800-269-0271
Veterans' Affairs	303-343-1268
700 Club Operation Blessing	303-431-8295

HEALTH

Dental Services

Arapahoe County Senior Dental Program.....	303-341-9370/303-761-1340
Colorado DHCA	(Denver/Westminster/Arvada) 303-430-7399
Community College of Denver (Dental Hygiene)	303-365-8338
Dentistry for the Handicapped.....	303-534-5360
Denver Health Medical Center Dental Program	303-602-8200
Donated Dental Services	303-534-5360
Salud Clinic (Commerce City).....	303-286-8900
Senior Answers and Services (Old Age Pension Dental Program)	303-333-5514
University of Colorado School of Dentistry.....	303-724-6900

Health Clinics

Adams County:

Salud Clinic (Commerce City).....	303-286-8900
Visiting Nurse Association (Call for locations).....	303-744-6363

Arapahoe County:

Littleton Clinic.....	303-738-1124
Visiting Nurse Association (Call for locations).....	303-744-6363

Clear Creek County:

Chicago Creek Clinic	303-567-9201
Clear Creek Nursing Service.....	303-567-3145 or 303-567-3147
Meadows Family Medical Center	303-674-3117
Mountain Family Health Center.....	303-582-5276

Denver, City and County of:

Denver Health Medical Center (Senior Plus services)	303-602-8154
Women’s Mobile Health – Mammogram, paps, breast exams	720-956-2035

Douglas County:

Visiting Nurse Association (Call for locations).....	303-744-6363
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Gilpin County:

Mountain Family Health Center.....	303-582-5276
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Jefferson County:

Centura Health – Senior Health Center	303-825-1234
Family Practice Clinic (St. Joseph Hospital).....	303-318-2000
P/SL Senior Citizens Health Clinic.....	303-869-2269
University of Colorado Health Sciences Center (Medical Indigent).....	303-372-8333

Hearing

Center for Hearing, Speech and Language	303-322-1871
International Hearing Society.....	1-800-521-5247
National Hearing Aid Bank (Hear Now)	1-800-648-4327
Audio Information Network of Colorado	303-786-7777
Relay Colorado (Communication relay).....	1-800-659-3656
Sign Language Associates (SLA)	303-321-6772
Sign Language Associates (SLA)	V/TTY 303-321-6720

Hospice

Agape Hospice Services.....	720-482-1988
Beth Nehamah Hospice.....	303-766-7600
Colorado Community Hospice.....	303-546-7921
Denver Hospice Care Center, The.....	303-766-0050
Denver Hospice, The.....	303-321-2828
Evercare Hospice.....	303-714-2400
Exempla Lutheran Hospice at Collier Hospice Center.....	303-425-8000
Hospice of St. John.....	303-232-7900
Hospice of Peace.....	303-561-5000
HospiceCare of Boulder and Broomfield Counties.....	303-449-7740
Mt. Evans Hospice (Evergreen).....	303-674-6400
Namaste Care Group, Inc.....	303-860-9918
Odyssey Healthcare of Denver.....	303-561-1955
Porter Hospice.....	303-561-5100
Trinity Hospice of Colorado.....	303-799-5096
Visiting Nurse Association Hospice-at-Home.....	303-744-6363
VistaCare.....	303-639-9243

Medical Equipment

ATG Rehab.....	303-781-1474
Assistance League of Denver.....	303-322-1688
Association for Senior Citizens.....	303-455-9642
Loan Closet (Broomfield resident).....	303-464-5526
Miracle on Wheels (Power wheelchairs).....	1-800-749-8778
Senior Solutions (Senior Hub/Adams County).....	303-426-4408

Medication Management

Rx Assist (St. Anthony Hospital Senior Program).....	1-866-550-5752 or 303-899-5581
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Mental Health

Arapahoe/Douglas County Mental Health.....	303-779-9676
Asian/Pacific Center.....	303-393-0304
Aurora Mental Health Center.....	303-617-2300
Boulder County Mental Health (Broomfield County).....	303-466-3007
Community Reach Center (Adams County).....	303-859-3500
Lutheran Family Services.....	303-922-3433
Mental Health Center of Denver (MHCD).....	303-504-6500
Jefferson County Center for Mental Health: (Jefferson, Clear Creek and Gilpin counties).....	303-425-0300
Mental Health America of Colorado.....	1-800-456-3249 or 720-208-2220
Servicios de la Raza.....	303-458-5851
Suicide Prevention Hotline (24-Hour).....	1-800-SUICIDE

Prescription Assistance

AARP Pharmacy Service.....	1-800-456-2277
Aurora Inter-Church Task Force (Aurora residents).....	303-360-0260
BenefitsCheckUp Rx.....	www.BenefitsCheckUp.org

Diabetics Care (Diabetic testing supplies)	1-800-500-6995
Metro CareRing	303-860-7200
RxAssist (St. Anthony Hospital Senior Program).....	1-866-550-2752 or 303-899-5581
Centura Senior Health Insurance Counseling Program (SHICP)	303-899-5151
Senior Respiratory Solutions (Asthmatic)	1-800-398-9804
Seniors Inc	303-300-6900

Resource Organizations

ALS-Association Rocky Mountain Chapter (Lou Gehrig's Disease).....	303-832-2322
Alzheimer's Association	303-813-1669
American Cancer Society	303-758-2030
American Diabetes Association	720-855-1102
American Heart Association/American Stroke Association	303-369-5433
American Lung Association	303-388-4327
Arthritis Foundation.....	303-756-8622
Brain Injury Association of Colorado.....	303-355-9969
Colorado AIDS Project.....	303-837-0166
National Multiple Sclerosis Society-Colorado Chapter.....	303-831-0700
Parkinson Association of the Rockies	303-861-1810
Rocky Mountain Stroke Association.....	303-730-8800

Vision

American Council of the Blind of Colorado.....	1-888-775-2221 or 303-831-0117
Center for People with Disabilities	303-442-8662 x125
Colorado Center for the Blind.....	303-778-1130
Colorado Optometric Center	303-295-2402
Colorado Talking Book Library.....	303-727-9277
Division of Vocational Rehabilitation	303-866-2500
Eye Care America Senior's Eye Care Program	1-800-222-3937
Health S.E.T.....	303-595-6633
Audio Information Network of Colorado.....	303-786-7777
Senior Answers and Services.....	303-333-3482
University of Colorado Eye Clinic.....	720-848-2020

HEALTH INSURANCE

Colorado Medicare Insurance Counseling.....	1-800-544-9181 or 303-899-5151
Colorado Division of Insurance	303-894-7499
Senior Health Insurance Assistance Program (SHIP)...Denver	303-894-2946
Senior Health Insurance Assistance Program (SHIP)...Statewide	1-888-696-7213
Medicaid Eligibility.....	Call County Department of Human Services
Medicare Part B Claims:	
Denver	1-800-772-1213
Outside of Denver	1-800-772-1213
Medicare Entitlement/Appeals	1-800-772-1213
Medicare Part D assistance	1-800-633-4227

HOME MAINTENANCE

Aspen Design Renovation.....	303-345-7683
Broomfield Senior Services Volunteer Handyman Program.....	303-464-5526

Brothers Redevelopment (Home weatherization/improvement).....	303-202-6340
Sawicki Engineering (Home Improvement).....	303-842-5109
Rebuilding Together (Adams and Arapahoe County).....	303-217-2070
Senior Hub, Inc. (Adams County)	303-426-4408
Seniors' Resource Center	303-238-8151
Sun Power, Inc.....	303-382-1514
Volunteers of America - Safety of Seniors/Handyman Program.....	303-297-0408

HOUSING

Colorado Division of Housing.....	303-866-2033
Community Housing Services.....	303-831-4046
HUD Locator.....	303-672-5343
Long-Term Care Facilities (DRCOG LTC Ombudsman Program)	303-455-1000
Section 8 Housing..... (Contact Local Housing Authority)	
Senior Housing Options	303-595-4464

Emergency Housing

Colorado Coalition for the Homeless	303-293-2217
Senior Support Services	303-832-1622
Mile High United Way - Shelter Hotline.....	303-561-2222

Housing Authority

Adams County Housing Authority	303-227-2075
Arvada Housing Authority	720-898-7494
Aurora Housing Authority	720-251-2100
Brighton Housing Authority	303-655-2160
Broomfield Housing Authority.....	303-438-6396
Colorado Housing and Finance Authority: (Low-Income Home/Renovation loans).....	303-297-2432
Commerce City Housing Authority	303-289-3698
Denver Housing Authority	720-932-3000
Englewood/Sheridan Housing Authority.....	303-761-6200
Jefferson County Housing Authority.....	303-422-8600
Lakewood Housing Authority	303-987-7580
Littleton Housing Authority	303-794-9608
Wheat Ridge Housing Authority.....	303-422-8600

IN-HOME AND RESPITE CARE

Call DRCOG for Information	303-455-1000
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INCOME TAX PREPARATION

AARP (Call for site locations).....	1-888-687-2277
Adams County Income Tax Assistance	303-654-6163
Colorado Department of Revenue (State tax information)	303-238-7378
IRS (Federal tax information).....	1-800-829-1040
Seniors' Resource Center/VITA (Volunteer Income Tax Assistance)	303-238-8151
Volunteer Income Tax Assistance (IRS).....	303-446-1449

LONG-TERM CARE OPTIONS

Adult Care Management (Broomfield, Clear Creek and Gilpin Counties) ...	303-439-7011
Long-Term Care Facilities/DRCOG Ombudsman Program	303-455-1000
Longterm Care Options:	
(Adams, Arapahoe, Douglas, Elbert and Denver Counties).....	720-974-0032
Options for Long-Term Care (Jefferson County).....	303-271-4216

NUTRITION/MEALS

Broomfield County Home-Delivered Meals	303-464-5532
Food Bank of the Rockies	303-371-9250
Food Stamp information.....	Call County Department of Human Services
Littleton Cares, Inc (Meals on Wheels)	303-798-7642
Seniors' Resource Center/Evergreen	303-674-2843
SHARE Colorado Program	303-428-0400
VOA Dining Centers/Home-Delivered Meals	303-294-0111

ORGANIZATIONS FOR SPECIAL POPULATIONS

Asian Pacific Development Center.....	303-355-0710
Denver Indian Center.....	303-936-2688
Gay, Lesbian, Bisexual Community Center of Colorado.....	303-733-7743
Jewish Family Service	303-597-5000
Foreign Language Interpreter:	
Colorado Department of Health Care Policy & Financing	303-866-4008
Denver Commission for People with Disabilities.....	720-913-8480
Senior Support Services (Homeless older adults).....	303-832-1622
Servicios de la Raza	303-458-5851
Southwest Improvement Council – SWIC (American Indian).....	303-934-2181
The Translation and Interpreting Center for Crime Victims	303-996-0976
Vietnamese Elderly Association of Colorado	303-922-3033

PERSONAL EMERGENCY

Gold Eagle Systems	303-770-2227
Health Watch	1-800-226-8100
Lifeline	1-800-LIFELINE
Pioneer Medical Systems	1-800-798-0626
Personal Alert	303-660-4853
ResponseLINK.....	303-805-5979

PET CARE

Denver Dumb Friends League (Emergency pet care/Adoptions)....(Ext. 0)	303-696-4941
Harrison Memorial Animal Hospital (Fixed-Income Pet Medical Service) ...	303-722-5800
Purina Pets for People	Call local humane society

SENIOR CENTERS

Adams County

Aurora Senior Center	303-739-7950
Brighton Senior Center	303-655-2075
Commerce City Senior Center	303-289-3764
Northglenn Senior Citizens Center.....	303-450-8801

Salvation Army-West Adams	303-428-6430
Senior Hub	303-426-4408
Thornton Senior Center	303-255-7850
Tri-Valley Senior Citizens Association	303-822-5855
Westminster Community Senior Center	303-426-4310
Arapahoe County	
Aurora Senior Center	303-739-7950
Buck Community Recreation Center	303-794-9216
Malley Senior Recreation Center	303-762-2660
Tri-Valley Senior Citizens Association	303-734-1223
Broomfield, City and County of	
Broomfield Senior Center	303-464-5526
Clear Creek County	
Project Support Senior Center	303-567-2382
Denver, City and County of	
Athmar Recreation Center	303-937-4600
Barnum Senior Center	303-937-4655
Carl Park Recreation Center	303-477-9251
Westwood Community Center	303-922-7701
Zion Senior Center	303-333-5746
Douglas County	
Castle Rock Senior Center	303-688-9498
Parker Senior Center	303-841-5370
Gilpin County	
Gilpin County Council on Aging	303-582-5444
Jefferson County	
Clements Community Center	303-987-4820
Evergreen Recreation Center	303-674-6441
Foothills Park and Recreation District	303-987-3602
Golden Community Center (Front Porch)	303-384-8130
North Jeffco Community Recreation Center	303-425-9583
Seniors' Resource Center/Mountain Services (Evergreen)	303-674-2843
Wheat Ridge Senior/Community Center	303-205-7500
<u>SERVICES FOR PEOPLE WHO ARE DISABLED</u>	
Rocky Mountain Americans with Disabilities Act (RMADA) Center	1-800-949-4232
Atlantis/ADAPT	303-733-9324
Center for People with Disabilities	303-442-8662 x125
Client Assistance Program (CAP)	303-722-0300
Colorado Cross Disabilities Coalition	303-839-1775
Denver Commission on the Disabled	720-913-8480

Easter Seals Day Program	303-233-1666
Legal Center for People with Disabilities.....	303-722-0300

TELEPHONE REASSURANCE

Quick Call	303-457-1294
ResponseLINK	303-805-5979
Salvation Army	303-861-4833
Tel-A-Sure (Seniors' Resource Center).....	303-238-8151

TRANSPORTATION

Adams County:

A-Lift/Seniors' Resource Center	303-235-6972
Special Transit (Brighton and Tri-Valley Area)	303-447-9636
Town of Bennett	303-644-3249
Tri-Valley Senior Citizens Association (Local only: Bennett, Byers, Deer Trail, Strasburg, Watkins).....	303-822-5855

Arapahoe County:

Englewood art	303-762-2342
First Ride.....	720-540-5566
Littleton City Government – Omnibus/Shopping Cart.....	303-795-3700
Special Transit (Tri Valley Area).....	303-644-3249
Tri-Valley Seniors (Local: Bennett, Byers, Deer Train, Strasburg, Watkins).....	303-822-5855

City and County of Broomfield:

Broomfield Senior Center Easy Ride (Broomfield only).....	303-464-5534
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City and County of Denver:

First Ride	720-540-5566
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Clear Creek County:

Volunteers of America – Senior Transportation Program	303-567-2382
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Douglas County:

Douglas County Department of Human Services	303-688-4825
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Gilpin County:

Volunteers of America: (Gilpin County Senior Transportation Program.....)	303-582-5444
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Jefferson County:

Lakewood City Government/Lakewood Rides	303-987-4827
Seniors' Resource Center	303-235-6972
Seniors' Resource Center/Evergreen.....	303-674-2843

Metro Area:

American Red Cross 303-607-4764
LogistiCare (Medicaid eligible only) 1-800-390-3182

Regional Transportation District 303-299-2960
Access-a-Cab 303-244-1388
Access-a-Ride 303-292-6560
Call-n-Ride (Boulder/Broomfield/North Jefferson Counties only) 303-434-8989
SeniorRide 303-299-6503

