

## **COMMUNITY RESOURCE DIRECTORY: OCTOBER 2023 EDITION**

**Please note that there are many additional quality resources in our community that are not included in this directory. While Sages Elder Care cannot officially endorse the companies within this directory, we trust that you find it useful as a “place to start” regarding a wide variety of services. You may call Sages Elder Care regarding additional resources.**

**The resources listed in this directory were obtained from many sources in the community, the 2023 Senior Information and Assistance Directory (aka the “Yellow Book”), and the 2023-2024 Seniors BlueBook (aka the “BlueBook”). While some of the companies listed in the Yellow Book and the BlueBook may only be utilized by Seniors, there are many resources listed within them that may be used by people of all ages.**

*This directory works in tandem with the Yellow Book and BlueBook. Page numbers for additional resources are included for many of the categories.*

*The Pikes Peak Area Agency on Aging that publishes the Yellow Book has an online **Portal to find Resources for Seniors**: **<https://agefriendlypikespeak.org>**. To find information on resources and providers for Seniors and Area Agencies on Aging nationwide, call 800-677-1116.*

***When looking for medical homecare, senior living communities, and other agencies that accept government funding sources such as Medicare, Medicare.gov provides important information including Medi scores/ratings, incidents, and reports.***

**IMPORTANT PHONE NUMBERS** (Refer to Quick Reference page, ii, and pages 73-75 in the Yellow Book for additional information.)

### **Emergency Numbers:**

Adult Protective Services (Department of Human Services): 719-444-5755

Ambulance/Police/Fire: 9-1-1 (If there are mental health/behavioral health issues involved in the situation, tell Dispatch. A special “BHCon” Team may be included).

Child Abuse Program (24-hour Hotline): 719-444-5700

Colorado Crisis Services (Mental Health): 9-8-8; (844) 493-8255; Text Line: Text “Talk” to 38255.

National Suicide Prevention Lifeline: (800) 273-8255

Poison Control (Rocky Mountain Poison Center): 800-222-1222

Veteran's Crisis Line: (800) 273-8255 (Press 1)

**Non-Emergency Law Enforcement/Assistance Numbers:**

\*Non-emergency police, sheriff, and fire departments can be called regarding lift assists after a fall ONLY IF there aren't any injuries. If there is a voice mail message instead of a live person, call 911 and tell Dispatch that you only need a lift assist and that there aren't any injuries.\*:

Colorado Springs Police/Fire Departments non-emergency: 719-444-7000

Fountain Police Department non-emergency: 719-382-8555

Human Trafficking in Colorado: 888-373-7888 (Call if you suspect human trafficking. If human trafficking crime is in progress, call 911.)

Palmer Lake / Monument Police Department non-emergency: 719-390-5555

Police Crime Prevention Unit for public presentations on Scams: 719-444-7276

Sheriff, El Paso County: 719-390-5555

Sheriff, Teller County: 719-687-9652

Victim Advocacy Unit (Colorado Springs Police Department): 719-444-7777

**Emergency / Disaster Preparedness Numbers:** *(Refer to pages 33-34 in the Yellow Book.)*

**Information and Assistance**

Senior Information and Assistance Center (Pikes Peak Area Council of Governments Area Agency on Aging): 719-471-2096

United Way 2-1-1: 2-1-1 or if calling from a cell phone: 719-955-0742 (Confidential information & referrals to local health & human service providers)

**Time of Day**

Time: 719-567-6742

**Weather Forecast**

National Weather Service: 844-202-1573

**ABUSE PREVENTION, SERVICES & ADVOCACY** (Refer to pages 1-2, 4-5 in the Yellow Book & pages 14, 33 in the BlueBook.)

AARP Elderwatch (800-222-444x2; 303 E. 17<sup>th</sup> Ave. #510 Denver, CO 80203): Fights financial exploitation of older Coloradans through education and outreach and by providing information and referrals.

Adult Protective Services (El Paso County: 719-444-5755; TDD – 719-444-5998; 1675 W. Garden of the Gods Rd., Colorado Springs, CO 80907; humanservices.elpasoco.com/adult-protective-services/). (Teller County: 719-687-3335; 719-686-5550; 800 Research Dr., #100 Woodland Park, CO 80863; www.co.teller.co.us/DHS/ProtectiveSvcs.aspx).

Disability Law Colorado (800-288-1376; 455 Sherman St., Ste 130, Denver, CO 80203)

National Domestic Violence Hotline (800-799-7233; TTY-800-787-3224; www.thehotline.org)

Ombudsman for Long-Term Care with the Pikes Peak Area Council of Government's Area Agency on Aging (719-471-2096; 14 S. Chestnut St., Colorado Springs, CO; www.ppacg.org/aging): By appointment only. Advocates for residents in nursing/skilled and assisted living communities. Ombudsman may also investigate and attempt to resolve complaints made by or on behalf of residents of nursing/skilled communities, residential care homes, assisted living communities, and supervised living communities for older adults. 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 communities.

Pikes Peak Elder Justice Center (719-318-7459; www.pikespeakelderjusticecenter.org): Works toward preventing and eliminating elder abuse in the Pikes Peak Region and beyond.

Teller Senior Coalition (719-687-3330; 750 E. Hwy 24, Ste 100, Woodland Park, CO 80863)

TESSA: (24 Hour Safe Line: 719-633-3819; 435 Gold Pass Heights 80906; 719-633-1462; www.tessacs.org): Confidential services for victims of domestic violence and sexual assault. Services include safehouse, advocacy, counseling, outreach, and education.

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**ADULT DAY PROGRAMS & SERVICES** (Refer to page 3 in the Yellow Book and page 14 in the BlueBook.)

Rocky Mountain PACE (719-314-2327; 2502 E. Pikes Peak, Colorado Springs, CO 80909 & 8595 Explorer Drive, Colorado Springs, CO 80920)

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**ALZHEIMER'S / DEMENTIA SUPPORT** (Refer to page 56 in the Yellow Book and page 15 in the BlueBook.)

Alzheimer's Association Online and In Person Support Groups, Classes, Information, and Resources (www.alz.org/crf; 1520 N. Union Blvd., 80909; 719-266-8773): Wide variety of online and in person support groups for people living with various types of dementia, their families, and Care Partners.

The Alzheimer's Association 24/7 Helpline: (1-800-273-3900)

Angels Against Alzheimer's (719-339-9017; 20433 Cheryl Grove Colorado Springs, CO 80831; [angelsagainstalzheimer's.com](http://angelsagainstalzheimer's.com); [gina@angelsagainstalzheimer's.com](mailto:gina@angelsagainstalzheimer's.com)): Raises money to support local people with Alzheimer's, their families, and organizations that provide family Caregivers with respite opportunities, research.

Art For Older Adults (719-217-4054; [www.artforolderadults.org](http://www.artforolderadults.org); [artforolderadults@gmail.com](mailto:artforolderadults@gmail.com)): Elizabeth Stabro, MFA, develops and facilitates visual art programs for older adults and for those with dementia.

Fountain Valley Senior Center's Dementia Support Group (719-600-2644; 5745 Southmoor Dr., Fountain, CO 80817): Meets the 3<sup>rd</sup> Wednesday of the month from 2:00-3:30 pm.

Never Alone (Paula Levy; 844-933-1456; [paula@neveraloneconsulting.com](mailto:paula@neveraloneconsulting.com)): Dementia Caregiver support consulting business. Paula is a Teepa Snow Positive Approach to Care Certified Independent Advanced Consultant and Coach.

Never Alone – Dementia 101 – An online Care Partner Support Series (with Paula Levy; 331-3640): Provides knowledge, awareness and equips Caregivers. Five consecutive weeks of 90-minute-long virtual classroom that includes videos and handouts by Teepa Snow with the Positive Approach to Care, and one-on-one coaching and support provided by Paula.

Phone Apps That Assist in Finding Person with Dementia: "On Star Find Me" and "Safe and Found"

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## **ANIMAL SERVICES AND RESOURCES** (Refer to pages 13-14 in the Yellow Book and pages 70-71 in the BlueBook.)

Aging in Place (719-684-5389): Provides pet sitting and dog walking services.

Animal Emergency Care Centers (719-260-7141; 5520 N. Nevada Ave. #150 Colorado Springs, CO 80918; [www.animalercare.com](http://www.animalercare.com))

Canine Companions for Independence (719-260-6151; [www.cci.org](http://www.cci.org))

Guide Dogs for the Blind (800-292-4050; [www.guidedogs.com](http://www.guidedogs.com))

Happy Cats Haven (719-362-4600; 327 Manitou Ave. Manitou Springs, CO 80829): Rescue for homeless cats; accepts surrendered cats and provides adoptions of cats.

Harley's Hope Foundation (719-495-6083; PO Box 88146; [www.harleys-hopefoundation.org](http://www.harleys-hopefoundation.org)): Pet assistance-service animal fund, short term foster care, pet first aid/CPR training. A local non-profit that helps keep people and pets together in an effort to keep pets from being surrendered to shelters unnecessarily.

Home with Dignity (312-626-6644): At home euthanasia for pets in a dignified, comfort-oriented, peaceful manner.

Humane Society of the Pikes Peak Region (719-473-1741; 610 Abbot Lane Colorado Springs, CO 80905; [www.hsppr.org](http://www.hsppr.org)).

Lasting Paws Pet Memorial Service (719-636-1036; [www.homeward-bound-pet.com](http://www.homeward-bound-pet.com); 318 Karen Lane, Colorado Springs, CO 80907)

Look What the Cat Brought In (719-331-6852; 2129 E. Boulder St. Colorado Springs, CO 80909): Cat shelter that accepts medically needy cats for rehabilitation, treatment, and adoption.

Lucky Dog at Home Pet Sitting (719-999-8617)

Peak Pet Pantry (303-818-0618; [www.coloradopetpantry.org](http://www.coloradopetpantry.org)): Pet food assistance and monthly distribution in the Colorado Springs area.

Safe Place for Pets (719-359-0201; [www.safeplacepets.org](http://www.safeplacepets.org)): Serves terminally ill people in El Paso and Teller Counties by finding forever homes for their pets.

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### **ANTIQUÉ / VINTAGE DOLL & STUFFED ANIMAL REPAIR**

Lesley Ewing Nolan Fine Art (719-459-3587; 12375 Woodmont Dr. Colorado Springs, CO 80921): Cleaning, restuffing, restringing, porcelain repair, airbrushing, clothing repair and replacements for antique/vintage dolls and stuffed animals. Payment accepted: cash & check.

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### **BEHAVIORAL HEALTH, COUNSELING, GRIEF, SUBSTANCE ABUSE** *(Refer to page 94-96 in the Yellow Book and pages 19 & 62 in the BlueBook.)*

Al-Anon & Alateen ([www.al-anon-co.org](http://www.al-anon-co.org); 3595 E. Fountain Blvd., #10, Colorado Springs, CO 80910): Provides meetings for loved ones of people with alcohol addiction.

Alcoholics Anonymous (<https://www.coloradospringsaa.org>): Provides meetings for those with alcohol addiction.

Cedar Springs Hospital (2135 Southgate Rd. Colorado Springs, CO 80906; 800-888-1088; 719-633-4114): Provides comprehensive, acute psychiatric and substance abuse inpatient, partial hospitalization, outpatient programs, and The Mountain View Place Program that provides psychiatric residential treatment for adolescents.

Colorado Crisis Services (844-493-8255 or Text TALK to 38255): Provides free, confidential 24/7 support.

Colorado Springs Senior Center (719-955-3400): Provides group meeting for bereaved spouses twice a month. Call for meeting dates, times, and locations.

Depression and Bipolar Support Alliance Colorado Springs (719-477-1515; [www.DBsAColoradoSprings.org](http://www.DBsAColoradoSprings.org)): Nonprofit, patient-directed organization that offers free self-help support groups to people with mood disorders, their family members, and friends. Groups for adults, teens and younger adults, women, later life, family & friends, and Veterans.

Diversus Health - Previously named Aspen Pointe (719-572-6100; Emergency #: 719-635-7000; 179 S. Parkside Dr. Colorado Springs, CO 80901; <https://diversushealth.org/aspenpointe>): Services include a Walk-In Crisis Center, Lighthouse (719-572-6100 & 719-572-6340) at 115 S. Parkside Dr., counseling, psychiatric care, addiction. Online counseling and telehealth offered.

Dr. Sheri Gibson, Geropsychologist (719-339-2862; [sheri@drsherigibson.com](mailto:sheri@drsherigibson.com); [www.DrSheriGibson.com](http://www.DrSheriGibson.com)): Addresses unique needs of older adults and their families. Services include psychotherapy, capacity evaluations (in areas including medical consent, sexual consent, financial decisions, testamentary, and independent living), expert testimony in legal proceedings in cases of suspected or confirmed abuse and capacity, training via presentations, and consultation for agencies and organizations.

Dream Center Women's Clinic (719-388-1594; 4360 Montebello Dr. #900, Colorado Springs CO 80918; [www.dreamcenterscos.org](http://www.dreamcenterscos.org)): For uninsured and under-insured women.

Finding Our Voices ([www.findingourvoicescs.org](http://www.findingourvoicescs.org); P.O. Box 1442, Colorado Springs, CO 80901): Provides programs using the arts for adult female survivors of sexual abuse and their allies.

Friendship Line (1-800-971-0016): For older adults

Fresh Hope Mental Health Support Group (Woodmen Valley Chapel, Rockrimmon; 290 E. Woodmen Rd. Colorado Springs, CO 80919): Meets Monday at 6:30 pm in rooms 201 & 202 in the Elementary Building. For those with mental health challenges and for their loved ones.

Foreknown Ministries ([foreknownministries.org](http://foreknownministries.org)): Local ministry that comes alongside grieving parents from miscarriage, stillbirth, infant loss. Assists parents as they process grief and work to help them find encouragement, community, and hope. Led by people who have experienced pregnancy losses.

Griefshare ([GriefShare.org](http://GriefShare.org)): Nation-wide organization that offers a Christian-based, 13-week support program. Several groups are hosted by local Colorado Springs churches including Woodmen Valley Chapel, New Life Church, and First Presbyterian Church.

Grief Support Group (First United Methodist Church, 420 N. Nevada, Colorado Springs, CO 80903; 719-471-8522): Provides an annual support group and 'Service of Remembrance' in December. Call for information.

Heartbeat ([heartbeatssurvivorsaftersuicide.org](http://heartbeatssurvivorsaftersuicide.org)): Provides peer support groups offering empathy, encouragement, and direction following the suicide of a loved one.

Henry's Heart Art Therapy (719-322-4630; [henrysheartarttherapy.com](http://henrysheartarttherapy.com)): Provides individual support and closed groups for parents who have experienced miscarriage, stillbirth, SIDS, and infant loss within the first year of life.

Homeward Pikes Peak (Harbor House Clinic) (719-473-5557; 2010 E. Bijou St. Colorado Springs, CO 80909): Outpatient addiction recovery clinic with specialized women's services.

Mission Medical Center (2125 E. LaSalle St. Colorado Springs, CO 80909; 719-219-3402): A 501 (c) 3 faith-based organization that provides free healthcare, including behavioral health, to uninsured, underinsured, and low-income members in the Pikes Peak Region. (Services include primary care, dental, optometry, behavioral health, diabetes care, spiritual care, over the counter and prescription-based pharmaceuticals).

Mt. Carmel Veterans Service Center (719-772-7000; VeteransCenter.org; 530 Communication Circle Colorado Springs, CO 80905): Provides Veterans of all eras and their families access many community services in one location. Collaborates with community partners providing best practices in transition and wellness services. Services include transition and employment, benefits and resource assistance, behavioral health and wellness, education, and support, financial, legal, and community events and programs.

NAMI Colorado Springs (719-473-8477; 1615 S. Murray Blvd. Colorado Springs, CO 80916; <https://www.namicoloradosprings.org>): Provides education, support, and advocacy for people and families living with mental illness. Includes online and in person support groups, educational programs/courses, and crisis intervention group training for law enforcement.

Narcotics Anonymous (<https://nacolorado@coloradosprings>)

Peak View Behavioral Health (888-235-9475; [peakviewbh.com](http://peakviewbh.com); 7353 Sisters Grove Colorado Springs, CO 80923): Inpatient, partial hospitalization, and outpatient behavioral health (behavioral health & substance abuse) services. Includes a Mental Wellness Adolescent After School Program (virtual or in person) Monday-Thursday, 3:00 – 5:30 pm.

PEARLS Program (719-459-2017; [pearlsprogram.net](http://pearlsprogram.net)): Free program encouraging active rewarding lives for Seniors. Offers practical solutions, guidance toward client's goals, help toward positive moods, step by step approach to make changes. Uses 7 steps: Clarify the goal. Set the goal. Come up with multiple solutions. Evaluate. Select a plan. Implement the plan. Evaluate how it went. Coach and client can meet in client's home or other location of client's choice, on the phone, or via zoom. Decreases depression, improves functional and emotional well-being, leads to long-lasting changes.

Pikes Peak Hospice & Palliative Care (719-633-3400; [pikespeakhospice.org](http://pikespeakhospice.org)): Provides one-to-one support with professional grief counselors and a variety of support groups for children, youth, and adults. Provides Art Therapy.

Pikes Peak Suicide Prevention (719-573-7447; [pikespeaksuicideprevention.org](http://pikespeaksuicideprevention.org)): Provides crisis care and individual support. Therapists are available after a suicide loss as well as a variety of support groups for children, teenagers, and adults.

Resonate Music Therapy (719-492-5282; 2906 Beacon Street, Colorado Springs, CO 80907; [staff@resonatemt.com](mailto:staff@resonatemt.com)): Provides music therapy that can help process trauma, improve mental health, manage stress, improve executive functioning skill, and work toward physical, cognitive, and social or emotional goals. Clients include people on the Spectrum, with disabilities including from stroke and TBI, and dementia.

Safe Alternatives (to cutting) Hotline (1-800-366-8288)

SET Family Medical Clinics (various locations including 2864 S. Circle Dr. Colorado Springs, CO 80906; 719-776-8850): Nonprofit medical clinics for uninsured, underinsured, CHPA Medicaid, homeless regardless of ability to pay full price. Medical care and behavioral health.

Sexual Abuse Survivor 24/7 Helpline (800-656-4673)

Silver Key Behavioral Health (719-884-2300; 1605 S. Murray Blvd., Colorado Springs, CO 80916)

Special Kids Special Families (719-447-8983): Provides respite and specialized care for children and adults with disabilities and special needs. Also provides individual, family, and group behavioral health to all ages, including Seniors – Do not need to have a disability to receive these behavioral health services. In person or via telehealth. Accepts Medicaid, Signa, sliding scale, and some services are covered by grants.

The Compassionate Friends, Pikes Peak Region Chapter (719-344-3216; [compassionatefriends.org](http://compassionatefriends.org)): Provides monthly support group for family after losing a child of any age. Groups open to parents, grandparents, and adult siblings.

UCCS Aging Center (719-255-8002; [uccs.edu/agingcenter](http://uccs.edu/agingcenter); Lane Center for Academic Health Sciences Building, 4863 N. Nevada, Suite 321 Colorado Springs, CO 80918): A nonprofit clinic that addresses social problems and mental health needs of individuals and families in “second half of life.” Provides individual, group, marital, and family psychotherapy as well as assessment (including memory and thinking challenges) and consultation services to adults 55+ and Caregivers. Sliding pay scale or for Medicare reimbursement by graduate students and licensed psychologist with expertise in gerontology.

UCCS Veterans Health and Trauma Clinic (719-255-8003; Lane Center for Academic Health Sciences Building, 4863 N. Nevada, Suite 380 Colorado Springs, CO 80918)

Veteran’s Crisis Line (800-272-8255; [www.veteranscrisisline.net](http://www.veteranscrisisline.net))

Voices of Grief Support & Education Center (719-286-0612; [VoicesofGriefCenter.org](http://VoicesofGriefCenter.org)): Provides bereavement care through closed-format support groups and community events as well as educational events for the general community and professionals regarding healthy practices of grief and mourning.

What’s Your Grief ([whatsyourgrief.com](http://whatsyourgrief.com)): Provides grief articles, courses, creativity, sharing, community and more. Support is available for Caregivers and professionals.

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## **BRAIN CARE AND BRAIN INJURY RESOURCES** *(Refer to pages 56-57 in Yellow Book.)*

American Brain Tumor Association (800-886-2282; [www.abta.org](http://www.abta.org))

Brain Injury Alliance Colorado (800-955-2443; [BIAColorado.org](http://BIAColorado.org)): Resource for help, services, and programs for survivors of an injury to the brain, their families, and providers. May call to request the free Pikes Peak Region Brain Injury Professionals Network Brain Injury Directory.

Cereset (719-249-3663; 7660 Goddard St., Suite 120, Colorado Springs, CO 80920): Provides non-invasive process using only brain-initiated sounds to relax the brain, allowing it to reset itself and free it from freeze or fight-or-flight states, overcome anxiety, increase energy, improve sleep & performance

Encompass Health Rehabilitation Hospital (719-630-8000; 325 S. Parkside Dr. Colorado Springs, CO 80910): Provides inpatient rehabilitation.



Harmonized Brain Centers (719-661-6422; 2149 N. Academy Blvd. Colorado Springs, CO 80909; [www.HarmonizedBrainCenters.com](http://www.HarmonizedBrainCenters.com)): Improve brain function from concussion or TBI using safe, proven, effective neurofeedback, biofeedback, and other modalities.

Headway Brain Injury and Stroke Support Group (719-459-0901; Fargo's Pizza at 2910 E. Platte Ave.): Meets the first and third Wednesdays from 11:30 am – 1:30 pm.

Penrose-St. Francis Rehabilitation (Centura Health; 2222 N. Nevada Ave. Colorado Springs, CO 80907; 719-776-5200): Neurological rehabilitation after an injury or brain disorder. Inpatient and outpatient services. Services include PT, OT, Speech, Language and Cognitive Therapy, community re-entry assistance, wheelchair clinic, fitness to drive, driving rehabilitation, seating and positioning clinic, vestibular program, vision therapy, IMPACT Testing/Evaluation by neuropsychologist.

Rocky Mountain Health Care Services BrainCare (719-520-5656; 2502 E. Pikes Peak Ave. Colorado Springs, CO 80909; [www.rmhcare.org](http://www.rmhcare.org)): The Neuropathways Center provides living skills training, community integration, and professional behavioral health services.

Tri-Lakes YMCA (719-481-8728; 17250 Jackson Creek Pkwy, Monument, CO 80932): Provides PWR!Moves Exercise Classes for people with Parkinson's that are also helpful for participants with brain injuries.

The Independence Center's Traumatic Brain Injury Support Group (719-471-8181): Call for information.

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**CAREGIVER RESOURCES AND CAREGIVER SUPPORT GROUPS** *(Refer to pages 8-9, 52-53 in the Yellow Book and page 20 in the BlueBook.)*

All About Dignity ([allaboutdignity.com](http://allaboutdignity.com)): Personal Care Worker classes/training and certificate.

The Alzheimer's Association's 24/7 Helpline (1-800-273-3900)

Alzheimer's Association Online Support Groups (To register or learn more, go to [www.alz.org/crf](http://www.alz.org/crf)): Online support groups including Veterans' Caregivers, Lewy Body Dementia Caregivers, Grieving through Dementia: A support group to discuss anticipatory grief, Younger Onset Caregivers, New Beginnings: A support group for those grieving the loss of a loved one, Adult Children Caregiver Group: A support group for children caring for aging parents, Men's Caregiver Group, Women's Caregiver Group, Adult Children Caregiver Group: A support group for children caring for aging parents, Frontotemporal Dementia Caregiver Group, Sandwich Generation Caregiver Group: A support group for those raising children and caring for an elder with dementia. In person support groups also available.

Cardinal Life with Jane W. Barton, MTS, MASM, CSA in partnership with AARP (303-489-3903; [www.CardinalLife.com](http://www.CardinalLife.com); [CardinalLife@msn.com](mailto:CardinalLife@msn.com)): Educational programs, books, and blogs to assist Caregivers and all people concerning challenges surrounding aging, serious illness, end of life, grief, resiliency, caregiving etc.

Carecheckers (888-477-0435; [www.carecheckers.com](http://www.carecheckers.com)): A live-person telephone checkup service nationwide or monitored check-in service available nationwide. Provides daily live-person reassurance, medication and activity reminder, friendly conversation calls. Provides monitored check-in services wherein the client calls, emails, or texts Carecheckers to let them know they are okay. If Carecheckers don't receive communication from client as scheduled, they alert client's contacts.

Caregiver Support Group (719-594-6602; [newlifecolorado.ccbchurch.com/goto/groups/public](http://newlifecolorado.ccbchurch.com/goto/groups/public)): Provides support for Caregivers. Meets on Tuesday mornings. Call New Life Church to speak with Michelle Idle or go online for information.

Colorado Respite Coalition (303-233-1666; 844-265-2372; [www.coloradospitecoalition.org](http://www.coloradospitecoalition.org)): An allied network of families and community partners working to strengthen and support family Caregivers of individuals with special health care needs. Seeks to expand respite services in CO. Services include online training and education, respite vouchers, respite locator, and community grants to expand respite programming and services.

Comfy Chair: Facebook Support Group for all Caregivers.

Grandparents Raising Grandkids Support Group (719-578-8007): Provides mentoring and support to grandparents raising their grandchildren.

Maria's Place ([Mariasplace.com](http://Mariasplace.com); contact Stephanie Giangulio – 970-306-5466; [Stephanie@mariasplace.com](mailto:Stephanie@mariasplace.com)): An organization that provides engaging activities, resources etc. (many free, some requiring pay) for older adults and for Caregivers. Also has a Facebook page that provides free presentations.

Military Caregiver Information: [militaryonesource.mil/health-wellness/caregivers](http://militaryonesource.mil/health-wellness/caregivers)

Never Alone Consulting (719-331-3640; 844-933-1456; [www.neveraloneconsulting.com](http://www.neveraloneconsulting.com); [paula@neveraloneconsulting.com](mailto:paula@neveraloneconsulting.com)): Paula Levy provides caregiving consulting and classes for those caring for loved ones with dementia.

Parkinson Caregiver Support Group (Central United Methodist Church, 4373 Galley Road Colorado Springs, CO 80915; 719-331-8369; [bbhicks@gmail.com](mailto:bbhicks@gmail.com)): Contact Brenda Hicks. Meets the third Thursday of each month, 10:00 am – 12:00 pm.

Pikes Peak Area Agency on Aging Family Caregiver Support Center (719-471-2096 ext. 115; 719-886-7526; 14 S. Chestnut St., Colorado Springs, CO 80905): Provides care planning, consultations, and support for adult Caregivers caring for or who are concerned about a person age 60+.

Skills2Care, Health Promotion Partners (719-231-6657; 2924 Beacon St., #D, Colorado Springs, CO 80907; [www.ppacg.org/aging](http://www.ppacg.org/aging)): Provides Caregiver skill building program for family Caregivers of people with dementia. Cost is covered by Medicare and grants.

TeepaSnow.com: Teepa Snow is an educator and trainer on dementia care. Website has podcasts or webinars.

Teller Senior Coalition (719-687-3330; 11115 W. Hwy 24, #2D, Divide, CO 80814; [www.tellerseniorcoalition.org](http://www.tellerseniorcoalition.org)): Provides Caregiver respite.

You Tube – Teepa Snow: Free videos containing segments of trainings Teepa has done on various issue related to dementia care.

UCCS Aging Center's Virtual Caregiving Coping Group (Call 719-255-8002).

**CARE/CASE MANAGEMENT COMPANIES** (Refer to page 23 in the Yellow Book and page 20 in the BlueBook.)

Care Planners (719-520-0711; 2960 N. Academy Blvd, #201 Colorado Springs, CO 80917)

Geriatric Care Manager Aging Life Care Association ([www.aginglifecare.org](http://www.aginglifecare.org)): Professional advocates / Geriatric Care Managers for individuals to take to their medical appointments if needed.

Journey Care Coordinating (Contact Connie Ryan at 520-647-6768): Aging coach, care management, senior events, local resources.

Life Care Solutions (719-447-1711; 1219 Lake Plaza Dr., #C Colorado Springs, CO 80906; [www.lifecaresolutions.com](http://www.lifecaresolutions.com))

Step Up Services (719-651-0859; 231 E. Vermijo Colorado Springs, CO 80903)

**NON-PROFIT & NOT FOR PROFIT CARE MANAGEMENT COMPANIES**

Discover Goodwill: Your Life Your Way (719-367-4160; 1460 Garden of the Gods Rd., Colorado Springs, CO 80907)

Rocky Mountain PACE (719-314-2327; 2502 E. Pikes Peak Ave. Unit 100, Colorado Springs, CO 80909 & 8595 Explorer Dr., Colorado Springs, CO 80920): Program that offers all-inclusive care for older adults.

Silver Key Health and Wellness (719-884-2300; 1605 S. Murray Blvd. Colorado Springs, CO 80916)

Teller Senior Coalition (719-687-3330; 750 E. Highway 24 Ste. 100 Woodland Park, CO 80866)

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**CHAMBERS OF COMMERCE**

Colorado Springs Chamber and EDC (719-471-8181; 102 S. Tejon St., #430 Colorado Springs, CO 80903; [www.coloradospringschamberedc.com](http://www.coloradospringschamberedc.com))

Fountain Valley Chamber of Commerce (719-382-3190; 116 S. Main St. Fountain Co 80817; [www.fountainvalleychamber.com](http://www.fountainvalleychamber.com))

Greater Woodland Park Chamber of Commerce (719-687-9885; 210 E. Midland Ave., Woodland Park, CO 80866; [www.woodlandparkchamber.com](http://www.woodlandparkchamber.com))

Manitou Springs Chamber of Commerce (719-685-5089; 354 Manitou Ave. Manitou Springs, CO 80829; [www.manitousprings.org](http://www.manitousprings.org))

Tri-Lakes Chamber of Commerce (719-481-3282; 166 2<sup>nd</sup> St. Monument, CO 80132)

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**CNA SCHOOLS**

Heart to Heart Academy (719-374-5385; 3239 S. Academy Blvd. St. 120, Colorado Springs, CO 80916; [www.hearttoheartacademy.com](http://www.hearttoheartacademy.com); [contact@hearttoheartacademy.com](mailto:contact@hearttoheartacademy.com)): In person and online programs.

The Independence Center (719-471-8181; Video Phone for the Deaf: 719-35802513; [www.the-ic.org](http://www.the-ic.org); 729 S. Tejon St. Colorado Springs, CO 80903): Training classes are offered during the day and evening.

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**CONSUMER PROTECTION / INFORMATION** (Refer to pages 18-21 in the Yellow Book & page 22 in the BlueBook.)

AARP Elderwatch (800-222-444x2; 303 E. 17<sup>th</sup> Ave. #510 Denver, CO 80203): Fights financial exploitation of older Coloradans through education and outreach and by providing information and referrals.

AARP Tax Preparation Assistance (888-687-2277; [www.aarp.org](http://www.aarp.org)): Provides free to low/moderate income, priority for 60+. Call for locations.

Better Business Bureau (BBB) (25 N. Wahsatch Ave. #100 Colorado Springs, CO 80903; [www.bbb.org/southern-colorado](http://www.bbb.org/southern-colorado)); BBB Senior Hotline: 719-636-1155)

Brothers Redevelopment (719-888-9134; 844-926-6632; 2860 S. Circle Dr., #307, Colorado Springs, CO 80906; [www.brothersredevelopment.org](http://www.brothersredevelopment.org)): Fair housing information, home buyer and renter education and consumer counseling.

To report Caller ID Spoofing online or on the phone to the Federal Communications Commission (1-888-225-5322)

Decrease Junk Mail: 1. National Do Not Mail List (DirectMail.com) 2. The Direct Marketing Association's Mail & Email Opt Out Service (<http://www.dmachoice.org>) 3. Official Consumer Credit Reporting Industry website to opt-in or opt-out of offers for credit and insurance (<http://optoutprescreen.com>)

District Attorney – Economic Crime Division (719-520-6000; 105 E. Vermijo, 3<sup>rd</sup> Fl. Colorado Springs, CO 80903)

To get on the Do Not Call Registry to avoid robocalls and telemarketing (<https://www.donotcall.gov>)

Prevent Identity Theft, Be Removed from Mailing Lists, Reduce Junk Mail (<https://attorneygeneral.nd.gov/consumer-resources/identity-theft/preventing-identity-theft>)

Scams: [www.ncoa.org](http://www.ncoa.org), [www.fbi.gov/scams](http://www.fbi.gov/scams), [www.idTheftcenter.org/scams](http://www.idTheftcenter.org/scams)

Presenters on Scams: The Colorado Springs Police Department's Crime Prevention Unit (719-444-7276)

Senate Aging Committee Anti-Fraud Hotline (800-303-9470)

To Report Telephone Scams to the Federal Trade Commission (1-877-382-4357)

US Consumer Product Safety (800-638-2772)

US Food & Drug Administration Information (800-463-6332)

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## **COUNTY DEPARTMENT OF HUMAN SERVICES**

El Paso County Department of Human Services (719-636-0000; 1675 Garden of the Gods Rd., 1<sup>st</sup> floor Colorado Springs, CO 80909)

Teller County Department of Human Services (800 Research Drive, Ste. 100 Woodland Park, CO 80863)

Pikes Peak Council of Governments Area Agency on Aging (719-471-2096; 15 South 7<sup>th</sup> St. Colorado Springs, CO 80905)

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## **COUNTY DEPARTMENT OF PUBLIC HEALTH**

El Paso County Public Health (719-578-3199; 1675 W. Garden of the Gods Rd., Suite 2044 Colorado Springs, CO 80907)

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

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## **DENTAL SERVICES** *(Refer to page 55-56 in the Yellow Book and pages 28-34 in the BlueBook.)*

Dentures at Your Door (719-651-5631; Dr. Ben Bullen): 2 hours in home denture service

Community Dental Health (719-310-3315; 1436 N. Hancock Colorado Springs, CO 80903; [www.communitydentalhealth.org](http://www.communitydentalhealth.org)): Ethical dental care for all ages who are low income/uninsured/underinsured, provided at low cost. Financial assistance may be available. Medicaid and other insurance accepted.

Dr. Darrel E. Kneupper, DDS, Denture Specialist & Consultant (719-963-2737): Provides outreach denture services. Provides denture services in people's homes.

Enable Dental (866-988-4504; [www.enabledental.com](http://www.enabledental.com)): Provides at-home dental services (cleanings, dentures, fillings, X-rays, root canals) to homebound patients and residents in long-term care communities.

Mission Medical Center (2125 E. LaSalle St. Colorado Springs, CO 80909; 719-219-3402): A 501 (c) 3 faith-based organization that provides free healthcare behavioral health, to uninsured, underinsured, and low-income members in the Pikes Peak Region. (Services include primary care, dental, optometry, behavioral health, diabetes care, spiritual care, over the counter and prescription-based pharmaceuticals).

Peak Vista Community Health Centers Dental (719-475-0783; 2828 International Circle, #100, Colorado Springs, CO 80910; [www.peakvista.org](http://www.peakvista.org)): Call for additional dental care locations.

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**DIRECT PRIMARY CARE** (Patients pay a monthly membership fee versus being insurance based; less expensive service; in house pharmaceuticals).

Homestead Direct Primary Care (719-653-7838; 15455 Glen Eagle Dr. Colorado Springs, CO 80921; HomesteadCOdpc.com; doc@homesteadCOdpc.com)

Pinnacle Advanced Primary Care (719-465-1579; 218 East Cheyenne Mountain Blvd. Colorado Springs, CO 80906)

Pine Ridge Family Medicine (719-550-5180; 9362 Grand Cordera Parkway, Suite 210 Colorado Springs, CO 80924)

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**DISABILITY SERVICE ORGANIZATIONS AND PRODUCTS** (*Refer to pages 22-28 in the Yellow Book and condition specific categories in this directory.*)

Access and Ability (970-737-9031): Nonprofit organization that provides advocacy, training, referrals, and service coordination for people with disabilities and their families.

The ARC of the Pikes Peak Region (719-471-4800; 12 N. Meade Ave., Colorado Springs, CO 80909; [www.thearcppr.org](http://www.thearcppr.org)): Provides advocacy, guardianship, education, and social opportunity for individuals with intellectual and developmental disabilities.

Brothers Redevelopment Inc. (719-666-7181; 2762 Janitell Rd. Colorado Springs, CO 80906): Subsidized (free or low charge) home repair and accessibility modifications for income qualified homeowners who are Seniors or have disabilities.

Cheyenne Village Community Outreach Program (719-592-0200; 6275 Lehman Dr. Colorado Springs, CO 80918; [www.cheyennevillage.org](http://www.cheyennevillage.org)): For adults with developmental disabilities living with an aging Caregiver.

The Independence Center (719-471-8181; Video Phone for the Deaf: 719-358-2513; [www.the-ic.org](http://www.the-ic.org); 729 S. Tejon St. Colorado Springs, CO 80903): A nonprofit supporting people with disabilities to achieve independence. Disabilities include mental health, cognitive, physical, blindness and low vision, deaf and hard of hearing. Programs/Services include: 1) Receive what clients need to live independently (apply for disability benefits, learn about transportation, tools and assistive technology to make life easier, job preparation and assistance with find employment 2) Live on their own (Learn about home modification programs, information about housing options, for those who qualify - transition from a nursing home to the community with appropriate services and supports, for Veterans-direct the services and supports needed to live independently in their home and community. 3) Clients receive skills & support to reach their goals (information about community services, join a support group, learn about their rights and how to use those to gain greater independence, skills classes 4) Clients learn to speak up for themselves and their community (advocate for themselves to overcome life's barriers, work with others to raise awareness and challenge institutional barriers on local and state levels; for youth-grow their leadership skills. 5) Home health care that is self-directed or physician-directed, for all ages, and with the Caregiver of client's choice or an employee of the IC. 6) CNA Training: Offers day and evening classes to come a qualified Certified Nurse Aide. Assistance with getting extensive home modifications and assistive devices for folks with disabilities and information about ways to get the cost covered (Contact Paul Spotts at 719-471-8181 ext. 122; [pspotts@theindependencecenter.org](mailto:pspotts@theindependencecenter.org))

MOSAIC (719-380-0451; 4775 Centennial Blvd., #150, Colorado Springs, CO 80919): Provides residential services, vocational training. Serves individuals with intellectual and developmental delays, behavioral health challenges and those on the Spectrum. Also provides services to seniors to help them maintain independence.

Recon Home Care (719-299-1404; Benn Hogge, MA, BCBA; [benhoggee@reconhomecare.com](mailto:benhoggee@reconhomecare.com); [www.reconhomecare.com](http://www.reconhomecare.com)): Provides specialized in-home care for adults and children with special needs. Services include childcare including behavioral analysis / special needs, advocacy, parent training, behavior consulting, professional crisis management, and (PCM) training.

The Resource Exchange (TRE) (719-380-1100; 6385 Corporate Dr. #310 Colorado Springs, CO 80919; [www.tre.org](http://www.tre.org)): Serves folks of all ages, coordinating access to and delivery of Medicaid waiver and state funded services for individuals with disabilities and other needs.

Rocky Mountain ADA Center (719-444-0268; 3630 Sinton Rd., Ste 103, Colorado Springs, CO 80907): Assists Seniors other people with disabilities understand their rights and responsibilities under the American Disabilities Act.

Roundup Fellowship (719-623-1131; 719-447-9333; 2122 E. LaSalle St., #100, Colorado Springs, CO 80919; [www.rup.org](http://www.rup.org)): Serves children and adults with developmental disabilities.

Safe Families ([safe-families.org](http://safe-families.org); 719-357-7080): Serves families in crisis by partnering with local churches, where families open their homes and lives to vulnerable children. Goals are to prevent child abuse and neglect, reduce the # of children in the welfare system, and support and stabilize families.

Special Kids Special Families (719-447-8983): Provides respite and specialized care for children and adults with disabilities and special needs. Also provides individual, family, and group behavioral health to all ages, including Seniors – Do not need to have a disability to receive these behavioral health services. In person or via telehealth. Accepts Medicaid, Signa, sliding scale, and some are covered by grants.

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### **DISASTER / EMERGENCY PREPAREDNESS** (Refer to pages 33-34 in the Yellow Book.)

American Red Cross (719-632-3563; 1040 S. 8<sup>th</sup> St., Colorado Springs, CO 80905; [www.redcross.org/local/colorado](http://www.redcross.org/local/colorado))

Emergency Management, Teller County (719-686-7990; 719-687-9652; 112 North A St., Cripple Creek, CO 80813; <http://co.teller.co.us/OEM>)

Emergency Colorado Springs Utilities Service (719-448-4800; 111 S. Cascade Ave., Colorado Springs, CO 80903; [www.csu.org](http://www.csu.org))

Hope Restored (719-749-6286; <http://hoperestored.org>): Disaster relief and rebuild, and neighborhood relief.

Pikes Peak Regional Office of Emergency Management (719-385-5957; 3755 Mark Dabling Blvd., Colorado Springs, CO 80907; <https://admin.elpasoco.com/pproem>)

The Independence Center (719-471-8181; 729 S. Tejon St., Colorado Springs, CO 80903): Emergency preparedness training for persons with disabilities to remain independent and have access to services and support.

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**DISEASE-SPECIFIC ORGANIZATIONS** (Refer to pages 56-58 in the Yellow Book and pages 16, 18-19 in the BlueBook.)

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**DOWNSIZING, MOVING FOR OLDER ADULTS & ESTATE SERVICES** (Refer to page 10 in the Yellow Book and page 32 in the BlueBook.)

A Call to Order (719-231-5425; [www.acalltoorderco.com](http://www.acalltoorderco.com); [acalltoorderco@gmail.com](mailto:acalltoorderco@gmail.com)): Professional organizers who work with older adults and others in the area of move management and aging in place, help with hoarding etc.

All-Things Senior Transitions (Shaunda Simms; 719-357-8636; [atstransitionsw.com](http://atstransitionsw.com)): Downsizing, physical work of packing, moving, help with decisions and emotional aspects of memories and loss represented in process for older adults. Shaunda has a Master degree related to gerontology.

Gale Force Organizers (719-653-5610; [www.galeforceorganizers.com](http://www.galeforceorganizers.com)): Provides organization services to homes and offices, decluttering, preparing for a move, clearing out loved one's home etc.

Sisters Moving Seniors LLC (Alisa Stokes and Mindy Popken; 719-201-2858; [sistersmovingseniors@gmail.com](mailto:sistersmovingseniors@gmail.com)): Senior Move Managers. Manages all aspects of a Senior's move. Simplify, organize, and manage move.

Stellick Legacy Estate Services (Michelle Stellick; 719-453-9081; [michelle@stellicklegacy.com](mailto:michelle@stellicklegacy.com)): Services offered before the funeral, fiduciary, estate administration, estate cleaning and liquidation, legacy planning, and notary.

Things Forgotten Not Gone – A Division of Discover Goodwill (719-428-9271; 1460 Garden of the Gods Rd, Colorado Springs, CO 80907; <https://goodwillcolorado.org/services/things-forgotten-not-gone/>): Full-service Senior transition assistance.

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**DRIVING SAFETY EVALUATION & DRIVER'S LICENSE OFFICES** (Refer to page 33 in the Blue Book.)

Fitness to Drive, Health Promotion Partners (719-231-6657; Dr. Terri Cassidy OTD, OTR/L CDRS; 2924 Beacon St., #D Colorado Springs, CO 80907; [www.healthpromotionpartners.com](http://www.healthpromotionpartners.com)): Driving evaluations, connects driver with adaptive devices for car, and provides training with adaptive equipment.

Penrose-St. Francis Rehabilitation (Centura Health; 2222 N. Nevada Ave. Colorado Springs, CO 80907; 719-776-5200): Neurological rehabilitation after an injury or brain disorder. Inpatient and outpatient services. Services include PT, OT, Speech, Language and Cognitive Therapy, fitness to drive, driving rehabilitation, community re-entry assistance, wheelchair clinic, seating and positioning clinic, vestibular program, vision therapy, ImPACT testing/evaluation by neuropsychologist)

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**EMPLOYMENT SERVICES** (Refer to pages 35-36 in the Yellow Book.)

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**END OF LIFE / LEGACY PLANNING / DOULA SERVICES** (Refer to pages 32, 34, 37 in the BlueBook.)

Five Wishes (<https://fivewishes.org>; [www.agingwithdignity.org](http://www.agingwithdignity.org); Silver Key-884-2300): Complete approach to making and documenting your end-of-life care and comfort choices: 1) The person I want to make care decisions for me when I can't. 2) The kind of medical treatment I want or don't want. 3) How comfortable I want to be. 4) How I want people to treat me. 5) What I want my loved ones to know.

Good Mournings (719-641-6850; [GoodMourningsCo.com](http://GoodMourningsCo.com); [Lucy@GoodMourningsCo.com](mailto:Lucy@GoodMourningsCo.com)): End of life guidance, support, resources by an End-of-Life Doula.

Stellick Legacy Estate Services (Michelle Stellick; 719-453-9081; [michelle@stellicklegacy.com](mailto:michelle@stellicklegacy.com)): Services offered before the funeral, fiduciary, estate administration, estate cleaning and liquidation, legacy planning, and notary.

Why Wait Stories (719-291-6967; [whywaitstories.com](http://whywaitstories.com); [laurenmurphyferrara@gmail.com](mailto:laurenmurphyferrara@gmail.com)): Lauren Murphy Ferrara, long-time broadcast journalist and previous news anchor in Colorado Springs, creates Legacy Films about loved ones. Various lengths and approaches offered; incorporates interviews, photos, music etc.

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**ENERGY RESOURCES AND WEATHERIZATION** (Refer to pages 38 in the Yellow Book and page 37 in the BlueBook.)

Colorado Springs Utilities (719-591-0772): Home weatherization for low-income families. LEAP Program-Low Income Energy Assistance Program with winter financial assistance. COPE Program-Citizen Options to provide energy: year-around financial assistance.

Energy Resource Center (719-591-0772; 540 E. Cimarron St., Colorado Springs, CO 80903; [www.erc-co.org](http://www.erc-co.org)): Weatherizes homes and mobile homes and can provide safety checks for furnace and hot water heater for low-income families. Toilet replacement program. HEAP: Home Efficiency Assistance Program.

Help the Needy (719-687-7273; 117 N. Center St., Woodland Park, CO 80863): Assists residents of Teller County with rent, mortgage, utilities, and auto repair expenses.

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

Teller Senior Coalition (719-687-3330; 750 E. Hwy. 24, Ste. 100 Woodland Park, CO 80863): Coordinated services to elders in Teller County.

**FINANCIAL ASSISTANCE RESOURCES** (Refer to pages 37-39 in the Yellow Book and pages 37 & 40 in the Blue Book.)

IRS National Tax Payer Advocate Helpline (877-777-4778)

National Foundation for Credit Counseling (800-388-2227)

Senior Tax Rebate (719-594-8706)

Social Security Administration (888-880-0688; 2306 E. Pikes Peak Ave. Colorado Springs, CO 80909)

Social Security Hotline (800-772-1213)

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**FOOD ASSISTANCE, MEAL SERVICES, HEALTHY & MEDICALLY APPROVED FOOD RESOURCES** (Refer to pages 45-51 in the Yellow Book and pages 40-41 in the Blue Book.)

Black Forest Cares (12455 Black Forest Rd., Colorado Springs, CO 80908; 719-495-2221; [www.bflchurch.org](http://www.bflchurch.org))

Crossfire Ministries (719-447-1806; 3975 N. Academy Blvd.; [crossfireministries@msn.com](mailto:crossfireministries@msn.com)): No cost grocery shopping on Tuesday-Thursday 10 am – 3 pm. Can pre-register online at [crossfireministries.org](http://crossfireministries.org).

Fast Fit Foods (719-315-7325; 5988 Stetson Hills Blvd.; 445 E. Cheyenne Mountain Blvd., Unit H; 3018 N. Nevada Ave.): Regularly priced fresh meals cooked without added preservatives and are packaged cold, never frozen. Can order online or pick up “Grab & Go” meals without pre-ordering. Open 10:00 am – 7:00 pm.

Mercy’s Gate (719-277-7470; 4360 Montebello Dr. Unit 300 Colorado Springs, CO 80918; [mercysgatecs.org](http://mercysgatecs.org))

CommUnity Food Pantry (719-985-8935; 3219 S. Academy Blvd. Colorado Springs, CO 80916): Food Distribution every Tuesday and 2<sup>nd</sup> Friday.

Project Angel Heart (719-323-0084; 1625 W. Uintah St., #1 Colorado Springs, CO 80904; [www.ProjectAngelHeart.org](http://www.ProjectAngelHeart.org)): Free home delivered, individually tailored and medically approved meals for people diagnosed with life-challenging illnesses.

Silver Key Senior Service (884-2300; 1605 S. Murray Blvd. Colorado Springs, CO): Emergency food pantry and government food program distribution, home delivered meals program and Meals on Wheels program (Home Delivered Meals and Meals on Wheels). Upcoming offering of comprehensive wrap-around assistance with mental health issues. Accepts Medicaid, private insurance, some funded services, sliding scale.

Supplemental Nutrition Assistance Program (SNAP) (855-855-4626; [www.colorado.gov](http://www.colorado.gov)): Ongoing financial assistance to help 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.

Teller Senior Coalition (719-687-3330; 11115 W. Hwy. 24, #2D, Divide, CO 80814): Food available to meet immediate nutritional needs of Seniors.

Tri-Lakes Cares (235 N. Jefferson St. Monument, CO 80132; 481-4864. During COVID, call or go to website.): Food pantry and social service organization that provides assistance with various necessities including food, medical, and financial needs.

Teller Senior Coalition (719-687-3330; 11115 W. Hwy. 24, #2D, Divide, CO 80814; [www.tellerseniorcoalition.org](http://www.tellerseniorcoalition.org)): Food available to meet the immediate nutritional needs of Seniors.

Westside Cares (719-389-0759; 2808 W. Colorado Ave., Colorado Springs, CO 80904): Emergency food assistance for westside residents only. Call for pantry locations.

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**(IN-HOME) FOOT AND NAIL CARE** *(Refer to page 58 in the Yellow Book for foot clinic & additional in-home foot resources.)*

Happy Feet Foot & Nail Care; Maggie Echols R.N., B.S.N., C.F.C.S. (719-330-8267): Foot and nail care provided in people's homes. Serves Seniors and includes diabetic foot care.

Lacquered U.P. Nail Bar (Joanne) (720-878-3345; [joanne@lacqueredupnailbar.com](mailto:joanne@lacqueredupnailbar.com)): Mobile nail care services that come to client's home. Includes Mani's, Pedi's, polish.

Main Specialty Footcare (303-980-0015; [Michelle@specialtyfootcare.com](mailto:Michelle@specialtyfootcare.com)): Foot and nail care provided by nurses in senior living communities, homes.

Susan Holman (719-271-8127): Retired foot nurse who provides toenail care.

The Toe Nail Guy (719-930-3602; [martin@thetoenailguy.com](mailto:martin@thetoenailguy.com)): Toenail care including Epsom soak, clean and cut, remove any calluses, essential oil massage. Will do fingernails as well (no polish) if toenails are being done. By appointment only.

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**GERIATRIC SPECIFIC PRIMARY CARE PROVIDER PRACTICES** *(Refer to page 59 in Yellow Book & pages 42 & 89 in Blue Book.)*

AgeWell Medical Associates (719-475-5065; 2350 International Circle, Colorado Springs, CO 80910): Medicare provider that serves adults age 60+. Includes behavioral health services.

Oak Street Health (Vista Grande location at 2877 E. Fountain Blvd., Colorado Springs, CO 80910; 719-900-0254; Pikes Peak Park location at 4380 Austin Bluffs Pkwy., Colorado Springs, CO 80918; 719-259-6566; [HealthThatCares.com/Oak-Street-Health](http://HealthThatCares.com/Oak-Street-Health)): Serves adults age 65+ on Medicare.

Rocky Mountain PACE (Program of All-Inclusive Care for the Elderly) (719-314-2327; Explorer location – 8595 Explorer Dr., Colorado Springs, CO 80920; Pikes Peak location – 2502 E. Pikes Peak Ave., Suite 100, Colorado Springs, CO 80909): Provides innovative, coordinated healthcare for Seniors including primary and specialist care, transportation, coordinated Care Plans, adult day program, and homecare.

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**GUARDIANSHIP PROVIDERS & RESOURCES** (Refer to pages 5-7 in the Yellow Book and page 42 in Blue Book.)

Dr. Sheri Gibson (224 E. Willamette Ave., Suite 2 Colorado Springs, CO 80903; 719-339-2862; [sheri@drshergibson.com](mailto:sheri@drshergibson.com); [www.DrSheriGibson.com](http://www.DrSheriGibson.com)): Addresses unique needs of older adults and their families. Services include psychotherapy, capacity evaluations (including medical consent, sexual consent, financial decisions, testamentary, and independent living), expert testimony in legal proceedings in cases of suspected or confirmed abuse and capacity, training via presentations, and consultation for agencies and organizations.

Life Care Solutions (Colorado Springs: 719-447-1711; Denver: 303-986-0218; Pueblo: 719-543-0505; Toll Free # 877-794-9582; [www.lifecaresolutions.com](http://www.lifecaresolutions.com)): Services include Medical Power of Attorney, Care Management, Assessments, Medication Management.

Office of Public Guardianship of Colorado (<https://colorado-opg.org>)

Silver Key (719-884-2300; 1625 S. Murray Blvd. Colorado Springs, CO 80916; [www.silverkey.org](http://www.silverkey.org)).

Step Up Services Inc. (719-651-0859; 231 E. Vermijo, Colorado Springs, CO 80903)

UCCS Aging Center (719-255-8002; [uccs.edu/agingcenter](http://uccs.edu/agingcenter); Lane Center for Academic Health Sciences Building, 4863 N. Nevada, Suite 321 Col. Springs)

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**IN HOME / MOBILE HAIR SALON**

Lisa's Mobile Salon (719-661-9897; 123 Main St. Colorado Springs, 80911): Mobile, in-home hair treatments including cuts, color, highlights, styling, perms, and blowouts. While she has expanded, Lisa first began providing mobile hair services to accommodate the elderly and folks with disabilities.

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**HANDYMAN / REPAIR ASSISTANCE** (Refer to pages 68-71 in the Yellow Book.)

Brothers Redevelopment Inc. (719-666-7181; 2762 Janitell Rd. Colorado Springs, CO 80906): Subsidized (free or low cost) home repair and accessibility modifications for income qualified homeowners who are Seniors or have disabilities.

El Paso County Roofing Contractors Association Senior Assistance Program (719-641-2159): Roof repairs or replacements for 65+ with proof of income qualification, homeowner living in primary residence.

Teller Senior Coalition (719-687-3330; 750 E. Highway 24 Ste. 100, Woodland Park, CO 80863)

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**HAUL AWAY / PICK UP** (Refer to page 11 in Yellow Book and page 63 in BlueBook.)

The ARC (303-238-5263): Do not call individual stores for this service. Do not pick up "junk."

Clutter Truck (719-372-5009; 719-372-5009): Provides junk removal and hauling services. Specializes in hoarding cleanup and extreme cleaning.

Elvina Cantu (719-659-9626): Provides junk removal and hauling services.

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## **HAZARDOUS CLEAN UP**

Bio-One (Call 719-421-1121 – a 24/7 line): Provides crime, death, and hoarder clean-up.

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## **HEARING IMPAIRMENT RESOURCES / LANGUAGE INTERPRETER / TRANSLATION SERVICES** (Refer to pages 25-26 & 59 in the Yellow Book and page 43 in the BlueBook.)

CaptionCall (719-358-3798): Displays large, easy to read text that captions phone conversations. Helpful for those who have some trouble hearing on phone calls. Provides phone in home or CaptionCall app for clients' iPhone or iPads. Includes complimentary delivery, installation, training, and support. No Dr.'s note or diagnosis is required. All free of charge because it's paid for by one of the taxes customers are charged on cell phone bills. Offered nationwide.

Colorado Telecommunications – Equipment Distribution Program (303-866-2097): Provides free captioned telephones for the deaf or hard of hearing.

Hearing Loss Association of America (hlaacoloradosprings.org): Support Group that meets virtually.

The Independence Center (719-471-8181; Video Phone for the Deaf: 719-358-2513; [www.the-ic.org](http://www.the-ic.org); 729 S. Tejon St. Colorado Springs, CO 80903): A nonprofit supporting folks with disabilities to achieve independence. Disabilities include mental health, cognitive, physical, blindness and low vision, deaf and hard of hearing. Programs/Services include: 1) Receive what clients need to live independently (apply for disability benefits, learn about transportation, tools and assistive technology to make life easier, job preparation and assistance with find employment 2) Live on their own (Learn about home modification programs, information about housing options, for those who qualify- transition from a nursing home to the community with appropriate services and supports, for veterans-direct the services and supports needed to live independently in their home and community). 3) Clients receive skills & support to reach their goals (information about community services, join a support group, learn about their rights and how to use those to gain greater independence, skills classes. 4) Clients learn to speak up for themselves and their community (advocate for themselves to overcome life's barriers, work with others to raise awareness and challenge institutional barriers on local and state levels; for youth-grow their leadership skills. 5) Home health care that is self-directed or physician-directed, for all ages, and with the Caregiver of client's choice or an employee of the IC. 6) CNA Training: Offers day and evening classes to come a qualified Certified Nurse Aide.

Peak Vista Audiology Department (719-344-7126; 4863 N. Nevada Ave., 2<sup>nd</sup> floor Colorado Springs, CO): Call for locations and appointments.

Sign Language Network / SLN (V/TTY: 719-599-4517; Video Phone: 719-358-2461; Toll Free: 866-599-4517; Emergency Cell: 719-651-2490; [sln@signlanguagenetwork.com](mailto:sln@signlanguagenetwork.com); P.O. Box 25102 Colorado Springs, CO 80936): Provides (American Sign Language) interpreting, transliterating oral and deaf/blind interpreting in wide variety of settings including: social services, computer/technical, medical, mental health, educational, judicial government agencies, religious, private business, theatrics & performance, arts, conventions, trainings, job interviews etc.

[www.interpreternetwork.org](http://www.interpreternetwork.org)

[www.interpretersunlimited.com/colorado-interpreter-translator](http://www.interpretersunlimited.com/colorado-interpreter-translator)

[www.languagealliance.com](http://www.languagealliance.com)

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**(NON-MEDICAL) HOME CARE COMPANIES** *(Refer to pages 110-117 in the Yellow Book and pages 109-117 in the Blue Book.)*

Sages Elder Care (719-393-3580; 6455 N. Union Blvd. Suite 100C, Colorado Springs, CO 80918): Provides 24/7 caregiving services, care management, and assistance with long-term care insurance with the goal of clients maintaining the highest level of desired independence while remaining safe and relationally connected. Trained in caring for individuals with Parkinson's and dementia. Caregiving services include, but are not limited to, cooking, cleaning, laundry, medication reminders, companionship and activities, errands, taking clients shopping, to activities and to Dr. appointments, shower, toileting, and transfer assistance. Provides resource information, assistance with Long-Term Care Insurance Benefits. Accepts private pay, Long-Term Care Insurance, and the Pikes Peak Area Agency on Aging Vouchers. Serves Colorado Springs, Black Forest, Monument, Palmer Lake, Widefield, Security, Fountain, Falcon, Peyton, Manitou Springs, and the following when Caregivers are available for these areas: Green Mountain Falls, Cascade, and Woodland Park.

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**HOME CARE COMPANIES THAT EMPLOY FRIENDS AND FAMILY MEMBERS OF CLIENTS**

Envida (719-301-6870; [envidacares.org](http://envidacares.org))

Independence Center (719-476-3107; 729 S. Tejon St. Colorado Springs, CO 80903): Call to find out how to qualify for the Family/Friend Caregiver Program; primarily Medicaid.

PASCO (719-960-4995; 303-233-3122; 9197 W. 6<sup>th</sup> Ave. Suite 1000 Lakewood, CO 80215; [info@pascohh.com](mailto:info@pascohh.com); [Alayne.kelly@pascohh.com](mailto:Alayne.kelly@pascohh.com)): For individuals with special needs. While main office is in Lakewood, services are also available in Colorado Springs.

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**(MEDICAL) HOME HEALTH COMPANIES** *(Refer to pages 104-109 in the Yellow Book and pages 118-123 in the BlueBook. Refer to Medicare.gov for ratings).*

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**HOME CARE ASSISTANCE** (Refer to inside cover & page 16 of Yellow Book and page 61 of BlueBook.)

Rocky Mountain PACE (719-314-2327)

Teller Senior Coalition (719-68703330; 750 E. Highway 24, Ste. 100 Woodland Park, CO 80863)

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**HOME MODIFICATIONS AND SAFETY** (Refer to pages 68-70 in the Yellow Book and page 48-49 in the BlueBook.)

Accessible Systems (719-387-0675; 4472 Barnes Rd., Colorado Springs, CO 80917; [www.accessiblemed.com](http://www.accessiblemed.com)) Has a grant that allows some of the services to be done free of charge. Installs lifts, elevators, ramps, railing, bath remodels etc.

Brothers Redevelopment Inc. (719-666-7181; 2762 Janitell Rd. Colorado Springs, CO 80906): Subsidized (free or low charge) home repair and accessibility modifications for income qualified homeowners who are Seniors or have disabilities.

El Paso County Roofing Contractors Association (719-641-2159; [www.epcrca.org](http://www.epcrca.org)): Provides assistance to low-income Seniors whose home is in need of roof repair or replacement.

Next Day Access (719-494-0443; 4756 N. Chestnut St., Colorado Springs, CO 80907): Has a grant that allows some of the services to be done free of charge. Other services require private pay, or utilize client credit, or rent to own. Services include grab bars, wheelchair ramps (sales and rentals), stair lifts, platform lifts, bathroom modifications, vehicle lifts etc.

Silver Key and Habitat for Humanity (partnership) (719-884-2300)

The Independence Center (Paul Spotts; 719-471-8181 ext. 122; [pspotts@theindependencecenter.org](mailto:pspotts@theindependencecenter.org)): Provides connection with and ways to pay for extensive home modifications and assistive devices for people with disabilities.

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**HOME SHARE AND HOUSING ORGANIZATIONS** (Refer to pages 68-72 in the Yellow Book and page 49 in the Blue Book.)

Colorado Connects (844-926-6632): Low Income Housing information.

Colorado Foreclosure Hotline (877-601-4673): Counseling service for basic mortgage and financial information.

Greccio Housing (1015 E. Pikes Peak Ave., #110, Colorado Springs, CO 80903; [www.greccio.org](http://www.greccio.org)): Affordable housing options for low-income individuals and families, and some limited supportive resources available to residents.

Office of Fair Housing & Equal Opportunity (800-877-7353)

Rocky Mountain Community Land Trust (719-447-9300 ext. 5; 1212 W. Colorado Ave., Colorado Springs, CO 80903; [www.rmclt.org](http://www.rmclt.org)): Affordable housing for low-income families/single older adults.

Sunshine Home Share Colorado (719-744-3911; [www.sunshinehomeshare.org](http://www.sunshinehomeshare.org)): Nonprofit helping home owners above the age of 55 age in place. Looks to build relationships in community by assisting in matching a home owner with a home seeker of any age. Home sharing creates mutually beneficial relationship, exchanging supportive services (gardening, household chores etc.) and companionship for affordable rent.

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**HOSPICES AND PALLIATIVE CARE** (Refer to pages 118-121 in the Yellow Book and pages 124-127 in the Blue Book.)

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### **HOUSING – LONG TERM CARE COMMUNITIES & INDEPENDENT APARTMENTS**

**Long-term Care / Housing – Independent Living, Assisted Living, Memory Care, Skilled/Nursing Care** (Refer to [medicare.gov](http://medicare.gov) for ratings. Refer to pages 122-127 in the Yellow Book and pages 136-157 in the BlueBook.)

**Independent Apartments** (Refer to pages 122-135 in the Yellow Book.)

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**LEGAL SERVICES AND ELDER LAW** (Refer to pages 81-83 in the Yellow Book and page 50 in the BlueBook.)

Colorado Springs Senior Center Legal Counseling Clinics (719-955-3400; 1514 N. Hancock Colorado Springs, CO 80903)

The Justice Center (719-473-6212; [justicecentercos.org](http://justicecentercos.org); PO Box 429 Colorado Springs, CO 80901): Hosts free legal clinics, connects income-eligible applicants to free or reduced cost lawyers, and provides educational legal resources and events in our community.

Pikes Peak Area Agency on Aging (719-471-2096; 14 S. Chestnut, Colorado Springs, CO 80905)

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**LIBRARIES** (Refer to pages 31-32 in the Yellow Book and pages 52-53 in the Blue Book.)

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**LONG TERM CARE PLANNING** (Refer to page 77 in Yellow Book & page 53 in the Blue Book.)

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**MEDICAL ALERT SYSTEMS** (Refer to page 91 in Yellow Book.)

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**MEDICAID ASSISTANCE** (Refer to page 77-78 in the Yellow Book.)

AAA Medicaid Consulting (719-459-2519; 1255 Lake Plaza Dr. Unit 155 Colorado Springs, CO 80906)

Beneficent (719-645-8350; 665 Southpoint Ct., Ste 100, Colorado Springs, CO 80906): Medicaid Long Term Care Education and Options.

The Resource Exchange (TRE) (719-383-01100) 6385 Corporate Dr. #301 Colorado Springs, CO 80919): Entry point for Medicaid long-term care. Must be eligible for Medicaid and Social Security Disability.

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**MEDICAL EQUIPMENT / SUPPLIES / MOBILITY ASSESSMENT** (Refer to pages 62-63 in the Yellow Book and page 56 in the Blue Book.)

Accessible Systems (719-387-0675; 4472 Barnes Rd. Colorado Springs, CO 80917)

Affordable Medical Supply (719-632-4036; 1833 N. Circle Dr., Colorado Springs, CO 80909; [www.affordablemedmart.com](http://www.affordablemedmart.com))

Fountain Valley Senior Center (719-600-2644; 5745 Southmoor Dr. Fountain, CO): Loans medical equipment to those in need.

Shield Healthcare ([www.shieldhealthcare.com](http://www.shieldhealthcare.com); to order, call 1-800-765-8775): Medical supply company that delivers to homes (no delivery charge) for wound care, incontinence, urological, ostomy, catheters, enteral nutrition etc. Also has registered dietitians to do nutrition assessments.

Life Wheels On (719-331-1011): In home patient assessments to help Seniors obtain correct type of mobility device – manual or power wheelchairs, scooters, walkers etc.)

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**MEDICAL CARE AND THERAPY SERVICES PROVIDED IN HOMES** (Refer to pages 64-65 in the Yellow Book.)

AbleCare Mobile Therapy (719-629-6796; [www.ablecaretherapy.com](http://www.ablecaretherapy.com)): Mobile Outpatient physical and occupational therapy that comes to patient.

Anywhere Urgent Care – Eileen Flavin, NP (1670 E. Cheyenne Blvd., Suite 261 Colorado Springs, CO 80906): Certified NP's. Treat altitude sickness, strep/sore throat, fever, ear infections, Influenza, Mono, UTI, Pregnancy Test, IV Hydration, prescribe medications, wound care etc. Serves Colorado Springs, Manitou, Fountain, Widefield, Security, Monument, Black Forest.

Luna Physical Therapy – Bennett Shake, DPT (719-900-1817; [bshakedpt@gmail.com](mailto:bshakedpt@gmail.com))

Visiting Medical Clinic (428-3911; [www.visitingmedicalclinic.com](http://www.visitingmedicalclinic.com)): Provides primary care in people's homes and long-term care communities. Includes EKG's, MMSE Screenings, depression screenings, elder care & abuse screening, wax removal, blood draws etc.

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**MEDICAL CLINICS WITH FREE, SLIDING SCALE, MORE AFFORDABLE SERVICES** (Refer to pages 54-56 in the Yellow Book and page 26, 71 in the BlueBook)

El Paso County Public Health (719-578-3199; 1675 W. Garden of the Gods Road, #2044, Colorado Springs, CO 80907)

Mission Medical (719-219-3402; 2125 E. LaSalle Street Colorado Springs, CO 80909): Faith-based nonprofit organization that provides free healthcare to underinsured, uninsured, and low-income people in the Pikes Peak Region. Includes primary care, dental, optometry, behavioral health, diabetes care, spiritual care, and over the counter prescription pharmaceuticals.

Open Bible Medical Clinic and Pharmacy (719-475-0972; 555 E. Costilla St. Colorado Springs, CO 80903): Christian based and nonprofit that provides free access to medical care and medications to uninsured, low-income adults in the Pikes Peak Region.

SET Family Medical Clinics (with Centura Health) (719-776-8850; 2864 S. Circle Dr. Unit 450 Colorado Springs, CO 80906): Nonprofit medical clinics that provide care for uninsured, underinsured, Medicaid regardless of ability to pay the full cost. Discounted sliding scale fee schedule for those with limited financial resources. Accepts Medicaid and Children's Health Insurance Program. Provides medical, behavioral health, substance use disorders, neurology, dental hygiene, orthopedics, dietician services etc.

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

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**MEDICARE BROKERS and EDUCATION** (Refer to page 76-78 in the Yellow Book and pages 56-62 in the Blue Book.)

Colorado Senior Benefits: Jeff Carlson helps clients find best fitting Medicare plan. License to sell the original Medicare supplements and Medicare Advantage Plans. (719-360-8441; jeff@coloradoseniorbenefits.com)

The Medicare Resource Center (719-358-6696; 2230 E. Pikes Peak Ave. Colorado Springs, CO 80909; [www.MedicareResourceCentercos.com](http://www.MedicareResourceCentercos.com)): Free of charge, agents assist in understanding the various Medicare programs and finding personalized option for the coverage each individual client.

The Pikes Peak Area Agency on Aging and The Pikes Peak Library District: They collaborate in providing classes about Understanding the basics of Medicare Eligibility and Coverage (Part A/B), and Medicare options including Medigap & Medicare Advantage Plans, Medicare Part D and Medicare, Medicaid, and other Health Insurance Options. Call the Pikes Peak Area Agency on Aging (719-471-2096 or register [www.ppacg.org/events](http://www.ppacg.org/events)).

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**MEDICAL ALERT SYSTEMS** (Refer to page 91 in the Yellow Book.)

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**MINORITY RESOURCES** (Refer to pages 88-89 in the Yellow Book.)

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## **MISCELLANEOUS**

Wish of a Lifetime: (612-963-7532; [www.wishofalifetime.org](http://www.wishofalifetime.org)): Free of charge to folks 65 years and older and does not need to be end of life situations. Focuses on experiential wishes, covers costs for older adult and companion/Caregiver and a COVID protection plan for situation that is approved by recipients, their families, ARP, and Wish of a Lifetime. Wishes can be simple or large and cover things like reconnecting with loved ones, renewing and celebrating their passions that they haven't engaged in for a long time, or something they've always wanted to do but haven't been able to. Virtual Reality Wish Experiences are also provided. Includes technical assistance from staff. Ways to apply: Fill out an application online at [www.wishofalifetime.org](http://www.wishofalifetime.org). Professional can do on behalf of older adult with permission. Or, with permission, someone can send the older adult's name, phone # and one sentence describing wish. Wish of a Lifetime will then talk with the older adult and fill out application for them.

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## **NOTARY SERVICES IN HOME**

Michelle Stellick of Stellick Legacy Estate Services (719-453-9081; [Michelle@stellickLegacy.com](mailto:Michelle@stellickLegacy.com)): At no cost, will come to individuals' homes.

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## **NEURO-OPTOMETRIST AND NEURO-OPTOMETRY REHABILITATION**

Dr. Mike Saxerud, Neuro-Optometrist at Pine Creek Vision Clinic (719-594-2020; 8475 Briar Village Point, Suite 200 Colorado Springs, CO 80920): Helpful for patients with a variety of conditions including dementia, Parkinson's.

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## **PARKINSON'S RESOURCES**

***\*(For additional resources including exercise, education, events, support, neurologists, and other medical providers, please contact the Colorado Parkinson Foundation (co-parkinson.org, or call Julie Pfarrer at 719-495-1853) and the Parkinson Association of the Rockies (www.ParkinsonRockies.org; 303-861-1810.) \****

### **Exercise**

Colorado Springs Senior Center (719-955-3400 or <http://www.ppymca.org/colorado-springs-senior-center/about-us>; 1514 N. Hancock Colorado Springs, CO 80903): Regular location is currently closed due to renovations. Exercise, Yoga, TaiChi, and other classes for older adults are being held at various YMCA locations.

Falcon Exercise Group: (Grace Community Church; Contact Catherine Reed first before attending at 719-683-2960): Exercise for participants 50 years and older on Monday & Friday; 11:00 am – 12:00 pm. Bring hand weights and stretch bands.

Max Capacity & Movement Arts Community Studio (MACS) with Emily Moncheski (719-213-3996, 719-284-4624; maxcapacitypt.com; emily@maxcapacitypt.com; MACS' address is 525 E. Fountain Blvd., Colorado Springs, CO 80903): Offers Boxing Boot Camp Combo Class that incorporates HITT Cardio, PWR Moves, boxing, agility, and cognitive, Power Punch Parkinson's Boxing Class, private exercise class/session to fight back Parkinson's, and physical therapy for Parkinson's. Additional dance classes and activities related to the arts are offered at MACS.

Ormao Dance Company's Dance for Parkinson's Class (10 S. Spruce St. Colorado Springs. Contact Laura before attending at [laura.hymers@gmail.com](mailto:laura.hymers@gmail.com)): For people with Parkinson's and their Care Partners. In person dance classes every Friday from 11:00 am – 12:00 pm. Cost: \$5/class – free for Care Partners. Can also attend online ([www.ormaodance.org](http://www.ormaodance.org). For Zoom link, click on "Dance for Parkinson's" under "Outreach" tab). In addition to other features of dance, addresses balance, flexibility, coordination, gait, and social isolation. No dance experience required.

UCCS Health Circle Center for Active Living: (phone: 719-255-8004; [CAL@uccs.edu](mailto:CAL@uccs.edu); Lane Center for Academic Health Sciences Building, 4863 N. Nevada, Suite 128 Colorado Springs, CO 80918) – PWR! Moves Group Fitness Classes and additional exercise classes. PWR! Moves held Monday-Thursday at 10:00 am and 11:00 am. Cost is \$7.50 / class. Call first before attending.

YMCA's Parkinson's Exercise Program (Chris Sanders, Executive Director of Healthy Living; [csanders@ppymca.org](mailto:csanders@ppymca.org)): The YMCA partnered with PWR! To create this supportive exercise program environment. It is ongoing every 2 weeks and required registration occurs on a biweekly basis. Offered at following YMCA locations:

-YMCA at First & Main (3035 New Center Pt., Colorado Springs, CO 80922 (719-574-288): September 18 – December 21, 2023. Monday & Wednesday from 1:15-2:15 pm. Cost- \$24 every 2 weeks for members; \$40 every 2 weeks for non-members.

-Briargate YMCA (4025 Family Place, Colorado Springs, CO 80920; 719-282-9622): Now until December 29, 2023. Monday, Wednesday & Friday from 1:30-2:30 pm. Cost - \$32 every 2 weeks for members; \$54 every 2 weeks for non-members.

-Tri-Lakes YMCA (17250 Jackson Creek Pkwy, Monument, CO 80132; 719-481-8728): Now until December 21, 2023. Tuesday & Thursday from 1:00-2:00 pm. Cost: \$22 every 2 weeks for members; \$44 every 2 weeks for non-members.

-Various YMCA locations offer other exercise classes (such as spin/cycle) that are helpful for people with Parkinson's as well.

### **Hospitals, Rehabilitation Facilities, and Long-Term Care Communities Viewed Positively by the Parkinson Foundation and Support Group Members**

Hospitals the Colorado Parkinson Foundation describes as "safe" for patients with Parkinson's – "Demonstrated more than sufficient knowledge of the needs of patients with Parkinson's...that includes the correct care for your Parkinson's symptoms":

-UCHealth Memorial Central Hospital in Colorado Springs

-UCHealth Memorial North Hospital in Colorado Springs

Skilled Care Rehab with Positive Reviews from Colorado Springs / Tri-Lakes Parkinson's Support Group Members:

- Encompass Rehab Hospital in Littleton, CO: “outstanding rehab for PD”
- Highlands Ranch Hospital in Highlands Ranch, CO: “very responsive to PD needs”
- Medalion Health Center in Colorado Springs, CO: “allows PD self-medication”
- Memorial Central Rehab Wing in Colorado Springs, CO: “unbelievably responsive”

Respite Care at Long-Term Care Community with Positive Review from Colorado Springs / Tri-Lakes Support Group Member:

-Stone Creek of Flying Horse in Colorado Springs, CO: “good care and good about giving PD meds on time” (Spouse emphasized to facility the importance of meds being given on time and provided labeled medibox).

**Singing with Parkinson’s** (Square Music Company at 2332 Vickers Dr. Colorado Springs; contact Heather at 719-345-2887; [heather@squaremusic.com](mailto:heather@squaremusic.com)): Individual sessions with Heather Johnson, board certified music therapist. No music experience necessary. Focus is on improving breath control, strengthening throat muscles, voice control, volume, and quality.

**Speech Therapy in Homes**

Jane Hothan, MA, CCC-SLP (338-8165; [sip@janahothan.com](mailto:sip@janahothan.com)): Outpatient speech therapy in patient’s home. Personalized speech thx for restoration of function due to illness or injury. Includes services for patients with Parkinson’s addressing voice and swallowing issues. Uses “Speak Out,” LSVT, neuromuscular electrical stimulation thx, respiratory muscle strength training; aphasia following stroke, cognitive-linguistic deficits.

**Telehealth Speech Therapy**

Anywhere Speech Care (720-449-6409; [anywherespeechcare.com](http://anywherespeechcare.com); [therapy@anywherespeechcare.com](mailto:therapy@anywherespeechcare.com)): Savana Lee provides Telehealth Speech Therapy for folks with Parkinson’s, addressing speech and swallowing issues. Uses “Speak Out.”

**Online Resources / Information for People with Parkinson’s:**

Online Sources of Information on Parkinson’s:

<https://parkinsonsnewstoday.com>, [www.parkinsonsrockies.org](http://www.parkinsonsrockies.org), [www.parkinson.org](http://www.parkinson.org); [www.nwpcf.org](http://www.nwpcf.org); [michaeljfoxfoundation.org](http://michaeljfoxfoundation.org); [www.parkinsonheartland.org](http://www.parkinsonheartland.org); <https://www.pdself.org>; <https://www.brainhq.com/world-class-science/published-research/active-study>; [www.davisphinneyfoundation.org/living-pd/webinar/videos/cognitive-nonmotor-symptoms-parkinsons](http://www.davisphinneyfoundation.org/living-pd/webinar/videos/cognitive-nonmotor-symptoms-parkinsons); <https://caremap.parkinson.org>; <https://www.youtube.com/playlist?list=PLkPlhQnN7cN6dAJZ5K5zQzY84btUTLoC>; <https://www.michaeljfox.org/foundation/news-detail.php?self-care-tips-forparkinson-disease-caregivers>; [pmdalliance.org](http://pmdalliance.org); [www.youtube.com/watch?v=fGlmOa5jko&feature=youtube](https://www.youtube.com/watch?v=fGlmOa5jko&feature=youtube); <https://www.youtube.com/watch?v=qz02yTlpNwM>

Online Information on Coronavirus and Parkinson’s Disease: [www.parkinson.org/CoronaVirus](http://www.parkinson.org/CoronaVirus)

Online Resources for Loud and Big Therapy: [www.LSVTGlobal.com](http://www.LSVTGlobal.com). Includes information on LSVT Certified Therapists, videos, and webinars.

## **Parkinson's Organizations:**

Colorado Parkinson Foundation, Inc. ([www.co-parkinson.org](http://www.co-parkinson.org); Mailing Address: 1155 Kelly Johnson Blvd. Suite 111 Colorado Springs, CO 80920; Jill Reid, Acting President – [president@co-parkinson.org](mailto:president@co-parkinson.org). Treasurer, CS Parkinson Support Group Newsletter Coordinator/Distributor – Julie Pfarrer – [db\\_mgr@co-parkinson.org](mailto:db_mgr@co-parkinson.org); 719-495-1853): Provides education, resources, support groups, newsletter.

Parkinson Association of the Rockies ([www.ParkinsonRockies.org](http://www.ParkinsonRockies.org); 866-718-2996): Provides information, videos, resources including events. Information and Referral Hotline: 303-861-1810. Provides a Social Worker to assist with plan.

## **Parkinson Support Groups**

Colorado Springs Parkinson Support Group: (719-495-1853 or [db\\_mgr@co-parkinson.org](mailto:db_mgr@co-parkinson.org)) Call or email Julie Pfarrer to sign up for Zoom option and to receive monthly newsletter. Meets the first Saturday of the month at 10:00 am at Central United Methodist Church, 4373 Galley Rd., Colorado Springs, CO. Potluck following support group.

Parkinson Caregiver Support Group: (Contact Brenda Hicks at 719-331-8369; [bbhicks@gmail.com](mailto:bbhicks@gmail.com)): Meets the third Thursday of each month, 10:00 am – 12:00 pm at Central United Methodist Church, 4373 Galley Rd., Colorado Springs, CO 80915)

Tri-Lakes Parkinson Support Group: (Monument Community Presbyterian; 238 3<sup>rd</sup> St. Monument, CO 80132; Contact Barry Hanenburg at [bhanenbu@hotmail.com](mailto:bhanenbu@hotmail.com)): Meets the third Saturday of the month at 10:00 am.

## **Products Recommended by the Colorado Parkinson Foundation, Parkinson Support Group Members, and Care Partners**

“Aware in Care” hospital kits: One free per family (National Parkinson Foundation; 1-800-4PD-INFO; [www.parkinson.org](http://www.parkinson.org))

Gate Belt with loops on it (Can order online.)

Plate Rings (Can order online.)

Hot Straws (Can order online.)

Nosey Cups (Can order online.)

Pill (Medibox) Boxes with alarm (Can order online.)

Pure Wick Female External Catheter ([www.purewickathome.com/incontinence](http://www.purewickathome.com/incontinence)): Can be used at night if person is still.

U-Step Walkers with reverse braking system

Rubber covers to put over the corners of furniture (Can order online.)

Squatty Potty (Can order online or purchase in stores.)

Tremor compensating eating utensils (Can order online.)

Technology that can be considered: voice recognition software, iPhone with movement-compensating cameras, Duopa medication delivery system, lane assist cars, semi-electronic bike for early stages of Parkinson's, TILE (tracking system/produce to put on assets like keys and phone – has a tracker and phone app.), Logitech Computer Keyboard (ergonomic, roller ball mouse, pad on bottom to put wrists on that assist with fingers on keys)

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**PRESCRIPTION MEDICATION ASSISTANCE** (Refer to page 64 in the Yellow Book and pages 71-73 in the Blue Book.)

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**RECYCLING & CHEMICAL WASTE DISPOSAL** (Refer to page 11 in the Yellow Book.)

El Paso County Recycling Directory (719-520-7878; [www.elpasoco.com](http://www.elpasoco.com))

El Paso County Household Chemical Waste (719-520-7879; 3255 Akers Dr., Colorado Springs, CO 80922;

<https://communityservices.elpasoco.com/household-hazardous-waste/>): Accepts household hazardous waste, some recyclables. Call first.

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**REHABILITATION HOSPITALS, CENTERS, OUTPATIENT REHABILITATION** (Refer to [Medicare.gov](http://Medicare.gov) for ratings, to *Medical Care & Therapy Services in Home* section of this directory, and to pages 61, 64-65 in the Yellow Book and Pages 71, 75 & 78 in the Blue Book.)

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**RESOURCE BOOKS AND WEBSITES FOR WIDE VARIETY OF SERVICES FOR SENIORS**

Beacon - Living Your Best Life After 50 in Colorado Springs (free publication found in senior centers, grocery stores, and libraries)

Brain Injury Alliance Colorado (800-955-2443; [BIAColorado.org](http://BIAColorado.org)): Resource for help, services and programs for survivors of an injury to the brain, their families, and providers. May call to request the free Pikes Peak Region Brain Injury Professionals Network Brain Injury Directory. Some of these services provided at Encompass Health Rehabilitation Hospital (325 S. Parkside Dr. Colorado Springs, CO 80910; 719-630-8000).

Medicare.gov: Gives ratings, incidents and reports on senior living communities, medical homecare companies & other providers who utilize government funds such as Medicare.

Pikes Peak Senior News -Lifestyle Magazine for The Modern Senior (free publication found in senior centers, grocery stores, and libraries)

The Pikes Peak Area Council of Governments Agency on Aging (719-471-2096; [www.ppacg.org](http://www.ppacg.org)): Seniors' Information and Assistance Center. Assists older adults (60+) to retain their independence and to provide a continuum of care for the Pikes Peak region citizens by providing or coordinating information and assistance, direct services, support, and advocacy. For individuals 60 and above who live in El Paso, Park, and Teller counties as well as their Caregivers. Provides information and assistance, insurance assistance, family Caregiver support, and Ombudsman/advocacy for those living in assisted living and skilled living communities. Call to schedule an appointment.

The Seniors Blue Book (SeniorsBlueBook.com): Directory of services and resources for Seniors, Caregivers and Senior Professionals.

The Yellow Book – Senior Information and Assistance Directory (from the Pikes Peak Area Council of Governments; 719-471-2096; [www.ppacg.org/yellowbook](http://www.ppacg.org/yellowbook)). Book connects 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. Categories of services include, but are not limited to, health and wellness, housing, legal services, emergency/disaster preparedness, transportation, longer-term care etc. While some of the agencies only serve Seniors, many other listed resources are available for people of all ages.

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**SENIOR ACTIVITIES, FITNESS, AND RECREATION** (Refer to pages 26-27, 41-44 in Yellow Book and pages 79-86 in the BlueBook.)

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**SENIOR/COMMUNITY CENTERS/ORGANIZATIONS PROVIDING VARIETY OF SERVICES TO SENIORS** (Refer to pages 15-17 in Yellow Book and pages 22, 86-87 in the BlueBook.)

Colorado Springs Senior Center (719-955-3400; 1514 N. Hancock Ave. Colorado Springs, CO 80903): Location is currently closed due to renovations, but activities and classes continue at various YMCA locations. Offers educational, exercise, craft, technology, music, and various interest classes, socializing events, and opportunities. Pre-register.

Fountain Valley Senior Center (719-600-2644; Transportation #: 719-600-2643; 5745 Southmoor Dr., Fountain, CO 80817; [www.fvscenter.org](http://www.fvscenter.org)): Provides transportation, nutrition, social activities, exercise classes, recreation, travel club, BINGO, rural area meals program.

Pikes Peak Area Council of Governments Agency on Aging (719-471-2096; [www.ppacg.org](http://www.ppacg.org); 14 S. Chestnut St. Colorado Springs, CO 80905

Rocky Mountain PACE (719-314-2327; RMHCare.org): Coordinated healthcare for Seniors on a limited income including transportation to and from medical appointments and PACE's Day Center, healthcare, day center with activities and events etc.

Silver Key Senior Services (884-2300; 1605 S. Murray Blvd. Colorado Springs, CO): Provides services to Seniors including Reserve & Ride, behavioral health, companionship, case management, guardianship, food pantry, Community Service 5 Wishes Program Information Session, and 2 meal delivery programs. Upcoming additional service: Comprehensive wrap-around assistance for folks with mental health needs. Accepts Medicaid, private insurance, some of the services are funded, sliding scale. Has community rooms with recreational, creative, cultural, inspirational activities and life-long learning.



Silver Key at Tri-Lakes Senior Center (719-884-2300; 66 Jefferson St., Monument, CO 80132; [www.silverkey.org](http://www.silverkey.org))

Teller Senior Coalition (719-687-3330; 750 E. Hwy. 24, Ste. 100, Woodland Park, CO 80863): Provides some transportation, home delivered meals, case management, counseling, respite services, safety related handyman services, homemaking, and limited emergency funds.

Woodland Park Senior Center (719-687-3877; 321 N. Pine St. Woodland Park, CO 80866)

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### **SENIOR HOUSING PLACEMENT SERVICES** *(Refer to pages 50-51 in BlueBook.)*

Assisted Living Locators (719-728-2468; [toryb@assistedlivinglocators.com](mailto:toryb@assistedlivinglocators.com); [assistedlivinglocators.com/coloradosprings](http://assistedlivinglocators.com/coloradosprings)): Tory Barcus provides free assistance in finding a long-term care community placement (independent, assisted, skilled, memory care).

CarePatrol (719-257-3001; [ColoradoSprings.CarePatrol.com](http://ColoradoSprings.CarePatrol.com); [intake206@carepatrol.com](mailto:intake206@carepatrol.com)): Provides free assistance in finding a long-term care community placement (independent, assisted, skilled, memory care) in Colorado Springs and Pueblo.

Seniors of the Rockies (719-388-6880; [www.seniorsoftherockies.com](http://www.seniorsoftherockies.com)): Andrea and Jeffrey DeVaul, LPN, provide free assistance in finding a long-term care community placement (independent, assisted, skilled, memory care).

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### **SUPPORT GROUPS** *(Refer to pages 97-99 in the Yellow Book and page 101 in the Blue Book. \*Additional support groups are listed in disease or need specific sections of this Sages Community Resource Directory\*.)*

ALS Support Group (First Presbyterian Church, 219 E. Bijou St. Colorado Springs, CO 80903. Contact Mary King at 303-832-2322.)

Alzheimer's Association Online and In Person Support Groups (To register or learn more, go to [www.alz.org/crf](http://www.alz.org/crf); Call 719-266-8773 for local in person support groups; 1520 N. Union Blvd., Colorado Springs, CO 80909): Online support groups include Veterans Caregivers, Lewy Body Dementia Caregivers, Grieving through Dementia: A support group to discuss anticipatory grief, Younger Onset Caregivers, New Beginnings: A support group for those grieving the loss of a loved one, Adult Children Caregiver Group: A support group for children caring for aging parents, Men's Caregiver Group, Women's Caregiver Group, Adult Children Caregiver Group: A support group for children caring for aging parents, Frontotemporal Dementia Caregiver Group, Sandwich Generation Caregiver Group: A support group for those raising children and caring for an elder with dementia.

Amputee Support Group (719-632-5075): Meets at Encompass Rehab Hospital first Tuesday from 5:00-6:30 pm.

ALS Support Group (303-832-2322): Online support group through First Presbyterian Church in Colorado Springs for those with ALS, their loved ones, and friends. Meets the third Tuesday of the month from 3:00 pm – 4:00 pm. Call Mary King for online link.

Cancer Support Group (719-331-2269; Woodmen Valley Chapel, Rockrimmon Campus at 290 E. Woodmen Rd., Colorado Springs, CO 80919): Provides support for people with cancer and their loved ones. Meets September 12, 2023 – May 14, 2024 on Tuesdays at 10:00 am in lower level of the Worship Center in Room 300. Call Anne Howard for information.

Cancer Support Group (719-594-6602; [newlifecolorado.ccbchurch.com/goto/groups/public](http://newlifecolorado.ccbchurch.com/goto/groups/public)): Provides support for people with cancer and their loved ones. Call New Life Church or go online for information.

Colorado Springs Parkinson Support Group: (719-495-1853 or [db\\_mgr@co-parkinson.org](mailto:db_mgr@co-parkinson.org)) Call or email Julie Pfarrer to sign up for Zoom option and to receive monthly newsletter. Meets the first Saturday of the month at 10:00 am at Central United Methodist Church, 4373 Galley Rd., Colorado Springs, CO. Potluck following support group.

Comfy Chair: Facebook Support Group for all Caregivers

Depression and Bipolar Support Alliance Colorado Springs (719-477-1515; [www.DBSCoColoradoSprings.org](http://www.DBSCoColoradoSprings.org)): Nonprofit, patient-directed organization that offers free self-help support groups to people with mood disorders, their family members, & friends. Groups for adults, teens and younger adults, women, later life, family & friends, Veterans.

Essential Tremors Support Group (Contact Jim Sanchez at 660-7275 before attending): Meets at Library 21 C (1175 Chapel Hills Dr., Colorado Springs, CO) the third Saturday at 1:00 pm every 3 months.

Gamblers Anonymous ([coloradoga.org](http://coloradoga.org) for virtual meeting): Meets at the Dwelling Place, 508 N. Tejon St. on Mondays at 6:00 pm and Saturdays at 9:00 am.

Grandparents Raising Grandchildren (719-578-8007): Supports those parenting grandkids. Call for details.

GriefShare ([www.griefshare.org](http://www.griefshare.org)) Helps attendees find healing after losing a loved one. Available at various churches and other locations.

Hoarders Online Support Group (Contact [jswarren@drcog.org](mailto:jswarren@drcog.org)).

Life Without Lupus Foundation (719-380-8330; [lifewithoutlupus.life](http://lifewithoutlupus.life)): Support for people with an autoimmune disorder. Meets quarterly, typically at the East Library; 4<sup>th</sup> Thursday at 11:30 am.

National Alliance of Mental Illness (AMI) Colorado Springs (719-473-8477; <https://www.namicoloradosprings.org>): Provides education, support, and advocacy for people and families living with mental illness. Includes online support groups, educational programs/courses, and crisis intervention group training for law enforcement.

Parkinson Caregiver Support Group (Contact Brenda Hicks at 719-331-8369; [bbhicks@gmail.com](mailto:bbhicks@gmail.com)): Meets the third Thursday of each month, 10:00 am – 12:00 pm at Central United Methodist Church 4373 Galley Road, Colorado Springs, CO.

Pikes Peak Area Agency on Aging Caregiver Support Group (Call 719-471-2096).

Pikes Peak Hospice and Palliative Care (719-633-3400; 2550 Tenderfoot Hill St. Colorado Springs, CO 80906): Provides hospice care, palliative care, and grief support groups. In addition to going to people's homes, there is also an inpatient unit at Penrose Hospital Main.

Polio Survivors Support Group (303-212-0017): Meets regularly. Call for details.

Prison Support Group (602-762-0900): Group for those with incarcerated loved ones. Meets weeks in the prayer room at Woodmen Valley Chapel on Thursdays at 1:00 pm.

Tri-Lakes Parkinson Support Group: (Monument Community Presbyterian at 238 3<sup>rd</sup> St. Monument, CO 80132): Contact Barry Hanenburg at [bhanenbu@hotmail.com](mailto:bhanenbu@hotmail.com). Meets the third Saturday of the month at 10:00 am.

Virtual Caregiving Coping Group with the UCCS Aging Center (Call 719-255-8002).

Virtual Colorado Springs Polio Survivors Support Group (Call 720-940-9291, email [mtolman@eastersealscolorado.org](mailto:mtolman@eastersealscolorado.org) or contact Hal Goldberg, the Group Facilitator, at 303-212-0017 or via email at [halgoldberg@halgoldberg.net](mailto:halgoldberg@halgoldberg.net)).

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## **TECHNOLOGY ASSISTANCE**

Senior Planet (<https://seniorplanet.org>): Statewide company that helps Seniors with technology.

Tech Pals (844-832-4725; [www.thetechpals.org](http://www.thetechpals.org)): Nonprofit that helps Seniors navigate technology of all forms to connect with online services and with loved ones. Personalized, one on one approach. Help with smart phones, computers, tablets etc.

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## **TRANSPORTATION SERVICES** (Refer to pages 100-102 in the Yellow Book and pages 102-103 in the Blue Book.)

AMR (American Medical Response) Transport (719-636-2333; [www.amr.net](http://www.amr.net)): In addition to emergency basic life support and advanced life support emergency services, AMR also provides non-emergent medical transport. Services include Sentimental Journey Program that takes terminally ill patients for visits at destinations of patient's choice.

Coach (719-391-4444; 1900 E. Pikes Peak Ave., #2 80909; 719-391-4444): Provides non-emergent BLS transport services, wheelchair and stretcher transport.

Envida (For El Paso County, call 600-22121 Monday-Friday or go online to [envidacares.org/](http://envidacares.org/)) Non-profit that provides transportation and home services primarily to folks of low income and folks with disabilities. Provides scheduled and on demand rides. Primarily Medicaid and private pay. Serves El Paso, Teller, Pueblo, Fremont Counties. Soon to add Chaffee County.

Flying Angels Inc. (610-209-2100 or 877-265-1085; [info@flyingangels.com](mailto:info@flyingangels.com); [bbachelor@flyingangels.com](mailto:bbachelor@flyingangels.com)): Nonemergency medical transport anywhere in the world on commercial airlines with a Flight Nurse. RN Flight Coordinator handles all logistics. Care provided during entire transport, bed to bed.

Go-Go Grandparent (1-855-464-6872): Instead of having to use an app., simply call the number for on demand transportation such as Uber or Lift.

Good Wheels (Goodwill) (1460 Garden of the Gods Rd. Colorado Springs, CO 80907): Provides transportation for folks in wheelchairs, bariatric etc. Accepts private pay, insurance etc.

Silver Key Reserve and Ride (1605 S. Murray Blvd. Colorado Springs, CO 80916; 719-884-2300): Door through door ADA accessible transportation.

Teller Senior Coalition (719-687-3330; 750 E. Highway 24, Ste. 100, Woodland Park, CO 80863)

The Way Non-Emergency Medical Transport (719-675-0058)

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## **VEHICLE MODIFICATIONS**

Next Day Access (719-259-3833, 719-494-0443): In addition to home modifications, also provides vehicle lifts.

UnitedAccess (719-590-1400; 877-501-8267; [www.UnitedAccess.com](http://www.UnitedAccess.com); 6285 Corporate Drive Colorado Springs, CO 80919): Provides wheelchair accessible vehicles (new and pre-owned), wheelchair van rentals, scooter and wheelchair lifts, mobility seats, driving controls, 24/7 emergency service etc.

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## **VETERANS AND MILITARY SERVICES** *(Refer to pages 84-87 in the Yellow Book and pages 103 & 106 in the BlueBook.)*

Caregiver Resources and Program ([militaryonesource.mil/health-wellness/caregivers](http://militaryonesource.mil/health-wellness/caregivers))

Cedar Springs Hospital (719-210-0534 for Senior Military Care Coordinator and military specific services): Provides inpatient, partial hospitalization, and outpatient psychiatric and substance abuse programs.

Fort Carson Legal Services / JAG (719-526-5572; Fort Carson's general #: 719-526-5572): Free legal help with Will, Power of Attorney, Medical Power of Attorney etc.

El Paso County Veterans Service Office (719-520-7750; [vet@elpasoco.com](mailto:veter@elpasoco.com); [http://adm.elpasoco.com/veteran\\_services](http://adm.elpasoco.com/veteran_services))

Gold Star Wives of America (888-751-6350; 205-823-1778; [www.goldstarwives.org](http://www.goldstarwives.org)): Support group for widow/widower/survivor child.

Mt. Carmel Veterans Service Center (719-772-7000; VeteransCenter.org; 530 Communication Circle Colorado Springs, CO 80905): Provides Veterans of all eras and their families access many community services in one location. Collaborates with community partners providing best practices in transition and wellness services. Services include transition and employment, benefits and resource assistance, behavioral health and wellness, education, and support, financial, legal, and community events and programs.

The Network of Care ([pikespeak.networkofcare.org](http://pikespeak.networkofcare.org)) (a component of the Peak Military Care Network; [peakmilitarycarenet.org](http://peakmilitarycarenet.org)): Web-based resource direction of all local services for veterans, active-duty personnel, Guard and Reserve members, and their families. Directory includes links to services available at the region's military installations and federal (including VA) and state resources.

Next Chapter (1-888-719-VETS)

Teller County Veterans Service Office (719-686-5526; 719-641-4804; <http://co.teller.co.us/Veterans>; 800 Research Dr., #230, Woodland Park, CO 80863

UCCS Veterans Health and Trauma Clinic (719-255-8003; Lane Center for Academic Health Sciences Building, 4863 N. Nevada, Suite 380 Colorado Springs, CO 80918; [vhtc@uccs.edu](mailto:vhtc@uccs.edu))

Veteran's Crisis Line (800-273-8255)

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**VISUAL IMPAIRMENT RESOURCES** (*Refer to disabilities and medical equipment categories of this directory and to pages 24-25, 66 in the Yellow Book and page 106-107 in the Blue Book.)*

Guide Dogs for the Blind (800-295-4050; [www.guidedogs.com](http://www.guidedogs.com))

The Independence Center (719-471-8181; Video Phone for the Deaf: 719-358-2513; [www.the-ic.org](http://www.the-ic.org); 729 S. Tejon St. Colorado Springs, CO 80903): A nonprofit supporting folks with disabilities to achieve independence. Disabilities include mental health, cognitive, physical, blindness and low vision, deaf and hard of hearing. Programs/Services include: 1) Receive what clients need to live independently (apply for disability benefits, learn about transportation, tools and assistive technology to make life easier, job preparation and assistance with find employment 2) Live on their own (Learn about home modification programs, information about housing options, for those who qualify- transition from a nursing home to the community with appropriate services and supports, for Veterans-direct the services and supports needed to live independently in their home and community. 3) Clients receive skills & support to reach their goals (information about community services, join a support group, learn about their rights and how to use those to gain greater independence, skills classes 4) Clients learn to speak up for themselves and their community (advocate for themselves to overcome life's barriers, work with others to raise awareness and challenge institutional barriers on local and state levels; for youth-grow their leadership skills. 5) Home health care that is self-directed or physician-directed, for all ages, and with the Caregiver of client's choice or an employee of the IC. 6) CNA Training Aide.

ISight Connections (719-229-8000; [www.isightconnections.org](http://www.isightconnections.org)): Provides vision rehabilitation therapy, assistive technology, orientation, and mobility instruction.

TTY Services for the Deaf, CO Commission (TTY) (800-659-2656; [www.ccdhh.com](http://www.ccdhh.com))