

COMMUNITY RESOURCE DIRECTORY: APRIL 2021 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 “a place to start” regarding a wide variety of services.

The **Yellow Book**, a Senior Information and Assistance Directory, published by the Pikes Peak Area Council of Governments Area Agency on Aging, is an additional excellent source of available resources. **While some of the companies listed in the Yellow Book may only be utilized by Seniors, there are many resources listed within it that may be used by people of all ages.** In addition to the book, it can also be accessed online at www.ppacg.org/yellowbook.

The Pikes Peak Area Agency on Aging has a **Portal to find Resources for Seniors: <https://agefriendlypikespeak.org>**.

When looking for medical homecare, senior living communities, and other agencies that accept government funding sources such as Medicare, [Medicare.gov](http://www.medicare.gov) provides important information including mediscopes/ratings, incidents, and reports.

IMPORTANT PHONE NUMBERS

Emergency Numbers:

Police/Fire/Ambulance: 9-1-1

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

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

Colorado Crisis Services (Mental Health) (844) 493-8255

National Suicide Prevention Lifeline (800) 273-8255

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

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

Non-Emergency Law Enforcement Numbers:

Police/Fire, Colorado Springs: 719-444-7000

Sheriff, El Paso County: 719-390-5555

Sheriff, Teller County: 719-687-9652

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

Information and Assistance

Senior Information and Assistance Center (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

Emergency / Disaster Preparedness Numbers *(Please refer to page 29 in the Yellow Book for additional information).*

ABUSE PREVENTION & SERVICES *(Please refer to page 1 in Yellow Book for additional information).*

AARP Elderwatch (800-222-444x2; 303 E. 17th 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; www.humanservices.elpasoco.com). (Teller County: 719-687-3335; 719-686-5550; 800 Research Dr., #100 Woodland Park, CO 80863; www.co.teller.co.us/DSS).

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.; www.ppacg.org/aging). By appointment only. Advocates for residents in nursing homes and assisted living facilities. Ombudsman may also investigate and attempt to resolve complaints made by or on behalf of residents of nursing facilities, residential care homes, assisted living facilities and supervised living facilities 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 facilities. (See Senior Yellow Book for additional Ombudsman resources; pages 4-5).

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

ADULT DAY PROGRAM *(Please refer to page 3 of Yellow Book for additional resources).*

DayBreak Adult Day Program (719-687-3000; 404 N. State Highway 67 PO Box 4777 Woodland Park, CO 80866; paula.daybreakadp.com) Founder and Executive Director is Paula Levy. Serves people who are 60 years old or older, exhibit some memory impairment, need a little assistance with activities of daily living, and demonstrate a desire to withdraw and isolate. Participants come from various locations and counties.

ALZHEIMER'S / DEMENTIA SUPPORT

Alzheimer's Association Online Support Groups (To register or learn more, go to www.alz.org/crf) 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.

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

The Alzheimer's Association online classes, information & resources (www.alz.org)

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

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.

BEHAVIORAL HEALTH, COUNSELING SUBSTANCE ABUSE, EDUCATION & SUPPORT *(Please refer to page 82 in the Yellow Book for additional resources).*

Alcoholics Anonymous (<https://www.coloradospringsaa.org>)

Al-Anon (<https://al-anon-co.org>)

Depression and Bipolar Support Alliance Colorado Springs (719-477-1515; www.DBSAColoradoSprings.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, and Veterans.

Diversus Health - Previously named Aspen Pointe (719-572-6100; 115 S. Parkside Dr. Colorado Springs, CO 80190; <https://diversushealth.org/aspenpointe>): Services include a Walk-In Crisis Center (Lighthouse) at 115 S. Parkside Dr., counseling, psychiatric care, addiction. Online counseling and telehealth offered.

Dr. Sheri Gibson, Geropsychologist (224 E. Willamette Ave., Suite 2 Colorado Springs, CO 80903; 719-339-2862; sheri@drsherigibson.com; 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.

GRIT, free online resilience training; open to all (Go to LetsTalkGRIT.com or contact Nicole Weis at nweis@uccs.edu): Free, self-paced 5 hour online training to help with responses to general, disaster, and trauma-related stress, develop tools to build your own resilience and coping skills, access valuable community resources and technology-based tools, support friends and loves ones as a resilience coach, learn to listen to and engage someone who is struggling, recognize the signs when a mental health counselor might be needed). Put on by UCCS, Public Health, NAMI and Aspen Pointe.

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).

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 support groups, educational programs/courses, and crisis intervention group training for law enforcement.

Narcotics Anonymous (<https://nacolorado.com/coloradosprings>)

UCCS Aging Center (719-255-8002; 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. During COVID-19, services have been offered virtually.

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)

Peak View Behavioral Health (888-235-9475; 7353 Sisters Grove Colorado Springs, CO 80923): Inpatient, partial hospitalization and outpatient behavioral health (mental health & substance abuse) services

PEARLS Program (Call Cynthia, PEARLS' Coach at 719-459-2017): 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.

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 have 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.

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.

BRAIN CARE AND BRAIN INJURY RESOURCES

Brain Injury Alliance Colorado (800-955-2443; 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, including classes, rehabilitation, and support groups, take place at Encompass Health Rehabilitation Hospital (325 S. Parkside Dr. Colorado Springs, CO 80910; 719-630-8000).

Encompass Health Rehabilitation Hospital (719-630-800; 325 S. Parkside Dr. Colorado Springs, CO 80910): Outpatient and inpatient rehabilitation, classes, and support groups.

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

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): The Neuropathways Center provides living skills training, community integration, and professional behavioral health services.

CAREGIVER RESOURCES AND CAREGIVER SUPPORT GROUPS *(Please refer to page 7 & page 84 in Yellow Book for additional resources).*

All About Dignity (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) 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.

Cardinal Life with Jane W. Barton, MTS, MASM, CSA in partnership with AARP (303-489-3903; www.CardinalLife.com; 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.

Colorado Respite Coalition (303-233-1666; 844-265-2372; www.coloradorespitecoalition.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

Maria's Place (Mariasplace.com; contact Stephanie Giangiulio – 970-306-5466; 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 on Tuesday and Thursday.

Pikes Peak Area Agency on Aging Caregiver Support Program (Call 719-471-7080 ext. 107 or 719-471-2096).

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

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 MANAGEMENT AGENCIES *(Please refer to page 6 of the Yellow Book for additional resources).*

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

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

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

CHAMBERS OF COMMERCE

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

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

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

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

CONSUMER PROTECTION / INFORMATION *(Please refer to pages 17-20 in Senior Yellow Book for additional resources).*

Better Business Bureau (BBB) (25 N. Wahsatch Ave. #100 Colorado Springs, CO 80903; www.bbb.org/southern-colorado) AARP Elderwatch (800-222-444x2; 303 E. 17th Ave. #510 Denver, CO 80203): Fights financial exploitation of older Coloradans through education and outreach and by providing information and referrals) Helpful Website Regarding Scams: www.ncoa.org, www.fbi.gov/scams, www.idTheftcenter.org/scams.

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

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

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

COVID TESTING SITES (COMMUNITY-BASED, FREE DRIVE-THRU)

(Please refer to elpasocountyhealth.org/covid-19-testing-information for additional information).

Citadel Mall in Colorado Springs (750 Citadel Dr. E.; Citadel Mall Parking Lot just south of JC Penney) Operates Monday-Sunday, 8:00 am – 6:00 pm

North Colorado Springs (2070 Interquest Parkway; southeast of the Pikes Peak Community College Rampart Range campus) Operates Monday-Sunday, 8:00 am – 6:00 pm

Falcon/Peyton (12072 Royal County Down Rd. in Falcon; behind Falcon First Station #1) Operates Tuesday and Thursday, 9:00 am – 2:00 pm

Fountain (6436 US Highway 85-87 Colorado Springs, CO 80817; location formerly known as the Beckett Event Center) Operates Monday-Sunday, 8:00 am – 6 pm

COVID-19 TESTING SITE (PRIVATE NON-PROFIT, FREE, DRIVE-THRU)

Mission Medical Center (missionmedicalclinic.org; 2125 E. LaSalle St. Colorado Springs, CO 80909; 719-219-3402): Register online for free drive through appointment.

COVID-19 TESTING AT HOME

Dispatch Health (719-270-0805; www.dispatchhealth.com): Provides COVID-19 testing in your home

DENTAL SERVICES

Dr. Darrel E. Kneupper, DDS, Denture Specialist & Consultant (719-963-2737): Provides outreach denture services. Provides denture services in people's homes and in long-term care communities (new complete and partial dentures, repairs etc.).

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).

DISABILITY SERVICE ORGANIZATIONS *(Please refer to pages 20-25 in the Yellow Book for additional resources).*

The Independence Center (719-471-8181; Video Phone for the Deaf: 719-358-2513; 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. 7)The Independence Center currently has clear masks available for those interacting with people who are hard of hearing or deaf.

The Resource Exchange (TRE) (719-380-1100; 6385 Corporate Dr. #310 Colorado Springs, CO 80919; 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.

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 have 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.

DISEASE-SPECIFIC ORGANIZATIONS *(Please refer to pages 49-51 in the Yellow Book for resources).*

Downsizing, Moving for Older Adults & Estate Services *(Please refer to page 10 in the Yellow Book for additional resources).*

DRIVING SAFETY & EVALUATION

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): 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)

END OF LIFE / LEGACY PLANNING *(Please refer to the article “This Could Save Your Life! - Medical Durable Power of Attorney vs Living Will/Five Wishes” on the co-parkinson.org website under the ‘Resources’ tab for complete discussion about end-of-life planning especially for people with Parkinson’s)*

Five Wishes (<https://fivewishes.org>; 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.

Why Wait Stories (719-291-6967; whywaitstories.com; 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.

FINANCIAL ASSISTANCE RESOURCES – *Please refer to the Yellow Book, pages 32-35.*

(IN-HOME) FOOT CARE *(Please refer to page 51 in the Yellow Book for foot clinic resources).*

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

The Toe Nail Guy (719-930-3602; martin@thetoenailguy.com): Toenail care including Epsom soak, clean and cut, remove any calluses, essential oil massage. Will do fingernails as well (no polish) as long as toenails are being done. By appointment only Monday – Friday, 9 am – 4 pm.

GUARDIANSHIP PROVIDERS & RESOURCES

Dr. Sheri Gibson (224 E. Willamette Ave., Suite 2 Colorado Springs, CO 80903; 719-339-2862; sheri@drsherigibson.com; 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.

Life Care Solutions (Colorado Springs: 719-447-1711; 1219 Lake Plaza Dr., Suite C, Colorado Springs, CO 80906; Denver: 303-986-0218; Pueblo: 719-543-0505; Toll Free # 877-794-9582; 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 - Ann McKenzie: (Call 719-884-2300).

HAZARDOUS CLEAN UP

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

(NON-MEDICAL) HOME HEALTH AGENCIES (also see “List of Providers” tab on the co-parkinson.org website for updated list of companies that took the Colorado Parkinson Foundation’s Parkinson’s 101 training within the past year)

Sages Elder Care (719-393-3580; 5550 Tech Center Drive, Suite 307 Colorado Springs, CO 80919; www.sageseldercare.com): 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 accessing VA and Long-Term Care Insurance Benefits. Accepts private pay, Long-Term Care Insurance, the Pikes Peak Area Agency on Aging Vouchers, and VA benefits (while receiving coverage from the VA for Sages Elder Care’s services can be a challenge). Serves Colorado Springs, Black Forest, Monument, Palmer Lake, Widefield, Security, Fountain, Falcon, Peyton, Manitou Springs, Green Mountain Falls, Cascade, and Woodland Park.

HOME HEALTH AGENCIES THAT EMPLOY FRIENDS AND FAMILY MEMBERS OF CLIENTS

Envida (719-301-6870; 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 (303-233-3122; 9197 W. 6th Ave. Suite 1000 Lakewood, CO 80215; info@pascohh.com; Alayne.kelly@pascohh.com) For individuals with special needs. While main office is in Lakewood, services are also available in Colorado Springs.

HOME MODIFICATIONS AND SAFETY

Accessible Systems (719-387-0675; www.accessiblemed.com) Install lifts, elevators, ramps, railing, bath remodels etc.

Next Day Access (719-494-0443): Has a grant that allows some of the services to be done for free. 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.

HOME SHARE

Sunshine Home Share Colorado (719-744-3911; 14 South Chestnut Street Colorado Springs, CO 80905; Call or email Teresa Ornelas, MSW, Colorado Springs Home Share Coordinator Teresa@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.

HEARING IMPAIRMENT RESOURCES / LANGUAGE INTERPRETER / TRANSLATION SERVICES

(Please refer to page 51 in the Yellow Book for additional resources).

The Independence Center (719-471-8181; Video Phone for the Deaf: 719-358-2513; 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. 7)The Independence Center currently has clear masks available for those interacting with people who are hard of hearing or deaf.

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; 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.interpretenetwork.org

www.interpretersunlimited.com/colorado-interpreter-translator

www.languagealliance.com

MEAL SERVICES *(Please refer to pages 39-45 in the Yellow Book for additional resources).*

Project Angel Heart (719-323-0084; 1625 W. Uintah St., #1 Colorado Springs, CO 80904; www.ProjectAngelHeart.org) At no cost, provides 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): 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.

MEDICAID ASSISTANCE *(Please refer to page 69 in the Yellow Book for additional resources).*

Beneficent: (719-645-8350; 665 Southpointe Ct. Suite 100 Colorado Springs, CO 80906): Offers assistance in obtaining Medicaid to help pay for long-term care. Assists Veterans in obtaining Aid and Attendance benefits.

The Resource Exchange (# 719-38301100) 6385 Corporate Dr. #301 Colorado Springs, CO 80919): Entry point for Medicaid long-term care. Must be eligible for Medicaid and Social Security Disability.

MEDICAL EQUIPMENT / SUPPLIES *(Please refer to Yellow Book, pages 55-56).*

MEDICAL, URGENT CARE and THERAPY SERVICES PROVIDED IN PEOPLE'S HOMES

AbleCare Mobile Therapy (303-569-7116 or 719-629-6796; 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. Serve Colorado Springs, Manitou, Fountain, Widefield, Security, Monument, Black Forest.

Dispatch Health (719-270-0805; www.dispatchhealth.com): Mobile urgent care that comes to people's homes.

Health Promotion Partners' Aging Well By Design (719-231-6657; 2924 Beacon St., Suite D Colorado Springs, CO 80907; www.HealthPromotionPartners.com): Mobile outpatient occupational therapy services offered in person's home or in the clinic & remote engagement and monitoring. Patients are those who want to maintain their independence and well-being as they age. Diagnoses include mild cognitive impairment, dementia, stroke, low vision, history of falls, Parkinson's, Multiple Sclerosis, orthopedic injuries etc. Also offers online Brain Fitness Class C.

Operation House Call (Call Pikes Peak Area Agency on Aging at 719-471-2096 or call #211) – For housebound folks to receive COVID vaccine in their homes. Referral required.

Visiting Medical Clinic – Elaina Gentilini, FNP (428-3911; 102 S. Tejon, Ste. 1100 Colorado Springs, CO 80903; Elaina@visitingmedicalclinic.com) – Provides primary care in people's homes, EKG's, MMSE Screenings, depression screenings, elder care & abuse screening, wax removal, blood draws etc. Accepts Tri-Care, Blue Cross Blue Shield, most HMO's, Medicare, Medicaid. Elaina has a background in hospice, homecare, as an EMT.

MEDICARE BROKERS and EDUCATION *(Please refer to page 69 in the Yellow Book for additional resources).*

The Medicare Resource Center (719-358-6696; 2230 E. Pikes Peak Ave. Colorado Springs, CO 80909; 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 join together 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. (A 4-part series has currently already begun, but there will also be ones in June, August and October). Call the Pikes Peak Area Agency on Aging (719-471-2096) for information or register directly at www.ppacg.org/events. (Registration is required to attend).

NOTARY THAT WILL COME TO INDIVIDUAL'S HOMES

Michelle Stellick of Stellick Legacy Estate Services (719-453-9081; Michelle@stellicklegacy.com): At no cost, will come to individual's homes.

PARKINSON'S DISEASE RESOURCES

(Please refer to the Colorado Parkinson Foundation website, co-parkinson.org for additional resources including neurologists and other medical providers).

Physical Therapist:

Danielle Mulligan: Physical Therapist with Orthopedic Rehabilitation Associates: Has focused on patients with Parkinson's for many years addressing balance issues, constipation, incorporates Big and Loud approach etc. Works at 3605 Austin Bluffs Parkway, Colorado Springs location (265-6601).

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): Exercise, Yoga, and TaiChi for older adults. Must call to sign up and confirm schedule during COVID-19.

Falcon Exercise Group: (Grace Community Church; Contact Catherine Reed at 719-683-2960): Monday & Friday; 11:00 am – 12:00 pm.

Max Capacity NeuroFitness: (Power Punch Boxing classes and PWR BootCamp classes meeting at 731 Iowa Ave. in Otis Park; Contact Emily Moncheski at 719-213-3996 or emily@maxcapacitypt.com): PWR Boot Camp classes, donation-based Power Punch Boxing, pole walking classes and individual PD specific fitness training. Boxing: Tuesday & Thursday, 4:00 -5:00 pm and Saturday, 9:00 am – 10:00 am. PWR Boot Camp: Monday & Wednesday 3:30 pm – 4:30 pm. Boxing is free of charge. Boot Camp packages are available.

Moving to Heal: (525 East Fountain Blvd. MACS-corner of Fountain & Royer; Cost: \$10/class): The art of feeling better; slower movements with joy and purpose. NIA works with balance, breath, cognitive mind/body function, mobility and stability. You can go at your own pace, stop if you want, sit down and dance while sitting in a chair for a while. Dance to various genres of music. Flexible to meet needs of participants. Every Friday at 10:30; Cost: \$10/class.

NeuroRehab Project at ORA (Pikes Peak Athletics at 602 Elkton Drive; 719-559-0680; Danielle Mulligan, PT and Rachel Johnson, SLP of Orthopedic Rehabilitation Associates created classes (Water & Movement Classes include the following: Improve Your Mobility in Water – Warm water (92 degrees) pool classes for people with movement disorders. Monday & Wednesday, 1:30 – 2:30 pm; Cost: \$10. Parkinson's Wellness Recovery Exercise Class: Power Moderate Level. Friday at 1:30; Cost: \$10. Parkinson's Wellness Recovery Exercise Class: Power Advanced Level. Wednesday at 1:30 pm, Cost: \$10.

Ormao Dance Company's free online Zoom Dance for Parkinson's Class: Go weekly to <https://co-parkinson.org> for new link. Class Friday at 11:00 am.

PWP: Parkinson's With Poles (North parking entrance of Fontanero and Culebra Streets) Exercise using poles that are provided; every Friday at 8 am: Coordinators are Emily Moncheski and Eileen O'Reilly.

PWR!Moves Class: (Skyline Wellness & Aquatics Center partnered with YMCA; Held at Brookdale Skyline at 2365 Patriot Heights; Contact Fitness Coordinator Karisa Dreyer at 719-867-4658. Confirm status of classes during COVID-19). Classes Tuesday and Thursday from 12:30-1:30.

UCCS Health Circle Center for Active Living: (phone: 719-255-8004; CAL@uccs.edu; Lane Center for Academic Health Sciences Building, 4863 N. Nevada, Suite 128 Colorado Springs, CO 80918) – Power Moves Exercise Groups, Balance & Agility Classes

YMCA Big & Loud Exercise Classes: (Contact Jamie Clayton at jclayton@ppymca.org) The following are the only classes meeting during COVID-19: Tri-Lakes YMCA, PWR!Moves Tuesday & Thursday, 1:30-2:30 (719-481-8728; 17250 Jackson Creek Pkwy, Monument, CO 80132) and Briargate YMCA, PWR!Moves Monday, Wednesday, Friday, 1:30-2:30 (4025 Family Place Colorado Springs, CO 80920)

YMCA's Parkinson's Wellness Recovery Exercise (719-329-7295 or email wellness@ppymca.org).

Parkinson's Organizations:

Colorado Parkinson Foundation, Inc. (www.co-parkinson.org; Mailing Address: 1155 Kelly Johnson Blvd. Suite 111 Colorado Springs, CO 80920; Jill Reid, Acting President – president@co-parkinson.org. Treasurer, CS Parkinson Support Group Newsletter Coordinator/Distributor – Julie Pfarrer – db_mgr@co-parkinson.org; 719-884-0103): Provides education, resources, support groups, newsletter.

Parkinson Support Groups

Colorado Springs Parkinson Support Group: (Contact Julie Pfarrer to learn more or to sign up for Zoom option, and to receive monthly newsletter – 719-884-0103 or at db_mgr@co-parkinson.org): During COVID-19, group meets at Academy Christian Church at 1635 Old Ranch Rd. Colorado Springs, CO and offers a zoom option. Meets 2nd Saturday of the month, 10:00 am. Potluck following support group. Prior to COVID-19, met at First Presbyterian Church in Colorado Springs.

Tri-Lakes Parkinson Support Group: (Monument Community Presbyterian 238 3rd St. Monument, CO 80132): Contact Barry Hanenburg at bhanenbu@hotmail.com for up-to-date information on dates of meetings, if in person or via Zoom. Prior to COVID-19, group met 3rd Saturday of the month at 10:00 am.

PET/ANIMAL SERVICES AND RESOURCES *(Please refer to page 13 in the Yellow Book for additional resources).*

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

Canine Companions for Independence (719-260-6151; www.cci.org)

Guide Dogs for the Blind (800-292-4050; 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 adoption of cats.

Harley's Hope Foundation (719-495-6083; PO Box 88146; 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.

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

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

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

Pet Loss Support Group (Homeward Bound Pet Memorial Center and Crematorium; support group open to the public; 719-233-4341; 318 Karen Lane Colorado Springs, CO 80907; www.homeward-bound-pet.com)

Safe Place for Pets (719-359-0201; 1520 N. Hancock Ave. Colorado Springs, CO 80903; www.safepetplace.org): Works with terminally ill pet owners to provide support and new forever homes.

RESOURCE BOOKS AND WEBSITES FOR WIDE VARIETY OF SERVICES FOR SENIORS

Brain Injury Alliance Colorado (800-955-2443; 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, including classes, rehabilitation, and support groups, take place 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.

The Pikes Peak Area Council of Governments Agency on Aging (719-471-2096; 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, and family Caregiver support, and Ombudsman/advocacy for those living in assisted living and skilled living communities. During COVID, must call to schedule an appointment. No drop-ins allowed during this time.

The Seniors Blue Book (719-64106850; book and website-www.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). 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.

SENIOR SERVICE ORGANIZATIONS OFFERING A VARIETY OF SERVICES

Colorado Springs Senior Center (719-955-3400; 1514 N. Hancock Ave. Colorado Springs, CO 80903): Offers a large number of educational, exercise, craft, technology, music, and various interest classes, socializing events and opportunities. During COVID-19, the Senior Center has helped provide meals, online programs, a # folks can call (955-3400) if feeling isolated, lonely, afraid, or needing to talk. Some in person classes are now being offered. Pre-registration required.

Fountain Valley Senior Center (719-600-2644; Transportation #: 719-600-2643; 5745 Southmoor Dr., Fountain, CO 80817; www.fvscenter.org) Call concerning potential changes in services due to COVID-19. Pre-pandemic, services included 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; 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, coordinated 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. Call concerning potential changes in service due to COVID-19.

Tri-Lakes Silver Alliance (719-464-6873; PO Box 2931 Monument, CO 80132; www.trilakesseniors.org): Provides senior programs, services, activities and support for seniors in the Tri-lakes area. Call concerning potential changes in service due to COVID-19.

SUPPORT GROUPS *(Please refer to pages 84-87 in the Yellow Book for additional support groups).*

Alzheimer's Association Online Support Groups (To register or learn more, go to www.alz.org/crf) 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.

Colorado Springs Parkinson Support Group: During COVID-19, group meets at Academy Christian Church at 1635 Old Ranch Rd. Colorado Springs, CO and offers a zoom option. To attend virtually via zoom, send email to Julie Pfarrer (db_mgr@co-parkinson.org). Meets 2nd Saturday of the month, 10:00 am. Potluck following support group. Prior to COVID-19, met at First Presbyterian Church in Colorado Springs.

Comfy Chair – Facebook Support Group for all Caregivers

COVID Survival Support Group – online/facebook support group for folks suffering with long lasting symptoms.

Depression and Bipolar Support Alliance Colorado Springs (719-477-1515; www.DBSAColoradoSprings.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.

Echoes of Hope Support Group for Widows & Widowers at Woodmen Valley Chapel (Contact Stephen.faulkner7@gmail.com or Rebecca.aschbrenner@gmail.com).

Encompass Health Rehabilitation Hospital (719-630-800; 325 S. Parkside Dr. Colorado Springs, CO 80910): Outpatient and inpatient rehab, classes, and support groups.

Hoarders Online Support Group (Contact jswarren@drcog.org).

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 support groups, educational programs/courses, and crisis intervention group training for law enforcement.

Neurological Disorders Support Group (Contact Elizabeth Armstrong at 719-258-0255; Encompass Rehab Hospital in the Fay Brown Room): Call to confirm schedule during COVID-19 and to sign up. First Tuesday of the month from 1:30-2:30 pm.

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.

Tri-Lakes Parkinson Support Group: (Monument Community Presbyterian 238 3rd St. Monument, CO 80132): Contact Barry Hanenburg at bhanenbu@hotmail.com for up-to-date information on dates of meetings, if in person or via Zoom. Prior to COVID-19, group met 3rd 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 or contact Hal Goldberg, the Group Facilitator, at 303-212-0017 or via email at halgoldberg@halgoldberg.net).

TECHNOLOGY ASSISTANCE

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

TRANSPORTATION SERVICES *(Please refer to page 25 & page 87 in Yellow Book for additional resources).*

AMR (American Medical Response) Transport (719-636-2333; 2370 N. Powers Blvd. Colorado Springs CO 80915; 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. Monday-Sunday 8 am to 8 pm; 24 Hour Service as needed.

Envida (For El Paso County, call 600-22121 Monday-Friday or go online to envidacares.org/) Non-profit that provides transportation and home service primarily to folks of low income and folks with disabilities. Includes providing transportation for people who have COVID, rides to get COVID vaccine, and homeless folks. Above the “norm” with level of precautions in transportation bus. 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; bbachelor@flyingangels.com): Non-emergency 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 # 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.

Mountain Community Senior Services (719-488-0076): Volunteer, at no cost, services including necessary home safety repairs and modifications such as fixing stairs, railings, replacing a window, installing grab bars and ramp. Transportation services to Colorado Springs for medical appointments only, locally for groceries, legal appointments, local senior lunches etc. Funded by Pikes Peak Area Agency on Aging and sponsored by Mountain Community Mennonite Church). Donations are voluntary. Volunteers always needed

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

The Way & Asteri EMS Wheelchair Transport & Non-Emergent Ambulance Transport (particularly for Veterans) (Call, text or fax dispatch at 719-675-0058 to schedule pick up 24/7)

VEHICLE MODIFICATIONS

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

UnitedAccess (Contact Holly Y Mills, General Manager, at 719-590-1400 or at hmills@unitedaccess.com or call 877-501-8267; 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.

VETERANS' SERVICES *(Please refer page 75 in the Yellow Book, page 75 for Veterans and for active duty).*

El Paso County Veteran Services (719-520-7750; vet@elpasoco.com; http://adm.elpasoco.com/veteran_services)

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) (a component of the Peak Military Care Network; 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.

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; yhtc@uccs.edu)

VISION IMPAIRMENT RESOURCES *(Please refer to the Yellow Book, page 58, for additional resources).*

The Independence Center (719-471-8181; Video Phone for the Deaf: 719-358-2513; 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. 7)The Independence Center currently has clear masks available for those interacting with people who are hard of hearing or deaf.

iSightRehab: (Tim Richard, Founder & President; 719-229-8000; timrichard@isightrehab.com) Free services (due to a grant from the Pikes Peak Area Agency on Aging) for Seniors who are blind or have low vision: Helps/teaches clients in the following areas: orientation and mobility (for example, learning to use a cane inside and outside to get around safely), daily living skills (for example, meal preparation – how to cut food safely, organize, label spices, label appliances), adaptive communication, assistive technology (including with computer, free accessible apps on smart phones that help, recreation & leisure).