

**PROGRAMS FUNDED BY THE
DENVER REGIONAL COUNCIL
OF GOVERNMENTS**

**TO SERVE OLDER ADULTS IN 2011-2013
Effective through June 2013**



**AREA AGENCY ON AGING
1290 Broadway, Suite 700
Denver, CO 80203-5606
303-455-1000**

**www.DRCOG.NetworkofCare.org
www.drcoq.org**

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DENVER REGIONAL COUNCIL OF GOVERNMENTS
TO SERVE OLDER ADULTS IN 2011/2012**

The Denver Regional Council of Governments (DRCOG) is the Area Agency on Aging (AAA) for the eight-county metropolitan region, and is responsible for planning, funding and providing services for adults 60 years of age and older.

The DRCOG AAA serves older adults in Adams, Arapahoe, Clear Creek, Douglas, Gilpin and Jefferson counties, the City & County of Broomfield, and the City & County of Denver. There are no income eligibility requirements to obtain services; however, services are targeted to frail older adults and those who are socially or economically most in need. There are no payments required to receive services, but contributions are encouraged from those who are financially able. Participant contributions are used to expand the services and number of people served.

Through its Area Agency on Aging, DRCOG allocates federal and state monies to community agencies to provide direct services to older adults. The division directly provides information, referral and assistance services and long-term care ombudsman services. Federal and state regulations require certain minimum funding levels for specific areas, such as nutrition, legal services and in-home services.

This document provides all services provided directly by the DRCOG AAA and by service providers via contracts with DRCOG.

[Revised August 2011]

**OLDER AMERICANS ACT
AND
OLDER COLORADANS ACT PROGRAMS**

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OLDER AMERICANS ACT AND OLDER COLORADANS ACT PROGRAMS

ADULT DAY SERVICES

Seniors' Resource Center

3227 Chase Street
Denver, CO 80212
Linda Rowilson, Family Care Specialist
lrowilson@SRCaging.org
www.srcaging.org
303-235-6961

Respite Care Through Adult Day Programs

Counties Served: Adams, Arapahoe, Clear Creek, Denver, Douglas, Gilpin and
Jefferson

Seniors' Resource Center supports family caregivers by providing Adult Day Services through their Seniors' Resource Center Adult Day Services sites in Wheat Ridge, Denver, Evergreen and Sky Cliff Adult Day Program in Castle Rock. The programs are open Monday through Friday and offer a variety of social, artistic and recreational activities in a supportive, caring environment. The participants receive assistance with personal care needs and medication administration, as needed. Breakfast, lunch, and an afternoon snack are provided.

The Senior Hub

10190 Bannock Street Suite104
Northglenn, CO 80260
Tia Saucedo, Program Director
tsaucedo@seniorhub.org
www.seniorhub.org
303-287-2400

Adult Day Program

Counties Served: Adams, Arapahoe and Denver

This day program provides a safe, welcoming place for older adults to go during the day, allowing caregivers a break to work or to take time for their own needs. Social interaction and cognitive stimulation are provided via a variety of activities, including daily exercise. A nutritious, hot, hearty, meal is served family style at noon and two snacks are also served daily. Participants include people with Alzheimer's Disease, dementia, chronic illness and/or other problems that may increase their care needs. The Activity Professionals on staff are Certified Nurse Assistants and there is a Registered Nurse who oversees the program weekly.

CARE MANAGEMENT

Lutheran Family Services of Colorado

363 South Harlan Street, Suite 200
Denver, CO 80226
Carri Ratazzi, Program Coordinator
Carri.Ratazzi@lfsco.org
303-217-5855

Geriatric Care Management

Counties Served: Adams, Arapahoe, Denver, Douglas and Jefferson

Experienced care managers offer care coordination to older adults experiencing difficult transitions and diminished functioning. Older adults often require assistance in the areas of identifying and making housing transitions, connecting with medical/mental health professionals, and applying for available benefits and support services. In-home services include assessment, presenting care options and resources, monitoring, counseling and consultation with families. The program has a strengths-based and holistic approach that works to keep older adults in their communities, connects them to necessary services, and provides assistance in planning for the future.

Seniors' Resource Center

3227 Chase Street
Denver, CO 80212
Tomasita Watson, Call Center Specialist
twatson@srcaging.org/caremanagement
303-235-6923

Care Management Services

Counties Served: Adams, Clear Creek, Denver, Douglas, Gilpin and Jefferson

Seniors' Resource Center provides professional Care Managers who can assess simple situations over the telephone, make a home visit when the needs are more complex, answer questions about many subjects and/or direct people to appropriate resources. Care Managers are often asked to intervene by clients or their families when a senior's level of functioning has deteriorated. They will evaluate the amount of support available to the client and develop a care plan that will meet the needs of both the client and their family. Through services, advocacy and resource development, care managers help families achieve the highest quality of life possible.

Senior Support Services

846 East 18th Avenue
Denver, CO 80218
Ted Pascoe, Executive Director
www.seniorsupportservices.org
303-832-1622

Care Management Services

Counties Served: Denver

Senior Support Services (SSS) is a day shelter for hungry and homeless seniors. SSS provides individualized and comprehensive case management services to meet the special needs of these destitute seniors. This may include assistance obtaining health insurance, government benefits and affordable housing.

The Senior Hub

2360 West 90th Avenue
Federal Heights, CO 80260
Judy Gibson, BSW, Care Manager
jgibson@seniorhub.org
303-426-4408

Care Management Services

Counties Served: Adams, Arapahoe and Jefferson

Services include providing a comprehensive in-home strengths and needs assessment, care plan, service coordination and monitoring of services for seniors with diminished functioning and/or capacity who are able to remain safe and independent in their home with the appropriate community supports.

COUNSELING SERVICES

Jefferson Center for Mental Health (Senior Reach Program)

70 Executive Center
4851 Independence Street
Wheat Ridge, CO 80033-6715
Tomasita Watson, Call Center Specialist
1-866-217-5808

Counseling

Counties Served: Broomfield, Clear Creek, Gilpin and Jefferson

The Senior Reach program provides mental health assessments, depression screenings, education groups and individual and group counseling to older adults. Senior Reach targets older adults who are isolated, frail, are not currently accessing services and are in need of mental health services.

Mt. Evans Home Health and Hospice

3081 Bergen Peak Drive
Evergreen, CO 80439
Sallie Wandling, LSW, Senior Director of Community Relations
swandling@mtevans.org
303-674-6400 ext 226

Counseling Services

Counties Served: Clear Creek, Gilpin and Jefferson

Supportive counseling for healthcare issues and grief counseling are provided. Individual, family and group counseling are available. Workshops and groups include the Bereaved Spouses Support Group, Parenting After Loss Group, Alzheimer's Caregivers Support Group and Caregivers' series.

DENTAL SERVICES, HEARING AIDS & EYEGLASSES

Colorado Gerontological Society (Formerly, Senior Answers and Services)

3006 East Colfax Avenue
Denver, CO 80206
Eileen Doherty, Executive Director
www.senioranswers.org
303-333-3482

Dental Services, Hearing aids, Eyeglasses

Counties Served: Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Gilpin and Jefferson

Partial grants are provided for hearing, vision, and dental services for eligible individuals. Potential recipients should call to request an assessment. Once completed assessments are received, they are processed and grant award letters are sent to those in most economic and social need based on available funding. Others are placed on a waiting list pending additional funding. Efforts are made to coordinate funding with other insurance such as Medicare and private health insurance when available.

HANDYMAN/CHORE SERVICES

Arapahoe County Community Resources

1690 West Littleton Blvd., Suite 300
Littleton CO 80120
Linda Haley, Senior Resources Division Manager
Lhaley@co.arapahoe.co.us
303-738-8089

Chore Services

Counties Served: Arapahoe

Services include assisting seniors age 60 and over in continuing to live independently in their own homes or apartments by providing assistance with non-routine heavy duty chores. Some examples of services might be: assistance in cleaning, organizing and de-cluttering an apartment or home; spring or fall yard and patio clean up; washing windows; assisting seniors to pack up for or unpack after a move; as well as working with other human service organizations on safety clean up for consumers.

Volunteers of America

2660 Larimer Street

Denver, CO 80205

Amanda Gregg, Project Manager/the Safety of Seniors Handyman Program

303-297-0408 ext 13331

Safety of Seniors Handyman Program

Counties Served: Adams, Arapahoe, Clear Creek, Denver, Douglas, Gilpin and Jefferson

The Safety of Seniors Handyman Program focuses on assisting seniors 60 years of age and older in maintaining safety and independence in the home as it relate to falls and fires. Services include minor repairs and safety modifications, safety assessments, education materials on fall prevention and fire prevention and referrals for other services when necessary.

HEALTH PROMOTION/EDUCATION

Centura Health Passport

4200 West Conejos Place, Suite 200

Denver, CO 80204

Jane Barnes, Manager, Senior Programs

www.myhealthpassport.org

303-629-4921

Medication Management

Counties Served: Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Gilpin and Jefferson

Services include Health Insurance Counseling for Seniors, Prescription Drug Assistance, Medicare Part D enrollment assistance, Benefits Checkup Colorado, health and wellness education, and the ReConnect Leadership Project.

HealthSET

4200 W. Conejos Place, #436

Denver, CO 80204

Janine Gracy

janinegracy@centura.org

www.healthset.org

303-595-6633

Health Promotion Clinics and Nurse Care Management Program

Counties Served: Adams, Denver and Jefferson

HealthSET offers skilled and compassionate nurses and social workers who provide free health clinics and substantial follow up services to residents of 19 rent-subsidized high rise residences. The clinics are held once per month in each building and staffed by registered nurses. At the clinics, nurses give health screenings, provide education and assist people in obtaining resources. Between clinics, nurses assist clients in managing illness, taking medications correctly and navigating the health care system. Clients with more complicated needs are referred to the Nurse Care Management program. Program staff provide in-depth support and act as advocates on behalf of clients and make both medical and social service interventions.

Mt. Evans Home Health and Hospice

3081 Bergen Peak Drive
Evergreen, CO 80439
Sallie Wandling, LSW, Senior Director of Community Relations
swandling@mtevans.org
303-674-6400 ext 226

Health Promotion

Counties Served: Clear Creek, Gilpin and Jefferson

Health Promotion is offered through many avenues throughout the year, such as monthly foot and blood pressure clinics, various educational programs, health screenings as well as other health promotions activities/services.

Southwest Improvement Council

1000 South Lowell Boulevard
Denver, CO 80219-3339
Jan Marie Belle, Executive Director
www.swic-denver.org
303-934-2268

Multicultural Outreach Center

Counties Served: Adams, Arapahoe, Broomfield, Denver, Douglas and Jefferson

Southwest Improvement Council (SWIC) serves Native American and Hispanic Elders through minority elder outreach workers who provide and follow up on all referrals made for community services with the agency and with each individual elder. Program staff ensures that the service has been provided, that the client's needs are being met, and that the client is experiencing satisfaction with all aspects of assistance and service.

Tri-County Health Department

6162 South Willow Drive, Suite 100
Greenwood Village, CO 80111
Julie Tipton, Project Coordinator
jtipton@tchd.org
720-200-1572

Maintaining Mobility - Fall Prevention

Counties Served: Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Gilpin and Jefferson

A Matter of Balance: Managing Concerns about Falls is a program available in the metro area to help older adults maintain mobility and independence by reducing the fear and risk of falling. The *A Matter of Balance* program consists of eight two-hour sessions with information, group discussions, mutual problem solving, role-plays, physical activity training and assertiveness training. Participants learn about the importance of physical activity in preventing falls; practice exercise to improve strength, coordination and balance; learn how to conduct a home safety evaluation; and learn how to get up and down safely. Please call for class schedule information.

Volunteers of America

2660 Larimer Street
Denver, Colorado 80205
Virdell Miller, Associate Director, Nutrition Services
vmiller@voacolorado.org
www.voacolorado.org
303-297-0408

Fall Prevention and Nutrition Education

Counties served: Adams, Arapahoe, Denver, Douglas and Jefferson

The *Healthy Moves for Aging Well Program* is an evidence-based program for homebound seniors designed to increase the activity levels of our highest-risk elders to positively impact their physical and mental health, assist them with balance problems and thereby reduce their risk of falls, enabling them to remain living independently. Participants also receive nutrition education and counseling as needed by a Registered Dietitian.

IN-HOME SERVICES

Jewish Family Service of Colorado

3201 South Tamarac Drive
Denver, CO 80231
Cathy Grimm, Director JFS Senior Solutions
cgrimm@Jewishfamilyservice.org
303-597-5000 ext 320

Homemaker and Personal Care

Counties Served: Arapahoe, Denver and Jefferson

Homemaker services include light housekeeping, laundry, linen changing and light meal preparation and grocery shopping for two- three hours every week or every other week (based on need). In addition to ensuring a comfortable and clean environment for the clients, homemakers offer companionship to isolated homebound elders.

Mt. Evans Home Health and Hospice

3081 Bergen Peak Drive
Evergreen, CO 80439
Sandy Moorehead, Director of Patient Administration
smoorehead@mtevans.org
303-674-6400 x218

Homemaker and Personal Care

Counties Served: Clear Creek, Gilpin and Jefferson

Provide personal assistance for isolated rural older persons with health needs through personal care providers. Light housekeeping, laundry and meal preparation are offered to ensure a healthy environment for isolated elderly patients. Clients are also assisted with personal care such as bathing, grooming and dressing.

Seniors' Resource Center

3227 Chase Street

Denver, CO 80212

www.SRCAging.org

Heather Logan (Urban Jefferson, Denver and Adams Counties)

303-235-6929

hlogan@SRCAging.org

Jane Weinberger (Rural Jefferson, Clear Creek and Gilpin Counties)

303-674-2843

jweinberger@srcaging.org

Homemaker and Personal Care

Counties Served: Adams, Clear Creek, Denver, Gilpin and Jefferson

In-Home Care Services provides friendly non-medical care to individuals in their own home. Trained and bonded Personal Care Providers assist with light housekeeping, laundry, bed making, meal preparation, errands and socialization. Personal care services include assistance with bathing, dressing, hair care, ambulation, medication reminders and other unskilled personal care needs as necessary. All Personal Care Providers complete several hours of training. Thorough background checks are conducted for all care providers and ongoing educational opportunities are provided.

Seniors Inc.

5840 East Evans Avenue

Denver, CO 80222-5324

Susan Walker, Program Manager

swalker@seniorsinc.org

www.seniorsinc.org

303-300-6947

Homemaker

Counties Served: Arapahoe and Denver

Services include light housekeeping (laundry, vacuuming, dusting, changing bed linens, general cleaning of kitchen and bathroom), meal preparation, grocery shopping, as well as companionship and conversation.

Visiting Nurse Association

390 Grant Street
Denver, CO 80203
Catherine Dunlap, RN, MA, Program Manager
dunlap.c@vnacolorado.org
303-698-6399

Personal Care and Homemaker In-Home Services

Counties Served: Adams, Arapahoe, Broomfield, Denver, Douglas and Jefferson (including rural areas)

The Visiting Nurse Association provides In-Home supportive services to frail or disabled older adults in the six county metro area including rural Arapahoe, Adams and Douglas counties. Registered nurses assess clients and supervise services provided by trained Personal Care Providers (PCPs) and Homemakers. PCPs/Homemakers can assist with bathing, personal care, meal preparation, grocery shopping, laundry, light housekeeping and respite care. The goal of the program is to help older adults maintain quality of life in their homes. Registered Nurses provide resource referral, medication reviews, safety assessment and assistance with aging issues and advanced directives.

INFORMATION, REFERRAL and ASSISTANCE SERVICES

DRCOG Area Agency on Aging

1290 Broadway, Suite 700
Denver, CO 80203-5606
Kelly Blair Roberts, Community Resource Specialist
www.drcog.org
www.DRCOG.NetworkofCare.org
303-480-6700
1-866-959-3017 outside the metro area

Information, Referral and Assistance Program

Counties Served: Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Gilpin and Jefferson

Older adults and/or their caregivers, community service providers and the general public can access comprehensive information and assistance services through the Area Agency on Aging. DRCOG community resource specialists assist callers with locating available services in the region, connecting with available services and follow up to ensure services were provided. In addition, DRCOG offers its Network of Care site (www.DRCOG.NetworkofCare.org) – an online searchable database that can help seniors locate services, learn about health conditions and much more.

LEGAL SERVICES

Colorado Legal Services

1905 Sherman Street, Suite 400
Denver, CO 80203-1181
Manuel A. Ramos, Deputy Director
www.coloradolegalservices.org
303-837-1321

Senior Citizens Law Center

Counties Served: Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Gilpin and Jefferson

Areas of service include: access to long-term care; access to alternatives to nursing home care; access to Medicaid, Medicare and other public sources of health care; access to adequate income, including Old Age Pension, Social Security Supplemental Security Income and Aid to the Needy Disabled (AND); food stamps; restraining orders in domestic violence cases; and subsidized housing issues. Colorado Legal Services also has an I.D. project to assist individuals applying for public assistance with obtaining birth certificates and a Colorado driver's license or Colorado E.D. Services provided within these areas include representation in court and at administrative hearings, negotiations with adverse parties and attorneys, advice and counseling, assistance completing forms and applications, preparation of legal documents and education workshops.

Services are also provided in cases involving threats to home ownership including: predatory lending; foreclosure; reverse mortgages; debt relief; collection and bankruptcy; home owner's association issues; mobile home issues; and other real estate matters.

LONG-TERM CARE OMBUDSMAN SERVICES

DRCOG Area Agency on Aging

1290 Broadway, Suite 700
Denver, CO 80203-5606
Shannon Gimbel, Ombudsman Program Manager
www.drcog.org
www.DRCOG.NetworkofCare.org
303-455-1000

Long-Term Care Ombudsman Program

Counties Served: Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Gilpin and Jefferson

The ombudsman program protects the rights of residents of long-term care communities and assists these persons in obtaining the assistance necessary to maintain an appropriate quality of life of their choosing. Residents of nursing homes and assisted living residences, their friends and caregivers, and facility staff members may contact the ombudsmen for assistance. Ombudsmen investigate complaints, assist facility staff in solving or mediating problems and provide education about long-term care communities as well as residents' rights.

NUTRITION SERVICES

Volunteers of America

Nutrition Program
2660 Larimer Street
Denver, CO 80205
Pat Stoehr, Project Manager/Meals on Wheels Program
www.voacolorado.org
303-297-0408 ext 13172

Meals on Wheels

Counties Served: Adams, Arapahoe, Clear Creek, Denver, Douglas, Gilpin and Jefferson

Services include home-delivered meals, information about (and assistance in accessing) other services, outreach to targeted individuals, nutrition education and health/wellness information and programs.

Volunteers of America

Nutrition Program
2660 Larimer Street
Denver, CO 80205
Richard Gall, Project Manager/Dining Center Program
www.voacolorado.org
303-297-0408 ext 13304

Congregate Dining Centers

Counties Served: Adams, Arapahoe, Clear Creek, Denver, Douglas, Gilpin and Jefferson

Services include congregate meals, information about (and assistance in accessing) other services, outreach to targeted individuals, nutrition education and health/wellness information and programs. A complete list of dining centers follows.

Dining Center

Days of Service

Serving Time

ADAMS COUNTY

Brighton Dining Center
Brighton Senior Center
575 Bush Street
Brighton, CO 80601
303-655-2075

Monday and Thursday
Tuesday and Wednesday

11:30 a.m.
12:00 noon

ARAPAHOE COUNTY

Aurora Dining Center
Aurora Senior Center
30 Del Mar Circle
Aurora, CO 80011
303-739-7949

Monday - Thursday

12:00 noon

<u>Dining Center</u>	<u>Days of Service</u>	<u>Serving Time</u>
Englewood Dining Center Malley Senior Center 3380 South Lincoln Street Englewood, CO 80010 303-762-2660	Monday – Friday	12:00 noon
Morning Star Senior Day Program City of Aurora 1016 Boston Street / Bldg. 880 Aurora, CO 80030 303-326-8320	Monday - Friday	11:45 a.m.
<u>CLEAR CREEK COUNTY</u>		
Georgetown Dining Center Georgetown Community Center 6th and Argentine Street Georgetown, CO 80444 303-567-2382	Wednesday only	12:00 noon
Idaho Springs Dining Center Project Support Senior Center 1402 Miner Street Idaho Springs, CO 80452 303-567-2382	Monday - Friday	11:30 a.m.
<u>DENVER, CITY & COUNTY</u>		
Barney Ford Dining Center Barney Ford Heights 2024 Clarkson Street Denver, CO 80205 303-832-1857	Monday – Friday	12:00 noon
Barnum Recreation Center 360 Hooker Street Denver, CO 80219 303-937-4655	Thursday only	11:30 a.m.
Cathedral Plaza 1575 Pennsylvania Street Denver, CO 80203 303-837-1424	Monday –Friday	11:30 a.m.
Curtis Park II Dining Center VOA Adult Rehabilitation Center 2877 Lawrence Street Denver, CO 80205 303-295-2165	Wednesday Friday	1:00 p.m. 11:00 a.m.

<u>Dining Center</u>	<u>Days of Service</u>	<u>Serving Time</u>
Inner City Dining Center Denver Inner City Parish 1212 Mariposa Street Denver, CO 80204 303-629-0636	Wednesday, Thursday and Friday	12:00 noon
Globeville Dining Center Globeville Community Center 4400 Lincoln Street Denver, CO 80216 303-292-3508	Thursday only	12:00 noon
Kosher Dining Center Jewish Community Center 350 South Dahlia Street Denver, CO 80222 303-399-2660	Monday - Friday	11:45 a.m.
La Alma Dining Center La Alma Recreation Center 1325 West 11th Avenue Denver, CO 80204 303-572-4790	Monday – Tuesday	11:45 a.m.
Maltese Cross Dining Center Maltese Cross Manor Apartments 1590 Yates Street Denver, CO 80204 303-629-5138	Monday – Friday	11:30 a.m.
Metro Denver Association For the Deaf (SAC Hall) 1575 Elmira Street Aurora, CO 80010 720-862-3694	1 st , 2 nd , 4 th and 5 th Tuesdays only	12:00 noon
Metro Manor Dining Center Metro Manor Apartments 1523 Quitman Street Denver, CO 80204 303-572-7716	Monday – Friday	12:00 noon
Montbello Dining Center Montbello Recreation Center 15555 E. 53 rd Avenue Denver, CO 80239 720- 865-0580	Tuesday and Thursday	12:00 noon

<u>Dining Center</u>	<u>Days of Service</u>	<u>Serving Time</u>
Montbello Manor Dining Center Montbello Manor Apartments 4355 Carson Street Denver, CO 80239 720-374-4955	Monday - Thursday	12:00 noon
Mulroy Dining Center Mulroy Neighborhood Center 3550 West 13th Avenue Denver, CO 80204 303-892-1540	Monday - Thursday	11:30 a.m.
Senior Support II Dining Center Senior Support Services Center 846 East 18th Avenue Denver, CO 80218 303-832-1622	Monday - Friday	11:30 a.m.
Sunset Park Dining Center Sunset Park Senior Center 1865 Larimer Street Denver, CO 80202 303-297-0230	Monday – Friday	11:30 a.m.
Sunset Towers Dining Center Sunset Towers Apartments 1925 Larimer Street Denver, CO 80202 720-264-0125	Monday – Friday	11:30 a.m.
Thomas Bean Towers 2350 Cleveland Place Denver, CO 80205 303-293-0027	Monday – Friday	12:00 noon
Westwood Dining Center Westwood Community Center 1000 South Lowell Boulevard Denver, CO 80219 303-934-2181	Monday - Friday	12:00 noon
Zion Dining Center Zion Senior Center 5151 East 33rd Avenue Denver, CO 80207 303-333-5746	Monday - Thursday	11:30 a.m.

Dining Center

Days of Service

Serving Time

DOUGLAS COUNTY

Castle Rock Dining Center
Castle Rock Senior Center
2323 N Woodlands Boulevard
Castle Rock, CO 80104
303-688-9498

Tuesday and Thursday

12:00 noon

GILPIN COUNTY

Gilpin County Senior Services
2960 Dory Hill Road Suite #100
Golden, CO 80403
303-582-5444

Monday, Tuesday
and Wednesday

12:15 p.m.

JEFFERSON COUNTY

Arvada Dining Center
Mile High Vineyard Church
5445 Olde Wadsworth Boulevard
Arvada, CO 80002
720-300-3707

Wednesday only

12:00 noon

Golden Dining Center
First Presbyterian Church
17707 West 16th Avenue
Golden, CO 80401
303-279-7450

Wednesday only

12:00 noon

Lakewood Dining Center
Clements Community Center
1580 Yarrow Street
Lakewood, CO 80215
303-987-4828

Monday - Thursday
First Friday each month

12:00 noon
12:00 noon

Wheat Ridge Dining Center
Highland South Apartments
6360 West 38th Ave Bldg. B
Wheat Ridge, CO 80033
303-940-2068

Tuesday - Thursday

12:00 noon

RESPIRE /CAREGIVER SUPPORT SERVICES

Alzheimer's Association

455 Sherman Street, Suite 500
Denver, CO 80203
Cheryl Parrish, Vice President of Program
www.alz.org/co
303-813-1669

Families Caring for People with Alzheimer's Disease

Counties Served: Adams, Arapahoe, Broomfield, Clear Creek, Denver, Douglas, Gilpin and Jefferson

The Colorado Chapter supports family caregivers caring for a loved one with Alzheimer's disease or other form of dementia through an array of support services including caregiver education, care consultation, over 40 Denver Metro area support groups, and respite assistance. Locations, dates, and times of monthly classes and support groups can be viewed online at www.alz.org/co or by calling the 24/7 Telephone Helpline for Information and Support: 1-800-272-3900.

Catholic Charities and Community Services

4045 Pecos Street
Denver, CO 80211
Tray Dubray, Kinship Caseworker
tdupray@ccdenvver.org
www.CCDenver.org
303-742-0823 x2702

Kinship Care

Counties Served: Adams, Arapahoe, Denver, Douglas and Jefferson

The Kinship Program supports families that are raising relatives' children due to parents' death, drug addiction, incarceration, illness or other circumstances. Services include, but are not limited to the following: support and educational groups/trainings with children/youth activities in conjunction, case management, outreach, resource and referral services for caregivers, and special events for caregivers and kinship families.

City & County of Broomfield

Senior Services
280 Lamar Street
Broomfield, CO 80020
Pat Chatterton, Program Coordinator
pchatterton@broomfield.org
www.broomfield.org/senior/
303-464-5529

Respite Care

Counties Served: Broomfield

Broomfield Senior Services provides respite for caregivers of senior residents. Please call for additional information.

Lutheran Family Services

363 South Harlan Street, Suite 200

Denver, CO 80226

Nichelle Stiggers, Program Coordinator

www.lfsco.org

nichelle.stiggers@lfsco.org

303-217-5856

African American Caregiver Support Program

Counties Served: Arapahoe and Denver

The African American Caregiver Support Program provides assistance, support groups, counseling, and training to the African American caregiver community. Services are designed for caregivers of frail, older adults, and take into consideration the cultural mores, social norms, family structure and traditional values of the African American community. A respite stipend is also available for program participants, and is paid to a respite provider of their choice.

The Senior Hub

2360 West 90th Avenue

Federal Heights, CO 80260-6700

Ron Liggett, Program Director

rliggett@seniorhub.org

www.seniorhub.org

303-426-4408

Respite Services

Counties Served: Adams, Arapahoe, Denver, and Jefferson

The Senior Hub provides respite care to caregivers of adults over 60 years of age. Care providers are screened and trained to provide caregivers a much needed break. Staff can take over for a few hours a day up to round the clock help. Staff have experience with Alzheimer's and Hospice care. This is a free service to qualifying seniors.

TRANSPORTATION SERVICES

Adams County Community Development

4430 South Adams County Parkway
Brighton, CO 80601
Liz Espinoza, Grants Technician
lespinoza@adcogov.org
www.co.adams.co.us
720-523-6210

Adams County A-Lift Community Transit Program

Counties Served: Adams

Medical/dental, dining center, grocery shopping, adult day and respite services, and local priority transportation is provided, including congregate meal sites or personal trips within five miles of residence. Transportation will be provided weekdays by Seniors' Resource Center. For more information or to schedule a ride, please call 303-235-6972 or visit <http://www.a-lift.org/>.

Medical and dining center transportation services are also provided in *rural* Adams County (*Brighton, Bennett, Strasburg and Watkins*). Transportation will be provided by Special Transit on weekdays on a prescheduled basis by means of a brokered system. For more information or to schedule a ride, please call 303-447-9636.

Arapahoe County Community Resources

1690 West Littleton Boulevard
Littleton, CO 80120
Linda Haley, Senior Resources Manager
303-738-8089
First Ride Transportation for Seniors
720-540-5566

Arapahoe County Senior Transportation

Counties Served: Arapahoe and Jefferson

Transportation services are available for seniors age 60 and over who live in Sheridan, Englewood, Littleton, Centennial and Aurora. Transportation is provided through First Ride Transportation for Seniors and destinations include medical appointments, senior dining centers, grocery stores, food banks, and other local priority needs if space/funding is available.

City and County of Broomfield

280 Lamar Street
Broomfield, CO 80020
Suzanne Bazinet, Program Director
sbazinet@broomfield.org
www.ci.broomfield.co.us
303-464-5528

Senior / Disabled Transportation Services

Counties Served: Broomfield

Easy Ride provides transportation services Monday - Friday 8:00 a.m. to 2:00 p.m. for Broomfield seniors for local grocery shopping, medical appointments in and out of Broomfield County and to congregate meals at the Senior Center. Transportation to personal appointments and special events is provided as time and space permit.

Douglas County Department of Human Services

4400 Castleton Court
Castle Rock, CO 80109
Valerie Robson, Manager, Adult and Aging Services Division
www.Douglas.co.us/humanservices/index.htm
303-688-4825
Senior Outreach Phone Line: 303-660-7519

Douglas County Senior Transportation

Counties Served: Douglas

Castle Rock Senior Center for the areas of Castle Rock, Castle Pines, Larkspur, Sedalia, and Franktown
303-688-9498

Parker Senior Center for Parker
303-841-5370

To the Rescue for Parker for Highlands Ranch and other areas of the county
720-851-2100

Medical/dental, dining center, day care and personal trips transportation services will be provided. Transportation is provided weekdays on a prescheduled basis by a brokered system.

First Ride Transportation for Seniors

6385 North Broadway
Denver, CO 80216
Margaret Rendon, General Manager
Margaret.Rendon@firstgroup.com
720-540-5566

City & County of Denver Senior Transportation (FIRST RIDE)

Counties Served: Denver and Jefferson

Transportation is provided through First Ride Transportation for Seniors 60 years and older to destinations that include medical appointments, senior dining centers, grocery stores, food banks, and other local priority needs if space/funding is available.

Seniors' Resource Center

3227 Chase Street
Denver, CO 80212
Hank Braaksma, Director of Transportation Services
hbraaksma@srcaging.org
303-235-6972

Jefferson County Senior Transportation

Counties Served: Arapahoe, Broomfield, Jefferson and Denver

Medical/dental, dining center, grocery shopping, adult day services and local priority transportation is provided including limited personal trips. Transportation will be provided weekdays by Seniors' Resource Center. For more information or to schedule a ride, please call 303-235-6972 or visit www.srcaging.org.

Volunteers of America

2660 Larimer Street
Denver, CO 80205
Virdell Miller, Associate Director
www.voacolorado.org
303-297-0408

Gilpin and Clear Creek County Senior Transportation Program

Counties Served: Gilpin and Clear Creek

Medical/dental, grocery shopping, dining center, and local priority trips (such as trips to a nursing home, laundromat, cemetery, polling place, etc.). Transportation services will be provided weekdays by Volunteers of America on a prescheduled basis.