



SENIORS BlueBook

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HUNDREDS OF LOCATIONS

BOULDER COUNTY



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Senior Living
Communities are
Safe and Open

FOR ALL OF LIFE'S STAGES

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Randy Bulow, CSA®



Sara Bulow, CSA®



Anna Bulow, CSA®



Trish Johns, MC

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Memory Care | Skilled Nursing | and More



DEAR VALUED READERS:

Welcome to your **October 2021-22 Seniors Blue Book for Boulder County**. As we publish this annual edition, we are

making great strides in our recovery from a pandemic. We are collectively breathing a cautious sigh of relief as our community reopens and continue to be hopeful as we watch the numbers of vaccinated people grow. While we navigate our new normal, the Seniors Blue Book is here to help. We have worked diligently to bring you the most up to date and accurate information. But, the one thing we can count on is change, so we encourage you to do your homework and research options.

As a tried and true 'Authoritative Publication' our entire mission is to provide our readership with everything they need to navigate the resources they need – and share

resources they might not even realize exists. This guide is divided into three colored tabbed sections (**Housing, Health at Home and Community Resources**). Check out our Housing and Health at Home comparison grids which offers you an array of shopping amenity columns for easy shopping.

On page 11, we have a list of some fabulous educational articles written by local experts to help you better understand relevant topics.

Finally, be sure to check out our new website www.SeniorsBlueBook.com. There you will be able to access local resources, read educational articles and watch videos, as well as view our full event calendars. And, you can 'Live Chat' with us 24/7! As always, we love to hear from you with any questions or feedback. Here's to healthy aging and a much better 2022!

Most sincerely yours,

Nancy Fenimore, Publisher



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BlueBook**

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 Art Director

Additional copies of this Directory are available FREE at most of the gathering places for seniors. Give us a call at **800.201.9989** and we will direct you to the location nearest you or go to www.SeniorsBlueBook.com and click on the "Find a Book" link to locate your closest distribution points.

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Getting Started Is Easy

Our guide is divided into 3 distinct sections and divided by color tabs.

COMMUNITY RESOURCES AND SERVICES

COMMUNITY RESOURCES AND SERVICES

RESPIRE CARE

Respite is a period of rest or relief for those who give constant care. Many skilled nursing and assisted living facilities also offer this service. Refer to our housing grids on pages 96-99 and 106-107 for a complete list. Respite Assistance Funds may be available.

AltaVita Assisted Living Memory Care Centre
(*ad on page 104*)
800 S Fordham St, Longmont 80503
303-300-3700

Boulder County Volunteer Respite & Companion Program
303-678-6296

Care Link – Adult Day
3434 47th St, Ste 100, 80301
303-532-2477

✦ **FirstLight Home Care**
(*ad on page 71*)
1300 Plaza Court North, Ste 202, Lafayette 80026
720-502-3939

✦ **Plan B Home Care Services, Inc** (*ad on page 69*)
Longmont 80501
720-652-9078

✦ **Transitional Suites by Genesis HealthCare**
(*ad on page 103*)
329 Exempla Ct, Lafayette 80026
720-639-2239

Respite Assistance Funds For Respite Services
303-678-6264

The Homestead & Companion Ctr
1300 Talley St, Ste M, Longmont 80501
303-772-9152

Senior's Resource Specialist
910 Longs Peak Av, Longmont 80501
303-651-8411

SENIOR ACTIVITIES & ENTERTAINMENT

Active Minds
Active Minds provides lifelong learning programs at various locations throughout the Boulder County area. For more information visit www.ActiveMindsForLife.com or call 303-320-7652

Boulder Senior Services
The mission of Boulder Senior Services, part of the Department of Human Services, is to foster the engagement and well being of older adults and promote a positive image of aging through community collaboration and excellent services and programs specifically for seniors. Ongoing educational classes and seminars in technology, life skills and aging issues, creative pursuits and day trips are available to those age 55 and up.

Longmont County Recreation & Golf Services
– **St Vrain Mem Bldg**
700 Longs Peak Ave, Longmont 80501
303-651-8404

– **Longmont Rec Center**
310 Quail Rd, Longmont 80501
303-774-4800

Continued on next page >

1 COMMUNITY RESOURCES AND SERVICES

This section is alphabetical. You will find hundreds of different services and organizations that work with seniors and their families. This includes professional services, such as Adult Day, Care Management, Elder Law, Social Security, Senior Centers, etc...

2 HEALTH AT HOME – NON-MEDICAL, SKILLED HOME HEALTH, AND HOSPICE CARE

This section offers three different comparison grids; the first features Non-Medical and Personal Assistance at home, the second contains Skilled Home Healthcare, and the third grid showcases Hospice Services for end of life care. First familiarize yourself with the different services that are offered by each agency. You will find definitions about each service at the beginning of this section. Many options exist; we hope this will help you find a provider to meet your specific needs.

HEALTH AT HOME – NON-MEDICAL HOME CARE										
NON-MEDICAL HOME CARE AGENCIES										
NON-MEDICAL HOME CARE AGENCIES	PHONE	PERSONAL ASSISTANCE	PERSONAL CARE	COMPREHENSIVE PERSONAL CARE	PERSONAL CARE WITH MEALS	PERSONAL CARE WITH MEALS AND TRANSPORTATION	PERSONAL CARE WITH MEALS AND TRANSPORTATION AND HOUSEWORK	PERSONAL CARE WITH MEALS AND TRANSPORTATION AND HOUSEWORK AND HOUSEWORK	PERSONAL CARE WITH MEALS AND TRANSPORTATION AND HOUSEWORK AND HOUSEWORK AND HOUSEWORK	PERSONAL CARE WITH MEALS AND TRANSPORTATION AND HOUSEWORK AND HOUSEWORK AND HOUSEWORK AND HOUSEWORK
✦ A Little R & R Home Care	72	910-667-7067	R	*****	*	* B1W	* 2	PP 12 VA MA		
✦ Always Best Care Senior Services	69	720-494-8887	R	*****	*	* B1W	* 2	PP 12 VA MA		
✦ Amada Senior Care – Boulder County	72	720-228-1337	R	*****	*	* B1W	* 3	PP 12 VA		
✦ BrightStar Care	77	720-890-7777	AB	*****	*	* B1W	* 1	PP 12 VA		
✦ Caring Senior Service	70	303-580-3075	R	*****	*	* B1W	* 3	PP 12 VA		
✦ Dignity Care, LLC	78	303-444-4040	AB	*****	*	* B1W	* 1	PP 12 VA		
✦ FirstLight Home Care	71	720-502-3939	R	*****	*	* B1W	* 2	PP 12 VA		
✦ Platinum PlusCare for Seniors & HomeCare Agency	70	303-494-5461	R	*****	*	* B1W	* 2	PP 12 VA		

HEALTH AT HOME – HOME HEALTH AGENCIES										
HOME HEALTH CARE AGENCIES										
HOME HEALTH CARE AGENCIES	PHONE	PERSONAL ASSISTANCE	PERSONAL CARE	COMPREHENSIVE PERSONAL CARE	PERSONAL CARE WITH MEALS	PERSONAL CARE WITH MEALS AND TRANSPORTATION	PERSONAL CARE WITH MEALS AND TRANSPORTATION AND HOUSEWORK	PERSONAL CARE WITH MEALS AND TRANSPORTATION AND HOUSEWORK AND HOUSEWORK	PERSONAL CARE WITH MEALS AND TRANSPORTATION AND HOUSEWORK AND HOUSEWORK AND HOUSEWORK	PERSONAL CARE WITH MEALS AND TRANSPORTATION AND HOUSEWORK AND HOUSEWORK AND HOUSEWORK AND HOUSEWORK
✦ Always Best Care Senior Services	69	720-494-8887	R	S P O	*****	*				PP 12 MC
✦ AmazingCare Home Health Services, Inc	76	303-755-1170	R	S P O	*****	*				PP 12 VA MA MC MC
✦ Boulder Community HomeCare	77	303-475-4515	R	S P O	*****	*				PP 12 MA MC
✦ BrightStar Care	77	720-890-7777	R	S P O	*****	*				PP 12 VA
✦ Dignity Care, LLC	78	303-444-4040	R	S P O	*****	*				PP 12 VA
✦ Good Samaritan Society Home Care	70	303-702-0410	R	S P O	*****	*				PP 12 VA MA MC MC

- COMMUNITY RESOURCES AND SERVICES
- HEALTH AT HOME
- HOUSING OPTIONS

3 SENIOR HOUSING

First you should familiarize yourself with the many options available and determine which one is best for your needs. You will find definitions of each type of housing at the beginning of the housing section. Then turn to our easy to read comparison grids. The grids are divided into 3 categories, depending on the type of community: Independent Living and Retirement, Assisted Living, and Skilled Nursing. The buildings are listed by city or county so you can zero in on the specific areas you are looking for.

INDEPENDENT LIVING / RETIREMENT COMMUNITIES		INDEPENDENT LIVING / RETIREMENT COMMUNITIES														
COMMUNITY NAME	PHONE	ADDRESS	CITY	STATE	ZIP	ADULTS ONLY	ASSISTED LIVING	SKILLED NURSING	MEMBER OF SENIORS BLUEBOOK	MEMBER OF SENIORS BLUEBOOK	MEMBER OF SENIORS BLUEBOOK	MEMBER OF SENIORS BLUEBOOK	MEMBER OF SENIORS BLUEBOOK	MEMBER OF SENIORS BLUEBOOK	MEMBER OF SENIORS BLUEBOOK	MEMBER OF SENIORS BLUEBOOK
BOULDER																
Academy, The	303 939-9300	1920 15th St, Boulder 80502	Boulder	CO	80501	44	*	*	*	*	*	*	*	*	*	*
Carillon at Boulder Creek, The	303 444-2281	3215 24th St, Boulder 80502	Boulder	CO	80501	84	*	*	*	*	*	*	*	*	*	*
Flattions Terrace at Golden West	913 726-5655	6844 S. 44th St, Golden 64021	Golden	KS	64021	117	*	*	*	*	*	*	*	*	*	*
Fraser Meadows Retirement Community	303 444-2987	8287 S. 44th St, Golden 80501	Golden	KS	64021	54	*	*	*	*	*	*	*	*	*	*
Golden West, The Towers	303 444-4488	51537 200th St, Golden 80501	Golden	KS	64021	200	*	*	*	*	*	*	*	*	*	*
Golden West, The Towers	303 444-4488	51537 200th St, Golden 80501	Golden	KS	64021	124	*	*	*	*	*	*	*	*	*	*
Golden West, The Towers	303 444-4488	51537 200th St, Golden 80501	Golden	KS	64021	96	*	*	*	*	*	*	*	*	*	*
Northgate Boulder Senior Park	724 564 4422	524 S. 15th St, Boulder 80502	Boulder	CO	80501	54	*	*	*	*	*	*	*	*	*	*
Presbyterian Manor	303 444-2281	3215 24th St, Boulder 80502	Boulder	CO	80501	84	*	*	*	*	*	*	*	*	*	*
Villa del Prado	303 444-2281	3215 24th St, Boulder 80502	Boulder	CO	80501	101	*	*	*	*	*	*	*	*	*	*
Wood Park	303 444-2281	3215 24th St, Boulder 80502	Boulder	CO	80501	101	*	*	*	*	*	*	*	*	*	*
BROOMFIELD																
Sunrise at Flattions	303 444-2281	52127 130th St, Broomfield 80021	Broomfield	CO	80021	130	*	*	*	*	*	*	*	*	*	*
ERIE																
Maple 7 South Senior Housing	724 564 4422	524 S. 15th St, Boulder 80502	Boulder	CO	80501	54	*	*	*	*	*	*	*	*	*	*
LAFAYETTE																
Chapelwood Park	303 444-2281	3215 24th St, Boulder 80502	Boulder	CO	80501	101	*	*	*	*	*	*	*	*	*	*
Villa del Prado	303 444-2281	3215 24th St, Boulder 80502	Boulder	CO	80501	101	*	*	*	*	*	*	*	*	*	*
Wood Park	303 444-2281	3215 24th St, Boulder 80502	Boulder	CO	80501	101	*	*	*	*	*	*	*	*	*	*
LONGMONT																
Appelwood Villa	100 303 775 5434	700 S. 15th St, Longmont 80501	Longmont	CO	80501	7	*	*	*	*	*	*	*	*	*	*
Apex Retirement	303 444-2281	3215 24th St, Boulder 80502	Boulder	CO	80501	101	*	*	*	*	*	*	*	*	*	*
Chapelwood Park	303 444-2281	3215 24th St, Boulder 80502	Boulder	CO	80501	101	*	*	*	*	*	*	*	*	*	*
Wood Park	303 444-2281	3215 24th St, Boulder 80502	Boulder	CO	80501	101	*	*	*	*	*	*	*	*	*	*

Share with other seniors /caregivers at [facebook.com/seniorsbluebook](https://www.facebook.com/seniorsbluebook)

You will also find many feature articles throughout the publication. These articles are written by local experts on a variety of topics that can aid you in making the right choices.



SeniorsBlueBook.com

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- Ask an Expert
- Articles Library
- E-flip version of printed book
- Look for the and find out more information online.

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Need an Estate Plan?**
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 *Indicates website link on seniorsbluebook.com*



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Even Healthcare Professionals Struggle Navigating the Complicated Healthcare System

See page 82.

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See page 111.



ADULT DAY PROGRAMS

Adult day programs are for elders who need a place to stay during daytime hours because they have difficulty functioning alone. Many housing communities offer adult day programs as well. See page 114.

LAFAYETTE

TRU PACE (Program of All-Inclusive Care for the Elderly)

(ad on page 38)

2593 Park Ln, Lafayette 80026

303-926-4745

LONGMONT

A Day Place

803 Third Ave, Longmont 80501

303-435-9948

A Day Place is an adult day care facility offering adult day care supervision, engaging activities and entertainment, outings, lunch, and snacks.

LOUISVILLE

Balfour Cherrywood Village

282 McCaslin Blvd, Louisville 80027

303-604-2700

Juniper Village at Louisville

1078 S 88th St, Louisville 80027

303-665-3722

– Fellowship Program

303-204-8700

ADVANCE CARE PLANNING

Advance Care Planning is planning for future medical wishes should you be unable to make those decisions for yourself.

Colorado Care Planning

12631 E 17th Ave, Aurora 80045

303-724-3141

ADVOCACY FOR SENIORS / PATIENTS

CARIE Line – Elderly Advocates

800-356-3606

Colorado Culture Change Coalition

303 S Broadway, Ste 200-184, Denver 80209

303-868-4311

Colorado Gerontological Society

1129 Pennsylvania St, Denver 80203

303-333-3482

Colorado Senior Lobby

303-832-4535

Jefferson County TRIAD

500 Jefferson Cty Pkwy, Denver 80401

303-271-6980

National Council on Aging (NCOA)

251 18th St S, Arlington, VA 22202

571-527-3900

Colorado Center for Aging

303-832-4535

The American Geriatrics Society

– Health in Aging Foundation

800-563-4916

ALZHEIMER'S RESEARCH

Alzheimer's Association

800-272-3900

Alzheimer's Disease Education & Referral Center

800-438-4380

AREA AGENCIES ON AGING

Boulder Cty Area Agency on Aging

3482 N Broadway, Boulder 80304
303-441-3570

– **Allenspark Area**

Satellite Office AAA

14861 Hwy 7, Allenspark 80510
303-747-2592

– **Lyons Area AAA**

335 Railroad Ave, Bldg B, Lyons 80540
303-823-9016

– **Nederland Area AAA**

Nederland Community Center
750 Hwy 72, 2nd Fl, Nederland 80466
303-258-3068

Colorado State Unit on Aging

1575 Sherman St, 10th Fl, Denver 80203
303-866-2800

Eldercare Locator Nationwide

800-677-1116
Locates any AAA Nationwide

Rainbow Elders of Boulder County

2132 14th St, Boulder 80302
303-441-3583

ATTORNEYS

See Elder Law on page 16.

AUDIOLOGISTS

See Hearing Services/Hearing Aids list on page 27.

CARE MANAGEMENT

A care management agency is trained to assess, plan, coordinate, monitor and provide services for the elderly and their families.

Action Healthcare Services

2919 W 17th Ave, Ste 222, Longmont 80503
303-772-2973

Windhorse Elder Care

(ad on page 85)
303-786-9313

NON-PROFIT

Adult Care Management

1455 Dixon Ave, Ste 105, Lafayette 80026
303-439-7011

Boulder Cty Area Agency on Aging

3482 N Broadway, Boulder 80304
303-441-3570

City of Boulder

Older Adult Services (OAS)
303-441-4388

Jewish Family Service – Care Mgmt

6007 Oreg Ave, Boulder 80303
303-415-1025

Project HOPE

303-441-3945

CONSUMER AFFAIRS / LEGAL AID

NATIONAL ORGANIZATIONS

AARP: ElderWatch Project

800-222-4444x2

Do Not Call Registry

888-382-1222

Senate Aging Committee – Anti-Fraud Hotline

855-303-9470

US Consumer Product Safety

800-638-2772

Continued on next page >

CONSUMER AFFAIRS / LEGAL AID *continued*

US Food & Drug Administration Info
888-463-6332

STATE

Colorado Dept of Public Health & Environment

4300 Cherry Creek Dr S, Denver 80246
303-692-2000 / 800-886-7689

Colorado Dept of Regulatory Agencies (DORA)

1560 Broadway, Ste 110, Denver 80202
303-894-7855

BOULDER COUNTY

Better Business Bureau

3801 E Florida Ave, Ste 350, Denver 80210
303-758-2100

Boulder Chamber of Commerce

2440 Pearl St, Boulder 80302
303-442-1044

CONTINUING EDUCATION OPPORTUNITIES

Boulder Valley School District (BVSD) – Lifelong Learning

Education Center, 6500 Arapahoe,
Boulder 80303
303-447-1010

BVSD Lifelong Learning offers a wide variety of classes throughout the year for adults, teens and kids. Course topics for adults include Travel & Language, Life & Home, Business, and the Arts.

Colorado Gerontological Society

1129 Pennsylvania St, Denver 80203
303-333-3482

Road Scholar

800-454-5768

COUNTY HEALTH DEPARTMENTS

Boulder County Public Health

– 3450 Broadway St, Boulder 80304
303-441-1100
– 529 Coffman, Longmont 80501
303-678-6166

DENTAL RESOURCES

NATIONAL ORGANIZATIONS

Dental Lifeline Network

303-534-5360

STATE

Colorado Dental Association

8301 E Prentice Ave, Ste 400,
Greenwood Village 80111
303-740-6900

Colorado Gerontological Society

1129 Pennsylvania St, Denver 80203
303-333-3482

Dental Lifeline Network

1800 15th St, Ste 100, Denver 80202
303-534-5360

Donated Dental Services

1800 15th St, Ste 100, Denver 80202
303-534-3863

The People's Dentist

1245 E Colfax Av, Ste 305, Denver 80218
303-430-7399

BOULDER

Boulder Cty Area Agency on Aging

303-441-3570

Dental Aid Info Line

4155 Darley Ave, Ste C, Boulder 80305
303-499-7072

Senior Dental Grant Program

303-441-4388

LONGMONT**Dental AID Longmont Clinic**

1715 Princess Dr, Longmont 80501
303-682-2619

Salud Clinic

220 E Rogers Rd, Longmont 80501
303-776-3250

Senior Dental Grant Program

303-651-8411

LOUISVILLE**Dental Aid**

877 E South Boulder Rd, Louisville 80027
303-665-8228

Senior Dental Grant Program

303-335-4919

DISABILITY SERVICES**Aging & Disability Help Line**

303-441-1617

 **Audio Information Network of CO**

1700 55th St, Ste A, Boulder 80301
303-786-7777

Center for People with Disabilities

- 1675 Range St, Boulder 80301
303-442-8662
- 615 N Main, Longmont 80501
303-772-3250

DIVERSE COMMUNITIES**AARP: Pride**

888-687-2277

American Society on Aging – LGBT Aging Resources

Clearinghouse
800-537-9728

Boulder Cty AIDS Project (BCAP)

2118 14th St, Boulder 80302
303-444-6121

Boulder County Area Agency on Aging**– Project Visibility**

303-441-4518

– Rainbow Elders

303-441-3583

– Rainbow Supper Club

303-441-4518

Boulder County Area Agency on Aging**(LGBT-friendly)****– Caregiver Program**

303-678-6116

– Long-Term Care Ombudsman

303-441-1173

– Respite & Companion**Volunteer Program**

720-864-6526

Boulder Cty Community Action Programs (CAP)

3482 N Broadway St, Boulder 80304
303-441-3975

Colorado Gerontological Society

1129 Pennsylvania St, Denver 80203
303-333-3482

El Centro AMISTADEI Comite de Longmont

455 Kimbark St, Longmont 80501
303-651-6125

GLBT Center of Colorado

1301 E Colfax Ave, Denver 80218
303-733-7743

Continued on next page >



DIVERSE COMMUNITIES *continued*

One Colorado

303 E 17th Ave, Ste 400, Denver 80203
303-396-6170

Out Boulder County

– Boulder Pridehouse

1443 Spruce St, Boulder 80302
303-499-5777

PFLAG: Boulder

PO Box 19696, Boulder 80308
303-444-8164

SAGE (Services & Advocacy for Gay, Lesbian, Bisexual & Transgender Elders)

212-741-2247

The Center: SAGE of the Rockies

1301 E Colfax St, Denver 80218
303-733-7743

DRIVING & LICENSE INFORMATION

AAA Colorado –

Mature Driver Safety

<https://seniordriving.aaa.com/>

AARP Driver Safety Program

866-554-5376

Motor Vehicle Division –

Handicap Parking Tags

303-413-7710
– 1750 33rd St, Ste 100, Boulder 80301
– 529 Coffman St, Longmont 80501
– 1376 Miners Dr, Lafayette 80026



Whenever you see the Seniors Blue Book internet icon in front of a listing, go to www.SeniorsBlueBook.com to find out more information about them.

Motor Vehicle Division – County Offices

– 2850 Iris Ave, Boulder 80301
303-442-3006
– 917 S Main St, Ste 600, Longmont
80501
303-776-4073

ELDER LAW

Jorgensen, Brownell & Pepin, PC *(ad on page 17)*

900 S Main St, Ste 100, Longmont 80501
303-622-3831

Kapsak Law Firm, LLC, The *(ad on page 17)*

1610 Hover St, Ste 203, Longmont 80501
303-651-9330

Law Office of Sarah Pheral, LLC

(ad on page 17)
402 Main St, Longmont 80501
720-204-8799

Vincent, Romeo & Rodriguez, LLC

(ad on page 19)
1805 Hwy 42, Ste 100, Louisville 80027
303-604-6030

ELDER PROTECTION

Government and non-profit agencies which advocate for or protect seniors from abuse in housing, financial matters, and physical harm.

AARP ElderWatch Project

800-222-4444 opt 2

ABA Commission on Law & Aging

202-662-8690

**LAW OFFICE OF SARAH PHERAL, LLC**

720.204.8799

402 MAIN ST
LONGMONT, CO
80501BUSINESS LAW
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- Guardianships and Conservatorships
- Disability Planning, including Powers of Attorney and Disability Trusts
- Probate Litigation

1610 Hover Street, Suite 203, Longmont, CO 80501

WWW.KAPSAKLAW.COMFRONTDESK@KAPSAKLAW.COM**Boulder County Dept of Social Svcs
– Adult Protection**3460 Broadway St, Boulder 80304
303-441-1000**Boulder County District Attorney
– Victim/Witness Assistance**1777 Sixth St, Boulder 80302
303-441-3700**Boulder County Legal Services
303-449-7575****Boulder County Long-Term Care
Ombudsman
303-441-1173****City of Boulder Community
Mediation Services
303-441-4364***Continued on page 20 >**Indicates website link on seniorsbluebook.com*

Don't Believe You Need an Estate Plan?

Estate planning can mean many things to many people.

For some, it may simply mean the creation of wills or trusts. For others, it may involve the creation of a special needs trust to provide a safety net for a child with developmental disabilities. And many people are concerned over the prospect of paying for long-term care and the fear they could lose their home and their life savings. Estate planning can address all of these issues and more.



Having a will should be a necessity. If you do not have one, then your assets may pass under the laws of intestacy, which may not be how you wanted the assets distributed, particularly for second marriages. By creating a will you can identify who receives your assets; when and how much they receive; and who will serve as your executor or trustee. It can ensure the orderly transfer of your estate as you want it, rather than as mandated by the State, and can help to minimize potential disputes among your family members.

Medical durable powers of attorney and advance healthcare directives are valuable parts of any estate plan. Not only do they provide peace of mind for you, but they can also reduce the stress that your spouse

or children would encounter not knowing your intentions concerning medical care and treatment.

An estate plan should also include a financial durable power of attorney in which you have identified who can make financial decisions for you should you become incapacitated. Absent a financial power of attorney, it may be necessary to obtain a court-ordered conservatorship, which can be quite costly.

As we live longer, we also have to consider the cost of long-term care, which currently averages \$10,000 per month. Even in a crisis, families can save at least half, if not all, of their assets through proper Medicaid planning.

While predicting the future is inherently risky, it is far more riskier is to assume that things will be okay and will work out. Having a comprehensive estate plan in place before difficulties arise can prevent the need for crisis management. ~

Editor's Note: This article was submitted by Richard B. Vincent, certified as an Elder Law Attorney by the National Elder Law Foundation. He is with Vincent, Romeo & Rodriguez, LLC, an established law firm with offices in Englewood and Louisville. He may be reached at 303-770-0673 or by email at Rvincent@elderlawcolorado.com. See ad on page 19.


**Vincent, Romeo
& Rodriguez, LLC**

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Richard B. Vincent



Richard E. Romeo



Thomas A. Rodriguez

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Denver Metro – 303.770.0673

Northern Colorado and Boulder County – 303.604.6030

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ELDER PROTECTION

continued from page 17

Colorado Dept of Public Health & Environment

4300 Cherry Creek Dr S, Denver 80246
303-692-2000

Colorado Department of Public Health and Environment: Health Facilities and Emergency Medical Services Division investigates complaints of all health care entities that fall under its jurisdiction. This includes the quality of care provided, patient/resident rights, as well as building and equipment safety

Break The Silence Against Domestic Violence – www.breakthesilencedv.org

Disability Law Colorado

455 Sherman St, Ste 130, Denver 80203
303-722-0300

Elder Abuse 24 Hr Report Line

303-441-1309

Longmont-Housing & Human Svcs

515 Coffman St, Ste 100, Longmont 80501
303-441-1000

National Center for Elder Abuse – Eldercare Locator

800-677-1116

National Domestic Violence Hotline

800-799-7233

Rocky Mountain Legal Center

720-242-8642

The Center for Trauma & Resilience

303-894-8000

EMERGENCY DEPARTMENTS FOR SENIORS

Good Samaritan Medical Center – SCL Health

(ad on Back Cover)

200 Exempla Cir, Lafayette 80026

303-689-4444

(GoodSamaritanColorado.org)

EMERGENCY RESPONSE SYSTEMS

Personal medical alert product and home alarms systems activated by pushing a button.

City of Boulder Police Dept

303-441-3315

Cultivate

6325 Gun Park Dr, Ste F, Boulder 80301

303-443-1933

EMERGENCY TELEPHONE NUMBERS

Boulder County Sheriff's Office

303-441-4444

Boulder Police – Non-Emergency

1805 33rd St, Boulder 80301

303-441-3333

Colorado Road Conditions

511



*Our Readers are Your Clients.
Help them learn about
your services!*

Lafayette Police – Non-Emergency
 451 N 111th St, Lafayette 80026
 303-665-5571

Louisville Police – Non-Emergency
 992 W Via Appia, Louisville 80027
 303-666-8634

Nederland Police – Non-Emergency
 20 Lakeview Dr, Nederland 80466
 303-258-3250

Rocky Mountain Poison Control & Drug Center
 800-222-1222

Suicide Hotline
 800-273-8255

EMPLOYMENT OPPORTUNITIES

America’s Workforce Network
 877-872-5627

National Older Worker Career Center (NOWCC)
 703-558-4200

Seniors4Hire.org – National Online Career Center
 800-906-7107

Workforce Boulder County
 1333 Iris Ave, Boulder 80304
 720-776-0822

Workforce Longmont
 515 Coffman St, Ste 150,
 Longmont 80501
 720-776-0822


ENERGY RESOURCES & WEATHERIZATION


Colorado Energy Office
 1600 Broadway, Ste 1960, Denver 80202
 303-866-2100


Colorado Gerontological Society
 1129 Pennsylvania St, Denver 80203
 303-333-3482


Low Income Home Energy Assistance Program (LIHEAP)
 866-674-6327

ESTATE PLANNING

 **Jorgensen, Brownell & Pepin, PC** *(ad on page 17)*
 900 S Main St, Ste 100, Longmont 80501
303-622-3831

 **Kapsak Law Firm, LLC, The** *(ad on page 17)*
 1610 Hover St, Ste 203, Longmont 80501
303-651-9330

 **Law Office of Sarah Pheral, LLC** *(ad on page 17)*
 402 Main St, Longmont 80501
720-204-8799

 **Vincent, Romeo & Rodriguez, LLC** *(ad on page 19)*
 1805 Hwy 42, Ste 100, Louisville 80027
303-604-6030

Call 800.201.9989 today to reserve your space in the next issue of the Seniors Blue Book, or email nancy@seniorsbluebook.com
 Check out our digital versions on SeniorsBlueBook.com.

ESTATE SALES / ON-LINE AUCTIONS

We Move Your Mom

(ad on page 46)

720-340-1056

FIDUCIARY SERVICES



Law Office of Sarah Pheral, LLC

(ad on page 17)

402 Main St, Longmont 80501

720-204-8799

Longs Peak Fiduciary

Services, LLC (ad on page 22)

1610 Hover Rd, Ste 203, Longmont 80501

303-651-9330

FINANCIAL & TAX ASSISTANCE

NATIONAL ORGANIZATIONS

AARP Tax Aide

888-227-7669

BenefitsCheckUp.Org

888-268-6706

Federal Income Tax Information (TTY/TDD)

800-829-4059

IRS Hotline

800-829-1040

IRS National Tax Payer Advocate Help Line

877-777-4778

National Foundation for Credit Counseling

800-388-2227

Social Security Hot Line

800-772-1213

Western Union – Report Fraud Hotline

800-448-1492

STATE

Colorado Dept of Revenue Tax Information Line

303-238-7378

Colorado Gerontological Society

1129 Pennsylvania St, Denver 80203

303-333-3482

Colorado (LEAP) Low-Income Energy Assistance Program (November-April)

866-432-8435



LONGS PEAK
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ALLENSPARK**Boulder Cty Area Agency on Aging**

3482 Broadway, Boulder 80304
303-441-3570

BOULDER**Boulder Cty Housing & Human Svcs**

3460 Broadway St, Boulder 80304
303-441-1000

City of Boulder**Older Adult Services (OAS)**

303-441-4388

City of Boulder Utility Bill

1777 Broadway, Boulder 80304
303-441-3260

County Commission Office – Senior Tax Work-Off Program

1325 Pearl St, Boulder 80302
303-441-3530

Emergency Family Assistance (Boulder Cty Residents Only)

1575 Yarmouth Ave, Boulder 80304
303-442-3042

Homestead Exemption – Senior Property Tax Exemption

1325 Pearl St, Boulder 80302
303-441-3530

MEG Financial Wellness, LLC (free financial literacy classes)

303-653-3961

Property Tax Deferral – Treasurer’s Office

1325 Pearl St, Boulder 80302
303-441-3520

Respite Assistance Program

720-864-6526

Senior Dental Grant Program

303-441-3570

Short-Term Assistance

303-441-3570

Veterans Service Officer

515 Coffman, Ste 150, Longmont 80501
303-441-3890

LONGMONT**Atwood Shelter – Emergency Family Assistance**

819 Atwood St, Longmont 80304
303-651-2388

Boulder Cty Housing & Human Svcs

515 Coffman St, Ste 100, Longmont 80501
303-441-1000

City of Longmont Utility Billing

303-651-8664

OUR Center

220 Collyer St, Longmont 80501
303-772-5529

Longmont Senior Services Resource

910 Longs Peak Ave, Longmont 80501
303-651-8411

LOUISVILLE**City of Louisville Utility Billing**

303-335-4500

FINANCIAL SERVICES

Services can include financial planning, insurance claims, bank reconciliation, bill payment, income tax preparation, and preparing medical insurance claims.

Boulder County Senior Services

303-441-4388

FOOD RESOURCES

Sliding scale or income qualifying food resources for seniors and also list of congregate meal sites.

Cultivate – Carryout
303-443-1933

Emergency Family Assist (EFAA)
1575 Yarmouth Ave, Boulder 80304
303-442-3042

Hunger Free Colorado
(ad on page 24)

1355 S Colorado Blvd #201, Denver 80222
855-855-4626

Toll-free, bilingual hotline is a free resource that offers referrals to public & private assistance programs.

SNAP – Supplemental Nutrition Assistance Program
800-536-5298

NATIONAL ORGANIZATIONS

Meals on Wheels America
888-998-6325

Supplemental Nutrition Assistance Program (SNAP)
800-221-5689

BOULDER

Harvest of Hope Food Pantry
2960 Valmont Rd, Boulder 80301
720-780-3380

Meals on Wheels
3701 Canfield St, Boulder 80301
303-441-3908

Supplemental Nutrition Assistance Program (SNAP)
3460 N Broadway St, Boulder 80304
303-441-1000

ERIE

Erie Food Bank
635 Pierce St, Erie 80516
720-383-4865

Weld County Senior Nutrition Program – Friendly Fork
315 N 11th Ave, Bldg C, Greeley 80631
970-400-6132

LAFAYETTE

Coal Creek Meals On Wheels
455 N Burlington Ave, Lafayette 80026
303-665-0566

Sister Carmen Community Center Food Bank
655 Aspen Ridge Dr, Lafayette 80026
303-665-4342

NEED HELP BUYING GROCERIES?

- Receive **one-on-one assistance** with applying for food stamps (SNAP)
- Referrals to **food pantries, free meals, and nutrition programs**
- Other **food resources** are available if your food stamp benefits are not enough

CALL US TODAY!

Food Resource Hotline

STATEWIDE,
TOLL-FREE

855-855-4626 www.bit.ly/SNAPAppHelp



HUNGER
FREE COLORADO

Find out more at HungerFreeColorado.org.



/HungerFreeColorado



@HungerFreeCO

LONGMONT**Supplemental Nutrition Assistance Program (SNAP)**

515 Coffman St, Longmont 80501
303-441-1000

St. John the Baptist Food Pantry

804 S Lincoln St, Longmont 80501
303-678-1469

Meals on Wheels

910 Longs Peak Ave, Longmont 80501
303-772-0540

OUR Center

220 Collyer St, Longmont 80501
303-772-5529

Westview Presbyterian Church – The Round Pantry

1500 Hoover St, Longmont 80501
303-776-3242

LOUISVILLE**Community Food Share – Elder Share Program**

650 S Taylor Ave, Louisville 80027
303-652-3663

Louisville United Methodist Church Community Food Bank

741 Jefferson Ave, Louisville 80027
303-666-8812

Louisville Senior Lunch Program

900 W Via Appia, Louisville 80027
303-335-4931

NEDERLAND**Mountain Peak Life**

Nederland Community Ctr #109,
750 N Hwy 72, Nederland 80466
303-258-0799

Chef prepared meals- Breakfast/Brunch,
Lunch, and Dinner. RSVP two days ahead.
Over age 60 yrs \$5 contribution request-
ed. Mon. Wed. and Weekends

Nederland Community Food Pantry & USDA Food Distribution

750 W Hwy 72, Nederland 80466
720-418-0892

FUNERAL, CREMATION & MORTUARY SERVICES**Colorado Dept of Human Services – Burial Assistance**

303-866-5700

The Burial Assistance program provides financial assistance to help pay for funeral, burial, and/or cremation costs.

Funeral Consumer Society Colorado

720-432-5379

We are a non-profit organization whose goal is to educate on all end-of-life issues and choices. Call us at 303-759-2800 for a brochure or visit our website: www.funeralconsumercolorado.org

Natural Transitions

720-432-2296

A non-profit providing information and education about conscious, natural approaches to end of life.

Don't be left out!

Call 800.201.9989 to be included in the next issue
of the Seniors Blue Book.

GERIATRIC MEDICINE

Boulder Medical Center Internal Medicine – Geriatrics

(ad on Inside Front Cover)
2750 Broadway, Boulder 80304
303-440-3169

GROCERY SHOPPING ASSISTANCE

BOULDER, LAFAYETTE & LOUISVILLE

**Cultivate – Carry-Out
Caravan Program**
6325 Gunpark Dr, Ste F, Boulder 80301
303-443-1933

**Grocery Shopper Program
– King Soopers**
800-677-5464

LONGMONT

**Cultivate – Carry-Out
Caravan Program**
303-443-1933

GUARDIANSHIP / CONSERVATORSHIP

Colorado Gerontological Society
1129 Pennsylvania St, Denver 80203
303-333-3482

Guardianship Alliance of Colorado
801 Yosemite St, Denver 80230
303-228-5382

**Jorgensen, Brownell &
Pepin, PC** (ad on page 17)
900 S Main St, Ste 100, Longmont 80501
303-622-3831

**Lutheran Family Services Rocky
Mountains – Guardianship Project**
363 S Harlan St, Ste 200, Denver 80226
303-922-3433

HEARING RESOURCES

NATIONAL RESOURCES

**American Speech-Language-
Hearing Association**
800-638-8255

International Hearing Dog, Inc
303-287-3277

International Hearing Society
734-522-7200

National Hearing Aid Helpline
800-521-5247

National Institute on Deafness
800-241-1044

STATE

**Colorado Commission for the
Deaf, Hard of Hearing, and Blind
Deaf (CCDHHDB)**
1575 Sherman St, Garden Level,
Denver 80203
720-457-3679

Colorado Gerontological Society
1129 Pennsylvania St, Denver 80203
303-333-3482

**Colorado Telecommunications
Equipment Distribution Program**
1575 Sherman St, Denver 80203
303-866-2097



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195 S. MAIN STREET, STE 8
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303-322-1871

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877-885-3172

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BOULDER COUNTY

Boulder Cty Area Agency on Aging

3482 N Broadway, 80304
303-441-3570

Boulder Resource Specialist – West

909 Arapahoe Ave, Boulder 80302
303-441-3148

Friends of Man

303-798-2342

Hearing Loss Association of America – Boulder Chapter

www.HearingLossColorado.org

HEARING SERVICES / HEARING AIDS

Boulder Medical Center ENT – Ophthalmology

(ad on Inside Front Cover)

2750 Broadway, Boulder 80304
303-440-3169

Longmont Hearing & Tinnitus Center (ad on page 27)

195 S Main St, Ste 8, Longmont 80501
303-651-1178

HEART HEALTH

Good Samaritan Medical Center – SCL Health – Heart & Vascular Institute

(ad on Back Cover)

Lafayette 80026
303-689-6420

HOME IMPROVEMENTS & MODIFICATIONS

AmRamp

(ad on page 28)

303-903-2391

Continued on next page >

HOME IMPROVEMENTS & MODIFICATIONS *continued*

Cultivate – Fix-It & YardBusters Programs

6325 Gunpark Dr, Ste F, Boulder 80301
303-443-1933

National Residential Improvement Association

877-591-2672

HOME MEDICAL EQUIPMENT & SUPPLIES

Many companies can directly bill Medi-
care, Medicaid or private insurance.



(ad on page 28)

303-903-2391

HOME MEDICAL EQUIPMENT – LOAN CLOSETS

ALLENSPARK

BC AAA – Allenspark Loan Closet

14861 Hwy 7, Allenspark 80510
303-747-2874

BOULDER

American Legion

4760 N 28th St, Boulder 80301
303-442-9551

Boulder Elks Lodge #566

3975 28th St, Boulder 80301
303-442-5003

Boulder Sr Services – West Center

909 Arapahoe Ave, Boulder 80302
303-441-3148

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LAFAYETTE**Lafayette Senior Services**

103 S Iowa Ave, Lafayette 80026
303-665-9052

LONGMONT**American Legion**

(by appointment only)

315 S Bowen, Longmont 80501
303-776-7958

Longmont Elks Club

306 Coffman, Longmont 80501
303-776-1055

Longmont VFW

2065 Main St, Longmont 80501
303-776-8590

Moose Lodge

2200 Pratt St, Longmont 80501
303-776-4911

LOUISVILLE**Louisville American Legion**

1150 Pine St, Louisville 80027
303-666-6314

Louisville Senior Services

900 W Via Appia Way, Louisville 80027
303-335-4919

NEDERLAND**Boulder County Area Agency on Aging: Nederland Loan Closet**

750 Hwy 72 N, 2nd Fl, Rm 129,
Nederland 80466
303-258-3068

HOSPICE

Please see our Hospice comparison grid on pages 94-95.

HOSPITALS & CLINICS**BOULDER****Boulder Community Health – Foothills Hospital**

4747 Arapahoe Ave, Boulder 80303
303-415-7000

Boulder Heart

4743 Arapahoe Av, Ste 201, Boulder 80303
303-442-2395

Boulder Medical Center

(ad on Inside Front Cover)

– 2750 Broadway, Boulder 80304
– 4745 Arapahoe Ave, Ste 200,
Boulder 80303

Find a Doctor: 303-440-3027

Boulder Neurosurgical & Spine Associates

(ad on page 1)

4743 Arapahoe Ave, Ste 202, Boulder 80303
303-938-5700

Kaiser Permanente

– **Baseline Medical Offices**
580 Mohawk Dr, Boulder 80303
303-338-4545

People's Clinic

2525 13th St, Boulder 80304
303-650-4460

Women's Health at Boulder

2855 Valmont Rd, Boulder 80301
303-442-5160

BRIGHTON**Boulder Neurosurgical & Spine Associates**

(ad on page 1)

1606 Prairie Center Pkwy, Ste 340,
Brighton 80601
303-938-5700

Continued on next page >



HOSPITALS & CLINICS*continued***ERIE****Avista Family Medicine**

611 Mitchell Wy, Ste 103, Erie 80516
303-269-2780

Boulder Medical Center*(ad on Inside Front Cover)*

89 S Briggs St, Ste 105, Erie 80516

Find a Doctor: 303-440-3001

LAFAYETTE**Boulder Heart**

1000 W South Boulder Rd, Ste 216,
Lafayette 80026
303-442-2395

Boulder Neurosurgical & Spine Associates*(ad on page 1)*

300 Exempla Cir, Ste 270,
Lafayette 80026

303-938-5700

Clinica-Family Health

1735 S Public Rd, Lafayette 80026
303-650-4460

 **Good Samaritan Medical Center – SCL Health**
(ad on Back Cover)

200 Exempla Cir, Lafayette 80026

303-689-4000

Kaiser Permanente – Rock Creek Medical Offices

280 Exempla Cir, Lafayette 80026
303-338-4545

LONGMONT**Boulder Heart**

2101 Ken Pratt Blvd, Ste 104,
Longmont 80501
303-442-2395

Boulder Medical Center*(ad on Inside Front Cover)*

2030 Mountain View Ave, Ste 400,
Longmont 80501

Find a Doctor: 303-440-3027

Boulder Neurosurgical & Spine Associates*(ad on page 1)*

303-938-5700

– 1750 E Ken Pratt Blvd, 3rd Fl,
Longmont 80504

– 2030 Mountain View, Ste 400,
Longmont 80501

Frontier Internal Medicine

2101 Ken Pratt Blvd, Ste 104,
Longmont 80501
303-415-4155

Kaiser Permanente – Longmont Medical Offices

2345 Bent Way, Longmont 80503
303-338-4545

Longmont United Hospital

1950 Mountain View Av, Longmont 80501
303-651-5111

Salud Family Health Center

220 E Rogers Rd, Longmont 80501
303-776-3250

UCHealth Longs Peak Hospital

1750 E Ken Pratt Blvd, Longmont 80504
720-718-7000

– Surgery Center

720-718-1400

Women’s Health at Longmont

82 21st Ave, Ste C, Longmont 80501
303-416-5914

LOUISVILLE**Avista Adventist Hospital**

100 Health Park Dr, Louisville 80027
303-673-1000

Continued on page 32 >

Heart Disease: Know The Facts

Heart disease is the leading cause of death for men and women in the United States. It's estimated that every 40 seconds, someone in the United States has a heart attack.

A heart attack occurs when there is a sudden interruption of blood flow within a diseased artery, typically due to a blood clot that forms when the plaque ruptures. Time is muscle. The early recognition of symptoms is vital to limit the damage done to the heart muscle. The less amount of injury the heart sustains, the better the outcome and prognosis.

Heart Attack Symptoms

The “typical” symptoms of a heart attack include:

- Chest pain that can be described as discomfort, heaviness, tightness, burning, squeezing.
- Pain that radiates across the chest or upper abdomen, up the neck, jaw and shoulders and down the arm.
- Other associated symptoms may include:
 - Breathlessness
 - Nausea, vomiting or belching (indigestion)
 - Sweating
 - Palpitations (skipped heart beats)
 - Dizziness, lightheadedness
 - Fainting
 - Feeling tired

Women, the elderly and diabetics may also experience the above symptoms, however they're more likely to have “atypical” symptoms such as nausea, vomiting, back pain, abdominal pain, jaw pain and shortness of breath without feeling chest pain.

Who Is At Risk For Heart Disease?

The risk factors for developing heart disease include:

- High blood pressure
- High blood cholesterol
- Tobacco use (smoking and chewing)
- Diabetes
- Aging
- Family history of premature heart disease
- Sedentary lifestyle
- Obesity or overweight
- Emotional stress / poor stress management
- Unhealthy eating habits
- Excessive alcohol consumption
- History of high blood pressure, preeclampsia or diabetes during pregnancy
- COVID-19 infection

What Can You Do To Prevent Heart Attacks And Heart Disease?

Promoting good heart health starts by:

- Knowing and recognizing the early signs and symptoms of a

Continued on next page >

Heart Disease: Know The Facts *continued*

heart attack, both “typical” and “atypical.” Time is muscle.

- Identifying and understanding the risk factors for heart disease.
- Seeking medical attention if you develop symptoms suggestive of heart disease or possess significant risk factors.
- Implementing lifestyle modifications focused on appropriate diet and nutrition, regular activity,

weight management, smoking cessation, reduced alcohol intake and stress management.

- Embracing a positive and joyful attitude. ~

Editor's Note: This article was submitted by Rachel Johnson, Marketing Manager at Good Samaritan Medical Center. For more information she may be reached at 303-689-4000. See ad on Back Cover.

HOSPITALS & CLINICS

continued

Boulder Medical Center

(ad on Inside Front Cover)
80 Health Park Dr, Ste 100,
Louisville 80027

Find a Doctor: 303-440-3027

Boulder Neurosurgical & Spine Associates

(ad on page 1)
90 Health Park Dr, Ste 300,
Louisville 80027

303-938-5700

Centennial Peaks Hospital

2255 S 88th St, Louisville 80027
303-673-9990

HOUSING PLACEMENT & RESOURCE SPECIALISTS

See full list starting on page 110.

Always Best Care of Boulder County

(ad on page 84)
720-494-8407

Assisted Living Locators of Northern Colorado

(ad on page 110)
970-310-4307

Harmony Senior Referrals

(ad on page 111)
303-667-2420

Oasis Senior Advisors – North

(ad on Front Cover, pages 4, 112)
720-822-9525

Talem Home Care & Placement Services

(ad on pages 83, 112)
720-789-8529

HUMAN SERVICES

Boulder County Housing & Human Services

303-441-1000
– 3460 Broadway St, Boulder 80304
– 515 Coffman St, Longmont 80501

LEGAL SERVICES**Area Agency on Aging – Boulder County (Call for apt)**

3482 N Broadway, Boulder 80304
303-441-3570

Boulder County Bar Association

3269 28th St, Boulder 80301
303-440-4758

Boulder County District Attorney

1777 6th St, Boulder 80302
303-441-3700

Boulder County Legal Services

315 W Boulder Rd, Ste 205, Louisville 80027
303-449-7575

Colorado Bar Association

1290 Broadway, Ste 1700, Denver 80203
800-332-6736

Community Mediation Service

2160 Spruce St, Boulder 80302
303-441-4364

Legal Aid & Defender Program

– University of Colorado
303-492-8126

Office of Human Services

909 Arapahoe Ave, Boulder 80306
303-441-3140

Office of the Colorado State Public Defender – Boulder and Broomfield Counties

2555 55th St, Ste 200-D, Boulder 80301
303-444-2322

Rocky Mountain Legal Center

705 S Public Rd, Lafayette 80026
720-242-8642

LIBRARIES

Many libraries provide special services for seniors and those with physical impairments. Main libraries will provide satellite library information.

NATIONAL**National Library Service for the Blind & Physically Handicapped (NLS)**

888-657-7323

BOULDER**Boulder Public Library/Main Branch**

1001 Arapahoe Ave, Boulder 80302
303-441-3100

Colorado Talking Book Library

303-727-9277

George Reynolds Branch

3595 Table Mesa Dr, Boulder 80305
303-441-3100

Grillo Health Information Center

4715 Arapahoe Ave, Boulder 80303
720-854-7293

Meadows Branch

4800 Baseline Rd, Boulder 80303
303-441-3100

NoBo Corner Library

4600 Broadway, Boulder 80304
303-441-3100

LAFAYETTE**Lafayette Public Library**

775 W Baseline Rd, Lafayette 80026
303-665-5200

Continued on next page >



LIBRARIES *continued***LONGMONT****Longmont Library**

409 4th Ave, Longmont 80501
303-651-8470

LOUISVILLE**Louisville Public Library**

951 Spruce St, Louisville 80027
303-335-4849

NEDERLAND**Nederland Community Library**

200 Hwy 72 N, Nederland 80466
303-258-1101

**LONG-TERM CARE
MEDICAID PLANNING****Jorgensen, Brownell &
Pepin, PC** *(ad on page 17)*

900 S Main St, Ste 100, Longmont 80501
303-622-3831

MEAL PREPARATION **Chefs for Seniors***(ad on page 35)***720-355-0615****Seniors Blue Book has gone Social!***Is your business taking advantage of our exposure?*


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Changing the Life of Seniors, One Delicious Meal at a Time!

There are many options when looking for help for Seniors that desire to age in place.

As we grow older, good nutrition is important but may cause a challenge to aging adults. Getting to the grocery store alone can be an obstacle, as well as having the mobility to actually prepare nutritious meals on a daily basis.

Although some delivery services like Meals on Wheels are convenient, they are not customized to the individuals tastes and likes. Hello Fresh and other meal box type services can be expensive, and the meals still have to be prepared. Some home care services provide meal prep, but only on a limited basis and the care provider is

probably not a trained Chef.

Chefs For Seniors provides meals prepared in the home by a professional Chef. Meals can be customized to individual tastes and dietary needs. The meals are packaged with care for the week in microwave safe containers.

It is our mission to change the life of Seniors, one delicious meal at a time! ~

Editor's Note: This article was submitted by Denise K Huff. Denise is the Chef/ Owner with Chefs For Seniors and may be reached at 720-355-0615 or by email at: denise.huff@chefsforseniors.com. See ad below.



CHEFS FOR SENIORS®

Chefs For Seniors is a first-of-its-kind meal service in the Denver area that connects seniors with licensed, professional chefs who prepare high quality, affordable, and nutritious meals in the home. Our mission is to improve seniors' lives through food!

SERVICE INCLUDES: • A friendly visit from your personal chef
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• Selection of meals from 12 seasonal menu options that rotate weekly
• Customization for different dietary concerns
• Packaging, labeling, and reheating instructions
• Cleaned kitchen

WE HELP THOSE WHO: • No longer have the ability to prepare nutritious meals
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P: 720-355-0615 | E: denise.huff@chefsforseniors.com**

"Improving the lives of Seniors through food."



MEDICAID PLANNING

Vincent, Romeo & Rodriguez, LLC (*ad on page 19*)
1805 Hwy 42, Ste 100, Louisville 80027
303-604-6030

MEDICAID & MEDICARE INFORMATION

Helping Hands Consulting
(*ad on page 36*)
6931 Broadway, Denver 80221
303-717-6082

MEDICAID / MEDICARE & INSURANCE

Below are companies available to guide you through the process.

NATIONAL

Medicaid Hotline
877-267-2323

Medicare Claims
800-633-4227

Medicare Helpline
800-633-4227

Medicare TTY
877-486-2048

Medicare/Medicaid Fraud Hotline
800-447-8477

My Medicare Matters – NCOA
571-527-3900

STATE

Colorado Gerontological Society
1129 Pennsylvania St, Denver 80203
303-333-3482

Colorado State Health Insurance Assistance Program (SHIP)
1560 Broadway, Ste 850, Denver 80202
888-696-7213

BOULDER

Boulder Cty Area Agency on Aging
303-441-3570

Boulder County Area Agency on Aging – Medicare Advantage & Rx Plans Counseling
303-441-4388
– 5660 Sioux Dr, Boulder 80303
– 909 Arapahoe Ave, Boulder 80302

Health First Colorado (Colorado's Medicaid Program) Boulder County Housing & Human Services
3460 Broadway St, Boulder 80304
303-441-1000



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Jennifer Hanson MPH

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Boulder Medicare Counseling Message Line

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LAFAYETTE

Boulder Cty Area Agency on Aging – Lafayette Senior Services

103 S Iowa Ave, Lafayette 80026

303-665-9052

No-cost counseling about Medicare Advantage and Prescription Drug plans (Only during open enrollment):

www.bouldercountymedicarehelp.org.

LONGMONT

Boulder Cty Area Agency on Aging – Medicare Advantage & Rx Plans

910 Longs Peak Ave, Longmont 80501

303-651-8411

No-cost counseling about Medicare Advantage and Prescription Drug plans (Only during open enrollment):

www.bouldercountymedicarehelp.org.

Health First Colorado (Colorado's Medicaid Program) Boulder Cty Housing & Human Services

515 Coffman St, Longmont 80501

303-441-1000

MEDICAID / MEDICARE / PACE

PACE is a Medicare and Medicaid program that helps people meet their health care needs in the community instead of going to a nursing home or other care facility.

TRU PACE (Program of All-Inclusive Care for the Elderly) *(ad on page 38)*

2593 Park Ln, Lafayette 80026

303-926-4745

MEDICARE ADVANTAGE PLANS

Humana MarketPoint – Katie Nowak *(ad on page 39)*

720-670-2282

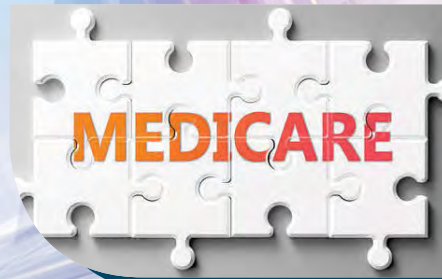
Kaiser Permanente

(ad on page 41)

970-518-5329 / 877-294-0471

Confused?

See pages 42-43
for our Medicare 2022
“In a Nutshell” or
contact a Medicare
specialist today.





PACE

Program of All-inclusive Care for the Elderly



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Keeping Your Brain Healthy

Many people expect to live to age 90 and beyond. The chances of developing Alzheimer's (the most common type of dementia) or other types of dementia increase as we get older.

Many of my patients ask me, "How do you keep your brain healthy?"

It would be nice if there were a simple supplement or medication to prevent dementia, but unfortunately, this is not the case. The good news is there are things you can do to improve your overall health and well-being as you get older, and these things also help keep your brain healthy.

First, it's important to take care of your physical health. Avoid tobacco or too much alcohol. For people over 65, that means no more than one drink per day. Some medications, including over the counter, can harm the brain, so review your medications with your doctor or pharmacist at least once a year. If you have high blood pressure, diabetes, or high cholesterol, work with your health care team to keep these conditions under control. Enjoying a healthy diet with plenty of fresh fruits and

vegetables is also helpful.

Second, get plenty of physical activity – this is one of the best things you can do for your brain health. With more physical activity, you'll feel better, sleep better, have less stress, and have more energy. Choose an activity that you enjoy and invite a friend or family member to join you. If you are just starting

out, go slow and gradually increase, with a goal to get to at least 30 minutes of moderate activity (like a brisk walk), at least five days a week.

Third, learning new things helps form new con-

nections in your brain. Dusting off an old musical instrument, learning a new language, or solving puzzles are examples of fun activities to try.

Finally, it's essential to stay socially connected. Spend time nurturing friendships and family relationships. The same things that make life enjoyable are also the things that help to keep your brain healthy. ~

Editor's Note: This article was submitted by submitted by Tracy Lippard, MD. Dr. Lippard is a Geriatric Medicine physician at Kaiser Permanente and may be reached at 303-338-4545, or by email at tracy.ellen.lippard@kp.org. See ad on page 41.



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- Carmen Cisneros

*Kaiser Permanente Medicare Health Plan is the top-rated HMO in Colorado, with a rating of 5 out of 5 in NCQA's Medicare Health Insurance Plan Ratings 2019-2020. (Due to COVID-19, NCQA will not release 2020-2021 Health Plan Ratings for any product line. This rating is based upon 2019-2020 Health Plan Ratings.) Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal.

H0630_20131_M

kp.org/5StarMedicare/CO



Medicare 2022 "In A Nutshell"

(Parts A, B & Medigap Plans)

Original Medicare is a government health insurance program primarily for people age 65 and older. It has four main parts: A, B, C & D. The chart below is an example of how Parts A & B work together with a traditional Medicare supplement also known as a "Medigap Plan."

Medicare Part A <i>Hospital Insurance</i>	Medicare Part B <i>Medical Insurance</i>	Supplemental Policy Plans A - N <i>Medigap</i>
<p>Generally no cost (If you paid Medicare taxes while working)</p> <hr/> <p>\$1,484 deductible (per benefit period)</p> <hr/> <p>It is possible to pay the \$1,484 deductible and other daily charges for multiple stays & extended care.</p> <hr/> <p>Plan covers: Inpatient hospital care, home health care services, hospice, in-patient skilled nursing & more.</p> <hr/> <p>Providers are paid by Medicare assignment.</p> <hr/> <p>No coverage outside USA.</p> <hr/> <p>No out-of-pocket maximum.</p> <hr/> <p>Many people add a Medigap plan, Part D or an Advantage Plan (Part C) to fill the "gaps" in the coverage.</p>	<p>Most people pay monthly \$148.50 (Premium could be higher based on income)</p> <hr/> <p>\$203 annual deductible. (this can increase each year)</p> <hr/> <p>80/20 after deductible.</p> <hr/> <p>Plan covers: health care providers, ambulance, emergency care, outpatient surgical, wellness & other Medicare approved benefits</p> <hr/> <p>Most doctors accept Medicare.</p> <hr/> <p>No coverage outside the USA.</p> <hr/> <p>No out-of-pocket maximum.</p> <hr/> <p>Many people add a Medigap plan, Part D or an Advantage Plan (Part C) to fill the "gaps" in the coverage.</p>	<p>Premium varies by company, age, location & other factors.</p> <hr/> <p>Guarantee Issue at initial enrollment (Other special enrollment periods may be available)</p> <hr/> <p>These plans generally pay the 20% not covered by Part B & other Medicare eligible benefits</p> <hr/> <p>When this coordinates with Medicare, many benefits are 100% covered</p> <hr/> <p>Can provide benefits outside USA</p> <hr/> <p>Plans are available through insurance companies.</p> <hr/> <p>Important to add Part D plan to cover prescription drugs & avoid penalties.</p> <hr/> <p>Must have Part A & B to enroll.</p>

There is NO additional cost to use the services of a full time insurance professional. Please call us or a broker in your local area for additional assistance.



This article was written by Craig N. Anderson, President of Anderson Benefits, Inc. located in Salt Lake City, Utah.
To contact call: 877-363-9575 or craig@andersonbenefits.com

Medicare 2022 "In A Nutshell" Med Advantage (Part C) with RX (Part D)

Medicare Advantage plans are governed by Medicare. They are only offered through insurance companies that have an annual contract with Medicare. They are NOT the same as Medigap policies. They must cover all Medicare approved services. Most Advantage plans include Part D prescription drug coverage.

Advantage Plans Part C INSTEAD of a Medigap Plan (A-N)	Medicare Part D Drug Program
<p>Premium varies by company and coverage. (Same premium for all ages).</p> <p>Part B premium \$148.50 is still paid (Premium can be higher depending on income)</p> <p>There are many plan types available: PPO, HMO, HSA, PFFS, etc.</p> <p>Plans have co-pay and / or coinsurance for covered benefits & services.</p> <p>Preventive care is covered 100%.</p> <p>Plans have an annual out-of pocket maximum.</p> <p>Plans may have additional services and discounts, including dental, vision, gym membership & more.</p> <p>There is an Annual Election Period (AEP) which runs from October 15–December 7 of each year. This is the time to make changes in company or coverage.</p> <p>Must have Part A & B to enroll.</p>	<p>Premium varies by company and coverage. (Same premium for all ages).</p> <p>Plans are generally a variation of the following:</p> <p>Deductible (Phase I) \$0–\$480 deductible</p> <p>Initial Coverage (Phase II) co-pay coverage until the total cost of the drugs = \$4,430</p> <p>Coverage Gap / Doughnut Hole (Phase III) The member now pays much more for covered drugs 25% generic / 25% brand. There is a drug manufacture discount on brand name drugs that can count toward the "True out-of-pocket" (TrOOP) You remain here until the \$7,050 (TrOOP) has been met</p> <p>Catastrophic Coverage (Phase IV) For the remaining calendar year, covered drugs are: \$3.95 / \$9.85 or 5% depending on drug tier As an upgrade, Insulin costs will decrease in 2021.</p> <p>Part D can be separate with Medigap & PFFS plans. There is a penalty for late enrollment into Part D.</p> <p>Annual Election Period is Oct 15–Dec 7 each year</p> <p>Must have Part A or B to enroll.</p>

For more information visit www.medicare.gov or call 1-800-MEDICARE.

This information is the opinion of the author and intended as an easy to read summary. This is not a contract. Additional limitations and exclusions may apply to services. In the event of any inconsistencies with Medicare or with a published medical insurers certificate, the certificate / Medicare will control. Prepared 09/2021

What is PACE?

Program of All-inclusive Care for the Elderly (PACE) are programs that provide comprehensive health services for individuals age 55 and over who are sufficiently frail to be categorized as “nursing home eligible” by their state’s Medicaid program.

Eligibility for PACE requires that individuals be 55 years old or older, certified by the state to need nursing home-level care, reside near a PACE program, and be able to live safely in the community. Services include primary and specialty medical care, nursing, social services, therapies (occupational, physical, speech, recreation, etc.), pharmaceuticals, day health center services, home care, health-related transportation, minor modification to the home to accommodate disabilities, and anything else the program determines is medically necessary to maximize a member’s health.

How PACE works:

PACE programs become the insurance and the health care provider and are directly responsible for providing all health services and manage all aspects of their participant’s healthcare. PACE is paid through

Medicaid and Medicare combined (dual eligible) or private pay on a monthly basis.

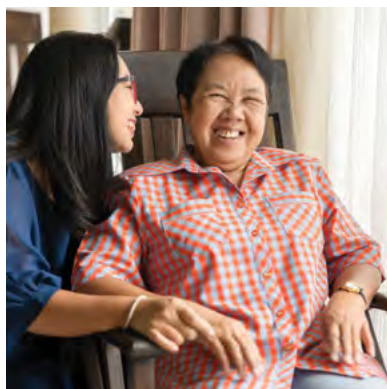
Most PACE patients have multiple diagnoses, with an average of over 7 diagnoses per member. Among the most common are cardiac problems, diabetes, hypertension, and vascular disease. PACE programs tend

to provide high levels of preventive services, such as very frequent check-ups, exercise programs, dietary monitoring, programs to increase strength and balance, etc.

PACE programs organize their services in a “PACE Center”. These

Centers have a Day Center, medical clinic, social services and rehabilitation services, along with administrative staff, all in one site. Members attend centers from rarely to 5 days a week, depending on their care plans. Care planning is done with the member, his or her care team, and appropriate family members; most members attend about 2 days per week. ~

Editor’s Note: : This article was submitted by Sam Black, Executive Director for TruPACE based in Lafayette, CO. She may be reached at 303-665-0115 or by email at: samanthablack@trucares.org See ad on page 38.



MENTAL HEALTH SERVICES

NATIONAL

A Wiser Mind – In-home Mental Health
888-982-9899

American Psychological Association
800-374-2721

Mental Health America
800-969-6642

National Institute of Mental Health
866-615-6464

National Suicide Prevention Hotline
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BOULDER COUNTY

Boulder Veterans Center
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Centennial Peaks Hospital
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303-673-9990

Mental Health Partners
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– 1000 Alpine Ave, Boulder 80304
– 1455 Dixon Ave, Lafayette 80026
– 515 Coffman St, Ste 200,
Longmont 80501

Mental Health Partners
24/7/365 Walk-In-Center
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844-493-TALK

Mental Health Partners
Senior Reach Program – Boulder County
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Naropa Community Counseling
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Boulder 80305
303-546-3589

National Alliance On Mental Illness (NAMI)
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303-443-4591

Peer Counseling for Seniors
909 Arapahoe Ave, Boulder 80302
303-441-4388

Longmont Senior Services – Supportive Services
910 Longs Peak Ave, Longmont 80501
303-651-8414

Windhorse Elder Care
(ad on page 85)
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303-786-9313



FIND SOME HEALTHY ACTIVITIES!

Check out the Activities Calendar at SeniorsBlueBook.com/local/Boulder to see what is happening near you.

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tions and estate sales

- Disperse items for donation, or share them with family and friends
- Create space plans to envision how your furniture fits in your new home
- Schedule and manage professional movers
- Pack, move, and unpack in your new place! ~

Editor's Note: This article was submitted by Amy Fisk, Co-Owner & Chief Executive De-Stressor at We Move Your Mom. She can be reached at 720-340-1056 or by email: amy@movermavens.com. See ad below.

We Move Your Mom*

*Don't worry, we move dads too!

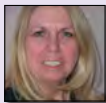
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Luann

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(ad on page 47)

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We Move Your Mom

(ad on page 46)

720-340-1056

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(ad on page 47)

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Boulder Neurosurgical & Spine Associates

(ad on page 1)

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- 1606 Prairie Center Pkwy, Ste 340, Brighton 80601
- 300 Exempla Cir, Ste 270, Lafayette 80026
- 2030 Mountain View, Ste 500, Longmont 80501
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- 90 Health Park Dr, Ste 300, Louisville 80027

OMBUDSMAN

The Boulder County Long-Term Care Ombudsman (LTCO) Program is a free, confidential service for residents of nursing homes and assisted living homes. Residents of these homes have Federally regulated rights, Long Term Care Ombudsmen advocate for these rights, working with and for residents to achieve quality of care and life. The services of

Continued on next page >



Indicates website link on seniorsbluebook.com

OMBUDSMAN *continued*

the Ombudsman can be used by residents, their friends and relatives, staff, and the general public.

Boulder Cty Area Agency on Aging Long-Term Care Ombudsman (LGBT-friendly)

3482 Broadway St, Boulder 80304
303-441-1173

PACE PROGRAM

PACE is a Medicare and Medicaid program that helps people meet their health care needs in the community instead of going to a nursing home or other care facility. PACE stands for Programs of All-Inclusive Care for the Elderly.

TRU PACE (Program of All-Inclusive Care for the Elderly) *(ad on page 38)* 2593 Park Ln, Lafayette 80026 303-926-4745

PALLIATIVE CARE

Bridges Community Homecare & Hospice

(ad on page 99)
Serving the Front Range
303-500-5055

PET CARE & SERVICES

Provides discounts on pet medical care (including spay/neuter surgeries) to clients who qualify as low income.

Humane Society of Boulder Valley
– **SHARE Program**
2323 55th St, Boulder 80301
303-442-4030

PHARMACY

Boulder Medical Center

(ad on Inside Front Cover and page 49)
2750 Broadway St, Boulder 80304
303-440-3027

PHYSICAL THERAPY

Alpine PT Home Care

(ad on page 90)
762 Mountain View Ave, Longmont 80501
303-772-2387

PHYSICIANS

Boulder Medical Center

(ad on Inside Front Cover and page 49)
Find a Doctor: 303-440-3027
Serving Boulder, Erie, Longmont & Louisville

Boulder Neurosurgical & Spine Associates

(ad on page 1)
4743 Arapahoe Ave, Ste 202, Boulder 80303
303-938-5700

Boulder Neurosurgical & Spine Associates

(ad on page 1)
303-938-5700
– 4743 Arapahoe Ave, Ste 202, Boulder 80303
– 1606 Prairie Center Pkwy, Ste 340, Brighton 80601
– 300 Exempla Cir, Ste 270, Lafayette 80026
– 2030 Mountain View, Ste 500, Longmont 80501
– 1750 E Ken Pratt Blvd, 3rd Fl, Longmont 80504
– 90 Health Park Dr, Ste 300, Louisville 80027

WE'RE HERE WHEN YOU NEED US

80+ primary care and specialty providers, including geriatric medicine.



Find a Doctor
(303) 440-3001



Boulder
Medical Center

bouldermedicalcenter.com

Good Samaritan Medical Center – SCL Health – Heart & Vascular Institute

(ad on Back Cover)

Lafayette 80026

303-689-6420

PRESCRIPTION ASSISTANCE & DISCOUNTS

Colorado Gerontological Society

1129 Pennsylvania St, Denver 80203

303-333-3482

Senior's Resource Specialist

910 Longs Peak Ave, 80501

303-651-8411

DISCOUNT MEDICATION RESOURCES

AARP Prescription Discount Program

877-422-7718

Lily Patient Assistance Program

800-545-6962

Medicare Prescription Discount Card

800-633-4227

Medicine Assistance Tool (MAT)

888-4PPANOW (888-477-2669)

Merck Patient Assistance Program

800-727-5400

National Council on Aging Benefits CheckUp (www.benefitscheckup.org)

571-527-3900

Novartis Medicare Drug Plan Assistance Line

800-245-5356

Pfizer RX Pathways

866-706-2400

Rx Benefits

800-377-1614

RECREATION

Boulder County Parks & Open Space

5201 St Vrain Rd, Longmont 80503

303-678-6200

Boulder – Dept of Parks & Recreation

3198 N Broadway, Boulder 80304

303-413-7200

Boulder Senior Centers – West

909 Arapahoe Ave, Boulder 80302

303-441-3148

Boulder YMCA

2850 Mapleton Ave, Boulder 80301

303-442-2778

Circle of Care / Arts for Elders

303-358-4300

Continued on next page >

RECREATION *continued*

Colorado Chauyauqua Association

900 Baseline, Boulder 80302
303-442-3282

Ed & Ruth Lehman YMCA

950 Lashley, Longmont 80501
303-776-0370

Lafayette Senior Center

103 S Iowa Ave, Lafayette 80026
303-665-9052

Lafayette Recreation

111 W Baseline Rd, Lafayette 80026
303-665-0469

Longmont County Recreation & Golf Services

– St. Vrain Memorial Bldg

700 Longs Peak Ave, Longmont 80501
303-651-8404

– Longmont Recreation Center

310 Quail Rd, Longmont 80501
303-774-4800

Mountain Peak Life


750 Hwy 72 N, Nederland 80466
303-258-0799


A program of Nederland Area Seniors, serves any age adult (mostly over age 50) in western Boulder County and Gilpin County with social, breakfasts/brunches, and fitness, wellness, educational, and cultural activities.

REHABILITATION FACILITIES

Offering full restorative therapies such as Physical, Occupational, Speech, and sometimes Respiratory therapies and can be offered in a variety of settings including stand-alone buildings or as part of a clinical practice or existing skilled-care nursing facility. Rehab Facilities can only be accessed following a hospital stay as an inpatient in a general hospital setting which has lasted for a certain number of days. Refer to our Skilled Nursing grid on pages 123-124 for an overview of rehabs.

 **Flatirons Health & Rehabilitation** *(ad on page 51)*
1107 Century Dr, Louisville 80027
720-507-3447

 **Frasier Rehabilitation** *(ad on pages 2-3)*
4950 Thunderbird Dr, Boulder 80303
720-562-4337

 **Frontier Therapy of Longmont at the Peaks Care Center** *(ad on page 125)*
1440 Coffman St, Longmont 80501
720-635-4123



Who can help with my rehab?

Check out local facilities at
seniorsbluebook.com/local/boulder

Choose Where You Heal

Short-stay inpatient rehabilitation services offered in a welcoming, comfortable, clean, and beautiful environment.

Take a virtual tour online at flatironshealthandrehab.com



FLATIRONS
HEALTH & REHAB

1107 Century Drive
Louisville, CO 80027

(720) 507-3447



Life Care Center of

Longmont *(ad on Inside Back Cover)*

2451 Pratt, Longmont 80501
303-776-5000

Mesa Vista of Boulder

(ad on page 125)

2121 Mesa Dr, Boulder 80304
303-442-4037

Summit Rehab (Outpatient) at Life Care Center of Longmont

(ad on Inside Back Cover)

2451 Pratt, Longmont 80501
303-684-5755

RESPITE CARE

Respite is a period of rest or relief for those who give constant care. Many skilled nursing and assisted living facilities also offer this service. Refer to our housing grid on page 114 for a complete list. Respite Assistance Funds may be available.

AltaVita Senior Residences

(ad on pages 109, 119)

1001 Altavita Court, Longmont 80503
720-745-8250

Alzheimer's Association Helpline

800-272-3900

Boulder Cty Area Agency on Aging – Respite & Companion Volunteer Program (LGBT-friendly)

720-864-6526

Continued on next page >

RESPITE CARE *continued*

Colorado Respite Coalition (CRC) – An Easterseals Colorado Program
www.ColoradoRespiteCoalition.org
 303-233-1666

Serving people caring for loved ones of all ages and all extensive care needs.

Consumer Direct for Colorado – Medicaid Benefit

7952 E Maplewood Ave,
 Greenwood Village 80111
 844-381-4433

FirstLight Home Care

(ad on page 85)

720-502-3939

HomeCare of the Rockies

(ad on page 81)

7105 LaVista Pl #100, Longmont 80503
720-204-6083

Respite Assistance Funds For Respite Services

303-441-3570

Senior's Resource Specialist

910 Longs Peak Ave, Longmont 80501
 303-651-8411

The Peaks at Old

Laramie Trail *(ad on page 121)*

660 Old Laramie Trl, Lafayette 80026
303-440-6050

REVERSE MORTGAGE

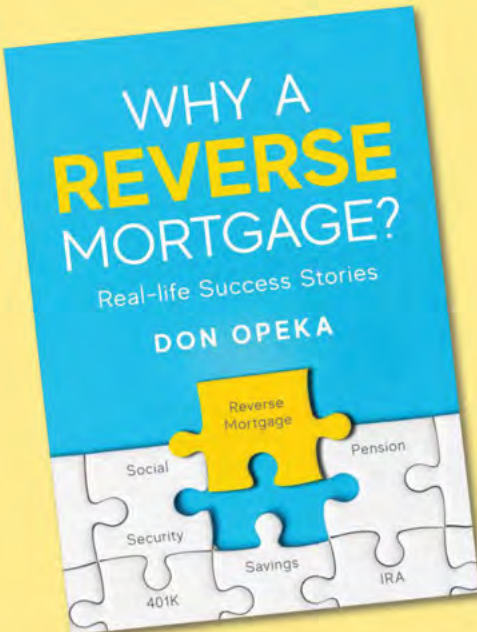
National Foundation for Credit Counseling

800-388-2227

Orion Mortgage, Inc –

Don Opeka *(ad on page 52)*

10560 Wadsworth Blvd, Broomfield 80021
303-469-1254



What you discover may pleasantly surprise you.

303-469-1254
DonOpeka.com

NMLS: 372081



RESOURCE
Mortgage Corporation

303-444-1200

1221 Pearl St,
Boulder, CO 80302

Reverse mortgages can enhance the ability to live in one's own home and community safely, independently, and comfortably. Call to see if a Reverse Mortgage would be an appropriate piece of your retirement puzzle. Boulder county owned & operated, serving home owners in Boulder and surrounding counties for 25 years.

RESOURCE MORTGAGE CORPORATION NMLS# 389372

Gregory Pavlich, President NMLS#243373

Email: gpavlich@rmcboulder.com

www.boulderhomeloan.com



Resource Mortgage Corporation – Greg Pavlich

(ad on page 53)

1221 Pearl St, Boulder 80302

303-444-1200

US Dept of Housing
Resource Center

800-225-5342

SENIOR ACTIVITIES & ENTERTAINMENT

Active Minds

303-320-7652

Active Minds provides lifelong learning programs at various locations throughout the Boulder County area. For more information, visit www.ActiveMinds.com or call 303-320-7652

Boulder Senior Services

303-441-4150

The mission of Boulder Senior Services, part of the Department of Human Services, is to foster the engagement and well being of older adults and promote a positive image of aging through community collaboration and excellent services and programs specifically for seniors. Ongoing educational classes and seminars in technology, life skills and aging issues, creative pursuits and day trips are available to those age 60 and up.

Boulder Blues Softball Club

Slow pitch softball for 50+. If you miss your early days of playing softball, come out no matter what level of ability. BoulderBluesSoftballClub@gmail.com

Boulder Valley School District (BVSD) Lifelong Learning

PO Box 9011, Boulder 80301
720-561-5968

BVSD Lifelong Learning offers a wide variety of classes throughout the year for adults, teens and kids. Course topics for adults include Travel & Language, Life & Home, Business, and the Arts.

Circle of Care – Elder Enrichment Program

2505 4th St, Boulder 80301
303-358-4300

A non-profit organization that connects elders to the arts and educations. Complimentary tickets, transportation, companions for cultural events.

City of Boulder Older Adult Services (OAS)

303-441-4388

Provides programs and services for city residents age 60 and above; programs focus on health and wellness, lifelong learning, social engagement, and community resources.

Continued on next page >

SENIOR ACTIVITIES & ENTERTAINMENT *continued*

Colorado Commission on Aging *(ad on page 55)* 303-866-5288

– Celebrating A Lifetime Centenarian Celebration

Join the CCOA as we celebrate Centenarians! Tell us about your favorite centenarian and join us at the Celebrating a Lifetime annual event where your Centenarian will receive a certificate signed by our Governor. For more information, or how to attend a CCOA meeting, and submit information about your favorite Centenarian, please call 303-866-5288 or visit <https://cdhs.colorado.gov/>

– Excellence in Aging Allen Buckingham Senior Leadership Legacy Award

Nominate someone who works, volunteers or is a caregiver for Colorado older adults. The person chosen will receive the Allen Buckingham Senior Leadership Legacy Award at the annual CCOA Excellence in Aging event. For more information or to request a nomination form, please call 303-866-5288 or visit <https://cdhs.colorado.gov/>

Companion Adventure Care

3060 5th St, Boulder 80304
303-960-5177

Day Trips, Travel, Companion Care along the way. Feel the breeze, hear the streams, find the sunshine, at your own pace.

Generation Exchange (Serving Boulder County area)

510-673-0079

The Generation Exchange holds technology workshops that connect students and

older adults (ages 50 and up) in order to exchange knowledge and understanding about technology. Student volunteers are paired one-on-one with an older adult to answer to basic questions about their phones, laptops, and tablets.

Longmont County Recreation & Golf Services

– St. Vrain Memorial Bldg

700 Longs Peak Ave, Longmont 80501
303-651-8404

– Longmont Recreation Center

310 Quail Rd, Longmont 80501
303-774-4800

City of Longmont Recreation & Golf Services has two year-round facilities. Both sites accept SilverSneakers® for admission & class benefits.

Longmont Museum

400 Quail Rd, Longmont 80501
303-651-8374

Exhibitions featuring everything from local history to internationally-renowned presents programs especially designed for seniors, including our Friday Afternoon Concert Series. Senior pricing and discounts offered for admission. longmontmuseum.org.

Mountain Peak Life

750 Hwy 72N, Nederland 80466
303-258-0799

Social meals, fitness, educational and cultural activities for West Boulder and Gilpin County Seniors.

Prime Time News

303-945-4506

The Prime Time Newspaper prints free copies the first Wednesday of each month. The paper is distributed in over 2,000 locations around the Greater Denver area. Providing the latest news and information

for and about seniors and serving as a bulletin board for local seniors. Visit www.primetimenews.com for online version.

Purple Art

303-709-8450 / 774-222-0271
Expressive arts for the Greatest Generation. Purple Art offers programs for seniors to inspire introspection and expression through hands-on creative projects. Visit www.purpleart.org.

Rainbow Elders of Boulder County

PO Box 471, Boulder 80306
303-441-3583
A Boulder County Area Agency on Aging Program providing social and aging resources through a confidential mailing list.

Senior Faith & Fun Club

7690 Baseline Rd, Boulder 80303
303-499-3553
Meets weekly for study of the Scriptures, and monthly for an outing. It's a great way to meet new people and enjoy visiting interesting sites in our beautiful state. Never a charge, and all faiths welcome! Contact betjotoy@gmail.com for bi-monthly newsletter.

Silver Sneakers®

877-402-6753 / 888-617-6392 (Espanol)
SilverSneakers® is the nation's leading exercise program for active older adults. They focus on fitness, friends and fun! Join the more than 12 million people who are eligible for the SilverSneakers® health benefit by visiting www.SilverSneakers.com

Continued on next page >



COLORADO

Office of Adult, Aging & Disability Services

Division of Aging & Adult Services

Tell us about your favorite Centenarian!

Join the CCOA as we celebrate Centenarians! Tell us about your favorite centenarian and join us at the *Celebrating a Lifetime* annual event where your Centenarian will receive a certificate signed by our Governor. See details below.

Nominate a pioneer in excellence!

- Nominate someone who works,
- volunteers or is a caregiver for
- Colorado older adults. The person
- chosen will receive the Allen
- Buckingham Senior Leadership
- Legacy Award at the annual CCOA
- Excellence in Aging event.

For more information, or how to attend a CCOA meeting, visit us online at <https://cdhs.colorado.gov/> or call 303-866-5288. Enter "CCOA" in the search bar and click "Colorado Commission on Aging."

For information about statewide services for older adults call 303-866-2800.

SENIOR ACTIVITIES & ENTERTAINMENT *continued*

Stories on Stage

303-494-0523

Stories on Stage is an award winning performing arts organization that creates high quality shows of world-class literature. Professional actors from stage and screen bring the stories to life. Stories on Stage has been described as theater of the mind that is innovative, compelling and entertaining. Shows are throughout the year and are in Boulder and Denver.

Tech Pals

844-832-4725

A non-profit organization that helps seniors navigate technology, of all forms, to connect with on-line services and loved ones. We provide a personalized, one on one approach delivered with patience and respect to assist folks with learning techniques to maximize the benefits of smart phones, computers, tablets and other technology. www.thetechpals.org

SENIOR CENTERS

Senior centers are gathering places for seniors who are still active and are seeking a place for planned activities, friendship, and planned programs. Lunches are usually served, and transportation may be available.

Boulder Senior Center

– West Center (Age Well)

909 Arapahoe Ave, Boulder 80302
303-441-3148

Erie Community Ctr – Active Adults

450 Powers St, Erie 80516
303-926-2795

Lafayette Senior Center

103 S Iowa Ave, 80026
303-665-9052

Louisville Senior Center

900 W Via Appia, Louisville 80027
303-666-7400

Longmont Senior Services

910 Longs Peak Ave, Longmont 80501
303-651-8411

Mountain Peak Life

750 Hwy 72, Nederland Cmnty Ctr #109,
Nederland 80466
303-258-0799

Well Connected

881 Turk St, San Francisco 94102
877-797-7299

Well Connected is a telephone-based program that offers weekly activities, education, friendly conversation, classes, support groups, and presentations for older adults. There are activities occurring throughout the day, every day. All activities are held over the phone or Internet.

SENIOR ORGANIZATIONS & SERVICES

Senior organizations, such as government, non-profit, and community organizations, created to assist seniors in many areas of their lives.

NATIONAL RESOURCES


AARP – Local Chapter Information

866-554-5376

Alzheimer's Association Colorado Chapter (www.alz.org/co)

(ad on page 66)

800-272-3900

 **American Bone Health**
80 Swan Way, Ste 350, Oakland, CA
94621
888-266-3015


National Council on Aging
571-572-3900


**National Family
Caregivers Association**
855-227-3640

United Way – 211
211

BOULDER

AARP Colorado
303 E 17th Ave, Ste 510, Denver 80203
866-554-5376

 **Alzheimer's Association
Colorado Chapter –
Greater Boulder Region**
(www.alz.org/co)
(ad on page 66)
5353 Manhattan Cir, Ste 100, Boulder
80303
303-813-1669 x362 / 800-272-3900
24/7 Helpline to speak confidentially to
trained, Master's-level counselors to learn
about programs and resources in our
community.

 **Audio Information Network of CO**
1700 55th St, Ste A, Boulder 80301
303-786-7777
A resource for blind, visually impaired
and print-disabled individuals; provides
its listeners with free access to recorded
programming from national news to local
news and community events and allowing
registered listeners to access audio
programs online, through downloaded
podcasts, on TV or over the phone.

**Boulder Community Resources
– West Center**
909 Arapahoe Ave, Boulder 80302
303-441-4388

A wide variety of senior services,
programs, consultations and information
on topics related to senior interests
and needs.

**Boulder City Area Agency
on Aging**
3482 N Broadway, Boulder 80304
303-441-3570

Provides a network of resources & infor-
mation to seniors and their families.

**Boulder Long-Term Care
Ombudsman**
303-441-1173
Residents of LTC facilities have specific
rights protected by state and federal
regulations. An ombudsman is an
advocate for these rights.

CARE Connections –Boulder County
303-678-6116
Provides education, support and family
respite resources services to caregivers.

Circle of Care – Arts for Elders
2505 4th St, Boulder 80301
303-358-4300

A non-profit organization that connects
elders to the arts and educations.
Complimentary tickets, transportation,
companions for cultural events.

Continued on next page >

SENIOR ORGANIZATIONS & SERVICES *continued*

City of Boulder

Older Adult Services (OAS)

303-441-4388

Client coordinators are available to our older adult community to provide information & referral services and case management. Services provide options and community resources, offer financial assistance for basic needs, and assist consumers to make informed decisions around aging well.

Cleaning For A Reason Program (www.cleaningforareason.org)

Women undergoing treatment for cancer receive the gift of free house cleaning.

Colorado Assisted Living Association (www.coloradoassistedlivingassociation.org)

CALA serves the assisted living industry in Colorado through education & training, advocacy with legislative & regulatory agencies and offers a network of support. The association serves owners, directors and caregivers in both the small residential home community as well as larger facilities.

Colorado Office of Community Access and Independence

303-866-5288

Colorado Gerontological Society

1129 Pennsylvania St, Denver 80203
303-333-3482

The Colorado Gerontological Society, a not-for-profit 501(c)(3) organization, which began in 1980 to provide advocacy, information and assistance to Colorado older adults as well as education and

networking opportunities for professionals in the field of aging.

Cultivate

6325 Gunpark Dr, Ste F, Boulder 80301
303-443-1933

Cultivate provides volunteer-powered, community-funded safety net services that help local elders age in place. Find out more about Carry-Out Caravan, Fix-It, YardBusters, IceBusters, and Medical Mobility today.

Elders Together

720-744-0115

Are you or your loved one looking for help with daily, non-medical tasks? Elders Together offers affordable assistance for seniors, with a free initial consultation. Support services include, Computer support, Email management, Texting, Bookkeeping, Bill paying, texting, Face-time, and general organization & clutter reduction among others. Email linda@elderstogogether.us for more information

Group to Alleviate Smoking Pollution (GASP of Colorado)

303-444-9799

A statewide nonprofit organization that educates the public about the dangers of secondhand smoke (including e-cigarettes and marijuana) and advocates for smoke-free policies at work, in public places, and in multi-unit housing. Provides lists of smoke-free hotels, apartments (including senior living), and condos online. Visit gaspforair.org

Guardianship Alliance of Colorado

801 Yosemite St, Denver 80230
303-691-9339 x1117

Information and training related to the guardianship process and protecting the rights and dignity of vulnerable adults.

Hospice & Palliative Care Association of the Rockies

2851 S Parker Rd, Ste 1210, Aurora 80014
303-848-2522

Jewish Family Service

6007 Oreg Ave, Boulder 80303
303-415-1025

Support services, home visits, assessment and monitoring of in-home services. Sliding scale fee. All denominations welcome.

Medicare Counseling Program

303-441-1546

Provides assistance to Medicare beneficiaries regarding Medicare coverage. Information on beneficiaries rights and the appeals process.

MEG Financial Wellness, LLC

303-653-3961

Helping families achieve security and peace of mind through proper financial education. Free classes are offered by Mae Yang, Certified Financial Education Instructor.

Mon Ami (www.monami.io)

A college student companionship service, Mon Ami connects families and seniors to college students who can visit on an hourly basis for help and companionship. Our goal is to spend quality time with the seniors of Boulder County including memoir writing, walks, games, music, and more.

Natural Transitions

720-432-2296

A non-profit providing information and education about conscious, natural approaches to end of life including after-deathcare/funerals.

www.naturaltransitions.org

Project HOPE

303-441-3945

A program that provides in-home assistance to frail, elderly citizens. This program is not available to homeowners.

Rainbow Elders of Boulder County

2132 14th St, Boulder 80306
303-441-3583

A Boulder County Area Agency on Aging Program providing social and aging resources through a confidential mailing list.

Resource Specialists of Boulder County

– Allenspark Area

14861 Hwy 7, Allenspark 80510
303-747-2874

– W Boulder Senior Center

909 Arapahoe Ave, Boulder 80302
303-441-3148

– Lafayette Senior Center

103 S Iowa Ave, Lafayette 80026
303-665-9052

– Longmont Senior Center

910 Longs Peak Ave, Longmont 80501
303-651-8411

– Louisville Senior Center

900 W Via Appia, Louisville 80027
303-335-4914

– Lyons Senior Resources

335 Railroad Ave, Bldg B, Lyons 80540
303-823-9016

– Nederland Senior Resources

750 Hwy 72 N, Nederland 80466
303-258-3068

Senior Faith and Fun Club

7690 Baseline Rd, Boulder 80303
303-499-3553

Meets weekly for study of the Scriptures, and monthly for an outing. It's a great

Continued on next page >



SENIOR ORGANIZATIONS & SERVICES *continued*

way to meet new people, and enjoy visiting interesting sites in our beautiful state. Never a charge, and all faiths welcome! Contact betjotoy@gmail.com for our bi-monthly newsletter.

Tech Pals

844-832-4725

A non-profit organization that helps seniors navigate technology, of all forms, to connect with on-line services and loved ones. We provide a personalized, one on one approach delivered with patience and respect to assist folks with learning techniques to maximize the benefits of smart phones, computers, tablets and other technology. www.thetechpals.org

www.211colorado.org

211

2-1-1 is a phone number that connects the public to a local agency that can provide information about services, as well as refer callers' to appropriate programs to meet their needs.

LAFAYETTE

Cultivate

6325 Gunpark Dr, Ste F, Boulder 80301
303-443-1933

Cultivate provides volunteer-powered safety net services that help elders age in place. Find out more about Carry-Out Caravan, Fix-It, YardBusters, IceBusters, and Medical Mobility.

Lafayette Senior Services

103 S Iowa Ave, 80026
303-665-9052

LONGMONT

AgeWell (a Service of Longmont United Hospital/Centura Health)

910 Longs Peak Ave, Longmont 80501
303-651-5080

AgeWell is your "go to" resource on how to keep healthy. Their staff includes registered nurses who are ready to guide you to healthy choices, which vary from health management to unraveling a specific health concern.

Boulder Cty Area Agency on Aging

303-441-3570

Advocates and coordinators of services for seniors and families.

Boulder Cty Cooperative Extension – Colorado State University

9595 Nelson Rd, Box B, Longmont 80501
303-678-6238

Cultivate

303-443-1933

Cultivate provides volunteer-powered, community-funded safety net services that help local elders age in place. Find out more about Carry-Out Caravan, Fix-It, YardBusters, IceBusters, and Medical Mobility today.

National Association of Retired Federal Employees – Longmont

2667 Elmhurst Cir, Longmont 80503
303-772-6419

OUR Center

220 Collyer St, Longmont 80501
303-772-5529

A noon meal program and food bank, assistance with furniture, prescriptions, rent, utilities and shelter.

Senior Resource Specialist

910 Longs Peak Av, Longmont 80501
303-651-8716

NEDERLAND**Mountain Peak Life**

750 Hwy 72N, Nederland 80466
303-258-0799

Social meals, fitness, educational and cultural activities for West Boulder County and Gilpin County Seniors

Nederland Area Seniors, Inc

750 Hwy 72N, Nederland 80466
303-258-0799

Assists seniors in enhancing their quality of life, enabling them to live a life of respect and honor through the facilitation of nutrition, transportation, education, recreation, socialization and outreach programs for all seniors living in the Nederland area. Visit www.NederlandAreaSeniors.org

SNOW REMOVAL**Cultivate Snow Busters**

6325 Gunpark Dr, Ste F, Boulder 80301
303-443-1933

SOCIAL SECURITY**Boulder Social Security Office**

480 W Dahlia St, Louisville 80027
877-405-5872

Social Security Administration Medicare Claims

800-633-4227

Social Security Information

800-772-1213

SOCIAL SERVICES / ADULT PROTECTION**BOULDER****Boulder County Housing & Human Services**

3460 Broadway St, Boulder 80304
303-441-1000

Boulder County Long-Term Care Ombudsman

303-441-1173

LONGMONT**Boulder County Housing & Human Services**

515 Coffman St, Ste 100, Longmont 80501
303-441-1000

SPINE CARE & SPINE SURGERY**Boulder Neurosurgical & Spine Associates** *(ad on page 1)*
303-938-5700

- 4743 Arapahoe Ave, Ste 202, Boulder 80303
- 1606 Prairie Center Pkwy, Ste 340, Brighton 80601
- 300 Exempla Cir, Ste 270, Lafayette 80026
- 2030 Mountain View, Ste 500, Longmont 80501
- 1750 E Ken Pratt Blvd, 3rd Fl, Longmont 80504
- 90 Health Park Dr, Ste 300, Louisville 80027



SUBSIDIZED HOUSING RESOURCES

See our Subsidized Housing & Assistance list on page 103.

HUD

800-225-5342

SUPPORT GROUPS

Organizations that perform advocacy and support roles and inform the public about the latest research developments and provide assistance and support for specific ailments.

NATIONAL ORGANIZATIONS

Alzheimer's Association Helpline *(ad on page 66)*

800-272-3900

American Cancer Society

800-227-2345

American Council of the Blind

800-424-8666

American Diabetes Association

800-342-2383

American Heart Association

800-242-8721

American Kidney Fund

800-638-8299

American Liver Foundation

800-465-4837

American Lung Association

800-586-4872

American Parkinson Disease Association

800-223-2732

American Speech Language and Hearing Association

800-638-8255

American Stroke Association

800-553-6321

Arthritis Foundation

800-283-7800

Center for Disease Control

800-232-4636

Easter Seals Society

800-221-6827

Eldercare Locator Nationwide (Locates AAA Nationwide)

800-677-1116

Huntington's Disease Society of America

800-345-4372

Leukemia and Lymphoma Society

800-286-8159

Lupus Foundation of America

800-558-0121

Multiple Sclerosis Society

800-344-4867

National Cancer Institute Information Service

800-422-6237

National Family Caregivers Association

800-896-3650

National Kidney Foundation

800-622-9010

National Osteoporosis Foundation

877-868-4520

National Parkinson's Foundation

800-327-4545


National Stroke Association
800-787-6537

United Ostomy Assoc of America
800-826-0826

REGIONAL ORGANIZATIONS

Alcoholics Anonymous
303-322-4440

ALS Association Rocky Mountain Chapter (Lou Gehrig's Disease)
866-257-3211

 **Alzheimer's Association Colorado Chapter – Greater Boulder Region (www.alz.org/co)**
(ad on page 66)
5353 Manhattan Cir, Ste 100,
Boulder 80303
303-813-1669 x362 / 800-272-3900

American Cancer Society – Rocky Mtn Division
800-ACS-2345

Arthritis Foundation – Rocky Mtn Chapter
720-588-4969

Boulder Cty Area Agency on Aging – Care Connections
303-678-6116

Boulder Cty Area Agency on Aging – Caregiver Program (LGBT-friendly)
303-678-6116
– **National Caregiver Training Program (NCTP) (LGBT-friendly)**
303-678-6116

Lupus Foundation of America – Colorado Chapter
800-558-0121


National Kidney Foundation of CO
720-748-9991

Parkinson Association of the Rockies
866-718-2996

Rocky Mountain Stroke Center
303-730-8800

BOULDER, LAFAYETTE & LOUISVILLE

Alcoholics Anonymous Boulder Cty (www.bouldercountyaa.org)
303-447-8201

 **Alzheimer's Association Colorado Chapter – Greater Boulder Region (www.alz.org/co)**
(ad on page 66)
5353 Manhattan Cir, Ste 100,
Boulder 80303
303-813-1669 x362 / 800-272-3900

Alzheimer's Support Group (By Alzheimer's Association)
303-813-1669

– **East Boulder Senior Center**
5660 Sioux Dr, Boulder 80303
303-441-4388

– **Louisville**
900 W Via Appia, Louisville 80027
303-335-4919

Boulder Caregiver Support Group (for spouses & adult children)
303-554-5668

Boulder Caregiver Support Group Golden West (for adult children)
1055 Adams, Boulder 80303
303-444-3967

Continued on page 67 >

The Only Life Plan Re

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Caregiver education and support groups



Community education



Family care consultations



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alzheimer's  association*

Colorado Chapter

alz.org/co



Volunteer opportunities available



Join us for our Walks to End Alzheimer's Fall of 2022

alz.org/walk

SUPPORT GROUPS*continued from page 63***Caregiver Support Group**

909 Arapahoe Ave, Boulder 80302
303-441-4388

Center for People with Disabilities

1675 Range St, Boulder 80301
303-442-8662

Coping with Cancer

200 Exempla Cir, Lafayette 80026
303-673-1620

Lets Talk Diabetes

300 Exempla Cir, Ste 240, Lafayette 80026
303-498-1699

Parkinson's Support Group

Good Samaritan Medical Ctr
Conference Center
303-689-5214
(alternates every 4th Thurs, 2:30-4 p.m.)

**Safehouse Progressive Alliance
for Non Violence**

835 North St, Boulder 80304
303-449-8623

Spouse/Partner Loss Support Group

303-604-5300

**TRU Community Care –
Grief Services** *(ad on page 98)*

2594 Trailridge Dr East, Lafayette 80026
303-604-5300

Visually Impaired Support Groups

303-442-8662

Widowed Persons – Boulder

303-604-5300

**Windhorse Elder Care
– Geriatric Psych**

(ad on page 85)
303-786-9313

LONGMONT**Alzheimer's Caregiver
Support Group**

910 Longs Peak Ave, Longmont 80501
303-651-8414
(2nd Tues of the month 12-1:30 p.m.)

Center for People with Disabilities

615 N Main St, Longmont 80501
303-772-3250

**Easy Breathers –
Longmont United Hospital**

303-772-3329
(2nd Wed of the month 4:30-5:30)

Grief Support Group

910 Longs Peak Ave, Longmont 80501
303-651-8414

Longmont Caregiver Support Grp

910 Longs Peak Ave, Longmont 80501
303-651-8414
(1st Mon of the month)

Visually Impaired Support Groups

303-442-8662

TRANSPORTATION**Angel Flight West**

888-426-2643

Cultivate – VetsGo

303-443-1933

Berthoud Area Transportation Svc

970-532-2730

Faith in Action

303-666-9312

**First Transit – Colorado
Non-Emergency Medical
Transportation**

855-264-6368

Continued on next page >



TRANSPORTATION

continued

Key Transit

720-539-7373

National Center on Senior Transportation

866-528-6278

RTD/Access-A-Ride

303-299-2960

RTD Senior Ride

303-299-6503

Rural Alternative for Transport

970-532-0808

Seniors Little Helper

720-581-5670

VetsGo

(www.cultivate.ngo/vetsgo)

303-443-1933

Via Mobility Services

2855 N 63rd St, Boulder 80301

303-447-2848

Yellow Cab Mobility Plus

303-777-7777

URGENT CARE CENTERS

Assists patients with an illness or injury that does not appear to be life-threatening, but also can't wait for an appointment with their primary care doctor.

BOULDER

Boulder Medical Center Urgent Care

(*ad on Inside Front Cover and page 49*)

2750 Broadway, Boulder 80304

303-440-3000

Concentra Urgent Care

3300 28th St, Boulder 80301

303-541-9090

Rocky Mountain Urgent Care

4800 Baseline Rd, Ste D106,

Boulder 80303

303-499-4800

Urgent Care Center – Gunbarrel

6685 Gunpark Dr, Ste 102, Boulder 80301

303-415-5199

LAFAYETTE

Community Medical Center – Urgent Care

1000 W South Boulder Rd,

Lafayette 80026

303-415-4300

LONGMONT

NextCare Urgent Care

2144 Main St #8, Longmont 80501

303-772-0041

VETERAN SERVICES

NATIONAL RESOURCES

Debt Management

800-827-0648

Education Benefits

888-442-4551

Health Eligibility Center

800-929-8387

Insurance Center

800-669-8477

National Association of

Blind Veterans

321-948-1466

**Senior Care Associates –
VA Aid & Attendance Specialists
Nationwide**
801-424-1444

**US Dept of Veterans Affairs
– Help for Homeless Veterans**
877-424-3838`

VA Benefits
800-827-1000

Veterans Administration
800-827-1000

**Veterans Crisis
Intervention Hotline**
888-899-9377

Veterans Crisis Line
800-273-8255

**Veterans Health Administration
Toll-Free Hotline**
877-222-8387

STATE

**Colorado Dept of Human Services
– State & Veterans Nursing Homes**
1575 Sherman St, Denver 80203
303-866-5899

**Colorado Dept of Military
& Veterans Affairs**
303-284-6077

**Rocky Mountain Regional VA
Medical Center**
1700 N Wheeling St, Aurora 80045
303-399-8020

BOULDER COUNTY

Boulder Veterans Center
4999 Pearl E Cir, Boulder 80301
303-440-7306

**Colorado Dept of Military &
Veterans Affairs**
303-284-6077

ITEA – Veterans Acupuncture Clinic
317 W South Boulder Rd, Ste 4,
Louisville 80027
720-890-8922

**University of Colorado at Boulder
– Veterans Services**
1725 Euclid Ave, UCB 200, Boulder 80309
303-492-7322

**Veterans Service Officer
– Boulder**
4999 Pearl E Cir #106, Boulder 80301
303-441-3890

– Longmont
515 Coffman St, Longmont 80501
720-864-6663

VetsGo
(www.cultivate.ngo/vetsgo)
303-443-1933

**Workforce Boulder County
– Veterans Employment Services**
1333 Iris Ave, Boulder 80304
720-776-0822

VISION SERVICES & RESOURCES

NATIONAL RESOURCES

American Council of the Blind
212-502-7600

American Foundation of the Blind
800-232-5463

**Boulder Medical Center
Audiology and ENT**
(*ad on Inside Front Cover and page 49*)
2750 Broadway, Boulder 80304
303-440-3073

Continued on page 72 >

Common Eye Conditions in Colorado

Dry eye is a common condition when your eyes do not produce enough self-lubrication.

It can occur if you are not producing enough tears, or if you are producing tears but they are of poor quality. Dry eyes can cause burning, stinging, foreign body sensation, cloudy vision, redness, and even more tearing!

Blepharitis is a condition in which your eyelids become inflamed. The oil glands at the base of your eyelashes become blocked, irritated, inflamed, and sometimes red. Oil is a very important component of your tear film, so blepharitis can worsen dry eye, leading to further irritation and discomfort of the eyes.

In places like Colorado, where the

climate is quite arid, people are more prone to dry eye and blepharitis. Air conditions, such as poor air quality due to smoke, can make these eye conditions worse.

To treat dry eye or blepharitis, it is important to first be diagnosed by your eye physician to rule out other causes of eye discomfort, blurred vision, or red eye. With the advice of your doctor, you may try over-the-counter artificial tears, prescription drops, eyelid scrubs, warm compresses on your eyelids, and omega-3 fatty acid vitamins to improve symptoms. ~

Editor's Note: This article was submitted by Sarah Dech, MD of Front Range Eye Physicians PC, in Longmont. She may be reached at 303-772-3611 or by email at, manager@frepeye.com. See ad below.



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Aging and The Health of Your Eyes

Glaucoma is a disease characterized by progressive degeneration of the optic nerve. The optic nerve is a critical part of the visual pathway, transmitting visual signals from your eye to your brain. Damage to the optic nerve can cause irreversible vision loss.

Everyone is at risk for glaucoma, though the risk varies by age and ethnic background. Risk factors include increasing age, a family history of glaucoma, elevated eye pressure and Hispanic or African descent.

It is estimated that half of those who have glaucoma are unaware of the diagnosis because early in the disease there are no symptoms. Glaucoma can be diagnosed on a routine, dilated

eye exam. Early detection and treatment can help prevent vision loss and maintain quality of life.



Flashes and Floaters: The inside of the eye is filled with a jelly-like substance called the Vitreous Humor. Clumps of collagen can cast a shadow on the retina, which is the light sensing part of the eye. There usually is a process by which the vitreous can separate from the retina, which can cause

Continued on next page >

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- Retina**
- Macular Degeneration**
- Dry Eye**
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www.eyecaresite.com

Aging and The Health of Your Eyes continued from page 71

a sudden large increase in size or number of floaters along with flashing strobe-like lights in the vision. It is recommended to see an eye doctor if this happens.

In the long term, floaters are typically harmless but can be annoying. In cases of chronic and debilitating floaters, treatments

can potentially be done to remove the vitreous and the floaters. ~

Editor's Note: This article was submitted by Mansi Parikh, MD, glaucoma specialist & surgeon and Matthew Manry, MD, retina specialist & surgeon. Both doctors practice at the Eye Care Center of Northern Colorado and may be reached at 303-772-3300. See ad on page 71.

VISION SERVICES & RESOURCES continued

NATIONAL RESOURCES continued

Braille Institute of America
800-272-4553

Choice Magazine Listening
888-724-6423

Colorado Talking Book Library
800-685-2136

Eye Bank Association
202-775-4999

Eye Care America
(www.EyeCareAmerica.org)
800-222-3937

Foundation Fighting Blindness
800-683-5555

Lighthouse Guild
800-284-4422

**National Eye Institute
Information Office**
301-496-5248

Prevent Blindness
800-331-2020


The Vision Council
703-548-4560

STATE

Colorado Gerontological Society
1129 Pennsylvania St, Denver 80203
303-333-3482

Friends of Man
303-798-2342

BOULDER, LAFAYETTE & LOUISVILLE

 **Audio Information Network of CO**
1700 55th St, Ste A, Boulder 80301
303-786-7777

Boulder Medical Center
(ad on Inside Front Cover and page 49)
2750 Broadway St, Boulder 80304
303-440-3027

**Center for People with
Disabilities**
1675 Range St, Boulder 80301
303-442-8662

Ensign Skills Ctr – Low Vision Rehab
300 Exempla Cir, Ste 120, Lafayette 80026
866-375-5693

Eye Care Center of Northern Colorado

(ad on page 71)

720-706-6539

- 3000 Center Green Dr, Ste 250, Boulder 80301
- 300 Exempla Cir, Ste 120, Lafayette 80026

LONGMONT

Center for People with Disabilities

615 N Main St, Longmont 80501
303-772-3250

Eye Care Center of Northern Colorado

(ad on page 71)

1400 Dry Creek Dr, Longmont 80503

720-706-6539

Front Range Eye Physicians

(ad on page 70)

205 S Main St, Ste D, Longmont 80501

303-772-3611

Longmont Senior Center

910 Long Peak Ave, Longmont 80501
303-651-8411

VISITATION & PHONE REASSURANCE

BOULDER, LAFAYETTE & LOUISVILLE

Area Agency on Aging / Boulder Cty

3485 N Broadway, Boulder 80304
303-441-3570

Jewish Family Svcs – Clients Only

6007 Oreg Ave, 80303
303-415-1025

VOLUNTEER OPPORTUNITIES

AARP Colorado – Volunteer

303 E 17th Ave, Ste 510, Denver 80203
866-554-5376

Colorado Gerontological Society

1129 Pennsylvania St, Denver 80203
303-333-3482

Respite & Companion Volunteer Program

720-864-6526

Senior Corp National Service Hotline

800-942-2677

United Way – 211

211

BOULDER, LAFAYETTE & LOUISVILLE

Audio Information Network of CO

1700 55th St, Ste A, Boulder 80301
303-786-7777

Cultivate – RSVP 55+ Volunteer Program

6325 Gunpark Dr, Ste F, Boulder 80301
303-443-1933

Boulder County Volunteer Program – www.BoulderCountyVolunteers.org

303-441-4889

Boulder County Volunteer Respite & Companion Program

720-864-6526

Boulder Senior Services

– West Center

909 Arapahoe Ave, Boulder 80302
303-441-4388

Continued on page 74 >

VOLUNTEER OPPORTUNITIES

continued

Faith In Action

1394 Cavan St, 80303
303-666-9312

Foothills United Way

1285 Cimarron Dr, 80026
303-444-4013

TRU Community Care

(ad on page 98)
2594 Trailridge Dr East, Lafayette 80026
303-604-5226

Jewish Family Service

6007 Oreg Ave, 80303
303-415-1025

Lafayette Senior Services

103 S Iowa Ave, Lafayette 80026
303-665-9052

YMCA of Boulder Valley

2850 Mapleton Ave, Boulder 80301
303-442-2778

LONGMONT

Cultivate – RSVP 55+ Volunteer Program

303-443-1933

Longmont United Hospital Volunteer Office

1950 Mountain View Av, Longmont 80501
303-651-5205

NEDERLAND

Mountain Peak Life

Nederland Community Center
750 Hwy 72, 2nd Fl, Nederland 80466
303-258-0799

WELLNESS & EXERCISE PROGRAMS

BOULDER

Boulder County Area Agency on Aging Wellness Programs

3482 Broadway St, Boulder 80304
303-441-3599

Boulder Age Well Center

909 Arapahoe Ave, Boulder 80302
303-441-4150

Frasier Meadows Wellness Center

350 Ponca Pl, Boulder 80303
720-562-4416

Grillo Health Info Center

4715 Arapahoe Ave, Boulder 80302
720-854-7293

Matter of Balance

303-441-3599
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Nutrition Counseling

303-678-6115

LONGMONT

AgeWell at Longmont Senior Center (a service of Longmont United Hospital/ Centura Health)

910 Longs Peak Ave, Longmont 80501
303-651-5080

Health Ambitions (a service of Longmont United Hospital/ Centura Health)

1950 Mountain View Ave,
Longmont 80501
303-485-4161

Wellness Clinic

1950 Mountain View Ave,
Longmont 80501
303-485-3474

LOUISVILLE

Avista Adventist Hospital

100 Health Park Dr, Louisville 80027
303-673-1000

NEDERLAND

Mountain Peak Life

Nederland Community Ctr #109,
750 Hwy 72, Nederland 80466
303-258-0799

YARD CARE

Cultivate – Yard Busters Program

6325 Gunpark Dr, Ste F, Boulder 80301
303-443-1933

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My name is [Nancy Fenimore](#), and I am the Publisher and your local partner in our mutual quest to share all things senior. We are thrilled to provide this 'go-to' resource, geared toward offering you a myriad of options from Housing to Health at Home and everything else A-Z. Want to know what's happening around town? Looking for a local networking meeting? Curious about learning more about a Boulder County senior community or service? We hope you will check out all the features this page offers. You have my absolute commitment to keep it fresh, relevant and educational.

If you know of a business or service that should be added to the Boulder County guide, please [email me](#), and as always, feel free to reach out to me at any time and for any reason.

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Non Medical Home Care Definitions

24 HOUR ON CALL – Refers to ‘around the clock treatment’ in a home environment. The care may be shared by multiple caregivers or by a single caregiver.

ALZHEIMER’S/DEMENTIA CARE – Non-skilled care provided for clients with memory issues includes but not limited to establishing a routine, reminders for activities for daily living, rerouting if necessary and assistance with sleep issues or ‘sun downing’. By using creativity and caregiving skills, you can adapt routines and activities as needs change.

BONDED – Being bonded means that a bonding company has secured money that is available to the consumer in the event they file a claim against the company.

HOMEMAKER/COMPANION – Non-medical assistance with meal preparation, laundry, light house-keeping, errands, activities, outings, companionship and other household duties. These agencies are licensed by the state.

HOURLY MINIMUM – This refers to the minimum number of hours that an agency provides service.

INSURED – This refers to what happens if someone gets hurt on the job. If the company isn’t insured, then the claim gets filed against the homeowner’s insurance. If the company is insured, then the claim gets filed against the company’s insurance.

LICENSURE – A home care agency, whether medical or non-medical, shall be issued a license consistent with the type and extent of services provided.

CLASS A – A home care agency that provides any skilled health-care service. Agencies with a Class A license may also provide personal care services.

CLASS B – A home care agency that provides only personal care services. An agency with a Class B license shall not provide any skilled healthcare service.

STATE REGISTRATION – The State of Colorado does not license home-care placement agencies. Placement agencies are registered with the state. Registration ensures that placement agencies are adhering to certain minimum standards such as background checks for caregivers and insurance requirements for agencies and caregivers.

MED-ALERT SYSTEMS – Personal medical alert products activated by pushing a button.

MEDICATION REMINDER – Assistance with reminding an individual about medications but not dispensing medications.

TRANSPORTATION – Rides to shopping, appointments and other outings.

WORKER’S COMP – Insurance that covers medical and rehabilitation costs and lost wages for employees injured at work. ~

Home Health Care Definitions

24 HOUR CARE – Refers to “around the clock treatment” in a home environment. The care may be shared by multiple caregivers or by a single caregiver.

24 HOUR ON CALL – Refers to someone being available 24 hours a day to speak with you.

CARDIAC CARE – Refers to services including patient assessment, specific diet information, and management of the disease process, medication management and education. Cardiac care is a program designed to help a person with heart disease return to health. Cardiac care may consist of exercise, modifying risk factors to prevent further heart damage, or psychological rehabilitation.

DIABETIC CARE – Refers to services including patient assessment specific diet information, management of the disease process, medication management and education on all the above. Services are provided by Registered Nurse under the supervision of a M.D. Some agencies may have certified diabetic nurse instructors or cardiac care specialty RN's.

ENTERAL FEEDING – Enteral feeding, or tube feeding, is a way to deliver nutrients through a tube if you cannot take food or drink through your mouth.

HOSPICE – Hospices provide individuals facing terminal illness with care at home or in a healthcare facil-

ity. The goal is to assist patients to live the last stage of their lives with dignity. The focus is on comfort rather than treatment.


HOUR MINIMUM – The least number of hours a Non-Medical Home Care Agency will be available for hire. Medicare certified Home Health Agencies are not on a specified time frame.

INTRAVENOUS THERAPY (IV) – Refers to any medical treatments/medications that need to be introduced into the body via a patient's veins. Numerous IV Therapies can be provided in a patient's home under supervision of a MD. Some of these include: inter-infective/antibiotic therapies, hydration therapy, pain management, chemotherapy and central line care and maintenance.

MED-ALERT – Company offers a pendant or home alert system that notifies staff that user is in distress and needs immediate assistance.

NON-MEDICAL HOME CARE – Assistance with Activities of Daily Living (ADL's), homemaking, companionship and other non-medical in home care. These services are available for hire after, or in conjunction with, Medicare certified services. Private payment, Medicaid and Veterans Benefits are a few of the ways personal care can be paid for.

Continued on page 87 >

 NON-MEDICAL HOME CARE AGENCIES		NON-MEDICAL HOME CARE AGENCIES													
AD ON PAGE #	PHONE #	LICENSURE	HOMEMAKER / COMPANION	ALZHEIMER'S / DEMENTIA CARE	INCONTINENCE CARE	TRANSPORTATION	MEDICATION REMINDERS	MED-ALERT	YARD WORK	24 HOUR CARE	24 HOUR CONTACT	LIABILITY COVERAGE BONDED (B) / INSURED (I) WORKERS COMP (W)	FREE ASSESSMENT	MINIMUM HRS PER VISIT	PAYMENT METHODS
84	720-494-8407	B	•	•	•	•	•	•		•	•	•	•	3	LT PI PP VA
86	970-237-5747	B	•	•	•	•	•	•		•	•	•	•	4	LT PP VA
79	720-890-7777	AB	•	•	•	•	•			•	•	•	•	1	LT O PP VA
89	303-444-4040	AB	•	•	•	•	•			•	•	•	•	1	LT PP
85	720-502-3939	B	•	•	•	•	•	•		•	•	•	•	3	LT O PP VA

Griswold Home Care

79

303-625-7503

B

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BIW • 2

LT PP

Home Instead

86

720-890-0184

B

• • • • •

• • • • •

• • • • •

BIW • 3

LT PP

PAYMENT METHODS:

PP=Private Pay / PI=Private Insurance / LT=Long Term Insurance / VA=Veteran Administration / MA=Medicaid / MC=Medicare / HM=Managed Care Insurance / O=Other
 Indicates website link on seniorsbluebook.com



Continued on next page >



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 NON-MEDICAL HOME CARE AGENCIES		NON-MEDICAL HOME CARE AGENCIES (cont'd)													
AD ON PAGE #	PHONE #	LICENSURE	HOMEMAKER / COMPANION	ALZHEIMER'S / DEMENTIA CARE	INCONTINENCE CARE	TRANSPORTATION	MEDICATION REMINDERS	MED-ALERT	YARD WORK	24 HOUR CARE	24 HOUR CONTACT	LIABILITY COVERAGE BONDED (B) / INSURED (I) WORKERS COMP (W)	FREE ASSESSMENT	MINIMUM HRS PER VISIT	PAYMENT METHODS
81	720-204-6083	B	•	•	•	•	•	•	•	•	•	•	•	3	LT PP
84	303-444-1133	B	•	•	•	•	•	•	•	•	•	•	•	1	LT PP
85	720-608-0571	B	•	•	•	•	•	•	•	•	•	•	•	2	LT PI PP VA
85	720-652-9078	B	•	•	•	•	•	•	•	•	•	•	•	2	LT PP VA
81	303-465-4663	B	•	•	•	•	•	•	•	•	•	•	•	1	LT PI PP VA
81	720-204-5788	B	•	•	•	•	•	•	•	•	•	•	•	1	LT PP

Even Healthcare Professionals Struggle Navigating the Complicated Healthcare System

Understanding the “maze” that is our health care system is getting more confusing every day, especially when it comes to senior care.

If you have ever experienced the frustration of getting answers, understanding insurances, and finding the right resources, you are not alone. Even healthcare and senior care professionals struggle.

Between political agendas, changes to regulations, the changing needs of the community; the programs, services, and resources available are also constantly changing. Plus, you add an increase in work demands, it's no wonder your doctor, nurse, hospital discharge planner, or other health care professionals do not have all the answers. Here is a list of things one can do to navigate.

Do your research. The greatest tool in navigating the ever-changing healthcare system is education. While it may be time consuming, you will become more empowered

the more you know. Understanding the services and resources available is a step in the right direction. In almost every community, there are

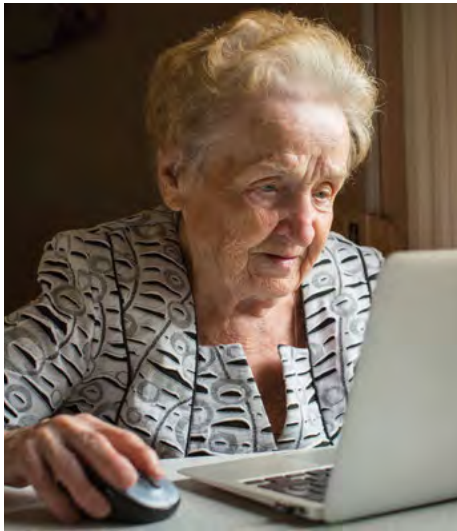
opportunities for free public educational in-services and networking events.

Consult with multiple health care professionals. It is often said that it takes a village when it comes to senior care. That saying could not be truer today. By getting infor-

mation from multiple sources, you can compile that information to help make the best decisions.

Never settle. Often if you feel yourself saying, there must be a better way, or I don't understand why I am being denied, you should not take the first answer you get. Make phone calls, do your research, read your policies and regs. Often you will find that people tend to impose their own beliefs or interpretation.

Continued on page 86 >



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**Home
Instead.**

Even Healthcare Professionals Struggle Navigating the Complicated Healthcare System *continued from page 82*

If you dig hard enough, you can get the right person who can help. Sometimes, entities like insurance companies rely on the notion that you will just ‘give up’.

Find a Certified Senior Advisor®.

In every community, you can find experts who can assist you with your research and who can act as an advocate on your behalf. Not only is navigating the healthcare “maze” -confusing, but you will also find that many healthcare entities (hospitals, nursing homes, doctors) operate in their own silo. Then as we navigate our way around, we get passed from one silo to the next.

The problem is that things can get lost in the cracks as we move from one to another. This is where a certified advisor can help. They can act as a central point of coordination helping us move from silo to silo.

Like any maze, it can be easy to spend too much time moving in the wrong direction. The good news is you are not alone. There is help. ~

Editor's Note: Article submitted by Jake Rankin, Founder/CEO Talem Home Care & Placement Services, Certified Senior Advisor® He can be reached at 720-789-7350 or by email at jake@talemhc.com. See ad on page 83.

Home Health Care Definitions

continued from page 77

PSYCHIATRIC CARE – Refers to the agencies' ability to offer services related to psychiatric support with the prevention, diagnosis, and treatment of mental illness. Services may include counseling or administering of medications.

SOCIAL WORKER – A clinical social worker whose purpose in health care is to enhance, promote, maintain, and restore the best possible social abilities of the patient or family. Services provided may be preventive, developmental, or remedial in nature.

THERAPY SERVICES (ST, PT, OT, RT) –

Speech Therapy – Refers to services to assess and treat speech and swallowing disorders. Speech therapy can treat speech, language, cognitive skills or swallowing.

Physical Therapy – Refers to services for the treatment and the rehabilitation process where a physical therapist will often stretch, strengthen, facilitate muscles, challenge balance, test coordination abilities, teach home exercise programs and enhance basic mobility skills.





Occupational Therapy – Refers to services to assess and treat patients to improve their ability to perform tasks in their daily living and working environments. Patients may have mental, physical, developmental, or emotional disabilities. Therapists also help them to develop, recover, or maintain daily living and


work skills. Occupational therapists help clients not only to improve their basic motor functions and reasoning abilities, but also to compensate for permanent loss of function.

Respiratory Therapy – Refers to services for care of patients with deficiencies and abnormalities associated with the cardiopulmonary system. It may include the therapeutic use of medical gases and their equipment, environmental control systems, humidification, aerosols, ventilator support, bronchi pulmonary drainage and exercise, respiratory rehabilitation, assistance with cardiopulmonary resuscitation, and maintenance of natural, artificial, and mechanical airways.

TRACH CARE – Refers to care administered to patients who have undergone a tracheotomy. A tracheotomy is a surgical procedure in which a cut or opening is made in the windpipe (trachea). The surgeon inserts a tube into the opening to bypass an obstruction, allowing air to get to the lungs, or remove secretions.


WOUND CARE – Refers to services for providing diagnosis and treatment for ulcers, pressure sores and other wounds. Treatments may include but is not limited to irrigations, dressing, and wound vacs. Some agencies may Wemploy specialty nurses to provide and instruct in care specifically for patients with more complicated wounds. ~

 HOME HEALTH CARE AGENCIES		AD ON PAGE #	PHONE #	THERAPY (SPOR)	24 HOUR CARE	SOCIAL WORKER	IV THERAPY	WOUND CARE	DIABETIC CARE	CARDIAC CARE	TRACH CARE	ENTERAL (TUBE) FEEDING	PSYCHIATRIC CARE	MED-ALERT	NON-MEDICAL HOME CARE	PAYMENT METHODS
HOME HEALTH CARE AGENCIES																
Alpine PT Home Care	90	303-772-2387	SPO													MC PP
 Bridges Community HomeCare & Hospice	99	303-500-5055	SPO													HM MA O PI PP VA
 BrightStar Care	79	720-890-7777	SPO													LT O PI PP VA
Colorado Visiting Nurse Association	100	303-698-2121	ALL													HM MA MC O PI PP VA
 Dignity Care, LLC	89	303-444-4040														LT PP

 Good Samaritan Society – Colorado Home Health Care	90	970-635-2970	SPO	• • • • •	• • • • •	HM LT MA MC O PI PP VA
Windhorse Elder Care	85	303-786-9313		•	• • • • •	LT PP

PAYMENT METHODS:

PP=Private Pay / PI=Private Insurance / LT=Long Term Insurance / VA=Veteran Administration / MA=Medicaid / MC=Medicare / HM=Managed Care Insurance / O=Other

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Boulder Community HomeCare	303-415-4515
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Centura Health at Home	303-561-5400
Complete Home Health Care	720-652-0292
Craft Health	720-274-5974
Interim Healthcare	303-339-9219
Professional Home Health Care	720-494-0190
Professional Home Health Care	303-444-1981
SCL Home Health	303-388-7000
Transitions Health Care	303-427-5302
White Horse Health & Wellness	720-704-0004

Hospice Care Definitions

HOSPICE Hospices provide individuals facing terminal illness with care at home or in a healthcare facility. The goal is to assist patients to live the last stage of their lives with dignity. The focus is on comfort rather than treatment.

Services Provided:

N-NURSE – Assesses patient’s physical needs, develops and coordinates the plan of care, ensures symptom control and management, provides patient/family teaching as needed

SW-SOCIAL WORKER – Assesses patient and family emotional and social needs, develops a plan of care, provides counseling, referrals and support to meet identified needs

CHAPLAIN – Assesses patient and family spiritual needs, develops a plan of care, provides counseling, assists with memorial preparations.

HOME HEALTH AIDE – Provides direct personal care to patient, emotional support to patient and family, reports identified needs to RN.

VOLUNTEER – Provides respite and needed non-medical services for patients and their families, offers support at time of death and during bereavement.

Levels of Care:

RO-ROUTINE CARE – Occurs when regularly scheduled visits are adequate in maintaining the individual’s symptom management. Care is provided at the individual’s private residence, a retirement community, an assisted living, or a skilled nursing facility.

RE-RESPITE CARE – Provided when the family needs time to rest or go out of town for a short time. Care

Continued on next page >

Hospice Care Definitions continued

may be provided in a long-term care facility depending on the condition of the individual. Hospice is responsible for financial arrangements with the Long-term care facility.

GIP – General In-Patient Care – Provided in a skilled nursing facility when the symptoms cannot be managed elsewhere. The skilled nursing facility must have 24-hour R.N. coverage as deemed by Medicare guidelines. General in-patient care is usually short in duration. This level of care is usually due to symptoms which are out of control and more intensive nursing services are required. If an individual is at a care facility, room and board are covered by hospice during this period.

CC-CONTINUOUS CARE – Provided to prevent the individual from going to the hospital when a crisis occurs. It also is given when more help is needed to assist the individual and family in coping with the crisis. This level of care is usually provided at the individual's residence no matter where that may be. The criteria for continuous care may include: Severe pain or symptoms which are out of control, psychotic episodes, breakdown of caregiver, imminent death and family unable to cope. Continuous care is typically reserved for end of life or other crises that requires a constant presence by a nurse or care team.

24/7 ADMISSIONS – If a patient qualifies for hospice care, they should be admitted as early as the family requests. Many agencies admit patients to hospice, 24/7, evenings weekends, and holidays.

AROMATHERAPY – Uses plant materials and aromatic plant oils, including essential oils, and other aromatic compounds for the purpose of altering one's mood, cognitive, psychological or physical well-being. This is not reimbursed by Medicare.

GRIEF SUPPORT GROUPS – Grief is the normal and universal reaction humans have to the loss of those they love. When your loved one passes, you may go through a period of bereavement and experience grief. Many provide Grief Groups that meet and address issues of grief in a supportive group setting.

INDIGENT PATIENTS – Does the hospice accept non funded or indigent patients? This is usually on a case by case basis and at the determination of the hospice company. Many have a non-profit organization that can help support the care of non-covered patients.

IN-PATIENT CARE – These hospices offer full hospice services in their on-campus unit or building. The patient moves into the inpatient care facility to receive their

hospice services rather than in the patients' home setting.

LICENSED MASSAGE THERAPY – Used as a method for relaxation to alleviate stress, anxiety and pain with a light hands-on approach, as well as providing an alternative to those who can't take medication or prefer not to, massage therapy has become essential in hospice care. This is not reimbursed by Medicare.

MUSIC THERAPY – Music Therapy is an established healthcare profession that uses music to address physical, emotional, cognitive, and social needs of individuals". A music therapist creates goals and objectives for their patients and uses music activities and music experiences (listening, composition, improvisation, or playing/singing a familiar song) in order to achieve those goals. This is not reimbursed by Medicare.

PAIN PUMPS AVAILABLE – Many patients have their symptoms controlled through oral medications. Some situations require a pain pump where medications are administered through an IV pump. If this is the situation, inquire with the hospice RN case manager to see if pain pumps are available through their agency.

PALLIATIVE CARE – Specialized medical care for people with serious illness. It is focused on providing patients with relief from the symp-

toms, pain and stress of a serious illness – whatever the prognosis. It is appropriate at any age and at any stage in a serious illness and can be provided along with curative treatment.

PCP-OVERSIGHT – Can the hospice patient retain their own primary care physician in addition to the hospice medical director? All hospice organizations require a medical director, a physician to oversee their care. Many times the hospice medical director will work in conjunction with the patient's own physician. The patient, family and hospice team can determine which physicians will oversee the care and certify the hospice eligibility criteria.

PET THERAPY – There's nothing like a visit from a four-legged creature to brighten the day of a terminally ill patient. Pet therapy teams visit with patients wherever they reside – at home or in professional care settings. Studies have shown many benefits of pet companionship, ranging from reduced blood pressure and anxiety to relief from boredom, pain and loneliness. This service is not reimbursed by Medicare.

VA CONTRACT – If the patient is not a Medicare Recipient and is covered by the VA, the VA will make payments directly to their contracted agencies. If a patient is a Veteran, but is a Medicare Recipient, they may choose any Medicare approved hospice agency for their care. ~




PAYMENT METHODS
MULTI-LINGUAL
IN-PATIENT CARE
INDIGENT PATIENTS
HOME HEALTH AGENCY
PCP OVERSIGHT
THERAPIES - HOSPICE A=Aroma / MA=Massage / MU=Music / P=Pet
GRIEF SUPPORT GROUPS
PAIN PUMPS AVAILABLE
24/7 ADMISSIONS
LEVELS OF CARE RO=Routine / RE=Respite / G=General In-Patient Care / C=Continuous Care
SERVICES PROVIDED CH=Chaplain / RN=Registered Nurse / SW=Social Worker / V=Volunteer
PALLIATIVE CARE
PHONE #
AD ON PAGE #



HOSPICE PROVIDERS

HOSPICE CARE PROVIDERS

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Bridges Community HomeCare & Hospice	HM LT MA MC O PI PP VA	•	303-500-5055	99
Denver Hospice, The	HM MA MC PI PP VA	•	303-398-6200	99

 Dignity Hospice of Colorado	99	720-222-3315	ALL	ALL	• • • • ALL	•	HM LT MA MC PI PP
 Halcyon at Colorado Visiting Nurse Association	100	303-329-0870	• ALL	ALL	• • • • ALL	• • • •	HM MA MC PI PP VA
Trail Winds Hospice	98	303-442-5683	• ALL	ALL	• • • • ALL	•	HM MA MC PI PP
 TRU Community Care	98	303-449-7740	• ALL	ALL	• • • • ALL	• • • •	ALL

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 **Services: RN= Registered Nurse / SW= Social Worker / C=Chaplain / V=Volunteers
 *****Therapies: A=Aroma / Ma=Massage / Mu=Music / P=Pet
 ***Levels of Care: RO=Routine / RE=Respite / GIP=General In-patient / CC=Continuous Care

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Palliative care can help. Palliative (pal-ee-uh-tiv) providers are experts in navigation. Whether the medical practice phone tree or the Pacific Ocean, these specialists help individuals understand where they are in terms of their medical scenario, providing the perspective, support and guidance needed for the journey.

It happens like this: The palliative provider (say a nurse practitioner), guides the boat to calmer waters, where everyone can take a breather and talk about what's been going on. The NP reviews all the medical information and then works with the patient (and whoever else is in the boat) on a navigational plan moving forward.

That plan may start with an all-hands-on-deck approach to getting pain or uncomfortable symptoms under control. It may include planning for what's ahead, like treatment

or getting on top of everyday life. The palliative social worker may get onboard, providing moral, emotional and practical support—and helping families get prepared for conditions that may lie ahead.

Palliative providers don't replace a person's existing doctors. Instead, they gather and share information, acting as a solid communication point among the patient, family and providers, including specialists.

This support can be helpful at any stage of a person's diagnosis and treatment for conditions like cancer, COPD, heart disease and others.

Palliative care is covered by Medicare, Medicaid and most private insurance. If you or someone you know could benefit from this medical specialty, talk to your doctor or get in touch with a palliative care provider today. Calmer waters can be a phone call away. ~

Editor's Note: This article was submitted by Autumn Rowland, FNP-C, Managing Director at Agape Healthcare, Hospice & Palliative Care, and may be reached at 720-482-1988 or by email: arowland@agape-healthcare.com. See ad on page 97.





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VNAColorado.org/services/hospice-care/

Senior Housing Definitions

ACTIVE ADULT COMMUNITIES are traditionally geared towards the physically active senior, these communities can be apartment style, cottage/patio home, or Condo/Townhome style living. There are often community gatherings and many offer enhanced amenities like concierge, golf courses and recreation centers. They usually do not offer meal or meal option community dining (but may have a restaurant on site). May be a buy-in or a rental property.

AGE RESTRICTIONS – Some communities have a restriction on the youngest age they are allowed to accept. These restrictions vary by community.

ALZHEIMER'S / DEMENTIA

ASSISTED LIVING COMMUNITY

– Licensed assisted living facility or skilled nursing facility that specialize in delivering care to victims of Alzheimer's and dementia. Communities are typically bedroom-style rental units with common areas for dining and activities. Many are locked for residents' safety.

ASSISTED LIVING COMMUNITY –

Typically apartment-style with kitchenettes and private baths. Some offer companion accommodations. Personal assistance with Activities of Daily Living (ADLs) bathing, grooming, dressing, toileting, eating and ambulation.

DAY CARE – Any provider can elect to provide day/night services on a short or long term basis. Rates typically include a place to rest, one or two meals and snacks and activities for the day. Licensed communities are prohibited by law to promote these services without a specific license.

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helps apartment owners offer reduced rents to low-income tenants.

INDEPENDENT HOUSING – Apartments and communities for adults 55+ with little or no senior support services (e.g. no meals, etc...)

INDEPENDENT LIVING is usually apartment style communities for

adults 55+ with little or no senior support services. Many but not all are wheelchair accessible.

INTERMEDIATE CARE – 24 hour inpatient care residents who need licensed nursing supervision and supportive care, but do not require continuous nursing care. Residents may receive full assistance with ADL's and transfers. Residents receive meds from a nurse following a doctor's orders and may receive outpatient rehab services. Facilities may use a nurse as a their consultant and the residents receive periodic assessments from a licensed practitioner.

LONG-TERM CARE – Chronic, custodial care provided on an on-going basis.

MEDICAID WAIVER – An assisted living waiver may be used to transition individuals out of nursing facilities or to provide persons at risk of institutionalization with options for remaining in their communities. Assisted living waivers are designed to provide an alternative to more costly nursing home care.

PRICE DEPENDENT ON LEVELS OF CARE – Flexible levels of service geared to accommodate different needs over time. Rates may vary depending on the changing levels of care while one maintains the same physical residence.

PUBLIC HOUSING (PH) – Affordable apartments for low-income families, the elderly and persons with disabilities.

REHABILITATION AND THERAPY – Many skilled nursing facilities offer restorative and rehabilitative physical and occupational therapy, and speech-language pathology services. Short-term rehabilitation services may be provided to individuals with diagnoses such as joint replacements, stroke, etc. Long-term rehab may also be provided for permanent residents of the facility who have chronic or progressive illnesses. Occupational therapy services in this setting are generally reimbursed by Medicare Part A for short-term, acute care clients; Medicare Part B for long-term residents who require skilled services and have medically necessary need for rehab; and often by private insurance, Medicaid, or private pay for younger clients.

RESIDENTIAL HOME – Assisted living homes are private residential homes that typically have a small number of residents who live together and receive care from live-in caretakers. Adult family homes offer room and board for seniors who want a more private, home-like community. Assistance with activities of daily living such as bathing and dressing are provided. Amenities and nursing services vary greatly between homes. Ask about their services when you tour. They are also referred to as personal board and care homes. Most accept private pay; Medicaid in some instances.

Continued on next page >

Senior Housing Definitions *continued*

RESPITE CARE / SHORT-TERM STAY

– Otherwise known as a short-term stay. Any provider of IL, AL, ALZ or SNF care can elect to provide fully furnished accommodations to a person for a short period of time. Rates usually quoted on a daily basis and are typically inclusive of all services and amenities.

RETIREMENT COMMUNITY –

Housing designed specifically for mature adults. Typically Studio, 1 BR or 2 BR rental apartments with full kitchens, and private baths are available. Services include meal plans, transportation, housekeeping, laundry and maintenance. Amenities are usually abundant; formal libraries, computer stations, swimming pools, gardens, and other social gathering spaces. Rates are monthly, and are typically based on size/ location of apartment.

SECURED UNIT – A secured unit dedicated to Alzheimer's/Dementia residents to prevent wandering outside the community without supervision.

SHORT-TERM CARE – Acute care provided on a short term basis.


SKILLED CARE – 24 hour licensed nursing services, eight hours of which are RN covered. Patient may receive rehab services either inpatient or outpatient and may be fully dependent for ADL's. Patients receive medications by an RN according to a licensed physicians orders.

SKILLED NURSING FACILITY –

Facilities provide 24/7 care for residents and offer full assistance with ADL's. Daily rates typically include a furnished bedroom and a private or shared bath, meals, activities, transportation, phone service, cable television and all personal/nursing care. Payor sources usually accepted are Medicare, Medicaid, VA, some insurance plans and private sources.

TRACH CARE – Refers to care administered to patients who have undergone a tracheotomy. A tracheotomy is a surgical procedure in which a cut or opening is made in the windpipe (trachea). The surgeon inserts a tube into the opening to bypass an obstruction, allow air to get to the lungs, or re-move secretions.

VENTILATOR - Moves breatheable air into and out of the lungs, to provide the mechanism of breathing for a patient who is physically unable to breathe, or is breathing insufficiently.

WANDERGUARD - Offered at some facilities. A resident with memory loss or confusion wears a small discrete pendant. Each external door in the care home is fitted with a radio detector which detects when a pendant moves near an exit. The WanderGuard will sound an audible alarm, alerting the staff of a patient wandering. 

SUBSIDIZED HOUSING & ASSISTANCE

Subsidized housing provides low cost housing to qualified residents who pay 30% of their adjusted gross income for rent. Each facility maintains its own waiting list. For updated information on availability and locations call any of the following numbers.

BOULDER, LAFAYETTE & LOUISVILLE

Boulder Cty Housing Authority
2525 13th St, Ste 204, Boulder 80302
720-564-2284

Waitlist Information
720-864-6616

Boulder Housing Partners
4800 N Broadway, 80304
720-564-4610

Thistle Community Housing
6000 Spine Rd, Ste 101, Boulder 80301
303-443-0007

LONGMONT

Senior's Resource Specialist
910 Longs Peak Av, Longmont 80501
303-651-8411

Longmont Housing Authority
303-651-8581

Thistle Community Housing
303-443-0007

Senior Living Communities Are Safe and Open

What a year 2020 was for all of us and especially for those who were living in senior living. When everything shut down in March 2020, senior living had to pivot and activate their emergency plans to keep their residents safe.

All the Front Range and throughout Colorado, senior living communities did an amazing job keeping their residents safe. According to AARP covid deaths in the southwest were substantially lower compared to the rest of the country. Covid restrictions, population in communities and local leadership contrib-

uted to these lower numbers.

An astounding 93% of residents and staff have been vaccinated in senior living communities. In-person visits are happening again and communities are safer than ever. If you or a loved one needs to move to a senior living community, the best way to do this is to work with local GDPRA agents who are ethical and knowledgeable.

Do you wish you had someone with experience walking

beside you through this journey? Someone that can narrow down your

Continued on page 113 >



GDPRA
GREATER DENVER CHAPTER OF NPRA





AFFORDABLE / SUBSIDIZED HOUSING COMMUNITIES

	AD ON PAGE #	PHONE #	# OF UNITS	LOWEST STARTING PRICE
BOULDER				
★ Golden West – The Towers 1055 Adams Cir, Boulder 80303	120	303-226-0100	253	\$900 IB IR Sec 8 TC
Northport (Boulder Housing Part), 1133 Portland Pl, Boulder 80304		720-564-4600	50	Sub
Presbyterian Manor, 1050 Arapahoe Ave, Boulder 80302		303-444-0642	80	\$610 IB IR Sec 8
Walnut Place (Boulder Housing Part), 1940 Walnut, Boulder 80302		720-564-4600	95	Sub
BROOMFIELD				
★ Town Centre Senior Apartments 999 E 1st Ave, Broomfield 80020	109	303-465-1919	88	\$1084 IR TC
ERIE				
Victor F Smith Senior Housing, 800 High St, Erie 80516		720-564-2284	12	Sec 8
LAFAYETTE				
Josephine Commons, 455 N Burlington Ave, Lafayette 80026		720-564-2284	74	TC
Villa West I & II, 450 S Carr Ave, Lafayette 80026		720-564-2284	38	TC
LONGMONT				
Aspen Meadows, 70 21st Ave, Longmont 80501		303-485-5232	50	\$770 IR

Longs Peak Residence, 2139 Emery St, Longmont 80501	303-651-3601	50	
Mountain View Plaza, 1350 Collyer St, Ste100, Longmont 80501	303-776-9103	80	
St. Vrain Manor, 606 Pratt St, Longmont 80501	303-776-3785	74	IR
The Lodge at Hover Crossing, 2127 18th Ave, Longmont 80501	303-776-6518	50	
Village Place at Longmont, 600 Coffman St, Longmont 80501	303-678-5416	72	\$618 IR
LOUISVILLE			
Acme Place 504 La Farge, Louisville 80027	720-564-2275	4	\$750 Sec 8
Kestrel Apartments 1130 S Kestrel Ln, Louisville 80027	303-441-1000	71	IR
Lydia Morgan 1450 Lincoln Ave, Louisville 80027	720-564-2284	30	\$810 Sec 8 TC
Regal Square 255 Regal St, Louisville 80027	720-564-2275	30	Sub
LYONS			
Bloomfield Place 722 5th Ave, Lyons 80540	720-564-2284	8	Sub
Walter Self Senior Housing 335 Railroad Ave, Lyons 80540	720-564-2284	12	Sub
NEDERLAND			
Prime Haven, 170 E 2nd Ave, Nederland 80466	720-564-2275	6	Sub
NIWOT			
Eagle Place, 6790 N 79th St, Niwot 80544	720-564-2284	12	Sub



SBB Partner



Indicates website link on seniorsbluebook.com



Call



Continued on next page >

MR = Medicaid Rates / IB = Income Based / PH = Public Housing / IR = Income Restrictions / Sub = Subsidized / TC = Tax Credit



Indicates website link on seniorsbluebook.com



INDEPENDENT LIVING /
RETIREMENT COMMUNITIES

PARTNERS OF THE SENIORS BLUE BOOK – INDEPENDENT LIVING / RETIREMENT COMMUNITIES

BOULDER

	AD ON PAGE #	PHONE #	# OF UNITS	LOWEST STARTING PRICE & INCOME MODIFICATIONS	2-BEDROOM (2) 1-BEDROOM (1) STUDIO (S)	ASSISTED LIVING	SKILLED NURSING FACILITY	MEALS / MEAL OPTIONS	HOUSEKEEPING	SOCIAL PROGRAMS	SCHEDULED TRANSPORTATION	COVERED PARKING	FITNESS CENTER	PETS
Academy Mapleton Hill (Coming 2023)	110	303-447-3000	92	☎	1, 2	•	•	•	•	•	•	•	•	•
Academy University Hill 970 Aurora Ave, Boulder 80302	110	303-938-1920	53	\$6,350	1, 2	•	•	•	•	•	•	•	•	•
Brookdale Meridian Boulder 801 Gillaspie Dr, Boulder 80305	118	844-280-4601	96	\$3,700	1, 2			•	•	•	•	•	•	Sm
Brookdale North Boulder 3350 30th St, Boulder 80301	118	844-280-4601	80	\$2,500	S, 1, 2			•	•	•	•	•	•	•



**INDEPENDENT LIVING /
RETIREMENT COMMUNITIES**

PARTNERS OF THE SENIORS BLUE BOOK – INDEPENDENT LIVING / RETIREMENT COMMUNITIES (cont'd)

AD ON PAGE #	PHONE #	# OF UNITS	LOWEST STARTING PRICE & INCOME MODIFICATIONS	2-BEDROOM (2) 1-BEDROOM (1) STUDIO (S)	ASSISTED LIVING	SKILLED NURSING FACILITY	MEALS / MEAL OPTIONS	HOUSEKEEPING	SOCIAL PROGRAMS	SCHEDULED TRANSPORTATION	COVERED PARKING	FITNESS CENTER	PETS
125	720-635-4123	4	\$1,900 IB	S	•	•	•	•	•	•			

LONGMONT (cont'd)

**Independent Living at
The Peaks Care Center**
1440 Coffman St, Longmont 80501

Indicates website link on seniorsbluebook.com

MR = Medicaid Rates / IB = Income Based / PH = Public Housing / IR = Income Restrictions / Sub = Subsidized / TC = Tax Credit

= Call

Sm = Small / C = Cats Only

ADDITIONAL INDEPENDENT LIVING / RETIREMENT COMMUNITIES

More information on these communities available at www.SeniorsBlueBook.com. Click on "Senior Housing."

Flatirons Terrace, Boulder	303-939-0594	Balfour at Longmont, Longmont	720-471-2156
Affinity at Lafayette, Lafayette	303-665-2078	Longmont Regent, Longmont	303-651-7022
Cottages at Forest Park, Lafayette	303-926-1112	Tanglewood Condominiums, Longmont	303-774-0300
Atria Longmont, Longmont	303-678-5050	The Lodge & Residences at Balfour, Louisville	303-867-6385

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Assisted Living Locators of Northern Colorado
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Harmony Senior Referrals
(ad on page 111)
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Oasis Senior Advisors – North
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Talem Home Care & Placement Services
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My Journey With Dementia

Early in her 50's something seemed "off" with my wife. She would often become forgetful. It would take me several years to realize this "forgetfulness" wasn't going to go away.

After a diagnosis of **early-onset dementia** how could I know then that I was in for a fifteen year journey of exhaustion, confusion, hopelessness and hard suffering while losing my companion to this disease. As it became unsafe for her to live at home and I was far beyond exhaustion, I was surprised to find her "happy" when we placed her in a Senior Memory Care Com-

munity. During the journey I would say to the kids, "there ought to be someone to help us with this". Years later I discovered Senior Placement Services. It was too late for my journey but it's not too late for yours! The service is FREE! Don't wait for a crisis; plan ahead! They will help you navigate the overwhelming, complex process to "find the right fit" for your loved one. ~

Editor's Note: This article was submitted by Walt and Britt Roberson of Harmony Senior Referrals. They may be reached at 303-667-2420. See ad below.



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Nancy@SeniorsBlueBook.com | SeniorsBlueBook.com

Senior Living Communities Are Safe and Open

continued from page 103

search and offer insight that is relevant to your situation?

The Greater Denver Placement and Referral Alliance (GDPRA) was created in 2018 to educate the public about Professional Placement Agents. Even though placement agents have been around for over 15 years, many families do not know this service exists. Placement and Referral agents specialize in helping families find appropriate senior living options. GDPRA agents provide hands-on assistance for your unique situation. The agent members adhere to Best Practices and a code of ethics. Working with a GDPRA agent offers peace of mind.

You may worry that using an expert will be expensive. The good news is that a placement agent is typically

compensated by selected communities. Therefore, placement agents do not generally charge a fee.

What to look for in a local professional placement agent?

- An agent who meets with you and/or your loved one in-person
- Assesses your care needs, budget, location, and social needs
- Vets the quality of care for communities
- Walks beside you through the entire process

The benefits of using a local placement agent:

- Determines what are your best options
- Alleviates the stress of making dozens of phone calls to communities that don't fit your needs

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ASSISTED LIVING COMMUNITIES

PARTNERS OF THE SENIORS BLUE BOOK – ASSISTED LIVING COMMUNITIES

BOULDER

	AD ON PAGE #	PHONE #	# OF UNITS	LOWEST STARTING PRICE	MEDICAID WAIVER	RESIDENTIAL HOME	PRICE DEPENDENT LEVELS OF CARE	SECURED MEMORY CARE UNIT	WANDERGUARD	SKILLED NURSING FACILITY	RESPITE / SHORT TERM STAY	ADULT DAY PROGRAMS	KITCHENETTE	AGE RESTRICTIONS	SCHEDULED TRANSPORTATION	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	PETS	
Academy Bella Vista 2762 Bella Vista Lane, Boulder 80302	122	303-938-1920	10	\$8,900															
Academy University Hill 970 Aurora Ave, Boulder 80302	122	303-938-1920	7	\$8,400															
Brookdale Boulder Creek 3375 34th St, Boulder 80301	118	844-280-4601	76	\$3,995															
Carillon at Boulder Creek, The 2525 Taft Dr, Boulder 80302	109	720-501-5370	98	\$4,900															
MorningStar Assisted Living of Boulder 575 Tantra Dr, Boulder 80305	122	720-594-7084	48	\$4,128															



ASSISTED LIVING COMMUNITIES *continued*

PARTNERS OF THE SENIORS BLUE BOOK – ASSISTED LIVING COMMUNITIES (cont'd)

GOLDEN

 **Golden Lodge Assisted Living**
1111 Newstar Wy, Golden 80403

 **Golden Lodge Memory Care**
1111 Newstar Wy, Golden 80403

 **The Peaks at Old Laramie Trail**
660 Old Laramie Trail, Lafayette 80026

The Peaks at Old Laramie Trail – Memory Care, 660 Old Laramie Trl, Lafayette 80026

 **Waneka Park-An Assisted Living Residence**
225 Waneka Pkwy, Lafayette 80026

AD ON PAGE #	PHONE #	# OF UNITS	LOWEST STARTING PRICE	MEDICAID WAIVER	RESIDENTIAL HOME	PRICE DEPENDENT LEVELS OF CARE	SECURED MEMORY CARE UNIT	WANDERGUARD	SKILLED NURSING FACILITY	RESPITE / SHORT TERM STAY	ADULT DAY PROGRAMS	KITCHENETTE	AGE RESTRICTIONS	SCHEDULED TRANSPORTATION	SEMI-PRIVATE ROOMS	PRIVATE ROOMS	PETS
121	720-605-2111	75	\$4,100		•	•	•	•	•	•		•		•			•
121	720-605-2111	36	\$6,400				•			•							•
LAFAYETTE																	
121	303-440-6050	40	\$4,595			•	•					•	•	•	•	•	•
121	303-440-6050	44	\$4,595			•				•				•	•	•	•
122	303-666-0691	75	\$3,885			•				•		•	•	•	•	•	• \$m



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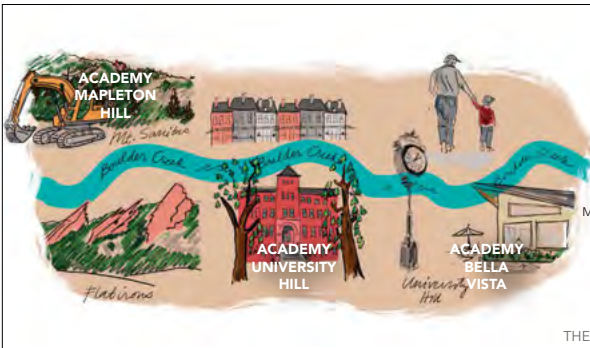
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- Heart valve disease
- Vascular and arterial disease

For more information visit [SCLHealth.org/heart](https://www.sclhealth.org/heart) or call 303-689-6420 to make an appointment with a cardiologist