

# SENIOR

Resource Guide

2005  
ANSWERS ON AGING



Brought to You by

Larimer County  
Office on Aging



**EMERGENCY**  
& Survival Guide





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- + Heart Center
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# SENIOR

Resource Guide

Larimer County

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**Note: All area codes for numbers listed in this directory are 970 if not otherwise given.**

The Larimer County Office on Aging uses federal Older Americans Act funds in conjunction with state and county funds to develop and implement a comprehensive and coordinated system of services for seniors.

### *Mission Statement*

The Larimer County Office on Aging will assist older adults, age 60 and over, in maintaining health, dignity, independence and quality of life by advocating, planning, coordinating and delivering services and programs with emphasis on meeting the needs of those who are socially and/or economically disadvantaged.



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- **Hiking Paths**
- **Horseshoes**
- **Picnic Areas**
- **Guest Bungalows Available for Visiting Family or Friends.**
- **Bike Trail**
- **18-Hole Golf**
- **Bowling Alley**
- **Pets Welcome**

*321-5058*



## Welcome Seniors!

Your Senior Resource Guide is brought to you by the Larimer County Office on Aging, the Emergency & Survival Guide and the financial contributions of our Sponsors.

If you are entering into your senior years or have a family member who is, you probably have a lot of questions relating to health care-including what kind of medical treatments you want or don't want, Social Security benefits, Finances, Estate Planning and Management, Legal-including a Will, Power of Attorney, Retirement and Senior Housing.

As you age, illness and disabilities can affect your independence. The time to plan for your future is now. Your Senior Resource Guide and Larimer County Office on Aging have answers to most of your questions on aging and can direct you to professionals in your own community who can help you answer all of your questions. Most of these professionals have specialized training and experience in working with seniors and their families.

Your Senior Resource Guide for Larimer County is not meant to be a complete listing of Senior Services. We believe the information in this Guide and the Sponsors represented herein to be reliable, but cannot warrant this to be true. Please get help from and follow your Medical Care Provider or Professional's advice if it differs from anything contained in this Guide.

Thank you,  
Larimer County Office on Aging  
and Emergency & Survival Guide Staff

### Larimer County Office on Aging

#### What services does the Office on Aging provide?

The Office on Aging primarily grants funds to other agencies in Larimer County that provide services to seniors. these services include transportation, senior nutrition, information and referral, dental care, legal assistance, in-home assistance, and funding to operate rural senior centers.

The Office on Aging also provides the following direct services:

- **Community Outreach and Education** provides educational materials to seniors and service providers and collaborates with agencies to improve coordination of services
- **Family Caregiver Support Program** provides information and support to family caregivers
- **Long Term Care Ombudsman Program** advocates for residents of long term care facilities.
- **Senior Property Tax Work-Off Program** allows seniors to temporarily work for Larimer County to work off a portion of their property taxes.

#### Who advises the Office on Aging?

The Advisory Council, appointed by the Larimer County Commissioners, is a voluntary group of citizens who provide information, guidance, advice and support to the Office on Aging to plan, develop, coordinate and administer services to older adults. the Advisory Council's monthly meetings are open to the public. Call 498-6809 for times and locations.

# Krenlo and Associates Attorneys at Law

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## Seniors & Families

Wills / Family Trusts / Probate

Social Security Disability / SSI

Guardianships / Conservatorships

Estate Administration

Medicaid Planning

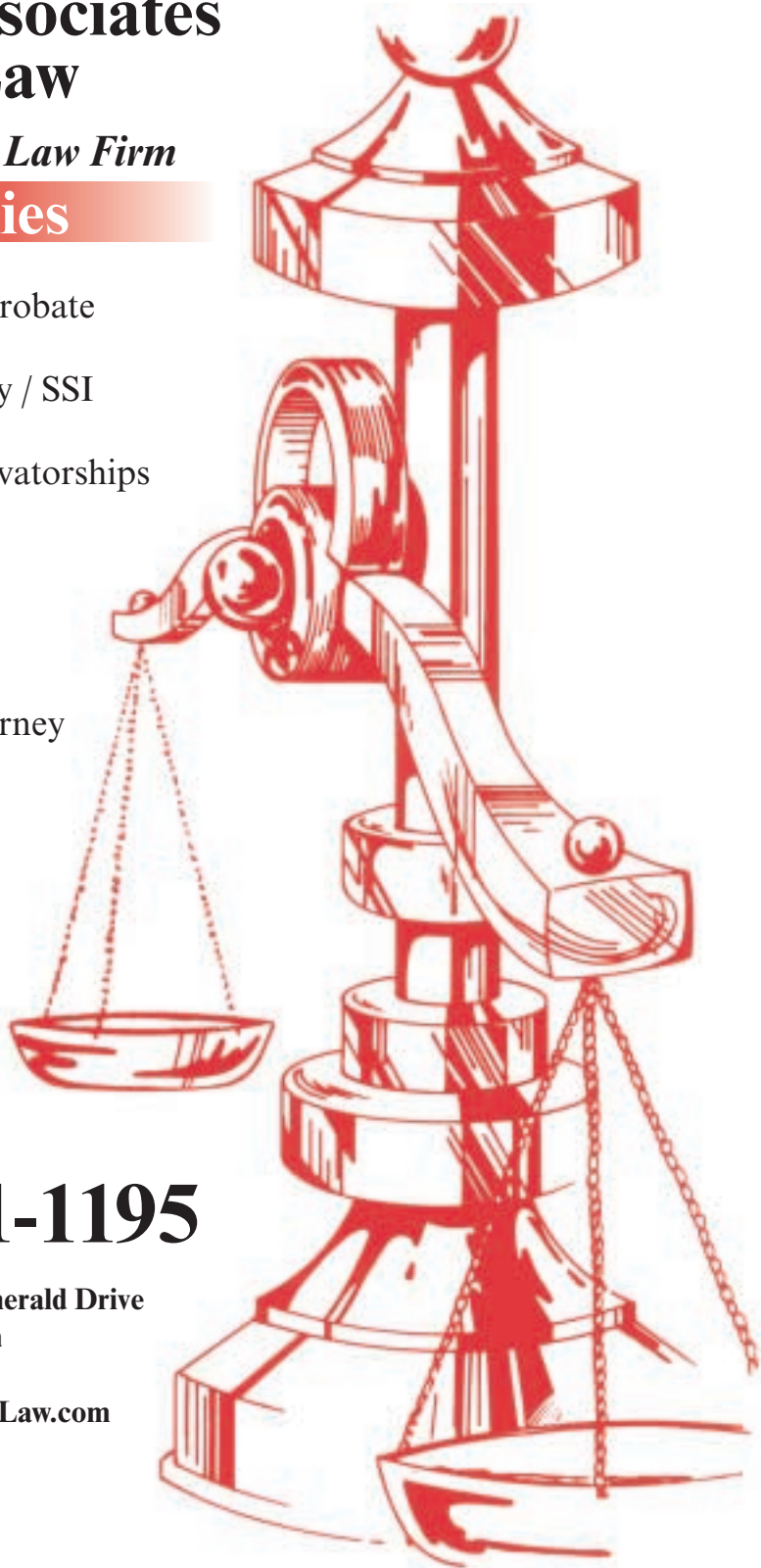
Financial Power of Attorney

Trustee Services

Disability Trusts

Living Wills

Real Estate



**321-1195**

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Madison**

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Sebastian A. Krenlo  
*Attorney at Law, P.C.*

### ASSISTANCE & SERVICES

#### INFORMATION AND REFERRAL

<b>Answers on Aging</b> (senior hotline)		Dial <b>211</b> or 407-7066
Eldercare Locator	(National)	800-677-1116
FirstCall		Dial <b>211</b> or 407-7066
Mountain States Better Business Bureau		484-1348
Su Familia (Hispanic Family health Helpline)	(National)	866-783-2645

#### TRANSPORTATION

Berthoud Area Transportation Service		532-3049
COLT (City of Loveland Transit)	(Loveland)	962-2700
Dial-A-Ride	(Fort Collins)	224-6066
MedVan		800-634-2557
SAINT (Senior Alternatives in Transportation)	(Fort Collins)	223-8645
	(Loveland)	223-8653
Special Transit	(Estes Park)	586-8767
Transfort (Fort Collins Public Transportation)	(Fort Collins)	221-6620

#### ELDER ABUSE

Adult Protective Services, Larimer County Human Services	679-4451
Alternatives To Violence (domestic violence)	669-5150
Crossroads Safehouse (domestic violence)	482-3502
Long Term Care Ombudsman, Larimer County Office on Aging	498-6806 or
Ombudsmen act as advocates for individuals living in assisted living residences and nursing facilities.	498-6803

*After Business Hours, Please Contact Your Local Law Enforcement Agency.*

Colorado Legal Services	493-2891
Fort Collins Senior Center (first Thursday of each month by appointment only)	221-6644
Senior Law Project	211-5602



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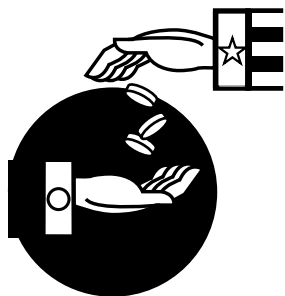
### FINANCIAL ASSISTANCE & BENEFITS

<b>Larimer County Human Services, Adult Supportive Services</b>	(Fort Collins)	498-6300
	(Estes Park)	577-2150
	(Loveland)	679-4451
Adult Foster Care   Medicaid   Qualified Medicare Beneficiary (QMB)   Aid to Needy Disabled (AND)		
Food Stamps   Old Age Pension (OAP)   Special Low Income Medicare Beneficiary (SLIMB)		
Options for Long Term Care (Home and Community Bases Services—HCBS)		679-4470
City of Fort Collins Rebate Program (utilities, property tax, rent, food sales tax)		221-6788
Colorado Property Tax/Rent/Heat Rebate Program		303-238-7378
Consumer Credit Counseling		229-0695
Foundation on Aging (Emergency Fund)		221-0233 or 484-6710
Friends of Man		303-798-2342
House of Neighborly Service	(Loveland)	667-4939
Larimer County Veterans Services		498-7390
LEAP (Low Income Energy Assistance Program) (November 1-April 30)		498-6302
LEAP Helpline		866-432-8435
Neighbor to Neighbor		484-7498
Qwest, Colorado Low Income Telephone Assistance Program		800-782-0721
Salvation Army		207-4472
Social Security/Supplemental Security Income (SSI)	(Local)	482-7354
	(National)	800-772-1213
Women's Center—Emergency Assistance	(Fort Collins)	484-1902
	(Loveland)	663-2288

### INCOME TAX FILING ASSISTANCE

IRS (Internal Revenue Service—information only)		800-829-1040
Volunteer Income Tax Assistance (VITA)	(Fort Collins)	472-9630
(Volunteers of America, RSVP)	(Loveland)	669-5460

### Tax Relief for Seniors



**Colorado Property Tax/Rent/Heat Rebate (303) 238-7378** or forms and information available at **Fort Collins Regional Service Center, 1121 W. Prospect Rd., Bldg. D, Ft. Collins** - Provides tax relief for low-income elderly & disabled persons by returning a portion of property taxes and/or rent and heat expenses. [www.taxcolorado.com](http://www.taxcolorado.com)

**City of Ft. Collins Rebate Program 221-6788** - Rebates a portion of food sales tax, City utility charges and the City property tax (or rent) to seniors (age 65+) and people with disabilities who meet income and residency requirements.

**Colorado's Property Tax Deferral 498-7020** - Allows a person who is 65+ to defer or postpone the payment of their property taxes.

**City of Loveland Food Sales Tax Rebate 962-2311** - Issues food sales tax rebates to individuals and families who qualify according to HUD income guidelines.

**Larimer County - Senior Property Tax Work-Off Program 498-6812** - Participants who are income eligible are placed in Larimer County departments to work off a portion of their property tax bill.

**Poudre School District - Senior Tax Work\_off Program 490-3208** - Participants work in the schools a maximum of 80 hours.

**Thompson R2J School District - Senior Tax Work\_off Program 613-5013** - Participants work in the schools a maximum of 40 hours.



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### VETERANS SERVICES

Larimer County Veterans Services	498-7390
VA Medical Clinic	224-1550

### PET CARE

Elder Pet Care	493-2657
Humane Society for Larimer County	226-3647
Prevent Unwanted Pets (PUP)	229-0717

### LEGAL & FINANCIAL SERVICES

**Provided by Emergency & Survival Guide**

### ESTATE PLANNING

**Provided by Emergency & Survival Guide**

### FINANCIAL SERVICES

**Provided by Emergency & Survival Guide**

### LAW/ELDER LAW

**Provided by Emergency & Survival Guide**

**Provided by Emergency & Survival Guide**

### FUNERAL ASSISTANCE

**Provided by Emergency & Survival Guide**

## HOUSING OPTIONS

### HOUSING INFORMATION & ASSISTANCE

**Answers on Aging** (senior hotline) Dial **211**  
 Call for a full listing of long term care facilities in Larimer County or 407-7066  
 (including cost, size, location, etc.) or go to: [www.larimer.org/seniors](http://www.larimer.org/seniors)  
 and click on Office on Aging, Publications

Fort Collins Housing Authority		416-2910
Loveland Housing Authority		667-3232
Housing Solutions (roommate matching, rental leasing assistance)		224-1411
Neighborhood Resources Office (Community Mediation Program)	(Fort Collins)	224-6022
Neighbor to Neighbor (housing counseling, reverse mortgages)	(Fort Collins)	484-7498
	(Loveland)	663-4163

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Housing Act*

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### SENIOR APARTMENTS

The residents are able to live as independently as their health allows. They can move into or out of a nursing care facility or be provided with whatever health care they need. These communities are usually located next to a Nursing Home. Residents pay an entrance fee and monthly payments.

Big Thompson Manor I & II	(Loveland)	667-4195
CARE Housing	(Fort Collins)	282-7522
DMA Plaza Apartments	(Fort Collins)	493-7727
Hamilton Park Apartments I & II	(Berthoud)	532-3725
Maple Terrace	(Loveland)	667-3232
Monte Vista	(Fort Collins)	416-2910
Mountain Park Homes	(Fort Collins)	416-2910
Northern Hotel	(Fort Collins)	416-2910
Oakbrook I	(Fort Collins)	226-5060
Oakbrook II	(Fort Collins)	223-1356
Pine Knoll Apartments	(Estes Park)	586-8407
Reflections Senior Apartments	(Fort Collins)	225-3711
Silver Leaf I & II	(Loveland)	667-3232
South Saint Vrain Apartments	(Estes Park)	586-6075
Trail Ridge Apartments	(Estes Park)	586-0216
VOA Affordable Senior Housing	(Fort Collins)	800-899-0089
Wellington Housing Authority Apartments	(Wellington)	416-2910
Woodbridge Senior Apartment Homes	(Fort Collins)	472-1703

### INDEPENDENT LIVING FACILITIES

For Seniors who are able to take care of themselves. Independent living facilities offer a community lifestyle with additional benefits including meals and planned recreation activities. The cost of these facilities generally ranges from \$1,000-\$3,000 per month.

Collinwood Assisted Living Facility	(Fort Collins)	223-3552
Estes Park Good Samaritan Village	(Estes Park)	577-7700
Fort Collins Good Samaritan Village	(Fort Collins)	226-4909
Loveland Good Samaritan Village	(Loveland)	669-3100
Merrill Gardens at Loveland	(Loveland)	622-0012
Parkwood Estates Retirement Residence	(Fort Collins)	482-3924
The Wexford	(Loveland)	667-1900
The Worthington	(Fort Collins)	490-1000

### WORKING TO PROTECT RESIDENTS' RIGHTS

The Long Term Care Ombudsman, at the Larimer County Office on Aging, is a trained, experienced county official whose job is to serve as an advocate for residents of nursing facilities and assisted living residences.

**The Ombudsmen routinely:**

- ❖ Visit long term care facilities to assure that residents' rights are respected
- ❖ Investigate complaints of abuse and neglect
- ❖ Function as a problem solver or mediator to resolve disputes between a resident and a facility
- ❖ Serve as a resource for elder care policies and legislation

To contact your local ombudsman call: 498-6806 or 498-6803  
or visit [www.larimer.org/seniors](http://www.larimer.org/seniors) and click on Office on Aging



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### ASSISTED LIVING RESIDENCES

ALFs usually provide residents with group meals, health and personal support assistance and social activities. Residents pay a monthly fee. Assisted living is designed for those needing assistance with some activities of daily living. Individuals in assisted living residences may also have occasional confusion or memory loss and require 24-hour supervision. Nursing supervision is not required.

Alterra Sterling House	(Fort Collins)	229-9777
Alterra Sterling House	(Loveland)	667-9500
Barlow Assisted Living	(Fort Collins)	482-1119
Clare Bridge Cottage Memory Care	(Fort Collins)	266-0700
Collinwood Assisted Living	(Fort Collins)	223-3552
Courtyard of Loveland, Inc.	(Loveland)	667-3342
Eden Valley Village	(Loveland)	667-6911
Estes Park Good Samaritan Village	(Estes Park)	577-7700
Fort Collins Good Samaritan Village	(Fort Collins)	226-4909
Garden Square at Spring Creek	(Fort Collins)	482-5712
Heritage Haus	(Loveland)	669-5616
Lakeview Commons	(Loveland)	278-4000
Loveland Good Samaritan Village	(Loveland)	669-3100
Loveland House I and II	(Loveland)	663-2223
Meadowlark Assisted Living	(Fort Collins)	221-3707
Merrill Gardens at Loveland	(Loveland)	622-0012
New Mercer Commons	(Fort Collins)	495-1000
Primrose Place	(Loveland)	667-5962
Residence at Oakridge, The	(Fort Collins)	229-5800
Shamrock Manor	(Fort Collins)	224-1400
Wellington Assisted Living	(Wellington)	568-7199

Nursing homes are designed for persons who need the daily care and/or supervision of a nurse. Meals, assistance with all activities of daily living, therapies and nursing care are provided. A nurse is available 24 hours a day. Most accept Medicare, Medicaid, and private pay insurance.

Berthoud Living Center	(Berthoud)	532-2683
Blue Grouse Health Care Center	(Fort Collins)	484-7981
Centre Avenue Health & Rehab Facility	(Fort Collins)	494-2140
Columbine Care Center East	(Fort Collins)	482-1584



For more information about long term care facilities, go to: [www.medicare.gov](http://www.medicare.gov) click on "Nursing Home Compare" for a listing of Nursing Homes anywhere in the country. or: [www.cdphe.state.co.us/hf/hfd.asp](http://www.cdphe.state.co.us/hf/hfd.asp) for a list of assisted living and nursing facilities in Colorado.

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# SENIOR

Resource Guide

## Larimer County

Columbine Care Center West	(Fort Collins)	221-2273
Fort Collins Good Samaritan Village	(Fort Collins)	226-4909
Fort Collins Health Care Center	(Fort Collins)	482-7925
Golden Peaks Nursing Care and Rehabilitation Center	(Fort Collins)	482-2525
Loveland Good Samaritan Village	(Loveland)	669-3100
North Shore Health Care Center	(Loveland)	667-6111
Prospect Park Living Center	(Estes Park)	586-8103
Sierra Vista Health Care Center	(Loveland)	669-0345
Spring Creek Health Care Center	(Fort Collins)	482-5712

Nursing Homes originally served Seniors exclusively. Today many Nursing Homes serve younger special needs people as well.

### ACTIVE ADULT RETIREMENT COMMUNITIES

#### Provided by Emergency & Survival Guide

Country Club style living. Low maintenance home with open accessible floor plan. These communities offer great amenities such as Club House and/or Community Center, Golf Course, Tennis court, Swimming Pool, Walking Trail and Social Activity Program. Yard maintenance is usually included. Exterior home maintenance may also be included.

In most of these communities the houses are owned but in some they are rentals. The facilities may be single Family residences, Patio Homes or Multi-Family dwellings. Some Adult Communities are connected to or affiliated with Nursing Home type facilities so that health care services are available as needed. Meals may or may not be available.

ALISE, Poudre Fire Authority (smoke detectors and fire safety information)	221-6570
Foundation on Aging (carbon monoxide detectors)	484-6710
Larimer Home Improvement Program, Loveland Housing Authority	667-1706
Longs Peak Energy Conservation (weatherization)	800-200-9006
Loveland Snow Squad (volunteer snow removal)	962-2675 or 962-2377
Rural Development Loan/Grant Program (RD)	970-356-4455
Volunteers of America, Handyman Program (minor improvements only)	218-0882

Lone Pine Estate Services, LLC	224-2637
Transitions Made Simple	669-4895

Catholic Charities Northern/The Mission	493-0141
Open Door Mission	224-4302

### REAL ESTATE/SENIOR SPECIALISTS

#### Provided by Emergency & Survival Guide



Depression  
Grief  
Fear  
Trauma

Individual  
Couple  
Family

Alzheimers  
and Dementia  
Treatment

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# SENIOR

Resource Guide

## Larimer County

### SUPPORTIVE SERVICES

Family Caregiver Support Program Larimer County Office on Aging Information, support, free consultations <a href="http://www.larimer.org/seniors">www.larimer.org/seniors</a> click on Office on Aging, Services	498-6807
Alzheimer's Association Rocky Mountain Chapter 24/7 Contact Helpline	472-9798 800-864-4404
Catholic Charities Northern Caring Hearts (volunteer respite care program)	(Fort Collins) 484-5010 (Loveland) 663-1880
Elder Care Network of Larimer County	495-3442

### SUPPORT/INFORMATION

Alcoholics Anonymous (AA)	224-3552
ALS Association Rocky Mountain Chapter	720-890-8311
Alzheimer's Association Rocky Mountain Chapter 24/7 Contact Helpline	472-9798 800-864-4404
American Cancer Society	226-0148 800-227-2345
American Council of the Blind	800-424-8666
American Diabetes Association	800-232-3472
American Heart Association	800-242-8721
American Lung Association	800-475-6447
Arthritis Foundation	888-424-5071
National Multiple Sclerosis Society	482-4807
National Osteoporosis Foundation	202-223-2226
National Stroke Association	800-787-6537
Parkinson Association of the Rockies	303-830-1839
United Ostomy Association	800-826-0826

For local support groups, call FirstCall by just dialing 2-1-1 or 407-7066.

These agencies provide assistance and guidance in coordinating long term care, in-home care, or other services based on a needs assessment and an individualized care plan.

#### No Cost

Catholic Charities Northern Senior Outreach	(Fort Collins) 484-5010 (Loveland) 663-1880
Disabled Resource Services	482-2700
Options for Long Term Care (for people accessing Medicaid long term care services)	679-4470
Poudre Valley Hospital (PVHS) Community Case Management	495-8554

#### Private Pay

Action HealthCare Services, Inc.	613-4110
Center for Health and Family Counseling	495-3543
Consultants for Aging Families	498-0730
Peggy Haller, MA, MGS	493-0895
Rosalie Angus, LCSW	667-6622
Seniors in Transition, LLC	204-6977



### Serene Seniors

Adult Day Care

Relief for the Caregiver  
Nutrition and Socialization  
Staff-managed Medication

**321-9965**

**3102 Ross Street • Madison**



### SECOND FAMILY

Home Visitation

*You don't have to be alone.*

Our dedicated group of qualified professionals look forward to each home visit with the elderly.

Quality time is spent with each client to help organize their daily routine from cooking, laundry & housekeeping to organizing medications or finances.

Watch a video, read the newspaper or a book, listen to music or just have someone who will listen.

**Second Family Home Visitation**

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*"What will happen if my money runs out?"*

**Plan ahead with Long Term Care Insurance.**

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*Thanks!  
Shonda*

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Madison



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### FRIENDLY VISITOR

Catholic Charities Northern	(Fort Collins)	484-5010
Stephen Ministries	(Estes Park)	586-4404
	(Fort Collins)	482-9692
	(Loveland)	667-0876
Volunteers of America, RSVP Telephone Reassurance	(Fort Collins)	472-9630
	(Loveland)	669-5460

### COMPANION CARE

Companion care agencies are paid privately to provide non-medical companionship and non-medical home care services. Services can be arranged for a few hours a week or as many as 24 hours a day. The cost of companion care generally ranges from \$12-\$18 per hour.

At Home Care, LLC	613-8097
Comfort Keepers	674-0800
ElderCare Connections	866-255-7600
Home Instead Senior Care	494-0289
Homewatch CareGivers	674-9723
JOY Personal Care	266-1507
Right At Home Care	663-7455
Sarah's Helping Hands, LLC	482-1450
Visiting Angels	663-1329

### HOME HEALTH AGENCIES

Most agencies provide nurses, home-health aides, therapists and medical social workers. Some provide companions, homemaker services, psychiatric nursing, foot care and 24 hour service.

#### MEDICARE AND MEDICAID CERTIFIED

Argus of Colorado	669-9038
Banner Home Care/McKee Medical Center	669-4435
Care Providers Home Health	225-0231
Columbine Poudre Home Care	482-5096
Estes Park Home Care & Hospice of the Estes Valley	586-2273
Good Samaritan Home Care	(Fort Collins) 226-1503 (Loveland) 669-2321
Heartland Home Health Care & Hospice	866-264-3915
Hospice of Larimer County	663-3500
Icon Home Health	223-2702
Interim Health Care	472-4180
Maxim Home Health Services	416-7662
RVNA (Rehabilitation & Visiting Nurse Association)	225-9399

Eagles Club (for men only)	221-0406
Elderhaus Adult Day Programs	221-0406
New Mercer Commons Day Care	495-1000
Stepping Stones Adult Day Program	669-7069

Adult Day Care is of benefit to elderly people and their caregiver. The caregiver gets time off and the elderly receive whatever level of help they need and a chance to be involved with others in social activities.



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Kathleen A. LaRiviera, M.S., CCC-A

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### GENERAL HEALTH

#### LIBRARY OUTREACH SERVICES

Berthoud Public Library	532-2757
Estes Park Public Library	586-8116
Fort Collins Public Library	224-6183
Loveland Public Library	962-2592
Red Feather Lakes Community Library	881-2664
Wellington Public Library	568-3040

#### PRESCRIPTION ASSISTANCE

Catholic Charities Northern Department of Veterans Affairs	493-0141
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Many hospitals offer intensive care for elderly patients seriously ill or recuperating from surgery.

Estes Park Medical Center	(Estes Park)	586-2317
Health District of Northern Larimer County	(Fort Collins)	224-5209
Loveland Community Health Center	(Loveland)	669-4855
McKee Medical Center	(Loveland)	669-4640
Mountain Crest Hospital (Mental Health Treatment)	(Fort Collins)	207-4800
Poudre Valley Hospital	(Fort Collins)	495-7000
Salud Family Health Center	(Estes Park)	586-9230
	(Fort Collins)	494-4040
United Medical Center	(Berthoud)	532-4644
VA Medical Clinic	(Fort Collins)	224-1550

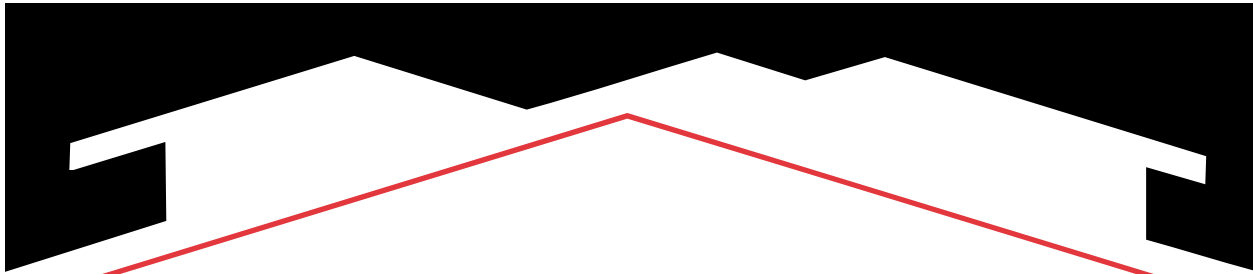
#### COUNSELING/MENTAL HEALTH

Larimer Center for Mental Health	(Estes Park)	494-9959
	(Fort Collins)	494-4300
	(Loveland)	494-9870
	<i>After hours emergencies</i>	221-2114
Centennial Peaks Hospital		303-673-9990
Hospice of Larimer County		663-3500
Mountain Crest Behavioral Healthcare Center		207-4800
VA Medical Clinic		224-1550
Mental Health Information and Referral		
Connections (mental health and substance abuse resources)		221-5551
Larimer Center for Mental Health and health District of Northern Larimer County		
Loveland Counseling Connections (information and referral)		461-8944

#### HOSPICE/PALLIATIVE CARE

For terminally ill patients. Usually provided in a facility such as a Nursing Home or Group Home. Services may also be offered in the patient's home.

Estes Park Home Care & Hospice of Estes Valley	586-2273
Heartland Home Health Care & Hospice	866-264-3915
Hospice of Larimer County	663-3500
Larimer County Palliative Care Initiative	292-2361



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### ACCESSING HEALTHCARE

#### HEALTH PROMOTION AND WELLNESS

Colorado Women's Cancer Control Initiative	498-6751
CSU Adult Fitness Program	491-5081
CSU/Larimer County Cooperative Extension	498-6000
Health District of Northern Larimer County	224-5209
Larimer County Health Department	498-6700
McKee Heart Watchers	635-4025
PVHS Senior Services/Aspen Club	495-8560
Wellspring Resource Library (McKee Medical Center)	635-4048

#### MORTGAGE/REVERSE MORTGAGE

Provided by Emergency & Survival Guide

#### MEDICAID/MEDICARE

##### Medicaid

Larimer County Department of Human Services	(Fort Collins)	498-6300
	(Loveland)	679-4451
	(Estes Park)	577-2150
Medicaid Benefits Helper (Elderhaus)		402-5080

##### Medicare

Information/Application	(Fort Collins)	482-7354
	(National)	800-633-4227
Physician Referral, PVHS Senior Services/Aspen Club		495-8560

#### HEALTH INSURANCE COUNSELING

PVHS Senior Services/Aspen Club (Medicare Only)	495-8560
Senior Health Insurance Assistance Program	800-544-9181
Volunteers of America, RSVP	(Loveland) 669-5460

#### PRESCRIPTION ASSISTANCE

Catholic Charities Northern	493-0141
Department of Veterans Affairs	224-1550
House of Neighborly Service	667-4939
Loveland Community Health Center	669-4855
McKee Prescription Assistance Program	635-4017
Prescription Assistance Program (Health district of Northern Larimer County)	416-6519
PVHS Senior Services/Aspen Club	495-8560

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### DENTAL ASSISTANCE

Donated Dental Services	800-466-8129
Family Dental Clinic (Health District of Northern Larimer County)	416-5331
Friends of Man	303-798-2342
Loveland Community Health Center	461-8942
Old Age Pension Dental Program, Larimer County Human Services	498-6300
Women's Center (for Men and Women)	(Fort Collins) 484-1902 (Loveland) 663-2288

### FLU SHOTS

Health District of Northern Larimer County	416-7447
Larimer County Health Department	(Estes Park) 577-2050 (Fort Collins) 498-6700 (Loveland) 679-4580
PVHS Senior Services/Aspen Club	495-8560

### MEDICAL SUPPLIES & EQUIPMENT

#### Hearing Aids, Eyeglasses, Wheelchairs, etc.

A.V. Hunter Trust	303-399-5450
Disabled Resource Services	(Fort Collins) 482-2700 (Loveland) 667-0816
Ensign Skills Center, Inc. (Lions Club Facility for Low Vision Skills Training)	407-9999
Eye Care America	800-222-3937
Family Caregiver Support Program (Larimer County Office on Aging)	498-6807
First Christian Church Outreach Center	223-4442
Friends of Man	303-798-2342
Hear Now	800-648-4327
Larimer County Hearing Aid Bank	482-5700
Lions Club/Hearing	221-5249
Quota Club of Estes Park (Community Loan Closet)	586-6655
Veterans of Foreign Wars Auxiliary	(Loveland) 667-4722

### Internet Sites for Seniors

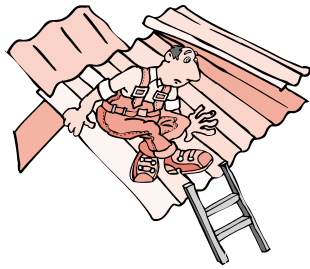
#### Local Websites

Larimer County Office on Aging	<a href="http://www.larimer.org/seniors">www.larimer.org/seniors</a> (click on Office on Aging)
Eldercare Network	<a href="http://www.fortnet.org/eldercare">www.fortnet.org/eldercare</a>
FirstCall	<a href="http://www.firstcall-vc.org">www.firstcall-vc.org</a>
Senior Answers & Service	<a href="http://www.senioranswers.org">www.senioranswers.org</a>
State of Colorado	<a href="http://www.colorado.gov">www.colorado.gov</a>

#### National Websites

AARP	<a href="http://www.aarp.org">www.aarp.org</a>
Access America for Seniors	<a href="http://www.seniors.gov">www.seniors.gov</a>
Administration on Aging	<a href="http://www.aoa.gov">www.aoa.gov</a>
Benefits Checkup	<a href="http://www.benefitscheckup.org">www.benefitscheckup.org</a>
Eldercare Locator	<a href="http://www.eldercare.gov">www.eldercare.gov</a>
Medicare	<a href="http://www.medicare.gov">www.medicare.gov</a>
Social Security Administration	<a href="http://www.ssa.gov">www.ssa.gov</a>

View, print or refer your clients to this guide online at [www.larimer.org/seniors](http://www.larimer.org/seniors) (click on Office on Aging, Publications)



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# SENIOR

Resource Guide

Larimer County

## COMMUNITY INVOLVEMENT

### SENIOR CENTERS/CLUBS

#### Senior Centers

Bellvue Senior Center		482-0406
Berthoud Community Senior Center		532-2730
Chilson Senior Center	(Loveland)	962-2783
Estes Park Senior Center		586-2996
Fort Collins Senior Center		586-2996
Los Ancianos Unidos (Hispanic Seniors' Club – Northside Aztlan Community Center)	(Fort Collins)	221-6655
Wellington Senior Resource Center		568-7402

#### Clubs/Organizations

PVHS Senior Services/Aspen Club		495-8560
AARP (American Association of Retired Persons)		303-830-2277
	(National)	800-424-3410

### VOLUNTEER OPPORTUNITIES

FirstCall Volunteer Center		Dial <b>211</b> or 407-7066
Volunteers of America, RSVP (Retired and Senior Volunteer Program)	(Fort Collins) (Loveland)	472-9630 669-5460
AIMS Community College		667-4611
Colorado State University Division of Continuing Education		491-5288
Community Learning Centers		266-0150
CSU/Larimer County Cooperative Extension		498-6000
Education and Life Training Center		482-4357
Elderhostel of Colorado		491-4747
Front Range Community College		244-6029
Front Range Forum		224-6029
Regis University		472-2200
Larimer County Workforce Center	(Fort Collins) (Loveland)	498-6600 667-4261
Rocky Mountain SER		498-6647
Volunteers of America, Foster Grandparent Program		472-9630
Women's Center – Career Counseling	(Fort Collins) (Loveland)	484-1902 663-5013
<b>Senior Tax Work-Off Programs</b>		
Larimer County Office on Aging		498-6812
Poudre School District	(Fort Collins)	490-3208
Thompson R2J School District	(Loveland)	613-5013

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# SENIOR

Resource Guide

Larimer County

## NUTRITION

### FOOD

First Christian Church Outreach Center		223-4442
Food Bank for Larimer County		493-4477
Brown Bag Program   Commodity Supplemental Food Program		
TEFAP (The Emergency Food Assistance Program)		
Food Stamps, Larimer County Human Services	(Estes Park)	577-2150
	(Fort Collins)	498-6300
	(Loveland)	679-4451
Hospitality Center and Kitchen (Catholic Charities Northern)		493-0141
House of Neighborly Service	(Loveland)	667-4939
Open Door Mission	(Fort Collins)	224-4302
Salvation Army		207-4472
SHARE Colorado	(National)	800-933-7427

### SENIOR CONGREGATE MEALS

Berthoud Lunch Bunch	532-2730
Estes Park Senior Center	586-2996
Seniors' Nutrition Program, Volunteers of America	472-9630

## Seniors' Nutrition Program

The Volunteers of America Seniors' Nutrition Program provides nutritious meals to Larimer County residents who are 60 years of age or older, and their spouses. Meals are served at the group meal sites listed below.

For more information and reservations, call 472-9630.

MEAL SITE	DAYS OF SERVICE
Bellvue Senior Center	Mon & Thurs
Fort Collins Senior Center	Mon - Fri
Fort Collins Northside Aztlan Community Center	Tues & Thurs
Fort Collins Oakbrook I Apartments	Mon, Wed & Fri
Fort Collins Oakbrook II Apartments	Mon - Fri
Fort Collins Community of Christ	Wed & Fri
Fort Collins Shepherd of the Hills Lutheran Church	Tues
Loveland Silverleaf I Apartments	Mon - Fri
Loveland Silverleaf II Apartments	Tues & Thurs
Loveland Childon Senior Center	Mon - Fri
Wellington Senior Center	Mon, Wed & Thurs

Estes Park Meals on Wheels	586-2996
Fort Collins Meals on Wheels	484-6325
Loveland Meals on Wheels	667-0311
Seniors' Nutrition Program, Volunteers of America	472-9630

COLT (City of Loveland Transit)	(Loveland)	962-2700
Country Super Market	(Estes Park)	586-2702
Grocery Shopper Program (VOA/RSVP) King Soopers	(Loveland)	800-677-5464
Toddy's (Call Thursday Morning Only)	(Fort Collins)	223-3456

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- 4-5 Bedroom 2-3 car - 2 Baths
- 6 Bedroom 3 car - 3 1/2 Baths

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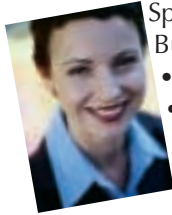
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