

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

**TO SERVE OLDER ADULTS IN 2010/2011  
Effective through June, 2011**



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

**[www.DRCOG.NetworkofCare.org](http://www.DRCOG.NetworkofCare.org)  
[www.drcoq.org](http://www.drcoq.org)**

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Title III of the Older Americans Act**

**PROGRAMS FUNDED BY THE  
DENVER REGIONAL COUNCIL OF GOVERNMENTS  
TO SERVE OLDER ADULTS IN 2009/2010**

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

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

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

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

[Revised August 2010]

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

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

## **ADULT DAY SERVICES**

### **Seniors' Resource Center**

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

### ***Respite Care Through Adult Day Programs***

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

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

### **The Senior Hub**

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

### ***Adult Day Program***

Counties Served: Adams and Arapahoe

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

## **CARE MANAGEMENT**

### **Lutheran Family Services of Colorado**

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

#### ***Geriatric Care Management***

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

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

### **Mount Evans Hospice and Home Health Care**

3081 Bergen Peak Drive  
Evergreen, CO 80439  
Sandy Moorehead, Director of Patient Administration  
smoorehead@mtevans.org  
303-674-6400 ext 218

#### ***Case Management***

Counties served: Clear Creek, Gilpin and Jefferson

Mt. Evans provides case management for individuals with terminal illness, major end-of-life issues or health crises. Mt. Evans assesses the needs, develops care plans and provides follow-up to help older people with diminished functioning capacities. Mt. Evans offers options for quality care.

## **Seniors' Resource Center**

3227 Chase Street

Denver, CO 80212

Tomasita Watson, Call Center Specialist

twatson@srcaging.org/caremanagement

303-235-6923

### ***Care Management Services***

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

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

## **Senior Support Services**

846 East 18<sup>th</sup> Avenue

Denver, CO 80218

Ted Pascoe, Executive Director

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

303-832-1622

### ***Care Management Services***

Counties Served: Denver

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

## **The Senior Hub**

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

### ***Care Management Services***

Counties Served: Adams, Arapahoe and Jefferson

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

## **COUNSELING SERVICES**

### **Jefferson Center for Mental Health (Senior Reach Program)**

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

### ***Counseling***

Counties Served: Broomfield, Clear Creek, Gilpin and Jefferson

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

### **Mt. Evans Hospice and Home Health Care**

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

### ***Counseling Services***

Counties Served: Clear Creek, Gilpin and Jefferson

Counseling services are provided for older persons with health issues. In addition, grief counseling and support services in the form of individual counseling and workshops such as: Bereaved Spouses Support Group, Parenting After Loss Group, Surviving the Holidays Workshop and Alzheimer's Caregivers Support Group.

## **DENTAL SERVICES, HEARING AIDS & EYEGLASSES**

### **Colorado Gerontological Society (Formerly, Senior Answers and Services)**

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

#### ***Dental Services, Hearing aids, Eyeglasses***

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

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

## **HANDYMAN/CHORE SERVICES**

### **Arapahoe County Community Resources**

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

#### ***Chore Services***

Counties Served: Arapahoe

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

## **Rebuilding Together Metro Denver**

2422 South Trenton Way, Unit A

Denver, CO 80231

Megan Bilotta

720-524-0840

### ***Safety and Home Modifications***

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

Rebuilding Together Metro Denver is a non-profit organization that partners with the community to rehabilitate homes of low-income seniors and disabled individuals at *no cost* so that they may live in warmth, safety and independence. Safety modifications are completed by individual volunteers and focus on the installation of bathroom safety items such as shower benches, grab bars and handheld shower heads, as well as the installation of interior and exterior handrails, fire extinguishers, smoke detectors and carbon monoxide detectors. Individuals served must be a homeowner, and over the age of 60.

## **Volunteers of America**

2660 Larimer Street

Denver, CO 80205

Erika Nelson-Conrad, Project Manager/the Safety of Seniors Handyman Program

303-297-0408 ext 13331

### ***Safety of Seniors Handyman Program***

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

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

## **HEALTH PROMOTION/EDUCATION**

### **HealthSET**

4200 W. Conejos Place, #436  
Denver, CO 80204  
Mary Ann May  
maryannmay@centura.org  
www.healthset.org  
303-595-6633

### ***Health Promotion Clinics and Nurse Care Management Program***

Counties Served: Adams, Denver and Jefferson

HealthSET offers skilled and compassionate nurses and social workers who provide free health clinics and substantial follow up services to residents of 18 rent-subsidized high rise residences. The clinics are held once per month in each building and staffed by registered nurses. At the clinics, nurses: give health screenings, provide education and assist people in obtaining resources. Between clinics, nurses assist clients in: managing illness, taking medications correctly and navigating the health care system. Clients with more complicated needs are referred to the Nurse Care Management program. Program staff provide in-depth support and act as advocates on behalf of clients and make both medical and social service interventions.

### **Mt. Evans Hospice and Home Health Care**

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

### ***Health Promotion***

Counties Served: Clear Creek, Gilpin and Jefferson

Health Promotion is offered through a variety of health screenings and educational presentations. Services are also offered through health promotion seminars in the senior housing centers in Evergreen, Conifer, Black Hawk and Idaho Springs.

## **Southwest Improvement Council**

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

### ***Multicultural Outreach Center***

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

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

## **St. Anthony Hospitals Health Passport**

4200 West Conejos Place, Suite 200  
Denver, CO 80204  
Jane Barnes, Manager, Senior Programs  
www.myhealthpassport.org  
303-629-4921

### ***Medication Management***

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

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

## **Tri-County Health Department**

6162 South Willow Drive  
Greenwood Village, CO 80111  
Julie Tipton, Project Coordinator  
jtipton@tchd.org  
303-846-6250

### ***Maintaining Mobility - Fall Prevention***

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

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

## **Volunteers of America**

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

### ***Fall Prevention and Nutrition Education***

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

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

## **IN-HOME SERVICES**

### **Jewish Family Services of Colorado**

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

### ***Homemaker and Personal Care***

Counties Served: Arapahoe, Denver and Jefferson

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

### **Mt. Evans Hospice and Home Health Care**

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

### ***Homemaker and Personal Care***

Counties Served: Clear Creek, Gilpin and Jefferson

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

## **Seniors' Resource Center**

3227 Chase Street

Denver, CO 80212

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

Heather Logan (Urban Jefferson, Denver and Adams Counties)

303-235-6929

[hlogan@SRCAging.org](mailto:hlogan@SRCAging.org)

Beth Jacobs (Rural Jefferson, Clear Creek and Gilpin Counties)

303-674-2843

[bjacobs@srcaging.org](mailto:bjacobs@srcaging.org)

### ***Homemaker***

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

In-Home Care Services provides friendly non-medical care to individuals in their own home. Trained and bonded Personal Care Providers assist with light housekeeping, laundry, bedmaking, meal preparation, errands and socialization. All Personal Care Providers complete several hours of training. Thorough background checks are conducted for all care providers and ongoing educational opportunities are provided.

## **Seniors Inc.**

5840 East Evans Avenue

Denver, CO 80222-5324

Anna Gilbert, Program Manager

[agilbert@seniorsinc.org](mailto:agilbert@seniorsinc.org)

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

303-300-6947

### ***Homemaker***

Counties Served: Arapahoe and Denver

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

## **Visiting Nurse Association**

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

### ***Personal Care and Homemaker In-Home Services***

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

In-home, supportive services are provided by trained Personal Care Providers and Homemakers who can assist with bathing, personal care, light housekeeping, grocery shopping, meal preparation, laundry, and respite care. All care is supervised by Registered Nurses who provide resource referral, medication reviews, safety assessment and assistance with aging issues and advanced directives.

## **INFORMATION AND ASSISTANCE SERVICES**

### **DRCOG Area Agency on Aging**

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

### ***Information, Referral and Assistance Program***

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

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

## **LEGAL SERVICES**

### **Colorado Legal Services**

1905 Sherman Street, Suite 400  
Denver, CO 80203-1181  
Manuel A. Ramos, Deputy Director  
[www.coloradolegalservices.org](http://www.coloradolegalservices.org)  
303-837-1321

### ***Senior Citizens Law Center***

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

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

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

## **LONG-TERM CARE OMBUDSMAN SERVICES**

### **DRCOG Area Agency on Aging**

1290 Broadway, Suite 700  
Denver, CO 80203-5606  
Shannon Gimbel, Ombudsman Program Manager  
[www.drcog.org](http://www.drcog.org)  
[www.DRCOG.NetworkofCare.org](http://www.DRCOG.NetworkofCare.org)  
303-455-1000

### ***Long-Term Care Ombudsman Program***

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

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

## **NUTRITION SERVICES**

### **Volunteers of America**

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

### ***Meals on Wheels***

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

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

### **Volunteers of America**

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

### ***Congregate Dining Centers***

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

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

### **Dining Center**

### **Days of Service**

### **Serving Time**

### **ADAMS COUNTY**

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

Monday and Thursday  
Tuesday and Wednesday

11:30 a.m.  
12:00 noon

### **ARAPAHOE COUNTY**

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

Monday - Thursday

12:00 noon

**Dining Center**

**Days of Service**

**Serving Time**

**Englewood Dining Center**  
Malley Senior Center  
3380 South Lincoln Street  
Englewood, CO 80010  
**303-762-2660**

Monday – Friday

12:00 noon

**Morning Star Senior Day Program**  
City of Aurora  
1016 Boston Street / Bldg. 880  
Aurora, CO 80030  
**303-326-8320**

Monday - Friday

11:45 a.m.

**CLEAR CREEK COUNTY**

**Georgetown Dining Center**  
Georgetown Community Center  
6th and Argentine Street  
Georgetown, CO 80444  
**303-567-2382**

Wednesday only

12:00 noon

**Idaho Springs Dining Center**  
Project Support Senior Center  
1402 Miner Street  
Idaho Springs, CO 80452  
**303-567-2382**

Monday - Friday

11:30 a.m.

**DENVER, CITY & COUNTY**

**Barney Ford Dining Center**  
Barney Ford Heights  
2024 Clarkson Street  
Denver, CO 80205  
**303-832-1857**

Monday – Friday

12:00 noon

**Barnum Recreation Center**  
360 Hooker Street  
Denver, CO 80219  
**303-937-4655**

Thursday only

11:30 a.m.

**Cathedral Plaza**  
1575 Pennsylvania Street  
Denver, CO 80203  
**303-837-1424**

Monday –Friday

11:30 a.m.

**Curtis Park II Dining Center**  
**VOA Adult Rehabilitation Center**  
2877 Lawrence Street  
Denver, CO 80205  
**303-295-2165**

Wednesday  
Friday

1:00 p.m.  
11:00 a.m.

**Dining Center**

**Days of Service**

**Serving Time**

**Inner City Dining Center**

Denver Inner City Parish  
1212 Mariposa Street  
Denver, CO 80204  
**303-629-0636**

Wednesday, Thursday  
and Friday

12:00 noon

**Globeville Dining Center**

Globeville Community Center  
4400 Lincoln Street  
Denver, CO 80216  
**303-292-3508**

Thursday only

12:00 noon

**Kosher Dining Center**

Jewish Community Center  
350 South Dahlia Street  
Denver, CO 80222  
**303-399-2660**

Monday - Friday

11:45 a.m.

**La Alma Dining Center**

La Alma Recreation Center  
1325 West 11th Avenue  
Denver, CO 80204  
**303-572-4790**

Monday – Tuesday

11:45 a.m.

**Metro Manor Dining Center**

Metro Manor Apartments  
1523 Quitman Street  
Denver, CO 80204  
**303-572-7716**

Monday – Friday

12:00 noon

**Montbello Dining Center**

Montbello Recreation Center  
15555 E. 53<sup>rd</sup> Avenue  
Denver, CO 80239  
**720- 865-0580**

Tuesday and Thursday

12:00 noon

**Montbello Manor Dining Center**

Montbello Manor Apartments  
4355 Carson Street  
Denver, CO 80239  
**720-374-4955**

Monday - Thursday

12:00 noon

**Mulroy Dining Center**

Mulroy Neighborhood Center  
3550 West 13th Avenue  
Denver, CO 80204  
**303-892-1540**

Monday - Thursday

11:30 a.m.

**Dining Center**

**Days of Service**

**Serving Time**

**Senior Support II Dining Center**  
Senior Support Services Center  
846 East 18th Avenue  
Denver, CO 80218  
**303-832-1622**

Monday - Friday

11:30 a.m.

**Sunset Park Dining Center**  
Sunset Park Senior Center  
1865 Larimer Street  
Denver, CO 80202  
**303-297-0230**

Monday – Friday

11:30 a.m.

**Sunset Towers Dining Center**  
Sunset Towers Apartments  
1925 Larimer Street  
Denver, CO 80202  
**720-264-0125**

Monday – Friday

11:30 a.m.

**Thomas Bean Towers**  
2350 Cleveland Place  
Denver, CO 80205  
**303-293-0027**

Monday – Friday

12:00 noon

**Westwood Dining Center**  
Westwood Community Center  
1000 South Lowell Boulevard  
Denver, CO 80219  
**303-934-2181**

Monday - Friday

12:00 noon

**Zion Dining Center**  
Zion Senior Center  
5151 East 33rd Avenue  
Denver, CO 80207  
**303-333-5746**

Monday - Thursday

11:30 a.m.

**DOUGLAS COUNTY**

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

Tuesday and Thursday

12:00 noon

**GILPIN COUNTY**

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

Monday, Tuesday  
and Wednesday

12:15 p.m.

**Dining Center**

**Days of Service**

**Serving Time**

**JEFFERSON COUNTY**

**Arvada Lions Club**  
5725 Teller  
Arvada, CO 80002  
**303-423-1540**

Wednesday only

12:00 noon

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

Wednesday only

12:00 noon

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

Monday - Thursday  
First Friday each month

12:00 noon

12:00 noon

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

Tuesday - Thursday

12:00 noon

**RESPIRE /CAREGIVER SUPPORT  
SERVICES**

**Alzheimer's Association**

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

***Families Caring for People with Alzheimer's Disease***

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

The Colorado Chapter supports family caregivers caring for a loved one with Alzheimer's disease or other form of dementia through an array of support services including caregiver education, care consultation, over 40 Denver Metro area support groups, and respite assistance. Locations, dates, and times of monthly classes and support groups can be viewed online at [www.alz.org/co](http://www.alz.org/co) or through the CO Chapter quarterly newsletter.

## **Catholic Charities and Community Services**

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

### ***Kinship Care***

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

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

## **City & County of Broomfield**

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

### ***Respite Care***

Counties Served: Broomfield

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

## **Lutheran Family Services**

363 South Harlan Street, Suite 200  
Denver, CO 80226  
Nichelle Stiggers, Program Coordinator  
www.lfsc.org  
Nichelle.stiggers@lfsc.org  
303-217-5856

### ***African American Caregiver Support Program***

Counties Served: Arapahoe and Denver

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

## **The Senior Hub**

2360 West 90th Avenue  
Federal Heights, CO 80260-6700  
Ron Liggett, Program Director  
rliggett@seniorhub.org  
www.seniorhub.org  
303-426-4408

### ***Respite Services***

Counties Served: Adams, Arapahoe, Denver, and Jefferson

The Senior Hub provides respite care to caregivers of adults over 60 years of age. Care providers are screened and trained to provide caregivers a much needed break. Staff can take over for a few hours a day up to round the clock help. Staff have experience with Alzheimer's and Hospice care. This is a free service to qualifying seniors. The Senior Hub also offers low cost in-home services to help older adults live independently in their homes.

## **TRANSPORTATION SERVICES**

### **Adams County Community Development**

12200 Pecos Street, 2<sup>nd</sup> Floor  
Westminster, CO 80022  
Josiah Masingale, Community Services Program Manager  
jmasingale@co.adams.co.us  
www.co.adams.co.us  
303-453-8511

### ***Adams County A-Lift Community Transit Program***

Counties Served: Adams

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

Medical and dining center transportation services are also provided in *rural* Adams County (*Brighton, Bennett, Strasburg and Watkins*). Transportation will be provided by Special Transit on weekdays on a prescheduled basis by means of a brokered system.

## **Arapahoe County Community Resources**

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

### ***Arapahoe County Senior Transportation***

County Served: Arapahoe

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

## **City and County of Broomfield**

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

### ***Senior / Disabled Transportation Services***

Counties Served: Broomfield

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

## **First Ride Transportation for Seniors**

6395 North Broadway  
Denver, CO 80216  
Margaret Rendon, General Manager  
Margaret.Rendon@firstgroup.com  
720-540-5566

### ***City & County of Denver Senior Transportation (FIRST RIDE)***

Counties Served: Denver

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

## **Douglas County Department of Human Services**

4400 Castleton Court

Castle Rock, CO 80109

Valerie Robson, Manager, Adult and Aging Services Division

[www.Douglas.co.us/humanservices/index.htm](http://www.Douglas.co.us/humanservices/index.htm)

303-688-4825

Senior Outreach Phone Line: 303-660-7519

### ***Douglas County Senior Transportation***

Counties Served: Douglas

Castle Rock Senior Center for the areas of Castle Rock, Castle Pines, Larkspur, Sedalia, and Franktown

303-688-9498

To the Rescue for Parker, Highlands Ranch and other areas of the county

720-851-2100

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

## **Jefferson County**

100 Jefferson County Parkway, Suite 3530

Golden, CO 80419

Missy Gildhouse, Contract Manager

[mgildhou@jeffco.us](mailto:mgildhou@jeffco.us)

303-271-8374

### ***Jefferson County Senior Transportation***

Counties Served: Jefferson

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

## **Volunteers of America**

2660 Larimer Street

Denver, CO 80205

Virdell Miller, Associate Director

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

303-297-0408

### ***Gilpin and Clear Creek County Senior Transportation Program***

Counties Served: Gilpin and Clear Creek

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