

Your **FREE** Resource Guide to Aging Well in Colorado Springs

*The*

# BEACON



*Guide*

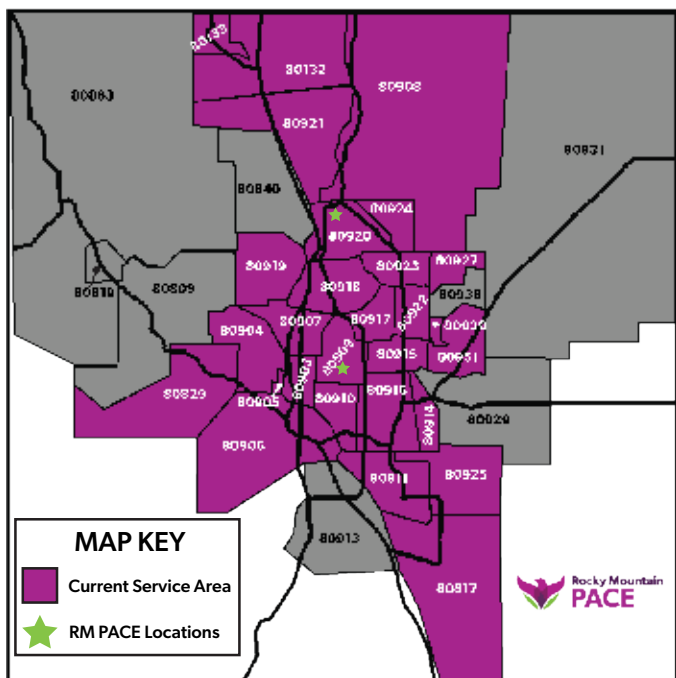


**2024  
SENIOR  
RESOURCE  
GUIDE**



# Rocky Mountain PACE

Rocky Mountain PACE  
(Program of All-inclusive Care for  
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coordinated healthcare for seniors,  
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Ken Jenson, Owner/CEO

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BEACON Senior News celebrates age and empowers Colorado Springs seniors with inspiring local stories and timely coverage of senior issues—all presented in a fun, engaging way that helps older adults live happier, healthier lives.

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# Aging is all about attitude, so pick a good one!

Working at BEACON Senior News has taught me that aging isn't fair. I've met some lucky 80-year-olds who look like they're 60 and several 50-year-olds who act like they're 70. Good genes play a part, but a great attitude is even more important to aging well.

In the Pikes Peak Region, we're fortunate to be surrounded by a wealth of local services to support your journey to aging well. Whether you're looking at options for yourself or helping an aging parent from afar, navigating these resources can be confusing and expensive. Not to worry! We'll help you sort them out in this trusted yearly guide to aging well in Colorado Springs.

While there are other resource guides in the area, The BEACON Guide stands out for these reasons:

**Relevant** - The BEACON Guide organizes hundreds of local resources based on when you might need them. You'll discover hard-to-find contact information for clubs and government agencies, retirement planners, home contractors, physicians, home health providers, retirement communities, support groups and more. We've also included a few insightful articles to help you make sense of it all.

**Reliable** - Each listing in The BEACON Guide has been personally called and verified, ensuring a trusted resource for local seniors and those who assist them.

**Reputable** - BEACON Senior News has been the voice of Colorado Springs seniors for more than 30 years. While our guide may not include every senior service available, we take great care to include only reputable companies and services.

**Here's how to use The BEACON Guide:**

- Resources are organized in 10 sections, which appear in the order you'll usually need them. (Some sections, like Clubs & Activities, apply to any stage of life)
- Within these 10 sections, resources are listed alphabetically under their respective categories (except for Senior Housing).
- The BEACON Guide is distributed for free because of our advertisers. Please support their businesses and mention the BEACON when contacting them.
- Explore the 2024 BEACON Guide online at [BeaconSeniorNews.com](https://BeaconSeniorNews.com)

If you need additional copies or find we missed an important resource, call us at **719-900-7664** or email [ContactCS@BeaconSeniorNews.com](mailto:ContactCS@BeaconSeniorNews.com).

I hope you find this 2024 edition of The BEACON Guide useful in helping you navigate the transitions ahead. Here's to aging well! ■



**Cloie Sandlin**  
Editor in Chief



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| Under 65 Health    | Dental/Vision/Hearing | Auto / Home       |
| Final Expense/Life | Annuities             |                   |

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to Enroll!*



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**PUEBLO**  
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**719-404-3202**

**DURANGO**  
2615 Main St., #207  
**970-615-1551**

Currently we represent 11 organizations which offer 78 products in your area. You can always contact Medicare.gov, 1-800-Medicare or your local State Health Insurance Program (SHIP) for help with plan choices.

**AISMedicareAndMore.com**

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Hablo español

Aetna Medicare is a HMO, PPO plan with a Medicare contract. Enrollment in our plans depends on contract renewal. Plan features and availability may vary by service area. We do not offer every plan available in your area. Currently we represent 1 organizations which offer 8 products in your area. Please contact *Medicare.gov*, 1-800-MEDICARE, or your local State Health Insurance Program to get information on all of your options.







## AGING RESOURCES

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# 3 mistakes that can cost Medicare beneficiaries a fortune

By Christian Worstell

Medicare is designed to help beneficiaries save money on health care. But there are three simple mistakes people can make that could end up costing them a fortune, or at least a sizable chunk of their retirement savings.

Whether you're brand new to Medicare, approaching Medicare age or a seasoned beneficiary, beware of these common pitfalls.

## Medicare Mistake #1: Not Enrolling on Time

Enrolling in Medicare can save you a considerable amount of money on your health care, but only if you enroll on time.

Many people are automatically enrolled in Medicare Part A and Part B. You may be required to manually sign up for Medicare, however, depending on your circumstances.

If you fail to enroll in Medicare Part B during your Initial Enrollment Period (a seven-month window that begins three months before you turn 65) but eventually enroll at a later date, you could be subject to a 10 percent penalty for every 12-month period that you were eligible to enroll in Part B but didn't.

And that's not just a one-time fee, either. The 10 percent late enrollment penalty will be applied to your monthly Part B premium for as long as you remain enrolled in Part B.

In 2023, the standard Part B premium was \$164.90 per month. So even if you were just one year late to sign up and didn't qualify for a Medicare Special Enrollment period, you'd be on the hook for an extra \$16.49 per month added to your Part B premium. Over the course of a year, your late enrollment penalty would equal almost \$200.

Over the course of 10 years, you would pay nearly \$2,000 in late enrollment fees, and that's without factoring in any Part B premium increases.

You can delay Part B enrollment with no penalty if you have what Medicare considers "creditable" health insurance coverage. Insurance provided by your employer could count as creditable coverage, but it depends on the size of the organization. Confirm with your health insurance provider whether your coverage qualifies. And don't forget: Medicare Part A and Part D also have late-enrollment penalties of their own.

## Medicare Mistake #2: Forgetting the Lack of an Out-of-Pocket Spending Limit

Original Medicare (Part A and Part B) does not have an

annual out-of-pocket spending limit. That means you are responsible for an uncapped amount of co-payments and coinsurance for Part A and Part B coverage over the course of a year.

With surprise high medical costs being the number one reason for personal bankruptcy in the U.S., this could be a vulnerable spot to be in for the average American.

Take a discectomy for example—a common procedure in older adults to alleviate lower back pain. When performed at an ambulatory surgical center, a Medicare patient can expect to pay around \$2,700 out of pocket. Fortunately, there are ways to protect yourself.

- Medicare Advantage (Part C) plans sold by private insurance companies often come with no monthly premium (though you still pay your monthly Part B premium) and are required by law to include an annual in-network out-of-pocket maximum of no more than \$8,850 in 2024.
- Medicare Supplement Insurance (Medigap) plans cover the costs of certain Medicare copays, coinsurance and other expenses. Having protection for those out-of-pocket costs can help save you money when you get Medicare-covered care. Certain Medicare Supplement plans also include annual out-of-pocket spending limits.

## Medicare Mistake #3: Not Reviewing Your Plan Options Every Year

Medicare beneficiaries have an opportunity to switch to a more affordable plan every year, but many fail to take advantage. Medicare's annual open enrollment period is from October 15 to December 7. You can perform a number of actions during this period, such as switching from one Medicare Advantage plan or Part D plan to another.

Prior to the beginning of fall Medicare open enrollment, beneficiaries receive a notice from their current plan carrier that lists the details of any cost or coverage changes to their plan for the upcoming year. With the average beneficiary enjoying access to 40 or so different Medicare Advantage plans, it's wise to at least spend a few minutes comparing your plan premium with the others available in your area to see if you can save by switching. ■

---

*Christian Worstell is a senior Medicare and health insurance writer with MedicareAdvantage.com. Christian is well-known for the thousands of educational articles he's written, helping Americans better understand their Medicare coverage.*

**ADVOCACY**

AARP, Black Forest .....	719-596-6787
Aging Center, UCCS .....	719-255-8002
Colorado Center for Aging .....	720-835-1976
Colorado Culture Change Coalition.....	303-868-4311
Colorado Gerontological Society .....	303-333-3482
Innovations in Aging Collaborative (age-friendly cities).....	719-602-3815
Long-Term Care Ombudsman, Pikes Peak Area Council of Governments .....	719-471-2096
National Council on Aging.....	571-527-3900
Silver Key.....	719-884-2300
<b>The Independence Center, See ad page 4 .....</b>	<b>719-471-8181</b>
Pikes Peak Elder Justice Center .....	719-318-7459

**AGENCIES ON AGING**

Administration on Aging, Community Living.....	303-844-7815
Pikes Peak Area Agency on Aging.....	719-471-2096

**AGING IN PLACE**

PEARLS (Program to Encourage Active Rewarding Lives for Seniors) .....	719-459-2017
<b>Rocky Mountain PACE, See ad page 2 .....</b>	<b>719-314-2327</b>
Silver Key.....	719-884-2300
<b>The Independence Center, See ad page 4 .....</b>	<b>719-471-8181</b>

**CARE MANAGEMENT**

<b>Rocky Mountain PACE, See ad page 2 .....</b>	<b>719-314-2327</b>
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**DRIVER SAFETY EVALUATION**

AARP Driver Safety .....	800-350-7025
Fitness to Drive, Penrose-St. Francis .....	719-776-5200
Health Promotion Partners .....	719-231-6657

**ELDER ABUSE & NEGLECT**

AARP Elderwatch.....	800-222-4444, x2
Adult Protective Services, El Paso County .....	719-444-5755
Long-Term Care Ombudsman, Pikes Peak Area Council of Governments .....	719-471-2096
Pikes Peak Elder Justice Center .....	719-318-7459

**FINANCIAL ASSISTANCE**

Benefits in Action.....	720-221-8354
Catholic Charities .....	719-475-7314
Charity's Hope.....	719-475-7314
El Paso County Department of Human Services.....	719-636-0000
LEAP (Low Energy Assistance Program) .....	866-432-8435
Mercy's Gate .....	719-277-7470



- Reserve & Ride
- Home-Delivered Meals
- Companionship
- Behavioral Health Case Management
- Thrift Stores
- Meals at Connections Cafés
- Food Pantry



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I can help answer your Medicare questions, so you can find the United Healthcare Medicare Advantage plan that fits your needs.

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- Take the confusion out of Medicare
  - Get help comparing plans
  - Receive one-on-one service
  - Make switching plans easier



**Kathleen Graberg**  
 Licensed Sales Representative  
**719-460-7580, TTY 711**  
[kgraberginsurance@gmail.com](mailto:kgraberginsurance@gmail.com)

- Project COPE (Colorado Springs Utilities)..... 719-448-4800
- Silver Key Peer Navigators .....719-884-2300
- Social Security Administration..... 866-931-7120
- Teller Senior Coalition..... 719-687-3330
- Tri-Lakes Cares.....719-481-4864
- Westside Cares .....719-389-0759

See also: *Other Resources > Food Services & Meal Programs*

**INSURANCE: LONG-TERM CARE**

**Clear Solutions Insurance Services,**  
See ad page 20 ..... 800-798-7490

**INSURANCE: MEDICARE**

- Aetna Medicare Solutions, See ad page 8** ..... 855-335-1407
- AIS Medicare & More, See ad page 6**.....719-418-6092
- Centers for Medicare and Medicaid ..... 800-633-4227
- Humana, Amanda Alenius ..... 719-464-5822
- My Longevity Health Compass,**  
See ad page 20 ..... 303-565-9639
- State Health Insurance Assistance Program  
(SHIP) ..... 719-471-2096

**LONG-TERM CARE PLANNING**

- AAA Medicaid .....719-412-1468
- Amada Senior Care, See ad page 3**..... 719-377-9121



Helping Hands Consulting

HelpWithLTCMedicaid.com ..... **303-717-6082**

**Long-Term Care Medicaid?**

We specialize in assisting people secure long-term care Medicaid benefits.

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**MEAL PROGRAMS**

- Silver Key Connections Café & Home Delivered Meals,**  
See ad page 11 ..... 719-884-2300
- Silver Key Food Pantry.....719-884-2301
- Teller Senior Coalition..... 719-687-3330

See also: *Other Resources > Food Services & Meal Programs*

**MISCELLANEOUS**

- AARP Tax Aide.....2-1-1
- Aging and Disability Resources for Colorado  
(ADRC).....720-737-4909
- Colorado 2-1-1 .....2-1-1
- PEARLS (Program to Encourage Active  
Rewarding Lives for Seniors) ..... 719-459-2017
- VITA (free income tax assistance) ..... 719-208-7775

**TRANSPORTATION**

See section: *Other Resources*



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## CLUBS & ACTIVITIES

Getting involved in clubs and activities provides opportunities for exercise, socialization and companionship, which are all essential for keeping your body healthy, your mind sharp and you aging gracefully.

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**ART & PHOTOGRAPHY**

- Art Gallery of the Rockies .....719-260-1873
- Art on the Streets, Downtown Ventures ..... 719-886-0088
- Cottonwood Center for the Arts..... 719-520-1899
- Cultural Office of the Pikes Peak Region .....719-634-2204
- Ent Center for the Arts..... 719-255-3232
- Fine Arts Center, Colorado College .....719-634-5581
- Hooked on Crochet,  
Cheyenne Mountain Library.....719-531-6333 x7001
- Horticultural Art Society..... 719-357-9427
- Makerspaces, Pikes Peak Library District  
Make at East .....719-531-6333 x2353
- Make at Manitou Art Center..... 719-685-1861
- Make at Manitou Springs .....719-531-6333 x7004
- Make at Sand Creek..... 719-531-6333 x7018
- Make I & II at Library 21c..... 719-531-6333 x1549
- Manitou Art Center..... 719-685-1861
- Pikes Peak Artist Collective ..... 717-875-5200
- Pikes Peak Camera Club..... PikesPeakCameraClub.com
- Pikes Peak Pastel Society..... 719-338-5548
- Pikes Peak Whittlers (woodcarving) ...PikesPeakWhittlers.com
- Yarnia! Knitting & Crochet Club .....719-748-3939

**CARS & MODEL HOBBIES**

- COS Miata Club ..... 719-651-7739
- Rocky Mountain Mustang Club.....Mustangers.com

**COMMUNITY SERVICE**

- AARP, Black Forest .....719-596-6787
- Austin Bluffs Sertoma.....719-460-5561
- Gleneagle Sertoma.....719-331-1212
- Lions Club, Downtown.....719-338-7375
- Rotary Club, Broadmoor ..... 740-707-3022
- Rotary Club, Colorado Springs ..... 719-338-3239

**DANCE**

- Colorado Springs Senior Center .....719-955-3400
- Dance Alliance of the Pikes Peak Region ..... 719-630-7434
- Ent Center for the Arts..... 719-255-3232
- Fountain Valley Senior Center..... 719-600-2644
- International Dance Club ..... 719-633-0195
- Maxi's Dance Group ..... 719-660-1358
- Millibo Art Theatre .....719-465-6321
- Pikes Peak Center for the Performing Arts .....719-477-2100
- Woodland Park Senior Center .....719-687-3877

**EDUCATION & LIFELONG LEARNING**

- AARP Driver Safety .....719-396-1182

- American Red Cross of Southeastern Colorado  
(CPR and First Aid training)..... 719-632-3563
- Colorado Springs Senior Center .....719-955-3400
- Curiosity Unlimited..... 719-470-1230
- Listening In, UCCS (for lifelong learners 55+) ....719-255-8227
- Pikes Peak Library District ..... 719-531-6333
- Pillar Institute for Lifelong Learning,  
See ad page 30 ..... 719-633-4991**
- Silicon Mountain Mac User Group..... SMMUG.org
- Veteran Audit Program, UCCS ..... 719-255-8227

**EXERCISE & SPORTS**

- Blazer Ski Club.....BlazerSkiClub.org
- Broadmoor World Arena.....719-477-2100
- Colorado Springs Senior Center .....719-955-3400
- Colorado Springs Parks, Recreation  
& Cultural Services..... 719-385-5940
- Deerfield Hills Community Center ..... 719-385-5996
- Falcon Wanderers Volkspport Club..... 719-597-4307
- Fountain Valley Senior Center ..... 719-600-2644
- Meadows Park Community Center ..... 719-385-7940
- Pikes Peak Over the Hill Gang..... 719-494-3269
- Pikes Peak Pickleball Association .....719-210-3041
- Silver Key at Tri-Lakes Senior Center ..... 719-464-6873
- Sno-Jets Ski & Adventure Club .....SnoJets.org
- Westside Community Center ..... 719-385-7920
- Woodland Park Senior Center ..... 719-687-3877
- YMCA of the Pikes Peak Region.....719-471-1723

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- Sons of Norway .....719-574-3717
- Spanish Conversation Group ..... 719-244-5902

**GAMES**

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- Chess Club, Colorado Springs ..... CSCS@Juno.com
- Colorado Springs Senior Center ..... 719-955-3400
- Cribbage, ACC Grass Roots 307 ..... 719-963-3852
- Fountain Valley Senior Center ..... 719-600-2644
- Play to Remember (dementia games) ..... 719-330-5167
- Scrabble Club, Colorado Springs ..... 719-332-5141
- Silver Key at Tri-Lakes Senior Center ..... 719-464-6873
- Woodland Park Senior Center ..... 719-687-3877

**GARDENING**

CSU Extension, El Paso County .....	719-520-7690
Elmohr Iris Society .....	719-896-5619
Falcon Garden Club.....	FalconGardenClub.org
Horticultural Art Society & Heritage Garden.....	719-357-9427
Manitou Pollinators.....	ManitouPollinators@gmail.com
Pikes Peak Water Garden Society.....	719-648-0740

**GENEALOGY & HISTORY**

Coin Club, Colorado Springs .....	719-632-4260
Colorado Springs Numismatic Society.....	719-632-4260
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Socrates Café, Monument Library .....	719-531-6333 x7005
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<b>Chamber Orchestra of the Springs, See ad page 19.....</b>	<b>719-633-3649</b>
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Wind Symphony, Rocky Mountain.....	GDDDRH.wixsite.com/RMWS
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- Camping Reservations, Colorado State Parks.....800-244-5613
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- Colorado Vacation Directory.....888-222-4641
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- Pikes Peak Over the Hill Gang.....719-494-3269
- Pulpit Rock Park.....719-385-5940
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- Woodland Park Senior Organization .....719-687-3877

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- El Paso County Colorado Progressive Veterans....719-488-8351
- Mt. Carmel Veterans Service Center .....719-309-4714
- Rampart Range Blue Star Mothers.....719-651-8038
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# When should you collect Social Security?

By Darian Andreson, Senior Tax Advisory Group

Understanding the circumstances of when to start collecting Social Security is a strategic decision that can significantly shape your financial future. The timing of when you initiate benefits impacts the total amount you receive, which could mean the difference of thousands of dollars over time. Consequently, it's important to assess and determine the best age to start collecting Social Security benefits based on your unique financial situation.

Here are the critical ages on the Social Security benefits timeline to help guide you in understanding when you can collect and how your decision may impact your financial future.

## BEFORE AGE 62

**Ages 0 to 18 years, or up to age 19** - A child may receive benefits on a retired parent's record or through survivor benefits for a deceased parent up to age 18, or possibly until age 19 if they're still a high school student.

**Children with disabilities** - Children up to age 18 or older can receive Social Security benefits if they develop a disability before age 22.

**Ages 25 to 60** - Review your Social Security statement yearly and check for accuracy. If you require a current benefits statement, contact your financial professional or order it directly from SSA.gov.

**Age 62** - You can start taking your Social Security retirement benefit from age 62 until age 70. However, the longer you postpone claiming Social Security retirement benefits, the higher your monthly benefit will be. While it's possible to claim benefits a few years before reaching full retirement age, it's important to note that your monthly benefit amount may be reduced. For this reason, calculating your benefit at your full retirement age—when you're eligible for 100% of your earned benefit amount—is crucial for making an informed decision about when to start receiving benefits.

**Age 62** - Social Security survivor benefits are available for spouses.

**Age 62** - Divorced spouse benefits: Your divorced spouse may be eligible to receive benefits on your Social Security record if the marriage lasted at least 10 years. Your divorced spouse must be 62 or older and unmarried. Additionally, your former spouse can potentially receive benefits even if you haven't started receiving retirement benefits yourself. Both you and your ex-spouse must be at least 62 years old and have been divorced for a minimum of two years to qualify.

---

**DECIDING WHEN TO START RECEIVING SOCIAL SECURITY BENEFITS CAN BE CONFUSING, AND YOUR DECISION CAN MEAN A DIFFERENCE IN THOUSANDS OF DOLLARS EACH YEAR.**

---

**Age 65 and born in 1937 or earlier** - You've reached full retirement age and are eligible for your full Social Security retirement benefit amount.

**Age 66 - If born between 1938 and 1954**, you've reached your full retirement age and are eligible for your full Social Security retirement benefit.

**Age 66 - If you were born between 1955 and 1959**, your full retirement age gradually increases based on the following schedule until age 67:

- 1955- Full retirement age 66 and 2 months
- 1956- Full retirement age 66 and 4 months
- 1957- Full retirement age 66 and 6 months
- 1958- Full retirement age 66 and 8 months
- 1959- Full retirement age 66 and 10 months

## FOR THOSE BORN IN 1960 OR LATER

**Age 67** - You've reached your full retirement age. Delaying your benefits may provide you with a higher benefit amount.

**Age 68-** Your monthly benefit amount increases based on the Social Security monthly benefit tables and your earnings credits.

**Age 69-** Your monthly benefit amount increases based on the Social Security monthly benefit tables and your earnings credits.

**Age 70-** You've reached the age where your monthly benefit will no longer increase if you continue working.

### Other notable Social Security nuances to be aware of:

- Not waiting until full retirement age to take benefits may mean up to 30% less each month for some individuals.
- Once you start Social Security benefits, your decision can't be reversed to wait until a later age.
- The cost of Medicare is deducted from your monthly Social Security benefit amount.
- Deciding when to start receiving Social Security benefits can be confusing, and your decision can mean a difference in thousands of dollars each year. A financial professional can help you understand how taking benefits at each of these milestone ages may impact your situation. ■

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AIS Medicare & More, See ad page 6.....719-418-6092

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See ad page 20 .....800-798-7490

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Aetna Medicare Solutions, See ad page 8.....855-335-1407

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Centers for Medicare & Medicaid..... 800-633-4227

Cigna Healthcare ..... 800-997-1654

Humana, Amanda Alenius ..... 719-464-5822

Insurance Division of Complaints ..... 800-930-3745

Insurance Solutions, See ad page 11 .....719-460-7580

Kaiser Permanente ..... 800-218-1059

Kepro .....844-430-9504

Medicare Resource Center ..... 719-358-6696

My Longevity Health Compass,  
See ad page 20 ..... 303-565-9639

State Health Insurance Assistance Program  
(SHIP) ..... 719-471-2096

Tricare for Life.....866-773-0404

United Healthcare..... 888-437-2430

**PLANNED GIVING**

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Pikes Peak Community Foundation .....719-389-1251

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Social Security Administration..... 866-931-7120



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## HOME SERVICES

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**BATH & KITCHEN REMODELING**

Access to Freedom..... 719-260-7687  
 Home Pride..... 719-301-0838

**DUCT CLEANING**

Planet Duct..... 719-728-5111

**ELECTRICAL**

American Electrician..... 719-247-2555

**HANDYMAN**

Amada Senior Care,  
 AmadaColorado.com, See ad page 3..... 719-377-9121  
 More Than a Handyman - Call Mike..... 719-338-4279  
 Number 1 Son ..... 719-203-6603  
 Teller Senior Coalition..... 719-687-3330  
 Silver Key Handyman Program (Tri-Lakes area) .... 719-884-2300

**HEATING & COOLING**

Fountain Valley Mechanical,  
 FountainValleyMechanical.com,  
 See ad page 45 ..... 719-392-2652

**HOME IMPROVEMENT & DECOR**

arc Thrift Stores,  
 Colorado Springs Donation Station..... 719-265-1905  
 Garden of the Gods Donation Station ..... 719-595-7197  
 Habitat for Humanity ReStores ..... 719-667-0840  
 Goodwill of Colorado..... 719-635-4483  
 Silver Key Friends Thrift Store - Colorado Springs,  
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 Linda Leslie - HomeSmart Realtor, SRES,  
 LindaLeslie.realtor, See ad page 16 ..... 719-494-6860  
 The Foote Group, See ad page 20 ..... 719-314-9500  
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 Stacey Burton, SRES, Sellstate Alliance Realty ..... 719-358-8515

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**ALCOHOLISM & ADDICTION**

- Achieve Whole Recovery ..... 719-373-9703
  - Mountain Springs Recovery ..... 855-399-4291
  - Peaks Recovery Centers.....855-961-0808
  - Recovery Unlimited..... 719-358-7338
  - Sandstone Care, Detox Center ..... 719-974-4199
- See also: *Support Groups*

**ALZHEIMER’S & DEMENTIA**

- Alzheimer’s Association 24-Hour Hotline .....800-272-3900
  - Alzheimer’s Association of Southern Colorado.....719-266-8773
  - UCCS Aging Center .....719-255-8002
- See section: *Support Groups*

**AMYOTROPHIC LATERAL SCLEROSIS (ALS)**

- ALS Association, Rocky Mountain Chapter .....866-257-3211
  - ALS Clinic,  
Colorado Springs Neurological Associates ..... 719-473-3272
- See section: *Support Groups*

**ARTHRITIS**

- Arthritis Associates & Osteoporosis Center ..... 719-475-9613
  - Arthritis Foundation .....800-283-7800
- See section: *Support Groups & Services*

**AUDIOLOGISTS**

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- Pikes Peak Hearing Aid Services..... 719-325-7519
- Sandia Hearing Aid Center..... 719-634-6260

**BRAIN WELLNESS**

**Cereset Colorado Springs, See ad page 25.....719-249-3663**

**BREATHING & SLEEP APNEA**

- Air Quality Advisory,  
El Paso County Public Health ..... 719-578-3199
- Aspen Ridge Sleep Solutions..... 719-282-3400
- Colorado Springs ENT & Allergy..... 719-867-7800
- Colorado Springs Sleep Apnea &  
Snoring Solutions..... 719-344-9161
- Delta Waves..... 719-262-9283
- Penrose-St. Francis Sleep Disorders Center ..... 719-571-8868
- Pulmonary Associates..... 719-471-1069
- The Insomnia Clinic .....719-373-0051

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**CANCER**

- American Cancer Society.....800-227-2345
  - American Lung Association.....800-586-4872
  - Cancer Information Service ..... 800-422-6237
  - Century Cancer Centers .....719-247-5500
  - Penrose Cancer Center ..... 719-776-5281
  - Rocky Mountain Cancer Centers ..... 719-577-2555
  - UCHealth Cancer Care & Hematology Clinic,  
Memorial Hospital ..... 719-365-6568
  - Women’s Wellness Connection  
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- See section: *Support Groups & Services*

**DENTAL CARE**

- American Dental Association ..... 800-621-8099
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- Emergency Dental Colorado Springs..... 719-634-0911
- Grace Dental ..... 719-532-1007
- Guerra Dental .....719-596-1230
- Kissing Camels Family Dentistry..... 719-301-6604
- North End Dental..... 719-471-1900
- Palmer Park Dentistry..... 719-301-5300
- Peak Vista Dental Health Center ..... 719-475-0783
- Pinnacle Dentistry, See ad page 30 ..... 719-590-7100**

**DIABETES**

- American Diabetes Association.....800-342-2383
- Penrose-St. Francis Health Learning Center ..... 719-776-3610
- UCHealth Diabetes & Medical Nutrition Therapy...719-365-6881

**DISABILITIES & REHABILITATION**

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- Encompass Health..... 719-630-8000
- Health Promotion Partners ..... 719-231-6657



- Integrated Life Choices ..... 719-755-4202
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- See section: *Support Groups & Services*

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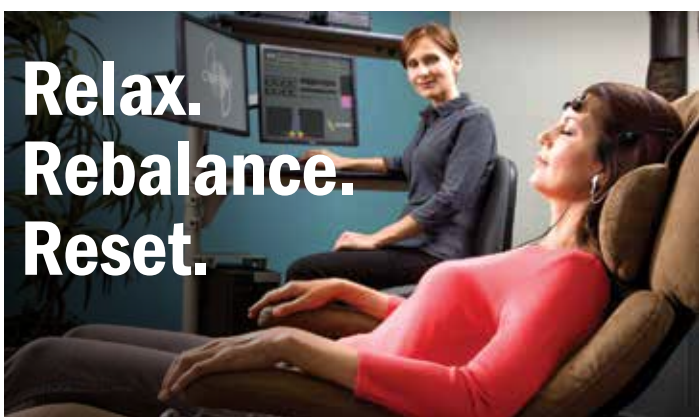
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- Nepenthe Home Medical Equipment.....719-633-4400
- Next Day Access .....719-259-2492
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- VillaSport Athletic Club & Spa..... 719-522-1221
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  - Banning-Lewis Recreation Center ..... 719-522-2432
  - Briargate YMCA..... 719-282-9622
  - Chapel Heights Community Center ..... 719-622-9184
  - Cordera Community Center..... 719-495-2166
  - Cottonwood Creek Family Center YMCA ..... 719-385-6508
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 Lane Center for Academic Health Sciences,  
 Center for Active Living ..... 719-255-8067  
 Multiple Sclerosis Society.....800-344-4867  
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 UCCS Aging Center ..... 719-255-8002

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CaptionCall, LLC ..... 877-557-2227  
 Colorado Commission for the Deaf  
 & Hard of Hearing..... 303-866-4824  
 Colorado Telecommunications Equipment  
 Distribution Program ..... 303-866-2097  
 Hear-Wise ..... 719-576-1449  
 Hearing Loss Association of America,  
 Colorado Springs Chapter ..... HearingLossColorado.org  
 HEARS (low-income support) ..... 719-352-5124  
 Miracle-Ear ..... 719-576-0059  
 National Hearing Aid Help Line..... 800-521-5247  
 National Institute on Deafness..... 800-241-1044  
 The Independence Center ..... 719-471-8181  
 See section: Support Groups

**HEART DISEASE**

American Heart Association ..... 800-242-8721  
 Colorado Springs Cardiology ..... 719-960-0363  
 Heart & Vascular Center, Penrose Hospital ..... 719-776-8500  
 UCHealth Heart Clinic,  
 Memorial Hospital Central..... 719-365-7172  
 UCHealth Heart Clinic, Memorial Hospital North.. 719-364-6550

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 Natural Therapeutics Massage & Wellness ..... 719-201-9153  
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 (for Army retirees) ..... 719-526-7000  
 Grandview Hospital (UCHealth) ..... 719-272-3600  
 Memorial Hospital Central (UCHealth) ..... 719-365-5000  
 Memorial Hospital North (UCHealth)..... 719-364-5000  
 Penrose-St. Francis Health Services..... 719-776-5281  
 Pikes Peak Regional Hospital (UCHealth),

Woodland Park ..... 719-374-6060  
 St. Francis Medical Center ..... 719-776-5000

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 MedRide ..... 719-545-3333  
 Medstar Transportation..... 720-688-7147  
 Metro One Ambulance Service..... 720-626-7495  
 Porchlight Friends..... 719-204-3604  
 Rocky Mountain Mobile Medical..... 719-362-8000  
**Rocky Mountain PACE, See ad page 2 ..... 719-314-2327**  
**Silver Key Reserve & Ride, See ad page 11 ..... 719-884-2300**

**MENTAL HEALTH CARE & COUNSELING**

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 Colorado Recovery Solutions..... 719-622-6522  
 Diversus HealthX..... 719-572-6100  
 MasterMind Clinic ..... 719-644-6463  
 NAMI Colorado Springs ..... 719-473-8477  
 National Institute of Mental Health ..... 866-615-6464  
 Next Chapter (for veterans) ..... 888-719-8387  
 Peak View Behavioral Health ..... 719-444-8484  
 Peak Vista Community Health Centers ..... 719-632-5700  
 PEARLS (Program to Encourage Active  
 Rewarding Lives for Seniors) ..... 719-459-2017  
 Penrose Hospital Behavioral Health..... 719-776-6850  
 Pikes Peak Elder Justice Center ..... 719-318-7459  
**Silver Key Behavioral Health Services,**  
**See ad page 11..... 719-884-2300**  
 Suicide Prevention Help Line (veterans press 1) ..... 9-8-8  
 UCCS Aging Center ..... 719-255-8002  
 See section: Support Groups & Services

**NUTRITION**

Peak Nutrition Clinic, UCCS Aging Center ..... 719-255-7524, x2  
 Penrose-St. Francis Health Learning Center ..... 719-776-3610  
 Optimal Wellness Solutions..... 719-590-9879  
 UCHealth Diabetes & Medical Nutrition Therapy... 719-365-6881

**OCCUPATIONAL THERAPY**

Health Promotion Partners..... 719-231-6657

Homefit Therapy Colorado ..... 719-301-7607

**OPTICAL**

Alpine Vision..... 719-520-3333  
 Archdale Eyecare..... 719-638-4010  
 Bettner Vision..... 719-282-0400  
 Chapel Hills Vision Clinic..... 719-599-5083  
 Colorado Eye Institute ..... 719-258-1240  
 Colorado Springs Eyecare..... 719-477-0274  
 Colorado Springs Eye Clinic ..... 719-632-3547  
 Eye Associates of Colorado Springs..... 719-471-2020  
 Eye Care Center of Colorado Springs..... 719-576-5844  
 Eye Love Care (low-income assistance)..... 719-596-2020  
 Kelly’s Optical Center ..... 719-471-7347  
 Lymer Vision..... 719-888-4688  
 Pikes Peak Eye Care..... 719-632-1587  
 RidgeView Optometry ..... 719-495-5904  
 Vision Institute ..... 719-559-2020

**ORTHOPEDIC SERVICES**

Centura Orthopedics ..... 719-776-7846  
 Colorado Springs Orthopaedic Group..... 719-632-7669  
 UCHHealth Orthopedics Clinic ..... 719-365-1950

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Colorado Center for Otolaryngologists..... 719-867-7800

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 Colorado Recovery Solutions..... 719-622-6522  
 Interventional Pain Management..... 719-228-9440  
 Metamorphosis Pain Management ..... 719-896-4180  
**Sunmed: Your CBD Store, See ad page 25 ..... 719-755-9212**

**PHARMACY**

College Pharmacy ..... 800-888-9358  
 Ivywild Pharmacy..... 719-634-5541  
 Rainbow Pharmacy..... 719-577-9800

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Nevada.....	719-776-3798
North Care.....	719-776-3000
Tri-Lakes.....	719-571-7080
Woodland Park.....	719-686-0553
<b>Colorado Springs Orthopaedic Group.....</b>	
	719-632-7669
<b>Cornerstone Physical Therapy.....</b>	
	719-596-5000
<b>Health Promotion Partners.....</b>	
	719-231-6657
<b>Manual Edge.....</b>	
	719-694-8342
<b>Outpatient Rehabilitation, Penrose Hospital.....</b>	
	719-776-5200
<b>Strive Physical Therapy.....</b>	
	719-574-8761
<b>Total Function Physical Therapy.....</b>	
	719-473-2958
<b>UCHealth Physical Therapy &amp; Rehabilitation Clinic</b>	
Eastview.....	719-365-5842
Grandview.....	719-365-6871
Interquest.....	719-365-5742
Memorial Hospital Central.....	719-365-2777
Printers Park.....	719-365-5642
Woodland Park.....	719-374-6172
Woodmen.....	719-365-2821

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<b>AgeWell Medical Associates,</b>	
<b>AgeWellMedical.com, See ad page 27 .....</b>	
	<b>719-475-5065</b>
<b>Doctors Medical Group of Colorado Springs.....</b>	
	719-531-0409
<b>Evans Army Community Hospital.....</b>	
	719-526-7000
<b>Grandview Hospital (UCHealth).....</b>	
	719-272-3600
<b>Memorial Hospital Central (UCHealth).....</b>	
	719-365-5000
<b>Memorial Hospital North (UCHealth).....</b>	
	719-364-5000
<b>Peak Vista Community Health Centers.....</b>	
	719-632-5700
<b>Penrose-St. Francis Health Services.....</b>	
	719-776-5281
<b>Pikes Peak Regional Hospital (UCHealth),</b>	
<b>Woodland Park.....</b>	
	719-374-6060



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<b>Aaron D. Smith, M.D.,</b>	
<b>Colorado Springs Plastic Surgery.....</b>	
	719-355-1956
<b>Springs Aesthetics.....</b>	
	719-285-4937

**PRIMARY CARE**

<b>AgeWell Medical Associates,</b>	
<b>AgeWellMedical.com, See ad page 27 .....</b>	
	<b>719-475-5065</b>

**SEXUALLY TRANSMITTED DISEASES**

<b>Any Lab Test Now, Academy Blvd.....</b>	
	719-634-8378
<b>Any Lab Test Now, Nevada.....</b>	
	719-277-8378
<b>El Paso County Public Health.....</b>	
	719-578-3199
<b>Planned Parenthood.....</b>	
	719-475-7162
<b>Pregnancy Center</b>	
Fountain Location.....	719-259-5690
Galley Location.....	719-249-7632
Westside Location.....	719-451-7586

**SPEECH THERAPY**

<b>Health Promotion Partners.....</b>	
	719-231-6657
<b>Outpatient Rehabilitation, Penrose Hospital.....</b>	
	719-776-5200
<b>UCHealth Physical Therapy &amp; Rehabilitation Clinic</b>	
Printers Park.....	719-365-5642
Woodland Park.....	719-374-6172

**THERAPEUTIC MASSAGE**

<b>Elements Massage.....</b>	
	719-286-3592
<b>Natural Therapeutics Massage &amp; Wellness.....</b>	
	719-201-9153

**VASCULAR CARE**

<b>American Vein &amp; Vascular Institute.....</b>	
	719-985-2800

**VISION**

<b>American Council of the Blind.....</b>	
	800-424-8666
<b>American Foundation of the Blind.....</b>	
	212-502-7600
<b>Audio Information Network of Colorado.....</b>	
	877-443-2001
<b>Choice Magazine Listening.....</b>	
	888-724-6423
<b>Colorado Center for the Blind.....</b>	
	303-778-1130
<b>Colorado Talking Book Library.....</b>	
	303-727-9277
<b>Eye Bank Association (transplants, donors).....</b>	
	202-775-4999
<b>Magnisight of the Rockies, Colorado Springs.....</b>	
	800-753-4767
<b>National Eye Institute Information Center.....</b>	
	301-496-5248
<b>The Independence Center.....</b>	
	719-471-8181

**WEIGHT CONTROL**

<b>Dr. Kells' Weight Loss.....</b>	
	719-259-0773
<b>Elite Health Colorado.....</b>	
	719-300-7700
<b>Regenerative Health &amp; Wellness Inc.....</b>	
	719-635-0144
<b>Weight Loss Surgery and Bariatrics,</b>	
<b>Penrose Hospital.....</b>	
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See section: Support Groups



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Companion Care.....	30
Elder Abuse & Neglect .....	30
Home Health (Medical).....	30
Home Health (Non-Medical) .....	30
Insurance: Long-Term Care.....	30
Support Groups .....	30



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**Silver Key, See ad page 11 ..... 719-884-2300**

**ELDER ABUSE & NEGLECT**

AARP ElderWatch .....800-222-4444 x2  
Adult Protective Services, El Paso County ..... 719-444-5755  
Long-Term Care Ombudsman,  
Pikes Peak Area Council of Governments ..... 719-471-2096  
Pikes Peak Elder Justice Center ..... 719-318-7459

**HOME HEALTH (MEDICAL)**

A Better Colorado Home Health Care Agency..... 719-974-0520  
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Advanced Home Health & Hospice of Colorado .719-418-4548  
Amazing Care Home Health Services ..... 719-219-0691  
Benefit Home Health Care..... 719-532-1100  
CenterCare Home Health & Hospice ..... 719-600-3040  
CenterWell Home Health ..... 719-531-9585  
Comfort Keepers..... 719-522-9100  
Complete Home Health Care ..... 719-599-7902  
Envision Healthcare At Home .....719-596-5001  
Human Touch Home Health Care ..... 719-635-2003  
NurseCore..... 719-884-1388

**HOME HEALTH (NON-MEDICAL)**

AKOTA Home Care.....719 224-0719  
**Amada Senior Care, See ad page 3 ..... 719-377-9121**  
BrightStar Care .....719-264-8800  
**Colorado CareAssist ..... 719-428-3999**  
Cornerstone Caregiving..... 719-627-4410  
**envida ..... 719-633-4601**  
FirstLight Home Care.....719-424-5345  
Gentle Shepherd Home Care..... 719-359-8371  
Heartfelt Care at Home .....719-362-0094  
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Visiting Angels ..... 719-282-0180

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**SUPPORT GROUPS**

See section: Support Groups



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Would you like to live in a maintenance-free neighborhood with people your age? Do you need assistance getting dressed or help managing your medications? Do you require specialized nursing care? Don't worry! There are convenient and comfortable living options to suit your every need.

Advocacy .....33  
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 Independent Living .....33  
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 Nursing Homes & Rehabilitation .....34

# Determine what level of care is right for you

## *Are you independent? Need a little assistance? Or a nurse?*

By Teresa Ambord

Senior housing isn't what it once was and thank goodness for that!

I worked part-time in a real convalescent hospital when I was in college. I remember walking in the front door of that nursing home and the first thing to hit you was the smell of urine. Too many patients and too few staff to adequately care for them meant the residents were miserable a lot of the time.

These days, senior care is a booming industry. Most retirement communities and nursing facilities have stepped up to meet the demand and provide excellent care, no matter how long someone plans to stay or how much care they need.

If you foresee that you or a loved one will soon need some degree of long-term care, it might be a good idea to start looking at the options. Here's a breakdown of the major types of facilities.

**Independent living.** These are best for people who want convenience, don't have specific medical care needs and can live on their own. Independent living communities usually offer meal options, housekeeping and security, and may have on-site beauty parlors and barbers, church services and transportation.

**Assisted living.** These are for people who need some caregiving assistance. Assisted living includes everything offered by independent living, plus help with medication management and activities of daily living, such as bathing, dressing and grooming. Some assisted living homes are apartment-like settings and others are more institutional.

**Nursing facilities.** Nursing homes are for people who need round-the-clock nursing care and other support services. If this is the level of home you are considering, it's important to inquire about how emergency care is provided. How available are physicians? Are staff members certified in CPR? How does the nursing home deal with family visits? How are patients with Alzheimer's or Parkinson's cared for? Your local Area Agency on Aging may have some of this information available.

News of substandard care travels fast in the medical community, so ask the patient's doctor, nurses and therapists what facilities they would recommend. Also ask social workers, relatives and friends.

---

### FIND OUT IF THE FACILITY HAS CURRENT VALID STATE AND LOCAL LICENSES, AND LIABILITY AND MALPRACTICE INSURANCE.

---

#### WHAT TO CONSIDER

If possible, let the patients participate in the decision of where they will live, even if their needs for care are far into the future. If you go facility shopping, here are a few points to pay special attention to:

- **Cleanliness.** Observe the facility's cleanliness but also residents' hygiene. It shouldn't be hard to notice if residents are being neglected.
- **Staff.** Does the number of staff seem adequate to manage the number of patients? That's not to say that employees aren't hopping busy, but the staff-to-patient ratio should be such that all patients get bathed and receive the personal attention they need. The same is true not just for nursing care, but also general maintenance and kitchen staff.
- **Services.** What are the patient's special needs? Be sure the facility provides for those needs. For example, a patient may require the use of a lift machine to get in and out of bed. Many will need physical therapy and/or a gym where they can go to strengthen their limbs. How are supplies paid for? If supply costs are added to the patient's bill, are the costs reasonable? Are there regular increases in costs? Hidden charges? Obviously, meals are a key service. Visit facilities during meal times and observe if meals are served in a relaxed manner and if there's plenty of food available.

#### GET THE UNSEEN STORY

Don't accept any facility without first checking its financial stability, record of legal compliance and quality of management. Facilities aren't likely to be perfect, but significant problems in any of these areas may lead to trouble finding a sufficient staff of qualified health professionals.

Find out if the facility has current valid state and local licenses, and liability and malpractice insurance.

Ask to review state inspection reports and investigate whether they have lawsuits pending. ■



**ADVOCACY**

- Care Patrol..... 719-257-3001
- Colorado Culture Change Coalition..... 303-868-4311
- Long-Term Care Ombudsman,  
Pikes Peak Area Council of Governments ..... 719-471-2096
- The Independence Center, The-IC.org,  
See ad page 4 ..... 719-471-8181**

**DEVELOPMENTS**

- Village Cooperative of Ute Valley,  
See ad page 47 ..... 719-425-8090**

**INDEPENDENT LIVING**

- Aberdeen Ridge ..... 719-286-3014
- Affinity at Colorado Springs..... 719-573-5962
- Aspen Trail Retirement Resort,  
See ad page 33 ..... 719-247-1602**
- Atrium at Austin Bluffs ..... 719-419-5601
- Bear Creek Senior Living..... 719-329-1774
- Bonaventure of Colorado Springs..... 719-434-5230
- Brookdale Skyline..... 719-667-5360
- Bunnell Apartments..... 720-373-9330
- Cheyenne Place..... 719-576-2122
- Fountain Garden Apartments..... 719-632-2155

- Hatler-May Village..... 719-354-4743
- Jackson Creek Senior Living ..... 719-725-6060
- Lakeview Apartments..... 719-475-0129
- Laurel Gardens ..... 719-227-7162
- Liberty Heights Retirement Community ..... 719-481-9494
- MacKenzie Place ..... 719-633-8181
- Mayfair Apartments..... 719-475-0129
- Medallion Retirement Community ..... 719-381-1000
- Melody Living..... 719-900-1540
- Mountain View Independent Living ..... 719-576-2122
- Myron Stratton (Centennial Apartments) ..... 719-579-0930
- Palisades at Broadmoor Park ..... 719-355-3200
- Pikes Peak Towers..... 719-632-1556
- Regency Tower Apartment Homes..... 719-633-2121
- Retreat at Banning Lewis Ranch ..... 719-380-5092
- Revel Province ..... 719-377-3900
- Silver Key Apartments ..... 719-884-2300
- Silvercrest I & II..... 719-389-0329
- Stonecreek of Flying Horse ..... 719-888-4547
- Summit Glen Retirement Living..... 719-380-1409
- Sunridge Independent Retirement Residence..... 719-590-1247
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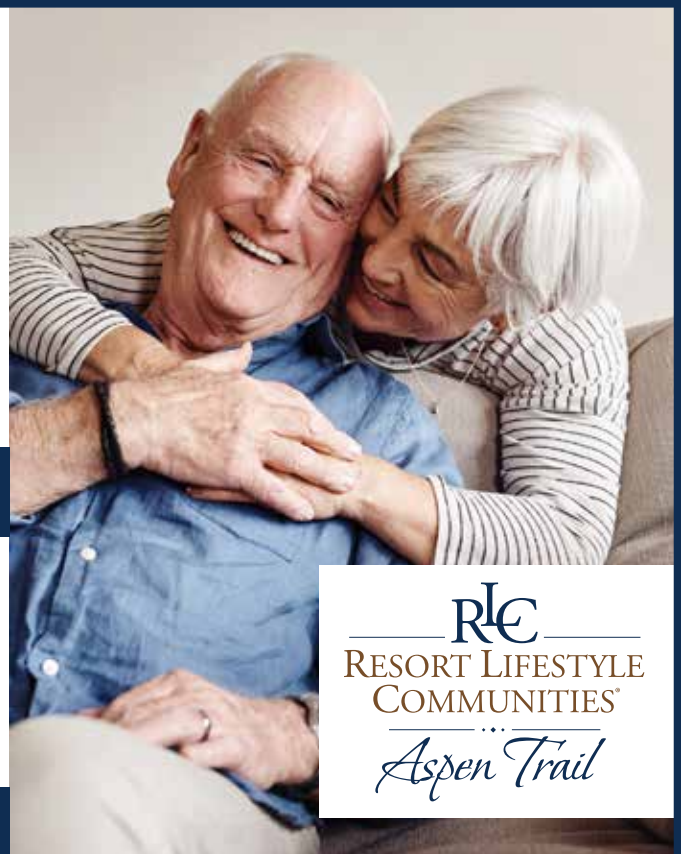
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 The Village at Homewood Point.....719-630-2260  
 Traditions 55+.....719-259-3897  
 Viewpointe Senior Apartment  
 Living Community.....719-528-8000  
 Villa at Sunny Vista .....719-635-9595  
 Village at the Bluffs .....719-550-9225  
**Village Cooperative of Ute Valley,  
 See ad page 47 ..... 719-425-8090**  
 Villas at Mesa Ridge.....719-375-5053  
 Villas at Southgate.....719-632-7444  
 Winslow Court Retirement Community .....719-597-1700  
 Wyndham Place .....719-635-4832

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 Bear Creek Senior Living.....719-329-1774  
 Bethesda Gardens Monument .....719-247-4400  
 Bonaventure of Colorado Springs.....719-434-5230  
 Broadmoor Court.....719-471-2285  
 Brookdale Briargate.....719-598-4200  
 Brookdale Broadmoor.....719-579-5000  
 Brookdale Monument Valley Park .....719-635-6300  
 Brookdale Skyline.....719-667-5360  
 Brookdale Vista Grande .....719-598-0400  
 Brookside Assisted Living.....719-632-6511  
 Colorado Springs Senior Homes.....719-636-2731  
 Garden Ranch Assisted Living .....719-499-2853  
 Healthcare Resort of Colorado Springs.....719-632-7000  
 Home Care at Popa’s,  
 Moma’s and Kettle’s Assisted Living.....719-330-6882  
 Ivy Cottage I .....719-596-0076  
 Ivy Cottage II.....719-380-7986  
 Jackson Creek Senior Living .....719-725-6060  
 Lark Springs.....719-637-0877  
 Legend of Colorado Springs.....719-309-0070  
 Lodge at Palmer Point .....719-329-1200  
 MacKenzie Place .....719-633-8181  
 Medallion Retirement Community.....719-381-1000  
 Melody Living.....719-960-4005

Morningstar at Bear Creek .....719-419-8272  
 Morningstar at Mountain Shadows.....719-260-5605  
 Myron Stratton Home (Winfield House) .....719-540-3111  
 New Day Cottages at Pine Creek & at Turner .....719-266-1100  
 Palisades at Broadmoor Park .....719-355-3200  
 Point of the Pines Gardens .....719-265-0030  
 Solange at Apple Tree .....719-354-1346  
 Solange at the Golf Course, at Highland Park,  
 at the Lodge, at Logan.....719-985-0467  
 Springs Ranch Memory Care .....719-896-4168  
 Stonecreek of Flying Horse .....719-888-4547  
 Sunrise Assisted Living at University Park .....719-268-1818  
 The Aspen .....719-465-3870  
 The Bridge.....719-630-3330  
 The Residence at Skyway Park.....719-227-7340  
 The Residence at Village Green .....719-999-5744  
 The Retreat at Sunny Vista .....719-888-3673  
 Viewpointe .....719-528-8000  
 Winslow Court Retirement Community .....719-597-1700

**NURSING HOMES & REHABILITATION**

Advanced Health Care of Colorado Springs.....719-418-4500  
 Bear Creek Senior Living.....719-329-1774  
 Brookdale Skyline.....719-667-5360  
 Colonial Health & Rehabilitation Center .....719-473-1105  
 Falcon Heights Health & Rehabilitation Center ....719-471-7850  
 Fountain View Health & Rehabilitation Center .....719-473-8000  
 Kiowa Hills Rehabilitation Center .....719-636-5221  
 Life Care Center of Colorado Springs.....719-630-8888  
 Medallion Post Acute Rehabilitation.....719-381-4963  
 Mount St. Francis Nursing Center .....719-598-1336  
 Mountain View Post Acute .....719-576-8380  
 Namaste Alzheimer Center.....719-442-4240  
 Pikes Peak Post Acute .....719-636-1676  
 Springs Village Care Center .....719-475-8686  
 Sundance Skilled Nursing and Rehabilitation.....719-632-7474  
 Sunny Vista Living Center.....719-471-8700  
 The Center at Centennial.....719-685-8888  
 The Center at Cordera.....719-522-2000  
 The Gardens.....719-635-2569  
 The Healthcare Resort of Colorado Springs .....719-632-7000

SENIOR HOUSING



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## INDEPENDENT LIVING



An independent senior living community is housing for seniors who are generally able to live on their own but seek an active community setting with convenient amenities and services tailored to their needs.

	AGE RESTRICTION	NUMBER OF UNITS	UNIT TYPES (ST, STE, 1B, 2B, 3B)*	ASSISTED LIVING SERVICES	DOGS / CATS ALLOWED	FITNESS CENTER	GROUP ACTIVITIES	HOUSEKEEPING	MEALS AVAILABLE	SWIMMING POOL	TRANSPORTATION	WHEELCHAIR ACCESSIBLE
<b>Affinity at Colorado Springs</b> 3755 Tutt Blvd., Colorado Springs, CO 80922   719-249-6526	55+	154	ST, 1B, 2B		D/C	●	●			●		●
<b>Aspen Trail Retirement Resort</b> 5455 New Car Dr., Colorado Springs, CO 80923   719-247-1602	55+	129	ST, 1B, 2B, 3B		D/C	●	●	●	●		●	●
<b>Atrium at Austin Bluffs</b> 4921 Templeton Gap Rd., Colorado Springs, CO 80923   719-419-5601	62+	54	1B, 2B		D/C	●						●
<b>Bear Creek Senior Living</b> 1685 S. 21st St., Colorado Springs, CO 80904   719-329-1774	55+	158	STE, ST, 1B, 2B	●	D/C	●	●	●	●		●	●
<b>Bonaventure of Colorado Springs</b> 9112 Grand Cordera Pkwy., Colorado Springs, CO 80924   719-434-5230	55+	100	ST, 1B, 2B	●	D/C	●	●	●	●		●	●
<b>Brookdale Skyline (Cottages &amp; Apartments)</b> 2365 Patriot Heights, Colorado Springs, CO 80904   719-667-5360	62+	500	1B, 2B, 3B	●	D/C	●	●	●	●	●	●	●
<b>Bunnell Apartments</b> 3933 E. San Miguel St., Colorado Springs, CO 80909   720-373-9330	60+	16	1B, 2B									
<b>Cheyenne Place</b> 945 Tenderfoot Hill Rd., Colorado Springs, CO 80906   719-576-2122	55+	98	ST, 1B, 2B		D/C	●	●	●	●		●	●
<b>Fountain Garden Apartments</b> 3165 E. Fountain Blvd., Colorado Springs, CO 80910   719-632-2155	55+	57	1B, 2B		D/C		●			●		●
<b>Hatler-May Village</b> 2842 Vickers Dr., Colorado Springs, CO 80918   719-354-4743	62+	77	1B, 2B		D/C						●	●
<b>Jackson Creek Senior Living</b> 16601 Jackson Creek Pkwy., Colorado Springs, CO 80132   719-725-6060	62+	132	ST, 1B, 2B		D/C	●	●	●	●		●	●
<b>Lakeview Apartments</b> 118 E. Platte Ave., Colorado Springs, CO 80903   719-475-0129	62+	62	STE, 1B, 2B		D/C							●
<b>Laurel Gardens</b> 3140 Mallard Dr., Colorado Springs, CO 80910   719-227-7162	62+	50	1B		D/C		●					●
<b>Liberty Heights Retirement Community</b> 12105 Ambassador Dr., Colorado Springs, CO 80921   719-481-9494	62+	121	ST, 1B, 2B, 3B	●	D/C	●	●		●	●		●
<b>Mackenzie Place</b> 1605 Elm Creek View, Colorado Springs, CO 80907   719-633-8181	62+	200	1B, 2B, 3B		D/C	●	●	●	●	●	●	●
<b>Mayfair Apartments</b> 118 E. Platte Ave., Colorado Springs, CO 80903   719-475-0129	55+	52	ST, 1B									
<b>Melody Living</b> 7600 Sandy Rock Point, Colorado Springs, CO 80924   719-960-4005	62+	111	STE, 1B, 2B	●	D/C	●	●	●	●	●	●	●

\*Unit Types: ST = Studio; STE = Suite; 1B = 1 Bedroom; 2B = 2 Bedroom; 3B = 3 Bedroom



## INDEPENDENT LIVING (cont'd)

An independent senior living community is housing for seniors who are generally able to live on their own but seek an active community setting with convenient amenities and services tailored to their needs.

	AGE RESTRICTION	NUMBER OF UNITS	UNIT TYPES (ST, STE, 1B, 2B, 3B)*	ASSISTED LIVING SERVICES	DOGS / CATS ALLOWED	FITNESS CENTER	GROUP ACTIVITIES	HOUSEKEEPING	MEALS AVAILABLE	SWIMMING POOL	TRANSPORTATION	WHEELCHAIR ACCESSIBLE
<b>Palisades at Broadmoor Park</b> 4547 Palisades Park View, Colorado Springs, CO 80906   719-355-3200	65+	60	ST, 1B, 2B		D/C	●	●	●	●	●	●	●
<b>Pikes Peak Towers</b> 1912 E. Lake Blvd., Colorado Springs, CO 80910   719-632-1556	62+		1B, 2B		D/C	●	●					
<b>Regency Tower Apartment Homes</b> 921 Green Star Dr., Colorado Springs, CO 80905   719-633-2121	55+	124	1B, 2B			●	●			●		●
<b>Retreat at Banning Lewis Ranch</b> 9158 Braemore Heights, Colorado Springs, CO 80927   719-380-5092	55+	236	2B, 3B		D/C	●	●			●		●
<b>Revel Province</b> 2960 Tutt Blvd., Colorado Springs, CO 80922   719-377-3900	55+	160	ST, STE, 1B, 2B	●	D/C	●	●	●	●	●	●	●
<b>Silver Key Apartments</b> 1410 N. Hancock Ave., Colorado Springs, CO 80903   719-884-2300	62+	33	1B		●							●
<b>Stonecreek of Flying Horse</b> 1889 Silversmith Rd., Colorado Springs, CO 80921   719-888-4547	55+	25	ST, STE, 1B, 2B	●	D/C	●	●	●	●		●	●
<b>Summit Glen Retirement Living</b> 4825 Old Farm Dr., Colorado Springs, CO 80917   719-380-1409	55+	119	ST, 1B, 2B		D/C	●	●	●	●		●	●
<b>Sunridge by Holiday</b> 5820 Flintridge Dr., Colorado Springs, CO 80918   719-590-1247	55+	90	1B, 2B	●	D/C	●	●	●	●		●	
<b>The Inn at Garden Plaza</b> 2520 International Cir., Colorado Springs, CO 80910   719-630-1155	55+	150	ST, 1B, 2B		D/C	●	●	●	●	●	●	●
<b>Traditions 55+</b> 6010 Tutt Blvd., Colorado Springs, CO 80923   719-259-3897	55+	180	ST, 1B, 2B		D/C	●	●					●
<b>Viewpointe Senior Apartment Living Community</b> 555 S. Rockrimmon Blvd., Colorado Springs, CO 80919   719-528-8000	55+	120	1B, 2B	●	D/C	●	●	●	●		●	●
<b>Villa at Sunny Vista</b> 2480 E. Dale St., Colorado Springs, CO 80909   719-635-9595	62+	50	1B		D/C							●
<b>Village at the Bluffs</b> 3495 American Dr., Colorado Springs, CO 80917   719-550-9225	62+	51	1B		D/C		●				●	●
<b>Villas at Mesa Ridge</b> 7110 Cross Creek Ave., Colorado Springs, CO 80817   719-375-5053	62+	60	1B, 2B		D/C	●	●					●
<b>Winslow Court Retirement Community</b> 3920 E. San Miguel St., Colorado Springs, CO 80909   719-597-1700	55+	125	ST, 1B, 2B	●	D/C	●	●	●	●		●	●
<b>Wyndham Place</b> 725 S. Weber St., Colorado Springs, CO 80903   719-635-4832	55+	120	1B, 2B		D/C	●	●					●

\*Unit Types: ST = Studio; STE = Suite; 1B = 1 Bedroom; 2B = 2 Bedroom; 3B = 3 Bedroom

## ASSISTED LIVING



An assisted living community is housing designed for seniors who need some assistance with activities of daily living, such as grooming, medication management and mobility assistance. These communities offer a balance between independence and support, with residents freely able to participate in activities while having assistance readily available.

	AGE RESTRICTION	NUMBER OF UNITS	UNIT TYPES PRIVATE / SEMI-PRIVATE	CATS / DOGS ALLOWED	KITCHENETTE	RESIDENTIAL HOME	SHORT-TERM CARE / RESPITE CARE	SECURE MEMORY CARE	TRANSPORTATION	MEDICAID WAIVER
<b>Bear Creek Senior Living</b> 1685 S. 21st St., Colorado Springs, CO 80904   719-329-1774		140	P/SP	D/C	●			●	●	
<b>Bethesda Gardens Monument</b> 55 Beacon Lite Rd., Monument, CO 80132   719-247-4400	55+	43	P	D/C	●		●	●	●	
<b>Bonaventure of Colorado Springs</b> 9112 Grand Cordera Pkwy., Colorado Springs, CO 80924   719-434-5230	62+	150	P	D/C	●		●	●	●	
<b>Broadmoor Court</b> 2045 Roanoke St., Colorado Springs, CO 80906   719-471-2285	62+	44	P/SP	D/C	●				●	PACE
<b>Brookdale Briargate</b> 7560 Lexington Dr., Colorado Springs, CO 80920   719-598-4200		40	P	D/C			●	●	●	
<b>Brookdale Monument Valley Park</b> 10 W. Monument St., Colorado Springs, CO 80903   719-635-6300	55+	48	P	D/C			●	●	●	
<b>Brookdale Skyline</b> 2365 Patriot Heights, Colorado Springs, CO 80904   719-667-5360	62+	515	P	D/C	●		●	●	●	
<b>Brookside Assisted Living</b> 225 W. Brookside St., Colorado Springs, CO 80905   719-632-6511		56	P/SP						●	●
<b>Ivy Cottage I</b> 260 Pima Dr., Colorado Springs, CO 80915   719-596-0076		10	SP	D/C		●	●		●	●
<b>Ivy Cottage II</b> 1945 Okeechobee Dr., Colorado Springs, CO 80915   719-380-7986		9	SP	D/C		●	●		●	●
<b>Legend of Colorado Springs</b> 2368 Research Pkwy., Colorado Springs, CO, 80920   719-309-0070	62+	73	P	D/C	●			●	●	
<b>Morningstar at Mountain Shadows</b> 5355 Centennial Blvd., Colorado Springs, CO 80919   719-260-5605		78	P/SP	D	●		●	●	●	
<b>Sunrise Assisted Living at University Park</b> 2105 University Park Blvd., Colorado Springs, CO 80918   719-268-1818		67	P/SP	D/C	●		●	●	●	
<b>The Aspen</b> 107 E. Village Terrace, Woodland Park, CO 80863   719-465-3870	55+	21	P	D/C	●				●	
<b>The Bridge</b> 2494 International Cir., Colorado Springs, CO 80910   719-630-3330	55+	203	P	D/C	●				●	
<b>The Residence at Skyway Park</b> 886 Arcturus Dr., Colorado Springs, CO 80905   719-227-7340	55+	44	P/SP	SA*					●	

\*SA = Service Animal

## NURSING HOMES & REHABILITATION



A nursing home, or skilled nursing facility or rehabilitation center, provides nursing care and assistance to individuals, typically seniors, who have complex medical needs or are recovering from surgery or hospitalization. Most nursing homes offer round-the-clock supervision from nurses and nursing aides.

	MEDICARE QUALITY RATING (1-5 STARS)	NUMBER OF BEDS	NUMBER OF PRIVATE ROOMS	NUMBER OF SEMI-PRIVATE ROOMS	INTERMEDIATE CARE	LONG-TERM CARE	REHAB & THERAPY	RESPIRE CARE	SHORT-TERM CARE	SECURE MEMORY CARE	WANDERGUARD	PAYMENT METHODS								
												PRIVATE PAY	INSURANCE - PRIVATE	INSURANCE - LONG-TERM CARE	INSURANCE - MANAGED CARE	MEDICAID	MEDICARE	V.A. BENEFITS	OTHER	
<b>Bear Creek Senior Living</b> 1685 S. 21st St., Colorado Springs, CO 80904 719-329-1774	★★	45				●	●		●	●	●	●	●	●	●					PAGE
<b>Colonial Health &amp; Rehabilitation Center</b> 1340 E. Fillmore St., Colorado Springs, CO 80907 719-473-1105	★★	75		75		●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
<b>Falcon Heights Health &amp; Rehabilitation Center</b> 1795 Monterey Rd., Colorado Springs, CO 80910 719-471-7850	★★	98	4	94		●	●	●	●	●	●	●	●	●	●	●	●	●	●	PAGE
<b>Kiowa Hills Rehabilitation Center</b> 924 W. Kiowa St., Colorado Springs, CO 80905 719-636-5221	★★	72	10	62		●	●		●	●	●	●	●	●	●	●	●	●	●	●
<b>Life Care Center of Colorado Springs</b> 2490 International Cir., Colorado Springs, CO 80910 719-630-8888	★★★ ★★★★	121			●	●	●						●	●	●	●	●	●	●	●
<b>Springs Village Care Center</b> 110 W. Van Buren St., Colorado Springs, CO 80907 719-475-8686	★★★	91	29	62		●	●	●	●		●		●	●	●	●	●	●	●	●
<b>The Center at Centennial</b> 3490 Centennial Blvd., Colorado Springs, CO 80907 719-685-8888	★★ ★★	80	80				●	●	●				●	●	●	●	●	●	●	●
<b>The Gardens</b> 104 Lois Ln., Colorado Springs, CO 80904 719-635-2569	★★ ★★	45	23	22		●	●	●	●				●	●	●	●	●	●	●	●

# BEACON LOCAL

Senior Resource Directory

This Colorado Springs guide, its listings and more, is also available online!

[BeaconSeniorNews.com](http://BeaconSeniorNews.com)





## END OF LIFE

Alleviate the burden on your loved ones by planning your funeral and burial arrangements before you pass on. When medicine can no longer offer a cure, hospice care provides comfort and support for you and your family.

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# DID YOU KNOW?



FOR **EVERY DOLLAR** INVESTED IN HELPING VETERANS, MT. CARMEL **DOUBLES ITS VALUE** IN SERVICES TO THE VETERAN COMMUNITY.

**100,000+**

**TOTAL CLIENT VISITS**  
El Paso County

**88,000+**

**VETERANS IMPACTED**  
El Paso County



## TRANSITION & EMPLOYMENT

The Transition & Employment team directly assists transitioning service members, veterans of all eras, and their family members in gaining employment. The team emphasizes support for spouses.



## HEALTH & WELLNESS

Health & Wellness services include individual, group, relationship counseling, no-cost therapeutic retreats alternative therapies and suicide prevention. Services are confidential and open to all, regardless of discharge status.



## MILITARY, VETERAN & FAMILY SERVICES

The Military, Veteran & Family Services team offers a hand-up to veterans, the military community and their families experiencing challenges such as food insecurity, housing and financial wellness.



## GREET & CONNECT

Not sure who to call? The Greet & Connect team is ready to connect you with services and resources. Let us know how we can help and we'll make sure to match your needs with the right support.



## VETERANS BUSINESS OUTREACH CENTER

If you are an aspiring entrepreneur or small business owner seeking to start, grow, expand or recover your business, our Veterans Business Outreach Center (VBOC) is your one-stop shop for training, counseling, resource partner referrals and more.



HELP US  
HELP OURS  
DONATE:



**719-772-7000 | VeteransCenter.org**

## CEMETERIES

- Crystal Valley Cemetery, Manitou Springs.....719-368-0428
- Evergreen & Fairview Cemetery.....719-385-6251
- Memorial Gardens Cemetery .....719-596-7990
- Mount St. Francis Cemetery.....719-598-5486
- Pikes Peak National Cemetery (veterans) .....719-391-6920

## END-OF-LIFE DOULA

- Good Mournings .....719-641-6850

## FUNERAL & BEREAVEMENT

- Angelus Chapel Funeral Directors.....719-391-1918
- Dove-Witt Family Mortuary .....719-390-4906
- Rocky Mountain Providers, See ad page 20.....719-966-1982**
- Shrine of Remembrance Funeral Home .....719-634-1597
- The Springs Funeral Services.....719-207-8811
- Swan-Law Funeral Directors.....719-471-9900

## HOSPICE CARE

- Abode Hospice.....719-358-6428
- Bristol Hospice.....719-434-1773
- Colorado Palliative & Hospice Care .....719-419-5595
- Compassus.....719-223-4621
- Gentiva Hospice.....719-330-6652
- Mountain Ridge Hospice.....719-418-3475
- National Hospice & Palliative Care Organization (hospice helpline) .....800-658-8898
- Odyssey Hospice.....719-573-4166
- Pikes Peak Hospice.....719-633-3400

## INSURANCE: FINAL EXPENSE

- Clear Solutions Insurance Services, See ad page 20 .....800-798-7490**
- My Longevity Health Compass, See ad page 20 .....303-565-9639**
- Rocky Mountain Providers, See ad page 20 ....719-966-1982**

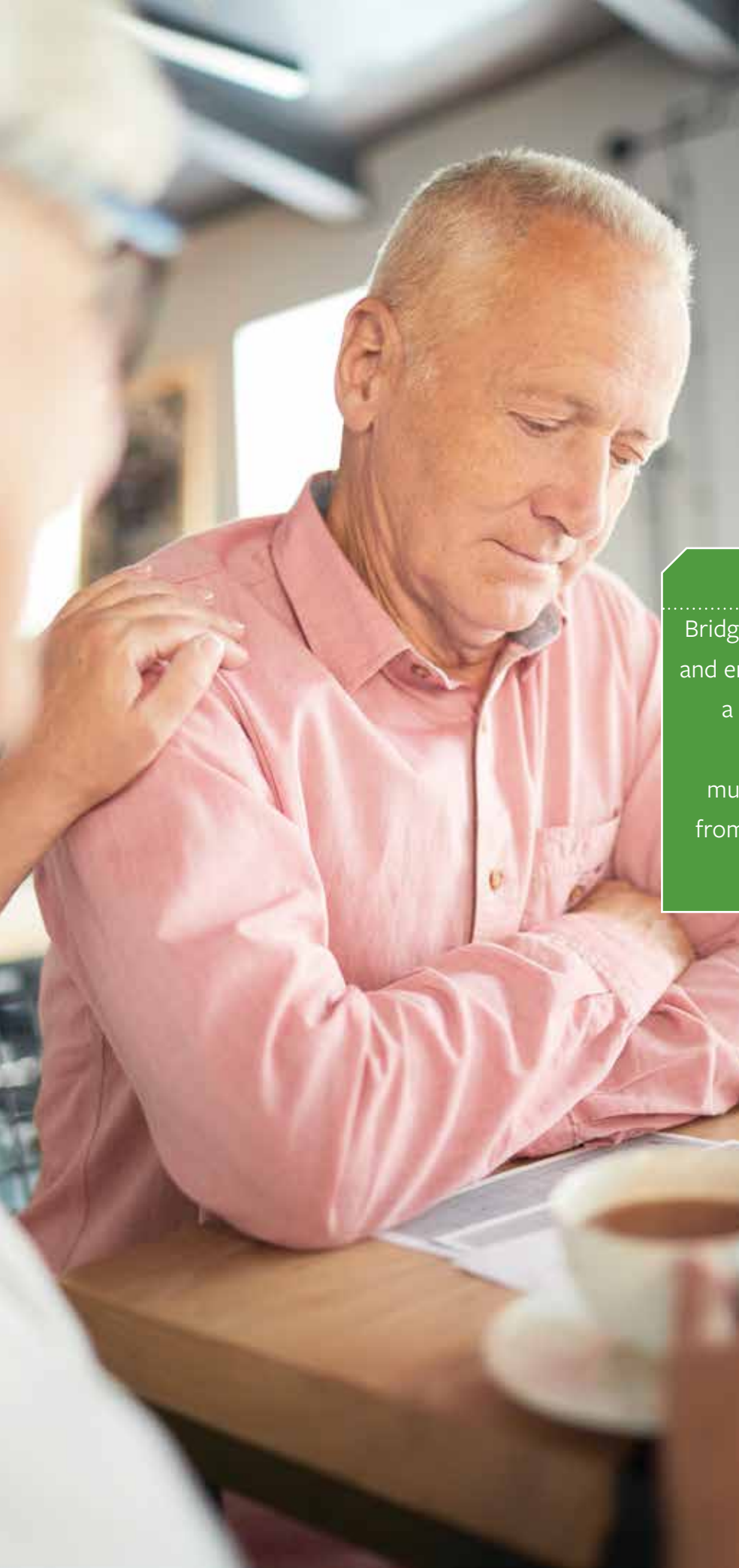
## MONUMENTS & HEADSTONES

- Blunt Mortuary. ....719-634-8831
- Carved in Stone by Design.....719-351-0068
- Rocky Mountain Memorials.....719-473-2737
- Wilhelm Monument at Evergreen Memorial.....719-633-8681

## WILLS & PROBATE

- Axis Law Group.....719-259-4971
- Doherty Law Firm.....719-633-3450
- Henry B. Eastland .....719-578-0035
- Gresham Law Firm .....719-636-3327
- Hammond Law Group .....719-270-3219





## SUPPORT GROUPS

Bridging the gap between medical treatment and emotional support, support groups offer a space for sharing personal experiences, learning coping methods and providing mutual emotional support. A key takeaway from these gatherings is the realization that you are not alone.

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**ALCOHOLISM & ADDICTION**

- Al-Anon (families/friends of alcoholics) .....719-632-0063
- Alcoholics Anonymous .....719-573-5020
- Community Reinforcement and Family Training (CRAFT) ..... 719-377-2161
- Nar-Anon (families/friends of addicts) ..... 719-660-6545
- Narcotics Anonymous .....719-637-1580

**ALZHEIMER’S & DEMENTIA**

- Alzheimer’s Association of Southern Colorado ...719-266-8773
- Alzheimer’s Association 24-Hour Hotline ..... 800-272-3900**
- Dementia Support Group, Fountain..... 719-600-2644

**CANCER**

- Cancer Support Group, Woodman Valley Chapel.....719-331-2269

**CAREGIVING**

- Alzheimer’s Association of Southern Colorado ...719-266-8773
- Family Caregiver Support Center, Area Agency on Aging..... 719-886-7526
- Journey Care Coordinating .....520-647-6768
- PEARLS (Program to Encourage Active Rewarding Lives for Seniors) ..... 719-459-2017
- UCCS Aging Center .....719-255-8002

**10** Warning signs of **Alzheimer's**

- 1 Memory loss that disrupts daily life
- 2 Challenges in planning or solving problems
- 3 Difficulty completing familiar tasks
- 4 Confusion with time or place
- 5 Trouble understanding visual images & spatial relationships
- 6 New problems with words in speaking or writing
- 7 Misplacing things & losing the ability to retrace steps
- 8 Decreased or poor judgment
- 9 Withdrawal from work or social activities
- 10 Changes in mood & personality

alz.org/co  
24/7 Helpline  
**800.272.3900**

**ALZHEIMER'S ASSOCIATION**  
Colorado Chapter

**DISABILITIES & DISEASES**

- Disability Services of Colorado..... 719-574-9002
- Headway Brain Injury & Stroke Support Group.....719-459-0901
- Multiple Sclerosis Alliance of Southern Colorado..719-633-4603
- Parkinson’s Association of the Rockies ..... 303-830-1839
- Parkinson’s Support Group .....719-884-0103
- Polio Survivors Support Group ..... 303-212-0017
- Traumatic Brain Injury Support Group, Independence Center.....719-471-8181

**GRIEF**

- Voices of Grief.....719-286-0612**
- Widowed Persons Grief Support Group ..... 719-955-3400
- Silver Key.....719-884-2300

**HEARING**

- Hearing Loss Association of America, Colorado Springs Chapter .....HLAAColoradoSprings.org

**MENTAL HEALTH CARE & COUNSELING**

- Depression & Bipolar Support ..... 719-477-1515
- Emotions Anonymous..... 719-235-1798
- NAMI Colorado Springs (National Alliance on Mental Illness) .....719-473-8477
- Suicide Prevention Help Line (veterans press 1) ..... 9-8-8
- UCCS Aging Center ..... 719-255-8002
- Voices of Grief.....719-286-0612**

**MISCELLANEOUS**

- Grandparents Raising Grandchildren .....719-578-8007
- Huntington’s Disease Society of America..... 303-321-5503
- Life Without Lupus Foundation.....719-380-8330
- Lupus Foundation of Colorado.....303-597-4050
- Near Death Experience..... ConfidentialListening@gmail.com
- Prison Support Group .....602-272-0900

**STROKE**

- American Heart Association .....800-242-8721
- Headway Brain Injury & Stroke Support Group.....719-459-0901
- Stroke Support Group, Disability Services ..... 719-574-9002
- TBI Support Group..... 719-596-3710

**VETERANS**

- El Paso County Colorado Progressive Veterans...719-488-8351
- Next Chapter..... 888-719-VETS

**WEIGHT LOSS**

- Overeaters Anonymous .....719-205-9080
- Take Off Pounds Sensibly (TOPS) ..... 719-331-2815



## OTHER RESOURCES

Life throws curveballs, and sometimes you find yourself asking questions like: Where can I get my computer fixed? Where can I find part-time work? Where can I make the most impact through volunteering? These resources can help.

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**ART & FRAMING**

Art Gallery of the Rockies .....719-260-1873

**COMMUNITY RESOURCES**

Aging and Disability Resources for Colorado (ADRC) .....720-737-4909

Chamber &amp; Economic Development, Colorado Springs .....719-471-8183

Chamber of Commerce, Eastern Plains .....719-749-6777

Chamber of Commerce, Fountain Valley.....719-393-4990

Chamber of Commerce, Manitou Springs.....719-685-5089

Chamber of Commerce, Tri-Lakes .....719-481-3282

Colorado Springs Community Cultural Collective. 719-424-1000

Colorado Springs Housing Authority.....719-387-6700

El Paso County Department of Human Services...719-636-0000

El Paso County Public Health .....719-578-3199

Elections, Colorado Springs.....719-385-5901

Elections, Manitou Springs.....719-685-2554

Helping Hands Community Resources, PPLD .....2-1-1

Pikes Peak Library District .....719-531-6333

Pikes Peak Workforce Center .....719-667-3700

Rampart Library District.....719-748-3939

Visit Colorado Springs .....719-635-7506

**COMPUTER EQUIPMENT, SERVICE & TRAINING**

Pikes Peak Library District .....719-531-6333

Silicon Mountain Mac User Group.....SMMUG.org

Techno Guy.....719-598-9608

**CRISIS SERVICES**

For all emergencies, call.....9-1-1

American Red Cross .....719-632-3563

Calhan Police Department.....719-347-2586

Charity's Hope Food &amp; Clothing Pantry .....719-332-2360

Colorado Crisis Services Helpline.....844-493-8255

Colorado Springs Police Department.....719-444-7000

El Paso County Sheriff's Office.....719-520-7100

After Hours.....719-390-5555

Evans Army Community Hospital Emergency .....719-526-7111

Fountain Police Department.....719-382-8555

Grandview Hospital (UCHealth) Emergency .....719-272-3600

Green Mountain Falls Marshal (Police) .....719-684-9415

Manitou Springs Police Department .....719-685-5407

Memorial Hospital Central (UCHealth) Emergency .....719-365-6820

Memorial Hospital North (UCHealth) Emergency .....719-364-5000

Mercy's Gate .....719-277-7470

Monument Police Department .....719-481-3253

National Domestic Violence Hotline .....800-799-7233

Palmer Lake Police Department.....719-481-2934

Penrose-St. Francis Emergency Room .....719-776-5000

Pikes Peak Regional Hospital (UCHealth), Woodland Park .....719-374-6060

Poison Control .....800-222-1222

Suicide Prevention Help Line .....9-8-8

TESSA Crisis Line (domestic violence) .....719-633-3819

Woodland Park Police Department.....719-687-9262

*See category: Food Services & Meal Programs (below)***DEMENTIA GAMES**

Play to Remember .....719-330-5167

**DIGITAL ESTATE ORGANIZING**

The Digital Wrangler .....719-425-8585

**EMPLOYMENT INFORMATION**

Jumpstart Aging Workforce Solutions (JAWS) ..719-255-4400

Pikes Peak Workforce Center .....719-667-3700

**FILM & VIDEO****Why Wait Stories, See ad page 19 .....719-291-6967****FLORIST**

Springs in Bloom .....719-596-4806

Sweetwater: A Flower Market.....719-434-1615

**FOOD SERVICES & MEAL PROGRAMS**

Charity's Hope Food &amp; Clothing Pantry .....719-332-2360

Crossfire Ministries Food Pantry .....719-447-1806

Marian House Soup Kitchen.....719-475-7314

Mercy's Gate Food Pantry .....719-277-7470

Project Angel Heart .....719-323-0084

Salvation Army.....719-635-1287

**Silver Key Connections Café & Home Delivered Meals, See ad page 11 .....719-884-2300**

Silver Key Food Pantry.....719-884-2300

Tri-Lakes Cares Food Pantry.....719-481-4864

**INCOME TAX PREPARATION & PLANNING**

AARP Tax Aide.....2-1-1

Federal Tax Information.....303-238-7378

Internal Revenue Service Hotline.....800-829-1040

Internal Revenue Service - Refund status.....800-829-4477

Senior Citizens Tax Rebate.....719-594-8706

**Senior Tax Advisory Group, SpringsTax.com, See ad page 48.....719-596-4844**

**INSURANCE: LIFE**

Clear Solutions Insurance Services,  
See ad page 20 .....800-798-7490

**LEGACY FILMS**

Why Wait Stories, See ad page 19 ..... 719-291-6967

**LEGAL AID & CONSUMER PROTECTION**

AARP Foundation ElderWatch .....800-222-4444 x2  
 ABA Commission of Legal Problems  
 of the Elderly.....202-662-8690  
 Attorney General of Colorado .....720-508-6000  
 Colorado Bar Association .....303-860-1115  
 Colorado Civil Rights Division .....800-262-4845  
 Colorado Housing Connects.....844-926-6632  
 Colorado Legal Services .....719-471-0380  
 Crime Stoppers.....719-634-STOP (7867)  
 District Attorney’s Office, El Paso County ..... 719-520-6000  
 District Attorney’s Office, Teller County..... 719-520-7168  
 Jury Duty, El Paso County .....719-452-5001  
 Jury Duty, Teller County.....719-689-7366  
 Government Accountability Office, Fraud Net..... 202-512-3000  
 Pikes Peak Elder Justice Center ..... 719-318-7459

**LIBRARIES**

Calhan Library ..... 719-531-6333 x7013  
 Cheyenne Mountain Library.....719-531-6333 x7001  
 East Library & Information Center..... 719-531-6333 x7014  
 Florissant Library .....719-748-3939  
 Fountain Library .....719-531-6333 x7002  
 The Hall at PPLD..... 719-531-6333 x6142  
 High Prairie Library.....719-531-6333 x7003  
 Library 21c ..... 719-531-6333 x7012  
 Manitou Springs Library .....719-531-6333 x7004  
 Mobile Library Services.....719-531-6333 x7702  
 Monument Library .....719-531-6333 x7005  
 Old Colorado City Library.....719-531-6333 x7006  
 Palmer Lake Library.....719-531-6333 x7007  
 Penrose Library ..... 719-531-6333 x7015  
 Rockrimmon Library.....719-531-6333 x7008  
 Ruth Holley Library .....719-531-6333 x7009  
 Sand Creek Library..... 719-531-6333 x7018  
 Ute Pass Library ..... 719-531-6333 x7011  
 Woodland Park Library ..... 719-687-9281

**NATIONAL & STATE RESOURCES**

AARP Colorado .....866-554-5376

OTHER RESOURCES



# FOUNTAIN VALLEY MECHANICAL

## 719-392-2652

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Administration on Aging	
Eldercare Locator Service.....	800-677-1116
American Geriatrics Society.....	800-563-4916
Better Business Bureau.....	505-346-0110
Centers for Disease Control.....	404-639-3311
Colorado Department of Regulatory Agencies (DORA).....	303-894-7855
Colorado Gerontological Society.....	303-333-3482
Do Not Call Registry.....	888-382-1222
Federal Emergency Management Agency.....	844-684-6333
Federal Tax Information.....	303-238-7378
Road Conditions, Colorado.....	877-315-7623

**NEWSPAPERS & MAGAZINES**

BEACON Senior News.....	719-900-7664
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**PETS & ANIMAL CARE**

Animal ER Care.....	719-260-7141
Happy Cats Haven.....	719-362-4600
Humane Society of the Pikes Peak Region.....	719-473-1741
Total Care Mobile Veterinary Practice.....	719-600-1999
Urban Tails: At Home Veterinary Care.....	719-287-3420
VCA Dublin Animal Hospital.....	719-593-1336
White Whiskers Aging Pet Care.....	719-799-6670

**THEATERS & STAGES**

Broadmoor World Arena.....	719-477-2100
City Auditorium.....	719-385-5969
Ent Center for the Arts.....	719-255-3232
Fine Arts Center.....	719-634-5581
Millibo Art Theatre.....	719-465-6321
Pikes Peak Center for the Performing Arts.....	719-477-2100
Springs Ensemble Theatre.....	719-357-3080
Stargazers Theatre & Event Center.....	719-476-2200

**TRANSPORTATION**

American Medical Response.....	719-636-2333
Axel Medical Transportation.....	719-401-7870
BEO Mobility.....	719-362-8000
Blue Skies Transportation.....	719-357-9070
Bustang.....	800-900-3011
Driver License Office.....	719-520-6240
<b>envida.....</b>	<b>719-633-4601</b>
Fountain Valley Senior Center.....	719-600-2643
Goodwheels, Goodwill of Colorado.....	719-442-2077
Greyhound Bus Lines.....	719-231-2222
MedRide.....	719-545-3333
Metro One Ambulance.....	719-359-8550

Mountain Community Senior Services.....	719-488-0076
Mountain Metro Mobility.....	719-392-2396
Porchlight Friends.....	719-204-3604
Pikes Peak Transport.....	719-888-9000
Rocky Mountain PACE.....	719-314-2327
Road Conditions, Colorado.....	877-315-7623
Rocky Mountain Mobile Medical.....	719-362-8000
<b>Silver Key Reserve &amp; Ride, See ad page 11....</b>	<b>719-884-2300</b>
Teller Senior Coalition.....	719-687-3330
Transit to Care.....	719-644-6005
United Access.....	719-590-1400
ZTrip of Colorado Springs (taxi ).....	719-766-4567

**VETERANS INFORMATION**

El Paso County Colorado Progressive Veterans...	719-488-8351
<b>Mt. Carmel Veterans Service Center, See ad page 40.....</b>	<b>719-772-7000</b>
Next Chapter.....	888-719-VETS
PFC Floyd K. Lindstrom	
Veterans Administration Clinic.....	719-327-5660
Pikes Peak Veteran Housing Fund.....	719-323-2600
Rampart Range Blue Star Mothers.....	719-651-8038
Silver Key VETS.....	719-884-2300
<b>The Independence Center, See ad page 4.....</b>	<b>719-471-8181</b>
<b>USA Benefits for Veterans.....</b>	<b>303-946-2696</b>
Women’s Army Corps.....	PeakWACVets@yahoo.com

**VOLUNTEER OPPORTUNITIES**

Care & Share Food Bank for Southern Colorado....	719-528-1247
CASA of the Pikes Peak Region.....	719-447-9898
Christmas Unlimited.....	719-597-1821
COSILoveYou.....	719-428-5988
Crossfire Ministries.....	719-447-1806
Dream Centers.....	719-247-2007
El Paso County Search & Rescue.....	719-635-9400
Foster Grandparents, Volunteers of America.....	719-632-1448
One Nation Walking Together.....	719-329-0251
Pikes Peak Habitat for Humanity.....	719-475-2800
Pikes Peak Trolley Museum & Restoration Shop....	719-475-9508
Project Angel Heart.....	719-323-0084
<b>Silver Key, See ad page 11.....</b>	<b>719-884-2300</b>
Springs Rescue Mission.....	719-632-1822
TESSA (domestic violence).....	719-633-1462
The Arc Pikes Peak Region.....	719-471-4800
The Independence Center.....	719-471-8181
Salvation Army.....	719-382-1182
Wounded Warrior Project.....	719-377-9506

OTHER RESOURCES

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