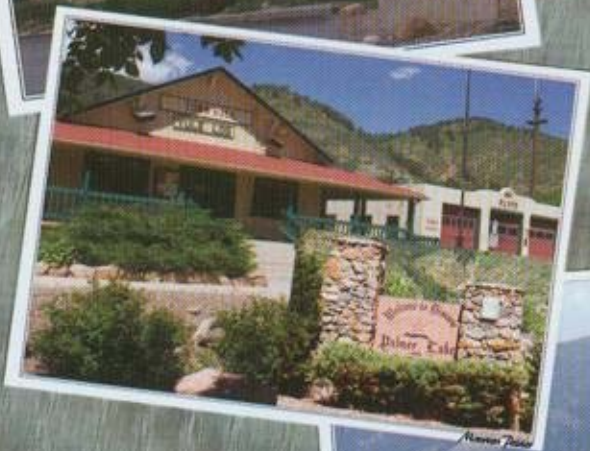


• tri-lakes silver book

**Senior Information
and
Assistance Directory**

January 2009



**Tri-Lakes Health Advocacy Partnership
Pikes Peak Area Agency on Agency**

Forward

The intent of this directory is to provide a user-friendly listing of services available locally to the Tri-Lakes senior community and was jointly founded in 2006 by the Pikes Peak Area of Aging (PPAAA) and the Tri-Lakes Health Advocacy Partnership (Tri-Lakes HAP).

Acknowledgement

PPAAA and Tri-Lakes HAP wish to thank and acknowledge Mountain View Electric Roundup for making this issue possible.

Notices

Help us make this directory complete, accurate, and user-friendly. Report any difficulties you have using the listed providers and any suggested directory changes to Chuck Roberts, 661-3432, or e-mail cwroberts@comcast.net

This directory is not to be used as a mailing list of any kind, nor for solicitation purposes.

This directory is for the convenience of the user and is not exhaustive, nor is it an endorsement of the providers contained herein. Providers were listed as part of their participation during and following the Tri-Lakes Senior Forum and have not been screened. Carefully evaluate, screen, and check references of any provider before engaging their services. Providers were requested to review this directory and provide updated information; however, the accuracy of provided information cannot be guaranteed.

Neither the Pikes Peak Area on Aging nor the Tri-Lakes Health Advocacy Partnership, nor their employees and volunteers, assume any liability or responsibility for any injury, damage, or loss of any kind arising out of use of any of the providers or services described in the directory, or any referral arising thereof.

Revised January 2009

RESOURCE CATEGORIES

Complete provider descriptions are listed alphabetically by organization name starting after page 11.

Unless stated otherwise all phone numbers are 719 area code.

AFFORDABLE HOUSING

Designed Properties L.L.C., Tim Irish, 402-680-2748

McGinnis GMAC Real Estate, Kim Rossbach, 330-3277

Senior Resource Council, Tana Sykes, 260-0744

ALZHEIMER ASSISTANCE

Alzheimer's Association, Sue Parenteau, 266-8773

Comfort Keepers, Debbie Savage, 522-9100

BEO Personal Care, LLC, Ray Goetze, 385-0200

Home Care & Companions, Inc., Linda Polland, RN, FNP, 337-3318

ASSISTED LIVING FACILITIES

Designed Properties L.L.C., Tim Irish, 402-680-2748

ASSISTANCE WITH EVERYDAY ACTIVITIES

At Home Elder Care, Inc., Regina Deich & Beth or Sherm Kempp, 590-8813

ComForcare Home Care, Wendy Farr, 534-0664

Comfort Keepers, Debbie Savage, 522-9100

BEO Personal Care, Ray Goetze, 385-0200

Freedom Pathways, JoAnn Blehm, 720-218-3443

Home Care & Companions, Inc., Linda Polland, RN, FNP, 337-3318

Home Instead Senior Care, Sheryl Slepicka or Kathryn Curry, 534-0908

Tri Lakes Cares, Judith Pettibone, 481-4864

CAREGIVER SUPPORT

Alzheimers Association, Sue Parenteau, 266-8773

At Home Elder Care, Inc., Regina Deich & Beth or Sherm Kempp, 590-8813

ComForcare Home Care, Wendy Farr, 534-0664

Comfort Keepers, Debbie Savage, 522-9100

BEO Personal Care, Ray Goetze, 385-0200

Family Caregiver Support Center, Kent Matthews, 886-PLAN(7526)

Home Care & Companions, Inc., Linda Polland, RN, FNP, 337-3318

Home Instead Senior Care, Sheryl Slepicka or Kathryn Curry, 534-0908

Horn Home Health Care, LLC, Susan Horn, 594-4043

CARE MANAGEMENT

Tri Lakes Care Managers, Faye Brenneman, RN, 481-2527, Cell 237-9913

Tri Lakes Care Managers, Diana De Pry, RN, 638-9431, Cell 641-0953

COMMUNITY CENTERS

Designed Properties L.L.C., Tim Irish, 402-680-2748

Tri-Lakes YMCA, Andy Barton or Lisa Gray, 481-8728

CRIME PREVENTION & SAFETY

El Paso County Sheriff - Victim Assistance Program, Hanna Silver, 520-7237

Monument Police Dept., Chief Jacob Shirk, 884-8032

Palmer Lake Police Dept., Michael Brennan, 481-2934

TESSA, Vikki Allen, 243-4833

CRISIS SERVICES

El Paso County Sheriff - Victim Assistance Program, Hanna Silver, 520-7237

Goodwill Industries of Colorado Springs, Diana McMahon, 442-1878

Monument Police Dept., Chief Jacob Shirk, 884-8032

Palmer Lake Police Dept., 481-2934

TESSA, Vikki Allen, 243-4833

Tri-Lakes Center for Family Development, Cheryl Scharp, 481-3756, 237-2240 cell or Rebecca Albright, 487-1208

DAY-TIME SENIOR PROGRAMS

School District 38 Learning Points, Maria Capp 785-4224

Senior Synergy, Wednesdays at Monument Library 10:00 a.m. until noon

Tri-Lakes YMCA, Andy Barton , 481-8728 or Lisa Gray 481-8718

DENTAL SERVICES

Colorado Springs Dental Society, Sharyn Markus, 598-5161

DISCOUNT PROGRAMS

Integrity Bank & Trust, Lisa Wieland, 484-0077

Peoples National Bank, Victoria Heit, 488-8900

US Bank, Heather Desisto, 488-5554

ELDER ABUSE

Chayet,& Danzo, LLC, 303-355-8500

El Paso County Sheriff - Victim Assistance Program, Hanna Silver, 520-7237

Monument Police Dept., Chief Jacob Shirk, 884-8032

Palmer Lake Police Dept., Michael Brennan, 481-2934

TESSA, Vikki Allen, 243-4833

Tri-Lakes Center for Family Development,

Cheryl Scharp, 481-3756, 237-2240 cell or Rebecca Albright, 487-1208

EMPLOYMENT

At Home Elder Care, Inc., Regina Deich & Beth or Sherm Kempf, 590-8813
Tri Lakes Cares, Judith Pettibone, 481-4864

EXERCISE / FITNESS

Tri-Lakes YMCA, Andy Barton, 481-8728 or Lisa Gray 481-8718

EYE CARE

Monument Vision Clinic, Robin Davis, 488-2042
Premiere Vision, 488-9595

FINANCIAL ADVICE AND ASSISTANCE

Air Academy Federal Credit Union, Karin Kovalousky, 592-1007
Chayet & Danzo, LLC, 303-355-8500
Cronkhite Wealth Strategies & Mutual of Omaha, Lacy Cronkhite, 532-1990
Investment Professionals, Inc - Peoples Nat'l Bank, Danny Moore, 488-8900
Peoples National Bank, Victoria Heit, 488-8900
Tri Lakes Cares, Judith Pettibone, 481-4864
US Bank, Heather Desisto, 488-5554
Wells Fargo Private Client Services, Susan M. Balmaceda, 577-5347

FOOD ASSISTANCE AND NUTRITION

SHARE Colorado, Nielene Heller, 210-3244
Tri-Lakes Cares, Judith Pettibone, 481-4864

FOOT CLINICS

Penrose-St. Francis Outreach Pastoral Nursing, _____

GROUP MEALS

Abundant Life Church, Douglas Eddy, 522-9637
Golden Circle Nutrition Program, Maggie Nealon, 481-2954

HAIRSTYLING / BARBERING - IN HOME

At Home Elder Care, Inc., Regina Deich & Beth or Sherm Kempf, 590-8813

HOSPICE CARE

Evercare Hospice & Palliative Care, Lorraine Alimaras, RN, 265-1100

Pikes Peak Hospice and Palliative Care, Call Center, 633-3400

HOUSING - LIVING ARRANGEMENTS

Cherished Spaces, Kathy Scott, 377-3190

McGinnis GMAC Real Estate, Kim Rossbach, 330-3277

Senior Resource Council, Tana Sykes, 260-0744

Things Forgotten, But Not Gone, Monica Young, 291-0482

ID THEFT & FRAUD PREVENTION

Air Academy Federal Credit Union, Karin Kovalousky, 592-1007

IN-HOME CARE – NON-MEDICAL

At Home Elder Care, Inc., Regina Deich & Beth or Sherm Kempp, 590-8813

ComForcare Home Care, Wendy Farr, 534-0664

Comfort Keepers, Debbie Savage, 522-9100

Eldercare Connections, Marlene Partin, 640-7600

Freedom Pathways, JoAnn Blehm, 720-218-3443

HomeCare Companions, Linda Polland

Home Instead Senior Care, Sheryl Slepicka or Kathryn Curry, 534-0908

Odyssey Health Care, DiAnna Steel, 573-4166

Physicians Home Health Care, Chuck Churchill, 271-8688

IN-HOME CARE – SKILLED

Elite Senior Care LLC, Ray Goetze, 385-0200

Evercare Hospice & Palliative Care, Janet Udell RN, 265-1100

Home Care & Companions, Inc., Linda Polland, RN, FNP, 337-3318

Horn Home Health Care, LLC, Susan Horn, 491-4918

INSURANCE - HEALTH RELATED

Colorado Access Advantage, Claudine McDonald, 800-511-5010 x 5673

Humana Market Point, Ryan Urban , 598-1317

Investment Professionals, Inc at Peoples National Bank, Danny Moore, 488-8900

Senior Insurance Assistance, Inc., 635-4891

LEGAL ASSISTANCE

Chayet & Danzo, LLC, Marco or Frank, 303-355-8500

LIBRARIES

Audio Information Network of Colorado, Kim Ann Wardlow, 303-786-7777

Colorado Talking Books Library, Debbi MacLeod, 303-727-9277

PPLD/Monument Branch Library, Libby Theune, 488-2370

PPLD/Palmer Lake Branch Library, Jean Harris, 488-2370

MEAL PREPARATION

At Home Elder Care, Inc., Regina Deich & Beth or Sherm Kempp, 590-8813

ComForcare Home Care, Wendy Farr, 534-0664

Comfort Keepers, Debbie Savage, 522-9100

BEO Personal Care, LLC, Ray Goetze, 385-0200

Freedom Pathways, JoAnn Blehm, 720-218-3443

Home Instead Senior Care, Sheryl Slepicka or Kathryn Curry, 534-0908

Horn Home Health Care, LLC, Susan Horn, 594-4043

MEDICAL EQUIPMENT - SUPPLY OR LOAN

Choice Health Care, Chris Winn, 963-0826

Home Care & Companions, Inc., Linda Polland, RN, FNP, 337-3318

Tri-Lakes Cares, Jackie Sward, 648-6320.

MEDICAL TREATMENT SOURCES

Affinity Diagnostic Service, Max Morton, 359-4806

Alzheimer's Assoc., Sue Parenteau, 266-8773

Choice Health Care, Chris Winn, 963-0826

Colorado Springs Dental Society, Sharyn Markus, 598-5161

Monument Vision Clinic, Robin Davis, 488-2042

Parkinson Assoc. of the Rockies, Kim Barnett, 303-830-1839

Peak Vista Community Health Centers, Lynn Pelz, 228-6606

Penrose-St. Francis Outreach Pastoral Nursing, Mary Jo Bay, 776-8242

Premier Urgent Care, 4881-2335

MEDICARE/MEDICAID HEALTH SERVICES & ASSISTANCE

Chayet & Danzo, LLC, 303-355-8500

Choice Health Care, Chris Winn, 963-0826

Colorado Access Advantage, Claudine McDonald, 800-511-5010

Evercare Colorado, Michael Selix, 303-718-2951

Humana Market Point, Ryan Urban, 590-4112

Monument Vision Clinic, Robin Davis, 488-2042

Peak Vista Community Health Centers, Lynn Pelz, 228-6606

Physicians Home Health Care, Chuck Churchill, 271-8688

Senior Insurance Assistance, Inc., Lisa Hietala, 635-4891

Summit Home Health Care, Dee Mendell, RN, 533-0084

MENTAL HEALTH

CU Aging Center, Lori Kisley, 471-4884 ext 108

National Alliance on Mental Illness (NAMI), Nola Lange, 473-8477

MOVING, PACKING, & RELOCATION SERVICES

Things Forgotten, But Not Gone, Monica Young, 291-0482

Cherished Spaces, Kathy Scott 377-3190

PERSONAL EMERGENCY RESPONSE SYSTEMS

Comfort Keepers, Debbie Savage, 522-9100

READING AIDS

Audio Information Network of Colorado, , Kim Ann Wardlow,

Colorado Talking Books Library, Debbi MacLeod, 303-727-9277

Radio Reading Service of the Rockies, 303-786-9277

RECREATION - SOCIAL/ EDUCATIONAL

Colorado Talking Books Library, Debbi MacLeod, 303-727-9277

Falcon Tours, Dave Hagen, 495-1653

PPLD/Monument Branch Library, Jean Harris or Libby Theune, 488-0621

PPLD/Palmer Lake Branch Library, Jean Harris or Libby Theune 488-2370

Radio Reading Service of the Rockies, Kim Ann Wardlow, 303-786-7777

Tri-Lakes YMCA, Andy Barton or Lisa Gray, 481-8728

RESPITE CARE

At Home Elder Care, Inc., Regina Deich & Beth or Sherm Kempp, 590-8813

ComForcare Home Care, Wendy Farr, 534-0664

Comfort Keepers, Debbie Savage, 522-9100

Home Care & Companions, Inc., Linda Polland, RN, FNP, 337-3318

BEO Personal Care, Ray Goetze, 385-0200

Home Instead Senior Care, Sheryl Slepicka or Kathryn Curry, 534-0908

Horn Home Health Care, LLC, Susan Horn, 594-4043

RETIREMENT / MULTI-LEVEL COMMUNITIES

Designed Properties L.L.C., Tim Irish, 402-680-2748

Liberty Heights Retirement, Stacey Kruger or Linda Kvapil, 481-4015

REVERSE MORTGAGE INFORMATION

Cherry Creek Mortgage Company, Nate Johnson, 260-7777 x5100

Wells Fargo Home Mortgage, Lawrence Gallegos, 381-1152

SENIOR CENTERS

Designed Properties L.L.C., Tim Irish, 402-680-2748

Tri-Lakes Senior Center ?

SENIOR RESOURCE DIRECTORIES

Senior Info and Assistance Center (Yellow Book) Call Center, 471-2096

Seniors Blue Book, Mark B. Schwartz, 531-6460

SENIOR SERVICE ORGANIZATIONS

Connections, a program of Tri-Lakes Cares, Kellie O'Regan, 481-3514

Area Agency on Aging – Pikes Peak Region, Guy Dutra, 471-7080

Pikes Peak Area Agency on Aging, Mike Decker, 471-7080

Senior Resource Council, Tana Sykes, 260-0744

Tri-Lakes Center for Family Development, Cheryl Scharp, 481-3756,

237-2240 cell or Rebecca Albright, 487-1208

Tri-Lakes Health Advocacy Partnership, Jackie Sward, RN, BSN, 488-8639

SUBSTANCE ABUSE

Al-Anon Alateen, Leslie O'Neil, 632-0063

TRANSPORTATION SERVICES

At Home Elder Care, Inc., Regina Deich & Beth or Sherm Kempp, 590-8813

ComForcare Home Care, Wendy Farr, 534-0664

Comfort Keepers, Debbie Savage, 522-9100

BEO Mobility, LLC, Ray Goetze, 385-0200

El Paso County Sheriff- Victim Assistance Program, Hanna Silver, 520-7237

Evercare Colorado, Michael Selix, 303-718-2951

TRANSPORTATION SERVICES (Continued)

Freedom Pathways, JoAnn Blehm, 720-218-3443

Home Care & Companions, Inc., Linda Polland, RN, FNP, 337-3318

Home Instead Senior Care, Sheryl Slepicka or Kathryn Curry, 534-0908

Horn Home Health Care, LLC, Susan Horn, 594-4043

Individual Volunteer, Cecil E. Phillips, 488-8169

Mountain Community Transportation, Faye Brenneman, 481-2527

UTILITY/WEATHERIZATION ASSISTANCE

Goodwill Industries of Colorado Springs (LEAP), Diana McMahon, 442-1878

Tri Lakes Cares, Judith Pettibone, 481-4864

VISITOR/NEWCOMER INFORMATION

Senior Information and Assistance Center (Yellow Book), 471-2096

Seniors Blue Book, Mark B. Schwartz, 531-6460

Senior Resource Council, Tana Sykes, 260-0744

Tri-Lakes Chamber of Commerce, Larry Lawrence, 488-9663

PROVIDER DETAIL LISTING

ABUNDANT LIFE CHURCH

Address: 245 2ND Street
Monument CO 80132

Contact: Douglas Eddy

Phone: 522-9637

E-Mail: DWeddy@adelphia.net

Web Site:

Description: Sunday dinner

Notes:

AFFINITY DIAGNOSTIC SERVICE

Address: P.O. Box 62784
Colorado Springs CO 80962

Contact: Max Morton, RPT

Phone: 650-3517

E-Mail: dogbonez@comcast.net

Web Site:

Description: Balance screening and physical therapy.

Notes:

AIR ACADEMY FEDERAL CREDIT UNION

Address: 1355 Kelly Johnson Blvd.
Colorado Springs, CO 80920

Contact: Kari Kovalousky

Phone: 592-1007

E-Mail: Karink@aafcu.com

Web Site:

Description: Free seminar on ID theft and fraud education to educate citizens on how to protect themselves and their identities and finances. Also provides seminar on reverse mortgage.

Notes:

AL-ANON ALATEEN

Address: 3595 East Fountain Boulevard Suite I1
Colorado Springs, CO 80910

Contact: Leslie O'Neil

Phone: 632-0063

E-Mail: loneil@hotmail.com

Web Site: www.al-anon-co.org

Description: Support meetings and literature for friends and relatives of someone with a drinking problem.

Notes:

ALZHEIMER'S ASSOCIATION

Address: 2315 Bott Avenue
Colorado Springs, CO 80904

Contact: Sue Parenteau

Phone: 266-8773

E-Mail: sue.parenteau@alz.org

Web Site: www.azlco.org

Description: Services for people with dementia and their caregivers including education, support groups, care consultations, safe return, and 24/7 helpline at 1-800-272-3900.

Notes:

AREA AGENCY ON AGING – PIKES PEAK REGION

Address: 15 South 7th Street
Colorado Springs, CO 80905

Contact: Guy Dutra

Phone: 471-7080

E-Mail: gdutra@ppacg.org

Web Site: www.ppacg.org

Description: Administers state and federal funds to provide services to help older adults remain in their own homes. Internal programs include the Family Caregiver Support Center, Senior Information & Assistance Center, and long-term care ombudsman. Senior insurance assistance.

Notes:

AT HOME ELDER CARE, INC

Address: 4595 Hilton Parkway Ste 110
Colorado Springs, CO 80907

Contact: Beth or Sherm Kemp or Regina Deich

Phone: 590-8813 Fax 594-6544

E-Mail: Beth@AtHomeElderCare.net
Sherm@AtHomeElderCare.net
Regina@AtHomeElderCare.net

Description: We are a non-franchised, locally owned and operated business. We grew up here, raised our families here and supported our parents when they needed at home care.

We provide regular caregivers that are bonded and insured. Offering flexible and customized care, personal outings, advocacy for your rights, comprehensive non-medical services and home maintenance management for those with families living out of the city. Regular e-mail updated to family and remote video monitoring when needed.

Private pay and long-term care insurance accepted. Testimonials and references are available from clients and other professionals.

Notes:

AUDIO INFORMATION NETWORK OF COLORADO (AINC)

Address: 2200 Central Avenue Suite A
Boulder, CO 80301

Contact: Kim Ann Wardlow

Phone: 303-786-7777 x112

E-Mail: AINC@aincolorado.org

Web Site: www.aincolorado.org

Description: Free audio information services for blind, visually impaired, or print handicapped individuals. Content is focused on local newspapers, magazines, grocery/discount ads and calendars of events. Programming is available in English and Spanish. Listeners may choose to access the programming through a pre-tuned receiver, SAP signal Rocky Mountain PBS, telephone, or the RRSR web site.

Notes:

BEO MOBILITY

Address: 1332 N. Hancock Avenue
Colorado Springs, CO 80903

Contact: Ray Goetze

Phone: 385-0200

E-Mail:

Web Site: Info@BEOpersonalcare.com

Description: Non-emergency transportation provided for handicapped including ambulatory, stretcher, and wheelchair.

Notes:

BEO PERSONAL CARE

Address: 1332 N. Hancock Avenue
Colorado Springs, CO 80903

Contact: Ray Goetze

Phone: 385-0200

E-Mail:

Web Site: Info@BEOpersonalcare.com

Description: Training for dealing with Alzheimer's and dementia, all done by professional staff. Respite care, assistance with daily activities, and meal preparation. Non-emergency transportation provided for handicapped, including ambulatory, stretcher, and wheelchair.

Notes:

CHAYET & DANZO, L.L.C.

Address: 650 South Cherry Street Suite 710
Denver, CO 80246

Contact: Marco or Frank

Phone: 303-355-8500

E-Mail: Marco@ColoradoElderLaw.com or
Frank@ColoradoElderLaw.com

Web Site:

Description: Colorado elder law, estate planning, public benefits, Medicaid, Medicare, SSI, SSDI, public benefits applications and appeals, estate tax, estate tax planning, probate, trust administration, disability trusts.

Notes:

CHERISHED SPACES

Address: 17940 Woodhaven
Colorado Springs, CO 8098

Contact: Kathy Scott

Phone: 377-3190

E-Mail: CherishedSpaces@q.com

Web Site: www.CherishedSpaces.net

Description: Downsizing help for seniors to organize, sort, prepare for move, unpack, and set up new residence.

Notes:

CHERRY CREEK MORTGAGE COMPANY

Address: 4779 North Academy Boulevard
Colorado Springs, CO 80918

Contact: Nate Johnson

Phone: 260-7777 x5100

E-Mail: njohnson@coloradocherrycreek.com

Web Site:

Description: Specializes in reverse mortgages that allow seniors the ability to access equity trapped in their home to increase and maintain their independence XCO, CSA, NRMLA

Notes:

CHOICE HEALTH CARE

Address: 2235 County Line Road
Monument, CO 80132

Contact: Chris Winn

Phone: 963-0826

E-Mail: chriswinn@hotmail.com

Web Site:

Description: Provide durable medical equipment, diabetic shoes and supplies, related house calls, and related billing service for Medicare/Medicaid patients.

Notes:

COLORADO ACCESS ADVANTAGE

Address: 10065 East Harvard Avenue Suite 600
Denver, CO 80231

Contact: Claudine McDonald

Phone: 1-800-511-5010 or 720-744-5678 x5673

E-Mail: Claudine.mcdonald@coaccess.com

Web Site:

Description: Non-profit health plan that provides access to behavioral and physical health services for medically underserved seniors, including Medicare and Medicaid patients.

Notes:

COLORADO SPRINGS DENTAL SOCIETY

Address: 1870 Dublin Boulevard #C
Colorado Springs, CO 80918

Contact: Sharynm Markus

Phone: 598-5161

E-Mail: Sharynm@qwest.net

Web Site:

Description: Low income dental clinic at Peak Vista Community Health Center. Call for referrals to Tri-Lakes dentists. For financial assistance call Trimble Fund (Elks Club) at 634-7360. For dentures help, call Friends of Man at 303-798-2342 for referrals.

Notes:

COLORADO TALKING BOOKS LIBRARY

Address: 180 Sheridan Blvd.
Denver, CO 80221

Contact: Reading Advisor – or Debbie MacLeod

Phone: 303-727-9277 or 800-685-2136

E-Mail: Macleod@cde.state.CO.US

Web Site:

Description: Free library service for those who cannot read standard print, delivered to your home postage-free. Service includes audio, Braille, and large print books. Some magazines are available. Playback equipment loaned free. Catalogues available. Call for application or more information.

Notes:

COMFORCARE HOME CARE

- Address:** 905 Garden of the Gods Road Suite F
Colorado Springs, CO 80907
- Contact:** Wendy Farr
- Phone:** 534-0664
- E-Mail:** coloradosprings@comforcare.com
- Web Site:** www.comforcare.com
- Description:** Comforcare provides assistance with activities of daily living, meal preparation, light housekeeping, medication reminders, and transportation. Comforcare also assists with personal care such as bathing, hygiene, and incontinence care.
- Notes:**

COMFORT KEEPERS

- Address:** 5245 Centennial Boulevard #2
Colorado Springs, CO 80919
- Contact:** Debbie Savage
- Phone:** 522-9100
- E-Mail:** northcoloradosprings@comfortkeepers.com
- Web Site:** www.comfortkeepers.com
- Description:** Provides companion and personal care services. Companion services include meal preparation, laundry and linen washing, light housekeeping, medication reminders, errand services, grocery shopping, respite care for family, grooming and dressing guidance, 24-hour or live-in care. Personal care services include bathing, mobility, transferring and positioning, incontinence care, toileting, feeding, oral and personal hygiene, special diet and meal preparation, plus more. A distributor for HealthWatch, a personal emergency response system.
- Notes:**

CRONKHITE WEALTH STRATEGIES AND MUTUAL OF OMAHA

Address: 1115 Elkton Drive #402
Colorado Springs, CO 80907

Contact: Lacy Cronkhite

Phone: 532-1990 x240

E-Mail: cronkhite.assistant@yahoo.com

Web Site:

Description: Lacy is a Certified Senior Advisor with Cronkhite Wealth Strategies and Mutual of Omaha. Her free offering to seniors is a complete financial analysis of all insurance and investment products to ensure financial health and avoid potential pitfalls. She is knowledgeable in Medicare supplements, Part D, annuities, IRAs, long-term care, and general estate planning.

Notes:

CU AGING CENTER

Address: 1436 North Hancock
Colorado Springs, CO 80903

Contact: Michael P. Kenny or Lori Kisley

Phone: 471-4884 x108

E-Mail: mkenny@uccs.edu or L.Kisley@UCCS.edu

Web Site:

Description: Mental health services and neuropsychological evaluations are available for seniors and their caregiver families. Educational mental health in-services can be provided in the Tri-Lakes area. No-cost family caregiver and low-cost memory screening is available through the CUAC. Call for telephone consultation and locations/schedules for local training and seminars.

Notes:

DESIGNED PROPERTIES, L.L.C.

Address: 9802 Nicholas Street #350
Omaha, NE 68114

Contact: Tim Irish

Phone: 402-680-2748

E-Mail: sgmirish@yahoo.co

Web Site:

Description: Develop, market, finance, build, and manage senior living properties

Notes:

ELDER CARE CONNECTIONS

Address:

Contact: Marlene Partin

Phone: 640-7600

E-Mail:

Web Site: www.eldercareconnections.com

Description: In-home elder care services

Notes:

EL PASO COUNTY SHERIFF – VICTIM ASSISTANCE PROGRAM

Address: 101 West Costilla Street
Colorado Springs, CO 80903

Contact: Hanna Silver

Phone: 520-7237

E-Mail: Connie Bryan@elpasoco.com

Web Site:

Description: Respond on scene to victims of violent crime, victims in crisis, and family survivors in cases of violent or sudden death. We also provide transportation for victims and family members in crisis situations, referrals to supporting agencies and service providers, case status information, information on victim compensation, education of victim rights, help getting property returned and assistance on contacting resources.

Notes:

EVERCARE COLORADO

Address: 6465 South Greenwood Plaza Boulevard Suite 3000
Centennial, CO 80111

Contact: Michael Selix

Phone: 303-718-2951

E-Mail: Michael_I_selix@uhc.com

Web Site:

Description: Medicare special needs (including transportation) plan for Medicare and Medicaid patients.

Notes:

EVERCARE HOSPICE & PALLIATIVE CARE

Address: 5450 Tech Center Drive Suite 120
Colorado Springs, CO 80919
Contact: Lorraine Alimaras, Intake Coordinator
Phone: 265-1100
E-Mail: Cynthia_L_Pint@uhc.com
Web Site:

Description: Compassionate local care for those facing end-of-life issues. Hospice includes physical, spiritual, and emotional care for patients and families. Visits from nurses, hospice physician, nurse aides, chaplain, social worker, and volunteers. Medicare, Medicaid and most private insurances cover hospice-related services at 100%. Medications, medical equipment, and supplies related to the life-limiting condition are provided. Patients may reside in private homes, nursing homes, or assisted living facilities. Free bereavement support and counseling for 13 months.

FALCON TOURS

Address: 8750 Walker Road
Colorado Springs, CO 80908
Contact: Dave Hagen
Phone: 495-1653
E-Mail: hagan1653@msn.com
Web Site:
Description: Arranges tours geared to seniors.
Notes:

FAMILY CAREGIVER SUPPORT CENTER

Address: 15 South Seventh Street
Colorado Springs, CO 80907

Contact: Kent Mathews

Phone: 886-PLAN (886-7526)

E-Mail: KentMathews@msn

Web Site: www.ppacg.org

Description: Detailed caregiver information, guidance in accessing community resources, care planning consultation, and limited care management.

Notes:

FREEDOM PATHWAYS

Address: P.O. Box 56
Monument CO, 80312

Contact: JoAn Blehm

Phone: 720-218-3443

E-Mail: Joannblehm@msn.com

Web Site:

Description: Help seniors stay at home. Provides transportation to doctor appointments, day trips, meal preparation and light housekeeping.

Notes:

GOLDEN CIRCLE NUTRITION PROGRAM

Address: 104 East Platte Avenue
Colorado Springs, CO 80903

Contact: Maggie Nealon

Phone: 481-2954

E-Mail:

Web Site:

Description: Provides senior lunch Mondays and Thursdays at noon (closed first Thursdays) at the Monument Town Hall, 166 Second Street in Monument. Small donation suggested. No reservations required. No lunches national holidays or when District 38 schools are on delayed start or declared a snow day.

Notes:

GOODWILL INDUSTRIES OF COLORADO SPRINGS

Address: 25 North Spruce
Colorado Springs, CO 80905

Contact: Diane McMahon

Phone: 442-1878

E-Mail: duabancmahon@elpasoco.com

Web Site:

Description: LEAP - Low Income Energy Assistance Program, and CIP, Crisis Intervention Program.

Notes:

HOME INSTEAD SENIOR CARE

Address: 5524 Library Lane

Colorado Springs, CO 80918

Contact: Kathryn Curry or Sheryl Stepika

Phone: 534-0908

E-Mail: KAcurry@HomeInsteadCare.com

Web Site:

Description: Non-medical home care anywhere in El Paso County with assistance with daily activities, including personal hygiene, light housekeeping, meal preparation, transportation, medication reminders, and much more.

Notes:

HORN HOME HEALTH CARE, L.L.C

Address: 5376 Tomah Drive #20

Colorado Springs, CO 80918

Contact: Susan Horn

Phone 594-4043

E-Mail: Jason@homeservices.com

Web Site:

Description: Post surgical care, respite care, B/P, and wellness clinics, meal preparation, RN-companion care. Nursing prescription assessments, med-planner filing, wound care, and transportation support for family members - 90 minute to 24 hour shifts.

Notes:

HUMANA MARKET POINT

Address: 8033 North Academy Boulevard
Colorado Springs, CO 80920

Contact: Ryan Urban

Phone: 598-1317

E-Mail: rurban@humana.com

Web Site: Humana.com

Description: Medicare and Medicare Advantage enrollment.

Notes:

INDIVIDUAL: Cecil E. Phillips

Address: 17915 New London Road

Phone: 488-8169

E-Mail Grampy80@juno.com

Description: Volunteer driver for senior transportation to doctor appointments, hospital tests, senior lunches, grocery shopping, lawyer appointments, post office, bank, etc.

Notes:

INTEGRITY BANK & TRUST

Address: 1430 Cipiano Loop
Monument, CO 80132

Contact: Lisa Wieland

Phone: 484-0077

E-Mail:

Web Site:

Description: We have a personal account paying 4% interest for customers of any age who bank electronically: 10 check card transactions monthly, electronic statements and one direct deposit or ACH auto debit per month.

For our “over 50” customers we have a platinum account with an opening deposit of \$100, no monthly service charge or minimum balance requirement, unlimited check writing capability, free on-line banking free online bill payment, free Visa check card, free month-end check images with statement. IBT overdraft protection is available if qualified (no annual fee), and free custom checks. Safe deposit box annual rent fee is discounted 10%.

Notes:

INVESTMENT PROFESSIONALS, INC. AT PEOPLES NAT’L BANK

Address: 1899 Woodmoor Drive
Monument, CO 80132

Contact: Danny Moore

Phone: 488-8900

E-Mail: dmoore@epeoples.com

Web Site:

Description: Wealth preservation, retirement income planning and long-term care insurance.

Notes:

LIBERTY HEIGHTS RETIREMENT COMMUNITY

Address: 12105 Ambassador Drive

Colorado Springs, CO 80921

Contact: Stacey Kruger or Linda Kvapil

Phone: 481-4015

E-Mail: lkvapil@libertyhts.com

Web Site:

Description: We are a continuous care retirement community located at the north end of Colorado springs catering to retired military from all over the U.S. We have 1 and 2 bedroom apartments with fireplaces, full service kitchens, washer and dryer. In our townhomes we have 2 and 3 bedrooms, 2 fireplaces, full service kitchens, washer and dryer, garages, patios, etc. Amenities included with exception of telephone.

Notes:

MCGINNIS GMAC REAL ESTATE

Address: 5353 North Union

Colorado Springs, CO

Contact: Kim Rossback

Phone: 330-3277

E-Mail: Kim@columbineproperties.com

Web Site: columbineproperties.com

Description: Specializing in the real estate treasures of the Tri-Lakes and beyond! I will provide you with premier service to assist you with buying, selling, or investing in real estate. When it is time to buy or sell, it is time to call Kim.

Notes:

MONUMENT POLICE DEPARTMENT

Address: P.O.BOX 325 - 166 Second Street
New address early in 2009 - 645 Beacon Lite Road
Monument CO, 80132

Contact: Chief Jacob Shirk

Phone: 884-8032

E-Mail: Jshirk@pd.townofMon.net

Web Site:

Description: Police. Resource and information person to assist seniors in any law enforcement issue they may have as well as how not to be a victim.

Notes:

MONUMENT VISION CLINIC

Address: 1860 Woodmoor Drive
Monument, CO 80132

Contact: Robin Davis

Phone: 488-2042

E-Mail: robin@monumentvision.com

Web Site:

Description: Accepts Medicare patients for pre and post cataract care, glaucoma, diabetes, hypertension vision issues, macular degeneration support in partnership with Health Advocacy Partnership (HAP) and free magnifier cards.

Notes:

MOUNTAIN COMMUNITY TRANSPORTATION FOR SENIORS

Address: P.O. BOX 552
Palmer Lake, CO 80133

Contact: Fay Brenneman

Phone: 488-0076 for ride or to volunteer

E-Mail:

Web Site:

Description: Free transportation for seniors 60+ in the Tri-Lakes and surrounding area.

Notes:

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

Address: 510 East Willamette Avenue
Colorado Springs, CO 80903

Contact: Nola Lange

Phone: 473-8477

E-Mail: namicos@questoffice.net

Web Site: www.namicoloradosprings.org

Description: Support meetings, classes, and literature for friends and relatives of someone with a mental illness.

Notes:

ODYSSEY HEALTH CARE

Address: 4465 Northpark Drive
Colorado Springs, CO 80907

Contact: DiAnna Steel

Phone: 573-4166

E-Mail: f8full@hotmail.com

Web Site:

Description: Free medical, emotional, spiritual support in the home

Notes:

PALMER LAKE POLICE DEPARTMENT

Address: P.O. Box 208
Palmer Lake, CO 80133

Contact: Chief Gene Ferrin

Phone: 481-2934

E-Mail: Info@PalmerLake.org

Web Site:

Description: Police. Act as a resource and information person to assist seniors in any law enforcement issue they may have, as well as how not to be a victim.

Notes:

PARKINSON ASSOCIATION OF THE ROCKIES

Address: 1325 South Colorado Blvd – 204B
Denver, CO 80222

Contact: Andrea Woolley

Phone: 303-830-1839 or 866-718-2996

E-Mail: info@parkinsonrockies.org

Web Site: www@parkinsonrockies.org

Description: Provides education, awareness, and support for Parkinson patients, caregivers, and health care professionals

Notes:

PEAK VISTA COMMUNITY HEALTH CENTERS

Address: 340 Printers Parkway
Colorado Springs, CO 80910

Contact: Lynn Pelz

Phone: 228-6602

E-Mail: lpelz@peakvista.org

Web Site:

Description: Medical/dental care and low vision support for Medicare and Medicaid patients.

Notes:

PENROSE-ST.FRANCES OUTREACH PASTORAL NURSING

Address: P.O. Box 3931
Colorado Springs, CO 80907

Contact: Jackie Sward, RN, BSN

Phone: 488-8639

E-Mail: Jacquelinesward@centura.org

Web Site:

Description: Providing free health education, health counseling, advocacy for access to care, resource referral, and pharmacy assistance.

Notes:

PEOPLES NATIONAL BANK

Address: 1899 Woodmoor Drive
Monument, CO 80132

Contact: Victoria Heit or Brendan Zahl

Phone: 488-8900

E-Mail:

Web Site:

Description: We offer seniors a Gold Checking Account that pays interest on the entire balance and has no monthly fees. Bonus features include free Gold Account checks, free check images with monthly statement, free one-signer travelers cheques, free cashier checks, free month orders, free debit card, free online banking, free bill pay, and premium rates on certificates of deposit. Stop by for fresh baked cookies daily and popcorn on Fridays.

Notes:

PIKES PEAK HOSPICE AND PALLIATIVE CARE

Address: 825 East Pikes Peak Avenue, Suite 600
Colorado Springs, CO 80906

Contact: Call Center

Phone: 633-3400

E-Mail: mail@PikesPeakHospice.org

Web Site: PikespeakHospice.org

Description: Providing specialized services for those facing life-limiting illness, and support for those who love them. Care is provided at home, in long-term and assisted living facilities, or our acute-care inpatient unit. Not ready for hospice? Palliative consultations are available for people living with complex, progressive symptoms. A community-based not-for-profit organization, Pikes Peak Hospice and Palliative Care has served the Pikes Peak region for over 25 years.

Notes:

PPLD / MONUMENT BRANCH LIBRARY

Address: 1706 Lake Woodmoor Drive
Monument CO 80132

Contact: Jean Harris or Libby Theune

Phone: 488-2370

E-Mail: jharris@ppld.org

Web Site: www.ppld.org

Description: The Senior Connection page on the Library's website provides information about library programs for seniors, Senior Web Picks, local information, and community databases.

Notes:

PPLD / PALMER LAKE BRANCH LIBRARY

Address: 66 Lower Glenway
Palmer Lake, CO 80133

Contact: Jean Harris or Libby Theune

Phone: 488-2370

E-Mail: jharris@ppld.org

Web Site: www.ppld.org

Description: The Senior Connection page on the Library's website provides information about library programs for seniors, Senior Web Picks, local information, and community databases.

Notes:

PREMIER URGENT CARE

Address: 15854 Jackson Creek Parkway, Suite #120
Monument, CO 80132

Contact: Dr. John Torres

Phone: 481-2335

E-Mail: Premieruc.com

Web Site:

Description: No appointment needed. We specialize in walk-in care for injuries, infections, illness, sprains, burns and broken bones, blood work / specialized tests, EKG and X-ray on site, IVs and IV medication, workers comp, physicals –DOT, sports.

Notes:

PREMIER VISION

Address: 481 Highway 105, Unit E
Monument, CO 80132

Contact: Dr. William Hallmark

Phone: 488-9595

E-Mail: hallmark@premier vision.com

Web Site: premiervision.com

Description: Optometry / optical services

Notes:

SENIOR INFORMATION AND ASSISTANCE CENTER

Address: 15 South 7th Street
Colorado Springs, CO 80905

Contact: Call Center

Phone: 471-2096

E-Mail: seniorinfo@ppacg.org

Web Site:

Description: Senior information and assistance of the Area Agency on Aging, Pikes Peak Region, provides information, assistance, and referral to community resources for older adults with a wide variety of needs. 60+ discount program. Publishes the senior resource directory known as the Yellow Book.

Notes:

SENIOR INSURANCE ASSISTANCE

Address: 14 South Chestnut
Colorado Springs, CO 80905

Contact: Call to request a full copy of our services

Phone: 635-4891

E-Mail: SeniorInsuranceHelp@ppacg.org

Web Site:

Description: We do not sell or endorse any insurance. Senior Insurance Assistance is a non-profit agency founded to assist the senior population and those on Medicare with health insurance concerns.

Our staff and volunteers will review and compare insurance policies including supplemental, long-term care programs, employer group health plans, Medicare, Part D and Medicare Advantage plans. We help you understand your health plans so you know what benefits are provided. We help if you are overwhelmed or confused, or have questions about medical services. We have merged with Pikes Peak Area Council of Governments Area Agency on Aging to provide seamless, consolidated services for older adults. This merger offers convenience for seniors and their caregivers.

Notes:

SENIOR RESOURCE COUNCIL

Address: P.O. Box 26330
Colorado Springs, CO 80936

Contact: Danielle Lammon

Phone: 332-2850

E-Mail: info@seniorresourcecouncil.org

Web Site: SeniorResourceCos.org

Description: Non-profit organization providing services to and advocating for seniors. We also produce a free housing directory annually. We are mainly comprised of professionals working in various areas within the senior service industry. We refer seniors and their loved ones to the proper resource to fit their needs.

Notes:

SENIORS BLUE BOOK

Address: 6331 Brightstar Drive
Colorado Springs, CO 80918

Contact: Mark B. Schwartz

Phone: 531-6460

E-Mail: mark@seniorsresourceguide.com

Web Site: www.seniorsresourceguide.com

Description: The Seniors Blue Book has been serving seniors for over 25 years and is a comprehensive, senior-friendly resource guide for finding senior support services, products, organizations, and businesses the Colorado Springs area. It also has interesting and informative articles and has a very helpful award-winning web site.

Notes: Copies are available at any PPLD library, Monument Town Hall, and 100s of other locations serving the citizens of Colorado and the nation.

SHARE COLORADO

Address: 3065 Dublin Boulevard
Colorado Springs, CO 80918

Contact: Nielene Heller

Phone: 210-3244

E-Mail: nielene@adelphia.net

Web Site:

Description: SHARE is a once-a-month grocery co-op open to everyone, with fresh produce, frozen meats, and staple items. No membership or cost to participate.

Notes:

SUMMIT HOME HEALTHCARE

Address: 6455 North Union, Suite 100
Colorado Springs, CO 80918

Contact: Dee Mendell, RN

Phone: 533-0084

E-Mail: dmendell@summithhc.com

Web Site:

Description: Medical home healthcare – RNs, LPNs, CNAs, physical / occupation / speech therapists, licensed clinical social workers. Chaplain services and pet-assisted therapy program. Accepts Medicare (parts A and B), Medicaid, private insurance (including Tri-West, and private pay.) Also offers non-medical care by Home Care Companions. Locally owned and operated. Member of Colorado Springs Chamber of Commerce, Senior Resource Council, and the National Association of Home Care and Hospice.

Notes:

TESSA

Address: 320 South El Paso
Colorado Springs, CO 80903

Contact: Vikki Allen

Phone: 243-4833

E-Mail: vallen@tessacs.org

Web Site: www.tessacs.org

Description: Confidential services to victims of domestic violence and sexual assault. Services include a safe house, advocacy, and counseling.

Notes:

THINGS FORGOTTEN, BUT NOT GONE

Address: 201 East Las Animas, Unit 207
Colorado Springs, CO 80903

Contact: Monica Young

Phone: 291-0482

E-Mail: forgottenbng@att.net

Web Site:

Description: Organizes and/or empties homes for people who are downsizing / terminally ill, children in charge of an estate. Specializes in making moving process as efficient and painless as possible. Pack, and then unpack, usually in two days. Coordinate movers, donation pickup, estate closeouts, trash removal, etc. Can empty a house in one week given enough lead time.

Notes:

TRI-LAKES CARES

Address: P.O Box 1301
Monument, CO 80132

Contact: Gloria Langor or Judith Pettione

Phone: 481-4864

E-Mail: Tri-Lakes Cares@pcisys.net

Web Site Food, commodities, financial assistance referral, other social services support; e.g. we have a medical social worker-volunteer. For medical advice or loan of medical equipment call Diana DePry 638-9431 or Jackie Sward 488-3263.

Notes:

TRI-LAKES CENTER FOR FAMILY DEVELOPMENT

Address: 244 Washington Street
Monument, CO 80132

Contact: Cheryl Scharp, 487-1208 or Rebecca Albright 648-3218

Phone:

E-Mail: cherylscharp@earthlink.net

Web Site: TLCforfamilies.com

Description: TLC for Families encourages the development of happy, healthy families by offering a variety of mental health services. For seniors, we provide individual and family counseling for issues such as depression, anxiety, loss and grief, and support during life changes and life stresses. We further facilitate a chronic illness support group. Low-cost counseling is available through our counseling intern.

Notes:

TRI-LAKES CHAMBER OF COMMERCE

Address: PO Box 147 (300 Highway 105
Monument, CO, 80132

Contact: Larry Lawrence

Phone: 488-9663

E-Mail: LhLawrence@msn.com

Web Site

Description: Volunteers, promotion, visitor, and newcomer information.

Notes:

TRI-LAKES HEALTH ADVOCACY PARTNERSHIP (HAP)

Address: 236 Jefferson
Monument, CO 80132

Contact: Mark Ennis

Phone: 488-1405

E-Mail: mark@AccessConstruction.com

Web Site:

Description: **Tri-Lakes HAP:**

- Serves as a health and wellness information and resource clearinghouse for the Tri-Lakes community.
- Develops, leads, and supports community programs contributing to the health and well-being of the Tri-Lakes residents.
- Serves as a pro-active community forum for identification, assessment, and prioritization of community health needs and capabilities (physical, mental, wellness, social, economic/financial).
- Develops active and inclusive health-related collaborative partnerships with community groups and organizations as well as citizens to harness and optimize all available community resources.
- Provides Tri-Lakes residents and community leaders with extensive volunteer opportunities in administrative, technical, and program/project leadership roles.

Notes:

TRI-LAKES UNITED METHODIST CHURCH

Address: 20256 Hunting Downs Way
Monument, CO 80132

Contact: Judy Hufford

Phone: 488-9057

E-Mail: JudyHufford@msn.com

Web Site:

Description: Volunteer help for senior programs

Notes:

TRI-LAKES YMCA

Address: 17250 Jackson Creek Parkway
Monument, CO 80132

Contact: Andy Barton or Lisa Gray

Phone: Andy 481-8728 or Lisa 481-8718

E-Mail: abarton@ppymca.org or Lgray@ppymca.org

Web Site:

Description: Strength and balance classes for seniors who are YMCA or Silver Sneakers members.

Notes:

US BANK:

Address: 1070 W. Baptist Road
Colorado Springs CO 80921

Contact: Desiree Porter

Phone: 488-5554

E-Mail: Desiree.Porter@USBank.com

Web Site:

Description: US Bank has a senior Elite Checking Account. This account has many features including no minimum balance requirement or monthly maintenance fee, tiered interest bearing, unlimited check writing, free check keeping or check images returned with statement, free ATM transactions including non-US Bank ATMs, 75% annual safe deposit box discount, free cashiers, travel checks, and money orders. We also offer free retirement financial consultations by a licensed professional.

Notes:

VISITING ANGELS LIVING ASSISTANCE SERVICES

Address: 411 Lakewood Circle Suite 203A
Colorado Springs, CO 80910

Contact: Bobbie Pace

Phone: 596-4466

E-Mail: Call for brochure

Web Site: VisitingAngels.com

Description: Non-medical homecare services. We can help your loved ones avoid the emotional trauma of leaving their cherished home. We provide up to 24-hour care, assistance with hygiene, meal preparation, light housekeeping, errands and shopping, joyful companionship. Affordable hourly rates, day/night, live-in/live-out care, temporary or long term, weekends, holidays, and respite for family caregivers.

Notes:

WELLS FARGO PRIVATE CLIENT SERVICES

Address: 90 S. Cascade, St. 300
Colorado Springs, CO 80907

Contact: Susan Almaceda

Phone: 577-5347

E-Mail: Susan.m.balmaceda@wellsfargo.com

Web Site:

Description: Elder services is a business unit of Wells Fargo Private Client Services that provides a wide variety of services to our elderly clients to assist them with asset and life management issues. These services include healthcare coordination, asset and liability management, legal document review, tax review and preparation, and estate management.

Notes: