



# SILVER *lining*

RESOURCE GUIDE

FOR BOULDER COUNTY LGBT ELDERS



**AREA AGENCY  
ON AGING**

*Community Services Department*

2014 EDITION PUBLISHED BY THE  
BOULDER COUNTY AREA AGENCY ON AGING




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A photograph of a mountain landscape with a dirt path leading through green grass and wildflowers towards a forested mountain range under a cloudy sky.

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## MARTIN LAW OFFICE LLC

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Conservatorship ~ Guardianship ~ Elder Law  
Family Planning ~ Discrimination Law ~ Employment Law**

**A law firm with a focus on the legal needs of the LGBT community**

# GREETINGS

Welcome to the 2014(a) edition of *Silver Lining Resource Guide for Boulder County LGBT (lesbian/gay/bisexual/transgender) Elders* published by the Boulder County Area Agency on Aging (BCAAA.) This resource guide is intended to help you or your loved one identify area LGBT-friendly agencies and businesses.\*

The communities and agencies listed in the *Silver Lining* serve Boulder County seniors primarily and have completed an application for inclusion. We have requested that they have a publicly published non-discrimination policy that includes sexual orientation and gender identity.

- ▼ A triangle next to a listing indicates one or more staff members have attended a *Project Visibility* three-hour general training, and/or BCAA provided a shorter staff training. Project Visibility is an award-winning cultural-responsiveness training developed by the BCAA in 2004 that highlights the lives, strengths and concerns of our LGBT elders. For more information, visit [www.projectvisibility.org](http://www.projectvisibility.org) or write [infoLGBTelders@bouldercounty.org](mailto:infoLGBTelders@bouldercounty.org).

For an electronic version of this directory, see [www.bouldercountyhelp.org](http://www.bouldercountyhelp.org) and click on “Publications” on the right side of the page under “Important Information.” For an application for inclusion in a future directory, e-mail [infoLGBTelders@bouldercounty.org](mailto:infoLGBTelders@bouldercounty.org)

*\*Disclaimer: This resource directory is provided as a public courtesy and does not recommend or endorse any specific provider or service, nor guarantees the sensitivity levels of any agency or organizations included. It is for informational purposes only and is not intended to be a substitute for professional advice, diagnosis, or treatment.*



***This directory and all of the LGBT Programs at the BCAA are supported by:***

Aging Services Foundation of Boulder County  
Open Door Fund of the Community Foundation Serving Boulder County  
Fairfield County Community Foundation – Donor Advised Fund  
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# ACUPUNCTURE

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## **Acubalance LLC: Jim Damman**

970-689-5926  
75 Manhattan Drive, #304  
Boulder, CO 80303

306 N. Washington Avenue, #102  
Loveland, CO 80537

[www.AcuBalance.info](http://www.AcuBalance.info)  
[jamesdamman50@gmail.com](mailto:jamesdamman50@gmail.com)

Offering Worsley five element acupuncture & zero balancing and acupressure, promoting our natural ability to heal.

---

## **Whole Body Balance: Amy Dickinson, BA, L.Ac, MTCM ▼**

303-444-0192  
2995 Baseline Rd, #110  
Boulder CO 80303

[info@wholebodybalance.com](mailto:info@wholebodybalance.com)

# ADDICTION COUNSELING

---

## **Addiction Recovery Center (ARC) Division: Boulder County Public Health ▼**

303-441-1275  
303-441-1281  
Outpatient Services: 3470 Broadway St  
Boulder, CO 80304

Inpatient Services: 3180 Airport Rd  
Boulder, CO 80302

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

Provides services throughout the county, including inpatient detox programs and outpatient support.

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## **Boulder Community Hospital Addictions Counselor Sara Milmo, MS, LPC, CAC 111 ▼**

303-441-0560  
311 Mapleton Ave  
Boulder, CO 80301

# ADULT DAY CARE

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## **Care Link Adult Day Care ▼**

303-532-2477  
3434 47th St, Ste #100  
Boulder, CO 80301

[www.BoulderCareLink.com](http://www.BoulderCareLink.com)  
[sarah@carelinkdayprogram.com](mailto:sarah@carelinkdayprogram.com)

An adult day program, serving adults with memory impairments. Offers a structured day including exercise, stimulating activities, socialization, meals and assistance with personal care.

---

## **Homestead Adult Day Program**

303-772-9152  
1380 Tulip St  
Longmont, CO 80501

[jmayer@luhcares.org](mailto:jmayer@luhcares.org)

An adult day program offering a complete day of activities, entertainment and outings, Mon-Fri 9:30 am to 3:00 pm; extended hours are available. Nutritious lunches and snacks are served and transportation to and from the program is provided.

# ADVOCACY

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## **Boulder County AIDS Project ▼**

303-444-6121  
303-444-7181 (Espanol)  
2118 14th St  
Boulder, CO 80302

[www.bcap.org](http://www.bcap.org)  
[generaldelivery@bcap.org](mailto:generaldelivery@bcap.org)

Provides support, advocacy and education to those in our community who are infected with or affected by HIV and AIDS. Also offers outreach and an information center to prevent further transmission of HIV.

---

## **Boulder County Area Agency on Aging ▼**

303-441-3570  
3482 N Broadway St  
Boulder, CO 80304

[www.BoulderCounty.org/cs/as](http://www.BoulderCounty.org/cs/as)

The Area Agency on Aging (AAA) for Boulder County, one of 650 such nationwide agencies mandated by the Older Americans Act. BCAAA plans, develops, coordinates, funds, advocates for, and evaluates a wide range of services for older adults and their families/caregivers, including those who are LGBT. Our mission is to promote the health and well-being of older adults by building on individual, family, and community strengths.

---

## **El Comite de Longmont ▼**

303-651-6125  
455 Kimbark St  
Longmont, CO 80501

[www.ElComitedeLongmont.org](http://www.ElComitedeLongmont.org)  
[elcomite@qwestoffice.net](mailto:elcomite@qwestoffice.net)

A grass roots human services and human rights advocacy agency dedicated to supporting the Latino Community of Longmont in Boulder County.

---

## **Gender Identity Center of CO ▼**

303-202-6466  
1151 S Huron St  
Denver, CO 80223

[www.GICofColo.org](http://www.GICofColo.org)  
[info@gicofcolo.org](mailto:info@gicofcolo.org)

Provides support to anyone gender variant in their gender identity and expression.

---

## **Long-Term Care Ombudsman Program: Boulder County Area Agency on Aging ▼**

303-441-1173  
3482 N Broadway St  
Boulder, CO 80304

[infoLTCO@bouldercounty.org](mailto:infoLTCO@bouldercounty.org)

A free, confidential service for residents of nursing and assisted living homes. Residents have rights and the Ombudsman is an advocate assisting and empowering them to obtain their rights, as well as being a resource for loved ones and staff. The Ombudsman can also provide information that may be helpful before selection of a care home is made.

---

## **Old Lesbians Organizing for Change OLOC ▼**

303-258-9424

[www.OLOC.org](http://www.OLOC.org)  
[olocincolorado@yahoo.com](mailto:olocincolorado@yahoo.com)

Political and social group of lesbians 60 years+. Northern Colorado chapter.

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## **Out Boulder ▼**

303-499-5777  
2132 14th St  
Boulder, CO 80302

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

Serving the gay, lesbian, bisexual, transgender, queer, and questioning communities in and around Boulder County. Fosters safe environments for self-expression, gathering support, and dialogue for the LGBTQ community; and educates the public about the experiences of LGBTQ people.

---

## **Parents, Families, and Friends of Lesbians and Gays (PFLAG) ▼**

303-444-8164  
PO Box 19696  
Boulder, CO 80308

[www.pflagBoulder.org](http://www.pflagBoulder.org)  
[info@pflagboulder.org](mailto:info@pflagboulder.org)

Provides support, education, and advocacy on behalf of gay, lesbian, bisexual and transgender people and their families and friends.

---

## **Project Visibility: Boulder County Area Agency on Aging ▼**

303-441-3583  
3482 N Broadway St  
Boulder, CO 80304

[www.ProjectVisibility.org](http://www.ProjectVisibility.org)  
[infoLGBTelders@bouldercounty.org](mailto:infoLGBTelders@bouldercounty.org)

An award-winning cultural-competency training designed to raise awareness of the strengths and needs of LGBT elders. Created by the BCAAA in 2004.

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## **The Center ▼**

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

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

A statewide community center dedicated to providing support and advocacy for Colorado's LGBT population.

---

## **The Center's Legal Advocacy Program ▼**

303-282-6524  
PO Box 9798  
Denver, CO 80209

[www.glbtcColorado.org/LegalAdvocacy.aspx](http://www.glbtcColorado.org/LegalAdvocacy.aspx)

Formerly The Center's Legal Initiative Project (CLIP). Works to advance LGBT rights in Colorado.

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# **ARTS AND CULTURE**

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## **Colorado Music Festival and Center for Musical Arts**

303-665-0599  
200 E. Baseline Rd  
Lafayette, CO 80026

[www.comusic.org/music-education](http://www.comusic.org/music-education)  
[office@COMusic.org](mailto:office@COMusic.org)

A community music school providing lessons, classes, performances and outreach. All ages, all abilities, all means.



---

## **Society for Creative Aging**

303-803-5643  
2590 Walnut St, #5  
Boulder, CO 80302

[www.s4creativeaging.org](http://www.s4creativeaging.org)  
[info@S4CA.org](mailto:info@S4CA.org)

Provides opportunities for creative expression using music, dance, theater, creative writing, and visual arts throughout Boulder County.

---

## **Resonance Women's Chorus of Boulder Sound Circle**

303-473-8337  
2525 Arapahoe Ave, #E4-186  
Boulder, CO 80302

[www.resonancechorus.org](http://www.resonancechorus.org)  
[www.soundcirclesings.org](http://www.soundcirclesings.org)  
[resonancechorus@gmail.com](mailto:resonancechorus@gmail.com)  
[soundcircle@ecentral.com](mailto:soundcircle@ecentral.com)

Resonance (125-voice women's community chorus) and Sound Circle (16-voice a cappella) are both directed by Sue Coffee. Both ensembles are members of GALA Choruses (the glbt choral community) and the Sister Singers Network of feminist choruses; both ensembles sing music of social awareness.

## **ASSISTED LIVING HOMES**

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### **Alta Vita Assisted Living Memory Care Centre ▼**

303-300-3700  
800 S. Fordham St  
Longmont, CO 80503

[www.AltavitaLiving.com](http://www.AltavitaLiving.com)  
[lwilkins@altavitaliving.com](mailto:lwilkins@altavitaliving.com)

Providing family-oriented memory care in a secure, apartment suite environment. Locally owned.

---

## **Atria Longmont ▼**

303-678-5050  
2310 W. 9th Ave  
Longmont, CO 80503

[www.AtriaSeniorLiving.com](http://www.AtriaSeniorLiving.com)  
[heather.kamtz@atriaseniorliving.com](mailto:heather.kamtz@atriaseniorliving.com)

Offering three levels of care: independent, assisted, and memory/dementia. Assisted living provides discreet assistance with daily tasks, like bathing, dressing and managing medication schedules.

---

## **Balfour Cherrywood Memory Center ▼**

303-604-2700  
282 McCaslin Ave  
Louisville, CO 80027

Providing memory-impaired services for seniors. Part of the Balfour Retirement Community.

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## **Balfour Independent Living**

303-867-6400  
1336 Hecla Dr  
Louisville, CO 80027

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## **Balfour Retirement Community ▼**

303-926-1000  
1855 Plaza Dr  
Louisville, CO 80027

[www.BalfourCare.com](http://www.BalfourCare.com)

Offering independent living, assisted living, skilled nursing, nursing home care, and Alzheimer's, dementia and memory care in carefully planned communities in the Boulder and Denver areas. Locally owned and managed.

---

### **Bridge at Longmont (The) ▼**

303-774-8255  
2444 Pratt St  
Longmont, CO 80501

[www.TheBridgeatLongmont.com](http://www.TheBridgeatLongmont.com)  
[smcness@centurypa.com](mailto:smcness@centurypa.com)

Provides a variety of floor plans and month-to-month leasing.

---

### **Canterbury Gardens ▼**

303-341-1412  
11265 E. Mississippi Ave  
Aurora, CO 80012

1001 S. Kingston St  
Aurora, CO 80012

[crea@ensigngroup.net](mailto:crea@ensigngroup.net)

Offering 24-hour care, reasonable studio, 1 & 2 bedroom apartments. Utilities and basic cable included. Pet friendly, general store, game room, library, beauty/barber shop, medication management, and therapy services. Private pay and Medicaid.

---

### **Carillon at Boulder Creek (The) ▼**

720-565-6844  
2525 Taft Dr  
Boulder, CO 80302

[www.TheCarillonatBoulderCreek.com](http://www.TheCarillonatBoulderCreek.com)  
[lfoley@leisurecare.com](mailto:lfoley@leisurecare.com)

Offers independent living and assisted living services. Amenities include gym w/saltwater pool, pub, restaurant, spa, and more.

---

### **Cinnamon Park Assisted Living ▼**

303-772-2882  
1335 Cinnamon St  
Longmont, CO 80501

[www.SeniorHousingOptions.org](http://www.SeniorHousingOptions.org)  
[cinnamon@seniorhousingoptions.org](mailto:cinnamon@seniorhousingoptions.org)

Offering seniors and adults with disabilities an affordable, supportive environment, friendly staff, and a vibrant wellness program. Owned by Senior Housing Options. Private pay and Medicaid.

---

### **Frasier Meadows Retirement Community ▼**

720-562-4463 (Assisted Living)  
720-562-4311 (Independent Living)  
350 Ponca Pl  
Boulder, CO 80303

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

Provides a continuum of care including assisted living, independent living, and a health care center (the skilled nursing unit accepts Medicaid), as well as a wellness center that is open to the community.

---

### **Golden West Senior Residence ▼**

303-939-0898  
1055 Adams Cir  
Boulder, CO 80303

[www.GoldenWestSeniors.com](http://www.GoldenWestSeniors.com)

Providing 56 all-inclusive units designed for residents of low to moderate income. Accepts private pay and Medicaid. Also 252 independent living apartments: studio or one-bedroom, plus market-rate units.

---

### **Juniper Village ▼**

303-665-3722  
1078 S. 88th St  
Louisville, CO 80027

[www.jv-Louisville.blogspot.com](http://www.jv-Louisville.blogspot.com)  
[cheryl.northup@junipercommunities.com](mailto:cheryl.northup@junipercommunities.com)

Providing a community for individuals with Alzheimer's disease and related dementias.

---

### **Kavod Senior Life and Assisted Living ▼**

720-382-7805  
22 S Adams St  
Denver, CO 80209

[www.KavodSeniorLife.org](http://www.KavodSeniorLife.org)  
[info@kavodseniorlife.com](mailto:info@kavodseniorlife.com)

Providing subsidized and affordable apartments and services to seniors 62 years of age and over. Services include a dining program, activities, transportation for shopping and trips, and an emergency response system. Non-sectarian.

---

### **Legacy at Lafayette (The) ▼**

303-666-0691  
225 Waneka Pkwy  
Lafayette, CO 80026

[www.LegacyatLafayette.com](http://www.LegacyatLafayette.com)  
[thelegacylaf@comcast.net](mailto:thelegacylaf@comcast.net)

For seniors in the Lafayette area who need assistance with activities of daily living. Accepts private pay and Medicaid.

---

### **Mary Sandoe House ▼**

303-494-7317  
1244 Gillaspie Dr  
Boulder, CO 80303

[msandoe@aol.com](mailto:msandoe@aol.com)

A residence for twenty-four elders offering 24-hour care, including activities and medication oversight. Assistance given according to independence level. Accepts private pay and Medicaid.

---

### **Peaks Care Center ▼**

303-776-2814  
1440 Coffman St  
Longmont, CO 80501

[www.peakscarecenter.com](http://www.peakscarecenter.com)

Offering the combined services of a nursing, physical therapy and assisted living in a multi-facility center.

---

### **Shawnee Gardens ▼**

303-494-1123  
4755 Shawnee Pl  
Boulder, CO 80303

[www.Shawnee-Gardens.com](http://www.Shawnee-Gardens.com)  
[shawneegardens@comcast.net](mailto:shawneegardens@comcast.net)

Offering individualized care in a small setting. Provides private rooms, meals, housekeeping, laundry, 24-hour support, medication administration, respite, and hospice care. Amenities include greenhouse and raised bed gardens, steam room, hot tub, and jacuzzi.

---

### **Sunrise of Boulder ▼**

720-406-1000  
3955 28th St  
Boulder, CO 80301

<http://www.sunriseseniorliving.com/communities/sunrise-of-boulder/overview.aspx>

Offering assisted living, memory loss care, hospice and short-term stays. Daily activities and multiple weekly outings for shopping, dining and entertainment.

---

### **Sunrise at FlatIrons/Sunrise Senior Living ▼**

303-466-2422  
400 Summit Blvd  
Broomfield, CO 80021

[www.SunriseFlatirons.com](http://www.SunriseFlatirons.com)

Providing independent living, assisted living, memory care, and short term stays, including hospice care, for seniors in our luxurious rental community. Located near Flatirons Crossing Mall, minutes from Boulder.

---

### **Timberline Lodge Assisted Living ▼**

303-776-7215  
9198 Jotipa Dr  
Longmont, CO 80503

[www.TimberlineLodgeAssistedLiving.com](http://www.TimberlineLodgeAssistedLiving.com)  
[timberlinelodge@comcast.net](mailto:timberlinelodge@comcast.net)

Providing a small, home-like assisted living residence. Accepts private pay and Medicaid.

---

### **Wynwood at RidgePoint ▼**

866-907-7719  
3375 34th St  
Boulder, CO 80301

<http://www.brookdale.com/communities/wynwood-at-ridge-point/>

Offering personalized assisted living options for seniors. Helping residents maintain independence for as long as possible. Incorporating individual resident interests as well as opportunities for contributions to one another and the community.

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## **BURIAL SERVICES**

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### **Carroll-Lewellen Funeral Home & Foothills Gardens of Memory Cemetery ▼**

303-776-4477  
503 Terry St  
Longmont CO, 80501

[www.Carroll-Lewellen.com](http://www.Carroll-Lewellen.com)  
[www.FoothillsGardensofMemory.com](http://www.FoothillsGardensofMemory.com)  
[carroll-lewellen@comcast.net](mailto:carroll-lewellen@comcast.net)

Offers traditional funeral or cremation services to all in need, also full complement of burial wants for all faiths and beliefs.

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### **Natural Transitions Funeral Guidance**

303-443-3418  
3980 N Broadway St, #103-171  
Boulder, CO 80304

[www.NaturalTransitions.org](http://www.NaturalTransitions.org)  
[info@naturaltransitions.org](mailto:info@naturaltransitions.org)

Provides information, education, support for home-based funerals and publishes magazine.



# CARE MANAGEMENT SERVICES

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## **Action Healthcare Services, Inc.**

303-772-2973  
PO Box 1494  
Longmont, CO 80502-1494

[www.ActionCareServices.com](http://www.ActionCareServices.com)  
[info@actioncareservices.com](mailto:info@actioncareservices.com)

Providing comprehensive evaluation, guidance and planning for families dealing with the health care needs of a senior or disabled adult.

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## **Adult Care Management, Inc.**

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

[www.acmico.org](http://www.acmico.org)  
[general@asmicolorado.org](mailto:general@asmicolorado.org)

Providing assessments for eligibility for Medicaid, home and community based services (HCBS), homecare allowance and other income-based programs for elderly and disabled. Application and interview process. Provides care in home or care facility depending on program.

---

## **Boulder County Area Agency on Aging ▼**

303-441-3570  
3482 N Broadway St  
Boulder, CO 80304

[www.BoulderCounty.org/cs/ag](http://www.BoulderCounty.org/cs/ag)  
[bcaaa@bouldercounty.org](mailto:bcaaa@bouldercounty.org)

Provides care coordination services in Lyons, Niwot, Nederland and Allenspark.

---

## **Caring Stewardship ▼**

303-818-6498  
PO Box 239  
Broomfield, CO 80038

[www.caringstewardship.com](http://www.caringstewardship.com)  
[claire@caringstewardship.com](mailto:claire@caringstewardship.com)

Caring Stewardship provides fiduciary and case management (bill paying, serving as Power of Attorney, Conservator, etc). We ensure privacy, accuracy, and respect for all.

---

## **Ellen Knapp, LPC**

720-217-9614  
3050 15th St  
Boulder, CO 80304

[www.ellenknapp.com](http://www.ellenknapp.com)  
[ellen@ellenknapp.com](mailto:ellen@ellenknapp.com)

Providing medical advocacy and medicine tracking, support, consultation and counseling for older adults and their families since 1996. Offering one-on-one companionship, friendship and attentiveness.

---

## **Jewish Family Service ▼**

303-415-1025  
303-597-5000  
3800 Kalmia Ave  
Boulder, CO 80301

3201 S. Tamarac Dr  
Denver, CO 80231

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

Provides resources and referrals in the areas of mental health counseling, adult care management and in-home support services for the elderly, emotionally vulnerable, people with disabilities, and refugees regardless of faith or economic status.

---

## **Safe At Home ▼**

303-444-7112  
533 Indian Peaks Trail West  
Lafayette, CO 80026

[www.SafeatHomeCare.com](http://www.SafeatHomeCare.com)  
[safeathomecare@gmail.com](mailto:safeathomecare@gmail.com)

A local, gay-owned and operated home care business providing care management, experienced caregivers and other specialized in-home services.

---

## **Senior Reach ▼**

1-866-217-5808  
7878 Wadsworth Blvd, Ste #100  
Arvada, CO 80003† †

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

Serving adults 60 and older in Boulder, Broomfield, Jefferson, Clear Creek and Gilpin Counties. Supporting the well-being, independence and dignity of older adults by educating the community, providing care management and mental health services, and connecting older adults to community resources. Also provides home visits.

# **CENTERS FOR INDEPENDENT LIVING**

---

## **Center for People with Disabilities (CPWD) ▼**

303-442-8662  
303-772-3250  
Boulder, CO 80301

615 North Main St  
Longmont, CO 80501

[www.cpwd-ilc.org](http://www.cpwd-ilc.org)  
[info@cpwd.org](mailto:info@cpwd.org)

Its programs empower and assist people with disabilities in the Boulder County area to live independently.

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## **American Council of the Blind & Visually Impaired of CO (ACBCO) ▼**

303-831-0117  
910 16th St, Ste #1240  
Denver, CO 80202

[www.acbco.org](http://www.acbco.org)  
[specialistpdfoss@gmail.com](mailto:specialistpdfoss@gmail.com)

Providing free support to ensure the independence, equality, and opportunities for blind and visually impaired individuals by offering resources/referrals, adaptive aids, education, training, and advocacy.

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## **IMAGINE! ▼**

303-665-7789  
1400 Dixon Ave  
Lafayette, CO 80026

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

Creating and offering innovative supports to people of all ages with cognitive, developmental, physical, and health related needs so they may live fulfilling lives of independence and quality in their homes and communities.

# CHIROPRACTIC

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## **Health Now Chiropractic and Healing Center, Shelly Ditter, R.N., D.C.**

303-678-8885  
610 Terry St  
Longmont, CO 80501

[www.HealthyNowChiropractic.com](http://www.HealthyNowChiropractic.com)

Integrated natural health care for whole well-being exclusively utilizing non force methods. Offering help for pain relief and treatment of injuries, digestive disturbances, stress and emotional trauma and customized nutritional supplemental therapy.

# CLINICS/PHYSICIANS

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## **Beacon Clinic**

303-938-3167  
1136 Alpine Ave, Ste #205  
Boulder, CO 80304

Infectious Disease Center

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## **Table Mesa Family Medicine, Dr. Mark Wisner, DO ▼**

303-494-5263  
1755 48th St, Ste #200  
Boulder, CO 80303

[www.bch.org/table-mesa-family-medicine/default-table-mesa-family-medicine.aspx](http://www.bch.org/table-mesa-family-medicine/default-table-mesa-family-medicine.aspx)

Dedicated to its patients as a small-scale, excellence-driven practice providing multi-generational healthcare, osteopathic manipulative therapy, and sports medicine.

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## **Boulder Valley Center for Dermatology (BVCD) ▼**

303-604-1444  
1140 West South Boulder Road, Ste #202  
Lafayette, CO 80026

4745 Arapahoe Ave, Ste #140  
Boulder CO 80303

[www.bvderm.com](http://www.bvderm.com)  
[info@bvderm.com](mailto:info@bvderm.com)

A full-service dermatology practice.

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## **Boulder Valley Women's Health Center ▼**

303-442-5160  
303-442-5160  
2855 Valmont Rd  
Boulder, CO 80301

82 21st Ave  
Longmont, CO 80501

[www.BoulderWomensHealth.org](http://www.BoulderWomensHealth.org)  
[info@bvwhc.org](mailto:info@bvwhc.org)

Providing gynecological health care on a sliding scale to females and their partners. Services include annual exams, STD testing, menopausal concerns and cancer screenings.

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## **Frontier Internal Medicine**

303-776-1532  
2101 Ken Pratt Blvd, Ste #104  
Longmont, CO 80501

[www.FrontierInternalMedicine.com](http://www.FrontierInternalMedicine.com)

Internal medicine office.

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## Helios Integrated Medicine

303-499-9224  
2525 4th St, Ste #205  
Boulder, CO 80304

[www.HeliosIntegratedMedicine.com](http://www.HeliosIntegratedMedicine.com)  
[contact@heliosintegratedmedicine.com](mailto:contact@heliosintegratedmedicine.com)

Family practice medical clinic blending conventional and alternative care.

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## People's Clinic

303-449-6050  
2525 13th St  
Boulder, CO 80304

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

Recognizing that health care is an essential human need, People's Clinic improves our community by providing high quality accessible health care for the medically underserved.

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## DENTAL

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### Dental Aid ▼

303-665-8228  
877 South Boulder Road  
Louisville, CO 80027

Providing oral health care (clinical services and education) to low-income residents of Boulder and Broomfield Counties.

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## Martinez Dental Care ▼

303-733-7533  
1200 S Wadsworth Blvd, #200  
Lakewood, CO 80232

[www.EfrenMartinezdds.com](http://www.EfrenMartinezdds.com)

Offering the lowest cost dentures in Colorado. Open weekends and evenings. Serve clients residing in nursing homes and assisted living facilities. Bills Medicaid/PETI directly and helps in finding grant funding.

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## EDUCATION AND SUPPORT

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### Alzheimer's Association - Colorado Chapter ▼

24/7: 1-800-272-3900  
Office: 303-813-1669  
455 Sherman St, Ste #500  
Denver, CO 80203

[www.alz.org/co](http://www.alz.org/co)  
[coloinfo@alz.org](mailto:coloinfo@alz.org)

Providing information and support for people affected by Alzheimer's disease and related disorders through information, support, and the advancement of research.

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### Boulder County Area Agency on Aging ▼

303-441-3570  
3482 N Broadway St  
Boulder, CO 80304

[www.BoulderCounty.org/cs/ag](http://www.BoulderCounty.org/cs/ag)  
[bcaaa@bouldercounty.org](mailto:bcaaa@bouldercounty.org)

Providing education on care giving, nutrition, wellness, elder rights including LGBTs and Medicare.



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## Longmont Ending Violence Initiative (LEVI) ▼

303-774-4534  
225 Kimbark St  
Longmont, CO 80501

[www.LongmontDomesticViolence.org](http://www.LongmontDomesticViolence.org)  
[levi@ci.longmont.co.us](mailto:levi@ci.longmont.co.us)

An awareness project and collaborative response to domestic violence in Longmont. Provides public information, widespread education and easy access to services.

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## Spanish Now: Sally Blaser ▼

720-890-4954  
1515 Sidon Cir  
Lafayette, CO 80026

[sallyblaser108@gmail.com](mailto:sallyblaser108@gmail.com)

Tutoring and teaching services, interpreting and translating in Spanish and English.

### Are you a 'rainbow elder' who seeks connection with others or is seeking senior services?

The Boulder County Area Agency on Aging (BCAAA) has been supporting our LGBT elders with social events and a newsletter since 2000. In fact, we were the first AAA in the nation to reach out to this resilient group.

Please e-mail the LGBT Program Specialist at [infoLGBTelders@bouldercounty.org](mailto:infoLGBTelders@bouldercounty.org) or call 303-441-3583 to be added to our confidential mailing list.

*Save the date!* Sunday, Dec. 7, 2014, 1-4pm  
14th Annual Lavender Gala at Nissi's, Lafayette



rainbow ELDERS  
of Boulder County



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## EMERGENCY ASSISTANCE

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### Community Assistance and Resource Services Division (CARS): ▼ Boulder County Housing and Human Services

303-441-1000  
3460 N Broadway St  
Boulder, CO 80304

1921 Corporate Center Cir, Ste #3F  
Longmont, CO 80501

[www.BoulderCountyHHS.org](http://www.BoulderCountyHHS.org)  
[hhsfrontdesk@bouldercounty.org](mailto:hhsfrontdesk@bouldercounty.org)

Single entry point to apply for Food Assistance, Old Age Pension Medicare Savings and Long Term Care Medicaid.

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### Emergency Family Assistance Association (EFAA) ▼

303-442-3042  
1575 Yarmouth Ave  
Boulder, Co 80303

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

Providing basic need financial assistance, food bank, furniture bank; emergency, and transitional housing for families with children. Serving Boulder and Broomfield counties. Volunteer opportunities available.

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### Sister Carmen Community Center ▼

303-665-4342  
655 Aspen Ridge Dr  
Lafayette, CO 80026

[www.SisterCarmen.org](http://www.SisterCarmen.org)  
[info@sistercarmen.org](mailto:info@sistercarmen.org)

Emergency assistance center for east Boulder County residents. Services include a food bank and some delivered meals to seniors, disabled, and homebound individuals.

## EMPLOYMENT

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### IMAGINE! ▼

303-665-7789  
1400 Dixon St  
Lafayette, CO 80026

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

Offering innovative support to people of all ages with cognitive, developmental, physical, and health related needs so they may live fulfilling lives of independence and quality in their homes and communities.

### Workforce Boulder County ▼

303-651-1510  
303-301-2900  
1500 Kansas Ave, Ste #4D  
Longmont, CO 80501

2520 55th St, Ste #200  
Boulder, CO 80301

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

Offering job matching employment services; job search assistance and training.

## FINANCIAL PLANNING

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### Long-Term Care Insurance Professionals: Michael Bellmont, CFP

303-678-9470  
PO Box 28  
Longmont, CO 80502

[www.LTC-pro.com](http://www.LTC-pro.com)  
[michael@LTC-pro.com](mailto:michael@LTC-pro.com)

Providing services for long-term care planning.

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### Maggie Benton ▼

303-588-5006  
236 Riverview Ct  
Longmont, CO 80501

[mbenton@ft.newyorklife.com](mailto:mbenton@ft.newyorklife.com)

Provides answers to financial questions especially Social Security solutions, guaranteed income, long term care. Authorized to offer AARP life insurance.

## HOME CARE AGENCIES

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### Always Best Care of Boulder County ▼

720-442-2904  
415 Coffman St  
Longmont, CO 80501

[www.AlwaysBestCare-BoulderCounty.com](http://www.AlwaysBestCare-BoulderCounty.com)  
[msalazar@ABC-seniors.com](mailto:msalazar@ABC-seniors.com)

Providing non-medical in-home care; independent and assisted living placement; respite care and sitter services.

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### Boulder Community Home Care: Mapleton Center ▼

303-441-0444  
311 Mapleton Ave  
Boulder, CO 80301

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

Providing registered nurses, therapists, and home health aides to care for homebound individuals recovering from surgery or illness. The agency is certified by both Medicare and Medicaid.

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### **BrightStar Care ▼**

303-665-2222  
2095 W 6th Ave., Ste #204  
Broomfield, CO 80020

[www.brightstarcare.com](http://www.brightstarcare.com)  
[donny.sepin@brightstarcare.com](mailto:donny.sepin@brightstarcare.com)

Providing home care and medical staffing in Boulder/  
Broomfield County. Companion care to skilled nursing, RN oversight on all care. No minimum hours. Guaranteed compatibility. Bonded and insured.

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### **Capable Hands Nursing Services, Tammie Bernstein, RN ▼**

303-513-1418  
705 S 45th St  
Boulder, CO 80303

[www.capablehandsnursing.com](http://www.capablehandsnursing.com)  
[capablehandsnursing@yahoo.com](mailto:capablehandsnursing@yahoo.com)

Providing medication management, injections, blood sugar and vitals checks, wound care and more for seniors and those with dementia or in hospice.

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### **Comfort Keepers**

303-447-2008  
4730 Walnut St, Ste #212  
Boulder, CO 80301

[www.ComfortKeepers.com](http://www.ComfortKeepers.com)

Providing in-home assistance that may include companionship, transportation, light housekeeping, personal care etc.

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### **Complete Home Health Care, LLC ▼**

303-441-5272  
2095 W. 6th Ave, Ste #209  
Broomfield, CO 80020

[www.CompleteHHC.com](http://www.CompleteHHC.com)

Medicare and Medicaid-certified agency providing skilled nursing, therapy and home health aide services, in addition to homemaking and personal care supports to those in need.

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### **Dignity Care, LLC ▼**

303-444-4040  
1570 Lee Hill Rd, #7  
Boulder, CO 80304

[www.DignityCare.com](http://www.DignityCare.com)  
[info@dignitycare.com](mailto:info@dignitycare.com)

Providing both licensed medical and non-medical private pay family home care with teams of nurses, care managers, CNAs and personal care providers. Locally owned and serving the community since 1997.

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### **Errand Service Biz, Inc. ▼**

720-299-1780  
1319 Lambert Cir  
Lafayette, CO 80026

[www.errandservicebiz.com](http://www.errandservicebiz.com)  
[rhonnie@errandservicebiz.com](mailto:rhonnie@errandservicebiz.com)

Providing in-home senior care and companionship. Transportation to doctors appointments, grocery shopping, dog walking, etc. Errand Service Biz offers a 10% discount to all people age 65 and over.

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### **Happy Homes Management Services, Inc. ▼**

303-938-1086  
PO Box 18593  
Boulder, CO 80308

[www.HappyHomesmgt.com](http://www.HappyHomesmgt.com)  
[office@happyhomesmgt.com](mailto:office@happyhomesmgt.com)

Providing support services for the elderly as well as those that are physically and cognitively challenged.

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### **HomeCare of the Rockies ▼**

720-204-6083  
1325 Dry Creek Dr #102  
Longmont, CO 80503

[www.HomeCareoftheRockies.com](http://www.HomeCareoftheRockies.com)  
[info@homecareoftherockies.com](mailto:info@homecareoftherockies.com)

Providing in-home non-medical caregiving support for seniors and families. Includes light housekeeping, meal prep, transportation, post-hospital, and respite care.

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### **Homewatch CareGivers of Boulder County ▼**

303-444-1133  
2945 Center Green Ct, Ste D  
Boulder, CO 80301

[www.HomeWatchBoulder.com](http://www.HomeWatchBoulder.com)  
[info@homewatchboulder.com](mailto:info@homewatchboulder.com)

Providing non-medical home health care: companionship, light housekeeping, errands, meal preparation, incontinence care, personal care, medication reminders, mobility assistance, and laundry.

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### **Home Instead Senior Care ▼**

720-890-0184  
588 North Highway 287, Ste #200  
Lafayette, CO 80026

[www.HomeInstead.com](http://www.HomeInstead.com)

Providing one-on-one non-medical support for any adult over the age of 18. Fully insured and bonded.

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### **Jude's Compassionate Care, Jude Gingerich, RN ▼**

720-202-7056  
PO Box 172  
Erie, CO 80516  
[judegink@gmail.com](mailto:judegink@gmail.com)

Providing caregiving, care management, companionship, medication management, and liaison between clients, families and MDs. Lesbian-owned business.

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### **Plan B Home Care Services Inc. ▼**

720-652-9078  
PO Box 6442  
Longmont, CO 80501

[www.PlanBHomeCare.com](http://www.PlanBHomeCare.com)

Providing skilled care, homemaking, personal care, companionship, transportation and hospice. Twenty-four hour care available. Bilingual staff.

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### **Safe At Home ▼**

303-444-7112  
533 Indian Peaks Trail West  
Lafayette, CO 80026

[www.SafeatHomeCare.com](http://www.SafeatHomeCare.com)  
[safeathomecare@yahoo.com](mailto:safeathomecare@yahoo.com)

A gay-owned and operated home care business providing care management, experienced caregivers and other specialized services.

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### **Visiting Angels of Boulder County ▼**

303-828-2664  
PO Box 410  
Erie, CO 80516

[www.VisitingAngels.com/longmont](http://www.VisitingAngels.com/longmont)  
[pwebster@visitingangels.com](mailto:pwebster@visitingangels.com)

"Senior Homecare by Angels!" Providing bathing assistance, meal preparation, light housekeeping, and companionship to keep seniors safe and happy at home. Criminal background checks on all employees prior to placement. Bonded and insured.



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**Windhorse Elder Care,  
Jodi Aliksaites, Administrative Director**

303-786-9313  
3450 Penrose Pl #240  
Boulder, CO 80301

[www.windhorsecare.com](http://www.windhorsecare.com)  
[info@windhorsecare.com](mailto:info@windhorsecare.com)

Providing home-based, personalized services which encourage client independence and offer an alternative to institutionalized care. Using a holistic approach to caregiving since 2000.

## HOSPICE SERVICES

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### **Family Hospice ▼**

303-440-0205  
1790 30th St, Ste #308  
Boulder, CO 80301

[www.FamilyHospice.net](http://www.FamilyHospice.net)

Providing individualized palliative care with services specially tailored to the needs of patients and their families who are dealing with a life limiting illness.

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### **Front Range Hospice ▼**

303-957-3101  
685 Briggs St PO Box 724  
Erie, CO. 80516

[www.FrontRangeHospice.com](http://www.FrontRangeHospice.com)  
[info@frhospice.com](mailto:info@frhospice.com)

Providing home-based hospice services specializing in legal options and services for the GLBTQ community. Affirming all “family” members regardless of blood relation.

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**TRU Community Care (formerly  
HospiceCare of Boulder and Broomfield  
Counties) ▼**

303-449-7740  
2594 Trailridge Drive East, Ste A  
Lafayette, CO 80026

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

Offering care to terminally ill patients and their families regardless of age, gender, nationality, race, creed, sexual orientation, disability, diagnosis, availability of a primary caregiver or the ability to pay.

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### **Namaste Comfort Care ▼**

303-860-9915  
6000 E. Evans Ave, Bldg 3-111  
Denver, CO 80222

[www.NamasteHospice.com](http://www.NamasteHospice.com)

Providing care when a cure is no longer a possibility. Honors wishes and make sure loved ones receive the support they need. Believes each person has the right to live fully and die well.

## HOME IMPROVEMENT AND REPAIR

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### **Boulder County CareConnect: Fix It Program ▼**

303-443-1933  
2540 Frontier Ave, #109  
Boulder Co 80301

PO Box 3675  
Boulder, CO 80307

[www.CareConnectBC.org](http://www.CareConnectBC.org)  
[info@careconnectbc.org](mailto:info@careconnectbc.org)

Providing volunteers who perform small home repair services.

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**Handigals: Sali Tatler or Michelle Wrench ▼**

303-444-0503  
303-319-4915  
6280-1/2 Arapahoe Ave  
Boulder Colorado 80302

Painting, tile work, drywall repair/patching, minor carpentry, landscaping, and general repair.

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**Handy Ma'am: Rebecca Caldwell ▼**

303-499-2475  
PO Box 403  
Eldorado Springs, CO 80025

handy\_maam@hotmail.com

Offering creative solutions for home improvements, repair and maintenance. Skilled in carpentry, plumbing, electrical, drywall and painting. Lesbian owned/operated. 10+ years experience.

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**Longs Peak Energy Conservation ▼**

720-864-6401  
1-800-200-9006 (serving Larimer and Boulder Counties)  
PO Box 471  
Boulder, CO 80306

<http://www.bouldercounty.org/dept/housinghumanservices/pages/hhsdivisions.aspx>  
chatch@bouldercounty.org

Offering housing rehabilitation and weatherization grants and loans for low-income renters or owners. Includes safety checks, furnace tune-ups, repair and replacements, refrigerator replacement, insulation and energy audits.

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## HOUSING AND SHELTER SERVICES

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**Boulder Housing Partners ▼**

720-564-4610  
TTY: 1-800-659-3656  
4800 N Broadway St  
Boulder, CO 80304

[www.BoulderHousing.org](http://www.BoulderHousing.org)  
[bhpinfo@boulderhousing.org](mailto:bhpinfo@boulderhousing.org)

Builds, owns, and manages affordable housing for low and moderate-income Boulder residents. Serving Boulder since 1966.

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**Boulder Shelter for the Homeless ▼**

303-442-4646  
4869 N Broadway St  
Boulder, CO 80304

[www.BoulderShelter.org](http://www.BoulderShelter.org)  
[info@bouldershelter.org](mailto:info@bouldershelter.org)

Assisting homeless adults through three programs: The Morning Program, The Emergency Program, and The Transition Program. The Morning Program operates from 6:00 am to 8:00 am year-round.

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**Safe Shelter of St. Vrain Valley ▼**

Office: 303-772-0432  
24/7 Crisis Line: 303-772-4422  
PO Box 231  
Longmont, CO 80502

[www.SafeShelterofStVrain.org](http://www.SafeShelterofStVrain.org)  
[info@safeshelterofstvrain.org](mailto:info@safeshelterofstvrain.org)

Non-judgmental shelter, advocacy and support to women and children of diverse backgrounds who are affected by domestic abuse. (Services for abused men available.)

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## **Safehouse Progressive Alliance for Nonviolence ▼**

24/7 Crisis Line: 303-444-2424  
835 North St  
Boulder, CO 80304

[www.SafehouseAlliance.org](http://www.SafehouseAlliance.org)  
[miranda@safehousealliance.org](mailto:miranda@safehousealliance.org)

Providing safe shelter, support, and advocacy for battered women and their children and work to end domestic violence through education and social change. (Services for abused men available.)

## **INDEPENDENT LIVING**

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### **Atria Longmont ▼**

2310 9th Ave  
Longmont, CO 80503  
See listing under Assisted Living (offers both)

### **Balfour Retirement Community ▼**

1855 Plaza Dr  
Louisville, CO 80027  
See listing under Assisted Living (offers both)

### **Canterbury Gardens ▼**

11265 E Mississippi Ave  
Aurora, CO 80012  
See listing under Assisted Living (offers both)

### **Carillon At Boulder Creek (The) ▼**

2525 Taft Dr  
Boulder, CO 80302  
See listing under Assisted Living (offers both)

### **Frasier Meadows ▼**

350 Ponca Pl  
Boulder, CO 80303  
See listing under Assisted Living (offers both)

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## **Golden West Senior Residence ▼**

1055 Adams Cir  
Boulder, CO 80303  
See listing under Assisted Living (offers both)

### **Kavod Senior Life and Assisted Living ▼**

22 S Adams St  
Denver, CO 80209  
See listing under Assisted Living (offers both)

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### **Longmont Regent**

303-651-7022  
2210 Main St  
Longmont, CO 80501

[www.LongmontRegent.com](http://www.LongmontRegent.com)

Providing onsite management, three meals per day, light housekeeping service, cable TV, bus to local shopping and medical appointments, activities, laundry facilities, and more.

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### **Meridian Boulder ▼**

303-494-3900  
801 Gillaspie Dr  
Boulder, CO 80305

[www.BrookdaleLiving.com](http://www.BrookdaleLiving.com)  
[shelly.stewart@brookdaleliving.com](mailto:shelly.stewart@brookdaleliving.com)

Providing one and two bedroom apartments with amenities. Personalized living services help residents live a healthy lifestyle with the support of daily needs so residents can receive care and avoid a future move.

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### **Sunrise at FlatIrons/Sunrise Senior Living ▼**

303-466-2422  
400 Summit Blvd  
Broomfield, CO 80021

[www.SunriseFlatirons.com](http://www.SunriseFlatirons.com)

See listing under Assisted Living (offers continuum of care)

# LEGAL & FIDUCIARY SERVICES

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## Allgood Legal & Fiduciary Services ▼

720-282-5778  
PO Box 271230  
Louisville, CO 80027

[www.AllgoodLegalAndFiduciaryServices.com](http://www.AllgoodLegalAndFiduciaryServices.com)  
[tara.allgood@gmail.com](mailto:tara.allgood@gmail.com)

Offering services ranging from simple consultation to estate planning review, assistance with advanced directives, fiduciary appointment, estate administration and general probate services.

## Ambler & Keenan, LLC ▼

303-407-1542  
950 S. Cherry St, Ste #1650  
Denver, CO 80246

[www.Ambler-Keenan.com](http://www.Ambler-Keenan.com)  
[info@ambler-keen.com](mailto:info@ambler-keen.com)

Emphasis on wills/trusts, powers of attorney, probate/trust administration, Medicaid planning, elder law and second parent adoption.

## Brown and Ierley, LLC Attys at Law Fiduciary ▼

303-776-1277  
1009 Alta St  
Longmont, CO 80501

[alice@brownandierley.com](mailto:alice@brownandierley.com)

Providing all fiduciary services, including conservator, power of attorney, trustee, and more. Practice focuses on elderly, disabled, and mentally ill.

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## Boulder County Legal Services ▼

303-449-7575  
315 W. South Boulder Road, Ste #205  
Louisville, CO 80027

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

Legal aid for low-income or elderly Boulder County residents.

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## Caring Stewardship, Claire Morrow ▼

303-818-6498  
PO Box 239  
Broomfield, CO 80038

[www.caringstewardship.com](http://www.caringstewardship.com)  
[claire@caringstewardship.com](mailto:claire@caringstewardship.com)

Providing assistance with financial matters as a conservator, power of attorney, executor, guardian, budget planner, bill payer, and more, since 2004.

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## Elizabeth A. Bryant, PC ▼

303-398-4000 (phone and fax)  
1866 Vine St  
Denver, Colorado 80206-1122

[www.eabLaw.com](http://www.eabLaw.com)  
[ebryant@eablaw.com](mailto:ebryant@eablaw.com)

Focusing on estate planning (wills, trusts), powers of attorney, and estate administration/probate.

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## The Germany Law Firm, PC ▼

303-454-3711  
600 17th St, Ste #2800 South  
Denver CO 80202

685 Briggs St  
Erie, CO 80516

[www.CoelderLaw.net](http://www.CoelderLaw.net)  
[susie@coelderlaw.net](mailto:susie@coelderlaw.net)

Providing legal services in the areas of wills, trusts, estates, probate, elder law, powers of attorney, guardianships and conservatorships, living wills and disability planning.



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**Kapsak Law Firm, LLC,  
Daniel Kapsak ▼**

303-651-9330  
1610 Hover Rd, St, # 203  
Longmont, CO 80501

[www.KapsakLaw.com](http://www.KapsakLaw.com)  
[dkapsak@kapsaklaw.com](mailto:dkapsak@kapsaklaw.com)

Services include wills and trusts, powers of attorney, advanced directives, Medicaid planning; property agreements & entity formation, conservatorship & guardianship and representation for probate/estate & trust administration. "The future belongs to those who believe in the beauty of their dreams." Eleanor Roosevelt

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**Barbara Lavender, PC  
Atty at Law ▼**

303-443-3326  
1709 Pine St, #3  
Boulder, CO 80302

[www.BarbaraLavender.com](http://www.BarbaraLavender.com)  
[barbara.lavender.law@gmail.com](mailto:barbara.lavender.law@gmail.com)

Specializing in wills, powers of attorney, living wills, partner agreements, and parental rights. 2013 "Outstanding Lawyer of the Year" award from the Colorado GLBT Bar Association.

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**Lyons Gaddis ▼**

303-776-9900  
515 Kimbark St, 2nd Fl  
Longmont, CO 80502

PO Box 978

[www.lgkhLaw.com](http://www.lgkhLaw.com)  
[ecanfield@lgkhlaw.com](mailto:ecanfield@lgkhlaw.com)

Estate planning, personal injury, worker's comp, and business litigation.

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**Law Office of Mardi Moore, PC ▼**

303-415-2043  
4450 Arapahoe Ave, Ste #100  
Boulder, CO 80303

[www.MardiMooreLaw.com](http://www.MardiMooreLaw.com)  
[mardimoore@forethought.net](mailto:mardimoore@forethought.net)

Services include wills, trusts, guardianship/conservatorship cases, probate and estate administration, powers of attorney, family law, and advance medical directives.

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**Martin Law Office, LLC ▼**

303-928-2320  
1526 Spruce St, Ste #102  
Boulder, CO 80302

[www.TheMartinLawOffice.com](http://www.TheMartinLawOffice.com)  
[jenny@themartinlawoffice.com](mailto:jenny@themartinlawoffice.com)

Providing legal services in employment discrimination, civil rights, family and estate planning, with a focus on LGBT legal matters.

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**Murgallis Law Firm, LLC  
Sherri Murgallis ▼**

303-444-4353  
945 Front St  
Louisville, CO 80027

12605 East Euclid Dr  
Centennial, CO 80111

[www.MurgallisLaw.com](http://www.MurgallisLaw.com)  
[mwhalen@murgallislaw.com](mailto:mwhalen@murgallislaw.com)

Also has a Centennial office location. Services include living together agreements, real property agreements, separation agreements, same sex relationship dissolution (gay "divorce"), wills, trusts, powers of attorney, living wills.

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**Tanttila Law, Amelia Tanttila ▼**

720-841-3291  
4845 Pearl East Cir, Ste #101  
Boulder CO 80301

[www.TanttilaLaw.com](http://www.TanttilaLaw.com)  
[amelia@tanttilalaw.com](mailto:amelia@tanttilalaw.com)

Providing legal services and counseling in estate planning, guardianships, conservatorships, probate, and business and domestic contracts.

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**Vincent, Romeo & Rodriguez, LLC ▼**

303-604-6030  
1070 Century Drive, Ste 333  
Louisville, CO 80027

[www.ElderLawColorado.com](http://www.ElderLawColorado.com)  
[info@elderlawcolorado.com](mailto:info@elderlawcolorado.com)

Specializing in estate planning, co-habitation agreements, powers of attorneys, living wills, guardianships and conservatorships, Medicaid planning, will contests and other probate litigation.

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**Willoughby & Associates, LLC,  
Kim Willoughby ▼**

303-839-1770  
303 E 17th Ave, Ste #910  
Denver, CO 80203

[www.WilloughbyLaw.com](http://www.WilloughbyLaw.com)

Estate planning, wills, trusts, powers of attorneys, living wills, domestic partnerships.

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**Law Office of Stephen Wilson, LLC ▼**

303-416-5534  
1000 E 16th Ave, Ste #210  
Denver, CO 80218

[stephen@wilsonlawcolorado.com](mailto:stephen@wilsonlawcolorado.com)

Providing professional legal services in the areas of trust & estates, probate, elder law and guardianship and conservatorship proceedings. Helping people plan and manage life's transitions.

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**NURSING HOMES**

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**Applewood Living Center ▼**

303-776-6081  
1800 Stroh Pl  
Longmont, CO 80501

[www.ApplewoodLivingCenter.com](http://www.ApplewoodLivingCenter.com)

120-resident home which accepts Medicare and Medicaid.

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**Atria Longmont ▼**

2310 9th Ave  
Longmont, CO 80503  
See listing under Assisted Living.

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**Balfour Retirement Community ▼**

1855 Plaza Dr  
Louisville, CO 80027  
See listing under Assisted Living.

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**Boulder Manor Progressive Center ▼**

303-494-0535  
4685 Baseline Rd  
Boulder, CO 80303

Skilled care facility with certified staff for short-term rehabilitation and long-term care. Accepts Medicaid and Medicare.

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**Frasier Meadows ▼**

350 Ponca Pl  
Boulder, CO 80303  
See listing under Assisted Living.

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## **Life Care Center of Longmont ▼**

303-776-5000  
2451 Pratt St  
Longmont, CO 80501

[www.lcca.com](http://www.lcca.com)

“Providing a nursing home community of constant support, attention and personalized care. ...serving each person...with compassion, dignity, purpose and respect.”

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## **Manor Care ▼**

303-440-9100  
2800 Palo Pkwy  
Boulder, CO 80301

[www.hcr-ManorCare.com/Boulder](http://www.hcr-ManorCare.com/Boulder)

Offers skilled nursing and rehabilitation. Provides 24-hour nursing care as well as physical, occupational, and speech therapy services.

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## **Mesa Vista Care Center ▼**

303-442-4037  
2121 Mesa Dr  
Boulder, CO 80304

[mesavista2121@yahoo.com](mailto:mesavista2121@yahoo.com)

Skilled care rehabilitation and long-term care facility with secure Alzheimer's/dementia unit.

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## **Peaks Care Center ▼**

303-776-2814  
1440 Coffman St  
Longmont, CO 80501

[www.peakscarecenter.com](http://www.peakscarecenter.com)  
See listing under Assisted Living.

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# **NUTRITION AND MEALS**

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## **Boulder County Area Agency on Aging ▼**

303-441-4995  
For nutrition counseling: 303-678-6118  
3482 N Broadway St  
Boulder, CO 80304

[www.BoulderCountyAging.org](http://www.BoulderCountyAging.org)  
[bcaaa@bouldercounty.org](mailto:bcaaa@bouldercounty.org)

Offering nutrition education and counseling and information on meal programs in the county.

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## **Boulder County CareConnect ▼**

303-443-1933  
2540 Frontier Ave, #109  
Boulder CO 80301

[www.CareConnectBC.org](http://www.CareConnectBC.org)  
[info@careconnectbc.org](mailto:info@careconnectbc.org)

We have the Carry Out Caravan Program which offers grocery shopping and delivery through volunteers, to seniors and adults with disabilities in Boulder County.

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## **Broomfield Senior Services ▼**

303-464-5527  
280 Lamar St  
Broomfield, CO 80020

[www.broomfield.org/senior](http://www.broomfield.org/senior)

Offering fresh, hot, nutritious home-delivered meals, Monday through Friday, between 11:00 am and 12:30 pm. Frozen meals for delivery on Friday for weekends as well.

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**Community Assistance and Resource  
Services Division (CARS): ▼  
Boulder County Housing and Human  
Services**

303-441-1000  
3460 Broadway St  
Boulder, CO 80304

1921 Corporate Center Cir, Ste #3F  
Longmont, CO 80501

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

A single entry point to apply for Food Assistance  
or Supplemental Nutrition Assistance Program  
(SNAP). Assisting families, individuals, the elderly,  
or disabled who live on a small income.

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**City of Boulder Senior Services-Cafe  
Classico: West Boulder Senior Center ▼**

303-441-3148  
909 Arapahoe Ave  
Boulder CO 80302

[www.BoulderSeniorServices.com](http://www.BoulderSeniorServices.com)

Drop in meal site Monday-Friday,  
11:30am-12:30pm.

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**Elder Share Program: c/o Community  
Food Share**

303-652-1307  
6363 Horizon Ln  
Longmont, CO 80503

[www.communityfoodshare.org/HowItWorks/  
FoodPrograms/ElderShare.aspx](http://www.communityfoodshare.org/HowItWorks/FoodPrograms/ElderShare.aspx)

Offering supplemental groceries to those over the  
age of 60 with low incomes.

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**Josephine Commons  
Boulder County Housing ▼**

303-665-9052 x1  
455 Burlington Ave  
Lafayette, CO 80026

[www.CityofLafayette.com/senior](http://www.CityofLafayette.com/senior)

Offering hot meals at noon, Monday-Friday at  
Josephine Commons. Reservations required.

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**Longmont Meals on Wheels ▼**

303-772-0540  
910 Longs Peak Avenue  
Longmont, CO 80501

[www.LongmontMeals.org](http://www.LongmontMeals.org)  
[info@lmow.org](mailto:info@lmow.org)

Providing hot nutritious meals to those who are  
unable to do so themselves. Meals on site and  
meals delivered.

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**Louisville Senior Services ▼**

303-335-4931 (reservations required for meal site)  
900 W. Via Appia Way  
Louisville, CO 80027

[www.louisvillerecreation.com/seniorbrooks.php](http://www.louisvillerecreation.com/seniorbrooks.php)

Daily meal site program. Drop-in activities,  
support groups, special events, classes, community  
resources, and assistance. Provides volunteer  
opportunities and caregiver support.

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**Meals on Wheels of Boulder ▼**

303-441-3908  
909 Arapahoe Ave, Ste #121  
Boulder, CO 80302

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

Home-delivered meals to seniors, the disabled,  
those suffering from a debilitating illness or  
recovering from an illness or surgery, regardless of  
age or income.

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## **Nederland Area Seniors, Inc. ▼**

303-258-0799

Office: Community Center, Hwy 72  
Nederland CO 80466

PO Box 188  
Nederland CO 80466

nas@NedNet.net

Nutrition, education, recreation, socialization,  
transportation, outreach, and other programs for  
seniors in Nederland and the surrounding area.

## **PSYCHIATRY**

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### **Robert Bein, M.D.**

303-827-5016  
500 Kimbark St, #200  
Longmont, CO 80501

## **PSYCHOLOGICAL SERVICES**

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### **Christie Baryames, MA, LPC Counseling / Play Therapy ▼**

303-817-4330  
500 Coffman St, Ste #115  
Longmont, CO 80501

www.PlayTherapySolutions.com  
PlayTherapy@comcast.net

Providing a safe, compassionate space for you  
to explore the issues and challenges of your  
life. Experienced in grief and loss, chronic pain,  
relationship issues, aging LGBTQ, childhood  
trauma, and grandparents raising grandchildren.

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## **Julia B. Colwell, PhD, PC ▼**

303-449-5417  
1637 28th St  
Boulder, CO, 80301

www.JuliaColwell.com  
info@JuliaColwell.com

Psychotherapy for individuals and couples.  
Relationship workshops for LGBTs and allies.

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## **Jeremy Dion, Inc.**

303-250-4171  
1369 Forest Park Cir, #202  
Lafayette, CO 80026

www.BoulderPsychologicalServices.com  
jeremydion@comcast.net

I am licensed professional counselor (LPC) and  
provide outpatient counseling services to children,  
teens, adults, and couples in a private practice  
setting.

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## **Barry Erdman, LCSW and Associates, Inc. ▼**

303-444-1404  
1900 Folsom St, Ste #203  
Boulder, CO 80302

www.BoulderTherapist.com  
be@BoulderTherapist.com

Individual, couple, and family therapist in Boulder  
since 1979.



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**Beth Firestein, PhD InnerSource  
Psychotherapy and Consultation  
Services ▼**

970-635-9116  
200 E. 7th St, Ste #406  
Loveland, CO 80537

[www.BethFirestein.com](http://www.BethFirestein.com)  
[DrBethFirestein@bethfirestein.com](mailto:DrBethFirestein@bethfirestein.com)

Caring, professional support and therapy for older lesbian, bisexual, gay, and transgender people. Individual, couples, and families. Medicare accepted.

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**Reggie Gray, LCSW**

303-654-7334  
1634 Walnut St, Ste #201  
Boulder, CO 80302

[www.ReggieGrayTherapy.com](http://www.ReggieGrayTherapy.com)  
[reggie@reggiegraytherapy.com](mailto:reggie@reggiegraytherapy.com)

Specializing in family therapy. Includes couples therapy, individual therapy with a relationship orientation. Anxiety, depression, and life transition issues.

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**Lin Harden ▼**

303-999-0442  
1637 28th St  
Boulder, CO, 80301

Specializing in life transitions and personal coaching since 1993. Lesbian-owned business.

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**Heal Change Grow,  
Cindy Gordon, PhD, ATR-BC**

917-797-7313  
Boulder/Longmont

[www.healchangeandgrow.com](http://www.healchangeandgrow.com)

Working with children, teens and adults facing the challenges of depression, trauma, relationship, communication and anger issues, body image, addictions, grief, anxiety, and life transitions using both psychotherapy verbal and non-verbal methods, such as art, photography, writing.

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**Kris Kirkbride, LCSW**

303-678-8885  
3434 47th St, Ste #110  
Boulder CO 80301

[kdkirkbride@msn.com](mailto:kdkirkbride@msn.com)

Specializing in goal-setting, uncovering the emotional aspects of physical trauma and chronic pain, identity, and gender issues. Also practices NET, a non-therapeutic technique that pinpoints unresolved emotions in the body.

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**Rebeka C. Markheim, PsyD ▼**

303-810-5275  
1776 South Jackson Street, Ste. 616  
Denver, CO 80210

[www.DrRebekah.com](http://www.DrRebekah.com)  
[drrebekahmarkheim@gmail.com](mailto:drrebekahmarkheim@gmail.com)

Specializing in elder and caregiver issues, bereavement, chronic illness, medical trauma and the transition process for transgender individuals. Working with the GLBT community since 2002.

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### **Mental Health Partners of Boulder County, Inc: Older Adult Specialized Services Team (OASST) ▼**

303-443-8500

Boulder Office: 1333 Iris Ave

Boulder, CO 80304

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

Providing mental health services for adults 60 years+, with services to people with major mental illnesses and serious emotional disturbances a priority. Individual, group, and home visits available. Senior peer counseling program and memory evaluation clinic also offered. Offices in Boulder, Broomfield and Longmont.

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### **Ann Morrow, M.A., LPC Feminist Counseling Collective ▼**

303-871-8375

2775 7th St

Boulder, CO 80304

[amorrow4u@comcast.net](mailto:amorrow4u@comcast.net)

A safe space to explore issues of the gay, lesbian, bi, trans elder community. Areas of experience include couples, individuals, intimacy, sexuality, and sexual abuse.

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### **Piper Murray, MA, NCC Private Psychotherapy Practice ▼**

720-568-0421

1137 Pearl St, Ste #206

Boulder, CO 80302

[piper.murray@gmail.com](mailto:piper.murray@gmail.com)

Effective, inclusive psychotherapy and counseling for individuals and groups. Specializing in issues related to grief, loss, and life transitions. Sliding scale available.

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### **Senior Reach ▼**

1-888-217-5808

7828 Vance Dr

Arvada, CO 80003† †

<http://www.jeffersoncentermentalhealth.org/SeniorReach/>

Serving adults 60 and older in Boulder, Broomfield, Jefferson, Clear Creek and Gilpin Counties. Supporting the well-being and independence of seniors by educating the community on how to identify and refer isolated, at-risk older adults who may benefit from mental health or care management services. Provides home visits.

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### **Beth Smith, MA ▼ The Arbor House**

303-444-1558

2043 Pearl St

Boulder, CO 80303

[www.BethASmith.com](http://www.BethASmith.com)

[bethsmith4@comcast.net](mailto:bethsmith4@comcast.net)

Compassionate psychotherapy to assist with experiences of depression, anxiety, grief and loss, addictions, relationship challenges, transgender MTF and FTM. Individuals, couples and groups. Sliding scale available.

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### **Cara Stiles, LCSW ▼**

303-786-9342

3005 47th St, Ste #F1

Boulder, CO 80301

[cara\\_stiles@comcast.net](mailto:cara_stiles@comcast.net)

Individual psychotherapy for people wanting to deal with a wide range of issues, particularly focused on LGBT concerns.

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**Terry Stiven, MA, LPC ▼**

303-579-2425  
103 E. Simpson St, Ste #100  
Lafayette, CO 80026

[www.TerryStiven.com](http://www.TerryStiven.com)  
[Tstiven8863@gmail.com](mailto:Tstiven8863@gmail.com)

Specializing in life transitions, anxiety, depression,  
and relationship concerns. Lesbian-owned.

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**Studio Blue art + psychotherapy, llc  
Daniel Blausey, MA, ATR-BC ▼**

720-390-0466  
1800 30th St. #304  
Boulder, CO 80301

[www.StudioBlueBoulder.com](http://www.StudioBlueBoulder.com)  
[Daniel@StudioBlueBoulder.com](mailto:Daniel@StudioBlueBoulder.com)

Clinical specialties includes men and women with  
histories of sexual abuse, life transitions facing  
adolescents and young adults, and HIV/AIDS.  
Additional expertise includes support for the  
LGBTQ community: sexual orientation, gender  
identity, and coming out process.

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**Danielle Wise, MA,  
WiseLife Consulting**

303-948-8311  
5460 Ward Rd, Ste #155  
Arvada, CO 80002 † †

[www.WiseConsult4u.com](http://www.WiseConsult4u.com)  
[WiseConsult4u@gmail.com](mailto:WiseConsult4u@gmail.com)

Psychotherapist, Life Consultant in coaching  
format, &/or spiritual counseling using soul/depth  
and somatic (mind-body) based theories.

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**SENIOR CENTERS AND  
OTHER NONPROFIT  
COMMUNITY SERVICES**

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**American Council of the  
Blind & Visually Impaired of Colorado  
(ACBCO)****Paulette Foss, PhD, Boulder Area  
Resource Coordinator ▼**

303-831-0117  
Toll Free: 888-775-2221  
910 16th St, Ste #1240  
Denver, CO 80202

[www.acbco.org](http://www.acbco.org)  
[specialistpdfoss@gmail.com](mailto:specialistpdfoss@gmail.com)

Providing free support to ensure the indepen-  
dence, equality, and opportunities for blind and vi-  
sually impaired individuals by offering resources/  
referrals, adaptive aids, education, training, and  
advocacy.

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**Boulder County CareConnect**

303-443-1933  
2540 Frontier Ave, #109  
Boulder Co 80301

PO Box 3675  
Boulder, CO 80307

[www.CareConnectBC.org](http://www.CareConnectBC.org)  
[info@careconnectbc.org](mailto:info@careconnectbc.org)

Providing volunteers who perform small home  
repair services.

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## **Broomfield Senior Services ▼**

303-464-5526  
280 Spader Way  
Broomfield Co 80020

[www.Broomfield.org/senior](http://www.Broomfield.org/senior)  
[ehamilton@broomfield.org](mailto:ehamilton@broomfield.org)

Offering a number of programs for seniors including a lunch program, Meals on Wheels, Easy Ride transportation services, information and referral services, support groups, recreational activities, and special events.

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## **Center for People with Disabilities (CPWD) ▼**

303-442-8662  
303-772-3250  
1675 Range St  
Boulder, CO 80301

615 North Main St  
Longmont, CO 80501

[www.cpwd-ilc.org](http://www.cpwd-ilc.org)  
[info@cpwd.org](mailto:info@cpwd.org)

Offers programs that assist and empower people with disabilities in the Boulder County area to live independently.

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## **City of Boulder Senior Services ▼**

303-441-3148  
303-441-4150  
West Boulder Senior Center:  
909 Arapahoe Ave  
Boulder, CO 80302

East Boulder Senior Center:  
5660 Sioux Dr  
Boulder, CO 80303

[www.BoulderColorado.gov/seniors](http://www.BoulderColorado.gov/seniors)  
[kilsdonkb@bouldercolorado.gov](mailto:kilsdonkb@bouldercolorado.gov)

Offering classes, trips, Encore membership, wellness, seminars, clubs, and support groups to those 55+. Resource consultations for age 60+, partners and family. Lunch at West Center.

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## **IMAGINE! ▼**

303-665-7789  
1400 Dixon Ave  
Lafayette, CO 80026

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

Creating and offering innovative supports to people of all ages with cognitive, developmental, physical, and health related needs so they may live fulfilling lives of independence and quality in their homes and communities.

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## **Lafayette GO Services ▼**

303-665-9052  
103 South Iowa Ave  
Lafayette, CO 80026

[www.CityofLafayette.com](http://www.CityofLafayette.com)

Providing a variety of classes, trips, programs, and recreational and educational opportunities for adults 55+ and their families. Offers Resource Specialist.

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## **Longmont Senior Services ▼**

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

[www.ci.longmont.co.us](http://www.ci.longmont.co.us)

Identifying needs of Longmont's older adults and their families, advocating, planning, and implementing programs to meet those needs. Also manages the operation of the Longmont Senior Center facility.

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## **Louisville Senior Services ▼**

303-666-7400  
900 W. Via Appia Way  
Louisville, CO 80027

[www.LouisvilleSeniorServices.com](http://www.LouisvilleSeniorServices.com)

A place for people 55+ to participate in fitness, wellness, educational, and social activities. Housed in the Louisville Recreation/Senior Center, which has a swimming pool, weight room, aerobic facility, gymnasium, multipurpose rooms and a noon cafe.

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## **Nederland Area Seniors, Inc. ▼**

303-258-0799  
PO Box 188  
Nederland, CO 80466

[nas@nednet.net](mailto:nas@nednet.net)

Offering nutrition, education, recreation, transportation, socialization and outreach programs to area seniors.

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## **Out Boulder, Mardi Moore, Executive Director ▼**

303-499-5777  
2132 14th St  
Boulder, CO 80306

PO Box 1018

[www.OutBoulder.org](http://www.OutBoulder.org)  
[info@outboulder.org](mailto:info@outboulder.org)

Serving the gay, lesbian, bisexual, transgender, queer, and questioning communities in and around Boulder County. Provides educational, social, and service programs.

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## **Southwest Improvement Council (SWIC) ▼**

303-934-2181  
1000 S. Lowell Blvd  
Denver, CO 80219

[www.swic-denver.org](http://www.swic-denver.org)  
[lancegswic@gmail.com](mailto:lancegswic@gmail.com)

Providing opportunities for people to improve their well-being and lifestyle. Offers assistance through a variety of programs that include senior programs, housing assistance, emergency assistance and education.

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## **SEXUAL AND OTHER TYPE OF ASSAULT SURVIVOR ASSISTANCE**

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### **Colorado Anti Violence Program ▼**

Administration: 303-839-5204  
24 hour Hotline: 1-888-557-4441  
PO Box 181085  
Denver CO 80218

[www.coavp.org](http://www.coavp.org)  
[info@coavp.org](mailto:info@coavp.org)

Dedicated to eliminating violence within and against LGBTQ community and ensuring the highest quality services are provided to survivors.

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### **Moving to End Sexual Assault (MESA) ▼**

Administration: 303-443-0400  
Hotline: 303-443-7300  
2336 Canyon Blvd, Ste #103  
Boulder, CO 80302

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

Providing a 24-hour rape crisis hotline to sexual assault survivors and their family and friends. They also provide prevention education programs to youth and adults in Boulder County.



# SPIRITUAL

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## **Boulder Friends Meeting (Quakers) ▼**

303-447-2168  
1825 Upland Ave  
Boulder, CO 80304

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

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## **Cairn Christian Church ▼**

303-442-1861  
1700 Stonehenge Dr  
Lafayette, CO 80026

[www.CairnChristianChurch.com](http://www.CairnChristianChurch.com)

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## **Community United Church of Christ ▼**

303-499-9119  
2650 Table Mesa Dr  
Boulder, CO 80305

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

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## **Congregation Har HaShem ▼**

303-499-7077  
3950 Baseline Rd  
Boulder, CO 80303

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

An inclusive Reform Jewish Congregation.

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## **First Congregational Church ▼**

303-442-1787  
1128 Pine St  
Boulder, CO 80302

[www.FirstCong.net](http://www.FirstCong.net)  
[info@firstcong.net](mailto:info@firstcong.net)

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## **First Congregational United Church of Christ ▼**

303-776-4940  
1500 9th Ave  
Longmont, CO 80501

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

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## **First United Methodist Church ▼**

303-442-3770  
1421 Spruce St  
Boulder, CO 80302

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

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## **Heart of Longmont ▼**

303-776-3523  
350 11th Ave.  
Longmont, CO 80501

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

A United Methodist Congregation welcoming every person and recognizing each as a unique and sacred child of God.

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## **Shambhala Center (Buddhist) ▼**

303-444-0190  
1345 Spruce St  
Boulder, CO 80302

[www.Boulder.Shambhala.org](http://www.Boulder.Shambhala.org)  
[info@boulder.shambhala.org](mailto:info@boulder.shambhala.org)

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## **St. Johns Episcopal Church**

303-442-5246  
1419 Pine St  
Boulder, CO 80302

[www.StJohnsBoulder.org](http://www.StJohnsBoulder.org)  
[office@stjohnsboulder.org](mailto:office@stjohnsboulder.org)

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## **Unitarian Universalist Church of Boulder ▼**

303-494-0195  
5001 Pennsylvania Ave  
Boulder, CO 80303

[www.uucBoulder.org](http://www.uucBoulder.org)  
[officeuucb@gmail.com](mailto:officeuucb@gmail.com)

## **SUPPORT GROUPS**

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### **Boulder County AIDS Project ▼**

303-444-6121  
Spanish: 303-444-7181  
2118 14th St  
Boulder, CO 80302

[www.bcap.org](http://www.bcap.org)  
[generaldelivery@bcap.org](mailto:generaldelivery@bcap.org)

Providing support, advocacy and education to those in our community who are infected with or affected by HIV and AIDS; and serves as an outreach and information center to prevent further transmission of HIV.

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### **Boulder County Area Agency on Aging ▼**

303-441-3570  
3482 N Broadway St  
Boulder, CO 80306

[www.BoulderCountyAging.org](http://www.BoulderCountyAging.org)  
[bcaaa@bouldercounty.org](mailto:bcaaa@bouldercounty.org)

Plans, develops, coordinates, funds, advocates for, and evaluates a wide range of services for older adults and their families/caregivers. Rainbow Elders serves LGBT seniors age 60+. Transgender older adult group offered.

---

## **Boulder Center for Conscious Community ▼**

303-999-0422  
1637 28th St  
Boulder, CO 80301

[www.ConsciousBoulder.com](http://www.ConsciousBoulder.com)  
[info@consciousboulder.com](mailto:info@consciousboulder.com)

Offering supportive tools for conscious living. Includes self-governance, membership, workshops, and classes. LGBT supportive. Offering Basics, a free drop-in group on alternate Wednesday nights. Learn-embody-thrive.

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### **Out Boulder, Mardi Moore, Executive Director ▼**

303-499-5777  
2132 14th St  
Boulder, CO 80306

PO Box 1018

[www.OutBoulder.org](http://www.OutBoulder.org)  
[info@outboulder.org](mailto:info@outboulder.org)

Serving the gay, lesbian, bisexual, transgender, queer, and questioning communities in and around Boulder County. Provides educational, social, and service programs.

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### **Gender Identity Center of Colorado ▼**

303-202-6466  
1151 S. Huron St  
Denver, CO 80223

Providing support to those people who cross-dress, are transsexual, or are non-traditional in their gender identity.

---

### **Northern Colorado Old Lesbians Organizing for Change (OLOC) ▼**

303-258-9424

[www.oloc.org](http://www.oloc.org)  
[olocincolorado@yahoo.com](mailto:olocincolorado@yahoo.com)

A political and social group of lesbians 60 year+.  
Meets monthly for potlucks.

---

## **Rainbow Elders of Boulder County: Boulder County Area Agency on Aging**



303-441-3583  
3482 N. Broadway St  
Boulder, CO 80306

[www.bouldercounty.org/family/lgbtiq/pages/  
lgbt.aspx](http://www.bouldercounty.org/family/lgbtiq/pages/lgbt.aspx)  
[infoLGBTelders@bouldercounty.org](mailto:infoLGBTelders@bouldercounty.org)

Newsletter and programs for LGBT seniors and allies and LGBT caregivers.

---

## **SAGE (Services & Advocacy for GLBT Elders) of the Rockies: At The Center**

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

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

Support groups and programs for older LGBT adults.

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# **TRANSPORTATION**

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## **Boulder County CareConnect**

303-443-1933  
2540 Frontier Ave, #109  
Boulder CO 80301

[www.CareConnectBC.org](http://www.CareConnectBC.org)  
[info@careconnectbc.org](mailto:info@careconnectbc.org)

We have the Medical Mobility Program. Through volunteers, we offer rides to and from medical-related appointments for seniors and adults with disabilities in Boulder County.

---

## **Via**

303-447-2848 ext. 106  
To schedule a ride: 303-447-9636  
2855 N. 63rd St  
Boulder, CO 80301

[www.ViaColorado.org](http://www.ViaColorado.org)  
[info@viacolorado.org](mailto:info@viacolorado.org)

Providing low-cost, door-to-door, driver-assisted, wheelchair-accessible transportation service for elders, persons with disabilities, and low-income residents of Boulder County and adjacent communities.

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# **VOLUNTEER ORGANIZATIONS AND OPPORTUNITIES**

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## **Boulder County CareConnect**

303-443-1933  
2540 Frontier Ave, Ste #109  
Boulder, CO 80301

[www.CareConnectBC.org](http://www.CareConnectBC.org)  
[info@careconnectbc.org](mailto:info@careconnectbc.org)

Providing seniors in Boulder County meaningful volunteer opportunities and promotes independence for homebound seniors and adults with disabilities. Services including grocery shopping and delivery, rides to medical appointments, minor home repairs, yardwork and snow removal.

---

### **Foothills United Way Volunteer Connection ▼**

303-444-4013 ext. 122  
1285 Cimarron Dr, Ste #101  
Lafayette, CO 80026

[www.UnitedWayFoothills.org](http://www.UnitedWayFoothills.org)  
[smccullough@unitedwayfoothills.org](mailto:smccullough@unitedwayfoothills.org)

Counsels and refers people interested in volunteering to more than 450 nonprofit, governmental, communities of faith, and grassroots organizations. Provides training to volunteer coordinators in best practices for volunteer management.

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### **LGBT Outreach-Boulder County Area Agency on Aging ▼**

303-441-3583  
3482 N. Broadway St  
Boulder, CO 80304

[infoLGBTelders@bouldercounty.org](mailto:infoLGBTelders@bouldercounty.org)

Assist with Rainbow Elder events for Lesbian, Gay, Bisexual and Transgender older adults or become a Project Visibility Trainer. Call or e-mail to learn more.

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### **Long-Term Care Ombudsman: Boulder County Area Agency on Aging ▼**

303-441-3199  
3482 N Broadway St  
Boulder, CO 80304

[infoLTCO@bouldercounty.org](mailto:infoLTCO@bouldercounty.org)

Volunteer Long-Term Care Ombudsmen visit residents in nursing and assisted living homes throughout the County and act as advocates for the residents. Volunteer Ombudsman advocate for the rights of elders and at-risk adults, work to improve the quality of life for residents of nursing and assisted living homes, educate residents, families and staff about resident rights, and receive ongoing training from professionals in the aging field.

---

### **Respite and Companion Volunteer Program: Boulder County Area Agency on Aging ▼**

303-441-1543  
3482 N Broadway St  
Boulder, CO 80304

[www.BoulderCountyAging.org](http://www.BoulderCountyAging.org)  
[infoRespite@bouldercounty.org](mailto:infoRespite@bouldercounty.org)

Respite volunteers visit with older adults (age 60+) who live either alone or with a family caregiver. Volunteers visit two hours per week, must be 21 or over and are asked to make a minimum six-month commitment to the program. New volunteer trainings are held regularly.

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## **WELLNESS**

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### **ALTA Physical & Complementary Therapies, Jane Milliff, MMScPT**

303-444-8707  
2955 Baseline Rd  
Boulder, Co. 80303

[www.AltaTherapies.com](http://www.AltaTherapies.com)  
[jane@altatherapies.com](mailto:jane@altatherapies.com)

ALTA is an out-patient physical therapy clinic with an orthopedic emphasis. Our nine therapists treat with skill and compassion. We have a full pilates studio offering private sessions and classes. We offer Qi Gong classes and balance training.

---

### **Barb Smith, Certified Hypnotherapist ▼**

720-375-5969  
1067 S. Hover St, #E118  
Longmont, CO 80501

[www.barbsmith.net](http://www.barbsmith.net)  
[barb@BarbSmith.net](mailto:barb@BarbSmith.net)

Hypnotherapy services. Specializing in stress management, smoking cessation and pain management.

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## **Boulder County AIDS Project ▼**

303-444-6121  
303-444-0260  
2118 14th St  
Boulder, CO 80302

[www.bcap.org](http://www.bcap.org)  
[GeneralDelivery@bcap.org](mailto:GeneralDelivery@bcap.org)

Providing support, advocacy and education to those in our community who are infected with or affected by HIV and AIDS; and serves as an outreach and information center to prevent further transmission of HIV.

---

## **Hudson Integrative Health and Home ▼**

303-442-6444

[www.HudsonHealthPlusHome.com](http://www.HudsonHealthPlusHome.com)  
[kenna@hudsonhealthplushome.com](mailto:kenna@hudsonhealthplushome.com)

The HHH Integrative Approach links person, health, and home environment. iLive wellness programs: Functional fitness, Nutrition, Life balance. iLearn programs: Computer education and promoting social connections. iAdapt services: Home safety, Modification and Maintenance services.

---

## **Respite and Companion Volunteer Program: Boulder County Area Agency on Aging ▼**

303-441-1543  
3482 N Broadway St  
Boulder, CO 80304

[infoRespite@bouldercounty.org](mailto:infoRespite@bouldercounty.org)

Providing respite volunteers to visit with older adults (age 60+) who live either alone or with a family caregiver. Volunteers visit two hours per week, must be 21 or over and are asked to make a minimum six-month commitment to the program. New volunteer trainings are held regularly.

---

## **Respite Assistance Program: Boulder County Area Agency on Aging ▼**

303-678-6284  
PO Box 471  
Boulder, CO 80306

[ojacoby@bouldercounty.org](mailto:ojacoby@bouldercounty.org)

Providing temporary relief/rest for someone serving as an unpaid caregiver of an elder. Services may be provided in home, at an adult day program, or at a long-term care facility. May provide short-term ongoing weekly service. Grants available.

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## **Whole Body Balanced**

303-444-0192  
2995 Baseline Rd, #110  
Boulder, CO 80303

[www.wholebodybalance.com](http://www.wholebodybalance.com)  
[info@wholebodybalance.com](mailto:info@wholebodybalance.com)

Providing alternative and complementary medicine to the general public. Offering therapeutic massage, chiropractic, acupuncture, Rolfing, cold laser therapy, muscle activation techniques, and therapeutic wellness products.



# Know Your Rights as an LGBT Senior: Advocating for a Client, Yourself, or a Loved One

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When looking for a Long Term Care home, check for the following:

- Home is listed in a local LGBT resource guide.
- Staff creates a welcoming environment and has received sensitivity training.
- Marketing materials contain a non-discrimination policy.
- Intake doesn't assume heterosexuality and staff uses inclusive language.

When living in a care facility, you have certain rights including:

- The right to participate in decisions about the care you receive.
- The right to have privacy and confidentiality and to be treated with dignity and respect.
- The right to have a safe and secure home-like environment.
- The right to appeal any discharge.
- The right to raise concerns and complaints without fear of reprisal.
- The right to freedom from abuse, mistreatment, and neglect.
- The right to have your medical, physical, psychological, and social needs met.
- The right to contact an Ombudsman (your advocate) to help resolve any violation to the rights listed above. In Boulder County, call 303-441-1173 for free confidential help.



## Seven Laws that Extend the Rights of LGBT Coloradoans

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- **Employment Nondiscrimination:** - Illegal to consider or inquire about sexual orientation or gender identity when hiring. The law applies to all employers, labor organizations, vocational training and schools.
- **Hate Crimes Protections** – Involving crimes committed against a person because of perceived race, color, religion, ancestry, national origin, physical or mental disability, or sexual orientation or gender status.
- **Housing and Public Accommodations Nondiscrimination** – Illegal to discriminate against anyone based on perceived or actual sexual orientation or gender identity in schools, hotels, restaurants, stores, hospitals, clinics, health clubs, and all types of housing, both public and private.
- **Second-Parent Adoption** – Enables unmarried couples to adopt one another's children.
- **Designated Beneficiaries** – Allows two adults who cannot be married to make each other a decision maker in case of incapacity of the other.
- **Domestic Partnership Beneficiaries for State Employees** – Extends health insurance to partners.
- **Colorado Civil Unions Act:** Effective May 1, 2013, creates a legally recognized relationship between two eligible people. On June 25, 2014, the Boulder County clerk began issuing same-sex marriage licenses. This practice was halted on July 29 pending appeal to higher courts.

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## ***How can your Boulder County Area Agency on Aging serve you?***

*Here is a list of programs, for Boulder County residents age 60+.*

### **Aging Resource Consultation**

*Boulder County Area Agency on Aging (BCAAA) provides Aging Resource Consultants in the mountains and unincorporated areas of the County.*

### **ADRC Aging and Disability Resources for Colorado (ADRC)**

*The Boulder County ADRC serves as the entry point for older adults, adults with disabilities, caregivers, and service providers seeking in-depth information and assistance about short and long term services and supports in the community.*

### **Caregiver & Respite Programs**

*Caregiver programs provide a variety of services for family caregivers, including special events, training, and information & referral/assistance. The Respite and Companion Volunteer Program provides a temporary break for a family member, partner or other person regularly caring for a frail adult.*

### **Community Collaboration and Partnering on Aging Issues**

*BCAAA regularly partners with other agencies, faith communities, advisory councils, and community leaders on aging issues.*

### **Elder Rights**

*BCAAA works to protect the rights of elders to live safely, with dignity and to be free from abuse, neglect or financial exploitation. The program provides community education on the warning signs of abuse and what to do.*

### **LGBT Outreach & Project Visibility**

*BCAAA is committed to service LGBT elders in Boulder County. Project Visibility is a nationally recognized, award-winning training program to increase awareness for service providers. Rainbow Elders is a social and support information e-mail list. Call 303-441-3583 or [infoLGBTelders@bouldercounty.org](mailto:infoLGBTelders@bouldercounty.org).*

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

*The Boulder County Long-Term Care Ombudsman Program is a free, confidential advocacy service for residents of nursing homes and assisted living homes.*

### **Medicare Counseling**

*The Medicare Counseling program offers education and consultation for Medicare beneficiaries regarding enrollment, benefits, and the appeals process.*

### **Nutrition Counseling & Education**

*Nutrition Counseling & Education programs include consultation with a registered dietician, presentations, a monthly newsletter, diabetes support, and cooking classes.*

### **Services Provided with Older Americans Act and Colorado State Funds for Senior Service Dollars**

*BCAAA is responsible for the funding, oversight, and compliance of programs using Older Americans Act and State Funds for Senior Service dollars.*

### **Strategic Planning**

*BCAAA conducts research about the region and participates in planning that informs coming trends for older adults.*

### **Wellness Programs**

*The Wellness Program offers evidence-based classes throughout the county that address health issues that older adults and caregivers face on a daily basis.*







## **Aging and Disability Resources for Colorado**

**303-441-1617**  
**BoulderCountyHelp.org**

Information, referral, and options counseling services are available to people age 60+ or age 18+ with a disability who need information about long-term services and supports or assistance accessing those services.

Consumers, family members, caregivers, friends, veterans, and professionals are encouraged to contact the ADRC help line.

ADRCs are a joint vision of the Administration for Community Living and Centers for Medicare and Medicaid Services. The program's main goal is to streamline access to information regarding services and programs that allow people to remain as independent as possible.

TTY 303-441-3986  
infoADRC@bouldercounty.org

- Information, Referral, and Awareness
- Options Counseling, Advice, and Assistance
- Streamlined Eligibility Determination for Public Programs
- Person-Centered Transition Support
- Quality Assurance and Continuous Improvement

# CARROLL-LEWELLEN FUNERAL & CREMATION SERVICES

503 Terry Street / Longmont, CO 80501 / (303) 775-4477

FOOTHILLS GARDENS OF MEMORY

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**Your act of  
kindness makes  
a big difference.**



Boulder County CareConnect safety net services help local elders age in their homes. We're volunteer-powered and community-funded through the kindness of people like you.



**Be a Part of It!  
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Please call or visit our website to discover how you can be involved.

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**Are you a 'rainbow elder' who  
seeks connection with others or  
is seeking senior services?**

The Boulder County Area Agency on Aging (BCAAA) has been supporting our LGBT elders with social events and a newsletter since 2000. In fact, we were the first AAA in the nation to reach out to this resilient group.

Please e-mail the LGBT Program Specialist at [infoLGBTelders@bouldercounty.org](mailto:infoLGBTelders@bouldercounty.org) or call 303-441-3583 to be added to our confidential mailing list.

*Save the date!* Sunday, Dec. 7, 2014, 1-4pm  
14th Annual Lavender Gala at Nissi's, Lafayette



rainbow ELDERS  
of Boulder County






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A photograph of a mountain landscape with a dirt path leading through green grass and wildflowers towards a forested mountain range under a cloudy sky.

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