2018 Resource Guide

Aging and Disability Resources for Colorado

Region 10 Community Living Services (CLS)

145 S. Cascade Ave.

Montrose, CO 81401

(970) 249-2436, (855) 500-6050

www.region10.net



Serving Montrose, Delta, Gunnison, Hinsdale, Ouray, & San Miguel Counties

The Area Agency on Aging (AAA) receives funding from the Older Americans Act (OAA). Mission: The Area Agency on Aging (AAA) in Region 10 offers a comprehensive array of services available to enable older persons to age in place. Funding targets the frail elderly, low income and minority populations, assessments completed for service approval and means testing are not qualifications for approval of services. Services provided by the professional agency the consumer has chosen and fall into five different categories: Information, Access, Counseling/Training, Respite, and Supplemental Services. OAA programs and support are provided to adults 60 years and older; some exceptions for caregivers under the age of 60 if they are caring for someone over 60 and grandparents age 55+ raising grandchildren. All services provided by Area Agency on Aging are by donation only (no one will be turned away if they are unable to donate.)

Category	Agency	Phone	Address	City State Zip	Website				
Aging and Disability	Region 10 main office	(970) 249-2436	NEW LOCATION	Montrose, CO	www.region10.net				
Resources for	Community Living Services	(855) 500-6050	145 S. Cascade Ave.	81401					
Colorado (ADRC)	(CLS)								
Offices and Area									
Agency on Aging		· · · · · · · · · · · · · · · · · · ·							
Area Agency on Aging	Caregiver Support: Ass	istance provided to c	caregivers of any age caring	for an adult 60+, or grai	ndparents 55+ caring for grandchildren.				
Area Agency on Aging	Case Management and (Options Counseling	: Options Counselors will gi	ve guidance on what lo	ng term care supports, services, and ben				
	consumers navigate the su	pports and services	options.						
Area Agency on Aging	Companion Volunteer P	rogram: Companio	n Program includes training	, reference, and crimina	l background checks.				
Area Agency on Aging				der abuse, neglect, and e	exploitation on the Western Slope of Co				
	Delta, Montrose, Gunniso	n, Hinsdale, Ouray,	and San Miguel.						
Area Agency on Aging	Health Promotions: Evid	denced based classes	3						
Area Agency on Aging	Homemaking: Homemal	king services assist w	vith meal prep, light houseke	eping, shopping, laund	ry and linen changes, etc. Services prov				
	consumer has chosen. See	e homecare for a list	of agencies.						
Area Agency on Aging	Legal Aid: Legal services provided to low income seniors by Uncompany Volunteer Legal Aid. See Legal for more information.								
Area Agency on Aging	Long Term Care Ombud	Isman: A long-term	n care Ombudsman is a train	ed advocate who protec	ts and promotes the rights and quality o				
	homes and assisted living	residences. Lead On	nbudsman (970) 765-3131.						
Area Agency on Aging	Material Aid Funding: Funding is available for glasses, hearing aids, dental/dental hygiene, medical equipment not covered by any medical								
	available for life alerts and in-home assessments for safety for people with vision impairments.								
Area Agency on Aging	Medicare Counseling: S	tate Health Insuranc	e Assistance Program (SHIP	r): (970) 249-2436, free	Medicare counseling				
Area Agency on Aging	Nutrition Programs: Con	ngregate Meal: Sites	located in Nucla, Norwood.	Olathe, Paonia, Delta, 1	Hotchkiss, and Cedaredge. Meals served				
	meals for days and times.	Brogate Mean Steel	1000000 111 1 (0000, 1 (01 (0000,						
Area Agency on Aging	Home Delivered Meals: Hot Meals delivered three days per week to consumers located in the delivery area.								
	Twelve frozen meals delive	vered every two weel	ks in areas outside the hot m	eal delivery area.					
Area Agency on Aging	Personal Care: Personal Care hours provided by a professional agency to assist with bathing, medication prompts, personal/protective of								
	professional agency the co	-							
Area Agency on Aging	Transportation: Transpo	rtation vouchers for	Transportation: Transportation vouchers for Dial a Ride programs available to those who qualify. Riders will be responsible for private						
	had their assessment completed from Region 10. Priority for rides given to medical, shopping and eating at the nutrition sites.								

Aging and Disability Resource's for Colorado Region 10 - Area Agency on Aging

Description

Serving: Delta, Gunnison, Hinsdale, Montrose, Ouray, & San Miguel Counties

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enefits that are available and help

Colorado, and includes the counties of

ovided by the professional agency the

of life for people who reside in nursing

edical insurance. Funding is also

ved three days per week. See congregate

oversight, etc. Service provided by the

te paying the fare per ride until they have

2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website			
Region10 - Aging and	Mission – The Aging and	Disability Resources f	or Colorado's (ADRC) missio	on is to provide coor	dinated and streamlined access points to			
Disability Resources		•		-	-			
for Colorado (ADRC)	adults age 60 and over or adults ages 18 and over living with a disability, and their caregivers. The ADRC empowers older adults, adults navigate health and long-term care options by providing options counseling in a person-centered manner.							
	navigate nearth and iong-term care options by providing options counseling in a person-centered manner.							
Region10 - Aging and	ADRC Region 10	(970) 249-2436	NEW LOCATION	Montrose, CO	www.region10.net			
Disability Resources		(855) 500-6050	145 S. Cascade Ave.	81401				
for Colorado (ADRC)		(
Region10 - Aging and	ADRC Gunnison County	(970) 641-7923	225 N. Pine St.	Gunnison, CO	www.gunnisoncounty.org			
Disability Resources	Public Health	() () () () () () ()	225 111 1 110 50	81230				
for Colorado (ADRC)				01230				
Region10 - Aging and	ADRC Silver Thread Public	(970) 944-0321	304 W. Third St.	Lake City, CO	www.hinsdalepublichealth.com			
Disability Resources	Health			81235	<u> </u>			
for Colorado (ADRC)				01200				
Region10 - Aging and	ADRC	(970) 708-7096	238 E. Colorado Ave. # 8	Telluride, CO	www.tchnetwork.org			
Disability Resources	Tri-County Health Network			81435				
for Colorado (ADRC)								
Local Resource	Local Montrose network for				www.montroseconnect.com			
Networks	resources							
Local and National	Eldercare Locator	(800) 677-1116			https://eldercare.acl.gov			
Resource Networks								
Adult Protection	Delta	(970) 872-1000	North Fork Annex:	Hotchkiss, CO	www.deltacounty.com			
Services by County			196 Hotchkiss Ave.	81419				
Adult Protection	Delta after-hours	(970) 872-1230	North Fork Annex:	Hotchkiss, CO	www.deltacounty.com			
Services by County			196 Hotchkiss Ave.	81419				
Adult Protection	Gunnison	(970) 641-3244	225 Pine St.	Gunnison, CO	www.gunnisoncounty.org			
Services by County				81230				
Adult Protection	Hinsdale	(970) 641-3244	225 Pine St.	Gunnison, CO	www.gunnisoncounty.org			
Services by County				81230				
Adult Protection	Montrose	(970) 252-7076	1845 S. Townsend Ave.	Montrose, CO	www.montrosecounty.net			
Services by County				81401				
Adult Protection	Ouray	(970) 252-7076 or	1845 S. Townsend Ave.	Montrose, CO	www.montrosecounty.net			
Services by County		(970) 626-2299		81401				
Adult Protection	San Miguel	(970) 728-4411 ext. 2	333 W. Colorado Ave.	Telluride, CO 81435	www.sanmiguelcounty.org			
Services by County								
Adult Protection Elder	AARP Elder Watch Hotline	(800) 222-4444 ext. 2						
Abuse								
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Aging and Disability Resource's for Colorado Region 10 - Area Agency on Aging

Description

s to long-term services and support for lts with disabilities, and caregivers to

Serving: Delta, Gunnison, Hinsdale, Montrose, Ouray & San Miguel Counties
Counties

Serving Gunnison County

Serving Hinsdale County:

Serving: Ouray, San Miguel Counties, and the West End of Montrose County

Eldercare Locator, a public service of
the U.S. Administration on Aging
connecting you to services for older
adults and their families.

AADD FILL W. (1 '
AARP Elder Watch is consumer protection
collaboration to fight financial exploitation
of older.

2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website
	Long Term Care Ombudsman (Delta, Gunnison & Montrose)	(970) 765-3131	145 S. Cascade Ave.	Montrose, CO 81401	www.region10.net
Adult Protection Elder Abuse	Colorado Long Term Care Ombudsman Program	(303) 722-0300	455 Sherman St. # 130	Denver, CO 80203	www.disabilitylawco.org
Adult Protection Elder Abuse	National No Call List	(888) 382-1222			www.donotcall.gov
Adult Protection Elder Abuse	Colorado No Call List	(303) 776-2678 (800) 309-7041			www.coloradonocall.com
Child Advocacy, Abuse, Crime and Safety	Ariel Clinical Services	(970) 245-1616	2938 N. Ave. Ste. G	Grand Jct., CO 81504	www.arielcpa.org
Child Advocacy, Abuse, Crime and Safety	Child Protection Services	Local: (970) 707-7005 Local Caseworker Statewide: 1-(844) 264-5437	Housed at local Departments of Human Services	Denver, CO	
Child Advocacy, Abuse, Crime and Safety	Colorado Child Protection Ombudsman	(720) 625-8640	1300 Broadway Ste. 430	Denver, CO 80203	www.coloradocpo.org
Child Advocacy, Abuse, Crime and Safety	Court Appointed Special Advocates for Children of the 7th Judicial District (CASA)	(970) 249-0337	301 N. Cascade Ave.	Montrose, CO 81401	www.casa7jd.org/
Child Advocacy, Abuse, Crime and Safety	Dolphin House Child Advocacy Center	(970) 240-8655	735 S. 1 st St.	Montrose, CO 81401	www.montrose-child-advocacy.org
Child Advocacy, Abuse, Crime and Safety	Hilltop Montrose Juvenile Services	(970) 252-7445	540 S. 1st St.	Montrose, CO 81401	www.htop.org
Domestic Violence, Advocacy, Crime and Safety	Hilltop Domestic Violence	(970) 249-8345	540 S. 1 st St.	Montrose, CO 81401	www.htop.org
Domestic Violence, Advocacy, Crime and Safety	24 hr. Crisis Lines Hilltop Domestic Violence Delta	(970) 874-4941			
Domestic Violence, Advocacy, Crime and Safety	24 hr. Crisis Lines Hilltop Domestic Violence Montrose	(970) 249-2486			
Domestic Violence, Advocacy, Crime and Safety	24 hr. Crisis Lines Hilltop Domestic Violence Ouray	(970) 626-3777			
Domestic Violence, Advocacy, Crime and Safety	Hilltop Regional Office	(970) 252-7445	540 S. 1 st St.	Montrose, CO 81401	www.htop.org

Description
A long-term care Ombudsman is a trained
advocate who protects and promotes the
rights of those in nursing homes and assisted
living communities.
The Ombudsman advocates for residents
and assists in resolving issues related to care,
health, safety, or resident's rights.
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Ariel provides behavioral and support
services for families and therapeutic foster
care homes.
 Reporting Child Abuse: Colorado has one
toll-free phone number to report child abuse
and neglect.
and negreet.
The office of Colorado's Child Protection
The office of Colorado's Clinic Frotection
CASA provides a safe environment for
-
children to visit with non-custodial parents.
The Dolphin House serves the 7th Judicial
District in Western Colorado.
District in Western Colorado.
Services (marries les Tri Countes Descures)
Services (previously Tri-County Resources)

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Category	Agency	Phone	Address	City State Zip	Website
Domestic Violence,	Montrose Regional Crime	(970) 249-8500 or	Mail reports to:	Montrose, CO	www.co.montrose.co.us
Advocacy, Crime and	Stoppers, Inc.	Montrose Police Dept.	434 S. 1st St.	81401	
Safety		(970) 252-5200			
Domestic Violence,	Resource Center San Miguel	(970) 728-5660	135 W. Colorado Ave.	Telluride, CO 81435	
Advocacy, Crime and	County				
Safety					
Domestic Violence,	Victims Assistance Delta	(970) 872-2007	555 E. Palmer St.	Delta, CO 81416	www.deltacounty.com
Advocacy, Crime and	Sherriff's office	(,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		,	
Safety					
Domestic Violence,	Victims Assistance Gunnison	(970) 641-8299	910 Bidwell Ave.	Gunnison, CO	www.gunnisonco.gov
Advocacy, Crime and	County	(,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		81230	
Safety					
Domestic Violence,	Victims Assistance Montrose	(970) 252-4023	1200 N. Grand Ave.	Montrose, CO	www.montrosecounty.net
Advocacy, Crime and	Sheriff's Office	(,,,,) _0 _ 10 _ 0		81401	
Safety					
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<b>Emergency Services</b>	Fire and EMS Departments	911 for emergencies			
Emergency Services	Mental Health: Emergency	(970) 252-6220			
	Services				
Emergency Services	Poison Help Emergency Line	(800) 222-1222			
<b>Emergency Services</b>	Rocky Mountain Poison and	(303) 739-1100			www.rmpdc.org
	Drug Center				
Law Enforcement by	Delta County Dispatch	(970) 874-2015			
County, Contact for					
Mandatory Reporting					
Law Enforcement by	Gunnison County Dispatch	(970) 641-8200			
County, Contact for					
Mandatory Reporting					
Law Enforcement by	Hinsdale County Dispatch	(970) 944-2291			
County, Contact for					
Mandatory Reporting					
Law Enforcement by	City of Montrose Police &	(970) 252-5200			
County, Contact for	Dispatch				
Mandatory Reporting					
Law Enforcement by	Montrose County Sherriff	(970) 252-4023			
County, Contact for	Dept. & Dispatch				
Mandatory Reporting					
Law Enforcement by	Olathe Police Department	(970) 323-4357			
County, Contact for					
Mandatory Reporting					
Law Enforcement by	West End of Montrose County	(970) 864-7333			
County, Contact for	Dispatch				
Mandatory Reporting					
Law Enforcement by	Ouray County Dispatch	(970) 325-7272			
County, Contact for					
Mandatory Reporting					

Description
Montrose Regional Crime Stoppers, Inc. is
dedicated to assisting law enforcement with
unsolved cases through anonymous tips.

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Category	Agency	Phone	Address	City State Zip	Website
Law Enforcement by	Montrose County Dispatch	(970) 252-4020			
County, Contact for	(backup coverage)				
Mandatory Reporting					
Law Enforcement by	San Miguel County Dispatch	(970) 728-1911			
County, Contact for					
Mandatory Reporting					
Adult Day Care	Day-By-Day	(970) 874-4195	1402 Howard St.	Delta, CO 81416	
Adult Day Care	Hilltop's Day Haven	(970) 244-0493	$238 \text{ S. } 2^{\text{nd}} \text{ St.}$	Montrose, CO	
Fidult Duy Cure	Thintop's Duy Thiven	(970) 211 0193	258 5. 2 51.	81401	
Adult Day Care	Riverside Adult Day Center	(970) 249-1590	16935 6450 Rd.	Montrose CO 81401	
	Senior CommUnity Care PACE Eckert	(970) 527-5350	11485 Highway 65	Eckert, CO 81418	www.seniorcommunitycare.org
Adult Day Care	Senior CommUnity Care PACE Montrose	(970) 964-3500	2377 Robins Way	Montrose, CO 81401	www.seniorcommunitycare.org
Application Assistance	Center for Independence (CFI)	(970) 822-7010	245 S. Cascade Ave. Ste. B	Montrose, CO 81401	www.cfigj.org
Application Assistance	AdvantAge Health Resource	1-844-VOA-4YOU	121 N. Park Ave.	Montrose, CO	www.voa4you.org
**	e	(1-844-862-4968)		81401	
	AdvantAge Health Resource Center	1-844-VOA-4YOU (1-844-862-4968)	350 Stafford Ln.	Delta, CO 81416	www.voa4you.org
	Rocky Mountain Health Plans	(970) 210-0469 sally.henry@rmhp.org or (970) 712-1609 tammy.luksch@rmhp.org			
	Region 10 Community Living	(970) 249-2436 (855) 500-6050	NEW LOCATION 145 S. Cascade Ave.	Montrose, CO 81401	www.region10.net
	Services (CLS)	(070) (41 7022	225 N. D G.		•
	ADRC Gunnison County: Gunnison County Public	(970) 641-7923	225 N. Pine St.	Gunnison, CO 81230	www.gunnisoncounty.org

Description
PACE provides wrap around services
(including medical, dental, hearing, vision,
transportation, medications, home care
services, social/recreation programs, therapy
and end of life programs) for adults ages 55
 and older so they can remain in their homes. PACE provides wrap around services
(including medical, dental, hearing, vision,
transportation, medications, home care
services, social/recreation programs, therapy
and end of life programs) for adults ages 55
and older so they can remain in their homes.
CFI provides assistance with Social Security
Disability applications, low vision groups and counseling for living independently with
a disability.
Confidential Toll Free Assistance Line. Care
Navigators will provide information,
referrals, and assistance filling out
application to apply for benefits and
Confidential Toll Free Assistance Line. Care
Navigators will provide information,
referrals, and assistance filling out application to apply for benefits and
 Medicaid Community Outreach
Coordinators who assist Medicaid members
in finding needed services, resources.
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Serving: Delta, Gunnison, Hinsdale,
Montrose, Ouray & San Miguel Counties

#### 2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website
Application Assistance	ADRC Hinsdale County: Silver Thread Public Health	(970) 944-0321	304 W. Third St.	Lake City, CO 81235	www.hinsdalepublichealth.com
Application Assistance	ADRC Ouray and San Miguel Counties & West End of Montrose County: Tri-County Health Network	(970) 708-7096	238 E. Colorado Ave. # 8	Telluride, CO 81435	www.tchnetwork.org
A dult Dov Corro	Day Dry Day	(070) 874 4105	1402 Howard St.	Delta, CO 81416	
Adult Day Care Adult Day Care	Day-By-Day Hilltop's Day Haven	(970) 874-4195 (970) 244-0493	$238 \text{ S. } 2^{\text{nd}} \text{ St.}$	Montrose, CO 81401	
Adult Day Care	Riverside Adult Day Center	(970) 249-1590	16935 6450 Rd.	Montrose CO 81401	
Adult Day Care	Senior Community Care PACE Program of All- Inclusive Care Eckert	(970) 835-2900	11485 Highway 65	Eckert, CO 81418	http://seniorcommunitycare.org
Adult Day Care	Senior Community Care PACE Program of All- Inclusive Care Montrose	(970) 964-3500	2377 Robins Way	Montrose, CO 81401	http://seniorcommunitycare.org
Assisted Living Facilities	Brookdale Sunrise Creek Assisted Living	(970) 240-0600	1968 Sunrise Dr.	Montrose, CO 81401	www.brookdale.com/
Assisted Living Facilities	Crossroads Assisted Living	(970) 874-1421	1380 Aspen Way	Delta, CO 81416	www.crossroadsalc.org
Assisted Living Facilities	Delta House	(970) 874-4448	233 Main St.	Delta, CO 81416	
Assisted Living Facilities	Gunnison Valley Health Assisted Living - The Willows	(970) 641-3031	300 N. 3 rd St.	Gunnison, CO 81230	
Assisted Living Facilities	Heidi's Chateau Assisted Living	(970) 252-8228	2720 Sunnyside Rd.	Montrose, CO 81401	
Assisted Living Facilities	The Homestead at Montrose	(970) 964-3400	1819 Pavilion Dr.	Montrose, CO 81401	www.homesteadatmontrose.org
Assisted Living Facility Secure Memory Care Units	Crossroads Assisted Living Plus (Memory Care)	(970) 874-1421	1380 Aspen Way	Delta, CO 81416	www.crossroadsalc.org
Assisted Living Facility Secure Memory Care Units	Brookdale Sunrise Creek Assisted Living	(970) 240-0600	1968 Sunrise Dr.	Montrose, CO 81401	www.brookdale.com
Assisted Living Facilities	Long Term Care Ombudsman (Delta, Gunnison & Montrose)		145 S. Cascade Ave.	Montrose, CO 81401	www.region10.net

Decemintion
Description
Serving: Ouray, San Miguel Counties, and the West End of Montrose County
Senior CommUnity Care PACE provides
health care, social/recreation programs,
therapy and end of life programs for adults ages 55 and older.
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A long-term care Ombudsman is a trained
advocate who protects and promotes the
rights of those in nursing homes and assisted
living communities.

# 2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website	Description
Caregiver Support	myALZteam				www.myalzteam.com	myALZteam is a social network for family and friends caring for a loved one with Alzheimer's. The goal of myALZteam is to offer perspective and validation of others by sharing one's own personal story. myALZteam aims to create a safe place where members feel comfortable discussing their experiences.
Caregiver Support	Eldercare Locator	(800) 677-1116			https://eldercare.acl.gov	Elder Care Locator is a public service of the U.S. Administration on Aging connecting you to services for older adults and their
Caregiver Support	Family Caregiver Alliance				www.caregiver.org	Family Caregiver Alliance is a secure online service for quality information, support, and resources for family caregivers of adults with chronic physical or cognitive conditions such as Alzheimer's, stroke, Parkinson's, and other illnesses.
Caregiver Support	Vibrant Caregiving	(970) 417-5319			www.VibrantCareGiving.com	Caregiver coaching (one-on-one peer support), education & advocacy, empowerment, dementia education, case management with access to community
Caregiver Support	Western Slope Alzheimer's Association	(970) 256-1274	2232 North 7th St. #B1	Grand Junction, CO 81501	www.alz.org/co	
Caregiver Support	Alzheimer's Association: 24/7 Helpline	(800) 272-3900			www.Alz.org	
Caregiver Support	Parkinson's Disease Foundation	(800) 745-6676			www.pdf.org	
Caregiver Support	National Stroke Association	Stoke Helpline (800) STROKES (800) 787-6537			www.stroke.org	
Caregiver Support	Caregiver Support Tri-County Health Network	(970) 708-7096	238 E. Colorado Ave. #. 8	Telluride, CO 81435	www.tchnetwork.org	Palliative Support Services Respite and Friendly Visitor Services; Information & Assistance
Caregiver Support	Mindfulness Based Interventions Nichole Moorman LCSW Qualified MBSR Teacher	(970) 318 0529			www.nicholemoorman.offeringtree.com	
Caregiver Support	Colorado Respite Coalition EasterSeals Colorado	(303) 233-1666	393 S. Harlan St. Ste. 108	Lakewood, CO 80226	http://coloradorespitecoalition.org/ www.easterseals.com	Family Respite Voucher Program! Respite vouchers provide funds for respite care to family caregivers across the state of Colorado, serving all ages and special health

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Category	Agency	Phone	Address	City State Zip	Website
Caregiver Support	Road Scholar caregiver respite grants				www.roadscholar.org
Caregiver Support Grandparent Services	AARP Grandparent Information	(888) 687-2277 Spanish (877) 342-2277			www.aarp.org/relationship s www.aarp.org
Caregiver Support Grandparent Services	Colorado Kinship Support	(303) 866-5932			www.cofosterandadopt.org
Caregiver Support Grandparent Services	Region 10 Community Living Services (CLS)	(970) 249-2436 (855) 500-6050	NEW LOCATION 145 S. Cascade Ave.	Montrose, CO 81401	www.region10.net
Care Management	CM Care Management	(970) 250-9135			
Care Management	AdvantAge Health Resource Center	1-844-VOA-4YOU (1-844-862-4968)	121 N. Park Ave.	Montrose, CO 81401	www.voa4you.org
Care Management	AdvantAge Health Resource Center	1-844-VOA-4YOU (1-844-862-4968)	350 Stafford Ln.	Delta, CO 81416	www.voa4you.org
Care Management	Hospital San Juan ACO	Debbie Dillon, RN (970) 399-2601 Sherry Heinel, RN (970) 399-2639			
Care Management		(970) 210-0469 sally.henry@rmhp.org or (970) 712-1609 tammy.luksch@rmhp.org			
Care Management	Main Office / ADRC Delta	(970) 249-2436 (855) 500-6050	NEW LOCATION 145 S. Cascade Ave.	Montrose, CO 81401	www.region10.net
Care Management	```	(970) 641-7923	225 N. Pine St.	Gunnison, CO 81230	www.gunnisoncounty.org
Care Management	ADRC Hinsdale County Hinsdale County	(970) 944-0321	304 W. Third St.	Lake City, CO 81235	www.hinsdalepublichealth.com
Care Management	ADRC Ouray and San Miguel Counties & West End of Montrose County Tri-County Health Network	(970) 708-7096	238 E. Colorado Ave. # 8	Telluride, CO 81435	www.tchnetwork.org

Description
Five grants will be awarded in each of two
categories: Family Caregiver Grants and
Share The Care [™] Group Member Grants.
Provides information for seniors acting as
guardian or caretaker for grandchildren
Material Aid Funding: Low Vision funding
is also available for life alerts and in-home
assessments for safety.
Guardianship, conservatorship, payee and
financial management for persons with
disabilities and seniors.
Confidential Toll Free Assistance Line. Care
Navigators will provide information,
referrals, and assistance understanding
benefits and resources available to any age
group in the community.
Confidential Toll Free Assistance Line. Care
Navigators will provide information,
referrals, and application assistance
understanding benefits and resources
available to any age group in the
For Medicare patients who see a DCMH
PCP (Internal Med, Family Medicine, or
West Elk Clinic –Hotchkiss).
Medicaid Community Outreach
Coordinators who assist Medicaid members
in finding needed services, resources.
Serving: Delta, Gunnison, Hinsdale,
Montrose, Ouray & San Miguel Counties
Serving: Ouray, San Miguel County and
the West End of Montrose Counties

Category	Agency	Phone	Address	City State Zip	Website	Description
Community Centered Boards and Developmental Disabilities	The Arc of West Central Colorado	(970) 216 7256	Use contacts page on website to request Information.		https://arcwcco.org	Support and advocacy for people with intellectual and developmental disabilities (I/DD) and their families.
Community Centered Boards and Developmental Disabilities	Community Options Inc.	(970) 249-1415	336 S. 10 ^{th St.}	Montrose, CO 81401	www.communityoptionsinc.org/	Provides and coordinates services and supports for persons with intellectual and developmental disabilities.
Community Centered Boards and Developmental Disabilities	Six Points Evaluation and Training (Gunnison)	(970) 641-3081	320 S. 14 th St.	Gunnison, CO 81230	www.sixpointsgunnison.org	Provides and coordinates services and supports for persons with intellectual and developmental disabilities
Community Centered Boards and Developmental Disabilities	Mosiac	(970) 245-0519	2456 Industrial Blvd.	Grand Jct. CO 81501	https://www.mosaicinfo.org	Mosaic is a faith-based organization serving people with intellectual disabilities.
Dental Resources	Colorado Medicaid Member Services	(855) 225-1729				
Dental Resources	Colorado Medicaid Provider Relations/Services	(855) 225-1731	PAR line: (855) 225-1947			
Dental Resources	Community Dental Clinic	(970) 252-8896	1901 S. Townsend Ave.	Montrose, CO 81401		
Dental Resources	Dental Lifeline Network	(303) 534-3863	1800 15th St. Ste.100	Denver, CO 80202	www.dentallifeline.org	
Dental Resources	Dental Plans.com	(888) 401-7470			www.DentalPlans.com	
Dental Resources	DentaQuest Member Services	(844) 254-9490 TTY Number: (800) 466-7566			www.dentaquest.com/	
Dental Resources	Marillac Dental Clinic	Care Coordinator (970) 298-6345 Clinic eligibility (970) 298-6320	2333 N. 6th St.	Grand Jct., CO 81501	www.marillacclinic.org/en/eligibility	
Dental Resources	Parkway Dental	(970) 208-8046	1300 N. 7th St.	Grand Jct., CO 81501	www.smilehelper.com/grandjunction/	
Dental Resources	The Pic Place	(970) 252-8896	87 Merchant Dr.	Montrose, CO 81401	www.pic.place	Partners in Integrated Care including medical, dental, mental, vision, education
Dental Resources	A.V. Hunter Trust					Financial assistance for dental, vision, hearing and durable medical equipment. (Applicants must apply through a local
Dental Resources	Friends of Man					Financial assistance for dental, vision, hearing and durable medical equipment. (Must apply through a local agency applications available at any County office

# 2018 ADRC Resource Guide

Agency	Phone	Address	City State Zip	Website	Description
Brain Injury Alliance of	(303) 355-9969	1325 S. Colorado Blvd.	Denver, CO 80222	https://biacolorado.org/	•
Colorado	(800) 955-2443				
Benefits for People with				www.ssa.gov/disability	
Disabilities					
Guide to Disability Rights				www.disability.gov	
The National Organization on				http://nod.org	
Disability					
Emergency Preparedness for				www.cdc.gov	
People with Disabilities					
Fire Safety and Disabilities				www.improvenet.com	
Guide					
Brain Trauma and Equal				www.swoperodante.com	
Rocky Mountain ADA Center	(800) 949-4232	3630 Sinton Rd.		www.rockymountainADA.org	
State PACE Ombudsman	(800) 288-1376 or (303)	455 Sherman St. # 130		www.disabilitylawco.org	
(Program of All-Inclusive	722-0300		, ,		
-					
Legal Center for People with	(800) 531-2105 or	322 N. 8th St.	Grand Jct., CO	www.disabilitylawco.org	Disability Law Colorado provides free or
Disabilities	(970) 241-6371		81501		low-cost legal services to people with
					disabilities.
Brain Injury Alliance of	(303) 355-9969	1325 S. Colorado Blvd.	Denver, CO 80222	https://biacolorado.org/	
Colorado	(800) 955-2443				
Western Slope Alzheimer's	(970) 256-1274	2232 North 7th St. #B1	Grand Junction,	www.alz.org/co	
Association					
Alzheimer's Association: 24/7	(800) 272-3900			www.Alz.org	
Helpline					
Parkinson's Disease	(800) 745-6676			www.pdf.org	
Foundation					
National Stroke Association	Stoke Helpline (800)			www.stroke.org	
	STROKES				
	(800) 787-6537				
Lewy Body Dementia	LBD Caregiver Link			www.lbda.org	Through outreach, education and research,
Association	(888) 204-3054				LBD supports those affected by Lewy body
					dementias, their families and caregivers.
-	(800) 532-7667			www.mymsaa.org	The Multiple Sclerosis Association of
of America (MSAA)					America (MSAA) is a leading resource for
					the entire MS community, improving lives
					today through vital services and support.
Rock Steady Boxing –	(970) 399-7272	300 Stafford Ln.	Delta, CO		Rock Steady Boxing (Delta) for Parkinson's
Rock Steady Boxing – Fighting Back Against Parkinson's	(970) 399-7272	300 Stafford Ln.	Delta, CO 81416		
	Brain Injury Alliance of Colorado Benefits for People with Disabilities Guide to Disability Rights The National Organization on Disability Emergency Preparedness for People with Disabilities Fire Safety and Disabilities Guide Brain Trauma and Equal Opportunity Rocky Mountain ADA Center State PACE Ombudsman (Program of All-Inclusive Care for the Elderly) Legal Center for People with Disabilities Brain Injury Alliance of Colorado Western Slope Alzheimer's Association Alzheimer's Association: 24/7 Helpline Parkinson's Disease Foundation National Stroke Association Lewy Body Dementia Association Multiple Sclerosis Association	Brain Injury Alliance of Colorado(303) 355-9969 (800) 955-2443Benefits for People with Disabilities(800) 955-2443Benefits for People with Disabilities(800) 955-2443Guide to Disability Rights(800) 949-4232The National Organization on Disability(800) 949-4232Emergency Preparedness for People with Disabilities(800) 949-4232Fire Safety and Disabilities(800) 949-4232Brain Trauma and Equal Opportunity(800) 288-1376 or (303) 722-0300Rocky Mountain ADA Center Care for the Elderly)(800) 531-2105 or (970) 241-6371Legal Center for People with Disabilities(800) 531-2105 or (970) 241-6371Brain Injury Alliance of Colorado(303) 355-9969 (800) 955-2443Western Slope Alzheimer's Association: 24/7(800) 272-3900Helpline Parkinson's Disease Foundation(800) 745-6676National Stroke Association AssociationStoke Helpline (800) STROKES (800) 787-6537Lewy Body Dementia AssociationLBD Caregiver Link (888) 204-3054Multiple Sclerosis Association(800) 532-7667	Brain Injury Alliance of Colorado(303) 355-9969 (800) 955-24431325 S. Colorado Blvd.Benefits for People with Disabilities1325 S. Colorado Blvd.Guide to Disability Rights1The National Organization on Disability1Brenergency Preparedness for People with Disabilities1Brian Trauma and Equal Opportunity1Rocky Mountain ADA Center (Rocky Mountain ADA Center(800) 949-4232State PACE Ombudsman (Program of All-Inclusive Care for the Elderly)(800) 288-1376 or (303) 122-0300Legal Center for People with Disabilities(800) 531-2105 or (970) 241-6371Brain Injury Alliance of Colorado(303) 355-9969 (800) 955-2443Western Slope Alzheimer's Association(970) 256-1274 (800) 272-3900 HelplineWestern Slope Alzheimer's Association(800) 745-6676 (800) 745-6676FoundationStoke Helpline (800) STROKES (800) 787-6537Lewy Body Dementia AssociationLBD Caregiver Link (888) 204-3054Multiple Sclerosis Association(800) 532-7667	Brain Injury Alliance of Colorado(303) 355-9969 (800) 955-24431325 S. Colorado Blvd.Denver, CO 80222Benefits for People with Disabilities </td <td>Brain Injury Alliance of Colorado       (303) 355-9069 (800) 955-2443       1325 S. Colorado Blvd.       Denver, CO 80222       https://biacolorado.org/         Benefits for People with Disabilities      </td>	Brain Injury Alliance of Colorado       (303) 355-9069 (800) 955-2443       1325 S. Colorado Blvd.       Denver, CO 80222       https://biacolorado.org/         Benefits for People with Disabilities

# 2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website
Disease Specific Organizations –	Free Glucometers - Freestyle - Abbot Diabetes Care; up to 8 meters per provider	(877) 318-1966			
Disease Specific Organizations –	Free Glucometers - One Touch	(866) 732-5941			
Disease Specific Organizations –	Free Insulin - to supply insulin to undocumented immigrants unable to afford it; up to 6 pens per month per provider Sanofi Services	(888) VISITSPC (888) 847-4877			www.sanofiservices.us
Disease Specific Organizations –	Insulin Assistance Program - to supply insulin to patients that cannot afford it Lantus Assistance Program	(888) VISITSPC (888) 847-4877			
Employment	Ability Connection Colorado	(970) 256-2457	512 29 ½ Rd.	Grand Jct., CO 81504	www.abilityconnectioncolorado.org
Employment	Colorado Division of Vocational Rehabilitation Montrose	(970) 249-4468	1010 S. Cascade Ave. # C	Montrose, CO 81401	www.colorado.gov/cdle
Employment	Colorado Division of Vocational Rehabilitation Gunnison	(970) 641-0031	109 E. Georgia St.	Gunnison, CO 81230	www.colorado.gov/cdle
Employment	Colorado Workforce				www.connectingcolorado.com
Employment	Colorado Workforce Gunnison	(970) 641-0031	109 E. Georgia St.	Gunnison, CO 81230	www.colorado.gov/cdle
Employment	Montrose Workforce Center	(970) 249-7783	504 N. 1st St.	Montrose, CO 81401	www.colorado.gov/cdle
Employment	Senior Employment SER National SCSEP Colorado	(970) 256-1382	518 28 Rd. Ste. A103	Grand Jct., CO 81501	www.ser-national.org
Employment	SER SCSEP Senior Community Service Employment Program	(970)-385-3995	484 Turner Dr. Unit E-102	Durango, CO	www.ser-national.org
Financial Assistance	Aid To The Needy Disabled (AND)	Apply at your local County Office see Social Services for locations.			
Financial Assistance	Association of Montrose Churches (First Presbyterian Church)	(970) 249-4732	1840 Niagara Rd.	Montrose, CO 81401	

Description
Download and print an application from our website, or if you do not have access to a computer, you may begin the application process by calling the program. Your healthcare provider may also submit applications through these methods or online through the provider portal.
 unough the provider portai.
Employment support programs to Social Security Disability (SSDI) and
Supplemental Security Income (SSI)
Rehab employment training and support for persons with a disability.
Employment training and support for persons with a disability
Senior employment and counseling program for seniors 50 and older
Age 18 – 59 who have at least a six-month total disability that precludes them from working. Max benefits (2017) of \$189 gross a month. Applicants must apply for SSI (Supplemental Security Income).
Funding for utility and rental assistance.

# 2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website	Description
Financial Assistance	A.V. Hunter Trust					Financial assistance for dental, vision,
						hearing, and durable medical equipment.
						(Applicants must apply through a local
Financial Assistance	Friends of Man					Financial assistance for dental, vision,
						hearing and durable medical equipment.
						(Must apply through a local agency
						applications available at any County office
Financial Assistance	Delta Montrose Electric	(970) 249-4572	11925 6300 Rd.	Montrose, CO	www.dmea.com	Customer donations help individuals and
	Association Operation	(,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		81401		organizations in the community.
	Roundup			01101		organizations in the community.
Financial Assistance	*	Denver office			www.TaxColorado.com	Monthly Income Limit
i manetai Assistance	and Rent Rebate (PTC)	(303) 238-7378			www.raxcolorado.com	2016: \$1,108.80s, \$1,486c.
	and Kent Kebate (1 TC)	(303) 238-7378				2017 \$1,134s, \$1,528c. Must be a Colorado
						resident for 1 year, at least 65 years old, or a
						surviving spouse at least 58 years old, or
						disabled for all of 2017 and 2016 regardless
						of age and have received benefits for the full
						year.
Financial Assistance	Guide to Keeping Your Home				www.mortgagecalculator.org	
	for the Newly Disabled					
Financial Assistance	Program (LEAP) Low Income	(866) 432-8435			www.benefitsapplication.com	November 1 – April 30, Low-income Energy
	Energy Assistance					Assistance Program (LEAP) is for
						households with heating costs.
Financial Assistance	Old Age Pension (OAP)		Apply at your local County			2017 income less than \$771, ages 60-64
			office. See Social Services for			disabled with no employment in the past 15
			locations.			years, $60+$ not able to return to their
						previous job, 62+ are eligible for Social
						Security early retirement. Resource limits
						\$2000 for an individual, \$3000 a couple,
						OAP-A Medicaid: Clients approved for
						OAP are automatically eligible for
Financial Assistance	(SNAP): Supplemental	Colorado Hunger Free	Apply at your local County			2018
Tillalicial Assistance		Hotline	office. See Social Services for			(1) G \$1307  Net  \$1005, (2) G \$1760  Net
	Nutrition Assistance Program					\$1354 Household Countable Resources
	(formerly Food Stamps)	(855) 855-4626 or	locations.			
		(800) 536-5298 to apply				\$2,250 or \$3,500 if one member is disabled.
		by phone				
Financial Assistance	Temporary Assistance to		Apply at your local County			TANF is designed to help needy families
	Needy Families (TANF) Now		office. See Social Services for			achieve self-sufficiency.
	Colorado Works		locations.			
Financial Assistance	A.V. Hunter Trust					Financial assistance for dental, vision,
						hearing, and durable medical equipment.
						(Applicants must apply through a local
Financial Assistance	Rocky Mountain Health Plans	(970) 210-0469				Medicaid Community Outreach
		sally.henry@rmhp.org or				Coordinators who assist Medicaid members
		(970) 712-1609				in finding needed services, resources.
		tammy.luksch@rmhp.org				
Financial Assistance	Discover Goodwill - Propane	(719) 442-2046			leaphelp@discovermygoodwill.org	LEAP Propane Assistance
	assistanct					

#### 2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website
Financial Assistance	Tri-County Health Network Good Neighbor Fund	(970) 708-7967	220 E Colorado Ave.	Telluride, CO 81435	
Hearing Impairment	Hearing Impaired Telephone	(720) 949-7457 (303) 866-2097			www.captel.com
Hearing Impairment	Colorado Commission for the Deaf and Hard of Hearing	(CCDHH) (720) 457-3679 (VP/voice)	1575 Sherman St.	Denver, CO 80203	www.ccdhh.com
Hearing Impairment	Veteran Hearing Aids	(303) 866-4824 (970) 263-2848 Dave Dunnagan			
Hearing Impairment	Starkey Hear Now Program		Apply through a local agency. Applications must be requested by calling Starkey.		
Hearing Impairment	A.V. Hunter Trust				
Hearing Impairment	Friends of Man				
Health and Human Services	Montrose County Health and Human Services	(970) 252-5000	1845 S. Townsend Ave.	Montrose, CO 81401	www.montrosecounty.net
Health and Human Services	Montrose County West End	(970) 864-7319	851 Main St.	Nucla, CO 81424	www.montrosecounty.net
Health and Human Services	Delta County Health and Human Services Eligibility	(970) 874-2030	560 Dodge St.	Delta, CO 81416	www.deltacounty.com
Health and Human Services	Delta County Health and Human Services	(970) 872-1000	North Fork Annex: 196 Hotchkiss Ave.	Hotchkiss, CO 81419	www.deltacounty.com
Health and Human Services	Gunnison County Health and Human Services	(970) 641-3244	225 Pine St.	Gunnison, CO 81230	www.gunnisoncounty.org
Health and Human Services	Hinsdale Public Health	(970) 944-0321	304 E. 3rd St.	Lake City, CO 81235	www.hinsdalepublichealth.com
Health and Human Services	Ouray County Health and Human Services	(970) 325-4670	302 2nd St.	Ouray, CO 81427	www.ouraycountyco.gov
Health and Human Services	Ouray County Social Services	(970) 626-2299	177 Sherman St.	Ridgway, CO 81432	www.ouraycountyco.gov
Health and Human Services	San Miguel Health and Human Services	(970) 728-4411	333 W. Colorado Ave.	Telluride, CO 81435	www.sanmiguelcounty.org/

#### Aging and Disability Resource's for Colorado Region 10 - Area Agency on Aging

D	•	4.	
Desc	rıp	tion	
	-		

The purpose of the Fund is to promote a stable workforce in San Miguel County and provide emergency financial assistance to qualified applicants for housing, medical bills, or transportation so they may remain living and working in the County.

CapTel telephone, through the Colorado Telecommunications Equipment Distribution Program, provides free equipment to qualified individuals who have difficulty hearing over the phone. iCanConnect provides distance communication technologies, training and resources to income-eligible people with significant combined hearing and vision DAV Disabled American Veterans

Hearing aid funding for low income individuals.

Financial assistance for dental, vision, hearing, and durable medical equipment.
(Applicants must apply through a local
Financial assistance for dental, vision, hearing, and durable medical equipment.
(Must apply through a local agency applications available at any County office

# 2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website	Description
Health and Human	San Miguel Norwood office	(970) 327-4646	1120 Summit St.	Norwood, CO	www.sanmiguelcounty.org/	
Services				81423		
Homecare Agencies		_				by Medicare – Ever. Home Care: Services
Unskilled Care					d grooming, transportation, reminders to	take medicine, help with bill paying. Not covered
Homecare Agencies	Comfort Keepers	(970) 240-4121	300 N. Cascade Ave. # C-6	Montrose, CO	www.comfortkeepers.com	Covers: Montrose, Delta, and Cedaredge,
Unskilled Care				81401		call to check coverage for Paonia, Crawford,
						and Hotchkiss
Homecare Agencies	Essential Embodiments	(970) 778-9663	120 W. Main St.	Cedaredge, CO		Covers: Montrose, Delta, and Cedaredge,
Unskilled Care				81413		call to check coverage for Paonia, Crawford,
						and Hotchkiss
Homecare Agencies	First Light Home Care	(970) 417-4812	122 S. Park Ave.	Montrose, CO	www.firstlighthomecare.com	Covers: Montrose, Delta, call to check
Unskilled Care				81401		coverage for: Paonia, Crawford, Hotchkiss,
						Ridgway, Placerville, and Telluride
Homecare Agencies	Hinsdale County Homemaker	(970) 944-0321	304 W. 3 rd	Lake City, CO	www.hinsdalepublichealth.com	Covers: Lake City
Unskilled Care				81235		
Homecare Agencies	Phoenix Home Care, LLC	(970) 249-6767	100 Tessitore Ct.	Montrose, CO	www.phoenixhomehc.com	Covers: Montrose
Unskilled Care				81401		
•	People Care Health Services	(970) 874-0136	1565 Highway 50	Delta CO 81416	www.peoplecarehs.com	Covers: Montrose, Ridgway, Ouray,
Unskilled Care						Cedaredge, Delta, Paonia, Crawford,
						Hotchkiss, Gunnison and the West End of
TT 4 '						Montrose County
•	Right at Home	(970) 697-1331	2493 Hwy. 6 & 50 # 13	,	www.Gjhomecare.com	Covers: Montrose, Delta, and Cedaredge,
Unskilled Care				81505		call to check coverage for Paonia, Crawford,
TT A '	T 1 60	(070) 074 (115	100 W 2 10	D 1 CO 01416	( 1 C	and Hotchkiss
Homecare Agencies	Touch of Care	(970) 874-6115	108 W. 2nd St.	Delta, CO 81416	www.touchofcarepcp.com	Covers: Delta, Cedaredge, Paonia,
Unskilled Care	Touch of Care	(970) 249-6080	1100 E. Main St. Unit A	Montrose, CO	www.touchofcarepcp.com	Crawford, Hotchkiss, Gunnison Covers: Montrose, Ridgway, Ouray, and the
Homecare Agencies Unskilled Care	Touch of Cale	(970) 249-0080	1100 E. Main St. Olit A	81401	www.touchorcarepep.com	West End of Montrose
Homecare Agencies	Valley Care Providers	(970) 527-5393	205 3rd St.	Paonia, CO 81428		Covers: Paonia and Hotchkiss
Unskilled Care	valley Care i foviders	()10) 321-3333	205 514 51.	1 aoina, CO 01420		Covers. I aonia and Hotenkiss
Cliskilled Care						
Home Health Agencies	Nursing Certified Nursing Ass	istant Physical Therapy a	nd Occupational Therapy Support	You need a physician	's order, must be homebound, and cover	d by insurance
Skilled Care		istant, i nysicar i norapy, a	na occupational morapy support.	i i ou need u physician	is order, must be noncebund, and cover	
	Delta Montrose Home Health	(970) 874-2463	70 Stafford Ln.	Delta, CO 81416	www.deltahospital.org	Covers: All of Delta and Montrose Counties
Skilled Care		() ( ) ( ) ( ) ( )		2 0100, 0 0 01 110	<u></u>	
	Gunnison Valley Home Health	(970) 641-1456	711 N Taylor St.	Gunnison, CO	www.gunnisonvalleyhealth.org	Provides skilled home health and hospice
Skilled Care	5		5	81230		through Hope West Hospice.
Home Health Agencies	Pasco Home Health	(970) 240-1771	501 S. Townsend Ave.	Montrose, CO	www.pascosw.com	Covers: All of Delta and Montrose Counties
Skilled Care				81401		
Home Health Agencies	Phoenix Home Health	(970) 249-6767	100 Tessitore Ct.	Montrose, CO	www.phoenixhomehc.com	Covers: Montrose, Ridgway, Delta
Skilled Care				81401		
Home Health Agencies	VOA Home Health of	(970) 240-0139	300 N. Cascade # T9	Montrose, CO	www.homehealthco.org	Covers: All of Delta and Montrose Counties
-	Western Colorado			81401		

#### 2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website	Description
Hospice and Palliative	Hope West Hospice Montrose	(970) 240-7734	724 S. 4 th St.	Montrose, CO	www.hopewestco.org	Provides palliative care, hospice care, grief
Care				81401		support for kids, and grief, and bereavement
						support for adults, and provides end of life
						support.
-	Hope West Hospice Delta	(970) 874-6823	195 Stafford Ln.	Delta, CO 81416	www.hopewestco.org	Provides palliative care, hospice care, grief
Care						support for kids, and grief, and bereavement
						support for adults, and provides end of life
						support.
Hospice and Palliative	5	(970) 641-4254	711 N. Taylor St.	Gunnison, CO	www.gunnisonvalleyhealth.org	
Care	Medical Services and Hospice			81230		
	and Palliative Care	(070) 241 2212	2000 N. 124 St. #D	Caral Let CO		
Hospice and Palliative	HopeWest Inpatient	(970) 241-2212	3090 N. 12th St. #B	Grand Jct., CO 81506	www.hopewestco.org	
Care				81300		
Homeless Programs	Abraham Connection	(970) 773-8290	480 Silver St.	Delta, CO 81416	www.deltaabrahamconnection.org	Providing emergency, overnight winter
riometess riograms	Abraham Connection	(970) 773-8290	480 Shver St.	Dena, CO 81410	www.dentaabranamconnection.org	housing to homeless families, women and
						men, open from November 1 through April
						30.
Homeless Programs	All Saints Church	(970) 249-2451	2057 S. Townsend Ave.	Montrose, CO		Possible help with shelter assistance
riometess riograms		() 10) 219 2131	2037 S. Townsend Tive.	81401		
Homeless Programs	Black Canyon Hotel	(970) 249-3495	1605 E. Main St.	Montrose, CO		Possible help with shelter assistance. Weekly
		(, , , , , , , , , , , , , , , , , , ,		81401		rate
Homeless Programs	Blue Sky Inn	(970) 249-4595	1150 N. Townsend Ave.	Montrose, CO		Possible help with shelter assistance
				81401		1
Homeless Programs	Briarwood Motel	(970) 417-4924	1225 E Main St.	Montrose, CO		Weekly rate
				81401		
Homeless Programs	Cedar Creek Church	(970) 252-1163	924 Spring Creek Ste. B	Montrose, CO		Possible help with shelter assistance
				81401		
Homeless Programs	Christ Kitchen	(970) 252-6415	2305 S. Townsend Ave.	Montrose, CO		Lunch (by donation)
				81401		
Homeless Programs	First Presbyterian Church	(970) 249-4732	1840 Niagara Ave.	Montrose, CO		Shelter assistance, free food box. Contact
				81401		for the Association of Churches
Homeless Programs	Haven House in Olathe	(970) 323-5280	4806 N. River Rd.	Olathe, CO 81416		Shelter for young females, background
						check, drug test, application process. Haven
						House is a faith-based organization that
						assists families and individuals in adjusting
						from homelessness to a self-sustaining
Homeless Programs	Health and Human Services in					SNAP(food stamps), Medicaid
Homeless Programs	each county House of Promise	970-323-6013	7750 6025 Rd.	Olathe, CO 81416	www.180ministries.net	Teen Challenge is a faith-based drug and
riometess riograms		710-323-0013	//50 0025 Ku.	Ulaule, CU 81410		alcohol rehabilitation service, and the House
						of Promise can help young adults and teens
						who are struggling with addiction, substance
						abuse, and mental health issues.
Homeless Programs	MADA	(970) 249-4774	17 N. 6 th St.	Montrose, CO	www.shepherdshandmontrose.org	Open seven days a week 7:00 AM -1:00 PM
riomeress riograms	Mexican American		1/1N. O SL.	81401	www.shepherdshuhdmontrosc.org	
	Development Association					
			1		1	

#### 2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website
Homeless Programs	MPD Victims Advocate	(970) 252-5205			
Homeless Programs	Sharing Ministries	(970) 240-8385	49 N. 1st St.	Montrose, CO 81401	
Homeless Programs	Shepherd's Hand	(970) 249-4774	17 N. 6 th St.	Montrose, CO 81401	www.shepherdshandmontrose.org
Homeless Programs	The Lighthouse Ministry Montrose Jail Ministries	(970) 249-9213	P.O. Box 964	Montrose, CO 81402	www.montrose-lighthouse.org info@montrose-lighthouse.org
Homeless Programs	Tri-County Resource	(970) 249-8345	540 S. 1st St.	Montrose, CO 81401	
Homeless Programs	Western Motel	(970) 249-3481	1200 E. Main St.	Montrose, CO 81401	
Homeless Programs	Zion Lutheran Church	(970) 249-9828	701 S. Junction Ave.	Montrose, CO 81401	
Home Repair, Home Modifications, Weatherization	Habitat Critical Home Repair	(970) 252-9303	1601 N. Townsend Ave.	Montrose, CO 81401	www.buildinglives.org.
Home Repair, Home Modifications, Weatherization	Housing Resources	(970) 417-3436	460 N. Townsend Ave.	Montrose, CO 81401	www.housingresourceswc.org
Home Repair, Home Modifications, Weatherization	Delta Housing Authority The Rental Rehabilitation Loan Program (RRLP)	(970) 874-7266 (800) 545-1833 tdd	501 E. 14th St.	Delta, CO 81416	www.deltahousingauthority.org
Home Repair, Home Modifications, Weatherization	USDA Single Family Housing Direct Home Loans	(970) 874-5735	690 Industrial Blvd.	Delta, CO 81416	www.usda.gov_
Home Repair, Home Modifications, Weatherization	USDA Rural Repair and Rehabilitation	(970) 874-5735	690 Industrial Blvd.	Delta, CO 81416	www.usda.gov
Home Repair, Home Modifications, Weatherization	Radon Mitigation financial assistance. See USDA and Delta Housing Authority.				www.colorado.gov/pacific/cdphe
Housing	Colorado Housing and Finance Authority	(970) 241-2341	348 Main St.	Grand Junction, CO 81501	www.chfainfo.com

Description
One Salvation Army voucher for food or
shelter in lifetime, no criminal history, must
have ID.
Food boxes, need to fill out application.
Open seven days a week 7:00 AM -1:00 PM.
Individuals and families have access to:
breakfast and lunch, restroom, shower
facilities, laundry facilities.
Providing emergency, overnight winter
housing to homeless families, women and
men, open from November 1 through April
Counseling, advocacy, and shelter for adults
& children victims of domestic violence.
Possible help with shelter assistance
~
Possible help with shelter assistance
Critical Home Repair addresses health and
safety concerns in several areas of the home.
2017 monthly income
\$1980 s/\$2675 c
RRLP offers affordable loans to landlords
who rent to low-and- moderate income to
make necessary repairs to their rental
properties.
Section 502 Direct Loan Program to assists
low- and very-low-income.
Grant Qualifications: Homeowner must be at
least 62. Grant awards up to \$7,500. Home
Improvement Loan, \$20,000 with a
 repayment period of up to 20 years.
Radiation Program, provides financial
assistance to low
income individuals for radon mitigation
services. Funding assistance not to exceed
\$1,500.00 for installation of radon
mitigation system and post mitigation
CHFA has programs that could assist vets
with purchasing a home

Category	Agency	Phone	Address	City State Zip	Website	
Housing	Colorado Housing and	(303) 297-chfa (303) 297-	7595 Technology Way Ste. 300	Denver, CO 80237	www.chfainfo.com	(
	Finance Authority	2432				а
TT '			501 E 141 S			Ċ
Housing	Delta Housing Authority	(970) 874-7266	501 E. 14th St.	Delta, CO 81416	www.deltahousingauthority.org	h
Housing	Guide to Housing				www.dol.gov/odep/topics/disability	
Housing	Gunnison Housing Authority	Main	202 E. Georgia Ave. # A	Gunnison, CO	www.gvrha.org/	
		(970) 641-7900 Mtn.		81230		
		View				
		(970) 641-4389				
Housing	Habitat for Humanity of the	(970) 252-9303	1601 N. Townsend Ave.	Montrose, CO	www.buildinglives.org	
TT '	San Juans	(070) 252 0202		81401	1 111 11	-
Housing	Habitat for Humanity of the	(970) 252-9303	1601 N. Townsend Ave.	Montrose, CO 81401	www.buildinglives.org	
	San Juans Veteran Housing Assistance			81401		p f
	Assistance					r
Housing	Montrose Housing Authority	(970) 323-6179	239 Rebekah Dr.	Olathe, CO 81425	www.montrosehousingauthority.com	۲ v
Housing	Ouray County Housing	(970) 626-5308	201 N. Railroad St.	,	www.town.ridgway.co.us	
	Authority					
Housing	San Miguel Regional Housing	(970) 728-3034	820 Black Bear Rd.	Telluride, CO 81435	www.smrha.org	J
	Authority					i
						n
Housing	Valuetaans of America	(070) (11 5220	740 Cumping Aug (lageted	Crond Lat. CO	www.confeirm@creail.com	2
Housing	Volunteers of America Supportive Services for	(970) 644-5220	740 Gunnison Ave. (located within the Center for	Grand Jct., CO 81501	www.ssvfgjpm@gmail.com	
	Veteran Families (SSVF)		Independence Bldg.)	81301		L L
	Back Home Program		independence Didg.)			F
Housing	Crossroads Senior Living	(970) 874-1421	1380 Aspen Way	Delta, CO 81416	www.crossroadsalc.org	-
Independent Living						
Housing	Spring Creek Chalet	(970) 249-2438	2710 Sunnyside Rd.	Montrose, Co 81401	www.springcreekchalet.com	
Independent Living						
<b>T</b> 1 1 <b>T</b> 1						
Independent Living	Center for Independence (CFI)	(970) 822-7010	245 S. Cascade Ave. Ste. B	Montrose, CO	www.cfigj.org	
Centers/Centers for				81401		
Independence						a
Independent Living	Center for Independence (CFI)	(970) 241-0315	740 Gunnison Ave.	Grand Jct. CO	www.cfigj.org_	(
Centers/Centers for		(800) 613-2271		81501		I
Independence						a
						a
Independent Living	Colorado Statewide	(303) 902-5897			www.coloradosilc.org	
Centers/Centers for	Independent Living Council					
Independence	(SILC)					

Description
CHFA strengthens Colorado by investing in
affordable housing and community
development.
Housing Rehabilitation Program, website
has a list of affordable housing
8
Habitat for Humanity of the San Juana
Habitat for Humanity of the San Juans
provides the opportunity for low-income
families, and offers Critical Home repair
programs.
website has a list of affordable housing
The SMRHA Mission is to preserve and
increase the supply of housing for low,
moderate, and middle income households in
San Miguel County
Colorado Branch SSVF Back Home and
SOAR Programs, Veteran Transitional
Housing program (serving Mesa, Garfield,
Pitkin, Montrose and Delta Counties)
CFI provides assistance with Social Security
Disability applications, low vision groups,
and counseling for living independently with
a disability.
CFI provides assistance with Social Security
Disability applications, low vision groups,
and counseling for living independently with
a disability.
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# 2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website
Incontinence Supplies,	Active Style	(800) 651-6223			www.activstyle.com
Adult Incontinence					
Supplies covered by					
Medicaid and					
delivered to the home.					
Incontinence Supplies,	Grace Medical	(866) 514-7223			www.gracemedicalequipment.com
Adult Incontinence					
Supplies covered by					
Medicaid and					
delivered to the home.					
	Shield Healthcare	(800) 765-8775			www.shieldhealthcare.com/
Adult Incontinence	Silicia Healtheare	(000) 103-0113			www.sincidicatticate.com/
Supplies covered by					
Medicaid and					
delivered to the home.					
Insurance	Coordinator of Benefits	Colorado State			
Medicare/Medicaid		(800) 999-1118			
Advocacy		(000) >>> 1110			
	Colorado Division of	(800) 930-3745	1560 Broadway Blvd.	Denver, CO 80202	www.cdn.colorado.gov/
	Insurance	(000) 750 57 15	1000 Broadway Brva.		<u>www.edii.colorado.gov/</u>
Advocacy	insurance				
I lavoeacy					
Insurance	Connect for Health Colorado	(855) 752-6749			www.connectforhealthco.com/
Medicare/Medicaid					
Advocacy					
	Connect for Health Colorado	(970) 642-7301	225 N. Pine St.	Gunnison, CO	
Medicare/Medicaid		(970) 641-7984		81230	
Advocacy	•	(970) 708-7096			
~		(970) 708-7096	238 E. Colorado Ave. Ste. 8	Telluride, CO 81435	
	San Miguel and Montrose			,	
	County West End				
	The Department of Regulatory	(800) 866-7675			www.dora.state.co.us
	Agencies (DORA)				
Advocacy	8				
U	Colorado Advance Directives				www.coloradoadvancedirectives.com
	Consortium (CADC)				
			501 D 1		
Legal Services I	Delta Free Legal Service	(970) 765-5292	501 Palmer St. Ste. 338	Delta, CO	
		1st come 1st served Court		81416	
		House			
		(970) 399-2000			

Decomintion
Description
ActivStyle has home delivery of high-quality
medical supplies. Bills Medicaid and
Medicare
Grace Medical Equipment provides the
latest technology in skin care treatments and
medical supplies. Bills Medicaid and
Medicare
Wedleare
Drand products for incontinence, esterny
Brand products for incontinence, ostomy,
urological, enteral nutrition, and more. Bills
Medicaid and Medicare
The Colorado Division of Insurance (DOI)
regulates the insurance industry and assists
consumers and other stakeholders with
insurance issues.
Assistance sites through Connect for Health
Colorado.
Colorado.
West End office hours by appointment only
More information about Colorado's advance
directive documents and booklet "Your
-
-
mat takes place every wednesday from
10:00 a.m. to 1:00 p.m. in the basement of the Delta County Courthouse.
More information about Colorado's advance directive documents and booklet "Your Right to Make Health Care Decisions" available on their website. Low income eligible consultation service that takes place every Wednesday from

#### 2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website
Legal Services	Inclusive Care for the Elderly)	(800) 288-1376 (303)722-0300	455 Sherman St. Ste. 130	Denver, CO 80203	www.disabilitylawco.org
Legal Services	Disability Law Colorado, State PACE Ombudsman (Program of All-Inclusive Care for the Elderly)	(800) 531-2105 (970) 241-6371	322 N. 8th St.	Grand Jct. CO 81501	
Legal Services	Gunnison Legal Aid	(800) 521-6968	109 E. Georgia St.	Gunnison, CO 81230	
Legal Services	Uncompahgre Volunteer Legal Aid	(970) 249-7202	156 Colorado Ave.	Montrose, CO 81401	
Legal Services	Self-Rep. Litigant Coordinator	(970) 252-4312	1200 Grand Ave.	Montrose, CO 81401	www.7thjudicialdistrictco.org/
Legal Services	Long Term Care Ombudsman (Delta, Gunnison & Montrose)		145 S. Cascade Ave.	Montrose, CO 81401	www.region10.net
Medical Facility Clinics	Basin Clinic	(970) 865-2666	421 Adams St.	Naturita, CO 81422	www.basinclinic.org
Medical Facility Clinics	Gunnison Valley Health Mountain Clinic	(970) 349-0321	12 Snowmass Rd.	Mt. Crested Butte, CO 81225	www.gunnisonvalleyhealth.org
Medical Facility Clinics	Moseley Health Care Complex Lake City	(970) 944-2331	700 N. Henson St.	Lake City, CO 81235	www.lcamc.org
Medical Facility Clinics	Mountain Medical Center	(970) 626-5123	295 Sherman St.	Ridgway, CO 81432	www.ridgwaymountainmedical.com
Medical Facility Clinics	River Valley Family Health Center	(970) 323-6141	308 Main St.	Olathe, CO 81425	www.rivervalleyfhc.com
Medical Facility Clinics	River Valley Family Health Center	(970) 497-3333	100 Tessitore Ct Ste. B	Montrose, CO 81401	www.rivervalleyfhc.com
Medical Facility Clinics	Telluride Regional Medical Center	(970) 728-3848	500 W. Pacific Ave.	Telluride, CO 81435	www.tellmed.org
Medical Facility Clinics	Uncompangre Medical Center	(970) 327-4233	1350 Aspen St.	Norwood, CO 81423	www.umclinic.org
Medical Facility Dialysis	DaVita Dialysis	(970) 240-7925	3421 S. Rio Grande Ave.	Montrose, CO 81401	www.davita.com
Medical Facility Dialysis	DCI Dialysis Clinic	(970) 240-3302	846 S. 5 th St.	Montrose, CO 81401	www.dciinc.org/montrose
Medical Facility Dialysis	Gunnison Valley Hospital	(970) 641-1456	711 N. Taylor St.	Gunnison, CO 81230	www.gunnisonvalleyhealth.org
Medical Facility Hospitals	Delta County Memorial Hospital	(970) 874-7681	1501 E. 3rd St.	Delta, CO 81416	www.deltahospital.org
Medical Facility Hospitals	Gunnison Valley Hospital	(970) 641-1456	711 N. Taylor St.	Gunnison, CO 81230	www.gunnisonvalleyhealth.org
Medical Facility Hospitals	Montrose Memorial Hospital	(970) 249-2211	800 S. 3 rd St.	Montrose, CO 81401	www.montrosehospital.com

Description
Disability Law Colorado provides free or
low-cost legal services to people with
disabilities whose civil rights have been
violated.
violateu.
Office hours by appointment only. Call for
free clinic dates and locations.
7th Judicial District
A long-term care Ombudsman is a trained
advocate who protects and promotes the
rights of those in nursing homes and assisted
living communities.
Houses the Lake City Medical, Dental Clinic
and Wellness Center
RVFHC is a PE (presumptive eligibility)
DOT physicals available
RVFHC is a PE (presumptive eligibility)
(vi i i e i e i e chesumptive englointy)

# 2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website
Medical	Montrose Memorial Hospital	(970) 240-7374			www.montrosehospital.com
Physician Referral					
Medical	Delta County Memorial	(970) 874-7681			www.deltahospital.org
Physician Referral	Hospital				
Medical	Gunnison Valley Hospital	(970) 641-1456			www.gunnisonvalleyhealth.org
Physician Referral					
Medical	Rocky Mountain Health Plans				
Physician Referral		sally.henry@rmhp.org or			
		(970) 712-1609			
Medical Facility	Colorow Care Center	tammy.luksch@rmhp.org	885 S. Hwy 50/Business Loop	Olathe, CO	www.wiweee.com/celerow
Post-acute	Colorow Care Center	(970) 323-5504	885 S. Hwy 50/Busiliess Loop	81425	www.vivage.com/colorow_
Rehabilitation				01423	
Medical Facility	Horizons Care Center	(970) 835-2600	11411 Hwy 65	Eckert, CO	www.horizonsretirement.org
Post-acute	Tionzons care center	(770) 055 2000	11411 Hwy 05	81418	www.horizonsretitement.org
Rehabilitation				01110	
Medical Facility	Montrose Memorial Hospital	(970) 252-2995	800 S. 3rd St.	Montrose, CO	www.montrosehospital.com
Post-acute	Acute Rehab Unit (ARU)	(,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		81401	
Rehabilitation					
Medical Facility	Paonia Care and Rehab	(970) 527-4837	1625 Meadowbrook Blvd.	Paonia, CO	
Post-acute				81428	
Rehabilitation					
Medical Facility	San Juan Living Center	(970) 249-9683	1043 Ridge St.	Montrose, CO	www.sanjuanlivingcenter.com
Post-acute				81401	
Rehabilitation					
Medical Facility	Valley Manor Care Center	(970) 249-9634	1401 S. Cascade Ave.	Montrose, CO	www.valleymanorcare.org
Post-acute				81401	
Rehabilitation					
Medical Facility	· · · ·	(970) 874-5747	185 Stafford Ln.	Delta, CO	www.deltapt.net
Rehabilitation Services	Sport Renabilitation			81416	
Medical Facility	Valley Therapy Services	(970) 874-6111	257 Cottonwood St.	Delta, CO	www.valleytherapyservicesdelta.com
Rehabilitation Services		(970) 874-0111	237 Cottonwood St.	81416	www.vaneymerapyservicesdena.com
Renabilitation Services				01410	
Medical Facility	In Motion Therapy	(970) 249-1646	611 E. Star Ct Ste. B	Montrose, CO	www.inmotiontherapymontrose.com
Rehabilitation Services		(,,,,) = .,, 10.10		81401	<u> </u>
Medical Facility	MMH Montrose Hospital	(970) 240-7369	801 S. 4 th St.	Montrose, CO	www.montrosehospital.com
•	Therapy Programs, Mountain			81401	
	View Therapy MAIN CLINIC				
Medical Facility	MMH Center for Wellness	(970) 252-2646	815 S. 4 th St.	Montrose, CO	www.montrosehospital.com
Rehabilitation Services				81401	
Medical Facility	MMH Pediatric Clinic	(970) 252-2819	645 S. 5 th St.	Montrose, CO	www.montrosehospital.com
Rehabilitation Services				81401	

Description
Medicaid Community Outreach Coordinators can help you connect with Medicaid providers.

Category	Agency	Phone	Address	City State Zip	Website	Description
Medical Facility	MMH Montrose Hawk Park	(970) 240-5958	1404 Hawk Parkway # 101	Montrose, CO	www.montrosehospital.com	
Rehabilitation Services	Clinic			81401		
Medical Facility	MMH Montrose Community	(970) 249-7705	16350 Woodgate Rd.	Montrose, CO	www.montrosehospital.com	
Rehabilitation Services	Recreational Center			81401		
Medical Facility Rehabilitation Services	MMH Ridgway Clinic	(970) 626-4050	185 Sherman St. # 103	Ridgway, CO	www.montrosehospital.com	
Medical Facility Rehabilitation Services	Physical Therapy Resources	(970) 327-4567	1175 W. Grand Ave.	Norwood, CO 81423		
Medical Facility Rehabilitation Services	Peak Performance Therapy	(970) 728-1888	300 S. Mahoney Dr. C-1	Telluride, CO 81435	www.physicaltherapytelluride.com	
Medical Facility Cancer Centers	Grand Mesa Oncology Center	(970)-399-2895	1501 3 rd St.	Delta, CO 81416	www.deltahospital.org	
Medical Facility Cancer Centers	Gunnison Valley Hospital	(970) 641-1456	711 N. Taylor St.	Gunnison, CO 81230	www.gunnisonvalleyhealth.org	
Medical Facility Cancer Centers	San Juan Cancer Center	(970) 240-7242	600 S. 5th St.	Montrose, CO 81401	www.montrosehospital.com	
Medical Facility Hospice Care Center	HopeWest	(970) 241-2212	3090 N. 12th St. #B	Grand Jct. CO 81506	www.hopewestco.org	
Physician Referral	Montrose Memorial Hospital	(970) 240-7374			www.montrosehospital.com	
Physician Referral	Delta County Memorial Hospital	(970) 874-7681			www.deltahospital.org	
Physician Referral	Gunnison Valley Hospital	(970) 641-1456			www.gunnisonvalleyhealth.org	
Medicaid	Colorado Long-Term Care Partnership	(303) 894-7547			www.colorado.gov/pacific/ltcpartnership	Public/private arrangement between long- term care insurers, Colorado's Medicaid program, Division of Insurance and Department of Human Services.
Medicaid	Colorado Retirement Services	(888) 707-1040 (970) 252-1040				Assists with Long Term Care policy issues, retirement planning.
Medicaid	Ombudsman for Health First Colorado (Medicaid) Managed Care	(800) 221-3943 (877) 435-7123,	4500 Cherry Creek Dr. South #210	Glendale, CO 80246	www.healthcolorado.org	The Ombudsman for Medicaid Managed Care can help you with a grievance, appeal or other issue related to your mental health
Medicaid	Rocky Mountain Medicaid	(888) 367-6557	2775 Crossroads Blvd.	Grand Jct., CO 81506	www.rmhpcommunity.org	Change your Medicaid enrollment, benefits questions.
Medicaid	Health First Colorado	(303) 866-2993			www.healthfirstcolorado.com	
Medicaid	Department of Health Care Policy and Financing	(800) 221-3943			www.medicaid.gov www.cohealthinfo.com	
Medicaid	Center for Medicare and Medicaid Services (CMS)	(800) 633-4227	7500 Security Blvd.	Baltimore, MD 21244	www.medicare.gov	
Medicaid Waiver	Department of Health and				www.cdhs.state.co.us	
Programs	Human Services Colorado					

#### 2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website	Description
Medicaid Waiver	Colorado Long-Term Care	(303) 894-7547			www.colorado.gov/pacific/ltcpartnership	The Colorado Long-Term Care Partnership
Programs	Partnership					is a public/private arrangement between long-
						term care insurers, Colorado's Medicaid
						program.
Health First Colorado	Apply at your Local Health					Qualifications: Financial need (low income,
(Long-Term Care	and Human Services in your					and have limited assets) Functional/Physical
Medicaid) Waiver	county					need (assistance with activities of daily
Programs						needs)
Health First Colorado	Apply at your Local Health				www.Colorado.gov/hcpf	You may be required to submit additional
(Long-Term Care	and Human Services in your				www.colorado.gov/pacific/hcpf	income and asset documents. Under age 65
Medicaid) Waiver	county					need to fill out the disability application
<b>Programs applicants</b>						also.
under the age 65						
Health First Colorado	Apply at your Local Health				www.colorado.gov/pacific/hcpf	Income limit \$2,250 per month. Only
(Long Term Medicaid)	and Human Services in your					individual applicant's income is considered.
Waiver Programs.	county					\$3000 if both spouses are applying for
Income Eligibility						benefits.
Health First Colorado	Apply at your Local Health				www.colorado.gov/pacific/hcpf	Countable Household Resources \$2,000
(Long-Term Care	and Human Services in your					single, \$3,000 if both spouses are applying.
Medicaid) Waiver	county					If only one spouse is applying the
Programs.						community spouse resource allowance is
Countable						\$123,600.
<b>Household Resources</b>						
Health First Colorado	Apply at your Local Health				www.colorado.gov/pacific/hcpf	Individuals whose income exceeds \$2,250 a
(Long-Term Care	and Human Services in your					month, an income trust can be put into place.
Medicaid) Waiver	county					
Programs.						
Income Trust						
Health First Colorado	Apply at your Local Health				www.colorado.gov/pacific/hcpf	The state could put a lien on the property,
(Medicaid) Waiver	and Human Services in your					after both spouses pass away to recover
Programs.	county					costs. There are exemptions to the Estate
Estate Recovery						Recovery Law.
Health First Colorado	Apply at your Local Health				www.colorado.gov/pacific/hcpf	If consumer becomes a permanent resident
(Long-Term Care	and Human Services in your					in a Medicaid facility, their income will go
Medicaid) Waiver	county					towards the cost of their care. They will
Programs.						receive a living allowance. If there is a
Income to Facility						spouse living in the family home, they will
						also receive an allowance based on need.
Health First Colorado	Apply at your Local Health				www.colorado.gov/pacific/hcpf	One page application for consumers already
	and Human Services in your					Medicaid.
	county					
for Long Term Care						
Medicaid Short						

# 2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website
Health First Colorado	Apply at your Local Health				www.colorado.gov/pacific/hcpf
(Long-Term Care	and Human Services in your				
	county				
Programs.					
EBD Elderly, Blind					
and Disabled					
Waivers, Long Term					
Care Medicaid					
(HCBS)					
Health First Colorado	Apply at your Local Health				www.colorado.gov/pacific/hcpf
(Long-Term Care	and Human Services in your				
-	county				
Programs.					
Brain Injury Waiver					
( <b>BI</b> )					
Health First Colorado	Apply at your Local Health				www.colorado.gov/pacific/hcpf
(Long-Term Care	and Human Services in your				
	county				
Programs.					
<b>Community Mental</b>					
Health Supports					
Waivers (CMHS)					
Health First Colorado	Apply at your Local Health				www.colorado.gov/pacific/hcpf
(Long-Term Care	and Human Services in your				
	county				
Programs.					
<b>Consumer Directed</b>					
Attendant Support					
Services (CDASS)					
Health First Colorado	Apply at your Local Health				www.colorado.gov/pacific/hcpf
(Long-Term Care	and Human Services in your				
Medicaid) Waiver	county				
Programs.					
<b>In-Home Support</b>					
Services (IHSS)					
Health First Colorado	Senior CommUnity Care	(970) 527-5350	11485 Highway 65	Eckert, CO 81418	www.colorado.gov/pacific/hcpf
(Medicare/Long-Term	PACE				
Care Medicaid)	Eckert				
Waiver Programs.					
Program of All					
<b>Inclusive Care</b>					
for the Elderly					
(PACE)					

Description
Home and Community-Based Services Waiver for persons who are elderly, blind, or disabled. (EBD) provides assistance to people ages 65+, have functional impairments or are blind, and to people ages 18-64 who are physically disabled or have a qualifying diagnosis.
This program helps people with a brain injury that needs extra support to live in their communities. Client must be 16 years or older, must have a brain injury, and the injury have to occur before the age of 65.
CMHS provides assistance to people with a mental illness that requires long-term supports and services in order to remain in a community setting. CMHS works with the support that families and communities provide.
CDASS program allows consumer to direct and manage the attendants who care, rather than working through an agency. Through CDASS, you are empowered to hire an authorized representative.
IHSS is a service-delivery option that allows consumers to direct their care and have control over their attendant services, while having additional medical support.
Senior CommUnity Care PACE provides wrap around services (including medical, dental, hearing, vision, transportation, medications, home care services, social/recreation programs, therapy and end of life programs) for adults ages 55 and older so they can remain in their homes.

#### 2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website
Health First Colorado (Medicare/Long-Term Care Medicaid) Waiver Programs. <b>Program of All</b> <b>Inclusive Care</b> <b>for the Elderly</b> ( <b>PACE</b> )	Senior CommUnity Care PACE Montrose	(970) 964-3500	2377 Robins Way	Montrose, CO 81401	www.seniorcommunitycare.org
Medical Alert Life Alert					
Medical Alert Life Alert	Touch of Care Medical Alert System	(970) 874-6115	108 W. 2nd St.	Delta, CO 81416	www.touchofcarepcp.com
Medical Alert Life Alert	Get Help Now American Senior Safety Agency	(888) 473-2800			www.seniorsafety.com
Medical Alert Life Alert	Alert 1	(866) 681-6461			www.alert-1.com
Medical Alert Life Alert	greatcall	(800) 918-8543			www.greatcall.com
Medicare	SHIP Medicare Counseling State Health Insurance Program Region 10	(970) 249-2436	145 S. Cascade Ave.	Montrose, CO 81401	www.region10.net
Medicare	SHIP Medicare Counseling Gunnison County Health & Human Services	(970) 641-7922	225 N. Pine St	Gunnison, CO 81230	
Medicare	Center for Medicare and Medicaid Services (CMS)	(800) 633-4227	7500 Security Blvd.	Baltimore, MD 21244	www.medicare.gov
Medicare	Social Security	Montrose office (866) 758-1317 National number (800) 772-1215	1807 Pavilion Dr.	Montrose, CO 81401	www.ssa.gov
Medicare	Medicare Savings Program: Qualified Medicare Beneficiary (QMB) Program		Apply at your local Dept. of Health and Human Services		www.medicare.gov

Decomintion
<b>Description</b>
Senior CommUnity Care PACE provides wrap around services (including medical, dental, hearing, vision, transportation, medications, home care services, social/recreation programs, therapy and end of life programs) for adults ages 55 and older so they can remain in their homes.
-
Life Alert/Medical Alert Systems: Tips: Do not get locked into any kind of contract. There should be no activation or sign up fees
for regular life alerts. GPS locators may have an activation fee.
Covers: Montrose, Ridgway, Ouray, Delta, Cedaredge, Paonia, Crawford, Hotchkiss, Gunnison, and the West End of Montrose County.
Fall selection alerts, GPS, and regular alerts
SHIP is a free health benefits counseling service for Medicare beneficiaries and their families or caregivers. SHIP Counseling is FREE of charge.
SHIP is a free health benefits counseling service for Medicare beneficiaries and their families or caregivers. SHIP Counseling is FREE of charge.
Medicare Savings Program: Qualified Medicare Beneficiary (QMB) Program: Pay for: Part A, Part B premiums, deductibles, coinsurance, and copayments Countable Household Resources: \$7,560s/\$11,340c Income: 2018, \$1,032 s/\$1,392 c

# 2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website
Medicare	Medicare Savings Program: Medicare Specified Low- Income Medicare Beneficiary (SLMB) Program:		Apply at your local Dept. of Health and Human Services		www.medicare.gov
Medicare	Medicare Savings Program: Medicare Qualifying Individual (QI) Program		Apply at your local Dept. of Health and Human Services		www.medicare.gov
Medicare	Medicare Qualified Disabled and Working Individuals (QDWI) Program		Apply at your local Dept. of Health and Human Services		www.medicare.gov
Medicare	KEPRO	(844) 430-9504			www.keproqio.com
Medical Supply Lending Closets	MADA Mexican American	(970) 249-4774	17 N. 6 th St.	Montrose, CO 81401	www.shepherdshandmontrose.org
Lending Closets	Development Association				
Medical Supply Lending Closets	Delta Elks Club	(970) 874-3624	563 Main St.	Delta, CO 81416	
Medical Supply Lending Closets	Montrose Elks Lodge 1053	(970) 249-4852	801 Hillcrest Dr.	Montrose, CO 81401	
Medical Supply Lending Closets	Women's Club of Ouray County Medical Loan Closet	Gail Jossi (970) 318-1424 Lois Fisher (970) 325-4679			
Medical Supply Lending Closets	Hope West Hospice	Delta (970) 874-6823	195 Stafford Ln.	Delta, CO 81416	www.hopewestco.org
Medical Supply Companies	AeroCare Delta	(970) 874-1268	713 Main St.	Delta, CO 81416	www.aerocareusa.com

	Description
	Medicare Savings Program: Specific Low-Income Medicare Beneficiary (SLMB) Program: Pay for Part B premium only Countable Household Resources: \$7,560s/\$11,340c Income: 2018, \$1,234 s/\$1,666 c Medicare Savings Program:
	Qualifying Individual (QI) Program You must apply every year for QI benefits. QI applications are granted on a first-come, first-served basis, with priority given to people who got QI benefits the previous year. (You can't get QI benefits if you qualify for Medicaid). Medicare Savings Program: Qualified Disabled and Working Individuals (QDWI) Program: Pays the Part A premium. Countable Household Resources: \$4,000s/\$6,000c Income: 2018, \$4,132 s/\$5,572 c
	KEPRO is the Beneficiary and Family Centered Care Quality Improvement Organization, working under contract to the Centers for Medicare & Medicaid Services (CMS) to improve the quality of care for Medicare beneficiaries. Medicare beneficiaries in Colorado who are concerned about the medical care they received from a doctor or hospital can contact KEPRO.
	Center open seven days per week 7:00 am - 1:00 pm.
	Contact Mel – have medical equipment in storage locker
	The Montrose Elks Club has a lending closet for donated medical equipment.
	Sponsored by the Woman's Club of Ouray County (W.C.O.C.), the medical loan closet provides gently used, sanitary medical equipment for Ouray County residents. Lending location in Delta
_	

Category	Agency	Phone	Address	City State Zip	Website
Medical Supply	AeroCare Gunnison	(970) 641-1828	500 US-50	Gunnison, CO	www.aerocareusa.com
Companies				81230	
Medical Supply	AeroCare Montrose	(970) 252-0212	843 S. 3rd St.	Montrose, CO	www.aerocareusa.com
Companies				81401	
Medical Supply	AeroCare Nucla	(970) 864-7902	340 Main St.	Nucla, CO 81424	www.aerocareusa.com
Companies					
Medical Supply	Grand Mesa Medical	(970) 241-0833	1708 North Ave.	Grand Jct., CO	www.grandmesamedical.com
Companies		(070) 050 1056	000 0 41 0	81501	
Medical Supply	Hanger Clinic Prosthetics &	(970) 252-1956	902 S. 4th St.	Montrose, CO	
Companies Medical Supply	Orthotics Hartman Brother's Montrose	(970) 240-9556	531 Main St.	81401 Montrose,	www.hartmanmedical.net
Companies	Hartman Brother's Montrose	(970) 240-9550	551 Main St.	CO 81401	www.nartmanmedicai.net
Medical Supply	Hartman Brother's Delta	(970) 874-2828	1450 E. 3rd St.	Delta, CO 81416	
Companies	Hartman Brother's Delta	(970) 874-2828	1450 E. 510 St.	Dena, CO 81410	
Medical Supply	Maxi Aids	(800) 522-6294			www.maxiaids.com
Companies		TTY			
companies		(800) 281-3555			
Medical Supply	Numotion	(970) 242-3011	2517 Weslo Ave.	Grand Jct., CO	www.numotion.com
Companies				81505	
Medical Supply	A.V. Hunter Trust				
Financial Assistance					
Medical Supply	Friends of Man				
Financial Assistance					
Medical Supply	Heather Abbott Foundation		181 Bellevue Ave. #407	Newport, RI	www.heatherabbottfoundation.org
Financial Assistance	Limb loss - prosthetics			02840	
Mental Health	The Center for Mental Health	970-252-6220			
Behavioral Health	Crisis Line	Crisis Text Line ages 13-			
		24 - 741741			
Mental Health	Bright Futures	(970) 728-5613	657 W. Colorado Ave.	Telluride, CO	
Behavioral Health	C			81435	
Mental Health	Moseley Health Care Complex	(970) 275-9344	P.O. Box 1207	Lake City, CO	www.claritycounseling.com
Behavioral Health	Lake City	Call for an appt.		81235	
Mental Health	San Miguel Public Health	(970) 728-4289	333 W. Colorado Ave.	Telluride, CO 81435	
Behavioral Health			P.O. Box 949		
Mental Health	The Transition Specialist	(970) 889-0109	290 Chambers Rd.	Aurora, CO	
Behavioral Health	Program			80011	
	<u> </u>				

Description
hearing and durable medical equipment.
(Applicants must apply through a local
Financial assistance for dental, vision,
hearing and durable medical equipment.
(Must apply through a local agency
applications available at any County office
Foundation provides assistance to
individuals who have suffered limb loss
under traumatic circumstances and who
would benefit from the donation of a
Mental Health Counselor associated with
Gunnison Mental Health Video-Conference
for a remote session to Psychiatry and
Gunnison Mental Health is available
Partnership between Behavioral Healthcare,
Inc. and the Colorado Office of Behavioral
Health Program helping patients leave
Colorado's Mental Health Institutes.
Colorado 5 mental ricatal institutes.

Category	Agency	Phone	Address	City State Zip	Website
Mental Health	Voyager	(970) 626-4279	112 Village Square	Ridgway, CO 81432	
Behavioral Health					
Mental Health	The Center for Mental Health	(970) 252-6220			www.centermh.org
Behavioral Health	Mental Health Emergency				
	Services				
Mental Health	The Center for Mental Health	(970) 252-3200	2130 E. Main St.	Montrose, CO	www.centermh.org
Behavioral Health	Montrose Admin			81401	
Mental Health	Delta Clinic	(970) 874-8981	107 W. 11th St.	Delta, CO	www.centermh.org
Behavioral Health				81416	
Mental Health	Center for Mental Health	(970) 641-0229	710 N. Taylor St.	Gunnison, CO	www.centermh.org
Behavioral Health	Gunnison Clinic			81230	
Mental Health	Center for Mental Health	(970) 327-4449	1175 Grand Ave.	Norwood, CO	www.centermh.org
Behavioral Health	Norwood Clinic			81423	
Mental Health	Center for Mental Health	(970) 728-6303	100 W. Colorado Blvd. Ste. 203	Telluride, CO 81435	www.centermh.org
Behavioral Health	Telluride Clinic		& 204		
Mental Health	Western State Colorado	(970) 642-4615	600 S. Adams St.	Gunnison, CO	
Behavioral Health	University		Tomichi Hall #104	81231	
Mental Health	The Basin Clinic	(970) 327-4449	421 Adams St.	Naturita, CO 81422	www.centermh.org
Behavioral Health					
Mental Health	Voyager	(970) 626-4279	112 Village Square	Ridgway, CO 81432	
Behavioral Health					
Mental Health	Mindfulness Based	(970) 318 0529			www.nicholemoorman.offeringtree.com
Behavioral Health	Interventions				
	Nichole Moorman LCSW				
	Qualified MBSR Teacher				
Mental Health	Colorado Crisis Services	(800) 493-TALK			www.montrosesuicideprevention.org
Suicide Hotline		(800) 496-8255			
Mental Health	National Suicide Prevention	(800 273-TALK			
Suicide Hotline	Lifeline	(800) 273-8255			www.suicidepreventionlifeline.org
Minority Resources	Colorado Civil Rights	(800) 262-4845			www.dora.colorado.gov/crd
	Division	(303) 894-2997	<b>D</b> O D <b>15500</b>		
Minority Resources	National Association for the	(844) UR-NAACP	P.O. Box 15583	Co Springs, CO	www.naacp.org_
	Advancement of Colored	(844) 876-2227		80935	
	People (NAACP)		600.17.1.0	D CO 00000	1 1 1 1 1
Minority Resources	Colorado Division of Labor	(888) 390-7936	633 17th St.	Denver, CO 80202	www.coloradolaborlaw.gov
Minority Resources	Office of Fair Housing &	(800) 877-7353	1670 Broadway St.	Denver, CO 80202	
	Equal Opportunity				
Minority Resources	•	(970) 708-7096	238 E. Colorado Ave. # 8	Telluride, CO 81435	www.tchnetwork.org
	Counties & West End of				
	Montrose County:				
	Tri-County Health Network				
Name o II		(070) 222 5504	005 C II 50 D	Olatha $CO_{01405}$	
Nursing Home	Colorow Care Center	(970) 323-5504	885 S. Hwy 50 Business Loop	Olathe, CO 81425	www.vivage.com/colorow
Skilled Nursing		l			1

	Description
	Eliminates racial discrimination and segregation from all aspects of public life in America.
_	Serving: Ouray, San Miguel County and the West End of Montrose Counties

Category	Agency	Phone	Address	City State Zip	Website
Nursing Home	Gunnison Valley Health	(970) 641-0704	1500 W. Tomichi	Gunnison, CO	www.gvh-colorado.org
Skilled Nursing	Senior Care Center			81230	
Nursing Home Skilled Nursing	Horizons Care Center	(970) 835-2600	11411 Hwy 65	Eckert, CO 81418	www.horizonsretirement.org
Nursing Home Skilled Nursing	Paonia Care and Rehab	(970) 527-4837	1625 Meadowbrook Blvd.	Paonia, CO 81428	www.paoniacareandrehab.com
Nursing Home Skilled Nursing	San Juan Living Center	(970) 249-9683	1043 Ridge St.	Montrose, CO 81401	www.sanjuanlivingcenter.com
Nursing Home Skilled Nursing	Valley Manor Care Center	(970) 249-9634	1401 S. Cascade Ave.	Montrose, CO 81401	www.valleymanorcare.org
Nursing Home Skilled Nursing	Willow Tree Care Center	(970) 874-9773	2050 S. Main St.	Delta, CO 81416	www.fivestarseniorliving.com
Nursing Home Skilled Nursing Facility Secure Memory Care Units	Horizons Health Care	(970) 835-2600	11411 Hwy 65	Eckert, CO 81418	www.horizonsretirement.org
Nursing Home Skilled Nursing Facility Secure Memory Care Units	Paonia Care and Rehab	(970) 527-4837	1625 Meadowbrook Blvd.	Paonia, CO 81428	www.paoniacareandrehab.com
Nursing Home Skilled Nursing Facility Secure Memory Care Units	Valley Manor Care Center	(970) 249-9634	1401 S. Cascade Ave.	Montrose, CO 81401	www.valleymanorcare.org
Nursing Home Skilled Nursing Facility	Long Term Care Ombudsman (Delta, Gunnison & Montrose)	(970) 765-3131	145 S. Cascade Ave.	Montrose, CO 81401	www.region10.net
Nutrition Congregate	Delta Community Center	(970) 874-7837	247 Meeker St.	Delta, CO 81416	www.SeniorCommUnityMeals.org
Meal Sites Delta County		Senior Community Meals (970) 874-7661			
Nutrition Congregate Meal Sites Delta County	Cedaredge Community Center	(970) 856-3636 Senior Community Meals (970) 874-7661	140 NW 2nd St.	Cedaredge, CO 81413	www.SeniorCommUnityMeals.org
Nutrition Congregate Meal Sites Delta County	Cedaredge Holiday Meals	(970) 856-9692			
Nutrition Congregate Meal Sites Delta County	Hotchkiss Senior Citizen Center	(970) 872-3494 Senior Community Meals (970) 874-7661	276 W. Main St.	Hotchkiss, CO 81419	www.SeniorCommUnityMeals.org
Nutrition Congregate Meal Sites Delta County	Paonia Senior Citizen Center	(970) 527-3435 Senior Community Meals (970) 874-7661	108 3rd St.	Paonia, CO 81428	www.SeniorCommUnityMeals.org
Nutrition Congregate Meal Sites Delta County	Paonia Holiday Meal Delivery	(970) 527-4162			

Description
A long-term care Ombudsman is a trained
advocate who protects and promotes the rights of those in nursing homes and assisted
living communities.
Meals provided by donation.
Meals provided by donation.
Meals provided by donation.
Marta analidad har da nation
Meals provided by donation.

Category	Agency	Phone	Address	City State Zip	Website
Nutrition Congregate	Young at Heart Luncheon	(970) 641-2107	200 E. Spencer Ave.	Gunnison, CO	www.gunnisoncounty.org
Meal Sites			-	81230	
Gunnison County					
Nutrition Congregate	Silver Thread Senior	(970) 944-0321	401 Bluff St.	Lake City, CO	www.hinsdaleseniors.com
Meal Sites	Community Luncheons	Call Public Health	Baptist Fellowship Hall	81235	
Lake City					
Nutrition Congregate	Christ Kitchen	(970) 252-6415	2305 S. Townsend Ave.	Montrose, CO	www.christs-kitchen.org
Meal Sites				81401	
Montrose					
Nutrition Congregate	Olathe Community Center	(970) 323-5391	105 Main St.	Olathe, CO 81425	www.SeniorCommUnityMeals.org
Meal Sites	5	Senior Community Meals		,	
Montrose		(970) 874-7661			
Nutrition Congregate	Montrose Pavilion Senior	(970) 964-3419	1800 Pavilion Dr.	Montrose, CO	www.montrosepavilion.org
Meal Sites	Center		Reservation is preferred at least	81401	
Montrose			48 hours in advance	01101	
Nutrition Congregate	Shepherd's Hand	(970) 249-4774	17 N. 6 th St.	Montrose, CO	www.shepherdshandmontrose.org
Meal Sites		() / 0) 2 ! ) ! / / !	17 N. O St.	81401	
Montrose				01101	
Nutrition Congregate	Neighbor to Neighbor Ouray	(970) 325-4586	320 6th Ave.	Ouray, CO 81427	www.ourayneighbor.com/
Meal Sites	Community Center	()70) 323 4300	520 oth 1100.	Ouray, CO 01+27	www.ourdyneighbor.com/
Ouray	community center				
Nutrition Congregate	Norwood Community Center	(970) 327-4594	1670 Naturita St.	Norwood, CO	www.SeniorCommUnityMeals.org
Meal Sites	The wood Community Center	Senior Community Meals	1070 Maturna St.	81423	www.seniorconnitenityweals.org
San Miguel		(970) 874-7661		01423	
Nutrition Congregate	Nucla West End Senior Center		386 Main St.	Nucla, CO 81424	www.SeniorCommUnityMeals.org
Meal Sites	Indena west End Semon Center	Senior Community Meals	500 Main St.	140cla, CO 01424	www.semoreonmentywears.org
West End Montrose		(970) 874-7661			
County		()/0) 8/4-/001			
Nutrition Congregate	Telluride Senior Meals	Pal Gleason	Christ Presbyterian Church	Telluride, CO 81435	
Meal Sites	Tenunde Semon Wears	(970) 728-4121	434 W. Columbia Ave.	1 chunde, CO 81433	
San Miguel County		()70)720-4121	+34 W. Columbia Ave.		
Nutrition Mail Order	Mom's Meals NourishCare	(866) 971-6667	3210 SE Corporate Woods Dr.	Ankeny, Iowa	www.momsmeals.com
Home Delivered Meals		(000) 771-0007	S210 SE Corporate Woods DI.	AllKelly, IOwa	www.momsmears.com
Nutrition Mail Order	Home Style Direct	(866) 735-0921	2032 Highland Ave. E.	Twin Falls, ID	www.homestyledirect.com/
Home Delivered Meals	-	(800) 755-0921	2052 Highland Ave. E.	83301	www.homestyledirect.com/
Tiome Derivered Means				85501	
Nutrition Home	Senior CommUnity Meals	(970) 874-7661	350 Stafford Ln. # 3511	Delta, CO 81416	www.SeniorCommUnityMeals.org
Delivered Meals	Home Delivered Meals	(2/0) 0/4-/001	550 Statiolu Lii. # 5511	Dena, CO 01410	www.semorCommOntymeals.org
	Tiome Derivered Meals				
Delta County	Voung of Hoort Horro	(070) 641 2107	200 E. Smanaan Asia	Cumpison CO	
Nutrition Home	Young at Heart Home	(970) 641-2107	200 E. Spencer Ave.	Gunnison, CO	
Delivered Meals	Delivered Meals			81230	
Gunnison County		(070) 205 4505			
Nutrition Home	Neighbor to Neighbor	(970) 325-4586			www.ourayneighbor.com
Delivered Meals					
Ouray County					

	Description
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	Masla maridad by denotion
	Meals provided by donation
	Meals provided by donation.
	Mail donations to: P.O. Box 3013 Montrose, CO 81402
	Meals provided by donation.
	Meals provided M-F at noon. Cost is \$5.00 per meal.
	Breakfast and lunch.
	Lunch served every Monday
	Meals provided by donation.
	Meals provided by donation.
	Lunch served every Monday at 12:00 p.m.
	Mom's Meals is an independent home meals
	delivery program. Home delivered meals.
	Home Delivered Meals \$3.00 asking donation per meal. 12 frozen meals per month
	Home Delivered Meals for a minimal fee call for reservations.

Category	Agency	Phone	Address	City State Zip	Website	Description
Nutrition Home	Senior CommUnity Meals	(970) 874-7661	350 Stafford Ln. # 3511	Delta, CO 81416	www.SeniorCommUnityMeals.org	Home Delivered Meals \$3.00 asking
Delivered Meals						donation per meal. 12 frozen meals per
San Miguel, West End						month
Montrose Counties						
Nutrition Home	Montrose Thanksgiving Day	For meal delivery call				Sponsored by Montrose Community Meals,
Delivered Meals	Home Delivered Meals	(970) 901-7780				Inc.
Montrose County						
Nutrition Home	Montrose Christmas Day	Norm and Lexi Stevenson				Meals delivered Christmas Day
Delivered Meals	Home Delivered Meals	(970) 275-3336				
Montrose County		(970) 275-3300				
Nutrition Food	(SNAP) Supplemental	Colorado Hunger Free	(Apply at your local County			2018
Nutrition Assistance	Nutrition Assistance Program	Hotline	office. See Social Services for			(1) G \$1307 Net \$1005, (2) G \$1760 Net
SNAP	(formerly Food Stamps)	(855) 855-4626 or	locations.)			\$1354 Household Countable Resources
		(800) 536-5298 to apply				\$2,250 or \$3,500 if one member is disabled.
		by phone				
Nutrition SNAP	Live Well Montrose	(970) 249-0705	238 S. 2nd St.	Montrose, CO	www.montrosefarmersmarket.weebly.com	Double Up Food Bucks Colorado. When
Double up Bucks for	RX Farmacy			81401		customers spend a \$1 on any SNAP eligible
SNAP recipients						item (meat, bread, eggs, milk, etc.), they
						receive \$1.
Nutrition Commodities	The Emergency Food				www.foodbankrockies.org	USDA program for low-income individuals,
Definitions	Assistance Program (TEFAP)					by providing them with emergency food at
						no cost. Income limit \$1,859s, \$2,504 c
Nutrition Commodities	Commodity Supplemental				www.foodbankrockies.org	USDA program for low-income people at
Definitions	Food Program (CSFP)					least 60 gross income
						(1) \$1,307
						(2) \$ 1,760
Nutrition Commodities	Salvation Army TEFAP	(970) 399-3884	117 Meeker St.	Delta, CO 81416	www.foodbankrockies.org	
Delta County						
Nutrition Commodities	Delta Food Pantry	(970) 252-6462	628 Meeker St.	Delta, CO 81416		Must live in Delta County
Delta County						
Commodities	Catholic Church	information only phone		Delta, CO 81416		Use the alley entrance.
Delta County		number, do not call the				
		church for information				
Nutrition Commodities	Cedaredge Food Bank	(970) 209-4536	245 W. Main St.	Cedaredge. CO		Must be a resident of Surface Creek area
Delta County		(970) 856-9692 Call for		81413		(Austin, Eckert, Cory, Cedaredge)
		days				
	Hotchkiss Food Bank	(970) 872-3355 call for	190 E. Bridge St.	Gunnison, CO	www.foodbankrockies.org	Elks Lodge
Delta County		days and times		81230		
	Gunnison Food Pantry	(970) 641-4156 call for	21 N. Main St.	Gunnison, CO		
Gunnison County		days and times		81230		
	Crested Butte Food Bank	(970) 349-6237 call for		Crested Butte. CO		
Gunnison County		days and times and				
		locations.				
Nutrition Commodities	MADA	(970) 249-4774	17 N. 6 th St.	Montrose, CO		
Montrose County				81401		
Nutrition Commodities	Shepherd's Hand	(970) 249-4774	17 N. 6 th St.	Montrose, CO	www.shepherdshandmontrose.org	The Day Center 7:00 am -1:00 am, seven-
Montrose County				81401		days-a-week.

# 2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website
Nutrition Commodities	Sharing Ministries	(970) 240-8385	49 N. 1st St.	Montrose, CO	www.sharingministries.com
Montrose County	_			81401	
Nutrition Commodities	Nucla Family Link	(970) 864-2245	835 Main St.	Nucla, CO	
West End of Montrose				81424	
County					
Nutrition Commodities	Ridgway and Ouray	(970) 626-4273	257 Sherman St.	Ridgway, CO 81432	www.ouraycountyfoodpantry.org
Ouray County		(970) 325-4230 call for			
		days and times.			
	Ridgway Community Church	(970) 626-5692	P.O. Box 322	Ridgway, CO 81432	
Ouray County					
	Alpine Chapel Food Bank	(970) 728-3504	P.O. Box 2701	Telluride, CO 81435	
San Miguel County					
Nutrition Commodities	Angel Baskets	(970) 708-7188	Aspen & W. Colorado	Telluride, CO 81435	www.tellurideangelbaskets.org
San Miguel County		Call for times			
Nutrition Commodities	West End Food Bank	Call Michele Blunt	Christ in F.O.C.U.S Church aka	Norwood, CO	
San Miguel County		(970) 327-0356	Norwood Southern Baptist	81423	
			Church		
	Norwood Care and Share	(970) 708-7188	1272 Spruce St.	Norwood, CO	
San Miguel County	Food Bank of Western			81423	
	Colorado				
Pensions	Colorado Public Employees'	(303) 832-9550			WWW CODARS OF C
Civil Service	Retirement Association	(800) 759-7372			www.copera.org
	(PERA)	(800) 139-1312			
Pensions	National Active and Retired	(703) 838-7760			www.narfe.org
Civil Service	Federal Employees (NARFE)	(103) 030 1100			www.inuric.org
Pensions	Office of Personnel	(888) 767-6738			www.opm.gov
Civil Service	Management (OPM)	(			
Prescription	State Pharmaceutical				www.medicare.gov
Assistance	Assistance Program				
Prescription	Colorado Bridging the Gap	(303) 692-2716			
Prescription	Boehringer Ingelheim Cares	(800) 556-8317	P.O. Box 66745	St Louis, MO 63166	www.boehringer-ingelheim.com
Assistance	Patient Assistance Program				
Prescription	AZ&ME AstraZeneca	(800) 292-6363			www.azandme.com
Assistance	Medicines				
Prescription	Gunnison County Rx	(877) 321-2652			www.caremark.com/naco
Assistance	Prescription Discount Card				
Prescription	Social Security Low Income	Montrose office	1805 Pavilion Dr.	Montrose, CO	www.ssa.gov_
Assistance	Subsidy (LIS), Extra Help	(866) 758-1317		81401	
		National number			
		(800) 772-1213			
	1				

Description
Food Bank
Provides food banks, clothing, classes,
energy assistance, call for days and times
call for days and times
Food banks, holiday meals, school supply and elder care.
PERA answers questions about benefits.
Advisory assistance on civil service retirement and survivor benefits, changes in
beneficiaries and death benefit claims, etc.
OPM manages pension benefits for retired
Federal employees and their families, and
administers health and other insurance
programs for federal employees and retirees.
Assists in paying prescription premiums with participating insurance companies and reduce co-pays.2018 Full LIS: \$1,386 s/\$1,872 c
Countable Household Resources \$9,060s/\$14,340c

#### 2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website
Prescription Assistance	Social Security Low Income Subsidy (LIS), Extra Help	Montrose office (866) 758-1317 National number (800) 772-1213	1805 Pavilion Dr.	Montrose, CO 81401	www.ssa.gov_
Prescription Assistance	Colorado Drug Card	(770) 313-7261			www.coloradodrugcard.com
Recreation	Bill Heddles Recreation	(970) 874-0923	530 Gunnison River Dr.	Delta, CO 81416	www.deltacountycolorado.com
Recreation	Montrose Community Recreation Center	(970) 249-7705	16350 Woodgate Rd.	Montrose, CO 81401	www.montroserec.com
Recreation	Montrose Recreation 50+ Activities	(970) 252-4884	Montrose Senior Center 1800 Pavilion Dr.	Montrose, CO 81401	www.montroserec.com
Recreation	Gunnison Parks and Recreation	(970) 641-8060	116 N. Wisconsin St.	Gunnison, CO 81230	www.cityofgunnison-co.gov
Recreation	Gunnison Boomers and Beyond	(970) 641-1940	116 N. Wisconsin St.	Gunnison, CO 81230	
Senior Centers (see also Congregate Meal Sites)	Gunnison Senior Care Center	(970) 641-0704	200 E. Spencer Ave.	Gunnison, CO 81230	
Senior Centers (see also Congregate Meal Sites)	Montrose Senior Center	(970) 252-4889	1800 Pavilion Dr.	Montrose, CO 81401	
Senior Centers (see also Congregate Meal Sites)	Delta Community Center	(970) 874-7837	247 Meeker St.	Delta, CO 81416	
Senior Centers (see also Congregate Meal Sites)	Neighbor to Neighbor	(970) 325-4586	P.O. Box 463	Ouray, CO 81427	www.ourayneighbor.com
Social Security Administration	Social Security Retirement Montrose office	(866) 758-1317	1805 Pavilion Dr.	Montrose, CO 81401	www.ssa.gov
Social Security Administration	Social Security Retirement National number	(800) 772-1213			www.ssa.gov
Social Security Administration	Social Security Disability (SSDI)	Montrose office (866) 758-1317 National number (800) 772-1214	1806 Pavilion Dr.	Montrose, CO 81401	www.socialsecurity.gov/disability
Social Security Administration	Supplemental Security (SSI)	Montrose office (866) 758-1317 National number (800) 772-1215	1807 Pavilion Dr.	Montrose, CO 81403	www.montrosecounty.net

Assists in paying prescription premiums         with participating insurance companies and         reduce co-pays. 2018 Partial LIS: \$1,538         s/\$2,078 c         Countable Household Resources         Colorado Drug Card offers assistance and         information to help pay for prescription.         Image: Second Sec	Description
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Countable Household Resources Colorado Drug Card offers assistance and information to help pay for prescription.	
Colorado Drug Card offers assistance and information to help pay for prescription.	
information to help pay for prescription.	
Eligibility: Be at least 61 years and 9 months. If you are already age 62, you may be able to start your benefits in the month Income per month under \$733 individual, resources under \$2,000; Income under	•
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resources under \$2,000; Income under	Income per month under \$733 individual
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INT THE COUNTE NOT TRADIT TO ANTRADA IN 444	\$1,110 couple per month, resources under
\$3,000 couple. Anyone who is: aged (age	
65 or older), blind, or disabled.	os or older), diind, or disabled.

#### 2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website	Description
Social Security	Social Security Low Income	Montrose office	1805 Pavilion Dr.	Montrose, CO	www.ssa.gov	Assists in paying prescription premiums
Administration	Subsidy (LIS), Extra Help	(866) 758-1317		81401		with participating insurance companies and
		National number				reduce co-pays.2018 Full LIS:
		(800) 772-1213				\$1,386 s/\$1,872 c
						Countable Household Resources
						\$9,060s/\$14,340c
Social Security	Social Security Low Income	Montrose office	1805 Pavilion Dr.	Montrose, CO	www.ssa.gov	Assists in paying prescription premiums
Administration	Subsidy (LIS), Extra Help	(866) 758-1317		81401		with participating insurance companies and
		National number				reduce co-pays. 2018 Partial LIS: \$1,538
		(800) 772-1213				s/\$2,078 c
						Countable Household Resources
Tax Aid	Senior Tax Aid	(970) 252-4889	Montrose Senior Center 1800	Montrose, CO		Annually Jan. – April 15
			Pavilion Dr.	81401		
Tax Aid	Volunteer Income Tax	(970) 943-2276	Western State Colorado	Gunnison, CO		
	Assistance (VITA)	(970) 943-2019	University 600 N. Adams St.	81231		
Transportation	All-Points Transit	(970) 249-0128 Call for	431 S. 2 nd St.	Montrose, CO	www.allpointstransit.org	Public bus M-F Billing Medicaid for
Services		Fees and Rates	451 5. 2 51.	81401		Transportation. Dial-A-Ride transportation
		i ees and itates		01101		for seniors 60+ and persons with disabilities
Transportation	All-Points Transit Montrose,	(970) 249-0128	431 S. 2 nd St.	Montrose, CO	www.allpointstransit.org	Medical Shuttle \$5 suggested donation.
Services	West End and San Miguel	() () 2 () 0120	451 5. 2 51.	81401		
	Counties					
Transportation	All-Points Transit Delta	(970) 874-7334	431 S. 2 nd St.	Montrose, CO	www.allpointstransit.org	Dial-A-Ride transportation for seniors 60+
Services	County			81401		and persons with a disability
Transportation	Naturita to Uncompany	(970) 249-0128	431 S. 2 nd St.	Montrose, CO	www.allpointstransit.org	Call All-Points Transit: Runs based on
Services	Medical Clinic Regional			81401		appointment times every 2nd Wednesday.
	Medical Shuttle					
Transportation	Millennium Services	(970) 270-9092				Wheel Chair transport provided in Grand
Services						Junction, Montrose, & Delta
Transportation	DAV – Disabled American	(970) 249-2468				Volunteer transportation program for
Services	Veterans					veterans in Montrose, Delta, and Ouray
Transportation	Gunnison County Senior	(970) 596-6700				
Services	Transportation					
Transportation	Gunnison County Crested	(970) 275-4768				
Services	Butte					
Transportation	Hinsdale County	(970) 944-0321				Call the Coordinator for Senior Services
Transportation	Neighbor to Neighbor	(90) 325-4586				Must give 3 day notice
Transportation	Road Runner Stage Lines	(970) 563-4545			www.roadrunnerstagelines.com	Daily bus service between Durango,
Services						Montrose, and Grand Jct.
Transportation	San Miguel County	(970) 728-3844				Daily commuter shuttles, Monday through
Services						Friday, from Montrose and Ridgway to Telluride
Transportation	Galloping Goose	(970) 728-5700				Daily round trips from Norwood and
Services						Placerville to Telluride, and local service
-						around the Town of Telluride.
Transportation	Telluride Express	(888) 212-TAXI			www.tellurideexpress.com	
Transportation	Town of Mountain Village	(970) 708-9657			www.townofmountainvillage.com	

#### 2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website
Transportation Transportation	ransCare Ambulance Inc.	(970) 240-9544,	142 Apollo Rd.	Montrose, CO	www.tcambulance.com
Services				81401	
1	unshine Rides	(970) 245-8294			www.sunshinerides.com
Services					
Uranium Miners/Coal Nu	uclear Care Partners	(970) 244-0900	631 24 1/2 Rd. # C	Grand Junction, CO	www.nuclearcarepartners.com
Miners Benefits	uclear Care Farmers	(970) 244-0900	031 24 1/2 Rd. # C	81505	www.nuclearcarepartners.com
	rofessional Case	(970) 623-7500		01303	www.procasemanagement.com
	Ianagement	() (0) 020 1000			
	8				
Utilities/Energy Ec	co Action Partners	(970) 728-1340	P.O. Box 1625	Telluride, CO 81435	www.ecoactionpartners.org
Assistance					
(see also Home repair					
for weatherization)					
	nergy Outreach Colorado	(303) 825-8750			www.energyoutreach.org
	tility Assistance	(855) 469-4328			
(see also Home repair Profor weatherization)	rogram				
for weatherization)					
Utilities/Energy Lit	ifeline Free Cell Phone	(855) 754-6543			www.qlinkwireless.com
0,7	rogram				
(see also Home repair	C				
for weatherization)					
Utilities/Energy Lit	ife Wireless	(888) 543-3620			
Assistance					
(see also Home repair					
for weatherization)					
Veterans Services DA	AV – Disabled American	(970) 249-2468			
	eterans	(970) 249-2408			
	A Clinic Montrose	(970) 249-7791	54 Colorado Ave.	Montrose, CO	
		(2 · · ·) = ·2 · · · · · ·		81401	
Veterans Services VA	Ā	(877) 222-8387			
Veterans Services VA	A Medical Center Eligibility	(970) 263-2848	2121 North Ave.	Grand Jct., CO	
				81501	
	eteran Hearing Aids Dave	(970) 263-2848	2121 North Ave.	Grand Jct., CO	
	unnagan DAV			81501	
		(970) 242-0731	2121 North Ave.	Grand Jct., CO	www.caregiver.va.gov
	A Caregiver Assistance	(970) 242-0731	North Fork Annex:	Uotobleing CO	www.myhoolth.yo.cov
	rian Ayers	(970) 874-2082	196 Hotchkiss Ave.	Hotchkiss, CO 81419	www.myhealth.va.gov
	unnison	(970) 641-7919	225 Pine St.	Gunnison, CO	www.myhealth.va.gov
	l Falsetto			81230	
	insdale	(970) 944-0191			www.myhealth.va.gov
	rin Cavit				

Description
Serves Grand Junction and the Colorado Western Slope, licensed and insured local business, provide rides by car, van, HCBS Medicaid Waivers and Long Distance trips.
Weatherization Program to help families with lower incomes improve their home efficiency in San Miguel Powers service
area. Funds provide emergency fuel bill assistance for Colorado's low-income households facing an energy crisis. Seniors and individuals with special health needs receive utility bill assistance each year.
Free lifeline program that provides eligible people with a free cell phone and 250 minutes per month
Volunteer program for veterans in Montrose, Delta or Ouray Counties
Register for benefits online
Register for benefits online

# 2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website
Veteran Service	Montrose	(970) 249-2115	4 Hillcrest Plaza Way	Montrose, CO	www.myhealth.va.gov
Officers	Sheldon Smith			81401	
Veteran Service	Ouray	(970) 249-2115	4 Hillcrest Plaza Way	Montrose, CO	www.myhealth.va.gov
Officers	Sheldon Smith			81401	
Veteran Service	San Miguel	(970) 728-4501			www.myhealth.va.gov
Officers	Jim Botenhagen				
Veteran Service	Welcome Home Montrose	(970) 765-2210	4 Hillcrest Plaza Way	Montrose, CO	www.welcomehomemontrose.org
Support				81401	
Vision	Center for Independence (CFI)	(970) 822-7010	245 S. Cascade Ave. Ste. B	Montrose, CO	www.cfigj.org
Visual Impairments				81401	
Vision	Design 10 Community Living	(070) 240 2426	145 S. Cascade Ave.	Montroso CO	www.moior10.not
	•••••	(970) 249-2436	145 S. Cascade Ave.	Montrose, CO 81401	www.region10.net
Visual Impairments	Services (CLS)	(855) 500-6050		81401	
Vision	America's Best Contacts and	(970) 208-1032	2546 Rimrock Ave.	Grand Jct. CO	
Visual Impairments	Eyeglasses	(570) 200 1052	2340 Killiock 71ve.	81501	
Vision	Colorado Talking Book	(303) 727-9277	180 Sheridan Blvd.		https://myctbl.cde.state.co.us/
Visual Impairments	Library	(800) 685-2136	100 Sheridan Diva.		<u>Inteps://infjetoi.ede.state.eo.us/</u>
visual impairments	Liorary	(000) 005 2150			
Vision	Gunnison Elks Club		P.O. Box 1037	Gunnison, CO	
Visual Impairments				81230	
-					
Vision	Lions Club Montrose	(970) 249-1271			
Visual Impairments					
Vision	New Eyes for the Needy				www.new-eyes.org
Visual Impairments					
Vision	A.V. Hunter Trust				
Visual Impairments					
<b>T</b> 7' '					
Vision	Friends of Man				
Visual Impairments					
Vision	New-Eyes for the Needy,	(970) 210-0469			www.new-eyes.org
Visual Impairments	contact Rocky Mountain	sally.henry@rmhp.org			www.new-cycs.org
v isuai impairments	Health Plans Outreach	(970) 712-1609			
	Coordinator	tammy.luksch@rmhp.org			
Volunteer programs	Time Bank of the Rockies	(970) 209-6886			www.timebankoftherockies.com
Volunteer programs	Caregiver Support	(970) 708-7096	238 E. Colorado Ave. Ste. 8	Telluride, CO 81435	www.tchnetwork.org
Programs	Tri-County Health Network				
Volunteer programs		(970) 249-2436	145 S. Cascade Ave.	Montrose, CO	www.region10.net
r8	Services (CLS)	(855) 500-6050		81401	

Description
 Register for benefits online
Register for benefits online
Register for benefits online
CFI provides assistance with Social Security
Disability applications, low vision groups
and counseling for living independently with
a disability.
Material Aid Funding: Low Vision funding
is also available for life alerts and in-home
assessments for safety.
 Free service to Coloradans of all ages who
are unable to read standard print material
due to visual, physical or learning
disabilities whether permanent or temporary.
May assist with funding eye glasses, ONLY
letters accepted mail a letter stating your
needs
New Eyes is moving its voucher redemption
process entirely to an online eyeglass
dispenser, partnering with
Financial assistance for dental, vision,
hearing and durable medical equipment.
(Applicants must apply through a local
Financial assistance for dental, vision,
hearing and durable medical equipment.
(Must apply through a local agency).
Coordinators can assist Medicaid members
in applying for new, free eyeglasses with
new eyes.
Palliative support services
respite and friendly visitor services
Volunteer Companion Program

## **Resource Guide - All Agencies**

## 2018 ADRC Resource Guide

Category	Agency	Phone	Address	<b>City State Zip</b>	Website
Resource information c	contained in this guide was colle	cted by the Aging & Disabi	lity Resources for Colorado (ADR	C) and its members. E	Every effort has been made to keep this information
Region 10, the Area A	Agency on Aging (AAA), Aging	g and Disabilities Resources	for Colorado (ADRC) and the aut	hor do not accept resp	onsibility for the quality of services rendered by
T :	·				

Listing of an organization or company in this guide does not constitute an endorsement, nor does the absence of a potential resource imply a problem with that agency or program. Agency or program omissions were not knowingly made by the author.

Use of this resource directory is strictly voluntary.

Please call Region 10 at (970) 249-2436 with any questions or updates.

#### Aging and Disability Resource's for Colorado Region 10 - Area Agency on Aging

#### Description

mation inclusive, current and accurate however, I by organizations included in this document. ency or program omissions were not knowingly

## 2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website	Description
Support Groups	Day(s)	Time	Location	Phone # to	Sponsoring Agencies	•
				register		
Boosom Buddies	Every Wednesday	12:00 - 1:00 PM	Community Connections 645 S. 5th Montrose	Francie Smiles (970) 252-2814	Bosom Buddies	
Breast Cancer Support	Fourth Wednesday	6:30 - 7:30 PM	800 S. 3rd St. Conference Room A	Susan Brown RN (970) 240-7731 Judith Collins NP (970) 252-1020	Montrose Memorial Hospital http://www.montrosehospital.com	
Cardiac Support	Second/Fourth Monday	1:00 PM	19 S. Park Ave. Montrose	(970) 249-3716	United Methodist Church Montrose Currently has a waitlist for members	
Caregiver Support	Second Tuesday	11:00 AM - Noon	511 E. 10th St.	Danielle Angotti at (970) 200-7163 Vibrant CareGiving (970) 417-5319	Vibrant CareGiving and The Arc of West Central CO	
Caring for Caregivers C4C)	Fourth Tuesday	11:00 AM - Noon	2377 Robins Way	Danielle Angotti at (970) 200-7163 Vibrant CareGiving (970) 417-5319	Vibrant CareGiving and The Arc of West Central CO	
Caring for Caregivers (C4C)	First/Third Wednesday	1:30 PM	Cedaredge Civic Center 140 N.W. 2nd	(970) 510-0724	O'Deegan Consulting	
Support Group for Caregivers	Every Thursday	1:00 - 3:00 PM	1353 A Aspen Way Delta	(970) 510-0724	O'Deegan Consulting and Crossroads Senior Living	
Support Group for Caregivers	Second/Fourth Wednesday	1:30 PM	Hotchkiss Town Hall 276 W. Main	970-510-0724	O'Deegan Consulting	
Support Group for Caregivers	Last Monday of the month	4:00 - 5:00 PM	11411 Hwy 65 Eckert	970-275-4220 or 970-835-2620	Horizons Care Center	
Dementia & Alz. Support	Second Thursday	2:00 PM	1401 S. Cascade Ave. Montrose	(970) 249-9634	Valley Manor Care Center - Chapel	
Dementia & Alz. Support	First Tuesday	6:00 PM	800 S. 3rd St. Montrose	(970) 240-7280	Montrose Memorial Hospital, San Juan Family Medicine & Cedar Point Medicine.	
Diabetes Support	Second Monday	2:30 - 3:30 PM	1501 3rd St. Delta Grand Mesa Oncology	Mary Grosvenor (970) 874-6410	Delta County Memorial Hospital	
Diabetes Support	Second/Fourth Tuesday	1:30 PM	87 Merchant Dr. Montrose	Glen Hinshaw (970) 596-1496	The PIC Place	
Family Caregiver Support Group	First/Third Wednesday	1:30 - 2:30 PM	800 S. 3rd Montrose Conference Room C	Laird Landon (970) 275-2138 Glen Hinshaw (970) 596-1496	Montrose Memorial Hospital http://www.montrosehospital.com	
Family Caregiver Support Group at MMH	Days and Times vary	Call for times	725 S. 4th St. Montrose, CO 81401	Amiessa Jutten (970) 240-7734	HopeWest Hospice, Free and open to any community member.	
Grief and Loss Support Group	Every Tuesday	3:00 PM	605 E. Miami Rd. Montrose	Jim Jones (970) 964-2128	Center for Mental Health	
Grief and Loss Support Group	First/Third Wednesday	1:30 PM times vary	245 S. Cascade Ave. Montrose	(970) 249-3785	Center for Independence	
Low Vision Support	Second/Fourth Thursday	11:00 AM - 12:00 PM	800 S. 3rd Montrose Conference Room B	Becky (970) 252-2550	Montrose Memorial Hospital http://www.montrosehospital.com	
Stroke & Brain Injury Support	Second Saturday	10:00 AM - 12:00 PM	2730 Commercial Way Remax Building Montrose	Heather Darbe (970) 252-3228	The Center for Mental Health	
Survivors - Loss to Suicide Support Group	Last Monday of the month	2:00 PM	800 S. 3rd St. Montrose	(970) 252-2996	Montrose Memorial Hospital http://www.montrosehospital.com	

### Aging and Disability Resource's for Colorado Region 10 - Area Agency on Aging

# **Resource Guide - All Agencies**

## 2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website
Support Groups	Day(s)	Time	Location	Phone # to	Sponsoring Agencies
				register	
Parkinson's Support	Every Thursday	10:30 AM	11 S. Park Ave. Montrose	(970) 765-2210	Warrior Resource Center
PTSD Veteran Support	Second/Fourth Monday	11:00 AM - 12:00 PM	800 S. 3rd St. Montrose	(970) 209-0174	http://caregiver-journey.com/
			Conference Room D		kate.burke.caregiver@gmail.com
Western Colorado Lewy	June 6&20, July 11&25,	11:00 AM - 12:00 PM	1800 Pavilion Dr. Montrose Senior	(970) 209-0174	http://caregiver-journey.com/
Body & Dementia	Aug. 15/&29, Sept. 12&26,		Center		kate.burke.caregiver@gmail.com
Support	Oct. 10&24, Nov. 14&28,				
	Dec. 12&19				

### Aging and Disability Resource's for Colorado Region 10 - Area Agency on Aging

Description

Under 60		Over 60	
Program	Income Limit	Program	<b>Income Limit</b>
Area Agency on Aging AAA		Area Agency on Aging AAA	
Kinship and Caregiver support		Older American Act Programs OAA	
Colorado Indigent Care Program (CICP)	\$2,512 s	Colorado Indigent Care Program (CICP)	\$2,512 s
	\$3,383 c		\$3,383 c
		Commodities:	2017
		The Commodity Supplemental Food Program (CSFP) Ages 60 +	\$1,307 s
			\$1,760 c
Commodities: The Emergency Food Assistance Program (TEFAP)	2017	Commodities The Emergency Food Assistance Program (TEFAP)	2017
any age	\$1,859 s	any age	\$1,859 s
	\$2,504 c		\$2,504 c
Dental/Vision Medicaid - contact ADRC		Dental/Vision Medicaid - contact ADRC	
Dental/Vision other grants - contact ADRC		Dental/Vision other grants - contact ADRC	
Extra Help (Low-Income Subsidy LIS) Medicare Part D coverage	2018	Extra Help (Low-Income Subsidy LIS) Medicare Part D coverage	2018
Countable Household Resources \$9,060s/\$14,340c	Full LIS:	Countable Household Resources \$9,060s/\$14,340c	Full LIS:
	\$1,386 s		\$1,386 s
	\$1,872 c		\$1,872 c
Extra Help (Low-Income Subsidy LIS) Medicare Part D coverage	2018	Extra Help (Low-Income Subsidy LIS) Medicare Part D coverage	2018
Countable Household Resources \$14,100s/\$28,150c	Partial LIS:	Countable Household Resources \$14,100s/\$28,150c	Partial LIS:
	\$1,538 s		\$1,538 s
	\$2,078 c		\$2,078 c
Free Cell Phone - contact ADRC		Free Cell Phone - contact ADRC	
Health First Colorado (Adult Medical Medicaid) Adults (Ages 19-	2017	Health First Colorado (Adult Medical Medicaid) Adults (Ages 19-	2017
65)	\$1,337 s	65)	\$1,337 s
	\$1,800 c		\$1,800 c
		Home Delivered Meals	
		(must be homebound)	
Incontinence Supplies if on Medicaid		Incontinence Supplies if on Medicaid	
Colorado Low-Income Energy Assistance Program (LEAP)	2017	Colorado Low-Income Energy Assistance Program (LEAP)	2017
	\$1,658 s		\$1,658 s
	\$2,233 c		\$2,233 c
Legal Assistance		Legal Assistance	
Long Term Medicaid Health First Colorado Waiver Programs:	2018	Long Term Medicaid Health First Colorado Waiver Programs:	2018
Countable Household Resources \$2,000 single, \$3,000 if both	\$2,250 for	Countable Household Resources \$2,000 single, \$3,000 if both	\$2,250 for
spouses are applying.	each person	spouses are applying.	each person
If only one spouse is applying the community spouse resource	applying	If only one spouse is applying the community spouse resource	applying
allowance is \$123,600		allowance is \$123,600	_

Under 60		Over 60	
Program	Income Limit	Program	Income Limit
Area Agency on Aging AAA		Area Agency on Aging AAA	
Kinship and Caregiver support		Older American Act Programs OAA	
Medicare Savings Program	2018	Medicare Savings Program	2018
Qualified Disabled and Working Individuals (QDWI) Program	\$4,132 s	Qualified Disabled and Working Individuals (QDWI) Program	\$4,132 s
pays the Part A premium	\$5,572 c	pays the Part A premium	\$5,572 c
Countable Household Resources \$4,000s/\$6,000c		Countable Household Resources \$4,000s/\$6,000c	
Medicare Savings Program	2018	Medicare Savings Program	2018
Qualified Medicare Beneficiary (QMB) Program pays Part A & B	\$1,032 s	Qualified Medicare Beneficiary (QMB) Program pays Part A & B	\$1,032 s
premiums, deductibles, coinsurance, & copays	\$1,392 c	premiums, deductibles, coinsurance, & copays	\$1,392 c
Countable Household Resources		Countable Household Resources	
\$7,560s/\$11,340c		\$7,560s/\$11,340c	
Applicant also qualifies for Extra Help (LIS) Part D coverage.		Applicant also qualifies for Extra Help (LIS) Part D coverage.	
Medicare Savings Program	2018	Medicare Savings Program	2018
Specific Low-Income Medicare Beneficiary (SLMB)	\$1,234 s	Specific Low-Income Medicare Beneficiary (SLMB)	\$1,234 s
Program pays Part B premium only	\$1,666 c	Program pays Part B premium only	\$1,666 c
Countable Household Resources		Countable Household Resources	
\$7,560s/\$11,340c		\$7,560s/\$11,340c	
Applicant also qualifies for Extra Help (LIS) Part D coverage		Applicant also qualifies for Extra Help (LIS) Part D coverage	
Medicare Savings Program		Medicare Savings Program	
Qualifying Individual (QI) Program		Qualifying Individual (QI) Program	
You must apply every year for QI benefits. QI applications are		You must apply every year for QI benefits. QI applications are	
granted on a first-come, first-served basis with priority given to		granted on a first-come, first-served basis with priority given to	
people who got QI benefits the previous year. (You can't get QI		people who got QI benefits the previous year. (You can't get QI	
benefits if you qualify for Medicaid).		benefits if you qualify for Medicaid).	
Other Community Grants		Other Community Grants	
Property Tax/Rent/Heat Rebate (PTC)	2016:	Property Tax/Rent/Heat Rebate (PTC)	2016:
www.TaxColorado.com	\$1,108.80 s	www.TaxColorado.com	\$1,108.80 s
	\$1,486 c		\$1,486 c
Property Tax/Rent/Heat Rebate (PTC)	2017	Property Tax/Rent/Heat Rebate (PTC)	2017
www.TaxColorado.com	\$1,134 s	www.TaxColorado.com	\$1,134 s
	\$1,528 c		\$1,528 c
Radon Mitigation Assistance (LIRMA) Program for low Income	Income varies	Radon Mitigation Assistance (LIRMA) Program for low Income	Income varies
	by county		by county

Under 60		Over 60	
Program	Income Limit	Program	Income Limit
Area Agency on Aging AAA		Area Agency on Aging AAA	
Kinship and Caregiver support		Older American Act Programs OAA	
Supplemental Nutrition Assistance Program (SNAP)	2018	Supplemental Nutrition Assistance Program (SNAP)	2018
Household Countable Resources \$2,250 or \$3,500 if one member	(1) G \$1307	Household Countable Resources \$2,250 or \$3,500 if one member	(1) G \$1307
is disabled.	Net \$1005	is disabled.	Net \$1005
	(2) G \$1760		(2) G \$1760
	Net \$1354		Net \$1354
Social Security Disability Insurance (SSDI)		Social Security Disability Insurance (SSDI)	
State Pharmaceutical Assistance Program		State Pharmaceutical Assistance Program	
Subsidized Housing		Subsidized Housing	
Supplemental Security Income (SSI)	2018	Supplemental Security Income (SSI)	2018
Household Countable Resources \$2,000s/\$3,000c must be blind or	\$750 s	Household Countable Resources \$2,000s/\$3,000c must be blind or	\$750 s
will be disabled, and unable for at least one year	\$1,125 c	will be disabled, and unable for at least one year	\$1,125 c
Temporary Assistance to Needy Families (TANF)		Old Age Pension (60-64)	\$788
		Household Countable Resources \$2,000 s, \$3,000 couple	
The Aid To The Needy Disabled (AND) benefit to low-income	\$189	Miners Benefits:	
Colorado residents age 18 – 59 (\$189 benefit)		Cold War and Coal Miners	
Transportation if on Medicaid or VA		Transportation Medicaid, VA, or Region 10 Area Agency on	
		Aging Vouchers	
USDA Single Family Housing Repair Loans & Grants	Income varies	USDA Single Family Housing Repair Loans & Grants	Income varies
Income varies by county	by county	Income varies by county	by county
Maximum loan is \$20,000		Maximum loan is \$20,000	
		Maximum grant is \$7,500	
Veterans Benefits		Veterans Benefits	
Weatherization	2017	Weatherization	2017
(Housing Resources)	\$1,980 s	(Housing Resources)	\$1,980 s
	\$2,675 c		\$2,675 c

Category	Agency	Phone	Address	City State Zin	Website	Description
Aging and Disability	Pagion 10 main	(970) 249-2436	NEW LOCATION	<b>Zip</b> Montrose, CO	www.region10.net	Saming Dalta
	•		145 S. Cascade Ave.	,	www.region10.net	-
	office Community	(855) 500-0050	145 S. Cascade Ave.	81401		Gunnison, Hinsdale,
· · · · · ·	Living Services					Montrose, Ouray, & San
	(CLS)					Miguel Counties
Agency on Aging	• • • • • • •	<u> </u>				
The Area Agency on A		-				
-	- ·		-			e frail elderly, low income
•		-				oval of services. OAA
programs and support	-	•	-	-	-	•
			ildren. All services pr	ovided by Area A	gency on Aging are	by donation only (no one
will be turned away if						
•••	0 11	-	U		•	adparents 55+ caring for
Aging	-		the professional agenc			
Area Agency on	-	-	seling: Options Couns		-	
Aging			le and help consumers			
Area Agency on	Companion Volunte	er Program: Cor	npanion Program inclu	udes training, refe	rence, and criminal	background checks.
Aging						
Area Agency on	Elder Abuse: Elder	Abuse Awareness	s intends to raise awar	eness about elder	abuse, neglect, and	exploitation on the
Aging	Western Slope of C	olorado, and inclu	ides the counties of De	elta, Montrose, Gu	unnison, Hinsdale, O	Duray, and San Miguel.
Area Agency on	Health Promotions:	Evidenced based	l classes			
Aging						
Area Agency on	Homemaking: Hon	nemaking services	s assist with meal prep	, light housekeepi	ng, shopping, laund	lry and linen changes, etc.
Aging	Services provided b	y the professional	l agency the consumer	has chosen. See	homecare for a list	of agencies.
Area Agency on	Legal Aid: Legal se	ervices provided t	o low income seniors	by Uncompahgre	Volunteer Legal Ai	d. See Legal for more
Aging	information.	-			-	2
Area Agency on	Long Term Care Or	nbudsman: A lor	ng-term care Ombudsn	nan is a trained ad	vocate who protects	s and promotes the rights
Aging	-		-		-	mbudsman (970) 765-
Area Agency on						ical equipment not covered
Aging			also available for life	-		
Area Agency on			nsurance Assistance P			· · · ·
Aging		C				U

Category	Agency	Phone	Address	City State	Website	Description	
				Zip			
Area Agency on	Nutrition Programs: Congregate Meal: Sites located in Nucla, Norwood, Olathe, Paonia, Delta, Hotchkiss, and Cedaredge						
Aging	Meals served three days per week. See congregate meals for days and times.						
Area Agency on	Home Delivered Meals: Hot Meals delivered three days per week to consumers located in the delivery area.						
Aging	Twelve frozen meal	s delivered every	two weeks in areas ou	itside the hot meal	delivery area.		
Area Agency on	Personal Care: Pers	sonal Care hours	provided by a professi	onal agency to ass	ist with bathing, me	edication prompts,	
Aging	personal/protective oversight, etc. Service provided by the professional agency the consumer has chosen.						
Area Agency on	Transportation: Transportation vouchers for Dial a Ride programs available to those who qualify. Riders will be						
Aging	responsible for private paying the fare per ride until they have had their assessment completed from Region 10. Priority for						

Category	Agency	Phone	Address	City State	Website	Description
				Zip		
Aging and Disability	Mission – The Aging and D	isability Resources	s for Colorado's (ADRC) m	ission is to provid	le coordinated and streamlined a	access points to long-term
Resources for Colorado	services and support for adu	ilts age 60 and ove	r or adults ages 18 and over	living with a disa	ability, and their caregivers. The	e ADRC empowers older
(ADRC) Offices and	adults, adults with disabiliti	es, and caregivers	to navigate health and long-	term care options	by providing options counseling	g in a person-centered manner.
Area Agency on Aging						
Aging and Disability	Main Office / ADRC Delta	(970) 249-2436	NEW LOCATION	Montrose, CO	www.region10.net	Serving: Delta, Gunnison,
Resources for Colorado	and Montrose Counties:	(855) 500-6050	145 S. Cascade Ave.	81401		Hinsdale, Montrose, Ouray &
(ADRC) Offices and	Region 10 Community					San Miguel Counties
Area Agency on Aging	Living Services (CLS)					
Aging and Disability	ADRC Gunnison County:	(970) 641-7923	225 N. Pine St.	Gunnison, CO	www.gunnisoncounty.org	
Resources for Colorado	Gunnison County Public			81230		
(ADRC) Offices and	Health					
Area Agency on Aging						
Aging and Disability	ADRC Hinsdale County:	(970) 944-0321	304 W. Third St.	Lake City, CO	www.hinsdalepublichealth.co	
Resources for Colorado	Silver Thread Public			81235	m	
(ADRC) Offices and	Health				_	
Area Agency on Aging						
Aging and Disability	ADRC Ouray and San	(970) 708-7096	238 E. Colorado Ave. # 8	Telluride, CO	www.tchnetwork.org	Serving: Ouray, San Miguel
Resources for Colorado	Miguel Counties & West			81435		Counties, and the West End
(ADRC) Offices and	End of Montrose County:					of Montrose County
Area Agency on Aging	Tri-County Health					-
	Network					
Local and National	Local Montrose network				www.montroseconnect.com	
Resource Networks	for resources					
Local and National	Eldercare Locator	(800) 677-1116			https://eldercare.acl.gov	Eldercare Locator, a public
Resource Networks						service of the U.S.
						Administration on Aging
						connecting you to services
						for older adults and their

# **Adult Protection Elder Abuse**

Category	Agency	Phone	Address	City State	Website	
				Zip		
Adult Protection Services by County	Delta	(970) 872-1000	North Fork Annex:	Hotchkiss, CO	www.deltacounty.com	
			196 Hotchkiss Ave.	81419		
Adult Protection Services by County	Delta after-hours	(970) 872-1230	North Fork Annex:	Hotchkiss, CO	www.deltacounty.com	
			196 Hotchkiss Ave.	81419		
Adult Protection Services by County	Gunnison	(970) 641-3244	225 Pine St.	Gunnison, CO	www.gunnisoncounty.org	
				81230		
Adult Protection Services by County	Hinsdale	(970) 641-3244	225 Pine St.	Gunnison, CO	www.gunnisoncounty.org	
				81230		
Adult Protection Services by County	Montrose	(970) 252-7076	1845 S. Townsend Ave.	Montrose, CO	www.montrosecounty.net	
				81401		
Adult Protection Services by County	Ouray	(970) 252-7076 or	1845 S. Townsend Ave.	Montrose, CO	www.montrosecounty.net	
		(970) 626-2299		81401		
Adult Protection Services by County	San Miguel	(970) 728-4411 ext. 2	333 W. Colorado Ave.	Telluride, CO	www.sanmiguelcounty.org	g
				81435		1
Elder Abuse	AARP Elder Watch Hotline	(800) 222-4444 ext. 2				
Elder Abuse	Long Term Care	(970) 765-3131	145 S. Cascade Ave.	Montrose, CO	www.region10.net	A long-ter
	Ombudsman (Delta,	() / 0) / 00 0101		81401		trained ad
	Gunnison & Montrose)					promotes
						homes and
Elder Abuse	Colorado Long Term Care	(303) 722-0300	455 Sherman St. # 130	Denver, CO	www.disabilitylawco.org	The Omb
	Ombudsman Program	<b>`</b> ,		80203		and assist
	C C					care, healt
Elder Abuse	National No Call List	(888) 382-1222			www.donotcall.gov	
Elder Abuse	Colorado No Call List	(303) 776-2678			www.coloradonocall.com	
		(800) 309-7041				

Description
erm care Ombudsman is a
advocate who protects and
s the rights of those in nursing
nd assisted living communities.
budsman advocates for residents
sts in resolving issues related to
alth, safety, or resident's rights.

Category	Agency	Phone	Address	City State	Website	Description
				Zip		
Child Advocacy, Abuse, Crime and Safety	Ariel Clinical Services	(970) 245-1616	2938 N. Ave. Ste. G	Grand Jct.,	www.arielcpa.org	Ariel provides behavioral and support services for families
				CO 81504		and therapeutic foster care homes.
Child Advocacy, Abuse, Crime and Safety	Child Protection Services	Local:	Housed at local Departments	Denver, CO		Reporting Child Abuse: Colorado has one toll-free phone
		(970) 707-7005	of Human Services			number to report child abuse and neglect.
		Local Caseworker				
		Statewide:				
		1-(844) 264-5437				
Child Advocacy, Abuse, Crime and Safety	Colorado Child Protection Ombudsman	(720) 625-8640	1300 Broadway Ste. 430	Denver, CO	www.coloradocpo.org	The office of Colorado's Child Protection
				80203		
Child Advocacy, Abuse, Crime and Safety	Court Appointed Special Advocates for	(970) 249-0337	301 N. Cascade Ave.	Montrose, CO	www.casa7jd.org/	CASA provides a safe environment for children to visit
	Children of the 7th Judicial District			81401		with non-custodial parents.
	(CASA)					
Child Advocacy, Abuse, Crime and Safety	Dolphin House Child Advocacy Center	(970) 240-8655	735 S. 1 st St.	Montrose, CO	www.montrose-child-	The Dolphin House serves the 7th Judicial District in
				81401	advocacy.org	Western Colorado.
Child Advocacy, Abuse, Crime and Safety	Hilltop Montrose Juvenile Services	(970) 252-7445	540 S. 1st St.	Montrose, CO	www.htop.org	
				81401		

Category	Agency	Phone	Address	City State Zip	Website	Description
Domestic Violence, Advocacy, Crime and Safety	Hilltop Domestic Violence	(970) 249-8345	540 S. 1 st St.	Montrose, CO 81401	www.htop.org	Services (previously Tri- County Resources)
Domestic Violence, Advocacy, Crime and Safety	24 hr. Crisis Lines Hilltop Domestic Violence Delta	(970) 874-4941				
Domestic Violence, Advocacy, Crime and Safety	24 hr. Crisis Lines Hilltop Domestic Violence Montrose	(970) 249-2486				
Domestic Violence, Advocacy, Crime and Safety	24 hr. Crisis Lines Hilltop Domestic Violence Ouray	(970) 626-3777				
Domestic Violence, Advocacy, Crime and Safety	Hilltop Regional Office	(970) 252-7445	540 S. 1 st St.	Montrose, CO 81401	www.htop.org	
Domestic Violence, Advocacy, Crime and Safety	Montrose Regional Crime Stoppers, Inc.	(970) 249-8500 or Montrose Police Dept. (970) 252-5200	Mail reports to: 434 S. 1st St.	Montrose, CO 81401	www.co.montrose.co.us	Montrose Regional Crime Stoppers, Inc. is dedicated to assisting law enforcement with unsolved cases through anonymous tips.
Domestic Violence, Advocacy, Crime and Safety	Resource Center San Miguel County	(970) 728-5660	135 W. Colorado Ave.	Telluride, CO 81435		
Domestic Violence, Advocacy, Crime and Safety	Victims Assistance Delta Sherriff's office	(970) 872-2007	555 E. Palmer St.	Delta, CO 81416	www.deltacounty.com	
Domestic Violence, Advocacy, Crime and Safety	Victims Assistance Gunnison County	(970) 641-8299	910 Bidwell Ave.	Gunnison, CO 81230	www.gunnisonco.gov	
Domestic Violence, Advocacy, Crime and Safety	Victims Assistance Montrose Sheriff's Office	(970) 252-4023	1200 N. Grand Ave.	Montrose, CO 81401	www.montrosecounty.net	

Category	Agency	Phone	Address	City State Zip	Website	Description
Emergency Services	Fire and EMS Departments	911 for emergencies				
Emergency Services	Mental Health: Emergency Services	(970) 252-6220				
Emergency Services	Poison Help Emergency Line	(800) 222-1222				
Emergency Services	Rocky Mountain Poison and Drug Center	(303) 739-1100			www.rmpdc.org	
Law Enforcement by County, Contact for Mandatory Reporting	Delta County Dispatch	(970) 874-2015				
Law Enforcement by County, Contact for Mandatory Reporting	Gunnison County Dispatch	(970) 641-8200				
Law Enforcement by County, Contact for Mandatory Reporting	Hinsdale County Dispatch	(970) 944-2291				
Law Enforcement by County, Contact for Mandatory Reporting	City of Montrose Police & Dispatch	(970) 252-5200				
Law Enforcement by County, Contact for Mandatory Reporting	Montrose County Sherriff Dept. & Dispatch	(970) 252-4023				
Law Enforcement by County, Contact for Mandatory Reporting	Olathe Police Department	(970) 323-4357				
Law Enforcement by County, Contact for Mandatory Reporting	West End of Montrose County Dispatch	(970) 864-7333				
Law Enforcement by County, Contact for Mandatory Reporting	Ouray County Dispatch	(970) 325-7272				
Law Enforcement by County, Contact for Mandatory Reporting	Montrose County Dispatch (backup coverage)	(970) 252-4020				
Law Enforcement by County, Contact for Mandatory Reporting	San Miguel County Dispatch	(970) 728-1911				
Mental Health Suicide Hotline	Colorado Crisis Services	(800) 493-TALK (800) 496-8255			www.montrosesuicideprevention.or	<u>5</u>
Mental Health Suicide Hotline	National Suicide Prevention Lifeline	(800 273-TALK (800) 273-8255			www.suicidepreventionlifeline.org	
Mental Health	The Center for Mental Health	970-252-6220				
Suicide Hotline	Crisis Line	Crisis Text Line ages 13-24 - 741741				

## Adult Day

2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State	Website	Description
				Zip		
Adult Day	Day-By-Day	(970) 874-4195	1402 Howard St.	Delta, CO		
Care				81416		
Adult Day	Hilltop's Day Haven	(970) 244-0493	238 S. 2 nd St.	Montrose, CO		
Care				81401		
Adult Day	Riverside Adult Day Center	(970) 249-1590	16935 6450 Rd.	Montrose CO		
Care				81401		
Adult Day	Senior CommUnity Care PACE	(970) 527-5350	11485 Highway 65	Eckert, CO	www.seniorcommunitycare.org	Senior CommUnity Care PACE provides wrap around
Care	Eckert			81418		services (including medical, dental, hearing, vision,
						transportation, medications, home care services,
						social/recreation programs, therapy and end of life
						programs) for adults ages 55 and older so they can
						remain in their homes.
Adult Day	Senior CommUnity Care PACE	(970) 964-3500	2377 Robins Way	Montrose, CO	www.seniorcommunitycare.org	Senior CommUnity Care PACE provides wrap around
Care	Montrose			81401		services (including medical, dental, hearing, vision,
						transportation, medications, home care services,
						social/recreation programs, therapy and end of life
						programs) for adults ages 55 and older so they can
						remain in their homes.

Category	Agency	Phone	Address	City State Zip	Website	Description
Application Assistance	Center for Independence (CFI)	(970) 822-7010	245 S. Cascade Ave. Ste. B	Montrose, CO 81401	www.cfigj.org	CFI provides assistance with Social Security Disability applications, low vision groups and counseling for living independently with a disability.
Application Assistance	AdvantAge Health Resource Center	1-844-VOA-4YOU (1-844-862-4968)	121 N. Park Ave.	Montrose, CO 81401	www.voa4you.org	Confidential Toll Free Assistance Line. Care Navigators will provide information, referrals, and assistance filling out application to apply for benefits and resources.
Application Assistance	AdvantAge Health Resource Center	1-844-VOA-4YOU (1-844-862-4968)	350 Stafford Ln.	Delta, CO 81416	www.voa4you.org	Confidential Toll Free Assistance Line. Care Navigators will provide information, referrals, and assistance filling out application to apply for benefits and resources.
Application Assistance		(970) 210-0469 sally.henry@rmhp.org or (970) 712-1609 tammy.luksch@rmhp.or g				Medicaid Community Outreach Coordinators who assist Medicaid members in finding needed services, resources.
Aging and Disability Resources for Colorado (ADRC) Offices and Area Agency on Aging		(970) 249-2436 (855) 500-6050	NEW LOCATION 145 S. Cascade Ave.	Montrose, CO 81401	www.region10.net	Serving: Delta, Gunnison, Hinsdale, Montrose, Ouray & San Miguel Counties
Aging and Disability Resources for Colorado (ADRC) Offices and Area Agency on Aging	ADRC Gunnison County: Gunnison County Public Health	(970) 641-7923	225 N. Pine St.	Gunnison, CO 81230	www.gunnisoncounty.org	
Aging and Disability Resources for Colorado (ADRC) Offices and Area Agency on Aging	ADRC Hinsdale County: Silver Thread Public Health	(970) 944-0321	304 W. Third St.	Lake City, CO 81235	www.hinsdalepublichealth.com	
Aging and Disability Resources	ADRC Ouray and San Miguel Counties & West End of Montrose County: Tri-County Health Network	(970) 708-7096	238 E. Colorado Ave. # 8	Telluride, CO 81435	www.tchnetwork.org	Serving: Ouray, San Miguel Counties, and the West End of Montrose County

Category	Agency	Phone	Address	City State Zip	Web
Assisted Living Facilities	Brookdale Sunrise Creek Assisted Living	(970) 240-0600	1968 Sunrise Dr.	Montrose, CO 81401	www.brookdale.c
Assisted Living Facilities	Crossroads Assisted Living	(970) 874-1421	1380 Aspen Way	Delta, CO 81416	www.crossroadsa
Assisted Living Facilities	Delta House	(970) 874-4448	233 Main St.	Delta, CO 81416	
Assisted Living Facilities	Gunnison Valley Health Assisted Living - The Willows	(970) 641-3031	300 N. 3 rd St.	Gunnison, CO 81230	
Assisted Living Facilities	Heidi's Chateau Assisted Living	(970) 252-8228	2720 Sunnyside Rd.	Montrose, CO 81401	
Assisted Living Facilities	The Homestead at Montrose	(970) 964-3400	1819 Pavilion Dr.	Montrose, CO 81401	www.homesteada
Assisted Living Facility Secure Memory Care Units	Crossroads Assisted Living Plus (Memory Care)	(970) 874-1421	1380 Aspen Way	Delta, CO 81416	www.crossroadsa
Assisted Living Facility Secure Memory Care Units	Brookdale Sunrise Creek Assisted Living	(970) 240-0600	1968 Sunrise Dr.	Montrose, CO 81401	www.brookdale.c
Assisted Living Facilities	Long Term Care Ombudsman (Delta, Gunnison & Montrose)	(970) 765-3131	145 S. Cascade Ave.	Montrose, CO 81401	www.region10.ne

ebsite	Description
e.com/	
dsalc.org	
adatmontrose.org	
dsalc.org	
<u>e.com</u>	
. <u>net</u>	A long-term care Ombudsman is a trained advocate who protects and promotes the rights of those in nursing homes and assisted living communities.

Category	Agency	Phone	Address	City State Zip	Website	Description
Caregiver Support	myALZteam				www.myalzteam.com	myALZteam is a social network for family and friends caring for a loved one with Alzheimer's. The goal of myALZteam is to offer perspective and validation of others by sharing one's own personal story. myALZteam aims to create a safe place where members feel comfortable discussing their experiences.
Caregiver Support	Eldercare Locator	(800) 677-1116			https://eldercare.acl.gov	Elder Care Locator is a public service of the U.S. Administration on Aging connecting you to services for older adults and their families
Caregiver Support	Family Caregiver Alliance				www.caregiver.org	Family Caregiver Alliance is a secure online service for quality information, support, and resources for family caregivers of adults with chronic physical or cognitive conditions such as Alzheimer's, stroke, Parkinson's, and other illnesses.
Caregiver Support	Vibrant Caregiving	(970) 417-5319			www.VibrantCareGiving.com	Caregiver coaching (one-on-one peer support), education & advocacy, empowerment, dementia education, case management with access to community resources.
Caregiver Support	Western Slope Alzheimer's Association	(970) 256-1274	2232 North 7th St. #B1	Grand Junction,	www.alz.org/co	
Caregiver Support	Alzheimer's Association: 24/7 Helpline	(800) 272-3900			www.Alz.org	
Caregiver Support	Parkinson's Disease Foundation	(800) 745-6676			www.pdf.org	
Caregiver Support	National Stroke Association	Stoke Helpline (800) STROKES (800) 787-6537			www.stroke.org	
Caregiver Support	Caregiver Support Tri-County Health Network	(970) 708-7096	238 E. Colorado Ave. #. 8	Telluride, CO 81435	www.tchnetwork.org	Palliative Support Services Respite and Friendly Visitor Services; Information & Assistance
Caregiver Support	Mindfulness Based Interventions Nichole Moorman LCSW Qualified MBSR Teacher	(970) 318 0529			www.nicholemoorman.offeringtree.com	
	Colorado Respite Coalition EasterSeals Colorado	(303) 233-1666	393 S. Harlan St. Ste. 108	Lakewood, CO 80226	http://coloradorespitecoalition.org/ www.easterseals.com	Family Respite Voucher Program! Respite vouchers provide funds for respite care to family caregivers across the state of Colorado, serving all ages and special health care needs.
	Road Scholar caregiver respite grants				www.roadscholar.org	Five grants will be awarded in each of two categories: Family Caregiver Grants and Share The Care [™] Group Member Grants.

Category	Agency	Phone	Address	City State	Website	Description
				Zip		
Caregiver Support	AARP Grandparent	(888) 687-2277			www.aarp.org/relationship s	
Grandparent Services	Information	Spanish			www.aarp.org	
		(877) 342-2277				
Caregiver Support	Colorado Kinship Support	(303) 866-5932			www.cofosterandadopt.org	Provides informa
Grandparent Services						caretaker for gran
Caregiver Support	Region 10 Community	(970) 249-2436	NEW LOCATION	Montrose, CO	www.region10.net	Material Aid Fun
Grandparent Services	Living Services (CLS)	(855) 500-6050	145 S. Cascade Ave.	81401		available for life
						safety.

mation for seniors acting as guardian or randchildren

Funding: Low Vision funding is also fe alerts and in-home assessments for

Category	Agency	Phone	Address	City State Zip	Website	Description
Care Management	CM Care Management	(970) 250-9135				Guardianship, conse management for per
Care Management	AdvantAge Health Resource Center	1-844-VOA-4YOU (1-844-862-4968)	121 N. Park Ave.	Montrose, CO 81401	www.voa4you.org	Confidential Toll Fr Navigators will prov assistance understar available to any age
Care Management	AdvantAge Health Resource Center	1-844-VOA-4YOU (1-844-862-4968)	350 Stafford Ln.	Delta, CO 81416	www.voa4you.org	Confidential Toll Fr Navigators will prov application assistant resources available t community.
Care Management	Delta County Memorial Hospital San Juan ACO	Debbie Dillon, RN (970) 399-2601 Sherry Heinel, RN (970) 399-2639				For Medicare patien (Internal Med, Fami Clinic –Hotchkiss).
Care Management	Rocky Mountain Health Plans	(970) 210-0469 sally.henry@rmhp.org or (970) 712-1609 tammy.luksch@rmhp. org				Medicaid Communi assist Medicaid mer services, resources.
Care Management	Main Office / ADRC Delta and Montrose Counties, Region 10 Community Living Services (CLS)	(970) 249-2436 (855) 500-6050	NEW LOCATION 145 S. Cascade Ave.	Montrose, CO 81401	www.region10.net	Serving: Delta, Gun Ouray & San Migue
Care Management	ADRC Gunnison County Gunnison County Public Health	(970) 641-7923	225 N. Pine St.	Gunnison, CO 81230	www.gunnisoncounty.or g	
Care Management	ADRC Hinsdale County Hinsdale County Public Health	(970) 944-0321	304 W. Third St.	Lake City, CO 81235	www.hinsdalepublicheal th.com	
Care Management	ADRC Ouray and San Miguel Counties & West End of Montrose County Tri-County Health Network	(970) 708-7096	238 E. Colorado Ave. # 8	Telluride, CO 81435	www.tchnetwork.org	Serving: Ouray, Sa End of Montrose Co

nservatorship, payee and financial bersons with disabilities and Free Assistance Line. Care rovide information, referrals, and tanding benefits and resources ge group in the community. Free Assistance Line. Care rovide information, referrals, and ance understanding benefits and le to any age group in the

ients who see a DCMH PCP mily Medicine, or West Elk s).

unity Outreach Coordinators who nembers in finding needed

unnison, Hinsdale, Montrose, guel Counties

San Miguel County and the West Counties

## **Community Center Board CCB**

Category	Agency	Phone	Address	City State	Website	
				Zip		
Community Centered Boards and	The Arc of West Central Colorado	(970) 216 7256	Use contacts page on		https://arcwcco.org	Support a
Developmental Disabilities			website to request			intellectua
			Information.			(I/DD) an
Community Centered Boards and	Community Options Inc.	(970) 249-1415	336 S. 10 ^{th St.}	Montrose,	www.communityoptionsinc.org/	Provides
Developmental Disabilities				CO 81401		supports f
						developm
Community Centered Boards and	Six Points Evaluation and Training	(970) 641-3081	320 S. 14 th St.	Gunnison,	www.sixpointsgunnison.org	Provides
Developmental Disabilities	(Gunnison)			CO 81230		supports t
						developm
Community Centered Boards and	Mosiac	(970) 245-0519	2456 Industrial Blvd.	Grand Jct.	https://www.mosaicinfo.org	Mosaic is
Developmental Disabilities				СО		serving pe
				81501		disabilitie

## Description

t and advocacy for people with tual and developmental disabilities and their families.

es and coordinates services and as for persons with intellectual and pmental disabilities.

es and coordinates services and is for persons with intellectual and omental disabilities

is a faith-based organization people with intellectual ties.

Category	Agency	Phone	Address	City State Zip	Website	]
Dental Resources	Colorado Medicaid Member Services	(855) 225-1729				
Dental Resources	Colorado Medicaid Provider Relations/Services	(855) 225-1731	PAR line: (855) 225-1947			
Dental Resources	Community Dental Clinic	(970) 252-8896	1901 S. Townsend Ave.	Montrose, CO 81401		
Dental Resources	Dental Lifeline Network	(303) 534-3863	1800 15th St. Ste.100	Denver, CO 80202	www.dentallifeline.org	
Dental Resources	Dental Plans.com	(888) 401-7470			www.DentalPlans.com	
Dental Resources	DentaQuest Member Services	(844) 254-9490 TTY Number: (800) 466-7566			www.dentaquest.com/	
Dental Resources	Marillac Dental Clinic	Care Coordinator (970) 298-6345 Clinic eligibility (970) 298-6320	2333 N. 6th St.	Grand Jct., CO 81501	www.marillacclinic.org/en/eligibility	
Dental Resources	Parkway Dental	(970) 208-8046	1300 N. 7th St.	Grand Jct., CO 81501	www.smilehelper.com/grandjunction	<u>/</u>
Dental Resources	The Pic Place	(970) 252-8896	87 Merchant Dr.	Montrose, CO 81401	www.pic.place	F r
Dental Resources	A.V. Hunter Trust					F h (
Dental Resources	Friends of Man					H H ( a

Description
Partners in Integrated Care including
medical, dental, mental, vision, education
Financial assistance for dental, vision,
hearing and durable medical equipment.
(Applicants must apply through a local
agency.)
Financial assistance for dental, vision,
hearing and durable medical equipment.
(Must apply through a local agency
applications available at any County
office or ADRC office)

Category	Agency	Phone	Address	City State Zip	Website
Disabilities Resources	Benefits for People with Disabilities				www.ssa.gov/disability
Disabilities Resources	Guide to Disability Rights Laws	2018			www.disability.gov
Disabilities Resources	The National Organization on Disability				http://nod.org
Disabilities Resources	Emergency Preparedness for People with Disabilities				www.cdc.gov
Disabilities Resources	Fire Safety and Disabilities Guide				www.improvenet.com
Disabilities Resources	Brain Trauma and Equal Opportunity				www.swoperodante.com
Disabilities Resources	Rocky Mountain ADA Center	(800) 949-4232	3630 Sinton Rd.	Colorado Springs, CO 80907	www.rockymountainADA.org
Disabilities Resources	State PACE Ombudsman (Program	(800) 288-1376 or	455 Sherman St. # 130	Denver, CO 80203	www.disabilitylawco.org
Insurance Medicare Medicaid Advocacy	of All-Inclusive Care for the Elderly)	(303) 722-0300			
Disabilities Resources Insurance Medicare Medicaid Advocacy	Legal Center for People with Disabilities	(800) 531-2105 or (970) 241-6371	322 N. 8th St.	Grand Jct., CO 81501	www.disabilitylawco.org

	Description
Y	
-	
<u>om</u>	
DA.org	
org	
org	Disability Law Colorado
	provides free or low-cost
	legal services to people
	with disabilities.

Category	Agency	Phone	Address	City State Zip	Website	Description
Disease Specific Organizations	Western Slope Alzheimer's Association	(970) 256-1274	2232 North 7th St. #B1	Grand Jct., CO 81501	www.alz.org/co	
Caregiver Support		(800) 272-3900			www.Alz.org	
Caregiver Support	Parkinson's Disease Foundation	(800) 745-6676			www.pdf.org	
Caregiver Support	National Stroke Association	Stoke Helpline (800) STROKES (800) 787-6537			www.stroke.org	
Disease Specific Organizations	Lewy Body Dementia Association	LBD Caregiver Link (888) 204-3054			www.lbda.org	Through outreach, education and research, LBD supports those affected by Lewy body dementias, their families and caregivers.
Disease Specific Organizations	Multiple Sclerosis Association of America (MSAA)	(800) 532-7667			<u>www.mymsaa.org</u>	The Multiple Sclerosis Association of America (MSAA) is a leading resource for the entire MS community, improving lives today through vital services and support.
Disease Specific Organizations –	Rock Steady Boxing – Fighting Back Against Parkinson's	(970) 399-7272	300 Stafford Ln.	Delta, CO 81416		Rock Steady Boxing (Delta) for Parkinson's patients
Disease Specific Organizations –	Free Glucometers - Freestyle - Abbot Diabetes Care; up to 8 meters per provider	(877) 318-1966				
Disease Specific Organizations –	Free Glucometers - One Touch	(866) 732-5941				
Disease Specific Organizations –	Free Insulin - to supply insulin to undocumented immigrants unable to afford it; up to 6 pens per month per provider Sanofi Services				www.sanofiservices.us	Download and print an application from our website, or if you do not have access to a computer, you may begin the application process by calling the program. Your healthcare provider may also submit applications through these methods or online through the provider portal.
Disease Specific Organizations –	Insulin Assistance Program - to supply insulin to patients that cannot afford it Lantus Assistance Program	(888) VISITSPC (888) 847-4877				

Category	Agency	Phone	Address	City State	Website	Description
				Zip		
Disease Specific	Brain Injury Alliance	(303) 355-9969	1325 S. Colorado Blvd.	Denver, CO	https://biacolorado.org/	
Organizations –	of Colorado	(800) 955-2443		80222		

## Employment

2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website	Description
Employment	Ability Connection Colorado	(970) 256-2457	512 29 ½ Rd.	Grand Jct., CO	www.abilityconnectioncolorado.org	Employment support programs to Social
				81504		Security Disability (SSDI) and Supplemental
						Security Income (SSI) beneficiaries.
Employment	Colorado Division of	(970) 249-4468	1010 S. Cascade Ave. # C	Montrose, CO	www.colorado.gov/cdle	Rehab employment training and support for
	Vocational Rehabilitation			81401		persons with a disability.
Employment	Colorado Division of	(970) 641-0031	109 E. Georgia St.	Gunnison, CO	www.colorado.gov/cdle	Employment training and support for persons
	Vocational Rehabilitation			81230		with a disability
Employment	Colorado Workforce				www.connectingcolorado.com	
Employment	Colorado Workforce Gunnison	(970) 641-0031	109 E. Georgia St.	Gunnison, CO	www.colorado.gov/cdle	
				81230		
Employment	Montrose Workforce Center	(970) 249-7783	504 N. 1st St.	Montrose, CO	www.colorado.gov/cdle	
				81401		
Employment	Senior Employment SER	(970) 256-1382	518 28 Rd. Ste. A103	Grand Jct., CO	www.ser-national.org	Senior employment and counseling program
	National SCSEP Colorado			81501		for seniors 50 and older
Employment	SER SCSEP Senior	(970)-385-3995	484 Turner Dr. Unit E-102	Durango, CO	www.ser-national.org	
	Community Service					

Category	Agency	Phone	Address	City State Zip	Website	
Financial Assistance	Aid To The Needy Disabled (AND)	Apply at your local County Office see Social Services for locations.				Age 18 – 59 v disability that Max benefits Applicants mu Security Incor
Financial Assistance	Association of Montrose Churches (First Presbyterian Church)	(970) 249-4732	1840 Niagara Rd.	Montrose, CO 81401		Funding for u
Financial Assistance	A.V. Hunter Trust					Financial assist and durable m must apply the
Financial Assistance	Friends of Man					Financial assist and durable m through a loca any County of
Financial Assistance	Delta Montrose Electric Association Operation Roundup	(970) 249-4572	11925 6300 Rd.	Montrose, CO 81401	www.dmea.com	Customer don organizations
Financial Assistance	Colorado Property Tax, Heat, and Rent Rebate (PTC)	Denver office (303) 238-7378			www.TaxColorado.com	Monthly Incor 2016: \$1,108. 2017 \$1,134s, resident for 1 surviving spou disabled for al age and have r
Financial Assistance	Guide to Keeping Your Home for the Newly Disabled				www.mortgagecalculator.org	
Financial Assistance	Program (LEAP) Low Income Energy Assistance	(866) 432-8435			www.benefitsapplication.com	November 1 – Assistance Pro with heating c
Financial Assistance	Old Age Pension (OAP)		Apply at your local County office. See Social Services for locations.			2017 income l disabled with years, 60+ not job, 62+ are el retirement. Re individual, \$30 Clients approv eligible for Me
Financial Assistance	(SNAP): Supplemental Nutrition Assistance Program (formerly Food Stamps)	Colorado Hunger Free Hotline (855) 855-4626 or (800) 536-5298 to apply by phone	Apply at your local County office. See Social Services for locations.			2018 (1) G \$1307 N \$1354 Househ or \$3,500 if or

#### Description

9 who have at least a six-month total at precludes them from working. ts (2017) of \$189 gross a month. must apply for SSI (Supplemental rome).

utility and rental assistance.

sistance for dental, vision, hearing, medical equipment. (Applicants through a local agency.)

sistance for dental, vision, hearing medical equipment. (Must apply cal agency applications available at office or ADRC office)

onations help individuals and as in the community.

ome Limit

8.80s, \$1,486c.

4s, \$1,528c. Must be a Colorado 1 year, at least 65 years old, or a pouse at least 58 years old, or all of 2017 and 2016 regardless of e received benefits for the full year.

– April 30, Low-income Energy Program (LEAP) is for households costs.

the less than \$771, ages 60-64 th no employment in the past 15 not able to return to their previous e eligible for Social Security early Resource limits \$2000 for an \$3000 a couple, OAP-A Medicaid: roved for OAP are automatically Medicaid.

Vet \$1005, (2) G \$1760 Net schold Countable Resources \$2,250 one member is disabled.

Category	Agency	Phone	Address	City State Zip	Website	
Financial Assistance	Temporary Assistance to Needy Families (TANF) Now Colorado Works		Apply at your local County office. See Social Services for			TANF is desi achieve self-s
	() one		locations.			
Financial Assistance	A.V. Hunter Trust					Financial assi and durable n must apply th
Financial Assistance	Rocky Mountain Health Plans	(970) 210-0469 sally.henry@rmhp.org or (970) 712-1609 tammy.luksch@rmhp.org				Medicaid Con who assist M services, reso
Financial Assistance	Discover Goodwill - Propane assistanct	(719) 442-2046			leaphelp@discovermygoodwill.o	LEAP Propar
Financial Assistance	Tri-County Health Network Good Neighbor Fund	(970) 708-7967	220 E Colorado Ave.	Telluride, CO 81435		The purpose of workforce in emergency fin applicants for transportation working in the

## Description

esigned to help needy families f-sufficiency.

ssistance for dental, vision, hearing, e medical equipment. (Applicants through a local agency.)

Community Outreach Coordinators Medicaid members in finding needed sources.

ane Assistance

e of the Fund is to promote a stable in San Miguel County and provide financial assistance to qualified for housing, medical bills, or on so they may remain living and the County.

Category	Agency	Phone	Address	City State Zip	Website	Description
Health and Human Services	Delta County Health and Human Services	(970) 872-1000	North Fork Annex:	Hotchkiss, CO 81419	www.deltacounty.com	
			196 Hotchkiss Ave.			
Health and Human Services	Delta County Health and Human Services	(970) 874-2030	560 Dodge St.	Delta, CO 81416	www.deltacounty.com	
	Eligibility					
Health and Human Services	Gunnison County Health and Human Services	(970) 641-3244	225 Pine St.	Gunnison, CO 81230	www.gunnisoncounty.org	
Health and Human Services	Hinsdale Public Health	(970) 944-0321	304 E. 3rd St.	Lake City, CO 81235	www.hinsdalepublichealth.com	
Health and Human Services	Montrose County Health and Human Services	(970) 252-5000	1845 S. Townsend Ave.	Montrose, CO 81401	www.montrosecounty.net	
Health and Human Services	Montrose County West End	(970) 864-7319	851 Main St.	Nucla, CO 81424	www.montrosecounty.net	
Health and Human Services	Ouray County Health and Human Services	(970) 325-4670	302 2nd St.	Ouray, CO 81427	www.ouraycountyco.gov	
Health and Human Services	Ouray County Social Services	(970) 626-2299	177 Sherman St.	Ridgway, CO 81432	www.ouraycountyco.gov	
Health and Human Services	San Miguel Health and Human Services	(970) 728-4411	333 W. Colorado Ave.	Telluride, CO 81435	www.sanmiguelcounty.org/	
Health and Human Services	San Miguel Norwood office	(970) 327-4646	1120 Summit St.	Norwood, CO 81423	www.sanmiguelcounty.org/	

Category	Agency	Phone	Address	City State Zip	Website	Desc
Hearing Impairment	Hearing Impaired Telephone	(720) 949-7457			www.captel.com	CapTel telephone, through th
		(303) 866-2097				Telecommunications Equipm
						provides free equipment to qu
						difficulty hearing over the ph
Hearing Impairment	Colorado Commission for the	(CCDHH)	1575 Sherman St.	Denver, CO 80203	www.ccdhh.com	iCanConnect provides distant
	Deaf and Hard of Hearing	(720) 457-3679				technologies, training and res
		(VP/voice)				people with significant comb
		(303) 866-4824				
Hearing Impairment	Veteran Hearing Aids	(970) 263-2848				DAV Disabled American Ve
		Dave Dunnagan				
Hearing Impairment	Starkey Hear Now Program		Apply through a			Hearing aid funding for low
			local agency.			
			Applications must be			
			requested by calling			
Hearing Impairment	A.V. Hunter Trust					Financial assistance for denta
						medical equipment. (Application
						agency.)
Hearing Impairment	Friends of Man					Financial assistance for denta
						medical equipment. (Must ap
						applications available at any

### scription

the Colorado

pment Distribution Program, qualified individuals who have phone.

ance communication

resources to income-eligible

nbined hearing and vision loss.

/eterans

income individuals.

ntal, vision, hearing, and durable cants must apply through a local

ntal, vision, hearing, and durable apply through a local agency by County office or ADRC office)

Category	Agency	Phone	Address	City State Zip	Website	Description
Homeless Programs	Abraham Connection	(970) 773-8290	480 Silver St.	Delta, CO 81416	www.deltaabrahamconnection.org	Providing emergency, overnight winter housing to homeless families, women and men, open from November 1 through April 30.
Homeless Programs	All Saints Church	(970) 249-2451	2057 S. Townsend Ave.	Montrose, CO 81401		Possible help with shelter assistance
Homeless Programs	Black Canyon Hotel	(970) 249-3495	1605 E. Main St.	Montrose, CO 81401		Possible help with shelter assistance. Weekly rate
Homeless Programs	Blue Sky Inn	(970) 249-4595	1150 N. Townsend Ave.	Montrose, CO 81401		Possible help with shelter assistance
Homeless Programs	Briarwood Motel	(970) 417-4924	1225 E Main St.	Montrose, CO 81401		Weekly rate
Homeless Programs	Cedar Creek Church	(970) 252-1163	924 Spring Creek Ste. B	Montrose, CO 81401		Possible help with shelter assistance
Homeless Programs	Christ Kitchen	(970) 252-6415	2305 S. Townsend Ave.	Montrose, CO 81401		Lunch (by donation)
Homeless Programs	First Presbyterian Church	(970) 249-4732	1840 Niagara Ave.	Montrose, CO 81401		Shelter assistance, free food box. Contact for the Association of Churches
Homeless Programs	Haven House in Olathe	(970) 323-5280	4806 N. River Rd.	Olathe, CO 81416		Shelter for young females, background check, drug test, application process. Haven House is a faith-based organization that assists families and individuals in adjusting from homelessness to a self-sustaining lifestyle.
Homeless Programs	Health and Human Services in each county					SNAP(food stamps), Medicaid
Homeless Programs	House of Promise	970-323-6013	7750 6025 Rd.	Olathe, CO 81416	www.180ministries.net	Teen Challenge is a faith-based drug and alcohol rehabilitation service, and the House of Promise can help young adults and teens who are struggling with addiction, substance abuse, and mental health issues.
Homeless Programs	MADA Mexican American Development Association	(970) 249-4774	17 N. 6 th St.	Montrose, CO 81401	www.shepherdshandmontrose.org	Open seven days a week 7:00 AM -1:00 PM
Homeless Programs	MPD Victims Advocate	(970) 252-5205				One Salvation Army voucher for food or shelter in lifetime, no criminal history, must have ID.
Homeless Programs	Sharing Ministries	(970) 240-8385	49 N. 1st St.	Montrose, CO 81401		Food boxes, need to fill out application.
Homeless Programs	Shepherd's Hand	(970) 249-4774	17 N. 6 th St.	Montrose, CO 81401	www.shepherdshandmontrose.org	Open seven days a week 7:00 AM -1:00 PM. Individuals and families have access to: breakfast and lunch, restroom, shower facilities, laundry facilities.
Homeless Programs	The Lighthouse Ministry Montrose Jail Ministries	(970) 249-9213	P.O. Box 964	Montrose, CO 81402	www.montrose-lighthouse.org info@montrose-lighthouse.org	Providing emergency, overnight winter housing to homeless families, women and men, open from November 1 through April 30
Homeless Programs	Tri-County Resource	(970) 249-8345	540 S. 1st St.	Montrose, CO 81401		Counseling, advocacy, and shelter for adults & children victims of domestic violence.
Homeless Programs	Western Motel	(970) 249-3481	1200 E. Main St.	Montrose, CO 81401		Possible help with shelter assistance
Homeless Programs	Zion Lutheran Church	(970) 249-9828	701 S. Junction Ave.	Montrose, CO 81401		Possible help with shelter assistance

Agency	Phone	Address	City State Zip	Website	Description
Habitat Critical Home Repair	(970) 252-9303	1601 N. Townsend Ave.	Montrose, CO 81401	www.buildinglives.org.	Critical Home Repair addresses health and safety concerns in several areas of the home.
Housing Resources	(970) 417-3436	460 N. Townsend Ave.	Montrose, CO 81401	www.housingresourceswc.org	2017 monthly income \$1980 s/\$2675 c
Delta Housing Authority The Rental Rehabilitation Loan Program (RRLP)	(970) 874-7266 (800) 545-1833 tdd	501 E. 14th St.	Delta, CO 81416	www.deltahousingauthority.org	RRLP offers affordable loans to landlords who rent to low-and- moderate income to make necessary repairs to their rental properties.
Housing Rehabilitation Program	(970) 874-7266 (800) 545-1833 tdd	501 E. 14th St.	Delta, CO 81416	www.deltahousingauthority.org	The Housing Rehabilitation Program seeks to combine efforts and cooperate with other local agencies, non- profits and governments engaged in helping provide and improve housing for low and moderate income households. Services Region 10 service area.
USDA Single Family Housing Direct Home Loans	(970) 874-5735	690 Industrial Blvd.	Delta, CO 81416	www.usda.gov_	Section 502 Direct Loan Program to assists low- and very-low-income.
USDA Rural Repair and Rehabilitation	(970) 874-5735	690 Industrial Blvd.	Delta, CO 81416	www.usda.gov_	Grant Qualifications: Homeowner must be at least 62. Grant awards up to \$7,500. Home Improvement Loan, \$20,000 with a repayment period of up to 20 years.
Radon Mitigation .				www.colorado.gov/pacific/cdphe	Radiation Program, provides financial assistance to low
				https://www.epa.gov/radon	income individuals for radon mitigation services.
				http://sosradon.org/test-kits	Funding assistance not to exceed \$1,500.00 for installation of radon mitigation system and post
The San Miguel Power Association - Income Qualified program (or SMPA IQ	(970) 728-1340			www.ecoactionpartners.org	This program is available to all income-qualified members of San Miguel Power Association and assists low to mid-income residents in making home energy efficiency improvements and participating in renewable energy.
Energy Outreach Colorado Utility Assistance Program, Furnace Assistance	(303) 825-8750 (855) 469-4328			www.energyoutreach.org	Funds provide emergency fuel bill assistance for Colorado's low-income households facing an energy crisis. Seniors and individuals with special health needs receive utility bill assistance each year.

Category	Agency	Phone	Address	City State Zip	Website	
Hospice and Palliative Care	Hope West Hospice Montrose	(970) 240-7734	724 S. 4 th St.	Montrose, CO	www.hopewestco.org	Provides pal
				81401		support for k
						bereavement
						provides end
Hospice and Palliative Care	Hope West Hospice Delta	(970) 874-6823	195 Stafford Ln.	Delta, CO 81416	www.hopewestco.org	Provides pal
						support for k
						bereavement
						provides end
Hospice and Palliative Care	Gunnison Valley Home Health	(970) 641-4254	711 N. Taylor St.	Gunnison, CO	www.gunnisonvalleyhealth.org	
	Medical Services and Hospice			81230		
	and Palliative Care					
Medical Facility	HopeWest	(970) 241-2212	3090 N. 12th St. #B	Grand Jct., CO	www.hopewestco.org	
Hospice Care Center				81506		

#### Description palliative care, hospice care, grief or kids, and grief, and ent support for adults, and end of life support. palliative care, hospice care, grief or kids, and grief, and ent support for adults, and end of life support.

Category	Agency	Phone	Address	City State Zip	Website	
Housing	Colorado Housing and Finance Authority	(970) 241-2341	348 Main St.	Grand Junction, CO	www.chfainfo.com	CHFA has purchasing
Housing	Colorado Housing and Finance Authority	(303) 297-chfa (303) 297-2432	7595 Technology Way Ste. 300	Denver, CO 80237	www.chfainfo.com	CHFA stre
Housing	Delta Housing Authority	(970) 874-7266	501 E. 14th St.	Delta, CO 81416	www.deltahousingauthority.org	Housing R of affordat
Housing	Guide to Housing				www.dol.gov/odep/topics/disability	
Housing	Gunnison Housing Authority	Main (970) 641-7900 Mtn. View (970) 641-4389	202 E. Georgia Ave. # A	Gunnison, CO 81230	www.gvrha.org/	
Housing	Habitat for Humanity of the San Juans	(970) 252-9303	1601 N. Townsend Ave.	Montrose, CO 81401	www.buildinglives.org	
Housing	Habitat for Humanity of the San Juans Veteran Housing Assistance	(970) 252-9303	1601 N. Townsend Ave.	Montrose, CO 81401	www.buildinglives.org	Habitat for opportunit Critical Ho
Housing	Montrose Housing Authority	(970) 323-6179	239 Rebekah Dr.	Olathe, CO 81425	www.montrosehousingauthority.com	website ha
Housing	Ouray County Housing Authority	(970) 626-5308	201 N. Railroad St.	Ridgway, CO 81432	www.town.ridgway.co.us	
Housing	San Miguel Regional Housing Authority	(970) 728-3034	820 Black Bear Rd.	Telluride, CO 81435	www.smrha.org	The SMRI the supply middle inc
Housing	Volunteers of America Supportive Services for Veteran Families (SSVF) Back Home Program	(970) 644-5220	740 Gunnison Ave. (located within the Center for Independence Bldg.)	Grand Jct., CO 81501	<u>www.ssvfgjpm@gmail.com</u>	Colorado H Programs, (serving M Delta Cour
Housing Independent Living	Crossroads Senior Living	(970) 874-1421	1380 Aspen Way	Delta, CO 81416	www.crossroadsalc.org	
Housing Independent Living	Spring Creek Chalet	(970) 249-2438	2710 Sunnyside Rd.	Montrose, Co 81401	www.springcreekchalet.com	

### Description

as programs that could assist vets with ng a home

rengthens Colorado by investing in e housing and community development. Rehabilitation Program, website has a list able housing

for Humanity of the San Juans provides the hity for low-income families, and offers Home repair programs. has a list of affordable housing

RHA Mission is to preserve and increase y of housing for low, moderate, and <u>acome households in San Miguel County</u> Branch SSVF Back Home and SOAR s, Veteran Transitional Housing program Mesa, Garfield, Pitkin, Montrose and

unties)

Category	Agency	Phone	Address	City State Zip	Website	Description			
Homecare Agencies Unskilled Care	Non-Medical Homemaking, Personal Care Respite and Caregiver Support, does Not needs a physician's order, does not need to be homebound, not covered by Medicare – Ever. Home Care: Services provided are "unskilled" or "non-clinical," including meal preparation, house cleaning, helping to dress, bathing and grooming, transportation, reminders to take medicine, help with bill paying. Not covered by Medicare. Covered by Long-Term Care Medicaid Waiver Programs and some Long-Term Care Insurance Policies, and Veterans Benefits. Homecare does Not need a physician's order, does not need to be home bound.								
Homecare Agencies Unskilled Care	Comfort Keepers	(970) 240-4121	300 N. Cascade Ave. # C-6	Montrose, CO 81401	www.comfortkeepers.com	Covers: Montrose, Delta, and Cedaredge, call to check coverage for Paonia, Crawford, and Hotchkiss			
Homecare Agencies Unskilled Care	Essential Embodiments	(970) 778-9663	120 W. Main St.	Cedaredge, CO 81413		Covers: Montrose, Delta, and Cedaredge, call to check coverage for Paonia, Crawford, and Hotchkiss			
Homecare Agencies Unskilled Care	First Light Home Care	(970) 417-4812	122 S. Park Ave.	Montrose, CO 81401	www.firstlighthomecare.com	Covers: Montrose, Delta, call to check coverage for: Paonia, Crawford, Hotchkiss, Ridgway, Placerville, and Telluride			
Homecare Agencies Unskilled Care	Hinsdale County Homemaker	(970) 944-0321	304 W. 3 rd	Lake City, CO 81235	www.hinsdalepublichealth.co m	Covers: Lake City			
Homecare Agencies Unskilled Care	Phoenix Home Care, LLC	(970) 249-6767	100 Tessitore Ct.	Montrose, CO 81401	www.phoenixhomehc.com	Covers: Montrose			
Homecare Agencies Unskilled Care	People Care Health Services	(970) 874-0136	1565 Highway 50	Delta CO 81416	www.peoplecarehs.com	Covers: Montrose, Ridgway, Ouray, Cedaredge, Delta, Paonia, Crawford, Hotchkiss, Gunnison and the West End of Montrose County			
Homecare Agencies Unskilled Care	Right at Home	(970) 697-1331	2493 Hwy. 6 & 50 # 13	Grand Junction, CO 81505	www.Gjhomecare.com	Covers: Montrose, Delta, and Cedaredge, call to check coverage for Paonia, Crawford, and Hotchkiss			
Homecare Agencies Unskilled Care	Touch of Care	(970) 874-6115	108 W. 2nd St.	Delta, CO 81416	www.touchofcarepcp.com	Covers: Delta, Cedaredge, Paonia, Crawford, Hotchkiss, Gunnison			
Homecare Agencies Unskilled Care	Touch of Care	(970) 249-6080	1100 E. Main St. Unit A	Montrose, CO 81401	www.touchofcarepcp.com	Covers: Montrose, Ridgway, Ouray, and the West End of Montrose			
Homecare Agencies Unskilled Care	Valley Care Providers	(970) 527-5393	205 3rd St.	Paonia, CO 81428		Covers: Paonia and Hotchkiss			
Home Health Agencies Skilled Care	Nursing, Certified Nursing Assistant, Phy	sical Therapy, and	l Occupational Therapy Supp	ort. You need a physicia	an's order, must be homebound,	and covered by insurance.			
Home Health Agencies Skilled Care		(970) 874-2463		Delta, CO 81416	www.deltahospital.org	Covers: All of Delta and Montrose Counties			
Home Health Agencies Skilled Care	Gunnison Valley Home Health	(970) 641-1456	711 N Taylor St.	Gunnison, CO 81230	www.gunnisonvalleyhealth.or	Provides skilled home health and hospice through Hope West Hospice.			
Home Health Agencies Skilled Care	Pasco Home Health	(970) 240-1771	501 S. Townsend Ave.	Montrose, CO 81401	www.pascosw.com	Covers: All of Delta and Montrose Counties			
Home Health Agencies Skilled Care		(970) 249-6767	100 Tessitore Ct.	Montrose, CO 81401	www.phoenixhomehc.com	Covers: Montrose, Ridgway, Delta			
	VOA Home Health of Western Colorado		300 N. Cascade # T9	Montrose, CO 81401	www.homehealthco.org	Covers: All of Delta and Montrose Counties			
Hospice and Palliative Care	Hope West Hospice Montrose	(970) 240-7734	724 S. 4 th St.	Montrose, CO 81401	www.hopewestco.org				
	Hope West Hospice Delta	(970) 246 7734	195 Stafford Ln.	Delta, CO 81416					
Hospice and Palliative Care Hospice and Palliative Care	Gunnison Valley Home Health Medical	(970) 874-6823	711 N. Taylor St.	Gunnison, CO 81230	www.hopewestco.org www.gunnisonvalleyhealth.or				
nospice and ramative Cale	-	· /	/11 IN. 10/101 St.	Guiiiisoii, CO 81230					
	Services and Hospice and Palliative Care	1			2				

Category	Agency	Phone	Address	City State Zip	Website	Description
Insurance Medicare/Medicaid Advocacy	Coordinator of Benefits	Colorado State (800) 999-1118				
Insurance Medicare/Medicaid Advocacy	Colorado Division of Insurance	(800) 930-3745	1560 Broadway Blvd.	Denver, CO 80202	www.cdn.colorado.gov/	The Colorado Division of Insurance (DOI) regulates the insurance industry and assists consumers and other stakeholders with insurance issues.
Insurance Medicare/Medicaid Advocacy	Connect for Health Colorado	(855) 752-6749			www.connectforhealthco.com/	Assistance sites through Connect for Health Colorado.
Insurance Medicare/Medicaid Advocacy	Connect for Health Colorado Gunnison County	(970) 642-7301 (970) 641-7984 (970) 708-7096	225 N. Pine St.	Gunnison, CO 81230		
Insurance Medicare/Medicaid Advocacy	Tri-County Health Network San Miguel and Montrose County West End	(970) 708-7096	238 E. Colorado Ave. Ste. 8	Telluride, CO 81435		West End office hours by appointment only
Insurance Medicare/Medicaid Advocacy	The Department of Regulatory Agencies (DORA)	(800) 866-7675			www.dora.state.co.us	

# Independent Living ILC

Category	Agency	Phone	Address	City State	Website	
				Zip		
Independent Living Centers/Centers for	Center for Independence	(970) 822-7010	245 S. Cascade Ave. Ste. B	Montrose, CO	www.cfigj.org	CFI
Independence	(CFI)			81401		Secu
						visio
						livir
Independent Living Centers/Centers for	Center for Independence	(970) 241-0315	740 Gunnison Ave.	Grand Jct. CO	www.cfigj.org	CFI
Independence	(CFI)	(800) 613-2271		81501		Secu
						visio
						livin
Independent Living Centers/Centers for	Colorado Statewide	(303) 902-5897			www.coloradosilc.org	
Independence	Independent Living					
	Council (SILC)					

## Description

FI provides assistance with Social ecurity Disability applications, low sion groups, and counseling for ving independently with a FI provides assistance with Social ecurity Disability applications, low sion groups, and counseling for ving independently with a

Category	Agency	Phone	Address	City State	Website	Desc
Incontinence Supplies, Adult Incontinence Supplies covered by Medicaid and delivered to the home.	Active Style	(800) 651-6223		Zip	www.activstyle.com	ActivStyle has home deliver supplies. Bills Medicaid and
Incontinence Supplies, Adult Incontinence Supplies covered by Medicaid and delivered to the home.	Grace Medical	(866) 514-7223			www.gracemedicalequipment.com	Grace Medical Equipment p in skin care treatments and r Medicaid and Medicare
Incontinence Supplies, Adult Incontinence Supplies covered by Medicaid and delivered to the home.	Shield Healthcare	(800) 765-8775			www.shieldhealthcare.com/	Brand products for incontine enteral nutrition, and more.

## scription

very of high-quality medical and Medicare

t provides the latest technology d medical supplies. Bills

tinence, ostomy, urological, re. Bills Medicaid and Medicare

# **Kinship -Grandparents**

Category	Agency	Phone	Address	City State	Website	Dese
				Zip		
Grandparent Services	AARP Grandparent Information	(888) 687-2277			www.aarp.org/relationships	
		Spanish			www.aarp.org	
		(877) 342-2277				
Grandparent Services	Colorado Kinship Support	(303) 866-5932			www.cofosterandadopt.org/	Provides information for sen
						caretaker for grandchildren.
Grandparent Services	Region 10 Community Living	(970) 249-2436	NEW LOCATION	Montrose, CO	www.region10.net	Material Aid Funding: Low
	Services (CLS)	(855) 500-6050	145 N. Cascade Ave.	81401		for life alerts and in-home as

## escription

seniors acting as guardian or

w Vision funding is also available assessments for safety.

Category	Agency	Phone	Address	City State Zip	Website	
Legal Services	Colorado Advance Directives Consortium (CADC)				www.coloradoadvancedirectives.co m_	More information documents and Care Decisions'
Legal Services	Delta Free Legal Service	(970) 765-5292 1st come 1st served Court House (970) 399-2000	501 Palmer St. Ste. 338	Delta, CO 81416		Low income eli place every We in the basement
Legal Services	Disability Law Disability Law Colorado, State PACE Ombudsman (Program of All- Inclusive Care for the Elderly)	Denver (800) 288-1376 (303)722-0300	455 Sherman St. Ste. 130	Denver, CO 80203	www.disabilitylawco.org	Disability Law services to peop have been viola
Legal Services	Disability Law Colorado, State PACE Ombudsman (Program of All-Inclusive Care for the	(800) 531-2105 (970) 241-6371	322 N. 8th St.	Grand Jct. CO 81501		
Legal Services	Gunnison Legal Aid	(800) 521-6968	109 E. Georgia St.	Gunnison, CO 81230		
Legal Services	Uncompahgre Volunteer Legal Aid	(970) 249-7202	156 Colorado Ave.	Montrose, CO 81401		Office hours by dates and location
Legal Services	Self-Rep. Litigant Coordinator	(970) 252-4312	1200 Grand Ave.	Montrose, CO 81401	www.7thjudicialdistrictco.org/	7th Judicial Dis
Legal Services	Long Term Care Ombudsman (Delta, Gunnison & Montrose)	(970) 765-3131	145 S. Cascade Ave.	Montrose, CO 81401	www.region10.net	A long-term car who protects an nursing homes a

ation about Colorado's advance directive ad booklet "Your Right to Make Health ns" available on their website.

eligible consultation service that takes Vednesday from 10:00 a.m. to 1:00 p.m. ent of the Delta County Courthouse.

w Colorado provides free or low-cost legal cople with disabilities whose civil rights plated.

by appointment only. Call for free clinic ations.

care Ombudsman is a trained advocate and promotes the rights of those in es and assisted living communities.

Category	Agency	Phone	Address	City State	Website	
				Zip		
Medical Facility	Basin Clinic	(970) 865-2666	421 Adams St.	Naturita, CO	www.basinclinic.org	
Clinics				81422		
Medical Facility	Gunnison Valley Health	(970) 349-0321	12 Snowmass Rd.	Mt. Crested	www.gunnisonvalleyhealth.org	
Clinics	Mountain Clinic			Butte, CO 81225		
Medical Facility	Moseley Health Care	(970) 944-2331	700 N. Henson St.	Lake City, CO	www.lcamc.org	Hou
Clinics	Complex Lake City			81235		Den
Medical Facility	Mountain Medical Center	(970) 626-5123	295 Sherman St.	Ridgway, CO	www.ridgwaymountainmedical.co	
Clinics				81432	<u>m</u>	_
Medical Facility	River Valley Family Health	(970) 323-6141	308 Main St.	Olathe, CO	www.rivervalleyfhc.com	RVI
Clinics	Center			81425		eligi
Medical Facility	River Valley Family Health	(970) 497-3333	100 Tessitore Ct Ste. B	Montrose, CO	www.rivervalleyfhc.com	RVI
Clinics	Center			81401		eligi
Medical Facility	Telluride Regional Medical	(970) 728-3848	500 W. Pacific Ave.	Telluride, CO	www.tellmed.org	
Clinics	Center			81435		_
Medical Facility	Uncompahgre Medical	(970) 327-4233	1350 Aspen St.	Norwood, CO	www.umclinic.org	
Clinics	Center			81423		
Medical Facility	DaVita Dialysis	(970) 240-7925	3421 S. Rio Grande Ave.	Montrose, CO	www.davita.com	
Dialysis				81401		_
Medical Facility	DCI Dialysis Clinic	(970) 240-3302	846 S. 5 th St.	Montrose, CO	www.dciinc.org/montrose_	
Dialysis				81401		_
Medical Facility	Gunnison Valley Hospital	(970) 641-1456	711 N. Taylor St.	Gunnison, CO	www.gunnisonvalleyhealth.org	
Dialysis				81230		
Medical Facility	Delta County Memorial	(970) 874-7681	1501 E. 3rd St.	Delta, CO	www.deltahospital.org	
Hospitals	Hospital			81416		
Medical Facility	Gunnison Valley Hospital	(970) 641-1456	711 N. Taylor St.	Gunnison, CO	www.gunnisonvalleyhealth.org	
Hospitals				81230		
Medical Facility	Montrose Memorial Hospital	(970) 249-2211	$800 \text{ S. } 3^{\text{rd}} \text{ St.}$	Montrose, CO	www.montrosehospital.com	
Hospitals				81401		
Medical	Montrose Memorial	(970) 240-7374			www.montrosehospital.com	
Physician Referral	Hospital					_
Medical	Delta County Memorial	(970) 874-7681			www.deltahospital.org	
Physician Referral	Hospital					_
Medical	Gunnison Valley Hospital	(970) 641-1456			www.gunnisonvalleyhealth.org	
Physician Referral						
Medical	Rocky Mountain Health	(970) 210-0469				Med
Physician Referral	Plans	sally.henry@rmhp.org				Coo
		or				with
		(970) 712-1609				_
Medical Facility	Colorow Care Center	(970) 323-5504	885 S. Hwy 50/Business Loop	Olathe, CO	www.vivage.com/colorow_	
Post-acute Rehabilitation			11411 11 27	81425		
Medical Facility	Horizons Care Center	(970) 835-2600	11411 Hwy 65	Eckert, CO	www.horizonsretirement.org	
Post-acute Rehabilitation				81418		_
Medical Facility	Montrose Memorial Hospital	(970) 252-2995	800 S. 3rd St.	Montrose, CO	www.montrosehospital.com	
Post-acute Rehabilitation	Acute Rehab Unit (ARU)			81401		

Description
uses the Lake City Medical, ntal Clinic and Wellness Center
FHC is a PE (presumptive gibility) DOT physicals available
FHC is a PE (presumptive gibility)
edicaid Community Outreach ordinators can help you connect h Medicaid providers.

Category	Agency	Phone	Address	City State Zip	Website	
Medical Facility Post-acute Rehabilitation	Paonia Care and Rehab	(970) 527-4837	1625 Meadowbrook Blvd.	Paonia, CO 81428		
Medical Facility Post-acute Rehabilitation	San Juan Living Center	(970) 249-9683	1043 Ridge St.	Montrose, CO 81401	www.sanjuanlivingcenter.com	
Medical Facility Post-acute Rehabilitation	Valley Manor Care Center	(970) 249-9634	1401 S. Cascade Ave.	Montrose, CO 81401	www.valleymanorcare.org_	
Medical Facility Rehabilitation Services	Delta Physical Therapy and Sport Rehabilitation	(970) 874-5747	185 Stafford Ln.	Delta, CO 81416	www.deltapt.net	
Medical Facility Rehabilitation Services	Valley Therapy Services	(970) 874-6111	257 Cottonwood St.	Delta, CO 81416	www.valleytherapyservicesdelta.co m	
Medical Facility Rehabilitation Services	In Motion Therapy	(970) 249-1646	611 E. Star Ct Ste. B	Montrose, CO 81401	www.inmotiontherapymontrose.co m	
Medical Facility Rehabilitation Services	MMH Montrose Hospital Therapy Programs, Mountain View Therapy MAIN CLINIC	(970) 240-7369	801 S. 4 th St.	Montrose, CO 81401	www.montrosehospital.com	
Medical Facility Rehabilitation Services	MMH Center for Wellness	(970) 252-2646	815 S. 4 th St.	Montrose, CO 81401	www.montrosehospital.com	
Medical Facility Rehabilitation Services	MMH Pediatric Clinic	(970) 252-2819	645 S. 5 th St.	Montrose, CO 81401	www.montrosehospital.com	 I
Medical Facility Rehabilitation Services	MMH Montrose Hawk Park Clinic	(970) 240-5958	1404 Hawk Parkway # 101	Montrose, CO 81401	www.montrosehospital.com	
Medical Facility Rehabilitation Services	MMH Montrose Community Recreational Center	(970) 249-7705	16350 Woodgate Rd.	Montrose, CO 81401	www.montrosehospital.com	
Medical Facility Rehabilitation Services	MMH Ridgway Clinic	(970) 626-4050	185 Sherman St. # 103	Ridgway, CO	www.montrosehospital.com	
Medical Facility Rehabilitation Services	Physical Therapy Resources	(970) 327-4567	1175 W. Grand Ave.	Norwood, CO 81423		
Medical Facility Rehabilitation Services	Peak Performance Therapy	(970) 728-1888	300 S. Mahoney Dr. C-1	Telluride, CO 81435	www.physicaltherapytelluride.com	 
Medical Facility Cancer Centers	Grand Mesa Oncology Center	(970)-399-2895	1501 3 rd St.	Delta, CO 81416	www.deltahospital.org	
Medical Facility Cancer Centers	Gunnison Valley Hospital	(970) 641-1456	711 N. Taylor St.	Gunnison, CO 81230	www.gunnisonvalleyhealth.org	

Description	

# Medical Clinic-Facility

Category	Agency	Phone	Address	City State	Website	Description
				Zip		
Medical Facility	San Juan Cancer Center	(970) 240-7242	600 S. 5th St.	Montrose, CO	www.montrosehospital.com	
Cancer Centers				81401		
Medical Facility	HopeWest	(970) 241-2212	3090 N. 12th St. #B	Grand Jct. CO	www.hopewestco.org	
Hospice Care Center				81506		
Physician Referral	Montrose Memorial Hospital	(970) 240-7374			www.montrosehospital.com	
Physician Referral	Delta County Memorial Hospital	(970) 874-7681			www.deltahospital.org	
Physician Referral	Gunnison Valley Hospital	(970) 641-1456			www.gunnisonvalleyhealth.org	

Category	Agency	Phone	Address	City State Zip	Website	
Medicaid	Colorado Long-Term Care Partnership	(303) 894-7547			www.colorado.gov/pacific/ltcpartnershi p	Public/private arrang Colorado's Medicaid Department of Huma
Medicaid	Colorado Retirement Services	(888) 707-1040 (970) 252-1040				Assists with Long Te
Medicaid	Ombudsman for Health First Colorado (Medicaid) Managed Care	(800) 221-3943 (877) 435-7123,	4500 Cherry Creek Dr. S.	Glendale, CO 80246	www.healthcolorado.org	The Ombudsman for grievance, appeal or o
Medicaid	Rocky Mountain Medicaid	(888) 367-6557	2775 Crossroads Blvd.	Grand Jct., CO 81506	www.rmhpcommunity.org	Change your Medica
Medicaid	Health First Colorado	(303) 866-2993			www.healthfirstcolorado.com	
Medicaid	Department of Health Care Policy and Financing	(800) 221-3943			www.medicaid.gov www.cohealthinfo.com	
Medicaid	Center for Medicare and Medicaid Services (CMS)	(800) 633-4227	7500 Security Blvd.	Baltimore, MD 21244	www.medicare.gov	
Medicaid Waiver	Department of Health				www.cdhs.state.co.us	
Programs	and Human Services Colorado					
Medicaid Waiver Programs	Colorado Long-Term Care Partnership	(303) 894-7547			www.colorado.gov/pacific/ltcpartnershi p	The Colorado Long-T arrangement between program.
Health First Colorado (Long-Term Care Medicaid) <b>Waiver</b>	Apply at your Local Health and Human Services in your					Qualifications: Finan Functional/Physical
Programs	county					
Health First Colorado					www.Colorado.gov/hcpf	You may be required
(Long-Term Care	Health and Human				www.colorado.gov/pacific/hcpf	documents. Under ag
Medicaid) Waiver	Services in your					also.
<b>Programs applicants</b>	county					
under the age 65						
Health First Colorado	Apply at your Local				www.colorado.gov/pacific/hcpf	Income limit \$2,250
(Long Term	Health and Human					is considered. \$3000
Medicaid) Waiver	Services in your					
Programs.	county					
	Apply at your Local				www.colorado.gov/pacific/hcpf	Countable Household
(Long-Term Care	Health and Human					spouses are applying.
Medicaid) Waiver	Services in your					If only one spouse is allowance is \$123,60
Programs. <b>Countable</b>	county					allowallee 18 \$125,00
Household						
Resources						
	Apply at your Local			1	www.colorado.gov/pacific/hcpf	Individuals whose ind
(Long-Term Care	Health and Human				a a meeterase go it premier nepi	can be put into place.
Medicaid) Waiver	Services in your					put into piece.
Programs. Income Trust	county					

agement between long-term care insurers, id program, Division of Insurance and han Services.

Ferm Care policy issues, retirement planning.

or Medicaid Managed Care can help you with a r other issue related to your mental health care.

caid enrollment, benefits questions.

Term Care Partnership is a public/private en long-term care insurers, Colorado's Medicaid

ancial need (low income, and have limited assets) al need (assistance with activities of daily needs)

ed to submit additional income and asset age 65 need to fill out the disability application

0 per month. Only individual applicant's income 00 if both spouses are applying for benefits.

old Resources \$2,000 single, \$3,000 if both ng.

is applying the community spouse resource 600.

income exceeds \$2,250 a month, an income trust ce.

Category	Agency	Phone	Address	City State Zip	Website	
	Apply at your Local Health and Human			F	www.colorado.gov/pacific/hcpf	The state could put a away to recover costs.
	Services in your					Law.
•	county					
Į.	Apply at your Local				www.colorado.gov/pacific/hcpf	If consumer becomes
	Health and Human					their income will go to
_	Services in your					receive a living allowa
	county					home, they will also re
Income to Facility						
v	Apply at your Local				www.colorado.gov/pacific/hcpf	One page application
	Health and Human				<u>0</u> F <u>F-</u> -	
```	Services in your					
for Long Term Care Medicaid Short	•					
Form						
	Apply at your Local	Ì	l		www.colorado.gov/pacific/hcpf	Home and Community
	Health and Human					elderly, blind, or disab
-	Services in your					ages 65+, have functi
<i>'</i>	county					ages 18-64 who are pl
EBD Elderly, Blind						diagnosis.
and Disabled						
Waivers, Long Term						
Care Medicaid						
(HCBS)						
	Apply at your Local				www.colorado.gov/pacific/hcpf	This program helps pe
	Health and Human					support to live in their
	Services in your					older, must have a bra
	county					the age of 65.
Brain Injury Waiver	5					8
(BI)						
Health First Colorado	Apply at your Local				www.colorado.gov/pacific/hcpf	CMHS provides assist
(Long-Term Care	Health and Human					requires long-term sup
	Services in your					community setting. Cl
<i>,</i>	county					communities provide.
Community Montal	•					
	Apply at your Local				www.colorado.gov/pacific/hcpf	CDASS program allow
	Health and Human					the attendants who can
· ·	Services in your					Through CDASS, you
e	county					representative.
Consumer Directed Health First Colorado	Apply at your Local				www.colorado.gov/pacific/hcpf	IHSS is a service-deliv
	Health and Human					their care and have co
	Services in your					having additional med
,	county					
Ç	Senior CommUnity	(970) 527-5350	11485 Highway 65	Eckert, CO	www.colorado.gov/pacific/hcpf	Senior CommUnity C
(Medicare/Long-Term	•	(710) 521-5550		81418		(including medical, de
	Eckert			01710		medications, home car
cure moulealu)						
Waiver Programs						
Waiver Programs. Program of All						therapy and end of life they can remain in the

a lien on the property, after both spouses pass its. There are exemptions to the Estate Recovery

es a permanent resident in a Medicaid facility, o towards the cost of their care. They will wance. If there is a spouse living in the family o receive an allowance based on need.

on for consumers already Medicaid.

hity-Based Services Waiver for persons who are sabled. (EBD) provides assistance to people ctional impairments or are blind, and to people physically disabled or have a qualifying

people with a brain injury that needs extra eir communities. Client must be 16 years or prain injury, and the injury have to occur before

sistance to people with a mental illness that supports and services in order to remain in a CMHS works with the support that families and le.

lows consumer to direct and manage care, rather than working through an agency. you are empowered to hire an authorized

elivery option that allows consumers to direct control over their attendant services, while nedical support.

Care PACE provides wrap around services dental, hearing, vision, transportation, care services, social/recreation programs, life programs) for adults ages 55 and older so their homes.

Category	Agency	Phone	Address	City State	Website	
				Zip		
Health First Colorado	Senior CommUnity	(970) 964-3500	2377 Robins Way	Montrose, CO	www.seniorcommunitycare.org	Senior CommUnity C
(Medicare/Long-Term	Care PACE Montrose			81401		(including medical, de
Care Medicaid)						medications, home car
Waiver Programs.						therapy and end of life
Program of All						they can remain in the
Inclusive Care						

v Care PACE provides wrap around services dental, hearing, vision, transportation, care services, social/recreation programs, life programs) for adults ages 55 and older so their homes.

Category	Agency	Phone	Address	City State Zip	Website	Description
Medical Alert Life Alert						Life Alert/Medical Alert Systems: Tips: Do no contract. There should be no activation or sig alerts. GPS locators may have an activation fe
Medical Alert Life Alert	Touch of Care Medical Alert System	(970) 874-6115	108 W. 2nd St.	Delta, CO 81416	www.touchofcarepcp.com	Covers: Montrose, Ridgway, Ouray, Delta, Co Hotchkiss, Gunnison, and the West End of M
Medical Alert Life Alert	Get Help Now American Senior Safety Agency	(888) 473-2800			www.seniorsafety.com	Fall selection alerts, GPS, and regular alerts
Medical Alert Life Alert	Alert 1	(866) 681-6461			www.alert-1.com	
Medical Alert Life Alert	greatcall	(800) 918-8543			www.greatcall.com	

#### on

o not get locked into any kind of sign up fees for regular life a fee.

Cedaredge, Paonia, Crawford, Montrose County.

Category	Agency	Phone	Address	City State Zip	Website	Description
Medicare	SHIP Medicare Counseling State Health Insurance Program Region 10	(970) 249-2436	145 S. Cascade Ave.	Montrose, CO 81401	www.region10.net	SHIP is a free health benefits counseling service their families or caregivers. SHIP Counseling is
Medicare	SHIP Medicare Counseling Gunnison County Health & Human Services	(970) 641-7922	225 N. Pine St	Gunnison, CO 81230		SHIP is a free health benefits counseling service their families or caregivers. SHIP Counseling is
Medicare	Center for Medicare and Medicaid Services (CMS)	(800) 633-4227	7500 Security Blvd.	Baltimore, MD 21244	www.medicare.gov	
Medicare	Social Security	Montrose office (866) 758-1317 National number (800) 772-1215	1807 Pavilion Dr.	Montrose, CO 81401	www.ssa.gov	
Medicare	Medicare Savings Program: Qualified Medicare Beneficiary (QMB) Program		Apply at your local Dept. of Health and Human Services		www.medicare.gov	Medicare Savings Program: Qualified Medicare Beneficiary (QMB) Program premiums, deductibles, coinsurance, and copayn Countable Household Resources: \$7,560s/\$11,3 Income: 2018, \$1,032 s/\$1,392 c
Medicare	Medicare Savings Program: Medicare Specified Low- Income Medicare Beneficiary (SLMB) Program:		Apply at your local Dept. of Health and Human Services		www.medicare.gov	Medicare Savings Program: Specific Low-Income Medicare Beneficiary (SL Pay for Part B premium only Countable Household Resources: \$7,560s/\$11,3 Income: 2018, \$1,234 s/\$1,666 c
Medicare	Medicare Savings Program: Medicare Qualifying Individual (QI) Program		Apply at your local Dept. of Health and Human Services		<u>www.medicare.gov</u>	Medicare Savings Program: Qualifying Individual (QI) Program You must apply every year for QI benefits. QI ap come, first-served basis, with priority given to pe previous year. (You can't get QI benefits if you c
Medicare	Medicare Qualified Disabled and Working Individuals (QDWI) Program		Apply at your local Dept. of Health and Human Services		<u>www.medicare.gov</u>	Medicare Savings Program: Qualified Disabled a (QDWI) Program: Pays the Part A premium. Countable Household Resources: \$4,000s/\$6,000 Income: 2018, \$4,132 s/\$5,572 c
Medicare	KEPRO	(844) 430-9504			www.keproqio.com	KEPRO is the Beneficiary and Family Centered Organization, working under contract to the Cent Services (CMS) to improve the quality of care for Medicare beneficiaries in Colorado who are cont they received from a doctor or hospital can conta

ce for Medicare beneficiaries and is FREE of charge.

ce for Medicare beneficiaries and is FREE of charge.

am: Pay for: Part A, Part B yments ,340c

SLMB) Program:

,340c

I applications are granted on a firstpeople who got QI benefits the u qualify for Medicaid). ed and Working Individuals

000c

ed Care Quality Improvement Centers for Medicare & Medicaid e for Medicare beneficiaries. oncerned about the medical care ntact KEPRO.

Category	Agency	Phone	Address	City State Zip	Website	
Medicaid Waiver Programs	Department of Health and Human Services Colorado				www.cdhs.state.co.us	
Medicaid Waiver Programs	Colorado Long-Term Care Partnership	(303) 894-7547			www.colorado.gov/pacific/ltcpartnersh ip	The Colorado L public/private an care insurers, C
Health First Colorado (Long-Term Care Medicaid) <b>Waiver Programs</b>	Apply at your Local Health and Human Services in your					Qualifications: 1 and have limited need (assistance
Health First Colorado (Long-Term Care Medicaid) <b>Waiver Programs</b> <b>applicants under the age 65</b>	Apply at your Local Health and Human Services in your county				www.Colorado.gov/hcpf www.colorado.gov/pacific/hcpf	You may be req income and asso need to fill out t
Health First Colorado (Long Term Medicaid) Waiver Programs. Income Eligibility	Apply at your Local Health and Human Services in your county				www.colorado.gov/pacific/hcpf	Income limit \$2 individual appli \$3000 if both sp benefits.
Health First Colorado (Long-Term Care Medicaid) Waiver Programs. <b>Countable Household Resources</b>	Apply at your Local Health and Human Services in your county				www.colorado.gov/pacific/hcpf	Countable Hous \$3,000 if both s If only one spou spouse resource
Health First Colorado (Long-Term Care Medicaid) Waiver Programs. <b>Income Trust</b>	Apply at your Local Health and Human Services in your				www.colorado.gov/pacific/hcpf	Individuals who month, an incor
Health First Colorado (Medicaid) Waiver Programs. <b>Estate Recovery</b>	Apply at your Local Health and Human Services in your				www.colorado.gov/pacific/hcpf	The state could both spouses pa are exemptions
Health First Colorado (Long-Term Care Medicaid) Waiver Programs. <b>Income to Facility</b>	Apply at your Local Health and Human Services in your county				www.colorado.gov/pacific/hcpf	If consumer bec Medicaid facilit the cost of their living allowance the family home allowance based
Health First Colorado (Medicaid) Waiver Programs. <b>Request for</b> Long Term Care Medicaid Short Form	Apply at your Local Health and Human Services in your county				www.colorado.gov/pacific/hcpf	One page applic Medicaid.
Health First Colorado (Long-Term Care Medicaid) Waiver Programs. EBD Elderly, Blind and Disabled Waivers, Long Term Care Medicaid (HCBS)	Apply at your Local Health and Human				www.colorado.gov/pacific/hcpf	Home and Com for persons who disabled. (EBD) ages 65+, have blind, and to per physically disab diagnosis.

Long-Term Care Partnership is a
arrangement between long-term Colorado's Medicaid program.
S: Financial need (low income, ted assets) Functional/Physical nee with activities of daily needs)
required to submit additional sset documents. Under age 65 the disability application also.

\$2,250 per month. Only plicant's income is considered. spouses are applying for

busehold Resources \$2,000 single, a spouses are applying. ouse is applying the community <u>ce allowance is \$123,600.</u> hose income exceeds \$2,250 a ome trust can be put into place.

Id put a lien on the property, after pass away to recover costs. There as to the Estate Recovery Law. Decomes a permanent resident in a fility, their income will go towards eir care. They will receive a nce. If there is a spouse living in me, they will also receive an sed on need.

lication for consumers already

ommunity-Based Services Waiver ho are elderly, blind, or D) provides assistance to people we functional impairments or are people ages 18-64 who are abled or have a qualifying

Category	Agency	Phone	Address	City State Zip	Website	
Health First Colorado (Long-Term Care Medicaid) Waiver Programs. Brain Injury Waiver (BI)	Apply at your Local Health and Human Services in your				www.colorado.gov/pacific/hcpf	This program he that needs extra communities. C must have a bra
	county					occur before the
Health First Colorado (Long-Term Care Medicaid) Waiver Programs. <b>Community Mental Health</b>	Apply at your Local Health and Human Services in your				www.colorado.gov/pacific/hcpf	CMHS provides mental illness th and services in
Supports Waivers (CMHS)	county					setting. CMHS families and cor
Health First Colorado (Long-Term Care Medicaid) Waiver Programs. Consumer Directed Attendant Support Services (CDASS)	Apply at your Local Health and Human Services in your county				www.colorado.gov/pacific/hcpf	CDASS program and manage the than working the CDASS, you ar authorized repre
Health First Colorado (Long-Term Care Medicaid) Waiver Programs. In-Home Support Services (IHSS)	Apply at your Local Health and Human Services in your county				www.colorado.gov/pacific/hcpf	IHSS is a servic allows consume control over the having addition
Health First Colorado (Medicare/Long-Term Care Medicaid) Waiver Programs. Program of All Inclusive Care for the Elderly (PACE)	Senior CommUnity Care PACE Eckert	(970) 527-5350	11485 Highway 65	Eckert, CO 81418	www.colorado.gov/pacific/hcpf	Senior CommU around services hearing, vision, home care servi therapy and end ages 55 and old homes.
Health First Colorado (Medicare/Long-Term Care Medicaid) Waiver Programs. <b>Program of All Inclusive Care</b> <b>for the Elderly (PACE)</b>	Senior CommUnity Care PACE Montrose	(970) 964-3500	2377 Robins Way	Montrose, CO 81401	www.seniorcommunitycare.org	Senior CommU around services hearing, vision, home care servi therapy and end ages 55 and old homes.

helps people with a brain injury ra support to live in their Client must be 16 years or older, rain injury, and the injury have to the age of 65. des assistance to people with a that requires long-term supports n order to remain in a community S works with the support that communities provide. ram allows consumer to direct he attendants who care, rather through an agency. Through are empowered to hire an presentative. vice-delivery option that ners to direct their care and have heir attendant services, while onal medical support. Unity Care PACE provides wrap es (including medical, dental, n, transportation, medications, vices, social/recreation programs, nd of life programs) for adults lder so they can remain in their

hUnity Care PACE provides wrap es (including medical, dental, n, transportation, medications, rvices, social/recreation programs, nd of life programs) for adults older so they can remain in their

Category	Agency	Phone	Address	City State Zip	Website	
Medical Supply Lending Closets	MADA Mexican American Development Association	(970) 249-4774	17 N. 6 th St.	Montrose, CO 81401	www.shepherdshandmontrose.org	Center open se
Medical Supply Lending Closets	Delta Elks Club	(970) 874-3624	563 Main St.	Delta, CO 81416		Contact Mel – locker
Medical Supply Lending Closets	Montrose Elks Lodge 1053	(970) 249-4852	801 Hillcrest Dr.	Montrose, CO 81401		The Montrose donated medic
Medical Supply Lending Closets	Women's Club of Ouray County Medical Loan Closet	Gail Jossi (970) 318-1424 Lois Fisher (970) 325-4679				Sponsored by (W.C.O.C.), the used, sanitary residents.
Medical Supply Lending Closets	Hope West Hospice	Delta (970) 874-6823	195 Stafford Ln.	Delta, CO 81416	www.hopewestco.org	Lending locati
Medical Supply Companies	AeroCare Delta	(970) 874-1268	713 Main St.	Delta, CO 81416	www.aerocareusa.com	
Medical Supply Companies	AeroCare Gunnison	(970) 641-1828	500 US-50	Gunnison, CO 81230	www.aerocareusa.com	
Medical Supply Companies	AeroCare Montrose	(970) 252-0212	843 S. 3rd St.	Montrose, CO 81401	www.aerocareusa.com	
Medical Supply Companies	AeroCare Nucla	(970) 864-7902	340 Main St.	Nucla, CO 81424	www.aerocareusa.com	
Medical Supply Companies	Grand Mesa Medical	(970) 241-0833	1708 North Ave.	Grand Jct., CO 81501	www.grandmesamedical.com	
Medical Supply Companies	Hanger Clinic Prosthetics & Orthotics	(970) 252-1956	902 S. 4th St.	Montrose, CO 81401		
Medical Supply Companies	Hartman Brother's Montrose	(970) 240-9556	531 Main St.	Montrose, CO 81401	www.hartmanmedical.net	
Medical Supply Companies	Hartman Brother's Delta	(970) 874-2828	1450 E. 3rd St.	Delta, CO 81416		
Medical Supply Companies	Maxi Aids	(800) 522-6294 TTY (800) 281-3555			www.maxiaids.com	
Medical Supply Companies	Numotion	(970) 242-3011	2517 Weslo Ave.	Grand Jct., CO 81505	www.numotion.com	
Medical Supply Financial Assistance	A.V. Hunter Trust					Financial assis durable medic through a loca
Medical Supply Financial Assistance	Friends of Man					Financial assis durable medic local agency a or ADRC offic
Medical Supply Financial Assistance	Heather Abbott Foundation Limb loss - prosthetics		181 Bellevue Ave. #407	Newport, RI 02840	www.heatherabbottfoundation.org	Foundation pro- suffered limb who would be device.

Description
seven days per week 7:00 am - 1:00 pm.
l – have medical equipment in storage
se Elks Club has a lending closet for dical equipment.
by the Woman's Club of Ouray County , the medical loan closet provides gently ry medical equipment for Ouray County
ation in Delta
sistance for dental, vision, hearing and lical equipment. (Applicants must apply cal agency.)
sistance for dental, vision, hearing and lical equipment. (Must apply through a papplications available at any County office ffice)
provides assistance to individuals who have b loss under traumatic circumstances and benefit from the donation of a prosthetic

Agency	Phone	Address	City State	Website	Description
			Zip		
Bright Futures	(970) 728-5613	657 W. Colorado Ave.	Telluride, CO		
Moseley Health Care Complex	(970) 275-9344	P.O. Box 1207	Lake City,	www.claritycounseling.com	Mental Health Counselor associated with
Lake City	Call for an appt.		CO 81235		Gunnison Mental Health Video-
					Conference.
San Miguel Public Health	(970) 728-4289	333 W. Colorado Ave.	Telluride,		
		P.O. Box 949	CO 81435		
The Transition Specialist Program	(303) 636-5600	9900 E. Iliff Ave.	Denver, CO		Partnership between Behavioral
Rocky Mountain Human Services			80231		Healthcare, Inc. to help patients leave Colorado's Mental Health Institutes.
Voyager	(970) 626-4279	112 Village Square	Ridgway, CO		
	(,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		81432		
The Center for Mental Health	(970) 252-6220			www.centermh.org	
Mental Health Emergency					
Services					
The Center for Mental Health	(970) 252-3200	2130 E. Main St.	Montrose,	www.centermh.org	
Montrose Admin			CO 81401		
Delta Clinic	(970) 874-8981	107 W. 11th St.	Delta, CO	www.centermh.org	
			81416		
Center for Mental Health	(970) 641-0229	710 N. Taylor St.	Gunnison,	www.centermh.org	
Gunnison Clinic			CO 81230		
Center for Mental Health	(970) 327-4449	1175 Grand Ave.	Norwood,	www.centermh.org	
Norwood Clinic			CO 81423		
Center for Mental Health	(970) 728-6303	100 W. Colorado Blvd.	Telluride,	www.centermh.org	
Telluride Clinic		Ste. 203 & 204	CO 81435		
Western State Colorado	(970) 642-4615	600 S. Adams St.	Gunnison,		
University		Tomichi Hall #104	CO 81231		
The Basin Clinic	(970) 327-4449	421 Adams St.		www.centermh.org	
			81422		
Voyager	(970) 626-4279	112 Village Square	Ridgway, CO		
Mindfalase D. 11	(070) 210 0520		81432	enter a la la companya de la companya	
Mindfulness Based Interventions	(970) 318 0529			www.nicholemoorman.offeringtree.co	
Nichole Moorman LCSW				<u>m</u>	
Qualified MBSR Teacher Colorado Crisis Services	(800) 493-TALK			www.montrosesuicideprevention.org	
Colorado Crisis Services	(800) 493-1 ALK (800) 496-8255			www.monuosesuicideprevention.org	
National Suicide Prevention	(800) 496-8255 (800 273-TALK				
	`			www.suicidepreventionlifeling.org	
Lifeline	(800) 273-1ALK (800) 273-8255			www.suicidepreventionlifeline.org	

## Mental Health

2018 ADRC Resource Guide

Agency	Phone	Address	City State Zip	Website	Description
The Center for Mental Health Crisis Line	970-252-6220 Crisis Text Line ages 13-24 741741				

Category	Agency	Phone	Address	City State	Website	D
				Zip		
Minority Resources	Colorado Civil Rights Division	(800) 262-4845			www.dora.colorado.gov/crd	
		(303) 894-2997				
Minority Resources	National Association for the	(844) UR-	P.O. Box 15583	Colorado Spgs.,	www.naacp.org	Eliminates racial disc
	Advancement of Colored	NAACP		CO 80935		from all aspects of p
	People (NAACP)	(844) 876-2227				
Minority Resources	Colorado Division of Labor	(888) 390-7936	633 17th St.	Denver, CO	www.coloradolaborlaw.gov	
				80202		
Minority Resources	Office of Fair Housing & Equal	(800) 877-7353	1670 Broadway St.	Denver, CO		
	Opportunity			80202		
Minority Resources	ADRC Ouray and San Miguel	(970) 708-7096	238 E. Colorado Ave. # 8	Telluride, CO	www.tchnetwork.org	Serving: Ouray, San
	Counties & West End of			81435		End of Montrose Co
	Montrose County:					
	Tri-County Health Network					

iscrimination and segregation public life in America.

San Miguel County and the West Counties

Agency	Phone	Address	City State Zip	Website
Colorow Care Center	(970) 323-5504	885 S. Hwy 50 Business Loop	Olathe, CO 81425	www.vivage.com/colorow
Gunnison Valley Health Senior Care Center	(970) 641-0704	1500 W. Tomichi	Gunnison, CO 81230	www.gvh-colorado.org
Horizons Care Center	(970) 835-2600	11411 Hwy 65	Eckert, CO 81418	www.horizonsretirement.c
Paonia Care and Rehab	(970) 527-4837	1625 Meadowbrook Blvd.	Paonia, CO 81428	www.paoniacareandrehab
San Juan Living Center	(970) 249-9683	1043 Ridge St.	Montrose, CO 81401	www.sanjuanlivingcenter.
Valley Manor Care Center	(970) 249-9634	1401 S. Cascade Ave.	Montrose, CO 81401	www.valleymanorcare.org
Willow Tree Care Center	(970) 874-9773	2050 S. Main St.	Delta, CO 81416	www.fivestarseniorliving.
Horizons Health Care	(970) 835-2600	11411 Hwy 65	Eckert, CO 81418	www.horizonsretirement.o
Paonia Care and Rehab	(970) 527-4837	1625 Meadowbrook Blvd.	Paonia, CO 81428	www.paoniacareandrehab
Valley Manor Care Center	(970) 249-9634	1401 S. Cascade Ave.	Montrose, CO 81401	www.valleymanorcare.org
Long Term Care Ombudsman (Delta, Gunnison & Montrose)	(970) 765-3131	145 S. Cascade Ave.	Montrose, CO 81401	www.region10.net
	Colorow Care CenterGunnison Valley Health Senior Care CenterHorizons Care CenterPaonia Care and RehabSan Juan Living CenterValley Manor Care CenterWillow Tree Care CenterHorizons Health CarePaonia Care and RehabValley Manor Care CenterUtilow Tree Care CenterValley Manor Care CenterHorizons Health CareValley Manor Care CenterLong Term Care Ombudsman (Delta,	Colorow Care Center(970) 323-5504Gunnison Valley Health Senior Care Center(970) 641-0704Horizons Care Center(970) 835-2600Paonia Care and Rehab(970) 527-4837San Juan Living Center(970) 249-9683Valley Manor Care Center(970) 249-9634Willow Tree Care Center(970) 874-9773Horizons Health Care(970) 835-2600Paonia Care and Rehab(970) 835-2600Valley Manor Care Center(970) 874-9773Horizons Health Care(970) 527-4837Valley Manor Care Center(970) 249-9634Long Term Care Ombudsman (Delta,(970) 765-3131	Colorow Care Center(970) 323-5504885 S. Hwy 50 Business LoopGunnison Valley Health Senior Care Center(970) 641-07041500 W. TomichiHorizons Care Center(970) 835-260011411 Hwy 65Paonia Care and Rehab(970) 527-48371625 Meadowbrook Blvd.San Juan Living Center(970) 249-96831043 Ridge St.Valley Manor Care Center(970) 874-97732050 S. Main St.Willow Tree Care Center(970) 835-260011411 Hwy 65Horizons Health Care(970) 874-97732050 S. Main St.Paonia Care and Rehab(970) 527-48371625 Meadowbrook Blvd.Valley Manor Care Center(970) 527-48371625 Meadowbrook Blvd.Valley Manor Care Center(970) 249-963411411 Hwy 65Long Term Care Ombudsman (Delta,(970) 765-3131145 S. Cascade Ave.	ZipColorow Care Center(970) 323-5504885 S. Hwy 50 Business Loop 885 S. Hwy 50 Business Loop 0 Olathe, CO 81425Gunnison Valley Health Senior Care Center(970) 641-07041500 W. Tomichi 1500 W. TomichiGunnison, CO 81230Horizons Care Center(970) 835-260011411 Hwy 65Eckert, CO 81418Paonia Care and Rehab(970) 527-48371625 Meadowbrook Blvd.Paonia, CO 81428San Juan Living Center(970) 249-96331043 Ridge St.Montrose, CO 81401Valley Manor Care Center(970) 874-97732050 S. Main St.Delta, CO 81416Willow Tree Care Center(970) 835-260011411 Hwy 65Eckert, CO 81416Horizons Health Care(970) 527-48371625 Meadowbrook Blvd.Paonia, CO 81418Paonia Care and Rehab(970) 527-48371625 Meadowbrook Blvd.Paonia, CO 81416Horizons Health Care(970) 835-260011411 Hwy 65Eckert, CO 81418Valley Manor Care Center(970) 527-48371625 Meadowbrook Blvd.Paonia, CO 81418Long Term Care Ombudsman (Delta,(970) 765-3131145 S. Cascade Ave.Montrose, CO 81401

	Description
W	
t.org	
lb.com	
er.com	
<u>rg</u>	
<u>g.com</u>	
t.org	
<u>b.com</u>	
<u>rg</u>	
	A long-term care Ombudsman is a trained advocate who protects and promotes the rights of those in nursing homes and assisted living communities.

Category	Agency	Phone	Address	City State Zip	Website	Description
Nutrition Congregate Meal Sites Delta County	Delta Community Center	(970) 874-7837 Senior Community Meals (970) 874-7661	247 Meeker St.	Delta, CO 81416	www.SeniorCommUnityMeals.org	Meals provided by donation.
Nutrition Congregate Meal Sites Delta County	Cedaredge Community Center	(970) 856-3636 Senior Community Meals (970) 874-7661	140 NW 2nd St.	Cedaredge, CO 81413	www.SeniorCommUnityMeals.org	Meals provided by donation.
Nutrition Congregate Meal Sites Delta County	Cedaredge Holiday Meals	(970) 856-9692				
Nutrition Congregate Meal Sites Delta County	Hotchkiss Senior Citizen Center	(970) 872-3494 Senior Community Meals (970) 874-7661	276 W. Main St.	Hotchkiss, CO 81419	www.SeniorCommUnityMeals.org	Meals provided by donation.
Nutrition Congregate Meal Sites Delta County	Paonia Senior Citizen Center	(970) 527-3435 Senior Community Meals (970) 874-7661	108 3rd St.	Paonia, CO 81428	www.SeniorCommUnityMeals.org	Meals provided by donation.
Nutrition Congregate Meal Sites Delta County	Paonia Holiday Meal Delivery	(970) 527-4162				
Nutrition Congregate Meal Sites Gunnison County	Young at Heart Luncheon	(970) 641-2107	200 E. Spencer Ave.	Gunnison, CO 81230	www.gunnisoncounty.org	
Nutrition Congregate Meal Sites Lake City	Silver Thread Senior Community Luncheons	(970) 944-0321 Call Public Health	401 Bluff St. Baptist Fellowship Hall	Lake City, CO 81235	www.hinsdaleseniors.com	Meals provided by donation
Nutrition Congregate Meal Sites Montrose	Christ Kitchen	(970) 252-6415	2305 S. Townsend Ave.	Montrose, CO 81401		Meals provided by donation. Mail donations to: P.O. Box 3013 Montrose, CO 81402
Nutrition Congregate Meal Sites Montrose	Olathe Community Center	(970) 323-5391 Senior Community Meals (970) 874-7661	105 Main St.	Olathe, CO 81425	www.SeniorCommUnityMeals.org	Meals provided by donation.
Nutrition Congregate Meal Sites Montrose	Montrose Pavilion Senior Center	(970) 964-3419	<ul><li>1800 Pavilion Dr.</li><li>Reservation is preferred at least</li><li>48 hours in advance</li></ul>	Montrose, CO 81401	www.montrosepavilion.org	Meals provided M-F at noon. Cost is \$5.00 per meal.
Nutrition Congregate Meal Sites Montrose	Shepherd's Hand	(970) 249-4774	17 N. 6 th St.	Montrose, CO 81401	www.shepherdshandmontrose.org	Breakfast and lunch.
Nutrition Congregate Meal Sites	Neighbor to Neighbor Ouray Community Center	(970) 325-4586	320 6th Ave.	Ouray, CO 81427	www.ourayneighbor.com/	Lunch served every Monday
Nutrition Congregate Meal Sites San Miguel	Norwood Community Center	(970) 327-4594 Senior Community Meals (970) 874-7661	1670 Naturita St.	Norwood, CO 81423	www.SeniorCommUnityMeals.org	Meals provided by donation.
Nutrition Congregate Meal Sites West End Montrose County	Nucla West End Senior Center	(970) 864-7278 Senior Community Meals (970) 874-7661	386 Main St.	Nucla, CO 81424	www.SeniorCommUnityMeals.org	Meals provided by donation.
Nutrition Congregate Meal Sites	Telluride Senior Meals	Pal Gleason (970) 728-4121	Christ Presbyterian Church 434 W. Columbia Ave.	Telluride, CO 81435		Lunch served every Monday at 12:00 p.m.
Nutrition Mail Order Home Delivered Meals	Mom's Meals NourishCare	(866) 971-6667	3210 SE Corporate Woods Dr.	Ankeny, Iowa	www.momsmeals.com	Mom's Meals is an independent home meals delivery program.

Category	Agency	Phone	Address	City State Zip	Website	Description
Nutrition Mail Order Home Delivered Meals	Home Style Direct	(866) 735-0921	2032 Highland Ave. E.	Twin Falls, ID 83301	www.homestyledirect.com/	Home delivered meals.
Nutrition Home Delivered	Senior CommUnity Meals	(970) 874-7661	350 Stafford Lane # 3511	Delta, CO	www.SeniorCommUnityMeals.org	Home Delivered Meals \$3.00 asking donation
Meals	Home Delivered Meals			81416		per meal. 12 frozen meals per month
Nutrition Home Delivered Meals	Young at Heart Home Delivered Meals	(970) 641-2107	200 E. Spencer Ave.	Gunnison, CO 81230		
Nutrition Home Delivered Meals	Neighbor to Neighbor	(970) 325-4586			www.ourayneighbor.com	Home Delivered Meals for a minimal fee call for reservations.
Nutrition Home Delivered Meals San Miguel, West End	Senior CommUnity Meals	(970) 874-7661	350 Stafford Lane # 3511	Delta, CO 81416		Home Delivered Meals \$3.00 asking donation per meal. 12 frozen meals per month
Nutrition Home Delivered	Montrose Thanksgiving Day	For meal delivery call				Sponsored by Montrose Community Meals, Inc.
Meals	Home Delivered Meals	(970) 901-7780				
Nutrition Home Delivered Meals Montrose County		Norm and Lexi Stevenson (970) 275-3336 (970) 275-3300				Meals delivered Christmas Day
Nutrition Food Nutrition Assistance SNAP	Nutrition Assistance Program (formerly Food Stamps)	Colorado Hunger Free Hotline (855) 855-4626 or (800) 536-5298 to apply by phone	(Apply at your local County office. See Social Services for locations.)			2018 (1) G \$1307 Net \$1005, (2) G \$1760 Net \$1354 Household Countable Resources \$2,250 or \$3,500 if one member is disabled.
Nutrition SNAP Double up Bucks for SNAP recipients	Live Well Montrose RX Farmacy	(970) 249-0705	238 S. 2nd St.	Montrose, CO 81401	www.montrosefarmersmarket.wee bly.com	Double Up Food Bucks Colorado. When customers spend a \$1 on any SNAP eligible item (meat, bread, eggs, milk, etc.), they receive \$1.
Nutrition Commodities Definitions	The Emergency Food Assistance Program (TEFAP)				www.foodbankrockies.org	USDA program for low-income individuals, by providing them with emergency food at no cost. Income limit \$1,859s, \$2,504 c
Nutrition Commodities Definitions	Commodity Supplemental Food Program (CSFP)					USDA program for low-income people at least 60 gross income: (1) \$1,307 (2) \$ 1,760
Nutrition Commodities Delta County	Salvation Army TEFAP	(970) 399-3884	117 Meeker St.	Delta, CO 81416	www.foodbankrockies.org	
Nutrition Commodities Delta County	Delta Food Pantry	(970) 252-6462	628 Meeker St.	Delta, CO 81416		Must live in Delta County
Commodities Delta County		information only phone number, do not call the church for information		Delta, CO 81416		Use the alley entrance.
Nutrition Commodities Delta County		(970) 209-4536 (970) 856-9692 Call for days	245 W. Main St.	Cedaredge. CO 81413		Must be a resident of Surface Creek area (Austin, Eckert, Cory, Cedaredge)
Nutrition Commodities Delta County	Hotchkiss Food Bank	(970) 872-3355 call for days and times	190 E. Bridge St.	Gunnison, CO 81230	www.foodbankrockies.org	Elks Lodge
Nutrition Commodities		(970) 641-4156 call for	21 N. Main St.	Gunnison, CO		
Gunnison County		days and times		81230		
Nutrition Commodities Gunnison County		(970) 349-6237 call for days and times and		Crested Butte. CO		
		locations.				

Category	Agency	Phone	Address	City State	Website	Description
				Zip		
Nutrition Commodities	MADA	(970) 249-4774	17 N. 6 th St.	Montrose, CO		
Montrose County				81401		
Nutrition Commodities	Shepherd's Hand	(970) 249-4774	17 N. 6 th St.	Montrose, CO	www.shepherdshandmontrose.org	The Day Center 7:00 am -1:00 am, seven-days-a-
Montrose County				81401		week.
Nutrition Commodities	Sharing Ministries	(970) 240-8385	49 N. 1st St.	Montrose, CO	www.sharingministries.com	Food Bank
Montrose County				81401		
Nutrition Commodities	Nucla Family Link	(970) 864-2245	835 Main St.	Nucla, CO		Provides food banks, clothing, classes, energy
West End of Montrose County				81424		assistance, call for days and times
Nutrition Commodities	Ridgway and Ouray	(970) 626-4273	257 Sherman St.	Ridgway, CO	www.ouraycountyfoodpantry.org	
Ouray County		(970) 325-4230 call for		81432		
		days and times.				
Nutrition Commodities	Ridgway Community Church	(970) 626-5692	P.O. Box 322	Ridgway, CO		call for days and times
Ouray County				81432		
Nutrition Commodities	Alpine Chapel Food Bank	(970) 728-3504	P.O. Box 2701	Telluride, CO		
San Miguel County				81435		
Nutrition Commodities	Angel Baskets	(970) 708-7188	Aspen & W. Colorado	Telluride, CO	www.tellurideangelbaskets.org	Food banks, holiday meals, school supply and
San Miguel County		Call for times		81435		elder care.
Nutrition Commodities	West End Food Bank	Call Michele Blunt	Christ in F.O.C.U.S Church aka	Norwood, CO		
San Miguel County		(970) 327-0356	Norwood Southern Baptist	81423		
			Church			
Nutrition Commodities	Norwood Care and Share Food	(970) 708-7188	1272 Spruce St.	Norwood, CO		
San Miguel County	Bank of Western Colorado			81423		

Pensions

2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website	Description
Pensions Civil Service	Colorado Public Employees'	(303) 832-9550			www.copera.org	PERA answers questions about benefits.
	Retirement Association (PERA)	(800) 759-7372				
Pensions Civil Service	National Active and Retired	(703) 838-7760			www.narfe.org	Advisory assistance on civil service retirement and
	Federal Employees (NARFE)					survivor benefits, changes in beneficiaries and death
						benefit claims, etc.
Pensions Civil Service	Office of Personnel	(888) 767-6738			www.opm.gov	OPM manages pension benefits for retired Federal
	Management (OPM)					employees and their families, and administers health and
						other insurance programs for federal employees and

# **Physicial Referral**

Category	Agency	Phone	Address	City, St. Sip	Website	Desc
Physician Referral	Montrose Memorial Hospital	(970) 240-7374			www.montrosehospital.com	
Physician Referral	Delta County Memorial Hospital	(970) 874-7681			www.deltahospital.org	
Physician Referral	Gunnison Valley Hospital	(970) 641-1456			www.gunnisonvalleyhealth.org	
Physician Referral	Rocky Mountain Health Plans	(970) 210-0469 sally.henry@rmhp.org or (970) 712-1609 tammy.luksch@rmhp.org				Medicaid Community Outreach connect with Medicaid provide

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Category	Agency	Phone	Address	City State Zip	Website	De
Prescription Assistance	State Pharmaceutical Assistance Program				www.medicare.gov	
Prescription Assistance	Colorado Bridging the Gap	(303) 692-2716				
Prescription Assistance	Boehringer Ingelheim Cares Patient Assistance Program	(800) 556-8317	P.O. Box 66745	St Louis, MO 63166	www.boehringer-ingelheim.com	
Prescription Assistance	AZ&ME AstraZeneca Medicines	(800) 292-6363			www.azandme.com	
Prescription Assistance	Gunnison County Rx Prescription Discount Card	(877) 321-2652			www.caremark.com/naco	
Prescription Assistance	Social Security Low Income Subsidy (LIS), Extra Help	Montrose office (866) 758-1317 National number (800) 772-1213	1805 Pavilion Dr.	Montrose, CO 81401	www.ssa.gov_	Assists in paying presc participating insurance pays.2018 Full LIS: \$1,386 s/\$1,872 c Countable Household F
Prescription Assistance	Social Security Low Income Subsidy (LIS), Extra Help	Montrose office (866) 758-1317 National number (800) 772-1213	1805 Pavilion Dr.	Montrose, CO 81401	www.ssa.gov_	Assists in paying presc participating insurance pays. 2018 Partial LIS: Countable Household R
Prescription Assistance	Colorado Drug Card	(770) 313-7261			www.coloradodrugcard.com	Colorado Drug Card of information to help pay

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d Resources \$14,100s/\$28,150c
offers assistance and
ay for prescription.

Category	Agency	Phone	Address	City State Zip	Website	Description
Recreation	Bill Heddles Recreation Center	(970) 874-0923	530 Gunnison River Dr.	Delta, CO 81416	www.deltacountycolorado.com	
Recreation	Montrose Community Recreation Center	(970) 249-7705	16350 Woodgate Rd.	Montrose, CO 81401	www.montroserec.com	
Recreation	Montrose Recreation 50+ Activities	(970) 252-4884	Montrose Senior Center 1800 Pavilion Dr.	Montrose, CO 81401	www.montroserec.com	
Recreation	Gunnison Parks and Recreation	(970) 641-8060	116 N. Wisconsin St.	Gunnison, CO 81230	www.cityofgunnison-co.gov	
Recreation	Gunnison Boomers and Beyond	(970) 641-1940	116 N. Wisconsin St.	Gunnison, CO 81230		

Category	Agency	Phone	Address	City State Zip	Website	Description
Senior Centers	Gunnison Senior Care	(970) 641-0704	200 E. Spencer Ave.	Gunnison, CO 81230		
(see also Congregate Meal Sites)	Center					
Senior Centers	Montrose Senior Center	(970) 252-4889	1800 Pavilion Dr.	Montrose, CO 81401		
(see also Congregate Meal Sites)						
Senior Centers	Delta Community Center	(970) 874-7837	247 Meeker St.	Delta, CO 81416		
(see also Congregate Meal Sites)						
Senior Centers	Neighbor to Neighbor	(970) 325-4586	P.O. Box 463	Ouray, CO 81427	www.ourayneighbor.com	
(see also Congregate Meal Sites)						

Category	Agency	Phone	Address	City State Zip	Website	Desc
Social Security Administration	Social Security Retirement Montrose office	(866) 758-1317	1805 Pavilion Dr.	Montrose, CO 81401	www.ssa.gov	Eligibility: Be at least 61 ye already age 62, you may be the month you apply.
Social Security Administration	Social Security Retirement National number	(800) 772-1213			www.ssa.gov	
Social Security Administration	Social Security Disability (SSDI)	Montrose office (866) 758-1317 National number (800) 772-1214	1806 Pavilion Dr.	Montrose, CO 81401	www.socialsecurity.gov/disability	
Social Security Administration	Supplemental Security (SSI)	Montrose office (866) 758-1317 National number (800) 772-1215	1807 Pavilion Dr.	Montrose, CO 81403	www.montrosecounty.net	Income per month under \$7 \$2,000; Income under \$1,11 under \$3,000 couple. Anyo older), blind, or disabled.
Social Security Administration	Social Security Low Income Subsidy (LIS), Extra Help	Montrose office (866) 758-1317 National number (800) 772-1213	1805 Pavilion Dr.	Montrose, CO 81401	www.ssa.gov_	Assists in paying prescription insurance companies and re \$1,386 s/\$1,872 c Countable Household Reson
Social Security Administration	Social Security Low Income Subsidy (LIS), Extra Help	Montrose office (866) 758-1317 National number (800) 772-1213	1805 Pavilion Dr.	Montrose, CO 81401	www.ssa.gov_	Assists in paying prescription participating insurance comp 2018 Partial LIS: \$1,538 s/\$ Countable Household Resou

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years and 9 months. If you are be able to start your benefits in

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otion premiums with mpanies and reduce co-pays. s/\$2,078 c sources \$14,100s/\$28,150c

SUPPORT	Day(s)	Time	Location	Phone # to	Sponsoring Agencies
GROUPS	_			register	
Breast Cancer Support	Every Wednesday	12:00 - 1:00 PM	Community Connections 645 S. 5th Montrose	Francie Smiles (970) 252-2814	Bosom Buddies
Cardiac Support	Fourth Wednesday	6:30 - 7:30 PM	800 S. 3rd St. Conference Room A	Susan Brown RN (970) 240-7731 Judith Collins NP (970) 252-1020	Montrose Memorial Hospital http://www.montrosehospital.com
Caregiver Support	Second/Fourth Monday	1:00 PM	19 S. Park Ave. Montrose	(970) 249-3716	United Methodist Church Montrose Currently has a waitlist for members
Caring for Caregivers (C4C)	Second Tuesday	11:00 AM - Noon	511 E. 10th St.	Danielle Angotti at (970) 200-7163 Vibrant CareGiving (970) 417-5319	Vibrant CareGiving and The Arc of West Central CO
Caring for Caregivers (C4C)	Fourth Tuesday	11:00 AM - Noon	2377 Robins Way	Danielle Angotti at (970) 200-7163 Vibrant CareGiving (970) 417-5319	Vibrant CareGiving and The Arc of West Central CO
Support Group for Caregivers	First/Third Wednesday	1:30 PM	Cedaredge Civic Center 140 N.W. 2nd	(970) 510-0724	O'Deegan Consulting
Support Group for Caregivers	Every Thursday	1:00 - 3:00 PM	1353 A Aspen Way Delta	(970) 510-0724	O'Deegan Consulting and Crossroads Senior Living
Support Group for Caregivers	Second/Fourth Wednesday	1:30 PM	Hotchkiss Town Hall 276 W. Main	970-510-0724	O'Deegan Consulting
Dementia & Alz. Support	Last Monday of the month	4:00 - 5:00 PM	11411 Hwy 65 Eckert	970-275-4220 or 970-835-2620	Horizons Care Center
Dementia & Alz. Support	Second Thursday	2:00 PM	1401 S. Cascade Ave. Montrose	(970) 249-9634	Valley Manor Care Center - Chapel
Diabetes Support	First Tuesday	6:00 PM	800 S. 3rd St. Montrose	(970) 240-7280	Montrose Memorial Hospital, San Juan Family Medicine & Cedar Point Medicine.
Diabetes Support	Second Monday	2:30 - 3:30 PM	1501 3rd St. Delta Grand Mesa Oncology	Mary Grosvenor (970) 874-6410	Delta County Memorial Hospital
Family Caregiver Support Group	Second/Fourth Tuesday	1:30 PM	87 Merchant Dr. Montrose	Glen Hinshaw (970) 596-1496	The PIC Place

SUPPORT GROUPS	Day(s)	Time	Location	Phone # to register	Sponsoring Agencies
Family Caregiver Support Group at MMH	First/Third Wednesday	1:30 - 2:30 PM	800 S. 3rd Montrose Conference Room C	Laird Landon (970) 275-2138 Glen Hinshaw (970) 596-1496	Montrose Memorial Hospital http://www.montrosehospital.com
Grief and Loss Support Group	Days and Times vary	Call for times	725 S. 4th St. Montrose, CO 81401	Amiessa Jutten (970) 240-7734	HopeWest Hospice, Free and open to any community member.
Grief and Loss Support Group	Every Tuesday	3:00 PM	605 E. Miami Rd. Montrose	Jim Jones (970) 964-2128	Center for Mental Health
Low Vision Support	First/Third Wednesday	1:30 PM times vary	245 S. Cascade Ave. Montrose	(970) 249-3785	Center for Independence
Stroke & Brain Injury Support	Second/Fourth Thursday	11:00 AM - 12:00 PM	800 S. 3rd Montrose Conference Room B	Becky (970) 252-2550	Montrose Memorial Hospital http://www.montrosehospital.com
Survivors - Loss to Suicide Support Group	Second Saturday	10:00 AM - 12:00 PM	2730 Commercial Way Remax Building Montrose	Heather Darbe (970) 252-3228	The Center for Mental Health
Parkinson's Support	Last Monday of the month	2:00 PM	800 S. 3rd St. Montrose	(970) 252-2996	Montrose Memorial Hospital http://www.montrosehospital.com
PTSD Veteran Support	Every Thursday	10:30 AM	11 S. Park Ave. Montrose	(970) 765-2210	Warrior Resource Center
Western Colorado Lewy Body & Dementia Support	June 6&20, July 11&25, Aug. 15/&29, Sept. 12&26, Oct. 10&24, Nov. 14&28, Dec. 12&19	11:00 AM - 12:00 PM	1800 Pavilion Dr. Montrose Senior Center	(970) 209-0174	http://caregiver-journey.com/ kate.burke.caregiver@gmail.com

Category	Agency	Phone	Address	City State	Website	Description
				Zip		
Tax Aid	Senior Tax Aid	(970) 252-4889	Montrose Senior Center 1800	Montrose, CO		Annually Jan. – April
			Pavilion Dr.	81401		15
Tax Aid	Volunteer Income Tax	(970) 943-2276	Western State Colorado	Gunnison, CO		
	Assistance (VITA)	(970) 943-2019	University 600 N. Adams St.	81231		

Category	Agency	Phone	Address	City State Zip	Website	Description
Transportation Services	All-Points Transit	(970) 249-0128 Call for Fees and Rates	431 S. 2 nd St.	-	www.allpointstransit.org	Public bus M-F Billing Medicaid for Transportation. Dial-A-Ride transportation for seniors 60+ and persons with disabilities.
Transportation Services	All-Points Transit Montrose, West End and San Miguel Counties	(970) 249-0128	431 S. 2 nd St.	Montrose, CO 81401	www.allpointstransit.org	Medical Shuttle \$5 suggested donation.
Transportation Services	All-Points Transit Delta County	(970) 874-7334	431 S. 2 nd St.	Montrose, CO 81401	www.allpointstransit.org	Dial-A-Ride transportation for seniors 60+ and persons with a disability
Transportation Services	Naturita to Uncompahgre Medical Clinic Regional Medical Shuttle	(970) 249-0128	431 S. 2 nd St.	Montrose, CO 81401	www.allpointstransit.org	Call All-Points Transit: Runs based on appointment times every 2nd Wednesday.
Transportation Services	Millennium Services	(970) 270-9092				Wheel Chair transport provided in Grand Junction, Montrose, & Delta
Transportation Services	DAV – Disabled American Veterans	(970) 249-2468				Volunteer transportation program for veterans in Montrose, Delta, and Ouray Counties
Transportation Services	Gunnison County Senior Transportation	(970) 596-6700				
Transportation Services	Gunnison County Crested Butte	(970) 275-4768				
Transportation	Hinsdale County	(970) 944-0321				Call the Coordinator for Senior Services
Transportation	Neighbor to Neighbor	(90) 325-4586				Must give 3 day notice
Transportation Services	Road Runner Stage Lines	(970) 563-4545			www.roadrunnerstagelines.com	Daily bus service between Durango, Montrose, and Grand Jct.
Transportation Services	San Miguel County	(970) 728-3844				Daily commuter shuttles, Monday through Friday, from Montrose and Ridgway to Telluride
Transportation Services	Galloping Goose	(970) 728-5700				Daily round trips from Norwood and Placerville to Telluride, and local service around the Town of Telluride.
Transportation	Telluride Express	(888) 212-TAXI			www.tellurideexpress.com	
Transportation	Town of Mountain	(970) 708-9657			www.townofmountainvillage.co	
Transportation	TransCare Ambulance	(970) 240-9544,	142 Apollo	Montrose, CO	www.tcambulance.com	
Services	Inc.		Rd.	81401		
Transportation Services	Sunshine Rides	(970) 245-8294			www.sunshinerides.com	Serves Grand Junction and the Colorado Western Slope, licensed and insured local business, provide rides by car, van, HCBS Medicaid Waivers and Long Distance trips.

Category	Agency	Phone	Address	City State Zip	Website	Description
Uranium Miners/Coal	Nuclear Care Partners	(970) 244-0900	631 24 1/2 Rd. # C	Grand Junction,	www.nuclearcarepartners.com	
Miners Benefits				CO 81505		
Uranium Miners/Coal	Professional Case Management	(970) 623-7500			www.procasemanagement.com	
Miners Benefits						

Category	Agency	Phone	Address	City State Zip	Website	Description
Utilities/Energy	The San Miguel	(970) 728-1340	P.O. Box 1625	Telluride, CO	www.ecoactionpartners.org	Weatherization Program to help
Assistance	Power Association -			81435		families with lower incomes
(see also Home	Income Qualified					improve their home efficiency in
repair for	program (or SMPA IQ					San Miguel Powers service area.
weatherization)	Eco Action Partners					
Utilities/Energy	Energy Outreach	(303) 825-8750			www.energyoutreach.org	Funds provide emergency fuel bill
Assistance	Colorado Utility	(855) 469-4328				assistance for Colorado's low-
(see also Home	Assistance Program					income households facing an energy
repair for	-					crisis. Seniors and individuals with
weatherization)						special health needs receive utility
						bill assistance each year.
Utilities/Energy	Lifeline Free Cell	(855) 754-6543			www.qlinkwireless.com	Income based on 135% of 2018 Federal
Assistance	Phone Program				-	Poverty Guidelines
(see also Home						
repair for						
Utilities/Energy	Life Wireless Free	(888) 543-3620			www.lifewireless.com	Income based on 135% of 2018 Federal
Assistance	Cell Phone Program					Poverty Guidelines
(see also Home						
repair for						
Utilities/Energy	Assurance Wireless Free	(888) 321-5880			www.assurancewireless.com	Income based on 135% of 2018 Federal
Assistance	Cell Phone Program					Poverty Guidelines
(see also Home						
repair for						
weatherization)						
Financial	Association of	(970) 249-4732	1840 Niagara Rd.	Montrose, CO		Funding for utility and rental
Assistance	Montrose Churches		C C	81401		assistance.
	(First Presbyterian					
	Church)					
Financial	Delta Montrose	(970) 249-4572	11925 6300 Rd.	Montrose, CO	www.dmea.com	Customer donations help individuals
Assistance	Electric Association			81401		and organizations in the community.
	Operation Roundup					
Financial		(866) 432-8435			www.benefitsapplication.com	November 1 – April 30, Low-
Assistance	Income Energy					income Energy Assistance Program
	Assistance					(LEAP) is for households with
Financial		(719) 442-2046			leaphelp@discovermygoodwill.or	
Assistance	Propane assistanct					

### Utilities

#### 2018 ADRC Resource Guide

Financial	Tri-County Health	(970) 708-7967	220 E Colorado Ave.	Telluride, CO	The purpose of the Fund is to
Assistance	Network Good			81435	promote a stable workforce in San
	Neighbor Fund				Miguel County and provide
					emergency financial assistance to
					qualified applicants for housing,
					medical bills, or transportation so
					they may remain living and working
					in the County.

Category	Agency	Phone	Address	City State	Website	Description
	DAM D' 11 1			Zip		
Veterans Services	DAV – Disabled	(970) 249-2468				Volunteer program for veterans in
	American Veterans					Montrose, Delta or Ouray Counties
Veterans Services	VA Clinic Montrose	(970) 249-7791	54 Colorado Ave.	Montrose, CO 81401		
Veterans Services	VA	(877) 222-8387				
Veterans Services	VA Medical Center Eligibility	(970) 263-2848	2121 North Ave.	Grand Jct., CO 81501		
Veterans Services	Veteran Hearing Aids Dave Dunnagan DAV	(970) 263-2848	2121 North Ave.	Grand Jct., CO 81501		
Veterans Services	Grand Junction VA Medical VA Caregiver Assistance	(970) 242-0731 (970) 242-0731	2121 North Ave.	Grand Jct., CO	www.caregiver.va.gov	
Veteran Service	Delta	(970) 874-2082	North Fork Annex:	Hotchkiss, CO	www.myhealth.va.gov	Register for benefits online
Officers	Brian Ayers		196 Hotchkiss Ave.	81419		
Veteran Service Officers	Gunnison Al Falsetto	(970) 641-7919	225 Pine St.	Gunnison, CO 81230	www.myhealth.va.gov	Register for benefits online
Veteran Service Officers	Hinsdale Erin Cavit	(970) 944-0191			www.myhealth.va.gov	Register for benefits online
Veteran Service Officers	Montrose Sheldon Smith	(970) 249-2115	4 Hillcrest Plaza Way	Montrose, CO 81401	www.myhealth.va.gov	Register for benefits online
Veteran Service Officers	Ouray Sheldon Smith	(970) 249-2115	4 Hillcrest Plaza Way	Montrose, CO 81401	www.myhealth.va.gov	Register for benefits online
Veteran Service Officers	San Miguel Jim Botenhagen	(970) 728-4501		01401	www.myhealth.va.gov	Register for benefits online
Veteran Service Support	Welcome Home Montrose	(970) 765-2210	4 Hillcrest Plaza Way	Montrose, CO 81401	www.welcomehomemontrose.or	

Category	Agency	Phone	Address	City State Zip	Website	Description
Vision Visual Impairments	Center for Independence (CFI)	(970) 822-7010	245 S. Cascade Ave. Ste. B	_	www.cfigj.org	CFI provides assistance with Social Security Disability applications, low vision groups and counseling for living independently with a disability.
Vision Visual Impairments	Region 10 Community Living Services (CLS)	(970) 249-2436 (855) 500-6050	145 S. Cascade Ave.	Montrose, CO 81401	www.region10.net	Material Aid Funding: Low Vision funding is also available for life alerts and in-home assessments for safety.
Vision Visual Impairments	America's Best Contacts and Eyeglasses	(970) 208-1032	2546 Rimrock Ave.	Grand Jct. CO 81501		
Vision Visual Impairments	Colorado Talking Book Library	(303) 727-9277 (800) 685-2136	180 Sheridan Blvd.	Denver, CO 80226	www.myctbl.cde.state.co.us/	Free service to Coloradans of all ages who are unable to read standard print material due to visual, physical or learning disabilities whether permanent or temporary.
Vision Visual Impairments	Gunnison Elks Club		P.O. Box 1037	Gunnison, CO 81230		May assist with funding eye glasses, ONLY letters accepted mail a letter stating your needs
Vision Visual Impairments	Lions Club Montrose	(970) 249-1271				
Vision Visual Impairments	New Eyes for the Needy				www.new-eyes.org	New Eyes is moving its voucher redemption process entirely to an online eyeglass dispenser, partnering with MarvelOptics.com
Vision Visual Impairments	A.V. Hunter Trust					Financial assistance for dental, vision, hearing and durable medical equipment. (Applicants must apply through a local agency.)
Vision Visual Impairments	Friends of Man					Financial assistance for dental, vision, hearing and durable medical equipment. (Must apply through a local agency).
Vision Visual Impairments	New-Eyes for the Needy, contact Rocky Mountain Health Plans Outreach Coordinator	(970) 210-0469 sally.henry@rmhp.org (970) 712-1609 tammy.luksch@rmhp.or			www.new-eyes.org	Coordinators can assist Medicaid members in applying for new, free eyeglasses with new eyes.

Category	Agency	Phone	Address	City State	Website	Description
				Zip		
Volunteer programs	Time Bank of the	(970) 209-6886			www.timebankoftherockies.com	
	Rockies					
Volunteer programs	Caregiver Support	(970) 708-7096	238 E. Colorado Ave. Ste. 8	Telluride, CO	www.tchnetwork.org	Palliative support services
	Tri-County Health			81435		respite and friendly visitor
	Network					services
Volunteer programs	Region 10 Community	(970) 249-2436	145 S. Cascade Ave.	Montrose, CO	www.region10.net	Volunteer Companion Program
	Living Services (CLS)	(855) 500-6050		81401		