

2018 Resource Guide



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	Description
Aging and Disability Resources for Colorado (ADRC) Offices and Area Agency on Aging	Region 10 main office Community Living Services (CLS)	(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
Area Agency on Aging	Caregiver Support: Assistance provided to caregivers of any age caring for an adult 60+, or grandparents 55+ caring for grandchildren.					
Area Agency on Aging	Case Management and Options Counseling: Options Counselors will give guidance on what long term care supports, services, and benefits that are available and help consumers navigate the supports and services options.					
Area Agency on Aging	Companion Volunteer Program: Companion Program includes training, reference, and criminal background checks.					
Area Agency on Aging	Elder Abuse: Elder Abuse Awareness intends to raise awareness about elder abuse, neglect, and exploitation on the Western Slope of Colorado, and includes the counties of Delta, Montrose, Gunnison, Hinsdale, Ouray, and San Miguel.					
Area Agency on Aging	Health Promotions: Evidenced based classes					
Area Agency on Aging	Homemaking: Homemaking services assist with meal prep, light housekeeping, shopping, laundry and linen changes, etc. Services provided by the professional agency the consumer has chosen. See homecare for a list of agencies.					
Area Agency on Aging	Legal Aid: Legal services provided to low income seniors by Uncompahgre Volunteer Legal Aid. See Legal for more information.					
Area Agency on Aging	Long Term Care Ombudsman: A long-term care Ombudsman is a trained advocate who protects and promotes the rights and quality of life for people who reside in nursing homes and assisted living residences. Lead Ombudsman (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 insurance. Funding is also available for life alerts and in-home assessments for safety for people with vision impairments.					
Area Agency on Aging	Medicare Counseling: State Health Insurance Assistance Program (SHIP): (970) 249-2436, free Medicare counseling					
Area Agency on Aging	Nutrition Programs: Congregate Meal: Sites located in Nucla, Norwood, Olathe, Paonia, Delta, Hotchkiss, and Cedaredge. Meals served three days per week. See congregate meals for days and times.					
Area Agency on Aging	Home Delivered Meals: Hot Meals delivered three days per week to consumers located in the delivery area. Twelve frozen meals delivered every two weeks in areas outside the hot meal delivery area.					
Area Agency on Aging	Personal Care: Personal Care hours provided by a professional agency to assist with bathing, medication prompts, personal/protective oversight, etc. Service provided by the professional agency the consumer has chosen.					
Area Agency on Aging	Transportation: Transportation vouchers for Dial a Ride programs available to those who qualify. Riders will be responsible for private paying the fare per ride until they have had their assessment completed from Region 10. Priority for rides given to medical, shopping and eating at the nutrition sites.					

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

Category	Agency	Phone	Address	City State Zip	Website	Description
Region10 - Aging and Disability Resources for Colorado (ADRC)	Mission – The Aging and Disability Resources for Colorado's (ADRC) mission is to provide coordinated and streamlined access points to long-term services and support for adults age 60 and over or adults ages 18 and over living with a disability, and their caregivers. The ADRC empowers older adults, adults with disabilities, and caregivers to navigate health and long-term care options by providing options counseling in a person-centered manner.					
Region10 - Aging and Disability Resources for Colorado (ADRC)	ADRC Region 10	(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
Region10 - Aging and Disability Resources for Colorado (ADRC)	ADRC Gunnison County Public Health	(970) 641-7923	225 N. Pine St.	Gunnison, CO 81230	www.gunnisoncounty.org	Serving Gunnison County
Region10 - Aging and Disability Resources for Colorado (ADRC)	ADRC Silver Thread Public Health	(970) 944-0321	304 W. Third St.	Lake City, CO 81235	www.hinsdalepublichealth.com	Serving Hinsdale County:
Region10 - Aging and Disability Resources for Colorado (ADRC)	ADRC 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
Local Resource Networks	Local Montrose network for resources				www.montroseconnect.com	
Local and National Resource Networks	Eldercare Locator	(800) 677-1116			https://eldercare.acl.gov	Eldercare Locator, a public service of the U.S. Administration on Aging connecting you to services for older adults and their families.
Adult Protection Services by County	Delta	(970) 872-1000	North Fork Annex: 196 Hotchkiss Ave.	Hotchkiss, CO 81419	www.deltacounty.com	
Adult Protection Services by County	Delta after-hours	(970) 872-1230	North Fork Annex: 196 Hotchkiss Ave.	Hotchkiss, CO 81419	www.deltacounty.com	
Adult Protection Services by County	Gunnison	(970) 641-3244	225 Pine St.	Gunnison, CO 81230	www.gunnisoncounty.org	
Adult Protection Services by County	Hinsdale	(970) 641-3244	225 Pine St.	Gunnison, CO 81230	www.gunnisoncounty.org	
Adult Protection Services by County	Montrose	(970) 252-7076	1845 S. Townsend Ave.	Montrose, CO 81401	www.montrosecounty.net	
Adult Protection Services by County	Ouray	(970) 252-7076 or (970) 626-2299	1845 S. Townsend Ave.	Montrose, CO 81401	www.montrosecounty.net	
Adult Protection Services by County	San Miguel	(970) 728-4411 ext. 2	333 W. Colorado Ave.	Telluride, CO 81435	www.sanmiguelcounty.org	
Adult Protection Elder Abuse	AARP Elder Watch Hotline	(800) 222-4444 ext. 2				AARP Elder Watch is consumer protection collaboration to fight financial exploitation of older.

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Adult Protection Elder Abuse	Long Term Care Ombudsman (Delta, Gunnison & Montrose)	(970) 765-3131	145 S. Cascade Ave.	Montrose, CO 81401	www.region10.net	A long-term care Ombudsman is a trained advocate who protects and promotes the rights of those in nursing homes and assisted living communities.
Adult Protection Elder Abuse	Colorado Long Term Care Ombudsman Program	(303) 722-0300	455 Sherman St. # 130	Denver, CO 80203	www.disabilitylawco.org	The Ombudsman advocates for residents and assists in resolving issues related to care, health, safety, or resident's rights.
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	Ariel provides behavioral and support services for families and therapeutic foster care homes.
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		Reporting Child Abuse: Colorado has one toll-free phone number to report child abuse and neglect.
Child Advocacy, Abuse, Crime and Safety	Colorado Child Protection Ombudsman	(720) 625-8640	1300 Broadway Ste. 430	Denver, CO 80203	www.coloradocpo.org	The office of Colorado's Child Protection
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/	CASA provides a safe environment for children to visit with non-custodial parents.
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	The Dolphin House serves the 7th Judicial District in Western Colorado.
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	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	

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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	
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				

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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				
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 S. 2 nd 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 Eckert	(970) 527-5350	11485 Highway 65	Eckert, CO 81418	www.seniorcommunitycare.org	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.
Adult Day Care	Senior CommUnity Care PACE Montrose	(970) 964-3500	2377 Robins Way	Montrose, CO 81401	www.seniorcommunitycare.org	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.
Application Assistance	Center for Independence (CFI)	(970) 822-7010	245 S. Cascade Ave. Ste. B	Montrose, CO 81401	www.cfigi.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
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
Application Assistance	Rocky Mountain Health Plans	(970) 210-0469 sally.henry@rmhp.org or (970) 712-1609 tammy.luksch@rmhp.org				Medicaid Community Outreach Coordinators who assist Medicaid members in finding needed services, resources.
Application Assistance	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, Gunnison, Hinsdale, Montrose, Ouray & San Miguel Counties
Application Assistance	ADRC Gunnison County: Gunnison County Public	(970) 641-7923	225 N. Pine St.	Gunnison, CO 81230	www.gunnisoncounty.org	

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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	Serving: Ouray, San Miguel Counties, and the West End of Montrose County
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 S. 2 nd 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	Senior CommUnity Care PACE provides health care, social/recreation programs, therapy and end of life programs for adults ages 55 and older.
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)	(970) 765-3131	145 S. Cascade Ave.	Montrose, CO 81401	www.region10.net	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
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, 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	Stroke 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://coloradospitecoalition.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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Caregiver Support	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.
Caregiver Support Grandparent Services	AARP Grandparent Information	(888) 687-2277 Spanish (877) 342-2277			www.aarp.org/relationships www.aarp.org	
Caregiver Support Grandparent Services	Colorado Kinship Support	(303) 866-5932			www.cofosterandadopt.org	Provides information for seniors acting as guardian or caretaker for grandchildren
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	Material Aid Funding: Low Vision funding is also available for life alerts and in-home assessments for safety.
Care Management	CM Care Management	(970) 250-9135				Guardianship, conservatorship, payee and financial management for persons with disabilities and seniors.
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 Free Assistance Line. Care Navigators will provide information, referrals, and assistance understanding benefits and resources available to any age group in the community.
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 Free Assistance Line. Care Navigators will provide information, referrals, and application assistance understanding benefits and resources available to any age group in the
Care Management	Delta County Memorial Hospital San Juan ACO	Debbie Dillon, RN (970) 399-2601 Sherry Heinel, RN (970) 399-2639				For Medicare patients who see a DCMH PCP (Internal Med, Family Medicine, or West Elk Clinic –Hotchkiss).
Care Management	Rocky Mountain Health Plans	(970) 210-0469 sally.henry@rmhp.org or (970) 712-1609 tammy.luksch@rmhp.org				Medicaid Community Outreach Coordinators who assist Medicaid members in finding needed 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, Gunnison, Hinsdale, Montrose, Ouray & San Miguel Counties
Care Management	ADRC Gunnison County Gunnison County Public	(970) 641-7923	225 N. Pine St.	Gunnison, CO 81230	www.gunnisoncounty.org	
Care Management	ADRC Hinsdale County Hinsdale County Public	(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	Serving: Ouray, San Miguel County and the West End of Montrose Counties

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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	Mosaic	(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

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Disease Specific Organizations –	Brain Injury Alliance of Colorado	(303) 355-9969 (800) 955-2443	1325 S. Colorado Blvd.	Denver, CO 80222	https://biacolorado.org/	
Disabilities Resources	Benefits for People with Disabilities				www.ssa.gov/disability	
Disabilities Resources	Guide to Disability Rights				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 Insurance Medicare Medicaid Advocacy	State PACE Ombudsman (Program of All-Inclusive Care for the Elderly)	(800) 288-1376 or (303) 722-0300	455 Sherman St. # 130	Denver, CO 80203	www.disabilitylawco.org	
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	Disability Law Colorado provides free or low-cost legal services to people with disabilities.
Disease Specific Organizations –	Brain Injury Alliance of Colorado	(303) 355-9969 (800) 955-2443	1325 S. Colorado Blvd.	Denver, CO 80222	https://biacolorado.org/	
Disease Specific Organizations	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	
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			www.mysaa.org	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

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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	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				
Employment	Ability Connection Colorado	(970) 256-2457	512 29 ½ Rd.	Grand Jct., CO 81504	www.abilityconnectioncolorado.org	Employment support programs to Social Security Disability (SSDI) and Supplemental Security Income (SSI)
Employment	Colorado Division of Vocational Rehabilitation Montrose	(970) 249-4468	1010 S. Cascade Ave. # C	Montrose, CO 81401	www.colorado.gov/cdle	Rehab employment training and support for persons with a disability.
Employment	Colorado Division of Vocational Rehabilitation Gunnison	(970) 641-0031	109 E. Georgia St.	Gunnison, CO 81230	www.colorado.gov/cdle	Employment training and support for persons with a disability
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	Senior employment and counseling program for seniors 50 and older
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.				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).
Financial Assistance	Association of Montrose Churches (First Presbyterian Church)	(970) 249-4732	1840 Niagara Rd.	Montrose, CO 81401		Funding for utility and rental assistance.

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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 Association Operation Roundup	(970) 249-4572	11925 6300 Rd.	Montrose, CO 81401	www.dmea.com	Customer donations help individuals and organizations in the community.
Financial Assistance	Colorado Property Tax, Heat, and Rent Rebate (PTC)	Denver office (303) 238-7378			www.TaxColorado.com	Monthly Income Limit 2016: \$1,108.80s, \$1,486c. 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 for the Newly Disabled				www.mortgagecalculator.org	
Financial Assistance	Program (LEAP) Low Income Energy Assistance	(866) 432-8435			www.benefitsapplication.com	November 1 – April 30, Low-income Energy Assistance Program (LEAP) is for households with heating costs.
Financial Assistance	Old Age Pension (OAP)		Apply at your local County office. See Social Services for locations.			2017 income less than \$771, ages 60-64 disabled with no employment in the past 15 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 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.
Financial Assistance	Temporary Assistance to Needy Families (TANF) Now Colorado Works		Apply at your local County office. See Social Services for locations.			TANF is designed to help needy families achieve self-sufficiency.
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 sally.henry@rmhp.org or (970) 712-1609 tammy.luksch@rmhp.org				Medicaid Community Outreach Coordinators who assist Medicaid members in finding needed services, resources.
Financial Assistance	Discover Goodwill - Propane assistanct	(719) 442-2046			leaphelp@discovermygoodwill.org	LEAP Propane Assistance

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Financial Assistance	Tri-County Health Network Good Neighbor Fund	(970) 708-7967	220 E Colorado Ave.	Telluride, CO 81435		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.
Hearing Impairment	Hearing Impaired Telephone	(720) 949-7457 (303) 866-2097			www.captel.com	CapTel telephone, through the Colorado Telecommunications Equipment Distribution Program, provides free equipment to qualified individuals who have difficulty hearing over the phone.
Hearing Impairment	Colorado Commission for the Deaf and Hard of Hearing	(CCDHH) (720) 457-3679 (VP/voice) (303) 866-4824	1575 Sherman St.	Denver, CO 80203	www.ccdhh.com	iCanConnect provides distance communication technologies, training and resources to income-eligible people with significant combined hearing and vision
Hearing Impairment	Veteran Hearing Aids	(970) 263-2848 Dave Dunnagan				DAV Disabled American Veterans
Hearing Impairment	Starkey Hear Now Program		Apply through a local agency. Applications must be requested by calling Starkey.			Hearing aid funding for low income individuals.
Hearing Impairment	A.V. Hunter Trust					Financial assistance for dental, vision, hearing, and durable medical equipment. (Applicants must apply through a local
Hearing Impairment	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
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/	

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Health and Human Services	San Miguel Norwood office	(970) 327-4646	1120 Summit St.	Norwood, CO 81423	www.sanmiguelcounty.org/	
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					
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.com	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, Physical Therapy, and Occupational Therapy Support. You need a physician's order, must be homebound, and covered by insurance.					
Home Health Agencies Skilled Care	Delta Montrose Home Health	(970) 874-2463	70 Stafford Ln.	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.org	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	Phoenix Home Health	(970) 249-6767	100 Tessitore Ct.	Montrose, CO 81401	www.phoenixhomehc.com	Covers: Montrose, Ridgway, Delta
Home Health Agencies Skilled Care	VOA Home Health of Western Colorado	(970) 240-0139	300 N. Cascade # T9	Montrose, CO 81401	www.homehealthco.org	Covers: All of Delta and Montrose Counties

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Hospice and Palliative Care	Hope West Hospice Montrose	(970) 240-7734	724 S. 4 th St.	Montrose, CO 81401	www.hopewestco.org	Provides palliative care, hospice care, grief support for kids, and grief, and bereavement support for adults, and provides end of life support.
Hospice and Palliative Care	Hope West Hospice Delta	(970) 874-6823	195 Stafford Ln.	Delta, CO 81416	www.hopewestco.org	Provides palliative care, hospice care, grief support for kids, and grief, and bereavement support for adults, and provides end of life support.
Hospice and Palliative Care	Gunnison Valley Home Health Medical Services and Hospice and Palliative Care	(970) 641-4254	711 N. Taylor St.	Gunnison, CO 81230	www.gunnisonvalleyhealth.org	
Hospice and Palliative Care	HopeWest Inpatient	(970) 241-2212	3090 N. 12th St. #B	Grand Jct., CO 81506	www.hopewestco.org	
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
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

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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
Home Repair, Home Modifications, Weatherization	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.
Home Repair, Home Modifications, Weatherization	Housing Resources	(970) 417-3436	460 N. Townsend Ave.	Montrose, CO 81401	www.housingresourceswc.org	2017 monthly income \$1980 s/\$2675 c
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	RRLP offers affordable loans to landlords who rent to low-and- moderate income to make necessary repairs to their rental properties.
Home Repair, Home Modifications, Weatherization	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.
Home Repair, Home Modifications, Weatherization	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.
Home Repair, Home Modifications, Weatherization	Radon Mitigation financial assistance. See USDA and Delta Housing Authority.				www.colorado.gov/pacific/cdphe	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
Housing	Colorado Housing and Finance Authority	(970) 241-2341	348 Main St.	Grand Junction, CO 81501	www.chfainfo.com	CHFA has programs that could assist vets with purchasing a home

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Housing	Colorado Housing and Finance Authority	(303) 297-chfa (303) 297-2432	7595 Technology Way Ste. 300	Denver, CO 80237	www.chfainfo.com	CHFA strengthens Colorado by investing in affordable housing and community development.
Housing	Delta Housing Authority	(970) 874-7266	501 E. 14th St.	Delta, CO 81416	www.deltahousingauthority.org	Housing Rehabilitation Program, website has a list of affordable housing
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 Humanity of the San Juans provides the opportunity for low-income families, and offers Critical Home repair programs.
Housing	Montrose Housing Authority	(970) 323-6179	239 Rebekah Dr.	Olathe, CO 81425	www.montroshousingauthority.com	website has a list of affordable housing
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 SMRHA Mission is to preserve and increase the supply of housing for low, moderate, and middle income households in San Miguel County
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	www.ssvfgipm@gmail.com	Colorado Branch SSVF Back Home and SOAR Programs, Veteran Transitional Housing program (serving Mesa, Garfield, Pitkin, Montrose and Delta Counties)
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	
Independent Living Centers/Centers for Independence	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.
Independent Living Centers/Centers for Independence	Center for Independence (CFI)	(970) 241-0315 (800) 613-2271	740 Gunnison Ave.	Grand Jct. CO 81501	www.cfigj.org	CFI provides assistance with Social Security Disability applications, low vision groups, and counseling for living independently with a disability.
Independent Living Centers/Centers for Independence	Colorado Statewide Independent Living Council (SILC)	(303) 902-5897			www.coloradosilc.org	

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Incontinence Supplies, Adult Incontinence Supplies covered by Medicaid and delivered to the home.	Active Style	(800) 651-6223			www.activstyle.com	ActivStyle has home delivery of high-quality medical supplies. Bills Medicaid and Medicare
Incontinence Supplies, Adult Incontinence Supplies covered by Medicaid and delivered to the home.	Grace Medical	(866) 514-7223			www.gracemedicalequipment.com	Grace Medical Equipment provides the latest technology in skin care treatments and medical supplies. Bills 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 incontinence, ostomy, urological, enteral nutrition, and more. Bills Medicaid and Medicare
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	
Legal Services	Colorado Advance Directives Consortium (CADC)				www.coloradoadvancedirectives.com	More information about Colorado's advance directive documents and booklet "Your Right to Make Health Care Decisions" available on their website.
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 eligible consultation service that takes place every Wednesday from 10:00 a.m. to 1:00 p.m. in the basement of the Delta County Courthouse.

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Legal Services	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 Colorado provides free or low-cost legal services to people with disabilities whose civil rights have been violated.
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		Office hours by appointment only. Call for free clinic dates and locations.
Legal Services	Self-Rep. Litigant Coordinator	(970) 252-4312	1200 Grand Ave.	Montrose, CO 81401	www.7thjudicialdistrictco.org/	7th Judicial District
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 care Ombudsman is a trained advocate who protects and promotes the rights of those in nursing homes and assisted living communities.
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	Houses the Lake City Medical, Dental Clinic and Wellness Center
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	RVFHC is a PE (presumptive eligibility) DOT physicals available
Medical Facility Clinics	River Valley Family Health Center	(970) 497-3333	100 Tessitore Ct Ste. B	Montrose, CO 81401	www.rivervalleyfhc.com	RVFHC is a PE (presumptive eligibility)
Medical Facility Clinics	Telluride Regional Medical Center	(970) 728-3848	500 W. Pacific Ave.	Telluride, CO 81435	www.tellmed.org	
Medical Facility Clinics	Uncompahgre 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	

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Medical Physician Referral	Montrose Memorial Hospital	(970) 240-7374			www.montrosehospital.com	
Medical Physician Referral	Delta County Memorial Hospital	(970) 874-7681			www.deltahospital.org	
Medical Physician Referral	Gunnison Valley Hospital	(970) 641-1456			www.gunnisonvalleyhealth.org	
Medical Physician Referral	Rocky Mountain Health Plans	(970) 210-0469 sally.henry@rmhp.org or (970) 712-1609 tammy.luksch@rmhp.org				Medicaid Community Outreach Coordinators can help you connect with Medicaid providers.
Medical Facility Post-acute Rehabilitation	Colorow Care Center	(970) 323-5504	885 S. Hwy 50/Business Loop	Olathe, CO 81425	www.vivage.com/colorow	
Medical Facility Post-acute Rehabilitation	Horizons Care Center	(970) 835-2600	11411 Hwy 65	Eckert, CO 81418	www.horizonsretirement.org	
Medical Facility Post-acute Rehabilitation	Montrose Memorial Hospital Acute Rehab Unit (ARU)	(970) 252-2995	800 S. 3rd St.	Montrose, CO 81401	www.montrosehospital.com	
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.com	
Medical Facility Rehabilitation Services	In Motion Therapy	(970) 249-1646	611 E. Star Ct Ste. B	Montrose, CO 81401	www.inmotiontherapymontrose.com	
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	

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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	
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/ltpartnership	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 Programs	Department of Health and Human Services Colorado				www.cdhs.state.co.us	

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

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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 Services in your county				www.colorado.gov/pacific/hcpf	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.
Health First Colorado (Long-Term Care Medicaid) Waiver Programs. Brain Injury Waiver (BI)	Apply at your Local Health and Human Services in your county				www.colorado.gov/pacific/hcpf	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.
Health First Colorado (Long-Term Care Medicaid) Waiver Programs. Community Mental Health Supports Waivers (CMHS)	Apply at your Local Health and Human Services in your county				www.colorado.gov/pacific/hcpf	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.
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 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.
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 service-delivery option that allows consumers to direct their care and have control over their attendant services, while having additional medical support.
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 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.

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Health First Colorado (Medicare/Long-Term Care Medicaid) Waiver Programs. Program of All Inclusive Care for the Elderly (PACE)	Senior CommUnity Care PACE Montrose	(970) 964-3500	2377 Robins Way	Montrose, CO 81401	www.seniorcommunitycare.org	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.
Medical Alert Life Alert						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.
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, Cedaredge, Paonia, Crawford, Hotchkiss, Gunnison, and the West End of Montrose County.
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	
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 for Medicare beneficiaries and their families or caregivers. SHIP Counseling is FREE of charge.
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 for Medicare beneficiaries and their families or caregivers. SHIP Counseling is FREE of charge.
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: 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

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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 (SLMB) Program: Pay for Part B premium only Countable Household Resources: \$7,560s/\$11,340c 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		www.medicare.gov	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	Medicare Qualified Disabled and Working Individuals (QDWI) Program		Apply at your local Dept. of Health and Human Services		www.medicare.gov	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
Medicare	KEPRO	(844) 430-9504			www.keproqio.com	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.
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 seven days per week 7:00 am - 1:00 pm.
Medical Supply Lending Closets	Delta Elks Club	(970) 874-3624	563 Main St.	Delta, CO 81416		Contact Mel – have medical equipment in storage locker
Medical Supply Lending Closets	Montrose Elks Lodge 1053	(970) 249-4852	801 Hillcrest Dr.	Montrose, CO 81401		The Montrose Elks Club has a lending closet for donated medical equipment.
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 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.
Medical Supply Lending Closets	Hope West Hospice	Delta (970) 874-6823	195 Stafford Ln.	Delta, CO 81416	www.hopewestco.org	Lending location in Delta
Medical Supply Companies	AeroCare Delta	(970) 874-1268	713 Main St.	Delta, CO 81416	www.aerocareusa.com	

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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 assistance for dental, vision, hearing and durable medical equipment. (Applicants must apply through a local
Medical Supply 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
Medical Supply Financial Assistance	Heather Abbott Foundation Limb loss - prosthetics		181 Bellevue Ave. #407	Newport, RI 02840	www.heatherabbottfoundation.org	Foundation provides assistance to individuals who have suffered limb loss under traumatic circumstances and who would benefit from the donation of a
Mental Health Behavioral Health	The Center for Mental Health Crisis Line	970-252-6220 Crisis Text Line ages 13-24 - 741741				
Mental Health Behavioral Health	Bright Futures	(970) 728-5613	657 W. Colorado Ave.	Telluride, CO 81435		
Mental Health Behavioral Health	Moseley Health Care Complex Lake City	(970) 275-9344 Call for an appt.	P.O. Box 1207	Lake City, CO 81235	www.claritycounseling.com	Mental Health Counselor associated with Gunnison Mental Health Video-Conference for a remote session to Psychiatry and Gunnison Mental Health is available
Mental Health Behavioral Health	San Miguel Public Health	(970) 728-4289	333 W. Colorado Ave. P.O. Box 949	Telluride, CO 81435		
Mental Health Behavioral Health	The Transition Specialist Program	(970) 889-0109	290 Chambers Rd.	Aurora, CO 80011		Partnership between Behavioral Healthcare, Inc. and the Colorado Office of Behavioral Health Program helping patients leave Colorado's Mental Health Institutes.

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Mental Health Behavioral Health	Voyager	(970) 626-4279	112 Village Square	Ridgway, CO 81432		
Mental Health Behavioral Health	The Center for Mental Health Mental Health Emergency Services	(970) 252-6220			www.centermh.org	
Mental Health Behavioral Health	The Center for Mental Health Montrose Admin	(970) 252-3200	2130 E. Main St.	Montrose, CO 81401	www.centermh.org	
Mental Health Behavioral Health	Delta Clinic	(970) 874-8981	107 W. 11th St.	Delta, CO 81416	www.centermh.org	
Mental Health Behavioral Health	Center for Mental Health Gunnison Clinic	(970) 641-0229	710 N. Taylor St.	Gunnison, CO 81230	www.centermh.org	
Mental Health Behavioral Health	Center for Mental Health Norwood Clinic	(970) 327-4449	1175 Grand Ave.	Norwood, CO 81423	www.centermh.org	
Mental Health Behavioral Health	Center for Mental Health Telluride Clinic	(970) 728-6303	100 W. Colorado Blvd. Ste. 203 & 204	Telluride, CO 81435	www.centermh.org	
Mental Health Behavioral Health	Western State Colorado University	(970) 642-4615	600 S. Adams St. Tomichi Hall #104	Gunnison, CO 81231		
Mental Health Behavioral Health	The Basin Clinic	(970) 327-4449	421 Adams St.	Naturita, CO 81422	www.centermh.org	
Mental Health Behavioral Health	Voyager	(970) 626-4279	112 Village Square	Ridgway, CO 81432		
Mental Health Behavioral Health	Mindfulness Based Interventions Nichole Moorman LCSW Qualified MBSR Teacher □	(970) 318 0529			www.nicholemoorman.offeringtree.com	
Mental Health Suicide Hotline	Colorado Crisis Services	(800) 493-TALK (800) 496-8255			www.montrosesuicideprevention.org	
Mental Health Suicide Hotline	National Suicide Prevention Lifeline	(800) 273-TALK (800) 273-8255			www.suicidepreventionlifeline.org	
Minority Resources	Colorado Civil Rights Division	(800) 262-4845 (303) 894-2997			www.dora.colorado.gov/crd	
Minority Resources	National Association for the Advancement of Colored People (NAACP)	(844) UR-NAACP (844) 876-2227	P.O. Box 15583	Co Springs, CO 80935	www.naACP.org	Eliminates racial discrimination and segregation from all aspects of public life in America.
Minority Resources	Colorado Division of Labor	(888) 390-7936	633 17th St.	Denver, CO 80202	www.coloradolaborlaw.gov	
Minority Resources	Office of Fair Housing & Equal Opportunity	(800) 877-7353	1670 Broadway St.	Denver, CO 80202		
Minority 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 County and the West End of Montrose Counties
Nursing Home Skilled Nursing	Colorow Care Center	(970) 323-5504	885 S. Hwy 50 Business Loop	Olathe, CO 81425	www.vivage.com/colorow	

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Nursing Home Skilled Nursing	Gunnison Valley Health Senior Care Center	(970) 641-0704	1500 W. Tomichi	Gunnison, CO 81230	www.gvh-colorado.org	
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	A long-term care Ombudsman is a trained advocate who protects and promotes the rights of those in nursing homes and assisted living communities.
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				

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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	www.christs-kitchen.org	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	1800 Pavilion Dr. Reservation is preferred at least 48 hours in advance	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 Ouray	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 San Miguel County	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.
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 Meals Delta County	Senior CommUnity Meals Home Delivered Meals	(970) 874-7661	350 Stafford Ln. # 3511	Delta, CO 81416	www.SeniorCommUnityMeals.org	Home Delivered Meals \$3.00 asking donation per meal. 12 frozen meals per month
Nutrition Home Delivered Meals Gunnison County	Young at Heart Home Delivered Meals	(970) 641-2107	200 E. Spencer Ave.	Gunnison, CO 81230		.
Nutrition Home Delivered Meals Ouray County	Neighbor to Neighbor	(970) 325-4586			www.ourayneighbor.com	Home Delivered Meals for a minimal fee call for reservations.

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Nutrition Home Delivered Meals San Miguel, West End Montrose Counties	Senior CommUnity Meals	(970) 874-7661	350 Stafford Ln. # 3511	Delta, CO 81416	www.SeniorCommUnityMeals.org	Home Delivered Meals \$3.00 asking donation per meal. 12 frozen meals per month
Nutrition Home Delivered Meals Montrose County	Montrose Thanksgiving Day Home Delivered Meals	For meal delivery call (970) 901-7780				Sponsored by Montrose Community Meals, Inc.
Nutrition Home Delivered Meals Montrose County	Montrose Christmas Day Home Delivered Meals	Norm and Lexi Stevenson (970) 275-3336 (970) 275-3300				Meals delivered Christmas Day
Nutrition Food Nutrition Assistance SNAP	(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 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.weebly.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)				www.foodbankrockies.org	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	Catholic Church	information only phone number, do not call the church for information		Delta, CO 81416		Use the alley entrance.
Nutrition Commodities Delta County	Cedaredge Food Bank	(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 Gunnison County	Gunnison Food Pantry	(970) 641-4156 call for days and times	21 N. Main St.	Gunnison, CO 81230		
Nutrition Commodities Gunnison County	Crested Butte Food Bank	(970) 349-6237 call for days and times and locations.		Crested Butte. CO		
Nutrition Commodities Montrose County	MADA	(970) 249-4774	17 N. 6 th St.	Montrose, CO 81401		
Nutrition Commodities Montrose County	Shepherd's Hand	(970) 249-4774	17 N. 6 th St.	Montrose, CO 81401	www.shepherdshandmontrose.org	The Day Center 7:00 am -1:00 am, seven- days-a-week.

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Nutrition Commodities Montrose County	Sharing Ministries	(970) 240-8385	49 N. 1st St.	Montrose, CO 81401	www.sharingministries.com	Food Bank
Nutrition Commodities West End of Montrose County	Nucla Family Link	(970) 864-2245	835 Main St.	Nucla, CO 81424		Provides food banks, clothing, classes, energy assistance, call for days and times
Nutrition Commodities Ouray County	Ridgway and Ouray	(970) 626-4273 (970) 325-4230 call for days and times.	257 Sherman St.	Ridgway, CO 81432	www.ouraycountyfoodpantry.org	
Nutrition Commodities Ouray County	Ridgway Community Church	(970) 626-5692	P.O. Box 322	Ridgway, CO 81432		call for days and times
Nutrition Commodities San Miguel County	Alpine Chapel Food Bank	(970) 728-3504	P.O. Box 2701	Telluride, CO 81435		
Nutrition Commodities San Miguel County	Angel Baskets	(970) 708-7188 Call for times	Aspen & W. Colorado	Telluride, CO 81435	www.tellurideangelbaskets.org	Food banks, holiday meals, school supply and elder care.
Nutrition Commodities San Miguel County	West End Food Bank	Call Michele Blunt (970) 327-0356	Christ in F.O.C.U.S Church aka Norwood Southern Baptist Church	Norwood, CO 81423		
Nutrition Commodities San Miguel County	Norwood Care and Share Food Bank of Western Colorado	(970) 708-7188	1272 Spruce St.	Norwood, CO 81423		
Pensions Civil Service	Colorado Public Employees' Retirement Association (PERA)	(303) 832-9550 (800) 759-7372			www.copera.org	PERA answers questions about benefits.
Pensions Civil Service	National Active and Retired Federal Employees (NARFE)	(703) 838-7760			www.narfe.org	Advisory assistance on civil service retirement and survivor benefits, changes in beneficiaries and death benefit claims, etc.
Pensions Civil Service	Office of Personnel Management (OPM)	(888) 767-6738			www.opm.gov	OPM manages pension benefits for retired Federal employees and their families, and administers health and other insurance programs for federal employees and retirees.
Prescription Assistance	State Pharmaceutical Assistance Program				www.medicare.gov	
Prescription	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 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

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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 prescription premiums with participating insurance companies and reduce co-pays. 2018 Partial LIS: \$1,538 s/\$2,078 c Countable Household Resources
Prescription Assistance	Colorado Drug Card	(770) 313-7261			www.coloradodrugcard.com	Colorado Drug Card offers assistance and information to help pay for prescription.
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	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
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 \$733 individual, resources under \$2,000; Income under \$1,110 couple per month, resources under \$3,000 couple. Anyone who is: aged (age 65 or older), blind, or disabled.

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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 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
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 premiums with participating insurance companies and reduce co-pays. 2018 Partial LIS: \$1,538 s/\$2,078 c Countable Household Resources
Tax Aid	Senior Tax Aid	(970) 252-4889	Montrose Senior Center 1800 Pavilion Dr.	Montrose, CO 81401		Annually Jan. – April 15
Tax Aid	Volunteer Income Tax Assistance (VITA)	(970) 943-2276 (970) 943-2019	Western State Colorado University 600 N. Adams St.	Gunnison, CO 81231		
Transportation Services	All-Points Transit	(970) 249-0128 Call for Fees and Rates	431 S. 2 nd St.	Montrose, CO 81401	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
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 Village	(970) 708-9657			www.townofmountainvillage.com	

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Transportation Services	TransCare Ambulance Inc.	(970) 240-9544,	142 Apollo Rd.	Montrose, CO 81401	www.tcambulance.com	
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.
Uranium Miners/Coal Miners Benefits	Nuclear Care Partners	(970) 244-0900	631 24 1/2 Rd. # C	Grand Junction, CO 81505	www.nuclearcarepartners.com	
Uranium Miners/Coal Miners Benefits	Professional Case Management	(970) 623-7500			www.procasemanagement.com	
Utilities/Energy Assistance (see also Home repair for weatherization)	Eco Action Partners	(970) 728-1340	P.O. Box 1625	Telluride, CO 81435	www.ecoactionpartners.org	Weatherization Program to help families with lower incomes improve their home efficiency in San Miguel Powers service area.
Utilities/Energy Assistance (see also Home repair for weatherization)	Energy Outreach Colorado Utility Assistance Program	(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.
Utilities/Energy Assistance (see also Home repair for weatherization)	Lifeline Free Cell Phone Program	(855) 754-6543			www qlinkwireless.com	Free lifeline program that provides eligible people with a free cell phone and 250 minutes per month
Utilities/Energy Assistance (see also Home repair for weatherization)	Life Wireless	(888) 543-3620				
Veterans Services	DAV – Disabled American Veterans	(970) 249-2468				Volunteer program for veterans in 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 Officers	Delta Brian Ayers	(970) 874-2082	North Fork Annex: 196 Hotchkiss Ave.	Hotchkiss, CO 81419	www.myhealth.va.gov	Register for benefits online
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

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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			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.org	
Vision Visual Impairments	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.
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	https://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
Vision Visual Impairments	A.V. Hunter Trust					Financial assistance for dental, vision, hearing and durable medical equipment. (Applicants must apply through a local
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.org			www.new-eyes.org	Coordinators can assist Medicaid members in applying for new, free eyeglasses with new eyes.
Volunteer programs	Time Bank of the Rockies	(970) 209-6886			www.timebankoftherockies.com	
Volunteer programs	Caregiver Support Tri-County Health Network	(970) 708-7096	238 E. Colorado Ave. Ste. 8	Telluride, CO 81435	www.tchnetwork.org	Palliative support services respite and friendly visitor services
Volunteer programs	Region 10 Community Living Services (CLS)	(970) 249-2436 (855) 500-6050	145 S. Cascade Ave.	Montrose, CO 81401	www.region10.net	Volunteer Companion Program

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Resource information contained in this guide was collected by the Aging & Disability Resources for Colorado (ADRC) and its members. Every effort has been made to keep this information inclusive, current and accurate however, Region 10, the Area Agency on Aging (AAA), Aging and Disabilities Resources for Colorado (ADRC) and the author do not accept responsibility for the quality of services rendered by organizations included in this document. 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.

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Support Groups	Day(s)	Time	Location	Phone # to register	Sponsoring Agencies	
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	

Category	Agency	Phone	Address	City State Zip	Website	Description
Support Groups	Day(s)	Time	Location	Phone # to register	Sponsoring Agencies	
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 Conference Room D	(970) 209-0174	http://caregiver-journey.com/kate.burke.caregiver@gmail.com	
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	

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

Under 60		Over 60	
Program	Income Limit	Program	Income Limit
Area Agency on Aging AAA Kinship and Caregiver support		Area Agency on Aging AAA Older American Act Programs OAA	
Medicare Savings Program Qualified Disabled and Working Individuals (QDWI) Program pays the Part A premium Countable Household Resources \$4,000s/\$6,000c	2018 \$4,132 s \$5,572 c	Medicare Savings Program Qualified Disabled and Working Individuals (QDWI) Program pays the Part A premium Countable Household Resources \$4,000s/\$6,000c	2018 \$4,132 s \$5,572 c
Medicare Savings Program Qualified Medicare Beneficiary (QMB) Program pays Part A & B premiums, deductibles, coinsurance, & copays Countable Household Resources \$7,560s/\$11,340c Applicant also qualifies for Extra Help (LIS) Part D coverage.	2018 \$1,032 s \$1,392 c	Medicare Savings Program Qualified Medicare Beneficiary (QMB) Program pays Part A & B premiums, deductibles, coinsurance, & copays Countable Household Resources \$7,560s/\$11,340c Applicant also qualifies for Extra Help (LIS) Part D coverage.	2018 \$1,032 s \$1,392 c
Medicare Savings Program Specific Low-Income Medicare Beneficiary (SLMB) Program pays Part B premium only Countable Household Resources \$7,560s/\$11,340c Applicant also qualifies for Extra Help (LIS) Part D coverage	2018 \$1,234 s \$1,666 c	Medicare Savings Program Specific Low-Income Medicare Beneficiary (SLMB) Program pays Part B premium only Countable Household Resources \$7,560s/\$11,340c Applicant also qualifies for Extra Help (LIS) Part D coverage	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 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).	
Other Community Grants		Other Community Grants	
Property Tax/Rent/Heat Rebate (PTC) www.TaxColorado.com	2016: \$1,108.80 s \$1,486 c	Property Tax/Rent/Heat Rebate (PTC) www.TaxColorado.com	2016: \$1,108.80 s \$1,486 c
Property Tax/Rent/Heat Rebate (PTC) www.TaxColorado.com	2017 \$1,134 s \$1,528 c	Property Tax/Rent/Heat Rebate (PTC) www.TaxColorado.com	2017 \$1,134 s \$1,528 c
Radon Mitigation Assistance (LIRMA) Program for low Income	Income varies by county	Radon Mitigation Assistance (LIRMA) Program for low Income	Income varies by county

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

Category	Agency	Phone	Address	City State Zip	Website	Description
Aging and Disability Resources for Colorado (ADRC) Offices and Area Agency on Aging	Region 10 main office Community Living Services (CLS)	(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
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. 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.)						
Area Agency on Aging	Caregiver Support: Assistance provided to caregivers of any age caring for an adult 60+, or grandparents 55+ caring for grandchildren. Services provided by the professional agency the consumer has chosen and fall into five different					
Area Agency on Aging	Case Management and Options Counseling: Options Counselors will give guidance on what long term care supports, services, and benefits that are available and help consumers navigate the supports and services options.					
Area Agency on Aging	Companion Volunteer Program: Companion Program includes training, reference, and criminal background checks.					
Area Agency on Aging	Elder Abuse: Elder Abuse Awareness intends to raise awareness about elder abuse, neglect, and exploitation on the Western Slope of Colorado, and includes the counties of Delta, Montrose, Gunnison, Hinsdale, Ouray, and San Miguel.					
Area Agency on Aging	Health Promotions: Evidenced based classes					
Area Agency on Aging	Homemaking: Homemaking services assist with meal prep, light housekeeping, shopping, laundry and linen changes, etc. Services provided by the professional agency the consumer has chosen. See homecare for a list of agencies.					
Area Agency on Aging	Legal Aid: Legal services provided to low income seniors by Uncompahgre Volunteer Legal Aid. See Legal for more information.					
Area Agency on Aging	Long Term Care Ombudsman: A long-term care Ombudsman is a trained advocate who protects and promotes the rights and quality of life for people who reside in nursing homes and assisted living residences. Lead Ombudsman (970) 765-					
Area Agency on Aging	Material Aid Funding: Funding is available for glasses, hearing aids, dental/dental hygiene, medical equipment not covered by any medical insurance. Funding is also available for life alerts and in-home assessments for safety for people with					
Area Agency on Aging	Medicare Counseling: State Health Insurance Assistance Program (SHIP): (970) 249-2436, free Medicare counseling					

Category	Agency	Phone	Address	City State Zip	Website	Description
Area Agency on Aging	Nutrition Programs: Congregate Meal: Sites located in Nucla, Norwood, Olathe, Paonia, Delta, Hotchkiss, and Cedaredge. Meals served three days per week. See congregate meals for days and times.					
Area Agency on Aging	Home Delivered Meals: Hot Meals delivered three days per week to consumers located in the delivery area. Twelve frozen meals delivered every two weeks in areas outside the hot meal delivery area.					
Area Agency on Aging	Personal Care: Personal Care hours provided by a professional agency to assist with bathing, medication prompts, personal/protective oversight, etc. Service provided by the professional agency the consumer has chosen.					
Area Agency on Aging	Transportation: Transportation vouchers for Dial a Ride programs available to those who qualify. Riders will be 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 Zip	Website	Description
Aging and Disability Resources for Colorado (ADRC) Offices and Area Agency on Aging	Mission – The Aging and Disability Resources for Colorado’s (ADRC) mission is to provide coordinated and streamlined access points to long-term services and support for adults age 60 and over or adults ages 18 and over living with a disability, and their caregivers. The ADRC empowers older adults, adults with disabilities, and caregivers to navigate health and long-term care options by providing options counseling in a person-centered manner.					
Aging and Disability Resources for Colorado (ADRC) Offices and Area Agency on Aging	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, 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 for Colorado (ADRC) Offices and Area Agency on Aging	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
Local and National Resource Networks	Local Montrose network for resources				www.montroseconnect.com	
Local and National Resource Networks	Eldercare Locator	(800) 677-1116			https://eldercare.acl.gov	Eldercare Locator, a public service of the U.S. Administration on Aging connecting you to services for older adults and their

Adult Protection Elder Abuse

2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website	Description
Adult Protection Services by County	Delta	(970) 872-1000	North Fork Annex: 196 Hotchkiss Ave.	Hotchkiss, CO 81419	www.deltacounty.com	
Adult Protection Services by County	Delta after-hours	(970) 872-1230	North Fork Annex: 196 Hotchkiss Ave.	Hotchkiss, CO 81419	www.deltacounty.com	
Adult Protection Services by County	Gunnison	(970) 641-3244	225 Pine St.	Gunnison, CO 81230	www.gunnisoncounty.org	
Adult Protection Services by County	Hinsdale	(970) 641-3244	225 Pine St.	Gunnison, CO 81230	www.gunnisoncounty.org	
Adult Protection Services by County	Montrose	(970) 252-7076	1845 S. Townsend Ave.	Montrose, CO 81401	www.montrosecounty.net	
Adult Protection Services by County	Ouray	(970) 252-7076 or (970) 626-2299	1845 S. Townsend Ave.	Montrose, CO 81401	www.montrosecounty.net	
Adult Protection Services by County	San Miguel	(970) 728-4411 ext. 2	333 W. Colorado Ave.	Telluride, CO 81435	www.sanmiguelcounty.org	
Elder Abuse	AARP Elder Watch Hotline	(800) 222-4444 ext. 2				
Elder Abuse	Long Term Care Ombudsman (Delta, Gunnison & Montrose)	(970) 765-3131	145 S. Cascade Ave.	Montrose, CO 81401	www.region10.net	A long-term care Ombudsman is a trained advocate who protects and promotes the rights of those in nursing homes and assisted living communities.
Elder Abuse	Colorado Long Term Care Ombudsman Program	(303) 722-0300	455 Sherman St. # 130	Denver, CO 80203	www.disabilitylawco.org	The Ombudsman advocates for residents and assists in resolving issues related to care, health, safety, or resident's rights.
Elder Abuse	National No Call List	(888) 382-1222			www.donotcall.gov	
Elder Abuse	Colorado No Call List	(303) 776-2678 (800) 309-7041			www.coloradonocall.com	

Category	Agency	Phone	Address	City State Zip	Website	Description
Child Advocacy, Abuse, Crime and Safety	Ariel Clinical Services	(970) 245-1616	2938 N. Ave. Ste. G	Grand Jct., CO 81504	www.arielcpa.org	Ariel provides behavioral and support services for families and therapeutic foster care homes.
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		Reporting Child Abuse: Colorado has one toll-free phone number to report child abuse and neglect.
Child Advocacy, Abuse, Crime and Safety	Colorado Child Protection Ombudsman	(720) 625-8640	1300 Broadway Ste. 430	Denver, CO 80203	www.coloradocpo.org	The office of Colorado’s Child Protection
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/	CASA provides a safe environment for children to visit with non-custodial parents.
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	The Dolphin House serves the 7th Judicial District in Western Colorado.
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

2018 ADRC Resource Guide

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	

Emergency Services

2018 ADRC Resource Guide

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.org	
Mental Health Suicide Hotline	National Suicide Prevention Lifeline	(800) 273-TALK (800) 273-8255			www.suicidepreventionlifeline.org	
Mental Health Suicide Hotline	The Center for Mental Health Crisis Line	970-252-6220 Crisis Text Line ages 13-24 - 741741				

Adult Day

2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website	Description
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 S. 2 nd 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 Eckert	(970) 527-5350	11485 Highway 65	Eckert, CO 81418	www.seniorcommunitycare.org	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.
Adult Day Care	Senior CommUnity Care PACE Montrose	(970) 964-3500	2377 Robins Way	Montrose, CO 81401	www.seniorcommunitycare.org	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.

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	Rocky Mountain Health Plans	(970) 210-0469 sally.henry@rmhp.org or (970) 712-1609 tammy.luksch@rmhp.org				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	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, 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 for Colorado (ADRC) Offices and Area Agency on Aging	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

Assisted Living

2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website	Description
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)	(970) 765-3131	145 S. Cascade Ave.	Montrose, CO 81401	www.region10.net	A long-term care Ombudsman is a trained advocate who protects and promotes the rights of those in nursing homes and assisted living communities.

Caregiver Support

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 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.

Caregiver Support

Category	Agency	Phone	Address	City State Zip	Website	Description
Caregiver Support Grandparent Services	AARP Grandparent Information	(888) 687-2277 Spanish (877) 342-2277			www.aarp.org/relationships www.aarp.org	
Caregiver Support Grandparent Services	Colorado Kinship Support	(303) 866-5932			www.cofosterandadopt.org	Provides information for seniors acting as guardian or caretaker for grandchildren
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	Material Aid Funding: Low Vision funding is also available for life alerts and in-home assessments for safety.

Care Management

2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website	Description
Care Management	CM Care Management	(970) 250-9135				Guardianship, conservatorship, payee and financial management for persons with disabilities and
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 Free Assistance Line. Care Navigators will provide information, referrals, and assistance understanding benefits and resources available to any age group in the community.
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 Free Assistance Line. Care Navigators will provide information, referrals, and application assistance understanding benefits and resources available to any age group in the community.
Care Management	Delta County Memorial Hospital San Juan ACO	Debbie Dillon, RN (970) 399-2601 Sherry Heinel, RN (970) 399-2639				For Medicare patients who see a DCMH PCP (Internal Med, Family Medicine, or West Elk Clinic –Hotchkiss).
Care Management	Rocky Mountain Health Plans	(970) 210-0469 sally.henry@rmhp.org or (970) 712-1609 tammy.luksch@rmhp.org				Medicaid Community Outreach Coordinators who assist Medicaid members in finding needed 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, Gunnison, Hinsdale, Montrose, Ouray & San Miguel Counties
Care Management	ADRC Gunnison County Gunnison County Public Health	(970) 641-7923	225 N. Pine St.	Gunnison, CO 81230	www.gunnisoncounty.org	
Care Management	ADRC Hinsdale County Hinsdale County Public Health	(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	Serving: Ouray, San Miguel County and the West End of Montrose Counties

Community Center Board CCB

2018 ADRC Resource Guide

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	Mosaic	(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

2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website	Description
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 agency.)
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 or ADRC office)

Disability Resources

2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website	Description
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 Insurance Medicare Medicaid Advocacy	State PACE Ombudsman (Program of All-Inclusive Care for the Elderly)	(800) 288-1376 or (303) 722-0300	455 Sherman St. # 130	Denver, CO 80203	www.disabilitylawco.org	
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	Disability Law Colorado provides free or low-cost legal services to people with disabilities.

Disease Specific

2018 ADRC Resource Guide

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	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	
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			www.mysaa.org	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	(888) VISITSPC (888) 847-4877			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 Zip	Website	Description
Disease Specific Organizations –	Brain Injury Alliance of Colorado	(303) 355-9969 (800) 955-2443	1325 S. Colorado Blvd.	Denver, CO 80222	https://biacolorado.org/	

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 81504	www.abilityconnectioncolorado.org	Employment support programs to Social Security Disability (SSDI) and Supplemental Security Income (SSI) beneficiaries.
Employment	Colorado Division of Vocational Rehabilitation	(970) 249-4468	1010 S. Cascade Ave. # C	Montrose, CO 81401	www.colorado.gov/cdle	Rehab employment training and support for persons with a disability.
Employment	Colorado Division of Vocational Rehabilitation	(970) 641-0031	109 E. Georgia St.	Gunnison, CO 81230	www.colorado.gov/cdle	Employment training and support for persons with a disability
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	Senior employment and counseling program for seniors 50 and older
Employment	SER SCSEP Senior Community Service	(970)-385-3995	484 Turner Dr. Unit E-102	Durango, CO	www.ser-national.org	

Financial Assistance

2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website	Description
Financial Assistance	Aid To The Needy Disabled (AND)	Apply at your local County Office see Social Services for locations.				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).
Financial Assistance	Association of Montrose Churches (First Presbyterian Church)	(970) 249-4732	1840 Niagara Rd.	Montrose, CO 81401		Funding for utility and rental assistance.
Financial Assistance	A.V. Hunter Trust					Financial assistance for dental, vision, hearing, and durable medical equipment. (Applicants must apply through a local agency.)
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 or ADRC office)
Financial Assistance	Delta Montrose Electric Association Operation Roundup	(970) 249-4572	11925 6300 Rd.	Montrose, CO 81401	www.dmea.com	Customer donations help individuals and organizations in the community.
Financial Assistance	Colorado Property Tax, Heat, and Rent Rebate (PTC)	Denver office (303) 238-7378			www.TaxColorado.com	Monthly Income Limit 2016: \$1,108.80s, \$1,486c. 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 for the Newly Disabled				www.mortgagecalculator.org	
Financial Assistance	Program (LEAP) Low Income Energy Assistance	(866) 432-8435			www.benefitsapplication.com	November 1 – April 30, Low-income Energy Assistance Program (LEAP) is for households with heating costs.
Financial Assistance	Old Age Pension (OAP)		Apply at your local County office. See Social Services for locations.			2017 income less than \$771, ages 60-64 disabled with no employment in the past 15 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 Medicaid.
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 Net \$1005, (2) G \$1760 Net \$1354 Household Countable Resources \$2,250 or \$3,500 if one member is disabled.

Financial Assistance

Category	Agency	Phone	Address	City State Zip	Website	Description
Financial Assistance	Temporary Assistance to Needy Families (TANF) Now Colorado Works		Apply at your local County office. See Social Services for locations.			TANF is designed to help needy families achieve self-sufficiency.
Financial Assistance	A.V. Hunter Trust					Financial assistance for dental, vision, hearing, and durable medical equipment. (Applicants must apply through a local agency.)
Financial Assistance	Rocky Mountain Health Plans	(970) 210-0469 sally.henry@rmhp.org or (970) 712-1609 tammy.luksch@rmhp.org				Medicaid Community Outreach Coordinators who assist Medicaid members in finding needed services, resources.
Financial Assistance	Discover Goodwill - Propane assistanct	(719) 442-2046			leaphelp@discovermygoodwill.org	LEAP Propane Assistance
Financial Assistance	Tri-County Health Network Good Neighbor Fund	(970) 708-7967	220 E Colorado Ave.	Telluride, CO 81435		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.

Health & Human Services-Public

2018 ADRC Resource Guide

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: 196 Hotchkiss Ave.	Hotchkiss, CO 81419	www.deltacounty.com	
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	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/	

Hearing

2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website	Description
Hearing Impairment	Hearing Impaired Telephone	(720) 949-7457 (303) 866-2097			www.captel.com	CapTel telephone, through the Colorado Telecommunications Equipment Distribution Program, provides free equipment to qualified individuals who have difficulty hearing over the phone.
Hearing Impairment	Colorado Commission for the Deaf and Hard of Hearing	(CCDHH) (720) 457-3679 (VP/voice) (303) 866-4824	1575 Sherman St.	Denver, CO 80203	www.ccdhh.com	iCanConnect provides distance communication technologies, training and resources to income-eligible people with significant combined hearing and vision loss.
Hearing Impairment	Veteran Hearing Aids	(970) 263-2848 Dave Dunnagan				DAV Disabled American Veterans
Hearing Impairment	Starkey Hear Now Program		Apply through a local agency. Applications must be requested by calling			Hearing aid funding for low income individuals.
Hearing Impairment	A.V. Hunter Trust					Financial assistance for dental, vision, hearing, and durable medical equipment. (Applicants must apply through a local agency.)
Hearing Impairment	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 or ADRC office)

Homeless

2018 ADRC Resource Guide

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

Home Repair

2018 ADRC Resource Guide

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 https://www.epa.gov/radon http://sosradon.org/test-kits	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
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.

Hospice

2018 ADRC Resource Guide

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

Housing

2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website	Description
Housing	Colorado Housing and Finance Authority	(970) 241-2341	348 Main St.	Grand Junction, CO	www.chfainfo.com	CHFA has programs that could assist vets with purchasing a home
Housing	Colorado Housing and Finance Authority	(303) 297-chfa (303) 297-2432	7595 Technology Way Ste. 300	Denver, CO 80237	www.chfainfo.com	CHFA strengthens Colorado by investing in affordable housing and community development.
Housing	Delta Housing Authority	(970) 874-7266	501 E. 14th St.	Delta, CO 81416	www.deltahousingauthority.org	Housing Rehabilitation Program, website has a list of affordable housing
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 Humanity of the San Juans provides the opportunity for low-income families, and offers Critical Home repair programs.
Housing	Montrose Housing Authority	(970) 323-6179	239 Rebekah Dr.	Olathe, CO 81425	www.montrosehousingauthority.com	website has a list of affordable housing
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 SMRHA Mission is to preserve and increase the supply of housing for low, moderate, and middle income households in San Miguel County
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	www.ssvfgjpm@gmail.com	Colorado Branch SSVF Back Home and SOAR Programs, Veteran Transitional Housing program (serving Mesa, Garfield, Pitkin, Montrose and Delta Counties)
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	

In-Home Services

2018 ADRC Resource Guide

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.com	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, Physical Therapy, and Occupational Therapy Support. You need a physician's order, must be homebound, and covered by insurance.					
Home Health Agencies Skilled Care	Delta Montrose Home Health	(970) 874-2463	70 Stafford Ln.	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.org	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	Phoenix Home Health	(970) 249-6767	100 Tessitore Ct.	Montrose, CO 81401	www.phoenixhomehc.com	Covers: Montrose, Ridgway, Delta
Home Health Agencies Skilled Care	VOA Home Health of Western Colorado	(970) 240-0139	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	
Hospice and Palliative Care	Hope West Hospice Delta	(970) 874-6823	195 Stafford Ln.	Delta, CO 81416	www.hopewestco.org	
Hospice and Palliative Care	Gunnison Valley Home Health Medical Services and Hospice and Palliative Care	(970) 641-4254	711 N. Taylor St.	Gunnison, CO 81230	www.gunnisonvalleyhealth.org	

Insurance

2018 ADRC Resource Guide

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	

Category	Agency	Phone	Address	City State Zip	Website	Description
Independent Living Centers/Centers for Independence	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
Independent Living Centers/Centers for Independence	Center for Independence (CFI)	(970) 241-0315 (800) 613-2271	740 Gunnison Ave.	Grand Jct. CO 81501	www.cfigj.org	CFI provides assistance with Social Security Disability applications, low vision groups, and counseling for living independently with a
Independent Living Centers/Centers for Independence	Colorado Statewide Independent Living Council (SILC)	(303) 902-5897			www.coloradosilc.org	

Incontinence

Category	Agency	Phone	Address	City State Zip	Website	Description
Incontinence Supplies, Adult Incontinence Supplies covered by Medicaid and delivered to the home.	Active Style	(800) 651-6223			www.activstyle.com	ActivStyle has home delivery of high-quality medical supplies. Bills Medicaid and Medicare
Incontinence Supplies, Adult Incontinence Supplies covered by Medicaid and delivered to the home.	Grace Medical	(866) 514-7223			www.gracemedicalequipment.com	Grace Medical Equipment provides the latest technology in skin care treatments and medical supplies. Bills 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 incontinence, ostomy, urological, enteral nutrition, and more. Bills Medicaid and Medicare

Kinship -Grandparents

Category	Agency	Phone	Address	City State Zip	Website	Description
Grandparent Services	AARP Grandparent Information	(888) 687-2277 Spanish (877) 342-2277			www.aarp.org/relationships www.aarp.org	
Grandparent Services	Colorado Kinship Support	(303) 866-5932			www.cofosterandadopt.org/	Provides information for seniors acting as guardian or caretaker for grandchildren.
Grandparent Services	Region 10 Community Living Services (CLS)	(970) 249-2436 (855) 500-6050	NEW LOCATION 145 N. 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.

Legal

2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website	Description
Legal Services	Colorado Advance Directives Consortium (CADC)				www.coloroadvancedirectives.com	More information about Colorado's advance directive documents and booklet "Your Right to Make Health Care Decisions" available on their website.
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 eligible consultation service that takes place every Wednesday from 10:00 a.m. to 1:00 p.m. in the basement of the Delta County Courthouse.
Legal Services	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 Colorado provides free or low-cost legal services to people with disabilities whose civil rights have been violated.
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 appointment only. Call for free clinic dates and locations.
Legal Services	Self-Rep. Litigant Coordinator	(970) 252-4312	1200 Grand Ave.	Montrose, CO 81401	www.7thjudicialdistrictco.org/	7th Judicial District
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 care Ombudsman is a trained advocate who protects and promotes the rights of those in nursing homes and assisted living communities.

Medical Clinic-Facility

2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website	Description
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	Houses the Lake City Medical, Dental Clinic and Wellness Center
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	RVFHC is a PE (presumptive eligibility) DOT physicals available
Medical Facility Clinics	River Valley Family Health Center	(970) 497-3333	100 Tessitore Ct Ste. B	Montrose, CO 81401	www.rivervalleyfhc.com	RVFHC is a PE (presumptive eligibility)
Medical Facility Clinics	Telluride Regional Medical Center	(970) 728-3848	500 W. Pacific Ave.	Telluride, CO 81435	www.tellmed.org	
Medical Facility Clinics	Uncompahgre 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	
Medical Physician Referral	Montrose Memorial Hospital	(970) 240-7374			www.montrosehospital.com	
Medical Physician Referral	Delta County Memorial Hospital	(970) 874-7681			www.deltahospital.org	
Medical Physician Referral	Gunnison Valley Hospital	(970) 641-1456			www.gunnisonvalleyhealth.org	
Medical Physician Referral	Rocky Mountain Health Plans	(970) 210-0469 sally.henry@rmhp.org or (970) 712-1609				Medicaid Community Outreach Coordinators can help you connect with Medicaid providers.
Medical Facility Post-acute Rehabilitation	Colorow Care Center	(970) 323-5504	885 S. Hwy 50/Business Loop	Olathe, CO 81425	www.vivage.com/colorow	
Medical Facility Post-acute Rehabilitation	Horizons Care Center	(970) 835-2600	11411 Hwy 65	Eckert, CO 81418	www.horizonsretirement.org	
Medical Facility Post-acute Rehabilitation	Montrose Memorial Hospital Acute Rehab Unit (ARU)	(970) 252-2995	800 S. 3rd St.	Montrose, CO 81401	www.montrosehospital.com	

Medical Clinic-Facility

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Category	Agency	Phone	Address	City State Zip	Website	Description
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.com	
Medical Facility Rehabilitation Services	In Motion Therapy	(970) 249-1646	611 E. Star Ct Ste. B	Montrose, CO 81401	www.inmotiontherapymontrose.com	
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	
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	

Medical Clinic-Facility

Category	Agency	Phone	Address	City State Zip	Website	Description
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

2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website	Description
Medicaid	Colorado Long-Term Care Partnership	(303) 894-7547			www.colorado.gov/pacific/ltpartnership	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. S.	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 care.
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 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/ltpartnership	The Colorado Long-Term Care Partnership is a public/private arrangement between long-term care insurers, Colorado's Medicaid program.
Health First Colorado (Long-Term Care Medicaid) Waiver Programs	Apply at your Local Health and Human Services in your county					Qualifications: Financial need (low income, and have limited assets) Functional/Physical need (assistance with activities of daily needs)
Health First Colorado (Long-Term Care Medicaid) Waiver Programs applicants under the age 65	Apply at your Local Health and Human Services in your county				www.Colorado.gov/hcpf www.colorado.gov/pacific/hcpf	You may be required to submit additional income and asset documents. Under age 65 need to fill out the disability application also.
Health First Colorado (Long Term Medicaid) Waiver Programs.	Apply at your Local Health and Human Services in your county				www.colorado.gov/pacific/hcpf	Income limit \$2,250 per month. Only individual applicant's income is considered. \$3000 if both spouses are applying for benefits.
Health First Colorado (Long-Term Care Medicaid) Waiver Programs. Countable Household Resources	Apply at your Local Health and Human Services in your county				www.colorado.gov/pacific/hcpf	Countable Household Resources \$2,000 single, \$3,000 if both spouses are applying. If only one spouse is applying the community spouse resource allowance is \$123,600.
Health First Colorado (Long-Term Care Medicaid) Waiver Programs. Income Trust	Apply at your Local Health and Human Services in your county				www.colorado.gov/pacific/hcpf	Individuals whose income exceeds \$2,250 a month, an income trust can be put into place.

Medicaid

2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website	Description
Health First Colorado (Medicaid) Waiver Programs. Estate Recovery	Apply at your Local Health and Human Services in your county				www.colorado.gov/pacific/hcpf	The state could put a lien on the property, after both spouses pass away to recover costs. There are exemptions to the Estate Recovery Law.
Health First Colorado (Long-Term Care Medicaid) Waiver Programs. Income to Facility	Apply at your Local Health and Human Services in your county				www.colorado.gov/pacific/hcpf	If consumer becomes a permanent resident in a Medicaid facility, their income will go towards the cost of their care. They will receive a living allowance. If there is a spouse living in the family home, they will also receive an allowance based on need.
Health First Colorado (Medicaid) Waiver Programs. Request for Long Term Care Medicaid Short Form	Apply at your Local Health and Human Services in your county				www.colorado.gov/pacific/hcpf	One page application for consumers already 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 Services in your county				www.colorado.gov/pacific/hcpf	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.
Health First Colorado (Long-Term Care Medicaid) Waiver Programs. Brain Injury Waiver (BI)	Apply at your Local Health and Human Services in your county				www.colorado.gov/pacific/hcpf	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.
Health First Colorado (Long-Term Care Medicaid) Waiver Programs. Community Mental	Apply at your Local Health and Human Services in your county				www.colorado.gov/pacific/hcpf	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.
Health First Colorado (Long-Term Care Medicaid) Waiver Programs. Consumer Directed	Apply at your Local Health and Human Services in your county				www.colorado.gov/pacific/hcpf	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.
Health First Colorado (Long-Term Care Medicaid) Waiver Programs.	Apply at your Local Health and Human Services in your county				www.colorado.gov/pacific/hcpf	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.
Health First Colorado (Medicare/Long-Term Care Medicaid) Waiver Programs. Program of All Inclusive Care	Senior CommUnity Care PACE Eckert	(970) 527-5350	11485 Highway 65	Eckert, CO 81418	www.colorado.gov/pacific/hcpf	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.

Category	Agency	Phone	Address	City State Zip	Website	Description
Health First Colorado (Medicare/Long-Term Care Medicaid) Waiver Programs. Program of All Inclusive Care	Senior CommUnity Care PACE Montrose	(970) 964-3500	2377 Robins Way	Montrose, CO 81401	www.seniorcommunitycare.org	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.

Category	Agency	Phone	Address	City State Zip	Website	Description
Medical Alert Life Alert						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.
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, Cedaredge, Paonia, Crawford, Hotchkiss, Gunnison, and the West End of Montrose County.
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	

Medicare

2018 ADRC Resource Guide

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 for Medicare beneficiaries and their families or caregivers. SHIP Counseling is FREE of charge.
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 for Medicare beneficiaries and their families or caregivers. SHIP Counseling is FREE of charge.
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: 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
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 (SLMB) Program: Pay for Part B premium only Countable Household Resources: \$7,560s/\$11,340c 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		www.medicare.gov	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	Medicare Qualified Disabled and Working Individuals (QDWI) Program		Apply at your local Dept. of Health and Human Services		www.medicare.gov	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
Medicare	KEPRO	(844) 430-9504			www.keproqio.com	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.

Medicaid Waivers

2018 ADRC Resource Guide

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

Medicaid Waivers

2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website	Description
Health First Colorado (Long-Term Care Medicaid) Waiver Programs. Brain Injury Waiver (BI)	Apply at your Local Health and Human Services in your county				www.colorado.gov/pacific/hcpf	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.
Health First Colorado (Long-Term Care Medicaid) Waiver Programs. Community Mental Health Supports Waivers (CMHS)	Apply at your Local Health and Human Services in your county				www.colorado.gov/pacific/hcpf	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.
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 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.
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 service-delivery option that allows consumers to direct their care and have control over their attendant services, while having additional medical support.
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 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.
Health First Colorado (Medicare/Long-Term Care Medicaid) Waiver Programs. Program of All Inclusive Care for the Elderly (PACE)	Senior CommUnity Care PACE Montrose	(970) 964-3500	2377 Robins Way	Montrose, CO 81401	www.seniorcommunitycare.org	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.

Medical Supplies

2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website	Description
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 seven days per week 7:00 am - 1:00 pm.
Medical Supply Lending Closets	Delta Elks Club	(970) 874-3624	563 Main St.	Delta, CO 81416		Contact Mel – have medical equipment in storage locker
Medical Supply Lending Closets	Montrose Elks Lodge 1053	(970) 249-4852	801 Hillcrest Dr.	Montrose, CO 81401		The Montrose Elks Club has a lending closet for donated medical equipment.
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 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.
Medical Supply Lending Closets	Hope West Hospice	Delta (970) 874-6823	195 Stafford Ln.	Delta, CO 81416	www.hopewestco.org	Lending location in Delta
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 assistance for dental, vision, hearing and durable medical equipment. (Applicants must apply through a local agency.)
Medical Supply 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 or ADRC office)
Medical Supply Financial Assistance	Heather Abbott Foundation Limb loss - prosthetics		181 Bellevue Ave. #407	Newport, RI 02840	www.heatherabbottfoundation.org	Foundation provides assistance to individuals who have suffered limb loss under traumatic circumstances and who would benefit from the donation of a prosthetic device.

Mental Health

2018 ADRC Resource Guide

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

Mental Health

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				

Minority

2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website	Description
Minority Resources	Colorado Civil Rights Division	(800) 262-4845 (303) 894-2997			www.dora.colorado.gov/crd	
Minority Resources	National Association for the Advancement of Colored People (NAACP)	(844) UR-NAACP (844) 876-2227	P.O. Box 15583	Colorado Spgs., CO 80935	www.naACP.org	Eliminates racial discrimination and segregation from all aspects of public life in America.
Minority Resources	Colorado Division of Labor	(888) 390-7936	633 17th St.	Denver, CO 80202	www.coloradolaborlaw.gov	
Minority Resources	Office of Fair Housing & Equal Opportunity	(800) 877-7353	1670 Broadway St.	Denver, CO 80202		
Minority 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 County and the West End of Montrose Counties

Nursing Home SNF

2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website	Description
Nursing Home Skilled Nursing Facility	Colorow Care Center	(970) 323-5504	885 S. Hwy 50 Business Loop	Olathe, CO 81425	www.vivage.com/colorow	
Nursing Home Skilled Nursing Facility	Gunnison Valley Health Senior Care Center	(970) 641-0704	1500 W. Tomichi	Gunnison, CO 81230	www.gvh-colorado.org	
Nursing Home Skilled Nursing Facility	Horizons Care Center	(970) 835-2600	11411 Hwy 65	Eckert, CO 81418	www.horizonsretirement.org	
Nursing Home Skilled Nursing Facility	Paonia Care and Rehab	(970) 527-4837	1625 Meadowbrook Blvd.	Paonia, CO 81428	www.paoniacareandrehab.com	
Nursing Home Skilled Nursing Facility	San Juan Living Center	(970) 249-9683	1043 Ridge St.	Montrose, CO 81401	www.sanjuanlivingcenter.com	
Nursing Home Skilled Nursing Facility	Valley Manor Care Center	(970) 249-9634	1401 S. Cascade Ave.	Montrose, CO 81401	www.valleymanorcare.org	
Nursing Home Skilled Nursing Facility	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	A long-term care Ombudsman is a trained advocate who protects and promotes the rights of those in nursing homes and assisted living communities.

Nutrition

2018 ADRC Resource Guide

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	www.christs-kitchen.org	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	1800 Pavilion Dr. Reservation is preferred at least 48 hours in advance	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 San Miguel County	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.

Nutrition

2018 ADRC Resource Guide

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 Meals	Senior CommUnity Meals Home Delivered Meals	(970) 874-7661	350 Stafford Lane # 3511	Delta, CO 81416	www.SeniorCommUnityMeals.org	Home Delivered Meals \$3.00 asking donation 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	www.SeniorCommUnityMeals.org	Home Delivered Meals \$3.00 asking donation per meal. 12 frozen meals per month
Nutrition Home Delivered Meals	Montrose Thanksgiving Day Home Delivered Meals	For meal delivery call (970) 901-7780				Sponsored by Montrose Community Meals, Inc.
Nutrition Home Delivered Meals Montrose County	Montrose Christmas Day Home Delivered Meals	Norm and Lexi Stevenson (970) 275-3336 (970) 275-3300				Meals delivered Christmas Day
Nutrition Food Nutrition Assistance SNAP	(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 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.weebly.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)				www.foodbankrockies.org	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	Catholic Church	information only phone number, do not call the church for information		Delta, CO 81416		Use the alley entrance.
Nutrition Commodities Delta County	Cedaredge Food Bank	(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 Gunnison County	Gunnison Food Pantry	(970) 641-4156 call for days and times	21 N. Main St.	Gunnison, CO 81230		
Nutrition Commodities Gunnison County	Crested Butte Food Bank	(970) 349-6237 call for days and times and locations.		Crested Butte. CO		

Nutrition

2018 ADRC Resource Guide

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

Pensions

2018 ADRC Resource Guide

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

Physicial Referral

Category	Agency	Phone	Address	City, St. Zip	Website	Description
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 Coordinators can help you connect with Medicaid providers.

Prescription Assist

2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website	Description
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 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
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 prescription premiums with participating insurance companies and reduce co-pays. 2018 Partial LIS: \$1,538 s/\$2,078 c Countable Household Resources \$14,100s/\$28,150c
Prescription Assistance	Colorado Drug Card	(770) 313-7261			www.coloradodrugcard.com	Colorado Drug Card offers assistance and information to help pay for prescription.

Recreation

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		

Senior Center

2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website	Description
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	

Category	Agency	Phone	Address	City State Zip	Website	Description
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 years and 9 months. If you are already age 62, you may be able to start your benefits in 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 \$733 individual, resources under \$2,000; Income under \$1,110 couple per month, resources under \$3,000 couple. Anyone who is: aged (age 65 or 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 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
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 premiums with participating insurance companies and reduce co-pays. 2018 Partial LIS: \$1,538 s/\$2,078 c Countable Household Resources \$14,100s/\$28,150c

Support Groups

2018 ADRC Resource Guide

Region 10 LEAP
970-249-2436

SUPPORT GROUPS	Day(s)	Time	Location	Phone # to register	Sponsoring Agencies
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

2018 ADRC Resource Guide

Region 10 LEAP
970-249-2436

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

Tax Assist

2018 ADRC Resource Guide

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

Transportation

2018 ADRC Resource Guide

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.	Montrose, CO 81401	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 Services	TransCare Ambulance Inc.	(970) 240-9544,	142 Apollo Rd.	Montrose, CO 81401	www.tcambulance.com	
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 Miners Benefits	Nuclear Care Partners	(970) 244-0900	631 24 1/2 Rd. # C	Grand Junction, CO 81505	www.nuclearcarepartners.com	
Uranium Miners/Coal Miners Benefits	Professional Case Management	(970) 623-7500			www.procasemanagement.com	

Utilities

2018 ADRC Resource Guide

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

Financial Assistance	Tri-County Health Network Good Neighbor Fund	(970) 708-7967	220 E Colorado Ave.	Telluride, CO 81435		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.
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Veterans

2018 ADRC Resource Guide

Category	Agency	Phone	Address	City State Zip	Website	Description
Veterans Services	DAV – Disabled American Veterans	(970) 249-2468				Volunteer program for veterans in 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 Officers	Delta Brian Ayers	(970) 874-2082	North Fork Annex: 196 Hotchkiss Ave.	Hotchkiss, CO 81419	www.myhealth.va.gov	Register for benefits online
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			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.org	

Vision

2018 ADRC Resource Guide

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	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.
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.

Volunteer

2018 ADRC Resource Guide

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