



Seniors in Our Mountain Communities: Challenges & Opportunities Inventory of Senior Services in the Rural Resort Region

Regional Contacts for Senior Services

	Contact	Contact Information
Alpine Area Agency on Aging (Region 12)	Jean Hammes, Director	Northwest Colorado Council of Governments 970.468.0295 x107 aaa12@nwc.cog.co.us www.nwc.cog.co.us
Eagle	Cheryl Thomas, Eagle County Adult Services	Eagle County Adult Services 970.328.1352 cheryl.thomas@eaglecounty.us
Garfield	Judy Martin, Manager	Garfield County Department of Human Services - Senior Programs 970.945.9191 x3061 jumartin@garfield-county.com
Grand	Sharon Schoenberger, Senior Coordinator	Grand County Council on Aging 970.887.3222 gcca@rkymtnhi.com
Jackson	Wendy Ptefish, Senior Coordinator	Jackson County Council on Aging 970.723.3203 jcco@centurytel.net
Lake	Loretta Barela	719.486.1774
Pitkin	Marty Ames, Senior Coordinator	Pitkin County Senior Services 970.920.5432 martya@ci.aspen.co.us
Summit	Kathryn Grohusky, Senior Coordinator	Summit County Senior Services 970.668.2941 kathryng@co.summit.co.us

Housing

	Independent Living	Assisted Living	Nursing Home
Eagle	Golden Eagle Senior Center (Eagle) Seniors on Broadway (Eagle)	None	None
Garfield	Crystal Meadows (Carbondale) Manor I & II (Glenwood Springs) New Castle Senior Housing Rifle Senior Housing Silt Senior Housing Sunnyside Senior Housing (Glenwood Springs) Valley Senior Housing (Parachute)	Creekside Assisted Living (Glenwood Springs) Crossroads Assisted Living (Rifle) Heritage Park Care Center (Carbondale) Just Like Home Assisted Living Open Gate Residence (Glenwood Springs) Mesa Vista (Parachute) Harmony House (Glenwood Springs)	Colorado State Veterans Nursing Home (Rifle) E. Dene More Care Center (Rifle) Glen Valley Care Center (Glenwood Springs) Heritage Park Care Center (Carbondale) Grace HealthCare (Glenwood Springs)
Grand	Silver Spruce Apartments (Kremmling) Grand Solar (Granby) The above are Sec. 8 HUD housing	Cliffview Assisted Living (Kremmling)	Kremmling Memorial Hospital - 5 "swing beds"
Jackson	None	None	None

Lake	West 17th St. 921 Mt. Massive 711 Harrison 131 West 12th St. All the above are in Leadville, and are Sec. 8 HUD housing	None	18 extended-care beds at St. Vincent Hospital (Leadville)
Pitkin	Aspen Country Inn (low/mod - not limited to seniors) <i>Note: very limited by local housing authority regs and income guidelines. Must have full-time work history in Pitkin County and other requirements.</i>	Whitcomb Terrace (Aspen)	None
Summit	None.	None	None

Healthcare

	Hospitals	Home Health Services	Specialized Services
Eagle	Vail - Vail Valley Medical Center	Vail Valley Medical Center	Edwards - Shaw Regional Cancer Center
Garfield	Glenwood Springs - Valley View Hospital Rifle - Grand River Hospital District	Columbine Home Health	
Grand	Granby - St. Anthony's Granby Medical Center Kremmling - Kremmling Memorial Hospital	Grand County Home Health Nursing Services (County-run program)	
Jackson	North Park Medical Center	NW VNA	
Lake	Leadville - St. Vincent General Hospital		
Pitkin	Aspen - Aspen Valley Hospital	None.	
Summit	Frisco - St. Anthony's Summit Medical Center	Centura Home Health - Bristlecone	

Adult Day Services

	Adult Day Services
Eagle	None.
Garfield	Cooper Corner Adult Day Center
Grand	None.
Jackson	None.
Lake	None.
Pitkin	None.
Summit	Timberline Adult Day Services - Timberline Adult Day Services, also housed at the center, provides daytime care for adults limited in their ability to function independently. Services include healthy meals and snacks, social experiences, daily exercise, music, medical monitoring and activities in a safe, nurturing environment. If a person qualifies under the Home and Community Based Services Program, Medicaid will cover the cost of services. For more information, please call 970-668-2952.

Nutrition

	Congregate Meals	Home Delivered Meals
Eagle	<p>Three sites across Eagle County provide nutritious meals for residents over the age of 60 and disabled adults:</p> <ul style="list-style-type: none"> • Minturn at the City Hall Building (Wednesday & Friday) • Eagle at the Golden Eagle Community Center (Tuesday & Thursday) • Basalt at the Valley Pines complex (Tuesday & Thursday) 	Tues - Fri home delivered meals available from various sites
Garfield	Meal sites in Glenwood Springs, Parachute, Rifle, New Castle, Silt - meals offered somewhere Mon - Fri	Meals on Wheels (Glenwood, Rifle)
Grand	Nutrition sites in Granby and Kremmling; meals on Monday, Tuesday, and Thursday	Home delivered meals on Monday, Tuesday and Thursday
Jackson Lake	Daily meals	Meals on Wheels (Tues, Wed, Fri)
Pitkin	<p>Senior Center Lunch</p> <p>Lunch at the Senior Center is served each Monday, Wednesday and Friday at noon. Suggested contribution is \$3.00 - 4.50 depending on income. The menu is listed in our monthly newsletter.</p>	<p>Meals on Wheels</p> <p>Home-delivered meals are available on the same days for those who are ill or homebound. The menu and cost is the same, and there is no charge for delivery.</p>
Summit	<p>Weekly Meals</p> <p>Summit County Seniors host three meals throughout the week. These nutritious meals provide a great opportunity for socialization and entertainment.</p> <p>Monday Nights</p> <p>Dinner is served Monday evenings at 5:30 PM at the Community & Senior Center. Culinary arts students prepare these delicious meals and many evenings include entertainment ranging from musical groups to presentation on issues important to seniors. This is a self-supported meal. The charge for the meal is either \$5 or \$8, dependant on annual income. Reservations are required by the previous Tuesday evening. Call 668-2940.</p> <p>Tuesday/Thursday Lunches</p> <p>Lunches, supported by the Older Americans Act, are served each Tuesday and Thursday at noon. Reservations are required 24 hours in advance. Call 668-2940. A suggested donation for the meals begins at \$2.50 for those 60 years of age and older. Cost of the meal for individuals under 60 is \$6. Menus can be previewed in the Newsletter on a monthly basis.</p>	<p>Home Deliveries</p> <p>Home Delivered meals are available to the homes of older adults who are unable to cook for themselves. For more information call the Center at 668-2940.</p>

Workforce / Volunteerism:

	Volunteer Opportunities	Workforce Centers
Eagle	RSVP Center - Cheryl Thomas	Edwards Workforce Center 0069 Edwards Access Road #9 P.O. Box 1389 Edwards, CO 81632 Phone: (970) 926-4440 Fax: (970) 926-7287 edwards@cwfc.net
Garfield	RSVP Center	Glenwood Springs Workforce Center 51027 Hwy 6 & 24 Glenwood Springs Mall Ste. 173 Glenwood Springs, CO 81601 Phone: (970) 945-8638 Fax: (970) 928-0885 glenwoodsprings@cwfc.net Rifle Workforce Center 310 West 3rd St. Rifle, CO 81650 Phone: (970) 625-5627 Fax: (970) 625-1120 rifle@cwfc
Grand	Nothing organized.	Granby Workforce Center 469 East Topaz Granby, CO 80446 Phone: (970) 887-1857 Fax: (970) 887-1858 granby@cwfc.net
Jackson	JCCOA	
Lake		Leadville Workforce Center 115 W. 6th Street P.O. Box 1263 Leadville, CO 80461 Phone: (719) 486-2428 Fax: (719) 486-2971 leadville@cwfc.net
Pitkin	Senior Services uses volunteers extensively within our own programs, and links volunteers with individual seniors who have various needs. Many of our volunteers are seniors themselves. Contact Senior Services at 920-5432 to request volunteer assistance or for more information on volunteer opportunities.	
Summit	RSVP - Kristy Nelson	Frisco Workforce Center 602 Galena Street P.O. Box 679 Frisco, CO 80443 Phone: (970) 668-5360 Fax: (970) 668-3216 - frisco@cwfc.net

Transportation

<p>Eagle</p>	<p>Transportation is provided to Eagle County residents to and from nutrition sites and to run errands. Transportation services are available to persons over the age of 60 and disabled adults. Senior Services operates van and bus service at all three sites on nutrition days. See our directory for phone numbers and addresses.</p> <ul style="list-style-type: none"> • Minturn: Meal Transportation, Wednesday & Friday, Shopping every Friday • Eagle: Meal Transportation, Shopping, Post Office, and local medical appointments, Tuesday & Thursday • Basalt: Meal Transportation, Tuesday & Thursday, Shopping and Post Office every Thursday • Medical Van to Glenwood Springs from Eagle, last Monday of each month <p>Eagle County Health & Human Services Phone: 970.328.1352 Address: 715 Broadway Eagle, CO 81632 Provides Case Management for adults at risk of institutionalization, congregate and home delivered meals, health, wellness and disease prevention activities, transportation services and life-long learning opportunities RSVP Program -Cheryl Thomas, 970.328.1352</p> <p><u>ECO Transit</u> Phone Number: (970) 328-3520 Address: 3289 Cooley Mesa Rd Gypsum, CO 81637 Public transportation service throughout Eagle County. Call or visit our website for routes and fare information.</p> <p><u>Town of Avon Transit</u> Phone Number: (970) 748-4120 The Town of Avon public transit system provides free scheduled bus service year-round.</p> <p><u>Town of Vail Transit</u> Phone Number: (970) 479-2178 Address: 75 S Frontage Rd Vail, CO 81657 The Town of Vail Transit Department provides FREE year-round bus service throughout Vail.</p> <p><u>Vail Valley Salvation Army</u> Phone Number: (970) 926-3704 Address: 90 Lariat Loop Edwards, CO 81632 Provides emergency services, food, clothing, shelter, transportation and medical care.</p> <p><u>Wheels for Eagle</u> Phone Number: (970) 471-4668 Address: PO Box 4537 Eagle, CO 81631 Provides transportation via a 15 passenger van for Eagle County nonprofits.</p>
<p>Garfield</p>	<p>The Traveler’s mission is to serve as a specialized transit organization linking seniors and the disabled with independent lifestyles through mobility. The Traveler provides wheelchair accessible, door-to-door, demand responsive, driver-assisted transportation to Garfield County residents, sixty years or older or disabled, who have difficulty using public or private transportation because it is unavailable, inaccessible or unaffordable. To schedule a ride on any week day on the Traveler, please remember to call at least 24 hours in advance. The hours of operation are Monday through Friday from 8:00 a.m. to 5:00 p.m.</p> <p>New Castle to Parachute/Battlement Mesa call 625-1366 Glenwood Springs to Carbondale call 945-9117 Monthly trip to Grand Junction call 945-9117</p> <p>Suggested Client Contribution: \$2.00 per ride in town; \$3.00 between towns and \$20.00 for round trip to Grand</p>

	<p>Junction. Driver's cannot make change – but can sell tickets for your ride. When you call the Traveler, please have the following information available for the dispatcher: Name, Phone Number, Your Address, Your Destination Address, Appointment Time. Cancellations: if you need to cancel a ride, please call as soon as possible. Your advance cancellation notice helps our program provide a ride to another person.</p> <p>To contact staff: Judy Martin, Manager (970) 945-9191 extension 3061 or jumartin@garfield-county.com Debby Sutherland, Program Coordinator 970) 945-9191 extension 3084 or dsutherland@garfield-county.com Mildred Alsdorf, Transportation Director (970) 945-9117 or malsdorf@rfta.com</p>
Grand	<p>Have 6 vehicles (3 minivans & 3 minibuses); do some scheduled trips and some "demand response" trips. Service for medical appointments, nutrition sites, grocery shopping, recreational and social activities, Grand County Council on Aging - 970.887.3222</p>
Jackson	<p>Jackson County Council on Aging (JCCA) has one van with three authorized drivers, one of which does most of the trips. They have two regularly scheduled trips each month to Laramie, WY for medical appointments.</p> <p>They also transport upon request, called an escort trip, both locally and beyond to Denver, Fort Collins, Cheyenne, and other locations. Trips are mostly for medical purposes, but they also take people who need to get to DIA, and they also schedule some fun trips, such as an outing to see the fall colors. Rides are scheduled by calling the JCCA at 970-723-3203 or Mark White at home.</p> <p>There is a suggested donation for seniors that varies depending on the destination. For example, \$40 for a round-trip to Denver or \$25 for a round-trip to Granby. Non-seniors are required to pay the suggested donation amount plus 20%.</p> <p>This service is marketed through ads in the local newspaper, the JCCA newsletter, and announcements at the JCCA potluck lunches. This service is grant funded.</p>
Lake	<p>Bus for shopping and local doctors appointments (Mon - Thurs) Leadville Senior Center - 719.486.1774</p>
Pitkin	<p>RFTA Bus Services for Seniors <i>FREE</i> bus services for seniors age 65+. Limited to regular bus routes and times. Be prepared to show driver proof of age.</p> <p>Senior Van (in conjunction with RFTA) <i>FREE</i> door-to-door service for appointments, shopping, errands and senior programs. For seniors age 60+, wheelchair accessible. Available Monday, Wednesday, Fridays 8-4 & Thursdays 8:30 A.M. to 3:30 P.M. To arrange a pick-up, call Senior Services 920-5432, 24-hours advance notice.</p> <p>ADA Van Free service for disabled residents and visitors for transportation in and around Aspen, wheelchair accessible. Available for transportation needs, 7 days a week. 24-hour notice required, call 925-4482 for arrangements.</p> <p>Mt. Valley Dial-a-Ride Call 920-9999 for door-to-door service. <i>FREE</i> for persons 65yrs of age & over. \$1 for others. Operates during regular RFTA hours (summer 6:30am-1:45am). Departs Lupine Dr. at :00 & :30 past each hour.</p> <p>Taxi Use only for essential trips where other options cannot serve.</p>

	<p><i>HALF-PRICE</i> service from Mountain High Taxi. Senior Services pays half and client pays half. Call 925-TAXI (8294). Available when ever the Senior Van is not operating.</p> <p>Volunteer Escort Available for unusual situations, e.g. out-of-town medical visits or special assistance needs. Call Senior Services 920-5432, to discuss this option and we will try to find a volunteer.</p>
<p>Summit</p>	<p>Summit County Seniors are fortunate to have access to the local transportation system, Summit Stage for in-county transportation. The bus routes are convenient to most neighborhoods. Route schedules can be picked up at the Center or at the bus stops throughout the County. Mountain Mobility is another form of transportation available to individuals unable to access the regular county transportation. Call 970-668-0999 to schedule rides on Mountain Mobility.</p> <p>Summit Stage provides transportation for seniors to attend organized activities both in and out of the county. When signing up for a trip with the Seniors make sure you ask whether transportation is provided through Summit Stage.</p> <p>Medical trips to Denver are provided through volunteers working with the Retired and Senior Volunteer Program. To arrange for a trip to Denver call the Center at 970-668-2940 at least 5 days in advance.</p>