



SILVER *lining*

RESOURCE GUIDE

FOR BOULDER COUNTY LGBT ELDERS



2014 EDITION PUBLISHED BY THE
 BOULDER COUNTY AREA AGENCY ON AGING




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www.themartinlawoffice.com

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Family Planning ~ Discrimination Law ~ Employment Law**

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

GREETINGS

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

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

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

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

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



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

Aging Services Foundation of Boulder County
Open Door Fund of the Community Foundation Serving Boulder County
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ACUPUNCTURE

Acubalance LLC: Jim Damman

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

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

www.AcuBalance.info
jamesdamman50@gmail.com

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

Whole Body Balance:

Amy Dickinson, BA, L.Ac, MTCM ▼

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

info@wholebodybalance.com

ADDICTION COUNSELING

Addiction Recovery Center (ARC)

Division: Boulder County Public Health ▼

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

Inpatient Services: 3180 Airport Rd
Boulder, CO 80302

www.BoulderCountyARC.org

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

Boulder Community Hospital

Addictions Counselor

Sara Milmoie, MS, LPC, CAC 111 ▼

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

ADULT DAY CARE

Care Link Adult Day Care ▼

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

www.BoulderCareLink.com
sarah@carelinkdayprogram.com

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

Homestead Adult Day Program

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

jmayer@luhcares.org

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

ADVOCACY

Boulder County AIDS Project ▼

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

www.bcap.org
generaldelivery@bcap.org

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

Boulder County Area Agency on Aging ▼

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

www.BoulderCounty.org/cs/as

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

El Comite de Longmont ▼

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

www.ElComitedeLongmont.org
elcomite@qwestoffice.net

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

Gender Identity Center of CO ▼

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

www.GICofColo.org
info@gicofcolo.org

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

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

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

infoLTCO@bouldercounty.org

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

Old Lesbians Organizing for Change OLOC ▼

303-258-9424

www.OLOC.org
olocincolorado@yahoo.com

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

Out Boulder ▼

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

www.OutBoulder.org

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

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

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

www.pflagBoulder.org
info@pflagboulder.org

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

Project Visibility: Boulder County Area Agency on Aging ▼

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

www.ProjectVisibility.org
infoLGBTelders@bouldercounty.org

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

The Center ▼

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

www.glbColorado.org

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

The Center's Legal Advocacy Program ▼

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

www.glbColorado.org/LegalAdvocacy.aspx

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

ARTS AND CULTURE

Colorado Music Festival and Center for Musical Arts

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

www.comusic.org/music-education
office@COMusic.org

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

Society for Creative Aging

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

www.s4creativeaging.org
info@S4CA.org

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

Resonance Women's Chorus of Boulder Sound Circle

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

www.resonancechorus.org
www.soundcirclesings.org
resonancechorus@gmail.com
soundcircle@ecentral.com

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

ASSISTED LIVING HOMES

Alta Vita Assisted Living Memory Care Centre ▼

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

www.AltavitaLiving.com
lwilkins@altavitaliving.com

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

Atria Longmont ▼

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

www.AtriaSeniorLiving.com
heather.kamtz@atriaseniorkiving.com

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

Balfour Cherrywood Memory Center ▼

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

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

Balfour Independent Living

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

Balfour Retirement Community ▼

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

www.BalfourCare.com

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

Bridge at Longmont (The) ▼

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

www.TheBridgeatLongmont.com
smcness@centurypa.com

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

Canterbury Gardens ▼

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

1001 S. Kingston St
Aurora, CO 80012

crea@ensigngroup.net

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

Carillon at Boulder Creek (The) ▼

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

www.TheCarillonatBoulderCreek.com
lfoley@leisurecare.com

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

Cinnamon Park Assisted Living ▼

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

www.SeniorHousingOptions.org
cinnamon@seniorhousingoptions.org

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

Frasier Meadows Retirement Community ▼

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

www.FrasierMeadows.org

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

Golden West Senior Residence ▼

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

www.GoldenWestSeniors.com

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

Juniper Village ▼

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

www.jv-Louisville.blogspot.com
cheryl.northup@junipercommunities.com

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

Kavod Senior Life and Assisted Living ▼

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

www.KavodSeniorLife.org
info@kavodseniorlife.com

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

Legacy at Lafayette (The) ▼

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

www.LegacyatLafayette.com
thelegacylaf@comcast.net

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

Mary Sandoe House ▼

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

msandoe@aol.com

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

Peaks Care Center ▼

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

www.peakscarecenter.com

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

Shawnee Gardens ▼

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

www.Shawnee-Gardens.com
shawneegardens@comcast.net

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

Sunrise of Boulder ▼

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

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

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

Sunrise at FlatIrons/Sunrise Senior Living ▼

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

www.SunriseFlatirons.com

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

Timberline Lodge Assisted Living ▼

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

www.TimberlineLodgeAssistedLiving.com
timberlinelodge@comcast.net

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

Wynwood at RidgePoint ▼

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

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

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

BURIAL SERVICES

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

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

www.Carroll-Lewellen.com
www.FoothillsGardensofMemory.com
carroll-lewellen@comcast.net

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

Natural Transitions Funeral Guidance

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

www.NaturalTransitions.org
info@naturaltransitions.org

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

CARE MANAGEMENT SERVICES

Action Healthcare Services, Inc.

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

www.ActionCareServices.com
info@actioncareservices.com

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

Adult Care Management, Inc.

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

www.acmico.org
general@asmicolorado.org

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

Boulder County Area Agency on Aging ▼

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

www.BoulderCounty.org/cs/ag
bcaaa@bouldercounty.org

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

Caring Stewardship ▼

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

www.caringstewardship.com
claire@caringstewardship.com

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

Ellen Knapp, LPC

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

www.ellenknapp.com
ellen@ellenknapp.com

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

Jewish Family Service ▼

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

3201 S. Tamarac Dr
Denver, CO 80231

www.JewishFamilyService.org

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

Safe At Home ▼

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

www.SafeatHomeCare.com
safeathomecare@gmail.com

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

Senior Reach ▼

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

www.SeniorReach.org

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

CENTERS FOR INDEPENDENT LIVING

Center for People with Disabilities (CPWD) ▼

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

615 North Main St
Longmont, CO 80501

www.cpwd-ilc.org
info@cpwd.org

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

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

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

www.acbco.org
specialistpdfoss@gmail.com

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

IMAGINE! ▼

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

www.ImagineColorado.org

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

CHIROPRACTIC

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

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

www.HealthyNowChiropractic.com

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

CLINICS/PHYSICIANS

Beacon Clinic

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

Infectious Disease Center

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

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

www.bch.org/table-mesa-family-medicine/default-table-mesa-family-medicine.aspx

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

Boulder Valley Center for Dermatology (BVCD) ▼

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

4745 Arapahoe Ave, Ste #140
Boulder CO 80303

www.bvderm.com
info@bvderm.com

A full-service dermatology practice.

Boulder Valley Women's Health Center ▼

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

82 21st Ave
Longmont, CO 80501

www.BoulderWomensHealth.org
info@bvwhc.org

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

Frontier Internal Medicine

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

www.FrontierInternalMedicine.com

Internal medicine office.

Helios Integrated Medicine

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

www.HeliosIntegratedMedicine.com
contact@heliosintegratedmedicine.com

Family practice medical clinic blending conventional and alternative care.

People's Clinic

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

www.Clinica.org

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

DENTAL

Dental Aid ▼

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

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

Martinez Dental Care ▼

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

www.EfrenMartinezdds.com

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

EDUCATION AND SUPPORT

Alzheimer's Association - Colorado Chapter ▼

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

www.alz.org/co
coloinfo@alz.org

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

Boulder County Area Agency on Aging ▼

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

www.BoulderCounty.org/cs/ag
bcaaa@bouldercounty.org

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

Longmont Ending Violence Initiative (LEVI) ▼

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

www.LongmontDomesticViolence.org
levi@ci.longmont.co.us

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

Spanish Now: Sally Blaser ▼

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

sallyblaser108@gmail.com

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

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

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

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

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



rainbow ELDERS
of Boulder County



EMERGENCY ASSISTANCE

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

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

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

www.BoulderCountyHHS.org
hhsfrontdesk@bouldercounty.org

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

Emergency Family Assistance Association (EFAA) ▼

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

www.efaa.org

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

Sister Carmen Community Center ▼

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

www.SisterCarmen.org
info@sistercarmen.org

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

EMPLOYMENT

IMAGINE! ▼

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

www.ImagineColorado.org

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

Workforce Boulder County ▼

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

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

www.wfbc.org

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

FINANCIAL PLANNING

Long-Term Care Insurance Professionals: Michael Belmont, CFP

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

www.LTC-pro.com
michael@LTC-pro.com

Providing services for long-term care planning.

Maggie Benton ▼

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

mbenton@ft.newyorklife.com

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

HOME CARE AGENCIES

Always Best Care of Boulder County ▼

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

www.AlwaysBestCare-BoulderCounty.com
msalazar@ABC-seniors.com

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

Boulder Community Home Care: Mapleton Center ▼

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

www.bch.org

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

BrightStar Care ▼

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

www.brightstarcare.com
donny.sepin@brightstarcare.com

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

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

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

www.capablehandsnursing.com
capablehandsnursing@yahoo.com

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

Comfort Keepers

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

www.ComfortKeepers.com

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

Complete Home Health Care, LLC ▼

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

www.CompleteHHC.com

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

Dignity Care, LLC ▼

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

www.DignityCare.com
info@dignitycare.com

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

Errand Service Biz, Inc. ▼

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

www.errandservicebiz.com
rhonnie@errandservicebiz.com

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

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

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

www.HappyHomesmgt.com
office@happyhomesmgt.com

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

HomeCare of the Rockies ▼

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

www.HomeCareoftheRockies.com
info@homecareoftherockies.com

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

Homewatch CareGivers of Boulder County ▼

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

www.HomeWatchBoulder.com
info@homewatchboulder.com

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

Home Instead Senior Care ▼

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

www.HomeInstead.com

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

Jude's Compassionate Care, Jude Gingerich, RN ▼

720-202-7056
PO Box 172
Erie, CO 80516
judegink@gmail.com

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

Plan B Home Care Services Inc. ▼

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

www.PlanBHomeCare.com

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

Safe At Home ▼

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

www.SafeatHomeCare.com
safeathomecare@yahoo.com

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

Visiting Angels of Boulder County ▼

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

www.VisitingAngels.com/longmont
pwebster@visitingangels.com

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

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

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

www.windhorsecare.com
info@windhorsecare.com

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

HOSPICE SERVICES

Family Hospice ▼

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

www.FamilyHospice.net

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

Front Range Hospice ▼

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

www.FrontRangeHospice.com
info@frhospice.com

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

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

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

www.TruCare.org

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

Namaste Comfort Care ▼

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

www.NamasteHospice.com

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

HOME IMPROVEMENT AND REPAIR

Boulder County CareConnect: Fix It Program ▼

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

PO Box 3675
Boulder, CO 80307

www.CareConnectBC.org
info@careconnectbc.org

Providing volunteers who perform small home repair services.

Handigans: Sali Tatler or Michelle Wrench ▼

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

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

Handy Ma'am: Rebecca Caldwell ▼

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

handy_maam@hotmail.com

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

Longs Peak Energy Conservation ▼

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

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

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

HOUSING AND SHELTER SERVICES

Boulder Housing Partners ▼

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

www.BoulderHousing.org
bhpinfo@boulderhousing.org

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

Boulder Shelter for the Homeless ▼

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

www.BoulderShelter.org
info@bouldershelter.org

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

Safe Shelter of St. Vrain Valley ▼

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

www.SafeShelterofStVrain.org
info@safeshelterofstvrain.org

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

Safehouse Progressive Alliance for Nonviolence ▼

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

www.SafehouseAlliance.org
miranda@safehousealliance.org

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

INDEPENDENT LIVING

Atria Longmont ▼

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

Balfour Retirement Community ▼

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

Canterbury Gardens ▼

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

Carillon At Boulder Creek (The) ▼

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

Frasier Meadows ▼

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

Golden West Senior Residence ▼

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

Kavod Senior Life and Assisted Living ▼

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

Longmont Regent

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

www.LongmontRegent.com

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

Meridian Boulder ▼

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

www.BrookdaleLiving.com
shelly.stewart@brookdaleliving.com

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

Sunrise at FlatIrons/Sunrise Senior Living ▼

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

www.SunriseFlatirons.com

See listing under Assisted Living (offers continuum of care)

LEGAL & FIDUCIARY SERVICES

Allgood Legal & Fiduciary Services ▼

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

www.AllgoodLegalAndFiduciaryServices.com
tara.allgood@gmail.com

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

Ambler & Keenan, LLC ▼

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

www.Ambler-Keenan.com
info@ambler-keenan.com

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

Brown and Ierley, LLC Attys at Law Fiduciary ▼

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

alice@brownandierley.com

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

Boulder County Legal Services ▼

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

www.ColoradoLegalServices.org

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

Caring Stewardship, Claire Morrow ▼

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

www.caringstewardship.com
claire@caringstewardship.com

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

Elizabeth A. Bryant, PC ▼

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

www.eabLaw.com
ebryant@eablaw.com

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

The Germany Law Firm, PC ▼

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

685 Briggs St
Erie, CO 80516

www.CoelderLaw.net
susie@coelderlaw.net

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

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

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

www.KapsakLaw.com
dkapsak@kapsaklaw.com

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

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

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

www.BarbaraLavender.com
barbara.lavender.law@gmail.com

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

Lyons Gaddis ▼

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

PO Box 978

www.lgkhLaw.com
ecanfield@lgkhlaw.com

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

Law Office of Mardi Moore, PC ▼

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

www.MardiMooreLaw.com
mardimoore@forethought.net

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

Martin Law Office, LLC ▼

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

www.TheMartinLawOffice.com
jenny@themartinlawoffice.com

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

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

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

12605 East Euclid Dr
Centennial, CO 80111

www.MurgallisLaw.com
mwhalen@murgallislaw.com

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

Tanttila Law, Amelia Tanttila ▼

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

www.TanttilaLaw.com
amelia@tanttilalaw.com

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

Vincent, Romeo & Rodriguez, LLC ▼

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

www.ElderLawColorado.com
info@elderlawcolorado.com

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

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

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

www.WilloughbyLaw.com

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

Law Office of Stephen Wilson, LLC ▼

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

stephen@wilsonlawcolorado.com

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

NURSING HOMES

Applewood Living Center ▼

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

www.ApplewoodLivingCenter.com

120-resident home which accepts Medicare and Medicaid.

Atria Longmont ▼

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

Balfour Retirement Community ▼

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

Boulder Manor Progressive Center ▼

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

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

Frasier Meadows ▼

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

Life Care Center of Longmont ▼

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

www.lcca.com

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

Manor Care ▼

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

www.hcr-ManorCare.com/Boulder

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

Mesa Vista Care Center ▼

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

mesavista2121@yahoo.com

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

Peaks Care Center ▼

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

www.peakscarecenter.com
See listing under Assisted Living.

NUTRITION AND MEALS

Boulder County Area Agency on Aging ▼

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

www.BoulderCountyAging.org
bcaaa@bouldercounty.org

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

Boulder County CareConnect ▼

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

www.CareConnectBC.org
info@careconnectbc.org

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

Broomfield Senior Services ▼

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

www.broomfield.org/senior

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

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

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

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

www.BoulderCounty.org

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

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

303-441-3148
909 Arapahoe Ave
Boulder CO 80302

www.BoulderSeniorServices.com

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

Elder Share Program: c/o Community Food Share

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

www.communityfoodshare.org/HowItWorks/FoodPrograms/ElderShare.aspx

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

Josephine Commons Boulder County Housing ▼

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

www.CityofLafayette.com/senior

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

Longmont Meals on Wheels ▼

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

www.LongmontMeals.org
info@lmow.org

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

Louisville Senior Services ▼

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

www.louisvillerecreation.com/seniorbrooks.php

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

Meals on Wheels of Boulder ▼

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

www.MOWBoulder.org

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

Nederland Area Seniors, Inc. ▼

303-258-0799
Office: Community Center, Hwy 72
Nederland CO 80466

PO Box 188
Nederland CO 80466

nas@NedNet.net

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

PSYCHIATRY

Robert Bein, M.D.

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

**PSYCHOLOGICAL
SERVICES**

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

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

www.PlayTherapySolutions.com
PlayTherapy@comcast.net

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

Julia B. Colwell, PhD, PC ▼

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

www.JuliaColwell.com
info@JuliaColwell.com

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

Jeremy Dion, Inc.

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

www.BoulderPsychologicalServices.com
jeremydion@comcast.net

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

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

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

www.BoulderTherapist.com
be@BoulderTherapist.com

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

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

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

www.BethFirestein.com
DrBethFirestein@bethfirestein.com

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

Reggie Gray, LCSW

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

www.ReggieGrayTherapy.com
reggie@reggiegraytherapy.com

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

Lin Harden ▼

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

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

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

917-797-7313
Boulder/Longmont

www.healchangeandgrow.com

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

Kris Kirkbride, LCSW

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

kdkirkbride@msn.com

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

Rebeka C. Markheim, PsyD ▼

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

www.DrRebekah.com
drrebekahmarkheim@gmail.com

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

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

303-443-8500

Boulder Office: 1333 Iris Ave
Boulder, CO 80304

www.mhpcolorado.org

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

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

303-871-8375

2775 7th St
Boulder, CO 80304

amorrow4u@comcast.net

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

Piper Murray, MA, NCC Private Psychotherapy Practice ▼

720-568-0421

1137 Pearl St, Ste #206
Boulder, CO 80302

piper.murray@gmail.com

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

Senior Reach ▼

1-888-217-5808

7828 Vance Dr
Arvada, CO 80003† †

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

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

**Beth Smith, MA ▼
The Arbor House**

303-444-1558

2043 Pearl St
Boulder, CO 80303

www.BethASmith.com
bethsmith4@comcast.net

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

Cara Stiles, LCSW ▼

303-786-9342

3005 47th St, Ste #F1
Boulder, CO 80301

cara_stiles@comcast.net

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

Terry Stiven, MA, LPC ▼

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

www.TerryStiven.com
Tstiven8863@gmail.com

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

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

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

www.StudioBlueBoulder.com
Daniel@StudioBlueBoulder.com

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

**Danielle Wise, MA,
WiseLife Consulting**

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

www.WiseConsult4u.com
WiseConsult4u@gmail.com

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

SENIOR CENTERS AND OTHER NONPROFIT COMMUNITY SERVICES

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

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

www.acbco.org
specialistpdfoss@gmail.com

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

Boulder County CareConnect

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

PO Box 3675
Boulder, CO 80307

www.CareConnectBC.org
info@careconnectbc.org

Providing volunteers who perform small home repair services.

Broomfield Senior Services ▼

303-464-5526
280 Spader Way
Broomfield Co 80020

www.Broomfield.org/senior
ehamilton@broomfield.org

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

Center for People with Disabilities (CPWD) ▼

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

615 North Main St
Longmont, CO 80501

www.cpwd-ilc.org
info@cpwd.org

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

City of Boulder Senior Services ▼

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

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

www.BoulderColorado.gov/seniors
kilsdonkb@bouldercolorado.gov

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

IMAGINE! ▼

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

www.ImagineColorado.org

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

Lafayette GO Services ▼

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

www.CityofLafayette.com

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

Longmont Senior Services ▼

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

www.ci.longmont.co.us

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

Louisville Senior Services ▼

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

www.LouisvilleSeniorServices.com

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

Nederland Area Seniors, Inc. ▼

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

nas@nednet.net

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

Out Boulder, Mardi Moore, Executive Director ▼

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

PO Box 1018

www.OutBoulder.org
info@outboulder.org

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

Southwest Improvement Council (SWIC) ▼

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

www.swic-denver.org
lancegswic@gmail.com

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

SEXUAL AND OTHER TYPE OF ASSAULT SURVIVOR ASSISTANCE

Colorado Anti Violence Program ▼

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

www.coavp.org
info@coavp.org

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

Moving to End Sexual Assault (MESA) ▼

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

www.MovingToEndSexualAssault.org

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

SPIRITUAL

Boulder Friends Meeting (Quakers) ▼

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

www.BoulderFriendsMeeting.org

Cairn Christian Church ▼

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

www.CairnChristianChurch.com

Community United Church of Christ ▼

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

www.cuccBoulder.org

Congregation Har HaShem ▼

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

www.HarHaShem.org

An inclusive Reform Jewish Congregation.

First Congregational Church ▼

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

www.FirstCong.net
info@firstcong.net

First Congregational United Church of Christ ▼

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

www.uccLongmont.org

First United Methodist Church ▼

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

www.FumcBoulder.org

Heart of Longmont ▼

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

www.heartoflongmont.org

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

Shambhala Center (Buddhist) ▼

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

www.Boulder.Shambhala.org
info@boulder.shambhala.org

St. Johns Episcopal Church

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

www.StJohnsBoulder.org
office@stjohnsboulder.org

Unitarian Universalist Church of Boulder ▼

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

www.uucBoulder.org
officeuucb@gmail.com

SUPPORT GROUPS

Boulder County AIDS Project ▼

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

www.bcap.org
generaldelivery@bcap.org

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

Boulder County Area Agency on Aging ▼

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

www.BoulderCountyAging.org
bcaaa@bouldercounty.org

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

Boulder Center for Conscious Community ▼

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

www.ConsciousBoulder.com
info@consciousboulder.com

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

Out Boulder, Mardi Moore, Executive Director ▼

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

PO Box 1018

www.OutBoulder.org
info@outboulder.org

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

Gender Identity Center of Colorado ▼

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

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

Northern Colorado Old Lesbians Organizing for Change (OLOC) ▼

303-258-9424

www.oloc.org
olocincolorado@yahoo.com

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

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



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

www.bouldercounty.org/family/lgbtiq/pages/lgbt.aspx
infoLGBTelders@bouldercounty.org

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

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

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

www.GLBTcolorado.org

Support groups and programs for older LGBT adults.

TRANSPORTATION

Boulder County CareConnect

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

www.CareConnectBC.org
info@careconnectbc.org

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

Via

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

www.ViaColorado.org
info@viacolorado.org

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

VOLUNTEER ORGANIZATIONS AND OPPORTUNITIES

Boulder County CareConnect

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

www.CareConnectBC.org
info@careconnectbc.org

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

Foothills United Way Volunteer Connection ▼

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

www.UnitedWayFoothills.org
smccullough@unitedwayfoothills.org

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

LGBT Outreach-Boulder County Area Agency on Aging ▼

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

infoLGBTelders@bouldercounty.org

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

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

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

infoLTCO@bouldercounty.org

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

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

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

www.BoulderCountyAging.org
infoRespite@bouldercounty.org

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

WELLNESS

ALTA Physical & Complementary Therapies, Jane Milliff, MMScPT

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

www.Altatherapies.com
jane@altatherapies.com

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

Barb Smith, Certified Hypnotherapist ▼

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

www.barbsmith.net
barb@BarbSmith.net

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

Boulder County AIDS Project ▼

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

www.bcap.org
GeneralDelivery@bcap.org

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

Hudson Integrative Health and Home ▼

303-442-6444

www.HudsonHealthPlusHome.com
kenna@hudsonhealthplushome.com

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

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

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

infoRespite@bouldercounty.org

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

Respite Assistance Program: Boulder County Area Agency on Aging ▼

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

ojacoby@bouldercounty.org

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

Whole Body Balanced

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

www.wholebodybalance.com
info@wholebodybalance.com

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

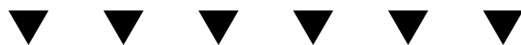
Know Your Rights as an LGBT Senior: Advocating for a Client, Yourself, or a Loved One

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

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

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

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



Seven Laws that Extend the Rights of LGBT Coloradoans

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

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

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

Aging Resource Consultation

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

ADRC Aging and Disability Resources for Colorado (ADRC)

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

Caregiver & Respite Programs

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

Community Collaboration and Partnering on Aging Issues

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

Elder Rights

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

LGBT Outreach & Project Visibility

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

Long-Term Care Ombudsman

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

Medicare Counseling

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

Nutrition Counseling & Education

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

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

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

Strategic Planning

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

Wellness Programs

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





Aging and Disability Resources for Colorado

303-441-1617
BoulderCountyHelp.org

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

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

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

TTY 303-441-3986
infoADRC@bouldercounty.org

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

CARROLL-LEWELLEN FUNERAL & CREMATION SERVICES

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

FOOTHILLS GARDENS OF MEMORY

www.carroll-lewellen.com

Full-Service Funeral Home and Cemetery

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Serving All Cemeteries and Faiths

Caring and Compassionate

Nontraditional, Home & Green Funeral Assistance



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



Be a Part of It! Volunteer. Donate.

Please call or visit our website to discover how you can be involved.



Boulder County CareConnect
BCCC



www.careconnectbc.org • 303.443.1933

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

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

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

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



rainbow ELDERS
of Boulder County






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