

Resource Information, Programs and Services



VERONICA GARCIA
or
ELEANOR MONTOUR
303-651-8716



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*Vea nuestra sección de Español
en las páginas R7 y R8*

Senior Services Resource Assistance Staff are available to assist older adults and family members in locating and accessing resources and services. Housing, health care, form completion and access to many other supports are offered. Contact Veronica or Eleanor for information and assistance.

Ruth Waukau, a licensed clinical social worker, is available for one-on-one and couples counseling. She also facilitates and coordinates several support groups, supervises the Senior to Senior Peer Counseling program, and meets with family members for caregiver consultations.

RUTH WAUKAU, LCSW
303-651-8414



ruth.waukau@ci.longmont.co.us



A great source for information and resources.
Visit the accurate and comprehensive website at:

www.bouldercountyhelp.org

Call: 303-441-1617
Spanish speakers call: 303-441-1590
TTY: 303-441-3986
Email: infoconnect@bouldercounty.org

Respite Assistance for Caregivers

Call 303-651-8716 for details and qualification information to access this financial assistance service.

Long Term Care Ombudsman

Help and information for residents of nursing homes and personal care facilities and their families to address concerns, compare facilities and resolve problems. Call 303-441-1173 for details.

Lunch Bunch

Social activity for persons with early stage memory loss. See p. 8 in the GO.

Respite & Companion Volunteer Program

Trained and screened volunteers are matched with older adults who live alone or with a family caregiver. Volunteers provide respite, a friendly visit and a caring connection. Call Eleanor or Veronica at 303-651-8716 to find out more about getting a volunteer or becoming one.

Caregiver Support Groups

There are two groups which offer resources, information and support from one caregiver to another in a group setting. Call Ruth at 303-651-8414 for information about either one.

1st Monday, 6:00 p.m. - 7:30 p.m. Onsite respite care is available for the evening group. This must be pre-arranged by calling Ruth at 303-651-8414 by the Thursday before the Monday meeting you are interested in attending.

2nd Tuesday, noon - 1:30 p.m.
(Focus on Alzheimer's/dementia)
Call Ruth at 303-651-8414 for more information.

Caregiver Websites

Comprehensive website with information regarding services and support for those caring for or about an older adult. www.ci.longmont.co.us/sen_ctr/index.htm and at www.bouldercountyhelp.org

Medicare "Part D" Mondays

Open enrollment dates for Medicare Part D starts November 1. This is a great opportunity to review your medications and make sure they are covered by your current plan. Individual sessions are provided by the Medicare Ombudsman Program of Boulder County Aging Services Division every Monday from 9:00 a.m. – noon, until December 13. Please call 303-651-8411 to schedule an appointment.

COUNSELING

- **Individual and Family Counseling** - Up to eight, free, confidential, brief therapy sessions are available for older adults 55+ seeking emotional support regarding such things as life transitions, relationships, grief, caregiving, etc. Family members or friends caring for an older person may also utilize this service as goals relate to the caregiving experience. Call Ruth at 303-651-8414 for an appointment.
- **Senior to Senior** - Senior Services has experienced, trained volunteers who can provide support and understanding from one senior to another. If you or someone you know could benefit from having a confidential support person to help sort things out, contact Ruth at 303-651-8414.

HOSPICE CARE

Considered to be the model for quality, compassionate care for people facing a life-limiting illness or injury, hospice and palliative care involve a team-oriented approach to expert medical care, pain management, and emotional and spiritual support expressly tailored to the person's needs and wishes. Support is provided to the person's loved ones as well. The focus of hospice relies on the belief that each of us has the right to die pain-free and with dignity, and that our loved ones will receive the necessary support to allow us to do so.

Hospice care is covered under Medicare, Medicaid, most private insurance plans, HMOs, and other managed care organizations.

Hospice of Boulder and Broomfield Counties is the only non-profit agency providing Hospice services in our county. Information regarding all hospice providers, including those who service the Longmont area, may be found at www.bouldercountyhelp.org. Click on Adult Home Health Care Services or call 303-441-1617.

Hospice of Boulder and Broomfield Counties:

Family Hospice: 303-440-0205

Front Range Hospice: 303-957-3101

Heartland Homecare and Hospice: 303-926-1001

EMPLOYMENT

The Longmont Workforce Boulder County office located at 1500 Kansas Ave., offers assistance between 8:30 a.m. to 3:00 p.m., Monday through Friday. Ask to speak to an Employment Specialist. After you have registered, you can access other services. Call 303-651-1510.



FOOD

Carry-Out Caravan

A free grocery shopping service. To place your order, call 720-864-4499 on Tuesday afternoons between noon and 4:00 p.m. or Wednesday mornings between 8:00 a.m. and 11:00 a.m. CareConnect (formerly RSVP) volunteers fill orders and deliver to you on Wednesdays after 10:15 a.m. Thank you to Safeway, 1630 Pace Road.

Eldershare

Adults 60+ can receive supplemental food items twice a month at the Longmont YMCA. Maximum income of \$1,173 per month for a family of one, \$1,575 for two. Call 303-652-1307 for an application and information.

FoodShare

Call 1-800-933-7427 for information about this cost-saving food program. A variety of packages are available from \$16.00 to \$30.00. Orders and payment are required in advance. Pick up is the 4th Saturday in Longmont. No age or income restrictions.

Home-delivered Meals

Meals on Wheels delivers meals to the homebound Monday-Friday. Call 303-772-0540 one day in advance for information on fees and menus.

Lunch at the Senior Center

Meals are served Monday-Friday, 11:30 a.m. - noon. Call 303-772-0540 for menus and fees. Reservations are not required.

FINANCIAL**Medicare Ombudsman**

Providing objective information and assistance regarding Medicare benefits, HMOs, supplemental policies, rights and appeals. For assistance or to schedule an appointment, call 303-441-1546.

Prescription Help

Rx Assist is a free program sponsored by St. Anthony's Hospital. They will help you find the most reasonably priced solutions to your prescription drug needs. Call 303-899-5581.

Frauds and Scams

1. If you feel you have been a victim of a scam or want to report suspected fraud, you can: report financial exploitation online at www.aarpelderwatch.org, or by calling 1-800-222-4444.
2. To report financial exploitation locally, call Adult Protection at 303-441-1441.
3. Denver District Attorney's Fraud Assistance Line at 720-874-8547.
4. Boulder County Consumer Affairs at 303-441-3700.

Reverse Mortgage Information

Call Boulder County Housing Authority at 720-564-2279.

Home Foreclosure Prevention

Call Boulder County Housing Authority at 720-564-2279 or Colorado Foreclosure Prevention Hotline at 1-877-601-4673.

Tax Help

Call Colorado Taxpayer Advocate Service at 303-446-1012.

Medicare/Social Security

Medicare - www.medicare.gov
1-800-633-4227.
Social Security - <http://ssa.gov/>
1-800-772-1213.

HOUSING

For information and referral regarding senior, affordable, and other housing programs, call Veronica at 303-651-8716.

A Boulder County Senior Housing Guide is available at the Senior Center front desk or online at www.co.boulder.co.us/cs/ag/resources.html then click on Housing Guide.

Community Housing Program

The City of Longmont offers homes for purchase at below market prices. Applicants must meet income guidelines. For more information, call Molly McElroy at 303-651-8530.

Housing Rehabilitation Programs

The City offers these three programs for home improvement and access. Call Molly McElroy at 303-651-8530. Some programs require owner occupancy.

-The *General Rehab Program & Weatherization* - makes repairs to bring your home up to code, correct health and safety issues or make your home more energy efficient.

-The *Accessibility Program* - gives you or a family member full access to your home by installing ramps, widening doorways, lowering cabinets, etc.

-The *Emergency Grant Program* - helps with emergency repair to major systems that unexpectedly fail, including furnaces or water heaters.

New to Medicare?

3rd Monday of the month

This class is held monthly for small groups or individuals who are just beginning Medicare. There is time for both a group presentation and a meeting with a Medicare Ombudsman to answer your individual questions. Call the Senior Center at 303-651-8411 or contact the front desk to sign up. Fall dates are listed on p. 21.

IN-HOME SERVICES

Audio Information Network of Colorado - This volunteer-based service provides access to ink-based materials through broadcast and audio information for Colorado's blind, visually impaired and print-handicapped individuals. Call 303-786-7777 for more information.

Book Delivery Service - Longmont Library has a service of delivering books to homebound persons. If you or someone you know is interested in receiving books or being a volunteer to deliver books, please call Debbie Puzo at 303-651-8795.

Fix-It Folks - Volunteer Fix-it Folks are available to come to your home to make minor repairs and install grab bars. You purchase the necessary supplies. Call CareConnect (formerly RSVP) at 303-443-1933 ext. 408.

Home Health Care Guide - This guide is available from the Longmont Senior Center front desk or online at www.co.boulder.co.us/cs/ag/resources.html, choose Home Healthcare.

Home & Community Based Services - For individuals needing assistance to remain in their homes or assisted living and who are nursing home eligible. Call Adult Care Management at 303-439-7011.



LEGAL

- » **Legal Aid** - Boulder County Legal Services is available to assist those Boulder County residents 60+ with legal issues. For appointments, call 303-449-7575 or visit their website www.ColoradoLegalServices.org.
- » **AARP Legal Services Network (LSN)** - Members are entitled to a free 30-minute legal consultation with an attorney who meets AARP LSN standards. Additional services are provided at reduced rates. Call 1-888-687-2277 or online at www.aarp.org/LSN for more information.
- » **Victim Advocate** - This individual works with the Police Department to serve the needs of people who have been victims of a crime in Longmont. Call 303-651-8855 for more information.
- » **Advance Planning**- Contact Peggy Arnold, MA, PrestigePLUS Program Coordinator at 303-651-5080 to discuss advance medical directives such as living will, medical power of attorney, the Five Wishes documents, and ethical wills or legacy stories.

SAFETY

- * **Personal Locator System** - Colorado Life Trak is a personal locator system operated by the Boulder County Sheriff's office and local law enforcement. Individuals with a propensity to wander and unable to communicate personal information, wear a wristband that can be tracked electronically when the need arises. Applications available at the Senior Center front desk or download from <http://www.bouldercounty.org/sheriff/lifetrak.htm>. Call 303-441-3643 for more information.
- * **Longmont Fire Department Smoke Detector Program** - Crews can provide smoke detectors for low income seniors. They will also install and change batteries in smoke detectors for anyone unable to do so. Call Dorothy at 303-651-8437 for more information.
- * **Frauds and Scams** - see page R3 for more information.

(continued on next page)

SAFETY (continued)

Safety Alert - Maintained by our local 911 Dispatch Center. Critical information is made available to police, fire and ambulance when they are dispatched to a particular address. Information may be in regard to a medical condition, propensity to wander and other situations. Forms are available at the Senior Center or by calling 303-651-8560.

Report Elder Abuse - The County's Adult Protection Unit responds to reports of physical, emotional, financial, and sexual abuse. Call 303-441-1000.

Longmont Police - The Longmont Police provides information on identity theft on their website at <http://www.ci.longmont.co.us/police/prevention/identity.htm>

SUPPORT GROUPS

(the following groups meet at the Senior Center)

Alcoholics Anonymous (open meetings)
Tuesdays, 7:30 p.m. - 8:30 p.m.
Triple S Support Group

Caregivers
1st Monday, 6:00 p.m. - 7:30 p.m.
Onsite respite care is available for the evening group. You must call Ruth at 303-651-8414 to pre-arrange.

2nd Tuesday, noon - 1:30 p.m.
(Focus on dementia)

Resource information and support for family caregivers. Contact: Ruth, 303-651-8414

Chronic Illness
Please call the PrestigePLUS nurse for more information at 303-485-3474.

SUPPORT GROUPS (continued)

Fibromyalgia
2nd Thursday, 3:00 p.m. - 5:00 p.m.
Contact: Mary at 303-776-3282

Grandparents Raising Grandkids
1st Monday, 6:00 p.m. - 7:30 p.m.
Contact: Ruth at 303-651-8414

Low Vision
2nd Friday, 10:30 a.m. - 11:30 a.m.
Contact: Beth or Debra at 303-442-8662

MS Peer Self Help
2nd & 4th Monday, 7:00 p.m. - 9:00 p.m.
Call 970-482-5016

Parkinson's
2nd Tuesday, 10:00 a.m. - 11:30 a.m.
Contact: Bob Penn at 303-772-0429 or
Parkinson's Association at 303-830-1839

Single Women's Social Group
Tuesdays, 11:30 a.m. - 1:30 p.m.
Contact: Wilma at 303-485-7044

Widowers
2nd & 4th Tuesday, 7:00 p.m. - 9:00 p.m.
Contact: Dick Gormley at 303-776-8203

***For information about other support groups,
call Ruth at 303-651-8414***



TRANSPORTATION**Special Transit**

Low cost, door-through-door, wheelchair-accessible transportation. **No-fare (free) or reduced-fare options are available for those who find these fares a hardship.**

Ride requests can be made from 1 to 14 days in advance by phone at 303-447-9636, Monday-Friday from 8:00 a.m. - 5:00 p.m. or online anytime at www.specialtransit.org. Same-day rides are possible if space is available.

- Service within Longmont:

Fares: \$2.00 one way/\$4.00 round trip
 Mon-Fri (pickups from 7:30 a.m. - 5:00 p.m.)
 Sundays (pickups from 8:00 a.m. - 12:30 p.m.)

- Service between Longmont & Boulder:

Fares: \$4.00 one way/\$8.00 round trip
 Mon - Fri (call for trip times)

**- Service between Longmont and Louisville/
Lafayette/Kaiser/Exempla at Rock Creek:**

Fares: \$4.00 one way/\$8.00 round trip
 Tuesdays (call for trip times)

- **Easy Rider Program** - One-on-one, comprehensive instruction prepares seniors to safely and confidently use the RTD and Call-N-Ride buses. Registration fee is \$25.00. Call 303-447-2848, ext. 105.
- **Family and Friends Mileage Reimbursement Program** - Supports the option of traveling with others during times outside regular service hours or at other times Special Transit is unable to meet a ride request. Includes trips to the Denver Metro area for medical reasons. Trips must be preauthorized. Call 303-447-9636.
- **Mobility Options Program** - Learn about your local and regional transportation options through a free, one-on-one consultation with a Mobility Specialist. Call Barg Borg at 303-447-2848, ext. 155.

Grief Recovery group

Monday evenings, 5:30 p.m. - 7:00 p.m., Oct. 11 - Dec 6.
 Please call Ruth to enroll, 303-651-8414.

Call-N-Ride (Longmont)

For scheduling information, contact the phone number for the zone in which your trip starts. For service in Zone A (west side of Longmont), call 303-994-3551. For service in Zone B (east side of Longmont), call 303-994-3552. Reservations for rides can be made up to a week in advance. Rides are scheduled on a first come-first served basis. For more information about Call-N-Ride, or RTD bus routes, call 303-299-6000.

Medical Mobility- Boulder County

Transportation services for ambulatory older adults and people with disabilities to health care related appointments within Boulder County. Minimal fare ranges from \$1.25 to \$4.00 each way. Reduced fares are available. Rides are not guaranteed, as service depends on the availability of volunteers. Please call 3 days in advance or more if possible. Call CareConnect (formerly RSVP) at 303-443-1933, ext. 407.

Berthoud Area Transportation

For transportation in and around the Berthoud area, including to and from Longmont. Call 970-532-3042.

RTD Special Discount Card

To obtain reduced bus fares, disabled individuals may obtain an RTD Special Discount Card at the Senior Center on the 2nd Monday of each month between 3:00 p.m. and 4:00 p.m. Please bring proof of your disability, \$2.00 and a photo ID. For additional information, call 303-299-2667.

IN HONOR OF CAREGIVERS

How do caregivers manage all the responsibilities of their role? With courage, compassion, respect, and strength they work for free. Did you know that the work caregivers do is worth at least \$3 billion? Support caregivers: If you know someone who is caring for a loved one, acknowledge them, say thank you, give them a hug.

There are three programs for caregivers this fall. *Memory Loss, Dementia and Alzheimer's: The Basics* class, the *Savvy Caregiver* program and *Caregiver Wellness Day*. See pp. 32 and 33 for details.

If you are a caregiver, please join us at one of our caregiver support groups: the 1st Monday of the month, 6:00 p.m.-7:30 p.m., or the 2nd Tuesday, noon - 12:30 p.m. See p. R5 for more information.

Información en Español

Clases/Actividades que se brindan mensualmente

Clases de Ingles

Cada martes

2:30 p.m. – 4:00 p.m.

Clases gratis por favor regístrese con Verónica

En conjunto con el Centro para Personas de Tercer Edad e Intercambio de Comunidades se ofrecen clases de inglés. Para más información llame a Verónica al 303-651-8716.

Jugué “Wii Play” con Nosotros

Fecha: Cada jueves,

Tiempo: 1:30 p.m. - 3:00 p.m.

Costo: **GRATIS**

Venga a compartir una experiencia única. Wii” es un juego interactivo con un control remoto para mover a su personaje en la pantalla. Puede jugar al tenis, el béisbol, bochar (boliche), o el golf. Todo lo que tiene que hacer es presentarse y darse una oportunidad. La mayoría de los juegos se desarrollan de pie, moviendo el brazo y mueve todo el cuerpo de alguna manera. Eso es lo divertido. Usted está “virtualmente” en acción de juego.

Edad de Oro

Tercer jueves de cada mes

1:30 p.m. – 3:30 p.m.

Acompáñenos a ser amistades y aplicar sus talentos artísticos en esta clase de arte. La maestra Elsie Wood guía sus estudiantes en diferentes técnicas de arte y poesía. Para mas información llame al 303-651-8716 o 303-774-4374.

En este folleto se incluye actividades de Placer y Sociales. Por ejemplo:

Viajes de un Día (casinos).....	pagina 40-43
Fiesta Vaquera.....	pagina 12
Bailes de Mi Tierra.....	pagina 7

Club de Conversión en Español

Se reúne cada viernes 2:00 p.m. – 3:00 p.m.

Si quisiera conversar en español y desarrollar amistades, anímese y acompáñenos en el Club de Español. Este grupo une a gente interesada en mejorar sus conocimientos lingüísticos y comprensión cultural. Todos son bienvenidos y es necesario tener cierto conocimiento del español. No hay conversación en inglés.

Registración para Clases y Eventos Especiales empieza el lunes, 16 de agosto a las 8:00 a.m.

Registración para los Viajes empieza el viernes 20 de agosto, de 2:00 p.m. hasta 4:00 p.m.

*Para mas información sobre recursos para Personas de la Tercer edad en la Internet vea la pagina de red
www.BoulderCountyAyuda.org .*

Información en Español

Principios del Equilibrio

Fechas: todos los miércoles del 1 de septiembre hasta el 20 de octubre. La duración del taller es de 8 semanas.

Hora: 2:30 p.m. - 4:30 p.m.

Este taller está diseñado para el adulto mayor con el objetivo de reducir el miedo y disminuir los riesgos de caerse. El taller incluye discusiones en grupo, la resolución de problemas con el grupo, ejercicios de fortalecimiento, coordinación, equilibrio y evaluación de la seguridad en casa. En el taller, Principios del Equilibrio se reconoce que los riesgos de caerse son actuales, pero enfatiza que hay estrategias prácticas para reducir este miedo. Las estrategias incluyen:

- Promover la idea de que se puede prevenir y controlar las caídas y el miedo de caerse
- Crear metas realistas para aumentar el nivel de ejercicio actual
- Cambiar el ambiente (de la casa) para reducir los factores de riesgo que contribuyen a las caídas
- Promover el ejercicio para aumentar la fuerza y el equilibrio

Para más información llame al número 303-441-3599.

¡Reserve La Fecha!

¿Quién es un Viejo?

Este otoño tendremos una serie de clases con temas que incluyen: opciones saludables para mejorar su vida con su pareja, como envejecer saludablemente, seguir activos espiritualmente y intelectualmente. ¿Cómo quiere pasar el resto de su vida? Las respuestas a esta pregunta y más por venir en el otoño.

¿Puedo ahorrar dinero al cambiar mi plan de Medicinas?

Cada lunes empezando 1 de Noviembre hasta el 13 de Diciembre. Citas cada media hora empezando a las 9:00 a.m. hasta las 12:00 p.m. Si tiene una tarjeta de MEDICARE el tiempo para seleccionar un Plan de Prescripciones (Parte D) o para hacer cambios a su plan existentes empieza el 15 de Noviembre – 31 de Diciembre 2010. Este al tanto de los cambios en el Plan de Medicinas Medicare. Llame al 303-651-8716 para una cita.

Sabroso y Saludable

Celebración de la Independencia de México y una feria de Salud

Fechas: Sabado, 11 de septiembre 2010

Hora: 10:00 a.m. – 5:00 p.m.

Este evento ofrecerá: exámenes de salud gratuitos, demostraciones de cómo cocinar saludablemente, van a poder probar muestras de alimentos saludables, una feria de recursos comunitarios, sorteos, y entretenimiento.

¿Necesita Ayuda con su Calefacción?

Fechas: Viernes, 5 de noviembre

Hora: 11:30 a.m. – 12:00 p.m.

Clase gratis pero por favor regístrese con Saryna ¿Su cuenta de la calefacción está fuera de control? Es hora que descubra si es elegible para los programas siguientes, LEAP y Longs Peak Weatherization. Habrá una presentación de 15 minutos. Pida en la ventanilla de información una lista de artículos que necesitara traer para terminar el formulario del programa LEAP inmediatamente después de la presentación.

“Fiesta Vaquera”

Fechas: Viernes, 24 de septiembre 2010

Hora: 6:00 p.m. - 9:00 p.m.

Gratis pero por favor regístrese con Saryna Nuevamente tendremos nuestra celebración cultural, este año viajaremos al Rancho Grande. Habrá música Ranchera, nuestro propio grupo “Bailes de Mi Tierra” y mucho más. Lo único que les pedimos es que traigan sus botas vaqueras para bailar, su apetito y un plato preferido para compartir. No se les olvide invitar a su familia y amigos. Vamos a celebrar junto con nuestros amigos de diferentes culturas. Para más información contacte a Verónica al 303-651-8716.

Intercambio de Comunidades y Casa de La Esperanza Presenta:

Clases de Ciudadanía se ofrecen cada viernes de 6:30 p.m. – 8:00 p.m. Las clases son gratuitas. Casa de la Esperanza, 1520 S. Emery St. Si tienen preguntas comuníquense con Eliberto al 303-776-7070.