



SILVER LINING

Directory



Information & Assistance for Aging Well

303-441-1617

www.BoulderCountyHelp.org



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LGBT-FRIENDLY CHECKLIST and LEGAL RIGHTS

Check to see if the business...

- Is listed in a local LGBT resource guide
- Displays a “safe-zone” sign or other LGBT emblem in their front window, reception area, or another visible and public location in their business, agency, or facility
- Has marketing materials containing a non-discrimination policy
- Uses LGBT inclusive language on all forms and by staff
- Displays LGBT literature and other LGBT welcoming materials in waiting rooms
- Has recently trained staff in LGBT cultural competency

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

Seven laws that extend the rights of LGBT Coloradoans

Employment Nondiscrimination: It is 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.

Housing and Public Accommodations Nondiscrimination: It is 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.

Hate Crimes Protections: Involves crimes committed against a person because of perceived race, color, religion, ancestry, national origin, physical or mental ability, or sexual orientation including transgender status.

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, this new law creates a legally recognized relationship between two eligible people. For details, refer to the statute and always obtain independent legal counsel. http://www.leg.state.co.us/clics/clics2012a/csl.nsf/fsbillcont3/F952C-7C4927957FA87257981007CC33C?open&file=002_01.pdf

ACUPUNCTURE

Acubalance LLC: Jim Damman

75 Manhattan Dr, #304
Boulder, CO 80303
970-689-5926
306 N. Washington Ave, #102
Loveland, CO 80537
jamesdamman50@gmail.com
www.AcuBalance.info

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

Whole Body Balance: Amy Dickinson, BA, L.Ac, MTCM ▼

2995 Baseline Rd, #110
Boulder CO 80303
303-444-0192
info@wholebodybalance.com
www.WholeBodyBalance.com

Full service wellness center offering acupuncture, massage, chiropractic, cold laser therapy, naturopathy, and Rolwing to Boulder and beyond

ADDICTION COUNSELING

Addiction Recovery Center (ARC) Division: Boulder County Public Health ▼

Outpatient Services: 3470 Broadway St
Boulder, CO 80304
303-441-1275
Inpatient Services: 3180 Airport Rd
Boulder, CO 80302
303-441-1281
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 ▼

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

ADULT DAY CARE

Care Link Adult Day Care ▼

3434 47th St
Boulder, CO 80301
720-562-4470
sarah@carelinkdayprogram.com
www.BoulderCareLink.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

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

2118 14th St
Boulder, CO 80302
303-444-6121
303-444-7181 (Español)
generaldelivery@bcap.org
www.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 ▼

3482 N. Broadway St
Boulder, CO 80304
303-441-3570
www.BoulderCounty.org/cs/as

Is 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 ▼

455 Kimbark St
Longmont, CO 80501
303-651-6125
elcomite@qwestoffice.net
www.ElComitedeLongmont.org

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 ▼

1151 S. Huron St
Denver, CO 80223
303-202-6466
info@gicofcolo.org
www.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 ▼

3482 N. Broadway St
Boulder, CO 80304
303-441-1173
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
olocincolorado@yahoo.com
www.OLOC.org

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

Out Boulder ▼

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

PO Box 19696
Boulder, CO 80308
303-444-8164
info@pflagboulder.org
www.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 ▼

3482 N. Broadway St
Boulder, CO 80304
303-441-3583
infoLGBTelders@bouldercounty.org
www.ProjectVisibility.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 ▼

1301 E. Colfax Ave
Denver, CO 80218
303-733-7743
www.glb Colorado.org

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

The Center's Legal Advocacy Program ▼

PO Box 9798

Denver, CO 80209

303-282-6524

www.glbtcolorado.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

200 E. Baseline Rd

Lafayette, CO 80026

303-665-0599

office@rmcma.org

www.rmcma.org

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

Society for Creative Aging

P.O. Box 18085

Boulder, CO 80308

303-667-7884

info@S4CA.org

www.SocietyforCreativeAging.org

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

Resonance Women's Chorus of Boulder

PMB # 186 2525 Arapahoe Ave, Ste #E-4

Boulder, CO 80302

303-473-8337

resonance_chorus@yahoo.com

www.ResonanceChorus.org

110-voice community chorus whose repertoire is eclectic and primarily non-classical. Founded in 2002 and directed by Sue Coffee.

Sound Circle

2525 Arapahoe Ave, #E4-186

Boulder, CO 80302

303-473-4525

scoffee@ecentral.com

www.SoundCircleSings.org

24-voice women's a cappella group, performs two major concerts annually and outreach throughout the region. Directed by Sue Coffee.

ASSISTED LIVING HOMES

Atria Longmont ▼

2310 W. 9th Ave

Longmont, CO 80503

303-678-5050

heather.kamtz@atriaseniorliving.com

www.AtriaSeniorLiving.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 ▼

282 McCaslin Ave

Louisville, CO 80027

303-604-2700

Providing memory-impaired services for seniors in a gracious setting. Part of the Balfour Retirement Community.

Balfour Independent Living

1336 Hecla Dr
Louisville, CO 80027
303-867-6400
Balfour Retirement Community _
1855 Plaza Dr
Louisville, CO 80027
303-926-1000
www.BalfourCare.com

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

Bridge at Longmont (The) ▼

2444 Pratt St
Longmont, CO 80501
303-774-8255
smcness@centurypa.com
www.TheBridgeatLongmont.com

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

Canterbury Gardens ▼

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

2525 Taft Dr
Boulder, CO 80302
720-565-6844
lfoley@leisurecare.com
www.TheCarillonatBoulderCreek.com
Offers independent living and assisted living services. Amenities include gym w/saltwater pool, pub, restaurant, spa, and more.

Cinnamon Park Assisted Living ▼

1335 Cinnamon St
Longmont, CO 80501
303-772-2882
cinnamon@seniorhousingoptions.org
www.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 ▼

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

1055 Adams Cir
Boulder, CO 80303
303-939-0898
www.GoldenWestSeniors.com

Providing 56 all-inclusive units designed for residents of low to moderate income. Accepts private pay and Medicaid. There are also 252 independent living apartments: studio or one-bedroom.

Juniper Village ▼

1078 S. 88th St
Louisville, CO 80027
303-665-3722
cheryl.northup@junipercommunities.com
www.jv-Louisville.blogspot.com

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

Kavod Senior Life and Assisted Living ▼

22 S Adams St
Denver, CO 80209
720-382-7805
info@kavodseniorlife.com
www.KavodSeniorLife.org

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-sec-tarian.

Legacy at Lafayette (The)

225 Waneka Parkway
Lafayette, CO 80026
303-666-0691
thelegacylaf@comcast.net
www.LegacyatLafayette.com

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

Mary Sandoe House ▼

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

Shawnee Gardens ▼

4755 Shawnee Pl
Boulder, CO 80303
303-494-1123
shawneegardens@comcast.net
www.Shawnee-Gardens.com

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.

Timberline Lodge Assisted Living ▼

9198 Jotipa Dr
Longmont, CO 80503
303-776-7215
timberlinelodge@comcast.net
www.TimberlineLodgeAssistedLiving.com

Our residents do not live in a facility, we work in their home. Accepts private pay and Medicaid.

BURIAL SERVICES

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

503 Terry St
Longmont CO, 80501
303-776-4477
carroll-lewellen@comcast.net
www.Carroll-Lewellen.com
www.FoothillsGardensofMemory.com

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

3980 N. Broadway St, #103-171
Boulder, CO 80304
303-443-3418
info@naturaltransitions.org
www.NaturalTransitions.org

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

CARE MANAGEMENT SERVICES

Action Healthcare Services, Inc.

PO Box 1494
Longmont, CO 80502-1494
303-772-2973
info@actioncareservices.com
www.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.

1455 Dixon Ave, Ste #105
Lafayette, CO 80026
303-439-7011
general@asmicolorado.org
www.acmico.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 ▼

3482 N. Broadway St
Boulder, CO 80304
303-441-3570
bcaaaa@bouldercounty.org
www.BoulderCounty.org/cs/ag

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

Caring Stewardship Corp ▼

PO Box 239
Broomfield, CO 80038
303-818-6498
claire@caringstewardship.com
www.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.

Jewish Family Service ▼

3800 Kalmia Ave
Boulder, CO 80301
303-415-1025
3201 S. Tamarac Dr
Denver, CO 80231
303-597-5000
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 ▼

533 Indian Peaks Trail West
Lafayette, CO 80026
303-444-7112
safeathomecare@gmail.com
www.SafeatHomeCare.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
www.SeniorReach.org

Serving adults 60 and older in Boulder, Broomfield, Jefferson, Clear Creek and Gilpin Counties. Senior Reach is an award winning, innovative collaboration between Jefferson Center for Mental Health, Seniors' Resource Center, and Mental Health Partners, and is having a profound impact in the community and has proven highly successful in decreasing depression, anxiety, feelings of hopelessness and social isolation among seniors.

Our mission is to support 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) ▼

1675 Range St
Boulder, CO 80301
303-442-8662
615 North Main St
Longmont, CO 80501
303-772-3250
info@cpwd.org
www.cpwd-ilc.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) ▼

910 16th St, Ste #1240
Denver, CO 80202
303-831-0117
specialistpdfoss@gmail.com

Paulette Foss, PhD, Boulder Area Resource Coordinator

www.acbco.org

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! ▼

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

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

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

Infectious Disease Center

Boulder Peak Family Practice, PC, Dr. Mark Wisner, DO ▼

5330 Manhattan Cir, Ste C-2
Boulder, CO 80303
303-543-1111

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) ▼

1140 West South Boulder Road, Ste #202
Lafayette, CO 80026
303-604-1444
4745 Arapahoe Ave, Ste #140
Boulder CO 80303
info@bvderm.com
Casey Gallagher, MD, and Jeanie Leddon, MD, PhD
www.bvderm.com

A full-service dermatology practice.

Boulder Valley Women's Health Center ▼

2855 Valmont Rd
Boulder, CO 80301
303-442-5160
82 21st Ave
Longmont, CO 80501
303-442-5160
info@bvwhc.org
www.BoulderWomensHealth.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

2101 Ken Pratt Blvd, Ste #104
Longmont, CO 80501
303-776-1532
www.FrontierInternalMedicine.com
Internal medicine office.
Helios Integrated Medicine
2525 4th St, Ste #205
Boulder, CO 80304
303-499-9224
contact@heliosintegratedmedicine.com
www.HeliosIntegratedMedicine.com

Family practice medical clinic blending conventional and alternative care.

People's Clinic

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

Table Mesa Family Medicine

1755 48th St, #200
Boulder, CO 80301
303-494-5263
www.bch.org/table-mesa-family-medicine/default-table-mesa-family-medicine.aspx

Family practice.

DENTAL

Dental Aid ▼

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

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

Martinez Dental Care ▼

1200 S. Wadsworth Blvd, #200
Lakewood, CO 80232
303-733-7533
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 Rocky Mountain Chapter ▼

455 Sherman St, Ste #500
Denver, CO 80203
24/7: 303-813-1669
Helpline: 1-800-272-3900
info@alz.org
www.AlzRockyMtn.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 ▼

3482 N. Broadway St
Boulder, CO 80304
303-441-3570
bcaaa@bouldercounty.org
www.BoulderCounty.org/cs/ag

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

Longmont Ending Violence Initiative (LEVI) ▼

225 Kimbark St
Longmont, CO 80501
303-774-4534
levi@ci.longmont.co.us
www.LongmontDomesticViolence.org

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 ▼

1515 Sidon Cir
Lafayette, CO 80026
720-890-4954
sallyblaser108@gmail.com

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

EMERGENCY ASSISTANCE

Community Assistance and Resource Services Division (CARS): ▼

Boulder County Housing and Human Services
3460 Broadway St
Boulder, CO 80304
303-441-1000
1921 Corporate Center Cir, Ste #3F
Longmont, CO 80501
hhsfrontdesk@bouldercounty.org
www.BoulderCountyHHS.org

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

Emergency Family Assistance Association (EFAA) ▼

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

655 Aspen Ridge Dr
Lafayette, CO 80026
303-665-4342
info@sistercarmen.org
www.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! ▼

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

1500 Kansas Ave, Ste #4D
Longmont, CO 80501
303-651-1510
2520 55th St, Ste #200
Boulder, CO 80301
303-301-2900
www.wfbc.org

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

FINANCIAL PLANNING

Long-Term Care Insurance Professionals:

Michael Belmont, CFP

PO Box 28
Longmont, CO 80502
303-678-9470
michael@LTC-pro.com
www.LTC-pro.com

Providing services for long-term care planning.

HOMECARE

Always Best Care of Boulder County ▼

415 Coffman St
Longmont, CO 80501
720-442-2904
msalazar@ABC-seniors.com
www.AlwaysBestCare-BoulderCounty.com

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

Boulder Community Home Care: Mapleton Center ▼

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

Capable Hands Nursing Services ▼

Centura Home Care and Hospice
1391 Speer Blvd, Ste #600
Denver, CO 80204
303-561-5000
www.Centura.org

Offering a wide variety of services including skilled nursing, physical, occupational, speech therapy, home health care, medical social workers, pastoral counseling, home infusion, and hospice services, as well as durable medical equipment and oxygen.

Comfort Keepers

4730 Walnut St, Ste #212
Boulder, CO 80301
303-447-2008
www.ComfortKeepers.com

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

Complete Home Health Care, LLC ▼

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

1570 Lee Hill Rd, #7
Boulder, CO 80304
303-444-4040
officemanager@dignitycare.com
www.DignityCare.com

Dedicated to giving dignified care to those who are homebound, or need assistance in their daily routines. Offers a range of services to help individuals maintain their lifestyle in familiar surroundings. Also have care managers who oversee all aspects of the client needs and environment and caregivers, who provide homecare.

Errand Service Biz, Inc.

1319 Lambert Cir
Lafayette, CO 80026
720-299-1780
rhonnie@errandservicebiz.com
www.errandservicebiz.com

We provide in-home senior care and companionship. We spend time with our senior citizens and aging elders by taking them to their doctors appointments, grocery shopping, walking their dog, anything that they need or want to happen - we are there for them. Errand Service Biz offers a 10% discount to all seniors age 65 and over.

Happy Homes Management Services, Inc. ▼

PO Box 18593
Boulder, CO 80308
303-938-1086
office@happyhomesmgt.com
www.HappyHomesmgt.com

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

Homewatch CareGivers of Boulder County ▼

2945 Center Green Ct, Ste D
Boulder, CO 80301
303-444-1133
info@homewatchboulder.com
www.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 ▼

588 North Highway 287, Ste #200
Lafayette, CO 80026
720-890-0184
www.HomeInstead.com

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

Plan B Home Care Services Inc. ▼

PO Box 6442
Longmont, CO 80501
720-652-9078
www.PlanBHomeCare.com

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

Safe At Home ▼

533 Indian Peaks Trail West
Lafayette, CO 80026
303-444-7112
safeathomecare@yahoo.com
www.SafeatHomeCare.com

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

Visiting Angels of Boulder County

PO Box 410
Erie, CO 80516
303-828-2664
pwebster@visitingangels.com
www.VisitingAngels.com/longmont

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.

HOME IMPROVEMENT AND REPAIR

Fix-It Program: CareConnect

951 Arapahoe Ave, Ste B
Boulder Co 80302
303-443-1933
info@careconnectbc.org
www.CareConnectBC.org

Providing volunteers who perform small home repair services.

Handigals: Sali Tatler or Michelle Wrench ▼

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

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

Handy Ma'am: Rebecca Caldwell ▼

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

PO Box 471
Boulder, CO 80306
720-864-6401
1-800-200-9006 (serving Larimer and Boulder Counties)
chatch@bouldercounty.org
www.bouldercounty.org/dept/housinghumanservices/pages/hhsdivisions.aspx

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.

HOSPICE SERVICES

Centura Home Health and Hospice

(see home care)
Family Hospice _
1790 30th St, Ste #308
Boulder, CO 80301
303-440-0205
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 ▼

685 Briggs St PO Box 724
Erie, CO. 80516
303-957-3101
info@frhospice.com
www.FrontRangeHospice.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) ▼

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

1633 Fillmore St, Ste #300
Denver, CO 80206
303-860-9915
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.

HOUSING AND SHELTER SERVICES

Boulder Housing Partners ▼

4800 N. Broadway St
Boulder, CO 80304
720-564-4610
TTY: 1-800-659-3656
bhpinfo@boulderhousing.org
www.BoulderHousing.org

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

Boulder Shelter for the Homeless ▼

4869 N. Broadway St
Boulder, CO 80304
303-442-4646
info@bouldershelter.org
www.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 ▼

PO Box 231
Longmont, CO 80502
Office: 303-772-0432
24/7 Crisis Line: 303-772-4422
info@safeshelterofstvrain.org
www.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 ▼

835 North St
Boulder, CO 80304
24/7 Crisis Line: 303-444-2424
miranda@safehousealliance.org
www.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 ▼

See listing under assisted living

Balfour Retirement Community ▼

See listing under assisted living

Canterbury Gardens ▼

See listing under assisted living

Carillon At Boulder Creek (The) ▼

See listing under assisted living

Frasier Meadows ▼

See listing under assisted living

Golden West Senior Residence ▼

See listing under assisted living

Kavod Senior Life and Assisted Living ▼

See listing under assisted living

Longmont Regent

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

801 Gillaspie Dr
Boulder, CO 80305
303-494-3900
shelly.stewart@brookdaleliving.com
www.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

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

LEGAL SERVICES

Allgood Legal & Fiduciary Services

PO Box 271230
Louisville, CO 80027
720-282-5778
tara.allgood@gmail.com
mmeshak@q.com
AllgoodLegalAndFiduciaryServices.com

High quality legal and fiduciary services to elderly and disabled clients.

Ambler & Keenan, LLC

950 S. Cherry St, Ste #1650
Denver, CO 80246
303-407-1542
info@ambler-keenana.com
www.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

1009 Alta St
Longmont, CO 80501
303-776-1277
alice@brownandierley.com
amber@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

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

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

Elizabeth A. Bryant, PC ▼

1866 Vine St
Denver, Colorado 80206-1122
303-398-4000 (phone and fax)
ebryant@eablw.com
www.eabLaw.com

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

The Germany Law Firm, PC ▼

600 17th St, Ste #2800 South
Denver CO 80202
303-454-3711
685 Briggs St
Erie, CO 80516
susie@coelderlaw.net
www.CoelderLaw.net

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

Kapsak Law Firm, LLC ▼

1610 Hover Rd, St.# 203
Longmont, CO 80501
303-651-9330
dkapsak@kapsaklaw.com
Daniel Kapsak
www.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 ▼

1709 Pine St, #3
Boulder, CO 80302
303-443-3326
barbara.lavender.law@gmail.com
www.BarbaraLavender.com

Specializing in wills, powers of attorney, living wills, partner agreements, and parental rights. 2103 Outstanding Lawyer of the Year award from the Colorado GLBT Bar Association.

Lyons Gaddis ▼

515 Kimbark St, 2nd Fl
Longmont, CO 80502
303-776-9900
PO Box 978
ecanfield@lgkhlaw.com
Lyons Gaddis, Kahn Hall, Jeffers Dworak, & Grant P.C.
www.lgkhLaw.com

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

Law Office of Mardi Moore, PC ▼

4450 Arapahoe Ave, Ste #100
Boulder, CO 80303
303-415-2043
mardimoore@forethought.net
www.MardiMooreLaw.com

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

Martin Law Office, LLC ▼

1526 Spruce St, Ste #102
Boulder, CO 80302
303-928-2320
jenny@themartinlawoffice.com
www.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 ▼

945 Front St
Louisville, CO 80027
303-444-4353
12605 East Euclid Dr
Centennial, CO 80111
mwhalen@murgallislw.com
Sherri Murgallis
www.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 ▼

4845 Pearl East Cir, Ste #101
Boulder CO 80301
720-841-3291
amelia@tanttilalaw.com
Ameila Tanttila
www.TanttilaLaw.com

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

Vincent, Romeo & Rodriguez, LLC ▼

1070 Century Drive, Ste. 333
Louisville, CO 80027
303-604-6030
info@elderlawcolorado.com
www.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 ▼

303 E. 17th Ave, Ste #910
Denver, CO 80203
303-839-1770
Kim Willoughby
www.WilloughbyLaw.com

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

Law Office of Stephen Wilson, LLC ▼

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

1800 Stroh Pl
Longmont, CO 80501
303-776-6081
www.ApplewoodLivingCenter.com

120-resident home which accepts Medicare and Medicaid.

Atria Longmont

Balfour Retirement Community ▼

See listing under assisted living.

Boulder Manor Progressive Center ▼

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

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

Frasier Meadows ▼

See listing under assisted living.

Life Care Center of Longmont ▼

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

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

2121 Mesa Dr
Boulder, CO 80304
303-442-4037
mesavista2121@yahoo.com

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

NUTRITION AND MEALS

Boulder County Area Agency on Aging ▼

3482 N. Broadway St
Boulder, CO 80304
303-441-4995

For nutrition counseling: 303-678-6118
bcaaa@bouldercounty.org
www.BoulderCountyAging.org

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

Broomfield Senior Services ▼

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

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

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

909 Arapahoe Ave
Boulder CO 80302
303-441-3148
www.BoulderSeniorServices.com

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

Elder Share Program: c/o Community Food Share

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

455 Burlington Ave
Lafayette, CO 80026
303-665-9052 x1
www.CityofLafayette.com/senior

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

Longmont Meals on Wheels ▼

910 Longs Peak Avenue
Longmont, CO 80501
303-772-0540
info@lmow.org
www.LongmontMeals.org

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

Louisville Senior Services ▼

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

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

Office: Community Center, Hwy 72
Nederland CO 80466
303-258-0799
PO Box 188
Nederland CO 80466
nas@NedNet.net
Serene Karplus

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

PSYCHIATRY

Robert Bein, M.D.

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

PSYCHOLOGICAL SERVICES

Christie Baryames, MA, LPC Counseling / Play Therapy ▼

500 Coffman St, Ste #115
Longmont, CO 80501
303-817-4330
PlayTherapy@comcast.net
www.PlayTherapySolutions.com

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. Located in downtown Longmont.

Julia B. Colwell, PhD, PC ▼

1637 28th St
Boulder, CO, 80301
303-449-5417
info@JuliaColwell.com
www.JuliaColwell.com

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

Jeremy Dion, Inc.

1369 Forest Park Cir, #202
Lafayette, CO 80026
303-250-4171
jeremydion@comcast.net
www.BoulderPsychologicalServices.com

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. ▼

1900 Folsom St, Ste #203
Boulder, CO 80302
303-444-1404
be@BoulderTherapist.com
www.BoulderTherapist.com

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

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

200 E. 7th St, Ste #406
Loveland, CO 80537
970-635-9116
DrBethFirestein@bethfirestein.com
www.BethFirestein.com

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

Reggie Gray, LCSW

1634 Walnut St, Ste #201
Boulder, CO 80302
303-654-7334
reggie@reggiegraytherapy.com
www.ReggieGrayTherapy.com

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

Lin Harden ▼

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

Specializing in life transitions and personal coaching for 20 years. Lesbian-owned business.

Kris Kirkbride, LCSW

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

1776 South Jackson Street, Ste. 616
Denver, CO 80210
303-810-5275
drrebekahmarkheim@gmail.com
www.DrRebekah.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) ▼**

Boulder Office: 1333 Iris Ave
Boulder, CO 80304
303-443-8500
Hotline: 303-443-7300
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 ▼**

2775 7th St
Boulder, CO 80304
303-871-8375
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 ▼**

1137 Pearl St, Ste #206
Boulder, CO 80302
720-568-0421
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 ▼

1675 Carr St, Ste #215N
Lakewood, CO 80214
1-888-217-5808
<http://www.jeffersoncentermentalhealth.org/SeniorReach/>

Serving adults 60 and older in Boulder, Broomfield, Jefferson, Clear Creek and Gilpin Counties. Mission is to support 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

2043 Pearl St
Boulder, CO 80303
303-444-1558
bethsmith4@comcast.net
www.BethASmith.com

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 ▼

3005 47th St, Ste #F1
Boulder, CO 80301
303-786-9342
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 ▼

103 E. Simpson St, Ste #100
Lafayette, CO 80026
303-579-2425
Tstiven8863@gmail.com
www.TerryStiven.com

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

Danielle Wise, MA, WiseLife Consulting

5460 Ward Rd, Ste #155
Arvada, CO 80002
303-948-8311
WiseConsult4u@gmail.com
www.WiseConsult4u.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) ▼

910 16th St, Ste #1240
Denver, CO 80202
303-831-0117
Toll Free: 888-775-2221
specialistpdfoss@gmail.com
Paulette Foss, PhD, Boulder Area Resource Coordinator
www.acbco.org

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.

Broomfield Senior Services ▼

280 Spader Way
Broomfield Co 80020
303-464-5526
ehamilton@broomfield.org
Erica Hamilton
www.Broomfield.org/senior

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) ▼

1675 Range St
Boulder, CO 80301
303-442-8662
615 North Main St
Longmont, CO 80501
303-772-3250
info@cpwd.org
www.cpwd-ilc.org

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

City of Boulder Senior Services ▼

West Boulder Senior Center: 909 Arapahoe Ave
Boulder, CO 80302
303-441-3148
East Boulder Senior Center: 5660 Sioux Dr
Boulder, CO 80303
303-441-4150
kilsdonkb@bouldercolorado.gov
www.BoulderColorado.gov/seniors

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! ▼

1400 Dixon Ave
Lafayette, CO 80026
303-665-7789
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 Senior Center ▼

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

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

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

PO Box 188
Nederland, CO 80466
303-258-0799
nas@nednet.net

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

Southwest Improvement Council (SWIC) ▼

1000 S. Lowell Blvd
Denver, CO 80219
303-934-2181
lancegswic@gmail.com
www.swic-denver.org

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 TYPES OF ASSAULT SURVIVOR ASSISTANCE

Colorado Anti Violence Program ▼

P.O. Box 181085
Denver CO 80218
Administration: 303-839-5204
24 hour Hotline: 1-888-557-4441
info@coavp.org
www.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) ▼

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

1825 Upland Ave
Boulder, CO 80304
303-447-2168
www.boulderfriendsmeeting.org

Cairn Christian Church ▼

1700 Stonehenge Dr
Lafayette, CO 80026
303-442-1861
www.CairnChristianChurch.com

Community United Church of Christ ▼

2650 Table Mesa Dr
Boulder, CO 80305
303-499-9119
www.cuccboulder.org

Congregation Har HaShem ▼

3950 Baseline Rd
Boulder, CO 80303
303-499-7077
www.HarHaShem.org
An inclusive Reform Jewish Congregation.

First Congregational Church ▼

1128 Pine St
Boulder, CO 80302
303-442-1787
info@firstcong.net
www.FirstCong.net

First Congregational United Church of Christ ▼

1500 9th Ave
Longmont, CO 80501
303-776-4940
www.ucclongmont.org

First United Methodist Church ▼

1421 Spruce St
Boulder, CO 80302
303-442-3770
www.fumcboulder.org

Shambhala Center ▼

1345 Spruce St
Boulder, CO 80302
303-444-0190
www.boulder.shambhala.org

St. Johns Episcopal Church

1419 Pine St
Boulder, CO 80302
303-442-5246
office@stjohnsboulder.org
www.StJohnsBoulder.org

Unitarian Universalist Church of Boulder ▼

5001 Pennsylvania Ave
Boulder, CO 80303
303-494-0195
officeuucb@gmail.com
www.uucboulder.org

SUPPORT GROUPS

Boulder County AIDS Project ▼

2118 14th St
Boulder, CO 80302
303-444-6121
Spanish: 303-444-7181
generaldelivery@bcap.org
www.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 ▼

3482 N. Broadway St
Boulder, CO 80306
303-441-3570
bcaaaa@bouldercounty.org
www.BoulderCountyAging.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+.

Boulder Center for Conscious Community ▼

1637 28th St
Boulder, CO 80301
303-999-0422
info@consciousboulder.com
www.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-embodiment-thrive.

Out Boulder ▼

2132 14th St PO Box 1018
Boulder, CO 80306
303-499-5777
www.OutBoulder.org

Serving the gay, lesbian, bisexual, transgender, queer, and questioning communities in and around Boulder County. Addresses the needs of these communities through educational, social, and service programs.

Gender Identity Center of Colorado ▼

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

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
olocincolorado@yahoo.com
www.oloc.org

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

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

3482 N. Broadway St
Boulder, CO 80306
303-441-3583
infoLGBTelders@bouldercounty.org
www.bouldercounty.org/family/lgbtiq/pages/lgbt.aspx

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

SAGE (Services & Advocacy for GLBT Elders) of the Rockies: At The Center_
1301 E. Colfax Ave
Denver, CO 80218
303-733-7743
www.GLBTcolorado.org

Support groups and programs for older LGBT adults.

TRANSPORTATION

Via ▼

2855 N. 63rd Street
Boulder, CO 80301
303-447-2848 ext. 106
To schedule a ride: 303-447-9636
info@viacolorado.org
www.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 (formerly RSVP) ▼

2540 Frontier Ave, Ste #109
Boulder, CO 80301
303-443-1933
info@careconnectbc.org
www.CareConnectBC.org

Providing seniors in Boulder County meaningful volunteer opportunities and promotes independence for homebound seniors and adults with disabilities. Services include grocery shopping, companionship program, and minor home repairs.

Foothills United Way Volunteer Connection ▼

1285 Cimarron Dr, Ste #101
Lafayette, CO 80026
303-444-4013 ext. 122
smccullough@unitedwayfoothills.org
www.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: Boulder County Area Agency on Aging ▼

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

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

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

2955 Baseline Rd
Boulder, Co. 80303
303-444-8707
jane@altatherapies.com
www.AltaTherapies.com

Providing out-patient physical therapy services with an emphasis on manual therapy and exercise, especially core stability work, including Pilates. Medicare provider.

Barb Smith, Certified Hypnotherapist ▼

1067 S. Hover St, #E118
Longmont, CO 80501
720-375-5969
barb@BarbSmith.net
www.barbsmith.net

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

Boulder County AIDS Project ▼

2118 14th St
Boulder, CO 80302
303-444-6121
303-444-0260
GeneralDelivery@bcap.org
www.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
kenna@hudsonhealthplushome.com
www.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 ▼**

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

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

2995 Baseline Rd, #110
Boulder, CO 80303
303-444-0192
info@wholebodybalance.com
www.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.

NOTES

The Silver Lining Directory is a publication of the Boulder County Area Agency on Aging. To request additional copies, or to request an application for inclusion in a future edition, please contact:

303-441-3583 or infoLGBTelders@bouldercounty.org