

SILVER LINING

A RESOURCE GUIDE

FOR THE

LESBIAN

GAY

BISEXUAL

AND

TRANSGENDER

ELDER COMMUNITY

IN

BOULDER COUNTY

SIXTH EDITION

2009-2010



GREETINGS

Welcome to the 6th Edition of Silver Lining, A Resource Guide For the Lesbian, Gay, Bisexual, and Transgender (LGBT) Elder Community. This resource guide is intended to help you or your loved one identify agencies and businesses friendly to the elder LGBT community. It is sponsored by Boulder County Aging Services Division, The Open Door Fund, a fund of the Community Foundation of Boulder County, Gill Foundation, and Aging Services Foundation of Boulder County.

The agencies and businesses listed in Silver Lining have responded to mailings initiated by Boulder County Aging Services Division (BCASD) and /or attended a **Project Visibility** training..

In 2004, BCASD began providing sensitivity and awareness training. This training, called **Project Visibility**, coaches providers on cultural competency regarding the elder LGBT population. The training is conducted at least quarterly, and upon request. BCASD conducts the training. We gladly tailor the trainings to agencies' particular needs.

The agencies and businesses that have a ▼ have one or two staff members that have participated in **Project Visibility** trainings. In most cases, these businesses consist of one person providing services, such as an attorney.

The agencies and businesses that have two ▼▼ have provided **Project Visibility** training for their staff provided by BCASD or by a **Project Visibility** trained staff member.

For more information about **Project Visibility**, visit www.projectvisibility.org.

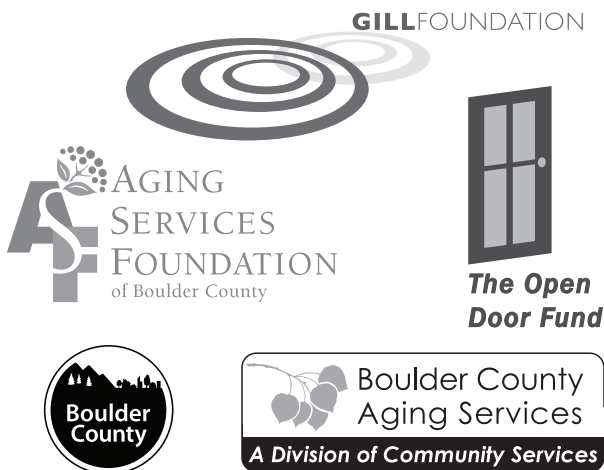
BCASD continually updates the Silver Lining on our website. Please go to www.bouldercountyseniors.info and click on LGBT Older Adults. Instructions are provided to download the current updated version of Silver Lining. Agencies and businesses that wish to be included in the Silver Lining can obtain an application by e-mailing elewis@bouldercounty.org

THIS RESOURCE GUIDE IS BROUGHT TO YOU BY:

Boulder County Aging Services,
a Division of Community Services

The Open Door Fund,
a fund of the Community Foundation of Boulder County
Aging Services Foundation of Boulder County

Gill Foundation



Disclaimer

Boulder County Aging Services Division cannot guarantee the sensitivity levels of these organizations. We also cannot guarantee the quality of services. Should you have questions or concerns, please call 303-441-4995.

Advocacy

If you need an advocate or have any questions, please call us at 303-441-4995. We can help you or direct you to the right person for your particular needs.

Boulder County Help

The information in this resource guide, as well as hundreds of other resources for older adults, adults with disabilities, and family caregivers in Boulder County, can be found at www.BoulderCountyHelp.org.

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ACUPUNCTURE

Amy Dickinson, L.Ac

Whole Body Balance

5420 Arapahoe #E

Boulder CO 80303

303-444-0192 Fax: 303-442-1792

amydickinson_lac@yahoo.com

www.wholebodybalance.com

Specializes in pain management & women's health

ADDICTION COUNSELING

Sara Milmo, M.S., LPC, CAC III

Boulder Community Hospital

311 Mapleton Avenue

Boulder, CO 80301

303-441-0400

Addictions Counselor.

ADULT DAY CARE

CareLink Adult Day Care▼▼

4900 Thunderbird Dr

Boulder, CO 80304

720-562-4470

Director@BoulderCareLink.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 Street
Longmont, CO 80501
303-772-9152

Homestead is an adult day program, offering a complete day of activities, entertainment, and outings. Open Mon – Fri 9:30 a.m. to 3:00 p.m.; extended hours are available. Nutritious lunches and snacks are served and transportation to and from the program is provided.



ADVOCACY

Boulder County Aging Services Division (BCASD) ▼▼

PO Box 471
Boulder, CO 80306
303-441-3570

www.bouldercounty.org/cs/as
bcaaa@bouldercounty.org

BCASD serves as the Area Agency on Aging for Boulder County. BCASD plans, develops, coordinates, funds, advocates for, and evaluates a wide range of services for older adults and their families/caregivers. Our mission is to promote the health and well-being of older adults by building on individual, family, and community strengths.

Boulder Pride

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

www.boulderpride.org

Boulder Pride is a non-profit organization serving the gay, lesbian, bisexual, transgender, queer, and questioning communities in and around Boulder County. Their mission is to address the needs of these communities through educational, social, and service programs.

Long Term Care Ombudsman Program ▼▼

PO Box 471

Boulder, CO 80306

303-441-1173

sdamon@bouldercounty.org

The Long Term Care Ombudsman Program is a free service for residents of long-term care facilities including nursing homes and personal care boarding homes. Residents of these facilities have certain rights regarding their care. An ombudsman is an advocate for these rights.

Boulder County AIDS Project

2118 Fourteenth Street

Boulder, CO 80302

303-444-6121

303-444-7181 - espanol

generaldelivery@bcap.org

www.bcap.org

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

El Comite de Longmont ▼

455 Kimbark Street

Longmont, CO 80501

303-651-6125

mhm@qwest.net

www.elcomitedelongmont.com

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



*“And in the end, it’s not the years
in your life that count.*

It’s the life in your years.”

—Abraham Lincoln

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

PO Box 19696

Boulder, CO 80308

303-444-8164

pflagbldr@tde.com

www.pflagboulder.org

PFLAG's mission is to provide support, education, and advocacy on behalf of gay, lesbian, bisexual and transgendered people and their families and friends.



ARTS AND CULTURE

Rocky Mountain Center for The Musical Arts

200 East Baseline Road

PO Box 698

Lafayette, CO 80026

303-665-0599

office@rmcma.org

www.rmcma.org

Music for all ... for life! A non-profit community music school providing lessons, classes, performances and outreach. All ages, all abilities, all means.

Society for Creative Aging

The Dairy Center for the Arts

2590 Walnut Ave Ste. 11

Boulder, CO 80302

Executive Director

Deborah Skovron

deb@s4ca.org

33-667-7884

creativeaging@S4ca.org

www.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

PMB # 186

2525 Arapahoe Ste E 4

Boulder, CO 80302

Resonance_chorus@yahoo.com

www.resonancechorus.org

303-473-8337

110-voice community chorus founded in 2002 and directed by Sue Coffee, director of Sound Circle and the Denver Gay Men's Chorus. Repertoire is eclectic and primarily non-classical.

Sound Circle

www.soundcircleboulder.org

303-473-4525

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

ASSISTED LIVING HOMES

Anam Chara ▼

1795 Quince Avenue

Boulder, CO 80304

303-442-4484

A unique, holistic, assisted-living residence for elders. Anam Chara provides an environment in which the dignity and respect of each resident is celebrated and in which each resident can find support for his or her personal growth and life passages.

Balfour Retirement Community ▼

1855 Plaza Drive

Louisville, CO 80027

303-604-2700 or 303-926-3855

www.balfourcare.com

Continuum of care featuring independent living, assisted living, skilled nursing facility.

Balfour Cherrywood Memory Center ▼▼

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

An assisted living that provides memory-impaired services for seniors in a gracious setting. Part of the Balfour Retirement Community.

Cinnamon Park Assisted Living ▼

1335 Cinnamon Street
Longmont, CO 80501
303-772-2882; Fax: 303-772-8318
cinnamon@seniorhousingoptions.org
www.seniorhousingoptions.org

Owned by Senior Housing Options, a non-profit celebrating 30 years. It is a home to 48 seniors and older adults with disabilities. Private Pay and Medicaid are accepted

Frasier Meadows Retirement Community

350 Ponca Place
Boulder, CO 80303
720-562-4463-Assisted Living ▼▼
720-562-4311-Independent Living
720-562-4419-Health Care Center ▼
www.frasiermeadows.org

An elder community that provides a continuum of care including: Assisted Living, Independent Living, and a Health Care Center (Skilled nursing unit), as well as, a Wellness Center that is open to the community.

Golden West Senior Residence ▼

1055 Adams Circle - Boulder, CO 80303
303-939-0898; fax: 303-939-0808
vstotler@goldenwestseniors.com
www.goldenwestseniors.com

A non-profit assisted living with 56 all-inclusive units designed for residents of low to moderate income. There are also 255 Independent Living apartments studio and one-bedroom.

Juniper Village ▼▼

1078 South 88th Street

Louisville, CO 80027

303-665-3722

info-Louisville@junipercommunities.com

www.wellspringalz.com

An assisted living community for individuals with Alzheimer's disease and related dementias.

The Mary Sandoe House ▼▼

1244 Gillaspie Drive

Boulder, CO 80303

303-494-7317

msandoe@aol.com

An assisted living for twenty-four elders offering 24-hour care including activities, medication oversight, assistance given according to independence level.

Wellspring at Louisville ▼▼

1078 South 88th Street

Louisville, CO 80027

303-665-3722

info-Louisville@junipercommunities.com

www.wellspringalz.com

An assisted living community for individuals with Alzheimer's disease and related dementias.

Shawnee Gardens ▼▼

4755 Shawnee Place

Boulder, CO 80303

303-494-1123

www.Shawnee-Gardens.com

An assisted living 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▼
9198 Jotipa Drive
Longmont, CO 80503
303-776-7215
timberlinelodge@comcast.net

CARE MANAGEMENT SERVICES

Action Healthcare Services, Inc.
1610 Hover Road, Ste. 203
Longmont, CO 80501
303-772-2973; Fax: 303-772-4920
www.actioncareservices.com

A private geriatric care management agency 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, Ste. 320
Lafayette, CO 80026
303-439-7011
www.amcicolorado.org

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 Aging Services Division▼▼
PO Box 471
Boulder, CO 80306
303-441-3570
www.bouldercounty.org/cs/ag
bcaaa@bouldercounty.org

Boulder County Aging Services Division (BCASD) provides care coordination services in Lyons, Niwot, Nederland and Allenspark.

Consultants in Holistic Health & Healing

Attn: Loretta A. Carlson-Warren, RN, BSN, BHS, SAS

4113 Grove Street

Denver, CO 80211

303-561-4796

lorcarwar@hotmail.com

Advocate with healthcare providers regarding your health care needs. Home assessments, medicine and treatment assessments, etc. Over 25 years experience as a professional RN

Jewish Family Service ▼▼

3800 Kalmia Ave

Boulder, CO 80301

303-415-1025

mfreedman@jewishfamilyservice.org

reinfeild@jewishfamilyservice.org

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.

Senior Reach ▼▼

1675 Carr Street Ste 215N

Lakewood, CO 80214

1-888-217-5808

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.

TakeCare Eldercare Solutions▼

PO Box 2025

Boulder, CO 80306

303-579-9529

sally@TakeCareSolutions.com

www.TakeCareSolutions.com

Provides resource guidance, personalized support, and coaching for caregivers as well as mediation and facilitation for families and long-distance caregivers.



CHIROPRACTIC

Shelly Ditter, R.N., D.C.▼

Health Now Chiropractic and Healing Center

3434 47th Street, 110

Boulder, CO 80301

720-530-3665

Integrated Natural Health Care for your whole well-being exclusively utilizing non force methods. I offer help for pain relief and treatment of injuries, digestive disturbances, stress and emotional trauma and customized nutritional supplemental therapy.



CLINICS

Beacon Clinic▼

1100 Balsam Ave

Boulder, CO 80304

303-938-3167

HIV clinic and LBGT- welcoming family practice physician.

Beacon West

1136 Alpine Ave. Ste 205

Boulder, CO 80304

303-938-3167

HIV clinic and LBGT- welcoming family practice physician.

Boulder Valley Women's Health Center

2855 Valmont Road

Boulder, CO 80301

303-442-5160

www.bvwhc.org

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

People's Clinic

2525 13th Street

Boulder, CO 80304

303-449-6050

720-565-4116

www.peoplesclinic.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.



COMPUTER ASSISTANCE

Personalized Computer Education Services

Michaele Reppas

In your home or mine (Thornton, CO)

303-450-3055

reppm@yahoo.com

Email, wireless hook-up, computer hardware set-up, training in user applications. All skill levels

DENTAL

Dental Aid▼

877 South Boulder Road (administration and children's clinic)
Louisville, CO 80027
303-665-8228

4155 Darley Avenue, Ste. C (adults and children)
Boulder, CO 80305
303-499-7072

1715 Princess Drive (adults and children)
Longmont, CO 80501
303-682-2619

www.dentalaid.org

Dental Aid provides oral health care (clinical services and education) to low-income people in Boulder and Broomfield Counties.

EDUCATION AND SUPPORT

Alzheimer's Association▼▼

Rocky Mountain Chapter
455 Sherman Street, Ste. 500
Denver, CO 80203
303-813-1669 24/7 helpline: 1-800-272-3900

www.alzrockymtn.org

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

"Part of being sane is being a little bit crazy."

—Janet Long

Boulder County Aging Services Division ▼▼

PO Box 471

Boulder, CO 80306

303-441-3570

www.bouldercounty.org/cs/ag

bcaaaa@bouldercounty.org

Boulder County Aging Services Division (BCASD) serves as the Area Agency on Aging (AAA) for Boulder County. As an area agency on aging BCASD provides education in the areas of care giving, nutrition, wellness, elder rights, and medicare.

Longmont Ending Violence Initiative (LEVI) ▼

255 Kimbark Street

Longmont, CO 80501

303-774-4534, Fax: 303-651-8651

www.LongmontDomesticViolence.org

LEVI is an awareness project and collaborative response to domestic violence in Longmont. LEVI provides public information, widespread education and easy access to services.

Spanish Now

1515 Sidon Circle

Lafayette, CO 80026

Contact: Sally Blaser

720-890-4954

zascamar@yahoo.com

Interpreting, translating, tutoring and teaching services: Spanish and English.



EMERGENCY ASSISTANCE

Emergency Family Assistance Association (EFAA) ▼▼

1575 Yarmouth Avenue

Boulder, Co 80303

303-442-3042

www.efaa.org

EFAA provides food, financial assistance programs, emergency

shelter, and transitional housing programs. EFAA works in cooperation with other human services organizations, schools, congregations, and local police departments.

EMPLOYMENT

Workforce Boulder County ▼

1500 Kansas Avenue, Ste. 4D
Longmont, CO 80501
303-651-1510

2520 55th St. Suite 200
Boulder, CO 80301
303-301-2900

www.wfbc.org

Job matching employment services; job search assistance and training

FINANCIAL SERVICES

Alice Cohen, CPA, PC
1285 Yellow Pine Avenue
Boulder, CO 80304
303-443-7960

A1cpa@indra.com

www.alicecohencpa.com

Accounting, tax planning and preparation for individuals and small businesses, and financial planning.

TK Smith

Edward Jones Finance Services
3100 Arapahoe Avenue, Suite 400
Boulder, CO 80303
303-449-2555

tkwedj@aol.com

Investments, retirement planning and other financial services.

HEALTH CARE PRODUCTS AND SERVICES

Capabilities ▼

6805 West 88th Avenue (north at Pierce Street)

Westminster, CO 80021

866-866-9100

720-214-0339

www.capabilitiesinc.net

Shop for lifestyle products and services for health, comfort and independence in a comfortable warm setting. Service department for repairs and maintenance of equipment. Free seminars on a variety of topics. Open seven days a week

HOME CARE AGENCIES

Boulder Community HomeCare ▼▼

Mapleton Center

311 Mapleton Ave.

Boulder, CO 80301-9130

303-441-0444

www.bch.org

Provides 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.

Centura Home Care and Hospice

1391 Speer Blvd Ste 600

Denver, CO 80204

303-561-5000

www.centura.org

Offers 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 ▼▼

1218 W. Ash Street, Ste. L

Windsor, CO 80550

970-674-1935

karrolsteeves@comfortkeepers.com

www.comfortkeepers.com

Provide you or a loved one in-home assistance that may include companionship, transportation, light housekeeping, personal care etc.

Complete Home Health Care, LLC ▼▼

4410 Arapahoe Avenue, Ste. 100

Boulder, CO 80303

303-441-5272

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 Road #7

Boulder, CO 80304

303-444-4040

www.dignitycare.com

A small private home care company dedicated to giving dignified care to those who are home-bound, or need assistance in their daily routines. Offers a range of services to help individuals maintaining their lifestyle in familiar surroundings. Also have Care Managers who oversee all aspects of the client needs and environment and Caregivers, who provide homecare.

Happy Homes Management Services, Inc. ▼

PO Box 18593

Boulder, CO 80308

303-938-1086

www.happyhomesmgt.com

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

Homewatch CareGivers of Boulder County ▼▼

PO Box 20886
4895 Riverbend Road
Suite C
Boulder, CO 80301
303-444.1133

www.HomewatchBoulder.com

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

Dean.Price@HISC397.com

www.homeinstead.com

Our caregivers provide one-on-one non-medical support for any adult over the age of 18. We use highly qualified individuals who are fully insured and bonded.

Imago Transitions ▼

PO Box 18593
Boulder, CO 80308
303-530-5454 Fax: 303-530-5151

www.imago-transitions.com

Travel assistance, domestically and internationally for the elderly and those that are physically and/or cognitively challenged.

Longmont United Home Care

1950 Mountain View Avenue
Longmont, CO 80501
303-651-5111

www.luhcares.org

Skilled medical services in the home. Includes nursing care, physical, occupational and speech therapy, medical social work, certified nurses aides.

Maxim Healthcare Services▼▼

1510 28th Street, Ste. 100
Boulder, CO 80303
303-544-1700

www.maxhealth.com

Maxim is a full-service home healthcare provider. We provide care for long and short-term in-home needs, supplying RNs, therapy, nurse aides and companions.

Plan B Home Care Services Inc. ▼▼

424 Kimbark Ave
Longmont, CO 80501
720-652-9078

Provides 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

Pager: 303-543-3220

Safeathomecare@yahoo.com

Safe At Home is a local, gay-owned and operated home care business providing care management, experienced caregivers and other specialized services.

Visiting Angels of Boulder County▼

P.O. Box 410
Erie, CO 80516
303-828-2664

Petey_jetta@express56.com

www.visitingangels.com

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

HOSPICE SERVICES

Centura Home Health and Hospice (see home care)

Front Range Hospice ▼▼

215 Cheesman St.

PO Box 724

Erie, CO. 80516

303-957-3201 Fax: 303-957-3113

www.frhospice.com

Provider of home based Hospice Services specializing in legal options and services for the GLBTQ community. We affirm all “family” members regardless of blood relation

HospiceCare of Boulder and Broomfield Counties ▼▼

2594 Trailridge Drive East, Ste. A

Lafayette, CO 80026

303-449-7740

www.hospicecareonline.org

Offers 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 Street Ste 300

Denver, CO 80206

303-860-9915 Fax: 860-9914

www.namastecomfortcare.com

Namaste@comfortnow.org

A hospice that believes each person has the right to live fully and die well. Provides care when a cure is no longer a possibility. We honor your wishes and make sure loved ones receive the support they need.

HOUSING REHABILITATION

Handywoman-Cathy Gaffney

303-324-9582

gaffgochi@gmail.com

Carpenter by trade. Painting, odd jobs, small repairs of any kind (except electric) Reasonable hourly rates.

Longs Peak Energy Conservation ▼

P.O. Box 471

Boulder, CO 80306

720-864-6401 or 303-441-3829

1-800-200-9006 (serving Larimer and Boulder Counties)

www.bouldercounty/cs/ho/weatherization

chatch@bouldercounty.org

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 ▼

4800 N. Broadway

Boulder, CO 80304

720-564-4610

TTY: 1-800-659-3656

Fax: 303-544-9553

bhpinfo@bouldercolorado.gov

Our primary mission is to provide quality, affordable housing, developed and managed with respect for the dignity of all involved.

Boulder Shelter for the Homeless ▼

4869 North Broadway

Boulder, CO 80304

303-442-4646

720-565-3624

info@bouldershelter.org

www.bouldershelter.org

The Boulder Shelter for the Homeless assists 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.

Keller Williams Front Range Properties

Evie Cohen

3005 Center Green Dr., #100

Boulder CO 80301

Office: 720-382-7759 Cell: 303-507-7001 Fax: 303-440-6263

eviebc@msn.com

www.eviecohenboulder.com

Licensed Realtor helping clients buy or sell a home that matches their needs and lifestyle.

Metro Brokers-HRM Properties, LLC ▼

Beth Hoskin

490 Bellaire Court

Broomfield, Co 80020

Office: 303-404-0115 Direct: 303-818-3182 Fax: 866-888-1340

www.BethTheRealtor.com

Beth@BethTheRealtor.com

Residential Real Estate services in the Boulder, Longmont, and Denver Metro Areas.

Re/Max of Boulder

Sue Masterson, Certified Residential Specialist,
Eco Broker & Accredited Buyer's Representative

2425 Canyon Blvd, #110

Boulder Co 80301

303-449-7000 Office

303-441-5637 Direct

suemasterson@boulderco.com

Safe Shelter of St Vrain Valley ▼▼

PO Box 231

Longmont, CO 80502

Office: 303-772-0432 24/7-crisis line: 303-772-0422

www.safeshelterofstvrain.org

Non-judgmental shelter, advocacy and support to women and children of diverse backgrounds who are affected by domestic abuse.

Safehouse Progressive Alliance for Nonviolence ▼

835 North Street

Boulder, CO 80304

24/7 crisis line: 303-449-2424

www.safehousealliance.org

The mission of Boulder County Safehouse is to provide safe shelter, support, and advocacy for battered women and their children and work to end domestic violence through education and social change.

INDEPENDENT LIVING

Allied Jewish Apartments ▼▼

225 Adams St.

Denver, CO 80209

720-382-7805; Fax: 303-394-4149

www.alliedjewishapartments.org

Located in Denver's Cherry Creek neighborhood, Allied Jewish Apartments in a non-sectarian independent and assisted living senior community, 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.

Balfour Retirement Community ▼

See listing under assisted Living

Frasier Meadows

See listing under assisted living

Golden West Senior Residence ▼

See listing under assisted living

Longmont Regent

2210 Main Street

Longmont, CO 80501

303-651-7022

www.longmontregent.com

Independent senior residence that has onsite management, three meals per day, light housekeeping service, cable TV, bus to local shopping and medical appointments, activities, laundry facilities, and so much more.

INFORMATION/RESOURCES

Boulder County Aging Services Division ▼▼

PO Box 471

Boulder, CO 80306

303-441-3570

www.bouldercounty.org/cs/ag

bcaaa@bouldercounty.org

Boulder County Aging Services Division (BCASD) serves as the Area Agency on Aging (AAA) for Boulder County. BCASD plans, develops, coordinates, funds, advocates for, and evaluates a wide range of services for older adults and their families/caregivers.

Boulder Pride

2132 14th St.

PO Box 1018

Boulder, CO 80306

303-499-5777

www.boulderpride.org

Boulder Pride is a non-profit organization serving the gay, lesbian, bisexual, transgender, queer, and questioning communities in and around Boulder County. Their mission is to address the needs of these communities through educational, social, and service programs.

The Center ▼▼

Gay, Lesbian, Bisexual and Transgender Community Center of Colorado

1050 Broadway

PO Box 9798

Denver, CO 80209

303-733-7743

www.coloradolgbt.org

The Center's mission is to improve the lives of individuals who affiliate with the gay, lesbian, bisexual and transgender movement by: building a healthy, inclusive and empowered LGBT community; providing opportunities for positive social interactions, community service and personal development; promoting knowledge and appreciation of LGBT history, literature, art and culture; and advocating for social justice.

Gay and Gray in the West ▼

1050 Broadway

P. O. Box 9798

Denver, CO 80209

303-380-2342

www.gayandgrayinthewest.org

info@gayandgrayinthewest.org

Gay and Gray is an organization serving the information needs of a maturing community within the Lesbian, Gay, Bisexual and Transgender community of Colorado.



LEGAL SERVICES

Ambler & Keenan, LLC

950 S. Cherry ST., Ste. 1650

Denver, CO 80246

303-407-1542 Fax 303-321-1899

www.Ambler-Keenan.com

info@ambler-keenan.com

Our firm's emphasis is on estate planning, probate law, Medicaid planning, and elder law.

Barbara Lavender

595 Canyon Boulevard

Boulder, CO 80302

303-443-3326

www.barbaralavender.com

Attorney specializing in wills, powers of attorney, living wills, partner agreements, and parental rights.

Boulder County Legal Services

315 West S. Boulevard
Suite 205

Louisville, CO 80027

303-449-7575

www.coloradolegalservices.org

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

Elizabeth A. Bryant, P.C. ▼

1866 Vine Street

Denver, Colorado 80206-1122

303-398-4000 phone and fax

ebryant@eablaw.com

Elizabeth A. Bryant focuses her law practice in the areas of Estate Planning (Wills, Trusts), Powers of Attorney, and Estate Administration/ Probate.

Nancy S. Germany, P.C. ▼

600 17th Street Ste. 2800 South

Denver CO 80202

390 Interlocken Crescent Ste. 420

Broomfield, CO 80021

526 Briggs Street

Erie, CO 80516

303-454-3711

Fax: 303-496-0752

Susie@coelderlaw.net

www.coelderlaw.net

Provide 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., Ste. 203

Longmont, CO. 80501

303-651-9330 Fax: 303-485-3714

dkapsak@kapsaklaw.com

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.

Mardi Moore, P.C. ▼

4450 Arapahoe Avenue

Suite 100

Boulder, CO 80303

303-926-7317

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.

Susan Morley, P.C.

3100 Arapahoe Avenue, Ste. 410

Boulder, CO 80303

Tel: 303-449-2727

smlaw@qwest.net

Law firm-Legal Services

Sherri Murgallis

945 Front Street

Louisville, CO 80027

303-444-4353

www.murgallislaw.com

Also Have 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; and Living Wills.

Tanttila Law ▼

4845 Pearl East Circle, Suite 101
Boulder CO 80301
720-841-3291

amelia@tanttilalaw.com

www.tanttilalaw.com

Tanttila Law provides legal services and counseling in estate planning, guardianships, conservatorships, probate, and business and domestic contracts.

Vincent, Romeo & Rodríguez, LLC ▼

1070 W. Century Drive, Ste. 200
Louisville, CO 80027
Tel: 303-604-6030

www.elderlawcolorado.com

Specialists in estate planning, co-habitation agreements, Powers of Attorneys, living wills, Guardianships and Conservatorships, Medicaid planning, will contests and other probate litigation.

Willoughby & Eckelberry, LLC

303 East 17th Avenue, Ste. 810
Denver, CO 80203
Tel: 303-839-1770

www.willoughbylaw.com

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



MEDIATION

Institute for Advanced Dispute Resolution ▼

4450 Arapahoe Ste. 100
Boulder, CO 80303
303-948-5655

www.advanced-resolution.com

IADR provides Certificate Level or Master's Level credits in mediation. Courses may be taken separately or in an individualized combination to suit various professional avenues.

NURSING HOMES

Balfour Retirement Community▼

See listing under assisted living.

Frasier Meadows ▼

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.

Mesa Vista Care Center▼▼

2121 Mesa Drive

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 Aging Services Division▼▼

PO Box 471

Boulder, CO 80306

303-441-4995

For Nutrition Counseling: 303-678-6118

www.bouldercounty.org/cs/ag

bcaaa@bouldercounty.org

Boulder County Aging Services Division (BCASD) offers nutrition education and counseling and information on meal programs in the county.

Elder Share Program ▼

c/o Community Food Share
6363 Horizon Lane
Longmont, CO 80503
303-652-1307

www.communityfoodshare.org/elderShare.htm

Elder Share provides supplemental groceries to those over the age of 60 (or 50 with a disability) with an income of \$1,000 or less a month.

Lafayette Senior Center ▼▼

103 South Iowa Avenue
Lafayette, CO 80026
303-665-9052
maryj@cityoflafayette.com
www.cityoflafayette.com

Offers hot meals at noon, Monday-Friday.

Longmont Meals on Wheels ▼

910 Longs Peak Avenue
Longmont, CO 80501
303-772-0540
longmontmeals@yahoo.com
www.longmontmeals.org

Provides hot nutritious meals to those who are unable to do so themselves.

Louisville Senior Services ▼▼

900 W. Via Appia
Louisville, CO 80027
303-335-4919 Fax: 303-335-4959
jaramis@ci.louisville.co.us
www.LouisvilleSeniorServices.com

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, Ste. 121

Boulder, CO 80302

Francea Phillips, Executive Director

303-441-3908 Fax: 303-441-4146

info@mowboulder.org

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. ▼

PO Box 188

Nederland CO 80466

Office: Community Center, Hwy 72, Nederland CO 80466

Contact: Serene Karplus

303-258-0799 Fax: 303-258-0799

nas@nednet.net

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



PHYSICIANS

Boulder Valley Center for Dermatology (BVCD)

Casey Gallagher, MD, and Jeanie Leddon, MD, PhD

1140 West South Boulder Road, Suite 202

Lafayette, CO 80026

4745 Arapahoe, Suite 140

Boulder CO 80303

303-604-1444

www.bvderm.com

info@bvderm.com

Boulder Valley Center for Dermatology (BVCD) is a full-service Dermatology practice.

Frontier Internal Medicine

2030 Mountain View Avenue, Ste. 400
Longmont, CO 80501
303-776-1532
Internal medicine office.

Helios Integrated Medicine

4150 Darley Avenue, Ste. 1
Boulder, CO 80305
303-499-9224 Fax: 303-499-9593
info@e-helios.com
www.helioshealthcenter.com
Family practice medical clinic blending conventional and
alternative care.

Table Mesa Family Medicine

1755 48th Street
Boulder, CO 80301
303-494-5263
www.bch.org
Family practice



POLITICAL ORGANIZATIONS

Colorado Legal Initiative Project

A program of the The Center
PO Box 9798
Denver, CO 80209
Tel: 303-282-6524
clip@glbtcolorado.org
www.glbtcolorado.org
CLIP has a legal information hotline, Mon-Fri, 1:30 – 4:30 and
other legal services. If you have been discriminated against
because of your sexual orientation or HIV status, call CLIP.

Equal Rights Colorado ▼

P.O. Box 9798

Denver, CO 80209

303-733-7743, extension 309

erc@glbtcolorado.org

www.equalrightscolorado.org

Promotes equal rights for Colorado's GLBT people and their families through non-partisan state legislative advocacy.

OLOC

Old Lesbians Organizing for Change ▼

303-258-9424

olocincolorado@yahoo.com

Northern Colorado OLOC is a political and social group of Lesbians 60 years and older.



PSYCHIATRY

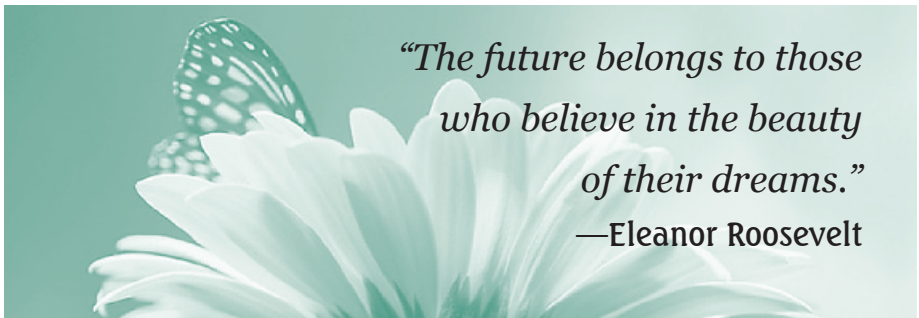
Robert Bein, M.D.

Mental Health Center of Boulder County, Inc.

1333 Iris Avenue

Boulder, CO 80304-2296

303-443-6154



*“The future belongs to those
who believe in the beauty
of their dreams.”*

—Eleanor Roosevelt

PSYCHOLOGICAL SERVICES

Access Counseling

1534 55th Street
Boulder, CO 80303
303-449-7898

info@accessboulder.org

www.accessboulder.org

Provide counseling to individuals, families, couples, and adolescents on a sliding fee scale. We use MA-level students and volunteers under professional supervision to supply services.

Christie Baryames, Play Therapy Specialist ▼

500 Coffman, Suite 115
Longmont, CO 80501
303-817-4330

playtherapy@comcast.com

Helping children and parents strengthen their families through Play Therapy. This includes grandparents raising grandchildren. My practice welcomes children of all ages

Andrew Bunin, M.S., LPC, Licensed Professional Counselor

2346 Broadway #2
Boulder CO 80304
303-449-2743

www.abunin@creativeconsulting.com

Providing counseling and consultation services to adults of all ages, individually and in couples. Assisting with issues related to relationships, communication, life transitions, trauma, grief and loss, depression and anxiety.

Julia B. Colwell, Ph.D., P.C.

3393 Iris, Ste. 206

Boulder, CO 80301

303-449-5417

info@enhancingthedance.com

www.enhancingthedance.com

Psychotherapy for individuals and couples. Relationship workshops for LGBT folks (and allies).

Barry Erdman, LCSW and Associates, Inc.

1900 Folsom, Ste. 203

Boulder, CO 80302

303-444-1404

www.BoulderTherapist.com

be@BoulderTherapist.com

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

Beth Firestein, Ph.D.

InnerSource Psychotherapy

504 W. Eisenhower Boulevard, Suite 202

1104 Grant Avenue

Loveland, CO

970-635-9116

firewom@webaccess.net

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 Street, Ste. 201

Boulder, CO 80302

303-654-7334

Fax: 303-440-6244

Psychotherapy, specializing in family therapy. This includes couples therapy, individual therapy with a relationship orientation. Anxiety, depression, life transition issues, and coming out issues. Use a family of origin context to understand current relationships dealing with LGBT issues.

Paul Heiman, M.A.

1400 Folsom, Suite 201
Boulder, CO 80302
303-339-2802

pheiman@insideacquire.com

Psychotherapy specializing in sexual orientation and identity issues, athletic and personal performance, depression, anxiety, relationship,

Maggie Kerrigan, M.A. ▼

Greater Westminster Area
720-635-7943

Body-centered psychotherapy specializing in childhood abuse and neglect or trauma. Therapeutic touch for people with chronic tension or are anticipating or recovering from medical procedures.

Kris Kirkbride, LCSW

3434 47th St., Suite 110
Boulder CO 80301
720-530-3665

kdkirkbride@msn.com

Therapy practice 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.



*“The greatest mistake you can make
in life is to be continually fearing
you will make one.”*

—Elbert Hubbard

Cara Luneau, M.A., LPC

1400 Spencer St
Longmont, CO 80501
303-579-9478

caraluneau@yahoo.com

Treatment of adults and adolescents utilizing psychodynamic, dialectical behavior, and EMDR therapies. Insurance accepted. 22 years experience.

Rebeka C. Markheim, Psy.D. ▼

1776 S. Jackson St. Ste. 616
Denver, CO 80210
303-810-5275

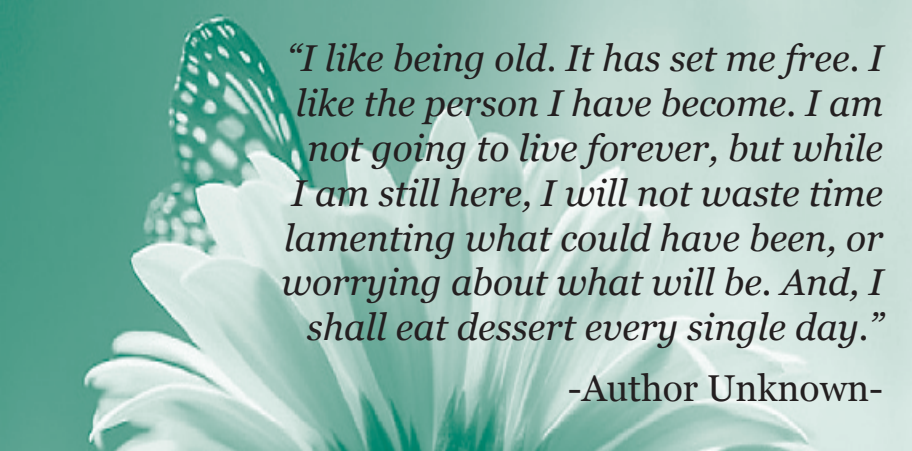
www.drrebekah.com

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

Sara Milmoe, M.S., LPC, CAC III

311 Mapleton Avenue
Boulder, CO 80304
303-441-0400 ext 6520

Individual and couples therapy. Addictions counseling.



“I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And, I shall eat dessert every single day.”

-Author Unknown-

Ann Morrow, M.A. LPC▼

Feminist Counseling Collective
2775 7th Street
Boulder, CO 80304
303-594-8891
amorrow4u@comcast.net

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

Neyland Counseling Services ▼

Charlotte Neyland CAC II
PO Box 228
Hygiene CO 80533
720-289-2750
charlotte7907@msn.com

Offers individual and group counseling and education for trauma, abuse and addiction issues, for women, men and older adults. Substance use prevention, relapse prevention and anger management.

Beth Smith, M.A. ▼

The Arbor Hose
2043 Pearl Street
Boulder, CO 80303
303-444.1558
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 Street 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 including an older lesbian group (40+).

Mental Health Center of Boulder County, Inc. ▼▼

Geriatric Team	Longmont office:
Boulder office:	LMHC
1333 Iris Avenue	529 Coffman, Ste. 300
Boulder, CO 80304	Longmont, CO 80501
303-443-8500	303-684-0555

www.mhcbc.org

Mental health services for adults 60 and older 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 are also available.

Simple Thriving LLC ▼

Maurene Flory
Locations both in Boulder and Superior
720-304-9012

Offers counseling services that include working with anxiety, depression, transition, grief and trauma.



RECREATION

QQuest

1332 Pearl Street
Boulder, CO 80302
303-960-9323
Charles@QQuest.net

www.QQuest.net

QQuest offers a wide variety of contemporary and traditional, nature-based, vision quest programs for gay men.

SENIOR AND OTHER NON-PROFIT COMMUNITY SERVICES

Boulder Senior Services ▼

Community Resources

909 Arapahoe Avenue

Boulder, CO 80302

303-441-4388

hollingsworths@ci.boulder.co.us

www.boulderseniorservices

www.ci.boulder.co.us/sshs

Information and referral to resources. Caregivers education and support. Advocacy for elders. Educational presentations. Memory evaluation clinic. Money management/bill payer volunteers. Peer counseling. Caregiver website.

Broomfield Senior Services ▼

280 Lamar St.

Broomfield Co 80020

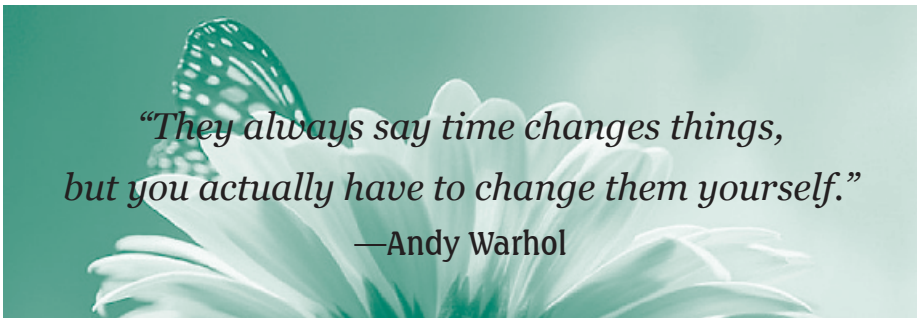
303-464-5526

Contact: Suzanne Bazinet

sbazinet@ci.broomfield.co.us

www.broomfieldseniors.com

Offers 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.



*“They always say time changes things,
but you actually have to change them yourself.”*

—Andy Warhol

Lafayette Senior Center▼▼

103 South Iowa Avenue

Lafayette, CO 80026

303-665-9052

maryj@cityoflafayette.com

www.cityoflafayette.com

Provides a variety of classes, trips, programs, and recreational and educational opportunities for adults 55 and older. Our resource specialist will provide information on community resources. Services are offered to adults 55 and older and their families.

Longmont Senior Services▼

910 Longs Peak Avenue

Longmont, CO 80501

303-651-8411

www.ci.longmont.co.us

Responsible for: identifying needs of Longmont's older adults and their families, advocating, planning, and implementing programs to meet those needs, and managing the operation of the Longmont Senior Center facility.



“Don’t worry about what the world needs.

Ask what makes you come alive and do that.

*Beacuse what the world needs
is people who have come alive.”*

Louisville Senior Services▼▼

900 W. Via Appia
Louisville, CO 80027
303-335-4918

lowc@ci.louisville.co.us

www.ci.louisville.co.us

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

Nederland Area Seniors, Inc.▼

P.O. Box 188
Nederland, CO 80466
303-258-0799

nas@nednet.net

Senior services 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 or 303-934-2268

davidswic@hotmail.com

www.swic-denver.org

Provides 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 ASSAULT SURVIVOR ASSISTANCE

Colorado Anti Violence Program

P.O. Box 181085

Denver CO 80218

303-839-5204 Administration 1-888-557-4441-24 hour crisis line

The Colorado Anti-Violence Program (CAVP) is 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) ▼▼

2885 E. Aurora Avenue, Suite 10

Boulder, CO 80303

303-443-0400-Administration 303-442-7300-hotline

MESA provides 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.

SOCIAL

Boulder Pride

2132 14th Street, PO Box 1018

Boulder, CO 80306

303-499-5777

www.boulderpride.org

Boulder Pride is a non-profit organization serving the gay, lesbian, bisexual, transgender, queer, and questioning communities in and around Boulder County. Their mission is to address the needs of these communities through educational, social, and service programs.

Boulder County AIDS Project

2118 Fourteenth Street

Boulder, CO 80302

303-444-6121

generaldelivery@bcap.org

www.bcap.org

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

El Comite de Longmont ▼

455 Kimbark Street

Longmont, CO 80501

303-651-6125

mhm@qwest.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.

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

PO Box 19696

Boulder, CO 80308

303-444-8164

pflagbldr@tde.com

PFLAG's mission is to provide support, education, and advocacy on behalf of gay, lesbian, bisexual and transgendered people and their families and friends.



SPIRITUAL

Boulder Friends Meeting (Quakers)

1825 Upland Ave.

Boulder, CO 80304

303-447-2168

clerk@boulderfriendsmeeting.org

www.boulderfriendsmeeting.org

Community United Church of Christ

2650 Table Mesa Dr.

Boulder, CO 80305

303-499-9119

Congregation Har HaShem

An inclusive Reform Jewish Congregation

3950 Baseline Rd

Boulder, CO 80303

Contact: Barbara Gould

303-499-7077 Fax: 303-499-7303

b.gould@harhashem.org

www.harhashem.org

First Congregational Church ▼▼

1128 Pine Street

Boulder, CO 80302

303-442-1787

First Congregational United Church of Christ

1500 9th Avenue

Longmont, CO 80501

firstcon@ecentral.com

www.ucclongmont.org

First Christian Church (Disciples of Christ) ▼

950 28th Street

Boulder, CO 80303

303-442-1861

First United Methodist Church
1421 Spruce Street
Boulder, CO 80302
303-442-3770

New Horizons Church

Office and Classes: 207 E. Geneseo
Church: 200 E. Baseline Road
Lafayette, CO 80026
303-664-5603
www.newhorizonscsl.com

Seventh Day Adventist (SDA) Kinship

PO Box 69
Tillamook OR 97242-0069
1-866-732-5677
office@sdakinship.org
www.sdakinship.org
Provides a safe spiritual and social community to LGBT current and former Seventh-Day Adventists.

Shambhala Center

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

St. Johns Episcopal Church

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

Unitarian Universalist Church of Boulder

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

SUPPORT GROUPS

Boulder County AIDS Project

2118 Fourteenth Street

Boulder, CO 80302

303-444-6121

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; and serves as an outreach and information center to prevent further transmission of HIV.

Boulder County Aging Services Division ▼▼

PO Box 471

Boulder, CO 80306

303-441-3570

www.bouldercounty.org/cs/ag

bcaaa@bouldercounty.org

Boulder County Aging Services Division (BCASD) plans, develops, coordinates, funds, advocates for, and evaluates a wide range of services for older adults and their families/caregivers. Our mission is to promote the health and well-being of older adults by building on individual, family, and community strengths.

Boulder Pride

2132 14th Street

PO Box 1018

Boulder, CO 80306

303-499-5777

www.boulderpride.org

Boulder Pride is a non-profit organization serving the gay, lesbian, bisexual, transgender, queer, and questioning communities in and around Boulder County. Their mission is to address the needs of these communities through educational, social, and service programs.

Gender Identity Center of Colorado

3895 Upham St., Suite 40

Wheat Ridge, CO 80033

303-202-6466

A non-profit corporation organized to provide support to those people who cross-dress, are transsexual, or are non-traditional in their gender identity.

GLBT Community Center-Elder Programs ▼

1050 Broadway

Denver, CO 80209

303-733-7743, ext. 122

khelander@glbtcolorado.org

www.glbtcolorado.org

Programs for older members of the LGBT community and their allies.

Rainbow Elders of Boulder County ▼

Boulder County Aging Services Division

PO Box 471

Boulder, CO 80306

303-441-3583

www.bouldercounty.org/cs/ag (click on LGBT Older Adults)

Group activities for the older LGBT (and friends) and LGBT caregivers.

OLOC ▼

Old Lesbians Organizing for Change

303-258-9424

olocincolorado@yahoo.com

Northern Colorado OLOC is a political and social group of Lesbians 60 years and older.

TRANSPORTATION

Special Transit▼

4880 Pearl Street

Boulder, CO 80302

303-447-2848, ext. 106

To schedule a ride: 303-447-9636

info@specialtransit.org

www.specialtransit.org

Special Transit is a nonprofit organization that provides 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

RSVP of Boulder County▼

951 Arapahoe, Ste. 10

Boulder, CO 80303

303-443-1933

910 LongsPeak Avenue,

Longmont, CO 80501

303-772-2262

rsvp@rsvpboulder.org

www.rsvpboulder.org

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

Volunteer Connection of Boulder County▼

2885 Aurora Ave, Ste. 32

Boulder, CO 80302

303-444-4904

laurak@volunteerconnection.net

www.volunteerconnection.net

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



WELLNESS

ALTA Physical & Complementary Therapies

Jane Milliff, MMScPT

2955 Baseline Rd

Boulder, Co. 80303

303-444-8707

jane@altatherapies.com

www.altatherapies.com

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

Boulder County AIDS Project

2118 Fourteenth Street

Boulder, CO 80302

303-444-6121

303-444-0260

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; and serves as an outreach and information center to prevent further transmission of HIV.

Diane Sullivan, NCTMB ▼

1465 Blue Sky Circle

Erie, CO 80516

720-596-4220

Pain relief, stress reduction, injury recovery through therapeutic massage using neuromuscular therapy, trigger point therapy and myofascial therapy.

PrestigePLUS▼

Longmont United Hospital's Senior Wellness Program

1840 Mountain View Avenue, Suite #3

Longmont, CO 80501

303-651-5080

mbowman@luhcares.org

www.luhcares.org

Health and lifestyle counseling, clinics and preventative screenings, wellness activities and educational programs, support groups, plus special discounts on classes and therapeutic services (i.e. massage therapy).

Respite Care Services ▼▼

Boulder County Aging Services Division

P.O. Box 471

Boulder, CO 80306

Fax: 303-678-6285

mjlonganecker@bouldercounty.org

www.bouldercountyseniors.info

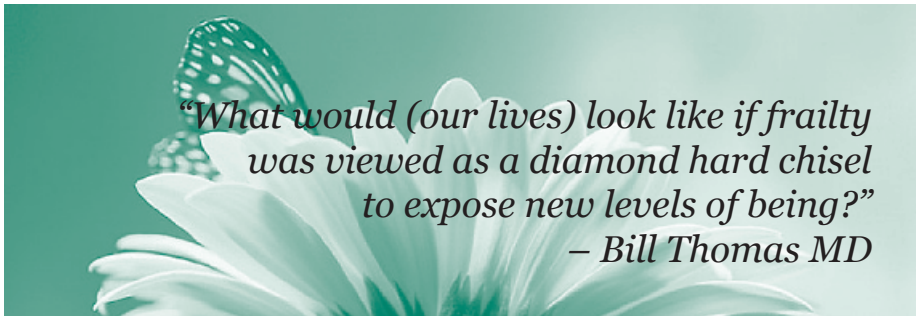
A service offered by Boulder County Aging Services. Provide temporary relief/rest for someone serving as an unpaid caregiver of an elder. Services may be provided in home, at an adult day program, or at a long-term care facility. Trained volunteer or paid individual may provide short-term ongoing weekly service

Tom Terry, CMT
Remington Post Condominiums
Boulder, CO 80301
303-402-0045
Massage therapist.

Whole Body Balance

5420 Arapahoe
Boulder, CO 80303
303-444-0192
info@wholebodybalance.com
www.wholebodybalance.com

Providing alternative and complementary medicine to the general public. We offer Therapeutic Massage, Chiropractic, Acupuncture, Rolfing, Cold Laser Therapy, Muscle Activation Techniques, and Therapeutic Wellness Products in Boulder, Colorado.



*“What would (our lives) look like if frailty
was viewed as a diamond hard chisel
to expose new levels of being?”
– Bill Thomas MD*



NOTES

*“Some people,
no matter how old they get,
never lose their beauty.
It merely moves
from their faces to their hearts.”*

—MARTIN BUXBAUM



CONTACT INFORMATION:

303-441-4995

TDEANNI@CO.BOULDER.CO.US

LGBT OUTREACH

BOULDER COUNTY AGING SERVICES

P.O. Box 471

BOULDER, CO 80306

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