

SENIORS RESOURCE SPECIALISTS



Se hablo español

VERONICA GARCIA

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AMY PAYAN

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Seniors Resource Specialists are available to assist older adults and family members in locating and accessing resources and services. Housing, health care, form completion, and access to many other supports are offered, including help navigating Social Security, Medicaid, etc. If you are struggling to make ends meet, a resource specialist can look at your specific circumstances with you and help you connect with the appropriate resources or benefits that may be available to you. Contact Veronica or Amy for information and assistance.

You can also consult the following pages of our Resource Guide for more information about local resources in the areas of employment, hospice care, counseling, in-home care, legal issues, safety, transportation, or assistance with food, finances, or housing.

ADRC - BOULDER COUNTY AREA AGENCY ON AGING



A great source for information and resources.

Visit the comprehensive website at: www.bouldercountyhelp.org



At BoulderCountyHelp.org, you will see a bubble labeled "Seniors and People with Disabilities." If you click that link, it will take you to the page for the Aging and Disability Resources for Colorado (ADRC) website. On their home page, you will find a link to the Service Directory near the center of the page. Within the Service Directory, you will find many categories to explore, such as In-Home Assistance, Caregiving, and Aging in Place.

Also on the ADRC home page, you will see a link on the right side of the page for Publications. Within the Publications, you will find the Boulder County Housing Guide, Care Connections, Silver Lining Resource Guide, and more.

You can also call the ADRC at 303-441-1617, (press 2 for Spanish).

E-mail: infoADRC@bouldercounty.org

WELD COUNTY AREA AGENCY ON AGING

General AAA information: 970-346-6950

Information and Assistance: 970-346-6952

Website: www.weldaaa.org

LARIMER COUNTY AREA AGENCY ON AGING

Helpline: 970-498-7750

Website: www.lcoa.networkofcare.org

CAREGIVER SUPPORT AND COUNSELING SERVICES

We offer a variety of support services for older adults age 55+ and for caregivers of seniors. Brandy Queen, a licensed professional counselor, is available for individual, couples, and family counseling in addition to caregiver consultations and family meetings. She also supervises the Senior-to-Senior Peer Counselor



Seniors Counselor and
Resource Education Coordinator
BRANDY QUEEN, LPC

303-651-8414

brandy.queen@longmontcolorado.gov

volunteers, and together we are able to offer a number of support groups. Peer Counselors are experienced, trained volunteers who can provide support and understanding from one senior to another. We offer up to twelve free, confidential counseling sessions for seniors seeking emotional support regarding life transitions, relationships, grief, caregiving, etc. Family members or friends caring for an older adult may also utilize this service as goals relate to the caregiving experience.

OTHER SERVICES FOR FAMILY CAREGIVERS INCLUDE:

Respite & Companion Volunteer Program and Respite Assistance - Trained and screened volunteers are matched with older adults who live alone or with a family caregiver. Volunteers provide respite, a friendly visit, and a caring connection. Call Amy (303-774-4372) or Veronica (303-651-8716) to find out more about getting a volunteer. They can also provide details and qualification information to access financial assistance to pay for respite care.

Caregiver support groups (see below) and the **Lunch Bunch** – Lunch Bunch is a social activity for persons with early to moderate stage memory loss and their family caregivers. See page 32 in the GO.

SUPPORT GROUPS *(The following groups meet at the Senior Center unless otherwise noted)*

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

Adjusting to Life's Changes Support Group
Thursdays, July 13- August 31, 3:30 – 5:00 p.m.
Contact: Brandy at 303-651-8414

Caregivers

1st Monday, 6:00 - 7:30 p.m. or
2nd Tuesday, noon - 1:30 p.m.
(Alzheimer's Association group)
2nd Tuesday, 12:30 - 2:00 p.m. (Alzheimer's
Association group, meets at Longs Peak
United Methodist Church at 1421 Elmhurst Dr,
Longmont) Resource information and support for
family caregivers. Contact: Brandy, 303-651-8414

Grandparents Raising Grandkids

1st Monday, 6:00 - 7:30 p.m.
Call Rebecca Trego at 303-441-1106

Low Vision

2nd Friday, 10:30 - 11:30 a.m.
Contact: Amy at 720-441-2123

Multiple Sclerosis Group

2nd Monday Self Help Group: 6:00 – 7:30 p.m.
Call 970-482-5016

Parkinson's

*Meets at Longs Peak United Methodist Church
1421 Elmhurst St., Longmont*
2nd Wednesday, 10:00 - 11:30 a.m.
Contact: Tom Hubner 303-678-7089 or Parkinson's
Association at 303-830-1839

Rainbow Elders of Boulder County

Social and aging resources
for LGBT (lesbian, gay, bisexual and transgender)
older adults, including a monthly newsletter and
annual holiday celebration. Call Ash Bell at Boulder
County Area Agency on Aging, 303-441-4518,
or infoLGBTelders@bouldercounty.org.
Confidentiality maintained.



Widowers

2nd & 4th Tuesday, 7:00 - 8:30 p.m.
Contact: Dick Gormley at 303-776-8203

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

VETERANS SERVICES & FINANCIAL INFORMATION

VETERANS' SERVICES

Veterans' Service Office - The Veterans' Service Office offers assistance to veterans in determining benefits that they may be eligible for. General benefits include: service-connected compensation, non-service-connected pension, medical, education, home loans, insurance, burial benefits, headstones, and survivor benefits. Call 720-864-6663 or visit 515 Coffman St, Suite 100 in Longmont.

Boulder Vet Center - Counseling, substance abuse assessments and referrals, and benefits assistance for veterans. Call 303-440-7306 or visit 4999 Pearl East Cir, Ste 106, Boulder CO 80301.

FINANCIAL

Medicare Counseling

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

The Medicare Counselors also offer Medicare Basics classes at the Longmont Senior Center each month for those who are just beginning Medicare or who would like some general information. Call the Senior Center at 303-651-8411 or contact the front desk to sign up. Current dates are listed on page 20.

You can learn more about Medicare at www.medicare.gov or 1-800-633-4227.

Social Security

Social Security - <http://ssa.gov/> or 1-800-772-1213. The Boulder County office is in Boulder at 4949 Pearl East Circle, Suite 101. Their office hours are 9:00 a.m. - 4:00 p.m. Monday, Tuesday, Thursday; Friday hours are 9:00 a.m. - 12:00 p.m.

Money Management Program

Our Money Management Program (MMP) volunteers help you sort through your mail, organize your bills, develop a budget, write your checks, manage your monthly expenses, and work on your debts. To find out more about the program, call a resource specialist: Amy (303-774-4372) or Veronica (303-651-8716).



Boulder County CareConnect's Medical Mobility Program

Medical Mobility is a volunteer driver program that provides escorted rides for ambulatory older adults to medical appointments, and they now have the ability to drive veterans to VA appointments. Volunteers use their own vehicles to pick up clients from their home and wait at the appointment to take the client back home. Drivers can also stop by pharmacies to pick up prescriptions along the way. Services are provided at no cost for those who cannot pay through donations from those who can. Request services by enrolling in the program on the Boulder County CareConnect website (www.careconnectbc.org) or call 303-443-1933 ext. 414.

Reverse Mortgage Information

Call the Boulder County Housing and Financial Counseling Program at 720-564-2279.

Home Foreclosure Prevention

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

Tax Help

Call Colorado Taxpayer Advocate Service at 303-603-4600.

Fraud, Financial Abuse, & Consumer Complaints:

Call Boulder County District Attorney at 303-441-3700, Adult Protection at 303-441-1000, and/or Longmont Police at 303-651-8555.

Consumer Complaints: report online at <http://www.bouldercounty.org/safety/victim/pages/dacpd.aspx> or call 303-441-3700.

EMPLOYMENT

The Longmont Workforce Boulder County office is located at 515 Coffman Street. Assistance is provided from 8:30 a.m. to 3:00 p.m., Monday through Friday. Ask to speak to an Employment Specialist. After you have registered, you can access other services and programs, including a variety of services for those age 50 and better. Call 720-864-6600.

HOUSING, IN-HOME SERVICES & SAFETY INFORMATION

HOUSING

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

A Boulder County Senior Housing Guide

is available at the Senior Center front desk or online at www.bouldercountyhelp.org; click on Publications.

Housing Rehabilitation Programs

The City offers these three programs for home improvement and access. Call Molly McElroy at 303-774-4648. Some programs require owner occupancy.

- **The General Rehab Program & Weatherization** - makes repairs to bring your home up to code, correct health and safety issues, or make your home more energy efficient.
- **The Accessibility Program** - gives you or a family member full access to your home by installing ramps, widening doorways, lowering cabinets, etc.
- **The Emergency Grant Program** - helps with emergency repair to major systems that unexpectedly fail, including furnaces or water heaters.

Long Term Care Ombudsman

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

Landlord-Tenant Services

The City of Longmont's office of Community and Neighborhood Resources provides information to both landlords and tenants on all aspects of the landlord/tenant relationship, including law and legal process and general guidance on how to create successful tenancies. Longmont Mediation Services, in the same office, provides a range of mediation options for landlords and tenants, including phone mediations, sit-down mediations to help with lease rescissions and modification of payment agreements, and eviction hearing mediations. Call 303-651-8444 or email cnr@longmontcolorado.gov

FILE OF LIFE

If you are home alone and suddenly become ill, how would the paramedics know your specific medical needs and who to call for you? If you are in a car accident and unconscious, how would the emergency responders know about your allergies and medical status? You can prepare yourself for these medical emergencies by posting the File of Life prominently on your refrigerator. First responders are trained to look for this information there. Also, consider carrying the File of Life in your car and in your wallet or purse. This handy, concise card contains information that details your medical conditions, allergies, and medications. It also lists your emergency contacts and insurance information. You can get your free cards from Boulder County CareConnect, 303-443-1933. www.careconnectbc.org, or at the Senior Center.

IN-HOME SERVICES

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

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

Fix-It Folks - Volunteer Fix-it Folks are available to come to your home to make minor repairs and install grab bars. You purchase the necessary supplies. Call CareConnect at 303-443-1933 ext. 414.

In Home Services - a list of non-medical and medical services is available online at www.bouldercountyhelp.org; click on Seniors & People with Disabilities, then click the link for the Service Directory, and finally click on the link for In-Home Assistance & Home Health Care. You can also check with the Senior Center front desk.

SAFETY

Personal Locator System - Colorado Life Trak is a personal locator system operated by the Boulder County Sheriff's office and local law enforcement. Individuals with a propensity to wander and unable to communicate personal information wear a wristband that can be tracked electronically when the need arises. Applications available at the Senior Center front desk or download from <http://www.bouldercounty.org/sheriff/lifetrak.htm>. Call 303-441-3673 for more information.

Longmont Fire Department Smoke Detector Program - Crews can provide smoke detectors for low income seniors. They will also install and change batteries in smoke detectors for anyone unable to do so. Call 303-651-8501 for more information.

Frauds and Scams - see page R3 for more information. Visit Longmont Public Safety online at <http://longmontcolorado.gov/departments/departments-n-z/public-safety-department/public-safety-services/scams> for more local information.

Report Elder Abuse - The County's Adult Protection Unit and the local police respond to reports of physical, emotional, financial, and sexual abuse, neglect, and self-neglect. Call 303-441-1309 for APS.

Longmont Police - The Longmont Police provide information on identity theft on the Public Safety pages at Visit Longmont Public Safety online at <http://longmontcolorado.gov/departments/departments-n-z/public-safety-department/public-safety-services/identity-theft-victim>

FOOD ASSISTANCE, HOSPICE & LEGAL INFORMATION

HOSPICE CARE

Considered to be the model for quality, compassionate care for people facing a life-limiting illness or injury. Hospice and palliative care involve a team-oriented approach to expert medical care, pain management, and emotional and spiritual support expressly tailored to the person's needs and wishes. Support is provided to the person's loved ones as well. The focus of hospice relies on the belief that each of us has the right to die pain-free and with dignity and that our loved ones will receive the necessary support to allow us to do so. Hospice care is covered under Medicare, Medicaid, most private insurance plans, HMOs, and other managed care organizations. Information regarding all hospice providers, including those who service the Longmont area, may be found at <http://boulder.co.networkofcare.org/aging/services/index.aspx> and click on In-Home Assistance.

FOOD

Carry-Out Caravan - A free grocery shopping service for people 60+. To place your order, call 303-241-4426 on MONDAY between 9:00 a.m. and 5:00 p.m. CareConnect volunteers fill orders and deliver to you on TUESDAY MORNING. Thank you to King Soopers. You must sign up first before calling in your order. Call 303-443-1933 to enroll.

Eldershare - Adults 60+ can receive supplemental food items twice a month at the Longmont YMCA. Maximum income of **\$1,276** per month for a family of one, **\$1,726** for two. Call 303-652-3663 for an application and information.

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



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

Food assistance (SNAP) can use their Colorado Quest (EBT) card to purchase SNAP-eligible foods at the Longmont Farmers Market. For every SNAP dollar spent, shoppers will receive one Double Up Food Buck (up to \$20 per market visit) to purchase locally grown fruits and vegetables throughout the market. For more information, visit bouldercountydoupleup.org or call 303-441-1330.

LEGAL

Legal Aid – Boulder County Legal Services is available to assist those Boulder County residents 60+ with legal issues. For appointments, call 303-449-7575 or visit their website www.ColoradoLegalServices.org



Law Clinics – There are free legal clinics at the Longmont Senior Center with attorneys available to answer questions about family law, bankruptcy, probate, and more. **The next clinic will be August 22 from 5:30 – 7:30 p.m.** No registration required. Call Susan Spaulding at 303-651-8444 if you have questions.

Victim Advocate – This individual works with the Police Department to serve the needs of people who have been victims of a crime in Longmont. Call 303-651-8855 for more information.

Advance Planning – Contact Peggy Arnold, M.A., *AgeWell* Coordinator, at 303-649-3616 to discuss advance medical directives such as living will, medical power of attorney, the Five Wishes documents, and ethical wills or legacy stories.

Rocky Mountain Legal Center – A non-profit organization providing free civil legal representation, mediation, and counseling services to qualifying low-income families, singles, parents, and seniors. Sliding scale fees available. Please call 720-242-8642.

CITY OF LONGMONT EMERGENCY ALERT

If police & fire had to reach you in an emergency, could they?

Anyone living within Longmont city limits who no longer has a landline in their home and wants to receive police and fire emergency notifications (known as reverse 9-1-1) must register. If you own additional communication devices, i.e., cell phones, VoIP (voice over Internet protocol), email, etc., you will also want to sign up for this service as it provides a number of additional ways in which emergency information can be disseminated quickly. You can sign up yourself at <http://longmontcolorado.gov/news/city-emergency-alert>. If we can't reach you, we can't alert you.

TRANSPORTATION

Via provides low-cost, door-to-door, wheelchair accessible transportation in Longmont and surrounding communities. Ride requests can be made from 1 to 7 days in advance. Same-day rides may be possible if space is available.

To Schedule a Ride:

New riders: Call 303-447-2848, press 1 to register and schedule your first ride with Via.

Current riders: Call 303-447-9636, or go to www.viacolorado.org for information on how to request your ride on-line.

Service within Longmont:

Fares*: \$3.00 one-way

Monday-Friday: 7:30 a.m. to 5:00 p.m. and

Sunday: 8:00 a.m. to 12:30 p.m.

Service between Longmont & other towns:

Fares*: \$6.00 one-way

Monday-Friday: Call for trip times

No-fare (free) or reduced-fare options are available for those who meet income guidelines. Completion of a Discounted Fare Request Form. Please call 303-447-2848, press 1037 for more information.



OTHER TRANSIT-RELATED SERVICES:

Travel Training:

1-on-1, comprehensive individual and group instruction prepares seniors and people with disabilities to safely and confidently use RTD and Call-n-Ride buses.

Call 303-447-2848, ext. 1048 to learn more.

Mobility Options:

Via's Customer and Community Services Coordinator can provide information and referrals, individualized travel plans, and help you or your family member identify transportation services that best meet your needs and circumstances. Call 303-447-2848, ext. 1047

Medical Mobility- Boulder County

Medical Mobility is a volunteer driver program that provides escorted rides for ambulatory older adults to medical appointments. Volunteers use their own vehicles to pick up clients from their home and wait at the appointment to take the client back home. Drivers can also stop by pharmacies to pick up prescriptions along the way. Services are provided at no cost for those who cannot pay through donations from those who can. Request Medical Mobility services by enrolling in the program on the Boulder County CareConnect website (www.careconnectbc.org) or call 303-443-1933 ext. 414.

Weld County Transportation

www.seniorresourceservices.info/

Car Sharing: 303-720-1185 or info@carshare.org

Mileage Reimbursement Program:

Via's Family and Friends Program provides mileage reimbursement to riders for trips provided by family, friends, and neighbors. Qualifying rides include those trips within Via's service area which Via is unable to provide due to scheduling constraints or trips that occur outside Via's regular service hours/days such as trips to the Denver metro area for medical reasons. Medicaid eligible trips are not reimbursable. Riders must first be registered with Via and trips must be preauthorized by calling 303-447-9636. Learn more at www.viacolorado.org

Call-n-Ride (Longmont)

For Longmont Call-n-Ride information, to schedule a ride, or to register as a new rider call 303-994-3551 or 303-994-3552. Once you are registered as a rider you can also schedule your rides on line at www.rtd-denver.com. Reservations may be requested three days to two weeks in advance. Rides are scheduled on a first come-first served basis and cost \$1.10 each way for seniors. For more information regarding Call-n-Ride or RTD bus routes call 303-299-6000.

Berthoud Area Transportation

For transportation in Berthoud and to connect with services, call 970-532-3049 for BATS or www.berthoud.org and for rural Berthoud transportation, call 970-532-0808 or www.berthoudraft.org.

RTD Special Discount Card

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

TELEPHONE REFERRAL

AARP (Colorado Office)	1-866-554-5376	Medicaid (BCDHHS)	303-678-6000
AARP Legal Services	1-888-687-2277	Medicare	1-800-633-4227
ACMI - Nursing Home Diversion (HCBS)	303-439-7011	Medicare Counselor	303-441-1546
ADRC Information & Referral	303-441-1617	Mental Health Partners	303-413-6263
Adult Day Care - Homestead	303-772-9152	Mental Health Crisis Line 24/7	303-447-1665
Adult Protection (Report Elder Abuse)	303-441-1309	Nursing Home Monitoring	303-441-1173
AgeWell (Located at the Senior Center)	303-649-3616	OUR Center	303-772-5529
Alzheimer's Assoc. 24-Hr Helpline	1-800-864-4404	Parkinson's Association of the Rockies	303-830-1839
Arthritis Foundation	303-756-8622	Peer Counseling - Longmont	303-651-8414
Audio Information Network	303-786-7777	Poison - Rocky Mt. Poison Control	1-800-332-3073
Better Business Bureau	303-327-4500	Police, Longmont non-emergency	303-651-8501
Boulder County CareConnect	303-443-1933	Reverse Mortgages - Boulder County	303-441-1544
Center For People With Disabilities	303-772-3250	Rocky Mountain Legal Center	720-242-8642
Centura Health Integrative Medicine (HCIT)	303-651-5188	Safe Shelter (was Longmont Coalition)	303-772-0432
Colorado Division of Insurance	303-894-7499	Salud Clinic	303-776-3250
Colorado Life Trak	303-441-3646	Senior Centers in the area	
Colorado No-Call Program	1-800-309-7041	Berthoud	970-532-2730
Colorado Talking Books Library	303-727-9277	Boulder (East)	303-441-4150
Community Protection (Boulder County)	303-441-3700	Boulder (West)	303-441-3148
Dental Aid-Longmont	303-682-2619	Lafayette	303-665-9052
El Comité	303-651-6125	Longmont	303-651-8411
Elder Care National Locator	1-800-677-1116	Louisville	303-666-7400
Elder Watch Fraud Hotline	1-800-222-4444	Loveland	970-962-2783
Employment, Workforce Boulder County	720-864-6600	Senior Opportunity Source	303-527-0627
Foot Care Clinic	303-651-5224	Senior Reach	1-866-217-5808
Food Programs		Social Security	1-800-772-1213
- Carry Out Caravan	303-241-4426	Social Services (BOCO HHS)	303-678-6000
- Eldershare	303-652-3663	Stroke - Rocky Mt. Association	303-730-8800
- Meals on Wheels	303-772-0540	Suicide Prevention Hotline	1-800-273-8255
- Share Colorado	1-800-933-7427	Transportation	
Fraud - Attorney General Hotline	1-800-222-4444	Access-A-Ride	303-292-6560
Inspector General Hotline	1-800-447-8477	RTD	303-299-6000
Grandparents Raising Grandchildren	303-651-1106	RTD Call-n-Ride (East)	303-994-3552
Health Department, Longmont	303-678-6166	RTD Call-n-Ride (West)	303-994-3551
Housing: Longmont Housing Authority	303-651-8581	Via	303-447-9636
Legal Services of Boulder County	303-449-7575	TRU CommunityCare	303-449-7740
Legal Services AARP	1-888-687-2277	24-Hour Mental Health Crisis Line	303-447-1665
Lifeline	303-441-2200	Veteran Services - Longmont	720-864-6663
Loan Closet Medical Equipment		Victim Advocate - Police	303-651-8855
American Legion (Marilyn)	720-771-2676	Weatherization	720-864-6401
Elks	303-776-1055		
Moose	303-776-4911		
Longmont Ending Violence (LEVI)	303-774-4534		
Longmont United Hospital	303-651-5111		
Long Term Care Ombudsman	303-441-1173		
Low Income Energy Program (LEAP)	303-678-6023		
Low Vision Group - Longmont	720-308-3087		



Boulder County help.org
Linking you to community resources

www.bouldercountyhelp.org
303-441-1617

HEALTH & WELLNESS SERVICES PROVIDED BY *AgeWell*



Office Hours:	Mondays 9:00 a.m. – noon Tuesdays through Thursdays 9:00 a.m. – noon & 1:00 – 4:00 p.m.
Closed:	Fridays
Telephone:	303-649-3616
Location:	Longmont Senior Center



Wellness Clinic - The Nurse Is In!

When: Every Monday

Time: 9:00 a.m. – noon

WALK-IN – OPEN TO ALL

NO APPOINTMENT NECESSARY

We focus with you on your wellness goals and support you in achieving them. Be proactive and preventive about your health care by stopping by our office to explore the possibilities with our nurse, who can check your vital signs as well. If you need more time, you can schedule a wellness consult with the nurse.

Therapeutic Services

Various forms of massage therapy to meet your unique needs are available at the *AgeWell* office. Detailed information describing the therapies, fees, and schedules is available there. Please stop by or call 303-649-3616 to schedule an appointment.

Advance Planning Assistance Services

We can help you review and update your advance medical directives (living will, medical power of attorney, Five Wishes) or provide you with new documents. We can also discuss ethical wills and other forms of personal legacies, if you wish. Call 303-649-3616 for an appointment with the *AgeWell* Program Coordinator.

Foot Care Clinic

Date: 2nd & 4th Fridays

Time: Noon – 4:45 p.m.

Cost: \$46.00 for 1st assessment,
\$36.00 for follow-up visits, \$11 for fingernails.
*There is an extra charge for home visits
or special needs.*

Foot care is offered by a registered nurse and includes short foot massage, foot bath, and nail and callus care. Perfect for those with diabetes and anyone who may have special foot care needs. Other times are also available at alternate sites.

**Call Summer Cares LLC at 303-651-5224
for an appointment.**

SUPPORT GROUPS

There are three new support groups through Longmont United Hospital (LUH):

Chronic Pain Empowerment Group:

First Tuesday each month, 1:00 – 3:00 p.m. at the Senior Center. Contact: Jay Valusek, 720-442-2656 or jay@JayEvalusek.com

Prostate Cancer Support Group:

Third Thursday each month, 6:30 – 8:00 p.m. in Gauguin room at Longmont United Hospital. Contact: Bob Erickson at 303-651-0732 or fishharp23@hotmail.com

Ostomy Support Group:

First Thursday each month, 1:00 – 2:30 p.m. in the Gallery at Longmont United Hospital. Contact: Tarah Westerman, 303-485-4196.

Additionally, there are a variety of support groups for other medical issues such as cancer, diabetes, and stroke. Please see the LUH Calendar of Events for further information:

<http://www.luhcares.org/Events-Calendar.aspx>