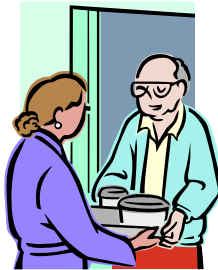




# Summit County Senior Citizens



## Directory of Services



*Updated: March, 2009*



<http://www.co.summit.co.us/Seniors/home.htm>

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## **About Summit County Senior Citizens, Inc.**

### **WHO ARE THE SUMMIT COUNTY SENIOR CITIZENS (SCSC)?**

SCSC is a group of seniors age 55 and over, who enjoy organized activities and provide valuable volunteer services to the Summit County community. In addition to hosting a wide variety of social activities, SCSC members participate in a broad range of community events as volunteers. Most of the social and athletic activities take place at the Summit County Community & Senior center in Frisco; however many occur in locations throughout the county, especially athletic activities. For detailed activity and event information, please check our monthly newsletter at: [http://www.co.summit.co.us/Seniors/Newsletter/current\\_newsletter.pdf](http://www.co.summit.co.us/Seniors/Newsletter/current_newsletter.pdf)

**Location:** 151 Peak One Blvd. – Frisco

**Mailing Address:** PO Box 1845, Frisco, CO 80443

**Phone:** (970) 668-2940

**Website:** <http://www.co.summit.co.us>

**E-mail:** [seniors@co.summit.co.us](mailto:seniors@co.summit.co.us)

Kathryn Grohusky, Manager [kathryng@co.summit.co.us](mailto:kathryng@co.summit.co.us)

Christy Nelson, Volunteer Coordinator [christyn@co.summit.co.us](mailto:christyn@co.summit.co.us)

### **2008-2009 Senior Executive Council**

The Senior Executive Council coordinates and manages the financial, business and other affairs of the Summit County Seniors. The Council consists of the 9 Board of Directors, the Past President, Chairpersons of the standing committees, Chairperson of the Nominating Committee and up to three Members at Large. Appointed officers are President, First Vice President, Second Vice President, Secretary, Corresponding Secretary, Treasurer and Assistant Treasurer. There are 25+ standing committees which are organized into four major categories: year-round indoor activities, year-round social activities, summer outdoor activities and winter outdoor activities. Council meetings take place at the Senior Center on the first Tuesday of every month unless otherwise noted. All seniors are welcome to attend these meetings. If you are interested in serving on the Council or on any of the committees, please contact the Senior Center at (970) 668-2940.

<b><u>Elected Board Officers</u></b>	<b><u>Chair</u></b>	<b><u>Phone</u></b>
President	Bruce Shults	(970) 468-9115
Vice President	Jim Fuxa	(970) 668-0407
Treasurer	John Roberts	(970) 668-8961
Assistant Treasurer	Roxanne Smith	(970) 668-0407
Recording Secretary	Mil Plant	(970) 668-1352
Past President	Pat Hutson	(970) 453-2461
Board Member	Jean Reitan	(970) 262-0381
Board Member	Becky Hopkins	(970) 262-9461
Board Member	Dennis Nemura	(970) 262-3811

### **Committee Chairpersons**

Corresponding Secretary	Marie Roberts	(970) 668-8961
Bridge	Corley Friesen	(970) 262-0417
Indoor Activities	Margery Nemura	(970) 262-3811

Trips	Luisa Stafford	(970) 389-1254
Outdoor Activities	Bonnie Guthrie	(970) 468-0405
Outreach	Andy Searls	(970) 668-0625
Publicity	Margery Nemura	(970) 262-3811
	Jean Reitan	(970) 262-0381
Senior Winter Games	Donna Rushing	(970) 668-2077
Nutrition Site	Andy Searls	(970) 668-0625
Membership	Linda Desmond	(970) 468-7509
Wellness & Health	Ed Ozark	(970) 513-4621
	Susana Novembre	(970) 262-9425
Nominating Area Council	Pat Hutson	(970) 453-2461
	Anne Crane	(970) 668-5234
Ways and Means	Dennis Nemura	(970) 262-3811
	Corina Aragon	(970) 513-1285
Rummage Sale	Jean Reitan	(970) 262-0381
Co-op Sales	Corina Aragon	(970) 513-1285
	George Sherman	(970) 668-1867
Frisco Chamber Liaison	Becky Hopkins	(970) 262-9494
Finance	Bruce Shults	(970) 468-9115
Investment	Larry Niedergerke	(970) 547-2170
G.A.L.S.	Sandy Ruggaber	(970) 513-8468
Landscaping	Marie Roberts	(970) 668-8961
Monday Dinner	Jim Fuxa	(970) 668-0407
Hug A Bear	Margery Nemura	(970) 262-3811

### **Membership Dues**

Summit County Seniors annual membership dues are \$10 per person, per calendar year.

### **Summit Seniors Survey**

In early 2005, the Summit County Senior Citizens (SCSC) organization completed a Needs Assessment of the seniors in Summit County. As a result, a Directory of Senior Services was developed to be used by "Concierges of Seniors Services" to refer seniors to services available to them. These services are available to all seniors through the SCSC, the public sector which includes Federal, State and Local governments, and the private sector. By doing this, seniors in Summit County are able to age in place at home where they are more comfortable and expenses are less. Additionally, the SCSC is currently working with the County, the hospital, and local governments to explore options for away from home care such as an assisted living facility.

## Summit County Seniors - Programs & Services

Summit County Seniors offer a variety of services that are beneficial to its members. The goal of these services is to promote the well being of its members physically, socially, and mentally. All seniors, including non-members, are invited to use these services. Non-members are encouraged to join SCSC and enjoy all of the benefits associated with paid membership. Specific time and date information for these services can be found in the current monthly newsletter, provided free to SCSC members.

### **Meals Program**

The meal program is designed to provide nutritionally sound meals for seniors.

#### Tuesday/Thursday Luncheon

Great food and great people make our luncheons a fun activity. Come join us for a nutritionally sound meal and save yourself from having to cook lunch. Please call the office at 668-2940 to make your reservation. Lunches are delivered by volunteer seniors for the homebound. Seniors age 60 and over are eligible for a sliding scale with a suggested donation for meals. Guests under 60 pay \$6.

Monday/Wednesday/Friday – Bristlecone Home Healthcare Services offers a luncheon delivery program for homebound of all ages. Meals are provided by local restaurants.

#### Monday Night Dinner

Join us for this healthful social opportunity. Monday Night Dinner is by reservation only. Sign up at the Center or call (970) 668-2940. Call ASAP if you must cancel. Remember, if you don't show, you still owe. Serving starts at about 5:30 pm. Help with setup is always appreciated; please be there to assist at 4:40 pm. Meals are \$6. Delivery is also available for homebound seniors.

### **Health, Wellness & Exercise**

#### Health Screenings

Wellness testing is offered to seniors by the Summit Medical Center. Forms are available at the senior center to be turned in at the Summit Medical Center for the following lab work: blood chemistry profile, lipid profile (includes cholesterol, triglyceride, HDL, LDL), CBC, and thyroid screen (cost is \$67); prostate specific antigen (men only, cost is \$26); blood screening (cost is \$5); blood type (cost is \$25). Call the lab at (970) 668-2808 for more info.

#### Exercise Programs

- Exercise programs are offered periodically through SCSC. Please check at the front desk to sign up if you are interested in participating.
- Tai Chi and a variety of other exercise programs are offered through Colorado Mountain College throughout the year. Contact CMC at (970) 468-5989.

#### Silverthorne Recreation Center

430 Rainbow Drive  
Silverthorne, CO 80498  
(970) 262-7370

[www.silverthorne.org](http://www.silverthorne.org)

Silver Sneakers is offered at the Silverthorne Recreation Center. These classes are easy on your joints and appropriate for individuals who exercise regularly as well as those who may not have exercised in years. Classes are designed to improve your strength and flexibility and assist you in performing functional activities. Call the Rec Center at 262-7370 for more information.

Breckenridge Recreation Center  
880 Airport Road  
Breckenridge, CO 80424  
(970) 453-1734  
[www.breckenridgerecreation.com](http://www.breckenridgerecreation.com)

### **Outreach Committee**

#### Outreach Committee

We all need help sometimes and your senior friends are ready to provide it if you inform this special committee of the need. If you know someone who needs some kind of help, please call the Center at 668-2940 or contact Andy Searls at 668-0625.

The Outreach Committee provides rides for medical appointments, help with shopping and cleaning, hospital visitations, and other services. Volunteers find this service both enjoyable and rewarding. If you would like to volunteer, please let the committee know.

### **Indoor Activities**

#### Bridge

- Party bridge is played on Tuesdays at 1:00 pm in the Hobby Room. Please be there by 12:50.
- Duplicate bridge is played every Monday and Friday from 1:00 to 4:30 pm. You need to have a partner or call Corley at 262-0416. \$1 donation requested. ACBL sanctioned.
- Supervised play is every Wednesday from 3:30 to 5:30 pm. Call Maggie at 547-4613 for info.
- Advanced beginner & intermediate bridge classes are available periodically. Please call Corley for details at 262-0416.

\*All bridge games are fragrance free. Please respect the health of others and refrain from wearing any fragrances.

#### Cribbage

- Cribbage is played on Thursdays at 1:00 pm in the Hobby Room. For more info, call Joe McIntyre at 513-6813.

#### Scrabble

- Join us for fun Scrabble games on Thursdays at 1:00 pm in the Hobby Room. For info, contact Helen Fitzgerald at 468-7630

#### Mah Jong

- Games will be on Tuesdays and Fridays at 1:00 pm. For more info, call Marcia at 668-8322.

#### Café Scientifique at the Summit

- This basic forum is an opportunity to hear a speaker who presents a current topic of scientific interest, followed by 45 minutes to an hour of open discussion. The underlying goal is to elevate the learning curve of people in scientific issues so that they may make rational rather than emotional decisions on controversial topics. This group meets the last Tuesday of the month from 7:00 to 8:30 pm at the senior center.

#### Tale Spinners

- Meets the first Monday of each month at 11:30 am for a “brown bag” lunch followed by a speaker. For more info, call Allan Schutt, Program Chairman, at 668-8322, or Ron Nelson, Secretary-Treasurer, at 453-7661.

### Book Club

- This group meets monthly on Tuesdays to discuss a variety of book selections. Check the newsletter for more info.

### Playreaders

- The Playreaders group reads a variety of plays aloud, switching roles so everyone has a chance to participate. This group meets in the Ute Room as scheduled. For more info, call Nelsie Peterson at 719-486-7642 or Ferne Hampel at 970-468-7642.

### Outdoor Activities

#### Senior Garden

- Senior volunteers help tend the senior center garden at 9:00 am on Tuesdays all summer. Contact Marie Roberts for more info at 668-8961.

#### Golf

- Meets on Tuesdays at Keystone River Golf Course during the summer. \$55 includes 9 holes, cart, balls, lesson and lunch (includes tax & tip). Other golf outings are scheduled throughout the season. See the monthly newsletter, or contact Dennis Nemura at 262-3811.

#### Hiking

Hikers may select from four different hiking groups of varying ability levels:

- Herd of Turtles (HOTS) for casual hikes - call Sandy at 513-8468;
- Walkie Talkies (Hikers with a New Altitude) for moderate to difficult trails - call Corina at 513-1285;
- Summit Older Bushwackers (SOBs) for moderate to difficult hikes – call Charlotte at 668-8672;
- Mountain Goats for more strenuous hikes – call Bonnie at 468-0405.

#### Biking

- Meet for moderate cycling every Friday by 9:30 am. Call John Karras at 262-6458 for info.

#### Senior Winter Games

- Held each February. Competitive events include ice skating, hockey goal shoot, alpine skiing, biathlon, Nordic skiing, snowshoeing, and snowball throwing. Contact the center at 668-2940.

### Social Activities

#### G.A.L.S.

- This group of single women meets the first Thursday of each month at various homes. Please call Sandy Ruggaber for more info at 513-8468.

#### Red Hat Society

- Meets monthly for lunch. Contact Margery Nemura at 262-3811.

### Trips

A variety of trips is offered throughout the year including historic tours, theatre, and shopping excursions. Please contact the Center for details about upcoming trips or see the Senior Newsletter.

## **Computer Assistance**

- Beginner computer classes and personal computer assistance is offered at the Senior Center with 3 students per class. Call the Center at 668-2940 to register.
- Help with specific computer problems (software and hardware) is offered by Joanne Stolen (970) 453-0743, or Otis Halverson (307) 421-2036.
- The Center's computers are available for seniors to use Monday through Friday from 8 to 5 pm, unless there is a meeting scheduled in that room. Each computer has Word, Access, Excel and the Internet, all share a printer.

## **Services for Seniors**

### **Support Groups**

- The Cancer Support Group meets the last Wednesday of each month at 7 PM in the Hospital classroom. The group provides an open, supportive environment in which women cancer patients and survivors can discuss issues that concern them. Through special programs and guest speakers, the group provides educational opportunities to help women living with cancer and their families. Contact Joan Davids at 513-9898 for further info.
- The Alzheimers Association/Memory Loss Support Group meets the first Wednesday of every month at the senior center from 4:30 to 5:30 pm. This drop-in group includes trained facilitators ready to field requests for information. For more information, please call Christy Nelson at 668-2940.
- Prostate Cancer support meetings are held monthly. Please contact Bob Faucett at 547-1440.

### **Senior Discounts**

- Summit Thrift & Treasure offers seniors 50% off on Mondays from 11:00 am to 6:00 pm.
- Check with the concierge for a current listing of all Summit County businesses which offer discounts to seniors.

### **Five Wishes and File of Life**

- Five Wishes is an excellent tool for letting your family know your end-of-life wishes. Five Wishes packets are available at the senior center for \$1.00.
- File of Life contains emergency medical contacts and your medication list. This program is offered free through the Senior Center.

Contact Christy Nelson at the Senior Center for more info on these programs at 668-2942.

### **Ask a Lawyer Day**

Ask a Lawyer Day is offered on the first Thursday of every month at 6:30 PM at Lord of the Mountains Church (corner of Highway 6 & Evergreen Road in Dillon). Bring your legal questions for a private 15-minute consultation with a lawyer.

### **City Market Cares**

Link your City Market Discount Card to Summit County Seniors, and our group will receive a portion of the money you spend back from the store. Sign up at the Center.

### **Senior Name Tags**

Seniors may order nametags at the Center office for \$5.50/name tag.

## **Hobbies**

### **Four Wheel Drivers**

The Summit ORF Roaders (Old Retired Folks) hit the back roads on Thursdays. If you are interested, please contact Steve McCammon at 262-7931 or [srmccammon@comcast.net](mailto:srmccammon@comcast.net) for more information.

## **Volunteer Opportunities**

### **RSVP**

The Retired and Senior Volunteer Program helps individuals age 55 and older put their skills and life experience to work for their communities. RSVP volunteers do just about everything – from tutoring to leading recreational groups. RSVP volunteers choose how and where they want to serve. If you are already volunteering in the community or are interested in becoming a member, please pick up an application at the senior center, or call Christy at 668-2942.

### **The Outreach Committee**

The Outreach Committee is always seeking new members to drive seniors to doctor appointments, grocery shopping and other personal errands. They also send cards to seniors who are in the hospital or need a special occasion card. Please call Andy Searls at 668-0625 or Christy Nelson at 668-2942.

### **Senior Center Office**

If you are interested in volunteering in the Center office, please call 668-2940.

### **Home Delivery Volunteers**

Volunteers are needed to deliver meals to needy seniors who cannot get out of their houses. Deliveries are made Monday nights at about 5:30 pm and Tuesdays/Thursdays at about 11:45 am. Please call Andy Searls at (970) 668-0625.

### **Frisco Information Center**

Seniors are encouraged to help on Sundays at the Frisco/Copper Information Center. This is a great way to meet people from all over the country and abroad, share experiences and provide insights into our great county. SCSC receives payment for volunteer hours served. Call Becky Hopkins at 668-9494 or Aleene Nyquist at 668-8585.

### **Adopt A Trail**

SCSC has adopted a trail to work on and maintain each summer. Please contact Bonnie Guthrie at 468-0405 if you are interested in helping.

### **Little Stitches**

This group sews, knits and crochets dresses to give away each Christmas. Contact Eve Statz at 547-2809.

### **Hug A Bear**

This program provides teddy bears for sick or injured children who are in the care of the Summit Medical Center, local fire and police departments, ski area medical centers, or who ride in the ambulance. Call Margery Nemura at 262-3811 for more info.

### **Ways & Means**

Summit County Seniors oversee two major events for fundraising:

- Sell margaritas at the Frisco Barbeque Challenge, Music on Main Street and the Fourth of July parade during the summer. Contact Corina Aragon at 513-1285.
- Rummage Sale – a major fundraiser held each August to raise money for local organizations which benefit seniors. Contact Jean Reitan at 262-0381.

## Community Resources

### **Adult Day Care**

#### **Timberline Adult Day Services**

Candace Selk Barnes, Director  
0151 Peak One Blvd.  
PO Box 1327  
Frisco, CO 80443  
(970) 668-2952  
[www.timberlineadultday.org](http://www.timberlineadultday.org)

Timberline Adult Day Services, housed at the senior center, provides daytime care for adults limited in their ability to function independently. Services include healthful meals and snacks, social experiences, daily exercise, music, medical monitoring and activities in a safe, nurturing environment. Timberline is currently open three days per week (Monday, Tuesday and Thursday) from 7:45 am until 4:45 pm. If a person qualifies under the Home and Community Based Services Program, Medicaid will cover the cost of services.

### **Area Agency on Aging**

#### **Alpine Area Agency on Aging (AAAA)**

Jean Hammes  
P.O. Box 2308  
249 Warren Ave.  
Silverthorne, CO 80498  
1-800-332-3669, extension 107  
(970) 468-0295, extension 107  
<http://www.nwc.cog.co.us/Programs/AAAA/aaaa.htm>

AAAA is the designated regional planning agency for services to seniors in the five- county area known as Region XII. Federal Older Americans Act funds are used in conjunction with state, county, and local funds to develop and implement a comprehensive and coordinated system of service to the elderly in the region. These services include:

- Transportation
- Homemaker and personal care services
- Congregate and home delivered meal services
- Information and referral
- Outreach to minorities and low income seniors
- Medicare counselors
- Ombudsman services in nursing homes
- Legal services
- Old Age Pension Dental Care program
- Caregiver program

**Eligibility:** The person receiving care or the person providing care must be 60 years of age or older and must reside in one of the following counties: Jackson, Grand, Eagle, Summit or Pitkin.

A person needing care must require ongoing supervision and/or care in order to live in his/her home. Priority will be given to clients requiring 24 hour in-home care, but clients who do not require a live-in caregiver, those in need of frequent care or services throughout the day may also be served.

The AAAA uses federal Older Americans Act funds in conjunction with state, county, and local funds to develop and implement a comprehensive and coordinated system of services for the elderly.

### **Blood Pressure Checks**

WalMart Pharmacy, Frisco

City Market Pharmacy, Breckenridge and Dillon

Safeway Pharmacy, Frisco

### **Cancer Services**

#### **Shaw Regional Cancer Center**

PO Box 2259

Edwards, CO 81632

(970) 569-7429

[www.shawcancercenter.com](http://www.shawcancercenter.com)

Shaw Regional Cancer Center is a unique cancer treatment center located in the Vail Valley. By combining the expertise of highly trained physicians, cancer specialists and advanced technology with the healing powers of nature, Shaw Cancer Center provides an innovative, high quality cancer treatment center that focuses on restoring the mind and the body, empowering cancer patients to become cancer survivors. A source of healing, comfort and peace can be found within the beauty and serenity of the Rocky Mountains at Shaw Regional Cancer Center.

#### **Rocky Mountain Cancer Center**

7951 Maplewood Ave.

Greenwood Village, CO 80111

(888) 259-7622

<http://www.rockymountcancercenters.com/>

RMCC is Colorado's largest and most comprehensive provider of cancer care with 20 locations and 70 physicians throughout the state. RMCC physicians are actively involved in leading research with approximately 140 ongoing clinical trials encompassing all major cancer types.

### **Community Healthcare**

#### **Summit Community Care Clinic**

PO Box 4337

Frisco, CO 80443

970-668-4040

[www.summitclinic.org](http://www.summitclinic.org)

The Summit Community Care Clinic offers affordable health care for families who have no insurance or high deductible insurance and meet low income requirements. Healthcare services include medical, dental, women's health, mental health and physical therapy. Located next to Summit Medical Center in Frisco, the care clinic is open Monday through Friday from 8 am to 5 pm.

### **Emergency/Disaster Preparedness**

#### **American Red Cross**

Lindsay Ishman, Service Center Manager

PO Box 120

Dillon, CO 80435

(970) 262-0530

<http://www.summitcountyredcross.org/>

Visit the American Red Cross website to find out how to make an emergency kit for your family, how to make an emergency plan for your home, learn about upcoming first aid and CPR classes and how to volunteer in our community.

### **Summit County Health Department**

Deb Crook

(970) 668-9198

The Summit County Health Department is actively involved in planning to meet public health responsibilities in times of emergency or disaster.

SCHD has a role in all hazards preparedness to implement policies or programs and provide health information to the public in order to prevent and mitigate public health emergencies.

SCHD has a primary responsibility for responding to the health and medical needs of the public generated by a disease outbreak in Summit County.

SCHD has a supporting role in providing technical expertise and assistance to other first responders during other types of disasters in Summit County.

### **Energy Assistance**

Colorado Department of Human Services

1575 Sherman Street

Denver, CO 80203

(303) 866-5700

<http://www.cdhs.state.co.us/leap/>

The Low Income Energy Assistance Program (LEAP) is a federally funded program administered by the Colorado Department of Human Services and is designed to assist with winter heating costs. The LEAP Program eligibility period runs from November 1st through April 30th.

*(Please also see "Programs for eligible seniors" on page 16)*

### **Family & Intercultural Resource Center**

Rob Murphy

330 Fiedler Avenue

(970) 262-3888

Dillon, Colorado 80435

[www.summitfirc.org](http://www.summitfirc.org)

The Family & Intercultural Resource Center (FIRC) is a non-profit organization that aims to enhance the quality of life in Summit County by providing information, assistance and education to families, immigrants and refugees. The FIRC fosters collaboration among community agencies and businesses and advocates for family and cultural competence. FIRC receives funding from the Summit County Seniors to provide emergency financial assistance to qualifying Summit County residents aged 55 and over in five areas:

- Dental expenses
- Drug prescriptions
- Mental health
- Lodging assistance
- Utilities assistance

FIRC also provides advocacy, referral services, thrift store vouchers and items from the food bank.

### **Food Banks – Summit County**

Family & Intercultural Resource Center

(970) 262-3888

Dillon Community Church  
Father Dyer Church

(970) 468-2461  
(970) 453-2250

### **Health Tips**

Summit County seniors have an active Senior Wellness committee that works to promote the health and well-being of its members. In addition to valuable programs that the committee sponsors throughout the year, they also provide monthly health information in the Newsletter. Articles from experts in the field of health and aging are included for the purpose of educating the members. Suggestions and contributions are welcome and gratefully accepted.

### **Home Health Equipment**

Alpinaire Health Care  
Portable tanks, O2 concentrators, durable medical equipment.

(970) 453-8423

### **Hospice & Home Health Care**

Bristlecone Health Services  
Stacy Berry  
PO Box 1327  
Frisco, CO 80443

(970) 668-5604

<http://www.centurahealthathome.org/>

Bristlecone Health Services provides Home Care services, including: skilled nursing, medication monitoring, rehabilitation therapy, personal care, spiritual care and home safety assessment. Infusion services are also available, and Hospice Care services are coming soon.

St. Vincent Home Health Care

(719) 486-7185

[www.svghd.org](http://www.svghd.org)

Skilled nursing and rehabilitation, private duty nursing.

### **Hospitals**

**St. Anthony Summit Medical Center/Centura Health**

(970) 668-3300

340 Peak One Drive  
PO Box 738  
Frisco, Colorado 80443

<http://www.summitmedicalcenter.org/>

With a Level III trauma designation, St. Anthony Summit Medical Center has the highest trauma designation of any organization in the Summit County area. The designation means that we provide surgical, anesthesia and critical care 24 hours per day, 7 days per week. This level of readiness and expertise decreases the need to transfer a patient outside the County, and that means greater convenience and improved care for the people of our community. St. Anthony Summit Medical Center offers a variety of services aimed to the specific needs of seniors, such as health risk assessments, preventative care, health insurance counseling, memory disorders evaluation program, and the "BenefitsCheckUp Colorado" program.

### **Housing**

Summit Housing Authority  
PO Box 188  
110 Ski Hill Road  
Breckenridge, CO 80424

(970) 423-7043

[www.summithousing.us](http://www.summithousing.us)

SHA provides a wide variety of education and assistance programs, including homebuyer counseling, down-payment loans, home rehabilitation loans, rental assistance and Section-8 vouchers.

### **Libraries**

<http://www.co.summit.co.us/library/contact.html>

North Branch Library, Silverthorne  
651 Center Circle

(970) 468-5887

South Branch Library, Breckenridge  
504 Airport Road

(970) 453-6098

Main Branch, Frisco  
County Commons Building

(970) 668-5555

### **Medicare**

1-800-MEDICARE

[www.medicare.gov](http://www.medicare.gov)

Medicare is the federal health insurance program for Americans age 65 and older and for certain disabled Americans. If you are eligible for Social Security or Railroad Retirement benefits and are age 65, you and your spouse automatically qualify for Medicare.

### **Medicaid**

1-800-211-3943

<http://www.chcpf.state.co.us/>

Medicaid is a program that pays for health insurance for some Coloradans who can not afford it. When state and federal eligibility criteria are met, Medicaid covers families with children, pregnant women, the elderly, and people with disabilities. People who are not US citizens can only get Medicaid to pay a life threatening medical emergency. The Colorado Department of Health Care Policy & Financing administers the Medicaid program.

### **Mental Health Services**

**Colorado West Mental Health**

(970) 668-3478

Kathryn Davis, Program Director

PO Box 544

Frisco, CO 80443

[www.cwrnhc.org](http://www.cwrnhc.org)

Colorado West in Summit County is part of a comprehensive community mental health system offering mental health and substance abuse services primarily from our Frisco office on Peak One Drive. We also provide services in local schools, human service offices and medical offices and through many area businesses.

**24 Hour Emergency Services** for persons experiencing a mental health crisis:

For behavioral health crisis situations emergency services are available 24 hours a day, seven days a week. Trained staff provides crisis intervention, evaluation and referral to services throughout the state. We also offer critical incident debriefing for emergency and law enforcement personnel who have responded to a traumatic event.

**Outpatient Mental Health Counseling**

Services include individual, group, couples, play and family therapy. We employ a diverse and professional staff trained in a variety of therapeutic methods. Therapy is also available in Spanish.

**Psychiatry Services**

Available for adults, adolescents and children to evaluate medication needs as part of the treatment

plan. Our medical staff members routinely collaborate with primary health doctors in order to integrate mental and physical health services.

### **Substance Abuse Services**

Include Level I and II DUI Education and Therapy classes that meet court and DMV requirements. We also offer weekly Relapse Prevention groups for people in recovery and the COPES enhanced outpatient program for substance dependence that includes eight months of twice-weekly treatment plus alcohol and drug monitoring. COPES enables clients to remain at home and continue working while receiving an intensive level of treatment. Integrated health care means Colorado West's offices are co-located with primary health care physicians. Clients may choose to receive mental health services at a Colorado West office or at a participating doctor's office. Studies of collaborative care models for depression show integrated physical and mental health care is the most effective.

### **Summit Detox Center**

A sensible alternative for intoxicated community members, made possible through a unique relationship among Colorado West, the Summit County Sheriff's office and municipal law enforcement agencies.

### **Community Education**

Classes and workshops are provided throughout the year to a variety of service organizations and businesses. Topics range from stress reduction and conflict management to groups for parents who have children with attention deficit disorder. Colorado West will design and provide topic-specific training upon request.

Office hours are 8:30 am to 5:00 pm Monday – Friday

Some activities and appointments may also be offered outside of our regular business hours.

### **Nursing Homes/Skilled Nursing Facilities**

All Colorado nursing homes, also called skilled nursing facilities, are licensed by the state through the Health Facilities and Emergency Medical Services Division. Nursing homes are also certified to provide services to eligible Medicare and Medicaid beneficiaries and are expected to meet federal regulations. Both federal and state regulations define Residential Rights (a bill of rights for nursing home residents).

The division enforces state and federal regulations through unannounced annual surveys and complaint investigations. There are about 220 nursing homes in Colorado with close to 17,000 residents.

Annual surveys take place every 9 to 15 months, with an average of 12 months. Complaint investigations are conducted whenever the division receives a formal regulatory-related complaint that falls under division jurisdiction from a family member, staff member, resident or friend.

Nursing homes are operated by for-profit and non-profit organizations. They are found throughout the state, vary in size and offer different programs. All nursing homes provide long term care services to chronically ill persons, including those with chronic mental illness. Many nursing homes also offer short term or extended care rehabilitative services, and special units for people with Alzheimer's disease or other types of dementia.

Visit <http://www.cdphe.state.co.us/hf/static/ncf.htm> to search for Colorado nursing homes by location and to obtain detailed nursing home information.

### **Public Health**

#### **Summit County Public Health**

Deb Crook, Director  
360 Peak One Drive, Suite 230

(970) 668-9161

PO Box 2280  
Frisco, CO 80443  
[http://www.co.summit.co.us/Public\\_Health/index.htm](http://www.co.summit.co.us/Public_Health/index.htm)

Summit County Public Health provides a number of services which include: communicable disease information and surveillance; information and referral and case management for children with special needs, information and referral for Summit Community Care Clinic and information and referral for health care availability in Summit County.

Summit County Public Health provides routine adult immunizations. Please call (970) 668-5230 for current fees. Summit County Public Health does not offer travel immunizations. However, you may call (970) 668-5230 for referral information. Appointments with referral travel clinics or doctors' offices need to be made 4-6 weeks ahead of travel.

### **Flu Shots**

Flu shots are recommended for adults over age 50. Shots are provided each Fall in various locations. Schedules are announced in the Senior Newsletter, or check with the front desk. You may also contact Summit County Public Health at (970) 668-9161.

### **Smoking Cessation Programs**

Summit Prevention Alliance (970) 668-2077  
[www.summitpreventionalliance.org](http://www.summitpreventionalliance.org)

Colorado Quitline (800) QUIT-NOW  
[www.coquitline.org](http://www.coquitline.org)

### **Social Services**

**Summit County Social Services** (970) 668-9160

Joanne Sprouse/Sue Gruber  
360 Peak One Drive, Suite 230  
PO Box 869  
Frisco, CO 80443  
[www.co.summit.co.us/social\\_services](http://www.co.summit.co.us/social_services)

### **Programs for eligible seniors:**

**Adult Medicaid** (970) 668-9173

A medical assistance program for eligible, low income residents of Summit County including seniors, age 60 and over, persons with disabilities and families with dependent children.

**Adult Protection** (970) 668-9166

Services provided to protect vulnerable adults from abuse, neglect, and/or exploitation. Services include an investigation, safety assessment, voluntary services to which the adult consents, and a referral to determine capacity to consent, if necessary.

**Aid to the Needy and Disabled (AND)** (970) 668-9160

Monthly financial assistance for individuals applying for disability via the Social Security Administration. To be eligible to apply for disability, a person must have a disability that is expected to last for at least one year. There are no short-term disability programs through either Social Services or Social Security Administration.

**Food Bank and Government Commodities** (970) 668-9160

Emergency non-perishable food is available on an emergency basis; government commodities are available monthly to individuals qualifying for other benefit programs.

Food Stamps

(970) 668-9173

Supplemental food assistance for individuals/ families that meet income and resource requirements.

Home Care Allowance

(970) 668-9160

Cash assistance to provide caretakers for disabled individuals. Recipients must be eligible for at least one adult financial program and have a needs assessment completed by a case manager from Colorado Options for Long Term Care.

Long Term Care – Home and Community Based Services (HCBS) (970) 668-9160

These Medicaid Waiver Programs provide in-home services and Medicaid to adults and children who meet a certain level of care. Recipients must meet a level of care requiring in-home services under one of the waiver programs offered by the state; meet financial and resource eligibility; and have a determination of disability. The process may take up to three months.

Low Income Energy Assistance Program (LEAP)

(970) 668-9176

LEAP provides help with utility bills from November through April.

Medicare Savings Program

(970) 668-9160

Assistance with Medicare Part B premiums. Applicants must meet financial and resource criteria for one of the three assistance programs offered: Qualified Medicare Beneficiary (QMB), Special Low Income Medicare Beneficiary (SLMB), or Qualified Income Beneficiary (QI-1)

Old Age Pension (OAP)

(970) 668-9160

This program is for individuals 60 years or older and includes income assistance and medical assistance for those individuals earning under a certain need standard.

Summit County Salvation Army

(970) 668-9160

One time, limited emergency assistance for minor medical, dental, car repair, temporary housing, food, gas, etc. Holiday bell-ringing campaign funds this program.

Veterans Services

(970) 668-5360, x13

Assistance with filing claims for insurance, pension, and compensation for disability, hospitalization, vocational training, or any other benefits to which a veteran or his /her family may be entitled. Office is located in the Colorado Workforce Center in Frisco. Call for office hours and appointments.

Transportation

Summit County seniors are fortunate to have access to the local transportation system, Summit Stage, for in-county transportation. The bus routes are convenient to most neighborhoods. Route schedules can be picked up at the Center or at the bus stops throughout the county.

- Mountain Mobility is another form of transportation available to individuals unable to access the regular county transportation. Call 970-668-0999 to schedule rides on Mountain Mobility.
- Transportation is available to the three meals at the senior center. Call Martha Kroepler at 970-453-8003 to arrange a ride to the meals.
- Summit Stage provides transportation for seniors to attend organized activities both in and out of the county. When signing up for a trip with the seniors make sure you ask whether transportation is provided through Summit Stage.

- Medical trips to Denver are provided through volunteers working with the Retired and Senior Volunteer Program. To arrange for a trip to Denver call the Center at 970-668-2940 at least 5 days in advance.

### **Summit Foundation**

PO Box 4000

Breckenridge, CO 80424

(970) 453-5970

[www.summitfoundation.org](http://www.summitfoundation.org)

The Summit Foundation is a community foundation for Summit County and neighboring communities that serves as a philanthropic and charitable vehicle to raise funds and make scholarships and grants to students and nonprofit organizations providing services in the areas of art and culture, health and human services, education, the environment and sports and recreation.

### **Wellness Testing**

Wellness testing is being offered to seniors by the Summit Medical Center. They are offering many lab tests such as complete blood count, chemistry panel, lipid panel, PSA and thyroid screen. These services are offered at a significant savings and are available on a year-round basis, weekdays, 8-4:30. Forms are available at the Senior Center office.

<b>Monthly Calendar</b>
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In order to have the most updated information about senior events and activities, please check with the concierge at the senior center to obtain an updated copy of the monthly calendar.

For a comprehensive calendar of all events in Summit County, please refer to the website:

<http://www.trumba.com/events-calendar/mountain-time/sd>

## Summit County Business Listings for Seniors

### Accounting Services & Income Tax Assistance

Stuhr & Associates, Frisco (970) 668-5516

### Arts & Leisure

Backstage Theatre (970) 453-0199

121 S. Ridge Street, Breckenridge, CO 80424

[www.backstagetheatre.org](http://www.backstagetheatre.org)

The Backstage theatre presents a variety of live theatre productions, special events, workshops and auditions.

Breckenridge Music Festival (970) 453-9142

PO Box 1254

Breckenridge, CO 80424

[www.breckenridgemusicfestival.com](http://www.breckenridgemusicfestival.com)

The Breckenridge Music Festival presents an incomparable series of experiences ranging from classical symphonic and intimate chamber to jazz, blues and rock'n'roll. The Festival brings to your doorstep the best musical programs, both classical and modern, available anywhere in the country. The outstanding agenda is everything you've asked for, the venue is your neighborhood, and the price is affordable to everyone.

Lake Dillon Theatre Company (970) 513-9386

176 Lake Dillon Drive

Dillon, CO 80435

[www.lakedillonfoundation.org](http://www.lakedillonfoundation.org)

Lake Dillon Theatre features numerous performances including musicals, theatre, workshops and young people's theatre.

National Repertory Orchestra (970) 453-5825

PO Box 6336

Breckenridge, CO 80443

[www.nromusic.com](http://www.nromusic.com)

The NRO, a non-profit organization, has as its primary mission the training of talented musicians ages 18-28 for seats in symphonic orchestras in the United States and abroad. Alumni currently play in virtually every major and regional orchestra in the U.S. and in orchestras world-wide. Each summer, approximately 86 musicians are chosen in a nationwide audition tour to participate in an intense symphonic orchestral experience.

The NRO performs two full orchestra concerts each week in Breckenridge's beautiful Riverwalk Center between mid-June and early August. In addition, members of the NRO take part in smaller chamber concerts during the festival, and the full orchestra plays at several other locations in the state. Throughout the summer a full range of symphonic literature is performed the equivalent of a full symphony season!

Riverwalk Center (970) 547-3100

PO Box 168

Breckenridge, CO 80424

[www.townofbreckenridge.com](http://www.townofbreckenridge.com)

The Riverwalk is a performing arts facility offering a wide range of summer concerts, dances and activities.

Summit Historical Society  
PO Box 745  
Breckenridge, CO 80424  
[www.summithistorical.org](http://www.summithistorical.org)

(970) 453-9022

The SHS is dedicated to the discovery, preservation, interpretation, and exhibition of the rich heritage and history of Summit County. It provides tours of historic buildings and mine sites, collections of artifacts, photographs and documents, and public education programs. Whether your interests lie in our gold rush days, skiing history, or our Native American heritage, come visit the Summit Historical Society.

### **Assisted Living**

In Colorado, assisted living facilities and personal care boarding homes are referred to as assisted living residences.

There are three types of assisted living residences in Colorado: private pay, alternative care facilities (assisted living residences that are Medicaid certified) and residential treatment facilities for persons with severe and persistent mental illness. There are about 524 assisted living residences in Colorado. Any assisted living residence caring for three or more residents must be licensed.

Private pay assisted living residences are licensed. Alternative care facilities have Medicaid clients, and are licensed and certified. Residential treatment facilities are mental health facilities and are licensed. They are operated by the local mental health center.

Assisted living residences range in size from 3 to 274 beds. The most common reasons for admission to assisted living residences are medication management, bathing and dressing assistance, and the need for protective oversight and supervision.

Assisted living residences provide a range of services including room, board and at least the following: personal services, protective oversight, social care and regular supervision available on a 24-hour basis.

Personal services include a physically safe environment, supervision, assistance with activities of daily living such as medication administration, bathing, dressing, eating, laundry, recreational activities and arrangements for transportation. Protective oversight includes monitoring the needs to ensure the residents receive the services and care necessary to protect their health, safety and well-being.

Visit <http://www.cdphe.state.co.us/hf/static/pcbhpp.htm> to search for Colorado Assisted Living Residences by location and to obtain detailed Assisted Living Residence information.

### **Elk Run Assisted Living Community**

(303) 679-8777

David Beggs  
31383 Frost Way  
Evergreen, CO 80439

A quality care facility featuring 62 apartments with dining room, library, club room. Services include medication management, nutrition, need-based services, activities, transportation and housekeeping.

**Cliffview Assisted Living Center**

(970) 724-3530

710 Eagle Avenue

PO Box 1119

Kremmling, CO 80459

<http://www.seniorhousingoptions.org/cliffview/>

Cliffview is designed for seniors and adults with disabilities who desire a supportive setting that maintains their independence and choices in life. Additional services are close by with senior van transportation and Kremmling Memorial Hospital just two blocks away.

**Legal Services**

Northwest Colorado Legal Services Project

(970) 668-9612

Patricia Craig

Ask a Lawyer, legal assistance to persons age 60 &amp; older.

**Audiology/Hearing**

Meredith Workman

(970) 668-8811

Hearing Rehab Center, Inc.

699 N. Summit Blvd., Unit I

Frisco, CO 80443

[Meredith@hearingrehabcenter.com](mailto:Meredith@hearingrehabcenter.com)

Summit County Hearing

(970) 668-4551

John Burke, MA. Ccc-SLP/A

701 Granite St, Suite 134

Frisco, CO 80443

Hearing aid sales and service, audiological exams, comprehensive hearing services.

Dr. Thomas Gongoulin

(970) 476-5700

Vail, CO 81642

Hearing Aids, Audiology testing

Hearing Associates, Inc.

(970) 945-8989

Dr. Terry L. Burke, Au.D.

322 Beard Creek Road

Edwards, CO 81632

[www.hearingassociatesinc.com](http://www.hearingassociatesinc.com)**Auto Repair**

Mike's Mountain Motors

(970) 668-3312

High Country Auto Repair

(970) 668-8288

**Banks**

Alpine Bank

[www.alpinebank.com](http://www.alpinebank.com)

Breckenridge

(970) 453-4929

Copper Mountain

(970) 968-2154

Dillon

(970) 468-4701

Bank of the West

[www.bankofthewest.com](http://www.bankofthewest.com)

Breckenridge

(970) 453-2521

Frisco	(970) 668-3333
1 <sup>st</sup> Bank	
<a href="http://www.efirstbank.com">www.efirstbank.com</a>	
Breckenridge	(970) 453-1000
Frisco	(970) 668-3600
Silverthorne	(970) 468-8000
USBank	
<a href="http://www.usbank.com">www.usbank.com</a>	
Breckenridge	(970) 453-8300
Dillon	(970) 468-1300
Frisco	(970) 668-5353
Wells Fargo	
<a href="http://www.wellsfargo.com">www.wellsfargo.com</a>	
Breckenridge	(970) 547-2222
Dillon	(970) 468-7929
Frisco	(970) 668-8080
<b><u>Cosmetology</u></b>	
The Upper Hand Salon	(970) 668-0731
<b><u>Churches &amp; Synagogues</u></b>	
Dillon Community Church - Dillon	(970) 468-2461
Rocky Mountain Bible Church - Frisco	(970) 668-3395
Lord of the Mountains Lutheran Church - Dillon	(970) 468-6809
St. Mary's & Our Lady of Peace Catholic Churches Breckenridge & Silverthorne	(970) 668-3141
St. John the Baptist Episcopal Church – Breckenridge	(970) 453-4264
Father Dyer United Methodist Church – Breckenridge	(970) 453-2250
Synagogue of the Summit	(970) 668-0670
High Country Unitarian Universalist Fellowship	(970) 262-0539
<b><u>Counseling Services</u></b>	
Colorado West Mental Health Kathryn Davis <a href="http://www.cwrnhc.org">www.cwrnhc.org</a>	(970) 668-3478
Senior Focus Arvada, Littleton, Wheat Ridge locations <a href="http://www.srfocus.org">www.srfocus.org</a>	(303) 432-5575

Advocates for Victims of Assault  
PO Box 1859  
Frisco, CO 80443  
[www.summitadvocates.com](http://www.summitadvocates.com)

(970) 668-3906

Crisis counseling, referrals and emergency assistance for victims of domestic violence, sexual assault, accidents, abuse or death/loss. Grief counseling, support and shelter also available.

Alcoholics Anonymous

(970) 453-2095

Meetings available throughout Summit County.

Al-Anon

(970) 513-4990

Al-Anon offers hope and help to families and friends of alcoholics. No dues or fees. Meetings every Tuesday 7 pm at Abundant Life church in Silverthorne.

## **Dentists**

### **Breckenridge**

Agency Dental Group

(970) 453-4244

- Check-ups, cleanings, sealants, restorative work.

Breckenridge Dental Center

(970) 453-9615

- Exams, cleaning, sealants, fluoride, restorative work, space maintainers, disclosing tablets, fluoride supplements where needed, well water testing.

Family Dental Center

(970) 453-4585

- Check-ups, cleaning, fluoride treatments, fluoride supplements, sealants, restorative work.

### **Dillon**

Family Dental Center

(970) 468-5995

- Check-ups, cleaning, fluoride treatments, fluoride supplements, sealants, restorative work.

Summit Dental Group

(970) 468-2471

- Check-ups, cleanings, fluoride treatments, fluoride supplements, sealants, restorative work.

### **Frisco**

Ten Mile Dental

(970) 668-1010

- Preventative care including cleanings, sealants, oral healthcare education.

### **Keystone**

Dr. Joe Nieters

(970) 262-2002

- Check-ups, cleaning, preventive & cosmetic care, professional whitening, restorative work.

### **Silverthorne**

Dr. Todd Hill

(970) 468-8866

- Crowns, bridges, bleaching, cleaning, x-rays, cosmetic bonding, restorative work.

## **Doctors & Health Providers**

### **Breckenridge**

Breckenridge Medical Center

(970) 453-1010

- Prenatal-adult, acute care, well-child care and pediatric emergency care.

High Country Health Care

(970) 547-9200

- Prenatal-adult, well-child checks, immunizations, acute care, referrals.

Mountain Medical Center	(970) 453-7600
• Birth-seniors, well-baby checks, immunization, acute care, school and camp physicals.	
Sacred Tree	(970) 453-8558
Frisco	
High Country Health Care	(970) 668-5584
Frisco Medical Center	(970) 668-3003
Mountain River Naturopathic Clinic	(970) 668-1300
Dr. Kim Nearpass, Dr. Justin Pollack	
<a href="http://www.mountainriverclinic.com">www.mountainriverclinic.com</a>	
Summit Community Care Clinic	(970) 668-4040
St. Anthony Summit Medical Center	(970) 668-3300
Summit OB-GYN	(970) 668-5771
Silverthorne	
High Country Health Care	(970) 468-1003
Keystone	
Keystone Medical Center	(970) 468-6677
Copper Mountain	
St. Anthony's Copper Mountain Clinic	(970) 968-2330
Colorado West Mental Health	(970) 668-3478
Community Care Clinic	(970) 668-4040
<a href="http://www.summitclinic.org">www.summitclinic.org</a>	
<b>Education</b>	
Summit School District	(970) 668-3011
Millie Hamner, Superintendent	
PO Box 7	
Frisco, CO 80443	
Colorado Mountain College – Dillon campus	(970) 468-5989
333 Fiedler Avenue, Dillon, CO 80435	
Colorado Mountain College – Breckenridge campus	(970) 453-6757
103 S. Harris Street, Breckenridge, CO 80424	

CMC offers a variety of stimulating adult education courses with low in-district tuition for Summit County residents. For more information, please refer to:

<http://www.coloradomtn.edu>

## **Employment/Training**

Frisco Workforce Center (970) 668-5360

602 Galena Street, Frisco, CO 80443

<http://www.yourworkforcecenter.com/FriscoWFC.htm>

The Frisco Workforce Center provides a wide array of employment and training services at no charge.

Mountain Temp Services (970) 468-0402

Team Temp Staffing Inc. (970) 262-2378

## **Eye Care**

Complete Family Eyecare (970) 262-9272

- Comprehensive eye exams, prescriptions for glasses or contact lenses for the entire family.

Custom Eyes (970) 668-0122

- Eye exams, prescription eyewear, contacts, sunglasses, sport safety glasses.

Dr. Dale Lervick/Dr. Geoffrey Heddle (970) 468-6591

- Eye exams, prescription eyewear, visual/perceptual evaluations and vision therapy.

Eyes on Breckenridge (970) 453-6910

- General eye care including eye exams and prescriptions for glasses and contact lenses. Same day service for eye glasses.

Summit Eye Center (970) 668-3736

- Eye exams and prescription eyewear.

## **Fitness/Nutrition**

Jackie Christiansen (970) 368-4365

Jackie's services include healthy diet and anti-aging, dietary supplements, exercise, disease prevention, eating for health and energy. She also instructs dance and fitness classes.

## **Grocery Stores**

City Market (970) 468-2363

300 Dillon Ridge Rd., Dillon

City Market (970) 453-0818

400 North Parkway, Breckenridge

Keystone Grocery (970) 468-1102

21801 US Hwy 6, Keystone

Safeway (970) 668-5144

1008 N. Summit Blvd., Frisco

## **Handyman Services**

Steve Venturoni (970) 390-4177

Joe Forestal (970) 368-0029

## **Hospitals/Clinics**

St. Anthony Summit Medical Center (970) 668-3300

- 24 hour emergency/trauma services, medical/surgical services, intensive care, birth place.

Community Care Clinic (970) 668-4040

- The Community Care clinic provides a variety of medical services to low-income families.

### **Independent Living Resources**

Independent Life Center, Inc. (970) 826-0833

Jackie Lyons

PO Box 612

Craig, CO 91626-0612

The Independent Life Center can provide people with disabilities training in skills of daily living, training in self advocacy, help in finding appropriate housing, employment and transportation.

Nannies, Incorporated (970) 485-5677

Marcy Schernekau, Owner

PO Box 2701

Breckenridge, CO 80424

[marcyschernekau@yahoo.com](mailto:marcyschernekau@yahoo.com)

Nannies, Inc. specializes in elder care and special needs care. They provide transportation; help with shopping needs, light housekeeping and laundry. Services range from occasional help, part time, weekends and overnights, to full time assistance.

### **Long Term Care Facilities**

Life Care Center of Evergreen (970) 674-4500

Kathy Price, Admissions/Marketing Director

2987 Bergen Peak Drive

Evergreen, CO 80439

[www.lcca.com](http://www.lcca.com)

Centura Health at Home/Bristlecone Home Services (970) 668-5604

*(please refer to page 14 for more info)*

### **Marinas**

Dillon Marina (970) 468-5100

- Boat rentals.

Frisco Bay Marina (970) 668-5276

- Boat rentals and sales, canoe and kayak lessons.

### **Parks**

Breckenridge

Boreas Pass Railroad Pocket Park

US Hwy 9 & Boreas Pass Rd.

Carter Park

500 S. High St.

Kingdom Park

857 Airport Rd.

Frisco

Frisco Historical Park

120 Main St.

Marina Park

1010 N. Summit Blvd.

Meadow Creek Park	801 Meadow Dr.
Pioneer Park	Summit Blvd. & Main St.
Walter Byron Park	180 S. 4 <sup>th</sup> St.
Dillon	
Dillon Town Park	Buffalo & LaBonte St.
Marina Park	Lake Dillon Dr. & Lodgepole St.
Silverthorne	
Arctic Placer Park	599 Polar St.
Rainbow Park	590 Rainbow Dr.
Trent Park	100 Willowbrook Rd.

**Pharmacies**

City Market 400 North Parkway, Breckenridge	(970) 547-9343
City Market 300 Dillon Ridge Road, Dillon	(970) 468-5369
Prescription Alternatives 610 Main Street, Frisco	(970) 668-8482
Safeway 1008 North Summit Blvd., Frisco	(970) 668-9980
Target 715 Blue River Parkway, Silverthorne	(970) 468-2311
Wal-Mart 840 North Summit Blvd., Frisco	(970) 668-5961

**Podiatrist**

Schnieder-Maurer Foot & Ankle Associates 842 Summit Blvd., Unit #15 Frisco, CO 80443 <a href="http://www.snowthotic.com">www.snowthotic.com</a>	(970) 668-4565
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**Prosthetics & Orthotics**

Pamela Hale, CPO PO Box 5174 Frisco, CO 80443 <a href="http://www.hanger.com">www.hanger.com</a>	(970) 668-4455
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Hanger Orthopedic Group, Inc. is the world's premier provider of orthotic and prosthetic services and products, offering the most advanced technology, clinically differentiated programs and unsurpassed customer service.

**Physical Therapy**

- Avalanche Physical Therapy (970) 668-8149
- Breckenridge Physical Therapy (970) 453-1960
- Howard Head Sports Medicine (970) 668-3169

**Public Transportation**

- Summit Stage (970) 668-0999
- PO Box 2179
- Frisco, CO 80443
- [www.summitstage.com](http://www.summitstage.com)

Public transportation in Summit County is provided by the Summit Stage. Bus service is available to most ski areas, shopping centers, medical centers, and some residential areas in Summit County.

- Summit Taxi (970) 468-2266

**Recreation Centers**

- Breckenridge Recreation Center (970) 453-1734
- Silverthorne Recreation Center (970) 262-7370

**Retirement Planning Services**

- My Plan After 50 Beth Koran (970) 390-1218

My Plan After 50 is an online resource service that provides holistic life coaching and retirement planning services to America's baby boomer generation. MPA50's eight-dimension "Essential Elements" blueprint for leading a vibrant life is based on more than 40 years' experience assisting people through life's major transitions. For more info, please see [www.MyPlanAfter50.com](http://www.MyPlanAfter50.com).

**Ski Resorts – Summit County**

- Arapahoe Basin (970) 468-0718
- Breckenridge (970) 453-5000
- Copper Mountain (970) 968-2882
- Keystone Resort (970) 496-4386

**Ski Resorts – Neighboring Counties**

- Vail (970) 476-5601
- Beaver Creek (970) 845-2500
- Loveland (303) 569-3203
- Ski Cooper (719) 486-3684

**Towns**

- Emergency Services for all Summit County towns 911  
(Includes fire, ambulance, police and emergency medical services)

- Breckenridge  
Breckenridge Information Center (970) 453-6018

Breckenridge Resort Chamber	(970) 453-2913
Fire Department (non-emergency)	(970) 453-2474
General Information	(970) 453-2251
Police Department (non-emergency)	(970) 453-2941
Recycling Center	(970) 668-5703
Road Information	(970) 668-1090
<b>Dillon</b>	
Dillon Police (non-emergency)	(970) 468-6078
General Information	(970) 468-2403
Town of Dillon Events	(970) 262-3400
<b>Frisco</b>	
Community Center	(970) 668-2940
Frisco Chamber of Commerce	(970) 668-5547
Frisco-Copper Visitor Information Center	(970) 424-1554
General Information	(970) 668-5276
Police Department (non-emergency)	(970) 668-3579
Community and Senior Center	(970) 668-2941
<b>Silverthorne</b>	
Lake Dillon Fire Authority	(970) 513-4100
Police Department (non-emergency)	(970) 262-7320
Town Hall	(970) 262-7300
<b><u>Summit County</u></b>	
Emergency Services for all Summit County towns (Includes fire, ambulance, police and emergency medical services)	911
Ambulance (non-emergency)	(970) 668-5777
Animal Control Shelter	(970) 668-3230
Board of County Commissioners	(970) 453-2561
Community and Senior Center	(970) 668-2940

Jail	(970) 453-2232
Motor Vehicle	(970) 668-5623
Public Health	(970) 668-5230
Probation-Alcohol Evaluation	(970) 453-9292
St. Anthony Summit Medical Center	(970) 668-3300
<ul style="list-style-type: none"> <li>• 24-hour emergency/trauma services, medical/surgical services, intensive care.</li> </ul>	
Sheriff	(970) 453-2232
Social Services	(970) 668-4100
Summit County Chamber of Commerce	(970) 668-2051
Summit County Crime Stoppers	(970) 376-4149
Summit County Food Banks: Dillon Community Church	(970) 468-2461
FIRC	(970) 262-3888
Father Dyer	(970) 453-2250
Summit County Government	(970) 453-2561
Summit County Rescue Group	(970) 668-3575/547-7655
Summit County Seniors	(970) 668-2940
Summit Housing Authority	(970) 453-3555
<ul style="list-style-type: none"> <li>• Information on housing for the year-round resident, on home buying programs and on rental assistance for persons with disabilities and low-income families.</li> </ul>	
Summit Mediation Services	(970) 453-3551
The Summit Foundation	(970) 453-5970
<ul style="list-style-type: none"> <li>• A community foundation dedicated to improving the quality of life for residents and guests of Summit County and neighboring communities. Purpose is to build a lasting legacy of generosity by creating a community of donors who, through their wealth, wisdom and work, support organizations in art and culture, health and human service, education, scholarships, environment and sports.</li> </ul>	
Summit Visitor Information & Guest Assistance	(970) 468-4984
Located in the Green Village in the Outlets at Silverthorne.	

## **Helpful Websites for Seniors**

### **SENIOR RESOURCES:**

Summit County Senior Services website:

[www.co.summit.co.us/Seniors/home.htm](http://www.co.summit.co.us/Seniors/home.htm)

Eldercare Locator (U.S. Administration on Aging)

[www.eldercare.gov](http://www.eldercare.gov)

Colorado Department of Human Services

[www.cdhs.state.co.us](http://www.cdhs.state.co.us)

Colorado Division of Aging and Adult Services

[www.ColoradoAging.com](http://www.ColoradoAging.com)

National Association of Area Agencies on Aging

[www.n4a.org](http://www.n4a.org)

National Council on Aging

[www.ncoa.org](http://www.ncoa.org)

American Association of Retired People

[www.AARP.org](http://www.AARP.org)

Benefits Check Up ( a service of The National Council on the Aging)

[www.benefitscheckup.org](http://www.benefitscheckup.org)

Medicare Information

[www.medicare.gov](http://www.medicare.gov)

Social Security Administration Homepage

[www.socialsecurity.gov](http://www.socialsecurity.gov)

[www.tscl.org](http://www.tscl.org)

Solutions for Seniors

[www.solutionsforseniors.com](http://www.solutionsforseniors.com)

Senior Answers

[www.senioranswers.org](http://www.senioranswers.org)

American Society on Aging

[www.asaging.org](http://www.asaging.org)

Summit County C.A.R.E. Network

[www.summitcares.org](http://www.summitcares.org)

Mature Living Choices

[www.seniorselections.com](http://www.seniorselections.com)

### **MEDICAL DURABLE POWER OF ATTORNEY**

Five Wishes

[www.agingwithdignity.org](http://www.agingwithdignity.org)

*\*This resource is also available at the Senior Center.*

### **HEALTH & WELLNESS:**

Alzheimer's Caregiving Guide

[www.alzheimers.org/pubs/careguide.html](http://www.alzheimers.org/pubs/careguide.html)

Alzheimer's Disease

[www.alzheimers.com](http://www.alzheimers.com)

[www.alz.org](http://www.alz.org)

[www.mayhealth.org](http://www.mayhealth.org)

Home Health Care Providers

[www.carepathways.com](http://www.carepathways.com)

National Stroke Association

[www.strokeassociation.org](http://www.strokeassociation.org)

Breast Cancer Issues

[www.breastcancer.org](http://www.breastcancer.org)

Mental Health and Depression

[www.depression.com](http://www.depression.com)

Medical Information

[www.webmd.com](http://www.webmd.com)

Nutrition and Wellness

[www.berkeleywellness.com](http://www.berkeleywellness.com)

Cholesterol Issues

[www.cholesterol.com](http://www.cholesterol.com)

### **OPTIONS FOR LONG TERM CARE:**

Colorado Nursing Homes

[www.cdphe.state.co.us/hf/static/ncf.htm](http://www.cdphe.state.co.us/hf/static/ncf.htm)

Assisted Living Facilities

[www.coloradoassistedliving.com](http://www.coloradoassistedliving.com)

Long Term Care Living

[www.LongTermCareLiving.com](http://www.LongTermCareLiving.com)

Oxygen and Equipment

[www.alpineoxygen.net](http://www.alpineoxygen.net)

[www.svghd.org](http://www.svghd.org)

[www.24houroxygen.com](http://www.24houroxygen.com)

### **TRAVEL**

Elderhostel

[www.elderhostel.org](http://www.elderhostel.org)

Elderlink Companion Care

[www.elderlinkcare.com](http://www.elderlinkcare.com)

Elderpaths

[www.elderpaths.com/index](http://www.elderpaths.com/index)

Travel Immunizations

<http://wwwn.cdc.gov/travel/default.aspx>

### **AIDS FOR DAILY LIVING**

Guides for Daily Living

[www.independentliving.com](http://www.independentliving.com)

### **PRODUCTS FOR VISUALLY IMPAIRED, DEAF OR HARD OF HEARING:**

[www.selfcare.com](http://www.selfcare.com)

[www.lssgroup.com](http://www.lssgroup.com)

### **EMERGENCY PREPAREDNESS**

- Disease Control and Environmental Epidemiology

<http://www.cdphe.state.co.us/dc/index.html>

- Personal and Family Preparedness

<http://www.pandemicflu.gov/plan/pdf/Individuals.pdf>

<http://www.readycolorado.com/>

### **IDENTITY THEFT**

[www.ftc.gov](http://www.ftc.gov)

## **Financial Support for Summit County Senior Citizens**

Summit County Senior Citizens, Inc., is a non-profit organization operating on what is essentially a zero budget; that is, everything that comes in goes out. It does very little formal fund-raising, and its myriad activities are virtually self-supporting.

The Seniors concluded a major, \$1.4 million, four-year fund-raising effort on 15 August 2002 with the opening of the county's new Community and Senior Center just south of Frisco. That facility, which has been filling a major need for meeting and activities space, is owned, staffed and maintained by the county.

The Seniors' biggest single fund-raising effort is an annual rummage sale, usually held in August, that has raised as much as \$20,000. All proceeds from this event are donated to organizations and programs that benefit Summit County Seniors, including Bristlecone Home Care and Hospice. Some of the money now is being given to Timberline Adult Day Services.

The Seniors also receive a modest amount of income from the county Chamber of Commerce for voluntary service at the Chamber's information centers, and from volunteering for special events on Main Street in Frisco. Other support over the years has come from federal grants under the Older Americans Act for such things as weekly lunches; from the towns of Frisco, Dillon and Silverthorne; and from the Summit Foundation.

Modest fees cover the modest costs of such senior activities as cross-country skiing and passionate bridge.

### **HOW TO CONTRIBUTE TO SUMMIT COUNTY SENIORS:**

#### **City Market CARES**

By linking your City Market discount card to seniors, the Summit County Seniors will receive credit but your discounts will not be affected. A win-win situation!

Please bring your City Market card by the center and sign up for this program.

#### **Information Centers Staffing**

The Summit County Seniors staff the Visitor Information Centers in Frisco every Sunday on a year-round schedule. Funds earned from this activity help to support seniors programs. If you are interested in helping staff the information center, please contact the senior center office at (970) 668-2940.

#### **SCSC Foundation**

For information about supporting the Summit County Senior Citizens, please contact the senior center.

## Disclaimer

The Senior Services Directory is intended to provide information about public and private agencies that offer services to seniors and disabled adults and their caregivers. Omission of an organization is not intentional and does not, in any way, negate the value of its contribution to the community. Inclusion of an organization in this publication does not, in any way, imply endorsement. Information in this directory is accurate to the best of our knowledge as of the last update. If you know of information that is incomplete or incorrect, please contact the Senior Center at (970) 668-2940, or email corrections and/or additions to: [summitseniors09@gmail.com](mailto:summitseniors09@gmail.com). Every effort will be made to correct any errors.

## Distribution Locations for this Directory

- Summit County Libraries – Frisco, Breckenridge, Silverthorne
- Summit County Visitor Information Centers – Frisco, Silverthorne, Breckenridge
- Recreation Centers – Breckenridge, Silverthorne
- Summit County Senior & Community Center - Frisco

## Online Access to this Directory

An online version of this directory is available at:

<http://www.co.summit.co.us/Seniors/PDFs/SeniorServicesDirectory.pdf>

**\*Online version will be updated quarterly (Jan/April/July/October).**

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