



SENIOR SERVICES RESOURCE STAFF



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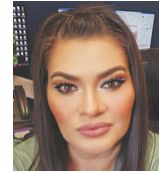
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Seniors Resource Specialists are available to residents of Longmont for:

- Assisting older adults age 55+ and family caregivers of older adults in locating and accessing resources and services such as housing and in-home care
- Navigating systems such as Social Security and/or Medicaid
- Completing forms and applications for various benefits, services, and programs
- Applying for financial support when eligible and appropriate



SENIOR SERVICES COUNSELING STAFF



Kayleigh Schernbeck, LCSW

303-774-4497

Seniors Counselor

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Kayleigh is a licensed clinical social worker and is available to residents of Longmont for:

- Individual, couples, and family counseling for older adults age 55+ and for family caregivers of older adults: up to twelve free, confidential counseling sessions.
- Matching older adults with peer support volunteers who offer individual sessions and a variety of support groups. Peer volunteers are experienced, trained, and supervised volunteers who provide support from one senior to another.
- Facilitating and/or coordinating support groups.

RESOURCES & INFORMATION

This Resource Guide contains only the resources most commonly requested at the Senior Center. For a comprehensive guide to local resources, visit www.BoulderCountyHelp.org.

If you live outside the City of Longmont and need resource assistance, please reach out to your local senior center or Area Agency on Aging (AAA):

Boulder County Area Agency on Aging - 303-441-1617
www.bouldercounty.gov/departments/communityservices/area-agency-aging

Larimer County Area Agency on Aging - 970-498-7750 - www.lcoa.networkofcare.org

Weld County Area Agency on Aging - 970-346-6952 - www.weldaaa.org


TELEPHONE REFERRAL SHEET

| | | | |
|--|----------------|--|----------------|
| AARP (Colorado Office) | 1-866-554-5376 | Meals on Wheels: Longmont | 303-772-0540 |
| Abuse of older persons – | | Medicaid | |
| Longmont Police | 303-651-8555 | - Boulder County DHHS | 303-441-1000 |
| Adult Protection | 303-441-1309 | - A&I Avenues (for LTC Medicaid)... | 303-439-7011 |
| Alzheimer’s Association | | - IntelliRide..... | 855-489-4999 |
| 24-Hr Helpline | 1-800-864-4404 | Medicare | 1-800-633-4227 |
| Audio Information Network | 303-786-7777 | Medicare Counselor | 303-441-1546 |
| Better Business Bureau | 303-327-4500 | Mental Health Partners/Clinica | 303-443-8500 |
| Brain Injury Alliance | 303-355-9969 | Mental Health Crisis Line 24/7 | 988 |
| Center For People With Disabilities | 303-442-8662 | Nursing Home Monitoring | 303-441-1173 |
| New inquiries select ext. 250 | | OUR Center | 303-772-5529 |
| Colorado Division of Insurance | 303-894-7499 | Parkinson’s Association of Rockies | 303-830-1839 |
| Colorado Talking Books Library | 303-727-9277 | Poison Control of Rocky Mtns | 1-800-332-3073 |
| Community Protection | 303-441-3700 | Police: Longmont non-emergency... | 303-651-8501 |
| Cultivate | 303-443-1933 | Rocky Mountain Legal Center | 720-242-8642 |
| Dental Aid-Longmont | 303-682-2619 | Safe Shelter (Domestic Violence).... | 303-772-0432 |
| El Comité | 303-651-6125 | Salud Clinic | 303-776-3250 |
| Elder Watch Fraud Hotline | 1-800-222-4444 | Senior Centers in the area | |
| Employment: Workforce | 720-864-6600 | -Berthoud | 970-532-2730 |
| Foreclosure Prevention Colorado..... | 877-601-4673 | -Boulder (East) | 303-441-4150 |
| Fraud | | -Boulder (West) | 303-441-3148 |
| - Attorney General Hotline | 1-800-222-4444 | -Lafayette | 303-665-9052 |
| - Inspector General Hotline | 1-800-447-8477 | -Longmont | 303-651-8411 |
| Health Department, Longmont | 303-678-6166 | -Louisville | 303-666-7400 |
| Housing Authority: Longmont | 303-651-8581 | -Loveland | 970-962-2783 |
| Legal Services Boulder County | 303-449-7575 | Social Security | 1-800-772-1213 |
| Legal Services AARP | 1-888-687-2277 | Social Services (BCDHHS) | 303-441-1000 |
| Loan Closet Medical Equipment FREE | | Stroke - Rocky Mt. Association | 303-730-8800 |
| -American Legion | 651-295-2389 | Suicide Prevention Hotline | 988 |
| -Elks | 303-776-1055 | Taxpayer Advocate Service CO..... | 303-603-4600 |
| -Moose | 303-776-4911 | Veteran Services - Longmont | 303-441-3890 |
| Long Term Care Ombudsman | 303-441-1173 | A Way Forward..... | 303-630-1400 |
| Low-income Energy Asst Prog | 1-866-432-8435 | www.bouldercountyhelp.org | 303-441-1617 |
| Meals on Wheels: Longmont | 303-772-0540 | | |

CAREGIVER SERVICES

for friends or family members caring for an older adult include:

Call Brandy Queen at 303-651-8414 for information about the following:

- Caregiver consultations and family meetings: For residents of Longmont:
 - Referrals and information about adult day programs, home health care, long-term care, counseling, caregiver self-care, etc.
 - Volunteer Visitors from the Area Agency on Aging can be matched with older adults to provide respite, a friendly visit, and a caring connection.
 - Respite Assistance funds can help pay for respite care for a caregiver.
- Social Groups and Educational Programs for family caregivers and those living with dementia (see Health & Wellness section of the GO). No residency restriction.
- Caregiver Support Groups provide information and support for family caregivers. No residency restriction, and no registration required:
 - 1st Monday, 6:00 - 7:30 pm (general group) at the Senior Center 
 - 2nd Tuesday, Noon - 1:30 pm (Alzheimer's Association group) at the Senior Center
 - LGBTQ+ Support Group for CaregiversIf you are interested please contact Michael at mchifalo@bouldercounty.org or 303-441-4518.

SUPPORT FOR PEOPLE WITH DISABILITIES

The mission of the Center for People with Disabilities (CPWD) is to provide resources, information, and advocacy to assist people with disabilities in overcoming barriers to independent living. In addition, CPWD provides Peer Support and works with people in navigating the Social Security Disability application process. Their phone number is: 303-442-8662; new inquiries can contact extension 250, or you may email CPWD at info@cpwd.org.

SUPPORT GROUPS

(meet at the Senior Center)

For information about these and other community-based support groups, call Kayleigh at 303-774-4497.

Adjusting to Life's Changes Support Group
Offered in winter and summer for six weeks at a time; see Health & Wellness section of the the GO catalog.

Grief Recovery Support Group
Offered in spring and fall for eight weeks at a time; see Health & Wellness section of the the GO catalog.

Low Vision/Beyond Vision Support Group
Meets third Thursday each month, 10:30 am - noon. Contact: CPWD at 303-442-8662, ext 211.

VETERANS SERVICES

Veterans Service Office

The Boulder County Veterans' Service Office offers assistance to veterans in determining for which benefits they may be eligible. Call 303-441-3890 or email vso@bouldercounty.gov.

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.

Cultivate's VetsGO Program

Volunteers provide rides to and from medical appointments, including to VA facilities, in and beyond Boulder County. Services are for those 60+ who are either a veteran themselves or who have a family member (parent, child, spouse) who served in the armed forces. To enroll call 303-443-1933 ext. 414.

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. Medicare Counselors also offer monthly Medicare Basics classes. Current dates are listed in the General Interest section of The GO. 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; for claims, please call 1-877-405-5872. The local office is located at 480 West Dahlia St, Louisville, CO 80027. Their office hours are 9 am - 4 pm Monday - Friday.

Boulder County Personal Finance Coaching

Personal Finance program provides free and confidential counseling to help build skills, knowledge base and confidence level in areas of money management, housing, and employment. Contact 720-564-2279 or BoCo.org/PersonalFinance to schedule an appointment with a personal finance specialist to discuss reverse mortgages, foreclosure prevention, financial well-being, and money management.

Money Management Program

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 Amy 303-774-4372.

State and City Rebates

State of Colorado and City of Longmont offer rebates on a number of resident expenses for low-income individuals. For eligibility criteria and applications, visit

<https://www.longmontcolorado.gov/community/financial-assistance-and-rebate-programs> and <https://tax.colorado.gov/PTC-rebate>. Resource Specialists available for application assistance, contact 303-651-8411.

Fraud, Financial Abuse, & Consumer Complaints

Call Boulder County District Attorney at 303-441-3700, Adult Protection at 303-441-1309, and/or Longmont Police at 303-651-8555. For more information, see www.bouldercounty.org/district-attorney/community-protection

Employment

The Longmont Workforce Boulder County office is located at 515 Coffman Street. Walk-in hours are 8 am to 4:30 pm, Monday – Thursday. After you have registered, you can access other services and programs. Call 720-776-0822.

FOOD ASSISTANCE

Carry-Out Caravan

This is a free grocery shopping and delivery service for people 60+. To place your order, call Cultivate at 303-241-4426 on MONDAY between 8 am and 3 pm. Cultivate volunteers deliver to you on TUESDAY. Before calling in your order, you must enroll by calling 303-443-1933 ext. 414.

Eldershare

Eldershare provides free groceries to adults ages 60+ in Boulder and Broomfield Counties twice per month via residential sites, community sites, and home delivery routes. Call (303) 652-3663 and ask for the Elder Share Manager or email eldershare@communityfoodshare.org to sign up for the program.

Home-delivered Meals: Meals on Wheels

Meals on Wheels delivers meals to those who are homebound or returning home from a hospital stay, 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 from 11:30 am–noon. Call 303-772-0540 for menus and fees. Reservations are not required.

Food Pantry at the Senior Center

Second Saturday each month, from 10 - 11:30 am, for those age 55+. From the Senior Citizens Advisory Board and Longmont Food Rescue. *A full list of food pantries and resources in Longmont is listed at www.longmontcolorado.gov/human-services/community-resources.*

HOUSING INFORMATION

For information and applications for senior, affordable housing programs, visit or call the Senior Center at 303-651-8411 for a housing packet.

Boulder County Senior Housing Guide is available at the Senior Center front desk or online at www.bouldercountyhelp.org; includes all cost levels for independent living, assisted living, and long-term care. On the website, scroll down to the box labeled AGENCY PUBLICATIONS. You will find a link to the Housing Guide and other helpful information.

Home Modification and Repair Program
The City offers programs for home repair and accessibility. Call 303-774-4619 for more information. Some programs require owner occupancy.

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. Call 303-651-8444 or email cnr@longmontcolorado.gov.

IN-HOME SERVICES

In-Home Services

A list of in-home providers of both medical home health care and non-medical personal care is available online at www.bouldercountyhelp.org. You can also ask for a copy at the Senior Center front desk.

Aftersight

Provides blind, visually impaired, and print-disabled persons with free audio access to magazines, grocery ads, calendars of events, public service notices, and nearly 100 CO newspapers. Listeners choose what type of device they want to use to access programming. Call 303-786-7777.

Book Delivery Service

If you or someone you know is homebound and interested in receiving books or if you are interested in being a volunteer to deliver books, please call Kirsten at the Longmont Library, 303-774-4439 or email library_homebound@longmontcolorado.gov for more information.

Phone Buddies, Fix-It Folks, Yard Busters & Snow Busters – Cultivate

Volunteers are available to provide regular phone check-ins or to come to your home to make minor repairs, install grab bars, clear snow, and provide yard work. Call Cultivate at 303-443-1933 ext. 414.

Well Connected

Offers virtual activities, lifelong learning, friendly conversation, and support groups. Each week, you can access over 70 groups by phone or online, all from the comfort of home. Please contact them at 877-797-7299 or <https://covia.org/programs/well-connected>.

Telephone Check-in Service

Always InTouch provides free daily telephone call for check-ins and socialization for isolated or homebound older adults. Call 1-877-900-2845 or visit <https://alwaysbestcare.com/always-in-touch>.

SAFETY

Longmont Emergency Reverse Notification
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. You can sign up yourself at www.longmontcolorado.gov and search “reverse notification.”

Longmont Fire Dept Smoke Detector Program
Fire staff will install and change batteries in smoke detectors for anyone unable to do so. There is no charge, and you must provide the batteries. Call 303-651-8501 for more information.

Long Term Care Ombudsman
The Boulder County Area Agency on Aging provides help and information for residents of nursing homes and other care facilities and their families to address concerns, compare facilities, and resolve problems. Call 303-441-1173.

Frauds and Scams
See the Financial section of this Resource Guide for more information.

Report Elder Abuse
The County’s Adult Protection Unit and the local police respond to reports of physical, financial, and sexual abuse, neglect, and self-neglect. **Call 303-441-1309 for APS or 303-651-8555 for Longmont Police non-emergency dispatch; in an emergency, call 911.** For more information, you can also see <https://www.bouldercounty.org/families/seniors/adult-protection-senior-services/>

File of Life
If a medical emergency occurs at home or while you are in the car, how would the paramedics know how best to help you? First responders are trained to look for a File of Life on your refrigerator or in your wallet or purse. This 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 at the Senior Center front desk.

Do Not Call Registry:

Consumers may register online at The National Do Not Call Registry, www.donotcall.gov, or by calling toll-free, 1-888- 382-1222 (TTY 1-866-290-4236), from the number that is to be registered. Registration is free. Numbers are downloaded from the National Do Not Call Registry on a quarterly basis and included in the Colorado No-Call List.

Lockbox Program

Longmont Meals on Wheels, in partnership with Longmont Fire Department, can provide a free lockbox to Longmont residents who live alone and are age 65+ or younger with a disability or major medical issue. The program allows Fire, police, and Emergency Medical Services to access your residence in the event of an emergency preventing you from opening your door. Call Meals on Wheels at 303-772-0540 for an application or for further information.

LEGAL

Colorado Legal Services - Boulder

Available to assist those Boulder County residents 60+ with legal issues. For appointments, call 303-449-7575 or visit their website www.ColoradoLegalServices.org

Advance Directives Planning

See the Health and Wellness section of The GO catalog for a listing of Advance Directive classes to complete a Living Will, 5 Wishes, MDPOA, etc.

Rocky Mountain Legal Center

A non-profit organization providing free civil legal representation, simple wills, mediation, and counseling services to qualifying low-income families, singles, parents, and seniors. Sliding scale fees available. Call 720-242-8642.

Bridge to Justice

A non-profit organization providing reduced-fee civil legal services to low- and moderate-income Coloradans who do not qualify for free legal aid. Call 303-443-1038.

Boulder County Bar Association

Offers a free virtual legal clinic for Boulder County residents in need of brief attorney advice. To request legal help, visit <https://boulder-bar.org>.

TRANSPORTATION

A full list of Transportation resources can be found at www.bouldercountyhelp.org under Resources in the Transportation and Driving Issues link. If you are concerned about someone's driving or would like driver training, please see the Mature Driver Training listing on that site.

RIDE Longmont

RIDE Longmont provides on-demand transportation for \$1 per ride for seniors. Visit www.city.ridewithvia.com/longmont or call 970-538-9097 for more information.

Via

Provides door-to-door, wheelchair accessible transportation in Longmont and surrounding communities. Ride requests can be made from 1 to 7 days in advance. Fares are FREE as of 9/1/25. 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 online.
- **Reduced-fare options** are available for those who meet income guidelines. Call 303-447-2848, ext 1014.
- **Mobility Specialists** can help you understand the best services for your needs and create an individualized travel plan. Call 303-447-2848, ext. 1047

Via's Mileage Reimbursement Program

reimburses trips provided by family, friends, and neighbors for rides outside Via's service area or service hours. Must be preauthorized for registered rides. Call 303-447-9636.

FlexRide Longmont

For FlexRide information, to schedule a ride, or to register as a new rider call 303-299-6000. Once you are registered as a rider you can also schedule your rides online at www.RTD-Denver.com Reservations may be requested three days to two weeks in advance. Rides are within Longmont, scheduled on a first come-first served basis, and cost \$1.50 each way for seniors. For more information regarding FlexRide or RTD bus routes call 303-299-6000.

Ride RTD

Local RTD routes can get you across Longmont (323, 324, 326, & 327). RTD also has routes available from Longmont to Denver, Fort Collins, and Boulder.

- For trip planning: www.LongmontBus.com or call RTD at 303-299-6000. For a video about riding RTD in Denver, visit https://youtu.be/nFv_jESDcYo
- To learn about the RTD Special Discount card visit www.RTD-Denver.com or call 303-298-2667.

Mobility For All

Want to feel more confident using smartphone apps that help you get around? Call 720-564-2218 or visit boco.org/M4AEvents for details. Mobility for All is collaborating with community partners throughout Boulder County to offer transportation-related technology workshops to help community members of all ages and abilities feel more comfortable using transportation apps such as: Google Maps, Transit App, Lyft, and Uber.

GO GO Grandparent

Concierge service to help utilize transportation services like Lyft and Uber without the use of a smartphone. Call 1-855-464-6872 to request and schedule rides. There is a concierge fee of \$0.27 a minute in addition to the cost of the ride.

Transportation for Veterans

See Cultivate's VetsGO program in the Veterans Services section of this Resource Guide.