



RESOURCE GUIDE FOR OLDER ADULTS



Summit County Community and Senior Center

0083 NANCY PLACE
FRISCO, CO
(970) 668-2940

WWW.SUMMITCOUNTYCO.GOV
WWW.SENIORCENTER.COM
2020-2021

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Know of a resource that is not in the book? Let us know about it! Email us at CandSC@co.summit.co.us or call (970) 668-2940



Understand, acknowledge, and accept the fact that we are not affiliated with any company, person, or organization of any kind mentioned in this brochure in any way. The intent is merely to provide useful information, and services.

Crisis & Emergency Info

Adult Protective Services (970) 668-9160

Summit County Social Services

APS investigates abuse, neglect, and exploitation of elders and dependent adults.

Summitcountyco.gov

Advocates for Victims of Assault (970) 668-3906

Advocates provides 24-hour crisis response, including support and counseling involving domestic violence, suicide, and other trauma.

www.summitadvocates.org

Colorado Crisis Services (844) 493-8255

Free, confidential, professional and immediate support for any mental health, substance use or emotional concern. 24/7 (see also page 11)

Summitcountyco.gov/1320/mentalhealth

Emergency Assistance **911**

Hospital St. Anthony Medical Center (970) 668-3300
340 Peak One Drive

Veterans Crisis Line 1-800-273-8255

Suicide Hotline 1-888-207-4004

Breckenridge Police Department (970) 453-2941

Police Stations (non-emergency numbers)

Summit County Sheriff's Office (970) 668-8600

Dillon Police Department (970) 468-6078

Frisco Police Department (970) 668-3579

Silverthorne Police Department (970) 262-7320

Helpful Local Resources

Colorado Legal Services (970) 668-9612

Pat Craig, Summit County Representative

602 Galena St.

1 (800) 521-6968

Frisco, CO 80443

Colorado Legal Services is dedicated to providing legal assistance to low income people

www.coloradolegalservices.org

Family & Intercultural Resource Center (FIRC) (970) 262-3888

251 W. 4th Street

Silverthorne, CO 80498

The 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. FIRC receives funding from Summit County Seniors for providing emergency financial assistance to qualifying Summit County residents aged 55 and over in areas such as dental expenses, drug prescriptions, mental health, lodging assistance, and utilities assistance. FIRC also provides advocacy, referral services, thrift store vouchers and items from the food bank.

www.summitfirc.org

Neighbors Helping Neighbors (970) 668-2940

“Neighbors Helping Neighbors” provides rides for medical appointments, help with shopping and cleaning, hospital visitations, and other non-medical, in-home assistance.

Northwest Colorado Center for Independence

249 Warren Ave. #207 Silverthorne

(970) 871-4838

NWCCI provides services and support for people with disabilities in Grand, Routt, Rio Blanco, Moffat and Summit Counties. Services include skills training, peer counseling, self-advocacy, information & referral, housing & transportation assistance and computer training.

www.nwcci.org



Helpful Local Resources

Timberline Adult Day Services

(970) 668-2952

Gini, Director

0083 Nancy's Place

Frisco, CO 80443

Email: timberlineadultday@gmail.com

Timberline Adult Day Services provides daytime care for adults limited in their ability to function independently. Services include healthy meals and snacks, social experiences, daily exercise, music, medical monitoring and activities in a safe, nurturing environment.

www.timberlineadultday.org

Summit County Health and Human Services

(970) 668-9160

360 Peak One Drive, Suite 230

Frisco, CO 80443

Social Services can assist with programs such as Medicaid, Medicare adult protection, Aid to the Needy and Disabled (AND), food assistance, Home Care Allowance, Home Community Based Services (HCBS), Low Income Energy Assistance Program (LEAP), Old Age Pension (OAP), and veterans services.

Summitcountyco.gov

Vintage

(970) 468-0295

249 Warren Ave. Silverthorne, CO 80498

Vintage is the designated regional planning agency for services to seniors in Summit, Grand., Eagle, Jackson and Pitkin County. Direct services include information and assistance, certified Medicare counseling and dental and volunteer programs.

YourVintage.org (formerly Alpine Area Agency on Aging)

Kent Funeral Home

(970) 262-4250

Health Care Services

Summit Community Care Clinic

(970) 668-4040

360 Peak One Drive #100

Frisco, CO 80443

Summit Community Care Clinic is the only safety-net health care provider in Summit County, Colorado. SCCC offers high-quality primary care, oral health, behavioral health, and reproductive health services.

Summit County Public Health

(970) 668-9161

360 Peak One Drive, Suite 230 Frisco, CO 80443

Summit County Public Health provides a number of services which prevent disease and promote and protect the health of the community. Public Health also provides information and referral for healthcare.

Summit County Coroner

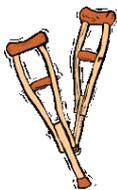
(970) 668-2964

360 Peak One Dr. Ste #208 Frisco

Durable Medical Equipment

(970) 668-2952

Equipment is available for short-term loan through Timberline Adult Day Services for those who are recovering from surgical procedures or for rehab. A donation to Timberline is encouraged, but not required.



End of Life Planning (Colorado Advance Directives)

If you have questions about Medical Durable Power of Attorney, Living Wills, CPR Directives

<http://www.coloroadvancedirectives.com>

Bristlecone Health Services

(970) 668-5604

We provide in home skilled nursing, certified nursing aides, social workers and spiritual care. Hospice in home services and individual or group grief counselling are also available to support you and your care givers.

Health Care Services

Lenka's Loving Care (970) 412-4168

Lenka's Loving Care provides in-home, non-medical care and house cleaning. They assist with activities of daily living, keeping clients company and safe.

To The Rescue (720) 641-0646

To The Rescue specializes in providing personalized in-home assistance to singles, dual-income families, single parents, seniors, new families, and those recovering from illness.

www.totherescue.net

Visiting Angels (970) 328-5526

120 East Third Street
Eagle, CO 81631

Visiting Angels provides in-home care, elder care, respite care, senior personal care, and companion care services.

Timberline Adult Day Services (970) 668-2963

0083 Nancy's Place

They offer daytime care for adults 18 and older with a variety of challenges in daily living, whether physical, mental or emotional.

Respite Care (970) 668-2952

Volunteers assist with giving the caregiver a break for a few hours either at the clients home or on "Respite Fridays" at Timberline Adult Day Services.

Family & Intercultural Resource Center (FIRC)

251 W. 4th Street, Silverthorne Office (970) 262-3888

- Monday thru Thursday 8:00am to 5:00pm

1760 Airport Road, Breckenridge Office (970) 262-3888

- Monday thru Thursday 9:00am to 4:00pm

FIRC assists with both prescriptions and medical costs.

Summitfirc.org

Nutrition

Food Banks

Father Dyer Methodist Church (970) 453-2250
310 Wellington Road, Breckenridge
Food Bank Hours 10:00am-12:00 Tues and Thurs

Family & Intercultural Resource Center (970) 262-3888

- 251 W. 4th Street, Silverthorne

Food Bank Hours: Noon-1:00 pm Tues and Thurs / Tue 5:00-6:00 pm

- 1760 Airport Road Breckenridge

Food Bank Hours: Mon and Wed Noon-1:00 pm

Food Bank of the Rockies

Located at the Summit Stage Bus Barn. Green building behind the Summit Stage
Food Bank Hours 10:00am on the 4th Thursday of every month

Dillon Community Church (970) 468-2461
371 East La Bonte Street, Dillon
Food Bank Hours 4:30pm-5:30 Mon and Wed / 1:30pm-2:30 Fri

Other Food Assistance

Nutritional Program (970) 668-9160
360 Peak One Drive Suite 230 -Located in the Human Service office
Eligibility is based on income and family size.
Walk-in M-F 8:30 to 3:00 pm



Nutrition

Free Community Dinners

Elks Lodge /Rotary Club Community Dinners

The Rotary Club and the Elks Lodge invite you to a FREE Community dinner every Tuesday from 5pm to 7pm at the Elks Lodge, 1321 Blue River Parkway in Silverthorne, one block north of Target.

St. John's Church Community Dinners

(970) 453-4264

St. John's offers a FREE Community Dinner on Tuesdays from 6pm to 7pm. Located at 100 North French Street, Breckenridge.

Father Dyer Methodist Church

(970) 453-2250

310 Wellington Road, Breckenridge
Sunday dinner 6:00 pm to 7:00 pm

Mountain Meals

Monday Night Dinner

Join us at 6:00 for a complete dinner prepared by our Chef

Where: Summit County Senior Center

5:30 - 6:00 Happy Half Hour

Call the Meal Reservation Line (970) 668-2944 by 8:00am Monday

Check out the monthly SCSC newsletter for the food menu

Lunch Buffet

Provides nutritionally sound affordable meals for seniors

When: Tuesdays and Thursdays at noon

Where: Summit County Community and Senior Center Frisco

Who: Seniors and guests and SCG employees

Cost: Sliding scale

Call for advanced reservations : (970) 668-2944

Meals on Wheels

Meals on Wheels

(970) 668-2940

Meal Delivery for short or long term home bound individuals.

When: Meals available 5 days per /week

Transportation

Medical Transportation (970) 668-2940

Medical trips are provided for seniors in need of assistance through the Senior Volunteer Program. To arrange for a ride please call (970) 668-2940 at least two weeks in advance.

Mountain Mobility (970) 668-0999

Local transportation is available to individuals unable to access the regular county bus service. Call 970-389-1041 to get application for eligibility for Mountain Mobility. Reservations are required for all trips.

Mountain Ride 1 (844) MTN-RIDE (844) 686-7433

Mountain Ride managed by **Intelliride** handles transportation bookings and reimbursements. This service is sponsored by Northwest Colorado Council of Governments. The Mountain Ride was founded to coordinate, manage, consolidate, educate, promote, enhance, and facilitate a seamless access to transportation services for the veteran, people with disabilities, older adult, and economically disadvantaged adult populations in the geographic region composed Garfield, Pitkin, Eagle, Summit, Grand, Jackson, and Routt Counties.

www.Mtnride.org

Summit Stage (970) 668-0999

PO Box 2179
Frisco, CO 80443

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

www.summitstage.com

Bustang 1-800-900-3011

Breck Free Ride Transit Hotline: 970=547-3140

Www.breckfreeride.com

Mental Health and Support Groups

Mental Health Crisis Phone line

(844) 493-8255

Services are available for community members who are experiencing an emotional crisis and need to call and speak directly with a mental health worker.

Mind Springs

(970) 668-3478

Mind Springs 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. Office hours are 8:00 am to 5:00 pm Monday – Thurs. Fri 8:00 am—4:00 pm.

Grief Support

(970) 668-5604

Bristlecone holds free grief groups, open to anyone in the public, no appointment necessary. Counseling sessions are available free of charge, call (970) 668-5604 for an appointment.

Parkinson’s Support Group

(970) 390-9690

Meetings are the third Friday of every month at 10:00 am at the Senior Center

Care Giver Support Group

(970) 668-2940

Come learn about local resources for caregivers. Meetings are the first Tuesday of the month from 1:00—2:30 at the Summit County

Building Hope Summit County

(970) 485-6271

An organization that connects you to mental health resources available in Summit Co. They offer a Mental Health Scholarship Program which offers up to 12 sessions of free therapy to those with financial hardship with a local provider of your choice. Other programs include support groups, suicide prevention, referrals and care coordination.

www.Buildinghopesummit.org

NAMI

(303) 917-9131

This is a local affiliate of the National Alliance for Mental Illness (NAMI) serving Summit and Lake Counties. Our all-volunteer nonprofit organization supports, educates and advocates for local individuals and families affected by mental illness and substance abuse.

Senior Housing

Elk Run Assisted Living Community (303) 679-8777

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.

Elkrunassistedliving.com

Cliffview Assisted Living Center (970) 724-3530

710 Eagle Avenue

Kremmling, CO 80459

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.

www.cliffviewassistedliving.org

Long Term Care: Skilled Nursing Facilities

Northwest Colorado Options for Long Term Care

Carol Keen (970) 468-1615

Dillon, CO (800) 494-6474

Single Entry Point for Medicaid waivers, providing access to services in the home and community, as well as Nursing home level of care.

Life Care Center of Evergreen (303) 674-4500

2987 Bergen Peak Drive

Evergreen, CO 80439

www.lifecarecenterofevergreen.com

Castle Peak Senior Life and Rehabilitation (970) 989-2500

195 Freestone Road

Eagle, CO

Assisted Living, Memory Care and nursing after illness.

www.Castlepeak.org

Senior Housing

SIS—Staying in Summit

A new non profit organization to help support older adults and adults with disabilities to continue to live in Summit. SIS is in the process of developing assisted living, memory care and respite housing here in Summit County. www.stayinginsummit.org

Medicare Counseling

Have your Medicare questions answered in a private one-hour session at the Senior Center. Services include: Understanding Medicare, Medicare supplements and cost plans, navigating medicare.gov for your best personal Part D Drug Plan, comparing employer retirement plan to Medicare. Call Vintage (in Summit Co) for an appointment. (970) 315-1328 or www.Yourvintage.org

Care Navigation

Jennifer Gonzalez provides free care navigation services for low-income seniors age 50+. She assists individuals and families with accessing community resources and determining eligibility for public benefits. (Eng/Spa) Contact Jennifer at (970) 668-2943 or email: Jennifer.gonzalez@summitcountyco.gov

Other Services

Colorado Senior Resource Guidebook (303) 333-3482

A Directory for Older Adults, families and aging service professionals
www.senioranswers.org

Guide to Government Aid for Seniors

As we age and enter into our elderly years, it can become significantly harder to take care of all the bills. Thankfully, there are dozens of government aid programs available specifically for seniors.

<https://www.seniorliving.org/research/government-aid/>

VA Program

Free mobile counseling center for veterans on the third Tuesday of each month at the Senior Center. Duane Dailey (970) 668-6980

Churches

Dillon Community Church (970) 468-2461

371 E. La Bonte Street, Dillon

Food Bank: Mon/Weds 4:30-5:30pm, Friday 1:30-2:30pm

www.dillonchurch.org

Father Dyer Methodist Church (970) 453-2250

310 Wellington Road, Breckenridge

Food Pantry: Tues/Thurs 10:00am-12pm

Fatherdyer.com

Our Lady of Peace Catholic Church (970) 668-0250

89 Smith Ranch Rd, Silverthorne

- Sat 5:00pm; Sun 8:00 & 10:00am, 12:30pm (Spanish)
- Mon, Wed, & Fri 8:00am, Wed 7:00pm (Spanish)

St. Mary's Our Lady of Peace Parish Center (970) 668-0250

109 South French t., Breckenridge

- Sat 5:00pm; Sun 8:00 & 10:00am; Tue/Thurs 8:00am

Summit County Church of Christ (970) 668-5072

Frisco

1002 South 7th Avenue

Summitcountychurchofchrist.com

St. John's Episcopal (970) 453-4264

Breckenridge

100 South French Street

www.st.johnthebaptistepiscopalchurch.com

Agape Outpost Chapel (970) 453-1247

Breckenridge

15404 Highway 9

www.agapeoutpost.org

Rocky Mountain Bible Church (970) 668-3395

Frisco

600 E. Main St.

Rmbc.org

Churches

Lord of the Mountains Lutheran (970) 468-6809
56 U.S. 6 Dillon, CO 80435
Wednesday and Friday 1-4 PM: Provides services for homeless individuals: showers, laundry, lunch, email access, etc.

Christ Lutheran Church (970) 453-8019
Breckenridge
16072 Highway 9
Christlutherbreck.org

Synagogue of the Summit
SOS is a diverse and rapidly growing Jewish congregation
www.synagogueofthesummit.org

Other Resources

Voter Registration
Register to vote or update your voter record online at
www.govotecolorado.gov

Motor Vehicle Office (970) 668-5623
Breckenridge
208 Lincoln Ave
www.summitcountyco.gov

Drivers License (970) 668-5015
Frisco
37 County Rd. 1005 (Peak One Blvd)
County Commons Building

2020-2021 Other Resources

Handyman Services

Brad Smith (970) 485-5248,
(970) 468-2233

John Cushwa (970) 470-5169

Greg Denckla (970) 409-9970

Randy Cox (970) 468-7650

Roof shoveling

Brad Smith (970) 485-5248,
(970) 468-2233

General Contractors

Randy Cox (970) 468-7650

Electrical (light), Plumbing, Drywall, Tree-Trimming

Rest Assured Home Care &
Maintenance (John Cushwa)
(970) 470-5169

Majestic Mountain Movers

Paul LaFontaine (970) 470-5169
120 W. 9th—Silverthorne

House Checks for Vacationing Seniors

John Cushwa (970) 470-5169

Grocery Delivery Services

Summit Store 2Door provides
grocery delivery services to
Summit Co residents & visitors.
Sr. Discount. www.ss2d.com

Curbside Grocery Pickup or Delivery (check with each merchant)

City Market (970) 468-2363
Dillon
300 Dillon Ridge Rd

City Market (970) 453-0818
Breckenridge
400 N. Parkway

Safeway (970) 668-5144
Frisco
1008 Summit Blvd

Target (970) 468-2268
Silverthorne
715 Blue River Pkwy

Whole Foods (970) 668-9400
Frisco
261 Lusher Ct

Costco (970) 328-7603
Gypsum
170 Cooley Mesa Rd

Snow Shoveling—Local Summit County volunteers who can help shovel your driveway and walkways

Shovelers contact info:	Phone Number	Location
Seanna Weeks	617-827-4470	Breckenridge
Bona Dea	970-389-1018	Dillon/Silverthorne
Tim “Slim” de Camp	970-393-0448	Frisco
Brad Smith	970-485-5248	Silverthorne
Greg Denckla	970-409-9970	Dillon/Silverthorne
John Feely	720-459-0849	Silverthorne (Wilderness)
Kevin Ravenscraft	970-690-8932	Silverthorne
James Pray	970-668-5087	County Wide

VOLUNTEER



Looking for a way to meet people or engage in your community? We can help plug you into a variety of volunteer opportunities throughout the area. If helping animals, people, or the environment is your passion, we would love to talk to you about all the options available! Contact the Summit County Community and Senior Center. We are volunteer coordinators for the area.

Summit County Seniors, Inc.

YOUR CONNECTION TO THE COMMUNITY



0083 Nancy's Place
Frisco, CO
(970) 668-2940
Summit-seniors.org



To improve the quality of life for the members of the Summit County Senior Center and other senior citizens (those over 50) of Summit County by providing services and opportunities for residents and visitors for recreation, intellectual stimulation, physical activity, volunteering and sociability through programming and philanthropic endeavors both within the Senior Center and the greater community.

NOTES



Summit County Community and Senior Center is a welcoming community space for gatherings and meetings of Summit County residents and visitors. We provide programs, education and assistance to help seniors' live active, independent and socially enriching lives. In coordination with our non-profit partner, the Summit County Senior Citizens, Inc.

Summit County Community & Senior Center

0083 Nancy's Place / PO Box 1845, Frisco, CO 80443

Phone: (970) 668-2940

Email: CandSC@co.summit.co.us

Website: www.summitcountyco.gov

Facebook: [www.facebook.com/
summitcommunityandseniorcenter](http://www.facebook.com/summitcommunityandseniorcenter)

Community & Senior Center Manager

Lorie Williams

(970) 668-2945

Lorie.Williams@SummitCountyCO.gov

Senior Services Program Manager

Laurel Wilkerson

(970) 668-2940

Laurel.Wilkerson@SummitCountyCO.gov

Event Program Manager

Vicki Hernandez

(970) 668-2941

Vicki.Hernandez@SummitCountyCO.gov

Care Coordinator

Jennifer Gonzalez

(970) 668-2943

Jennifer.Gonzalez@SummitCountyCO.gov

Cook & Kitchen Manager

Sara Hopkins

(970) 668-29950

Sara.Hopkins@SummitCountyCO.gov