

senior resources guide

A Resource for Seniors, Their Families, and Caregivers

Louisville Recreation & Senior Center
900 W Via Appia Way
Louisville, CO 80027
www.LouisvilleRecreation.com
303-335-4919



Updated Fall 2024

Welcome to Louisville Senior Services!

Louisville Senior Services at the Louisville Recreation & Senior Center currently offers a variety of classes and activities, as well as Brooks Café lunch.

Senior Resources help in the areas of transportation, housing, legal assistance, financial guidance and medical equipment loans are available by contacting Katie Tofte, Community Resource Coordinator, at ktofte@louisvilleco.gov or by calling 303.335.4919.

City of Louisville Senior Staff

Katie Tofte, Community Resource Coordinator
303-335-4919
ktofte@louisvilleco.gov

Katie Beasley, Senior Services Supervisor
303-335-4914
katieb@louisvilleco.gov

Tricia Morgan, Mealsite Coordinator
303-335-4931,
pmorgan@louisvilleco.gov

Become a Platinum Member and Save \$\$\$ All year long!



As a Platinum member, you will enjoy...

- Continued subsidy on programs offered by the City of Louisville
- Continued **FREE** programs made possible by our volunteers
- Senior Center amenities: computer lab, TV, library, lounge, staff support, and resources
- **FREE** loan closet rentals

COST PER YEAR:

Resident	\$25
Non-Resident	\$38

Boulder County AAA Resource Help



Resource line: 303-441-1617

For a comprehensive online resource directory visit:

<https://boulder.co.networkofcare.org/aging/>

For help navigating resources in Boulder County, contact the Aging and Disability Resource Center (ADRC), offered through the Boulder County Area Agency on Aging (AAA).

Boulder County Housing & Human Services



303-441-1000

Boulder County Housing and Human Services (HHS) offers a variety of programs including, Food Assistance, Medicare Savings, Old Age Pension and Long Term Nursing Home Care. All programs are based on income eligibility and may include a review of assets. Call for information and applications.

OLD AGE PENSION INCOME & MEDICAID:

Individual income below \$771, individual assets below \$2,000 (couple assets below \$3,000). Age 60-64, CO resident. Spouses qualify separately.

SSI INCOME & MEDICAID:

Individual income below \$943, individual assets below \$2,000 (couple income below \$1,371, couple assets below \$3,000). Age 65+, blind or disabled.

FOOD ASSISTANCE (FOOD STAMPS):

see page 5

LONG TERM CARE:

In home and nursing home. Age of 65+ or disabled, Individual income of \$2,829 or less, or set up an income trust. Must meet functional ability requirements.

At Home Services

HOMEBOUND BOOK DELIVERY

303-335-4824

The Louisville Public Library offers a service to deliver books to Library cardholder residents of Louisville or Superior who are homebound.

BASIC MEDICAL EQUIPMENT LOANS

303-335-4919

Basic medical equipment loans for residents of Boulder County by appointment only. Includes wheelchairs, knee scooters, front wheel walkers, crutches, shower chairs, toilet seat risers, and commodes. We do not take donations.

FIX-IT HANDY SERVICES

303-443-1933

<https://cultivate.ngo/programs/fix-it>

Cultivate offers minor home repair services provided by volunteers.

ENERGY RESOURCE CENTER

970-617-2801

<https://www.erc-co.org/free-weatherization/>

Offers free weatherization through energy efficiency evaluations & upgrades to income-qualified residents of many Colorado counties.

Financial Assistance

COLORADO PROPERTY TAX/RENT/HEAT REBATE PROGRAM (PTC REBATE)

www.colorado.gov/pacific/tax/ptc-eligibility

Available to full-year Colorado residents, age 65 or older, or a surviving spouse 58 years of age or older, OR disabled, regardless of age. Rebate total is based on the applicant's income and expenses. Visit website for more information and application.

SENIOR TAX WORKER PROGRAM

303-441-3500

www.bouldercounty.gov/jobs/senior-tax-worker-program/

The Senior Tax Worker Program is an opportunity for seniors 60 years or older to earn money equivalent to the Boulder County-designated portion of their property taxes up to \$1,000. Seniors must own property in Boulder County and live at the location where the taxes are due. Program is currently closed and will restart January 1, 2025.

TAX DEFERRAL PROGRAM

303-441-3520

www.bouldercounty.gov/property-and-land/treasurer/taxes/property-tax-deferral/senior/

The senior tax deferral program offered by the State of Colorado allows you to postpone your tax payments until you sell your property, or your estate is settled after your death. Interest is applied to the amount you defer. You can defer either half your taxes or the full amount.

SENIOR ASSISTANCE PROGRAM

303-335-4919

Call for information on local financial assistance options.

SENIOR WATER BILL ASSISTANCE

303-665-4342

info@sistercarmen.org

Hours: Monday-Friday, 9 am-12 pm & 1 -5 pm

Sister Carmen in Lafayette may be able to provide funding towards senior Water Bills, in addition to other resources. Visit: 655 Aspen Ridge Drive, Lafayette, CO 80026.

SENIOR HOMESTEAD PROPERTY TAX EXEMPTION

303-441-3530

www.bouldercounty.gov/property-and-land/assessor/senior-exemption/

Property tax exemption for qualifying senior citizens, surviving spouses of senior citizens who previously qualified, and for Disabled Veterans.

Eligible seniors must be 65 years or better and have 10 or more years of ownership of the exempted property. A portion of taxes are exempted for the year following the application. Applications accepted Jan. 1- July 15.

Health

FREE COMMUNICATIONS TECHNOLOGY

720-315-9493

<https://ccdhhdb.com/index.php/ctprogram/>

email: joanne.hirsch@state.co.us

Coloradans who are deaf, hard of hearing, or deaf-blind may be eligible to receive free technology, such as amplified and captioned phones, wireless devices, ring signalers, and amplified accessories to help make communication accessible.

MEDICAL FOOT CARE

303-698-6496

2nd and 4th Tuesday of every month

Provided by a Registered Nurse from the Visiting Nurses Association (VNA) offered the 2nd & 4th Tuesday of every month. Services provided include toe-nails trimmed, calluses filed, foot sensation, circulation, & overall foot health checked. Blood pressure is checked.

Cost: \$55

\$15 Fingernails

Credit cards preferred, checks accepted.

Call the Colorado Visiting Nurse Association at 303-698-6496 to schedule an appointment, for any questions, or to your coverage as a benefit of your Kaiser Plan.

Housing

AFFORDABLE AND SUBSIDIZED HOUSING

Housing Help Line: 303-441-1069

BOULDER COUNTY HOUSING AUTHORITY

303-441-1000

<https://www.bouldercounty.gov/families/housing/>

BOULDER HOUSING PARTNERS

720-564-4610

<https://www.boulderhousing.org/>

LONGMONT HOUSING AUTHORITY

303-651-8581

<https://www.longmonthousing.org/>

THISTLE COMMUNITIES

303-443-0007

<https://thistle.us/>

Legal Services

COLORADO LEGAL SERVICES-BOULDER COUNTY

303-449-7575

www.coloradolegalservices.org/

Colorado Legal Services is available to assist Boulder County residents 60+ with legal issues. Call or visit the website to schedule an appointment.

BOULDER COUNTY BAR ASSOCIATION

303-440-4758

www.boulder-bar.org/

The Boulder County Bar Association can provide referrals to attorneys who practice in specific areas, including those who will provide lower cost assistance.

BOULDER COUNTY COMBINED COURT CLINICS

303-441-4741

www.courts.state.co.us/Courts/District/Custom.cfm?District_ID=20&Page_ID=519

The Boulder County Justice Center offers free clinics relating to a variety of legal matters. Most offerings are virtual at this time.

BRIDGE TO JUSTICE

303-443-1038

www.boulderbridgetojustice.org/

Bridge to Justice is a Colorado nonprofit that provides civil legal services to low-and moderate-income Coloradans who do not qualify for free legal aid.

ROCKY MOUNTAIN LEGAL CENTER

720-242-8642

www.rmlegal.org/index.html

Rocky Mountain Legal Center is a non-profit community service organization focused on providing free and low-cost civil legal representation to qualifying low-income families and seniors.

Medicare/Social Security

Medicare – www.medicare.gov or 1-800-633-4227

Social Security – <http://ssa.gov/> or 1-800-772-1213

Office hours:

9 AM-4 PM on Monday - Friday

9 AM-12 PM on Wednesdays

Located at 480 W Dahlia Street, Louisville.

MEDICARE COUNSELING

303-441-1546

<https://bouldercounty.gov/families/seniors/services/medicare-counseling/>

Boulder County Area Agency on Aging staff provide objective information and assistance regarding Medicare benefits, HMO's, Supplemental policies, and rights & appeals. For assistance or to schedule an appointment call or visit their website.

Mental Health Services

303-443-8500

Services offered through Mental Health Partners:

- Senior Reach
- Support Groups
- Older Adult Specialized Services Team

Nutrition & Food Assistance

BROOKS CAFÉ

303-335-4931

<https://www.louisvilleco.gov/brookscafe>

Lunch served at the Louisville Recreation & Senior Center Monday-Friday.

COAL CREEK MEALS ON WHEELS



303-665-0566

Located at Josephine Commons
455 N. Burlington Ave, Lafayette, CO 80026

Offering meal delivery services to homebound seniors and individuals with disabilities or illnesses of any age. Serving Louisville, Lafayette, Erie, and Superior Monday-Friday. Cost for delivery: sliding scale.

SISTER CARMEN COMMUNITY CENTER



303-665-4342

655 Aspen Ridge Drive, Lafayette

Residents of East Boulder County may receive emergency food assistance up to two times per month in a calendar year.

CARRY OUT CARAVAN

303-443-1933

<https://cultivate.ngo/programs/carry-out-caravan>

Offered through Cultivate in Boulder County. Grocery and delivery service for homebound seniors.

COMMUNITY FOOD SHARE



303-652-3663

Emergency food boxes available from the warehouse in Louisville.

BLUE SPRUCE NEIGHBORS

303-652-3663 ext. 233

Through Community Food Share, supplemental groceries twice monthly to qualifying low income, 60+ senior.

LOUISVILLE COMMUNITY FOOD BANK

303-666-8812

Located at United Methodist Church,
741 Jefferson Street, Louisville

Hours: Tuesday, 9am-12pm

NUTRITIONAL COUNSELING

303-678-6115

Provided by Boulder County Area Agency on Aging

To give you the support you need, up to two free nutrition counseling sessions with a Registered Dietician are available to you if you are an older adult 60+ or are a family caregiver for an older adult. Please call 303-678-6115 leave your name, and phone number. A Registered Dietician will contact you to schedule an appointment.

FOOD ASSISTANCE (SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM-SNAP)

720-382-2920

Helps low-income individuals in Colorado purchase healthy and nutritious food. SNAP won't meet all nutritional needs for a household, but will help an individual buy groceries each month. Eligibility varies, Please apply even if you are unsure.

Respite Assistance

RESPITE ASSISTANCE FOR CAREGIVERS

303-335-4919

Call for details and qualification information to access financial assistance to pay for care.

VOLUNTEER VISITOR PROGRAM

720-864-6526

email: inforespite@bouldercounty.gov

Are you a caregiver looking for a break, or an older adult looking for a friend? The Respite & Companion Volunteer Program through the Boulder County Area Agency on Aging matches a trained volunteer with an older adult who is experiencing isolation or compromised health. Through two-hour weekly visits, volunteers provide companionship to the older adult, and, when there is a caregiver, respite to the caregiver. The volunteer provides no personal care.

Safety

BOULDER COUNTY ADULT PROTECTIVE SERVICES

303-441-1309

<https://www.bouldercounty.gov/families/seniors/adult-protection-senior-services/>

Boulder County Adult Protective Services responds to and investigates reports of abuse, neglect, self-neglect, and financial exploitation of at-risk adults who are unable to protect themselves due to a physical or mental limitation.

BOULDER COUNTY DISTRICT ATTORNEY'S COMMUNITY PROTECTION DIVISION

303-441-3700

www.bouldercounty.gov/district-attorney/community-protection/

The Community Protection Division (CPD) works to resolve disputes between individual consumers and businesses; engages with the community to provide information and resources about consumer protection issues, such as scams and fraud, and how to avoid being a victim; and investigates complaints and prosecutes cases involving abuse or exploitation of older and vulnerable members of our community.

FILE OF LIFE

The File of Life, a free program sponsored by Cultivate, helps our Fire Department Paramedics obtain your necessary medical history and emergency contact information in an emergency. The card, which is in a red plastic pocket labeled, FILE OF LIFE, lists the patient's name, emergency medical contacts, other vital information, medications, dosages, allergies, recent surgeries, religion, Doctor's name and health care proxy. Pick yours up in the Resource Rack at the Louisville Senior Center.

LONG TERM CARE OMBUDSMAN

303-441-1173

Help and information for residents of nursing homes and personal care facilities and their families to address concerns, compare facilities, and resolve problems.

SMART911

Sign up at <https://smart911.com>



Smart911™

Free service that ties to your mobile phone number and provides information you want first responders and 911 to have in the event of an emergency. You create a safety profile with information like your address, emergency contacts, and if you have pets in your home.

Support Groups

If you are in the Louisville Area and are interested in a support group not listed, please call 303-335-4919.

COPD SUPPORT GROUP

2nd Thursday, 2:00-3:00pm

(currently meeting virtually)

Elizabeth Langhoff, LCSW, 303-270-2743

The meetings will include an educational presentation (a different topic each meeting), followed by open discussion of any topic.

KINSHIP SUPPORT SERVICES

Suzanne Daniels, 303-441-1533

Elaine Purdy-Chivers, 303-441-1028

Angela Paras, 303-441-1428

email: pssfrsvps@bouldercounty.gov

Our community is seeing a growing number of grandparents, aunts, uncles, and other family members raising relative children. Caring for these children can be a rewarding and sometimes challenging experience. Through community resources and Education, Kinship Support Services strives to strengthen and empower these families, helping to create a secure, safe and stable home. For more information about support groups and services, contact one of the Kinship Support Specialists above.

LOW VISION WORKSHOP/SUPPORT GROUP

3rd Tuesday 11:00am-12:00pm

(currently meeting virtually)

Offered through Center for People with Disabilities

Monthly workshop covering different topics related to Low Vision & Blindness. For more information, contact Dawn Brady, Beyond Vision Skills Trainer, at dawn@cpwd.org or call 720-340-2271.

RAINBOW ELDERS OF BOULDER COUNTY

303-441-3583

email: LGBTelders@bouldercounty.gov

Provides connection for gay, lesbian, bisexual and transgender people aged 55+. Sponsored by the Boulder County Area Agency on Aging.

Transportation

FLEXRIDE LOUISVILLE

303-299-6000

www.rtd-denver.com/services/flexride#louisville

RTD FlexRide Louisville is a door-to-door transportation service that takes you anywhere in Louisville. Call or visit for more information on schedules, fares, and to make your appointment.

FLEXRIDE SUPERIOR

303 299-6000

www.rtd-denver.com/services/flexride#superior

RTD FlexRide provides door-to-door transportation service that takes you anywhere in Superior and to key locations in Louisville. The service provides Superior residents with the ability to travel from their homes to places such as the Louisville Recreation & Senior Center or the Post Office.

VIA MOBILITY SERVICES

303-444-3043

<https://viacolorado.org/services/get-started/>

VIA is a full-spectrum mobility manager providing accessible on-demand transportation, individual and group travel training and mobility options, information and referral for older adults, people with disabilities, low-income individuals and others living with mobility limitations.



VETSGO

303-443-1933

<https://cultivate.ngo/programs/vetsgo-1>

Program offered through Cultivate connects members of the community with senior veterans 60+ & their family members who are 60+ with reliable transportation to and from medical appointments, in and beyond Boulder County.

FAITH IN ACTION

303-666-9312

<https://www.abilityconnectioncolorado.org/faithinactionco/>

Serving older adults and people with disabilities for rides within Boulder County. Volunteers do not have wheel-chair-accessible vehicles. Call

GO GO GRANDPARENT

1-855-464-6872

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

MOBILITY FOR ALL

720-564-2218

Mobility for All is a program through Boulder County to promote affordable multimodal transportation options.

They offer transportation-related technology workshops to help community members of all ages and abilities feel more comfortable using transportation apps such as: Google Maps, Lyft & Uber.

Volunteer Opportunities for Seniors

LOUISVILLE SENIOR SERVICES

303-335-4919

Volunteer needs may include mealsite, drop in programs and trips, and Snowbusters and Yardbusters programs. Call for more information.

RETIRED SENIOR VOLUNTEER PROGRAM

303-443-1933

Retired Senior Volunteer Program offered through Cultivate. Senior Volunteers needed:

Carry-Out Caravan: shop for & deliver groceries, or take call-in orders.

Fix-It: complete minor home repairs

VOLUNTEER VISITOR PROGRAM

720-864-6526

Visit an older adult two hours per week. Help ease isolation, provide a break for a caregiver and make a new friend. Volunteers serve as companions; they do not provide hands-on care.

Employment

WORKFORCE BOULDER COUNTY

720-776-0822

[www.bouldercounty.gov/departments/
community-services/workforce-boulder-county/](http://www.bouldercounty.gov/departments/community-services/workforce-boulder-county/)

Workforce offers a wide variety of services to job seekers and businesses.

Senior Drop-in Programs

There are many activities available at the Senior Center on a drop-in basis including:

- Billiards (Available during regular facility hours)
- Computer Usage (M-F, 9 AM - 4 PM)
- Latte Friday (F, 10 AM - 11 AM)
- Lending Library (M-F, 9 AM - 4 PM)
- Panera Bread Distribution (W, 10 AM)

- American Mah Jongg
- Art Club
- Bloomin Seniors Garden Club
- Book Club
- Chess
- Choir
- Bridge
- Loving Hands Craft Group
- Open Game Day
- Samba
- Scrabble
- Senior Cinema
- And more!

A list of activities with days and times can be found in the current catalog or online at LouisvilleRecreation.com

Phone Numbers

LOCAL: Emergency 911

Louisville City Hall	303-666-6565
Non-Emergency Dispatch	303-441-4444
Recreation Center/ Senior Services	303-666-7400
Avista Hospital	303-673-1000
Boulder Community Health	303-415-7000
Exempla Good Samaritan Medical Center	303-689-4000
Police - non emergency	303-666-8634
Louisville Fire Dept/ non emergency M-F	303-666-6595

BOULDER COUNTY:

Adult Protective Services	303-441-1309
Area Agency on Aging Resource Navigators	303-441-1617
District Attorney Community Protection	303-441-3700
Boulder Housing Authority	303-441-3929
Housing HelpLine	303-441-1069
Housing and Human Services	303-441-1000
Medicare Counselors	303-441-1546
Mental Health Partners	303-443-8500
Rainbow Elders of Boulder County	303-441-3583
Veterans Services	303-441-3890
Workforce Boulder County	720-776-0822

OTHER:

Alzheimers Association	1-800-272-3900
Coal Creek Meals on Wheels	303-665-0566
Cultivate	303-443-1933
RTD FlexRide	303-299-6000
Sister Carmen	303-665-4342
Visiting Nurse Assoc. (foot care)	303-698-6496