LGBT Denver Metro Area Resource Guide for Lesbian, Gay, Bisexual, and Transgender Elders

sponsored by Denver Regional Council Governments and The Center





Welcome to the first edition of the Denver Metro Area Lesbian, Gay, Bisexual, and Transgender Elder (LGBT) Resource Guide. This guide was created to help LGBT elders and their loved ones identify agencies and businesses that are welcoming to the LGBT elder community. This guide is sponsored by the Denver Regional Council of Governments (DRCOG) and The Gay, Lesbian, Bisexual, Transgender Community Center of Colorado (The Center). It was also created with the help of a committee of LGBT elders and professionals who are advocates for the LGBT elder community. In 2004, Boulder County Aging Services developed an awareness training program for providers called Project Visibility. Starting in 2009, DRCOG and The Center began providing regular Project Visibility sessions. This training is designed to help providers become sensitive to the needs of LGBT elders and how to provide competent care and services.

Agencies listed in this guide responded to a mailing from DRCOG and The Center and/or attended a training on providing sensitive and competent services to the LGBT elder community.

Using this guide:

Agencies marked with an *E* have received education/training on working with LGBT elders through Project Visibility or similar training.

Agencies with a **P** have provided DRCOG and The Center with a copy of their antidiscrimination policy that includes sexual orientation and gender identity. Please note some 1-2 person agencies may not have written policies.

Agencies with a **T** responded "yes" when asked if they are welcoming of transgender people.

Descriptions were provided by each listed agency; some descriptions may have been edited slightly for consistency.

Disclaimer

DRCOG and The Center cannot guarantee the levels of sensitivity of these organizations. We also cannot guarantee the quality of services. Should you have questions or concerns, you may call Jennifer Solms at DRCOG, 303-480-6796, or Shari Wilkins at The Center, 303-733-7743 X12.



Adult Day Centers

Senior Support Services (P, T)

846 E. 18th Ave.
Denver, CO 80218
Ph: 303-832-1622 ext. 202
Fax: 720-377-0308
mollyream@gmail.com
www.seniorsupportservices.org
Day Center for hungry and homeless seniors. Serves three meals a day and offers: counseling, food bank, clothing bank, social security, food stamp assistance, computers, and socializing.

The Senior Hub, Inc. (E, P, T)

2360 W. 90th Ave. Federal Heights, CO 80260 Ph: 303-426-4408 Fax: 303-426-0014 rdees@seniorhub.org www.seniorhub.org Since 1986, the agency has provided Meals on Wheels, RSVP, respite and in-home services, adult day service, Senior Solutions, Rural Meals on Wheels, and care management.

Visiting Nurse Corp. of Colorado (E, P, T)

390 Grant St.
Denver, CO 80203
Ph: 303-698-2121 (main)
Ph: 303-698-6337 (program direct dial)
Fax: 303-698-6332
Dunlap.c@vnacolorado.org
www.vnacolorado.org
HOPWA HOPE and Home Health Services: Provides a day shelter for homeless persons living with HIV. Services include medication compliance, physician appointments, hot meals, laundry, counseling, and resource referral.

Advocacy Services

AARP (E, P, T)

303 E. 17th Ave. Suite 510 Denver, CO 80203 Ph: 303-764-5986 Fax: 303-764-5999 jmora@aarp.org www.aarp.org/co AARP is dedicated to enhancing the quality of life for all as we age.

Alzheimer's Association Colorado Chapter (E, P, T)

455 Sherman St. Suite 500 Denver, CO 80203 Ph: 1-800-272-3900 Fax: 303-813-1670 Cheryl.parrish@alz.org www.alz.org/co The Alzheimer's Association advocates for those living with Alzheimer's and their families on related legislative issues, and with health and long-term care providers. Families throughout the state have access to support services through regional offices in Colorado.

Colorado Gerontological Society (E, P, T)

3006 E. Colfax Ave. Denver, CO 80206 Ph: 303-333-3482 Fax: 303-333-9112 Doherty001@att.net www.senioranswers.org Provides information, education and training, advocacy and services to elders and to those who provide services to elders on housing, home care, Medicare and Medicaid, and other issues.

Denver Commission on Aging (E, P, T)

201 E. Colfax Ave. Dept. 1102 Denver, CO 80202 Ph: 720-8462 TDDY: 720-913-8475 Fax: 720-913-8470



Anthony.aragon@denvergov.org

www.denvergov.org/aging

Promotes and ensures equal rights and opportunities for the aging community and advises HRCR and the mayor on aging issues in the City and County of Denver.

Denver Regional Council of Governments (E, P, T)

Area Agency on Aging 1290 Broadway Suite 700 Denver, CO 80203 Ph: 303-480-6734 Fax: 303-480-6827 jsolms@drcog.org www.drcog.org The Long-Term Care Ombo

The Long-Term Care Ombudsman program is a free advocacy program for residents of nursing homes and assisted living residences that, through regular visitation, helps resolve complaints on behalf of residents and their families.

Stella Enterprises, LLC (E, T)

4860 Chambers Rd. # 40 Denver, CO 80239 Ph: 720-252-7695 Fax: 720-374-0772 Stella.enterprises@live.com www.stella-enterprises.com Health care advocate and a proponent of seniors aging in place. Provides advocacy, resources, and companionship to assure a vibrant interactive life.

The GLBT Community Center of Colorado (E, P, T)

SAGE of the Rockies 1301 E. Colfax Ave. Denver, CO 80218 Ph: 303-733-7743 Fax: 303-282-9399 khelander@glbtcolorado.org www.glbtcolorado.org

LGBT Elders are a whole generation of change-makers (the '60s, Stonewall, LGBT Pride, response to HIV/AIDS) and they haven't stopped yet. Now they have new fronts needing attention, like safe places to live and receive care, affordable housing, laws that protect against discrimination and harm, and being treated equally with other older (and married) people when it comes to benefits and service eligibility.

Assisted Living Residences

Allied Jewish Apartments (E, P, T)

22 S. Adams St. Denver, CO 80209 Ph: 303-399-1146 Fax: 303-394-4149 mhelfant@ajsh.org www.alliedjewishapartments.org Allied Jewish Apartments is an independent and assisted living senior community, providing subsidized and affordable apartments and supportive services in the Cherry Creek neighborhood of Denver.

The Barth Hotel Assisted Living (E, P, T)

1514 17th St. Denver, CO 80202 Ph: 303-534-7142 Fax: 303-534-3828 barth@seniorhousingoptions.org www.seniorhousingoptions.org The Barth Hotel in lower downtown Denver is home to 62 senior and older adults with disabilities who need a supportive setting that maintains their independence. All rooms are private and some have private baths. It is a Medicaid-approved HCBS-EBD & MI waiver program residence.

Heritage Club Denver Tech Center (T)

4901 S. Monaco St. Denver, CO 80237 Ph: 303-796-8009 Fax: 303-713-0891 vvaldez@brookdaleliving.com www.brookdaleliving.com Assisted living and memory care community

Parkplace Retirement Community (E, T)

A Brookdale Senior Living Community 111 Emerson Denver, CO 80218 Ph: 303-744-1950 Fax: 303-744-2118



EvBrown2@brookdaleliving.com

www.brookdaleliving.com

Parkplace offers elegant retirement living near downtown Denver: 174 independent one-bedroom, two-bedroom, and deluxe apartments are available in its 18-story high rise. Assisted living services are also available.

Princeton House Assisted Living (E, P, T)

3884 W. Princeton Circle Denver, CO 80236 Ph: 303-761-1460 Fax: 303-761-3619 Princeton@seniorhousingoptions.org www.seniorhousingoptions.org Located in southwest Denver on the Colorado Mental Health Institute's Fort Logan campus, Princeton House offers a serene environment to 16 older adults and is designed for those who have severe and persistent mental illness and need a supportive living environment. On-site mental health case management services are also provided. It is a Medicaid-approved HCBS-EBD & MI waiver program residence.

Quality Life Management, LLC (T)

3885 Upham St., #55 Wheat Ridge, CO 80033 Ph: 303-238-3838 Fax: 303-274-0994 Kelly@qlmllc.com www.qlmllc.com Management of three assisted living communities and 10 rehabilitation and skilled care facilities in the Denver-metro area, Pueblo, and Grand Junction communities. Its care centers provide a broad continuum of care and specialized services are provided at select locations.

Serenity Assisted Living, Inc. (T)

5290 E. Yale Circle Suite 106 Denver, CO 80222 Ph: 303-584-8926 Fax: 303-584-9508 serenityhouse@mho.com www.serenityhouse.net Residential assisted living in homes licensed for eight people. It offers in-house medical care as needed and an engaging activity program.

Sterling House Brighton (E)

2215 E. Egbert St. Brighton, CO 80601 Ph: 303-637-9500 Fax: 303-637-7338 nbritton@brookdaleliving.com www.brookdaleliving.com Assisted living

Union Court Assisted Living (T)

7587 Union Ct. Arvada, CO 80005 Ph: 303-456-4485 Fax: 303-463-2840 cparenteau@sloptions.com

Three nutritious meals daily, plus snacks, private dining room, large bedrooms, 24-hour care assistance, medication administration, bathing, dressing, incontinence assistance, life-enriching activities and body movement plans, and additional services.

Care Management Services

Aging Care Solutions, LLC (E, T)

19674 E. Caspian Circle Aurora, CO 80013 Ph: 303-632-6442 agingcaresolutions@comcast.net www.agingcaresolutionscolorado.com Assists adults with finding the care and resources they need to maintain quality of life as they age.

D's Concierge (E, T)

Broomfield, CO 80020 Ph: 720-320-3097 Dc358@msn.com www.dsconciergellc.com Catering to individuals and families in need of assistance due to accidents, medical procedures, and aging. Administrative and personal assistant services, and health and wellness.



Jewish Family Services (E, P, T)

3201 S. Tamarac Dr.
Denver, CO 80231
Ph: 303-597-5000, ext. 320
Fax: 303-597-7700
Jewish Family Service focuses on four areas of expertise: senior and adult services, mental health services, disability services, and safety net services.

Lutheran Family Services (E, T)

Care Management Solutions program 363 S. Harlan St., Suite 200 Denver, CO 80226 Ph: 303-217-5855 Fax: 303-922-7335 Carri.rartzzi@lfsco.org www.lfsco.org/programs_caring.php Experienced care managers provide care coordination to older adults experiencing difficult transitions. In-home services include assessment, presenting care options and resources, monitoring, counseling and consultation with families.

Senior Support Services (P, T)

846 E. 18th Ave.
Denver, CO 80218
Ph: 303-832-1622 ext. 202
Fax: 720-377-0308
mollyream@gmail.com
www.seniorsupportservices.org
Day Center for hungry and homeless seniors. Serves three meals a day and offers:
counseling, food bank, clothing bank, social security, food stamp assistance, computers, and socializing. Case management services also provided.

The Senior Hub, Inc. (E, P, T)

2360 W. 90th Ave. Federal Heights, CO 80260 Ph: 303-426-4408 Fax: 303-426-0014 rdees@seniorhub.org www.seniorhub.org Since 1986, the agency has provided Meals on Wheels, RSVP, respite and in-home services, adult day service, Senior Solutions, Rural Meals on Wheels, and care management.

Education

Alzheimer's Association Colorado Chapter (E, P, T)

455 Sherman St. Suite 500 Denver, CO 80203 Ph: 1-800-272-3900 Fax: 303-813-1670 Cheryl.parrish@alz.org www.alz.org/co The Alzheimer's Association offers a broad range of programs and services including: 24-hour helpline, education classes, care consultation, and support groups-- at no cost to families, and funds research to prevent, treat, and eventually conquer this disease.

Colorado Gerontological Society (E, P, T)

3006 E. Colfax Ave. Denver, CO 80206 Ph: 303-333-3482 Fax: 303-333-9112 Doherty001@att.net www.senioranswers.org Provides information, education and training, advocacy and services to elders and to those who provide services to elders on housing, home care, Medicare and Medicaid, and other issues.

The GLBT Community Center of Colorado (E, P, T)

SAGE of the Rockies 1301 E. Colfax Ave. Denver, CO 80218 Ph: 303-733-7743 Fax: 303-282-9399 khelander@glbtcolorado.org www.glbtcolorado.org The services offered through S

The services offered through SAGE of the Rockies include a variety of exciting, educational, and helpful ways to get involved as an older LGBT adult. Whether planning for the future (housing, finances, legal issues, health care), having a good time (social events, intergenerational opportunities, travel), or finding help when you need it (caregiver support groups, referrals to safe and quality community services, educational presentations), SAGE of the Rockies is here for you.



Financial Services

Ameriprise Financial (P, T)

7979 E. Tufts Ave. Suite 715 Denver , CO 80237 Ph: 303-689-7416 Fax: 303-689-7400 Amy.l.berk@ampf.com www.ameripriseadvisors.com/amy.l.berk Our mission is to deliver financial solutions through a tailored approach and a genuine interest in our clients' evolving needs. Areas of focus include saving for education, estate planning, retirement planning, small business, domestic partner planning, and charitable giving.

Button Financial (T)

97 S. Brentwood Street Lakewood, CO 80226 Ph: 303-861-5290 Fax: 303-462-1695 sallyjo@buttonfinancial.net www.buttonfinancial.com www.buttonfinancial.net Comprehensive, fee-only financial life planning and investment management.

Morgan Stanley Smith Barney (E, P, T)

370 17th St #2800 Denver CO 80202 Ph: 303-572-4082 Kari.lynn.koppes@mssb.com

121 S. Tejon Suite 700Colorado Springs, CO 80903Ph: 719-577-6347Brock.christian.lambert@mssb.comFinancial advisors helping people plan for future needs and working around the legal complications of non-traditional estate planning.

Trilogy Financial Services (E, P, T)

2000 S. Colorado Blvd. Tower One Suite 11100 Denver, CO 80222 Ph: 303-300-3323 Fax: 303-872-6598 Wade.frisbie@trilogyfs.com Cecilia.long@trilogyfs.com www.trilogyfs.com Trilogy Financial Services is an independent financial planning firm dedicated to the LGBT community by providing financial solutions to domestic partners and the elder community.

Home Care Agencies

Aspire Home Care (E, T)

5200 DTC Parkway Suite 410 Greenwood Village, CO 80111 Ph: 720-479-0580 Fax: 303-220-1118 jwinn@aspirehc.com www.aspirehc.com Private duty services range from companionship to assistance with activities of daily living. Its caregivers are direct employees and are trained, bonded, and insured.

Elderlink Home Care, Inc. (E, P, T)

11757 W. Ken Caryl Ave. F-314 Littleton, CO 80127 Ph: 303-734-0641 Fax: 303-933-0130 info@elderlinkhomecare.com www.elderlinkhomecare.com Caregivers assist clients with activities of daily living, 3-24 hours per day. Serving metro Denver since 1988. Member BBB.

Senior Helpers In-Home Care (E, P, T)

10190 Bannock St. Suite 240 Denver, CO 80260 Ph: 303-452-6500 Fax: 303-452-6520 sengels@seniorhelpers.com www.seniorhelpersdenver.com Senior Helpers provides support to maintain quality of life including: medication management, assistance with activities of daily living, up to 24-hour care and respite care, personal concierge and valet, and other services. Staff is bonded and insured.



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2360 W. 90th Ave. Federal Heights, CO 80260 Ph: 303-426-4408 Fax: 303-426-0014 rdees@seniorhub.org www.seniorhub.org Since 1986, the agency has provided Meals on Wheels, RSVP, respite and in-home services, adult day service, Senior Solutions, Rural Meals on Wheels, and care management.

Visiting Nurse Corp. of Colorado (E, P, T)

390 Grant St. Denver, CO 80203 Ph: 303-698-2121 (main) Ph: 303-698-6337 (program direct dial) Fax: 303-698-6332 Dunlap.c@vnacolorado.org www.vnacolorado.org Ryan White Program: Nursing, PT, OT therapy, and C.N.A. assistance in the home for persons living with HIV. Referral from physician is required. No charge for this program.

Independent Living

Allied Jewish Apartments (E, P, T)

22 S. Adams St. Denver, CO 80209 Ph: 303-399-1146 Fax: 303-394-4149 mhelfant@ajsh.org www.alliedjewishapartments.org Allied Jewish Apartments is an independent and assisted living senior community, providing subsidized and affordable apartments and supportive services in the Cherry Creek neighborhood of Denver.

The Olin Hotel Apartments- subsidized (E, P, T)

1420 Logan St. Denver, CO 80203 Ph: 303-861-8052 Fax: 303-832-2031 olin@seniorhousingoptions.org

www.seniorhousingoptions.org

The Olin is home to 106 seniors and adults with disabilities. Seniors must be 62 or older and adults with disabilities older than 18. It has 49 buffets and 57 one-bed-room apartments with private bathrooms and kitchens. The entrance is secure with 24-hour lobby staff and security doors. This is a HUD Section 8 subsidized apartment and vouchers are not required. Income must be 50 percent or less of the median income for Denver.

Information and Referral

Alzheimer's Association Colorado Chapter (E, P, T)

455 Sherman St. Suite 500 Denver, CO 80203 Ph: 1-800-272-3900 Fax: 303-813-1670 Cheryl.parrish@alz.org www.alz.org/co The Alzheimer's Association offers a broad range of programs and services including: 24-hour helpline, education classes, care consultation, and support groups -- at no cost to families, and funds research to prevent, treat, and eventually conquer this disease.

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Denver Regional Council of Governments (E, P, T)

Area Agency on Aging 1290 Broadway Suite 700 Denver, CO 80203 Ph: 303-480-6700 Fax: 303-480-6827 jsolms@drcog.org www.drcog.org http://www.DRCOG.NetworkofCare.org



DRCOG staff is available to answer questions regarding community resources for the region's seniors. They can provide specific information regarding programs funded through DRCOG, general information regarding Medicaid programs, transportation services, caregiver support programs and social service agency information.

The GLBT Community Center of Colorado (E, P, T)

SAGE of the Rockies 1301 E. Colfax Ave. Denver, CO 80218 Ph: 303-733-7743 Fax: 303-282-9399 khelander@glbtcolorado.org www.glbtcolorado.org The services offered through SAGE of the Rockies include a variety of exciting, educational, and helpful ways to get involved as an older LGBT adult. Whether planning for the future (housing, finances, legal issues, health care), having a good time (social events, intergenerational opportunities, travel), or finding help when you need it (caregiver support groups, referrals to safe and quality community services, educational presentations), SAGE of the Rockies is here for you

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Ph: 303-698-6337 (program direct dial)
Fax: 303-698-6332
Dunlap.c@vnacolorado.org
www.vnacolorado.org
HOPWA HOPE and Home Health Services: Provides a day shelter for homeless persons living with HIV. Services include medication compliance, physician appointments, hot meals, laundry, counseling, and resource referral.

Legal Services

Ambler + Keenan, LLC (E, P, T)

950 S. Cherry St. Suite 1650 Denver CO 80246 Ph: 303-407-1542 Fax: 303-321-1899 info@ambler-keenan.com www.ambler-keenan.com Attorneys who are knowledgeable in estate planning, probate, trust administration, Medicaid, VA benefits, and second parent adoptions.

Benson & Case, LLP (E, P, T)

1660 S. Albion St. Suite 1100 Denver, CO 80222 Ph: 303-757-8300 Fax: 303-753-0444 dennis@bensoncase.com www.bensoncase.com A full service civil law firm providing services to the GLBT community in the areas of estate planning, probate, real estate, and civil trials.

Roselund & Sims, LLC (E, P, T)

1457 S. Pearl St., Suite A Denver, CO 80210 Ph: 720-389-5705 Fax: 303-416-4236 Destin@rs-legal.com www.rs-legal.com Estate planning and business law. Services include wills, trusts, powers of attorney, domestic partnership agreements, designated beneficiary assistance, small business start-up and general business law.

Nursing Homes

Briarwood Health Care Center (E, T)

1440 Vine St. Denver CO 80206 Ph: 303-399-0350 Fax: 303-399-4276 Hollie_hoyle@lcca.com www.lcca.com Briarwood Health Care Center is a 200-bed short- and long-term care community centrally located in Denver.

Cedars Health Care Center (E, P, T)

1599 Ingalls St. Lakewood, CO 80214 Ph: 303-232-3551 Fax: 303-233-8992



www.cedarshealthcarecenter.com

Rehab services and long-term care. Services include nursing, dietary, social services, medical care, activities, room/bed maintenance, routine personal hygiene, and other services.

Parkview Care Center (E, P, T)

3105 W. Arkansas Ave.
Denver, CO 80219
Ph: 303-936-3497
Fax: 303-936-9981
mstern@pinonmgt.com
www.pinonmgt.com
Parkview is a skilled long-term care community dedicated to providing opportunities for well-being to all who enter its doors.

Quality Life Management, LLC (T)

3885 Upham St., #55 Wheat Ridge, CO 80033 Ph: 303-238-3838 Fax: 303-274-0994 Kelly@qlmllc.com www.qlmllc.com Management of three assisted living communities and 10 rehabilitation and skilled care facilities in the Denver-metro area, Pueblo, and Grand Junction communities. Its care centers provide a broad continuum of care, and specialized services are provided at select locations.

Uptown Healthcare Center (E, P, T)

745 E. 18th Ave. Denver, CO 80203 Ph: 303-860-0500 Fax: 303-860-0037 Candice@uptowncarecenter.com betsy@uptowncarecenter.com www.uptowncarecenter.com We provide: 24-hour skilled nursing care, alternative therapies, physical, occupational, and speech therapy, infusion therapy, HIV care and support, behavioral health, hospice and palliative care.

Nutrition/Meals

Senior Support Services (P, T)

846 E. 18th Ave. Denver, CO 80218 Ph: 303-832-1622 ext. 202 Fax: 720-377-0308 mollyream@gmail.com www.seniorsupportservices.org Day Center for hungry and homeless seniors. Serves three meals a day and offers: counseling, food bank, clothing bank, social security, food stamp assistance, computers, and socializing.

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HOPWA HOPE and Home Health Services: Provides a day shelter for homeless persons living with HIV. Services include medication compliance, physician appointments, hot meals, laundry, counseling, and resource referral.



Organizing Services

Fresh Spaces, LLC (E, T)

11757 W. Ken Caryl Ave., #F-253 Littleton, CO 80127-3719 Ph: 303-349-3700 Robin@FreshSpacesLLC.com www.FreshSpacesLLC.com Quality of life services for managing the "stuff" of life: home organizing/de-cluttering, downsizing, move management, estate liquidation, home modifications, and design for dementia.

Physicians

Colorado Geriatric Care, PC (E, T) PO Box 40065 Denver, CO 80204 Ph: 303-831-6686 Fax: 720-932-9255 brenz@rocketmail.com www.coloradogeriatriccare.com Internal medicine and geriatric services provided. Involved in patient care at skilled nursing, assisted living and independent living facilities. Accept patients of all ages.

Psychology Services

Rebekah C. Markheim, Psy. D. (E, T)

Licensed Psychologist 1776 S. Jackson St. Suite 616 Denver CO 80210 Ph: 303-810-5275 Fax: 303-782-0493 drrebekahmarkheim@gmail.com www.drrebekah.com

Respite/Caregiver Support Services

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Single Entry Point Agencies

Jefferson County Department of Human Services (E, P, T)

900 Jefferson County Parkway Golden, CO 80401 Ph: 303-271-4002 Fax: 303-271-4005 Ijohnson@co.jefferson.co.us http://Jeffco.us Determines financial eligibility for a variety of federal/state/county programs. The department provides child/adult protective services, and houses the offices of single entry point, workforce development, Head Start, justice services, and a veterans' service officer.

Longterm Care Options (E, T)

4500 Cherry Creek Drive South Suite 500 Denver, CO 80246 Ph: 720-974-0032 Fax: 720-974-0053 www.ltcoptions.org Provides a variety of home- and community-based services for seniors and individuals with disabilities.



1290 Broadway Suite 700 Denver, CO 80203



1301 E. Colfax Ave Denver, CO 80218

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