

### **Mountain Resource Center**

(303) 838-7552 [mrcco.org](http://mrcco.org)  
11030 Kitty Drive | Conifer |  
*Mountain Resource Center helps clients enroll in state financial and medical programs and services such as SNAP (food assistance), Medicaid/CHP+ and TANF (Colorado Works). As well, we are here to help Veterans address the unique challenges associated with transitioning into a civilian setting after their military service.*

### **Regional Transportation District- FlexRide:**

(303) 944-5777 South | (303) 944-7474 North | [rtd-denver.com/FlexRide.shtml](http://rtd-denver.com/FlexRide.shtml)  
*Flex Ride operates M-F from 5:30 am to 7:00 pm and Saturday from 9:00 am to 7:00 pm. We do not operate on Sunday. The cost is \$3.00 for the local ride and \$1.50 for seniors 65 plus and children 6 to 19. Children 5 and under are free. People can either book online or call the North/South bus numbers above.*

### **Return To Sport Physio**

(646) 591-9696 [returntosportphysio.com](http://returntosportphysio.com)  
2942 Evergreen Parkway | Evergreen |  
*Helping 35+ Active Adults Overcome Aches, Pains and Injuries So They Can get Back To The Activities They Love and Improve Their Health Naturally Without Pain Medications, Injections or Surgery.*

### **Ride-Need A Ride???**

Evergreen | Conifer  
(303) 564-5858 | [rideexperiences.com](http://rideexperiences.com)  
*Local company with local drivers that safely provide your mountain transportation needs to DIA, Red Rocks, weddings, special events, casinos, and ski resorts.*

### **Seniors' Resource Center Evergreen**

(303) 674-2843 [srcaging.org/src-evergreen](http://srcaging.org/src-evergreen)  
5120 Hwy 73 | Evergreen |  
*Offering social and educational programs, non-medical In Home Care (light housekeeping and personal care), Chores assistance (cleaning and yard work), Adult Day and Respite, food pantry, minor home repairs, meals on wheels, friendly visitors, energy assistance, transportation, medical equipment loan program, and referrals.*

### **Spero Recovery**

(303) 351-7888 [sperorecovery.org](http://sperorecovery.org)  
29997 Buffalo Park Rd | Evergreen |  
*Spero Recovery Center is a peer-run, peer-led residential recovery community organization for adults who want to live and thrive in a life of recovery.*

### **St. Anthony Health Center Evergreen**

(303) 679-2020  
32214 Ellingwood Trail #210 | Evergreen |  
*We provide top quality, compassionate primary medical care for families in Evergreen, Conifer and the surrounding foothills communities. From well checks and sports physicals to illness and medication management, our primary care doctors and providers can care for every member of your family. Accepting new patients, with most major insurances including Medicare and Medicaid. Extended hours available by appt.*

### **The Golden Stethoscope**

(720) 572-5557 [thegoldenstethoscope.com](http://thegoldenstethoscope.com)  
400 Indiana Street Suite # 260 | Golden |  
*We are an affordable concierge primary care practice. Our membership costs about \$100/month and covers everything we do in office. We offer longer appointments and accessibility to your doctor anytime.*

### **VitalHearts**

(303) 987-3000 [vitalhearts.org](http://vitalhearts.org)  
930 South Butler Way | Lakewood |  
*VitalHearts | The Resiliency Training Initiative is a 501 (c)3 charitable organization whose mission is caring for care-providers. Helping care providers find ways to process the trauma they encounter.*



# Evergreen Senior Services



Recommended Members

**EVERGREEN AREA  
Chamber of Commerce**

(303) 674-3412 | [EvergreenChamber.org](http://EvergreenChamber.org)  
1524 Belford Court

[SEP2020]

*As the senior population continues to grow in the mountain community so does the availability of services.*

*The Chamber recommends the businesses included in this brochure for a variety of needs such as stay at home with help, independent living, assisted living, memory care assisted living, skilled nursing and rehabilitation centers, and respite care.*

*Several health care options exist for residents. Some businesses have care managers who are social workers, nurses, or other senior specialists. Home health provides skilled medical services at home including medication management, wound care, disease management, injections, and other medical services.*

*Recreationally, the mountain community has lots of options, both formal and informal, as a way to get exercise and stay healthy. A variety of programs are held from Silver Sneakers to organized hikes and activities, and much more.*

### **Bergen Park Physical Therapy**

(303) 674-5522 bergenparkpt.com  
32003 Ellingwood Trail | Evergreen |

*Our staff offers over 35 years of knowledge and experience providing quality physical therapy care. We have been practicing outpatient physical therapy services in Evergreen since 2005.*

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

(303) 679-8777 elkrunassistedliving.com  
31383 Frost Way | Evergreen |

*Offering comfortable residences and comprehensive healthcare services for seniors that need help with the activities of daily living, including in-house physical therapy services, support from a registered nurse as well as respite care. Elk Run is pet friendly.*

### **Everfit 20**

(303) 246-7770 everfit20.com  
1262 Bergen Parkway Suite E22 | Evergreen |

*This isn't another personal trainer program, this is revolutionary! An effective slow-motion strength training regime, scientifically proven to get you the best results in minimum time! Grow young with high intensity strength training routines.*

### **Evergreen Christian Outreach (EChO)**

(303) 670-1796 evergreenchristianoutreach.org  
27640 Hwy 74 | Evergreen |

*EChO offers short term assistance to return seniors to a level of self sufficiency and sustainability. We will help in providing some of the resources or referrals to move you and your family toward sustainability. Referrals may be made to our food bank, our jobs program or other programs to meet your needs. We also have a veterans assistance program.*

### **Evergreen Medicare**

(303) 801-1677 evergreenmedicare.com  
Evergreen area experts on all things to do with Medicare.

### **Evergreen Park & Recreation District**

(720) 880-1112 evergreenrecreation.com  
32003 Ellingwood Trail | Evergreen |

*Fueling senior's dedication to fitness and staying active with endless choices: hiking, cross country skiing, tennis, pickleball, ping pong, volleyball, fly fishing, softball ... the list goes on and on. If eligible, many programs offer a senior discount (60+), a minimal co-pay or at no charge all.*



### **Jefferson Center Senior Services**

(303) 425-0300 jcmh.org  
31207 Keats Way #202 | Evergreen |

*Clinicians who understand your unique needs and work with you to regain confidence, increase your ability to cope with every day challenges and assist with maintaining health and independence. Our senior outpatient program offers individual, group and family services as well as services for those residing in nursing care facilities and assist with assessment, therapy, & care management.*

### **Kadera Mental Health Services**

(720) 440-2461 kmhs.net  
32065 Castle Court Ste 250G | Evergreen |  
*Clinical Mental Health Counseling & Psychotherapy for adult individuals and couples.*

### **Life Care Center of Evergreen**

(303) 674-4500 lifecarecenterofevergreen.com  
2987 Bergen Peak Drive | Evergreen |  
*Focusing on inpatient and outpatient rehabilitation with 24-hour skilled nursing care. Our in-house rehabilitation team works hard to give every patient and resident the best care possible. Long term care, hospice and respite stays also available.*



### **Light Lounge**

(720) 791-3000 lightlounge.life  
1262 Bergen Parkway Suite E14 | Evergreen |  
*More energy, heal faster from injuries or hard workouts! Tap your bodies potential to heal and relieve pain without the use of drugs or side-effects? Clinically proven. Try Photobiomodulation today!*

### **Lutheran Medical Center - SCL Health**

(303) 425-4500 lutheranmedicalcenter.org  
8300 West 38th Avenue | Wheat Ridge |  
*Recognizing the clear need for such a philosophy of care, Lutheran has senior-specific services that provide healthcare tailored to seniors' needs. Services include a Senior ER, Senior Surgery Center, and the Senior Behavioral Health program, which addresses acute mental health and medical needs of older adults.*

### **Mount Evans Home Health Care & Hospice**

(303) 674-6400 mtevans.org  
3081 Bergen Peak Drive | Evergreen |  
*Caring for Colorado mountain-area residents in the communities surrounding Mount Evans - providing home health care, palliative care, hospice care and emotional support for those who are grieving, caregiving or adjusting to an illness.*