## WYOMING DEMENTIA RESOURCE GUIDE

## FOR CAREGIVERS, FAMILIES, & FRIENDS

## Southeast Region



Counties: Albany, Goshen, Laramie, Niobrara & Platte Counties Larger towns include: Laramie, Cheyenne, Wheatland, Torrington and Lusk



Vedauwoo Recreation Area near Cheyenne, WY



## Introduction to this guide:

Caring for a person with Alzheimer's disease or another form of dementia can pose many challenges. It can be difficult to know when help is needed and where to turn. The Wyoming Center on Aging (WyCOA) provides this guide as a source of important information about Wyoming dementia resources available to caregivers, families, and friends.

The WyCOA Dementia Resource Guides, representing the regions of Wyoming, contain local resources specific to the region as well as reputable national resources and statewide Wyoming resources. These guides present user-friendly information that is particularly useful to those impacted by Alzheimer's disease.

In addition to printed copies of the guides, the most up-to-date version of each guide is available at www.uwyo.edu/wycoa in the "Resources on Aging" tab. We welcome your feedback regarding the usefulness of this guide. If there is a resource or information that should be considered for future versions, please let us know.

We hope you find this guide to be useful.

Sincerely, The WyCOA Team

The Wyoming Center on Aging (WyCOA) has a mission to optimize the health and wellbeing of Wyoming's older residents and their caregivers through interagency partnerships, basic and applied research, community education, and clinical training and services.



www.uwyo.edu/wycoa | wycoa@uwyo.edu | (307) 766-2829

#### **ONLINE VERSION**

Visit <u>www.uwyo.edu/wycoa</u> to download a PDF of the newest version of this guide

(UPDATED AUGUST 2022)

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## **NATIONAL RESOURCES**

#### ALZHEIMER'S ASSOCIATION

Helpline: 1-800-272-3900

https://www.alz.org

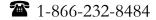
The Alzheimer's Association is dedicated to providing updated information, resources and support to any person suffering from Alzheimer's or caring for those with Alzheimer's.

#### ALZHEIMERS.GOV

1 https://www.alzheimers.gov

Online resource that connects people to care, treatment, financial info, and general info about Alzheimer's.

## ALZHEIMER'S FOUNDATION OF AMERICA (AFA)



⊠ info@alzfdn.org

ttps://www.alzfdn.org/

Online resource that connects people to care, treatment, support groups, social services, and general info about Alzheimer's.

## THE AMERICAN ELDER CARE RESEARCH ORGANIZATION – PAYING FOR SENIOR CARE

**1**-641-715-3900 ext. 606151#

1 https://www.payingforseniorcare.com/

Online resource providing caregiver financial support, cost-saving tips for care, resource locator, and explanation of types of care.

#### FAMILY CAREGIVER ALLIANCE

**1**-800-445-8106

1 www.caregiver.org

Provides education, services, research, and advocacy for caregivers.

## NATIONAL INSTITUTE ON AGING: ALZHEIMER'S DISEASE EDUCATION AND REFERRAL (ADEAR)

**1**-800-438-4380

□ adear@nia.nih.gov

#### Websites:

Dementia:

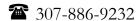
https://www.nia.nih.gov/health/topics/dementia

Alzheimer's disease:

https://www.nia.nih.gov/alzheimers

#### **STATE RESOURCES**

## ADULT PROTECTIVE SERVICES (APS)



631 S. Washington St. Ste. A | Afton, WY 83110

1 http://dfsweb.wyo.gov/social-services/adult-protective-services-aps

APS is a social services program provided by state and local government's nationwide serving seniors and adults with disabilities who are in need of assistance. See website for specific county information.

## ALZHEIMER'S ASSOCIATION – WYOMING CHAPTER

**3**07-316-2892 ext. 8295

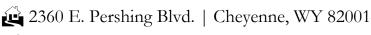
2232 Dell Range Blvd. Ste. 101 | Cheyenne, WY 82009

1 http://www.alz.org/wyoming/

The Alzheimer's Association – Wyoming Chapter is dedicated to providing updated information, resources, and support to any person suffering from and/or caring for those with Alzheimer's/Dementia.

#### VETERANS AFFAIRS MEDICAL CENTER

**Cheyenne** | 307-778-7550 | 1 888-483-9127



1 http://www.cheyenne.va.gov/

## NATIONAL ACADEMY OF ELDER LAW ATTORNEYS

## Davis, Johnson, and Kallal Law, LLC.

**3**07-433-0921

1807 Capitol Ave. Suite 200B | Cheyenne, WY 82001

office@djkwyolaw.com

1 http://djkwyolaw.com/

## Bailey, Stock, Harmon, Cottam, Lopez LLP

**3**07-638-7745

221 E. 21st Street | Cheyenne, WY 82001

1 http://www.performance-law.com/

#### Jackson & Ojeda, LLC

**3**07-634-5735

2300 Pioneer Ave | Cheyenne WY, 82001 | Cheyenne, WY 82003

www.jacksonojedalaw.com

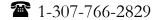
## Long, Reimer, Winegar, LLP

**3**07-635-0710



1 http://lrw-law.com/

## WYOMING CENTER ON AGING (WYCOA)



⊠ wycoa@uwyo.edu

1 http://www.uwyo.edu/wycoa/

The Center provides reliable and updated information and educational resources on aging and caregiving.

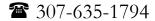
# WYOMING DEPARTMENT OF HEALTH – AGING DIVISION, COMMUNITY LIVING SECTION

**2** 307-777-7986 | 1-800-442-2766

1 http://www.wyomingseniors.com/

The Wyoming Department of Health's Aging Division is committed to providing care, ensuring safety, and promoting independent choices for Wyoming's older adults. The Community Living section serves to increase self-sufficiency, safety, health, and wellness of Wyoming's older adults and people with disabilities in the least restrictive environment while supporting their caregivers.

#### WYOMING GUARDIANSHIP CORP.



**PO Box 2778 | Cheyenne, WY 82003** 

1 http://www.wyoguardianship.org/

Increase public awareness of guardianship and the alternatives to guardianship by providing problem solving, advocacy, public education, and training.

## WYOMING SENIOR CITIZENS, INC.

**2** 307-856-6880 | 1-800-856-4398

1 http://www.wyomingseniors.com/

National Family Caregiver Support Program, Senior Companion Program, Long-term Care Ombudsman, WY State Health Insurance Info Program, Senior Medicare Patrol Program. \*National Caregiver Support Program - see individual counties.

#### WYOMING VETERANS COMMISSION

**1**-800-833-5987

1 http://wyomilitary.wyo.gov/veterans/

Wyoming veteran's commission service officers inform veterans and family members about state and federal benefits. They assist veterans with forms, claims, awards, records, veteran affairs health care, and answer veteran-related questions.

### **LOCAL RESOURCES - SE REGION**

## SPECIALISTS/HOSPITALS/MEDICAL CLINICS

#### **ALBANY**

## Ivinson Medical Group

**3**07-755-4540

3116 Willet Dr. | Laramie, WY 82070

1 http://www.ivinsonhospital.org

Geriatrician, internal medicine.

## Albany County Community Health

**2** 307-766-3313

1174 North 22nd St | Laramie, WY 82072

⊠ achc@uwyo.edu

1 http://www.uwyo.edu/hs/albany-clinic/

ACCH provides quality comprehensive, evidence-based medical care for all ages on a sliding fee scale.

## Ivinson Memorial Hospital

**3**07-742-2141

255 N. 30th St. | Laramie, WY 82070

1 http://www.ivinsonhospital.org

## University of Wyoming School of Pharmacy

**3**07-766-6120

1000 E. University Ave. Dept. 3375 | Laramie, WY 82071

1 http://www.uwyo.edu/pharmacy.

#### **GOSHEN**

#### **Banner Health Clinic**

**3**07-532-2107

625 Albany Ave. | Torrington, WY 82240

1 https://www.bannerhealth.com/locations

Primary care, diabetes management, acute medical and surgical care, and health and wellness.

## **Torrington Community Hospital**

**2** 307-532-4181

2000 Campbell Dr. | Torrington, WY 82240

1 https://www.bannerhealth.com/locations/torringt on/community-hospital

#### LARAMIE

## Cheyenne Regional Medical Center

**3**07-633-7603

214 E. 23<sup>rd</sup> St. | Cheyenne, WY 82001

http://cheyenneregional.org/

## University of Wyoming Family Medicine Residency Program

**2** 307-777-7911 ext. 104

821 East 18th St. | Cheyenne, WY 82001

1 http://www.uwyo.edu/chyfammed/

Geriatric and adult care, sliding fee scale.

#### **NIOBRARA**

## Niobrara Community Hospital

**3**07-334-4000

921 S. Ballancee Ave. | Lusk, WY 82225

1 http://www.niobrarahospital.com/

Regional hospital with emergency services, acute care, and long-term care.

#### **PLATTE**

## Platte County Memorial Hospital

**3**07-322-5893

201 14th St | Wheatland, WY 82201

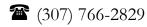
1 https://www.bannerhealth.com/locations

Acute care, emergency, surgery, and rehabilitation services.

#### CAREGIVER SUPPORT AND RESOURCES

\*\*See matrix for senior center listings starting on page 43.

## **WyCOA Dementia Support Services**



1000 E University Ave, | Laramie, WY 82071

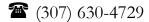
⊠ wycoa@uwyo.edu

1 https://uwyo.edu/wycoa

Support, education, and resources for people dealing with dementia, their families and friends, and the community.

## ALBANY, CONVERSE, GOSHEN, LARAMIE, NIOBRARA, PLATTE

#### LIV Health



2500 Dell Range Blvd | Cheyenne, WY 82009

☐ info@livhealth.org

1 https://livhealth.org/

LIV Health is a team of caring, experienced mental health and medical professionals, working one-on-one with our patients to navigate paperwork, create care plans, provide counseling and more.

#### **ALBANY**

## Bereavement Support Group – Hospice of Laramie

**2** 307-745-9254

1754 Centennial Dr. | Laramie, WY 82072

susan@hospiceoflaramie.org

www.hospiceoflaramie.org/bereavement-support

#### **GOSHEN**

## National Family Caregiver Support Program

**2** 307-856-6880 | 1-800-856-4398

☑ NFCSP Manager | fcrmgr@wyoming.com

1-family-caregiver-support-program

#### LARAMIE

## Cheyenne Regional Medical Center – Grief and Loss Group

**2** 307-633-7370

214 E. 23<sup>rd</sup> St. | Cheyenne, WY 82001

1 http://cheyenneregional.org/cheyenne-regional-offers-grief-and-loss-support-group/

## National Family Caregiver Support Program

- **2** 307-856-6880 | 1-800-856-4398
- NFCSP Manager | fcrmgr@wyoming.com
- http://www.wyomingseniors.com/services/national-family-caregiver-support-program

Provides support for the caregiver caring for a functionally dependent older adult.

#### LEGAL AND FINANCIAL PLANNING

#### **ALBANY**

## University of Wyoming College of Law

- **2** 307-766-6416
- Willett Dr. and 19th St. | Laramie, WY 82071
- 1000 E. University Ave. | Laramie, WY 82071
- 1 http://www.uwyo.edu/law

Estate planning practicum.

## Cook and Associates, PC

- **3**07-745-7320
- 505 S. 3<sup>rd</sup> St, Suite 200 | Laramie, WY 82070
- 1 http://cookandassociatespc.com/

#### **GOSHEN**

## Dana Jill Lent

**3**07-532-2300

217 E. 21st Ave. | Torrington, WY 82240

☐ danajlent@gmail.com

1 http://www.danajlentlawoffice.com/ Estate planning.

## **Goshen County Attorney**

**3**07-532-4223

2125 East A St. | Torrington, WY 82240

www.goshencounty.org/attorney-welcome/

#### LARAMIE

#### **Brianne Sherman**

PO Box 87 | Cheyenne, WY 82003

1 http://lrw-law.com/?attorney=brianne-k-herber

## Davis, Johnson, and Kallal Law, LLC.

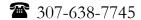
**3**07-433-0921

1807 Capitol Ave. Suite 200B | Cheyenne, WY 82001

☐ office@djkwyolaw.com

http://djkwyolaw.com/

## Lance T. Harmon



221 E. 21st St. | Cheyenne, WY 82001

## Laura J. Jackson

**3**07-634-5835

1910 Thomes Ave. | Cheyenne, WY 82001

#### Rhodes Law Firm, LLC

**3**07-222-0025 | 1-866-483-9127

2015 Warren Ave. | Cheyenne, WY 82001

1 http://drhodeslaw.com/

Nursing home negligence.

#### Susan Feinman

**3**07-426-4123

1920 Thomes Ave, Suite 410 | Cheyenne, WY 82001

1 http://www.susanfeinman.com/

#### TRANSPORTATION

#### ALBANY

#### **Laramie Connections**

**2** 307-206-0607

920 E Sheridan St. | Laramie, WY 82070

info@laramieconnections.com

1 https://www.laramieconnections.com/

A faith-based non-profit where everything offered for you is at no cost. We partner with community organizations in Laramie to offer complimenting gap services and volunteer resourcing in order to help champion their causes together in our community

## University of Wyoming Paratransit Services

**3**07-766-6686

14th and Lewis St. | Laramie, WY 82072

1 http://www.uwyo.edu/tps/transit/paratransit.html

The UW paratransit service is available to individuals that are unable to ride the fixed route due to a disability. Trips can be scheduled for any purpose within Laramie's city limits.

Hours: Monday – Friday 6:30 am – 6:00 pm

Fees: Up to \$2 one way

## GOSHEN, LARAMIE, NIOBRARA, PLATTE

\*\*See matrix for senior center listings starting on page 43.

## HOSPICE/HOME HEALTH

<u>Hospice</u>: Facility or program that provides an environment to help Page 18 of 52

meet the emotional and physical needs of the terminally ill.

<u>Home Health</u>: Medical care (including skilled nursing, etc.)

<u>Home Care</u>: Housekeeping, errands, meal preparation, etc. <u>PT:</u>

<u>Physical Therapy</u> – Treatment by physical methods.

<u>OT: Occupational Therapy</u> — Therapy that encourages rehabilitation through activities required in daily life.

#### **ALBANY**

#### Home Instead Senior Care



**3**07-201-2439

1 https://www.homeinstead.com

## Hospice of Laramie

**3**07-745-9254

1754 Centennial Dr. | Laramie, WY 82070

1 http://www.hospiceoflaramie.org/

#### Premium Health at Home

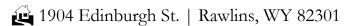
Laramie location:

**3**07-745-8710

1277 N. 15th St. | Laramie, WY 82070

Rawlins location:

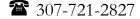
**3**07-324-9356

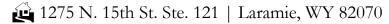


www.premiumhealthathomewyo.com

Home health nursing – IV therapy, wound care, injections, nutritional teaching, monitoring, and patient/family instructions.

#### **Enhabit Home Health**





www.encompasshealth.com

Skilled nursing care, home health aides, PT, OT, speech therapy.

## ALBANY, LARAMIE, GOSHEN

## Mel's Helping Hands

**3**07-262-4891

6000 Sycamore Rd. | Cheyenne, WY 82009

info@melshelpinghands.com

1 https://www.melshelpinghands.com/

Mel's offers customized and personal care for your senior or veteran

#### **GOSHEN**

## **Community Home Care**

**3**07-532-4180

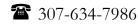


1940 Main St. | Torrington, WY 82240

Skilled nursing, PT, OT, and home health aide.

#### LARAMIE

## Chevenne Health Care Center



2700 East 12th St. | Chevenne, WY 82001

www.savasenior.com/cheyenne-healthcare-center Skilled nursing, PT, OT, speech therapy, hospice care, respite care.

## Chevenne Regional Medical Center – Davis Hospice Center

**3**07-633-7016

6000 Sycamore Rd. | Cheyenne, WY 82009

http://chevenneregional.org/sites

## **Continued Care Home Health Agency**

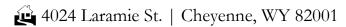
**3**07-632-4448

410 Manewal Dr. | Cheyenne, WY 82009

http://www.continuecarechevenne.com/

#### Frontier Home Health

**3**07-634-5970



1 http://frontierhhh.com/cheyenne/index.php

#### **Home Instead Senior Care**

**3**07-778-6644

307 E 18th St. | Cheyenne, WY 82001

1 https://www.homeinstead.com/360

#### Enhabit Home Healthcare

**3**07-778-3000

1401 Airport Parkway, Ste. 220 | Cheyenne, WY 82001

 $^{\circ}$  www.encompasshealth.com

#### **NIOBRARA**

## The Home Health Agency, LLC

**2** 307-334-0177

201 W. 3rd St. | Lusk, WY 82225

\*\*See matrix for senior center listings starting on page 47.

#### **PLATTE**

## Platte County Memorial Home Care

**3**07-532-4038

814 8th St. | Wheatland, WY 82201

\*\*See matrix for senior center listings starting on page 47.

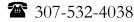
#### NURSING HOMES WITH MEMORY CARE

#### **ALBANY**

#### None

### **GOSHEN**

## Goshen Healthcare Community



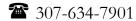


www.vetras.com/goshen-healthcare-community

Goshen Healthcare Community is now a part of Vetras Healthcare and includes a secure unit where Alzheimer's and Dementia patients receive compassionate care from experienced professionals.

#### **LARAMIE**

#### Granite Rehabilitation and Wellness



3128 Boxelder Dr. | Cheyenne, WY 82001

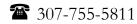
www.empres.com/location/granite-rehab-wellness

Long or short-term care, including skilled nursing, rehabilitation therapy, memory support, respite stays, hospice services and supplemental care options.

#### ASSISTED LIVING

#### **ALBANY**

## **Spring Wind Assisted Living Community**



1072 N. 22<sup>nd</sup> St. | Laramie, WY 82072

1 https://edgewoodseniorliving.com/community/spr ing-wind-in-laramie-wy

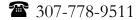
Assisted Living and Memory Care facility offering 24-hour nursing assistance and short-term stays and memory care provider, with pets allowed.

### GOSHEN, NIOBRARA

#### None

#### LARAMIE

## Aspen Wind Assisted Living Community

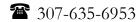


4010 N. College Dr. | Cheyenne, WY 82001

1 https://edgewoodseniorliving.com/community/aspen-wind-in-cheyene-wy

Assisted Living and Memory Care facility offering 24-hour nursing assistance and short-term stays and memory care provided, out-patient therapy, with pets allowed.

## Pointe Frontier Retirement Community

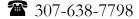


1406 Prairie Ave. | Cheyenne, WY 82009

www.centurypa.com/senior-living/pointe-frontier/

Assisted living that provides certified, licensed medical staff, a 24-hour emergency call system, 3 meals served a day, medication management, and personal housekeeping, laundry, and linen services.

## Sierra Hills Assisted Living Community



4606 N. College Dr. | Cheyenne, WY 82009

https://edgewoodseniorliving.com/community/sierra-hills-in-cheyenne-wy

Assisted Living community offering on-site therapy services, short-term stays and outpatient therapy

#### PLATTE

## Platte County Legacy Home

**3**07-322-7400

100 19th St. | Wheatland, WY 82201

1 http://pcmnh.com/assisted-living/

#### MEALS/ DAILY PLANNING

\*\frac{\text{www.cheyennehousing.org/senior-}}{\text{programs/nutrition/meal-sites}}

\*\*See matrix for senior center listings starting on page 43.

#### LARAMIE

#### Meals on Wheels

**2** 307-635-5542

2015 S. Greeley Hwy. | Cheyenne, WY 82001

info@mealsonwheelsofcheyenne.com

1 http://www.mealsonwheelsofcheyenne.com/

#### Senior Meals - Burns

**3**07-635-2435

134 South Main St. | Burns, WY 82001

## Senior Meals - Foxcrest Community Center

**2** 307-635-2435

4125 Cox Ct. | Cheyenne, WY 82001

## Senior Meals - Main Activity Center

**3**07-635-2435

2101 Thomes Ave. | Cheyenne, WY 82001

#### Senior Meals - Stanfield Manor

**3**07-635-2435

604 Shoshoni Ave. | Cheyenne, WY 82001

\*\*See matrix for senior center listings starting on page 43.

#### VETERANS RESOURCES

## Cheyenne Veterans Affairs Medical Center

See State Resources for contact information on page 5.

#### **ALBANY**

## Veterans Affairs – Laramie Mobile Telehealth Clinic

**3**07-778-7550 ext. 3816

2901 Armory Rd. | Laramie, WY 82072

1 http://www.cheyenne.va.gov/locations/Laramie.asp Primary care and mental health clinic for rural areas.

## Wyoming Veterans Commission

**3**07-214-2112

5410 Bishop Blvd. | Cheyenne, WY 82009

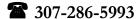
1 http://wyomilitary.wyo.gov/veterans/service-officers/

Contact to learn about federal and state veteran's benefits, Page 27 of 52

health care, veteran's affairs disability, and pension claims.

#### LARAMIE

## **Wyoming Veterans Commission**



5800 Central Ave. | Cheyenne, WY 82009

www.wyomilitary.gov/veterans/commission

Contact to learn about federal and state veteran's benefits, health care, veteran's affairs disability, and pension claims.

#### NIOBRARA

## **Wyoming Veterans Commission**

**3**07-315-4187

1 http://wyomilitary.wyo.gov/veterans/service-officers/

Contact to learn about federal and state veteran's benefits, health care, veteran's administration disability, and pension claims.

#### **PLATTE**

#### Veterans Affairs Mobile Clinic

**1**-888-483-9127, ext. 3816

759 E. Cole St. | Wheatland, WY 82201

#### SENIOR COMPANION PROGRAM

## ALBANY, GOSHEN, LARAMIE, NIOBRARA

## Wyoming Senior Citizens Inc.

**2** 307-634-1010 | 1-877-634-1005

3120 Old Faithful Rd. Ste. 200 | Cheyenne, WY 82001

⊠ scpmgr@wyoming.com

http://www.wyomingseniors.com/services/senior-companion-program

Companions serve adults age 21 and over who need help in order to remain living independently at home.

## Wyoming Senior Citizens, Inc. Long-term Care Ombudsman Program

**2** 307-634-1010 | 1-877-634-1005

3120 Old Faithful Road, Ste. 200 | Cheyenne, WY 82001

#### MENTAL HEALTH SERVICES

#### **ALBANY**

#### Gillian Claire Siegel, LCSW

**3**07-399-4508

507 S. 4th St. | Laramie, WY 82070

Clinical social worker.

#### LIV Health

☐ info@livhealth.org

1 http://www.livhealth.org/

In-home counseling, case management through private pay and Medicaid waiver.

## Meghan R. Brown, LCSW

**3**07-877-7068

217 E. Grand Ave, Suite 2 | Laramie, WY 82070

Utilizes a holistic approach, as clients uncover biological, psychological, social, and spiritual factors that affect their life experiences. Works with individuals of all ages, couples, and families.

## **Pathways**

**3**07-721-0700

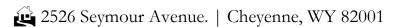
1575 N. 4th St. Ste. 103 | Laramie, WY 82072

1 http://www.laramiecounseling.com/

Psychiatric medication management and counseling services using cognitive behavioral therapy.

## Peak Wellness Center/Volunteers of America - Cheyenne

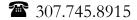
**3**07.634.9653



1 https://www.voanr.org/mental-health

Volunteers of America has merged with Peak Wellness Center.

## Peak Wellness Center/Volunteers of America -Laramie



1263 N 15th Street. | Laramie, WY 82072

1 https://www.voanr.org/mental-health

Volunteers of America has merged with Peak Wellness Center

## Teresa Jacobs Castano, LCSW

**2** 307-755-1000 | 307-217-5524

504 S. 4th St. | Laramie, WY 82070

Mental health services, therapeutic counseling.

#### **GOSHEN**

## Peak Wellness Center/Volunteers of America Torrington

**3**07.532.4091

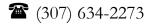
501 Albany Avenue | Torrington, WY 82240

1 https://www.voanr.org/mental-health

Volunteers of America has merged with Peak Wellness Center.

#### LARAMIE

## Cheyenne Regional Medical Center – Outpatient Counseling



214 E. 23rd St. | Cheyenne, WY 82001

AlbanyCountyCenter@PeakWellnessCenter.org

1 https://www.cheyenneregional.org/service/behavioral-health/outpatient-behavioral-health-services/

## Barbara B. Dolby, LCSW

**3**07-638-4880

2321 Dunn Ave. | Cheyenne, WY 82001

Dr. Barbara B. Dolby specializes in clinical social work. She is available for appointments, preventative care, and medical care, as well as ongoing patient care.

## Caroljean Bongo, PsyD

**3**07-760-1871

□ caroljean@bongopsyd.com

PO Box 21270 | Cheyenne, WY 82003

Dr. Bongo has specific training and experience working with eating disorders and weight concerns, as well as a variety of emotional and behavioral concerns. No one will be denied services based on their ability to pay. A

discounted/sliding fee scale is available for those who qualify

## Cynthia C. Hamann, LCSW

**3**07-202-9721

1111 E. Lincolnway Ste. 101 | Cheyenne, WY 82001

Provides mental health counseling, grief and loss counseling, caregiver support, PTSD.

## Drs. Marshall and Bougsty

**2** 307-634-1480

2321 Dunn Ave. | Cheyenne, WY 82001

A medical group with two health care providers specializing in clinical psychology.

#### Eric H. Siiteri, PhD

**1**-970-495-0707

esiiteri@gmail.com

903A South Greeley Hwy | Cheyenne, WY 82007

Specializes in pain management, teaches mind body connection. Active participation in activities to manage pain; medication is not always the best solution.

#### Fleming Associates

**3**07-634-6883

Mail@flemmingassociates.net

1001 W. 31st St. | Cheyenne, WY 82001

1 http://www.flemingassociates.net/

Providers in behavioral health services.

### John M. Reynolds, LCSW

**3**07-637-0603

2622 Pioneer Ave. | Cheyenne, WY 82001

Extensive experience in the treatment of trauma, PTSD, combat veterans, and sexual abuse survivors. In the past 20+ years, John has developed a special interest in working with men and issues unique to men.

### LIV Health

**3**07-630-4729

415 W. 27th St | Cheyenne, WY 82009

1 http://www.livhealth.org/

In-home counseling, case management through private pay and Medicaid waiver.

## Peak Wellness Center/Volunteers of America - Cheyenne

**3**07.634.9653

2526 Seymour Avenue. | Cheyenne, WY 82001

1 https://www.voanr.org/mental-health

## Volunteers of America has merged with Peak Wellness Center

## Specialty Counseling and Consulting

**2** 307-426-4797

4025 Rawlins St. | Cheyenne, WY 82001

1 http://www.specialtycounseling.com/

## Steven D. Newman, PsyD

**3**07-220-9099

1 http://drstevenewman.com/

## **Specialty Counseling & Consulting**

**2** 307-426-4797

4025 Rawlins St. | Cheyenne, WY 82001

info@specialtycounseling.com

1 http://www.specialtycounseling.com/

To provide excellent behavioral health services to a diverse client base, utilizing a team of clinicians with distinct specialties.

#### **NIOBRARA**

#### Solutions for Life

**3**07-334-3666

905 S. Main St. | Lusk, WY 82225

1 http://www.wysfl.com/

Serving individuals in our community by providing professional mental health and substance abuse treatment, education, and consultation.

#### **PLATTE**

#### Peak Wellness Center/Volunteers of America-Wheatland

**3**07.322.3190

1954 W Mariposa Parkway | Wheatland, WY 82201

1 https://www.voanr.org/mental-health

Volunteers of America has merged with Peak Wellness Center.

## Specialty Counseling & Consulting

**3**07-322-8122

975 Gilchrist | Wheatland, WY 82201

info@specialtycounseling.com

1 http://www.specialtycounseling.com/

#### OTHER SERVICES

## County Public Health

**3**07-721-2561

M phnlaramie@wyo.gov

## Nebraska Department of Health and Human

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## Services - State Unit on Aging

**4**02-471-2307

DHHS.Aging@nebraska.gov

www.dhhs.ne.gov/Pages/Aging.aspx

# Denver Regional Council of Governments – Area Agency on Aging

**1**-866-959-3017

1001 17th St. Suite 700 | Denver, CO 80202

AreaAgencyonAging@drcog.org

1 https://drcog.org/programs/area-agency-aging

Contact for aging services in Colorado.

#### **ALBANY**

## Albany County Public Health

**3**07-721-2561

609 S. 2nd St. Laramie, WY 82070

1 http://www.publichealthlaramie.org/contact- us.aspx

#### Interfaith Good Samaritan - Medical Assistance

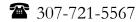
**3**07-742-4240

712 Canby St, | Laramie, WY 82072

www.laramieinterfaith.org/

Vouchers to help with medical, dental, and prescriptions.

## Project Lifesaver – Albany County Sheriff's Office

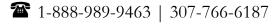


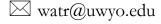
525 E Grand Ave. # 101 | Laramie, WY 82070

1 http://www.projectlifesaver.org/

The primary mission of Project Lifesaver is to provide timely response to save lives and reduce potential injury for adults and children who wander due to Alzheimer's, autism, and other related conditions or disorders.

## WIND Assistive Technology Resources (WATR)





1000 E. University Ave. Dept. 4298 | Laramie, WY 82071

www.uwyo.edu/wind/watr

WATR, provides assistive technology training and technical assistance, public awareness, device loans and device demonstrations in the domains of employment, community living, and education for all ages throughout the state.

#### GOSHEN

## Bell Tower Low - Income Senior Housing

**2** 307-532-7888 | 1-800-877-9965

2210 E. B St. | Torrington, WY 82240

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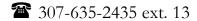
bellparktower@centurylink.net

1 http://www.voanr.org/bell-park-tower

Bell Park Tower is a housing complex for individuals or their spouse at least 62 years of age that meet income requirements.

#### LARAMIE

## **Cheyenne Housing Authority**

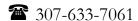


3304 Sheridan St. | Cheyenne, WY 82009

1 http://cheyennehousing.org/

Lunch for seniors, activities, seminars, exercise program, family caregiver program.

## Cheyenne Regional Medical Center Home Away from Home

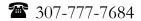


214 E. 23<sup>rd</sup> St. | Cheyenne, WY 82001

www.cheyenneregional.org/service/home-way-from-home/

A program that provides sleeping rooms for out-of-town family members of hospital patients.

## Cheyenne Respite Program





#### **Vital Records Statistics Service**

**3**07-777-7591

2300 Capitol Ave | Cheyenne, WY 82002

1 http://cghswyoming.org/vitals.html Birth and death records.

#### Family Caregiver Program

**3**07-635-2435

2101 Thomes Ave. | Cheyenne, WY 82001

3304 Sheridan Ave. | Cheyenne, WY 82009

1 http://cheyennehousing.org/family-caregiver

The Family Caregiver Program provides the following services to care recipients 60 years or older, and to adults ages 19-59 with a disability: loan closet, support group, housekeeping, respite, supplemental, respite bathing, and personal emergency response system.

# Low Income Senior Housing – Holy Trinity Senior Apartments

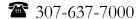
**1**-303-830-0215 | 307-778-8850

2516 E. 18th St. | Cheyenne, WY 82001

Molytrinitymanor@archdiocesanhousing.org

1 http://www.charitieswyoming.org/uploads/holytrinitymanor.pdf

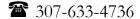
## Prescription Assistance – Laramie County Centralized Pharmacy



2600 E. 18th St | Cheyenne, WY 82007

www.interfaithcheyenne.org/laramie-county-centralized-pharmacy

### Project Lifesaver - Laramie County Sheriff's Office



1910 Pioneer Ave. | Cheyenne, WY 82001

1 http://www.projectlifesaver.org/

The primary mission of Project Lifesaver is to provide timely response to save lives and reduce potential injury for adults and children who wander due to Alzheimer's, autism, and other related conditions or disorders.

## Senior Medicare Patrol Program

**3**07-634-1010 | 1-877-634-1005

3120 Old Faithful Rd., 200 | Cheyenne, WY 82001

wshiipchy@wyoming.com

1 http://www.wyomingseniors.com/services/senior-

### medicare-patrol

## Wyoming State Health Insurance Information

**2** 307-634-1010 | 1-877-634-1005

3120 Old Faithful Rd. Ste. 200 | Cheyenne, WY 82001

wshiipchy@wyoming.com

Thttp://www.wyomingseniors.com/services/wyoming-state-health-insurance-information-program

Program to help seniors and others understand Medicare and answer questions.

#### NIOBRARA

## Niobrara County Division of Public Assistance

**3**07-334-2153

PO Box 389 | Lusk, WY 82225

Part of the county government that links citizens with services in the area.

#### PLATTE

## **Platte County Senior Outreach Center**

**2** 307-331-7780

977 Gilchrist St. | Wheatland, WY 82201

www.plattecountysenioroutreach.org

Provides affordable, educational, and recreational activities.

Childrange Sertica

Espan Saliate

Glendo Senior

County	Laramie	Platte	Albany	Platte
·	Sharon Benson	Veronica Wahl	Tammy Comer	Veronica Wahl
	2015 S Greeley Hwy.	311 2nd St.	1560 N. 3rd St.	206 Warren Ave.
	Cheyenne, WY 82007	Chugwater, WY 82210	Laramie, WY 82702	Glendo, WY 82213
Contact Info	307-635-5542	307-422-3430	307-745-5116	307-735-4478
	sbenson@mealsonwheelsof	www.servicesforseniorspc.org	executive@eppsoncenter.org	veronica.wahl@servicesfe
	cheyenne.com			seniorspc.org
On-site Meals	n/a	YES	YES	YES
Home-delivered				
Meals	YES	YES	YES	YES
Home Care				
	n/a	YES	YES	YES
Services				
Caregiver Support	,		* TEG	
Services	n/a		YES	
Transportation				
Services	n/a		YES	
2				
Home Health Care	n/a	YES		YES
Services		125		125
Medicare	,	1		
Information	n/a	YES		YES
Hospice	n/a	YES		YES
On-site Respite	n/a			
In-home Respite	n/a			
Caregiver Respite Services	n/a			
Other Services	n/a		YES	

Cherises Serior

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Hidrafild Senior

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County	Platte	Goshen	Laramie	Niobrara
Contact Info	Veronica Wahl PO Box 765 100 S. Wyoming Ave. Guernsey, WY 82214 307-836-2777 www.guernseysenior.org	Linda Cockett PO Box 517 216 E 19th Ave. Torrington, WY 82240 307-532-2796 torwysfc@gmail.com www.goshensfc.org	Kim Maes 2101 Thomes Ave. Cheyenne, WY 82001 307-635-2435 rsp_kmaes@vcn.com	Connie Baker Velvet Dorwart PO Box 928 611 E 6th St. Lusk, WY 82225 307-334-2561 niosc@firenebula.com
On-site Meals	YES	YES	YES	YES
Home-delivered Meals	YES	YES		YES
Home Care Services		YES	YES	
Caregiver Support Services			YES	
Transportation Services	YES	YES	YES	YES
Home Health Care Services		YES	YES	YES
Medicare Information	YES	YES		YES
Hospice				
On-site Respite				
In-home Respite		YES		
Caregiver Respite Services				
Other Services	YES	YES	YES	YES

Pine Bluffs senior

Wheatland Senior

	· · · · · · · · · · · · · · · · · · ·	
County	Laramie	Platte
Contact Info	Alisha Michaud PO Box532 309 ElmSt. Pine Bluff, WY 82082 307-245-3816 pbcitizens@rtconnect.net	Veronica Wahl 1605 16th St. Wheatland, WY 82201 307-322-3424 veronica.wahl@servicesforserniorpc. org www.servicesforseniorspc.org
On-site Meals	YES	YES
Home-delivered Meals	YES	YES
Home Care Services		YES
Caregiver Support Services		
Transportation Services	YES	YES
Home Health Care Services		YES
Medicare Information	YES	YES
Hospice		
On-site Respite		
In-home Respite		YES
Caregiver Respite Services		
Other Services	YES	

## Notes:

## Notes:



www.uwyo.edu/wycoa | wycoa@uwyo.edu | (307) 766-2829

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