Southeast Region - Albany, Goshen, Laramie, Niobrara & Platte
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 five 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.

Inside each guide is a postcard to send WyCOA your thoughts about this publication. Please take a moment to complete this survey and drop it in the mail.

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 well-being 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@uwyo.edu | (307) 766-2829

ONLINE VERSION

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

🌐 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)

📞 1-866-232-8484

✉️ info@alzfdn.org

🌐 https://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#

🌐 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

🌐 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

📞 307-886-9232
📍 641 S. Washington St. Ste. A | Afton, WY 83110
🌐 http://dfsweb.wyo.gov/social-services/adult-protection-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

📞 307-316-2892 ext. 8295
📍 2232 Dell Range Blvd. Ste. 220 | Cheyenne, WY 82009
✉️ Janet Lewis: jlewis@alz.org
🌐 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 Alzheimer’s or caring for those with Alzheimer’s.

VETERANS AFFAIRS MEDICAL CENTER

📞 Cheyenne | 307-778-7550 | 1 888-483-9127
Community living center, clinical psychology, geriatric mental health, mobile tele-health, in-patient hospice, home health and in-home care, and in-patient respite services. To view the Caregiver Video Series from the Office of Rural Health, follow this URL: http://www.ruralhealth.va.gov/vets/resources.asp#dem

Caregiver Support Program: 1-855-260-3274

NATIONAL ACADEMY OF ELDER LAW ATTORNEYS

Kelly Davis – Davis Elder Law Office, P.C.

☎ 307-433-0921

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

🌐 http://ksdaviselderlaw.com/

Lance Harmon BSHC Law Group

☎ 307-638-7745

🏠 221 E. 21st Street | Cheyenne, WY 82001

✉️ lth@bshclawgroup.com

🌐 http://www.bshclawgroup.com/
Laura Jackson – Jackson & Ojeda, LLC
📞 307-634-5735
物理地址 | Cheyenne, WY 82003
email | laura@jacksonojeda.com

Brianne Sherman – Long, Reimer, Winegar, Beppler, LLP
📞 307-635-0710
物理地址 | Cheyenne, WY 82001
email | bsherman@lrw-law.com

WYOMING CENTER ON AGING (WYCOA)
📞 1-307-766-2829
email | wycoa@uwyo.edu
物理地址 | Cheyenne, WY 82001

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

WYOMING DEPARTMENT OF HEALTH – AGING DIVISION, COMMUNITY LIVING SECTION
📞 307-777-7986 | 1-800-442-2766
email | wyaging@wyo.gov
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 SENIOR CITIZENS, INC.

📞 307-856-6880 | 1-800-856-4398
习近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 VETERAN’S COMMISSION

📞 1-800-833-5987
习近http://wyomilitary.wyo.gov/veterans/

Wyoming veterans 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 – SOUTHEAST REGION

SPECIALISTS/HOSPITALS/MEDICAL CLINICS

ALBANY

Adults & Geriatric Medical Specialties

📞 307-742-6319

🏠 255 N. 30th St. | Laramie, WY 82070

🔗 http://www.ivinsonhospital.org

Geriatrician, internal medicine.

Ivinson Memorial Hospital

📞 307-742-2141

🏠 255 N. 30th St. | Laramie, WY 82070

🔗 http://www.ivinsonhospital.org

Complete healthcare services to Laramie and Albany County communities including emergency, surgical, inpatient/ICU, family care, obstetrics, nursery, imaging, cardiopulmonary, rehabilitation, behavioral health, extended care, oncology, cardiac rehab, and more.
University of Wyoming School of Pharmacy

📞 307-766-6120

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

🌐 http://www.uwyo.edu/pharmacy/index.html

Geriatric pharmacists.

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**GOSHEN**

**Banner Health Clinic**

📞 307-532-5454

🏠 625 Albany Ave. | Torrington, WY 82240

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

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

**Torrington Community Hospital**

📞 307-532-4181

🏠 2000 Campbell Dr. | Torrington, WY 82240

🌐 https://www.bannerhealth.com/locations/torrington/community-hospital

Geriatrics, diabetes management, preventative medicine, health and wellness.
LARAMIE

Cheyenne Regional Medical Center
📞 307-634-2273
📍 214 E. 23rd St. | Cheyenne, WY 82001
🔗 http://cheyenneregional.org/

East Location: 2600 E. 18th St. | Cheyenne, WY 82001
🔗 http://cheyenneregional.org/sites/cheyenne-regional-medical-center-east-campus/

University of Wyoming Family Medicine Health Clinic
📞 307-632-2434
📍 820 E. 17th St. | Cheyenne, WY 82001
🔗 http://www.uwyo.edu/chyfammed/
Geriatric and adult care, sliding fee scale.

NIOBRARA

Niobrara Community Hospital
📞 307-334-4000
📍 921 S. Ballancee Ave. | Lusk, WY 82225
🔗 http://www.niobrarahospital.com/
Regional hospital with emergency services, acute care, and long-term care.
PLATTE

Platte County Memorial Hospital

📞 307-322-5893

🏠 204 15th St. | Wheatland, WY 82201

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

Acute care, emergency, surgery, and rehabilitation services.

CAREGIVER SUPPORT AND RESOURCES

ALBANY

Bereavement Support Group – Hospice of Laramie

📞 307-745-9254

🏠 1262 N. 22nd St. Unit A | Laramie, WY 82072

🌐 http://www.hospiceoflaramie.org

Hospice of Laramie hosts a weekly bereavement support group open to adult community members who experience the loss of a loved one, even if they did not use hospice care.

**See matrix for senior center listings starting on page 44.

GOSHEN

National Family Caregiver Support Program

📞 307-856-6880 | 1 800-856-4398
Caregiver Support and Resources

Kelly Shaffer | NFCSP Manager | fcmgr@wyoming.com

106 West Adams Ave. | Riverton, WY 82501

http://www.wyomingseniors.com/services/national-family-caregiver-support-program

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

Torrington Community Hospital – Support Group

307-534-7039 | Michele Ogburn

2000 Campbell Dr. | Torrington, WY 82240

michele.ogburn@bannerhealth.com

https://www.bannerhealth.com/locations

Support group that meets the second Wednesday of each month at 1:00 PM.

LARAMIE

Cheyenne Regional Medical Center – Grief and Loss Group

307-633-7370

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


Emphasis on loss associated with mental or physical health declines related to aging, injuries, or accidents.
Family Caregiver Program – Support Group

📞 307-635-2435

🏠 2101 Thomes Ave. | Cheyenne, WY 82001

🍜 3304 Sheridan Ave. | Cheyenne, WY 82009

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

Offers a support group once a month to caregivers help alleviate the stress that caregiving can cause. Support groups vary; guest speakers, potlucks, crafts, and activities are provided. Speakers discuss topics including Alzheimer’s and dementia, stress relief, elder abuse, legal issues, home health agencies, and more.

National Family Caregiver Support Program

📞 307-856-6880 | 1-800-856-4398

✉️ Kelly Shaffer | NFCSP Manager | fcrmgr@wyoming.com

🏠 106 West Adams Avenue | Riverton, WY 82501

🌐 http://www.wyomingseniors.com/services/national-family-caregiver-support-program

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

Wyoming Senior Citizens, Inc. Caregiver Support Group

📞 307-778-8434
Support group that meets the first and third Mondays of each month.

**See matrix for senior center listings starting on page 30.

**

### NIOBRARA, PLATTE

None

### LEGAL AND FINANCIAL PLANNING

**

### ALBANY

**

**University of Wyoming College of Law**

- 307-766-6416
- Willett Dr. and 19th St. | Laramie, WY 82071
- 1000 E. University Ave. Dept. 3035 | Laramie, WY 82071

Estate planning practicum.

**

### GOSHEN

**

**Dana Jill Lent**

- 307-532-2300
- 217 E. 21st Ave. | Torrington, WY 82240

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Page | 13
Caregiver Support and Resources | Legal and Financial Planning
Estate planning.

**Goshen County Attorney**

- Phone: 307-532-4223
- Address: 2125 East A St. | Torrington, WY 82240
- Website: [http://goshencounty.org/index.php/county-attorney](http://goshencounty.org/index.php/county-attorney)

**LARAMIE**

**Brianne Sherman**

- Phone: 307-634-7448
- Address: 122 E. 17th St. | Cheyenne, WY 82001
- Website: [http://lrw-law.com/?attorney=brianne-k-herber](http://lrw-law.com/?attorney=brianne-k-herber)

Elder law attorney.

**Catherine Rogers**

- Phone: 307-634-7448
- Address: 122 E. 17th St. | Cheyenne, WY 82001

Elder law attorney.

**Kelly S. Davis**

- Phone: 307-433-0921
- Address: 408 W. 23rd St. | Cheyenne, WY 82001
- Website: [http://www.ksdaviselderlaw.com](http://www.ksdaviselderlaw.com)
Elder law attorney.

**Lance T. Harmon**

📞 307-638-7745

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

🔗 http://www.lawyers.com/cheyenne/wyoming/lance-t-harmon-1808686-a/

Elder law attorney.

**Laura J. Jackson**

📞 307-634-5835

📍 1910 Thomes Ave. | Cheyenne, WY 82001

🔗 http://www.lawyers.com/cheyenne/wyoming/lance-t-harmon-1808686-a/

Elder law attorney.

**Rhodes Law Firm, LLC**

📞 307-222-0025 | 1-866-483-9127

📍 2015 Warren Ave. | Cheyenne, WY 82001

🔗 http://drhodeslaw.com/

Nursing home negligence.

**Susan Feinman**

📞 307-426-4123

📍 200 W. 17th St. | Cheyenne, WY 82001

🔗 http://lawofficeofsusannlfeinman121.vpweb.com/
Elder law attorney.

**NIOBRARA, PLATTE**

None

**TRANSPORTATION**

**ALBANY**

University of Wyoming Paratransit Services

☎ 307-766-6686

🏠 462 N. 10th St. | Laramie, WY 82072

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

Provides transportation to those not able to ride the fixed routes due to a disability. Curb-to-curb side services available.

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

Fees: Up to $2 one way

**See matrix for senior center listings starting on page 44.**

**GOSHEN, LARAMIE, NIOBRARA, PLATTE**

**See matrix for senior center listings starting on page 44.**

**HOSPICE/HOME HEALTH**

*Hospice*: Facility or program that provides an environment to help meet the emotional and physical needs of the terminally ill.
**Home Health**: Medical care (including skilled nursing, etc.)

**Home Care**: Housekeeping, errands, meal preparation, etc.

**PT**: Physical Therapy – Treatment by physical methods.

**OT**: Occupational Therapy – Therapy that encourages rehabilitation through activities required in daily life.

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### ALBANY

**Albany County Community Health**

📞 307-721-2561

🏠 609 S. 2nd St. | Laramie, WY 82070

Home health care agency.

**Home Instead Senior Care**

📞 307-778-6644

🏠 307 E. 18th St. | Cheyenne, WY 82001

🔗 https://www.homeinstead.com/360

Home care serving Cheyenne and Laramie. Provides: meals and nutrition, transportation, household duties, respite care, hospice care support services, 24-hour live-in care, Alzheimer’s and dementia care.

**Hospice of Laramie**

📞 307-745-9254

🏠 710 E. Garfield St. #339 | Laramie, WY 82070

🔗 http://www.hospiceoflaramie.com/
Nursing services on an intermittent basis, physician services and medication related to terminal diagnosis, CNA care, medical equipment and supplies, social services and counseling, spiritual support, short-term inpatient and respite care, continuous care up to 24 hours during a crisis, trained volunteers, bereavement services, and physical/dietary/speech therapy.

**Premium Health at Home**

📞 307-324-9356  
📍 1277 N. 15th St. | Laramie, WY 82070  
✉ juliebandemer@msn.com  
🌐 https://www.premiumhealthathome.com/

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

**Summit Home Health Care**

📞 307-721-2827  
📍 204 McCollum Dr. #106 | Laramie, WY 82070  
🌐 http://www.summithomecare.com/locations

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

**See matrix for senior center listings starting on page 44.**
**GOSHEN**

Community Home Care

📞 307-532-4180

📍 2000 Campbell Dr. | Torrington, WY 82240

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

**LARAMIE**

Cheyenne Health Care Center

📞 307-634-7986

📍 2700 E. 12th St. | Cheyenne, WY 82001


Skilled nursing, PT, OT, speech therapy, hospice care, respite care.

Cheyenne Regional Medical Center – Davis Hospice Center

📞 307-633-7016

📍 6000 Sycamore Rd. | Cheyenne, WY 82009

🔗 http://cheyenneregional.org/sites/cheyenne-regional-foundation/where-the/money-goes/davis-hospice-center/

Inpatient and outpatient hospice care.

Cheyenne Regional Medical Center – Transitional Care Unit

📞 307-633-7365
Continued Care Home Health Agency

307-632-4448
410 Manewal Dr. | Cheyenne, WY 82009
http://www.continuecarecheyenne.com/
Home health care.

Frontier Home Health

307-634-5970
4024 Laramie St. | Cheyenne, WY 82001
Home health services and hospice.

Home Instead Senior Care

307-778-6644
307 E 18th St. | Cheyenne, WY 82001
https://www.homeinstead.com/360
Home care.

Summit Home Health Care

307-778-3000
Hospice/Home Health

1920 Thomes Ave. #100 | Cheyenne, WY 82001
mjvantassell@gmail.com
http://www.summithomecare.com/locations

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

**See matrix for senior center listings starting on page 44.

NIOBRARA

The Home Health Agency, LLC
307-334-0177
201 W. 3rd St. | Lusk, WY 82225
Provides basic home health care.

**See matrix for senior center listings starting on page 44.

PLATTE

Platte County Memorial Home Care
307-322-5893
814 8th St. | Wheatland, WY 82201
Home care services.

**See matrix for senior center listings starting on page 44.
NURSING HOMES WITH MEMORY CARE

ALBANY

None

GOSHEN

Goshen Healthcare Community

📞 307-532-4038

🏠 2009 Laramie St. | Torrington, WY 82240

🌐 http://www.welcov.com/find-a-location/goshen-healthcare-community/

Goshen Healthcare Community is now part of the Welcov family. Formerly known as Goshen Care Center, it is a 103 bed, long term care community with a specialized Alzheimer's Care Unit.

LARAMIE

Granite Rehabilitation and Wellness

📞 307-634-7901

🏠 3128 Boxelder Dr. | Cheyenne, WY 82001

🌐 http://graniterehabilitationandwellness.com/

Long term care including dementia care, palliative care, and hospice care.
NIOBRARA

Niobrara County Nursing Home

📞 307-334-2711

🏠 921 Ballencee Ave. | Lusk, WY 82225

PLATTE

None

ASSISTED LIVING

ALBANY

Spring Wind Assisted Living Community

📞 307-755-5811

🏠 1072 N. 22nd St. | Laramie, WY 82072

🔗 https://edgewoodseniorliving.com/community/spring-wind-in-laramie-wy

24-hour nursing care, memory care provider, pets allowed, respite care.

GOSHEN, NIOBRARA

None

LARAMIE

Aspen Wind Assisted Living Community

📞 307-778-9511

🏠 4010 N. College Dr. | Cheyenne, WY 82001
Assisted living with memory care services.

**Pointe Frontier Retirement Community**

📞 307-635-6953  
🏠 1406 Prairie Ave. | Cheyenne, WY 82009  
🌐 http://www.pointefrontierretirement.com/

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**

📞 307-638-7798  
🏠 4606 N. College Dr. | Cheyenne, WY 82009  
🌐 https://edgewoodseniorliving.com/community/sierra-hills-in-cheyenne-wy

**PLATTE**

**Platte County Legacy Home**

📞 307-322-7400  
🏠 100 19th St. | Wheatland, WY 82201  
🌐 http://pcmnh.com/assisted-living/

Assisted living that provides services like meals and snacks, weekly apartment housekeeping, scheduled
transportation, activities, events, religious services, maintenance, health services, and medication management.

**MEALS/ DAILY PLANNING**

**ALBANY, GOSHEN, NIOBRARA, & PLATTE**

*See matrix for senior center listings starting on page 44.*

**LARAMIE**

**Meals On Wheels**

📞 307-635-5542

🏠 2015 S. Greeley Hwy. | Cheyenne, WY 82001

✉️ sbenson@meelsonwheelsofcheyenne.com

🔗 http://www.mealsonwheelsofcheyenne.com/

Home-delivered meals, $4.25 per meal (sliding scale available for those who need it), six-week menu cycle. Meals can be tailored to specific dietary needs.

**Senior Meals – Burns**

📞 307-635-2435

🏠 134 South Main St. | Burns, WY 82001

🔗 http://cheyennehousing.org/senior-services/nutrition/meals-sites--menu

Meals served at Burns Center Monday through Friday, $3 suggested donation.
Senior Meals – Foxcrest

📞 307-635-2435
🏠 4125 Cox Ct. | Cheyenne, WY 82001
🌐 http://cheyennehousing.org/senior-services/nutrition/meals-sites--menu

Lunch served Monday through Friday, $3 donation suggested for seniors.

Senior Meals – Indian Hills Manor

📞 307-635-2435
🏠 615 Storey Blvd. | Cheyenne, WY 82001
🌐 http://cheyennehousing.org/senior-services/nutrition/meals-sites--menu

Lunch served Monday through Friday, $3 donation suggested for seniors.

Senior Meals – Main Activity Center

📞 307-635-2435
🏠 2101 Thomes Ave. | Cheyenne, WY 82001
🌐 http://cheyennehousing.org/senior-services/nutrition/meals-sites--menu

Lunch served Monday through Friday, $3 donation suggested for seniors.

Senior Meals – Stanfield Manor

📞 307-635-2435
Lunch served Monday through Friday, $3 donation suggested for seniors.

**See matrix for senior center listings starting on page 44.**

**VETERAN RESOURCES**

**Cheyenne Veterans Affairs Medical Center**

See State Resources for contact information on page 4.

**ALBANY**

**Veterans Affairs – Laramie Mobile Telehealth Clinic**

Phone: 1-888-483-9127 ext. 3816

Address: 2901 Armory Rd. | Laramie, WY 82072

Website: http://www.cheyenne.va.gov/locations/Laramie.asp

Primary care and mental health clinic for rural areas.

**Wyoming Veterans Commission**

County Service Officer: Vicki Richards

Phone: 307-214-2112

Address: 5410 Bishop Blvd. | Cheyenne, WY 82009

Website: http://wyomilitary.wyo.gov/veterans/service-officers/
Contact to learn about federal and state veterans’ benefits, health care, Veteran Affairs disability, and pension claims.

**GOSHEN**

None

**LARAMIE**

**Wyoming Veterans Commission**

County Service Officer: Vicki Richards

📞 307-214-2112

🏠 5410 Bishop Blvd. | Cheyenne, WY 82009

🔗 http://wyomilitary.wyo.gov/veterans/services-officers/

Contact to learn about federal and state veterans’ benefits, health care, Veteran Affairs disability, and pension claims.

**NIOBRARA**

**Wyoming Veterans Commission**

📞 307-315-4187 | Alisa Cochrane

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

Contact to learn about federal and state veterans’ benefits, health care, Veteran’s Administration disability, and pension claims.
PLATTE

Veteran Affairs Mobile Clinic

📞 1-888-483-9127

🏠 759 E. Cole St. | Wheatland, WY 82201

🌐 http://www.cheyenne.va.gov/locations/Wheatland_VA_Mobile_Clinic.asp

SENIOR COMPANION PROGRAM

ALBANY, LARAMIE, PLATTE

Wyoming Senior Citizens Inc.

📞 307-634-1010 | 1-877-634-1005 | Nita Stephenson, SCP Coordinator

🏠 413 W. 18th St. | 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. Companions are trained to assist adults with all kinds of tasks, such as simple chores around the home that are essential, but often impossible for the homebound person to accomplish on their own. Companions are caring individuals age 55 or over.

Local Station Phone Numbers:

Cheyenne: 307-634-1010
Laramie: 307-745-5116
Pine Bluffs: 307-245-3858
Wheatland: 307-332-3372

MENTAL HEALTH SERVICES

ALBANY

Gillian Claire Siegel, LCSW
📞 307-399-4508
🏠 507 S. 4th St. | Laramie, WY 82070
Clinical social worker.

Meghan R. Brown, LCSW
📞 307-413-6347
🏠 920 E. Sheridan St. Ste. B | 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
📞 307-721-0700
🏠 1575 N. 4th St. Ste. 103 | Laramie, WY 82072
🌐 http://www.laramiecounseling.com/
Psychiatric medication management and counseling services using cognitive behavioral therapy.
Peak Wellness Center – Laramie

📞 307-745-8915

🏠 1263 N. 15th St. | Laramie, WY 82072

🌐 http://www.peakwellnesscenter.org/

A premier Wyoming community health center, Peak Wellness Center has full state certification in all of our core service areas including mental health, adult substance abuse treatment, youth and family services, and residential treatment.

Teresa Jacobs Castano, LCSW

📞 307-755-1000

🏠 504 S. 4th St. | Laramie, WY 82070

Mental health services, therapeutic counseling.

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GOSHEN

Peak Wellness Center – Torrington

📞 307-532-5002

🏠 501 Albany Ave. | Torrington, WY 82240

🌐 http://www.peakwellnesscenter.org/

A premier Wyoming community health center, Peak Wellness Center has full state certification in all of our core service areas including mental health, adult substance abuse treatment, youth and family services, and residential treatment.
Barbara B. Dolby, LCSW

📞 307-638-4880

🏡 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

📞 307-760-1871

✉️ 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

📞 307-253-7663

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

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

Drs. Marshall and Bougsty, Psychologists

📞 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

📍 4136 Laramie St. Ste. A | Cheyenne, WY 82001

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

**Fleming Associates**

📞 307-634-6883

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

🔗 http://www.flemingassociates.net/

A comprehensive group of providers in behavioral health services.

**John M. Reynolds, LCSW**

📞 307-637-0603

📍 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

📞 307-630-4729

📍 1607 Capitol Ave., Second Floor | Cheyenne, WY 82009

_maximum_ PO Box 20092 | Cheyenne WY 82003

🌐 http://www.livhealth.org/

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

**Peak Wellness Center – Cheyenne**

📞 307-634-9653

📍 510 W. 29th St. | Cheyenne, WY 82001

🌐 http://www.peakwellnesscenter.org/

A premier Wyoming community health center, Peak Wellness Center has full state certification in all of our core service areas including mental health, adult substance abuse treatment, youth and family services, and residential treatment.

**Specialty Counseling and Consulting**

📞 307-426-4797

📍 4025 Rawlins St. | Cheyenne, WY 82001

🌐 http://www.specialtycounseling.com/

See website for description.
Steven D. Newman, PsyD

☎ 307-220-9099

✉️ 2321 Dunn Ave. Ste. 6 | Cheyenne, WY 82001

✉️ 1401 Airport Pkwy. Ste. 120 | Cheyenne, WY 82001

Board-certified psychologist with over 30 years of experience in evaluating and treating attention, anxiety, depression, anger, and behavior problems. Privacy and personal, caring attention are high priorities.

Specialty Counseling & Consulting

☎ 307-426-4797

✉️ 4025 Rawlins St. | Cheyenne, WY 82001

✉️ info@specialtycounseling.com

🔗 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

☎ 307-340-3025

✉️ 905 S. Main St. | Lusk, WY 82225

🔗 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 – Wheatland

📞 307-322-3190

🏠 1954 W. Mariposa Pkwy. | Wheatland, WY 82201

🌐 http://www.peakwellnesscenter.org/

A premier Wyoming community health center, Peak Wellness Center has full state certification in all of our core service areas including mental health, adult substance abuse treatment, youth and family services, and residential treatment.

Specialty Counseling & Consulting

📞 307-322-8122

🏠 975 Gilchrist | Wheatland, WY 82201

✉️ info@specialtycounseling.com

🌐 http://www.specialtycounseling.com/

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

Nebraska Department of Health and Human Services – State Unit on Aging

📞 1-402-471-4624

✉️ PO Box 95026 | Lincoln, NE 68509

🌐 http://nebaaaa.org/

Contact for aging services in Nebraska.

Denver Regional Council of Governments – Area Agency on Aging

📞 1-303-455-1000

🏠 1290 Broadway Ste. 100 | Denver, CO 80203

✉️ drcog@drcog.org

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

Contact for aging services in Colorado.

ALBANY

Interfaith Good Samaritan – Medical Assistance

📞 307-742-4240

🏠 710 E. Garfield St. Rm 127 | Laramie, WY 82070

🌐 http://interfaithgoodsam.com/

Voucher to help with medical, dental, and prescription assistance.
Project Lifesaver – Albany County Sheriff’s Office

📞 307-721-5567
🏠 525 E Grand Ave. # 101 | Laramie, WY 82070
🌐 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)

📞 1-888-989-9463
🏠 1000 E. University Ave. Dept. 4298 | Laramie, WY 82071
🌐 www.uwyo.edu/wind/watr/index.html

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

📞 307-532-7888 | 1-800-877-9965
🏠 2210 E. B St. | Torrington, WY 82240
✉ bellparktower@centurylink.net
🌐 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. Our partnership with the senior center allows residents to utilize all of the senior center services.

**LARAMIE**

**Cheyenne Housing Authority**

📞 307-635-2435 ext. 13 | Kim Maes – Senior Services

🏠 2101 Thomes Ave. | Cheyenne, WY 82001

🛀 3304 Sheridan Ave. | Cheyenne, WY 82001

🌐 http://cheyennehousing.org/

Lunch for seniors 7 days a week, activities, seminars, exercise program, family caregiver program.

**Cheyenne Regional Medical Center Home Away from Home**

📞 307-633-7061

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

🌐 http://cheyenneregional.org/service-areas/home-away-from-home/

A program that provides sleeping rooms for out of town family members of hospital patients. Our facility has eighteen guest rooms, meals, laundry facilities, and other services. There is a $30 charge per night.
Cheyenne Respite Program

📞 307-777-7684 | Linda Trujillo | State Coordinator
🏠 6101 Yellowstone Rd. Ste. 259A | Cheyenne, WY 82002

Open to the families of all people with disabilities in Cheyenne and the surrounding area.

Division of Public Health – Vital Records Service

📞 307-777-7591
🏠 401 Hathaway Building | Cheyenne, WY 82002
🌐 http://cghswyoming.org/vitals.html

Birth and death records.

Family Caregiver Program

📞 307-635-2435
🏠 2101 Thomes Ave. | Cheyenne, WY 82001
かったです 3304 Sheridan Ave. | Cheyenne, WY 82009
🌐 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
📍 2516 E. 18th St. | Cheyenne, WY 82001
📍 1544 Pearl St. | Denver, CO 80203
✉️ holytrinitymanor@archdiocesanhousing.org

Prescription Assistance – Laramie County Centralized Pharmacy

📞 307-632-1397
📍 2508 E. Fox Farm Rd. Ste. B | Cheyenne, WY 82007
✉️ partners@laramiecountypartnership.org
🔗 http://www.nafcclinics.org/content/laramie-county-centralized-pharmacy

Pharmacy that supplies medication to low-income, no-income, under-insured, and uninsured individuals.

Project Lifesaver – Laramie County Sheriff’s Office

📞 307-633-4736
📍 1910 Pioneer Ave. | Cheyenne, WY 82001
🔗 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 Medical Patrol Program**

📞 307-634-1010 | 1-877-634-1005 | Cathy Carlisle

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

✉️ wshiipchy@wyoming.com

🌐 http://www.wyomingseniors.com/services/senior-medicare-patrol

Recruits and trains volunteers, partners, and senior citizens about how to prevent, recognize, and report health care fraud.

**Wyoming State Health Insurance Information**

📞 307-634-1010 | 1-877-634-1005 | Cathy Carlisle

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

✉️ wshiipchy@wyoming.com

🌐 http://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

📞 307-334-2153

Postal 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

📞 307-331-7780

PostalCodes 977 Gilchrist St. | Wheatland, WY 82201

🌐 www.plattecountysenioroutreach.org

Provides affordable, educational, and recreational activities for all seniors.
<table>
<thead>
<tr>
<th>County</th>
<th>Senior Centers</th>
<th>Cheyenne Meals on Wheels</th>
<th>Chugwater Senior Center (Affiliated with Sr. Friendship Ctr.)</th>
<th>Eppson Center for Seniors</th>
<th>Glendo Senior Center (Affiliated with Sr. Friendship Ctr.)</th>
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<td>Laramie</td>
<td>Sharon Benson</td>
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<td>Andrea Kern</td>
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<td>1560 N. 3rd St.</td>
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<tr>
<td></td>
<td></td>
<td>sbenson@mealsonwheelsof</td>
<td>2015 S Greeley Hwy.</td>
<td><a href="mailto:executive@eppsoncenter.org">executive@eppsoncenter.org</a></td>
<td><a href="mailto:veronica.wahl@servicesforseniorspc.org">veronica.wahl@servicesforseniorspc.org</a></td>
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<tr>
<td></td>
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<td>2015 S Greeley Hwy.</td>
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<tr>
<td>Platte</td>
<td>Veronica Wahl</td>
<td>311 2nd St.</td>
<td><a href="http://www.servicesforseniorspc.org">www.servicesforseniorspc.org</a></td>
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<td>Albany</td>
<td>Andrea Kern</td>
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<td>206 Warren Ave.</td>
<td>307-735-4478</td>
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<td>Glendo, WY 82213</td>
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</table>
| 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  
   towysfc@gmail.com  
   www.goshensfc.org  
| Kim Maes  
   2101 Thomes Ave.  
   Cheyenne, WY 82001  
   307-635-2435  
   rsp_kmaes@vcn.com  
| Linda Cockett  
   PO Box 517  
   216 E 19th Ave.  
   Torrington, WY 82240  
   307-532-2796  
   towysfc@gmail.com  
   www.goshensfc.org  
| Connie Baker  
   Velvet Dorwart  
   PO Box 928  
   611 E 6th St.  
   Lusk, WY 82225  
   307-334-2561  
   niosc@firenebula.com  

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</table>
| **Contact Info** | Alisha Michaud  
PO Box 532  
309 Elm St.  
Pine Bluff, WY 82082  
**307-245-3816**  
pbcitizens@rtconnect.net | Veronica Wahl  
1605 16th St.  
Wheatland, WY 82201  
**307-322-3424**  
veronica.wahl@servicesforseniorpc.org |

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</tbody>
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