# WYOMING DEMENTIA RESOURCE GUIDE

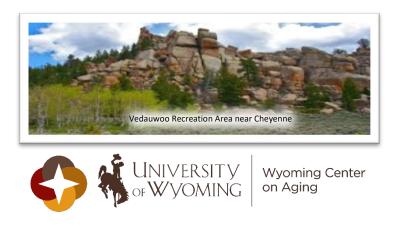
## FOR CAREGIVERS, FAMILIES, & FRIENDS

(UPDATED JUNE 2020)



# Southeast Region

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



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

# TABLE OF CONTENTS

National Resources
Alzheimer's Association4
Alzheimers.gov4
Alzheimer's Foundation of America (AFA)4
The American Elder Care Research Organization – Paying for
Senior Care4
Family Caregiver Alliance4
National Institute on Aging: Alzheimer's Disease Education
and Referral (ADEAR)5
State Resources
Adult Protective Services (APS)
Alzheimer's Association – Wyoming Chapter
Veterans Affairs Medical Center
National Academy of Elder Law Attorneys7
Wyoming Center on Aging (WyCOA)
Wyoming Department of Health – Aging Division,
Community living Section
Wyoming Guardianship Corp9
Wyoming Senior Citizens, Inc9
Wyoming Veterans Commission9
Local Resources – Southeast region 10
Specialists/Hospitals/Medical Clinics10
Caregiver Support and Resources 13
Legal and Financial Planning16
Transportation
Hospice/Home Health19
Nursing Homes with memory care24
Assisted Living
Meals/ Daily Planning27
Veterans Resources
Senior Companion Program
Mental Health Services
Other services
Senior Centers

# NATIONAL RESOURCES

## ALZHEIMER'S ASSOCIATION

Helpline: 1-800-272-3900

A 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

1 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

**2** 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

A 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)

**2** 307-886-9232

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

Attp://dfsweb.wyo.gov/social-services/adultprotective-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

**2** 307-316-2892 ext. 8295

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

Janet Lewis: jlewis@alz.org

<sup>1</sup> 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

2360 E. Pershing Blvd. | Cheyenne, WY 82001

<sup>1</sup> http://www.cheyenne.va.gov/

**Sheridan** | 307-672-3473 | 1 866-822-6714

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

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

**2** 307-433-0921

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

Soffice@djkwyolaw.com

𝗘 http://djkwyolaw.com/

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

**2** 307-638-7745

221 E. 21<sup>st</sup> Street | Cheyenne, WY 82001

⊠ lance@performance-law.com

<sup>1</sup> http://www.performance-law.com/

## Jackson & Ojeda, LLC

```
2 307-634-5735
```

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

🖂 laura@jacksonojeda.com

🕆 www.jacksonojedalaw.com

## Long, Reimer, Winegar, LLP

**2** 307-635-0710

2120 Carey Ave. Ste 300 | Cheyenne, WY 82001

bsherman@lrw-law.com

<sup>1</sup> http://lrw-law.com/

WYOMING CENTER ON AGING (WYCOA)

**1**-307-766-2829

🖂 wycoa@uwyo.edu

℃ 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

wyaging@wyo.gov

<sup>1</sup> 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.

# **2** 307-635-1794

D Box 2778 | Cheyenne, WY 82003

Thttp://www.wyoguardianship.org/

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

WYOMING SENIOR CITIZENS, INC.

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

" 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**

**2** 307-755-4540

🕰 3116 Willet Dr. | Laramie, WY 82070

thtp://www.ivinsonhospital.org

Geriatrician, internal medicine.

## Albany County Community Health

T 307-766-3313 | after hours: 307-632-2434

🙀 1174 North 22nd St| Laramie, WY 82072

🖾 achc@uwyo.edu

<sup>1</sup> 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

**2** 307-742-2141

255 N. 30<sup>th</sup> St. | Laramie, WY 82070

<sup>1</sup> 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

thtp://www.uwyo.edu/pharmacy/index.html

Geriatric pharmacists.

## GOSHEN

## **Banner Health Clinic**

**2** 307-532-2107

625 Albany Ave. | Torrington, WY 82240

thttps://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

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

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

## LARAMIE

## **Cheyenne Regional Medical Center**

**2** 307-633-7603

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

Thttp://cheyenneregional.org/

#### University of Wyoming Family Medicine Residency Program

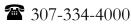
**2** 307-777-7911 ext. 104

🕰 821 East 18th St| Cheyenne, WY 82001

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

Geriatric and adult care, sliding fee scale. Niobrara

# Niobrara Community Hospital



🙀 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

**2** 307-322-5893

201 14th St | Wheatland, WY 82201

thtps://www.bannerhealth.com/locations

Acute care, emergency, surgery, and rehabilitation services.

CAREGIVER SUPPORT AND RESOURCES

#### ALBANY

#### **Dementia Family Caregiver Support Group**

**2** 307-460-8458 | (307) 766-2829

1000 E University Ave, | Laramie, WY 82071

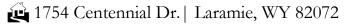
🖂 dsc@uwyo.edu

<sup>1</sup> https://www.uwvo.edu/dsc

As dementia progresses, people depend more on others for help. At the DSC (WyCOA Dementia Support Center) we work to educate and help families find services to decrease their stress from caring for a loved one with dementia. Services are free

#### Bereavement Support Group - Hospice of Laramie

**2** 307-745-9254





susan@hospiceoflaramie.org

How www.hospiceoflaramie.org/bereavement-support

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 45.

## GOSHEN

## National Family Caregiver Support Program

- **2** 307-856-6880 | 1 800-856-4398
- Kelly Shaffer | NFCSP Manager | fcmgr@wyoming.com
- 🙀 106 West Adams Ave. | Riverton, WY 82501
- Nancy McKenzie | FCR Coordinator | cheyrecep@wyoming.com
- **2** 307-634-1010 | 1-877-634-1005
- 3120 Old Faithful Road Ste. 200 | Cheyenne, WY 82001
- <sup>1</sup> http://www.wyomingseniors.com/services/nationa l-family-caregiver-support-program

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

#### LARAMIE

### Cheyenne Regional Medical Center – Grief and Loss Group

**2** 307-633-7370

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

<sup>1</sup> http://cheyenneregional.org/cheyenne-regionaloffers-grief-and-loss-support-group/

Emphasis on loss associated with mental or physical health declines related to aging, injuries, or accidents.

## Family Caregiver Program – Support Group

**2** 307-635-2435

2101 Thomes Ave. | Cheyenne, WY 82001

3304 Sheridan Ave. | Cheyenne, WY 82009

<sup>1</sup> 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.

#### National Family Caregiver Support Program

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

Kelly Shaffer | NFCSP Manager | fcrmgr@wyoming.com

106 West Adams Avenue | Riverton, WY 82501

Nancy McKenzie | FCR Coordinator | cheyrecep@wyoming.com

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

3120 Old Faithful Road Ste. 200 | Cheyenne, WY 82001 <sup>1</sup> http://www.wyomingseniors.com/services/nationa l-family-caregiver-support-program

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

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

## NIOBRARA, PLATTE

None

LEGAL AND FINANCIAL PLANNING

## ALBANY

## University of Wyoming College of Law

**2** 307-766-6416

Willett Dr. and 19th St. | Laramie, WY 82071

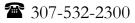
1000 E. University Ave. Dept. 3035 | Laramie, WY 82071

A http://www.uwyo.edu/law/experiential/practicums /index.html

Estate planning practicum.

## GOSHEN

## Dana Jill Lent



217 E. 21<sup>st</sup> Ave. | Torrington, WY 82240

⊠ danajlent@gmail.com

Http://www.danajlentlawoffice.com/

Estate planning.

## **Goshen County Attorney**

**2** 307-532-4223

🕰 2125 East A St. | Torrington, WY 82240

1 www.goshencounty.org/attorney-welcome/

## LARAMIE

### Brianne Sherman

PO Box 87 | Cheyenne, WY 82003

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

Elder law attorney.

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

**2** 307-433-0921

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

Soffice@djkwyolaw.com

Elder law attorney.

## Lance T. Harmon

**2** 307-638-7745

🕰 221 E. 21<sup>st</sup> St. | Cheyenne, WY 82001

Elder law attorney.

## Laura J. Jackson

**2** 307-634-5835

1910 Thomes Ave. | Cheyenne, WY 82001

Elder law attorney.

## Rhodes Law Firm, LLC

**2** 307-222-0025 | 1-866-483-9127

2015 Warren Ave. | Cheyenne, WY 82001

<sup>d</sup> http://drhodeslaw.com/

Nursing home negligence.

### Susan Feinman

**2** 307-426-4123

1920 Thomes Ave, Suite 410 | Cheyenne, WY 82001

<sup>1</sup> http://www.susanfeinman.com/

NIOBRARA, PLATTE

## None

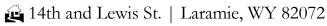
TRANSPORTATION

# ALBANY

## University of Wyoming Paratransit Services



**2** 307-766-6686



tppara@uwyo.edu

Thttp://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. Eligibility is determined through the Transit and Parking Services Office. 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

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

## GOSHEN, LARAMIE, NIOBRARA, PLATTE

# \*\*See matrix for senior center listings starting on page 45.

#### HOSPICE/HOME HEALTH

<u>Hospice</u>: Facility or program that provides an environment to help meet the emotional and physical needs of the terminally ill.

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

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

<u>PT: 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

**2** 307-778-6644

2940 E. 3rd St. | Casper, WY 82601

<sup>1</sup> https://www.homeinstead.com/360

Home care: provides: meals and nutrition, transportation, household duties, respite care, personal care hospice care support services, 24-hour live-in care, Alzheimer's and dementia care.

## Hospice of Laramie

**2** 307-745-9254

1754 Centennial Dr. | Laramie, WY 82070

<sup>1</sup> http://www.hospiceoflaramie.org/

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

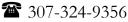
Laramie location:

**2** 307-745-8710



2070 N. 15<sup>th</sup> St. | Laramie, WY 82070

**Rawlins** location:



1904 Edinburgh St. | Rawlins, WY 82301

<sup>1</sup> www.premiumhealthathomewyo.com

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

## **Emcompass Home Healthcare**

**2** 307-721-2827

🙀 1275 N. 15th St. Ste. 121 | Laramie, WY 82070

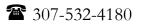
🕀 www.encompasshealth.com

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

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

## GOSHEN

## **Community Home Care**



1940 Main St. | Torrington, WY 82240

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

## LARAMIE

## **Cheyenne Health Care Center**

**2** 307-634-7986

2700 East 12th St. | Cheyenne, WY 82001

Hwww.savasenior.com/cheyenne-healthcare-center

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

### Cheyenne Regional Medical Center – Davis Hospice Center

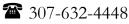
**2** 307-633-7016

6000 Sycamore Rd. | Cheyenne, WY 82009

<sup>1</sup> http://cheyenneregional.org/sites/cheyenneregional-foundation/where-the/moneygoes/davis-hospice-center/

Inpatient and outpatient hospice care.

## Continued Care Home Health Agency



410 Manewal Dr. | Cheyenne, WY 82009

<sup>1</sup> http://www.continuecarecheyenne.com/

Home health care.

## Frontier Home Health

**2** 307-634-5970

4024 Laramie St. | Cheyenne, WY 82001

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

Home health services and hospice.

## Home Instead Senior Care

**2** 307-778-6644

🙀 307 E 18<sup>th</sup> St. | Cheyenne, WY 82001

<sup>1</sup> https://www.homeinstead.com/360

Home care.

## **Emcompass Home Healthcare**

**2** 307-778-3000

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

O www.encompasshealth.com

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

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

#### NIOBRARA

The Home Health Agency, LLC

**2** 307-334-0177

201 W. 3<sup>rd</sup> St. | Lusk, WY 82225

Provides basic home health care.

\*\*See matrix for senior center listings starting on page 45.

PLATTE

#### Platte County Memorial Home Care

**2** 307-532-4038

2814 8th St. | Wheatland, WY 82201

Home care services.

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

#### NURSING HOMES WITH MEMORY CARE

## ALBANY

#### None

### GOSHEN

#### **Goshen Healthcare Community**



**\*** 307-532-4038

2009 Laramie St. | Torrington, WY 82240

twww.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

**2** 307-634-7901

🙀 3128 Boxelder Dr. | Cheyenne, WY 82001

How 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.

#### PLATTE

## None

ASSISTED LIVING

## ALBANY

## Spring Wind Assisted Living Community

**2** 307-755-5811

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

<sup>1</sup> 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

**2** 307-778-9511

4010 N. College Dr. | Cheyenne, WY 82001

<sup>1</sup> https://edgewoodseniorliving.com/community/as pen-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

**2** 307-635-6953

1406 Prairie Ave. | Cheyenne, WY 82009

How 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

**2** 307-638-7798

4606 N. College Dr. | Cheyenne, WY 82009

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

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

## PLATTE

## Platte County Legacy Home

**2** 307-322-7400

🙀 100 19<sup>th</sup> St. | Wheatland, WY 82201

<sup>1</sup> 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 47.

## LARAMIE

#### Meals on Wheels

**2** 307-635-5542

2015 S. Greeley Hwy. | Cheyenne, WY 82001

info@mealsonwheelsofcheyenne.com

<sup>1</sup> http://www.mealsonwheelsofcheyenne.com/

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

#### Senior Meals – Burns

**2** 307-635-2435

🙀 134 South Main St. | Burns, WY 82001

/ www.cheyennehousing.org/seniorprograms/nutrition/meal-sites

#### Senior Meals - Foxcrest Community Center

**2** 307-635-2435

4125 Cox Ct. | Cheyenne, WY 82001

Www.cheyennehousing.org/seniorprograms/nutrition/meal-sites Lunch served Monday through Friday, donation suggested for seniors.

## Senior Meals – Indian Hills Manor

**2** 307-635-2435

🕰 615 Storey Blvd. | Cheyenne, WY 82001

twww.cheyennehousing.org/seniorprograms/nutrition/meal-sites

Lunch served Monday through Friday, donation suggested for seniors.

## Senior Meals – Main Activity Center

**2** 307-635-2435

2101 Thomes Ave. | Cheyenne, WY 82001

http://cheyennehousing.org/seniorservices/nutrition/meals-sites--menu

Lunch served Monday through Friday, donation suggested for seniors.

## Senior Meals – Stanfield Manor

**2** 307-635-2435

🕰 604 Shoshoni Ave. | Cheyenne, WY 82001

twww.cheyennehousing.org/seniorprograms/nutrition/meal-sites

Lunch served Monday through Friday, donation suggested for seniors.

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

## VETERANS RESOURCES

## **Cheyenne Veterans Affairs Medical Center**

See State Resources for contact information on page 5.

### ALBANY

#### Veterans Affairs – Laramie Mobile Telehealth Clinic

🖀 307-778-7550 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

County Service Officer: Vicki Richards

**2** 307-214-2112

5410 Bishop Blvd. | Cheyenne, WY 82009

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

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

#### GOSHEN

#### None

## LARAMIE

## Wyoming Veterans Commission

County Service Officer: Travis Deti

**2** 307-286-5993

5800 Central Ave. | Cheyenne, WY 82009

Hwww.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

**2** 307-315-4187

<sup>1</sup> http://wyomilitary.wyo.gov/veterans/serviceofficers/

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
- <sup>1</sup> http://www.cheyenne.va.gov/locations/Wheatland \_VA\_Mobile\_Clinic.asp

## 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
- <sup>1</sup> http://www.wyomingseniors.com/services/seniorcompanion-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

## 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

Patty Hall | Patricia.hall@wyo.gov | 307-777-2885

MENTAL HEALTH SERVICES

## ALBANY

## Gillian Claire Siegel, LCSW

**2** 307-399-4508

🙀 507 S. 4<sup>th</sup> St. | Laramie, WY 82070

Clinical social worker.

LIV Health

## Cheyenne location:

**2**307-630-4729

🕰 415 W. 27th St | Cheyenne, WY 82009

## Laramie location:

info@livhealth.org

🙀 1264 N 4th St| Laramie, WY 82072

1 http://www.livhealth.org/

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

# Meghan R. Brown, LCSW

**2** 307-877-7068

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

**2** 307-721-0700

🙀 1575 N. 4<sup>th</sup> St. Ste. 103 | Laramie, WY 82072

1 http://www.laramiecounseling.com/

Psychiatric medication management and counseling services using cognitive behavioral therapy.

#### Peak Wellness Center – Laramie

Page **33** of **52** 

- **2** 307-745-8915
- 🙀 1263 N. 15<sup>th</sup> St. | Laramie, WY 82072

AlbanyCountyCenter@PeakWellnessCenter.org

1 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

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

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

Mental health services, therapeutic counseling.

## GOSHEN

## Peak Wellness Center - Torrington

**2** 307-532-4091

501 Albany Ave. | Torrington, WY 82240

<sup>1</sup> http://www.peakwellnesscenter.org/

A premier Wyoming community health 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.

## LARAMIE

### Barbara B. Dolby, LCSW

**2** 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

**2** 307-760-1871

🖂 caroljean@bongopsyd.com

D 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

**2** 307-202-9721

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

Page **35** of **52** 

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



**2** 307-634-6883

i mail@flemmingassociates.net

1001 W. 31<sup>st</sup> St. | Cheyenne, WY 82001

<sup>1</sup> http://www.flemingassociates.net/

A comprehensive group of providers in behavioral health services.

## John M. Reynolds, LCSW

**2** 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

**2** 307-630-4729

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 - Cheyenne

**2** 307-634-9653

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

<sup>1</sup> 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

**2** 307-426-4797

4025 Rawlins St. | Cheyenne, WY 82001

<sup>1</sup> http://www.specialtycounseling.com/

# Steven D. Newman, PsyD

**2** 307-220-9099 | 307-288-1242

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

1401 Airport Pkwy. Ste. 210B | 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

**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

**2** 307-334-3666

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

**2** 307-322-3190

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

1 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

**2** 307-322-8122

975 Gilchrist | Wheatland, WY 82201

Page **39** of **52** 

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.

#### OTHER SERVICES

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

**\*** 402-471-2307

⊠ DHHS.Aging@nebraska.gov

D PO Box 95026 | Lincoln, NE 68509

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

Contact for aging services in Nebraska.

#### Denver Regional Council of Governments – Area Agency on Aging

**1**-866-959-3017

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

AreaAgencyonAging@drcog.org

Thttps://drcog.org/programs/area-agency-aging

Contact for aging services in Colorado.

Page **40** of **52** 

## ALBANY

## Albany County Public Health

**2** 307-721-2561

609 S. 2nd St. Laramie, WY 82070

<sup>1</sup> http://www.publichealthlaramie.org/contactus.aspx

## Interfaith Good Samaritan – Medical Assistance

**2** 307-742-4240

712 Canby St, | Laramie, WY 82072

H www.laramieinterfaith.org/

Voucher to help with medical, dental, and prescription assistance.

## Project Lifesaver - Albany County Sheriff's Office

**2** 307-721-5567

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

Thttp://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)

Page **41** of **52** 

**1**-888-989-9463 | 307-766-6187

🖂 watr@uwyo.edu

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

Hwww.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

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**

Page **42** of **52** 

**2** 307-635-2435 ext. 13

2101 Thomes Ave. | Cheyenne, WY 82001

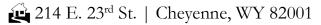
👁 3304 Sheridan Ave. | Cheyenne, WY 82001

1 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

**2** 307-633-7061



'the www.cheyenneregional.org/service/home-wayfrom-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

## **2** 307-777-7684

- 6101 Yellowstone Rd. Ste. 259A | Cheyenne, WY 82002
- <sup>1</sup> http://www.health.wyo.gov/ddd/respitecare/index .html

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

### Vital Records Statistics Service

**2** 307-777-7591

2300 Capitol Ave | Cheyenne, WY 82002

Thttp://cghswyoming.org/vitals.html

Birth and death records.

## Family Caregiver Program

**2** 307-635-2435

2101 Thomes Ave. | Cheyenne, WY 82001

👁 3304 Sheridan Ave. | Cheyenne, WY 82009

Thttp://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

Page **44** of **52** 

👁 1544 Pearl St. | Denver, CO 80203

Molytrinitymanor@archdiocesanhousing.org

<sup>1</sup> http://www.charitieswyoming.org/uploads/holytri nitymanor.pdf

#### Prescription Assistance – Laramie County Centralized Pharmacy

**2** 307-637-7000

2600 E. 18th St| Cheyenne, WY 82007

tentralized-pharmacy

Pharmacy that supplies medication to low-income, noincome, under-insured, and uninsured individuals.

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

**2** 307-633-4736

1910 Pioneer Ave. | Cheyenne, WY 82001

ttp://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

Page **45** of **52** 

- T 307-634-1010 | 1-877-634-1005 | Cathy Carlisle
- Content Steel 200 | Cheyenne, WY 82001
- wshiipchy@wyoming.com
- <sup>1</sup> http://www.wyomingseniors.com/services/seniormedicare-patrol

## Wyoming State Health Insurance Information

- T 307-634-1010 | 1-877-634-1005 | Cathy Carlisle
- 3120 Old Faithful Rd. Ste. 200 | Cheyenne, WY 82001

wshiipchy@wyoming.com

<sup>th</sup>http://www.wyomingseniors.com/services/wyomin g-state-health-insurance-information-program

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

## NIOBRARA

## Niobrara County Division of Public Assistance

**2** 307-334-2153

D 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

1 www.plattecountysenioroutreach.org

Provides affordable, educational, and recreational activities for all seniors.

#### SENIOR CENTERS

And	* 40 H 10 SH3 A 410 S * 40 H 20 SH3 A 410 S * 54 SH3 A 45 * 55 SH3 A		\$103135 13 13 13 10 Store	19, 10, 10, 10, 10, 10, 10, 10, 10, 10, 10
County	Laramie		جې Albanv	ि जिंदर दर्भ Platte
Contact Info	Sharon Benson 2015 S Greeky Hwy. Cheyenne, WY 82007 <b>307-635-5542</b> sbenson@mealson wheelsof	a Wahl St. tter, WY 82210 <b>2-3430</b> rvicesforseniorspc.org	Tammy Comer Tammy Comer 1560 N. 3rd St. Laramie, WY 82702 307-745-5116 executive@eppsoncenter.org	Veronica Wahl Veronica Wahl 206 Waren Ave. Glendo, WY 82213 307-735-4478 veronica wahl@servicesfor
	cneyenne.com			seniorspc.org
<b>On-site Meals</b>	n/a	YES	YES	YES
Home-delivered Meals	YES	YES	YES	YES
Home Care Services	n/a	YES	YES	YES
Caregiver Support Services	n/a		YES	
Transportation Services	n/a		YES	
Home Health Care Services	n/a	YES		YES
Me dicare Information	n/a	YES		YES
Hospice	n/a	YES		YES
<b>On-site Respite</b>	n/a			
In-home Respite	n/a			
Caregiver Respite Services	n/a			
Other Services	n/a		YES	

Contraction Contra	49163 (1916) 15 (1917) 19163 (1917) 1917 191		431435 454140 5331453 3414100 341414 414140	<sup>13</sup> 1103 <sup>10</sup> 1105 11105 1110
County	Platte	G		Niobrara
	Veronica Wahl	Linda Cockett	Kim Maes	Connie Baker
	PO Box 765	PO Box 517	2101 Thomes Ave.	Velvet Dorwart
	100 S. Wyoming Ave.	216E 19th Ave.	Cheyenne, WY 82001	PO Box 928
Contact Info	Guemsey, WY 82214 307 036 3777	Torrington, WY 82240	307-635-2435	$611 \pm 6$ th St.
	www.guernseysenior.org torwysfc@gmail.com	torwysfc@gmail.com	movin a some det	307-334-2561
		www.goshensfc.org		nios c@firenebula.com
<b>On-site Meals</b>	YES	YES	YES	YES
Home-delivered Meals	YES	YES		YES
Home Care				
Se rvices		YES	YES	
<b>Caregiver Support</b>			VFS	
Services			11.5	
Transportation	VFC	SEA	VFC	VFC
Services	1100	CIII	11.0	113
Home Health Care		VFC	VFC	VFC
Services		1123	1 FC	1 FC
Medicare	VFC	VFC		VFC
Information		1100		
Hospice				
<b>On-site Respite</b>				
In-home Respite		YES		
<b>Caregiver Respite</b>				
Se rvices				
<b>Other Services</b>	YES	YES	YES	YES

dicit di constante di constante	Lits Stilles Calles	4914-9-14-9-5-14-9-5- 4014-9-40-14-9-5-14-9-5- 4014-9-5-14-9-5- 14-14-9-5-14-9-5- 14-14-9-5-14-9-5- 14-14-9-5-14-9-5-14-9-5- 14-14-9-14-9-5-14-9-5-14-9-5-14-9-5-14-9-5-14-9-5- 14-14-9-14-9-5-14-9-5-14-9-5-14-9-5-14-9-5-14-9-5-14-9-5-14-9-5-14-9-5-14-9-5-14-9-5-14-9-5-14-9-5-14-9-5-14-9- 14-14-9-14-9-14-9-5-14-9-5-14-9-5-14-9-5-14-9-5-14-9-5-14-9-5-14-9-5-14-9-5-14-9-5-14-9-5-14-9-5-14-9-5-14-9-5- 14-14-9-14-9-14-9-5-10-14-9-5-14-9-5-14-9-5
County	Laramie	Platte
	Alisha Michaud	Veronica Wahl
	PO Box 532 300 Flm St	1605 16th St. Wheatland WV 82201
Contact Info	Pine Bluff, WY 82082	307-322-3424
	307-245-3816	veronica.wahl@services forsemiorpc.
	pbcitizens@rtconnect.net	org www.servicesforseniorspc.org
<b>On-site Meals</b>	YES	YES
Home-delivered Meals	YES	YES
Home Care		3624
Services		YES
Caregiver Support		
Services		
Transportation	VFS	AFS.
Services	671	271
Home Health Care		VFS
Services		
Medicare	VES	VFS
Information		
Hospice		
<b>On-site Respite</b>		
In-home Respite		YES
<b>Caregiver Respite</b>		
Services		
Other Services	YES	

Notes:



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

This Resource Guide is supported by the Health Resources and Services Administration (HRSA) of the U.S. Dept. of Health and Human Services (HHS) as part of an award totaling \$3,750,000 with 0% financed with nongovernmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.