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

(UPDATED AUGUST 2022)
# TABLE OF CONTENTS

## National Resources

<table>
<thead>
<tr>
<th>Resource</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alzheimer’s Association</td>
<td>4</td>
</tr>
<tr>
<td>Alzheimers.gov</td>
<td>4</td>
</tr>
<tr>
<td>Alzheimer’s Foundation of America (AFA)</td>
<td>4</td>
</tr>
<tr>
<td>The American Elder Care Research Organization – Paying for Senior Care</td>
<td>5</td>
</tr>
<tr>
<td>Family Caregiver Alliance</td>
<td>5</td>
</tr>
<tr>
<td>National Institute on Aging: Alzheimer’s disease Education and Referral (ADEAR)</td>
<td>5</td>
</tr>
</tbody>
</table>

## State Resources

<table>
<thead>
<tr>
<th>Resource</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Protective Services (APS)</td>
<td>6</td>
</tr>
<tr>
<td>Alzheimer’s Association – Wyoming Chapter</td>
<td>6</td>
</tr>
<tr>
<td>Veterans Affairs Medical Center</td>
<td>6</td>
</tr>
<tr>
<td>National Academy of Elder Law Attorneys</td>
<td>7</td>
</tr>
<tr>
<td>Wyoming Center on Aging (WyCOA)</td>
<td>8</td>
</tr>
<tr>
<td>Wyoming Department of Health – Aging Division, Community Living Section</td>
<td>8</td>
</tr>
<tr>
<td>Wyoming Guardianship Corp.</td>
<td>9</td>
</tr>
<tr>
<td>Wyoming Senior Citizens, Inc</td>
<td>9</td>
</tr>
<tr>
<td>Wyoming Veterans Commission</td>
<td>9</td>
</tr>
</tbody>
</table>

## Local Resources – Southeast Region

<table>
<thead>
<tr>
<th>Resource</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Specialists/Hospitals/Medical Clinics</td>
<td>10</td>
</tr>
<tr>
<td>Caregiver Support and Resources</td>
<td>13</td>
</tr>
<tr>
<td>Legal and Financial Planning</td>
<td>15</td>
</tr>
<tr>
<td>Transportation</td>
<td>17</td>
</tr>
<tr>
<td>Hospice/Home Health</td>
<td>18</td>
</tr>
<tr>
<td>Nursing Homes with Memory Care</td>
<td>23</td>
</tr>
<tr>
<td>Assisted Living</td>
<td>24</td>
</tr>
<tr>
<td>Meals/ Daily Planning</td>
<td>25</td>
</tr>
<tr>
<td>Veterans Resources</td>
<td>27</td>
</tr>
<tr>
<td>Senior Companion Program</td>
<td>29</td>
</tr>
<tr>
<td>Mental Health Services</td>
<td>29</td>
</tr>
<tr>
<td>Other Services</td>
<td>36</td>
</tr>
<tr>
<td>Senior Centers</td>
<td>43</td>
</tr>
</tbody>
</table>
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 (APS)

📞 307-886-9232

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

🌐 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

📞 307-316-2892 ext. 8295

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

🌐 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
NATIONAL ACADEMY OF ELDER LAW ATTORNEYS

Davis, Johnson, and Kallal Law, LLC.

📞 307-433-0921

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

✉️ office@djkwyolaw.com

🌐 http://djkwyolaw.com/

Bailey, Stock, Harmon, Cottam, Lopez LLP

📞 307-638-7745

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

🌐 http://www.performance-law.com/

Jackson & Ojeda, LLC

📞 307-634-5735

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

🌐 www.jacksonojedalaw.com

Long, Reimer, Winegar, LLP

📞 307-635-0710
The Center provides reliable and updated information and educational resources on aging and caregiving.

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.

☎ 307-635-1794
✉ PO Box 2778 | Cheyenne, WY 82003
🌐 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.

☎ 307-856-6880 | 1-800-856-4398
🌐 http://www.wyomingseniors.com/


WYOMING VETERANS COMMISSION

☎ 1-800-833-5987
🌐 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

📞 307-755-4540

🏠 3116 Willet Dr. | Laramie, WY 82070

🌐 http://www.ivinsonhospital.org

Geriatrician, internal medicine.

Albany County Community Health

📞 307-766-3313

🏠 1174 North 22nd St| Laramie, WY 82072

✉ achc@uwyo.edu

🌐 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

📞 307-742-2141

🏠 255 N. 30th St. | Laramie, WY 82070

🌐 http://www.ivinsonhospital.org
University of Wyoming School of Pharmacy

📞 307-766-6120

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

🌐 http://www.uwyo.edu/pharmacy.

GOSHEN

Banner Health Clinic

📞 307-532-2107

🏠 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

LARAMIE

Cheyenne Regional Medical Center

📞 307-633-7603

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

🌐 http://cheyenneregional.org/
University of Wyoming Family Medicine Residency Program

☎ 307-777-7911 ext. 104

📍 821 East 18th St. | Cheyenne, WY 82001

🌐 http://www.uwyo.edu/chyfammed/

Geriatric and adult care, sliding fee scale.

---

**NI OBRARA**

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

📍 201 14th St | Wheatland, WY 82201

🌐 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**

📞 (307) 766-2829

🏠 1000 E University Ave, | Laramie, WY 82071

✉️ wycoa@uwyo.edu

🌐 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**

📞 (307) 630-4729

🏠 2500 Dell Range Blvd | Cheyenne, WY 82009

✉️ info@livhealth.org

🌐 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

📞 307-745-9254

🏠 1754 Centennial Dr. | Laramie, WY 82072

✉️ susan@hospiceoflaramie.org

🌐 www.hospiceoflaramie.org/bereavement-support

GOSHEN

National Family Caregiver Support Program

📞 307-856-6880 | 1-800-856-4398

✉️ NFCSP Manager | fcrmgr@wyoming.com

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

LARAMIE

Cheyenne Regional Medical Center – Grief and Loss Group

📞 307-633-7370

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


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

📞 307-766-6416

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

🌐 1000 E. University Ave. | Laramie, WY 82071

🌐 http://www.uwyo.edu/law

Estate planning practicum.

Cook and Associates, PC

📞 307-745-7320

〒 505 S. 3rd St, Suite 200 | Laramie, WY 82070

🌐 http://cookandassociatespc.com/

GOSHEN
Dana Jill Lent

📞 307-532-2300

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

✉️ danajlent@gmail.com


Goshen County Attorney

📞 307-532-4223

🏠 2125 East A St. | Torrington, WY 82240

🌐 www.goshencounty.org/attorney-welcome/

LARAMIE

Brianne Sherman

🏠 PO Box 87 | Cheyenne, WY 82003

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

Davis, Johnson, and Kallal Law, LLC.

📞 307-433-0921

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

✉️ office@djkwyolaw.com

🌐 http://djkwyolaw.com/

Lance T. Harmon
Laura J. Jackson

Rhodes Law Firm, LLC

Susan Feinman

TRANSPORTATION

ALBANY

Laramie Connections
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**

📞 307-766-6686
📍 14th and Lewis St. | Laramie, WY 82072
✉️ tppara@uwyo.edu
🌐 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**

*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.

---

**ALBANY**

**Home Instead Senior Care**

- 🏡 307 E 18th St | Cheyenne, WY 82001
- 📞 307-201-2439
- 🌐 https://www.homeinstead.com

**Hospice of Laramie**

- 📞 307-745-9254
- 🏡 1754 Centennial Dr. | Laramie, WY 82070
- 🌐 http://www.hospiceoflaramie.org/

**Premium Health at Home**

Laramie location:

- 📞 307-745-8710
- 🏡 1277 N. 15th St. | Laramie, WY 82070

Rawlins location:

- 📞 307-324-9356
Home health nursing – IV therapy, wound care, injections, nutritional teaching, monitoring, and patient/family instructions.

**Enhabit Home Health**

📞 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.

---

**ALBANY, LARAMIE, GOSHEN**

**Mel’s Helping Hands**

📞 307-262-4891  
🏡 6000 Sycamore Rd. | Cheyenne, WY 82009  
✉️ info@melshelpinghands.com  
🌐 https://www.melshelpinghands.com/

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

---

**GOSHEN**

**Community Home Care**

📞 307-532-4180
1940 Main St. | Torrington, WY 82240

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

---

**LARAMIE**

**Cheyenne Health Care Center**

📞 307-634-7986

🏠 2700 East 12th St. | Cheyenne, WY 82001

🌐 www.savasenior.com/cheyenne-healthcare-center

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

**Continued Care Home Health Agency**

📞 307-632-4448

🏠 410 Manewal Dr. | Cheyenne, WY 82009

🌐 http://www.continuecarecheyenne.com/

**Frontier Home Health**

📞 307-634-5970
4024 Laramie St. | Cheyenne, WY 82001

Home Instead Senior Care

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

Enhabit Home Healthcare

307-778-3000
1401 Airport Parkway, Ste. 220 | Cheyenne, WY 82001
www.encompasshealth.com

NIOBRARA

The Home Health Agency, LLC

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

307-532-4038
814 8th St. | Wheatland, WY 82201
**See matrix for senior center listings starting on page 47.**

<table>
<thead>
<tr>
<th>NURSING HOMES WITH MEMORY CARE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ALBANY</strong></td>
</tr>
<tr>
<td>None</td>
</tr>
<tr>
<td><strong>GOSHEN</strong></td>
</tr>
<tr>
<td>Goshen Healthcare Community</td>
</tr>
<tr>
<td>☏ 307-532-4038</td>
</tr>
<tr>
<td>🏠 2009 Laramie St.</td>
</tr>
<tr>
<td>⚽️ <a href="http://www.vetras.com/goshen-healthcare-community">www.vetras.com/goshen-healthcare-community</a></td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th><strong>LARAMIE</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Granite Rehabilitation and Wellness</td>
</tr>
<tr>
<td>☏ 307-634-7901</td>
</tr>
<tr>
<td>🏠 3128 Boxelder Dr.</td>
</tr>
<tr>
<td>⚽️ <a href="http://www.empres.com/location/granite-rehab-wellness">www.empres.com/location/granite-rehab-wellness</a></td>
</tr>
</tbody>
</table>

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

📞 307-755-5811

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


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

📞 307-778-9511

🏠 4010 N. College Dr. | Cheyenne, WY 82001


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

📞 307-635-6953

🏠 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

📞 307-638-7798

🏠 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

📞 307-322-7400

🏠 100 19th St. | Wheatland, WY 82201

🔗 http://pcmnh.com/assisted-living/

MEALS / DAILY PLANNING
**See matrix for senior center listings starting on page 43.**

LARAMIE

Meals on Wheels

📞 307-635-5542

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

✉️ info@mealsonwheelsofcheyenne.com

🔗 http://www.mealsonwheelsofcheyenne.com/

Senior Meals – Burns

📞 307-635-2435

🏠 134 South Main St. | Burns, WY 82001

Senior Meals – Foxcrest Community Center

📞 307-635-2435

🏠 4125 Cox Ct. | Cheyenne, WY 82001

Senior Meals – Main Activity Center

📞 307-635-2435

🏠 2101 Thomes Ave. | Cheyenne, WY 82001
Senior Meals – Stanfield Manor

📞 307-635-2435

🏠 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

📞 307-778-7550 ext. 3816

🏠 2901 Armory Rd. | Laramie, WY 82072

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

Wyoming Veterans Commission

📞 307-214-2112

🏠 5410 Bishop Blvd. | Cheyenne, WY 82009

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

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

---

**LARAMIE**

**Wyoming Veterans Commission**

📞 307-286-5993

🏠 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**

📞 307-315-4187

🌐 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.

📞 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

📞 307-634-1010 | 1-877-634-1005

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

MENTAL HEALTH SERVICES

ALBANY

Gillian Claire Siegel, LCSW

📞 307-399-4508

🏠 507 S. 4th St. | Laramie, WY 82070
Clinical social worker.

**LIV Health**

✉️ info@livhealth.org

_http://www.livhealth.org/_

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

**Meghan R. Brown, LCSW**

📞 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**

📞 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/Volunteers of America – Cheyenne**

📞 307.634.9653
Volunteers of America has merged with Peak Wellness Center.

**Peak Wellness Center/Volunteers of America - Laramie**

- [Phone](tel:307.745.8915)
- [Address](2526 Seymour Avenue) | Cheyenne, WY 82001
- [Website](https://www.voanr.org/mental-health)

**Peak Wellness Center/Volunteers of America - Laramie**

- [Phone](tel:307.745.8915)
- [Address](1263 N 15th Street) | Laramie, WY 82072
- [Website](https://www.voanr.org/mental-health)

Volunteers of America has merged with Peak Wellness Center.

**Teresa Jacobs Castano, LCSW**

- [Phone](tel:307-755-1000) | [Phone](tel:307-217-5524)
- [Address](504 S. 4th St) | Laramie, WY 82070

Mental health services, therapeutic counseling.

---

**GOSHEN**

**Peak Wellness Center/Volunteers of America Torrington**

- [Phone](tel:307.532.4091)
- [Address](501 Albany Avenue) | Torrington, WY 82240
- [Website](https://www.voanr.org/mental-health)

Volunteers of America has merged with Peak Wellness Center.
LARAMIE

Cheyenne Regional Medical Center – Outpatient Counseling

📞 (307) 634-2273

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

✉️ AlbanyCountyCenter@PeakWellnessCenter.org

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

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

✉️ 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**

📞 307-202-9721

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

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

**Drs. Marshall and Bougsty**

📞 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**

📞 307-634-6883
 Providers in behavioral health services.

**John M. Reynolds, LCSW**

- **Phone**: 307-637-0603
- **Address**: 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**

- **Phone**: 307-630-4729
- **Address**: 415 W. 27th St | Cheyenne, WY 82009

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

**Peak Wellness Center/Volunteers of America – Cheyenne**

- **Phone**: 307.634.9653
- **Address**: 2526 Seymour Avenue. | Cheyenne, WY 82001

https://www.voanr.org/mental-health
Volunteers of America has merged with Peak Wellness Center

Specialty Counseling and Consulting

📞 307-426-4797

🏠 4025 Rawlins St. | Cheyenne, WY 82001

🌐 http://www.specialtycounseling.com/

Steven D. Newman, PsyD

📞 307-220-9099

🌐 http://drstevenewman.com/

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

📞 307-334-3666

🏠 905 S. Main St. | Lusk, WY 82225
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**

📞 307.322.3190

🏠 1954 W Mariposa Parkway | Wheatland, WY 82201

🔗 https://www.voanr.org/mental-health

Volunteers of America has merged with Peak Wellness Center.

**Specialty Counseling & Consulting**

📞 307-322-8122

🏠 975 Gilchrist | Wheatland, WY 82201

✉️ info@specialtycounseling.com

🔗 http://www.specialtycounseling.com/

**OTHER SERVICES**

**County Public Health**

📞 307-721-2561

✉️ phnlaramie@wyo.gov

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

📞 402-471-2307
✉️ DHHS.Aging@nebraska.gov
)view 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
$view https://drcog.org/programs/area-agency-aging

Contact for aging services in Colorado.

ALBANY

Albany County Public Health

📞 307-721-2561
🏠 609 S. 2nd St. Laramie, WY 82070
$view http://www.publichealthlaramie.org/contact-us.aspx

Interfaith Good Samaritan – Medical Assistance

📞 307-742-4240
🏠 712 Canby St, | Laramie, WY 82072
$view www.laramieinterfaith.org/
Vouchers to help with medical, dental, and prescriptions.

**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 | 307-766-6187  
✉️ watr@uwyo.edu  
📍 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**

📞 307-532-7888 | 1-800-877-9965  
📍 2210 E. B St. | Torrington, WY 82240
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**

☎ 307-635-2435 ext. 13  
🏠 3304 Sheridan St. | Cheyenne, WY 82009  
🌐 http://cheyennehousing.org/  

Lunch for seniors, 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  
🌐 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**

☎ 307-777-7684
Vital Records Statistics Service

307-777-7591

2300 Capitol Ave | Cheyenne, WY 82002

http://cghswyoming.org/vitals.html

Birth and death records.

Family Caregiver Program

307-635-2435

2101 Thomas Ave. | Cheyenne, WY 82001

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 | 307-778-8850

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

holytrinitymanor@archdiocesanhousing.org
Prescription Assistance – Laramie County Centralized Pharmacy

📞 307-637-7000

🏠 2600 E. 18th St | Cheyenne, WY 82007

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

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 Medicare Patrol Program

📞 307-634-1010 | 1-877-634-1005

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

✉️ wshipchy@wyoming.com

🔗 http://www.wyomingseniors.com/services/senior-
Wyoming State Health Insurance Information

📞 307-634-1010 | 1-877-634-1005
🏠 3120 Old Faithful Rd. Ste. 200 | Cheyenne, WY 82001
✉️ wshiipchyy@wyoming.com
🌐 http://www.wyomingseniors.com/services/wyoming-state-health-insurance-information-program

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

NIOBRAARA

Niwobrara County Division of Public Assistance

📞 307-334-2153
✉️ 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

📞 307-331-7780
🏠 977 Gilchrist St. | Wheatland, WY 82201
🌐 www.plattecountysenioroutreach.org

Provides affordable, educational, and recreational activities.
<table>
<thead>
<tr>
<th>County</th>
<th>Laramie</th>
<th>Platte</th>
<th>Albany</th>
<th>Platte</th>
</tr>
</thead>
<tbody>
<tr>
<td>County</td>
<td>Contact Info</td>
<td>Contact Info</td>
<td>Contact Info</td>
<td>Contact Info</td>
</tr>
<tr>
<td>Laramie</td>
<td>Sharon Benson</td>
<td>Veronica Wahl</td>
<td>Tammy Comer</td>
<td>Veronica Wahl</td>
</tr>
<tr>
<td></td>
<td>2015 S Greeley Hwy. Cheyenne, WY 82007</td>
<td>311 2nd St. Chugwater, WY 82210</td>
<td>1560 N. 3rd St. Laramie, WY 82702</td>
<td>206 Warren Ave. Glendo, WY 82213</td>
</tr>
<tr>
<td></td>
<td>307-635-5542 <a href="mailto:sbenson@mealsonwheelsofcheyenne.com">sbenson@mealsonwheelsofcheyenne.com</a></td>
<td>307-422-3430 <a href="http://www.servicesforseniorspc.org">www.servicesforseniorspc.org</a></td>
<td>307-745-5116 <a href="mailto:executive@eppsoncenter.org">executive@eppsoncenter.org</a></td>
<td>307-735-4478 <a href="mailto:veronica.wahl@servicesforseniorspc.org">veronica.wahl@servicesforseniorspc.org</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Service</th>
<th>Laramie</th>
<th>Platte</th>
<th>Albany</th>
<th>Platte</th>
</tr>
</thead>
<tbody>
<tr>
<td>On-site Meals</td>
<td>n/a</td>
<td>YES</td>
<td>YES</td>
<td>YES</td>
</tr>
<tr>
<td>Home-delivered Meals</td>
<td>YES</td>
<td>YES</td>
<td>YES</td>
<td>YES</td>
</tr>
<tr>
<td>Home Care Services</td>
<td>n/a</td>
<td>YES</td>
<td>YES</td>
<td>YES</td>
</tr>
<tr>
<td>Caregiver Support Services</td>
<td>n/a</td>
<td>YES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Transportation Services</td>
<td>n/a</td>
<td>YES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Home Health Care Services</td>
<td>n/a</td>
<td>YES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medicare Information</td>
<td>n/a</td>
<td>YES</td>
<td></td>
<td>YES</td>
</tr>
<tr>
<td>Hospice</td>
<td>n/a</td>
<td>YES</td>
<td></td>
<td>YES</td>
</tr>
<tr>
<td>On-site Respite</td>
<td>n/a</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>In-home Respite</td>
<td>n/a</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Caregiver Respite Services</td>
<td>n/a</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other Services</td>
<td>n/a</td>
<td></td>
<td>YES</td>
<td></td>
</tr>
<tr>
<td>County</td>
<td>Guernsey Senior Center</td>
<td>Goshen County Senior Friendship Ctr</td>
<td>Laramie County Senior Services</td>
<td>Niobrara Senior Center</td>
</tr>
<tr>
<td>-----------------</td>
<td>------------------------</td>
<td>-------------------------------------</td>
<td>-------------------------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>Contact Info</td>
<td>Veronica Wahl</td>
<td>Linda Cockett</td>
<td>Kim Maes</td>
<td>Connie Baker</td>
</tr>
<tr>
<td></td>
<td>PO Box 765</td>
<td>PO Box 517</td>
<td>2101 Thomas Ave,</td>
<td>Velvet Dorwart</td>
</tr>
<tr>
<td></td>
<td>100 S. Wyoming Ave.</td>
<td>216 E 19th Ave.</td>
<td>Cheyenne, WY 82001</td>
<td>PO Box 928</td>
</tr>
<tr>
<td></td>
<td>Guernsey, WY 82214</td>
<td>Torrington, WY 82240</td>
<td>307-635-2435</td>
<td>611 E 6th St.</td>
</tr>
<tr>
<td></td>
<td>307-836-2777</td>
<td>307-532-2796</td>
<td><a href="mailto:rsp_kmaes@vcn.com">rsp_kmaes@vcn.com</a></td>
<td>Lusk, WY 82225</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.guernseysenior.org">www.guernseysenior.org</a></td>
<td><a href="mailto:torwysfc@gmail.com">torwysfc@gmail.com</a></td>
<td></td>
<td>307-334-2561</td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.goshensfc.org">www.goshensfc.org</a></td>
<td></td>
<td><a href="mailto:niosc@firenebula.com">niosc@firenebula.com</a></td>
</tr>
<tr>
<td>On-site Meals</td>
<td>YES</td>
<td>YES</td>
<td>YES</td>
<td>YES</td>
</tr>
<tr>
<td>Home-delivered Meals</td>
<td>YES</td>
<td>YES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Home Care Services</td>
<td></td>
<td>YES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Caregiver Support Services</td>
<td></td>
<td>YES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Transportation Services</td>
<td></td>
<td>YES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Home Health Care Services</td>
<td></td>
<td>YES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medicare Information</td>
<td></td>
<td>YES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hospice</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>On-site Respite</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>In-home Respite</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Caregiver Respite Services</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other Services</td>
<td>YES</td>
<td>YES</td>
<td>YES</td>
<td>YES</td>
</tr>
<tr>
<td>County</td>
<td>Laramie</td>
<td>Platte</td>
<td></td>
<td></td>
</tr>
<tr>
<td>--------------</td>
<td>-----------------------</td>
<td>----------------------</td>
<td></td>
<td></td>
</tr>
</tbody>
</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  
www.servicesforseniorpc.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: