

# 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



UNIVERSITY  
OF WYOMING

Wyoming Center  
on Aging

## 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](http://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.**



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OF WYOMING

Wyoming Center  
on Aging

[www.uwyo.edu/wycoa](http://www.uwyo.edu/wycoa) | [wycoa@uwyo.edu](mailto:wycoa@uwyo.edu) | (307) 766-2829

## ONLINE VERSION

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Visit [www.uwyo.edu/wycoa](http://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](mailto: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](http://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](mailto: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


 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


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


 Janet Lewis: [jlewis@alz.org](mailto: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 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

 <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.**


 307-433-0921

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

 [office@djkwyolaw.com](mailto:office@djkwyolaw.com)

 <http://djkwyolaw.com/>

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


 307-638-7745


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

 [lance@performance-law.com](mailto:lance@performance-law.com)


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

### **Jackson & Ojeda, LLC**


 307-634-5735

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


 [laura@jacksonojeda.com](mailto:laura@jacksonojeda.com)


 [www.jacksonojedalaw.com](http://www.jacksonojedalaw.com)

## **Long, Reimer, Winegar, LLP**


 307-635-0710

 2120 Carey Ave. Ste 300 | Cheyenne, WY 82001


 [bsherman@lrw-law.com](mailto:bsherman@lrw-law.com)

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

## **WYOMING CENTER ON AGING (WYCOA)**


 1-307-766-2829

 [wycoa@uwyo.edu](mailto: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**

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

 [wyaging@wyo.gov](mailto:wyaging@wyo.gov)


 <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.


 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 in-service training.


## WYOMING SENIOR CITIZENS, INC.


 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

 <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

##### **Adults & Geriatric Medical Specialties**

 307-742-6319

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

 <http://www.ivinsonhospital.org>

Geriatrician, internal medicine.

##### **Albany County Community Health**

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


 1174 North 22nd St | Laramie, WY 82072

 [achc@uwyo.edu](mailto: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.

##### **Iverson Memorial Hospital**


 307-742-2141

 255 N. 30<sup>th</sup> 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**


 307-532-2107


 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>

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

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## LARAMIE


### **Cheyenne Regional Medical Center**

 307-633-7603

 214 E. 23<sup>rd</sup> 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. 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.

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## 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

### ALBANY

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

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


 1000 E University Ave, | Laramie, WY 82071


 [dsc@uwyo.edu](mailto:dsc@uwyo.edu)

 <https://www.uwyo.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**

 307-745-9254

 1754 Centennial Dr. | Laramie, WY 82072

 [susan@hospiceoflaramie.org](mailto:susan@hospiceoflaramie.org)

 [www.hospiceoflaramie.org/bereavement-support](http://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.**

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## GOSHEN


### **National Family Caregiver Support Program**

 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

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

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


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

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


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## LARAMIE

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


 307-633-7370


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


 <http://cheyenneregional.org/cheyenne-regional-offers-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**

 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.

### **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

 Nancy McKenzie | FCR Coordinator |  
cheyrecep@wyoming.com

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

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

 <http://www.wyomingseniors.com/services/national-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.**

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## NIOBRARA, PLATTE


None

## LEGAL AND FINANCIAL PLANNING

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### ALBANY

#### University of Wyoming College of Law

 307-766-6416

 Willett Dr. and 19<sup>th</sup> St. | Laramie, WY 82071

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


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

Estate planning practicum.


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### GOSHEN


#### Dana Jill Lent

 307-532-2300

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


 [danajlent@gmail.com](mailto:danajlent@gmail.com)



 <http://www.danajlentlawoffice.com/>

Estate planning.

### **Goshen County Attorney**

 307-532-4223

 2125 East A St. | Torrington, WY 82240

 [www.goshencounty.org/attorney-welcome/](http://www.goshencounty.org/attorney-welcome/)

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## LARAMIE


### **Brianne Sherman**

 PO Box 87 | Cheyenne, WY 82003


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


Elder law attorney.

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

 307-433-0921


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

 [office@djkwylaw.com](mailto:office@djkwylaw.com)

 <http://djkwylaw.com/>

Elder law attorney.


### **Lance T. Harmon**


 307-638-7745

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

Elder law attorney.


## **Laura J. Jackson**


 307-634-5835

 1910 Thomes Ave. | Cheyenne, WY 82001

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

 1920 Thomes Ave, Suite 410 | Cheyenne, WY 82001

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

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## **NIOBRARA, PLATTE**


**None**


## **TRANSPORTATION**

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### **ALBANY**

## **University of Wyoming Paratransit Services**

 307-766-6686

 14th and Lewis St. | Laramie, WY 82072

 [tppara@uwyo.edu](mailto: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. 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.**

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## GOSHEN, LARAMIE, NIOBRARA, PLATTE

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

## 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

### Home Instead Senior Care


 307-778-6644


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

 <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**

 307-745-9254


 1754 Centennial Dr. | Laramie, WY 82070

 <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:

 307-745-8710

 1277 N. 15<sup>th</sup> St. | Laramie, WY 82070

Rawlins location:


 307-324-9356


 1904 Edinburgh St. | Rawlins, WY 82301

 [www.premiumhealthathomewyo.com](http://www.premiumhealthathomewyo.com)

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

## **Emcompass Home Healthcare**

 307-721-2827

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

 [www.encompasshealth.com](http://www.encompasshealth.com)


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

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

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## GOSHEN

### **Community Home Care**

 307-532-4180


 1940 Main St. | Torrington, WY 82240


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


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## LARAMIE

### **Cheyenne Health Care Center**


 307-634-7986


 2700 East 12th St. | Cheyenne, WY 82001


 [www.savasenior.com/cheyenne-healthcare-center](http://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/cheyenne-regional-foundation/where-the-money-goes/davis-hospice-center/>

Inpatient and outpatient hospice care.

## **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


 <http://frontierhhh.com/cheyenne/index.php>

Home health services and hospice.

## **Home Instead Senior Care**


 307-778-6644


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

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

Home care.

## **Emcompass Home Healthcare**

 307-778-3000

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

 [www.encompasshealth.com](http://www.encompasshealth.com)


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

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

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## NIOBRARA

### **The Home Health Agency, LLC**

 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.**

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## PLATTE

### **Platte County Memorial Home Care**

 307-532-4038

 814 8<sup>th</sup> St. | Wheatland, WY 82201

Home care services.

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

## NURSING HOMES WITH MEMORY CARE

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### ALBANY

**None**

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### GOSHEN

#### **Goshen Healthcare Community**

 307-532-4038

 2009 Laramie St. | Torrington, WY 82240


 [www.vetras.com/goshen-healthcare-community](http://www.vetras.com/goshen-healthcare-community)


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


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### LARAMIE

#### **Granite Rehabilitation and Wellness**

 307-634-7901

 3128 Boxelder Dr. | Cheyenne, WY 82001

 [www.empres.com/location/granite-rehab-wellness](http://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.



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## PLATTE

**None**

## ASSISTED LIVING

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### ALBANY

#### **Spring Wind Assisted Living Community**



307-755-5811



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



<https://edgewoodseniorliving.com/community/spring-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.

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### GOSHEN, NIOBRARA

**None**

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### LARAMIE

#### **Aspen Wind Assisted Living Community**



307-778-9511




4010 N. College Dr. | Cheyenne, WY 82001




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

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

## **Pointe Frontier Retirement Community**


 307-635-6953


 1406 Prairie Ave. | Cheyenne, WY 82009


 [www.centurypa.com/senior-living/pointe-frontier/](http://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

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## **PLATTE**

### **Platte County Legacy Home**

 307-322-7400

 100 19<sup>th</sup> 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 47.**

### LARAMIE

#### **Meals on Wheels**

 307-635-5542


 2015 S. Greeley Hwy. | Cheyenne, WY 82001

 [info@mealsonwheelsofcheyenne.com](mailto:info@mealsonwheelsofcheyenne.com)


 <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**

 307-635-2435


 134 South Main St. | Burns, WY 82001

 [www.cheyennehousing.org/senior-programs/nutrition/meal-sites](http://www.cheyennehousing.org/senior-programs/nutrition/meal-sites)

#### **Senior Meals – Foxcrest Community Center**


 307-635-2435

 4125 Cox Ct. | Cheyenne, WY 82001


 [www.cheyennehousing.org/senior-programs/nutrition/meal-sites](http://www.cheyennehousing.org/senior-programs/nutrition/meal-sites)

Lunch served Monday through Friday, donation suggested for seniors.

### **Senior Meals – Indian Hills Manor**


 307-635-2435


 615 Storey Blvd. | Cheyenne, WY 82001


 [www.cheyennehousing.org/senior-programs/nutrition/meal-sites](http://www.cheyennehousing.org/senior-programs/nutrition/meal-sites)

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

### **Senior Meals – Stanfield Manor**

 307-635-2435

 604 Shoshoni Ave. | Cheyenne, WY 82001

 [www.cheyennehousing.org/senior-programs/nutrition/meal-sites](http://www.cheyennehousing.org/senior-programs/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.

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### 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**

County Service Officer: Vicki Richards



307-214-2112



5410 Bishop Blvd. | Cheyenne, WY 82009



<http://wymilitary.wyo.gov/veterans/service-officers/>

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

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### GOSHEN


**None**

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### LARAMIE

#### **Wyoming Veterans Commission**

County Service Officer: Travis Deti

 307-286-5993

 5800 Central Ave. | Cheyenne, WY 82009


 [www.wyomilitary.gov/veterans/commission](http://www.wyomilitary.gov/veterans/commission)


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

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## 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.


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## PLATTE

### **Veterans Affairs Mobile Clinic**

 1-888-483-9127, ext. 3816

 759 E. Cole St. | Wheatland, WY 82201

 [http://www.cheyenne.va.gov/locations/Wheatland\\_VA\\_Mobile\\_Clinic.asp](http://www.cheyenne.va.gov/locations/Wheatland_VA_Mobile_Clinic.asp)

## SENIOR COMPANION PROGRAM

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## 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](mailto: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

**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


 Patty Hall | [Patricia.hall@wyo.gov](mailto:Patricia.hall@wyo.gov) | 307-777-2885

**MENTAL HEALTH SERVICES**

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**ALBANY**

**Gillian Claire Siegel, LCSW**


 307-399-4508

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

Clinical social worker.

**LIV Health**

**Cheyenne location:**


 307-630-4729




 415 W. 27th St | Cheyenne, WY 82009

### **Laramie location:**


 [info@livhealth.org](mailto:info@livhealth.org)

 1264 N 4th St | Laramie, WY 82072

 <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. 4<sup>th</sup> 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. 15<sup>th</sup> St. | Laramie, WY 82072

 AlbanyCountyCenter@PeakWellnessCenter.org

 <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 | 307-217-5524


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

Mental health services, therapeutic counseling.


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## **GOSHEN**

### **Peak Wellness Center – Torrington**

 307-532-4091

 501 Albany Ave. | Torrington, WY 82240

 <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.

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## LARAMIE

### **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


 esiiiteri@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


 mail@flemmingassociates.net


 1001 W. 31<sup>st</sup> 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

 415 W. 27th St | Cheyenne, WY 82009


 <http://www.livhealth.org/>

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

### **Peak Wellness Center – Cheyenne**


 307-634-9653

 510 W. 29<sup>th</sup> 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/>

### **Steven D. Newman, PsyD**


 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**

 307-426-4797

 4025 Rawlins St. | Cheyenne, WY 82001

 [info@specialtycounseling.com](mailto: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.


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## NIOBRARA

### **Solutions for Life**

 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.


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## 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**

☎ 402-471-2307

✉ DHHS.Aging@nebraska.gov

📄 PO Box 95026 | Lincoln, NE 68509

📄 [www.dhhs.ne.gov/Pages/Aging.aspx](http://www.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

📄 <https://drcog.org/programs/area-agency-aging>


Contact for aging services in Colorado.




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## ALBANY


### **Albany County Public Health**

 307-721-2561

 609 S. 2nd St. Laramie, WY 82070

 <http://www.publichealthlaramie.org/contact-us.aspx>

### **Interfaith Good Samaritan – Medical Assistance**


 307-742-4240


 712 Canby St, | Laramie, WY 82072


 [www.laramieinterfaith.org/](http://www.laramieinterfaith.org/)

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 | 307-766-6187

 watr@uwyo.edu

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


 [www.uwyo.edu/wind/watr](http://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.

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## GOSHEN

### **Bell Tower Low - Income Senior Housing**

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

 2210 E. B St. | Torrington, WY 82240

 [bellparktower@centurylink.net](mailto: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.


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## LARAMIE

### **Cheyenne Housing Authority**

 307-635-2435 ext. 13


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

 [www.cheyenneregional.org/service/home-away-from-home/](http://www.cheyenneregional.org/service/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

 6101 Yellowstone Rd. Ste. 259A | Cheyenne, WY 82002

 <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**


 307-777-7591


 2300 Capitol Ave | Cheyenne, WY 82002


 <http://cgswyoming.org/vitals.html>


Birth and death records.

### **Family Caregiver Program**

 307-635-2435


 2101 Thomes 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. 18<sup>th</sup> St. | Cheyenne, WY 82001

 1544 Pearl St. | Denver, CO 80203


 holytrinitymanor@archdiocesanhousing.org

 <http://www.charitieswyoming.org/uploads/holytrinitymanor.pdf>

### **Prescription Assistance – Laramie County Centralized Pharmacy**


 307-637-7000

 2600 E. 18th St | Cheyenne, WY 82007


 [www.interfaithcheyenne.org/laramie-county-centralized-pharmacy](http://www.interfaithcheyenne.org/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 Medicare Patrol Program**


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

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

 wshyipchy@wyoming.com

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

## **Wyoming State Health Insurance Information**

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

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

 wshyipchy@wyoming.com


 <http://www.wyomingseniors.com/services/wyoming-state-health-insurance-information-program>

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

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## **NIOBRARA**

### **Niobrara 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.

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## PLATTE

### **Platte County Senior Outreach Center**



307-331-7780



977 Gilchrist St. | Wheatland, WY 82201



[www.plattecountysenioroutreach.org](http://www.plattecountysenioroutreach.org)

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

# SENIOR CENTERS

Young Smart Center Services - SE Region Cheyenne Meals on Wheels		Chugwater Senior Center (Afriliated with Sr. Friendship Ctr.)		Albany Senior Center for Seniors		Glendo Senior Center (Afriliated with Sr. Friendship Ctr.)	
County	Laramie	Platte	Albany	Platte	Albany	Platte	Albany
<b>Contact Info</b>	Sharon Benson 2015 S Greeley Hwy. Cheyenne, WY 82007 307-635-5542 sbenson@mealsonwheelsof cheyenne.com	Veronica Wahl 311 2nd St. Chugwater, WY 82210 307-422-3430 www.servicesforseniorspc.org	Tammy Comer 1560 N. 3rd St. Laramie, WY 82702 307-745-5116 executive@appsoncenter.org	Veronica Wahl 311 2nd St. Chugwater, WY 82210 307-422-3430 www.servicesforseniorspc.org	Tammy Comer 1560 N. 3rd St. Laramie, WY 82702 307-745-5116 executive@appsoncenter.org	Veronica Wahl 206 Warren Ave. Glendo, WY 82213 307-735-4478 veronica.wahl@servicesfor seniorspc.org	Veronica Wahl 206 Warren Ave. Glendo, WY 82213 307-735-4478 veronica.wahl@servicesfor seniorspc.org
<b>On-site Meals</b>	n/a	YES	YES	YES	YES	YES	YES
<b>Home-delivered Meals</b>	YES	YES	YES	YES	YES	YES	YES
<b>Home Care Services</b>	n/a	YES	YES	YES	YES	YES	YES
<b>Caregiver Support Services</b>	n/a				YES		
<b>Transportation Services</b>	n/a				YES		
<b>Home Health Care Services</b>	n/a	YES		YES		YES	
<b>Medicare Information</b>	n/a	YES		YES		YES	
<b>Hospice</b>	n/a	YES		YES		YES	
<b>On-site Respite</b>	n/a						YES
<b>In-home Respite</b>	n/a						
<b>Caregiver Respite Services</b>	n/a						
<b>Other Services</b>	n/a				YES		



County	Platte Veronica Wahl PO Box 765 100 S. Wyoming Ave. Guemsey, WY 82214 307-836-2777 www.guemseysejior.org	Goshen Linda Cockett PO Box 517 216 E 19th Ave. Torrington, WY 82240 307-532-2796 torvysfc@gmail.com www.goshensfc.org	Laramie Kim Maes 2101 Thomas Ave. Cheyenne, WY 82001 307-635-2435 rsp_kmaes@vcm.com	Niobrara Connie Baker Velvet Dorwart PO Box 928 611 E 6th St. Lusk, WY 82225 307-334-2561 ntos.e@firecubula.com
Wyoming Senior Center Services - SE Region	Guemsey Senior Center (Affiliated with Sr. Friendship Ctr.)	Goshen County Senior Friendship Ctr.	Laramie County Senior Services	Niobrara Senior Center
Contact Info				
On-site Meals	YES	YES	YES	YES
Home-delivered Meals	YES	YES		YES
Home Care Services		YES	YES	
Caregiver Support Services			YES	
Transportation Services	YES	YES	YES	YES
Home Health Care Services		YES	YES	YES
Medicare Information	YES	YES		YES
Hospice				
On-site Respite				
In-home Respite		YES		
Caregiver Respite Services				
Other Services	YES	YES	YES	YES

Wyoming Senior - SE Region Center Services - Pine Bluffs Senior Center		Wheatland Senior Center (Services for Seniors)	
County	Laramie	Platte	
<b>Contact Info</b>	Alisha Michaud PO Box 532 309 Elm St. Pine Bluff, WY 82082 307-245-3816 pbcitizens@tconnect.net	Veronica Wahl 1605 16th St. Wheatland, WY 82201 307-322-3424 veronica.wahl@servicesforseniorspc.org www.servicesforseniorspc.org	
<b>On-site Meals</b>	YES	YES	YES
<b>Home-delivered Meals</b>	YES	YES	YES
<b>Home Care Services</b>			YES
<b>Caregiver Support Services</b>			
<b>Transportation Services</b>	YES	YES	YES
<b>Home Health Care Services</b>			YES
<b>Medicare Information</b>	YES	YES	YES
<b>Hospice</b>			
<b>On-site Respite</b>			
<b>In-home Respite</b>			YES
<b>Caregiver Respite Services</b>			
<b>Other Services</b>	YES		

Notes:



UNIVERSITY  
OF WYOMING

Wyoming Center  
on Aging

[www.uwyo.edu/wycoa](http://www.uwyo.edu/wycoa) | [wycoa@uwyo.edu](mailto: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.*