DETOX PROGRAMS
Aspen:
Recovery Resources
(Pitkin County Residents)  970.379.0955
Grand Junction:
Mind Springs Health Detox  970.683.7000

COMMUNITY HEALTH
Mountain Family Health Center  970.945.2840
Family Visitor Program
(Newborns)  970.945.1234
Early Childhood Connections
(Ages 0-3 & Developmental Delays)  970.945.2306
Rocky Mountain Planned Parenthood
(Birth Control, Gynecology, Counseling)  970.945.8631
Garfield Co. Public Health Nurse  970.625.5200
or  970.945.6614
Mountain Valley Developmental Services
(Developmental Delays)  970.945.2306
VA Clinic Glenwood  970.945.1007
Pregnancy Resource Center
Glenwood Springs  970.945.5562
Rifle  970.625.4181
Valley Settlement  970.963.0851

WEIGHT LOSS PROGRAMS
VVH Nutrition Counseling  970.384.7006
Glenwood Medical Associates  970.945.8503
Jenny Craig  800.597.5366
Nutri-System  888.794.2468
Weight Watchers  800.651.6000

DIABETIC EDUCATORS
Grand River Hospital  970.625.6200
Aspen Valley Hospital  970.544.7394
Glenwood Medical Associates  970.945.8503

SUPPORT GROUPS
Pathfinders
(Psychosocial Cancer Support)  970.925.1226
Coffee, Walk & Talk
(Cancer-free survival)  970.384.7582
or  nrein@rof.net
Cancer Center Support Groups  vvh.org

Diabetes Support Group  970.544.7394
Prostate Cancer Support  970.948.9606
Susan G. Komen Foundation
(Breast Cancer Info & Support)  970.920.0250
Hospice of the Valley  970.930.6008
Grief & Loss
Caregiver Support Group
Grief & Loss Resource
Parent's Grief & Loss
(Contact Marti Duprey)  970.618.3043

SOCIAL SERVICES
Garfield County  970.625.5282
Eagle County Health
& Human Services  970.328.8840
Pitkin County Department
of Social Services  970.429.2040
Alpine Legal Services  970.945.8858
Social Security Office
800.772.1213
Lift-Up:
Rifle  970.625.4888
Thrift Store
Emergency Food  970.945.2005
New Castle  970.984.2115
Carbondale  970.963.1778
Defiance Thrift Store  970.945.0234
Salvation Army  970.945.6976
Advocate Safehouse Project Crisis Number
(Domestic Violence)  970.945.4439
Catholic Charities
and Asistencia Para Latinos  970.384.2060

SHELTERS
Feed My Sheep (Glenwood)  970.928.8340
Aspen Homeless Shelter  970.925.1342
Grand Junction Homeless Shelter  970.256.9424

TRANSPORTATION
The Traveler; Nutrition;
Senior Center RSVP
Valley Taxi  970.945.4111
Colorado Mountain Express  800.525.6363

EMERGENCY NUMBERS
Ambulance, Fire, Police  911
Poison Control Center  800.332.3073
### HOME HEALTH CARE
Services of these agencies include nursing care, physical therapy, home health aids, speech and occupational therapy.

<table>
<thead>
<tr>
<th>Agency</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>InnovAge Home Care - Aspen</td>
<td>970.947.5201</td>
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<tr>
<td>Bristolcone - Frisco</td>
<td>970.668.5604</td>
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<tr>
<td>Home Care of the Grand Valley</td>
<td>970.945.6455</td>
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<tr>
<td>Our Nurses</td>
<td>970.927.3097</td>
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<tr>
<td>Visiting Angels Living Assistance</td>
<td>970.328.5526</td>
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<tr>
<td>Sopris Home Care</td>
<td>970.230.9316</td>
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<td>First Light Home Care</td>
<td>970.945.9756</td>
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### HOSPICE
Hospice of the Valley 970.930.6008

### OXYGEN & EQUIPMENT
Oxygen, wheelchairs, beds, and other medical equipment rental/purchase

<table>
<thead>
<tr>
<th>Agency</th>
<th>Phone Number</th>
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</thead>
<tbody>
<tr>
<td>Adult &amp; Pediatric Specialists, Rifle</td>
<td>970.625.0111</td>
</tr>
<tr>
<td>Aerocare (Silt)</td>
<td>970.876.1946</td>
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<tr>
<td>AlpinAire Healthcare</td>
<td>970.453.8423</td>
</tr>
<tr>
<td>Lincare</td>
<td>970.945.1450</td>
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</tbody>
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### REHABILITATION
Aspen Valley Hospital 970.544.1177
Valley View Hospital (Outpatient) 970.384.7550
Eagle Rehab Services 970.328.1540
New Castle Rehab Services 970.984.9680
Silt Rehab Services 970.876.0900
Roaring Fork Physical Therapy 970.927.9319
Heritage Therapy Services 970.963.5765
Grand River Rehab 970.625.6451
Personal Rehabilitation Center 970.963.6600
Castle Peak 970.989.2500

### CARDIAC AND PULMONARY REHABILITATION
Aspen Valley Hospital 970.544.1383
Valley View Hospital 970.384.7555
Vail Valley 970.569.7780

### SUBSTANCE ABUSE / MENTAL HEALTH
Glenwood Springs: Alcoholics Anonymous 888.333.9649
Alanon/Alateen 800.356.9996
Mind Springs Health 970.945.2583
Youth Recovery Center 970.384.7470

Grand Junction: The Women's Recovery Center (Women only) 970.245.4213
VA Hospital/Vets Only 970.242.0731
West Springs Hospital 970.263.4918

Eagle: Alcoholics Anonymous 888.333.9649
Mind Springs Health 970.328.6969

Rifle: Mind Springs Health 970.625.3582

Aspen: A Way Out 970.429.8605
Mind Springs Health 970.920.5555
Aspen Hope Center 970.925.5858

Carbondale: Aspire (women only) 970.445.0320
Jaywalker Lodge (men only) 970.704.9292

### NURSING HOMES
Glenwood Springs Healthcare 970.945.5476
E. Dene Moore Memorial Home (Rifle) 970.625.1514
Heritage Park Care Center (Carbondale) 970.928.3237
Colorado Veterans Nursing Home (Rifle) 970.625.3706

### G&G Medical
Fax 970.243.9028

### SENIOR SERVICES
Columbine Homemaker 970.948.4102
Philips Lifeline/Medical Alert 800.543.3546
Meals On Wheels
<table>
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<tr>
<th>Location</th>
<th>Phone Number</th>
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<tr>
<td>Glenwood</td>
<td>970.384.6653</td>
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<tr>
<td>Rifle</td>
<td>970.625.1510</td>
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### Senior and Disabled Housing:
Golden Eagle - Eagle 970.328.6970
Glenwood Manor I 970.945.9326
Glenwood Manor II 970.945.8322
Rifle Housing Authority 970.625.3974
Sunnyside Retirement Ctr 970.945.9234
Carbondale Housing Authority 970.963.9326
Silt Senior Housing 970.625.3589
Valley Senior Housing (Parachute) 970.625.3589

### Colorado Mountain College Senior Programs:
The Traveler; Nutrition; Senior Center RSVP 970.945.9117

### REHABILITATION
Aspen Valley Hospital 970.544.1177
Valley View Hospital (Outpatient) 970.384.7550
Eagle Rehab Services 970.328.1540
New Castle Rehab Services 970.984.9680
Silt Rehab Services 970.876.0900
Roaring Fork Physical Therapy 970.927.9319
Heritage Therapy Services 970.963.5765
Grand River Rehab 970.625.6451
Personal Rehabilitation Center 970.963.6600
Castle Peak 970.989.2500

### CARDIAC AND PULMONARY REHABILITATION
Aspen Valley Hospital 970.544.1383
Valley View Hospital 970.384.7555
Vail Valley 970.569.7780