

Keeping Seniors Independent

The South Central Council of Governments, Area Agency on Aging provides information and services to people 60 years or older under the mandate of the Older Americans Act of 1965. The Area Agency on Aging (AAA) was established to provide Services to all seniors regardless of their financial status. Since 1973, AAA has been providing Congregate and Homebound Meals, Personal Care and Home-maker Services, Minor Home Modification, Legal Referral, Material Aid and Health Promotion. Advocacy by the Long Term Care Ombudsman and respite are through the National Family Care Givers Program. The AAA coordinates efforts with all organizations in the bi-county area with regard to senior issues. We can provide information regarding agencies in other parts of Colorado and the nation that provide similar services.

Other Available Services

Old Age Pension Dental Assistance

The Colorado Trust Healthy Aging Initiative Programs

Computer Classes

Exercise & Nutrition Classes

Health Promotions

In-Home Services

Area Agency on Aging Senior Programs

Congregate & Homebound Meals

Nutrition Education

Personal Care and Homemaker Services

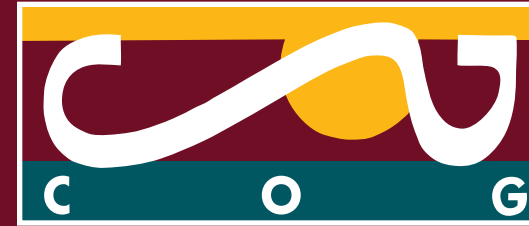
Legal Services - Material Aid

Health Promotion/Disease Prevention

Long Term Care Ombudsman

Elder Abuse Prevention/ Home Modification

The South Central Council of Governments Area Agency on Aging is the lead provider of senior services in Huerfano and Las Animas Counties.



South Central Council of Governments
300 Bonaventure Avenue
Trinidad, Colorado 81082

Tel: (719) 845 - 1133
Fax: (719) 845 - 1130

928 Russell
Walsenburg, Colorado 81082

Tel: (719) 738 - 2205
Fax (719) 738 - 6898

RIDELINE

Trinidad 845 - 1127
Walsenburg 738 - 1182

www.sccog.net

**Helping Older Americans
Remain Independent**

Area Agency on Aging Senior Programs



Keeping Seniors Independent



“Helping Seniors to remain independent and in their homes for as long as possible.”
The Older American’s Act 1965

Serving Huerfano and Las Animas Counties



Nutrition

Congregate meals are provided at noon Monday through Friday at the H.R. Sayre Senior Center, 1222 San Pedro, Corazon Square at 201 Raton in Trinidad and the Huerfano County Community Center at 928 Russell in Walsenburg. We provide meals at Aguilar, Hoehne and Segundo meal sites on different days of the week. A suggested contribution of \$2.00 is requested. Guests under 60 are required to pay \$4.00. We use the proceeds to extend our meal services.



Exercise and Nutrition Classes



The South Central Council of Governments Area Agency on Aging is the lead provider of senior services in Huerfano and Las Animas Counties.



Homebound meals

After an initial consultation with our Senior Services Coordinators, seniors who are homebound due to a disability or illness can receive lunch five days a week delivered to their homes. Currently this service is limited to Trinidad, Walsenburg and LaVeta, but with volunteers, we have been able to provide lunches to seniors in our most rural locations. A suggested contribution of \$2.50 is requested. We use the proceeds to extend our meal services.



Health Promotion / Disease Prevention



Computer Classes