

*Our Mission Is:*

**--TO INSPIRE--**

**Confidence in senior citizens through health, social, and nutritional education that promotes independence.**

**--TO BUILD--**

**Programs, services, and relationships to meet the needs of this growing population.**

**--TO SERVE--**

**The community by empowering seniors, assisting families, and enhancing lives.**

**ASI**



*Seniors Supporting Seniors*

**ARCHULETA SENIORS INC**

451 Hot Springs Boulevard

Pagosa Springs, CO 81147

970-264-2167

Email: [president@psseniors.org](mailto:president@psseniors.org)

Website: <http://www.psseniors.org/>

*Please contact us for more information on any of our programs.*

ASI is a 501(c)3 non-profit that is supported through the generosity of our volunteers, private donors, and our major funders:

- ◆ Archuleta County;
- ◆ San Juan Basin Area Agency on Aging;
- ◆ Town of Pagosa Springs.

To best serve our seniors, we work for expanded, high-quality programs and for the long term sustainability of the organization.

We maintain an open door policy and invite constructive input from the community throughout the year.



*Thank you to everyone who makes our work possible.*

Photos Courtesy of Wagging Dog Media Limited; 2015.

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## ASI Programs

### Community Café & Congregate Meals

The dining room is open to the community each weekday. The café serves lunch, which includes the salad bar and a



drink. Meals are prepared by hand by skilled cooks and served by trained staff in keeping with healthy dietary guidelines. We use the freshest and most locally-sourced ingredients available.



Hours of Operation:

Monday-Thursday 9:00 am - 4:30 pm

Friday 9:00 am - 3:30 pm

(closed on federal holidays)

9:00 - 11:00 \* Coffee/Tea Social

11:00 - 1:00 \* Lunch

1:00 - 4:00 \* Activities as Posted

Suggested donation for folks 60+ is \$4.00.

Anyone under 60 is welcomed for lunch for

\$10.00, with children under 11 at \$5.00.

### Meals on Wheels

For our seniors who are home-bound, our local volunteers deliver throughout the year to homes within the immediate Pagosa area. Meals on Wheels ensures that seniors who are not able to get to the grocery and/or prepare their own meals have regular access to nutritious, fresh, and/or frozen foods. This helps seniors stay in their homes and stay healthier all around. Contact our office for an eligibility screening for you or a loved one.

### CHORE

Small things make a big difference! Our CHORE Program was started this summer and continues year round. We have limited funds we are working to expand. Screened individuals can help with heavy household chores, including snow removal and some repairs.



### Matter of Balance

Managing concerns about falls is very important for seniors in their homes, as well as those in assisted living. Trained staff work with seniors to improve their strength, balance, and safety in the home and community, so they can live safer, more productive lives.

### Activities

ASI provides fun outings and a wide range of activities in the region year-round. These are available to all seniors. We collaborate with other area agencies to provide diabetes and other health screenings. Our goal is your well-being.

### Monitoring

We can help caregivers learn about available opportunities, benefits, services, resources. We can also provide other supports, such as assisting with medical alert monthly fees.