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NEWSLETTER

Colorado Coalition for Elder Rights & Adult Protection

A Project of the Colorado Non-Profit Development Center

Supported by grants from The Older Americans Act Program within the Division of Aging and Adult Services, Colorado Department of Human Services

MISSION: To promote statewide understanding of elder/adult abuse and the rights and protections available to elder and at-risk adults.

Next Meeting/Seminar of the CCERAP Coalition

Wednesday, January 21, 2009

8:30am—11:00am

Aurora City Hall

Aurora Room—1st floor, south

15151 E. Alameda Pkwy.

Aurora, CO

Seminar

“Remaining Independent”

Explore issues

Discover resources

View assistive technology devices

RSVP requested, not required—303-866-3433, leave name & phone #

Guest Speakers:

See announcement, page 2

Seminar/Meeting Schedule:

8:30am—9:00am—Coffee & Juice

9:00am—9:30am—Introduction &

*Networking

9:30am—10:30 am—Seminar

10:30am—11:00am—Q&A

*Networking

Please feel free to bring brochures, flyers of programs to distribute (about 40 copies) or just make an announcement during the introduction session.

Directions to Seminar/Meeting

Take I-225 to Alameda Ave.

East on Alameda about 1/2 mile to Chambers Rd.

Left on Chambers Rd. 1 block.

Left into City Hall parking lot.

Parking garage is available on west side or park in lot on east side.

Aurora Room—1st floor, south end of building.

RSVP—appreciated but not required—303-866-3433. Leave name and phone #.

A Community-based Resource to Keep You Independent

By: Judy Neal, Independent Living Program Coordinator, Colorado Division of Vocational Rehabilitation

Centers for Independent Living (CILs) were launched as one of the many programs growing out of the disability rights movement which swept the nation in the mid 70s, following the Rehabilitation Act of 1973. Many people assisted in those first few years were Veterans returning from the war in Vietnam, young people with newly acquired disabilities, ready to go to college or to work in a country unprepared to accommodate them. CILs offered service with a new attitude – people with disabilities have the right and the responsibility to make their own choices and live and work in mainstream society.

The youngest of those soldiers are in their fifties now; many more are well past retirement age. The baby boom generation expects to stay active and involved with life, regardless of the undeniable limitations of aging. About 25% of individuals served by CILs in Colorado are over 60 years old, and many of those in the largest category, 25 – 59, are headed for the 60+ bracket in the next few years.

According to Nancy Jackson who has been the executive director of Disabled Resource Services for 25 years, *“Baby boomers will shape independent living over the next 25 years as changing health brings acquired disabilities or existing disabling conditions progress. Because the baby boomer era ushered in a population that took advantage of college education, civil rights activism, new technologies, and societal mobility, baby boomers are in-tune with their lives and in-charge of their destinies. They are the generation in universal agreement that nursing homes are not an option for them as they age.”*

Staying Independent

A new phrase often heard is **“aging in place.”** Instead of moving toward institutional care, people are adapting their homes and rethinking their lifestyles in order to keep the familiar roof over their heads. People don’t go to a nursing home just because they are old. It is only when aging results in a disability that independence comes into question. Now there are so many options for mitigating disability that, in most cases, nursing home care seems absurd. The old stigma of using mobility devices or other assistive technology is quickly being replaced by the pride and dignity of using whatever it takes to live independently at home.

What does it take to stay independent? There is no **“one size fits all”** when it comes to disability or assistive technology. It is important to explore all the possibilities with guidance from a local CIL or other disability organization. Remember that it is not the diagnosis that requires accommodation, it is the functional limitation caused by the disability that makes it necessary to use a new tool to accomplish an ordinary task.



CCERAP Coordinator:
Currently vacant. Position announcement inside.

Continued on page 2

Assistive Technology

There is a misconception that assistive technology (AT) is always expensive, complex, electronic, and high-tech. Is that how you think of your reading glasses? A grab bar in a hotel bath? The lever handle on your office door? Your walking stick? AT is anything and everything that allows you to use your remaining abilities to defeat your functional limitations.

There is a wide range of AT available. Many great and inexpensive items can be purchased in hardware and grocery stores. Others can be bought at medical supply or specialty stores. Some items can be made at home out of materials found around the house. There is no doubt that people can make use of a \$1,000 lift-recliner or \$8,000 hearing aids, but a simple wheelchair ramp, handrail, or large print pill minder may be just as instrumental to your independence.

A woman who came to a CIL for assistance believed she had to live in a nursing home because she couldn't tie her own shoes. The solution? Shoes with a Velcro closure. Independence can be that simple. When determining what AT you need, always think about the task at hand. Assistive technology should provide the needed function at the least possible cost. Naturally, some people will need high-tech equipment to keep them mobile and independent, but for most of us keeping it simple will balance the need for AT with the difficulties of living on a fixed income.

How a CIL Can Help

Centers for Independent Living are staffed with people who have disabilities, understand disability, and believe in your right to make your own choices. All ten Colorado CILs offer the free core services of: information and referral, peer support, advocacy, and independent living skills training. Several of the centers are partners in the new AT Network which hosts a Senior from Colorado Senior Employment Program, trained by AT Partners, to provide information about access to assistive technology. CILs are committed to community living for people with disabilities of any age. For information about a CIL near you, go to the Statewide Independent Living Council website at www.coloradosilc.org or phone Judy Neal at 303-866-4645.

Judy Neal, will be one of the guest speakers at the CCERAP Meeting/Seminar on January 21, 2009. Details below & page 1.

"My momma always said, "Life was like a box of chocolates. You never know what you're gonna get." - Forrest Gump



February 2008, I had no idea what my box of chocolates for the year of 2008 would be. I had some really "sweet chocolate covered cherry moments" and some "brittle, hard to swallow ones" this past year. As one ages, you go on many ventures and the road has many turns. Some turns you choose to take, others can be like mountain hair-pin curves you have to take.

"I always walk forward not backwards."
- Abraham Lincoln

With a very heavy heart, I have resigned as the CCERAP Coordinator in order to travel forward on one of those hairpin curves in the road. Like always, CCERAP is in good hands with an awesome steering committee at the reins. I want to thank the committee for taking a "leap of faith" and hiring me, a career youth professional, and for all their support for the past seven years as I became an adult & aging professional. It took me from May to October this year to make the decision to resign and only then it was what my "head" told my "heart" that's what I had to do.

With that said, let me jump ahead and wish you a **"Happy Valentines Day and the most wonderful box of chocolates for 2009."**

Kathy Rickart, CCERAP Coordinator 2001-2008

"Remaining Independent" Seminar

January 21, 2009

9:00—11:00am

Aurora City Hall, Aurora Room, 1st Floor
15151 East Alameda Parkway, Aurora, Colorado

Guest Speakers

Judy Neal, Independent Living Program Coordinator,
Colorado Division of Vocational Rehabilitation
Julia Beems, Assistive Technology Partners Program &
Outreach Coordinator, University of Colorado Denver
Dick Jackson, Senior Health Insurance Program,
Colorado Division of Insurance

RSVP: Recommended but not required.- 303-866-3433
Leave name and phone #

See front page, left side for directions.

**Hosted by the
Colorado Coalition
for Elder Rights and Adult Protection**

Colorado Centers for Independent Living

info@coloradosilc.org

*Older Individuals with Blindness (OIB) vendors

Atlantis Community, Inc. ▶ 201 South Cherokee, Denver, CO 80223, (303)733-9324
Fax (303)733-6211, www.atlantiscommunity.net

Disability Center for Independent Living ▶ 4821 East 38th Ave., Denver, CO 80209,
(303)320-1345, Fax (303)320-1355. Also - 1646 Elmira Aurora, CO 80010, (303)617-2497.

[Denver (shared), Douglas (shared), Jefferson (shared), Arapahoe (shared), Adams (shared), Clear Creek (shared).]



Center for Disabilities* 1304 Berkley Avenue, Pueblo, CO 81004, (719)546-1271, Fax (719)546-1374. Also 1016 West Ave. #6, Alamosa, CO 81101, (719)589-2224. [Baca, Bent, Crowley, Custer, Fremont, Huerfano, Kiowa (shared), Las Animas, Otero, Prowers, Pueblo, Alamosa, Saguache, Costilla.]

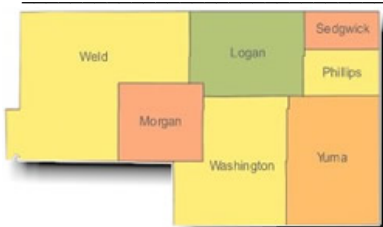


Center for Independence* ▶ 740 Gunnison, Grand Junction, CO 81501, (970)241-0315,
Fax (970)245-3341, 1-800-613-2271. Also - 17 North 6th St., Montrose, CO 81401,
www.cfigi.org. [Mesa, Delta, Eagle, Garfield, Gunnison, Hinsdale, Lake, Montrose, Ouray, Pitkin, San Miguel, Chaffee.]



Center for People With Disabilities,* 1675 Range St. Boulder, CO 80301, (303)442-8662, Fax, (303)442-0502. Also - 615 North Main, Longmont, CO 80501, (303)722-3250 www.cpwd-ilc.org. [Boulder, Broomfield, Gilpin, Jefferson (shared), Adams (shared).]

Center for People With Disabilities, ▶ * 21 East Las Animas, Colorado Springs, CO 80903, (719)471-8181, Fax (719)471-7829. [Lincoln, El Paso, Kit Carson, Cheyenne, Kiowa (shared), Elbert, Teller, Park.]



Connections for Independent Living,* 1024 9th Ave., Suite E, Greeley, CO 80631,
(970)352-8682, Fax (970)353-8058. [Weld, Morgan, Logan, Sedgwick, Phillips, Washington, Yuma.]

407-7072. Also - 640 East Eisenhower Blvd. Loveland, CO 80537, (970)667-0816,
www.fortnet.org/drs. [Larimer, Jackson.]



Independent Life Center,* 483 Yampa Ave., 2nd Floor, P.O. Box 612, Craig, CO 81626. (970)826-0833, Fax (970)826-0832. [Rout, Moffat, Rio Blanco, Grand, Summit.]

Southwest Center for Independence, ▶ * 835 East Second Ave., Durango, CO 81301, (970)259-1672, Fax (970)259-0947, www.swcidur.org. [Montezuma, San Juan, Dolores, Archuleta, La Plata, Mineral, Rio Grande, Conejos.]



Assistive Technology Enhances Lives

By: Julia Beems, Assistive Technology Partners Program & Outreach Coordinator, University of Colorado Denver



“**Breaking Barriers, Changing Lives**” is the principle for Assistive Technology Partners (ATP), a program within the Department of Physical Medicine & Rehabilitation at University of Colorado Denver that provides information and services on assistive technology to Coloradans of all ages.

Assistive technology is any kind of tool that can be used to enhance the life of a person with a disability or an older person who is experiencing functional limitations. Examples of assistive technology range from simple tools to assist in dressing or cooking to highly technical methods that help people stay in communication with friends and others through the use of electronic devices such as computers or the telephone.

Assistive Technology Partners' CORE services are: Clinical evaluations, Otreach and Information Services, Research and Engineering, and Education. In the clinic, Assistive Technology Partners provides assessments to determine the appropriate assistive technology an individual requires. Information on current activities in all of the CORE areas is available on the ATP website, www.assistivetechologypartners.org.



Monthly, ATP provides free Learning Labs at the Denver, Grand Junction, and Colorado Springs sites. Learning Labs are available to consumers and their family members, as well as advocates, employers, and educators. During these labs, demonstrations

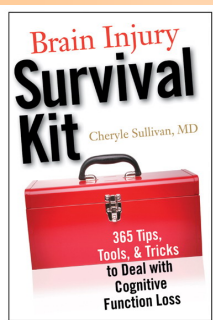
include an explanation of the function of the assistive technology devices as well as instruction on its use. The intent is for individuals to have “guided exploration” of a specific device or category of devices. Opportunity is provided for participants to try devices out so that consumers will be better able to determine the most appropriate device to meet his/her specific needs. Participants are given information about further assessment if required, funding, and assistive technology vendors to help them acquire the most appropriate assistive technology to meet their needs. The 2009 schedule of Learning Labs can be found on the ATP website, www.assistivetechologypartners.org.



Assistive Technology Partners is a founding member of the Colorado Assistive Technology (AT) Coalition. Assistive Technology Partners has been designated by the Governor of Colorado to oversee and implement the Assistive Technology Act of 2004 P.L. 108-364, a federally funded state program to improve the awareness of and access to assistive technology for all Coloradans. The AT Coalition serves as the Advisory Council for the AT Program of Colorado. Additionally, the Coalition has a mission to increase awareness and accessibility to assistive technology to a scale where all Colorado residents are assured their rights to personal development, learning, independent living, and work opportunities of their choice. Members on the AT Coalition represent numerous state agencies and organizations that serve people with disabilities and older people.

Julia Beems is one of the guest speakers at the January 21st, CCERAP Meeting/Seminar. See page 2 for program announcement.

CCERAP Book Loan Library - “New” Addition



Over 1.4 million people sustain a brain injury each year in the United States. Add to that the number of returning veterans with a brain injury and the numbers are staggering. The Brain Injury Survival Kit: 365 Tips, Tools & Tricks to Deal with Cognitive Function Loss aims to give brain injury survivors, their families, and loved ones the strategies they need to improve brain function and quality of life. The book is a compendium of tips, techniques, and life-task shortcuts (assistive technology) that author Cheryle Sullivan, M.D. has compiled from her personal experience. For more a list and description of more books in the CCERAP Book Loan Library go to the website www.ccerap.org. Click Media, then Book Loan Library.

Assistive Technology Partners

AT Funding Sources

By: Julia Beems, Assistive Technology Partners Program & Outreach Coordinator, University of Colorado Denver

One of the most popular services on the ATP Website is AT Funding Sources, an online database with over 2,000 entries that allows users anywhere in Colorado to identify funding options for assistive technology.

Links provide access to:

- Forms to help keep you organized
- Educational materials to help you through the funding process
- Frequently asked questions, and

Additional assistance Sources are based on:

- County
- Diagnosis
- Age
- Area of Need (i.e. Home, School, Work or Play)
- Type of Device (i.e. Hearing, Speech, Vision, Home

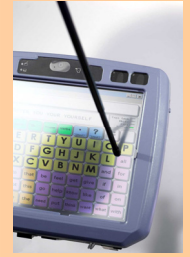
Modifications, etc.)

- Type of Assistance (i.e. Equipment Loan, Purchase or Donation)

Results provided include:

- Contact information
- Program description
- Eligibility requirements
- Application process
- Links to web-based application forms
- Application deadlines
- Documentation required

This resource is available at no cost on the Assistive Technology Partners website, but you will need to sign-up as a new user. Once you register, you will be able to make as many searches as required. For more information about Assistive Technology Partners or AT Funding Sources go to www.assistivetechologypartners.org or call 303-315-1280 or 800-255-3477.



Aging in Place

By: Kathy Rickart, CCERAP Coordinator, Source: Colorado Adult Protective Services and www.alzheimers.org.uk

Many people, including those with dementia, are happier if they can live in their own home for as long as possible. Living in familiar surroundings and maintaining regular routines can be reassuring. When a person with dementia moves, either to live with a family member or to enter a care home, the stress of such a change may cause their dementia to progress more quickly, so there are some clear benefits for enabling a person to stay at home as long as practical.

Supports can be put in place to enable a person with dementia to remain in their own home, even when dementia exists and is quite advanced. With aging there may be a need for increasing support. Supports might range from regular visits or help with practical tasks, such as shopping, financial help, and care services. Remember, support can be given in a number of different ways, and does not always need to be task orientated. Sometimes a social call to share a cup of tea and have a chat can be just as beneficial as doing some shopping. Here are some suggestions on how to make your life or that of a senior you know easier while living at home:

- Make a notice board with a list of helpful phone numbers, location of gas shut-off, first aid box, circuit board, and so on.
- Prepare a week-at-a-time diary of events, scheduled visits, or medical appointments.
- Post a short check list of reminders, such as lock the door at night, put on warm clothing, put keys in specific location.
- Arrange for direct debit for paying all regular household bills, if agreeable. They may want to pay their bills.
- Make sure the person receives all financial and medical benefits to which they are entitled.
- Help with personal care, such as changing bedding, doing laundry, cleaning bathroom, doing dishes.
- Check to see that the person is eating properly and consider a home delivery meal service or provide a ride to Senior Center meal days.
- Accompany the person to doctor appointments and check on medications.
- Arrange for a neighbor to have a spare set of keys, keep an eye on the house, and let someone know if anything appears wrong.
- Make sure the home is well lit, daily items are in easy reach and not mixed with dangerous substances, appliances are safe, and throw rugs securely in place.
- Check on any mobility equipment or electronic devices that will be of benefit to the elderly or person living at home.

"Frosty, The Snowman," tips his old top hat to the Colorado Division of Insurance (CDI) for their continued sponsorship of the CCERAP Newsletter through 2009. On behalf of CCERAP & CDI we "Wish You A Winter Wonderland."



Healthy Aging

Source: Colorado State University
Cooperative Extension Service

For the latest information on issues related to seniors, visit the Colorado State University Center for Gerontology website at <http://www.coa.caahs.colostate.edu/>. Go to Resources and choose from the following topics:

Healthy Aging
Sensory Losses
Conditions and Diseases
Planning and Decision Making

Safety
Caregiving
Depression
Elder Abuse
Suicide
Información Español



Or call your local Colorado State University Cooperative Extension Office listed under the blue page for County Government. If you can't find the phone number, call the CCERAP Steering Committee Member, Laurel Kubin at 970-498-6004.

Job Announcement

Colorado Coalition for Elder Rights and Adult Protection Non-Profit Coordinator

The Coordinator position for the Colorado Coalition for Elder Rights and Adult Protection (CCERAP) is now available. CCERAP is a non-profit organization that promotes statewide understanding of elder and at-risk adult abuse and the rights and protections available to elder and at-risk adults. CCERAP educates the citizens of Colorado regarding elder and at-risk adult abuse and the rights and protections available to elder and at-risk adults; reviews and promotes projects and activities benefiting elder and at-risk adults; supports laws, regulations and policies that promote the rights of elder and at-risk adults; and establishes statewide coordination and cooperation between programs and services for elder and at-risk adults.

COORDINATOR DUTIES:

Develop and coordinate quarterly Coalition training meetings in the Denver metro area, create and coordinate a quarterly newsletter, engage in limited fund raising, and assist with grant administration. Work in cooperation with and report to the Coalition Steering Committee and to the Colorado Non-profit Development Association regarding budget and organizational issues. Write and solicit articles for the quarterly newsletter, effectively and efficiently use Internet research, develop and maintain the Coalition website, spreadsheets, and media library.

CONDITIONS OF EMPLOYMENT:

The Coordinator will work independently from his/her home office and have Internet access. The Coordinator must be self-directed, flexible, detail-oriented, computer, and Internet proficient. A criminal background check is required of finalists for the position. The candidate must be able to provide own transportation.

MINIMUM QUALIFICATIONS:

A minimum of five years experience in one or more of the following areas: human services, public service, program administration, or program management.

HIGHLY DESIRABLE:

Professional experience with and compassion for the rights and protection of elder and at-risk adults, who may be at risk.

IMPORTANT INFORMATION:

The position is part-time (approximately 25 hrs/mo), paid an hourly wage, and immediately available. No benefits are included with this position.

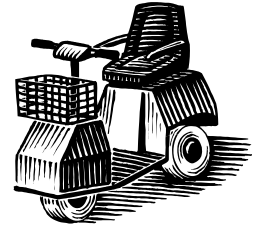
Send resume addressing skills and experience (emphasizing areas mentioned above), a writing sample, and a letter of application to the address below on or before Friday, January 30, 2009. No phone calls, please.

Mail to: Colorado Coalition for Elder Rights and Adult Protection, c/o Pat Stanis, CO Adult Protective Services, 1575 Sherman Street, 10th Floor, Denver, CO 80203 patricia.stanis@state.co.us or fax: 303-866-2696 – Include coversheet addressed to “Pat Stanis.”

MEDICARE TO INITIATE OVERSIGHT OF SUPPLIERS OF CERTAIN DURABLE MEDICAL EQUIPMENT

NEW PROGRAM WILL OFFER LOWER PRICES AND STRONGER ANTI-FRAUD PROTECTIONS TO PEOPLE ON MEDICARE

By: Colorado Division of Insurance, Senior Medicare Program (SMP)



In January 2008 The Centers for Medicare & Medicaid Services (CMS) announced a competitive bidding program designed to help lower Medicare beneficiaries' out-of-pocket costs and improve their access to certain high quality durable medical supplies including standard and complex power wheelchairs, walkers, oxygen supplies and equipment, hospital beds, and certain devices.

The program stated briefly on July 15, 2008, and was suddenly halted and put on hold, but will start again next year. The exact dates are unknown at this point but once the competitive bidding program is fully implemented nationally, it will enable federal officials to prevent unscrupulous suppliers from participating in Medicare and is

expected to save beneficiaries and Medicare \$1 billion annually.

Under the competitive bidding program, approved suppliers that wish to offer certain items and services to people with Medicare will have to inform CMS of the prices at which they are willing to supply these items to beneficiaries. Currently Medicare – and beneficiaries – pay for items based on a fee schedule that, in general, is based on the average payments Medicare has paid for the items in the past. Although the fee schedule is updated annually, CMS believes it is not representative of the true market prices of these items and services. Most beneficiaries pay 20 percent of the total cost for these items and services and should expect to see

savings from this new program because when the total cost decreases, beneficiaries' coinsurance also decreases.

Suppliers that choose to participate in the competitive bidding program will have to be accredited and awarded a contract with CMS.

Additional information on the competitive bidding program is available at the following Website: <http://www.cms.hhs.gov/CompetitiveAcqforDMEPOS/>.

Medicare beneficiaries can get information on protecting themselves from fraud and abuse with medical devices and services by contacting the SMP Medicare Fraud program at 1-888-696-7213.

Colorado Assistive Technology (AT) Network

Source: [Colorado Independent](#) newsletter, Oct-Nov 2008

People with disabilities of any age, and their families face four barriers to getting the equipment they need:

- Good information and referral;
- Evaluation for what will work to meet their needs;
- Funding; and
- Training and maintenance of their equipment.



The Colorado AT Network is being set up to help address these barriers. Under this new program AT Partners and Colorado Senior Community Service Employment Program (SCSEP), local Centers for Independent Living, and Area Agencies on Aging are being given first opportunity at having a free part-time staff person placed in their offices to help adults who need to find equipment. Assistive Technology, adapted equipment, or durable medical equipment are all terms for the sorts of equipment people with disabilities need in order to "get up, get out, and get a life!" SCSEP at The Colorado's Division of Aging and Adult Services is training qualified low-income seniors, age 55 and over to work 20 hours a week for a period of 18-24 months in agencies that receive and respond to requests for AT equipment.. When the trained senior leaves, a new person will be placed and trained so the service will continue.

These AT Information Specialists, will conduct outreach activities about assistive technology and what's available there to help people with disabilities. They will be able to help a consumer research his/her options and get them connected to evaluations, funding, and training, where possible. Some limited service coordination may be available where needed. These staff members will add to and update the statewide data base. This data base will be available to everyone who wants to search for equipment that might help them. The database will be a perfect compliment to the AT Partners website: www.uchsc.edu/atp/.

The Coalition Steering Committee is made up of the following volunteer members:

Amy Nofziger— Director, AARP ElderWatch
720-947-5306

Audrey Krebs—Colorado Division of Aging and Adult Services
303-866-2846

J.D. Wykstra —Aurora Police Department
303-739-6349

Laurel Kubin—Colorado State University Extension Service,
Larimer County, 970-498-6004

Pat Stanis—Colorado Adult Protective Services
303-866-2834

Sara Canfield—Morgan County Adult Protective Services
970-542-3530

Saori Kimura—Long Term Care Options
720-974-2440

Shelley Hitt —Colorado Long-Term Care Ombudsman
303-722-0300

Vaughn Pepper—Westminster Police Department
303-430-2400 x4415

Colorado Coalition for Elder Rights and Adult Protection programs are available to all without discrimination.

**Help Keep the CCERAP Mailing List Up To Date
Please send changes**

- Address Change** (Please highlight changes, name, address, etc)
- New Subscription**
- Media or Book Loan Order** (Be sure to fill in the information at the bottom of this form.)

Please Print

First Name: _____

Last Name: _____

Organization/Agency: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone () _____ - _____

E-Mail: _____

Send Newsletter (check one) Electronic Hard Copy/Postal

This form may be used for your media loan order:

Video DVD Book Date Needed: _____

Go to www.ccerap.org for a list of media and book library loans

Title: _____

Send change or media order to:
Kathy Rickart, % APS, Aging and Adult Division (until newsletter announcement of new CCERAP coordinator)
1575 Sherman Street, 10th Floor, Denver, Colorado 80203

Newsletter sponsored by Colorado Division of Insurance, Senior Assistance Program—"Thank You"



"Aging in Place"
Instead of moving toward institutional care, people are adapting their homes and rethinking their lifestyles in order to keep the familiar roof over their heads."
- Judy Neal, Independent Living Program Coordinator, Colorado Division of Vocational Rehabilitation.

WWW.CCERAP.ORG

Please mark your calendars, invite others and we'll see you there!
- To be announced
July /October 2009
Multi-Disciplinary Teams
April 15, 2009
Remaining Independent
January 21, 2009

MEETING CALENDAR:

CCERAP Coordinator
219 Cattail Bay
Windsor, CO 80550



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