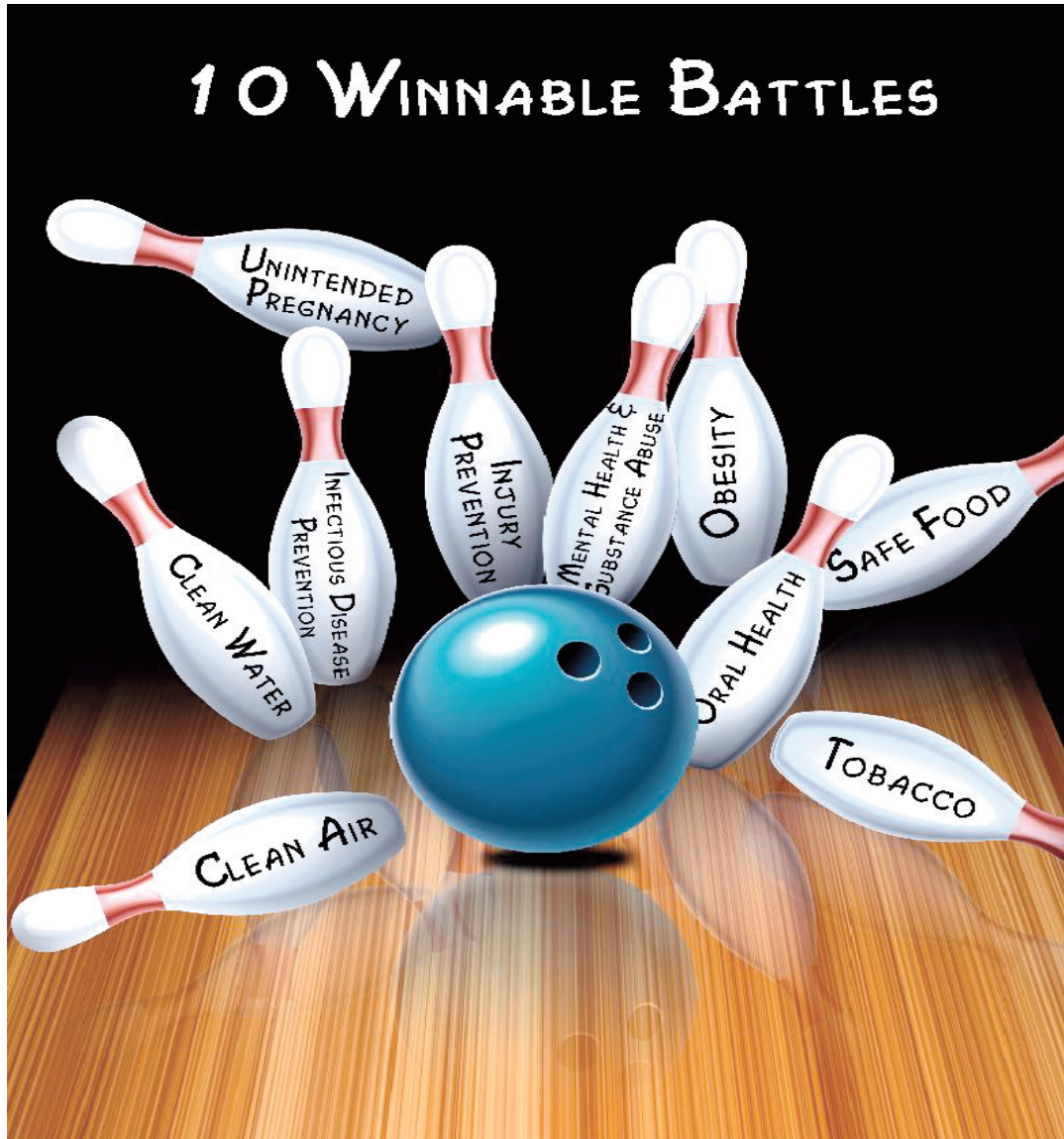


2012



# OURAY COUNTY COMMUNITY HEALTH RESOURCE GUIDE

*Ouray County Public Health Agency's Resource Guide for the promotion of healthy community  
& environment with an emphasis on individuals, families & visitors.*

## OURAY COUNTY COMMUNITY RESOURCE GUIDE

### *Our Mission:*

*To provide current and comprehensive health resources to Ouray County community members and visitors for the promotion of healthy lifestyles, environment, and well-being while identifying resources for the prevention of illness and injury.*

### *Our Vision:*

*To be a community resource for health-related services addressing the local, regional and state identified priorities as outlined in the Health Data Assessment and Report of 2010 by the West Central Public Health Partnership and the Colorado Department of Public Health and Environment.*

### *Our Values:*

*Ouray County Public Health Agency is dedicated to the delivery of health-oriented services for the public guided by principles of integrity and honesty in our practice, competence and excellence in our services, the provision of care with compassion and equity to all community members and fostering creativity and innovation within leadership roles.*

**\*\*\*This resource guide is NOT intended for  
Emergency Care Needs.  
Please dial 911 on your telephone for all Emergencies\*\*\***

**\*\*\*This resource guide was compiled using a variety of media information sources such as electronic database information, direct telephone contact, public records etc. If you would like to be considered for being added to future (annually updated,) versions of this guide; have been listed within and would like to be removed or have changed contact information or services please send a detailed email to Cheryl Roberts, Director of Ouray County Public Health Agency at [croberts@ouraycountyco.gov](mailto:croberts@ouraycountyco.gov).**

**\*\*\*Donations are gratefully accepted to support the annual efforts to disperse, improve & update this guide. Donations can be made at the Ouray County Public Health Department in Ouray, please see listing inside for further contact details.**

**\*\*\*Soon to be available on Ouray County Public Health Agency's Website at  
<http://ouraycountyco.gov/publichealth.html>**

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# **10 Winnable Battles**

Ouray County Public Health Agency, under the direction of Cheryl Roberts, formed an alliance with regional public health officials in West-Central Colorado in order to address the “winnable battles” that the State Health Department has determined are the priorities for the Public Health Initiative in congruence with the Public Health Improvement Plan. The West-Central Public Health Partnership (WCPHP) was formed in 2006, through a grant from the Colorado Trust, for the purpose of providing more efficient and effective public health services in the rural communities of Region 10 of Colorado. Region 10 includes public health and environment personnel from the communities of Montrose, Delta, Gunnison, Hinsdale, Ouray and San Miguel counties in Colorado.

The Colorado Department of Public Health and Environment (CDPHE) identified 10 “winnable battles” that include clean air, clean water, infectious disease prevention, injury prevention, mental health and substance abuse, obesity, oral health, safe food, tobacco and unintended pregnancy. These were selected to provide Colorado residents the greatest opportunities for ensuring the health of its citizens and visitors and the improvement and protection of our environment. The WCPHP strives to keep data accurate and current with thorough examinations of community demographics related to health. Such demographical information includes mortality rates and epidemiological data, socio-economics, race and ethnicity and other pertinent information such as access to health care, behavioral risk factors by county on environmental health issues such as water and air quality.

The WCPHP has since established and implemented local health plans in accordance with the Colorado Public Health Reorganization Act, effective July 1, 2008. CDPHE and the Office of Planning and Partnership (OPP) chose the WCPHP as a regional pilot site for the development of the proposed Colorado Health Assessment and Planning System (CHAPS). The purpose of CHAPS is to engage stakeholders and perform an assessment so that a public health plan can be made in accordance with the corresponding Act. As a result of this assessment and collaboration, the WCPHP has become the first in the state to form such an alliance, has become the state’s core planning team with additional stakeholders identified in each county, a regional planner has been hired and the health assessment process initiated.

Following the health assessment of the regional communities, WCPHP has identified four specific priorities particular to the regional population that prioritize community-specific objectives within the identified 10 “winnable battles” of the state. The WCPHP has identified obesity prevention, well water quality, mental health and substance abuse and food safety as priorities for the Region 10 communities listed above. The formation of WCPHP was in response to the challenges that rural areas of America face to adequately support the health care needs of their residents. The core functions of Public Health include assessment, assurance and policy development as well as the provision of health care access and direct services to both the underinsured and uninsured when otherwise unavailable (Wacker & Dawson, 2011).

## OURAY COUNTY COMMUNITY RESOURCE GUIDE



# **Obesity Prevention**

## **Nutrition**

### **Women, Infants & Children (WIC)**

Ouray Public Health Agency: Amy Eriksen & Sally Swartz

P.O. Box 670

302 Second Street

(970) 325-4670

fax: (970) 325-7314

aeriksen@ouraycountyco.gov

sswartz@ouraycountyco.gov

\*\*\* Lactation Consultants & certified WIC Program counselors offering nutritional supplementation, teaching & counseling, as well as well-child checks to low-income families. Vouchers also available for produce at local farmers markets.

### **Ridgway (Ouray County) Farmer's Market**

Market Manager: Marietta Johnson

(970) 765-6760

johnsonmarietta@ymail.com

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

Friday's June 8-October 19, 2012 in Hartwell Park

### **Ridgway Community Garden**

Corner of North Laura Street & Charles Street

Ridgway, CO 81432

judith@mirasolgrowingsolutions.org

\*\*\*Non-profit community garden serving Ridgway, Ouray & Log Hill communities. A collective "share" garden: where all garden yield is planted and harvested collectively.

### **Ouray Community Garden**

100 4th Avenue

Ouray, CO 81427

Elisa Preston: (970) 325-4426

\*\*\**Located at the First Southern Baptist Church in Ouray, please see complete listing under Spiritual Health.*

## **Exercise/Fitness**

### **Chipeta Sun Lodge**

#### **Spa, Yoga & Fitness Center**

304 South Lena Street

Ridgway CO 81432

(970) 626-3737

Fax: (970) 626-3715

[www.Chipeta.com/spa-yoga-fitness](http://www.Chipeta.com/spa-yoga-fitness)

\*\*\*Full fitness center, instructional classes & spa. Monthly, bi-annual & annual memberships available.

## **OURAY COUNTY COMMUNITY RESOURCE GUIDE**

### **Hypoxia Gym Cross-Fitness**

(Formerly known as the Biota Building)

1900 Main Street

Ouray CO 81427

(970) 708-7119

info@hypoxiagym.com

www.hypoxiagym.com

\*\*\*Group or individual CrossFit Training sessions guided by principles of safety, efficacy & efficiency. CrossFit for kids also available.

### **Inner Mountain Yoga**

P.O. Box 1027

319 6<sup>th</sup> Avenue

Ouray CO 81427

tracy@innermountainyoga.com

www.innermountainyoga.com

\*\*\*Quality yoga instruction to help on your journey of health & self-exploration in a clean, non-competitive environment.

### **Integrative Movement Center**

Darin Fletcher, Owner

Old Schoolhouse Building

1075 Sherman Street, Suite 201

Ridgway CO 81432

(970) 596-8791

imcridgway@gmail.com

www.imcridgway.com

\*\*\*Services include pilates, strength & conditioning, zumba, boot camp, belly dance & pilates equipment classes. IMC is invested into the process of reconnecting the mind & body to align clients with their potential & growth.

### **Kendra Manley**

Weehawken Creative Arts

(Formerly known as the Biota Building)

1900 Main Street

Ouray CO 81427

(970) 318-0150

www.weehawken.org

\*\*\*Cross-fit & zumba instruction

### **Orvis Hot Springs**

1583 County Road 3

Ridgway CO 81432

(970) 626-5324

\*\*\*Natural hot spring pools & a variety of massage modalities offered

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### **Ouray Hot Springs Pool & Fitness Center**

1220 Main Street

PO Box 468

Ouray, CO, 81427

(970) 325-7073/325-7076

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

\*\*\*Hot springs pool with lap swimming lanes, family recreational facility & fitness center

### **Shantihi Yoga Studio**

565 Sherman Street

Unit 1B

Ridgway CO 81432

(970) 728-4225

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

\*\*\*Beginner friendly, hot yoga, vinyasa, kids, prenatal & personal training/yoga instruction.

### **Telluride Adaptive Sports Program**

Director: Courtney Stuecheli

P.O. Box 2254

Telluride, CO. 81435

(970) 728-5010

Admin Office 970-728-7537 Winter only

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

[tasp@tellurideadaptivesports.org](mailto:tasp@tellurideadaptivesports.org)

\*\*\*Adaptive ski program, Nordic program, summer rafting program, Hands/downhill bike clinic, hiking club. Counties served: Ouray, San Miguel, Montrose, Delta and the 4 Corners region.

### **Wiesbaden Hot Springs/Spa**

625 5<sup>th</sup> Street

Ouray CO 81427

(970) 325-4347

\*\*\*Please refer to the Local Agriculture & Livestock section for a complete listing of local/regional health foods, livestock & products.



## **Clean Water**

### **Colorado Department of Public Health and Environment**

#### **Laboratory Services Division**

8100 Lowry Boulevard

Denver, CO 80230

**General phone:** 303-692-3090 (automated menu system)

**General lab fax:** 303-344-9989

**Order bottles/testing supplies:** 303-692-3074 (automated menu system)

#### **Mailing address for samples/specimens:**

PO Box 17123

Denver, CO 80217

<http://www.cdphe.state.co.us/lr/water.htm>

[cdphe.lab@state.co.us](mailto:cdphe.lab@state.co.us)

## OURAY COUNTY COMMUNITY RESOURCE GUIDE

### **Grand Junction Laboratories**

435 North Avenue  
Grand Junction CO  
(970) 242-7618  
\*\*\*\*Water Analysis Services

### **Montrose County Department of Health & Human Services**

\*\*\*Please see complete listing under Food Safety\*\*\*  
\*\*\*Food safety, air & water quality information for Ouray County contact Randy Swepston\*\*\*

### **Ouray County Public Health Agency**

302 2nd Street  
PO Box 670  
Ouray, CO 81427  
(970) 325-4670  
Fax: (970) 325-7314  
croberts@ouraycountyco.gov  
\*\*\*Information, referrals & water testing kits available at the Ouray County Public Health Agency\*\*\*

### **United States Environmental Protection Agency**

REGION 8  
1595 Wynkoop Street  
Denver CO 80202-1129  
Phone (800) 227-8917  
<http://www.epa.gov/region08>



## **Food Safety**

### **Ouray County Public Health Agency**

\*\*\*Please see complete listing under Clean Water\*\*\*

### **Montrose County Department of Health & Human Services**

Randy Swepston: Contact for Ouray County Public Health Agency  
Direct Line: (970) 252-5067  
rswepston@montrosecounty.net  
1845 South Townsend  
Montrose, CO 81401  
General: (970) 252-5000  
Fax: (970) 252-5060  
\*\*\*Food safety, air & water quality information for Ouray County contact Randy Swepston\*\*\*



## OURAY COUNTY COMMUNITY RESOURCE GUIDE

### Colorado Department of Public Health and Environment Laboratory Services Division

Primary food safety link: <http://www.cdphe.state.co.us/lr/food.htm>

*\*\*\*Please see complete listing under Clean Water\*\*\**



## Mental Health & Substance Abuse

### Mental Health/Counseling Services

#### **Aspen Diversified Industries**

Jill Lesperance, Program Manager

510 South Second Street

Montrose, Colorado, 81401

P: 970-240-0740

*\*\*\*An entrepreneurial, non-profit corporation dedicated to assisting people who are disabled or disadvantaged by creating work opportunities for them to achieve their highest potential.*

*Training, vocational, & affirmative business services. Open Arms Empowerment Center, which is a consumer run organization that provides support & empowerment for individuals that suffer from mental illness. Pre-vocational & support services.*

#### **Centers for Mental Health**

605 East Miami

Montrose, CO 81401

P: 970-249-9694

Website: [www.midwestmhc.org](http://www.midwestmhc.org)

E-Mail: [info@midwestmhc.org](mailto:info@midwestmhc.org)

Admin Office only

2130 E. Main St.

Montrose, CO 81401

Admin P: 970-252-3200

Admin Fax: 970-252-3208

*Provide independent/family therapy, medication management, school-based counselors, anger management groups for adolescents. Counties Served: San Miguel, Ouray, Montrose.*

**24-hr Emergency Services:** Call (970) 252-6220

***\*\*\*Services available on a sliding-scale fee basis at Ouray County Public Health Agency by appointment on Fridays\*\*\****

*\*\*\*Please see complete listing under Clean Water*

#### **Colorado West Psychiatric Hospital Inc.**

515 28 ¾ Road

Grand Junction CO

(970) 263-4918

## OURAY COUNTY COMMUNITY RESOURCE GUIDE

### **Helene Discoe “H,” LPC**

112 Village Square West  
Suite 3202  
P. O. Box 824  
Ridgway CO 81432  
(970) 318-8537  
Fax: (970) 626-3447  
ridgwaycounseling@gmail.com

### **Enda Junkins, LCSW**

430 4th Avenue  
Ouray, CO 81427  
(970) 316-1363  
\*\*\*Licensed Psychotherapist; Individual, marital & hypnotherapy. Depression, anxiety, adolescent treatment, addictions & trauma.

### **Abigail & Randolph Lang**

409 North Second Street  
Ridgway CO 81432  
(970) 626-3432 or  
(970) 249 9067

### **Barbra Blake Morrison LCSW**

380 West Sherman Street, #8A  
P.O. Box 295  
Ridgway, CO 81432  
(970) 626-4330  
\*\*\* Licensed Clinical Social Worker and Psychotherapist. Services include Advanced EMDR, Family & Relationship Counseling, Individual Therapy.

### **Mountain Family Living**

680 Second Street  
Ouray CO 81427  
(970) 325-4331

### **Source Counseling**

Lyn ton Moore, MA  
21945 Highway 550  
Ridgway, CO 81432  
(970) 729-0862  
[www.sourcecounseling.net](http://www.sourcecounseling.net)

\*\*\*Psychotherapy approach for all age ranges to relieve psychological distress utilizing a combination of Jungian theory, Cognitive Behavioral Therapy, Solution Focused Brief Therapy, EMDR (Eye Movement Desensitization & Reprocessing), and Motivational Interviewing, healing is facilitated through humor and a deep relaxing inquiry into what is arising to be noticed beneath the presenting defenses or addictions.

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### **Randy Stanko LMFT, LLC**

680 Second Street  
PO Box 268  
Ouray CO 81427  
(970) 325-7380  
randy@randystanko.com

## **Substance Abuse**

### **Alcoholics Anonymous**

#### **Central Office of Western Colorado**

1005 N. 12th Street #107  
Grand Junction, CO 81501  
970-245-9649  
or 888-333-9649  
contact@aa-westerncolorado.org

**\*\*\*Meetings held at the Ouray Public Health Agency 4 times/week, also 2 meetings/week at the Church of Christ in Ridgway\*\*\***

*\*\*\*Please see complete listing under Clean Water\*\*\**

### **Helene Discoe “H,” LPC**

Certified Addictions Counselor

*\*\*\*Please see complete listing under Mental Health\*\*\**

### **Narcotics Anonymous**

Western Slope Central Office  
(970) 201-1133 help line  
www.nacolorado.org

### **Al-Anon**

Colorado-Metropolitan Service Center  
2460 West 26<sup>th</sup> Avenue; Suite 138C  
Denver CO 80211-5390  
24 hour help line: (303) 321-8788  
(970) 626-5979; (970) 626-5904  
<http://www.al-anon-co.org>

**\*\*\*Meetings held Wednesday 5:30-6:30 pm at the Church of Christ in Ridgway**

## OURAY COUNTY COMMUNITY RESOURCE GUIDE



### Tobacco

#### Smoking Cessation

##### **Colorado Quitline**

1-800-QUIT-NOW (784-8669)

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

<https://colorado.quitlogix.org/>

Monday - Friday 7 am - 9 pm

Saturday and Sunday 8 am - 4:30 pm

\*\*\*Enrollment for services to begin 'coaching program' & determine eligibility for nicotine patches or gum. Online & telephone services available for individuals 15 years and older. Funded through the Colorado Department of Public Health and Environment & National Jewish Health.

##### **Ouray Public Health Agency:**

**Amy Eriksen: Certified Facilitator of NOT on Tobacco**

[aeriksen@ouraycountyco.gov](mailto:aeriksen@ouraycountyco.gov)

<http://www.lung.org/associations/states/colorado/tobacco/not-on-tobacco/>

\*\*\*Not On Tobacco (N-O-T) is the American Lung Association's voluntary smoking cessation program for teens 14-19. Over the 10-week program, participants learn to identify their reasons for smoking, healthy alternatives to tobacco use, and people who will support them in their efforts to quit. N-O-T is a structured approach to smoking cessation based on the social cognitive theory. Studies of 12,000 teens participating in the N-O-T program nationally found that approximately 90 percent of the teens enrolled in the N-O-T program either quit smoking or cut back.



### Clean Air

##### **Ouray County Public Health Agency**

\*\*\*Please see complete listing under Clean Water\*\*\*

\*\*\*Air quality information for Ouray County contact Randy Swepston of Montrose Department of Health & Human Services

##### **Montrose County Department of Health & Human Services**

\*\*\*Please see complete listing under Food Safety\*\*\*

\*\*\*Food safety, air & water quality information for Ouray County contact Randy Swepston

## OURAY COUNTY COMMUNITY RESOURCE GUIDE

### **Colorado Department of Public Health and Environment Laboratory Services Division**

Main environmental health link: <http://www.cdphe.state.co.us/lr/environmental.htm>

*\*\*\*Please see complete listing under Clean Water\*\*\**

### **Environmental Testing**

780 Pine Drive

Ridgway CO 81432

(970) 729-2733

*\*\*\*Mold, indoor air quality, radon testing & control, water analysis referral services*

### **Plateau Engineering**

236 South 3<sup>rd</sup> Street

P.O. Box 340

Montrose CO 81401

(970) 252-1363

*\*\*\*State certified Industrial Hygienist & engineering services: asbestos, mold, radon & lead. Air quality, monitoring & safety.*

### **United States Environmental Protection Agency**

*\*\*\*Please see complete listing under Clean Water\*\*\**



## **Injury Prevention**

### **The Dolphin House**

#### **7th Judicial District Child Advocacy Center**

735 South 1st Street

Montrose CO 81401

(970) 240-8655

Ouray County 24 hour Hotline: (970) 626-2299; see website for complete listing of county designated hotline/phone numbers

[info@dolphinhousecolorado.com](mailto:info@dolphinhousecolorado.com)<http://www.montrose-child-advocacy.org>

**Serving the following counties:** Delta, Gunnison, Hinsdale, Montrose, Ouray, & San Miguel.

*\*\*\*As a Colorado Child Advocacy Center, The Dolphin House staff coordinates the multidisciplinary team process for investigation of child abuse cases. Members of the multidisciplinary team include professionals from law enforcement, Child Protective Services, mental and medical health, the District Attorney's Office, victim advocates and the child advocacy center. Although The Dolphin House coordinates many types of child abuse cases, primarily children who are served through The Dolphin House are victims of sexual assault.*

## OURAY COUNTY COMMUNITY RESOURCE GUIDE

### **Ouray County Public Health Agency**

*\*\*\*Please see complete listing under Clean Water\*\*\**

### **Ouray County Emergency Medical Services**

541 4th St.  
PO Box 572  
Ouray, CO 81427  
(970) 325-7275  
nrooker@ouraycountyco.gov

### **Rocky Mountain Poison Center**

1-800-836-2121

## **Home Health Services**

### **Alpine Home Health**

Harden Healthcare Home Health Division  
843 South 3rd Street  
Montrose, CO 81401  
Montrose: (970)-240-8979  
Durango: (970)-247-7913  
Glenwood Springs: (970)-945-2838

### **Caregiver Solutions**

Family Caregiver Program  
Barb Bennigsdorf  
2333 Freedom Way; Montrose, CO 81401  
(970)-249-0440  
cgsolution60@gmail.com

### **Cimarron Home Care**

7 N Cascade Ave Unit A  
Montrose, CO 81401  
(970) 249-6767

### **Comfort Keepers**

(Non-medical In-Home Care)  
117 Par Place; Suite B  
Montrose, CO 81401  
(970)-240 4124

### **Homemaking Program**

#### **Ouray County Public Health Agency**

302 Second Street  
P.O.Box 463;  
Ouray, CO 81427  
(970) 325-4670  
Fax: (970) 325-7314

\*\*\* The Homemaker Program is designed to offer services tailored to specific needs of county residents for the promotion of independent living, safety and needs for healthy lifestyles. Services rendered include some housekeeping, light household chores that maintain safety and coordinating resources for personal needs and other services. The expansion involves broadening the scope of eligible recipients of its services to county residents not just 60 years and older. Residents with both temporary and longer term needs for health and safety may receive services not conditional upon the client's income.

## OURAY COUNTY COMMUNITY RESOURCE GUIDE

### **Home Health of Western Colorado**

300 North Cascade  
Suite U9  
Montrose, CO 81401  
Jody Arnold  
970-240-0139  
[jarnold@voa.org](mailto:jarnold@voa.org)

### **Hospice & Palliative Care of Western Colorado**

645 South 5<sup>th</sup> Street  
Montrose CO 81401  
(970) 240 7734

\*\*\*Services include specialized pain control and symptom management by qualified professionals, generalized inpatient care, short-term placement as needed, appropriate medications, medical equipment & supplies, 24 hour visitation by family & friends, and grief counseling & support for both patients & families.

### **Neighbor to Neighbor Ouray County Public Health Agency**

302 Second Street  
P.O.Box 463;  
Ouray, CO 81427  
(970)-325-4586

\*\*\*Program available for any Ouray County older adult (60 years +), home-bound or disabled adult (18 years +) with services that include transportation with both senior vans & private vehicles, nutrition services with two weekly senior lunches, meals on wheels & shopping assistance, handyman services for small home repairs, companionship with friendly phoning & visits, social events, access to community resources & business assistance.

### **Region 10 Area on Aging/ League for Economic Assistance & Planning, Inc.**

Paul Gray, Executive Director  
300 North Cascade, Suite 1  
Montrose, CO 81401  
(970)-249-2436  
Fax: (970) 249-2488  
[info@region10.net](mailto:info@region10.net)

### **Touch of Care**

95 Merchant Drive  
Montrose, CO, CO 81401  
(970) 249-6080

## **Home Repair/Safety Services**

### **Access Solutions**

58462 Jasmine Road  
Montrose CO 81401  
(970) 249-2360

\*\*\*From no cost home modifications to full scale remodeling, Access Solutions can make the necessary changes in your home environment to accommodate a person's physical limitations

### **Philips Lifeline Medical Alert Service**

1-800-543-3546, Ext. 3050

## OURAY COUNTY COMMUNITY RESOURCE GUIDE

### **Senior Legal Aide/Services**

#### **Lincoln W. Anderson, LLC**

P.O.Box 87  
825 Main Street  
Ridgway, CO 81432  
(970) 318-1228  
Fax: (970) 325-0192  
lincolnanderson@ouraynet.com

#### **The Legal Center for People with Disabilities and Seniors**

455 Sherman Street; Denver, CO 80203-4403  
(303) 722-0300  
(303) 722-3619 (TTY)  
1-800-288-1376 (Toll Free)

#### **Jane Poulos: Region 10 LTC Ombudsman**

Region 10:  
Gunnison, Hindsdale, Ouray, Montrose, San Miguel and Delta counties  
P.O. Box 164  
Paonia, CO 81428  
1- (970)-527-7055

#### **Uncompahgre Volunteer Legal Aid**

Director/Coordinator: Patty Bennett  
300 North Cascade Ave;  
Suite U2  
Montrose, CO 81401  
(970) 249-7202



## **Prevention of Infectious Disease**

### **Immunizations Program**

#### **Ouray County Public Health Agency**

Charlotte Patterson, PNP/Immunizations RN

*\*\*\*Please see complete listing under Clean Water\*\*\**

*\*\*\* Charlotte has a wealth of current information and knowledge regarding immunizations for all stages of life development for the residents of Ouray County. The Immunization Program services are offered on a 'sliding scale' basis to community members under 18, with individual donations both encouraged and gratefully accepted, though not expected. Appointments can be arranged most days of the week, especially on Tuesdays and Wednesdays, in addition to a drop-in basis.*



## OURAY COUNTY COMMUNITY RESOURCE GUIDE

### **Pharmacy**

#### **Ridgway Pharmacy**

P.O. Box 1190  
570 Palomino Trail  
Ridgway, CO 81432  
(970)-626-3440  
Fax: (970)-626-3415

#### **Ouray County Prescription Discount Card**

#### **National Association of Counties**

#### **Ouray County Public Health Agency**

302 2nd Street  
PO Box 670  
Ouray, CO 81427  
(970) 325-4670  
Fax: (970) 325-7314  
1-877-321-2652

[www.caremark.com/naco](http://www.caremark.com/naco)

\*\*\* Discount cards available at Ouray County Public Health Agency, offers 24% discount prescription medicines at participating retail pharmacy's (i.e. Ridgway Pharmacy, Walgreen's, City Market.) No enrollment form, no membership fee, one card, immediate use. Come by OCPHA for discount card, information & participating pharmacy list.

### **Physicians Offices/ Medical Facilities**

#### **Dr. Patricia Ammon, MD & Dr. Abigail Seaver, ND**

P.O. Box 500  
160 S Amelia Street, Lower level  
Ridgway CO 81432  
(970) 626-3188  
[realdocors@ridgway.us](mailto:realdocors@ridgway.us)  
\*\*\*Integrative & natural family medicine

#### **Balance Natural Medicine**

Dr. Jason Bojar DC & Dr. Jessica Balbo DC  
112 Village Square West  
Suite 110  
Ridgway CO 81432  
(970) 626-7137  
Fax: (970) 626-3475

\*\*\*Chiropractic Adjustment/Manipulation, Functional Medicine/Clinical Nutrition, Kinesio-taping, Flexion Distraction, Cold Laser Therapy, Body Composition Analysis, Mild Hypobaric Oxygen Therapy.

## OURAY COUNTY COMMUNITY RESOURCE GUIDE

### **Eagle's Wing Medical Center**

Dr. Paul Glanville, MD  
112 Village Square West  
Suite 110  
Ridgway CO 81432  
(970) 626-7140  
Fax: (970) 626-3475

\*\*\*Family practice with an emphasis on bio-identical hormone therapy; adrenal & thyroid function, Wilson's Temperature Syndrome; Toxic metal analysis & treatment.

### **Dr Wayne Hoover DC**

#### **Hoover Chiropractic Medicine**

112 Village Square West  
Ridgway CO 81432  
(970) 626-5993

### **Montrose Memorial Hospital**

800 South 3<sup>rd</sup> Street  
Montrose, CO 81401  
(970)-240-2211  
Fax: (970)-252-2525

### **Mountain Medical Center**

P.O. Box 298  
295 Sherman Street  
Ridgway, CO 81432  
(970) 626-5123

### **Ouray Family Medicine**

P.O. Box 1030  
824 Main Street  
Ouray, CO 81427  
(970) 325-9900  
Fax: (970)-325-7336

### **Rocky Mountain Integrative Health Center**

Brian F. Degenhardt, DO  
Hiroki Ide, Dipl.O.M., L.Ac. (national & state licensed acupuncture)  
160 S Amelia Street, Upper level  
Ridgway CO 81432  
(970) 626-9877  
Fax: (970)-626-4171

\*\*\* Services include a variety of massage modalities, acupressure, acupuncture treatments, touch therapy, counseling & kinesiology services.

## OURAY COUNTY COMMUNITY RESOURCE GUIDE

**St. Mary's Ask A Nurse**  
1-800-836-2121

**Veterans Affairs (VA) Medical Center**  
4 Hillcrest Plaza Way  
Montrose CO 81401  
(970) 249-7791



## **Unintended Pregnancy**

### **\*\*\*Women, Infants & Children Health Services\*\*\***

#### **Bosom Buddies**

645 South 5<sup>th</sup> Street  
Montrose CO 81401

Financial Assistance: Jenny Sullivan at (970) 728-4104

Other information: Francie Smiles at (970) 249-6925

<http://www.bosombuddiesswc.org>

\*\*\* A non-profit organization of thriving breast cancer survivors whose mission is to welcome, support & offer assistance to newly diagnosed & recovering women & their families. Serving women & families of Montrose, Delta, Ouray and San Miguel counties for breast cancer screening services, treatment, rehabilitative services & counseling & weekly Support Group . Hats, scarves, wigs, bras & prosthetics are also available to women. Award scholarships for children who have lost a parent to breast cancer, vouchers for free services such as an initial Doctor's appointment, mammogram, radiology reading, prosthetics, & head shaving for chemotherapy patients.

#### **The Dolphin House**

##### **7th Judicial District Child Advocacy Center**

\*\*\**Please see complete listing under Injury Prevention*\*\*\*

#### **Montrose County Public Health & Environment**

##### **Women's Health Unit**

161 South Townsend

Montrose, CO 81401

(970) 252-5000

\*\*\* A wide variety of women's (and men's) health services, including: annual exams, pap smears, breast exams, routine health screenings, most birth control methods, basic fertility & pre-conceptual health counseling, many adult immunizations (including HPV), WIC referrals, & lactation support services.

## OURAY COUNTY COMMUNITY RESOURCE GUIDE

### **Nurse-Midwife Clinic**

900 South 4<sup>th</sup> Street

Montrose CO 81401

(970) 252-2542

\*\*\*Women's Health, Family Planning Services & Midwifery

### **Ouray County Public Health Agency**

Charlotte Patterson, PNP/

\*\*\*Please see complete listing under Clean Water\*\*\*

\*\*\*Pregnancy and Sexually Transmitted Infections (STIs) testing & well-child exams available.

### **San Miguel County Public Health & Environment**

( formerly known as San Miguel County Nursing Services)

Director: June Nepsky

P.O. Box 949

Telluride, CO 81435

(970) 728-4289

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

## **Early Development/Nutrition**

### **Women, Infants & Children (WIC)**

Ouray Public Health Agency: Amy Eriksen & Sally Swartz

\*\*\* Lactation Consultants & certified WIC Program counselors offering nutritional supplementation, teaching & counseling, well-child checks to low-income families. Vouchers for produce at local Farmer's Market also available.

\*\*\*Please see complete listing under Obesity Prevention\*\*\*

### **Ouray County Department of Social Services**

\*\*\*Please see complete listing under Low-income Community Support Programs\*\*\*

### **Bright Futures Family Outreach**

Cathy James, Executive Director

620 Mountain Village Blvd., Ste 2B-1 (Palmyra Bldg)

Mountain Village, CO 81435

P: 970-728-5613

Website: [www.brightfuturesforchildren.org](http://www.brightfuturesforchildren.org)

\*\*\*Bright Futures for Early Childhood and Families is dedicated to providing leadership, innovation, influence, and resources to ensure a quality early childhood system in Delta, Gunnison, Hinsdale, Montrose, Ouray and San Miguel Counties. Bright Futures for Early Childhood and Families is dedicated to providing Qualistar Early Learning ([www.qualistar.org](http://www.qualistar.org)) -  
- A state wide non profit organization working with child care providers, parents, and communities to improve the quality of early childhood education in Colorado.

## OURAY COUNTY COMMUNITY RESOURCE GUIDE

### **Handicap Children's Program**

#### **Ouray Public Health Agency**

Charlotte Patterson

P.O. Box 670

302 Second Street

(970) 325-4670

fax: (970) 325-7314

\*\*\*Provided by the Colorado Department of Health & Environment through Ouray Public Health Agency offers pediatric specialty services such as neurology, orthopedics, genetics & other areas as needed.



### **Oral Health**

#### **Donald F. Swartz DDS**

195 S Lena St # A

Ridgway, CO 81432

(970) 626-3303

#### **Ridgway Family Dentistry**

Michael Thomas DDS, DMD, David Lurye, DDS & Anthony Gegauff DMD

156 Liddell Street

Ridgway, CO 81432

(970) 626-3774

\*\*\*Caring, comprehensive dentistry for patients of all generations.

#### **The San Juan Kids Cavity Prevention Program (SKIPPY)**

##### **Ouray County Public Health Agency**

Carol Schutter, LPN & Navigator for the Tri-County Health Network/Telluride Foundation

302 2nd Street

PO Box 670

Ouray, CO 81427

(970) 325-4670

Fax: (970) 325-7314

\*\*\* Services offered every 6 months in schools, & include a complete medical history, hygiene assessment, teeth cleaning and fluoride treatments. Services also include sealants to protect adult molars, child teaching of appropriate oral hygiene, & reports of child's oral health status. Referral services & a 'goodie bag' sent with a toothbrush, dental floss, toothpaste and parental instruction. Services are provided at no out-of-pocket cost to families, regardless of dental insurance coverage. Private dental insurance, Medicaid or CHP+ have SKIPPY services billed directly.

## **OURAY COUNTY COMMUNITY RESOURCE GUIDE**

### **Ouray Dental Clinic**

Steve Schiffer DDS  
309 6th Avenue  
Ouray, CO 81427  
(970) 325-4800

### **Senior Services**

#### **Nursing Homes**

##### **Colorow Care Center**

P.O. Box 710  
750 8<sup>th</sup> Street;  
Olathe, CO 81425  
(970)-323-5504

##### **San Juan Living Center**

1043 Ridge Street  
Montrose, CO 81401  
(970)-249-9683

##### **Valley Manor**

1401 S. Cascade  
Montrose, CO 81401  
(970)-249-9634

##### **Willow Tree**

2050 S. Main Street  
Delta, CO 81416  
(970)-874-9773

#### **Assisted Living Facilities**

##### **Comfort Home**

540 Grand Blvd.  
Delta, CO 81416  
(970)-874-0604

##### **Crossroads**

1380 Aspen Way  
Delta, CO 81416  
(970)-874-1421

##### **Delta House**

233 Main Street  
Delta, CO 81416  
(970)-874-4448

##### **Heidi's Chateau**

2720 Sunnyside  
Montrose, CO 81401  
(970)-252-8228

## OURAY COUNTY COMMUNITY RESOURCE GUIDE

### **Homestead**

1819 Pavillion Drive  
Montrose, CO 81401  
(970)-252-9359

### **Sunrise Creek Assisted Living**

Emeritus Senior Assisted Living  
1968 Sunrise Drive;  
Montrose, CO 81401  
(970)-240-0600

## **Low- Income Specific Community Support**

### **Haven House**

Transitional Housing to Families  
4806 North River Road  
Olathe CO 81425  
(970) 323-5280  
[www.havenhousehomeless.org](http://www.havenhousehomeless.org)

### **Ouray County Public Health Agency**

#### **Carol Schutter, LPN & Navigator for the Tri-County Health Network**

*\*\*\*Please see complete listing under Clean Water*

*\*\*\*Assistance with private insurance options & resources, CHP+, Medicaid & Medicare & additional health-related resources, SKIPPY Navigator*

### **Ouray County Department of Health & Human Services**

Food Stamps: Diane McCracken, ext. 14 or  
Robert Matula, ext. 12  
PO Box 530  
177 Sherman Street, # 104  
Ridgway, CO 81432  
Phone: (970) 626-2299  
Fax: (970) 626-9911

*\*\*\*Food Assistance & Food Stamp Program, LEAP program, Medicare/Medicaid, & other assistance programs for eligible residents of Ouray County.*

### **Ridgway Community Food Pantry**

6550 Hunter Park Way in Trail Town  
Ridgway, CO 81432  
970-318-8993 or 240--3215 Brenda Hernandez  
970-626-3244 Sally Swartz  
Hours: Thursdays 12:00 p.m. until 4:00 p.m.  
[www.ridgwaycommunityfoodpantry.org](http://www.ridgwaycommunityfoodpantry.org)

*\*\*\*Ridgway Community Food Pantry provides nutritional food to those in need while facilitating education and connection to other community resources.*

## OURAY COUNTY COMMUNITY RESOURCE GUIDE

### **Spiritual Health & Churches:**

#### **The Asanga Institute/Meditation Center**

P.O. Box 835

13027 6080 Road

Montrose CO 81403

(970) 249-1488

[n\\_gphuntsok@yahoo.com](mailto:n_gphuntsok@yahoo.com)

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

\*\*\*Meditation, Buddhist philosophy & traditions, education & psychology.

\*\*\*Tibetan-Buddhist Meditation offered through the summer every Tuesday in Ridgway at the Shantih Yoga Studio; please see complete listing under Exercise/Fitness in Obesity Prevention\*\*\*

#### **Colona Community Church**

Rev. Freed

56 Thatcher Ave.

Colona, CO 81403

970-240-3720

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

Church serving the community.

#### **Ridgway Community Church**

685 W. Sherman

Ridgway, CO 81432

970-626-5692

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

#### **United Church of the San Juans**

295 Lena St.

Ridgway, CO 81432

970-626-5803

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

#### **Ridgway Church of Christ**

116 Marys Road

Ridgway, CO 81432

(970) 626-5526

[www.church-of-christ.org](http://www.church-of-christ.org)

#### **Ouray Christian Fellowship**

336 4th Avenue

Ouray, CO 81427

(970) 325-4253



## **OURAY COUNTY COMMUNITY RESOURCE GUIDE**

### **First Southern Baptist Church**

100 4th Avenue  
Ouray, CO 81427  
(970) 325-4448

### **St Daniels Catholic Church**

614 5th Street  
Ouray, CO 81427  
(970) 325-4373

### **St John's Episcopal Church**

329 5th Avenue  
Ouray, CO 81427  
(970) 325-4655

## **Education/ Vocational Training**

### **Colorado State University-Extension Office**

#### **CSU Agriculture & Horticulture Branch**

San Miguel & West- End Montrose Counties Director: Yvette Henson  
(970) 327-4393

Tri-River Region Office (Ouray, Ridgway & Montrose)  
(970) 249-3935

[www.extension.colostate.edu/sanmiguel](http://www.extension.colostate.edu/sanmiguel)

\*\*\*Mission is to provide education & research-based information for agriculture & horticulture on a rural community based level. Educational programs & classes offered include local food production & marketing, food safety & preservation, CO Master Gardener, Native Plant Master, small acreage & agriculture enterprises.

### **Colorado Work Force Center/Training Advantage**

504 North First Street

Montrose, CO 81401

(970) 249-7783

[www.yourworkforcecenter.com/montrosewfc.htm](http://www.yourworkforcecenter.com/montrosewfc.htm)

[Montrose@cwfc.net](mailto:Montrose@cwfc.net)

\*\*\*Disability navigator, job seekers with disabilities and resource referral. Counties Served: Ouray, San Miguel, Montrose, Delta.

### **Community Options**

P.O. Box 31

Montrose, CO 81402

P: 970-249-1412

Website: [www.communityoptionsinc.org](http://www.communityoptionsinc.org)

E-mail: [info@communityoptions.org](mailto:info@communityoptions.org)

\*\*\*Provides an array of residential, vocational, and other various support services to approximately 350 individuals with developmental disabilities. Counties Served: Ouray, San Miguel, all of Montrose, Delta, Gunnison, and Hinsdale.

## OURAY COUNTY COMMUNITY RESOURCE GUIDE

### **Delta-Montrose Technical College**

1765 US Highway 50

Delta CO 81416

(970) 874-7671

888-393-5252

Fax: (970) 874-8796

\*\*\*Designated by the Colorado State Board for Community Colleges & Occupational Education as the agent for Post-secondary vocational training in Western Colorado. Service area includes Delta, Gunnison, Hinsdale, Montrose, Ouray & San Miguel counties. Career & technical education programs offered.

\*\*\*In conjunction with Delta-Montrose Technical College, Emergency Medical Technician (EMT) & First Responder Cardio-pulmonary Resuscitation (CPR) & First-Aid Classes/Certification available through Ouray County Emergency Medical Services; *Please see complete listing under Injury Prevention*\*\*\*

### **Division of Vocational Rehabilitation**

1010 South Cascade Avenue, Suite C

Montrose. CO 81401

(970) 249-4468

\*\*\*Supports people with disabilities needing rehabilitation support to work and for daily living skills. Counties Served: Ouray, San Miguel, Montrose and Delta.

### **Partners**

P.O. Box 709

Ridgway, CO 81432

P: 970-626-9861

Website: [www.partners-west.org](http://www.partners-west.org)

E-mail: [w4partners@partners-west.org](mailto:w4partners@partners-west.org)

\*\*\*Mentor program for children ages 6-17. Counties Served: Ouray, Montrose and Delta.

### **School to Work Alliance Program (SWAP)**

Dee Williams, Coordinator

P.O. Box 728

Ridgway, CO.81432

P: 970-626-2977

E-mail: [swap17@mindspring.com](mailto:swap17@mindspring.com)

\*\*\*SWAP is designed to help young adults successfully engage in career path employment

### **Uncompahgre Board of Cooperative Services (UnBOCS)**

Lyndell Copeland, Executive Director

P.O. Box 728

Ridgway, CO 81432

P: 970-626-2977

Website: [www.unboocs.org](http://www.unboocs.org)

E-mail: [lcopeland@ridgway.k12.co.us](mailto:lcopeland@ridgway.k12.co.us)

\*\*\*The UnBOCS is a regional educational service unit designed to provide instructional support, administrative and staff services, community and other services contracted by participating members. Services include an Autism Team, Alternative Licensure, Audiology, ChildFind Activities, Cultural Mediator Services, Disability Assessment & Evaluation, Early Entrance, Early Childhood Services, Gifted & Talented (GT), Occupational Therapy (OT), Physical Therapy (PT), School Psychology, School to Work Alliance Program (SWAP), Special Education, Speech Language Therapy, Staff Development.

## OURAY COUNTY COMMUNITY RESOURCE GUIDE

### **University Center of the San Miguel**

Robyn Wilson, Executive Director

P.O. Box 1621

Telluride, CO 81435

P: 970-369-5255

Website: [www.ucsanmiguel.org](http://www.ucsanmiguel.org)

E-mail: [ucsm@telluridecolorado.net](mailto:ucsm@telluridecolorado.net)

\*\*\*Counties Served: Ouray, San Miguel, and the West End of Montrose. UCSM is a non-profit community development initiative providing access to post secondary education and professional training in the rural resorts and neighboring communities of the remote San Miguel Watershed of southwestern Colorado.

### **Ouray County/City School Districts**

#### **Ouray School District R-1**

PO Box N,

400 7th Avenue Ouray, CO 81427

(970) 325-4505

fax: (970) 325-7343

School Office Hours are Monday through Friday, 7:30 a.m. to 4:15 p.m.

<http://ouray.k12.co.us/ouray/site/default.asp>

#### **Ridgway School District**

District Office: 1115 W. Clinton Street

Ridgway, CO 81432

(970) 626-4320

Elementary School: 1115 W. Clinton Street

Ridgway, CO 81432

(970) 626-5468

Secondary School: 1200 Green Street

Ridgway, CO 81432

(970) 626-5788

fax (970) 626-3249

<http://www.ridgway.k12.co.us/>

#### **Voyager Youth Program**

Karla Cline, Director

P.O. Box 709

1075 Sherman Street Ste. 210

Ridgway, CO 81432

P: 970-626-4279

Ouray cell: 970-318-5263

Ridgway cell: 970-318-1764

Website: [www.voyagerprogram.com](http://www.voyagerprogram.com)

After School and summer program for children 5-16 years old. Counties Served: Ouray.

## OURAY COUNTY COMMUNITY RESOURCE GUIDE

### **Community Centers & Recreation**

#### **Ouray Community Center**

PO Box 468  
320 Sixth Avenue  
Ouray CO, 81427  
(970) 325-7065  
cityofouray@ci.ouray.co.us  
www.ourayhotsprings.com

#### **Ouray County 4-H Event Center**

P.O. Box 890  
22739 Highway 550  
Ridgway, CO. 81432  
(970) 626-3304  
fax (970) 626-3306  
slong@ouraycountyeventvenues.com

#### **Ouray County Museum**

Ouray County Historical Society  
P. O. Box 151  
420 6th Avenue  
Ouray, CO 81427  
(970) 325-4576  
ochs@ouraynet.com

#### **Ridgway Public Library**

300 Charles Street  
Ridgway CO 81432  
(970) 626-5252  
library@ouraynet.com  
<http://www.ridgwaylibrary.ncentral.com/>

#### **Ouray Library District**

P.O. Box 625  
320 6th Avenue  
Ouray, Co 81427  
(970) 325-4616  
OurayPL@gmail.com

#### **Ridgway Railroad Museum**

Junction of U.S. Highway 550 and Colorado State Highway 62  
PO Box 588  
Ridgway, CO 81432  
<http://www.ridgwayrailroadmuseum.org/>  
ridgwayrailroadmuseum@ouraynet.com

## OURAY COUNTY COMMUNITY RESOURCE GUIDE

### **Ouray County Ranch History Museum**

Joan Chismire  
P.O. Box 159  
Ridgway CO 81432  
joan@mesastate.net

### **Ridgway Community Center**

Town of Ridgway  
P.O. Box 10  
201 N. Railroad Street  
Ridgway, CO 81432  
(970) 626-5308

### **Ridgway Visitors Center**

(970) 626-5181  
Alternate Phone:(800) 220-4959  
150 Racecourse Road  
Ridgway, CO, 81432  
racc@ridgwaycolorado.com  
<http://www.ridgwaycolorado.com>

### **Ouray Visitors Center**

1230 Main Street  
PO Box 145  
Ouray, CO 81427  
1(800) 228-1876 / (970) 325-4746  
Fax: (970) 325-4868  
<http://www.ouraycolorado.com/contact-us.php>  
Visitors Guide link: <http://digital.publicationprinters.com/publication/?i=69558>  
Business Directory Link: <http://www.ouraycolorado.com/directory.php>

### **Other resources/links:**

**Ouray Ice Park** [info@ourayicepark.com](mailto:info@ourayicepark.com)

### **Ridgway State Park:**

<http://www.parks.state.co.us/Parks/ridgway/Pages/RidgwayStateParkHome.aspx>

**Colorado Division of Wildlife:** <http://wildlife.state.co.us/Pages/Home.aspx>

### **Bureau of Land Management:**

Uncompahgre Field Office: [www.blm.gov/co/st/en/fo/ufo.html](http://www.blm.gov/co/st/en/fo/ufo.html)

## **Regional County/City Government**

**Ouray County Public Health Agency** *\*\*\*Please see complete listing under Clean Water\*\*\**

**Ouray County Emergency Medical Services** *\*\*\*Please see complete listing under Injury Prevention\*\*\**

## **OURAY COUNTY COMMUNITY RESOURCE GUIDE**

**Ouray County Department of Social Services** \*\*\*Please see complete listing under Low-Income Community Support Programs\*\*\*

### **Ouray County Coroner**

Colleen Hollenback  
(970) 708-9509  
chollenbeck@ouraycountyco.gov

### **Ouray County Juvenile Diversion Program**

P.O. Box 1068  
Telluride Colorado 81435  
302 2nd Street  
Ouray CO 81427  
Telluride (970) 728-4463  
Ouray P: (970) 325-7244

\*\*\*Program mission is to provide appropriate first and sometimes second youth offenders with an alternative to our juvenile justice system and an alternative to a criminal record. Counties Served: San Miguel, Ouray.

### **Ouray County Sheriff**

P.O. Box 585  
541 4<sup>th</sup> Street  
Ouray CO 81427  
(970) 325-7272  
Fax: (970) 325-0225  
dmattivi@ouraycountyco.gov  
Sheriff Mattivi, ext. 12  
Undersheriff Burk, ext.13  
Shelly Kuhlman ext.10  
Deputies Schmalz, Herman, Franklin or Linnell & Reserve Officer Pearson, ext. 16.

### **Ouray County Attorney**

P.O. Box 28  
111 Mall Road  
Ridgway CO 81432  
(970) 626-9775  
Fax: (970) 626-4439  
mdeganhart@ouraycountyco.gov

### **Driver's License: Montrose**

86 Rose Lane  
Montrose, CO 81401  
(970) 249-5426

## **OURAY COUNTY COMMUNITY RESOURCE GUIDE**

### **Ouray County Land Use & Planning**

P.O. Box 28  
111 Mall Road  
Ridgway CO 81432  
(970)-626-9775  
mcastrodale@ouraycountyco.gov

### **Ouray County Road & Bridge**

PO Box 456  
115 Mall Road  
Ridgway, CO 81432  
(970) 626-5391  
fax: (970) 626-4439  
cmiller@ouraycountyco.gov;  
sbailar@ouraycountyco.gov

### **Ouray County Geographical Information System**

111 Mall Road  
Ridgway, CO 81432  
(970) 626-5484  
jbockes@ouraycountyco.gov

### **Ouray County Clerk & Recorder**

PO Box C  
541 4th Street  
Ouray, CO 81427  
(970) 325-4961  
Fax: (970) 325-0452  
mnauer@ouraycountyco.gov

### **Ouray County Administrator**

PO Box C  
541 4th Street  
Ouray, CO 81427  
(970) 325-7263  
fax: (970) 325-0452  
chunt@ouraycountyco.gov

### **Ouray County Human Resources Department**

PO Box C  
541 4th Street  
Ouray, CO 81427  
(970) 325-7332  
speck@ouraycountyco.gov

## **OURAY COUNTY COMMUNITY RESOURCE GUIDE**

### **Ouray County Facilities Department**

541 4th Street  
Ouray, CO 81427  
(970) 318-1127  
wclapsadl@ouraycountyco.gov

### **Ouray County Public Trustee**

PO Box 149  
541 4th Street  
Ouray, CO 81427  
(970) 325-4487  
fax: (970) 325-0452  
jcasolari@ouraycountyco.gov

### **Ouray County Treasurer**

PO Box 149  
541 4th Street  
Ouray, CO 81427  
(970) 325-4487  
fax: (970) 325-0452  
jcasolari@ouraycountyco.gov

### **Ouray County Assessor**

PO Box 665  
421 6th Avenue  
Ouray, CO 81427  
(970) 325-4371  
fax: (970) 325-4611  
smayfield@ouraycountyco.gov

### **Ouray County 4-H Event Center**

*\*\*\*Please see complete listing under Community Centers & Recreation\*\*\**

### **Ouray County Weed Control**

Weed Manager: Ron Mabry  
115 Mall Road  
Ridgway, CO 81432  
(970) 626-5391

### **Town of Ridgway**

P O Box 10  
201 N. Railroad Street  
Ridgway, Colorado 81432  
(970) 626-5308  
Office Hours: 8am - 5pm  
<http://www.town.ridgway.co.us/government.html>  
Water emergency call: (970) 729-0670



## OURAY COUNTY COMMUNITY RESOURCE GUIDE

### **City of Ouray**

PO Box 468  
320 6th Avenue  
Ouray, CO 81427  
970-325-7211  
fax: 970-325-7212

## **Chambers of Commerce**

### **Ouray Chamber of Commerce & Resort Association**

*\*\*\*Please see complete listing under Community Centers & Recreation\*\*\*  
(Same listing as Ouray Visitor's Center)*

### **Ridgway Area Chamber of Commerce**

*\*\*\*Please see complete listing under Community Centers & Recreation\*\*\*  
(Same listing as Ridgway Visitor's Center)*

## **Local Agriculture & Livestock**

### **Buckhorn Gardens**

71446 Buckhorn Road  
Montrose CO 81403  
(970) 240-8715  
gardens@buckhornmountain.com  
<http://buckhorngardens.blogspot.com>

### **Ferguson Family Ranch**

Tyler Ferguson  
Ridgway CO 81432  
(970) 901-8827 (Tyler)  
(970) 318-6744 (Liza Clark)  
fergbeef@gmail.com

*\*\*\*100% natural, grass-fed & finished beef. Cattle are raised in a humane, low-stress, chemical-free environment without antibiotics or added hormones throughout their lifespan.*

### **Fisher Ranch**

Ed & Linda Ingo  
170 Racecourse Road  
Ridgway CO 81432  
(970) 626 -5530

*\*\*\*Locally grown, natural beef for your freezer from Red Angus raised within Ouray & San Miguel Counties without added hormones*

## OURAY COUNTY COMMUNITY RESOURCE GUIDE

### **Indian Ridge Farm & Bakery**

Tony and Barclay Daranyi  
1400 CR 43ZN, Norwood, CO 81423  
(970) 327-0336  
daranyi@rmi.net  
www.indianridgefarm.org

\*\*\*Offers pastured poultry and turkeys; pastured eggs; organic vegetables; pastured pork; grass-fed beef; hay; organic bread, granola and other baked goods; goat cheese and milk. Non-certified Organic, Biodynamic, 100% Grass Fed, Pastured, Free Range.

### **Muddy Boot Farms**

Katie & Jason Merkley  
4197 County Road 24  
Ridgway CO 81432  
(970) 626-3515  
Getmuddyboot.blogspot.com

\*\*\*Pasteur-raised livestock: cattle, chickens, turkeys & pigs

### **Shining Mountain Herbs**

5636 County Road 23  
Ridgway CO 81432  
(980) 626 2212  
Fax: (970) 626-3346  
info@shiningmountainherbs.com  
www.shiningmountainherbs.com

\*\*\*Certified organically grown, biodynamic farmed herbs. Products include single herb extracts, formulated herb extracts, salves & oils, specialty & herbal pet care products.

### **Tomten Farms**

Kris Holstrom  
P.O. Box 437  
Placerville CO 81430  
(970) 708-0289  
kholstrom@gmail.com

\*\*\*Located on Hastings Mesa above Placerville, Kris is an advocate & producer of local organic foods who has a central role as a permaculture educator, sustainability activist and coordinator for community centered agriculture.

### **Weber Ranch**

Rich Weber Jr  
21000 Hwy 550  
Ridgway CO 81432  
(970) 626-5655

# OURAY COUNTY COMMUNITY RESOURCE GUIDE

## Local & Regional Non-Profit Organizations

**Art Partners:** w4partners@partners-west.org  
**Chief Ouray Gun Club:** OurayGunClub@ouraynet.com  
**Columbine Club:** slong@ouraycountyco.gov  
**dZi Foundation:** info@dzifoundation.org  
**Friends of the Ouray Library:** barbm@ouraynet.com  
**Friends of the Ridgway Library:** wemush4@gmail.com  
**Friends of the Ridgway State Park:** (970) 626-5822 (call State Park Volunteer Coordinator)  
**Friends of the Wright Opera House:** savethewright@ouraynet.com  
**Mosaic Community Project:** mosaic.community.project@gmail.com  
**Mountain Sunshine:** ctmcord@q.com  
**Mt. Hayden Rebekah Lodge #54:** (970) 325-4489  
**Mt. Sneffels Education Foundation:** msef@ouraynet.com  
**Ouray County Arts Association:** ouraybelle@yahoo.com  
**Ouray County Chorus:** jandkpet@montrose.net  
**Ouray County Democratic Party:** johnhollrah@ouraynet.com  
**Ouray County Historical Society:** ochs@ouraynet.com  
**Ouray County Housing Authority:** jcoates@town.ridgway.co.us  
**Ouray County Nordic Council:** lyn@ouraynet.com  
**Ouray County Performing Arts Guild:** ocpaginfo@ouraynet.com  
**Ouray County Ranch History Museum:** jbennettstories@gmail.com  
**Ouray County Republican Party:** ouraycountygop@yahoo.com  
**Ouray Elks Lodge:** manette.steele@oracle.com  
**Ouray Masonic Lodge:** (970) 325-4277  
**Ouray Mountain Rescue:** (970) 318-8872  
**Ouray Trail Group:** labunten@ouraynet.com  
**Parents and Teachers Working Together (PATT):** simba@ouraynet.com  
**Ridgway Ouray Community Council (ROCC) |** maraba10001@yahoo.com  
**Ridgway Trails Group |** randy@peaktopeakbicycles.com  
**San Juan Riding Program for the Disabled:** (970) 626-3018  
**Second Chance Humane Society:** kelly@secondchancehumanesociety.org; (970) 626-2273  
**Small Business Development Center (SBDC) |** 970-943-3157  
**Top of the Pines:** manzagol@ouraynet.com  
**Transition Colorado, Ouray County Chapter:** paulajames22@earthlink.net; (970) 316-1792 **Weehawken Creative Arts:** questions@weehawkenarts.org; (970) 318-0150  
**Western Slope Rural Philanthropy Days:** Coordinator@WesternRPD.org  
**Women's Club of Ouray:** caldwellevictoria@msn.com  
**Women in Support of Education:** srlander@ouraynet.com  
**Yankee Boy Conservation Association:** info@yankeeboy.org

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