

When to see  
help from a  
specialist?



**Senior Focus**  
at Jefferson Center



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If you're experiencing...

- Lack of energy
- Problems sleeping
- Jittery, unable to relax
- Sadness and depression
- Feelings of hopelessness
- Persistent worry
- Loneliness, withdrawal from friends or family
- Don't feel like yourself

Your senior years should be your best years with the support of family, community and the peace of mind provided by Medicare. When that balance is disrupted, our specialists are ready with effective, focused solutions.

### 3 convenient locations

#### NORTH

##### North Wadsworth Office

7878 Wadsworth #100  
Arvada, CO 80003

#### CENTRAL

##### Independence Office

4851 Independence  
Wheat Ridge, CO 80033

#### SOUTH

##### South Office

9200 W. Cross Drive #421  
Littleton, CO 80123

1 convenient number

**303-432-5575**

Support for Aging Well!



- ✓ Live with a purpose
- ✓ Conquer emotional challenges
- ✓ Adapt to change
- ✓ Medicare Accepted

A counseling program for Adults 60+ with Medicare, Private Insurance or any Supplemental Insurance.

**303-432-5575**

**www.srfocus.org**



At Senior Focus you will find professional care by licensed counselor who are experts in helping older adults with effective, focused solutions.

## When a little support can make the difference...

As we go through life, we all experience challenges and setbacks. Concerns about health, relationships, finances or simply maintaining independence can be overwhelming.

With Senior Focus, you will learn the skills to:

- Rediscover your own wisdom
- Create and maintain strong social relationships
- Forgive yourself and others
  - Accept and let go of painful experiences
- Continue to learn and grow
- Rediscover your strengths and passions



### Who is Eligible for Senior Focus Services?

Adults age 60 or over who have:

- Both Medicare and any supplemental insurance; or
- Medicare through private insurance (such as Pacificare/Secure Horizons, Humana Gold or other health plans); or
- Private Insurance; or
- Medicare Part B.

*“Aging is not lost youth  
but a new stage of  
opportunity and strength.”*

*We're there when you need us.*

**For more information  
or to access services,**

**Call:**

**303-432-5575**

**Online:**

**[www.srfocus.org](http://www.srfocus.org)**

*A program of  
Jefferson Center for Mental Health,  
serving our community for over 50 years.*