

UTE MOUNTAIN UTE TRIBE

ELDER CARE & WELLNESS CENTER

GENERAL INFORMATION

The Elder Care & Wellness Center provides many services to any Tribal Elders who is 55 years of age and up and for those individuals with special needs. The Center is open Monday through Friday, 8:00 a.m to 4:30 pm. The Elder Care Center is located at 900 Dry Creek Road.

Meals are served daily for any elder 55 years of age or older. All meals are subject to change.

Breakfast: is served daily from 8:00 to 9:30 am, for those elders who want a light breakfast and to visit other elders.

Lunch: is served daily from 11:45 am to 12:45 pm. A congregate meal is served in the dining area, and is open to any elders wishing to share a meal and visit with other elders. Home delivered meals are for elders who are homebound and not able to come to the center.

Transportation: The Elder Care & Wellness center provides transportation for any elder who may need transportation to the Elder Care Center, Post Office, Errands around the community or to Cortez.

Cortez Trip: The Center also provides transportation to Cortez on Tuesdays and Thursdays for those elders who may need to purchase groceries, or for business, ect. (must call in advance).

Sauna (Steam room): The Elder Care Center has a sauna located in the center and is open to any elder who wishes to relieve any aches and pain. Hours are 8:00 to 4:30 pm.

Elder Exercise Program: The Elder Care Center also provides this low impact exercise program for any elder who wishes to keep fit. Come and have fun with other elders & staff. Join us every Mondays and Wednesdays from 10:00 to 11:00 am.

Elder Assistant Program: The Elder Care Center also provides assistance for any Tribal Elder whom may need home furnishings, minor home repairs, or may need assistance for paying for personal utilities or whom may need appliances(stove, refrigerator, washer & dryer etc.,) (Dollar amount may vary on age of Elder). The program works with many different departments to meet elder's needs, such as with Public Works, Plumbing Department, Diabetes Program, Community Health Programs, CHR, Social Services , Utilities, Brunot Wildlife, Resource, etc.

Elder Travel: Any Tribal Elder who is 55 years of age or older may request for Travel Assistance for Pow-Wows, Sun Dances, Bear Dances etc. The Center request that all Travel be given 4-5 days in advance notices for all travel request, prior to departure.

Arts & Crafts: This activity is for any Tribal Elder who likes to try new craft. Arts & Crafts may be provided by the Program or is open to any elder who already has a craft and wants company, while completing their craft or any art that they might want to share with other elders and staff.

Laundry room: The center has (1) washer and (1) dryer for any elders to come and do their laundry, while visiting or watching TV with other Tribal Elders. If an elder needs not have the time to stay and wash, a staff will complete the laundry during the day.