July 2017

Dear Friends:

The Department of Senior Affairs is pleased to bring you the newest edition of the City of Albuquerque, Department of Senior Affairs Quick Guide to Senior Services. We appreciate Blue Cross Blue Shield for again sponsoring this informative publication. This edition of the Quick Guide provides seniors and other community residents “quick” access to new as well as updated information about a variety of government and not-for-profit organizations.

Look inside these pages to see the variety of resources available to you in our community, including:

- Benefits and Assistance Programs
- Consumer and Legal Assistance
- Disabilities Programs
- Home Services
- In-Home Care and Caregiver Resources
- Nutrition Resources
- Pet Resources
- Physical Fitness
- Senior/Multigenerational Centers
- Transportation

Please call the Senior Information & Assistance Program at (505) 764-6400 for information regarding the services and programs offered by the City of Albuquerque’s Department of Senior Affairs. Individuals are available to help you Monday through Friday, between 8:30 a.m. and 4:30 p.m. If you prefer to gather information via the computer, our website is www.cabq.gov/seniors and our e-mail address is seniorinformation@cabq.gov.

Age Well Albuquerque!
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SERVICES AND OPPORTUNITIES

Senior Information & Assistance Program
(505)764–6400

* Information, referrals, and assistance on senior concerns/issues.
* Linkages to senior services and to other community resources.

Recreation
- Breakfast and Lunch
- Recreation and Learning
- 4 Sports and Fitness Ctrs & Programs
- 6 Senior Centers
- 2 Multigenerational Center
- Planet 50+ Activities

Senior Social Services
- Care Coordination
- Home Chores, Repair, Retrofit
- Senior Information Line

Volunteer Programs
- Retired & Senior Volunteer Program (R.S.V.P.)
- Foster Grandparent Program
- Senior Companion Program

Transportation/Nutrition
- Home-Delivered Meals
- Meal Sites
  - Recreation
  - Lunch
- Transportation

The information in this Quick Guide to Senior Services is correct, to the best of our knowledge, as of July 2017. Inclusion of a service does not imply endorsement, nor does exclusion reflect on the quality of service.

The Department of Senior Affairs requests contributions to offset expenses for some services and materials meals, exercise classes, transportation, Home Chores, Home Repair and Home Retrofit services. No one will be denied service if he/she chooses not to contribute.
Department of Senior Affairs – DSA Senior Information, 714 7th SW.....................764-6400
Information & referral to community services for Bernalillo County residents aged 60+, caregivers, and
service providers.

Ask United Way – Albuquerque, 2340 Alamo Ave SE.................................Main: 247-3671
2nd Floor, M-F, 8a.m. – 5p.m......................................................................Info & Referral: 211 or 245-1735

AARP Information Center – Albuquerque, 1930 Juan Tabo Blvd NE, Ste J, 87112...........830-3096
Mon.-Thurs., 10 a.m. – 3 p.m., Fri. 10a.m. - 1 p.m.

Eldercare Locator, Monday – Friday, 9 a.m. – 8 p.m., Eastern Time ...................1-800-677-1116
........................................................................................................www.eldercare.gov

Information Center for New Mexicans with Disabilities...................................TTY 505-272-0321
........................................................................................................................................1-800-552-8195

Resource Information outside Bernalillo County:

  New Mexico Aging & Long Term Services Dept.............................................1-866-451-2901
  Santa Fe Office (Aging & Disability Resource Center).............................1-800-432-2080
  Albuquerque Office........................................................................222-4500 or 1-866-842-9230

Sandoval County Senior Program.................................................................867-7535
1500 Idalia Rd. NE Bldg. D, Bernalillo, NM 87004 (Mail: P.O. Box 40, Bernalillo 87004).

Torrance County Senior Service.................................................................384-5010
305 Highland Ave. (Mail to: P.O. Box 203, Estancia, NM 87016)
Providing transportation, meals, & homebound meals. Handicap accessible vehicles available.

Valencia County Older American Program..................................................864-6739 or 864-2663
715-A South Main, Belen 87002

NON - EMERGENCY

Albq Citizens Contact Center For City Wide Information...............................311
(Mon. - Sat. 6 a.m - 9 p.m., Sun. 9 a.m. - 6 p.m.)

AlbuquerqueFire/Rescue...........................................................................833-7397

AlbuquerquePoliceDepartment..................................................................242-2677

Bernalillo County Fire Department/Rescue..................................................798-7000

Bernalillo County Sheriff’s Department......................................................798-7000

EMERGENCY

Emergency........................................911

Adult Protective Services: State of NM (APS) (24/7)* .....................................1-866-654-3219
Investigates allegations of abuse, neglect, and/or exploitation of individuals 18 years & older. Offers
services to prevent or remedy above situations.

Agora Help-line..........................................................277-3013 or 1-866-HELP-1-NM
Crisis and non-crisis. All-issues, free, confidential listening service.Free resource referrals.

* 24/7 = 24 hours per day, 7 days per week.
Albuquerque Ambulance (24/7)* ................................................................. 761-8200

Albuquerque Water Utility Authority ................................................................. 842-WATR (9287)
Dispatch center is available 24 hours a day for reporting water and sewer emergencies, requesting emergency turn-offs, customer services and report water waste.

National Prevention Suicide Crisis (24/7)* ................................................................. 1-855-662-7474

NM Crisis & Access Line (24/7)* ................................................................. 1-855-NMCRISIS (662-7474) 1-855-227-5485 TTY
A statewide mental health crisis line for individuals who reside in New Mexico. Professional mental health counselors answer calls 24 hours a day. They provide support for individuals in crisis and individuals who know someone who is in crisis.............................................................. www.nmcrisisline.com

NM Gas - Natural Gas Related Emergency ................................................................. 1-888-664-2726 or 1-888-NM-GAS-CO
Report natural gas related emergencies. If you smell gas, report it.

NM Poison & Drug Information Center ................................................................. 1-800-222-1222
Dedicated to the prevention and treatment of poisoning in NM. Experts assess and make treatment recommendations during possible poisonings and assist emergency personnel during hazard material incidents.

PNM Power Outage ................................................................. 1-888-342-5766
Report a power outage in your area (24/7*).

Rape Crisis Center of Central NM (24/7)* ................................................................. 266-7711 or 1-888-811-8282

The Safe House (24/7)* ................................................................. Statewide 1-800-773-3645 or Albuquerque 247-4219

UNMH Psychiatric Center ................................................................. 272-2800

Psychiatric Emergency (24/7)* ................................................................. 272-2920

Psychiatric Urgent Care Clinic (Hours: Mon. - Fri., 7:00 am - 1:00 pm) ................................................................. 272-9038

Utility Emergencies (24/7)* PNM ................................................................. 246-5700; Water ................................................................. 857-8250

Veterans Crisis Line (24/7)* ................................................................. 1-800-273-8255 or 1-800-799-4889 TTY
........................................................................................................................................ or send text message to 838255
The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified responders from the Department of Veterans Affairs. Provide confidential support 24 hours a day.
BENEFITS AND ASSISTANCE PROGRAMS

Medicare and Related Programs

Adelante - Benefits Connection .......... 273-5222 (Albuq. Area)/1-844-266-2236 (Statewide)
Assist low income seniors (65+) and individuals with disability (21+) enroll in benefits: Medicaid, LIHEAP, SNAP, SSI, Medicare Savings Programs, Medicare Part D Low Income Subsidy.

ADRC/ALTSD - Senior Medicare Patrol (SMP) ........................................................................... 1-800-432-2080
Free counseling service for beneficiaries regarding Medicare & Medicaid billing. Offer education on ways to protect funding. Responds to concerns about fraud committed by providers.

Albuquerque Vet Center 1600 Mountain Rd. NW ..................................................... 346-6562 or Fax 346-6572
VA’s readjustment counseling is provided at community-based Vet Centers. Service members and their families can receive confidential counseling and reduce barriers to care. All Vet Center services are prepaid through military service. For assistance after hours, weekends and holidays, call: 1-877-WAR-VET or (1-877-927-8387)

Benefits Counseling – Bernalillo County Regional Office ...................................................... 1-800-432-2080
The statewide HIBAC benefits counseling program provides information, assistance, and counseling relating to Medicare, Medicaid, supplemental health insurance, and other benefits programs.

Health Insight New Mexico .......................................................................................... 998-9898 or 1-800-663-6351
Medicare Quality Improvement Organization (QIO) reviews concerns from Medicare patients & their families about early discharge & quality of medical care received under Medicare.

Medicare Information ................................................................................................. www.medicare.gov or 1-800-633-4227
Provides information about enrollment, replacement cards, change of address plan choices, billing questions, Medicare approved discount cards, Medicaid & more.

Social Security Eligibility and Applications ........................................................................ 1-800-772-1213
The Social Security Administration ................................................................................. www.socialsecurity.gov

New Mexico Human Services Department
Income Support Division (ISD)
www.state.nm.us/hsd

Northeast: 4330 Cutler Ave. NE .................................................................................. 222-9600
For residents east of San Mateo & north of Central, Mon. - Fri., 8 a.m. - 4:30 p.m.

Northwest: 1041 Lamberton Place NE .............................................................................. 841-7700
For residents west of San Mateo & north of Central, Mon. - Fri., 8 a.m. - 4:30 p.m.

Southeast: 1711 Randolph Rd. SE .................................................................................. 383-2600
For residents south of Central & east of the river, including the East Mountain area

Southwest: 3280 Bridge Blvd. SW ................................................................................. 841-2300
For residents west of the river & south of Central, including Isleta Pueblo

EBT Card/SNAP, formally Food Stamps – Eligibility information at your nearest area office.
(See addresses/phone #s listed above.)

Medicaid (Institutional)
Coverage for high or low level nursing homecare. Must qualify medically and financially.
(See addresses/phone #s listed above.)
Disability Benefits
Benefits determined by past earnings for permanently disabled individuals who have worked 5 of the last 10 years prior to becoming disabled.

Retirement (age 62 - 67) Dependent, Survivor’s Benefits.
Benefits determined by earnings & averaged over most of a worker’s lifetime.

Supplemental Security Income (SSI)
Supplemental financial assistance for individuals who are blind, disabled or 65 years old or older and whose income and certain assets are below the SSI eligibility amount. Recipients automatically qualify for Medicaid.

Veteran’s Resources

Albuquerque Vet Center, 1600 Mountain Rd. NW, 87104...........346-6562........Fax 346-6572
VA’s readjustment counseling is provided at community-based Vet Centers. For assistance after hours, weekends and holidays, call...............................1-877-WAR-VETS (1-877-927-8387)

Mayor’s Office of Veterans’ Affairs, City of Albuquerque, One Civic Plaza NW......(505)768-3000
Assists in referring veterans and family members to resources that can address their needs, such as, Counseling for Mental Health and Combat Trauma, Disability Claims, Healthcare, Employment, Education & Housing by offering a Resource Center for many different kinds of services for veterans in Albuquerque; Additional information is available at: www.cabq.gov/mayors-office-of-veterans-affairs.

NM Department of Veterans Services, 5201 Eagle Rock Ave. NE..........................383-2404
Provides assistance to our state’s veterans. File for benefits offered by the state such as tax exemptions, educational scholarship, educational benefits, apprenticeship and on-the-job training.

Social Work Services, VA Medical Center, 1501 San Pedro Drive SE.......265-1711ext 4878
Provides treatment and coverage of social services to veterans.

V.A. Regional Office, 500 Gold Ave. SW.......................................................1-800-827-1000
Provides information on eligibility and benefits available to veterans, widows and dependents. Covers compensation, pension, death benefits, educational benefits, Aid and Attendance, burial benefits, guardianship information, & specialized veteran organizations.................................................www.va.gov

Albuquerque Bar Association
Lawyer Referral Service ................................................................. 243-2615
$50/30 min. consultation with an attorney. No walk-ins accepted. Mon. - Fri., 9 a.m. - 3 p.m.
Albuquerque Code Enforcement Zoning/Permit Counter............................................. 924-3857
Housing/Code Enforcement.......................................................... 924-3450

Attorney General’s Office
Consumer Protection Division ................................................................. 222-9000, 222-9100 or 1-866-627-3249
General Questions ..................................................................................... 1-800-678-1508 or www.nmag.gov
Santa Fe ................................................................................................... 505-827-6000 or 1-866-627-3249
Assistance with consumer complaints ......................................................... www.ago.statenm.us

Better Business Bureau of Southwest ....................................................... 346-0110 or 1-800-873-2224
Provides information on local companies and charities................................. www.bbbsw.org
mediates consumer complaints. Covers all of NM and SW Colorado.

Bridge to Justice Program ......................................................................... 505-797-6000
$35 referral fee with an attorney

Certificates
Certified copies of certificates of births occurring in New Mexico. $10 fee. Valid government-issued photo ID required. Information on how to get out-of-state birth certificates. Death Certificates not issued in Albuquerque, however, available through NM Vital Records in Santa Fe. *

Vital Records, Albuquerque................................................................. 841-4183 or 841-4185
Birth Certificates ...................................................................................... 841-4183 or 841-4185
Death Certificates .................................................................................. 827-0121 or 1-866-534-0051

* New Mexico Vital Records & Health Statistics, Santa Fe ......................... 1-505-827-0121
Online Government Issued Vital Records - Fees apply ............................. www.vitalchek.com

Disability Rights New Mexico ................................................................. 1-800-432-4682
New Mexico promotes and protects the legal rights of individuals with disabilities, provides information and referral, client advocacy, group advocacy, and training.

Investment Fraud, Securities Division, 2550 Cerrillos Rd, Santa Fe, NM ........ 1-800-704-5533
PO Box 25101, 87504-5101........................................................................ 1-505-476-4580 (Legal Help-Line)

Law Access New Mexico ......................................................................... 998-4529 (Local)
Attorneys answer questions for low-income New Mexicans ..................... 1-800-340-9771 (Statewide) with civil legal problems. Weekdays Monday thru Friday.

Legal Resources for the Elderly Program (LREP) ..................................... 797-6005 or 1-800-876-6227
Free legal helpline for NM residents 50+

Money Management International/CCCS 24hr Service ............................. 1-888-845-5669
Helps people help themselves solve financial problems............................ www.moneymangement.org
through counseling, debt management and education.

New Mexico Long Term Care Ombudsman .............................................. 1-866-842-9230
Advocacy for the recognition, respect and enforcement of the civil......... 383-3900 in Albuquerque and human rights of residents of long term care facilities in New Mexico.

New Mexico Regulation and Licensing Department .................................. 476-4875

New Mexico Legal Aid (Medicaid, FS, GA, TANF, unemployment) .......... 243-7871
Provides assistance with legal and denial of benefits issues to income-eligible clients in Bernalillo County.

Office of the Superintendent of Insurance, ............................................. www.nmprc.state.nm.us
Santa Fe ...................................................................................................
1-888-427-5772 or 1-800-947-4722 or 505-827-4601
Investigates complaints regarding all types of insurance...

Senior Citizens’ Law Office ...................................................................... 265-2300
Free legal services for Bernalillo, Valencia, Torrance, & Sandoval ............. www.sclonm.org
Residents of above counties age 60+. Civil cases only. No personal injury or divorce cases. Wills, simple probate and related matters on a reduced fee basis. Advance Directives workshops and legal and consumer...
workshops at various senior centers. SCLO will represent seniors w/legal problems in the area of consumer-law, health law disability, abuse, & housing.

**State Bar General Referral Program** .......................................................... 797-6066
30 min./$35.00 consultation w/attorney

**State Bar of New Mexico** ........................................................................... 797-6000 or www.nmbar.org

**UNM Law Clinic** ....................................................................................... 277-5265

**Voter Registration**, Bernalillo County Clerk, One Civic Plaza NW - 6th Floor.............................................. 243-8683

**DISABILITIES PROGRAMS**

**Adelante** (Back in Use) ........................................................................... www.backinuse.com or 341-7171
Receives donated Durable Medical Equipment and gives usable equipment out to those in need who can’t afford to pay for it. No delivery. Call for item availability.

**Albuquerque Stroke Club** ......................................................................... (VM) 349-1628
Support group for stroke survivors, their caregivers and families. Call for further information.

**Community Outreach Program for the Deaf (COPD)** ...................................(Voice & TTY) 255-7636
Advocacy, vocational, rehab and interpreting services........................................... Fax 255-8029

**Curb-Side Residential Trash Collection & Recycling, City of Albuquerque Solid Waste Department** ................................................................................................................................................. 761-8100 or 311
Requires a doctor’s letter that can be faxed “Attention Residential.” ............................. (FAX) 761-8187
Special arrangements for people with a disability or illness who need assistance getting garbage cart to curb.

**Handicap License Plates and Placards** .................................................... 1-888-683-4636
For specific locations r’fer to Transportation Section of this Quick Guide on page 16 under ID Card/Motor Vehicle Division for locations, addresses and phone numbers. Free applications at State Motor Vehicle Division (MVD) Offices; small fee at private MVD offices.

**Home Retrofit Program, Department of Senior Affairs** .............................. 764-6400
Wheelchair ramps, grab bars, safety rails and bathroom safety equipment for permanent residents of Bernalillo County. Age and income eligibility may apply.

**Independent Living Resource Center** 4665 Indian School Rd Ste #100.............. 266-5022
Independent living services either free or for a fee for individuals..................(Voice & TTY) 1-800-260-5022
with disabilities...........................................................................................................(FAX) 266-5150

**New Mexico Commission for the Blind** .................................................... 841-8844 or 1-888-513-7958
Technology services, Business Enterprise Program ............................................. www.state.nm.us/cftb
Employment Development Center, Newsline for the Blind, vocational rehabilitation counseling, and older blind program/independent living, Orientation Center in Alamogordo.

**New Mexico Commission for Deaf & Hard of Hearing Persons** - 8 am - 4:30 pm......................................................... 383-6530
Lending library, workshops, communication access assistance, equipment, loan bank & advocacy services.............................................................................................................. www.cdhh.state.nm.us

**New Mexico Technology Assistance Program** ......................................... 505-841-4464
Offers free services to New Mexicans with disabilities to help acquire free assistive technology they need. ............................................................................................................ www.tap.gcd.state.nm.us

**Relay New Mexico** ................................................................................... 1-800-659-1779
Free telephone service for deaf, hard of hearing, and speech impaired persons .......... www.relaynm.org
Telephone equipment available to New Mexico residents free of charge through the Commission for Deaf and Hard of Hearing (CDHH) - see above listing.
State of New Mexico Governor’s Commission on Disability
Promotes community living and access to: employment opportunities; universal access to information; appropriate, available assistive technology; accessible education; accessible affordable, universally designed housing (rental and single family); accessible, available transportation (rural and urban); available home and community-based services based on functional need; and, access to social and recreational settings.
491 Old Santa Fe Trail, Santa Fe, NM 87501-2753   Email: gcd@state.nm.us
Toll-Free (in state only) ........................................ 1-877-696-1470
Fax ......................................................................................... 505-827-6328

UNM Center for Development and Disability Information Network ........ 1-800-552-8195
Information & referrals to appropriate programs for New Mexicans who have disabilities .................................. 272-8549

EDUCATION

Central New Mexico Community College (CNM) ...................... Info Desk 224-3000
Offers occupational & trade classes, Arts & Science courses and a customized workforce training program .... ........................................... www.cnm.edu

CNM G.E.D., Adult Basic Education, and English as a Second Language:
$10 Application Fee and Government issued I.D. required ...................... 224-4282

Defensive Driving Classes
Classes for persons aged 50+ which can entitle them to a discount on their auto insurance. Small fee for classes.

AAA Driver Improvement Program .................................................. 291-6611
Classes on-line ............................................................................. www.seniordriving.aaa.com
American Automobile Association, 10501 Montgomery Blvd. NE
Mon. - Fri., 9 a.m. - 5:30 p.m., Sat., 10 a.m. - 2 p.m.

AARP Safe Driver Program 1930 Juan Tabo Blvd. NE, Suite J
To register for a 4 hr. class, contact a local senior center.

AARP Information Center, Mon. - Thurs., 10 am - 3 pm, Fri., 10 am - 1 pm .......... 830-3096

Department of Senior Affairs – DSA Senior Centers ............ 764-6400
Offer a variety of classes including computer, language, literature/writing, art, dance, drama, and more for ages 50+. Call individual senior center for details. (See “Senior Centers” for telephone numbers.)

Life Long Learning for New Mexicans (LLL) ......................... 888-7370; Catalog 888-7370
Offers affordable daytime academic courses for adults aged 50+ ................ www.lifelonglearningnm.org
No membership fee. Small fee per class.

OASIS (Enriching the Lives of Mature Adults) .......................... 884-4529
Arts, humanities and health maintenance classes/fieldtrips ................ www.oasisabq.org
Membership & class fees. Volunteer opportunities. Intergenerational tutoring.

Teeniors ................................................................................. 600-1297
Tech-savvy teens and millenials help seniors learn technology through one-on-one tutoring.
......................................................................................... www.teeniors.com

UNM Continuing Education ...................................................... 277-0077
Information and Registration .................................................. www.dce.unm.edu
10% discount for senior citizens aged 65+ for most classes. Office Hours: Monday - Friday 8:00 am to 5:00 pm
EMPLOYMENT

HELP - New Mexico, Inc. ................................................................. 766-4936
Income eligibility work experience program for low income adults 18+. Provides assistance with employment counseling, job placement and training.

New Mexico Work Force Connections, 501 Mountain Road NE ...... 1-877-664-6984 or 843-1900
Testing and assessment, resume assistance employment counseling, assistance with job placement & training. Information on unemployment benefits, etc. ........................................... www.jobs.state.nm.us

NM ALTSD Senior Community Service Employment Program
2550 Cerrillos Rd., Santa Fe, NM 87505 ........................................ 1-800-432-2080 or 1-866-451-2901

Title V Senior Employment Programs
Work experience programs to retrain low-income persons aged 55+ and assist them with job placement. Twenty hours per week at minimum wage.

Goodwill Industries Senior Community Service Employment Program ................................................................. 881-6401
5000 San Mateo Blvd. NE .......................................................... 998-2896

National Indian Council on Aging ............................................................. 292-2001
10501 Montgomery Blvd. NE, #210 87111 ................................ www.nicoa.org ........................................ (FAX) 292-1922

HEALTH CARE

Addiction Referral Programs

ALANON www.aisnm.org ................................................................. 262-2177

Alcoholics Anonymous Information ...........................................(Spanish) 266-3688; (English) 266-1900

Gamblers Anonymous ................................................................. 260-7272

Gamblers Hotline (New Mexico Council on Problem Gambling) ................................................................. 1-800-572-1142

Medication Disposal (Drug Take Back Initiatives)
Medications may also be disposed at any of 6 area command substations. Mon. - Fri. from 8:00 am - 5:00 pm

Foothills Area Command, 12800 Lomas Blvd. NE ................................................................. 332-5240
Northeast Area Command, 8201 Osuna Rd. NE ................................................................. 823-4455
Southeast Area Command, 800 Louisiana Blvd. NE ................................................................. 256-2050
Valley Area Command, 5408 2nd St. NW ................................................................. 761-8800
Southwest Area Command, 6404 Los Volcanes Rd. NW ................................................................. 831-4705
Northwest Area Command, 10401 Cibola Loop NW ................................................................. 768-4850

Narcotics Anonymous ................................................................. 260-9889

Nicotine Anonymous ................................................................. 1-877-879-6422

Overeaters Anonymous ................................................................. 891-2664

Central New Mexico Treatment, 630 Haines Ave. NW ................................................................. 268-5611

Health Information Lines

Alzheimer’s Helpline ................................................................. 266-4473 or 24 - Hour Helpline 1-800-272-3900
Answers questions about Alzheimer’s, dementia and aid programs; gives referrals to appropriate services.

Federal Health Insurance Market Place ................................................................. healthcare.gov or 1-800-318-2596
Provides information to individuals, families, and employees of small businesses to obtain health insurance coverage ................................................................. (Voice & TTY) 1-855-889-4325
Health Programs - Senior

American Heart and Stroke Association.................................................................(505)353-5800
Mission is to build healthy lives free of Cardio Vascular diseases and stroke.

GEHM Clinics - Geriatric Education and Health Maintenance - UNM College of Nursing
Nurse-managed clinics provide a variety of health promotion services for individuals 55 & over. Services include: blood pressure & diabetes screening; health assessments; counseling related to nutrition, health problems, aging process, medication management; diabetic self-management education and more. Appointments required for fitness physicals. Donations accepted but not required. All clinics held from 9 a.m. - 1p.m. Call the following senior centers for clinic dates at their centers:

- Barelas, 714 7th St. SW................................................................. 764-6436
- Bear Canyon, 4645 Pitt St. NE................................................................. 767-5959
- Highland, 131 Monroe St. NE................................................................. 767-5210
- Los Volcanes, 6500 Los Volcanes Rd. NW................................................................. 767-5999
- Manzano Mesa Multigenerational Center, 501 Elizabeth St. SE................................................................. 275-8731
- North Domingo Baca Multigenerational Center, 7521 Carmel Ave. NE................................................................. 764-6475
- North Valley, 3825 4th St. NW................................................................. 761-4025
- Palo Duro, 5221 Palo Duro Ave. NE................................................................. 888-8102
- South Valley Multi-purpose Center, 2008 Larrazolo Rd. SW................................................................. 468-7604

Senior Health Center, University Hospital................................................................. 272-1754
1101 Medical Arts Avenue NE (Building 4, Suite A)
Healthcare professionals evaluate and treat the special medical problems of individuals age 65 and older. Monday through Friday, 7a.m. - 5:00 p.m.

Health Programs – Other

Albuquerque Speech, Language and Hearing Center................................................................. 247-4224
9500 Montgomery Blvd. NE , Suite 215, Dispenses a comprehensive range of hearing aids, speech and language evaluations and therapy, hearing tests and related services. A wide range of insurance accepted. Mon. - Thurs., 8 a.m. - 6 p.m., Fri., 8 a.m. - 3 p.m.

General dentistry at:
- 2116 Hinkle St. SE................................................................. 843-7493 or 765-5683

Dental Care in Your Home................................................................. 615-0951
Complete dental care for individuals who are home bound due to illness, accident, special needs or age.

First Choice Community Health Care................................................................. 873-7401
Call for information regarding locations and medical/dental appointments

Alamosa: 831-2534 or 82001 Centro Familiar SW: 873-7400
First Choice Dental 1231 Candelaria Rd. NW................................................................. 345-3244
First Choice Dental 6900 Gonzales Rd. SW................................................................. 831-2534

Midtown Public Health Office, 2400 Wellesley Ave. NE................................................................. 841-4100
Preventive health services. S.T.D. (Sexually Transmitted Disease) clinic. Issues birth certificates.
Prescription Drug Assistance Program
Information about free & discounted prescription drugs

MEDBANK — NM Aging & Long Term Services Dept..........................................................1-800-432-2080
Provides assistance in obtaining medications for individuals of all ages who cannot afford prescription medications. A one-time emergency voucher may be available. Eligibility criteria’s may apply.

Mental Health Programs

NAMI (National Alliance on Mental Illness), Albuquerque..........................................................260-0154
www.namialbuquerque or www.nminm.org
10 a.m. - 1 p.m.; Support, education and advocacy for individuals dealing with mental health issues. If no answer, leave message.

Outcomes, Inc., 1503 University Blvd. NE  Email: info@outcomesnm.org........................................243-2551
Professional counseling, conflict resolution and social support to individuals and families......Fax 243-0446

UNM Psychiatric Center, 2600 Marble NE..........................................................260-0154
Inpatient, outpatient and emergency psychiatric care; specialized clinics.

Geriatric–Psychiatric Unit........................................................................................................272-8314
Short-term hospital treatment for individuals over 55 suffering from emotional disturbances.

Psychiatric Emergency Crisis Unit......................................................................................272-2920
A 24-hour service staffed by clinicians to respond to individuals with any type of psychiatric emergency. Psychiatric Unit for Persons 55+.

Senior Outpatient Clinic – for individuals aged 70+.............................................................272-2174
Information available about depression for individuals aged 65+........................................272-2174
Inpatient for individuals aged 60+

Senior Wellness Programs

Blue 60Plus............................................................................................................................816-4454
A no cost program offered by Blue Cross and Blue Shield of New Mexico (BCBSNM) for seniors 60 and older. The program educates members on how to stay active and healthy through seminars, social activities and health screenings. You do not need to be a BCBSNM member to join Blue 60Plus.

Lovelace Silver Elite.............................................................................................................727-5502
4101 Indian School Rd. NE. A FREE program exclusively for individuals over the age of 60 designed to help members get more out of life. Silver Elite provides the opportunity for Health Education Seminars, Health Fairs, screenings, social events and in-hospital benefits.

Manage Your Chronic Disease Program (MyCD)..........................................................880-2800
Supports improvement in the physical and emotional health of adults with chronic diseases and/or their caregivers, by helping them gain self-confidence in their ability to manage their symptoms and how their health problems affect their lives. Workshops sessions last 2.5 hours each and occur once a week for six weeks. Pre-registration required. Choice of class sites.

Presbyterian Senior Connection..........................................................................................823-8352
A community membership program, for ages 60 and over, focusing on the special wellness needs of seniors. Provides health promotion, education and social opportunities. Reasonable one-time enrollment fee.

HOME SERVICES

Central New Mexico Housing Corporation (Weatherization)..............................................345-4949
703 Osuna Rd NE, Ste #2. Weatherization for low-income occupant homeowners within Bernalillo, Sandoval, Torrance, and Valencia counties and some pueblos. Assessment for energy conservation measures. Does not provide skirting for mobile homes. No water bills paid.
Department of Senior Affairs Home Services Programs

*Contributions requested. No one will be denied services if he/she chooses not to contribute.

DSA Home Chores*: 764-6400
Chore services such as light yard cleaning for safety purpose, limited to 15 ft. perimeter; installation of smoke detectors for Bernalillo County homeowner occupants aged 60+.

DSA Home Retrofit*: 764-6400
ADA wheelchair ramps, walker steps, step modifications, fall prevention equipment, and bathroom safety equipment. Must be 60+ & permanent resident of Bernalillo County. Age and income eligibility may apply.

DSA Minor Home Repair*: 764-6400
Minor repairs for homeowner occupants over 60 within Bernalillo County.
Non-licensed work only.

Home Owners Rehabilitation Programs

Office of Neighborhood Revitalization, City of Albuquerque: 767-5825
Bernalillo County Housing Dept., 1900 Bridge Blvd. SW: 314-0208

Love, Inc. of South Albuquerque: 293-3533
Provides handyman services to include minor home repairs, heating and heat/AC switch overs. Provides furniture and household items to clients in permanent residence.

Sawmill Community Land Trust (Emergency Minor Home Repair): 764-0359
990 18th St. NW. Minor repairs for occupant homeowners who live within City limits and meet income eligibility requirements.

HOUSING

Albuquerque Apartments: www.apartmentguide.com
Search for information on affordable rental housing. Check with libraries & community centers about accessing their computers.

Albuquerque Heading Home: 226-1700 FAX: 226-1705
Provide permanent, supportive housing solutions to individuals and their families who are medically vulnerable and have experienced chronic homelessness. Hours of Operation: M - F, 9:00 am to 5:00 pm

Department of Senior Affairs’ Senior Information Line: 764-6400
Information about retirement communities, subsidized/affordable housing, mobile home parks for adults, etc.

Housing Discrimination

Housing Discrimination Hotline: 1-800-669-9777
U.S. Dept of Housing & Urban Development (HUD)
City of Albuquerque, Office of Diversity & Human Rights: 768-4589
One Civic Plaza NW, Room 4072, Albuquerque, NM 87102

Landlord/Tenant Problems – New Mexico Legal Aid, 301 Gold SW 87102: 243-7871
Public benefits, domestic violence victims only, landlord, and other civil legal matters for low-income individuals.

Office of Neighborhood Coordination: 768-3334
www.cabq.gov/planning/our-department/office-of-neighborhood-coordination

Rental Assistance and Public Housing Information

Albuquerque Housing Authority, 1840 University Blvd. SE: 764-3920
Bernalillo County Housing Dept., 1900 Bridge Blvd. SW: 314-0200
Reverse Home Equity Loan Information: www.aarp.org/money/revmort
Government program allowing seniors to draw down money on their home equity. For information visit AARP website.

**IN-HOME CARE AND CAREGIVER RESOURCES**

**Abuse, Neglect and Exploitation**

**NM Adult Protective Services Intake (APS/ALTSD)**: 1-866-654-3219
Investigates allegations of abuse, neglect and/or exploitation of individuals 18 years and older. Offers services to prevent or remedy above situations.

**New Mexico Children, Youth & Families**
Statewide Central Intake & Foster Future Hotline: 1-855-333-7233 (from cell phone #7233)
Investigates all allegations of ABUSE, NEGLECT and/or EXPLOITATION of individuals 18yrs and older. Offers services to prevent or remedy above situations.

**Care Coordination**

**DSA Care Coordination**: 764-6400
Comprehensive in-home assessment of individuals aged 60+, linkage with appropriate services & on-going follow up.

**Homemaker Services**

For eligibility assessment, call DSA Senior Information: 764-6400
Homemaker services for Bernalillo County seniors aged 60+ who need help with two or more activities of daily living.

**Respite Care**

Adult Day Services (Licensed),
Safe and pleasant places for frail elders aged 60+ and adults with disabilities age 18+ to stay during the day. Prevent premature institutionalization, provide respite for caregivers and provides social and recreational activities. Snacks, lunch and limited transportation to and from site. Limited Area Agency on Aging Resources are available to support adult daycare services for people aged 60+.

Cornucopia, 2002 Bridge Blvd. SW: 877-1310
Share Your Care: www.shareyourcare.org: 298-1700
Barelas, 714 Seventh St. SW: 764-6445
Bear Canyon, 4645 Pitt St. NE: 291-6219
Los Volcanes, 6500 Los Volcanes Rd. NW: 836-8797
North Valley, 3825 Fourth St. NW: 761-4001
Ponderosa, 5301 Ponderosa Ave. NE: 881-8982

Respite Care
For eligibility assessment, call DSA Senior Information: 764-6400
In-home care for frail elders whose caregivers need temporary relief.

**Respite Voucher Program, Alzheimer’s Association**: 266-4473 or 1-800-272-3900
Financial assistance for caregivers of individuals with Alzheimer’s/dementia.
Extensive Long-Term Care Programs
(Nursing Home Alternatives)

Centennial Care (Medicaid), Human Services Department

Application questions, Medicaid Expansion Hotline..................................................1-855-637-6574
General questions, Medicaid benefits/coverage/getting a new Medicaid card........1-888-997-2583

Centennial Care (Medicaid), Managed Care Organizations,
Member Services Toll Free Contact numbers:

Blue Cross and Blue Shield of New Mexico............................................................1-866-689-1523
Molina Health Care...................................................................................................................1-877-373-8986
Presbyterian Health Plan...........................................................................................505-923-5200
Outside Albuquerque..........................................................................................1-888-977-2333
United Healthcare Community Plan........................................................................1-888-236-0826

InnovAge Greater NM PACE Program, 904 - A Las Lomas Rd. NE, Albuquerque.................924-2650
Program of All-inclusive Care for the Elderly (PACE): Day health center including medical clinic, adult day
care, social services, rehabilitation, transportation, in-home services & inpatient care (when needed) for se-
niors aged 55+ who live in Bernalillo County or within 30 minutes travel from the center. Free for Medicare &
Medicaid recipients. Private pay accepted.

NM Aging & Long Term Services Department, Aging and Disability Resource Center
Centennial Care (Medicaid), Community based Central Registry Waiting List.........................1-800-432-2080

Caregiver and Other Services

Alzheimer’s Helpline........................................................................................................266-4473 or 1-800-272-3900

Department of Senior Affairs’ Senior Information Line..............................................764-6400
Information & literature about support services, such as personal emergency response systems, support
groups, grocery stores & pharmacies that deliver to the home, assisted living facilities, nursing homes, hos-
pices, homemaker agencies, & case management programs.

Long-Term Care Ombudsman Program, 625 Silver SW, Suite 414..........................383-3900 or 1-866-842-9230
Responds to complaints from or on behalf of residents of nursing homes.....www.nmaging.state.nm.us
and adult residential care homes (assisted living). Advocates for residents to resolve complaints.

N.M. Aging & Long Term Services - Aging & Disability Resource Center.....1-800-432-2080
Information and referral to programs or providers in the Long-Term Care System (services for consumers
who have limitations in their ability to perform activities of daily living due to physical and/or cognitive im-
pairment).

Savvy Caregiver, Alzheimer’s Association.................................................................266-4473
A classroom style 12 hour program which enables persons caring for an individual with Alzheimer’s to de-ve-
lop a sense of control with practical tools and skills for caregiving. Provides education about Alzheimer’s and
related dementias. A savvy and informed approach to effective caregiving. Also available through the Veteran-
an’s Savvy Caregivers Program. Classes available in Spanish.
Silver Alert.................................................................................................................................764-6400
A public notification system to broadcast information about missing individuals who suffer from Alzheimer's disease and/or dementia. Caregivers register their 60 and older individuals through the Dept. of Senior Affairs, which places a picture and vital information on a USB drive and gives it to the Caregiver. When the caregiver determines their person is missing, they provide the Albuquerque police with the USB drive. If the individual is not found immediately, the Silver Alert will be issued, notifying all media sources of the importance of finding the individual as quickly as possible.

NUTRITION RESOURCES

Department of Senior Affairs
Senior & Multigenerational Centers and Meal Sites

*Lunch contributions requested. No one will be denied services if he/she chooses not to contribute.

Breakfast and lunch for seniors aged 50+. Fee charged.

Bear Canyon Senior Center, 4645 Pitt St. NE, 87111.................................................................767-5959
Highland Senior Center, 131 Monroe St. NE, 87108.................................................................767-5210
Palo Duro Senior Center, 5221 Palo Duro Ave. NE, 87110.......................................................888-8102

Breakfast. Fee charged. Lunch for seniors aged 60+. Contribution requested.* Fee charged for guests under age 60. Must call before 12:00 noon the day before you want a reservation.

Barelas Senior Center, 714 7th St. SW, 87102.........................................................................764-6436
Los Volcanes Senior Center, 6500 Los Volcanes Rd. NW, 87121............................................767-5999
Manzano Mesa Multigenerational Center, 501 Elizabeth St. SE, 87123..............................275-8731
North Domingo Baca Multigenerational Center, 7521 Carmel Ave. NE 87113........764-6475
North Valley Senior Center, 3825 Fourth St. NW, 87107........................................................761-4025

Lunch for seniors aged 60+. Contribution requested.* Fee charged for guests under age 60. Must call before 12:00 noon the day before you want a reservation. Activities and socialization opportunities. Transportation provided for neighborhood participants at some sites. Monday through Friday, 9 a.m. - 2 p.m.

Meal Sites

Alameda Meal Site/Raymond G. Sanchez, 9800 Fourth St. NW, 87114.................................897-8896
Armijo Meal Site, 1714 Centro Familiar Blvd. SW, 87105.......................................................873-0047
Ed Romero Terrace Meal Site, 8100 Central Ave. SE, 87108...............................................232-8880
Embudo Towers Meal Site, 8010 Constitution Ave. NE, 87110...........................................764-6467
Encino Gardens Meal Site, 412 Alvarado Dr. SE, 87108.........................................................266-7736
Encino Terrace Meal Site, 609 Encino Place NE, 87102.........................................................247-4185
La Amistad Meal Site, 415 Fruit Ave. NE, 87102.................................................................848-1395
La Mesa/Cesar Chavez Meal Site, 7505 Kathryn Ave. SE, 87108........................................256-2680
Los Duranes Meal Site, 2920 Leopoldo Rd. NW, 87104......................................................767-5900
Mountain Communities/Tijeras Meal Site, #10 Tijeras Ave., Tijeras, 87059................286-4220
Paradise Hills Meal Site, 6001 Paradise Blvd. NW 87114.......................................................314-0246
Albuquerque Meals-On-Wheels................................................................. 823-8082
Home-delivered meals and daily social contact for the elderly, homebound, convalescing, and disabled. Special diets available and special rates may be available. No age restrictions. Mon. thru Fri., 9 am - 2 pm.

DSA Home-Delivered Meals, Department of Senior Affairs
Initial requests........................................................................................................ 764-6400
Meal delivery information.................................................................................... 764-6433
Home-delivered meals for frail homebound elderly 60+ who cannot cook for themselves and have no one available to cook for them. Heart-healthy meals. Limited frozen weekend meals. Based on availability. Contributions requested. No one will be denied services if he/she chooses not to contribute.

Other Food Sources

Commodities
EBT Card/SNAP, formerly Food Stamps, Income Support Division, N.M. Human Services Department
Eligibility information at nearest area Income Support Office:
Northeast: 4330 Cutler Ave. NE................................................................. 222-9600
for residents east of San Mateo & north of Central
Northwest: 1041 Lamberton Place NE.................................................... 841-7700
for residents west of San Mateo & north of Central
Southeast: 1711 Randolph Rd. SE........................................................... 383-2600
for residents south of Central & east of the river, including the East Mountain area
Southwest: 3280 Bridge Blvd. SW............................................................ 841-2300
for residents west of the river & south of I-40, including Isleta Pueblo

ECHO Inc. CSFP, 300 Menaul Blvd. NW, Suite 226..................................... 242-6777
Box of food each month if income eligible and 60+ years of age. Need proof of income & proof of residency.

Roadrunner Food Bank Call for locations....................................................... 247-2052
TEFAP (The Emergency Food Assistance Program) emergency food boxes for low-income individuals distributed at various food pantries.................................................. www.rrfb.org

Salvation Army Emergency Food Project, 411 Broadway Blvd. SE................. 872-1171
Groceries for persons who are in need. Require proof of residency and income plus a picture ID. ID also needed for other household members.

Silver Horizons, 3540 Pan American Freeway NE, Email: info@silverhorizons.org 884-3881
Food distribution program helps keep nutritious foods available to low-income seniors who make the choice between buying groceries, paying their utility bills, paying for necessary medications, or covering other life expenses.
The Storehouse, 106 Broadway Blvd. SE.................................................................842-6491
Emergency food boxes and clothing for low-income, unemployed or homeless individuals. A monthly food box program for elderly and disabled homebound persons. Require New Mexico photo ID and birth certificate for children. Hours are Wednesday - Friday, 9:00 a.m. to 12 p.m. **Food Only:** Saturdays, 9:00 a.m. to 11 a.m. (Closed 1st Saturday of month. Mobile pantry open. Pet food program every 3rd Friday of the month. **Storehouse Mobile Pantry** at Westside Community Center, 1250 Isleta Blvd. SW, **CERRADO** (SMNP en el Centro Communitario Westside 1st Friday of the month, 9:00 am - 11:00 am)

**PET RESOURCES**

Animal Humane Society of New Mexico........................................................................255-5523
Adoptions, spay/neuter services, vaccination clinics, donor-subsidized Veterinary clinic for qualified individuals, trap-neuter-return for feral cats, etc.

City of Albuquerque, Animal Welfare...........................................................................Call 311 or 768-1975
Low cost/free spay and neuter for cats and dogs for qualified individuals, animal noise, licenses, adoptions, rescue group lists, education. Proof of residency, proof of income, current driver's license/I.D.

Street Cat Hub..........................................................Email: streetcathub@gmail.com..........................................................247-9357
Information about sterilizing the unowned street cats in your neighborhood

Best Friends Pet Cremation..........................................................................................345-5615
Cremation and cemetery

New Mexico Animal Friends.......................................................................................881-7297
Adoptions: Rescue homeless dogs and cats; Spay-neuter services; temporary foster care available until permanent home is found.

**PHYSICAL FITNESS**

Department of Senior Affairs - Senior Sports & Fitness.................................................880-2800

**DSA Senior Exercise Program:** Exercise to Music (low impact aerobics), Stretch & Tone, Stability Balls, and Gentle Exercise classes at all 7 Centers and many satellite centers.

**DSA Adapted Aquatics:** Centers transport to exercise classes for individuals with arthritis and/or limited mobility in a warm water therapy pool.

**DSA Winter Sports Program:** Lessons & day trips in snowshoeing, downhill & cross country skiing, & overnight ski trips to Colorado.

**DSA Winter Sports Competitions:** Downhill & cross country skiing, snowboarding, snowshoeing, snowball throwing for accuracy & distance, team ice hockey, & ice skating.

**DSA Albuquerque 50+ Olympics:** Competitions in 26 sports and 100+ events each spring for Albuquerque/Bernalillo County residents aged 50+. Winners advance to both State and National Senior Olympics. Year round practices, leagues, & workshops also offered.

**DSA Weight Training/Fitness Facilities:** State-of-the-art exercise equipment to assist seniors to improve strength & maintain a healthy lifestyle. Prior to use, participants are advised to attend an orientation.

Los Volcanes 50+ Sports & Fitness Center.................................................................767-5990
6500 Los Volcanes Rd., NW, Suite B.

Manzano Mesa Multigenerational Fitness Room.......................................................275-8731
501 Elizabeth St. SE, 87123. Open to those aged 18+.
Taylor Ranch Community Center, 4900 Kachina Rd. NW 87120
........................................768–6006
Fitness facility on Albuquerque's Westside. Treadmills, bikes, steppers, elliptical trainers & weight machines
for a complete workout. Monday - Friday, 8:00 a.m. - 9:00 p.m.; Saturday 9:00 a.m. - 3:00 p.m.
Silver Sneakers/YMCA
Program offers exercise/conditioning classes, social events, health workshops and screenings. Fees may
apply.
Anytime Fitness, 5809 Juan Tabo Blvd. NE..........................................................934-0524
Defined Fitness, 4930 McLeod Rd. NE................................................................888-7097
Defined Fitness, 3301 Juan Tabo Blvd. NE.........................................................296-7000
Horn Family YMCA, 4901 Indian School Rd. NE................................................265-6971
McCleod Mountainside Family YMCA, 12500 Comanche Rd. NE...............292-2298
New Heart Phone, 601 Lomas Blvd. NE..............................................................881-8195
The Open Gym, 4200 Wyoming Blvd. NE...........................................................299-2475

For more information about other recreational opportunities and fun sports and fitness programs, call the
Department of Senior Affairs - DSA Senior Information........................................764-6400
SENIOR & MULTIGENERATIONAL CENTERS

City of Albuquerque/Bernalillo County Department of Senior Affairs

Recreational activities, meals, educational opportunities, social services, health screenings and more are provided for the 50+ population. Open 8:00 a.m. to 5:00 p.m., Monday through Friday; Saturday and evening hours vary at each site. Call 764-6400 for a current schedule or visit us online: www.cabq.gov/seniors.
(See Nutritional Resources page for listing of City of Albuquerque Satellite Senior Centers.)

Barelas, 714 7th St. SW, 87102...............................................................................................................................764-6436
Bear Canyon, 4645 Pitt St. NE, 87111.......................................................................................................................767-5959
Highland, 131 Monroe St. NE, 87108...........................................................................................................................767-5210
Los Volcanes, 6500 Los Volcanes Rd. NW, 87121................................................................................................................767-5999
North Valley, 3825 4th St. NW, 87107...........................................................................................................................761-4025
Palo Duro, 5221 Palo Duro Ave. NE, 87110.........................................................................................................................888-8102
Manzano Mesa Multigenerational Center, 501 Elizabeth St. SE, 87123.................................................................275-8731
North Domingo Baca Multigenerational Center, 7521 Carmel Ave. NE, 87113.........................................................764-6475

The two Multigenerational Centers are for all ages, providing recreational activities, meals, educational opportunities, social services, health screenings and much more for participants age 6 and over. Open 8:00 a.m. to 9:00 p.m. - Monday through Friday, 9:00 a.m. to 3:00 p.m. on Saturdays.

Other Centers

Albuquerque:

South Valley Multi-Purpose Center, 2008 Larrazolo Rd. SW, 87105.................................................................468-7341
Taylor Ranch Community Center, 4900 Kachina St. NW, 87105.................................................................768-6006

Belen:

Belen Senior Center.....................................................................................................................................................864-6739 or 864-2663
715-A South Main, 87002........................................................................................................................................www.co.valencia.nm.us
Del Rio Senior Citizens Center, 351 Rio Communities Blvd., 87002.................................................................864-7500

Bernalillo:

Bernalillo Senior Citizens Center, 255-B Camino del Pueblo, 87004.................................................................867-9448

Bosque Farms:

Bosque Farms Community Center, 950 North Bosque Loop, 87068.................................................................869-5133

Corrales:

Corrales Senior Center, 4324-A Corrales Rd., Corrales, NM 87048.................................................................897-3818

Los Lunas:

Fred Luna Senior Citizens Center, 315 Don Pasqual Rd 87031...............................................................................839-3853
Meadow Lake Senior Citizens Center, 100 Cuerro Lane 87031.............................................................................865-8824

Rio Rancho:

Meadowlark Senior Center, 4330 Meadowlark Lane SE, 87124.............................................................................891-5018
Meadowlark Meal Program, 4330 Meadowlark Lane SE, 87124.............................................................................896-8313

Tijeras:

Tijeras Senior Center, #10 Tijeras Ave., Tijeras, NM 87059. Mailing Address: P.O. Box 9 Tijeras Ave, Tijeras, NM, 87059.................................................................................................286-4220
Catholic Charities, 2010 Bridge Blvd. SW 87105.................................................................724-4659
Transportation to medical appointments, grocery shopping..................................................www.ccasfnm.org
and business offices for seniors 60+. Services free but donations are welcome. Registration and 1 week notice required. One ride per week.

City Transit..................................................................................................................................www.cabq.gov/transit
ABQ Ride..........................................................................................................................................243-7433
$1.00 for persons under 62. $0.35 for individuals over 62 with a government issued picture ID or driver’s license with date of birth. Fee for original card: $2.00. Act Now discounted bus pass: $30.00. Regular/$12.00 Seniors.

ABQ Mini-Ride/Sun Van
For applications call.................................................................................................................................724-3100
For reservations call...............................................................................................................................243-7433
For certified mobility impaired persons living within Albuquerque & most of Bernalillo County. $2.00 one way. Wheelchair capable. Rides must be cancelled 2 hours prior to the scheduled ride.

Department of Senior Affairs - Transportation Program...............................................................764-6464
Medically-related or other transportation for individuals age 60+. Wheelchair accessible. Rides scheduled on first call basis. Requests may be made the day before or up to one week prior to the date that a ride is needed.

Seniors with special transportation needs: call DSA Senior Information........................................764-6400
Contributions requested. No one will be denied services if he/she chooses not to contribute.

Vet Connect.....................................................................................................................................1-800-672-7006
Free transportation for veterans through various agencies.............................................................www.vetconnectonline.org

ID Cards (for persons without drivers’ licenses) can be purchased at:

NM Motor Vehicle Division (MVD) www.mvd.newmexico.gov.................................................1-888-683-4636
Monday - Friday 8 am - 4 pm. State operated - No age limit. $18.00 for 4-year card/$34.00 8 year card. Free for individuals age 75+.

Bernalillo, 829 Camino del Pueblo........................................................................................................867-5171
Montgomery Plaza, 4575 San Mateo NE, Suite G-190.................................................................875-0715
Rio Bravo, 3211 Coors Blvd. SW, Suite D-10..................................................................................452-9239 or 452-9240
Rio Rancho, 4114 Sabana Grande Ave. SE......................................................................................1-888-683-4636 or 891-5014
Sandia Vista, 11500 Menaul NE, Blvd. Suite F-1 $10.00 4 yr. ID. $18.00 8 year ID....................292-4570
Tijeras, #12 Camino Municipal, Tijeras............................................................................................281-2250
Kirtland AFB, 1451 4th St. SE, Bldg. 20245, Albuquerque, NM 87117.................................846-8390
Military Access Only, 5.00 fee, Credit Card
Foster Grandparent Program
Volunteer opportunities for seniors (aged 55 and over) to volunteer with special needs children; stipend available for those that qualify.

RSVP (Retired & Senior Volunteer Program)
Recruits and facilitates the placement of volunteers (aged 55 and over) in public and non-profit organizations to meet community needs.

Senior Companion Program
Volunteer opportunities for seniors (aged 55 and over) to volunteer with homebound elderly; stipend available for those that qualify.

Volunteer Today!

LEAD. INSPIRE. CHANGE THE WORLD... AGAIN.

We offer a wide variety of volunteer opportunities.
Do you have time, talents, skills, or hobbies you would like to share? If you do, please call the RSVP office at 767-5225

www.cabq.gov/seniors

STOP Senior Hunger
Over 3 million seniors over the age of 65 are faced with the decision to pay for food or pay for medicine.

Donate Senior-friendly food at:
- Senior Centers
- Multigenerational Centers
- Sports & Fitness Centers
MOST FREQUENTLY CALLED TELEPHONE NUMBERS

City of Albuquerque Department of Senior Affairs..........................................................764-6400
City of Albuquerque Department of Senior Affairs Administration Offices..............764-6432
311 (City of Albuquerque Citizens Contact City-Wide Information Center).................768-2000 or 311
911 (Emergency)..............................................................................................................911
Albuquerque Ambulance Service (*24/7)........................................................................761-8200
Animal Control..................................................................................................................311
Animal Humane Association.........................................................................................255-5523
Fire Department (City of Albuquerque Fire/Rescue)......................................................833-7397
(County Fire Department/Rescue)................................................................................798-7000
Poison Control (New Mexico Poison/Drug Information)..............................................1-800-222-1222
Police Department (Albuquerque Police Department)..................................................242-2677/242-COPS
Road Services (New Mexico Department of Transportation [DOT]).............................798-6600
Sheriff’s Department (Bernalillo County Sheriff’s Department).....................................798-7000
Solid Waste Management Department
(Garbage/Trash Pick-up Information)...............................................................................761-8100
(Residential Large Item Pick-up)....................................................................................761-8100
Utilities
(PNM – Public Service Company of New Mexico).........................................................246-5700
(New Mexico Gas Company).........................................................................................1-888-664-2726
Water Utility Authority Albuquerque Bernalillo County (Billing Inquiries)..............842-9287
(Emergencies After Hours)* 24/7...................................................................................842-9287 Option #1

* 24/7
For as long as we can remember, nothing beats a true partner.

Through it all.®

For more than 75 years, Blue Cross and Blue Shield of New Mexico has been a local health insurance company giving more families peace of mind knowing no one’s closer to their well-being.