

**ONE**  
**ALBUQUE**  
**RQUE** senior affairs

**2023-2024**

# Quick Guide

TO SENIOR SERVICES

Volume 34



**Timothy M. Keller, Mayor | Anna M. Sanchez, Director**

Sponsored by:



A Division of Health Care Service Corporation, a Mutual Legal Reserve Company,  
an Independent Licensee of the Blue Cross and Blue Shield Association

[www.cabq.gov/seniors](http://www.cabq.gov/seniors)

Welcome to the City of Albuquerque's Department of Senior Affairs Quick Guide for 2023!

The City of Albuquerque's Department of Senior Affairs (DSA) is thrilled to bring you this 2023 edition of the Quick Guide to Senior Services. With the COVID-19 pandemic almost in the rear-view mirror, we feel extremely hopeful and optimistic as we continue to pursue our mission centered on care and compassion of helping our neighbors thrive while aging.

This guide serves as an important tool for our community -- especially as we engage in the process of reconnecting with many of our pre-pandemic community partners -- all in an effort to provide you and your family with the most up-to-date information possible.

DSA has taken intentional steps to put the lessons learned during the COVID-19 pandemic into action, as well to meet the evolving needs of our community as more seniors desire to age in place and continue living independently. We are proud to live in a city that champions the positive aging of older adults and recognizes the need to change and adapt as the population ages.

This includes finding new ways to leverage our Senior and Multigenerational Centers to improve the overall health and well-being of Albuquerque's older adult population -- from hosting technology workshops to expanding our meal programs for those 60 and older. It takes all of us working together to ensure that everyone in our community has the opportunity to thrive.

DSA has also refined its practices to better accommodate the growing need for popular services such as our Home Services program and expanded Senior Transportation options. Already, we have seen participation in many of our programs return to pre-pandemic levels, including many of our fitness and wellness offerings. To refine our focus, we have released a Strategic Plan to guide our work and prepare for growing demand as our population ages. Learn more at [cabq.gov/seniors/about-senior-affairs](http://cabq.gov/seniors/about-senior-affairs).

In addition, we will continue our work to ensure that our seniors are well-informed and well-protected against illnesses like COVID-19 and influenza by expanding access to vaccine clinics at our Centers, thanks in part to a grant the Department was recently awarded by the National Council on Aging (NCOA).

DSA strives to create connections between seniors and people of all ages that promote the sharing of wisdom and enhance the well-being of the entire community. This Quick Guide contains an extensive collection of resources from the City and our partners that are available to help support you and your loved ones. In addition to programs and services from DSA, you will find information pertaining to other City programs, departments, non-profit organizations, and government agencies.

Of course, if you have any questions or require additional support, you can always reach out to DSA at (505) 764-6400 or by email at [seniorinformation@cabq.gov](mailto:seniorinformation@cabq.gov). Our knowledgeable staff members are available Monday through Friday between 8:15 am and 4:30 pm to assist you and help connect you to the most up-to-date resources. We are here and ready to serve you, our neighbors.

Many thanks to Blue Cross Blue Shield of New Mexico for making the production of this Quick Guide possible!

Sincerely,



A handwritten signature in black ink that reads "Timothy Keller". The signature is written in a cursive, flowing style.

**Timothy M. Keller, Mayor**

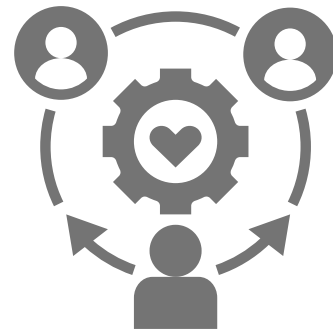


A handwritten signature in black ink that reads "Anna M. Sanchez". The signature is written in a cursive, flowing style.

**Anna M. Sanchez, Senior Affairs Director**

## The Department of Senior Affairs offers a continuum of services designed to support our community as they age:

- Senior, Multigenerational and 50+ Sports and Fitness Centers
- Senior Meal Sites
- Care Coordination
- Home Delivered Meal Service
- Home Chores, Minor Repairs
- Transportation
- Referral Assistance and more..



Requirement for some services:

- Age 60 and older
- Bernalillo County Resident

**Senior Information & Assistance Line: 505-764-6400/TTY: 1-800-659-8331**  
**Hours: Monday-Friday 8:15am-4:30pm Website: [cabq.gov/seniors](http://cabq.gov/seniors)**

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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 a person chooses not to contribute.

The information in the Quick Guide to Senior Services is correct, to the best of our knowledge, as of January 2023. Inclusion of a service does not imply endorsement, nor does exclusion reflect on the quality of service.



# CASE MANAGEMENT

Call: (505) 764-6400

The **CASE MANAGEMENT** program links seniors and un-paid caregivers to critical support services.

The **Case Management** program (CM) is a client-centered, social model of case management. The approach is to identify and arrange appropriate support services that meet basic needs, promote independent living, and enhance quality of life.

Case Management functions as a link between the client, family caregivers, and service providers to facilitate an appropriate, comprehensive, and coordinated response to needs and maximize all resources and services available in the community to meet these needs.

Services are provided at no cost. Individuals with the greatest economic or social need are prioritized.

To be eligible for services, one must live in Albuquerque/Bernalillo County and be age 60 and older; or be an unpaid caregiver of someone age 60 and older. For some services, other eligibility criteria may exist.

Referrals for services are made by a Case Management Coordinator only after the completion of an in-home assessment to determine eligibility.

<b>Area Agency on Aging Funded Services*</b>	
Adult Day Care	Adult Day Care is designed to support and assist family caregivers so they may continue to care for their loved one in good health with minimal stress, preventing or delaying the need for institutionalization.
Home Delivered Meals	Home Delivered Meals support goals of improving or maintaining senior health and decreasing feelings of isolation through sound nutrition and informal safety checks.
Homemaker	Homemaker services aid with shopping, money management, light housework, preparing meals, some transportation and errands, personal care and supervision to persons needing help with daily living activities like bathing, grooming, eating, dressing, etc.
Home Services	Home Services performs chores, repairs, and retrofit to promote independent living (see next page).
Respite (In-Home Care)	Respite services provide brief periods of relief or rest for non-paid caregivers. Both caregiver and care recipient are registered.
<b>AmeriCorps Seniors Funded Services</b>	
Senior Companion Program	Senior Companion Program (SCP) matches senior volunteers with clients experiencing isolation and loneliness. SCP volunteers provide friendship, assistance, and companionship and may run errands or accompany clients on outings.

*\*Some services require periodic reassessments.*

# HOME SERVICES

The **HOME SERVICES** program performs chores, repairs, and retrofit to promote safe, independent living.

The **HOME SERVICES** program **does not perform cosmetic services or services requiring a license.** Materials and/or equipment are provided unless otherwise noted. Services are provided at no cost. Donations are welcomed; however, no one is denied services based on their inability to donate. Individuals with the greatest economic or social need are prioritized.

To be eligible for services, one must live in Albuquerque/Bernalillo County and be age 60 and over. Some services are limited based on availability or other eligibility criteria as indicated by the following categories.

<b>For Homeowners Who Occupy The Service Address:</b>	
Door Knobs and/or Locks	Replacement or Repair on Exterior / Bathroom Doors Only
Wireless Doorbell	Limit One (1) per Home
Flooring Trip Hazards	Threshold Strip, Carpet Edge Tacking, or Reflective Paint
Smoke Detectors	Limit Two (2) per Home
Carbon Monoxide Detector	Limit One (1) per Home
Fire Extinguisher	Limit One (1) per Home (no servicing)
Batteries	For Detectors or Doorbell
Lightbulbs	Standard Bulbs Provided. Specialty Bulbs Not Provided; Installation Only.
Yardwork (Seasonal)	For Safety and/or Code Enforcement Citations Only; No Landscaping. Requests accepted February - April for Spring; August - October for Fall. Limited to 1 Request per Year; Spring or Fall (on a rolling-calendar basis)
Evaporative Cooler	Spring Start-Up – Requests Accepted Beginning in April Fall Shut-Down – Requests Accepted Beginning in August (No Cooler Maintenance or Repairs)
Firewood	Two Wheelbarrows per Home. Homes with Fire as the Sole Source of Heat are Prioritized
<b>For Homeowners Who Occupy the Service Address and Are Not Receiving Services Through Other Federal or State Sources (i.e. Centennial Care, VA, Medicaid Waiver, etc.); Contingent on an In-Home Assessment*;</b>	
Durable Equipment**	Delivery of: Toilet Seat Riser or Bedside Commode; Tub Transfer Bench or Shower Seat (with or without back)
Safety Equipment**	Bathroom Grab Bars (2 per Home) or Toilet Frame, Hand-Held Shower (w/ 5-ft. hose)
Safety Railing	Exterior Metal Pipe Railing or Wooden Railing, Interior Wooden Banister
Step Modification	Interior or Exterior Steps for Cane / Walker User
Doorway Modification	Hinge Expansion (1 exterior and 1 bathroom) for Walker / Wheelchair User
Wheelchair Ramp	Wood (stained/sealed; not painted) or Pre-Fabricated Metal

*\*Assessments Performed by a Senior Affairs Case Management Coordinator to Determine Eligibility, Including Barriers to Performing Daily Activities*

*\*\*Available to Renters with Owner's Signed Permission Form Submitted Within 30 Days*

# SILVER ALERT SYSTEM



The **SILVER ALERT** System helps caregivers and families find missing loved ones who may not be aware of their surroundings or who have wandered due to cognitive impairment.

## WHAT IS SILVER ALERT?

Enacted in 2013, SILVER ALERT is patterned after the Amber Alert. Instead of missing children, this alert informs the public about endangered, missing adults over the age of 50, with irreversible cognitive impairments such as Alzheimer's or other dementia.

## HOW DOES SILVER ALERT WORK?

The SILVER ALERT System works much like an Amber Alert. The at-risk missing person is reported to law enforcement. Responding officers may ask for personal information that indicates the person has dementia or other cognitive impairments. Caregivers will be asked to provide details that will help locate the missing or endangered loved one.

After verification, police inform the state agency tasked with issuing alerts. In many states, including New Mexico, the Department of Public Safety is able to issue alerts. Once issued, the alert is displayed on electronic highway signs as well as broadcast on radio and television as well as various social media outlets. Time is of the essence in these situations.

SILVER ALERT is a valuable way to help ensure loved ones safety before further harm can come to them.

## HOW TO REPORT SOMEONE MISSING THAT FALLS UNDER THE SILVER ALERT LAW:

- **CONTACT** law enforcement immediately.
- **INFORM** the dispatch officer your loved one has dementia, Alzheimer's or other cognitive impairment.
- **KEEP** a current photo, description and vital medical info to quickly give it to law enforcement.

## HAVE A PLAN IN CASE YOUR LOVED ONE WANDERS.. We can help you be prepared.

### Plan ahead...

The Department of Senior Affairs can provide families with a **FREE** portable USB drive and assist in storing the following information:

- A recent photograph
- Description information
- Important medical information

In the event their loved one at risk, wanders and is missing, caregivers can provide the USB drive to Albuquerque Police Department officers with their loved one's vital information.

**For assistance in preparing your free portable USB drive, call (505) 764-6400 Monday through Friday, 8:30 a.m. to 4:30 p.m.**



The **Vial of Life** program is a universal, smart way to have personal medical information on hand in case of an emergency. This could be critical for older adults living alone, especially those with constant medical changes and medications. The **Vial of Life** is designed to speak for someone when they can't speak for themselves. The **Vial of Life** kit contains important medical information that can assist emergency personnel in administering the proper medical treatment.

## HOW DOES VIAL OF LIFE WORK?

The **Vial of Life** program is a simple four step process:

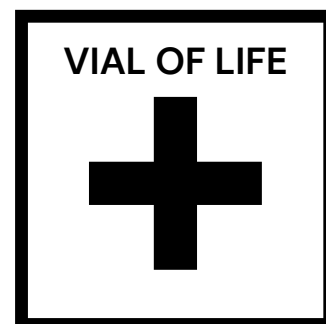
- Individuals can complete the form which has instructions in English, Spanish and Vietnamese with their current medical information.
- Place the completed form into the "vial" or baggie.
- Place the baggie on the refrigerator door using the Vial of Life decal magnet.
- Affix the Vial of Life sticker decal on your front door or window, whichever is most visible for first responders.

Since the **Vial of Life** is a universal program, first responders know where to look for vital medical information.

In the event of an emergency, the stress or trauma of the unexpected event can make it almost impossible to think straight. At these times, it is imperative all emergency personnel get the information they need— especially if the individual has a complex medical history. The benefit of this program goes beyond just helping older adults but can benefit anyone with any medical condition that first responders need to know about. It is important to be prepared and the **Vial of Life** form can also be stored in vehicles or backpacks. It also serves as an important piece of communication during the exchange from emergency transport to emergency room personnel.

## REQUEST YOUR FREE VIAL OF LIFE KIT:

Call Department of Senior Affairs Information and Assistance Line at  
**505-764-6400**  
Monday - Friday  
8:15am - 4:30pm





# 50+ RECREATION, SPORTS & FITNESS



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Albuquerque's older adults can enjoy sports and recreation activities, the arts, unlimited learning opportunities, trips and outings, meals, special events and support groups at any of the Metro area's eight centers.

Educational and social activities include: computing, health management, musical concerts, lectures, theater, pottery, breakfast, lunch, and support groups. Recreational and sports activities include hiking, down-hill skiing, aerobics, and a range of other indoor and outdoor sports and fitness opportunities.

For specific Senior and Multigenerational center current, ongoing schedule of events and classes you can view each center's monthly newsletter online by visiting the center location page located at our [cabq.gov/seniors](http://cabq.gov/seniors) webpage.

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## 50+ Sports & Fitness

Regular physical activity and exercise for older adults help improve mental and physical health, both of which will help you maintain your independence as you age. As a Department of Senior Affairs member, you can take advantage of our sports and fitness facilities, classes, and trips. The Department of Senior Affairs 50+ Sports & Fitness Program includes individual and group weight training classes; aerobic, gentle, and flex tone exercise classes; water exercise; an outdoor recreation program; evidenced-based programs; and the Albuquerque 50+ Games. New classes and opportunities are added regularly.

You can view the 50+ Sports and Fitness schedule by visiting [cabq.gov/seniors/50-sports-fitness](http://cabq.gov/seniors/50-sports-fitness).

## Senior Affairs Membership

All Department of Senior Affairs Senior, Multigenerational and Fitness Centers operate on a membership basis. Memberships help us keep accurate count of participants, as well as help make sure we obtain appropriate resources and funding to continue providing free and low-cost services to our active adult community.

Annual membership cost is \$20 however, a fee waiver can be requested. Members have access to fitness programs, classes, travel, meals, computer labs, volunteer opportunities, competitive sports events and more.

If you have an active membership at one location, you are entitled to participate in programs and activities at any other senior and multigenerational centers. If a trip or class is filled at your home center, a similar trip or class may be available to you at another. Senior centers are available for anyone age 50 and older and Multigenerational Centers are for anyone age 6 and older, including seniors.





DEPARTMENT OF SENIOR AFFAIRS

# TRANSPORTATION PROGRAM



505-764-6464

Senior Affairs Transportation Program

The City of Albuquerque Department of Senior Affairs Transportation program is a **curb to curb, donation-based** service offered to adults 60 years and older in the Albuquerque, and surrounding Bernalillo County area. These services include transportation to medical appointments, non-medical errands, and limited mile-radius transportation to all City of Albuquerque senior and multigenerational centers, as well as select satellite senior meal sites.

## WHAT WE OFFER

- RIDE SERVICES FOR MEDICAL APPOINTMENTS AND NON-MEDICAL ERRANDS
- CENTER AND MEAL SITE TRANSPORTATION
- ADA ACCESSIBLE VEHICLES

### MEDICAL APPOINTMENT TRANSPORTATION

MONDAY-FRIDAY

Medical appointment rides are always considered priority and are scheduled 7-days in advance to appointment date. Transport is available to Presbyterian Rust Medical Center in Rio Rancho for Bernalillo County residents. "Call when ready" return rides must be called in by 5:00pm in the greater Albuquerque area and by 4:00pm in the East Mountain/Cedar Crest area. To request medical appointment transport, please call 505-764-6464.

### SENIOR, MULTIGENERATIONAL AND MEAL SITE TRANSPORTATION

MONDAY-FRIDAY

Seniors can request daily pick up from their homes within a five-mile radius to all City of Albuquerque's senior and multigenerational centers and Bernalillo County meal sites. We also offer transport within a six-mile radius to Whispering Pines and Tijeras Senior Center. To utilize meal site transport services, individuals can register directly with their center site.



### ON-DEMAND TRANSPORTATION

MONDAY-FRIDAY

On-demand rides can be requested for non-medical errands scheduled 3-days in advance. Return rides must be scheduled within 2-hours from initial pick up time. To request on-demand errand transport, please call 505-764-6464.



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*We recommend that consumers discuss services requested and associated costs directly with providers of services.*

*DISCLAIMER: The City of Albuquerque/Bernalillo County Department of Senior Affairs does not recommend or vouch for any individual, agency or advertiser offering free or fee-based services.*

*The City of Albuquerque does not inspect or investigate service providers and is not responsible for any illegal acts or deficiencies by any of the service providers listed with the Department of Senior Affairs.*

*The City of Albuquerque is not responsible for unsatisfactory services. It is the sole responsibility of the requestor of services to determine the suitability of the service provider. The consumer agrees to hold harmless the City and its officials, employees, contractors, agents or servants, from and against any and all claims, actions, suits or proceedings of any kind brought against the City for any matter arising out of its request for services from the Department of Senior Affairs.*

# EMERGENCY PHONE NUMBERS

**EMERGENCY - Police/Fire/Medical Service** 911

**Adult Protective Services:** [www.nmaging.state.nm.us/Adult\\_ProtectiveServices.aspx](http://www.nmaging.state.nm.us/Adult_ProtectiveServices.aspx)  
**NM Aging and Long-Term Services (24/7)\*** ..... 1-866-654-3219

625 Silver SW, Suite 414, 87102

Report suspected abuse, neglect or exploitation of adults 18 years and older.

**Albuquerque Ambulance (24/7)\*** ..... 761-8200

**NM Children Youth and Families Department (CYFD)** ..... 1-855-333-7233

300 San Mateo, NE, Ste. 500, 87108

**#7233 from cell phone**

Investigates child abuse and neglect reports for children under the age of 18, and oversees foster care and adoption, and statewide domestic violence programs. [www.cyfd.org](http://www.cyfd.org)

**NM Poison and Drug Information Center (24/7)\*** ..... 1-800-222-1222

1650 University Blvd., NE, 87102

[www.nmpoisoncenter.unm.edu](http://www.nmpoisoncenter.unm.edu)

Experts assess and make treatment recommendations during possible poisonings.

## Utility Emergencies – Electricity, Gas, and Water

**Electricity - Public Service Company of NM (PNM) (24/7)\*** ..... 1-888-342-5766  
246-5700

4201 Edith Blvd., NE, 87107

[www.pnm.com/report-an-outage](http://www.pnm.com/report-an-outage)

Report a power outage or find the status of an outage in your area.

**Gas - NM Gas Company (24/7)\*** ..... 1-888-NM-GAS-CO or 1-888-664-2726

1625 Rio Bravo SW, Ste., 27, 87105

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

Safety and emergency information and to report natural gas related emergencies.

**Water - Albuquerque Water Utility Authority** ..... 842-WATR (9287) Option #1  
Billing Inquiries Option #0

1 Civic Plaza NW, Room 5027, 87102

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

Dispatch center available 24 hours a day to report water and sewer emergencies, request emergency turn-offs, offer customer services and report water waste.

## ALZHEIMER’S & DEMENTIA ASSISTANCE

**Alzheimer’s Association, New Mexico Chapter** ..... 1-800-272-3900 or 266-4473

6731 Academy Rd., NE 87109

[www.alz.org/newmexico](http://www.alz.org/newmexico)

Provides 24/7\* helpline, support groups, skills for dementia caregiving, respite, safety programs (Silver Alert), and information and referrals.

- **Respite Reimbursement (voucher program)** - provides \$450 a year (for respite care) to a caregiver who lives at the same address as the care recipient.
- **Skills for Dementia Caregiving (aka Savvy Caregiver)** - Free program for family caregivers presented by the Alzheimer’s Association, NM Chapter. Provides practical techniques for interacting with loved ones with dementia or Alzheimer’s disease.

**City of Albuquerque Department of Senior Affairs (DSA)**  
**Senior Information and Assistance Line** ..... 764-6400  
[www.cabq.gov/seniors/senior-services/senior-information-line](http://www.cabq.gov/seniors/senior-services/senior-information-line)

Information and referral to community services for Bernalillo County residents age 60 and older, caregivers, and service providers.

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**Hilarity for Charity – Apply on-line**

In-home care grants to those providing care to their loved ones living with Alzheimer’s disease or other dementias. [www.helpforalzheimersfamilies.com/grant-application](http://www.helpforalzheimersfamilies.com/grant-application)

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**MedicAlert® Alzheimer’s Association Safe Return®** ..... 266-4473

Provides a MedicAlert® Identification bracelet or pendant jewelry that comes engraved with the MedicAlert® Alzheimer’s Association Safe Return® 24-hour nationwide emergency toll-free number that utilizes a community support network, including local Alzheimer Association chapters and law enforcement agencies, for locating Individuals with Alzheimer’s or a related dementia that wander, or have a medical emergency, no matter when or where the person is reported missing.

[www.alz.org/help-support/caregiving/safety/medicalert-safe-return](http://www.alz.org/help-support/caregiving/safety/medicalert-safe-return)

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**NM Department of Health** ..... 841-5523

**Pre-Admission Screening and Resident Review (PASRR)**

5301 Central Ave., NE, Ste. 1100, 87108 [www.nmhealth.org/about/ddsd/pgsv/pasrr](http://www.nmhealth.org/about/ddsd/pgsv/pasrr)

Ensures individuals who may be eligible for a dementia or respite stay waiver are evaluated for placement in the least restrictive environment.

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**National Institute on Aging** ..... 1-800-222-2225

Alzheimer’s disease education and referral center. [www.nia.nih.gov/alzheimers](http://www.nia.nih.gov/alzheimers)

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## **CANCER RESOURCES**

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**American Cancer Society** ..... 1-800-227-2345 or 260-2105

8500 Menaul Blvd. NE Ste. A-500, 87112 [www.cancer.org](http://www.cancer.org)

Assistance for cancer patients in managing through treatment and recovery, and emotional support. Provides free wigs, hats, scarves, turbans, transportation to appointments and hotel lodging depending on availability.

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**Cancer Care Co-pay Assistance Foundation** ..... 1-866-552-6729

Offers limited financial assistance for cancer-related costs and co-pays.

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

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**Cancer Services of New Mexico** ..... 259-9583

P.O. Box 51735, 87181-1735 [www.cancerservicesnm.org](http://www.cancerservicesnm.org) or [www.nmcancerhelp.org](http://www.nmcancerhelp.org)

Offers caregiver support, free legal and paperwork assistance for those coping with cancer.

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**People Living through Cancer** ..... 242-3263

3411 Candelaria NE, Ste. M, 87107

Support program for individuals living through cancer.

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

**Prostate Cancer Support Association of New Mexico (PCSANM) ..... 1-800-278-7678 or 2533 Virginia St. NE, Ste. C, 87110 254-7784**

Assists all interested individuals and their families by providing publications on prostate cancer subjects, a buddy list of individuals, and support meetings. **www.pcsanm.org**

## **CAREGIVER & HOSPICE SERVICES**

**AARP New Mexico.....505-946-3601**

Provides Information and referrals to caregivers.

**Ageing Life Network.....aginglifenetw.com**

Connects families and caregivers with one-on-one consultations by licensed senior care experts and provides free online information and resources. Radio show also available at **www.voiceamerica.com/show/3973** every Wednesday at 11:00 AM which covers aging topics discussed with senior professionals.

**Caregiving.com..... www.caregiving.com**

Features the blogs of family caregivers, weekly words of comfort, daily chats, podcasts, and free webinars for those caring for a loved one.

**EnCasa Caregivers ..... 510-3295**

Connects families and caregivers with highly-qualified caregivers to get the trusted care they need. **www.encasacare.com**

**Family Caregiver Center of New Mexico ..... 494-4021**

Supports the well-being of family caregivers through resources, social connection, and mental health care. **www.familycaregivernm.org**

**NM Association for Home & Hospice Care ..... 565-5777**

2424 Louisiana Blvd., NE, Ste. 220, 87110 **www.nmahc.org**

Facilitates advocacy, networking, education, and communication to promote success and best practices in home and hospice care.

**NM Direct Caregivers Coalition ..... 867-6046**

906 S. Camino del Pueblo, Bernalillo, 87004 **www.nmdcc.org**

Provides training to caregivers in medication management, safe transfer and mobility.

**Stress Busting Program for Family Caregivers.....1-830-377-1484**

Support group for caregivers of a loved one with a chronic illness.

**www.caregiverstressbusters.org**

**National Hospice and Palliative Care Organization..... 1-800-658-8898**

Provides free consumer information on hospice care and places caregivers in direct contact with hospice programs. **www.nhpco.org**

**The American Diabetes Association ..... 1-800-342-2383**

Provides resources about all types of diabetes as well as Information for caregivers and others affected Indirectly by the disease.

**www.diabetes.org/living-with-diabetes/recently-diagnosed/8-tips-for-caregivers**

**The American Heart/Stroke Association** ..... 1-800-242-8721  
Provides a support network for caregivers of people with heart disease or who have experienced a stroke.  
[www.heart.org/en/health-topics/caregiver-support](http://www.heart.org/en/health-topics/caregiver-support)  
[www.strokeassociation.org/en/help-and-support/for-family-caregivers](http://www.strokeassociation.org/en/help-and-support/for-family-caregivers)

**The Family Caregiver Alliance** ..... 1-800-445-8106  
Maintains a comprehensive collection of family friendly Information on caregiver Issues and health related topics.  
[www.caregiver.org/resources-health-issue-or-condition](http://www.caregiver.org/resources-health-issue-or-condition)

**The National Family Caregiver Association**..... 1-202-454-3970  
Supports and empowers caregivers caring for a chronically ill, aged, or disabled loved one.  
[www.caregiveraction.org](http://www.caregiveraction.org)

**UNM Palliative Care**..... 272-4868  
Provides support to families and caregivers in navigating the health care system to alleviate suffering and improve quality of life for a seriously ill loved one.  
<https://hsc.unm.edu/health/patient-care/palliative-care/index.html>

**US Department of Health and Human Services** ..... 1-202-454-3970  
Long-term care Pathfinder web site with basic Information and planning tools.  
[www.longtermcare.gov](http://www.longtermcare.gov)

## **COMMUNITY-BASED ORGANIZATIONS**

**(Services may be based on availability)**

**Adelante – Benefits Connection** ..... 1-844-266-2236 or 273-5222  
3900 Osuna Rd. NE, 87109  
Assists low-income seniors (65 and older) and individuals diagnosed with a disability (ages 21 and older) to enroll in benefits: Medicaid, LIHEAP, SNAP, SSI, Medicare Savings Programs (MSP), and Medicare Part D Low Income Subsidy (LIS).  
[www.goadelante.org](http://www.goadelante.org)

**Centro Savila** ..... 312-7296  
3 Locations: 1317 Isleta Blvd., SW, 87105 | 7401 Copper Ave., NE, 87108 |  
217 San Pablo St., SE, 87108 [www.centrosavila.org](http://www.centrosavila.org)  
Provides case management by assisting clients with applying for public benefits such as housing, medical Insurance, food applications, rental assistance and much more.

**Catholic Charities**..... 724-4670  
2010 Bridge Blvd., SW, 87105 [www.ccasfnm.org](http://www.ccasfnm.org)  
Provides rental assistance to income-qualified families as funds are available.

**City of Albuquerque Department of Family and Community Services**  
**All Center Hours Monday – Friday 8:00 A.M. – 5:00 P.M.** ..... 768-2860  
All locations provide emergency food, utility, and rental assistance. Specific assistance items may need an appointment; call centers for further information.

**SEE CENTER LOCATIONS ON NEXT PAGE**

**Alamosa Health and Social Service Center ..... 836-8800**

6900 Gonzales Rd., SW, 87121

Serves the residents of the Southwest Mesa (South Valley and Westside) areas of Albuquerque.

**East Central Health and Social Service Center ..... 767-5700**

7525 Zuni Rd., SE, 87108

Serves the residents of the Northeast (Montgomery to Central and Tramway to Carlisle) and Southeast (Gibson to Central and Tramway to Carlisle) areas of Albuquerque.

**John Marshall Health and Social Service Center ..... 848-1345**

1500 Walter St., SE, 87102

Serves the residents of Central Albuquerque.

**Los Griegos Health and Social Service Center ..... 761-4050**

1231 Candelaria Rd., NW, 87107

Serves the residents of the Northeast Heights, Northwest Valley, and the North Westside areas of Albuquerque.

**Heat New Mexico Fund (Gas only) ..... 1-888-664-2726**

411 Broadway Blvd., SE, 87102

[www.nmgco.com/en/HEAT\\_For\\_Help](http://www.nmgco.com/en/HEAT_For_Help)

Our Budget Billing program helps you avoid month-to-month fluctuations. With Budget Billing, your payments are evened out throughout the year so that you pay the same amount each month.

**Help New Mexico, Inc. ..... 265-3717**

5101 Copper Ave., NE, 87108

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

Provides assistance for eviction, and disconnection notices for utilities and water.

**Low Income Telephone Assistance Program (LITAP) ..... 1-855-954-6546**

555 Lake Border Drive, Apopka, FL 32703

**FAX - 1-866-810-7530**

Provides a discount on telephone service to Medicaid and LIHEAP recipients.

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

**NM Home Fund ..... 1-833-485-1334**

The New Mexico Home Fund is available for renters and homeowners who need help paying for rent, mortgage, and utilities. Assistance is for past due, current, and future rent and utility bills. This assistance is not a loan and does not need to be repaid.

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

**PNM Good Neighbor Fund (Electric Only) ..... 967-8045**

600 Coors Blvd NW, 87121

Our Budget Billing program helps you avoid month-to-month fluctuations. With Budget Billing, your payments are evened out throughout the year so that you pay the same amount each month. You can sign up for Budget Billing quickly and easily by calling 1-888-342-5766.

[www.pnm.com/good-neighbor-fund](http://www.pnm.com/good-neighbor-fund)

**St. Vincent de Paul Clearinghouse ..... 346-1500 Ext. 4**

4120 Menaul Blvd., NE, 87110

Provides assistance with utility disconnect notices, rental evictions and food.



**Safe Link Wireless** ..... 1-800-723-3546  
**NM Association of Community Partners** ..... [www.safelinkwireless.com](http://www.safelinkwireless.com)  
3200 Carlisle Blvd., Ste. 101, NE, 87110  
Free cell phone to recipients of public benefits and HUD Housing Assistance.

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**Salvation Army Family Services** ..... 872-1171  
411 Broadway Blvd., SW, 87102 ..... [www.salvationarmyalbuquerque.org](http://www.salvationarmyalbuquerque.org)  
Provides food boxes, bus passes, clothing, rental, water and utility assistance.

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**Silver Horizons** ..... 884-3881  
3540 Pan American Fwy., NE, Ste. B, 87107  
Assists income-qualified Seniors (50 and older) pay important household bills such as rent, utilities, etc. .... [www.silverhorizons.org](http://www.silverhorizons.org)

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**Storehouse New Mexico** ..... 842-6491  
106 Broadway Blvd., SE, 87102 ..... [www.thestorehouseabq.org](http://www.thestorehouseabq.org)  
Provides monthly food boxes and assistance with paying water/solid waste utilities to income-qualified Bernalillo County homeowners who are current on their water bill.

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**United Way of Central NM** ..... 211 or 245-1735  
2340 Alamo Ave. SE, 2nd Floor, 87106 ..... [www.uwcnm.org](http://www.uwcnm.org)  
Connects individuals and families to organizations that can best address their needs.

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## **CORONAVIRUS (COVID-19) INFORMATION**

**Bernalillo County Emergency Rental Assistance** ..... 468-1279  
One-time emergency rental and utility assistance to Bernalillo County households experiencing financial hardship as a result of the COVID-19 crisis.

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**City of Albuquerque** ..... [www.cabq.gov](http://www.cabq.gov)  
Provides updates on City events, offices, programs, and services that are impacted. Material throughout the web-site is available in multiple languages.

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**City of Albuquerque Department of Senior Affairs** ..... 764-6400  
Provides information on community resources available throughout Bernalillo County. .... [www.cabq.gov/seniors](http://www.cabq.gov/seniors)

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**Coronavirus Health Hotline** ..... 1-855-600-3453  
Hotline for residents with health-related questions.

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**Coronavirus Information Hotline** ..... 1-833-551-0518  
Hotline for residents with non-health-related questions. .... [www.newmexico.gov/hotlines](http://www.newmexico.gov/hotlines)

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**Court Outreach for Rental Assistance Program (CORA)** ..... 768-3896  
Works in partnership with the New Mexico Emergency Rental Assistance Program (ERAP) and the Bernalillo County Metropolitan Court system. Representatives can assist with creating an online account, scanning and uploading documents, and submitting applications.

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**Covid-19 Funeral Assistance** ..... 1-844-684-6333  
Hotline to get a Covid-19 Funeral Assistance application and assistance from FEMA's representatives. Multilingual services available. .... [www.newmexico.gov/hotlines](http://www.newmexico.gov/hotlines)

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**NM Homeowner Assistance Fund ..... 1-866-488-0498**

344 Fourth St., SW, 87102

Provides emergency housing grants to income-eligible households experiencing financial hardship associated with the COVID-19 health crisis.

**<https://housingnm.org/new-mexico-homeowner-assistance-fund>**

**Direct website for resources available to the public for all things COVID-19**

**[www.cv.nmhealth.org](http://www.cv.nmhealth.org)**

**NM State Assistance Website ..... [www.newmexico.gov/i-need-assistance](http://www.newmexico.gov/i-need-assistance)**

Information for individuals experiencing financial hardship due to Covid 19.

**Vaccine Registration**

New Mexico Department of Health (NMDOH) **<https://vaccinenm.org/registration.html>**

Users who have questions or would like support with the registration process—including those who do not have internet access—**1-855-600-3453 and press 1 (o 3 para español)**.

Seniors and those with disabilities can call **1-800-432-2080 or 764-6400** for support with registration and scheduling.

**CRISIS & DOMESTIC VIOLENCE RESOURCES**

**988 Suicide and Crisis Lifeline ..... 988 (ext. 3)**

**If feeling sad, angry or not feeling safe, TEXT “TALK” to 988**

Or chat at . ..... **[www.suicidepreventionlifeline.org/chat](http://www.suicidepreventionlifeline.org/chat)**

Veterans – extension 1 or en español extension 2

Interpreter available for other languages when you call

**Advocacy for Domestic Violence Survivors ..... 248-3165**

Advocates assist with finding resources and options. This may include helping with filing restraining orders, and creating safety plans.

**Agora Crisis Center ..... 277-3013**

Helpline providing on-line emotional support (chat), information and referrals.

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

**City of Albuquerque Family Advocacy Center ..... 243-2333**

625 Silver SW, Ste. 200, 87102 **[www.cabq.gov/albuquerque-family-advocacy-center](http://www.cabq.gov/albuquerque-family-advocacy-center)**

Provides victims of domestic violence, child abuse, and sexual assault with a safe setting to assist in addressing and overcoming the trauma of their experience.

**Domestic Violence Crisis Hotline and S.A.F.E. House..... 247-4219**

P.O. Box 25363, 87125

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

Provides (24/7)\* safe shelter, referrals and advocacy for survivors.

**Domestic Violence Resource Center (DVRC)..... 248-3165**

625 Silver SW, Ste. 185, 87102

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

Provides counseling, crisis intervention, and legal services to domestic violence victims.

<b>Enlace Comunitario</b> .....	<b>246-8972</b>
2425 Alamo Ave., SE, 87106	
Services for Spanish-speaking victims of domestic violence.	<b>www.enlacenm.org</b>
<b>NM Coalition Against Domestic Violence</b> .....	<b>246-9240</b>
2340 Alamo Avenue SE, Ste. 120, 87106	
Offers referrals to domestic violence victims.	<b>www.nmcadv.org</b>
<b>NM Crime Victims Reparation Commission</b> .....	<b>841-9432</b>
Provides temporary assistance to victims of violent crimes.	<b>www.cvvc.state.nm.us</b>
<b>NM Crisis &amp; Access Line (24/7)*</b> .....	<b>1-855-NMCRISIS (662-7474)</b>
Crisis line available 24 hours a day.	<b>www.nmcrisisline.com</b>
<b>National Domestic Violence Hotline</b> .....	<b>1-800-799-7233</b>
Highly trained advocates are available 24/7/365 for confidential calls with anyone experiencing domestic violence or seeking resources.	
	<b>www.thehotline.org</b>
<b>National Prevention Lifeline (24/7)*</b> .....	<b>1-800-273-8255</b>
Provides free, confidential support to individuals in suicidal crisis or emotional distress.	
	<b>www.suicidepreventionlifeline.org</b>
<b>Rape Crisis Center of Central NM (24/7)*</b> .....	<b>266-7711</b>
9741 Candelaria NE, Albuquerque, 87112	
Provides crisis intervention, advocacy, and counseling for survivors of sexual assault.	<b>www.rapecrisiscnm.org</b>
<b>The Friendship Line</b> .....	<b>(800) 971-0016</b>
National 24-hour support for lonely, isolated, depressed, frail and/or suicidal seniors.	

## DAY SERVICES

### Adult Day Services (Licensed)

Day Centers for frail elders age 60 and older and adults with disabilities age 18 and older and provides respite for caregivers. Area Agency on Aging has limited resources available to support adult day services for individuals age 60 and older..

<b>Cornucopia</b> .....	<b>877-1310</b>
2002 Bridge Blvd., SW, 87105	
	<b>www.cornucopia-ads.org</b>
<b>Share Your Care</b> .....	<b>298-1700</b>
	<b>www.shareyourcare.org</b>
<b>Barelas</b> , 714 7th St., SW, 87102 .....	<b>764-6445</b>
<b>Bear Canyon</b> , 4645 Pitt St., NE, 87111 .....	<b>291-6219</b>
<b>Los Volcanes</b> , 6500 Los Volcanes Rd., NW, 87121 .....	<b>836-8797</b>
<b>North Valley</b> , 3825 4th St., NW, 87107 .....	<b>761-4001</b>
<b>Ponderosa</b> , 5301 Ponderosa Ave., NE, 87110.....	<b>881-8982</b>

**InnovAge Greater New Mexico PACE Program..... 924-2650**

904 Las Lomas Rd., NE 87102

Program of all-inclusive care for the elderly (PACE). Day health center including medical clinic, adult day services, social services, rehabilitation, transportation, in-home services and inpatient care (when needed) for seniors 55 and over who live in the Bernalillo County area or within 30 minutes travel from the center. Free for Medicare and Medicaid recipients. Private pay accepted.

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

**DISABILITY RESOURCES**

**ARCA..... 332-6700**

11300 Lomas NE, 87112

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

Residential support systems for individuals experiencing disabling conditions.

**Adelante Development Center..... 341-2000**

3900 Osuna Rd., NE, 87109

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

Provides a full range of support services and resources for individuals experiencing disabling conditions.

**Adelante (Back in Use)..... 341-7171**

Provides used durable medical equipment to those in need.

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

**ABLE New Mexico ..... 1-800-439-1653**

Enables qualifying individuals with physical and intellectual disabilities to establish tax-free savings accounts. Funds can be used to cover expenses related to their disability without losing their eligibility for public assistance.

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

**Americans with Disabilities Act Information Line ..... 1-800-514-0301**

**U.S. Department of Justice**

The Department of Justice operates a toll-free ADA Information Line to provide information and materials to the public about the requirements of the ADA.

[www.ada.gov](http://www.ada.gov)

**Brain Injury Alliance of New Mexico ..... 292-7414**

5101 Indian School Road NE, 87110

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

Resources for survivors of a brain injury, their families and providers.

**Center for Disease Control (CDC) Disability & Health Information for Family Caregivers  
1-800-232-4636**

[www.cdc.gov/ncbddd/disabilityandhealth/family](http://www.cdc.gov/ncbddd/disabilityandhealth/family)

**City of Albuquerque Solid Waste Assisted Pick up .....311 or 761-8100**

4600 Edith Blvd., NE, 87107

[www.cabq.gov/solidwaste/trash-collection](http://www.cabq.gov/solidwaste/trash-collection)

Assistance for individuals who are unable to place trash at curb side for collection.

**Community Outreach Program for the Deaf (COPD) ..... 255-7636**

3908 Carlisle Blvd., NE, 87107

Provides advocacy, vocational, rehab and interpreting services.

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

**Disability Rights New Mexico (DRNM) ..... 1-800-432-4682 or 256-3100**

3916 Juan Tabo Blvd., NE, 87111

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

Provides information and advocates for individuals with disabilities on their legal rights.

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**Goodwill – Brain Injury Case Management Program ..... 881-6401**

A short-term program designed to help individuals with brain injuries obtain services.

[www.goodwillnm.org/brain-injury-case-management.html](http://www.goodwillnm.org/brain-injury-case-management.html)

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**Handicap License Plates and Placards ..... www.mvd.newmexico.gov**

Issuance of parking placards or license plates to NM residents who have a significant mobility limitation. Free applications available at State Motor Vehicle Division (MVD) offices; small fee charged at private MVD offices.

*See page 18 under NM Motor Vehicle Division (MVD) State Operated for locations, addresses and phone numbers.*

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**HELP-New Mexico, Inc. .... 766-4936**

**New Mexico Special Needs Housing Initiative**

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

5101 Copper Ave. NE, 87108

Provides housing assistance to homeless, mentally or physically disabled individuals.

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**Independent Living Resource Center (ILRC)..... 1-800-260-5022**

4665 Indian School Rd., NE, Ste. 100, 87110

Provides advocacy, independent living skills training, as well as information and referrals regarding housing, benefits, transportation, education and employment.

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**Information Center for New Mexicans with Disabilities..... 1-800-272-8549**

2300 Menaul Blvd. NE, 87107

Provides resources to individuals with disabilities and their families regarding life choices, training, direct services, and technical assistance.

[www.cdd.unm.edu](http://www.cdd.unm.edu)

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**LifeROOTS ..... 255-5501**

1111 Menaul Blvd NE, 87107

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

Provides a broad range of programs and services for adults with developmental, physical and behavioral disabilities to reach their highest levels of self-sufficiency.

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**NM Brain Injury Resource Center ..... 332-6700**

11300 Lomas Blvd. NE, 87112

One-stop shop for information and referrals related to brain injury diagnosis'

[www.arcaopeningdoors.org/services/new-mexico-brain-injury-resource-center](http://www.arcaopeningdoors.org/services/new-mexico-brain-injury-resource-center)

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**NM Commission for the Blind ..... 1-888-513-7958 or 841-8844**

2200 Yale Blvd. SE, 87106

[www.cfb.state.nm.us](http://www.cfb.state.nm.us)

Provides instruction training in Braille, personal and home management skills.

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**NM Commission for the Deaf and Hard of Hearing ..... 1-800-489-8536**

505 Marquette Ave., NW, Ste. 1550, 87102

Voice and TTY

Provides resources for those who are hard of hearing or deaf.

[www.cdhh.state.nm.us](http://www.cdhh.state.nm.us)

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<b>NM Department of Health</b> .....	<b>505-476-8913</b>
<b>Developmental Disabilities Supports Division</b>	<b>www.nmhealth.org</b>
1190 S. St. Francis Dr., Santa Fe, 87505	
Provides services and support to assist eligible children and adults with intellectual and developmental disabilities to participate as active members of their communities.	
<b>NM Developmental Disabilities Planning Council</b> .....	<b>841-4519</b>
625 Silver Ave., SW, Ste. 100, 87102	<b>www.nmddpc.com</b>
Promotes advocacy, capacity building, and systemic change to improve the quality of life for individuals with developmental disabilities and their families.	
<b>NM Office of Guardianship</b> .....	<b>841-4549</b>
Provides adult guardianship legal services for adult's with limited capacity to make or communicate decisions on the adult's behalf.	
<b>NM Division of Vocational Rehabilitation (DVR)</b> .....	<b>843-1900</b>
501 Mountain Rd. NE, 87102	<b>www.dvr.state.nm.us</b>
Assists eligible individuals with documented disabilities find suitable employment.	
<b>NM Governor's Commission on Disability</b> .....	<b>1-877-696-1470 or 476-0412</b>
491 Old Santa Fe Trail, Santa Fe, 87501	<b>www.gcd.state.nm.us</b>
Offers home modifications that will help improve the quality of lives for income qualified individuals with physical disabilities. Modifications may include ramp for entry, replacing a tub with a roll in shower, and installation of grab bars.	
<b>NM Brain Injury Advisory Council</b> .....	<b>1-505-476-7328</b>
Promotes prevention and increased awareness for brain injuries.	<b>www.nmbiac.com</b>
<b>NM Technology Assistance Program (NMTAP)</b> .....	<b>841-4464</b>
625 Silver Ave. SW Ste. 100-B, 87102	<b>www.tap.gcd.state.nm.us</b>
Offers free services to New Mexicans with disabilities to access assistive technology.	
<b>Relay New Mexico</b> .....	<b>1-800-659-1779 or (TTY) 1-800-659-8331</b>
Provides telecommunications relay services for individuals who are deaf, hard of hearing, deaf-blind or have difficulty speaking.	<b>www.hamiltonrelay.com</b>
<b>Supportive Housing Coalition of New Mexico</b> .....	<b>255-3643</b>
625 Silver Ave., SW, 87102	<b>www.shcnm.org</b>
Permanent supportive housing for people with physical and mental health disabilities.	
<b>Therapeutic Living Services, Inc.</b> .....	<b>268-5295</b>
5601 Domingo Rd., NE, 87108	<b>www.tls-nm.org</b>
Emergency, group and rehabilitation programs for severely disabled mentally ill adults.	
<b>UNM Center for Development and Disability Network</b> .....	<b>1-800-552-8195</b>
2300 Menaul Blvd NE, 87107	<b>www.cdd.unm.edu</b>
Information center for individuals with disabilities and their families providing resources regarding life choices, training, direct services and technical assistance.	

## EDUCATION

- Central New Mexico Community College (CNM)** ..... 224-3000  
**Main Campus:** 900 University Blvd. SE, 87106 [www.cnm.edu](http://www.cnm.edu)  
 Offers occupational and trade classes, and customized workforce training.  
**G.E.D, Adult Basic Education and English as a Second Language**  
 \$10 application fee and government issued I.D. required. .... 224-4282  
[www.cnm.edu/programs-of-study/programs-a-z/adult-basic-education](http://www.cnm.edu/programs-of-study/programs-a-z/adult-basic-education)
- 
- City of Albuquerque Department of Senior Affairs (DSA)**..... 764-6400  
 Offers a variety of classes including computer, language, literature/writing, art, dance, drama, and more for individuals age 50 and older. Call individual senior centers for details.  
[www.cabq.gov/seniors](http://www.cabq.gov/seniors)
- See Meal Sites – pages 39 for listing of Meal Site telephone numbers.*
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- City of Albuquerque Public Libraries** ..... 768-5141  
**Main Library:** 501 Copper Ave NW, 87102 [www.abqlibrary.org](http://www.abqlibrary.org)  
 The Public Libraries of Albuquerque and Bernalillo County are made up of 18 branches. All branches feature computers offering free Wi-Fi access and other services.
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- Covia Well Connected**..... 1-877-797-7299  
 Offers free virtual programs such as group conversations, classes, support groups, lectures and much more. Participants can talk, play games, learn a language, share a gratitude, get support, but more importantly connect and stay engaged. [www.covia.org](http://www.covia.org)
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- Defensive Driving Classes**  
 Classes for individuals age 50 and older. Small fee for classes.
- **AARP Safe Driver Program**..... 830-3096  
 1930 Juan Tabo Blvd., NE, Ste. 4, 87112 [www.aarpdriversafety.org](http://www.aarpdriversafety.org)
  - **American Automobile Association (AAA)** ..... 291-6611  
 10501 Montgomery Blvd., NE, 87111 [www.seniordriving.aaa.com](http://www.seniordriving.aaa.com)  
 Classes available on-line.
- 
- Hadley Institute for the Blind and Visually Impaired** ..... (800)-323-4238  
 Promotes independent living through lifelong, distance education programs (on-line courses) for individuals who are blind or visually impaired. [www.hadley.edu](http://www.hadley.edu)
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- OASIS (Enriching the Lives of Mature Adults)** ..... 884-4529  
 3301 Menaul Blvd., NE, Ste. 18, 87107  
 Offers a variety of classes and volunteer opportunities. [www.oasisnet.org](http://www.oasisnet.org)
- 
- Osher Lifelong Learning Institute (OLLI)** ..... 277-6179  
 1634 University Blvd. NE, 87102 [www.ce.unm.edu/enrichment/osher](http://www.ce.unm.edu/enrichment/osher)  
 Offers a wide range of courses, lectures and special events to its members.
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- Teeniors** ..... 600-1297  
 200 Broadway Blvd., NE, 87102 [www.teeniors.com](http://www.teeniors.com)  
 Tech-savvy teens help seniors with technology; one-on-one tutoring.

**UNM Continuing Education (Information and Registration) ..... 277-0077**

1634 University Blvd., NE, 87102

[www.ce.unm.edu](http://www.ce.unm.edu)

Continuing education courses may provide a 10% discount for individuals over 65.

## **EMPLOYMENT/UNEMPLOYMENT BENEFITS**

**Equal Employment Opportunity Commission ..... 248-5201**

505 Marquette NW, Ste. 900 – 9th Floor, 87102

Enforces federal laws that make it illegal to discriminate against an applicant or an employee due to a person’s race, color, religion, sex (including pregnancy and sexual orientation), national origin, age (40 or older), or disability.

[www.eeoc.gov](http://www.eeoc.gov)

**HELP-New Mexico, Inc. .... 766-4936**

5101 Copper Ave. NE, 87108

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

Provides job counseling, placement and training to income eligible individuals.

**NM Workforce Connections ..... 1-877-664-6984 or 843-1900**

501 Mountain Rd., NE, 87102

[www.jobs.state.nm.us](http://www.jobs.state.nm.us)

Provides information on unemployment benefits, resumé assistance, training, etc.

### **Title V Senior Employment Programs**

Work experience programs to re-train low-income individuals age 55 and older.

- **Goodwill Industries Senior Community Service Employment Program**

5000 San Mateo Blvd., NE, 87109..... **881-6401**

[www.goodwill.org/scsep](http://www.goodwill.org/scsep)

- **NM Aging and Long-Term Services Department ..... 1-800-432-2080**

**Senior Community Service Employment Program**

P.O. Box 27118, 2550 Cerrillos Rd., Santa Fe, 87502

Assists mature workers in preparation and securing meaningful employment.

[www.nmaging.state.nm.us/Employment\\_Programs.aspx](http://www.nmaging.state.nm.us/Employment_Programs.aspx)

- **National Indian Council on Aging ..... 292-2001**

8500 Menaul Blvd., NE, 87112

Applicants do not need to be American Indian or Alaska Native (AI/AN) to participate in NICOA program.

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

## **FOOD ASSISTANCE** (also see pages 4–6 for added services)

**Echo Inc., Food Program ..... 242-6777**

**New Mexico Commodity Supplemental Food Program for Seniors (CSFP)**

300 Menaul NW, Space #226, 87107

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

Provides monthly food to income-qualified, NM resident seniors 60 years and older.

**Rio Grande Food Project ..... 831-3778**

600 Coors Blvd., NW, 87121

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

Provides groceries to households monthly (30 days required between each pickup).



**Roadrunner Food Bank** ..... 349-5340  
**SNAP Support Line** ..... 1-844-684-6268  
 5840 Office Blvd. NE, 87109  
 Provides individuals with agency contacts for food assistance. Assists in signing up for SNAP or Medicaid assistance. [www.rrfb.org](http://www.rrfb.org)

## FRAUD AWARENESS

**Better Business Bureau of Southwest** ..... 346-0110  
 7007 Jefferson St. NE, Ste. A, 87109 [www.bbbsw.org](http://www.bbbsw.org)  
 Provides free business and charity reviews and business complaint resolution services.

**City of Albuquerque Office of Consumer Protection** ..... 768-4596  
 One Civic Plaza NW, 87102  
 Connects consumers information on how to avoid scams and help consumers who have been harmed by unfair or deceptive transactions to include identity theft or stolen personal information. [www.cabq.gov/office-of-consumer-protection](http://www.cabq.gov/office-of-consumer-protection)

**City of Albuquerque Office of the Inspector General** ..... 768-3150  
 400 Marquette NW, 87103  
 Investigates suspected contract fraud, suspected corrupt City-elected and appointed leaders, employees suspected of misconduct, suspected fraud, waste, mismanagement, and abuse. Reviews City programs and operations. [www.cabq.gov/inspectorgeneral](http://www.cabq.gov/inspectorgeneral)

**Federal Trade Commission** ..... [www.ftc.gov](http://www.ftc.gov)  
 600 Pennsylvania Ave., NW, Washington DC 20580  
 Protects consumers by stopping unfair, deceptive or fraudulent practices in the marketplace. Assists in reporting telephone scams, counterfeit checks, and other scams.

**Do Not Call Registry** ..... 1-888-382-1222 OR (TTY) 1-866-290-4236  
 Register your telephone number to stop unwanted calls. [www.donotcall.gov](http://www.donotcall.gov)

**Federal Communications Commission** ..... 1-888-225-5322 Option 4  
 Report caller use of fraudulent caller-id's (spoofing)

**Identity Theft** ..... 1-877-438-4338 OR (TTY) 1-866-653-4261  
 Call to report identity theft. [www.identitytheft.gov](http://www.identitytheft.gov)

**ID Theft Resolutions LTD** ..... [idtheftresolutions.org](http://idtheftresolutions.org)  
 Free assistance for victims of ID theft. Offers a low-cost family ID Theft prevention check-up.

**NM Attorney General's Office** ..... 1-844-255-9210 or 717-3500  
 201 3rd St NW, Ste. 300, 87102 [www.nmag.gov](http://www.nmag.gov)

**Advocacy & Intervention Program** – assists NM residents with matters in identity theft, car buying, payday and student loans and scams of all varieties.

**Consumer Protection Division** – investigates fraudulent consumer issues, unfair business practices, and Medicaid providers who commit fraud and/or resident abuse, neglect and exploitation in care facilities.

**Homeownership Preservation Program** – assists homeowners who have been the victim of foreclosure rescue scams.

**NM Office of the Superintendent of Insurance ..... 1-855-427-5674**

1120 Paseo De Peralta, 4th Floor, Santa Fe, 87501

Investigates complaints regarding all types of insurance.

**www.osi.state.nm.us**

**NM Taxation and Revenue Department ..... 841-6200**

5301 Central Ave., NE, 87198

**www.tax.newmexico.gov/report-tax-fraud.aspx**

Report suspicious letters or scams that refer to NM Taxation and Revenue Department.

**NM Regulation and Licensing Dept.....505-476-4500 (Option 5)**

**(Securities Division)**

**www.rld.state.nm.us/securities-division**

2550 Cerrillos Rd. 3rd Floor, Santa Fe, 87505

Investigates financial fraud and assists consumers in making financial decisions.

**National Consumer Law Center ..... 1-617-542-8010**

Provides consumer justice and economic security for low-income and other disadvantaged people, including older adults.

**www.nclc.org**

**National Fraud Information Center & Internet Watch .....www.fraud.org**

Provides consumers with information they need to avoid becoming victims of telemarketing and Internet fraud and to help them get their complaints to law enforcement agencies quickly and easily.

**Social Security Administration (SSA) – Office of the Inspector General (OIG)**

**1-800-269-0271 or (TTY) 1-866-501-2101**

P.O. Box 17785, Baltimore, Maryland 21235

**www.oig.ssa.gov**

Receives reports of alleged fraud, waste, and abuse. Report suspicious activities or communications claiming to be from the Social Security Administration.

**U.S. Postal Inspection Service ..... 1-877-876-2455**

433 W. Harrison St., Room 3255, Chicago, IL 60699

**www.uspis.gov**

Investigates all types of mail fraud or suspicious letters received by U.S.P.S mail.

**U.S. Treasury Inspector General for Tax Administration (TIGTA) ..... 1-800-366-4484**

P.O. Box 589, Ben Franklin Station, Washington, DC 20044

**www.treasury.gov/tigta**

Investigates reports from victims that have received an IRS impersonation scam.

## **GOVERNMENT AGENCIES**

### **Bernalillo County**

**Bernalillo County Burial Indigent Fund ..... 468-7344**

415 Silver SW., 87102

**www.bernco.gov/general-services/about-the-program.aspx**

Provides simple, no service cremation for indigent persons in Bernalillo County

**Bernalillo County Clerk’s Office ..... 468-1290**

415 Silver SW., 87102

**www.bernco.gov/clerk**

Records and provides access to various Bernalillo County publicly recorded documents.

**Bernalillo County Court of Wills, Estate and Probate ..... 468-1234**

415 Silver SW., 87102      [www.bernco.gov/probate-court/welcome-to-the-court.aspx](http://www.bernco.gov/probate-court/welcome-to-the-court.aspx)  
The proper court to file the estate of a deceased individual that resided in Bernalillo County.

**Bernalillo County Emergency Medical Services (EMS) and Fire Division Office**

6840 2nd St. NW, 87107 ..... **468-1310**  
Provides information and materials on fire safety and prevention.

[www.bernco.gov/fire-and-rescue](http://www.bernco.gov/fire-and-rescue)

**Bernalillo County Metro Court ..... 841-8151**

401 Lomas Blvd., NW, 87102      [www.metro.nmcourts.gov](http://www.metro.nmcourts.gov)

**Bernalillo County Neighborhood Coordination ..... 468-7364**

111 Union Square SE, 87102  
Enhances the relationship between the county and neighborhood associations.

[www.bernco.gov/planning/neighborhood-coordination.aspx](http://www.bernco.gov/planning/neighborhood-coordination.aspx)

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

400 Roma NW, 87102      [www.bernalillocountysheriff.com](http://www.bernalillocountysheriff.com)

**City of Albuquerque**

**311 Community Contact Center ..... 311**

Monday – Saturday 6:00 A.M.– 9:00 P.M., Sunday. 9:00 A.M.– 6:00 P.M

The 311 service is a single telephone number for all non-emergency City of Albuquerque inquiries and services.      [www.cabq.gov/311](http://www.cabq.gov/311)

**City of Albuquerque Alternative Dispute Resolution..... 768-4660**

1 Civic Plaza NW, 2nd Floor, Room 201, 87102

A free resolution process for Albuquerque citizens to resolve conflict and disputes.

[www.cabq.gov/legal/adr/community-mediation-program](http://www.cabq.gov/legal/adr/community-mediation-program)

**City of Albuquerque Burn Line ..... 768-BURN or 768-2876**

1 Civic Plaza, Room 3023, 87102      [www.cabq.gov/airquality/burn-no-burn](http://www.cabq.gov/airquality/burn-no-burn)

Issues burn restrictions as needed from October 1st thru February 28/29.

**City of Albuquerque Civil Rights Office ..... 768-4595**

One Civic Plaza, NW, 3rd Floor, Ste. 3010

Investigates complaints of discrimination in employment, housing, public accommodations and other forms of discrimination.      [www.cabq.gov/civilrights](http://www.cabq.gov/civilrights)

**City of Albuquerque Code Enforcement.....Main Line 924-3450**

600 2nd Street NW, 87102      **Permits 924-3857**

Implements and administers the City’s various property maintenance standards, including the Integrated Development Ordinance, the Uniform Housing Code, the Weed & Anti-Litter Ordinance and similar municipal standards adopted by City Council.

[www.cabq.gov/planning/code-enforcement-zoning](http://www.cabq.gov/planning/code-enforcement-zoning)

<b>City of Albuquerque Community Safety Department</b> .....	<b>768-4227</b>
Responds to calls on inebriation, homelessness, addiction, mental health and other issues that do not require police or EMT response. ....	
	<b><a href="http://www.cabq.gov/acs">www.cabq.gov/acs</a></b>
<b>City of Albuquerque Constituent Services</b> .....	<b>768-3000</b>
Offers comprehensive services to constituents and businesses encountering challenges related to city government and agencies.	
	<b><a href="http://www.cabq.gov/mayor">www.cabq.gov/mayor</a></b>
<b>City of Albuquerque Department of Senior Affairs Administration</b> .....	<b>764-6432</b>
Provides activities and opportunities to promote active and healthy aging. We also offer a continuum of care designed to meet individual needs throughout the aging spectrum. We are honored to be of service to the residents in our community.	
	<b><a href="http://www.cabq.gov/seniors">www.cabq.gov/seniors</a></b>
<b>City of Albuquerque Fire Department</b> .....	<b>764-6333</b>
<b>Records Management Office</b> .....	<b>768-9317</b>
<b>To obtain a fire or EMS report, contact Records Management Services</b> .....	
	<b>764-6333</b>
	<b><a href="http://www.cabq.gov/fire/our-department/records-management-office">www.cabq.gov/fire/our-department/records-management-office</a></b>
<b>City of Albuquerque Household Hazardous Waste Disposal</b> .....	<b>349-5220</b>
6137 Edith NE, 87107	<b><a href="http://www.cabq.gov/solidwaste/household-hazardous-waste">www.cabq.gov/solidwaste/household-hazardous-waste</a></b>
Residents of County may drop off residential hazardous wastes at no charge.	
<b>City of Albuquerque Office of Neighborhood Coordination</b> .....	<b>768-3334</b>
1 Civic Plaza, NW, 9th Floor, Ste., 9087, 87102	
Creates thriving neighborhoods by building neighborhood relationships, involvement and community connections.	
	<b><a href="http://www.cabq.gov/office-of-neighborhood-coordination">www.cabq.gov/office-of-neighborhood-coordination</a></b>
<b>City of Albuquerque Police Department (non-emergency)</b> .....	<b>242-COPS</b>
400 Roma NW, 87102	<b>242-2677</b>
	<b><a href="http://www.cabq.gov/police/contact-the-police">www.cabq.gov/police/contact-the-police</a></b>
<b>Telephone Reporting Unit</b> .....	<b>242-2677</b>
The Telephone Reporting Unit is responsible for reports where the suspect's identity is unknown as well as all minor crime reports that do not require any field investigation by patrol officers in the field.	
	<b><a href="http://www.cabq.gov/police/file-a-police-report-online">www.cabq.gov/police/file-a-police-report-online</a></b>
<b>City of Albuquerque Solid Waste Management Department</b> .....	<b>761-8100</b>
4600 Edith NE, 87107	<b><a href="http://www.cabq.gov/solidwaste">www.cabq.gov/solidwaste</a></b>
Garbage/trash pick-up Information and Residential large item pick up.	
<b>City of Albuquerque Utility Franchise Office</b> .....	<b>768-4500</b>
One Civic Plaza NW, 4th Floor, Rm. 4072, 87102	<b><a href="http://www.cabq.gov/legal">www.cabq.gov/legal</a></b>
Assists consumers with a complaint they may have with the cable company. Acts as a liaison and cannot force the cable company to refund or allow free services.	

# New Mexico State Government

## NM Aging and Long-Term Services Department

P.O. Box 27118, 2550 Cerrillos Rd., Santa Fe, 87502

**Long-Term Care Ombudsman** ..... 1-866-842-9230

Residents in long-term care facilities are assisted by advocating for their rights, investigating complaints, and resolving concerns.

[www.nmaging.state.nm.us/Long\\_Term\\_Ombudsman.aspx](http://www.nmaging.state.nm.us/Long_Term_Ombudsman.aspx)

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**NM Board of Nursing** ..... 841-8340

6301 Indian School Road, NE, Ste. 710, 87110

Investigates complaints regarding quality of care by a nurse.

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

## Birth and Death Certificates – Vital Records:

**NM Bureau of Vital Records** ..... 1-866-534-0051 or 841-4100

2400 Wellesley Dr. NE, 87107

[www.nmhealth.org/about/erd/bvrhs/vrp/](http://www.nmhealth.org/about/erd/bvrhs/vrp/)

Provides certified copies of birth certificates occurring in New Mexico for a \$10 fee. Birth certificates will be issued between the hours of 10:00 am–3:00 pm. Tickets are distributed on a first come, first served basis.

**Death Certificates only available at Santa Fe Office.**

**NM Vital Records and Health Statistics (Santa Fe)** ..... 1-866-534-0051

1105 S. St. Francis Dr., Santa Fe, 87505

505-827-0121

## Vitalchek.com

An authorized external ordering source for secure vital records processed directly from the issuing government agency. Fees apply.

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**NM Department of Health Facility Complaints** ..... 1-800-752-8649

P.O. Box 26110, Santa Fe, 87505

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

Investigates incidents, and concerns with long-term care facilities and hospitals.

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**NM Medical Board** ..... 1-800-945-5845

2055 S. Pacheco Building 400, Santa Fe, 87505

[www.nmmb.state.nm.us](http://www.nmmb.state.nm.us)

Investigates complaints regarding quality of care by a physician or physician assistant.

## Driver's License and ID Cards:

**NM Motor Vehicle Division (MVD) State Operated** ..... 1-888-683-4636

Drivers who are 79 years old or older must renew their licenses yearly, but they are not charged renewal fees.

Driver's License: \$18.00 for 4 years; \$34.00 for 8 years

[www.mvd.newmexico.gov](http://www.mvd.newmexico.gov)

ID card (for persons without drivers' licenses): \$10.00 for 4 years; \$18.00 for 8 years

**Office Hours for MVD Offices below are Monday – Friday 8:00 A.M. – 4:00 P.M.**

**Bernalillo**, 829 S. Camino Del Pueblo, Bernalillo, 87004..... 867-5171

**Eagle Vista**, 9651 Eagle Ranch Rd., 87114..... 764-6658

**Kirtland Air Force Base**, 1451 4th St., SE, 87117 ..... 846-8390

Military access only, \$5.00 additional fee, credit card only

**Montgomery Plaza**, 4575 San Mateo Blvd., NE, 87109..... 875-0715

**Rio Bravo**, 3211 Coors SW, Ste., D-10 and D-11, 87121 ..... **452-9231**  
**Rio Rancho**, 4114 Sabana Grande, Ave., SE, Rio Rancho, 87124 ..... **891-5014**  
**Sandia Vista**, 11500 Menaul Blvd., NE, Ste. F-1, 87112 ..... **292-4570**  
**Tijeras**, 12 Camino Municipal Tijeras, 87059 ..... **281-2250**

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**NM Public Regulation Commission (NMPRC)** ..... **1-888-427-5772**

**Consumer Relations Division**

1120 Paseo De Peralta, Santa Fe, 87504

Investigates consumer inquiries and regulates the utilities and telecommunications in NM to ensure fair rates and services.

**www.nmprc.state.nm.us**

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**U.S. Federal Government**

**U.S. Dept. of Health and Human Services (HHS)** ..... **1-800-368-1019**

**Office for Civil Rights**

**www.hhs.gov/civil-rights/index.html**

200 Independence Avenue, S.W., Room 509F HHH Bldg., Washington, D.C. 20201

Investigates complaints of discrimination against individuals because of their race, color, national origin, disability, age, sex, or religion in programs or activities that HHS directly operates or to which HHS provides federal financial assistance.

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**GRANDPARENTS RAISING GRANDCHILDREN**

**Advocacy Inc.** ..... **266-3166**

6301 Fourth St. NW, Ste. 3, 87107

**www.nmadvocacy.org**

Guardianship, adoption, and special immigrant status application for minor children.

**NM Guardianship Project of Advocacy, Inc.**

Guardianship and adoption legal services, assistance in obtaining health, financial and food support; offered on a sliding fee scale, often at no cost.

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**Generations at West Mesa**..... **833-0656**

5715 Avalon Rd., NW 87105

**www.generationsatwestmesa.com**

Offers affordable housing and other services for individuals 55 and older who are raising their grandchildren.

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**Grandfamilies State Law and Policy Resource Center** ..... **www.grandfamilies.org**

Provides an up-to-date on-line listing of state laws, policies and legislation that affect grandfamilies.

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**Grandparents are Indeed Necessary (GAIN)**..... **296-3589**

Advocates for grandparents' rights and visitation.

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**Kinship Guardianship Legal Hotline Program** ..... **1-800-980-1165**

Legal helpline with information, advice, and assistance for kinship guardianship cases and some direct legal representation.

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**Outcomes, Inc.** ..... 243-2551

1503 University Blvd., NE, 87102

Provides counseling services to children, adults, couples, and families. Offers monthly grandparent support groups with childcare and referrals to resources for grandparents raising grandchildren.

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

**Pegasus Legal Services for Children** ..... 244-1101

505 Marquette Ave., NW, Suite 1350, 87102

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

Provides legal services to income eligible grandparents and other kinship caregivers taking care of children whose parents are unable or unwilling to provide them with proper care.

**The Grand Start Program – Grandparents Raising Grandchildren,  
Second Time Around** ..... 268-0024

Weekly workshops with childcare, support services, advocacy, family events, and information and referral services.

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

## HEALTH CARE SERVICES

### Behavioral Health / Counseling

**Grief Resource Center**..... 842-7166

1113 University Blvd., NE, 87102

Provides short-term individual grief counseling and education, diverse support groups, and small group workshops and educational programs.

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

**National Alliance on Mental Illness (NAMI)** ..... 260-0154

8015 Mountain Road, Pl., NE, Ste. 101, 87110

Support, education and advocacy for individuals and family members/caregivers dealing with behavioral health issues.

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

**St. Martin’s Hope Works** ..... 764-8231

1201 3rd St., NW, 87102

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

Provides behavioral therapy, crisis intervention and other services.

**UNM Grief Services Program** ..... 272-3053

1101 Camino de Salud, NE, 87102

[www.omi.unm.edu](http://www.omi.unm.edu)

Provides individual, family counseling and crisis intervention services.

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

**Psychiatric Emergency (24/7)\* 24 hour mental health crisis line** ..... 272-2920

2600 Marble NE, 87106

**Geriatric – Psychiatric Unit**..... 272-8314

Short-term hospital treatment for individuals’ age 55 and older experiencing emotional disturbances.

**Psychiatric Urgent Care Clinic - Emergency psychiatric services**

**Hours: Monday – Friday. 7:00 A.M. – 1:00 P.M** ..... 272-9038

## Dental Care

**Dental Care in Your Home** ..... 615-0951

Dental care in the home or facility for the home bound. [www.dentalcareinyourhome.org](http://www.dentalcareinyourhome.org)

**NM Community Dental Services, Inc.** ..... 843-7493

2116 Hinkle St., SE, 87102 [www.nmcommunitydental.com](http://www.nmcommunitydental.com)

Currently accepts Medicaid and most dental insurance. Sliding fee scale available.

**NM Dental Association Foundation** ..... 298-7206

P.O. Box 16854, 87191 [www.nmdentalfoundation.org](http://www.nmdentalfoundation.org)

Provides free dental treatment to disable individuals or who are over the age of 60.

## Hearing Aids

**Albuquerque Speech Language Hearing Center (ASLHC)**..... 247-4224

9500 Montgomery Blvd., NE, Ste. 215, 87111 [www.aslhc.org](http://www.aslhc.org)

Hearing aid assistance at a reduced cost for individuals with limited resources.

**Hear Now Program** ..... 1-800-328-8602

**Starkey Hearing Foundation**

6801 Washington Ave S, Ste 200, Minneapolis, MN 55439

Hearing aid assistance at low or no cost. [www.starkeyhearingfoundation.org](http://www.starkeyhearingfoundation.org)

## Medical Care

**Geriatric Education and Health Maintenance (GEHM)** ..... 272-7126

Provides health assessments and health education to individuals ages 55 and older.

Services include: blood pressure, diabetes screening and self-management education, health assessments, nutrition counseling, health problems, medication management and more. Availability is Monday – Friday 9:00 A.M. – 1:00 P.M.

Call Senior Centers for clinic dates. [www.unmhealth.org](http://www.unmhealth.org)

**NM Department of Health** ..... 841-5859

**Diabetes Prevention and Control Program** [www.diabetesnm.org](http://www.diabetesnm.org)

810 W. San Mateo, Ste. 200-E, 87505

Provides medical information and community services to individuals with diabetes.

**UNM Senior Health Center**..... 272-4866

1101 Medical Arts Ave., NE, Building 4, Ste. A, 87102

Provides behavioral health counseling, diabetes education, physical therapy, social work/nurse case management, and memory and aging services for those age 70 and older.

[www.unmhealth.org/services/senior-health.html](http://www.unmhealth.org/services/senior-health.html)



## Multiple Service Health Care Agency

### First Choice Community Healthcare Clinics

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

Each center below provides primary health care for individuals with Medicare, Medicaid, other insurance plans and also those without insurance. Fees are based on income. Also assists with Medicaid and Health Insurance applications.

**North Valley, South Broadway, and South Valley Centers also offer behavioral health care.**

**Alameda Medical Center, 7704-A 2nd St. NW, 87107 ..... 890-1458**

**Alamosa Medical Center, 6900 Gonzales Rd., SW, 87121 ..... 831-2534**

**North Valley Medical Center, 1231 Candelaria Rd., NW, 87107 ..... 345-3244**

**South Broadway Medical Center, 1401 William St., SE, 87102 ..... 768-5450**

**South Valley Medical/Dental Center, 2001 Centro Familiar SW, 87105 ..... 873-7400**

**South Valley office only** – Offers dental care and wellness programs such as mobile farmers markets, cooking classes, coaching and massage therapy.

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## Prescription Assistance

### City of Albuquerque Prescription Disposal

Medications may be disposed at any of six area command substations.

[www.cabq.gov/police/programs/pharmaceuticals](http://www.cabq.gov/police/programs/pharmaceuticals)

**Hours:** Monday – Friday 8:00 A.M. – 5:00 P.M.

**Foothills Area Command, 12800 Lomas Blvd., NE, 87123..... 332-5240**

**Northeast Area Command, 8201 Osuna Rd., NE, 87109 ..... 823-4455**

**Northwest Area Command, 10401 Cibola Loop, NW, 87114 ..... 768-4850**

**Southeast Area Command, 800 Louisiana Blvd., SE, 87108 ..... 256-2050**

**Southwest Area Command, 6404 Los Volcanes Rd., NW, 87121 ..... 831-4705**

**Valley Area Command, 5408 2nd St., NW, 87107 ..... 761-8800**

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**NM Aging and Long-Term Services Department ..... 1-800-432-2080**

### Prescription Drug Assistance - MEDBANK Program

P.O. Box 27118, 2550 Cerrillos Rd., Santa Fe, 87502

Assists NM residents that do not have prescription drug coverage or have used up their benefit. Eligibility criteria may apply.

[www.nmaging.state.nm.us/adrc.asp](http://www.nmaging.state.nm.us/adrc.asp)

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### NM Drug Card Discount Prescription Drug Program

All NM residents are eligible to get pharmacy discounts on non-covered prescriptions through this program, which can be used to supplement health insurance plans including Health Savings Accounts (HSA), High Deductible Plans, and Medicare Part D supplement plans. (Print drug card and take to pharmacy)

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

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**Patient Advocate Foundation Co-pay Relief.....1-866-512-3861**

Provides direct financial support to insured patients, who financially and medically qualify to access pharmaceutical co-payment.

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

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<b>Patient Access Network for Medication</b> .....	1-866-316-7263
Provides underinsured patients with co-payment assistance.	<a href="http://www.panfoundation.org">www.panfoundation.org</a>
<b>Patient Services, Inc.</b> .....	1-800-366-7741
Assists with co-pays or premium payments.	<a href="http://www.patientservicesinc.org">www.patientservicesinc.org</a>
<b>Rx Outreach</b> .....	888-796-1234
Provides mail order prescriptions at significant discounts.	<a href="http://www.rxoutreach.org">www.rxoutreach.org</a>
<b>Social Security Administration (SSA)</b> .....	1-800-772-1213
500 Lead Ave., SW, 87102	(TTY) 1-800-325-0778
<b>Phone Hours:</b> Monday – Friday, 8:00 A.M. to 7:00 P.M.	<a href="http://www.ssa.gov">www.ssa.gov</a>
<i>See page 46 for Extra Help w/ Prescriptions</i>	

## Treatment Referral Programs

<b>AL-ANON</b> .....	262-2177
Help for families and friends of problem drinkers.	<a href="http://www.aisnm.org">www.aisnm.org</a>
<b>Alcoholics Anonymous</b> .....	266-1900
Alcoholism recovery group.	<a href="http://www.albuquerqueaa.org">www.albuquerqueaa.org</a>
<b>Central New Mexico Treatment Center</b> .....	268-5611
Outpatient drug treatment recovery center.	<a href="http://www.newseason.com">www.newseason.com</a>
<b>Narcotics Anonymous</b> .....	1-800-798-6649
Recovery drug addiction support group.	<a href="http://www.riograndena.org">www.riograndena.org</a>
<b>Nicotine Anonymous</b> .....	1-877-879-6422
Nicotine support group.	<a href="http://www.nicotine-anonymous.org">www.nicotine-anonymous.org</a>
<i>See Page 46 for Extra Help</i>	
<b>NM Council on Problem Gaming</b> .....	1-800-572-1142
Provides a hotline to individuals experiencing gambling-related problems. Confidential help is available 24 / 7 / 365 days per year.	<a href="http://www.nmcpg.org">www.nmcpg.org</a>
<b>Overeaters Anonymous</b> .....	891-2664
Program for individuals with problems related to food.	<a href="http://www.oa.org">www.oa.org</a>
<b>Responsible Gaming Association of NM</b> .....	1-888-696-2440
Information for problem gamblers.	<a href="http://www.rganm.org">www.rganm.org</a>

## Vision Care

<b>Eyecare America’s Senior Eye Care Program</b> .....	1-877-887-6327
Connects eligible seniors age 65 and older with local ophthalmologists who provide a medical eye exam at no out-of-pocket cost.	<a href="http://www.aao.org/eyecare-america">www.aao.org/eyecare-america</a>
<b>New Eyes</b> .....	1-973-376-4903
549 Millburn Ave., Short Hills, NJ 07078	
Provides a voucher for a basic pair of single or lined bifocal lenses to individuals who have no other resources to obtain a basic pair of eyeglasses.	<a href="http://www.new-eyes.org">www.new-eyes.org</a>

## HEALTH INSURANCE INFORMATION

**Federal Health Insurance Marketplace** ..... 1-800-318-2596  
465 Industrial Blvd, London, KY 40750-0001 (TTY) 1-855-889-4325  
Provides information to obtain health insurance coverage. [www.healthcare.gov](http://www.healthcare.gov)

**NM Health Insurance Exchange** ..... 1-833-862-3935  
7601 Jefferson St., NE, Ste. 120, 87107 [www.bewellnm.com](http://www.bewellnm.com)  
Insurance marketplace where individuals can compare health insurance plans.

## HOMELESS RESOURCES

**Albuquerque Heading Home** ..... 226-1700  
P.O. Box 27636, 87125 [www.abqheadinghome.org](http://www.abqheadinghome.org)  
Provides permanent, supportive housing solutions to individuals and their families who are medically vulnerable and experiencing chronic homelessness.

**Albuquerque Healthcare for the Homeless**  
1217 1st St., NW, 87102 [www.abqhch.org](http://www.abqhch.org)

**Behavioral Health** ..... 843-7611  
Provides short-term assessments and long-term case management for individuals experiencing homelessness

**Dental Care** ..... 242-8288  
Offers a full range of routine, emergency, and preventive dental services.

**Medical Care** ..... 242-4644  
Offers primary medical care to individuals in need of medical services.

**Homeless Legal Clinic**  
9:00 – 11:00 AM on the third Thursday of the month  
Volunteer attorneys provide legal information to low income clients.

**Barrett Foundation** ..... 243-4887  
1900 Bridge Blvd., SW, 87105  
Emergency shelter for women and children experiencing homelessness. Provides resource referrals and supportive services. [www.barrettfoundation.org](http://www.barrettfoundation.org)

**City of Albuquerque Homeless Helpline** ..... 768-4357  
Assists those experiencing homelessness by connecting them to resources.  
[www.cabq.gov/family/services/homeless-services](http://www.cabq.gov/family/services/homeless-services)

**City of Albuquerque Westside Emergency Housing Center** ..... 839-9193  
7440 Jim McDowell NW, 87121  
A safe environment for individuals and families experiencing homelessness.  
[www.cabq.gov/family/news/westside-emergency-housing-center](http://www.cabq.gov/family/news/westside-emergency-housing-center)

**Good Shepherd Center** ..... 243-2527  
218 Iron Ave. SW, 87103  
Social Service advocacy and resources for homeless men and women. [www.gscnm.org](http://www.gscnm.org)

**Joy Junction** ..... 877-6967  
4500 2nd St., SW, 87105 [www.joyjunction.org](http://www.joyjunction.org)  
Social Service advocacy and resources for homeless men and women.

**St. Martin's Hope Works** ..... 242-4399  
1201 3rd St., NW, 87102 [www.hopeworksnm.org](http://www.hopeworksnm.org)  
Providing support and hope to those who may be experiencing homelessness.

**Saranam** ..... 299-6154  
1028 Eubank N.E., Ste. F, 87112 [www.saranamabq.org](http://www.saranamabq.org)  
Provides housing and basic needs (for up to 2 years) to families experiencing homelessness.

**Steel Bridge Transformation Center**..... 346-4673  
214 Coal St., SW, 87102 [www.mysteelbridge.org](http://www.mysteelbridge.org)  
Social Service advocacy and resources for homeless men and women.

**The Rock @ Noon Day Ministry**..... 246-8001  
2400 Second St. NW, 87102 [www.therockabq.com](http://www.therockabq.com)  
Provides many services such as day shelter, showers, laundry, counseling and luncheon program for the poor and homeless.

## HOUSING

### Foreclosure Assistance & Landlord/Tenant Issues

See Legal Resources – page 29

### Housing Discrimination

**U.S. Department of Housing and Urban Development (HUD)**  
1-800-669-9777 or (TTY) 1-817- 978-5595  
801 Cherry Street, Unit #45, Ste. 2500, Fort Worth, Texas 76102 [www.hud.gov](http://www.hud.gov)  
Investigates reports of discrimination in any housing related transaction such as rentals, home buying/selling, mortgage companies and homeowner associations.

### Housing Opportunities

**Albuquerque Apartments**..... [www.apartmentguide.com](http://www.apartmentguide.com)  
Website providing affordable rental housing.

**Albuquerque Housing Authority** ..... 764-3953  
1840 University Blvd., SE, 87106  
Assists households with housing choice vouchers to a private landlord, housing for low income families, elderly and disabled individuals. Apply on-line. [www.abqha.org](http://www.abqha.org)

**Bernalillo County Housing Department** ..... 314-0200  
1900 Bridge Blvd., SW, 87105 [www.app.bernco.gov/ha\\_web\\_app/](http://www.app.bernco.gov/ha_web_app/)  
Assists households with housing choice vouchers to a private landlord, housing for low income families, elderly and disabled individuals. Apply on-line.

**City of Albuquerque Department of Senior Affairs (DSA)..... 764-6400**  
**Information Line      [www.cabq.gov/seniors/senior-services/senior-information-line](http://www.cabq.gov/seniors/senior-services/senior-information-line)**  
Provides referrals to individuals for communities and subsidized/affordable housing.

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**Habitat for Humanity ..... 265-0057**  
4900 Menaul Blvd., NE, 87110      **[www.habitatabq.org](http://www.habitatabq.org)**  
Assists low-income first-time home-buyers in the process of achieving homeownership.

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**Hibernian House ..... 489-7322**  
600 Coal Ave., SW, 87102      **[www.monarchnm.com/properties/hibernian-house](http://www.monarchnm.com/properties/hibernian-house)**  
Offers subsidized rental units for low-income seniors.

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**Women's Housing Coalition ..... 884-8856**  
3005 San Pedro, NE 87110      **[www.womenshousingcoalition.org](http://www.womenshousingcoalition.org)**  
Assists low-income women with children who are motivated to become self-sufficient by providing affordable housing, training, and a variety of support needs.

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## **Rental Assistance See Community-Based Organizations – pages 4–6**

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### **Repair / Weatherization**

**Bernalillo County Housing Department ..... 314-0200**  
1900 Bridge Blvd., SW, 87105      **[www.berncogov](http://www.berncogov)**  
Assists low-income homeowners, with limited resources to make needed home repairs.

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**Bernalillo County Public Works ..... 848-1524**  
2400 Broadway, SE, 87102      **[www.berncogov/PIPE/](http://www.berncogov/PIPE/)**  
Provides financial assistance to income qualifying individuals for connection to water and sewer (PIPE Program), or replacement of failing septic systems in areas where sewer is not available (TANK Program).

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**Central New Mexico Housing Corporation (Weatherization)..... 345-4949**  
703 Osuna Rd. NE, Ste. 2, 87113      **[www.centralnmhousing.org](http://www.centralnmhousing.org)**  
Assists low-income families in making their homes energy efficient.

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**Silver Horizons ..... 884-3881**  
3540 Pan American Fwy., NE, Ste. B, 87107      **[www.silverhelpingseniors.org](http://www.silverhelpingseniors.org)**  
Minor home repair assistance for Bernalillo County seniors (50 and older) that own their home and qualify due to financial need. Requests are considered on a case-by-case basis.

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### **South Valley MainStreet Habitat for Humanity Home Repair Program**

Assists Income-qualified senior's age 55 and over who reside within certain South Valley Boundaries who need minor home exterior repairs.

**[www.habitatabq.org/south-valley-repair-program](http://www.habitatabq.org/south-valley-repair-program)**

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**Southwest Neighborhood Housing Services of Albuquerque..... 243-5511**  
6301 4th St., NW, 87107  
Home rehabilitation loans for low income families in the Downtown, Sawmill and Wells Park neighborhoods.      **[www.nhsfalb.org](http://www.nhsfalb.org)**

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## Reverse Mortgage Assistance

U.S. Department of Housing and Urban Development (HUD)

Reverse Mortgage for Seniors ..... 1-800-569-4287

500 Gold Ave. SW, 7th Floor, Ste. 7301, 87103

Provides assistance to individuals wishing to apply for a reverse mortgage.

[www.hud.gov/topics/information\\_for\\_senior\\_citizens](http://www.hud.gov/topics/information_for_senior_citizens)

## IMMIGRANT & REFUGEE RESOURCES

**Catholic Charities Center for Refugee Support** ..... 724-4670

2010 Bridge Ave., SW, 87105

Provides educational and career programs for refugee families that have resettled in Albuquerque.

[www.ccasnm.org/refugeesupport.html](http://www.ccasnm.org/refugeesupport.html)

**Catholic Charities of Albuquerque Immigration and Citizenship Legal Assistance (CICLA)** ..... 724-4670

2010 Bridge Ave., SW, 87105

[www.ccasnm.org/immigration.html](http://www.ccasnm.org/immigration.html)

Provides very low-cost immigration legal services for family-based immigration matters, consular processing, DACA applicants and naturalization.

**City of Albuquerque Office of Immigrant & Refugee Affairs** ..... 768-3040

The mission is to improve the lives of all immigrants and resettled refugees who are living in Albuquerque by evaluating and assuring City services are inclusive of immigrants, refugees, and English-language learners. ....

[www.cabq.gov/office-of-equity-inclusion/immigrant-refugee-affairs](http://www.cabq.gov/office-of-equity-inclusion/immigrant-refugee-affairs)

**Lutheran Family Services** ..... 933-7032

4105 Silver Ave., SE, 87108

Aids resettled refugees to work towards self-sufficiency through essential resettlement services, including: housing, employment, English language, and cultural orientation.

[www.lfsrm.org/programs-and-services/refugees/](http://www.lfsrm.org/programs-and-services/refugees/)

**NM Department of Health Refugee Health Program** ..... 841-8928

7525 Zuni SE, 87108

[www.nmhealth.org/about/phd/idb/rhp/](http://www.nmhealth.org/about/phd/idb/rhp/)

Collaborates with other community-based organizations to facilitate access to integrated medical and mental healthcare screenings to newly-arrived refugees.

**NM Immigrant Law Center** ..... 247-1023

Provides free and low-cost immigration information and legal assistance to low income families. The agency helps immigrants keep their families together, gain protection from persecution and domestic violence, attain permanent residency and work authorization and become U.S. citizens.

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

## IN-HOME SUPPORT SERVICES

**InnovAge Greater New Mexico PACE Program**..... 924-2650

904 Las Lomas Rd., NE 87102

Program of all-Inclusive care for the elderly (PACE). Provides in-home services and inpatient care (when needed) for seniors 55 and over who live in the Bernalillo County area or within 30 minutes travel from the center. Free for Medicare and Medicaid recipients. Private pay accepted. [www.myinnovage.com](http://www.myinnovage.com)

**NM Aging and Long-Term Services Department** ..... 1-800-432-2080

2550 Cerrillos Rd., Santa Fe, 87502

**Care Transition Program** — Assists residents in transitioning from long-term care facilities back home. [www.nmaging.state.nm.us/care-transition.aspx](http://www.nmaging.state.nm.us/care-transition.aspx)

### **In-Home and Community-Based Supports (Community Benefit Program)**

The Community Benefit Program provides long-term services and supports to members who need assistance to live at home or in a community setting rather than in a long-term care facility. The program offers many services, from personal care assistance with daily activities such as bathing and dressing to employment supports and modifications to make your home safer and more accessible. The services available to you are based on your individual needs.

If you need long-term services, but do not currently qualify for full-coverage Medicaid, you may still be able to get an allocation for the Community Benefit program. There is currently a registry for this program, and slots are available based on need.

**1-800-432-2080**

[www.nmaging.state.nm.us](http://www.nmaging.state.nm.us)

## INTERCULTURAL AND MULTICULTURAL ENGAGEMENT

**City of Albuquerque Office of Equity and Inclusion** ..... 768-4712

1 Civic Plaza, NW, 2<sup>nd</sup> Floor, Ste., 201, 87102

[www.cabq.gov/office-of-equity-inclusion](http://www.cabq.gov/office-of-equity-inclusion)

Addresses racial disparities and achieves equity across all populations and indicators.

**City of Albuquerque Office of African American Affairs** ..... 768-3307

Connects the City's resources to the Black communities and influences policies to unification to amplify the diverse Black voices within the city of Albuquerque.

[www.cabq.gov/office-of-equity-inclusion/african-american-affairs](http://www.cabq.gov/office-of-equity-inclusion/african-american-affairs)

**NM Asian Family Center** ..... 717-2877

Provides case management services such as applying for food stamps, TANF, social security, housing, etc. All services offered are provided free of charge. Although our services are open to everyone, our offerings are tailored to those who identify as Asian, Pacific Islander, and Native Hawaiian (APINH). [www.nmafc.org](http://www.nmafc.org)

## LEGAL RESOURCES

**American Bar Association** ..... 243-2615  
Lawyer referral service; \$50 for 30 minutes. [www.abqbar.org](http://www.abqbar.org)

**Legal Resources for the Elderly Program (LREP)** ..... 1-800-876-6657 or 797-6005  
Free statewide legal helpline for NM residents' ages 55 and older. No income qualifications.  
Staff attorneys answer questions in most areas of civil law. [www.nmbar.org/public/LREP](http://www.nmbar.org/public/LREP)

**NM Legal Aid** ..... 1-833-545-4357 or 243-7871  
301 Gold Ave., SW, 87102 Monday – Thursday, 10:00 A.M. to 3:00 P.M.  
Provides free legal services to low-income NM residents with civil matters, access to public benefits, consumer rights, identity theft, employment, family law, domestic violence, foreclosure, and landlord/tenant issues. On-line application available.  
[www.newmexicolegalaid.org](http://www.newmexicolegalaid.org)

**Senior Citizens' Law Office (SCLO)** ..... 265-2300  
4317 Lead Ave., SE, Ste. A, 87108 [www.sclonm.org](http://www.sclonm.org)  
Free legal services for eligible seniors (60 and older) regarding legal issues related to healthcare, public benefits, housing, advance directives, neglect and exploitation, guardianships, uncontested grandparent adoptions, consumer issues, foreclosure assistance and more. Estate planning offered at a reduced fee.

**Southwest Women's Law Center** ..... 244-0502  
128 Quincy NE, 87108 [www.swwomenslaw.org/](http://www.swwomenslaw.org/)  
A nonprofit and advocacy law center that focuses on advancing opportunities for women and girls in New Mexico by eliminating gender bias and discrimination.

**State Bar of NM General Referral Program (SBGR)** ..... 1-800-876-6227 or 797-6006  
Thirty-minute legal consultation; \$35.00 referral fee. No age or income qualifications.  
[www.nmbar.org/Nmstatebar/For\\_Public/Lawyer\\_Referral.aspx](http://www.nmbar.org/Nmstatebar/For_Public/Lawyer_Referral.aspx)

**UNM Law Clinic** ..... 277-5265  
Supervised by tenure-track faculty, students represent clients. [www.lawschool.unm.edu](http://www.lawschool.unm.edu)

**United South Broadway Corporation** ..... 764-8867  
1500 Walter St., SE, 87102 [www.unitedsouthbroadway.org](http://www.unitedsouthbroadway.org)  
Offers foreclosure counseling and legal services to NM residents.

## MEDICAID INFORMATION – see Public Benefits page 35

**Health Insight New Mexico** ..... 1-800-663-6351  
5801 Osuna Road NE, Ste. 200, 87109 [www.healthinsight.org/newmexico](http://www.healthinsight.org/newmexico)  
Medicare Quality Improvement Organization (QIO) investigates concerns from Medicare patients about early discharge and quality of medical care received under Medicare.



**KEPRO ..... 1-844-430-9504**

5700 Lombardo Center Dr., Ste. 100, Seven Hills, OH 44131

Provides immediate advocacy with filing a Medicare discharge appeal or Medicare quality of care complaint. **www.keprogio.com**

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**Medicare Information ..... 1-800-633-4227**

P.O. Box 1270, Lawrence, KS 66044

Provides information on enrollment, replacement cards, and plan choices, billing questions, medical records and change of address.

A Medicare Advantage Plan is another way to get your Medicare Part A and Part B coverage. Medicare Advantage Plans, sometimes called “Part C” are offered by Medicare-approved private companies that must follow rules set by Medicare. If you join a Medicare Advantage Plan, you’ll still have Medicare but you’ll get most of your Part A and Part B coverage from your Medicare Advantage Plan, not Original Medicare. These “bundled” plans include Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance), and usually Medicare drug coverage (Part D).

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**NM Aging and Long-Term Services Department ..... 1-800-432-2080**

P.O. Box 27118, 2550 Cerrillos Rd., Santa Fe, 87502

- **Senior Medicare Patrol (SMP)** **www.nmaging.state.nm.us/scams.aspx**  
Helps Medicare and Medicaid recipients to avoid, detect, and prevent healthcare fraud.
  - **State Health Insurance Assistance Program (SHIP)**  
Assists with all health insurance questions, including Medicare and Medicaid.
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**NM Human Services Department Income Support Division (ISD)**

**Customer Service Center ..... 1-800-283-4465**

Phone Hours: Monday – Friday 8:00 A.M. – 4:30 P.M.

**www.hsd.state.nm.us**

(See addresses/phone #'s on page 35)

**Apply on-line: www.yes.state.nm.us**

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*See page 46 for Medicare Savings Plan information.*

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**Social Security Administration (SSA) ..... 1-800-772-1213**

500 Lead Ave., SW, 87102

**(TTY) 1-800-325-0778**

**Hours:** Monday – Friday, 8:00 A.M. to 7:00 P.M.

**www.ssa.gov**

Social Security enrolls you in Original Medicare (Part A and Part B).

- **Medicare Part A (hospital insurance)** – pays for inpatient care in a hospital or limited time at a skilled nursing facility (following a hospital stay). Part A also pays for some home health care and hospice care.
  - **Medicare Part B (medical insurance)** – pays for services from doctors and other health care providers, outpatient care, home health care, durable medical equipment, and some preventive services.
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# NATIVE AMERICAN RESOURCES

- Albuquerque Indian Health Center** ..... 248-4000  
 801 Vassar Drive NE, 87106  
 Promotes a variety of programs to pursue the IHS Mission to raise the physical, mental, social, and spiritual health of American Indians and Alaska Natives. [www.ih.gov](http://www.ih.gov)
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- City of Albuquerque Office of Native American Affairs**..... 768-4547  
 Our aim is to improve resource and service delivery by deepening providers understanding of Native American values, perspectives, history, policies, and the unique relationship Tribes have with the federal government.  
[www.cabq.gov/office-of-equity-inclusion/native-american-affairs](http://www.cabq.gov/office-of-equity-inclusion/native-american-affairs)
- 
- First Nations Community Healthsource** ..... 248-2990  
 625 Truman St., NE, 87110 [www.fnch.org](http://www.fnch.org)  
 Provides behavioral health services, primary medical and dental care to American Indian/ Alaskan Native families and other underserved populations. Also assists with marketplace insurance to include Medicaid and public benefit applications.
- Behavioral Health** ..... 262-2481
  - Dental Care**..... 873-7423
  - Medical Care**..... 248-2990
- 
- Five Sandoval Indian Pueblos, Inc.**..... 867-3351  
 4321 Fulcrum Way NE, Ste. B, Rio Rancho, 87144  
 Provides services to Native American adults age 55 and older. [www.fsipinc.org](http://www.fsipinc.org)
- 
- NM Aging and Long-Term Services Department  
 Indian Area Agency on Aging (IAAA)** ..... 629-8544  
 The IAAA supports Indian elders’ unique cultural and traditional needs and promotes services that improve their quality of life. [www.nmaging.state.nm.us/aaa.aspx](http://www.nmaging.state.nm.us/aaa.aspx)
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- National Indian Council on Aging (NICOA)** ..... 292-2001  
 8500 Menaul Blvd. NE, Ste. B-470, 87112 [www.tribalfootprints.org](http://www.tribalfootprints.org)  
 An on-line resource directory that assists elders and their families and caregivers in finding aging services: caregiver services, resources, food services, health service providers, housing, in-home, long-term care support services, elder centers and transportation.
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- Native American Disability Law Center, Inc.** ..... 1-800-862-7271  
 905 W. Apache St., Farmington, NM 87401 [www.nativedisabilitylaw.org](http://www.nativedisabilitylaw.org)  
 Provides free legal assistance to Native Americans with disabilities.
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- Navajo Area Agency on Aging**.....928-871-6868  
 P.O. Box 1390 Window Rock, AZ 86515 [www.naaa.navajo-nsn.gov](http://www.naaa.navajo-nsn.gov)  
 Ensures Elders living on the Navajo Nation receive all available benefits and serves to which they are entitled.

**Navajo Nation American Rescue Plan** .....928-871-2600  
P.O. Box 3150 Window Rock, AZ 86515  
Enrolled Navajo Nation tribal members can apply for rental assistance. [www.nnooc.org](http://www.nnooc.org)

## **PET RESOURCES**

**Animal Humane Society of New Mexico** ..... 255-5523  
615 Virginia St., SE, 87108 [www.animalhumanenm.org](http://www.animalhumanenm.org)  
Adoptions, spay/neuter services, vaccination clinics, and more for income qualified individuals.

**Bernalillo County Animal Care Services** ..... 468-7387  
3001 2nd St. SW, 87105  
Assists in reuniting people with their lost pets, as well as licensing and permitting of animals and animal establishments in Bernalillo County.

**Spay Neuter Assistance Program (SNAP)**..... 314-0280  
Offers assistance for pet owners to help with the cost of spay or neuter services.  
[www.bernco.gov/animal-care](http://www.bernco.gov/animal-care)

**Best Friends Pet Cremation** ..... 345-5615  
924 Menaul Blvd. NE, 87107  
Pet cremation and cemetery. [www.bestfriendspetcremation.com](http://www.bestfriendspetcremation.com)

**City of Albuquerque – Animal Welfare Department**.....311 or 768-1975  
8920 Lomas NE, 87112  
Low cost/free spay and neuter for cats and dogs for income qualified individuals, animal noise, licenses, adoptions, rescue group lists, and pet education. Proof of residency, income, and current driver’s license/I.D. required.  
[www.cabq.gov/pets/shelters-rescue-groups/animal-shelters-services](http://www.cabq.gov/pets/shelters-rescue-groups/animal-shelters-services)

**NM Animal Friends** ..... 881-7297  
P.O. Box 40189, 87196  
Adoptions, rescue for homeless dogs and cats, spay/neuter services, temporary foster care available until permanent home is found. [www.nmaf.org](http://www.nmaf.org)

**Street Cat Hub** ..... 247-9357  
P.O. Box 40189, 87196 [www.streetcathub.org](http://www.streetcathub.org)  
Information about sterilizing the unowned street cats in your neighborhood.

**VOLUNTEER TODAY** 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  
**(505) 764-6400.**

# PHYSICAL FITNESS & SENIOR WELLNESS PROGRAMS

City of Albuquerque Department of Senior Affairs – (DSA) Senior Sports and Fitness  
[www.cabq.gov/seniors/50-sports-fitness](http://www.cabq.gov/seniors/50-sports-fitness)

- **DSA Albuquerque 50+ Senior Games:** Competitions in 22 sports for 50+ senior athletes each spring throughout Albuquerque/Bernalillo county. Awards given to top finishers within age groups. Year-round practices, leagues, and workshops available.
- **DSA Adapted Aquatics:** Classes consist of a series of range-of-motion exercises in warm water. Registration required.
- **DSA Outdoor Recreation Program:** Enjoy day trips into the natural beauty of New Mexico with our popular hiking and walking programs. Registration required.
- **DSA Senior Exercise Program:** Low impact aerobics, flex & tone, and gentle exercise classes at multiple centers within the department of senior affairs. Other classes offered are Yoga, Zumba, Pilates, Tai Chi, dance classes and many more fun classes.
- **DSA Weight Training/Fitness Facilities:** State-of-the art exercise equipment available to assist seniors to improve strength and conditioning.
- **DSA Winter Sports Program:** Enjoy day trips snowshoeing, downhill skiing or cross-country skiing on New Mexico snow-covered mountains. Registration required.

## City of Albuquerque Department of Senior Affairs – Fitness Centers

- **Barelas Senior Center Fitness Room** ..... 764-6436  
714 7th St. SW, 87102
- **Highland Senior Center Fitness Room** ..... 767-5210  
131 Monroe NE, 87108
- **Los Volcanes 50+ Sports & Fitness Center** ..... 767-5990  
6500 Los Volcanes Rd., NW, Ste. B, 87121
- **Manzano Mesa Multigenerational Center Fitness Room** ..... 275-8731  
501 Elizabeth St., SE, 87123
- **North Domingo Baca Multigenerational Center Fitness Room** ..... 764-6496  
7521 Carmel Ave. NE, 87113
- **North Valley Senior Center Fitness Room** ..... 761-4025  
3825 4th St. NW, 87107
- **Palo Duro 50+ Sports and Fitness Center** ..... 880-2800  
5221 Palo Duro Ave., NE, 87110

## Other Wellness Programs

**Blue 60 Plus** ..... 816-4454

A no-cost program offered by Blue Cross and Blue Shield of New Mexico for seniors 60 and older.  
[www.bcbsnm.com/company-info/community-involvement/blue-60plus](http://www.bcbsnm.com/company-info/community-involvement/blue-60plus)

**JCC Pro Fitness Center – Jewish Community Center** ..... 332-0565

5520 Wyoming Blvd., NE, 87109  
 Features cardiovascular equipment, physical therapy room, indoor track, and a stretching area. Registration fee and monthly fees apply.  
[www.jccabq.org](http://www.jccabq.org)

**Lovelace Silver Elite..... 727-5502**

4101 Indian School Rd. NE, Ste.110, 87110 [www.lovelacesilverelite.com](http://www.lovelacesilverelite.com)

A complimentary program created exclusively for people age 60 and older. Provides social activities, valuable health screenings, and educational seminars.

**New Heart..... 881-8195**

601 Lomas Blvd., NE, 87102

An all-inclusive gym offering cardio, weights, fitness classes, group training, yoga, nutrition classes, personal training, Tai Chi and more. [www.newheartnm.com](http://www.newheartnm.com)

**Presbyterian Community Health Wellness Referral Center..... 850-0176**

Offers free 6-week workshop programs designed to help adults gain the confidence and skills to better manage or prevent chronic health conditions. Includes self-management for (general) chronic disease, chronic pain, diabetes, and Cancer: Thriving & Surviving Programs. [www.pathstohealthnm.org](http://www.pathstohealthnm.org)

**Presbyterian Healthcare Services Healthplex..... 823-8399**

6301 Forest Hills Dr. NE, 87109 [www.phs.org](http://www.phs.org)

A senior-focused wellness and rehab facility. Staff expertly trained in disease management. Registration and monthly fees apply.

**Senior Connection ..... 823-8352**

Provides a variety of educational and physical activity programs, community resources, and social opportunities for seniors.

**Silver Sneakers..... 1-866-584-7389**

Gym memberships, exercise classes, health workshops and screenings provided by some Medicare plans. [www.silversneakers.com](http://www.silversneakers.com)

**PROPERTY TAX INFORMATION**

**Bernalillo County Assessor's Office..... 222-3700**

415 Silver SW, 87102.....[www.bernco.gov/assessor](http://www.bernco.gov/assessor)

- **Head of Household Exemption** – allows \$2,000 of the taxable value of a residential property to be tax exempt if certain criteria are met.
- **Value Freeze Program** – allows seniors age 65 or older a freeze on the valuation of their property for the purposes of property taxes. The property owner must have had a Modified Gross Income In 2022 of \$40,400 or less, and be either: 65 years-of-age or over; or disabled.
- **Veteran Tax Exemption** – A \$4,000 reduction in the taxable value of real property for any veteran or unmarried surviving spouse who served a minimum of 90 consecutive duty days (other than training), and who was honorably discharged and a legal resident of New Mexico.
- **Disabled Veteran Tax Exemption** – Grants a 100% property tax waiver on the veteran's primary residence to any veteran who has been determined to have 100% total and permanent service-connected disability by the U.S. Department of Veterans Affairs, and who is a legal resident of New Mexico.

## PUBLIC BENEFITS

### NM Human Services Department Income Support Division (ISD)

**Customer Service Center**..... 1-800-283-4465

Phone Hours: Monday – Friday 8:00 A.M. – 4:30 P.M.

[www.state.nm.us](http://www.state.nm.us)

**Apply on-line:** [www.yes.state.nm.us](http://www.yes.state.nm.us)

**ISD ASSISTANCE PROGRAMS:** (See addresses/phone #'s and programs listed below)

- **Burial Assistance – NMAC 8.106.502** – Minimal assistance for Medicaid Recipients.  
[www.hsd.state.nm.us/lookingforinformation/income-support-division-1/](http://www.hsd.state.nm.us/lookingforinformation/income-support-division-1/)
- **Medicaid (institutional and non-institutional)** – Medical Assistance for income eligible. See page 29 for program information.
- **Medicare Savings Programs** – QMB (Qualified Medicare Beneficiaries), SLIMB (Specified Low Income Medicare Beneficiaries), and Qualifying Individuals (QI). See page 46 for program information.
- **SNAP (formerly food stamps)** – Food assistance for income-eligible applicants.

**FIELD OFFICE LOCATIONS:** All field office hours are Monday – Friday, 8:00 A.M. – 4:30 P.M.

**Northeast**, 4330 Cutler Ave., NE, 87110 ..... **222-9600**

**Northwest**, 1041 Lamberton Place NE, 87107 ..... **841-7700**

**Southeast**, 1711 Randolph Rd., SE, 87106 ..... **383-2600**

**Southwest**, 3280 Bridge Blvd., SW, 87121 ..... **841-2300**

*See Page 47 for Income Eligibility Guidelines*

**LIHEAP PROGRAM** ..... **1-888-523-0051**

Assists income eligible individuals and families with their heating and cooling costs.

**Social Security Administration (SSA)** ..... **1-800-772-1213**

500 Lead Ave., SW, 87102

**(TTY) 1-800-325-0778**

**Hours:** Monday – Friday 9:00 A.M. to 4:00 P.M.

[www.ssa.gov](http://www.ssa.gov)

Administers social insurance programs consisting of retirement, disability, and survivors' benefits. SSA can help with application assistance, appeals, payee information, requesting a new card or account and/or change of name and other benefits mentioned below.

**Special Lump Sum Death Payment** – Deceased's family members may be able to receive Social Security benefits along with a one-time payment of \$255 to the surviving spouse.

[www.ssa.gov/forms/ssa-8.html](http://www.ssa.gov/forms/ssa-8.html)

## REFERRAL SERVICES

**AARP Information Center**..... 830-3096  
 1930 Juan Tabo Blvd., NE, Ste. J, 87112 [www.aarp.org](http://www.aarp.org)  
 Provides resources to individuals age 50 and older in areas such as health care, employment, income security, and protection from financial abuse.

**AARP Foundation’s Benefits QuickLINK**

A free and private way to find out if one is eligible for programs that pay for food, increase income and cover home and healthcare costs. Quick results, application forms and phone numbers to the nearest public benefit offices.

**Administration for Community Living**.....202-401-4364  
 Provides links to government and non-government sites for information relevant to seniors and people with disabilities. [www.acl.gov](http://www.acl.gov)

**Benefits Checkup**.....202-479-1200  
 Provides benefit program information available to seniors with limited income and resources. [www.benefitscheckup.org](http://www.benefitscheckup.org)

**City of Albuquerque Department of Senior Affairs Information & Assistance Line**..... 764-6400  
 Provides community resource information to City of Albuquerque and Bernalillo County residents. [www.cabq.gov/seniors/senior-services/senior-information-line](http://www.cabq.gov/seniors/senior-services/senior-information-line)

**NM Aging and Disability Resource Center**..... 1-800-432-2080  
 2550 Cerrillos Rd., Santa Fe, 87502 [www.nmaging.state.nm.us/adrc.aspx](http://www.nmaging.state.nm.us/adrc.aspx)  
 Assists elders and persons with disabilities with access to services and resources. Assistance in NM Centennial Care Waiver, prescriptions (MEDBank), Senior Medicare Patrol (SMP) and State Health Insurance Assistance Program (SHIP).

**U.S. Administration on Aging Eldercare Locator** ..... 1-800-677-1116  
 Connects individuals and their caregivers with local resources. <https://eldercare.acl.gov>

## SENIOR & MULTIGENERATIONAL CENTER LOCATIONS

**City of Albuquerque/Bernalillo County Department of Senior Affairs**  
 For specific Senior and Multigenerational center current, ongoing schedule of events and classes you can visit with center staff or view each center’s monthly newsletter online by visiting the center location page located at: [www.cabq.gov/seniors](http://www.cabq.gov/seniors).

*(See Meal Sites pages 39 for a listing of City of Albuquerque Senior Meal Sites.)*

**Senior Centers:**

- Barelas Senior Center**, 714 7th St., SW, 87102..... 764-6436
- Bear Canyon Senior Center**, 4645 Pitt St., NE, 87111 ..... 767-5959
- Highland Senior Center**, 131 Monroe St., NE, 87108..... 767-5210

- Los Volcanes Senior Center**, 6500 Los Volcanes Rd. NW, 87107..... **767-5999**
- North Valley Senior Center**, 3825 4th St., NW, 87107 ..... **761-4025**
- Palo Duro Senior Center**, 5221 Palo Duro Ave., NE, 87110..... **888-8102**

**Multigenerational Centers:**

The Department of Senior Affairs provides services to Bernalillo County’s youth as young as age 5 at North Domingo Baca and Manzano Mesa Multigenerational Centers. In addition to the traditional adult programming and services offered at the six Senior Centers, the two Multigenerational Centers provide an array of intergenerational programming including various recreation programs.

- Manzano Mesa Multigenerational Center** ..... **275-8731**  
501 Elizabeth St., SE, 87123
- North Domingo Baca Multigenerational Center** ..... **764-6475**  
7521 Carmel Ave., NE, 87109

## Neighboring Communities

- Bernalillo County Office of Senior and Social Services** ..... **314-0425**  
2400 Broadway SE, Bldg. N, 87102

Provides health and quality of life initiatives for Bernalillo County residents to improve well-being, health, and family & community development. **www.oss@bernco.gov**  
**See meal sites on page 39 for county locations.**

- Non-Metro Area Agency on Aging** ..... **1-866-699-4927**  
3900 Paseo Del Sol, Santa Fe, 87507  
Provides funding to senior programs in every NM County except Bernalillo. Services may include meals, transportation, and other services. **www.ncnmedd.com**

- Presbyterian Medical Services (PMS) – Torrance County** ..... **1-800-477-7633**  
Services for seniors in Torrance County. **www.pmsnm.org/services/senior-services**
- Torrance County – Estancia** ..... **384-2296**  
305 Highland Ave., Estancia, 87016
- Torrance County – Moriarty** ..... **832-4425**  
120 Roosevelt Ave., Moriarty, 87035
- Torrance County – Mountainair** ..... **847-2885**  
107 North Summit Ave., Mountainair, 87036

- Sandoval County Senior Program – Information and Assistance** ..... **867-7535**  
1500 Idalia Rd., NE, Bldg. D, Bernalillo, NM, 87004  
Provides services to seniors throughout Sandoval county.  
**www.sandovalcountynm.gov/departments/community-services/senior-services/**
- Bernalillo Senior Center** ..... **867-9448**  
255-B Camino del Pueblo, 87004



<b>Broadmoor Senior Center</b> .....	<b>891-5018</b>
3241 Broadmoor Blvd., 87122	
<b>Corrales Senior Center</b> .....	<b>897-3818</b>
4324-A Corrales Rd., 87048	
<b>Cuba Senior Center</b> .....	<b>575-289-3510</b>
4324-A Corrales Rd., 87048	
<b>Jemez Senior Center</b> .....	<b>575-834-7630</b>
4324-A Corrales Rd., 87048	
<b>Placitas Senior Center</b> .....	<b>867-1396</b>
41 Camino de la Huertas, 87043	
<b>Rio Rancho Meadowlark Senior Center</b> .....	<b>891-5018</b>
4330 Meadowlark Lane, SE, 87124	

<b>Valencia County Older American Program</b> .....	<b>864-2663</b>
715-A South Main St., Belen, 87002	
<b>www.co.valencia.nm.us</b>	
Provides services to seniors throughout Valencia county.	
<b>Belen Senior Center</b> .....	<b>864-6739 or 864-2663</b>
715-A South Main, Belen, 87002	
<b>Bosque Farms Community Center</b> .....	<b>869-5133</b>
950 North Bosque Loop, Bosque Farms, 87068	
<b>Del Rio Senior Center</b> .....	<b>864-7500</b>
351 Rio Communities Blvd., Belen, 87002	
<b>Fred Luna Multigenerational Center</b> .....	<b>839-3853</b>
315 Don Pasqual Rd., Los Lunas, 87031	
<b>Meadow Lake Senior Center</b> .....	<b>865-8824</b>
100 Cuero Lane, Los Lunas, 87031	

## SENIOR MEALS

### Home Delivered Meals

<b>Albuquerque Meals on Wheels</b> .....	<b>823-8082</b>
5901 Harper Dr. NE, 87109	
<b>www.mow-nm.org</b>	
Home delivered meals for elderly, recuperating, and disabled individuals who are homebound. Special diets available, no age restrictions.	

### City of Albuquerque Dept. of Senior Affairs

<b>Home Delivered Meals Initial Requests</b> .....	<b>764-6400</b>
<b>www.cabq.gov/seniors/senior-services/senior-meals</b>	

Senior Affairs offers home delivered meal service to homebound seniors age 60 and older who have physical, emotional, or other limitations that do not allow them to leave their homes on their own.

*\*Contributions requested. No one will be denied services if they choose not to contribute.*

## Meal Sites

### City of Albuquerque Department of Senior Affairs Senior and Multigenerational Center Meal Sites

Senior Affairs offers low-cost breakfast and free/donation based senior lunch service to adults age 60+ or low-cost lunch to adults 50+ at senior and multigenerational centers Monday-Friday between 11:30 am – 1:00 pm. Call your center for more information or to reserve your lunch 24-hours in advance.

All City of Albuquerque Senior and Multigenerational centers offer free/donation-based lunch to adults age 60+ (*\$2.00 donation appreciated*). Older adults ages 50 – 59, lunch is offered at a reduced rate of \$3.25. Highland, Los Volcanes, Palo Duro, & Bear Canyon senior centers also offer low-cost, made to order menu options in addition to the regular senior lunch program.

Adults under the age of 50 are invited to visit our two multigenerational centers and can purchase lunch for \$7.67. Our multigenerational centers are North Domingo Baca and Manzano Mesa. [www.cabq.gov/seniors/senior-services/senior-meals](http://www.cabq.gov/seniors/senior-services/senior-meals)

<b>Barelas Senior Center</b> .....	<b>764-6436</b>
714 7th St., SW, 87102 (M–F: 8am–5pm)	
<b>Bear Canyon Senior Center</b> .....	<b>767-5959</b>
4645 Pitt St., NE, 87111 (M–W: 8am–5pm, TH: 8am–9pm, SAT: 9am–3pm)	
<b>Highland Senior Center</b> .....	<b>767-5210</b>
131 Monroe St., NE, 87108 (M–T, TH–F: 8am–5pm, W: 8am–7pm, SAT: 10am–4pm)	
<b>Los Volcanes Senior Center</b> .....	<b>767-5999</b>
6500 Los Volcanes Rd. NW, 87107 (M–W: 8am–5pm, TH: 8am–7pm, SAT: 9am–1pm)	
<b>North Valley Senior Center</b> .....	<b>761-4025</b>
3825 4th St., NW, 87107 (M–W: 8am–5pm, TH: 8am–7pm, SUN: 12:30–5pm)	
<b>Manzano Mesa Multigenerational Center</b> .....	<b>275-8731</b>
501 Elizabeth St., SE, 87123 (M–W: 8am–9pm, SAT: 9am–3pm)	
<b>North Domingo Baca Multigenerational Center</b> .....	<b>764-6475</b>
7521 Carmel Ave., NE, 87109 (M–F: 8am–9pm, SAT: 9am–3pm)	
<b>Palo Duro Senior Center</b> .....	<b>888-8102</b>
5221 Palo Duro Ave., NE, 87110 (M–T, TH–F: 8am–5pm, SAT: 9am–1pm)	

Additional City of Albuquerque and Bernalillo County senior meal sites that serve free/donation-based lunch to those 60 and older include:

<b>Cesar Chavez Community Center</b> , 7505 Kathryn Ave., SE, 87108.....	<b>256-2680</b>
<b>Encino Terrace</b> , 609 Encino Pl., NE, 87102.....	<b>247-4185</b>
<b>Los Duranes Community Center</b> , 2920 Leopoldo Rd., NW, 87104.....	<b>848-1338</b>
<b>Paradise Hills</b> , 6001 Paradise Blvd., NW, 87114.....	<b>314-0246</b>
<b>Raymond G. Sanchez Senior Center</b> , 9800 4th St., NW, 87114.....	<b>314-0082</b>
<b>Rio Bravo Senior Center</b> , 3910 Isleta Blvd., SW, 87105 .....	<b>314-0049</b>

- South Valley Multi-Purpose Senior Center**, 2008 Larrazolo Rd., SW, 87105 .... **468-7602**
- Taylor Ranch Community Center**, 4900 Kachina St., NW, 87120 ..... **768-6006**
- Tijeras Senior Center**, #10 Tijeras Ave., Tijeras, 87059 ..... **286-4220**
- Whispering Pines Senior Center**, #6 Lark Rd., Tijeras, 87059 ..... **281-8003**

Additional senior meal sites are generally open Monday – Friday, 8:30am – 2:30pm, and provide activities as well as a senior lunch program. Menus and calendars of activities are available at each meal site. Reservations are required one day prior by 12pm.

Lunch is offered for residents at the following locations:

- Cesar Chavez Community Center**, 7505 Kathryn Ave., SE, 87108..... **256-2680**
- Ed Romero Terrace Meal Site**, 8100 Central Ave., SE, 87108 ..... **232-8880**
- Embudo Towers**, 8010 Constitution Ave., NE, 87110 ..... **764-3995**
- Encino Garden**, 412 Alvarado Dr., SE, 87108..... **266-7736**
- Encino Terrace**, 609 Encino Pl., NE, 87102..... **247-4185**
- Shalom House Meal Site**, 5500 Wyoming Blvd., NE, 87109..... **823-1434**

Meals are offered free to adults 60 and older, however donations for meals are accepted and appreciated. Call each site for more information regarding hours of operation.

## SUPPORT GROUPS & SERVICES

**Albuquerque Fibromyalgia Support Group** ..... **abqfibrogroup@gmail.com**

A local support group dedicated to providing awareness and support for those affected by Fibromyalgia. **www.abqfibro.com**

**Be My Eyes**..... **www.bemyeyes.com**

A free app that connects blind and low-vision people with sighted volunteers and company representatives for visual assistance through a live video call.

**Bright Focus Foundation**.....**brightfocus.org**

On-line resources on Alzheimer’s, macular degeneration and glaucoma.

**Centro Savila** ..... **312-7296**

3 Locations: 1317 Isleta Blvd., SW, 87105 | 7401 Copper Ave., NE, 87108 |  
217 San Pablo St., SE, 87108 **www.centrosavila.org**

Provides low-cost, high quality, outpatient clinical therapy services In English and Spanish for Individuals, couples, and families experiencing depression, anxiety, trauma or other stressors.

**CONNECT2AFFECT**..... **www.connect2affect.org**

Tools and information to help evaluate isolation risk, reach out to others who may be feeling lonely and disengaged, and find practical ways to reconnect to community.

**Mesothelioma Center** ..... **1-800-615-2270**

1 S. Orange Ave., Ste. 301, Orlando, FL 32801 **www.asbestos.com/mesothelioma**

Offers resources and services for those suffering from mesothelioma.

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**NM Parkinson Disease Coalition** ..... 219-5065  
P.O. Box 35091, 87176 [www.nmparkinson.org](http://www.nmparkinson.org)

Provides community education, support groups and referral services.

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**National Multiple Sclerosis Society**.....243-2792 or 1-800-344-4867

5801 Osuna Rd. NE, Suite A-107, 87109 [www.nationalmssociety.org/Chapters/NMX](http://www.nationalmssociety.org/Chapters/NMX)

A local support group dedicated to providing awareness and support for those affected by Multiple Sclerosis.

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**Parkinson & Movement Disorder Alliance**..... 1-800-219-5065 or 1-800-256-0966

P.O. Box 36233, Tucson, AZ 85704 [www.pmdalliance.org/newmexico-resources/](http://www.pmdalliance.org/newmexico-resources/)

Provides direct care services including support groups and an information hot-line to individuals living with Parkinson's, families and care partners.

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**SAGE Albuquerque** ..... 259-5868

P.O. Box 20421, 87154

Offers a support group to LGBT elders.

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

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**The American Lung Association of New Mexico** ..... 1-800-586-4872

The Association facilitates support communities for people facing lung disease and their caregivers. [www.lung.org/research/sota/city-rankings/states/new-mexico/san-miguel](http://www.lung.org/research/sota/city-rankings/states/new-mexico/san-miguel)

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**VisionAware** ..... [www.visionaware.org](http://www.visionaware.org)

Informational website providing information about living with vision loss, support groups, eye conditions and services available.

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**Visions Support Group (20/20 Club)** ..... 275-9952

10704 Paseo del Norte, NE, 87122

Support group focusing on vision loss, particularly macular degeneration, but open to anyone with vision loss, their family members, and caregivers.

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**Wings for Life International**..... 291-6412

2270 D Wyoming Blvd., NE, #130

Empowerment program that provides life-skills, education, training, and support for children and family members of prisoners (returning citizens) and at-risk youth.

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## **TAX PREPARATION INFORMATION**

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**AARP New Mexico** ..... 830-3096

1930 Juan Tabo Blvd., NE Ste. J

1-888-227-7669

[www.aarp.org](http://www.aarp.org) or [www.aarp.org/findtaxhelp](http://www.aarp.org/findtaxhelp)

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**IRS Volunteer Income Tax Assistance (VITA)** ..... 1-800-906-9887

1930 Juan Tabo Blvd., NE, Ste. J

<https://irs.treasury.gov/freetaxprep/>

Offers free basic information on tax return preparation to qualified individuals. To locate the nearest VITA or TCE site near you, use the VITA Locator Tool.

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**NM Taxation and Revenue** ..... 841-6200

5301 Central Ave., NE, 87198

Taxation & Revenue has computers available in their office lobbies for all individuals wishing to electronically self-file their income tax returns during regular business hours. The TRD e-file website address is: [www.nmwebfile@state.nm.us](http://www.nmwebfile@state.nm.us)

[www.tax.newmexico.gov/Individuals/free-filing-assistance.aspx](http://www.tax.newmexico.gov/Individuals/free-filing-assistance.aspx)

**Tax Help NM/United Way of Central New Mexico ..... 247-3671**

2340 Alamo Ave., SE, 87106      <https://uwcnm.org/how-we-help/tax-help-new-mexico>

Offers free state and federal tax preparation to families who make \$56,000 per year or less.

**Taxpayer Advocate Service..... 837-5505**

Provides free assistance to taxpayers in resolving problems with the IRS.

[www.irs.gov/advocate](http://www.irs.gov/advocate)

## TRANSPORTATION

**Catholic Charities..... 724-4670**

2010 Bridge Blvd., SW, 87105

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

Provides no cost limited transportation (60 and older). Registration required.

**City of Albuquerque Department of Senior Affairs ..... 764-6464**

**Transportation Division      [www.cabq.gov/seniors/senior-services/transportation](http://www.cabq.gov/seniors/senior-services/transportation)**

Curb to curb transportation for individuals age 60 and older; wheelchair accessible. Rides scheduled on first-come, first-served basis. Non-medical errands are reserved three (3) days in advance and Medical appointments are reserved seven (7) days in advance.

*\*Contributions requested. No one will be denied services if they choose not to contribute.*

**City of Albuquerque – Transit Department ..... 243-7333**

1 Civic Plaza NW, 87102

[www.cabq.gov/transit](http://www.cabq.gov/transit)

**ZERO FARES** One Year Pilot Program is active now through June 30, 2023.

### **ABQ Mini-Ride/Sun Van**

For certified mobility impaired persons living within Albuquerque and most of Bernalillo County. \$2.00 one way; wheelchair accessible.

**For applications call ..... 724-3100**

**For reservations call ..... 243-7433**

**NM Rail Runner ..... 1-866-795-7245**

809 Copper Ave. NW, 87102

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

**Freedom Pass** – Veterans with a VA medical card can ride the New Mexico Rail Runner Express for free with Rio Metro’s Freedom Pass. Many bus connections are also free with the Freedom Pass, including Santa Fe Trails, ABQ RIDE and Rio Metro.

**Reduced Fares** – Available to seniors age 60 and older and allows access to most buses for free with a valid printed or mobile NM Rail Runner Express ticket. Seniors ride free on Wednesdays.

**NM VIC Community Support Shuttle ..... 569-3530**

Runs Monday through Friday, 7:00 A.M. – 3:00 P.M. Call for scheduled routes.

## VETERANS RESOURCES

- Albuquerque Vet Center** ..... 346-6562  
 1600 Mountain Rd., NW, 87104      **After hours, weekends or holidays 1-877-927-8387**  
 Provides counseling, outreach, and referral services to combat Veterans and their families. Services include individual and group counseling post-traumatic stress disorder (PTSD), alcohol and drug assessment and suicide prevention referrals.
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- American Patriot Service Corp** ..... 221-3485  
 3634 Rio Rancho Blvd., NE Ste. 201-B, Rio Rancho, 87144      [www.apscnmp.org](http://www.apscnmp.org)  
 Helping veterans or their widows apply for VA pension and healthcare benefits.
- 
- City of Albuquerque Mayor's Veterans Resource Center** ..... 768-3000  
 400 Marquette NW, 87102      [www.cabq.gov/veterans-resource-center](http://www.cabq.gov/veterans-resource-center)  
 Provides local resources to veterans and offers information on the issues that matter to veterans, military service members and their families.
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- Disabled American Veterans (DAV) Regional Office** ..... 346-4864  
 500 Gold Ave., SW, RM. 3116, 87102      [www.dav.org](http://www.dav.org)  
 Aids veterans and their families in obtaining benefits earned through military service.
- Transportation Department** ..... 256-2821  
 Provides transportation to veterans for medical appointments at various VA hospitals and clinics around New Mexico.
- 
- Goodwill Veterans Services** ..... 1-866-376-0182 or 881-6401  
[www.goodwillnm.org](http://www.goodwillnm.org)
- Homeless Veterans Reintegration Program** – Focuses on placing homeless veterans into long-term employment, as well as providing case management services.
- Supportive Services for Veterans' Families** – Helps stabilize housing for very low-income veterans and their families who are homeless or at risk of homelessness.
- Veteran Family Services** – Provides employment, job training, and comprehensive case management to veterans and their family members.
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- NM Dental Foundation Women Veterans Smile Program** ..... 298-7206 ext. 203  
 Provides free dental care to low-income women veterans. [www.nmdentalfoundation.org](http://www.nmdentalfoundation.org)
- 
- NM Department of Veterans Services**  
 500 Gold Ave., SW, 87102 ..... 346-4873  
 5201 Eagle Rock Ave., NE, Ste. 2A, 87113 ..... 383-2404  
 Provides assistance to NM veterans in filing for benefits offered by the State of New Mexico such as tax exemptions, educational scholarships, educational benefits, apprenticeships and on the job training. [www.nmdvs.org](http://www.nmdvs.org)
- 
- TRICARE for LIFE** ..... 1-800-538-9552 or (TTY) 1-866-363-2883  
 P.O. Box 7890, Madison, WI 53707-7890  
 Healthcare plan for uniformed service members and their families. [www.tricare4u.com](http://www.tricare4u.com)
- 
- US Veterans Affairs Regional Office – Albuquerque** ..... 346-3780

1501 Gold Ave., SW, 87108

[www.benefits.va.gov/albuquerque](http://www.benefits.va.gov/albuquerque)

Provides resources on eligibility for benefits available to veterans and dependents.

- **Aid and Attendance** ..... **1-800-827-1000**

Additional monetary benefits for veterans and spouses of veterans who require the regular attendance of another person to assist in activities of daily living.

[www.veteranaid.org/apply.php](http://www.veteranaid.org/apply.php)

- **Burial Benefits and Arrangements** ..... **1-800-535-1117**

Loved ones may request a Presidential Memorial Certificate for qualified veterans, headstones and markers, burial flag, partial reimbursement of burial expenses, and burial in a VA National Cemetery.

[www.benefits.va.gov/compensation/claims-special-burial.asp](http://www.benefits.va.gov/compensation/claims-special-burial.asp)

- **Santa Fe National Cemetery** ..... **1-505-988-6400**

501 North Guadalupe St., Santa Fe, 87501

- **Caregiver Support** ..... **1-855-260-3274**

Provides training, educational resources, and assistance in accessing services and benefits.

[www.caregiver.va.gov](http://www.caregiver.va.gov)

- **Crisis Line (24/7)\*** ..... **1-800-273-8255 Option 1 or (TTY) 1-800-799-488**

**Text message** ..... **838255**

Connects veterans in crisis with qualified caring responders on a confidential hotline.

- **Health Care System** ..... **1-800-465-8262 or 265-1711**

1501 San Pedro SE, 87108

[www.albuquerque.va.gov](http://www.albuquerque.va.gov)

Provides health care, prescriptions and case management to veterans.

- **Paralyzed Veterans of America (PVA)** ..... **265-1711 ext. 2849**

Assists veterans with service-connected injuries.

- **Social Services** ..... **265-1711 ext. 3302**

Provides advocacy, supportive services and case management to veterans.

- **Supportive Housing (HUD-VASH)** ..... **265-1711**

Provides rental assistance for homeless veterans.

- **Transportation for Medical Center** ..... **265-1711 ext. 5438**

Free, volunteer-operated transportation for veterans. Reservations required.

- **Visual Impairment Services Team (VIST)** ..... **265-1711 ext. 2774**

Provides comprehensive and thorough blind rehabilitation services, training, equipment, and case management to visually impaired veterans.

- **Veterans Integration Centers (VIC)** ..... **265-0512**

13032 Central Ave., SE, 87123

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

Provides case management to address needs of homeless and at-risk veterans.

- **Vet Connect** ..... **1-800-672-7006**

Resources and referrals available to veterans.

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

## VOLUNTEER OPPORTUNITIES

### City of Albuquerque Department of Senior Affairs

Volunteers play a critical role in achieving the City of Albuquerque’s Department of Senior Affairs mission. Whether you’re a younger resident interested in lending a hand, a group that wants to give back, or a senior hoping to get more involved in the community. Senior Affairs has a volunteer opportunity for you! Sign up today.

- VIA (Volunteers In Action) An All-Age Volunteer Program
- Email [servewithseniors@cabq.gov](mailto:servewithseniors@cabq.gov) or call **505-764-6400** for more information.
- Volunteers age 55 and over may choose an AmeriCorps Seniors program. (see page 52)

[www.cabq.gov/seniors/volunteer-opportunities](http://www.cabq.gov/seniors/volunteer-opportunities)

### NM Aging and Disability Resource Center..... 1-800-432-2080

2550 Cerrillos Rd., Santa Fe, 87502

[www.nmaging.state.nm.us/adrc.aspx](http://www.nmaging.state.nm.us/adrc.aspx)

Volunteers are trained to provide accurate information in the areas of Medicare insurance, benefits and fraud to assist consumers in evaluating their needs. Email [nm.adrc@state.nm.us](mailto:nm.adrc@state.nm.us) today for more information on becoming a benefits counseling volunteer.

### One Albuquerque Volunteers..... 768-3052

One Albuquerque Volunteers is the largest volunteer resource in the city. No matter your interest, the city’s new volunteer platform makes it easier than ever to make a difference.

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

## VOTING INFORMATION

### Bernalillo County Clerk’s Office Bureau of Elections ..... 243-VOTE (8683)

415 Silver SW, 87102

[www.bernco.gov/clerk](http://www.bernco.gov/clerk)

Provides information on voter registrations, voting locations, current and upcoming elections. Language assistance available in Spanish, Navajo, Keres, and Tiwa.



# APPENDIX

## PRESCRIPTION ASSISTANCE

**EXTRA HELP** – Individuals with limited resources and income may be eligible to get Extra Help to help pay for Medicare Part D costs – monthly premiums (maximum \$36.41 for 2023), annual deductibles, and prescription co-payments.

### EXTRA HELP WEBSITE

[www.medicareinteractive.org/get-answers/cost-saving-programs-for-people-with-medicare/the-extra-helplow-income-subsidy-lis-program/extra-help-basics](http://www.medicareinteractive.org/get-answers/cost-saving-programs-for-people-with-medicare/the-extra-helplow-income-subsidy-lis-program/extra-help-basics)

If you qualify for Extra Help, you may change your Medicare Prescription Drug Plan during certain time periods of the year and not have to wait for annual open enrollment. This is helpful if your prescriptions change and your current plan may not cover the new prescriptions.

**Limited Income Program (or LI NET) ..... 1-800-783-1307 (Option 3)**

Provides temporary Part D prescription drug coverage for low income Medicare beneficiaries not already in a Medicare drug plan.

[www.ssa.gov/benefits/medicare/prescriptionhelp.html](http://www.ssa.gov/benefits/medicare/prescriptionhelp.html)

## MEDICARE INFORMATION

### MEDICARE SAVINGS PROGRAMS (MSP)

- **Qualified Medicare Beneficiaries (QMB's)**

- **Category 041 (over 65) Category 044 (under 65)**

- Entitles individuals to payment of Medicare premiums as well as the deductible and coinsurance amounts on Medicare-covered services. To be eligible, the applicant must already have, or be conditionally eligible for Medicare Part A (Hospital Insurance), and their income must be below 100% of the Federal Poverty Level (FPL). See next page for FPL Guidelines.

- **Specified Low-Income Medicare Beneficiaries (SLIMB's) / Qualified Individuals (QI's)**

- **Category 042 and Category 045**

- Entitles individuals to payment of their Medicare Part B premiums. To be eligible, the applicant must already have Medicare Part A (Hospital Insurance). See next page for FPL Guidelines.

- **SLIMB (Category 045)** – Income Level is 100% – 120% of the FPL.

- **QI1 (Category 042)** – Income Level is 120 % --135% of the FPL.

- **Working Disabled**

- **Category 050 Qualified Disabled Working Individuals (QD)**

- Entitles individuals (under age 65) to payment for their Medicare Part A Premium whose income is below 200% of the FPL Guidelines. See next page for FPL Guidelines. The resource limit is \$4,000 for an individual.

To Qualify for QD the individual needs to meet the following:

- 1.) Must be under age 65.
- 2.) lose entitlement to free Medicare Part A due to substantial gainful employment.
- 3.) continue to meet the Social Security (SSA) disability criteria; and
- 4.) be enrolled for premium Part A Medicare.

**Category 074 Working Disabled Individuals (WDI's)**

Provides full coverage Medicaid to disabled working individuals. Individuals must meet the Social Security Administration's (SSA) criteria for disability without regard to "substantial gainful activity" and their income is 250% FPL for a single and couple. See below for FPL Guidelines.

**THE FPL GUIDELINES BELOW ARE PROVIDED FOR INFORMATIONAL PURPOSES ONLY, CONTACT YOUR NEAREST ISD OFFICE FOR FURTHER ASSISTANCE.**

**ELIGIBILITY GUIDELINES FOR MSP**

See website below for updates

**[www.hsd.state.nm.us/lookingforinformation/income-eligibility-federal-poverty-level-guidelines](http://www.hsd.state.nm.us/lookingforinformation/income-eligibility-federal-poverty-level-guidelines)**

<b>Medicare Savings Programs Federal Poverty Level (FPL) Effective 4/1/2022–3/31/2023</b>			
<p><b>Qualifying Medicare Beneficiary (QMB)</b></p> <ul style="list-style-type: none"> <li>• Income up to FPL</li> <li>• Will pay conditional Part A premium</li> <li>• Eligibility begins the month after approval</li> <li>• No retroactive months</li> </ul> <p>Covers</p> <ul style="list-style-type: none"> <li>• Medicare Part B Premium–\$170.10 (2022)</li> <li>• Medicare Part A Premium–\$499 (2022)</li> <li>• Medicare Co-pay amounts</li> <li>• Medicare deductibles 2022 Hospital \$1,556 2022 Doctor \$233</li> <li>• Deemed LIS eligible for Medicare Part D</li> </ul>	<p><b>Specified Low Income Medicare Beneficiary (SLIMB)</b></p> <ul style="list-style-type: none"> <li>• Income 100%–120% FPL</li> <li>• Will NOT pay Conditional Part A</li> <li>• Eligibility begins the month of approval</li> <li>• Up to 3 months of retroactive coverage</li> </ul> <p>Covers</p> <ul style="list-style-type: none"> <li>• Medicare Part B Premium Only! No other benefit coverage</li> <li>• No Medicaid card is issued</li> <li>• Deemed LIS eligible for Medicare Part D</li> </ul>	<p><b>Qualified Individuals (Q1-1)</b></p> <ul style="list-style-type: none"> <li>• Income 100%–120% FPL</li> <li>• Will NOT pay Conditional Part A</li> <li>• Eligibility begins the month of approval</li> <li>• Up to 3 months of retroactive coverage</li> </ul> <p>Covers</p> <ul style="list-style-type: none"> <li>• Medicare Part B Premium Only! No other benefit coverage</li> <li>• No Medicaid card is issued</li> <li>• Deemed LIS eligible for Medicare Part D</li> </ul>	<p><b>Working Disabled (WD)</b></p> <ul style="list-style-type: none"> <li>• Earned income up to 250% FPL for a single and couple</li> <li>• Unearned income before disregards and deductions Single \$1,701 Couple \$2, 541</li> <li>• Quarterly Earnings \$1,510</li> <li>• Full Coverage Medicaid</li> <li>• Must be working and disabled</li> <li>• Being over 65 is not equivalent to being disabled. Client has to be disabled through SSA or DDU</li> </ul>

## FPL MONTHLY GUIDELINES

Family units more than 2 members, contact 1-800-283-4465 or see website:  
[www.hsd.state.nm.us/lookingforinformation/income-eligibility-federal-poverty-level-guidelines/](http://www.hsd.state.nm.us/lookingforinformation/income-eligibility-federal-poverty-level-guidelines/)

FAMILY SIZE	PERCENT OF POVERTY				
	100%	125%	135%	200%	250%
1	\$1,215	\$1,519	\$1,640	\$2,430	\$3,038
2	\$1,643	\$2,054	\$2,219	\$3,287	\$4,108

## PUBLIC BENEFITS

### INCOME ELIGIBILITY GUIDELINES FOR LIHEAP

**THE INFORMATION BELOW IS PROVIDED FOR INFORMATIONAL PURPOSES ONLY,  
CONTACT YOUR NEAREST ISD OFFICE FOR FURTHER ASSISTANCE.**

Family units more than 2 members, contact 1-800-283-4465 or see website below:  
[www.hsd.state.nm.us/lookingforinformation/income-eligibility-federal-poverty-level-guidelines/](http://www.hsd.state.nm.us/lookingforinformation/income-eligibility-federal-poverty-level-guidelines/)

LIHEAP FFY2023 Income Eligibility Guidelines 150% of Poverty Level		
Household Size	Monthly Income	Annual Income
1	\$1,699	\$20,385
2	\$2,289	\$27,465

## INCOME ELIGIBILITY GUIDELINES FOR SNAP

Family units more than 2 members, contact 1-800-283-4465 or see website below:  
[www.hsd.state.nm.us/lookingforinformation/income-eligibility-federal-poverty-level-guidelines/](http://www.hsd.state.nm.us/lookingforinformation/income-eligibility-federal-poverty-level-guidelines/)

<b>Supplemental Nutrition Assistance Program – SNAP</b> October 1, 2022 – September 30, 2023					
<b>HOUSEHOLD SIZE</b>	<b>Federal Poverty Guidelines (FPG)</b> Monthly Income Standard			Maximum SNAP Monthly Allotment	LIHEAP 150% FPG
	100% FPG Net Income	130% FPG Gross Income	165% FPG Gross Income for Categorical Eligibility		
1	\$1,133	\$1,473	\$1,869	\$281	\$1,699
2	\$1,526	\$1,984	\$2,518	\$516	\$2,289
<p><b>DEDUCTIONS</b></p> <p>Standard Deduction: For HH size 1–4 = \$193; 5 = \$225; 6 or more = \$258</p> <p>Excess Shelter Deduction Limit: \$624</p> <p>Heating and Cooling Standard Utility Allowance: \$388 (HCSUA)</p> <p style="padding-left: 20px;">Limited Utility Allowance: \$120 (LUA)</p> <p>Telephone Standard: \$46</p> <p>Dependent Care: Actual Amount (No limit)</p> <p>Earned Income Deduction:</p> <p>20% Homeless Shelter Standard: \$166.81</p> <p>LIHEAP (only) Energy Standard Allowance (ESA): \$268</p>					

**THE INCOME GUIDELINES PROVIDED ARE FOR INFORMATIONAL PURPOSES ONLY, CONTACT YOUR NEAREST ISD OFFICE FOR FURTHER ASSISTANCE.**

**MEDICAID:** Individuals become eligible for New Mexico Medicaid when they meet the specific criteria for one of the eligibility categories. Regulations for New Mexico’s Medicaid programs are promulgated by the Federal Department of Health and Human Services under Title XIX of the Social Security Act as amended and by the New Mexico Human Services Department, Medical Assistance Division. The Department’s Income Support Division offices make eligibility determinations for Medicaid, except for those categories administered by the Social Security Administration.

**AFFORDABLE CARE ACT CATEGORIES:**

**Category 100 Other Adult**

Covers individuals age 19 up to 65, with or without dependents with no Medicare entitlement who meet non-financial and financial criteria. Income must be less than 133% FPL for the household size. There is no resource test for this category.

## **SUPPLEMENTAL SECURITY INCOME (SSI) EXTENSION**

### **Categories 001, 003, and 004**

The Social Security Administration determines eligibility for these categories. SSI provides cash benefits and Medicaid provides health care coverage for eligible individuals under aged (Category 001), blind (Category 003), or disabled (Category 004). The maximum monthly income benefits provided under this program are \$841 for an individual and \$1,261 for a couple. Resource limits are \$2,000 for an individual and \$3,000 for a couple.

### **INCOME ELIGIBILITY GUIDELINES FOR MEDICAID**

Family units more than 2 members, contact 1-800-283-4465 or see website below:  
**[www.hsd.state.nm.us/lookingforinformation/income-eligibility-federal-poverty-level-guidelines/](http://www.hsd.state.nm.us/lookingforinformation/income-eligibility-federal-poverty-level-guidelines/)**

FAMILY SIZE	PERCENT OF POVERTY		
	100%	125%	135%
1	\$1,215	\$1,519	\$1,640
2	\$1,643	\$2,054	\$2,219

## **NOTES**

# 2023

## July

S M T W T F S

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23 24 25 26 27 28 29  
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## October

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22 23 24 25 26 27 28  
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## August

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## November

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## September

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17 18 19 20 21 22 23  
24 25 26 27 28 29 30

## December

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24 25 26 27 28 29 30  
31

# 2024

## January

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7 8 9 10 11 12 13  
14 15 16 17 18 19 20  
21 22 23 24 25 26 27  
28 29 30 31

## April

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21 22 23 24 25 26 27  
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## February

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25 26 27 28 29

## May

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19 20 21 22 23 24 25  
26 27 28 29 30 31

## March

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17 18 19 20 21 22 23  
24 25 26 27 28 29 30  
31

## June

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9 10 11 12 13 14 15  
16 17 18 19 20 21 22  
23 24 25 26 27 28 29  
30



# AmeriCorps Seniors

## **Volunteer Opportunities:**

AmeriCorps Seniors is a suite of national volunteer programs for Americans 55 years and older and is federally funded by AmeriCorps. In New Mexico, AmeriCorps Seniors is jointly administered by the NM Aging & Long-Term Services Department. The City of Albuquerque Department of Senior Affairs has sponsored AmeriCorps Seniors for over 40 years!

AmeriCorps Seniors is made up of three programs that each take a different approach to improving lives and fostering civic engagement. All three programs offer orientation, reimbursements for travel, supplemental insurance while serving, and annual recognition events. When you volunteer, you're not just helping others, you're helping yourself. Volunteering leads to new discoveries and new friends. Plus, studies show that volunteering helps you live longer and promote a positive outlook on life! You are needed! Join over 500 other Albuquerque Seniors who make up the AmeriCorps Seniors family!

## **RSVP Volunteers: Make a Difference in Albuquerque!**

RSVP recruits and places volunteers in government and non-profit organizations to meet community needs. With RSVP, you choose how much time you want to give and whether you want to share your current skills or develop new ones. Please note depending on placement volunteer must pass a background check.

## **Foster Grandparents: Help Children Succeed!**

Foster Grandparents serve as tutors and mentors assisting children in need of extra attention for educational, social and emotional development.

Foster Grandparents serve under the supervision of teachers and specialists in Albuquerque Public Schools, City of Albuquerque Child Development Centers, YDI Head Start Programs, and in other community programs. Foster Grandparents serve an average of 20 hours per week, receive meals while on duty, and may qualify for a tax-free, hourly stipend of \$4 per hour. All you need to join is the ability to give the kind of comfort and love that sets a child on the path toward a successful future. Please note that all volunteers must pass a fingerprint-based background check.

## **Senior Companions: Seniors Helping Seniors!**

Senior Companions are older adults who help other adults live independently and can provide support to family caregivers. Senior Companions assist with grocery shopping and other daily tasks necessary to maintaining independent living. Senior Companions serve an average of 20 hours per week, receive meals while on duty, and may qualify for a tax-free, hourly stipend of \$4 per hour. You don't need medical or technical skills to be a Senior Companion. All you need to know is how to be a friend. Please note that all volunteers must pass a fingerprint-based background check.



**CITY OF ALBUQUERQUE**

**Department of Senior Affairs**

1 Civic Plaza NW, 6<sup>th</sup> Floor

Albuquerque, NM 87102

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