June 2019

Welcome,

The City of Albuquerque’s Department of Senior Affairs and its generous sponsor, Blue Cross and Blue Shield of New Mexico, are thrilled to bring you this edition of the Department of Senior Affairs Quick Guide!

At the Department of Senior Affairs, our goal is to develop partnerships with seniors and people of all ages to create a community that enhances everyone’s quality of life. We want to provide opportunities to help seniors achieve their potential, share their wisdom, maintain their independence, and live in dignity. In this publication, we have compiled valuable community resources available to seniors across the aging spectrum. Our programs and services are designed to meet the community needs of everyone – from active and healthy seniors to the frail, homebound elderly.

This Quick Guide contains contact information for available resources that include not-for-profit organizations and government agencies. We hope that you find this information helpful. Please share it with your family, friends and neighbors.

The Department of Senior Affairs has staff available for you to speak with Monday through Friday between 8:15 am and 4:30 pm at (505) 764-6400 or by email at seniorinformation@cabq.gov. We are here and ready to assist you and our community.

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

The City of Albuquerque, Department of Senior Affairs
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**Volunteer Today**

LEAD. INSPIRE. CHANGE THE WORLD.

We offer a wide variety of volunteer opportunities.

Do you have time, talents, skills, or hobbies you would like to share? If you do, please call the RSVP office at **(505) 767–5225.**
Connections to Senior services and to other community resources.
The Information and Assistance Program provides: Information, referrals, and assistance on senior concerns/issues.

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

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

**SENIOR SOCIAL SERVICES**
- Care Coordination
- Home Chores, Repair, and Retrofit
- Senior Information Line

**TRANSPORTATION/NUTRITION**
- Home–Delivered Meals
- Meal Sites
  - Recreation
  - Lunch
- Transportation

The Information in the Quick Guide to Senior Services is correct, to the best of our knowledge, as of June, 2019. Inclusion of a service does not imply endorsement, nor does exclusion reflect on the quality of service.

The Department of Senior Affairs requests contributions to offset expenses for some services and materials meals, exercise classes, transportation, Home Chores, Home Repair and Home Retrofit services. No one will be denied service if he/she chooses not to contribute.
## 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)
625 Silver SW, Suite 414, 87102
Report suspected adult/elder abuse, neglect or exploitation of adults 18 years and older.

**Agora Help-line** ........................................... 277–3013
www.agoracares.org
Provides help-line, online emotional support (chat), information and referrals.

**Albuquerque Ambulance (24/7)** ........................................... 761–8200

**Domestic Violence Crisis Hot Line and S.A.F.E. House** ........................................... 247–4219
P.O. Box 25363, 87125
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
Provides counseling, crisis intervention, and legal services to domestic violence victims.

**NM Children Youth and Families (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, foster care and adoption, and statewide domestic violence programs.
www.cyfd.org

**NM Crisis & Access Line (24/7)** ........................................... 1–855–NMCRISIS (662–7474)
(TTY) 1–855–227–5485
Crisis line available 24 hours a day for individuals experiencing a crisis to be in contact with a professional mental health counselor.
www.nmcrisisline.com

**NM Poison and Drug Information Center (24/7)** ........................................... 1–800–222–1222
1650 University Blvd., NE, 87102
www.nmpoisoncenter.unm.edu
Experts assess and make treatment recommendations during possible poisonings.

**National Prevention Suicide Crisis (24/7)** ........................................... 1–800–273–8255
Provides free, confidential support to individuals in suicidal crisis or emotional distress.
www.suicidepreventionlifeline.org

**Rape Crisis Center of Central NM (24/7)** ........................................... 1–888–811–8282 or 266–7711
9741 Candelaria NE, Albuquerque, 87112
www.rapecrisiscnm.org
Provides crisis intervention, advocacy, and counselling for survivors of sexual assault.

**UNMH Psychiatric Center** ........................................... 272–2800
2601 Marble NE, 87132
**Psychiatric Emergency (24/7)** ........................................... 272–2920

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*24/7 = 24 hours per day, 7 days per week*
Utility Emergencies – Electricity, Gas, and Water

Electricity – Public Service Company of NM (PNM) (24/7)* .......................... 1–888–342–5766
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
Safety and emergency information and to report natural gas related emergencies.

Water – Albuquerque Water Utility Authority................................. 842–WATR (9287) Option #1
1 Civic Plaza NW, Room 5027, 87102 www.abcwua.org
Dispatch center available 24 hours a day to report water and sewer emergencies, request emergency turn–offs, customer services and report water waste.

FREQUENTLY CALLED TELEPHONE NUMBERS

(Non–Emergency)

Albuquerque Citizens Contact Center for City Wide Information ......................... 311
Monday – Saturday 6:00 A.M. – 9:00 P.M., Sunday. 9:00 A.M. – 6:00 P.M 768–2000
The 311 service is a single telephone number for all non–emergency City of Albuquerque inquiries and services. www.cabq.gov

Bernalillo County Emergency Medical Services (EMS) and Fire Division Office
6840 2nd St. NW, 87107 ......................................................... 468–1310
www.bernco.gov/fire–and–rescue

Bernalillo County Sheriff’s Department ............................................. 798–7000
400 Roma NW, 87102 www.bernalillocountysheriff.com

City of Albuquerque Burn Line .................................................. 768–BURN or 768–2876
1 Civic Plaza, Room 3023, 87102 www.cabq.gov/airquality/burn–no–burn
Issues burn restrictions as needed from October 1st thru February 28/29.

City of Albuquerque Code Enforcement ........................................ Main Line 924–3450
600 2nd Street NW, 87102 Permits 924–3857
www.cabq.gov/planning/code–enforcement–zoning
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.

City of Albuquerque Department of Senior Affairs Administration .............. 764–6432
www.cabq.gov/seniors

City of Albuquerque Family Advocacy Center .................................. 243–3333
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.
City of Albuquerque Fire/Rescue (non–emergency) ..................................................833–7397
www.cabq.gov/fire

City of Albuquerque Fire Rescue Admin. /Emergency Management Services (EMS) .................................................................768–9317
To obtain a Fire or EMS Report, contact Records Management Services 764–6333

City of Albuquerque Police Department (non–emergency) .........................242–COPS
400 Roma NW, 87102
242–2677
www.cabq.gov/police/contact–the–police

City of Albuquerque Solid Waste Management Department ......................761–8100
4600 Edith NE, 87107
www.cabq.gov/solidwaste
Garbage/Trash Pick–up Information and Residential large item pick up.

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

PNM – Public Service Company of NM ................................................246–5700
4201 Edith Blvd., NE, 87107
www.pnm.com

Water Utility Authority – Albuquerque/Bernalillo County
(Billing Inquiries) .............................................................................. 842–9287 (Option #0)
1 Civic Plaza NW, Room 5027, 87102
www.abcwua.org

ASSISTANCE & SOCIAL SERVICE AGENCIES

Assistance Agencies

Food & Temporary Financial Assistance
(Services may be based on Availability)
City of Albuquerque Department of Family and Community Service
All Center Hours Monday – Friday 8:00 A.M. – 5:00 P.M. ..............................768–2860
Specific assistance items may need an appointment, call centers for further information.

Alamosa Health and Social Service Center .........................................................836–8800
6900 Gonzales Rd., SW, 87121
Provides emergency food, utility and rental assistance to 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
Provides emergency food, utility and rental assistance to 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
Provides emergency food, clothing, utility and rental assistance to residents.

*24/7 = 24 hours per day, 7 days per week
Los Griegos Health and Social Service Center ................................................................. 761–4050
1231 Candeleria Rd., NW, 87107
Provides emergency food, utility assistance, and rental assistance to residents of the Northeast Heights, Northwest Valley, and the North Westside areas of Albuquerque.

Echo Inc., Food Program ........................................................................................................ 242–6777
New Mexico Commodity Supplemental Food Program for Seniors (CSFP)
300 Menaul NW, Space #226, 87107 https://echoinc.org
Provides monthly food to income-qualified, NM resident seniors 60 years and older.

Heat New Mexico Fund (Gas only) ........................................................................................ 872–1171
411 Broadway Blvd., SE, 87102 www.nmgco.com/en/HEAT_For_Help
Helps income-qualified NM residents to pay their heating bills.

Help New Mexico, Inc. ............................................................................................................ 265–3717
5101 Copper Ave., NE, 87108 www.helpnm.com
Provides rental 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.centurylink.com/aboutus/community/community–development/lifeline.html

NM Crime Victim Reparation Commission ................................................. 1–800–306–6262 or 841–9432
6200 Uptown Blvd., NE, Ste. 210, 87110 www.cvrc.state.nm.us
Assists victims of violent crime with expenses suffered as a result of their victimization.

PNM Good Neighbor Fund (Electric Only) .............................................................. 967–8045
600 Coors Blvd NW, 87121 www.pnm.com/good–neighbor–fund
Assists income-qualified NM Residents with paying part or all of a past–due PNM bill.
Must call for an appointment.

Rio Grande Food Project ............................................................................................... 831–3778
600 Coors Blvd., NW, 87121 www.rgfp.org
Provides groceries to households monthly. (30 days required between each pickup).

Roadrunner Food Bank .............................................................................................. 349–8841
5840 Office Blvd. NE, 87109 www.rrfb.org
Provides individuals with agency contacts for food assistance.

St. Martin’s Hope Works ............................................................................................... 242–4399
1201 3rd St., NW, 87102 www.hopeworksnm.org
Provides emergency to long-term rental assistance programs.

St. Vincent de Paul Clearinghouse ........................................................................... 346–1500 Ext. 4
4120 Menaul Blvd., NE, 87110
Provides assistance with utility disconnect notices, rental evictions and food.
<table>
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<tr>
<th><strong>Safe Link Wireless</strong></th>
<th>1–800–723–3546</th>
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<tbody>
<tr>
<td>NM Association of Community Partners</td>
<td><a href="http://www.safelinkwireless.com">www.safelinkwireless.com</a></td>
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<tr>
<td>3200 Carlisle Blvd., Ste. 101, NE, 87110</td>
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<td>Free cell phone to recipients of public benefits and HUD Housing Assistance.</td>
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<tr>
<th><strong>Salvation Army Family Services</strong></th>
<th>872–1171</th>
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<tr>
<td>411 Broadway Blvd., SW, 87102</td>
<td><a href="http://www.salvationarmyalbuquerque.org">www.salvationarmyalbuquerque.org</a></td>
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<tr>
<td>Provides food boxes, bus passes, clothing, rental, water and utility assistance.</td>
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<tr>
<th><strong>Silver Horizons</strong></th>
<th>884–3881</th>
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<tr>
<td>3540 Pan American Fwy., NE, Ste. B, 87107</td>
<td><a href="http://www.silverhorizons.org">www.silverhorizons.org</a></td>
</tr>
<tr>
<td>Provides propane, firewood, internet, land line phones, food pantry and utility assistance (including water) for low income seniors (50 and older) who live in Bernalillo County. Help may also be available for veterinarian bills.</td>
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<th><strong>Storehouse New Mexico</strong></th>
<th>842–6491</th>
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<td>106 Broadway Blvd., SE, 87102</td>
<td><a href="http://www.thestorehouseabq.org">www.thestorehouseabq.org</a></td>
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<td>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.</td>
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## Social Service Agencies

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<td>3900 Osuna Rd. NE, 87109</td>
<td><a href="http://www.goadelante.org">www.goadelante.org</a></td>
</tr>
<tr>
<td>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).</td>
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<tr>
<th><strong>NM Human Services Department Income Support Division (ISD)</strong></th>
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<td>(See addresses/phone #’s and programs listed below)</td>
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<tr>
<td><strong>Customer Service Center</strong></td>
<td>1–800–283–4465</td>
</tr>
<tr>
<td><strong>Hours:</strong> Monday – Friday 8:00 A.M. – 4:30 P.M.</td>
<td><a href="http://www.state.nm.us/hsd">www.state.nm.us/hsd</a></td>
</tr>
<tr>
<td><strong>Apply on-line:</strong> <a href="http://www.yes.state.nm.us">www.yes.state.nm.us</a></td>
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**ISD ASSISTANCE PROGRAMS:** Burial Assistance, SNAP (formerly Food Stamps), Low Income Home Energy Assistance (LIHEAP), Medicaid (Institutional and Non–Institutional), QMB (Qualified Medicare Beneficiaries), SLIMB (Specified Low Income Medicare Beneficiaries) and WDI (Working Disabled Individuals)

**FIELD OFFICE LOCATIONS:** All Field Office Hours are Monday – Friday 8:00 A.M. – 4:30 P.M.

- **Northeast** ................................................................. 222–9600
  4330 Cutler Ave., NE, 87110
- **Northwest** ....................................................................... 841–7700
  1041 Lamberton Place NE, 87107
- **Southeast** ........................................................................ 383–2600
  1711 Randolph Rd., SE, 87106
- **Southwest** ........................................................................ 841–2300
  3280 Bridge Blvd., SW, 87121

*24/7 = 24 hours per day, 7 days per week*
Social Security Administration (SSA) .......................................................... 1–800–772–1213
500 Lead Ave., SW, 87102 (TTY) 1–800–325–0778
Hours: Monday, Tuesday, Thursday and Friday 9:00 A.M. to 4:00 P.M.
Wednesday 9:00 A.M. to 12:00 P.M. 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.

- **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 $26.61 for 2019), annual deductibles, and prescription co–payments.

  **Did you know??...** If you qualify for Extra Help, you may change your Medicare Prescription Drug Plan during certain time periods 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)
  The LI NET Program ensures that individuals with Medicare’s low–income subsidy (LIS), or “Extra Help,” who are not yet enrolled in a Part D prescription drug plan are still able to obtain immediate prescription drug coverage.

- **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.

United States Dept. of Labor .........................1–866–888–3322 or (TTY) 1–877–889–5627
Division of Energy (DOE) Employees Occupational Illness Compensation
DOL DEEOIC Central Mail Room, P.O. BOX 8306, London, KY 40742–8306
Compensates current or former employees (or their survivors) of the DOE, who were exposed to radiation, beryllium, or silica while employed at covered facilities.

  www.dol.gov/owcp/energy/regs/compliance/Filing_Claim.htm

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**DISABILITY RESOURCES**

ARCA................................................................................................................................................332–6700
11300 Lomas NE, 87112 www.arcaopeningdoors.org
Residential support systems for individuals experiencing disabling conditions.

**Adelante Development Center**..........................................................................................341–2000
3900 Osuna Rd., NE, 87109 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

**Brain Injury Alliance of New Mexico** .................................................................292–7414
5101 Indian School Road NE, 87110 www.braininjurynm.org
Resources for survivors of a brain injury, their families and providers.
City of Albuquerque Department of Senior Affairs (DSA)
Home Retrofit Program ........................................................................................................764–6400
Wheelchair ramps, grab bars, safety rails, and bathroom safety equipment for residents of Bernalillo County. Income guidelines and age restrictions may apply.

**www.cabq.gov/seniors/senior-services/home-services**

City of Albuquerque Solid Waste Assisted Pick up ........................................ 311 or 761–8100
4600 Edith Blvd., NE, 87107  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  www.copdnm.org
Provides advocacy, vocational, rehab and interpreting services to help individuals with significant combined hearing and vision loss stay connected.

Disability Rights New Mexico (DRNM) ........................................ 1–800–432–4682 or 256–3100
3916 Juan Tabo Blvd., NE, 87111  www.drnm.org
Provides information and advocates for individuals with disabilities on their legal rights.

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**

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

HELP–New Mexico, Inc. ................................................ 766–4936
New Mexico Special Needs Housing Initiative  www.helpnm.com
5101 Copper Ave. NE, 87108
Provides housing assistance to homeless, mentally or physically disabled individuals.

Independent Living Resource Center (ILRC)........... 1–800–266–5022 or 1–800–260–5022
4665 Indian School Rd., NE, Ste. 100, 87110
Provides advocacy, independent living skills training, as well as information and referral regarding housing, benefits, transportation, education and employment.

LifeROOTS ........................................................................................................255–5501
1111 Menaul Blvd NE, 87107  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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<th>Service</th>
<th>Contact Information</th>
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<td>NM Commission for the Blind</td>
<td>1–888–513–7958 or 841–8844 2200 Yale Blvd. SE, 87106</td>
<td>Provides instruction training in Braille, personal and home management skills. <a href="http://www.cfb.state.nm.us">www.cfb.state.nm.us</a></td>
</tr>
<tr>
<td>NM Commission for the Deaf and Hard of Hearing</td>
<td>1–800–489–8536 505 Marquette Ave., NW, Ste. 1550, 87102</td>
<td>Provides resources for those who are hard of hearing or deaf. <a href="http://www.cdhh.state.nm.us">www.cdhh.state.nm.us</a></td>
</tr>
<tr>
<td>NM Department of Health</td>
<td>505–476–8913 1190 S. St. Francis Dr., Santa Fe, 87505</td>
<td>Provides services and supports that assist eligible children and adults with intellectual and developmental disabilities to participate as active member of their communities. <a href="http://www.nmhealth.org">www.nmhealth.org</a></td>
</tr>
<tr>
<td>Developmental Disabilities Supports Division</td>
<td>1–800–489–8536 505 Marquette Ave., NW, Ste. 1550, 87102</td>
<td>Provides services and supports that assist eligible children and adults with intellectual and developmental disabilities to participate as active member of their communities. <a href="http://www.nmhealth.org">www.nmhealth.org</a></td>
</tr>
<tr>
<td>NM Developmental Disabilities Planning Council</td>
<td>841–4519 625 Silver Ave., SW, Ste. 100, 87102</td>
<td>Promotes advocacy, capacity building, and systemic change to improve the quality of life for individuals with developmental disabilities and their families. <a href="http://www.nmddpc.com">www.nmddpc.com</a></td>
</tr>
<tr>
<td>NM Division of Vocational Rehabilitation (DVR)</td>
<td>843–1900 501 Mountain Rd. NE, 87102</td>
<td>Assists eligible individuals with documented disabilities find suitable employment. <a href="http://www.dvr.state.nm.us">www.dvr.state.nm.us</a></td>
</tr>
<tr>
<td>NM Governor’s Commission on Disability</td>
<td>1–877–696–1470 or 476–0412 491 Old Santa Fe Trail, Santa Fe, 87501</td>
<td>Offers Residential Accessibility Modification Program (RAMP). Home modifications may include ramp for entry, replacing a tub with a roll in shower, and installation of grab bars. <a href="http://www.gcd.state.nm.us">www.gcd.state.nm.us</a></td>
</tr>
<tr>
<td>NM Brain Injury Advisory Council</td>
<td>1–505–476–7328 491 Old Santa Fe Trail, Santa Fe, 87501</td>
<td>Promotes prevention and increased public awareness for brain injuries. <a href="http://www.nmbiac.com">www.nmbiac.com</a></td>
</tr>
<tr>
<td>NM Technology Assistance Program (NMTAP)</td>
<td>841–4464 625 Silver Ave. SW Ste. 100–B, 87102</td>
<td>Offers free services to New Mexicans with disabilities to access assistive technology. <a href="http://www.tap.gcd.state.nm.us">www.tap.gcd.state.nm.us</a></td>
</tr>
<tr>
<td>Relay New Mexico</td>
<td>1–800–659–1779 or (TTY) 1–800–659–8331</td>
<td>Provides telecommunications relay services for individuals who are deaf, hard of hearing, deaf–blind or have difficulty speaking. <a href="http://www.hamiltonrelay.com">www.hamiltonrelay.com</a></td>
</tr>
<tr>
<td>Therapeutic Living Services, Inc.</td>
<td>268–5295 5601 Domingo Rd., NE, 87108</td>
<td>Emergency, group and rehabilitation programs for severely disabled mentally ill adults. <a href="http://www.tls%E2%80%93nm.org">www.tls–nm.org</a></td>
</tr>
</tbody>
</table>
UNM Center for Development and Disability Network .......................... 1–800–552–8195
2300 Menaul Blvd NE, 87107  www.cdd.unm.edu
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
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

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

See Meal Sites – pages 34 & 35 for listing of Meal Site telephone numbers.

City of Albuquerque Public Libraries ......................................................................... 768–5141
Main Library: 501 Copper Ave NW, 87102  www.abqlibrary.org
The Public Libraries of Albuquerque and Bernalillo County are made up of 18 branches. All branches feature computers offering fee Wi-Fi access, printing, copier, and local and toll free fax services.

Defensive Driving Classes
Classes for individuals age 50 and older. Small fee for classes provided by individual instructors; Call for locations and times.

- American Automobile Association (AAA) ................................................................. 291–6611
  10501 Montgomery Blvd., NE, 87111  www.seniordriving.aaa.com
  Classes available on-line

- AARP Safe Driver Program ..................................................................................... 830–3096
  1930 Juan Tabo Blvd., NE, Ste. 4, 87112

Life Long Learning for New Mexicans (LLL) ......................................................... 888–7370
P.O. Box 35999, 87176  www.lifelonglearningnm.org
Offers courses for adults age 50 and older. Small fee per class; no membership fees.

OASIS (Enriching the Lives of Mature Adults) ......................................................... 884–4529
3301 Menaul Blvd., NE, Ste. 18, 87107  www.oasisnet.org
Offers classes in arts, humanities and health maintenance/fieldtrips, and volunteer opportunities; Membership and class fees.

Osher Lifelong Learning (OLLI) ............................................................................... 277–6179
1634 University Blvd. NE, 87102  www.ce.unm.edu/enrichment/oshi
Offers a wide range of courses, lectures and special events to its members.

*24/7 = 24 hours per day, 7 days per week
<table>
<thead>
<tr>
<th><strong>Employment</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>Teeniors</strong> ........................................................................................................... 600–1297</td>
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<tr>
<td>200 Broadway Blvd., NE, 87102 .................................................................................................. <a href="http://www.teeniors.com">www.teeniors.com</a></td>
</tr>
<tr>
<td>Tech-savvy teens help seniors with technology; one-on-one tutoring.</td>
</tr>
</tbody>
</table>

| **UNM Continuing Education (Information and Registration)** ........................................ 277–0077 |
| 1634 University Blvd., NE, 87102 ........................................................................................ www.ce.unm.edu |
| Continuing Education Courses may provide a 10% discount for individuals over 65. |

<table>
<thead>
<tr>
<th><strong>EMPLOYMENT</strong></th>
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<tbody>
<tr>
<td><strong>HELP–New Mexico, Inc.</strong> ................................................................................................. 766–4936</td>
</tr>
<tr>
<td>5101 Copper Ave. NE, 87108 ............................................................................................... <a href="http://www.helpnm.com">www.helpnm.com</a></td>
</tr>
<tr>
<td>Provides job counseling, placement and training to income eligible individuals.</td>
</tr>
</tbody>
</table>

| **NM Work Force Connections** ....................................................................................... 1–877–664–6984 or 843–1900 |
| 501 Mountain Rd., NE, 87102 ........................................................................................... www.jobs.state.nm.us |
| Provides information on unemployment benefits, resume assistance, training, etc. |

<table>
<thead>
<tr>
<th><strong>Title V Senior Employment Programs</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Work experience programs to re-train low-income individuals age 55 and older.</td>
</tr>
</tbody>
</table>

* Goodwill Industries Senior Community Service Employment Program |
  5000 San Mateo Blvd., NE, 87109 ............................................................................................ 881–6401 |
  www.goodwill.org/scsep |

* NM Aging and Long Term Services Division |
  1–800–432–2080 |
  Senior Community Service Employment Program (SCSEP) |
  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 |

* National Indian Council on Aging (NICOA) |
  292–2001 |
  8500 Menaul Blvd., NE, 87112 |
  www.nicoa.org |
  Applicants do not need to be American Indian or Alaska Native (AI/AN) to participate in NICOA program. |

<table>
<thead>
<tr>
<th><strong>FRAUD &amp; INVESTIGATION AGENCIES</strong></th>
</tr>
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<tbody>
<tr>
<td><strong>Federal Trade Commission</strong> ................. <a href="http://www.ftc.gov">www.ftc.gov</a></td>
</tr>
<tr>
<td>600 Pennsylvania Ave., NW, Washington DC 20580</td>
</tr>
<tr>
<td>Protects consumers by stopping unfair, deceptive or fraudulent practices in the marketplace. Conducts investigations, develops rules to ensure a vibrant marketplace, and educates consumers and businesses about their rights and responsibilities.</td>
</tr>
</tbody>
</table>

  **Identity Theft** ........................................ 1–877–438–4338 OR (TTY) 1–866–653–4261 |
  Call to report identity theft. |
  www.identitytheft.gov |

  **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 |
NM Aging and Long Term Services
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

Senior Medicare Patrol (SMP) ......................................................... 1–800–432–2080
Help Medicare and Medicaid recipients to avoid, detect, and prevent healthcare fraud.

www.nmaging.state.nm.us/Scams.aspx

NM Attorney General’s Office ....................................................... 1–844–255–9210 or 717–3500
201 3rd St NW, Ste. 300, 87102
www.nmag.gov
Investigates complaints NM residents have concerning foreclosure rescue scams, possible fraudulent consumer issues, unfair business practices, and Medicaid providers who commit fraud and/or resident abuse, neglect and exploitation in care facilities.

NM Board of Nursing ................................................................. 841–8340
6301 Indian School Road, NE, Ste. 710, 87110
www.ncsbn.org/New%20Mexico.htm
Investigates complaints regarding quality of care by a nurse.

NM Department of Health Facility Complaints ............................. 1–800–752–8649
P.O. Box 26110, Santa Fe, 87505
www.nlmhealth.org/about/dhi/ane/rahf/
Investigates incidents, and concerns with long–term care facilities and hospitals.

NM Medical Board ................................................................. 1–800–945–5845
2055 S. Pacheco Building 400, Santa Fe, 87505
www.nmmb.state.nm.us
Investigates complaints regarding quality of care by a physician or physician assistant.

NM Office of the Superintendent of Insurance .............................. 1–855–427–5674
1120 Paseo De Peralta, 4th Floor, Santa Fe, 87501
www.osi.state.nm.us
Investigates complaints regarding all types of insurance.

NM Public Regulation Commission (NMPRC) ............................. 1–888–427–5772
Consumer Relations Division .................................................. www.nmprc.state.nm.us
1120 Paseo De Peralta, Santa Fe, 87504
Investigates consumer inquiries and regulates the utilities and telecommunications in NM to ensure fair rates and services.

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 appropriate financial decisions and avoiding fraudulent transactions.

P.O. Box 17785, Baltimore, Maryland 21235
www.oig.ssa.gov
The SSA OIG Fraud Hotline takes reports of alleged fraud, waste, and abuse.

*24/7 = 24 hours per day, 7 days per week
**GENERAL INFORMATION**

**Bernalillo County Assessor's Office** .................................................. 222–3700
501 Tijeras Ave NW, 87102  
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.
- **Veteran Tax Exemption** – help reduce property taxes for Veterans.

**Bernalillo County Burial Indigent Fund** ........................................ 468–7224
1 Civic Plaza NW, 10th Floor, Suite 10010, 87102
Provides simple, no service cremation for indigent persons in Bernalillo County  
www.bernco.gov/general–services/about–the–program.aspx

**Bernalillo County Clerk’s Office** .................................................. 468–1290
1 Civic Plaza NW 6th Floor, 87102  
www.bernco.gov/clerk/
Provides access to public records such as deeds, mortgages, liens, judgments, marriage licenses, maps and plats, and other public record documents.

**Voter Registration** .............................................................. 243–VOTE (8683)

**Bernalillo County Court of Wills, Estate and Probate** ................... 468–1234
1 Civic Plaza, NW, 6th Floor, 87102
The proper court to file the estate of a deceased individual.

**Bernalillo County Metro Court** .................................................. 841–8151
401 Lomas Blvd., NW, 87102  
www.metro.nmcourts.gov

**Bernalillo County Neighborhood Coordination** ......................... 468–7364
111 Union Square SE, 87102
Enhances the relationship between the county and neighborhood associations.

**Better Business Bureau of Southwest** ..................................... 346–0110
7007 Jefferson St. NE, Ste. A, 87109  
www.bbbsw.org
Provides free business and charity reviews and business complaint resolution services.
(Birth and Death Certificates – Vital Records):
NM Bureau of Vital Records .................................................. 1–866–534–0051 or 841–4100
2400 Wellesley Dr. NE, 87107 ..............................................
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
Online Government Issued Vital Records – Fees Apply ............
NM Bureau of Vital Records ..............................................
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.

City of Albuquerque Alternative Dispute Resolution .............. 768–4712
1 Civic Plaza NW, 2nd Floor, Room 201, 87102
A free resolution process for Albuquerque citizens to resolve conflict and disputes.

City of Albuquerque Household Hazardous Waste Disposal .......... 349–5220
6137 Edith NE, 87107 ......................................................
Residents of County may drop off residential hazardous wastes at no charge.

City of Albuquerque Medication Disposal (Drug Take Back Initiatives)
Medications may be disposed at any of 6 area command substations.

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

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

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

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

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

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

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

City of Albuquerque Office of Equity and Inclusion ............ 768–4712
1 Civic Plaza, NW, 2nd Floor, Ste., 201,87102
Assists consumers in mediating various issues and also investigates discrimination in
employment, housing, public accommodations.

*24/7 = 24 hours per day, 7 days per week
City of Albuquerque Office of Neighborhood Coordination .................................. 768–3334
1 Civic Plaza, NW, 9th Floor, Ste., 9087, 87102

Driver’s License and ID Cards:
NM Motor Vehicle Division (MVD) State Operated ........................................ 1–888–683–4636
Driver’s License: $18.00 for 4 years; $34.00 for 8 years www.mvd.newmexico.gov
ID card (for persons without drivers’ licenses): $10.00 for 4 years; $18.00 for 8 years
No charge for Driver’s License or ID card for individuals age 75 and older.

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

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

**Eagle Vista** ........................................................................................................... 764–6650
9651 Eagle Ranch Rd., 87114

**Kirtland Air Force Base** .................................................................................. 846–8390
1451 4th St., SE, 87117 Military Access only, $5.00 Additional Fee, Credit Card only

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

**Rio Bravo** ........................................................................................................... 452–9240
3211 Coors SW, Ste., D–10 and D–11, 87121

**Rio Rancho** ........................................................................................................... 891–5014
4114 Sabana Grande, Ave., SE, Rio Rancho, 87124

**Sandia Vista** ........................................................................................................... 292–4570
11500 Menaul Blvd., NE, Ste. F–1, 87112

**Tijeras** .................................................................................................................. 281–2250
12 Camino Municipal Tijeras, 87059

HEALTH CARE SERVICES

**Behavioral Health / Counseling**

**Grief Resource Center** ..................................................................................... 842–7166
1113 University Blvd., NE, 87102 www.griefnm.org
Provides short–term individual grief counseling and education, diverse support groups, and small group workshops and educational programs.

**National Alliance on Mental Illness (NAMI)** .................................................. 260–0154
8015 Mountain Road, Pl., NE, Ste. 101, 87110 www.namialbuquerque.org
Support, education and advocacy for individuals and family members/caregivers dealing with behavioral health issues.
Outcomes, INC. .................................................................243–2551
1503 University Blvd., NE, 87102  www.outcomesnm.org
Provides counseling services to children, adults, couples, and families. Grandparents Raising Grandchildren (available through Outcomes program). Offers monthly grandparent support groups with childcare and referrals to resources.

St. Martin’s Hope Works ...................................................764–8231
1201 3rd St., NW, 87102  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
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

NM Community Dental Services, Inc. ..............................843–7493
2116 Hinkle St., SE, 87102  www.nmcommunitydental.com
Currently accepts Medicaid and most dental insurance. Sliding fee scale for uninsured patients based on income and family size.

NM Dental Association Foundation ...................................298–7206
P.O. Box 16854, 87191  www.nmdentalfoundation.org
Provides free, comprehensive dental treatment to individuals with permanent disabilities or who are ages 60 or over. Available to individuals who cannot afford necessary treatment and cannot obtain treatment through other means.

Hearing Aids

Albuquerque Speech Language Hearing Center (ASLHC) ..................247–4224
9500 Montgomery Blvd., NE, Ste. 215, 87111  www.aslhc.org
Hearing aid assistance at a reduced cost for individuals with limited resources.

Starkey Hearing Foundation ............................................1–800–328–8602
6801 Washington Ave S, Ste 200, Minneapolis, MN 55439  www.starkeyhearingfoundation.org
Hearing aid assistance at a low or no cost.

*24/7 = 24 hours per day, 7 days per week
Medical Care

UNM School of Nursing – Geriatric Education and Health Maintenance (GEHM)
Clinics for individuals age 55 and older. Services include: blood pressure, diabetes screening and self–management education, health assessments, nutrition counseling, health problems, medication management, and more. Donations accepted but not required. Appointments required for fitness physicals. All clinics held from 9:00 A.M. – 1:00 P.M. Call the Senior Centers below for clinic dates:

- **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**
  3825 4th St., NW, 87107
  761–4025

- **Palo Duro**
  5221 Palo Duro Ave., NE, 87110
  888–8102

- **South Valley Multi–purpose Center**
  2008 Larrazolo Rd., SW, 87105
  468–7604

- **Manzano Mesa Multigenerational Center**
  501 Elizabeth St., SE, 87123
  275–8731

- **North Domingo Baca Multigenerational Center**
  7521 Carmel Ave., NE, 87109
  764–6475

- **UNM Senior Health Center**
  1101 Medical Arts Ave., NE, Building 4, Ste. A, 87102
  272–1754

Provides behavioral health counseling, diabetes education, physical therapy, social work/nurse case management, and memory and aging services for ages 75 and older.

Multiple Service Health Care Agencies

Albuquerque Healthcare for the Homeless
1217 1st St., NW, 87102

**Behavioral Health**
843–7611

Provides short–term assessments and long–term case management for individuals experiencing homelessness, who are struggling with severe mental health and/or substance use disorders, as well as other disabilities.

**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.
Albuquerque Indian Health Center
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.

First Choice Community Healthcare Clinics
Each Center below provides primary health care for individuals with insurance such as Medicare and Medicaid and other insurance plans and also those without insurance. Fees are based on income. Also assists with Medicaid applications, helps patients find insurance on the Marketplace, and enroll in special programs when they are eligible.

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

Alamed Medical Center 890–1458
7704–A 2nd St. NW, 87107
Alamosa Medical Center 831–2534
6900 Gonzales Rd., SW, 87121
North Valley Medical Center 345–3244
1231 Candelaria Rd., NW, 87107
South Broadway Medical Center 768–5450
1401 William St., SE, 87102
South Valley Medical/Dental Center 873–7400
2001 Centro Familiar SW, 87105

South Valley office only – Offers Dental Care and Wellness Programs such as mobile farmers markets, cooking classes, exercise and lifestyle coaching and massage therapy.

First Nations Community Healthsource 248–2990
625 Truman St., NE, 87110
Provides behavioral health services, primary medical and dental care to American Indian/Alaskan Native families and other underserved populations. Also provides assistance with Medicaid applications, finding insurance on the Marketplace, and help with public benefit applications for their patients.

Behavioral Health 262–2481
Dental Care 873–7423
Medical Care 248–2990

Prescription Assistance
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 www.nmaging.state.nm.us/adrc.aspx
Assists individuals of all ages who live in New Mexico and do not have prescription drug coverage or have used up their benefit. Eligibility criteria may apply.

*24/7 = 24 hours per day, 7 days per week
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

Social Security Administration (SSA) ................................................................. 1–800–772–1213
500 Lead Ave., SW, 87102 (TTY) 1–800–325–0778
See page 9 – Social Security Administration Topics: www.ssa.gov
  • Extra Help
  • Limited Income NET Program (or LI NET)

Treatment Referral Programs

ALANON ..................................................................................................................262–2177
Al–Anon’s purpose is to help families and friends of problem drinkers. www.aisnm.org

Alcoholics Anonymous .........................................................................................266–1900
Alcoholism recovery group. www.albuquerqueaa.org

Central New Mexico Treatment ............................................................................268–5611
Outpatient drug treatment recovery center. www.newseason.com

Narcotics Anonymous ..........................................................................................1–800–798–6649
Recovery drug addiction support group. www.riograndena.org

Nicotine Anonymous ............................................................................................1–877–879–6422
Nicotine support group. www.nicotine–anonymous.org

NM Council on Problem Gaming ..........................................................................1–800–572–1142
Provides a hotline to individuals experiencing gambling-related problems. Confidential help is available 24 / 7 / 365 days per year. www.nmcpg.org

Overeaters Anonymous .........................................................................................891–2664
Program for individuals with problems related to food. www.oa.org

Responsible Gaming Association of NM...............................................................1–888–696–2440
Information for problem gamblers www.rganm.org

Rio Grande Region of Narcotics Anonymous ....................................................1–800–798–6649
Recovery drug addiction support group. www.riograndena.org

Vision Care

Eyecare America’s Senior Eye Care Program .......................................................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. www.aaao.org/eyecare–america
New Eyes.................................................................................................................. 1–973–376–4903
549 Millburn Ave., Short Hills, NJ 07078
www.new-eyes.org
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.

HEALTH INSURANCE BENEFIT INFORMATION

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

Health Insight New Mexico .......................................................... 1–800–998–9898 or 1–800–663–6351
www.healthinsight.org/newmexico
5801 Osuna Road NE, Ste. 200, 87109
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
www.keproqio.com
Provides immediate advocacy with filing a Medicare discharge appeal or Medicare quality of care complaint.

Medicare Information .......................................................... 1–800–633–4227
P.O. Box 1270, Lawrence, KS 66044
www.medicare.gov
Provides information on enrollment, replacement cards, and plan choices, billing questions, medical records and change of address.

NM Health Insurance Exchange .......................................................... 314–5260
6403 Menaul Blvd. NE, 87110
www.bewellnm.com
Insurance marketplace where individuals can compare health insurance plans.

NM Human Services Medicaid Call Center .......................................................... 1–888–997–2583
P.O. Box 2348, Santa Fe, 87504
www.hsd.state.nm.us/Centennial_Care.aspx
Provides Information on Centennial Care services including physical health, behavioral health, long-term care and community benefits.

HOUSING

Foreclosure Assistance & Landlord/Tenant Issues

See Legal Assistance Services – page 25

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
Investigates reports of discrimination in any housing related transaction such as rentals, home buying/selling, mortgage companies and homeowner associations.

*24/7 = 24 hours per day, 7 days per week
### Housing Opportunities

**Albuquerque Apartments**

Web–site available on affordable rental housing; check with local libraries and community centers about accessing their computers.

<table>
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<tr>
<th>Name</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Albuquerque Apartments</td>
<td><a href="http://www.apartmentguide.com">www.apartmentguide.com</a></td>
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**Albuquerque Heading Home**

Provides permanent, supportive housing solutions to individuals and their families who are medically vulnerable and experiencing chronic homelessness.

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<th>Name</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Albuquerque Heading Home</td>
<td>226–1700</td>
</tr>
<tr>
<td>P.O. Box 27636, 87125</td>
<td><a href="http://www.abqheadinghome.org">www.abqheadinghome.org</a></td>
</tr>
</tbody>
</table>

**Barrett Foundation**

Emergency shelter for women and children experiencing homelessness. Provides resource referrals and supportive services.

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barrett Foundation</td>
<td>243–4887</td>
</tr>
<tr>
<td>1900 Bridge Blvd., SW, 87105</td>
<td><a href="http://www.barrettfoundation.org">www.barrettfoundation.org</a></td>
</tr>
</tbody>
</table>

**Bernalillo County Housing Department**

Assists households with housing choice vouchers to a private landlord, housing for low income families, elderly and disabled individuals. Apply on–line.

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bernalillo County Housing Department</td>
<td>314–0200</td>
</tr>
<tr>
<td>1900 Bridge Blvd., SW, 87105</td>
<td><a href="http://www//app.bernco.gov/ha_web_app/">www//app.bernco.gov/ha_web_app/</a></td>
</tr>
</tbody>
</table>

**City of Albuquerque, Department of Senior Affairs (DSA) Information Line**

Provides referrals to individuals on retirement communities, subsidized/affordable housing, and mobile home parks for adults.

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>City of Albuquerque, Department of Senior Affairs (DSA) Information Line</td>
<td>764–6400</td>
</tr>
</tbody>
</table>

**City of Albuquerque Housing Authority**

Assists households with housing choice vouchers to a private landlord, housing for low income families, elderly and disabled individuals. Apply on–line.

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>City of Albuquerque Housing Authority</td>
<td>764–3953</td>
</tr>
<tr>
<td>1840 University Blvd., SE, 87106</td>
<td><a href="http://www.abqha.org">www.abqha.org</a></td>
</tr>
</tbody>
</table>

**Habitat for Humanity**

Assists low–income first–time home–buyers in the process of achieving homeownership.

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Habitat for Humanity</td>
<td>265–0057</td>
</tr>
<tr>
<td>4900 Menaul Blvd., NE, 87110</td>
<td><a href="http://www.habitatabq.org">www.habitatabq.org</a></td>
</tr>
</tbody>
</table>

**Hibernian House**

Offers subsidized rental units for low income seniors.

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hibernian House</td>
<td>489–7322</td>
</tr>
<tr>
<td>600 Coal Ave., SW, 87102</td>
<td><a href="http://www.monarchnm.com/properties/hibernian%E2%80%93house">www.monarchnm.com/properties/hibernian–house</a></td>
</tr>
</tbody>
</table>

**Supportive Housing Coalition of New Mexico**

Permanent supportive housing for people with physical and mental health disabilities.

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supportive Housing Coalition of New Mexico</td>
<td>255–3643</td>
</tr>
<tr>
<td>625 Silver Ave., SW, 87102</td>
<td><a href="http://www.shcnm.org">www.shcnm.org</a></td>
</tr>
</tbody>
</table>

**Women’s Housing Coalition**

Assists low–income women with children who are motivated to become self–sufficient by providing affordable housing, training, and a variety of support needs.

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women’s Housing Coalition</td>
<td>884–8856</td>
</tr>
<tr>
<td>3005 San Pedro, NE 87110</td>
<td><a href="http://www.womenshousingcoalition.org">www.womenshousingcoalition.org</a></td>
</tr>
</tbody>
</table>
**Rental Assistance**

See Assistance Agencies – page 6

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### Repair / Weatherization

**Bernalillo County Housing Department**

1900 Bridge Blvd., SW, 87105  
314–0200  
www.bernco.gov

Assists low-income homeowners, with limited resources to make needed repairs.

**Bernalillo County Public Works**

2400 Broadway, SE, 87102  
848–1524  
www.bernco.gov/PIPE/

Provides financial assistance to qualifying individuals for connection to water and sewer, or replacement of failing septic systems in areas where sewer is not available.

**Central New Mexico Housing Corporation (Weatherization)**

703 Osuna Rd. NE, Ste. 2, 87113  
345–4949  
www.centralnmhousing.org

Assists Low Income Families to make their homes energy efficient.

**City of Albuquerque Department of Senior Affairs (DSA)**

764–6400  
*Contributions requested. No one will be denied services if he/she chooses not to contribute. Call for eligibility requirements.*

- **DSA Home Chores** – Chore services such as light yard cleaning for safety purposes, limited to 15 foot perimeter; installation of smoke detectors for Bernalillo County homeowner occupants age 60 and older.

- **DSA Home Retrofit** – ADA wheelchair ramps, walker steps, step modifications, fall prevention equipment, and bathroom safety equipment. Eligibility: Bernalillo County homeowner occupants age 60 and older.

- **DSA Minor Home Repair** – Non-licensed minor repairs for Bernalillo County homeowner occupants age 60 and older.


**Silver Horizons**

884–3881  
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.

**Southwest Neighborhood Housing Services of Albuquerque**

243–5511  
www.nhsofalb.org

Home rehabilitation loans for low income families in the Downtown, Sawmill and Wells Park neighborhoods.

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*24/7 = 24 hours per day, 7 days per week*
**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

HECM provides assistance to individuals wishing to apply for a reverse mortgage.

www.hud.gov/topics/information_for_senior_citizens

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**LEGAL ASSISTANCE SERVICES**

**Albuquerque Bar Association** ................................................................. 243–2615

Lawyer referral service; $50 for 30 minutes.  www.abqbar.org

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

P.O. Box 51735, 87181–1735  www.cancerservicesnm.org or www.nmcancernhelp.org

Provides free Legal, Insurance, and paperwork assistance for cancer patients.

**ID Theft Resolutions LTD** ........................................................................... .idtheftresolutions.org

Free assistance to help victims of ID theft take back their lives. Offers a low cost family ID theft prevention check-up.

**Legal Resources for the Elderly Program (LREP)** .............. 1–800–876–6657 or 797–6005

Statewide legal helpline for New Mexico residents’ ages 55 and older; provided free of charge. There are no income qualifications for the program. LREP staff attorneys answer questions in most areas of civil law.  www.nmbar.org/public/LREP

**NM Legal Aid** ............................................................................................. 1–833–545–4357 or 243–7871

301 Gold Ave., SW, 87102  www.newmexicolegalaid.org

Provides free legal services to eligible low–income NM residents with civil matters, access to public benefits, consumer rights, identity theft, employment, family law, income maintenance, domestic violence, foreclosure, and landlord/tenant issues. On–line application available for prompt attention.

**NM Office of Guardianship** ........................................................................ 841–4549

**NM Developmental Disability Planning Council (DDPC)**

625 Silver Ave., SW, Ste. 100, 87102  www.nmddpc.com

Provides adult guardianship legal services for adults with limited capacity to make or communicate decisions on the adults behalf.

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

3201 4th St., NW, 87107  www.pegasuslaw.org

Provides legal services to grandparents and other kinship caregivers taking care of children whose parents are unable or unwilling to provide them with proper care.
Senior Citizens’ Law Office (SCLO) ................................................................. 265–2300
4317 Lead Ave., SE, Ste. A, 87108  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.

State Bar of NM General Referral Program (SBGR) .......... 1–800–876–6227 or 797–6006
Associates consumers with private attorneys in the appropriate legal subject for a 30–minute legal consultation; $35.00 referral fee. No age or income qualifications.

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

United South Broadway Corporation ................................................................. 764–8867
1500 Walter St., SE, 87102  www.unitedsouthbroadway.org
Offers foreclosure counseling and legal services to NM residents.

PET RESOURCES
Animal Humane Society of New Mexico ................................................................. 255–5523
615 Virginia St., SE, 87108  www.animalhumanenm.org
Adoptions, spay/neuter services, vaccination clinics, and more for qualified individuals.

Bernalillo County Animal Care Services ................................................................. 468–7387
3001 2nd St. SW, 87105  www.bernco.gov/animal–care
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.

Best Friends Pet Cremation .................................................................................. 345–5615
924 Menaul Blvd. NE, 87107  www.bestfriendspetcremation.com
Pet Cremation and Cemetery.

City of Albuquerque – Animal Welfare ................................................................. 311 or 768–1975
8920 Lomas NE, 87112
Low cost/free spay and neuter for cats and dogs for qualified individuals, animal noise, licenses, adoptions, rescue group lists, and pet education. Proof of residency, income, and current driver’s license/I.D. required.


NM Animal Friends ................................................................. 881–7297
P.O. Box 40189, 87196  www.nmaf.org
Adoptions, rescue homeless dogs and cats; spay–neuter services; temporary foster care available until permanent home is found.

*24/7 = 24 hours per day, 7 days per week
Street Cat Hub.................................................................................................................247–9357
P.O. Box 40189, 87196  www.streetcathub.org
Information about sterilizing the unowned street cats in your neighborhood.

**PHYSICAL FITNESS & SENIOR WELLNESS PROGRAMS**

City of Albuquerque Department of Senior Affairs – (DSA) Senior Sports and Fitness

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

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

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

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

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

- **DSA Weight Training/Fitness Facilities:** State of the art exercise equipment to assist seniors to improve strength and maintain a healthy lifestyle.

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City of Albuquerque Department of Senior Affairs – Fitness Centers

- **Los Volcanes 50+ Sports & Fitness Center** .................................................. 767–5990
  6500 Los Volcanes Rd., NW, Ste. B, 87121

- **Manzano Mesa Multigenerational Fitness Room** ................................. 275–8731
  501 Elizabeth St., SE, 87123 Open to those age 18 and older.

- **Palo Duro** ................................................................................................. 880–2800
  5221 Palo Duro Ave., NE, 87110

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Other Wellness Programs

**Blue 60Plus** .................................................................................................................816–4454
A no cost program offered by Blue Cross and Blue Shield of New Mexico for Seniors 60 and older.

**JCC Pro Fitness Center – Jewish Community Center** ............................................332–0565
5520 Wyoming Blvd., NE, 87109  www.jccabq.org
Features cardiovascular equipment; physical therapy room, indoor track, and a stretching area. Registration fee and monthly fees apply.
Lovelace Silver Elite
4101 Indian School Rd. NE, Ste.110, 87110
www.lovelaceliverelite.com
A complimentary program created exclusively for people age 60 and older. Provides social activities and valuable health screenings, and educational seminars.

Mall Walking:

**Coronado Mall** – 6600 Menaul NE.
**Hours:** Mon. – Sat., 6 a.m. – 10 p.m.; Sunday starting at 9:30 a.m.
Enter west of JC Penny truck court. Register at Coronado Mall Customer Service desk.

**Cottonwood Mall** – 10000 Coors Blvd., NW.
**Hours:** Mon. – Sat., 8 a.m. – 9 p.m.; Sunday 10 a.m. – 6 p.m. Enter through any entrance.

**Winrock Mall** – 2100 Louisiana NE.
**Hours:** Daily walking at 6:30 a.m.
Enter through any entrance. Join the free In Stride Mall Walkers program. Registration takes place the last Tuesday of the month 8:30 a.m. – 10 a.m. in the food court.

**New Heart**
601 Lomas Blvd., NE, 87102
www.newheartnm.com
An all-inclusive gym offering cardio, weights, fitness classes, group training, yoga, nutrition classes, personal training, Tai Chi and more.

**Presbyterian Healthcare Services Healthplex**
6301 Forest Hills Dr. NE, 87109
www.phs.org
A senior focused wellness and rehab facility. Expertly staff trained in disease management. Registration and monthly fees apply.

**Senior Connection**
823–8352
Provides a variety of educational, physical activity programs, community resources, and social opportunities for seniors.

**Silver Sneakers**
1–866–584–7389
Provides gym memberships by some Medicare plans, exercise classes, health workshops and screenings. Call for gym locations.

**REFERRAL SERVICES**

**AARP Information Center**
1930 Juan Tabo Blvd., NE, Ste. J, 87112
www.states.aarp.org
Provides resources to individuals age 50 and older in areas such as health care, employment, income security, and protection from financial abuse.

**City of Albuquerque Department of Senior Affairs Information & Assistance Line**
764–6400
Information and referral to community services for Bernalillo County residents age 60 and older, caregivers, and service providers.

www.cabq.gov/seniors/senior–services/senior–information–line

*24/7 = 24 hours per day, 7 days per week*
Good Shepherd Center.................................................................................................................................. 243–2527
218 Iron Ave. SW, 87103  www.gscnm.org
Social Service advocacy and resources for homeless men and women.

Joy Junction ........................................................................................................................................... 877–6967
4500 2nd St., SW, 87105  www.joyjunction.org
Social Service advocacy and resources for homeless men and women.

NM Aging and Disability Resource Center......................................................................................... 1–800–432–2080
P.O. Box 27118, 2550 Cerrillos Rd., Santa Fe, 87502
Assists Elders, persons with disabilities and caregivers access to services and resources.
Assistance in NM Centennial Care Waiver, Prescription Assistance (MEDBank), Senior
Medicare Patrol (SMP) and State Health Insurance Assistance Program (SHIP).
www.nmaging.state.nm.us/adrc.aspx

NM Aging and Long–Term Services Department
Indian Area Agency on Aging (IAAAA) ................................................................................................. 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

NM Coalition Against Domestic Violence ............................................................................................ 246–9240
2340 Alamo Avenue SE, Ste. 120, 87106  www.nmcadv.org
Offers referrals to domestic violence victims for services available.

NM Department of Health ................................................................................................................. 841–5859
Diabetes Prevention and Control Program  www.diabetesnm.org
810 W. San Mateo, Ste. 200–E, 87505
Provides medical information and community services to individuals with diabetes.

National Indian Council on Aging (NICOA) ....................................................................................... 292–2001
An on–line resource directory which assists Elders and their families and caregivers to aging
services: caregiver services, resources, food services, health service providers, housing, in–
home, long–term care support services, Elder Centers and transportation.

Navajo Area Agency on Aging ........................................................................................................... 928–871–6868
P.O. Box 1390 Window Rock, AZ 86515  www.naaa.navajo–nsn.gov
Ensures that Elders living on the Navajo Nation receive all available benefits and services to
which they are entitled, and that these services are provided in a manner which preserves
their dignity, self–respect and cultural identity.

Steel Bridge Ministries ......................................................................................................................... 346–4673
214 Coal St., SW, 87102  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
Provides many services such as day shelter, showers, laundry, counseling and luncheon
program for the poor and homeless.
### RESpite & In–Home Care Resources

#### Adult Day Services (Licensed)
Safe and pleasant places for frail Elders age 60 and older and adults with disabilities age 18 and older to stay during the day. Prevents institutionalization, provides respite for caregivers and provides social and recreational activities, snacks, lunch, and limited transportation to and from site. Area Agency on Aging has limited resources available to support adult daycare services for individuals age 60 and older.

- **Cornucopia**
  - Phone: 877–1310
  - Address: 2002 Bridge Blvd., SW, 87105
  - Website: [www.cornucopia–ads.org](http://www.cornucopia–ads.org)

- **Share Your Care**
  - Phone: 298–1700
  - Website: [www.shareyourcare.org](http://www.shareyourcare.org)

- **Barelas**
  - Phone: 764–6445
  - Address: 714 7th St., SW, 87102

- **Bear Canyon**
  - Phone: 291–6219
  - Address: 4645 Pitt St., NE, 87111

- **Los Volcanes**
  - Phone: 836–8797
  - Address: 6500 Los Volcanes Rd., NW, 87121

- **North Valley**
  - Phone: 761–4001
  - Address: 3825 4th St., NW, 87107

- **Ponderosa**
  - Phone: 881–8982
  - Address: 5301 Ponderosa Ave., NE, 87110

#### City of Albuquerque Department of Senior Affairs (DSA)
- Phone: 764–6400
- Address: 714 7th St. SW, 87102

- **Care Coordination** – Comprehensive in–home assessment of individuals age 60 and older, linkage to appropriate services and on–going follow up.
- **Homemaker Services** – Homemaker services Bernalillo County seniors age 60 and older who need help with two or more activities of daily living.
- **Medication Management** - Monitoring, screening and education to prevent incorrect medication usage and adverse drug reactions.
- **Respite Care** – Offers In–home care for frail elders whose caregivers need temporary relief.

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*24/7 = 24 hours per day, 7 days per week*
NM Aging and Disability Resource Center................................................. 1–800–432–2080
P.O. Box 27118, 2550 Cerrillos Rd., Santa Fe, 87502
Registers individuals interested in the NM Centennial Care Waiver for Home and Community Based Services. The waiver offers services for members who qualify for nursing facility services but want to live at home by providing services such as personal care assistance, respite, and home safety modifications. Must meet income guidelines.  
www.nmaging.state.nm.us/adrc.aspx

**LONG–TERM CARE RESOURCES**

**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

**InnovAge Greater New Mexico PACE Program.............................................924–2650**
904 Las Lomas Rd., NE 87102  
www.myinnovage.com
Program of all–inclusive care for the elderly (PACE). Day health center including medical clinic, adult day care, social services, rehabilitation, transportation, in–home services 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.

**NM Aging and Long Term Services.......................................................... 1–800–432–2080**
P.O. Box 27118, 2550 Cerrillos Rd., Santa Fe, 87502

- **Care Transition Program** – Assistance for individuals wishing to reintegrate back into the community or to an assisted living facility.
- **Institutional Medicaid Assistance** – Medicaid program for individuals who are in a medical institution determined to be medically necessary.  
www.nmaging.state.nm.us/care–transition.aspx

**NM Department of Health ........................................................................841–5523**
Pre–Admission Screening and Resident Review (PASRR)
5301 Central Ave., NE, Ste. 1100, 87108  
www.nmhealth.org/about/ddsdpgsv/pasrr/
Ensures individuals who may be eligible for a Dementia or Respite stay waiver are evaluated for placement in the least restrictive environment.

**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.caregoverstressbusters.org
**SENIOR & MULTIGENERATIONAL LOCATIONS**

City of Albuquerque/Bernalillo County Department of Senior Affairs

Recreational activities, meals, educational opportunities, social services, health screenings, and more are provided for those who are 50 and older.

**Hours:** 8:00 A.M. – 5:00 P.M., Monday – Friday; Saturday and evening hours vary at each site. Call 764–6400 for a current schedule or visit us online: [www.cabq.gov/seniors](http://www.cabq.gov/seniors).

*(See Meal Sites pages 34 & 35 for a listing of City of Albuquerque Senior Meal Sites.)*

**Senior Centers:**

Barelas Senior Center .................................................................764–6436
714 7th St., SW, 87102

Bear Canyon Senior Center ..................................................767–5959
4645 Pitt St., NE, 87111

Highland Senior Center ..........................................................767–5210
131 Monroe St., NE, 87108

Los Volcanes Senior Center ......................................................767–5999
6500 Los Volcanes Rd. NW, 87107

North Valley .................................................................761–4025
3825 4th St., NW, 87107

Palo Duro ...............................................................................888–8102
5221 Palo Duro Ave., NE, 87110

**Multigenerational Centers:**

The two Multigenerational Centers are for participants ages 6 and older. Both centers provide recreational activities, meals, educational opportunities, social services, health screenings and much more.

**Hours:** 8:00 A.M. – 9:00 P.M.; Monday – Friday. Saturdays, 9:00 A.M. – 3:00 P.M.

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 – *See Meal Sites pages 34 & 35*  

Five Sandoval Indian Pueblos, Inc. .............................................867–3351
4321 Fulcrum Way NE, Ste. B, Rio Rancho, 87144  
[www.fsipinc.org](http://www.fsipinc.org)

Provides services to Native American adults age 55 and older.

Non–Metro Area Agency on Aging ..............................................1–866–699–4927  
[www.ncnmedd.com](http://www.ncnmedd.com)

Provides funding to Senior Programs in every New Mexico County except Bernalillo. Services may include meals, transportation, and homemaker services.

*24/7 = 24 hours per day, 7 days per week*
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
   Corrales Senior Center ........................................................................ 897–3818
   4324–A Corrales Rd., 87048
   Rio Rancho Meadowlark Senior Center .................................................. 891–5018
   4330 Meadowlark Lane, SE, 87124

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

SENIOR MEALS

Home Delivered Meals

Albuquerque Meals–On–Wheels .................................................................. 823–8082
5901 Harper Dr. NE, 87109  www.mow–nm.org
Home–delivered meals and daily social interactions for elderly, recuperating, and disabled
individuals who are homebound. Special diets available, no age restrictions.
City of Albuquerque, Department of Senior Affairs (DSA)

Home Delivered Meals Initial Requests: 764–6400
Meal Delivery Information: 764–6433

www.cabq.gov/seniors/senior–services/senior–meals

Meals delivered to homebound elderly age 60 and older who cannot cook for themselves and have no one to cook for them. Provides Heart–healthy meals daily Monday – Friday and frozen meals for weekend meals.

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

Meal Sites

City of Albuquerque Department of Senior Affairs
General Fund Meal Sites

Hours: Monday – Friday, 11:30 AM – 1:00 PM.
A choice of a soup, salad, and/or sandwich may be purchased at a nominal fee or the consumers can choose the nutritionist approved meal that is served at our other centers.

www.cabq.gov/seniors/senior–services/senior–meals

Breakfast and Lunch for seniors age 50 and older. Fee charged.

Bear Canyon Senior Center: 767–5959
4645 Pitt St., NE, 87111

Highland Senior Center: 767–5210
131 Monroe St., NE, 87108

Palo Duro: 888–8102
5221 Palo Duro Ave., NE, 87110

City of Albuquerque Department of Senior Affairs
Senior and Multigenerational Centers

Area Agency on Aging Funded Meal Sites

Breakfast, fee charged. Reserve lunch by 12:00 PM one work day prior.

Hours: Monday – Friday, 11:30 AM – 1:00 PM.

Lunch Cost: $3.25 for 50–59 $7.67 for guest under 50 (including children). If you are 60 or older, donations are accepted to help cover the expense of preparing the meal, however no one will be denied services for choosing not to donate.

Barelas Senior Center: 764–6436
714 7th St., SW, 87102

Los Volcanes Senior Center: 767–5999
6500 Los Volcanes Rd. NW, 87107

North Valley: 761–4025
3825 4th St., NW, 87107

Manzano Mesa Multigenerational Center: 275–8731
501 Elizabeth St., SE, 87123

North Domingo Baca Multigenerational Center: 764–6475
7521 Carmel Ave., NE, 87109

*24/7 = 24 hours per day, 7 days per week
City of Albuquerque Department of Senior Affairs
Senior Meal Sites

Lunch for seniors age 60 and older. Contribution requested.* Fee charged for guests under age 60. Reservations requested before 12:00 noon the day before you plan your reservation. Activities and socialization opportunities at sites, call for further information. Transportation provided for neighborhood participants at some sites.

**Hours:** Monday – Friday, 9:00 A.M. – 2:00 P.M.

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

<table>
<thead>
<tr>
<th>Meal Site Name</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Alameda Meal Site/Raymond G. Sanchez</td>
<td>897–8896</td>
</tr>
<tr>
<td>Ed Romero Terrace Meal Site</td>
<td>232–8880</td>
</tr>
<tr>
<td>Embudo Towers Meal Site</td>
<td>764–6467</td>
</tr>
<tr>
<td>Encino Gardens Meal Site</td>
<td>266–7736</td>
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<tr>
<td>Encino Terrace Meal Site</td>
<td>247–4185</td>
</tr>
<tr>
<td>La Amistad Meal Site</td>
<td>848–1395</td>
</tr>
<tr>
<td>La Mesa/Cesar Chavez Meal Site</td>
<td>256–2680</td>
</tr>
<tr>
<td>Los Duranes Meal Site</td>
<td>767–5900</td>
</tr>
<tr>
<td>Mountain Communities/Tijeras Meal Site</td>
<td>286–4220</td>
</tr>
<tr>
<td>Paradise Hills Meal Site</td>
<td>314–0246</td>
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<tr>
<td>Rio Bravo Meal Site</td>
<td>873–6647</td>
</tr>
<tr>
<td>Shalom House Meal Site</td>
<td>823–1434</td>
</tr>
<tr>
<td>South Valley Meal Site</td>
<td>468–7341</td>
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<tr>
<td>Taylor Ranch Meal Site</td>
<td>768–6006</td>
</tr>
<tr>
<td>Thomas Bell Meal Site</td>
<td>848–1332</td>
</tr>
<tr>
<td>Whispering Pines Meal Site</td>
<td>281-8003</td>
</tr>
</tbody>
</table>
Albuquerque Fibromyalgia Support Group .................................. abqfibrogroup@gmail.com
A local support group dedicated to providing awareness and support for those affected by Fibromyalgia. Meets every 1st Tuesday of the month at 1:00 PM at North Domingo Baca Multigenerational Center, 7521 Carmel Ave NE, NM 87113. http://abqfibro.com

Alzheimer’s Association, New Mexico Chapter ..................... 1–800–272–3900 or 266–4473
9500 Montgomery Blvd., NE, Ste. 121, 87111 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 $500 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 multi–session program for family caregivers presented by the Alzheimer’s Association, NM Chapter. Assists caregivers with practical techniques for interacting with loved ones with Dementia or Alzheimer’s disease, and for understanding and managing their behavior. It also imparts tools for long–term planning and for reducing stresses common to Dementia or Alzheimer’s caregivers.

City of Albuquerque Department of Senior Affairs (DSA)
Senior Information and Assistance Line .............................................................. 764–6400
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.

**Silver Alert** .................................. www.cabq.gov/seniors/senior–services/silver–alert
A public notification system to broadcast information about missing individuals who suffer from Alzheimer’s disease and/or Dementia. Caregivers register their family member who is age 60 and older through the Department of Senior Affairs (DSA). By contacting DSA, a picture will be taken along with vital information and placed on a USB drive and given to the caregiver. In the event, the individual is missing; the family can provide the City of Albuquerque police with the USB drive.

American Cancer Society ................................................................. 1–800–227–2345 or 260–2105
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.

**Bright Focus Foundation** .......................................................... brightfocus.org
On–line resources on Alzheimer’s, macular degeneration and glaucoma.

Cancer Services of New Mexico ......................................................... 259–9583
P.O. Box 51735, 87181–1735 www.cancerservicesnm.org or www.nmcancerhelp.org
Offers caregiver support, provides free legal, insurance, and paperwork assistance for individuals coping with cancer.

*24/7 = 24 hours per day, 7 days per week
Low Visions Support Group (20/20 Club) ................................................................. 275–9952
10704 Paseo del Norte, NE, 87122
Meets every 2nd Wednesday of the month at Sandia Presbyterian Church.
Support group focusing on vision loss, particularly macular degeneration, but open to anyone with vision loss, and their family members and caregivers.

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.

National Multiple Sclerosis Society .......................................................... 243–2792 or 1–800–344–4867
5801 Osuna Rd. NE, Suite A–107, 87109  www.nationalmssociety.org/Chapters/NMX
A local support group dedicated to providing awareness and support for those affected by Multiple Sclerosis. Meets every 3rd Thursday of the month at 12:30 PM at North Domingo Baca Multigenerational Center, 7521 Carmel Ave NE, NM 87113.

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.

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/
Provides direct care services including support groups and an information hotline to individuals living with Parkinson’s, families and care partners.

Prostate Cancer Support Association of New Mexico (PCSANM) ...... 1–800–278–7678 or 254–7784
2533 Virginia St. NE, Ste. C, 87110
Assists all interested individuals and their families by providing publications on Prostate Cancer subjects; A Buddy List of individuals; support meetings.  www.pcsanm.org

SAGE Albuquerque ................................................................. 259–5868
P.O. Box 20421, 87154  www.sageabq.org
Offers a support group to LGBT elders.

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.


TRANSPORTATION

Catholic Charities ................................................................. 724–4670
2010 Bridge Blvd., SW, 87105  www.ccasfnm.org
Provides limited transportation (60 or older). Registration required.
City of Albuquerque Department of Senior Affairs (DSA) Transportation 764–6464
Medically related or other transportation for individuals age 60 and older; wheelchair accessible. Rides scheduled on first come first served basis; requests must be made one week prior to the date that a ride is needed.

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

www.cabq.gov/seniors/senior–services/transportation

City of Albuquerque – Transit .................................................................243–7333
1 Civic Plaza NW, 87102  www.cabq.gov/transit
$0.35 one way bus fare for individuals over 62 with a picture ID with date of birth.

ABQ Mini–Ride/Sun Van
For certified mobility impaired persons living within Albuquerque and most of Bernalillo County. $2.00 one way; wheelchair capable.

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

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 62 and older and may ride most buses for FREE with a valid printed or mobile NM Rail Runner Express ticket.

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.

City of Albuquerque Mayor’s Veterans Resource Center ....................................768–3000
400 Marquette NW, 87102  www.cabq.gov/veterans–resource–center
Provides local resources to Veterans and offers up–to–date information on the issues that matter to our veterans and military service members and their families.

Disabled American Veterans (DAV) Regional Office ..................................346–4864
500 Gold Ave., SW, RM. 3116, 87102  www.dav.org
Provides assistance to veterans and their families in obtaining benefits and services earned through military service and other agencies of government.

Transportation Department ...............................................................256–2821
Provides transportation to Veterans for medical appointments at various VA hospitals and clinics around New Mexico.

*24/7 = 24 hours per day, 7 days per week
Goodwill Veterans Services ........................................... 1–866–376–0182 or 881–6401
www.goodwillnm.org

**Homeless Veterans Reintegration Program** – Focuses on placing homeless Veterans into long-term employment, as well as provides social 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

**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

**TRICARE for LIFE** .............................................. 1–800–538–9552 or (TTY) 1–866–363–2883
P.O. Box 7890, Madison, WI 53707–7890  www.tricare4u.com
Healthcare plan for uniformed service members and their families.

**US Veterans Affairs Regional Office – Albuquerque** .................... 346–3780
1501 Gold Ave., SW, 87108  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
  
  * **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
  
  * **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
  
  * **Crisis Line (24/7)* ............................................. 1–800–273–8255 Option 1 or (TTY) 1–800–799–488
    Text message ................................................................................. 838255
    Connects Veterans in crisis, their families and friends with qualified, caring responders through a confidential toll-free hotline, online chat, or text.
• Health Care System ................................................................. 1–800–465–8262 or 265–1711
1501 San Pedro SE, 87108  www.albuquerque.va.gov
Provides health care, caregiver support, prescriptions, transportation assistance, and case management to Veterans.

• Paralyzed Veterans of America (PVA) ....................................................... 265–1711 ext. 2849
Assists Veterans with service–connected injuries. Call for more information.

• Social Services ................................................................. 265–1711 ext. 3302
Provides crisis intervention, advocacy, counseling, supportive services, and case management to Veterans.

• Supportive Housing (HUD–VASH) .............................................................. 265–1711
Supportive Housing program provides rental assistance for homeless Veterans.

• Transportation to Medical Center ............................................................. 265–1711 ext. 5438
Free volunteer operated transportation to 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 in order to improve their quality of life and to maximize their functioning and independence.

Veterans Integration Centers (VIC) ................................................................. 265–0512
13032 Central Ave., SE, 87123  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

VOLUNTEER PROGRAMS

Department Of Senior Affairs

For Further Information:
Contact the Senior Affairs Information & Assistance Line ........................................ 764–6400
www.cabq.gov/seniors/volunteer–opportunities

Foster Grandparent Program ........................................................................... 764–6412
Volunteer opportunities for seniors (age 55 and older) to volunteer with special needs children; stipend available for those who qualify.

RSVP (Retired & Senior Volunteer Program) ............................................... 767–5225
Recruits and facilitates the placement of volunteers (age 55 and older) in public and non–profit organizations to meet community needs.

Senior Companion Program ......................................................................... 764–1612
Volunteer opportunities for seniors (age 55 and older) to volunteer with homebound elderly; stipend available for those who qualify.
Volunteer and make a difference!

Senior Corps Volunteers contribute over 234,000 hours to our community annually; this translates to a contribution valued at approximately $4.7 million dollars!*  
* Value of Volunteer Time according to the Independent Sector in NM in 2015 is $19.91 per hour. For information call (505) 767–5225.

Department of Senior Affairs Transportation Nutrition Division

Volunteer Drivers are needed to provide transportation for seniors to and from various meal sites, medical appointments, and grocery shopping for daily, four–hour shifts, Monday – Friday.

Meals on Wheels of Albuquerque

Kitchen volunteers are needed any day Monday through Friday from 9 am–11am. Volunteer Drivers are needed to deliver meals (Use of personal vehicle required).

Catholic Charities

Volunteer Drivers are needed to provide door to door transportation services to seniors for medical appointments and grocery shopping. Use of personal vehicle is required; agency gives mileage reimbursements.

Adelante Development Center Benefits Counseling Center

Volunteers are needed to assist seniors and persons with disabilities in determining eligibility and enrollment for subsidized benefit programs. Training will be provided.

Alzheimer’s Association

Must have the ability to perform various clerical duties and other assignments. Flexible work days are available.

Ronald McDonald House

Family Room Volunteers are needed to greet and sign in families, maintain laundry room, stock food and drinks, and help families with their needs.

Ombudsman Program

Volunteer Advocates are needed for residents in nursing homes and assisted living facilities.

The Foster Grandparent Program Advisory Council

Council members are needed to advocate on behalf of volunteers, evaluate Program effectiveness, and assist in the recognition of volunteers by raising funds and resources.

Silver Horizons

Silver Horizons wants to see low–income seniors living safe and secure, in their own homes, with enough food to eat. Help us provide groceries to over 3,500 seniors and 1,200 grandchildren every month. Call (505) 800–1400 or email ron@silverhorizons.org

Senior Companions: Make Independence A Reality

Senior Companions are healthy older adults who help other adults live independently and can provide support to family caregivers. They assist with grocery shopping and other daily tasks necessary to maintaining independent living.

Senior Companions serve an average of 20 hours per week, may qualify for a tax free stipend, and receive assistance for meals and transportation costs.

For information, call (505) 764–1612.

Foster Grandparents

Foster Grandparents serve as tutors and mentors assisting children with special and exceptional needs.

Foster Grandparents serve an average of 20 hours per week, receive meals while on duty, and may qualify for a tax free stipend.

The Foster Grandparent Program goals are to enable Foster Grandparents to remain active through participation in meaningful placements and needed community service. Children receive the necessary attention for educational, social, and emotional development.

For information, call (505) 764–6412.

RSVP: Lead with Experience

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 skills or develop new skills.

For information, call (505) 764–5225.
For as long as we can remember, nothing beats a true partner. Through it all.®

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

BlueCross BlueShield of New Mexico

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