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ALBUQUE senior affairs
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2019-2020

Quick Guide

TO SENIOR SERVICES



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

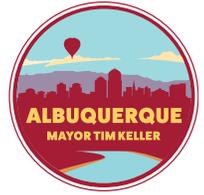
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www.cabq.gov/seniors



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



senior affairs

714 7th Street SW | Albuquerque, NM 87102
FAX: 505-764-6455 | TTY: 1-800-659-8331
www.cabq.gov/seniors

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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.



Services and Opportunities

SENIOR INFORMATION & ASSISTANCE PROGRAM

(505) 764-6400

www.cabq.gov/seniors/senior-services

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 | |
| NM Aging and Long Term Services (24/7)* | 1-866-654-3219 |
| 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)* Mental Health Crisis Line | 272-2920 |

Utility Emergencies – Electricity, Gas, and Water

Electricity – Public Service Company of NM (PNM) (24/7)* 1-888-342-5766

4201 Edith Blvd., NE, 87107

www.pnm.com/report-an-outage

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

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

1625 Rio Bravo SW, Ste., 27, 87105

www.nmgco.com

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

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

www.cabq.gov/planning/code-enforcement-zoning

City of Albuquerque Department of Senior Affairs Administration 764-6432

www.cabq.gov/seniors

City of Albuquerque Family Advocacy Center 243-3333

625 Silver SW, Ste. 200, 87102

www.cabq.gov/albuquerque-family-advocacy-center

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

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**
www.cabq.gov/office-of-emergency-management

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 Department761-8100
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 NM246-5700
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 Center836-8800
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 Center767-5700
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 Center848-1345
1500 Walter St., SE, 87102

Provides emergency food, clothing, utility and rental assistance to residents.

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

1231 Candelaria 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 Program242-6777

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 Project831-3778

600 Coors Blvd., NW, 87121

www.rgfp.org

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

Roadrunner Food Bank349-8841

5840 Office Blvd. NE, 87109

www.rrfb.org

Provides individuals with agency contacts for food assistance.

St. Martin’s Hope Works242-4399

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.

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

Salvation Army Family Services872-1171
411 Broadway Blvd., SW, 87102 www.salvationarmyalbuquerque.org
Provides food boxes, bus passes, clothing, rental, water and utility assistance.

Silver Horizons884-3881
3540 Pan American Fwy., NE, Ste. B, 87107 www.silverhorizons.org
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.

Storehouse New Mexico842-6491
106 Broadway Blvd., SE, 87102 www.thestorehouseabq.org
Provides monthly food boxes and assistance with paying water/solid waste utilities to income qualified Bernalillo County homeowners who are current on their water bill.

Social Service Agencies

Adelante – Benefits Connection 1-844-266-2236 or 273-5222
3900 Osuna Rd. NE, 87109 www.goadelante.org
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).

NM Human Services Department Income Support Division (ISD)

(See addresses/phone #'s and programs listed below)

Customer Service Center 1-800-283-4465
Hours: Monday – Friday 8:00 A.M. – 4:30 P.M. www.state.nm.us/hsd

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

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
-

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

DISABILITY RESOURCES

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

Adelante Development Center341-2000
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 Mexico292-7414
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 Program881-6401

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.

LifeROOTS255-5501

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.

| | |
|--|--|
| NM Brain Injury Resource Center | 332-6700 |
| 11300 Lomas Blvd. NE, 87112 | |
| One-stop shop for information and referrals on a wide variety of topics related to brain injury including services, supports and education. | |
| www.arcaopeningdoors.org/services/new-mexico-brain-injury-resource-center/ | |
| NM Commission for the Blind | 1-888-513-7958 or 841-8844 |
| 2200 Yale Blvd. SE, 87106 | |
| www.cfb.state.nm.us | |
| Provides instruction training in Braille, personal and home management skills. | |
| NM Commission for the Deaf and Hard of Hearing | 1-800-489-8536 |
| 505 Marquette Ave., NW, Ste. 1550, 87102 | |
| Provides resources for those who are hard of hearing or deaf. | |
| Voice and TTY | |
| www.cdhh.state.nm.us | |
| NM Department of Health | 505-476-8913 |
| Developmental Disabilities Supports Division | www.nmhealth.org |
| 1190 S. St. Francis Dr., Santa Fe, 87505 | |
| Provides services and supports that assist eligible children and adults with intellectual and developmental disabilities to participate as active member of their communities. | |
| NM Developmental Disabilities Planning Council | 841-4519 |
| 625 Silver Ave., SW, Ste. 100, 87102 | |
| www.nmddpc.com | |
| Promotes advocacy, capacity building, and systemic change to improve the quality of life for individuals with developmental disabilities and their families. | |
| NM Division of Vocational Rehabilitation (DVR) | 843-1900 |
| 501 Mountain Rd. NE, 87102 | |
| www.dvr.state.nm.us | |
| Assists eligible individuals with documented disabilities find suitable employment. | |
| NM Governor's Commission on Disability | 1-877-696-1470 or 476-0412 |
| 491 Old Santa Fe Trail, Santa Fe, 87501 | |
| www.gcd.state.nm.us | |
| 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. | |
| NM Brain Injury Advisory Council | 1-505-476-7328 |
| 491 Old Santa Fe Trail, Santa Fe, 87501 | |
| www.nmbiac.com | |
| Promotes prevention and increased public awareness for brain injuries. | |
| NM Technology Assistance Program (NMTAP) | 841-4464 |
| 625 Silver Ave. SW Ste. 100-B, 87102 | |
| www.tap.gcd.state.nm.us | |
| Offers free services to New Mexicans with disabilities to access assistive technology. | |
| Relay New Mexico | 1-800-659-1779 or (TTY) 1-800-659-8331 |
| Provides telecommunications relay services for individuals who are deaf, hard of hearing, deaf-blind or have difficulty speaking. | |
| www.hamiltonrelay.com | |
| Therapeutic Living Services, Inc. | 268-5295 |
| 5601 Domingo Rd., NE, 87108 | |
| www.tls-nm.org | |
| Emergency, group and rehabilitation programs for severely disabled mentally ill adults. | |

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

www.cnm.edu/programs-of-study/programs-a-z/adult-basic-education

City of Albuquerque Department of Senior Affairs (DSA).....764-6400

Offers a variety of classes including computer, language, literature/writing, art, dance, drama, and more for individuals age 50 and older. Call individual senior centers for details.

www.cabq.gov/seniors

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

City of Albuquerque Public Libraries768-5141

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 free 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/osher

Offers a wide range of courses, lectures and special events to its members.

Teeniors600-1297
 200 Broadway Blvd., NE, 87102 www.teeniors.com
 Tech-savvy teens help seniors with technology; one-on-one tutoring.

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

EMPLOYMENT

HELP-New Mexico, Inc.766-4936
 5101 Copper Ave. NE, 87108 www.helpnm.com
 Provides job counseling, placement and training to income eligible individuals.

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.

Title V Senior Employment Programs

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

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

FRAUD & INVESTIGATION AGENCIES

Federal Trade Commission.....www.ftc.gov
 600 Pennsylvania Ave., NW, Washington DC 20580
 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.

- 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 Nursing841-8340

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.nmhealth.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.

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

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

P.O. Box 17785, Baltimore, Maryland 21235

www.oig.ssa.gov

The SSA OIG Fraud Hotline takes reports of alleged fraud, waste, and abuse.

U.S. Dept. of Health and Human Services (HHS) 1-800-368-1019
Office for Civil Rights www.hhs.gov/civil-rights/index.html
 200 Independence Avenue, S.W., Room 509F HHH Bldg., Washington, D.C. 20201
 Investigates complaints of discrimination against individuals because of their race, color, national origin, disability, age, sex, or religion in programs or activities that HHS directly operates or to which HHS provides federal financial assistance.

GENERAL INFORMATION

Bernalillo County Assessor's Office222-3700
 501 Tijeras Ave NW, 87102 www.berncogov/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 Fund468-7224
 1 Civic Plaza NW, 10th Floor, Suite 10010, 87102
 Provides simple, no service cremation for indigent persons in Bernalillo County
www.berncogov/general-services/about-the-program.aspx

Bernalillo County Clerk's Office468-1290
 1 Civic Plaza NW 6th Floor, 87102 www.berncogov/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 Probate468-1234
 1 Civic Plaza, NW, 6th Floor, 87102
 The proper court to file the estate of a deceased individual.
www.berncogov/probate-court/welcome-to-the-court.aspx

Bernalillo County Metro Court841-8151
 401 Lomas Blvd., NW, 87102 www.metro.nmcourts.gov

Bernalillo County Neighborhood Coordination468-7364
 111 Union Square SE, 87102
 Enhances the relationship between the county and neighborhood associations.
www.berncogov/planning/neighborhood-coordination.aspx

Better Business Bureau of Southwest346-0110
 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

www.nmhealth.org/about/erd/bvrhs/vrp/

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

Death Certificates only available at Santa Fe Office.

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

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

505-827-0121

Online Government Issued Vital Records – Fees Apply

www.vitalchek.com

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.

www.cabq.gov/legal/adr/community-mediation-program

City of Albuquerque Household Hazardous Waste Disposal349-5220

6137 Edith NE, 87107

www.cabq.gov/solidwaste/household-hazardous-waste

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.

www.cabq.gov/police/programs/pharmaceuticals

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 Inclusion768-4712

1 Civic Plaza, NW, 2nd Floor, Ste., 201,87102

Assists consumers in mediating various issues and also investigates discrimination in employment, housing, public accommodations.

www.cabq.gov/office-of-equity-inclusion

City of Albuquerque Office of Neighborhood Coordination768-3334

1 Civic Plaza, NW, 9th Floor, Ste., 9087, 87102

Creates thriving neighborhoods by building neighborhood relationships, involvement and community connections. www.cabq.gov/office-of-neighborhood-coordination

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 Center842-7166

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.

Health Care Services

| | |
|--|-----------------|
| 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 | |
| Hearing aid assistance at a low or no cost. www.starkeyhearingfoundation.org | |

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 Center764-6436
714 7th St., SW, 87102

Bear Canyon Senior Center767-5959
4645 Pitt St., NE, 87111

Highland Senior Center767-5210
131 Monroe St., NE, 87108

Los Volcanes Senior Center767-5999
6500 Los Volcanes Rd. NW, 87107

North Valley761-4025
3825 4th St., NW, 87107

Palo Duro888-8102
5221 Palo Duro Ave., NE, 87110

South Valley Multi-purpose Center468-7604
2008 Larrazolo Rd., SW, 87105

Manzano Mesa Multigenerational Center275-8731
501 Elizabeth St., SE, 87123

North Domingo Baca Multigenerational Center764-6475
7521 Carmel Ave., NE, 87109

UNM Senior Health Center272-1754
1101 Medical Arts Ave., NE, Building 4, Ste. A, 87102

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

Multiple Service Health Care Agencies

Albuquerque Healthcare for the Homeless

1217 1st St., NW, 87102

www.abqhc.org

Behavioral Health843-7611
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 Care242-8288
Offers a full range of routine, emergency, and preventive dental services.

Medical Care242-4644
Offers primary medical care to individuals in need of medical services.

Albuquerque Indian Health Center514-6253
801 Vassar Drive NE, 87106 www.ihs.gov
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 www.fcch.com
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.

Alameda Medical Center890-1458
7704-A 2nd St. NW, 87107

Alamosa Medical Center831-2534
6900 Gonzales Rd., SW, 87121

North Valley Medical Center345-3244
1231 Candelaria Rd., NW, 87107

South Broadway Medical Center768-5450
1401 William St., SE, 87102

South Valley Medical/Dental Center873-7400
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 Healthsource248-2990
625 Truman St., NE, 87110 www.fnch.org
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 Health262-2481

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.

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

ALANON262-2177

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 Treatment268-5611

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 Anonymous891-2664

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.aao.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
 Provides information to obtain health insurance coverage. www.healthcare.gov

Health Insight New Mexico 1-800-998-9898 or 1-800-663-6351
 5801 Osuna Road NE, Ste. 200, 87109 www.healthinsight.org/newmexico
 Medicare Quality Improvement Organization (QIO) investigates concerns from Medicare patients about early discharge and quality of medical care received under Medicare.

KEPRO 1-844-430-9504
 5700 Lombardo Center Dr., Ste. 100, Seven Hills, OH 44131 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.

Housing Opportunities

- Albuquerque Apartments**..... www.apartmentguide.com
Web-site available on affordable rental housing; check with local libraries and community centers about accessing their computers.
-
- Albuquerque Heading Home**.....226-1700
P.O. Box 27636, 87125 www.abqheadinghome.org
Provides permanent, supportive housing solutions to individuals and their families who are medically vulnerable and experiencing chronic homelessness.
-
- Barrett Foundation**.....243-4887
1900 Bridge Blvd., SW, 87105 www.barrettfoundation.org
Emergency shelter for women and children experiencing homelessness. Provides resource referrals and supportive services.
-
- Bernalillo County Housing Department**314-0200
1900 Bridge Blvd., SW, 87105 www.app.bernco.gov/ha_web_app/
Assists households with housing choice vouchers to a private landlord, housing for low income families, elderly and disabled individuals. Apply on-line.
-
- City of Albuquerque, Department of Senior Affairs (DSA)
Information Line**.....764-6400
Provides referrals to individuals on retirement communities, subsidized/affordable housing, and mobile home parks for adults.
www.cabq.gov/seniors/senior-services/senior-information-line
-
- City of Albuquerque Housing Authority**.....764-3953
1840 University Blvd., SE, 87106 www.abqha.org
Assists households with housing choice vouchers to a private landlord, housing for low income families, elderly and disabled individuals. Apply on-line.
-
- Habitat for Humanity**265-0057
4900 Menaul Blvd., NE, 87110 www.habitatabq.org
Assists low-income first-time home-buyers in the process of achieving homeownership.
-
- Hibernian House**.....489-7322
600 Coal Ave., SW, 87102 www.monarchnm.com/properties/hibernian-house
Offers subsidized rental units for low income seniors.
-
- Supportive Housing Coalition of New Mexico**255-3643
625 Silver Ave., SW, 87102 www.shcnm.org
Permanent supportive housing for people with physical and mental health disabilities.
-
- Women's Housing Coalition**884-8856
3005 San Pedro, NE 87110 www.womenshousingcoalition.org
Assists low-income women with children who are motivated to become self-sufficient by providing affordable housing, training, and a variety of support needs.
-

Rental Assistance

See Assistance Agencies – page 6

Repair / Weatherization

Bernalillo County Housing Department314-0200

1900 Bridge Blvd., SW, 87105

www.bernco.gov

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

Bernalillo County Public Works848-1524

Partners in Improving and Protecting the Environment (PIPE) Program

2400 Broadway, SE, 87102

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).....345-4949

703 Osuna Rd. NE, Ste. 2, 87113

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.

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

Silver Horizons.....884-3881

3540 Pan American Fwy., NE, Ste. B, 87107

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

6301 4th St., NW, 87107

www.nhsfalb.org

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

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

LEGAL ASSISTANCE SERVICES

Albuquerque Bar Association.....243-2615

Lawyer referral service; \$50 for 30 minutes.

www.abqbar.org

Cancer Services of New Mexico259-9583

P.O. Box 51735, 87181-1735

www.cancerservicesnm.org or www.nmcancerhelp.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 Guardianship841-4549

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 Children244-1101

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 Clinic277-5265

Supervised by tenure-track faculty; students represent clients. **www.lawschool.unm.edu**

United South Broadway Corporation764-8867

1500 Walter St., SE, 87102

www.unitedsouthbroadway.org

Offers foreclosure counseling and legal services to NM residents.

PET RESOURCES

Animal Humane Society of New Mexico255-5523

615 Virginia St., SE, 87108

www.animalhumanenm.org

Adoptions, spay/neuter services, vaccination clinics, and more for qualified individuals.

Bernalillo County Animal Care Services468-7387

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 Cremation345-5615

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.

www.cabq.gov/pets/shelters-rescue-groups/animal-shelters-services

NM Animal Friends881-7297

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.

Lovelace Silver Elite.....727-5502
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.....881-8195
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.....823-8399
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 Connection823-8352

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. www.silversneakers.com

REFERRAL SERVICES

AARP Information Center830-3096
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

| | |
|--|--|
| 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 (IAAA) | 629-8544 |
| The IAAA supports Indian elders' unique cultural and traditional needs and promotes services that improve their quality of life. | |
| www.nmaging.state.nm.us/aaa.aspx | |
| 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 |
| 8500 Menaul Blvd. NE, Ste. B-470, 87112 www.tribalfootprints.org | |
| 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. | |

U.S. Administration on Aging Eldercare Locator 1-800-677-1116

Connects individuals and their caregivers with local resources. <https://eldercare.acl.gov>

United Way of Central NM 211 or 245-1735

2340 Alamo Ave. SE, 2nd Floor, 87106 www.uwcnm.org

Connects individuals and families to organizations that can best address their needs.

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 877-1310

2002 Bridge Blvd., SW, 87105 www.cornucopia-ads.org

Share Your Care 298-1700

www.shareyourcare.org

Barelas 764-6445

714 7th St., SW, 87102

Bear Canyon 291-6219

4645 Pitt St., NE, 87111

Los Volcanes 836-8797

6500 Los Volcanes Rd., NW, 87121

North Valley 761-4001

3825 4th St., NW, 87107

Ponderosa 881-8982

5301 Ponderosa Ave., NE, 87110

City of Albuquerque Department of Senior Affairs (DSA) 764-6400

714 7th St. SW, 87102 www.cabq.gov/seniors/senior-services/care-coordination

- **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.

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 Health841-5523

Pre-Admission Screening and Resident Review (PASRR)

5301 Central Ave., NE, Ste. 1100, 87108

www.nmhealth.org/about/ddsd/pgsv/pasrr/

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

NM Direct Caregivers Coalition867-6046

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.

(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

www.bernco.gov/community-services/senior-meals.aspx

Five Sandoval Indian Pueblos, Inc.867-3351
4321 Fulcrum Way NE, Ste. B, Rio Rancho, 87144 www.fsipinc.org
Provides services to Native American adults age 55 and older.

Non-Metro Area Agency on Aging 1-866-699-4927
3900 Paseo Del Sol, Santa Fe, 87507 www.ncnmedd.com
Provides funding to Senior Programs in every New Mexico County except Bernalillo.
Services may include meals, transportation, and homemaker services.

Presbyterian Medical Services (PMS) – Torrance County 1-800-477-7633
 Services for Seniors in Torrance County. www.pmsnm.org/services/senior-services
Torrance County – Estancia384-2296
 305 Highland Ave., Estancia, 87016
Torrance County – Moriarty832-4425
 120 Roosevelt Ave., Moriarty, 87035
Torrance County – Mountainair847-2885
 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 Center867-9448
 255-B Camino del Pueblo, 87004
Corrales Senior Center897-3818
 4324-A Corrales Rd., 87048
Rio Rancho Meadowlark Senior Center891-5018
 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 Center869-5133
 950 North Bosque Loop, Bosque Farms, 87068
Del Rio Senior Center864-7500
 351 Rio Communities Blvd., Belen, 87002
Fred Luna Multigenerational Center.....839-3853
 315 Don Pasqual Rd., Los Lunas, 87031
Meadow Lake Senior Center865-8824
 100 Cuero 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.

Senior Meals

City of Albuquerque, Department of Senior Affairs (DSA)

Home Delivered Meals Initial Requests764-6400

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 Center767-5959

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 Center764-6436

714 7th St., SW, 87102

Los Volcanes Senior Center.....767-5999

6500 Los Volcanes Rd. NW, 87107

North Valley761-4025

3825 4th St., NW, 87107

Manzano Mesa Multigenerational Center275-8731

501 Elizabeth St., SE, 87123

North Domingo Baca Multigenerational Center.....764-6475

7521 Carmel Ave., NE, 87109

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.*

| | |
|---|-----------------|
| Alameda Meal Site/Raymond G. Sanchez..... | 897-8896 |
| 9800 4th St., NW, 87114 | |
| Ed Romero Terrace Meal Site | 232-8880 |
| 8100 Central Ave., SE, 87108 | |
| Embudo Towers Meal Site | 764-6467 |
| 8010 Constitution Ave., NE, 87110 | |
| Encino Gardens Meal Site | 266-7736 |
| 412 Alvarado Dr., SE, 87108 | |
| Encino Terrace Meal Site | 247-4185 |
| 609 Encino Pl., NE, 87102 | |
| La Amistad Meal Site | 848-1395 |
| 415 Fruit Ave., NE, 87102 | |
| La Mesa/Cesar Chavez Meal Site..... | 256-2680 |
| 7505 Kathryn Ave., SE, 87108 | |
| Los Duranes Meal Site | 767-5900 |
| 2920 Leopoldo Rd., NW, 87104 | |
| Mountain Communities/Tijeras Meal Site | 286-4220 |
| #10 Tijeras Ave., Tijeras, 87059 | |
| Paradise Hills Meal Site | 314-0246 |
| 6001 Paradise Blvd., NW, 87114 | |
| Rio Bravo Meal Site..... | 873-6647 |
| 3910 Isleta Blvd., SW, 87105 | |
| Shalom House Meal Site..... | 823-1434 |
| 5500 Wyoming Blvd., NE, 87109 | |
| South Valley Meal Site..... | 468-7341 |
| 2008 Larrazolo Rd., SW, 87105 | |
| Taylor Ranch Meal Site | 768-6006 |
| 4900 Kachina St., NW, 87120 | |
| Thomas Bell Meal Site | 848-1332 |
| 3001 University Blvd., SE, 87106 | |
| Whispering Pines Meal Site | 281-8003 |
| #6 Lark Rd., Tijeras, 87059 | |

SUPPORT GROUPS AND SERVICES

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**
 8500 Menaul Blvd. NE Ste. A-500, 87112 www.cancer.org
 Assistance for cancer patients in managing through treatment and recovery, and emotional support. Provides free wigs, hats, scarves, turbans, transportation to appointments and hotel lodging depending on availability.

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.

Low Vision 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

2533 Virginia St. NE, Ste. C, 87110

254-7784

Assists all interested individuals and their families by providing publications on Prostate Cancer subjects; A Buddy List of individuals; support meetings.

www.pcsanm.org

SAGE Albuquerque259-5868

P.O. Box 20421, 87154

www.sageabq.org

Offers a support group to LGBT elders.

UNM Palliative Care272-4868

Provides support to families and caregivers in navigating the health care system to alleviate suffering and improve quality of life for a seriously ill loved one.

<https://hsc.unm.edu/health/patient-care/palliative-care/index.html>

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) Transportation764-6464

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 – Transit243-7333

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 call724-3100

For reservations call243-7433

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 Center346-6562

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 Center768-3000

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 Office346-4864

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 Department256-2821

Provides transportation to Veterans for medical appointments at various VA hospitals and clinics around New Mexico.

Veterans Resources

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.

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 – Albuquerque346-3780

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 message838255

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.**



CITY OF ALBUQUERQUE
Department of Senior Affairs
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