

2015/2016 Albuquerque & Bernalillo County  
**QUICK GUIDE**  
to Senior Services

CITY OF ALBUQUERQUE



BERNALILLO COUNTY

DEPARTMENT OF SENIOR AFFAIRS



*Mayor Richard J. Berry*  
*Director Jorja Armijo-Brasher*



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**BlueCross BlueShield  
of New Mexico**

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# CITY OF ALBUQUERQUE

Department of Senior Affairs  
714 7th Street SW  
Albuquerque, NM 87102

Richard J. Berry, Mayor

Jorja Armijo-Brasher, Director

March 2015

Dear Friends:

The Department of Senior Affairs is pleased to partner with Blue Cross Blue Shield of New Mexico to produce this Quick Guide to Senior Services. The 2015 Quick Guide to Senior Services contains contact information about new resources as well as those that have served the Albuquerque area throughout the years. Our seniors, their Caregivers and friends will all have a wealth of information in one place to help them live better and answer their questions in our updated Quick Guide to Senior Services.

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

- Benefits and Assistance Programs
- Consumer and Legal services
- Education Programs
- Health and Wellness Programs
- Home Services
- In-Home Care and Caregiver Resources
- Senior Centers
- Nutrition Resources
- And More!

Please call our Senior Information Line at (505) 764-6400 for information regarding the services and program offered by the City of Albuquerque's Department of Senior Affairs. Individuals are available to help you Monday through Friday, between 8:00 a.m. and 5:00 p.m. If you prefer to gather information via the computer, our website is [www.cabq.gov/seniors](http://www.cabq.gov/seniors) and our e-mail address is [seniorinformation@cabq.gov](mailto:seniorinformation@cabq.gov).

Age Well Albuquerque!



Richard J. Berry, Mayor  
City of Albuquerque



Jorja Armijo-Brasher, Director  
City of Albuquerque  
Department of Senior Affairs



CITY OF ALBUQUERQUE



BERNALILLO COUNTY

# DEPARTMENT OF SENIOR AFFAIRS

Mayor Richard J. Berry

Jorja Armijo-Brasher, Director



## Senior Information & Assistance Program *Linking Seniors and Services Together*

505-764-6400

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CITY OF ALBUQUERQUE



BERNALILLO COUNTY

# DEPARTMENT OF SENIOR AFFAIRS



714 Seventh Street SW  
Albuquerque, New Mexico 87102  
[www.cabq.gov/seniors](http://www.cabq.gov/seniors)  
Fax: (505)764-6455; TTY (505)764-6405

## SERVICES AND OPPORTUNITIES

### Senior Information & Assistance Program (505)764-6400

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

#### Recreation

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

#### Volunteer Programs

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

#### Senior Social Services

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

#### Transportation/Nutrition

- Home-Delivered Meals
- Satellite Senior Centers  
Recreation  
Lunch
- Transportation

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The information in this *Quick Guide to Senior Services* is correct, to the best of our knowledge, as of January 2015. 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, and Home Chores, Home Repair, and Home Retrofit services. No one will be denied service if he/she chooses not to contribute.



# INFORMATION

**Department of Senior Affairs – DSA Senior Information, 714 Seventh SW.....764-6400**  
Information & referral to community services for Bernalillo County residents aged 60+,  
caregivers, and service providers.

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

**AARP Information Center – Albuquerque, 1930 Juan Tabo Blvd NE, Ste J, 87112.....830-3096**  
Mon.-Thurs., 10 a.m. – 4 p.m., Fri. 10a.m. - 1 p.m.

**Eldercare Locator, Monday – Friday, 9 a.m. – 8 p.m., Eastern Time .....1-800-677-1116**  
.....[www.eldercare.gov](http://www.eldercare.gov)

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

**Information resources for New Mexico seniors outside Bernalillo County:**  
**New Mexico Aging & Long Term Services Dept.....[www.nmaging.state.nm.us](http://www.nmaging.state.nm.us)**  
**Santa Fe (Aging & Disability Resource Center).....1-800-432-2080**  
**Albuquerque.....222-4500 or 1-866-842-9230**

**Sandoval County Senior Program.....867-7535**  
Camino del Pueblo, (Mail: P.O. Box 40, Bernalillo 87004).

**Torrance County Senior Office.....384-5010**  
809 South 1st street (Mail to: P.O. Box 177, Moriarity 87035  
Providing public transportation and handicap accessible vehicles

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

# EMERGENCY

**Emergency.....911**

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

## Non-Emergency

**City Police.....242-2677**      **City Fire/Rescue.....833-7397**  
**Sheriff's Department.....798-7000**      **County Fire Department/Rescue....798-7000 Adult**  
**Adult Protective Services (APS) (24/7)\* .....1-866-654-3219**

Investigates allegations of abuse, neglect, and/or exploitation of individuals 18 years & older. Offers services to prevent or remedy above situations.

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

**NM Crisis (24/7)\* .....1-855-662-7474**

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

**Albuquerque Rape Crisis Center (24/7)\* .....266-7711 or 1-888-811-8282**

**Shelter from Domestic Violence, Suicide Crisis Line (24/7)\* .....272-2920**

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

**New Mexico Poison/Drug Information (24/7)\* .....1-800-222-1222**

**Utility Emergencies (24/7)\*      Electricity.....246-5700; Gas.....246-7300; Water.....857-8250**

*\*(24/7) = 24 hours per day, 7 days per week.*

# BENEFITS AND ASSISTANCE PROGRAMS

## *Medicare and Related Programs*

**Benefits Counseling – Bernalillo County Regional Office.....1-800-432-2080**

The statewide HIBAC benefits counseling program provides information, assistance, and counseling relating to Medicare, Medicaid, supplemental health insurance, and other benefits programs.

**Health Insight New Mexico.....998-9898 or 1-800-663-6351**

Medicare Quality Improvement Organization (QIO) reviews concerns from Medicare patients & their families about early discharge & quality of medical care received under Medicare.

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

Provides information about enrollment, replacement cards, change of address .....**www.medicare.gov**  
plan choices, billing questions, Medicare approved discount cards, Medicaid & more.

**Senior Medicare Patrol (SMP), N.M. Aging & Long Term Services Dept.....1-800-432-2080**

Educates Medicare and Medicaid beneficiaries on ways to protect Medicare and Medicaid funding.

Responds to concerns about providers who perhaps have committed fraud against Medicare and Medicaid.

Free counseling services for beneficiaries regarding Medicare & Medicaid billing.

**Social Security Eligibility and Applications.....1-800-772-1213(Toll Free)**

**The Social Security Administration.....www.socialsecurity.gov**

## ***New Mexico Human Services Department Income Support Division (ISD)***

*www.state.nm.us/hsd*

**Northeast: 4330 Cutler NE.....222-9600**

for residents east of San Mateo & north of Central, Mon. - Fri., 8a.m. - 4:30p.m.

**Northwest: 1041 Lamberton Place NE.....841-7700**

for residents west of San Mateo & north of Central

**Southeast: 1711 Randolph Rd SE.....383-2600**

for residents south of Central & east of the river, including the East Mountain area

**Southwest: 3280 Bridge SW.....841-2300**

for residents west of the river & south of Central, including Isleta Pueblo

**EBTCard/SNAP, formally Food Stamps** – Eligibility information at your nearest area office.

(See addresses/phone #s listed above.)

### **Medicaid (Institutional)**

Coverage for high or low level nursing home care, other medical expenses and Medicare Part B premium. Must qualify medically and financially. (See addresses/phone #s listed above.)

**Medicaid (Non-Institutional) .....1-800-772-1213 (Toll Free)**

Financial aid with medical expenses for persons receiving SSI or TANF. Covers medical bills and Medicare Part B premium. Aged (65+), blind and/or disabled must first apply for Supplemental Security Income (SSI) at the Social Security Administration.

### **QMB – (Qualified Medicare Beneficiaries)**

Assistance with Medicare co-insurance, Medicare deductible and Medicare Part B premium for low income Medicare beneficiaries. (See addresses/phone #s listed above.)

### **SLIMB – (Specified Low Income Medicare Beneficiaries)**

Assistance with Medicare Part B premium only for low income Medicare beneficiaries.

(See addresses/phone #s listed above.)

## Social Security Administration

**Social Security Administration**, 4300 Cutler NE ..... **1-800-772-1213** (Toll Free)

Open 9 a.m. – 3 p.m.....**www.socialsecurity.gov**

### Disability Benefits

Benefits determined by past earnings for permanently disabled persons who have worked 5 of the last 10 years prior to becoming disabled.

### Retirement (age 62 - 67) Dependent, Survivor's Benefits.

Benefits determined by earnings & averaged over most of a worker's lifetime.

### Supplemental Security Income (SSI)

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

## V.A. Administration and Benefits/Services

**Mayor's Office of Veterans' Affairs**, City of Albuquerque, One Civic Plaza NW.....**(505)768-3011**

Offers one source center for many different kinds of services for all veterans in Albuquerque. Help is provided for veterans' families and survivors in achieving the quality of life deserved after their service for our country. Assists in referring veterans and family members to the most appropriate resources that can address needs such as immediate counseling after serving on a combat deployment; assistance with a disability claim; finding healthcare; locating employment; education support; or meeting housing concerns. Additional information is available at <http://www.cabq.gov/mayors-office-of-veterans-affairs/>.

**V.A. Regional Office**, 500 Gold SW..... **1-800-827-1000**

Provides information on eligibility and benefits available to veterans.....**www.va.gov**  
widows and dependents. Covers compensation, pension, death benefits, educational benefits, Aid and Attendance, burial benefits, guardianship information, & specialized veteran organizations.

**Social Work Services, VA Medical Center, 1501 San Pedro Drive SE.....265-1711 ext 4878**

Provides treatment and coverage of social services to veterans.

## Utility Assistance Programs

**Good Neighbor Fund (Electric only)**..... **967-8045**

Rio Grande Food Project, 600 Coors Blvd. NW, Abq. 87121. Must call for appointment.  
Mon., Wed., Fri. 8:00 am - 10:30 am. FAX: 1-855-457-7560

**Heat New Mexico Fund (Gas only)**..... **872-1171**

Salvation Army, 4301 Bryn Mawr Dr. NE. Funding available starting January 2nd until March 31st or when funding runs out.

**Low Income Home Energy Assistance Program (LIHEAP)**..... **222-9160**

Assists income-eligible households by giving a one time payment toward energy bills. October through August 31. Applications taken at local Income Support Division (ISD) offices:

**Northeast:** 4330 Cutler NE..... **222-9600**

for residents east of San Mateo & north of Central

**Northwest:** 1041 Lamberton Place NE..... **841-7700**

for residents west of San Mateo & north of Central

**Southeast:** 1711 Randolph Rd SE ..... **383-2600**

for residents south of Central & east of the river, including the East Mountain area

**Southwest:** 3280 Bridge SW..... **841-2300**

for residents west of the river & south of Central, including Isleta Pueblo

**Low Income Telephone Assistance Program (LITAP) - Century Link or LIHEAP**..... **1-800-244-1111**

A link-up service that provides a discount on telephone service to Medicaid, Qualified Medicare Beneficiaries (QMB) & LIHEAP recipients. Required documentation: Medicaid card or LIHEAP certificate.

**Low-Income Water Credit Program**.....**615-0663**  
 Small discount possible for Bernalillo County homeowners/occupants who meet income guidelines. Water bill must be current. Mon. - Fri., 9 a.m. - 12 p.m. or 1 p.m. - 3 p.m.  
 For other available resources, call **DSA Senior Information**.....**764-6400**

**Safelink Wireless**, 5101 Copper Ave. NE, Alb..... **321-4638**  
 Individuals may qualify for free cell phone and minutes if they participate in Federal Public Housing Assistance, Food Stamps, Medicaid, TANF, LIHEAP, Free National School Lunch.

**Silver Horizons**, ..... **884-3881**  
 Provides electric, gas, water, propane, firewood, food pantry and utility assistance for low income seniors (62 and over) who live in Bernalillo County. The applicant must have a disconnect notice or a bill that is 30 or more days past due. Call to find out the date, time and location of our next Senior Assistance Fair.

## CONSUMER AND LEGAL ASSISTANCE

**Advance Directives:** Packet containing **NM Power of Attorney for Health Care and Instructions for Health Care and End-of-Life Decisions, and Cremation Authorization.**  
 Available at the Department of Senior Affairs' Senior Information office (764-6400) and at monthly Advance Directives workshops provided by the Senior Citizens' Law Office at North Valley Senior Center (761-4025). Financial power of attorney forms also available at these workshops.

### Albuquerque Bar Association

**Lawyer Referral Service**.....**243-2615**  
 \$50/30 min. consultation with an attorney. No walk-ins accepted. Mon. - Fri., 9 a.m. - 3 p.m.

**Legal FACS**.....**256-0417**  
 Free legal aid for income-eligible individuals or families, depending on service priorities.

**Albuquerque Code Enforcement Zoning Counter**.....**924-3857**  
**Housing**.....**924-3450**

### Attorney General's Office

**Consumer Protection Division**.....**222-9000, 222-9100 or 1-800-678-1508**  
 .....**www.nmag.gov**

**Santa Fe**.....**1-800-678-1508**  
 Assistance with consumer complaints .....**www.ago.statenm.us**

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

**Bridge to Justice Program**.....**797-6066 or**  
 \$30/30 minutes with an attorney.....**1-800-876-6227**

### Certificates

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

**Vital Records**, Albuquerque.....**841-4183**  
**Birth Certificates**.....**841-4185**

**Death Certificates**.....**1-866-534-0051**  
 \***New Mexico Vital Records & Health Statistics**, Santa Fe.....**1-505-827-0121**  
 .....**www.vitalchek.com**

**Division of Insurance, N.M. Public Regulation Commission**,  
 Santa Fe.....**1-888-427-5772 or 1-800-947-4722 or 505-827-4601**  
 Investigates complaints regarding all types of insurance.....**www.nmprc.state.nm.us**

**Investment Fraud, Securities Division**, 2550 Cerrillos Rd, Santa Fe, NM..... **1-800-704-5533 ext 3**  
 PO Box 25101, 87504-5101..... **1-505-476-4580** (Legal Help-Line)



- Law Access New Mexico**.....998-4529 (Local)  
 Attorneys answer questions for low-income New Mexicans.....1-800-340-9771 (Statewide)  
 with civil legal problems. Weekdays Monday thru Friday.
- Money Management International/CCCS 24hr Service**.....1-888-845-5669  
 Helps people help themselves solve financial problems.....www.moneymanagement.org  
 through counseling, debt management and education.
- New Mexico Long Term Care Ombudsman**.....1-866-842-9230  
 Advocacy for the recognition, respect and enforcement of the civil.....222-4500 in Albuquerque  
 and human rights of residents of long term care facilities in New Mexico.
- New Mexico Regulation and Licensing Department**.....www.rld.state.nm.us/securities  
**New Mexico Legal Aid** (Medicaid, FS, GA, TANF, unemployment).....243-7871  
 Provides assistance with legal and denial of benefits issues to income-eligible clients in Bernalillo County.
- Office of Guardianship**.....(505) 476-7332 or 1-888-779-6183  
 Provides guardianship services to income & resource eligible adults.
- Public & Legal Services Dept.**  
**Lawyers Care** – 30 min./\$30.00 consultation w/attorney.....797-6066  
**Legal Resources for the Elderly (LREP)**.....797-6005 or 1-800-876-6227
- Senior Citizens’ Law Office**.....265-2300  
 Free legal services for Bernalillo, Valencia, Torrance, & Sandoval.....www.sclonm.org  
 Residents of above counties age 60+. Civil cases only. No personal injury or divorce cases. Wills, simple  
 probate and related matters on a reduced fee basis. Advance Directives workshops and legal and consumer  
 workshops at various senior centers. SCLO will represent seniors w/legal problems in the area of consumer-  
 law, health law disability, abuse, & housing.
- State Bar of New Mexico**.....www.nmbar.org  
**UNM Law Clinic**.....277-5265  
**Voter Registration**, Bernalillo County Clerk.....243-8683

## DISABILITIES PROGRAMS

- Albuquerque Stroke Club**.....(VM) 349-1629  
 Stroke survivors, their caregivers and families: information and assistance, resources, support groups, social  
 activities; possible assistance for emergency transportation, mobility devices, etc. Call for further information.
- Community Outreach Program for the Deaf (COPD)**.....255-7638  
 Advocacy, vocational, rehab and interpreting services.....Fax 255-8029
- Curb-Side Residential Trash Collection**, City of Albuquerque Solid Waste Dept....761-8100 or 311  
 Requires a doctor’s letter that can be faxed “Attention Residential”.....(FAX) 761-8187  
 Special arrangements for people with a disability or illness who need assistance getting garbage cart to curb.
- Curb-Side Solid Waste Collection**.....761-8100  
 Residential trash collection.....(FAX) 761-8300
- DSA Home Retrofit Program, Department of Senior Affairs**.....764-6400  
 Wheelchair ramps, grab bars, safety rails and bathroom safety equipment for income-eligible people of all  
 ages living within city limits. Services to income-eligible county seniors aged 60+ as funding allows.
- Adelante** (Back in Use) .....www.backinuse.com or 341-7171  
 Receives donated Durable Medical Equipment and gives usable equipment out to those in need who can’t  
 afford to pay for it. No delivery. Call for item availability.
- Handicap License Plates and Placards**  
 Refer to Transportation Section of this Quick Guide on page 16 under ID Card/Motor Vehicle Division for  
 locations, addresses and phone numbers. Free applications at State Motor Vehicle Division (MVD) Offices;  
 small fee at private MVD offices.
- Independent Living Resource Center** 4665 Indian School Rd Ste #100.....266-5022  
 Independent living services either free or for a fee for people.....(Voice & TTY) 1-800-260-5022  
 with disabilities in their own homes.....(FAX) 266-5150

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

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

**New Mexico Commission for Deaf & Hard of Hearing Persons** - 8 am - 5 pm.....(Voice/TTY) 1-800-489-8536  
881-8824  
Lending library, workshops, communication access assistance, equipment.....www.nmcdhh.org  
loan bank & advocacy services.

**New Mexico Technology Assistance Program**..... 1-800-866-2253  
435 St. Michael's Dr Bldg D, SantaFe .....www.nmtap.com

**Relay New Mexico**.....292-0454 or 1-800-659-1779  
Free telephone service for deaf, hard of hearing, and speech impaired persons ....www.relaynm.org  
Telephone equipment available to New Mexico residents free of charge through the Commission for Deaf  
and Hard of Hearing (CDHH) - see above listing.

**Voice/TTY**.....1-800-659-8331

## EDUCATION

### Defensive Driving Classes

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

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

**AARP Driver Safety Program/Mature Driving** 1931 Juan Tabo Blvd. NE, Suite J  
To register for a class, contact a local senior center. **For class information,**  
**call the AARP Information Center**, Mon. - Fri., 10 a.m. - 4 p.m.....830-3096

**Central New Mexico Community College (CNM)**.....Info Desk 224-3000  
Offers occupational & trade classes, Arts & Science courses.....Enrollment 224-3160  
a customized workforce training program.....www.cnm.edu

**Community Education**.....**For Registration and information 224-5506**  
Lifelong learning opportunities for students of all ages on many topics  
ranging from basic art classes, computer literacy, and more. Fees are reasonable.

**G.E.D., Adult Basic Education, and English as a Second Language:** \$10.....224-4282

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

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

**OASIS (Enriching the Lives of Mature Adults)**.....889-0927  
Arts, humanities and health maintenance classes/fieldtrips for persons aged 50+.....www.oasisnet.org  
Membership & class fees. Volunteer opportunities. Intergenerational tutoring.

**UNM Continuing Education**.....www.dce.unm.edu  
Information and Registration.....277-0077  
10% discount for senior citizens aged 65+ for most classes.

# EMPLOYMENT

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

**New Mexico Work Force Connections**.....**843-1900**  
501 Mountain Road NE - Testing and assessment, resumé assistance.....**www.jobs.state.nm.us**  
employment counseling, assistance with job placement & training.  
Information on unemployment benefits, etc.....**841-4000**

## **Title V Senior Employment Programs**

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

**Goodwill Industries Senior Community Service Employment Program**.....**881-6401**  
5000 San Mateo NE.....**998-2896**  
**National Indian Council on Aging**.....**292-2001**  
10501 Montgomery NE, #210 87111.....**www.nicoa.org**.....(FAX) **292-1922**

# HEALTH CARE

## *Addiction Referral Programs*

**ALANON** [www.nmal-anon.org](http://www.nmal-anon.org).....**262-2177**  
**Alcoholics Anonymous Information**.....(Spanish) **266-3688**; (English) **266-1900**  
**Gamblers Anonymous**.....**260-7272**  
**Gamblers Hotline** (New Mexico Council on Problem Gambling).....**1-800-572-1142**  
**Narcotics Anonymous**.....**260-9889**  
**Nicotine Anonymous**.....**265-8113**  
**Overeaters Anonymous**.....**891-2664**  
**Albuquerque Metropolitan Central Intake (AMCI)**.....**272-9033**

## *Health Information Lines*

**Alzheimer's Helpline**.....**266-4473** or **24 - hour hotline 1-800-272-3900**  
Answers questions about Alzheimer's, dementia and aid programs; gives referrals to appropriate services.  
**New Mexico Health Exchange**.....**www.bewellnm.com**.....**1-855-NMHIX (66449)**  
Health insurance under the Affordable Care Act.  
**Prescription Drug Information Line**.....**1-800-432-2080** NM State Attorney General's Office  
compares prices.....**www.ago.state.nm.us** of randomly selected drugs at local pharmacies.

## *Health Programs - Senior*

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

## **GEHM Clinics - Geriatric Education and Health Maintenance - UNM College of Nursing**

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

**Barelas**, 714 7th SW.....**764-6436**  
**Highland**, 131 Monroe NE.....**256-2000**  
**Los Volcanes**, 6500 Los Volcanes NW.....**767-5999**  
**Manzano Mesa Multigenerational Center**, 501 Elizabeth SE.....**275-8731**

**NorthDomingo Baca Multigenerational Center**, 7521 Carmel Ave. NE.....**764-6475**  
**NorthValley, 3825 4th NW**.....**761-4025**  
**South Valley Multi-purpose Center, 2008 Larrazolo Rd. SW**.....**468-7604**

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

### **Health Programs – Other**

**Albuquerque Speech, Language and Hearing Center**.....**247-4224**  
 9500 Montgomery NE , Suite 215, Dispenses a comprehensive range of hearing aids, speech and language evaluations and therapy, hearing tests and related services. A wide range of insurance accepted. Mon. - Thurs., 8 a.m. - 6 p.m., Fri., 8 a.m. - 5 p.m.

**Community Dental Services, Inc.** (Medicaid accepted). Appointments required for general dentistry & dentures/partial/crowns. Early AM emergency clinic. Call first for details.

General dentistry at:

**2116 Hinkle SE**.....**843-7493** or **765-5683**  
**1231 Candelaria NW**.....**345-8300** or **345-8309**  
**6900 Gonzales SW**.....**836-5422** or **831-2534**

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

#### **First Choice Community Health Care**

For information regarding locations and medical/dental appointments, call.....**831-2534** or **873-7400**  
 Healthcare clinics. Fees based on income (bring proof of income). Medicare assignment and Medicaid accepted. Prescription discounts for income-eligible persons.

**Stanford Public Health Office**, 1111 Stanford NE.....**841-4100**  
 Preventive health services. S.T.D. (Sexually Transmitted Disease) clinic. Issues birth certificates.

### **Prescription Drug Assistance Program**

*Information about free & discounted prescription drugs*

**MEDBANK — NM Aging & Long Term Services Dept**.....**1-800-432-2080**

### **Mental Health Programs**

**NAMI (National Alliance on Mental Illness)**, Albuquerque.....**256-0288**  
 10 a.m. - 1p.m.; Support, education and advocacy for those dealing with mental health issues.  
 If no answer, leave message.

**UNM Psychiatric Center**, 2600 Marble NE.....**272-2800**  
 Inpatient, outpatient and emergency psychiatric care; specialized clinics.

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

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

**Senior Outpatient Clinic** – for persons aged 60+.....**272-2174**  
 Information available about depression for persons aged 65+.....**272-2174**

### **Senior Wellness Programs**

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



**Lovelace Silver Elite**.....727-5501

A FREE program exclusively for all people over the age of 60 designed to help members get more out of life. Silver Elite provides the opportunity for Health Education Seminars, Health Fairs, screenings, social events and in-hospital benefits.

**Manage Your Chronic Disease Program (MyCD)** .....880-2800

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

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

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

## HOME SERVICES

**American Red Cross Emergency Minor Home Repair**.....265-8514

7445 Pan American W. Fwy NE. Minor repairs for occupant homeowners who live within the city limits and meet income eligibility requirements. ....[www.redcrossnewmexico.org](http://www.redcrossnewmexico.org)

### Department of Senior Affairs Home Services Programs

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

**DSA Home Chores\***.....764-6400

Chore services such as seasonal light yard cleaning and installation of smoke detectors for frail and/or low income Bernalillo County homeowner occupants aged 60+.

**DSA Home Retrofit\***.....764-6400

Wheelchair ramps, grab bars and bathroom safety equipment. Under 60 years old, disabled individuals within city limits only, must meet income guidelines. 60+ throughout Bernalillo County with no income criteria

**DSA Minor Home Repair\***.....764-6400

Minor repairs for low income homeowner occupants over 60 within Bernalillo County. Non-licensed work only.

### Home Owners Rehabilitation Programs

**Office of Neighborhood Revitalization, City of Albuquerque**.....767-5825

**Bernalillo County Housing Dept.,** 1900 Bridge SW.....314-0208

**Weatherization (Central New Mexico Housing Corporation)**.....345-4949

703 Osuna Rd NE, Ste #2. Weatherization for low-income occupant homeowners within Bernalillo, Sandoval, Torrance, and Valencia counties and some pueblos. Assessment for energy conservation measures. Does not provide skirting for mobile homes. No water bills paid.

## HOUSING

**Albuquerque Apartments** .....[www.apartmentguide.com](http://www.apartmentguide.com)

Search for information on affordable rental housing. Check with libraries & community centers about accessing their computers.

**Department of Senior Affairs' Senior Information office**.....764-6400

For information about retirement communities, subsidized/affordable housing, mobile home parks for adults, etc.

### Housing Discrimination

**Housing Discrimination Hotline**.....1-800-669-9777

U.S. Dept of Housing & Urban Development (HUD)

**Albuquerque Human Rights Office**.....924-3380

Plaza Del Sol Bldg., 600 2nd St. NW, Suite 520

**Landlord/Tenant Problems – New Mexico Legal Aid,** 301 Gold SW 87102.....243-7871

Public benefits, domestic violence victims only, landlord, and other civil legal matters for low-income persons.

## *Housing, continued*

**Office of Neighborhood Coordination**.....924-3914  
.....[www.cabq.gov/planning/our-department/office-of-neighborhood-coordination](http://www.cabq.gov/planning/our-department/office-of-neighborhood-coordination)

**Peak Management Inc.**, 401 Alvarado St. SE, Suite A, 87108 .....830-9808  
Listings of housing for independent disabled seniors, HUD assisted and 30% of income.

### **Rental Assistance and Public Housing Information**

**Albuquerque Housing Authority**, 1840 University Blvd. SE.....764-3920

**Bernalillo County Housing Dept.**, 1900 Bridge SW.....314-0200

**Reverse Home Equity Loan Information**.....[www.aarp.org/money/revmort](http://www.aarp.org/money/revmort)

Government program allowing seniors to draw down money on their home equity.

For information visit AARP website.

## **IN-HOME CARE AND CAREGIVER RESOURCES**

### *Abuse, Neglect and Exploitation*

#### **NM Aging and Long Term Services Department**

Adult Protective Services (APS) Intake.....1-866-654-3219

#### **New Mexico Children, Youth & Families**

Statewide Central Intake & Foster Future Hotline.....1-855-333-7233 (from cell phone #7233)

Investigates all allegation of **ABUSE, NEGLECT and/or EXPLOITATION**.....[www.state.nm.us/cyfd](http://www.state.nm.us/cyfd)  
of individuals 18yrs and older. Offers services to prevent or remedy above situations.

### *Care Coordination*

**DSA Care Coordination**.....764-6400

Comprehensive in-home assessment of persons aged 60+, linkage with appropriate services & on-going follow up.

### *Homemaker Services*

#### **Homemaker Service**

For eligibility assessment, call DSA Senior Information.....764-6400

Homemaker services for Bernalillo County seniors aged 60+ who need help with two or more activities of daily living.

### *Respite Care*

#### **Adult Day Services (Licensed),**

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

**Cornucopia**, 2002 Bridge Blvd. SW.....877-1310

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

**Barelas**, 714 Seventh SW.....764-6445

**Bear Canyon**, 4645 Pitt NE.....291-6219

**Los Volcanes**, 6500 Los Volcanes NW.....836-8797

**North Valley**, 3825 Fourth NW.....761-4001

**Ponderosa**, 5301 Ponderosa NE.....881-8982

## ***Respite Care, continued***

### **Respite Care**

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

**Respite Voucher Program, Alzheimer's Association**.....**266-4473** or **1-800-272-3900**  
Financial assistance for caregivers of individuals with Alzheimer's/dementia.

### ***Extensive Long-Term Care Programs*** *(Nursing Home Alternatives)*

**Centennial Care (Medicaid), Human Services Department**

**Application questions, Medicaid Expansion Hotline**.....**1-855-637-6574**

**General questions, Medicaid benefits/coverage/getting a new Medicaid card**.....**1-888-997-2583**

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

**Blue Cross/Blue Shield**.....**1-866-689-1523**

**Molina Health Care**.....**1-877-373-8986**

**Presbyterian Health Plan**.....**505-923-5157**

**Outside Albuquerque**.....**1-888-806-8793**

**United Healthcare Community Plan**.....**1-877-236-0826**

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

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

### ***Caregiver and Other Services***

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

**The Care for Caregiver Program, Area Agency on Aging**.....**842-8206**  
Offering free, one day retreats for Caregivers 60 years old or older or who are caring for someone 60 or older. Meeting in a supportive atmosphere to discuss and share experiences. Call for further information.

**Department of Senior Affairs' Senior Information office**.....**764-6400**  
For information & literature about other support services, such as personal emergency response systems, support groups, grocery stores & pharmacies that deliver to the home, assisted living facilities, nursing homes, hospices, homemaker agencies, & case management programs.

**Long-Term Care Ombudsman Program**.....**222-4500** or **1-866-842-9230**  
Responds to complaints from or on behalf of residents of nursing homes.....**www.nmaging.state.nm.us**  
and adult residential care homes (assisted living). Advocates for residents to resolve complaints.

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

## **Caregiver and Other Services, continued**

**Savvy Caregiver, Alzheimer’s Association.....766-4473**

A classroom style 12 hour program which enables persons caring for an individual with Alzheimer’s to develop a sense of control with practical tools and skills for caregiving. Provides education about Alzheimer’s and related dementias. A savvy and informed approach to effective caregiving. Also available through the Veteran’s Savvy Caregivers Program.

**Silver Alert.....764-6400**

A public notification system to broadcast information about missing persons who suffer from Alzheimer’s disease and/or dementia. Caregivers register their 60 and older person through the Dept. of Senior Affairs, which places a picture and vital information on a USB drive and gives it to the Caregiver. When the caregiver determines their person is missing, they provide the Albuquerque police with the USB drive. If the person is not found immediately, the Silver Alert will be issued, notifying all media sources of the importance of finding the person as quickly as possible.



CITY OF ALBUQUERQUE



BERNALILLO COUNTY

DEPARTMENT OF SENIOR AFFAIRS



## **NUTRITION RESOURCES**

### **Department of Senior Affairs**

#### **Senior & Multigenerational Centers and Satellite Senior Center Meal Sites**

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

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

- Bear Canyon Senior Center**, 4645 Pitt NE, 87111.....**767-5959**
- Highland Senior Center**, 131 Monroe NE, 87108.....**256-2000**
- Palo Duro Senior Center**, 5221 Palo Duro NE, 87110.....**888-8102**

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

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

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

#### **Satellite Senior Center Meal Sites**

- Alameda Satellite**, 9800 Fourth NW, 87114.....**897-8896**
- Armijo Satellite**, 1714 Centro Familiar SW, 87105.....**873-0047**
- Embudo Towers Satellite**, 8010 Constitution NE, 87110.....**764-6467**



## **Satellite Senior Center Meal Sites, con't.**

<b>Encino Gardens Satellite</b> , 412 Alvarado SE, 87108.....	<b>764-6467</b>
<b>Encino Terrace Satellite</b> , 609 Encino Place NE, 87102.....	<b>764-6467</b>
<b>La Amistad Satellite Senior Center</b> , 415 Fruit NE, 87102.....	<b>848-1395</b>
<b>La Mesa/Cesar Chavez Community Center</b> , 7505 Kathryn SE, 87108.....	<b>256-2680</b>
<b>Los Duranes Community Center</b> , 2920 Leopoldo NW, 87104.....	<b>767-5900</b>
<b>Mountain Communities/Tijeras Senior Center</b> , #10 Tijeras Ave., Tijeras, 87059....	<b>286-4220</b>
<b>Pajarito Satellite Senior Center</b> , 6080 Isleta Blvd SW, 87105.....	<b>873-6617</b>
<b>Paradise Hills Satellite</b> , 5901 Paradise Blvd NW 87114.....	<b>314-0246</b>
<b>Rio Bravo Satellite Senior Center</b> , 3910 Isleta Blvd. SW, 87105.....	<b>873-6647</b>
<b>Shalom House</b> , 5500 Wyoming NE, 87109.....	<b>823-1434</b>
<b>South Valley Multi-Purpose Senior Center</b> , 2008 Larrazolo Rd. SW, 87105.....	<b>468-7604</b>
<b>Taylor Ranch Community Center</b> , 4900 Kachina Street NW, 87120.....	<b>768-6006</b>
<b>Thomas Bell Community Center</b> , 3001 University SE, 87106.....	<b>848-1333</b>
<b>Wainwright Manor Satellite</b> , 5601 Gibson SE, 87108.....	<b>764-6467</b>
<b>Whispering Pines Satellite Senior Center</b> , #6 Lark Road, Tijeras, 87059.....	<b>281-8003</b>

### **Home-Delivered Meals**

**Albuquerque Meals-On-Wheels**..... **823-8060**

Home-delivered meals and daily social contact for the elderly, homebound, convalescing, and disabled. Special diets available and special rates may be available. No age restrictions. Mon. thru Fri., 9 am - 2 pm.

#### **DSA Home-Delivered Meals, Department of Senior Affairs**

Initial requests..... **764-6400**

Meal delivery information..... **764-6433**

Home-delivered meals for frail homebound elderly 60+ who cannot cook for themselves and have no one available to cook for them. Heart-healthy meals. Limited frozen weekend meals. Contributions requested. No one will be denied services if he/she chooses not to contribute.

### **Other Food Sources**

#### **Commodities**

Call for locations: **Roadrunner Food Bank**..... **247-2052 ext. 125**

TEFAP (The Emergency Food Assistance Program) emergency food boxes for low-income persons

distributed at various food pantries..... **www.rrfb.org**

**EBT Card/SNAP, formally Food Stamps**, Income Support Division, N.M. Human Services Department

Eligibility information at nearest area Income Support Office:

**Northeast:** 4330 Cutler NE..... **222-9600**

for residents east of San Mateo & north of Central

**Northwest:** 1041 Lamberton Place NE..... **841-7700**

for residents west of San Mateo & north of Central

**Southeast:** 1711 Randolph SE..... **383-2600**

for residents south of Central & east of the river, including the East Mountain area

**Southwest:** 3280 Bridge SW..... **841-2300**

for residents west of the river & south of I-40, including Isleta Pueblo

## Other Food Sources, continued

- ECHO Inc. CSFP**, 300 Menaul Blvd. NW, Suite 226.....**242-6777**  
Box of food each month if income and age eligible. Need proof of income, proof of residency, birth certificate for children 6 years old and younger, and picture ID.
- Salvation Army Emergency Food Project**, 4301 Bryn Mawr NE.....**872-1171**  
Groceries for persons who are in need. Require proof of residency and income plus a picture ID. ID also needed for other household members.
- The Storehouse**, 106 Broadway SE.....**842-6491**  
Emergency food boxes and clothing for low-income, unemployed or homeless persons. A monthly food box program for elderly and disabled homebound persons. Require New Mexico photo ID and birth certificate for children. Hours are 8:45 a.m. to 11 a.m. Tuesday to Friday. Saturdays 8:45 a.m. to 11 a.m. (Food only.)

## PET RESOURCES

- Animal Humane Society of New Mexico**.....**255-5523**  
Adoptions, spay/neuter services, vaccination clinics, donor-subsidized Veterinary clinic for qualified individuals, trap-neuter-return for feral cats, etc.
- City of Albuquerque, Animal Welfare**.....**764-1170**  
Low cost/free spay and neuter for cats and dogs for qualified individuals, animal noise, licenses, adoptions, rescue group lists, education, etc.
- Best Friends Animal Society**.....**440-3441**  
Adoptions, information about sterilizing the unowned street cats in your neighborhood
- Best Friends Pet Cremation**.....**345-5615**  
Cremation and cemetery
- New Mexico Animal Friends**.....**881-7297, option 3**  
Adoptions, information about sterilizing the unowned street cats in your neighborhood

## PHYSICAL FITNESS

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

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

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

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

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

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

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

**Los Volcanes 50+ Sports & Fitness Center**.....**767-5985**

6500 Los Volcanes Rd., NW, Suite B.

**Manzano Mesa Multigenerational Fitness Room**.....**275-8731**

501 Elizabeth SE, 87123. Open to those aged 18+.

**North Domingo Baca Multigenerational Fitness Room**.....**764-6496**

7521 Carmel Ave. NE, 87113. Open to those aged 18+.

**North Valley Fitness Room**

3825 Fourth Street NW, 87107.....**761-4025**

**Palo Duro 50+ Sports & Fitness Center**

3351 Monroe NE, 87110.....**880-2800**

**JCC Pro Fitness Center**, Jewish Community Center, 5520 Wyoming NE.....**332-0565**

State-of-the-art fitness facility with complete cardiovascular line, resistance & stretching area, indoor track, & physical therapy. Registration & monthly fees.

## **Mall Walkers**

**Coronado Mall**, 6600 Menaul NE. Monday - Saturday, 6a.m. - 10a.m.; Sunday starting at 9:30 am.

Enter at entrance just west of Penny's truck court. Register at Coronado Mall Customer Service desk.

**Cottonwood Mall**, 10000 Coors Blvd NW. Monday - Saturday, 7a.m. - 9a.m.; Sunday 10a.m. - 6p.m.

Any entrance.

**Winrock Mall**, 2100 Louisiana NE. Mall walking daily at 6:30 am. Enter through any entrance. Join

the free In Stride Mall Walkers program. Registration takes place the last Tuesday of the month from

8:30 a.m. - 10a.m. in the food court.

**New Heart, Inc.**, 601 Lomas Blvd. NE.....**881-8195**

Non-profit center for wellness, exercise, cardiac rehabilitation and classes for diabetes prevention & management.

**Presbyterian Healthplex** 6301 Forest Hills Dr. NE.....**823-8399**

Presbyterian Healthplex is a senior-focused wellness & rehab facility. Expertly staff trained

in disease management. Registration and monthly fees.

**Presbyterian Aquatics Therapy Program**.....**823-8300**

Warm water therapy to reduce pain & increase range of motion & strength for individuals with arthritis &

limited mobility. Classes are directed by instructors who guide participants through stretching,

strengthening, & aerobics. \$35 for initial evaluation & then \$51 per month.

**Taylor Ranch Community Center, 4900 Kachina Rd. NW 87120**.....**768-6006**

Fitness facility on Albuquerque Westside. Treadmills, bikes, steppers, elliptical trainers & weight machines for

a complete workout. Monday - Friday, 8:00 a.m. - 9:00 p.m.; Saturday 9:00 a.m. - 3:00 p.m.

**YMCA Physically Challenged & Determined Wellness Program**.....**292-2298**

McCleod YMCA, 12500 Comanche NE. Wellness information, exercise techniques, & personal goal setting

for people with physical challenges & seniors who have been sedentary most of their adult life. Annual or

monthly YMCA membership fee.

# SENIOR & MULTIGENERATIONAL CENTERS

## City of Albuquerque/Bernalillo County Department of Senior Affairs

Recreational activities, meals, educational opportunities, social services, health screenings and much, much more are provided for the 50+ population. Open 8:00 a.m. to 5:00p.m., Monday through Friday; Saturday and evening hours vary at each site. *Planet50+* is a specially designed program for Baby Boomers still in the workforce with course offerings after 5p.m. and on Saturdays; please call 764-6400 for a current schedule or visit us online: [www.cabq.gov](http://www.cabq.gov) (*Planet50+*). (See Nutritional Resources page for listing of City of Albuquerque Satellite Senior Centers.)

<b>Barelas</b> , 714 7thSt. SW, 87102.....	<b>764-6436</b>
<b>Bear Canyon</b> , 4645 Pitt NE, 87111.....	<b>767-5959</b>
<b>Highland</b> , 131 Monroe NE, 87108.....	<b>256-2000</b>
<b>Los Volcanes</b> , 6500 Los Volcanes NW, 87121.....	<b>767-5999</b>
<b>North Valley</b> , 3825 4th NW, 87107.....	<b>761-4025</b>
<b>Palo Duro</b> , 5221 Palo Duro NE, 87110.....	<b>888-8102</b>
<b>Manzano Mesa Multigenerational Center</b> , 501 Elizabeth SE, 87123.....	<b>275-8731</b>
<b>North Domingo Baca Multigenerational Center</b> , 7521 Carmel Ave. NE, 87113.....	<b>764-6475</b>

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

### Other Centers

#### Albuquerque:

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

#### Belen:

<b>Belen Multi-Purpose Senior Citizens Center</b> .....	<b>864-6739</b> or <b>864-2663</b>
715-A South Main, 87002.....	<b><a href="http://www.co.valencia.nm.us">www.co.valencia.nm.us</a></b>
<b>Del Rio Senior Citizens Center</b> , 351 Rio Communities Blvd., 87002.....	<b>864-7500</b>

#### Bernalillo:

<b>Bernalillo Senior Citizens Center</b> , 255-B Camino del Pueblo, 87004.....	<b>867-9448</b>
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#### Bosque Farms:

<b>Bosque Farms Community Center</b> , 950 North Bosque Loop, 87068.....	<b>869-5133</b>
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#### Corrales:

<b>Corrales Senior Center</b> , 4324-A Corrales Rd., Corrales, NM 87048.....	<b>897-3818</b>
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#### Los Lunas:

<b>Fred Luna Senior Citizens Center</b> , 315 Don Pasqual Rd.....	<b>839-3853</b>
<b>Meadow Lake Senior Citizens Center</b> , 100 Cuerdo Lane.....	<b>865-8824</b>

#### Rio Rancho:

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

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



# TRANSPORTATION

**Catholic Charities**, 3301 Candelaria NE, 87107.....**724-4659**  
 Transportation to medical appointments, grocery shopping.....**www.ccasfnm.org**  
 and business offices for seniors 60+. Services free but donations are welcome. Registration and 1 week  
 notice require. One ride per week.

**City Transit**.....**www.cabq.gov/transit**

**ABQ Ride**.....**243-7433**  
 \$1.00 for persons under 62. \$0.35 for persons over 62 with a government issued picture ID  
 or driver's license with date of birth. Fee for original card: \$2.00. Act Now discounted bus pass:  
 \$30.00. Regular/\$12.00 Seniors.

**ABQ Mini-Ride/Sun Van**  
 For applications call.....**724-3100**  
 For reservations call.....**243-7433**  
 For certified mobility impaired persons living within Albuquerque & most of Bernalillo County.  
 \$2.00 one way. Wheelchair capable.

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

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

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

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

- Bernalillo**, 829 Camino del Pueblo, Bernalillo.....**867-4131**
- Montgomery Plaza**, 4575 San Mateo NE, Suite G-190.....**875-0715**
- Rio Bravo**, 3211 Coors SW, D-10.....**452-9239**
- Rio Rancho**, 4114 Sabana Grande Ave.....**1-888-683-4636** or **891-5014**
- SandiaVista**, 11500 Menaul NE, Suite F-1 \$10.00 4year ID. \$18.00 8 year ID.....**292-4570**
- Metro**, 801 4th St NW, Suite M .....**764-6650**
- Tijeras**, #12 Camino Municipal, Tijeras.....**281-2250**

# VOLUNTEER PROGRAMS - DEPARTMENT OF SENIOR AFFAIRS

**Foster Grandparent Program**.....**764-6412**  
 Volunteer opportunities for seniors (aged 55 and over) to work with special needs children; stipend  
 available for those that qualify.

**RSVP (Retired & Senior Volunteer Program)**.....**764-1616**  
 Recruits and facilitates the placement of volunteers (aged 55 and over) in public and non-profit  
 organizations to meet community needs.

**Senior Companion Program**.....**764-1612**  
 Volunteer opportunities for seniors (aged 55 and over) to work with homebound elderly; stipend  
 available for those that qualify



CITY OF ALBUQUERQUE



BERNALILLO COUNTY

DEPARTMENT OF SENIOR AFFAIRS



## MOST FREQUENTLY CALLED TELEPHONE NUMBERS

<b>City of Albuquerque Department of Senior Affairs.....</b>	<b>764-6400</b>
<b>City of Albuquerque Department of Senior Affairs Administration Offices.....</b>	<b>764-6432</b>
<b>311 (City of Albuquerque Citizens Contact City-Wide Information Center).....</b>	<b>311</b>
<b>911(Emergency).....</b>	<b>911</b>
<b>Albuquerque Ambulance (24/7).....</b>	<b>761-8200</b>
<b>Animal Control.....</b>	<b>311</b>
<b>Animal Humane Association.....</b>	<b>255-5523</b>
<b>Fire Department (City of Albuquerque Fire/Rescue).....</b>	<b>833-7397</b>
<b>(County Fire Department/Rescue).....</b>	<b>798-7000</b>
<b>Poison Control (New Mexico Poison/Drug Information).....</b>	<b>1-800-222-1222</b>
<b>Police Department (Albuquerque Police Department).....</b>	<b>242-2677/242-COPS</b>
<b>Road Services (New Mexico Highway and Transportation Department).....</b>	<b>798-6600</b>
<b>Sheriff’s Department (Bernalillo County Sheriff’s Department).....</b>	<b>798-7000</b>
<b>Solid Waste Management Department</b>	
<b>(Garbage/Trash Pick-up Information).....</b>	<b>761-8100</b>
<b>(Residential Large Item Pick-up).....</b>	<b>761-8100</b>
<b>Utilities</b>	
<b>(PNM – Public Service Company of New Mexico).....</b>	<b>246-5700</b>
<b>(New Mexico Gas Company).....</b>	<b>1-888-664-2726</b>
<b>Water Utility Authority Albuquerque Bernalillo County(Billing Inquiries).....</b>	<b>842-9287</b>
<b>(Emergencies After Hours).....</b>	<b>857-8250</b>

# 2015

## January

S	M	T	W	T	F	S
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## February

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

## March

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## April

S	M	T	W	T	F	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## May

S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
<sup>24</sup> / <sub>31</sub>	25	26	27	28	29	30

## June

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## July

S	M	T	W	T	F	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## August

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
<sup>23</sup> / <sub>30</sub>	<sup>24</sup> / <sub>31</sub>	25	26	27	28	29

## September

S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## October

S	M	T	W	T	F	S
		1	2	3		
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## November

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## December

S	M	T	W	T	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



CITY OF ALBUQUERQUE



BERNALILLO COUNTY

DEPARTMENT OF SENIOR AFFAIRS



714 Seventh Street, SW  
Albuquerque, NM 87102

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**By phone:** 1-866-597-6505 • TTY/TDD 711

We are open 8 a.m. - 8 p.m., local time, 7 days a week. If you are calling from February 15 - September 30, alternate technologies (for example, voicemail) will be used on the weekends and holidays.

The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, premium and/or co-payments/co-insurance may change on January 1 of each year. You must continue to pay your Medicare Part B premium.

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Blue Cross and Blue Shield of New Mexico offers Blue Cross Medicare Advantage (HMO)<sup>SM</sup>, Blue Cross Medicare Advantage (HMO-POS)<sup>SM</sup> and Blue Cross Medicare Advantage (PPO)<sup>SM</sup>.

Plans available in Bernalillo, Cibola, Guadalupe, Los Alamos, Mora, Rio Arriba, San Miguel, Sandoval, Santa Fe, Socorro, Tarrant and Valencia counties.

HMO, HMO-POS and PPO plans are provided by Blue Cross and Blue Shield of New Mexico, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company (HCSC), an independent licensee of the Blue Cross and Blue Shield Association. HCSC is a Medicare Advantage organization with a Medicare contract. Enrollment in HCSC's plans depends on contract renewal.

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