

2016/2017 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



Sponsored by



**BlueCross BlueShield
of New Mexico**

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



CITY OF ALBUQUERQUE

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

Richard J. Berry, Mayor

Jorja Armijo-Brasher, Director

May 2016

Dear Friends:

We are happy that you have the most recent copy of the City of Albuquerque Department of Senior Affairs Quick Guide to Senior Services. Blue Cross and Blue Shield of New Mexico partnered with our department to produce this booklet. This guide to senior services is meant to place a variety of great resources at your fingertips. Seniors, Caregivers, family, and friends will have a wealth of information within the pages of this 2016 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 & Assistance Program at (505) 764-6400 for information regarding the services and programs offered by the City of Albuquerque's Department of Senior Affairs. Individuals are available to help you Monday through Friday, between 8:30 a.m. and 4:30 p.m. If you prefer to gather information via the computer, our website is www.cabq.gov/seniors and our e-mail address is seniorinformation@cabq.gov. Age Well Albuquerque!



Richard J. Berry, Mayor
City of Albuquerque



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



CITY OF ALBUQUERQUE



BERNALILLO COUNTY



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Mayor Richard J. Berry

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

505-764-6400

TABLE OF CONTENTS

SERVICES & OPPORTUNITIES 2

INFORMATION..... 3

BENEFITS & ASSISTANCE PROGRAMS 4-6

CONSUMER & LEGAL ASSISTANCE 6-7

DISABILITIES PROGRAMS..... 7-8

EDUCATION 8

EMPLOYMENT 9

HEALTHCARE..... 9-11

HOME SERVICES..... 11

HOUSING 11-12

IN-HOME CARE & CAREGIVER RESOURCES..... 12-14

CENTENNIAL CARE (MEDICAID) 13

NUTRITION RESOURCES 14-16

PET RESOURCES..... 16

PHYSICAL FITNESS..... 16-17

SENIOR & MULTIGENERATIONAL CENTERS..... 18

TRANSPORTATION 19

VOLUNTEER PROGRAMS - DEPARTMENT OF SENIOR AFFAIRS 19

MOST FREQUENTLY CALLED TELEPHONE NUMBERS..... 20



CITY OF ALBUQUERQUE



BERNALILLO COUNTY

DEPARTMENT OF SENIOR AFFAIRS



714 Seventh Street SW

Albuquerque, New Mexico 87102

www.cabq.gov/seniors

Fax: (505)764-6455; TTY 1-800-659-8331

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
- Meal Sites
 - Recreation
 - Lunch
- Transportation

The information in this *Quick Guide to Senior Services* is correct, to the best of our knowledge, as of January 2016. 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.

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. – 3 p.m., Fri. 10a.m. - 1 p.m.

Eldercare Locator, Monday – Friday, 9 a.m. – 8 p.m., Eastern Time1-800-677-1116
.....**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
Santa Fe (Aging & Disability Resource Center).....1-800-432-2080
Albuquerque.....222-4500 or 1-866-842-9230

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

Torrance County Senior Office.....384-5010
305 Highland Ave. (Mail to: P.O. Box 203, Estancia, NM 87016)
Providing public transportation and handicap accessible vehicles, meals, homebound meals

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.

National Prevention Suicide 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

UNMH Psychiatric Emergency (24/7)*247-4219

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

UNMH Psychiatric Emergency272-2920

Utility Emergencies (24/7)*PNM....246-5700; Gas.....1-888-664-2726; Water.....857-8250

NM (Mental Health) Crisis & Access Line (24/7).....1-855-NMCRISIS (662-7474

BENEFITS AND ASSISTANCE PROGRAMS

Medicare and Related Programs

BENEFITS

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., 8 a.m. - 4:30 p.m.

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

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

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

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

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

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

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.)

ASSISTANCE PROGRAMS

Social Security Administration

Social Security Administration, 500 Lead Ave. SW 87102.....**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)768-3000**

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).....1-866-388-8901, or 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, 411 Broadway SE 87107. Fax: 1-505-883-2644. Funding based on availability.

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 Ave. NE.....**222-9600**

for residents east of San Mateo & north of Central

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

for residents west of San Mateo & north of Central

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

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

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

for residents west of the river & south of 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 (CarrieAnn at the Storehouse).....**842-6491**
 Small discount possible for Bernalillo County homeowners/occupants who meet income guidelines. Water bill must be current. Leave message if no answer.
 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.

St. Vincent de Paul Society, **346-1500 Option 4**
 Provides assistance with utility disconnect notices, rental assistance for evictions. Travel for emergency situations. Shelter and food. Mon. - Fri. from 9 a.m. - 12 p.m. and 1 p.m - 3 p.m.

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.**
 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.

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

Attorney General's Office

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

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

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

Certificates

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

Vital Records, Albuquerque.....**841-4183 or 841-4185**
Birth Certificates.....**841-4183 or 841-4185**
Death Certificates.....**827-0121 or 1-866-534-0051**
***New Mexico Vital Records & Health Statistics**, Santa Fe.....**1-505-827-0121**
**www.vitalchek.com**

Office of the Superintendent of Insurance,
 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**
 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.....383-3900 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) 841-4519 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) 349-1628
 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)**.....255-7636
 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 Residential Recycling**761-8100
 Residential trash collection.....
- 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**.....1-888-683-4636
 For specific locations 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 Programwww.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
383-6530
Lending library, workshops, communication access assistance, equipment, loan bank & advocacy services
.....www.cdhh.state.nm.us

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

Relay New Mexico.....1-800-659-1779
Free telephone service for deaf, hard of hearing, and speech impaired personswww.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 or 1-800-659-1779

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.....www.seniordriving.aaa.com

American Automobile Association, 10501 Montgomery Blvd. NE
Mon. - Fri., 9 a.m. - 5:30 p.m., Sat., 10 a.m. - 2p.m.

AARP Safe Driver Program 1930 Juan Tabo Blvd. NE, Suite J
To register for a 4 hr. class, contact a local senior center. **For further information, call the
AARP Information Center**, Mon. - Thurs., 10 am - 3 pm, Fri., 10 am - 1 pm830-3096

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

CNMG.E.D., Adult Basic Education, and English as a Second Language:
\$10 Application Fee and Government issued I.D. required.....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).....884-4529
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.....1-877-664-6984

NMALTSD Senior Community Service Employment Program

2550 Cerrillos Rd., Santa Fe, NM 87505.....1-800-432-2080 or 1-866-451-2901

Title V Senior Employment Programs

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

Goodwill Industries Senior Community Service Employment Program.....881-6401
5000 San Mateo 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.....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.....1-877-879-6422

Overeaters Anonymous.....891-2664

Albuquerque Metropolitan Central Intake (AMCI).....272-9033

Health Information Lines

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

New Mexico Health Exchange.....www.bewellnm.com.....1-855-99-NMHIX or 1-855-996-6449
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.....767-5210

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. - 3 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.....**345-8309**
6900 Gonzales SW.....**836-5422**

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.

Midtown Public Health Office, 2400 Wellesley Ave. NE.....**841-4100**
 Preventive health services. S.T.D. (Sexually Transmitted Disease) clinic. Issues birth certificates.

Prescription Drug Assistance Program *Information about free & discounted prescription drugs*

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

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 and Blue Shield of New Mexico (BCBSNM) for seniors 60 and older. The program educates members on how to stay active and healthy through seminars, social activities and health screenings. You do not need to be a BCBSNM member to join Blue 60Plus.

Lovelace Silver Elite.....727-5501

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

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

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

Department of Senior Affairs Home Services Programs

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

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

Chore services such as 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

Sawmill Community Land Trust (Emergency Minor Home Repair).....764-0359

990 18th St. NW. Minor repairs for occupant homeowners who live within City limits and meet income eligibility requirements.....www.sawmillct.org

HOUSING

Albuquerque Apartmentswww.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)

City of Albuquerque, Office of Diversity & Human Rights.....768-4589

One Civic Plaza NW, Room 4072, Albuquerque, NM 87102

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

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

Housing, continued

Office of Neighborhood Coordination.....924-3914
.....www.cabq.gov/planning/our-department/office-of-neighborhood-coordination

Rental Assistance and Public Housing Information

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

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

Reverse Home Equity Loan Information.....www.aarp.org/money/revmort

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

For information visit AARP website.

IN-HOME CARE AND CAREGIVER RESOURCES

Abuse, Neglect and Exploitation

NM 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
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.....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 and Blue Shield of New Mexico.....**1-866-689-1523**

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

Presbyterian Health Plan.....**505-923-5200**

Outside Albuquerque.....**1-888-977-2333**

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

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

N.M. Aging & Long Term Services 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 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.....**767-5210**
- 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.

Meal Sites

- Alameda Meal Site/Raymond G. Sanchez**, 9800 Fourth NW, 87114.....**897-8896**
- Armijo Meal Site**, 1714 Centro Familiar SW, 87105.....**873-0047**
- Embudo Towers Meal Site**, 8010 Constitution NE, 87110.....**764-6467**

Meal Sites, con't.

Encino Gardens Meal Site , 412 Alvarado SE, 87108.....	266-7736
Encino Terrace Meal Site , 609 Encino Place NE, 87102.....	247-4185
La Amistad Meal Site , 415 Fruit NE, 87102.....	848-1395
La Mesa/Cesar Chavez Meal Site , 7505 Kathryn SE, 87108.....	256-2680
Los Duranes Meal Site , 2920 Leopoldo NW, 87104.....	767-5900
Mountain Communities/Tijeras Meal Site , #10 Tijeras Ave., Tijeras, 87059.....	286-4220
Paradise Hills Meal Site , 6001 Paradise Blvd NW 87114.....	314-0246
Rio Bravo Meal Site , 3910 Isleta Blvd. SW, 87105.....	873-6647
Shalom House Meal Site , 5500 Wyoming NE, 87109.....	823-1434
South Valley Meal Site , 2008 Larrazolo Rd. SW, 87105.....	468-7604
Taylor Ranch Meal Siter , 4900 Kachina Street NW, 87120.....	768-6006
Thomas Bell Meal Site , 3001 University SE, 87106.....	848-1333
Wainwright Manor Meal Site , 5601 Gibson SE, 87108.....	764-6467
Whispering Pines Meal Site , #6 Lark Road, Tijeras, 87059.....	281-8003

Home-Delivered Meals

Albuquerque Meals-On-Wheels..... **823-8082**

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

DSA Home-Delivered Meals, Department of Senior Affairs

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

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

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

Other Food Sources

Commodities

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

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 eligible and 60+ years of age. Need proof of income & proof of residency.
- Salvation Army Emergency Food Project**, 411 Broadway SE**872-1171**
 Groceries for persons who are in need. Require proof of residency and income plus a picture ID. ID also needed for other household members.
- 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 Wednesday - Saturday, 8:45 a.m. to 12 p.m. **Clothing:** Wednesday - Friday
Food Only: Saturdays, 8:45 a.m. to 11 a.m.

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.....**767-5990**

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.

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 (*Planet50+*). (See Nutritional Resources page for listing of City of Albuquerque Satellite Senior Centers.)

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

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

Other Centers

Albuquerque:

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

Belen:

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

Bernalillo:

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

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

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

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

Rio Rancho:

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

Tijeras:

Tijeras Senior Center , #9 Tijeras Ave, Tijeras, NM 87059.....	286-4220
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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.....**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.....**452-9240**
- 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).....**767-5225**
 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

City of Albuquerque Department of Senior Affairs.....	764-6400
City of Albuquerque Department of Senior Affairs Administration Offices.....	764-6432
311 (City of Albuquerque Citizens Contact City-Wide Information Center)	768-2000 or 311
911(Emergency).....	911
Albuquerque Ambulance (24/7).....	761-8200
Animal Control.....	311
Animal Humane Association.....	255-5523
Fire Department (City of Albuquerque Fire/Rescue).....	833-7397
(County Fire Department/Rescue).....	798-7000
Poison Control (New Mexico Poison/Drug Information).....	1-800-222-1222
Police Department (Albuquerque Police Department).....	242-2677/242-COPS
Road Services (New Mexico Highway and Transportation Department).....	798-6600
Sheriff’s Department (Bernalillo County Sheriff’s Department).....	798-7000
Solid Waste Management Department	
(Garbage/Trash Pick-up Information).....	761-8100
(Residential Large Item Pick-up).....	761-8100
Utilities	
(PNM – Public Service Company of New Mexico).....	246-5700
(New Mexico Gas Company).....	1-888-664-2726
Water Utility Authority Albuquerque Bernalillo County(Billing Inquiries).....	842-9287
(Emergencies After Hours).....	857-8250

2016

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