



2016 - 2017
Guide to Senior Services
In Sandoval County:

Governmental and
Non-Profit Resources

Division of Senior Services
4330 Meadowlark Lane SE
Rio Rancho, NM 87124
(505) 891-5018

www.rrnm.gov

Department of
Parks, Recreation and Community Services





Greggory D. Hull
Mayor

June 1, 2016

It is my pleasure to introduce you to the "Guide to Senior Services in Sandoval County: Governmental and Non-Profit Resources."

The guide is a valuable resource for individuals, caregivers and professionals who work with older people, and who are seeking a variety of home-and community-based services.

The creation and publishing of a guide that lists services available in the area is one way that City of Rio Rancho municipal government supports its older citizens.

Sincerely,

A handwritten signature in cursive script, appearing to read 'G. D. Hull'.

Greggory D. Hull
Mayor of Rio Rancho



Resource Guide for Sandoval County

TABLE OF CONTENTS

EMERGENCY NUMBERS	4
<i>Other Emergency Numbers</i>	5
GENERAL INFORMATION AND REFERRAL	6
BENEFITS AND ASSISTANCE PROGRAMS	8
<i>Medicare</i>	8
<i>State of New Mexico</i>	8
<i>Sandoval County Services</i>	9
<i>Social Security Administration</i>	9
CONSUMER AND LEGAL ASSISTANCE	11
DISABILITY SERVICES	12
EMPLOYMENT	14
HEALTH CARE.....	14
<i>Alcohol/Drug Treatment and Prevention Programs</i>	14
<i>Health Information Lines/Support Groups</i>	15
<i>Hospitals</i>	18
<i>Mental Health Programs</i>	19
<i>Urgent Care</i>	20
HOUSING, HOME SAFETY AND SHELTERS	20
Housing and Urban Development (HUD).....	20
Rebuilding Together (Sandoval County)....	21
IN-HOME CARE, HOMEMAKER AND CAREGIVER RESOURCES.....	21
Silver Alert Program.....	22
NUTRITION RESOURCES.....	22
<i>Congregate Meal Sites</i>	22
<i>Home Delivered Meals</i>	23
<i>Government Food Assistance</i>	24
<i>Pet Food</i>	26

PRESCRIPTION ASSISTANCE 26
RESPITE SERVICES 26
SENIOR CENTERS, SANDOVAL COUNTY 26
 Other Senior Centers - Albuquerque 27
TRANSPORTATION..... 27
VOLUNTEER PROGRAMS 28

EMERGENCY NUMBERS

Emergency – Police/Fire/EMS.....911

Municipal Services

City of Rio Rancho.....505-891-5000
www.rrnm.gov

Non-Emergency Police/Fire/EMS.....505-891-7226
 500 Quantum Rd, Rio Rancho 87124.....505-891-5900
Administration505-891-5921
Ambulance, Rio Rancho505-891-7226
Burn Line.....505-891-7268
Domestic Crisis Hot Line (Rio Rancho).....1-800-526-7157
Animal Control.....505-891-5075
 3441 Northern Blvd, Rio Rancho 87124
 Monday - Saturday, 9:00 am - 5:00 pm; closed noon - 1:00 pm.
 Closed Sunday and holidays.

Fire Rescue Administration/Emergency Management Services (EMS)505-891-5912
 1526 Stephanie Rd, Rio Rancho 87124

Town of Bernalillo
 Police/Fire Department/Animal Control **Non-Emergency505-891-7226**

Village of Corrales
 Police/Fire Department **Non-Emergency Police/Fire.....505-897-1277**
 Administration505-897-0502
 Animal Control505-898-0401

Village of Cuba
 Police Department **Non-Emergency1-575-289-9157**

Sandoval County.....505-867-7500
 Sheriff's Office (Emergency) EMS, Fire, Law Enforcement.....505-867-4581
 Sheriff's Office **Non-Emergency Dispatch505-867-7526**
 528 & Idalia Rd, Bernalillo 87004
 8:00 am - 5:00 pm, Monday - Friday
www.scso.sandovalcountynm.gov
 Fire Marshal505-867-0245
 314 Melissa Rd, Bernalillo 87004
www.sandovalfire.org



City of Rio Rancho, Sandoval County

Division of Senior Services/Meadowlark Senior Center505-891-5018
4330 Meadowlark Ln SE, Rio Rancho 87124 Meal Site505-896-8313
Services/information for persons 55+ and their caregivers.
www.rrnm.gov

Independent Living Resource Center505-266-5022
4665 Indian School NE, Suite 100 Albuquerque 87110.....1-800-260-5022
Provide advocacy and services to people with disabilities.
www.ilrcnm.com

NM Clearinghouse on Sexual Abuse and Assault Services.....505-883-8020
3909 Juan Tabo NE, Suite 6, Albuquerque 87111
Comprehensive resource center on issues of sexual abuse and sexual assault.
Email: nmcsap@swcp.com
www.swcp.com/nmcsap

NM Coalition Against Domestic Violence505-246-9240
Referrals for domestic violence victims.
Email: info@nmcadv.org
www.nmcadv.org

Rio Rancho Regional Chamber of Commerce505-892-1533
4001 Southern Blvd SE, Rio Rancho 87124-2069
e-mail: ssheridan@rrrcc.org
www.rrrcc.org

Sandoval County Senior Program
www.sandovalcounty.com
Information & Assistance.....505-867-7535
Frail Elderly Program.....505-404-5816
Five Sandoval Indian Pueblos, Inc.505-867-3351

Senior Affairs, Albuquerque Department of505-768-2000
1 Civic Plaza NW, Albuquerque 87102
Email: seniorinformation@cabq.gov
www.cabq.gov/seniors

United Way 211505-245-1735
Refers people of all ages who are in need to the appropriate agencies for assistance.
www.uwcnm.org

BENEFITS AND ASSISTANCE PROGRAMS

Medicare

State Health Insurance Assistance Program (SHIP)

Toll Free in New Mexico 1-800-432-2080

The State Health Insurance Assistance Program (SHIP) offers one-on-one counseling and assistance to people with Medicare and their families. Coordinators provide benefits counseling on the Medicare, Medicare prescription drug program, Social Security, Medicaid, Medicare and Veterans benefits. Information and related Senior Medicare Patrol billing questions and appeals. NM SHIP ensures that older New Mexicans receive accurate, unbiased information about health care options and other entitlements.

Call for times/appointments:

Meadowlark Senior Center 505-891-5018

Cuba Senior Center 1-575-289-3510

Jemez Community Center 1-575-834-7630

State of New Mexico

New Mexico Supplemental Nutrition Assistance Program (SNAP)

Food Stamps 1-800-283-4465

24-hr 1-800-843-8303

Food stamps for income-eligible families. Call or go to website for qualification guidelines and information on applying for benefits. Applications available at Meadowlark Senior Center.

www.hsd.state.nm.us

Human Services, Department of 1-800-432-6217

www.hsd.state.nm.us

Covers the following programs:

Medicaid (Institutional): Coverage for high or low level nursing home care, other medical expenses and Part B premium. Must qualify medically and financially.

Medicaid (Non-Institutional): Financial aid with medical expenses for persons receiving SSI or AFDC. Covers medical bills and Part B premium. Aged (65+), blind and disabled must first apply for Supplemental Security Income (SSI) at the Social Security Administration.

QMB - (Qualified Medicare Beneficiary): Assistance with medical bills and Part B premium for low-income Medicare Beneficiaries.

SLIMB - (Specified Low-Income Medicare Beneficiary): Assistance with Part B premium only for low-income Medicare beneficiaries.

Low-Income Home Energy Assistance Program (LIHEAP)

One voucher for energy bills during the winter months for income-eligible households.

Applications can also be made at the following sites and at the Human Services Department.

Toll Free: 1-800-283-4465

Sandoval County Senior Programs505-867-7535
Five Sandoval Indian Pueblos, Inc.505-867-3351
NM Aging & Disability Resource Center1-800-432-2080
(FAX)505-476-4710
Adult Protective Services Intake1-866-654-3219
TTY505-476-4937

Information and Assistance

Long-Term Care Options Counseling

Benefits Counseling: health insurance questions, including Medicare and Medicaid.

Health Care Fraud Prevention

Prescription Drug Assistance: NM MEDBANK Program which assists the uninsured and underinsured obtain medications at prices they can afford.

Bill Payer Program: money management services for low-income or disabled people who have difficulty budgeting, paying routine bills and keeping track of financial matters.

Adult Protective Services: to report cases of adult abuse, neglect or exploitation

Community Information and Educational Presentations

Sandoval County Services

Sandoval County Assistance Programs

Income Support Office/indigent Program.....505-867-2291 Ext.1725

Determines eligibility for Food Stamps, Medicaid and Temporary Assistance for Needy Families (TANF)

Rebuilding Together (Sandoval County)505-896-3041

P.O. Box 44755, Rio Rancho, NM 87174

Remodeling and home repairs for low-income individuals. No fee.

www.rebuildingtogethersandoval.org

Salvation Army, Family Services505-881-4292

Rental Assistance (evictions) Utility Assistance

411 Broadway SE, Albuquerque, between Lead and Coal

Applications/interviews taken Monday & Wednesday 9 – 11am and 1 – 3pm, or Friday 9 – 11am

Appointments in Rio Rancho once a week – call for appointment.....505-872-1171

Social Security Administration

Social Security Administration1-800-772-1213

4433 Jager Dr NE, Rio Rancho or

TDD.....1-800-325-0778

500 Lead Ave Suite 100 SW, Albuquerque

Includes the following programs:

Retirement (age 62 - 67), Dependent, Survivor’s Benefits:

Benefits determined by past earnings and work history.

Disability Benefits: Benefits determined by past earnings for permanently disabled persons.

Supplemental Security Income (SSI): Supplemental financial assistance for persons who are blind, disabled or 65 years old and income-eligible. Persons who qualify for even \$1 of SSI automatically qualify for Medicaid.

Claims, Part B – Medicare Supplement:

Claims for services by doctors and other suppliers covered under Medicare.

CONSUMER AND LEGAL ASSISTANCE

Attorney General's Office

408 Galisteo St, Santa Fe 87501505-827-6000
111 Lomas Blvd NW, Suite 300, Albuquerque 87102505-222-9000

Ayudando Guardians.....505-332-4357

Providing guardianship, conservatorship, fiduciary assistance, power of attorney, healthcare, financial assistance and trusts.

<http://www.ayudandoguardians.com/>

Better Business Bureau505-346-0110

7007 Jefferson St NE Suite A, Albuquerque 87109

Information on local companies and charities and mediates consumer complaints.

www.bbbsw.org

Consumer Credit Counseling Southwest

Statewide Money Management Int'l, Albuquerque West Branch.....1-800-308-2227

2727 San Pedro NE, Albuquerque 87110

Help solving financial problems through counseling and management.

www.moneymanagement.org

Consumer Protection Division, Albuquerque.....505-222-9000

Assistance with consumer complaints.

www.nmag.gov

District Attorney's Office, Sandoval County505-867-7507

1500 Idalia Rd NE, Building D, Bernalillo 87004

Referrals to other sources of legal assistance.

Email: attorney@sandovalcountynm.gov

www.sandovalcounty.com

Crime Victims Reparation Commission505-841-9432

6200 Uptown Blvd NE, Ste 210, Albuquerque 87110 or.....1-800-306-6262

Assists victims of violent crime with expenses incurred as a result of their victimization.

email: CVRC@state.nm.us

www.cvrc.state.nm.us

Desert State Life Management Services505-843-7535

1011 4th St NW, Albuquerque 87102

Bill paying, trust management, agent for power of attorney and representative payee.

Law Access New Mexico505-998-4529

Legal advice, brief service and referrals to eligible low-income or.....1-800-340-9771

New Mexicans by telephone and helps remove barriers to the justice system.

www.lawhelp.org

Legal Resources for the Elderly Program (LREP).....505-797-6005
5121 Masthead NE, Albuquerque 87109 **or1-800-876-6657**
(NM State Bar Association) The Legal Resources for the Elderly Program (LREP)
is a **FREE** legal help line for New Mexico residents age 55 and older regardless of
level of income. Spanish-speaking attorneys are available.
www.nmbar.org/Public/LREP/

NM Legal Aid505-243-7871
301 Gold Ave SW, Albuquerque 87125
Legal aid information and resources to low and moderate income New Mexico residents.
www.nmlegalaid.org

Public Regulation Commission, New Mexico..... 1-888-427-5772
1120 Paseo De Peralta, Santa Fe 87501
Regulates the utilities, telecommunications and motor carriers to ensure fair and reasonable rates, and
services to the public as provided by law.
www.nmprc.state.nm.us

Securities Division, NM Department of Regulations & Licensing505-476-4580
2550 Cerrillos Rd, Third Floor, Santa Fe 87505 **or.....1-800-704-5533**
Investigates financial fraud and violations of state securities laws; and assists consumers in
avoiding fraud and making appropriate financial decisions.
www.rld.state.nm.us

Senior Citizens Law Office.....505-265-2300
4317 Lead Ave SE, Suite A, Albuquerque
Helps seniors (60+) deal with a multitude of legal issues. Low to moderately low-income levels may
apply. **www.sclonm.org**

Vital Records & Health Statistics, NM Bureau of
2400 Wellseley NE, PO Box 25767, Albuquerque 87125
Provides copies of NM birth certificates, death certificates and other vital records. Information
on obtaining out-of-state birth certificates.
www.vitalrecordsnm.org

Birth CertificatesAlbuquerque505-841-4183
Death Certificates or other requestsSanta Fe1-866-534-0051

DISABILITY SERVICES

Albuquerque Speech, Language and Hearing Center505-247-4224
9500 Montgomery Blvd NE, Suite 215, Albuquerque 87111
Free testing and lip-reading classes, tests and hearing aid evaluations. Fees based on income.
Email: info@aslhc.org
www.aslhc.org

Adelante Development Center, Inc.505-341-2000
3900 Osuna Rd NE, Albuquerque 87109
Community-based services, includes a comprehensive Seniors Program.
Email: info@goadelante.org **www.goadelante.org**

Aging & Disability Resource Center 505-476-4846
Telephone information, assistance, referrals and advocacy. or.....1-800-432-2080
www.nmaging.state.nm.us

Blind, New Mexico Commission for the..... 505-841-8844
2200 Yale Blvd SE, Albuquerque 87106 or1-888-513-7958
Vocational rehabilitation and independent living skills training.
www.cfb.state.nm.us

Deaf and Hard of Hearing, New Mexico Commission for the.....1-800-489-8536
505 Marquette Ave NW, Suite 1550, Albuquerque 87102 VTTY 505-383-6530
Online Resource Center about hearing loss
www.cdhh.state.nm.us

Hamilton Relay TTY1-800-659-8331
Traditional relay services and CapTel® Voice1-800-659-1779
Email: relaynm@hamiltonrelay.com Voice Carry Over1-877-659-4174
www.hamiltonrelay.com Speech-to-Speech1-888-659-3952
Spanish1-800-327-1857
Customer Care.....1-877-463-0994

Independent Living Resource Center 505-266-5022
4665 Indian School Rd NW, Suite 100, Albuquerque 87110 1-800-266-5022
Services to maximize the independence of individuals with disabilities.
www.ilrcnm.com

Information Center for New Mexicans with Disabilities..... 1-800-552-8195
TTY 505-272-0321
Center for Development & Disability Information Network Hotline 505-272-8549
www.cdd.unm.edu/programs

Motor Vehicles, Department of 505-891-5014
4114 Sabana Grande SE, Rio Rancho 87124 1-888-683-4336
Handicap license plates and placards.
www.mvd.newmexico.gov

New Mexico Technology Assistance Program..... 505-841-4464
625 Silver Ave SW, Albuquerque, NM 87102
Technology devices are loaned for a 30-day or 60-day period for use with a person with any disability.
www.tap.gcd.state.nm.us

Sunrise Counseling Services 505-891-1001
2010 Desert Ave NE, Rio Rancho 87144
24 Hour Hotline1-800-559-9503
Mental health programs, family counseling.

EMPLOYMENT

Aging & Long-Term Services, New Mexico Dept. of.....1-866-842-9230
625 Silver SW, Suite 414 **Resource Center**1-800-432-2080
Albuquerque, 87102

Training opportunities for low-income workers (age 55+); help finding temporary training assignments in senior centers, private non-profit organizations and government offices.

www.nmaging.state.nm.us

50+ Employment Connection

Assistance with resumes, cover letters, applications, job searches and more.

Meadowlark Senior Center

4330 Meadowlark Ln SE

Rio Rancho 87124

For Appointment505-629-7080

Goodwill Industries Senior Community Service Employment Program505-881-6401
5000 San Mateo NE, Albuquerque505-998-2896

Labor, New Mexico Department of Workforce Solutions

New Mexico Job Service Center.....505-771-2160

301 Rail Runner Ave, Bernalillo 87005 Job placement and information on unemployment benefits. Prepares unskilled income eligible adults for entry into the labor force, training and employment prospects.

Email: infodws@state.nm.us

www.dws.state.nm.us/

www.dws.state.nm.us/dws-jobseeker.html

Vocational Rehabilitation, Division of.....505-896-4500

3791 Southern Blvd SE, Suite 210, Rio Rancho 87124

Supportive services, veterans services, individual counseling, vocational rehabilitation and basic skills/GED training services; employment information and informational services.

www.dvrg.getsjobs.com

www.dol.state.nm.us

HEALTH CARE

Alcohol/Drug Treatment and Prevention Programs

Alcoholics Anonymous Information, 24-Hour Hotline.....505-266-1900

1921 Alvarado NE, Albuquerque 87110

12-Step recovery group meetings and additional Information.

www.albuquerqueaa.org

Five Sandoval Indian Pueblos505-867-3351

4321B Fulcrum Way NE, Rio Rancho 87144

Substance abuse prevention and treatment, WIC, energy assistance, and food distribution.

www.fsipinc.org

- Cancer Services of New Mexico** 505-259-9583
 PO Box 51735, Albuquerque 87181-1735
 Services to reduce cancer suffering for New Mexico's families.
 Email: info@CancerServicesNM.org
www.cancerservicesnm.org
- Prostate Cancer Support Association of NM**..... 1-800-278-7678
 2533 Virginia St NE, Suite C, Albuquerque 87108 505-254-7784
 Free support services for newly diagnosed prostate cancer patients.
 Open Mon-Thurs only, 10am – 2pm. Other times by appointment.
www.pcsanm.org
- Center for Development and Disability Information Network** 505-272-3000
 2300 Menaul Blvd NE, Albuquerque 87107 1-800-552-8195
 Information and referral about developmental disabilities.
www.cdd.unm.edu
- Leukemia and Lymphoma Society** 505-872-0141
 4600 A Montgomery Blvd NE, Suite 201, Albuquerque 87109 1-888-286-7846
www.lls.org/new-mexico
- Lupus Foundation of America, Inc. Information Line** 1-800-558-0121
www.lupus.org 505-881-9081
- Veterans Affairs National Caregiver Support Line**..... 855-260-3274
 Support resources for caregivers of Veterans.
 Call-in available Monday – Friday: 8 am -11 pm; Saturday 10:30 am – 6:00 pm (Eastern Std. Time)
www.caregiver.va.gov
- NM AIDS Services** 505-938-7100
 625 Truman NE, Albuquerque 87110 or..... 888-882-2437
www.nmas.net

Health Programs/Health Care Centers

- Blood Pressure Screenings** 505-891-5018
 Meadowlark Senior Center – Monday – Friday: 9:30 - 11:30 am
 4330 Meadowlark Ln SE, Rio Rancho 87124
 All other county senior/community centers, please call for days and times.
- Community Dental Services, Inc.** 505-345-8309
 1231 Candelaria Rd NW, Albuquerque 87107 505-843-7493
 General dentistry and prosthetics (dentures, partials, etc.) for uninsured, low income and Medicaid population. Call for specific information. www.cdsabq.com
- El Pueblo Health Services**..... 505-867-2324
 121 Calle del Presidente, Bernalillo 87004
 Provides health services. Accepts all forms of payment and the uninsured. Senior Ride and Safe Ride transportation. Email: info@elpueblofamilyhealthcare.org
www.elpueblohealth.org

Eyecare America's Seniors Eyecare Program.....1-877-887-6327
Provides a free exam and up to a year of treatment for persons 65 or older. Contact to apply.
www.eyecareamerica.org or www.aao.org/eyecare-america

First Choice Community Healthcare and Dental Admin.....505-873-7401
Primary care medical services and dental services Medical505-873-7400
Administration: 2001 Centro Familiar SW, Albuquerque 87105 Dental.....505-873-7423
Twelve locations in the metro area as well as in Edgewood and Belen.
www.fcch.com

First Nations Community Health Source505-262-2481
5608 Zuni Rd SE, Albuquerque 87108
American Indian/Alaska Native community-based health and human services organization, also treating the homeless.
www.fnch.org

Homeless, Healthcare for the General.....505-766-5197
1217 First St NW, Albuquerque 87102 Medical505-242-4644
Medical treatment, social work, dental services, counseling, therapy, and substance abuse programs for the homeless. Email: info@abqhch.org
www.abqhch.org

Presbyterian Medical Services - Rio Rancho Family Health Center
184 Unser Blvd, Rio Rancho 87124.....505-896-0928

Cuba Health Center.....575-289-3291
6349 State Highway 550, Cuba 87013
www.pmsnm.org

Sandoval County Community Health Program.....505-867-2291
The Health Commons, 1500 Idalia Road NW, Building B, Bernalillo 87004
Services to families with a focus on pregnant women, children, teens and older adults.
Provides health information, resources, and health services.
www.sandovalcounty.com

Family Health Programs

Coordinates services at the Health Commons and directs the Family Support Program.

Health Care Assistance and Oral Health Prevention Program

Health care, oral health and behavioral health services, pharmacy, ambulance and cremation services for indigent residents of Sandoval County.

Frail Elderly Program.....505-404-5816

Provides at-risk seniors with light housekeeping, case management, mental health counseling, medical transportation and respite care services.

University Hospital Senior Health Center/Clinic505-272-1754
1101 Medical Arts Ave NE, Building 4, Suite A, Albuquerque 87108
Evaluates and treats the special medical problems of the elderly. Adult care for those 75 years and older.
hospitals.unm.edu

Health Care Groups

ABQ Health Partners Main number 505-896-8600
1721 Rio Rancho Blvd SE, Rio Rancho 87124..... 505-262-7000
Primary, specialty and urgent care medical services. www.abqhp.com

Kirtland Air Force Base Services 377th Medical Group 505-846-3200
KAFB Clinic, 1501 San Pedro SE, Building 47, Albuquerque 87117
Medical services to both inpatient and outpatient retired military and dependents.
www.kirtland.af.mil/units/377thmedicalgroup.asp

Presbyterian Medical Group – Rio Rancho office 505-462-6000
4005 High Resort Blvd SE, Rio Rancho 87124 Monday – Friday: 8am – 5pm

UNM Sandoval Regional Medical Center – Physician Clinic..... 505-994-7397
3001 Broadmoor Blvd NE, Rio Rancho 87144
Monday - Friday 8:00 am - 9:00 pm.
www.unmsrhc.org

UNM Family Health Westside..... 505-272-2900
4808 McMahon NW, Albuquerque 87114
Primary care medical services, Monday - Friday, 8:00 am – 5:00 pm.
www.hospitals.unm.edu

HOSPITALS

Lovelace Medical Center 505-727-8000
601 Dr. Martin Luther King Jr. Ave NE, Albuquerque 87102
www.lovelace.com

Lovelace Westside Hospital..... 505-727-2000
10501 Golf Course Rd NW, Albuquerque 87114
www.lovelace.com

Presbyterian Hospital, Albuquerque 505-841-1234
1100 Central Ave SE, Albuquerque 87106
www.phs.org

Presbyterian Kaseman Hospital 505-291-2000
8300 Constitution Ave NE, Albuquerque 87110
Kaseman-hospital.phs.org

Presbyterian Rust Medical Center..... 505-253-7878
2400 Unser Blvd SE, Rio Rancho 87124
Rust-medical-center.phs.org

UNM Cancer Center 505-272-4946
1201 Camino de Salud NE, Albuquerque 87106 800-432-6806
Official Cancer Center for the state as designated by the National Cancer Institute.
cancer.unm.edu/

Administration: Monday – Friday, 8:00 am - 5:00 pm
Shelter: Monday - Friday, 8:00 am - 2:00 pm; Sunday 8:00 - 10:00 am **505-843-9405**
Behavioral Health Program: Monday – Friday, 8:00 am - 4:00 pm **505-764-8231**

UNM Psychiatric Emergency Room and Clinic **505-272-2800**
 2600 Marble NE, Albuquerque 87106 **505-272-1700**
 Mental health 24-hour crisis line for the geriatric population; inpatient, outpatient and emergency psychiatric care. Geriatric Psychiatric Unit. Short-term hospital treatment for seniors.
www.hospitals.unm.edu/hospitals

UNM Sandoval Regional Medical Center, Inc. **505-994-7887**
 Senior Behavioral Health (55 and over)
 3001 Broadmoor Blvd NE, Rio Rancho 87144
www.unmsrmc.org

Urgent Care

ABQ Health Partners / NextCare Urgent Care **505-262-7000**
 1721 Rio Rancho Blvd, Rio Rancho 87124 **505-896-8600**
 8201 Golf Course Rd NE, Albuquerque 87120 **505-800-7070**
www.nextcare.com

Presbyterian Urgent Care **505-462-8888**
 4100 High Resort SE, Rio Rancho 87124
 Monday – Friday: 7am – 6pm; Saturday & Sunday: 7am – 4pm; Holidays: 7am – 4pm.
www.phs.org/doctors-services/services-centers/urgent-care

Physician Referral

Lovelace Care Concierge **505-727-2727**
 Schedule an appointment with any provider, find a specialist and receive a follow-up call after your appointment.

HOUSING, HOME SAFETY AND SHELTERS

Housing and Urban Development (HUD)
U.S. Department of, ABQ Office **505-346-6463**
 Section 8 Rental Voucher Program for low-income households.
www.hud.gov

Weatherization (Central New Mexico Housing Corporation) **505-345-4949**
 703 Osuna Rd NE, Suite #2, Albuquerque 87113
 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.
<http://www.centralnmhousing.org>

Joy Junction – Albuquerque Homeless Shelter

4500 2nd Street SW, Albuquerque 87105 **505-877-6967**
 Provides the homeless with the help they need to get back on their feet and regain control of their lives.
www.joyjunction.org

Albuquerque Rescue Mission

525 2nd Street SW, Albuquerque 87102 **505-346-4673**
After 6pm: 505-346-4673
 Meals, clothing, food boxes and emergency overnight stays for the homeless.
www.abqrescue.org/Home/services

Sandoval County

Department of Housing Services, Town of Bernalillo **505-867-2792**
 Housing for low-income residents.
www.townofbernalillo.org

Buena Vista Active Adult Community (Rio Rancho) **505-896-8959**
 1355 Meadowlark Ln SE, Rio Rancho 87124
 Affordable apartment homes (next door to Meadowlark Senior Center). Accepts Section 8 rental voucher program.
www.buenavista-pts.com

Rebuilding Together (Sandoval County) **505-867-1139**
 P. O. Box 44755, Rio Rancho, NM 87174 **505-896-3041**
 Remodeling and home repairs for low-income and older individuals. No fee.
 Email: help@rebuildingtogethersandovalcounty.org
www.rebuildingtogethersandoval.org

State of New Mexico

Housing & Urban Development, Department of **505-346-6463**
 Public housing – Albuquerque field office. HUD rental programs.
www.hud.gov

Independent Living Resource Center **505-266-5022**
 4665 Indian School Rd, Suite 100, Albuquerque 87110 **1-800-260-5022**
 Housing, legal rights, home modification, help finding personal caregivers (Medicaid only).
www.ilrcnm.com

IN-HOME CARE, HOMEMAKER & CAREGIVER RESOURCES

Adult Protective Services, (APS) 24-Hour Service **1-866-654-3219**
 Serves Bernalillo, Tarrant and Sandoval counties. **505-841-4500 or 505-476-4912**
 Provides investigation and protective services to persons over the age of 18 who are unable to protect themselves from abuse, neglect or exploitation.
http://www.nmaging.state.nm.us/Adult_ProtectiveServices.aspx

960-D West Highway, Bernalillo 87004
4321-B Fulcrum Way SE, Rio Rancho 87144

Congregate meals and home-delivered meals to people, 55 years of age or older from Sandia, Santa Ana and Zia pueblos. Monday – Thursday, lunch is served; Friday, breakfast is served.

https://fsipinc.org/Food_Distribution.html

Sandoval County Senior Programs (Frail and Elderly).....505-404-5816

Socialization and a meal for persons 60 or over. Donations of \$2.00 accepted.
Monday - Friday at meal sites throughout Sandoval County. Also, home-delivered meals and some transportation services. For information on home delivered and congregate programs, contact:

Bernalillo Senior Center505-867-9448

255 S Camino Del Pueblo #B, Bernalillo 87004

Corrales Senior Center505-897-3818

4324-A W. Corrales Rd, Corrales 87048

Cuba Senior Center575-289-3510

16A Codova St, Cuba 87013

Jemez Community Center575-834-7630

8154 Highway 4, Jemez Pueblo 87024

Meadowlark Senior Center505-896-8313

4330 Meadowlark Ln, Rio Rancho 87124

Peña Blanca Community Center505-465-2652

778 Highway 22, Peña Blanca 87041

Placitas Community Center505-867-1396

41 Camino de la Huertas, Placitas 87043

Home Delivered Meals

Five Sandoval Indian Pueblos, Inc.505-867-3351

www.fsipinc.org

Meadowlark Senior Center.....505-896-8313

4330 Meadowlark Ln SE, Rio Rancho 87124

Meals On Wheels (Bernalillo County)505-823-8060

Home delivered meals to the homebound, elderly, convalescing or disabled. No special diets.

Email: clients@mow-nm.org

www.mow-nm.org

Sandoval County Senior Program.....505-867-7535

Government Food Assistance

Food Stamps, Department of Human ServicesBenefits hotline: 800-432-6217
Supplemental Nutrition Assistance Program, NM (SNAP) 505-383-6300
4363 Jager Dr NE, Rio Rancho 87144 800-926-9425
Help with purchase of food products at your grocery store. www.hsd.state.nm.us

Other Food Sources

New Mexico Association of Food Banks505-217-1066
Food Assistance Line505-349-5340
5840 Office Blvd NE, Albuquerque, 87109
www.nmfoodbanks.org

Cuba Senior Center575-289-3510
16A Cordova St, Cuba 87013
Commodities, first Thursday of the month, 11:00 am – 2:00 pm.

First Assembly of God.....505-867-7226
274 S. Camino Don Tomas, Bernalillo 87004

First Baptist Church505-867-8807
800 Camino del Pueblo, Bernalillo 87004
Tuesdays, from 9:30am – 11:00 am. Sign up starting at 9:30am.

First Baptist Church of Rio Rancho505-892-1323
3906 19th Ave, Rio Rancho 87124
Food bank, second and fourth Sunday, 1:00 - 2:00 pm and emergency food, when needed.

Five Sandoval Indian Pueblos505-867-3710
960D West Highway, Bernalillo 87004 505-867-3351
Commodity foods to low-income households in Jemez, Cochiti, Santa Ana, Sandia,
Zia, Santo Domingo, San Felipe and Isleta pueblos. The household must contain
at least one person who is a member of a federally-recognized tribe.
Monday – Friday, 7:30 am - 4:30 pm; closed for lunch, 12:00 noon - 1:00 pm.
https://fsipinc.org/Food_Distribution.html

Haven House505-896-4869
PO Box 15611, Rio Rancho 87174
Provides domestic violence counseling services and shelter for women and their children.
www.havenhouseinc.org

Jemez Community Center575-834-7630
8154 Highway 4, Jemez Pueblo 87024 Commodities distributed on 3rd Wednesday

Jemez Senior Center, Pueblo of575-834-9168
129 Canal St, Jemez Pueblo 87024
Breakfast served Friday only 8:30 – 9:30am, Lunch served Mon – Thur. 11:30am – 1:00pm

Meadowlark Methodist Commodities Center
High Desert United Methodist Church505-891-4206
 4200 Meadowlark Ln Suite 6, Rio Rancho 87124
 Distribution Days/Times: Third Tuesday, 9:00 am - 12:00 noon; Third Thursday, 1:00 - 4:00 pm.
 Must register: requires photo identification, proof of income and proof of residency in Sandoval County.

Peña Blanca Community Center.....505-465-2652
 Highway 313, Peña Blanca 87041
 Sign up required; staff will call for pickup when food is delivered once a month.

People Helping People505-615-1951
 Rivers Edge Mini-Storage, 110 Industrial Loop SE, Rio Rancho 87124
 Distribution Days/Times: Last Saturday, 9:00 - 10:00 am (drive through).
 info@peoplehelpingpeople.org
 www.peoplehelpingpeoplenm.org

Rio Rancho Seventh-Day Adventist Church.....505-892-4421
 1351 Westside Blvd SE, Rio Rancho 87124505-220-8590
**Food bank contact number: 505-229-8590**
 Distribution Days/Times: Tuesday: 4:00 pm – 7:00 pm and Thursday 9:00 am – 12:00 pm
 (Sandoval County residents only)

Roadrunner Food Bank505-247-2052
 5840 Office Blvd NE, Albuquerque 87109
 Senior Helpings program provides a monthly supplemental food box for 30 meals.
 Email: info@rffb.org www.rffb.org

St. Felix Pantry505-891-8075
 4020 Barbara Loop SE, Rio Rancho 87124
 Tuesday – Saturday, 9:00 – 12:00 noon.

Storehouse West.....505-892-2077
 1030-F Veranda Dr SE, Rio Rancho 87124
 Commodity Distribution: Monday and Friday, 9:00 am – 1:30 pm.
 Wednesdays, 12:00 noon – 4:30 pm, 2nd and 4th Saturdays, 9:30 – 11:30 am.
www.storehousewestnm.org/

Church-Based Food Pantries

Jemez Helping Hands.....505-834-0402
 PO Box 201, Jemez Springs 87025
 Must call for appointment
www.nmfoodbanks.org

Jemez Valley Baptist Church505-834-7551
 8294 Highway 4, Jemez Pueblo 87024
 Must call for appointment
www.nmfoodbanks.org

Pet Food

Storehouse Food Pantry505-842-6491
106 Broadway SE, Albuquerque 87102 Wednesday – Saturday: 9:00 am - noon 505-842-5371
Food supplies to low-income owners of dogs and cats (when available).
www.thestorehouseabq.org

PRESCRIPTION ASSISTANCE

Med Bank New Mexico 800-432-2080
Emergency prescriptions, free prescription drugs, help with insurance, 505-476-4912
discount cards.
<http://www.nmaging.state.nm.us/adrc.aspx>

RESPIRE SERVICES

Sandoval County Frail & Elderly Services505-404-5816
1499 Idalia Rd NW, Bernalillo 87002
Provides at-risk seniors with light housekeeping, case management, mental health counseling,
medical transportation and respite care services.
www.sandovalcounty.com

Share Your Care Adult Day Services.....505-897-9025
1004 24th St, Rio Rancho 87124
Day services to persons with Alzheimer's and related dementia, developmental disabilities and
severely disabling mental illness.
Email: sonyab@shareyourcare.org
www.shareyourcare.org/riorancho.shtm

SENIOR CENTERS, SANDOVAL COUNTY

City of Rio Rancho

Meadowlark Senior Center.....505-891-5018
4330 Meadowlark Ln SE, Rio Rancho 87124
www.ci.rio-rancho.nm.us

Sandoval County Senior Program Centers www.ncnmedd.com/aging/sandoval.htm

Bernalillo Senior Center505-867-9448
255 S Camino Del Pueblo # B, Bernalillo 87004
Corrales Senior Center505-897-3818
4324 Corrales Road, Corrales 87048
www.corrales-nm.org/seniorcenter.htm
Cuba Senior Center575-289-3510
16 Cordova St, Suite A, Cuba 87013

Jemez Community Center	575-834-7630
8154 Highway 4, Jemez Pueblo 87024	
Peña Blanca Community Center	505-465-2652
778 Highway 22, Peña Blanca 87041	
Placitas Community Center	505-867-1396
41 Camino de la Huertas, Placitas 87043	

Other Senior Centers - Albuquerque

Senior Affairs, Albuquerque Department of **505-764-6400**
 Provides a variety of services for the 50+ population. Call for information about the specific senior center in your community.
www.cabq.gov/seniors

Barelas Senior Center	505-764-6436
714 Seventh St SW, Albuquerque	
Bear Canyon Senior Center	505-767-5959
4645 Pitt NE, Albuquerque	
Highland Senior Center	505-256-2000
131 Monroe NE, Albuquerque	
Los Volcanes Senior Center	505-767-5999
6500 Los Volcanes NW, Albuquerque	
Manzano Mesa Multi-Generational Center	505-275-8731
501 Elizabeth St NE, Albuquerque	
North Valley Senior Center	505-761-4025
3825 Fourth NW, Albuquerque	
Palo Duro Senior Center	505-888-8102
5221 Palo Duro NE, Albuquerque	

TRANSPORTATION

Disabled American Veterans Hospital Service Coordinator **505-256-2821**
 1501 San Pedro SE, #T-59 Albuquerque 87108 **NMDVS** **866-433-8387**
 Supports New Mexico Department of Veterans' Services (NMDVS). To request service, call the DAV Transportation office well in advance.

Rio Metro (For Rio Rancho Residents Only) **505-994-1608**
 Door-to-door transportation for persons with disabilities, 18 years and older, and individuals 55 years of age and older. Service within City of Rio Rancho and Albuquerque.
www.riometro.org
www.nmrailrunner.com.org/access/paratransit/rio-rancho

Sandoval County Easy Express **505-994-1608**
 Rural, public transit service within Sandoval County, the Town of Bernalillo, the Enchanted Hills neighborhood in Rio Rancho, and communities located along New Mexico 4, New Mexico 22, and U.S. 550. Service is offered Monday - Friday.
www.riometro.org

Sandoval County Senior Program **505-934-8774**
 Van transportation service for meal site, medical appointments and shopping. Contact the senior center in your area. Donations accepted.

VOLUNTEER PROGRAMS

AARP New Mexico **866-389-5636**
 535 Cerrillos Rd Suite A, Santa Fe 87501.....
 A variety of volunteer opportunities including AARP Driver Safety Program and providing tax assistance for seniors.
www.aarp.org/giving-back/volunteering

City of Rio Rancho **505-891-5000**
 3200 Civic Center Circle NE, Rio Rancho 87144
 Volunteers assist with nearly every aspect of our city’s government. Whether a volunteer is involved in an ongoing position or a single event, volunteer daily, weekly or monthly, the city of Rio Rancho appreciates the support.
Apply on-line at:
ci.rrnm.gov

City Agencies using volunteers:

Administration	505-891-5002
Emergency Management	505-891-5855
Keep Rio Rancho Beautiful	505-896-8728
Library and Information Services	505-891-5013
Parks and Recreation	505-891-5015
Police Department	505-891-5900
Senior Services	505-891-5018

Retired Senior Volunteer Program (RSVP) **505-404-5822**
 1500 Idalia, Building B, Bernalillo 87004 **505-404-5818**
 Volunteer placement with community agencies for persons 55 and over.
www.sandovalcounty.com

VOLUNTEER PROGRAMS

2016

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	23	24	25	26	27
28	29	30	31			

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

2017

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	24	25	26	27
28	29	30	31			

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	



**Our Mission is
*To Promote Positive Aging***

The Meadowlark Senior Center
4330 Meadowlark Lane SE
Rio Rancho, NM 87124
(505) 891-5018
www.rrnm.gov

55 years of age and older? Join the Meadowlark Senior Center (MSC) and you can participate in a variety of programs, trips and special events. There is no charge to be a member. For a small annual fee, receive a monthly activity schedule, the *Meadowlark Notes*, by mail. Or, access the *Meadowlark Notes* free online at **www.rrnm.gov**

To satisfy its mission of promoting positive aging, MSC offers activities related to lifelong learning, health and wellness, recreational and social activities, crafts and fine arts, special events and services. Whether it is foreign language or exercise classes, hikes or baseball games, photography or a special celebration, there is something for everyone. For more information call MSC at **(505) 891-5018**.



MSC also hosts a meal site operated by the Sandoval County Senior Program. For a suggested donation of only \$2.00, those 60 years of age and older can enjoy a nutritious meal five days a week. Home-delivered meals are provided to seniors unable to attend congregate meal sites. To learn more about the meal program, call (505) 896-8312.

PeopleWorks-NM, a non-profit organization, provides behavioral health services for the well-being of older adults. Services include counseling, Dementia Caregiver Program and Gambling Addiction services. To learn more about PeopleWorks, call (505) 990-4186.

