



2017 – 2018
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

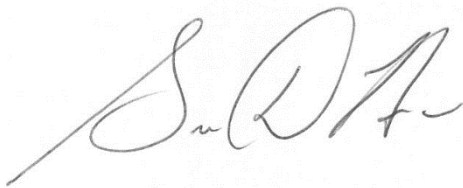
June 1, 2017

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,



Greggory D. Hull
Mayor of Rio Rancho



Resource Guide for Sandoval County

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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 87124505-891-5900
Administration505-891-5921
Ambulance, Rio Rancho505-891-7226
Burn Line505-891-7268
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/Fire505-897-1277**
 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 Dispatch.....505-867-7526**
 528 & Idalia Rd, Bernalillo 87004
 8:00 am - 5:00 pm, Monday - Friday
www.scsosandovalcountynm.gov

Fire Marshal505-867-0245
 314 Melissa Rd, Bernalillo 87004
www.sandovalfire.org



Other Emergency Numbers

Adult Protective Services, (APS) 24 Hour Hotline.....505-841-4500
625 Silver SW, Suite 400, Albuquerque 87102.....1-866-654-3219
To report suspected adult/elder abuse, neglect or exploitation.
www.nmaging.state.nm.us

Agora Crisis Center Help-Line.....505-277-2013
Mailing Address: UNM1: MSC 02 1675 Albuquerque, NM 87131
Help line. Hours: 9:00 am - midnight, 365 days a year. Crisis, or just call to talk.
www.agoracares.org

Domestic Violence, State of NM Crisis Hot Line, 24 hours1-800-773-3645

Domestic Violence Resource Center (DVRC).....505-248-3165
Family support in situations of domestic violence.

Family Advocacy Center505-243-2333

Haven House505-896-4869
Domestic violence interventions. or1-800-526-7157
Email: cosmina@havenhouseinc.org
www.havenhouseinc.org

Valle del Sol 24 Hour Crisis Line505-867-2383
Mental health, psychiatric evaluations, counseling, therapy and case management services.
www.valledelsolofnewmexico.com

Poison & Drug Information Center Emergency/24 Hours 1-800-222-1222
University of New Mexico, Albuquerque
<http://nmpoisoncenter.unm.edu>

Rape Crisis Center of Central New Mexico (RCCCNM) Hotline.....505-266-7711
9741 Candelaria NE, Albuquerque 87112 **Admin.....505-266-7712**
email: info@rapecrisiscnm.org **Hotline.....1-888-811-8282**
www.rapecriscnm.org

S.A.F.E. House800-773-3645
Shelter for victims of domestic violence.

UNM Psychiatric Center, Emergency Mental Health Service505-272-2920
2601 Marble NE, Albuquerque 87132
24-hour mental health crisis line; emergency psychiatric services.
www.hospitals.unm.edu/hospitals

Veteran and Family Support Services (New Mexico).....1-877-929-9797
Suicide Hotline 24-Hour Crisis Help Line1-855-662-7474
1-505-994-2772

Help dealing with behavioral and mental issues for veterans, active-duty personnel and their families.

Utility Emergencies--Electricity

Public Service Company of New Mexico (PNM)

Serving Albuquerque, Bernalillo, Corrales, Cuba and Rio Rancho.

To Report Electric Power Outages 1-888-342-5766
www.pnm.com

Utility Emergencies--Gas

New Mexico Gas Company 1-505-697-3335

Safety and emergency Information and to report
natural gas-related emergency.

www.nmgco.com

Ferrell gas (Propane) 1-888-337-7355

Serves the Jemez area.

www.ferrellgas.com

Utility Emergencies--Water

City of Rio Rancho

Utilities Division Water/Wastewater Services 505-891-5020

3200 Civic Center Circle NE, Rio Rancho 87144 **Emergency 505-975-1581**

Town of Bernalillo, 24 Hours..... 505-867-3311

Village of Cuba 1-575-289-2020

Village of Placitas 505-867-3017

GENERAL INFORMATION AND REFERRAL

AARP Information Center 505-830-3096

www.aarp.org/states/nm

Aging & Long-Term Care Services, NM Department of

625 Silver SW

Suite 414, Albuquerque 87102

www.nmaging.state.nm.us

Albuquerque 1-866-842-9230

Resource Center 1-800-432-2080

American Red Cross, Mid-Rio Grande Chapter..... 505-265-8514

7445 Pan American Freeway NE, Albuquerque 87109

www.redcross.org/local/az-nm-el-paso

Catholic Charities of Central New Mexico 505-724-4670

2010 Bridge Blvd. SW, Albuquerque 87105 **505-247-0442**

www.ccasfnm.org

City of Rio Rancho, Sandoval County

Division of Senior Services/Meadowlark Senior Center 505-891-5018
4330 Meadowlark Ln SE, Rio Rancho 87124 Meal Site..... 505-896-8313
Services/information for persons 55+ and their caregivers.
www.rrnm.gov

Independent Living Resource Center 505-266-5022
4665 Indian School NE, Suite 100 Albuquerque 87110..... 1-800-260-5022
Provide advocacy and services to people with disabilities.
www.ilrcnm.org

NM Clearinghouse on Sexual Abuse and Assault Services..... 888-883-8020
3909 Juan Tabo NE, Suite 6, Albuquerque 87111
Comprehensive resource center on issues of sexual abuse and sexual assault.
Email: nmcsap@swcp.com
www.nmcsap.org

NM Coalition Against Domestic Violence 505-246-9240
Referrals for domestic violence victims.
Email: info@nmcadv.org
www.nmcadv.org

Rio Rancho Regional Chamber of Commerce..... 505-892-1533
4001 Southern Blvd SE, Rio Rancho 87124-2069
E-mail: riochamber@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 of 505-764-6400
1 Civic Plaza NW, Albuquerque 87102
Email: seniorinformation@cabq.gov
www.cabq.gov/seniors

United Way of Central NM 505-247-3671
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)

www.nmaging.state.nm.us

Toll Free in New Mexico1-800-432-2080

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 Center505-891-5018
Cuba Senior Center1-575-289-3510
Jemez Community Center1-575-834-7630

State of New Mexico

New Mexico Human Services Department

New Mexico Supplemental Nutrition Assistance Program (SNAP)

Food Stamp Program 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

Snap Nutrition Education.....877-993-3637

Human Services, Department of.....505-222-9160

www.hsd.state.nm.us 1-800-283-4465

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 Programs.....505-867-7535**
- Five Sandoval Indian Pueblos, Inc.505-867-3351**
- NM Aging & Disability Resource Center1-800-432-2080**
- (FAX).....505-476-4710**
- Adult Protective Services Intake.....1-866-654-3219**
- TTY.....505-476-4937**

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.....505-383-6300

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 Services.....505-881-4292

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 appointment505-881-4292

Social Security Administration

Social Security Administration1-800-772-1213
4433 Jager Dr NE, Rio Rancho or TTY1-800-325-0778
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.

Veterans Information

AMVETS (VA Regional Office)505-346-3980
500 Gold Ave #3004 SW, Albuquerque 87102
Email: louis.rossio@va.gov
www.amvets.org

Disabled American Veterans505-346-4864
2822 2nd St NW, Albuquerque 87107

Paralyzed Veterans of America (PVA) - ZIA Chapter505-247-4381
833 Gibson SE, Albuquerque 87102
Free information on available services and assistance with Veteran's benefits.
www.newmexicopva.org

Rio Rancho Family Health Center, Presbyterian Medical Services505-896-0928
184 Unser Blvd NE, Rio Rancho 87124 24 Hour Crisis Line.....1-888-920-6333
Intake, assessment and treatment.

Veterans Affairs, Department of
Regional Office1-800-827-1000
500 Gold SW, Albuquerque 87102
Information on eligibility and benefits available to Veterans. Covers pension, burial benefits and guardianship information, etc.

Veterans Affairs, NM Health Care System **Crisis Hot Line**1-800-273-8255
1501 San Pedro SE, Albuquerque 87108 **Normal Business**505-265-1711
Provides all levels of health care to beneficiaries. 1-800-465-8262
www.albuquerque.va.gov

Social Work Services.....505-265-1711
Treatment and coverage of social services.

Veterans Deserve Aid and Attendance

Helps aging veterans and their surviving spouses pay for care at home, in a nursing home, or in an assisted-living facility when certain disability and income limits apply.

Veteran Services, NM Department of505-383-2404
5201 Eagle Rock Ave, Albuquerque, NM 87113
500 Gold Ave Ste. 3107, Albuquerque, NM505-346-4810
Assistance with filing for federal and state benefits for veterans and their dependents.

American Patriot Service Corporation.....505-702-8027
3634 Rio Rancho Blvd (Located on Hwy 528), Suite 201 Rio Rancho 87144
Non-profit that helps Veterans understand and apply for VA pension and health care benefits they may be entitled to.
<https://apscnp.org>

CONSUMER AND LEGAL ASSISTANCE

Attorney General's Office
408 Galisteo St, Santa Fe 87501844-255-9210
201 3rd St NW, Suite 300, Albuquerque 87102505-717-3500

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.....505-717-3500
Assistance with consumer complaints.
www.nmag.gov

District Attorney's Office, Sandoval County.....505-867-7500
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

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.lawaccess.org

Legal Resources for the Elderly Program (LREP).....505-797-6005
5121 Masthead NE, Albuquerque 87109 **or.....1-800-876-6657**
(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 Aid505-998-4529
301 Gold Ave SW, Albuquerque 87125
Legal aid information and resources to low and moderate income New Mexico residents.
www.newmexicolegalaid.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 **or1-800-704-5533**
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 Office505-265-2300
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 CertificatesAlbuquerque505-827-0121
Death Certificates or other requestsSanta Fe1-866-534-0051

DISABILITY SERVICES

Albuquerque Speech, Language and Hearing Center 505-796-5954

9500 Montgomery Blvd NE, Suite 215, Albuquerque 87111

Free testing and lip-reading classes, tests and hearing aid evaluations. Fees based on income.

Email: inquires@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

or.....1-888-513-7958

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

Online Resource Center about hearing loss

www.cdhh.state.nm.us

Hamilton Relay

Traditional relay services and CapTel®

Email: relaynm@hamiltonrelay.com

www.hamiltonrelay.com

TTY 1-800-659-8331

Voice 1-800-659-1779

Voice Carry Over 1-877-659-4174

Speech-to-Speech 1-888-659-3952

Spanish 1-800-327-1857

Customer Care 1-877-463-0994

Independent Living Resource Center 505-266-5022

4401 Lomas Blvd. Suite B, 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/infonet

Motor Vehicles, Department of 505-891-5014

4114 Sabana Grande SE, Rio Rancho 87124

1-888-683-4636

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

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/ or 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

EMPLOYMENT

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

National Council on Alcoholism and Drug Dependence212-269-7797

Information, referral, education, crisis counseling and

1-800-454-8966

assessments of alcoholics, their family members and their employers.

1-800-622-2255

www.ncadd.org

Rio Grande Region of Narcotics Anonymous505-260-9889

A non-professional fellowship of addicts helping addicts. Anyone who feels he or she may have a problem with drugs is welcome, regardless of the drug. No cost to belong.

Email: email@riograndena.org

www.riograndena.org

Health Information Lines/Support Groups

American Macular Degeneration Foundation (20/20 Club)505-856-5040

Low Vision Support Group

10704 Paseo Del Norte NE, Sandia Presbyterian Church

Meets 2nd Wednesday during the school year.

www.macular.org

Alzheimer's Association Albuquerque505-266-4473

9500 Montgomery NE, Suite 121, Albuquerque 87111

24 Hour Helpline1-800-272-3900

www.alz.org/newmexico

TDD.....1-866-403-3073

American Cancer Society Support Groups505-260-2105

8500 Menaul Blvd NE, Suite 500 Albuquerque 87112

1-800-227-2345

Hours: 8:30 am - 5:00 pm, Monday - Friday

www.cancer.org

American Diabetes Association.....1-800-266-5716

Email: AskADA@diabetes.org

facebook.com/adanewmexico

www.diabetes.org

American Heart Association & American Stroke Association 505-485-1330
2201 San Pedro NE, Bldg. 2, Suite102, Albuquerque 87110 1-877-242-4277
www.heart.org/albuquerque
facebook.com/ahanm

American Lung Association of New Mexico 505-265-0732
5911 Jefferson NE, Albuquerque 87109 1-800-586-4872
Email: nminfolungs.org
www.lungnewmexico.org

Arthritis Foundation, 505-217-1777
8100 Wyoming NE, Suite M4, Albuquerque 87109 (mail only) 1-844-571-4357
Email: narcypatten@arthritis.org
www.arthritis.org/new-mexico

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 87110..... 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
6100 Indian School Rd NE, Suite 225, Albuquerque 87110 1-888-286-7846
www.lls.org/new-mexico

Lupus Foundation of America, Inc. Information Line 1-800-558-0121
2917 Carlisle Blvd NE, Albuquerque 87110
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.
- 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** 505-873-7401
Primary care medical services and dental services 505-873-7400
Administration: 2001 Centro Familiar SW, Albuquerque 87105 505-873-7423
Twelve locations in the metro area as well as in Edgewood and Belen.
www.fcch.com
- First Nations Community Health Source** 505-262-2481
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** 505-766-5197
1217 First St NW, Albuquerque 87102 505-242-4644
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** 505-896-0928
184 Unser Blvd, Rio Rancho 87124.....
- 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 Program505-404-5816

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 number505-896-8600

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 Group505-846-3200

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 office505-462-6000

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 Center505-727-8000

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



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>

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

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

2021 2nd Street SW, Albuquerque 87102.....505-554-2780

After 6pm: 505-346-4673

Meals, clothing, food boxes and emergency overnight stays for the homeless.

www.mysteelbridge.org

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.buonavista-pts.com

Rebuilding Together (Sandoval County)505-867-1139

P. O. Box 44755, Rio Rancho, NM 87174505-896-3041

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, Torrance 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

New Mexico Aging & Long-Term Services 800-432-2080
2550 Cerrillos Rd, PO Box 27118, Santa Fe, NM 87502

Coordinated in-home health services by a home health agency licensed by the New Mexico Department of Health Services
www.nmaging.state.nm.us

Silver Alert Program 505-891-5018
Silver Alert is a notification system sent out statewide when a person 50 years or older with dementia goes missing. The individual's basic information and photograph are downloaded to a flash drive and given to that person's caregiver for safekeeping. In the event the person goes missing, the flash drive is given to the Rio Rancho Police Department and a Silver Alert is issued. The program is sponsored by the Rio Rancho Police Department, the Sandoval County Sheriff's Office, and the Meadowlark Senior Center. Call for an appointment, no fee.

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

Retired Senior Volunteer Program (RSVP) Sandoval County 505-404-5822
Homemaker services for adults who cannot perform the essential activities of daily living.

Sandoval County Senior Program

Homebound Network

Social and emotional support to homebound elderly and caregivers505-404-5816
In-home support services such as light housekeeping, grocery or505-404-5815
shopping and assistance with personal care.

www.sandovalcounty.com

Assisted transportation to and from health care appointments.....505-934-8774

Case Management

Five Sandoval Indian Pueblos, Inc. www.fsipinc.org.....505-867-3351

Sandoval County Senior Program.....505-404-5816

NUTRITION RESOURCES

Congregate Meal Sites

Five Sandoval Indian Pueblos, Inc. 505-867-3710 505-867-3351
Rio Rancho505-771-5376
Santa Ana Pueblo505-771-6746
Sandia Pueblo.....505-771-5140
Zia Pueblo.....505-867-9603

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 Meal Programs (Frail and Elderly).....505-896-8313

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

- Sandoval County Meal Program** **505-896-8313**
Meadowlark Senior Center
4330 Meadowlark Ln SE, Rio Rancho 87124
- Five Sandoval Indian Pueblos, Inc.** **505-867-3351**
www.fsipinc.org
- 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

Government Food Assistance

- Food Stamps, Department of Human Services** **Benefits 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 Banks** **505-217-1066**
Food Assistance Line..... **505-349-5340**
5840 Office Blvd NE, Albuquerque, 87109
www.nmfoodbanks.org
- Cuba Senior Center** **575-289-3510**
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 Church** **505-867-8807**
800 Camino del Pueblo, Bernalillo 87004
Tuesdays, from 9:30am – 11:00 am. Sign up starting at 9:30am.
- First Baptist Church of Rio Rancho** **505-892-1323**
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

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.facebook.com/peoplehelpingpeopleofnm/
www.peoplehelpingpeoplenm.org

Roadrunner Food Bank.....505-247-2052
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 Church 505-834-7551
8294 Highway 4, Jemez Pueblo 87024
www.jemezsprings.org/comp/helpinghands.html
Must call for appointment
www.nmfoodbanks.org

Rio Rancho Seventh-Day Adventist Church 505-892-4421
1351 Westside Blvd SE, Rio Rancho 87124
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)

Pet Food

Storehouse Food Pantry 505-842-6491
106 Broadway SE, Albuquerque 87102 Third Friday/month: 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,
discount cards. 505-476-4912
<http://www.nmaging.state.nm.us/adrc.aspx>

RESPIRE SERVICES

Sandoval County Frail & Elderly Services 505-404-5816
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.sandovalcounty.com

Bernalillo Senior Center 505-867-9448
 255 S Camino Del Pueblo # B, Bernalillo 87004

Corrales Senior Center 505-897-3818
 4324 Corrales Road, Corrales 87048
www.corrales-nm.org/seniorcenter.htm

Cuba Senior Center 575-289-3510
 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

SENIOR CENTERS

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 505-767-5210
 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

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

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.rnm.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

2017

July						
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2018

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*Our Mission is
To
Promote Positive Aging*

The Meadowlark Senior Center
4330 Meadowlark Lane SE
Rio Rancho, NM 87124
(505) 891-5018
Fax: (505) 891-7288
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.

