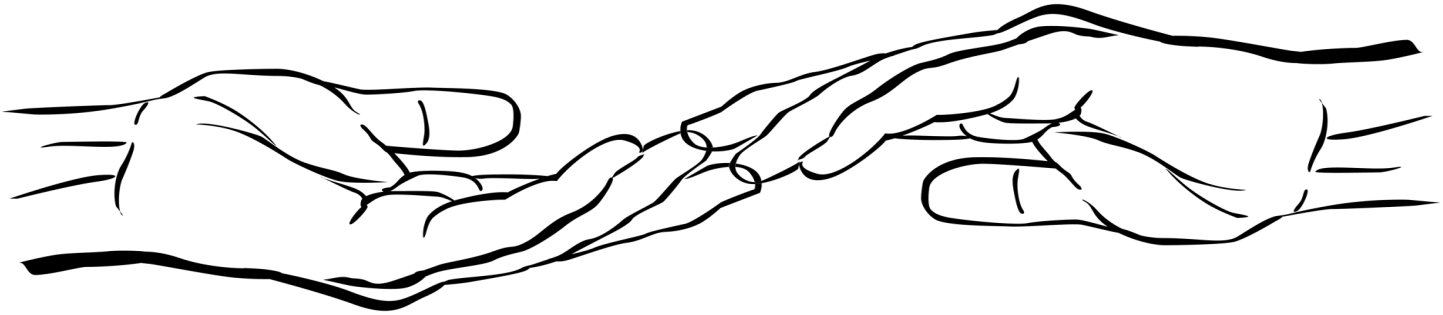
RioRancho
City of Vision

2020-2021

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

This Guide Sponsored By:

Hospice de la Luz

OUR FAMILY CARING FOR YOURS

505-217-2490

WWW.HOSPICEDELALUZ.COM

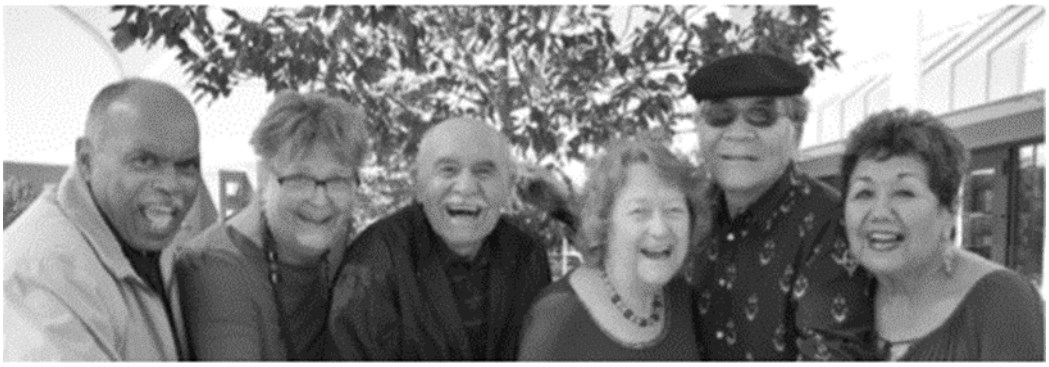
Rio Rancho

Senior Services

Promoting Positive Aging

The Meadowlark Senior Center (MSC) is a community center where adults ages 55 and over can congregate to fulfill many of their social, physical, emotional, and intellectual needs. MSC strives to improve the quality of life for older adults through diverse programs and services that encourage citizen involvement. MSC offers complimentary membership, and the monthly activity and event schedule is available FREE online at www.rrnm.gov.

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.



Meadowlark Senior Center

4330 Meadowlark Lane SE

Rio Rancho, NM 87124

(505) 891-5018

Fax: (505) 891-7288

www.rrnm.gov

Rio Rancho
City of Vision

Greggory D. Hull
Mayor

May 1, 2020

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 individuals, 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

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CITY OF RIO RANCHO

Main **505-891-5000**
3200 Civic Center Cir NE, Rio Rancho, NM 87144

GOVERNING BODY

Mayor Gregg Hull 505-891-5001
Jim Owen - District 1 505-264-3751
Jeremy Lenentine - District 2.....505-264-3752
Robert Tyler - District 3 505-264-3753
Paul Wymer - District 4 505-264-3754
Jennifer Flor - District 5 505-264-3755
Daniel Stoddard - District 6 505-264-3756

ADMINISTRATION **505-891-5002**

CITY ATTORNEY 505-891-5003
Suite 400

CITY CLERK.....505-891-5004
Suite 150

DEVELOPMENT SERVICES.....505-891-5005
Planning & Zoning Division—Building Permits—DS Engineering Division—Code Enforcement
Suite 130

FINANCIAL SERVICES.....**505-891-5010**
Ambulance Billing.....505-891-5010
Alarm Billing .....505-891-5010 #4
Motor Vehicle Division.....505-891-5014
4114 Sabana Grande SE, Rio Rancho
Suite 300

FIRE & RESCUE Headquarters, 1526 Stephanie Rd.....**505-891-5912**
Emergency Management Division.....505-891-5855
Burn Line.....505-891-7268
Emergency.....**911**

HUMAN RESOURCES **505-891-5011**

LIBRARY & INFORMATION SERVICES
Loma Colorado Main Library 505-891-5013
755 Loma Colorado Blvd NE Fax 505-892-4782

Esther Bone Memorial.... 505-891-5012
950 Pinetree Rd SE Fax 505-891-1396

MUNICIPAL COURT **505-891-5999**
500 Quantum Road

CITY OF RIO RANCHO

PARKS & REC & COMMUNITY SERVICS 505-891-5015
Keep Rio Rancho Beautiful Division 505-896-8389
Programming & Civic Outreach Division 505-891-6196
Indoor/Outdoor Aquatic Center 505-891-5230
Animal Resource Center 505-891-5075
Convention & Visitors Bureau 505-891-7258
Santa Ana Star Center 505-891-7330
Suite 100
Senior Services Division-Meadowlark Senior Center 505-891-5018
4330 Meadowlark Ln SE Fax 505-891-7288
Home Bound Meals 505-896-8311

POLICE DEPT 505-891-5900
Volunteer Front Desk 505-891-5843
Main Number / Non-Emergency 505-891-7226
EMERGENCY 911
500 Quantum Rd NE

PUBLIC WORKS 505-891-5016
Traffic/Street Lights & Signs 505-891-5016
Streets/Right of Way 505-891-5942
Suite 200

UTILITIES DEPARTMENT 505-896-8715
Suite 250 Fax 505-891-5201
Utilities Customer Services 505-891-5020
Suite 270

COUNTY OF SANDOVAL

SANDOVAL COUNTY
Administrative Offices 505-867-7500
1500 Idalia, Rio Rancho
County Manager 505-867-7533
County Assessor 505-867-7562
County Clerk 505-867-7572
1500 Idalia, Building D, Rio Rancho
County Treasurer 505-867-7581
SC Fire Marshal 505-867-0245
SC Sheriff's Office 505-867-0168
SC Detention Center 505-867-5339
Bureau of Investigations 505-867-7521
Health Department 505-867-2291
Bernalillo Co Board of Elections 505-468-1291
Sandoval Co Board of Elections 505-867-7577

EMERGENCY

Emergency – Police/Fire/EMS 911

OTHER EMERGENCY NUMBERS

Adult Protective Services, (APS) 24 Hour Hotline 505-476-4912
625 Silver SW, Suite 400, Albuquerque 87102..... **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, 87131 ..... **855-505-4505**
Help line. Hours: 9 am - midnight, 365 days a year. Crisis, or just call to talk.
www.agoracares.org

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

ABQ Family Advocacy Center Non-Emergency: 505-243-2333
505-272-6849

Haven House..... 505-896-4869
Domestic violence interventions. **or 1-800-526-7157**
Email: cosmina@havenhouseinc.org
www.havenhouseinc.org

New Mexico Crisis and Access Line..... 1-800-662-7474
Suicide Hotline 24-Hour Crisis Help Line

Valle del Sol 505-867-2383
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
www.rapecrisiscnm.org

S.A.F.E. House 1-800-773-3645
Shelter for victims of domestic violence..... **Non-Emergency: 505-247-4219**

UNM Psychiatric Center, Emergency Mental Health Service..... 505-272-2920
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)……....Non-Emergency: 1-877-929-9797
Suicide Hotline 24-Hour Crisis Help Line 1-855-NMCRISIS- (662-7474)
1-800-273-8255
Help with behavioral and mental matters for veterans, active-duty personnel and their families.

OTHER EMERGENCY NUMBERS

Utility Emergencies--Electricity, Gas, Water

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

Gas
New Mexico Gas Company
Customer Service **505-697-3335**
Safety, information and to report natural gas-related emergency **1-888-664-2726**
www.nmgco.com

Ferrell Gas (Propane) **1-888-337-7355**
Serves the Jemez area.
www.ferrellgas.com

Water
City of Rio Rancho
Utilities Division Water/Wastewater Services **505-896-8715**
3200 Civic Center Circle NE, Rio Rancho 87144 **Emergency** **505-975-1581**
https://rrnm.gov/2793/Utilities
Town of Bernalillo, 24 Hours **505-867-3311**

Village of Cuba **1-575-289-2020**

Village of Placitas **505-867-3017**

NON-EMERGENCY NUMBERS

Adult Protective Services, (APS) 24-Hour Service **1-866-654-3219**
Serves Bernalillo, Torrance and Sandoval counties. 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

Sandoval County **505-867-7500**
Sheriff's Office (Emergency) EMS, Fire, Law Enforcement **911**
Sheriff's Office **Non-Emergency Dispatch** **505-867-7526**
1500 Idalia Rd, Bernalillo 87004
8 am – 5 pm, Monday - Friday
www.scso.sandovalcountynm.gov

Sandoval County Fire Marshal **505-867-0245**
314 Melissa Rd, Bernalillo 87004
www.sandovalfire.org

GENERAL INFORMATION AND REFERRAL

AARP Information Center **505-830-3096**
www.aarp.org/states/nm

Aging & Disability Resource Center **1-800-432-2080**
www.nmaging.state.nm.us

American Red Cross, Mid-Rio Grande Chapter **505-265-8514**
2121 Osuna Rd NE 87113
www.redcross.org/local/ARIZONA-NEW-MEXICO-EL-PASO

Catholic Charities of Central New Mexico **505-724-4670**
2010 Bridge Blvd. SW, Albuquerque 87105
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**
1720 Louisiana Blvd. NE Suite 204 Albuquerque 87110 .....**1-800-260-5022**
Provide advocacy and services to persons who have disabilities.
www.ILRV.org

NM Coalition of Sexual Assault Programs **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. www.fsipinc.org.....**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

NM Aging & Disability Resource Center 1-800-432-2080
www.nmaging.state.nm.us (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 obtaining 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
State Health Insurance Assistance Program (SHIP): Offers one-on-one benefits counseling and assistance to people with Medicare and their families on topics such as, Medicare prescription drug program, Social Security, Medicaid, Medicare and Veterans benefits.

Be Well NM..... 1-855-996-6449
New Mexico's Health Insurance Exchange
www.bewellnm.com

Human Services, Department 505-222-9160
www.hsd.state.nm.us..... 1-800-283-4465

Medicaid (Institutional): Coverage for 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: 1-800-827-7266

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

Sandoval County Assistance Programs
Income Support Office/indigent Program**……..... 505-867-7535**
Regulates Food Stamps, Medicaid and Temporary Assistance for Needy Families (TANF).

Rebuilding Together (Sandoval County) 505-867-1139
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 505-872-1171
Rental Assistance (evictions) Utility Assistance
411 Broadway Blvd SW Albuquerque 87102
Applications/interviews taken Monday & Wednesday 9 – 11 am and 1 – 3 pm, or Friday 9 – 11 am

Social Security Administration 1-800-772-1213
4433 Jager Dr NE, Rio Rancho or TTY..... **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: 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

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 who are 65 and older, and their surviving spouses, understand and apply for VA pension and health care benefits which they may be entitled to.
https://apscnp.org

AMVETS (VA Regional Office)..... 505-346-3980
500 Gold Ave SW 6107, Albuquerque 87102..... **877-726-8387**
Email: louis.rossi@va.gov
www.amvets.org

Disabled American Veterans..... 505-346-4864
500 Gold Ave SW Rm 3116 Albuquerque 87102

Paralyzed Veterans of America (PVA) - ZIA Chapter..... 505-247-4381
833 Gibson SE, Albuquerque 87102
Free information on available services and assistance with Veteran's benefits.
www.newmexicopva.org

Veterans Affairs, Department of (Regional Office)..... 1-800-827-1000
500 Gold SW, Albuquerque 87102
Information on eligibility and benefits available to Veterans. Covers pension, burial benefits and guardianship information, etc.

BENEFITS AND ASSISTANCE PROGRAMS

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

Provides:

Social Work Services
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 of **505-383-2404**
5201 Eagle Rock Ave, Albuquerque, NM 87113
500 Gold Ave SW Suite 3107, Albuquerque, NM..... **505-346-4810**
Assistance with filing for federal and state benefits for veterans and their dependents.

Veterans Integration Centers **505-296-0800**
13140 Central Ave SE Ste 1460 FAX..... 505-332-8092
Albuquerque, NM 87123
Clothing and donation program, food pantry, and nutrition education, transportation in Albuquerque.
www.nmvic.org

CONSUMER AND LEGAL ASSISTANCE

Attorney General's Office
408 Galisteo St, Santa Fe 87501 ..... **844-255-9210**
201 3rd St NW, Suite 300, Albuquerque 87102 ..... **505-717-3500**

Better Business Bureau **505-346-0110**
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
Money Management Int'l, Albuquerque West Branch **713-394-3232**
24 hours: 1-866-550-8004
Nationwide: 1-800-308-2227
2727 San Pedro NE, Albuquerque 87110
Helps solve 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..... **505-771-7400**
711 Camino Del Pueblo Bernalillo 87004
Referrals to other sources of legal assistance.
Email: attorney@sandovalcountynm.gov
www.sandovalcounty.com

CONSUMER AND LEGAL ASSISTANCE

Crime Victims Reparation Commission 505-841-9432
6200 Uptown Blvd NE, Ste 210, Albuquerque 87110 or 1-800-306-6262
Helps 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 Mexico 505-998-4529
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.
4141 Montgomery Blvd NE Albuquerque 87109

Legal Resources for the Elderly Program (LREP) 505-797-6000
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 Aid 505-248-7871
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 & Licensing 505-231-5136
2550 Cerrillos Rd, Third Floor, Santa Fe 87505
Investigates financial fraud and violations of state securities laws, 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 87108
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 Wellesley NE, Albuquerque 87107
Provides copies of NM birth certificates, death certificates and other vital records. Information on obtaining out-of-state birth certificates.
www.nmhealth.org

Birth Certificates Albuquerque 505-841-4185
Death Certificates or other requests 1-866-534-0051

DISABILITY SERVICES

Albuquerque Speech, Language and Hearing Center 505-431-4212
9500 Montgomery Blvd NE, Suite 215, Albuquerque 87111
Free testing and lip-reading classes, tests and hearing aid evaluations. Fees based on income.
www.aslhc.org

Adelante Development Center, Inc..... 505-341-2000
3900 Osuna Rd NE, Albuquerque 87109
Community-based services, includes a comprehensive seniors program.
www.goadelante.org

Aging & Disability Resource Center 1-800-432-2080
Telephone information, assistance, referrals and advocacy.
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

Independent Living Resource Center 505-266-5022
4665 Indian School Rd NE, Albuquerque, 87110 1-800-266-5022
Services to maximize the independence of individuals with disabilities.

Information Center for New Mexicans with Disabilities 1-800-552-8195
2300 Menaul Blvd NE Albuquerque 87107
Center for Development & Disability Information Network Hotline..... 505-272-8549
www.cdd.unm.edu/infonet

LifeROOTS 505-255-5501
1111 Menaul Blvd NE, Albuquerque, 87107
1909 29th St SE, Rio Rancho, 87124 505-962-0270
Provides individuals with disabilities who are 18+ comprehensive services such as job coaching, supported employment, day habilitation, and literacy programs.
www.liferootsnm.org

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 device loan program for use by persons who have a disability.
www.tap.gcd.state.nm.us

Relay New Mexico/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 1-800-618-4781

DISABILITY SERVICES

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

EMPLOYMENT

Aging & Long-Term Services—50+ Employment Connection 1-800-432-2080
8500 Menaul Blvd NE, Suite B350 505-469-4193
Albuquerque, 87102
www.http://www.nmaging.state.nm.us/Employment_Programs.aspx

Training opportunities for low-income workers (age 55+) with temporary training assignments in senior centers, private non-profit organizations and government offices. Assistance with resumes, cover letters, applications, job searches and more.

Goodwill Industries Senior Community Service Employment Program..... 505-881-6401
5000 San Mateo NE, Albuquerque 87114

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

Vocational Rehabilitation, Division of 505-896-4500
3791 Southern Blvd SE, Suite 210, Rio Rancho 87124 1-866-585-5446
Supportive services, veterans' services, individual counseling, vocational rehabilitation and basic skills/GED training services; employment information and informational services.
www.dvr.state.nm.us
Help New Mexico 505-265-3717
5101 Copper Ave NE Albuquerque, 87108
Adult education, job training and placement.
www.helpnm.com

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 Pueblos 505-867-3351
4321B Fulcrum Way NE, Rio Rancho 87144
Substance abuse prevention and treatment, WIC, energy assistance, and food distribution.
www.fsipinc.org

Rio Grande Region of Narcotics Anonymous 1-800-798-6649
A non-professional fellowship of addicts helping addicts. No cost to belong.
Email: email@riograndena.org
www.riograndena.org

HEALTH CARE

Health Information Centers/Support Groups

American Macular Degeneration Foundation (20/20 Club) 505-856-5040
Low Vision Support Group
Contact Barbara Free 505-275-9952
10704 Paseo Del Norte NE, Sandia Presbyterian Church (Meets 2nd Wednesday August-May)
National Foundation..... 1-888-622-8527
www.macular.org 413-268-7660

Alzheimer's Association Albuquerque 505-266-4473
6731 Academy Rd NE 87109 24 Hour Helpline 1-800-272-3900
www.alz.org/newmexico TDD 1-866-403-3073

American Cancer Society Support Groups 505-260-2105
8500 Menaul Blvd NE, Suite 500, Albuquerque 87112..... 1-800-227-2345
Hours: 8:30 am - 5 pm, Monday - Friday
www.cancer.org

American Diabetes Association……..... 1-800-342-2383
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 1-877-242-8721
www.heart.org/albuquerque
facebook.com/ahanm

American Lung Association of New Mexico 505-265-0732
5911 Jefferson NE, Albuquerque 87109
Email: nminfolungs.org
www.lung.org

Arthritis Foundation, ... 505-217-1777
8100 Wyoming NE, Suite M4, Albuquerque 87109 (mail only) 1-800-283-7800
www.arthritis.org/new-mexico

Cancer Services of New Mexico 505-259-9583
PO Box 51735, Albuquerque 87181-1735
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 Monday - Thursday only, 10 – 2 pm. Other times by appointment.
www.pcsanm.org

Leukemia and Lymphoma Society 505-872-0141
6100 Indian School Rd NE, Suite 225, Albuquerque 87110 1-888-557-7177
www.lls.org/new-mexico

Lupus Foundation of America, Inc. Information Line 1-202-349-1155

Veterans Affairs National Caregiver Support 505-265-1711
Support resources for caregivers of Veterans.
Call-in available Monday - Friday: 8 - 11 pm; Saturday 10:30 am - 6 pm (Eastern Std.Time)
1501 San Pedro SE ,Albuquerque 87108
www.caregiver.va.gov

New Mexico Donated Dental Services 505-294-1368
9201 Montgomery Blvd NE, Suite 601, Albuquerque, 87111
Application 505-298-7206
www.nmdental.org

NM AIDS Services 505-938-7100
3900 Osuna Rd NE, Albuquerque, 87109 or 1-888-882-2437
www.nmas.net

Eye Care Resources

ABQ Lions Club 505-938-3124
www.abqnelionsclub.com- Contact form on Website
Rio Rancho Host Lions Club
Meets 2nd and 4th Tuesday at 6:00 PM
2331 Westside Blvd Rio Rancho 87124
http://e-clubhouse.org/sites/riorancho/

CNM
www.cnm.edu/cnm-community/community-resources/eyeglasses

Eye Care America's Seniors Eye Care 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.aao.org/eyecare-america

Vision USA
Free eye exams for eligible individuals 800-766-4466

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

Community Dental Services, Inc.
2116 Hinkle St SE, Albuquerque, 87102 505-843-7493
General dentistry and prosthetics (dentures, partials, etc.) for uninsured, low-income and Medicaid recipients. Call for specific information.
www.cdsabq.org

HEALTH CARE

El Pueblo Health Services 505-867-2324
121 Calle del Presidente, Bernalillo 87004
Provides health services. Accepts all forms of payment and the uninsured. Fees based on total household income.
Email: info@elpueblofamilyhealthcare.org
www.elpueblohealth.org

First Choice Community Healthcare and Dental Admin. 505-890-1458
Primary care medical services and dental services.
Administration: 2001 Centro Familiar SW, Albuquerque 87105
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 treats the homeless.
www.fnch.org

Homeless, Healthcare for the **General 505-766-5197**
1217 First St NW, Albuquerque 87102 **Medical 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
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.
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
Provides health care, oral and behavioral health services, pharmacy, ambulance and cremation services for indigent residents of Sandoval County.
Frail & Elderly Program……(leave message) 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/Clinic 505-272-1754
1101 Medical Arts Ave NE, Building 4, Suite A, Albuquerque 87108
Evaluates and treats medical problems of the elderly. Adult care for those 75 years and older.
www.hcs.unm.edu

HEALTH CARE

Health Care Groups

OptumCare Medical Group Main number 505-896-8610
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.airforcemedicine.af.mil/mtf/kirtland

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

UNM Sandoval Regional Medical Center – Physician Clinic. 505-994-7397
General Information 505-994-7000
3001 Broadmoor Blvd NE, Rio Rancho 87144 Monday - Friday 8 – 5 pm
www.unmsrmc.org

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

PRESCRIPTION DRUG ASSISTANCE

Med Bank New Mexico 1-800-432-2080
Emergency prescriptions, free prescription drugs, help with insurance, discount cards.
http://www.nmaging.state.nm.us/adrc.aspx

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

HOSPITALS AND URGENT CARE

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

HOSPITALS AND URGENT CARE

UNM Cancer Center 505-272-4946
1201 Camino de Salud NE, Albuquerque 87106 1-800-432-6806
Official cancer center for the state as designated by the National Cancer Institute.
www.cancer.unm.edu/

UNM Sandoval Regional Medical Center 505-994-7000
3001 Broadmoor Blvd NE, Rio Rancho, 87144
www.unmsrmc.org

VA Health Care System, New Mexico
Primary Care ..... 505-265-1711, Option 3
1501 San Pedro SE, Albuquerque 87108 1--800-465-9970
www.albuquerque.va.gov Caregiver Support 1-855-260-3274

URGENT CARE

NextCareUrgent Care Customer Service 888-381-4858
1721 Rio Rancho Blvd, Rio Rancho 87124 505-395-5520
8201 Golf Course Rd NE, Albuquerque 87120
www.nextcare.com

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

HOUSING, HOME SAFETY AND SHELTERS

HOUSING

Housing and Urban Development (HUD), US Department of 505-346-6463
500 Gold Ave SW, Albuquerque, 87102
Section 8 Rental Voucher Program for low-income households.
www.hud.gov/state/new_mexico/offices

Department of Housing Services, Town of Bernalillo 505-867-2292
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-apts.com

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.nmsilc.org

HOUSING, HOME SAFETY AND SHELTERS

SAFETY

Rebuilding Together (Sandoval County)……(leave message) 505-867-1139
854 Camino Don Tomas Bernalillo 87004
Remodeling and home repairs for low-income and older individuals. No fee.
Email: help@rebuildingtogethersandovalcounty.org
www.rebuildingtogethersandoval.org

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 Valencia counties, and some pueblos. Assessment for energy conservation measures. Does not provide skirting for mobile homes. No water bills paid. Services based on income.
http://www.centralnmhousing.org

SHELTERS

Haven House 505-896-4869
24 Hour Crisis Line..... 1-800-526-7157
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
Corporate Office..... 505-217-9586
Provides the homeless with the help they need to get back on their feet.
www.joyjunction.org

Steel Bridge Albuquerque Resource Center
214 Coal Ave SW, Albuquerque 87102.....Main Number 505-346-4673
Women's & Children's Crisis Center. Clothing and food boxes 9 am - 4 pm
www.mysteelbridge.org

St. Martin's Hopeworks Shelter 505-843-9405
1201 3rd St NW, Albuquerque 87102 Or **505-242-4399**
www.smhc-nm.org

IN-HOME CARE, HOMEMAKER & CAREGIVER RESOURCES

New Mexico Aging & Long-Term Services 800-432-2080
Aging & Disability Resource Center
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. Call for an appointment. No fee.

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

IN-HOME CARE, HOMEMAKER & CAREGIVER RESOURCES

Sandoval County Senior Program
Homebound Network/Frail & Elderly Services 505-867-7535
Social and emotional support to homebound elderly and caregivers. In-home support services such as light housekeeping, grocery 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...... **505-867-3351**
www.fsipinc.org

NUTRITION RESOURCES

Congregate Meal Sites

Five Sandoval Indian Pueblos Inc.- Food Distribution Program 505-867-3710
Main Office 505-867-3351
960-D West Highway, Bernalillo 87004
4321-B Fulcrum Way SE, Rio Rancho 87144 Santa Ana Pueblo..... 505-771-6700
Sandia Pueblo..... 505-867-3317
Zia Pueblo..... 505-867-3304
Congregate meals and home-delivered meals to people, 55 years of age or older from Cochiti, Jemez, 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 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. For information on home delivered and congregate programs, contact:

Bernalillo Senior Center..... 505-867-9448
801 Rotary Park Rd, Bernalillo 87004

Corrales Senior Center 505-897-3818
4324-A W. Corrales Rd, Corrales 87048

Cuba Senior Center..... 575-289-3510
16A Cordova St, Cuba 87013

Jemez Community Center 575-834-7630
8154 Highway 4, Jemez Pueblo 87024

Meadowlark Senior Center 505-896-8313
4330 Meadowlark Ln SE, Rio Rancho 87124

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

NUTRITION RESOURCES

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 .....Help Line: 1-800-432-6217
Supplemental Nutrition Assistance Program, NM (SNAP) 505-383-6300
4363 Jager Dr NE, Rio Rancho 87144..... 1-800-648-7167
Provides funds to help with purchase of food products at your grocery store.
www.yes.state.nm.us

NM Commodity Supplemental Food Program NM Department of Human Services
Food and Nutrition Services Bureau 505-841-4661

ECHO (Economic Council Helping Others), Inc. 505-242-6777
300 Menaul North West, Albuquerque, NM 87107
Distributed at Meadowlark Senior Center. Call for distribution schedule ..... 505-891-5018.
www.echoinc.org/

Cuba Senior Center..... 575-289-3510
16A Cordova St, Cuba 87013
Commodities, first Thursday of the month from 11 am-2 pm

Five Sandoval Indian Pueblos..... 505-867-3710
960D West Highway, Bernalillo 87004 Office: 505-867-3351
Serving 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 noon - 1 pm
https://fsipinc.org/Food-Distribution

Jemez Community Center 575-834-7630
8154 Highway 4, Jemez Pueblo 87024 Commodities distributed on 3rd Wednesday
Lunch M-F 11:30 am -12:30 pm

Jemez Senior Center, Pueblo of 575-834-9168
129 Canal St, Jemez Pueblo 87024

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.

NUTRITION RESOURCES

Food Pantries

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. Sign up starting at 9:30 am

First Baptist Church of Rio Rancho
Call for appointment..... 505-892-1323
3906 19th Ave, Rio Rancho 87124
Food bank, second and fourth Sunday, 1 - 2 pm and emergency food, when needed.

Jemez Helping Hands 505-834-0402
PO Box 201, Jemez Springs 87025 505-829-3797
Food Pantry, Clothing, Furniture, Appliance, Utility Assistance. Must call for appointment.
www.nmfoodbanks.org

Jemez Springs Presbyterian Church 505-829-3951
17570 Hwy 4, Jemez Springs, 87025

Jemez Valley Baptist Church..... 505-834-7551
8294 Highway 4, Jemez Pueblo 87024
Must call for appointment
www.jemezsprings.org/comp/helpinghands.html
www.nmfoodbanks.org

Meadowlark Methodist Commodities Center
High Desert United Methodist Church 505-891-4206
4200 Meadowlark Ln Suite 6, Rio Rancho, 87124
Distribution Days/Times: Third Tuesday, 9 am - 12 noon; Third Thursday, 1 - 4 pm
Must register. Requires photo identification, proof of income and proof of residency in Sandoval County.

People Helping People 505-615-1951
Rivers Edge Mini-Storage, 110 Industrial Loop SE, Rio Rancho 87124
Distribution Days/Times: Last Saturday, 9 - 10 am (drive through).
info@peoplehelpingpeople.org
www.facebook.com/peoplehelpingpeopleofnm/
www.peoplehelpingpeoplenm.org

Roadrunner Food Bank..... 505-349-5340
5840 Office Blvd NE, Albuquerque 87109
Email: info@rrfb.org
www.rrfb.org

St. Felix Pantry..... 505-891-8075
4020 Barbara Loop SE, Rio Rancho 87124
Tuesday – Saturday, 9 - 12 noon
www.stfelixpantry.org

Storehouse West 505-892-2077
1030-F Veranda Dr SE, Rio Rancho 87124
www.storehousewest.org

NUTRITION RESOURCES

Veterans Integration Center 505-296-0800
13140 Central Ave SW, Albuquerque NM 87123
www.nmvic.org

Pet Food

Storehouse Food Pantry 505-842-6491
106 Broadway SE, Albuquerque 87102 Third Friday/month: 9 am - noon
Provides food supplies to low-income owners of dogs and cats (when available).
www.thestorehouseabq.org

MENTAL HEALTH & SUBSTANCE ABUSE

Five Sandoval Indian Pueblos, Inc. 505-867-3351
4321-B Fulcrum Way NE, Rio Rancho 87144
www.fsipinc.org

Grief and Loss Support Group @Meadowlark Senior Center 505-891-5018
4330 Meadowlark Ln SE, Rio Rancho 87124
Open to anyone 55 and older dealing with any kind of loss. Call for dates and times.

NAMI Support Group (National Alliance on Mental Illness)
24-hr hotline 1-800-950-NAMI (6264)
2015 Wyoming Blvd NE, Suite E, Albuquerque NM 87112
New Mexico residents: .....1-800-953-6745 or 505-256-0288
Rio Rancho residents: 505-990-2292
Local 24-hour crisis line: 505-272-2920
www.namirioranchonm.org or www.namialbuquerque.org

New Mexico Suicide Intervention Project 1-888-920-6333
www.nmsip.org

PeopleWorks-NM 505-990-4186
Sliding fee schedule. Most insurances accepted including Medicare.
1005 21st Street SE, Suite B, Rio Rancho, NM 87124
2917 Carlisle NE, Suite 106, Albuquerque, NM 87110
Email: peopleworksnm@gmail.com
www.peopleworksnm.org

Rio Rancho Family Health Center, Presbyterian Medical Services 505-896-0928
184 Unser Blvd NE, Rio Rancho 87124 Monday – Friday: 8 am – 12 pm and 1 pm to 5 pm
Family medical /behavioral health services including veterans and family support services.
www.pmsnm.org

Substance Abuse and Mental Health Services Administration
Helpline 1-800-622-4357
General Questions..... 1-877-726-4727
www.samhsa.gov

St. Martin's Hopeworks 505-242-4399
Behavioral Health Program: Monday – Friday, 8 am - 4 pm 505-764-8231
1201 3rd St NW, Albuquerque 87102
Administration: Monday – Friday, 8 am – 5 pm
Mental health services, case management, and substance abuse counseling.
www.smhc-nm.org

MENTAL HEALTH & SUBSTANCE ABUSE

UNM Psychiatric Center 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.
www.hospitals.unm.edu/hospitals

Valle del Sol…… 24-Hour Crisis Line….. 855-662-7474
301 S. Camino Del Pueblo, Bernalillo 87004 505-867-2383
Email: JillC@vdsnm.com
www.ValleDelSolOfNewMexico.com

RESPITE SERVICES

Alzheimer's Association, New Mexico Chapter Main Office 505-266-4473
Offers a respite voucher program to caregivers of those with dementia to use in paying a respite provider. They also offer a one-time emergency respite voucher program.
www.alz.org/newmexico

Aging and Disability Resource Center (ADRC) 1-800-432-2080
www.nmaging.state.nm.us/our-services.aspx TTY: 505-476-4937

Respite Care Planning and Information
archrespite.org/consumer-information

Eldercare Locator 800-677-1116
www.eldercare.acl.gov/Public/index.aspx

ABQ/Bernalillo County Area Agency on Aging 505-764-6400
online www.cabq.gov/seniors

Non-Metro Area Agency on Aging 1-866-395-2673
Serves all New Mexico counties, except Bernalillo.
www.nonmetroaaa.com/

Navajo Area Agency on Aging 928-871-6868
Serves the Navajo Nation
www.naaa.navajo-nsn.gov

Indian Area Agency on Aging 505-690-5306
Serves New Mexico's 19 Pueblos and 2 Apache tribes

Sandoval County Frail & Elderly Services 505-404-5816
1499 Idalia Rd NW, Bernalillo 87002
www.sandovalcounty.com

Share Your Care Adult Day Services 505-897-9025
1004 24th St, Rio Rancho 87124 505-298-1700
Wide range of services are designed for persons with Alzheimer's and related dementia, developmental disabilities and severely disabling mental illness.
www.shareyourcare.org/riorancho.shtm

SENIOR CENTERS

Senior Centers—Sandoval County

City of Rio Rancho—Meadowlark Senior Center 505-891-5018
4330 Meadowlark Ln SE, Rio Rancho 87124
www.rrnm.gov

Sandoval County Senior Program Centers
www.sandovalcounty.com

Bernalillo Senior Center 505-867-9448
801 Rotary Park Rd, 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

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 87102

Bear Canyon Senior Center 505-767-5959
4645 Pitt NE, Albuquerque 87111

Highland Senior Center 505-767-5210
131 Monroe NE, Albuquerque 87108

Los Volcanes Senior Center 505-767-5999
6500 Los Volcanes NW, Albuquerque 87121

Manzano Mesa Multi-Generational Center 505-275-8731
501 Elizabeth St SE, Albuquerque 87123

North Valley Senior Center 505-761-4025
3825 Fourth NW, Albuquerque

Palo Duro Senior Center 505-888-8102
5221 Palo Duro NE, Albuquerque 87110

North Domingo Baca Multi-Generational Center 505-764-6475
7521 Carmel NE, Albuquerque 87113

TRANSPORTATION

Disabled American Veterans Hospital Service Coordinator 505-256-2821
1501 San Pedro SE, #T-59, Albuquerque 87108 NMDVS 505-383-2400
Supports New Mexico Department of Veterans' Services (NMDVS). To request service, call the DAV Transportation office well in advance.

Rio Metro Dial-a-Ride (Sandoval County Office)..... 505-994-1608
Door-to-door transportation for persons with disabilities, 18 years and older, and individuals 62 years of age and older. Service within City of Rio Rancho and Albuquerque.
www.nmrailrunner.com.org/access/paratransit/rio-rancho
www.riometro.org

Sandoval County Public Transportation 866-795-7245
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 Assisted Transportation 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 available like the AARP Driver Safety Program and providing tax assistance for seniors.
www.aarp.org/giving-back

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: www.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

2020

January

Su	Mo	Tu	We	Th	Fr	Sa
			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

Su	Mo	Tu	We	Th	Fr	Sa
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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

March

Su	Mo	Tu	We	Th	Fr	Sa
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

Su	Mo	Tu	We	Th	Fr	Sa
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May

Su	Mo	Tu	We	Th	Fr	Sa
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June

Su	Mo	Tu	We	Th	Fr	Sa
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July

Su	Mo	Tu	We	Th	Fr	Sa
			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

Su	Mo	Tu	We	Th	Fr	Sa
						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

Su	Mo	Tu	We	Th	Fr	Sa
		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

Su	Mo	Tu	We	Th	Fr	Sa
				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

Su	Mo	Tu	We	Th	Fr	Sa
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

Su	Mo	Tu	We	Th	Fr	Sa
		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		

2021

January

Su	Mo	Tu	We	Th	Fr	Sa
					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

Su	Mo	Tu	We	Th	Fr	Sa
	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

Su	Mo	Tu	We	Th	Fr	Sa
	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

Su	Mo	Tu	We	Th	Fr	Sa
				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

Su	Mo	Tu	We	Th	Fr	Sa
						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

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

July

Su	Mo	Tu	We	Th	Fr	Sa
				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

Su	Mo	Tu	We	Th	Fr	Sa
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

Su	Mo	Tu	We	Th	Fr	Sa
			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

Su	Mo	Tu	We	Th	Fr	Sa
					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

Su	Mo	Tu	We	Th	Fr	Sa
	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

Su	Mo	Tu	We	Th	Fr	Sa
			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	

FREQUENTLY USED NUMBERS/NOTES

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