2022-2024
Resource Guide
For Elder Citizens of Sandoval County

Compiled by:
Division of Senior Services
Department of Parks, Recreation and Community Services
www.rrnm.gov
The Division of Senior Services is a community where adults ages 55 and over can congregate at either of our centers to fulfill many of their social, physical, emotional, and intellectual needs. DSS strives to improve the quality of life for elder adults through diverse programs and services that encourage citizen involvement. DSS offers complimentary membership, and the monthly activity and event schedule is available FREE online at www.rrnm.gov.

DSS 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.

Promoting Positive Aging
October 1, 2021

It is my pleasure to introduce you to the Resource Guide for Elder Citizens of Sandoval County.

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

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

Sincerely,

Greggory D. Hull
Mayor of Rio Rancho
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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
Karissa Culbreath - 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 SERVICES .................................................. 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

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## OTHER EMERGENCY NUMBERS

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Numbers</th>
<th>Address</th>
<th>Website</th>
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<tbody>
<tr>
<td>Adult Protective Services, (APS) 24 Hour Hotline</td>
<td>505-476-4912, 866-654-3219</td>
<td>625 Silver SW, Suite 400, Albuquerque 87102</td>
<td><a href="http://www.nmaging.state.nm.us">www.nmaging.state.nm.us</a></td>
</tr>
<tr>
<td>To report suspected adult/elder abuse, neglect or exploitation.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Agora Crisis Center Help-Line</td>
<td>505-277-2013</td>
<td>Mailing Address: UNM1: MSC 02 1675 Albuquerque, 87131</td>
<td><a href="http://www.agoracares.org">www.agoracares.org</a></td>
</tr>
<tr>
<td>Help line. Hours: 9 am - midnight, 365 days a year. Crisis, or just call to talk.</td>
<td></td>
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<tr>
<td>Domestic Violence Resource Center (DVRC)</td>
<td>505-248-3165</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Family support in situations of domestic violence.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ABQ Family Advocacy Center Non-Emergency:</td>
<td>505-243-2333, 505-272-6849</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Haven House</td>
<td>505-896-4869, 1-800-526-7157</td>
<td>Domestic violence interventions.</td>
<td><a href="http://www.havenhouseinc.org">www.havenhouseinc.org</a></td>
</tr>
<tr>
<td>Email: <a href="mailto:cosmina@havenhouseinc.org">cosmina@havenhouseinc.org</a></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>New Mexico Crisis and Access Line</td>
<td>1-800-662-7474</td>
<td></td>
<td></td>
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<tr>
<td>Suicide Hotline 24-Hour Crisis Help Line</td>
<td></td>
<td></td>
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<tr>
<td>Valle del Sol</td>
<td>505-867-2383</td>
<td></td>
<td><a href="http://www.valledelsolofnewmexico.com">www.valledelsolofnewmexico.com</a></td>
</tr>
<tr>
<td>Mental health, psychiatric evaluations, counseling, therapy and case management services.</td>
<td></td>
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</tr>
<tr>
<td>Poison &amp; Drug Information Center Emergency/24 Hours</td>
<td>1-800-222-1222</td>
<td>University of New Mexico, Albuquerque</td>
<td><a href="http://nmpoisoncenter.unm.edu">http://nmpoisoncenter.unm.edu</a></td>
</tr>
<tr>
<td>Rape Crisis Center of Central New Mexico (RCCCNM) Hotline</td>
<td>505-266-7711</td>
<td>9741 Candelaria NE, Albuquerque 87112</td>
<td><a href="http://www.rapecrisiscnm.org">www.rapecrisiscnm.org</a></td>
</tr>
<tr>
<td>Admin: 505-266-7712</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Email: <a href="mailto:info@rapecrisiscnm.org">info@rapecrisiscnm.org</a></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>UNM Psychiatric Center, Emergency Mental Health Service</td>
<td>505-272-2920</td>
<td>2601 Marble NE, Albuquerque 87132</td>
<td><a href="http://www.hospitals.unm.edu/hospitals">www.hospitals.unm.edu/hospitals</a></td>
</tr>
<tr>
<td>24-hour mental health crisis line; emergency psychiatric services.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Veteran and Family Support Services (New Mexico)</td>
<td>1-877-929-9797</td>
<td>1-855-NMCRISIS- 662-7474</td>
<td></td>
</tr>
<tr>
<td>Suicide Hotline 24-Hour Crisis Help Line</td>
<td>1-800-273-8255</td>
<td></td>
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<tr>
<td>Help with behavioral and mental matters for veterans, active-duty personnel and their families.</td>
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</table>
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
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<th><strong>GENERAL INFORMATION AND REFERRAL</strong></th>
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<td><strong>AARP Information Center</strong></td>
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<td><a href="http://www.aarp.org/states/nm">www.aarp.org/states/nm</a></td>
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<tr>
<td><strong>Aging &amp; Disability Resource Center</strong></td>
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<tr>
<td><a href="http://www.nmaging.state.nm.us">www.nmaging.state.nm.us</a></td>
</tr>
<tr>
<td><strong>American Red Cross, Mid-Rio Grande Chapter</strong></td>
</tr>
<tr>
<td>2121 Osuna Rd NE 87113</td>
</tr>
<tr>
<td><a href="http://www.redcross.org/local/ARIZONA-NEW-MEXICO-EL-PASO">www.redcross.org/local/ARIZONA-NEW-MEXICO-EL-PASO</a></td>
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<tr>
<td><strong>Catholic Charities of Central New Mexico</strong></td>
</tr>
<tr>
<td>2010 Bridge Blvd. SW, Albuquerque 87105</td>
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<tr>
<td><a href="http://www.ccasfnm.org">www.ccasfnm.org</a></td>
</tr>
<tr>
<td><strong>City of Rio Rancho, Sandoval County</strong></td>
</tr>
<tr>
<td>Division of Senior Services/Meadowlark Senior Center</td>
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<tr>
<td>4330 Meadowlark Ln SE, Rio Rancho 87124</td>
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<tr>
<td>Meal Site</td>
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<td>Services/information for persons 55+ and their caregivers.</td>
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<td><a href="http://www.rrnm.gov">www.rrnm.gov</a></td>
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<td><strong>Independent Living Resource Center</strong></td>
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<td>1720 Louisiana Blvd. NE Suite 204 Albuquerque 87110</td>
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<td>Provide advocacy and services to persons who have disabilities.</td>
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<td><a href="http://www.ILRV.org">www.ILRV.org</a></td>
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<td><strong>NM Coalition of Sexual Assault Programs</strong></td>
</tr>
<tr>
<td>3909 Juan Tabo NE, Suite 6, Albuquerque 87111</td>
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<tr>
<td>Comprehensive resource center on issues of sexual abuse and sexual assault.</td>
</tr>
<tr>
<td>Email: <a href="mailto:nmcsap@swcp.com">nmcsap@swcp.com</a></td>
</tr>
<tr>
<td><a href="http://www.nmcsap.org">www.nmcsap.org</a></td>
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<td><strong>NM Coalition Against Domestic Violence</strong></td>
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<tr>
<td>Referrals for domestic violence victims.</td>
</tr>
<tr>
<td>Email: <a href="mailto:info@nmcadv.org">info@nmcadv.org</a></td>
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<td><a href="http://www.nmcadv.org">www.nmcadv.org</a></td>
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<td><strong>Rio Rancho Regional Chamber of Commerce</strong></td>
</tr>
<tr>
<td>4001 Southern Blvd SE, Rio Rancho 87124-2069</td>
</tr>
<tr>
<td>E-mail: <a href="mailto:riochamber@rrrcc.org">riochamber@rrrcc.org</a></td>
</tr>
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<td><a href="http://www.rrrcc.org">www.rrrcc.org</a></td>
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<td><strong>Sandoval County Senior Program</strong></td>
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<td><a href="http://www.sandovalcounty.com">www.sandovalcounty.com</a></td>
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<td>Information &amp; Assistance</td>
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<td>Frail Elderly Program</td>
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<tr>
<td>Five Sandoval Indian Pueblos, Inc. <a href="http://www.fsipinc.org">www.fsipinc.org</a></td>
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<td><strong>Senior Affairs, Albuquerque Department of</strong></td>
</tr>
<tr>
<td>1 Civic Plaza NW, Albuquerque 87102</td>
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<tr>
<td>Email: <a href="mailto:seniorinformation@cabq.gov">seniorinformation@cabq.gov</a></td>
</tr>
<tr>
<td><a href="http://www.cabq.gov/seniors">www.cabq.gov/seniors</a></td>
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<tr>
<td><strong>United Way of Central NM</strong></td>
</tr>
<tr>
<td>Refers people of all ages who are in need to the appropriate agencies for assistance.</td>
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<tr>
<td><a href="http://www.uwcnm.org">www.uwcnm.org</a></td>
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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 (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.

SLMB - (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).
BENEFITS AND ASSISTANCE PROGRAMS

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
500 Lead Ave Suite 100 SW, Albuquerque
TTY................. 1-800-325-0778

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**
1501 San Pedro SE, Albuquerque 87108  
1-800-465-8262
Provides all levels of health care to beneficiaries.  
[www.albuquerque.va.gov](http://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**
5201 Eagle Rock Ave, Albuquerque, NM 87113  
505-383-2404
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**
13140 Central Ave SE Ste 1460, Albuquerque, NM 87123  
505-296-0800
FAX: 505-332-8092
Clothing and donation program, food pantry, and nutrition education, transportation in Albuquerque.  
[www.nmvic.org](http://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**
7007 Jefferson St NE, Suite A, Albuquerque 87109  
505-346-0110
Information on local companies and charities and mediates consumer complaints.  
[www.bbbsw.org](http://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](http://www.moneymanagement.org)

**Consumer Protection Division, Albuquerque**
505-717-3500
Assistance with consumer complaints.  
[www.nmag.gov](http://www.nmag.gov)

**District Attorney’s Office, Sandoval County**
711 Camino Del Pueblo Bernalillo 87004  
505-771-7400
Referrals to other sources of legal assistance.  
Email: attorney@sandovalcountynm.gov  
[www.sandovalcounty.com](http://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
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 ......................................................... 1-800-659-8331
Traditional relay services and CapTel® 1-800-659-1779
Email: relaynm@hamiltonrelay.com Voice Carry Over 1-877-659-4174
www.hamiltonrelay.com Speech-to-Speech 1-888-659-3952
TTY 1-800-327-1857
Customer Care 1-800-618-4781
Spanish
DISABILITY SERVICES cont.

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
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 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
HEALTH CARE

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
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 .................................................. 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.
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 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

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
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 ........................................ 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 ......................................... 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
Or 505-242-4399
1201 3rd St NW, Albuquerque 87102
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 Depart-
ment 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.
**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](http://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](http://www.fsipinc.org)

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**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
Santa Ana Pueblo 505-771-6700
4321-B Fulcrum Way SE, Rio Rancho 87144 Sandia Pueblo 505-867-3317
Santa Ana 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](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 ........................................... 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.
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

<table>
<thead>
<tr>
<th><strong>Veterans Integration Center</strong></th>
<th>505-296-0800</th>
</tr>
</thead>
<tbody>
<tr>
<td>13140 Central Ave SW, Albuquerque NM 87123</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.nmvic.org">www.nmvic.org</a></td>
<td></td>
</tr>
</tbody>
</table>

**Pet Food**

<table>
<thead>
<tr>
<th><strong>Storehouse Food Pantry</strong></th>
<th>505-842-6491</th>
</tr>
</thead>
<tbody>
<tr>
<td>106 Broadway SE, Albuquerque 87102</td>
<td>Third Friday/month: 9 am - noon</td>
</tr>
<tr>
<td>Provides food supplies to low-income owners of dogs and cats (when available).</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.thestorehouseabq.org">www.thestorehouseabq.org</a></td>
<td></td>
</tr>
</tbody>
</table>

### MENTAL HEALTH & SUBSTANCE ABUSE

<table>
<thead>
<tr>
<th><strong>Five Sandoval Indian Pueblos, Inc.</strong></th>
<th>505-867-3351</th>
</tr>
</thead>
<tbody>
<tr>
<td>4321-B Fulcrum Way NE, Rio Rancho 87144</td>
<td></td>
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<tr>
<td><a href="http://www.fsipinc.org">www.fsipinc.org</a></td>
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<thead>
<tr>
<th><strong>Grief and Loss Support Group @Meadowlark Senior Center</strong></th>
<th>505-891-5018</th>
</tr>
</thead>
<tbody>
<tr>
<td>4330 Meadowlark Ln SE, Rio Rancho 87124</td>
<td></td>
</tr>
<tr>
<td>Open to anyone 55 and older dealing with any kind of loss. Call for dates and times.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>NAMI Support Group (National Alliance on Mental Illness)</strong></th>
<th>1-800-950-NAMI (6264)</th>
</tr>
</thead>
<tbody>
<tr>
<td>24-hr hotline</td>
<td>1-800-953-6745 or 505-256-0288</td>
</tr>
<tr>
<td>New Mexico residents:</td>
<td>505-990-2292</td>
</tr>
<tr>
<td>Rio Rancho residents:</td>
<td>505-272-2920</td>
</tr>
<tr>
<td>Local 24-hour crisis line</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.namirioranchonm.org">www.namirioranchonm.org</a> or <a href="http://www.namialbuquerque.org">www.namialbuquerque.org</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>New Mexico Suicide Intervention Project</strong></th>
<th>1-888-920-6333</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="http://www.nmsip.org">www.nmsip.org</a></td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th><strong>PeopleWorks-NM</strong></th>
<th>505-990-4186</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sliding fee schedule. Most insurances accepted including Medicare.</td>
<td></td>
</tr>
<tr>
<td>1005 21st Street SE, Suite B, Rio Rancho, NM 87124</td>
<td></td>
</tr>
<tr>
<td>2917 Carlisle NE, Suite 106, Albuquerque, NM 87110</td>
<td></td>
</tr>
<tr>
<td>Email: <a href="mailto:peopleworksnm@gmail.com">peopleworksnm@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.peopleworksnm.org">www.peopleworksnm.org</a></td>
<td></td>
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</tbody>
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<table>
<thead>
<tr>
<th><strong>Rio Rancho Family Health Center, Presbyterian Medical Services</strong></th>
<th>505-896-0928</th>
</tr>
</thead>
<tbody>
<tr>
<td>184 Unser Blvd NE, Rio Rancho 87124</td>
<td>Monday – Friday: 8 am – 12 pm and 1 pm to 5 pm</td>
</tr>
<tr>
<td>Family medical /behavioral health services including veterans and family support services.</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.pmsnm.org">www.pmsnm.org</a></td>
<td></td>
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</tbody>
</table>

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<thead>
<tr>
<th><strong>Substance Abuse and Mental Health Services Administration</strong></th>
<th>1-800-622-4357</th>
</tr>
</thead>
<tbody>
<tr>
<td>Helpline</td>
<td>1-877-726-4727</td>
</tr>
<tr>
<td>General Questions</td>
<td><a href="http://www.samhsa.gov">www.samhsa.gov</a></td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th><strong>St. Martin’s Hopeworks</strong></th>
<th>505-242-4399</th>
</tr>
</thead>
<tbody>
<tr>
<td>Behavioral Health Program: Monday – Friday, 8 am - 4 pm</td>
<td>505-764-8231</td>
</tr>
<tr>
<td>1201 3rd St NW, Albuquerque 87102</td>
<td></td>
</tr>
<tr>
<td>Administration: Monday – Friday, 8 am – 5 pm</td>
<td></td>
</tr>
<tr>
<td>Mental health services, case management, and substance abuse counseling.</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.smhc-nm.org">www.smhc-nm.org</a></td>
<td></td>
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</tbody>
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![Image of a page](image.jpg)
### MENTAL HEALTH & SUBSTANCE ABUSE

**UNM Psychiatric Center**

2600 Marble NE, Albuquerque 87106

Mental health 24-hour crisis line for the geriatric population; inpatient, outpatient and emergency psychiatric care. Geriatric Psychiatric Unit.

[www.hospitals.unm.edu/hospitals](http://www.hospitals.unm.edu/hospitals)

**Valle del Sol**

24-Hour Crisis Line

301 S. Camino Del Pueblo, Bernalillo 87004

Email: JillC@vdsnm.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](http://www.alz.org/newmexico)

**Aging and Disability Resource Center (ADRC)**

1-800-432-2080

[www.nmaging.state.nm.us/our-services.aspx](http://www.nmaging.state.nm.us/our-services.aspx)

TTY: 505-476-4937

**Respite Care Planning and Information**

[archrespite.org/consumer-information](http://archrespite.org/consumer-information)

**Eldercare Locator**

800-677-1116

[www.eldercare.acl.gov/Public/index.aspx](http://www.eldercare.acl.gov/Public/index.aspx)

**ABQ/Bernalillo County Area Agency on Aging**

505-764-6400

online [www.cabq.gov/seniors](http://www.cabq.gov/seniors)

**Non-Metro Area Agency on Aging**

1-866-395-2673

Serves all New Mexico counties, except Bernalillo.

[www.nonmetroaaa.com/](http://www.nonmetroaaa.com/)

**Navajo Area Agency on Aging**

928-871-6868

Serves the Navajo Nation

[www.naaa.navajo-nsn.gov](http://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](http://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](http://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.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
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.

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