

## RESOURCE DIRECTORY

### Programs sponsored by the City of Albuquerque/Department of Senior Affairs in partnership with the Albuquerque/ Bernalillo County Area on Aging.

The City of Albuquerque, Department of Senior Affairs, is organized into three functional areas: Recreation (includes Senior Centers and Sports & Fitness); Nutrition and Transportation; and Senior Social Services. The following information is a brief glimpse of what these programs offer and it is intended to guide you through the Department's vast array of services and opportunities. (For your convenience, we have also listed the Area Agency on Aging Contract Program services, which may be accessed by calling our Senior Information Line, 764-6400 or the telephone number listed next to the program.)

### Suggested Contribution Schedule

For some services offered by the Department of Senior Affairs, minimal fees and/or donations may be requested, however, no one will be denied services if he/she chooses not to contribute. Our Suggested Contribution Schedule is as follows:

**Exercise Program,**  
50¢ per one-hour session

**Home Chores Program,**  
\$5.50 per one-hour of service

**Home Retrofit/Repair Program,**  
\$11.25 per one-hour of service  
(materials are extra)

### DSA Advisory Council 764-6469

Comprised of twelve members from the city of Albuquerque, Bernalillo County, the Village of Los Ranchos and Tijeras, the DSA Advisory Council is charged with promoting awareness and education of senior issues, advocating on behalf of seniors and generally, supporting the mission of the Department of Senior Affairs. Meetings are held monthly at various locations. Inquiries regarding appointment to this council may be directed to Teresa Sanchez, 764-6469.



**Transportation Program,**  
\$2.50 per one round-trip

**Meals,** \$2.00 for home-delivered meals as well as for congregate meals at Barelás, North Valley, Los Volcanes and Manzano Mesa Multigenerational Center, for those 60 and older.

### RECREATION DIVISION 764-6469

(For a listing of senior centers and mealsites please see page 5 through 9).

### NUTRITION AND TRANSPORTATION DIVISION

#### Satellite Senior Centers 764-1621

The Department of Senior Affairs offers numerous activities and daily meals for persons over the age of 60 at various community-based Satellite Senior Centers throughout the Albuquerque and Bernalillo County area. These small centers offer a variety of activities such as exercise programs, field trips, classes and other social and recreational opportunities. In addition, many of the services offered at the larger senior centers are also available at the Satellite Senior Centers such as referrals to Senior Information, Care Coordination, Home Services, and Transportation. Many volunteer opportunities are also available at the sites. Satellite Senior Centers are open from 9:00 am to 3:00 pm. Transportation is available to many of the sites. Meals are provided on a donation basis (\$2.00 suggested) to persons over the age of 60 (however, no one will be denied services if he/she chooses not to contribute); persons 50 – 59 pay \$3.25 and those under 50 and staff pay \$5.00. Reservations are required for meals and transportation. Menus and calendars of activities are available at each Satellite Senior Center. For additional information you may call 764-1621 or one of the Satellite Centers listed on page 8.

#### Home-delivered Meals 764-6400

Home-delivered meals are provided for those not capable of cooking for themselves or for those unable to participate at Satellite Senior Centers. Donations are requested.

#### Transportation 848-1355 or 848-1356

Door-to-door van transportation within Bernalillo County is available for seniors. Priority is given to seniors who have medical appointments, but other destinations may include government agencies and shopping sites.



## SENIOR SOCIAL SERVICES DIVISION • 764-6400

### Senior Information

Senior Information is the one stop shopping site/telephone number linking seniors to appropriate services in the City of Albuquerque and Bernalillo County. Senior Information serves seniors, caregivers and community agencies. Services include: information on housing, public benefits, transportation, nutrition, consumer issues, legal services, and in home services; referrals; assistance in obtaining services; literature on aging topics; and presentations to senior organizations and agencies.

# 764-6400



### Care Coordination

Care Coordinators visit frail elders in their homes to assess needs and help link clients with services. On going follow up and assistance is provided to continue to match services with changing needs.

### Home Services

Minor Home Repair assists low-income senior homeowners who reside in their homes, with window replacement, door locks, minor plumbing repair, and servicing swamp coolers in the spring and fall. Donations are requested.

### Home Chores

Home Chores does non-routine home maintenance chores such as painting, installation of smoke detectors, and annual yard cleaning for frail and/or low-income senior homeowners who reside in their own homes. Donations are requested.



## Home Retrofit

Home Retrofit provides wheelchair ramps, minor home remodeling, and assistive devices such as grab bars and safety rails for all community residents with disabilities who reside within the city limits. Services are provided to county residents aged 60+ as funding allows. Donations are requested.



## VOLUNTEER PROGRAMS • 764-6400

### Retired and Senior Volunteer Program (RSVP) 764-1612

RSVP volunteers (aged 55 and older) work throughout the Albuquerque/Bernalillo County community by providing support services to more than 220 public and non-profit agencies including schools, hospitals, museums, senior centers, frail elderly programs, police departments, juvenile programs, social services, homeless facilities, child abuse and neglect shelters, environmental projects, and disaster relief programs. Volunteers also work on one time special event projects, such as Daffodils for Hospice and the annual Day of Caring.

#### RSVP benefits include:

- Supplemental accident and liability coverage while on duty
- Mileage and meal reimbursement for those in need
- Recognition events, awards ceremonies and social gatherings
- Networking with other volunteers and agencies through bi-monthly newsletters and special mailings
- Opportunities for meaningful, challenging, and diverse volunteer experiences
- Assistance with volunteer placement

### Foster Grandparent Program (FGP) 764-1612

Foster Grandparent volunteers work with children who are at risk or have special needs. Volunteers are placed in schools, hospitals, correctional institutions, Head Start and day care centers. The heart of the program is the one to one daily attention that Foster Grandparents provide and the sense of hope they foster in the hearts of children.

#### Foster Grandparents:

- Are age 60 or older
- Willing to donate 16 hours a week
- Love Children

#### Foster Grandparent benefits include:

- Meals while on duty
- Supplemental accident and liability coverage while on duty
- Annual recognition event
- Transportation or mileage reimbursement
- Stipend for those who are income eligible



### Senior Companion Program (SCP) 764-1612

Senior Companion volunteers work one on one with the homebound frail elderly and assist clients with paying bills, grocery shopping, transportation to medical appointments, and light housekeeping, and most importantly, they develop friendships with their clients. The assistance Senior Companions provide their clients, often times allows recipients to stay at home rather than being institutionalized, resulting in major health care cost savings for seniors, their families, and communities.


#### Senior Companions:



- Are age 60 or older
- Volunteer 16 hours a week
- Work with frail, at-risk, and home bound elderly

#### Senior Companion benefits include:


- Mileage reimbursement
- Supplemental accident and liability coverage while on duty
- Annual recognition event
- Stipend for those who are income eligible

**Los Volcanes Fitness Center**



Look what's NEW at the  
Department of Senior Affairs



**6500 Los Volcanes NW  
Albuquerque, NM 87121**

(next to Los Volcanes Center)

**Call Senior Information at  
764-6400**

for information on all programs.