

# Sage Pages

## A Resource Manual for Taos County Seniors

Compiled by the Chesed Project,  
a non-denominational program of the  
Taos Jewish Center  
1335 Gusdorf Rd., Suite R  
Taos, New Mexico 87571  
575-758-8615

Cover photo Susan Ressler, 2009

# Acknowledgements

*Our thanks to..*

Help NM\*

Kathleen Burg, Chesed Project Director

Beth Levine, Designer  
Susan Ressler, Cover photo  
Taos Jewish Center

\*Sage Pages update and 3<sup>rd</sup> printing  
has been made possible  
by a grant from Help NM

*"If there is any reason I can show,  
or any good thing I can do  
to any fellow human being,  
let me do it now,  
and not deter or neglect it,  
as I shall not pass this way again."*

**WILLIAM PENN**



*"Life's most persistent  
and urgent question is:  
What are you doing for others?"*

**MARTIN LUTHER KING JR.**

## **Introduction**

Welcome to Sage Pages!

This directory of resources for seniors in Taos County is produced by the Chesed Project.

The purpose of Sage Pages is to provide information on services and activities in Taos of special interest to elderly individuals living in Taos or the immediate area.

The Chesed Project's Mission is to reduce barriers of isolation and loneliness, by:

- Providing services and activities for people who are 60 years of age or older
- Increasing independence and networking
- Making seniors aware of community resources and services. See more about Chesed on page 7.

**Check out Sage Pages online!**

Go to our website to view the Sage Pages online  
at [www.taosjewishcenter.org/sagepages.htm](http://www.taosjewishcenter.org/sagepages.htm)

# Table of Contents

<i>Introduction</i> .....	4
<i>Physicians</i> .....	13
<i>Elder Care Alternative Medicine Practitioners</i> .....	13
<i>Emergency Telephone Numbers</i> .....	14
<i>Heart Attack Warning Signs</i> .....	15
<i>Stroke Warning Signs</i> .....	16
<i>Other Important Phone Numbers</i> .....	17
<i>Financial Assistance</i> .....	19
<i>Food Assistance</i> .....	20
<i>Funeral Homes</i> .....	21
<i>Home Health Care Services</i> .....	21
<i>Hospice Care and Bereavement</i> .....	22
<i>Housing Assistance</i> .....	23
<i>Legal and Financial Planning Resources</i> .....	24
<i>Learning Opportunities</i> .....	26
<i>Medical Assistance</i> .....	27
<i>Medication Resources</i> .....	27

*Discount / Free Medication Resources*..... 28

*Medicare Drug Discount Card & Drug Coverage*..... 30

*Medical Equipment*..... 31

*Medical Transportation*..... 32

*Pharmacies*..... 32

*Senior Nutrition Programs*..... 33

*Senior Resources & Networks*..... 34

*Services for Disabled Seniors* ..... 37

*Senior Citizen Centers*..... 39

*Senior Residential Services*..... 42

*Support Groups* ..... 42

*Transportation* ..... 44

*Sage Web Pages* ..... 46

*Personal Telephone Numbers* ..... 47



*This manual is to be used for reference purposes only and is not to replace treatment by a medical professional or in place of consultation with a counselor or social service professional*

# The Chesed Project

Location: Taos Jewish Center  
1335 Gusdorf Rd., Suite R  
Taos, NM 87571

**Chesed Project Director:**

**Kathleen T. Burg Telephone: .....758-8615, Ext. 2**

*Volunteers are needed and welcomed!*

## *What is the Chesed Project?*

The Chesed Project is a non-denominational program of the Taos Jewish Center. Based on the ideal of neighbor helping neighbor, the Chesed Project’s mission is to promote social, physical and emotional connection, and to support independence, interaction and joy for all people over 60 years of age in Taos County. Our goal is to improve quality of life of life by providing activities that encourage our constituents to reach their full human and spiritual potential.

What does “chesed” mean?

The word "chesed" is Hebrew for Loving Kindness. In Judaism the Talmud says that "the highest wisdom is loving kindness." This same concept is present in most religions, as seen from the Christian word "agape" to the Buddhist word “metta.”

## *Chesed Activities and Services:*

The Chesed Project offers activities for elders, including:

- Memoir Writing
- Rosen Method of Exercise
- Restorative Yoga
- Scrabble
- Caregiver Support Group
- Artstreams: From the Well of Memory, interactive art discussions of art for the Alzheimer's individual, other memory impaired and their caregivers at local museums and galleries.
- Songstreams: From the Well of Memory, interactive singing for the Alzheimer's individual and other memory impaired and their caregivers at various locations.
- Exercise to music for the disabled and wheelchair bound.

Chesed believes in community collaboration. Collaborators have included: Ancianos, Taos Living Center, Plaza de Retiro, First Presbyterian Church, B'nai Shalom Havurah, Golden Willow Retreat Center, St. James Episcopal Church, Unity Church, S.O.M.O.S., UNM-Taos, Adult Protective Services, Harwood Museum, Millicent Rogers Museum, Taos Pueblo and Taos Fire Department.

There are a variety of ways you can support the efforts of the Chesed Project. Involvement can be great or small, from one hour a week reading to someone at the Taos Living Center or Plaza de Retiro, to leading a group, to a few hours a year helping with a fundraising event, to referring a volunteer or participant to a program. Donations are always welcome.

*Donations to support programs of the Chesed Project can be sent to: Chesed Project, 1335 Gusdorf Rd. Suite R Taos, NM 87571*

*For more information about activities or to volunteer, call the Chesed Project 575-758-8615 ext. 2*

*We hear so much about the negatives of aging. What are the positives?*

- Creativity learned early, does not diminish with age.
- Stimulating living causes brain cells to grow more branches.
- We are sexually more relaxed.
- Our ability to cope increases and stress levels decrease.
- We take more responsibility for our health.
- We understand ourselves with better perspective.
- We are more confident and care less what other people think.
- We know better what it takes to satisfy ourselves.
- Our capacity to love increases, as does curiosity and altruism.
- Levels of anxiety diminish.
- Sense of humor is heightened.

- From [www.seniorresource.com](http://www.seniorresource.com)

**The new perception of your body using the Quantum Mechanical framework is as follows:**

- *98% of the atoms in your body are replaced once a year*
- *New skin is generated once a month*
- *The stomach lining is new every 5 days*
- *The skeleton changes every 3 months*
- *A new liver is made every 6 weeks*

**Deepak Chopra, M.D.**



*“Youth is the gift of nature,  
but age is a work of art.”*

**Garson Kanin**

# Commonly Held Myths about Older Adults

<b>Myth</b>	<b>Fact</b>
<i>Most older adults are pretty much alike</i>	<i>They are a very diverse age group</i>
<i>They are generally alone and lonely</i>	<i>Most older adults maintain close contact with family</i>
<i>They are sick, frail, and dependent on others</i>	<i>Most older people live independently</i>
<i>They are often cognitively impaired</i>	<i>For most older adults, if there is a decline in some intellectual abilities, it is not severe enough to cause problems in daily living</i>
<i>They are depressed</i>	<i>Community dwelling older adults have lower rates of depression than younger adults</i>
<i>They become more difficult and rigid with advancing years</i>	<i>Personality remains relatively consistent throughout the lifespan</i>
<i>They barely cope with the inevitable declines associated with aging</i>	<i>Most older people successfully adjust to the challenges of aging</i>

**- From the American Psychological Association**

# Physicians

## Taos Area

Cockburn Alden.....	751-0334
Family Medical Associates of Taos .....	758-3005
Roland Jacobs Geriatric Psychiatrist, Taos.....	770-7892
Norman Kaczmarek M.D. (Dermatology) .....	505-988-9769
Michael Kaufman M.D. (Internal Medicine).....	758-2224
James H. Lubowitz M.D. (Arthritis Specialist) .....	758-0009
Robert White M.D. (Internal Medicine) .....	758-2224

## Angel Fire

Dennis Cohen M.D.....	377-3301
-----------------------	----------

## Elder Care Alternative Medicine Practitioners

Selah Chamberlain Acupuncture.....	751-3284
Keith Christian DOM.....	758-8498
Jim Dixon's Health and Longevity Clinic .....	586-1634
Ana Easter DOM/RN .....	770-2627
Oliver McCrary DOM .....	751-0377
Carl Wagner DOM.....	758-2700
Willow Clinic LLC .....	758-5070
Cid's Food Market .....	758-1148
Mariposa Herbs.....	505-454-9240
Dale Harapat ND (Naturopathic Doctor) Las Vegas <i>Herbs and homeopathics.</i>	
Taos Herb Store .....	758-1991

# Emergency Telephone Numbers

**Emergency: Police/Fire/Ambulance..... DIAL 911**

## **Taos**

Town of Taos Police ..... **758-2216**  
Fire Dept..... **758-3386**  
Sheriff Dept. Non-Emergency ..... **737-6480**  
Radio Dispatch ..... **758-3361**

## **Angel Fire**

Sheriff's Dept..... **377-3214**  
Fire Dept. .... **377-3347**

## **Chamisal**

State Police Dept ..... **445-5571**

## **Dixon**

Police Dept..... **753-3320**  
Fire Dept..... **579-4474**

## **Penasco**

Sheriff's ..... **587-3361**  
Fire Dept. .... **587-2238**

## **Questa**

Sheriff Dept. .... **586-0787**  
Fire Dept..... **586-0250**

## **Red River**

Police ..... **754-6166**  
Fire Dept..... **754-2333**

# Heart Attack Warning Signs

Some heart attacks are sudden and intense, but most heart attacks start slowly, with mild pain or discomfort. Here are some signs that can mean a heart attack is happening:

- **Chest discomfort**  
Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like an uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body**  
Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath**  
This feeling often comes along with chest discomfort. But it can occur before the chest discomfort.
- **Other signs**  
These may include breaking out in a cold sweat, nausea or lightheadedness.

If you or someone you're with has chest discomfort, especially with one or more of the other signs, don't wait longer than a few minutes (No more than five) before calling for help. **CALL 911 GET TO A HOSPITAL RIGHT AWAY** Calling 911 is almost always the fastest way to get lifesaving treatment.

If you're the one having symptoms, and you can't access emergency medical services (EMS), have someone drive you to the hospital right away. **DO NOT DRIVE YOURSELF UNLESS YOU HAVE ABSOLUTELY NO OTHER OPTION.**

## Stroke Warning Signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause.

Not all of these warning signs occur in every stroke.  
If some do occur, don't wait. Get help immediately.

**Stroke is a medical emergency...Call 911!**

# Other Important Phone Numbers

## State and Local Services

**Adult Protective Services..... Taos 758-8871 or 1-800-797-3260**  
*Provides services for the prevention of abuse, neglect and exploitation of the elderly in New Mexico. They will do interventions and placements.*

**Ambulance Service of Taos County..... 575-751-8656**  
**(business office)**

**Community Against Violence.....758-9888**  
**(Domestic violence & sexual assault)**

**Eldercare Hotline..... 1-800-797-3260**  
Adult Protective Services  
Taos, NM 87571

**Ombudsman: Taos Contact Dan Perry ..... 1-800-432-2080**  
*Nursing home rights and advocacy-investigates complaints including abuse and neglect.*

### **Health and Human Services Office**

**Income Support Division ..... 758-8804**  
812 Gusdorf Road  
PO Box HH,  
Taos, NM 87571  
*Provides income support, food stamps, home energy assistance, and Medicaid assistance for seniors.*

**Holy Cross Hospital..... 758-8883**

**Poison & Drug Prevention, Toll Free 24-hr.hotline .....1-800-222-1212**

**Retiree Health Care Authority..... 1-800-233-2576**

### **Social Security Office**

**Benefits: Virginia Romero..... 505-988-6457**  
*For information concerning application for and use of Medicare*

**State Agency on Aging ..... 1-800-432-2080**  
*Information on state benefits and aid programs for seniors, including meals, health insurance and prescription drug assistance programs.*

**State of New Mexico**

**Hard of Hearing Commission for the Deaf**

**Voice / TTY ..... 505-827-7584**

**Out of Town Voice / TTY ..... 1-800-489-8536**

1435 St. Francis Drive  
Santa Fe NM 87505

**State of New Mexico**

**Long Term Care Ombudsman ..... 1-800-432-2080**

**Taos Office: Dan Parry ..... 751-3403**

**State Ombudsman Program ..... 505-827-7640**

228 E. Palace Avenue, 1<sup>st</sup> Floor  
Santa Fe NM 87501

*Nursing home rights and advocacy. Investigates resident/family complaints.*

**State of New Mexico**

**Licensure and Certificate Officer**

**Roy Weidner ..... 505-827-4200**

525 Camino de Los Marquez  
Santa Fe, NM 87501

*Care facility licensing and certification information and for filing resident complaints.*

**State of New Mexico**

**Medicaid Fraud Control Unit**

**Janice Bryan ..... 1-800-525-6519**

6301 Indian School Road NE  
Albuquerque, NM 87110

*For reporting misuse of Medicaid funds or facility overcharges.*

**Social Security Administration Office ..... 1-800-772-1213, 505-473-3707**

**Taos Suicide Prevention ..... 758-1225**

**Tribal Social Services ..... 1-505-852-1377**

**Veterans Affairs, Taos County ..... 758-9824**

## Financial Assistance

**Income Support Division .....758-8804**

**Indigent Fund.....737-6300**

### **Low Income Home Energy Assistance Program**

**(LIHEAP) ..... 1-800-283-4465**

**in Albuquerque ..... 505-841-6587**

**in Taos .....758-2460**

*Helps families needing financial assistance with heating costs during the winter by paying a **one-time bill** ranging from \$40 to \$240 per year of qualifying household's utility costs. LIHEAP applications are at your local income support office or at [www.PNM.com](http://www.PNM.com), click on "My Home". To apply you'll need: Photo ID; proof of income for the last 30 days which may include OASDI or SSI award letter, check stubs, or written statement; printout from utility company of last 12 months for one of the following: natural gas, propane, electricity, wood; and a completed LIHEAP application listing all household members' Social Security numbers, birthdates and proof of income.*

**Low Income Telephone Assistance ..... 1-800-244-1111**

**Open Hands..... 1-505-428-2320**

8:00 am-5:00 pm Monday-Friday

2976 Rodeo Park Drive East, Santa Fe, NM 87505

*Offers Adult Day and Community Outreach, Home safety, Medical equipment loan, Care By Design ( structured environment for Open Hands members with Dementia related diseases).*

*Free grab bars available to anyone over 60 years of age.*

**Salvation Army ..... 1-505-2442-3112**

*Rental Assistance for persons with eviction notices..... 1-505-242-3112*

*Assistance with utility payments November-April..... 1-505 -247-4230*

**St. James Episcopal Church .....758-2790**

*Prescription assistance*

# Food Assistance

**Eight Northern Indian Pueblo Council Inc. Food Distributions .....**  
..... **455-2288/ 455-2289 1—800-734-2488**

**El Pueblito United Methodist Church Food Pantry .....**758-3166

**Food Stamps and seniors**

**Income Support Division**

**Mary Medina Building.....**758-8804

**812 Gusdorf Road**

**Taos, NM 87571**

*Food stamps are for all qualified individuals, including seniors. If you have a low or fixed income, you may be eligible to get help buying food. Many eligible seniors do not realize they can receive food stamps even if they own their own home or receive home-delivered meals. You must meet income and resources limit. Call to request and application or come by to pick one up. Application must be completed prior to appointment. Assistance in filling out forms is available. After forms is complete call to schedule an appointment. An interview will be conducted within ten days.*

**Emergency Food Assistance Program**

**(TEFAP) .....**1-800-648-7167

Distributes USDA commodities throughout the state. Eligible households can receive canned fruits and vegetables, meats, juice and other grocery items every other month. Households must provide proof of income and two separate forms of address verification.

**St. Francis de Asis Catholic Church.....**758-2754

*Emergency food assistance Mon-Fri. 9:00 -4:00*

**St. James Episcopal Church Food Pantry .....**758-2790

**208 Camino de Santiago**

**Taos, NM**

*Free food distribution Thursdays 2-5 PM*

## Funeral Homes

<b>Rivera- Hanlon Funeral Home, Taos .....</b>	<b>758-3841</b>
<b>De Vargas Funeral Home &amp; Crematory, Taos.....</b>	<b>747-7477</b>
<b>Toll free.....</b>	<b>1-877-747-3600</b>
<b>Weylen S. Funeral Home, Questa .....</b>	<b>586-0888</b>

## Home Health Care Services

<b>Mountain Home Health Care.....</b>	<b>758-4786</b>
<b>Medicare &amp; Medicaid.</b> Registered Occupational Therapists, Physical therapy Speech Pathologists, Audiologists, Health Aides, Hospice and Speech Therapy.	
<b>Options Home Health Care Services .....</b>	<b>737-5539</b>
<i>Provides in home assistance with caregiver; Household services: cleaning, running errands, transportation (non medical appointments) and socialization.</i>	
<b>We Care Agency, Inc.....</b>	<b>1-877-419-4300</b>
<i>Personal care services.</i> Contact: Jesusita Vigil	

# Hospice Care and Bereavement

**Caring Can Be Shared ..... 505-471-5756 Ext. 28**

Southwestern College Grief and Counseling Dept.

PO Box 4788

Santa Fe, NM 87502-4788

*The purpose of Caring Can Be Shared is to help reduce your burden as a family caregiver. This service creates a volunteer group comprised of your friends, relatives, neighbors and acquaintances to provide loving, sustained and effective support for you and your loved one at home.*

## **Golden Willow Retreat Center**

Ted and Marcella Wiard.....776-2024

PO Box 569

Arroyo Hondo, NM 87513

*Provides emotional support and counseling for individuals, families and communities in grief; counseling for persons in grief over personal losses including death, divorce, health prognosis and many other types of life transitions.*

**Grief Support Group.....758-4786**

Mountain Home Health

630 Paseo del Pueblo Sur

Taos, NM 87571

*Free and open to the public. Series of meetings are scheduled during the year at the office which is located on the corner of La Posta and Paseo del Pueblo Sur, on the west side of the building, middle sidewalk. Call for information.*

**Mountain Home Health Hospice.....758-4786**

630 Paseo del Pueblo Sur

Taos, NM 87571

*Hospice is a program of support and comfort for the terminally ill who wish to remain at home and have comfort measures, rather than curative measures. It is a team approach to care utilizing nurses, physician, social worker, volunteers, pastoral counseling, and home health aides. Patients must be certified by a physician to have a terminal illness with a prognosis of six months or less to live,*

*And must agree with the Hospice philosophy and want to be kept comfortable in their home rather than pursuing aggressive treatment. A schedule and plan of treatment is designed with the needs of the family and patient in mind. Bereavement follow-up care is included in the program. Sliding scale and Medicaid available.*

## **Housing Assistance**

### **Taos County Housing Dept.**

Low rent.....758-3930

Section Eight.....758-2460

**Weatherization Assistance Program ..... 1-505-984-7743 / 888-303-7743**



*“The important thing is  
Not how much we accomplish,  
But how much love we  
Put into our deeds every day.”*

**Mother Teresa**

# Legal and Financial Planning Resources

## Basic Estate Planning Tools\*

Everyone needs to have some basic documents in place. The following is a list of documents you should consider. Estate plans are prepared using the following basic legal tools:

- The Will

This is a legal document that takes effect after your death. You are able to name the person you would like to manage your affairs and estate, the person or persons you would like to leave your property to and if you wish, you can list specific items that you would like to give to specific people.

- Health Care Directive

This document names someone you trust to make decisions regarding your health care if you are unable to make those decisions. It also allows you to indicate your wishes with regard to medical treatment.

- Power of Attorney

This document allows someone to manage your property and finances if you are unable to do so.

- Transfer on Death Deed (TODD)

If you have real property and want to avoid probate, you can execute a TODD which transfers your property to any individual or individuals you wish. This deed is created during your lifetime but does not become effective until your death, at which time the property transfers to the individual(s) named in the deed.

- Living Trust

If you become disabled or unable to manage your property, the person you have named in your trust will step in and manage your affairs. The living trust also avoids probate and places restrictions on how your estate can be spent. Your assets will go directly to your beneficiaries without probate or court costs.

---

\* “Basic Estate Planning Tools” provided courtesy of Renee Barela-Gutierrez, Attorney, 2005.

**Lawyer Referral and Services for the Elderly..... 1-800-876-6005**  
..... **1-800-876-6687**

Monday - Friday 8 am - 5 pm

*For all residents of the State of New Mexico who are 55 years or older.*

*Legal advice, legal information and referrals to an agency or attorney.*

*Arrangements for homebound seniors to meet with a referral attorney in their home.*

*Consultations with Helpline staff attorneys are free of charge.*

*Referrals to attorneys are made on a free, reduced, deferred, or full-fee basis, depending on case priorities and income and asset guidelines. Court costs, depositions, etc. will be your responsibility.*

**Law Access NM..... 1-800-340-9771**

*Legal advice and referrals*

### **Five Wishes**

To order forms ..... **1-888-5-WISHES (1-888-594-7437)**

My Wish for:

- The Person I Want to Make Care Decisions for Me When I Can't
- The Kind of Medical Treatment I Want and Don't Want
- How Comfortable I Want to Be
- How I Want People to Treat Me
- What I Want Loved Ones to Know

**Heritage Trust Company of New Mexico ..... 758-7700**

Heritage Eldercare Services

630 Paseo del Pueblo Sur,

Taos, NM 87571

Daniel Montoya

[dmontoya@htrust.com](mailto:dmontoya@htrust.com)

*Professional CPA's providing assessment and management of financial resources for the elderly.*

### **Nursing Home Litigation**

Zangara Law Office..... **758-2919**

### **Social Security**

Bill Gordon & Associates..... **758-7266**

# Learning Opportunities

## **The Chesed Project**

Taos Jewish Center

1335 Gusdorf Road, Suite R

Taos, NM 87571 .....**758-8615, Ext. 2**

*Restorative Yoga, Exercise to Music, SCRABBLE, Memoir Writing, Interactive art discussions for Alzheimer's individuals and their caregivers at local museums among other non-regular activities.*

## **Senior Olympics**

**Contact Ancianos.....758-4091**

## **S.O.M.O.S.**

### **The Society of the Muse of the Southwest**

Dori Vinella .....**758-0081**

*Offers summer and winter poetry series, workshops, book discussions, storytelling festival in the fall, and other special literary events.*

**UNM-Taos .....758-6200**

115 Civic Plaza Drive

Taos, NM 87571

[taos.unm.edu](http://taos.unm.edu)

*Offers senior discount of \$7 per credit hour for NM residents 65 and older. Seniors must notify UNM-Taos of their request for reduced tuition rate when registering. Class tuition reduced for seniors.*

**UNM-Taos Student Services.....758-6209**

## Medical Assistance

Income Support Division Medicaid .....758-8804

## Medication Resources

As we age we may process drugs more slowly, or become more prone to drug reactions and interactions, than the younger population. **Be certain to provide a complete list of ALL medications and supplements you are taking to each of your healthcare providers.**

Drug-drug, drug-food and drug-laboratory test interactions information is available at [www.gerrygraf.com](http://www.gerrygraf.com).

According to a Families USA report an estimated 80% of seniors use a prescription drug every day, and only 30% of seniors have some type of drug coverage. The reports indicated that some people are going to the extreme to pay for their medications-taking reduced dosages to make a prescription last longer or buying them from questionable sources.

Physician's offices often have small quantities of free samples of medications available for their patients. Ask your physician.

Pharmaceutical companies have Patient Assistance Programs to provide prescription-only medications at no cost to patients without insurance or experiencing financial hardship. Your doctor's office must contact the pharmaceutical company that makes your medication to request a patient assistance enrollment form. You must provide proof of income / financial hardship. After your doctor fills out the form and the medication assistance is approved, you will receive a three-month supply of your prescription. You must re-apply every three months. It takes sometimes two weeks or longer to process an application so be certain to call your doctor's office with enough time to re-apply before your prescription runs out.

# Discount / Free Medication Resources

The following information was provided by Open Hands:

## **State Assistance Programs**

All states offer Medicaid assistance, and 32 states offer some type of pharmacy assistance program. Investigate what your state has to offer. Ask your pharmacist or doctor, a social worker or call your states Medicaid or Health and Human Services Department.

## **Cards 7 Drug Company Programs**

Many of the pharmaceutical companies offer free medications and discounts through pharmacy assistance programs or discount drug cards to needy seniors or those without insurance. Recently, major pharmaceutical companies have established their own drug discount cards. If you income is \$20,000 you qualify for their Together RX Card. Try a discount card for a few months, if the savings are worth it, don't go to the drugstore without your card. If not, try another option.

## **Your Own Bag of Tricks**

When you think you've done all you can to find assistance, it's still not time to give up. Ask yourself these questions:

### **Are you a member of an organization?**

You may not know that many organizations offer special discounts on prescription drugs for members.

Through the AARP program, you can save 17% on brand name drugs and 50-55% on generic drugs.

Call the AARP for more information..... **1-888-OUR-AARP**

### **Are you in the military or a retired vet?**

The Veteran's Administration offers prescription drug coverage for retired military workers or veterans. You don't have to be a veteran of a war to be eligible. Call the Veteran's Affair Benefits number for more information.

### **Are you living with a rare disease?**

If you have a rare form of arthritis or another disease, you may be eligible for financial assistance with your drugs. Organizations such as the National Association for Rare Diseases offer 18 programs.

### **Are you computer savvy?**

Online pharmacies offer the convenience of buying your meds from the comfort of your home with savings from 10 to 30 %. Don't trust your well-being to any Web site. Before you log on there are some things you should know.

A reputable site will ask for:

- your medical history and allergies,
- proof of a doctor's prescription,
- provide information on drug risks and interactions and
- Have its phone number and street address listed.
- Trustworthy sites will also have a VIPPS seal indicating approval from the National Association of Boards of Pharmacy.

And just because you're ordering from the comfort of your home doesn't mean you shouldn't shop around. Check out different sites, price your medications and make sure you are still saving after including shipping costs and consultation fees.



*“By the time you’re eighty years old  
You’ve learned everything.  
You only have to remember it.”*

**George Burns**

# Medicare Drug Discount Card & Drug Coverage

**For a free brochure on choosing a Medicare drug discount card ..... 1-877-422-7740**  
www.aarp.org

*As a result of a new law\*, Medicare beneficiaries are now eligible to receive a Medicare drug discount card. The cards can save money and are an important step towards a lasting Medicare drug benefit. But choosing the card can be confusing. Whatever your situation your best choice is to be informed. To help with that, AARP offers the following guidelines:*

- You can purchase a Medicare drug discount card without giving up existing drug coverage that you may receive from insurance or other Non-Medicare discount cards.
- After you choose a Medicare drug discount card, you can change to a different card at the end of the year, but not before.
- The Medicare drug discount card program is completely voluntary. You do not have to buy a card if you don't want one.
- You can only have one Medicare drug discount card at a time.

If you already receive drugs through a state Medicaid program, you are not eligible for a Medicare drug discount card.

**Medicare Prescription Drug Coverage.....1-866-534-7216**  
*Everyone with Medicare is eligible for this coverage. Insurance that covers both brand name and generic prescription drugs at participating pharmacies, providing protection for people who have very high drug costs or from unexpected prescription drug bills in the future.*

---

\* Medicare Prescription Drug Improvement and Modernization Act of 2003

# Medical Equipment

<b>American Homepatient</b> Albuquerque .....	<b>505-243-5664</b>
<b>Home Medical of America</b> .....	<b>758-3075</b>
Toll free .....	<b>770-3052</b>
<b>Lincare/Home Medical of America</b> .....	<b>737-9690</b>
<b>Mountain Medical Supply</b> .....	<b>758-8081</b>
<i>Oxygen set-ups, wheelchairs, hospital beds, walkers, canes, bedside commodes, shower chairs, braces. Medicare accepted.</i>	
<b>Premiere Medical</b> .....	<b>575-747-3631, 1-866-206-6754</b>
<b>Taos Pharmacy Home Health Plus</b> .....	<b>737-5813</b>
<b>Taos Respiratory Services</b> .....	<b>751-2810</b>



*“It is not the years  
In your life  
But the life in your  
Years that counts.”*

**Adlai Stevenson**

## Medical Transportation

**Ambulance Service of Taos** ..... 751-8656  
Business Office

**Renal Transfer System**..... 1-800-421-6565  
*Provides transportation to and from dialysis or doctor's appointments.*

**Taos County Association of Paramedical Professionals**..... 758-9591  
*Emergency transportation with 24-hour service. Call for fees.*

## Pharmacies

**Albertsons**..... 758-1203

**Smiths** ..... 758-4823

**Taos Pharmacy** ..... 758-3342

622-A Paseo del Pueblo Sur

Taos NM 87571

*Provides senior discounts and home delivery.*

**Walmart**..... 758-2743

**Walgreens** ..... 758-1704

# Senior Nutrition Programs

**Ancianos Meals on Wheels .....758-4091**

*Meals on Wheels can also provide a meal to a homebound person on an as needed basis with a referral and 24 hours notice. Call for more information.*

## **Churches**

*Many churches prepare occasional meals for members of their congregations when they return from the hospital, have lost a spouse or are alone and have a short term illness. Look in the Yellow Pages for a listing of churches.*

**Food Depot ..... 505-471-1633**

*The Food Depot delivers to the following distribution centers in Taos: Shared Table, Taos Pentecostal, Church of God, Taos Pueblo, and Habitat for Humanity-Taos.*

**Kitchen Angels ..... 505-471-1633**

*Free nutritious meals to homebound people facing life-challenging conditions. Based in Santa Fe.*

## **Shared Table**

Steven Wiard, Pastor .....758-3166

El Pueblito United Methodist Church

El Prado NM 87529

*Food Commodities are distributed the 2nd and 4th Wednesdays of each month, beginning at 11:00 am. Volunteers and donations always needed.*

## **Taos Feeds Taos**

Linda and Bill Knief .....758 3606

*Provides food baskets during the holiday Christmas season. Volunteers and donations always needed.*

## **Taos County Limited Purpose Agency**

Lupita Vigil.....758-4227

*Food boxes, clothing, income tax preparation, home weatherization assistance; rental and utility assistance with letter from landlord one time only when funds are available. Provide photo ID, proof of income, social security cards for everyone in household, and heating and electric bills for the previous 12 months.*

# Senior Resources & Networks

- ADEAR – Alzheimer’s disease Education and Referral Center**  
**Toll Free..... 1-800-438-4380**  
*For information on Alzheimer’s disease management and resources.*
- Adult Protective Services ..... 1-800-797-3260**
- American Senior Safety Agency..... 1-888-473-2800**
- Alzheimer’s Association National Office**  
**Toll Free.....1--800-272-3900**
- Alzheimer’s Association of New Mexico ..... 1-505-266-0108**
- American Diabetes Association**  
**Toll Free..... 1-800-342-2383**  
*For information related to diabetes management and /or prevention.*
- American Heart Association**  
**Toll Free..... 1-800-242-8721**  
*For information related to heart disease management and /or prevention.*
- American Stroke Association**  
**Toll Free..... 1-888-478-7653**  
*For information related to stroke management and / or prevention.*
- Arthritis Foundation ..... 1 505-265-1534**
- Cancer Institute of New Mexico,..... 1 505-587-7900**
- C.A.T.C.H. Health Resources,.....751-7047**  
*Prescription Assistance ..... 751-7159*

**Emergency Eye Care..... 1-888-513-796**  
*Provides financial assistance for emergency eye surgery for NM residents who lack the resources to cover medical eye emergency.*

**Foster Grandparents Local Chapter**  
Call Ancianos ..... **758-4091**

*Foster Grandparent Qualifications:*

- *Over 60 years of age*
- *Can volunteer an average of 20 hours a week*
- *Have limited income*
- *Love children*

*Benefits:*

- *Pre-service orientation and monthly training*
- *Annual physical exam*
- *Supplemental insurance*
- *Small stipend for those who qualify*
- *Help with meal and transportation costs*

**Medicare Information..... 1-800-772-1213**

**National Osteoporosis Foundation**  
**Long Distance..... 1-202-222-2226**  
*For information related to osteoporosis management and / or prevention*

**Senior Companions Local Chapter**  
Ancianos, Margie Maes..... **758-4091**

*Senior Companion Qualifications:*

- *Over 60 years of age*
- *Can volunteer an average of 20 hours a week*
- *Have limited income*

*Benefits:*

- *Pre-service orientation and monthly training*
- *Annual physical exam*
- *Supplemental insurance*
- *Small stipend for those who qualify*

- *Help with meal and transportation costs*
- *Satisfaction of helping others*

**Social Security Administration.....1-800-772-1213**  
**Network for the Deaf -TDD.....1-800-325-0778**

**State of New Mexico**

**Health and Human Services**

**The Aging and Long-Term Care Department..... 1-800-432-2080**

[www.ltclink.org](http://www.ltclink.org)

**State of New Mexico**

**Veteran’s Affairs**

**New Mexico Office**

**Three locations in Albuquerque**

**Toll Free..... 1-800-486-8471**

**Benefits Information and Assistance**

**Voice..... 1-800-827-1000**

**TDD..... 1-800-829-4833**

**Tribal Social Services ..... 1 505-852-1377**

**Vial of Life..... 1-888-473-2800**

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

*Provides a medical information form and a vial in which to store it, to be kept in the glove compartment of a car or a refrigerator with a red sticker that says “Vial of Life.” This enables Emergency Medical Response people to have necessary information they might need to save a life.*



*“Everyone is the age of the their heart”*

**Guatemalan proverb**

# Services for Disabled Seniors

**Information for New Mexicans with Disabilities..... 1-800-552-8195**

**Adult Protective Services ..... 758-8871**

1308 Gusdorf Road

Taos, NM 87571

*Home health care attendant; eligibility is income based.*

## **Long Term Service Division, N.E. Regional Office**

**New Mexico Department of Health ..... 1-800-552-8195**

Fabien Lopez, Social Service Worker Coordinator

Barbara Evans, Eligibility ..... 758-5934

Mary Medina Building

224 Cruz Alta, Suite B

Taos, NM 87571

*This division helps people with special needs obtain services in their homes and communities, instead of in places like nursing homes.*

**Mountain Home Health Care.....758-4786**

630 Paseo Del Pueblo Sur

Taos, NM 87571

*Visiting Nurse Service for homebound people needing skilled nursing, physical therapy, speech therapy, occupational therapy. Patient must be referred by a physician, must be considered homebound and in need of skilled, intermittent care.*

## **New Mexico Technology Assistance Program**

Andy Winnerger-Program Director..... 505-954-8533

DVR-NMTAP

435 St. Michael's Drive, Bldg. D

Santa Fe, NM 87505

*Assistive Technology for People with Disabilities, including:*

- *Assistive Bank of loan-able Equipment*
- *Wells Fargo Financial Loan Program offering low-cost financial loans to qualified persons with disabilities to purchase assistive devices or equipment*
- *Information and referral*

- *Examples of Assistive Technology:*
- *Pencil grips/splints*
- *Manual/power wheelchairs, wheelchair lifts and canes*
- *Eyeglasses, large print materials, Braille software, oversized computer displays*
- *Voice recognition/voice synthesis software*
- *Van modifications*
- *Hearing aids, assistive listening devices*
- *Telephone communication devices*

**State of New Mexico**

**Division of Vocational Rehabilitation**

Toll free ..... **1-888-901-7869**

Dan Romero or Rose Suazo ..... **758-4348**

224 Cruz Alta,  
Taos, NM 87571

*Evaluation for eligibility for vocational services for the disabled in order for them to return to work. Assistance with school tuition, on the job training, and job placement. Requires initial application. After application is filled out, call office for appointment. Bring a doctor’s release form to intake appointment.*

**Taos County ARC.....758-4274**

1030 Salazar Road  
Taos NM 87571

*Comprehensive services for developmentally disabled adults, including job coaching and placement, day care, and group residences.*

**Taos County Health Clinic .....758-2073**

1400 Weimer Road  
Taos NM 87571

**Telecommunications Device for the Deaf**

**TTY/Voice ..... 1-800-223-3131**

**University of New Mexico ..... 505-776-1755**

**Center for Development and Disability**

**Self-Directed Family Support Program**

Althe McLuckie, Resource Specialist

# Senior Citizen Centers

**Ancianos Senior Services .....758-4091**

Fax: 758-9364

Tino Romero, Executive Director

601 Lovato Place

Taos, NM 87571

Email: [Drivera@taosnet.com](mailto:Drivera@taosnet.com)

Hours: Monday – Friday, 8:30 am – 4:30 pm

Hot Meal Service Monday through Saturday:

Breakfast served from 8:30 am – 9:30 am. Cost: \$.50

Lunch served from 12 noon – 1:00pm. Cost: \$1.00

*Provides services in English and Spanish for people 60 and over; freshly cooked, hot breakfasts and lunches are served on site. Meals-on-Wheels delivers lunches to fragile homebound elderly people, in Amalia, Chamisal Questa, and Taos. A visual and written assessment is done to determine the necessity for homebound services. There is a personal care option for Medicaid recipients only. Advocacy information and referrals; Transportation for shopping and doctor appointments in Taos County; Health screening for blood pressure, glucose monitoring and flu shots; Recreational activities; Letter reading/writing; Assistance in filling out benefits applications and Income Tax forms during tax season; Assistance for legal support; Respite care and homemaker services in Taos .*

**Amalia Community Center .....586-0071**

Fax: 505-586-0071, call before faxing so lines can be changed

Contact: Gloria Segura

583 State Rd 196

P.O. Box 111

Amalia, NM 87512

Hours: Monday – Friday, 9:00am – 3:00pm

Serving people age 60 and over and their spouses.

Hot lunches served Monday through Friday at noon. *Lunch \$1.50 guests under 60 \$6.75.*

*Provides services in English and Spanish; Meals on Wheels and Senior Companion Program; Home Visits; Blood pressure and glucose screening once a week;*

**Chamisal/Penasco Senior Center .....587-2778**

**Dixon Senior Center.....505-579- 9176**

**Eagle Nest Senior Center .....377-1344**

4445 1<sup>st</sup>

Raton, NM 87740

Site Manager: Mary Alice Glenn

Hours Monday-Friday 8-3

Lunch: 12:00 \$1.75

*Call for seasonal activities*

**Picuris Pueblo Senior Center .....587-2116**

P.O. Box 127

Penasco, NM 87553

Site Manager: Lorinda Tafoya

Hours: 7AM -3 PM

Lunch Mon-Thurs. 11:30-12:30

Breakfast Friday 8:30-9:30 AM

Meals are free to seniors, \$3.00 to non--seniors. Home delivered meals to those that qualify.

Serving Native Americans age 60 and over and their spouses.

*Provides hot meals at lunchtime and home-delivered meals for those unable to attend the program. Call for more information about other services for elderly.*

**Questa Senior Center .....586-0508**

Fax: 505-586-0508, call before faxing so lines can be changed.

148 Embargo Road

Questa, NM

Manager: Mellie Rodriguez

(Next to the Head start Program?)

Monday – Friday, 9:00am - 2:00pm

Lunch 12:00 noon donation

Painting on Mondays 9-12.

Suggested Donation: \$1.00 for seniors 60 and over - \$3.00 for everyone under 60

*Services available in English and Spanish; Lunch served everyday; Exercise on Mondays and Fridays; Bingo on Wednesdays. Call for more information about other services for elderly and for the current schedule.*

**Sam Cordova Senior Center..... 505-587-2778**

Fax: 505-758-9364

Contact: Lydia Roybal

State Road 76

P.O. Box 115

Chamisal, NM 87521

Hours: Monday – Friday, 8:00am – 3:00pm

Serving people age 60 and over and their spouses.

*Provides services in English and Spanish. Meals on Wheels and Senior Companion Program; Blood pressure screenings once a week; Home visits; Linkage to other services for the elderly; Health sessions; Transportation to doctor’s appointments or shopping; Veteran’s Administration visits; Income tax assistance; Exercise program; Senior Citizen Olympic Program.*

**San Juan Pueblo Senior Center.....505-852-4516**

**Taos Pueblo Senior Citizens Center .....758-7502**

Fax: 758-8831

Lillian Romero, Program Director

PO Box 1846,

Taos, NM 87571

Serving Native Americans age 60 and over and their spouses.

Hours: Monday - Friday, 8:00 am to 4:00 pm

Hot lunches served Monday through Friday at noon. Cost: By Donation

*Provides home-delivered meals to those who are homebound; Assistance with shopping and transportation; Senior Companions to assist elders in their homes; free assistance with taxes; Information and referral services; Recreational activities and handicraft projects, such as quilting, beading, weaving. Call for more information about other services for elders.*

**Truchas Senior Center ..... 505-689-2511**

## Senior Residential Services

**Loma Parda Apartments** ..... 758-4400

Contact: Isabel Martinez

### **Plaza de Retiro**

Contact: Interim Administrator Stacy Witten ..... 758-8248

20 bed nursing facility

**Taos Living Center** ..... 758-2300

Has a long term care program with a special area for Alzheimer's.

## Support Groups

### **Breathe Freely Stop Smoking**

Holy Cross Hospital

Contact: Susie ..... 751-5734

**Caregiver Support Group**..... 758-8615 ext. 2

Chesed Project, Director Kathleen Burg

Taos Jewish Center

1335 Gusdorf Rd. Suite R

Taos, NM 87571

*Meets 2<sup>nd</sup> Tuesday of month from 5:00-6: PM*

**Cancer Support Group** ..... 751-5750

Susan Kargula

Holy Cross Hospital

1397 Weimer Road

Taos, NM 87571

*Meets at Holy Cross Hospital one night per month.*

**Diabetes Management Center .....751-5750**

Susan Kargula  
Holy Cross Hospital  
1397 Weimer Road  
Taos, NM 87571

*Assistance with individual management of diabetes; free meters, strips, education, medication management and help with diet management by a dietician. A support group is offered. Must be referred by a physician.*

**Grief Support Group.....758-4786**

Mountain Home Health  
630 Paseo Del Pueblo Sur  
Taos, NM 87571

*Free and open to the public. Series of meetings are scheduled during the year at the office which is located on the corner of La Posta and Paseo del Pueblo Sur, on the west side of the building, middle sidewalk. Call for information.*

**New Mexico Alzheimer's Association ..... 1-800-777-8155**

*Telephone information and support for people with questions and concerns about Alzheimer's. Gives assistance to people with Alzheimer's and to their families and care givers.*

# Transportation

**Highway Road Conditions (24 Hours) ..... 1-800-432-4269**

## **Motor Vehicle Division**

**Driver Services Bureau ..... 827-2241/758-4226**

1038 South Salazar Street

Taos, NM 87571

Hours: 8-4 pm M-F, 10-4 pm Sat.

*Contact them for assistance with revoking the driver's license of a person who can no longer drive safely.*

**Application for a Handicapped Parking Placard..... 1-888-683-4636**

1038 South Salazar Street

Taos, NM 87571

*Go to your local Motor Vehicle Division office to pick up an eligibility application for your doctor to fill out. Bring the completed application to the MVD to pick up your placard. You must always carry the pink copy of the application with you, to show proof that you need the placard. Keep a copy in your car.*

**Ancianos ..... 758-4091**

601 Lovato Place,

Taos, NM 87571

*Between the hours of 9-11 AM and 1-3 PM, Monday-Friday, Ancianos will transport seniors to shopping, doctor's appointments, meals at Ancianos, and other events. A form needs to be filled out and turned into Ancianos. 24 hours advance reservation is required.*

**Chile Line Taos..... 751-4459**

1032 Dea Lane,

Taos, NM 87571

7-6 PM M-Sat, 8-5 PM Sun

*Transportation Superintendent: Delilah Garcia*

***Chile Line Handi-Van** provides transportation to shopping, doctor's appointments, etc. An eligibility form must be filled out by a doctor, stating that there is a medical reason that prevents you from driving. 24 hours advance reservation is required for each ride. Registration forms are available at the Chile Line office and also at the Taos Jewish Center, 1335 Gusdorf Rd, and Suite R. Call first: 758-8615.*

**Faust's Transportation.....758-3410**

PO Box 1050

El Prado, NM 87529

*This is a taxi service for all of Taos County. Medicaid will pay for transportation to and from medical appointments that are at least 5 miles apart in distance. Call for fees.*

**Safe Ride Services Inc. ....1-800-797-Ride**

*Providers of non-emergency medical and specialized transportation services.*

**We Care Agency, Inc.....1-877-419-4300**

*Non-emergency transportation (medical appointments). Does transportation in Taos area*

# Sage Web Pages

**ADEAR**  
**Alzheimer's disease**  
**Education and Referral Center**  
[www.alzheimers.org](http://www.alzheimers.org)

**Aging and Long-Term Care**  
**Department**  
**State of New Mexico**  
**Health and Human Services**  
[www.ltclink.org](http://www.ltclink.org)

**Aging With Dignity**  
[www.agingwithdignity.org](http://www.agingwithdignity.org)

**American Association of Retired**  
**Persons**  
[www.aarp.org](http://www.aarp.org)

**Association on Aging**  
**State of New Mexico**  
[www.nmaging.state.nm.us](http://www.nmaging.state.nm.us)

**Drug interactions information**  
[www.gerrygraf.com](http://www.gerrygraf.com)

**Golden Willow Retreat**  
[www.goldenwillowretreat.org](http://www.goldenwillowretreat.org)

**Heritage Trust Financial Planning**  
[www.HTrust.com](http://www.HTrust.com)

**Medicare**  
[www.medicare.gov](http://www.medicare.gov)

**National Alzheimer's Association**  
[www.alz.org](http://www.alz.org)

**Open Hands**  
[www.openhands.org](http://www.openhands.org)

**Spiritual Leering**  
**Institute**  
[www.seniorresource.com](http://www.seniorresource.com)

**UNM-Taos**  
[taos.unm.edu](http://taos.unm.edu)

**VA**  
**Department of Veteran's Affairs**  
[www.va.gov](http://www.va.gov)

---

*“Live your life  
And forget your age.”*

**Norman Vincent Peale**



