

**The Health Ministry Partnership
of
Las Placitas Presbyterian Church**



**Community Health Resources
Placitas and Sandoval County
March 2014**

**7 Paseo de San Antonio
P O Box 768
Placitas, NM 87043**

(505) 867-5718 (Church Office)

Pastor: Drew Henry

HMP's Mission:

The purpose of the Health Ministry Partnership (HMP) is to promote health and wellness in the congregation and community.

The HMP seeks to serve the congregation and community through:

- Sharing information and resources,
- Referring people to needed services,
- Providing support.

HMP's Work and Priorities:

During the late summer of 2013, the HMP began work, focused on the health and wellness needs of older adults. The group met with a number of church members who were interviewed by committee members to discuss what people consider to be important needs, and to recommend possible next steps for the committee's work.

A number of people mentioned that transportation is a significant challenge for many, especially as people become older and more frail. Although the Senior Center provides transportation, many people may not know about those resources, and there are some limitations.

Isolation was mentioned as a concern, with many older adults living alone, and getting out less frequently. It might be helpful to investigate having some type of volunteer call reassurance, or people available to listen and provide information and referral.

People indicated that there are a lot of excellent resources in the region, including the Senior Center in Placitas, which has a wide range of services and activities. However, it can sometimes be difficult to access some health resources that are in Albuquerque, especially if those with health issues have limited transportation options.

The HMP discussed these issues, including the fact that many of us often do not know about many resources that do exist. The HMP decided to develop a Health Fair to share information and resources with LPPC members and community friends on March 2, 2014.

Community Health Resources is available to members and community friends in print version, and online at the church website, www.lasplacitaschurch.org. It will be updated periodically, with changes, updates and new resources. The resource list is not meant to be an endorsement of any health resource, and readers should carefully review resources, checking references. Please send any additions or corrections to lppcaa@lasplacitaschurch.org or call 505-867-5718.

HMP Co-Chairs

Anne Hays Egan, Health Consultant and Presbyterian Minister (retired)

Pat Thorpe, Physical Therapist

**Health Ministry Partnership (HMP)
Community Resources, March 2014**

I. LOCAL RESOURCES

There are quite a few health care resources in Sandoval County and nearby Albuquerque. These include a range of services from health education, wellness and exercise programs to primary health care, home care and more intensive care found in nursing homes, rehabilitation centers and hospitals. This directory provides information about some key area resources, as well as links to reports about health and healthcare resources in Sandoval County, at www.sandovalhealth.org.

A. Community Health Care and Mental Health Services

One can find primary health care through many private practice physicians and physician groups, other health care professionals, a Community Health Center such as El Pueblo in Bernalillo, and the Sandoval County Health Commons. This is not a comprehensive listing. This resource will provide listings for a few key facilities, as well as direct the reader to more comprehensive listings maintained by Sandoval County.

Sandoval County Health Commons
1500 Idalia NE Building B
Bernalillo, NM 87004
505-867-2291

A range of services provided by Sandoval County, in the Health Commons Building

El Pueblo Health Services
121 Calle del Presidente
Bernalillo, NM 87004
505-867-2324

Comprehensive family medicine. Accepts most health plans, Medicaid and Health Care Assistance.

Lovelace Healthcare Center - Rio Rancho
3801 Southern Blvd SE
Rio Rancho NM 87124
505-896-8600

Provides family medicine, pediatrics, immunizations, pharmacy, lab, and x-ray services.

Presbyterian Medical Group - High Resort
4005 High Resort Blvd.
Rio Rancho NM 87124
505-462-6000

Family medical care, internal medicine, cardiology, pediatrics, podiatry, mammography, x-ray.

Rio Rancho Adult & Family Medicine

1721 Rio Rancho Blvd SW

Rio Rancho NM 87124

505-727-3500

Family medicine, internal medicine, primary care, gynecology, health education, infectious disease, women's health, laboratory, pharmacy and radiology services.

Rio Rancho Family Health Center

1424 Deborah Rd SE Ste 101

Rio Rancho NM 87124

505-896-0928

Out-patient mental health, substance abuse prevention and treatment, crisis response/intervention, residential treatment for children and teens, primary care services, medical care, pharmacy, dental care, laboratory and radiology and patient education.

Placitas Dental, PC

Rachael Tingen, DMD

3 Homesteads Rd, Ste. B

Placitas, NM 87043

505-771-1122

B. Placitas Community Center – Our Local Senior Center

The Placitas Community Center provides a range of resources and services, including congregate and home delivered meals, transportation, blood pressure and other types of health screenings, enhanced fitness, aquatics and more. There are also a wide range of social activities and programs based on the interests of those involved with the center, including painting, yoga, beading, and work in clay. There are many prevention and wellness programs, including fall prevention, enhanced fitness and more. Medication management sessions are often available, where people come to have a health professional review medications and possible drug interactions (available locally or at other nearby centers).

For more information and a calendar, go to: www.sandovalcounty.com/departments/community-services/senior-services.

C. Exercise, Wellness and Nutrition Resources

The Placitas community has a physical trainer and a Zumba Gold exercise program available at the office complex next to the Placitas Realty offices, next to the Homestead Shopping Center. Zumba is also at the Stardust Dance Studio in Bernalillo 135 N Camino del Pueblo, 3 days a week (Tues & Thurs, 6pm and Sat, 9am).

The Curves Fitness Center is located nearby in Bernalillo, at the Walgreen's Shopping Center at the corner of Highway 550 and Camino del Pueblo.

St Vincent de Paul Society in Bernalillo has a monthly Senior Wellness Clinic which meets the second Tuesday of each month at 8:30am at Our Lady of Sorrows Church, 301 Camino del Pueblo (<http://olosbernalillonm.org/>). It is staffed by RN volunteers and has been in existence for 12 years. They provide blood pressure checks, glucose monitoring, weight monitoring, and other services.

D. Physical Therapy and Rehabilitation Services

The following are a list of local physical therapy and rehab resources near Placitas:

Paradigm Physical Therapy
240 S. Camino Del Pueblo, Bernalillo, NM 87004
(505) 771-2447

Presbyterian Healthplex
6301 Forest Hills Drive
Albuquerque NM 87109
505-823-8399

Provides a range of services including a full gym, classes, PT, OT and speech therapy, as well as rehab programs and some health support groups.

Wholistic Physical Therapy
720 Buckboard Rd., SE, Rio Rancho, NM 87124
(505) 891-4505

Select Physical Therapy – Westside II
2113 Gold Course Rd., Suites 106-107, Rio Rancho, NM 87124
(505) 898-9700

Rio Rancho Physical Therapy
4100 Southern Blvd, SE, Rio Rancho, NM 87124
(505) 896-4978

New Mexico Orthopaedic Physical Therapy
1201 Rio Rancho Dr., SE, Ste E, Rio Rancho, NM 87124
(505) 892-3520

New Mexico Therapy Associates
82 Idaho Creek Rd., NE, Rio Rancho, NM 87124
(505) 896-6999

E. Supportive Services to Help People at Home

Older people and adults with disabilities in Placitas have a number of resources that can provide important supports that enable us to remain living at home, with a bit of assistance. Services can range from occasional in home help with chores and challenging tasks to daily home support for those who need more in-depth assistance. Help is provided by both non-medical and medical home care agencies. Most of these agencies are licensed, and it is recommended that one research options carefully and choose a licensed care provider. Medical home care is provided by a home care agency that is staffed by medical professionals and paraprofessionals, such as nurses, nurses' aides and trained home care workers. Non-medical home care agencies provide assistance through caregivers who are generally not licensed health care professionals (but who are trained); they provide more basic, non-medical assistance with activities such as cooking, bathing, dressing, and other tasks. These providers and others offer a range of in-home services billed directly to the patient. Some services may be covered through long term care or other insurance programs. Check to determine if any services might be eligible for third party billing.

Sandoval County Senior Program

Homebound Network

505-867-7535

Social and emotional support to homebound elderly.

Homemakers

505-404-5816 or 505-896-8314

In-home support services such as light housekeeping, grocery or shopping, transportation to medical appointments, and assistance with personal care.

Home Instead

555 Osuna Rd, NE, Ste F

505-884-0353

In-home services to help with activities of daily living.

Comfortkeepers

Rio Rancho

505-232-7070

In-home services to help with activities of daily living.

Important Note: The State of New Mexico also provides subsidized home-health care services through a program called Personal Care Services (PCS). This program offers home-based care for disabled adults who qualify, paid through Medicaid. PCS allows people who need support with activities of daily living to hire a friend or non-spousal relative to help them, allowing people to remain at home with help. New Mexico has expanded its Medicaid coverage, and more people will qualify for care. Contact the NM Human Services Department at 866-251-4591, the State Call Center at 888-997-2583, or your Centennial Care Insurance Provider.

Additional resources include:

Independent Living Resource Center
4401-B Lomas NE, Albuquerque 87110
505-266-5022

Housing, legal rights, home modification, help finding personal caregivers (Medicaid only).
Email: ilrcabq@qwest.net
www.nmaging.state.nm.us

Jewish Family Service - Emergency Homemaker Program
5520 Wyoming Blvd, NE Suite 200, Albuquerque 87109
505-291-1818 x4516
Email: info@jfsnm.org
www.jfsnm.org

Sandoval County Retired Senior Volunteer Program (RSVP)
505-404-5818
Homemaker services for adults who cannot perform the essential activities of daily living.

F. Legal Assistance

There are a number of legal resources available, especially for those with limited incomes.

NM Bar Association
Lawyer Referral for the Elderly Program (LREP)
Provides information and referral and workshops at Senior Centers
505-797-6005

Senior Citizens Law Office
4317 Lead Ave, SE, Ste A
(505) 265-2300
Provides free legal services to older adults with limited incomes. In addition, the SCLO website has extensive information and resources: www.sclonm.org.

Resources are also often provided through local Senior Centers which may include workshops, free tax preparation, and other legal services. Check with the Placitas Community Senior Center.

G. Transportation Services

Some transportation services can be scheduled through the local Placitas Community Senior Center.

H. Assisted Living

There are a number of assisted living options for older adults living in Sandoval County, with most options outside of Sandoval County. The HMP will develop additional resources and information about assisted living and rehabilitation facilities and options.

I. Benefits

New Mexico is expanding Medicaid coverage through Centennial Care, so more people are eligible for services. There is a deadline for enrollment. Contact the Centennial Care Call Center toll free at 888-997-2583, or call NM HSD at 888-997-2583. One may also contact the Sandoval County Community Services Department at 505-867-1396.

Older adults in Placitas can visit the Sandoval County Office on Aging or go to the website www.benefitscheckup.org for information about local, state and federal benefits to which one may be entitled.

J. Ratings for Home Care and Care Facilities

Information about home care, assisted living facilities, and nursing home ratings can be found on the Federal Centers for Medicare and Medicaid site: www.cms.gov/Medicare/provider. Ratings for home care agencies that are certified can be found at www.hrsa.gov. Assisted living facilities are also rated at www.seniorlivingsource.org. The State of New Mexico has information and a list of assisted living facilities at www.carenewmexico.org. The New Mexico Association for Home and Hospice Care has information about home and hospice care resources and facilities at www.nmahc.org. And, a website called www.carepathways.com has ratings, rankings and survey inspections of nursing homes and skilled care facilities.

K. Associations and Support Groups

There are a wide range of issue or disease specific associations and support groups that can be found in many of the resource listings below. The LPCC HMP will be developing and updating a list, which will be posted online at the www.lasplacitaschurch.org website, and in printed updates.

L. Additional Information on Health in Sandoval County

For more information on health in Sandoval County, consult the following websites for the county's Health Plan and Health Report Card, health resources, community services and programs and services for older adults.

Health Report Card for Sandoval County by UNM Health Sciences Center
<http://hsc.unm.edu/community/CountyReportCards/sandoval.shtml>

Sandoval County Community Health Improvement Plan
<http://nmhealth.org/PHD/OHPCHI/Health%20Council%20Plans/Regions%201-3%20Final%20Plans/SandovalCoCHIP2.pdf>

Sandoval County Community Services Department
<http://www.sandovalcounty.com/departments/community-services>

Sandoval County Community Health Resources
<http://www.sandovalcounty.com/departments/community-services/community-health>

2012 Guide to Senior Services in Sandoval County
http://www.ci.rio-rancho.nm.us/documents/12/19/Senior%20Guide%2020_1.PDF

II. NATIONAL RESOURCES AND WEBSITES

The following represents a list of some helpful national resources about health, older adults, and health benefits. Many of these have state chapters and local affiliates.

- Administration on Aging (AOA) – www.aoa.gov
- Alzheimer’s Association – www.alz.org
- American Association of Retired Persons (AARP) – www.aarp.org
- Benefits Check-up – www.benefitscheckup.org
- Eldercare Locator Resources for Older Adults – www.eldercare.gov
- Family Caregiver Information – www.familycaregiversonline.net
- Healthfinder (U.S. Department of Health and Human Services) – www.healthfinder.gov
- Medicare – www.medicare.gov
- National Family Caregivers Association (NFCA) - www.nfcares.org

This material has been developed by the Health Ministry Partnership, which is a mission of Las Placitas Presbyterian Church. Any comments, questions, or additions should be directed to the Church Administrator at lppcaa@lasplacitaschurch.org or 505-867-5718.