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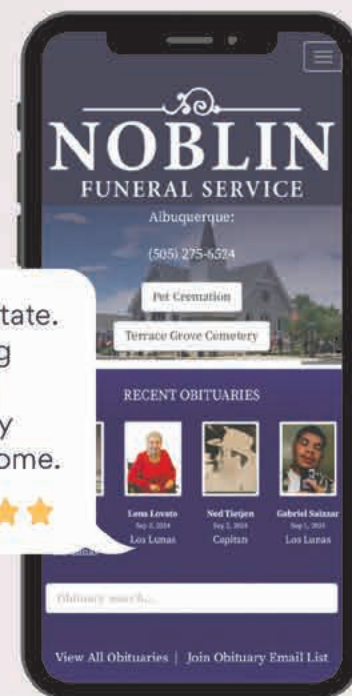
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Bridging the digital generation gap

Staying close to grandchildren in today's screen-driven world can feel like a challenge, especially for families separated by distance. But connection doesn't have to fade between visits. By making small adjustments in how technology is used, grandparents can become part of their grandkids' everyday lives — not just the occasional phone call or holiday visit.

One of the easiest ways to start is by focusing on a single method of communication. Whether it's a video calling app, a messaging platform, or even simple texting, sticking with one tool in the beginning helps reduce confusion and builds comfort on both ends. When communication is predictable and straightforward, it becomes easier for everyone to connect without hesitation.

Video calls work best when they go beyond basic conversation. Giving the call a shared purpose can make it feel more like a visit than a check-in. This might mean reading a story together, showing off a new drawing, or baking the same recipe in separate kitchens. The activity creates a shared experience, making the interaction more memorable and fun for both generations.

Games are another way to add energy and interaction to long-distance relationships. Online chess, word games, or puzzle apps provide something to share even when you're not talking in real time. These kinds of activities help bridge the age gap, giving grandparents and grandchildren a common goal and a reason to keep engaging.



Small, casual updates also go a long way in keeping the relationship alive. Sending a quick snapshot of your garden, a short voice message, or a “goodnight” note can make your presence a natural part of your grandchild's daily routine. These moments don't have to be long or elaborate — their power comes from their consistency and the feeling they create of always being in touch.

Some families even turn learning technology into a game by reversing roles. Letting kids

guide their grandparents through something new on the phone — whether it's sending an emoji, adding a filter to a photo, or installing an app — not only builds pride in the child but also boosts the grandparent's confidence. As with many practical ways to bridge the digital divide, this approach turns technology from a source of frustration into a source of connection.

Ultimately, closing the digital generation gap isn't about mastering every new app or owning

the latest devices. It's about finding steady habits, creating shared experiences, and being open to learning from each other. Technology is simply the tool — the real magic comes from the effort, creativity, and care that go into each interaction.

This Grandparents Day, consider making small but meaningful changes to how you connect. Whether it's a regular video call with a planned activity, a friendly game played from afar, or a steady stream of quick

updates, these moments add up. They transform distance into just another part of the backdrop, leaving the relationship at the center — warm, strong, and very much alive.

(Vicky Gemme works at ECDOL as a senior care specialist and has been working in this field for over four years. She also has a National Caregiver Certification from the American Caregiver Association.)



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Ungebah Davila | El Defensor Chieftain photos
The Fiber Arts Guild of Socorro County offers members classes in different techniques, including crochet and quilting.



The New Mexico Tech Community Garde, located on the corner of Bullock Boulevard and Leroy Avenue in Socorro, offers students and community members a place to get down and dirty.

Activities assist in learning, socializing

By Ungebah Davila
El Defensor Chieftain

For many seniors in Socorro County, the senior center is a familiar hub of meals, activities and socialization.

Outside its walls, an array of community groups and organizations offer fresh ways to stay active, creative and connected. From weaving looms to ham radios, from raised garden beds to book clubs, local residents have opportunities to learn new skills, meet new friends and enrich their communities.

Fiber Arts Guild: Creativity across generations

Since 2002, the Fiber Arts Guild of Socorro County has been welcoming members of all ages — currently from 12 to 88 years old — and genders to

explore the traditional and contemporary arts of fiber. The guild, which includes 55 members from all over the county, including San Antonio and Magdalena, meets on the second Saturday of each month at Epiphany Episcopal Church in Socorro, with time set aside from 9:30 to 10 a.m. for coffee and treats, followed by “show and tell” and a class.

“Everyone brings what they’re working on, and it’s inspirational to see all the creativity,” said member Deborah Card. “We have weavers, knitters, spinners, crocheters and quilters.”

She said one of the biggest benefits of joining the guild is the fellowship it provides amongst artists and the chance to mentor younger ones who are just getting started in fiber arts.

Members often work independently and then come together to share projects, but the guild also offers regular work-

shops and classes where skills are taught and passed along from knowledge holders, elders and others who have particular skills they wish to share.

Beyond the monthly meeting, a smaller group also gathers on Tuesday mornings for hands-on help, conversation and lunch outings. Card said the classes and lunch meetings are word of mouth, and the best way to get involved isn’t through a website or an online calendar, but to show up and meet others.

The guild appreciates imagination, values skill and promotes camaraderie.

“It’s good for friendship, for learning new things and for being part of a community,” Card said.

Membership is \$20 per year — pro-rated depending on when you join — and newcomers are welcome to simply drop by a Saturday meeting to get started.

Community Gardens: Growing health and connection

Gardening is more than just turning soil and planting seeds, according to Samantha Winter, coordinator of the SCOPE Health Council.

For seniors, it’s an activity proven to support memory, motor skills, reduce the risk of falls and just promote joy. Community gardens offer fresh food to anyone in the community who helps keep it thriving.

Beyond the physical, gardening is a way to engage with folks of all ages and backgrounds and share valuable knowledge about how our food is grown and preserved, whether through planting and watering techniques, natural pest deterrents, seed sharing, canning, dehydrating and beyond.

Where once almost every household in the area had a family garden, now many

rely on store-bought produce whose prices continue to rise. Teaching young ones skills to become food sovereign and sharing garden plots with neighbors is one way to combat food deserts and hunger.

“There have been so many studies that talk about the mental health benefits of gardening,” Winter said. “When you add in the social interaction of a community garden, it really improves quality of life.”

Socorro County has several community gardens open to residents, including one near New Mexico Tech, another at the Magdalena Senior Center, a new site at Veterans Park and one at the Alamo Wellness Center.

Folks who are interested in participating in the Tech garden, located at 1004 Leroy Place, can get more information from SCOPE, or drop in at the garden on a Wednesday evening or Sunday morning. Anyone interested in participating at other locations can visit the respective centers to learn more. Seniors can volunteer during designated work days, or adopt individual beds.

SCOPE also helps individuals and organizations start gardens of their own, offering technical assistance, irrigation supplies and even microgreen kits. For seniors who can’t commit to outdoor gardening, pollinator patches and small raised beds offer scaled-down ways to participate at a smaller level.

“The beauty of gardening is that it meets you where you’re at,” Winter said. “Whether it’s planting a tree, watering a flower bed, or tending vegetables, it brings joy and connection.”

Visit the SCOPE office Monday-Friday from 9 a.m. to 5 p.m. at 215c Fisher Ave., Socorro, to learn more.

Amateur Radio: A hobby that connects the world

For those drawn more to the airwaves than the soil, the Socorro Amateur Radio Association offers folks a way to stay curious, connected and even prepared for emergencies, and is a hobby that can be shared with spouses, children and grandchildren.

“It’s a hobby, but also a service,” said Al Braun, a longtime member with the call sign AC5BX.

He houses several ham radios at his business, Radio Shack, 722 California St., in Socorro, along with a telegram machine and other communication devices from the decades.

“We talk to each other across boundaries, take part in contests and exercises and in emergencies, we can provide communications when other systems are down,” he said.

Ham radios can reach across the globe. Braun said he’s connected to other ham radio users as far away as Reunion Island in the Indian Ocean and Hawaii. A door at Radio Shack is covered in postcards from people around the world whom he’s reached with his radio.

“You don’t always talk about anything deep,” he said. “It’s often just, ‘Your signal is good, I’m using this equipment,’ but it’s a thrill to connect.”

The association meets at 7:30 p.m. on the second Wednesday of each month in the annex building in Socorro. While operating a ham radio requires a license, newcomers can attend meetings to learn how to get started.

“It’s a good hobby,” Braun said. “It’s been around for over 100 years, and it’s always welcoming new people.”



Socorro Amateur Radio Association member Al Braun demonstrates a ham radio at his Radio Shack store.



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Holistic approach makes Senior Citizen's Law Office stand out

By Kenn Rodriguez

Valencia County News-Bulletin

For nearly 43 years, the Senior Citizen Law Office has served senior citizens in central New Mexico, including those in Valencia County, according to Executive Director Brwyn Downing.

"We were created specifically to provide critically needed advocacy and legal representation to seniors aged 60 and older in order to uphold their rights, maximize their autonomy and ensure they receive the benefits to which they are entitled," said Downing in a recent telephone interview.

In Valencia County, the organization is funded by the New Mexico Civil Legal Service Commission, which was created in 2001 by the state Legislature.

Downing, who became executive director for the Senior Citizen Law Office in 2001, said the non-profit's services have an income requirement of 200 percent of the federal poverty level or less for Valencia County citizens. The organization is locally-funded and not federally-funded, though state money tied to low-income New Mexicans does use the federal poverty level as a guideline, as per Older Americans Act guidelines.

"We see that seniors have a lot of the same issues across central New Mexico," she said. "Of course, as a nonprofit, there is far greater need than we can actually provide services to that standard, unfortunately."

"I would say for almost every non-profit who provides civil legal services to low-income New Mexicans, we have to give priority to seniors who are economically needy, socially isolated, medically frail and institutionalized," she concluded.

The Senior Citizen Law Office services include:

Government benefits: Helping seniors access Social Security, health care benefits (Medicaid, Medicare),



SNAP and other state benefits.

Housing: Landlord-tenant work (almost always representing the tenant), and home foreclosure defense.

Financial well-being and exploitation: Defense against financial exploitation, handling consumer matters, identity theft, and debt collection issues.

Advanced directives: Recommending and assisting with powers of attorney for everyone over 18 to protect autonomy and prevent adult guardianship.

Downing said government benefits are one of the main types of issues SCLO tackles overall, and the organization is "making sure our seniors can access everything they're entitled to."

"That includes their Social Security that they worked for, their health care benefits, Medicaid, Medicare, SNAP if they need it, other state benefits, etc.," she said.

In Valencia County, SCLO does a lot of work regarding housing, which she said is an issue nationwide. The nonprofit does a lot of landlord-tenant work in Valencia County, she said, and almost

always represents the tenant because of the "power dynamic" involved between a landlord and a tenant.

"We also do home foreclosure work, and we're one of the only civil legal service organizations that does home foreclosure defense," she said. "Every case is different, and what outcome the client wants can be different from case to case," she said, in explaining the program, emphasizing that SCLO can help seniors explore all their options in resolving foreclosure.

"Sadly, for some people, there are no retention options, and when that's the case, we try to help them exit gracefully and think about what's next in life," she said.

The Senior Citizen Law Office also provides legal education classes and one-on-one general legal clinics at senior centers in the community, working directly with the prospective client due to its ethical duties as a law office. Downing said the organization takes a different approach when helping seniors.

"We do a lot of holistic representation, which is what we call it," she said.

"Actually, home foreclosure is a really great example. In almost every single case that we've received for home foreclosure, there's a reason behind why the senior could no longer pay their mortgage. So it's not just the home foreclosure issue. It's addressing the originating issue about why they cannot pay their mortgage."

"They might have lost their government benefits or someone stole their ID and wiped their bank account clean," she explained. "So when we do an intake and we meet with our clients, very often they come to us with one legal issue and we end up picking up more that we can assist them with. We try to look at the senior situation holistically."

With a staff of 19, including 11 attorneys, the SCLO most often works on housing issues, which Downing said has been the greatest need in recent years, followed by benefits work. Downing said the non-profit prefers to do prevention versus reaction, scheduling community clinics and educational presentations, which is a significant part of their preventative work.

Almost all services provided by the organization are free, except for estate planning, although the prices for estate planning are published on the SCLO's website, sclonm.org, and are kept low.

"Getting into the community is important because we're meeting people where they are, instead of having them drive to our office. That's a really important function of what our model of service," Downing said. "A lot of our educational presentations are about arming yourself with knowledge to prevent something like a scam or ID theft. It's really important for us to do our work in the office, where we have what you don't have when you're presenting in a room in a senior center. It's crucially important to also be able to meet people on their own."

For more information, contact SCLO at 505-265-2300.



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Back to School in the Golden Years

By Jessica Carranza Pino

El Defensor Chieftain

For many, “back to school” conjures images of young students carrying backpacks heavy with notebooks and pencils; however, for a unique and growing segment of the population, this phrase takes on an entirely new and enriching meaning when the students are senior citizens.

Patty Hatch, ceramics instructor at New Mexico Tech (NMT), feels incredibly fortunate to have the opportunity to teach her remarkable group of senior citizens.

“We have people who have wonderful careers, as artists, as teachers and now it’s their chance to come in and be students, relax and create for joy,” Hatch said.

Her ceramics class is just one of the community education courses offered at NMT to seniors 65 and older for \$5 per credit hour plus additional materials and course fees. Other classes include yoga, welding, archery, photography, painting and more.

Hatch said that without the pressure of grades, students with varying skill levels can set their own goals in an enjoyable and fulfilling manner.

“The fine arts classes aren’t graded, so it’s a low-pressure situation. Everyone feels welcome at whatever level they’re coming in,” she said.

Last year, she had a 96 year old take her class.

“It was so gratifying to see someone that age doing something new and something creative,” Hatch said.

Because community students can and often do repeat classes as often as they wish, Hatch has a solid core group that returns to her class year after year. She sees her role more as a mentor than a traditional teacher, allowing them to learn and evolve at their own pace.

A life-long learner

The potter’s wheel spins as Belle Rehder focuses on the clay in front of her, rib tool in hand. Applying just the right amount of pressure, the soft clay responds to her touch, transforming into a beautifully shaped bowl. Once a



Gina D’Ambrosio and Juanita Gordon prep their clay for the wheel, while Susan Oviatt works on her project in the background at the New Mexico Tech ceramics studio in Socorro.

Jessica Carranza Pino | El Defensor Chieftain photos

ceramics teacher, she is now a student in NMT’s advanced ceramics class.

“It’s the creativity, socialization, and it’s a chance to get things processed in our minds. That is really important, and art is a good way to do it,” Rehder said.

Rehder has taken nearly every fine arts class multiple times, as well as many physical education classes. She said, although some classes have higher costs due to materials and other fees, compared to other studios, it is an affordable way to engage in the arts.

For her, participating in the activity is not just a chance to express her creativity; it’s an enriching experience that allows her to explore her artistic talents while also connecting with others.

She appreciates the ceramics studio for its supportive and well-organized environment, as well as its helpful staff.

She particularly values the strong camaraderie with her classmates, with whom she has built friendships beyond the studio.

“It’s really a nice place to gather thoughts and meet people, and see what people are doing,” Rehder said.

NMT Community Education

Maureen Trujillo, community education coordinator, said NMT offers both credit and non-credit courses designed for students, faculty, staff, and community members. The offerings are diverse, including fine arts, physical recreation, enrichment courses, and certification programs. Courses can be full-term, mini-courses, or workshops, making them accessible for different interests and schedules.

“We’re working to broaden our reach

by developing flash courses, short, one to two-day experiences that are flexible, engaging and accessible. Some will be designed simply for fun and personal enrichment, while others will focus on practical skills and professional development,” Trujillo said.

NMT is currently expanding its certification programs, which provide community members with workforce-relevant credentials that support career advancement and lifelong learning.

Trujillo said the program reflects their goal of balancing traditional semester courses with innovative short-term opportunities that meet the evolving needs of both the campus and the wider community.

“Seniors have become a vital part of our program; many have been with us for years, and they bring so much energy

and enthusiasm to the classroom. Beyond the classes themselves, they've built friendships and a strong sense of community, often encouraging their friends to join in." Trujillo said.

She said a Community Education catalog, available each semester, lists all courses with their times, locations, and registration details. You can find it on our Community Education website and on Banweb through the registrar's office.

"We do have a large, dedicated group of seniors who continue to take courses semester after semester," Trujillo said. "What's wonderful is how much they enjoy not only the classes themselves, but also the community they've built with one another."

She believes the classes have become an outlet for seniors to stay active, creative and engaged.

"It gives them something meaningful to look forward to, and I believe it really enriches their lives. I'd love to see even more seniors from the community take advantage of these opportunities," Trujillo said. "For them, it's not just about learning a new skill — it's about being part of a supportive group that really enriches their lives."

NMT Dean of Arts & Sciences Dr. Steve Simpson said the fine arts, music and physical recreation courses have been available at New Mexico Tech for decades.

Since 1984, the state of New Mexico

has offered a \$5 tuition rate for individuals aged 65 and older, in accordance with the Senior Citizens Reduced Tuition Act. While the exact start date for New Mexico Tech's outreach to community members is unclear, he said many can confirm that seniors participated in these courses as early as the 1980s.

"Engagement with the Socorro community is not only important to our program, but to New Mexico Tech as an institution," Simpson said, "For community members, these courses are a way to connect and to challenge themselves to discover new interests."

Registration for the Spring 2026 semester will open on Dec. 1, 2025, and remain open until shortly after classes begin on Jan. 20, 2026. When it's time to register, participants can go to the office for in-person support or register online through Banweb.

For more information, contact: Maureen Trujillo, CED Coordinator at community.education@npe.nmt.edu or call 575-835-6581.

Belle Rehder, on the potter's wheel, concentrates on creating a clay bowl in the NMT ceramics studio.



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Socorro's seniors are getting smarter about social media & scams

By Regina Barnett
El Defensor Chieftain

In an increasingly digital world, seniors in Socorro are proving that age is no barrier to tech-savviness, especially when community support and education are part of the equation.

From navigating Facebook to spotting fraudulent ads, older adults are learning how to stay safe online thanks to local initiatives and a growing awareness of digital threats.

Socorro Public Library Director Chelsea Jones has seen firsthand how many seniors are already comfortable with technology.

"Many of our seniors who are regulars that come in are already very proficient," Jones said. "But of course, if others came in who had the need for computer literacy, we would connect them with a tutor or start a class."

That spirit of support is echoed at the Socorro Senior Center, where a unique program helps older adults build confidence and skills in the digital realm.

Trish Lopez, founder of Teeniors, is passionate about empowering seniors through technology.

"I'm so glad you'll be discussing awareness of social media and online safety because that's what I'll be teaching in September at Socorro Senior Center," Lopez said.

Some of the issues with social media and online safety for seniors are technology addiction.

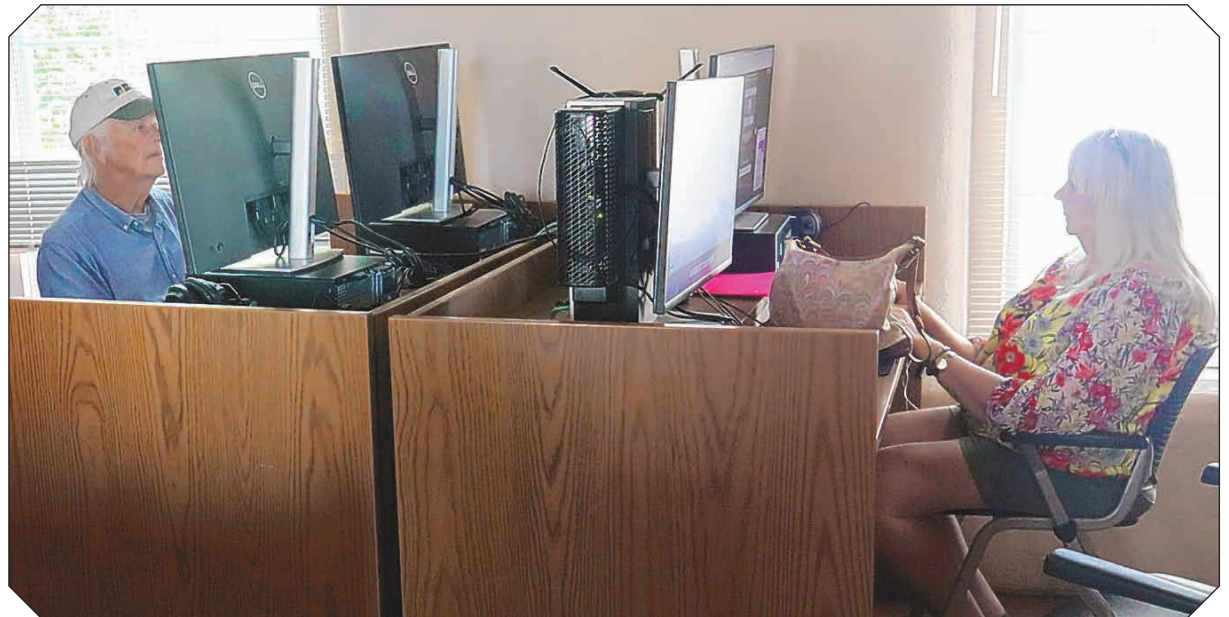
"This happens when people are feeling lonely," she said. "Isolation happens more and more as we age unless we continue to build community around us."

Social media can be a powerful tool for connection and information, but it's also a breeding ground for misinformation, manipulation and scams. Just because something is widely shared or looks professionally designed doesn't mean it's true or trustworthy, said Lopez, who added scams are not limited to one platform or age group.

"Scam artists target younger people as well. The difference is that they tend to identify the scam a little quicker. Also, scams happen online as well as via email, phone, text, U.S. mail and in person," Lopez said.

One of the simplest, yet most important rules for staying safe online is this: never enter your password into a website unless you're absolutely sure it's legitimate. Scammers often create fake login pages that look nearly identical to popular sites such as Facebook or Instagram, tricking users into handing over their credentials.

Once they have your password, they can hijack your account, impersonate you and even scam your friends.



Regina Barnett | *El Defensor Chieftain*

Two seniors utilize the computers and internet access at Socorro Public Library.

Always double-check the web address before logging in, and avoid clicking on login links sent via email or social media messages. If something feels off, trust your instincts, close the page and go directly to the official site.

Lopez offers practical advice for navigating technology safely.

"You can never get lost, you can always go 'home' (point to home button)," she said. "If you're new to technology, focus on one thing at a time and how it can improve your life, not on mastering every detail. Baby steps are how we build confidence, and it's great that you want to learn."

She also reminds seniors that being scammed is never a reflection of intelligence or worth.

"Never feel ashamed if you are scammed or almost scammed," Lopez said. "These are professional, well-organized people who work at this, and some of them play the short game (grandparent scams) while some play the long game (romance scams). We are here to help."

Online scams targeting seniors are on the rise, and the numbers are sobering. In 2024 alone, older adults in the U.S. reported losing a staggering \$12.5 billion to fraud, an increase of 25 percent from the previous year. According to the Federal Trade Commission, adults in

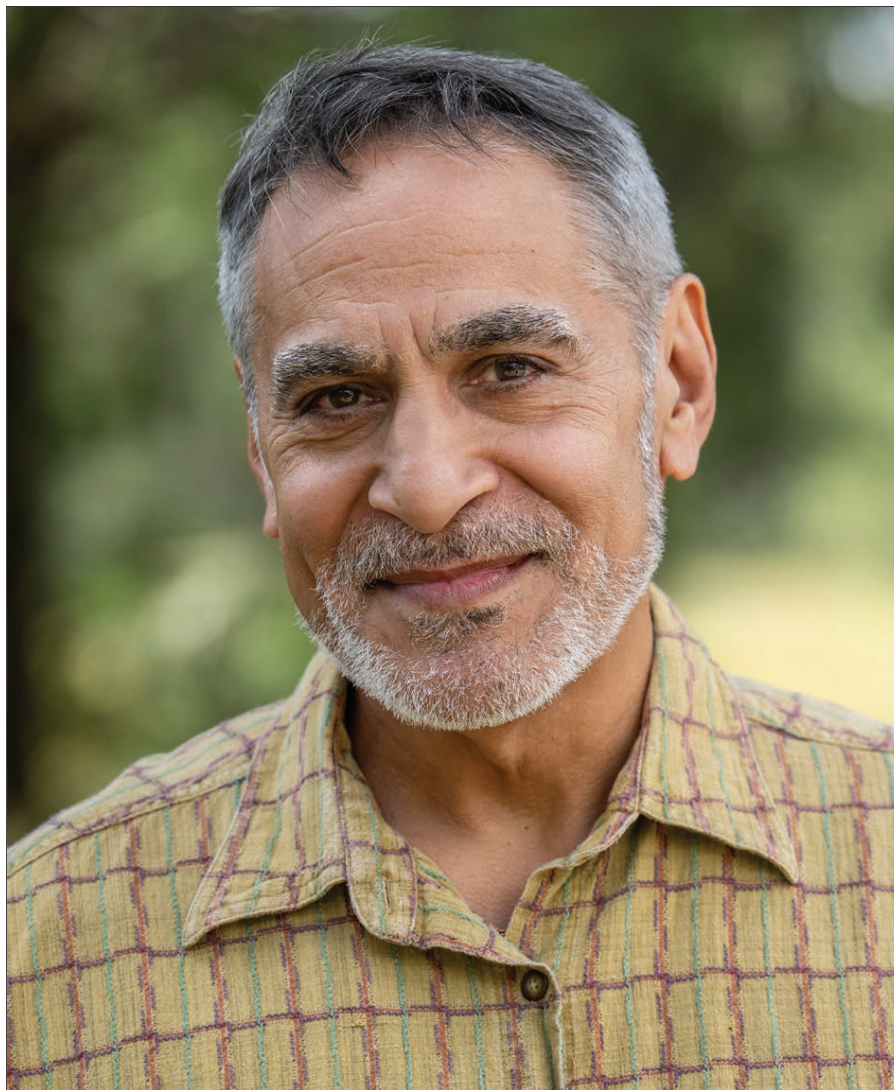
their 70s reported a median loss of \$1,000 per scam, more than double the losses reported by those in their 20s.

The FBI's Internet Crime Complaint Center also found that more than 101,000 victims aged 60 and older reported scams in 2023, with an average loss of \$33,915 per person. These scams range from tech support hoaxes to romance and investment fraud. Many go unreported, making the true impact even greater.

Teeniors has been active in Socorro for more than a year, offering monthly classes and recently hiring their first local teen coach, Daniel Vonderhaar, a student at NM Tech. The organization was even featured on the Kelly Clarkson Show this past April, highlighting its innovative approach to bridging generations through tech coaching.

For seniors in Socorro, the message is clear: you're not alone, and help is just a phone call, or a class, away. Whether it's learning to spot a scam or simply figuring out how to use a smartphone, the community is stepping up to make sure older adults stay safe, connected, and confident online.

For more information or to book a session, visit teeniors.com or visit The Socorro Senior Center, 1410 Ake Ave., Socorro, and can be reached at 575-838-7597.



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 **PRESBYTERIAN**
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Understanding Medicare might be better left to the professionals

By Julia M. Dendinger

Valencia County News-Bulletin

Sheri Ulibarri says Medicare was the “last thing on Earth” she wanted to do.

“I said, ‘I will never touch Medicare because it’s so complex,’” said Ulibarri, a licensed insurance broker. “Then my mom got sick and she was getting all these obnoxious (Medicare) phone calls. I realized if my mom was getting them, everybody else was, too. I thought, I’ve got to help our community. I have to help people.”

Since then, Ulibarri, a certified senior advisor, a registered Social Security analyst and financial security navigator, has begun specializing in areas such as Medicare Advantage plans, Medicare supplemental plans and retirement planning.

“Now, I do probably 95 percent Medicare,” she said.

Medicare is a federally-funded health insurance for people 65 or older, but someone may be eligible for Medicare earlier if they have a disability, end-stage renal disease or ALS, more commonly known as Lou Gehrig’s disease.

Some people get Medicare automatically, while others have to actively sign up depending on if they start getting retirement or disability benefits from Social Security before they turn 65. Whichever situation a person finds themselves in, Ulibarri encourages them to connect with a broker like herself and become educated in all the aspects of the program.

“It’s a lot easier when you work with a broker. Sometimes you are working with Social Security and you can be on hold for hours. We can help mitigate some of that time concern,” she said. “Medicare is such a monster to navigate. When you



Julia M. Dendinger | Valencia County News-Bulletin
Sheri Ulibarri, owner of H & I Insurance in Rio Communities, encourages seniors to connect with a broker and become educated in all the aspects of the Medicare program.

have somebody who’s educated on it, it’s easier to find the gaps in their coverage. We don’t consider ourselves salesmen. (Brokers) consider ourselves problem solvers, solution finders and educators.”

Whether someone is enrolling in Medicare for the first time or already has a plan, Ulibarri says a broker can help

them find the plan that best fits their needs and is up-to-date on yearly changes.

“We are required to take a course every year and pass a test with a 90 percent or better so we can help people navigate Medicare for the following year,” she said. “There’s always something that’s changing.”

Ulibarri and members of her team offer clients a comprehensive needs analysis to determine which plan best fits their needs.

“Everyone’s needs are different. We ask questions and find the plan that fits. Some people might need dental benefits while another needs transportation help,” she said. “The (Medicare) calls people receive are usually just one carrier and they say this is what we have, but it may not be what you need.”

With annual enrollment for Medicare just around the corner — from Oct. 15 to Dec. 7 — Ulibarri expects those phone calls to begin inundating the homes of seniors and encourages them to reach out to a broker.

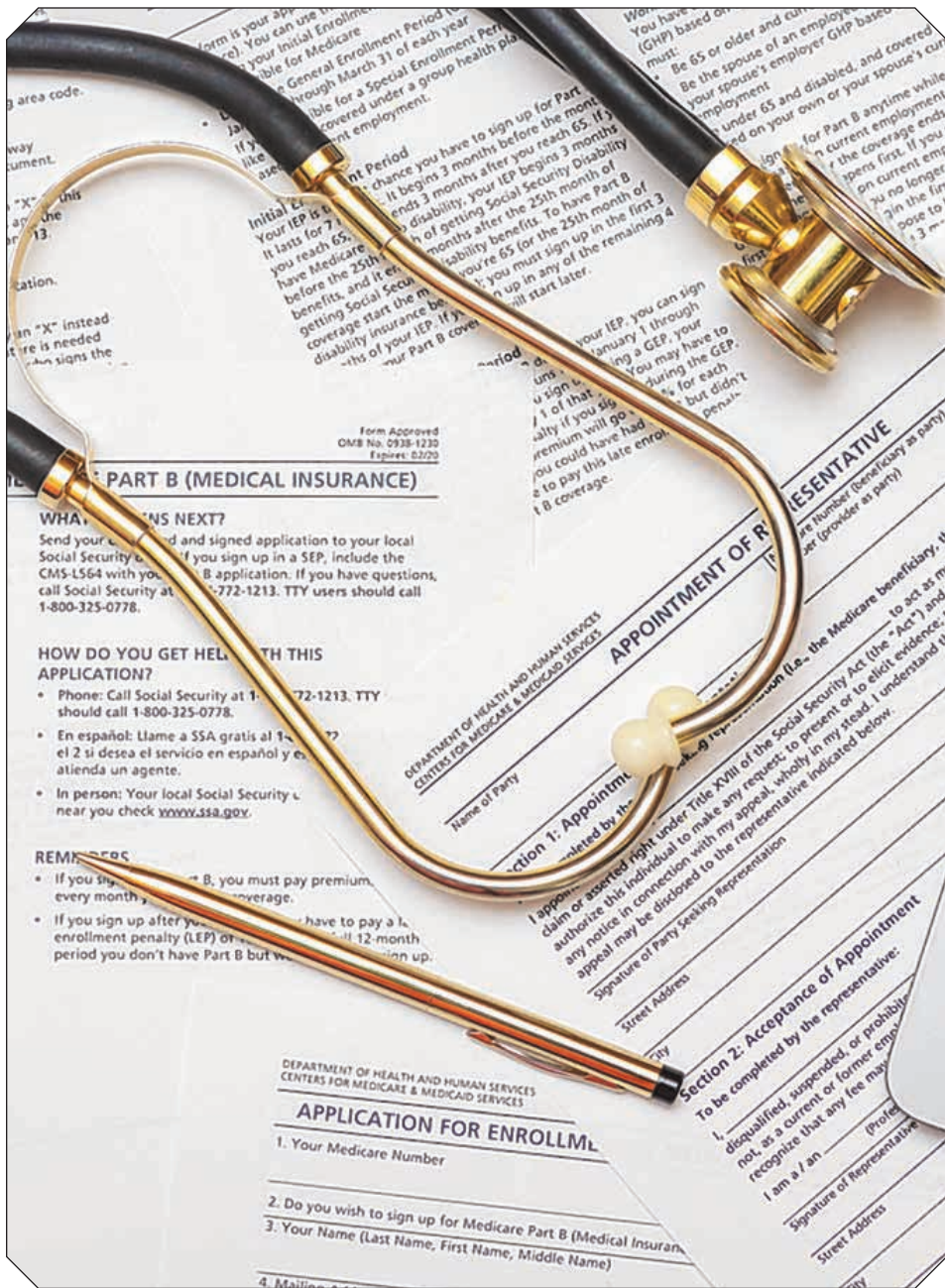
During annual enrollment, someone can join, drop or switch to a Medicare Advantage Plan, switch between an advantage plan and original Medicare, or vice versa and change to another Medicare drug plan if on original Medicare.

Ulibarri said a client can make as many changes as they want during the annual enrollment period, but the options they have chosen become locked in for the next calendar year on Dec. 7. Coverage for advantage plans begin on Jan. 1 of each year.

There is a second enrollment period from Jan. 1 to March 31, but you can only switch to another advantage plan or return to original Medicare. Coverage starts on the first of the month after the plan gets your change request.

If you are already receiving Medicare, Ulibarri said it’s a good idea to review your plan annually and possibly see a broker for a needs analysis.

“As we get older, our needs change. A lot of the advantage plans have extra benefits, like over-the-counter cards that



cover groceries or nonprescription medications,” she said. “Maybe you need more vision benefits. Our goal is to make sure we are finding the most cost effective plan for our clients. Make sure they have the lowest premiums, out-of-pocket maximum, co-pays. If you have a chronic condition, we want to make sure that plan is tailored to that need. There’s a lot to the Medicare puzzle. It’s important to me for our community to be healthy and know what they have.”

Brokers are legally required to educate their clients on the differences between the Medicare Advantage Plans and original Medicare, Ulibarri said, so they can make the best choice for them.

Brokers also cannot take any kind of compensation or gift from a client, she said, but they do receive a commission from the insurance carriers.

“For instance, if a new client comes to me and after I do the comprehensive needs analysis, I find the plan they are on is the one they need to stay on, then I don’t get any kind of compensation,” Ulibarri said. “And that’s perfectly fine. I’ve done my due diligence. I just ask them to refer their friends and family. I want to make sure my clients get what they deserve, and educate them on what they’re eligible for because we’ve all paid into this system for so many years. It’s what they’re entitled to.”

Ulibarri’s office, H & I Insurance, is located in Rio Communities. Appointments can be made by calling 505-639-5966.

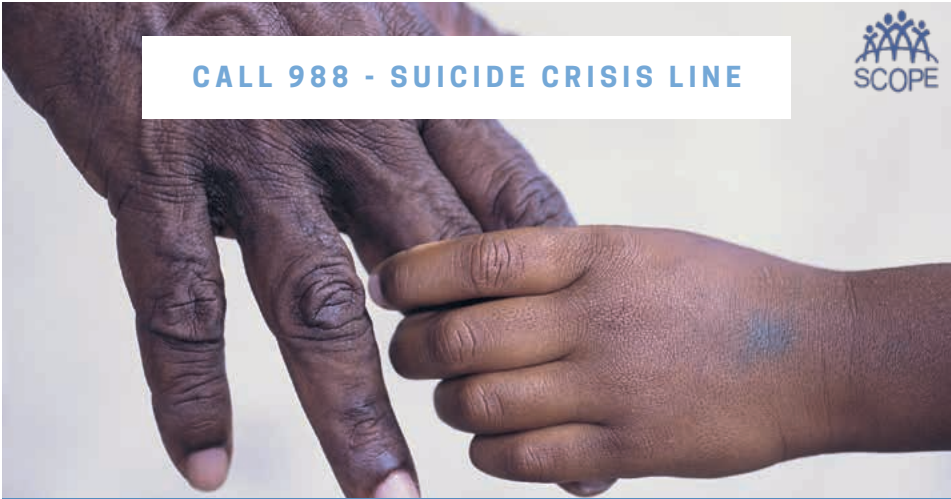
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People ages 85+ had the highest suicide rates in 2023 (CDC).
Seniors are the heart of our families—the storytellers,
teachers, and guiding hands. They need us, and we need them.

Senior volunteers give love & support across Valencia County

By Mike Powers

Valencia County News-Bulletin

The relatively new name, Mid-Rio Grande Senior Volunteer Network (SVN), may not exactly roll off the tongue, but the services the organization provides is easy to understand — not only to people who are being served but to those who are serving, giving a helping hand.

SVN is no longer affiliated with the nationally known Retired Senior Volunteer Program (RSVP), but it has similar goals.

“What we do is recruit 55 and older people and place them in organizations” that need assistance, said Christine Vasquez, SVN supervisor.

While SVN is located in Belen, financially supported by the city of Belen and part of Belen Parks and Recreation, its reach is wide. More than two dozen partners, mainly non-profits and public agencies, are spread from one end of Valencia County to the other.

Volunteers give tours, help cook and serve food at the Harvey House in Belen. Some fill roles at the Valencia County Animal Shelter in Los Lunas, staff county senior centers or read to children and tutor at the Belen Public Library.

Those are just a few examples.

“There’s a wide variety of jobs and placements,” Vasquez said. “It just depends on what the organization needs — no job is too small. Every job helps. Every job counts.”

One of the groups that works with SVN is Bits and Pieces, in Jarales, at one of 15 facilities called volunteer stations. The sewing group meets each Wednesday at the Don Jose Dolores Cordova Cultural Center, the former Jarales School, stitching together whatever is needed.

Quilts are popular, says Sylvia Storey during a break in the activity, but that’s just the beginning.

“We’ve done bandana bibs for the Children’s Hospital. We made hospital gowns — premie blankets,” as well as pillow cases for sick children. Parents “need to know that somebody cares about the baby,” Storey said passionately.

Others benefit as well. Dialysis patients might get a comforting blanket. Quilts were sent to families after the school shooting in Uvalde, Texas.

Karen Sutherland, of Bernardo, has made spe-



Mike Powers | News-Bulletin photos

Christine Vasquez, Senior Volunteer Network supervisor, hopes to expand services in anticipation of a growing need in Valencia County.

cialty quilts for people in wheelchairs.

“They are made differently because they are narrower and longer,” Sutherland said, making them more convenient for movement and holding a purse or bag. “They love them.”

SVN lists 180 volunteers throughout Valencia County, racking up more than 8,500 hours during

the last fiscal year. An SVN fact sheet says this community impact contributed nearly \$750,000 in economic value in 2023.

Those numbers jump off the page, but what may be trickier to see is the real impact on people.

“It’s about helping the living and getting them active again, feeling needed and participating,” said Vasquez.

The end result, as shown in an AmeriCorp survey, are tremendous physical and mental health benefits, with less feeling of isolation for seniors.

In Jarales, members of the sewing group have seen the results first hand.

“They just shared and cared. It was a wonderful feeling” was the reaction of Sutherland after her first visit. “I couldn’t wait to come back.”

Sutherland noted that several people stopped by after losing a spouse, saying they just needed a hug. Storey added, “Some days I just come to talk.”

Terri Molina of Jarales, who joined Bits and Pieces 12 months ago, says supplies have been donated but “some (members) use their own. We all have a stash at home.”

Vasquez, who has been SVN coordinator for about a year, immediately saw “the great need in the community, in our county.” That’s why she is pursuing ways to supplement other services, if additional funding can be found.

While transportation services are available in Valencia County, Vasquez envisions partnerships to increase access throughout the day. In addition, SVN is currently working with churches and others to compile a resource guide for seniors, with an easy to follow list for legal help, transportation, food options and other necessities. Vasquez says the challenge is getting information to people who are homebound, unsure of what might be available.

About a year ago, Vasquez received a call from a person living in a “super remote area” of Valencia County. They had money to fix a broken vehicle, but no luck finding a tow truck or mechanic to start the process. For nearly a month, unable to leave the house, they had been living on goats milk and chicken eggs.

When SVN volunteers arrived with emergency groceries and other supplies, it was discovered that the house and property needed additional repairs. SVN then referred the homeowner to other agen-

Activities for seniors with limited mobility

Physical activity is a valuable tool in the fight against chronic disease and other conditions. In fact, the Cleveland Clinic highlights physical activity among its nine ways to prevent disease in an effort to live a long and rewarding life.

Children, adolescents, young adults, and even men and women in middle age may not face too many physical hurdles when they try to exercise, but seniors are not always so lucky. Aging men and women with mobility issues may wonder if they can reap the rewards of physical activity, and thankfully there are many ways to exercise even if getting up and going isn't as

easy as it might have been in years past. Sometimes referred to as aerobic exercise or simply cardio, cardiovascular exercise is an umbrella term that encompasses a wide range of physical activities that raise the heart rate and improve endurance. Seniors with mobility issues can look to various forms of cardio for inspiration as they seek to be more physically active without compromising their overall health.

- Walk your way to a healthier you. Walking is a form of cardiovascular exercise that is ideal for older adults with mobility issues because it need not be physically demanding and it's safe to walk just about any-

where. Walking in a place such as a local park can be particularly good for older adults because they can take periodic breaks on benches if aches, pains or stiffness is affecting their ability to keep moving.

- Take up swimming. Swimming might be tailor-made for seniors with mobility issues because it's a great workout and exercising in water tends to be less taxing on muscles and joints. The Cleveland Clinic notes that swimming promotes heart health, strengthens the lungs, helps to burn calories, and builds muscle, among other benefits. And many seniors find swimming is just as fun in their golden years as it was in their

youth, which means aging adults might not face problems with motivation when the time comes to get in the pool.

- Use an exercise bike or portable pedal exerciser. Cycling is a wonderful exercise but one that seniors with mobility issues may feel is no longer possible. If doctors advise against riding a traditional bike, an exercise bike or portable pedal exerciser can provide many of the benefits of cycling without as great a risk for accident or injury. A portable pedal exerciser can be carried to a park, where seniors can still spend time in the great outdoors, which is one of the most appealing reasons to get on a bike and go.

- Take beginner yoga or tai chi. HelpGuide.org notes that gentle yoga or tai chi can help to improve flexibility and reduce stress and anxiety. Though yoga and tai chi can provide as much demanding physical activity as individuals allow, beginner classes in each discipline don't require much movement but do provide enough for seniors hoping to be less sedentary.

Even seniors with mobility issues can find safe and effective ways to be more physically active. Prior to beginning a new exercise regimen, seniors with mobility issues are urged to discuss activities with their physicians.

cies, which were able to help.

Vasquez agrees the "emotional part is a roller coaster because there's such a great need. Unfortunately, with people losing a lot of their services, I have a feeling there is only going to be a greater need in the future."

That's why Vasquez believes it is important to expand what SVN offers. That would mean more volunteers will be needed, and to those like Storey, it brings satisfaction.

"You're giving time, talent, resources, your love. We have this," Storey said while glancing around one of the rooms at the Cultural Center in Jarales, packed with fabrics, thread, irons, sewing machines, scissors and needles. "We have this time, so share it."

The Mid-Rio Grande Senior Volunteer Network is located at 719 S. Main St., Belen. The phone number is 505-916-7198.

SVN Volunteer Stations

- AARP Tax Services
- American Legion Post 81-Belen
- Belen Area Food Pantry
- Belen Community Center
- Belen Harvey House Museum
- Belen Public Library
- Belen Senior Center
- Bosque Farms Community Center
- Del Rio Senior Center
- Fred Luna Multi-Generational Center-Los Lunas
- Jarales Community Center
- Meadow Lake Community Center
- St. Philip's Episcopal Church-Rio Communities
- St. Vincent De Paul Thrift Store-Belen
- Whitfield Wildlife Conservation Area



Bits and Pieces sewing club, including members, left to right, Terri Molina, Sylvia Storey and Karen Sutherland, works with the Senior Volunteer Network.

How to choose a hospice facility

Hospice programs are designed to provide care to those facing end-of-life illnesses and offer support for those individuals' families and caregivers.

The hospice philosophy is a relatively recent one, at least in the United States. According to Harvard Medical School, in the 1970s a growing number of terminally ill people were dying alone in hospitals.

In response to that, the hospice movement began to offer services that would enable individuals to die free of pain and with dignity. Resources were available to families facing tough decisions.

Hospice is fully covered by Medicare in the United States for all eligible patients and is covered by most Medicaid and commercial insurance plans. Canada has universal health care, which provides basic health services without user fees. Palliative care, which hospice care falls under, is a basic service in all provinces and territories, so it's likely these services, when provided in a hospital, will be covered. Hospice care provided outside of a hospital in Canada may not be free of charge.

Choosing a hospice provider is an important decision. Depending on where a person lives, there may be a variety of hospice options, and each may differ in a number of ways, including quality of care. The following tips can help families as they seek hospice facilities.

- Start with a state or national website. Organizations like the National Hospice and Palliative



Care Organization offer databases of hospice providers across the U.S. This enables families to filter their options by provider type as well as geographic location.

- Determine the care outcome. You can decide which type of services will be needed for your loved one. Hospice programs can manage pain and symptoms; provide drugs, medical supplies and equipment; teach family members how to care for loved ones; help with emotional and spiritual aspects of death; and provide services like speech and physical therapy. Identifying the desired course of hospice treatment ensures families ask the right ques-

tions when visiting facilities.

- Know the screening requirements. Ask about the qualifications of hospice workers and volunteers as well as the level and type of training they receive before being placed with families.

- Determine caseload and how busy the hospice provider may be. Some hospices assign a certain number of patients to each staff member, while others offer only one-on-one assignments. This can affect how flexible scheduling may be.

- Where does care take place? Hospice services may occur in hospitals, skilled nursing homes,

private residences, or specialized hospice centers. Identify which scenario works for you and find services that align with it.

- Learn the reputation and read reviews of hospice providers. It may be easy to go with an initial recommendation, particularly when you want to offer fast relief to a loved one. However, families should read reviews and verify referrals before choosing a facility.

Taking the time to evaluate various factors pertaining to hospice care ensures that families choose a provider that emphasizes compassionate, high-quality care.



Fred Luna Multi-Generational Center in Los Lunas

Mike Powers | News-Bulletin photos



Bosque Farms Community Center

Valencia County Senior Centers

Belen Senior Center

715-A South Main St., Belen
Hours: 9 a.m.-3:30 p.m., Monday through Friday
505-864-2663
Site manager: Lydia Maldonado

Bosque Farms Community Center

950 N. Bosque Farms Loop
Bosque Farms
Hours: (lunch) 12-1 p.m.
505-869-5133
Site manager: Rose Poitras

Del Rio Senior Center

351 Rio Communities Blvd.
Rio Communities
Hours: 9 a.m.-3 p.m., Monday through Friday
505-864-7500
Site manager: Lupe Montaño

Fred Luna Multi-Generational Center

197 Don Pasqual, Los Lunas
Hours: 9 a.m.-3:30 p.m., Monday through Friday
505-839-3853
Site manager: Renee Benavidez

Meadow Lake Senior Center

100 Cuero Lane
Meadow Lake
Hours: 9 a.m.-1 p.m., Monday through Friday
505-865-8824
Site manager: Sarah Kerr

Socorro Senior Centers

Magdalena Senior Center

500 Ninth St.
Magdalena, N.M., 87825
575-854-2589

Socorro Senior Center

1410 Ake Ave.
Socorro, N.M., 87801
575-835-2119

Veguita Senior Center

894 N.M. 304
Veguita, N.M. 87062
575-517-5059

ABUSE/NEGLECT

New Mexico Adult Protective Services
1-866-654-3219
505-476-4912
505-287-1312 (Socorro and
Valencia counties)
nmaging.state.nm.us

ACUPUNCTURE

Acupuncture Associates of America
427 Main St. SW
Los Lunas, N.M., 87031
505-275-9602

Golden West Acupuncture
590 Bosque Farms Blvd.
Bosque Farms, N.M., 87068
505-869-9283

Points of Change Acupuncture
20 El Cerro Road
Los Lunas, N.M., 87031
505-818-7256

Smooth Qi Acupuncture and Wellness
21D El Cerro Road
Los Lunas, N.M., 87031
505-903-5698

Valencia Health and Wellness
101 N. Sixth St.
Belen, N.M., 87002
505-317-7773

ASSISTED LIVING

BeeHive Homes of Bosque Farms
1935 Bosque Farms Blvd.
Bosque Farms, N.M., 87068
505-357-0505

Center for Ageless Living
3216 N.M. 47
Los Lunas, N.M., 87031
505-865-8813

GoodLife Senior Living
1650 N. Los Lentes Road NE
Los Lunas, N.M., 87031
505-966-6152

Lakeview Manor
28 Lakeview St.
Los Lunas, N.M., 87031
505-866-9553

Sierra Springs Assisted Living
503 Los Lentes Road NE
Los Lunas, N.M., 87031
505-865-0876

AUDIOLOGY & HEARING AIDS

Hear on Earth
837 W. Castillo Ave.
Belen, N.M., 87002
(505) 247-3277

Livingston Hearing Centers
835 Main St. NE, Ste. 102
Los Lunas, N.M., 87031
505-832-3037

The Hearing Group of New Mexico
2060 Main St. NE, Ste. A
Los Lunas, N.M., 87031
505-916-5977

COUNSELORS & MENTAL HEALTH

Aspire Counseling
127 Sichler Road
Los Lunas, N.M., 87031
505-395-5631

Central New Mexico Counseling
Services
475 Courthouse Road NE, Ste. A
Los Lunas, N.M., 87031
505-565-9496

GD Psych Services, LLC
2700 Palmilla Dr. NW
Los Lunas, N.M., 87031
505-218-6383

Heart & Soul of NM, Inc.
838 W. Didier Ave.
Belen, N.M., 87002
505-312-0040

Journey to Wellness
536 Los Lentes SW
Los Lunas, N.M., 87031
505-944-6626

Open Skies Healthcare
2112 Main St. NE
Los Lunas, N.M., 87031
505-565-1761

Team Builders Behavioral Health
428 Los Lentes Rd. NE, Ste. 3
Los Lunas, N.M., 87031
505-865-3350

The Family Connection
2112 Main St. NE, Ste. A
Los Lunas, N.M., 87031
505-717-1155

CRISIS HELPLINES

New Mexico Adult
Protective Services
1-866-654-3219
505-476-4912

Aging and Disability
Resource Center
1-800-432-2080
nmaging.state.nm.us

New Mexico Crisis
and Access Line
Free, professional crisis counseling
1-855-662-7474 (24/7/365)
Peer-to-peer warm line
1-855-466-7100
Call: 7 a.m. to 11:30 p.m.
Text: 6-11 p.m.
Health care worker, first responder
support line
1-855-507-5509 (24/7/365)
nmcrisisline.com

Valencia Shelter Services
445 Camino del Rey SW, Ste. E
Los Lunas, N.M., 87031
505-565-3100 (office)
505-864-1383 (24-hour hotline)

Veterans Crisis Line
1-800-273-8255
veteranscrisisline.net

DENTISTS

Belen Family Dentistry
1501 E. River Rd.
Belen, N.M., 87002
505-864-6969

Bosque Farms Dental
1430 Bosque Farms Blvd.
Bosque Farms, N.M., 87068
505-869-2371

Conquistador Dental
704 Christopher Drive
Belen, N.M., 87002
505-864-7000

Enchanted Smiles
305 Rio Communities Blvd.
Rio Communities, N.M., 87002
505-864-2978

Familia Dental
1620 Main St. NW
Los Lunas, N.M., 87031
505-565-0651

Haltom Orthodontics
725 Main St. SW
Los Lunas, N.M., 87031
505-866-9296

Just Clean Smiles
3615 N.M. 47
Peralta, N.M., 87042
505-509-5721

Los Lunas Smiles
219 Courthouse Rd. SE,
Los Lunas, N.M., 87031
505-865-4341

Main Street Dentistry
705 Main St. SW
Los Lunas, N.M., 87031
505-865-3395

Morning Star Friendly Dental
1005 Main St. SW
Los Lunas, N.M., 87031
505-865-9438

Cecil Sandoval, DDS
601 Dalies Ave.
Belen, N.M., 87002
505-864-8912

Valencia Family Dental
1430 Bosque Farms Blvd.
Bosque Farms, N.M., 87068
505-865-9788

Joe R. Wilson, DDS PC
205 Rio Communities Blvd.
Rio Communities, N.M., 87002
505-864-3065

EXERCISE/PHYSICAL FITNESS

Anytime Fitness
2510 Main St., Los Lunas, N.M., 87031
505-375-2400

Belen Goju Ryu Karate
101 Becker Ave.
Belen, N.M., 87002
505-864-9568

Elite Muscle Gym
and Fitness Center
115 S. Main St.
Belen, N.M., 87002
505-864-4210

Hardkor Fitness
424 Becker Ave.
Belen, N.M., 87002
505-864-2424

Main Street Muscle and Fitness
435 Main St. SW
Los Lunas, N.M., 87031
505-865-0139

Planet Fitness
1950 Ken Haynes Rd.
Los Lunas, N.M., 87002
505-565-5506

Storms Fitness
1495 Bosque Farms Blvd., Ste. D
Bosque Farms, N.M., 87068
505-565-7222

Por Vida Fitness
2210 Sun Ranch Village Loop, #2A
Los Lunas, N.M., 87031
505-417-1099

FINANCIAL PLANNING CONSULTANTS

Edward Jones
3459C N.M. 47
Los Lunas, N.M., 87031
505-865-0303

Pavlos Panagopoulos Financial
Network and Insurance Center
511 W. Reinken Ave.
Belen, N.M., 87002
505-864-6675

Raymond James
Andrew Spears, financial advisor
1850 Main St., NE, Ste. A-1
Los Lunas, N.M., 87031
505-308-3526

Rio Grande Financial Network
336 Luna Ave., SE
Los Lunas, N.M., 87031
505-865-3624

FUNERAL HOMES

Noblin Funeral Service
•418 W. Reinken Ave.
Belen, N.M., 87002
505-864-4448
•2211-D Main St. SE
Los Lunas, N.M., 87031
505-866-9992

Riverside Funeral Home
820 Main St. NE
Los Lunas, N.M., 87031
505-565-1700

Romero Funeral Home
609 N. Main St.
Belen, N.M., 87002
505-864-8501

Natural Burial New Mexico
La Puerta Natural Burial Ground
505-445-0204
naturalburialnewmexico.com
info@naturalburialnm.com

HEALTH CARE FACILITIES & CLINICS

Bella Vida Health Care Clinic
and Medi-Spa
1400 Main St. NW, Ste. M
Los Lunas, N.M., 87031
505-916-0533

Bella Vida Walk-in Clinic
328 Main St. SW
Los Lunas, N.M., 87031
505-916-5446

Duke City Urgent Care
1044 Main St. NE
Los Lunas, N.M., 87031
505-814-1995

First Choice Community
Health Care
Los Lunas Medical Center

145 Don Pasqual Rd. NW
Los Lunas, N.M., 87031
505-865-4618

Fresenius Kidney Care Center
2800 Palmilla Rd. NW
Los Lunas, N.M., 87031
505-866-9544

Los Lunas Family Practice
127 Sandoval Rd. SW
Los Lunas, N.M., 87031
505-865-3374

Presbyterian Medical Group
609 S. Christopher Rd.
Belen, N.M., 87002
505-864-5454
200 Emilio Lopez Rd.
Los Lunas, N.M., 87031
505-866-2700

Presbyterian Urgent Care
609 S. Christopher Rd.
Belen, N.M., 87002
505-864-5454

Quality Sleep Solutions
1204 Main St. NE
Los Lunas, N.M., 87031
505-916-0263

Southwest Medical Clinic
2230 Bosque Farms Blvd.
Bosque Farms, N.M., 87068
505-869-0300

Still Point Medical
Peralta, N.M., 87042
505-967-7299

Valencia Family Medicine
311 Los Lentos Rd. SE
Los Lunas, N.M., 87031
505-565-2232

Valencia Health and Wellness
101 N. Sixth St.
Belen, N.M., 87002
505-317-7773

Home Health Services
1st Care of New Mexico
•154 Caldwell Ave.
Belen, N.M., 87002
505-861-7100
•207 N.M. 314 SW
Los Lunas, N.M., 87031
505-865-6887

Abarim Home Health Care
601 Main St. NE, # 27
Los Lunas, N.M., 87031
505-565-5358

Adaptive Home Health Care
472 Courthouse Rd. SE
Los Lunas, N.M., 87031
505-865-6602

Ambercare
420 N. Main St.
Belen, N.M., 87002
505-861-0060

Comfort Keepers
1202 Main St. NE, Ste. 200
Los Lunas, N.M., 87031
505-515-0001

El Paraiso
536 Los Lentos Rd. SE
Los Lunas, N.M., 87031
505-865-2994

Heritage Home Healthcare
and Hospice
Based in Albuquerque, serves
Valencia County to Belen
505-262-6455

Roadrunner Hospice
415 Luna St.,
Los Lunas, N.M., 87031
505-321-4819
RoadrunnerHHC.com

Right at Home Elder Assistance
Based in Albuquerque, serves
Los Lunas, Belen
and Socorro
505-266-5888

St. Anthony's Healthcare Services
1930 Main St. NE, Ste. 8
Los Lunas, N.M., 87031
505-865-6128

M&M Respiratory Services
830 N. Main St.
Belen, N.M., 87002
505-861-2011

NURSING HOMES

Belen Meadows and Healthcare and Rehabilitation Center
1831 Camino Del Llano
Belen, N.M., 87002
505-864-1600
1-866-603-1221

OCCUPATIONAL THERAPY

Paradigm Physical Therapy and Wellness
•1220 Camino del Llano
Belen, N.M., 87002
505-861-1200
•535 N.M. 314
Los Lunas, N.M., 87031
505-866-0055

OPTOMETRISTS, OD

Eye Associates of New Mexico
1603 Main St. SW, Ste. B
Los Lunas, N.M., 87031
505-865-6100

Eyedeal Vision
Christina M. Galos
511 N.M. 314 SW
Los Lunas, N.M., 87031
505-565-3937

Walmart Vision and Glasses
1 I-25 Bypass
Belen, N.M., 87002
505-864-4134
2250 Main St. NW
Los Lunas, N.M., 87031
505-565-4629

PHARMACIES

Albertsons Market Pharmacy
2351 Main St. SE
Los Lunas, N.M., 87031
505-865-2089

Share'n Care Pharmacy
701 Dalies Ave.
Belen, N.M., 87002
505-864-7471
Smith's Pharmacy

2580 Main St. NE
Los Lunas, N.M., 87031
505-865-3310

Walgreens Pharmacy
•315 N. Main St.
Belen, N.M., 87002
505-861-1762
•2500 Main St. NE
Los Lunas, N.M., 87031
505-565-7551
•1861 Main St. NW
Los Lunas, N.M., 87031
505-865-2933

Walmart Pharmacy
•1 I-25 Bypass
Belen, N.M., 87002
505-864-0270
•2250 Main St. NW
Los Lunas, N.M., 87031
505-565-4622

PHYSICAL THERAPY

Armada Physical Therapy
1400 Main St. NW, Ste. I
Los Lunas, N.M., 87031
505-865-4368

Paradigm Physical Therapy and Wellness
•1220 Camino del Llano
Belen, N.M., 87002
505-861-1200
•535 N.M. 314
Los Lunas, N.M., 87031
505-866-0055

VibrantCare Rehabilitation
2211 Main St. NE, Ste. C
Los Lunas, N.M., 87031
505-866-1677

Valencia Health and Wellness
Jon Otero, DPT
101 N. Sixth St.
Belen, N.M., 87002
505-317-7773

PHYSICIANS CHIROPRACTIC

Health Quest Chiropractic
155 Bosque Farms Blvd.
Bosque Farms, N.M., 87068
505-916-8472

Johnson Chiropractic Clinic, LLC
4205 N.M. 314
Los Lunas, N.M., 87031
505-565-0548

Wolff Family Chiropractic
643 N.M. 314 SW, Ste. 1
Los Lunas, N.M., 87031
505-866-1226

Robert Woodruff
352 Main St. NE
Los Lunas, N.M., 87031
505-865-3333

PHYSICIANS GENERAL PRACTICE

Bella Vida Health Care Clinic and Medi-Spa
1400 Main St. NW, Ste. M
Los Lunas, N.M., 87031
505-916-0533

Bella Vida Walk-in Clinic
328 Main St. SW
Los Lunas, N.M., 87031
505-916-5446

Duke City Urgent Care
1044 Main St. NE
Los Lunas, N.M., 87031
505-814-1995

First Choice Community Health Care
Los Lunas Medical Center
145 Don Pasqual Rd. NW
Los Lunas, N.M., 87031
505-865-4618
Los Lunas Family Practice
127 Sandoval Rd. SW
Los Lunas, N.M., 87031
505-865-3374

Presbyterian Medical Group
•609 S. Christopher Rd.
Belen, N.M., 87002
505-864-5454
•200 Emilio Lopez Rd.
Los Lunas, N.M., 87031
505-866-2700

Presbyterian Urgent Care
609 S. Christopher Rd.
Belen, N.M., 87002
505-864-5454

Adolfo Sanchez
703 Christopher Rd.
Belen, N.M., 87002
505-864-7781

Southwest Medical Clinic
2230 Bosque Farms Blvd.
Bosque Farms, N.M., 87068
505-869-0300

Still Point Medical
Peralta, N.M., 87042
505-967-7299

Valencia Family Medicine
311 Los Lentos Rd. SE
Los Lunas, N.M., 87031
505-565-2232

Valencia Health and Wellness
101 N. Sixth St.
Belen, N.M., 87002
505-317-7773

PHYSICIANS PODIATRIST

Foot & Ankle Specialists
311 Los Lentos Road SE
Los Lunas, N.M., 87031
505-391-0788

SENIOR CITIZEN CENTERS

Belen Senior Center
715 S. Main St.
Belen, N.M., 87002
505-864-2663

Bosque Farms Community Center
950 N. Bosque Farms Loop
Bosque Farms, N.M., 87068
505-869-5133

Del Rio Senior Center
351 Rio Communities Blvd.
Rio Communities, N.M., 87002
505-864-7500

Fred Luna Multi-Generational Center
197 Don Pasqual Rd.
Los Lunas, N.M., 87031
505-839-3853

Meadow Lake Community Center
100 Cuero Lane
Los Lunas, N.M., 87031
505-865-8824

Veguita Senior Center
894 N.M. 304
Veguita, N.M., 87062
575-835-2119

SENIOR LIVING COMMUNITIES

Jubilee Los Lunas
500 Jubilee Blvd.
Los Lunas, N.M., 87031
505-866-1777

Sunrise Bluffs
201 Sunrise Bluffs
Belen, N.M., 87002
505-349-4976

ABUSE/NEGLECT

New Mexico Adult Protective Services
1-866-654-3219
505-476-4912
505-287-1312 (Socorro and Valencia
counties)
nmaging.state.nm.us

AUDIOLOGY & HEARING AIDS

Socorro General Hospital Audiology and
Hearing Aids
1204 N.M. 60 W.
Socorro, N.M., 87801
575-835-8769

MENTAL HEALTH

The Learning Path
308 California St.
Socorro, N.M., 87801
575-838-0061

Presbyterian Medical Services
1200 N.M. 60 W.
Socorro, N.M., 87801
575-835-2444

CRISIS HELPLINES

El Puente De Socorro
Shelter and services for victims of domestic
violence
610 Franklin St.
Socorro, N.M., 87801
575-835-0928 (office)

New Mexico Adult Protective Services
1-866-654-3219
505-476-4912
Aging and Disability Resource Center
1-800-432-2080
nmaging.state.nm.us

New Mexico Crisis and Access Line
Free, professional crisis counseling
1-855-662-7474 (24/7/365)

Peer-to-peer warm line
1-855-466-7100
Call: 7 a.m. to 11:30 p.m.
Text: 6-11 p.m.
Health care worker, first responder support
line
1-855-507-5509 (24/7/365)
nmcrisisline.com

DENTISTS

Duane H. Beers, DMD
200 Manzanares Ave.
Socorro, N.M., 87801
575-835-3662

Amir Vandani, DDS
210 Neel Ave.
Socorro, N.M., 87801
575-835-1623

DISABILITY SERVICES

Tresco Inc.
211 Park St.
Socorro, N.M., 87801
575-838-1909

EXERCISE/PHYSICAL FITNESS

Studio Z
805 N. California St.
Socorro, N.M., 87801
575-418-1708

FINANCIAL PLANNING CONSULTANTS

Michael Olguin Insurance Associates
315 California St.
Socorro, N.M., 87801
575-835-1331

FUNERAL HOMES

Daniels Family Funeral Services
309 Garfield St.
Socorro, N.M., 87801
575-835-1530

HEALTH CARE FACILITIES

Bhasker Medical Clinic
200 Neel Ave.
Socorro, N.M., 87801
575-835-2940

Fresenius Kidney Care Center
1306 Enterprise SW
Socorro, N.M., 87801
575-835-8923

Magdalena Area Medical Clinic
•Presbyterian Medical Services
801 10th St., Magdalena, N.M., 87825
575-854-3162
•1300 Enterprise SW
Socorro, N.M., 87801
575-835-444

Ambercare
832 N.M. 60 W.
Socorro, N.M., 87801
575-838-1503
575-835-2307

Socorro General Hospital
Home Health Care/Hospice
1202 N.M. 60 W.
Socorro, N.M., 87801
575-835-1140

HOSPITALS

Socorro General Hospital
1202 N.M. 60 W.
Socorro, N.M., 87801
575-835-1140

MEDICAL EQUIPMENT & SUPPLIES

Positive Outcomes
1115 N. California St.
Socorro, N.M., 87801
575-838-8000
877-833-4078

Socorro Wellness
1203 N.M. 60 W.
Socorro, N.M., 87801
575-418-6970
575-835-2724

OCCUPATIONAL THERAPY

Positive Outcomes
1115 N. California St.
Socorro, N.M., 87801
575-838-8000

Socorro General Hospital
Outpatient
Rehabilitation Department
1202 N.M. 60 W.
Socorro, N.M., 87801
575-835-8761

OPTOMETRISTS, OD

Socorro Family Eye Care
122 Plaza St.
Socorro, N.M., 87801
575-835-EYES (3937)

PHARMACY

Walmart Supercenter
Sixth St.
Socorro, N.M., 87801
575-838-1426

PHYSICAL THERAPY

Positive Outcomes
1115 N. California St.
Socorro, N.M., 87801
575-838-8000
877-833-4078

Socorro General Hospital Outpatient
Rehabilitation Department
1202 N.M. 60 West
Socorro, N.M., 87801
575-835-8761

Socorro Physical Therapy
911 N. California St.
Socorro, N.M., 87801
575-838-1000

PHYSICIANS CHIROPRACTIC

GoForth Chiropractic LLC
826 N.M. 60 W.
Socorro, N.M., 87801
575-835-9288

PHYSICIANS GENERAL PRACTICE

Bhasker Medical Clinic
200 Neel Ave.
Socorro, N.M., 87801
575-835-2940

Magdalena Area Medical Clinic
Presbyterian Medical Services
801 10th St.
Magdalena, N.M., 87825
575-854-3162

Presbyterian Medical Services
1300 Enterprise SW
Socorro, N.M., 87801
575-835-4444

SENIOR CITIZEN CENTERS

Magdalena Senior Center
500 Ninth St.
Magdalena, N.M., 87825
575-835-2119

Socorro Senior Center
1410 Ake Ave.
Socorro, N.M., 87801
575-835-2119

Veguita Senior Center
894 N.M. 304
Veguita, N.M. 87062
575-517-5059



CURIOUS ABOUT THE BENEFITS OF MEDICAL MARIJUANA (CANNABIS)?

- **INCREASED APPETITE:** The active compound in marijuana binds to receptors in the brain and triggers reactions that *increase appetite*.
- **GLAUCOMA:** American Academy of Ophthalmology: "smoking marijuana *lowers the interocular pressure of people with Glaucoma*".
- **INSOMNIA:** Current research shows cannabis may be *beneficial for sleep disorders* and may improve patient-reported sleep scores.
- **PAIN AND INFLAMMATION:** Whether smoked, eaten or applied to the skin, medical cannabis may relieve intense *chronic pain* without fear of addiction.
- **FIGHTING CANCER:** International Journal of Oncology "cannabinoids successfully reduce tumor size and *kills cancer cells*, especially with chemotherapy".
- **CHEMO SIDE EFFECTS:** reduces *nausea and vomiting* from chemo and the size of some cancer tumors and reduces ability to metastasize.

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smokaldispensary.com

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(505) 319-6748

402 California St, Socorro, NM 87801
(575) 842-9460



"Cannabis use in adults 65 and older increased by 75% over a three-year period"

– International Journal of Medicine