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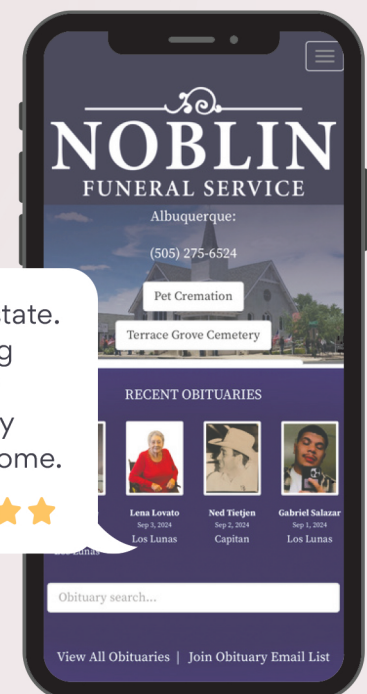
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Family
Review

FUNERAL, CREMATION, AND CEMETERY NEEDS, LOCALLY OWNED

Socorroans learning to help community thrive

Jessica Carranza Pino

El Defensor Chieftain Editor

Socorroans Helping Each Other (SHEO) community outreach coordinator Stephen Sanchez tackles challenging situations holistically and believes in giving his patients a hand up, not just a handout.

"A lot of times, their money situation is the manifestation of their other problems, because that's where it hits them," Sanchez said.

SHEO has been supported financially by one family that felt there was a gap in services, especially after many families were struggling with COVID. In partnership with Presbyterian Socorro General Hospital, their mission is to connect people to the resources they need to improve their lives.

They offer emergency help with electric and water bills and, in some situations, rent. SHEO has established a working relationship with Socorro Electric

Co-op and the City to avoid utility shutoffs.

But the program is more than helping people pay an overdue bill, it's about empowering community members to take control of their finances, rather than simply providing temporary solutions.

Sanchez takes the time to talk to his patients to better understand their perspectives. He tries to figure out what is going on below the surface, and he says sometimes those conversations get tough.

"So there are a lot of tricky situations. When you start getting into people's personal lives, they're very complex. It's not a one-stop thing. And so I just try to look at the big picture and think okay, what would I do their shoes," Sanchez said.

He often opens up about his story of being in debt to offer them hope for their future.

"I've made bad decisions, bad credit, debt, just the works. And

I know what it took to get out of it and the commitment to paying off debt," Sanchez said, "I know what it is like to be in this situation, but you can get out of it if you commit to it."

After years of fixing his financial issues, he is proud to say he was able to buy his first home.

"That was a miracle for us because it took a long time to fix it. So I share my story, I'm open with them about it," Sanchez said.

Sanchez said one of the most important skills he helps people with is creating a budget. He said he has realized that many people have never created personal budgets before and he has seen first-hand how it has benefited his patients.

"The trickiest part is getting people to open up about their problems with money and their spending habits. And so I tried to defuse that right away, telling them, 'Look, I'm here to serve you,'" Sanchez said.

But once people let him in he is able to identify spending issues that are hurting them financially. The benefit trickles down to their kids.

He often works with people on fixed incomes, which can be a struggle with rising costs. If people are having a hard time getting employed, he'll help them write up a resume and coach them through making a good impression for an interview.

"I get all sorts of different people, and so I've learned to just work with them where they're at. And, you know, not everyone's the same. Some people need encouragement. Some people just need hope and help. And some need just the straight, raw truth," Sanchez said. He always recommends that people budget in a savings and to treat their savings account like a bill.

"I tell people things are going to happen, things are going to come up. That's life. You have to plan for those things. And

so that's the whole goal here," Sanchez said. "With the economy, nothing's promised, and things could get worse for people."

He said one of his patients came in needing help paying a bill because his new business was struggling. Sanchez found out that he didn't have business cards, so he made some and told him to go door to door and pass them out. He walked him through practice runs of presenting himself to a potential customer.

"I just talked to him Monday, and he said, 'I paid my own bill. I got work this weekend'. So it's helping people to do it themselves," Sanchez said.

Sanchez said there are just some things SHEO can't help with, and when that comes up, he reaches out to other local programs and makes referrals. Sanchez believes in building long-term relationships with participants, providing ongoing support and resources to help them succeed.

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Enriching the lives of seniors and students through the Foster Grandparent Program

By Felina Martinez
News-Bulletin Staff Writer

“It’s a win-win situation,” said Kathryn Gutierrez, coordinator of the Foster Grandparent Program in Valencia County. “It benefits both the foster grandparent and the students, socially and as well as educationally.”

The FGP is a federally-funded volunteer program for older adults who wish to work with children in their communities. Participants serve as mentors and tutors for children in elementary school classrooms and head start programs. They especially assist students with special needs or other circumstances deemed necessary.

The FGP is a nation-wide program and there is now a program established in every county in New Mexico. Gutierrez said the program based in Los Lunas was the first FGP program to be established in New Mexico.

“It began as a national demonstration project in 1965 here at the Los Lunas Hospital and Training School,” she said. “In 1998, after 33 years of the training school being open, it closed, and all of the individuals were placed out in the community. That is how we ended up in the schools.”

Currently, local foster grandparents assist at four schools within the Los Lunas Schools district, two within the Belen Consolidated Schools district and at Adelino Early Childhood Development Center.

“They offer a sense of com-



Felina Martinez | News-Bulletin photo

Foster grandparent Willie Ortega helps first-graders at Raymond Gabaldon Elementary in Los Lunas set up their iPads for an activity. Ortega is passionate about her role and says she would recommend the program to other older adults.

fort, a sense of community and they provide that comfort to these children, and I think that’s really important,” said Gutierrez. “They play big roles in shaping these little individuals and helping to educate them.”

Foster grandparents can provide anywhere from 10-40 hours of weekly service. An added benefit is that foster grandparents receive an hourly stipend of \$4 an hour and they build their own schedule, deciding what days they want to volunteer and for how long.

Meals are provided and, if needed, transportation can

also be arranged to pick up foster grandparents and drop them off.

“They’re assigned to a classroom and they’ll stay in that classroom for the whole year, and oftentimes they go back to that same school and to the same teacher,” said Gutierrez.

The day-to-day duties of a FGP vary and are based on what the teacher decides is needed. This can take the form of assisting and guiding students in need with their assignments, reading to students and generally providing a helping hand and friendly

presence in the classroom.

Students light up when they see their foster grandparent, said Gutierrez, and they are also cherished by parents and the teachers they aid. The impact they have on the well-being and education of students is well known, but Gutierrez emphasized that foster grandparents themselves also benefit greatly from the program and many of them find a lot of fulfillment through their role.

“At that age, oftentimes they’re alone, so I think it’s just that sense of community and being a part of some-

thing,” said Gutierrez. “They feel like they are welcome and that they’re needed. They will definitely be the first to tell you that they don’t do it for money. Those small checks, they’re nice, but they also get to be part of something that they enjoy. They love kids, and I feel like it keeps them healthy and active.”

Foster grandparent Willie Ortega, who volunteers at Raymond Gabaldon Elementary in Los Lunas, agrees that she loves her role and she always looks forward to coming in.

“I’m so happy when I come; I have no complaints,” said Ortega. “A lot of jobs you kind of dread and stuff, but not this one. I’m excited to get up, I’m excited to come and I just love it. The teachers are so nice and everyone treats you good.”

Ortega has been a part of the program for several years and one can tell just from a brief visit to the classroom how adored by the students she is and vice versa.

“I like helping the kids. They’re happy to see me, and I’m happy to see them — that’s my favorite part,” she said.

Foster grandparent Antonio Apodoca who has been volunteering at RGE for 15 years, mainly in fourth-grade classrooms, said he enjoys how much he learns from the kids.

“I enjoy working with the students; It’s been a great experience,” he said.

Lita Aragon, also a foster grandparent at RGE, said “it’s



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Veguita Senior Center is thriving once again

By Jessica Carranza Pino

El Defensor Chieftain Editor

Bobby Martin and Lisa Moll-Martin poured themselves fresh cups of hot coffee and enjoyed a conversation in the natural morning light coming through the ceiling-high windows at the Veguita Senior Center.

They lived in the area for eight years and said they've come in more now with the reopening than before. Lisa commented on how nice and fresh the center has looked since it reopened.

"This place is really inviting, and the people in the community need it; this is a pretty remote area; people need these services," Bobby said.

When the doors to the Veguita Senior Center closed in March of 2023, the future of the facility was unknown.

"Since I've worked here, it's all Linda has been talking about, reopening the Veguita Senior Center," Desiree Smith, Socorro Senior Center Administrative Assistant, said.

City of Socorro Employee Linda Mares, the manager of the Socorro and Veguita Senior Center, is passionate about taking care of the seniors in the community. She believes the need is there, especially in the rural areas of Veguita, where many don't have access to essential utilities and groceries.

"It's important. We got to take care of our people," Mares said.

She said they are continuing to do home deliveries in Veguita to the folks who are homebound once a week. They



Jessica Carranza Pino | El Defensor Chieftain photo

Residents in Veguita are overjoyed with the reopening of its Senior Center. When the Senior Center closed in March of 2023, residents were saddened. Now City of Socorro Employee Linda Mares, the manager of the Socorro and Veguita Senior Center, is passionate about taking care of the seniors in the community.

take those seniors one hot meal and four days' worth of non-perishable items. She has noticed that many live in sub-standard or temporary housing and sometimes without electricity.

"There is definitely a lot of need," Mares said.

The center also offers free rides to and from seniors' homes to ensure they have access to lunch and other activities. Since reopening, they've held a dance with the band Suavecito performing and are scheduling more activities as things pick up again.

The official reopening of the Veguita Center on July 15 is win for the rural community in Veguita, and people are starting to trickle in again.

After being closed for over a year, Mares said she and

her crew have worked hard to get it ready for the seniors. They have new flooring, new paint and contractors are now working on upgrading the restrooms.

She said they also received help from the RISE participants, the Socorro County Detention Center's jail based rehabilitation program, came out and helped cleaning up the lot.

She also credits staff who have worked hard to make it happen.

"A huge thank you to all my staff. We have a good crew here, we use some of our Socorro crew to come and help out here. Vice versa," Mares

She said that as people start coming back, she'll work on bringing the program-

ming they have in Socorro to Veguita.

"We have pool players already coming in, so they're excited about that," Mares said "We need to keep our seniors active."

She also hopes to get the kitchen up and running too, but for now she said lunches will be brought in from Socorro.

In recent years, the three senior centers in Socorro County faced a lack of financial support, and all ended up closing their doors at one point or another.

With Magdalena and Socorro centers up and running Veguita is the last to reopen.

In 2022 the Socorro County Manager at the time, Michael Hawkes told the commission

at a meeting that, "We're finding it harder and harder to fund a non-mandated service that the state should be funding."

He said the county has been supporting the three senior centers for the last 10 years by absorbing an average of over \$300,000 a year, and he expected that the cost could go up to \$400,000 a year.

In February of this year, Mares went to the Socorro County Board of Commissioners and requested use of the facility, and a deal was worked out. The funding for the senior center comes from the Non-Metro New Mexico Agency on Aging.

Mayor of Socorro said he is in support of the Veguita Center reopening.

"We're happy to be able to help the northern part of the county with a senior center that they can enjoy the benefits of everything that we're offering and Socorro," Mayor Ravi Bhasker said.

But the fight to keep the doors open will continue, Mares said the Veguita Senior Center is on a trial run for a year.

She works closely with the financial department at the city to ensure they stay on budget and the center doesn't become a burden.

"I'm glad city, county, state, and everybody is working together to take care of our seniors," Mares said.

The hours of operation are Monday through Friday, 9 a.m. to 1 p.m., with lunch served between 11 a.m. and noon. They will observe all government holidays.

Enriching

from PAGE 4

interesting and (the students) tell me a lot of things. Staying at home all day can get a little too boring sometimes, so it's nice to get out a little bit in the morning and help kids."

Ortega, Apodoca and Aragon said they would all recommend the program to other older adults. They also shared that they form lasting relationships through the program and students remember the impact they've had on their lives.

"I see them in the store and stuff and they'll run up and say hi to me," said Ortega. "A couple weeks ago, I saw one of the kids in my gym. He's in his 20s, all grown up already, and he remembered me and he gave me a big hug."

"Sometimes I see a lot of them have gone on to graduate high

school and have gone to college and they send me graduation cards," Aragon recalled. "It's so nice to see that they remember you."

Gutierrez said the foster grandparents also form friendships amongst each other and with the program leaders, demonstrating just how impactful the program is in so many people's lives.

"They're full of wisdom and stories," said Gutierrez. "It's a wonderful thing seeing how close we become to them, and how important they become to us."

Since the pandemic, the number of foster grandparent volunteers has significantly decreased, especially since they had to pause the program during that time, so if you are an older adult that is patient and loves children, Gutierrez said they would love for

you to apply.

"I think that it can be their calling, if they just give it a try," she said.

Gutierrez said the program is a low-income based program that one would need to qualify for, but beyond that, one just has to be 55 and older and pass the program's background checks to join. No prior experience in a school setting is needed, as training will be provided. She also noted that the supplemental income is tax free and does not affect Social Security, Medicaid or housing benefits.

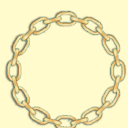
"It's really endearing to witness," she said. "They feel important, they feel wanted and know that they belong somewhere."

To learn more about the Foster Grandparent Program, call 505-866-6313 or 505-866-6302. You



Felina Martinez | News-Bulletin photo

Foster grandparent Lita Aragon assists students at Raymond Gabaldon Elementary in Los Lunas. Aragon has been a part of the program for more than a decade and says she finds her role very rewarding.



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The search is on for senior savings

By Mike Powers

Valencia County News-Bulletin

Making a dollar go further in a challenging economy is a noble goal. For some New Mexico senior citizens on a fixed income, searching for ways to trim spending while leading a fulfilling life, is more of a necessity.

While resources to help in the search are available, they are not always obvious or easy to find. Those resources, at no or low cost, can be found for food, legal services, education and other areas.

Visits to Valencia County businesses, senior and community centers, plus conversations with average citizens, public and private authorities reveal savings options.

Discounts

No matter the age, who doesn't love a discount?

Random calls to a fistful of locally-owned businesses revealed about half offered senior discounts. A senior menu was available but no discount per se' at one restaurant. A home service business didn't have a specific discount but would negotiate.

However, inquiring about discounts can be difficult.

"I hate asking for them — it's awkward," said Barb, a regular at the Fred Luna Multigenerational Center in Los Lunas. "I would really like a printed list."

That was a common request, with some uncomfortable using phone apps or internet.

Another woman said, "I just want to be treated with respect," when it comes to services.



Rose Poitras, Bosque Farms community center director, stands at the give-away table, which has free items donated by the community.

Mike Power | News-Bulletin photo

While answering a News-Bulletin survey, Beatrice at the Bosque Farms Community Center agreed.

"Yes, it's uncomfortable (to request discounts) because vendors look at me like I'm crazy," she said.

Seniors shared their favorite discount locations, including Ross, Subway and Mitchell Theaters. National restaurants such as Applebee's, Chile's and Denny's also offer discounts.

As do Walgreen's, on first Tuesday of each month; Albertson's, on first Wednesday of each month.

"It's busy, busy that day," said one Albertson's employee.

Many discounts aren't advertised, another frustra-

tion. However, New Mexico Rail Runner Express promotes free Wednesday rides for the 60+ crowd, with reduced fares daily. Rio Metro bus service is free.

Entities differ on what age qualifies for senior discounts. Many consider a senior citizens as 65 and older, while others start at age 60 or even 55.

Food

Donations are taken at senior citizen centers across Valencia County, said Lydia Maldonado, who oversees the five facilities.

"It's the donation of food, canned goods," most in demand, Maldonado said. "We put them out there and they will go first."

"You see the need when people come in for lunches," said Maldonado about the meals served weekdays for a suggested \$2 donation in Belen, Meadow Lake, Los Lunas, Bosque Farms and Rio Communities, which is currently closed for renovation.

"Our numbers have gone up. We're feeding a lot more people, county-wide" Maldonado said. "A lot of the seniors go to food distributions," said Rose Poitras, Bosque Farms community center director, mentioning a weekly dinner at Grace Fellowship Church in Los Lunas.

St. Vincent de Paul in Belen also distributes food, Tuesday and Wednesday.

An enthusiastic response follows the suggestion that pizza is a good option.

"It feeds a large group," said Lorraine, a visitor to Belen Senior Center. "You can eat it the next day."

At the same gathering, Bev says she doesn't eat out.

"I cook all the time — I'm glad I grew up when I did so I know how to fix things — beans, enchiladas."

Legal matters

A line snaked around the hallway Sept. 6 at 13th Judicial District Courthouse in Los Lunas for the first free in person Legal Service Clinic since the Covid pandemic. Many waiting for help are seniors.

"The need is tremendous," said Simone Seiler, attorney supervisor with the 13th Judicial District Court. "A lot of people can't afford legal consultation."

That includes a Los Lunas woman in her late 70s.

"I think it's wonderful. I don't know what else I would do," the woman said, admitting to being a bit frazzled as she clutched papers to help explain a family dispute to a volunteer lawyer.

Virtual clinics are held periodically, but Seiler believes "face to face" makes it "easier to understand what's going on, easier to be sure you are being heard."

Seiler says there are legal resources for seniors and others — Senior Citizens Law Office, Modest Means Helpline, Pegasus Legal Services (for guardianship issues), Law Help New Mexico and New Mexico Aging & Disability Resource



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Silver Sneakers' classes promote health, happiness, friendship

By Clara Garcia

Valencia County News-Bulletin

BELEN - Regular physical activity is good for the body and mind but, as bodies age, keeping an exercise routine may prove necessary.

Getting and staying active as we grow older can have numerous benefits, and the Silver Sneakers program is designed to help older adults do just that, and it is covered by Medicare and other types of insurance.

The Silver Sneakers class at Elite Muscle Gym and Fitness Center in Belen has been going strong for many years, and so has its dedicated and active participants.

Gay Conger has been instructing the class for about six years, and the 81-year-old retired physical therapist says the program's motto, "Fun, Fitness and Fellowship," is exactly what is happening in her classes.

"They make new friends here and they also reconnect with each other from way back when," Conger said of her members. "The number of people who attend the class fluctuates, depending on the weather and other factors.

"It's just so important that when you get older you stay active, to work on the balance and coordination, and of course, the social aspect," Gay said. "When you get older, we have a lot of folks who have lost their spouses, and they tend to isolate themselves. This is an outlet for them."

The Silver Sneakers classes at Elite is held from 10:30-11:30 a.m. every Monday, Wednesday and Friday.

For the past 15 years, Josie Romero, of Rio Communities,



Silver Sneakers certified instructor Gay Conger, left, focuses on exercises that help members with fall prevention drills and exercises to improve strength and endurance.

Clara Garcia | News-Bulletin photo

and her husband, Alan Cox, have been faithfully attending the class for many reasons.

"We just come and we all have a great time and laugh," Josie says. "We can all talk to each other; this is where we socialize."

While Medicare will pay for Silver Sneakers' memberships at 65 years and older, Josie couldn't wait. After she retired, she wanted something to do, so she joined and paid the gym membership when she was 62. When she reached 65, she was all in.

"We do this because we need to. I really believe Gay is so good," said Josie, who is 77 years old. "We exercise everything — we do the stretching, we use the bands and lift weights. We are getting stronger and, by God, if you

don't move you know what happens."

Gay, a certified classic instructor, says her class focuses on fall prevention drills and exercises to improve strength and endurance. A chair and hand-held weights are also used.

"There are more energetic certifications for seniors who want to be really active," Gay said, "but we don't offer them here — yet."

Other programs under Silver Sneakers, which can also be found in online classes, include yoga, circuit, cardio mix, water exercise and others.

Also 77 years old, Anita Hendrix, of Belen, began taking the Silver Sneakers class three years ago after the Covid pandemic. She had been doing

Jazzercise, but it became a little too much for her.

"This is low impact and more designed for stability, stretching. Balance is a very important factor in this program," Hendrix said. "It doesn't wear you out as far as exercise programs go. It helps seniors strengthen our bodies."

Hendrix recently returned to the program after taking care of her ill husband, who, unfortunately recently passed away. She said she noticed a significant difference in her balance and mobility when she wasn't exercising.

"My body just loves it and I feel so much better. My mind is sharper, and the social connection is also very important," she said. "I have more confidence in just the way I move. I'm more stable and

it means a lot, especially for people our age."

Ramona Silva not only attends the class three days a week, but the 72-years-old Belenite walks four miles two days a week.

"I can tell it's been helping my body a lot since I retired," said Silva, who has had two knee replacement surgeries. "Exercise, to me, is very important."

A few weeks ago, Silva experienced a fall. She went to her doctor and the recommendation was for her to go to physical therapy, but she thought otherwise.

"I told my doctor I didn't need physical therapy because I have Gay. I just needed a couple of days off and I came back. Just with her exercise, after a couple of weeks, I feel better. I'm back to myself.

"I love coming here. I'm going to continue coming here as long as I can — and as long as we have (Gay)."

One of the newbies in the class is 75-year-old Sandra Sanchez, who has been exercising in the Silver Sneakers class for the last eight months.

"I enjoy coming because of the camaraderie, the friendships you develop. When you fall, they pick you up," Sanchez said. "I feel more energetic. Instead of plopping down on the couch, I can go outside and work on my flower garden."

One of the more active participants in the class is Gay's husband, Reynold, who is a self-described exercise nut himself. He encourages anyone and every one to get up and start moving, regardless of one's age.

"I think more people need

Jump

from PAGE 10

to exercise. Most people just don't get enough exercise to keep healthy," Reynold said. "In my case, I've been a gym member here for about 20 years and, when I joined, I was running marathons and doing a full gym workout."

After joining Silver Sneakers eight years ago, he would continue to do his full gym workout along with the classic program.

Unfortunately, Reynold suffered a stroke five years ago and lost 20 percent of function in his left side. Despite the setback, he's determined to maintain and regain his strength.

"I need the exercise just to keep functioning. When I get done here ... I'll do a partial gym workout primarily to strengthen my left side," he said. "After having been

through therapy, I'm working on maintaining or improving my muscle strength. I've sort of turned into a physical fitness nut just to stay level."

Being able to connect with her members, Gay says she's happy she's made a difference in the lives of people who she's helping. She also gives credit to the owners of Elite, Mario and Pauline Vallejos, for supporting the program and clients.

"They provide this local outlet for teenagers but they also want to be here for and are advocates for our seniors," Gay said of the Vallejos. "I think they have a soft spot for our seniors. They want this program to continue here and are actively looking for other instructors to possibly expand the program."



Clara Garcia | News-Bulletin photo

Sandra Sanchez is one of the newest members of Silver Sneakers. In the eight months since she's joined, she's come to enjoy the camaraderie in and out of the class.

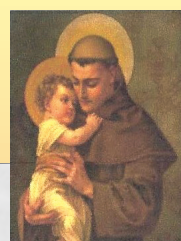


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Presbyterian Medical Group is a department of Socorro General Hospital.

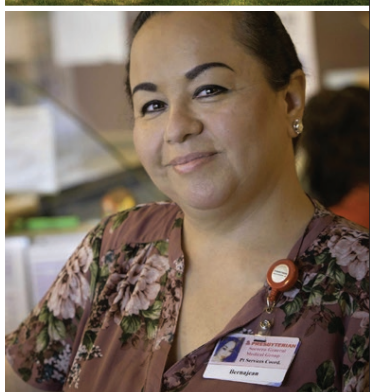
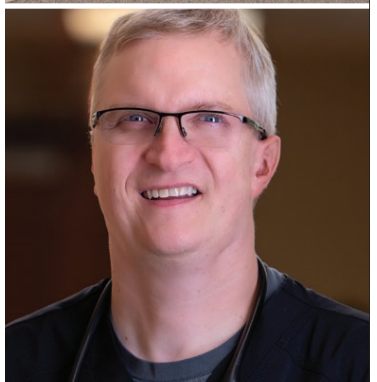
HERITAGE PROGRAM

We offer the Heritage Program for adults 65 and older who are Medicare eligible. This outpatient behavioral health program helps improve quality of life by teaching coping skills and enhancing independence. For more information, call 575-835-8791.

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Socorro General Hospital



Senior centers in Valencia County offer variety of services

By Julia M. Dendinger

Valencia County News-Bulletin

It's been 59 years since U.S. President Lyndon Johnson signed the Older Americans Act, the first federal level initiative aimed at providing comprehensive services for older adults.

Created out of concern about a lack of community social services for Americans 60 and older, the act helped create a national network of state and area agencies on aging, as well as local programs, including those like the Valencia County Older Americans Program.

The VCOAP's most-used program is its meal service, which is accessed by seniors at five congregate meal sites throughout the county and home-delivered meals, both available for seniors 60 and older.

The county provides Older Americans Program services, including meals, at three locations — the Belen Senior Center, the Del Rio Senior Center in Rio Communities and the Meadow Lake Senior Center — and provides meals at the Fred Luna Multigenerational Center in Los Lunas and the Bosque Farms Community Center in the village of Bosque Farms.

Lunch is served from 12-12:30, Monday through Friday, except for Bosque Farms, which serves lunch from 12-1 p.m. every week day. (The center in Rio Communities is closed for renovations.)

The OAP meal program also provides home delivered meals to qualifying seniors Monday through Friday, and in some cases on weekends as



Julia Dendinger | News-Bulletin photo

Meals are served every weekday at the Belen Senior Center on Main Street.

well.

The central qualifying question for home-delivered meals is, "Are you physically unable to cook a meal for yourself?" Maldonado said. Seniors are assessed for nutritional needs, if they have to follow a specific diet due to a medical condition, as well as details such as how many servings of fruits and vegetables they get in a day.

The assessment also asks whether a person is unable to leave their home due to physical or mental limitations, including health conditions that can put them at high risk if exposed to COVID. Income is not a factor in determining eligibility for home meal service, she said.

"You could live in the biggest house, have the best

kitchen, but if you can't cook a meal for yourself, that doesn't matter," Maldonado said. "For some of our seniors, this is the only warm meal they will get in a day. Nine times out of 10, they're going to get approved because is they're asking, they really need it."

To find out if you qualify for home delivered meals, call the OAP office at 505-864-2663.

The program serves anywhere from 580 to 600 meals a day, about 50 percent of which are delivered to homes.

Maldonado has said Valencia County has "a lot of senior hunger."

According to data from "Feeding America, The State of Hunger in America Report Series, 2020-21," 12.5 percent of New Mexico adults 60 and

older faced the threat of hunger in the past 12 months.

According to the U.S. Census Bureau's 2022 American Community Survey, about 9,600 seniors 60 and older live in Valencia County, and 18.8 percent of the total population of 76,205 people are 65 and older. The 2023 American Community Survey indicates about 3,800 people 60 and older, 18.6 percent, live below the poverty level.

The VCOAP also provides older adults with opportunities for socialization, both spur-of-the-moment and through planned activities.

Monthly dances are held at the Belen center, and from 10 a.m. to noon, bingo is offered at the three centers run by the county on Mondays, Tuesdays, Thursdays and Fridays. On

Wednesdays at the Belen Center, the fun switches to cornhole.

The VCOAP also offers medical transportation for seniors to Albuquerque Monday through Thursday, and locally Monday through Friday. Seniors can call the OAP office at 505-864-2663 for more information and to schedule a transport for medical-related transportation, including pick up prescriptions and eye glasses.

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 Montañó

Fred Luna Multigenerational Center

197 Don Pasqual
Los Lunas

Hours: 8 a.m.-2 p.m., Monday
through Friday
505-839-3853

Site manager: Renee Benavidez

Meadow Lake Senior Center

100 Cuervo Lane
Meadow Lake

Hours: 9 a.m.-2:30 p.m.,
Monday through Friday
505-865-8824

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Senior Source Directory

Socorro County

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

Desert Herbals, LLC
Jeanne Dixon, DOM
205B School of the Mines
Socorro, N.M., 87801
575-835-4787

Assisted Living

Country Living Residential Care
1495 Frontage Rd. NE
Socorro, N.M., 87801
575-520-9909
575-835-2032

Audiology & Hearing Aids

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

Mental Health

Presbyterian Medical Services
1200 N.M. 60 West
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 and Clinics

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

Quemado Health Center
8 Old Town Loop
Quemado, N.M., 87829
575-773-4610

Ambercare
832 N.M. 60 West
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

Good Samaritan
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 West
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
6th 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

Quemado Health Center
8 Old Town Loop
Quemado, N.M., 87829
575-773-4610

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

Search

from PAGE 8

Center.

AARP and others offer free aid for tax preparation. At the Belen Senior Center, Greta, of Rio Communities, mentioned her volunteer tax work.

"I love meeting the people and helping them. Some are in tears when I say, 'no charge,'" Greta recalled.

Education

Education opportunities are available for people 65 and older at UNM-Valencia campus at only \$5 per credit hour, including use of the Wellness Center. Some restrictions apply.

Senior facilities also offer periodic classes on various topics.

Health and fitness

Beth Valasquez, of AARP New Mexico, says starting in January, a 2022 drug law will "cap out-

of-pocket prescription drug costs every year, beginning at \$2,000." Velasquez says the estimated annual savings are \$1,500.

Additionally, Velasquez says AARP is supporting efforts to aid family care givers, including respite.

Senior facilities often have donated medical equipment, such as walkers and wheelchairs, while several non-profits offer more advanced supplies.

Poitras believes a good way to save money is to exercise and eat right.

"You will save on your health. Lower health expenses," she said. "Hanging out with friends lowers health expenses because people are happier — the library, community center, churches, have things they offer at free or low cost."

The Valencia County centers have numerous offerings, includ-

ing Zumba, line-dancing, Tai Chi, bingo and guest speakers.

Housing

Lack of housing is concerning, according to Maldonado, who says there is a big homeless population among seniors.

"There are no apartments or senior housing available," Maldonado said.

She advocates for a homeless shelter in the county.

Maldonado says the Valencia County Resource Center in Belen is a good place for advice on housing issues.

For many questions, your local senior facility may be a good place to start.

"When people call with a need, I've got a list of things that I look through," Poitras said.



The Fred Luna Multigenerational Center in Los Lunas is one of the Valencia County facilities that serve a hot lunch each weekday.



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Senior Source Directory

Valencia County County

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 Rd.
Los Lunas, N.M., 87031
505-818-7256

Smooth Qi Acupuncture and Wellness
21D El Cerro Rd.
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 Rd. 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 Rd. 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 and Mental Health

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

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

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
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Bosque Farms, N.M., 87068
505-565-7222

TBE Crossfit
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

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 and 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
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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
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Linda Mares lmares@socorronm.gov or call
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Senior Source Directory

Valencia County County

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	535 N.M. 314 Los Lunas, N.M., 87031 505-866-0055	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	Still Point Medical Peralta, N.M., 87042 505-967-7299
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	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	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 Belen Medical Center 120 S. 9th St. Belen, N.M., 87002 505-861-1013 Los Lunas Medical Center 145 Don Pasqual Rd. NW Los Lunas, N.M., 87031 505-865-4618	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
		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	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 Cuervo Lane Los Lunas, N.M., 87031 505-865-8824 Veguita Senior Center 894 N.M. 304 Veguita, N.M., 87062 575-835-2119

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Los Lunas, N.M., 87031
505-866-1777

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



A Positive Outcome for the Community

It is the mission of Positive Outcomes Inc to provide our clients and their families the mental, physical, and linguistic resources necessary to fulfill a positive, productive, and high quality of life.

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1115 N California St, Socorro NM 87801

Personal Care Services

At POI, we invite you to take control of your health and happiness. Make yourself at home, in the comfort of YOUR own home. In-home healthcare provides an alternative option to care for New Mexicans and their families faced with the challenges of chronic illness, aging, and changed ability. For many families, placing their loved ones in assisted living facilities is inaffordable or inaccessible. Individuals needing in-home care are automatically qualified if they already receive Medicaid. The directed model allows for patients to choose their own qualified caregivers to help them with everyday activities such as hygiene and grooming, mobility assistance, transportation, light household cleaning, laundry, meal preparation, running errands, making, and keeping appointments, and medication reminders. Call us at 575-838-0800 to learn more.

PHYSICAL THERAPY

Please contact us directly at 575-838-7630

Physical Therapist and Physical Therapist Assistants are highly trained movement specialists who evaluate and treat a variety of conditions and injuries associated with the muscles, bones, joints, and nervous system. PTs and PTAs provide post-operative rehabilitation, return to sport, vertigo, functional mobility training, pain management and other wellness services for individuals from birth through late adulthood.

Our focus is to help you recover, restore, and reach your physical health goals that are limited by pain or functional ability. Through the utilization of exercise, movement, return to sport/activity training, Neuro-reeducation, and manual therapy techniques, we can achieve your individualized goals and improve your quality of life.

Casa de Luz

Casa de Luz is a family support agency that serves families in Socorro and Catron Counties with children birth to 18 years of age. It is our mission to empower families to provide nurturing relationships and environments for children to thrive. Call (575) 838-7615 if you are in need of assistance.

Positive Outcomes Family Programs



Early Intervention

Early Intervention (EI) services provide parents and families of children ages 0-3 years old with resources and services to identify and treat developmental delays. While no two children develop in the exact same way, there are key milestones that indicate growth and development including crawling, walking, and speaking.

EI services are funded by the Family Infant Toddler (FIT) Program of New Mexico. All qualifying children in the state receive free EI services regardless of income, health insurance, or citizenship status.



Alberta Academy Day Care

Early Pre-K: 3 years old | Pre-K: 4 years old

The Alberta House is modeled on the life of Alberta Rivera (née Jaramillo.) Her spirit and grace is what Positive Outcomes Inc. and the Alberta House try to emulate in our everyday work.

Our enthusiastic staff works to provide a safe, clean, and loving environment for children ages 2-5 years old. Children who qualify for any of the outpatient therapy services offered by Positive Outcomes Inc. (POI) can see their therapists at the AH.

Classroom activities include developing language, reading and social skills, structured play, bilingual Spanish instruction, and opportunities to learn about food and nutrition in our POI community garden. Parents are welcome and encouraged to volunteer and share their knowledge with our AH community.



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

– International Journal of Medicine