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## Current information on Resources for Seniors or Adults with Disabilities

1. Help with Food.
2. Help with Benefits
3. Kinship Care Resources
4. Communication with Facility Residents.
5. Behavioral Health Concerns.

**Updated 3/25/20**

The [NM Aging and Long-Term Services Dept.](#) is coordinating statewide efforts to make sure that seniors and adults with disabilities have the resources they need to stay out of harm's way and healthy.

### 1. Help with Food

- **If you need food or have questions, your first call might be to the Senior Food Hotline: 1-800-423-2080.** Leave a message with your name, telephone number, and the city/town you reside in. Someone from the NM Dept. of Aging and Long-Term Services will be in contact with you within two hours of your call if not sooner.
- Income requirements and restrictions for **home-delivered meals** have been waived for seniors.
  - Seniors in Bernalillo County that would like to request a home delivered meal should call the Metro Area Agency on Aging at **1-505-768-2084**
  - Seniors outside of Bernalillo County call Non-Metro Area Agency on Aging at **1-866-699-4627**.
  - Seniors living on a Tribe or Pueblo who would like to request a home delivered meal should call **1-800-432-2080** and for the Navajo Nation please call **928-871-6868**.
- A number of grocery stores have Senior Shopping Hours, typically opening early, to allow these individuals to beat the crowds and reduce their risk of exposure. The early hours have the additional benefit of allowing seniors to shop while shelves are well stocked.

#### Statewide

- **Albertsons & Safeway (Statewide)**  
Tuesday and Thursday  
7:00am to 9:00am for seniors and at-risk populations.
- **Big Lots (various locations statewide)**  
Reserving first hour of every day for seniors and those most vulnerable to COVID-19 virus.
- **Dollar General (various locations statewide)**  
Opening one hour early every day, for seniors.
- **John Brooks Supermarkets (various locations statewide)**  
Varies by store. Call your local market for details.
- **Smiths for Seniors (Statewide)**  
Monday, Wednesday, and Friday  
7:00am to 8:00am for 60 years of age and older, including waiving pick up fees for seniors.
- **Target (Statewide)** Wednesdays (only)  
stores will open one hour early, for those individuals who are elderly or have underlying health conditions.

- **Walmart (Statewide).** Beginning on March 24 through April 28, Tuesdays (only) stores will open one hour early, for those 60 years of age or older.
- **Whole Foods (Statewide)**  
Monday Through Friday  
7:00am to 8:00am for those 60 years of age and older.
- **Farmers Country Market,** Portales and Roswell  
Every day (except Sundays for Roswell)  
6:00 AM to 8:00 AM for seniors ages 60 years of age and older.
- **Kaune's Neighborhood Market (Santa Fe)**  
Monday, Wednesday and Friday  
Delivery to Seniors
- **Market Street (Santa Fe)**  
Monday and Thursday  
7:00am to 9:00am

**Other Locations**

- **Fenn's Country Market,** Artesia Tuesdays, Wednesdays and Thursdays 6:00 AM to 8:00 AM, for seniors.
  - **La Tienda Thriftway,** Carlsbad  
Every day  
8:00 AM to 9:00 AM for seniors.
2. **Help with Benefits.** If you need to access benefits including Medicaid, Medicare or Disability Waiver Services, call the Aging and Disability Resource Center at **1-800-432-2080**.
  3. **Kinship Care Resources.** If you are an older adult who is caring for children and in need of resources, call the Aging and Disability Resource Center at **1-800-432-2080**.
  4. **Communication with Facility Residents.** If you are worried about a loved one in a facility or worried about communicating with him or her, call the Long-Term Care Ombudsman at **1-866-451-2901**.
  5. **Behavioral Health Concerns.** If someone you know is experiencing an emotional, mental health or substance abuse crisis, call the NM Crisis and Access Line at **1-855-662-7474**.