

# Apache Scout



## MESCALERO INDIAN HEALTH CENTER PURCHASE / REFERRED CARE (PRC)

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- 1. REFERRALS:** Initiated by IHS Physician for services not available at Mescalero IHS.

  - PRC Staff will schedule the appointment and notify the patient by phone.
  - It is the patient's responsibility to hand carry a referral to \*each\* scheduled appointment.
  - Notify the PRC staff 3 days in advance of a follow up appointment.
  - Some providers will not see the patient without a referral.
  - NO SHOW fees will be charged to the patient and it is their responsibility to pay the fee in order to be re-scheduled for another appointment. If you cannot make the appointment, cancel 72 hours before appointment date to avoid the fee. Mescalero IHS cannot pay no show fees.
  - Referrals are good for one year. Patient will need to see an IHS physician for a new referral.
  - Update your phone number and address, if we cannot contact you for your appointment, PRC will have to cancel the appointment.
- 2. EMERGENCY ROOM VISITS**

  - HS needs to be notified within 72 hours (3 days) of an ER visit, per Federal Regulations. Please call in any ER visits to the PRC department timely for visit to be considered for I.H.S. payment.
  - The patient is to return to IHS/PRC for a referral for any follow up appointments scheduled by the emergency room.

Mescalero IHS is open Monday through Friday from 7:45am - 6:30 pm.

PRC department is open Monday-Friday 8am -4:30pm, closed for lunch 12:00-12:45.

Main Mescalero IHS number: 575-464-4441

### PRC Direct Lines:

Rachel RoastingStick  
575-464-3869

Myrna Hanks  
575-464-3830

Renae Rice  
575-464-3828

Brie Martinez  
575-464-3829

**NEXT DEADLINE:  
03/25/24  
BY NOON**

# Can PRC pay for your referral medical care? Find out in 3 stages.

## Individual Qualifications

### Stage 1

#### You are eligible if:

- a) You are a member or descendent of a Federally recognized Tribe or have close ties acknowledged by your Tribe\*
- and
- b) You live on the reservation or, if you live outside the reservation, you live in a county of the PRCDA for your Tribe\*  
Each Purchased/Referred Care Delivery Area (PRCDA) covers a single Tribe or a few Tribes local to the area.\* You are ineligible for PRC elsewhere.
- and
- c) You get prior approval for each case of needed medical service or give notice within 72 hours in emergency cases (30 days for elders & disabled)

No for the above

**Application is denied.**  
\* There are a few narrowly defined exceptions. Ask PRC staff for more specifics about individual eligibility, PRCDA, or prior notice.

## Relative Medical Priorities

### Stage 2

#### Payment may be approved if:

- a) The health care service that you need is medically necessary  
– as indicated by medical documentation provided
- and
- b) The service is not available at an accessible IHS or Tribal facility
- and
- c) The facility's PRC committee determines that your case is within the current medical priorities of the facility  
Unfortunately, PRC funds often are not sufficient to pay for all needed services. When this happens, the committee considers each individual's medical condition to rank cases in relative medical priority. Cases with imminent threats to life, limb, or senses are ranked highest in priority. \*\*
- and
- d) PRC funds available are sufficient to pay for the service to be authorized

No for the above

**Application is deferred.**  
\*\* Ask PRC staff for more specifics. Sometimes deferred lower priority cases may be reconsidered later if funding permits.

## Coordination and Payment

### Stage 3

#### Approval, Billing, Payment

- a) You must apply for any alternate resources for which you may be eligible  
– Medicare, Medicaid, insurance, etc.
- then
- b) A PRC purchase order is issued to a provider authorizing payment for services
- then
- c) IHS or Tribal staff and the authorized provider coordinate your medical care
- then
- d) The authorized provider bills and collects from your alternate resources
- then
- e) The authorized provider bills any unpaid balance to PRC for payment  
– because PRC is payer of last resort, it pays only for costs not paid by your alternate resources

Steps are completed in order

**Provider is paid.**  
Specific services authorized within relative medical priorities may vary from time-to-time in response to changing supply and demand, especially to stretch diminished funds over the remainder of the fiscal year.

Generally applicable Purchased/Referred Care (PRC) rules and procedures are shown. Some nuances and exceptions are omitted. Talk to PRC staff if you have questions.

# WE WANT TO HEAR FROM YOU!

- ▶ OUR GOAL IS TO COLLECT PATIENT EXPERIENCE FEEDBACK FROM EVERY PATIENT TO IMPROVE AND PROGRESS SERVICES AT THE MESCALERO SERVICE UNIT. THIS SURVEY SHOULD TAKE 2 MINUTES OF YOUR TIME.



<https://www.surveymonkey.com/r/7QNXFNM>

- ▶ PLEASE SCAN THE QR CODE ABOVE TO TAKE THE PATIENT EXPERIENCE SURVEY

MESCALERO INDIAN HEALTH CENTER | PATIENT EXPERIENCE OF CARE SURVEY



*Give your child a*

**HEAD START**

**Mescalero/Carrizo**



*Now Enrolling Children*

**Ages 3-5 years**

**2023-2024**



**Children Services**

- Development Screening
- Health Services
- Nutrious Meals/Snacks
- School Readiness
- Transportation
- Speech and Language Services

**Parent Services**

- Community Resources
- Family Activities
- Family Support Service
- Family Partnership
- Fatherhood Activities

***For more information, call Anna Cochise***

***(575) 464-9183 or (575) 464-3492***



# 2024 COMMUNITY LENTEN SERIES

Each Service—6:00 pm

## *New Beginnings*

*Create in me a clean heart, O God; and renew a right spirit within me. Psalm 51:10*

**February 18** Mescalero Baptist Mission  
New Loving/Caring  
Preaching: Pastor Linda Dee

**February 25** Apache Assembly of God  
New Meaning  
Preaching: Pastor Delvon Chee

**March 3** Mescalero Reformed Church  
New Thinking  
Preaching: Fr. Chudy

**March 10** Calvary Victory Center  
New Living/Dying  
Preaching: Pastor Mark Vellinga

**March 17** St. Joseph Apache Mission  
New Knowing  
Preaching: Pastor Gary Dorsey



*At each service there will be a sharing of our offerings to God and for the Mescalero Food Bank. Refreshments will also be available after each time of worship.*

Remember these dates:

- March 24** Palm Sunday
- March 28** Maundy Thursday
- March 29** Good Friday
- March 31** Easter Sunday – Resurrection!  
6:30 am - Sunrise service at the Inn of the Mountain Gods

Hosted by the following Mescalero churches: Apache Assembly of God, Calvary Victory Center, Mescalero Baptist Mission, Mescalero Reformed, St. Joseph Apache Mission.

# Four Directions Treatment & Recovery Center

## Cannabinoid Hyperemesis Syndrome Awareness

### What is CHS?

Cannabinoid hyperemesis syndrome (CHS) is a condition that leads to repeated vomiting. It is linked with long term marijuana use causing cycles of nausea, vomiting, and abdominal pain after using cannabis. Cannabinoids are compounds in the Cannabis sativa plant that bind to cannabinoid receptors in your brain, spinal cord, Gastro Intestinal tract and other body tissues. Examples include tetrahydrocannabinol (THC) and Cannabidiol (CBD). Hyperemesis means severe vomiting.

### How common is CHS?

It is somewhat rare, but is more common in those that use cannabis daily for years. Not everyone with this condition seeks medical help or tells their provider that they use marijuana. One study found that 32.9% of self-reported marijuana users that came to emergency rooms for care, met the criteria for CHS. As more states make recreational use of cannabis legal, along with its increased potency, it is thought that this

problem will become more common.

### What causes CHS?

THC activates CB1 and CB2 receptors in the body. When the CB1 receptors in the brain are activated, nausea and vomiting symptoms are reduced. When CB2 receptors are activated in the gut it does the opposite. Normally CB1 is has greater activation than CB2. Which is why THC is used to help with nausea in chemotherapy. But in long term users the CB1 receptor can become desensitized causing the CB2 to have greater activation than the CB1, worsening gastrointestinal symptoms.

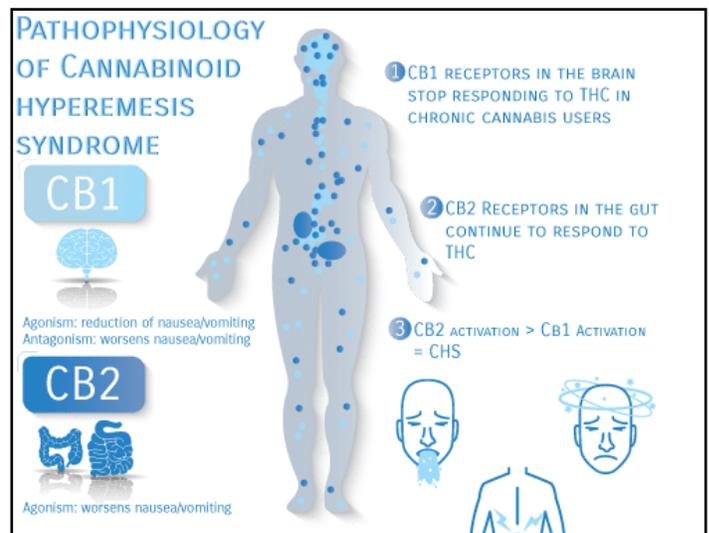
### Symptoms of CHS

Can include:

- Persistent nausea - often in the morning
- Repeated vomiting
- Periods of feeling normal without symptoms
- Abdominal pain or discomfort
- Unintentional weight loss
- Fear of throwing up
- Symptoms reduced by hot showers or baths

### There are 3 stages of CHS

Symptoms usually spread over 3 phases. They start mild then become worse over time, usually within



the following phases:

**Prodromal Phase:** This phase is most common in adults who have used cannabis since they were teenagers. They may have abdominal pain or morning nausea. Symptoms can be mild and may last for months to years. During this time people may increase marijuana use thinking it will treat the nausea. **This phase can last for months or years.**

The main symptoms during this phase can be:  
Early morning nausea and abdominal pain  
A fear of vomiting  
Normal eating patterns  
Anxiety  
Restlessness  
Minimal interference in eating and weight

**Hyperemetic Phase:** During this phase is when people most likely start to seek medical care. It involves symptoms from the previous phase becoming worse.

The most common symptoms during this phase include:  
Periods of 24 to 48 hours of repeated, intense vomiting, with vomiting occurring as often as 4 or more times in an hour  
Ongoing nausea  
Abdominal pain  
Decreased food intake  
Weight loss  
Dehydration

**Recovery Phase:** This phase begins when cannabis use is stopped completely. During the recovery phase symptoms lessen over a few days or months as the body begins to return to normal. While it is possible to return to feeling normal, symptoms recur if marijuana is used again.

**How is CHS diagnosed?**

CHS was recently discovered so some healthcare providers may not know about it. There is no diagnostic test to confirm CHS and its symptoms are easily confused with other conditions. Improvement after quitting is what confirms the diagnosis. As a result, they may not spot it for many years. Health Care providers will rule out other gastrointestinal conditions by a typical work up or

**Cannabinoid hyperemesis syndrome**

**Common symptoms of cannabinoid hyperemesis syndrome include:**

 <b>Persistent nausea.</b>	 <b>Intense abdominal pain.</b>
 <b>Loss of appetite.</b>	 <b>Repeated vomiting.</b>



physical exam followed by some questions about your symptoms and past health. Admitting to your healthcare provider your history of marijuana use, even if they do not ask about it can speed up the diagnosis.

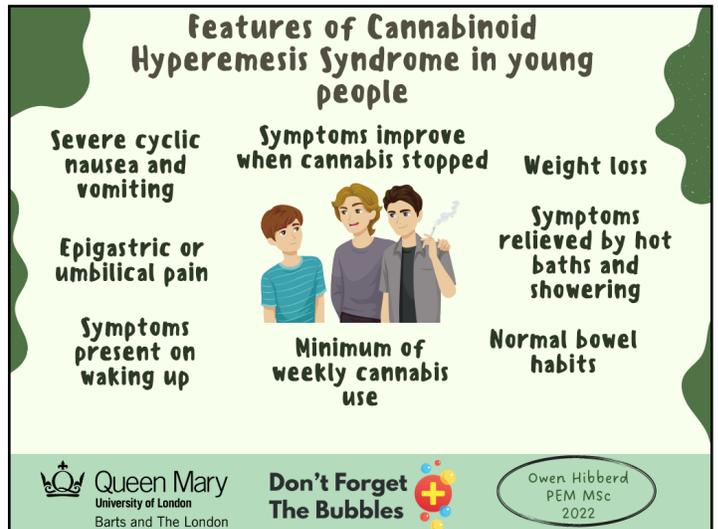
**Possible Complications**

The repeated vomiting that occurs with CHS can lead to issues such as dehydration and electrolyte problems in your blood. Without treatment, the vomiting is likely to continue and these conditions can lead to

- Malnutrition
- Weight loss
- Tooth decay
- Kidney injury or failure
- Muscle spasms
- Seizures
- Shock
- Cardiac Arrhythmias (abnormal heart rhythms)
- In very rare cases cerebral edema (brain swelling)

**When to seek Medical Help**

Call your healthcare provider if you have had severe vomiting for a day or more. Prolonged, untreated CHS can lead to chronic dehydration. Seek



emergency medical help or call 911 if you have any dehydration symptoms including:

- Dark or very little pee
- Delirium (sudden confusion)
- Dizziness, feeling light headed
- Fatigue or unexplained sleepiness
- Quickened heart rate
- Rapid breathing
- Syncope (fainting)
- Vomiting blood or a substance that resembles coffee grounds

- Vomiting that does not stop
- Can't keep fluids down
- New or worsening

abdominal pain

- New or increasing fever
- Sunken eyes and a dry mouth

**Treatment**

The only known treatment to permanently get rid of CHS is to stop cannabis use completely. You may have symptoms for a few weeks after quitting, over time the symptoms will disappear.

Other treatments may include:

- Rehydration - drink plenty of water
- Hot showers
- Capsaicin cream

**Prevention**

You can prevent CHS by not using marijuana in any form. You may not want to believe that marijuana may be

the cause of your symptoms. That may be because you have used it many years without having any problems. This condition may take several years to develop. Quitting Marijuana may lead to other health benefits, such as:

- Better lung function
- Improved memory and thinking skills
- Better sleep
- Decreased risk for depression and anxiety

### Help

Quitting Marijuana can be hard. If you need help quitting, speak to a healthcare provider or connect with your local addiction treatment services.

You can also call the Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline at 1-800-622-4357 or call or text 988 for free confidential service that's open 24/7, 365 days a year. They provide treatment referrals and information.



Contact Four Directions Treatment & Recovery Center to Begin the road to recovery  
 Phone (575) 464-4432  
 Fax (575) 464-4331  
 107 Sunset Loop - P.O. Box 228  
 Mescalero, NM 88340

<https://www.cedars-sinai.org/health-library/diseases-and-conditions/c/cannabinoid-hyperemesis-syndrome.html>  
<https://my.clevelandclinic.org/health/diseases/21665-cannabis-hyperemesis-syndrome>  
<https://www.verywellhealth.com/cannabinoid-hyperemesis-syndrome-8349088>  
<https://corerevitalizingcenter.com/cannabis-hyperemesis-syndrome/>  
<https://www.ncbi.nlm.nih.gov/books/NBK549915/>

**5TH ANNUAL  
CHAMPS ONLY**

**BASKETBALL TOURNEY**

**Mescalero Community Center**

**\* MUST HAVE GYM SHOES\***

**MARCH 8, 9, 10, 2024**

**MEN'S, WOMEN'S, CO-ED DIVISION**

**8 PERSON ROSTER**

**\$250 ENTRY FEE**

**Entry Fee Due MARCH 1, 2024 • Non-Refundable • Open Roster • Double Elimination  
NMAA High School Participants Not Allowed**

**NIKE-BRANDED HOODIE FOR CHAMPIONS, ONE MVP,  
ONE ALL TOURNEY- PER TEAM**

**CALL/TXT 575-973-0561**

**FOR MORE INFO**

**NOT RESPONSIBLE FOR ACCIDENTS/LOST STOLEN ITEMS**

**DRUG AND ALCOHOL FREE EVENT**



## Mescalero Apache Licensure Committee

### News

If you are a Tribal Member and interested in preserving our language, please call the Mescalero Apache Licensure Committee to become a certified Apache Teacher. Fluency is recommended and encouraged.

Please call one of the members of the Licensure Committee for more information:

Lenora Shendo: 575-937-4567

Caroline Blake: 575-808-0289

Eric Spitty: 575-464-4974

The latest recipient of the licensure certificate is Sharon Taazah.



Left to right: Lenora Shendo (Level II), Sharon Taazah (Level I) and Caroline Blake (Level II).

Ba'itédan'dzi.



# Religion

## Mescalero Reformed Church

### *The Three Trees*

Do you know the story of the three trees? I wonder if you've ever heard of this story or perhaps even read it to your children or grandchildren. The story goes something like this ...

Three trees were planted next to each other on top of a mountain. One day they began to dream of what they might become when they grew old. The first wanted to hold treasure, the second wanted to be a strong sailing ship, and the third wanted to grow tall so that others would raise their eyes to God. Many years had passed, and each of them became something. The first tree rejoiced when it was brought to a carpenter's shop, but instead of a treasure chest it was made into a feed box. The second tree smiled when it was brought to a shipyard, but instead of a strong sailing boat it was made into a simple fishing boat. And the third tree was confused when it was made into beams and

left in a lumberyard.

Many years went by but one night a young woman placed a newborn baby in the feed box; suddenly the first tree knew it was holding the greatest treasure in the world. Years later, as travelers were sailing on the sea in a simple fishing boat a thundering and thrashing storm arose. One of the tired travelers awoke from his slumber, he stood up, stretched out his hand, and calmed the storm; suddenly the second tree knew it was carrying the King of heaven and earth. Then on a Friday morning, the third tree was startled when it was pulled from the lumberyard and carried through an angry crowd. The tree flinched and shuddered as a man was nailed to her, the tree felt ugly and harsh. But on Sunday morning, God's love changed everything. The third tree had changed from ugly and harsh to beautiful. Suddenly the third tree knew that every time people saw her, they

would think of God.

We look forward to celebrate the third tree - the cross of Calvary. Its' rugged appearance reminds us of the brutality and centrality of Christ's sacrifice. As we approach Easter Sunday, may our eyes be drawn towards the third tree. It's our hope that through worship, confession, repentance, and celebration our gaze might remain on the cross all year around.

Grace & Peace,

Pastor Mark

Please know that you are always welcome to worship God and experience His mercy at Mescalero Reformed Church, as our arms (and our doors) are open to you if you are looking for a church home or just want to come visit.

Mescalero Reformed Church

336 Wardlaw Dr.

P.O. Box 188

Mescalero, NM

(575) 464-4471

Visit (and Like) our **Mescalero Reformed Church Facebook page!**

*Email us at [mescalerorc@gmail.com](mailto:mescalerorc@gmail.com)*

***Sunday Worship***

*9:30 - Sunday School for Children and Adults*

10:40 - Worship

**Opportunities for Fellowship and Encouragement**

**Women's Bible Study**  
- every Tuesday at 6:00 pm in the sanctuary.

**Women's Gathering** - every Wednesday at 9:00 am in the church basement.

**Men's Bible Study** - every Wednesday at 6:00 pm in the sanctuary.

**Youth Group for Middle and High School** - Monday at 6:00 pm.

**Kids' Club** is our after-school program for 1st-5th grade students which meets on Thurs-

day's at 3:30 pm in the church basement.

Come for a fun time of playing, praying, singing, and crafts.

# HELLO FEBRUARY



Mescalero Boys & Girls Club would like to welcome the new Miss Mescalero, Ivonna Burgess. The crowing took place on February 3, 2024. Our Club kid (Jaelynn) had the honor of saying the opening prayer. Club wanted to give Jaelynn a SHOUT OUT of an amazing job!



Former Miss Mescalero (Deandra Comanche) did a presentation of throughout her reign.

Club staff have the insaitive to attending Wednesday Apache Class @ the Library every week. As well as inviting June Shaw to have a language class with our Club kids.



## Mescalero Boys & Girls Club

Deandra's been apart of the Boys & Girls Club since 2016. Starting as a Youth Development Specialist, Unit Supervisor, and now Club Director.

Her heart is definitely for all the youth. Let's give a warm welcome to Deandra Balatche as the new Club Director.



Employee of the month  
*Deandra Comanche*  
 aka Maggie  
 Interacts well with  
 kids and staff  
 Never calls in.

February

Maggie, took some of the Club kids on virtual field trips around the world. The kids really enjoyed discovering different parts of the world by the projector.

Students of the Month  
*Karlee & Larenza*



MBGC had a Valentine's Day party for the club kids. We decorated our game room and made sashes for Mr. & Miss Sweetheart. The kids enjoyed different games, dancing and food. =) Here are a few picture from the party!



*Mr. & Miss Sweetheart 2024*



*Nikki & Benny*



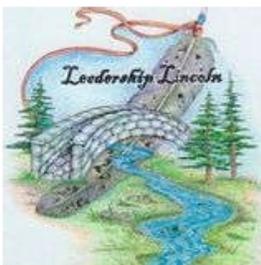
# Mescalero Apache School

## 8<sup>th</sup> grade Leadership Lincoln Students

Twelve Mescalero Apache School 8<sup>th</sup> grade students were selected by their teachers and peers to participate in 8<sup>th</sup> grade Leadership Lincoln. Youth Leadership Lincoln is designed to identify and motivate young, emerging leaders, exposing them to the realities, challenges and opportunities in the community. The program entails monthly classes, during school, school survey, presentations and community service. We are very proud of these students and their accomplishments.



**Top from left to right:** Ruth Enjady, Eli Comanche, Juniper Bighunter, Anastacia Kanseah, Lairah Comanche, Ellie Gallerito, Keri Sago, Savannah Hopson **Bottom from left to right:** Cheyann Fangma, Zoey Klinekole, Tommia Trujillo, Seaven Martinez



# When you are ready, We are here. To listen. To help.

Our advocates are here to provide free & confidential support services to our community.

- ◆ Domestic Violence
- ◆ Teen Dating Violence
- ◆ Traditional Counseling Available

East Mountain Resource Center  
331 War Bonnet Dr./P.O. Box 227  
Mescalero, NM 88340  
(575) 464-0079



Greetings Health Council Members and community partners!

From the Lincoln County Community Health Council (LCCHC) outgoing chair Sergio Castro:

As we approach the end of the year 2023 and look forward to the new year 2024, I find it amazing that the LCCHC will be celebrating the 30th anniversary of its birth. I think it is appropriate to take a quick stroll down memory lane and look not only at the past, but also the present and the future of this amazing organization.



**Sitting:** Debra Butts, Alyssa Linden, Laura Wilson, Carol Bleu  
**Standing:** Alisha Westmacott, Sergio Castro, Julie Cintron, Bonnie Torrez, Dave Tomlin, Andrea Fernandez, Shannon Dictson  
**On Zoom:** Joann Palomino, Desarae Payne, Laurie Dudek, Elma Orosco

In 2023, the Lincoln County Community Health Council continued its legacy to serve the residents of Lincoln County and Mescalero through its many initiatives including the Health and Wellness Guide, "Health Mind, Healthy body and Healthy Soul" annual health fair, Maze of Life, Suicide Prevention Glow walks, Mescalero Food Pantry and Distribution, Substance Misuse and Education in the schools, Signs of Suicide education, QPR training, the annual "Pink Soccer" game for Breast Cancer Awareness, CHANGE scholarships, CDC/Kellogg and DOH initiatives to tackle vaping among our youth, and 100% Community, among many others.

In 1994 Wanda De Figueroa established the Lincoln County Maternal Child Health Planning Council and in 1996, a group of Lincoln County residents established the Health and Wellness Board with the goal to help address health and wellness challenges in our community. In 2000, these two organizations merged and rebranded themselves into what is now the Lincoln County Community Health Council. The LCCHC was officially recognized by the Lincoln County Commission on November 30, 2000, and again September 19th, of this year.

From its inception, the LCCHC saw the need to come together as a group to tackle health issues in Lincoln County, and eventually Mescalero, to include health disparities, food insecurity, access to care, transportation, mental health, substance misuse, suicide, diabetes, cancer, and many other social determinants of health. We owe a debt of gratitude to the hundreds of individuals who have been and continue to partner with the LCCHC throughout the years.

I want to recognize Maury St. John, who for many years carried this organization and championed its purpose and goals. She passed away on August 7, 2020, and she is now memorialized through the Maury St. John Memorial Scholarship which is given to a deserving student majoring in nursing, as she was a caring nurse until her retirement.

In 2024, the future is bright for this organization and for our incoming Chair, Shannon Dictson who brings many years of experience as a prior Chair and member of the LCCHC. Shannon will continue the legacy and work to tackle the challenges related to the social determinants of health in Lincoln County to make our community a healthy place to live. Let me be the first to welcome Shannon back as our leader, and also the first to wish a Happy 30th Birthday to the Lincoln County Community Health Council!

If you would like to be part of this great organization and would like to make a difference in the lives of others, please volunteer and join us.

Please contact us at: [info@lincolncountyhc.org](mailto:info@lincolncountyhc.org) or go to our website [www.lincolncountyhealthcouncil.org](http://www.lincolncountyhealthcouncil.org)

**View the 2024 Health & Wellness Guide online:**  
Region IX Education Cooperative | [Rec9nm.org](http://Rec9nm.org)  
Ruidoso Municipal Schools | [www.ruidoso.k12.nm.us](http://www.ruidoso.k12.nm.us)  
Village of Ruidoso | [www.ruidoso-nm.gov](http://www.ruidoso-nm.gov)  
Ruidoso Chamber of Commerce | [www.ruidosonow.com](http://www.ruidosonow.com)

The following pages are scans from the 2024 Health & Wellness Guide of Lincoln County & Mescalero newsletter as provided by the Lincoln County Community Health Council. Please use the following 2024 Directory Listings for informational purposes ONLY.

This guide is for informational purposes **ONLY**. LCCHC is not responsible for verifying any accreditations.

*Health and Wellness* - of Lincoln County & Mescalero

# 2024 DIRECTORY LISTINGS

## AGING & LONG TERM CARE SERVICES

"NM Aging & Disability Resource Center, Santa Fe" .....1-800-432-2080

Medicare/Medicaid .....1-800-432-2080

## Alzheimer Association

NM Chapter .....505-266-4473

Roswell .....575-624-1552

24/7 Help Line .....1-800-272-3900

## Assisted Living Facilities/Dementia Care

"Goodlife Senior Living and Memory Care Center" .....575-315-0758

Mescalero Care Center .....575-464-4802

## Behavioral Health Services

"Gerald Champion Regional Medical Center" .....575-630-8092

Ken Kenney, MSW, PhD .....505-363-8293

People Works NM .....505-267-5057

## Home-Health Agencies/Hospice Services

Addus Homecare .....575-258-9086

Enhabit Home Health & Hospice .....575-258-0028

Community Home Care .....575-258-1986

## Senior Centers

Renee Montes-Program Director .....575-648-2121

Capitan .....575-354-2640

Carrizozo .....575-648-2121

Corona .....575-849-5111

Hondo/San Patricio .....575-653-4405

Ruidoso Community Center .....575-257-4565

Ruidoso Downs .....575-378-4659

## Senior Resources

AARP NM .....1-866-389-5636

"Adult Protective Services Legal Resources for the Elderly (LREP)" .....1-866-654-3219  
lgbtagingcenter.org

Sierra Blanca Laser, Inc. SU I (Stress Urinary Incontinence Therapy) .....575-425-0792  
Full laser therapy offerings, no tattoo removal

Social Security Services .....1-800-772-1213

## BASIC NEEDS ASSISTANCE

### Clothing/Household Assistance

Christian Services .....575-257-4381

"First Baptist Church of Ruidoso Downs Thrift Shop" .....575-378-4611

"Joseph's Workshop" Episcopal Church of the Holy Mount" .....575-257-2356

Provides household items at no cost to people in need.

2024 Health & Wellness Guide of Lincoln County and Mescalero

"Lincoln County Humane Society Resale Shop" .....575-808-8540

Not to Shabby Shop (Capitan) .....575-468-0638

"Lincoln County Medical Center Auxiliary Thrift Store" .....575-257-7051

Sweet Charity Repeat Boutique .....575-257-0041

## Family Services

Life-Way .....575-315-2500

## Financial Assistance

Bowl Ministries, J Bar J Church .....575-257-6899

"First Baptist Church of Ruidoso Downs" .....575-378-4611

Good Neighbor Fund (PNM) .....575-378-1941

"Episcopal Church of the Holy Mount Discretionary Outreach" .....575-257-2356

LIHEAP Energy Assistance Program .....800-283-4465

Lincoln County Indigent Fund .....575-258-1232

Salvation Army .....575-378-4611

## Food Assistance

### COUNTY FOOD PANTRIES

Lincoln County Food Bank Ruidoso .....575-257-0682  
Open M 12-4, W and F, 10 a.m. - 2 p.m.

"Salvation Army Commodity Supplemental Food Program" .....575-625-2030  
"1st Thursday, very other month (Even months), Carrizozo Fire Dept. 8 a.m. Mescalero Senior Center, 10am Ruidoso Downs First Baptist Church 11am San Patricio Senior Center 12pm" must be 60 years old or older, meet income guidelines, proof of age in person., Call ahead of time.

Angus Church of the Nazarene .....575-336-8032  
2nd & 4th Tuesday of every month at 11 a.m.

"Christian Services of Lincoln County Inc" .....575-257-4381  
"Open M-T, 9 a.m. - 3p.m, F 9am-12pm Provides help with rent/mtg/temp motel room, utility and medication"

Trinity Church, Capitan .....575-439-6731  
2nd-5th Tue. of the Month, 5:30pm-7pm

### MOBILE FOOD PANTRIES

Capitan Mobile Food Pantry .....575-439-6731  
1st Thursday of the month at the Capitan Fire Station 5:30-7 p.m.

Mescalero Mobile Food Pantry .....575-464-9260  
1st Thursday of every month, 12:30 p.m.

"River Crossing Ministries Mobile Food Pantry Ruidoso" .....575-686-8582  
2nd Thursday of every month, River Crossing 2 p.m.

### FREE MEALS

"Angus Church of the Nazarene, Bonita Park on Hwy 48" .....575-336-8032  
Soup Kitchen 1st, 3rd, and 5th Tue, 11am. free meal on Wed. nights during the school year at 4:30 p.m. Open to teens, children & guardian.

"Community United Methodist Church (Warehouse), 220 Junction Rd" .....575-257-4170  
Provides a free meal on the 3rd Monday of every month, from 5:30 - 7 p.m.

Eastern New Mexico University- Ruidoso, 709 Mechem Dr. ....575-315-1120  
Provides a free meal on the 5th Monday of every month, from 5:30 - 7 p.m.

"Episcopal Church of the Holy Mount, 121 Mescalero Trail" .....575-257-2356  
Provides a free meal on the 2nd Monday of every month, from 4:30 - til food runs out.

First Christian Church, 1211 Hull Rd...575-258-4250  
Provides a free meal on the 1st Monday of every month, from 5:30 - til food runs out.

"Gateway Church of Christ, 451 Sudderth Dr" .....575-257-4381  
"Provides a free meal on Wednesday nights 5:15 - 6 p.m. Summer hours and locations vary".

"St. Eleanor's Roman Catholic Church, 120 Junction Rd" .....575-257-2330  
Provides a free meal on the 4th Monday of every month, from 5:00 - 6:30 p.m.

### SENIOR FOOD PROGRAMS

All Senior Center Sites offer Meals on Wheels

Capitan - Zia Senior Citizens .....575-354-2640  
Lunch served M-F from 11:30-12:30 S3 suggested donation for 60 and over.

Carrizozo Senior Center .....575-648-2121  
"Lunch served M-F from 11:30 a.m. - 12:30 p.m. Suggested S3 donation for 60 and over"

Corona Senior Center .....575-849-5111  
"Lunch served M-F from 11:45 a.m. - S3 donation appreciated. Must RSVP by 9am."

Hondo Senior Center .....575-653-4405  
Lunch served M-F from 12 - 1 p.m. Delivers to Home Bound, S3 donation.

Ruidoso Downs Senior Center .....575-378-4659  
"Lunch served M-F from 11 a.m. - Noon S3 donation. Meals on Wheels, (60+)"

### NON-PERISHABLE FOOD BOXES

BOWL Ministries (J Bar J Church) .....575-257-6899

### YOUTH FOOD PROGRAMS

Food 4 Kids Backpack Program .....575-937-4732  
"Capitan, Carrizozo, Hondo & Ruidoso Elizabeth Potte Food items sent home weekly in children's backpacks"

PHS Feeding Program .....575-257-8266  
18 years and under

### Housing Assistance

"Camelot Place Apartment/ Income Based" .....575-257-5897  
Income Based Citizenship/Residency - Financial Guidelines.

Eastern Regional Housing Authority ...575-622-0881  
HUD Financial assistance for rent

Inspiration Heights/Low Income Housing .575-378-4236  
Citizenship/Residency - Financial Guidelines

Ladera Apt Homes .....575-378-5262  
"Income Guidelines"

**Medical Assistance**

- Children's Medical Services .. 575-258-3252 Lincoln
- County Indigent Fund ..... 575-258-1232
- Prescriptions - Episcopal Church ..... 575-257-2356
- Shriners Hospitals, Crippled Children & Burn Institute..... 1-800-237-5055

**Visual Assistance**

- Ruidoso Noon Lions Club
- Eye Exams ..... 575-937-4235
- National Federation of the Blind ..... 575-921-5422
- State of NM Commission for the Blind-Alamogodo ..... 575-437-1547
- State of NM Commission for the Blind- Roswell .....888-513-7961

**BEHAVIORAL HEALTH SERVICES**

**Counseling**

- Capitan Therapy & Behavioral Health ..... 505-273-0982
- Four Directions (Native American) Treatment and Recovery Center ..... 575-464-4432
- Hope Floats Addiction Counseling ... 575-937-1665
- Katherine Scott, MS,LMHC ..... 575-937-6763
- Kenneth Kenny, PhD, MSW ..... 505-363-8293
- Lincoln County Community Assistance Program 24/7 Hotline ... 1-800-888-3689
- Lincoln County COPE ..... 575-258-1064
- Mental Health Stop ... 575-223-8184/ 575-219-7542
- Merriken Bryant, MS LPCC ..... 575-937-4349
- Messal Counseling Institute, LLC ..... 260-402-1967
- Open Minds, LLC..... 575-489-4616
- PeopleWorks NM..... 505-990-4186
- PMS Ruidoso Behavioral Health Center..... 575-630-0571
- Region IX School-based Health Center..... 575-630-7974
- Sierra Blanca Counseling Emily Flemming, LPCC ..... 575-491-3300
- Telecounseling New Mexico ..... 575-973-0560

**Medication Management**

- Gerald Champion Sleep Center Mental Health..... 575-630-8092
- Open Minds, LLC..... 575-489-4616

**Sexual Assault Services**

- SANE of Otero and Lincoln County Hotline ..... 575-430-9485
- The Nest..... 575-378-6378

**Substance Abuse Services**

- 12th Judicial Drug Court Lincoln County..... 575-437-7310
- Alianza of New Mexico ..... 575-623-1995
- Capitan Therapy & Behavioral Health . 505-273-0982
- Four Directions (Native American) Treatment and Recovery Center ..... 575-464-4432

Hope Floats Addiction Counseling ... 575-937-1665

**REFER YOURSELF** Insurance Accepted Individual, & Family Tele-Therapy EMDR  
[www.mentalhealthme.com](http://www.mentalhealthme.com)  
 1096 Mechem Dr Ste 213, Ruidoso 575.223.8184 575.219.7542

Mental Health Stop ... 575-223-8184/ 575-219-7542

PMS Ruidoso Behavioral Health Center ..... 575-630-0571

**Support Groups**

- Alcoholics Anonymous..... 575-430-9502
- Alianza of New Mexico (HIV Support and Harm Reduction) ..... 575-623-1995
- Caregiver Support Group ..... 505-990-4186
- Celebrate Recovery..... 575-686-8582
- Gamblers Anonymous ABQ Hotline .. 505-260-7272 [www.gamblersanonymous.org](http://www.gamblersanonymous.org)
- Heart of Addiction co-ed..... 575-686-8582
- Heart of Addiction Men's Support. ... 575-937-0758
- Heart of Addiction Women's Support . 575-315-5121
- High Mesa Healing Center..... 575-336-7777
- Mescalero Responsible Gaming ..... 575-464-7106
- Mindfulness Support Group ..... 505-990-4186
- Pain Management Support Group... 505-990-4186
- Women's Trauma Resiliency Support Group..... 575-686-0990
- Weight Watchers..... 1-800-651-6000

**CHILDREN, YOUTH, & FAMILIES DEPT**

- CYFD Early Childhood Services ..... 575-434-9770
- Child Protective Services ..... 575-378-0045
- Juvenile Justice Services ..... 575-378-0045

**CHILD CARE**

- Boys and Girls Club of Chavez & Lincoln County ..... 575-454-7100
- Early Years..... 575-378-1567
- First Christian Church CDC ..... 575-258-1490
- Imagination Station..... 575-315-0908
- Inn of the Mountain Gods ..... 575-464-7600
- Mountain Montessori ..... 575-937-2822
- Region 9 (6 weeks-3 yrs old)..... 575-630-0355
- Region 9 (3-5 yrs old)..... 575-808-8820

**CHURCHES**

- Angus Church of the Nazarene..... 575-336-8032
- Calvary Chapel of Ruidoso ..... 575-257-5915
- Canaan Trail Baptist Church ..... 575-336-1979
- Capitan Church of Christ ..... 575-354-9015
- Centro Familiar Destina ..... 575-257-0447
- Church of Jesus Christ of Latter Day Saints ..... 575-258-1253 or 575-258-1254

- Community United Methodist Church 575-257-4170
- Episcopal Church of Holy Mount ..... 575-257-2356
- First Baptist Church of Ruidoso ..... 575-257-2081
- First Baptist Church of Ruidoso Downs 575-378-4611
- First Christian Church..... 575-258-4250
- First Presbyterian Church ..... 575-257-2220
- Fort Lone Tree Camp ..... 575-354-4265
- Gateway Church of Christ ..... 575-257-4381
- Grace Harvest Church..... 575-336-4213 [GraceharvestRuidoso.com](http://GraceharvestRuidoso.com)
- J BarJ Country Church..... 575-257-6899
- Mescalero Reformed Church..... 575-464-4471
- One Church..... 575-383-4673
- River Crossing Ministries ..... 575-686-8582
- Ruidoso Downs Baptist Church..... 575-378-4174
- Ruidoso Downs Race Track Chapel ... 575-808-0790
- Sacramento Mountains Unitarian Universalist Fellowship ..... 575-336-2170
- Saint Eleanor Catholic Church..... 575-652-5951
- Santa Rita Catholic Church ..... 575-648-2853
- Shepherd of the Hills Lutheran Church 575-258-4191
- St. Joseph Mission ..... 575-464-4473
- Trinity Southern Baptist Church..... 575-354-2044

**CRISIS INTERVENTION**

- Agora Crisis Center ..... 800-273-TALK
- COPE (Domestic Violence) ..... 575-258-1064
- East Mountain Resource Center (DV, Mescalero) ..... (575)464-0079
- HEAL/The Nest..... 575-378-6378
- High Mountain Youth Project ..... 575-808-8633
- Lincoln County Community Assistance Program 24/7 Hotline ... 1-800-888-3689
- Life-Way Pregnancy Recourse..... 575-315-2500
- National Center for Missing and Exploited Children ..... 1-800-843-5678
- National Hotline for Human Trafficking..... 1-888-373-7888
- National Suicide Hotline ..... .988
- National Suicide Prevention Lifeline 1-800-273-8255
- New Mexico Council on problem Gambling ..... 1-800-GAMBLER
- New Mexico Crisis Line..... .988
- Trans Lifeline ..... 877-565-8860
- TREVOR hot-line Suicide Crisis Line 1-866-488-7386
- Veterans Crisis Line (press 1) 1-800-273-8255 Text to 838255; Online chat: [veteranscrisisline.net](http://veteranscrisisline.net)

**DENTISTRY**

- Ben Archer Alamogordo ..... 575-443-8133
- Carrizozo Dental Clinic..... 575-648-2839
- Mountain View Dental ..... 575-257-9053

**DENTISTRY (CONT.)**

Dr.Sally Waters..... 575-258-3388



Kendal Trujillo, DDS  
456 Mechem Suite C  
Ruidoso, NM 88345  
575-257-5179 Office  
ruidosodentist.com

Complete Family Dentistry Creating Miles of Smiles

Summit Dental / Dr. Kendal Trujillo... 575-257-5179

**DENTISTRY/ORTHODONTICS/ENDODONTIST**

Taylor Orthodontics...575 914-2131/575-622-4369

Brian T. Lu.....575-258-4698 Endodontist

**DERMATOLOGY**

Seeberger Dermatology..... 575-437-4533

**DEVELOPMENT DISABILITIES SERVICES**

New Horizons Developmental Center . 575-648-2379

Nezzy Care ..... 575-257-3100

Region IX Developmental Services... 575-257-2368

Special Olympics Sylvia Trujillo ..... 575-973-1421

**EARLY CHILDHOOD/PARENT SUPPORT**

Region IX Home Visiting (Pre-natal-5).. 575-257-2368

**DOMESTIC VIOLENCE**

COPE (Domestic Violence) ..... 575-258-1064

East Mountain Resource Center,  
Mescalero ..... 575-464-0079

Hope Harbor Transitional Home .... 575-686-0990

National Advocate for Domestic  
Violence Hotline ..... 1-800-799-7233

Police Department Non-Emergency Numbers  
Ruidoso/Ruidoso Downs ..... 575-258-7365

The Nest ..... 575-378-6378

**DWI**

DWI Lincoln County-Ruidoso  
Grant Pro..... 575-937-1117

**EMERGENCY SERVICES**

American Red Cross NM..... 505-265-8514

Emergency Assistance .....911

Poison Control Center ..... 1-800-222-1222

988 National Suicide Hotline .....988

**FUNERAL SERVICES**

LaGrone Funeral Home..... 575-257-7303

New Dawn Cremation Services ..... 575-630-0161

**GAMBLING**

New Mexico Council On Problem  
Gaming ..... 1-800-572-1142 or 1-800-Gambler

New Mexico Gaming Control Board... 505-841-9700

Mescalero Apache Tribal  
Gaming Commission ..... 575 464-7101/7100

Mescalero Responsible  
Gaming Program ..... 575-464-7106

People Works NM ..... 505-990-4186

Responsible Gaming Association  
of New Mexico ..... 888-696-2440

**HEARING CARE**

Advanced Hearing Care .....575-257- 0454

Hear on Earth Hearing  
Care Center..... 800-950-8816 or 575-526-3277

Livingston Hearing Aids..... 575-257-9989

NM Commission for Deaf &  
Hard of Hearing..... 505-383-6530 Texts to 233733  
www.traffickingresourcecenter.org

**HEALTH CLUBS/EXERCISE**

Anytime Fitness ..... 575-502-5438

Capitan Fitness..... 575-973-0552

Ruidoso Athletic Club (RAC) ..... 575-257-4900

**EXERCISE CLASSES/EQUIPMENT**

Ruidoso Community Center ..... 575-257-4565

Ruidoso Physical Therapy ..... 575-257-1800

Therapy Associates ..... 575-257-5820

**INSURANCE**

Aetna Medicare Supplements  
Vernon Iwancin Agent ..... 575-257-8139

Be Well NM ..... 1-833-TO BE WELL  
www.bewellnm.com; www.healthcare.gov

Blue Cross Blue Shield  
Centennial Care..... 1-866-689-1523

Blue Cross Blue Shield Health Plan.. 1-800-432-0750

**Local Ruidoso Medicare Sales Agent**

**Deborah Burk**

United Healthcare, Humana, Presbyterian, Molina,  
Wellcare & Silver Script

**Office: 575-208-2600**

**Cell: 806-777-5762**

Local Ruidoso Medicare Sales Agent Deborah Burk  
.....Office:575-208-2600 Cell:806-777-5762  
United Healthcare, Humana, Presbyterian, Molina,  
Wellcare & Silver Script

Family Insurance ..... 575-257-0998

Humana..... 915-577-4166

Molina Healthcare of NM..... 866-440-0127

New Mexico Human Services  
(Medicaid) ..... 1-888-997-2583

Apply by phone..... 1-855-637-6574  
Blue Cross Blue Shield Centennial Care, Presbyterian  
Centennial Care, Western Sky Community Care  
Centennial Care www.yes.state.nm.us

New Mexico Medical Insurance  
Pool BCBS ..... 1-800-432-0750  
Coverage of last resort

NM High Risk Pool..... 1-505-424-7105

Presbyterian Health Plan ..... 1-866-388-7737

Presbyterian Centennial Care ..... 1-888-977-2333

Farmer's Insurance, Glen Cheng Agent 575-257-7878

United Health Care ..... 844-869-6204

Western Sky Community Care ..... 844-543-8996

**INTEGRATED/NATURAL/HOLISTIC**

**Acupuncture**

Alpha and Omega Chiropractic ..... 575-258-5999

**Biofeedback & Energy Medicine**

Angel Envy ..... 903-373-4344

High Mesa Healing..... 575-336-7777

Living Energies ..... 575-258-5855

Quiet Mind Access Bars ..... 575-937-5085

Tim Seay ..... 575-770-0136

**Core Synchronism**

Chelsea Arbogast..... 505-620-8642

**Essential Oils**

Village Wellness - Doterra ..... 575-258-2258

Rosemary's Herb Stop ..... 575-257-0333

**Farmers Markets/Fresh Produce**

El Gallo Loco ..... 575-686-9203

Enchanted Vine Farmers  
Market (Summer) ..... 575-336-7012

Mario's Market ..... 575-257-0367

Ruidoso Farmer's Market (Summer) ... 575-257-5030

Wilson Beef..... 575-430-8141

**Floatation Therapy**

Floatation Station ..... 575-315-0870

**Functional Medicine**

Dr. Stephen Rath ..... 575-257-4772

**Healing Centers**

High Mesa Healing Center..... 575-336-7777

Parish Health Ministries ..... 575-257-4170  
9am-1pm

**Health Foods/Supplements/Herbs/Vitamins**

Albertson's Market ..... 575-257-4014

Angel Envy ..... 903-373-4344

High Mesa Healing Center ..... 575-336-7777

**RUIDOSO**  
**NATURAL REMEDIES**  
2501 Sudderth Drive, Suite H • Ruidoso, NM 88345 • (575) 257-1406  
Kalyn Wickware • Certified Herbalist III  
ruidosonaturalremedies@gmail.com

Ruidoso Natural Remedies ..... 575-257-1406

Rosemary's Herb Shop..... 575-257-0333

Scale Blaster Water Conditioner..... 575-770-0136

Skarsgard Farms..... 505-681-4060  
www.skarsgardfarms.com

Lowe's Market ..... 575-257-6544

Zialife..... 575-937-3984

**Health & Wellness Coach**

Alondra Marquez..... 915-539-7789

**Health & Wellness Coach (Cont.)**

**HEALTH AND WELLNESS MENTOR**  
 Conflict Resolution - Motivational interviewing  
 Dance-Yoga- Stewardship-  
 Civic Participation - Team-building  
 Andrea Fernandez  
 575-937-2725 • ziamentor@gmail.com

- Andrea Fernandez..... 575-937-2725
- Crystal Evertte ..... 575-937-5652
- Leslie Blackmon ..... 575-973-1663
- The Faithful Fern ..... 575-808-8566

**Homeopathic**

- Living Energies ..... 575-258-5855
- Rosemary's Herb Shop ..... 575-257-0333
- Ruidoso Natural Remedies ..... 575-257-1406
- Zialife..... 575-937-3984

**Life Coach**

- Debbie Nix ..... 575-937-0212

**Massage**

*Adobe Day Spa*  
**Massage & Chiropractic Service**  
 (575) 630-0515 • adobedayspa.com  
 616 Carrizo Canyon Rd., Ruidoso, NM 88345  
 • Couples massage special \$145  
 • Facials, sauna, detox, body wraps, tanning and more!

- Adobe Day Spa..... 575-630-0515
- Blue Lotus Healing Arts Center & Day Spa..... 575-257-4325
- Rebecca Forester ..... 575-315-0870
- Healing Intentions, Lisa Aguilar ..... 575-973-5005

**MOUNTAIN**  
 MASSAGE & HEALING ARTS  
 www.nmmessage.com  
 Patti Gray MT #4299 575-937-2304  
 Located inside MCM Elegante Lodge & Resort  
 107 Sierra Blanca Dr. Ruidoso, NM 88345

- Mountain Massage & Healing Arts, Patti Gray..... 575-937-2304
- Birgit Sawinski ..... 575-937-6822
- Village Wellness..... 575-258-2258
- Glen Wagnner ..... 575-937-8720
- Debra Wilcox ..... 575-937-4123

**Massage Equipment**

- Pavelka's ..... 575-630-1234
- Truman's ..... 575-730-0125

**Medical Spa**

- Fusion Medical Spa ..... 575-257-4772
- Sierra Blanca Laser..... 575-425-0792

**Meditation**

- Bhavani Brown ..... 603-475-2985
- RareBird Workshop ..... 505-610-2207
- Village Wellness..... 575-258-2258

**Nutrition/Counseling**

- Alpha and Omega Chiropractic ..... 575-258-5999

**BALANCED NUTRITION**  
*For a lifetime of health and happiness*  
 Certified Nutritional Coach  
**Roxanne Rodriguez**  
 575-973-1077  
 balancednutrition111@gmail.com  
 Weight Loss, Disease Prevention, General Health

- Balanced Nutrition, Roxanne Rodriguez..... 575-973-1077

**Pain Management**

- Topline Therapy..... 575-808-8721
- U Fit, Danielle Rice, Manual Therapy .. 401-744-6457

**Reiki**

- Earth Angel Reiki Works..... 575-686-0413
- The Faithful Fern ..... 575-808-8566

**Spiritual Counseling**

- Andrea Fernandez..... 575-937-2725
- Barbara Mader ..... 575-336-7777
- Maria Showalter ..... 575-434-4889

**Spas**

- Adobe Day Spa & Chiropractics ..... 575-630-0515
- Floatation Station ..... 575-315-0870
- Homegrown@sweetmagnolia
- Day Spa and Salon ..... 575-257-8982

**Tai Chi**

- Tai Chi for Health..... 575-626-7150
- Village Wellness..... 575-258-2258

**Yoga**

- Andrea Fernandez..... 575-937-2725
- Ashley Zuri ..... 575-937-4915
- Blue Lotus ..... 575-257-4325
- Buddha Yoga..... 575-802-3013
- Marilyn Miller..... 575-808-2402
- The Faithful Fern Co..... 575-808-8566
- Niki Haynes..... 575-973-0552

**LABS**

- TriCore Reference Laboratories ..... 575-630-5225 (Outpatient draw site)

**LGBTQ SERVICES**

- Capitan Therapy & Behavioral Health . 505-273-0982
- Optum Endocrinology ..... 505-262-7455  
 In order to be seen, client needs: 1. Referral from a physician, 2. Letter from a psychiatrist for a psychological evaluation
- Mental Health Stop... 575-223-8184/575-219-7542
- Transgender Resource Center of New Mexico..... 505-200-9086  
 TGRCNM supports transgender, gender-conforming, gender-variant people in New Mexico with support groups, organizational educational trainings, drop-in services, medical provider list, legal support, medical clinics, needs exchange and events.
- Trans Lifeline ..... 877-565-8860

Christina Vento, PSYD ABMP MACP .. 505-248-7618  
 lgtbagingcenter.org, itgetsbetter.org lgtbqrc.unm.edu

**LEGAL RESOURCES**

- Certified Mediator ..... 575-937-2725
- New Mexico Legal Aide..... 575-541-4800
- Pegasus Legal Services for Children... 505-244-1101
- Public Defenders of Lincoln County .. 575-257-3233 NMCOURTS.gov
- Modest Means ..... 505-797-6013, 888-857-9935

**Probation & Parole**

- Adult Probation..... 575-973-2408

**MESCALERO APACHE TRIBE**

- Administration..... 575-464-4494
- Child Support..... 575-464-2577
- East Mountain Resource Center, DV Services..... (575)464-0079
- Education Department..... 575-464-4500
- Elderly Center ..... 575-464-1614
- Fire & Rescue ..... 575-464-3473
- Gaming Commission ..... 575-464-7101
- Headstart - Carrizo ..... 575-464-3492
- Headstart - Mescalero..... 575-464-9183
- Health Education/Diabetics..... 575-464-6383
- Health Education/Fitness Center ..... 575-464-4368
- Library..... 575-464-5010
- MATI ..... 575-464-4039
- Mescalero Boys & Girls Club ..... 575-464-9212
- Mescalero Care Center ..... 575-464-4802
- Mescalero Hospital ..... 575-464-4441
- Mescalero Prevention Program..... 575-464-4516
- Mescalero WIC Office, Families First .. 575-464-0932
- Parks & Recreation ..... 575-464-2988
- PT Benefits Coordinator ..... 575-464-9232
- Public Defenders Office..... 575-464-0414
- Responsible Gaming Program..... 575-464-7106

**PHYSICIANS/HOSPITALS/CLINICS/PHYSICAL THERAPY/MEDICAL EQUIPMENT/PHARMACY**

**Cancer**

**Cardiology**

- Cancer Resource Center..... 575-443-7485
- New Mexico Heart Institute..... 1-800-715-6644
- Presbyterian Medical Group  
 Dr. Harold Sunderman ..... 575-630-8350

**Chiropractic**

- Adobe Day Spa & Chiropractic..... 575-630-0515
- Alpha and Omega Chiropractic ..... 575-258-5999
- Dr. Dominique Taylor ..... 575-315-2256
- Dr. Vickie Peebles ..... 575-630-0499
- White Mountain Chiropractic & Neurology..... 575-257-7970

**Dermatology**

Seeberger Dermatology..... 575-437-4533

**Ear, Nose, Throat**

National Sinus Institute-  
Alamogordo ..... 1-855-817-4687

**Gastroenterology/Digestive**

Eastern New Mexico G.I. Services ..... 575-624-4651

**General Surgery**

Ilhan Yildiz, Mehrzad Bozorgnia..... 575-630-8350

**Hospital And Clinics**

BCA Pediatrics ..... 575-651-3003

BCA Pediatrics Roswell..... 575-622-2606

Ben Archer ..... 575-443-8133

Christus St. Vincent..... 575-439-6100

Christus St. Vincent Sleep Center and  
Medical Complex..... 575-630-8092

Hondo Clinic, Linda Owen..... 575-653-4830

Indian Health Services ..... 575-464-4441

Lincoln County Medical Center-  
Clinics..... 575-630-8350

Lincoln County Medical Center-  
Hospital..... 575-257-8200

PMS Behavioral Health ..... 575-630-0571  
PMS Medicaid Eligibility Interviewer Outreach &  
Enrollment Specialist

PMS - Tularosa ..... 575-585-1250

Region 9 School-Based Health Center. 575-630-7974

Ruidoso Public Health Office ..... 575-258-3252

Ruidoso Walk-in Clinic ..... 575-808-8297

**Internal Medicine**

Dr. Chris Robinson, Dr. Suzelle Moffitt 575-630-8350

**Medical Equipment & Oxygen**

LinCo Medical..... 575-257-7174

**Neurology**

NM Brain Institute..... 575-434-0901

**OB/GYN & Reproductive Health**

Dr. Deborah Hewitt..... 575-257-7505

Dr. Patricia Combs, Dr. Keri Rath ..... 575-630-8350

Full Circle Health Center ..... 575-222-8594

Las Cruces Women's Health Organization 575-888-4623

New Mexico Womens Health Line .... 833-767-3776

Planned Parenthood ..... 575-386-5204

**Optometrists/Ophthalmologist**

Family Vision Center..... 575-257-5029

Dr. Fillmore Eye Clinic Alamogordo. 1-800-323-4764

Walmart Vision Center..... 575-378-5287

Dr. Michelle Yang..... 575-437-9900

**Opticians**

Westlake Optical..... 575-315-2247

**Orthopedics**

New Mexico Bone & Joint Institute .... 575-434-0639  
Dr. Douglas Dodson, Dr. Eric Freeh, Dr. John Anderson, Dr.  
Loren Spencer

Presbyterian Medical Group ..... 575-630-8350  
Dr. Hung Vu, Dr. Darnen Sacoman

**Pharmacies/Discount Prescriptions**

Albertsons Market Pharmacy ..... 575-630-8020

RX Outreach ..... 1-800-769-3880

Sierra Blanca Pharmacy ..... 575-258-2456

Walgreen Drug Stores..... 575-257-1566

Walmart Pharmacy ..... 575-378-5400

**Physical Therapy**

LCMC Rehabilitation Services..... 575-257-8239

Ruidoso Physical Therapy ..... 575-257-1800

Therapy Associates ..... 575-257-5820

Topline Therapy..... 575-808-8721

Sentry Physical Therapy..... 575-622-6260

**Podiatry**

Dr. John Anderson ..... 575-434-0639

Dr. Loren Spencer ..... 575-378-8001

**Primary Care Physicians/Family Practice**

Capitan Medical Clinic ..... 575-354-0057

Dr. Frank J. DiMotta ..... 575-630-1214

Reni Fitzgibbon, N.P..... 575-630-8350

Journey to Wellness Medical Center .. 575-630-0211

Dr. Suzelle Larocquet Moffitt ..... 575-630-8350

Dr. Mary Martinez..... 575-630-8350

Jovanna Ochoa, N.P..... 575-630-8350

Dr. Stephen Otero..... 575-630-8350

Dr. Andrew T. Rousseau ..... 575-630-8350

**Radiologists**

Alamogordo Imaging Center..... 575-434-1353

Radiology Associates of LCMC ..... 575-257-8292

**School Based Health Centers**

Mescalero School Based Health Center 575-464-4431

Region 9 School-Based Health Center. 575-630-7974

**Speech & Language Pathologist**

Lincoln County Medical Center ..... 575-257-8239  
Alison Stepp MS, CCC/SLP

**Surgeons**

LCMC Surgical Clinic..... 575-630-8350

**QUIT SMOKING**

Smoking Cessation ..... 1-800-QUIT-NOW  
Quitnownm.com

Smoking Cessation  
smokefree.gov

**RECREATIONAL SPORTS/PARKS**

Archery Backcountry Attitudes ..... 575-937-5141

Art RareBird Workshops ..... 505-610-2207

Biking Board House & Bike Shop .... 575-808-8991

Pinnacle Trails Bike Shop ..... 575-639-1415

Bowling League ..... 575-258-3557

Boys & Girls Club of Chavez &  
Lincoln County..... 575-454-7100

Dance Instruction partner/belly..... 575-937-2725  
Andrea Fernandez

Capitan/Alto Line Dancing..... 575-644-5735

Clogging ..... 850-723-8527

Line Dancers ..... 575-258-8765

Marisa Manchego- Bellydance ..... 575-626-7150

Ruidoso Academy Ballet & Dance ... 575-808-8410

Lincoln County 4-H..... 575-648-2311

Peace Village Summer Day Camp .... 575-336-7777

Pickle Ball, Patrick Quist..... 575-520-8914

QJ Gong, Kim Kumar..... 575-937-5817

Ruidoso Community Center ..... 575-257-4565

Dance Groups, Clogging, Exercise Groups, Exercise  
Equipment Available, Table Tennis and more.

Dynamic Discs New Mexico  
Ruidoso disc golf ..... 575-315-2785

Ruidoso Gymnastics ..... 575-378-4468

Ruidoso Little League Daniel Holley .. 575-686-8679

Running/Racing ..... 512-400-8485

Smokey's Garden ..... 575-257-4095

Softball (Adult) Page Promotions  
sports@valornet.com

Swim Team ..... 575-937-3527

Table Tennis ..... 575-257-4565

Tai Chi Marisa Manchego ..... 575-626-7150

Village of Ruidoso Parks and  
Recreation..... 575-257-5030

Basketball (Youth and Adult), Disc Golf, Hiking/ Mountain  
Biking, Ruidoso Little League football, Ruidoso Girls Fast  
Pitch, Swim Lessons, Youth Soccer Pool. . . 575-257-2795

Wrestling Andy Olive, High School ... 817-946-1303

James Urban, Ages 4-15 ..... 575-937-3973

**SCHOOLS/EDUCATION**

Buddha Yoga Teacher ..... 575-802-3013

Eastern New Mexico University  
Ruidoso ..... 575-315-1120  
OR ..... 1-800-934-3668

English as a Second  
Language/Citizenship..... 575-315-1120

ENMU Community Development..... 515-315-1213

HSE/GED ..... 575-315-1120

Work Force Solutions ..... 575-315-1100

Lincoln County Adult Literacy ..... 575-258-7100

Lincoln County Cooperative Extension 575-648-2311

Lincoln County Head Start..... 575-257-2368

Blue Lotus Healing Arts Center  
Massage School ..... 575-257-4325

Parents Reaching Out ..... 1-800-524-5176  
Statewide support network. For parents of children with  
special needs and education.

Region 9 Education Cooperative ..... 575-257-2368

**SCHOOLS**

Capitan Elementary..... 575-354-8520

Capitan Middle/High School..... 575-354-8500

Carrizozo Schools ..... 575-648-2346

Cloudcroft Schools ..... 575-601-4416

Corona Schools ..... 575-849-1911

Hondo Schools..... 575-653-4411

Mescalero Head start ..... 575-464-9183

Mescalero K-12..... 575-464-4431

Region IX Education Cooperative..... 575-257-2368

**Schools (Cont.)**

- Ruidoso High School..... 575-630-7900
- Ruidoso Middle School..... 575-630-7800
- Ruidoso Public Schools Central Office 575-630-7000
- Sierra Vista Primary (Ruidoso)..... 575-258-4943
- Tularosa Elementary..... 575-585-8801
- Tularosa Middle School..... 575-585-8802
- White Mountain Elem (Ruidoso)..... 575-258-6300

**Free Classes**

- Capitan Library..... 575-354-3035
- English as a Second Language/Citizenship..... 575-315-1120
- Ruidoso Library..... 575-258-3704
- New Mexico Workforce Connection .. 575-258-1730 or 800-854-4712

**SEXUAL ASSAULT RESOURCES FOR MALES & FEMALES**

- Lincoln County COPE..... 575-258-1064
- Alamogordo Shelter..... 575-434-3622
- Lincoln County Sheriff's Department . 575-648-2341 or 1-800-687-2419  
If you are hearing impaired, please call 911
- PMS Ruidoso Behavioral Health Center..... 575-630-0571
- Ruidoso Police Department..... 575-258-7365
- SANE of Otero & Lincoln County Hotline..... 575-488-SAFE
- Victims Advocate, 12th Judicial District Attorney..... 575-437-3640

**SOCIAL SECURITY ASSISTANCE**

- Division of Vocational Rehabilitation..... 1-888-901-7866
- Social Security..... 1-800-772-1213

**STATE OF NEW MEXICO OFFICES**

- New Mexico Department of Health www.health.state.nm.us
- Children Medical Services..... 575-258-3252
- Children, Youth and Family..... 575-378-0045
- Environmental Dept..... 575-258-3272
- Income Support Division..... 575-378-1762
- Motor Vehicle Division (Ruidoso)..... 575-378-8550
- Ruidoso Public Health Office..... 575-258-3252
- State Agency on Aging..... 1-800-432-2080
- Women, Infants and Children (WIC) .. 575-258-3252

**Department Of Labor**

- Workforce Connection (NM)..... 1-877-664-6984 www.jobs.state.nm.us
- Department of Workforce Solutions .. 505-841-8405 www.dws.state.nm.us
- Division of Vocational Rehabilitation . 575-954-8500 www.dvrgetsjobs.com

- NM Workforce Connection..... 575-258-1730
- Labor Relations..... 575-524-6195
- Unemployment Benefits..... 1-877-664-6984

**Human Services Department**

- Human Services Department..... 1-800-283-4465 www.hsd.state.nm.us
- Child Support Program..... 1-800-288-7207
- Income Support Division..... 1-800-283-4465

**TRANSPORTATION**

- Alamo Shuttle..... 575-437-1472
- Lincoln County Emergency Medical Services..... 575-257-8290  
Substations: Capitan, Hondo, Carrizozo and Corona.
- Motor Vehicle Division (Ruidoso)..... 575-378-8550
- Shuttle Ruidoso..... 575-257-1815  
(Call for Medicaid)..... 1-877-903-7483
- Z-Trans (Lincoln County and Mescalero). 575-439-4971

**VETERANS INFORMATION**

- American Legion Auxiliary Unit 79 Ruidoso\_unit79@hotmail.com
- Department of Veteran Services www.dvs.state.nm.us
- V.A. Alamogordo..... 575-437-9195
- V.A. Albuquerque..... 1-800-465-8262
- V.A. Care Line..... 1-855-260-3274
- V.A. El Paso..... 1-800-672-3782
- V.A. Regional..... 1-800-827-1000
- Veterans Crisis Line..... 1-800-273-8255 (Press 1)  
Text to 838255; Online Chat: veteranscrisis/line.net
- Vets Helping Vets Website: www.vhvtoday.com  
Email: veteran@vhvtoday.com

**VETERINARY & PET SERVICES**

- Becky Washburn, DVM..... 575-354-2311  
Mobile..... 575-430-8614
- Carrizozo Animal Clinic..... 575-648-2247
- Cloudcroft Animal Hospital..... 575-682-2645
- Franklin Veterinary Clinic..... 575-378-4708
- Mountain View Animal Clinic..... 575-258-5800
- Ruidoso Animal Clinic..... 575-257-4027
- Jessica Sherman, Canine Rehab..... 575-937-5110
- Pet Sitting**
- A&P Pet Sitting..... 575-937-2725
- Corky's Pet..... 562-447-5145
- Lisa Wright..... 575-430-1630
- Pat Brent..... 575-937-2795
- Watching Over Your Best Friend Candi Hunt.... 575-802-3133

**YOUTH PROGRAMS/SERVICES**

- SEE ALSO: Recreation Listings..... 575-808-8338
- High Mountain Youth Project..... 575-808-8633

- Mescalero Boys & Girls Club..... 575-464-9212
- The Rarebird Workshop..... 505-610-2207

**CIVIC ORGANIZATIONS AND NON-PROFITS**

- Altrusa International of Ruidoso..... 512-769-3787
- American Red Cross..... 505-331-9831
- Boys & Girls Club of Chavez & Lincoln County..... 575-454-7100
- Boy Scouts of America..... 575-622-3461
- EcoServant..... 575-808-1204
- Democratic Party of Lincoln County .. 575-937-8490
- Elks Lodge Ruidoso..... 575-257-2607
- Food 4 Kids Backpack Program..... 575-937-4732
- Girl Scouts of the Desert Southwest .. 575-258-5919
- Help End Abuse For Life..... 575-378-6378
- High Mountain Youth Project..... 575-808-8633
- Hope Harbor-Puerto Esperanza Inc. Domestic violence transitional home. 575-686-0990
- Humane Society of Lincoln County... 575-257-9841
- Life-Way..... 575-315-2500
- L.C. Adult Literacy..... 575-258-7100
- L.C. Community Health Council..... 575-686-2066
- L.C. Community Theatre..... 575-686-0729
- L.C. COPE..... 575-258-1064
- L.C. Food Bank..... 575-257-0682
- L.C. Garden Club..... 575-937-0472
- L.C. Santa's Helpers..... 909-725-5481
- On Scene Support for First Responders..... 818-389-8550
- People Works NM..... 505-990-4186
- Republican Party of Lincoln County .. 575-258-2750
- Ruidoso Rotary Club..... 575-937-3159
- Ruidoso Noon Lions Club..... 575-937-4235
- Ruidoso Valley Greeters..... 575-257-7395
- Ski Apache Adaptive Sports..... 575-937-6954
- Smokey's Garden..... 575-257-4095
- The Big Ben Sanchez Youth Foundation..... 575-937-1808
- The Community Foundation of LC. ... 575-808-0085
- Thrive of Southern NM..... 575-437-8400

## MAKE THE RIGHT CALL

**988** SUICIDE & CRISIS LIFELINE

Urgent mental health-related distress  
Thoughts of Suicide \* Mental Health Crisis  
Substance Use Crisis

**EMERGENCY**  
**9-1-1**  
**RESPONSE**

Life or property threatening emergencies, such as:

Impaired Driving \* House Fire \* Medical Emergency  
Abduction \* Vehicle Accident \* Robbery \* Domestic Violence \* Suspicious Activities \* Heart Attack or Stroke  
Hazardous Conditions \* Crime in Progress

**2-1-1**

Information and Resources, such as:

Housing and Utility Issues \* Locate Shelter \* Locate a Food Bank \* Natural Disaster Relief \* Tax Preparation Assistance \* Veterans Services \* Support Groups  
Counseling Services

**POISON CONTROL 1-800-222-1222**

# WE SHIP BUCKSKIN!



*All of your Sunrise Dance supplies in one store!*

JINGLES – BELLS – LATIGO – NEEDLES – RIBBON – BEADS  
BASKETS – DYE – BLANKETS – SINEW – CONCHOS – SPOTS

404 S. BROAD STREET, GLOBE, AZ 85501 (928) 425-9282

**PICKLE ★ BARREL ★ TRADING ★ POST**



## Call Directory—Tribal Departments & Programs

Administration Offices	464-4494	Gas Company	464-4323
Accounting	464-9251	Head Start-Mescalero	464-9183
Boys & Girls Club-Mescalero	464-9212	Head Start-Carrizo	464-3492
Boys & Girls Club-Carrizo	464-6814	Health Ed./Diabetes Program	464-6383
Care Center	464-4802	Historic Preservation	464-3005
Cattle Growers	464-4703	Housing	464-9235
Child Care Center-Mescalero	464-9224	Housing Warehouse	464-9159
Child Care Center-Carrizo	464-3000	Human Resources	464-9276
CHR	464-9256	Land Office	464-4974
Center Maintenance	464-9260	Language Program	464-2152
Conservation Law Enforcement	464-9323	Library	464-5010
Cultural Center & Museum	464-9254	MATI	464-4039
DRMP	464-4711	Parks & Recreation	464-2988
Early Childhood	464-9328	Patient Benefits	464-9232
Education	464-4500	Prosecutor's Office	464-9205
Elderly Center	464-1614	Prevention Program	464-4516
Emergency Management	464-4711	Public Defender's	464-9213
Emergency Rental Assistance (ERA)	464-9216	Social Services	464-9328
Fence Crew	464-4711	Swimming Pool	464-9248
Fire & Rescue	464-3473	Tribal Court	464-0414
Fish Hatchery	464-8768	Tribal Maintenance	464-9289
Fitness Center	464-4368	Tribal Roads	464-4311
Sawmill	464-4720	Tribal Store	464-9319
Four Directions Treatment & Recovery (Rehab)	464-4432	Tribal Utilities	464-0254
		VAWA	464-0079
		WIOA	464-9217

## Call Directory—Most Used Numbers

Assembly of God	464-4747	East L.A.	464-4549
Baptist Church	464-4659	Old Road	464-4674
Reformed Church	464-4471	IHS	464-4441
St. Joseph's Mission	464-4473	Inn of the Mountain Gods	464-7777
BIA Offices:		Mescalero Post Office	464-4550
Facilities	464-4282	Mescalero Schools	464-4431
Forestry	464-4419	Ruidoso Schools	(575) 630-7000
		Tularosa Schools	(575) 585-8800
		WIC Office	464-0932

\*Updated 5/19/23



FOR ALL EMERGENCIES DIAL:  
9-1-1 OR DISPATCH 575-464-4479



## Mescalero Apache Tribe

Apache Scout  
P.O. Box 227  
108 Central Avenue  
Mescalero, NM 88340

Phone: 575-464-4494  
Fax: 575-464-9220  
E-mail: [elapaz@mescaleroapachetribe.com](mailto:elapaz@mescaleroapachetribe.com)

**Bulk Rate**  
**Non-Profit Organization**  
**Permit #1**  
**Mescalero, NM**  
**88340**



[MescaleroApacheTribe.com](http://MescaleroApacheTribe.com)



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