

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 appoint-

ment. 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 depart-

ment 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

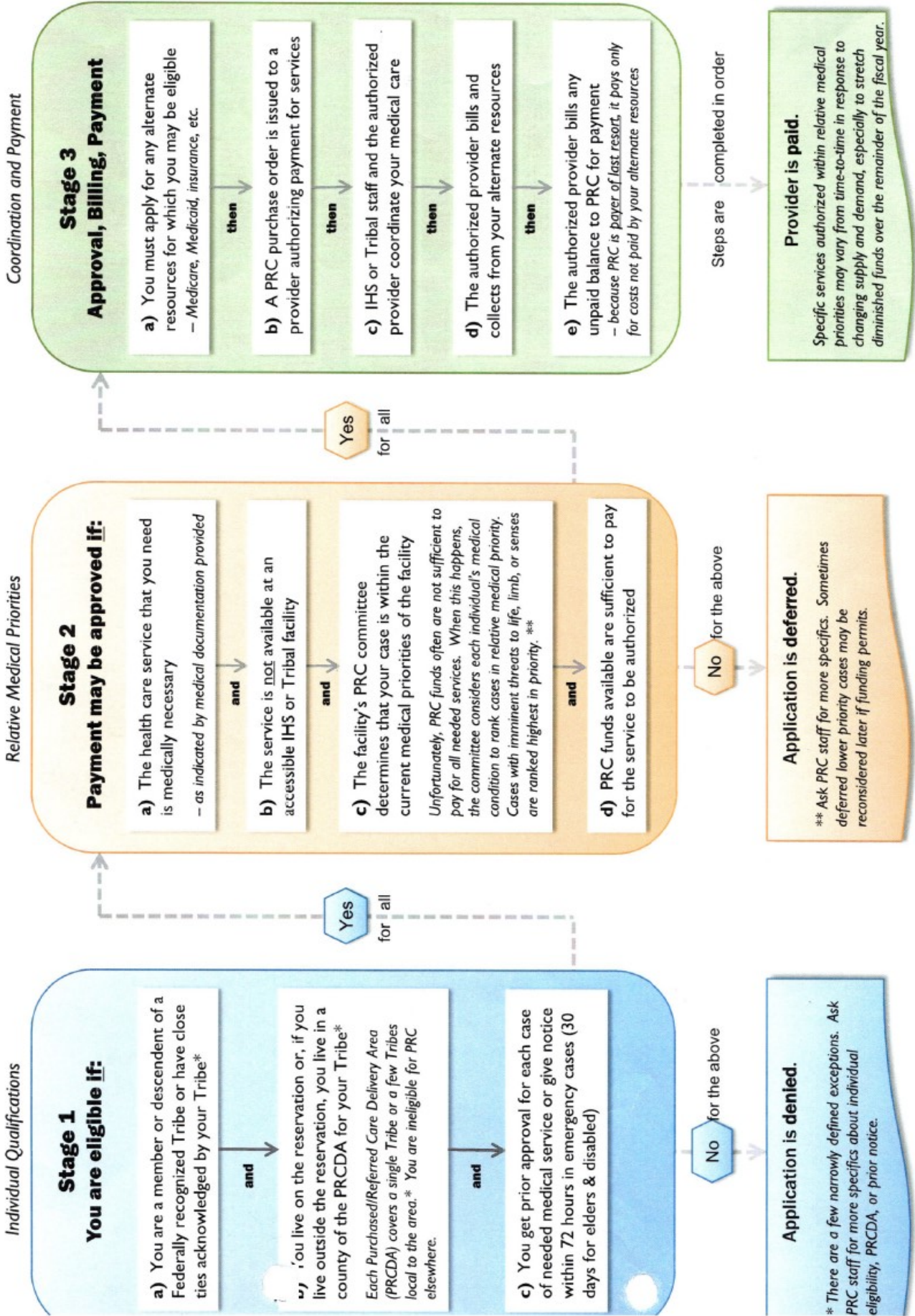
Myrna Hanks
575-464-3830

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.



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
- Nutritious 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.

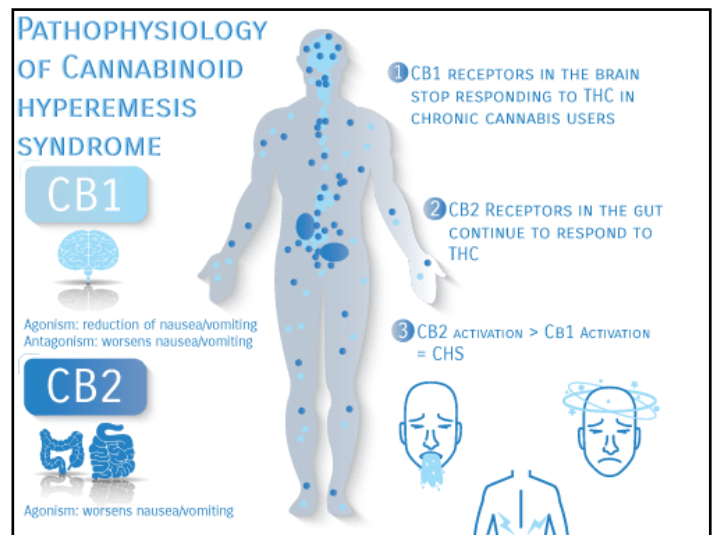
Symptoms of CHS

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:




Persistent nausea.




Intense abdominal pain.



Loss of appetite.



Repeated vomiting.

 Cleveland Clinic

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.

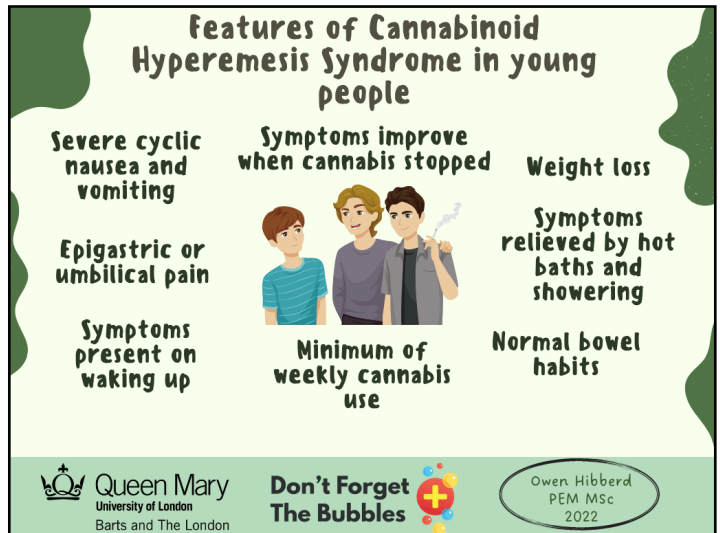
Possible Complications

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'dzj.



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.co
m

Sunday Worship

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

10:40 - Worship

**Opportunities for Fel-
lowship and Encour-
agement**

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

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 sanctu-
ary.

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

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

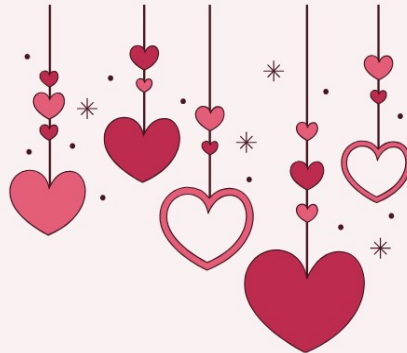
day's at 3:30 pm in the
church basement.

Come for a fun time of
playing, praying, sing-
ing, 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

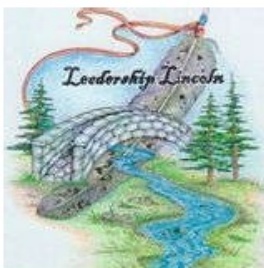
Mescalero Apache School

8th grade Leadership Lincoln Students

Twelve Mescalero Apache School 8th grade students were selected by their teachers and peers to participate in 8th 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.

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.



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 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 30 th 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 or go to our website www.lincolncountyhealthcouncil.org

View the 2024 Health & Wellness Guide online:

Region IX Education Cooperative | Rec9nm.org
Ruidoso Municipal Schools | www.ruidoso.k12.nm.us
Village of Ruidoso | www.ruidoso-nm.gov
Ruidoso Chamber of Commerce | 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/Medicaid1-800-432-2080

Alzheimer Association

NM Chapter505-266-4473

Roswell575-624-1552

24/7 Help Line1-800-272-3900

Assisted Living Facilities/Dementia Care

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

Mescalero Care Center575-464-4802

Behavioral Health Services

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

Ken Kenney, MSW, PhD505-363-8293

People Works NM505-267-5057

Home-Health Agencies/Hospice Services

Addus Homecare575-258-9086

Enhabit Home Health & Hospice575-258-0028

Community Home Care575-258-1986

Senior Centers

Renee Montes-Program Director575-648-2121

Capitan575-354-2640

Carrizozo575-648-2121

Corona575-849-5111

Hondo/San Patricio575-653-4405

Ruidoso Community Center575-257-4565

Ruidoso Downs575-378-4659

Senior Resources

AARP NM1-866-389-5636

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

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

Social Security Services1-800-772-1213

BASIC NEEDS ASSISTANCE

Clothing/Household Assistance

Christian Services575-257-4381

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

"Joseph's Workshop" Episcopal Church of the Holy Mount575-257-2356

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 Boutique575-257-0041

Family Services

Life-Way575-315-2500

Financial Assistance

Bowl Ministries, J Bar J Church575-257-6899

"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 Program800-283-4465

Lincoln County Indigent Fund575-258-1232

Salvation Army575-378-4611

Food Assistance

COUNTY FOOD PANTRIES

Lincoln County Food Bank Ruidoso575-257-0682
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 Nazarene575-336-8032
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, Capitan575-439-6731
2nd-5th Tue. of the Month, 5:30pm-7pm

MOBILE FOOD PANTRIES

Capitan Mobile Food Pantry575-439-6731
1st Thursday of the month at the Capitan Fire Station 5:30-7 p.m.

Mescalero Mobile Food Pantry575-464-9260
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 Citizens575-354-2640
Lunch served M-F from 11:30-12:30 \$3 suggested donation for 60 and over.

Carrizozo Senior Center575-648-2121
"Lunch served M-F from 11:30 a.m. - 12:30 p.m. Suggested \$3 donation for 60 and over"

Corona Senior Center575-849-5111
"Lunch served M-F from 11:45 a.m. - \$3 donation appreciated. Must RSVP by 9am."

Hondo Senior Center575-653-4405
Lunch served M-F from 12 - 1 p.m. Delivers to Home Bound, \$3 donation.

Ruidoso Downs Senior Center575-378-4659
"Lunch served M-F from 11 a.m. - Noon \$3 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 Program575-937-4732
"Capitan, Carrizozo, Hondo & Ruidoso Elizabeth Potte Food items sent home weekly in children's backpacks"

PHS Feeding Program575-257-8266
18 years and under

Housing Assistance

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

Eastern Regional Housing Authority575-622-0881
HUD Financial assistance for rent

Inspiration Heights/Low Income Housing575-378-4236
Citizenship/Residency - Financial Guidelines

Ladera Apt Homes575-378-5262
"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-Alamogordo 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
www.mentalhealthme.com Individual, & Family
 Tele-Therapy EMDR

1096 Mechem Dr
 Ste 213, Ruidoso
 575.223.8184
 575.219.7542

 **THE MENTAL HEALTH STOP**

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
 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
 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

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

DEVELOPMENTAL 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..... 1-800-799-7233Police Department Non-Emergency Numbers
Ruidoso/Ruidoso Downs..... 575-258-7365

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

DWIDWI 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

GAMBLINGNew 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..... 575 464-7101/7100Mescalero 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

INSURANCEAetna Medicare Supplements
Vernon Iwancin Agent..... 575-257-8139Be Well NM..... 1-833-TO BE WELL
www.bewellnm.com; www.healthcare.govBlue 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)..... 1-888-997-2583Apply 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.usNew 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.nmmassage.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/Diabeties..... 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**

Cancer Resource Center..... 575-443-7485

Cardiology

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, ThroatNational 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..... 575-630-8350Lincoln County Medical Center-
Hospital..... 575-257-8200PMS 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

OrthopedicsNew Mexico Bone & Joint Institute.... 575-434-0639
Dr. Douglas Dodson, Dr. Eric Freeh, Dr. John Anderson, Dr.
Loren SpencerPresbyterian 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 PathologistLincoln County Medical Center..... 575-257-8239
Alison Stepp MS, CCC/SLP**Surgeons**

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

QUIT SMOKINGSmoking Cessation..... 1-800-QUIT-NOW
Quitnownm.comSmoking 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..... 575-454-7100Dance 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..... 575-257-4325Parents 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 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

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BASKETS – DYE – BLANKETS – SINEW – CONCHOS – SPOTS

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PICKLE★BARREL★TRADING★POST

Call Directory—Tribal Departments & Programs

| | |
|---|----------|
| Administration Offices | 464-4494 |
| Accounting | 464-9251 |
| Boys & Girls Club-Mescalero | 464-9212 |
| Boys & Girls Club-Carrizo | 464-6814 |
| Care Center | 464-4802 |
| Cattle Growers | 464-4703 |
| Child Care Center-Mescalero | 464-9224 |
| Child Care Center-Carrizo | 464-3000 |
| CHR | 464-9256 |
| Center Maintenance | 464-9260 |
| Conservation Law Enforcement | 464-9323 |
| Cultural Center & Museum | 464-9254 |
| DRMP | 464-4711 |
| Early Childhood | 464-9328 |
| Education | 464-4500 |
| Elderly Center | 464-1614 |
| Emergency Management | 464-4711 |
| Emergency Rental Assistance (ERA) | 464-9216 |
| Fence Crew | 464-4711 |
| Fire & Rescue | 464-3473 |
| Fish Hatchery | 464-8768 |
| Fitness Center | 464-4368 |
| Sawmill | 464-4720 |
| Four Directions Treatment & Recovery (<i>Rehab</i>) | 464-4432 |

| | |
|-----------------------------|----------|
| Gas Company | 464-4323 |
| Head Start-Mescalero | 464-9183 |
| Head Start-Carrizo | 464-3492 |
| Health Ed./Diabetes Program | 464-6383 |
| Historic Preservation | 464-3005 |
| Housing | 464-9235 |
| Housing Warehouse | 464-9159 |
| Human Resources | 464-9276 |
| Land Office | 464-4974 |
| Language Program | 464-2152 |
| Library | 464-5010 |
| MATI | 464-4039 |
| Parks & Recreation | 464-2988 |
| Patient Benefits | 464-9232 |
| Prosecutor's Office | 464-9205 |
| Prevention Program | 464-4516 |
| Public Defender's | 464-9213 |
| Social Services | 464-9328 |
| Swimming Pool | 464-9248 |
| Tribal Court | 464-0414 |
| Tribal Maintenance | 464-9289 |
| Tribal Roads | 464-4311 |
| Tribal Store | 464-9319 |
| Tribal Utilities | 464-0254 |
| VAWA | 464-0079 |
| WIOA | 464-9217 |

Call Directory—Most Used Numbers

| | |
|----------------------|----------|
| Assembly of God | 464-4747 |
| Baptist Church | 464-4659 |
| Reformed Church | 464-4471 |
| St. Joseph's Mission | 464-4473 |
| BIA Offices: | |
| Facilities | 464-4282 |
| Forestry | 464-4419 |

| | |
|--------------------------|----------------|
| East L.A. | 464-4549 |
| Old Road | 464-4674 |
| IHS | 464-4441 |
| Inn of the Mountain Gods | 464-7777 |
| Mescalero Post Office | 464-4550 |
| Mescalero Schools | 464-4431 |
| 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

Bulk Rate

Non-Profit Organization

Permit #1

Mescalero, NM

88340



MescaleroApacheTribe.com



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