Serving the older adults of Northern New Mexico
Mission Statement

- The mission of Rio Arriba County Senior Program is to encourage the Seniors of Rio Arriba County both healthy and frail to utilize our programs and services to enrich their lives by providing a coordinated system of opportunities to promote independent living and overall well being with the primary focus on the rural and low-income minority.
Values Statement

- We value the opportunity to serve Seniors by involving them in various activities and organizations and to assist them by providing the highest quality of life with the utmost care and respect for each individual.
Hours of Operation

- Senior Centers are open Monday-Friday from 8:00am to 2:00pm.
- Meals are delivered from 10:00am to 1:00pm depending on Routes.
- Meals are not delivered on weekends or holiday’s. However a frozen meal is provided the weekday before a holiday.
Services

- Congregate Meals
- Home Delivered Meals
- Transportation
- Recreation
- Adult Day Care (Espanola Center)
- Personal Care Options (PCO)
Congregate Meals

- Congregate Meal sites are open to ANYONE age 60 or over and those individuals who meet the eligibility requirements. Congregate Meals provide a place for older adults to gather and socialize with friends, family, neighbors and community members. Not only do you receive a warm nutritious meal we encourage you to join us for a variety of games, physical activity, nutrition education and recreational activities. All meals served meet or exceed 1/3 of the RDA guidelines and our menu planning is aimed towards traditional Northern New Mexico foods.
Home-delivered Meals or Meals On Wheels (MOW)

- MOW provides a nutritious meal to elders who are unable to leave their homes due to illness, disability or frailty. MOW are 1/3 RDA approved and are delivered 5 times a week. Nutrition assessments and nutrition referrals are provided to the homebound elders who are at nutritional risk. A home-delivered meal also provides a daily check on the elder individual and gives peace of mind to their family and loved ones.
Transportation

- Transportation is provided Monday through Friday for eligible participants. We provide transportation to and from the senior center daily.
- Medical and shopping transportation may also be available in your area please contact your local senior center to find out more.
Recreation

Recreational activities are provided to encourage and engage seniors in activities throughout the county by setting high standards to assist in each individual's quality of life.

- Dancing, Shopping, Swimming, Picnics, Bird watching
- Bingo, Puzzles, Games, Storytelling, Pool
- Arts and Crafts
- Demonstrations, Resources, Presentations
- Senior Olympics
Adult Day Care (Espanola)

- Adult Day Care Service (ADC) is exclusive at our Espanola Senior Center. The program offers organized daily activities in a community-based setting along with personal care services. Participants are provided social stimulation, daily exercise, arts and crafts, meals and snacks.

- Rio Arriba County ADC offers transportation to and from the center and to social activities, community events and assistance with daily living activities.

- Our program is designed to reach seniors who are in need of supervised care on a daily basis. Caregivers often utilize ADC because it provides respite to them from their normal care-giving responsibilities. ADC is offered five days a week during normal business hours. We are closed holidays and weekends.
Personal Care Options (PCO)

- PCO services are in-home services that provide a qualifying elderly individual with assistance based on needs.
- Must be Medicaid and Medicare eligible.
Senior Center Locations

- **Alcalde Senior Center** – County Rd 41A Hs # 26
- **Coyote Senior Center** – Forest Rd 309 Hs # 70
- **Chama Senior Center** – US Hwy 84-64 Hs # 2449
- **Dixon Senior Center** – US Hwy 75 Hs # 318
- **El Rito Senior Center** – State Rd 554 Hs # 1115
- **Espanola Senior Center** – 320 hunter street
- **Arboleda Senior Center** – 694 State Rd 76, Chimayo
- **Tierra Amarilla Senior Center** – State Rd 162 Hs #113A
- **Truchas Senior Center** – County Rd 75 Hs#58
“Caring For Those That Matter”

RIO ARRIBA COUNTY

Senior Program