



Important Covid -19 Resource Updates – Week of 7/6/2020

Visit our website at nmddpc.com for news stories and information on Office of Guardianship, Center for Self Advocacy, and Federal Program

DDPC Partnering with Aging and Long-Term Services Department and Roadrunner Food Bank to Prepare and Deliver Food Boxes



DDPC is teaming up with Aging and Long-Term Services Department and Roadrunner Food Bank to put together food boxes and organize deliveries. DDPC will also be delivering some of the food boxes directly to residences. If you live in the Albuquerque metro area please call DDPC (505) 841-4519 or APS at 1-866-654-3219. For those outside the metro area, please call APS.

Here are the designated distribution sites for food boxes:

<https://www.rafb.org/find-help/find-food/>

Here is more information on COVID-19 assistance:

<https://www.newmexico.gov/i-need-assistance/>

We will provide more updated information on distribution centers as we receive it. Please do not hesitate to call us if you have additional questions.

Alice Liu McCoy

Executive Director

New Mexico Developmental Disabilities Planning Council



In order to foster a more connected community during this time of social distancing, the DDPC has begun a campaign called #SmilesAcrossMiles

#SmilesAcrossMiles

Social distancing does not mean we are alone.

At NMDDPC, we are helping people who feel isolated or lonely by connecting them with other people, especially with people living in nursing homes, group homes, and places where people are separated from their families and friends.

Let's tell each other about our lives! Do you have a story to tell? What are you doing differently during social distancing? What are your best ideas and favorite activities?

Here's what you can do:

- Write a letter
- Make an art project
- Record a video

Send it to:

New Mexico Developmental Disabilities
Planning Council
625 Silver Avenue SW, Suite #100
Albuquerque, NM 87102

OR

newmexicoddplanningcouncil@gmail.com



#NMDDPC

STAY TUNED!

We will be rolling out weekly themes and posting about the communities we are connecting.

Questions? Ideas? Email us at newmexicoddplanningcouncil@gmail.com

Instagram: @nmddpc505

Facebook: @nmddpc505

Twitter: @newmexicoddpc

**See the latest COVID-19 briefing
from Governor Michelle Lujan Grisham**



To view the latest COVID-19 briefing from Governor Michelle Lujan Grisham, click [here](#)

**Urgent need for volunteers and donations at
New Mexico Food Banks**

NMDOH

LOOKING FOR

VOLUNTEERS

Help Out Your Local Food Banks

The demand for food in our state has increased substantially.

Widespread layoffs triggered by COVID-19 have led to an unprecedented number of New Mexicans turning to food banks. As the demand grows, food banks are receiving fewer donations. Food banks help vulnerable communities including the elderly, disabled, low income and unemployed. Most regular volunteers are senior citizens who are at high risk of contracting COVID-19.

**To volunteer or make a donation
please visit nmfoodbanks.org**

*Thank you for helping those in need during this difficult time.
We are all in this together.*





NM Connect for 24-Hour Behavioral Health Support

The New Mexico Crisis and Access Line (NMCAL) has created the NM Connect App to provide free 24-hour crisis and non-crisis support, and access to behavioral health professionals who can text or talk via phone with individuals in need of a listening ear or referrals to long-term support. The app is available for [ios](#) and [Android](#) phones. For more information on this new service, click [here](#).

The Arc of New Mexico Issues Guidance for When People with ID/D are Hospitalized During the COVID-19 Emergency

The Arc of New Mexico released a guidance document on the use of supports by individuals with ID/D in a hospital setting. The document covers five areas, including:

- 1) The Difference Between Visitation and Support



2) What Alternatives Might be Put Into Place That Would Not Require a Familiar Face-to-Face Support

3) Identifying and Documenting the Likely Support Needs of the Individual

4) Creating a Document Outlining Support Needs if Supports are Needed

5) How to Achieve Individualized Advocacy at the Hospital to Attain These Accommodations.

To read further guidance on these subjects and find resources that can be of assistance, [read the full document here](#).

Below is a list of important COVID-19 Resources including:

- **Food Related Resources**
- **Mental Health Resources**
- **Comprehensive Resource Lists**
- **COVID-19 Overview Resources**
- **List of Financial Assistance and**
- **Communication Resources**
- **Employment Resources**
- **Grant Resources**
- **Caregiver Resources**
- **Disaster Preparedness Resources**
- **COVID-19 Policy Resources**
- **Health-Related COVID-19 Resources**
- **Resources for Native American Communities in New Mexico**
- **Resources for Abuse or Domestic Violence**
- **Transportation Information**

Food-Related Resources



Read a [list of children's meal sites in New Mexico](#).

Read about what's available at [The Storehouse New Mexico](#)

Find food assistance from [HELP New Mexico](#).

See how you can use your SNAP EBT Card to [Double Up Food Bucks](#) and get more fruits and vegetables.

Read about the City of Albuquerque [Food to Car](#) initiative and get information on local food vendors offering safe shopping and pick-up.

Read about [Santa Fe County food distributions from The Food Depot](#).

To learn more about your local food bank in Albuquerque and Las Cruces or their distribution areas throughout New Mexico, visit [The Roadrunner Food Bank website](#).

If you live in Eastern New Mexico, find out more about the Clovis-based [Food Bank of Eastern New Mexico](#).

For those in Farmington and Northwestern New Mexico, visit the [website for the Economic Council Helping Others and find out about their food bank](#).

For those in Western New Mexico, find out more about [The Community Pantry in Gallup, along with the affiliated Grants Community Pantry](#).

If you live in Sandoval County and are in need, visit [Storehouse West in Rio Rancho](#).

Another option for those who live in or near Bernalillo County is to visit the [Mobile Food Pantry on every third Saturday at Harvest Taylor Ranch](#).

Find out more information about the [New Mexico Commodity Supplemental Food Program for Seniors](#).

Find out [Albuquerque Public Schools's Summer Grab and Go Meal Locations](#).

Read about [pickup](#) and [delivery](#) from Smith's Grocery Store.

Explore the [International District Healthy Communities Coalition's list of food resources in Bernalillo County](#).

Find out [where to find food boxes near the UNM Health Clinic in Southeast Albuquerque](#).

Read about [Portales food distribution on July 17](#).

Mental Health Resources



If you are struggling, getting validation and support from others who are going through something similar is critical. Find out more about [National Alliance on Mental Illness's \(NAMI\) peer support group called Connections that meets on Mondays, Wednesdays and Fridays at 6:30 pm](#).

Do you have a family member who is struggling but don't know the best way to help.

The National Alliance on Mental Illness (NAMI) runs a group called [Family Support on Tuesday from 6-7:30 pm and Wednesdays from 10-11:30 am. They also offer a Spanish group on the second and fourth Thursday from 6-7:30 pm](#).

Are you a frontline worker who is spending all of their time helping others but wants some help and support for yourself? Call the [New Mexico Healthcare Worker and First Responder Support Line](#).

Struggling with teleworking and the change from working in an office with colleagues to working at home without face to face meetings? Read an article from the American Psychiatric Association's Center for Workplace Mental Health entitled [Working Remotely During COVID-19: Your Mental Health and Well-Being](#).

If you need someone to talk to about mental health issues, call the [New Mexico Crisis and Access Line](#).

Are you a licensed Behavioral Support Provider in Bernalillo County who is looking for support? Participate in the New Mexico Black Mental Health Coalition Provider Support and Consultation. [This flyer lists dates and times of the sessions](#).

Looking for culturally sensitive services for Native Americans? First Nations Community Health Source's Behavioral Health Services offers a comprehensive and culturally sensitive mental health and substance abuse counseling program that utilizes a holistic approach to wellness. For more information, go to <https://www.fnch.org>.

Looking for an organization that works on Native American Behavioral Health on a systems change level? You can visit the [UNM Health System's Native American Behavioral Health Program](#).

Are you a professional looking for mental health resources. Visit [The Stability Network](#).

Are you worried about Covid-19? Read about [Mental Health Strategies and Insights that can help during COVID-19](#).

Comprehensive Resource Lists



Here is a [comprehensive resource list](#) from the State of New Mexico specifically for people with disabilities before, during and after emergency situations.

Read the list of [community resources during COVID](#) from the City of Albuquerque.

Visit [The Arc of New Mexico COVID-19 Information Page](#).

Explore the list of community resources on the [City of Las Cruces website](#).

If you live in Santa Fe and need assistance with food, housing or transportation among other things, visit [City of Santa Fe CONNECT and fill out the online form](#).

Check out this series of [videos from the California State Council on Developmental Disabilities on COVID-19 in English and Spanish](#).

Browse [TASH's COVID 19 resources](#).

COVID-19 Overview Resources

Visit the New Mexico [Medicaid COVID-19 page](#) for New Mexico Medicaid Program and Provider Inquiries.

Read the [Social Security Administration's Coronavirus Website](#).

Read the plain language resources on COVID-19 from Self Advocacy Resource and Technical Assistance Center at <https://selfadvocacyinfo.org/>.

Read the Green Mountain Self-Advocate's Guide [COVID-19 By and For People with Disabilities](#).

View the [COVID-19 Response Series](#) published by business disability inclusion nonprofit Disability:In

Read about [New Mexico Resources for Those Impacted by Genetic Conditions](#).

Take a look at [COVID-19 Resources from the Association of Programs for Rural Independent Living](#).

Check out the resources provided by the [National Association of the Deaf on the Coronavirus](#).

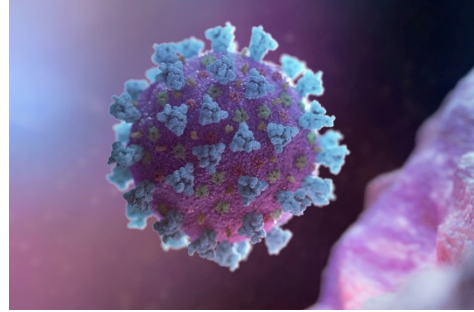
Explore [COVID-19 Resources from the National Federation of the Blind](#).

Explore a wide range of documents from the United Nations on the [COVID-19 Outbreak and Persons with Disabilities](#).

For any essential food workers that need testing, read about available [COVID-19 testing slots specifically for essential food workers](#).

For essential utility workers, [COVID-19 testing slots are being opened at Department of Health field offices](#).

Explore the [comprehensive Covid-19 resource list from The National Center on Advancing Person-Centered Practices and Systems](#)



List of Financial Assistance and Communications Resources



If you need assistance during this time, read the State of New Mexico's [Information for Individuals Experiencing Financial Hardship page](#).

Read this handout about [Promoting Financial Health and Resiliency for People with Disabilities and Their Families During the COVID-19 Pandemic](#).

If you live in San Juan County and need assistance, contact [San Juan United Way](#).

The City of Albuquerque has expanded its free WiFi during this time. Find out the [network locations and access information](#).

If you need affordable communication options, look at [Lifeline Support for Affordable Communications](#).

Find out about [PNM Good Neighbor Fund](#) for low-income individuals and families.

Read the [ABLE NM newsletter](#), which includes information on STABLE Accounts and the COVID Stimulus Checks.

Visit [Keep Your Home New Mexico](#).

Explore the New Mexico Department of Workforce Solutions [Information for Workers Affected by COVID-19](#).

Visit the [New Mexico Division of Vocational Rehabilitation's Website](#).

Visit [New Mexico Legal Aid's Website](#) for Free Civil Legal Advice.

Visit [New Mexico Gas Company's Website](#).

Read the DDSD memo on temporary rate increases for [Supportive Living, Intensive Medical Living and Family Living Services to help alleviate COVID-19 costs](#).

The Albuquerque Housing Authority is doing [limited intake of pre-applications for the Section 8 Housing Choice Voucher Program in June](#).

If you are interested in learning new information from home, check out [Wellbeing at School and at Home in New Mexico from the University of New Mexico](#).

If you need help with your electric bill, look at [PNM's Helping Hands Tuesday for low-income customers](#).

Read this [update on utilities during COVID-19](#).

Employment Resources

Looking for work? See the [US 2020 Census website](#) for job information.

Wondering where to apply for jobs? Check out [Senator Michael Padilla's 8th Annual Job Fair, which is being held virtually](#).

Reopening Plans

Read the [City of Albuquerque COVID-19 Reopening Plan](#).

Grant Resources

Read the New Mexico Foundation's [Press Release on their Native American Relief Fund](#)



Read information from the New Mexico Indian Affairs Department on [COVID-19 Relief and Support: Grant Funding for Tribes](#).

The New Mexico Caregiver's Coalition is offering caregivers grants of up to \$100 to pay for childcare. [Learn more and fill out the application here](#).

MITCSoftware is giving cash awards to Direct Support Professionals. [Learn more and nominate a Direct Support Professional](#).

Read about the [Con Alma Health Foundation grant for those organizations aided those most impacted by COVID-19](#).

Caregiver Resources

Need to destress. The New Mexico Direct Caregiver's Coalition has [Online Groups for Stress-Busting for Family Caregivers](#).

Need someone to talk to? [Care together has trained coaches and counselors to give support and advice](#).

Disaster Preparedness Resources



Read the Federal Emergency Management Agency (FEMA's) [FAQ about non-congregate sheltering](#).

Check out the [Partnership for Inclusive Disaster Strategies](#).

COVID-19 Policy Resources

Read the Family First [Summary of the First Coronavirus Act](#), also known as House Resolution 6201. Read this flyer on equity and inclusion in healthcare services for COVID-19 from Think



Equity called [Mitigating Discrimination on the basis of Disability](#) in the Healthcare Response to COVID-19.

Study the guidance from the Consortium for Citizens with Disabilities interpreting the [US Department of Health and Human Services Guidelines Prohibiting Discrimination on the Basis of Disability](#).

Explore a range of resources from the Disability Rights Education and Defense Fund [COVID-19 Advocacy and Resources Page](#).

Read the COVID-19 [Communication Rights Toolkit](#) provided by Communication First.

Explore the [COVID-19 Resources provided by the New Mexico Center on Law and Poverty](#).

If you are a provider, read about the [Provider Relief Fund in the CARES Act update](#).

COVID-19 Resources for Health



Find out more about which [health insurance has you covered](#).

Use this [COVID-19 Disability Form](#) to help physicians provide the proper treatment.

Take a look at this useful [COVID-19 visual tool](#).

Check out this Center for Disease Control flyer on [creating your own cloth facemask](#).

Find out more about [Carelink New Mexico at](#)

[UNM Hospital](#).

Read the [ThinkFirstNew Mexico newsletter](#).

Read the American Academy of Pediatrics's article on [COVID-19 and Multi-System Inflammatory Syndrome in Children](#).

If you need COVID-19 testing, First Nations Community Healthsource is offering free [COVID 19 testing on Tuesday and Thursday from 5-7 pm and every Saturday from 9-11 am](#). Para español, [clic aqui](#).

Have kids that need to get their energy out? Kids Focus USA has free zoom workouts every Wednesday in July at 10 am. The Zoom meeting ID is 829 6535 7463 and the Zoom password is 195953. For more information, call 949-468-9841 or email Marcia at marcia.lee@kidsfocususa.com.

Resources for Native American Communities in New Mexico

Explore the National Congress of American Indian's [COVID-19: Resources for Indian Country](#).



Urban Indian Health Institute
A Division of the Seattle Indian Health Board

Examine the Administration for Native Americans [ACF Native American COVID-19 Resources](#).

Read the [Urban Indian Health Institute's Fact Sheets on COVID-19](#).

Read the [Indian Health Service's Coronavirus Resources](#).
Explore the [National Indian Health Board's Resources on COVID-19](#)
Visit the [Navajo Nation Division of Social Services website](#).
Visit the [Acoma Pueblo Social Services Department website](#).
Contact the [Jemez Health and Human Services Clinic](#).
Visit the [Isleta Pueblo Elder Center's Website](#).
Visit the [Laguna Pueblo Community Health and Wellness Department website](#).
Check out the [Nambe Health, Wellness and Education Program](#).
Visit the website of the [Ohkay Owingeh Health and Human Services Division Website](#).
Read the [Pueblo of Pojoaque's Health Information Page](#).
Find out more information about the [Pueblo of Sandia's Health Center](#).
Visit [San Felipe Pueblo's Health and Wellness Website](#).
Visit the [San Ildefonso's Health and Human Services Department Website](#).
Visit the [Santa Ana Pueblo Social Services Department Website](#).
Find more information about [Santo Domingo's Social Services Department](#).
Find out more information about [Taos Pueblo's Health and Community Services Department](#).
Find out more information about [First Nations Community Healthsource](#) in Albuquerque.
Consider donating to the [Native American led organizations profiled at Foodtank](#).

Resources for Abuse or Domestic Violence



Visit the website of the [New Mexico Coalition Against Domestic Violence](#).
Call the National Domestic Violence Hotline at 1-800-799-7233

Call the Albuquerque Women's Resource Center at 505-242-7033.
Visit the [Domestic Violence Resource Center](#) in Albuquerque.
Read about the [Albuquerque Family Advocacy Center](#).

The Child Abuse Hotline can be reached at 505-841-6100
To reach Adult Protective Services, call 505-476-4912
The Agora Center is available at 505-277-3013.

Transportation Information



Check the following websites for information on local public transportation services

Albuquerque: ABQ Ride (<http://www.cabq.gov/transit>)

Las Cruces: RoadRUNNER Transit (<http://roadrunner.las-cruces.org/1314/RoadRUNNER-Transit/>)

Rio Rancho: Dial-A-Ride Rio Transit (Door-to-door) for people with disabilities and seniors (www.nmrailrunner.com/243/Rio-Rancho)

Santa Fe: Santa Fe Trails at (<https://www.santafenm.gov/transit>)

Roswell: Pecos Trails Transit at (<http://www.roswell-nm.gov/287/Pecos-Trails-Transit>)

Farmington: Red Apple Transit at (<http://www.fmtn.org/279/Red-Apple-Transit>)

New Mexico Park and Ride:

(https://www.dot.state.nm.us/content/nmdot/en/Park_and_Ride.html)

New Mexico Railrunner: (<https://www.riometro.org/>)

Wondering how risky an activity is? See the chart below from the Texas Medical Association

COVID-19

CORONAVIRUS DISEASE

BE INFORMED:

Know Your Risk During COVID-19

On a scale of 1 to 10, how risky is...

Ranked by physicians from the TMA COVID-19 Task Force and the TMA Committee on Infectious Diseases



Texas Medical Association | 401 W. 15th St. | Austin, TX 78701-1680

www.texmed.org

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A message from the New Mexico Caregivers Coalition

Dear Members of the New Mexico Caregivers Coalition Community:



"Everything has changed and nothing has changed." So said Reverend Joseph E. Lowery.

George Floyd's killing in Minnesota, along with the recent killings of Ahmaud Arbery in Georgia, Breonna Taylor in Kentucky and many other black men and women throughout America throughout our history reflect the agonizing depth of racial injustice in the United States. The ongoing killings following COVID-19 and its disproportionate impacts within communities of color, have created deep feelings of rage and grief.

New Mexico Caregivers Coalition (NMCC) was formed to support, advocate for and listen directly to caregivers—88% of whom are women. Most often, these are also women of color in every one of our communities. To the more than 62,000 New Mexico women and men caring for those who are elderly and those with disabilities, please know that we honor and value you.

We honor, value and grieve for our Black brothers and sisters throughout the country.

To all readers of NMCC, let us know how we can help you. If you choose to ACT, Color of Change has a platform of structural demands that seek to improve community policing. [Sign on to their platform here](#)

To talk through your own grief as we find a way through and forward, or to be connected to personal and professional resources, call our office at 505-867-6046.

We are reminded of Martin Luther King, Jr. who said, "The arc of the moral universe is long, but it bends toward justice." Let us have the patience and faith to know his words are true.

Sincerely,

Adrienne R. Smith
President and CEO
Dana Howarth
Program Director

An Important Message from Ellen Pinnes and the Disability Coalition about Payments from CARES Act



Good news! People who get Supplemental Security Income (SSI) benefits will get their \$1,200 pandemic response payments automatically and won't have to file a special tax return or take any other action to get them. The only SSI recipients who need to take action are those who have dependent children under age 17, so they can get the additional \$500 per child payment for the kids. See later in this message for how to submit that information to the IRS.

Background: The CARES Act that Congress passed last month to address the economic disruption caused by the corona virus pandemic calls for **\$1,200 payments for adults and \$500 for children under age 17**, to help them through the tough economic times we're experiencing. These payments will be made as refundable tax rebates, which means they'll be sent out by the IRS and **people are eligible for the full amount even if they don't owe any taxes.**

Initially, the IRS was going to make the payments right away only to people who file annual tax returns and had provided direct deposit information for the 2018 or 2019 tax years. Everybody else would have had to file a special return with the IRS to get the payment. Under fire for creating a barrier for low-income Social Security recipients, the Trump administration announced it would use the information IRS gets through 1099 forms for people who get Social Security retirement or disability benefits to make payments to them. Unfortunately, that still didn't help people who get SSI or veterans' benefits and don't need to file tax returns, because they don't get 1099 forms. The Disability Coalition, along with other local and national advocates and New Mexico's Congressional delegation, pushed for the IRS and Social Security to match the information they have on these individuals and make direct

payments to them as well without filing a tax return. **SSA and IRS have now agreed to this, so if you get SSI, you don't have to do anything; the \$1,200 rebate will be sent to you automatically.** Those payments are expected to go out by early May.

The only SSI recipients who **should** file with the IRS, if they haven't already, are those who have dependent children age 16 or younger and want to get the \$500 per child rebate for them as well. If that applies to you or you have any other questions about the payment, you should go to

<https://www.irs.gov/coronavirus/economic-impact-payment-information-center>.

It's important to note that the rebate payment does not count as income in determining eligibility for benefits programs like SSI, and it won't be counted as a resource for twelve months. So getting it won't cause people to lose their benefits.

When we make the voice of the disability community heard, we can make good things happen!

Are you noticing a lot of Zoom events, but don't know how to use Zoom? Please read below...

For instructions on how to join a Zoom meeting, click [here](#).

For instructions on how to setup video and sound in a Zoom meeting, click [here](#).

To learn about zoom meetings controls and buttons, click [here](#).

To learn about social rules for a video meeting, click [here](#).



**Looking for something to do during this time?
Find online meetups and gatherings like the
ones listed below...**

- To join People First on Albuquerque weekly meetings on Wednesdays from 10:30-11:15 am, click [here](#).



- To join the Retrain Your Brain, Brain Injury Support Group meetings on Wednesday at 11 am, click [here](#).
- To find out more about Netflix Party Wednesdays with Best Buddies every Wednesday, click [here](#).
- To sign up for Citizen's Weekly Meetings hosted by Best Buddies every Thursday at 4 pm, click [here](#).
- To find out more about Forum Fridays hosted by Best Buddies every Friday on Instagram Live, click [here](#).
- To join weekly New Mexico Allies for Advocacy meetings on Thursdays at 6 pm, click [here](#).
- To join Safe Place, hosted by the DDPC CSA on Fridays from 1-2 pm, now on Zoom, click [here](#).
- If you want to stay in shape, participate in the Southwest Border Battle brought to you by the Special Olympics. For more information, click [here](#).

- Each Friday from 3:30pm-5:00pm, join the Virtual Drop In Hang Out with Eric from New Day Youth and Family Services. To receive the link for the virtual hangout, e-mail **Eric Velzis** at evelzis@ndnm.org
-

Looking for something to do?



Watch the [Kids Town Hall](#) with Albuquerque Mayor Tim Keller. Watch the [Telephone Town Hall](#) with Albuquerque Mayor Tim Keller discussing the city's response to the Coronavirus.

Every Monday from 3:30-4:30 pm, an ECHO webinar is held on Special Education Supports. [Click](#)

[here to register.](#)

Every week on Mondays from 12-1, Division Chief of Infectious Disease at UNM Hospital Nestor Sosa MD, FACP will answer questions during his [COVID-19 Infectious Disease Office Hours/Q&A](#).

Looking for disability advocacy information? Crip Camp is hosting a free online disability advocacy conference with sessions every Sunday at 3 pm from May 17 to August 30. For more information, click [here](#).

Save the Date for the [Rio Grande Down Syndrome Network's Virtual Buddy Walk on September 19](#).

NEW MEXICO SOCIAL DISTANCING



Doing it together makes us stronger.



Need to reach out to the DDPC? Visit our contact page at www.nmddpc.com/contact

New Mexico Developmental Disabilities Planning Council
625 Silver Av. SW Suite 100
Albuquerque, NM 87102
505-841-4519
www.nmddpc.com

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