



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

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



To view the latest COVID-19 briefing from Governor Michelle Lujan Grisham, go to <https://www.newmexicopbs.org/michelle-lujan-grisham-covid-19-update/>

**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.*



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](#).



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

- Food Related Resources
- Comprehensive Resource Lists
- COVID-19 Overview Resources
- List of Financial Assistance, Communications and Work Resources
- Reopening Plans
- Grant 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 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. Find out more information about the [New Mexico Commodity Supplemental Food Program for Seniors](#).

To find out about Pandemic EBT, which goes through June 19, read [Help Feed Your Children with Pandemic EBT](#).

If you still have questions about Pandemic EBT, take a look at the [P-EBT FAQ](#).

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

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](#).

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

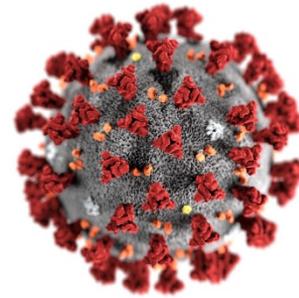
Read about [New Mexico Resources for Those Impacted by Genetic Conditions](#).

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](#).



List of Financial Assistance, Communications and Work Resources



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

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.

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

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](#).

Are you part of an organization and know of a family with children who are suffering as a result of COVID-19 and its impact on employment? If so, contact Kellie Tillerson at ktilerson@hopeworksnm.org and ask about Emergency Eviction Prevention Assistance for that family. The request has to come from the organization and not the person or family.

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](#).



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](#).

Health-Related COVID-19 Resources



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](#).

Call the [New Mexico Healthcare Worker and First Responder Support Line](#).

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](#).

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

Resources for Native American Communities in New Mexico

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

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](#).

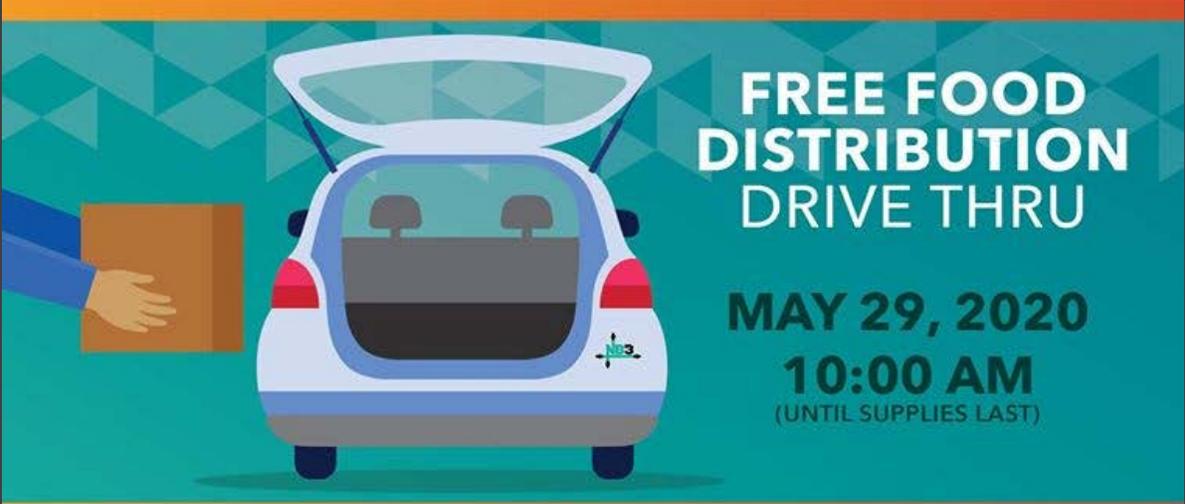
Visit the [Santa Ana Pueblo Social Services Department Website](#).

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 [All Pueblo Council of Governors and the Indian Pueblo Cultural Center Pueblo Relief Fund](#).



FREE FOOD DISTRIBUTION DRIVE THRU

MAY 29, 2020
10:00 AM
(UNTIL SUPPLIES LAST)

NB3 Foundation COVID-19 Response Fund

Helping our Relatives Albuquerque Native American Families

To ensure the health and safety of volunteers and community members, we must adhere to the COVID-19 CDC guidelines. Please remain in your vehicle and open the trunk when it is your turn in line. Make room in your trunk ahead of time.

Food is distributed on a first-come, first-served basis. Food and supplies are for Native American families and individuals in need of food assistance. Please respect: one box, one family, one trip.

INDIAN PUEBLO CULTURAL CENTER
2401 12th Street NW, Albuquerque, New Mexico 87104
(North Parking Lot)



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/>)

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!

An Important Message on mental health from Ellen Pinnes and the Disability Coalition

May is MH Awareness Month, and we don't want to let it pass without reminding everyone how important it is to look out for our mental health during these trying times. All of us, whether we have a mental health diagnosis or not, need to be aware of the stresses we're experiencing and the importance not only of taking care of ourselves and those close to us, but of reaching out for help when we need it.

This message will remind you of some of the steps you can take to live healthfully in mind and body during the public health emergency (and beyond). At the end, we'll provide some resources where you can reach out for more help for yourself or someone you care about.

The COVID-19 public health emergency has forced life changes on all of us, limiting our social interactions, changing our work habits, and causing financial pressures for many – not to mention worries about the illness

itself. It's normal to react to all this by feeling fear, anxiety, sadness, loneliness or other difficult emotions. For people who have a pre-existing mental health condition, these new stresses can make it worse.

What are some **ways to alleviate those stresses**? One is taking care of yourself, and that means both your physical and mental health. Try to get enough sleep, eat healthful foods, and get regular exercise. Limit your use of alcohol, tobacco and drugs and your time on-screen, especially before bedtime. Take time each day to do things that help you relax, whether it's deep breathing, meditation, yoga, listening to music, taking a hot bath, going for a walk outdoors, or whatever works for you. Keep in touch with other people, even if you can't do it in person – phone calls and virtual gatherings through Zoom or other online platforms, or written communications through emails, texts and letters, can help you feel connected to others even while you're staying home. Checking in on friends and family and making sure *they're* okay can help *you* feel better.

It's inevitable that all of us will feel negative emotions as we go through difficult times like these, whether it be anxiety, anger, or fear. You may have trouble concentrating, sleeping, or getting tasks done. These are normal human reactions. But **if they continue and you're not able to get beyond them, it's time to reach out for help**. Here are some ways to do that:

- Connect with someone close to you who can help you by talking through it.
- Contact your religious or spiritual leader or someone else from your faith community.
- If your employer has an employee assistance program, contact them and ask for counseling or a referral to a mental health professional.
- If you have insurance, whether through Medicaid, your work, or your own plan, check to see which mental health professionals are in your network and contact one of them.
- Contact one of the resources listed below and ask for assistance.

If you already have a mental health diagnosis, it's important to continue with your treatment (medications, therapy, etc.), and get in touch with your mental health professional if you need help. For assistance finding a provider or therapy services, check out the resources below.

If you or someone you know needs to connect with someone or find someone local who can help them, here are some helpful resources. Their services are free and confidential.

****The New Mexico Crisis and Access Line (NMCAL)** offers support in many forms:

- * Counselors are available 24/7/365 by calling 855-662-7474.
- * A peer-to-peer warmline where you can talk or text with a peer support worker. You can call 855-466-7100 from 3:30 pm to 11:30 pm daily or connect by text between 6 pm and 11 pm.
- * A special support line for healthcare workers and first responders: 855-507-5509.
- * And a mobile phone app you can use to connect with a counselor or peer support worker and find current resources and information on COVID-19, mental health, substance abuse, and other community services. For information, go to NMCAL's website at www.nmcrisisline.com.

**** The National Alliance on Mental Illness** helpline, 800-950-6264, can provide assistance and refer you to therapy services that are available online or by phone. For more information on the resources they offer, go to their website at www.nami.org.

**** Crisis Text Line** offers support 24/7 by phone, text and online chat and is particularly helpful for young people experiencing emotional distress. Call 800-273-8255, text to 741741 or go to <https://suicidepreventionlifeline.org/chat/>.

**** The Substance Abuse and Mental Health Services Administration (SAMHSA)** has a National Helpline at 800-662-4357 (TTY 800-487-4889) and provides useful information and resources on its website, www.samhsa.gov/find-help.

**** In a crisis, call the National Suicide Prevention Lifeline** at 1-800-273-8255 (888-628-9454 en español, 800-799-4889 for deaf and hard-of-hearing) or go to <https://suicidepreventionlifeline.org/chat/> to chat online with a crisis counselor.

As Mental Health Awareness Month ends, we encourage you not to forget that mental health is important all year round. Taking care of ourselves and

others – and reaching out for help when we need it – will help all of us get through this public health emergency.

The Disability Coalition is administered by Disability Rights New Mexico and is funded in part by the New Mexico Developmental Disabilities Planning Council through Federal Program funding.

Additional funding is provided by The Arc of New Mexico, the Independent Living Resource Center, New Vistas and DRNM.



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](#).

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 watch?



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](#). The English and Spanish sessions of Coronavirus 101 for Community Health Workers will now be held on alternating Fridays

from 2:30-3:30 pm (MDT). The next English session will be Friday, May 8th followed by the next Spanish session on May 15th. Email CHWECHO@salud.unm.edu to register.

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](#).



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

STAY CONNECTED



New Mexico Developmental Disabilities Planning Council | 625 Silver Av. SW, Suite 100, Albuquerque,
NM 87102

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