



Comunidades Unidas de **Doña Ana** Communities United



Amigo Channel: Mesilla Valley Timebank Resource Guide

*A guide to community resources
during the COVID-19 outbreak*

Compiled on 3/24/2020

Doña Ana Communities United (DACU) and the Mesilla Valley Timebank are here to help!

You are tuned to the *Amigo Channel!*

This guide offers quick channels to resources on the form of phone numbers and websites that may be useful to community members during the COVID-19 outbreak.

What is Mesilla Valley Timebank?

A timebank is a community made up of individuals and organizations who have agreed to exchange services with one another free of charge. Instead of compensating one another in dollars, pesos, or other monetary currency, timebank members exchange time credits. One hour of work equals one time credit. Members can spend their credits by receiving services from other members.

Becoming a member is easy and fun! Simply attend an orientation where you'll learn more about timebanking, meet new people, and get signed up. It is completely free. Please visit our website at da-cu.org or contact our coordinator at (575) 323-1422 or DACUSamantha@gmail.com for our next orientation.

What is Timebank Amigos?

Companionship is extremely important to good health. Timebank Amigos is a brand-new way for timebank members to keep connected during this time of social distancing. Each Amigo is paired with another member. The two agree to contact each other about three times per week. To sign up, contact Samantha at (575) 323-1422 or DACUSamantha@gmail.com.

*Although this one-time guide will not be updated,
the links and phone numbers should connect you to up-to-date information.*

This resource was compiled on 3/24/2020.

GENERAL COVID-19 INFORMATION

1. For updates from the City of Las Cruces, call (575)541-2000 or [CLICK HERE](#). This site is updated each day.
2. For updates from Doña Ana County, call (575) 647-7200 or [CLICK HERE](#). This site is updated each day.
3. To access a series of local shows on COVID-19 airing on KTAL-LP (101.5 FM), our community radio station, [CLICK HERE](#). The updates feature brief interviews with local officials, health experts, state officials, psychologists, and others.
4. For testing locations in Doña Ana County call the NMDOH number listed below or [CLICK HERE](#).
5. For information from NM Department of Health (NMDOH), [CLICK HERE](#).
 - a. New Mexicans with symptoms of COVID-19 infection, such as fever, cough, or shortness of breath, should call their health care provider or the NMDOH COVID-19 hotline immediately: 855-600-3453.
 - b. New Mexicans with non-health-related questions can call 833-551-0518.
6. For general state of New Mexico Resources call the non-health-related questions DOH hotline or [CLICK HERE](#). Another resource includes Share New Mexico. [CLICK HERE](#) to access.
7. For general national resources through the United Way [CLICK HERE](#) or call 2-1-1.
8. For information from the Centers for Disease Control and Prevention (CDC), [CLICK HERE](#) or call 800-232-4636 (TTY 888-232-6348).
9. For information from the World Health Organization, [CLICK HERE](#).

BUSINESSES

1. [CLICK HERE](#) or call 1-800-659-2955 for local opportunities for small businesses during this emergency.
2. [CLICK HERE](#) or call (505)827-0300 for state programs to help businesses during this emergency.

CENSUS

Please don't forget to fill out your census! [CLICK HERE](#) or call 844-330-2020 for more information.

The data collected determines the next ten years of federal funding for vital programs and services throughout Doña Ana County. Infrastructure, Medicare, Medicaid, food commodities, senior meals, SNAP, WIC and Section 8 Housing are just a few of the programs that are funded by Congress based on data derived from the decennial census.

CHILD CARE

Please [CLICK HERE](#) for a full list of state resources.

[CLICK HERE](#) to find child care in your area.

Call 1-800-691-9067 or [CLICK HERE](#) for the New Mexico Kids resource and referral line to help families find child care.

The New Mexico Children, Youth and Families Department (CYFD) is also providing resources such as: full-time child care assistance contracts to first responders and health providers who need child care and temporarily registering family, friend and neighbor (FFN) providers who may be eligible to receive child care assistance funding. Temporary FFN providers will be required to complete a background check, as will all family members over the age of 18 living in their home and complete a three-hour online health and safety training and an online CPR training.

For more information [CLICK HERE](#) or call 1-833-551-0518.

If you do not have any luck at the number listed above, [CLICK HERE](#) for all child care bureaus office numbers in New Mexico.

DISABILITY

1. [CLICK HERE](#) for The New Mexico Commission for Deaf & Hard of Hearing video with COVID-19 information.
3. [CLICK HERE](#) OR call 800-432-2080 for state resources.

EMERGENCY PREPAREDNESS

To access a resource on preparedness from the NMSU College of Agricultural, Consumer, and Environmental Sciences, [CLICK HERE](#).

FAMILIES

1. For Las Cruces Public School resources, call (575) 527-5800 or [CLICK HERE](#).
2. For the most current food distribution sites for students, [CLICK HERE](#).
3. For food boxes, call Casa de Peregrinos at 575-523-5542 or [CLICK HERE](#).

HEALTHCARE

[CLICK HERE](#) or call 1-855-637-6574 to apply for Medicaid (for those with limited incomes).

[CLICK HERE](#) or call 1-800-633-4227 (TTY number: 1-877-486-2048) to apply for Medicare (for those over 65 or have disability status).

[CLICK HERE](#) for information on Medicare's temporary expansion of telehealth services.

INTERNET

1. During the crisis, families without internet service might be eligible for free or reduced-price Internet service for the next 60 days. For more information on how to apply, call 855-954-6546, 888-833-9522 or 888-234-4272, or [CLICK HERE](#).
2. For resources from Comcast such as two months of free service (New customers who apply by April 30) and public WiFi hotspots being free for everyone [CLICK HERE](#) or call 1 (800) 934-6489.

MENTAL HEALTH

New Mexico Crisis and Access Line. [CLICK HERE](#) or call 855-662-7474. Counselors are available 24/7 at. In an emergency, please call 911.

For other mental health resources [CLICK HERE](#) or call 1-800-237-TALK (8255) for suicide crisis, 1-800-376-2272 for domestic abuse, or 888-594-7273 for sexual abuse.

SCAMS

Stay alert for fraud during the coronavirus national emergency. Con artists like to take advantage of people when they're distracted. [CLICK HERE](#) for more info from Medicare and [CLICK HERE](#) for information from New Mexico Attorney General Hector Balderas.

SENIORS

1. For City of Las Cruces resources, [CLICK HERE](#) or call the following numbers:
 - a. Food assistance and meal delivery programs: 575-528-3012.
 - b. Transportation assistance programs: 575-541-2500.
 - c. Senior Centers: 575-528-3000.
 - d. Commodities and food boxes: 575-523-1272 or 575-532-3360.
2. For senior-only grocery shopping hours [CLICK HERE](#) for state stores and [CLICK HERE](#) for local stores.

The following stores are currently offering senior shopping hours. Please click the links above or call each store individually for hours specific days and hours. **Bolded indicates local business**

- Albertsons, Big Lots, Dollar General, **Mountain View Market Co+Op**, Natural Grocers, Target, and Walmart.
3. For other resources through the State of NM, [CLICK HERE](#) or call 800-432-2080.

SOCIAL SECURITY

[CLICK HERE](#) or call 1-800-772-1213 to access critical services. All offices are closed until further notice

TRANSPORTATION

RoadRUNNER Transit buses and Dial-a-Ride services are fare-free until further notice. Service hours have been reduced. Call 575-541-2500 or [CLICK HERE](#) for more information.

UNEMPLOYMENT

[CLICK HERE](#) or call 1-877-664-6984 for information from the State of New Mexico.

UTILITIES

[CLICK HERE](#) or call 575-541-2111 for more information.

During this time, utility services will not be shut off. Utilities customers are encouraged to pay their bills online instead of going to City Hall.

WATER

The City of Las Cruces assures residents and guests that the City's water supply is safe and readily available at the tap. Call 575- 528-3500 for more information.