

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

DEVELOPMENT 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 1-800-799-7233

Police Department Non-Emergency Numbers
Ruidoso/Ruidoso Downs 575-258-7365

The Nest 575-378-6378

DWI

DWI Lincoln County-Ruidoso
Grant Pro..... 575-937-1117

EMERGENCY SERVICES

American Red Cross NM..... 505-265-8514

Emergency Assistance911

Poison Control Center 1-800-222-1222

988 National Suicide Hotline988

FUNERAL SERVICES

LaGrone Funeral Home..... 575-257-7303

New Dawn Cremation Services 575-630-0161

GAMBLING

New 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 575 464-7101/7100

Mescalero 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 Care575-257- 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

INSURANCE

Aetna Medicare Supplements
Vernon Iwancin Agent 575-257-8139

Be Well NM1-833-TO BE WELL
www.bewellnm.com; www.healthcare.gov

Blue 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) 1-888-997-2583

Apply 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.us

New 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



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