

### Home Health Agencies

Ruidoso Home Care & Hospice 258-0028

### Hospice Agencies

Ruidoso Home Care & Hospice  
258-0028

### Hospital

Lincoln Cty Medical Center  
257-8200

### Health Department

258-3252

Has a breast and cervical cancer screening program available for women with low-income or no insurance

### State Agency on Aging

1-800-432-2080

Prescription Drug Assistance  
Info/Help Medicare/Medicaid

### Transportation

Lincoln County Transit 257-1188

SAFE RIDE 1-800-763-0208

Safe Ride Scheduling 1-800-797-7433

Shuttle Ruidoso 257-1815

(Some Senior Centers will provide prearranged transportation upon request for Dr. appointments and grocery shopping)

Dollar Cab (Medicaid Only) 937-6803

### V.A. INFORMATION

V.A. Alamogordo 437-9195

V.A. Albuquerque 1-800-465-8262

V.A. Regional 1-800-827-1000

V.A. El Paso 1-800-672-3782

### Substance /Addiction Abuse Services

Substance Abuse Services 257-8942

Counseling Center 257-5038

Mescalero Responsible

Gaming Program 464-7106

### Senior Citizens Centers

Ruidoso 257-4565

Ruidoso Downs\* 378-4659

Capitan\* 354-2640

Carrizozo\* 648-2121

Hondo/San Patricio\* 653-4405

**MEALS ON WHEELS** 378-4659

\*Some Senior Centers provide meals at lunch and/or Meals-on- Wheels for the homebound

### Medical Equipment/Oxygen

Frontier Medical 257-2536

LinCo Medical 257-7174

### Pharmacies

Lawrence Bros. 630-8020

Walgreen's 257-1566

Wal-Mart 378-5400

### Health Foods/

### Supplements/Herbs/Vitamins

The Wild Herb Market 257-0138

The Herb Stop 257-0333

### Health Clubs

Curves for Women 258-1111

Southwest Personal Fitness 257-5902

Ruidoso Athletic Club (RAC) 257-4900

### Miscellaneous

Adult Protective Svc. 1-866-654-3219

Alzheimers Assoc 1-800-777-8155

Indigent Fund 258-1232

Income Support Division 378-1762

LaGrone's Funeral Chapel 257-7303

Mescalero Care Center 464-4802

Parish Health Ministries 257-4170

Ruidoso Home Care

Hospice Foundation 258-0028

New Mexico Council on

Problem Gambling 1-800-572-1142

## LINCOLN COUNTY HEALTH CARE RESOURCE GUIDE

Provided By



**RUIDOSO HOME CARE & HOS-**

*Home Health Care at its Very*

PO Box 2019

Ruidoso, NM 88355

575-258-0028

FAX 258-2648

[www.rhch.org](http://www.rhch.org)

### EMERGENCY NUMBERS

**Ruidoso Police 911**

**Lincoln County Sheriff 911**

### Ruidoso Police

**Non-emergency 258-8290**

**Crime Stoppers 258-7300**

### L.C. Sheriff

**Non-emergency 258-5607**

### POISON CONTROL CENTER

**1-800-222-1222**

**Primary Care Physicians/Family Practice**

Dr. Arlene Brown 257-7712  
Jean Monske, CNP 257-7712  
Dr. Michael Clements 258-3811  
Dr. Frank DiMotta 630-1214  
Dr. Mary Martinez 630-8350  
Dr. Stephen Otero 630-8350  
Dr. Chris Robinson 630-8350  
Suzanne Dennehy, CNP  
Dr. Walter Seidel 257-3681  
(Capitan Office) 354-2254

**Nurse Practitioners**

Rose Clinic 354-0507  
Suzanne Carden, CNP  
Carrizozo Health Clinic 648-2317  
Naomi West, CNP  
Internal Medicine Assoc 630-8350

**Cardiology**

Dr. Fundador Adajar 622-2524  
Dr. John Batty 1-800-715-6644  
Dr. Harold Sunderman 1-800-734-4278  
Dr. Barry Ramo 1-800-888-6642  
Dr. Zoltan Toth 622-2524

**Dentists**

Carrizozo Dental Clinic 648-2317  
Children's Dental Clinic 257-0246  
Patrick Coyne, DDS 257-9053  
Dylan Midkiff, DDS 257-1136  
Allen McGinness, DDS 257-0246  
John Bennett, DDS 257-5179  
Sally Waters, DDS 258-3388

**Dermatology**

Dr. John Henry 624-2330

**G.I. (gastroenterology/digestive)**

Dr. Frederick French 1-888-353-4175

**Mental Health**

**Crisis line** 1-800-634-3666  
Counseling Center 257-5038  
Heritage Program (seniors) 257-0491  
Mirasol Counseling 258-4708

**Neurology**

Dr. John Simmons 434-0901

**Oncology**

N.M. Oncology Hematology 257-8068  
Dr. McAneny, Dr. Campbell-Fontaine  
Karen Zoller, CNP  
Otero Oncology, Dr. Korec 437-8126

**Orthopedics (bones, joints)**

Dr. John Anderson 257-7632  
Dr. Douglas Dodson 257-7632  
Dr. Eric Freeh 257-7632  
Dr. Allan Rickman 257-7632  
Dr. Daniel Junick 505-724-4300

**OB/GYN**

Dr. Deborah Hewitt 257-7505  
Dr. Keri Rath 630-4200

**Podiatry**

Dr. John Anderson 257-7632

**Ophthalmology (eye)**

Family Vision Center 257-5029  
Dr. Gutowski, Dr. Sonnenmoser  
Ruidoso Eye Clinic 257-9300  
Dr. Paul Gulbas 1-915-542-0279  
Lincoln County Eye Ctr. 257-5512

**ENT (ear, nose, throat)**

Dr. Timothy Frost 437-4533

**Physical Therapy (Outpatient)**

Lincoln County  
Medical Center 257-8239  
Therapy Associates 257-5820  
Ruidoso Physical Therapy 257-1800

**Surgery**

Dr. Lindsey 630-4200

**Acupuncture**

Dr. Janet La Rosa, DOM 258-3739

**Chiropractic**

Joseph Fraley, D.C. 258-5999  
Bruce Klinekole III, DC 257-7970  
McMinn Chiropractic 257-6111  
Jon Ogden, D.C. 258-3725

**Personal Care**

Community Home Care 258-1986  
Helping Hands 354-0364

**Assisted Living Facilities**

Casita de Cura 336-1312

**Health Care/Healing Centers**

High Mesa Healing Center 336-7777  
Rejuvenation Through 630-3739  
Natural Healthcare  
Village Wellness 257-9994

**Licensed Massage Therapists**

Rebecca Forster 937-2075  
Mountain Massage &  
Healing Arts, Patti Gray 937-2304  
Pamela Jamison 257-6435  
Tresa Moore-Jamison 937-0518  
Lu Anne Rochester 937-4444  
Jessica Sherman 258-5500  
Dr. Janet La Rosa 630-3739

**Biofeedback**

Living Energies 258-5855