

The Sentinel

August 2020

50 cent suggested donation

AUGUST AUGUST AUGUST AUGUST

Three years have nearly come and gone as my tenure here at the senior center comes to an end.

I started three years ago on September 11, 2017 and at that time I thought that it wouldn't be too long a time for me to work for the second time around. I have to admit that I was so excited about coming back to work so I could be with my favorite people. The first time I retired on January 1, 2014, after nearly 22 years, and returned almost 4 years later working three more years. My last day this time around is September 18, 2020.

Though challenging at times, I have enjoyed so much coming back and seeing everyone and making new friends. I have given you my best and as I leave I know that you will always be given the best. The Alamo Senior Center has the most loving and caring staff I know. I have worked with the greatest people and I am also proud of the kitchen staff that continue to grow and do the best they can for you.

I wish to thank each and every one of our seniors for making my day each and every day. Sharing coffee, snacks, conversation, and that special hug that made my day every day. To the Volunteers that give up their own time to help make our jobs easier, and, for those that gave me a hard time, OOPS did I say that? You all gave me such a variety of personality, thank you too for making my days.

Thank you Magdalena for your leadership, John, couldn't do it without your knowledge of Grants, and Britney for picking up the pieces that everyone drops and needs help picking up.

To the Senior Services and Senior Volunteer Program staff, thank you so much for being alongside me doing the things we did. You are all valuable in the jobs that you do. It has been my pleasure working with all of you and doing things together. To Brittany Clark, her staff, Lydia, Jessica, William, Martin, Tracy, and Jamie. To Julie, Neil, and Karen, thank you.

Working alongside with the Meals on Wheels Program/Home Services, you are all amazing. Your love and concern for this program is outstanding. So much of you is given and through a small portion of what the kitchen does for you, your **program is amazing. Thank you Eddie, Zyra, and Teri you're the best.**

I will always have so much appreciation for the Kitchen Staff. They are a very special group of people that work very hard for our seniors. Thank you, Rebecca for all you have done helping me stay organized. To the most wonderful cook I **have worked with, Joan, you're the best. Thank you for extending yourself to cook the best foods. Brandi, you are at the top of the list with those that mastered the task of baking homemade bread.** Thank you also for the love and care you extend to the seniors on the La Luz Route. To my boys, Cruz and Antonio, keep up the good work. You both wash many dishes, pots and pans.

City of Alamogordo, Veronica "Ronnie" Ortega, thank you so much for this opportunity, means much more than you'll ever know. I hope I have done what was expected on me.

William Shakespeare used this beautiful quote in the play Romeo & Juliet, "Parting is such sweet sorrow", it was said as Juliet was saying goodnight to Romeo, "until tonight would become tomorrow". So, as I say "Parting is such sweet sorrow", remember, that you will see me tomorrow, or the day after, or the day after, and for now this is Good Night until we meet again.

With much Love,
Rose Anna Garcia-Kitchen Administrator



Alamo Senior Center

2201 Puerto Rico
Alamogordo, NM, 88310

Phone: 575-439-4150
Fax: 575-439-4160

Visit us online at: <http://ci.alamogordo.nm.us/coa/communityservices/asc.htm>

AUGUST AUGUST AUGUST AUGUST

August 2020

3 - Monday	4 - Tuesday	5 - Wednesday	6 - Thursday	7 - Friday
Spaghetti & Meat Sauce Salad w/ Dressing Scandinavian Vegetables Whole Wheat Bread w/ Margarine Spiced Apples	Green Chile Chicken Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Mandarin Oranges 	Swiss Steak Mashed Potatoes Peas & Onions Whole Wheat Bread w/ Margarine Peaches	Chicken & Rice Peas & Carrots Broccoli Whole Wheat Bread w/ Margarine Peanut Butter Cookie	Chile Relleno Salad w/ Dressing Pinto Beans Crackers Mixed Fruit 
10 - Monday Beef Tips & Noodles Salad w/ Dressing Peas & Carrots Oatmeal Cookie Pears 	11 - Tuesday Baked Chicken Wild Rice Carrots Green Beans Whole Wheat Bread w/ Margarine Plums	12 - Wednesday Hamburger Mac Salad w/ Dressing Italian Vegetables Whole Wheat Bread w/ Margarine Peanut Butter Cookie Apricots	13 - Thursday Green Chile Beef Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Pineapple 	14 - Friday Baked Fish Rice Pilaf Coleslaw Mixed Vegetables Cornbread w/ Margarine Chocolate Pudding
17 - Monday Beef Stew Green Beans Beets Biscuit w/ Margarine Peaches 	18 - Tuesday Chicken Pot Pie Beet & Onion Salad Zucchini Bake Whole Wheat Bread w/ Margarine Jell-O w/ Mixed Fruit	19 - Wednesday Roast Beef Salad w/ Dressing Baked Potato Mixed Vegetables Whole Wheat Bread w/ Margarine Chocolate Cake	20 - Thursday Stuffed Chicken Breast Mashed Potatoes w/ Gravy Capri Vegetables Cranberry Relish 	21 - Friday Baked Ham Sweet Potatoes Spinach Cornbread w/ Margarine Tropical Fruit
24 - Monday Red Beef Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Sherbet 	25 - Tuesday Baked Pork Chop Black-Eyed Peas Sweet Potato Cornbread w/ Margarine Spiced Apples	26 - Wednesday Hot Beef Sandwich Mashed Potatoes Green Beans Peach Cobbler 	27 - Thursday Cabbage Casserole Spinach Carrot Raisin Salad Whole Wheat Bread w/ Margarine Strawberry Shortcake	28 - Friday Chicken Ala King Peas & Carrots Rice Pilaf Brussel Sprouts Pineapple Upside Down Cake
31 - Monday Oven Baked Chicken Rice Pilaf Broccoli & Cauliflower Whole Wheat Bread w/ Margarine Cherry Cobbler	 <h1>AUGUST</h1>			1% Low Fat Milk Served Daily Suggested Donation : \$2.50 Menu Subject to Change <i>Lunch Served from 11:00am-1:00pm</i>

Our monthly menus are verified by a dietician in order to ensure that nutritional standards are met.

June 2020
Nutrition Report



Thank you for supporting the
Alamo Senior Center

**Please patronize
our advertisers!
Let them know
you appreciate their support
of the Alamo Senior Center!**

Number of days served this month: 22

Total number of meals served: 9,348

	Congregate Meals	Home Delivered Meals
Meals Served:	6,086	3,209
Donation Average:	\$1.76	\$0.65

To Our Meals on Wheels Recipients

- We appreciate your calling us to cancel your meal when you are not going to be home.
- Please note that our delivery times are from **10:45 AM - 1:00 PM**. Some of our drivers may have a double route which can delay delivery to you. We apologize for any inconvenience.

Climate Heating & Air Conditioning, Inc.

TAMMY L. TONCRAY (575) 437-3130
617 New York Ave.
Alamogordo, NM 88310 N.M. Lic #3117

www.climateheatingandairconditioning.com

Low Income Funding Available for ESTABLISHED ASC Members

The Alamo Senior Center received an incredible donation from one of our consumers. The senior specifically requested we allow the funds to be utilized by seniors who are in desperate need of assistance. This funding can be used to pay a utility bill, buy groceries, personal hygiene products, pay for prescriptions, etc. To qualify for this funding, an application will need to be completed and turned in. After the application is submitted, the Supervisors and Manager will then review the application to see if you qualify. The application process is not complicated, and the funding will be issued on a first come first-served basis. For more information stop by the Front Desk, or contact the Alamo Senior Center at (575) 439-4150.

Applications are available at the ASC Front Desk.

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www.burtbroadcasting.net

Attention!

IMPORTANT INFORMATION!

The Alamo Senior Center was informed that a report was made about a woman that is going around town door-to-door stating she can provide services to senior citizens. She is offering to come into their homes and help organize any of their personal papers/documents. We at the Alamo Senior Center do not provide any of these Services nor does the City of Alamogordo. Please be wary of people coming to your door. This is not allowed in the city, and be cautious about providing any of your personal information to any one! If you feel in any way this may be a scam, please be sure to report it to our local Police Department at: (575) 439-4300.



Here are 2 websites where our Seniors can find reliable information about coronavirus.

NM Dept. of Health (NMDOH):

<https://cv.nmhealth.org/>

Center for Disease Control & Prevention (CDC):

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Federal Government Census website: <https://2020census.gov/>

State of NM Census website: <https://www.icountnm.gov/>

Do you think you have been targeted or have fallen victim to a scam? Call AARP Fraud Watch Network Helpline at:

877-908-3360

-- **Crisis Line** -- Call 24 hours a day, 7 days a week, 365 days a year

1-855-NMCRISIS (1-855-662-7474)

-- **Peer to Peer Warmline** -- Call from 3:30p - 11:30p MT every day

1-855-4NM-7100 (1-855-466-7100)

-- **Peer to Peer Warmline** -- Text from 6:00p - 11:00p MT every day

1-855-4NM-7100 (1-855-466-7100)

-- **Healthcare Worker and First Responder Support Line** -- Call 24/7/365

1-855-507-5509

Otero county food resources update JULY 2020

MEALS	Entity and location	Day / time of service provision	Type of service	Contact information	Notes
	Our Savior Lutheran Church, 1212 Washington Ave Alamogordo	Wednesday 5-6pm	Free meal pick-up curbside	575-495-8343	
	St. John's Church, 1114 Indiana Alamogordo	Tuesday and Thursday 5-6pm	Free meal pick-up curbside	575-430-0473	meal pick-up in alley behind church. If driving, enter from 12th St.
	Grace United Methodist 1206 Greenwood Alamogordo	Saturday 11am - 1pm	Free meal pick-up curbside	575-437-7640	
	Alamogordo Senior Center, 2201 Puerto Rico Alamogordo	Monday - Friday 11am - 1pm	For SENIORS: meal pick-up site and meal delivery	575-439-4150	must be registered; suggested donation
	Alamogordo Public Schools	Monday - Thursday pick up at multiple schools through July 30, 11:30 - 1pm	Schools - free meal pick-up site for APS students/families	www.alamogordochschools.org/	
	Cloudcroft Senior Center, 212 Glorieta Ave Cloudcroft	Monday - Friday 11:30am - 12:15pm	for SENIORS: meal pick-up site and meal delivery	575-682-3022	must be registered; Friday is Grab & Go only suggested donation
	Tularosa Senior Center, 35 Radio Rd, Tularosa	Monday - Friday 11:30am - 12:30pm	for SENIORS: meal pick-up site and meal delivery	575-585-4532	must be registered; suggested donation
	Tularosa Municipal Schools, and at Mescalero Community Center	Monday - Thursday 10:30am - 12:30pm	Schools - free meal pick-up site for children under 18	575-585-8811	
	Love INC, 2826 Indian Wells, Alamogordo	Monday - Thursday by appointment only	Food pantry	575-439-5683	
	Salvation Army, 1900 1st Street, Alamogordo	Monday - Thursday 9:30-11:30 & 2-4pm	Food pantry	575-443-0845	
	Our Lady of the Light Church, 4 La Luz Road, La Luz	2nd & 4th Tuesdays, 10am July 14 & 28	Roadrunner Food Pantry	575-434-9460	
	Grace United Methodist 1206 Greenwood Alamogordo	Thursdays 9 - 11am	Food pantry	575-437-7640	
	Worship Center, 801 E. 10th Street, Alamogordo	NO July distribution. next: August 6th. Get timeslot at 9am	Roadrunner Mobile Food Pantry	575-437-8922	
	Immaculate Conception Church 7th & Delaware, Alamogordo	2nd & 4th Thursdays noon - 3pm	Food pantry	575-437-3291	
	Our Savior Lutheran Church, 1212 Washington Ave Alamogordo	2nd Friday / month. Get timeslot starting at 8am. Return for pick-up 10:30am.	Roadrunner Mobile Food Pantry	575-495-8343	
	Christ Community Church - Roadrunner Food Bank gap distribution Alamogordo	Friday July 24th, starting approximately 8am	Roadrunner gap distribution	575-437-4241	NEW LOCATION!
	Aggie Cupboard, 2235 N. Scenic Drive, Alamogordo	Last consecutive Tues & Wed/ month July 28 & 29. 4-6pm.	Food pantry	ahill@nmsu.edu	with NMSU ID only
	Cloudcroft Senior Center, 212 Glorieta Ave Cloudcroft	4th Wed/ month 12:30 - 2:30pm	Roadrunner Mobile Food Pantry	575-682-3022	
	Tularosa Methodist Church, 107 Granada Tularosa	every Tuesday (except 1st Tuesday/month) 10-noon	Roadrunner Mobile Food Pantry	575-585-2314	
	Tularosa Community Church, 101 Central, Tularosa	Wednesdays 10am - noon	Food pantry	575-921-7572	
	Timberon Community Connection, 170 Chaucer Dr Timberon, NM 888350	Every Friday 4:30-5:30pm except the 3rd Friday	Food pantry	575-987-2713 timberoncommunityconnection.org	
	Timberon Community Connection, Timberon Lodge	3rd Friday at noon	Roadrunner Mobile Food Pantry	same contacts as above	
	Mayhill Food Bank	4th Wednesday from 2:00pm - 4:00pm.	Roadrunner Mobile Food Pantry	575-687-3219 email: mcc.food.bank@gmail.com	
	Mescalero Tribal Office 101 Central, Mescalero	1st Thursday/month 12:20pm-2:30pm	Roadrunner Mobile Food Pantry	575-937-8006	call to confirm
	St. Thomas More Catholic Church 568 E Lisa Dr Chaparral, NM 88808	2nd Friday/ month noon.	Roadrunner Mobile Food Pantry	575-523-5542	call to confirm



You can help fund senior services in New Mexico!

Senior services expenditures and other federally-funded programs are directly affected by the population of a state!!!
EVERY SENIOR MUST BE COUNTED!!

Census data is confidential

- Your personal information is protected by law, and is never released to any other local, state, or federal agency (Title 13 of the U.S. Code). Your individual census responses will not affect your tax status or insurance premiums.
- The Census Bureau will never ask for your Social Security number, bank account number, or money of any kind.

Census data affects your community

- Census data determines federal funding to Medicare, Medicaid, and many other federally-funded programs which greatly assist families.
- The data collected by the U.S. Census will determine your political representation for the next 10-years...at the local, state, and federal levels.

Responding to the Census is easy

- You can respond to the U.S. Census online, over the phone, or wait for the paperwork to be mailed to you.

For more information: www.icountnm.gov

*cooperation with the
 New Mexico*

Aging and Long-Term Services Department

Make sure you fill out the census form!

The Senior Medicare Patrol recommends that Medicare beneficiaries:

Recomendaciones de la Patrulla de Medicare para las Personas Mayores:

- ✓ **Contact your own doctor** if you are experiencing symptoms of the Coronavirus disease or COVID-19 and need testing.
Comuníquese con su propio médico si tiene síntomas de la enfermedad de Coronavirus o COVID-19 y necesita pruebas.
- ✓ **Do not give out your Medicare number, Social Security number, or personal information** in response to unsolicited calls, texts, emails, home visits, or booths at health fairs and other public venues. If your personal information is compromised, it may be used in other fraud schemes as well.
No proporcione su número de Medicare, número de Seguro Social o información personal en respuesta a llamadas, mensajes de texto, correos electrónicos, visitas domiciliarias no solicitadas o en puestos de ferias de salud y otros lugares públicos. Si su información personal se ve comprometida, también puede usarse en otros esquemas de fraude.
- ✓ **Be suspicious of robocalls** or anyone going door-to-door to offer free Coronavirus or COVID-19 testing, supplies, or treatments. These are scams.
Sospeche de las llamadas automáticas o de cualquier persona que va de puerta en puerta para ofrecer pruebas, suministros o tratamientos gratuitos de Coronavirus o COVID-19. Estas son estafas.
- ✓ **Carefully review your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB)**, looking for errors or claims for products or services that weren't received.
Revise cuidadosamente su Notificación de resumen de Medicare (MSN) o la Explicación de beneficios (EOB), para ver si hay errores o reclamos por productos o servicios que no se recibieron.
- ✓ **Follow the instructions of New Mexico state and local government** for other actions you should be taking in response to COVID-19.
Siga las instrucciones del gobierno estatal de Nuevo México sobre otras acciones que debe tomar en respuesta a COVID-19.
- ✓ **Contact the New Mexico Senior Medicare Patrol (SMP) for help at 1-800-432-2080.**
Contacte a la Patrulla de Medicare para Personas Mayores de Nuevo México (SMP por sus siglas en inglés) para obtener ayuda al 1-800-432-2080.

This project was supported, in part by grant number 90MPFG20045-01-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

We can help you prevent, detect and report healthcare fraud:
If you come across any coronavirus scams or other healthcare scams, please contact the New Mexico Senior Medicare Patrol (SMP) at 1-800-432-2080.

Para obtener más información sobre el fraude en la atención médica, llame al 1-800-432-2080 o visite www.nmaging.state.nm.us

NEW MEXICO SENIOR MEDICARE PATROL WARNING!

¡ALERTA DE LA PATRULLA DE MEDICARE PARA LAS PERSONAS MAYORES DE NUEVO MEXICO!

BEWARE OF OFFERS TO TEST FOR CORONAVIRUS (COVID-19)

Don't give your Medicare number to anyone over the phone or to door-to-door solicitors offering to test for the Coronavirus/COVID-19.

No le dé su número de Medicare a nadie por teléfono ni a las personas que van de puerta en puerta que ofrecen hacerle la prueba del coronavirus/COVID-19.

BEWARE OF: CUIDADO CON:

- ✓ Scammers approaching residents of senior housing and assisted living facilities about "opportunities" for COVID-19 testing
» Los estafadores que se acercan a los residentes de viviendas para personas de la tercera edad y las instalaciones de vivienda asistida acerca de las "oportunidades" para las pruebas COVID-19
- ✓ Robocalls about "special virus kits" and asking for your Medicare number to send a "free" test
» Llamadas automáticas sobre "kits de virus especiales" y solicitando su número de Medicare para enviar una prueba "gratuita"
- ✓ Emails offering COVID-19 testing services that can be ordered through a telehealth provider
» Correos electrónicos que ofrecen servicios de prueba COVID-19 que pueden solicitarse a través de un proveedor de telesalud



1-800-432-2080

For additional information on healthcare fraud, visit

www.nmaging.state.nm.us

July Birthdays



Pictured, Front, Left to Right: Lucille Burrows, Randy Cain, Helen Kester, Bobby Barber, & Jim Carson

Wishing our volunteer Fitness Instructors a very Happy Birthday!!!

HAPPY BIRTHDAY!

Lou Ann Foster 8/11

Tom Shipman 8/22

Bea Smith 8/3

Cheryl Weckel 8/18

Solve each Sudoku puzzle!

		7	1	2		8		
	4			8				6
	6			9		7	1	
		2		6		1		
6	8		7			4	2	
	1				5		8	
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