

# The Sentinel

March 2021

50 cent suggested donation

## *From the Manager*

The month of March marks our 1-year anniversary since we have been closed for services inside our facility. Reflecting back this past year seems like something out of a movie. But reality is that COVID approached us like a bad dream and we all had to make some major adjustments. Even our winter weather was a bit odd. We had a snowstorm in October that was very unusual and another on Valentines Day. We have come a long way and have continued to persevere.

Things are looking a bit brighter. The vaccine has been made available in phases and many have been vaccinated. There are many still waiting to be vaccinated and many that are unsure of the vaccine. Either way, we are all working towards the same goal and that is to get back to some normalcy sometime in the future. One thing is for sure, our services will remain the same for quite a while longer.

Inside this brochure is COVID Vaccine Registration Step-by-Step Checklist for your review. **“If you do not have an appointment at a particular event, you are asked not to show up at the event. Event codes are linked to a specific registration and cannot be shared. There will be many opportunities to schedule an appointment for an event in the future.”**

*Continued reminders for existing and new members 60 years of age or older:*

Our Senior Center is membership based so registration is required. An over the phone assessment/reassessment must be conducted in order to participate in our meal program service.

Our Grab & Go Line hours of operation is from 11:00am to 12:30pm, Monday through Friday, with the exception of holidays. Meals on Wheels is also available to those 60/+ that qualify for a delivery which also requires an over-the-phone assessment/reassessment.

Please be patient if we do not answer the phone immediately. We are at 50% staffing. Leave a message and staff will return your call as time allows.

*Stay Safe, Stay Healthy & God Bless!!!*

*Magdalena*

## 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>

## March 2021

1 - Monday	2 - Tuesday	3 - Wednesday	4 - Thursday	5 - Friday
<b>Shepard's Pie</b> Brussel Sprouts Whole Wheat Roll Mixed Fruit 	<b>Chicken A La King</b> Steamed Rice Cauliflower Peach Crisp 	<b>Red Beef Enchiladas</b> Lettuce & Tomato Pinto Beans Calabacitas Strawberries Ice Cream	<b>Meatloaf</b> Mashed Potatoes Green Beans Whole Wheat Roll Cottage Cheese w/ Pears	<b>Beef Stroganoff</b> Capri Vegetables Whole Wheat Roll Plums 
<b>8 - Monday</b> <b>Swiss Steak</b> Potato Wedges Peas w/ Onions Biscuit Applesauce 	<b>9 - Tuesday</b> <b>Braised Pork Chop</b> Three Beans Salad Stuffing Whole Wheat Roll Banana Pudding	<b>10 - Wednesday</b> <b>Roast Beef w/ Gravy</b> Mashed Potatoes Green Beans Biscuit Spice Cake 	<b>11 - Thursday</b> <b>Tamale</b> Pinto Beans Salad Flour Tortilla Mandarin Oranges	<b>12 - Friday</b> <b>Baked Cod</b> Coleslaw Wild Rice Corn Bread Pears 
<b>15 - Monday</b> <b>Baked Chicken Thigh</b> Potato Salad Country Blend Vegetables Whole Wheat Roll Brownie 	<b>16 - Tuesday</b> <b>Beef Taco</b> Lettuce & Tomato Spanish Rice Pinto Beans Tapioca Pudding	<b>17 - Wednesday</b> <b>Corn Beef &amp; Cabbage</b> Baby Red Potatoes Whole Wheat Roll Jell-O w/ Pineapple 	<b>18 - Thursday</b> <b>Country Fried Steak</b> Mashed Potatoes w/ Gravy Mixed Vegetables Whole Wheat Roll Pineapple	<b>19 - Friday</b> <b>Spinach Lasagna</b> Mixed Vegetables Salad w/ Dressing Garlic Bread Mandarin Oranges
<b>22 - Monday</b> <b>Taco Salad</b> Yellow Squash w/ Peppers Pinto Beans Apricots 	<b>23 - Tuesday</b> <b>Green Chile Cheeseburger</b> Lettuce, Tomato, & Onions Baked Beans French Fries Peaches	<b>24 - Wednesday</b> <b>Salisbury Steak w/ Gravy</b> Au Gratin Potatoes Sliced Carrots Whole Wheat Roll Plums 	<b>25 - Thursday</b> <b>Sweet &amp; Sour Pork</b> Oriental Vegetables White Rice Biscuit Mandarin Oranges	<b>26 - Friday</b> <b>Chile Relleno w/ Sauce</b> Pinto Beans Salad w/ Dressing Crackers Pears 
<b>29 - Monday</b> <b>Chicken Tacos</b> Lettuce & Tomato Spanish Rice Pinto Beans Tropical Fruit	<b>30 - Tuesday</b> <b>Hamburger Mac</b> Carrots Broccoli Strawberries Chocolate Pudding	<b>31 - Wednesday</b> <b>Spaghetti &amp; Meat Sauce</b> Italian Vegetables Garlic Bread Applesauce 		<b>1% Low Fat Milk Served Daily</b>  <b>Suggested Donation: \$2.50</b>  <b>Menu Subject to Change</b>  <i>Lunch Served from 11:00am-12:30pm</i>

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



January 2021  
Nutrition Report

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

**Number of days served this month: 20**

**Total number of meals served: 7,645**

	Congregate Meals	Home Delivered Meals
Meals Served:	5,189	2,456
Donation Average:	\$1.76	\$1.04

**Climate Heating & Air Conditioning, Inc.**

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

**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.

**Want more benefits from your Medicare plan? Lean on Molina.**  
Call Sophia Leckie, Medicare Trusted Advisor

(575) 339-5935, TTY: 711  
Sophia.Leckie@MolinaHealthcare.com

Hablo Español

*Living Will and Testament*

When making out your Final Will and Testament

PLEASE

remember to include your Alamo Senior Center.

We appreciate any and all contributions no matter how big or small.

As a member of our Center,

you know that your monetary gift will be

put to good use. Your contribution will allow for many seniors to enjoy our Center as much as you have.

If you have any questions, please call Magdalena at

(575) 439-4150.

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Thank you for supporting the  
Alamo Senior Center



## IMPORTANT INFORMATION!

We, at the Alamo Senior Center do not provide services into your homes to help organize any of your personal papers/documents, 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 anyone! 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>

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**

Did You Know?

The Social Security Administration is available to take your call Monday thru Friday from 9:00am-4:00pm at:

866-563-9294

If you would like to make a donation to the ASC Fitness Center, please mail it in to: 2201 Puerto Rico Avenue. We greatly appreciate it!

# New Workouts Available!



The Alamo Senior Center is now working on uploading more fitness videos for everyone to enjoy with the goal of bringing more donations to their Fitness Center.

Spread the word and break a sweat!



Thank you for visiting our Fitness page!

Below you will find fitness videos that were filmed at the Alamo Senior Center with our instructors/volunteers. Click on each individual video to get started, have fun and Stay Active! If you would like to make a donation to support the center's fitness programs, you can mail a check to:

Alamo Senior Center

**Physical Address**

2201 Puerto Rico Avenue  
Alamogordo, NM 88310

*\*Please consult your physician before you begin any fitness routine*

<http://ci.alamogordo.nm.us/646/Fitness-Resources>

*Those we love don't go away.  
They walk beside us everyday  
Unseen, unheard, but always near,  
Still loved, missed, and very dear.*



Bobby Chapman



Stanford Scott



Julia Pacheco



Anne Samuels



Charles Bowles



Magdalena (Lena) Castorena

*In Loving  
Memory*

## Otero County Meals Resource Guide

Updated November 2020

MEALS Entity & Location	Date & Time Provided	Type of Service	Contact Information	Notes
Our Savior Lutheran Church, 1212 Washington, Alamogordo	Wednesdays 5-6pm	Free Meal Pick Up - Curbside	575-495-8343	
St. John's Church, 1114 Indiana, Alamogordo	Tue & Thur - 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 11-1pm	Free Meal Pick Up - Curbside	575-437-7640	
Alamogordo Sr Center, 201 Puerto Rico, Alamogordo	Mon-Fri 11-1pm	For Seniors: Meal pick-up at site & meal delivery	575-439-4150	Must be registered. Suggested donation.
Alamogordo Public Schools	Mon, Tue, Thur - 10:30-12:30 & by bus for enrolled students	Schools - Meal pick-up at site for Enrolled Students	575-812-6085	facebook.com/APS-Student-Nutrition-100543538448005
Cloudcroft Sr. Center, 212 Glorieta Ave, Cloudcroft	Mon-Fri 11:30 - 12:15pm	For Seniors: Meal pick-up at site and meal delivery	575-682-3022	Must be registered: Friday is grab & go only; suggested donation
Tularosa Sr. Center, 35 Radio Rd, Tularosa	Mon-Fri 11:30-12:30pm	For Seniors: Meal pick-up at site & meal delivery	575-582-4532	Must be registered: suggested donation
Tularosa Municipal Schools, 504 1st St. Tularosa	9am - Noon Pick up Bus Deliveries - see website for times	Enrolled students only	575-585-8811	Bus delivery in Tularosa and Mescalero
Cloudcroft Municipal School, 10 Swallow Pl, Cloudcroft	Tue - Fri/11:45-1pm Pick Up at Cloudcroft HS	Enrolled students only	575-601-4416	Bus delivery to Timberon, Mayhill & Weed - Tues Afternoon
Love INC, 2826 Indian Wells, Alamogordo	Mon-Thur by appt only	Food Pantry		5750-439-5683
Salvation Army, 1900 1st St, Alamogordo	Mon-Thur 9:30-11:30 & 2-4pm	Food Pantry		575-443-0845
Our Lady of the Light Church, 4 La Luz Rd., La Luz	Ev. Tue 10-2pm except 1st Tue/mo.	Roadrunner Food Pantry		575-434-9640
Grace United Methodist, 1206 Greenwood, Alamogordo	Thursdays - 9-11am	Food Pantry		575-437-7640
Worship Center, 801 E. 10th St, Alamogordo	1st Thursday/mo. - Get time slot at 9am	Roadrunner Mobile Food Pantry		575-437-8922
Immaculate Conception, 7th & Delaware, Alamogordo	2nd & 4th Thurs. Noon - 3pm	Food Pantry		575-437-3291
Our Savior Lutheran, 1212 Washington Ave., Alamogordo	2nd Fri/mo. Get time slot at 8am.	Roadrunner Mobile Food Pantry		575-495-8343
Christ Community Church - 2960 N. Scenic, Alamogordo	Fridays - starting aprox 8am	Roadrunner Mobile Food Pantry		575-437-4141
Aggie Cupboard, 2235 N. Scenic Dr. Alamogordo	Last consecutive Tue & Wed/month 4-6pm	Food Pantry w/NMSU ID Only		<a href="mailto:ghf@nmsu.edu">ghf@nmsu.edu</a>
Cloudcroft Sr. Center, 212 Glorieta Ave, Cloudcroft	4th Wed/mo. 12:30-2:30pm	Roadrunner Mobile Food Pantry		575-682-3022
Tularosa Methodist Church, 107 Granado, Tularosa	Ev. Tue 10-Noon except 1st Tue/month	Roadrunner Mobile Food Pantry		575-585-2314
Tularosa Community Church, 101 Central, Tularosa	Wed - 10-12N	Food Pantry		575-921-7572
Timberon Community Connection, 170 Chaucer Dr, Timberon	Ev. Sat 10-11am	<a href="http://timberoncommunityconnection.org">timberoncommunityconnection.org</a>		575-987-2713
Timberon Community Connection, Timberon Lodge	3rd Friday @ Noon	Roadrunner Mobile Food Pantry		575-987-2713
Mayhill Food Bank	4th Wed/mo. 2-4pm	Roadrunner Mobile Food Pantry		575-687-3219
Mescalero Tribal Office, 101 Central, Mescalero	1st Thursday/Mo 12:20-2:30p	Roadrunner Mobile Food Pantry		575-937-8006 Call to confirm
St. Thomas Moore Catholic Church, 568 Lisa Dr. Chaparral	2nd Fri/month/Noon	Roadrunner Mobile Food Pantry		575-523-5542

**FOR IMMEDIATE RELEASE**

Public Information Office  
 City of Alamogordo  
 1376 E. 9th Street, Alamogordo, NM 88310  
 Office: 575-439-4264  
 Email: [coapio@ci.alamogordo.nm.us](mailto:coapio@ci.alamogordo.nm.us)

**PUBLIC SERVICE ANNOUNCEMENT****CITY OF ALAMOGORDO****City of Alamogordo****AARP Tax Prep at the Civic Center**

**Alamogordo, NM Friday, January 22, 2021** The Sgt. Willie Estrada Memorial Civic Center is pleased to have AARP Foundation Tax-Aide back for 2021. Starting on February 10, 2021, taxes will be prepared free of charge to any community member, by appointment only. Appointments can be made by calling 575-415-7601 or 575-439-4159 option 7. Be sure to bring copies of all pertinent financial documents including W-2(s) and 1099(s), photo identification(s), Social Security card(s), last year's tax return, and documentation of the amount(s) received from stimulus payments.

###

\*All customers will need to pick up an AARP intake form at The Sgt. Willie Estrada Civic Center. Appointments can be made in person at that time. \*

**Contact for this Release**

Norm Renfrow  
 District Representative  
 AARP Foundation Tax-Aide  
 575-415-7601

**AARP Foundation®**  
**TAX-AIDE**





## COVID Vaccine Registration Step-by-Step Checklist

Please keep in mind the supply of vaccine is currently extremely limited. The goal is for everyone to be able to easily get a COVID-19 vaccine when sufficient quantities are available. Until that time, the New Mexico Department of Health is rolling the vaccine out in a phased approach. Currently groups 1A and 1B are eligible. That includes people 75 or older and people 16 or older who have high-risk medical conditions. However, everyone who wishes to get a vaccine is encouraged to register now. For updates on COVID visit <https://cv.nmhealth.org/>

### To register online:

1. Go to [www.vaccinenm.org](http://www.vaccinenm.org)
2. Click on "I want to create a new profile"
3. Put in basic information (your registration is NOT complete at this point)
4. Check text or email for confirmation code
5. Go to [vaccinenm.org](http://vaccinenm.org), select "I want to access my registration"
6. Use confirmation code and DOB to access your registration
7. Complete registration (personal information, chronic medical conditions, demographic information, employer, and insurance information will all have green check marks)
8. You will get a confirmation when your registration is complete
9. Check text and email regularly for event code

The New Mexico Department of Health will notify a pool of eligible members within your community that vaccine is available with a special event code. This opportunity to schedule an online appointment is offered on a first come, first served basis. If you are not able to schedule an online appointment by selecting a specific location, date, and time, please do not show up at the event. Please, do not worry. This will not be your only opportunity to schedule an appointment. The department will reach out and notify you of additional opportunities in the future. Event codes are linked to a specific registration and can't be shared.

### When you receive your event code:

1. Go to [vaccinenm.org](http://vaccinenm.org), select "I want to access my registration"
2. Use confirmation code and DOB to access your registration
3. Select "Make Appointment"
4. Enter event code to schedule appointment
5. On the day of your appointment, go to [vaccinenm.org](http://vaccinenm.org), use your confirmation code to access your registration, and complete the medical questionnaire.

Although the vaccine itself is free, the administration of it is not, so you will be asked if you have Medicaid, Medicare, or other insurance, and to provide your card at your appointment. Regardless of whether or not you have insurance there will be no cost to you for the shot. You will NOT be asked to provide your Medicare number while registering, and there is no charge to register. If you are asked for your Medicare number or told you must pay to be put on a list you may be the target of a scam and should disengage and call the Aging and Disability Resource Center at 1-800-432-2080 to complete your registration.

### To register if you don't have a computer or internet access:

1. Call the Aging and Disability Resource Center at 1-800-432-2080
2. You will be asked to provide your name, DOB, address, and information about high risk medical conditions
3. Options counselor will complete your registration on your behalf
4. A representative of DOH will contact you to provide event code and information about how to schedule appointment when vaccine is available in your area
5. You will be provided a medical questionnaire to complete on the day of your appointment

For more information or assistance call the New Mexico Department of Health at 855-600-3453 or the Aging and Disability Resource Center at 800-432-2080.

# 10 February Birthdays



Pictured Front, Left to Right: Val Gomez, Irma Pacheco, Karen Fry, Shirley Roth, Marjorie Allenby, & Charles Cromer. Inset: Helen Whigham, Tena Maestas & Cyndi Richie

For your March birthday, e-mail your picture NO LATER THAN March 15, 2021.

E-Mail photo to: [jalirez@ci.alamogordo.nm.us](mailto:jalirez@ci.alamogordo.nm.us)

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



*Judy Bouma, Sue Burns, & Kay Morris*



**Don't forget to set your  
clocks forward on Sunday,  
March 14th.**

**PLEASE!!  
NOTE**

We would like to give our members the opportunity to send in a photo of themselves to be acknowledged on their Birthday month. For our older members we have a photo on file, however for our new members we would love for you to send in a photo so we can publish it in our newsletter. Please make sure to send the photos no later than the deadline date set for that month (listed above). We look forward to seeing new faces as well as familiar ones!