

The Sentinel

August 2021

50 cent suggested donation

AUGUST AUGUST AUGUST AUGUST AUGUST AUGUST

From the Manager

It is so nice to see those of you participating in our activities! I know many of you are anxiously waiting to return to our Congregate Meal Program. We truly understand how important socialization impacts each of you. To be able to congregate with one another, your friends, and share a meal while enjoying the awesome entertainment provided by our awesome musicians. We want this more than anything!!! At this time, we are having staffing issues. We are in the process of filling **3 positions... our Cook, Kitchen Custodian and our I & R Coordinator. All staff** are filling in everywhere. Our facility Custodian is delivering our La Luz Route. He is unavailable to sterilize the facility for your health & safety as well as ours, especially now, with Delta variant sweeping across our nation. We appreciate those of you who have offered to volunteer. The help is needed in the kitchen which is labor intensive and a food service permit is required in this area. When we become fully staffed, we will reopen our Congregate Meal Program. If you **know anyone interested in applying for these positions, please visit the City's website ci.alamogordo.nm.us** or you may visit our HR Department at City Hall.

Beginning in August, we will no longer provide change at Grab & Go. Everyone will need to have the exact donation for the day or you may donate for a meal card. Our suggested donation is \$2.50/meal. A meal card is \$50 donation for the whole month.

We bid "Farewell" to Jessica Alirez...

Magdalena

By the time the August 2021 newsletter is printed and distributed, my time at the Alamo Senior Center will have come to an end. I have accepted a new career opportunity and I'm very excited to start another chapter in my life. This job was a learning experience for me, and I can say I have grown so much from it. The past 4 years at the senior center have been amazing. I will forever cherish the relationships I've made with all of you. Thank you for all the support I've received over the years. I will truly miss you all!

To my fellow colleagues, I would like to wish you all the best for whatever the future has in store for you. I know the past year and a half has been rough on us all, but my favorite quote has helped me through it and I'd like to share it with you:

"No one can make you feel inferior without your consent."

-Eleanor Roosevelt

I wish the best for the new person who fills my position. Thank you again for all you've done for me and I hope to see you all around!

Best Wishes,

Jessica M. Alirez



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 AUGUST

August 2021

2 - Monday	3 - Tuesday	4 - Wednesday	5 - Thursday	6 - Friday
Hamburger Steak Grilled Onions & Gravy Mashed Potatoes Peas Biscuit Peaches	Diced Chicken w/ Mushroom Gravy Steamed Rice Green Beans Plums 	Red Beef Enchiladas Lettuce & Tomato Pinto Beans Crackers Mandarin Oranges	Baked Pork Chops Mushroom Gravy Black-Eyed Peas Green Beans Whole Wheat Roll Mixed Fruit	Bratwurst Dog Sauerkraut Corn on the Cob Baked Beans Applesauce 
9 - Monday Beef Tips Noodles Sliced Carrots Peas & Onion Peas 	Chicken Strips Green Beans Potato Wedges Biscuit Apricots 	11 - Wednesday Beef Fajita Lettuce & Tomato Spanish Rice Flour Tortilla Vanilla Pudding	12 - Thursday Sloppy Joe Macaroni Salad Buttered Corn Tropical Fruit 	13 - Friday Chile Relleno Cilantro Lime Rice Calabacitas Mandarin Oranges 
16 - Monday Pepper Steak Scalloped Potatoes Brussel Sprouts Cornbread Mandarin Oranges	17 - Tuesday Green Chile Chicken Enchiladas Lettuce & Tomato Pinto Beans Spanish Rice Fruit Cocktail 	18 - Wednesday Salisbury Steak Scalloped Potatoes Brussel Sprouts Cornbread Peaches 	19 - Thursday Green Chile Lasagna Vegetable Blend Island Mix Buttered Corn Garlic Bread Diced Peas	20 - Friday Philly Steak Sandwich Macaroni Salad Lays Potato Chips Butter Pecan Ice Cream
23 - Monday Beef Soft Tacos Lettuce & Tomato Pinto Beans Apricots 	24 - Tuesday Chicken Fried Chicken Gravy Potato Wedges Mixed Vegetables Whole Wheat Roll Peach Cobbler	25 - Wednesday BBQ Brisket Sandwich Coleslaw Baked Beans Watermelon 	26 - Thursday Stuffed Pork Chop Three Bean Salad Baked Potato Whole Wheat Roll Chocolate Pudding	27 - Friday Meatloaf Mashed Potatoes w/ Gravy Mixed Vegetables Whole Wheat Roll Peas 
30 - Monday Sweet & Sour Chicken Steamed Rice Broccoli & Cauliflower Whole Wheat Roll Cherry Cobbler 	31 - Tuesday Country Fried Steak Gravy Baked Potato Mixed Vegetables Biscuit Mixed Fruit 	 AUGUST		
Grab & Go 11am-12:30pm				
1% Low Fat Milk Served Daily Suggested Donation: \$2.50 Menu Subject to Change <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.



June 2021
Nutrition Report

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

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

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

Number of days served this month: 22

Total number of meals served: 8,388

	Congregate Meals	Home Delivered Meals
Meals Served:	5,661	2,727
Donation Average:	\$1.88	\$0.80

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.

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.



Thank you for supporting the
Alamo Senior Center

ARKHII
ACTIVE RADIO
89.9 FM & 100.5 FM

RUIDOSO
102.3 FM

ROCK 97.9
Old Rock Radio For Southern New Mexico

VACCINATION SITES

Albertsons :

Moderna, Monday-Thursday every week

Walgreens:

Moderna, (575)434-4116

Wal-Mart:

Moderna , daily (575)434-5345

PMS:

Moderna, call for scheduling

- Alamogordo (575)439-2960
- Tularosa (575)585-1280
- Sacramento (575)682-2542

GCRMC:

Pfizer, Thursdays & Fridays from 8am-4:30pm

Otero Public Health:

Pfizer, Thursdays & Fridays

Ben Archer:

For patients, call for scheduling

To register online go to: <https://vaccinenm.org/>
or call Aging & Disability Resource Center at :
1-800-432-2080

**IMPORTANT
INFORMATION**

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

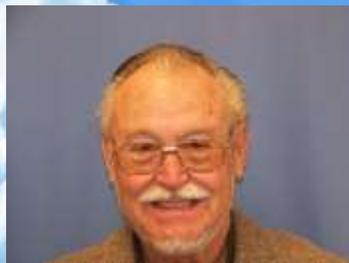


Did You Know?

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

866-563-9294

In Loving Memory



Jimmy Bryant



Crispina Collier



Bobby Fritz



Joseph Lewandowski



Mike Pittman



Monte Hoover



Elaine Needham



Margo Ortega



James Cloyd

Edward Stumpf

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Location	Love Inc. Indian Wells Rd, Alamogordo	Love Inc. 2826 Indian Wells Rd, Alamogordo	Love Inc. 2826 Indian Wells Rd, Alamogordo	Love Inc. 2826 Indian Wells Rd, Alamogordo	Our Savior Lutheran 1212 Washington Ave, Alamogordo	Timberon Community Connection 172 Chaucer Dr, Timberon
Date & Time	Mon - Thur, by appointment only	Mon - Thur, by appointment only	Mon - Thur, by appointment only	Mon - Thur, by appointment only	2nd Friday/Mo., starting 9:00 am	Every Saturday, 10:00 - 11:00 am
Contact Info	575/439-5683	575/439-5683	575/439-5683	575/439-5683	575/495-8343	575/987-2713
Location	Salvation Army 1900 1st St, Alamogordo	Salvation Army 1900 1st St, Alamogordo	Salvation Army 1900 1st St, Alamogordo	Salvation Army 1900 1st St, Alamogordo	Christ Community Church 2960 N. Scenic Dr, Alamogordo	Otero Hunger Coalition 1112 Cuba Ave, Alamogordo
Date & Time	Mon - Thur 9:30 - 11:30 am & 2:00 - 4:00 pm	Mon - Thur 9:30 - 11:30 am & 2:00 - 4:00 pm	Mon - Thur 9:30 - 11:30 am & 2:00 - 4:00 pm	Mon - Thur 9:30 - 11:30 am & 2:00 - 4:00 pm	4th Friday/Mo. Starting 8:00 am	(Distributed at Calvary Chapel) 3rd Sat/Mo. 11:00 am to 1:00 pm
Contact Info	575/443-0845	575/443-0845	575/443-0845	575/443-0845	575/437-4241	575/495-8343 (Janett Quick)
Location	Our Lady of the Light Church 4 La Luz Rd, La Luz	Our Lady of the Light Church 4 La Luz Rd, La Luz	Cloudcroft Senior Center 212 Gloriera Ave, Cloudcroft	Grace United Methodist 1206 Greenwood Ln, Alamogordo	St. Thomas Moore Catholic Church 568 Lisa, Chaparral	
Date & Time	Tuesday, 10:00 am - 2:00 pm except 1st Tue	Tuesday, 10:00 am - 2:00 pm except 1st Tue	4th Wednesday/Mo. 12:30 - 2:30 pm	Thursdays 9:00 - 11:00 am	2nd Friday/Mo. Starting at Noon	
Contact Info	575/434-9640	575/434-9640	575/682-3022	575/437-7640	575/323-5542	
Location	Aggie Cupboard 2235 N. Scenic Dr., Alamogordo	Aggie Cupboard 2235 N. Scenic Dr., Alamogordo	Aggie Cupboard 2235 N. Scenic Dr, Alamogordo	Worship Center 801 E. 10th St, Alamogordo		
Date & Time	Last Consecutive Tue and Wed of Mo. 4:00 - 6:00 pm (w/ NMSU ID only)	Last Consecutive Tue and Wed of Mo. 4:00 - 6:00 pm (w/ NMSU ID only)	Last Consecutive Tue and Wed of Mo. 4:00 - 6:00 pm (w/ NMSU ID only)	1st Thursday/Mo. Starting at 9:00 am		
Contact Info	ghillis@nmsu.edu	ghillis@nmsu.edu	ghillis@nmsu.edu	575/437-8922		
Location	Tularosa Methodist Church 107 Granada St, Tularosa	Tularosa Methodist Church 107 Granada St, Tularosa	Tularosa Community Church 101 Central Ave, Tularosa	Immaculate Conception 7th & Delaware, Alamogordo		
Date & Time	Every Tuesday, 10:00 am - noon except 1st Tuesday	Every Tuesday, 10:00 am - noon except 1st Tuesday	10:00 am - Noon Wednesdays	2nd and 4th Thursday/Mo. Noon to 3:00 pm		
Contact Info	575/585-2314	575/585-2314	575/921-7572	575/437-3291		
Location	Otero Hunger Coalition 1112 Cuba Ave, Alamogordo	Otero Hunger Coalition 1112 Cuba Ave, Alamogordo	Mayhill Community Center 15 Civic Center Dr, Mayhill	Mescalero Tribal Office 101 Central Ave, Mescalero		
Date & Time	(Distributed at Calvary Chapel) 1st Tue/Mo. 11:00 am - 1:00 pm	(Distributed at Calvary Chapel) 1st Tue/Mo. 11:00 am - 1:00 pm	4th Wed/Mo. 2:00 - 4:00 pm	1st Thursday/Mo. 12:30 - 2:30 pm		
Contact Info	575/495-8343 (Janett Quick)	575/495-8343 (Janett Quick)	575/687-3219 - Call to confirm	575/937-8006 - Call to confirm		
Location			Boles Acres Fire Dept 10 Sage Ave, Alamogordo			
Date & Time			4th Wed/Mo. 9:30 am			
Contact Info			Rotary of White Sands - 575/551-1726			
<p>Additional Food Assistance Programs</p> <p>Supplemental Nutrition Assistance Program (SNAP) Women, Infants & Children (WIC)</p> <p>Human Service Department NM Department of Health http://www.hsd.state.nm.us https://nmhealth.org/about/jphd/fhb/wic</p> <p>200 Juniper Dr, Alamogordo 1207 East 8th St, Alamogordo 575/437-9260 575/437-9093</p>						

If you are in need of immediate food assistance outside of the normal operating hours of the food pantries listed on this guide, please call Janett Quick with the Otero Hunger Coalition, 575/495-8343

 Roadrunner Mobile Food Pantry Partners



OTERO COUNTY MEALS - RESOURCE GUIDE

UPDATED 07/01/2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Location	St. John's Church 1114 Indiana, Alamogordo	Otero Hunger Coalition (Distributed at Our Senior Lutheran Church) 1242 Washington, Alamogordo	Alamogordo Public Schools AHS, Chaparral Middle & Several Elem. Sites Mon, Tues, Thur, & Fri 11:00 am - 1:00 pm APS Student Nutrition (Summer Meals) Breakfast, Lunch, & Snack Grab & Go Meals 575/812-6085 Facebook: APS Student Nutrition	Alamogordo Public Schools AHS, Chaparral Middle & Several Elem. Sites Mon, Tues, Thur, & Fri 11:00 am - 1:00 pm APS Student Nutrition (Summer Meals) Breakfast, Lunch, & Snack Grab & Go Meals 575/812-6085 Facebook: APS Student Nutrition	Alamogordo Senior Center 201 Puerto Rico, Alamogordo Mon - Fri, 11:00 am - 12:00 pm: Grab & Go, Dining Room Meals: 12:00 - 1:00 pm For Seniors: Meal pick up and meal delivery Must register/\$2.50 requested, not required 575/439-4150	Grace United Methodist, Shared Table 1206 Greenwood, Alamogordo Every Saturday, 11:00 am to 1:00 pm Free Meal, pick up curbside 575/437-7640
Date & Time	Tuesday, 5:00 to 6:00 pm	Wednesday, 4:30 pm - until they run out	Monday, Tuesday, Thursday, & Friday 11:00 am - 1:00 pm	Monday, Tuesday, Thursday, & Friday 11:00 am - 1:00 pm	Monday - Friday, 11:30 am - 12:15 pm	Every Saturday, 11:00 am to 1:00 pm
Type of Service	Pick up in alley behind church	Free Meal; If driving, enter from 32 street	Breakfast & Lunch & Go Meals	Breakfast & Lunch & Go Meals	For Seniors: Meal pick up and meal delivery Must register/\$2.50 requested, not required	Free Meal, pick up curbside
Contact Info	575/430-0473	575/495-8243	575/812-6085	575/812-6085	575/812-6085	575/437-7640
Location	Alamogordo Public Schools	Alamogordo Public Schools	Tularosa Municipal Schools Tularosa Middle School Mon-Thur, 11:00 am (Double Meals Thur) Summer Lunch Program Breakfast & Lunch Grab & Go Meals 575/585-8811 www.tularosak12.us/district-schools	Tularosa Municipal Schools Tularosa Middle School Mon-Thur, 11:00 am (Double Meals Thur) Summer Lunch Program Breakfast & Lunch Grab & Go Meals 575/585-8811 www.tularosak12.us/district-schools	Alamogordo Senior Center 201 Puerto Rico, Alamogordo Mon - Fri, 11:00 am - 12:00 pm: Grab & Go, Dining Room Meals: 12:00 - 1:00 pm For Seniors: Meal pick up and meal delivery Must register/\$2.50 requested, not required 575/439-4150	Tays Center Parking Lot - Aggie's Eat 2235 N. Scenic Drive, Alamogordo 3rd Saturday/mo, 11:00 am to 1:00 pm Free Meal for community, pick up parking lot Sponsored by WMSU-A & Hummers Refuge
Date & Time	Monday, Tuesday, Thursday, & Friday 11:00 am - 1:00 pm	Monday, Tuesday, Thursday, & Friday 11:00 am - 1:00 pm	Monday, Tuesday, Thursday, & Friday 11:00 am - 1:00 pm	Monday, Tuesday, Thursday, & Friday 11:00 am - 1:00 pm	Monday - Friday, 11:30 am - 12:15 pm	3rd Saturday/mo, 11:00 am to 1:00 pm
Type of Service	Breakfast, Lunch, & Snack Grab & Go Meals	Breakfast & Lunch & Go Meals	Breakfast & Lunch & Go Meals	Breakfast & Lunch & Go Meals	For Seniors: Meal pick up and meal delivery Must register/\$2.50 requested, not required	Free Meal for community, pick up parking lot
Contact Info	575/812-6085	575/812-6085	575/585-8811	575/585-8811	575/812-6085	Sponsored by WMSU-A & Hummers Refuge
Location	Alamogordo Senior Center	Alamogordo Senior Center	Alamogordo Senior Center	Alamogordo Senior Center	Alamogordo Senior Center	
Date & Time	Monday - Friday, 11:30 am - 12:15 pm	Monday - Friday, 11:30 am - 12:15 pm	Monday - Friday, 11:30 am - 12:15 pm	Monday - Friday, 11:30 am - 12:15 pm	Monday - Friday, 11:30 am - 12:15 pm	
Type of Service	For Seniors: Meal pick up and meal delivery Must register/\$2.00 requested, not required	For Seniors: Meal pick up and meal delivery Must register/\$2.00 requested, not required	For Seniors: Meal pick up and meal delivery Must register/\$2.00 requested, not required	For Seniors: Meal pick up and meal delivery Must register/\$2.00 requested, not required	For Seniors: Meal pick up and meal delivery Must register/\$2.00 requested, not required	
Contact Info	575/439-4150	575/682-3022	575/439-4150	575/682-3022	575/439-4150	
Location	Cloudcroft Senior Center	Cloudcroft Senior Center	Cloudcroft Senior Center	Cloudcroft Senior Center	Cloudcroft Senior Center	
Date & Time	Monday - Friday, 11:30 am - 12:15 pm	Monday - Friday, 11:30 am - 12:15 pm	Monday - Friday, 11:30 am - 12:15 pm	Monday - Friday, 11:30 am - 12:15 pm	Monday - Friday, 11:30 am - 12:15 pm	
Type of Service	For Seniors: Meal pick up and meal delivery Must register/\$2.00 requested, not required	For Seniors: Meal pick up and meal delivery Must register/\$2.00 requested, not required	For Seniors: Meal pick up and meal delivery Must register/\$2.00 requested, not required	For Seniors: Meal pick up and meal delivery Must register/\$2.00 requested, not required	For Seniors: Meal pick up and meal delivery Must register/\$2.00 requested, not required	
Contact Info	575/682-3022	575/682-3022	575/682-3022	575/682-3022	575/682-3022	
Location	Tularosa Senior Center	Tularosa Senior Center	Tularosa Senior Center	Tularosa Senior Center	Tularosa Senior Center	
Date & Time	Monday - Friday, 11:30 am to 12:30 pm	Monday - Friday, 11:30 am to 12:30 pm	Monday - Friday, 11:30 am to 12:30 pm	Monday - Friday, 11:30 am to 12:30 pm	Monday - Friday, 11:30 am to 12:30 pm	
Type of Service	For Seniors: Meal pick up and meal delivery Must register/\$2.00 requested, not required	For Seniors: Meal pick up and meal delivery Must register/\$2.00 requested, not required	For Seniors: Meal pick up and meal delivery Must register/\$2.00 requested, not required	For Seniors: Meal pick up and meal delivery Must register/\$2.00 requested, not required	For Seniors: Meal pick up and meal delivery Must register/\$2.00 requested, not required	
Contact Info	575/585-4332	575/585-4332	575/585-4332	575/585-4332	575/585-4332	

ASC Fitness Center Temporary Class Schedule & Procedures

Procedures:

1. All classes (no exceptions) are 30 minutes. Please wipe down your equipment before leaving.
2. After Class is completed, everyone from that class must leave the Fitness Center to provide cleaning time & next class to arrive.
3. Masks are to be worn at all times, even if you are wearing a shield. Unless exempted by PHO 20210514
4. **Social Distancing of 6' is still mandatory.**

Fitness Classroom I

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am–8:45am	Do it Your Way With Chuck Brooks	Do it Your Way With Chuck Brooks	Do it Your Way With Chuck Brooks	Do It your Way With Chuck Brooks	Do It your Way With Chuck Brooks
9:00am–9:45am	Strength Training With Lydia	Low Impact Aerobics With Tamie	Strength Training With Lydia	Step With Tamie	Strength Training With Lydia
10:00am–10:45am	Balance Baby Balls & Beanies W/ Tami & Cheryl	No Floor Yoga With Margaret	Cardio-Chair Bonanza w/ Tami *Starts Aug. 4th*	No Floor Yoga With Margaret	Balance Baby Balls & Beanies W/ Tami & Cheryl
11:00am–11:45am	—	—	—	—	No classes scheduled at this time slot.

Fitness Classroom II

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am–8:45am	Walk Aerobics With Lee	Yoga With Judy	Walk Aerobics With Lee	—	Walk Aerobics With Lee
9:00am–9:45am	Chair Exercise With Luis	Line Dance w/ Ilene & Lou Ann	Chair Exercise With Luis	Line Dance w/ Ilene & Lou Ann	Chair Exercise With Luis
10:00am–10:45am	Balance & Fall Prevention With Merry	Tai Chi With Merry	Balance & Fall Prevention With Merry	Tai Chi With Merry	Balance & Fall Prevention With Merry
11:00am–11:45am	Dynamic Stretch with Sonja	Belly Dancing with Alvina	Cardio/Strength With Sue Burns	Stretch & Strength with Kay *Starts Aug. 5th*	No classes scheduled at this time slot.

July Birthdays



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

For your August birthday, e-mail your picture NO LATER THAN August 16, 2021.

E-Mail photo to: bclark@ci.alamogordo.nm.us

Wishing our volunteer Fitness Instructors a very Happy Birthday!

Lou Ann Foster, Tom Shipman, & Cheryl Weckel

Mr. Willard Palmer celebrated his 100th birthday on Sunday, July 18th.



Do you know anyone celebrating their 100th birthday? We'd love to include it in our monthly newsletter! Please send your birthdate and photo to the email listed above.